

# THE FISH HAWK HERALD



Coeur d'Alene Chapter of the National Audubon Society

October 2004

VOLUME 14 ISSUE 2

## **COMING EVENTS** **BOARD MEETING**

**DATE: October 18, Monday**  
**TIME: 4:30 p.m.**  
**PLACE: Mt. West Bank-125 Ironwood Dr.**

## **OCTOBER PROGRAM**

**DATE: October 18, Monday**  
**TIME: 7:00 p.m.**  
**PLACE: First Presbyterian Church, 521 Lakeside**  
**PROGRAM: "Bill and Feather Malformations in Birds"**  
**SPEAKER: Judy Hoy**  
Judy Hoy is a wildlife rehabilitator in Montana who has been noting deformities in birds and mammals for a number of years. Some researchers believe that certain deformities are occurring at increasing rates in wild populations. Ms. Hoy will describe the types of deformities encountered, and ways in which she attempts to correct some of them. Join us for this thought-provoking presentation.

## **ADOPT-A-HIGHWAY PROJECT**

**Saturday, October 2**  
**SEE PAGE 2 FOR INFORMATION**

Visit our website: [www.cdaudubon.org](http://www.cdaudubon.org)

## **BIRDING BY CANOE IN THE ARCTIC**

Bill Gundlach



**Photograph by Anne Poe**

My wife Joan and I love to take long wilderness canoe trips, especially in the Canadian Arctic. However, this year Joan was unable to go on such a trip, but I decided to do one with our friends Mike and Anne Poe of Sandpoint. Our trip in July of this summer was on the Baillie and Back Rivers in the Northwest Territories and Nunavut, rivers that Joan and me

had previously canoed in 2002. These rivers are located over 300 miles northeast of Yellowknife and form the northwest boundary of the Thelon Wildlife Sanctuary. They are north of the tree line, in true arctic tundra country known as the Barrenlands. This country is especially appealing to Joan and I and others who love canoeing in remote areas, where the environment is pristine, the vistas are large and open, and the chances of seeing wonderful wildlife are high.

After much preparation of canoes, equipment and packs, including three weeks of food plus seven days reserve in case of bad weather, we headed north to Yellowknife in my van with two canoes on top. This city of 18,000 on the edge of the Great Slave Lake is our starting point for flying out to the Barrenlands and it is a busy place at the Air Tindi Floatplane Base on the waterfront where we chartered a Cessna 208 Caravan. Final preparation included renting a satellite phone and stopping at the Canadian Wildlife Service Office so I could pick up 25 official NWT/Nunavut Bird Checklist Survey forms.

**Additional Pictures of Bill's Arctic Trip are featured on our website**

**Continued on Page 4**

# BIRD TRACKS



Audubon Members make a difference

## ADOPT-A-HIGHWAY PROJECT

Saturday, October 2



Oh, how time flies. Summer is gone and it is again time to get our stretch of Highway 95 in good order. This is our third round and it is always interesting to see what turns up. In years past, Idaho's first lady placed envelopes along state highways containing \$100 as incentive for groups to join in this program. Unfortunately, this is no longer done but I always look for the wayward twenty dollar bill. We will meet at 8:30 a.m. on October 2 at the intersection of Highway 95 and Fairmont Loop Rd. for the traditional muffins and juice, distribution of vests and bags, and then go for it! Participants should wear long pants and sleeves. Plan on around two hours and be thinking of ways to spend the extra \$20.

**For info call Judy Waring at 765-5378.**

## THE BIG SIT

*"If you sit in one place long enough, eventually every species of bird will pass by."*

We are participating in the Twelfth Annual New Haven Bird Club's, "The Big Sit!"- co-sponsored by [SWAROVSKI OPTIK!](#) Sunday, October 10, 2004. This is our fourth year to participate in this event. **See the field trip page for how to participate.**

The BIG SIT! is like a Big Day, or a Bird-a-thon in that the object is to tally as many bird species as can be seen or heard within 24 hours. The difference lies in the area limitation (17 foot circle) from which you'll be allowed to observe. This free event is open to all individuals & every club in every state in every country.

There are 3 categories:

- 1) Best Overall Count (Most species seen by a single circle - wins our commemorative T-shirt)
- 2) Best State Count (Highest combined total from circles within a state - wins state pride.)
- 3) The Big Prize!: Swarovski Optik is offering \$500 to the circle who finds the "Golden Bird". (A random drawing-we could win!)

### **RULES:**

- 1) Observations can be made from any area within the state/country you live, or wish to represent.
- 2) Observations can only be made from within a 17-foot diameter circle.
- 3) There's no limit on how many people can occupy the area (other than the obvious spatial limitations). Bring some chairs. Have a picnic or barbecue. Welcome passers-by and their contributions to your list.
- 4) If a bird is seen or heard from within the circle but is too distant to identify, the circle can be left to get a closer look for

confirmation. However, any new bird seen or heard while confirming the original can't be counted unless it's seen from an "anchor" who stayed behind in your circle, or when you return to your spot.

5) The participants can work in shifts. No one person needs to be there throughout the whole Big Sit! The area can be left and returned to as frequently as desired, but you must be sure to return to the exact spot each time.

6) The same circle must be used for the entire Big Sit!

7) The Big Sit! Will begin at 12:00am midnight on October 12 and ends in 24 hours. (Unless there is a volunteer for night duty, we will do dawn to dusk).

## **WILD BIRDS UNLIMITED (A REMINDER)**

Wild Birds Unlimited is donating 10% of their sales from Audubon members to our Audubon Chapter. This is a "win-win" situation. It benefits our Audubon Chapter and it encourages members to try the Wild Birds Unlimited products. If you have been in the store you know their products are all first class. There are some great gift items as well as good quality seed, feeders, birdbaths and other useful items for backyard bird watching.

The Wild Birds Unlimited store is at 296 W. Sunset Ave. #22, Coeur d'Alene. When you go there be sure to identify yourself as an Audubon member so that our chapter gets credit.

Thank you Irv and Helen Stephenson, owners of Wild Birds Unlimited, for your contribution to our chapter and for providing quality bird products and friendly service.

**Continued on page 7**

## OCTOBER FIELD TRIPS

### FIELD TRIP INFORMATION

1. Please register with the leader ahead of time.
  - a. It helps the leader plan the trip.
  - b. You will be informed if the trip time or location is changed or if the trip is canceled.
2. Fees: (to be paid to the driver of the car) \$5.00 - all day trips, \$3.00 - 1/2 day trips.
3. We sometimes use radios to communicate between cars. If the radios are used we are asking participants to contribute \$1.00 toward batteries.

### **THE BIG SIT**

**DATE/TIME:** October 10, Sunday / sign up for a sit time

**LOCATION:** Mica Bay Platform

**LEADER:** Shirley Sturts, 664-5318

**ACTIVITY:** As a group effort we are counting birds at Mica Bay from dawn to dusk. Contact Shirley to sign up for a time. You can sign up for a 2 hour shift or (shorter-longer time period).

There is no limit to the number of people we can have at one time. We would like to spread participants out over the entire day to get as much coverage as possible.

Bring a chair, binoculars, bird book, scope (if you have one), water, food and your enthusiasm.

See the article on page 2 or more information.

### **CRANBERRY BOG CANOE ADVENTURE**

**DATE:** October 17, Sunday

**TIME/ MEET:** Fernan Lake Forest Service parking lot at 7:30 a.m., or 8:00 a.m.

at Rose Lake, I-90 junction

**LEADER:** Dick Cripe 665-0010

**ACTIVITY:** We have done this trip for the past three years, but there is interest in repeating it. Canoe across Killarney Lake to Hidden Lake and pick cranberries from old private bog. Wear high rubber boots. Bring lunch. We will return mid-afternoon. This trip does not require that you have a canoe, but you must register ahead of time so that we can line up enough canoes and equipment. Also, it does not require canoeing experience. Indian summer will be here!

### **BROWN BAG BIRDING TRIP**

**DATE:** October 19, Tuesday

**TIME/MEET:** 12:00 noon - 1:00 p.m. at Independence Point

**LEADER:** Lynn Sheridan - leave messages for Lynn with Kris Buchler 664-4739

**ACTIVITY:** This is the time of the year we start looking for unusual gulls. Common year round are Ring-billed and California Gull. The Herring Gull is commonly seen during the winter. We will be looking for the uncommon and rare gulls e.g. Mew, Thayer's, Glaucous, and Glaucous-winged. A variety of waterfowl are often seen. We will walk along the beach as far as time permits.

### **MICA BAY SURVEY**

**DATES:** October 27, Wednesday (Note Change of weekday)

**TIME/MEET:** 8:00 a.m. at Fairmont Loop and Highway 95

**LEADERS:** Shirley Sturts, 664-5318 - Kris Buchler, 664-4739 - Corinne Cameron, 664-0344

**ACTIVITY:** We spend about 3 hours twice a month counting birds in the Mica Bay area. Beginner birders are encouraged and welcome to join us.

### **TRAIL OF THE COEUR D'ALENES BIKE TRAIL**

**DATE:** Oct. 30, Saturday

**TIME/MEET:** Fernan Forest Service parking lot at 7:30 a.m. or cafe at Rose Lake, I-90 junction at 8:00 a.m..

**LEADER:** Dick Cripe, 665-0010

**ACTIVITY:** We will ride bikes from Medimont to Harrison and back again birding along the way (about 20 miles round trip). We should see various waterfowl and shorebirds. Bring lunch or can buy lunch in Harrison. The bike ride is not difficult, but dress in layers. All day. Let us know if you need help getting or transporting a bicycle.

*To volunteer to lead a trip, or to suggest places to go, call or email Lisa Hardy 682-4808 or [basalt@earthlink.net](mailto:basalt@earthlink.net)*

## BIRDING BY CANOE IN THE ARCTIC

Continued from page 1



Photograph by Anne Poe

I first learned of the checklist survey in 2000 when I found some at the visitor center in Inuvik, NWT, in the Western Arctic prior to our Horton River canoe trip. The checklist survey is a volunteer program that hundreds of researchers, tourists, government staff, and lodge owners have participated in since 1995. The survey database as of 2003 contained approximately 70,000 observations from 7000 checklists. The Canadian Wildlife Service provides survey data to researchers when requested and that year provided data to update range maps in David Sibley's two new books: The Sibley Field Guide to Birds of Western (and Eastern) North America.

On our previous four arctic canoe trips, I have kept species lists of all the birds we have seen, starting on our Thelon River Trip in 1997. However, on our Horton River trip I did submit some checklists, especially of what I thought were more unusual sightings such as a Harlequin Duck pair and a Say's Phoebe far beyond their ranges shown in the field guides. Counting birds all day or even part of a day always seemed to be a lot of effort in addition to all the paddling and camping

activities required on such trips. So, up until this year the Canadian Wildlife Service only got a handful of official checklists from me, plus my species lists and generalized information on numbers and locations of birds seen. This year I decided to make the effort to compile a daily checklist of all birds seen, including starting and ending coordinates from my GPS, distance traveled, and other information requested.

After loading the plane and strapping our two nested canoes on the pontoon, we left Yellowknife at 9:00 p.m. on July 8<sup>th</sup>, with the sun still high in the sky. First we flew over rocky shield landscape with trees and hundreds of lakes, gradually leaving the trees behind. You can't believe the number of lakes and water in this country. I have read that 40% is covered with water. After a 2 1/2 hour flight we reached our headwater lake and the pilot found a nice sandy point to land near and taxi up to. It was still only slightly dusky at that hour with the sun slightly below the horizon. After the plane left we were on our own for the next 24 days and 260 miles of river.

Our canoe trip this year was good one, as all trips in this country are in our opinion. We had hot to cold weather, calm to very windy, easy paddling to hard paddling to not being able to paddle due to wind, some rain, and even some smoky skies from fires way south in Saskatchewan. And of course there are always the bugs, lots and lots of mosquitoes and black flies - fine and pleasant miseries if you will - but if you are prepared it's ok.

On this trip we had some great wildlife sightings and interactions, especially of a wolverine and arctic foxes. We

also saw musk oxen, wolves, many caribou, grizzly bears, and lots of arctic ground squirrels.

Beautiful wildflowers are abundant in the lush tundra vegetation. We also saw the sites where the Inland Inuit lived in centuries past, including tent rings, meat caches, kayak stands and stone hearths. The paddling was mostly fun, the rapids not too hard, and we had no portages.

The highlight of our trips was discovering an Arctic fox denning area on one of our walks. We were able to sit in the middle of this area and be totally entertained by seven foxes playing and running around.



I was able to keep track of the birds identified and counted, and I filled out the checklist in the evening in camp. Some of the flying ducks were a challenge to identify, as were some other small birds, but the process was fun and enjoyable, and I'm glad I made the effort. I saw 36 species of birds as follows: Red-throated Loon, Yellow-billed Loon, Snow Goose, Canada Goose, Northern Pintail, Greater Scaup, Long-tailed Duck, Black Scoter, White-winged Scoter, Common Goldeneye, Red-breasted Merganser, Rough-legged Hawk,, Gyrfalcon, Rock Ptarmigan, Sandhill Crane, American Golden Plover, Semipalmated Plover, Least Sandpiper, White-rumped Sandpiper, Pectoral Sandpiper, Red-necked Phalarope,

Parasitic Jaeger, Long-tailed Jaeger, Herring Gull, Arctic Tern, Common Raven, American Pipit, American Tree Sparrow, Savannah Sparrow, White-crowned Sparrow, Lapland Longspur, Smith's Longspur, Common Redpoll and Hoary Redpoll.

Our canoe trip ended on August 2<sup>nd</sup> with a safe landing and pick-up of the three of us at Pelly Lake by our pilot and plane, and a beautiful flight back to Yellowknife. I wasn't able to turn in my checklists that day because it turned out to be a holiday in Canada (1<sup>st</sup> Monday in August). Anyway I have since mailed in my checklists and feel good about it. Any birder's headed "North of 60" to that part of Canada are encouraged to contact the Canadian Wildlife Service and participate in the NWT/Nunavut Bird Checklist Survey. You might end up with a new sighting - it's happening - birds are moving further north. You can visit their webpage at [www.pnr-rpn.ec.gc.ca/checklist](http://www.pnr-rpn.ec.gc.ca/checklist) the "Wildlife Nature" section under "Migratory Birds"

Birding and canoeing in the Arctic is fun.

## **Partners in Flight Releases North American Landbird Conservation Plan**

From American Bird Conservancy Bird Calls Vol. 8, No. 1 March 2004

Partners in Flight (PIF) has just completed its *North American Landbird Conservation Plan*, written by scientists from the United States, Canada, and Mexico. The Plan provides, for the first time, a continental synthesis of priorities and objectives that will guide conservation actions for 448

species of landbirds in North America.

Of particular focus are the 100 species included on the PIF Watch List that face combination of threats to their habitats, declining populations, small population sizes, or limited distributions. Of these, 28 species require immediate action to protect small, remaining populations, and 44 others are in need of direct management to reverse long-term declines. The Plan also highlights 161 "Stewardship Species" (some also included on the Watch List) that are particularly representative of landscape characteristics in each portion of the continent and whose needs should be considered in conservation planning.

Population estimates for all species of landbirds and population objectives for Watch List and Stewardship Species set forth in the Plan are major advances. These innovations allow measurable population objectives to be set for direct conservation action at various geographic scales. The Plan stops short of proposing habitat objectives, as these can best be determined by partners working on the ground.

Another novel contribution is an assessment of the adequacy of long term population trend monitoring data. Species are placed into four categories: those with adequate data, those having inadequate data, species without data, and species with inadequate geographic coverage.

Important next steps include: 1) devising ways to "step down" the population estimates and objectives to smaller geographic scales for validation with independent data; 2) completing a plan for Coordinated Bird Monitoring to ensure adequate

coverage of all landbirds; and 3) expanding the assessment to include another 450 species of landbirds that breed largely in Mexico. To obtain copies of the Plan, contact Terry Rich, <[terry\\_rich@fws.gov](mailto:terry_rich@fws.gov)>, or Ken Rosenberg, <[kvr2@cornell.edu](mailto:kvr2@cornell.edu)>. See also The American Bird Conservancy Website [www.abcbirds.org](http://www.abcbirds.org)

## **ORIGINS OF BIRD NAMES**

Taken from: *Words for Birds: A Lexicon of North American Birds with Biographical Notes*

### **SAY'S PHOEBE**

#### ***Sayornis saya***

(Editors note: This is one of the birds that Bill Gundlach saw on his Arctic canoe trip. It is rare for our area but Steve Lindsay added it to our Kootenai County Big Year List when he saw one in Mica Bay, CDA Lake, May 1. )

"**Sayornis** - A Hellenism for 'Say's bird.' Thomas Say (b.1787) was another of the eminent naturalists of Philadelphia. He came from a family of physicians who maintained a lucrative apothecary in connection with their practice. His mother was the granddaughter of John Bartram, and it is suggested that it was through this lineage that Say's interest in natural history was acquired. He did not go to college but studied pharmacy with his father. Fortunately for the study of entomology in the United States, a pharmacist's shop opened by Say and a partner, went bankrupt.

At this point, Say took to living at the Philadelphia Academy of Natural History, of which he was one of the founding members. His poverty was such

**Continued on page 6**

## ORIGINS OF BIRD NAMES

Continued from page 5

that he subsisted on 75 cents per week, yet his father was said to be 'one of the richest men in Philadelphia!'

In 1816, he began his great work, American Entomology. In 1818. He traveled to Florida with Ord, Maclure and Peale where he collected for himself and the Academy. His abilities were so generally well known that he was made Curator of the American Philosophical Society in 1821 and Professor of Natural History at the University of Pennsylvania in 1822. In the interim, he had served as zoologist on two expeditions in the West.

The first two volumes of the American Entomology came out in 1824. He edited Bonaparte's American Ornithology in 1825, after which he retired to New Harmony, Indiana to join the utopian community established there by Robert Owen. He continued to travel extensively in the United States and Mexico collecting specimens of insects and shells. The third volume of his American Entomology was published in New Harmony (1827), as were all six volumes of his American Conchology (1830-1834). He died shortly after the last volume of the Conchology was published

**Phoebe** - Here used probably oromatopoeically, but in mythology Phoebe was a Titaness as well as a title for Diana, the moon goddess. In Greek, as Phoibe, she bequeathed the Delphic oracle to Apollo, also known as Phoebus, the sun god. The Greek source of the name is *phoibos*, 'shining.' "

## PRIEST RIVER AND LAKE AREA

September 11, 2004 Field Trip

**Roland Craft**

We had 7 people attending this field trip to not only look for birds but also to check this area for inclusion in the Idaho Birding Trail. Participants were Kris Buchler, Lisa Hardy, Janet Callen, Bill Gundlach, Roland Craft, and Darrell and Carolyn Lewis. The weather was on-and-off rain.

Our first stop, on Route 41, was Blanchard Lake where we saw Greater and Lesser Yellowlegs, Killdeer, Great Blue Heron, American Coot, Bald Eagle, Mallard, Red-necked Grebe, Green-winged Teal, American Crow and Osprey.

Stops were also made at the visitor's center at the Albeni Falls Dam and the Corps of Engineers Mudhole Campground. Spotted were Rock Pigeons, Great Blue Heron, and Common Raven.

Next, we traveled north from Priest River on Route 57. We visited the Hanna Flats Cedar Grove south of Nordman where we enjoyed very large old-growth Western Red cedar and Western White Pine. Birds observed were American Robin, Vaux's Swift, Pine Siskin and Black-capped Chickadee.

An exceptional stop was made at Joe Hawley's property near the Reeder Bay Road. With the help from the Natural Resource Conservation Service (a Federal Agency), Joe is converting low-lying farmland back to wetlands. The habitat is varied, with woodlands close by. We saw Turkey Vulture, Steller's Jay, Song Sparrow, Finch sp, Northern Flicker, Downy Woodpecker, Belted Kingfisher, Red-tailed Hawk and a family of

American Kestrel frolicking in the air. Joe has seen grizzly bear close to his house. He plans to put up about 50 bluebird houses around his property. Joe truly is a fine conservationist.

On the way back south we took the road going to the east side of the lake, stopping at the Dickensheet Campground on the river. We did not stay long but noted this area is very good riparian habitat for birds.

We plan to check Huff Lake and access into Bismark Meadows in the spring.

This entire tour encompassed such a variety of habitats that interesting birds can be seen year around.

## BIRDING WITH A BROWN BAG

9/21/04

Lynn Sheridan

Karen Linnane, Bob Flagor (, Steven and Nels Johnson, and Roland Craft met me near the Blackwell Island Park for a nature walk. It was bright and sunny as we walked the paths and boardwalks. No aquatic birds were seen in the creek or river, except for a Belted Kingfisher watching for a meal. With sharp young ears and eyes we identified: Song Sparrow, Northern Flicker, Pileated Woodpecker, California Quail, Redwing Blackbird, Black-capped Chickadee, Red-breasted Nuthatch, and Pine Siskin. Overhead Ring-billed Gull, Cedar Waxwing and a falcon --Kestrel or Merlin?? were added to our list.

Apples, elderberry, hawthorne, chokecherry and snowberry made fruity displays, while blue flax, orange poppy, and yellow composites brightened the ground. Thank you friends.

# BIRD TRACKS



Continued from page 2

## THANKS TO WOODPECKER SURVEY PARTICIPANTS



A big Thank You to all who participated in woodpecker surveys this year. The chapter will receive \$800 for this year's work

comprised of eight Pileated Woodpecker surveys and nine Black-backed Woodpecker surveys. The targeted species was found on 3 of the 4 Pileated routes, and 2 of 5 Black-backed routes. The Forest Service has told us that they will continue to fund this work in the future, so think about volunteering for a survey next spring. Volunteers are always welcome, irregardless of skill level. Participants this year were Pat Anderson, Kris & Ed Buchler (and Blizzard), Roland Craft, Richard Cripe, Bill Gundlach, Lisa Hardy, Elen Scriven, Jan & Herb Severtson, Judy Waring and Gail Worden. Thank you!

## SUMMARY OF BOARD MEETING ON 9/14/04

\* Incoming President Lisa Hardy welcomed new board members: Laura Bayless, Pete Chase, Jennifer Soules, and Corinne Cameron. Shirley Sturts, Kris Buchler and Judy Waring are retiring from the board.

\* Financial report end of fiscal year: \$5202.66 in account.

\* Our letter to Gov. Kempthorne, re logging of large trees in protected forest, generated a negative response.

\*Pete Chase proposed a topic for our future consideration: Cell towers vs. Birds.

\*Lisa requested that board meetings be held on the same day as the general meeting, to save her a 2<sup>nd</sup> trip "over the hill".

## FARMER'S MARKET

August 28, 2004

Janet Callen



Coeur d' Alene Audubon made an appearance at the

Farmer's Market again this year, courtesy of the management of the market. Lynn Sheridan's beautiful note cards were a big attraction, as well as other items on display. September newsletters were also popular with many people expressing interest in our chapter and what we do. Lynn, Jan Severtson and I talked birds and birding and all things related with a great number of visitors. Even though the fair opened at 11:00 a.m. that day and the weather was rather cool in the a.m. our booth was well attended. Thanks Lynn and Jan.



"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

## OBSERVATON POST

2004 Kootenai County Big Year. Steve Lindsay and I decided to put our lists together, making our total to date 197 as of Sept. 23. THREE MORE SPECIES NEEDED TO REACH OUR GOAL OF 200.

Ross' Goose, Cougar Bay, May 1, Steve Lindsay

Western Screech-Owl, Post Falls, June , Steve Lindsay

Semipalmated Plover, Lane Marsh, Aug. 24, Lisa Hardy, Kris Buchler, Roland Craft, Bill Gundlach

Western Sandpiper, Land Marsh, Aug. 24, Lisa Hardy, Kris Buchler, Roland Craft, Bill Gundlach

Say's Phoebe, Mica Bay, CDA Lake , May 1, Steve Lindsay

Clark's Nutcracker, 10 Tubbs Hill, Sept. 15, Bill Gundlach

Marsh Wren, Thompson Lake, March 28, Steve Lindsay

American Pipit, 5 Hardy Loop near Cataldo, Sept; 14, Lisa Hardy

### OTHER SIGHTINGS

Common Loon, 33 mouth of Windy Bay, CDA Lake, Sept. 20, Jenny Taylor

American Bittern, 1 Boundary Creek WMA, Aug. 19, Rex Sallabanks, Colleen Moulton (this species has become rare for North Idaho

Blue Jay X Steller Jay hybrid, 3 (with 2 Steller Jay) Pine Ave. CDA . Sept. 3, Nancy Mertz

Gray Jay, 3 Armstrong Hill, CDA Sept. 11, 12&22, Ed Buchler

Wilson's Warbler Arrowhead Road, CDA, Sept. 7, Theresa Potts

## QUOTE OF THE MONTH

"Life should not be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, champagne in one hand - strawberries in the other - watching birds, body thoroughly used up, totally worn out and screaming WOO HOO - What a Ride!

Unknown