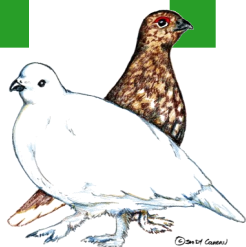


PTARMIGAN



FORT COLLINS AUDUBON SOCIETY

P.O. Box 271968 • Fort Collins, CO 80527-1968 • www.fortcollinsaudubon.org

Promoting the appreciation, conservation, and restoration of ecosystems, focusing on birds and other wildlife through education, participation, stewardship, and advocacy.

April 2020

Volume 51, Issue 4

FCAS April 9 Program

Cancelled

Due to ongoing concerns over the spread of the coronavirus COVID-19, FCAS has cancelled the April 9 program. This cancellation notice will be posted on the FCAS webpage, <http://www.fortcollinsaudubon.org/> and Facebook page, <https://www.facebook.com/FortCollinsAudubon-Society/>.

At a postponed date to be determined based on health and safety recommendations, Stephen Jones will present "Shorebirds in the Grass." Jones is the author of *The Last Prairie: A Sandhills Journal*, which has received stellar reviews

and is frequently cited. He also is leading co-author of the 2004 Peterson Field Guide Series book, *A Field Guide to the North American Prairie*. The *New York Times* interviewed him for a June 2004 story, "American Prairie Overlooked No More."

Please check the FCAS website and Facebook pages for updates and information about the status of upcoming FCAS events.



Upland Sandpiper photo by Stephen Jones.

FCAS welcomes new National Audubon Society members by sending one complimentary copy of our newsletter. Join us at our monthly programs on the second Thursday of the month to find out more about FCAS. National dues do not cover the cost of printing and mailing the newsletter, so if you'd like to keep receiving it, please support your local chapter and subscribe. See details on the last page of the newsletter or on our website at www.fortcollinsaudubon.org.

Western Meadowlark
by Susan
Hodgson.



I might as well start with the topic on everyone's mind: coronavirus (COVID-19). These are tough times, unprecedented in my lifetime. Everyone, including myself and the rest of the FCAS Board of Directors, is understandably anxious and concerned. As a precaution, we decided to cancel our April chapter meeting and program. We will decide about our May meeting at a later date, based on current information.

At the time that I'm writing this column in mid-March, FCAS is still planning to host field trips in April. We will closely monitor the developing situation with COVID-19, and we will follow the advice of public health officials. But as near as I can tell, based on everything I've read to date, small outdoor gatherings should pose little or no threat of virus transmission. A lot of the things people normally do for fun and social interaction are on hold and could be on hold for months. I hope our field trips can offer a much-needed respite from the stress (and, to be honest, boredom) of this era of public health emergencies, quarantines, and social distancing. But, because the situation could change in rapid and unexpected ways, I strongly recommend checking in with the trip leader a day or two before any trip you plan to join.

I do want to finish on a positive note. In the first quarter of this year, FCAS received what I think are the two largest donations we've seen in my 5-plus years as chapter president. I want to express our profound gratitude

to Dr. Jon Geller and to the Sutherland Family Fund of the Community Foundation of Northern Colorado.

Through these large donations, as well as many smaller donations from other generous supporters, FCAS has already achieved our annual fund-raising goal for 2020. Thank you, all!



Prairie Warbler by Gary Robinette.

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www.fortcollinsaudubon.org

Visit us on Facebook:

FCAS Pocket Guide to Local Birds

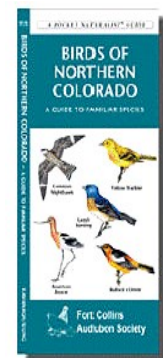
Is available at the following retailers who support our organization with the sales:

Wild Birds Unlimited
3636 S. College Ave
Ste. C
(970) 225-2557

Jax Mercantile
950 E. Eisenhower
Loveland
(970) 776-4540

Jax Outdoor Gear
1200 N. College
(970) 221-0544

Jax Farm & Ranch
1000 N. Hwy. 287
(970) 481-2221



"Those who cannot remember the past are condemned to repeat it." —George Santayana

"Those who fail to learn from history are condemned to repeat it." —Winston Churchill (1948 speech to the House of Commons)

Revolutions:

Peaceful, sometimes. Violent, usually. Necessary, frequently. Revolution is a word associated with a wide variety of changes or events, such as cultural, industrial, informational, political, etc. I firmly believe we are ready for/need another (or several). For example: we have a national election coming up in November and an opportunity to bring about a wholesale change in our federal administration (a revolution made possible by your right to vote!)—an administration, by the way, that chooses to ignore the facts developed by science.

Why are such facts being ignored? Google on: "EPA Updates Plan to Limit Science" to locate articles with titles such as, "*New York Times*: EPA plans to limit scientific research used in writing public health regulations," and "EPA revamp of 'secret science' rule will keep limiting research."

Climate Crisis:

Latest estimates indicate that we have, at most, seven to eight years to drastically reduce carbon dioxide releases into the atmosphere and absorption by our oceans to avoid the worst climate change impacts. One of the best sites I have discovered for information on global warming, its consequences, and the absolute urgency of taking action can be found at: https://www.joboneforhumanity.org/global_warming.

Hunger is once again on the rise around the world, and the climate crisis is a primary cause according to a new report from the World Meteorological Organization. More than 820 million people suffered from hunger in 2018, in part because of crop failures, locust swarms, weather events, and other challenges brought on by the changing climate. The study also found that displacement and death from natural disasters related to the climate crisis are likely to disrupt life for millions of people in the future. Meanwhile, scientists are warning that the Amazon rainforest, one of the world's largest ecosystems, could reach a point of no return and become a grassy savannah within 50 years if damage to the forest isn't reversed.

April 4, 2020

What is significant about this date? It marks the 50th anniversary of the first Earth Day! In the 1960s, there were no environmental laws protecting our air and waters, and no Environmental Protection Agency. Industries spewed out pollution without much fear of legal repercussion. Thankfully, there were a few people who

worked for environmental protection. One was Gaylord Nelson, the father of Earth Day, who had an idea that grew into a worldwide celebration for the planet.

Nelson served two terms as the Governor of Wisconsin, during which time he started his environmental legacy. In 1962, Nelson was elected to the U.S. Senate, and for 18 years worked to bring environmental issues to the national stage.

Senator Nelson's idea worked. The first Earth Day gave environmental issues national and political attention. It influenced the creation of the EPA and numerous laws

that protect our environment, including: the Clean Air Act, the Water Quality Improvement Act, the Water Pollution and Control Act Amendments, the Resource Recovery Act,

the Resource Conservation and Recovery Act, the Toxic Substances Control Act, the Occupational Safety and Health Act, the Federal Environmental Pesticide Control Act, the Endangered Species Act, the Safe Drinking Water Act, the Federal Land Policy and Management Act, and the Surface Mining Control and Reclamation Act

On April 22, 1970, Americans marched and demonstrated in the streets for a healthy, sustainable environment in massive rallies across the country. It was estimated 20 million people, from 10,000 elementary and high schools, 2,000 colleges, and over 1,000 communities participated that day.

Earth Day 1990 went global, mobilizing over 200 million people in 141 countries. This put environmental issues on the world stage, paving the way for the 1992 United Nations Earth Summit in Rio de Janeiro. Ten years later, Earth Day 2000 focused on climate change and clean energy. Approximately 5,000 environmental groups and 184 countries participated, reaching hundreds of millions of people. I wonder how we'll celebrate Earth Day 2020. We sure need to renew our efforts on Earth's behalf.



In 1995, President Bill Clinton awarded Senator Nelson the Presidential Medal of Freedom, the highest honor given to civilians in the United States, for his role as Earth Day founder.



Birding is the Perfect Activity While Practicing Social Distancing

Excerpts from <https://www.audubon.org/>

With the global pandemic of the coronavirus have come school closures, event cancellations, travel plans disruptions, and other warnings that we have never experienced before. All these changes are creating a social isolation for many of us. What we can do is get outdoors with proper social distancing and health precautions. It not only benefits you, but it also benefits the birds. The more people we get interested in birds, the more support we build for conservation.

The benefits of nature are being documented more and more in scientific research. University of Washington environmental psychologist, Gregory Bratman states: "evidence is there to support the conclusion that contact with nature benefits our mood, our psychological well-being, our mental health, and our cognitive functioning." One leading theory is that nature can restore our attention and counter the mental fatigue that today's sensory-filled environments cause. Second, it can reduce stress; blood pressure, heart rate, and stress hormones all drop with time in nature.

When we are outside birding, we are breathing fresh

air, and with more oxygen transported to all the cells of our bodies, our brain becomes more alert, our mood is elevated, and we also soak up vitamin D. An interest in birds brings people together and creates a sense of camaraderie.

Birding keeps you physically active and takes you to new places; keeping our minds active is essential for our overall sense of well-being. The Alzheimer's Association suggests that to keep our brains healthy we need to keep learning new things. Just identifying birds can be a challenging mental puzzle, and even experienced birders can learn more about the behavior of their local birds. Lack of variety in our lives can lead to boredom and a sense of fatigue.

Birding offers both a sense of the predictable and an exciting sense of the unpredictable with the array of bird colors, calls, and behavior. An interest in birds can lead to other discoveries in nature, from butterflies to lichen. There are a million other species of living things out there to explore. New experiences make life worth living.

These are challenging times, and we must all do what we can to get through this challenge. Follow the guidance of public health professionals and take comfort in an activity you love.



From <https://www.colorado.com>.

FCAS Welcomes New and Renewing Members

Thank you for your membership. Your support makes our programs and conservation efforts possible, and helps us achieve our mission of connecting people to the natural world.

Donald Beaver
Hetty Bixby
Glen Blanchard
Bill Carey
James & Chandriee Davis
Lauren DeRosa
Georgia Doyle
Elizabeth A. Edwards
Jane Fine
Willard Flowers
Vivian L. Gilbert
Raymond & Joan Glabach
Vince Griesemer
David Hartley
Jane Hawk



Nancy Hitchins
Janet Holley
Anne Hunsinger
Ted Huston
Gina Janett
Joyce Jones
Loretta Klingenberg
Charles Knopp
Diane Kristoff
James Kuhn
Dave Landers
Tad Leeper
Mark Leising
Robin Long
Fred J. Lord
Debra K. McGuinn

Michelle McKim
Marian Nemeth
Linda O'Brien
Paul A. Opler
Phil Phelan
Robert Pickett
Rosemary Rader
Margaret Reek
Kathleen Salter
Anne Saunders
Carol Seemueller
Mary Beck & Gary Spivak
Paula Stearns
Vickie Traxler
H. Bruce Vigneault
Sandra Winkler



All April Field Trips Cancelled

The FCAS Board of Directors has cancelled all April field trips in the interest of safety due to the coronavirus. Both the webpage (www.fortcollinsaudubon.org) and Facebook page (<https://www.facebook.com/FortCollinsAudubonSociety/>) will have the most current information regarding FCAS activities.

Be as a bird, who, halting
in her flight
on a limb too slight,
feels it
give way beneath her,
yet sings,
sings
knowing she has wings.

By Victor Hugo



Golden Eagle by Daniel O'Donnell.

FCAS member Doug Swartz recently returned from a birding adventure in Colombia. The three photos to the right and below are just a few of many species he spotted. Hopefully we will hear more from Doug about his trip in a future *Ptarmigan* article!



Violet-tailed Sylph, Las Tangaras Reserve, Colombia.



Rufous-tailed Jacamar, Minca, Colombia.



Red-headed Barbet, Jardine, Colombia.



Fort Collins Audubon Society
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Fort Collins, CO 80527-1968



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Membership Application

Join Fort Collins Audubon Society (FCAS), National Audubon Society (NAS), or both.

- | | | | |
|--------------------------|---|-------|--|
| <input type="checkbox"/> | New or renewing FCAS Chapter Member
Receive the FCAS <i>Ptarmigan</i> by email | \$ 20 | Name: _____ |
| <input type="checkbox"/> | New or renewing FCAS Chapter Member
Receive the FCAS <i>Ptarmigan</i> by mail | \$ 30 | Address: _____ |
| <input type="checkbox"/> | Lifetime FCAS Chapter Member
Receive FCAS <i>Ptarmigan</i> by mail or email | \$750 | City: _____ State: _____ Zip: _____ |
| <input type="checkbox"/> | Additional support for FCAS programs | \$__ | Phone: _____ |
| <input type="checkbox"/> | Additional support for Alex Cringan Fund
(natural history education grants) | \$__ | Email: _____ |
| <input type="checkbox"/> | New NAS member
Receive the NAS <i>Audubon</i> by mail | \$ 20 | May we send you FCAS email alerts if updates occur for field trips, programs, etc.? Yes or No |
| <input type="checkbox"/> | Renewing NAS member
Receive the NAS <i>Audubon</i> by mail | \$ 35 | May we contact you for volunteer activities such as helping at events or contacting legislators on important issues? Yes or No |

Total Enclosed: \$__

Please make your tax-exempt check payable to FCAS and mail with this form to FCAS, P.O. Box 271968, Fort Collins, CO, 80527-1968. Your cancelled check is your receipt. All renewals are due in January. New memberships begun after August 31 extend throughout the following year. Applications can be completed at www.fortcollinsaudubon.org.