



The Stilt

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Newsletter of the Bridgerland Audubon Society

Audubon's Action List

As Audubon enters its second century of conservation, it challenges all Americans to take action to protect birds and the environment. Here are 10 things you can do.

1. GET OUTSIDE

Spend at least two hours a week doing something out in nature—take a walk, ride a bike, work in the garden—and notice the birds and other wildlife that you see and hear. Visit an Audubon Center or join your local Audubon Chapter—and take the kids with you!

How will this help?

We protect what we value. And we value what we use. But with today's hectic lifestyles it is increasingly difficult for many of us, especially children, to enjoy the outdoors on a regular basis. This is especially important for children, if we're to inspire them to become the future stewards of our environment.

2. LIVE PESTICIDE-FREE

Throw out those fertilizers, herbicides, and insecticides and adopt organic pest-control methods that will lead to a healthier habitat for your family and for wildlife. Audubon At Home provides information on natural alternatives to chemical pesticides. Use our web-based

resources to develop an environmentally-friendly plan for managing pests in your backyard and, ultimately, protecting water quality.

How will this help?

Nearly 75 percent of all U.S. households use some type of pesticide, often unnecessarily. By eliminating toxic chemicals from your backyard, you can create a healthier environment not only for birds, but for your family.

3. CONSERVE WATER

Don't turn on that lawn sprinkler! Audubon At Home provides a number of easy ways you can reduce water use in your backyard, from watering prudently to using mulch to promote water retention to planting native plants that don't need as much water. Your local water authority or agency can provide additional tips for saving water.

How will this help?

Nearly 8 billion gallons of water are used daily in the United States for outdoor purposes, mostly landscaping. Water is an increasingly precious resource, especially in dry areas of the country that are undergoing rapid development. When household use necessitates depletion of water sources like rivers and wetlands, critical wildlife habitat is lost. By con-

serving water, you can help prevent this from happening.

4. GO NATIVE

Cultivate native plants in your backyard and garden to offer beneficial habitat to the native wildlife that evolved with these plants. Audubon At Home can introduce you to resources with information on native plants in your region, and suggestions for getting rid of invasive exotics.

How will this help?

As part of the natural ecosystem where you live, native plants offer birds, butterflies, and other wildlife an irresistible invitation to visit your backyard. Native plants provide food, nesting areas, and shelter for resident and migrant birds. Exotic invasive plants, on the other hand, can crowd out natives—without providing the same welcome to wildlife visitors.

5. DINE WITH THE ENVIRONMENT IN MIND

Get to know where the food on your plate comes from. What each of us eats has a powerful impact on our environment. Audubon At Home and Audubon magazine provide tips and resources to help you make your menu green.

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Ten Things You Can Do

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How will this help?

What goes on your plate can either help or hurt the environment. For example, by drinking shade-grown coffee, you can help protect the wintering habitat for many of the migratory birds that travel north to the United States to breed. By buying organic produce and choosing sustainable seafood, you contribute to the health and well-being of your family, as well as to different ecosystems

6. CONSERVE ENERGY

Program the thermostat at a lower temperature when you're not home, avoid idling your car, and use Energy Star products and appliances. From taking public transportation and driving fuel-efficient cars to making sure we turn out unnecessary lights, energy conservation is an important way in which each of us can make an environmental difference.

How will this help?

One of the key ways that conserving energy helps birds, other wildlife, and our overall environment is by reducing the pollution caused by emissions from automobiles and other energy-burning processes. This not only benefits our own neighborhoods and families, it helps to reduce the impact our individual lifestyles have on global climates and wildlife. And conservation practices can help eliminate the need to exploit wilderness areas like the Arctic National Wildlife Refuge for oil exploration.

7. REDUCE, REUSE, RECYCLE

Reduce your use of paper, incorporate reusable items into your lifestyle, and recycle everything possible. The three Rs offer the easiest ways to be a conservationist. Learn about your community's recycling policies and opportunities, and get your whole family to participate. There are many ways to be a good steward right at home, from shopping online instead of through catalogs, reusing gift-wrap and composting. Be creative!

How will this help?

Reducing, reusing and recycling helps protect birds in multiple ways. It conserves natural and important habitat, such as the Boreal forest, saves energy, and reduces the need for landfill space—all of which help to protect air and water quality.

8. BE A GREEN SHOPPER

From buying products with less packaging to bringing your own shopping bag to the store to going organic when possible, every purchase you make can be a choice for conservation. Learn about the environmental "price" of the products and services you buy.

How will this help?

By considering the environment in your purchasing decisions, you can make an immediate individual impact, as well as influence manufacturers to adopt practices that are better for our environment – for example, eliminating excess packaging, and offering organic alternatives to produce grown using pesticides.

9. BECOME A CITIZEN SCIENTIST

Turn your bird observations into research data. Whenever

you watch birds or visit a natural area, keep a count of the species you see and send your sightings to scientists who track bird trends. Becoming a **Citizen Scientist** is a way to have fun, learn more about the natural world, and contribute to the scientific effort necessary to protect birds. Audubon's **Christmas Bird Count**, **Great Backyard Bird Count**, and **Important Bird Areas** program all offer an opportunity to play a key role in conservation.

How will this help?

By volunteering to help monitor bird populations in your own community, you will enrich the data that Audubon scientists and others rely on to assess bird health and population trends, and to set conservation priorities. As you learn more about the birds in your own backyard and neighborhood, you will want to take steps to protect them as well.

10. BE INFORMED AND SPEAK OUT

Write letters to your legislators. Join your local **Audubon chapter**. Get involved. Public policy issues at the national, state, and local levels determine the degree of protection of our water, air, and land. By becoming an **Audubon Activist**, you can keep abreast of important policy actions and make sure that your voice is heard.

How will this help?

By becoming an advocate for environmentally sound public policy decisions in your neighborhood, state, and country, you can help ensure a healthy environment and rich quality of life for yourself, your family, and future generations.

—Audubon's Action List was excerpted from Audubon Society's website, www.audubon.org. You can find "Audubon At Home" there.

Audubon Calendar

March 2006

1 BAS Board of Trustees. BAS Board of Trustees meets at 7 p.m. Wednesday at the offices of Bio-Resources, 135 E. Center, Logan. All are welcome to attend.

4 A High Class Pigeon Loft (with Winter Birding Afterward). Come join us for something we have never done before. We will be visiting the incredible pigeon loft of well-known pigeon racer and breeder Brad Hoggan. Many of us think of pigeons as "those dirty, smelly birds that hang around public parks." This trip will show us that some pigeons work for their living and, by doing so, live a life of luxury. We will meet at the parking lot between Caffé Ibis and the Logan Fire Station (50 E. 150 North) at 10:15 a.m. Saturday and travel straight to the loft. Afterwards, there will be winter birding, particularly for raptors, for those who have interest. Dress warmly and bring binoculars if you intend to do the birding afterwards. For more information call Buck Russell at 755-6534 or Dick Hurren at (435) 734-2653.

9 BAS General Meeting. This month's sustainability discussion, the last segment of our continuing series of joint meetings with Stokes Nature Center and Utah Conservation Corps, features the topic "Visions of Sustainability." Join us this Thursday at 7 p.m. in the northeast meeting room in Logan City/Library building, 255 N. Main Street. All are welcome.

11 Late Winter Birding for Swans, Geese, and Other Migrating Waterfowl. By this time of year the large waterfowl, particularly swans and geese, are on the move northward and are often seen in very large numbers in old corn stubble fields. Among the many tundra swans and Canada geese, we often see trumpeter swans, some snow geese and/or Ross's geese and some greater white-fronted geese. Raptors and early-moving or late-leaving song birds are also often seen. We will also try to find some owls. Reinhard Jockel, one of our premier birders, will be the primary leader of this trip. Meet at 8:30 a.m. at the parking lot between Caffé Ibis and the Logan Fire Station. Bring binoculars and suitably warm clothing for the time of year. A good trip for families with small children in that we will almost certainly see large flocks of birds up close. You might want to bring along something to snack on. For further information, call Dick Hurren at (435) 734-2653.

20 Bald Eagles and Early Migrants At and Above Willard Bay. An annual trip to chase away cabin fever and get some exercise! We will travel to Willard Bay State Park and see what is in and around the North Park. We always see a number of bald eagles and often see a considerable variety of other birds. After viewing the North Park, we will divide into two groups. Reinhard Jockel will guide those who are in shape part way up the face of Willard Peak to a wonderful observation area where one can look down on soaring bald eagles and other raptors. Dick Hurren will take those who are not interested in a strenuous hike over to South Willard Bay Park, where that part of the group will continue to enjoy what is available to see. For those who are interested, we can also drive over to Salt Creek Wildlife Management Area. Bring good footwear if you intend to hike up the mountain; bring warm clothing, and bring a lunch. Meet at the parking lot between Caffé Ibis and the Logan Fire Station at 8:30 a.m. For more information call Dick Hurren at (435) 734-2653.



If you'd like to come along on a field trip but do not have binoculars, call Dick Hurren (435) 734-2653. He'll try to find a pair for you to use.

April 2006

1 Bear River Bird Refuge West of Brigham City. Join us for a morning and early afternoon of birding at the Bear River Migratory Bird Refuge west of Brigham City. This is a great time to view both migrating shorebirds as they fatten up before making their way north toward their Arctic nesting grounds. It's also a great time for migrating waterfowl. We will try to have a member of the refuge staff as our primary guide. Meet at 8:30 a.m. at the parking lot between Caffé Ibis and the Logan Fire Station. Bring binoculars and a snack, which we will eat at the main parking lot on the refuge at the end of the loop. If you have a spotting scope, please bring it also. A great trip for families with small kids; we will likely see lots of big birds up close. For further information call Dick Hurren at (435) 734-2653.

The Skinny on Long-tailed Ducks



Chances are, if you are an avid birder, you will see a couple of long-tailed ducks each year in Cache Valley. Long-tailed ducks are somewhat rare but common as winter residents in the local area. They can be viewed at Hyrum Reservoir, Newton Reservoir, Logan Sewage Ponds, and the Great Salt Lake.

The long-tailed duck (*Clangula Hyemalis*), formerly known as Old Squaw, is one of the most interesting and unique ducks in the region and the globe. This "sea duck" weighs 2 pounds and is about 15-23 inches long, and undergoes two complete molts and four partial molts throughout the year. The dramatic winter plumage is the result of September to October-November molt. Long-tailed ducks have been known to dive to depths of 200 feet in search of mollusks, crustaceans, and aquatic plants.

Long-tailed ducks nest on the Arctic tundra where they build a nest of grass and down in which they lay 5-11 buff to cream colored eggs. The young are highly precocial and the nesting female very commonly has help from an unmated female raising the nestlings. This

gregarious duck is found in large flocks (several hundred or more) and may be heard before seen. The song is a loud raucous ow-ow-owdle-ow. In fact, its scientific name means winter noise. The population is over one million birds and is stable or increasing slightly.

—Bill Bower

Welcome to BAS

New Members

David J Behmer
Phyllis Conover
M J Cuthbertson
Donna Reid
Lynn Talbot

Renewing Members

Desmond L & Loila Rae F
Anderson
Ian Campbell
A P Ebert
Keli Goodman
Jack Greene
O Newbold
Craig Reger
Dr R J Shaw
Marjori Simard
David Wallace

Bridgerland Audubon contacts

Trustees

2003-2006 Ron Goede, 752-9650; Kate Stephens, 755-0608; Andree Walker, 755-2103
2004-2007 Dave Drown, 752-3797; Jack Greene, 563-6816; Melanie Spriggs, 245-4376; Reinhard Jockel; Stephen Peterson, 755-5041.
2005-2008 Jim Cane, 713-4668; Richard Mueller, 752-5637; Dick Hurren 435/734-2653

Bridgerland Audubon Contacts

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Vice Pres. Bill Masslich, 753-1759, bill@cvlc-logan.org
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Secretary Jamey Anderson, 881-1244, jameya@cc.usu.edu
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Sanctuary Jim Cane, 713-4668, jimcane@cc.usu.edu
Conservation Bryan Dixon, 752-6830, bdixon@xmission.com

Membership in the Bridgerland Audubon Society includes a subscription to *The Stilt*, as well as *Audubon* magazine. The editor of *The Stilt* invites submissions, due on the 15th of each month. Send to stiltnews@hotmail.com.

National Audubon Society Chapter Membership Application

Yes, I'd like to contribute to Audubon and receive the Bridgerland Audubon newsletter, *The Stilt*, and the *National AUDUBON* magazine, as a:

New member of the National Audubon Society and Bridgerland Audubon.

My check for \$20 is enclosed (this is a special first-year rate).

Name _____

Address _____

City _____ State _____ ZIP _____



Please make all checks payable to National Audubon Society and send with this card to:
National Audubon Society
Membership Data Center
PO Box 51001
Boulder, CO 80322-1001
W-52 Local Chapter Code: 7XCHA

National Audubon occasionally makes its membership list available to selected organizations. To have your name omitted from this, please check this box.

Note to new National Audubon members: To get on *The Stilt* newsletter mailing list without the usual 8-week delay, contact Susan Durham, 753-5637, sdurham@cc.usu.edu.

Prefer the local newsletter only? Send \$20 (make checks payable to Bridgerland Audubon Society) and this form to: Bridgerland Audubon Society, PO Box 3501, Logan, UT 84323-3501 for a subscription to *The Stilt*.



The Stilt

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P.O. Box 3501
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Email: stiltnews@hotmail.com
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BAS 2006 Election of Officers and Trustees

Officers for Election to a Two-Year Term

(write in)

President	C. Val Grant	_____
Vice President	William Masslich	_____
Treasurer	Sue Drown	_____
Secretary	Jamey Anderson	_____

Trustees for Election to a 3-Year Term

(write in)

2006-2009	Ron Goede	_____
	Kate Stephens	_____
	Bryan Dixon	_____
	David Liddell	_____

Elections are now being conducted for BAS officers and Board of Trustee members. Officers serve a two-year term, board members serve three years.

Please record your vote on this form and send to:

Bridgerland Audubon Society
P.O. Box 3501
Logan, UT 84323-3501

Ballots are needed prior to April 15, 2006 so that votes can be counted prior to our banquet in late April, when the results of the election will be an-