



# The Call

Fall/Winter 2022

## Memorial bench honors Carol Jack

This past April, the Maine Audubon's Hamilton Sanctuary Stewardship Committee placed a memorial bench to honor Carol Jack at the Hamilton Sanctuary in West Bath.



Carol, a long-time board member of the Merrymeeting Audubon Chapter and the Hamilton Sanctuary Stewardship Committee, died unexpectedly last year.

An outstanding birder, Carol will always be remembered by the Maine birding community for her positive approach to life and her willingness to help others. A regular attendee on Chapter field trips, Carol was always ready to help the rookie or veteran birder locate and identify birds. At Chapter public programs her enthusiasm attracted many new members.

To recognize all that Carol did and meant, the Chapter gained permission from Maine Audubon to place a special bench in the large meadow at Hamilton Sanctuary. Carol's bench, different from other benches at the Sanctuary, is constructed from red cedar wood and contains a bronze plaque with words crafted by our Chapter Board Members. It reads:

## President's Perch

We were so happy to get back to field trips and speaker programs last spring! We had good attendance at all the venues and everyone seemed to share our enthusiasm for bringing back these popular events. Be sure to check out this season's programs in the Field Trips section of the newsletter.

Calling all birders, newbies and veterans alike! We've planned some fun trips guided by our illustrious Trip Leaders. Fingers crossed that the weather cooperates, there should be ample opportunities to observe our avian friends, and maybe some other wildlife. Please join us for as many as you can.

My wife, Sue, added a wonderful app to her phone—**Merlin** from Cornell University. It will listen for bird calls and display them on your screen. It is quite sensitive and picks up many songs you don't hear (especially if your hearing isn't what it used to be!). The day we used it, it listed Chimney Swifts and when we checked the sky, there they were flitting around.

Speaking of successful events, additional to our field trips and speaker programs returning, the various Audubon camps opened this summer, and our chapter sent over 20 children to these nature camps. We certainly couldn't do this without the ongoing generosity of our many supporters. Thanks to all of you! At summer's end, we look forward to hearing how much the kids enjoyed their camp time.

The memorial bench for Carol Jack has been installed at Hamilton Sanctuary in West Bath. It overlooks the Sanctuary's open fields and tidal flats below. A beautiful place to walk with good views and a nice variety of birds, Hamilton is easily accessible from both Bath and Brunswick, and has plenty of parking on the grounds.

On behalf of the Chapter Board, we hope you enjoyed the rest of your summer. We look forward to seeing you at our field trips and speaker programs.

*George Sergeant*



Visitors can enjoy excellent birding and an outstanding view of the

New Meadows River Back Cove from Carol's bench, located at the upper corner of the Red Trail. It is about a five-minute walk from Hamilton Sanctuary's parking area. A nearby interpretive plaque informs visitors of how Hamilton's mix of habitats, visible from the bench, makes the Sanctuary such a special place, now made even more special by honoring Carol's memory.

*Glenn Evans*

## Merrymeeting Audubon Chapter

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Our Facebook:

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### PHOTO ATTRIBUTIONS:

CAROL JACK'S BENCH AND PLAQUE: GLENN EVANS; "NATURE NOTES FROM MAINE" COVER: DEE MISKILL; ATLANTIC PUFFIN: ED ROBINSON; BLACK BEAR CUB: COMMERCIAL STOCK; HAMILTON WORK PARTY: GLENN EVANS; CICONIA, CICONIA WEAVING AND SILK DRESS: ALICE HARGRAVE.

“

... Unfortunately, man is in the woods, and waste and pure destruction are already making rapid headway.

John Muir

Progress is man's ability to complicate simplicity.

Thor Heyerdahl

”

# Scholarship Committee News

## 2022 Summer Camp season

Thanks to the hard work of our Scholarship Committee recruiting potential applicants, coupled with all the individuals and organizations who generously donated to our Scholarship fund, 26 young people attended our five camps this past summer. Two teens attended the National Audubon's Hog Island in Bremen, ME; twenty-four younger students went to University of Maine 4H camps at: Bryant Pond in Bryant Pond, Tanglewood in Lincolnville, Blueberry Cove in St. George, and Greenland Point in Princeton.

These campers hailed from the following towns: Arrowsic, Bowdoin, Bowdoinham, Brunswick, Georgetown, Lisbon, Lisbon Falls, Richmond, Topsham and West Bath. We look forward to posting some of their impressions in the next issue of *The Call*.

Before we know it, next summer's camps' schedule will be out and we'll be eager to see the applications flowing in. If campers really enjoyed their experiences this year, they are welcome to return to the same or different camp next year.

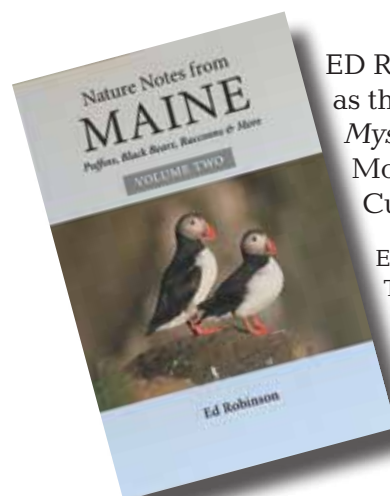
For those of you with children or grandchildren, wondering about the value of a summer camp experience, read on:

**Catherine A. Sanderson** of Hadley, MA, chair of the psychology department in Amherst College, wrote to the editor of the *New York Times* on June 2, 2022.

"As author of a book on happiness, and a board member for the oldest continually running boys camp in the United States, I'm a strong believer in the benefits of summer camp. After all, two of the strongest predictors of happiness, based on empirical scientific research, are spending time in nature and building close relationships. But perhaps the most beneficial part of summer camp these days, is the break it provides from spending time on social media, which is consistently linked with higher rates of anxiety, depression and loneliness".

## Scholarship Committee changes

We farewelled Kathy Claerr this year, but welcomed Peggy Page to our committee. Peggy is a well-travelled, avid birder. She made a personal goal of logging 100 bird species in every state. A lofty goal, for sure, but one she's pursuing with great passion! Welcome aboard, Peggy!



ED ROBINSON'S NEW BOOK will serve as the focus of his public presentation, "*The Mystery of Maine's Wildlife*", Monday, September 26, 2022 at the Curtis Memorial Library in Brunswick.

Ed volunteers with the Harpswell Heritage Land Trust. He has published two books of wildlife essays in a series called Nature Notes from Maine. His third book will be published in 2023.

Ed's books are available at [www.hhlmaine.org/6530/nature-notes-from-maine/](http://www.hhlmaine.org/6530/nature-notes-from-maine/); or from Amazon.

## Beginning birders want to know. . . .

**Q:** I notice that some birds lose color as the Fall approaches. Do all birds do this, or just the ones who migrate? Why and how do they do this?

**A:** All birds shed their feathers, but not all in the same way, at the same time, or to change colors. A feather is a dead structure similar to human hair or nails. When a feather is damaged it can't heal; it has to be completely replaced. The process of replacing feathers is called **molting**. The new set of feathers may change the plumage with new colors or patterns indicating the bird's age, sex, or season of the year.

Molting can vary by species. It can be **total**, where all feathers are replaced over the same time period; or **partial**, where perhaps all flight feathers are replaced. Molting requires a lot of energy, and occurs in response to seasonal changes when there are no other high-energy demands such as nesting or migration.

Plumage in birds whose feathers change seasonally, are called *basic* and *alternate*. *Basic* includes birds that retain their same plumage year round. *Alternate* refers to the more colorful plumage we associate with vibrant spring migrants. Yet, some colorful non-migrating birds, such as the American Goldfinch, experience a total molt as well.

Some birds molt all feathers once per year, such as chickadees and thrushes. Some completely molt after nesting is finished, but before migration, and then a partial molt before the next breeding season. Warblers are in this category. A few species do two complete molts per year—Marsh Wrens and Bobolinks. These live in habitats where the environment causes significant feather wear and tear. The Marsh Wren retains it's basic plumage all year, whereas the Bobolink exemplifies the change into alternate plumage.

This topic does not address sub-adult and definitive plumages which are indicators of age, but that's a different article.

*John Berry & Karen Carlisle*

### Interesting Bird Facts

## Did You Know. . . .

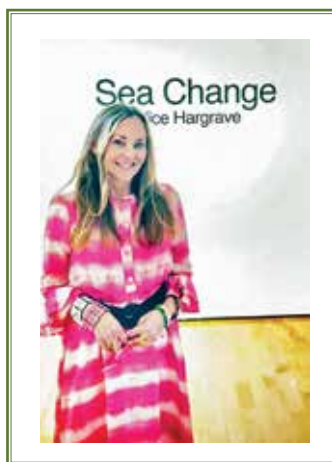
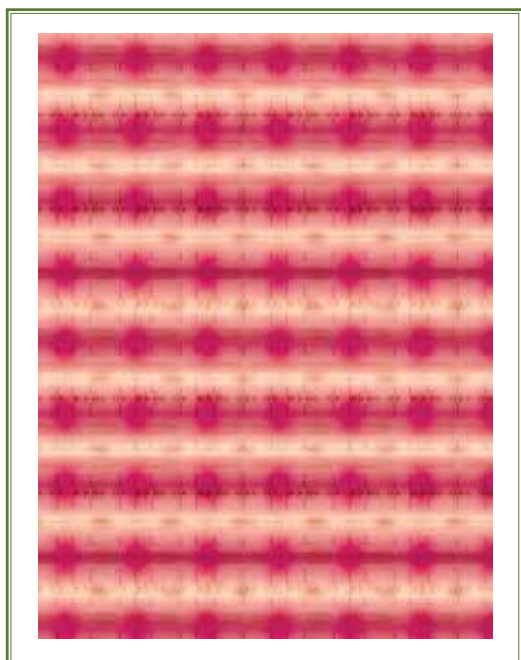
Bird songs have delighted us for years. These magnificently divergent forms of bird communication have engaged even the most casual birder.

Who could resist the perky *chick-a-dee-dee-dee* of our state bird? Did you know, however, that the number of *dee-dee-dees* in that call equate to how that bird feels about your presence? Just a few and they are acknowledging you on their turf. More than a few and they are bothered by the intrusion.

Then there are the White-throated Sparrows, who, after centuries of *Old-Sam-Peabody-Peabody-Peabody* have decided over the last two decades to update to a newer version of the old classic. The song now ends with two, rather than the three *Peabodys*. West Coast sparrows taught the newer version to the East Coast sparrows on their common wintering grounds. The new tune has gone viral.

Speaking of viral, two thumbs up to Instagram for its role in advancing the value of the *audio spectrogram*. Chicago artist **Alice Hargrave** used these recordings to make decorative prints from audio spectrograms of endangered birds. She posted one of these art pieces on Instagram. French fashion designer, **Jane Pندry**, saw the print and collaborated with Hargrave to use the design in her Spring/Summer 2020 collection of **Dovima Paris**. The women's clothing line was called *Ciconia*, the scientific name for the White Stork. The *Ciconia* line was featured in Paris, New York, and Chicago shows and some of the proceeds from the line's sales were donated to bird studies at the Cornell Lab of Ornithology. Très chic!

*Donna Salko*



*Ciconia, ciconia, White Stork calls, Jacquard weaving 2022 40" x 31" (Archival recordings courtesy The Cornell Ornithological Lab and recorded by Matthew D. Medler)*

*Ciconia, ciconia, White Stork calls, Silk dress by Dovima Paris 2021 (Archival recordings courtesy The Cornell Ornithological Lab and recorded by Matthew D. Medler)*





# Field Trips & Nature Programs 2022

[www.merrymeeting.maineaudubon.org](http://www.merrymeeting.maineaudubon.org)

## Please Take Note:

*If inclement weather (rain/snow/ice/strong winds/extreme temperatures) is predicted, the Field Trip might be cancelled. Please call the Trip Leader before venturing out. Thank you.*

## Possible COVID Restrictions:

*For all upcoming field trips, Maine and/or federal CDC outdoor guidelines then in effect will be followed. However, if you have any symptoms of illness, please stay home.*

## SEPTEMBER

SUNDAY, SEPTEMBER 4,  
7:30 A.M. - 11:30 A.M.

### Field Trip: Curtis Farm Preserve/ Mitchell Field, South Harpswell

We will explore Curtis Farm Preserve for Fall land migrants, as well as shorebirds in Basin and Curtis coves. Expect to walk on easy trails. Following, at Mitchell Field we will walk a gravel woods path and view Middle Bay.

◆ Meet at 7:30 a.m. at the Curtis Farm Preserve upper parking lot off Harpswell Neck Road (Route 123).  
FMI Gordon Smith 449-8206.

SATURDAY, SEPTEMBER 10,  
8:00 A.M. - 1:00 P.M.

### Field Trip: Rachel Carson National Wildlife Refuge (southern coastal Maine)

The Rachel Carson Refuge was established to protect estuarine and salt marsh habitat in southern coastal Maine for migrating birds. We will search for Fall migrants at several Refuge Divisions.

◆ Meet at 8:00 a.m. at the Rachel Carson Administrative Headquarters parking area, 321 Port Road in Wells. Once together, we will drive to several locations. There will be some walking on level ground. Directions: Take I-95 to Exit 19 (Wells). From Exit 19, turn

left onto Route 9/109. At the stop light, turn left onto Post Road (Route 1 North). Just past the Maine Diner, turn right onto Port Road (Route 9) and follow for approximately 3/4 mile. Turn right into the Refuge entrance.  
FMI Glenn Evans 443-9652.

SUNDAY, SEPTEMBER 11,  
8:30 A.M. - 10:30 A.M.

### Field Trip: Shorebird Sunday - Wharton Point, Brunswick

Join us for the last Shorebird Sunday of 2022 as we search for shorebirds at Wharton Point (Maquoit Bay) in Brunswick. We will be observing (a scope is very helpful) the shorebirds foraging on the mudflat as the incoming tide forces them closer to shore.

◆ Meet at 8:30 a.m. at Wharton Point (head of Maquoit Bay) at the intersection of Maquoit Road and Woodside Road. FMI Gordon Smith 449-8206.

SUNDAY, SEPTEMBER 18,  
8:00 A.M. - 11:30 A.M.

### Field Trip: Green Point Farm WMA, Dresden

We will search for Fall migrants in the woodlands, fields and wild rice flats of this diverse State Wildlife Management Area. We will walk paths, farm roads, and open fields (about 2 miles total). The grassy fields may be wet/dew-covered.

◆ Meet at 8:00 a.m. at Green Point Farm by the green shed off Rt. 128.  
FMI Gordon Smith 449-8206.

SUNDAY, SEPTEMBER 25,  
8:00 A.M. - 11:30 A.M.

### Field Trip: Androscoggin River Trail, Lisbon

We will walk an easy paved path (up to 3 miles total) along the river to observe Fall migrants.

◆ Meet at 8:00 a.m. at the Sabattus River boat launch parking lot off Rt.

196 at Frost Hill Avenue. FMI Gordon Smith 449-8206.

MONDAY, SEPTEMBER 26,

**Board Meeting: 5:30 P.M. - 6:30 P.M.**

*Location: Curtis Memorial Library, Morrell Room, Brunswick*

**Public Program: 7:00 - 8:00 P.M.**

**Program: Ed Robinson, "The Mystery of Maine's Wildlife"**

Born in the Finger Lakes region of New York, Ed has a life-long love for



wild creatures and the natural world around us. For 18 years he has been improving wildlife habitat at an old farm near

Ithaca, NY. Ed is involved with several respected conservation groups including Trout Unlimited and the Rocky Mountain Elk Foundation.

After college Ed worked and studied

photography at Eastman Kodak, with assignments in Singapore, Mexico, England, and Australia. Ed later spent 35 years in life sciences,

leading

companies in the biotechnology and pharmaceutical fields across 40 countries. During that time, Ed and his family lived in England for 14 years. They moved to Orr's Island in Harpswell in 2007.

His education includes a B.Sc. in



Herring Gull diving for a meal



Marketing and Management from Clarkson University and an MBA in Management from the Rochester Institute of Technology. Ed also attended the Executive Management Program at Pennsylvania State University.

## OCTOBER

SUNDAY, OCTOBER 2,  
8:00 A.M. - 11:30 A.M.

### Field Trip: Capt. William Fitzgerald Recreation and Conservation Area / Bay Bridge Landing Wetland Park, Brunswick

We'll explore these two Town-owned properties for Fall migrants. The "Fitzgerald Preserve" is one of the few sandplain grasslands remaining in Maine. We'll walk easy sandy paths (up to 2 miles) exploring this unusual natural area. Following, we'll visit the nearby Bay Bridge Landing Wetland Park on the Androscoggin River.

◆ Meet at 8:00 a.m. at the iron gate at the end of Lindbergh Crossing Road (off Old Bath Road), 1.3 miles northeast of the Bath Road/Old Bath Road intersection. **FMI** Gordon Smith 449-8206.

SUNDAY, OCTOBER 9,  
DAWN TO DUSK

### Field Trip: The Big Sit!, Wharton Point (Maquoit Landing), Brunswick

Join Merrymeeting Audubon for this fun event. We will be staking out a 17-foot diameter circle, and from within the circle we will attempt to observe/hear all birds in the surrounding area. Observation/listening will begin at dawn and continue until dusk. Anyone is welcome to join The Big Sit! at any time during the day and stay as long as desired.

◆ Meet at Wharton Point (head of Maquoit Bay) at the intersection of Maquoit and Woodside roads. **FMI** Gordon Smith 449-8206.

**Please note:** *If the predicted weather for October 9 is not favorable, this event will take place the previous day, on Saturday, October 8. Please check our website for updates.*

SATURDAY, OCTOBER 15,  
9:00 A.M. - 12:00 P.M.

### Field Trip: Work Morning at Hamilton Sanctuary, West Bath

As conditions allow, we will be pruning, removing invasive plants and doing trail maintenance.



◆ Directions: Take the New Meadows exit off US Route 1 in West Bath. Turn left onto New Meadows Road and go straight ahead to the traffic signal at Bath Road. Proceed across Bath Road onto Foster's Point Road and follow it nearly to the end. You will see the Sanctuary sign and a parking area on the right. If you plan to participate, please contact the Sanctuary manager, Glenn Evans at 443-9652 prior to the day, for planning purposes.

MONDAY, OCTOBER 24,  
**Board Meeting:** 5:30 P.M. - 6:30 P.M.

*Location: Curtis Memorial Library, Morrell Room, Brunswick*

**Public Program:** 7:00 - 8:00 P.M.

**Program:** TBA

*Please check with our web site or Facebook for more information.*

SUNDAY OCTOBER 30,  
8:00 A.M. - 1:00 P.M.

### Field Trip: Waterfowl at Sabattus Pond, Sabattus

John Berry will lead this trip to Sabattus Pond. In the Fall, this pond hosts large concentrations of migrating waterfowl, including Ruddy and Ring-necked Ducks, Hooded Mergansers, scaup and coots.

◆ Meet at Martin's Point Park in Sabattus. From the intersection of Rt. 9 and Rt. 126, take High Street north approximately .4 mile to Elm Street. Turn right on Elm Street and proceed .2 mile to Lake Street. Turn right on Lake Street and proceed to the Park at the end of the street. **FMI** John Berry 632-7257.

## DECEMBER

SATURDAY, DECEMBER 3,  
8:30 A.M. - 11:30 A.M.

### Field Trip: Waterfowl Walk, Giant Stairs, Bailey Island

Join John Berry for a look at the winter waterfowl of eastern Casco Bay from one of Harpswell's most scenic locations.

◆ Directions: From Harpswell Islands Road (Rt.24), turn left onto Washington Avenue. Proceed approximately .1 mile to a small parking area for 4 or 5 cars at All Saints by-the-Sea Chapel. If this lot is full, proceed down Washington Avenue to additional parking at Harpswell Heritage Land Trust's McIntosh Lot Preserve. **FMI** John Berry 632-7257.

## The Annual Christmas Bird Counts

It's time to don your warm, winter apparel, polish your binocs and spotting scopes, and brave the cold!

• For details on dates, times, and places, be sure to check our web site in December.

• The birds are waiting...

• **Happy Holidays!!**





Merrymeeting Audubon  
84 Harding Rd.  
Brunswick, ME 04011

[www.merrymeeting.maineaudubon.org](http://www.merrymeeting.maineaudubon.org)

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