Self-regulation is the ability to flexibly adapt behavior, attention, emotions, and cognitive strategies in constructive ways in response to situational demands. Self-regulation is essential for mental and physical health, academic achievement across the lifespan, and economic well-being in adulthood. Self-regulation develops gradually across the course of childhood, and experience plays a critical role in supporting children’s development of component self-regulation skills. A growing body of research provides evidence that spending time in natural environments—places with trees, grass, and other vegetation—can help children and adults self-regulate.

There are two key ways that natural environments help self-regulation. First, physiological processes involved in our stress-response system are affected by natural environments. The parasympathetic nervous system, which can be considered a “brake” to the “fight or flight” sympathetic nervous system, is activated in natural environments, as evidenced by decreases in blood pressure and respirations. Second, cognitive processes are restored in natural environments, such that attention and working memory performance is better after spending time in a natural environment compared to an urban or barren environment. This presentation to Wachiska Audubon will describe in further detail the ways in which natural environments support self-regulation and applications of this knowledge to everyday life.

Julia Torquati is a professor in the Department of Child, Youth and Family Studies at the University of Nebraska - Lincoln. Dr. Torquati earned her doctorate at the University of Arizona and has been a faculty member at UNL for 25 years. Her research focuses on the ways in which natural environments influence children’s development including cognitive functions, self-regulation, and environmental moral reasoning.

Join our speaker at 7:00 p.m. on Thursday, September 12, at Lincoln’s Unitarian Church, 6300 A Street. Free parking is available in the church lot with overflow parking in the Pius High School lot across the street to the west. There is easy access to the church with no steps and plenty of space for visiting with the speaker and mingling with friends while enjoying refreshments after the program. Invite family, friends, and colleagues to this free public presentation.

Fall Birdseed Sale Coming Next Month

Watch next month’s newsletter for the birdseed sale order form. Pick up dates for the Fall Birdseed Sale will be October 18-19. Orders must be postmarked by Thursday, October 10. Copies of the order form will also be posted on Wachiska’s website at www.WachiskaAudubon.org in a few weeks. Pick up dates and times will be Friday, October 18, 3:00 - 6:00 p.m. and Saturday, October 19, 9:00 - 11:00 a.m. Volunteers are needed to help with distribution at 14th and Arapahoe streets on those days. You can help by indicating so on the order form or by notifying Lana at 402-570-1273. Watch next month for details.
Field Trip
by John Carlini, Field Trip Chair

Nature's Slumber Parties
As summer draws to a close, many birds begin to congregate at favored roosting sites in preparation for their mass exodus to wintering grounds. Sometimes this phenomenon even happens right under our noses in the heart of Lincoln. Waves of grackles can be seen flying overhead at dusk en route to their chosen roost trees where they generate a cacophony that hints at the multitude concealed behind the leaves. Chimney swifts are another example of birds that amass at roost sites before departing for the winter. Chimneys that remain accessible in older buildings can shelter hundreds of swifts per chimney. A swirling racetrack of "flying cigars" forms just above the building, and then the throng begins plummeting straight down into the chimney in an astonishing feat. But birds aren’t the only show in town—migrating monarch butterflies are sometimes found congregating for the night on select trees during their journey south.

Our September field trip will provide an opportunity to search for some of these impressive in-town gatherings during a late-afternoon visit to Whitehead Saline Wetlands where a local great-tailed grackle population congregates in the fall, and red-winged blackbirds may also be amassing. We’ll then head to the downtown area at sundown to count chimney swifts as they stream into one of their chimney roosts. If time allows, we may also swing by Van Dorn Park to inspect a stand of arbor vitae trees where dozens of monarchs roosted last fall. If you’re aware of an old chimney that shelters migrating swifts or have noticed a monarch roost, you can submit your personal counts for those roost sites at the online tracking sites ChimneySwifts.org and Journeynorth.org.

We’ll meet at 5:00 p.m. on Saturday, September 21, in Lincoln at North 27th Street just south of the Interstate, in the parking lot between Cracker Barrel and U-stop. Mosquitoes can be ravenous this time of year, even in town, so full mosquito armor is advised. Other recommended items are appropriate attire for walking around the edge of the wetlands and binoculars and scope if you have them. There is no fee and the public is welcome. If you have questions, call John at 402-475-7275.

Time to Harvest Thickspike Gayfeather
by Ross Scott, Conservation Committee Chair

Help Wachiska harvest thickspike gayfeather (liatris) seed for one of our most successful annual fundraising activities. We’ll gather on Sunday, September 29, at 12:00 noon with a rain date or follow-up harvest on Sunday, October 6.

For those who are new to this task, here are the directions: Go west on “O” Street out of Lincoln to West 168th Street (one mile past Pleasant Dale roundabout). Continue a short distance; at the Pleasant Dale Cemetery, turn north about 200 yards.

Please bring clippers or shears and buckets as well as leather work gloves. We will clip seed heads into buckets and then transfer seed into large bags for transport to the buyer. A successful harvest can bring up to $10,000. Please volunteer to help us succeed. Stay as long as you like. Bring family, friends, prairie enthusiasts, scout troops, and church groups. High school students have helped in the past, and we’ll be happy to sign their sheets for volunteer hours. Everyone will also be able to enjoy some late blooming wildflowers!

A sign-up sheet and more information will be available at Wachiska’s September 12 general meeting. For more information, contact Ross Scott at rocaoak@gmail.com or 402-202-1523.

Thank You to All Birdathon Donors
by Tim Knott, Birdathon Chair

Wachiska’s big fundraising event, the Birdathon, is almost complete. Thanks to your donations directly to Wachiska Audubon or through the Give to Lincoln Day event—and thanks to the matching money provided by the Lincoln Community Foundation and their donors—we will come very close to our goal for the year.

If you are normally a Birdathon donor or you haven’t been able to donate yet, there is still time. Just send your check in an envelope marked “Birdathon” to Wachiska Audubon Society, 4547 Calvert St, Ste 10, Lincoln NE 68506. We will make good use of your generosity in Lincoln and Southeast Nebraska.

I appreciate your support very much, and I know our officers and the Wachiska Board are grateful for your generosity as well. And the birds—we can’t forget how grateful they are, too.
Butcherbirds
by Richard Peterson

Northern Shrike
Shrikes are medium-sized, predatory passerines in the family Laniidae. Their range of food set these songbirds apart. Most shrikes are found in Eurasia and Africa. Those in North America spend the summers in the far north among the spruces and thickets at the edge of the tundra. During the winter they move south, and the one we may see in Nebraska is the northern shrike (Lanius borealis). The genus Lanius in Latin means “butcher.” They are about eight inches long—the size of a robin—and their beak is hooked, like birds of prey.

Other birds are also predatory, but the northern shrike goes a step further. They sit alone within their territory atop fences, wires, and tall branches surveying for food. Besides the usual spiders, beetles, grasshoppers, and other insects that many birds feed upon, they also search out small reptiles and lizards. But the northern shrike doesn’t stop there. Other identified prey include other birds such as the horned lark, black-capped chickadee, common starling, Brewer’s sparrow, white-crowned sparrow, pine siskin, dark-eyed junco. They have been observed hunting a variety of finches and the house sparrows at bird feeders. Small mammals on the menu include the meadow vole, long-tailed vole, vagrant shrew, western harvest mouse, and the deer mouse. This is not what we usually expect from one of our cheery songbirds.

Upon catching their prey, they impale the catch (even the birds) on sharp thorns, spikes, or barbed wire. With the prey dead, and firmly held, they proceed to tear the morsel apart. Unlike birds of prey, they do not have the talons to hold the meal in place. That not eaten serves as a cache to be returned to later. If they catch a Lubber grasshopper, which can be toxic if eaten right after capture, they leave the morsel impaled a couple days until the toxins in the grasshopper have degraded and the morsel becomes edible. The impaling of prey also serves to mark territory and attract mates.

To see these birds in action, search northern shrike, then click on “Video Images.”

Publicity Messenger Still Needed
by Arlys Reitan, Office Administrator

Previously, when I’ve written about birds, I’ve chosen the ones that, to me at least, seem to be quite different from similar birds. They are a bit out of the ordinary. Here is another one that stands out. These are what many refer to as “butcherbirds.”

Insurance Coordinator Needed for Wachiska
by Arlys Reitan, Office Administrator

Wachiska needs a member(s) who could do the following with our chapter’s insurance coverage:

- review our current liability and workers’ comp insurance policies, making notes to summarize the main points and advise the Board if we have the coverage we need, have too much coverage, or whether it’s redundant in what we need
- be willing to review these policies on an annual basis
- determine if bundling the coverage with one company would be advisable, cost efficient, and easier to track

It would seem this task might take a few hours once a year or so after this first review. Wouldn’t it be terrific if two or more people would agree to work together? Would you be able to help Wachiska in this way; if not, could you recommend someone who might be able to do so? We would hope it could be someone already in our membership or who would agree to join our chapter to show an interest, support for the group, and ownership to make prudent recommendations for our small, local, nonprofit organization. This volunteer task is NOT a Board position or a formal committee. Your suggestions and comments would be most helpful to keep our chapter running in a smart, efficient manner. Thank you for your consideration.

Window for Board Nominations Still Open
by Theresa Pella, Vice President

The bylaws provide that nominations may be made until the end of September, so there’s still time! The nominating committee has met and is contacting potential candidates but encourages input from others. Most in need for the coming year will be two directors at large, a recording secretary, and a membership committee chair, but nominations for all positions are welcome. To learn more about the various duties of Board members, go to the “About” tab at wachiskaAudubon.org, then open the Officers/Committee page. Nominations may be sent to President Stu Luttich at rangifer@windstream.net.

Property/Prairie Conservation Review Committee’s Second Meeting Postponed
by Stu Luttich, President

The second meeting of the Prairie/Property Conservation Review Committee, originally scheduled for September 11 at Lincoln’s Gere Library is being postponed due to preparations and deliberations in progress for attempting to acquire grant funding for employing a habitat manager to be specifically responsible for managing Wachiska’s prairie properties. Details for the next meeting will be announced later.
Science Loses Ground to Economics with New ESA Rules
from National Audubon’s website

The Trump administration last month finalized major rule changes weakening core provisions of the Endangered Species Act (ESA), making it easier for economic considerations to shape decisions whether species receive protection under the law.

The new rules were greeted with immediate and sweeping condemnation from conservationists, who see the changes as an unneeded and industry-friendly overhaul of a law whose track record of saving species speaks for itself. “As a whole, the rule changes are political, unwise, and will only increase litigation,” said Sarah Greenberger, senior vice president for conservation at the National Audubon Society, in a press release. “They tip the balance in decision-making against vulnerable wildlife and undermine incentives for effective conservation.”

More than 1,600 plant and animal species currently receive protection under the Act. Proponents say it has prevented the extinction of 99 percent of listed species, and credit the law with saving the whooping crane, Great Lakes piping plover, and grizzly bear, among numerous other species.

Since it took effect in 1973, the law has required that decisions about whether to list species be made based only on the best available science and “without reference to possible economic or other impacts of such determination.” The new changes remove that language.

One change would make it harder to designate areas not currently occupied by a species as critical habitat. Before federal agencies can approve or fund a proposed project on critical habitat, they have to consult with the Fish and Wildlife Service (FWS) or the National Marine Fisheries Service to ensure it won’t cause environmental damage. The new rules set a higher bar for establishing critical habitat—a designation wildlife advocates say will become increasingly crucial as worsening climate change pushes species into new regions.

Critics of the revised rules raised alarms about a fundamental change for threatened species. Since 1978, the FWS has automatically given species designated as threatened the same protection as endangered species. But under the new rules, rather than extending that blanket protection, the government will write new regulations specific to each threatened species. Critics say that could leave species protected on paper by the Act but without any real safety net.

The changes are not retroactive; they apply only to new listings. But they could shape the fate of species like the lesser prairie-chicken which is awaiting a FWS decision. The bird—whose range in the southern Great Plains overlaps with the massive Permian Basin oil formation—was listed as threatened in 2014, but an oil industry group and local counties sued, and a judge later overturned the listing on procedural grounds. Now conservationists worry about what the consideration of economic impacts and the rollback of blanket protections for threatened species could mean for the bird’s future. “They might decide to list the bird as threatened giving it no protection whatsoever,” says Jason Rylander, senior staff attorney with Defenders of Wildlife. “That is now OK under the Act.” Still, the future of these rule changes is likewise murky.

Environmental groups and state attorneys general are vowing to challenge them in court, and U.S. Sen. Tom Udall (D-NM) said on a call with reporters that he and like-minded lawmakers would fight the changes on Capitol Hill. “We need to consider stopping these regulations by any means, including the Congressional Review Act,” Udall said, referring to a law that allows Congress to override rules issued by federal agencies.

Whatever the outcome of those battles, they’ll meanwhile drain time and energy that experts say ought to be spent addressing an urgent biodiversity crisis. “What I continually ask is, ‘how is this going to help deal with the extinction of species?’” says Ashe, the former FWS chief. “When scientists are saying that we’re living amidst the planet’s sixth mass extinction event, when they’re describing insect declines with terms like ‘apocalyptic,’ when they’re saying only four percent of the remaining mammalian biomass on Earth is wild—it’s just overwhelming.”

September Programs at Spring Creek Prairie Audubon Center
by Kevin Poague

Tastes in the Tallgrass – Sunday, September 15, 4:00 - 7:00 p.m.
This is our annual outdoor dinner fundraiser to support prairie conservation at Spring Creek Prairie. Tickets can be purchased on SCPAC’s website.

Third Tuesday Bird Walks – Tuesday, September 17, 8:00 - 10:00 a.m.
Join us for a free guided bird walk along the prairie trails. Free admission every Tuesday. Registration preferred.

Fall Fest: A Prairie Plant Party! – Friday, September 27, 5:00 - 8:00 p.m.
Bring a picnic to our family-fun prairie festival and enjoy music from local musicians, outdoor activities along the trails, and lots more. Native prairie plants will be given away and available for purchase. $5/family suggested donation, children 12 and under free. No registration needed.

Birds & Brews Festival – Sunday, September 29, 1:00 - 4:00 p.m.
Learn about birds and prairie and taste some delicious local craft beers while sampling local food and listening to local tunes. Free tasting cup provided. In partnership with the Nebraska Craft Brewers Guild. $25/adult (21 and older), $35/day of event. Space limited, purchase tickets on SCPAC’s website.

See full details at springcreek.audubon.org. Register at 402-797-2301 or scp@audubon.org.
NOTE: Ordering deadline for 2020 Audubon calendars is October 10—but not a day later. Please get your orders in NOW!

PRICING:

# 1 and # 5 marked $14.99 sell for $16 with tax/shipping included. # 2 marked $17.99 sells for $19 with tax/shipping included. # 3 and # 4 marked $15.99 sell for $18 including tax/shipping. # 6 and # 7 marked $7.99 sell for $9 including tax/shipping. All orders come to the Wachiska office for pick up in mid-November. You will be notified via email or phone. Payment will be due when calendars are picked up. Call or email the Wachiska office to order by October 10, or tell Arlys your order at the October 10 general meeting. NO EXTRA CALENDARS will be available, so place your orders now. These make wonderful holiday gifts. Check the Wachiska website to view this magnificent poster in color! Thank you so very much for your support in this fundraiser for Wachiska Audubon.
Climate Change Update

by Marilyn McNabb

American’s public awareness and concern about climate change is increasing. Meanwhile, the Arctic is seeing an unprecedented number of intense wildfires—in Alaska, Canada, Russia, and even Greenland. According to Caroline Gramling writing in *Science News*, 8/2/19, unusually high temperatures and low precipitation started the wildfire season in June, a month early. She reports that average June temperatures in parts of Siberia were almost 10 degrees higher than the average temperatures there from 1981 to 2010. Increasingly, she writes, “frequent winter warm spells, insect outbreaks, and wildfires have caused plants to lose resistance to freezing, dry out and die, turning large parts of the Arctic brown” and increasing susceptibility to more burning. Once soggy peatlands are drying out. When ignited by a lightning strike, peat can burn for months, releasing large amounts of CO2 into the atmosphere. This is one of the feedback loops climate scientists have warned about.

As the risks of climate change become harder to ignore in the physical world, so too in the financial world. LGIM is one of Exxon’s top 20 shareholders and also one of Europe’s largest asset managers. After years of discussions between LGIM and Exxon about how the company was preparing for climate change, in June LGIM sold about $300 million of its Exxon shares. Kelly Gibblom for *Bloomberg*, 8/6/19, reported that “Some asset managers are deciding it’s risky—for their clients and the planet—to keep shoveling capital into companies with environmentally unsustainable business strategies.” Oil companies’ value, Gibblom explains, depends on investors’ belief that the demand for crude will grow, as it has for a century. Using enormous amounts of data and working for a year, LGIM modelled the market. Uncertainty in demand growth creates massive instability in oil markets, they found. In July, British money manager Sarasin divested 20 percent of its holdings in Royal Dutch Shell worth $42 million because of Shell’s plans to increase fossil fuel production through 2030 (Ron Bouso, *Reuters*, 7/9/19).

An idea for taking action: Contact our Congressman Jeff Fortenberry and thank him for his concern for “environmental security,” (his term) and for his leadership in introducing the important Recovering America’s Wildlife Act, supporting the Challenges and Prizes for Climate Act, and bills to expand R&D on wind and another on solar. Then you might ask him to co-sponsor the Better Energy Storage Technology (BEST) Act. It’s bipartisan with support from three Republicans and three Democrats in the Senate and six Republicans and five Democrats for H.R. 2986 in the House.

“We can produce clean energy from wind and sun, but our challenge is storage technology that makes this emissions-free energy available around the clock,” said Renee Stone, Audubon’s vice president for climate. “Renewable energy sources are maturing fast, and this legislation will help them grow as a share of the grid.” BEST will authorize $60 million annually for five years. Audubon hopes for passage of the legislation as a stand-alone bill or as part of a larger legislative package.

Female Dragonflies Fake Death to Avoid Males

*from Mother Nature Network*

As reported in *New Scientist*, lots of animals will fake being dead to avoid a predator, but it seems a bit drastic to employ such an extreme tactic to evade a member of the opposite sex. That’s exactly the length that female dragonflies feel like they need to go to, however, in order to dodge the pesky advances of male suitors.

The experiences of female moorland hawker dragonflies are probably relatable for females across the animal kingdom: sometimes guys just can’t take a hint. So, when an unwanted male admirer comes a-buzzing, a female will suddenly plunge to the ground and fake her own death.

In a study presented to the Ecological Society of America, the behavior was reported in 27 out of 31 dragonflies observed, a percentage that suggests it could be a far more common tactic than previously realized. Out of these 27 instances, 21 of them proved successful which means that in six instances, a dead female was still desirable enough for the male to attempt copulation. (Come on guys, seriously?)

According to lead researcher Rassim Khelifa from the University of Zurich, Switzerland, it was clear that the female dragonflies were being “deceitful” because as soon as the males flew away, the females would immediately brush themselves off and go about business as usual. To be fair to the females, sex isn’t exactly simple for moorland hawker dragonflies, and repeated copulation can permanently damage their reproductive tracts.

It’s still a surprising behavior—even more surprising that this is the first time it’s been observed in dragonflies despite how frequently the behavior was used among the females studied.

“I was surprised,” admitted Khelifa, who has been studying dragonflies for 10 years.

**What would it take for YOU** to get interested in helping with one of Wachiska’s many tasks? Some could be handled in an hour/week—maybe less when you catch the “bug” and realize how important your efforts are! Contact Arlys in the office for ideas, 402-483-5656; office@WachiskaAudubon.org.
Public Officials

President Donald Trump
1600 Pennsylvania Av NW, Washington DC 20500-0001
Comment line: 202-456-1111
Phone: 202-456-1414 Fax: 202-456-2461
E-mail at website: http://whitehouse.gov/contact

Senator Ben Sasse
1128 Lincoln Mall Ste 305, Lincoln NE 68508
Lincoln phone: 402-476-1400 Fax: 402-476-0605
Wash. DC phone: 202-224-4224 Fax: 202-224-5213
E-mail at website: http://sasse.senate.gov

Senator Deb Fischer
440 N 8th St Ste 120, Lincoln NE 68508
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Wash. DC phone: 202-224-6551 Fax: 202-228-0012
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Congressman Jeff Fortenberry (1st District)
301 S 13th St Ste 100, Lincoln NE 68508-2537
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Congressman Don Bacon (2nd District)
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Wash. DC phone: 202-225-4155 Fax: 202-226-5452
E-mail at website: https://bacon.house.gov

Congressman Adrian Smith (3rd District)
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Wash. DC phone: 202-225-6435 Fax: 202-225-0207
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888-436-8427 or 202-224-3121

Governor Pete Ricketts
Capitol Bldg, PO Box 94848, Lincoln NE 68509-4848
Phone: 402-471-2244 Fax: 402-471-6031
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State Senator ________
District ___ State Capitol, PO Box 94604, Lincoln, NE 68509-4604

State Capitol Switchboard
402-471-2311

Lancaster County Commissioners
County-City Bldg, 555 S 10th St Rm 110, Lincoln NE 68508
Phone: 402-441-7447 Fax: 402-441-6301
E-mail: commish@lancaster.ne.gov

Mayor Leirion Gaylor Baird
County-City Bldg, 555 S 10th St Rm 301, Lincoln NE 68508-2828
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Lincoln City Council
402-441-7515
E-mail: council@lincoln.ne.gov

Lincoln Journal Star
Letters to the editor, 926 P St, Lincoln NE 68508
E-mail: oped@journalstar.com

Join now! Become a Friend of Wachiska Audubon Society!

This local chapter membership provides you with voting privileges and access to all our events, programs, and committees, plus 100 percent of your membership donation goes directly to the Wachiska chapter. In addition, Friend members receive our monthly newsletter, The Babbling Brook, in their choice of print or electronic form.

Friends of Wachiska (local membership)

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- $25 Individual/Friend
- $35 Family Friend
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- $100 Northern Cardinal Friend
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Select the level of support that is right for you and make your check payable to Wachiska Audubon Society. All funds will remain with our local chapter and are tax deductible. Mail to:

Wachiska Audubon Society
Attention: Membership Committee
4547 Calvert St Ste 10
Lincoln NE 68506-5643

I prefer to receive my newsletter by email.

Please note: If you are already a member of National Audubon Society (NAS) or receive the printed newsletter each month. If you wish to join NAS or receive Audubon magazine, please contact the National Audubon Society directly.

American Goldfinch Family

The Babbling Brook  September 2019
2020 Audubon Calendars Available

For the past dozen years Wachiskans, their families, and friends have looked forward to ordering these gorgeous calendars pictured on page 5. High-quality paper and fabulous colors make for perfect holiday gifts. This is a small fundraiser for Wachiska and reaches out to the public whether or not they are chapter members.

Please check out page 5 and select which calendars you’d like. Then call or email Arlys in the office to place your orders. All sales tax, postage/handling charges are included in the prices at the bottom of the article. Order deadline will be October 10; payment due at time of pick up from the Wachiska office. You’ll be notified when they are in, which should be in mid-November.

WACHISKA AUDUBON LEADERS - 2019

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Vice President…………………………………….*Terry Stentz .........................402-202-8819
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*Sam Truax.................................402-325-9012
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Monthly Programs/General Meetings …………..Arlys Reitan ...............WAS office 402-486-4846
Newsletter Editor ……………………………..Arlys Reitan .........................WAS office 402-486-4846
Population/Environment ……………………….*Mary King .....................402-570-3295
Publicity/Public Relations…………………….*vacant ...........................
*Denotes Board member

OTHER ASSOCIATES
Bird Questions .................................Kevin Poague .........................402-797-2301
Facebook Coordinator .........................Benjamin Vogt .....................402-499-5851
Raptor Recovery ..............................Betsy Finch (Elmwood) .........402-994-2009
Executive Director Audubon Nebraska ………*Kristal Stoner ..................402-797-2301
Spring Creek Prairie Audubon Center Director ....*Meghan Sittler ...........402-797-2301
Webmaster ..........................Roxanne Smith ....................402-477-1319

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Remember Wachiska Audubon When Shopping Online

Every time you order from Amazon, please consider logging into smile.amazon.com. Make Wachiska Audubon Society your permanent designee for a five percent discount on whatever you purchase at no extra cost to you.

Wachiska Audubon Society’s financial records are available for examination in the office.

A Gift to the Future

A bequest to Wachiska Audubon Society is a gift to future generations enabling our natural heritage to continue. For wills, trusts, and gifts, our legal name is Wachiska Audubon Society. Our Federal Tax ID number is 51-0229888.