

Message from Carolyn Sedgwick (presenter for High Five From Nature: Five Songbirds on the Move):

Dear all,

Thanks so much for your participation in the latest High Five From Nature. I hope you enjoyed “Five Songbirds On the Move: birds that breed in Virginia and winter in the tropics.” I truly appreciate your interest and the invitation to join you.

I’ve compiled a list of resources that I thought might be helpful as you continue to explore the world of birds. If you have any questions, I’d welcome hearing from you. Not sure where to start? Let’s connect and I can orient you to the Lab’s birding tools, citizen science programs, and any of our research, conservation, and educational initiatives that are of particular interest. If you’re interested in supporting the Lab’s efforts, we would be humbled if you’d consider joining our community through a [Lab membership](#). Above all, thanks for your interest and concern for the natural world.

[Cornell Lab of Ornithology homepage](#)—explore the many efforts underway at the Cornell Lab as we interpret and conserve the earth’s biological diversity through research, education, and citizen science focused on birds.

[All About Birds](#)—explore identification and life history information for North American birds

[eBird Status & Trends migration maps](#)—animated maps showing bird migration, range boundaries, and abundance for every week of the year.

[eBird](#)—learn what birds are in your area, explore nearby birding hotspots, discover when certain species are most abundant where you live or where you might travel one day, and keep track of what birds you see all while contributing to conservation through citizen science.

[Merlin Bird ID](#)—the Lab’s free bird app that helps birders identify what birds they see by answering a few basic questions or by submitting photographs. Merlin also features a digital field guide for over 6,000 species around the world.

[Bird Cast](#)—migration predictions for when, where, and how far birds will migrate

[Macaulay Library](#)—the Lab’s library of natural sound and scientific archive of all forms of animal behavior media

[Bird Academy courses](#)—online self-paced bird courses from the Lab

[Actions to Help Birds](#)—how each of us can help birds on their summer and wintering grounds

[Shade-grown coffee](#)—learn more about the Lab’s research on the benefits of shade-grown coffee for birds. To try a cup for yourself, take a look at this [list](#) of certified Bird Friendly organic coffee, or consider supporting shops that source shade-grown beans.

Happy birding!  
Carolyn

**Carolyn Sedgwick**, Leadership Giving Officer

Cornell Lab of Ornithology