



The Quail

November 2016

News from Lane County Audubon Society



From Our Treasurer

LCAS—Offering a Connection to the Natural World

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In an age of earbuds and iPhones, I often feel strangely alone as I walk (with some intermittent jogging) along the bike paths and pedestrian trails around Eugene and Springfield. With today’s take-it-whenever-you-go media, it sometimes seems that everyone else using the path is plugged into a more private world of music or news. Am I really the only one listening to the birds and watching for them?



Along the Willamette River, for example, I’ve seen Bald Eagles flying low toward their nesting site on Skinner Butte, Great Blue Herons about to nab an unsuspecting fish, Ospreys hovering overhead, secretive Green Herons, and a pair of Pileated Woodpeckers sitting on a fallen log hanging out over the water, exactly like the illustration in my field guide where I looked them up a little bit later. Even the unmelodic calls of common birds, such as Northern Flickers, Scrub Jays, and Stellar’s Jays, become music to my ears.

What’s music to my ears, too, is hearing from others about their enjoyment of the sights and sounds of the great outdoors. Not unexpectedly, one of my favorite parts of LCAS’s monthly program meeting is the birding report, where we all name the birds we saw during the month. During these reports, our interest in birds becomes visceral, palpable.

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Outdoor School—The True Elixir

Debbie Schlenoff

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Daffy’s elixir was a popular product sold in Britain in the 18th century. It promised to prevent or cure pretty much every ailment known to man, from lack of energy to “gripping of the bowels.” Despite its popularity for over a century (later the recipe was found to be mostly brandy), few people today would be duped by its claim as “the choice drink of health.” But what if something like this were real? What if there was a relatively quick and inexpensive way to achieve the following health benefits for our children: stress reduction, prevention of mental health disorders including depression, decreased need for ADHD drugs, and improved attention spans? What if it also had been shown to lower the risk of smoking and substance abuse, boost serotonin (the feel-good neurotransmitter), increase levels of Vitamin D, result in better distance vision, and decrease the risk of obesity and other metabolic disorders associated with too much inactivity? What if there were recognized academic and life benefits—playing more cooperatively with others; significant student gains in social studies, science, language arts, and math performance; enhanced creativity and enhanced social skills; reports of greater happiness; development of leadership abilities, improved critical thinking; and enhanced self-esteem, self-confidence, independence, autonomy, and initiative?

Too good to be true? All of this has been documented in the scientific literature focused on outdoor education programs. The Outdoor School Lottery Fund Initiative, Measure 99 on the ballot this month, would create a separate fund, financed through the Oregon Lottery Economic Development Fund and administered by Oregon State University (OSU), to provide Outdoor School programs statewide. Oregon has had outdoor school programs since the 1950s, but unfortunately funding

shortfalls have made the program financially prohibitive in many school districts. A yes vote on 99 would ensure that 5th and 6th grade students throughout the state participate in a full week of Outdoor School programs. Approximately \$22 million, less than 2 percent of lottery revenue, for Outdoor School programs fits the Oregon voter mandate that lottery funds be used to support economic development, education, and Oregon’s natural resources (with 1 percent set aside for problem gambling treatment.) An economic analysis found that Outdoor School will provide a \$27 million annual economic impact and help generate 600 jobs, largely in rural parts of Oregon that need them most.

A study out of Portland showed that outdoor school improved subsequent school attendance, with this effect especially strong for males, Asian students, and students who spoke Spanish as their first language. Keeping kids in school makes both societal and economic sense. Another study found that a high school dropout costs taxpayers an average of \$292,000 over a lifetime. Measure 99 will ensure funds are used across the state. It spans the urban/rural divide and reduces disparity between wealthy and poorer school districts. The multidisciplinary curriculum inspires students about their futures while preparing them to be stewards of our natural resources. Many young people describe Outdoor School as being transformational. Well-researched reviews of the study of outdoor education come to nearly the same conclusion: these programs “contributed significantly to raising standards and improving pupils’ personal, social and emotional development.” For only \$400 per student, we can ensure that students in Oregon have access to this elixir! FMI: outdoorschoolforall.org/



Field Notes: September 2016



• **Pink-footed Shearwater**
• **Red Knot**

• **Sharp-tailed Sandpiper**
• **Ruff**

Tom and Allison Mickel

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The month was warm with a little moisture. Some wintering species are arriving earlier than normal and some of the breeding species are staying around later than normal. As always happens during migration, a few unexpected species were found.

Abbreviations: Fern Ridge Reservoir (FRR), North Jetty of the Siuslaw River (NJSR), South Jetty of the Siuslaw River (SJSR).

WATERBIRDS to ALCIDS

Greater White-fronted Goose	Sept 11	E Eugene	SMd	Start of their southward migration
Snow Goose	Sept 25	FRR - Royal Ave	RR,LS	Earlier than normal for Lane Co
Cackling Goose	Sept 24	FRR	VB	Earlier than normal for Lane Co
Eurasian Wigeon	Sept 23	Cottage Grove Res	TMo	First report for the winter season
Pink-footed Shearwater (2)	Sept 24	SJSR	NS	Not commonly seen from shore
White-tailed Kite	Sept 27	Creswell area	NS	First report for the winter season
Merlin (3)	Sept 27	FRR - Royal Ave	SN	Large number for one location
Pacific Golden-Plover	Sept 17	Siltcoos River mouth	MR	Rare during migration
American Avocet (5)	Sept 23	FRR - Royal Ave	JSu,RS	Rare during fall migration
Marbled Godwit (2)	Sept 8	NJSR	RH	Found in small numbers during migration
Red Knot	Sept 28	FRR - Royal Ave	DR	Rare find for inland Lane Co
Sharp-tailed Sandpiper	Sept 25	FRR - Royal Ave	DA	Rare annual migrant at this location in fall
Dunlin	Sept 19	Siltcoos River mouth	JH	First report for the winter season
Buff-breasted Sandpiper	Sept 1	Siltcoos River mouth Lane/Douglas county line	DF	Normal time for their migration
Ruff	Sept 2	FRR - Royal Ave	PL	Rare annual migrant at this location in fall
Black-legged Kittiwake	Sept 17	Siltcoos River mouth	MR	Early sighting of this wintering species
Sabine's Gull	Sept 24	FRR	NS	Rare annual migrant at this location in fall
Mew Gull	Sept 18	SJSR	AC	Early sighting of this wintering species
Common Tern (11)	Sept 9	FRR	JSu	Annual migrant at this location
Parasitic Jaeger	Sept 4	Siltcoos River mouth	LG	Not uncommon from shore
Tufted Puffin (2)	Sept 8	Tokatee Klootchman	SMa	Late date for them from shore

NIGHTHAWKS to GROSBEAKS

Common Nighthawk	Sept 3	W Eugene wetlands	BB	Late report for this species
Northern Flicker yellow-shafted	Sept 24	SE Eugene	JSi	Photos show it as "pure" - most are hybrids
Olive-sided Flycatcher	Sept 1	Springfield	SMY	Late report for this species
Willow Flycatcher	Sept 14	FRR - Royal Ave	SH	Last report for this species
Hammond's Flycatcher	Sept 19	Creswell area	NS	Last report for this species
Cassin's Vireo	Sept 3	Stewart Pond	VT	Last report for this species
Warbling Vireo	Sept 15	Creswell area	NS	Last report for this species
Purple Martin	Sept 9	FRR - Royal Ave	JSu	Last report for this species
Ruby-crowned Kinglet	Sept 15	Creswell area	NS	First report for the winter season
Townsend's Warbler	Sept 7	Cottage Grove area	TMo	First report in the valley for the winter
Yellow-breasted Chat	Sept 24	FRR - Royal Ave	JD,DH	Late date for this species
Fox Sparrow	Sept 8	Creswell area	NS	First report in the valley for the winter
Golden-crowned Sparrow	Sept 14	Creswell/FRR	NS,SH	First report for the winter season
White-throated Sparrow	Sept 26	Willow Creek area	BB	Very early sighting for the winter season
Rose-breasted Grosbeak	Sept 8	W Eugene	MN	Rare this time of year
Black-headed Grosbeak	Sept 19	River Rd area	BC	Last report for the breeding season
Yellow-headed Blackbird	Sept 28	FRR - Royal Ave	DR	Late report for this species

AC Alan Contreras, BB Brian Broderick, BC Barbara Combs, DA Dennis Arendt, DF Daniel Farrar, DH Dave Hicks, DR Doug Robinson, JD Joni Dawning, JH Jeff Harding, JSi Julia Siporin, JSu John Sullivan, LG Linda Gilbert, LS Lorelle Sherman, MN Mark Nikas, MR Mike Resch, NS Noah Strycker, PL Peter Low, RH Rich Hoyer, RR Roger Robb, RS Randy Sinnott, SH Sally Hill, SMa Sylvia Maulding, SMD Steve McDonald, SMY Scott McNeeley, SN Steve Nord, TMO Tori Morgan, VB Vickie Buck, VT Vjera Thompson.

Exploring the Elliott State Forest Conundrum with Robin Meacher

Judy Brown

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The Elliott State Forest is an irreplaceable Oregon treasure. This approximately 93,000-acre coastal rainforest is nestled between Coos Bay and Reedsport in Oregon's coastal range. While it is home to many species including the imperiled Coho Salmon, the Elliott is perhaps most well known for the habitat it provides the federally threatened Marbled Murrelet and the Northern Spotted Owl. The murrelet is a small sea bird that spends most of its time at sea feeding on fish, but nests inland in older forest. Its plight has captured the hearts of conservationists.

At this point the Elliott is also a drain on the Common School Fund, which it was created in 1930 to help sustain. Herein lies the problem. Policies and regulations to protect threatened species have reduced the timber harvests that previously provided income for Oregon schools. In 2013 the loss from the Elliott was \$3.8 million.

To cut these losses, the Department of State Lands has decided to sell the Elliott, putting at risk one of the few remaining tracts of intact Oregon forestland. Due to reduced logging revenue on the forest and a complicated political arena, the sale of the Elliott could lead to privatization and liquidation of this premier murrelet, owl, and salmon habitat. It could also make the area inaccessible to birders, hikers, and others who enjoy spending time amidst its beauty and diversity.

Robin Meacher, Wildlands Campaign Director at Cascadia Wildlands, will present a visual tour of the Elliott and lead a conversation centering around the role the murrelet has played in the complex history of the Elliott and the state's decision to dispose of this valuable public forest.

November Program Meeting

Exploring the Elliott State Forest Conundrum with Robin Meacher



Tuesday, November 22, 7:30 p.m.

Eugene Garden Club
1645 High St., Eugene



From the Treasurer *(continued from page 1)*

That's one of the main reasons why I am a member of LCAS, and I'm sure many other members feel the same way. We value the simple but rich experience of seeing something, knowing what it is, and identifying with it.

But LCAS offers much more than just the pleasures of bird watching. Our many education and conservation programs are meant to help everyone in the community become more knowledgeable about the value of birds and their habitats.

As LCAS's treasurer, it's my honor each year to ask for your continued financial support for our outreach efforts. Please use the enclosed envelope to send your tax-deductible donation, or contribute online at laneaudubon.org/support/donate.

Thank you in advance for your support—and happy birding along the way.

LCAS Bird Walk at Mt Pisgah

by Rebecca Waterman

For September's Third Saturday Bird walk, we explored the north region of Mt. Pisgah. Dennis Arendt was our leader. I was particularly looking forward to this walk, as I had never birded the area before.

The dozen and a half who gathered on this cool and lovely morning included several new birders and even a pair from out of state! Birds were not plentiful, but twenty-nine species were identified, by sight and/or by ear. A possible Pileated Woodpecker was heard, though not seen. One major highlight was a Great Horned Owl, spotted as it flew in for a landing. It remained in sight for as long as anyone cared to view it.

Another exciting encounter began with the telltale bouncing ball call of a Wrentit. After Dennis played a digital recording of the bird's vocalizations in hopes of luring one into view, not one or two, but three Wrentits happily complied! Wrentits are an interesting species, considered to be sedentary. They are only found in a narrow strip of habitat in North America, but no further north than the Columbia River, as they do not fly far enough to cross that stretch of water.



Great Horned Owl (left), Wrentit (right), photo by Richard Turk

A few old structures along the way fired my hopes of seeing a Barn Owl, which would be a life bird for me. But none were seen. A few very active Downy Woodpeckers captured our attention, as a large flock of Canada Geese flew overhead. Two people even saw a Praying Mantis.

Fall migration is in full swing, and I look forward to visiting Mt. Pisgah and other local areas frequently in the weeks to come.

Audubon in the Schools Instructors Needed!

We are looking for more instructors for the Audubon in the Schools (AITS) program. Free instructor training is available for new volunteers, so you don't need to be an artist or expert birder. You'll learn a well-tested curriculum, primarily using four easy-to-teach lessons. Each lesson combines bird biology and art methods in a one-hour session and includes an ecosystem component that aligns the information with state standards. Instructors are supplied with a nice teaching collection of taxidermy birds, nests, feathers, bones, etc. They also learn simple techniques for teaching kids to draw accurately in pencil and render colors in colored pencil.

Our trained instructors combine lessons on bird biology and accurate drawing based on the students' own observations. Critical thinking is involved in both the arts and sciences. Both employ skills of observing, comparing, exploring, trial and error, and problem solving. These skills are common to all disciplines, and we hope children will fine-hone and use them

throughout their lives. Our busy schools don't have time to include art, much less teach art technique. Understanding the concepts of ecosystems is required for the state benchmarks for Grades 3-5. When we combine two disciplines to satisfy some of the core requirements, it enhances the learning experience, solidifies the information in different ways for students, and perhaps lessens the load for our dedicated and hardworking teachers.

Audubon in the Schools started in the spring of 2005, and to date we've reached almost 10,000 students. We primarily teach grades 2-5 in the Eugene 4J and surrounding regional schools.

In addition, if you know of a school that may be interested in having an AITS session, let us know. We appreciate any help that allows us to continue providing this educational contribution to area classrooms.

If you are interested or have questions, please contact Caryn Stoess at 541.357.8739 or AITSEugene@gmail.com.

Lane Audubon welcomes you—join or renew today!



We ask you to become a local member of Lane County Audubon Society and support our grassroots efforts in the local community. Your membership dues

for National Audubon Society no longer support a membership in your local chapter. Your local dues stay here to help us work on local education projects and conservation issues related to birds and their habitats. With your support, we will continue to do the things you expect from us. We welcome your suggestions—this is your Audubon! We appreciate your support. —*Maeve Sowles, President*

Lane County Audubon Society Membership Benefits

- The Quail—9 issues/yr.
- Field trips and bird walks
- Program meetings
- Educational publications
- Conservation issue representation
- Answers to questions: 541.485.BIRD

Visit laneaudubon.org



Deadlines:

Dec./Jan. Issue: Nov. 5
February Issue: Jan. 7

Submit material to
Karen Irmscher
quailkaren@earthlink.net

The Quail is the newsletter of Lane County Audubon Society, which is a chartered chapter of National Audubon Society. Nine issues are published per year (*May-June, July-Aug. and Dec.-Jan. are double issues*).

Local members of National Audubon Society receive a free subscription to *The Quail* but are encouraged to voluntarily join Lane County Audubon Society.

Subscriptions: Contact Tim Godsfil at 541.915.8852 or tgodsil@gmail.com.

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Layout by Kerry Lutz



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- Individual \$20\$ _____
- Students and Seniors (65 and over) \$15\$ _____
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Lane County Audubon Society
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Community Calendar, Events, and Opportunities

A service to Lane Audubon members

Mt Pisgah Arboretum

Saturday, November 5, 10 a.m.-3 p.m.

Play in the Rain Day

Looking for something fun to do with your family on a rainy Saturday? Visit Mount Pisgah Arboretum for the Youth in Nature Partnership's 6th annual Play in the Rain Day. This fun all-ages family event happens every November. Discover how interesting, easy, and rewarding it is to spend time outdoors in nature—in all kinds of weather. Play in the Rain Day will happen rain or shine, so dress for the weather.

Free. FMI: 541.747.3817 or MountPisgahArboretum.org

Sunday, November 6, 10 a.m.-noon

Mushroom Walk

It's mushroom season! Take a walk through the Arboretum's forested trails with experienced mycologists Chris Melotti and Molly Widmer of the Cascade Mycological Society and hunt for these fascinating fungi. Discuss identification, habitat, characteristics, natural history, and the role of fungi within an ecosystem. Meet at the Arboretum Visitor Center. Rain or shine. \$5, members free.

Sunday, November 13, noon-5 p.m. and

Sunday, November 20, noon -2 p.m.

Mushroom Photography Workshop

Learn how to capture our spectacular fall mushrooms with your camera. Join nature photographer Dave Stone for this two-part workshop. The first session will focus on learning special techniques for mushroom photography, with time in the field to practice. In the follow-up session participants will review their results. Attendees will carpool to the Fall Creek area for the field session. \$30 members, \$35 non-members. Pre-registration is required.

FMI or to register, call 541.747.3817 or visit mountpisgaharboretum.com/learn/workshop-registration/

Southern Willamette Ornithological Club (SWOC)

Eugene Birders' Night

Monday, November 21, 7 p.m.

How To Do A Big Year, with Scott McNeeley

Attendees will begin by sharing recent sightings and birding-related topics. Then Scott McNeeley will show more than 200 of his photos, focusing on distinctive markings for identifying the birds of Oregon. Scott's photos are divided into five categories: birds from his backyard (a birder's mini-paradise by a backwater of the Willamette River), the coast, the I-5 corridor, central Oregon, and eastern Oregon. Scott had only been a serious birder for several years before he decided to do an Oregon Big Year. His presentation will illustrate how a thoughtful approach, the support of fellow birders, and the focusing and impetus that a goal provides can increase one's birding skills. It will also serve

to make the considerable undertaking of a Big Year accessible to all who commit themselves to the experience. All are welcome!

Location: The McNail-Riley House at the NW corner of W. 13th Ave. and Jefferson St. near the old Lincoln School. Parking can be accessed from Jefferson, via a driveway just north of 13th.

Free. FMI: ellencantor@gmail.com

Mt Pisgah Arboretum

Sunday, November 27, 8:30 a.m.-11 a.m.

Fall Bird Walk

Join Julia Siporin and Joni Dawning for another monthly bird walk intended for people with all levels of birding experience. Vocalizations, habitat, and behavior clues will be used for identification of our fall migrant and year-round residents. Come discover the Arboretum's avian diversity. Please bring binoculars. Option to continue the walk until noon for those who are interested. Rain or shine.

Meet at the Arboretum Visitor Center. \$5, members free.

FMI: 541.747.3817 or MountPisgahArboretum.org

The AmazonSmile logo features the word "amazon" in black and "smile" in orange, with a curved orange arrow underneath "amazon" pointing to the right.

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Nexttimeyoushoponlineatamazon.com,firstgotosmile.amazon.com, search for and select Lane County Audubon Society as your chosen nonprofit, and then make your purchase. By doing so, 0.5 percent of the amount of your Amazon purchases will automatically be deposited in LCAS's checking account each quarter at no additional cost to you.

It's that easy. All your other Amazon account settings and shopping preferences will remain the same, but you'll seamlessly be donating to LCAS as you shop! You'll need to begin your shopping each time at the smile.amazon.com URL, but otherwise Amazon's site will look the same.

Thanks to Amazon—and to you—for supporting LCAS in this way.

Nov. Program Meeting

**Exploring the
Elliott State Forest
Conundrum
with Robin Meacher**




**Tuesday, Nov. 22, 7:30 p.m.
Eugene Garden Club
1645 High St., Eugene**



**NATIONAL AUDUBON SOCIETY
LANE COUNTY CHAPTER**

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Bird Walks and Events

Jim Maloney

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Third Saturday Bird Walk

Saturday, November 19, 8 a.m.

Site and leader will be determined by interesting bird sightings posted to OBOL and other pertinent information available before the day of the walk. Details will be posted on the LCAS Facebook page (facebook.com/pages/Lane-County-Audubon-Society/330177413824?ref=hl) and on the website (laneaudubon.org).

All ages and skill levels are welcome. To carpool, meet at 8 a.m. at the South Eugene High School parking lot, corner

of 19th and Patterson. We plan to return by noon. Remember that it's not a good idea to leave valuables or your vehicle registration in your car if you leave it at the lot. A \$3 donation is appreciated to help support Lane County Audubon's activities.

FMI: Jim Maloney at 541.968.9249 or jimgmal@comcast.net.

Christmas Bird Count, January 1

Mark your calendars! Sunday, January 1, 2017, is the date for the 2016 Eugene Christmas Bird Count (ECBC). This will be the 75th ECBC and the 117th National Audubon Society Christmas Bird Count. Since this is a milestone for the ECBC, we are planning to have a small memento for the participants and a big anniversary cake at the chili feed. Dick Lamster is the Coordinator again this year, supported by the Steering Committee of Allison Mickel, Herb Wisner, Dan Gleason, and Barbara Gleason. We will divide our 15-mile diameter Count Circle into 27 areas, each lead by an expert

birder. Watch for more information in the December-January issue of *The Quail* or contact Dick Lamster at 541.343.8664 or at maeveanddick@q.com. This fun and exciting event is open to anyone interested in birds. If you are a beginning birdwatcher and want to learn more, participating in the ECBC with experienced birders is an excellent opportunity. If you are a skilled birdwatcher, we could use your assistance and expertise. If you have participated in the past, we hope you will join us again this year. We have space for everyone.