Wake Audubon thanks its sponsors who make this newsletter possible.

Birding Weekend in the North Carolina Mountains

Wear your hiking boots and bring your binoculars for a weekend of birding in the northern Appalachian Mountains of North Carolina with Wake Audubon Board member and Museum of Natural Sciences Curator of Birds John Gerwin. For the past two years we have taken this trip, we have seen and/or heard 90 to 100 different birds in these areas. For the past two years we have taken this trip, we have seen and/or heard 90 to 100 different birds in these areas.

When: Friday, May 18 (1 p.m.) to Sunday, May 20 (6 p.m.)
Fee: $20 for Audubon members ($30 for non-members)

Leaders: John Gerwin, Doug Pratt, and Becky Browning, Museum ornithologists

Where: Meet at Museum of Natural Sciences’ Prairie Ridge facility, travel by Museum bus to field sites

Minimum age: 12 (minors must be accompanied by a registered adult)
Activity Level: easy to moderate
Register: email john.gerwin@ncmail.net or (919) 733-7450 x555

Wake Audubon Membership
(includes membership to National Audubon)
Send this coupon and a check for $20 annual dues to: Wake Audubon Membership, P.O. Box 12452, Raleigh, NC 27605.
Name:
Address: __________________________ 
City ____________________ State _____ Zip ____________ Phone ___________
E-mail _____________________________

Chapter Code R-55 7XCH: Wake Audubon, Raleigh, NC Please allow 4-6 weeks for arrival of Wingbeats

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President’s Message
Say No to our “Throw Away” Ways

W
ake Audubon’s latest initiative combines awareness-raising with fund-raising. A few months ago I saw an article about the activities of an Audubon chapter in Oregon. This chapter was working to become more environmentally responsible, and one thing they were doing was promoting cloth grocery bags. What a great idea! Of course, some of you have been using cloth grocery bags for years, but many of us (me included) just never got around to getting those bags. Well, here is our chance, and I know that I am not going to pass it up. Wake Audubon is now selling large tote bags with our logo on the side. The bags are made of organic cotton, and should stand up to years of trips to the grocery store, farmers market, etc. We can feel good about not using paper or plastic, and our logo will be out there for more people to see. What could be better? Well, at the risk of sounding like the saleswoman that I am, what about a coffee mug that you can take to your favorite coffeehouse or fast food restaurant? We will be selling these too. The mugs will also have our Wake Audubon logo on the side, so we will be sending the message that Wake Audubon promotes recycling and reusing wherever possible.

We will have other items for sale as part of our fund-raising efforts this year, but I am especially happy that we are combining our need to raise funds for our important chapter activities with an opportunity to educate the public about what we believe in and to practice what we preach. I hope to see our logo all over town! Check out the photos and pricing to the right to learn how you can be the proud owner of a new Wake Audubon logo item!

Thank you for your support.

Wake Audubon Logo Items for Sale!
Help support Wake Audubon and show your WA pride by purchasing one of these stylish new logo items. All will be on sale at meetings or special events, or you can place an order online at www.wakeaudubon.org or by contacting Kendrick Weeks at kendrickweeks@earthlink.net or (919) 606-6305.

Travel Mugs
• stainless steel
• spill-proof lid
• great deal at $10!

Wake Audubon T-Shirts
• 100% preshrunk cotton
• white with color Wake Audubon logo on front
• sizes small, medium, large and x-large
• only $12!

Shopping Bags
• heavy-duty cotton
• color logo
• generous size to hold lots of stuff — great for groceries
• buy several at only $15!

Stuff: Reduce, Re-use, and Recycle
Reduce — Buy less stuff. It’s that simple.
Re-use — Re-use other people’s stuff. Visit your local thrift store, re-sale store, consignment store, children’s consignment sale, yard sale, or online classifieds, where there are excellent bargains to be found. Kids outgrow clothing and toys so fast that many children’s items are in like-new condition at a fraction of the new retail price. People remodel their kitchens, update their utensil sets, and receive duplicate household items as wedding gifts. If you look around, you can find these items later, often in excellent condition.

Recycle — Give stuff another life. Do you have items you want to clear out of your home? Donate them, host your own yard sale, or participate in a multi-family or neighborhood sale. You know someone out there is probably looking for a new coffee mug just like the one that’s gathering dust in your cupboard. If you have unwanted furniture in good condition, many thrift stores provide pick-up services.