



July 2024 Update

This Month's Features

- ✦ A Successful Bird-A-Thon
 - ✦ Singing for Lost Birds
 - ✦ Limiting Your Exposure to Water Contaminates
 - ✦ Bird Alliance Meeting
-

Thursday Birders

July 4th
Holiday Break!

July 11th

Location: Oak Flat Picnic Area
Time: 8am to 12 pm
Leader: Susan and Jim Hunter

July 18th

Location: Embudito Canyon
Time: 8am to 11am
Leader: Darlene Benedict

July 25th

Location: Ojito de San Antonio Open Space
Time: 8am to 11am
Leader: Brian Anderson

Please Check

<https://www.bacnm.org/thursday-birders/>
For last minute changes and updates

Calendar

July 20th

Learn to Birdwatch

Location: Matthew Meadows Park, 3300 Mateo Prado NW, Albuquerque, NM 87107

Time: 9am to 11am

Come explore an easy, new hobby with the OpenSpace Division as we talk about birding! Learn how to identify common species and the best locations around the city to spot our feathered friends. Not only will you get the chance to practice binocular and field guide use, but this ~1 mile guided walk will include experts from the Bird Alliance of Central New Mexico helping participants practice their new skills. Free, but registration recommended at

<https://www.cabq.gov/parksandrecreation/open-space/events/learn-to-birdwatch-july>

<https://www.bacnm.org/calendar/>



A Successful Bird-A-Thon

By Laura Banks and Lee Hopwood



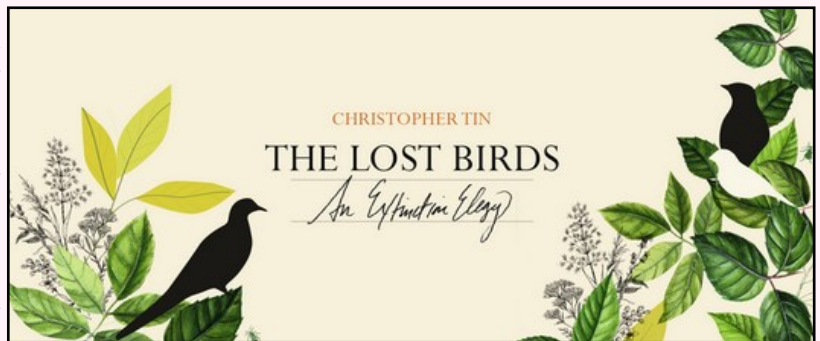
The Olympics of Birding? Well, maybe not. But the 2024 Bird-a-Thon sure had some champions! Many people were involved as birders or donors, and we thank them all. The event raised a total of \$1,034 which will be used to support our Youth Education programs. Team Desert Thrashers (or 'The Coots') won all categories with 107 species recorded and \$335.00 raised. This team included Nolina Bryant, James Rhodes, Allison Schacht, and Michelle Dent who birded from Escondida Lake, Bosque del Apache, Sevilleta, Box Canyon Road, and Cibola NF. They had additional donors: Nadine Ullibarri-Keller and V. Graham. In second place were The Northern Shovelers with 74 species recorded and \$149.00 raised. This team included Rebecca Gracey, Joe Schelling, and Leah Henzler. They birded from Caballo Lake, Las Animas Creek, Elephant Butte Lake, Ralph Edwards Park, and Percha Dam. Other fundraisers included Board member Perrienne Houghton who birded

with Brian Anderson to raise \$92.00, and Denise Jones, also on the Board, who counted 26 species and had 8 sponsors totaling \$200.00 in donations. Additional donors for the Bird-a-Thon included Judy Liddell, Lannois Neely, and Melissa Howard. We are so proud to have so many dedicated supporters who use their love of birds to help advance our mission of conservation through birding. Go team!

Singing for the Lost Birds

By Laura Banks

The Bird Alliance of Central New Mexico has been invited to collaborate with *Quintessence: A Community of Singers* for their 12th Annual Summer Choral Festival. Quintessence, an Albuquerque area non-profit, holds a festival each summer to offer workshops and to bring together novice and experienced singers to rehearse and perform a major musical work. This year they have chosen to perform *The Lost Birds*, by Christopher Tin. The work is described as “a



musical memorial to bird species driven to extinction by humankind. Sweeping and elegiac, it's a haunting tribute to those soaring flocks that once filled our skies, but whose songs have since been silenced. It's a celebration of their feathered beauty: their symbolism as messengers of hope, peace, and renewal. But it's also a warning about our own tenuous existence on the planet: that the fate that befell these once soaring flocks foreshadows our own extinction.” The performance will take place on Sunday, July 28th at 3:00pm in the performance space at V. Sue Cleveland High School in Rio Rancho. Volunteers from the Bird Alliance will conduct a workshop on bird song, lead a sunrise bird walk for festival attendees, and host an information table at the concert. If you would like to attend the six rehearsals and participate as a singer in this amazing event or attend the festival workshops, please visit the Quintessence [website](#) to register. Concert tickets to *The Lost Birds* for those who wish to enjoy the results of the singers hard work and dedication can be purchased on-line [here](#). There will also be a Kids' Choir program with a bird theme on July 26th at 12:00pm at St. John's United Methodist Church (2626 Arizona St. NE, ABQ, suggested donation \$10).

Join or donate to

Bird Alliance of Central New Mexico

<https://www.bacnm.org/join-donate/>

Join the Nation Audubon
Society Today

<https://act.audubon.org/onlineactions/DH8frTkoC0qHjXF9#ZC8Rw2>



Water Report: Limiting Your Exposure to Water Contaminates

By George Perry Climate and Conservation Committee

In my last article here I informed you about the concern of PFAS in our water supplies. While I hope this was beneficial, there is another area of knowledge that might be of a more personal concern. Knowing that our water has some level of PFAS as well as other possible substances that could possibly have some risk to your health I thought I would share some actions you can take to reduce your exposure to these chemicals.

First, let's consider your drinking water. In many cases this is just tap water or maybe bottled water. One of the best ways to improve your tap water and/or save on bottled water purchases is to install a Reverse Osmosis (RO) filter on your kitchen sink. These filters are highly effective in removing almost all potential contaminants. There are some caveats, however, so let's look at the Pros and Cons of these filters.

An AI search revealed this.

- RO filters are extremely effective at removing up to 99% of contaminants like lead, mercury, arsenic, fluoride, nitrates, chlorine, bacteria, viruses, and total dissolved solids (TDS) from water. Over 1,000 contaminants. Reverse osmosis (RO) filters are highly effective at removing PFAS from drinking water.
- While highly effective, RO filters do not remove all contaminants. Some volatile organic compounds (VOCs) and certain dissolved gases may pass through the membrane.
- RO filters require regular maintenance, such as changing pre-filters and membranes, to maintain their effectiveness. If not properly maintained, RO systems can potentially increase contaminant levels in the water.

A major drawback of RO systems is their high water waste. Typical RO units waste 3-5 gallons of water for every 1 gallon of filtered water produced. However, newer, more efficient RO systems can operate at a 1:1 ratio, minimizing water waste. (Note, Using a grey water system can nullify this waste)

RO filters remove beneficial minerals like calcium and magnesium along with contaminants, which can make the water taste flat. Several RO systems include a remineralization stage to add back essential minerals for better taste.

In summary, while highly effective at contaminant removal, RO filters have some drawbacks like water waste, mineral removal, and the need for proper maintenance. For households with high-quality municipal water (e.g., No PFAS), more cost-effective alternatives like carbon filters may suffice, but RO is recommended for heavily contaminated water sources.

Second, let's consider bottle water. Specifically those bottled in plastic. As you may have read or seen in the news, a larger number of water bottle producers have been shown to have significant amounts of plastic in the water itself.

Another AI search revealed:

Researchers from Columbia University and Rutgers University detected an average of around 240,000 plastic particles per liter of bottled water, with 90% being nanoplastics (less than 1 micrometer in size) and the remaining 10% being microplastics. This translates to between 110,000 to 370,000 particles in each liter, with the most common types being nylon, polyethylene terephthalate (PET), and others likely originating from the bottle itself or the filtration process.

<https://abcnews.go.com/GMA/Food/massive-amounts-tiny-plastics-found-bottled-drinking-water/story?id=106250289>

Note: the extent that nanoplastic consumption by humans may pose a health threat is not clear yet.

Apparently, according to what I read, this applies to most brands of plastic bottled water. I think we would have to say that this is a disturbing set of facts. Not to mention we really can't recycle plastic bottles and they end up in a landfill and thus eventually contribute to more microplastics in our environment.



Bird Alliance Meeting

By Laura Banks

The Bird Alliance of Central New Mexico held its Annual Meeting on June 1st at Doc Long Picnic Area in Cedar Crest. There were twenty people in attendance and one Acorn Woodpecker. We spent a lovely morning catching up with friends, noshing, and discussing our chapter goals and activities. We discussed how our chapter is aligning our activities with the National Audubon Society's strategic plan, called the Flight Plan, with focus on habitat conservation, public policy, climate change, and community building. Our chapter Treasurer provided a financial report, explained the purpose of our various financial accounts, and showed our chapter to have a good bill of financial health. She announced that our chapter has received two grants for our program work, one from Bernalillo County for \$5,000 and one from the National Audubon Society for \$15,000. She also announced the results of the Bird-a-thon fundraiser (see the article in this newsletter). Board members provided information about our successful monthly education programs, our new bird walk partnership with the City of Albuquerque Open Space Division, and our climate and conservation activities including a visit to the 2024 legislative session and the very exciting Audubon Mural project that will result in three beautiful and educational bird murals at the Albuquerque Zoo. We concluded the morning with some great mountain birding. We missed those of you who were unable to attend. I was honored to lead this meeting of dedicated bird-lovers in my first action as chapter President!

Members' Photos of the Month



We would love to show off your bird photos!

WE CAN'T SHOW OFF YOUR PHOTOS IF YOU DON'T SEND THEM!

For the "August Update" we want to see your pictures from your Thursday Birding Trips OR a bird photo you have recently taken that you would love to share.

[Submit your photos here](#) or Email them to Jordan Graham- thisnomadiclife@gmail.com

PLEASE PUT "BACNM AUGUST PHOTO - 'YOUR NAME'" as the header/ subject!

*not all pictures can be posted. I might have to do some minor cropping for formatting and layout. By sending us your pictures you give the Bird Alliance of Central New Mexico permission to use said photos with credit in their newsletters and on their website.