

The Cardinal

APRIL MAY 2022

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Think Big and Small for April and May Presentations

The final presentations on this year's lineup of monthly speakers are coming up. The Monthly Meetings, held via Zoom for the past two years, are on the second Thursday of the month at 7:00 p.m. For links to the presentations and up-to-date information, go to saintpaulaudubon.org and click on Events and then on the event title.

April 14, "Belwin, Bison, and Birds, with Lynette Anderson, an Interpretive Naturalist and Restoration Assistant at Belwin Conservancy. The Belwin Conservancy is a 1500-acre preserve located just east of the Twin Cities. It contains a wide variety of habitats, most notably prairie and oak savanna. There are public hiking trails, an observatory, plenty of birds and a bison herd! Lynette will tell us about the wonderful mosaic of habitats and partnerships that is Belwin.

Lynette grew up on a farm in southern Wisconsin, which fed her love of the natural world at an early age. She graduated from UW Stevens Point with degrees in Resource Management and Environmental Education. In 1984 she moved to Minnesota and worked as a seasonal employee at many of the Twin Cities nature centers. From 2000-2014 she worked for St. Paul Public Schools at Belwin. She was then hired by Belwin Conservancy

in the role that she continues to hold today. Lynette claims not to be an expert but an enthusiast and observer in all things nature.

May 12, "Dinornis, Dodos, and Ducks: A Bird's-Eye View of Brain Evolution," with Catherine M. Early, Ph.D. Birds are an incredibly diverse group of animals. And new research has shown that they are more intelligent than we ever imagined possible! But how did the diversity of behaviors and intelligence in birds evolve? Join Dr. Early for an overview of brain evolution in modern and fossil birds, and the exciting new techniques scientists are using to study this topic. She will also share updates on the latest activities in the Science Museum of Minnesota's Biology Department, which she leads.

Dr. Early earned a B.S. in Biological Sciences and a B.A. in Spanish Language and Literature from North Carolina State University in 2012, and a Ph.D. in Ecology and Evolutionary Biology from Ohio University in 2019. She has always loved natural history museums and has been affiliated with the North Carolina Museum of Natural Sciences, the Smithsonian Institution National Museum of Natural History, and the Florida Museum of Natural History before joining the Science Museum of Minnesota in 2020. She uses CT scanning to study the anatomy of modern and extinct animals, and works to digitize natural history collections so they can be shared with everyone.



Belwin Bison by AJ Photography MN

Guidelines for group birding

Please follow these guidelines for all Saint Paul Audubon Society outdoor events:

- All participants are expected to be fully vaccinated and boosted (if timing indicates) for COVID-19
- All participants will maintain social distancing
- Masks are optional but welcome
- Attendees will provide their names and contact information at the start of each walk

SAINT PAUL AUDUBON SOCIETY

PO Box 7275, St Paul, MN 55107-7275

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.

You will automatically become a
member of the Saint Paul Audubon
Society if you make a gift of \$30 or
more to the National Audubon Society
and reside in Saint Paul, Ramsey and
Washington counties, and surrounding
areas.

The Saint Paul Audubon Society
welcomes everyone to become a
member or participate in activities as a
non-member regardless of their race,
color, national origin, sex, disability,
sexual orientation, marital status, age,
or gender identity.

SAINT PAUL AUDUBON SOCIETY

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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 The Cardinal is published 6 times a year and posted on www.saintpaulaudubon.org at the beginning of February, April, June, August, and October. For information contact Martha Douglas, editor. Copy is due on the 15th of the month preceding publication.

The *Cardinal* is available free to everyone on our website. If you would like to receive a notice when new issues are ready, go to www.saintpaulaudubon.org and go to the "Newsletter" tab to subscribe with your email address. Our Webmaster is Ben Wilson, ben@simpledesigns.biz or 651-332-1362.

Next issue: June / July 2022



Calendar

This issue of the *Cardinal* announces an exciting lineup of newly scheduled **field trips and birding walks** for the coming season, with more to be announced in the next issue! Details are provided on the following pages and can also be found at saintpaulaudubon.org under Events.

All Saint Paul Audubon Society events and meetings are open to members and friends at no cost, except for **Warbler Weekend (see page 10)**. See the instructions for each event to learn whether advance registration is needed, as some have limited attendance or special instructions. For other events, just show up with your binoculars!

Board meetings are held the first Monday of the month at 4:00 p.m., via Zoom.

Monthly chapter meetings are the second Thursday of the month at 7:00 p.m., September through May. These meetings feature presentations on a variety of topics and continue to be held online via Zoom until further notice. Visit saintpaulaudubon.org for up-to-date information and zoom links.

Photo by Mark Olsen

President's Message

For the past two years we have all been anxiously waiting for normal activity to resume. This issue of the *Cardinal* announces many returns to our normal activities. Warbler Weekend is back, we have more field trips than ever scheduled, and we are working on resuming in-person monthly member meetings soon. A lot of effort went into these activities -- led by Ed Davies for Warbler Weekend, Cathy Croghan for field trips, Stewart Corn for programs, and communications from Martha Douglas and Ben Wilson. Of course, with in-person activities we expect everyone to be vaccinated and cautious.

A Lawn Solution

The threat of global warming is increasing but is finally being taken more seriously. Many people are looking for things they can do as individuals. I have one small suggestion — fix your lawn. Our typical bluegrass-based lawns require fertilizers, weed killers and lots of water. The chemicals are greenhouse gas producers and create environmental damage. Lawns are mown weekly, and our mowers are terrible polluters. I looked at several sources and estimates of lawnmower greenhouse gas emissions vary widely but the lowest figure I saw was almost double that of a typical car. We want nice lawns, what can we do?

I found a solution by accident. A year ago I moved to another home in Saint Paul. When we moved in the backyard lawn looked like a golf course, beautiful dense green with no weeds. I thought the previous owner must have used tons of fertilizers and weed killers. However, I found out that my backyard was a “no mow, low grow” lawn of fescue grasses. I was skeptical but all last year I never mowed it, I applied no chemicals and I only watered it twice even with a drought. It stood up to a very large dog and grandkids playing on it. Unfortunately, you cannot find this grass seed mix in the neighborhood hardware store or local big box retailers. However, it is readily found at specialty nurseries and on Amazon under “no mow grass.” I am converting my front yard this year to no-mow and found the seed mix at JRK Seed Company in Eagan, MN. I encourage you to convert your lawn. You will save a lot of money on chemicals, help the environment, and have a lot more time to go birding.

Donn Waage

President, Saint Paul Audubon Society

Kudos to Frogtown Green

Frogtown Green, recipient of a three-year grant from the Saint Paul Audubon Society, received some well-deserved attention recently as a winner of the Star Tribune's Beautiful Gardens contest. Frogtown Green is a neighborhood environmental organization that sponsors multiple programs at three community gardens and greenspaces. One of its goals is to increase bird habitat in this area of St. Paul with the least tree canopy.

“We got our start in 2012 when the 13-acre former home of the Wilder Foundation became an official St. Paul park, with five acres set aside for urban farming,” said Patricia Ohmans, who has been with the group since the beginning. “We call this site the Frogtown Park and Farm. Frogtown Green sponsors a group of volunteer park stewards who maintain non-farmed areas such as rain gardens and native plantings. We have also planted a veritable orchard of pear and serviceberry trees on the southeast edge that attracts birds.”

Funds from St. Paul Audubon are being used to support pollinator-friendly gardens, tree planting, and urban bird presentations. Funds were also used to build a Chimney Swift tower at the Lily Pad site on the corner of Dale and Lafond.

Frogtown Green is sponsoring bird walks at the Frogtown Park and Farm on May 14 and 21 at 8 a.m. and everyone is invited.

Congratulations to everyone who has contributed to this worthy effort!

Frogtown Green used money from a St. Paul Audubon Society grant to build a Chimney Swift Tower at their Lily Pad garden.



FIELD TRIPS

Nerstrand Big Woods' Birds and Blooms, Big Woods State Park

9700 170th St E, Nerstrand, MN 55053

Saturday, April 23, 8:30 AM-12:00 PM

Our annual walk comes when bright spring flowers carpet bluff-side woodlands, and resident and migrant birds fly and chatter overhead. 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 either or both flower and bird field guides. Exercise your camera's macro capabilities. Bring water, snacks and/or lunch, 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 651-246-9754
RockyBirder@gmail.com and Ed Davies (email or call only if you need additional information)

Warblers and Waterfowl Along the Minnesota River

Old Cedar Ave Bridge/ MN River Valley NWR trails, Bloomington, MN

Saturday, April 30, 7:30-10:30 AM

One of the very best birding locales in the state; and so close to St. Paul! We'll check the area between Old Cedar Avenue and the Bass Ponds. The Minnesota River flyway makes this a great spot for migrating passerines and waterfowl.

DIRECTIONS Go south from I-494 on Cedar Avenue then Old Cedar Avenue which dead-ends in the

parking lot for the Old Cedar Avenue bridge and Minnesota River Valley NWR trails complex

DIFFICULTY Easy to moderate

LEADER Paul Spreitzer 651-808-2147

paul.spreitzer@gmail.com

Woodcock Sky Dance

Rush City Area

Tuesday, May 10, 8:15 PM - 9:30 PM on site

Bad Weather Backup Wednesday, May 11, 8:00-9:30 PM

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. It 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 pair 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.

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, 651-246-9754

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 May 6 to be notified on May 10 of cancellation.

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

LEADER Chase Davies 651-246-9754
RockyBirder@gmail.com

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

Pigs Eye Park Spring Migrants

2165 Pigs Eye Lake Rd, St. Paul
Saturday, May 14, 7:00 – 9:00 AM

Join us for spring migrant birding in the forested edge of Pigs Eye Regional Park – North Unit. After the field trip, there will be an opportunity to visit with members of the Pigs Eye Park Friends, learn about reclamation and advocacy activities, and celebrate spring!

DIRECTIONS Leave downtown St. Paul from the intersection of Jackson and Warner Rd. Travel 1.2 miles downriver on Warner Rd. Turn right onto Childs Rd. exit. Travel 0.3 miles on Childs Rd to Pigs Eye Lake Rd. Turn left onto Pigs Eye Lake Rd. (this turn may be hard to see) Follow the road under the overpass and over the railway tracks. Stick with the road as it bears right. Proceed approximately 0.9 miles to the end of Pigs Eye Lake Rd. Road-park facing back toward the way you came.

DIFFICULTY Moderate - We will be walking on unpaved field trails with gentle slopes. There are spots of uneven ground and ruts. There are port-a-potties at the park.

LEADER Chase Davies 651-246-9754
RockyBirder@gmail.com

Migration at Swede Hollow Park

665 Greenbrier St, St Paul, MN 55106
Sunday, May 15, 7:00-9:00 AM

St. Paul Audubon Society joins with the Friends of Swede Hollow

<http://www.friendsofswedehollow.net/> to offer this great spring birding experience in the heart of St. Paul. Come learn about the history of the site and see what spring migrants might be passing through the Hollow.

SUGGESTIONS Bring binoculars and a field guide if you have them. A limited number of binoculars can be reserved when you register. Dress for the weather and wear comfortable walking shoes.

REGISTRATION Registration is required and limited to 20 people. Be sure to indicate if binoculars are needed. Register at <https://www.eventbrite.com/e/293571398957>

DIRECTIONS Meet at 622 Beaumont St. East, St. Paul 55130. Off-street parking available at the Hope Community Academy (located in the old Hamm's Brewery Building) at 720 Payne Ave, St. Paul 55130

DIFFICULTY Easy to moderate. Includes both uphill and downhill paved pathway.

LEADERS Kathy Sidles 651-233-6804 kesid@aol.com and Chase Davies RockyBirder@gmail.com



Woodland Birds

Lebanon Hills Regional Park, Eagan, MN 55123
Saturday, May 21, 7:30-11:00 am

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 a.m.

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 651-808-2147
paul.spreitzer@gmail.com

Birds, Bogs and Bantams

15280 Pilar Rd, Scandia, MN 55073
Saturday, June 4, 7:30-10:30 AM

This private 20-acre homestead located just north of Scandia includes a terrific variety of habitat (hardwood, prairie, wetland, open water, bog) as well as bird feeders that are bound to run up the day's bird count. For those who are interested, our hosts will top off the field trip with a demonstration of their hobby beekeeping and bantam chicken operations. It should be a fun and productive morning.

SUGGESTIONS Wear comfortable closed-toe shoes for hiking and comfortable clothing and layers

appropriate for the weather. Use sun protection. Bring water bottle, insect repellent, field guide and binoculars.

DRIVING DIRECTIONS Drive time from Rosedale Shopping Center 45 minutes at the speed limit. Drive north on I-35 to exit 129 for MN97. Follow MN97 through Forest Lake. Continue east on MN97 to Scandia (approximately 11 miles from I35). Turn left (north) onto Olinda Trail N. Travel 1.9 miles to Pilar Rd. N. Turn right. Travel 0.2 miles. Driveway on left (this is the first house on the left (north) side of the street). Turn around in the driveway and park along the north side of Pilar Rd. Short walk along the driveway to the house.

DIFFICULTY Easy to moderate; walking sticks welcome; lots of benches along the pathway.

LEADERS Curt and Pat Hadland 651-433-4314 curthadland@gmail.com (email or call only if you need additional information)

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

How Birds Breathe

By Chase Davies

Generally speaking, birds are creatures of the air, fishes are creatures of the water, and other animals are creatures of the land. Birds by nature use a lot of energy attaining and continuing flight for different purposes: glide, pursue, play, etc. The conversion of food into useful energy is called internal respiration. External respiration, the physical process of breathing, is my topic here.

Bird lungs, compared to human lungs, do not expand and contract very much at all. The bellows that hold air in birds are the flexible, moveable air sacs, usually nine, located throughout the body cavity, with some extensions into larger bones. Unlike our lungs, the air moves only in one direction. Only fully oxygenated air passes through bird lungs, where the oxygen is exchanged with carbon dioxide, a by-product of energy production.

The exchange of O₂ and CO₂ occurs in the lungs as blood passes through super numerous capillaries lying next to probably equally numerous tubes through which the air flows. By natural osmosis, from high density to low density, oxygen and carbon dioxide are exchanged during greatest proximity. The precise numbers, sizes and positions of air bladders, oxygenated blood vessels and CO₂ carrying blood vessels are not known, yet. As in humans,

Birding at the Arden Hills Army Training Site (AHATS), Arden Hills

1536 Ben Franklin St, Arden Hills, MN 55112

(Note: this is the Armory address)

Saturday, June 11, 7:30-10 AM

Join us for birding at AHATS. A new hard-surface, one-mile path around Sunfish Lake is scheduled to be completed just in time for our birding enjoyment. If the path is not ready, we will travel by guided car caravan and practice social distancing at choice stops. The site has lots of prairie and wooded edges for us to explore for their birding potential.

DIRECTIONS Driving directions will be included when you receive email confirmation of your registration

INFORMATION The site has restricted access. All vehicles will enter and exit the property together. No sharing of binoculars or scopes will be allowed. Outdoor restrooms are widely spaced IF available.

REGISTRATION Required registration. Attendance is limited to six cars or 20 adults on a first reply, first served basis. Email Chase Davies your cell phone number and the names of all attendees who will travel in your vehicle

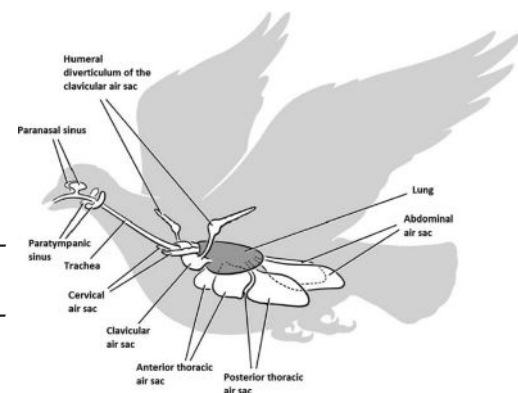
DIFFICULTY Easy

LEADER Chase Davies 651-246-9754
RockyBirder@gmail.com

muscles actively enlarge the body cavity space drawing air in, and compress the body during exhalation. To some extent wing action during flight aids this. To view the avian respiration system see: [The Avian Respiratory System - YouTube](#)

There are other outcomes from having air sacs. The amount of air is controlled by the bird. When a loon disappears not by diving but by sinking, it is achieved by reducing the amount of air held in the air sacs, physically squeezing it out. When it is hot, birds can be seen to pant, increasing their rate of respiration and use of water to reduce their interior temperature.

Flight is an efficient way to move, but it is also energy-intensive. The heart rate of small birds doubles from the resting rate when flying, and goes to 3x or 4x in larger birds. The oxygen exchange has to keep up with oxygen depletion, and lactic acid may increase, causing discomfort. To see what happens in these situations, watch for occasional deliberate stretching after migratory flights in swan and crane migrants.



TUESDAY MORNING WALKS

All Tuesday Walks are from 7:00 to 9:00 A.M. and 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 3: Crosby Farm Regional Park, 2595 Crosby Farm Rd, St. Paul, MN 55116

Early warblers and other passerine migrants.

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

LEADER Linda Whyte 651-815-7045

May 10: Snail Lake Regional Park, 4191 Snail Lake Blvd, Shoreview, MN 55126

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

DIRECTIONS 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 17: 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 651-815-7045

May 24: Silverwood Regional Park, 2500 County Rd. E, St. Anthony, MN 55421

Passerine migrants, wetlands.

DIRECTIONS From 35W, take County Rd D/37th Ave. west, turn north (right) onto Silver Lake, or, from I-694, take Silver Lake exit, go south. Finally, go west on County 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 Chase Davies 651-246-9754
RockyBirder@gmail.com and Jane Braun

May 31: Harriet Alexander Nature Center, 2520 Dale Street N., Roseville, MN 55113

The Nature Center features an extensive boardwalk and trails that circle through 52 acres of marsh, prairie and hardwoods.

DIRECTIONS From the intersection of Snelling Avenue North and County Rd C West travel 2 miles east to Dale Street N. Turn right (south) on Dale. Travel 0.3 mi. Turn left into parking lot.

LEADERS Kathy Robbins 651-636-6475
krobbins@umn.edu and Cathy Croghan

June 7: Afton State Park, 50th Street S Parking Lot, Afton, MN 55001

The Park has a rich variety of habitats and the target bird for this trip is the Dickcissel. Note: trip starts at the 50th Street Parking Lot.

DIRECTIONS Take 94 west from St. Paul to exit MN-95 S/Manning Ave S (exit 253). Travel south for 3.9 mi. Turn left (east) on 40th Street S. Travel 2.4 mi to Trading Post Trail S. Travel 1 mi. Turn left onto 50th Street. Travel 0.9 mi. Afton State Park parking lot on right.

LEADER Monica Bryand 651-246-5522
mjbryand@gmail.com

June 14: Battle Creek Park, 2301 Lower Afton Rd., Maplewood, MN 55119

We'll walk about 15 minutes to the western edge of the grassland being considered for preservation. The walk will continue for about 30 minutes along the northern edge of the grassland, where we hope to hear and see Bobolinks and Dickcissels. One way to prep for this walk is to watch "From Bobolinks to Blue Jays - Bird at Battle Creek Park!" <https://www.youtube.com/watch?v=9u0-p8roOas>

DIRECTIONS From McKnight Rd turn east onto Lower Afton Rd., drive 0.2 mi, turn left into South Battle Creek Park parking lot. Meet in the parking lot.

LEADER John Zakelj 651-239-4119
jzakelj@yahoo.com



Photo by Jake Melara

PRAIRIE TUESDAYS (PT) SUMMER WALKS

Four prairie Tuesday evening walks to highlight numerous bird-native plant interactions. All are easy walks unless noted. Bring your binoculars, a 10-power magnifier (or borrow one from Chase) and consider a camera and bug repellent. Wear closed-toe shoes with socks above the ankle. Usually no toilet facilities on site. No registration required. All trips led by Chase Davies 651-246-9754 RockyBirder@gmail.com

(PT #1) Fish Creek Prairie – Prairie Walk 101

Tuesday, June 14, 6:30-8:00 PM

LOCATION Fish Creek Natural Area, 2465-2475

Carver Ave, Maplewood, MN 55119

TOPIC How do native plants improve the bird-life web?

DIRECTIONS From I-94 go south on McKnight Road about 3.5 miles where it T's at Carver Avenue. Then turn left (east) onto Carver. Just before the I-494 underpass, turn right (south) onto Henry Lane. Travel about 1/2 mile to the Fish Creek Natural Area; turn around and park on the street as directed.

(PT #2) Rachel Lilly Preserve managed by Dodge Nature Center – Mid-Summer Blooming Prairie

Tuesday, July 12, 6:30-8:00 PM

LOCATION 680 MN-110, Mendota Heights, MN 55118

TOPIC This walk will focus on prairie restoration and blooming flowers.

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.

DIFFICULTY Easy. However, walking route covers 2 miles.

(PT #3) Valley View Park, Oak Park Heights – Late Summer Blooming Prairie

Tuesday, August 9, 6:30-8:00 PM

LOCATION 5575 Ozark Ave N, Oak Park Heights, MN 55082

TOPIC How do abundance and diversity of late summer native plants impact the local bird-life web?

DIRECTIONS Travel east on Hwy 36 to Osgood Avenue N, go south past 56th St N then turn left onto Valley View Park Road, meet in the first parking lot on the left.

(PT #4) Pilot Knob at Sundown – What Fuels Migrant Birds

Tuesday, August 23, 6:30-8:00 PM

LOCATION Pilot Knob /Oheyawahe Open Space, 2100 Pilot Knob Rd., Mendota Heights, MN 55120

TOPIC Autumnal falling temperatures with shortening days bring preparations for big changes to the local bird-life web. Sundown at 8:06 PM.

DIRECTIONS From I-494, take Pilot Knob Rd. exit, then drive north until the road ends.

NOTE Oheyawahe is a place of cultural importance to the Dakota Community and of significance in the history of MN statehood. <http://www.pilotknobpreservation.org/Pocket%20Guide%20Interactive.htm>

Staying in Touch

Birding walks, monthly speakers, opportunities to volunteer – the Saint Paul Audubon Society is active in so many ways and we want to make sure you hear about it. Our main channel of communication is emails to members and friends, including one to let you know when a new issue of the Cardinal has been posted online.

There are many members and friends for whom we have postal addresses but not email addresses. To make sure that we can stay in touch, please go to saintpaulaudubon.org, click on “Subscribe for emails,” and provide your contact information. We do not sell or share email addresses in any way.

Annual Budget Review

As required in our by-laws, the proposed St. Paul Audubon Society budget for the coming fiscal year must be available to members for review and comment for 30 days beginning April 1. The proposed budget was approved by the board at the March 7 meeting and you can find it at <https://www.saintpaulaudubon.org/wp-content/uploads/2022/03/SPAS-Final-2022-23-Budget.pdf>.



Photo by Charles Jackson

BIRDING SUMMER STYLE (BSS)

Here are three great birding trips offered at a variety of days and times. Why? Summer birding is more relaxed and presents possibilities for observing different behaviors once birds are settled on family territories. Birders have opportunities for lingering identifications with group interaction at a summer-time relaxed pace. The slower pace is also ideal for beginning birders to learn and experience the basics to locate, describe and identify birds. Chase Davies invites you to join her for just one or all three of these events. 651-246-9754 RockyBirder@gmail.com

Dress for the weather and wear closed-toe shoes. Bring a brimmed hat, water, sunblock and a field guide with maps or a smart phone with the app already installed. Chase will have some loaner binoculars available. Call leader if you want to borrow 8x35 binoculars.

(BSS #1) Reservoir Woods – Roseville City Park

Tuesday, June 21, 7-9:30 AM

LOCATION Meet at the Woodview Off-Leash Dog Area

DIRECTIONS Roseville between Rice and Dale Streets on Larpenteur Ave. Park snugly in the small parking lot or street park on Mackubin St. across Larpenteur from the parking lot

DIFFICULTY Easy

(BSS #2) Silverwood Regional Park

Tuesday, July 5, 6-8:30 PM

LOCATION 2500 County Rd E, St. Anthony (just west of Silver Lake Rd).

DIRECTIONS Meet in main parking lot next to pavilion

DIFFICULTY Easy

(BSS #3) Bass Ponds on the Minnesota River

Saturday, August 6, 8-10:30 AM

LOCATION 2400 E 86th St, Bloomington

DIRECTIONS Take Cedar Avenue south from 494, exit onto Killebrew Dr, go to Old Shakopee Rd, turn right (south) onto East 86th St, at sign for Bass Ponds, bear left and come to the parking lot. If the lot is full, street park on the right as you enter or in the larger parking lot back near the corner of 86th and Old Shakopee

DIFFICULTY Easy. However, steep paved hill from parking lot down to river.

Help Wanted!

Board Members

The Saint Paul Audubon Society Board will hold its **annual election in May**, and all of the Officer positions (President, Vice President, Vice President for Communications, Secretary, and Treasurer), and two Director positions, are open for nominations. In addition, there is room on the board for two more Directors. Board members initiate and lead many interesting projects in the areas of conservation, education, advocacy and outreach so it's a great way to make a difference for birds! If you are interested or would like to nominate someone, please contact Donn Waage, president, at donnw@yahoo.com.



Membership Coordinator

This is a new volunteer role, designed to help manage the process through which people become members, keep track of membership lists and addresses, coordinate membership records with the National Audubon Society, and other related matters. Please contact Barbara Lindeke at 651-489-0318.

Bird Collision Monitor

The Audubon Chapter of Minneapolis is looking for volunteers to help monitor bird collisions at the Minnesota Senate Building, now through June 1. Volunteers will walk around the building before 9:00 a.m. and report any dead birds. If you can help, please contact Jerry Bahls at jobaud@comcast.net or call him at 763-355-8726.

Warbler Weekend 2022

Warbler Weekend 2022 is coming up and here is everything you need to know.

To register, use the online registration form at www.saintpaulaudubon.org/events. You may also register by using the printed form at right and mailing it with your check to the address provided.

Registration: Registration for the weekend and reservations for all meals, including requests for gluten-free or vegetarian meals, are required in advance, by April 20.

Accommodations: Birders staying overnight need to make their own reservations, and it is recommended that you do this soon. Lake City and Red Wing are closest.

Location: Dining Hall, Hok Si La Park, Lake City, MN (www.hoksilapark.org)

On-site Information: The usual Bird Board, Schedule, and Notices will be posted on information boards in prominent places. Special sightings, identification of Saturday leaders, and places to bird will be on a handout available Friday evening and Saturday, with changes announced during meals. The Warbler Weekend count will be tallied after the Saturday supper.

Schedule

Friday May 6

6:30 pm Dining Hall Coffee, cookies socializing
7:00 pm Presentation

Saturday May 7

Saturday Birding Walks

Morning: 6:15-8:00 am and 9:30 am-12:00 pm
Afternoon: 1:30-3:00 pm and 3:30-5:00 pm

Gather on the grass at the parking lot around appropriate signs to form groups. Trips depart at the times listed, so please be on time. Likely spots and topics are:

- Frontenac State Park: Prairie walk, Sand Point trail, and overlook
- Hok-Si-La north and south
- Old Methodist Camp area
- Frontenac Town Cemetery and town walk
- Villa Maria grounds
- Beginning birder walk
- Birding by car
- Birding by ear

Saturday Meals

Meals will be prepared and served by Lake City Kiwanis in the Dining Hall

6:00-6:10 am Coffee.

8:00-8:30 am Breakfast. Announcements 8:45 am

12:00-12:30 pm Lunch. Announcements 12:45 pm

6:00-6:30 pm Dinner. Tally and announcements

Sunday May 8

No meals or activities are planned for this day. Enjoy birding on your own!

Warbler Weekend 2022 Registration Form (submit before April 20)

	<u>Number of persons</u>	<u>Total</u>
Friday night	_____ (no charge)	
Registration	_____ x \$10 = \$_____	
Saturday breakfast, 8-8:30	_____ x \$ 9 = \$_____	
Saturday lunch, 12-12:30	_____ x \$13 = \$_____	
Saturday dinner, 6-6:30	_____ x \$15 = \$_____	
	Total \$ _____	

_____ Number birding Sunday morning

_____ Number Vegetarian

_____ Number Gluten Free

Make check payable to St. Paul Audubon Society or register online at saintpaulaudubon.org/events/warbler-weekend

Send check and this registration form to:
Saint Paul Audubon Society
c/o Richard Newmark
810 Woodduck Dr
Woodbury, MN 55125

No refunds after April 20, 2022

All prices are per person; no refunds for missed meals

Please print clearly

Registrant's Name

Street Address

City, State, Zip

E-mail

Phone

Names of all guests registering on this form:

For more information, send an email to:
Maria@CostaRica-Authentic.com