

THE FISH HAWK HERALD



Coeur d'Alene Chapter of the Audubon Society

Editor: Shirley Sturts - E4615 Fernan Lake Rd - Coeur d'Alene, Id. 83814 -664-5318

DECEMBER 1996

VOLUME 6 No. 4

PAGE 1



CHECK

(Registering for a field trip is not required but if you register the leader will call you if the time or meeting place is changed)

MEETINGS

DECEMBER 16 MONDAY REGULAR MEETING

Time: 6:30 Bird Identification - "Gone Birding" Bring pencil and paper.

7:00 p.m Meeting starts

Place: Idaho Fish and Game Office
2750 Kathleen Avenue

Program: Susan Weller will present a slide program on the up coming Christmas Bird Count. We will also organize teams and areas to be covered on CBC day. If you are planning on being a CBC participant it is important to come to this meeting. If you can't make it to the meeting call Susan 682-3413 or Shirley 664-5318 so they can put you on a team.

ACTIVITIES AND EVENTS

Wildlife Rehabilitation Seminar

The International Wildlife Rehabilitation Council will be presenting a weekend seminar on March 22 and 23rd. This event is currently being organized by some Audubon members and area wildlife rehabilitators. If you wish to receive an application, call Kris Buchler 664-4739 or Cynthia Langlitz 687-2475.

DECEMBER 21 SATURDAY COEUR D'ALENE CHRISTMAS BIRD COUNT AND POTLUCK

Time: Count - all day

Leader: Susan Weller 682-3413

Activity: Teams and areas will be organized at the regular meeting on Dec. 16. If you can't make the meeting call Susan 682-3413 or Shirley 664-5318. Beginning bird watchers are welcome.

You can help the leaders spot birds and at the same time increase your birding knowledge. You can also participate by counting birds at your feeder. Check with Susan or Shirley to see if you are in the count circle. Participants in the field are asked to pay \$5.00 which goes to the National Audubon Society to publish the CBC results. There is no fee for feeder watchers.

POTLUCK

Place: Herb and Jan Severson have volunteered again this year to host our potluck after the CBC. Please call and RSVP so they can plan seating and place settings. Phone 667-6209. They live at 1460 Fairmont Loop. Call for directions.

Time: Arrive anytime after the count ends. We plan to eat around 5-5:30 p.m..

DECEMBER (call leader for date and time)

INDIAN MOUNTAIN CHRISTMAS BIRD COUNT

Compiler: Don Heikkila 689-3349

If you are interested in participating call Don or one of the field leaders: Shirley Sturts 664-5318

Area covered: Heyburn State Park and surrounding area to St. Maries

Susan Weller 682-3413

Area covered: Medimont to Harrison



CALENDAR CHECK

Continued from page 1

FIELD TRIPS

DECEMBER 7 SATURDAY

DECEMBER 16 MONDAY

MICA BAY SURVEY

Time: 8:00 a.m.

Meet: Fairmont Loop Rd. turn off, south of the Spokane River Bridge-Highway 95

Leaders: Shirley Sturts 664-5318

Activity: We will bird the area until 11:00 a.m. so you can plan on being back to Fairmont Loop by 11:30.

DECEMBER 17 TUESDAY

BIRDING WITH A BROWN BAG

4TH in a series of noon time birding

Time: 12 noon to 1:00 p.m.

Meet: Corner of 23rd and Feman Hill Road/French Gulch Road

Leader: Roger Young 664-4179

Activity: Roger will take the group by his bird feeders on the way up

Feman Hill. Roger gets a variety of birds coming to his home including California Quail, Pygmy Nuthatch, Sharp-shinned Hawk, Pygmy Owl and a Blue Jay (during the winter of 1994-95). This is a repeat of last month's birding outing.

FIELD TRIP TO HEYBURN STATE PARK

On November 16 Janet Callen and I were the only (brave or foolish) souls to show up for the field trip. The roads were icy but by now sanded so we set off for the park as planned. As it turned out there was very little snow at the park and the roads were good south of Worley. We had a very enjoyable 3 mile hike on the Indian Cliffs Trail accompanied by Shirley's dog Bruno. Birds seen included small flocks of Dark-eyed Junco, Black-capped Chickadee, 2 Brown Creeper and 2 Bald Eagles (flying over).

There was a lot of activity on the water including 100's of Mallards and Canada Geese. Other waterfowl included 1 Common Loon, 1 Northern Pintail, 10 American Wigeon, 1 Red-necked Grebe, 4 Ruddy Duck and 14 Tundra Swan. Along the shore we found Common Raven, a Belted Kingfisher, 4 Red-breasted Nuthatch, 1 Pygmy Nuthatch and 1 Song Sparrow. A Rough-Legged Hawk was seen between Plummer and the park.

MICA BAY SURVEY

Observers: Kris Buchler, Cliff Cameron, Corinne Cameron, Pam Comrie, Bill Gundlach, Theresa Potts, Shirley Sturts

	DEC. 5	Dec. 23
Horned Grebe	1	1
Western Grebe	4	-
Red-necked Grebe	3	2
Pied-billed Grebe	2	-
Great Blue Heron	3	-
Tundra Swan	-	4
Canada Goose	-	1000
Mallard	2	106
American Wigeon	-	20+
Ring-necked Duck	-	80+
Common Goldeneye	20+	5+
Lesser Scaup	-	1
Bufflehead	2	4
Hooded Merganser	-	4
Common Merganser	-	30
Red-tailed Hawk	-	1
American Coot	25	-
Killdeer	3	2
Gull (species)	-	3
Belted Kingfisher	1	-
Downy Woodpecker	-	2
Northern Flicker	2	1
Black-billed Magpie	-	3
Black-C Chickadee	5+	3+
Mountain Chickadee	-	1
Chestnut-B Chickadee	-	1
Red-b Nuthatch	2	1
Golden-Crowned Kinglet	1	-
Song Sparrow	2+	5
Dark-eyed Junco	1+	-
Red-winged Blackbird	-	1
House Finch	-	15
Evening Grosbeak	2	-



BIRD QUOTES

Submitted
by George Saylor
There are many
memorable quotes
and poems about
birds. Which ones
can you recognize.

See answers on page 7 for who said the following:

Do you ne'er think what wondrous things these?
Do you ne'er think who made them, and who taught
The dialect they speak, where melodies
Alone are the interpreters of thought?
Whose household words are songs in many keys,
Sweeter than instruments of man e'er caught!

In a world that seems so very puzzling is it any wonder birds
have such appeal. Birds are perhaps, the most eloquent
expression of reality.

O that I had wings like a dove, for then I would fly away and
rest.

It is by your wisdom that the hawk soars and spreads its wings
toward the south?
Is it at your command that the eagle mounts up and makes
his nest on high?

On the lighter side, some "Bird Slang"

just ducky
cold turkey
hen pecked
eagle eye
duck soup
old crow
crow's feet
bird's eye view
pigeon toed
bird brain
round robin you
turkey
a real looney bird
cooked goose



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BIRD & WHALE WATCHING BY SEA KAYAK IN BAJA

Naturalists Terry Prichard and Nancy Mertz, Audubon Society Chapter members are leading several five-day camping and sea kayak tours to watch birds and get a boat's-eye view of gray whales in Magdalena Bay off Baja California.

Birds sighted on the trip last February include Mangrove Warbler, Tri-colored Heron, Reddish Egret, Green-backed Heron, White Ibis, Royal Tern, Harris Hawk, Osprey, Brown and White Pelicans, Frigatebird, Brandt and many species of shorebirds. Complete bird lists available.

Trips begin February 3. Cost is \$750 including two nights' hotel accommodations and airport transfers. There are only a few spaces left on this years trip. Write or call for complete information 765-3115. 1315 Indiana Avenue, Coeur d'Alene, ID 83814.

IDAHO BIRDING HISTORY

Taken from: The Oologist Vol.XX #1 Nov. 1903

"A NESTING DAY IN IDAHO"

By Chas. S. Moody, M.D.(1903)

Part 3

Continued from the November Newsletter

Dr. Moody is collecting in Bottle Bay, Pend Oreille Lake

Well, here is another nest round as a ball and of about the same size, fastened to a single tule stalk, where it sways with every passing breeze, an air-sung cradle for the babies within. What bird is this, sayest thou? In sooth no bird at all.



A pair of bright eyes and a funny little whiskered nose are pushed out of the diminutive hole in the side of the nest, they are peering and sniffing with evident alarm. Upon our near approach the little occupant tumbles into the water and swims away as rapidly as four tiny feet can carry her.

This is the home of the kangaroo mouse of the Northwest and we will investigate her domicile.

Gently enlarging the doorway we find the cavity neatly and warmly lined with hair and feathers and reposing on this downy couch five little creatures that seem all eyes and head, except a mite of pink body that is entirely guiltless of any covering. Innocent little creatures and as they cannot be blown and added to our egg cabinet we replace the stalk and leave them to the tender care of the tiny mother.

While busy with the mouse and her progeny my eyes have been upon yon tall cottonwood by the shore and just now I saw a bird alight upon

one of the higher branches and disappear.

It is a good thing that we threw those climbing irons in the boat for here is something that requires their use.

Forty feet to the lowest limb then twenty more to a small hole in the body of the tree. When almost up there a head peers out of the hole and is turned down to reconnoitre. Satisfied with the investigation the occupant pitches out and is away. "Wood Duck," you say, and you are right. The only wonder is that so large a bird can enter so small a hole. But she did for you saw her come out. and to my mind you saw the handsomest of our water fowls.

The iridescence of the wood ducks's plumage is more beautiful than that of any other bird that visits these latitudes.

A few blows of the hand ax and the opening is large enough for you to see the bottom. It is about four feet deep and is lined with grass and down.

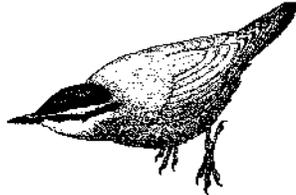
There are eight buff colored eggs. It is with very few qualms of conscience that we appropriate her treasures for we are sure that she will come back and immediately proceed to replenish them. Let us hope that no other vandal collector will discover her and that we may have the pleasure some day of seeing her transfer her progeny to their natural element, one at a time in her bill.

Hunger waits for no man. Likewise time is not much of a procrastinator and both have been busy while we were, and now the sun that was lately just gliding the mountain tops is far beyond the zenith and hunger is gnawing at the citadel of man's existence, admonishing us that at the big hotel off yonder across the lake is the wherewith to quit this craving. Loading in our treasures of the day we are soon landed in town and appeasing the appetite that effort and outdoor life gives.

SONGBIRDS AND COLD WEATHER

by Susan Weller

Every year as fall approaches and our thoughts turn to wool blankets and nights around the wood stove, I begin to hear the same questions asked about birds: How do birds stay warm in the winter? do their feet get frost-bitten? Can birds survive in sub-zero temperatures?



Birds, like humans are warm-blooded. Birds maintain a constant body temperature by metabolizing, or burning "fuel", that is regulated in the body by the circulatory system. The normal body temperature of human is 98.6, but birds maintain higher body temperatures--from about 103 degrees for large birds like grebes, to about 112 degrees for song sparrows. Perching, or song birds, have higher body temperatures than larger birds like geese and swans, and are therefore more endangered by freezing conditions.

Humans might be in big trouble by the plunge, or rise in body temperature by even a few degrees, but songbirds are more flexible. For example, Black-capped Chickadees can actually enter a state of regulated hypothermia, plunging body temperature to conserve energy overnight. Typically, chickadees can drop their nighttime body temperatures by 10-12 degrees lower than their normal daytime temperatures. In a sense, birds simply damper down the flue and let the wood stove simmer overnight. If the birds have judged it right, there are still coals in the morning to get another fire going with added fuel. This ability helps birds to make it through long winter nights when they might have to go more than 12 hours without food.

Twelve hours without a meal doesn't sound like that big a deal to we humans, but many birds reach a critical stage at about fifteen hours. Studies show birds that feed by day can only

survive about fifteen hours without food when the temperature is 5 degrees. The length of survival dips with every drop in degree below that temperature. Consider the bird that has gone 15 hours without food, and then is greeted at daylight

with a raging snow storm that lasts into the afternoon--such a bird is doomed. If a bird's energy has been sapped, the contents of your feeder can be a life-saver.

It is critical to provide a variety of foods in our yards for birds during the winter, I'll talk more about which foods later. Availability of a reliable food source may mean survival for bird species like chickadees, kinglets, and other songbirds. Frigid temperature are particularly hard on Golden-crowned Kinglets. Songbirds have special features which enable them to withstand harsh weather. Evening Grosbeaks and members of the finch family have well-developed crops, allowing

them to store large amounts of seeds that may be metabolized overnight. Redpolls, known to survive colder temperature than any other bird species, have a similar storage pouch in the esophagus.

Redpolls choose high energy foods to cram into the pouch before nightfall, this "warm" mixture helps them to maintain a higher metabolic rate, helping them to cope with

below-freezing conditions. A bird that can find a meal at a bird feeder may have to expend less energy to find food during those critical hours in the morning and late afternoon.

Bluebird boxes and other nesting boxes, along with natural tree cavities, also play a critical role in the winter



CONTINUED ON PAGE 6

SONGBIRDS AND COLD WEATHER

continued from page 5

survival of many songbirds. Chickadees on occasion and kinglets, nuthatches and woodpeckers, may crowd together in a nest box, or tree cavity, to conserve body heat on frigid nights. Studies show that the combined body warmth of three or more birds roosting together in a cavity, may help reduce heat losses by as much as 37%. One researcher found more than a dozen bluebirds huddled together in a nest box!

Birds can endure cold weather because heat losses from their bodies are lessened by a coat of feathers. We have all seen birds "puffed up" in the winter, an ability that helps to insulate their bodies with confined air trapped beneath the feathers. Birds also have few fleshy parts exposed to the air--like ears, or a nose--that tend to wick heat away from the body in mammals. A birds' bill is made of horn, not skin, and therefore gives up little heat. We have all seen perching birds tuck one leg underneath the feathers on their bellies, and this behavior also helps to conserve body heat. Shivering is also a valuable tool to help adjust body temperature in birds, as well as in mammals. It's the primary way for a bird to stay warm while at rest, however, shivering costs energy, which must soon be replenished.

Severe cold can exact a toll upon songbirds during the winter. We can help by providing sunflower seeds and suet, peanut butter and cornmeal, and other high energy foods. Making sure your feeders are full at those critical hours in the morning and late afternoon, may help a bird survive. If you take down bluebird boxes for cleaning and repair during the fall, make sure to put them up again--they provide protection from the elements for resident birds during periods of extreme cold. Lastly be sure to provide water



source for the birds during the winter months. By providing food, shelter, and thawed water, you can help the birds in and around your yard get through the winter.

References: Audubon's Encyclopedia of North American Birds: The Birds of North America Life Histories, No.39, 1993

THE BIRDER'S GUIDE TO BED AND BREAKFASTS

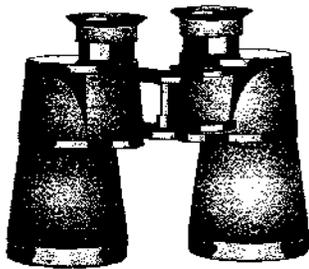
(from the Audubon Leader)

According to the American birding Association 9,000 hard-core birders hit the road every weekend in search of the elusive warbler or raptor missing from their life lists. They plan their vacations and free time around birding, and they are always interested in convenient lodging close to their birding destinations. If you are one of these, the *Birder's Guide to Bed and Breakfasts* by Peggy Van Hulsteyn is an indispensable guide. State by state and province by province, the author directs you to over 100 of the top bird watching areas in the United States and Canada and the best B&Bs near them--inns that cater to birders like yourself. It contains detailed information about rates, location, ambiance, and the special features of over 250 bed and breakfasts that will help you decide where to stay during your birding vacation. With a foreword by Roger Tory Peterson, the *Birder's guide to Bed and Breakfasts* is published by John Muir, Sante Fe, NM @ \$15.95. To order, call 1 800-888-7504



Of the 241 species of birds that breed in Idaho 119 are neotropical migratory landbirds. (78 nearly all migrate to the tropics - 41 species some migrate)

OBSERVATION POST



Observers: Kris Buchler (KSB), Corrine Cameron (CC), Del Cameron (DL), Gordon Comrie (GC), Pam Comrie (PAC), Eric Focmmel (EF), Bill Gundlach (BG), Upton Hughes (UH), Rick Langlitz (RL), Cynthia Langlitz (CL), Nancy Mertz (NM), Theresa Potts (TP), Michelle Schultz (MS), John Shipley (JNS), Shirley Sturts (SHS), Susan Weller (SDW), Roger Young (RY).

RBR Rare Bird Report for Northern Idaho - Eastern Washington - Northeastern Oregon Phone (208) 882-6195

or Internet-Web Site:

<http://pimacc.pima.edu/~cwilliamson/index.html>

1. Pied-billed Grebe 1 Morton area Oct. 25 (BG)
2. Western Grebe 3 Mica Bay, Coeur d'Alene Lake Oct. 24 (BG)
3. Red-Necked Grebe 4 Mica Bay, Coeur d'Alene Lake Oct. 24 (BG)
4. Great Blue Heron 1 Mica Bay, Coeur d'Alene Lake Oct. 24 (BG)
5. Cattle Egret 1 Rathdrum Prairie Nov. 10 (UH) (fide SDW)
6. Tundra Swan several Chatcolet Lake Nov. 10 (EF,MS); 18 Mica Bay, Coeur d'Alene Lake Oct. 24 (BG); large flock Carlin Bay, Coeur d'Alene lake (NM)
7. Northern Pintail 6 Blanchard Nov. 3 (GC,PAC)
8. Bufflehead 38 Mica Bay, Coeur d'Alene Lake Oct. 24 (BG)
9. Hooded Merganser 100+ Blanchard Nov. 3 (GC,PAC)
10. Common Merganser 100+ Blanchard Nov. 3 (GC,PAC)
11. Bald Eagle 1 Blanchard Nov. 3 (GC,PAC); 1 Chatcolet Lake (EF,MS); 2 Cataldo Slough Oct.23 (CL); 1 Carlin Bay, Coeur d'Alene Lake (NM)
12. Golden Eagle 1 Wolf Lodge Bay, Coeur d'Alene Lake Nov. 22 (CC,DC)
13. Merlin 1 Coeur d'Alene (downtown) Nov. 18 (JS)
14. Wild Turkey 15 Morton area Oct. 25 (BG)
15. American Coot 62+ Mica Bay, Coeur d'Alene Lake Oct.24 (BG)
16. Killdeer 1 Blanchard Nov. 3 (GC,PAC)
17. Northern Pygmy-Owl 1 Coeur d'Alene (6th Street) Nov. 10 (GC,PAC); 1 Twin Lakes Nov.17 (RL), 1 Fernan Hill Nov. 13 (RY)
18. Belted Kingfisher 1 Blanchard Nov. 3 (GC,PAC)
19. Hairy Woodpecker 1 Coeur d'Alene (Arrowhead Rd) Nov. 8 (TP) 1-2 coming to feeders of daily Oct.-Nov. (KB,SHS,RY)
20. Downy Woodpecker 1 coming to his feeder on Fernan Hill (RY)
21. Pileated Woodpecker 1 Morton area Oct. 25 (BG)
22. White-breasted Nuthatch 1 Post Falls (home feeder) Nov. 18 (JS)
23. Brown Creeper 1 Tubbs Hill Nov. 2 (BG)
24. Winter Wren 1 Twin Lakes Nov. 3 (CL)
25. Golden-Crowned Kinglet 6+ Tubbs Hill Oct. 31 (BG)
26. Bohemian Waxwing 30 (first seen this fall) Bonners Ferry area Nov. 2 and 150 Spirit Lake area Nov. 3 (GC,PAC)
27. Spotted Towhee 1 Fernan Lake (home feeder) Dec. 3 (SHS)
28. Dark-eyed Junco (Slate-colored) 1 Coeur D'Alene 6th street Nov. 10 (GC,PAC); 1 Fernan Lake (home feeder) with several (Oregon) daily in Nov. (SHS)
29. Red-Winged Blackbird 1 Pottlatch Hill feeder Nov. (KSB)
30. Snow Bunting 1 Twin Lakes Nov. 14-15 (CL)
31. American Goldfinch 3 Pottlatch Hill Nov. 11 (KSB); 40 Blanchard Nov.3 (GC,PAC)

Answers for Quotes Quiz from page 3:

"Birds of Killingworth" by Henry Wadsworth Longfellow: Roger Tory Peterson:
Psalm 55-6: Job 39:26-27

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MEMBERSHIP APPLICATION

Please enroll me as a member in the National Audubon Society and my local chapter, Coeur d'Alene Audubon Chapter (Chapter Code GO67XCH8).

Name _____ Phone _____

Address _____

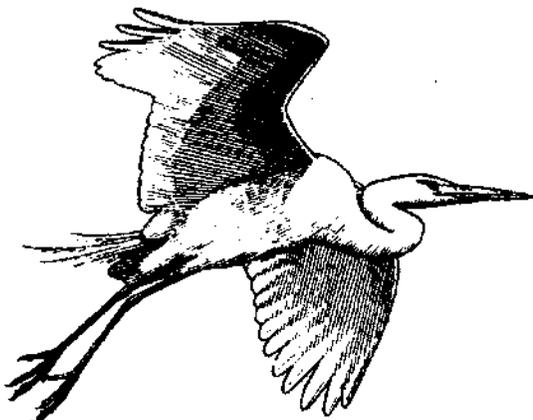
Introductory membership is \$20.00 for individual or family. Members receive 6 issues of Audubon magazine and the chapter's local newsletter. Please make check payable to the National Audubon Society and mail to Jan Severtson, Membership Chairman, Coeur d'Alene Audubon Society Chapter, P.O. Box 361, Coeur d'Aene, ID 83814.

Subscription to the The Fish Hawk Herald newsletter only is \$10.00. Please make checks payable to the Coeur d'Alene Audubon Society Chapter and mail to Jan Severtson, Membership Chairman, Coeur d'Alene Audubon Society Chapter, P.O. Box 361, Coeur d'Alene, ID 83814.

The Fish Hawk Herald

December 1996

National Audubon Society
Coeur d'Alene Chapter
P.O. Box 361
Coeur d'Alene, ID 83816



GREAT EGRET
Ardea alba