



Northern New York Audubon

Dec 2023 - Feb 2024 Newsletter

Volume 51, Issue 4

Dear Friends -

New year - new t-shirt! Finally, a classic t-shirt featuring the lovely Northern New York Audubon logo. Visit our online store to order! <https://artshop.loremans.com/nnya/shop/product-detail/1006234> Your purchase supports our initiatives including the annual NNYA Cullman Grant, providing funding for environmental organizations, researchers and educators; our Hog Island Audubon Camp scholarship fund; and our Farm Grant program!



As board member Jeff Biby eloquently wrote - From the shores of Lake Champlain to the St. Lawrence Valley, from the High Peaks Wilderness and the rest of the Adirondack Park, northern New York State has a lot to give to those of us who love the natural world and all its inhabitants. Enjoy a winter bird walk with Northern New York Audubon this season!

Janet Mihuc, Co-President

Catherine Smith, Co-President

AOS to Change Names of Dozens of Bird Species

Question: What do Lincoln's Sparrow, Wilson's Snipe, Cooper's Hawk and Bonaparte's Gull have in common? Answer; In the not-too-distant future they will all have new names. In case you haven't already heard, the American Ornithological Society (AOS) has recently announced its commitment to "changing all English-language names of birds within its geographic jurisdiction that are named directly after people (eponyms), along with other names deemed offensive and exclusionary". There are still many details to work out and a timeline has not been set, nor have any new names been decided. The AOS will next be launching a pilot to "work out the logistics of undertaking this significant effort." As you can imagine, an announcement of this magnitude and scope is not without controversy. The board members of Northern NY Audubon are supportive of this process and optimistic that it will result in a net benefit to birding over time. We feel that giving birds names that describe and honor the creature itself has the potential to make birding more informative, enjoyable and accessible to more people. Nevertheless, we acknowledge that change, particularly change of this magnitude, can be hard. Learning new bird names can be difficult and challenging. Fortunately, the new technologies available today, such as eBird and Merlin, etc., will make it much easier to learn and use the new bird names. And hey! we all survived the transition from Gray Jay to Canada Jay, right?

Jeff Biby, NNYA Board Member

Additional resources

<https://americanornithology.org/about/english-bird-names-project/>

<https://www.allaboutbirds.org/news/inside-aos-recommendation-bird-common-names>

<https://www.allaboutbirds.org/news/view-aos-name-changes/>

<https://www.aba.org/bird-names-for-birds/>

Northern New York Audubon is dedicated to conserving and restoring natural ecosystems in the Adirondacks, focusing on habitat of particular importance to birds, other wildlife, humanity, and the Earth's biological diversity as a whole. As one of National Audubon's 27 local chapters in New York, NNYA's mission is to "promote the protection and proper management of birds, wildlife, and fragile ecosystems throughout Northern New York."

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Northern New York Audubon

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Canopy Tower

Strengthening Audubon’s Hemispheric Vision

One of the things I love about serving on the National Audubon Board of Directors is the ability to see first-hand the work Audubon is conducting. My first meeting took me to New Mexico where I learned about the extensive efforts to protect the native Pinyon Jay. Next was Seattle where we dug deep into the conservation efforts needed to reduce the overall decline in birds. But, by far my favorite was a visit to Panama City at the end of September. You might be asking yourself, why Panama? Spending a few minutes with Audubon’s Bird Migration Explorer (explorer.audubon.org), it becomes abundantly clear. Audubon has developed tools that prove our individual birds here in Northern NY also spend time in Central and South America. Take, for example, the Osprey that we love watching around Lake Champlain. Using the Explorer, we can track a single Osprey from Plattsburgh to Panama!

Since it was my first time in Panama, I decided to attend the pre-meeting excursion to Canopy Tower with a small group of other board members and Audubon’s CEO Elizabeth Gray. Canopy Tower was built originally by the US in 1963 as a radar tower in the wake of the Cuban Missile Crisis. As history evolved, it was used to monitor illegal drugs coming from South America into the United States before it was abandoned and eventually transferred to Panama. In 1997, the Panamanian government signed a long-term contract with Raul Arias de Para, a visionary that wanted to protect the incredible biodiversity of Panama through birding and ecotourism.

Throughout our four days at Canopy Tower, I tallied 58 life birds, five species of monkeys, two species of sloths, a pair of mating red-eyed tree frogs, watched close to a dozen snail kites feasting on apple snails, and we even had a visit from Raul himself! It was an experience I will never forget.

From there we traveled to Panama City to learn about the efforts being made by Audubon Panama to educate and conserve the sensitive ecosystems that are so important in that region. During one of our outings, we all slipped into high rubber boots and slogged through the mud of the mangroves (including Elizabeth). There we had demonstrations about how they monitor the health of the mangroves through soil studies and tree monitoring and the important role these trees play by absorbing carbon. We also learned about how Audubon Panama partners with the local schools, encouraging the children to become involved with bird conservation at a very young age. This education is embraced by Panamanian families because many do not have the financial means to allow their children to visit areas outside of their own close neighborhoods. Audubon Panama arranges field trips, games, bird monitoring, and even totem contests annually to allow the children to not only see more of their country, but also gain an appreciation for birds and what their country has to offer.

As someone that has been involved with Audubon for nearly a decade, I was blown away at the work being done in Panama. As I returned home to Saranac Lake, I had a new appreciation for the hemispheric approach that Audubon is leaning into. Our conservation work can’t simply stop in our own backyards because, when you think about it, birds don’t care about boundaries so why should we?

Shelly Cihan, Board Member



Photos - Shelly Cihan



Three-toed sloth hanging in the canopy outside the lodge. They use their strong, stubby tails (as seen above) to brace while climbing.

In Memoriam: Pat Thaxton

Pat Thaxton passed away peacefully at her Keene Valley home on August 6, 2023 at the age of 74. Known to many members, Pat was involved with Northern New York Audubon for three decades. She was a past President of High Peaks Audubon (before its merger with St. Lawrence-Adirondack Audubon created Northern New York Audubon), Finance Chair, and long-time Membership Chair. Along with her devoted husband John, Pat led countless field trips. They also organized the New York side of the Ferrisburg, VT Christmas Bird Count along Lake Champlain each year. In 1997, High Peaks Audubon hosted the 50th Annual Meeting of the Federation of New York State Bird Clubs (now known as the New York State Ornithological Association) in Lake Placid. Pat was involved with the organization of this large, state-wide event. She covered many Adirondack blocks for the second New York State Breeding Bird Atlas (2000-2005) project.

Before moving to the Adirondacks full time, Pat lived in New York City where she was Laboratory Manager for the Long Island College Hospital in Brooklyn. Pat and John bought property in Keene Valley and built a house where they spent weekends. Their love of birds and the Adirondacks inspired them to move to their Keene Valley home full time a couple decades ago. Pat took a job as the Lab Manager for the Elizabethtown Community Hospital before retiring several years ago.

I was recently visiting John Thaxton at his home and read all the heartfelt condolence cards he received in memory of Pat. Most of the cards came from birders and they were filled with stories about how wonderful it was to run into Pat with her warm smile birding in the Lake Champlain Valley. One person said they had gone on their first birding field trip with Pat and went on to become a serious birder. Pat and John were the first people I met when I ventured to an annual High Peaks Audubon dinner nearly a quarter century ago. I met them in the parking lot when I first arrived and they were so warm, friendly, and welcoming.

Pat will be sorely missed by NNYA members and by members of the wider birding community who were fortunate to know her.

Joan Collins, Board Member

Beyond Checklists

Almost always, birders have a desire to keep lists of birds identified by sight and song, organized by date and location. In the past, bird checklists were kept in field notebooks. Nowadays, eBird lists are frequently used to record bird observations, by location. The amount of information available using eBird is astounding!

After learning bird identification by sight and song, a beneficial next step is to learn what the birds are doing by asking questions like “what do they eat?”, “where do they search for food?”, and “where do they nest?”. Answers to these questions help to define a bird’s guild. In biodiversity, guilds refer to the way species utilize different resources in the environment. The side table illustrates the guild designation for twenty forest birds. There are 16 different guilds represented in this table. Four guilds in this table include two bird species (mourning warbler and ovenbird; black-throated blue warbler and chestnut-sided warbler; black-throated green warbler and northern parula; red-eyed vireo and scarlet tanager are in the same guilds).

Realize that these guilds are general; for example, all birds classified as insectivores do not eat the same insect species, all ground nesters do not make their nests in the same manner. But the guild concept is a useful way to visualize how the community of birds in your favorite forest locations utilize the available habitat.

Ken Adams, Board Member



Photo - Larry Master

Examples of Guild Designations for Forest Birds

Species	Trophic Level	Summer Foraging	Breeding Substrate
American Redstart	Insectivore	Lower Canopy Gleaner	Tree-Twig
Black-and-white Warbler	Insectivore	Bark Gleaner	Ground-Herb
Black-throated Blue Warbler	Insectivore	Lower Canopy Gleaner	Shrub
Black-throated Green Warbler	Insectivore	Upper Canopy Gleaner	Tree-Branch
Cedar Waxwing	Frugivore	Upper Canopy Gleaner	Tree-Twig
Chestnut Sided Warbler	Insectivore	Lower Canopy Gleaner	Shrub
Common Yellowthroat	Insectivore	Lower Canopy Gleaner	Ground-Herb
Eastern Bluebird	Omnivore	Ground Gleaner	Tree Cavity-Crevice
Least Flycatcher	Insectivore	Air Sallier	Tree-Branch
Mourning Warbler	Insectivore	Ground Gleaner	Ground-Herb
Northern Parula	Insectivore	Upper Canopy Gleaner	Tree-Branch
Northern Waterthrush	Insectivore	Riparian Gleaner	Riparian Subsurface
Ovenbird	Insectivore	Ground Gleaner	Ground-Herb
Pileated Woodpecker	Insectivore	Bark Excavator	Tree Cavity-Crevice
Pine Warbler	Insectivore	Bark Gleaner	Tree-Branch
Red Crossbill	Granivore	Upper Canopy Gleaner	Tree-Twig
Red-eyed Vireo	Insectivore	Upper Canopy Gleaner	Tree-Twig
Scarlet Tanager	Insectivore	Upper Canopy Gleaner	Tree-Twig
Veery	Omnivore	Ground Gleaner	Ground-Herb
Wood Thrush	Omnivore	Ground Gleaner	Tree-Branch

Source: DeGraaf, R.M., and D.D. Rudis. 1983. New England Wildlife: Habitat, Natural History, and Distribution. USDA NEFES GTR NE-108.

Lake Alice Banding Experience

The morning of September 9th, 2023 was cool, quiet, and misty at Lake Alice Wildlife Management Area in Chazy, NY. Birds, frogs, and insects were chirping as the day began. Around 7:00 a.m., a van came around the corner filled with SUNY Plattsburgh Wildlife Ecology & Management students instructed by Professor Danielle Garneau.

The Wildlife Ecology & Management class is a course which contributes to the Applied Environmental Science Program (AESP), part of a long-standing partnership between SUNY Plattsburgh and the W.H. Miner Agricultural Institute. Wildlife Ecology's core is to train students in the basics of animal handling and facilitate novel semester-long student led research projects which range from turtle and small mammal trapping to bat detecting and owl calling. Another important component of the class is networking with environmental professionals around New York and Vermont to learn about their career paths and organizational missions, in addition to providing field assistance when we can (e.g., banding wood ducks (*Aix sponsa*) or releasing ring-necked pheasants (*Phasianus colchicus*) with NYSDEC). Firsthand experiences, like this day's bird banding project, are invaluable experiences for a budding ecologist and contribute greatly to a student's understanding of the wildlife profession.

That morning Albany Pine Bush and Preserve's Conservation Director Neil Gifford and field ecologist/entomologist Amanda Dillon, as well as DEC biologist Amanda Stickles, were awaiting our arrival with mist nets, banding materials, and datasheets. After fueling up with apple cider donuts, we set out with guidance from these conservation professionals to erect mist nets and learn the intricacies of bird banding.

We staked posts and carefully unfurled the delicate mist nets along a grassy trail on East Pond, a location monitored these past two years with the class, in order to contribute to a longer-term species record at Lake Alice Wildlife Management Area. Mist netting involves a series of fine mesh nets assembled along a transect to collect mainly small passerine birds. The nets are checked intermittently for birds, which are then safely untangled and analyzed.

Once the nets were assembled, we gathered to hear how the information obtained from birds in your hand can be different from what you perceive through binoculars. Handling birds facilitates assessment of age, gender, and overall bird health/condition. Bird banding allows researchers to identify and track individuals over time, which contributes information like dispersal and migration, survival rates, and reproductive success to conservation scientists. Even though the weather was clear and warm, the group only banded two birds for their efforts, but we are at the whim of nature and that is an important lesson for students to recognize. A very cooperative adult male common yellowthroat (*Geothlypis trichas*) and a slightly less patient hatch-year eastern phoebe (*Sayornis phoebe*) helped us learn the proper way to remove birds from mist nets, handle them safely, and collect valuable metrics such as wing length, fat levels, skull bone fusion, and weight. This annual wildlife experience is both rewarding outreach for the researchers and an awesome learning opportunity for the students, in addition to it being a great way to spend the morning of my 21st birthday.

Caley Doell, SUNY Plattsburgh Student



Front row: Amanda Dillon (Albany Pine Bush & Preserve), Dr. Mark Lesser (Associate Professor-SUNY Plattsburgh), Morgan Bellis, Elizabeth Pollack, Devan Bushey (CEES alum-SUNY Plattsburgh), Meghan Bargabos, Caley Doell

Back row: Mark Baran, Davin Sherwood, Amanda Stickles (NYSDEC), Dr. Kenneth Adams (Emeritus Professor-SUNY Plattsburgh), Leslie Grossman, McKenzie Murphy, Dr. Danielle Garneau (Professor-SUNY Plattsburgh), Kyle Flaherty, Neil Gifford (Albany Pine Bush & Preserve; CEES alum-SUNY Plattsburgh), Thomas McDonough, James Wholey, and Christien Gilman

All photos courtesy of Associate Director of Communications Gerianne Downs, SUNY Plattsburgh



Common yellowthroat in photographers pose



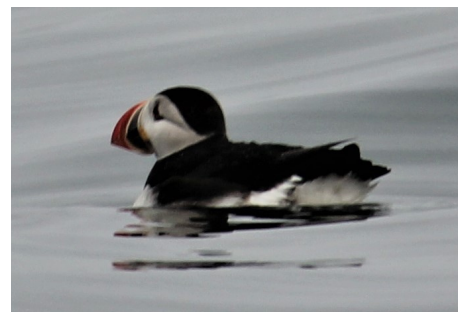
Caley Doell with a common yellowthroat before release

Winter finch forecast:

<https://finchnetwork.org/winter-finch-forecast-2023-2024>

Educators Week at Hog Island

“You cannot stay on the summit forever; you have to come down again. So why bother in the first place? Just this: What is above knows what is below, but what is below does not know what is above. One climbs, one sees. One descends, one sees no longer, but one has seen. There is an art of conducting oneself in the lower regions by the memory of what one saw higher up. When one can no longer see, one can at least still know.” This quote by Rene Daumal perfectly describes my week-long Educators camp adventure on Hog Island in Bremen, Maine this past July. I never knew what I was missing until I got to see the true beauty of Hog Island and Eastern Egg Rock with my own eyes.



There were many firsts to be had while attending this Educators camp. Before traveling to Maine, I had never even seen or heard of my now favorite bird, the Northern Parula. Stepping off of the ferry and onto the island, it was the first bird I heard and I couldn't get it out of my head. I spent the entire week searching diligently to see this elusive “zipper bird” and wasn't afforded a glimpse until the last few minutes of my time on the Island. Hearing it was pretty amazing but seeing it was downright awesome.

Our first trip out on the ocean was filled with harbor seals, Osprey, Bald Eagles, Black Guillemot, gulls of all kinds, Common, Arctic and Roseate terns and so many fishing boats. It was overwhelming to say the least. This was my first time ever seeing or even hearing about a red-footed Black Guillemot. Finding out that they are descendants of the extinct Great Auk and relatives to Puffins and Razorbills made them even more intriguing to me. I've included images I took of a Guillemot and a Puffin while on our second trip out on the ocean. I had both images blown up and framed for my classroom wall. My high school students see these images of birds foreign to them, but because I have made them part of their world, they already know more about these two bird species as high schoolers than I did in my first 42 years of life. These images are conversation starters and important pieces of who I am now after visiting Eastern Egg Rock and Hog Island.

Before this trip, I had never heard of a shell midden and now I am obsessed with reading about all the unique things that have been found in them that tell us all about the history of certain locations. There is a massive shell midden on the end of Hog Island, farthest away from the actual camp where one would stay if they were to visit the island. Climate change is wreaking havoc on these shell middens due to rising water levels and thus we are slowly losing remnants from the Abenaki Tribe that once inhabited the island. These middens contain layers of shells, bones, and artifacts that offer insights into daily life of the Abenaki on Hog Island, providing clues about the diet, hunting and gathering patterns, use of tools, and seasonal movements of the Abenaki nation. Seeing the midden made me realize that before us there have been thousands of people who have lived there over the years and the opportunity to attend the Educators camp helps keep the history of these nomadic tribes alive in people, like me, who can't wait to introduce their students to these massive time capsules.

The volunteers who not only served us amazing food but also brought a wealth of knowledge were important pieces in making this week even more special. It was through one of the volunteers that I learned about squid watching that happens late at night off of one of the Island's docks. I was told to bring a flashlight and to be patient. The first night I was there, I went to the dock but discovered that I went way too early. The squid and the harbor seals that chase and eat them start showing up after 11pm. I sat and watched the squid and seal show for hours every night, going to bed as late as 2am on three of the four nights on the Island. Watching this hunt and chase game was absolutely mesmerizing. The best part about sitting on the dock for hours each night were the conversations that I got to have with fellow educators from around the United States. We spent hours together just talking and sharing stories about our experiences as teachers. I learned tips and tricks from both new teachers and from the “old dogs” that have seen it all. The three hours or so I spent each night on that dock were some of the most rewarding conversations I have ever had with fellow educators.

The most amazing part of the trip was being able to connect with nature without any interruptions. There is little to no cell service on Hog Island, which at first is a little disconcerting but quickly becomes relaxing. It was in these quiet moments that I was able to remember my “why” and emphasized the importance of teaching my students to unplug and learn to enjoy the sounds of nature. It was also in these quiet moments that I rediscovered my love for journaling. Using journals in the classroom isn't a new idea but it is one that has been lost in all the shuffle of all of the standardized testing over the years. I am using it in my classroom this year, after being reminded of its worth while on Hog Island, and realizing how important it is to let kids show their knowledge in different ways. Implementing journals with my classes has allowed me to see that I have some pretty spectacular artists in my classes and it has also let me “see” into their world a little bit. They are journaling outside of class too which has afforded me a wide variety of “bird art” that they have been making in their free time and bringing in to attach to my bulletin board “Wall of Fame”. My students are watching and looking at birds ON THEIR OWN! I call that a huge win and am hopeful that it makes them less “bird blind” as they get older.

Educators Week at Hog Island, cont.

The opportunity to attend Educators week is an experience that I will never forget and something I don't take for granted. Without the support of NNY Audubon I would have never been able to experience all of these firsts and in turn my students wouldn't have a teacher who could tell them all about these hidden gems of nature. Rene Daumal said it best, "What is above knows what is below ". I know how fortunate I am to have gotten this opportunity and I am determined to help spread the word and share this experience so that others might get to invest in themselves and go to Hog Island and immerse themselves in this invaluable teaching experience.

Erin Wiley



Photos - Erin Wiley

Winter Birding Weekend in the Adirondacks! Saturday & Sunday, January 27-28, 2024

Enjoy a weekend of birding trips in the Adirondacks this winter. Participants will look for winter irruptive species such as Bohemian Waxwings, winter finches, along with year-round boreal residents such as Ruffed Grouse, Black-backed Woodpecker, Canada Jay, and Boreal Chickadee. Several conifer tree species have good cone crops to attract finches, and large numbers of Pine Siskins are already in the area. Many fruit crops also look good. And of course, we will be on the lookout for northern owls also!

Field Trips: Joan Collins will lead field trips on both days. Both Saturday and Sunday morning, meet outside the Adirondack Hotel at 7 a.m. (near the bridge over Long Lake on Route 30). Participants can drive in their own vehicles, or car-pool, if they are comfortable, to reduce the number of cars in the train.

Social Dinner: On Saturday evening, we can gather in the Adirondack Hotel dining room at 6 p.m. to enjoy dinner together.

Registration: Is required. Contact Joan Collins to register at JoanCollins@ADKAvian.com or 518-624-5528. There is a maximum of 25 participants for each field trip.

Places to Stay:

A few possible places to stay in Long Lake (central Adirondacks):

- Adirondack Hotel (near the bridge over Long Lake) – hotel with a restaurant:
- Long View Lodge (on the southern end of the lake) – lodge with a restaurant:
- Shamrock Motel and Cottages (a motel unit or cabins on the lake with kitchen):
- Motel Long Lake and Cottages (also a motel unit or cabins (all recently renovated) on the lake with a kitchen):

There are many more places to stay (along with Airbnbs).

Breakfast/Lunch: Stewarts opens at 5 a.m. and offers quick breakfast items. Depending on the itineraries for Saturday and Sunday, lunch can be ordered (if needed) from the Adirondack Trading Post in Long Lake or the new Newcomb Café. If we go farther afield, there will be other locations to pick up lunch.

The Winter Birding Weekend is sponsored by the Long Lake Parks and Recreation Department and cosponsored by Northern New York Audubon.

For information about the **New York Grassland Bird Habitat Conservation and Management SAFE State Acres for Wildlife Enhancement (SAFE)**, please visit the link below.

<https://www.fsa.usda.gov/Assets/USDA-FSA-Public/usdfiles/Conservation/PDF/2023/State-Acres-for-Wildlife-Enhancement-New-York-Grassland-Bird-Habitat-Conservation-and-Management.pdf>

2023-2024 Christmas Bird Counts

Elizabethtown

Date: Saturday, December 16, 2023

Contact: Betsy Miner at 518-651-5527, corgiforest@gmail.com or Mar Bodine at 518-651-1224, marbo59@verizon.net

New birders welcome. Compilation dinner to be decided later.

Ferrisburg, Vermont (New York side)

Date: Saturday, December 16, 2023

Contact: Stacy Robinson at maplemeadows@hotmail.com

Plattsburgh

Date: Sunday, December 17, 2023

Contact: Michael Burgess at michael.b.burgess@plattsburgh.edu

Note from coordinator: The count is centered near the Plattsburgh International airport, and the circle includes a portion of the western shoreline of Grand Isle, VT, plus numerous exceptional birding hot spots. Stay tuned for additional details.

Massena-Cornwall

Date: Saturday, December 23, 2023

Contact: Eileen Wheeler at eiwheeler@yahoo.com

Potsdam-Canton

Date: Wednesday, December 27, 2023

Contact: jsbolsinger@yahoo.com

Saranac Lake

Date: Saturday, December 30, 2023

Contact: Steven Langdon at sflangdon@gmail.com

Note from coordinator: The Saranac Lake CBC is centered in Ray Brook and includes Lake Placid, Saranac Lake, and Bloomingdale.



Photo - Joan Collins

Winter Bird Walk in Wanakena!

Mark your calendars for Sunday, **February 18, 2024**, when NNYA will sponsor a winter bird walk as part of the Adirondack White Out Weekend, a celebration organized by the Clifton-Fine community. Details about past Adirondack White Out Weekends can be found online.

Participants for the walk will meet at the SUNY ESF Ranger School, Ranger School Road, Wanakena, NY.

It is a pleasure to announce that **Packbasket Adventures**, the well-known and highly praised lodge in Wanakena, will be available on a first-come, first-served basis for overnight accommodations, should anyone wish to arrive on the 17th. They will also take orders for box lunches for Sunday. Info at packbasketadventures.com.

Vanessa Rojas will be co-leading the walk and has first-hand knowledge of the bird activity on the campus.

More details will be available after the New Year. Contact Mary Beth Warburton, msmarybeth.warburton@gmail.com or 315-268-0150 to register.

Northern New York Audubon Newsletter

Welcome new
members!

Sharon Benson-Perry
Vicky Aguilar
Brian Kelsey
George Moeser
Leigh Ann Smith



To renew or to become
a member, please visit
[https://www.NNYA.org/
support-NNYA/](https://www.NNYA.org/support-NNYA/)

Photo - Joan Collins

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