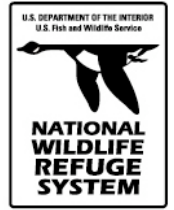


News Release

National Wildlife Refuge System



Upper Mississippi River National Wildlife and Fish Refuge

Winona District
51 East 4th Street, Room 203
Winona, MN 55987
507-454-7351

FOR IMMEDIATE RELEASE

Date: Sept. 30, 2009

Subject: Bird Watchers Sit, Watch and Listen

WINONA, Minn. (FWS) – The Winona District of the Upper Mississippi River National Wildlife and Fish Refuge will host their version of The Big Sit!, a 15-hour bird watching event, from 5 a.m. to 8 p.m. Saturday, Oct. 10, at the Prairie Island Natural Area, across the road from the McNally boat landing on Prairie Island Drive, Winona, Minn.

Bird watchers will sit in a 17-foot circle to watch, listen and record birds in the area. The goal of the event is to tally as many bird species as can be seen or heard from the designated area. Participants are encouraged to join in bird related discussion.

Using mist nets, migrating songbirds will be captured, banded and released from 8-9 a.m.

Binoculars, spotting scopes, bird identification books and chairs will be available.

The event is free and open to the public. Participants may come-and-go at their leisure within the designated times. The event will be canceled if raining.

The Big Sit! is an annual, international, noncompetitive birding event hosted by Bird Watcher's Digest and founded by the New Haven, Conn. Bird Club. The Big Sit! Has been adopted by the National Refuge System as part of National Wildlife Refuge Week celebrations. The event allows birders of all ages and non-birding public to enjoy a wildlife refuge.

For more information, call Ed Lagace at 507-494-6239 or e-mail: Ed_Lagace@fws.gov.