

Colchester is certified as a **Community Wildlife Habitat** through the National Wildlife Federation since 2010; the first community in CT with this certification



*Do you care about Wildlife locally to help Colchester remain certified as a Community Wildlife Habitat by certifying your own property through the National Wildlife Federation?*

Cost: \$25 application fee

Complete online application

<https://www.nwf.org/certifiedwildlifehabitat>

**Components of a Wildlife Habitat:  
Food, Water, Cover, Place to Raise Young, and  
Sustainable Practices**



## **Benefits to NWF Wildlife Habitat Certification**

When you certify you will become a member of the National Wildlife Federation's Garden for Wildlife™ community and receive the following benefits:

- Personalized certificate
- A one-year membership in the National Wildlife Federation and subscription to National Wildlife® magazine
- 10% off the National Wildlife Federation catalog merchandise, including nesting boxes, feeders, birdbaths, and other items to enhance your wildlife garden
- Subscription to monthly Garden for Wildlife e-newsletter with gardening tips, wildlife stories, and other resources
- Exclusive option to purchase attractive garden signs designating your garden as a Certified Wildlife Habitat® with the National Wildlife Federation

# Threats to Birds: Collisions (Nighttime Lighting)

## Protecting our Night Skies for Birds

**Impacts of Light Pollution on Migratory Birds**

**80%**  
of North American bird species migrate at night, relying on the moon & stars to navigate

**Artificial light at night can:**

- reduce visibility of the starry night sky and disorient birds off their migratory route
- cause exhaustion as birds circle the lights and lit structures
- alter birds' behaviors, such as migration, foraging and vocal communication
- increase the risk of fatal collisions with glass and other structures
- expose disoriented birds to other threats, such as predators
- impact the survival of insects that many bird species rely on for food
- disrupt the growth of plants that many birds rely on for food and habitat

U.S. FISH & WILDLIFE SERVICE  
DEPARTMENT OF THE INTERIOR

























What you can do to help:

- **Turn Off Lights:** Turn off unnecessary outdoor lights at night, especially during the migratory season.
- **Use Sensors and Dimmers:** Employ motion sensors, timers, and dimmers to minimize the use of light at night.
- **Avoid High-Intensity Lighting:** Switch to lower-intensity, downward-facing lights.
- **Make Buildings More Bird-Friendly** to help reduce window collisions by reducing glass reflectivity and transparency by applying bird-friendly patterns like dots or stripes on the exterior glass, with no more than two inches between elements. Other solutions include using [bird-safe glass](#), installing [external screens or shades](#), or adding [awnings and overhangs](#) to block reflections.
- **Reduce Lighting in Sensitive Areas:** Avoid lighting in and around natural habitats, feeding sites, roosts.

## Why Pollinators Need Late-Season Plants

- **Continuous Food Supply:** Pollinators, such as bees, butterflies, and birds, need food throughout the growing season. Late-season plants fill a critical gap in the available food supply, especially after earlier blooms have faded.
- **Support for Migratory and Overwintering Species:** Many pollinators undertake long migrations or prepare for hibernation in the fall. Late-season nectar and pollen provide them with essential energy for these critical life stages.
- **Essential for Ecosystems:** Pollinators are vital for the reproduction of most flowering plants. By pollinating plants, they help produce seeds, fruits, and nuts, which form the base of the food web and are crucial for healthy ecosystems.

## Late Season Plants to Support Pollinators

|  |   |  |
|--|---|--|
|  Asters                 |  Goldenrod         |  Coneflower     |
|  Coneflowers           |  Sunflowers       |  Beebalm       |
|  Blanket flowers      |  Coreopsis       |  Echinacea    |
|  Sweet Joe-Pye-we...  |  Milkweed        |  Sedum        |
|  Anise hyssop         |  Blue mistflower |  Cosmos       |
|  Wild bergamot (mo... |  American asters |  Giant hyssop |
|  Blazing Star         |  Fuchsia         |  Ironweed     |
|  Liatris              |  Marigolds       |  Salvia       |

## ***For Parents:***



***Have you and your children seen this Yellow Garden Spider in your garden? Learn more at: <https://www.nwf.org/Educational-Resources/Wildlife-Guide/Invertebrates/Yellow-Garden-Spider>***



**GREENHOUR™**  
Powered by L.L.Bean

**Encourage your children to spend time outdoors in nature every day; the National Wildlife Federation's Green Hour has an abundance of activity suggestions. <https://thegreenhour.org/>**



***Help children learn, play, grow through gardening.***

See activities at <https://kidsgardening.org/>

### ***Visit Cohen Woodlands and Colchester's StoryWalk***

Ruby and Elizabeth Cohen Woodlands is a 206 acre open space park with so much to offer to view and get close to nature and wildlife – two ponds, large fields, three hiking trails, picnic tables and pollinator demonstration gardens developed and maintained by members of the Colchester Garden Club with many native plants supporting pollinators through the seasons.

For a map of the park and brochure about the pollinator garden:

<https://www.colchesterct.gov/parks-facilities/pages/ruby-and-elizabeth-cohen-woodlands>.

To learn more about the ColchesterStory Walk, see brochure:

<https://www.colchesterct.gov/parks-facilities/files/storywalk-brochure>