



## Welcome to Seven Mountains Audubon 2020-21 PRESIDENT'S LETTER

The first half of 2020 has been challenging for all of us birders and bird lovers. Our spring of interesting programs, fellowship and bird walks was shut down suddenly and emphatically by an unseen, powerful virus. COVID-19, of course, has affected all human life, and it has meant special challenges in the birding world. Beyond shutting down chapter activities, all birding festivals were cancelled; some were replaced with virtual festivals, featuring zoom educational programs and virtual bird walks—satisfying, but certainly not the same.

There have been compensations. A large spike in backyard birding has been noted, resulting in increased sales of birdseed and bird feeders. People who never noticed birds before have become enthusiastic feeders and watchers of backyard birds. Some have been socially distancing by going out in nature. Birdwatching has become popular among many more people in all areas, rural and urban.

In spite of the economic dislocations caused by the coronavirus, our chapter was able to participate in a pilot project called Bird Friendly Blooms. We strive to educate people about the importance of planting native trees, shrubs and flowers to improve backyard habitat for birds. We also work to increase the offerings of native plants by local nurseries so that people can find the plants they want. Seven Mountains participated with Lycoming and Appalachian chapters and partnered with Steve Kidd, of Perennial Gardens. The state coordinator, Kelly McGinley, participated with Bonnie Ingram and me in the first Bird Friendly Blooms event by **Seven Mountains** at the Lewisburg Farmers' Market on July 1<sup>st</sup>. We had an eye-catching display, attracting many people to our stand and to Steve's. We anticipate a fund-raising event in the fall or spring if it becomes safe.

It appears that COVID-19 will not be going away anytime soon. Your Board has decided to provide content on-line through Zoom and Facebook livestreaming. We are considering a selection of interesting and informative programs that you can access free. We are hoping there will be a way to interact with each other virtually, as well, but we also want to warn you that we are mostly amateurs and cannot promise internet perfection! Check out the notifications in this newsletter, and on our website and Facebook page, for the programming through the end of the year. By that time, we hope we might be able to go back to meeting in person.

We are also planning to resume First Saturday bird walks, unless things deteriorate further. We will have to observe safety measures, such as distancing, face masks as appropriate, and no carpooling. We will also ask for contact information from all participants, in case contact tracing becomes necessary. With these precautions, however, we should be able to get back out to the birding hotspots in the autumn.

Maybe we are starting to get a picture of what birds have been living with for the last 50 years. The steady encroachment of an alien force, chaos, habitat destruction, loss of health, families, life—all are affecting us now. Birds, on the other hand, are getting something of a reprieve as economic activity of humans slows down. My hope is that we take time to think seriously about the well-being of ALL of Earth's inhabitants, avian as well as human, and commit to making that a priority.

Happy birding (virtual and in the fields and forests)!

Kay Cramer, President

***SEVEN MOUNTAINS AUDUBON'S PROGRAM GUIDELINES:*** *Seven Mountains Audubon field trips and programs adhere to CDC guidelines; leaders have the right to ask a participant to leave the program if someone is not adhering to these guidelines for the health and safety of all. Leaders and participants must wear face coverings throughout the program and maintain social distancing (at least 6' of separation). Leaders may remove their face covering in order to be heard by the group while maintaining social distance. Please do not come to a program if you are sick or have a sick family member. There will be no sharing of equipment including binoculars or spotting scopes.*

***Currently, we are not scheduling live programs***

## SEVEN MOUNTAINS MEETING & PROGRAMS 2020/21

### Where:

All activities below are held at the  
**Kelly Township Supervisors' Building,  
551 Zeigler Rd, Lewisburg, PA.**

**We will meet here when it is considered safe to do so.**

All meetings are open to the Public and Everyone is welcome!

*\*Please check the website and Facebook for updates.*

*<https://www.facebook.com/groups/7mountains/>*

### Board Meetings

**2<sup>nd</sup> Wednesday of every other month.**

September 9, Wednesday 7:00PM

November 11, Wednesday 7:00PM

January 13, Wednesday 7:00PM

March 10, Wednesday 7:00PM

May 12, Wednesday 7:00PM

All members are welcome. If you have something that you would like to bring to the group's attention please contact Board President Kay Cramer (falconrider1@gmail.com) at least one week ahead of time. In case of any last minute changes in location, please contact any Board Member the day of the meeting. Please join us even if you would just like to come and listen.

**Tentatively, we have scheduled virtual programs through November. We are hoping that we will be able to return to our live and in person meetings and programs. Check out the Facebook Group and the Seven Mountains website for updates.**

### SEVEN MOUNTAINS MEETING & PROGRAM SCHEDULE

**2019- 2020**

**7:00PM**

Sept 16 - Birding Adventures in Ecuador, by Lauri Shaffer

Oct 21 – Natures Best Hope, by Dr. Doug Tallamay

November 18 - Hummingbirds, by Sandy Lockerman

December 16 - Holiday Show and Tell

January 20, 2021 TBA

February 17, 2021 TBA

March 17, 2021 TBA

April 21, 2021 TBA

May 19, 2021 TBA

## **First Saturday Field Trip**

**When we are able to have our walks and programs, we will post them on Facebook and the Seven Mountains website.**

The first Saturday of each month, January through December, Seven Mountains Audubon provides a local field trip.

All trips depart at 7:30 a.m. from Lewisburg at the Weis Parking Lot behind Panera's and the Weis Gas station, just west of US 15. Public is welcome.

Trip leadership rotates informally, and the field trip destination is announced via Facebook, a few days in advance.

**If you have an area of interest that you would like to suggest, or if you would like to lead a walk, please contact any board member.**

Check Facebook for cancellations: <https://www.facebook.com/groups/7mountains/>

**If you have an email, but are still receiving this hard copy, let us know. Mailings are very expensive, it is not just the postage, but printing, folding, tabbing, and mailing, that add up.**

**Or if you have an email that you haven't shared with us, please do. We will not abuse it or sell it.**

**Everything we save adds up to more money for education and programs for habitat, etc.**

**\*\*\*This is the only printed newsletter for the year.**

**Make sure you keep this newsletter for your  
Seven Mountains Audubon information.**

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### **LISTSERVES**

#### **Reminders**

We have changed the way that we send out our emails. If you are on the list from the National Audubon, you will receive a monthly e-Newsletter and reminders of special events and we will attempt to keep you updated on last minute cancellations, etc. If you are not a member of Audubon, the best way to keep abreast of events, and updates is to check in to the website or Facebook page.

**To subscribe to the email, email a request to Bonnie Ingram at [bingram@pct.edu](mailto:bingram@pct.edu)**

## **Internet & Social Media**

**Website:** <http://www.sevenmountainsaudubon.org/>

**Facebook:** <https://www.facebook.com/groups/7mountains/>

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FYI: Audubon bird apps are free to anyone at: <http://www.audubon.org/apps>

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### **SPECIAL THANKS GO TO:**

Allen Schweinsberg, Kay Cramer, JoAnn Cooper, Bill Malone, Mike McGuire, Lauri Shaffer, Bill Tyler, and Brent Bacon for leading our First Saturday field trips.

For participation in the Furnace Rd. cleanup. Bob (coordinator) & Elena Reyda, Dick & Nancy Dagle, Allen Schweinsberg, and Bill Malone.

We apologize if we missed anyone.

**Please be sure to check our website or Facebook Group for any updates or changes.**

Website: <http://www.sevenmountainsaudubon.org/>

Face Book: <https://www.facebook.com/groups/7mountains/>

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### **Hummingbird feeding tips:**

It will be nearing the end of the hummingbird season when this newsletter is published. However, since it is only published once a year, this is great advice to keep in mind for next year, plus to finish out this year.

The best nectar is home-made nectar.

Simple recipe

4 parts water to 1 part plain sugar.

I have two feeders and I only use 1 cup of water and ¼ cup of sugar. Because of the frequency that I clean and change them, this is plenty.

Do not use red dye!!

It is bad for the hummers. Their little bodies cannot take it.

I clean my feeders every time I fill them, to keep the bacteria and fungus/mold down. Normally, our ruby-throated hummingbirds leave around the end of September. There will be a rufous, and black-chinned, plus others, migrating through into December. Therefore, it is a good reason to leave your feeders up through that time.



PO Box 389

Lewisburg, PA 17837

**Return Service Requested**

**Board:**

Kay Cramer, President

Brent Bacon, Vice President

Michael McGuire, Webmaster & Secretary

Bill Malone, Treasurer & Publicity

**Board members:**

Bonnie Ingram, Membership Chairman

Lauri Shaffer, Board Member At Large

Bill Tyler, Board Member At Large

John Peeler, Board Member At Large

JoAnn Cooper, Board Member At Large

**Phone:** 570-837-3377 Please, leave a message on T&D Cats answering machine.

**Email:** [Info@sevenmountainsadubon.org](mailto:Info@sevenmountainsadubon.org)

National Audubon's Mission: To conserve and restore natural ecosystems, focusing on birds, other wildlife, and their habitats for the benefit of humanity and the earth's biological diversity.

Existing Members will receive renewal notices directly from Audubon. Make sure you renew.

**New Membership Form:** Seven Mountains Audubon will receive the entire NEW membership fee, when new members join through us.

Yes, I want to join Seven Mountains Audubon and National Audubon Society at introductory rate of \$20 for first year. Chapter U09

**NOT FOR RENEWALS**

Name: \_\_\_\_\_

New Member Only

Street: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Place my name on the Email list to receive all my newsletters online.

My email address is \_\_\_\_\_ .

My check for \$\_\_\_\_\_, payable to **National Audubon Society** is enclosed.

**Mail to:** Seven Mountains Audubon, c/o Bonnie Ingram,  
671 Kepner Rd., Muncy, PA 17756