For Spring: Female birds, Ospreys, roadsides

Bridget Butler will offer a Zoom presentation, “Female Birds and the Mothers of Ornithology” on Wednesday, March 23 at 7:00 p.m., in partnership with Crandall Public Library. Please go to the SAAS website to register in advance for the Zoom link or Crandall’s Calendar page.

March is Women’s History Month. This talk focuses on observations of female birds; much past research has focused on male birds. Butler will break down some of the most interesting new scientific studies on female birds and share stories of the “Mothers of Ornithology.”

Butler, known as the Bird Diva, lives in St. Albans, Vermont. She has worked in conservation and environmental education for more than 20 years throughout New England. Through her business Bird Diva Consulting, she travels across Vermont delivering presentations, leading bird outings, and surveying birds for landowners. Butler has worked for the Audubon Society in Vermont, Maine, New Hampshire, and Massachusetts, and helped to create Audubon Vermont’s Forest Bird Initiative. Her “Slow Birding” work has been featured on podcasts including “American Birding Podcast,” Ray Brown’s “Talkin' Birds,” and the South African podcast “The Birding Life.”

On Wednesday, April 27 at 7:00 p.m. on Zoom, Dr. Alan Poole will present “Ospreys: The Revival of a Global Raptor,” in partnership with Crandall Public Library. The past 50 years have seen an extraordinary resurgence in Osprey numbers globally - from Massachusetts to Scotland and from Finland to Australia. This good-news story has been triggered not just by cleaner waters and less contaminated fish, but also by dedicated groups of people who have built and protected nest sites for Ospreys, bringing them back to areas where they had been missing for decades.

Poole, author of Ospreys: The Revival of a Global Raptor (Johns Hopkins Univ. Press, 2019), will look at some of the places where Ospreys are found, and introduce some of the colorful characters who have helped make this Osprey revival possible. Part travelogue, part

President’s Message

A new year

By Rob Snell, SAAS President

As the new president of SAAS, I feel like the gander that just took over leadership of a fast moving gaggle of migrating geese.

For six years, John Loz was the president of SAAS, bringing the chapter through an uncertain transition, to a point where we have a solid footing and an ambitious vision for the future. I am anxious to continue to move our flock forward at the same pace.

Fortunately, SAAS has a solid board of directors and a throng of supporters to help guide us. With this in mind, I look forward to continuing the many terrific endeavors we have begun.

One of the chapter’s most recent accomplishments was to upgrade our website. It is easy to navigate, and provides great information on our upcoming programs, field trips, and other projects like “Plants for Birds.” Additionally, with just a few clicks, it’s a breeze to become a new member, or simply renew your support. Please check it out at https://southernadirondackaudubon.org.

Thank you again for joining our flock. I look forward to leading on your behalf, as we work to protect the world we love, by conserving natural habitats and promoting environmental education.
Southern Adirondack Audubon Society
P.O. Box 5044
Saratoga Springs, NY 12866

https://www.southernadirondackaudubon.org
info@southernadirondackaudubon.org

Facebook: https://www.facebook.com/SouthernAdirondackAudubonSociety/

Instagram: #adkbirds

Meet our board members

Laurie Murphy

Laurie Murphy of Saratoga Springs is SAAS’s new treasurer.

She grew up in Harvard, Mass., in a nature-oriented family, enjoying outdoor pursuits such as camping, hiking, cross-country skiing and gardening. She studied economics at Duke University and joined the GE Financial Management training program, leaving GE Finance when her first daughter was born. She and her husband have lived in Saratoga Springs for more than 30 years and have two grown daughters.

Murphy has volunteered (often as treasurer) with groups such as the Saratoga Rowing Association, Franklin Community Center Food Pantry, Saratoga Performing Arts Center, Flower and Fruit Mission of Saratoga Hospital, Community Hospice of Saratoga, and Operation One/AIDS Orphan Education Trust in Uganda. In addition to watching and photographing birds, she enjoys playing tennis, disc golf and pickleball, as well as golf, skiing and walking.

She has enjoyed taking classes through the Academy for Lifelong Learning through SUNY Empire State College, including a birding course taught by new SAAS President Rob Snell. She also participates in SAAS’s Audubon Climate Watch project.

While she always had bird feeders and enjoyed watching birds, it was not until the beginning of the pandemic that she became seriously interested in birds and birding. She discovered Cornell’s Barred Owl Cam in March, 2020, when her adult daughters had come back from Boston and New York City to work from home in Saratoga Springs. The Murphys played the live webcam feed on their living room TV as relief from the constant pandemic news. After the owlets fledged, Murphy signed up for a beginning birdwatching course via Cornell, as did other friends. She was joined by a good friend who was also excited about watching birds.

Murphy said. “We both quickly realized that there is an endless amount to learn beyond simple or often not-so-simple bird identification,” Murphy said.

Her brother in Maine became a serious birder in college. She added. “It is so fun to be able to share this with him and learn from him.”

“The experience of being slow and still outdoors was completely new to me. I love spending time outdoors, listening to different sounds, and just looking through binoculars at small details that would have been missed prior to birdwatching,” Murphy said. “I also love standing by the fields at the grasslands in Fort Edward and looking for owls while at the same time experiencing a beautiful sunset for an hour, which in the past I may have looked at, thought was spectacular, and moved on to the next thing.”
For Spring
Continued from p. 1

biography, part scientific detective story, this talk will address the current state of this bird of prey.

Poole, an Associate of the Cornell Lab of Ornithology, was editor of the Birds of North America life history series (18 volumes, 18,000 pages) for 22 years. He lives along the Westport River estuaries in southeastern Massachusetts. He has studied Ospreys for more than 35 years and has written two books on the species. See the SAAS website or Crandall Public Library’s April 27 Calendar to register for the Zoom link.

SAAS will return to in-person programs on Wednesday, May 25, at 7:00 p.m., at the Saratoga Springs Public Library, with “Roadside Naturalist: Favorite Stories of 2021” by photographer Rick Bunting.

The library’s auditorium will be limited to 50% capacity for this program. Because attendance is limited, please register to attend at https://sspl.libcal.com/event/8002003.

Bunting takes almost all of his photos from roadsides, capturing images of birds, butterflies, dragonflies, frogs and other wildlife. He accompanies his program with stories offering insights, humor and appreciation. He lives in Bainbridge, in Chenango County, N.Y.

Bunting is Professor Emeritus of the Crane School of Music at SUNY Potsdam. He served as Chair of Music Education and conducted the renowned Crane Chorus. Since retiring, he has devoted much time to his passion as an amateur naturalist.

Win this photo!

People who join or renew their SAAS chapter memberships for $15 can win a chance to receive this 2018 Audubon Photo Award winner. Those who join of renew by the end of March will receive three raffle entries to win this 2018 Audubon Photo Award winner.

It is 36” x 24” mounted on styrene foam board, and can be hung as is. Scott Suriano won an Amateur Honorable Mention for this photo of a drake Wood Duck in Baltimore, Maryland, during a heavy snow on the first day of spring. This photo was on a 2019 national tour.

If you are already a chapter supporter, one ticket will be allotted for each $5 donation made at renewal or on the donation page. The drawing will be held at the end of March. Good luck! Visit https://www.southernadirondackaudubon.org/membership/.

Bird Walks continue

The First Saturday Bird Walks continue along the beautiful Spring Run Trail in Saratoga Springs on the first Saturday of each month at 8 a.m.: March 5, April 2, May 7.

So far, 125 bird species have been seen along the Spring Run Trail. See the trail’s eBird checklist: https://ebird.org/hotspot/L1548124. Walking the same trail each month makes it easier to observe seasonal changes.

The one-mile trail is paved and flat. It is used for walking, running and biking, as well as birding. It offers a variety of habitats.

Meet at 8:00 a.m. sharp at the Spring Run Trail parking area near the corner of East Ave. and Excelsior Ave. Dress warmly. Bring binoculars if you have them. All skill levels are welcomed. If the parking area is full, park just slightly down the road on Excelsior Ave. in the EBI Beverage Center parking lot, which is adjacent to the Spring Run Trail. For more about the trail, see https://www.southernadirondackaudubon.org/Spring-Run/.

SAAS created an entry about the trail’s accessibility on Birdability’s map page (https://gis.audubon.org/birdability/). Scroll in on the yellow diamond marker in the Saratoga Springs area to see photos and a detailed description of the Spring Run Trail. The map page was created by the National Audubon Society in partnership with Birdability.

See Page 5 for more about local trails listed in Birdability.
SAAS Ecuador trip set for this fall

SAAS is traveling to Ecuador this fall with Holbrook Tours: “Birding the Chocó-Andes Region with SAAS,” October 25 to November 3.

Here is Holbrook’s trip description:

An extraordinary abundance of bird life inhabits the forests of northwestern Ecuador. Amid cloud forest, rainforest, páramo, and the eastern and western slopes of the Andes Mountains, you’ll seek out as many of the country’s 1,640-plus species as possible with assistance from your expert guide on this 10-day adventure.

In particular, much of the avifauna you’ll encounter is endemic to the Chocó region, while other species are more easily found here than anywhere else. Along the way, attend a presentation by a local ornithologist, view the snow-capped Antisana Volcano, and straddle the equator at the Middle of the World Monument.

Highlights:

• Explore the Chocó ecoregion across a variety of protected areas, including Yanacocha Biological Reserve, Ambí Cloud Forest Reserve, Milpe Bird Sanctuary, Antisana Ecological Reserve, and others.
• Visit the famed Refugio Paz de las Aves, known as a haven for antpittas and Andean Cocks-of-the-rock.
• Meet a representative from a community project dedicated to restoring the habitat of the Black-breasted Puffleg, the official emblematic bird of Quito.
• Bird the Mashpi-Amagusa Reserve for target species like the Rose-faced Parrot, Orange-breasted Fruiteater, Chocó Vireo, Moss-backed Tanager, and Indigo Flowerpiercer.

The land cost price of the trip is $2,750 per person, plus round-trip airfare. A deposit of $200 is due by July 22. A single room supplement is $365. Meals are included.


Lost Beauty Project at SUNY Adirondack

SAAS is sponsoring “Lost Beauty,” an art exhibition at the SUNY Adirondack Visual Arts Gallery in Queensbury, from Feb. 3 to April 14.

A reception, artist talk and book signing event is planned for the closing date, April 14, from 4 to 6 p.m.

The exhibit features the artwork of Alberto Rey, a Distinguished Professor of Research and Creative Activity at SUNY Fredonia.

Rey created paintings that resulted from his extensive research into environmental issues and the impact of pollution and climate change on land, air and sea. The exhibit showcases paintings of extinct bird species from museum collections as well as Iceland icebergs. The striking images document battles to save the earth.

For more information and associated programs on March 9 and April 13, see SUNY Adirondack’s page https://www.sunyacc.edu/news/sunyadirondack-examines-lost-beauty-new-exhibition.

Spring SAAS events: Lots going on!

Here are upcoming SAAS events, with newsletter pages to see for details. Please confirm events on our website.

• Saturday, March 5, 8:00 a.m. - First Saturday Bird Walk, Spring Run Trail, Saratoga Springs, p. 3.
• Wednesday, March 9, 12:45 p.m. - Lost Beauty lecture on extinction, SUNY Adirondack, Queensbury, p. 4.
• Wednesday, March 23, 7:00 p.m. - “Female Birds and the Mothers of Ornithology,” Zoom, Bridget Butler, p. 1.
• Saturday, April 2, 8:00 a.m. - First Saturday Bird Walk, Spring Run Trail, Saratoga Springs, p. 3.
• Wednesday, April 13, 12:45 p.m. - Lost Beauty Film and Panel Discussion, SUNY Adirondack, Queensbury, p. 4.
• Thursday, April 14, 4-6 p.m. - Alberto Rey talk, reception, Lost Birds Project, SUNY Adirondack, Queensbury, p. 4.
• Wednesday, April 27, 7:00 p.m. - “Ospreys: The Revival of a Global Raptor,” by Alan Poole, Zoom, p. 1.
• Saturday, May 7, 8:00 a.m. - First Saturday Bird Walk, Spring Run Trail, Saratoga Springs, p. 3.
• Wednesday, May 25, 7:00 p.m. - “Roadside Naturalist: Favorite Stories of 2021” by Rick Bunting, Saratoga Springs Public Library, p. 3.
Species Spotlight

White-throated Sparrow

By Joyce Miller, SAAS Newsletter Editor

White-throated Sparrow (Zonotrichia albicollis) is a dapper-looking bird, with a crisp white throat and bright yellow splotch on the lores (the area above the eyes, close to the bill). Small flocks are often reported on our Christmas Bird Count along weedy roadsides.

Their slow, whistled song “Old Sam Peabody, Peabody, Peabody” is a sign of spring. Their song is sometimes heard as “Oh Sweet Canada, Canada, Canada.” They breed in Canada and northern areas in eastern United States. While they can be found in our region year-round, they are most often seen in the spring and fall, in large, singing migrating flocks. These sparrows eat weed and grass seeds, small fruits, berries, tree buds and insects. They’re known for their sprightly backwards hop as they rustle up leaves in search of seeds.

When you see White-throats, notice how some have tan head stripes and others have white head stripes. Research shows that these two color morphs have different behaviors. Here are some surprising observations from Audubon’s website about this sparrow (https://www.audubon.org/field-guide/bird/white-throated-sparrow):

- Either sex can have tan or white head stripes.
- A tan-striped and a white-striped bird often form a mated pair.
- White-striped males are more aggressive and sing more.
- The white-striped females will sing.
- Tan-striped females do not sing. Tan-striped adults feed their chicks more frequently.

See both color morphs and hear their familiar vocalizations at Cornell’s All About Birds site: https://www.allaboutbirds.org/guide/White-throated_Sparrow/overview.

Native plants experts sought for SAAS project

Do you have expert knowledge about native or invasive plants, or garden or landscape design? Would you be interested in joining SAAS in a new volunteer project?

We are interested in starting a Backyard Habitat Certification Program and need some people with background in these areas to participate. Please contact SAAS at https://www.southernadirondackaudubon.org/contact/.

Breeding Bird Atlas continues for third year

The N.Y.S. Breeding Bird Atlas project resumes for its third season in 2022. It is held for a total of five years, through 2024. Almost 2,400 birders have reporting more than one million breeding behavior observations.

The atlas is held every 20 years. Birders observed 251 bird species breeding in New York State during the last atlas, from 2000 to 2004.

- Check the Breeding Calendar to see when to expect activity: https://ebird.org/atlasny/about/breeding-calendar.
- The Breeding Guideline Bar Chart shows breeding time periods in green: https://ebird.org/atlasny/about/handbook-materials/.

Learn more at https://ebird.org/atlasny/about.

SAAS adds to Birdability map

SAAS volunteers have been adding area birding hotspots to Birdability’s accessibility map:

- Betar Byway in South Glens Falls
- Spring Run Trail in Saratoga Springs
- Dean Farm Heritage Trails, Stony Creek
- Carter’s Pond Trail near Salem, Saratoga County
- Sacandaga Byway Trail in Speculator.

Birdability is a crowdsourced project with the National Audubon Society. It lists birding locations around the world that can be enjoyed by those with mobility, visual or other accessibility issues. For more about Birdability, see https://www.birdability.org/.

SAAS past president John Loz is working on adding more local sites. For each site, the volunteer Birdability reviewer takes photos and measures boardwalks, restroom entrances and other features, and enters the information to the Birdability submittal form. Zoom in our area on the Birdability Maps page (https://gis.audubon.org/birdability/).
About Wildflowers

Twinflower

By Diane Collins

My wildflower articles often refer to the brilliant and charismatic Swedish scientist Carl Linnaeus (1707-1778), who invented the binomial nomenclature system. He inspired his students (known as the “Apostles of Linnaeus”) to travel the world and bring back plant samples for his attention and be assigned its specific scientific name.

Are you curious about his favorite wildflower among the thousands he named?

The scientific name for twinflower tells the tale: *Linnaea borealis*. The genus name had been used earlier by the Dutch botanist Jan Frederik Gronovius in honor of Linnaeus, and in his 1753 *Species Plantarum*, Linnaeus formally named it *Linnaea borealis*. It was thought to be his favorite plant, and he even had his portrait painted with it, as pictured on this page.

Its species name *borealis* means “north” and refers to the boreal forest or “taiga” (Russian for forest), the great circumpolar north woods including Canada, northern United States, Norway, Finland, Sweden, Russia, Siberia, and China. The name of the forest is taken from the Greek god of the North Wind, Boreas. The six-million-acre Adirondack Park encompasses the southern range of the boreal forest. The author L.E. Carmichael describes this vast forest at the top of planet Earth as stretching across continents like “a scarf around the neck of the world.”

Twinflower is a creeping native ground cover with trailing stems reaching three feet in length. These slender woody stems bear glossy evergreen leaves arranged in opposite pairs.

The hairy stems have short upright branches each terminated by two pinkish-white nodding bell-shaped flowers. The flowers are a half-inch long, fragrant, and last about seven days. They are most at home under spruce, fir, and cedar. Insect visitors include bees, wasps, sawflies, and beetles. Twinflower has not been used extensively as either food or medicine.

The Yellow-bellied Flycatcher, a ground nesting bird of boreal areas, builds nests where twinflower may be part of the mossy ground cover. As you walk in shady northern Adirondack woods in late June, listen for the male flycatcher’s singing, often from an exposed perch, defending his nesting territory. Look up, but then down, to (possibly) spot the lovely little twinflower.

Climate Watch continues

SAAS members continue to participate in the National Audubon Society’s citizen science pilot project Audubon Climate Watch. It observes how specific bird populations are affected by climate change. The survey is conducted twice a year: from May 15 to June 15, and Jan. 15 to Feb. 15.

The SAAS survey focuses on two species: Red-breasted and White-breasted Nuthatches. Volunteers use a specific protocol established by National Audubon. Using grid maps of a specific area, birders conduct 12 counts, observing for five minutes each. They record the numbers and species of other birds identified within 100 meters.

Climate Watch started after National Audubon issued a report in 2014, *Birds and Climate Change*, on risks faced by North American bird species from climate change. SAAS joined the program in 2017. Contact Rob Snell (birdbranet@gmail.com) for details.
Hudson Falls Christmas Bird Count Recap

By Linda White, SAAS Count Compiler

A grand total of 57 species was observed on Sunday, Dec. 19, during the annual SAAS Hudson Falls Christmas Bird Count. This is one of the highest totals we’ve recorded since 1983, when the Hudson Falls count began.

An Ovenbird was observed during Count Week (three days before and after Count Day).

Our crew of fabulous and dedicated birders traveled 482 miles by car and 5.5 miles on foot. It is only with their long-term continued support and effort that this count has been so successful. Thank you to the Bidwell family (Brad, Beth and Nathan), Russ Hilliard and Jeff Gardiner, Sue Pierce, Jacqui Tinker, Joyce Miller, Barb Putnam, and Suzy Nealon. Feeder watchers Mike and Elaine Rivette put in many hours and their observations were very much appreciated.

The following birds were observed, listed here in taxonomic order. Highlights and unusual sightings are underlined.

<table>
<thead>
<tr>
<th>Species</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canada Goose</td>
<td>2,928</td>
</tr>
<tr>
<td>American Black Duck</td>
<td>16</td>
</tr>
<tr>
<td>Mallard</td>
<td>202</td>
</tr>
<tr>
<td>Long-tailed Duck</td>
<td>5</td>
</tr>
<tr>
<td>Bufflehead</td>
<td>9</td>
</tr>
<tr>
<td>Common Goldeneye</td>
<td>134</td>
</tr>
<tr>
<td>Hooded Merganser</td>
<td>13</td>
</tr>
<tr>
<td>Common Merganser</td>
<td>45</td>
</tr>
<tr>
<td>Ring-necked Pheasant</td>
<td>2</td>
</tr>
<tr>
<td>Wild Turkey</td>
<td>15</td>
</tr>
<tr>
<td>Great Blue Heron</td>
<td>10</td>
</tr>
<tr>
<td>Black Vulture</td>
<td>1</td>
</tr>
<tr>
<td>Northern Harrier</td>
<td>18</td>
</tr>
<tr>
<td>Cooper’s Hawk</td>
<td>1</td>
</tr>
<tr>
<td>Bald Eagle</td>
<td>7</td>
</tr>
<tr>
<td>Red-tailed Hawk</td>
<td>40</td>
</tr>
<tr>
<td>Rough-legged Hawk</td>
<td>1</td>
</tr>
<tr>
<td>Ring-billed Gull</td>
<td>48 (many in the KFC parking lot in Queensbury, seeking handouts)</td>
</tr>
<tr>
<td>Herring Gull</td>
<td>9</td>
</tr>
<tr>
<td>Rock Pigeon</td>
<td>705</td>
</tr>
<tr>
<td>Mourning Dove</td>
<td>79</td>
</tr>
<tr>
<td>Snowy Owl</td>
<td>1</td>
</tr>
<tr>
<td>Short-eared Owl</td>
<td>6</td>
</tr>
<tr>
<td>Belted Kingfish</td>
<td>3</td>
</tr>
<tr>
<td>Red-bellied Woodpecker</td>
<td>22</td>
</tr>
<tr>
<td>Downy Woodpecker</td>
<td>25</td>
</tr>
<tr>
<td>Hairy Woodpecker</td>
<td>6</td>
</tr>
<tr>
<td>Northern Flicker</td>
<td>3</td>
</tr>
<tr>
<td>Pileated Woodpecker</td>
<td>3</td>
</tr>
<tr>
<td>American Kestrel</td>
<td>2</td>
</tr>
<tr>
<td>Peregrine Falcon</td>
<td>1</td>
</tr>
<tr>
<td>Blue Jay</td>
<td>167</td>
</tr>
<tr>
<td>American Crow</td>
<td>6,097</td>
</tr>
<tr>
<td>Common Raven</td>
<td>7</td>
</tr>
<tr>
<td>Horned Lark</td>
<td>5</td>
</tr>
<tr>
<td>Black-capped Chickadee</td>
<td>90</td>
</tr>
<tr>
<td>Tufted Titmouse</td>
<td>58</td>
</tr>
<tr>
<td>Red-breasted Nuthatch</td>
<td>2</td>
</tr>
<tr>
<td>White-breasted Nuthatch</td>
<td>40</td>
</tr>
<tr>
<td>Carolina Wren</td>
<td>2</td>
</tr>
<tr>
<td>Golden-crowned Kinglet</td>
<td>3</td>
</tr>
<tr>
<td>Ruby-crowned Kinglet</td>
<td>1 (first time recorded in our count)</td>
</tr>
<tr>
<td>Eastern Bluebird</td>
<td>62</td>
</tr>
<tr>
<td>American Robin</td>
<td>58</td>
</tr>
<tr>
<td>Northern Mockingbird</td>
<td>8</td>
</tr>
<tr>
<td>European Starling</td>
<td>1,642</td>
</tr>
<tr>
<td>American Pipit</td>
<td>1 (first time recorded)</td>
</tr>
<tr>
<td>Snow Bunting</td>
<td>8</td>
</tr>
<tr>
<td>American Tree Sparrow</td>
<td>105</td>
</tr>
<tr>
<td>Dark-eyed Junco</td>
<td>244</td>
</tr>
<tr>
<td>White-throated Sparrow</td>
<td>49</td>
</tr>
<tr>
<td>Song Sparrow</td>
<td>2</td>
</tr>
<tr>
<td>Northern Cardinal</td>
<td>76</td>
</tr>
<tr>
<td>House Finch</td>
<td>73</td>
</tr>
</tbody>
</table>

About Christmas Bird Counts

Tens of thousands of volunteers participate in more than 2,000 individual counts across North America, held worldwide between December 14 and January 5. Birders follow specific routes within an established 15-mile-wide diameter circle.

SAAS has held a count every year since 1983. For past years’ results and more about the count, see: https://www.audubon.org/conservation/science/christmas-bird-count.

The event started in 1900 when ornithologist Frank Chapman suggested it as an alternative to Christmas “side hunts,” competitions to see which teams could shoot the most birds and other animals. Instead, birders count every bird they see in the designated count areas.
Favorite spring birds

Queensbury wildlife photographer and past SAAS president Don Polunci provided us with these photos of some of his favorite spring bird species. Can you match these seven names with the photos?

- Pileated Woodpecker
- Rose-breasted Grosbeak
- Indigo Bunting
- Yellow Warbler
- Baltimore Oriole
- Eastern Bluebird
- Cape May Warbler

Hint: all are the showier male birds, except the Yellow Warbler.

Check your answers at Cornell’s site All About Birds (https://www.allaboutbirds.org/) or download their Merlin app. Merlin now also offers Sound ID to easily identify bird songs. Look for these beautiful birds in our region in upcoming weeks!