

In This Issue

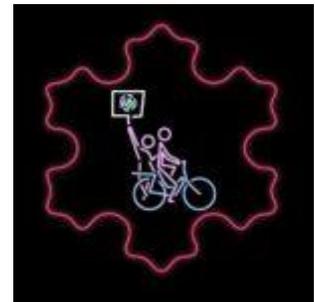
1. Winter Bike-to-Work/School Day
2. February is National Bird-Feeding Month
3. Great Backyard Bird Count – February 14-17
4. Rain Garden Workshop – February 29
5. Fitchburg Recycling Guide Updated
6. Save the Dates! Science and Environmental Events at UW and the Fitchburg Library

Winter Bike-to-Work/School Day – Tuesday, February 11

<https://www.winterbiketoworkday.org/>

Each year in May, communities around the country celebrate National Bike Month, a nationwide effort to promote more and safer bicycling, established in 1956 by the American League of Bicyclists and highlighted by National Bike to Work Day.

The second week in February, you can also celebrate Winter Bike to Work/School Day by dusting off the ol' two-wheeler and commuting with the use of leg power!



Officially, International Winter Bike to Work Day takes place on the second Friday of February, which this week will be the 14th (celebrate Valentine's Day in style by riding your bike that evening, too!), but Bike Fitchburg and the City of Fitchburg will set up their traditional commuter station on Tuesday, February 11th. Stop by the station set up at the Velo UnderRound bike roundabout (at the junction of the Capital City and Badger State Trails and the

Southwest, Cannonball, and Military Ridge Paths), and grab a coffee and bagel, take advantage of the pump and repair tools we'll have on hand, and pick up a new water bottle and a Fitchburg bike trail map!

See the announcement on the Bike Fitchburg Facebook page here:

<https://www.facebook.com/events/631952784041690/>

You can pledge to bike to work, school, or other destinations at

<https://www.winterbiketoworkday.org/>.

10 Tips for Winter Cycling

adapted from bicycling.com

1. **Do: layer clothing** – You'll warm up as you ride, so you should be a little cold before you start, but be prepared to have to shed another layer to keep from overheating if you have a long/intense ride.
2. **Don't: Buy a new bike** – Winter riding can be messy, so it's not a bad idea to have a second bike for snowy/icy roads, but lower tire pressure and studded tires should be enough rather than buying a new fat-tire bike.
3. **Do: Wash your bike after every ride** – Winter cycling can kick up plenty of snow, slush, and salt, so at least wipe down your bike after your ride.
4. **Don't: Ignore your extremities** – Heat packs, extra gloves, and special socks or shoes can mean the difference between "tolerable" and "comfortable" when biking in freezing conditions.
5. **Do: Pack extra gear** – Getting wet hands or feet can ruin your time outdoors, so be prepared with an extra pair of socks and gloves.
6. **Don't: Be afraid to raid your other sporting equipment** – Snowboarding, skiing, and other gear can double as winter cycling equipment.
7. **Do: Insulate your liquids** – You still need to hydrate while working out, even when it's cold. Make sure your hot drinks stay hot and your cool drinks don't freeze!
8. **Don't: Ride without fenders** – Fenders can keep slushy spray off your backside, and off those riding with you.
9. **Do: Make sure you're seen** – Winter days have less light and drivers may not be looking for cyclists, so wear visible clothing and make sure you have good front and rear lights attached to you or your bike.
10. **Don't: Neglect your skin** – Especially when snow is on the ground reflecting sunlight, you can still burn in the winter, so don't forget sunscreen on your face if you'll be out during the daytime!

February is National Bird-Feeding Month

From the California Audubon Society and National Bird-Feeding Society: <https://ca.audubon.org/news/february-national-bird-feeding-month>, <https://www.facebook.com/birdfeedingsociety/>

Since 1994, February has been recognized annually as National Bird-Feeding Month, a time for homeowners to help their backyard feathered friends during one of the most difficult months for foraging. Whether you are looking to put up your first bird feeder or supplement your already-impressive collection, this month is a great chance to step up your bird-feeding game. See these tips on introducing a new feeder from the National Bird-Feeding Society:

Tips to help introduce a new feeder to your yard:

from the [National Bird-Feeding Society](#)

Have you ever put up a wonderful new bird feeder and wondered why your birds did not immediately flock to it? Especially if a feeder is the first in your yard, it may take the birds a few weeks to discover it and to recognize it as source of food. Here are three ways to improve the chances that birds will find and use your new feeder.

Seed selection: Black-oil sunflower will attract a wider variety of birds than any other single seed. A selective blend that includes nutmeats, such as peanut kernels, will make the feeder more attractive to birds such as titmice, jays and woodpeckers.

Feeder visibility: Most birds find food by sight and won't visit if they don't know if your feeder is there. Be sure your feeder is visible and not hidden by foliage or other obstructions. Tip: In "long delay" situations, place an old white towel or cloth on the ground under your feeder and sprinkle sunflower seeds on it to create a big target. Sometimes, you must resort to trickery!



Habitat: If you live in a newly developed neighborhood with few trees and shrubs, consider planting some nearby or building a brush pile to provide cover for your birds. A birdbath or other water source will also make your yard more attractive to birds.

The first visitors to your new feeder are likely to be finches or chickadees, since these little acrobats are among the most adventurous of all your birds. And once the chickadees have found a feeder, the titmice and other species won't be far behind!

See more tips on backyard bird-feeding in [this flyer](#) from the National Audubon Society:

BIRD FEEDING BASICS

Audubon Guide to Bird Feeding

While most wild birds rely on wild foods for the bulk of their meals, more than 100 North American species supplement natural foods with birdseed, suet, fruit, and nectar obtained from feeders. Bird feeding can benefit birds while also providing pleasure for people throughout the year. Feeders benefit birds most during the winter, when natural food supplies are scarce. However, additional species visit feeders during spring and fall migrations, and some nesting birds utilize feeders during the summer.

Audubon

Great Backyard Bird Count: February 14–17

<https://gbbc.birdcount.org/>

Every year in February, the Cornell Lab of Ornithology and the Audubon Society organize the Great Backyard Bird Count, one of the nation's largest citizen-science events in which bird-lovers around the nation and world report bird sightings to help provide information on species distribution and abundance.

Since 2013, the GBBC has utilized the web interface on gbbc.birdcount.org, where you can create an account and log your own bird sightings between February 14th and 17th, helping to generate a more robust Dane County dataset for researchers. Spend as little as 10-15 minutes or as long as several hours watching for birds, logging your sightings online, taking pictures to submit for GBBC's photo contest, identifying new species, and learning more about the wildlife around you.

Especially as many species are shifting their ranges in response to a changing climate, this data collection is important for helping scientists understand current population dynamics, so go out there and be a part of this massive citizen science effort!



Read more in these articles from *The Audubon Society*:

[-About the Great Backyard Bird Count](#)

[-How to take part in the Great Backyard Bird Count](#)

[-Some Wisconsin birds are already moving to Canada due to climate change](#)



More information from the official GBBC website:

[-Learn about birds, how to ID challenging species](#)

[-Search for bird photos and sounds in this media gallery](#)

[-Getting started at \[gbbc.birdcount.org\]\(http://gbbc.birdcount.org\) \(including photo contest rules, bird ID help, and links to birding apps\)](#)

Photos taken from [GBBC press release](#), January 30, 2020

Rain Garden Workshop – February 29

Come learn about creating and maintaining a rain garden at your home or business, as the City of Fitchburg is hosting a rain garden workshop with the Madison Area Stormwater Partnership. Space is limited so register right away!

Rain Garden Workshop

Fitchburg Community Center (5510 Lacy Road)

February 29, 2020 8:30am-11:30am

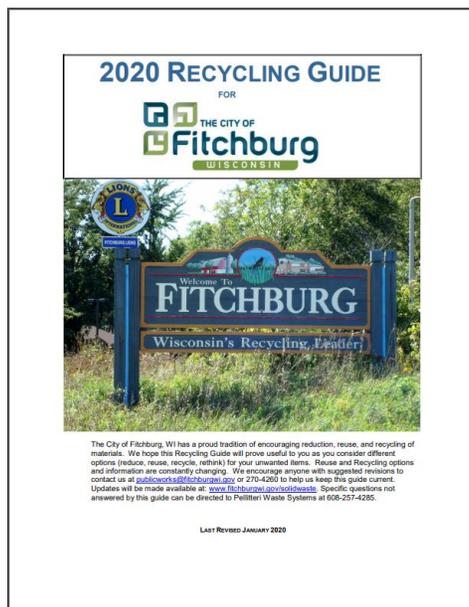
Register here: <https://ripple-effects.com/Event/Home/Detail/689>

Cost: \$10

Participants will also have the option of ordering native plants at a discounted rate through the Plant Dane Native Plant Program. Visit www.ripple-effects.com/plantdane for details.

Fitchburg Recycling Guide Updated

The Recycling Guide for the City of Fitchburg has been updated for 2020; you can pick up a hard copy at City Hall, or access the guide online [here](#):



Save the Dates for These Upcoming Science and Environment Events!

Preschool Science

Come to the Fitchburg Public Library for some hands on science fun as we explore and observe with a variety of fun tools and materials!

For kids ages 2-5

Friday, February 21, 10:30-11:30am

Great Decisions at the Library

Adult discussion group, covering topics from the 2020 Foreign Policy Association Great Decisions Briefing Book

On Tuesday, February 11th, discuss the topic “Climate Change and the Global Order”

Occurs every other Tuesday until April 7, from 6:30pm-8:00pm at the Fitchburg Public Library



Saturday Science: Secret Science of Sports

Discover the science behind your favorite sports! Meet UW student-athletes, test your strength and knowledge, explore the life of a student-athlete, practice your speed and quickness, meet Bucky Badger, and more!

For kids and families

Saturday, February 8, 10:00–noon at UW’s Discovery Building

Share the News

Tell your friends to subscribe to Green Fitchburg on the city website
<http://www.fitchburgwi.gov/list.aspx> > Green Fitchburg

- a. Visit Fitchburg's "Notify Me®" web page:
<http://www.fitchburgwi.gov/list.aspx>
- b. Type your email address in the box and select "Sign In"
- c. To receive text messages enter your phone number and select "Save"
- d. Click (to subscribe/unsubscribe to emails) and/or (to subscribe/unsubscribe) next to the lists to which you wish to subscribe / unsubscribe (e.g. "Green Fitchburg" is the mailing list for environmentally friendly suggestions or events)

Please contact Phil Grupe, Sustainability Specialist, at phil.grupe@fitchburgwi.gov or 270-4259, if you have any questions, comments, and/or suggestions for future Green E-News topics.

