



# The Fledgling

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

Vol. 41 No. 1, **September — November 2023** *Now in our 40th Year!*

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

Website: <https://www.southernadirondackaudubon.org>

## Fall programs: Peregrines and migration

SAAS will offer two monthly programs this fall: on **Thursday, Oct. 26** and **Wednesday, Nov. 29**.

On **Thursday, Oct. 26** at 7:00 p.m., Tim Demers will present a talk on **Peregrine falcons** at Crandall Library in Glens Falls.

Peregrines are listed as an endangered species in New York State. They were eliminated as a nesting species in the state by the early 1960s, due mainly to pesticide (DDE) residues in their prey. The release of young captive-bred birds from 1974 to 1988 helped lead to their return as a nesting species.

Demers will discuss the natural history, recovery efforts, and current status of Peregrine falcons and how their nesting impacts cliff closures in the rock-climbing community.

Originally from Saratoga Springs, Demers is an Environmental Analyst with the Division of Environmental Permits with the N.Y.S. Department of Environmental Conservation (NYSDEC) in Warrensburg. He has also worked with the NYSDEC as a Wildlife Technician for three years. Before his DEC career, Demers held a variety of wildlife jobs across the country, including Spotted Owl work in California, desert tortoise work in the Mojave Desert, waterfowl surveys over the Great Lakes, and Common Loon research in New Hampshire. He also worked with the National Park Service at Devils Tower National Monument in Wyoming.



*Above: A Peregrine falcon perches on a branch.*

*Right: Biologist Josh Stiller holds a banded Brant goose.*

*Photos: Courtesy of presenters.*

Demers earned his Bachelor's degree in Wildlife Science from SUNY Environmental Science and Forestry in Syracuse, and his Master's degree in Environmental Studies from Antioch University New England in Keene, N.H. In his free time, he enjoys hiking, bushwhacking, paddling, nature photography, and just about everything else outdoors.

See [Crandall Library's calendar page](#) for details. Pre-registration is not required.

On **Wednesday, Nov. 29** at 7:00 p.m. at the Saratoga Springs Public Library, NYSDEC wildlife biologist Josh Stiller will speak about **"The use of technology in monitoring migratory birds in the Atlantic Flyway."** He'll discuss his work in tagging and researching migratory waterfowl in New York State.

Please register for this program at <https://sspl.libcal.com/event/10786896>.



Stiller will discuss how the NYSDEC and other state, provincial, and federal agencies in the Atlantic Flyway are using technology to study the life history, demographics, and movements of migratory birds from northern Canada to Florida.

Stiller will cover ongoing projects that use GPS transmitters, light-level recorders, and UAVs (unmanned aerial vehicles, such as drones) to monitor Mallards, Black Ducks, Brant,

and Canada Geese.

His duties involve overseeing the small game program (turkeys, ducks, geese, furbearers, etc.) from the NYSDEC office in Albany.

Stiller collaborates with governmental, academic, and non-profit partners on applied research to help better manage wildlife populations and

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## Southern Adirondack Audubon Society

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**Facebook:** <https://www.facebook.com/SouthernAdirondackAudubonSociety/>

**Instagram:** #adkbirds

### Board and Committees

#### Officers

President: Rob Snell  
([president@southernadironackaudubon.org](mailto:president@southernadironackaudubon.org))  
Vice-President: Mark Silo  
Treasurer: Laurie Murphy  
Secretary: Deb Ferguson

#### Board of Directors

2021-2023	Kim Atkins Peyton Atkins John Loz
2022-2024	Judy Staubo Laurie Murphy OPEN
2023-2025	Dusty Caldwell Mark Silo Deb Ferguson

Board meetings are held monthly except July, August and December. Members are invited to attend.

#### Committees

Conservation: OPEN  
Education: OPEN  
Membership Secretary: Rob Snell  
([membership@southernadironackaudubon.org](mailto:membership@southernadironackaudubon.org))  
Newsletter: Joyce Miller ([editor@southernadironackaudubon.org](mailto:editor@southernadironackaudubon.org))  
Programs: John Loz (Interim chair)  
([programs@southernadironackaudubon.org](mailto:programs@southernadironackaudubon.org))  
Publicity: OPEN

Chapter memberships are \$15. Renew at <https://southernadironackaudubon.org/membership/>, or send a check using the form on the Southern Adirondack Audubon Society (SAAS) website. Contributions support SAAS's education and conservation activities in our region.

SAAS is a certified local chapter of the National Audubon Society. SAAS has approximately 600 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.

### President's Message

## 40 years and still flying

By Rob Snell, SAAS President

As migration season arrives, we are reminded of the remarkable endurance of birds that travel thousands of miles to reach their wintering grounds.

One of the most astounding examples of this is with Common Swifts. When Common Swifts leave their breeding grounds in Europe, they migrate to west Africa where they spend their winters. But unlike other birds that will finally land and begin a recuperative lifestyle, Common Swifts continue to fly non-stop for up to 10 months, eventually returning to their breeding grounds in Europe.

While 10 months is a very long time for a bird to fly, I am proud to say that the Southern Adirondack Audubon Society (SAAS) has been flying non-stop for 40 years.

Since our chapter was fledged in 1983, we have strived to provide strong educational programs, advance wildlife conservation throughout our region, and promote valuable citizen science projects. Our weekly programs are regularly enjoyed by hundreds, and cover topics from birds and bears to wildflowers and art. We promote citizen science, including the Christmas Bird Count, N.Y.S. Breeding Bird Atlas, Audubon's Climate Watch, and the Bluebird nesting project.

We are advocates for adaptive birding, and provide "Birding Back-

packs" (valued at \$200 each) to chapter area libraries for loan to the public. In support of the scientific community, SAAS will be erecting two Motus Wildlife Tracking Towers (\$5k each) to help further research on the migration patterns of everything from birds to butterflies.

Finally, to encourage the use of native plants, we are promoting a property self-assessment which can qualify your yard as "Bird Friendly." (See Page 3 for details.)

These are but a few of our activities that are meant to improve and protect our natural world.

SAAS is fortunate to have a passionate and hard-working board of directors, as well as a supportive chapter membership to help maintain these efforts.

With this in mind, and a great sense of appreciation, I ask you to join the board's fundraising efforts in our "Forty for Forty" appeal. You can select a specific project to support, or donate to the "40 4 40" general fund. All of the money raised will go to support causes like those mentioned above. Please reinforce your support with gift of \$40 representing our past 40 years, and help us make the next 40 years just as successful. Please visit <https://www.forms.southernadironackaudubon.org/donate>. Thank you again for your generous support.



SAAS President Rob Snell

### Fall programs

*Continued from Page 1*

habitat for the small game species that inhabit New York State and the Atlantic Flyway.

Stiller earned his Master of Science degree in Wildlife Science and Management at the State University of New York, College of Environmental Science and Forestry. He studied the movements and diets of Common Mergansers on trout streams in

southeastern New York. His professional experience has taken him to the prairie pothole region of North Dakota, to the middle of Delaware Bay capturing sea ducks in the middle of winter, and all the way to Baffin Island in the Arctic Circle.

He was interviewed about duck tagging in Saratoga County by News10 in Albany: [DEC Wildlife Biologist Josh Stiller talks about bird tagging in Saratoga County \(news10.com\)](#).



## Plants for Birds: Plant now!

Fall months are a great time to plant perennials. Plants are often on sale at area nurseries. Their roots will become established in soil that's still warm from the summer.

Native species generally need less maintenance and fuss because they're already adapted to our local weather. Pollinators such as birds, bees, butterflies and moths will enjoy the nectar from the blooms.

See the National Audubon Society's *Plants for Birds* page to search for plant suggestions, plant lists, tips, videos and FAQs: <https://www.audubon.org/plantsforbirds>.

Once your garden is established, consider completing the SAAS *Bird Friendly Property Checklist*. You can order a new "Certified Bird Friendly" property sign to celebrate your efforts and help spread the word about native plants. See <https://www.southernadirondackaudubon.org/property/>.

## North Creek Community Day, Sept. 23

North Creek Tannery Pond Community Center presents the **North Creek Community Day Outdoor Show** on Saturday Sept. 23, from 11:00 a.m. to 5:00 p.m. at 228 Main Street, North Creek.

SAAS will host an information table about its projects and resources. The event will offer music, demonstrations, vendors, talks, food and beverages, a chili cookoff, and children's activities.

Among the speakers are Dr. Nina Schoch, who will speak about "Conservation Through the Lives of Adirondack Loons" at 11:30 a.m. For details, see <https://www.tannerypond.org/events/community-day-23> or call 518-251-2505.

## Bird of prey program, Oct. 21 in Granville

The program "That's Raptors, not Rappers!" will feature live birds of

prey at the Pember Museum, 33 West Main St. in Granville on Saturday, Oct. 21, from 10:30 to 11:30 a.m.

The Southern Vermont Natural History Museum (<https://www.vermontmuseum.org/>) in West Marlboro, Vermont, will bring three or four live hawks, owls and falcons for a face-to-face exploration of what it takes to be a raptor.

SAAS is co-sponsoring the event with the Rutland County Audubon Society (<https://www.rutlandcountyaudubon.org/>). For more information, contact the Pember Museum: <https://thepember.org/>.

## NYSOA meets in Sept.

The New York State Ornithological Association (NYSOA) holds its annual conference in Tarrytown from Sept. 22 to 24. It is hosted by Saw Mill River Audubon in Westchester County. Bird artist and author David Allen Sibley is the keynote speaker. Visit <https://www.nybirders.org> for details on workshops, research sessions, hotel reservations, meals, and field trips.

## First Saturday Bird Walks

First Saturday Bird Walks will be held at 8:00 a.m. at three different trails in our region this fall:

### Saturday, Sept. 2

**Bog Meadow, Saratoga Springs**  
Leader: Alan Mapes

- Meet at Meadowdale Road parking area.
- Directions and details: <https://www.southernadirondackaudubon.org/bog-meadow-brook/>.
- Latest eBird checklist: <https://ebird.org/hotspot/L393549> ("Bar Chart" link show species seen for each month.)

### Saturday, Oct. 7

**Betar Byway, South Glens Falls**  
Leader: John Loz

- Meet at the gazebo at South Glens Falls Historical Park, at the north end of the Betar Byway trail.

- Directions and details: <https://www.southernadirondackaudubon.org/betar-byway/>
- Latest eBird checklist: <https://ebird.org/hotspot/L1528567>. ("Bar Chart" link show species seen for each month.)



### Saturday, Nov. 4

**Spring Run Trail, Saratoga Springs**

Leader: Ray Perry.

- Meet at the Spring Run Trail parking area near the corner of East Ave. and Excelsior Ave. If the parking area is full, park just slightly down the road on Excelsior Ave. in the EBI Beverage Center parking lot, adjacent to the Spring Run Trail.

- Directions and details: <https://www.southernadirondackaudubon.org/Spring-Run/>.
- Latest eBird checklist: <https://ebird.org/hotspot/L1548124>. ("Bar Chart" link show species seen for each month.)

### Tips:

- All walks start at 8:00 a.m. sharp.
- Bring binoculars if you have them.
- All skill levels are welcomed.

## Field trip guidelines

- Check the SAAS website and Facebook pages for updates on these trips.
- Please review the SAAS **Field Trip Guidelines** (<https://southernadirondackaudubon.org/field-trip-guidelines/>).
- SAAS trips follow the American Birding Association's **Code of Birding Ethics** (<https://www.aba.org/aba-code-of-birding-ethics/>).

## SAAS summer happenings



**Left:** SAAS board president Rob Snell and his wife Kathleen Snell chat with SAAS board member and treasurer Laurie Murphy at the Saratoga Performing Arts Center in Saratoga Springs on Aug. 12.

SPAC offered display space to area environmental organizations such as SAAS, Saratoga PLAN, Wilton Wildlife and others, to commemorate the theme of music celebrating the earth.

Yannick Nézet-Séguin conducted the Philadelphia Orchestra for these two pieces: Stravinsky's *The Rite of Spring* and the SPAC premiere of *Vespers of the Blessed Earth* by John Luther Adams. Adams is an environmental advocate who has won an Emmy and a Pulitzer Award for his compositions.

*Photo: Joyce Miller*

**Right:** SAAS board member Mark Silo took this photo at the Town of Chester Library in Chestertown. The SAAS birding backpack is the centerpiece of a display featuring children's books about birds.

Library Director Alma Alvarez reports that the SAAS birding backpacks have been very popular and are usually checked out. She mentioned that one mother returning the backpack told how her pre-schooler had never previously shown any interest, but became enthralled with things all around her backyard after using the SAAS backpack.

The library director also mentioned that the "backyard bingo" game is popular even with kids who may show no interest in birds.



**Left:** The birding backpack contents are shown for the Bancroft Public Library in Salem, Washington County. SAAS customizes the list of suggested birding locations for each town.

Audubon birding backpacks are currently available in nine local public libraries: Salem, Galway, Saratoga Springs, Bolton Landing, Speculator, Chestertown, Warrensburg, Ballston Spa, and Lake George. More will be added.

*Photo: Laurie Murphy*



**Edward Jones**  
MAKING SENSE OF INVESTING

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





Above: Northern Flickers are one of the nine woodpecker species that breed in New York State. Eastern North America has Yellow-shafted Northern Flickers. The male has a black "mustache," red nape and yellow markings. (Photo: Audubon DAM; Patricia McGuire/Audubon Photography Awards 2017).

## Atlas finds 234 breeding species

So far, 234 bird species have been confirmed as breeding in New York State by the N.Y.S. Breeding Bird Atlas (NYSBBBIII).

This project is a statewide inventory of the breeding birds of New York State. It is held every 20 years, for five years. This is the fourth year of the current atlas.

The first Atlas (1980 to 1985) found 243 breeding bird species in the state. The second (2000 to 2005) noted 248 species.

For the NYSBBBIII, the state was divided into 5,710 3x3-mile "blocks." Every third block was designated as a priority block. Birders have been focusing their efforts on these priority blocks.

Birders note the level of breeding evidence for each bird seen. For instance, birders would record if they saw a male and female bird near each other, indicating a mated pair, or a bird carrying food back to a nest.

Most birds breed in the spring and summer. Great Horned Owls start nesting in February. White-winged and Red-winged Crossbills will nest in the Adirondacks from late summer into the fall and then again from January into April, according to Matthew Young of the Finch Research Network.

A block is marked "complete" by meeting certain criteria. For instance, the block should be visited three times (usually in April, June, July) with at least 20+ hours of daytime birding. At least 45 of the reported species should be marked as "Probable" or "Confirmed." Nocturnal and crepuscular hours are highly recommended to count birds active at night, dusk and dawn.

To search for priority blocks in your area, see <https://ebird.org/atlasny/explore>. Any birder can join in the effort. It's a great way to hone observation skills.

See <https://ebird.org/atlasny/home> for information about the NYSBBBIII project.

## Capital District report for N.Y.S. Breeding Bird Atlas III

By Alison Van Keuren, Regional Coordinator, Capital Region, New York State Breeding Bird Atlas III

Many thanks to all of you who have made contributions to the N.Y.S. Breeding Bird Atlas III.

An abbreviated summary of the results (as of July 20) is listed below. I have entered the county, number of priority blocks, number completed and number with less than 10 hours for the Capital Region. For each county here are one or two easily accessible blocks and the number of hours of observation in each block.

**Warren** – 35 priority with 4 complete; 11 with less than 10 hours.  
Chestertown CE – 0.97 hours  
Chestertown NW – 0.50 hours

**Washington** – 31 priority with 5 complete; 13 less than 10 hours  
West Pawlet CE – 2.77 hours  
Putnam CE – 1.37 hours

**Fulton** – 19 priority with 1 complete; 13 with less than 10 hours  
Lassellville CE – 2.55 hours  
Gloversville NW – 2.08 hours

**Montgomery** – 18 priority with 3 complete; 6 with less than 10 hours  
Tribes Hill NW – 2.42 hours  
Fort Plain NW – 3.78 hours

**Schoharie** – 20 priority with 1 complete; 12 with less than 10 hours  
Gilboa CE – 4.10 hours  
Stamford CE – 3.80 hours

**Albany** – 21 priority with 17 complete; 1 under 10 hours  
Greenville NW – 4.40 hours  
Durham CE – 10.25 hours

**Greene** – 23 priority with 1 complete; 13 with less than 10 hours  
Leeds NW – 4.78 hours  
Prattville CE – 2.38 hours

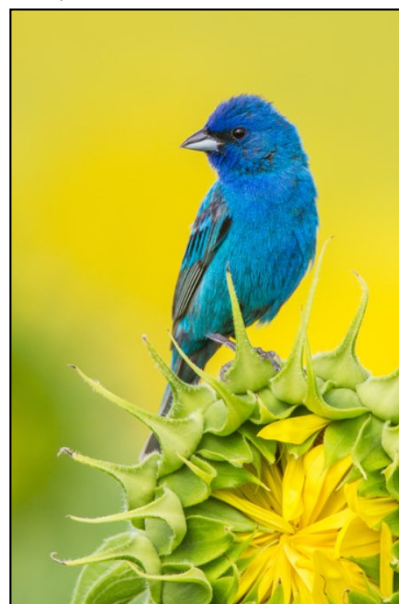
**Rensselaer** – 25 priority with 13 complete; 1 less than 10 hours  
Hancock NW – 8.18  
Grafton NW – 10.01

**Schenectady** – 7 priority with 2 complete; 1 with less than 10 hours  
Pattersonville CE – 4.07

When you plan your future atlas efforts, look at these suggested blocks and other incomplete blocks in that county to determine how you can help.

Moving blocks toward 20 hours of effort is very important, followed by getting as many species as possible to the Probable and Confirmed level.

Additionally, it would be very helpful to check your block for crepuscular and nocturnal birds. (Crepuscular birds are active at dusk and dawn.)



Above: Indigo Buntings breed across New York State. (Photo: Sunil Gopalan/ Audubon Photography Awards/2016.)



*Left: Lush roadside vegetation provides great cover for many species of songbirds. Photo: Mona Bearor.*

### **Featured birding trails**

## **Towpath Road in Kingsbury**

The Towpath Road is located along the old Champlain Canal in the town of Kingsbury. With a wide variety of habitats, one can fill an entire morning with interesting birding in any season.

The Towpath may be the best four-mile stretch of road birding in our chapter area. With the exception of early morning commuters taking short-cuts, this unpaved road is usually quite devoid of traffic, and is far enough from town that it is also quiet enough to easily hear birds. An abundance of native vegetation, such as viburnum, wild grape, dogwood, and sumac make this place a haven for both resident species and migrants.

To date, 157 species have been recorded on this dirt road in Washington County, including warblers, woodpeckers, sparrows, cuckoos, herons and ducks. In addition to the old canal which supports ducks, herons, and water-loving songbirds, the road passes through several habitats. The Hudson Falls end features an open agricultural area. A huge cattail marsh is mid-way. Wet woods border the Fort Ann end of the road.

The roadsides are edged by many species of shrubs and trees which

offer important cover for nesting birds and food for migrants. Simply driving the road can yield a good list, but to really appreciate all the road has to offer, park in a safe place and walk a bit in the different habitats.

Be sure to watch for the nesting Osprey in the spring and summer. There is a platform on the east side of the road that has proven to be very successful. Bald Eagles are sometimes flying overhead as well. Listen and look for the rattle call of Belted Kingfishers hunting on the old canal.

Among the intriguing bird species found here so far are our local “six-pack” of woodpeckers, both cuckoo species, 12 sparrow species and 18 warblers.

American Bitterns have been seen on this road, as well as Wilson’s Snipe, both Alder and Willow Flycatcher (mostly Willow in breeding season), Baltimore Orioles and if you are lucky, an Orchard Oriole.

Green Herons love this area, and can often be seen perched in trees as well as stalking prey near the water. Black-crowned Night-Herons have been seen as well. Carolina, House, and Marsh Wrens all live

along this road. The list can go on and on, but you get the idea! There are so many diverse species of birds that birding is great here, even in the heat of summer when other areas have become quiet and lost their appeal.

One word of caution: Although the road is wide enough for two cars, be sure to park where another vehicle can safely see around you. There are many curves in the road and there is no posted speed limit. The only downside to the birding experience here is the large amount of trash that has been thrown in the canal. The Town of Kingsbury cleans the roadsides annually, and hopefully, with a greater “people presence” there will be less littering.

The Towpath Road is now part of the Empire State Trail, so watch for bicyclists. They appreciate it when you slow down. Both ends of the road have paved paths (also part of the Empire State Trail) so you can extend your excursion both north and south by foot.

For directions, visit <https://www.southernadirondackaudubon.org/hudson-falls>. It’s only five minutes from the traffic circle in Hudson Falls.

For a bird species list, see: <https://ebird.org/hotspot/L1527296>. Click the “Bar Charts” link in the left margin to see monthly species abundance.

*Open fields bordering the road can offer views of hawks, harriers, sparrows, and in the summer, Bobolinks. Photo: Mona Bearor.*





## About Wildflowers

### A peek into the past

By Diane Collins

While horsetails are not considered a wildflower, it is a plant of interest to me. This plant is seen along local trails, including the Feeder Canal Trail in Glens Falls and Rush Pond in Queensbury. You may have wondered about it too, as you identified nearby wildflowers.

Native to North America, horsetails thrive in moist areas. The plant is hollow with segmented stems which, if pulled apart, can be put back together again like pop beads. These ancient fern-related reeds creep by rhizomes, form colonies, and reproduce by spores in their rounded tips on fertile stalks. The plant will eventually send up infertile stalks with whorled branches, unfolding around the stem.

This vascular plant has a history as far back as the Paleozoic era 300 million years ago.

One horsetail species found in our area is called Common Scouring



Horsetails, photographed by Diane Collins.

in degraded sites.

Native Americans traditionally used horsetails as a diuretic. Stalks were used to make tea for treating kidney and bladder infections. Studies have suggested that horsetail has antioxidant properties and may be useful in treating osteoporosis because it contains silicon, the mineral needed for bone growth.

The genus name *Equisetum* is derived from Latin *equus* (horse) and *seta* (bristle). There are eleven “horsetails” in this genus in North America. The name’s author (as we might have guessed) was Carl Linnaeus, using the infertile stalks as his choice of genus name.

Rush. It is rough to the touch with silicon-containing ridges in the stem that give a scratching effect. Out camping and in need of a scrub brush for a burned pot? Tie a bunch of stalks together and scour away. The plant was also used in polishing metal, particularly pewter. Environmentally, they absorb heavy metals from the soil and are useful to grow

Horsetails are a fascinating part of our modern-day natural landscape with botanical ancestors over 300 million years ago. And they certainly have stuck around!

*Wildflower photographer Diane Collins is the author of several local wildflower booklets, including the new Springtime Birds & Wildflowers along the Betar Byway, South Glens Falls. See <http://www.wildflowersinyourownbackyard.com>.*

## Species Spotlight

### Great Blue Heron

By Joyce Miller, SAAS Newsletter Editor

Great Blue Herons (*Ardea herodias*) are elegant birds, with silky blue-gray body feathers and black and white head feathers.

They stand three to four feet tall with a wingspan of about six feet. These gangly birds have hollow bones, so weigh only five or six pounds.

A Great Blue Heron will hunt by slowly walking through shallow water or fields. It strikes out quickly to nab fish, amphibians, reptiles, small birds and rodents and efficiently swallows them whole. It must swallow fish head first, so the spines don’t get stuck in the bird’s long throat. Their night vision allows them to hunt in dim light at dusk and dawn.

They breed across the United States. After elaborate courtship

rituals, many pairs will build their stick nests in dead trees near water in early spring. The call is a harsh squawk. They hunt within a two or four-mile range of their nests. The young can take up to three months to leave the nest. Great Blue Herons can live from 15 to 23 years.

To learn more, see this Cornell’s All About Birds page: [https://www.allaboutbirds.org/guide/Great\\_Blue\\_Heron/overview](https://www.allaboutbirds.org/guide/Great_Blue_Heron/overview).



Left: Great Blue Herons breed in colonies.

Right: Some herons remain in our area until waterways start to ice over.

Photos: Gordie Ellmers.







*This photo will be awarded to a new or renewing member at the end of this year.*

## Renew or join and get a chance to win this poster!

If you join as a chapter supporter or renew your membership by the end of this year, you'll receive three raffle entries to win Diana Rebman's photo above, which won the 2018 Audubon Photo Award Top 100. Chapter memberships are only \$15 and run for a year.

Rebman is the Amateur Winner for this photo of a Long-tailed Tit. This bird, a cousin of our Black-capped Chickadee, was photographed in Akan-Mashu National Park in Japan.

"On a biting cold February day, I noticed these darling tits taking turns nibbling on an icicle," Rebman said. "I grabbed hand warmers, a tripod, and my longest lens and spent hours photographing this amazing behavior. What an adaptation! You have to be clever to survive such harsh conditions."

This photo was on national tour in 2019. It is approximately 36" wide by 24" tall, mounted on foam board, and can be hung as is. SAAS members in Ballston Spa, Queensbury and the Town of Day have won pre-

vious posters.

An additional ticket will be allotted for every \$5 donated through the SAAS membership or donation page. Contributions support SAAS's educational and conservation activities in our region. Approximately 600 members of National Audubon live in our chapter area. Many National members also become chapter supporter members to financially support SAAS's local efforts.

Renew your annual membership for 2023 at the SAAS Membership page (<https://www.southernadironackaudubon.org/membership/>).

## Birding improves your brain

National Audubon Society's *Birding* magazine recently published an article about birding skills, memory and observational powers.

The article, entitled "Yes, Birding Does Change Your Brain," describes a Harvard professor who teaches medical students to improve their observational powers by compar-

## SAAS planned giving

*By Judy Staubo  
SAAS Board Member*

Do you have a dream? Or maybe a good idea? Birders think about conservation and protection. You can join the efforts to help by:

- Donating to SAAS today
- Leaving a gift to SAAS in your will
- Making a contribution via your IRA.

Each of your choices could have tax advantages. Talk with your financial advisors.

To donate to SAAS, you may:

- visit our website under "Support SAAS" (<https://www.forms.southernadironackaudubon.org/donate/>) to pay by credit card, or
- make checks payable to Southern Adirondack Audubon Society and mail to P.O. Box 5044, Saratoga Springs NY 12866.

Thank you.

ing details differentiating similar bird species. With practice, "people can fine-tune their ability to distinguish among any similar-looking objects, from faces and cars to skin conditions and birds," the article states. It quotes neuroscientists who believe that learning about birds can improve the brain's neuroplasticity.

For the full story about birding and cognition research, see: <https://www.audubon.org/magazine/spring-2023/yes-birding-does-change-your-brain>.

