



# Five Ways to Protect Migrating Birds

Each year from August to November, 5 billion birds in North America—including songbirds, hummingbirds, raptors and others—make their way from their summer breeding grounds in northern areas to their winter homes in the south. Their migration is wrought with perils, such as storms, limited food supplies, and exhaustion. Compounding these natural threats are the ones created by humans, including the bright lights and tall structures of cities, prowling domestic pets and toxic lawns.

People can provide a safer journey for migrating birds, especially when the birds stop in their yards and communities for rest and food. The Audubon At Home program urges people to take the following steps to help ensure a successful fall migration for our feathered friends:

**1 Turn off lights at night.** Birds become disoriented by artificial light, which often results in fatal collisions with buildings, homes, and other structures. To prevent this, turn off exterior and interior lights during the peak migration hours of midnight to dawn. Outfit exterior lights with top and side shields to direct the light downward, where it is needed. If you work in a high-rise, advocate for “lights out” during migration season.

**2 Prevent window collisions.** Many birds strike windows after being startled off a feeder, seeing escape routes mirrored in reflective glass. To avoid this, reduce reflectivity with light-colored shades, blinds, or drapes; place netting or a screen in front of the window; or stick decals closely spaced to the outside of windows. Place bird feeders either within 3 feet or more than 30 feet of windows—at 3 feet birds do not have an adequate distance to reach a high speed and are less likely to get injured. At more than 30 feet birds are more likely to recognize the window.

Continued on page 2

## PRESIDENT'S MESSAGE

Welcome back to another exciting year with Aiken Audubon. We have a great slate of guest speakers planned. This year we will bird with children, learn about bees and bee keeping, take a virtual pelagic trip along the west coast of Oregon, get some help identifying Colorado sparrows and have a visit with some live snakes.

Along with these great programs we go on fun field trips. I encourage everyone to go on at least a trip or two. Were you aware of the opportunities to bird this summer? In late June we went to Emerald Valley and had a great morning finding orchids, lots of butterflies and of course, birds. Check out the trip reports on page 5 to see what you missed.

Always remember, you don't need to be a “power birder” to help identify a bird for someone from out of town. You know more than you realize about local birds. Many out-of-town visitors

appreciate a local's confirmation on what they have identified and any suggestions on where they might go to view a particular bird. If you're out birding, you can give that assistance. If you don't want to go in an organized group, just get out there and bird.

This past year I met a gentleman from South Africa. He is originally from Colorado Springs and was back visiting family. Being relatively new to birding, even a common bird was new for his list. I now have a connection when I go birding to Africa; that's if I can get my husband off the State Department websites and convince him it's safe for me to go.

Hope to see you at the next meeting,

*Rise*

• **RISÉ FOSTER-BRUDER**  
PRESIDENT, AIKEN AUDUBON SOCIETY

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## DATES TO REMEMBER

### September 19

Program: Birding with Kids

### October 17

Program: Owls of North America

### November 21

Program: ABCs of Beekeeping

### December 15

No program  
Christmas Bird Count

## Newsletter Articles

Items and announcements of special interest to Aiken Audubon members are welcomed for publication in this newsletter.

Deadline for the September/October 2007 issue is Wednesday, October 17.

Contact the editor, Leslie Holzmänn:  
leslie@icita.net, 719.495.8889

## September 19 Birding for Kids

Join birder and interpretive specialist Ken Pals for a fun evening as you learn how to share the wonder and joy of birding with kids. This interactive presentation is suitable for all ages but designed for kids. So if you are a kid at heart, bring yourself, your children and/or grandchildren, even a neighbor kid or two! We will get on the floor to play the Bird Beak Game, Name That Bird, build a craft of two, read a great kids' storybook about birds, and more. Let's brainstorm what we can do to inspire new young birders.



## October 17 Owls of North America



"Hootie"

Owls are mysterious creatures that rule the night. Learn all about their adaptations that make a "night-life" work. Meet the Educational Ambassadors from Ellicott Wildlife Rehab Center. "Hootie" and "Nadine" are two owls who recovered from their injuries under the care of the rehab center, but are not well enough to fend for themselves in the wild. Hear their stories and learn how these non-releasable birds help other injured and orphaned owls make it to release.



"Nadine"

Aiken Audubon meetings are held at the Colorado State Division of Wildlife building located at 4255 Sinton Road. Coffee and socializing is at 6:30pm and programs begin at 7:00pm. Please use the back entrance. **Note:** Sinton Road runs parallel to I-25 on the east side, between Garden of the Gods Road and Fillmore Street.

### MIGRATING BIRDS (CONTINUED FROM FRONT PAGE)

**3 Keep cats indoors.** Cats—domestic, stray, or feral—kill an estimated hundreds of millions of birds each year. Ground feeding birds, such as cardinals and quail, as well as young, immature birds, are the most vulnerable. Keeping cats indoors helps keep the birds outdoors safe, and it also reduces risks to cats, especially from injuries and disease.

**4 Eliminate pesticides.** U.S. households use 102 million pounds of pesticides in their homes and gardens annually, which kill several million birds each year when the birds ingest tainted insects, seeds and other

food sources. Use the least toxic alternatives for combating pests.

**5 Keep feeders stocked and clean.** Birds will need places to rest and refuel, so make sure that your yard includes native plants and your bird-feeders are well-stocked. Along with feeders and native plants, provide a source of fresh water for the thirsty travelers. Reduce the risk of spreading disease at feeders by regularly cleaning them with a nine-to-one water-bleach solution, or a dilute vinegar solution (three-to-one) or non-fragranced biodegradable soap.

• BY NATIONAL AUDUBON

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## AIKEN AUDUBON FIELD TRIPS

Everyone is welcome on Aiken field trips, regardless of experience level or membership in Audubon. Please contact trip leader for more information and to let them know you are coming. Current field trip information is available online at [www.aikenaudubonsociety.org](http://www.aikenaudubonsociety.org).

**Saturday, September 8, 7:30am**

### Manitou Lake

Meet at the Red Rocks Safeway for some high altitude birding. Bug repellent may come in handy in this riparian area.

Trip Leaders

Allen Burns: 719.632.2081, Teresa Esteba

**Saturday, September 29, 7am – mid-morning**

### Kettle Creek Lakes

A riparian area with several large ponds (bring a scope), this site has the potential for a variety of interesting birds. Go to the south entrance of the Air Force Academy, take the first right (*before* the entry kiosk), and meet in the parking lot at the end of the road.

TRIP LEADER

Risë Foster-Bruder: 719.282.7877

**Saturday, October 20, 8am – noon**

### Fountain Creek Nature Center

Explore a diversity of habitats. Meet at Sears Southgate to carpool.

TRIP LEADER

Saraiya Ruano: 719.473.1974

**Saturday, October 27, 7:30am**

### Chico Basin Ranch

There's always something interesting at Chico Basin. Meet at Sears Southgate at 7:30am to carpool, or be at Chico Basin Ranch headquarters by 8:15 to join the group as they arrive. Bring lunch for this all-day trip.

TRIP LEADER

John Drummond 719.488.3700

## ARKANSAS VALLEY AUDUBON FIELD TRIPS

There are also a number of trips being sponsored by Pueblo County's Arkansas Valley Audubon chapter. Everyone is welcome on these too. Please contact trip leader for more information and to let them know you are coming.

- **Saturday, September 15, 8am – 4pm**  
**PUEBLO COUNTY FALL MIGRATION COUNT**

Trip leader: Dave Silverman, 719.489.3565

- **Sunday, September 23, 7:30am – approx. 2pm**  
**PUEBLO VALCO PONDS & ROCK CANYON**

Trip leaders: Brandon Percival, [bkpercival@yahoo.com](mailto:bkpercival@yahoo.com), 719.547.3722 and Donna Emmons, [emmons7@yahoo.com](mailto:emmons7@yahoo.com), 719.676.5666

- **Saturday, October 6, 9am – 3 pm**  
**SALIDA AREA SWAS, STREAMS, ETC.**

Trip leader: Donna Emmons, [emmons7@yahoo.com](mailto:emmons7@yahoo.com), 719.676.5666

## UPCOMING EVENTS OF INTEREST

**Saturday, September 8, 7 – 11am**

### Fall Bird Count at Fountain Creek Park

Beginning to advanced birders are invited to join the staff at Fountain Creek Nature Center for a morning of birding fun as we conduct our annual fall survey of bird species and numbers within the park. We will divide into smaller teams with each team birding different areas of the park. Refreshments will be provided.

Free, call 719. 520.6745 for reservations.

**Saturday, September 22, 7 – 10am**

### Fall Bird Count at Bear Creek Park

Calling Citizen Scientists of all ages and abilities! We need your help finding and identifying birds in the park for this quarterly study. Team up with other birders to hike and gather information on our feathered friends. Bagels, coffee, and orange juice provided.

Free; reservations required, 719.520.6387.

**Saturday, September 22, 10:30 – 11:30am**

### HawkQuest: Live Birds of Prey

Learn about the importance of different raptor species, their specially-adapted tools, and their role in our ecosystems with the help of real eagles, owls and hawks from HawkQuest.

Bear Creek Nature Center: \$5.00; reservations required, 719.520.6387.

**Saturday, September 29, 10:00am - 2:00pm**

### 15th Anniversary Open House, Art Show & Sale

Celebrate Fountain Creek Nature Center's 15 years of nature programming at an Open House, art show & sale. Artwork will spotlight the theme "Seasons of Fountain Creek" by local artists. Enjoy guided nature walks, an ongoing slide show, games, activities, cake, and punch.

Free. Fountain Creek Nature Center, 320 Peppergrass Lane, Fountain

## IN APPRECIATION

We would like to thank the following newsletter subscribers for their generous donations sent along with their subscription payments. Some of these funds have been used to print up additional copies of the newsletter to distribute around town through the public libraries and other locations.

MARSHA SIMMS

KRYSTA FAUSETT

SHERRIE STOFFER

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MARION RITCHEY VANCE



# “Back to School” can be for the birds: Energy Savings 101

We hope you thoroughly enjoyed all the delights of birds outdoors this summer. With school upon us, it's a good time to learn about things we can do easily and simply for these wonderful creatures who give us so much pleasure. When you save energy and trees you save habitat. Pick a few of these “bird-savers” to concentrate your energy on. Some are very easy, involving virtually no trouble or expense at all!

PHOTO: U.S. FISH & WILDLIFE SERVICE



Many birds nest in the boreal forests; these trees are also the source of much of our paper.

annually. The U.S. used enough paper in 2003 to build a wall ten feet high and 6,815 miles long!<sup>1</sup> Paper is the biggest component in our trash; in the U.S. 93.7 million tons of paper and cardboard are tossed each year. More than 80% ends up in landfills. In addition to trees, it takes a lot of energy to manufacture paper and transport it to your desk. But it takes one-third to two-thirds less energy to make recycled paper than virgin paper, and saves all those trees. So use recycled paper, and recycle the paper you use. In addition, print and photocopy on both sides of the paper.

## Saving paper:

Reducing the amount of paper you use is one of the best thing you can do at your desk at home, school and/or work, for the birds. It helps save boreal and other forests, protecting nesting, foraging and migrating birds. The use of paper has actually gone up astronomically (and unexpectedly!) since the rise of the Internet. Laser printers in the U.S.A. alone use over a trillion pages each year and paper consumption continues to rise by 20%



PHOTO: U.S. FISH & WILDLIFE SERVICE

## Your computer:

This is easy, costs you nothing and saves energy. America's home computers consume more than 25 billion kilowatt-hours of electricity—about two percent of total home use, second only to TVs in the use of energy by home electronic items.<sup>2</sup> At a minimum turn off your TV when not in use. Then, take advantage of the wonderful power-saving features built into your PC. Enable two-hour “standby power mode” on your computer equipment. Standby mode saves almost as much power as turning off your computer, and gives you the convenience of wiggle-the-mouse “instant on” access. Make this change in the control panel power settings and you'll save money.

## Your monitor:

Don't forget to enable the “screen blanking” screen saver for your monitor. If the screen is up, you're still using energy. Buy the most efficient monitor you can afford, then set the screen-blank “screen saver” to kick in after 15 minutes. When you move your mouse, it will instantly awaken to where you left off. LCD flat display screens are usually 50 – 60%<sup>3</sup> more efficient than CRTs, so look for that when you must replace your monitor. Of course, keep in mind that the larger the monitor, the more energy it consumes. That

gorgeous 24-inch wide-screen LCD monitor at your local computer store uses up to 50% more power than a 17-inch CRT.

## Printers and copiers:

Ink jet printers made since 2000 are incredibly efficient: they use almost no power whether turned off or left standing idle. However, until this year, home laser printers used as much power as a 75 watt light bulb when idling.<sup>4</sup> For small laser printers, turn off when not using for more than 15 minutes. For big lasers that take a long time to warm up, turn off if you won't be using within two hours. If you have an older home copier that lacks instant-on and auto-off, consider replacing it.

## One more hint:

When you unplug major electronics when you're not going to use them for awhile, they're obviously even less vulnerable to lightning than with a strip surge protector. Most reset automatically when you turn them back on.

Make these energy savings automatic at home. Then see what you can do at school or the office. It all benefits the birds!

• BY SANDRA MCNEW

For further information or questions contact Sandra McNew, Master Conservationist and Aiken Conservation Chair, at 719.632.4374, or email [sandramcnew@aol.com](mailto:sandramcnew@aol.com).

# Want up-to-the-minute conservation news?

Want to do something for the birds? Since environmental issues usually come up quickly and call for a rapid response, we find it's not always helpful to put specifics in a bi-monthly newsletter. There's too long a lag time! So, if you'd like a more timely guide to bird conservation issues, please subscribe to our e-conservation tree: Send a message to Sandra McNew, Conservation Chair, at [sandramcnew@aol.com](mailto:sandramcnew@aol.com). Put “e-conservation tree” in the subject line, and we'll get conservation information to you quickly enough to do the most good for the birds and the environment. Thanks.

• BY SANDRA MCNEW

1. *Recycling Facts & Figures*, Wisconsin Dept. of Natural Resources, PUBL CE-163, 2002.

2. US Dept. of Energy Household Electricity Report: [www.eia.doe.gov/emeu/repse/enduse/er01\\_us.html](http://www.eia.doe.gov/emeu/repse/enduse/er01_us.html)

3. Same-size modern 17 inch monitors: Dell e773c CRT vs. Samsung 731N LCD and Samsung 245BW 24-inch wide-screen .

4. Hewlett-Packard Laserjet 1022 vs Samsung ML-2010.



## Pawnee Grasslands

MAY 12 - 13, 2007: Steve Vaughn headed up the group as we headed for the short-grass prairie of Pawnee National Grasslands. Birding from the cars had the advantage of being able to stay in air conditioned comfort while the temperatures outside soared well into the 90s. Of course, we made frequent stops to get better looks at each interesting bird.

Spending the night in the shady campground had its advantages. We went owling Saturday night and birding at dawn. Since nearly everyone forgot at least one essential piece of camping gear, we soon appreciated one another even more.

The two days yielded 67 birds. One highlight was watching the male longspurs "parachute" in their attempts to attract the attention of the females. Another was discovering a female sitting on a nest full of eggs.

## Chico Basin Ranch

MAY 12, 2007: Led by John Drummond, Aiken Birders Cici, Dee, Mary Jean, Betty and Norm spent a very productive day at Chico Basin. As John states, "Although we did not have a massive migration fallout, what we did see was of high quality." We'd call that an understatement.

**Birds:** Canada Goose, Blue-winged Teal, Scaled Quail, Western Grebe, Snowy Egret, Osprey (with fish), Red-tailed Hawk, American Kestrel, American Coot, Killdeer, Wilson's Snipe, Mourning Dove, Greater Roadrunner, Burrowing Owl, Long-eared Owl, Northern Saw Whet Owl, Common Poorwill, Broad-tailed Hummingbird, Ladder-backed Woodpecker, Northern Flicker, Western Wood-Pewee, Least Flycatcher, Western Kingbird, Eastern Kingbird, Plumbeous Vireo, Blue Jay, Horned Lark, Barn Swallow, House Wren, Swainson's Thrush, Hermit Thrush, American Robin, Northern Mockingbird, Curve-billed Thrasher, European Starling, Virginia's Warbler, Northern Parula (at Rose Pond, immature male), Yellow Warbler, Yellow-rumped Warbler (Audubon's and Myrtle), Black-and-white Warbler, Ovenbird, Northern Waterthrush, MacGillivray's Warbler, Common Yellowthroat, Western Tanager, Chipping Sparrow, Lark Sparrow, Lark Bunting, Lincoln's Sparrow, Black-headed Grosbeak, Red-winged Blackbird, Western Meadowlark, Yellow-headed Blackbird, Brown-headed Cowbird, Orchard Oriole (heard only), Bullock's Oriole, House Finch, House Sparrow.

**Birds:** Pied-billed Grebe, American White Pelican, Double-crested Cormorant, Great Blue Heron, Canada Goose, Gadwall, Mallard, Blue-winged Teal, Cinnamon Teal, Northern Harrier, Red-tailed Hawk, Swainson's Hawk, American Kestrel, Turkey, American Coot, Killdeer, Mountain Plover, California Gull, Rock Dove, Mourning Dove, Eurasian Collared Dove, Great Horned Owl (heard), Burrowing Owl, Common Nighthawk, Downy Woodpecker, Northern Flicker, Western Wood-Pewee, Western Kingbird, Eastern Kingbird, Plumbeous Vireo, Warbling Vireo, Blue Jay, Black-billed Magpie, American Crow, Horned Lark, Cliff Swallow, Barn Swallow, House Wren, Ruby-crowned Kinglet, Swainson's Thrush, American Robin, Brown Thrasher, European Starling, Cedar Waxwings, Orange-crowned Warbler, Yellow Warbler, Yellow-rumped Warbler, Common Yellowthroat, Western Tanager, Green-tailed Towhee, Chipping Sparrow, Clay-colored Sparrow, Brewer's Sparrow, Field Sparrow, Vesper Sparrow, Lark Sparrow, Lark Bunting, Grasshopper Sparrow, Song Sparrow, White-crowned Sparrow, McCown's Longspur, Chestnut-collared Longspur, Black-headed Grosbeak, Red-winged Blackbird, Western Meadowlark, Yellow-headed Blackbird, Brewer's Blackbird, Common Grackle, Great-tailed Grackle, Brown-headed Cowbird, Bullock's Oriole, American Goldfinch, House Sparrow.

• BY LESLIE HOLZMANN

## Emerald Valley

JUNE 25, 2007: Led by naturalist Ken Pals, nine intrepid hikers explored the birds, bloom, and butterflies of this hidden valley off Old Stage Road. The weather was warm and sunny. Hayfever aside, everyone had a wonderful time.



PHOTO: RISE FOSTER-BRUDER

**Birds:** Black-billed Magpie, American Crow, Broad-tailed Hummingbird, Ruby-crowned Kinglet, Cordilleran Flycatcher, Eurasian Collared Dove, Warbling Vireo, Pine Siskin, Yellow-rumped Warbler, Black-capped Chickadee, Least Flycatcher, House Wren, Band-tailed Pigeon, Violet-green Swallow, Chipping Sparrow, Downy Woodpecker, Red-breasted Nuthatch, Northern Flicker, Mountain Chickadee, Golden Eagle, Dark-eyed Junco, American Robin, Cooper's Hawk, Western Tanager, Brown Creeper, Hairy Woodpecker

**Blooms:** Columbine, Wild Iris, Shooting Star, Pussy Toes, Blue Mist Penstemon, Senecio sp., Wild Rose, Wild Geranium, Evening Primrose, Cinquefoil, Wild Strawberry, One-sided Penstemon, Stonecrop, Wild Raspberry, Spotted



Lady Slipper Orchid

Coralroot Orchid, Wild Parsley, Blue-eyed Grass, Blue Clematis, Yellow Lady Slipper Orchid, Green Bog Orchid, Lousewort, Tall Chiming Bells, Waxflower, Fendler Waterleaf, Northern Rockjasmine, Golden Smoke, Yellow Violet, Indian Paintbrush, Common Harebell, Daisy sp., Fendler Sandwort, False Dandelion, Boulder Raspberry, Puccoon sp.

**Butterflies:** Blue sp., Western Tiger Swallowtail, Mourning Cloak, Fritillary sp., Skipper sp., Satyr Comma, Question Mark, Clouded Sulphur, Checkerspot sp., Weidemeyer's Admiral, Common Sootywing.

• BY RISE FOSTER-BRUDER



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CHECK YOUR MAILING  
LABEL TO SEE IF YOUR  
SUBSCRIPTION IS EXPIRING!

President Risë Foster-Bruder  
719.282.7877

[www.aikenaudubon.com](http://www.aikenaudubon.com)

YOU DO NOT HAVE TO BE A MEMBER TO PARTICIPATE IN AIKEN'S ACTIVITIES

#### IN MEMORIAM

## Nancy Arnn, Aiken Audubon Past President

Nancy Arnn, a past-president, passed away in June. She enjoyed nature> She was a veteran board member of many organizations, including that of the Chautauqua Foundation in New York. We were fortunate to have such a knowledgeable, thoughtful person contribute her energy to our Audubon chapter. She will be missed.

Issues for Aiken Audubon Society during her presidency were similar to the topics with which we are presently engaged:

- Protection of species
- Preserving habitat
- Education and outreach

Thank you, Nancy, for your wise leadership.

• BY SALLY SORENSEN

*aikorns*

## Aiken Audubon Society Membership/Subscription

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