



Newsletter of the Southern Adirondack Audubon Society, Inc. (SAAS)

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The colorful Cuban Tody measures less than 4 1/2 inches. Photo: Richard Guthrie.

For Fall: Cuba, Spruce Grouse, Hudson River landscapes

SAAS's monthly program series continues for the 37th year this fall.

Well-known birder and biologist Rich Guthrie will present "**Cars**, **Cigars and Birding in Cuba**" at 7:00 p.m. on **Wednesday, Sept. 25** at the **Saratoga Springs Public Library** on Henry Street in downtown Saratoga Springs.

Off limits to most Americans for dec- from New York State Department of

ades, Cuba has been a mysterious Paradise Lost to so many. Guthrie recently visited Cuba with Birds Caribbean, a conservation organization which focuses on habitat preservation and wildlife of the many Caribbean islands. He will offer a look at not only many of the bird species found only in Cuba, but also a look at the people, life, and of course, the vintage cars that are now a national treasure of the Cuban people.

Guthrie has been presenting and teaching about birds for many decades. He is the voice of the birds on WAMC's Vox-Pop call-in radio program. He is a retired biologist from New York State Department of Environmental Conservation (NYSDEC) and a member of the Greene Land Trust Habitat Advisory Committee. He offered the inaugural monthly program for SAAS when the chapter started in 1983.

Dr. Angelena Ross will present "Sprucing up the Adirondacks: Managing the Spruce Grouse, One of New York's Rarest Birds" at 7:00 p.m. on Wednesday, October 23, at Crandall Library in Glens Falls. Ross is a Senior Wildlife Biologist for the NYSDEC.

She will discuss the NYSDEC's management efforts for Spruce Grouse. Spruce Grouse are endangered and declining in New York due to loss of habitat and low genetic diversity. In 2008, her team managed habitat in lowland boreal forests to improve conditions for the species. From 2013 to 2018, they captured grouse from Maine and northern Ontario and translocated them into New York to increase numbers and improve genetic diversity of the remaining Spruce Grouse in New York.

Her team is currently monitoring translocated grouse with radio telemetry. They'll determine project success by evaluating home range sizes, annual survivorship rates, and productivity of translocated grouse and determining similarity of these metrics with those of resident Spruce Grouse. If translocations are successful, they will be continued to help improve numbers of birds to promote breeding and boost genetic diversity of resident populations.

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Southern Adirondack Audubon Society

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Southern Adirondack Audubon Society (SAAS), a certified local chapter of the National Audubon Society, has more than 530 members in Warren, Washington, northern Saratoga and southern Hamilton counties in New York State. SAAS's primary goal is to protect the environment by preserving natural habitats and promoting environmental education. Contact a board member to learn about SAAS volunteer opportunities.

<u>President's Message</u> Taking Flight in the Hudson Valley

By John Loz, SAAS President



Fall is such a beautiful time in the Adirondacks. I just love driving the rolling roads to see what colorful brilliance appears around the next turn.

But colorful brilliance isn't usually in the cards for songbirds this time of year. Migrating warblers flying south through our area are often dull colored, having lost their bright breeding plumage. This makes them hard to identify, so I tend to stick to observing migrating waterfowl or hawks, and attending our region's many pumpkin, harvest, and foliage fests.

For a change of pace this time of year, I travel though the Catskill Mountains and mid-Hudson Valley region. Even though the Adirondacks are right outside our door, I've felt compelled to drive the extra time south to explore "the other park preserve" to take in the falling leaves, quaint hill towns, and unique birding locations in the Catskills. It's been a lot of fun! There are the <u>Coxsackie Creek Grasslands</u> along the Hudson River, the <u>Shawangunk National Wildlife Refuge</u>, and many mountain forests that offer up great nature and birding opportunities. I'll admit, I still have not gotten my Bicknell's Thrush that tends to summer on some of those Catskill mountain peaks, but I will someday!

To coincide with my new-found explorations three years ago, I attended the new "<u>Taking Flight: Birding in the Catskills</u>" conference at The Ashokan Center in Olivebridge, N.Y. It was an amazing three-day weekend of field trips, lectures, good food, and most of all, great camaraderie with other birders. This September, I plan to attend some of the Taking Flight conference, as part of the New York State Ornithological Association Annual Meeting in Kingston. I encourage you to attend, too. Check out the details in the below article. It is open for anyone to attend.

Even if you don't make the conference, migrate down the Hudson Valley Flyway this autumn anyway to drive those rolling Catskill hills and see what colorful brilliance appears around the next turn. Maybe you'll even take in a harvest fest, or better yet, see an endless flock of migrating birds pass over you as they head south for the winter. Happy Autumn Birding!

Taking Flight Conference in Catskills

The 72nd annual meeting of the New York State Ornithological Association (NYSOA) will be held from September 13 to 15, at the <u>Best Western Plus</u> <u>Kingston Hotel and Conference Center</u> in Kingston. This meeting is hosted by the Catskill Center in conjunction with its fourth annual Taking Flight conference. SAAS is a NYSOA member organization.

The John Burroughs Natural History Society will organize and run the field trips. The conference will also include workshops, research paper and poster presentations, a social hour and other activities. Project Coordinator Julie Hart will discuss the upcoming Breeding Bird Atlas. Kathy Schneider will sign copies of her new book *Birding the Hudson Valley* (see p. 3 for details). Saturday evening will feature a banquet with Dr. Nathan Pieplow's keynote presentation, "The Amazing Sounds of Birds." Pieplow is the author of the *Peterson Field Guide to Bird Sounds of Eastern North America*. See https://nybirds.org/ for more information and to register.



Follow SAAS on Instagram at "adkbirds."





Our chapter hosted a reception on June 26 at Crandall Library in Glens Falls for the National Audubon Society's Audubon Photography Awards Show, which closed in August. Next, the photos will be shown at the Pember Museum of Natural History in Granville until Sept. 20. The show opens on **Friday, Sept. 6**, with a Birds & Brew First Friday reception from 7 to 9 p.m. It will feature a cash bar with beer and wine, and music by Moose Crossing. Check the <u>Pember Museum's website</u> for details. The 12 photos were selected from more than 8,000 entries from around North America. (Reception photos courtesy of Don Polunci.)

Fall programs

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Ross earned a bachelor's degree in biology and geology at SUNY Potsdam and a Master of Science degree in Conservation Biology at SUNY College of Environmental Science and Forestry (ESF). She earned a Ph.D. in Interdisciplinary Bioscience and Biotechnology at Clarkson University in 2018.

This Spruce Grouse research is part of her Ph.D. work. Ross' SAAS program was originally scheduled for January, but canceled due to icy weather.

Patrick Stenshorn will present **"The Hudson River School and American Environmentalism"** on **Thursday, Nov. 21** at 7:00 p.m., at the **Saratoga Springs Public Library** on Henry Street in downtown Saratoga Springs.

Please note that our monthly program in November is scheduled on a Thursday instead of the usual Wednesday. This program is cosponsored by the Glens Falls-Saratoga chapter of the Adirondack Mountain Club.

Stenshorn is the director of interpretive programs at the Albany Institute of History and Art in Albany.

Landscape paintings by 19th-century Hudson River School artists celebrate the majestic beauty of the United States. Their work brought pride to the new nation and helped shape an emerging American identity. The grand, scenic landscapes also influenced the beginnings of the environmental movement in the country. This program will provide insights into the Hudson River School and its impact on the conservation movements of the late 19th and 20th centuries.

Stenshorn is a graduate of SUNY

Geneseo with a B.A. in history, and SUNY Brockport with an M.A. in history with a concentration in early American history. He has also worked as a park ranger for the National Park Service.

Please avoid wearing fragranced products, to avoid triggering allergies, asthma and migraines in others attending the programs.

New bird guide book

Ornithologist Dr. Kathryn J. Schneider has written a new book, *Birding the Hudson Valley*, a guide to birds and birdwatching in the Hudson Valley. It is published by <u>University</u> <u>Press of New England</u>. Schneider, a Hudson Valley native, has spent decades studying the behavior, ecology, and distribution of birds. An awardwinning author, teacher, and conservationist, she is a past president of the New York State Ornithological Association (NYSOA).

Edward Jones

Production of this issue of *The Fledgling* newsletter is provided by Edward Jones, 34 Congress Street, Suite 102, Saratoga Springs, N.Y.



Great Egrets in Fort Edward

SAAS past president and photographer Don Polunci of Queensbury captured this image of eight Great Egrets congregating in the Town of Fort Edward.

Great Egrets migrate in small flocks through our area each fall, feeding in shallow waterways. They are able to stay as far north as Massachusetts in mild winters, but others may head as far south as Central America. See the Cornell Lab of Ornithology site All About Birds for more about this elegant animal: https:// www.allaboutbirds.org/ guide/Great Egret/ overview.

<u>About Wildflowers</u> Common Milkweed

By Diane Collins

Common Milkweed (*Asclepias syriaca*) is a tall sturdy perennial plant (4-6 feet) with opposite (paired) long green leaves and drooping clusters of star-shaped pinkish flowers.

The flowers bloom in midsummer and give rise in late summer to large woolly bumpy seed pods filled with hundreds of silken parachute seeds. The silky seed tassels were once used to stuff pillows.

The nectar-filled and aromatic flowers attract many pollinating insects. Monarch caterpillars feed exclusively on the leaves, which are critical for the caterpillars' survival. The leaf tissue contains toxic sap (cardiac glycoside) which makes both the larva and the adult butterfly poisonous to predators and are thus avoided.

The look-alike Viceroy butterfly

is non-poisonous but profits from this survival adaptation.

Despite the toxic sap, the plant had a wide range of medicinal uses, including wart removal, laxative, contra-



ception and lung disease.

The common name comes from the milky latex sap exuded with bruising or damage. The genus name *Asclepias* commemorates Asklepios, the

Greek god of medicine. The species name *syriaca* refers (in error as the origin) to Syria.

Eradication in both rural and urban environments has impacted the survival of the Monarch butterfly. People are now helping by planting local milkweed species seeds in their gardens or community landscapes.

As Diane Collins was photographing this milkweed bloom at Silver Bay on Lake George in August, a Monarch butterfly arrived to sip its nectar.

Wildflower photographer Diane Collins is the author of Trailside Wildflowers in Cole's Woods, available through <u>http://www.wildflowersinyour</u> <u>ownbackyard.com</u>. Diane sells her booklet at SAAS monthly meetings for \$10: proceeds go to The Friends of Cole's Woods and our Audubon chapter. Cole's Woods is located in both the City of Glens Falls and the Town of Queensbury, next to Crandall Park.

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Dr. Gordon Ellmers took this portrait of an adult Ringbilled Gull along West River Road in Northumberland, Saratoga County, N.Y., in March 2015.

yellow. Next time you see a local gull, stop to look for the trait that gives the bird its name: a black band wrapped around the middle of the bill. It's easy to spot from a distance.

Species Spotlight

Ring-billed Gulls

By Joyce Miller, Newsletter Editor

Though many people don't give a second look at our "parking lot gulls," the smart, adaptable Ring-billed Gull deserves some respect. They're opportunistic birds, eating what's available: insects, earthworms, fish, crabs, small rodents, as well as french fries and other human leftovers. Ring-bills are our most common gull. However, according to Audubon Society's website, these birds almost died out in the late 1800s due to human persecution.

In our Southern Adirondack region, these gulls can overwinter. Their heftier cousins, Herring Gulls, will spend the winters in our area, also.

As the photo above shows, the adult Ring-bill is handsome: a white body, dove-gray wings, and black-tipped tail. The bill, eyes and legs are bright

Moreau Lake Fall NatureFest, Sept. 14

Moreau Lake State Park's annual NatureFest will be held on Saturday, Sept. 14 from 10 a.m. to 3 p.m.

The event features nature-oriented family activities, children's crafts, food, music, and more.

NatureFest is free. Donations go to the Friends of Moreau Lake State Park. For details, call (518) 793- 0511 or visit MLSP's website at <u>https:// parks.ny.gov/events/eventresults.aspx?pk=150</u>.

Buy Duck Stamps to help conservation

From American Birding Conservancy

Funds raised from the sale of Federal Duck Stamps go toward the acquisition or lease of habitat for the National Wildlife Refuge System. Stamps costs \$25 each.

Duck stamps are required for waterfowl hunters as an annual license. But they can also be voluntarily purchased by birders, outdoor enthusiasts and fans of national wildlife refuges who understand the value of Some people call any gull species "seagulls," but that is a misnomer. Gulls do not require the sea or salt water. Gulls usually live near water, but it can be freshwater lakes or rivers as well as coastal areas. Gulls have the ability to drink salt water, due to glands above their eyes, which let them excrete excess salt. This article explains the process: <u>https://www.allabout</u> <u>birds.org/why-can-some-birds-</u> drink-salty-seawater/.

This Audubon site offers more: <u>https://www.audubon.org/field-guide/bird/ring-billed-gull</u>.

preserving some of the most diverse and important wildlife habitats in our nation.

A current Federal Duck Stamp is also good for free admission to any refuge that charges an entry fee. Of the more than 560 refuges, many offer unparalleled outdoor recreational opportunities, including bird watching and photography.

A Duck Stamp might make a great holiday or birthday gift for your favorite birder. Learn more at <u>https:// www.fws.gov/birds/get-involved/</u> <u>duck-stamp.php</u>.

Invasive species of New York State

By Lauren Mercier, Education and Outreach, Capital-Mohawk PRISM, Cornell Cooperative Extension

Invasive species are any non-native species that have the ability to cause harm to the environment, economy, and public health.

Hundreds, if not thousands, of species are considered invasive in the United States that impact a wide variety of ecosystems. Their general lack of competition, quick dispersal, and ability to keep native species away are all characteristics that make these species a threat.

The N.Y.S. invasive species system uses two key tools to rank the threat of an invasive species:

• First, the invasive ranking system assigns a score out of 100 to a given species. This is based on the ecological impact, invasive characteristics, current distribution, and difficulty of control. If the assigned score is greater than 70, the species will be considered a top priority for management and prevention. Then, the invasion curve helps determine the course of action for a given species depending on the current distribution. Unfortunately, the majority of invasive species aren't noticed until they have reached tier 4, which makes eradication nearly impossible.

Invasive species cost the United States a whopping \$150 billion per year. That number will continue to grow without education and stewardship.

In New York, the Department of Environmental Conservation provides funding and support for invasive species work through the PRISM program. PRISM (Partnership for Regional Invasive Species Management) works to educate the public on invasive species and provide the resources to monitor and eradicate infestations. Eight PRISMs in the state are divided up by region.

The Capital-Mohawk PRISM covers 11 counties around the Capital District and is operated out of Cornell Cooperative Extension of Saratoga. PRISM's goal is to encourage awareness of invasive species in our area and help catch new species before



A worker applies a targeted herbicide to the roots of a large stand of invasive species Japanese Knotweed (Polygonaceae Reynoutria). The plant spreads rapidly both through seeds and rhizomes. (Photo credit: Tom Heutte, USDA Forest Service, Bugwood.org, licensed under a Creative Commons Attribution 3.0 License., University of Georgia: https:// www.invasive.org/browse/detail.cfm?imgnum=1196118.)

they become out of hand. The organization hosts a variety of educational events throughout the year, which are posted to the website, <u>http://</u> <u>www.capitalmohawkprism.org/</u>. Resources on identification and removal of invasive species can also be found online.

A very useful resource is the application *iMapInvasives*. It uses GIS technology to map out the distribution of invasive species in the area. The app is available for both Apple and An-



This article is based on a presentation by Kristopher Williams and Lauren Mercier of the Capital-Mohawk PRISM, "Invasive Species: Roadside Invaders," offered by SAAS on July 10 at the Saratoga Springs Public Library.

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<u>SAAS at 37 years</u> Audubon Society Origins

By Mark Silo

Our Southern Adirondack Audubon Society chapter started in 1983. A version of this article, by Audubon member Mark Silo of Pottersville and Loudonville, originally appeared in the Fall 2017 and Winter 2018 issues of Wingbeats, the newsletter of the Audubon Society of the Capital Region of New York State.

The National Audubon Society has more than 450 local chapters in the United States and many more worldwide, operates 41 U.S. wildlife sanctuaries, and offers countless youth and adult programs. In New York State, National Audubon Society has 50,000 members and 27 affiliated chapters.

How did Audubon originate? By the late 1800s, many Americans had become alarmed by man's impact on the nation's "inexhaustible" resources, especially the decimation of the bison and the disappearance of birds from habitats where they were recently abundant. The killing of millions of birds annually for feathers to adorn fashionable hats galled many. (Yes, millions: it is estimated that in 1900 alone 200 million birds died to serve the millinery industry.)

George Bird Grinnell (1849-1938), an anthropologist still known today for his work among Plains Indians, came from a well-fixed family that moved to the recently-subdivided Audubon Park in Upper Manhattan in 1857.

John James Audubon died in 1851, but his widow Lucy still lived in their house in Audubon Park and ran a school for local children in her home, Grinnell among them. George's education in the Audubon house, among the great painter's artifacts and artwork, made a lasting impression. Grinnell eschewed the family investment business for the outdoor career of an anthropologist, naturalist, and hunter, and regularly contributed articles to the fledgling magazine Forest and Stream. He eventually bought the magazine, returned to New York and remained its editor for 35 years, turning it into a strong voice for conservation. Among his contributors was Theodore Roosevelt, with whom Grinnell co-founded the Boone and Crocket Club in 1887. As a means to stem the tide of greed

and indifference during the era that Frank Graham Jr., longtime editor of *Audubon Magazine*, called the "Age of Extermination," Grinnell advocated tirelessly for conservation.

In 1886, believing that concerned private citizens could effectively pool their resources, he announced "the formation of an Association for the protection of wild birds and their eggs, which shall be called the Audubon Society." In February 1887, Grinnell launched *The Audubon Magazine* for a membership that already numbered 39,000. But the effort proved too successful for Grinnell to handle and he disbanded the society by the end of 1888.



Portrait of George Bird Grinnell, from Nathaniel Pitt Langford's Diary of the Washburn Expedition to the Yellowstone and Firehole Rivers in 1870 (1905). From <u>https://commons.</u> wikimedia.org/wiki/File:GeorgeBirdGrinnell.JPG.

However, the concept and the name had taken hold. In 1896, a group of concerned citizens founded the Massachusetts Audubon Society, emulated later that year in Pennsylvania and in eight more states and the District of Columbia in 1897. By 1900, 35 of the 45 states had Audubon Societies. In 1899, conservationist Frank Chapman financed and launched *Bird-Lore*, a magazine that informed and galvanized Audubon members in an age before instant mass communication, and 40 years later morphed into Audubon. And in 1905 the incorporation of the "National Association of Audubon Societies for the Protection of Wild Birds and Animals" made possible the entity that has profoundly influ-

enced American environmental policies through the present day.

Once the first Audubon chapters took hold in the 1890s and the National Association was founded in 1905, Audubon's leaders faced one overarching priority: stop the carnage. Commercial interests continued the wanton slaughter of wild birds for food and feathers. Audubon advocates sought additional protective laws at state and federal levels and initiated a warden system to enforce existing laws and preserves. They also aspired to an educational program aimed at instilling respect for wildlife and natural areas in the next generation of Americans, but that did not share the same urgency. The passage of state protective laws and setasides of sanctuaries accelerated with Audubon's organized lobbying.

But loopholes abounded, the birds did not respect state boundaries, and the states offered little enforcement. Federal protections were needed. The first national bird protective law to be enacted was the Lacey Act of 1900, which used federal authority to regulate interstate commerce to make it illegal to ship across state lines any bird or animal killed illegally. William Dutcher, who later became the National Audubon Society's first chairman, had worked tirelessly to support passage of the Lacey Act.

By 1900, a growing number of private and public wildlife sanctuaries existed, especially in Maine and Florida and elsewhere along America's coastline. But enforcement was minimal and mass killings continued and the market for feathers and eggs persisted. Dutcher endorsed a proposal by naturalist and artist Abbott Thayer to raise funds to hire wardens to safeguard the sanctuaries. Benefactors responded, and Audubon began a widespread warden program. It was dangerous work - warden Guy Bradley was murdered in cold blood by feather hunters in Florida. But Audubon recruited many rugged, dedicated wardens, and the system proved very successful. Audubon's early efforts on the education front consisted mainly of lectures and literature aimed at shaming ladies who persisted in buying hats and clothing

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adorned with feathers and other animal parts.

But more formal and institutionalized efforts aimed at America's youth finally got kick-started in 1910 thanks to



philanthropist Margaret Olivia Slocum Sage. Sage attended the Troy Female Academy (later Emma Willard) before her family fell on hard times. She spent 22 years as a teacher and governess before meeting and marrying wealthy financier Russell Sage. She became deeply and generously involved in social and women's causes when Russell died in 1906 and left her \$75 million, founding Russell Sage College and working for women's suffrage.

Sage offered to fund youth conservation efforts through Audubon after witnessing the indiscriminate shooting of robins in North Carolina. With her money, Gilbert Pearson, who was to become Audubon's second chairman, initiated the very popular Junior Audubon program. By 1915 there were 7,700 Junior Audubon classes in the U.S. and Canada, serving 152,000 children.

The program brought incalculable benefits. One example: a Junior Audubon teacher in Jamestown, N.Y. showed an 11-year old named Roger Tory Peterson some bird drawings and encouraged him to pursue his own art. By this time, the efforts of Audubon and many others were bearing fruit, crowned in 1918 by the Migratory Bird Treaty Act, which celebrated its centennial last year.

Sources: 1. Graham, Frank Jr. The Audubon Ark. New York, Alfred A. Knopf, 1990. 2. Line, Les, ed. The National Audubon Society: Speaking for Nature. New York, National Audubon Society, 1999. 3. Klem, Monica. Margaret Olivia Sage. Accessed Online January 2018: www.philanthropy roundtable.org/almanac/hall_of_fame/margaret_olivia_sage

Welcome, new members!

Currently, 560 members of National Audubon live in our

chapter area. Many of our 138 chapter supporters belong to National Audubon Society and also financially support our local efforts of conservation and education.



Our newest chapter supporters are:

Denise Prichard Stony Creek Taylor Stone, Queensbury Cevan Castle, Saratoga Springs Patricia Ellis, Saratoga Springs Clair Rainwater, Queensbury Dave Covey, Ballston Spa

Special thanks to Kathleen Royka who supported SAAS with a donation to our recent letter of appeal.

Chapter memberships are \$15. Memberships start with the calendar year and expire at the end of the year. Renewal time is approaching. A membership form is available on the SAAS website (<u>http://www.southern</u> <u>adirondackaudubon.org/membership.html</u>).

A membership form will also be included in the December newsletter.

Consider a SAAS chapter membership as a holiday gift!

First Saturday Bird Walks

SAAS continues the First Saturday monthly bird walks along the Spring Run Trail in Saratoga Springs, on **Sept. 7**, **Oct. 5**, **Nov. 2** and **Dec. 7**, led by Ray Perry, past Director of Five Rivers Environmental Education Center.

The Spring Run Trail offers a variety of habitats. The path is paved or on a boardwalk. All skill levels are welcome. The bird walks start at 8:00 a.m. sharp, so please arrive a little early. Meet at the Spring Run Trail parking area, located on East Ave. near the corner of Excelsior Avenue. If the lot is full, park just slightly down the road on Excelsior Ave. in the EBI Beverage Center parking lot, adjacent to the Spring Run Trail. For up-

Twelve attendees saw and heard a total of 26 species during SAAS's First Saturday Bird Walk on July 6 along the Spring Run Trail in Saratoga Springs. The trip was led by SAAS President John Loz.

Notable sightings: a Rose-breasted Grosbeak and Ruby-throated Hummingbirds, Cedar Waxwing, Eastern Phoebes with insects in their beaks, and an occupied Catbird nest in near view. Common Yellowthroats, Tufted Titmice, Song Sparrows and a Chipping Sparrow were among the species heard on the walk.



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Save the date... Another great birding adventure brought to you by SAAS!

