



The Stilt

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May 2008

Newsletter of the Bridgerland Audubon Society

ABA's Ludlow Griscom Award

The American Birding Association's (ABA) Ludlow Griscom Award, the ABA's prestigious and highest honor for Outstanding Contributions in Regional Ornithology will be presented to Wild Bird Center owner and author, Bill Fenimore at the June 2008 ABA convention.

ABA states this "award is given to individuals who have dramatically advanced the state of ornithological knowledge for a particular region. This may be through their long-time contributions in monitoring avian status and distribution, facilitating the publication of state bird books, breeding bird atlases and significant papers on the regional natural history of birds. This may also be through the force of their personality, teaching and inspiration."

Bill joins many important contributors to American ornithology, including the first recipient of the award, Roger Tory Peterson, in 1980.

The ABA Ludlow Griscom Award is sponsored by Leupold Optics who will present Bill with a plaque and a pair of Leupold binoculars at the ABA 2008 convention being held in Utah at Snowbird Lodge, June 24, 2008. Leupold will give a \$1,000 contribution to the ABA Education Fund in recognition of Bill's contributions in regional ornithology.

ABA Ludlow Griscom Award

1980	Roger Tory Peterson	1994	Ted Parker (posthumously)	2003	Bob and Martha Sargent
1981	Olin Sewall Pettingill	1996	Richard Pough	2004	Bret Whitney
1984	Chandler Robbins	1998	Claudia Wilds (posthumously)	2005	Wayne R. Petersen
1986	Jim Lane	1999	Stuart Keith	2006	James Dinsmore
1988	Susan Roney Drennan	2000	W. Earl Godfrey	2007	Ruth Green
1990	Guy McCaskie	2001	Peter Pyle	2008	Bill Fenimore
1992	Kenn Kaufman	2002	Rich Stallcup		

The banquet where the award will be presented will be held Tuesday evening, June 24th at Snow Bird Lodge. I can arrange for guests (there is a dinner fee) to attend the banquet for those who may be interested.

Help Tally our Sanctuary's Birds

Are you pretty good with identifying our local birds, at least the waterfowl? BAS needs one (or several) people to periodically survey the bird fauna at our Sanctuary. Minimally, we need one or two morning counts during spring and fall migration, and one or several during the nesting season. Basically, you walk the length of the property, identifying and counting every bird you see or hear on the property, while minimizing double-counting. With time for writing, it takes 90 pleasant minutes or less. Your numbers ultimately end up at www.eBird.org, where you can see the results of past censuses for the Amalga Barrens Sanctuary. If you can commit to helping, please contact the Sanctuary Manager, Jim Cane at 713-4668.

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Audubon Calendar

May 2008

- 1 Board of Trustees Meeting** BAS Trustees meet at 7 p.m. at the Cache Valley Learning Center, 75 S. 400 West, Logan. Enter through the building's west doors. All are welcome to attend.
- 3 Bear River Migratory Bird Refuge** Lyle Bingham, Dorothy Egan and Dick Hurren have been serving as tour guides at the Bear River Migratory Bird Refuge west of Brigham City, and would like to host a BAS tour there. Join us to see large numbers of different kinds of birds, particularly shore birds. We will meet at 8 a.m. at the parking lot between Caffe Ibis and the Logan Fire Station. We can carpool to the Refuge and back. We will plan to return to Logan by early to mid-afternoon. Bring binoculars and a snack, or you may wish to have lunch at a cute, new, very moderately priced café in Corinne.
- 8 BAS General Meeting** Our general meeting in May will be an open house gathering at the Stokes Nature Center – Nibley Property. This 11 acre parcel, located along the Blacksmith Fork River, was donated to SNC about three years ago. Since then, many volunteers have helped clean up the property, inventory the natural resources, and develop ideas for using the site for nature/outdoor education. The property has a mixture of aquatic and upland habitats including a 0.5 acre pond that supports fish and fish eating birds. Please join BAS and SNC for our second open house at the site. We will be conducting tours, birding, and discussing ideas on ways to utilize the property for maximum benefit to the Nature Center and the community. The open house will be from 7:00 until 9:00 p.m., with refreshment available. To get there, drive south from Logan on Highway 165 (like you are driving to Hyrum) until you cross the Blacksmith Fork River. Just after crossing the river, turn right on 2600 South in Nibley and the property will be just north of the road. Park along the road and come through a large gate that will be well marked.
- 8-11 Southwestern Utah with Jack Greene** Long-time BAS member and skilled naturalist, Jack will lead a trip to important spots in southwestern Utah including the Lytle Ranch Preserve and Zion National Park. Jack has led this trip before, which has received very good reviews. Participants can either plan to camp at one of the campgrounds near St. George or arrange to stay in one of the many St. George motels. Meet at 3:00 p.m. on Thursday, May 8th to receive any final instructions from Jack and to carpool down to St. George from the parking lot between Caffe Ibis and the Logan Fire Station. Return will be on Sunday, May 11th. For more information, call Jack at 563-6816.
- 15-19 Great Salt Lake Bird Festival** Although not an official BAS event, BAS has strongly supported GSLBF since its inception a number of years ago. In fact, several BAS members lead some of the tours/events at the Festival. Therefore, we are strongly encouraging BAS members and friends to take part in GSLBF events. Please do so – we know you will have much fun.
- 22 Listening for and Seeing Songbirds and Owls in Green Canyon** Join us this evening to have Reinhard Jockel and other experts show us the songbirds in Green Canyon and to learn some of their songs. As dark approaches, we'll travel farther up the canyon to try to "hoot in" some owl species and see them up close. Meet at 6:30 p.m. at the parking lot between Caffe Ibis and the Logan Fire Station. Bring a good flashlight and binoculars. We'll carpool to our sight, and not return until well after dark. Call Dick Hurren (435-744-2017) for more information.

Audubon Calendar

June 2008

7 Bear Lake Wildlife Refuge Many of us regularly go to the Bear River Refuge west of Brigham City, but very few of us go up to the Bear Lake Refuge at the north end of Bear Lake. Join us for a day trip there to see the birds and other animals. They are quite different from those seen in Cache Valley or at the Bear River Refuge. We'll leave at 7:30 a.m. from the parking lot between Caffe Ibis and the Logan Fire Station (50 E. 150 North). Please bring binoculars and a lunch (we'll also make a stop for raspberry milkshakes in Garden City). We will not be back before mid-afternoon. For more information, call Dick Hurren at (435) 744-2017.



If you'd like to come along on a field trip but do not have binoculars, call Dick Hurren (435)720-7074. He'll try to find a pair for you to use.

Duck Box Clean-up

April 15, 2008

Cache Valley birders know of the 20-20 Ponds as a reliable place to see all sorts of ducks year-round. If you've visited the Ponds, you may have noticed the duck boxes sticking out of the murky water. These are specifically meant for Wood Ducks, and the man responsible for them is Duane Cox. Early this year, Duane called BAS Secretary, Lyle Bingham, and told him that nobody was going to be able to clean-out and fix-up the boxes for this spring. Lyle volunteered, then enlisted me and my canoe.

Lyle and I got in the boat in an icy fog on a cold March morning and began paddling from box to box. A surprising number of ducks and geese were already swimming around the Ponds, including a flightless Bufflehead who has made the Ponds his home for seven years! Many of the duck boxes were missing panels, some were listing, one was under water, and all were filled with very smelly debris. Some had a mixture of feathers and mud. A couple boxes had unhatched rotten eggs from last year! The high-

light, however, was a box full of broken eggshells and a contorted, dead Magpie. It looked like he succeeded in raiding the nest, but foolishly forgot to plan his escape. So maybe there is justice in nature.



We finished cleaning the junk out of the rest of the boxes, hammered-in new panels where old ones had fallen off or rotted, and straightened crooked boxes so that new eggs won't roll out. We even managed to salvage the box that had gone underwater, although it dumped a gallon of putrid water and pond creatures on Lyle's lap. That box and 16 others are now standing in the waters of the 20-20 Ponds. As Lyle and I pulled the boat out the water, a pair of Wood Ducks flew over. I like to think they were house hunting.

If you would like more information on putting Duck Boxes on your property, please contact me, Jason Pietrzak, at 938-0203 or pietrzak@gmail.com.

Adopt-a-Trail: Riverside Nature Trail

Would you like to help improve a small part of our local environment and perhaps see some interesting birds in the process? Bridgerland Audubon Society will be adopting the Riverside Nature Trail through the Logan Ranger District's Adopt-a-Trail Program. Duties will include visiting the trail (located between the Spring Hollow and Guinnavah campgrounds) to remove trash and noxious weeds. We will also be involved in cleaning out winter downfall and repairing interpretive signs. We ask BAS members to help with this trail informally as you walk or bird watch on the trail. We will also organize work days to work on the trail as a group. Please call Debi Evans at 755-7160 if you are interested in being on a list of volunteers for this project.

If you are interested in patrolling other trails individually, the Logan Ranger District will be offering a training program at 9:00 a.m. on Saturday, May 3rd at the district office (1500 E Hwy 89). They ask that you dress to work on a trail with boots, work gloves, long pants, and long-sleeved shirts. Please call Lisa Perez at 755-3622 if you would like to participate in the training.

Native Grasses Greening Up at Sanctuary

Checking at the end of March, rows of new leaf blades were evident on nearly all of the little native grass seedlings that made it through our dry summer out at our Barrens Sanctuary. You will remember that these were seeded in November 2006, to germinate and grow by the spring of 2007. Our good snowpack should give them plenty of moisture to grow this spring. The preceding season of site preparation, especially disking, may have resulted in the very sparse rodent damage in the restoration seedings. Elsewhere, it is evident by plentiful holes and tunnels of voles on the one hand, and gut piles and regurgitated pellets around boundary posts on the other hand, that rodents and now raptors have been feeding greedily elsewhere out there during the winter. By the time that you are reading this, some of your fellow members will have planted 100 or so native shrub seedlings at the Sanctuary, including winterfat, sagebrush and 4-winged salt-bush. Finally, if you see anyone motoring around our Sanctuary, try to get a license number or description of the vehicle, as we continue to have occasional intrusions by snowmobiles, ATVs and even a pickup truck. Same if you see hunting out there (yes, there are fresh shotgun shells along the marsh borders).

— Jim Cane

Technology for Rivers!

The Utah Rivers Council has provided an easy way to get signatures on a letter supporting Wild and Scenic designations for the Logan River. You may recall that the U.S. Forest Service refused to nominate ANY stretch of the Logan River for protection, claiming they lacked political support from local elected officials. The URC took action to show elected officials how much support really existed. They utilized the services of a web-based citizens' group called Democracy in Action (www.democracyinaction.org). Individuals could access a sophisticated petition engine through the URC's website and read the petition language. They could then add their name, address, etc., complete with a comment. The best thing was seeing your neighbors sign on, too. The Internet has certainly become much more than a source of information. Interactive programs on servers linked from html are adding new capabilities every day. To date, almost 80 people have discovered the URC site to add their support for wild and scenic. Add your name to protect a gem of northern Utah for future generations by visiting URC's website (www.utahrivers.org). Click on Action Center and look for a link to protecting the Logan River.

— Bryan Dixon

Leave No Child Inside!

A new Cache Valley group was formed last June titled "Leave No Child Inside- Cache Valley." Its purpose is to confront "Nature Deficit Disorder," a phrase coined by Richard Louv, author of the transformative book "Last Child in the Woods." The group consists of a cross section of our community. Our main purpose is educating parents, teachers, and all those who care for children on the necessity of reconnecting children with nature at home, at school, and other appropriate youth programs. Safety concerns will be addressed as well. You are welcome to join us by contacting Cindy Roberts at 752-2161 or croberts@cachechamber.com.

What follows is taken from *Children and Nature Network, Research and Studies Volume One February 2007*, an annotated bibliography by Cheryl Charles, Ph.D., President of Children & Nature Network (See more at www.cnaturenet.org)

"Children are smarter, more cooperative, happier and healthier when they have frequent and varied opportunities for free and unstructured play in the out-of-doors."

In the past 20 to 30 years, without most of us realizing what was happening, lifestyle changes have accumulated with powerful and pervasive detrimental effects on children. Obesity, Attention Deficit Disorder, impaired social skills and even what some, are calling a "culture of depression" are adding to the stress levels and severely impacting our young.

Direct Experience and Mentoring Are Key Elements

The focus of recent research from Dr. Louise Chawla is on those fac-

tors that contribute to individuals *choosing to take action to benefit the environment when they are adults.*

Positive, direct experience in the out-of-doors and being taken out-of-doors by someone close to the child – a parent, grand parent, or other trusted guardian – are the two most significant contributing factors.

Creativity, physical competence, social skills, environmental knowledge, confidence, and problem-solving ability are among those benefits to children's development. *Modeling those attributes (caring for nature) while in the presence of the child does even more.* As Dr. Chawla states, "The very fact that a parent or grandparent chose to take the child with them to a place where they themselves found fascination and pleasure, to share what engaged them there, suggests not only care for the natural world, but, equally, care for the child." ([Learning to Love the Natural World Enough to Protect It](#))

Green School Grounds Foster Achievement and Responsibility (Landscaping at home has similar implications)

There are numerous studies that document the benefits to students from school grounds that are ecologically diverse and include free-play areas, habitat for wildlife, walking trails, and gardens. *Children who experience school grounds with diverse natural settings are more physically active, more aware of nutrition, more civil to one another, and more creative.* One of the major benefits of green school grounds is increased involvement by adults and members of the nearby community, from helping with gardens to enrich-

ing the lifescape of the school grounds. Concerned about policy implications, this report offers specific recommendations for actions communities can take, from local neighborhoods to cities, states, and provinces. (Bell and Dymont, 2006 "Grounds for Action: Promoting Physical Activity through School Ground Greening in Canada." Available online at www.evergreen.ca)

From the National Park Service perspective:

Several new reports chart a disturbing decline in visits to U.S. national parks. Such visits grew steadily from the 1930s until 1987, peaking at an average of 1.2 visits a person per year. But over the next 16 years, the number of people visiting those parks dropped by 25 percent. In October 2006, the superintendent of Yellowstone National Park joined the cadre of activists around the country calling for a no-child-left-inside campaign to make children more comfortable with the outdoors. In a similar move, the U.S. Forest Service is launching More Kids in the Woods, which would fund local efforts to get children outdoors.

Two researchers, Oliver R.W. Pergams and Patricia A. Zaradic, report that 97.5 percent of the drop in attendance is due to the increased time Americans spend plugged into electronics. Pergams and Zaradic warn about "videophilia" – a shift from loving streams (biophilia) to loving screens.

In his newest book, *Building for Life: Designing and Understanding the Human-Nature Connection* (Island Press, 2005), Dr. Stephen R. Kellert of Yale University states, "Play in nature, particularly during the

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Local Bird Spotlight

Sunday Dinner for our Downy Woodpecker

Last fall our suet feeder was visited every Sunday by a downy woodpecker. These days we're visited more often. These black and white birds, just a little smaller than a robin, almost weigh a pound. They are the smallest of the woodpeckers. The males have a red patch on their head. Females have smaller patch, almost appearing as a black patch. They are smaller than the almost identical but more unkempt Hairy Woodpecker. Both sport a broad white stripe down their back with a black tail and white to gray underside.

During the summer, Downys feed on seeds, sap, insects and fruit. In the winter, they frequently visit feeders accompanied by chickadees. In Utah, they populate the central part of the state, frequenting woody areas in and out of the city during the winter and moving to the mountains for the summer.

In the winter, they are seeking high-energy food. The most frequently attended Downey feeder is one with seeds and suet. Suet is ground beef fat.

The most common suet feeder is a small 6-inch cage hung from a branch against a trunk. You can purchase manufactured suet blocks that fit the cage, or you can make your own.

Raw sunflower seeds, corn and raisins can be added to Suet melted in a microwave oven. After the fat is mixed with the seeds, poured into plate and evened out, I put it in the freezer until solid. Then I break it into fourths and place two fourths in the feeder.

You can also provide a more vegetarian fare: Some people hang pine cones coated with peanut butter and seeds from tree limbs.

Whatever you use, enjoy this winter visitor, before they move to the mountains in the summer. And keep the feeder full, because the bird is depending upon you for food and they will come back more often.

When Downys mate, they put on dancing and drumming displays. They stake

out large territories and build a home together in a dead tree or tree limb. Together they take about two weeks to carve out a hole and line it. Then 4 or 5 eggs are laid and the marathon begins. Both parents incubate the eggs for about 12 days. Then the young hatch, immobile, blind and featherless. From the time of hatching, the parent's time is spent finding food for their family. The young leave the nest after 3 weeks, but remain dependent upon the parents until 6 weeks old.

If you want an adventure, set out a suet feeder and watch for the Downy Woodpeckers to visit. You never know what you may start.

—by Lyle Bingham

Sources:

<http://dwrcdc.nr.utah.gov/rsgis2/Search/Display.asp?FINm=picopube>

Complete Birds of North America, ed. Jonathan Alderfer, National Geographic, 2006



Photo by Brandon Spencer

Lyle Bingham is the BAS Secretary

Welcome to BAS

New Members

Ms. Pearl Erickson
 Mr. Richard G. Lamb
 Ms. Patricia M. Lambert
 Ms. Valerie Roberts
 Mr. Ray Schwartz
 Mr. Ryan O'Donnell
 Ms. Janet Wallace

Renewing Members

Ms. Mary E. Carigan	Mr. Michael J. Stones
Ms. Annette Rose Deknijf	Ms. Deann Lester
Mr. Keith L. Dixon	Mr. George Stewart
Ms. Nancy Mesner	Mr. Kevin Connors
Mr. Lawrence A. Ryel	Ms. Jeanine Hewitt
Mrs. Alice H. Stokes	Mr. Larry J. Jacobsen

Bridgerland Audubon

contacts

Trustees

2005-2008 Jim Cane, 713-4668; Jennifer Hoffmann, 713-4935; Dick Hurren, 720-7074; Richard Mueller, 752-5637

2006-2009 Ron Goede, 752-9650; David Liddell, 797-1261; Bret Selman, 257-5260

2007-2010 Dave Drown, 752-3797; Jack Greene, 563-6816; Reinhard Jockel; Stephen Peterson, 755-5041

Bridgerland Audubon Contacts

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Sanctuary Jim Cane, 713-4668, jimcane@cc.usu.edu

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 birdnerdut@gmail.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, 752-5637, 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*

Newsletter of the Bridgerland Audubon Society

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Email: birdnerdut@gmail.com

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critical period of middle childhood, appears to be an especially important time for developing the capacities for creativity, problem-solving, and emotional and intellectual development..” He urges designers, developers, educators, political leaders and citizens throughout society to make changes in our modern built environments to provide children with positive contact with nature — where children live, play, and learn.

Look for more on this vital topic including activities and resources in future editions of the *Stilt*. Please send any comments or thoughts to jackisgreene@yahoo.com, or call me at 563-6816.

Call For Help — Surf the Net

Bridgerland Audubon Society is looking for someone from the general membership who would be willing to surf the Net! Specifically, we are in need of someone willing to keep an eye on the National Audubon website and periodically write short articles addressing anything interesting or newsworthy reported on their website. Those short articles will be published in the *Stilt* for all to read... especially for those who don't happen to be connected to the World Wide Web, or others who simply never go to the NAS website. There are some interesting things posted on that website that too many of us miss out on. If we were informed, perhaps more of us would visit the site. If anybody is interested or willing to take on this simple task, please email Brandon Spencer at birdnerdut@gmail.com. Thank you.