



# The Meadowlark Messenger

ChampaignCountyAudubon.org

Champaign County Audubon Society • A Chapter of the National Audubon Society

## November Program

### Expression and Function of Color and Song in Birds

Thursday, Nov 1, 7pm

Urbana Free Library

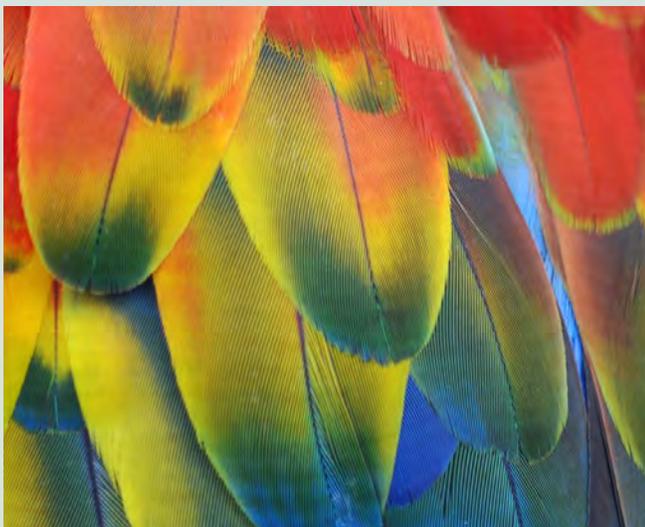
Presenter: Dr. David Enstrom

Dr. Enstrom is a retired ornithologist with the University of Illinois, Illinois Natural History Survey. Besides having done very interesting research over the years, he is a great storyteller.

He will discuss the myriad unique and fascinating stories we can learn from studying bird behavior.

You don't want to miss this presentation!

FREE and open to the public.



## Nerds Who Bird Trivia Night

November 29, 6:30pm

Broadway Food Hall

Get your study on for the 2nd Nerds who Bird trivia event! Looking for some competition? Team up with your family, friends, coworkers, and get nerdy with us!

Prizes offered to the winning teams and food and drink are available from multiple vendors.

FREE but donations are appreciated! Pre-register your team by emailing [sjohnsonccas@gmail.com](mailto:sjohnsonccas@gmail.com).

See you there!

## NEW! Donate Online!

Now accepting *membership dues* and *donations* online! Check out our new PayPal feature and save time contributing via your mobile device or computer!

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Champaign County Audubon Society  
P.O. Box 882, Urbana, IL 61803  
ChampaignCountyAudubon.org  
mail@champaigncountyaudubon.org

Officers

- President: Sara Johnson
- Vice President: Brody Dunn
- Secretary: Charlene Anchor
- Treasurer: Allan Penwell

Members at Large, 2017-2018

- Beth Chato
- Carie Nixon

Members at Large, 2018-2019

- Janet Jokela
- Christina Ruiz
- Roger Digges

Committee Chairs

- Bylaws: vacant
- Conservation: Jeff Peyton
- Education: Pam Leiter
- Field Trip: Beth Chato
- Finance: Astrid Berkson
- Hospitality: vacant
- Membership: Rachel Vinsel
- Nature Shop: Beth Chato
- Program: Sara Johnson
- Publications: vacant
- Publicity: Carie Nixon

Newsletter editor, Webmaster,  
BirdNotes listserve manager:  
Pam Leiter

Champaign County Audubon publishes *The Meadowlark Messenger* nine times per year. Comments regarding the newsletter, or articles for submission, are welcome.

Get this newsletter in your inbox!

Would you like to go paperless and help our funds go further? Please visit the Membership page on our website and enter your name and email address.



Find us on Facebook!



/ChampaignAudubon



10% discount for CCAS members!  
Monday–Saturday, 9am–4pm  
Anita Purves Nature Center  
1505 N. Broadway, Urbana, IL

Time to consider a new bird feeder? The shop has a selection of feeders for various kinds of seed, plus suet feeders. Also medium priced binoculars. Also the usual selection of children’s and coloring books. Come see, shop and support our environmental and conservation programs.



Field Notes

Submitted by: Beth Chato

A White Pelican was seen at the Middle Fork Preserve on 10/1. Weaver Park had Least Bittern, Nelson’s Sparrow, Marsh Wren, coots and Shovellers on 10/7 & 8. Red-breasted Nuthatches continue to visit local bird feeders.



Photo: Jeff Bryant

Thank You Donors!

Thank you to all who donated beyond membership dues:  
Janet Jokela & Micheal Pingleton

Welcome New Members!

Elora Agsten, Tyler Owens, Micheal Pingleton & Joseph Troy

Questions? Please contact our Membership Chair, Rachel Vinsel (ccas.membership -at- gmail.com)



Birdnotes Listserve

Join our Birdnotes listserve to get the latest local bird sightings in your inbox! Here’s how: go to ChampaignCountyAudubon.org and click on “Go Birding” then click the “Join Birdnotes” button.

## **\$250 Mini-Grants for Educators** ***Deadline: February 8, 2019***

Our mini-grants provide help to Champaign County educators with bringing environmental education to students. Some suggestions are: classroom equipment, books, guest speakers, outdoor learning areas, field trip costs, professional development, etc. Be creative!

If you would like to apply, please fill out the application found on our website.

### ***Sponsor a Mini-Grant!***

Your donation of \$250 will provide one mini-grant to a local classroom. *Donate online*, or send a check made out to CCAS to PO Box 882, Urbana, IL 61803-0882. Please write 'Education Fund' in the memo line. All donations are tax deductible. Thank you for supporting these valuable education opportunities!



## **Field Trip to Jasper-Pulaski Fish & Wildlife Area**

**Saturday October 27, 10am - Evening**

Meet at Anita Purves Nature Center parking lot at 10am for about a 3 hour drive. Bring lunch, as we will stop at Willow Slough for a picnic. We will be returning in the evening so we can watch the spectacular return of the cranes from their day of foraging. Up to 15,000 cranes stop each year at Jasper Pulaski on their way south. Dress warmly.



Photo: I Bird 2



Photo: Jeff Bryant

## **Annual Board Elections**

The December program meeting is also the annual CCAS board election. During the program meeting, CCAS membership elects officers and members-at-large. The Nominating Committee respectfully submits the following candidates for board positions:

- President: Brody Dunn
- Vice President: Sara Johnson
- Secretary: Christina Ruiz
- Bylaws: Roger Digges
- Member at Large 2019: Jennifer Wick
- Member at Large 2019-2020: Charlene Anchor
- Member at Large 2019-2020: Beth Chato
- Member at Large 2019-2020: Tyler Owens



## New eBird Course - FREE!

Birds and citizen science are the perfect ways to connect kids to their local environment and engage students in science.

eBird is packed with tools that help—and our brand-new eBird Essentials course and accompanying educator's guide is a great way to discover them.

This online course is full of how-to videos that will transform you and your students into eBird experts. Explore the course now. Don't forget to download the free guide!

<https://academy.allaboutbirds.org/courses/ebird-essentials/>



## Birdsong Therapy

*Written by Bob Sundstrom, for Birdnote.org*

In a children's hospital in Liverpool, England, the sweet sounds of birdsong carry along the hallways. It's a recording of the dawn chorus from a nearby park, and the intent is to calm the anxious young patients.

This hospital is one of a number of places in Europe where birdsong recordings are used to foster an uplifting and therapeutic experience. Research does show that natural sounds can help relieve stress.

Where some noises—like TV, traffic, and random conversations—make it hard to concentrate, the songs of birds may make it easier. One expert thinks that birdsong relaxes people physically while stimulating them cognitively—the body relaxes while the mind becomes alert.

Institutions have begun to put this logic to work. A primary school in Liverpool played a soundscape of birdsong and other nature sounds after a lunch break, when students would normally be drowsy. This appeared to help them concentrate and become more alert. And birdsong is now used at Schiphol Airport in Amsterdam, where a lounge plays bird sounds to help travelers relax before flights.

So if you're feeling stressed out, try playing a bit of birdsong. Or better yet, step outside and listen to the real thing.



*Don McCullough*

## Field Trip Report:

### **Heron Park on Saturday, October 20**

Five people went and had an enjoyable morning. We didn't see a lot of birds; highlights were a Red-headed Woodpecker, Blue-winged Teal, Yellow-rumped Warbler, and a Great Blue Heron. The pond is completely covered by lotus plants making it less attractive to waterfowl.

# Join Champaign County Audubon Society!

*Yes, I'd like to become a member!*

When you join the Champaign County Audubon Society, 100% of your dues and donations support our efforts (and they're tax deductible!).

\$ \_\_\_\_\_ CCAS Membership (\$15 due each January).

\$ \_\_\_\_\_ Additional donation to CCAS

\$ \_\_\_\_\_ **TOTAL**

***NEW! Donate Online!***

Save time by contributing via your mobile device or computer! Visit our website to join or donate online.

I am a new member     I am renewing my membership

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

Email: \_\_\_\_\_ Phone # (\_\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ - \_\_\_\_\_

CCAS members will be automatically enrolled to receive our newsletter by e-mail; check this box if you would prefer to receive a **paper** copy.

Checks should be made payable to CCAS. Send this form and your payment to: CCAS Membership Chair, P.O. Box 882, Urbana, IL 61803-0882. Thank you!

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***Our Mission:***

*Promote interest, enjoyment, and understanding of all aspects of our natural environment, and actively encourage the protection of wildlife and native habitats.*



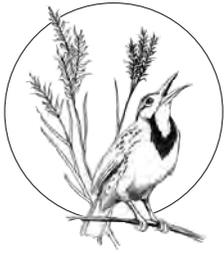
## Join National Audubon Society

When you join National Audubon Society you receive one year of Audubon magazine. You also have the option to receive local birding and community events delivered to your inbox from CCAS.

- **New members:** Go online to <http://bit.ly/nas-g50> or call 1-844-428-3826. Please tell them Champaign County Audubon Society sent you using our chapter code "G50."
- **Renewing members:** Go online to <http://bit.ly/renew-nas> or call 1-844-428-3826.



**Audubon**  
The Champaign County Audubon Society is a Chapter of National Audubon Society, Inc.



Champaign County Audubon Society  
PO Box 882  
Urbana, IL 61803-0882

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## Calendar of Events

**Sundays, Sept 2 - Oct 28, 7:30-9am**

**Sunday Morning Bird Walks**

Meet in the Anita Purves Nature Center parking lot. Walks officially end at 9am, but if things are exciting some folks stay longer. Birders of all ages and experience welcome. Children should be accompanied by an adult.

**Saturday October 27, 10am-Evening**

**Field Trip to Jasper-Pulaski**

Meet at the Anita Purves Nature Center parking lot at 10am to carpool.

**Thursday, November 1, 7pm**

**Program: Expression and Function of Color and Song in Birds**

Urbana Free Library  
Presenter: Dr. David Enstrom

**Monday, November 19, 7pm**

**Board Meeting; Anita Purves Nature Center**

All CCAS Members are welcome and anyone looking to know more about the inner workings of CCAS or those looking to get more involved are encouraged to join us!

**November 29, 6:30pm**

**Nerds Who Bird Trivia Night**

**Broadway Food Hall**

Get your study on for the 2nd Nerds Who Bird trivia event! FREE but donations are appreciated! Pre-register your team by emailing [sjohnsonccas@gmail.com](mailto:sjohnsonccas@gmail.com).

*See our website for more info about these events!*