paper in the *Journal of Field Ornithology* on mass changes by migrants during stopover using data from the Appledore Island station.

AIMS regularly contributes to the educational programming at the Shoals Marine Lab, hosting students from credit-courses (including Field Ornithology), non-credit courses, and groups visiting the islands. The staff of the Shoals Lab is absolutely fantastic in providing support for the station, including transportation, meals (even when the birds arrive at meal-time), and lots of logistical assistance. The station has a fantastic group of volunteers who provide both their time and their financial support to the station. I want to particularly thank an anonymous donor who has generously funded the bulk of the costs incurred at the station.

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The Long Point Bird Observatory's (LPBO) 53<sup>rd</sup> spring migration monitoring season started at the Old Cut Research Station on 27 Mar. The Tip and Breakwater Research Stations were opened on 12 and 21 Apr, respectively.

Forty-six volunteers, representing four countries, logged over 2,928 hours collecting migration data on over 250 species, and banding 13,150 birds of 127 species. LPBO had 75 days of coverage, yielding 11,909 net hours with a catch rate of 110 birds/100 net hours. Twelve ground traps, four J-Traps and two Heligoland traps contributed 10% of the catch, with the balance captured in mist nets. Twenty-three volunteer 'Friends' of LPBO helped to service over 3,000 visitors and students of all ages who enjoyed banding demonstrations among other marvels of the spring migration through Long Point.

	Banded	% SY	% ASY	% AHY
White-throated Sparrow	1697	70.3	14.1	15.6
Red-winged Blackbird	778	59	38	3
Yellow Warbler	677	78.1	19.9	2
Myrtle Warbler	594	62.4	35.6	2
Magnolia Warbler	564	65.7	31.3	3
Gray Catbird	525	64.9	31.0	4.1
E. White-crowned Sparrow	424	66.2	23.3	10.5
Hermit Thrush	423	74.9	19.8	5.3
American Goldfinch	412	52.6	43.6	3.8
Ruby-crowned Kinglet	403	63.5	27	9.5

Despite the mild winter and 'early' spring, migration appeared to be fairly normal overall at Long Point, just a smidgen early in some respects. Significant waves of temperate migrants arrived in the first week of April. Migration was slow throughout the rest of April, but by mid-month Neotropical migrants began coming out of the woodwork. May was impressive to say the least: 3 May was the biggest banding day with 1,008 birds of 56 species banded; 108 species were observed at the Tip alone on 2 and 3 May. Long Point's warbler diversity quickly rose to 28 species by 4 May. The rest of May kept pace with good diversity and numbers of Neotropical migrants until the first week of June. Long Point's first Fork-tailed Flycatcher (Tyrnannus savanna savanna) was observed and banded on 18 Apr. It turns out that this was the first Fork-tailed Flycatcher ever banded in North America!

More information about the Long Point Bird Observatory can be found at:

www.birdscanada.org/lpbo

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