



# Meadowlark

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## Slow and steady Fall migration: Birds to look for in September & October *by Conor Gearin*

Spring migration is a spectacle. Birds full of hormones surge northward to reach the breeding grounds before their rivals. Fall migration has a different energy. Birds are often in much less of a hurry. If the weather is nice and the eating is good, they might stay for a week or two at a stopover site. Short-distance migrants such as American



*Eastern Bluebird*

Robins and Eastern Bluebirds are the slowpokes of the migratory world, only moving south when conditions become unfavorable.

What this means for birders hoping to find migratory birds in the Omaha metro area in fall is that, while there's less of a sharp peak for bird movements compared to the spring, every part of the fall has some group of birds on the move. Any day could turn up something interesting. Shorebirds are the first to get going. Those that bred high in the Arctic, such as Long-billed Dowitchers and Pectoral Sandpipers, start appearing as early as August and continue through September. After shorebirds come the long-distance songbird migrants: Nashville Warblers, Wilson's Warblers, Swainson's Thrushes, and more.



*Top: Long-billed Dowitcher  
Bottom: Pectoral Sandpiper*



*Migrating blackbirds*

Around October, blackbird migration can become quite spectacular, with large mixed flocks streaming overhead or foraging among waste grain. Throughout this time, scan the skies over the Missouri River valley for a procession of raptors, especially on days with favorable winds pushing them southward.

Some nights have bigger movements of birds than others. Check out the migration forecasting service BirdCast and remember that keeping the lights out when birds are migrating helps avoid fatal window collisions.

*(continued on page 3)*

## Enjoy the natural world with our September and October events

Feel like a hike? Try a September morning tour of a wildlife habitat restoration project at Cunningham Lake with Trevor Pellerite. Then join us for an October evening grassland prairie walk at Glacier Creek Preserve with Conor Gearin and Bennet Amdor. Our guides will help identify birds, plants, trees and a wide variety of wildlife.

More indoors: During our September program, Nebraska Wildlife Rehab will review the aftermath of the August storm that brought more than 300 wild animals and migratory birds into its rescue facility. With Halloween vibes, our October program will explore owls native to Nebraska. Our visitors from Fontenelle Forest will include a Great Horned Owl, a Screech Owl and a Barn Owl. Find details for each event on page 2 of this newsletter or on our website, Audubon-Omaha.org. We hope to see you soon!

### GREEN CORNER: HOW YOU CAN HELP WILDLIFE AT HOME

*Conservation begins at home; each of us can help restore our unique ecosystem.*

#### Don't BUG OUT

If you don't have bugs, you don't get birds! Try leaving dead leaves, stems and native plants as-is wherever possible; this provides habitat for nutritious insects that feed nestlings next Spring.

#### Dangerous decor

Fake spider webs used as outdoor Halloween decor are dangerous for birds, bats and other flying creatures. Keep deadly decor inside this year and give birds a treat.

# ON THE HORIZON September

## FIELD TRIP

SATURDAY, SEPTEMBER 14

**What: Native wildlife habitat restoration** tour of Grasslands Unlimited Cottonwood Creek Preserve

**When:** 9-10 a.m.

**Where:** 7902 Lake Cunningham Road,  
**How:** Register at Audubon-Omaha.org

## MEMBERS PROGRAM

THURSDAY, SEPTEMBER 12

**What: Nebraska Wildlife Rehab** reports on recent rescues and rehabilitation of native wildlife and migratory birds

**When:** 6 p.m. social, 7 p.m. program

**Where:** DJ's Dugout meeting room  
777 N. 114th Street, Omaha

**How:** Register at Audubon-Omaha.org

# October

## FIELD TRIP

THURSDAY: OCTOBER 10

**What: Evening Grasslands Walk and Birding** with Conor Gearin and Bennett Amdor

**When:** 6-8 p.m.

**Where:** Glacier Creek Prairie Preserve  
14810 State Street, Bennington, NE

**How:** Register at Audubon-Omaha.org

## MEMBERS PROGRAM

WEDNESDAY, OCTOBER 23

**What: Owls, Owls, Owls:** Meet our owly guests from Fontenelle Forest and get wise about owls!

**When:** 6 p.m. social, 7 p.m. program

**Where:** DJ's Dugout meeting room  
777 N. 114th Street, Omaha

**How:** Register at Audubon-Omaha.org

## EZ DOES IT BIRDING

SATURDAY, SEPTEMBER 21

SATURDAY, OCTOBER 19

**When:** 9-11 a.m.

**Where:** Towl Park  
9310 W. Center Rd., Omaha

**How:** Register at Audubon-Omaha.org

**These field trips and programs are FREE to our members and the public.**



# Letter from the President

by Christine Prescott

Dear Members and Friends of the Audubon Society of Omaha,

As I reflect on my time as president of the Audubon Society of Omaha, I am filled with a profound sense of gratitude and pride. It has been an honor to serve this remarkable

organization for the past three years. Together, we have made significant strides in advancing our mission to conserve and restore natural ecosystems, focusing on birds, other wildlife, and their habitats.

During my tenure, I have witnessed the incredible dedication and passion of our members and volunteers. From our annual bird counts to habitat restoration projects, and from educational programs to advocacy efforts, each of you has played a vital role in our success. Your commitment has not only helped protect our local bird populations but also fostered a greater appreciation for the natural world among our community.

I am deeply grateful for the opportunity to work alongside such a talented and committed group of individuals. The collective efforts of our board and volunteers have been nothing short of inspiring. I value the work Audubon does in the conservation community, and I am confident that ASO will continue to thrive and make a meaningful impact under new leadership.

While my journey with the Audubon Society of Omaha is coming to an end, I am excited about the future. I will be moving to a different region, where I look forward to continuing my work with Audubon. Though I will no longer be serving as your president, my commitment to conservation and the Audubon mission remains steadfast. I am eager to bring the lessons and experiences from my time here to new challenges and opportunities.

Thank you for entrusting me with the privilege of leading this incredible organization. Keep up the great work, and remember that every action we take makes a difference for the birds and the natural world we cherish.

With heartfelt appreciation and best wishes, Christine

# The eyes have it – your photos

*We love to see your bird photos! Please email them to [photos@audubonomaha.org](mailto:photos@audubonomaha.org)*



*Eastern Kingbird, photo by Stephanie Le*



*Swainson's Thrush, photo by Stephanie Le*

(continued from page 1)

# Fall migration: Birds to look for in September and October

As the days shorten and the weather chills, the familiar species of winter arrive: Dark-eyed Juncos foraging under shrubs, Northern Shovelers in the shallows of lakes, and Bald Eagles roosting along riversides. Their reassuring presence helps make it easier to say goodbye to summer. And you'll have several months to get to know them better.

The voices of White-throated Sparrows are one sure sign of autumn's arrival. Listen for first-year whitethroats practicing their song: "Old Sam Peabody-Peabody-Peabody" is how the syllables are supposed to sound, but the youngsters have faltering voices and sometimes get the notes mixed up. By the spring, though, they'll have their solo down and ready to perform for summer concerts up north.



White-throated Sparrow,  
photo by Jennifer Dobey

## Highlights of September-October Birds

### WATERBIRDS

- Northern Shoveler
- Gadwall
- Northern Pintail
- Green-winged Teal
- Pied-billed Grebe

### SHOREBIRDS

- Wilson's Snipe
- Solitary Sandpiper
- Lesser Yellowlegs
- Least Sandpiper
- Pectoral Sandpiper

### SEABIRDS

- Franklin's Gull
- Caspian Tern

### LANDBIRDS

- Broad-winged Hawk
- Swainson's Hawk
- Yellow-bellied Sapsucker
- Least Flycatcher
- Blue-headed Vireo
- Ruby-crowned Kinglet
- Swainson's Thrush
- Lincoln's Sparrow
- LeConte's Sparrow
- Northern Waterthrush
- Nashville Warbler
- Wilson's Warbler
- Blackburnian Warbler
- Palm Warbler

### WANT TO KNOW WHAT OTHER BIRDERS HAVE SPOTTED?

Download the free smart phone app *eBird* and go to the *Explore* icon. There you can see which species have been spotted in the surrounding area and their location. Sign up or sign in and record your sightings, too.

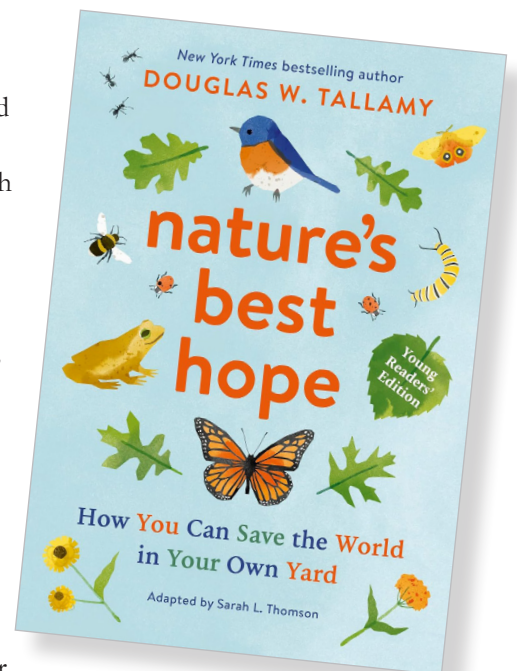
## DIY may be nature's best hope

Book Review by Katy Simmons

Douglas W. Tallamy would like everyone to have a Homegrown National Park. And that's the idea behind *Nature's Best Hope – How You Can Save the World in Your Own Yard*, filled with practical tips for increasing habitat for endangered species, such as the monarch butterfly, at home, on your own. Sarah L. Thomson adapted this version of Tallamy's New York Times best-selling book to make it more accessible to young readers. This book has photos and illustrations for most of the content and projects that are included, making it actionable and easy to understand.

With chapter titles such as, "Making Connections," "What's A Lawn for Anyway?" and "Ten Things You Can Do," readers are led through ecosystem connections and habitat fragmentation to steps they can take in their own yards to help pollinators and birds. The book doesn't push an all-or-nothing approach; instead, Tallamy suggests setting a goal to populate one-half or one-third of your yard with native plants. Devoting just a corner of your yard will make a difference. You can also learn how to build a bee hotel out of common household items.

The author also recommends many great resources, including *Plants for Birds* at [Audubon.org/plantsforbirds](http://Audubon.org/plantsforbirds) and *Native Plant Finder* at [nwf.org/NativePlantFinder](http://nwf.org/NativePlantFinder). And, if you're interested in expanding Homegrown National Parks in your community to make an even greater impact, the book offers suggestions for that, as well.



# Bon appétit for birds: It's time for the Seed Sale

**ORDERS ARE DUE OCTOBER 2**

Are you looking forward to feeding birds this fall and winter? Would you like to contribute to the financial success of Audubon Society of Omaha? Your orders and donations during the semiannual bird seed sales are Audubon Omaha's main fundraisers for education and conservation activities. We offer a wide range of premium bird seed mixes and sizes at reasonable prices.

If you are new to birding or want some expert advice, there are several articles from National Audubon Society and Cornell Lab of Ornithology with ideas about attracting and feeding birds on ASO's website, [audubon-omaha.org](http://audubon-omaha.org), under the Fall Bird Seed Sale tab.

In early September, ASO will mail an order form to all members and past customers for the fall sale. You can place your order by mail (please allow one week), or you can order and pay by credit card on our website. All orders must be received by Wednesday, October 2. **Pickup dates are Saturday, October 12, and Sunday, October 13.** Contactless delivery will be available again this year for an additional donation.

If you have friends or neighbors who would like to be added to the mailing list, contact John and Betty Fullerton at 402-493-4362(h) or 402-957-5901(c) or [efullerton00@gmail.com](mailto:efullerton00@gmail.com) with their names and addresses. You can also send them a link to our seed sale webpage.

## **VOLUNTEERS ARE NEEDED**

Join our crew of amiable volunteers helping to **fill orders and lift and load bags** of bird seed during the fall bird seed sale on Saturday, October 12, and Sunday, October 13. Please contact John Fullerton at 402-493-4362(h), 402-957-5901(c) or [efullerton00@gmail.com](mailto:efullerton00@gmail.com), if you can help with this major fundraiser.

*Audubon Society of Omaha remains committed to providing you and your feathered winter visitors with the highest quality bird seed, available at competitive prices from our longtime supplier, Des Moines Feed Co. We are proud to offer a wider selection than anywhere else in town. Below you will find a product listing with detailed descriptions for each item we offer. Thank you for your support. We wish you many happy hours of bird feeding and watching.*

**CARDINAL BRAND MIX** - Millet base with added milo, cracked corn, peanut chips and 20% sunflower by volume.

**DES MOINES STANDARD MIX** - Higher-quality basic mix with millet base, cracked corn, oat groats, peanut pieces and 40% sunflower seeds by volume. No milo.

**DES MOINES CLASSIC MIX** - Basic ingredients same as Des Moines Standard, except sunflower is a 50/50 mix of seeds and hearts, and it also contains safflower. Attracts the widest variety of seed-eating birds.

**DES MOINES DELUXE MIX** - Same as Des Moines Classic, except it contains more peanuts and hulled sunflower hearts.

**DES MOINES REGAL MIX** - A premium blend of sunflower hearts, shelled peanuts, safflower seed, dried cherries, raisins and a protein-vitamin supplement.

**SUNFLOWER SEED, BLACK OIL** - Smaller, more nutritious seeds preferred by most winter birds.

**SUNFLOWER HEARTS** - Fine hearts are ground seeds suitable for mixing with nyjer in a thistle feeder. Medium hearts are about 1/3 the size of whole hearts. Coarse hearts are larger pieces.



*Downy Woodpecker, photo by Jane Bauersachs*

**NYJER & FINE HEARTS** - Blended at 50/50 ratio for easy flow through finch feeders. Both seed types are re-cleaned by Des Moines Feed before packaging to enhance the mix's appeal to finches, chickadees and nuthatches.

**RICH & TWEET** - Nutritious, no-mess mixture with dried raisins and cherries. Contains 50% peanut hearts and pieces. It is designed to attract fruit-eaters such as robins, thrushes and other ground feeders.

**WOODPECKER GOURMET** - A blend that is full of nuts. Contains almonds, other tree nuts, pumpkin seeds and raisins.

**BUSHY TAIL TREAT** - No squirrel tails in it! A mix of peanuts, sunflower, whole corn, raisins, pumpkin seed and feed pellets that will tempt even an anorexic squirrel's palate!

**PEANUT TREAT SUET** - A mix of rendered beef suet and roasted, chopped peanuts for woodpeckers, nuthatches and chickadees.

**NUTRASAFF** - Hulled safflower seed. Higher in protein and oil with less mess.

**THANK YOU** - From the Bird Seed Sale Committee and all of us at Audubon Society of Omaha!

# Board update

**BOARD MEMBERS AND OFFICERS FOR 2024-2025 TERM** After electing a new slate of officers and directors for the 2024-2025 term at our May board meeting, Christine Prescott announced her resignation as ASO president due to relocation in order to further her career. At that time she requested nominations for president from the board and committee chairs. Anne Maguire, former board member, former 2nd VP and Chair of the Marketing and Outreach Committee, was nominated and then elected during our August board meeting. We are fortunate to have her onboard and hope our members can meet her at our next meeting.

Another new board member resigned due to scheduling conflicts, so we have an open director position at this time. If you know someone you would like to see on our board of directors, or as an officer for our next term, please contact Bennett Amdor, 2nd VP, and let him know your thoughts. Bennett can be reached at [bamdor@audubonomaha.org](mailto:bamdor@audubonomaha.org).

## NEW ELECTED DIRECTORS:

**ROGER CARROLL** - Roger's interest in birds was sparked 15 years ago when he took his Boy Scout troop to see the fall migration of Sandhill Cranes. He is especially interested in bird habitat, as evidenced by his backyard, filled with native plants and fruit trees, fresh water, and nine bird feeders. He is mindful of the importance of insects for baby birds. Roger has volunteered for our bird seed sale for many years.

**BETTY FULLERTON** - Betty has long been involved with Audubon Society of Omaha and has agreed to come back onto the board to help with getting a new leadership team up to speed. Betty and her husband John are the longtime chairpersons for our semiannual bird seed sale which is our organization's primary fundraiser. In the past, Betty has served on the finance committee and as elected treasurer – keeping us on track AND on budget. Betty has worked with several conservation-minded organizations in the past and brings that knowledge to ASO.

## ELECTED OFFICERS

President: Anne Maguire

1st Vice President: Conor Gearin

2nd Vice President: Bennett Amdor

Treasurer: Melissa Sitze

Secretary: Virginia Stauffer

## RETURNING DIRECTORS

Amy Campagna

Kyle Finley

Steve Geddes

Trevor Pellerite

Katy Simmons

**SPECIAL THANKS TO OUR OUTGOING OFFICERS** We would like to convey our deepest gratitude and thanks to officers and directors that are leaving the board. Special thanks to Christine Prescott, Kayla Johnson and Michelle Foss who made significant contributions to the running and operation of our organization. They will be missed!

**BOARD MEETINGS** The ASO board meets September - May, on the first Tuesday at 7 p.m. at the Audubon Society of Omaha office located at 4339 S. 90th Street, Omaha, NE. Board meeting minutes are posted on our website at [audubon-omaha.org](http://audubon-omaha.org). Contact officers and the board with any agenda items or concerns by sending an email to [audubonomaha@audubonomaha.org](mailto:audubonomaha@audubonomaha.org)

**LOOKING FOR BIRD(ERS)** We need birders to plan and lead field trips near and far. If interested, please contact Amy at [acampagna@audubonomaha.org](mailto:acampagna@audubonomaha.org).

## RESOURCES & INFO:

### HOW TO JOIN/RENEW/UPDATE

Join or renew your membership online at [audubon-omaha.org](http://audubon-omaha.org) and select "Get Involved." Save paper and avoid confusion. Your membership with National Audubon automatically makes you a member of Audubon Society of Omaha.

### CHANGE OF ADDRESS?

Please call National Audubon toll-free at 1-844-428-3826, or send an email to [audubon@emailcustomerservice.com](mailto:audubon@emailcustomerservice.com)

### STAY CONNECTED

Join our email list at Audubon-Omaha.org under "Get Involved."

### BEQUESTS & GIFTS

A bequest to Audubon Society of Omaha is a gift to those who will succeed us and secure our natural heritage. Want to honor a loved one and help ASO's local conservation and education efforts? You can make a donation anytime at [audubon-omaha.org](http://audubon-omaha.org) OR you can mail your check along with the name and address of the person to be notified to:

Audubon Society of Omaha  
P.O. Box 3542, Omaha, NE 68103

### WE NEED VOLUNTEERS!

Can you lift as much as 50 pounds without hurting yourself? The ASO birdseed sale needs volunteers for four-hour shifts on three different days. Please contact John Fullerton at 402-493-4362 (h), 402-957-5901 (c) or [efullerton00@gmail.com](mailto:efullerton00@gmail.com) if you can help with this major fundraiser. We can't do it without help from our members and fellow bird feeders.

**TAKE ACTION** Big things are happening, so communicate with your elected officials. Go to [audubon-omaha.org](http://audubon-omaha.org) for links to contact info for each.

### INJURED BIRD?

Raptors: Call 866-888-7261 to speak to a Raptor Conservation Alliance volunteer. Non-raptor: Call Nebraska Wildlife Rehab at 402-234-2473.

Audubon  
Society of Omaha  
P.O. Box 3542  
Omaha, NE 68103  
audubon-omaha.org

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STEWARDSHIP OF THE EARTH AND ITS CREATURES

# the Meadowlark

SEPT/OCT 2024  
VOL 53 ISSUE 4

## INSIDE THIS ISSUE:

Birds to see now  
Big bird seed sale  
Board update

*Photo by Ron Hiatt*

*The Audubon Society of Omaha is dedicated to the active promotion of environmental awareness to our community through education, conservation, and enjoyment of our natural heritage, especially birds.*

### CONTACT US AT:

P.O. Box 3542  
Omaha, NE 68103-3542  
402-445-4138  
website: [audubon-omaha.org](http://audubon-omaha.org)  
email: [audubonomaha@audubonomaha.org](mailto:audubonomaha@audubonomaha.org)



Find us on Facebook  
and Instagram.

### ELECTED OFFICERS

President: Anne Maguire  
Past President: Christine Prescott  
1st Vice President: Conor Gearin  
2nd Vice President: Bennett Amdor  
Treasurer: Melissa Sitze  
Secretary: Virginia Stauffer

### ELECTED DIRECTORS

Amy Campagna  
Roger Carroll  
Kyle Finley  
Betty Fullerton  
Steve Geddes  
Trevor Pellerite  
Katy Simmons  
Open vacancy

### COMMITTEE CHAIRPERSONS

DEIB: Bennett Amdor  
Education/Field Trips: Amy Campagna  
Finance: Melissa Sitze  
Fundraising and Bird Seed Sale:  
Elizabeth and John Fullerton  
Habitat at Home: Steve Geddes  
Legislative Affairs: OPEN  
Marketing and Outreach: Anne Maguire  
Membership: Duane & Kathy Schwery  
Natural Areas Stewardship: Kayla Johnson  
Nominating: Bennett Amdor  
Program: Anne Maguire  
Student Art Contest: Virginia Stauffer  
ASO Administrator: OPEN!  
Executive Director, Audubon Great Plains:  
Kristal Stoner