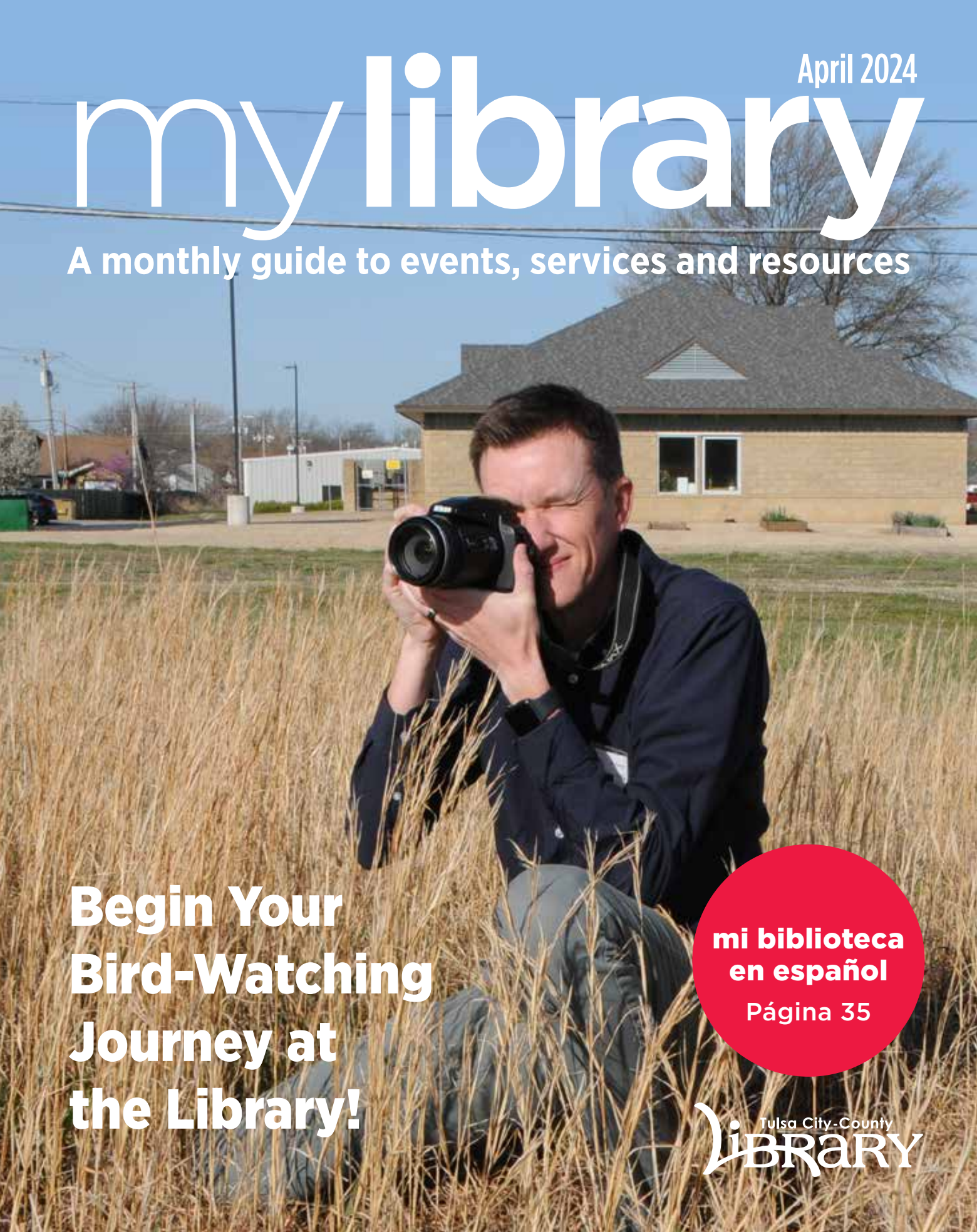




April 2024

mylibrary

A monthly guide to events, services and resources

**Begin Your
Bird-Watching
Journey at
the Library!**

**mi biblioteca
en español**

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Tulsa City-County
Library

FLY INTO THE HARMONIC WORLD OF BIRD-WATCHING

By Alex Mullin, TCCL communications specialist



Katlin Seagraves, TCCL IT technician, became a birder as a result of her hiking habits. “I’m a slow hiker. When I first started hiking more often by myself, I liked to look at rocks, plants and moss. When I slowed down my hikes even more, I noticed that birds come out and show their personality more.”

In this way, bird-watching can become a practice in mindfulness – a way to slow down and find presence in the moment. It’s also a great excuse to spend a little time with nature. “Birding is a quiet activity, and sometimes you don’t see any birds,” said Seagraves. “But even a failed birding trip is time outdoors.”

Bird-watching is a great solo activity, but you also can enjoy it with others. Find community in the local birding scene through these events at TCCL and beyond:

- **Tuesday Morning Birders, hosted by the Tulsa Audubon Society:** Tuesdays, 8 a.m., LaFortune Park
- **Saturday Morning Birding, hosted by Oxley Nature Center:** Saturday, April 6, 8-9:45 a.m., Oxley Nature Center
- **Saturday Morning Birders, hosted by the Tulsa Audubon Society:** Saturday, April 13, 8 a.m.-noon, Mohawk Park
- **Homeschool Fun Friday – Bird-Watching:** Friday, April 19, 1-2 p.m., Charles Page Library
- **Birding for All:** Saturday, April 20, 11 a.m.-noon, Glenpool Library
- Find details about events hosted by Oxley Nature Center and the Tulsa Audubon Society at www.tulsaaudubon.org/calendar.



RESOURCES FOR BIRD-WATCHING

While no tools are required for bird-watching, items like binoculars can help you spot hidden or faraway birds, field guides can help you learn more about the birds you see and journals can help you document your bird-watching experiences.

“If you’re visiting a park, stop and talk to a volunteer or staff,” Seagraves advised. “They will have some good tips. A lot of parks have information on what birds you can spot on their property, and some even have binoculars and guide books to use during your visit.”

The more you learn about birds, the more exciting it will be when you spot them in the wild! Scan the QR code below for a list of items all about birds and bird-watching that are available through the library.

Plus, Libby has magazines like *BirdWatching*, *Audubon Magazine*, *Birds & Blooms*, *Birds of North America*, *Birdwatch* and more. Use Libby online at www.libbyapp.com or download the app from your device’s app store.

Richard Why, manager of the Glenpool Library, recommends the Merlin Bird ID app. “It has great pictures and even a function that can listen to calls in order to identify birds.” This free app is available for Apple and Android devices.



LOCATIONS FOR BIRD-WATCHING

The best place to get started with bird-watching is probably your own backyard. I met my new favorite bird, the Northern flicker, by looking at my backyard with more intention. I was able to identify this beautiful little woodpecker just by inputting a description of its markings to Google.

You can attract more birds to your yard with birdhouses or feeders. Make your own at the following events or scan the QR code below for a list of items to make at home.

- **DIY Bird Feeders:**
Wednesday, April 3, 4:30-5:30 p.m., Skiatook Library;
Tuesday, April 23, 4-4:45 p.m., Schusterman-Benson Library
- **Gardening Gala:**
Monday, April 22, 2-3 p.m., Herman and Kate Kaiser Library



Another great place to spot birds is at the library! TCCL locations with bird-watching features, like big windows or feeders, include Herman and Kate Kaiser, Charles Page, Schusterman-Benson, Nathan Hale, Owasso, Broken Arrow, Rudisill Regional and Kendall-Whittier libraries. Find addresses for each branch at the back of this event guide.

Tulsa area parks offer bird sightings as well. Seagraves recommends Oxley Nature Center at Mohawk Park. “They have nine miles of trails that go through wooded areas with plenty of water,” she said. “You can see a variety of woodpeckers, herons, water birds and other common birds. I have spotted a kingfisher, painted and indigo buntings, and even a few limpkins.”

Why recommends Case Community Park in Sand Springs. “There is a bald eagle nest with easy access, the river close by for waterfowl and a long stretch of wooded area along the river that is home to a wide variety of songbirds in the summer.”



GIVE IT A TRY

Next time you're outside, whether walking to your car, sitting on your porch or strolling down River Parks, take a moment to look and listen. Do you see or hear any birds tweeting? Can you identify where the sounds are coming from? If you see a bird, what does it look like? Record your bird sightings below, or use this template as a guide to create your own birding journal.

DATE AND TIME: _____

LOCATION: _____

DESCRIPTION:

Wings: _____

Head: _____

Beak: _____

Legs/feet: _____

Special markings: _____

BEHAVIORS (What was the bird doing? Was it alone?):

mi biblioteca

Abril 2024

Una guía mensual de eventos, servicios y recursos de la Biblioteca de la Ciudad y Condado de Tulsa



Una Colorida Primavera

Escrito por Ana Davis, asistente bilingüe de servicio al cliente, Biblioteca Regional Martin

Has escuchado la frase: “me he convertido en la señora de las plantas” y digo esto porque mi mejor amiga me lo ha dicho más de una vez ¡ajaja! son palabras que continuamente se repiten en personas de todos los géneros cuando deciden tener a su cuidado plantas de ornato, normalmente

en ambientes urbanos. Pero, la primavera llegó, y la armonía y el colorido de las plantas también. Si usted es nuevo en el juego de la jardinería y no sabe por dónde o como empezar, acércate a tu biblioteca más cercana para conseguir guías en cómo crear tu propio jardín esta primavera.

¿Sabía que el tener un jardín en casa tiene muchos beneficios? Bueno, es que con la llegada de la primavera y el aumento de la luz solar, puede producir cambios tanto en el organismo de las personas como en su entorno social y ambiental. La luz solar es primordial para que nuestro

organismo asimile la vitamina D, ya que, al ser los días más largos, estamos más expuestos a esta fuente de calor y permite un funcionamiento óptimo del sistema nervioso y mantiene sana nuestra estructura ósea.

Por eso vale la pena aprovechar estas fechas para emprender actividades que mejoren la salud. Al elegir las plantas que son nativas de su área, puede ayudar a mantener poblaciones importantes de aves, mariposas, abejas y otros polinizadores, y disfrutar observando estos animales durante toda la temporada.

Así que aprovecha esta temporada y empieza una actividad que te pueda ayudar a mejorar tu salud física, mental y emocional, además de su

innegable función decorativa, tener plantas en tu hogar reduce el estrés, mejora la calidad del aire o absorbe la humedad. Las plantas hacen la casa más bonita, pero tienen más propiedades que la estética. Con tu tarjeta de TCCL, puedes sacar hasta 15 paquetes de semillas para plantar en tu jardín interior o exterior. Todas nuestras semillas son de polinización abierta y la mayoría son autóctonas. TCCL se esfuerza por fomentar diferentes variedades y adaptarlas a la zona, al guardar las semillas, las haces aún más adaptables; guardar semillas requiere un poco de experiencia, pero intentamos que le resulte sencillo. Las semillas se clasifican según su facilidad de conservación en TCCL tenemos muchos consejos, enlaces y libros para que aprendas más. Sigue y dale “me gusta” a la página de

Facebook de la biblioteca y ahí podrás encontrar videos anteriores de Almuerzos y Aprendizajes de Master Gardener’s, y también encontraras más información que te pondrá al día sobre eventos y recursos virtuales que ofrece TCCL.



Este mes de abril visita la página www.facebook.com/tulsalibrary ahí el grupo de Master Gardener’s tendrán dos clases, la primera es el 6 y se trata de tomates y la segunda clase es el 13 y será acerca de los polinizadores, visita la página www.tulsalibrary.org/programs-and-services/seed-library ahí encontraras muchos consejos, enlaces y libros para que aprendas más.

