



August – October 2023

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WESTERN CUYAHOGA AUDUBON

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YOU ARE WCAS

By WCAS Board members

Everyone knows the famous Army recruiting poster of Uncle Sam pointing toward the observer and declaring, "I Want You ...". Now picture our bird logo, the Pileated Woodpecker, pointing toward you with an extended wing and requesting, "I Want YOU to be part of Western Cuyahoga Audubon." Organizations, such as WCAS depend on volunteers to keep things fresh and moving forward. New ideas, new suggestions, new faces, new perspectives are just part of making WCAS a chapter that is innovative and at the forefront of bird and bird habitat conservation, educating about birds, and advocating for the places that birds and people need. Just a couple of hours a month ... or less, from each chapter member can make a world of difference. That's what WCAS needs to be doing - making a world of difference. So how can you help?



Serving on the Board or be a Committee Chairperson

New folks are needed as the Chairpersons for committees that meet with the Board.

Bird Walk Leaders

WCAS is looking for additional volunteers to serve as bird walk leaders! We would love to host even more bird walk events, but don't want to overwork our current pool of volunteers. Bird knowledge and identification skills are required. If you've never done anything like this before, no problem! We can partner you with a seasoned leader as a mentor. If interested, please reach out to Michelle Brosius at michellebrosius@wcaudubon.org.

Writing

Write articles for the quarterly newsletter and/or for the website. Stories, native plant information, life history of bird species, reviews of birding areas, parks or natural areas visited, and perhaps some things we didn't even think of. Articles would be edited for punctuation and grammar, but we wouldn't want to lose "your voice" in the writing.

Educating

Revive the Education Committee. Let's make WCAS more accessible to educators and students. Learning could be indoors through presentations or outdoors through nature walks for any aged learner - school students, homeschoolers, senior learners, learners with different abilities! There can be so many ways to get the word out about enjoying and learning about birds and the environment. All ideas are welcome and having a team would be great!

continued on page 2

YOU are WCAS, continued from page 1

Native Plants for Birds & Wildlife

Revive our native plant sales and promotions. Native plants are beneficial for birds, wildlife, and people too! We can start out slowly with a few plants, then “grow” (pun intended) our selection of plants. Coordinator would need to know native plants, find out where they can be ordered, help to market the plants, have a native plant event, or know when events are happening and join them. The birds will love you!

Fundraising and Friend-raising Assistance

Create some fun, fundraising and friend-raising activities. Silent auctions, birding challenges, meet at a brewery or winery, or other ways to enjoy birds, the outdoors and the company of other nature lovers. We hope creative ideas will get flowing with a fun and powerful team!

Project Coordination and Collaboration

Communicating and collaborating with other organizations is a great way to get projects to protect birds and habitats done. Organizations may be international, such as Bird City Network, American Bird Conservancy, national and state with Audubon Chapters in the Great Lakes Region or in Ohio, local - collaborating with the park system, other nearby Audubon Chapters, Conservancies (Western Reserve Land Conservancy, West Creek Conservancy) as well as community projects (i.e. planting native plants in a community park, doing bird walks for a community organization, etc.)

Special Event Volunteering

Throughout the year, but primarily in the spring through fall, WCAS is asked to participate in day events, such as Earth Day, Birding events, Metroparks events, etc. Help staff the table displays and activities for visitors. Promote WCAS membership and attendance at events. Have fun! Usually this is only a couple of hours per event.

Representative to The Council of Ohio Audubon Chapters (COAC)

Represent WCAS to The Council of Ohio Audubon Chapters. The representative would report to COAC on what WCAS is doing and would report back to the WCAS Board on news from COAC. Generally one meeting, via Zoom, per month, potentially an annual, in-person gathering may occur. Also, if interested, the representative could join one of the 3 COAC committees - conservation, website development, or training and teaching, there would be additional Zoom meetings. A great way to connect with chapters around Ohio ... and possibly beyond. Know your birds? Like to share your knowledge with others? GREAT!

Please contact us at info@wcaudubon.org to let us know your interest OR a brand new idea!

IT'S MEMBERSHIP RENEWAL TIME!

By Nancy Howell

It's time to renew or become a NEW member of Western Cuyahoga Audubon! WCAS is your local conservation organization helping protect wildlife and the habitats they need, educating about the natural world, and sharing our passion about nature with others. Western Cuyahoga Audubon is a chapter of the National Audubon Society. Chapter Memberships support public education, conservation, and advocacy programs with a local to global reach. WCAS connects people with wild things on our shared planet by providing monthly speaker programs, an informational website with local and national conservation information, advocacy, bird walks, fund-raising and friend-raising activities and more! We are thrilled that our 2023 - 2024 WCAS speaker series programs will be in person as we are meeting at a local library, a great way to socialize and share ideas.

The WCAS membership year is **September 1, 2023 through August 31, 2024**. Your new or renewed membership helps WCAS continue important work, but there are more ways to help WCAS. Consider including an additional donation to support conservation education and projects.

Contact us to be part of one of the many WCAS volunteer opportunities as noted in the cover story. We all have something to offer and your voice brings diversity to the organization to move forward as a voice for conservation.

Become a member of WCAS today, online using PayPal or with your credit card:

<https://www.wcaudubon.org/membership-2023-2024.html>, or send a check or money order along with the membership form to: Nancy Howell, Treasurer, Western Cuyahoga Audubon, 19340 Fowles Rd., Middleburg Hts., OH 44130

Members receive:

- *The Feathered Flyer*, the quarterly newsletter delivered electronically, featuring stories, news and event announcements. For a mailed, print copy, the additional \$25 is noted on the chart below.
- A Western Cuyahoga Audubon window cling for home or car
- Access to online resources at our website with our events and programs as well as conservation resources and information
- Opportunities to Volunteer, be involved, and use your skills and knowledge.

Student/Limited Income Membership		\$20 for electronic newsletter	\$45 for mailed, print newsletter
Basic Membership	1 or 2 people (same address)	\$40 for electronic newsletter	\$65 for mailed, print newsletter
Family/Non-profit Membership	3 + people (same address)	\$55 for electronic newsletter	\$80 for mailed, print newsletter
Business Membership		\$150 electronic newsletter only	

SECOND SATURDAY BIRD WALKS

The Second Saturday Bird Walk is our very popular bird walk during which we explore the Rocky River Nature Center trails. Join us the second Saturday of every month to enjoy the beautiful landscape, thrilling birds, and good company. New to birding? ...Grab a pair of binoculars, birding is great year 'round!

Dates: August 12, September 9 and October 14, 2023 at 9:00 a.m.

Leaders: Bill Deininger, Dave Graskemper, Ken Gober, and Al Rand

Location: Cleveland Metroparks, Rocky River Reservation. Meet at the Rocky River Nature Center parking lot at 24000 Valley Pkwy, North Olmsted, OH 44070



Second Saturday Bird Walk June 2023 by Michelle Brosius

EVENING BIRD WALKS

Perhaps you need a nice walk to wind down from the day, or maybe you're not an early riser for morning bird walks. If so, then these evening walks could be perfect! Evening is a great time to look and listen for birds as they begin to settle for the night ... or for some species, just beginning to be active. No matter what, these evening walks are a nice way to observe birds and the beauty of nature at a different time of the day. Walks take place on the **third Wednesday of each month at 6:00 p.m.** Below is the list of walk locations.

Wednesday, August 16

Where: Bradley Woods Reservation

Meeting place: Bunns Lake Parking lot, entrance off of Bradley Rd. between Barton Rd. and Center Ridge Rd.

<https://goo.gl/maps/Jd3RSbVeknJHdGQC9>

Leader: Nancy Howell

Wednesday, September 20

Where: Cleveland Lakefront Nature Preserve

Meeting place: Main parking area in front of the Ranger HQ. <https://goo.gl/maps/imAXwgvv8vrHXCdD8>

Leader: Nancy Howell

TREMONT TOWPATH TRAIL URBAN BIRD WALKS



*Yellow Warbler on Vine by
Shaun Missig*

The Tremont bird walk encourages an appreciation for the birds and wildlife in urban settings. We'll discover a variety of birds, plants, and other interesting bits of nature along the Ohio & Erie Canal Towpath Trail and Cuyahoga River on the 4th Saturday from January through November. New to birding? Bring binoculars if you have them, dress for the weather conditions, a water bottle, comfortable footwear, and curiosity about the natural world. Walking is relatively easy along the paved Towpath and urban streets. Join us and learn with this friendly group!

Dates: Fourth Saturdays, August 26, September 23, and October 28, 2023 at 9:00 a.m.

Leaders: Nancy Howell and Al Rand

Location: Meet at the Cleveland Metroparks Towpath Parking Lot on Abbey Ave. just west of the former Sokolowski's University Inn. Google Maps link:

<https://goo.gl/maps/rRJW6HNY3xpB6r5J8>

LEWIS ROAD RIDING RING BLUEBIRD TRAIL UPDATE

By Kurt Miske, Bluebird Project Coordinator

We have had a decent year so far, with five of our nine boxes being used by native birds. Here is the run down:

- Four of five Tree Swallow eggs in Box #2 produced hatchlings which grew and fledged approximately 6/26. The box has been cleaned and is ready for use.
- Five Tree Swallow eggs in Box #4 all hatched. The hatchlings have all grown, fledging approximately 6/27. The box has been cleaned and is ready for use.
- Four Eastern Bluebird eggs in Box #5 have all hatched. The young have grown and fledged approximately 6/20. The box has been cleaned out and is ready for use.
- Box #7 is housing 5 young Tree Swallows, due to fledge approximately 7/10. The box is sporting a sparrow-spooker. All of our sparrow-spookers have so far been effective in keeping House Sparrows out of boxes with nests.
- Three Eastern Bluebirds were raised on Box #8, fledging approximately 6/7. So far this year we have not had major issues with house sparrows. Knock on wood!



Eastern Bluebird by Michelle Brosius

We just received the final report regarding the 6 Tree Swallows found dead in boxes earlier this year. ODNR found the birds to be emaciated. Perhaps this was due to weather conditions earlier this spring being uncondusive to building a sufficient population of insects for the birds to survive.

Monitoring continues at least twice per week. While we have not had any birds start a second brood in the 3 years the trail has been active, we are still hoping for additional broods!

THANK YOU

WCAS is grateful to the following people for their assistance at the special events in which we participated and supported:

Northeast Ohio Science and Engineering Fair judges: Mary Anne Pfrogner, Carol Miske, and Erich Schnack

Sustainable Berea Earth Day: Jordan Gonzalez, David Hildebrand, Michelle Manzo, Shaun Missig, and Jennifer Nessel.

Bird Walk leader for the event: Al Rand

Parma Heights Earth Day: Deborah Beckman, Monica Marshall, Nancy Howell, and Bruce Missig

Bird Walk Leaders: Michelle Brosius, Bill Deininger, Ken Gober, Dave Graskemper, Nancy Howell, Bob Oppen, and Al Rand

2023-2024 MEMBER PROGRAMS – IN-PERSON



*Fairview Park branch of CCPL
21255 Lorain Rd. Fairview Park, OH 44129*

Western Cuyahoga Audubon is excited to announce that our chapter meetings and programs will be held in person for the 2023-2024 program year.

Meetings will be held at 7:00 p.m. on the first Tuesday of each month at the Fairview Park Branch of the Cuyahoga County Public Library.

Mark your calendars NOW. We look forward to seeing our members and guests in person!

September Program: “Reflecting on Challenges and Solutions for Preventing Bird-Window Collisions in Residential Landscaping”

Presenter: Lucy McKernan, environmentalist and concerned citizen

Date & Time: Tuesday, September 5, 2023 at 7:00 p.m.

Location: Fairview Park Branch Library

Description: Great programs like Lights Out and FLAP have addressed bird-window collisions/deaths in concentrated metropolises. But the number of bird deaths in the U.S. hold steady, around one billion annually. Roughly half of avian mortality caused by window collisions occur on residential properties. This program provides the latest data from top bird conservationists, including why populations cannot rebound from this threat; addresses the challenges of retrofitting windows and other reflective building materials on homes spread out across the land; and offers novel, practical and cheap DIY solutions for us all.

October Program: “The Bird Within”

Presenter: Tom Baldwin, award winning bird carver and carving instructor

Date & Time: Tuesday, October 3, 2023 at 7:00 p.m.

Location: Fairview Park Branch Library

Description: Tom Baldwin will introduce you to the world of bird carving. Somewhere in a block of wood is a beautiful bird carving. You will be given an inside look at how this is done. If you ever wondered what is involved in carving birds, this presentation will end the mystery. Tom will also share how he became enamored with this art form.

VOLUNTEER NEEDS

Western Cuyahoga Audubon has been asked to participate in the Backyard Nature Bash at the Cleveland Metroparks Watershed Stewardship Center on Ridgewood Dr. in Parma. We have participated for several years with information about making yards and neighborhoods bird friendly - plant native plants, protect habitats, prevent birds from striking windows, keeping cats indoors, and more. We plan to have a game for kids/families, as well as promoting our chapter.

Date: Saturday, August 12

Time: 10 a.m. to 4 p.m. - 2 shifts, 9:30 a.m. to 1:30 p.m. and 1:30 to 4:30 p.m.

Volunteer Needs: Three volunteers are needed during each shift - 9:30 a.m. - 1:30 p.m. and 1:30 p.m. to 4:30 p.m.. The extra ½ hour is to assist with set-up for the first shift and tear-down for the second shift

Contact: Nancy Howell at nancyhowell@wcaudubon.org to sign up to volunteer and for additional information.



WCAS Booth

BENEFITS OF COFFEE

By Amanda Sebrosky, WCAS Coffee Coordinator



Drinking Smithsonian bird friendly coffee is good for YOU, the Earth, the farmers and the land that we all care about BUT we haven't mentioned the actual benefits to your body. According to an article in AARP online, drinking coffee has benefits to you and me ... Hurrah!

The article cites Kristin Kirkpatrick, a registered dietitian at the Cleveland Clinic, who states that coffee contains compounds which may improve the gut microbiome (made up of healthy bacteria that aid in digestion and boost immunity). She adds that "moderation is key ... three to five 8-ounce cups of (plain black) coffee — or up to 400 mg of caffeine — per day."

The article identifies other benefits of filtered coffee citing various sources that you can see here:

1. Coffee lowers your risk of type 2 diabetes
2. Coffee protects your heart from heart failure and is associated with a lower risk of stroke from cardiovascular disease
3. Coffee boosts brain health (if you don't overdo it)
4. Coffee improves your mood, possibly related to its anti-inflammatory properties
5. Coffee improves circulation, endurance, and muscular strength
6. Coffee may help you live longer. Not only does it reduce the risk of death from cardiovascular disease, it lowers the risk of dying from ANY cause. (Caffeine doesn't get all the credit. As the researchers pointed out, coffee also contains more than 100 biologically active good-for-you components.)

There you have it! Order your coffee with a happy heart - knowing that you are doing something good for you AND the birds! Order your coffee quarterly from the WCAS store. The next order goes in Oct 10 and will be delivered to your door FREE of charge! https://www.wcaudubon.org/store/c35/Bird_Friendly_Coffee.html

SUMMER CLIMATE WATCH PROJECT

By Mary Anne Romito, WCAS Climate Watch Coordinator for Northeast Ohio

Thank you all for working on the Summer Climate Watch. We really appreciate all the time you put in to your surveys.

National Audubon will update their Survival by Degrees Report and post the public results here: <https://www.audubon.org/climate-watch-results>.

They hope to get this updated during 2023.

Reminder: the next Climate Watch will be Jan 15-Feb 15, 2024 for the Winter count. We hope you will be willing to survey again. If you know of anyone who would like to join in the fun, please give them my contact info: maryanneromito@gmail.com or 216-990-2632. There's always room for one more!

Thank you to the following people who surveyed in 2023:

Acheson, Louise
Allison, Jennifer
Bobel, Rob & Peg
Brosius, Michelle
Burns, Sherilyn
Carlson, Christi
Chasar, Dwight & Ann
Cherry, Sheila
Clark, Kay
Davis, Diane
Gerbec, Alisa
Gooch, Laura
Hartman, Gail
Howell, Nancy Johnson, Claire
Kellner, Patty
Kozlenko, Anna
Lozano, Paula
Manzo, Michelle
Miller, Jerry
Miske, Kurt & Carol



American Goldfinch by Michelle Brosius

Morgan, Marie
Nemes, Drina
Rand, Rita, Ron, Al
Risher, Heather
Romito, Mary Anne & Tom
Short, Jason
Starrett, Kent
Sustin, Mike
Vinciguerra, Ken
West, Julie
Yingling, Mike

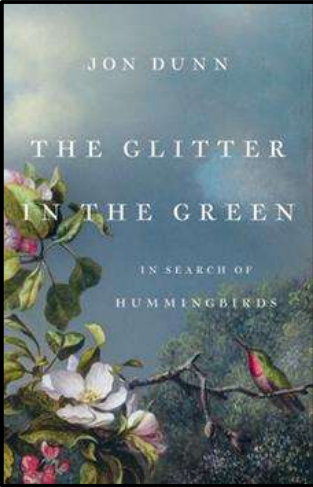
WCAS BOOK DISCUSSION SERIES

By Drina Nemes, Book Discussion Host

We are getting ready for our 4th season, with fascinating topics ranging from the charismatic hummingbird to the discovery of the fungal communication networks of forests. We meet on Zoom, on the 3rd or 4th Tuesday of the month, 7 p.m. to 8 p.m.

If you missed the 2022- 23 video discussions, you can catch up here:

https://www.youtube.com/results?search_query=western+cuyahoga+audubon+society+book+discussion+2022



Here is the 2023 -2024 schedule:

October 17, 2023 – *The Glitter in the Green* (2021) by Jon Dunn

January 16, 2024 - *Vesper Flights* (2020) by Helen McDonald

April 23, 2024 - *Finding the Mother Tree* (2021) by Suzanne Simard

The book is available for purchase at major new/used online booksellers. [Buy a copy online](#) or borrow a copy from [CCPL](#) or [CPL](#).

Check out this entrancing overview of *Glitter in the Green*, narrated by the author.

https://www.youtube.com/watch?v=4Ze_ZyWB3dE

Our WCAS friend David Lindo interviewed Jon Dunn on November 15, 2021.

<https://www.youtube.com/watch?v=mUQKCQvXZUU>

Learn more about our WCAS Book Club and other book review resources on the website:

<https://www.wcaudubon.org/book-discussions>.

NEW MEMBERS

Please welcome these new members to the Western Cuyahoga Audubon flock. We look forward to seeing you at many of our events!

Dennis Colburn and Family

Elaine Joseph

Linda New

Neal O'Donnell

Walter Zurko

KEEP IN TOUCH!

Subscribe to our WCAS e-blasts. Electronic information comes out once a week with reminders and updates on events, programs and things that might be of interest.

Here's the link to sign up:

<https://www.wcaudubon.org/newsletter-sign-up.html>

The Western Cuyahoga Audubon Feathered Flyer is published 4 times per year in Feb, May, Aug and Nov.

Western Cuyahoga Audubon programs are open to the public. Donations are appreciated.

<https://www.wcaudubon.org/donate.html>

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Web: www.wcaudubon.org

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Interested in Volunteering? Send an email to info@wcaudubon.org

Visit the Store to become a member and renew your membership; order coffee, soil, and/or art; and donate at <http://bit.ly/2taLgnk>

President

WCAS is currently Board run.

Treasurer

Nancy Howell

Recording Secretary

Michelle Brosius

Directors-at-Large

Michelle Brosius, Bruce Missig, Kurt Miske, Mary Anne Romito, and Tom Romito, President Emeritus.

Bird Walk Coordinator

Michelle Brosius

Ambassadors

Global Ambassador: David Lindo;
Ambassador to Japan: Kaoru Tsubone.

Web & Marketing

Heather Risher

MISSION STATEMENT

To connect the public with birds and the natural world through education, conservation, and advocacy opportunities for the benefit of the present and future generations.

Visit the [WCAudubon Store](https://www.wcaudubon.org/store/) to become a member, renew membership, or make a donation. The Store offers a selection of nature oriented books, maps, articles, reports, event tickets, gift cards, native plants, bird friendly coffee, and organic soils. Items include **Birds & Beans® Coffee**, Smithsonian Migratory Bird Center Bird Friendly®-certified beans, 100 percent shade-grown, USDA Organic, and Fair-Trade certified, order by the 10th of the first month in each quarter. **Mitchell's Homemade Ice Cream Gift Cards** for delicious frozen yogurt, sorbet, vegan ice cream. A partnership with **Tilth Soil** at WCAS offers bird friendly gardeners a selection of 4 custom compost soil mixes for indoor and outdoor plantings, and **Artwork by Shaun Missig** features poetry and seasonal photography at conserved natural areas. Proceeds benefit WCAS.

Visit the Store here: <https://www.wcaudubon.org/store/>

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