

The Cardinal

APRIL MAY 2019 WWW.SAINTPAULAUDUBON.ORG • SAINT PAUL AUDUBON SOCIETY

APRIL MEMBER MEETING

“Northern Saw-Whet Owl Migration Study”

with **Jennifer Vieth**

Thursday, April 11, 2019

Carpenter Nature Center is a well-known birding hot spot with a “yard list” of more than 200 species. During the Nature Center’s 38 year history there were no reliable Saw-whet Owl sightings on site until Carpenter Nature Center joined the international “Project Owl-net” migration monitoring program. This collaborative effort by licensed bird banders, is a long-term study to monitor seasonal Saw-whet Owl movements throughout the US and Canada. During the very first season of monitoring the team encountered a first year female Saw-whet Owl that was originally banded in Prince Albert, Saskatchewan, approximately 821 miles from CNC. Join Jennifer Vieth, executive director, to learn more about Saw-whet Owls and hear about the fascinating results of the first five years of Carpenter Nature Center’s fledgling owl monitoring project.

Jennifer Vieth has worked in the non-profit field for 24 years. She began her career with the World Bird Sanctuary in St. Louis, Missouri training Andean Condors, African Pied Crows and White-tailed Sea Eagles. Her adventures included appearing on Larry King Live, working at Sea World of Texas, and setting up free-flight education programs at zoological institutions around the United States. After relocating to Hastings, Minnesota in 2002, Jennifer worked at the renowned Raptor Center at the University of Minnesota before landing at Carpenter Nature Center, where she has served as Development Director before becoming the Executive Director in 2013. Jennifer is a native of Kingston, Ontario, Canada where earned a biology degree from Queen’s University. In her free time Jennifer serves on the Board of Directors of the Minnesota Ornithologists’ Union, and is a regional U.S. Curling Association Instructor.

MAY MEMBER MEETING

“A Sparrow is Not Just A Sparrow: Sparrow Identification in Minnesota ”

with **Keith Olstad**

Thursday, May 9, 2019

Have you ever passed off a little brown bird, “LBB,” as just another sparrow? Or wondered which sparrow was chirping in your binoculars? On May 9, Keith Olstad will offer tips on identifying the 20-some sparrow species that regularly occur in Minnesota. Using photos, recordings, and field notes, Keith will offer cues for distinguishing sparrows from similar species, and will close the program with a quick exam to test your sparrow ID skills.



A longtime Minneapolis resident, Keith is president of the Audubon Chapter of Minneapolis, and is convener of the research team for the Redheaded Woodpecker Recovery Project; he has been a lifelong avid birder and photographer. He has led numerous ecotours to Nicaragua, using migratory birds to focus attention on sustainable development of avi-tourism and our own bird protection and conservation efforts in Minnesota. He led similar ecotours to Namibia and Vietnam, and recently returned from a birding tour in Columbia.



A helpful and easy to read website is the “All About Birds” site of the Cornell Ornithology Lab, where you can find more information about sparrow identification.

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.

BOARD MEETINGS

The Chapter's Board Meetings are held the first Monday of most months 6:30-8:00 P.M. at the Ramsey Washington Metro Watershed Office, 2665 Noel Drive, Little Canada.

Upcoming: **Monday, April 1**

In accordance with procedures used by most nonprofits, the SPAS Board voted at the February Board meeting to change the process for approving the annual budget. The proposed fiscal year budget will be posted for information and comment on the SPAS website starting April 1 of each year, and the Board will approve a final budget after 28 days. An appropriate change to the SPAS Bylaws reflects the new procedure.

The Board made, several changes to the By-Laws dealing with 1. Minutes of Annual Meeting, 2. Budget approval system, and 3. Finance Committee. The new wording follows:

1. ARTICLE III MEMBER MEETINGS

Section 3.10 The Secretary of the Board shall serve as the secretary at all member meetings. If the Secretary is absent, the Chair shall appoint a secretary for the meeting. The Minutes of each meeting of the members shall be approved by the Chair and the secretary of the meeting and shall be retained with Minutes of the Board.

2. ARTICLE V OFFICERS Section 5.8.

The Treasurer shall have custody of the SOCIETY'S funds. The Treasurer shall be responsible for proper accounting and maintenance of the SOCIETY'S financial records and making all authorized expenditures. The principal financial direction provided to the Treasurer by the SOCIETY will be through an annual fiscal year budget [Budget]. Each year the Treasurer in consultation with the Finance Committee (ARTICLE VII) shall submit to the Board a draft fiscal year Budget prior to the March Board meeting. All proposed expenditures or pro-

SAINT PAUL AUDUBON SOCIETY

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Donn Waage	
Vice President	651-636-4009
Jane Braun	
Treasurer	651-231-0453
Louise Eidsmoe	
Secretary	651-633-1663
Chase Davies	
Publicity	651-489-0318
Barbara Lindeke	
Conservat'n Co-Chr	651-247-1718
Nancy Uppgren	
Conservat'n Co-Chr	651-246-5522
Monica Bryand	
Field Trips Chair	651-636-6475
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jects resulting in expenditures in excess of \$500 per annum shall be itemized and have a written statement of justification. The Board shall review the proposed fiscal year Budget and post it on the SOCIETY'S public web site on or before April 1. The Budget shall be posted for at least 28 days before the Board shall adopt a final Budget for the coming fiscal year. The Treasurer shall expend only funds that are contained in the Board approved final fiscal year Budget or otherwise have prior approval of the Board. Any SOCIETY expenditures and deposits not included in the final annual fiscal year Budget require approval of the Board. In addition, the Treasurer shall report to the Board at its regular meetings and as requested by the Executive Committee, be responsible for maintaining the inventory of the SOCIETY'S assets and location(s) thereof, ensure the preparation and timely filing of IRS tax forms, ensure the preparation and timely filing of State forms regarding doing business or non-profit status, and perform all other

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 2,800 members. Our Member Meetings are held from Sept.-Dec. & Feb.-May on the second Thursday of the month. For more info please contact leaders at left, or visit 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 cardinalstpaul@gmail.com.

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

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

duties from time to time prescribed by the Board.

3. ARTICLE VII Section 7.5 Standing Committees FINANCE COMMITTEE

The Finance Committee shall work with the Treasurer to develop the annual budget of the SOCIETY, assist the Treasurer in the preparation of financial reports, and make recommendations and carry out plans for campaigns in financial support of the SOCIETY. Each annual budget shall be prepared and presented to the Board before its March meeting. At the end of each fiscal year, the Committee shall arrange for an audit of the SOCIETY'S financial records by a qualified person or persons. This audit report shall be submitted to the Board for approval and ratification.

Attention: Those of You Who Like Treats

The people who supply the "treats" (usually a sweet treat, a non-sweet item, and a cold beverage) at the monthly Saint Paul Audubon meetings are part of the Hospitality Team. Lately, this team has been declining in membership. If Audubon members want to continue to have hospitality time before and after our meetings, the team needs some volunteers to make this happen.

The cost of the food you supply will be reimbursed to you. Audubon owns a box that contains the drink cups, napkins, hand sanitizer, and a tablecloth; therefore, you would not have to supply that.

We have 8 monthly meetings per year; the foods are set up by 6:45 p.m. If you would be willing to supply food for any upcoming meeting (or any meeting this fall), please contact Bonnie Anderson at bonniejanderson@q.com or 651-633-5387. Thank you!

Annual Meeting May 9

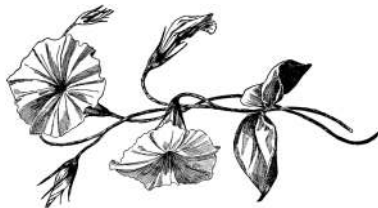
The current officers willing to continue in their positions.

President Donn Waage

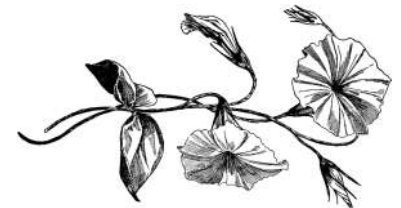
Vice President Jane Braun

Secretary Chase Davies

Treasurer Louise Eidsmoe



Spring Field Trips



Woodcock of Rush City

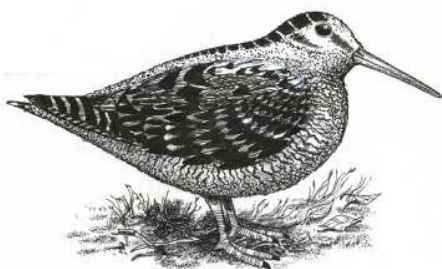
Tuesday, April 16, 8-9:30 P.M. on site

Bad weather backup: Thursday, April 18, 8-9:30 P.M.

The American woodcock song and sky dance are more than remarkably entertaining. American woodcock both breed and migrate through this peaceful, prime habitat in the St. Croix River Valley.

The American woodcock is an incredible woodland shorebird with unique adaptations for seeing, feeding, and courting. They pay little attention to bird watchers as courting males spiral high, then come down, twittering, to land in nearly the same takeoff place. Viewers normally have had their choice of several pairs to approach for closer observation of the sky dancers in this easily-accessible area. (Of course, there are no guarantees, wild birds being what they are even when so single-minded.) We will discuss the

unique qualities of these birds, and what makes this place so special for both resident and migrant populations. Sunset at 7:59 P.M.; moonrise at 1:57 P.M.; and full moon April



19.

SPECIAL INSTRUCTIONS Wear boots or shoes that can get wet; bring an extra jacket for cooling temps. No facilities. We will all leave together.

REGISTRATION Call to sign-up, 651-633-1663

BAD WEATHER Cancellation would occur only with prediction on day before of the high probability of extended strong thunder with lightning storms. Give Chase your name, cell phone, and email address by April 11 to be notified on April 15 of cancellation. .

DRIVING DIRECTIONS Drive time from the northern junction of 35W/35E to the site is 40 minutes at the speed limit. Drive north on I-35 to exit 159 for Rush City. Turn right (east) onto 4TH Street/MN 361. Travel through Rush City to the only stop sign, turn left (north) onto Bremer, which soon becomes Forest Blvd. Travel 2.25 mi., then turn right (east) onto 530TH street aka Cty. 361, drive 3 mi. on Cty. 361 to road park at the meeting place.

DIFFICULTY Short easy walk

LEADERS Chase Davies, ccdavies@aol.com 651-633-1663 and Ed Davies. On April 16 ONLY, use 651-246-9754.

Field trips continue on page 4

Spring Field Trips

Nerstrand Big Woods' Birds and Blooms

Big Woods State Park, 9700 170th St E, Nerstrand
Saturday, April 20, 1:30–4:30 P.M.

Bright spring flowers carpet the bluff-side woodlands, with resident and migrant birds flying and chattering overhead on this annual walk. Come and we'll see what has popped into bloom or is feeding or flying above us along our walk down to Prairie Creek. Usually, but not always, spring ephemeral flowers far outnumber the migrants in this remnant of the Big Woods. Woodpeckers, kinglets, creepers, bluebirds, other migrants... Bloodroot, hepatica, wild ginger, trout lilies... How far we travel along the creek depends, among other things, on the weather, interest, and water levels.

SUGGESTIONS Bring a 10-power loupe or borrow one from Chase. Consider both flower and bird field guides. Exercise your camera's macro capabilities. Bring snacks and watch bluebirds and red-headed woodpeckers while picnicking after the walk.

DIRECTIONS Take I-35 south from cities to Exit 69, Hwy 19 (east) into Northfield. Turn right (south) onto Hwy 3, go a very short way, then east onto Hwy 246. The road winds and turns a bit, then eventually goes south. Good signs indicate the right turn (west) onto Cty Rd 29 for the entrance to Big Woods State Park.

INSTRUCTIONS Meet in the large parking lot inside the entrance of Big Woods State Park.

FEE AREA Day pass or a MN State Park Annual Pass required.

DIFFICULTY Easy to moderate with leisurely descent to Prairie Creek (includes some stairs) and return.

LEADER Chase Davies, 651-633-1663

ccdavies@aol.com,
and Ed Davies (email
or call only if you
need additional
information)



Breakfast and Birding

Afton State Park, 6959 Peller Avenue S, Hastings
Saturday, May 4, 8:00-10:00 A.M.

Join the St. Paul Audubon Society and the St. Croix River Association (SCRA) for Breakfast and Birding at the Afton State Park Visitor Center. Enjoy locally roasted coffee and fresh pastries from 8–8:30 A.M. and then let the birding begin! St. Paul Audubon trip leaders will guide small groups of participants on the beautiful state park trails. They will share their knowledge of birding and offer tips and advice while observing bird activities in the field. Extra binoculars will be available for participant use.

INSTRUCTIONS Meet at the Afton State Park Visitor Center

COST Free event. However, use your annual State Park sticker or purchase a \$7 day use fee upon entry (Donations will be accepted at the event)

REGISTRATION at SCRA webpage
www.stcroixriverassociation.org/event/breakfast-and-birding

DIFFICULTY Easy. This will be a gentle and slow hike and an excellent opportunity for beginning birders.

LEADERS Chase Davies, 651-633-1663
ccdavies@aol.com, and Barb Lindeke

IMPORTANT REMINDER If this event is canceled due to inclement weather, notification will be posted on SCRA's Facebook page. Be sure to leave active contact information when you register.

SPECIAL DIRECTIONS Wear comfortable closed-toe shoes for hiking and comfortable clothing and layers appropriate for the weather). Use sun protection: hat, sunglasses, sunscreen. Bring water bottle, insect repellent, field guide and binoculars.

Want more field trips? Select a favorite birding place and volunteer to lead or co-lead there.

Migrant and Nesting Birds

Murphy-Hanrehan Park
Reserve, 15501 Murphy Lake Blvd,
Savage

Wednesday, May 15, 7-9 A.M.

One of the best birding areas in Twin Cities Metro! Focus is on songs/calls of nesting birds in a hardwood forest as well as spring migrants. Hooded warbler is a target species.

DIRECTIONS Take 35E or W to Co 42, go west ~ 2 miles, then south ~ 2 miles on Burnsville Parkway which becomes Hanrehan Lake Blvd. At Highway 75 aka Murphy Lake Rd, turn left and immediately into the parking lot on the left.

DIFFICULTY Wide natural trails. Medium to strenuous

LEADER Bill Stjern, norskestar@comcast.net 651-458-1542



Woodland Birds

Lebanon Hills Regional Park, Eagan
Saturday, May 25, 7:30-11 A.M.

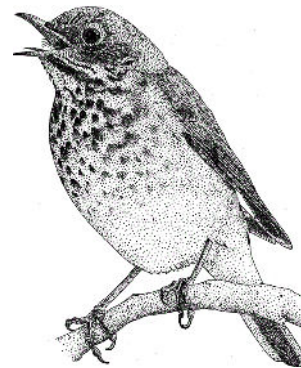
Lebanon Hills Regional Park in Eagan is a terrific place for migrant and resident songbirds! Join friendly birders seeking the sounds and colors of springtime in a section of this beautiful 2,000-acre regional park. We will walk maintained woodland, meadow, and lakeside trails. 2018 sightings included Canada and mourning warblers, scarlet tanager, and wood thrush.

INSTRUCTIONS Meet at the Holland Lake entrance of the Park at 7:30.

DIRECTIONS From St. Paul, take 35E south. Exit at Cliff Rd/Cty Rd 32, go east approx. 2 miles. The park entrance is on the north boundary, just west of Holland Lake.

DIFFICULTY Strenuous due to distance and hilly terrain

LEADER Paul Spreitzer, paul.spreitzer@gmail.com 651-808-2147



Warblers and More, Maplewood Nature Center

2659 E. 7th Street, Maplewood
Saturday, May 18, 8-10 A.M.

Wooded land and water deep within the metro area are prized by migrants and residents alike. This is an opportunity to walk the trails and see the sights and hear the sounds of Ramsey County's Maplewood Nature Center.

DIRECTIONS On Century Avenue, look for the Nature Center sign, and turn west onto East 7th St. This SPAS- sponsored walk is also listed on the 2019 Urban Birding Festival schedule.

DIFFICULTY Easy

LEADERS Ellen Lowery, ellen.lowery@gmail.com and Chase Davies, 651-633-1663

Field Trip Leader Training

Saturday, April 13, 1-3:30 P.M. at Bass Ponds parking area, 2400 E 86th St, just east of Old Shakopee Rd.

The nuts and bolts of leading bird walks are simple, and do not require expert birding skills! Don't believe us? Come, experience why this is

truth, especially in SPAS! You really could be a SPAS bird walk leader! Dress for cool temperatures.

LEADER: Chase Davies, 651-633-1663 and/or ccdavies@aol.com

Tuesday Morning Walks

All Tuesday Walks are from 7 to 9 A.M. unless noted. All easy unless noted. No registration needed. Meet at the sites. Bring water, insect repellent and field guide. Contact leaders only if you need additional information.

May 7: Crosby Farm Regional Park

2595 Crosby Farm Rd, St. Paul

Early warblers and other passerine migrants.

INSTRUCTIONS Southwest of downtown St. Paul off Shepard Rd. Meet in the parking lot.

LEADERS Linda Whyte, 651-690-4838

May 14: Snail Lake Regional Park

4191 Snail Lake Blvd, Shoreview

Wetlands and woodlands with lots of edges make this a good birding site.

INSTRUCTIONS Enter from Snail Lake Blvd at lake level, go straight ahead to park and meet.

LEADERS Louise Eidsmoe, 651-231-0453 and Terri Walls

May 21: Silverwood Regional Park

2500 Cty Rd. E, St. Anthony

Passerine migrants, wetlands.

INSTRUCTIONS From 35W, take Cty Rd D/37TH Ave. west, turn north (rt) onto Silver Lake, or, from I-694, take Silver Lake exit, go south. Finally, go west on Cty Rd E for ~1,000 ft, entrance on left. Meet at

the large main parking lot. Paved trails. Restrooms available. Bring a field guide and water.

LEADERS Reenie Lundgren, 612-965-1232, and Chase Davies, 651-633-1663

June 4: Rachel Lilly Preserve, a part of Dodge Nature Center, 680 MN-110, Mendota Heights, MN 55118

Don't miss this gem! Many possible sightings await you at this little-known preserve. Distance up to 2 miles.

DIRECTIONS Enter from Hwy 110 - bear left to park by the barn or right to park in the church parking lot. Meet by the red barn.

LEADER Linda Whyte, 651-690-4838

June 11: Battle Creek Park, 2350 Upper Afton Rd, Maplewood, MN 55119

Terrific late spring birding opportunity.

INSTRUCTIONS Meet at the parking lot next to the off-leash dog park.

DIRECTIONS From McKnight Rd turn east onto Upper Afton Rd., drive 0.2 mi, turn right, destination will be on the right

LEADER Monica Bryand, mjrbryand@gmail.com 651-246-5522

Be sure to check www.saintpaulaudubon.org for field trip changes throughout the season

Conservation Committee

St. Paul Audubon and St. Croix River Association have joined forces to increase our presence in Washington County. We have two terrific activities planned.

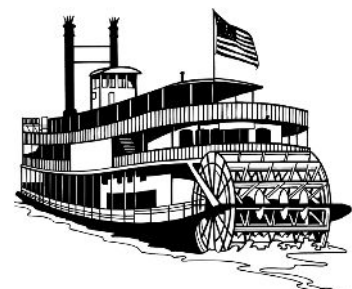
The first is a bird hike in Afton State Park on May 4. Coffee and pastries will be available beginning at 8 a.m. and the hike will begin at 8:30. Please join us!

The second is a very exciting program called "Wild River Journey." Students from area schools

will have an opportunity to ride on one of the big river boats on the St. Croix. Once on the boat, they will participate in several learning stations sponsored by The National Park Service, DNR, St. Paul Audubon, and the St. Croix River Association. These stations will teach students more about this amazing National Park we have right here!

The Urban Bird Festival of the Twin Cities will be May 16-19. Activities will take place across the Twin Cities and include events on Thursday at Como Park Zoo, a

movie at the Neighborhood House Thursday Night, "Hometown Habitat" events at the Raptor Center and walks at many of your favorite parks. Information for all events related to the festival can be found at tinyurl.com/y9g86fgl



Book Report:

Buzz: The Nature and Necessity of Bees

Thor Hanson

© 2018 Basic Books

By Holly Peirson (*whose comments are in parentheses*)

"Once, while listening to the radio in my car, I heard a noted historian of science describing how early colonists... brought honeybees with them. If they hadn't, he explained, there would be nothing to pollinate their crops. *I nearly drove off the road! What about the four thousand species of native bees already buzzing happily....*" (*4,000 species of bees in North America!? WOW! I didn't know that...*)

"It's often said that bees provide every third bite of food in the human diet..." (*Really?! I didn't know that, either!*)

"The mere sight of insects ... can trigger a measurable fear reaction in the human brain. Vertebrates are animals who share the chaste trait of tucking their structural parts out of sight inside the body in the form of bones. Technically, putting the hard bits on the outside may be the better evolutionary strategy - arthropod species outnumber vertebrates by more than twenty to one. But ... people find exoskeletons creepy, particularly since they so often go along with faceted eyes, waving antennae, and multiple, scabbling legs." (*I will try harder not to cringe in the future...*)

"Throughout history, in cultures around the world, people have overcome or set aside their fear to bond with bees: watching them, tracking them, taming them, studying them, writing poems and stories about them, even worshipping them. No other

group of insects has grown so close to us, none is more essential, and none is more revered."

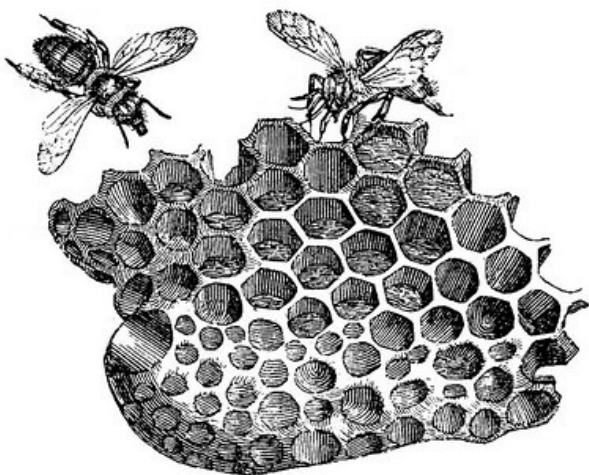
Mr. Hanson's turn of phrase makes me laugh while reading, something that doesn't usually happen with non-fiction. I

laughed AND learned a LOT about bees. I first downloaded the book from Audible.com, to listen while keeping my hands busy with other things. However, as with his other great topics (*Feathers, The Triumph of Seeds*), illustrations help tell the story, so I ordered the hardcover version. Glad I did; the illustrations are great! (Audible does have a link to the illustrations, but one would have to go back and forth a lot while listening.)

I learned about the eusocial lives of some bees, and how they "evolved from the 150 million-year old habit of being meat-eating wasps to become vegetarian bees, which proved to be a more successful strategy. Wasps have to find one food for themselves and another for their larvae. By making the dietary switch from catching flies and other insects to the sustenance provided by flowers, bees had to find only one food source. Where flies, spiders and other wily prey could be difficult and sometimes even dangerous to catch, flowers stayed put, and eventually began advertising their locations with alluring colors and scents."

I like Appendix A: Bee Families of the World. "With over 20,000 species buzzing around on every continent outside Antarctica... There are seven families: **Stenotritidae** (no common names - yet), **Colletidae**: Plasterers, Masked Bees; **Andrenidae**: Mining Bees; **Halictidae**: Sweat Bees and Alkali Bees; **Melittidae**: Oil-collecting Bees; **Megachilidae**: Leafcutter Bees, Mason Bees, and Wood-Carder Bees; **Apidae**: Bumblebees, Carpenter Bees, Digger Bees, Honeybees, Long-horned Bees, Orchid Bees, Squash Bees, and Stingless Bees.

The last line of the book was supplied by Mr. Hanson's son Noah (who since the age of three has been catching bees in his bare hands "to feel the tickle of tiny feet and the whispery rustle of wings on your palm before you slowly part your fingers, hold the bee up, and set it free.") Noah's offhand wisdom of youth: "The world could do without us, but it couldn't do without bees."



SAINT PAUL AUDUBON SOCIETY

PO Box 7275, St Paul, MN 55107-7275

WWW.SAINTPAULAUDUBON.ORG

Next issue: June/July 2019

Deadline 5/5/2019

Welcome...

To the Saint Paul Audubon Society.

We're a chapter of the

National Audubon Society.

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

*Please check our website at
www.saintpaulaudubon.org
for calendar updates!*

CALENDAR

April

Board Meeting 1
Member Meeting, Jennifer Vieth 11

May

Board Meeting 4
Breakfast and Birding (Afton SP)..... 4
Member Meeting Keith Olstad 6

Non-profit Organization
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