

8 Ways to Help Our Birds in Evergreen and Beyond

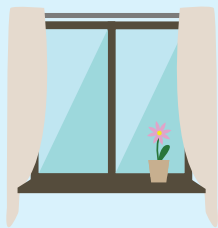
1 Make Windows Safer, Day and Night

The Challenge

Nearly 1 billion birds are estimated to die each year after hitting windows in the US.

The Cause

By day, birds perceive reflections in glass as habitat they can fly into. By night, migratory birds drawn in by city lights are at high risk of colliding with buildings.



Solutions

- Partially close blinds to produce visible horizontal lines.
- On the outside of the window, install screens or break up reflections—using film, tape, string or products like: Acopian BirdSavers, ABC BirdTape, BirdSafe Acopian BirdSavers, ABC BirdTape, BirdSafe, or take a Uni Posca Marker (PC-3M Paint Glass Pen Fine Bullet Tip 1.3mm White) and draw vertical lines on your windows about four inches apart. The lines can be removed, if need be, with the edge of a credit card.
- Place feeders at least 30 feet from windows, or very close - within 3 feet, to minimize a bird's momentum.

3 Reduce Lawns, Plant Native Plants & Provide Water

The Challenge

Birds have fewer places to safely rest during migration and to raise their young: More than 10 million acres of land in the United States were converted to developed land from 1982 to 1997.

The Cause

Lawns, many non-native plants, and pavement don't offer enough food or shelter for birds.

Solutions

Native plants provide shelter and nesting areas for birds. The nectar, seeds, berries, and insects will sustain birds and promote wildlife diversity, and don't forget to provide water. Audubon Rockies' Habitat Hero program provides excellent resources - rockies.audubon.org/habitat-hero.



2 Keep Cats Indoors

The Challenge

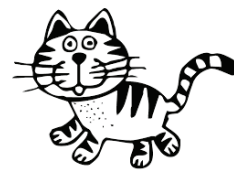
Cats are estimated to kill more than 2.4 billion birds annually in the U.S.

The Cause

More than 100 million feral and pet cats now roam in the United States. These non-native predators instinctively hunt and kill birds even when well fed.

Solutions

- Save birds by keeping cats indoors or creating an outdoor "catio." Train your cat to walk on a leash.
- Speak out about the impacts of feral cat colonies in your neighborhood and on public lands. Feral cats' lives may be as short as two years because of disease and hardship, and they are responsible for 69% of birds killed by cats in the United States.



4 Avoid Pesticides

The Challenge

More than 1 billion pounds of pesticides are applied in the United States each year. The nation's most widely used insecticides, called neonicotinoids or "neonics," are lethal to birds and to the insects that birds consume. Common weed killers used around homes, such as 2, 4-D and glyphosate (used in Roundup), can be toxic to wildlife, and glyphosate has been declared a probable human carcinogen.

The Cause

Pesticides that are toxic to birds can harm them directly through contact, or if they eat contaminated seeds or prey. Pesticides can also harm birds indirectly by reducing the number of insects that birds need to survive.

Solutions

- Buy organic food. Nearly 70% of produce sold in the US contains pesticides. Check out the Shopper's Guide to Pesticides in Produce - www.planetnatural.com/organic-produce-guide/
- Buy chemical-free meat raised on pesticide-free Colorado open range - cornerpostmeats.com
- Choose seafood that has the least environmental impact - seafoodwatch.org
- Avoid using pesticides around your home and yard.
- Make your voice heard about legislation to regulate the use of neonics.



5 Volunteer for Evergreen Audubon

A. Use your expertise to help coordinate a particular annual event.

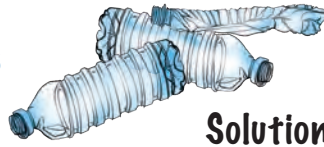
B. Volunteer at the Evergreen Nature Center.

C. Increase your own natural history knowledge:

- ▶ Attend Evergreen Audubon local bird and plant walks – for upcoming walks see evergreenaudubon.org
- ▶ Become a Colorado Native Plant Master - conativeplantmaster.colostate.edu



6 Protect Our Planet from Plastics



The Challenge

It's estimated that 4,900 million metric tons of plastic have accumulated in landfills and in our environment worldwide, polluting our oceans and harming wildlife such as seabirds, whales, and turtles that mistakenly eat plastic, or become entangled in it.

The Cause

Plastic takes more than 400 years to degrade, and 91% of plastics created are not recycled. Studies show that at least 80 seabird species ingest plastic, mistaking it for food.

Solutions

- Avoid single-use plastics including bags, bottles, wraps, Styrofoam, balloons, and disposable utensils. It's far better to choose reusable items, but if you do have disposable plastic, be sure to recycle it.
- Ask restaurants and other businesses to phase out single-use plastics.
- Use the EAS+Y reference for hard-to-recycle items - easy4you.org/easy-guide-to-hard-to-recycle-stuff/

7 Drink Bird-Friendly® Shade-Grown Coffee



The Challenge

Three-quarters of the world's coffee farms grow their plants in the sun, destroying forests that birds and other wildlife need for food and shelter. Sun-grown coffee also often requires using environmentally harmful pesticides and fertilizers.

The Cause

Too few consumers are aware of the problems of sun coffee. Those who are aware may be reluctant to pay more for environmentally sustainable coffee.

Solutions

A. Buy Bird-Friendly® coffee, a certification from the Smithsonian Migratory Bird Center that also includes shade-grown, organic, and fair-trade standards. For more info see - nationalzoo.si.edu/migratory-birds/bird-friendly-coffee.

RESOURCES:

- ▶ Front Range Birding Company (10146 W San Juan Wy, #110, Littleton, CO 80127, 303-979-2473) sells Birds and Beans coffee, all of which is Bird-Friendly® certified.
 - ▶ Whole Foods sells Allegro "Early Bird," which is Bird-Friendly® Certified.
 - ▶ You can buy directly from Birds and Beans - birdsandbeanscoffee.com
 - ▶ You can buy Allegro "Early Bird" directly - www.allegrocoffee.com/shop/coffee/organic-early-bird-blend/
 - ▶ Birds and Beans coffee, all of which is Bird-Friendly® certified, will be available at Natural Grocers in the near future, if the local managers elect to carry it. I'm encouraging our local stores to do so. You too?
 - ▶ You can find Bird-Friendly coffee through other on-line distributors, but generally only a small percentage of their coffee has the Bird-Friendly® certification.
- B. Request that your local coffee shops and grocery stores carry a Bird-Friendly® certified coffee.

8 Watch Birds & Share What You See



The Challenge

Monitoring birds is essential to helping protect them, but tracking the health of the world's 10,000 bird species is an immense challenge.

The Cause

To understand how birds are faring, scientists need hundreds of thousands of people to report what they're seeing in backyards, neighborhoods, and wild places around the world. Without this information, scientists will not have enough timely data to show where and when birds are declining.

Solutions

- Record your bird observations by joining a project such as eBird, iNaturalist, Project Feeder-Watch, a Christmas Bird Count, or a Breeding Bird Survey – these are places where your data can then be meaningfully used by scientists.
- Support Evergreen Audubon and other organizations that coordinate local bird-monitoring projects.
- Support organizations that empower indigenous and local peoples to conserve their lands and train their own people as leaders in conservation and ecotourism. See: www.birdlife.org/worldwide/programmes/local-engagement-and-empowerment and www.worldwildlife.org/initiatives/empowering-communities
- Find a citizen science project that matches your interests.
 - ▶ Participate in Evergreen Audubon bird monitoring. Contact birdmon@evergreenaudubon.org.
 - ▶ Bird Conservancy of the Rockies - birdconservancy.org/get-involved/volunteer/citizen-science/
 - ▶ Audubon Rockies - rockies.audubon.org/get-involved/community-science