



September Meeting - Monarchs and How You Can Help Them

Monarchs are finding it increasingly difficult to find the milkweed that they need to survive. Alan Corson, Library Media Specialist at Lenkerville Elementary Library, will make the point that if we all work together we can save Monarchs for the enjoyment of future generations. Through his program you will not only learn about these beautiful butterflies, but will also learn to be aware of the impact that your activities have on the natural world around us.



Come join us for this program on
Thursday, September 20th at 7:30 p.m.
(for location and directions, see page 2)



Mr. Corson has been raising, tagging, and releasing monarchs since 2003, as well as writing about them for publication's such as the Ned Smith Center's *Drumming Log*. His presentation will cover topics such as metamorphosis, migration, wintering grounds, and problems that monarchs face. If time allows, video of the various monarch life stages may be shown, and if mother nature cooperates, you may get to see some live examples!



The Annual Native Plant Sale is Coming Soon!

For more details on this September 15th event, please see page 4.

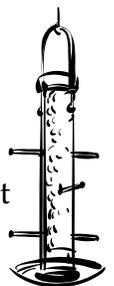


Annual Birdseed Sale



It's almost fall, and you know what that means! Our annual birdseed sale will be held on Friday, September 28th and Saturday, September 29th. **MANY HANDS** are needed to make this fundraiser a success. Volunteers are needed before, during and after sale hours for such activities as setting up, greeting customers, assisting customers with seed and feeder purchases, totaling sales and receiving payment, loading bags of seed into cars and cleaning up after sale hours. All help is welcome. We especially need some folks who are able to lift the bags and load cars. If you are an experienced forklift operator we may also be able to use that skill. This event provides an opportunity to support your local Audubon chapter while also having fun and a getting a chance to visit with other members. If you are able to help at the sale, please call Susan Miller at 697-6696.

THE BIRDS WILL THANK YOU!



Appalachian Audubon Society (AAS) is a National Audubon Society chapter. *Kingfisher Courier* (copyright AAS; please request reprint permission) is a membership benefit, published monthly, September to May, by AAS: P.O. Box 15123, Harrisburg, PA 17105-5123. Email submissions to editor by the 10th of the month prior to desired publication (files <100KB requested; otherwise contact editor). Editor & Board reserve publication decisions, per chapter mission/space available.

AAS WEBSITE:
www.appalachianaudubon.org/

OFFICERS & BOARD OF DIRECTORS

President— Lorrie Preston: 732-5615
Vice-President— Paul Zeph: 691-0288
Secretary— Jon Dale: 432-0335
Treasurer— Ellen Zeph: 691-0288

DIRECTORS

Term Ending May 2008

Gary Labelle: 233-1371
 Nancy Juris: 564-1479
 Ed Smith: 960-9441

Term Ending May 2009

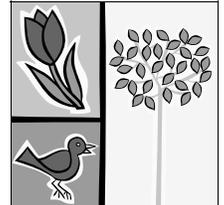
Ed Chubb: 233-4807
 Jean Graybill: 737-4611
 Sue Strassner: 243-5731

COMMITTEES (JOIN US!)

Bird Seed Sale—Tom Lehman: 732-5087
Conservation—Paul Zeph: 691-0288
Education—Marci Mowery: 236-7644
Field Trips—Ed Chubb: 233-4807
Hospitality—Sue Strassner: 243-5731
Membership—Ron & Marcia Wilson: 737-7973
Newsletter Editor—Jessica Sprajcar: 798-2409
newdomino@hotmail.com (keep files <100KB)
Newsletter Mailing Team
 Ron and Marcia Wilson: 737-7973
Programs—Carl Juris: 564-1479
 Gary Labelle: 233-1371
 Susan Miller: 697-6696
Trout Run—Jon Dale: 432-0335
 Kathy Kuchwara: 245-5818
Invasive Plants— VACANT
Youth Coordinator—Hannah Plumpton: 362-1233
Webmaster—Brandon O’Neill

President’s Perch

Welcome back to a new Audubon year. Your new officers, directors and committee chairs have been busy this summer planning our programs, field trips, native plant and bird seed sales, conservation projects and more. It promises to be an exciting year. We hope to offer something for everyone – birders, naturalists, young and not so young.



September will be a busy month, with our native plant sale at Meadowood Nursery in Hummelstown, coming even before we have had our first membership meeting. If you can help us at the sale that day, please let us know, and please plan to come out and buy some great plants for birds and wildlife. Meadowood is a wonderful place surrounded by nature. Don’t miss it.



The bird seed sale is at the end of the month, so get your orders in early. Our cost for the seed is up this year... but we still think you will realize a savings compared to buying it retail.

Continued on page 3...

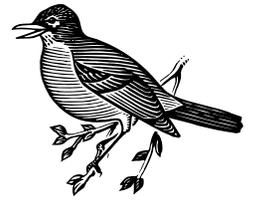
Appalachian Audubon monthly (Sept-May) programs normally take place on the 3rd Thursday of each month in Christ Presbyterian Church, 421 Deerfield Road, in the Allendale neighborhood of Camp Hill, at 7:30 p.m. Exceptions are announced in this newsletter, as are field trips and other activities.

PROGRAMS ARE FREE AND OPEN TO THE PUBLIC.

Directions: Take New Cumberland exit off I-83; cross Carlisle Road. Turn left onto Allendale Way; take first left at Deerfield Road (from the south, take New Cumberland exit, turn left onto Carlisle Road, left onto Cedar Cliff Road, left on Allendale Way, then left onto Deerfield Road) to the church.

President's Perch continued . . .

Remember that we carry high quality seed, and this is our largest fundraiser for the year – supporting our scholarships to Hog Island, Maine, and much more. We truly thank you for your support. The birds will thank you this winter, too! Again, if you can volunteer during the sale, we would love to hear from you.



Our monthly meetings will begin at 7:00 pm., beginning with a half hour of social time and refreshments, as they have the last couple of years. I would like to spend a short time sharing special bird and nature sightings for the month about 10 minutes before our official program starts at 7:30, so plan to be there for that. Also new this year will be permanent name tags for regular attendees, so we can get to know each other better.

We hope you will join us at our program meetings this year, even if you've never come before. We have a nice group of people, learn a lot, and have fun in the process. We value our chapter members and thank you all for your support.

For the birds and butterflies,

Lorrie Preston



Upcoming AAS Field Trips

Bombay Hook National Wildlife Refuge – Saturday September 22

Located in the Dover, Delaware area, Bombay Hook National Wildlife Refuge is an excellent place to see a wide variety of birds. The combinations of habitats within the refuge make it an attractive sanctuary for waterfowl, waders, shorebirds, birds of prey, and a nice assortment of songbirds. Some of the interesting birds that are commonly seen in the area include: Glossy Ibis, American Avocet, Bald Eagle, Osprey, Northern Harrier, Seaside Sparrow, Clapper, Royal Tern, and many others! Much of the birding will be done from vehicles, with some limited walking of trails to look for songbirds. Port Mahon Road and Little Creek Wildlife area may also be visited if time permits. The group will meet at 6:00 AM (the drive takes approximately two and a half hours) and return by approximately 6:00 PM. Contact trip leader Pete Fox at 583-2639 (please call earlier than 9:00 PM) or pfox@raiderweb.org.

Ralph Kinter Memorial Walk for Gentians and Fall Wildflowers – Saturday, October 6

This popular trip recognizes Ralph's contributions to the natural history interests of the Harrisburg area. Join AAS to visit the Cornwall area to look for Gentians and other fall flowers at a favorite location of Ralph's. Contact Dan Welte at 728-0421 for details concerning this popular fall outing.

Introduction to Hawk Watching for Novices and Families – Saturday, October 20

Visit Waggoner's Gap, Appalachian Audubon's very own hawk watching locale, to learn the fine points of this great fall pastime. Children and their parents are encouraged to participate in this special offering. Appalachian's Board member Paul Zeph will lead this field trip. Contact Paul at 691-0288 for times and directions.



Appalachian Audubon Society Fall Native Plant Sale
September 15, 2007 9:00 am. - 2:00 pm
Meadowood Nursery



Appalachian Audubon Society invites you to the **Second Annual AAS Fall Native Plant Sale and Fund Raiser** at Meadowood Nursery. The nursery has over 300 species of native wildflowers, grasses, shrubs, vines and trees available for purchase. For a list of plants available at the fall sale, please see Native Plant Sale information at: www.appalachianaudubon.org.

- Our sale will be held RAIN OR SHINE.
- Appalachian Audubon accepts Cash and Check only.
- All proceeds from the sale benefit our Hog Island Scholarship Summer Program and other educational initiatives of the Society.

Directions to Meadowood Nursery at 24 Meadowood Drive, Hummelstown:

From the north: take Route 81 to Exit 77. Proceed south/ east on Route 39 approximately 3 miles and turn right on Red Top Road. Proceed 1 mile and turn right on Long Lane Drive. Take the first left onto Meadowood Drive and at the "Y" at the end of the road, stay to the left and take the drive on the left up the hill to the nursery. Follow signs and directions for parking.

From the south: follow signs to Hershey Park. From Hershey Park Drive in front of the Giant Center, follow Route 39 north/ west approximately 3 miles and turn left on Red Top Road. Proceed 1 mile and turn right on Long Lane Drive to the first left onto Meadowood Drive. Proceed as above.



*Meadowood Nursery is located in a residential neighborhood.
 Thank you for using caution while traveling through our neighborhood.*



 *
 *
Calling all AAS Volunteers:
 *
 *
 *
 *
 *
 *

If you would like to volunteer to help with this Fall Native Plant Sale on Saturday, September 15, please call Jan Getgood at 566-9875 as soon as possible.

A Message from the Mailing Team

Are you a chapter member receiving two newsletters? If so, the reason is that your name remains on the National mailing list for up to a period of six months AFTER your National membership has expired. The National membership expiration date will appear in the upper right hand corner of your address label. If the date there is past six months, feel free to call Ron and Marcia Wilson at 737-7973.

Groom Your Backyard for the Birds

by Sam Warren

A local bird sage gives some advice to gardeners: leave some leaves underneath your trees. Dr. Stephen Kress is the Vice President for Bird Conservation for the National Audubon Society and Visiting Fellow at Cornell's Lab of Ornithology and has a wealth of advice for homeowners interested in attracting birds to their lawn or garden.

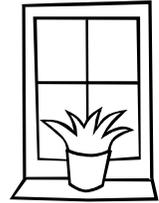
Overly tidy gardeners are poor bird gardeners, Kress said. They are wasting a valuable resource for birds. People should tidy their yard, but they shouldn't throw these natural resources away. When raking leaves, rake them under shrubs to make natural mulch, Kress said. And in the corner of a yard, a brush pile (a small pile of logs, branches, twigs and bark) is perfect for birds.

Kress has further advice for concerned bird-lovers. Wildlife-friendly shrubs are a great addition around the edge of any property. Serviceberry, hawthorn, winterberry and shrubby red-stem dogwood grow well in many parts of Pennsylvania. Planted around a yard's border, these shrubs provide an excellent hedge, and some winterberry and dogwood, especially have wonderful color during winter.



Bird-watchers can take steps to reduce common threats to the birds they hope to attract.

Nationwide, lawn chemicals kill over 67 million birds. Windows kill a billion birds per year, they're the number-one bird killer. Birdfeeders placed close to windows, within three feet, are far less lethal than ones further away, and they provide a better view. Otherwise, continued Kress, feeders should be placed further than thirty feet from windows. Window screens work, too. Birds either see the screen or bounce off and live.



Cat-owners should keep their pets indoors, Kress said. Huge numbers of birds and cats are killed when cats are allowed out. While these figures vary by study, the Audubon Society's Web site states that the average life-span (three years) of an outdoor cat is a fraction of the average life (fifteen years) of an indoor cat.

For more information about turning a backyard into a bird habitat, read Kress's book, [The Audubon Society Guide to Attracting Birds](#).

Invasive Plants Committee Chairperson Needed

A great big thank you goes out to Walter Koerber, Denna Claypool, and crew for their hard work and dedication over the last few years in their efforts to eradicate and reduce populations of invasive plants in natural areas around the Susquehanna Valley. Due to Walter's relocation, we are now looking for a new chairperson for this committee. If you have a passion for restoring natural areas for the benefit of wildlife, and are able to communicate with and organize our group of willing volunteers, please contact Lorrie Preston at mitandpak@aol.com. Thank you!



Tips for a Greener World

There has been a lot of talk recently about climate change, organic foods, and living sustainably. But what does all that mean, and how can you help? In this and future issues of *Kingfisher Courier*, we will provide green living tips that you can pick and choose from to help protect our natural resources, improve your family's health, and even possibly save you some money!

In Your Yard...

Try to avoid using gas-powered tools like lawn mowers and leaf blowers, which can produce harmful greenhouse gases. Alternatives include electric-powered and hand tools, such as push mowers and rakes. Also consider replacing some or all of your turf with low-maintenance native ground covers and shrubs.



Invasive plant species can quickly take over your yard, so remove them as soon as you first see them. A great resource to help you identify and control invasive plants can be found at www.dcnr.state.pa.us/forestry/invasivetutorial/index.htm.

The use of synthetic fertilizers can add to the problems of invasive species and water pollution, so their use should be minimized as much as possible. Composting kitchen and garden waste is a great way to make fertilizer naturally. It can also help to reduce methane – a potent greenhouse gas. You can compost most food wastes and garden clippings (composting invasives is not recommended) in a store-bought compost bin, or you can make your own.



Place a rain barrel under your gutter downspout to collect rain water that you can use in your garden, for window boxes, and other plantings. Storing water in a rain barrel for times of drought can be especially helpful.

In Your Kitchen...

Choose organic vegetables and fruits whenever possible, especially on soft fruits like strawberries and grapes, which tend to hold onto the highest concentrations of pesticide residues.



Using cloth napkins is the best choice, but if you must buy paper ones, look for a brand with a high post-consumer recycled content. If every household purchased one package of 100-percent recycled napkins, 1 million trees would be saved.



Are their pests in your pantry? Place a small amount of peppercorns, bay leaves, or cinnamon in the problem area to keep those pests away.



When packing lunch for you and your loved ones, choose ceramic or glass containers instead of plastic baggies. Plastic baggies can remain in landfills for up to 1,000 years, not to mention the potential health risks posed by plastics leaching chemicals into the food.

Reduce the amount of red meat you eat. Since it takes more fossil fuels to produce red meat than fish, eggs and poultry, switching to these foods will reduce the amount of dangerous CO² emissions. Also consider going vegetarian – consuming locally grown produce uses the least energy of all.





Come Celebrate the 12th Annual Festival!

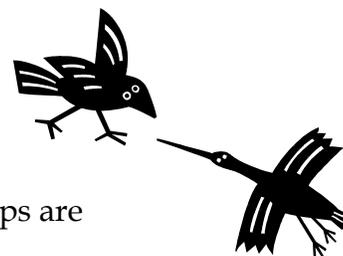
MORRO BAY WINTER BIRD FESTIVAL, JANUARY 18-21, 2008



MORRO BAY, CALIFORNIA - Come to where the birds are and join Morro Coast Audubon Society (MCAS) for our 12th Annual Morro Bay Winter Bird Festival. Located on California's scenic Central Coast, Morro Bay is an important stop on the Pacific Flyway and one of the country's pre-eminent birding spots. The area is recognized worldwide for its diversity of both resident and wintering birds, and at last year's festival, over 200 species of birds were identified!

The Morro Bay Winter Bird Festival is sponsored by MCAS and gives you the chance to join local and national birding experts on a variety of field trips and workshops. Field trip group sizes are limited to maximize spotting and identification opportunities. The Festival also offers workshops aimed at sharpening your birding skills, as well as evening programs with outstanding speakers.

For more information about the Festival, check out our website at www.morrobaybirdfestival.org, or call (805) 772-4677. You can request that your name be added to the mailing list for our 2008 brochure, or register online. Both the brochure and online registration will be available in October 2007. The registration deadline is January 4, 2008 and early signups are encouraged as the most popular events fill up quickly.



Join Appalachian Audubon Society AND National Audubon Society



AT THE SPECIAL INTRODUCTORY RATE OF \$20 (\$15 FOR SENIORS AND STUDENTS)

This application is for NEW members joining Appalachian and National Audubon for the FIRST time (for members renewing, renewal information will come to you directly from National Audubon). This introductory offer includes membership in both National and Appalachian Audubon societies, the beautiful Audubon magazine, and our own Kingfisher Courier newsletter. Please send the form below, with check payable to National Audubon Society, to: Appalachian Audubon, PO Box 15123, Harrisburg, PA 17105-5123.

New Member's Name: _____

Address: _____ E-mail Address: _____

Phone: _____ Senior Membership? _____ Student? _____ U07 7XCH

Chapter-Only Membership: \$12.00 per year

Chapter-only members receive the Kingfisher Courier and support the local chapter. Make check payable to Appalachian Audubon Society; send to Appalachian Audubon, PO Box 15123, Harrisburg, PA 17105-5123.

Chapter-Only Member's Name: _____

Address: _____ E-mail Address: _____

Phone: _____ U07 7XCH



September 2007

www.appalachianaudubon.org/

Appalachian Audubon Society
P.O. Box 15123
Harrisburg, PA 17105-5123

RETURN SERVICE REQUESTED

Non-Profit Org.
U.S. Postage
PAID
Harrisburg, PA
Permit 486



Printed on 100% recycled paper with
35% post-consumer reclaimed content

IN THIS ISSUE:

| | |
|--|---|
| September Meeting: Monarchs.....p.1 | Message from the Mailing Team.....p.4 |
| Annual Birdseed Sale.....p.1 | Groom Your Backyard for the Birds.....p.5 |
| Board of Directors; Chapter Contacts.....p.2 | Invasive Committee Chair Needed.....p.5 |
| President's Perch.....p.2 | Tips for a Greener World.....p.6 |
| Upcoming Fieldp.3 | Morro Bay Winter Bird Festival.....p.7 |
| Native Plant Sale.....p.4 | Membership Forms.....p.7 |

MOVING? TAKING AN EXTENDED VACATION?

To receive AAS mailings when away on long vacations or after moving, PLEASE contact our AAS chapter Membership chair (see p.2) with your address change. This saves us money while keeping you current with our activities. Giving a change of address form to the US Post Office (USPS) **will NOT help**; our USPS addresses are handled by National Audubon. We incur a \$.41 charge per item for each piece of incorrectly addressed, returned mail.

Please help us help you!