

Wild Friends of Reinstein Woods

Whether year-round residents or seasonal stayers, birds are valuable assets to forest ecosystems. Learn about some of the birds that can be found throughout the year at Reinstein Woods!



Spring

Warblers are some of the most interesting birds to observe during the spring migration. Wood warblers play an important role in forest ecosystems due to their insectivorous diet, which helps keep pest species, like moths and bark beetles, in check. While chestnut-sided warblers thrive in brushy habitats once dominated by forests, other warblers, including the common yellowthroat, are declining due to loss of suitable habitat. However, land-use changes aren't their only conservation challenge. Many birds, including warblers, complete the bulk of their migration at night, using the stars to navigate. Light pollution has a disorienting effect on birds and contributes to increased fatalities. By

reducing unnecessary lighting and participating in Lights Out programs, you can help support migratory birds.



Summer

We share many of our summertime birds with the tropical forests of Central America, where they overwinter. Catching a glimpse of vibrant songbirds such as the Baltimore oriole and indigo bunting can be especially thrilling. During summer, yellow-bellied sapsuckers can be found in forested areas where they feed on sap and insects by drilling neat rows of sapwells into trees. Unlike other woodpeckers native to the area, sapsuckers are true migrants.

Ruby-throated hummingbirds, who feed from woodpecker sapwells, imitate the migratory pattern of sapsuckers and are known to fly as far south as Panama, despite weighing less than a nickel.



Winter

It's often easiest to appreciate our year-round residents, like the familiar northern cardinal, cheerful black-capped chickadee, and stunning red-bellied woodpecker during the cold and quiet winter months. In fact, these species are quite adaptable and, as a result, do not migrate. Cardinals, already abundant, are expanding their range northward, as are red-bellied woodpeckers. In winter, black-capped chickadees form social flocks composed of nuthatches, titmice, kinglets, and others. Winter is an excellent time to participate in

citizen science efforts like Project FeederWatch, which helps ornithologists build a continental dataset of bird distribution and abundance.



Fall

As summer ends, many birds begin to leave us for warmer climates, yet others are only just arriving from even farther north! One such species is the ruby-crowned kinglet, who flies south from the northern forests of Canada and passes through Western New York during fall migration. A similar species, the golden-crowned kinglet, is found here year-round, though it too is migratory. Fall is a great time to find these tiny birds, as they're often found foraging low in the canopy in small flocks. Kinglets feed mostly on insects—including pests such as parasitic scale insects, gnats, and bark beetles—and as a result, are negatively impacted by pesticides, among other threats such as warming temperatures and habitat loss.

