THE FISH HAWK HERALD

Coeur d'Alene Chapter of the National Audubon Society



November 2005 VOLUME 15 ISSUE 3

BOARD MEETING

DATE: November 21, Monday

TIME: 4:30 p.m.

PLACE: Mt. West Bank-125

Ironwood Dr.

NOVEMBER PROGRAM

DATE: November 21, Monday

TIME: 7:00 p.m.

PLACE: Idaho Fish and Game Office,

2750 W. Kathleen

PROGRAM: "Status of Northwest Lynx" a review the newest scientific knowledge of this unique cat's history,

distribution, and ecology.

SPEAKER: Bryon Holt, USFWS

THANKSGIVING BIRD COUNT

November 24, Thursday see attached form for details

Visit our website: www.cdaaudubon.org

CATBIRD

Janet Callen



It wasn't a dark and stormy night, it was about 7:00 p.m. on the spring evening of May 31, 2005, the day of the Century Count. Birders, who had begun the day at 4:30 a.m. on the top of Schweitzer Mountain, were wending their way home through the Hoodoo Valley. We added Marsh Wren, House Wren and Sora at the marshy areas. And we were treated

to the "oonk–a-lunk" (*National Geographic*) call of an American Bittern. Sibley describes the call as a deep, gulping, pounding Bloonk Adoonk repeated. Unforgettable and the highlight of the day.

As we proceeded to Granite Lake, Kris and Stephen decided to try to call up a Rock Wren. We stopped at the boat launch at the west end of the lake. Kris and Stephen

proceeded about 200 ft. north of the road to a stand of trees at the base of a cliff. I waited at the car.

After a few minutes they returned and Kris had a tiny blond striped kitten tucked in her coat. It had one eye stuck shut and was small enough to hold in one hand. It was trembling all over and complaining loudly. I was told that as they played the Rock Wren call they kept getting an answer that sounded like a Catbird. Then this little kitten came from behind a rock, straight toward them, meowing all the time. I ended up with it (him) because I have two older cats, and cat food. My passenger, Jan Severtson, wrapped him a towel that was in the car and eventually he quit shaking and went to sleep. We discussed a name, Bluebird, Rocky, Catbird?

Because he was so small I had visions of middle of the night feedings from a little bottle, but when I got home I gave him a little warm milk in a dish. He didn't know about lapping, so he stuck his chin in, drank and then slept the night inside a cat carrier. The next morning I tried a little canned food and he chewed and swallowed with his baby teeth till his tummy was round. A trip to the vet comfirmed he was in good physical shape, was about 4 weeks old, weighed less than a pound, and didn't need a bottle as long as he could eat solid food.

He was litter-box trained in five days, learned to eat from a dish without standing in it, discovered the soft and sunny places to sleep and terrorized my adult cats.

Continued on page 6

BIRD TRACKS



AUDUBON MEMBERS MAKE A
DIFFERENCE



GREEN TIPS

Green tips will be a monthly feature in our newsletter. It is designed to give you ideas for

taking personal conservation action improve to the environmental health and habitat vards quality of our and neighborhoods. (Members are encouraged to send tips to the editor for inclusion in future newsletters.)

FOR COFFEE LOVERS

Shirley Sturts

Why should we spend the big dollars and buy organic shade gown coffee?

The American Bird Conservancy website has this to say about the importance of supporting farmers that produce shade grown coffee: "About 40 permanent percent of the cropland in Mexico, Central America, and the Caribbean is planted in coffee. On traditional shade plantations, coffee shrubs are grown under a natural canopy of trees, the layers and diversity of which offer shelter and food for migratory birds and wildlife. **Economic** other pressure to produce higher resulted in the vields has conversion of many coffee farms to varieties planted densely in the sun. These "sun" farms produce more coffee, but at great environmental cost: when removed, trees are more

chemical fertilizers and pesticides are required, farms are more susceptible to drought and erosion, and wildlife habitat destroyed, especially for migratory birds. The benefits of shade coffee versus sun coffee have gained the attention of conservationists, birdwatchers, and ecologists, and the number programs designed encourage the production and sale of shade coffee have escalated in the past five years."

According to the American Bird Conservancy all organic coffee is shade grown. However, several brands that I have found are labeled "organic" but say nothing about being "shade grown". Why is this?

Equal Exchange, a coffee brand that I recently purchased at the Pilgrim's Natural Foods Market, is labeled organic and fair trade certified but there is nothing to indicate that it is shade grown. I visited their website www.equalexchange .com and looked under the frequently asked question, your coffee shade grown?" Their answer is as follows: "Equal Exchange is committed supporting sustainable agriculture practices. For over 19 we've developed vears relationships with small farmer co-ops—currently with cooperatives in 13 countries. Each of these co-ops has its own unique social, political and history ecological and engaged in fostering sustainable agricultural production systems. Our mission to work with small farmer cooperatives has led us to work in regions with extensive degradation. landscape market access we provide to producers in these regions is

critical to restoring these landscapes.

Over 90% of Equal Exchange coffees are certified organic by volume. The majority of these coffees are shade organic grown. Some of the coffees that are not, are produced in locales deforestation where has occurred. The land in these areas is in transition; it is in the process of being restored with agro-forestry systems usina coffee as the principal crop.

Up until now, Equal Exchange has not applied for certification for its shade grown coffees. The shade grown certification process is relatively recent development which is extremely intensive and costly for farmers and co-ops. This seal along with our other certifications would have resulted in a prohibitive cost to consumers. In the past, the market demand didn't justify the expense.

However, the increased interest in organic certification and the resulting increase in trained organic inspectors has stimulated the demand for shade grown certification and is making it operationally more accessible to Equal Exchange. We are currently exploring the range of options for shade grown certification that are now available to us."

BIRD TRACKS (GREEN TIPS: FOR COFFEE LOVERS) CONTINUED ON PAGE 4

Over 150 species of birds that breed in North America have been shown to use shade coffee farms as their winter habitat.

NOVEMBER FIELD TRIPS

FIELD TRIP INFORMATION

1. PLEASE REGISTER: Dates and trips could change.

- 2. COST: Participants will share in a mileage reimbursement for the driver at a rate of \$0.25/mile, with the trip leader responsible for collection and distribution of the compensation
- 3. RADIOS: We will ask participants to contribute \$1.00 toward batteries as needed.
- 4. UNSCHEDULED TRIPS: Sign up to be on the group email list for unscheduled trips with Shirley Sturts: s.sturts@verizon.net, or get on a call list by calling Shirley at 664-5318.

MICA BAY SURVEY

DATES: November 8, Tuesday

TIME: 8:00 A.M.

MEET: Fairmont Loop and Highway 95

LEADERS: Shirley Sturts, 664-5318 - Kris Buchler, 664-4739

ACTIVITY: We spend about 3 hours once a month counting birds in the Mica Bay. Beginner

birders are welcome.

BROWN BAG BIRDING TRIP

DATE: November 22, Tuesday (note the date change from original set date)

TIME: 12:00 noon - 1:00 P.M.

MEET: Independence Point, east end of CDA City Beach

LEADER: Lynn Sheridan, 765-2603

ACTIVITY: Take an hour out of your busy day to enjoy the out-of-doors, see how many different species of birds one can find in an hour and get to know people that share your interest in

nature. Beginner bird watchers are welcome

BOREAL OWL TRIP

DATE: Saturday and Sunday, November 12 and 13

TIME: 12:30 P.M. (Saturday) **MEET:** To be determined

LEADER: Roland Craft and Kris Buchler 664-4739

"Call for more details and register immediately for this trip."

ACTIVITY: Search for Boreal Owls - Eat lunch before leaving - Bring breakfast and lunch for Sunday - Plan to return home on Sunday around 1:00 P.M. - Dinner and lodging will be at the Schweitzer Mountain Ski Resort.

COMING IN DECEMBER - CHRISTMAS BIRD COUNTS

Three Christmas Bird Counts (CBCs) are conducted in the Coeur d'Alene area each winter, part of a larger Audubon program extending across the Western Hemisphere. No matter what your skill level, beginner or expert, you can be a part of this century-old tradition. Join an Audubon team for the day or half of the day or count birds at your feeder if you live within one of the count circles. For more information about the CBC, go to www.audubon.org and click on "Science". For specific information about our local CBCs, or to sign up, contact Shirley Sturts s.sturts@verizon.net 664-5318

Cost: \$5.00 per CBC plus gas money for the driver Coeur d'Alene CBC: Thursday, December 15, 2005 Indian Mountain CBC: Monday January 2, 2006 Spirit Lake CBC: Thursday, January 5, 2006

BIRD TRACKS



FOR COFFEE LOVERS

Continued from page 2

Where can one buy organic shade grown coffee in the Coeur d'Alene area?

There are several locations in Coeur d'Alene where organic shade grown coffee is available. The following are ones that I have found. I am not a big shopper, so please email me s.sturts@verizon.net for ones you know about and I will put them December in the newsletter. Some of the following are certified while others just say organic.

Stores

- 1) Fred Meyer, in their health food section, offer two brands: (a) "Bird Friendly Javatopia" (Certified Organic Shade Grown Coffee) and (b) Green Mountain (some blends are organic but not certified shade arown).
- 2) Pilgrim's Health Foods Market carries (a) Equal Exchange (mentioned above) and (b) Doma (organic but not certified shade grown)

Coffee Houses

- 1) Belle Rose Bakery Café, 213 Sherman Ave, offers Batdorf Bronson (Certified Fair Trade, Shade Grown and Organic)
- 2) Café Doma, 501 E. Sherman, (some blends are organic)
- 3) Starbucks has at least 1 blend of shade grown coffee from Mexico; however, it is not always available and they don't promote it. I was told that you can request a cup of coffee from any of their blends and they will make you a cup. Next time you visit a Starbucks, you might ask for a cup of their shade grown coffee. I plan to do just that.

VOLUNTEER OPPORTUNITIES

Field Trip Leaders - We are always looking for more field trip leaders, a good knowledge of the area is all that is required. You do not need to be an expert in bird identification. Contact Dick Cripe 665-0010 or email racripe@adelphia.net or Roland 457-8894 Craft or email rolcra@adelphia.net

Conservation Committee

We need new members with fresh ideas and solutions to the many problems concerning birds wildlife. and other The Conservation Committee will meet on the second Tuesday of the month at Little Seattle All interested Coffeehouse. persons are welcome. Contact Roland Craft, 457-8894 or email rolcra@adelphia.net

Education Committee.

Give or help with educational programs for children and/or adult groups. Help at special events such as the Farmer's Market, Earth Day, International Migratory Bird Day etc.. Contact Janet Callen, 664-1085, or email jgoldfinch@adelphia.net

Attend Board Meetings

Board meetings are open to all members. Come and share your ideas - we are always looking for input from members.

Positions open:

Vice President Hospitality chair

Board Member

Contact Lisa Hardy, 682-4808 or email basalt@earthlink.net

Eagle Watch - Wolf Lodge Bay

December 26-January 1 Helpers are needed at viewing stations set up by the BLM. Contact Scott Robinson, 769-5048

THE RESORT GOLF COURSE PLAN

Lynn Sheridan

On October 7 five of us went to the Coeur d'Alene Resort Golf Course to pick up a hodgepodge of nest boxes they had stored there. We took them to Roger Young for repair and advice on how to mount them. With the assistance of Kevin Hicks. the course aolf maintenance chief, we will be putting the boxes up around the golf course at the end of October. Thank you Roland Craft, Roger Young, and Wendy Clark Sheridan (from and California).

BOARD MEETING

Lisa Hardy

October 17. We discussed mileage compensation to drivers on field trips, and settled on a rate of \$0.25/mile, with the trip leader responsible for collection distribution of the and compensation.

We also reviewed the perennial problem of a location for our general meetings. Our usual location has started to charge us \$40 per meeting, and while the IDFG building is free, it is only available in the fall and there is no place to store the library. We will continue to look for a location that costs less, and would allow us to store the library. It was also suggested that the library be stored somewhere where it would be available between meetings.

BIRD TRACKS



"If I were to make a study of the tracks of animals and represent them by plates, I should conclude with the tracks of man"

Henry David Thoreau

3RD IN A SERIES OF ARTICLES
ABOUT LAWN CARE

THE BEAUTIFUL LAWN

Judy Waring, Janet Callen with assistance from Lisa Hardy



Is there a difference between chemical (inorganic) fertilizers and organic fertilizers? Chemical fertilizers are highly concentrated and provide instant results immediately to the plants. However, they add no nutrients to the soil, they destroy beneficial organisms that create the soil's natural nutrients and when used exclusively will build up in the soil and actually hinder plant growth.

Organic or natural fertilizers are recommended. They don't directly feed the plants. Instead they add essential nutrients to the soil for plants to use. Hence, results will be slower to show. In addition. thev encourage beneficial microorganisms and promote soil health. downside is they are usually more costly. In organic fertilizers the nitrogen (N) is provided by cottonseed meal, alfalfa meal or fish emulsion, the phosphorus (P) by poultry manure, rock phosphate or bone meal and the potassium (K) by granite meal, kelp meal or dairy manure.

Combination fertilizer-weed killer products are never recommended. (2) The harmful chemicals in these products will be discussed in another segment.

Dethatching is generally not necessary for an Idaho lawn and is often too hard on the turf. One should consider thatching if the thatch layer is thicker than 3/4". Thatch problems can start with the overuse of synthetic chemical fertilizers. If one truly has a thatch problem, power (or hand) raking in early spring is advised, but not every year.

Core aeration is recommended, particularly for It opens up heavy soils. avenues for water and fertilizer reach the root zone. promoting root growth. Lawns that have never been aerated, or those that get heavy foot traffic may benefit by aerating twice a year. This may need to be done for one to two more years, with aeration once a year. Leave the plugs on the lawn. thev'll decompose naturally. application of no more than 1/4 inch of compost after spring aeration is beneficial for all lawns.

In addition to organic fertilizers such as steer manure, chicken manure, peat moss, bone meal and fish meal, we located two formulated organic fertilizers in our area: 1) Ringer All Natural Lawn Restore sold at Home Depot and 2) Worry Free Lilly-Miller Spring and Summer Lawn Food sold at Lowe's. These products mav available at other locations.

An interesting product named Nitro Cal is manufactured at Greenacres Plant Food Center, 4301 W. Seltice Way, Post Falls, ID. It is advertised as an early fall fertilizer and is made from Gypsum (an organic

product) and Urea (considered non-organic.) This combination provides Nitrogen, Calcium and Sulfur. Note, no phosphorus. The company states this product will not change the pH of the soil

Another product found at Lowe's is Revive Granules. designated as a soil treatment that increases water penetration, breaks up hard soils material. contains organic Gypsum is also а soil amendment that improves the soil structure and provides calcium and sulfur and is recommended for alkaline soils. Dolomitic limestone is a soil amendment for acid soils and some Idaho soils are acidic enough to require the application of lime. If soil pH is less than 5.1, apply lime.. If soil pH is greater than 7, apply Gypsum. Soil amendments are best applied in Soil pH can be tested. the fall. and the University of Idaho Extension Bulletin 704 has information on collecting and processing a soil sample, if one is so inclined.

Next month, the dysfunctional lawn (i.e. weeds, bugs and fungus).

(2) "Audubon at Home" www.Audubon.orgwww.grassrootsinfo.org and University of Idaho Extension

BIRD QUOTE CORNER



"Few forms of life are so engaging as birds"

- Ellen Glasgow, Letters of Ellen Glasgow -



CATBIRD Continued from page 1

I planned to keep him a short while and then find

good home for him. No one needs three cats. Friend Judy found him a good home, but I felt he was too young to leave, maybe when he was a little older. He now weighs eight pounds and is still here. Both his eyes work well; the other night he watched a backvard bird identification video with rapt attention, until he realized they weren't coming out of the TV. At the moment he is outside on a leash and a long rope. He does quite well, although he almost hung himself a couple of times. He has no fear of the vacuum, rides on my shoulder in the car, likes people and attention, hissed at a 60 pound dog when he was two months old, and walks guite well on a leash. He is still a kitten cute and lovable most of the time. However, sometimes he acts as though he was born in the wild. I named him Catbird and he is my back-up cat.

DR. REMBER'S FOSSIL TRIP September 17th

Roland Craft

The archeological dig for fossils at Dr. Rember's property near Clarkia was a very interesting field trip. The fossils in this occurred during the area Miocene Epoch (that's what the dictionary called it) and dated

about 14 million years ago. Dr. Rember said it is rare to find insects, fish or animals on his property, but many plants were found. What is amazing is that many of the plants survive as closely related species of today. A few of the tree fossils we found are Dawn Redwood. Port Orford Cedar, Red Cedar, Bald Cypress, a fir species, Tuliptree, Sycamore, Sweet Gum, Maple, Oak in the Red Oak family, Poplar, Magnolia, Poplar that looked like our aspen, and Birch. These fossils occur in a clav-like rock that has many thin layers and often different plants can be found in a layer one-eighth inch away from another. All in all it was a fine trip.

The members attending were Janet Callen, Judy Waring and Roland Craft.

BROWN BAG BIRDING Lynn Sheridan

I was met at the 11th Street entrance to Tubbs Hill, by Rochelle Fairfield and Sue Both Gibson. are alpaca breeders and live by Mica Flats. This was their first walk on the

At first the birds were quiet as the noise of dump trucks on the maintenance road drowned out all. Very high above were a few gulls--flying on thermals? Gradually we began to hear twitters, took a few false paths, but found the suspension bridge. Best sightings were a pair of Downy Woodpecker going from tree to tree, quite close, and a flock of Black-Chickadees. capped Two chipmunks were visibly squabbling.

Heard were Pygmy and Redbreasted Nuthatch, a Northern Flicker and a few tantalizing voices that I couldn't ID. Autumn colors, balmy weather and a

variety of passing dogs pleased us all. Thank you Rochelle and Sue for joining me.

OBSERVATON POST

Shirley Sturts

2005 Kootenai County Big Year - 196 species as of October we have Shoshone has 152 as of October 25. Check out our website to see county lists.

OTHER SIGHTINGS

Common Loon 23 Bell Bay, Coeur d'Alene Lake, Oct. 18, Jan and Herb Severtson: 4 Coeur d'Alene River Delta (Harrison), Oct. 23, Lisa Hardy Horned Grebe 5+ Coeur d'Alene River Delta (Harrison), Oct. 23, Lisa Hardy Tundra Swan 2 Coeur d'Alene River Delta (Harrison), Oct. 23, Lisa Hardv **Hooded Merganser** 10-20

Coeur d'Alene River Delta (Harrison), Oct. 23, Lisa Hardy Ruddy Duck 1 Cave Lake, Oct. 23, Lisa Hardy Dowitchers Lane Marsh, Oct. 23, Lisa Hardy

Bonaparte's Gull 8 Sandpoint City Beach, Sept. 20, Charles Swift and Sept. 30 Kris Buchler: 7+ Coeur d'Alene River Delta (Harrison), Oct. 23, Lisa Hardy Rough-legged Hawk 1 Harrison Flats, Oct. 23, Lisa

Steller's Jay 1 outside my window eating peanuts that I just now put out, Oct. 28, Fernan Lake home, Shirley Sturts

White-throated Sparrow:

Hardy

1adult with several Whitecrowned Sparrow (mostly juveniles), North Fork of the Coeur d'Alene River, September 25, Lisa Hardy

American Pipit: 4 Coeur d'Alene River, September 25, Lisa Hardy

THE FISH HAWK HERALD

THANKSGIVING BIRD COUNT

| Thanksgiving (window watch) Bird Count Counters name and mailing address: | Record your observations on the field form below: | | |
|---|---|-----------|---------|
| | Species name | In Circle | Outside |
| | California Quail | | |
| | Rock Pigeon | | |
| Zip | Mourning Dove | | |
| | Northern Flicker | | |
| Location of count: | Downy Woodpecker | | |
| | Hairy Woodpecker | | |
| | Steller's Jay | | |
| | Blue Jay | | |
| Date, Temperature | Black-backed Magpie | | |
| | Common Raven | | |
| Time: BeginEnd | American Crow | | |
| Weather | Chestnut-b Chickadee | | |
| | Black-c Chickadee | | |
| Habitat Type | Mountain Chickadee | | |
| | Red-b Nuthatch | | |
| Feeders/Baths | White-b Nuthatch | | |
| Inc/number | American Robin | | |
| | Golden-cr. Kinglet | | |
| Procedures for Count: Select a circular area on the | Cedar Waxwing | | |
| ground (may include water area), 15 feet in diameter, to | European Starling | | |
| include feeders, bird baths, shrubs, etc., as you wish. | Song Sparrow | | |
| Imagine the circle extending upward as a cylinder. | Dark-eyed Junco | | |
| Count the number of birds of each species which come | Red-winged Blackbird | | |
| into this circle (or cylinder) during exactly ONE HOUR. | House Finch | | |
| Try to judge as best you can t he actual number of | Cassin's Finch | | |
| individuals which are making visits to the Circle, or | American Goldfinch | | |
| which fly through the imaginary cylinder. Try NOT to | Pine Siskin | | |
| count the same individual bird over and over again. | Evening Grosbeak | | |
| Please print "In Circle Column". If you wish to report | House Sparrow | | |
| any seen outside the Circle, list them in the "Outside" | OTHER SPECIES | I . | |
| column. | | | |
| Distriction ONE HOUR works of design the device of order | | | |
| Pick any ONE-HOUR period during the day and make | | | |
| the count on Thanksgiving Day!!! | | | |
| Please send your results (even if you see no birds at | | | |
| all) to: | | | |
| Dr. John G Hewston | | | |
| Natural Resources Buildiing | | | |
| Humboldt State University | | | |

THE FISH HAWK HERALD

Arcata, CA 95521