



Eastside Audubon  
your connection to nature

# The Corvid Crier

EASTSIDE AUDUBON SOCIETY

VOL 28, No 4 – MAY 2009

*The Mission of the Eastside Audubon Society is to protect, preserve and enhance natural ecosystems and our communities for the benefit of birds, other wildlife and people.*

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## Directions to Eastside Audubon

Northlake Unitarian Universalist Church, 308 4<sup>th</sup> Ave. S. (corner of 4<sup>th</sup> Ave. S. and State). Take I-405 exit 18 (NE 85<sup>th</sup>, Kirkland). Drive west on Central Way to 3<sup>rd</sup> St. (stoplight). Turn left (south) on 3<sup>rd</sup> St. and follow it as it bears left and changes name to State St. Turn left on 4<sup>th</sup> Ave S.

TAKE THE BUS! Routes 540, 230 and 255 serve State Street in Kirkland.

## A Trip Around the World with Bird Sounds: What Their Song is All About?

**Thursday, May 28, 7:00 pm**

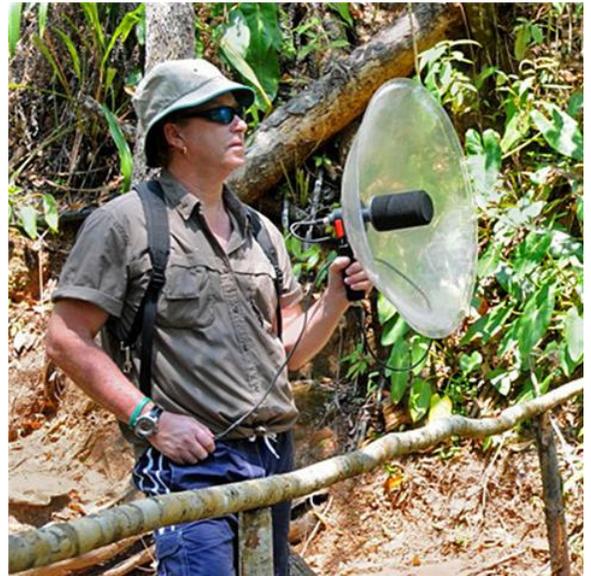
**Northlake Unitarian Universalist Church (EAS Headquarters)**

We will start our evening at 7:00 with a presentation by world renowned audio/naturalist, Martyn Stewart, who specializes in location and field recordings, mostly for natural history documentaries. He will be talking about recording bird songs and the complexity of vocalizations. It's a kind of indoor "birding by ear." Martyn will lead us through vocalizations of songbirds and how they use their syrinx to create their songs. We will listen to the different dialects of the species from the East coast to the Pacific Northwest.

For more than 35 years, Martyn has recorded the natural Soundscape, some of which can be found on [www.naturesound.org](http://www.naturesound.org). His sounds represent over 29 countries, 3500 bird vocalizations and countless animals. Historically Martyn's work included television, location and studio operations; drama, features, and documentaries; 16mm and videotape. Now he does what he loves most - natural history recordings.

Martyn collaborated with Subhanker Banerjee and others on the CD/book combination, Arctic Wings; and has a collection of podcasts, CD albums, and publications, which are available through retail venues and his on-line site. He has just released a new birding CD of the birds of the Rio Grande Valley in Texas.

During his recent work in Alaska, Martyn was a member of the Wild Sanctuary research team for The Arctic SoundScape Project in the Arctic National Wildlife Refuge and a member of the Wild Sanctuary research team for the Katmai NP Project.



At 7:30 we will have some brief chapter announcements and then break for refreshments and socializing. Treat yourselves to pictures of our fun and rewarding activities at our Activity Fair - enroll in a Birding Class - join a Conservation Task Force - renew your Membership.

At 8:15 we rejoin Martyn Stewart to hear the rest of his fascinating Bird Sounds presentation. As a special treat, he will show the tools he uses in his profession, from directional microphones for capturing species to omnidirectional microphones to capture the dawn choruses.

Please join us **Thursday, May 28** for Martyn Stewart's lovely bird vocalizations and equipment displays. The presentation is free and open to the public. Invite a friend or anyone who is interested in the sounds of nature and what it all means.



**308 4th Avenue S. (Corner 4th Ave. S. and State)**

Several months ago I caught the end of an NPR interview with Mark Bittman about his latest book *Food Matters* (Simon & Schuster, 2009). Bittman talked about the environmental impact of industrialized food production and also about the small changes that we can make to reduce our carbon footprint. I was intrigued enough to buy the book, and what an informative read it was.

Bittman covers the “accidental” history that led us to over-consumption, the increase in obesity, diabetes, and heart disease, and the waste of energy and resources resulting from processed food. The more processed a food is, the more costly it is to the environment and the less likely it is to have any real nutrition. Bittman draws his data from a variety of sources, but the most important is the 2006 UN report *Live-stock’s Long Shadow*, which convinced Bittman to reduce the amount of meat he eats. “[A] typical family-of-four steak dinner is the rough equivalent, energy-wise, of driving around in an SUV for three hours while leaving all the lights on at home.”

Bittman’s solution isn’t one that will solve global warming but it is one that can make a difference in one’s health and if adopted by many people might improve our environment as well. He asks that people practice sane and conscious eating:

- Cut back on meat, and eat more fruits, vegetables, legumes, and whole grains.
- Eliminate as much highly processed and junk food as possible.
- Follow the “five-ingredient rule.” Avoid food with more than five familiar-sounding ingredients.

Avoid “hydrogenated anything,” MSG, high fructose corn syrup, and the polysyllabic mystery ingredients found in most junk foods.

Bittman doesn’t push organic, but he does recognize the value of buying and eating locally produced food. “Small farmers skip the cost of getting organically certified but practice sustainable farming, which is often a combination of the best of organic with the best of local.”

More than half of the book covers the “how to” of sane and conscious eating: how to shop for food, how to stock your kitchen and pantry, and how to make easy and delicious meals with healthy foods. I’ve become a convert of the whole grain breakfast, although I haven’t yet tried soy sauce with my oatmeal, one of Bittman’s favorites!

Interestingly, Bittman practices conscious eating for only two meals a day, or as he says vegan from 9 to 5. For dinner he eats whatever he wants. His results are impressive: he lost 35 pounds, lowered both his cholesterol and blood sugar, and coincidentally reduced his carbon footprint. Bittman doesn’t demand that his readers follow his regimen. He just asks us to be more conscious about something we do three times a day. With small changes, says Bittman, we can all tread a little more lightly on the planet.

**Executive Officers**

<b>President</b>	Cindy Balbuena	(425) 643-4074 cbalbuena@eastsideaudubon.org
<b>Vice President</b>	<b>Open</b>	
<b>Secretary</b>	Carmen Almodovar	(425) 643-5922 calmodovar@eastsideaudubon.org
<b>Treasurer</b>	Ellen Homan	(425) 836-5838 ehoman@eastsideaudubon.org
<b>Executive Director</b>	Jan McGruder	(425) 822-8580 jan@eastsideaudubon.org

**Committee Chairs/Board (board positions underlined)**

<u>At large board member</u>	Helen LaBouy	(425) 868-9706 hlabouy@eastsideaudubon.org
<u>At large board member</u>	Margaret Lie	(425) 823-2686 mlie@eastsideaudubon.org
<u>At large board member</u>	Tricia Kishel	(206) 948-3922 tkishel@eastsideaudubon.org
<u>Birding</u>	Brian Bell	(425) 485-8058 bbell@eastsideaudubon.org
<u>Adult Education</u>	<b>Open</b>	
<u>Bird Photography</u>	Tim Boyer	(425) 277-9326 tboyer@seanet.com
<u>Field Trips</u>	Hugh Jennings	(425) 746-6351 fieldtrips@eastsideaudubon.org
<u>Native Plant Walks</u>	Sunny Walter	(425) 271-1346 sunny@sunnywalter.com
<u>Nature Walks</u>	Christopher Chapman	(425) 941-3501 cjchapman19@comcast.net
<u>Special Events</u>	<b>Open</b>	
<u>Bird Questions?</u>	MaryFrances Mathis	(425) 803-3026
<u>Conservation</u>	Andrew McCormick	(425) 637-0892 amccormick@eastsideaudubon.org
<u>Advocacy</u>	<b>Open</b>	
<u>Citizen Science</u>	Tim McGruder	(425) 822-8580
<u>Conservation</u>	Andrew McCormick	(425) 637-0892 amccormick@eastsideaudubon.org
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<u>Education</u>	Mary Britton-Simmons	(360) 794-7163 mbrittonsimmons@eastsideaudubon.org
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<u>Library</u>	Betsy Law	(206) 782-1497 librarian@eastsideaudubon.org
<u>Communication</u>	Patrick Kelley	(206) 618-9674 birder@pkwrite.com
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<u>Webmaster</u>	Liz Copeland	(425) 641-0209 webmaster@eastsideaudubon.org
<u>Financial Development</u>	<b>Open</b>	
<u>Birdathon</u>	<b>Open</b>	
<u>Gift Wrap</u>	<b>Open</b>	
<u>Merchandising</u>	<b>Open</b>	
<u>Membership</u>	Sunny Walter	(425) 271-1346 sunny@sunnywalter.com
<u>Hospitality</u>	Claudia Welch	(425) 827/2548
<u>Volunteer Coordinator</u>	Rahul Gupta	rgupta@eastsideaudubon.org

## May Meetings

**May 6 (Weds) 4:00—6:00 pm**  
**Web Committee**

Meets first Wednesday each month in EAS Office. All interested parties are invited. Questions? Email [webmaster@eastsideaudubon.org](mailto:webmaster@eastsideaudubon.org)

**May 12 (Tues) 7:00 pm**  
**Youth Education Committee**

Meets in the EAS Office. All interested parties are invited. Questions? Email [education@elwas.org](mailto:education@elwas.org)

**May 14 (Thurs) 7:00 pm**  
**Photo Group**

Meets in large room upstairs from EAS Office. Questions? Email Tim Boyer at [tboyer@seanet.com](mailto:tboyer@seanet.com)

**May 28 (Thurs) 7:00 pm**  
**Monthly Membership Meeting**

See page 1.

## Eastside Audubon Office/ Audubon Center

The office is downstairs at Northlake Unitarian Universalist Church in Kirkland, **308 4th Avenue S. (Corner 4th Ave. S. and State)**. Directions: I-405 exit 18 (N. E. 85th-Kirkland). Go west on Central Way to the light on 3rd St. Go left on 3rd St. Follow this street (it bears left and changes name to State St.) Then turn left on 4th Ave. S.

**(425) 576-8805**

[office@eastsideaudubon.org](mailto:office@eastsideaudubon.org)

**Hours: Mon, Tues, Fri — 9:00am - 1:00pm**

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The Corvid Crier is published monthly by the Eastside Audubon Society except that there are no issues in January or August.

**Deadline** for material submission is the first Wednesday of the month preceding publication. Send material by email to:

[newsletter@eastsideaudubon.org](mailto:newsletter@eastsideaudubon.org)

Subject: EAS Newsletter

or by mail to:

Eastside Audubon Society

Attn: Tom Grismer

P. O. Box 3115, Kirkland, WA 98083-3115



## Volunteer Spotlight on: Jim and Shirlee Hall

Eastside Audubon has two native species helping the education committee — Jim and Shirlee Hall.

Shirlee was born in Seattle and moved with her family to a 73-acre farm in Sedro-Woolley. Jim was born in Mt. Vernon and later attended Skagit Valley Community College, where he and Shirlee met - in a Music Appreciation class. They continued their education at different colleges - Shirlee graduated from Western Washington University with a teaching degree and Jim from the University of Washington with a business degree. Jim worked for 34 years as an auditor in banking for Bank of America/Seafirst Bank. Shirlee taught for 30 years, primarily 4<sup>th</sup> and 5<sup>th</sup> grade at Peter Kirk Elementary School in Kirkland.

This dynamic duo now volunteers for the East-King School Retirees' Association. Shirlee chairs membership and a mini-grant program that awards about \$2,000 a year to active teachers for special programs. Jim is treasurer. From his UW days, Jim continues playing saxophone for the Husky alumni band. He also volunteers on the Advisory Board for the Peter Kirk Community Center.

And what is their volunteer connection to Audubon? While teaching, Shirlee (with Jim's help) took photos and made a slide show about Juanita Bay for a wetlands unit. This became her connection to Audubon when an Eastside Audubon friend saw the slide show and suggested that Shirlee contact the education committee. Now, Shirlee and Jim work together giving this slide show at schools. Shirlee starts in the classroom, with a birding emphasis, and then she heads to the field. Jim gives the kids his hand-made laminated bird bookmarks with special worldwide stamps from his personal collection. Shirlee said after retiring from teaching, "I missed the kids; but I don't have to this way."



Shirlee's love for birds and the outdoors came from a childhood on a farm and led to her gardening hobby. Knowing her plant knowledge, Shirlee was asked by Audubon to help with the grant given to Enatai Elementary School. This month, the second graders at this school will be planting a native garden at Enatai Park and putting up birdhouses.

And for their favorite birds: Shirlee loves the Chickadee, and belongs to her senior group, "The Chickadees. Jim admires the Bald Eagle in their neighborhood. He said, "We hear him all day." He also enjoys their local Red-winged Blackbirds.

They agree what they enjoy the most about volunteering for Eastside Audubon is "the kids" and the "continual learning."

Thank you for sharing your knowledge and giving us so much as individuals and as a pair!



## Welcome New Eastside Audubon Members

Welcome to the following new members of Eastside Audubon. We hope to see you soon at a Membership Meeting or Field Trip. Call or visit our office if you have any questions. Our friendly volunteers are more than happy to help you.

Alison Bryant, Jack M. Burt, Ann M. Coombs, Cheri Cornell, Robert M. Cox, Claus Dassel, Jean Dearn, Mary Decoy,

Diana Denman-Mead, Simonne Dickinson, Sigrid Elenga, Dorothy G. Farley, Eugene Freedman, Mary B. Gilliam, Greg D. Greer, Duane Harkness, William Harvey, Anona Heimbigner, Susan Hiles, Donna Hoffman, Kelly Parker Hormaechea, Laura Hughes, Jan Ihler, Roger James, Sara Kath, Simone Lane, Nancy Lechner, Sandy Lepic, Robin H. Lichter, Joyce E. Matin, Virginia McMahan, Jean

Medina, Carol Mukhalian, Chris Nell, Marilyn New, Karin Olefsky Hargrove, Rosalie Paulgen, P. K. Pearson, Linne Pullar, Bret Ramsey, Barbara Reisinger, Jacqueline Roberts, Betty J. Schall, Neal Shively, Annette Smith, Sharon M. Strobel, Nancy Ulrich, Lee Vaughn, David West, Heath Within, Christopher Worsley, Mrs. James M. Wright, Jill Yen.

## Plant Sale — May 2, 2009

Mark the date! Our spring plant sale is set for Saturday, May 2, 2009 from 10 am to 2:00 pm This year the sale is at a new location: **Kirkland Children's School**, 5311 - 108th Avenue N.E. in Kirkland. All proceeds go directly to Eastside Audubon.

We will offer a wide variety of native and

ornamental plants that attract birds, butterflies and hummingbirds. Come early - pick out the plants that best suit your landscaping - and help wildlife at the same time!

Plant experts will be on hand to answer your native plant questions, and help you make your yard more wildlife-friendly.



### NUTHATCH

Quick, at the feeder, pausing  
Upside down, in its beak  
A sunflower seed held tight  
To glance by chestnut, dust-blue,  
White, an eye-streak  
Gone in a blurred ripple  
Straight to the cedar branch  
To the trunk to a crevice  
In bark and putting it  
In there, quick, with the others,  
Then arrowing straight back  
For just one more all morning.

- David Wagoner

### Green Kirkland Habitat Restoration Event: Carillon Woods

Join the effort to restore native habitat at Carillon Woods in Kirkland by participating in this event on Saturday, May 16. Carillon Woods is located at 5429 106th Avenue NE, Kirkland

Wear work clothes and gloves and dress for the weather. Also bring water bottle, and if you have them, pruning shears/clippers, lopping shears and shovels.

To volunteer, contact Sharon Rodman at 425-587-3305 or email

[greenkirkland@ci.kirkland.wa.us](mailto:greenkirkland@ci.kirkland.wa.us)



**Eagle Eye**  
VISION CARE, P.S.

Dr. Kerri W. Scarbrough, Optometrist  
17320 135th Ave. N.E. — Woodinville  
(425) 398-1862

**See the birds better!**

Visit Eastside  
Audubon website at:

[www.eastsideaudubon.org](http://www.eastsideaudubon.org)

## Come Join the Fun!

This is a busy time for our Chapter. We'll be participating in some great events around the Eastside and hope you'll join us. Stop by our booth and say "hi" and enjoy the activities going on that day.

**May 2 – Plant Sale** – 10 am to 2 pm at Kirkland Children's School, 5311 - 108th Avenue N.E., Kirkland. This is our third year of holding a spring plant sale. Our Chair, Krista Rave-Perkins had located the "common" native plants, as well as some gems to add to your garden. Also note our new location in south Kirkland. We'll have experts on hand to answer all your questions.

**May 9 – International Migratory Bird Day Festival** – 2 pm to 5 pm at Marymoor Park. We're hosting another festival

to celebrate International Migratory Bird Day and our work at the Audubon Birdloop at Marymoor Park.. We'll have bird walks, native plant walk, kids activities, and family bird walk, and scopes for close-up viewing of the Osprey nest.

Kids Activities and Osprey Nest viewing – 2 pm to 5 pm  
Bird Walks – 3 pm and 5 pm  
Native Plant Walk – 3:30 pm  
Family Walk – 4 pm

**May 9 – Washington Native Plant Society Plant Sale** – 10 am to 4 pm at the Bellevue Botanical Garden, 12001 Main Street in Bellevue.

Hundreds of species native to Washington, including wildflowers, ferns, grasses,

sedges, shrubs, & trees. Also a large selection of books (Cedar Grove compost. Cash, checks & Visa/Mastercard accepted. More info at [www.wnps.org](http://www.wnps.org), including a list of species offered. Bring your own boxes or trays please

You can learn more about any of these events on our website:  
[www.eastsideaudubon.org](http://www.eastsideaudubon.org)

## Gardening With Native Plants Lecture

In recognition of **Native Plant Appreciation Week**, Eastside Audubon and the Washington Native Plant Society will co-sponsor a free presentation on using native plants in your garden.

**Marcia Rivers-Smith**, a Native Plant Steward and active WNPS board member, will be speaking in Kirkland on **Tuesday May 5th** about **gardening with native plants**. What exactly are native plants, why use them, and which ones are best to use? Come discover the beauty and ecological benefits of a garden filled with Pacific Northwest plants. The presenta-

tion will be fully illustrated in color with photos of native plant materials. Marcia has many years of experience in native plant stewardship, habitat restoration and educational presentations.

The free program will begin at 7:00 PM at the Northlake Unitarian Universalist Church in Kirkland, 308 4<sup>th</sup> Avenue South (corner of 4<sup>th</sup> Ave S and State St.).

**Native Plant Appreciation Week (NPAW)** will be observed **May 3-9, 2009**. NPAW is a celebration of Washington's diverse flora inhabiting a wide range of habitats, from alpine slopes to

ocean beaches. NPAW inspires citizens through activities and events to learn more about native plant species and how to protect them. The public can participate in activities from talks, walks, hikes, garden tours, and visits to our natural areas to active involvement in habitat restoration projects. People can also learn how our native plant ecosystems provide suitable habitat for birds, fish and other animals and protect water quality. Check out other activities for your enjoyment on the WNPS website under "What's New" at: [www.wnps.org](http://www.wnps.org)

## Board Notes for March 2009

**Chapter finances:** Ellen Homan, chapter treasurer, reported that our revenue is down while our expenses remain about the same. Chapter president Cindy Balbuena challenged each board member to donate a "stretch" gift.

**Strategic Planning:** Cindy asked the board to start thinking about long-term goals for the chapter, not only to better inform the direction of the chapter but also as a means of clarifying how we want to spend our money and resources.

**Fundraising:** The board discussed the importance of clarifying our message, what we want to say about what we do, in order to raise money for the chapter.

**Education Committee:** Mary Britton-Simmons reported that her committee has 20 programs scheduled for this spring. The committee also reviewed applications and determined who would receive the Brian Gershon Scholarship, an award made to a high school senior who is committed to the environment. Margaret Lie also reported that the Wilderness Awareness School will grant a 50% scholarship to two summer camp participants this year. They found our program to be "outstanding" and well deserving of their support.

**Birdathon:** The board reviewed field trip rates and voted to set rates at \$30 for a half-day trip and \$45 for a full-day trip.

Cindy challenged the board to become more active in their fundraising for Birdathon.

**Adult Education:** Brian Bell reported that the Shrub Steppe class is full. Other upcoming classes still have openings.

**Earth Day at Marymoor Park:** On April 22, 2009, Eastside Audubon and approximately 400 volunteers from Microsoft will work on projects in the Audubon BirdLoop.

— Carmen Almodovar, Secretary

## FIELD TRIPS

**Parents and children over 8 are welcome on all trips. \*\*FRS Radio owners, please consider bringing them on trips.\*\*  
See [www.eastsideaudubon.org/events/](http://www.eastsideaudubon.org/events/) for the latest information and for reports of last month's field trips.**

### Meeting Places for Field Trips:

- **Kingsgate Park and Ride:** I-405 exit 20B northbound or 20 southbound, N. E. 124th St. Go west to light at 116th Ave. N. E., then right (north) a few blocks to P&R lot (on the left). Meet in the S.E. corner. 1300 116th Way NE, Kingsgate.
- **Newport Hills Park and Ride:** I-405, exit 9. 5115 113th PL NE, Newport Hills.
- **South Kirkland Park and Ride:** 108th Ave. NE just north of hwy 520 and Northup Way. 10610 NE 38th Pl.
- **Tibbetts Park and Ride:** Take exit 15 from I-90, turn right (south) and go past the new multistory Issaquah Park & Ride to the 3rd traffic light. Turn left (east) on Newport Way NW, go one block and turn right (south) into the Park & Ride. Meet at the west end of the parking lot (away from the entrance) to carpool. 1675 Newport Way NW, Issaquah

### NOTE: Birdathon Events and Field Trips

There are many events and trips in May associated with Eastside Audubon's Birdathon. Please see the special Birdathon flyer enclosed in this newsletter and be sure to sign up for one or more of these fun and fascinating events.

### May 1 (Fri) – 8:00 to noon — Marymoor Park

Join us for a morning walk along the nature trail, seeing what birds are in the area. Meets the **1<sup>st</sup> Friday of each month at 8:00**. Bring binoculars and meet at the SW corner of the Dog Area parking lot (Parking Lot D). No registration is required. To reach Marymoor Park, take SR 520 east from Seattle to the West Lake Sammamish Parkway exit and follow the signs. The entrance to the park is one block south of the exit. Turn right at third stop sign, to Dog Area parking lot. Parking is \$1.

### May 2 (Sat) 9:00 to noon

#### Marymoor Park Habitat Restoration

Join us in restoring native habitat at the Marymoor Park interpretive area on the 1st Saturday of every month.

## WENAS Campout, May 22-25, 2009

For over three decades Audubon families have been camping over Memorial Day weekend at the Wenas Creek Campground.

Officially named the Hazel Wolf Wenas Creek Bird Sanctuary, it's located SW of Ellensburg, in an "Important Bird Area" and has been assured of

protective status. The free, "primitive" campground along the north fork of Wenas Creek has exceptional opportunities for birding, botanizing and enjoying spring in the eastern foothills of the Cascades.

Please see [www.wenasaudubon.org](http://www.wenasaudubon.org) for more information, including a bird

checklist, wildflower checklist, outline of field trips and program, directions to the campground, and lots of photos.

See you there, Helen Engle, [hengle@inet.com](mailto:hengle@inet.com), 253-564-3112.

Dress for the weather and bring clippers, gloves, snacks and water. Meet at Meadow Kiosk in Parking Lot G. Free parking passes are provided. **Jim Rettig 425-402-1833**

### May 16 (Sat) 9:00 am – Watershed Park

A 2-hour nature walk in this Kirkland park takes place the **3rd Saturday of each month** at 9:00 AM. Nature walks enter the park off NE 45<sup>th</sup> Street, north of the railroad tracks on 108<sup>th</sup> Avenue NE, east of 108<sup>th</sup> Avenue NE. Watershed park has more than 70 acres of mostly upland second growth forest; there is some riparian habitat. Several plant and bird species can be seen in the park. Bus stop nearby on 108<sup>th</sup>, near 45<sup>th</sup>. Limited street parking. **Jan Johnson 425-814-5923**

### May 25 (Mon) 9:00 am to noon

#### Birding the Hot Spots of King County

Monthly field trip on **fourth Monday** of each month to wherever the birds are. Meet before 9:00 a.m. at north end of the Newport Hills Park-N-Ride (I-405, exit 9) and plan to be back by noon. Passenger cost/person **\$2.00**. **Sharon Aagaard 425-271-0143**

### June 3 (Weds) 6:00 am to early evening

#### Whidbey Island Field Trip

Whidbey is always good. We will likely start at the north end of the island for passerines, also scanning for waterbirds. We will then work our way south stopping at such spots as the Oak Harbor Marina, Swantown/Bos Lake, Hastie Lake Rd, Libby Beach, Penn Cove, Fort Casey/Crockett Lake, Double Bluff, Deer Lagoon and Ewing Road. We should see lots of songbirds (including warblers), waterfowl, seabirds and raptors. There may be shorebirds around. Bring a lunch and ferry money and meet at 6 AM at the south end of the Kingsgate P&R to carpool. **Passenger cost/person \$20**. **Brian Bell 425-485-8058**

## Lincoln's Sparrow *Melospiza lincolnii*

Length	5.75 in
Wingspan	7.5 in
Weight	0.6 oz (17 g)
AOU Band code	LISP

Lincoln's Sparrow is one of those little brown birds that give many birders a lot of trouble in identification. It is a secretive bird that forages on the ground in dense cover of brush or thick grasses making it difficult to see. During breeding season, however, the male will make itself known by singing from a high perch to mark its territory. It is smaller than the chunky Song Sparrow and lighter in color. It is also browner on the back and wing. Although both species can have a breast spot, Lincoln's Sparrow has a smaller spot with fine streaking confined to the upper chest and sides. The buffy chest wash, not present on the Song Sparrow, contrasts with its white belly. Lincoln's Sparrow has a narrow buffy eye-ring contrasting with the gray face. The buffy moustache stripe is distinctive.

Lincoln's Sparrow is the shy sister of the Song Sparrow and is more common in the west than the east. With the Swamp Sparrow of eastern North America all three birds share the genus *Melospiza* from the Greek *melos*, song, and *spiza*, the chaffinch, a common Old World finch. *Lincolnii* is in honor of Thomas Lincoln (1812-1883) who accompanied John James Audubon on a trip to Labrador where he found this bird. Sparrow is from the Anglo-Saxon *spearwa*, to flutter (Holloway).

The subalpine and montane regions are the primary breeding ground for Lincoln's Sparrow. In Washington this is generally along the Cascade Range. The bird nests in marshy areas thick with willows and alders. The nest is a neat cup of grasses built



only by the female. The bird generally deposits four short-oval eggs which are pale-greenish or blueish with brown or red-brown spots. The young hatch after about two weeks of incubation. Their departure from the nest about four days after hatching is animated by wing flapping and practice flights. They make longer flights after about six more days (Ammon). The birds eat insects, including flies, beetles, ants and moths, and spiders in breeding season and the seeds of various grasses in winter.

Lincoln's Sparrows winter in the southern United States but some will stay in tall grass areas at lower elevations and along the Washington coast. They are being seen with more regularity in the East Meadow area of Marymoor Park where East-side Audubon has developed a bird loop walk. They are also seen in Discovery Park. Lincoln's Sparrows migrate north and to higher elevations starting in late March and continuing through May. They nest in June and July and fall migration be-

gins in September.

The habitat preference for Lincoln's Sparrows is very specific for breeding in subalpine marshland and wintering in grasslands and it can be vulnerable to changes in these areas. Of the three subspecies of Lincoln's Sparrow, *M. l. gracilis*, which breeds along the Northwest coast, is the least studied group. At this time the population of Lincoln's Sparrows is stable.

You can see and hear Lincoln's Sparrow at the Macauley Library:

Video: <http://macaulaylibrary.org/video/flashPlayer.do?id=4393>

Audio: <http://macaulaylibrary.org/audio/flashPlayer.do?id=50219>

(Photo credit: Mike Hamilton. References available upon request at [amccormick@eastsideaudubon.org](mailto:amccormick@eastsideaudubon.org) )

## Summer Birding Class: For Beginners or (perhaps) Intermediate Review

Two classes in a relaxed, informal setting, and one field trip can get you started. Breeding birds of Washington will be emphasized. The basics of bird identification, birding etiquette and ethics, equipment selection, field guides and local birding areas will also be covered.

**When:** Tues, June 9 & Thurs, June

11, 6:30—9:00 pm (classes)

Sat, June 13 **or** Sun, June 14 (all day **field trip** to Eastern Washington

**Where:** Eastside Audubon office: 308 – 4<sup>th</sup> Ave S. – Kirkland

**Cost:** \$80 for EAS members. \$85 for nonmembers (*Chapter membership is \$25*)

**Register:** Call 425-576-8805 or register online

*Field guide used for class is 5th edition of National Geographic Birds of North America*

## Wild Edible Plants of Spring with Arthur Lee Jacobson, author of Wild Plants of Greater Seattle

Have you ever wondered which plants are edible and which are poisonous? Here's your chance to learn the common edible plants in our area, and how to avoid the poisonous ones. This walk is for hikers, walkers, and chefs who want to increase their culinary options.

The emphasis in spring is salad greens and some of the plants we'll taste are Candyflower, Cleavers, Cress, Daisies, Red dead-nettle, Curly dock, fern fiddleheads, sedges, Mustard, Sheep sorrel,

Sow-thistle and Vetch.

**When:** Saturday, May 2, 2:00 to 4:00 pm.

**Where:** Mercer Slough Nature Park. Meet at the southeast corner of the South Bellevue Park & Ride lot (2700 Bellevue Way SE).

**Cost:** \$25 for members. \$40 for nonmembers

**Limit:** 12 participants

**Register:** Call 425-576-8805 or register online



## Join Us for International Migratory Bird Day At Marymoor Park

On May 9 we'll be celebrating International Migratory Bird Day at Marymoor Park. We'll have bird walks, native plant walk, displays, kids' activities, a family bird walk, and scopes for close-up viewing of the active Osprey nest.

**When:** Saturday, May 9 from 2 pm to 5 pm

**Where:** Marymoor Park, Parking Lot G

### Full Schedule of Events:

- Kids' Activities: 2:00 pm to 5:00 pm
- Bird Walks: 3:00 pm and 5:00 pm
- Family Walk: 4:00 pm
- Native Plant Walk: 3:30 pm
- Bird Scopes: 2 pm to 5 pm

Come celebrate the miracle of bird migration and learn about the hundreds of miles some birds travel just to mate and nest

every year. This is also a great opportunity to see all the work our volunteers have been doing – 2 new kiosks, the areas restored from blackberries and Scots broom to native plants, the new interpretive signs and the new boardwalk extension.

## Introduction of Ring-necked Pheasants into the United States

At the Sandhill Crane Festival at Othello Mike Denny led one of the field trips. He mentioned that his grandfather was responsible for introducing the Ring-necked Pheasant into the United States. Mike and his wife MerryLynn live in Walla Walla and he is well known for his birding expertise. I went on the web and found an article about the Ring-necked Pheasants at this web address:

[http://www.historylink.org/index.cfm?](http://www.historylink.org/index.cfm?DisplayPage=output.cfm&file_id=8444)

[DisplayPage=output.cfm&file\\_id=8444](http://www.historylink.org/index.cfm?DisplayPage=output.cfm&file_id=8444)

It is an extensive story which I have summarized with the following excerpts.

“On March 13, 1881, around 60 Chinese ring-necked pheasants arrive in Port Townsend aboard the ship *Otago*. United States consul general Owen Nickerson Denny (1838-1900) and his wife Gertrude Jane Hall Denny (1837-1933) have shipped the pheasants, along with other

Chinese birds and plants, from Shanghai in hopes of establishing a population in their home state of Oregon.

Almost all the pheasants survived the ocean journey but not the subsequent trip to Portland. A. H. Morgan, a friend of the Dennys, released the few surviving ring-necks on Sauvie Island in the Columbia River near Portland. Although later accounts suggest that these first pheasants

*(Continued on page 9)*

## Inundated!

On the April 4 Audubon BirdLoop work party at Marymoor Park, we were inundated, with both water and workers!

We discovered that the trail by the Sammamish River was inundated with 4-6 inches of standing water, so we were unable to work on extending the boardwalk, which is being built to get people up and out of the floodwaters. Irony of ironies, eh?

But we were also inundated with volunteers, twenty-one of them in fact; one of the largest crews ever, if not the largest. And the weather was good. It was great to get everyone weeding cleaning up previously planted areas, and planting another 50 or so native species, laying out cardboard, covering that with mulch. Lots of work got done, for sure. Thanks to all who helped.

Our next work party is scheduled for Saturday, May 2, 9 AM to noon, SE corner of Parking Lot G. Free parking passes are given to all volunteers. We will undoubtedly do more with habitat restoration, and also work on the boardwalk extension (assuming the floodwaters will be gone). See you on May 2!



**Hugh Jennings shows our young volunteers a worm he has found.**

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*(Continued from page 8)*

did not establish a breeding population, an 1888 U.S. Agriculture Department report says the pheasants released in 1881 "wintered well, and have been increasing ever since. They are now common" (Merriam, 486)

Perhaps unsure how the first pheasants were doing, the Dennys made a second effort in 1882, sending more ring-necked pheasants and other Chinese birds directly to Portland. Owen's brother John Denny

released those ringnecks near the family's Willamette Valley homestead in Linn County, and this time the introduction was a clear success. By then or soon thereafter, ring-necked pheasants had spread into Washington. In addition, birds from a third shipment, which the Dennys brought with them when they returned from China in 1884, were released on Protection Island, not far from Port Townsend where the first pheasants had landed three years earlier. Following their success in the Northwest, ring-necked pheasants were

introduced across the country, many of them descendants of the birds Denny sent to Washington and Oregon. At least 19 states now have sizable pheasant populations. South Dakota, which has millions, has made the ring-necked pheasant its state bird. For a time after their introduction the pheasants from Shanghai were often referred to, especially in Oregon, as Denny pheasants (or as China pheasants)." -- Hugh Jennings