



**May 2024 Newsletter**  
of the  
**Rockbridge Bird Club,**  
encouraging  
the enjoyment, knowledge, &  
conservation of birds in the Rockbridge Area

**Calendar**

**Sat., May 4, early** — Half-day field trip to Apple Orchard Mountain led by Dick Rowe \*

**Sat., May 11, 8 a.m.** — Second Saturday at Boxerwood \*

\* see article below

Birds matter not least because amazing migrations remind us  
what an interconnected web we live in, from pole to pole.  
—Bill McKibben, author & environmental advocate

**Trip to Apple Orchard Mountain on May 4**

Dick Rowe will again lead us on our annual half-day excursion to Apple Orchard Mountain to welcome back wood warblers and other spring migrants. There are two options for joining the trip: meet at the Lexington Food Lion parking lot at 6:30 a.m. to caravan to the Parkway, or meet the group at 7:30 a.m. at the Sunset Fields pull-off (mile marker 78.4). From there, we'll follow the access road on foot to the top of Apple Orchard Mountain, a gradual up-and-back walk of approximately two miles, stopping often to look and listen. We'll return to Lexington mid-afternoon.

We look forward to hearing a variety of wood warblers and catching glimpses of them as they flit through the trees, and we're likely to see returning Vireos, Tanagers, and Rose-breasted Grosbeaks.

Don't forget to wear sturdy shoes & bring binoculars, water, and snacks. For more information or weather updates, check Rockbridge Bird Club on Facebook or send email to Wendy Richards (richardsw@wlu.edu).

**Second Saturday Bird Walk at Boxerwood, Saturday 11 May at 8 a.m.**

We'll meet at the Boxerwood parking lot for a stroll of about two hours.

As always, wear appropriate footwear and bring binoculars. In the event of a heavy rain the walk will be canceled. For more information, including weather updates, contact Bonnie Bernstein (540-460-9147 or bonnie.bernstein@gmail.com).



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*Black-throated Blue Warbler. Photo by Dick Rowe*

## Help Spring Migrating Birds

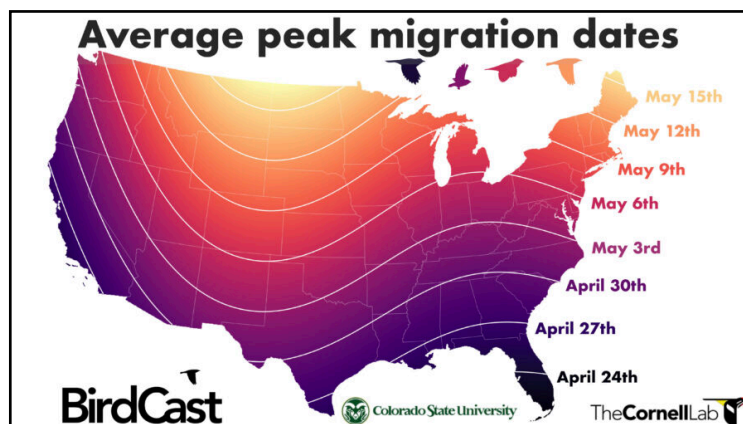
Spring migration is well underway, and there are a few steps we all can take to help birds get safely to where they are going.

Some 2.5–3.5 billion birds will fly northward to their breeding grounds in the United States and Canada – in the dark. That’s why it is critical to reduce lighting at night and treat window glass so that birds can see it and avoid collisions.

To help prevent such collisions, turn out non-essential lighting from 11:00 pm to 6:00 pm, or draw curtains to keep light inside. Modify external lighting with shields to direct light downward. Continue taking these steps from mid-February to mid-June (and again during fall migration) to help protect migrating birds.

Want to track which birds are flying over your roof during spring migration? Visit the [BirdCast website](#), which provides real-time predictions of bird migrations: when they migrate, where they migrate, and how far they will be flying.

— Bonnie Bernstein



## Families join Bird Club birders at Boxerwood



*Photo by Hannah West*

Rockbridge families joined Club members Bonnie Bernstein and John Maluski during our Second Saturday walk at Boxerwood in April. Adults and children received guidance on how to use binoculars, and how to listen for and spot birds in a variety of habitats. One experienced young birder kept track of the species observed by the group.



JOIN THE CLUB by making out a check for \$15 or more per household to Rockbridge Bird Club and sending it, along with your address, email address, and phone number, to Jan Smith, 564 Big Hill Road, Lexington, VA 24450. Thank you.

For more information about the Club, visit our website at [www.rockbridgebirdclub.org](http://www.rockbridgebirdclub.org) and find us on Facebook. Contact the Club by email at [rockbridgebirdclub@gmail.com](mailto:rockbridgebirdclub@gmail.com), or call Laura Neale, 540-261-1909.

*Go on to page 4: more Club info... and one more photo*

### Club Officers

President (vacant)  
Vice President (vacant)  
Kip Brooks, Secretary  
Jan Smith, Treasurer  
Program Chair (vacant)

Wendy Richards, Field Trip Chair  
Laura Neale, Conservation Chair  
Bonnie Bernstein, Publicity Chair  
John Maluski, Membership Chair  
Dick Rowe, Club Ornithologist

Newsletter edited by Alexia Smith. Logo by Jennifer Cox  
Website managed by Bob Biersack  
Facebook page manager needed



*Canada Warbler. Photo by Dick Rowe*