

THE CALLIOPE

EAST CASCADES AUDUBON SOCIETY
QUARTERLY NEWSLETTER

Autumn 2023



President's Report

By Mary Shivell

Check out all of the upcoming Fall events listed below. Get involved, stay informed, and enjoy ECAS!

You are needed as a volunteer. Ways to help, serve ECAS and benefit yourself are:

- Board positions including Vice-President, two-year commitments starting in Jan. 2024.
- Field Trips and Volunteers committee chairs are also two-year commitments starting anytime. Interested? Email ecaudubon@gmail.com
- Shorter term/one-time volunteering spots are listed under Volunteer Opportunities, p. 7

Read in this issue and on our website www.ecaudubon.org about all the good work that ECAS is doing and decide and act on how you can contribute and thrive in our organization. You will learn new skills alongside a fun and interesting group of people. We look forward to getting to know you!

Welcome New ECAS Members!

Scott Carpenter	Portland, OR
Lyle Fagnan	Camp Sherman, OR
Nancy Flood	Bend, OR
Nancy Green	Bend, OR
Margaret Sinclair	Bend, OR

We're glad you've joined our flock!

Upcoming Events

ECAS Annual Event Sunday October 8th



Photo of Great Gray Owl, Sunriver, 2021, by Claire Weiser

This is a great opportunity to gather with fellow birders in Central Oregon! You can see old friends, make some new friends, and put faces with the names for the folks who post on COBOL. Guests are welcome

Where: The Hop Mahal Room at Worthy Brewing, 495 NE Bellevue Dr., Bend OR., 97701

When: Doors open at 4PM for a social hour. Dinner will be around 5:00pm. After dinner, at 6pm, there will be a short business meeting followed by the evening's presentation on Great Gray Owls by Harry Fuller and Chuck Gates. Harry and Chuck will also be bringing copies of their books for perusal and sale.

Food: Worthy Brewing will be whipping up a fantastic taco bar for us, including: Pork Carnitas, Barbacoa Beef, Green Chili Chicken, Seared Rockfish, Sweet Potato and Poblano, Corn/Flour tortillas, Spanish Rice, Spiced Black Beans, Cabbage Slaw, Pickled Vegetables, Radish, Cotilla, Lime Crema, Chips and Salsa, Lime Wedges and Cilantro.

Drinks: No host bar

Cost: The cost to members for food and the program is \$20. If the cost is prohibitive for you please send an email to ecaudubon@gmail.com to discuss alternatives.

ECAS members can register for the event through Member Planet at [Annual Mtg Signup](#) by **October 3**. Non-members, we would love for you to join our flock and attend this event. Memberships start at \$15 per year and we do a lot of good work in Central Oregon. For more about joining ECAS, [see here](#).

Mindful Birding

By Sevilla Rhoads



ECAS and the Deschutes Land Trust invite you to join us for a morning of (mostly) quiet shared enjoyment of our local birds.

This is a free event limited to ten people each session. You are welcome to register for one or both of the two sessions. (You will need to click on each link and RSVP separately for each event you want to attend.)

[October 7](#) near La Pine at Deschutes Land Trust's Paulina Creek Preserve

[October 14](#) near Bend at Tumalo State Park (participants will need to pay a state park admission fee to park for this event).

Starting at 9:30 am, for about ninety minutes, we will sit outside together mostly just listening and observing. For those wanting to share, there will be some opportunities to talk about the birds around us.

This is not a formal meditation practice - as long as it is not too distracting or disturbing to nature around us, you are encouraged to move as you need to stay comfortable and there is no required method of enjoying our silence. We will ask people to refrain from talking during the fifteen to thirty minute quiet periods. This is a chance to pause together and, somewhat unobtrusively, be with and appreciate the birds around us.

Designed to be an inclusive and accessible event, please let us know if you require any accommodations. The sit area will be near several parking spaces for those with mobility needs.

Crooked River Wetlands First Saturday of the Month Bird Walks

by Chuck Gates

October 7 7:45am meet/8am start/10am end. No registration required, a few golf cart ride seats and some loaner binoculars available. 4035 NW Rimrock Acres, Prineville. Sponsored by CRW and Prineville Bird Club. Then, upcoming wintertime bird walks in November 2023 and March 2024 only – will be from 9:45a to noon on the first Saturday of those months. For more information and updates:

<https://www.cityofprineville.com/wetlands/page/events>

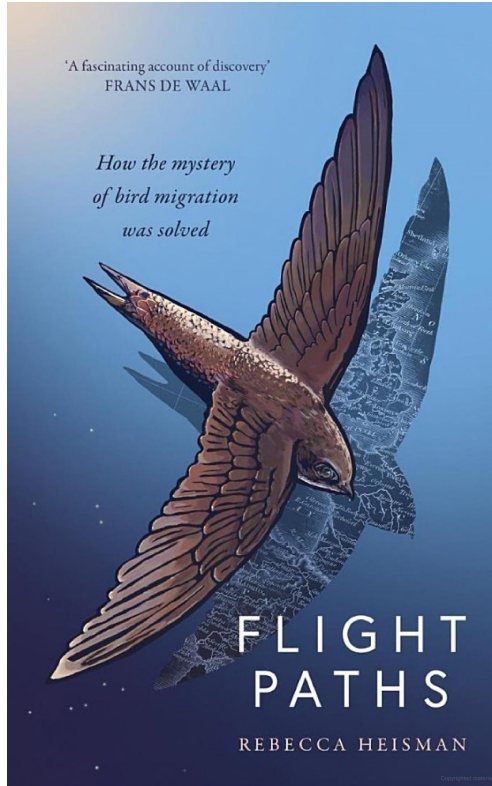


Crooked River Wetlands Complex
Guided Bird Walks

Birders' Night

By Duke Tufty

October 19 7-9pm Wild Stories from the History of Bird Migration Research



Join us for a Birders' Night presentation from Rebecca Heisman. We've all heard amazing facts about bird migration—the long distances that birds travel, the ways that they navigate, etc. But did you ever wonder how we figured all of this out? While working for the American Ornithological Society, Rebecca Heisman became fascinated with the varied and creative techniques that scientists have used to study bird migration, and this eventually became the basis for her book *Flight Paths: How a Passionate and Quirky Group of Pioneering Scientists Solved the Mystery of Bird Migration*. In her talk, she'll share some surprising stories from the history of bird migration research and discuss why understanding migration is so crucial for bird conservation.

This event is in-person at the Environmental Center in Bend. You can also tune in via Zoom at [BN Oct. 19, 7PM](#). When you do, please mute your microphone.

For general info about Birders' Night events and attending by zoom, see the ECAS website page: <https://www.ecaudubon.org/birders-night/>

Green Ridge Raptor Count

By David Vick

Fall is in the air and so are the migrants. This year East Cascades Audubon Society's Green Ridge raptor survey will be conducted **only on the weekends of Oct. 14th-15th and Oct. 21st-22nd**. We plan on returning to our regular schedule of mid September to mid October next year. Think Wild's field trip to Green Ridge will be on Oct. 11th. As usual, others will be coming up to the site for migration as the spirit moves them. Directions can be found on ECAS's most excellent [website](#) but signs will only be posted on scheduled weekends. Eventually, the raptors have to go. If you have to go, there will be a porta potty on site until Oct. 25th. If you want to come up, just show up, no need to sign up. Info is at [ecaudubon.org/projects/green-ridge-raptor-survey/](https://www.ecaudubon.org/projects/green-ridge-raptor-survey/)



Wednesday Birders Keep up on the weekly plans of this fast-moving flock (and other sightings and goings-on) at <https://groups.io/g/COBOL/messages>

Volunteer Spotlight Interview: David Vick



David Vick scores his lifer Blue-capped Motmot in Veracruz Mexico.

What were some of your Early Bird (and Birder) Encounters?

When in junior high school, I became enthralled with the Red-tails and Kestrels that inhabited the large field next to our home. As I became obsessed with these wild predators, I naively thought that the only way to appreciate them was to possess one through falconry. After capturing and training a Kestrel that eventually escaped back to the wild with its jesses on, I swore to never harm a bird again. I remained interested in birds, especially raptors, but it wasn't until over twenty years later that I first met another person who was really into birds. When I attended the Oregon Science Teachers conference, I heard a speaker who did a presentation on identifying raptors, and it wasn't until *another* twenty years had passed until I realized it was our own Jim Anderson.

When were you Bitten by the Birding Bug?

Being preoccupied by career and family, I remained a very casual birder until I retired ten years ago. My colleague and best friend, Chris Scranton, took me to Block Island during spring migration where I was wowed by warblers and tantalized by tanagers. That's when all my other interests in Oregon's cultural and natural history took a back seat to birding. Since then I have been to SE Arizona three times and to the River of Raptors in Veracruz, which I highly recommend!

Describe your Involvement and Influencers in ECAS

Like so many others, I became active in ECAS in retirement through its gateway drug, Wednesday Morning Birders, with leader Judy Meredith who has since become an important mentor and great friend. Frank Issacs got me involved in his Golden Eagle nesting survey. I picked up a winter raptor survey route and jumped into being the project coordinator for ECAS's Green Ridge Raptor Survey. It has been so very rewarding for an enthusiastic intermediate

birder like myself to be able to volunteer in these citizen science projects. That's the wonderful thing about ECAS – second only to having met so many great people in Central Oregon's birding community.

Final thought?

It's amusing how a childhood interest eventually led to a very rewarding career and to an engaging retirement. This is why I often misquote the world's most important biologist, E.O. Wilson, "The raptors gave me everything and to them I shall always return."

Thanks for talking with us and for all you do, David!

Cabin Lake

www.ecaudubon.org/projects/cabin-lake-bird-blind/

Clay Crofton has volunteered to take over the management of the Cabin Lake project from Tom Lawler's capable hands. Tom has tended this project with great care for years and has trained Clay. The ECAS community is forever grateful to "Tom L" for his stewardship and his ongoing interest in the success of this project which attracts wildlife, photographers, birding groups and individual birders from many places both near and far.

Thank you, Clay and Tom!

For more than 30 years, local volunteers have cleaned and filled guzzlers and maintained two blinds at Cabin Lake beginning in April and continuing through November. There is no lake at Cabin Lake. These guzzlers are the only water around for miles.



Clay Crofton and Tom Lawler at Cabin Lake

Volunteers Needed

Green Ridge Raptor Count

Help count raptors on the weekends of Oct. 14th-15th and Oct. 21st-22nd. Directions and info at www.ecaudubon.org/projects/green-ridge-raptor-survey/. Directional signs will be posted on scheduled weekends. Porta potty on site until Oct. 25th.

Sage-grouse Restoration near Brothers

This is a good time to update you on volunteer activities for Sage-grouse restoration at ECAS's Brothers Project. ECAS was approached by a private landowner near Brothers for assistance in sage-steppe restoration primarily aimed at helping increase Greater Sage-grouse. With funds from the landowner, ECAS, private persons, and Deschutes County, we have embarked on a several-year project to develop methods and tools to increase GRSG numbers in the area.

We are concentrating on the brood-rearing time in spring and summer when GRSG chicks and hens are consuming large numbers of native wildflower forbs and the insects that are attracted to them. We are looking for ECAS volunteers to assist us in getting about 1000 wildflower plugs grown in containers into the soil in late October thru mid-November when some moisture returns to the soil.



We have erected a one-acre plot in sage-steppe where we will concentrate our efforts. We have 3 local nurseries growing native-to-site wildflowers from seeds we have collected which we will plant this fall. We will need names and emails for those who wish to help. The gravel and dirt approach roads are Subaru-worthy. You will need to bring gloves, long pants, and your favorite planting spade. Holes will need to be 6-8 inches deep in good soil. We will put 2-4 cups of water on the plantings. The planting areas are 200 yards from the road on flat terrain. We will notify volunteers 7-10 days ahead of time depending on weather. We will assemble at the Brothers Rest Stop. Time on site will be 2-3 hours. Location is 4 miles north of Brothers. Bring beverages and snacks for yourself. We may need to schedule more than one planting session. Email Stu Garrett at garrett@bendcable.com to register. Due to impacts on private land, we may limit the number of volunteers on any given day.

Updates

Vaux's Swifts

Thanks again to Mary Ann Kruse (and those who came out to join her to witness the biannual spectacle) for monitoring and counting another Vaux's Swifts fall southward migration stopover at the Bend Boys and Girls Club chimney. A count summary will be available later this year at <https://www.vauxhappening.org/data/2023.html>

Goshawks Do the Splits

By David Vick, reprinted from his COBOL posting August 1, 2023

A NOGO Split. Actually it is a "GO!" as the two subspecies of Northern Goshawk will be split by the AOS due to vocal and genetic differences. The two former subspecies (Palearctic and Nearctic) will become the Eurasian Goshawk and American Goshawk respectively. Those diehard listers out there may be pleased to know that they won't have to take their lumps as both have been known in North America. The opinions of the opinionated are sure to follow but since August 19, 2023, my fellow hawk counters have submitted their numbers to hawkcount.org under American Goshawk.



American Goshawk, US Fish and Wildlife



Eurasian Goshawk, Wikipedia

Do Female Birds Sing?

by Brodie Cass Talbott, Educator & Trips Specialist, Portland Audubon
Reprinted from the July/August 2023 Portland Audubon *Warbler*

A sweet cascade of flutey notes seemed to trickle down the cliffs at Petroglyph Point as a group of Portland Audubon birders listened intently. We were on day three of a five-day trip to the Klamath region and were elated to hear a Canyon Wren singing on a sunny April afternoon. Canyon Wrens are a perennial favorite for birders, as well known for their distinctive song as for their bright orange plumage and plucky behavior. Before the bird had even finished singing, another song, undeniably similar but different in tone, answered. The male's presumed mate

was duetting, singing her own version of the classic, with her own trademark style. But according to the resources we had, only one bird was singing. The Sibley Guide entry on Canyon Wrens described only the male song, and eBird, which allows users to mark an observation with a “breeding code,” had “male” as the only option for a singing bird.



Female Canyon Wren singing, photo by Tara Lemezis

This omission of the female’s song is nothing new. Early ornithologists, overwhelmingly men of European descent, knew that male and female birds made calls, like alarm calls and contact calls, but considered song—a specific type of vocalization to advertise territory and attract a mate—to be exclusively male behavior. As well studied as birds are, the phenomenon of female song was considered rare and even aberrant until only recently, when increased study of tropical birds, along with increased diversity of ornithologists, revealed that many female birds do sing and, in certain cases, just as much as the males.

On a visit to Powell Butte (Nature Park, near Portland), I heard the bubbly song of a Brewer’s Blackbird and looked up to see a female singing as the male listened silently. Female Red-winged Blackbirds also commonly sing, often overlapping their male counterpart’s more well-known “Pumpkin EAAATer” song with their own rattle. Other species with known female singers include Yellow Warbler, Wilson’s Warbler, Common Yellowthroat, and Bullock’s Oriole.

And more discoveries are waiting to be made, with efforts like the Female Birdsong Project inspiring novice birders to contribute high-quality audio observations to websites like eBird (which, thankfully, has changed the breeding code option to “singing bird”) and xeno-canto. Recognizing female song can be challenging for the many species we have where females and males wear the same plumage. House, Purple, and Cassin’s Finches are even more deceptive: year-old males in all three species have female-like plumage and often sing, leading to many misreported singing females. And, of course, recognizing what vocalizations serve as a “song” can get pretty murky. If we define song as a mix of territorial display and pair bonding, then the duets of Great Horned Owls and even the drumming of Red-breasted Sapsuckers, given by

both males and females, fit the bill. For a thorough accounting of which sexes engage in these displays, the *Peterson Field Guide to Bird Sounds of Western North America* by Nathan Pieplow is indispensable—even if based only on our current available knowledge.

With growing awareness of female song, and the inherent joy of listening to any bird sing, hopefully we birders can help ornithologists finally give female birdsong the appreciation it deserves. Women in ornithology are now leading the charge in taking a closer look at the singing behavior of all birds. It turns out that even in temperate climates like Oregon, female song is much more prevalent than was assumed, even if it's less common than male song.

TikTokers Are In Their Birdwatching Era

“It’s nice to watch something that’s happy with a few seeds.”

by **Carolyn Steber** Aug. 28, 2023 <https://www.bustle.com/wellness/birdwatching>

(ECAS member young-at-heart Bob Sizoo brought our attention to this trendy article)



Nastasic/E+/Getty Images

One minute you’re young, carefree, and hanging out at the bar with friends. The next, you’re crouched in the woods with a pair of binoculars and trying to spot the elusive scrub jay. While the bar-to-birdwatching pipeline usually takes decades to develop, millennials and Gen Z are getting into it early. The hobby has over [181 million views on TikTok](#) — but why is it so popular? If birdwatching has yet to come up on your FYP, here’s what it looks like: A 20-something installs a [bird feeder in their window](#) and watches for hours. A 30-something covers themselves in seeds and sits in a lawn chair for an [up-close view of chickadees](#). Another is kitted out with [field guides](#) and [bird-call apps](#) so that they can tell the difference between cardinals and robins. Birdwatching may have big retiree energy, but the relaxing pace is a big part of the draw. TikTok creator [Zach Miko](#), who bought a bird feeder on a whim, says he appreciates how birdwatching

has forced him to slow down. “I’ll sit and watch for an hour,” he tells Bustle. “The birds are so funny and fascinating and full of life — but it’s also so fleeting.”

The only way to see anything extraordinary, he says, is to wait quietly and patiently. “When you sit still just staring at birds you can’t doom scroll or do work emails or else you might miss the three seconds that one cool bird pops by,” he says. “It breaks my heart how many birds I couldn’t get my phone out in time to take a picture.”

Alana, 26, is also obsessed with birdwatching. After moving into a new apartment, she noticed that she could hear more birds chirping in the nearby trees. “Eventually, that led to me sitting outside with my dog to look for them,” she tells Bustle. “Then I downloaded the [Merlin Bird ID](#) app so that I could track and identify which birds I was hearing.”

Now, Alana spends each morning peacefully scanning the trees for birds, which led to her starting a local meet-up for other bird lovers. “Some of them bring binoculars while others just bring coffee. We sit and chat with the app open and get all giddy when we hear a new bird call,” she says. “It’s since expanded from the little stoop outside my apartment to now going to the local park with binoculars and a friend or two to spot other birds.”

Like many people on TikTok, Alana is well aware that birdwatching is usually reserved for the grandparents of the world. “I only ever knew of older people having this hobby, but I quickly learned why they do,” she says. “It brings me outside in nature and gets me thinking about the world around me a bit more. Now, if I’m out and about and I hear a blue jay it brings me joy — even though they *are* obnoxiously loud.”

According to Miko, as you get deeper into the hobby of birdwatching, it’s common to become obsessed with spotting certain birds. And that adds a whole new level of excitement — and commitment — to the hobby.

“It’s like trying to catch Pokémon in real life,” he says. “I live on the East Coast and every time I have a job on the West Coast all I want is to see a Steller’s Jay. I have heard one and seen one’s butt fly away, but have still never seen one fully. It’s like a game.”

For some folks, birdwatching is about relaxation. For others, it’s about finding a new hobby or connecting with friends. As [Allison Soss](#), a psychotherapist with [New York City Psychotherapy Collective](#), says, it all counts as self-care, and that’s something every burnt-out millennial needs. “It’s a great way to get outside, relax, watch nature, and stay grounded,” Soss tells Bustle. “Using [birdwatching as self-care](#) can help you reset your mind and body and give you the ability to take a step away from the stressful situations in your life.”

Nothing will drown out daily worries quite like watching an active bird feeder, especially if you get philosophical about it. “Their lives are just so simple: eat, survive, rest, have babies, rinse, and repeat,” Miko says. “When you spend your whole life worrying about work and the future and the stresses of life, it’s nice to watch something that’s happy with a few seeds — and not getting eaten.”

Studies referenced:

[Tryjanowski, P. \(2022\) *Nature and Mental Health-Birding is a Proven Solution.*](#)

[Alpha Psychiatry. doi: 10.5152/alpha psychiatry.2022.22916.](#)Source:

[Allison Soss, LMHC, psychotherapist with New York City Psychotherapy Collective](#)

Eliminating Dangers in an Naturally Attractive Yard

Excerpted from **Native Plant Programs May Create Ecological Traps**

By Dr. Doug Tallamy, Dr. Daniel Klem and Jim Cubie J.D.

Imagine a wildlife refuge that does not protect its wildlife. When we design ecologically attractive landscapes that also include real dangers to wildlife, we may have created ecological traps that draw many animals to their death. We must actively enhance our yard habitats to attract and nourish wildlife as well as prevent dangers to that wildlife. Organizations promoting native planting should also stress protecting the wildlife those plants will attract to our yards. We need to plant and protect simultaneously, or we have actually conserved little.



When planting native plants in our yards to attract pollinators and birds, there are five key actions that should also be in place:

- No cats in the yard. Residential cats kill over 1 billion birds and who knows how many butterflies annually.
- Install attractive bird window collision prevention systems on the home's windows. Death by window collision can undo much of the benefits of planting natives. Bird window collisions kill over a billion birds in the US every year, and billions more worldwide, but they can be prevented in several different ways.
- Manage pests without pesticides. It makes no sense to plant natives and then hire a mosquito fogger to fog your property. Contrary to popular belief, mosquito fogging kills all insects including essential bird food, not just mosquitoes. The same non-target effects can be said of broad-spectrum lawn treatments.
- Turn off outdoor lights, install motion detectors, or switch to yellow bulbs. Residential outdoor lights are a major cause of insect declines, particularly the moths that create the caterpillars that feed the birds.
- Be mindful of wildlife when doing routine maintenance. Avoid mowing in the evening when toads are active. Raise mower blades so that you mow over the box turtle instead of through it. Put window guards on basement windows so that frogs and toads don't get trapped and die.

More information can be found at:

To protect against window collisions see <https://ornithologycenter.com/protectbirds/>

To control mosquitoes without killing bees, butterflies, caterpillars, fireflies, dragonflies, and literally thousands of species of insect predators and parasitoids that will maintain food web balance in a well planted yard, visit <https://summitchemical.com/products/mosquito-dunks/>

Dr. Tallamy advice on yard habitat <https://homegrownnationalpark.org/tallamys-hub/>

Dr. Klem video on youtube about window strikes

https://www.youtube.com/watch?v=bb9mg-pJEAY&ab_channel=MuhlenbergCollege

Jim Cubie article on windows and yards

<https://homegrownnationalpark.org/window-strikes-and-native-plants-guest-contributor/>

How to reform native plant promotion at bird clubs.

<https://ornithologycenter.com/bird-safe-yard-absolutely-essential/#-native-plant-bird-safe-strategy-for-bird-clubs>

Stu Garrett found this article of interest and suggested ECAS include it in a publication, Doug Tallamy gave a zoom presentation in ECAS a few years ago.

EAST CASCADES AUDUBON SOCIETY

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ECAS Board

Wendy Andrick

Laurel Collins

Aaron Jenkins

Miriam Lipsitz

Brian MacDonald

Mary Shivell

Duke Tufty

Gordon Wetzel

Autumn 2023 Board Meetings

October 3

November 7

December 5

Board meetings are held on the first Tuesday of the month 6 - 8pm. Members are welcome to attend. For the Zoom code, email ecaudubon@gmail.com at least 2 days in advance.

Board officers

Mary Shivell President

Duke Tufty Vice President

Gordon Wetzel Treasurer

Wendy Andrick Secretary

Minutes and meeting dates are posted at www.ecaudubon.org/board-meeting-minutes

The East Cascades Audubon Society (ECAS) is a 501(c)(3) organization that furthers knowledge and appreciation of birds and their habitats through field trips, education, and field studies.

Committee Chairs

Executive Mary Shivell

Finance Gordon Wetzel

Grants Brian MacDonald

Membership Mary Shivell

Education Sherrie Pierce

Conservation Science Laurel Collins

Join ECAS and help preserve the birds of central Oregon at

<https://www.ecaudubon.org/become-a-member/>

Program Leaders

Birders' Night Gordon, Duke,
Wendy, Aaron

Field Trips vacant

Volunteers Miriam Lipsitz, temporary

Newsletters

Sherrie Pierce, *Chatter* (monthly) Editor

Claire Weiser, *Calliope* (quarterly) Editor