

BUFFALO AUDUBON
SOCIETY

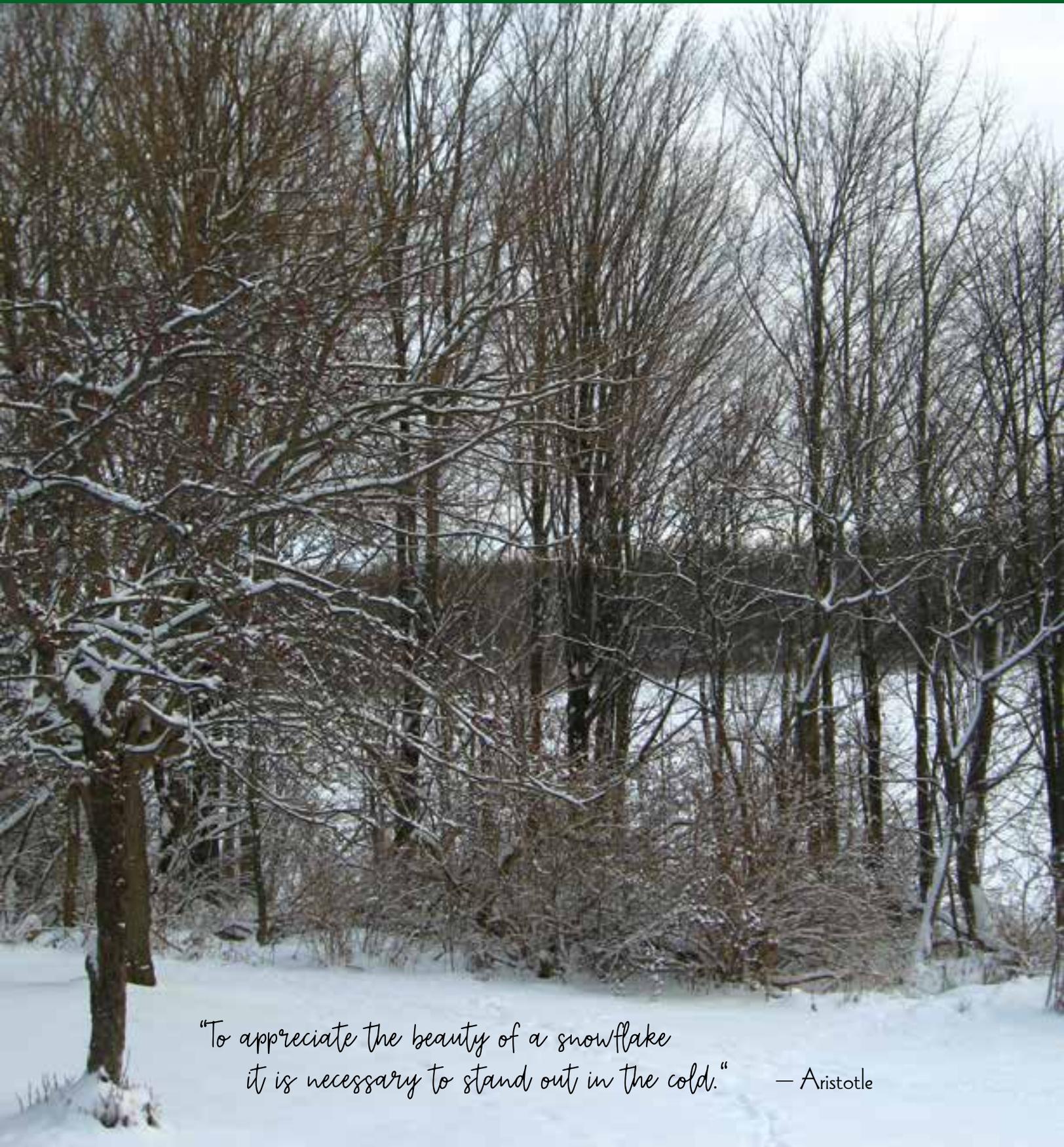


Audubon Outlook

Newsletter of the Buffalo Audubon Society

JANUARY | FEBRUARY 2019

"110 Years of Environmental Education 1909 - 2019"



*"To appreciate the beauty of a snowflake
it is necessary to stand out in the cold."*

— Aristotle

BUFFALO AUDUBON
— SOCIETY —



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Buffalo Audubon Society is a *Chapter of the National Audubon Society* and a member of the Western New York Environmental Alliance. Visit GrowWNY.org for more information!

1610 Welch Road
North Java, NY 14113
Ph 585.457-3228
Fax 585.457-1378

E-mail: info@buffaloaudubon.org
www.buffaloaudubon.org

Our Sincere Thanks To Our Recent Donors

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The *Legacy Society* recognizes individuals who have made a bequest or other estate plan to benefit the Buffalo Audubon Society, and who have let us know of their intent. We would like to extend our sincere gratitude to these individuals for the wonderful commitment they have made to the long-term success of the Buffalo Audubon Society.

If you have made such a gift and would like to be recognized in this and other listings, or if you would like information about how to make such a gift, please contact us at (585) 457-3228 or info@buffaloaudubon.org.

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Front Cover Photo: Beaver Meadow is beautiful in the wintertime too! Bring your cross-country skis or snowshoes (or rent shoes from us) and enjoy nature in winter. Warm up inside with a cup of hot chocolate or you can just sit inside and enjoy bird watching from our windows. Many birds visit our feeders here in the wintertime!



Jeff Beich

President's Message

I hope you had a great holiday season and are keeping warm in these winter months (hopefully with an occasional venture outside to appreciate our winter wonderland). As we enter 2019, the BAS Board and Staff are in the process of updating our strategic plan. In a nutshell we will: 1) Assess the environment in which we operate (e.g., political and environmental trends, State and National Audubon policies, potential community partners, WNY community needs etc.); 2) Take a critical look at our current activities and performance, 3) Identify our strengths and weaknesses, as well as opportunities and threats; and, 4) Formulate a three-year plan, guided by our mission.

A key component of this undertaking has been obtaining feedback from our membership. In December, we sent an invitation to our members to complete an online survey about BAS. Questions focused on the role our organization plays in the community (perceptions of our current role and suggestions for the future), what members value about BAS, and suggestions for future programs and activities. I would like to thank everyone who responded and provided their input. Your voice counts!

Finally, climate change will be an important contextual factor in our plan's development. The disturbing findings in the recently released 1628-page National Climate Assessment report from



the Federal government should be a wake-up call for all of us (although I suspect that most of our members are already attuned to this issue). While this is a global problem, it will require multi-level strategies to address the situation. Two key components of BAS's mission are advocacy and education. Through advocacy, we can attempt to influence lawmakers (local, state and national) to be environmentally responsible. Through education, we can raise awareness and motivate action at the local level.

Jeff Beich

PS: I would like to thank the staff and volunteers who helped to make Breakfast with Santa another successful event!



Melissa Fratello

Director's Message

Well, the darkest days are behind us as we head into a new year. As we reflect on the year past, it is important to take inventory of our accomplishments, both personally and in the realm of conservation! Here at Buffalo Audubon, there is so much to celebrate and look forward to, including all of you who continue to support our work and steward the natural environment in Western New York. In 2019, we'll be working on several regionally significant projects that will work to engage a broader audience in birding and conservation, address invasive plant species in parks and preserves, and create habitat for a threatened species along the Niagara River Corridor IBA (Important Birding Area).

Right around the corner, Birds on the Niagara is a collaborative effort between Buffalo Audubon, NYS Parks, the Niagara River

Greenway Commission, Tift Nature Preserve, Friends of Times Beach, NYS DEC and the Pollinator Conservation Association. This 2-day event, January 25th and 26th, will highlight birding hot spots along the river corridor, introducing new birders to the fascinating migration patterns of waterfowl and gulls that call the Niagara home every winter. We'll have an owl prowling, several guided walks, and special guest speaker Twan Leenders of the Roger Tory Peterson Institute will join us to close out the weekend. We hope to make this an annual celebration that will make birding more accessible to Western New Yorkers while highlighting the unique habitat that draws thousands of birds every year. Please come out and celebrate with us! See our facebook page for more details!

Here's to a Happy (and Birdy) 2019!

Melissa Fratello



A Naturalist View

Seeing Red - Envious of the Northern Cardinal

By Mark Carra

Cardinalis cardinalis, the Northern Cardinal, or Redbird or the simple version – the Cardinal is one of the most recognizable and admired birds in the world. Its name comes from the beautiful red garb the male dons as it is very much like the ceremonial dress Cardinals wear in the Catholic Church. Back in the early days of the United States, it was a popular pet cage bird. With the adoption of the Migratory Bird Treaty Act of 1918, we banned the keeping and killing of all migratory birds in the US. This was the cause that brought together the very first members of the Buffalo Audubon Society in 1909.

The song of the Northern Cardinal is just as distinctive as the look of the bird. *Cheer, cheer, cheer* or *birdie, birdie, birdie*, is an iconic call all people in its range are familiar with. One distinction the bird exhibits is the fact that the female sounds off as well. The language of this bird is somewhat complex as ornithologists have described at least 16 songs or phrases they use, from territorial warnings to a greeting uttered by both males and females when they are about to feed one another. Being sexually dimorphic their unique field marks of red and black of males and olive brown and



Mark Carra

red of females is accentuated by their erect crest and coral colored beak which gives them an unmistakable look that's easy to identify.

The Northern Cardinal has certainly benefited from the expansion of North American suburban life as their ability to coexist with the human need to control nature has allowed them to push the boundaries of their range farther north.

Cardinals are mainly consumers of seeds and fruit; however they do add bugs to their diet and feed their babies primarily on a variety of this bug fare. This bird, although benefitting from the habitat changes that we humans bring, are adversely affected by our

love for non-native plants in our gardens which allows for the possibility of aggressive botanical species to overtake native plants thereby forcing dietary changes detrimental to their health. Planting only native plants on your property is an easy way to help Cardinals as well as all the other creatures that live in your neighborhood.

We have a tendency to take the things most familiar to us in our backyards for granted losing sight of just how beautiful and interesting they are. Regardless of how jaded we may get at the sight of this common species the presence of a male Northern Cardinal on a snowy winter day probably still excites most of us. Perhaps this warm feeling comes from the promise of their mating calls emanating from our shrubs in the spring or from the classic holiday picture on many a greeting card that inspires our friends, it's difficult to say. One thing is sure, no one would dispute that the Northern Cardinal is a bird to admire as it is one of the most beautiful birds in



the world. Seeing red can be a joyful experience and anger has no place in our hearts in this case.



SAVE THE DATE!

The 61st Annual Allegany Nature Pilgrimage

Friday - Sunday
May 31 – June 2, 2019

Lodging is available through Allegany State Park.
See the link at allegannaturepilgrimage.com

A WINTER CELEBRATION

BIRDS ON THE NIAGARA



A celebration of the incredible diversity of bird life along the Niagara River Corridor. ALL are welcome - no birding experience necessary! FREE guided walks and spotting stations, from Lewiston to Buffalo, with special guest speakers and workshops! Discover the amazing stories of the birds that call the Niagara River home!

Find event details at <https://www.facebook.com/events/339833690173613/>



New Year's Resolutions for the Birds



Tom Kerr

By Tom Kerr

Inspired by the feeling of a fresh start, lots of people make New Year's resolutions this time of year. Here are some Ideas for New Year's Resolutions that will help the birds that we share our community with. Birds need our help year-round, so we are spreading these resolutions over all of 2019. Happy New Year!

January - Submit Checklists to eBird

eBird is the best resource out there to help birders and scientists understand bird populations, but it only works when people contribute their sightings. By creating an account and submitting your checklists every time you go birding, you will be contributing valuable data to the biggest community science project in the world. eBird is also great for keeping track of your sightings and organizing your Life List or your Year List, so January is a great time to start!

February - Put a Birdfeeder in Your Backyard

February is National Bird Feeding Month, and winter is the perfect time to start your bird friendly backyard. Birdfeeders help birds make it through tough times by supplementing their diet when food is scarce. Join us at Beaver Meadow on Saturday February 9th for our Backyard Birds and Birdfeeders program and get a 30% off coupon for a birdfeeder or birdseed at our Gift Shop.



March - Make Your Windows Bird-Safe

Continuing with the theme of bird friendly backyards, help reduce collisions with windows by protecting your windows with special tape that reflects UV light. Every year, millions of birds die from collisions with windows. Most of the time, the bird is confused by a reflection of trees and bushes in the window. Visit <https://www.collidescape.org/abc-birdtape> for more information.

April - Build a Birdhouse

As spring arrives, many birds are heading north looking for nesting territory. Many of these birds are cavity nesters, meaning they nest inside holes in trees. Unfortunately, introduced species like European Starlings and House Sparrows take a lot of these

tree cavities for their nests before native species arrive. You can help these native cavity nesters like Bluebirds and Tree Swallows by installing bird houses. You can install them in your yard if you have suitable habitat or check out local parks and ask for permission to install some birdhouses. Not only would you be helping birds, you would be enriching these parks for everyone who visits. Most people really enjoy watching birds raise a family!

May - Plant Native Plants

A single native Oak tree can support hundreds of different insect species, as opposed to an ornamental, non-native tree, which would support almost no insect life. Insects are essential in supporting bird life in every habitat. Many birds we see at birdfeeders in the winter switch over to a diet of insects during the summer. Insects are loaded with protein and fat, which help baby birds grow quickly so they can leave the nest as soon as possible. Without native plants, there are no insects. Without insects, there are no birds.

June - Take a Kid Birding

School's out for the summer! If you have kids in your life, this is a great time to get them interested in birding. Take them to a local park, or on a hike to look for birds. Spend some time teaching them to use binoculars, and focus on easy to find birds that won't require too much patience to see. I have heard so many grown adults say, "I wish I started birding when I was a kid!" Now is your chance to help the next generation grow their love for birds and nature.



July - Take a Birding Vacation

If you are planning a summer vacation, spend some time looking for birds you do not see back home. If you are planning a trip specifically to see birds, make sure people in the area you are visiting know about it! Tell them you are spending money in their community because of the unique birds and habitats they have. Money talks, and if birds are bringing money into a community it will get noticed.

August - Share Your Love for Birds with Your Friends and Family

Let everyone know how much you enjoy spending time with birds. Talk about your birding adventures with your friends and family. Post about them on social media. Don't go overboard, but let everyone know that birds are important to you. Be proud to be the birder that all your non-birding friends know!

September - Bird Local

After you have had your fun travelling over the summer to see birds, take some time to get back to the birds in your hometown.

Find a birding patch in a park or a cemetery within walking distance from home. You would be surprised at the bird diversity you can find in small green spaces surrounded by development. Fall migration is starting up, so let the birds come to you while you reduce your carbon footprint.

October - Buy Shade Grown Coffee

By now, most of the birds we enjoy during the spring and summer have left for the tropics of the Caribbean, Mexico, Central America, and South America. Coffee is an important crop for many of these countries, but it isn't always bird friendly. Coffee needs shade to grow, but often that shade is provided by tarps and coverings that offer nothing to wildlife. Shade grown coffee provides important habitat for birds and other animals by allowing trees to provide the shade. Spend your money on products and companies that care for the world we live in and avoid those that take without giving something back.

November - Write a Letter to an Elected Official

Let the people who are elected to make our laws and govern our country know that birds are important to you. With everything

going on in American politics, it can be hard to stay focused on environmental issues, so don't forget your local politicians. Town, County, and State Parks provide much needed habitat for birds. Local policies and development plans can affect birds as much as anything on a federal level. Make your voice heard and speak up for birds and wildlife that are often forgotten or sacrificed for other interests during our political process.

December - Participate in a Community Science Project

To finish off the year, participate in the 120th Annual Christmas Bird count. The Christmas Bird Count is always a great way to meet other birders and celebrate the Holiday Season. It is also great for new and beginner birders. Most birders are always willing to share their knowledge with others! Most importantly, the count generates a snapshot of bird populations across North America, and Audubon Scientists have used data from the CBC to help generate their Climate Report and predict how birds will react to climate change in the future. The Christmas Bird Count is also a great opportunity to discuss your resolutions for 2020 with other birders!

Great Backyard Bird Count February 15-18, 2019

It's as easy as 1-2-3!

1. Create a free Great Backyard Bird Count account. Go to <http://gbbc.birdcount.org/get-started/> if you have never participated in the Great Backyard Bird Count or any other Cornell Lab citizen-science project, or have not participated in the GBBC since 2013. If you already created an account for the GBBC in the past, or if you're already registered with eBird or another Cornell Lab citizen-science project, you can use your existing user name and password.

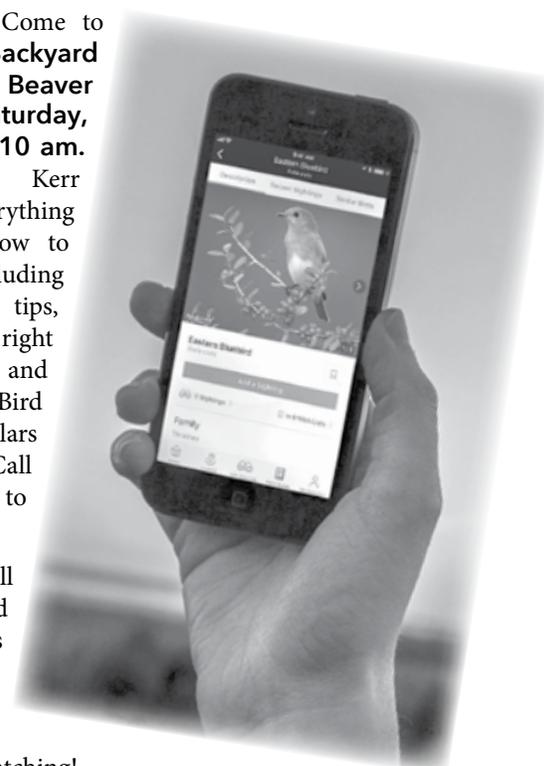
2. Count birds for at least 15 minutes on one or more days of the GBBC. You can count for longer than that if you wish! Count birds in as many places and on as many days as you like—one day, two days, or all four days. Submit a separate

checklist for each new day, for each new location, or for the same location if you counted at a different time of day. Estimate the number of individuals of each species you saw during your count period.

3. Enter your results on the GBBC website by clicking the "Submit Observations" tab on the home page. You may also download the free eBird Mobile app to enter data on a mobile device. If you already participate in the eBird citizen-science project, please use eBird to submit your sightings during the GBBC. Your checklists will count toward the GBBC.

Still confused? Come to the **Great Backyard Bird Count at Beaver Meadow on Saturday, February 16 at 10 am.** Naturalist Tom Kerr will go over everything you need to know to participate, including beginner birding tips, choosing the right binoculars, and submitting an eBird Checklist. Binoculars will be available. Call 585-457-3228 to register. Cost: \$5.

Birders from all around the world participate in this program and you don't want to miss the biggest weekend in birdwatching!



Come have fun with us!



Visit Beaver Meadow!

Our flagship preserve and headquarters offers something for everyone! A nature play area for kids of all ages (and adults that like to act like kids), a variety of hiking trails, and several areas to just sit, relax, and BE in a peaceful setting.

Bring a picnic lunch and make a day of it!

For directions, visit: www.buffaloaudubon.org

When you visit please leave your pets at home. Enjoy a hike but stay on the trails. Walk, don't run. Please don't take anything home that you didn't come with. Most importantly, have fun! *Thanks for visiting us at Beaver Meadow.*

Volunteer with Us

Every Wednesday is volunteer day at Beaver Meadow! Join us from 9-2 for coffee and donuts and then help maintain the trails, work in the office or take on the "project of the day." There's no need to register, but bring a lunch. Everyone is welcome – even first timers! Call the center if you have any questions.

Volunteers make all that we do at Buffalo Audubon and Beaver Meadow possible! Thanks to all those who give so generously of their time and talents.

All programs require pre-registration. To register, call (585) 457-3228.

January

- 8-Feb 26 Tues 6:15pm **Yoga for Adults with Chronic Pain and Arthritis** - Join Debbie Smith, 500RYT and Yoga Therapist for yoga practice that will help alleviate pain. Pre-registration is required. To register, call Debbie Smith at 585-457-4210. \$112 for 8-week course.
- 10 Thur 6pm **Open Yoga Practice** - Join Debbie Smith, 500RYT and Yoga Therapist for open yoga practice at Beaver Meadow. All levels welcome. Bring your own mat. To register, call Debbie at 585-457-4210. \$80 for eight-week course; \$12 drop in per session.

- 12 Sat 1-3pm **Audubon Climate Watch** - Want to help scientists predict how birds will adapt to climate change? Join Naturalist Tom Kerr at Beaver Meadow for a presentation on Audubon Climate Watch and learn how you can participate in this yearly community science project. Pre-registration is required.
- 13 Sun 1-3pm **Snowshoe Walk at Knox Farm State Park** - Join us for a healthy walk around Knox Farm State Park. Bring your own snowshoes or rent them from us! This is a snow dependent program. Pre-registration required by Saturday, January 12th so that we can have snowshoes at the park for you. Please wear sturdy winter boots. Space is limited. Meet at the Knox Farm Visitor Center parking lot located on Buffalo Road by the red barns. Donations gratefully accepted. \$3 for snowshoe rental.
- 15 Tues 10-11:15am **Toddler Time - Snow Forts** - Bring your little ones and join us for some outdoor fun at Beaver Meadow making snow forts! Afterwards, we will warm up indoors with some yummy cocoa and a snack! If the weather is not cooperative, we'll build some forts inside the Nature Center! Pre-registration is required. \$3 per child. Ages 2-4.
- 17 Thur 6-7:30pm **Open Yoga Practice** - See January 10 for description.
- 19 Sat 1-3pm **Raven Hike** - Join Naturalist Mark Carra at Beaver Meadow for a hiking celebration of Edgar Allen Poe's 170th birthday by searching for his iconic Raven. Learn about their complex social lives and why they have often been feared by many. We'll listen to their calls and hopefully cross paths with them if you dare! Pre-registration is required. \$5. Ages 12+.
- 21 Mon 5:30-7pm **First Moon Campfire** - Join Naturalist Mark Carra for a campfire during the first full moon of the year! We'll take a short stroll and end with some hot cocoa around a cozy campfire! Pre-registration is required. \$5. Family friendly event.
- 24 Thur 6-7:30pm **Open Yoga Practice** - See January 10 for description.

SNOWSHOE RENTALS

available during Visitor Center hours.
\$5 rental fee applies. Sizes from toddler up to 30" (210 pounds)



25-26 **Fri & Sat Birds on the Niagara** - A celebration of the incredible diversity of bird life along the Niagara River Corridor. ALL are welcome - no birding experience necessary! FREE guided walks and spotting stations, from Lewiston to Buffalo, with special guest speakers and workshops! Discover the amazing stories of the birds that call the Niagara River home. More details and registration information, including a map of birding sites, warming stations and activities available at <https://www.facebook.com/events/339833690173613/>

26 Sat 10am-11:30am **Nuthatches to Kinglets** - Join naturalist Mark Carra for a hike to search out the insect eating birds that stay at Beaver Meadow through our cold winter months and talk about how they use various strategies to survive. Pre-registration is required. \$5. All ages are welcome. Younger children must be accompanied by an adult.

31 Thur 6-7:30pm **Open Yoga Practice** - See January 10 for description.

February

2 Sat 1-4pm **Superb Owl Saturday** - Join us for a live owl presentation with Messinger Wood Wildlife Care and Education Center, crafts, owl pellet dissection, story time, face painting, snack making and more during our afternoon celebration of Owls! Vote throughout the day to determine this year's Superb Owl Champion! Pre-registration is required. \$7 Non-members/\$5 Members.

3 Sun 1-3pm **Snowshoe Walk at Knox Farm State Park** - Join us for a healthy walk around Knox Farm State Park. Bring your own snowshoes or rent them from us! This is a snow dependent program. Pre-registration required by Saturday, February 2nd so that we can have snowshoes at the park for you. Please wear sturdy winter boots. Space is limited. Meet at the Knox Farm Visitor Center parking lot located on Buffalo Road by the red barns. Donations gratefully accepted. \$3 for snowshoe rental.



Bonaparte's Gull

7 Thur 6-7:30pm **Open Yoga Practice** - See January 10 for description.

9 Sat 1-3pm **Backyard Birds and Birdfeeders** - Join Naturalist Tom Kerr at Beaver Meadow for a birdfeeder demonstration and learn about the common birds that frequent our backyards. All participants will receive a coupon good for 30% off a birdfeeder or bag of birdseed in the Beaver Meadow Gift Shop. Pre-registration is required. \$5.

9 Sat 3-4:30pm **Signs of Life** - Naturalist Mark Carra will take you on a hike around Beaver Meadow to search for tracks and other signs of the wild creatures that live here. Which direction were they travelling, did they climb or jump, and what are they telling us with what signs they leave behind? Pre-registration is required. 5. All ages. Younger children must be accompanied by an adult.

12 Tues 10-11:15am **Toddler Time: Nature's Valentine** - Bring your little ones to Beaver Meadow and join us in an outdoor excursion to look for heart shapes in nature! Afterwards, we'll make a simple craft and warm up indoors with a snack! If the weather is not cooperative, we'll work inside the Nature Center! Pre-registration is required. \$3 per child. Ages 2-4. *Please note change in date from 3rd Tuesday to the 2nd Tuesday of the month.

14 Thur 6-7:30pm **Open Yoga Practice** - See January 10 for description.

16 Sat 10am-12pm **Great Backyard Bird Count at Beaver Meadow** - Join Birders from all around the world on the biggest weekend in birdwatching! Naturalist Tom Kerr will go over everything you need to know to participate, including beginner birding tips, choosing the right binoculars, and submitting an eBird Checklist. Binoculars are available. Pre-registration is required. \$5.

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to learn about weather
dependent Pop-UP Programs
occurring when we get snow!





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- 19 Tue 6:30-8pm **Copernicus Hike** - Join Naturalist Mark Carra for a Full Moon hike to celebrate the birthday of Nicolas Copernicus, the Polish born astronomer / mathematician that came up with a model of the solar system with the sun at its center instead of the earth. Pre-registration is required. \$5.
- 20 Wed 1:30-3pm **Digiscoping Birds** - Join Naturalist Tom Kerr at Beaver Meadow for a demonstration on how to use your binoculars or spotting scope for photographing birds with your smart phone. Bring a spotting scope if you have one! Binoculars and spotting scopes are available. Pre-registration is required. \$5.
- 21 Thur 10am-12pm **Snowshoe Social** - Join Naturalist Mark Carra for a leisurely snowshoe hike around Beaver Meadow to marvel at the winter beauty that will surround us and enjoy hot chocolate, coffee, or tea and good conversation about nature. Family friendly event. Pre-registration is required. \$5.
- 21 Thur 6-7:30pm **Open Yoga Practice** - See January 10 for description.



Greater Scaup

- 23 Sat 10am-1pm **Buckhorn Island Birding** - Start your weekend with the Birds! Join Naturalist Tom Kerr for a Birdwatching Hike through Buckhorn Island State Park. The Niagara River hosts one of the biggest congregations of migrating waterfowl in North America. Meet at Woods Creek lot on East-West Park Drive. Binoculars are available. Pre-registration is required. Donations gratefully accepted.
- 23 Sat 10-11:30am **Ice Age Trek** - Join Naturalist Mark Carra on a walking journey back in time to when the glacial ice was a mile thick at Beaver Meadow. We'll learn about the mega-fauna that called this area their home, from the enormous ice age beaver to the giant flying Teratorns! Pre-registration is required. \$5. Family friendly event.

Buffalo Audubon Society Membership Application

Support your local Audubon Centers
 and Environmental Education
 throughout Western NY!

Local Membership in the Buffalo Audubon Society entitles you to:

- Receive the *Outlook*, including local activities and news.
- Receive voting rights in Buffalo Audubon plus member discounts and specials.

\$30 - Individual \$40 - Family

Name _____

Address _____

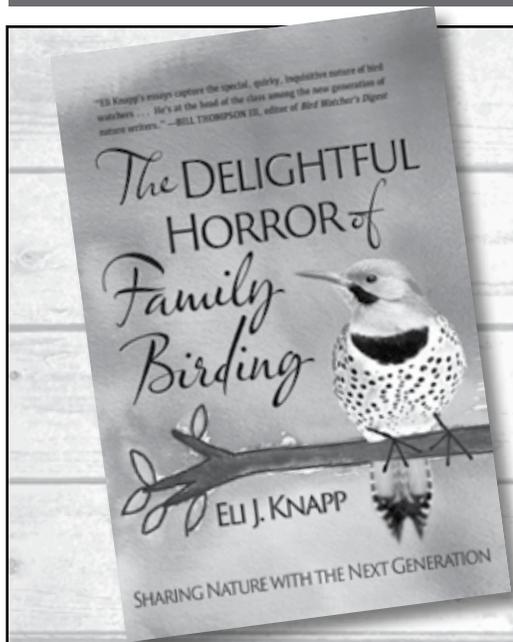
City _____ State _____ Zip _____

E-mail _____

Please send me Outlook via e-mail to save precious resources & funds.

Make check payable to:
BUFFALO AUDUBON SOCIETY
 and mail with this application to:
 1610 Welch Road
 North Java, NY 14113

Memberships online at buffaloaudubon.org



Visit The **BAS Gift Shop!**

At Beaver Meadow

Now available in our Gift Shop!

By Local Author Eli J. Knapp,
Professor of Intercultural Studies and
Biology at Houghton College

Essays to capture the special, quirky,
inquisitive nature of bird watchers.



Exploring Beaver Meadow in the Winter

Snowshoes are available to rent at the Center, and you are always welcome to bring your own shoes or skis to explore our trails during the winter months! Our rental fee is \$5 for snowshoes and are available for ages 3 to adults. We are happy to help you get started if you have never used snowshoes before. It's a great adventure not only for you and your family, but also for schools, scouts and community groups. Call the Center for information on bringing your group snowshoeing at Beaver Meadow.

BUFFALO AUDUBON
SOCIETY



Audubon Outlook

c/o Beaver Meadow Audubon Center
1610 Welch Road, North Java, NY 14113
info@buffaloaudubon.org



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BEAVER MEADOW AUDUBON CENTER

Open Year-round

- Hours -

Tuesday - Saturday 9 AM - 5 PM

Sunday 1 PM - 5 PM

Closed on Mondays and Major Holidays

Trails are always open

Buffalo Audubon Preserves

Open Year-round

Dawn to Dusk, Open to the Public

