

**Wake Audubon Shade-Grown Coffee and Bird Seed
Order Form**

Name: _____
 Address: _____
 City: _____ State: _____ ZIP: _____
 Email: _____ Phone: _____

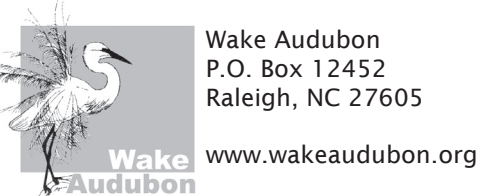
Whole-bean organic coffee in 12-ounce resealable bags

Type	Number of Bags	Price / Bag	Total Price
Colombia		\$11.00	\$
French Roast		\$11.00	\$
Guatemala		\$11.00	\$
Peru		\$11.00	\$
Fair Trade Bolivia		\$11.50	\$
Fair Trade Costa Rica		\$11.50	\$
Fair Trade Mexico		\$11.50	\$
Fair Trade Nicaragua		\$11.00	\$
Mountain Water Decaf Fair Trade Mexico		\$12.00	\$
CO2 Process Decaf Peru		\$12.00	\$

Seeds

Type	Number of Bags	Price / Bag	Total Price
Sunflower Hearts/Chips, 25 lb		\$47.00	\$
Sunflower Hearts/Chips, 50 lb		\$90.00	\$
Black Oil Sunflower Seeds, 25 lb		\$17.00	\$
Black Oil Sunflower Seeds, 50 lb		\$32.00	\$
Mid-Grade Seed Mix, 20 lb		\$22.00	\$
Mid-Grade Seed Mix, 40 lb		\$42.00	\$
Millet, 25 lb		\$15.00	\$

Prices include tax and are currently close estimates. Orders must be mailed or e-mailed by October 30. E-mail to John Gerwin: jgerwin@wakeaudubon.org or mail to Wake Audubon. Payment—by cash or check ONLY—is due at the time of pickup, Nov. 14, at the Outdoor Bird Company, 7426 Creedmoor Road, Raleigh. Please make checks payable to Wake Audubon Society.



Wake Audubon
 P.O. Box 12452
 Raleigh, NC 27605
www.wakeaudubon.org

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Wake Audubon Officers 2009

President: Becky Desjardins
 Vice President: Jeff Beane
 Treasurer: John Gerwin
 Secretary: Linda Rudd

Mission: *To foster knowledge, appreciation, and enjoyment of nature; to encourage responsible environmental stewardship; to conserve and restore natural ecosystems, focusing on birds, other wildlife, and their habitats, for the benefit of humanity and the Earth's biological diversity.*

President's Message

We want to know what you think! Wake Audubon has created a survey to get an idea of what our members think of our meetings, field trips, newsletter etc. Log on and take it now: <http://www.surveymonkey.com/s.aspx?sm=>. To request a paper copy, call me at (919) 606-5352.

Finally, on behalf of the Wake Audubon board of directors and members, I thank those of you who made special donations in memory of:

Dorothy Palmer
 Helen Singer

Becky

Wingbeats is published quarterly by the Wake Audubon Society and is distributed to the membership of the society. Newsletter material should be submitted to the editors in written form, either electronically or as hard copy. Wingbeats prefers original articles, but occasionally items from other sources may be reprinted or summarized. Views and opinions expressed in Wingbeats represent those of the author(s) and not necessarily those of the editors, the society, or its board of directors. Copyright 2009 by Wake Audubon Society. Material in this newsletter may be reprinted with permission of the editors.

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July 2009

Wingbeats

Inside:

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Beans for the Birds

Each fall, thousands of birds fly from the United States and Canada to Mexico and Central and South America for the winter. An estimated one-third of all migratory birds that breed in the United States winter in Mexico, Central America, or the Caribbean. Unfortunately, each year the flocks find declining forest habitat. That's why Wake Audubon's fall coffee and seed sale is so important. With natural forests dwindling, many birds find refuge on traditional coffee farms.

A traditional coffee farm is a multilayered ecosystem with an understory of coffee shrubs; a middle level of fruit trees, such as tangerine, avocado, banana, plantain, and lemon; and an upper canopy of native hardwoods. The layers and diversity of vegetation create rich wildlife habitat.

Researchers at the Smithsonian Migratory Bird Center (MBC) and others have found 25 to 40 species of trees on traditional coffee farms. These "forests" attract a variety of migratory birds, such as Baltimore orioles, warblers, and vireos and provide year-round habitat for native parrots, toucans, trogons, and woodcreepers. Biologists from the MBC found that traditionally managed coffee plantations in eastern Chiapas, Mexico, support more than 150 species of birds. Researchers at the University of Michigan found 27 species of ants and 126 species of beetles in a single tree at a shaded coffee farm in Costa Rica. Various mammals also reside in Central American coffee plantations, including foxes, weasels, kinkajous, squirrels, a variety of bats, and, in lowland areas with adjacent forest, spider and howler monkeys.

Few birds actually eat coffee berries, but research shows that birds reduce pests on coffee farms, thus reducing the need to use expensive, toxic pesticides. Studies also show growing coffee under shade gives higher yields, discourages weed growth, may reduce pathogen infection, and helps increase numbers of pollinators. But coffee grown under shade is harder to harvest and grows more slowly than in sunny fields, so many growers in the 1970s began to cut forest layers for coffee plantations. The diversity of both migratory and resident birds, as well as other wildlife, drops dramatically when a coffee farm is converted from shade to sun.

This loss of biodiversity, especially in birds, has led conscientious "caffiends" like me to switch to organic shade-grown coffee. My husband and I became fans of shade-grown coffee many years ago through a Wake Audubon sale. We drink coffee anyway and liked the idea of buying some in support of Wake Audubon. Since then, we've bought organic shade-grown almost exclusively. We even hunted for it (and found it!) while living in Romania. We just like it that much. The flavor is so rich that we can use less per pot, so it ends up costing roughly the same as mass-market industrialized coffee.

Not all shade-grown coffees are created equal, so buying it can be a little tricky. There is no certified definition of "shade-grown," and coffee grown in a thinly shaded monoculture could legally be labeled thus. The Rainforest Alliance (<http://www.rainforest-alliance.org/agriculture.cfm?id=standards>) and the Smithsonian Migratory Bird Center (http://nationalzoo.si.edu/ConservationAndScience/MigratoryBirds/Coffee/quick_reference_guide.cfm) certify coffees that are grown under conditions that preserve biodiversity. However, many farmers and roasters decline the certification process, which can be expensive. Some roasters offer coffee that is not certified but is evaluated in other ways, such as through independent auditors. Generally, though, there is a correlation between organically grown coffee and species diversity.

Last year, my husband and I gave shade-grown beans, along with organic chocolates, to our coffee-drinking siblings and friends for Christmas. The idea was so popular, we'll be doing it again this year, which makes the timing of Wake Audubon's fall coffee and seed sale (see article inside) perfect!

~ Sue Buechele

Wingbeats will be published **only** on our website, www.wakeaudubon.org, beginning in January 2010. If you do not have Internet access and cannot read Wingbeats online, please send us a note at PO Box 12452, Raleigh, NC 27605.

Wake Audubon Calendar

Join us for these fun and informative events.

Monthly Meetings

WA meets the second Tuesday of every month at 7:30 p.m. at the NC Museum of Natural Sciences, 11 W. Jones St., Raleigh. All meetings are free and open to the public. Free parking is available on Jones St., one block from the museum. Check www.naturalsciences.org/visinfo/index.html for directions.

Butterflying North Carolina

July 14, 7:30 p.m.

Duke University research associate Jeff Phippen will share beautiful images and talk about North Carolina's richly diverse butterfly populations. He will also have plenty of tips on how, where, and when to see and photograph various species.

Members' Night Slide Show

August 11, 7:30 p.m.

This month's speaker is you! Bring up to five of your favorite natural history images (PowerPoint or old-fashioned slides) to the meeting and describe your images to the group.

Purple Martins

September 8, 7:30 p.m.

Martin enthusiast Tim Francis will offer insight on how to establish and maintain martin colonies and provide information on the history and status of some local colonies.

Field Trips

Marvelous Martins, Roanoke Island

July 24-26

Leaders: John Gerwin, Becky Desjardins
Experience the spectacular sunrise departure and sunset return of up to 100,000 purple martins from their roost under the Old Mann's Harbor

Bridge between Mann's Harbor and Roanoke Island. Spend the day birding along the coastal habitats of the Outer Banks. Fee: \$90 plus lodging and meals. Held jointly with NC Museum of Natural Sciences; sign up with Debbie Huston, (919) 733-7450, ext. 555.

Invertebrate Walk, Umstead Park

August 15, 10:00 a.m.

Leader: Ed Corey, ed.corey@ncdenr.gov. We'll walk for 1-2 hours and use sweep nets, binoculars, and our ears to identify different species of butterflies, moths, dragonflies, damselflies, grasshoppers, katydids, and whatever else we can find. Please bring water, sunscreen, insect repellent (for ticks), binoculars, and cameras. Meet at the visitor's center off US 70/Glenwood Ave.

Chimney Swifts

September 20, 5:00-7:00 p.m.

Leader: John Connors, (919) 733-7450, ext. 602.

Watch thousands of chimney swifts funneling into a chimney in downtown Raleigh. Location TBA.

Anderson Point Bird Walks

Bird walks at Anderson Point are free and open to the public. Binoculars will be provided as needed. Meet by the large picnic shelter at the end of the parking lot, over the bridge.

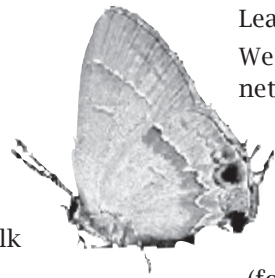
July 18, 8:30-10:30 a.m.

Leader: Gerry Luginbuhl, Gerry_luginbuhl@ncsu.edu.

August 15, 8:30-10:30 a.m.

Leader: John Connors jconnors@wakeaudubon.org.

For updated details on these and other events, check our online calendar at www.wakeaudubon.org/calendar or join our Meetup group at <http://www.meetup.com/Wake-Audubon-Meetup>.



Not a member yet? What are you waiting for?

We need you to help us maintain our organization's integrity, diversity, and success. Go to <http://www.wakeaudubon.org/join.htm>, print the membership form, and mail it in today!

Fall Coffee and Seed Sale

Wake Audubon will host a coffee bean and bird seed sale this fall. We have the opportunity to buy products at near-wholesale prices and offer them to our members at the current market price, thereby generating some revenue for our organization.

Why shade-grown coffee? In 2000, Wake Audubon board member John Connors became involved with SCSRN—Sister Communities of San Ramon, Nicaragua—helping the organization plan for ecotour operations at the Finca Esperanza Verde (Green Hope Farm), specifically with wildlife watching in mind. John recommended trail layout, began the bird list, and taught FEV staff how to use binoculars. In 2002, he enlisted friend and colleague Dave Davenport. Dave began a list of reptiles and amphibians and trained the staff to deal with the many snakes they found day to day. Dave was working in the Public Programs Section at the NC Museum of Natural Sciences at the time, but he was trying to create an ecotour company on the side. Eventually he was able to devote full time to the ecotour business, combining his wanderlust and love of sharing nature with other people. EcoQuest Travel took life, and Dave and John have since worked to guide trail, guest facilities, and staff development at FEV. John and Dave also documented two bird species previously unknown within Nicaragua.

Birds are an important component of ecotourism. John and Dave have spent hours training FEV guides Ernesto and Humberto to identify many birds and other organisms. John drafted me in 2005 to help start a bird research program at FEV. During our first banding adventure, we captured three previously undetected species: long-billed gnatwren, golden-crowned spadebill, and northern bentbill. We organized banding trips in 2005 and 2006, and developed an arrangement with Guilford College to bring classes down to help in 2007. The North Carolina Audubon Society joined our partnership in 2006, offering to defray the cost of sending an experienced bander on some trips.

We now have a partnership between the NC Museum of Natural Sciences, NC Audubon Society, EcoQuest Travel, and Guilford College to support FEV and ecotourism within Nicaragua. This year, WA president Becky Desjardins co-lead a bird-banding trip to the farm (see "Adventures in Coffeeland").

The coffee sale is a great opportunity to support Wake Audubon, the FEV, and WA sponsor Outdoor Bird Company—all while helping birds and wildlife.

We will offer a variety of organic shade-grown coffees from local importer and roaster Counter Culture Coffee. Coffee will be sold as whole beans in 12-oz. bags with special valves to keep the beans fresh for up to six weeks. High-quality seeds from the Outdoor Bird Company will be sold in 20-, 25-, 40-, or 50-pound bags.

An order form is on the back of this newsletter. Forms will also be available at Wake Audubon meetings and are available on our website, www.wakeaudubon.org, to download and print or e-mail. You must order by October 30, but you can pay at the time of pickup. We will distribute the beans and seeds on November 14 from in front of the Outdoor Bird Company 7426 Creedmoor Road, Raleigh, (919) 846.2473.

We hope you'll take advantage of this opportunity to support Wake Audubon by buying items that may already be on your shopping list.

~ John Gerwin

please remember to
thank our sponsor



Adventures in Coffeeland

In March I helped lead a group of Guilford College students on a bird-banding trip at Finca Esperanza Verde (Green Hope Farm), a shade-grown coffee farm in the Nicaraguan highlands near the town of San Ramon.

In the four days we were there, we banded birds I'd never seen, such as bright-rumped attila—a large, feisty, hook-billed bird with a yellow rump; and a purple sabrewing—a gorgeous iridescent purple hummingbird. We also banded birds commonly seen in North Carolina: wood thrush, Wilson's warbler, and Louisiana waterthrush. It is amazing that such small birds fly all the way from Nicaragua to the Eastern U.S., and I couldn't help but wonder if the wood thrush we caught spends his summers somewhere in Raleigh.

Besides sharing the same migratory bird species, there is another connection between FEV and North Carolina. The coffee grown on the farm is bought and roasted by Counter Culture Coffee in Durham, which is supplying the coffee for Wake Audubon's fall coffee and seed sale. The folks who work on the farm told me that Counter Culture pays a good price for the coffee, providing a very decent wage. Profits from ecotourism and coffee have helped build schools and a water purification system in this isolated, poor community. The connection is so close that San Ramon is a sister city to Durham.

After leaving the farm, we spent four more days exploring other habitats in Nicaragua, from Lake Nicaragua to the cloud forest of Mombacho. All told we saw more than 200 species of birds.

Sound fun? Wake Audubon sponsor EcoQuest Travel (www.ecoquesttravel.net/) offers similar trips to eco destinations around the world. Trips are guided by scientists, naturalists, and local experts and are designed to be both educational and fun. Meanwhile, enjoy a nice cup of java!

~ Becky Desjardins

Feathered Facts: Bird of the Year

Purple Martin, *Progne subis* (PUMA)

By now most nesting has finished. Juveniles begin catching insects on their own by the fifth day out of the nest. As soon as nesting is complete, the highly social martins of all ages begin to flock up. The Mann's Harbor Bridge in Manteo, shown in the photo, is host to one such flock. Birds begin to gather there by mid-July, reaching 100,000+ birds by early-August. It is a spectacular sight. The flock at Lake Murray, SC, has been estimated to contain more than 700,000 birds. When these flocks disperse in the early morning, they are easily seen on radar.

Martins will begin to depart our area by mid- to late-August. Little is known about the exact migration route, but martins appear to follow the coast and beaches closely. Adults also begin a complete molt at this time. So for the next few weeks the birds will be trying to fatten up in preparation for a long migration and molt. The molt will not be complete until next February. In fact, the molt is interrupted while the birds migrate, then resumed and finished at the wintering grounds.

~John Gerwin

