



President's Message

Hello, fellow birders. It seems like we take baby-steps in our return to a normal way of life and enjoying our favorite pastime. I certainly have found ways to keep myself busy. I've resumed teaching at the Morton Arboretum. So very glad about that! Creating YouTube tutorials for the bird club seems like a full time job, but I love sharing the information. Let us not forget the updates to the county checklist! Participating in these activities still left me feeling like I was living in a bubble.

I've found that to truly feel like I was breaking out of the Covid-cocoon I needed to actually get out. That effort also started with baby-steps. Beyond rare birding adventure, my first escape came by way of volunteering to do restoration work at a small parcel of land in Glen Ellyn. Once a week I visit Lake Ellyn to pull weeds, plant natives, collect seeds or work on a plant inventory. We've recorded over 220 species of plants there! What a great feeling to be out and making a real difference.

I took things one step further once the DuPage Forest Preserve District was ready to welcome back volunteers. I got right in line. My wife and I go out almost daily to do trail watch, litter pick, or paint fences at Danada. The District could not bring in all of their usual seasonal help this year so there has been plenty of work to go around.

Guess what? Volunteering is great for the heart and soul! Research has shown that volunteering leads to lower rates of depression. Volunteering with other like-minded people increases social interaction and helps to build a support system based on common interests. Volunteering lets you feel like you have a place in the world. Goodbye depression!

Volunteering helps people to stay physically and mentally active. One study found that volunteering among older adults provided benefits to physical and mental health. This activity leads to a greater increase in life satisfaction and greater positive changes in their perceived health. Volunteering may enhance a person's social network which will buffer stress and reduce the risk of disease. Time spent in service provides a feeling of a sense of meaning and appreciation which can have a stress reducing effect.

Volunteering can help you to live longer. An analysis of data from the Longitudinal Study of Aging found that individuals who volunteer have lower mortality rates than those who do not. A recent study from Carnegie Mellon University showed that adults over 50 who volunteered on a regular basis were less likely to develop high blood pressure than non-volunteers.

Next Meeting

September 10, 2020
Zoom Videoconference
7:00 p.m.

See page 3 for details!!

One of the best ways to make new friends and strengthen existing relationships is to participate in a shared activity together. Volunteering is a great way to meet new people who share common interests. Volunteering helps you to expand your social network and practice social skills with others.

As much as Covid-19 has put a damper on birding this year your club has found several ways to support your birding interests. Now, we have one more way that could be possibly the biggest benefit of all that we can bestow on our members. Come and volunteer with us! There is more information posted in this newsletter regarding volunteer opportunities with the club. We're still looking for a few more folks to lighten the load, so to speak. Talk to any board member and they will tell you that participation has enriched their birding lives, and given them the opportunity to make new friends and share in a successful mission. We succeed because we work together!

Denis

Make a Difference for the DBC in 2021

The Nominating Committee for 2021 Board and Committee posts was underwhelmed with the response for our last call to action for volunteers so we're giving you another chance to raise your hand. The lifeblood of this club is the volunteer corps; without your participation, we cannot sustain the number of field trips, secure great speakers, develop educational resources, or support the community's growing interest in birding. Volunteering for the club is fun, rewarding, and meaningful, we promise! Talk to any Board member and they'll tell you that serving the club is a rewarding experience.

If you have an interest, we will match you to the right opportunity. Generally, roles do not require special skills, just a readiness to spend a few hours a month supporting club activities.

Among Committee roles, we seek the following:

- **Additional Webmaster** to work with Nancy Allured, who currently oversees the website. This person would learn how to make updates and enhancements to the website and work with our professional website designer (Eric Secker). Prior website experience is a plus but not required.
- **Outreach volunteers** to work with Committee Lead Donna Kubik to respond to requests for presentations at libraries, schools, senior centers, and other organizations. Occasionally the club sponsors events at which we have a table or exhibit.
- **Field Trip Coordinator** to share responsibility for lining up field trips each month. This is generally a two-year assignment.
- **Field Trip Leaders** to share your favorite "patch" with fellow club members. You don't have to be an expert birder—there are usually a few of those folks on your trip to help ID birds. You just need to know the area and how to cover it.

Additional opportunities exist at both Board and Committee levels. Is this the year you step up and lend a hand? We'd welcome your participation! If interested, contact a member of the Nominating Committee:

Denis Kania, dkania@dupagebirding.org

Steve Constantelos, sconstantelos@dupagebirding.org

Diann Bilderback, dbilderback@dupagebirding.org

September 10 Zoom Meeting: Hawkwatch + Raptor ID—Register Now!

You're invited to join fellow members for our virtual meeting highlighting the Hawkwatch and raptor identification on September 10 via Zoom videoconferencing.

Greene Valley Hawkwatch + Raptor ID

Presented by Vicky Sroczyński and Bob Fisher

Date: Thursday, September 10, 2020

Time: 7:00 p.m. CT

Venue: Zoom videoconference

Join us as two club veterans present a program on the Greene Valley Hawkwatch, with some added raptor identification tips. Vicky and Bob will present videos of flying hawks from Hawkwatch International narrated by author and raptor expert, Jerry Liguori—the best way to learn, except for actually watching birds from 190 feet up on the hill at Greene Valley!

They will also intersperse quotes from active hawkwatch counters about their favorite hawkwatch memory, what hawkwatching means to them, and how you can get involved.

Register in advance for this meeting:

https://us02web.zoom.us/join/zoom/register/tZIsdeugrjosHdfJ_WjEakAHLb-jJEPu06pk

After registering, you will receive a confirmation email containing information about joining the meeting.

2020 Restrictions on HawkWatch Access

A recent update from the DuPage Forest Preserve District has stipulated that no one outside of the approved list of Greene Valley hawkwatchers will be allowed on the Greene Valley Overlook at any time when the hill is closed to the public—all day on weekdays and weekends through 10/30 before 11 AM. There is no public access during the entire month of November. Should a person not on the approved for access list come up during closed periods, they will be asked to leave immediately.

Also note that the District some time ago determined that no new volunteers would be recruited/accepted for volunteer activities (including the GV Hawkwatch) for all of 2020. Public access to the Overlook has been available on weekends from 11 AM to 6 PM. That is scheduled to continue through the last weekend in October, but the District reserves the right to close the hill before that date, should circumstances arise that dictate such

DBC is First Platinum Sponsor of “Monty and Rose II”

DuPage Birding Club has donated \$500 to the making of a film sequel to the 2019 film documenting the exciting story of Monty and Rose, who last year became the first nesting pair of Piping Plovers in the Chicago region in more than 60 years. As many of you probably already know, the pair returned to Montrose Beach this summer and successfully fledged three chicks. The exciting news is that Esperanza and Hazel, two of the banded fledglings, were seen and photographed on a beach in Georgia!

Plover champion Bob Dolgan is currently raising funds to make a sequel to the first documentary to continue this unique story and educate a broader audience on the importance of preserving lakefront natural areas. He's more than halfway to his goal. DBC was its first Platinum Sponsor. To donate or learn more:

<https://www.montyandrose.net/donate.html>

New Hotspots to Roll Out

Speaking of volunteering, if you have a favorite birding site, big or small, that you'd like to share with fellow birders, join the Hotspot team of contributors. In September, we will roll out five new Hotspots:

- Dean Nature Sanctuary, Oak Brook (Linda Padera)
- Lincoln Marsh, Wheaton (John Cebula)
- Meacham Grove, Bloomingdale (Nancy Allured)
- Warrenville Grove, Warrenville (Donna Kubik)

For more information and help getting started, contact Diann Bilderback at dbilderback@dupagebirding.org. Let's keep building this awesome repository of insider information.

In Case You Missed It: “Amazing Hummingbirds of the World” Lives on YouTube

DBC's Education Channel on You Tube now features the presentation from our last meeting on Amazing Hummingbirds of the World. Taking advantage of the capabilities of Zoom, we recorded Denis's terrific presentation. You will also find a mini-tutorial on attracting hummingbirds to your yard on the channel.

Other recent releases include the following mini-tutorials:

- Pitfalls of Birding, Or How to Become a Better Birder
- The Plovers
- The Beak of the Bird
- Attracting Hummingbirds to your Yard
- Vireos without Wingbars

New tutorials roll out every Wednesday at www.youtube.com/dupagebirdingclub.

IOS Big Sit Competition and Fundraiser September 25-27

Stay put. Count birds. Raise money! IOS is inviting birders throughout Illinois to join the fun on the weekend of September 25-27 for the IOS Big Sit Competition and Fundraiser. Individuals and teams of up to five can sign up and pick a day on the weekend to sit in one spot and count birds, whether in their yard or their favorite park or preserve. You can also invite donations from friends and family to support your team. Prizes and a party to follow wrap up the competition.

The funds your team raises will help support important initiatives for the birds and birders of Illinois, including important initiatives like the Illinois Young Birders and the IOS Grants program.

There is a sign-up cost of \$10. Young birders can sign up for free using the Promo Code: ILYB. Learn more about the event and sign up at the link below:

<https://www.illinoisbirds.org/bigsit/>

Note that this is different than the Big Sit on September 12, which DBC is co-hosting with Cantigny Park.

Welcome to New Members!

The club enthusiastically welcomes the following 15 new members:

Angela Banbury and Kelly Newell, St. Charles

Cindy Porter, Naperville

Karies Carter, Dolton

Beverly Tripp, Woodridge

Mary and Grant Cowen, Naperville

Steven Wayne, Geneva

John Finley, Naperville

John Weisgerber, Downers Grove

Lisa Gaylord, Glen Ellyn

Lisa Wendel and Derrick Woods, Naperville

Diane Johnson, Libertyville

Sandy Youngstrom, Naperville

September 2020 Field Trips

This month's field trips will strictly observe a few guidelines to ensure that our birding is safe and comfortable for all.

Preregistration with the trip leader is required; **you are NOT registered until you receive a confirmation from the trip leader.** Field trips are open to nonmembers.

Participant limit is set at 15 including the leader. Absolutely, no stretching the limit.

Face masks are required which should cover both nose and mouth.

Participants should spread out and keep in mind the six-foot distancing recommendations.

Anyone not feeling well should not attend.

There should be no sharing of field guides, binoculars, etc.

No carpooling from site to site if the trip is moving around except for members from the same household.

Thursday, September 3, 7:30 am – 10:00 am (preregistration required)

McDowell Grove Forest Preserve, Naperville

This morning trip will focus on woodland migrants passing through our area. This is a popular migrant hotspot in both spring and fall. If birds are on the move, we will be in a great location to view them.

Meet in the first parking lot after entering the preserve. The entrance is at the intersection of Raymond Dr. and McDowell Rd. where there is a stop light.

Leader: Denis Kania, djkan36@gmail.com

Sunday, September 6, 7:30 am- 9:30 am (preregistration required)

Elsen's Hill/West DuPage Woods, Winfield

Elsen's Hill is another great site for migrants, especially warblers passing through on their way to their wintering grounds. Take Winfield Rd. to Gary's Mill Rd. west to the preserve parking lot entrance on the north side of the road. Bring boots as needed for muddy trails.

Leader: Diann Bilderback, diann.bilderback@yahoo.com

Thursday, September 10, 7:30 am – 10:00 am (preregistration required)

McDowell Grove Forest Preserve, Naperville

This morning trip will focus on woodland migrants passing through our area. This is a popular migrant hotspot in both spring and fall. If birds are on the move, we will be in a great location to view them. Meet in the first parking lot after entering the preserve. The entrance is at the intersection of Raymond Dr. and McDowell Rd. where there is a stop light.

Leader: Denis Kania, djkan36@gmail.com

Saturday, September 12, 7:30 am – 12:00 pm

Cantigny Big Sit, (open house, no registration required)

Butterfly Hill, 1s151 Winfield Rd., Wheaton

This event, in partnership with Cantigny, reprises last year's Big Sit event. The format is open house, no registration is required. However, due to COVID-19, masks will be required and social distancing will be strongly encouraged. Participants should bring a folding chair, sunscreen and snacks. Bottled water will be provided. The parking fee is waived for birders arriving before 11 am. For more information go to: <https://cantigny.org/>

Saturday, September 19, 7:30 am – 9:30 am (preregistration required)

McKee Marsh, Warrenville

Join us on a morning walk to the marsh for residents and migrating shorebirds. Bring a spotting scope if you have one. Most of our walk will be on preserve limestone and earthen trails; wear appropriate shoes and clothing. Meet at the visitor parking lot on the north side of Mack Rd., located between Winfield Rd. and Rt. 59 in Warrenville.

Leader: Kyle Wicktor, 708-506-5186

Saturday, September 26, 7:30 am – 9:30 am (preregistration required)

Maple Grove Forest Preserve, Downers Grove

This idyllic suburban preserve is a pocket wilderness, especially suitable for new birders. It has an old maple forest, a vestige of Downers Grove history, which is now mixed with many other species. St. Joseph's Creek lies on the north end. We will look for resident and migrating woodland birds. Meet at the main parking lot off Maple Ave.

Leader: Lesa Hipes, lesahipes@gmail.com

Further Birding Opportunities

The Illinois Ornithological Society Backyard Big Sit is on the weekend of September 25-27. It is a competition and fundraiser. For more information see <https://www.illinoisbirds.org/bigsit/>

Field Trip Coordinators

Kathy Mineck 630 279-4077

Bonnie Graham 630 204-8750



DuPage Birding Club

2020 DBC Executive Committee Members

President, Denis Kania, dkania@dupagebirding.org

Vice President, Steve Constantelos, sconstantelos@dupagebirding.org

Treasurer, John Hebert, jhebert@dupagebirding.org

Recording Secretary, Andrea Duffy, aduffy@dupagebirding.org

Corresponding Secretary, Diann Bilderback, dbilderback@dupagebirding.org

Jane Barnett Director, jbarnett@dupagebirding.org

Natalie McFaul, Director, nmcfaul@dupagebirding.org

Donna Kubik, dkubik@dupagebirding.org

2020 Meetings

January 9

Cancelled

Cancelled

Cancelled

July 9

September 10

October 15

2020 DBC Committee Chairs

Outreach/Youth Education: Donna Kubik

Bird Conservation Network Reps: Glenn Gabanski, Tom Mulcahy, Glenn Perricone, Steve Constantelos

Forest Preserve Liaison: Pat Eggleston

Grants and Donations: Vera Miller

Spring Count Coordinator: Joe Suchecki

Christmas Count Coordinator: Jeff Chapman

Stewardship: Diann Bilderback

Field Trips: Kathy Mineck and Bonnie Graham

Webmaster: Nancy Allured

Membership Directory: Susan Kaley

Drummings Newsletter: Jeff Smith

Email Distribution: Bob Fisher

Twitter: Vera Miller

Facebook: Glenn Perricone and John Cebula

Flickr: Urs Geiser

Hospitality: Geralynn Hoffman

Audio-Visual Coordinator: Julie Appler

DBC Apparel: Steve Constantelos

Lending Library: Jeff Smith