

APALACHEE AUDUBON SOCIETY



Speaker Series

Free and open to the public. Social begins at 7 pm, meeting at 7:15 pm, & program at 7:30 pm (unless otherwise noted). Speaker Series Programs are at the King Life Science Building, FSU Campus. See directions and map in this newsletter or on the AAS website: www.apalachee.org.

2016-2017 Program Dates

2016	2017
September 15	January 19
October 20	February 16
November 17	March 16
December - No Program	April 20
	May Banquet - TBA

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Congratulations to AAS President Budd Titlow on the publication of **PROTECTING THE PLANET – Environmental Champions from Conservation to Climate Change** by Budd and his daughter, Mariah Tinger.

Available at www.amazon.com

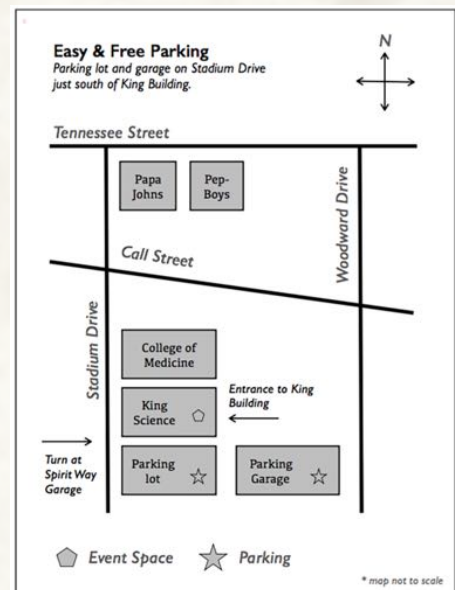
Apalachee Audubon Society Mission Statement:
Protection of the environment through education, appreciation, and conservation.

NEWSLETTER OF THE APALACHEE AUDUBON SOCIETY, INC. JANUARY-FEBRUARY 2017

Meeting Location for Apalachee Audubon Society's 2016-2017 Speaker Series Programs King Life Science Building Auditorium at FSU

The Apalachee Audubon Society's 2016-2017 Speaker Series programs are being held at the FSU King Life Science Building, Room 1024 (Auditorium), 319 Stadium Dr., Tallahassee, unless otherwise noted. There are two easy and free evening campus parking areas. Please see the map at right for directions.

Please join us for AAS Speaker Series programs, field trips and other special activities. Programs are free and open to the public. For program information and more, please see www.apalachee.org.



Apalachee Audubon Speaker Series

Thursday, January 19, 2017

Florida's Grandest State Parks: Values and Threats

Jim Stevenson

Thursday, February 16, 2017

Your Yard Matters: How to Landscape & Maintain Your Yard in an

Environmentally Friendly Manner
Donna Legare & Lilly Anderson-Messec

See pages 4-5 for additional
program information.

Apalachee Audubon Society, Inc.

2016 - 2017

Officers & Directors

President: Budd Titlow
Vice-President: John Outland
Secretary: Donna Legare
Treasurer: Harvey Goldman

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Nick Baldwin *Past-President*
Kathleen Carr Don Quarello
Peter Kleinhenz Karen Willes
Heather Levy Rob Williams

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Apalachee Audubon Society, Inc. (AAS) is a 501(c)(3) tax exempt organization. All memberships and contributions are tax-deductible to the extent allowed by law.

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Coastal Cleanup

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Wildlife-Friendly Yards Tour Committee

Tammy Brown

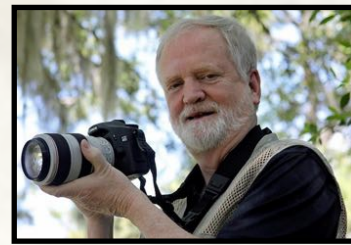
The Apalachee Audubon Society is established as a nonprofit corporation for the purposes of environmental education, the appreciation of wildlife and natural history, and the conservation of the environment and resources.

You can sign up to receive free the Apalachee Audubon Society newsletter and announcements of coming field trips, activities and events by joining our Google Groups email notification list at: <http://www.apalachee.org/aas/about/aas-mailing-list/>. For more, see www.apalachee.org.

Editorial Note from Karen Willes ~ This January-February 2017 Newsletter includes information on all Winter/Spring Special Speaker Series programs. In addition, there is information about the 10th Annual Wildlife-Friendly Yards Tour, 20th Annual Great Backyard Bird Count, workshops and activities at Native Nurseries, Edward Ball Wakulla Springs State Park, and St. Marks National Wildlife Refuge as well as Fran Rutkovsky’s “In the Yard” and book reviews by Pat Press. Thanks to all who provided copy — those who wrote articles and provided photographs. I hope you will find the newsletter interesting, informative, and worthy of sharing with others.

The President's Opinion

Budd Titlow



Budd Titlow

Photo by Debby Titlow

As a career environmental scientist and ardent nature lover, I initially thought the new Trump administration might have dire consequences for protection of our climate, natural resources, endangered wildlife, environmental laws/regulations, and the overall environmental quality of life that we now enjoy. But here's the thing: Now that I've had a few weeks to think about it, I don't believe the prognosis for our environment is anywhere near as dire as I originally thought—based on Mr. Trump's anti-environmental rhetoric from the campaign trail. There are two primary reasons why I say this.

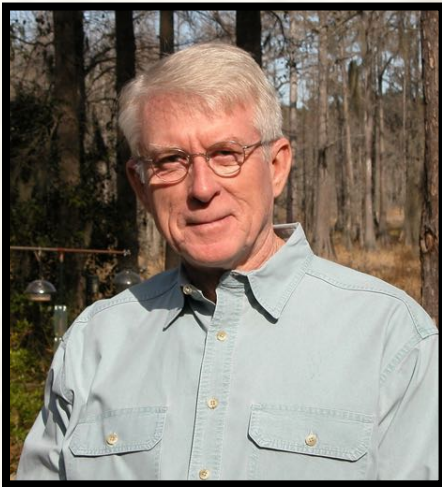
First, I don't believe Mr. Trump is actually going to go forward with many of his starkest anti-environmental policies. He has already "walked back" several of his key campaign issues, including pulling the U.S. out of the landmark 2015 Paris Climate Change Agreement. Also— even if he does attempt to dismantle the U.S. Environmental Protection Agency (EPA)—I believe there will be enough resistance in Congress to totally thwart such an effort. Legislators on both sides of the aisle understand that we can't just abolish the long-standing policies and regulations that made the U.S. a worldwide model for environmental protection and natural resource conservation.

Second, Mr. Trump's anti-environmental stance will cause conservation groups to rally together, circle the wagons, and prepare to fight to save our precious natural resources and the agencies, laws, regulations, and attitudes that serve to protect them. I've seen it happen before. I especially remember in the early 1980's when Ronald Reagan brought his crew of anti-environmental henchmen to Washington, DC and moved into the White House. At the time, I was working as a Senior Natural Resource Specialist for the National Park Service in Denver, Colorado. I was especially appalled when my new boss—Interior Secretary James Watt—made it known his belief that God had pre-destined him to either sell off or develop many of America's public lands. This was coupled with the appointment of Anne Gorsuch as EPA Secretary. Ms. Gorsuch's self-professed main mission was to destroy the very agency she was supposed to be overseeing. Sound familiar? Watt and Gorsuch so frightened the conservation community that membership in most non-profits skyrocketed—as did environmental activism through the U.S. As a result, we were able to hang onto most of our national treasures, public lands, and environmental laws despite the Reagan Administration's efforts to do away with many of them.

So take heart. I believe the same thing will happen under the Trump Administration. If we stay true to supporting what we believe in and doing the right things, then we'll pull through this just fine. And at the end of Mr. Trump's four years, we'll be standing shoulder to shoulder in front of our natural wonders and reveling in the fact that we withstood yet another challenge to our enduring environmental legacy.

Apalachee Audubon Society's January Program Speaker
January 19, 2017
Florida's Grandest State Parks: Values and Threats
Jim Stevenson

Florida's special places compose the nation's finest state park system. They are Florida's highest quality state lands including one of the world's longest and deepest underwater caves, the largest sinkhole and numerous blue water springs. There are tropical hammocks and coral reefs of the keys: prairies and pinelands, barrier islands and the largest swamp adorned with orchids. A birding wonderland and remarkable native wildlife found in no other state including: manatees, marine turtles, panthers and crocodiles. These natural treasures belong to you and me---- but they are at risk. Will we save them? Join Apalachee Audubon as Jim Stevenson, who served as Florida's State Parks Chief Naturalist for 20 years, discusses this and more on Thursday, January 19.



Jim Stevenson
Photo by Tara Tanaka

Jim Stevenson served as Chief Naturalist of Florida's State Parks for 20 years during which time he developed the educational and the land management programs for the state park system.

He was Chairman of the Florida Springs Task Force that developed a protection strategy for Florida's springs and he was Director of Governor Bush's Florida Springs Initiative that implemented springs protection projects. Jim retired in 2003, after 38 years with the Department of Environmental Protection.

He serves on the boards of the Wakulla Springs Alliance and the Florida Springs Institute.

In recognition of his dedication to the protection of Florida's springs, the State of Florida named a large spring on the Suwannee River "Stevenson Spring" in his honor.

And for his longstanding stewardship of Florida's public lands, the Governor and Cabinet dedicated the "Jim Stevenson Resource Manager of the Year Award" that is given annually to the most deserving state land managers in the Florida Park Service, the Florida Forest Service and the Fish and Wildlife Conservation Commission.

Jim's book, **My Journey in Florida's State Parks: A Naturalist's Memoir**, is reviewed by Pat Press on page 9. It is available locally and on www.amazon.com.

He is now striving to protect Florida's state parks.

Apalachee Audubon Society
Winter/Spring Calendar 2017
www.apalachee.org

All program meetings this year are being held at the King Life Sciences Building Auditorium on the FSU campus on the third Thursday of each month. Social starts at 7:00 PM, followed by announcements at 7:15 and the featured speaker from 7:30-8:30. See the front page of this newsletter for a map. There is easy and free parking.

January 19, 2017 — Florida's Grandest State Parks: Values and Threats

Program Speaker — Jim Stevenson (See Page 4.)

February 16, 2017 — Your Yard Matters: How to Landscape and Maintain Your Yard in an Environmentally Friendly Manner

The choices we make in landscaping and maintaining our yards effect not only our springs and other water bodies but also wildlife — bees, birds, frogs, turtlesApalachee Audubon board members Donna Legare and Lilly Anderson-Messecc from Native Nurseries will discuss:

- increasing biodiversity through plant selection
- the connection between native plants and insects, which then feed birds and other wildlife
- control of invasive non-native plants
- ecological lawn maintenance
- soil and water conservation
- working with your existing landscape

This is an important issue so please spread the word about this program to your friends, homeowners' associations and other groups. This program links with the Wildlife-Friendly Yards Tour. Both events support AAS's efforts to promote "Bird-Friendly Communities" and local conservation efforts, including the importance of water conservation. The tour will give people a chance to see wildlife-friendly yards and the program will *follow-up with practical information to explain why and how to create wildlife-friendly yards*. <http://www.audubon.org/conservation/creating-bird-friendly-communities>

Saturday, February 18, 2017 — Annual AAS Wildlife-Friendly Yards Tour (See Page 6.)

March 16, 2017 — Late Pleistocene Climate Oscillations in the Southeast — Global Patterns and Local Expressions as Determined from North Florida Inundated Sites

Program Speaker — Archeologist Jim Dunbar

Jim Dunbar will discuss climate change during the past 14,000 years that people have inhabited the karst areas of North Florida (including Wakulla Springs) and how changing sea levels affected the geography and diversity of food sources. According to Jim, the most important archaeological and paleontological resources in the Americas still remain undiscovered at Wakulla Springs. Jim provides a fresh perspective on the distant past and an original way of thinking about early life on the land mass we call Florida.

JAMES S. DUNBAR retired after more than 35 years of service with the Florida Bureau of Archaeological Research. He currently serves as an archaeological consultant and is a founder of the Aucilla Research Institute, Inc.

April 20, 2017 — Wakulla Springs and Our Water Future

Program Speaker — Dr. Sean McGlynn

This program will emphasize the history of involvement with Wakulla Springs by National Audubon, the Wakulla Springs Working Group and Wakulla Springs Alliance. The talk will feature original Ball era video clips of Carl Buchheister at Wakulla Springs.

May Banquet — What Woodpeckers Tell Us about Woodlands

Program Speaker — Chuck Hess (Date and Location to be announced)

10th Annual Wildlife-Friendly Yards Tour

Saturday, February 18, 2017

10:00 AM - 4:00 PM

It's that time of year again for the 10th Annual Wildlife-Friendly Yards Tour sponsored by Apalachee Audubon. If you haven't done this tour before, those who have will tell you it's the best \$10 you can spend for an activity here in Tallahassee. Each year we have chosen five hosts for their environmentally friendly yards and the great ideas they have come up with to attract local and migrant birds and wildlife. With this tour happening in the middle of winter, it is not the ordinary style garden tour. It's a chance to see the 'bones' of the yard and catch a glimpse of some fabulous winter birds.

Winter is planting time so you can take notes then go home and start that yard project you've always wanted to do and to welcome the birds of spring to nest in your yard.

This year our event takes place on Saturday, February 18, from 10am - 4pm. Tickets will be available, starting January 14 at Native Nurseries (Centerville Rd.) and Wild Birds Unlimited (Thomasville Rd.) and will be available through the day of the tour. The tour takes place rain or shine. Birds are very active when it's stormy, so don't let that stop you. This is a fundraiser for the local Audubon Chapter.



Photo Credit ~ Tammy Brown



Photo Credit ~ Tammy Brown

Once you purchase your ticket, you will be given all the information you need for the tour. It's shaping up to be another spectacular year not to be missed! As an added bonus this year, the yards are close together, with three in the same neighborhood, making it easier to get to all five yards. And you will definitely want to take your time and linger at these fabulous yards.

Spread the word and bring your friends. Help us make this tour the most successful yet. We thank the hosts, both past and present, who have volunteered their yards and time, and the long list of volunteers who have helped make this event so special.

And speaking of volunteering - If you would be interested in helping out this year as a greeter at one of the homes for a 2, 4 or 6 hr shift, please contact Tammy Brown at (850) 933-8154 or TCBrown798@aol.com. No experience is required. This is just to give the hosts a hand during the tour. After your shift, you can do the tour for free.

How many birds will you find?

20th Annual Great Backyard Bird Count
February 17-20, 2017



Join in! Count birds in your backyard, local park, or wherever you spot a bird, and submit your observations online.

birdcount.org

American Robin
Photo: Shayna Marchese/GBBC



Sponsored in part by:



Native Nurseries

- WILD BIRD SHOP
- WILDLIFE GARDENING
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1661 Centerville Rd., Tallahassee, FL
850-386-8882 NativeNurseries.com



www.NativeNurseries.com

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tallahassee.wbu.com

In the Yard

By Fran Rutkovsky



In winter we can get bird visitors to our yard that we don't see other times of the year. So far during this late fall/early winter season, I've had several uncommon winter visitors: Brown Creeper, Winter Wren, Golden-crowned Kinglet, Wilson's Warbler. None of these came to a feeder. But the wren, kinglet, and warbler all used my birdbaths as well as plucked insects from the abundance of foliage and decaying leaves around my yard. In past winters I've had five species of hummingbirds banded in the yard and have hosted western visitors such as Bullock's Oriole and Western Tanager. It pays to have a variety of plants and a "messy" area of tangled vines, seed stalks, and leaf litter.



Photos by Fran Rutkovsky

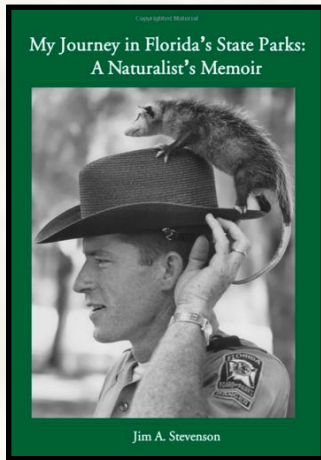
Left — Black Vultures

Right — Northern Parula Warbler, Gray Catbird, Northern Cardinal

Bathing helps to maintain feather function in the birds. Luckily our area doesn't have deep freezes very often, and when the birdbaths do freeze over we can easily thaw them out and add fresh water. I have several birdbaths around the yard and two misters spraying water part of the time. Usually I turn these on when I'm eating lunch and can watch the bathing antics, or when the birds start sitting on top of them looking for the water. One summer I even had Black Vultures using my birdbath—after they dined on dead armadillo. What a stinky mess that was! I can easily be entertained by the activity in my yard. Our yard is one of several on the AAS Wildlife-Friendly Yards Tour on February 18, 2017. Perhaps you will also be entertained by the activity.

Book Reviews of Two Fantastic Books about Nature and Wildlife

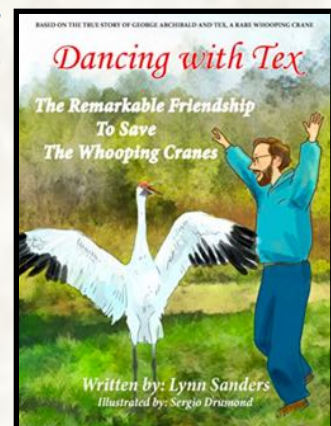
By Pat Press, Audubon Educator



My Journey in Florida's State Parks: A Naturalist's Memoir 3rd Edition (2014) by Jim A. Stevenson is a great read and would be a good holiday present for a nature lover. Jim Stevenson credits “the long line of conscientious, capable, and dedicated public servants” who maintain and run the Florida Park Service for the marvelous gift we have been enjoying. Jim was the State Park's Chief Naturalist and environmental leader from 1965-1989. This memoir relates his recollections and stories from those years in a comfortable, sitting on the back-porch style. His memories are of different Park Service placements beginning with the Hillsborough State Park where he got his first on-the-job training. Jim describes being attacked by bees and wasps, and learning

how to interact with park wildlife such as deer, foxes, raccoons, snakes, hawks, and alligators. Later, as the Chief Naturalist for the State Park System he worked to improve the Interpretive Programs and taught the Park Rangers how to interact with local communities. His legacy is a system of natural places we all love, appreciate, and safeguard from harm. He instituted “prescribed burning” to protect our forests and other projects to protect the delicate balance of Florida's natural spring system.

Parents and children of all ages need to read *Dancing with Tex: The Remarkable Friendship to Save the Whooping Crane* (2015) written by Lynn Sanders and beautifully illustrated by Sergio Drumond. This is a delightful children's picture book based on the true story of George Archibald and Tex, a rare Whooping Crane. This book is described by Bob Barg, a famous children's author, as “A beautiful and compelling real-life story of love and caring between a human and his endangered feathered friend.” The story begins in Texas as a baby Whooping Crane imprints on Fred, a bird lover. Now Tex, the crane, believes she is a human, not a bird. Tex is moved away from Fred and meets George, another bird lover, in Baraboo, Wisconsin. When no partner was available do the ritual crane “mating dance” George steps in to dance and Tex lays an egg year after year. Finally, one egg hatches and a baby crane survives to save the whole Whooping Crane species from extinction! What a beautifully written nature story. Both books are available on the Internet and at local bookstores.



Native Nurseries

January/February 2017 Classes

PLANTING A REFUGE FOR WILDLIFE

Saturday January 7th 10:00am FREE

Get a good start to the new year by attending this fascinating workshop. Donna Legare will show slides and explain how you can make changes in your yard to enhance its value for songbirds, butterflies and other wildlife. This can be a fun family project and is Donna's favorite class to teach.

After the program there will be an optional field trip to the Betton Hills home of Vanessa and Richard Crisler to look at the pond they built themselves to nurture wildlife from frogs and dragonflies to songbirds and even an eagle who perched there for a day.

Annual Birdseed Benefit for The Tallahassee Museum

January 13th – 19th

– Birdseed 15% Off –

It's time to save on quality birdseed and, through your purchase, support the Tallahassee Museum. Purchase your seed during this week and a portion of seed sales benefits the Tallahassee Museum. We are having two events in conjunction with the Birdseed Benefit:

ATTRACT WILD BIRDS TO YOUR YARD

Saturday January 14th 10am FREE

Jody Walthall is combining two of his most popular classes into one for this special session. Learn how to attract more and varied birds to your feeders, how to squirrel-proof your feeder and what birds you are likely to attract this winter. In addition, he will teach you how to create a bird garden that goes a step beyond a mere feeding station, one that is both aesthetically pleasing and good for the birds.

Continued on next page

Native Nurseries

January/February 2017 Classes

WILDLIFE ENCOUNTERS w/ ST. FRANCIS WILDLIFE & TALLAHASSEE MUSEUM

Saturday January 14th 2 – 4pm FREE

Bring the children and visit anytime between 2 and 4pm for a close-up encounter with hawks, owls and other wildlife. Native Nurseries' resident rat snake, Checkers, will also make an appearance. Hot cider will be served.

**All Birdfeeders, Including Squirrel-Proof Models, 10% Off During
Benefit**

WELCOMING WINTER HUMMINGBIRDS

\$3 fee-Class size limited Registration required

Proceeds will benefit hummingbird research.

Saturday January 21ST 10am

Tallahassee's own **Fred Dietrich**, a master bird bander, has been banding winter hummingbirds for many years. He will show slides and discuss winter hummingbirds as well as our springtime visitor - the ruby-throated hummingbird. Call the nursery if you have a winter hummingbird so Fred can arrange to band it.

ARBOR DAY TREE PLANTING & INVASIVE REMOVAL IN McCORD PARK

Saturday January 28th 9am

It's hard to imagine Tallahassee without all our beautiful trees. In addition to providing beauty and shade, they give us oxygen, store carbon, stabilize the soil and support wildlife. Arbor Day is January 20th, but if you'd like to take part in a community tree planting and invasive removal, join Donna and Jody and the **Betton Hills Neighborhood Association** at McCord Park at 9am on Saturday, January 28. They're meeting at the Armistead entrance to the park.

If you're thinking about planting some trees in your own yard, we've got bare root seedlings for \$2.99 to 3.99 each. See the list at the bottom of page 13.

Continued on next page

Native Nurseries

January/February 2017 Classes

Invasive Plants in Your Yard

Saturday January 28th 2pm FREE

Join Lilly Anderson-Messec to learn how invasive plants harm our wildlife, how to identify common invasives likely to be in your yard and how to control and eradicate them.

PARENT/CHILD BIRD HOUSE BUILD

Saturday February 4th 2pm

\$15.00 plus tax for the pre-cut cedar nest box kit; call to register – class size limited

We will start inside with a short slide presentation about birds that depend on natural cavities in trees and nest boxes. Then we will teach the children, with your help, how to build a chickadee or bluebird house. Siblings may work together.
Don't forget to bring a hammer!

TOTALLY TOMATOES: How to Successfully Grow Tomatoes in Tallahassee

Saturday February 11th 10am OR

Wednesday February 15th noon

\$3.00 – Call to register

Class sizes limited

Lilly Anderson-Messec will review everything you need to know to get started with tomatoes in your garden. It may seem early, but for best results this is the time to get going with tomatoes.

Call 386-8882 to register.

Continued on next page

Native Nurseries

January/February 2017 Classes

BIRDING FOR BEGINNERS

Saturday February 18th 10:00am \$3.00 fee

Class size limited—registration required

Proceeds will benefit research at

the Stoddard Bird Lab at Tall Timbers

Learn how to identify the birds you are seeing in your yard and in the field as well. **Jim Cox**, Director of the Stoddard Bird Lab at Tall Timbers, is a biologist studying Red-cockaded Woodpeckers, Brown-headed Nuthatches, Bachman's Sparrow and other songbirds. He is a wonderful teacher!

CREATE A RAIN GARDEN

Saturday February 25th 10am FREE

Courtney Schoen, from TAPP (Think About Personal Pollution) will discuss how rain gardens filter and break down many pollutants, improving the quality of lakes, rivers, streams and springs nearby. The City of Tallahassee provides a limited number of \$175 rain garden grants to city residents interested in creating a rain garden. Courtney will go over the basics of building a rain garden and information about the grant process. Lilly will discuss the most adaptable plants for different rain gardens.

Tree Seedlings for Wildlife (coming soon)

\$2.99 - \$3.99 each!

American Hornbeam • Chinquapin • Crabapple Sweetshrub • Blackgum •
Flowering Dogwood
Red Cedar • Spicebush • Nuttall Oak
Live Oak • Arrowwood Viburnum • Redbud
Hearts-a-bustin' • American Beech • Green Ash
Red Bay • American Snowbell • Black Walnut
Yellow Poplar • Flatwoods Plum • Sparkleberry
Fringe Tree • Longleaf Pine • Shortleaf Pine

Wakulla Springs State Park January & February Highlights

By Jeff Hugo

Park Ranger Charlie Baisden is a master gardener familiar with not only the historic plantings within the park, but much of its native vegetation as well. Plan to join him on Sunday morning, January 1 for the park's *First Day Hike* or Saturday morning, February 18, from 9:00-10:30 AM as he leads a morning nature walk.

Be sure to register ahead for the free walks as space is limited by calling (850) 561-7286. As you will meet Charlie in the lobby of the Wakulla Springs Lodge, it's a wonderful excuse to arrive early to enjoy breakfast in the dining room.

January is a superb month to relish the subtleties of the park's nature trails without fear of its pesky marauders -- mosquitoes and ticks. The *First Day Hike* and *Morning Nature Walk* will begin by passing the "Kitchen" Sinks. If the water is clear, a brief pause may allow the glimpse of a cave troglobite – the blind and starkly white cave crayfish. The Kitchen Sinks are connected to the Wakulla Springs Cave System. From time to time, the cave crayfish make their way from the depths of darkness to the predatory hazards near the surface to feast upon the bounty of detritus in the sinks.

Slight changes in elevation create completely different vegetative worlds. Charlie introduces his companions to the towering longleaf pine in the uplands, the old-growth beech-magnolia forest, and the red maple-cypress swamp. Don't forget to bring your binoculars. Those with a good eye should spot some of the wintering songbirds within the park.

Hidden along the way are mushrooms, lichens, and perhaps beech drops (epifagus virginiana). Although the name beech drop may conjure visions of candy, the plant is far from it. Having no chlorophyll, the plant is parasitic and receives its nourishment from the roots of the beech tree. With small pink flowers and brown stems it is easily overlooked. It is certainly one of the more unusual organisms of the winter woods.

Just as Charlie relishes the opportunity to reveal the nuances of nature, Park Ranger Don Gavin is a living resource of Wakulla Springs' history. Once again, he will host a *Fireside Chat* by the fireplace in the Wakulla Springs Lodge on Saturday, January 28. Don's wit, easy laugh, and gracious smile are the framework of his interactive approach. He invites his audience to listen to his stories as well as share some of their own.

Don's free presentation begins at 7:00 PM and concludes at 8:00. A dinner reservation in the Wakulla Springs Lodge would be a great way to begin the evening and/or dessert and coffee following Don's presentation a fine way to conclude it.

Continued on next page

Edward Ball Wakulla Springs State Park — January & February Activities

Bike Ride to Hidden Spring

Dates: Saturday, January 7

10:30am-12:30pm

Free with Park Admission (Meet in the Lodge Parking Lot)

Description: Wakulla Springs State Park will host a ranger-led bicycle tour through its varying forest communities to "Hidden Spring". The six-mile round trip journey will take participants through hardwood uplands, longleaf flatwoods, and cypress sloughs. Surrounded by nature, guests will make stops to investigate the connections between plants, fungi, wildlife, and human history. Arrive early and fuel up with breakfast or follow-up your adventure with lunch in the historic Wakulla Springs Lodge.

The tour is free with paid park admittance. Space is limited. Participants will need to bring a bicycle with good suspension, water, snacks (i.e. fruit or granola), and a bicycle helmet. Please call (850) 561-7286 to make your reservation.

Campfire Cooking

Date: Saturday, January 21

11:30am – 1:00pm

Free with Park Admission. (Meet at the Fire Circle West of the Lodge)

Have you wanted to expand your campfire cooking experience to something beyond hotdogs? Then join a ranger-led presentation to broaden your culinary imagination around the campfire. Discover a few techniques and recipes that you and the kids will love. (They might even be good for you!) There will also be some talk about the park's bears. Enjoy good conversation and meet new friends! Bring a lawn chair for your comfort and if you'd like to sample the results, bring a snack to share.

Space is limited. Please call 850-561-7286 to register.

Fireside Chat in the Lodge

Date: Saturday, January 28

7:00pm - 8:00pm

Free with park admission.

Description: Relax before a crackling fire and bask in the ambiance of an earlier time as you reminisce with your special guest speaker. Guests are encouraged to bring their own Wakulla Springs memorabilia for "Show and Tell". This is a great opportunity to renew old memories or to create new ones with family and friends. Get the good times started with dinner in the Wakulla Springs Lodge Dining Room. Reservations are suggested but not required.

Bike Ride to Hidden Spring

Dates: Saturday, February 4

10:30am-12:30pm

Free with Park Admission (Meet in the Lodge Parking Lot)

Description: Wakulla Springs State Park will host a ranger-led bicycle tour through its varying forest communities to "Hidden Spring". The six-mile round trip journey will take participants through hardwood uplands, longleaf flatwoods, and cypress sloughs. Surrounded by nature, guests will make stops to investigate the connections between plants, fungi, wildlife, and human history. Arrive early and fuel up with breakfast or follow-up your adventure with lunch in the historic Wakulla Springs Lodge.

The tour is free with paid park admittance. Space is limited. Participants will need to bring a bicycle with good suspension, water, snacks (i.e. fruit or granola), and a bicycle helmet. Please call (850) 561-7286 to make your reservation.

Sweethearts Forever at Wakulla Springs State Park

Dates: Saturday, February 11

5:00pm-8:00pm

\$99 donation per couple (Meet at the Waterfront Visitors Center)

Description: Valentine's Day is upon us. Looking for the perfect romantic event for you and your partner? Only 15 couples will be able to enjoy this rare and elegant evening on the Wakulla River and in the Lodge at Wakulla Springs. The night begins with a wine tasting on the patio of the Waterfront Visitors Center. From there, guests take their places on a river boat and float gently along while bathed in the golden rays of a setting sun. Upon return, they will casually stroll to the lodge for a difficult choice between scrumptious options on a special Valentine's menu. Spaces for the event can be reserved by visiting www.wakullasprings.org. Donations are nonrefundable.

Please call 850-561-7286 for more information.

Morning Nature Walk

Date: Saturday, February 18

9:00am – 10:30am

Free with Park Admission.

Join a ranger-led trek through Wakulla Springs State Park's varying forest communities. Search for signs of spring like the crimson seeds of the red maple or the white blossoms of Walter's viburnum. Glean tidbits of park history and observe the nuances of nature with the aid of your guide. Arrive early and fuel up with breakfast in the historic Wakulla Springs Lodge prior to the walk.

Space is limited. Please call 850-561-7286 to register.

Lunch with the Archaeologists

Date: Saturday, February 25

11:00am – 1:00pm

Free with Park Admission. (Meet at the Fire Circle West of the Lodge)

Description: Research into the past and how it relates to human survival in the present is happening at Wakulla Springs right now! Find out what the archaeologists have discovered in this informational and hands-on program. Participants are welcome to come and go as they please. Feel free to bring a picnic lunch and a lawn chair or blanket for comfort.

Make Nature part of your New Year's healthier Lifestyle!

11th Annual WHO Festival

Saturday, February 4, 2017
St. Marks National Wildlife Refuge



Refuge Manager Terry Peacock helps a young camper roast marshmallows at the campfire
Photo by Betsy Kellenberger, Refuge Volunteer

When was the last time your doctor asked about how much time you spend outdoors? Usually they ask if you smoke, drink alcohol, or if you exercise. Yet research is growing to show time spent outdoors can affect our health just as much as these other lifestyle factors. The effect of green space has been linked to decreased stress, lower body mass index, and improved attention in children. Florida's children and families are no exception to the national increase in unhealthy living — almost \$4 billion is spent annually on obesity-related expenditures in the state. Florida childhood obesity rates have tripled in the past 30 years. If current trends continue, 60% of children born today will be obese by the time they graduate from high school!

Local pediatricians agree “Mom was right!” about turning off the devices and getting outdoors for “one green hour” each day. The American Academy of Pediatrics states that parents “should encourage children to play outside as much as possible.” Children who spend more time outdoors perform better academically, play more creatively, develop stronger immune systems and have greater respect for themselves, others and the environment. Parents don't have to be an expert on nature to enjoy it and the Wildlife Heritage and Outdoors (WHO) Festival at St. Marks National Wildlife Refuge on **Saturday, February 4, 2017**, is just what the doctor ordered!

The mission of the WHO festival is to “**Connect People to Nature**” through a community celebration of nature's diversity and local heritage. The many exhibitors will provide fun outdoor activities from the past and present for people of all ages. Experience fly fishing, archery, birdwatching, woodworking, camping, outdoor photography, hiking and more at the festival from **11:00 AM - 4:00 PM**. Music will be offered by Hot Tamale and yummy, hot Bradley sausages and other food will be provided by the Friends of the St. Marks Wildlife Refuge. Regular entrances fees apply. **Due to live animal exhibits and wildlife tours, please leave your pets at home.** For more information, please call (850) 925-6121.



Young Birder Maddox with Aunt Dee Wilder
Staff Photo, St. Marks

Activities at
St. Marks National Wildlife Refuge

(850) 925-6121 www.stmarksrefuge.org

January 1, 9:00 AM - Noon
Behind the Gates Birding & Wildlife Tour
with Matt & Cindy Johnstone
Call (850) 925-6121 for reservations.

February 4, 10:00 AM - 4:00 PM
WHO Festival (See page 16.)

February 5, 2:00 PM
First Sunday at the Refuge
Being a Wildlife Veterinarian for the
National Refuge System with Dr. Samantha Gibbs

February 5 & 13, 9:00 AM - Noon
Behind the Gates Birding & Wildlife Tours
with Matt & Cindy Johnstone
Call (850) 925-6121 for reservations.

**Join National Audubon Society
& enjoy free membership in
Apalachee Audubon & Audubon Florida
for just \$20 a year!**

**EFFECTIVE IMMEDIATELY!
Changes for Audubon Membership Check Payments**

If you are planning to join Audubon, or renew your dues, **BY CHECK, DO NOT** send your check to National Audubon. Apalachee Audubon will now be accepting and processing your membership checks. Please bring your check to a program meeting or mail it to:

Apalachee Audubon Society
PO Box 1237
Tallahassee, FL 32302-1237

If you are planning to pay by phone or online at the National Audubon Society web site, there will be no changes. If you are joining as a brand new member, please remember to select our Chapter ID, E19, so our chapter can get credit for the full membership amount.

Audubon membership is a terrific three-fer deal! Join National Audubon and you automatically get a membership in Audubon Florida and the Apalachee Audubon Society. We encourage members to pay by phone (844-428-3826) or online (www.audubon.org). It's easy and will help ease the check processing workload for our chapter.

Allow 4-6 weeks for the arrival of your first issue of *Audubon*. The cost of membership is tax deductible except for \$7.50 (which is allocated to *Audubon* magazine).

Audubon Memberships Make Great Gifts!

Join us for smartphone photography
at St. Marks National Wildlife Refuge!



The smartphone photography class that AAS Board Member Karen Willes is teaching at St. Marks NWR is open to all. In this free 3-hour class, participants will experience the process of smartphone or tablet photography from composing to processing their own images taken during the class.

The first class in 2017 is Saturday, February 11 (1-4 PM). Call St. Marks NWR at (850) 925-6121 for more information or to sign up.

SPECIAL EVENT - MARK YOUR CALENDARS!

The AAS is sponsoring a very special event on Thursday, March 2, 2017 from 5:30 to 8:00 PM at the Swan House (449 Lacy Woods Court in Woodbrook). This function recognizes the accomplishments of Sandy Proctor—internationally renowned painter, sculptor, and Tallahassee native. Much of Mr. Proctor's remarkable work features wild birds. This event will also offer live jazz, an equally alive bald eagle, scrumptious hors d'oeuvres, free Audubon memberships, and a good time for all. Proceeds will benefit the work of AAS. Please get your tickets and come join us!

**Great Backyard Bird Count
February 17-20, 2017**

<http://gbbc.birdcount.org/>

St. Francis Wildlife Association Wildlife Rescuer Position

St. Francis wildlife is hiring after-hours wildlife rescuers.

If you have some experience handling wildlife and you are interested in this job, please send an email with your resume requesting a "wildlife rescuer job description" to:

Teresa Stevenson Director
wildlifecarenow@yahoo.com

St. Francis Wildlife, a non-profit organization founded in 1978, provides humane care and rehabilitation for thousands of wild birds and animals in our community each year as well as unique wildlife education programs.

To learn more: www.stfranciswildlife.org.

St. Francis Wildlife
5580 Salem Road, Quincy, FL 32352

Mission San Luis

The Mission with its historic village is open Tuesday - Sunday from 10 a.m. to 4 p.m. Admission is \$5 for adults; \$3 for seniors (65+); \$2 for children 6 to 17; and free for members, children under 6 and active duty military with ID. More information, www.missionsanluis.org.

St. Marks National Wildlife Refuge



1255 Lighthouse Road
St. Marks, Florida 32355
(850) 925-6121

www.fws.gov/refuge/st_marks/

Gulf Specimen Marine Lab



222 Clark Drive
Panacea, FL 32346
850 984-5297



www.gulfspecimen.org

Fun for the whole family!

Apalachee Audubon Birding Trips

All are welcome to join us on Apalachee Audubon Birding Trips with Helen King. Specific information about the field trips will be announced on Google Groups. For notification of coming field trips, please subscribe to Apalachee Audubon's Google Groups email notification list that is available at www.apalachee.org. Field Trip birding reports are recorded at ebird, NFB, and with Apalachee Audubon.

Saturday, January 14 Tram Tour at St. Marks NWR

Meet at the St. Marks Visitor Center at 8:45 AM for a birding tram tour. Space is limited. Please call the refuge at (850) 925-6121 to sign up.

Friday, February 24 Tall Timbers Research Station

Meet at the main parking lot at the Henry Beadel house at 8:00 AM. Jim Cox will be leading the trip.

E-mail Helen King at thekingsom@gmail.com if you plan to attend any of the AAS birding trips.

Come bird with us!

In every walk with nature one receives far more than he seeks. John Muir