

The Quail

News from Lane County Audubon Society



From Our President

Maeve Sowles, 541.343.8664, president@laneaudubon.org

More Nature Equals More Happiness



April and springtime are a welcome change from our intense winter weather. Nature and the outdoors beckon with spring plant growth and the arrival of migrating birds. Each morning I open the upstairs window and breathe in the fresh air. I take stock of the weather, watch and listen to the birds for a few minutes, and assess the new day. Connecting with nature is a necessity for my mental and physical health.

Recent studies quoted in Science Daily suggest living in an area with plenty of trees, bushes, and birds—whether in a rural, suburban, or urban neighborhood—can be good for your mental health and well-being. Researchers in Great Britain found that people who can watch birds from their homes have a lower risk for depression, stress, and anxiety than those who live in areas with limited bird activity. The study also showed that people report higher levels of depression and anxiety when they have to spend more time than usual indoors over a given period of time. Specifically, researchers determined that the more birds people could watch, the less stressed they were likely to be. The benefits of bird watching were consistent—even when the researchers controlled for other

factors like household income, age, and other socio-demographic factors. In general, watching birds was shown to help people relax and feel more connected to nature.

In another new book, *The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative*, by Florence Williams, the author proposes, “The more nature, the better you feel.” She reports on the work of researchers on three continents who are exploring the frontiers of nature neuroscience. Some study the response to forest smells, such as aerosols in evergreen forests, that act as mild sedatives while also stimulating respiration. Others study the soundscape, since water sounds and, especially, birdsong have been proven to improve mood and alertness. Nature’s benefits might also be due to something as simple as the fact that natural landscapes are, literally, easy on the eyes. Many of nature’s visual patterns—raindrops hitting a pool of water or the arrangement of leaves—are organized as fractals, and

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Lane County Audubon Society

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laneaudubon.org

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Conservation

Debbie Schlenoff, 541.685.0610, dschlenoff@msn.com

Springfield's LED Street Lights



Photo San Diego County, M. Krosky

As many of you are aware, streetlights can negatively impact the health and welfare of both humans and birds. New streetlights purchased by the city of Springfield seem likely to exacerbate those impacts.

What's the problem?

Impacts on people include:

- Disruption of circadian rhythms. The light, especially the blue light, interferes with the natural production of melatonin, a hormone which regulates our natural daily rhythms. Interference with circadian rhythms causes sleep disruption which, in turn, increases sleepiness and decreases alertness during the day. Research suggests that an increase in certain diseases may be associated with artificial lighting at night.
- Light pollution obstructs our ability to view the night sky. According to the International Dark Sky Association, 4000Kelvin LED lights more than double light pollution.
- LED lights increase glare, constricting the pupils and interfering with our ability to see, especially in the aging eye. This increases the risk of

automobile and pedestrian accidents. Many compare LED light to a car heading toward you with its brights on.

Impacts on birds include:

- Migration: River ways are the most common corridor used by migrating birds. The City of Springfield, with its proximity to two rivers, is important to migratory birds on the Northwest flyway. Even typically diurnal birds, such as songbirds, actually migrate during the night. The birds become disoriented by lights, especially when they shine upward. City lights often attract birds away from their migration path, and since their usual navigation aids are obscured, they have a difficult time finding their way back. Once in the city, they are more vulnerable to harm, where they die by the millions each year from collisions with buildings. Some birds will circle over lighted areas, become fatigued and fall to the ground where they are easy prey for predators.
- Disruption of circadian rhythms. The disruption of circadian rhythms in birds has many of the same effects as in people. In addition, several scientific studies have found additional adverse behavioral and physiological effects. Males near streetlights start singing earlier in the morning; females lay eggs days or weeks earlier than normal. An increase in stress hormones and a decrease in immune function have been documented when birds are exposed to artificial lighting. Birds exposed to LED lights sleep less, wake earlier, and leave nest boxes more often.

Statement from the American Medical Association (AMA):

“Recognizing the detrimental effects of poorly-designed, high-intensity LED lighting, the AMA encourages communities to minimize and control blue-rich environmental lighting by using the lowest emission of blue light possible to reduce glare. The AMA recommends an intensity threshold for optimal LED lighting that minimizes blue-rich light. The AMA also recommends all LED lighting should be properly shielded to minimize glare and detrimental human health and environmental effects, and consideration should be given to utilize the ability of LED lighting to be dimmed for off-peak time periods.”

Recently the City of Springfield installed LED streetlights downtown with plans to install more at a later date. We are not opposed to installation of responsible street lighting in Springfield to create a safe and welcoming area, and to do so in a cost-conscious manner. But we ask that action be taken to decrease known problems associated with LED lights. The city had purchased several of the LED streetlights (most are still in storage) at a bargain price from San Diego. There's a reason those lights were such a bargain. They were no longer suitable under the 2012 San Diego ordinance, which minimizes negative impacts (including glare and urban sky glow) from outdoor light fixtures. People across the nation are demanding that their cities install more friendly lighting, and cities are responding with appropriate ordinances. The Springfield streetlights, which are not shielded, are rated at 4000K, which is above the acceptable level (less than or equal to

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Field Notes: February 2017

Tom and Allison Mickel, 541.485.7112, tamickel@riouasa.com



Brambling.

Brambling, Great Gray Owl, Greater Yellowlegs, Lesser Yellowlegs

The weather was about normal except for the dusting of snow in the valley at the end of the month. Bird-wise it was a pretty normal February, with the early migrants starting to show up. More early migrants should start appearing during March.

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

WATERBIRDS

Cinnamon Teal (2)	Feb 11	Junction City area	SH	A month early; they occasionally winter
Black Scoter (6)	Feb 10	Tokatee Klootchman	JL,JS	Always a good place for this species
Long-tailed Duck	Feb 1	NJSR	CC,GE	Normally one winters at this location
Clark's Grebe (10+)	Feb 10	Siltcoos Lake	JL,JS	Mixed in with large numbers of Westerns
Green Heron	Feb 14	Row River Nature Park	SK	They normally winter at this location

HAWKS TO GULLS

Sandhill Crane (25)	Feb 17	FRR - Royal Ave	LK	Right on time, but west of normal route
Sandhill Crane (22)	Feb 22	Springfield	TR	Right on time
Sandhill Crane (100)	Feb 25	E Springfield	DB	Right on time
Greater Yellowlegs (70)	Feb 11	Junction City area	SH	A very high number for one location
Lesser Yellowlegs (6)	Feb 11	Junction City area	SH	Rare in winter, so an amazing number
Pigeon Guillemot	Feb 28	SJSR	DS	First report for the breeding season

PIGEONS TO FINCHES

Great Gray Owl	Feb 12	Jasper area	fide BN	One was in the area last winter
Rufous Hummingbird	Feb 2	Siltcoos Lake	fide DL	Earliest in 20 years at this location
Northern Shrike	Feb 10	SJSR deflation plain	JL,JS	A normal wintering location
Northern Shrike	Feb	Marcola Rd & 31 St	DA	Seen off & on most of the month
Tree Swallow	Feb 13	Oakridge	MLS	First spring report for the area
Violet-green Swallow (3)	Feb 18	Lone Pine Dr	JS	About a week earlier than normal
Barn Swallow (5)	Feb 25	FRR - Royal Ave	E&WG,ID	Right on time
Orange-crowned Warbler	Feb 18	EWEB - Roosevelt	VT	They winter in small numbers
Orange-crowned Warbler	Feb 18	SW Eugene	PS	They winter in small numbers
Harris's Sparrow	Feb 8	Bond Rd	CA	Last report for this species
Brambling	Feb	Sutton Lake area	m.ob	It was seen throughout the month

BN Bruce Newhouse, CA Cindy Armstrong, CC Carol Carver, DA Donna Albino, DB Deanna Badenoch, DL Dick Lamster, DS Douglas Stotz, E&WG Emma & Wendy Gregory, GE George Exum, ID Isaac Denzer, JL Joshua Little, JS John Sullivan, LK Lucas Knutter, MLS Mary Lee Sayre, m.ob. many observers, PS Pam Sheridan, SH Sally Hill, SK Steve Kaiserman, TR Tim Rodenkirk, VT Vjera Thompson. **Fide** indicates a sighting reported by the listed observer.



Eugene Christmas Bird Count Follow-up

Commemorative Pins

Pins commemorating the 75th Eugene Christmas Bird Count (ECBC) are available free to all participants in any of the past ECBCs, including field counters and home counters. To pick up your free pin, come to one of the LCAS monthly program meetings on April 25th or May 23rd. If you cannot attend one, please let Dick Lamster know, via email or snail mail. Include your name and mailing address, so he can send a pin to you. Contact him at: P.O. Box 5086, Eugene, OR 97405, or maeveanddick@q.com

ECBC History Compilation

The 75-year history of the Eugene Christmas Bird Count (ECBC) is now available on the LCAS website for downloading. Herb Wisner, long-time compiler for the ECBC, has researched piles of old documents and has written an interesting and humorous synopsis of our long-running CBC. Past participants will enjoy reading his article and may be able to answer a few questions he raises. Herb is still researching old records and plans to add more historical information on this topic in future months.

From the President

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the human retina moves in a fractal pattern while taking in a view. Such congruence creates alpha waves in the brains, producing the neural resonance of relaxation.

All of this is true for me. If I'm able to have a walk outside with the dog, work in the garden, walk the river bike path, canoe at Fern Ridge, visit the scenic coast or expanses of eastern Oregon, my outlook on life improves greatly. Over the past few months, I have found this more important than ever! My connection to nature gives me

energy, releases stress, and keeps me breathing deeply to bring in the fresh air. Natural beauty and birds makes me feel joy and a simple pureness I can find nowhere else. Awe, which many people experience in nature, is, according to one study, associated with increased generosity toward other people and a sense of connection to the larger community of life. Maybe this is what we all need to keep our balance in this crazy world. Please get out and get your fix. Nature is waiting!

Conservation

(continued from page 2)

3000K) suggested by most research. One of the problems with this type of light is that, although it appears white to our eyes, it emits a significant amount of light in the blue spectrum. LED lights, especially those that emit strongly in the blue portion of the spectrum, have been shown to cause more glare and be a more powerful disruptor of circadian rhythms than other kinds of lights.

What's the solution?

No matter what municipality you live in, educate decision makers about the negative impacts of high intensity, unshielded LED lights, and insist that they install acceptable lights. Bend, Eugene, and Portland all have protective ordinances.

Monitor your own lights. Turn off unnecessary outside lights (especially floodlights) and be sure they are shielded, directed downwards and away from neighbors. Use lights with the lowest possible Kelvin rating that emit the least amount of light in the blue spectrum. Use window coverings to block light coming from inside the house.

Recommendations for actions on the Springfield lighting project:

Request that, in the future, the city install streetlights that are less than 3000K, are directed to shine only downward, and have proper shielding to prevent glare.

For the lights already in place:

- retrofit with proper shielding to keep light focused downward.
- keep dimmed at all times to less than 3000K output.
- lights out or maximally dimmed, especially during spring and fall migration season, late in the evening when shops have closed but birds are migrating.

Contact the Springfield City Manager and Springfield City Councilors and request these actions.

- City Councilors contact info: springfield-or.gov/council.htm
- City Manager Gino Grimaldi, ggrimaldi@springfield-or.gov, or 541.726.3700

Program Meeting: Tuesday, April 25, 7:30 pm

Program Coordinator: Judy Brown, 541.344.4023, towhee@centurylink.net

New Hikes in Southern Oregon & Northern California with William L. Sullivan

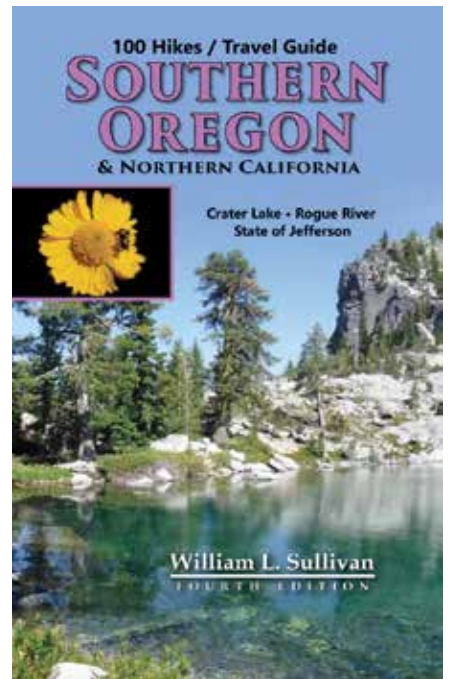


Shadow Lake in the Marble Mountain Wilderness. Photo William L. Sullivan.

Oregon's hiking guru takes us on a slide show tour of new trails he discovered while researching the latest (fourth) edition of his book,

100 Hikes/Travel Guide: Southern Oregon & Northern California. We'll discover hidden lakes in the Trinity Alps, relocated trails at Crater Lake, and wildflower meadows in the Siskiyou. As always, Bill spices his talk with notes on the geology, wildlife, and history.

Bill Sullivan is the author of 18 books about Oregon, including 2 books on Oregon history and 5 novels. New in 2016 is a murder mystery about the Rajneeshees, *The Case of the Reborn Bhagwan*. His journal of a 1,000-mile hike across Oregon, *Listening for Coyote*, was chosen by the Oregon Cultural Heritage Commission as



one of Oregon's "100 Books." He also writes an outdoor column for the *Eugene Register-Guard* and the *Salem Statesman-Journal*.

Have Some Fun—Volunteer!

Lane County Audubon Society is an all-volunteer organization, and our members are very proud of the energy and diverse talents that volunteers bring to our cause—we couldn't do it without them! Volunteering with Lane Audubon is a great way to meet new people, give back to the community, and best of all, have fun!

If you're interested in volunteering for one of the opportunities below, or if you have other ideas about ways you can help, contact Maeve Sowles at 541.343.8664 or president@laneaudubon.org.

Bike Path Cleanup Coordinator

Help us coordinate a twice per year cleanup of our stretch of the West Eugene bike path. Lane County Audubon adopted the west end (about five miles) of West Eugene's Fern Ridge Bike Path. The goal is to help keep Eugene's waterways an inviting habitat for wildlife and a safe and clean area for recreation.



Audubon in the Schools Instructors

The Audubon in the Schools program sends teams of volunteer instructors into the schools to teach third-, fourth-, and fifth-grade students both science and art using bird specimens, feathers, bones, and nests. No teaching experience or artistic talent is required. All you need is an interest in teaching children and a few hours a month. You can check out the program by sitting in on a class. If you would like more information, contact Caryn Stoess, Audubon in the Schools Coordinator, at 541.357.8739 or AITSEugene@gmail.com

Visit our Volunteer page online at laneaudubon.org/support/volunteer

Lane County Audubon Society



The Quail is the newsletter of Lane County Audubon Society, a chartered chapter of National Audubon Society. Local members of National Audubon Society receive a free subscription to *The Quail* but are encouraged to voluntarily join Lane County Audubon Society.

The Quail Subscriptions

Contact Tim Godsil at 541.915.8852 or tgodsil@gmail.com.

The Quail Upcoming Content Deadlines

May-June issue: April 1
 July/August issue: June 3
 Submit material to Karen Irmischer at quailkaren@earthlink.net

Nine issues published per year (Feb., Mar., Apr., May-June, July-Aug., Sept., Oct., Nov., and Dec.-Jan.)

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Lane County Audubon Society 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 fully cover the costs of 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 Audubon 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
- Website: laneaudubon.org

Lane County Audubon Society Yearly Membership

- Individual \$20.....\$ _____
- Students and Seniors (65 and over) \$15
- Family \$25.....\$ _____
- Lifetime Membership \$400.....\$ _____
- I want to do more. Here's my tax-deductible contribution for\$ _____
- Total Enclosed (check payable to Lane County Audubon Society).....\$ _____

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Mailing Address _____

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E-mail _____

- To pay by PayPal, go to laneaudubon.org/support/join
- I am a Current National Audubon member Don't know
- Please contact me regarding
- Gift memberships Lane Audubon's Living Legacy program

- I would prefer to receive the *e-Quail* newsletter by e-mail.
- I would like to receive e-mail alerts about conservation issues.
- I would like to volunteer for Lane County Audubon activities.
- Lane Audubon will not release your personal information to other organizations. We will use it only for Lane County Audubon Society communications.

Mail this form and your payment to: Lane County Audubon Society, P.O. Box 5086, Eugene, OR 97405

Community Calendar and Events

A service to Lane County Audubon Society members

4/16

Mt Pisgah Arboretum

Sunday, April 16, 8 a.m.-11 a.m.
Spring Bird Walk

Julia Siporin and Joni Dawning will guide participants in discovering our avian diversity during this monthly bird walk. The group will use vocalizations, habitat, and behavior clues for identification of spring migrants and year-round residents. People with all levels of birding experience are welcome. 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: 541.741.4110 or
mountpisgaharboretum.org

4/17

Southern Willamette Ornithological Club (SWOC)

Monday, April 17, 7 p.m.

After a discussion of local bird sightings, Barry McKenzie will share photos and insights from his recent bird photography workshop in Peru. Areas covered will extend from Machu Picchu to the steaming jungle, down the Manu Road and up the Rio Madre de Dios.

Location: McNail-Riley house, 601 W 13th Ave., Eugene, at the NW corner of W. 13th Ave. and Jefferson St., by the old Lincoln School. We are allowed to park in the five spaces closest to the M-R house. If these are full, take the west exit from the M-R parking lot onto 13th Ave., then park in the fairgrounds parking lot.

All are welcome to this free monthly birders' gathering.

FMI: ellencantor@gmail.com

4/21-4/23

13th Annual Pacific City Birding and Blues Festival

April 21-23

Enjoy a children's art activity, multiple guided field trips, paddle trips and a live bird-of-prey presentation. Presentations also include noted bird photographer Paul Bannick speaking on owls, Robert Fields on the albatross colony of Midway Atoll, and Peter Pearsall on North American deserts.

FMI or to register: 541.867.4550 or
birdingandblues.org/scheduleofevents

4/23

Mt Pisgah Arboretum

Sunday, April 23, 10 a.m.-noon
Spring Wildflower Walk

April is prime wildflower season at the Arboretum. Join Arboretum Site Assistant and botanist Matt Groberg as we enjoy the diverse mix of species in bloom. Learn the identification and natural history of a number of species. Rain or shine. Meet at the Arboretum Visitor Center. Don't forget your parking pass. \$5, members free.

4/30

Mt Pisgah Arboretum

Sunday, April 30, 10 a.m.-noon
Birds, Blooms, and Bees Walk

Join local ecologists Peg Boulay and Bruce Newhouse in enjoying the vibrant spring life at the Arboretum. Peg and Bruce will identify and talk about flowers and trees, birds and bees, and anything else you please! Rain or shine. Meet at the Arboretum Visitor Center. \$5, members free.

FMI: 541.741.4110 or
mountpisgaharboretum.org



5/13

International Migratory Bird Day

Saturday, May 13

Lane County Audubon Society is planning to sponsor local bilingual (Spanish/English) activities to highlight the importance of recognizing the international lives of many of our seasonal birds, like the Osprey and Wilson's Warbler. The focus will be on engaging young people, but there will be room for all. If you would like to volunteer to help, please mark the date on your calendar. More details will come in the May/June Quail and on the LCAS Facebook page.

Note: For information on the availability of Spanish-language materials from the National Audubon Society, including *Guía de campo* Kaufman a las aves de Norteamérica by Kenn Kaufman, visit audubon.org/news/the-love-birds-knows-no-language.

Vaux's Swift Watch

We can expect the Vaux's swifts to arrive with a warm wind from the south sometime between early April and early May. The timing of the migration has varied recently, with the birds coming through earlier. This makes it hard for humans to know when to have a party to celebrate their arrival!

We are not setting a date yet, but will be monitoring the reports from the chimneys south of us and watching the skies to see when the birds ride in on the wind.

For up-to-date reports, tune into the Lane Audubon Facebook page, check our web site, or call the Lane Audubon phone at 541.485.2473.

Vaux's Happening website for more information about Vaux's Swifts: vauxhappening.org/Vauxs_Happening_Home.html

New Birds of Lane County Checklist now available!

We are happy to announce that the newly revised *Birds of Lane County Checklist* has just been printed. Copies will now be available at our program meetings and other LCAS events, as well as at Wild Birds Unlimited.

Many thanks to co-authors Alan Contreras and Vjera Thompson, with contributions from Tye Jeske, Sean Burns, and Tom Mickel. Lane County Audubon Society and Wild Birds Unlimited covered the costs of the publication.



Check your mailing label. Has
your *Quail* subscription expired?
See page 6 to renew!



Lane County Audubon Society Bird Walks & Events

Jim Maloney, 541.968.9249, jimgm@comcast.com

Third Saturday Bird Walk



Saturday, April 16, 8 a.m.

John Sullivan will lead this walk into the Royal Avenue section of Fern Ridge Wildlife Area. John is a local birder and world traveler.

People may meet to carpool to the location at the usual place at South Eugene High School's east side parking lot. We will leave for the Royal Avenue parking area at 8 a.m., arriving about 8:30. You may also join us there.

Parking in the gravel lot at the end of Royal Avenue requires an ODFW parking permit. Cars with no permit can park along the end of Royal Avenue. When leaving your vehicle at either SEHS or Royal Avenue, it is not

a good idea to leave valuables inside. Bring binoculars.

The walk will happen rain or shine. Depending on recent weather, rubber or waterproof hiking boots might be a good idea. A \$3 donation is requested to help support Lane County Audubon's ongoing educational and conservation activities.

FMI: contact Jim Maloney at 541.968.9249 or jimgm@comcast.net

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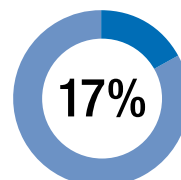
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April Program Meeting

New Hikes in Southern Oregon & Northern California, A slide presentation by William L. Sullivan

Tuesday, April 25, 7:30 p.m.
Eugene Garden Club
1645 High St., Eugene



Join your fellow 17% of Lane County Audubon Society members who help save paper and postage by receiving *The Quail* electronically.

Contact Tim Godsil at tgodsil@gmail.com