



The Huntington-Oyster Bay Audubon Society Newsletter

Serving from Fort Salonga in Suffolk County to Oyster Bay and Centre Island in Nassau County

Volume 14, Issue 3
September - December 2026

The mission of the Huntington-Oyster Bay Audubon Society is to protect wildlife and preserve habitat through conservation action, advocacy, and education. This chapter territory serves both Huntington and Oyster Bay townships with its all-volunteer chapter 501c3 non-profit established in 1961.

Board of Directors Officers

President

Christine Suter

christine.HOBAS@gmail.com

Recording Secretary:

Christine Suter

christine.HOBAS@gmail.com

Treasurer

Michael Frank

vonfranz77@gmail.com

Directors

Tess Copa, Education

tescopa@yahoo.com

Michael Frank,

Fundraising & Membership

vonfranz77@gmail.com

Coby Klein,

Conservation/Field Trips

cklein@gc.cuny.edu

Roxana Saravia,

Programs Coordinator

roxiesaravia@gmail.com

Alexandra Martinez

Newsletter Editor

ms.alexandra.martinez@gmail.com

www.hobaudubon.org

@hobaudubon on IG

Letter from the Editor

By Alexandra Martinez

Happy September! Don't forget that summer ends on September 21 - not after Labor Day - so enjoy every moment that's left! Popular trends this past summer were - at least in my online/social media algorithm - 90s nostalgia, a classic Americana summer (Happy 250th, America!), and something called a "soft girl summer." A "soft girl summer" is just a popular online phrase synonymous with slowing down, enjoying the little things, and choosing a more relaxed, carefree lifestyle as opposed to being busy, planned, and stressed all the time.

On a related bucket list I saved with a screenshot, these were some of the goals for a "soft summer":

- ☐ go on morning and evening walks
- ☐ eat breakfast outside
- ☐ get safe sun exposure and vitamin D
- ☐ garden
- ☐ hike, camp, paddleboard
- ☐ spend evenings outside
- ☐ read in a hammock

With the bright summer days fading into late summer nights, the extra time given to us in the summer season is perfect to add simple moments to your mornings and evenings. Being outside is great for the mind, fulfilling for the body, and most replenishing for the soul. It's why telling kids these days to "go touch grass" has become an ever-popular phrase. Those heeding such advice really mean: get off the phones/technology/internet and go be in nature. It's both important and incredibly restorative.

To reign this longwinded tribute to a social media trend back to our purpose here as an audubon society... Every suggestion on the bucket list is not only a potential peaceful piece of your day, but also a way to see, experience, and admire birds. On walks early in the morning around dawn or late in the evening near dusk, you'll be more likely to see herons and egrets actively foraging for food in the waterside towns within our communities. Eat breakfast outside and admire your garden and you'll likely see the goldfinches ripping the petals off of your zinnias and sunflowers too soon to satisfy their seed-based diets. Head to any of our Long Island beaches for vitamin sea and D and you'll laugh at the ten plus different types of silly seagulls you'll see. Paddleboard past the commorants, listen for the owls from your campsite, and enjoy the cacophony of bird sounds in the background to your independent reading on your hammock.

As we transition to autumn (and as someone who is perpetually lusting for summer), I encourage you to try and get a few of these "simple life" checks on your list of to-dos. As the hustle and bustle of the fall takes wind again, you can extend the summer mindset to bring you greater peace! And as always, enjoy the season's birds!

Camp For Kids!

By Michael Frank



(Left to Right) TBD Theodore Roosevelt Sanctuary and Audubon center: Kate Mcfadden, Specialist, CSR & Showroom; Julie Nelson, Education Manager for the Theodore Roosevelt Sanctuary and Audubon Center; Michael Frank HOBAS Treasurer and Board member; Consultant Kevin Long, CSR and Showroom.



Sea Explorer's Group Photo - (Left to Right) Consultant Kevin Long, CSR and Showroom; Vanessa Lockel, Executive Director Cornell Cooperative Extension of Suffolk; Kate Mcfadden, Specialist, CSR & Showroom; Michael Frank HOBAS Treasure and Board member; Tracy Marcus, Marine Youth Education Specialist.

Once again, the Huntington Oyster Bay Audubon Society, supported through a corporate sponsorship with Canon U.S.A., Inc., provided scholarships for local students. Each summer season, the two organizations team up to cover the costs of camp experiences for eager and environmentally-inclined kids at two outdoor adventure spots: the Theodore Roosevelt Sanctuary and Audubon Center (TRSAC) and the Sea Explorers Marine Camp. This year, 12 scholarships were provided to the Cornell Cooperative Extension's Marine Program at the Sport Fishing Education Center at Cedar Beach Marina in Babylon, Long Island, New York. These campers enjoyed an exciting week at the Sea Explorers Marine Camp, where they expressed great appreciation for the opportunity to explore Long Island's marine environment. From fishing and seining to exploring the bay and ocean beaches, campers made the most of their time at the Sport Fishing Education Center.

Seven scholarships were offered to the TRSAC! Each camp session offers children the opportunity to explore and have fun in 14 wooded acres in a safe and secure environment, including hiking, fishing, and time with animal ambassadors. We're thankful for Michael Frank, our Treasurer, who organized these scholarships for HOBAS, and to our amazing sponsors who share our passion for connecting youth with nature through hands-on outdoor learning. Thanks to support from Canon U.S.A., Inc., our members, and the camps and their wonderful staff, the 2026 HOBAS summer scholarship program was another success. We're excited to see what new opportunities we can offer young explorers next year!

My Summer at Theodore Roosevelt Sanctuary

A Reflection from Christopher, Intern

This summer, I had the chance to work as an intern at Theodore Roosevelt Sanctuary. I really enjoyed being outdoors, learning about nature, and helping younger campers with different activities.

One of my favorite parts of the summer was spending time with the animals. I got to see snakes, birds, turtles, and many different plants. One of the coolest moments was getting to hold a snake. It was something I really enjoyed and will remember.

Being an intern also gave me the chance to help younger campers and learn how to be more responsible, patient, and helpful. I liked being able to help others while also having fun and enjoying the outdoors.

My experience at the sanctuary made me think more about my future. One day, I would like to become a science teacher and share some of the interesting things I have learned about nature with others.

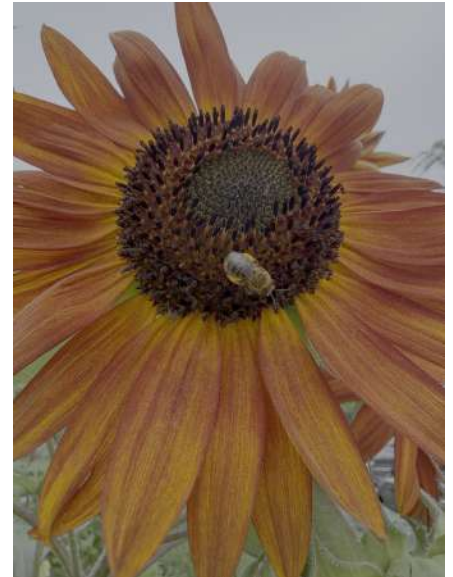
I am thankful that I had this opportunity. I learned new things, met new people, and had a great summer at Theodore Roosevelt Sanctuary.



The Birds And But Also, The Bees!

By Dr. Coby Klein

It's fall migration season and birds are starting to make their way south. That journey requires a lot of energy. Many migrating birds are eating insects and spiders but others are gorging on seeds, nuts, and fruit. Goldfinches are picking my sunflowers clean. Catbirds and mockingbirds flock to the pokeweeds in my backyard. Robins eat cherries throughout the fall and winter. What do all these plants have in common, besides providing a tasty treat for birds? They are all pollinated by insects, most notably bees. And right now, populations of pollinators are decreasing all over North America, thanks to climate change, pollution, and development. Bees especially, are in trouble. According to recent research, nearly 35% of bee species in the US and Canada are at risk of extinction. Bees are in need of conservation actions at every level of government to halt their declines. But individuals can also help in some fairly simple ways. Bees need food, shelter, and refuge. Consider planting native flowers, or installing a bee hotel. Avoid using pesticides on your lawn and garden. Small changes can make a big difference for bees. A handful of flowers in my small yard have attracted more than a dozen bee species over the past few months. Bees pollinate plants that birds can eat and birds disperse the seeds of those plants to provide more food for the bees in a virtuous cycle. If you are concerned at all about birds, please think of bees as well because what's good for one is good for the other.



UPCOMING FIELD TRIPS & PROGRAMS



Join Dr. Coby Klein for Bee Smart: What's The Buzz Around Long Island's Native Pollinators?

Long Island is home to a surprising diversity of native bees, each playing an important role in our local ecosystems. Join us as we explore the many kinds of bees found across the region, their fascinating natural history, and the conservation challenges they face – including habitat loss, pesticides, climate change, and declining floral resources. Learn what we can do to help protect Long Island's remarkable bee diversity.

At the Cold Spring Harbor Library in Large Meeting Room AB on Wednesday, November 11, 2026 from 7:00PM - 8:30PM. To register, email HOBAS President Christine Suter at christine.hobas@gmail.com.

Sunset Low Tide Beach Walks at Crab Meadow Beach, Northport, New York



**Saturday, October 24th at 4PM &
Saturday, November 7 at 4PM**

Join us as we explore beautiful Crab Meadow Beach at sunset during low tide. This is one of the best times to go to the beach, since the receding low tide reveals all kinds of treasures that are usually hidden under the waves. Suitable for all ages. **To register, please contact Education Director Tess Copa at 631-896-2872.**

Fall Garden Tour & Native Plant Workshop

Join HOBAS and the Theodore Roosevelt Sanctuary and Audubon Center for an evening of native plants! The sanctuary is home to extensive native plant demonstration gardens. We will start our evening with a tour of the garden led by TRSAC's native plant expert. We'll learn about what's in bloom and the benefits of native plants in creating bird friendly habitat. After the tour participants will collect different varieties of perennial native plants and collect seeds to bring home. Autumn's gift for next year's blooms!



**Wednesday, October 7, 2026, 5:30PM- 7:30PM
Theodore Roosevelt Sanctuary and Audubon Center
Please visit www.audubon.org/events to RSVP;
Registration starts on September 18th.**

Huntington-Oyster Bay Audubon
PO Box 735
Huntington, NY 11743



Did you attend the Sweetbriar Birds of Prey Program this past June?

If so, you're probably thinking about Diego, Turnip, Galaxy, Aria, and Aurora, the ironically incredibly sweet predators - two of which we got to pet and pose with! If you weren't able to attend, you should absolutely be jealous! Tim McDougal of the Sweetbriar Nature Center brought five birds of prey to the Cold Spring Harbor Library for a fantastic program on raptors. As a teacher, one of my favorite parts of the program was listening to how engaged the children attendees were and the informed and interesting questions they asked during the presentation. Is the screech owl nocturnal? (apparently not all owls are nocturnal, only 68% are, while 3% are diurnal) What is the owl's favorite type of prey? (mice probably) Can the falcon see as far as a hawk? (yes) Does she eat corpses like other things or does she eat fresh prey only? How do they control their feathers if they don't have any blood or guts? Does the species you're holding right now have any natural predators? The questions these kids were asking were as fascinating as the presentation itself! And kids and adults alike were thrilled at the opportunity to pet Aurora the spectacle owl (like in Winnie the Pooh) and pose with Aria, the crepuscular Eurasian Eagle Owl whose eyes were orange because she hunts at sunrise and sunset.. Angela Roberts of Centerport was in attendance of the program and shared: "It was a wonderful experience, a privilege, to see these beautiful creatures at such close range. The experience was further elevated by the tremendous knowledge of the presenter. His passion and respect for the raptors in his care was tangible. He made the evening a wonderful teaching and interactive experience. I would like to think that everybody left there with a great appreciation and respect for these stunning wildlife." HOBAS greatly appreciates the Sweetbriar Nature Center and all they do to educate the public, rehabilitate the wild, and create opportunities for the public to interact with the wild animals in safe and exhilarating moments like these. Give them a follow on Instagram at @sweetbriarnaturecenter and consider making a donation to their organization today that directly supports rescued and rehabilitated wildlife.





Annual BIRD SEED FUNDRAISER

October 31st, 2026 10am-4pm

Huntington-Oyster Bay Audubon

Early Bird pick up: Wednesday Oct. 28th- Friday Oct. 30th 10am-6pm

Wild Birds Unlimited, 625 Jericho Turnpike, Syosset 11791 (516)-226-1780

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

e-mail _____

Qty	Description	Price Per Unit	Total Price
	20 lb No Mess Blend	60.00	
	20 lb Deluxe Blend	40.00	
	20 lb Black Oil Sunflower	40.00	
	20 lb Whole Sunflower Kernels	62.00	
	20 lb Safflower Seed	50.00	
	20 lb Finch Blend	61.00	
	20 lb Shelled Peanut Splits	55.00	
	Case (12) of 11.75oz Naturally Nuts Suet	50.00	
	Case (12) of 11.75oz PB&J Suet Cakes	50.00	
	Subtotal		
	Seniors 10% discount		
	Additional contribution		
	Grand Total		

For more information about our events and programs, visit us at www.hobaudubon.org

Thank you for supporting us!

Proceeds from this fundraiser will benefit Huntington-Oyster Bay Audubon's conservation and education initiatives.

Please circle day you plan to pick up your order:

Wednesday, October 28th
Thursday, October 29th
Friday, October 30th
Saturday, October 31st

Orders must be received by Wednesday, October 7, 2026

RETAIN FOR YOUR RECORDS - PLEASE RECORD ORDER ON BACK OF THIS SLIP

Please pick up your birdseed order in Wild Birds Unlimited of Syosset. Your birdseed will be transferred to your vehicle by our staff and volunteers. **Seed not picked up by 4pm November 1st will be donated.** Extra seed, as well as gift items and bird feeding supplies can be found in the store. **If using GPS, enter 625 Jericho Turnpike, Syosset for directions.** Please make check payment by Oct 7th, 2026 payable to Huntington-Oyster Bay Audubon Society. Mail to:

HOBAS Bird Seed Sale

PO Box 735

Huntington, NY 11743

Please contact Michael Frank, HOBAS Treasurer, at (631) 252-1082 should you have any questions.

Huntington-Oyster Bay Audubon - Annual Bird Seed Fundraiser

Seed Descriptions:

- **No Mess Blend**– A high-quality, no-waste mix without shells. Contains 65% medium sunflower chips, 15% diced/chopped/small peanut pieces, 10% hulled white millet. Will attract most winter feeder birds including nuthatches, woodpeckers, cardinals, juncos, white throat sparrows and titmice.
- **Deluxe Blend** – A combination of high-oil content seeds with shells. 63% black oil sunflower, 25% white millet, 10% safflower, 2% striped sunflower. attracts a large variety of birds.
- **Black Oil Sunflower** – A favorite of almost all seed-eating birds, your feathered friends will happily fill up on this high fat seed.
- **Whole Sunflower Kernels** – Whole sunflower seed kernels. No shells, **no waste**. An excellent feed. Everyone loves this.
- **Safflower Seed** – The cardinal's choice! Glossy white seeds are the **favorite food of cardinals**. Also eaten by chickadees, finches, and doves. Ignored by squirrels, starlings, and blackbirds. An excellent seed for year-round feeding.
- **Finch Blend**: A 50/50 mix of Nyjer and fine sunflower chips, which helps attract even more birds to your finch feeder such as chickadees and downy woodpeckers.
- **Shelled Peanut Splits** – Peanuts are the best single source of protein and fat for birds and a great addition to the choices you offer in your yard. Woodpeckers, nuthatches, blue jays, tufted titmice and chickadees love this!
- **Suet Cakes** – Each 11.75oz cake fits in a wire suet cage. High protein and fat content with no waste, no fillers and real fruit! Woodpeckers love suet and so do other birds!

Reminder - All orders due by Friday, October 7th, 2026. Thank you for your continued support!

It is always a good idea to keep feeders clean by following these steps:

1. Clean feeders and bird baths with soap and water at least once a week, then disinfect with a 10% bleach solution to prevent potential infectious disease spread between birds and other wildlife. 2. After cleaning, rinse well with water and allow to air-dry. 3. When handling bird feeders and baths be sure to wear disposable gloves and wash your hands when finished. 4. Keep pets away from sick or dead birds as a standard precaution. 5. To dispose of dead birds, place them in a sealable plastic bag and discard with household trash. This will prevent disease transmission to other birds and wildlife.

Source: NY Audubon

For Customer Use: Record your order here.

Qty	Description	Total
	20 lb No Mess Blend	
	20 lb Deluxe Blend	
	20 lb Black Oil Sunflower	
	20 lb Whole Sunflower Kernels	
	20 lb Safflower Seed	
	20 lb Finch Blend	
	20 lb Peanut Splits	
	Case (12) of 11.75oz Naturally Nuts Suet	
	Case (12) of 11.75oz PB&J Suet Cakes	

Wednesday, October 28th

Thursday, October 29th

Friday, October 30th

Saturday, October 31st

Customer Reminder

Please circle the day you plan to pick up your order