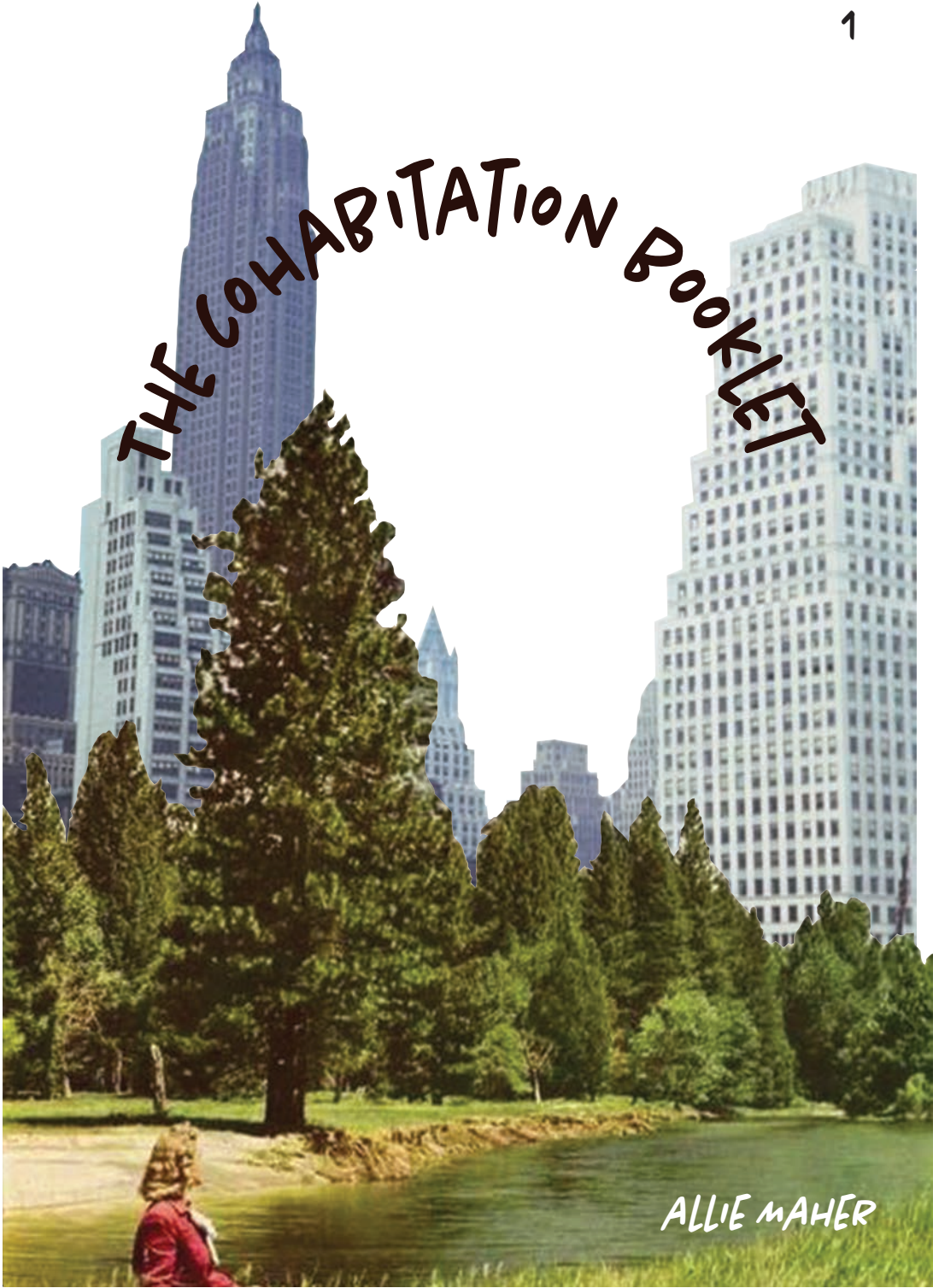


THE COHABITATION BOOKLET



THE COHABITATION BOOKLET



ALLIE MAHER

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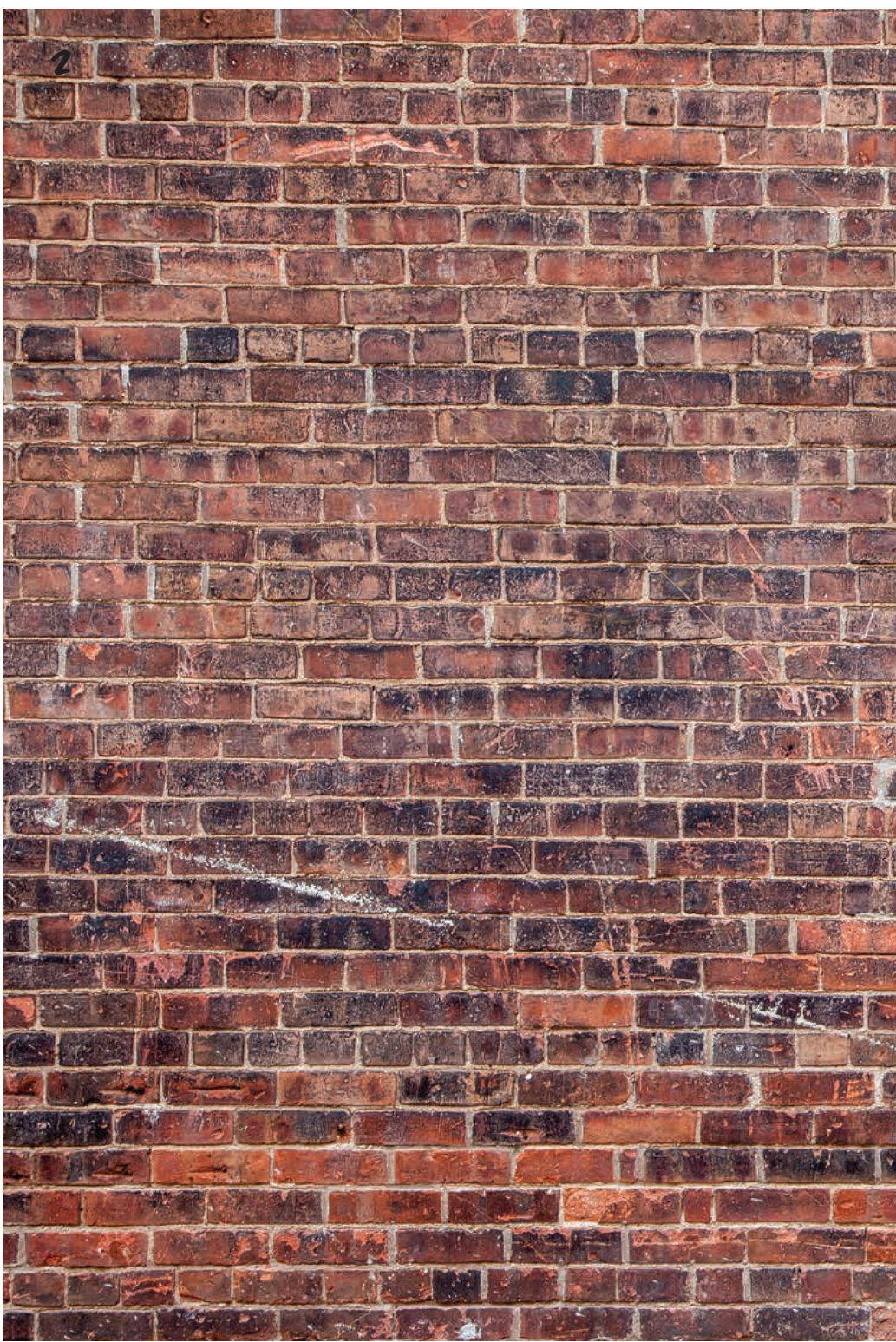
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THE STORY BEHIND THE COHABITATION KIT

THE COHABITATION KIT SEEKS TO ENCOURAGE PEACEFUL INTERSPECIAL COEXISTENCE WITH WILDLIFE WITHIN URBAN ENVIRONMENTS AS A PART OF A LARGER MISSION TO CULTIVATE URBAN SYMBIOSIS BETWEEN ANIMALS AND PEOPLE. THIS KIT SPECIFICALLY APPROACHES THE PROBLEM OF AVIAN DEATHS, MOST PARTICULARLY, DURING MIGRATION ALONG THE ATLANTIC FLYWAY ON THE EAST COAST. EACH YEAR IN NEW YORK CITY ALONE, AN ESTIMATED 250,000 BIRDS ARE KILLED DUE TO THE LIGHT POLLUTION AND TALL BUILDINGS. DESIGNERS, ARCHITECTS, AND WILDLIFE SCIENTISTS ALIKE HAVE WORKED TOWARDS FINDING SOLUTIONS, SUCH AS WITH BIRD-FRIENDLY GLASS. IN A CITY WHERE MANY PEOPLE RESIDE IN MULTI-LEVEL OR HIGH RISE BUILDINGS, THE COHABITATION KIT TAKES INSPIRATION FROM THESE PROFESSIONALS AND THEIR OWN COHABITATIONAL PROJECTS TO ENABLE THE REGULAR CITIZEN TO MAKE THEIR OWN WINDOWS MORE BIRD FRIENDLY.

D I Y

PUT TOGETHER YOUR OWN COHABITATION KIT AT HOME!

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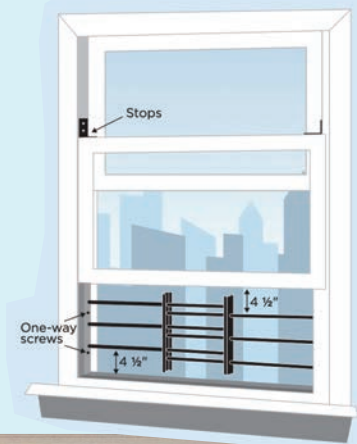
WIRE CRATE



BIRDSEED



ANYTHING BOWL-LIKE



NATIVE SEED PACKETS



PLANT BEDDING



SOIL



STICKS



WINDOW

EXPLORING WILDLIFE IN THE MIDST OF AN URBAN JUNGLE

IN COLLABORATION WITH PHOTOGRAPHER THEO LIM-JISRA

FINDING NATURAL, SERENE SPACES CAN BE HARD IN A HECTIC AND URBAN ENVIRONMENT. BUT IF YOU LOOK FOR IT, THERE ARE SEVERAL HIDDEN GEMS WAITING TO HELP US RECONNECT WITH THE NATURAL WORLD.

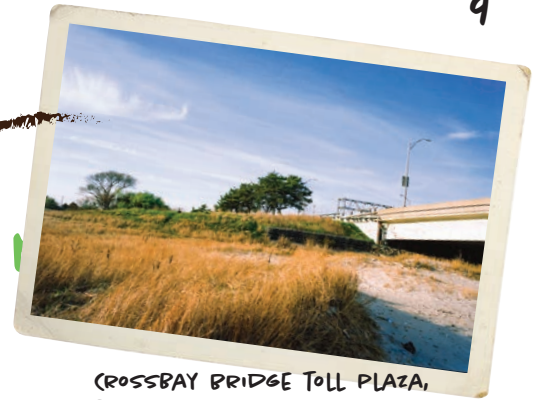
PURPLE HEART MEMORIAL BRIDGE, STATEN ISLAND, NY



BROOKFIELD PARK, STATEN ISLAND, NY



CROSSBAY BRIDGE TOLL PLAZA, BRONX, NY



SALT MARSH NATURE TRAIL, BROOKLYN, NY



FAR ROCKAWAY, BROOKLYN, NY



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ROCK DOVE

DIET CONSISTS OF: NUTS, SEEDS, BERRIES, ACORNS, AND LEAVES

NESTING: IN CONIFEROUS TREES, ABOUT 15-40' OFF THE GROUND; LOOSELY MADE OF STICKS

EGGS: 1-2; WHITE

AVERAGE SIZE: 14-15"



EASTERN PHOEBE

DIET CONSISTS OF: INSECTS AND SPIDERS (SUMMER), BERRIES AND FRUIT (WINTER)

NESTING: BRIDGES, BARNs, CULVERTS, MANMADE SITES; MADE OF MUD, MOSS, LEAVES, GRASS, AND HAIR

EGGS: WHITE, WITH SOME RED BROWN

AVERAGE SIZE: 7"



WILLOW FLYCATCHER

DIET CONSISTS OF: MOSTLY INSECTS, SOMETIMES SPIDERS AND BERRIES

NESTING: IN TREES, 4-15" OFF THE GROUND; MADE WITH BARK, GRASS, AND PLANT FIBER STRIPS

EGGS: WHITE WITH BROWN SPOTS

AVERAGE SIZE: 6"



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HOUSE WREN

DIET CONSISTS OF: INSECTS, SPIDERS, SNAILS

NESTING: IN CAVITIES IN BUILDINGS OR IN TREES, USUALLY LOW TO GROUND; THEY MAY DAMAGE OTHER BIRD NESTS NEARBY, AND BUILDS SEVERAL "DUMMY" NESTS

EGGS: WHITE WITH REDDISH BROWN DOTS

AVERAGE SIZE: 4.5-5"



EUROPEAN STARLING

DIET CONSISTS OF: INSECTS, SEEDS, BERRIES, WORMS, AND SNAILS

NESTING: IN CAVITIES AND HOLLOWs, TYPICALLY IN TREES; LOOSELY MADE WITH GRASS, LEAVES, TRASH, AND FEATHERS

EGGS: PALE GREEN OR BLUE

AVERAGE SIZE: 8.5"



HOUSE FINCH

DIET CONSISTS OF: SEEDS, BUDS, BERRIES, - ALL VEGETABLE MATTER

NESTING: VARIED LOCATIONS, SUCH AS TREES, MANMADE STRUCTURES, AND IVY; OPEN CUP MADE OF GRASS, TWIGs, LEAVES, STRING, ROOTLETS

EGGS: PALE BLUE WITH BLACK DOTS

AVERAGE SIZE: 5-6"



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EASTERN BLUEBIRD

DIET CONSISTS OF: INSECTS, SUCH AS GRASSHOPPERS, AND BERRIES
NESTING: PREFERS TO NEST IN CAVITIES AND HOLLOW, AND TYPICALLY USES GRASS, TWIG, WEEDS, AND FEATHERS TO CONSTRUCT NEST
EGGS: LIGHT BLUE OR WHITE
AVERAGE SIZE: 7"

CHIPPING SPARROW

DIET CONSISTS OF: INSECTS (DURING SUMMER) AND GRASS OR GRAIN SEEDS
NESTING: PREFERS CONIFEROUS TREES
EGGS: PALE BLUE-GREEN WITH BROWN, PURPLE, AND BLACK MARKINGS
AVERAGE SIZE: 5"-5.5"



NORTHERN CARDINAL

DIET CONSISTS OF: DIVERSE RANGE OF INSECTS AND SEEDS
NESTING: OFTEN WELL HIDDEN AND BUILT WITH TWIG, WEEDS, BARK, GRASS AND HAIR IN OPEN CUP SHAPE
EGGS: WHITE TO PALE GREEN OR BLUE WITH BROWN, PURPLE, GRAY MARKINGS
AVERAGE SIZE: 8-9"



13

AMERICAN ROBIN

DIET CONSISTS OF: INSECTS, BERRIES, AND WORMS
NESTING: ON TREE BRANCHES, BUILDING LEDGES, 5'-70' HIGH, CUP MADE OF GRASSES, DEBRIS, TWIG, MUD
EGGS: PALE BLUE
AVERAGE SIZE: 10"



WHITE THROATED SPARROW

DIET CONSISTS OF: INSECTS, WEEDS, AND BERRIES (SPECIFICALLY IN FALL/WINTER)
NESTING: USUALLY LOW OR ON GROUND, MADE OF GRASS, TWIG, PINE NEEDLES, ANIMAL HAIR
EGGS: PALE GREEN OR BLUE, WITH LAVENDER AND REDDISH BROWN MARKINGS
AVERAGE SIZE: 6-7"



HOUSE SPARROW

DIET CONSISTS OF: MOSTLY GRASS AND WEED SEEDS
NESTING: TREE CAVITIES, GUTTERS, HOLES IN BUILDINGS; MADE OF TWIG, TRASH, WEEDS
EGGS: WHITE OR PALE GREEN WITH BROWN DOTS
AVERAGE SIZE: 5-6.5"





COMMON GRACKLE

DIET CONSISTS OF: INSECTS, WORMS, SPIDERS, MINNOWS, CRAYFISH, VEGETABLES

NESTING: IN COLONIES; NEST OFTEN WELL HIDDEN AND NEAR WATER, FREQUENTLY IN BRANCHES

EGGS: PALE BLUE WITH BROWN MARKINGS
AVERAGE SIZE: 12"

MOURNING DOVE

DIET CONSISTS OF: GRAIN SEEDS

NESTING: IN TREES, SHRUBS, BUILDING LEDGES, ON THE GROUND; LOOSELY MADE WITH TWIGS

EGGS: WHITE
AVERAGE SIZE: 12"



BLUE JAY

DIET CONSISTS OF: NUTS, SEEDS, FRUIT, INSECTS, SPIDERS, SMALL RODENTS

NESTING: USUALLY IN TREE, 8-30' ABOVE GROUND, BULKY OPEN CUP MADE WITH TWIGS, GRASS, WEEDS, BARK, MOSS, MUD

EGGS: GREENISH, PALE BLUE WITH BROWN AND GRAY SPOTS
AVERAGE SIZE: 12"



BIRD:

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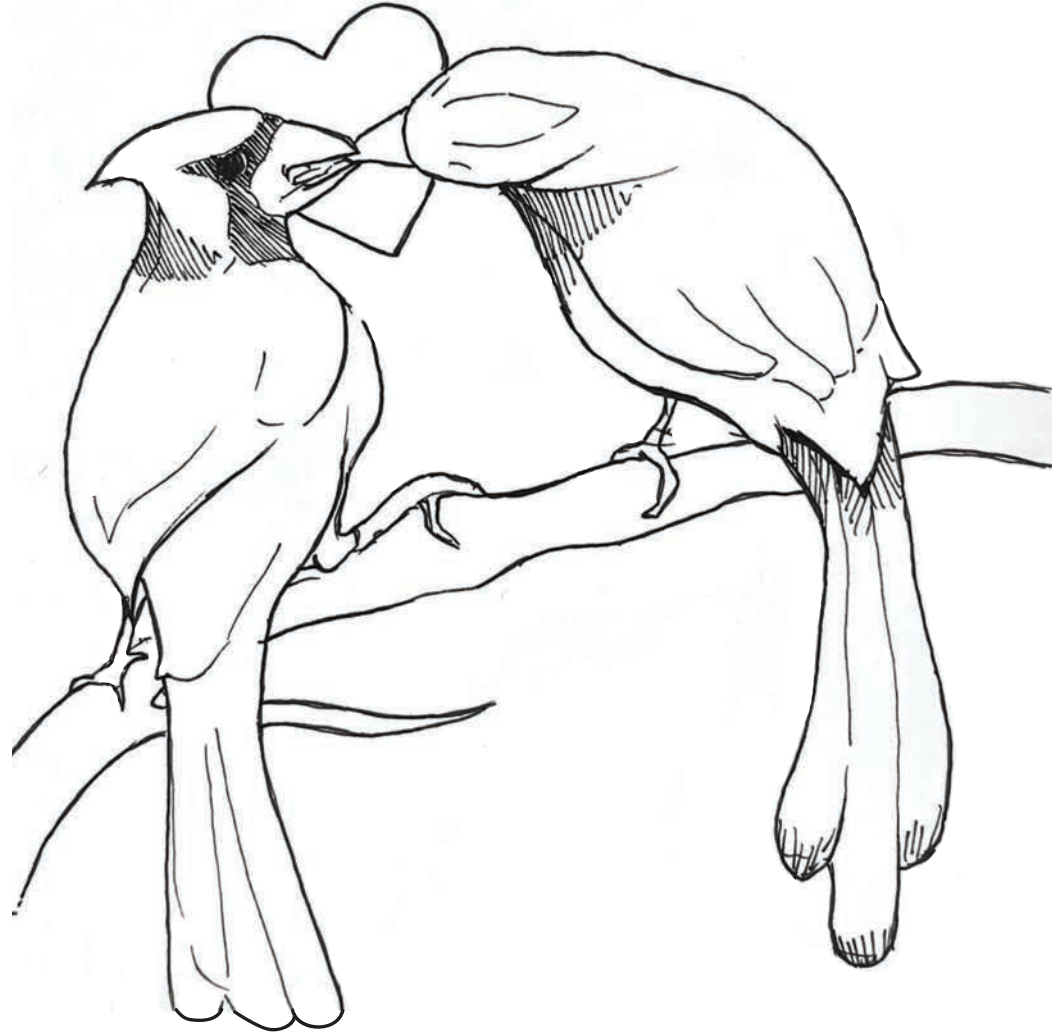
OBSERVATIONS:



COLOR ME IN!



COLOR ME IN!



A STEP BY STEP MEDITATION FOR OBSERVING NATURE

1. FIND A QUIET SPOT: FIND A QUIET SPOT IN NATURE, SUCH AS A PARK, GARDEN, BACKYARD -- OR EVEN SITTING IN FRONT OF YOUR COHABITATION KIT WINDOW.
2. GET COMFORTABLE: SIT DOWN IN A COMFORTABLE POSITION. CLOSE YOUR EYES GENTLY IF YOU FEEL COMFORTABLE DOING SO.
3. TAKE DEEP BREATHS: TAKE A FEW DEEP BREATHS IN THROUGH YOUR NOSE AND OUT THROUGH YOUR MOUTH. FEEL YOUR CHEST RISE AND FALL AS YOU INHALE AND EXHALE.
4. NOTICE YOUR SURROUNDINGS: START TO NOTICE THE SOUNDS, SMELLS, AND SENSATIONS AROUND YOU. LISTEN FOR THE BIRDS CHIRPING, LEAVES RUSTLING, OR FEEL THE SUN ON YOUR SKIN. IF YOU ARE STILL WITHIN AN URBAN SPACE, NOTICE THE SOUNDS OF THE STREETS -- THE CARS DRIVING BY, PEOPLE CHATTERING, BIKES WHIRRING.
5. FOCUS ON YOUR BREATH: BRING YOUR ATTENTION TO YOUR BREATH.
6. OBSERVE NATURE: OPEN YOUR EYES (IF YOU CHOSE TO CLOSE THEM) AND CLOSELY OBSERVE THE SHAPES, COLORS, AND TEXTURES OF THE NATURE AND WILDLIFE AROUND YOU.
7. USE YOUR SENSES: ENGAGE YOUR SENSES FULLY. WHAT DO YOU SEE, HEAR, SMELL, AND FEEL? IS THERE ANYTHING YOU DIDNT NOTICE EARLIER?
8. STAY CURIOUS: STAY CURIOUS AND OPEN-MINDED. CONSIDER HOW EVERYTHING IS CONNECTED WITHIN AN ECOSYSTEM.
9. EXPRESS GRATITUDE: TAKE A MOMENT TO APPRECIATE THE BEAUTY OF NATURE AND THE ABILITY TO WITNESS IT. THANK THE PLANTS, ANIMALS, AND EARTH FOR THEIR PRESENCE.
10. SLOWLY RETURN: WIGGLE YOUR FINGERS AND TOES, AND STRETCH.
11. REFLECT

ONCE PAUMANOK,
 WHEN THE LILAC-SCENT WAS IN THE AIR AND FIFTH-MONTH GRASS WAS GROWING,
 UP THIS SEASHORE IN SOME BRIERS,
 TWO FEATHER'D GUESTS FROM ALABAMA, TWO TOGETHER,
 AND THEIR NEST, AND FOUR LIGHT-GREEN EGGS SPOTTED WITH BROWN,
 AND EVERY DAY THE HE-BIRD TO AND FRO NEAR AT HAND,
 AND EVERY DAY THE SHE-BIT CROUCH'D ON HER NEST, SILENT, WITH BRIGHT EYES,
 AND EVERY DAY I, A CURIOUS BOY NEVER TOO CLOSE, NEVER DISTURBING THEM,
 CAUTIOUSLY PEERING, ABSORBING, TRANSLATING.

SHINE! SHINE! SHINE!
 POUR DOWN YOUR WARMTH GREAT SUN!
 WHILE WE BASK, WE TWO TOGETHER.

TWO TOGETHER!
 WINDS BLOW SOUTH, OR WINDS BLOW NORTH,
 DAY COME WHITE, OR NIGHT COME BLACK,
 HOME, OR RIVERS AND MOUNTAINS FROM HOME,
SINGING ALL TIME, MINDING NO TIME,
WHILE WE TWO KEEP TOGETHER.

WALT WHITMAN, FROM THE POEM
 "OUT OF THE CRADLE ENDLESSLY ROCKING"



