



"The voice of Conservation in Central Florida"

OASis



*Orange Audubon Society
A Chapter of National Audubon Society and Audubon of Florida*

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This Month's Program: January 15, 2009 - 7:00pm The Genius Drive Nature Preserve in Winter Park: Its preservation and bird life by Bruce Stephenson and Bruce Anderson

The Genius Preserve is a largely undeveloped 48-acre site near the Rollins College campus owned by the Elizabeth Morse Genius Foundation. Starting in 2002, Rollins College Environmental Studies Professor Bruce Stephenson and colleagues drafted an ecological restoration plan for the preserve, which they have since integrated into the Environmental Studies curriculum. As part of the restoration effort, wildlife surveys were initiated with Orange Audubon Society as a key partner. Bruce Anderson, one of Florida's top bird experts, coauthor of *The Birdlife of Florida*, and a long time resident of Winter Park, has led the surveys. We now know that over 100 bird species use the property, some for breeding and nesting, and it serves as a vital ecological stepping stone during migration.

For our January program, Bruce Stephenson and Bruce Anderson will jointly tell us about the preserve and its bird life. Join us on January 15 for a fascinating program.

Deborah Green, Vice-President



*Orange Audubon Society meetings are held
 the 3rd Thursday of every month (Sept -
 June) at 7:00pm in the Camellia Room at*

*Harry P. Leu Gardens
 1920 North Forest Avenue
 Orlando, FL 32803-1537*

For directions, call 407-246-2620

January Field Trip - Merritt Island National Wildlife Refuge

On Saturday, January 17th, OAS will visit Merritt Island National Wildlife Refuge near Titusville. The refuge is known for its wintering waterfowl. For more information about the refuge see: <http://www.fws.gov/merrittisland/>

Meet at 7:30 am in the back parking lot of Burger King on S.R. 50 (Colonial Drive) just east of S.R. 434 (Alafaya Trail). Bring drink, birding gear (spotting scopes are very helpful), and lunch.

Dress with wind across the marsh in mind. Although this is primarily a driving trip along Black Point Wildlife Drive, we will hike about 1 mile. Please join us. If you have questions about the trip, contact us at 407-851-5416.

Mary Keim and Randy Snyder
 Field Trip Committee

Fast Food + Vehicles + Lack of Walkable Communities = Wasted Gasoline and Diesel Fuel

A study by University of Alberta Health Economics Professor Sean Cash found that “there was actually a fairly strong ... correlation between the two, that those cities that had higher obesity and overweight rates tended to have a higher density of at least the larger fast-food restaurant chains, so there were more restaurants per person in those cities.” “All we can say from our study is that looking across cities, there is a very strong relationship between where the fast-food restaurants are more densely located and those higher rates of obesity.”

And how do people get to those fast food restaurants? Most of them drive.

The American College of Sports Medicine has released a Fitness Index that listed San Francisco tops followed by Seattle and then Boston. Chicago, Philadelphia, Washington D.C. and Los Angeles were also in their top rankings. Interestingly, these same cities are on the top ten list of walkable cities (www.walkscore.com). San Francisco rated a 97 out of 100. How do some local communities score? Orlando–86, Altamonte Springs and Mt. Dora–82, Apopka–52 and Winter Park–49.

So if people drive more and walk less and eat at fast-food restaurants rather than at home or at establishments offering healthier options, what may happen? Overweight and obese people end up riding in those vehicles.

So now a study by University of Alberta Health Economics Professor Sean Cash and his doctoral student Douglas King has found that “Growing overweight and obesity rates in the United States continue to increase fuel consumption by adding extra passenger weight to vehicles.” They estimated that the amount of fuel wasted due to Americans being overweight was 1.137 billion gallons, an increase of about 21% over a similar study done in 2006.” Unfortunately, increasing rates of overweight and obesity are occurring in other countries as well, such as China.

What does this all point out? It shows that how we plan our communities (or don't) can have profound economic, health and environmental consequences. Everything is interconnected.

Hope you can get out and walk more in 2009!

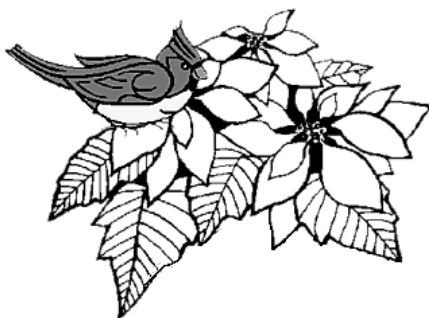
Bob Stamps, President

Harry P. Leu Gardens Bird Survey: Volunteers Needed

Tom Williams, a past president and active volunteer for Orange Audubon Society, is planning to conduct a bird survey of Orlando's own Leu Gardens beginning in January 2009. He needs a few volunteer birders to assist with the project.

If you or someone you know would like to participate, please contact Tom (407-332-5089) for details.

Don't hesitate! Call Tom today!



SAVE THE DATE

January 28, 2009 10-4pm

*Global Warming Workshop for Educators,
hosted by Audubon Center for Birds of Prey*

We are looking for participants who teach others about the environment: educators from nature centers, science centers, community groups, garden clubs, scouts, Audubon chapters, 4-H, classroom teachers and other concerned citizens. Join us for an all day workshop to develop the information and tools needed to reach your audiences. We'll work together to create activities to add to your programs that teach others about global warming and how to engage people in central Florida. This event is FREE, lunch will be provided. You must register for this event. Contact the Center for more details 407-644-0190 or lflannery@audubon.org.

Orange Audubon Seeks Volunteers to Serve on Board

The Orange Audubon Board of Directors is seeking volunteers to serve on the board. This is a great opportunity to get involved and help us fulfill our mission. To be eligible you must be a member of Orange Audubon and have an interest in wildlife and the environment that supports it.

The board is comprised of 20 members and includes individuals from all walks of life. Approximately three seats will become available for the next term which begins in July 2009. The next board meeting will take place at 5:30pm in the Camelia Room at Leu Gardens on January 15th 2009. Feel free to join us if you are interested. You may also contact Tom Rodriguez at 407-905-0054 if you would like to serve on the Orange Audubon Board of Directors.

The Orange Audubon Society (OAS) promotes the understanding of and an interest in wildlife and the environment, recognition of the intangible values in the remaining natural beauty of Florida and the World, and the responsibility for the conservation of these remaining resources.

Orange Audubon Society
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The OAS is published monthly from September through June and is sent free to all members of Orange Audubon Society.

<http://www.orangeaudubonfl.org>

Fun, Education & Fundraising

On February 7, 2009, Orange Audubon Society (OAS) will again co-sponsor the Orlando Wetlands Park (OWP) Festival. By co-hosting, OAS has the opportunity to benefit the community at this celebration by leading nature and photography hikes, co-leading bus tours, and talking to attendees about our conservation and education programs, aided by our display board. Additionally, we will be trying to raise funds to fulfill our annual budget by selling our nature-oriented merchandise consisting of adult and youth t-shirts, nestboxes, tote bags, caps, signs, books, etc. We would love to also offer our kids' art table activity at the festival, but we must have additional volunteers to ensure that activity.

Mark the date on your calendar now, but more than that, please call and volunteer your time. Please contact Randy Snyder (407-851-5416; rsnyder11@cfl.rr.com) — who is coordinating OAS' participation in the event and will be organizing OAS' field trip leaders — to volunteer or ask questions about these educational tours. Loretta Satterthwaite (407-886-2925; LNS-OAS@att.net) or Teresa Williams (407-644-0796; mwilliams@cfl.rr.com) will be happy to take names or answer your questions regarding the merchandise sales, the conservation/education displays or the kids' art activity.

This is a well-attended and lots-of-fun event, so plan now to come out and learn about Orlando Wetlands Park and while you're there, volunteer for a couple of hours to help your chapter. Don't hesitate; please call now.

Loretta Satterthwaite, membership promotion chair, and Randy Snyder, OWP liaison



Butterfly Identification Class

Orange Audubon Society is sponsoring a class on Butterfly Identification. The 7.5-hour class (3 sessions of 2 ½ hours each) is being offered on Saturdays, April 4, 11, 18 from 2:30 p.m. to 5:00 p.m. This class will involve lectures as well as field observation and identification of butterflies at Orlando Wetlands Park and Seminole Ranch Conservation Area in east Orange County. The class is limited to 15 participants. Instructors will be Orange Audubon members Randy Snyder and Mary Keim.



Cost is \$25 for Audubon members and \$40 for non-members. Non-members who join concurrent with registering for class pay member rate. For membership information and/or to register, contact Teresa: mwilliams@cfl.rr.com or 407-644-0796. Make check payable to Orange Audubon Society. Note on check "Butterfly Id Class" and mail to: OAS Butterfly Class, PO Box 941142, Maitland, FL 32794-1142.

Recommended field guide is *Butterflies through Binoculars: Florida* by Glassberg, Minno, and Calhoun, 2000, Oxford Univ. Also recommended are close-focusing (6 ft. or less) binoculars. Eagle Optics Ranger SRT 8x32 (www.eagleoptics.com/index.asp?pid=4699), for example, has a minimum focus of 3 feet. See www.birds.cornell.edu/Publications/LivingBird/winter2005/Age_Binos.html for other binocular suggestions.

Sessions will be held at the Orlando Wetlands Park classroom building on Wheeler Road in Christmas, FL. If you have questions, call or e-mail Randy (407-851-5416, rsnyder11@cfl.rr.com).

**ORANGE AUDUBON SOCIETY
BOARD OF DIRECTORS 2008-2009**

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Gaye Smith (09) 407-249-3969

Ted Smith (09) 407-249-3969

Randy Snyder (09) 407-851-5416

Pete Vogt (11) 407-855-4122

Calendar of Events

January 3, 2009 - Saturday

Quarterly LARA Bird Survey; 7:30am-Noon.
Pam Bowen 386-329-4870/pbowen@sjrwm.com

January 31, 2009 - Saturday

Lower Wekiva River SR Butterfly Survey
Randy Snyder 407-851-5416

January 10, 2009 - Saturday

Lee Tract Bird Survey
Lorne Malo 407-349-2536/407-659-4853(w)

January 15, 2009 - Thursday

General Meeting, 7:00pm, Leu Gardens.
OAS Board Meeting takes place prior to the
General Meeting at 5:30pm. All welcome.
Bob Stamps 407-886-2925

January 17, 2009 - Saturday

Mead Gardens Bird Survey; 8:00am-10:00am.
Dexter Richardson 407-760-8193
dex@dexwine.com

January 21-26, 2009 - Wed-Mon

12th Annual Space Coast Birding & Wildlife Festival
Brevard Community College, Titusville Campus
321-268-5224 or www.nbbd.com/fly/

January 28, 2009 - Wednesday

Global Warming Workshop for Educators
Audubon Center for Birds of Prey, for more info
call 407-644-0190 or lflannery@audubon.org

February 14, 2009 - Saturday

Lee Tract Bird Survey
Lorne Malo 407-349-2536/407-659-4853(w)

February 19, 2009 - Thursday

General Meeting, 7:00pm, Leu Gardens.
OAS Board Meeting takes place prior to the
General Meeting at 5:30pm. All welcome.
Bob Stamps 407-886-2925

February 21, 2009 - Saturday

Mead Gardens Bird Survey; 8:00am-10:00am.
Dexter Richardson 407-760-8193
dex@dexwine.com

February 28, 2009 - Saturday

Lower Wekiva River SR Butterfly Survey
Randy Snyder 407-851-5416

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