

Winter Programs 2025....

NATIVES OF THE MAUMEE VALLEY

Guest speakers from Metroparks Toledo

Tuesday, December 2, 2025, at 6:30 p.m. – OSU Lima Visitor Center

Come enjoy a program about the history of the land we now inhabit and the people who lived here first. Find out what life was like and what resources were available for natives of this land.

Consider how both life and resources have changed. Consider what we can do to celebrate the heritage of the land and people and preserve habitat for living creatures.

PHOTO SAFARI

Guest presenters: You

Tuesday, January 6, 2026, at 6:30 p.m. – OSU Lima Visitor Center

Did you take a trip and take pictures of our natural world? Did you plant native plants and take pictures of them? Do you take pictures of birds and other creatures that you would like to share with us?

This is your opportunity to tell us where you have been and what you have seen. Enjoy food and friendship as we take a photo safari in the middle of winter.

ORNITHERAPY; THE POWER OF BIRDING

Guest speaker: **Holly Merker, founder of Ornitherapy**

Tuesday, February 3, 2026, at 6:30 p.m. – OSU Lima Visitor Center

In today's fast-paced world, slowing down by noticing birds offers many rewards, especially by supporting our mental and physical well-being. Research shows that time spent in bird-rich biodiverse ecosystems actively reduces stress, depression, and anxiety, while helping build a stronger heart and immune system. We'll delve into our personal connections to birds, learn how to maximize the wellness benefits while birding, and cover the latest research surrounding the positive impact of wild birds on human wellbeing.

Holly Merker is a professional birding guide, award-winning author, podcaster, and lecturer who provides nature-based wellness programs for people of all ages. Combining backgrounds in art therapy, nature and forest therapy, wellness counseling, mindfulness mentoring, and bird identification; she is a global advocate for the practice of Mindful Birding.

Holly has co-authored two books which guide readers into optimizing the wellness benefits birds provide us, including the award-winning *Ornitherapy: For Your Mind, Body, and Soul* (Crossley Books, 2021), and *The Power of Birdwatching* (Die Kraft Der Vogel Beobachtung, Freya verlag, 2023 - available in Europe only). She is also co-host and co-producer of the Mindful Birding Podcast and founder of the Mindful Birding Network.

In 2022, Holly was honored to be the recipient of the ABA Conservation and Education Award given by the American Birding Association. In her free time, Holly spends every possible moment practicing Ornitherapy, which she credits in helping defeat breast cancer, restoring her health mentally and physically. *By Nancy Risner*



Birding Adventures

At the September Tri-Moraine Audubon Society meeting we learned about the Lake Erie Birding Trail program featuring birding hotspots along the Lake Erie coastline. This program provides opportunities to experience the best of birding in any season.

One example of comfortable winter bird-watching is the Window on Wildlife at the Buehner Center at the Oak Openings Preserve Metropark southwest of Toledo. It makes a great day trip and is only one of the 90 best birding sites listed in the Ohio Lake Erie Birding Trail Guidebook.

You can explore the Lake Erie Birding Trail on an interactive map online or order the Guidebook at Lake Erie Birding Trail | Ohio Department of Natural Resources. This is your invitation to get out and get birding! *Contributed by David Gratz*

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www.tri-moraineaudubon.org

To join or renew your membership please visit our website or email davgratz@gmail.com. Memberships are from July 1st of the current year to June 30th the following year. Membership forms are also available at monthly meetings.

To donate to Tri-Moraine Audubon Society (TMAS) please visit our website. Donations help support programs and projects listed on our website. TMAS is a 501(c)(3) organization and donations may be tax-deductible.