



FALL/ WINTER 2022

Volume LXXX  
Issue 4

### *From the Presidents Perch*

I don't think I could live in a place where the seasons didn't change the way they do in New Jersey. We get to experience the best of all seasons, beautiful Summers, picturesque Spring and Fall displays and the blankets of snow throughout the landscape in Winter. There is something very special about each one of the seasons if only just the change they grant us-- the time to stop and rest, redirect our lives and prepare for a new phase. Nature does the same thing in its own way, as it prepares for the upcoming season. It makes the necessary changes and hangs on for the wild ride ahead. Like us, it does the best that it can, never sure of the storms and events that lie ahead but always struggling through to begin again. Millions of birds are now in the midst of their massive migration and the trees, flowers and insects all work together to get ready for the oncoming winter. Our wildflowers help the butterflies and bees store their energy to complete what they began millions of years ago. Shrubs will hold diligently onto berries that will feed our winter birds and still other life will rest beneath the snow and wait patiently for when it is their turn to begin again.

It may be slightly arrogant on my part, but I do feel sorry for the folks who pay no attention to the nature around them especially when the seasons begin to change. They are blind to kettles of migrating Broad-Winged Hawks, to the Monarchs as they fly high above the traffic jams on their way to Mexico and they never seem to notice the Bumble Bees on the last wildflowers of fall like the Wild Ageratum and the Ironweed. I could not imagine being without these things in my life; I think they help me to cope and continue. Despite whatever happens in my life throughout the year, the seasons remind me there is something bigger happening out there than whatever else may be going on around me.

My favorite reassurance as the seasons change are the last flowers of Fall - the beautiful Asters, Goldenrods and Snakeroots. They remind me what a beautiful summer it has been and despite it coming to an end that everything is as it should be - eventually bringing back the wildlife of Spring. They bring a calm to me, a leap of faith that tells me despite the surrounding New Jersey traffic, urban sprawl and disappearing habitat - Nature will go on. The seasons will change, fall will bring magnificent colors to the Earth and eventually the snows of winter. Just when it seems like it will never come Spring arrives to renew everything again. Nature is the one thing we can depend on no matter what. Although some of us may just let it go by without a glance, others of us will let it in to refresh our souls season after season, as do the last flowers of Fall.

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**DON TORINO**

**BERGEN COUNTY AUDUBON SOCIETY—  
Officers, Directors & Committee Chairpersons**

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Published quarterly by the Bergen County Audubon Society, a chapter of the National Audubon Society. Send articles to PO Box 235, Paramus, NJ 07653-0235 or email [nancys@nj.rr.com](mailto:nancys@nj.rr.com).  
**Editor:** Nancy Salvati .

**SCHEDULE OF MONTHLY EVENTS & MEETINGS- Fall/Winter 22-23**

10/11/2022 7:30 pm. Al Batt, **humorist, naturalist.** Author of "**A Life Gone to the Birds**". His observations, wit & humor are always welcome.  
11/8/2022 7:30pm. Sandy Lockerman will speak on **Hummingbirds, Jewels of the Air.**  
12/6/2022 7:30 pm. Wade Wander will speak on "**It's a Bug, Bug, Bug, Bug World.**" on behalf of NJ Butterfly Club.  
1/10/2023 7:30 pm. **Jim Wright on behalf of the Raptor Trust.** Red-shouldered hawks, endangered in NJ when nesting. Observations of a nest nearby.

*Contact Marilyn Sadowski at 201-982-0483 for speaker and program suggestions*

**BCAS YEAR END APPEAL - 2022**

**Dear members, supporters, and volunteers,**

As we get closer to a new year and hopefully a new healthy beginning for us all, let me say how proud I am to have represented our BCAS family over these many years. Thanks to all of you we can carry out our mission to protect and preserve our wildlife and bring the love of birds and the natural world to everyone. You are truly the real power and strength of our chapter. We are thankful that you share with us a sense of wonder in nature, joy from a hike in the woods, and an appreciation of the beauty of a habitat worth protecting. Our goal as always is to continue providing these opportunities and much more in the coming year. Your tax-deductible year-end contribution, of any amount, supports all our efforts, some listed below.

It is now easier than ever to donate. Just go to our website, [bergen-county-audubon.org](http://bergen-county-audubon.org), scroll down, and click the "Donate" button. You can use our secure payment system with credit card or PayPal. It's that easy. Or you can always mail a check to Bergen County Audubon, PO Box 235, Paramus, NJ 07653.

As we are a member-supported organization, you can feel confident that all of your donations stay in our community, and you can take pride in knowing that you are supporting an organization that gives back to the community with each of our events and activities.

On behalf of the Officers and Directors of BCAS, please accept our thanks and appreciation for your continued support, and we hope that you and yours stay healthy and safe. We hope to be back with all of you at our regular events very soon.

*With love and appreciation,  
Don Torino, President*

***DID YOU KNOW HOW YOUR DONATIONS ARE DISTRIBUTED?***

Here are some ways we use your gifts!  
BCAS funds the following projects for our members.

- Bluebird and Tree Swallow Nesting projects.
- Kestrel nest boxes, Bird banding.
- Interpretive signs.
- MOTUS tracking towers in Meadowlands.
- BCAS Certified Wildlife Gardens.
- Butterfly/Wildlife gardens at Overpeck, Teaneck Creek and the NJ Botanical Gardens as well as other nature centers.
- Program speakers for our chapter meetings.
- Educational Audubon Programs and materials.
- Butterfly Day, Native Plant Day
- Meadowlands Birding Festival and Eagle festivals.



## 2022-23 BCAS FIELD TRIPS

Unless noted, all field trips are rain OR shine. For additional information or to make suggestions for field trips, please contact Field Chair, **Chris Takacs at 201-207-0426 or [americanchris22@gmail.com](mailto:americanchris22@gmail.com)**. For a complete list of directions to field trip sites please visit [www.bergencountyadubon.org](http://www.bergencountyadubon.org). Unless noted, contact Don Torino [greatauk4@gmail.com](mailto:greatauk4@gmail.com) (201) 230-4983.

**November 5 (Sat.)** 10AM. Harrier Meadow, Disposal Road in Meadowlands.

**November 6 (Sun.)** 10AM. Mill Creek Point & Schmidt's Woods

**November 9 (Wed.)** 10AM. Losen Slote Creek Park. Park in the parking lot adjacent to the soccer field.

**November 13 (Sun.)** 10AM. Demarest Nature Center. Park at the Wakelee Athletic Field, walk over to the playground area next to the entrance of the center.

**November 16 (Wed.)** 10AM. Mill Creek Marsh. Park in the back of Bob's Furniture.

**November 20 (Sun.)** 10AM. NJ Botanical Garden, Ringwood.

**November 24 (Thurs.)** 9AM. Thanksgiving Morning. Walk at Harrier Meadow, Meadowlands..

**November 27 (Sun.)** 10AM. Frank Chapman Trail Meet in the parking lot on the corner of River Rd. and Riverview Ave., Teaneck

**November 27 (Sun.)** 1PM. Teaneck Creek Conservancy Family Nature Walk. Meet in the parking lot off of Puffin Way.

**December 3 (Sat.)** 9AM. Mehrhof Pond. Registration required. Limited number of participants. Contact: Dave Hall [david.hall@einsteinmed.edu](mailto:david.hall@einsteinmed.edu) (973) 226-7825.

**December 4 (Sun.)** 10AM. Richard DeKorte Park, Meadowlands

**December 7 (Wed.)** 10AM. BCAS 81st Anniversary Walk. Overpeck County Park. Meet in the parking lot by the bandshell.

**December 17 (Sat.)** 74th Annual BCAS Christmas Bird Count. All day event. Participants needed. Contact: Dave Hall [david.hall@einsteinmed.edu](mailto:david.hall@einsteinmed.edu) (973) 226-7825.

**December 17 (Sat.)** 10AM. Christmas Bird Count along the Frank Chapman Trail, Meet in the parking lot on the corner of River Rd. and Riverview Ave., Teaneck.

**December 18 (Sun.)** 10AM. Raptor Walk on Disposal Rd

**December 21 (Wed.)** 10AM. Winter Solstice Walk at Richard DeKorte Park, Meadowlands.

**December 25 (Sun.)** 9AM. Christmas Morning Walk at the Frank Chapman Trail. Meet in the parking lot on the corner of River Rd. and Riverview Ave., Teaneck

**January 1 (Sun.)** 10AM. New Year's Day Walk at the Frank Chapman Trail. Meet in the parking lot on the corner of River Rd. and Riverview Ave., Teaneck

**January 4 (Wed.)** 10AM. Losen Slote Creek Park. Park in the lot adjacent to the soccer field.

**January 8 (Sun.)** 1PM. **Save The Eagles Day** on Bell Drive in Ridgefield.

**January 15 (Sun.)** 10AM-2PM. **Eagle Festival** at River Barge Park, Carlstadt. Rain/snow date January 22 (Sun.) 10AM-2PM

**January 18 (Wed.)** 10AM. Richard DeKorte Park.

**January 21 (Sat.)** **Annual Eagle Count.** Times and locations TBA.

## FUNDRAISING: Summer 2022

PEGGY O'NEILL, CHAIR

BCAS is very grateful for the generous donations of the following people:

**GENERAL DONATIONS-** Alicea Byer, Ruby Cribbin, Marianne Herrmann, Arthur/Ludmilla Johnson, Lee Memorial Library, Network for Good, Norman R. Smith for Butterfly Garden Anonymous-6, Nina Androski Joan Bennett, Lori Gash-Bernstein, Erin Curtiss, Jeanie Curtiss Kevin Dolce, Susan Freedman, John Hughes, Tova Moses Jeselsohn, Lauren Egizi Larkin Susan Bayer Leibowitz, Gee McCabe. Barbara Micheals, John Mitchell, Susan Nowak Peggy O'Neill, Patti Renegar-Fay, Annette Talt, Bill Wasserman. \$875

1. **Memorial Fund** to honor father of Chris Takacs \$100 – by Mary Thurber/Bob Sorce
2. **Memorial Fund** to honor Rudolf "Rudy" Hlavenka \$100 – by Jacqueline/Andrew Sansone
3. **Tribute Fund** on FB celebrating Don Torino's Birthday – \$3,065 (at this writing)

\$3,265  
\$4,140

I apologize for any mistakes, and if notified will correct them in the next Blue Jay.

## CONSERVATION

KAREN NICKESON, CHAIR

### MORE STRESS FOR MONARCHS

After three decades of declining population, June brought about the *Endangered* listing for the Monarch Butterfly by the International Union for Conservation of Nature. We were all urged to conserve and plant milkweed, the sole food source for Monarch caterpillars. But, those delicate heroes of migration can't catch a break. As Marie Longo informed members at the September chapter meeting, a new study published in *Biological Conservation*, v. 273, found that milkweed plants sold in retail nurseries across 15 states were contaminated with an average of 12 pesticides per plant. Thirty-eight per cent of plants had residue levels capable of harming Monarchs. Some of the pesticides discovered on plants have not yet been tested for toxicity to Monarchs.



What can we do? Ask your plant retailer if they sell plants that are pesticide-free. Plants may be labeled "pollinator-friendly," but that does not mean they are pollinator-safe. Nurseries do not want their plants to contaminate other plant stock with pests, so they tolerate pesticides. If you are not sure, cover your new plant with a net covering for the first season and water well. Remove potentially contaminated soil from the roots as well as you can. Acquire organically propagated plants from friends, or start them yourself.

Xerces Society helps us keep up with current data. The information above is covered online at <https://xerces.org/press/harmful-pesticides-found-in-milkweeds-from-retail-nurseries>.

*A note on the unique adaptations of Monarch butterflies is shown below from Tallamy's book, Nature's Best Hope.*

### **REVIEW: NATURE'S BEST HOPE, by Douglas Tallamy.**

(a book BCAS had given as prizes for our High School Poster Art winners.)



In rereading this extraordinary and transformative book, Tallamy gives each of us the opportunity to save nature and bring nature into our yards --one 'certified garden' at a time. No waiting for the government or state to help preserve these wonders --but for us alone. Tallamy gives us this power.

This book informs us of the importance of planting native plants for wildlife especially with insecticides destroying their habitat. Yes animals do have unique adaptation skills but we have the saving power with a single native plant to provide a nectar boost as they traverse their migratory routes.

On Monarch Butterflies, there is a section *Specialized Relationships, Ch 7* between insects and plants where Tallamy explains the unique way that Monarchs can bypass the milky latex sap of the milkweed that jells on exposure to air and can glue insects' mouthparts. This is not physiological but a behavioral adaptation that you can watch if you grow milkweed in your yard. It reads as follows:

**"When a Monarch caterpillar first walks onto a milkweed leaf, it usually moves to the tip of the leaf to eat. If any latex sap starts to ooze from the wound, it immediately stops eating and moves two-thirds of the way up the leaf where it chews entirely through the large midrib severing main latex canals so the lower leaf becomes latex free. This behavior provides a tool to help us find monarch caterpillars. Look for the leaf flags at the point where the Monarch weakened the midrib. Any milkweed plant with a flagged leaf is or has been the home of a Monarch." \***

\*Reference- Tallamy, D. (2019). *Nature's Best Hope*. Timber Press Inc.

Nancy Salvati, Editor

***CHECK THE BCAS WEBSITE FOR UPDATES ON UPCOMING EVENTS AND FIELD TRIPS  
AT BERGENCOUNTYAUDUBON.ORG***

## EDUCATION

**MARIE LONGO, Chair**

Our **Certified Wildlife Garden Program** is about to reach another milestone. We are very close to certifying our 200th garden and couldn't be prouder! Our latest are in Woodcliff Lake, Fair Lawn, Hackensack, Nutley, Saddle Brook, Bergenfield and Teaneck. If your garden supports birds, pollinators and other wildlife with native plant habitat, why not have it recognized with certification from Bergen County Audubon Society.

Applications and more detailed info is available on our website: [www.bergencountyaudubon.org/cwg](http://www.bergencountyaudubon.org/cwg). If approved, you will receive a free garden sign and your garden will be illustrated on the map on our website (address not included).

Speaking of gardens, this year I encourage you to be a messy gardener and **leave the leaves**. Think twice before raking, mowing or blowing. Many invertebrates rely on fallen leaves and other organic debris for cover and insulation from the elements. Just as you've helped pollinators and invertebrates during the growing season, simply doing nothing this fall will provide many benefits to them and the soil. Birds will forage through the leaf litter for invertebrates, larva and eggs to help sustain them.

**Leaves**-invertebrates will make a home in leaves a couple of inches thick, mimicking a natural ecosystem and creating natural mulch for your garden.

**Hollow stems**-stems provide cavities for invertebrates to make a home or nest.

**Trees, branches and brush**-brush piles and trees provide much needed winter habitat as do dead trees and hollowed branches.

**Soil**-many invertebrates are always present in the soil, insulated with leaves or brush, many more will overwinter there.

The leaves don't have to be left where they fall, rake or blow them into your garden beds or under trees. Please do not shred them either, that defeats the whole purpose. Leaves help invertebrates, can suppress weeds, retain moisture and boost soil nutrition. Not only will you be helping invertebrates and your soil health but think of all the other ways you could be spending your time instead of cleaning up leaves and yard debris. For more info on leaving the leaves visit [Xerces.org](http://Xerces.org).

### **Monarch Butterfly update-**

This year has not been a good year for many creatures, particularly the Monarch. I've heard reports of very few Monarchs being seen in spite of their early arrival in our area. Drought, climate change, habitat loss, predation and pesticides did not increase their chances either. The migratory numbers picked up a bit and I'm hoping for the best but remain doubtful. Time is not on their side and I for one hope not to see the Monarch become extinct and their remarkable migratory journey come to an end. By simply planting milkweed and native nectar sources our gardens can help make a difference. Late blooming nectar sources are especially crucial for migrating Monarchs.

**Audubon Adventures**-the new kits for the 2022-2023 have been announced. They are:

**Birds of a Feather, Vol. 1**-Owl Prowl, Raptors and Get to Know Birds

**Birds of a Feather, Vol. 2**-Seabirds, Shorebirds and Wading Birds

**Birds Around Here and On The Move**-Get to Know Birds, Birds On The Move and Safety for Birds in Flight

Also available in Spanish, each kit serves 32 students. Every kit contains access to online content and they are correlated to Common Core Reading and Writing Standards and Next Generation Science Standards. Nature news packets can be ordered as well, you may choose from a variety of topics. Visit [audubonadventures.org](http://audubonadventures.org) to learn more. Bergen County Audubon Society proudly sponsors the kits free of charge. If you are interested in ordering, please contact Marie Longo

[MLongo8383@aol.com](mailto:MLongo8383@aol.com).

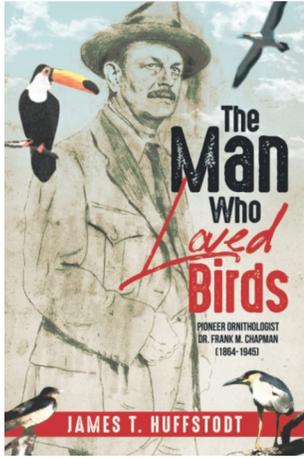


This is the Ribbon Cutting at St Joseph Regional High School at their BCAS certified wild-life garden. Many thanks to an incredible Teacher, Joanne Cavera, for her hard work and dedication to make this school habitat come true.

*At left is Don Torino and Joanne Cavera.*

**THE 13TH ANNUAL "BCAS/HAROLD FEINBERG CONSERVATION AWARD" WILL BE ANNOUNCED IN NOVEMBER.**

## BOOK CORNER



***THE MAN WHO LOVED BIRDS: Pioneer Ornithologist Dr. Frank M. Chapman, 1864-1945*** (September 2022) by James Huffstodt, 75, is the first comprehensive biography of a pivotal figure in the early history of conservation, bird study, museum innovation, and bird photography. The 400-page paperback with vintage photographs is published by Bird Love Unlimited Publishers, and may be purchased on Amazon.books.com. The author of “The Man Who Loved Birds”, James Huffstodt, worked as a writer, press officer and educator for 25 years, initially with the Illinois Department of Conservation (IDOC), and, most recently for the Florida Fish and Wildlife Commission (FWC).

Mr. Huffstodt noted that Chapman earned the unofficial titles of the Dean of American Bird Watchers and God-father of the modern bird watching (birding) movement during his 54-year career at New York City’s American Museum of Natural History. He was the most popular bird writer of his era, wrote 17 books, hundreds of articles, and founded the nation’s first popular bird magazine, “Bird Lore,” the forerunner of today’s “Audubon” magazine.

BCAS members can meet the author, James Huffstodt, at our 2023 June program.

## THE BCAS FRANK CHAPMAN AWARD



The Board of Bergen County Audubon is pleased to announce this year's winner of the **Frank M Chapman award**. The Chapman award will be presented to world-renowned naturalist and author Pete Dunne, former director of the Cape May Bird Observatory.

Pete was born in Morristown and has been studying wildlife for his entire life (since he was 7). He is famous for his books on hawk-watching, bird identification, and his articles on tactics and best optics for nature viewing. Among his memorable achievements was the inauguration of the World Series of Birding here in New Jersey, and his establishment of the Cape May Bird Observatory, which has helped to demonstrate the pre-eminence of Cape May and the whole State of New Jersey as leading spots for migration studies and the joys of bird watching.

Similar to the work of Frank Chapman, Pete Dunne has devoted his life to protecting birds and the natural world. He has published over a dozen books on birds and nature, and dozens of magazine articles that are accessible to the general public.

Bergen County Audubon Society is proud to present him with this award and fully expect that Frank M Chapman himself would agree.

## AN OCCASIONAL SIGHTING OF A COMMON BIRD: Cedar Waxwing (*Bombycilla cedrorum*)

By Maggie Estrada, 4<sup>th</sup> Grade



Most New Jersey birds nest from April to early July but the Cedar Waxwing nest high in a tree (as high as 50 feet) between June and early September. They are common in the Garden State but are only occasionally seen because they perch so high. They are called Cedar Waxwings because they eat great quantities of cedar berries.

A fun fact is that they are sometimes referred to as the "drunk bird" because they gorge on fermented berries such as fermented blackberries, crabapples, and juniper berries.

Editor's note: We enjoyed Maggie's sketches when she came on our field trips. We asked her mother, Michelle, if she would like to submit a favorite bird for our newsletter.

*Thanks Maggie. See you on the trails!*

## 2022 CHRISTMAS BIRD COUNT-

*This is a Nature Program Cooperative Event*

Our 74<sup>th</sup> annual Hackensack-Ridgewood Christmas Bird Count will be held on Saturday, December 17. The official count period extends from December 14 through December 20. Our goal is to count all the birds within a 15 mile diameter circle, centered at the River Edge Railroad Station. We will count the number of species and the number of individuals of each species within this circle. This effort continues to teach us about the status and survival of our native birds, and helps to identify important bird areas in Bergen County.

**We need your help** in the field or in your neighborhood on count day. **Feeder counts** conducted in your yard on Dec. 17th can be very valuable, and we welcome you to call in your feeder results to my home on the day following the count ([david.hall@einsteinmed.org](mailto:david.hall@einsteinmed.org) or 973-226-7825). The event will take place in any weather – rain, sleet or snow will not cancel.

Even if you can only participate for part of the day, every observer can be a valuable addition to our group effort. We invite you to join us and have a good time. We have experienced leaders assigned for most of the territories described below. Please make arrangements for participating with one of these leaders. We will also have signup sheets at upcoming BCAS meetings at the Puffin Center at Teaneck Creek.

We have observed over 182 species over the past 73 years, including a record 97 species in 2014, plus several exotics. Every winter season is different, and with your help we can produce another outstanding result. We found 96 species last year.

If you would rather conduct a count in your local neighborhood or at a local park, please contact me in advance, so that we can coordinate your effort with that of our leaders. You don't have to be an expert to take part. If you can identify the common winter birds, you can be a valuable participant. If you would like more information about the Christmas Bird Count, please contact David Hall at [david.hall@einsteinmed.org](mailto:david.hall@einsteinmed.org)

**DAVID HALL**

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### AREA LEADERS

Area I-A: David Hall (973-226-7825)

Includes: Meadowlands district, Little Ferry, South Hackensack, Moonachie.

Area I-B: Chris Takacs & Linda Mullaney (201-804-7817).

Includes: Teterboro Airport, Clifton, Hasbrouck Heights, Wood Ridge, Wallington, and Paterson.

Area II: Steve Kuitems (908-630-0033) [leave a message] Includes: New Milford, Hackensack, Maywood, River Edge, and parts of Haworth, Dumont, Bergenfield, Oradell, Emerson, Teaneck, Bogota and Paramus.

Area III: Sandra Bonardi (201- 784-0484) [daytime; leave message]. Includes: Tenafly, Greenbrook Sanctuary.

Area IV: Marie Longo (201 498-0809), Don Torino and Jimmie Macaluso

Includes: Leonia, Teaneck Creek and Overpeck Creek.

Area V: Ken Witkowski (973-208-9808). Includes: Park Ridge, Woodcliff Lake, Hillsdale, Rivervale, Westwood, Washington and parts of Emerson and Oradell.

Area VI-A: Nancy Hall (973-226-7825) and Sheila Keane. Includes: Hohokus, Ridgewood, parts of Saddle River, Waldwick, Midland Park, Fair Lawn, Hawthorne, Rochelle Park, Saddle Brook, Garfield, Glen Rock, Paramus.

Area VI-B: Denise Farrell (201-262-3420). Includes: Old Tappan, Northvale, part of Rockleigh, Norwood, Harrington Park, Demarest, Closter and parts of Cresskill.

**BERGEN COUNTY AUDUBON SOCIETY**



A CHAPTER OF THE  
NATIONAL AUDUBON SOCIETY  
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*www.bergencountyaudubon.org*

**Dated Material  
OCTOBER 2022**

*As Members of Bergen County Audubon Society, we share a love for birds and a concern for the environment. Our mission is to promote and protect wildlife in their natural habitat by providing opportunities for observation and conservation.*

*All field trips and programs are open to the public and free of charge.*

**MEMBERSHIP APPLICATION 2022**

Please enroll me as a member of the Bergen Audubon Society (Q07) and/or the National Audubon Society.

My check is enclosed for

( ) **\$20 Individual** or ( ) **\$35 Family Chapter Sustaining Member**. All funds stay in our area, helping us to support local efforts and provide services in Bergen County. Make check payable to Bergen County Audubon.

( ) **\$20 - National Audubon Society Member**. (1st year rate for new NAS members only). Includes Chapter membership. Make check payable to National Audubon Society.

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

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

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

Phone: (\_\_\_\_) \_\_\_\_\_

E-mail (I would like to be notified of upcoming events online and receive the newsletter electronically.)

\_\_\_\_\_

**BlueJay will be mailed to you unless you request online version.**

**Please mail to : BCAS Membership Chair, PO Box 235, Paramus, NJ 07653-0235**

Volunteer opportunities in local chapter activities or committees are available. Please circle your interest and mail with your subscription or see any officer or chair at one of the meetings.

Conservation  Membership  Publicity  Field Trips

Education  Newsletter/Website  Gardens/Events  Other \_\_\_\_\_