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Winter Antidote: Spring Birds!

Sign up now for annual Cornell Lab of Ornithology course

Ithaca, NY--Take the edge off our long, cold winter by registering now for the annual Spring Field Ornithology course offered by the Cornell Lab of Ornithology. It takes place over eight weeks, from March 25 to May 17—the 32nd year for this very popular course.

“The days are getting longer and soon we’ll hear the first spring bird songs,” says course leader Steve Kress, the National Audubon Society’s vice president for bird conservation. “Since its beginning in the spring of 1976, my vision for the class has remained the same—to provide a fun, introductory birding experience that helps people learn more about local birds and where to find them.”

New birders are especially welcome. There are no tests and no homework. Wednesday evening lectures in the Cornell Lab auditorium cover such topics as “How to identify birds and use binoculars,” “Bird song and courtship,” and “Gardening for birds.”

Optional weekend field trips to birding hot spots provide plenty of opportunities to put new learning into practice. Day trips, led by experienced guides, include stops at Derby Hill at the southern end of Lake Ontario, the Arnot Forest near Ithaca, and Braddock Bay near Rochester. For overnight birding trips, it's become tradition to head for Montezuma National Wildlife Refuge at the north end of Cayuga Lake as well as the Forsythe and Cape May National Wildlife Refuges in New Jersey.

The cost of the course is \$150 for lectures, \$150 for the field trips, or \$290 for both sections. An additional fee is required for the overnight trips. Call 607-254-2466 to sign up (outside Ithaca, 800-843-2473). You can find out more about the course schedule or sign up via the Lab’s secure server by visiting the Spring Field Ornithology web site at www.birds.cornell.edu/sfo. You can also email any questions to sfoclass@cornell.edu.

The course is sponsored in part by [Wild Birds Unlimited at Sapsucker Woods](#) and the [Plantsmen Nursery](#). Both will offer advice and materials to help students create backyard habitat attractive to birds.

If you took the course years ago, come back to brush up on your skills. If you’ve never even considered birding, try something new and reap the benefits of time spent in the great outdoors!

Contact:

**Questions about SFO: George Dillmann, (607) 254-2466,
gjd24@cornell.edu**

Note: A high-resolution image of SFO birders is available for media use. Contact Pat Leonard at pel27@cornell.edu.

The Cornell Lab of Ornithology is a membership institution dedicated to interpreting and conserving the earth’s biological diversity through research, education, and citizen science focused on birds. Visit the Lab’s web site at www.birds.cornell.edu.