

“Feeding the Spirit” Program Brings Birdwatching to Three Local Long-term Care Facilities



Through a National Audubon Society annual collaborative funding grant, the Amos Butler Audubon Society (ABAS) received funds to install bird-feeding stations at three long-term care facilities in southwest Indianapolis: Bloom at Eagle Creek, Eagle Valley Meadows, and Westside Garden Plaza. ABAS Program Chair Maggie Jaicomo dubbed the program “Feeding the Spirit.”

What is the value of installing bird-feeding stations at long-term care facilities where residents suffer from an assortment of ailments including but not limited to mobility issues, dementia or Alzheimer’s, blindness/deafness, depression, and other mental afflictions? Research has shown that, with regard to the elderly, access to nature—even just viewing it—may improve sleeping patterns, reduce pain, decrease urinary incontinence, decrease verbal agitation, accelerate recovery from disability, and even increase longevity. Patients exposed to daylight have been shown to use less analgesic medication than those exposed to artificial light. The absence of windows and thus of natural light actually leads to increased anxiety, stress, depression, and delirium. People who are happier and healthier are more likely to respond positively to various kinds of treatment and may even act more independently than less happy and healthy people.

A simple way to introduce a natural environment into a long-term care facility is by creating a bird-feeding area. The best part is that not only do the residents benefit, but employees and employers experience reduced workplace stress, improved job satisfaction, and reduced staff turnover. Additionally, watching wild birds at a feeding station often

An Exciting New International Birdathon Project

by Mary Ellen Gadski



Caribbean biological corridor in Guatemala. Photo courtesy of Fundación Ecológica.

Caribbean Biological Corridor, Guatemala

The American Bird Conservancy (ABC) has brought our attention to a pressing need to acquire a 556-acre parcel of land in an area of Guatemala near its Caribbean coastline. The Sierra Santa Cruz is in the process of becoming the eighth protected area of a biological corridor, but a “clear and present danger” exists in the form of a recently built illegal road that allows poachers and loggers to enter the area. ABC’s local partner in Guatemala, Fundación Ecológica (FUNDAECO), which has been working for more than 20 years to conserve the rainforest in the area, took immediate action to buy this parcel and stop the threat. ABC has a two-year period in which to fund the purchase, which will cost less than \$300 per acre.

The Sierra Santa Cruz, which includes a number of unique and isolated massifs rising as high as 3,800 feet, is located in an extremely important migratory flyway. It provides high quality habitat for wintering migratory birds as well as stopover habitat for at least 40 species of Neotropical migrants. Wood Thrush, Kentucky Warbler, Worm-eating Warbler, and Black-throated Green Warbler are present here in large numbers during winter. The region’s wealth of biodiversity also includes four globally threatened species and more than 30 species of endemic plants. Since tropical rainforests in the Caribbean region of Guatemala have been almost completely destroyed, replaced by agro-industrial plantations for bananas and oil palm and cattle ranches, ABC and FUNDAECO are moving fast to protect the remaining rainforest. Given the Guatemalan government’s recent overwhelming pro-conservation vote to establish the Sierra Caral region as a National Protected Area in this biological corridor, conservationists are optimistic that, building upon this success, the larger Sierra Santa Cruz will achieve this status in coming years.

Last Audubon Program Until September

All programs are held at the Holliday Park Nature Center, 6363 Spring Mill Road, Indianapolis, at 7:30 p.m. on the second Tuesday of the month. They are free and open to the public.

May 10: The History of Goose Pond

Presenter: Dr. Lee Sterrenburg

Come and be entertained and informed by Indiana University professor Lee Sterrenburg, will talk about his work in the creation, preservation, and progress of one of Indiana's premier birding locations: Goose Pond Fish & Wildlife Area. Lee is currently an Indiana Department of Natural Resources bird monitoring volunteer at Goose Pond. He is both the founder and compiler of the Goose Pond Christmas Bird Count as well as co-administrator of the Friends of Goose Pond Facebook page. For his years of work on bird monitoring, habitat management advising, and publicizing the stunning avian responses to the restoration of wetlands and grasslands at Goose Pond, Lee has received several awards, including Conservationist of the Year, the Hoosier Wildlife Award, and Sagamore of the Wabash.

"Feeding the Spirit" *continued from page 1.*

fosters in the observer an awareness and appreciation for birds that stimulates a desire to learn more about all kinds of wildlife.

ABAS Secretary Jeanette Frazier helped set up the bird-viewing areas and Maggie provided educational opportunities at each facility, teaching residents how to properly use their new binoculars and field guides and giving them insight into some of the common species of birds they may see at their feeders. The programs were well received and well attended, with 12-15 residents at each program.

ABAS hopes that these new feeding stations will provide hours of entertainment and education for the residents of the facilities for years to come.

May Field Trips

Spring Migrant Hike: Sodalis Nature Park Sunday, May 15, 8 a.m.

7700 South County Road 975 East, Plainfield

Join Scott Enochs as he leads you on a hike through Sodalis Nature Park. This hike will target migrating warblers, vireos, tanagers, and flycatchers. Sodalis Nature Park is also a great location for viewing nesting Prairie Warblers. We will meet at 8 a.m. at the Sodalis Nature Park parking lot at 7700 South County Road 975 East in Plainfield. Participants can expect the hike to end at around 10:30 a.m. Registration is not required, and the event is open to everyone. Questions? Please contact Scott at (317) 850-4801 or msenochs@comcast.net

Spring Migrant Hike: Fort Harrison State Park Saturday, May 28, 8 a.m.

6000 North Post Road, Indianapolis

Meet at Delaware Lake parking lot

Join Mike Timmons as he leads you on a hike through Fort Harrison State Park. This hike will target migrating warblers, vireos, tanagers, and flycatchers. More specifically, this hike will target late migrants such as Mourning and Connecticut Warblers. Fort Harrison is a prime birding destination in Indianapolis for viewing warblers and is used as nesting grounds by Northern Parula, Yellow-throated and Cerulean Warblers, and Common Yellowthroat. Fort Harrison is located at 6000 North Post Road in Indianapolis. We will meet at 8 a.m. at the Delaware Lake parking lot. Participants can expect the hike to end at around 10:30 a.m. Registration is not required, and the event is open to everyone. Questions? Please contact Mike at zeroskilz@yahoo.com

Spring Migrant Hike: Morgan-Monroe State Forest, Saturday, May 21, 7AM

Walmart – 8191 Upland Bend, Camby

Join Scott Enochs as he leads you on a hike through Morgan-Monroe State Forest. This hike will target migrating warblers, vireos, tanagers, and flycatchers. More specifically, this trip will target Kentucky, Hooded, and Worm-eating Warblers. We will meet at 7am at the Walmart located at 8191 Upland Bend in Camby. Participants can expect to return to Indy around 1PM. Please contact Scott at (317) 850-4801 or msenochs@comcast.net if you have any questions. Registration is not required, and the event is open to everyone.



Prairie Warbler photo by Mike Timmons. Mourning and Worm-eating Warbler photos by Jeff Timmons.

Field Trips — June thru August

Nature Conservancy's Kankakee Sands Saturday, June 4, 7 a.m.

**Meet at Traders' Point Dick's Sporting Goods
6030 West 86th Street, Indianapolis**

Join Scott Enochs as he leads you on a trip to Kankakee Sands in search of breeding sparrows. Targets for the trip will include Song, Field, Vesper, Henslow's, and Lark Sparrows. We also will seek other species such as Orchard Oriole and Blue Grosbeak. We will meet at 7 a.m. at the Trader's Point Dick's Sporting Goods located at 6030 West 86th Street in Indianapolis. Participants can expect to return to Indianapolis at around 3 p.m. Registration is not required, and the event is open to everyone. Questions? Please contact Scott at (317) 850-4801 or msenochs@comcast.net



Goose Pond Trip Fish & Wildlife Area Saturday, June 11, 7 a.m.

Meet at Kroger, 1930 East Main Street, Plainfield

Join Mike Timmons and Amy Hodson as they lead you on a trip to Goose Pond FWA. Goose Pond comprises approximately 8,000 acres of marsh and prairie habitat that is used for nesting by Least Tern, Bell's Vireo, Dickcissel, Eastern Meadowlark, and Blue Grosbeak, to name a few. This trip will target these species and more. We will meet at 7 a.m. at the Kroger located at 1930 East Main Street in Plainfield. Participants can expect to return to Plainfield at around 3 p.m. Registration is not required, and the event is open to everyone. Questions? Please contact Mike at zeroskilz@yahoo.com or Amy at aehodson@gmail.com.



Lakefront Piping Plover Trip Saturday, August 13, 7 a.m.

**Meet at Traders' Point Dick's Sporting Goods
6030 West 86th Street, Indianapolis**

Join Mike Timmons and Amy Hodson as they lead you on a trip to the Lake Michigan shoreline in search of migrating Piping Plovers. Piping Plovers are federally endangered shorebirds, and mid-August is the peak time for their migration along the lakeshore. While at the lakeshore, we will also keep an eye out for any other shorebirds, terns, or gulls that may be in the area. We will meet at 7 a.m. at the Dick's Sporting Goods located at 6030 West 86th Street in Indianapolis. Participants can expect to return to Indianapolis at around 3 p.m. Registration is not required, and the event is open to everyone. Questions? Please contact Mike at zeroskilz@yahoo.com, or Amy at aehodson@gmail.com



Henslow's Sparrow photo by Scott Enochs. Blue Grosbeak and Piping Plover photos by Mike Timmons.

Amos Butler Audubon Society BIRDATHON 2016

Wood Thrush photo
by Ed Schneider
courtesy of the
American Bird
Conservancy



Saving Birds is Our Mission

We are especially enthusiastic about the projects to be funded by Birdathon 2016, all of which relate to our chapter's mission — to promote the enjoyment and stewardship of the birds of Central Indiana.

Purchase of Wintering Habitat for Our Migratory Birds

The American Bird Conservancy has brought our attention to a pressing need to acquire a 556-acre parcel of land in an area of Guatemala near its Caribbean coastline. The Sierra Santa Cruz is in the process of becoming the eighth protected area in a biological corridor, but a "clear and present danger" exists in the form of a recently built illegal road that allows poachers and loggers to enter the area. This area provides high quality habitat for wintering migratory birds as well as stopover habitat for at least 40 species of Neotropical migrants.

Research Projects on Two Vulnerable Warbler Species

Purdue University is conducting a research project focused on Worm-eating Warblers, an Indiana species of special concern. Data gathered will contribute to a better understanding of their site use during the breeding season.

The Cerulean Warbler is listed as state-endangered in Indiana, and the U.S. Fish and Wildlife Service regards it as being of conservation concern. A Ball State University research project will track daily movements of fledglings. The data will be used to develop forest management practices benefitting Cerulean Warblers.

Educating the Community about Birds as an Indicator Species

- Central Indiana Land Trust will establish a bird-banding station on their Oliver Woods property.
- Marian University's habitat restoration in the EcoLab provides hands-on restoration activities and field trips.
- Keep Indianapolis Beautiful's Springdale Greenspace at the Nowland Oak will transform a vacant lot into a community greenspace preserving a 200-year-old Chinquapin Oak.
- The Jameson Camp will be able to grow their program introducing more youth to environmental education, and implement a hummingbird garden.
- A raptor center in Illinois has detected high levels of lead in one out of every three Cooper's Hawks. The Indiana Raptor Center will purchase testing equipment for measuring the presence of lead in wild raptors.

Birdathon Teams Will Be Out Counting

Birdathon teams will be scouring Indiana during May to count the maximum number of species possible in a 24-hour period and asking donors to sponsor their efforts. If you don't know a team member, you could choose to make a donation directly to the Birdathon. Either way, your dollars will go far to ensure the future of the birds of Central Indiana.

Make a difference, make a pledge!

START PROTECTING OUR BIRDS TODAY. CUT HERE AND MAIL YOUR PLEDGE OR GO TO WWW.AMOSBUTLERAUDUBON.ORG

AMOS BUTLER AUDUBON BIRDATHON 2016 PLEDGE

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

YES, I'LL SUPPORT YOU WITH MY PLEDGE OF:

_____ (.10, .25, .50, \$1) per species for a total of _____

- ☐ Bud & Carl's Legacy ☐ Carbon Neutral ☐ Community Hospital
☐ DNR ☐ EcoLab ☐ Noddy Little Gulls ☐ Team Bishop
☐ The KGB ☐ UIndy ☐ Wild Birds Unlimited ☐ Wren's Warblers
☐ Other _____

- ☐ My gift of \$ _____ is enclosed, payable to Amos Butler Audubon. *Your gift is tax deductible as allowed by law.*
☐ Free National Audubon membership. **First-time members only.**
\$20 or more donation required.

Thank you for sponsoring the Amos Butler Audubon Society Birdathon. Your donation will go toward:

- Purchase of wintering habitat for migratory birds
- Research on vulnerable warbler species
- Community education about the importance of birds

Return to Donna McCarty, Birdathon Chair, 7492 Runningbrook Ct., Indianapolis, IN 46254-9770

A Great Way to Support Amos Butler Audubon — AmazonSmile!

What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support Amos Butler Audubon every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection, and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to Amos Butler Audubon.

To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device. You will want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile so that all your purchases can benefit the birds of Central Indiana.

You can use your existing Amazon.com account on AmazonSmile! Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

So go to smile.amazon.com and enter Amos Butler Audubon Society in the search bar, and let your shopping be not just for your family and friends, but for birds like the Cerulean Warbler, too.

Visit our website:
www.amosbutleraudubon.org
Sign up for the online LifeLines at
info@amosbutleraudubon.org

Amos Butler Audubon Society Chapter Supporter Membership

Membership benefits:

- 100% of your dues support local Audubon educational programs and urban conservation projects
- Audubon LifeLines, the chapter newsletter
- Workshops and entertaining monthly program meetings

- ☐ One-year individual membership \$25
- ☐ Two-year individual membership \$45
- ☐ One-year household membership \$40
- ☐ Two-year household membership \$75
- ☐ Lifetime individual membership \$500

Name _____

Address _____

City _____ State _____ Zip _____

E-mail (please include) _____

Make checks payable to: Amos Butler Audubon Society

Mail to: Susan Leo, ABAS Membership Chair

P.O. Box 80024

Indianapolis, IN 46280

e-mail questions to: info@amosbutleraudubon.org

Tribute Program in Memory of Liz Day

Individuals of all ages are invited to a free presentation about Indiana bumblebees by Dr. Arwin Provonsha, retired Curator of the Purdue Entomological Research Collection, on Saturday, May 14, at 11 a.m. at the Glendale Branch of The Indianapolis Public Library, 6101 N. Keystone Avenue. This program is being offered in memory of the late Amos Butler Audubon member Liz Day by her friends and family. For more information, please contact Melissa Wooten, Glendale Branch Manager, at (317) 275-4410 or Jon Barnes, The Indianapolis Public Library, at (317) 275-4022.

E-Mail Address Anyone?

Join with hundreds of other members who have gone green by signing up for the electronic *LifeLines* newsletter and meeting reminders. Send your request, including your name, to Susan Leo at info@amosbutleraudubon.org. This shift towards electronic communication continues to save Amos Butler Audubon Society hundreds of dollars in printing and mailing costs annually.

Amos Butler Audubon Society

Officers:

Rob Ripma; *President, Executive Committee*

Ted Meyer; *Treasurer, Past President, Executive Committee*

Jeanette Frazier; *Recording Secretary, Executive Committee*

Board Members:

Adam Barnes

Liz Booth

Scott Enochs, *Field Trip Chair*

Jessica Helmbold, *Education Chair*

Amy Hodson, *Communications Chair*

Susan Leo, *Membership Chair*

Doug Sherow

Brittany Swinford, *Conservation Chair*

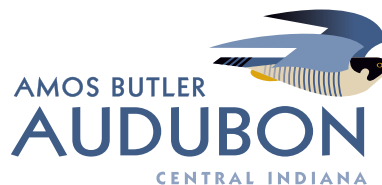
Chad Williams, *Program Chair*

Committee Chairs:

Austin Broadwater, *Lights Out Indy Chair*

Donna McCarty, *Birdathon Chair*

Bill Murphy, *Newsletter Editor*



Our mission: To promote the enjoyment and stewardship of the birds of Central Indiana

Amos Butler Audubon Society
P.O. Box 80024
Indianapolis, IN 46280