

# Birding Is the Perfect Activity While Practicing Social Distancing

This is all so surreal, isn't it?

None of us has been through anything quite like Covid-19, the coronavirus outbreak that the World Health Organization this week labeled a global pandemic. At this moment, March 13, more than 137,300 cases have been confirmed worldwide, and at least 5,073 people have died. Markets have tanked. Everything's canceled. Precautions that once might have seemed paranoid now feel like common sense. Here at Audubon, we don't want to make light of a serious situation. We're also worried about our loved ones. We're scared, too.

But may we recommend something that, under the circumstances, might seem trivial? If you can, go birding. We know: It might seem exploitative for the Bird People to promote birds during a public health crisis. But there's an argument to be made that—if you don't put yourself or others at risk birding is the perfect thing to do right

First, spending time in nature can serve as a form of social distancing, the strategy epidemiologists are recommending to limit spread of the

virus. Of course, social distancing doesn't work without the distance part, so this only counts for open spaces that you can reach while avoiding close contact with others. For these reasons, don't go with a group of friends. Continue to avoid public transit if you can. And remember that those aged 60 and up or with chronic ailments may be at greater risk of serious illness. If that sounds like you, or if you live in an area with an outbreak, please be extra cautious and keep an eye on what your local health department advises.

Birding, like other outdoor pursuits, can also be great for mental health. We aren't suggesting an involved, all-day

outing. Maybe it's just walking to an uncrowded neighborhood

from The National Audubon Society

park or driving yourself to some nearby woods. If those options aren't available to you, even just gazing out your window and closely observing any birds you see can help. "I think this is a great way to relieve stress, and should present little or no threat of exposure," says Robyn Gershon, an epidemiology professor at New York University's School of Public Health. "We should encourage these healthy coping mechanisms, and also it's good for people to maintain their enjoyable pastimes to the extent possible."

As Gershon suggests, birding, like other outdoor pursuits, can

also be great for mental health. There's a growing body of scientific evidence indicating that contact with nature can ease anxiety and provide an all-around mood boost. With rising fears and palpable tension in the air, we can all benefit from this calming influence.

If you're a seasoned birder, now's the time to take comfort in an activity you love. You might find that birding alone offers a distinct kind of pleasure. And if you're not yet into birds, this is a pretty great time to begin—spring migration is about to heat up, and you'll be so glad

you started paying attention. Orient yourself with common species, then download Audubon's free Bird Guide app to explore further and keep track of what you see out there. Or, if you're adjusting to a new work-from-home setup, take an afternoon break to sneak in a few minutes of on-the-clock, outthe-window birding. We won't tell.

Truth is, nobody knows what's next or how this is all going to shake out. The best we can do is follow the guidance of public health professionals, be good to ourselves, and look out for each other. So: Wash your hands. Call your loved ones. And, if it's an option, look to the birds.



Northern Harrier photo by Bruce McCammon, Wenatchee

The mission of the North Central Washington Audubon Society is to:

"Enhance, protect and restore healthy natural ecosystems and native biodiversity using science, advocacy, education and on-the-ground conservation to promote the welfare of birds in North Central Washington"

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All phone numbers in the Wild Phlox are area code 509 unless otherwise indicated.

**April Cancellations** 

Due to current emergency restrictions, the NCWAS field trip on April 4th is cancelled. Also, Beebe Springs organized bird walks are cancelled.

The Harney County Migratory Bird Festival, April 16-20 is cancelled as well as the Grays Harbor Shorebird Festival, April 24-26. In March the Othello Sandhill Crane Festival and the Birch Bay Wings Over Water Festivals were cancelled. Most of these birding festivals are organized and put on by volunteers. Remember to support them in the future. It's hard times for all of us.

Many of the NCWAS education and outreach events will not happens this Spring. If you volunteer for these, the volunteer coordinator will be in touch with you.

The Chelan Douglas Land Trust eBird monitoring at Mountain Home is cancelled for April and May.

Also, the Wenatchee Valley College Omak spring quarter Ornithology class is cancelled. It is mainly a field class and cannot be taught online.

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What a week. What a time we are living in. As if social distancing isn't enough, my computer crashed when I was nearly finished with this newsletter! There is never a good time for that. Fortunately someone is working on it and I managed to get the saved copy to

#### Editor's Notes

my laptop and you will soon be able to read this on your computer. Sadly, we are not printing The Wild Phlox this month and based on current conditions, I imagine it will be the same for the next issue. We are among the last chapters in this state to send out a printed newsletter.

How are you doing with social distancing? I have found that getting outside in nature is the best antidote. And this week, we have had the best weather for doing just that. The birds are returning and singing spring songs; the wildflowers are poking up out of damp earth; tree buds are emerging. In North Central Washington, we are fortunate to have plenty of public land nearby. I have birded on a WDFW wildlife area, a state park, US Forest Service land and along the ski trails. Yes, we are still cross country skiing in the Methow.

I listed a few of the cancellations on the previous page but the list continues to grow. Every event I am aware of in April is cancelled, and I am starting to see May events cancelling. It's hard to read about the cancelled bird festivals. Many people, most of them volunteers, put hundreds of hours into planning for these fun and educational events and it's very hard to



let go of those plans. Remember to support those organizations when the world returns to 'normal'. And don't forget your small businesses that rely on local support.

This male Pileated Woodpecker arrived with a female as we ate breakfast a couple days ago. She didn't stick around for photos. I have temporarily lost acces to my saved email so can't get to photos submitted by other members for this issue.

Hoping that things are better a month from now. Take care everyone.



Pileated Woodpecker photos by Teri J Pieper, Methow Valley

eBird and Tweeters by Teri J Pieper

compiled from the newabird email list and

## **NCW Recent Bird Sightings**

Chelan: A Greater White-fronted Goose was seen in Chelan Falls Park. A Barred Owl, a Northern Saw-whet Owl and a

Northern Pygmy Owl were seen or heard near Leavenworth. A Northern Pintail was seen at Lake Wenatchee. A Peregrine Falcon was seen in Wenatchee.

Douglas: Pine Grosbeaks and a White-headed Woodpecker were seen at Ruud Canyon Road. A Red-necked Grebe was seen on the Columbia across from Brewster. A Lapland Longspur was heard at Atkins Lake. Also at Atkins Lake - Snowy Owls, Sandhill Cranes, Dunlin. A Short-eared Owl and a Greater Sage Grouse were seen near Mansfield. A Chukar, a Prairie Falcon and a Golden Eagle were seen at Jameson Lake.

Trumpeter Swans were seen in a flooded field on Heritage Road. A Vesper Sparrow and a Northern Shrike were also seen along Heritage Road.



Northern Saw-whet Owl photo by Teri J Pieper, Methow Valley

Ferry: A Golden Eagle was seen at Barstow. Okanogan: Pine Grosbeaks were seen in Tw

Okanogan: Pine Grosbeaks were seen in Twisp. A Red-necked Grebe was seen from the Pateros City Park.

Grebe was seen from the Pateros City Park. A Virginia Rail was heard at Cassimer Bar. A Yellow-rumped Warbler, a Long-eared Owl, a Great Horned Owl and a Northern Saw-whet Owl were seen at Bridgeport State Park. A Prairie Falcon was seen and a Canyon Wren was singing along the Riverside Cutoff Road. Tundra Swans were seen at the south end of Cameron Lake Road. A pair of Williamson's Sapsuckers were seen at Loup Loup Campground. Three Trumpeter Swans were seen at the Sinlahekin Wildlife Area. A Clark's Nutcracker was seen at the Nealy Road

feeder near Chesaw. A Loggerhead Shrike was seen at the Scotch Creek Wildlife Area. A flock of 500 Snow Buntings was seen near Havillah. An

early Cinnamon Teal was seen on the Okanogan River.

## Our Wild Calling, a Book Review

We know that connecting with nature is healing for children. This is the premise of Richard Louv's seminal book *Last Child in the Woods: Saving Our Children from Nature Deficit Disorder.* His later books *The Nature Principle* and *Vitamin N* broaden that premise to include healing for everyone. These books helped launch the international movement to connect us all with nature.

Now Richard Louv has a new book, *Our Wild Calling*, published in 2019. He writes about human coexistence with other animals, describes the mysterious bonds that help our mental, physical and spiritual lives, that alleviate species loneliness, and that give us empathy for preserving life on Earth. Using scientific research and anecdotes from researchers, theologians, wildlife experts, indigenous healers, and

psychologists, Louv describes how animals teach us. Through encounters with animals everywhere, not just in exotic places, we relearn to love, not fear, to protect and promote, and to experience an awe that is beyond words and motivates generosity kindness and hope. He introduces the ideas of "habitat of the heart", wrestles with the juxtaposition of anthropomorphism and relegation of animals to being objects, describes 'The Betweens' (wild animals like coyotes that live in populated areas), and the need to move from the Anthropocene in which human activity is the dominant influence on climate and the environment to the Symbiocene where symbiosis,

This book, available at our public library, is well footnoted and ends with a bibliography of suggested further readings.

nurture and balance give us optimism and hope for the future.

## 18th Annual Leavenworth Spring BirdFest

by Rebecca Ryan, WRI

by Merry Roy, Wenatchee

Wenatchee River Institute (WRI) and NCWAS are presenting the 2020 Leavenworth Spring Bird Fest, May 14-17. Bird Fest offers guided birding trips, workshops, socials, and a family day. This gathering of bird related topics and outings is also part of an effort to get people outdoors and experiencing the natural world along with educating about bird conservation. Bird Fest is not

specific to bird enthusiasts but also for people interested in art, photography, music, local ecology, geology, and outdoor experiences. We are excited this year to have Dennis Paulson as our keynote, presenting on Saturday evening *The Wonderful Adaptations of Birds*. Visit WenatcheeRiverInstitute. org to register and sign up for our newsletter to receive updates as we approach the event date.

With the ever-changing news related to the coronavirus, it is challenging to anticipate what things will be like in mid-May. Knowing we cannot predict the future Bird Fest registration is now open as scheduled. As we get closer to May, if we need to cancel the event for the safety of the community, we will offer full refunds. You can also find our refund policy listed on the website.

# WDFW Reviews Status of 19 Wildlife Species

from Washington Department of Fish and Wildlife

The Washington Department of Fish and Wildlife (WDFW) is seeking the public's help to provide information on 19 wildlife species as part of a periodic review of native wildlife populations. WDFW's review process includes the following species: Steller Sea Lion, Killer Whale, Lynx, Western Gray Squirrel, Woodland Caribou, Columbian White-tailed Deer, Brown Pelican, White Pelican, Bald Eagle, Peregrine Falcon, Greater Sage-grouse, Sandhill Crane, Snowy Plover, Marbled Murrelet, Northern Spotted Owl, Streaked Horned Lark, Oregon Vesper Sparrow, Western Pond Turtle, and Taylor's Checkerspot butterfly. The species have all been listed, have been recently de-listed, or are being reviewed for listing as endangered, threatened or sensitive by the State of Washington.

"We are interested in obtaining information from the public, including non-governmental organizations, universities, private researchers and naturalists, to supplement current data," said Hannah Anderson, listing and recovery section manager for WDFW's Wildlife Diversity Division.

"We're fortunate to have people in Washington who care deeply and engage on these issues," she added. "Such groups and individuals likely have valuable data, such as annual population counts or privately developed habitat management plans."

WDFW is specifically looking for information on species demographics, habitat conditions, threats and trends conservation measures that have benefited the species, new data collected since the last status review for the species. Public input is an important part of gathering the best available scientific data for any species, said Anderson. Wildlife managers will use the information to help update status reports for each species. More information on the process is available on WDFW's Species Status Review website.

The public may share information by email to TandEpubliccom@dfw.wa.gov, or by mail to Hannah Anderson, Washington Department of Fish and Wildlife, P.O. Box 43141, Olympia, WA 98504-3141.

## Go Out After Dark Study Nighthawks and Poorwills

We feel a warm soft breeze on our faces, as we cup our ears with our hands, listening intently for the diagnostic call of either a Common Poorwill or a Common Nighthawk. It is

now thirty minutes past sunset and a near-full moon beams down at us on this early July evening. A soft quiet has settled into this upper edge of the Wenatchee foothills' shrub-steppe, edged with ponderosa pines. Jane & John Zanol, Joe Veverka and I are at our first stop, conducting the third annual nightjar survey on a Chelan-Douglas Land Trust property. Joe turns and points, whispering "hear it?" Soon after, a second calling poorwill answers the first and I put pencil to paper to record our observation on the data sheet. We are using a nationally standardized protocol, so our data will help determine the magnitude and scale of population changes and inform conservation strategies for this declining group of longdistance migrant songbirds.

If this sounds fun to you, consider registering as a community science volunteer with the Nightjar Survey Network (Nightjars.org) and either adopt a designated route, or establish a new route. A route is a continuous ten-mile stretch of drivable road with survey points one mile apart. At each of the ten survey points, a volunteer records all nightjars seen or heard during

a six-minute period while standing in one spot outside of the vehicle. It is important to select a road that has very little use, as traffic noise prevents the listener from hearing the birds.

In the Pacific Northwest, we have two survey date window options: May 29- June 13, or July 27-August 11, 2020. However, not every date in this window will work, as

# About Nightjars from www.nightjar.org

Nightjars, or goatsuckers, are the most enigmatic group of birds in North America. Very little is known about the basic aspects of their biology, habitat use, and population status due to their cryptically nocturnal lifestyle. In recent years, conservationists and the general public have come to share a general sense that populations of Nightjars are dramatically declining. However, there were no standardized data available to help describe these changes or to help with reversing population losses. This survey program was created to gain a better understanding on population status by implementing a standardized approach across the nation that will help determine the magnitude and scale of population changes so a course for conservation may be plotted. The Nightjar Survey Network relies entirely on volunteer participation. The program is coordinated by The Center for Conservation Biology at a national level with the help of partner organizations at state and local levels. Nocturnal behaviors of Nightjars are influenced strongly by moonlight. Activities such as calling and foraging increase under bright moonlight conditions and it is thought that breeding may actually be timed with the lunar schedule. We have designed protocols to take advantage of these behaviors by conducting surveys only during bright moonlit nights so detection rates will be higher and more consistent.

the moon needs to be visible during the survey (the website timeanddate.com makes this easy to determine for your location). The Network provides pre-determined date windows when bright moonlight triggers increased nightjar calling and foraging activity. Surveys must begin at least thirty minutes after sunset and end no later than fifteen minutes before sunrise.

by Susan Ballinger, Wenatchee

We have a few tips to share - learned the hard way - and want others to benefit from our experiences. Plan a minimum of three or four observation dates. We've had to postpone a survey due to cloud cover and when wildfire smoke obscured the moon. We cancelled a survey when winds exceed eighteen mph, as the bird calls and songs are too hard to hear. We suggest you do a dry run drive of your selected route after sunset to make sure the background noise levels are low. We had to move one of our points a few hundred feet in order to block the sound of a nearby highway. By having a team of four, we could ensure coverage of all four date options we picked.

The Network has a series of teaching videos that make it easy for a first-time volunteer to get started. To date, most Pacific Northwest survey routes are still waiting to be adopted!

### Virtual Windows into the World of Birds

by Teri J Pieper, Methow Valley

How are you filling your free time while social distancing yourself to prevent the spread of Covid-19? One online option is www.allaboutbirds.org/cams/all-cams/. Cornell Lab of Ornithology provides these intimate looks into the lives of birds at feeders and on the nest, in boxes or on natural nests. You can see a variety of species up close and personal with these web cams. I enjoy the sounds of the breeze and other birds in the background too.

The Wild Birds Unlimited website has two webcams on a Barred Owl nest box – one inside the box and one outside. You can see them at https://www.wbu.com/owl-cam/

Do you know about other live web cams? Let us know and we can link them on our website.

## Methow Valley Bird Banding

by Julie Hovis, Winthrop

2019 was a year of change for the MAPS banding program in the Methow Valley. After two years of banding on the Big Valley Unit of the Methow Wildlife Area, I realized the location was not ideal for a long-term banding operation due to access issues. So, I made the difficult decision to relocate the MAPS station and was fortunate to find private landowners near Big Valley who were willing to have the MAPS station on their property. The location is ideal – easy access, an established trail system, and contiguous riparian habitat near the Methow River.

As in 2018, the banding season got off to a great start when Dani Kaschube, the national MAPS Coordinator, visited the station to help with our first banding session. MAPS is the acronym for Monitoring Avian Productivity and Survivorship and is a continent-wide collaboration among



Red-winged Blackbird photo by Bruce McCammon, Wenatchee

public agencies, non-governmental groups, and private citizens to contribute to the conservation of birds and their habitats through demographic monitoring. You can learn more about the MAPS program by visiting the Institute for Bird Populations' web site at www.birdpop.org/pages/maps.php. The following is a brief summary of the 2019 MAPS banding season results.

We caught 123 birds representing 25 different species for an overall capture rate of 46 birds per 100 net hours. The most commonly captured species were Swainson's Thrush (16 captures), Yellow Warbler (15 captures), MacGillivray's Warbler (12 captures), and Veery (12 captures). And we finally captured a species that had eluded us at the Big Valley station – the American Redstart (9 captures)!

I want to thank all the volunteers who helped out at the station in 2019, and the landowners who allowed me to move the station to their property. The 2020 MAPS banding season will begin in early June. If you are interested in volunteering or learning more about the program please email me at jahovis711@gmail.com.

# Birding for Climate Watch

by Todd Thorn, Okanogan Highlands

Do you want your birding to support climate change science? Audubon has created the Climate Watch survey program enabling birders like you and me to contribute our sightings in a manner which adds to the science. Interested? Surveys will be in late May and early June Check out www.audubon.org/conservation/climatewatch and contact Rich Scranton (rscran4350@yahoo.com) or Todd Thorn (todd@canyonwren.us) about joining this effort.

#### Birds and Window Strikes

by Janet Bauer, Winthrop

Have you ever heard the sickening "thud" of a bird hitting glass? If so, you are not alone. It is estimated that up to one billion birds are killed each year in the United States due to collisions with windows. Research has shown that 54-76 percent of these collisions are fatal. Birds cannot perceive most glass as a barrier, and often strike windows that reflect the sky or nearby greenery.

Fortunately, there are steps you can take to prevent collisions. Here are 10 ideas to choose from:

- 1) Move bird feeders and baths farther than 30 feet or less than 3 feet from windows.
- 2) Close curtains and blinds when possible.
- 3) Move houseplants away from windows so birds don't think they can fly onto a perch.
- 4) Provide an impact-absorbing barrier. Normal window screens are among the best barriers for preventing window strikes. They break up the reflection and prevent injury if there is a collision.
- 5) Densely apply patterns or decals to the outside of windows (2" apart). Options include ABC tape, CollidEscape dot pattern, Feather Friendly dot pattern, ultraviolet decals, and Bird's Eye View. To be effective, decals must be applied all over the window, so the bird doesn't see a clear path to fly through.
- 6) Apply a window film like CollidEscape or Solyx to the outside of the window.
- 7) Use tape to create stripes on outside of window: 1/8th inch vertical tape, 4 inches apart. Any opaque tape can work, but translucent ABCBirdTape transmits light and is made to last outdoors. Visit birdsmartglass.org for more information.
- 8) Hang up outdoor string curtains on your windows such as Acopian Bird Savers at birdsavers.com. These are unobstrusive and highly effective.
- 9) Apply Tempura paint freehand to outside of window with brush or sponge or use a stencil as a template. Tempura is long lasting, even in rain, and non-toxic.
- 10) During spring and fall migration seasons, turn off unnecessary lights every night. All exterior lighting should be properly shielded and aimed down.

As we head into spring and summer, walk around your home and try to identify your most hazardous windows. Often, they are the large picture windows, ones near bird feeders, and paired windows at right angles to each other. Try some of the above steps and hopefully some beautiful bird lives will be saved. Lastly, please spread this information to your neighbors and friends!

# A Twitcher, a Conservationist, and the Siberian Accentor

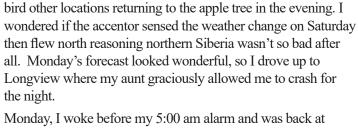
A Siberian Accentor was discovered near the town of Woodland Washington on February 6. This is a quintessential rarity, the kind that stirs North American Twitchers into a frenzy. Twitcher: birder who chases rare birds for their lists. There have been a handful of records in North America outside of Alaska. There has been one record in Idaho, one in Montana and this is the third confirmed in Washington. The first in thirty years!

There is no question I keep bird lists and I have the itch to

twitch from time-to-time but my inner Conservationist usually rules. To burn so much fuel driving hundreds of miles to seek out a single bird is ludicrous! How many birds have disappeared as a result of such senseless consumption? I have been in the habit of birding mostly within the charge range of my electric vehicle. Burning any gas seems wasteful now. The Twitcher would say it's absurd to pass up a rarity such as a Siberian Accentor within 300 miles of home. Burn some fuel!

The Conservationist held strong for a couple weeks but when obligations took

me to Seattle, within 150 miles of the accentor, the Twitcher overpowered. It was impractical to take my EV. I drove down to Woodland on Sunday February 23 knowing the accentor had been seen the previous day. I stood before the now legendary apple tree at 9:15 am ready for the accentor to present itself as it had every day for the past couple weeks. Weather was windy with intermittent pelting showers. After three hours I left to



Monday, I woke before my 5:00 am alarm and was back at the apple tree by 6:30 am. Two other birders showed. We had

our scopes focused on the accentor's preferred post-roost perch while everything was still shadows. At 6:49 am in the midst of numerous excited Juncos we located the little masked vagrant with the thin bill atop the apple tree. The Siberian Accentor is a humble but unique sparrow-sized bird. A bizarre sense of achievement came over me.

by Joe Veverka, Cashmere

Achievement? The bird perched up for more than seven minutes! All previous reports I read stated it would perch up for thirty seconds or maybe a minute before ducking into cover. Incredible fortune!

The Twitcher felt rewarded for his effort and a little justified by the accentor's marathon performance. The Conservationist's guilt was assuaged slightly and he even nodded a little to the Twitcher's possible righteousness in this case. The accentor was likely completely indifferent to the back-n-forth between the two...but I don't want to make assumptions. Was it worth it? Absolutely! I'm afraid so. I think?



Siberian Accentor photo by Joe Veverka, Cashmere

## Being Respectful

People who are birding up around Atkins Lake on the Waterville Plateau should know that a property owner is upset about much of the birding activity. Birders might want to avoid the area just now, or at least be very careful about what they photograph and look at with their binoculars and about blocking roads and driveways.

The Washington Ornithological Society (WOS) received this report from a birder who interacted with the upset property owner. Some people have entered private property without permission, looked into the house with binoculars, and have been rude to local residents. We recognize

that a lot of people have been birding in Douglas County this winter and will continue into the spring. We want birders to be mindful of this situation, and our greatest concern is that birders not cause or contribute to confrontations that could escalate to harsh words or worse. On behalf of WOS, we would like to ask you to review the American Birding Association (ABA) code of birding ethics at www.aba.org/aba-code-of-birding-ethics/

In addition, please be kind to the birds and respect other people. Consider the following: Eric Dudley, President, and Jennifer Kauffman, Vice President, Washington Ornithological Society

- Do not enter private property without permission.
- Do not enter restricted or posted areas.
- SMILE at the locals. Wave. Be friendly.
- Share your knowledge.
- Be openly grateful to locals: patronize local businesses and if possible tell them you're a birder.
- Don't point your binoculars at people's houses without permission
- Speak up, if possible, when you see others behaving badly, but be kind!

Thank you for your consideration and happy birding.

#### April Wild Phlox

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#### North Central Washington Audubon Society Calendar Items in bold text are sponsored or co-sponsored by NCWAS

May 2	Nahahum Canyon Field Trip	Contact Joe Veverka for current information. See page 2
May 14-17	Leavenworth Spring Bird Fest	See page 4
Late May/Early June	Climate Watch Bird Surveys	See page 6
June 6	Four-County Bird Count	Mark your calendars! See the February Wild Phlox at http://www.ncwaudubon.org/



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The beautiful photos are even nicer in color.



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