

# The Cardinal

OCTOBER NOVEMBER 2015 • WWW.SAINTPAULAUDUBON.ORG • SAINT PAUL AUDUBON SOCIETY

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## OCTOBER MEMBER MEETING

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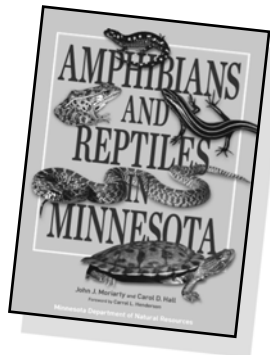
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### “Amphibians and Reptiles of Minnesota”

with **John Moriarty**

**Thursday, October 8, 2015**

John Moriarty will present a talk on the species of Amphibians and Reptiles that live in Minnesota. The program will highlight new information on the conservation, natural history and distribution of the 53 species of frogs, salamanders, turtles, snakes and lizards that are found in the state, since his first book in 1994. This will include habitat loss, the deformed frog crisis, and commercial turtle harvesting. He will cover the numerous changes in the common and scientific names. Interesting natural history information on over-wintering, breeding and feeding behaviors will also be discussed.



John will have copies of his book for sale and signing after the program.

To find out more about the Wildlife Rehabilitation Center, please visit the following websites:



[http://www.dnr.state.mn.us/reptiles\\_amphibians/index.html](http://www.dnr.state.mn.us/reptiles_amphibians/index.html)

[http://www.dnr.state.mn.us/ecopubs\\_amphibian\\_reptile\\_book.html](http://www.dnr.state.mn.us/ecopubs_amphibian_reptile_book.html)

[http://www.dnr.state.mn.us/eco/mcbs/procedures\\_herps.html](http://www.dnr.state.mn.us/eco/mcbs/procedures_herps.html)

Arrive at 6:45 for social time or 7:00 for the Program;  
held at Fairview Community Center, 1910 Cty Rd B, Roseville.  
Free and open to the public.

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## NOVEMBER MEMBER MEETING

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### “The Nesting Ecology of Red-headed Woodpeckers”

with **Brittney Yohannes**,

Master’s candidate in the Conservation Biology Program, University of MN

**Thursday, November 12, 2015**

Red-headed Woodpeckers were once a common species in much of the United States, but today they are listed as “near threatened” by the International Union for Conservation of Nature (IUCN). The Minnesota *Breeding Bird Survey* estimates a population decline of 2.5% annually.

Ms. Yohannes’ presentation will focus on results derived from her two-year research study of nesting Red-headed Woodpeckers, as well as trends from past banding data. The study has followed 30-40 pairs of Red-headed Woodpeckers nesting at the University of Minnesota’s Cedar Creek Ecosystem Science Reserve, located in Bethel. Using a nest cavity camera, she monitored the nests by taking photos and video of all nest stages in order to count eggs/nestlings, track nest predation, and evaluate levels of brood reduction.

Drawing on adult banding data from the past few years, she will also explore site fidelity and apparent adult survival. A greater understanding of brood reduction and an in-depth look at nest ecology may provide insight into the conservation necessary for this declining species.



**Red-headed Woodpecker with nestlings and unhatched eggs**

To find out more about this topic, please visit the following websites:

<http://www.redheadrecovery.org/>

<https://www.audubon.org/field-guide/bird/red-headed-woodpecker>

**BOARD MEETINGS**

Saint Paul Audubon's Board Meetings are held at the Ramsey-Washington Metro Watershed Office at 2665 Noel Drive, Little Canada. Exit 35-E at Little Canada Rd, go east to Noel. Meetings are held from 6:30 to 8:30 PM. Upcoming dates: **October 5, November 2.**

*President's Message*

**Get to Know your Watershed**

Minnesotans have a long, rich tradition when it comes to water. Lakes, rivers, ponds, streams; Minnesotans have deep roots in enjoying and appreciating bodies of water. Before white settlement and ever since, people seek to be near water.

Seeing how pollution and development were adversely impacting water (both above and below ground) Minnesota's leaders sought to provide protection for this most precious resource. Watershed districts and watershed management organizations were created along topographical boundaries that more or less resemble where the waters flow. Other agencies such as the Department of Natural Resources, the Department of Health, and the Minnesota Pollution Control Agency also play important roles in protecting both ground and surface waters to insure that these resources will be around for future generations.

Watershed districts and watershed management organizations are the entities closest to individual homeowners. St. Paul Audubon's boundaries include several watershed districts (WD) such as Ramsey-Washington (sponsor of *Waterfest*, which SPAS supports and participates in), Rice Creek, South Washington, Carnelian-Marine-St. Croix, and Capital Region (for a full list, refer to <http://www.mnwatershed.org>). Watershed Management Organizations (WMO) are statutorily different than watershed districts, but set out to accomplish similar goals. Vadnais Lake

**SAINT PAUL AUDUBON SOCIETY**

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Richard Newmark	<a href="mailto:ranewmark@yahoo.com">ranewmark@yahoo.com</a>
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Audubon MN	651-739-9332
	<a href="http://www.mn.audubon.org">www.mn.audubon.org</a>
Nat'l Audubon	<a href="http://www.audubon.org">www.audubon.org</a>

**ABOUT OUR CHAPTER**

Founded in 1945 as the 'St. Paul Bird Club' with twelve members, the Saint Paul Audubon Society now serves the entire East Metro region of the Twin Cities, and has around 2,700 members. Our Member Meetings are held from Sept. to May. For more info please contact leaders at left, or visit our website at [www.saintpaulaudubon.org](http://www.saintpaulaudubon.org)

**ABOUT THE CARDINAL** Published 6 times a year; articles are due on the 5th of January, March, May, July, Sept, and Nov. Submissions may be edited. Send to [hpbirdscouter@msn.com](mailto:hpbirdscouter@msn.com)

Members may also receive the newsletter by downloading PDF's from our website.

**CHAPTER PHONE: MESSAGE ONLY**  
For more info or questions about bird ID, please call 651-291-2596. Leave a message and we will return your call.

**ADDRESS CHANGES** Call 1-800-274-4201 or NAS website at [www.audubon.org](http://www.audubon.org) to notify the National Audubon Society of a change of address, to continue to receive *Audubon Magazine* and *The Cardinal*.

Area Watershed Management Organization (VLAWMO), Middle St. Croix River, and Lower Mississippi River are some WMO's where SPAS members may live.

Protecting water resources are the primary goals of local WD's and WMO's. This is accomplished through education and what is known as best management practice (BMP). Some organizations have grant money available to offset the cost of rain gardens and/or shoreline restoration projects. Such projects are examples of BMP's.

As an elected official, I serve on the city council for Gem Lake; and also on the VLAWMO technical commission. We evaluate BMP projects and approve cost-sharing grants to residents of member communities. Grants often help pay for native plantings.

While the project goals are to improve and preserve water quality, a by-product of many projects also helps restore and improve the habitat of pollinators and birds. Native plants tend to be drought resistant and many are

perennials that come up year after year, and will spread to fill in a designated area. I have one such native planting in my backyard, and I've noticed how bees and butterflies thrive when the wildflowers are in bloom. Shoreline restoration projects help improve habitat for waterfowl and wading birds.

If you are considering a rain garden or shoreline project, check with your local WD or WMO to see if they offer cost-sharing grants. VLAWMO holds rain garden workshops where people may learn how to create a rain garden or shoreline project. VLAWMO staff will assist in design and offer advice throughout the project. Other organizations may also have staff available to lend assistance. Check websites or contact your local government unit for more information.

*Jim Lindner, President*

## A Day at Crex Meadows, Grantsburg, WI

Tuesday, October 6, Noon to ~ 8:00 PM

Join us for a joint walking club and birding adventure! We plan to arrive at about 2:00 PM to have time to see the exhibits in the Crex Meadows Wildlife Area Visitor Center, and to take some short hikes. The cranes begin flying in to roost for the night around 4:00. Some years there are as many as 20,000!



We will leave at 12:00 Noon from the YWCA at Western and Selby in St. Paul, and from the Walmart parking lot on the SE corner of I-35E and Cty Rd E at 12:30. Bring your lunch or purchase it on the way. Wear good walking shoes, bring binoculars, and a spotting scope if you own one.

For more information, go to [www.crexmeadows.org](http://www.crexmeadows.org).

**Leader:** Louise Eidsmoe, [eidsmoel@comcast.net](mailto:eidsmoel@comcast.net), 651-645-6821

## For the Birds: The Life of Roger Tory Peterson

by Peggy Thomas, illustrated by Laura Jacques, 40 pages, © 2011, Calkins Creek, Honesdale, PA

*Follow your dream! Nurture the spark that lies buried deep within!*

These two brief sentences could be a fitting summary of the theme of this

book. Written for confident younger readers through adult nature enthusiasts, it follows the life of young Roger Peterson as he moved through school days that challenged him when he'd rather be doing other things.

His heart and soul moved through different spheres, and his imagination and attention to detail blossomed as he attended to that inner drumbeat. He matured as he lived through the Great Depression, moving back and forth, as time and circumstance allowed, between being professionally trained as well as self-taught. He is known today, as then, as an American artist, ardent activist and passionate bird lover from his days as a child, to art student, to creator of the *Peterson Field Guide Series*, to global environmentalist. His guides were ground-breaking: simply written and drawn for everyone to enjoy the birds, animals, and plants of the outdoors.

This book is lushly-illustrated and can serve as a good springboard for discussion, attention to detail, and identification of artistic technique. This handsome edition comes highly recommended for the entire family.

**Reviewed by SPAS Member Kathryn Johnson**

The St. Paul North Christmas Bird Count is set for **December 19th** – make plans to be on one of our 15 teams! Learn more in the December January *Cardinal*, or contact CBC Coordinator Bill Stjern to register, at 651-470-3112 or [norskestar@comcast.net](mailto:norskestar@comcast.net).

## Bees and Butterflies on the Mind

Pollinators are in the news, and should be on the mind of everyone who cares about nature. Recent reports have shown the migratory Monarch butterfly at historic low winter populations, due to elimination of nearly all the milkweed they depend upon in both their breeding and migratory areas due to widespread use of farm chemicals.

Nationally, a variety of wild and managed insects pollinate 30% of our fruits, nuts and vegetables. We would not have melons, squash, raspberries and almonds, to name a few, if pollinators were to disappear.

To reverse the loss of pollinators, two things must happen: pollinator habitats must be restored, and chemicals that harm them must be eliminated from their food chain. Fortunately, pollinators respond to small patches of habitat – so there is a role for each of us in our own yards, and in public parks and lands.

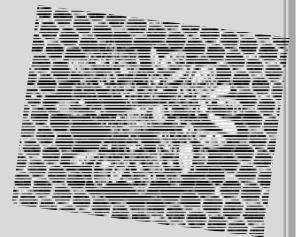
Three key actions we can all take include: 1) provide a diversity of native blooming plants throughout the growing season, 2) provide nesting and egg-laying sites, and 3) don't use pesticides. More information is available from the Xerces Society at: [http://www.xerces.org/wp-content/uploads/2010/11/pollinator-three-steps\\_fact\\_sheet2.pdf](http://www.xerces.org/wp-content/uploads/2010/11/pollinator-three-steps_fact_sheet2.pdf)

Many organizations have sprung up to educate citizens and support changes in public practices (mowing, spraying, plantings) in parks and right of ways to benefit pollinators. Join one.

Some of us will be working to reverse a terrible decision made by the Minnesota Legislature to allow "legalized lying" by nurseries, who can now legally label native plants treated with neonicotinoids as "pollinator friendly" so long as pesticide residues aren't high enough to kill a bee on contact. Be sure to buy your native plants from a nursery that does not use any neonicotinoids on them – lest you harm pollinators while trying to help!

**SPAS Member & Guest Columnist Don Arnosti**

*SPAS members may also be interested in reading the Minnesota Conservation Volunteer's July-August 2015 issue, pp. 10-21, about Wild Bees, by SPAS member and DNR Biologist Crystal Boyd*



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**SAINT PAUL AUDUBON SOCIETY**

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PO Box 7275, St Paul, MN 55107-7275

WWW.SAINTPAULAUDUBON.ORG

**October – November 2015**

Next Deadline 11/5/2015

Welcome...

To the Saint Paul Audubon Society.

We're a chapter of the  
National Audubon Society.

Our mission is to conserve and restore  
natural eco systems, focusing on birds,  
other wildlife, and their habitats  
for the benefit of humanity and  
Earth's biological diversity.

*SPAS Members: Please Check our Website  
for Calendar Updates!*

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**CALENDAR**

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**October**

Board Meeting..... 5  
Field Trip: Crex Meadows..... 6  
Member Meeting: Amphib's & Reptiles .. 8  
Conservation Committee Meeting..... 19

**November**

Board Meeting..... 2  
Member Meeting: Red-headed Wdp's... 12

Non-profit Organization  
U.S. Postage  
PAID  
Permit # 3795  
Twin Cities, Minnesota

**Time Dated Material  
CHANGE SERVICE REQUESTED**

**Are you interested** in promoting new  
Saint Paul Audubon programs in conservation, bird habitat  
restoration, and climate change? Then please join our  
Conversation Committee. Our first meeting this year is:

**Monday, October 19, 4:00 to 5:30 PM,**

**Roseville Library's community room**

**2180 North Hamline Ave. (1 block S of Highway 36)**

Previous projects have ranged from printing a  
pamphlet on native plants to symposia on neonicotinoids,  
energy, and tar sands. We have also supported the con-  
struction and placement of kestrel nests in several parks in  
the east metro area. Proposed projects for this year include  
developing interactive interpretive signs in parks and  
Identifying important bird habitat in the east metro,  
commissioning public art celebrating birds, and a local  
bird guide. Please come to this meeting with your ideas  
and suggestions. Please RSVP to Richard Newmark at  
ranewmark@yahoo.com, 651-340-3487, or Kyle Voigtlander,  
kylevoigtlander@gmail.com for questions or comments.

**What I'm Reading, by R.R. Mon Opoly**

*The Meaning of Wilderness: Essential Articles and  
Speeches of Sigurd Olson*, with an introduction and ex-  
planatory notes before each essay by biographer  
David Backes. Look for a review in an up-coming  
newsletter.

**Where I'm Surfing, by W. E. B. Sites**

www.abcbirds.org, dedicated to the conservation of  
wild birds and their habitats in the Americas. The  
**American Bird Conservancy** maintains about 2-3  
days' worth of reading about preserving, maintaining  
habitat, window glass strikes and updates on current  
best-practices...

**What I'm Watching, by Fall W. Spring**

Sign up soon for the Cornell Lab of Ornithology's  
Project FeederWatch, and put some extra meaning  
into watching the birds at your feeder this late fall, all  
winter and into early spring!

Go to <http://www.birds.cornell.edu> and put Project  
FeederWatch into the search feature, or go to the  
Citizen Science page.