



Salem Audubon Society

The Kestrel

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Need to update your mailing address?

Please call or email Salem Audubon at (503) 588-7340 or laurie@salemaudubon.org

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American Kestrel
Photo © Tom Ferron

President's Message

— *Tim Johnson*



Hi all,

Nature Center Update

I'm writing this message on November 15 (the deadline for submitting copy for the December Kestrel). At this point in time, we're still hoping to open the Nature Center trails and grounds to the public in early January. That decision will most likely be made at the next monthly Nature Center partners' management meeting on November 23. Of course, it will depend on how COVID-19 is trending at that time. Fingers crossed. Please check

the Nature Center website for the latest information on that and all things related to the Nature Center — www.ankenhillnaturecenter.org.

When we do finally open the Nature Center gates, we will need some volunteers to help welcome visitors, provide some related information, and answer questions. If that's something you might be willing to do, please contact the Nature Center volunteer coordinators, Pat and Bobbie Allaire at volunteer@ankenhillnaturecenter.org.

The Nature Center partners (the refuge leadership, the Friends of the NWF Complex and Salem Audubon) are exploring some options for funding a full-time Ranger position at the Nature Center. This is a very exciting prospect. It will significantly elevate the level of support we can give to the Nature Center programs and other activities. Stay tuned for news on that.

Salem Christmas Bird Count

The annual big event is scheduled for Saturday, December 18. Mike Unger and I are coordinating the Salem CBC count this year. I am very excited about organizing and participating in this grand event again. I've been participating in the Salem CBC since 2008, and took over its leadership from Glen Lindeman around 2012. The Salem CBC

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President's Message continued

never gets old for me. I bird nearly every day, so it's not the birding part of the CBC I find exciting. It's being involved in such a grand tradition, that has significant consequences for bird research and our understanding of long-term trends. The CBC contributes valuable scientific data to the longest existing records of bird populations. It's very rewarding to be a part of that.

If you'd like to elevate your involvement in the Salem CBC, like I did 10 years ago when I took on some leadership responsibilities, I'd be very happy to have you join the team. Please email me at tim@salemaudubon.org for more information.

Please see the related article in this issue of the Kestrel. It's a fun event. If you haven't been involved before I hope you will give it a try this year. All levels of birding knowledge and experience are welcome.

Supporting Salem Audubon

Most of what we accomplish as a chapter is done through the dedicated, hard work of member volunteers like you. Thank you for all you do to make this chapter so effective at accomplishing our mission of connecting people to nature. We accomplish that mission in so many different ways, be it through our nature education programs, various conservation projects and activities, our field trips, speaker meetings and other public events, at the chapter's wood shop where we build hundreds of nest boxes each year, in our publications like the Kestrel, our habitat restoration work at the Nature Reserve or at the Nature Center, or one of the countless other activities that make our charter function so effectively at achieving our mission.

Another way members help support Salem Audubon is by helping to cover our operating expenses. Our fiscal year began on November 1. We hope to get off on a good financial footing this year by asking our members and friends to consider making an end-of-year contribution. One way to do that is through your required minimum IRA distribution, if you have one. You can realize some significant tax benefits if you distribute some of those funds directly to Salem Audubon. My wife and I will be doing that again this year. I hope you will consider it too. Consult with your tax advisor to see how you can make it work best for you.

Thanks!

Salem Audubon Society Online Birding Webinar for January 2022

Salem Audubon Society (SAS) will be offering the following birding related webinar in December. All webinars are one hour in length. You must register in advance to attend any of the webinars. Mike Unger is the instructor for the webinars. Check the SAS website, Facebook Events tab, or future Kestrels for further information on these webinars.

Winter Raptors in the Willamette Valley (\$10) – Sunday, January 9, 2022 at 1:30 PM – This webinar will help participants learn about winter raptors that call the Willamette Valley home. The raptors discussed include hawks, eagles, falcons, and harriers. The webinar will highlight the best sites in the area to look for these raptors and offer participants tips for identifying these birds of prey. Participants will learn how to distinguish a red-tailed hawk from a red-shouldered hawk and find out how fast falcons can fly. In this webinar participants will learn how to ID raptors by sight and sound.

Registration Link: https://us02web.zoom.us/webinar/register/WN_IT7uKEB3SZCX6nYrUHxWJQ

NOTE: You must register in advance for these webinars. The registration links shown above are also on SAS's website, salemaudubon.org, under "Upcoming Events."

For more information or if you have any difficulty with registration, please email Mike at salemaudubonsociety@gmail.com.

Upcoming Zoom to Sustainability events sponsored by Salem Environmental Education (visit <https://salemee.org>)

Wednesday, February 9, 2022: City of Salem's Climate Change Plan – Patricia Ferrell (City of Salem)

Wednesday, April 13, 2022: Oak Tree Rings and Climate Change – Karen Arabas (Willamette University)

Upcoming Field Trips

— *compiled by Cynthia Donald*

As COVID-19 continues to mutate and toy with everyday life in ways we never imagined, Salem Audubon is reluctant to resume what for years has been our regular fall field trip schedule. We are only offering two field trips in December, and none in November. If hospitalization rates continue to trend downward, we are hopeful that State restrictions will lessen so we can schedule more trips beginning in 2022. Please continue to stay safe and well! Here's the scoop on the December field trips.

Saturday, December 4, 2021 – Baskett Slough National Wildlife Refuge

Leader: Harry Fuller (971)312-1735

Established in 1965 as part of the Willamette Valley NWR Complex, Baskett Slough is primarily managed to provide wintering habitat for the Dusky Canada Goose, a subspecies of Canada Goose with very limited summer and winter ranges. This refuge also provides wetland and woodland sanctuary for migrant and resident wildlife, including Fender's Blue Butterfly, once thought extinct but rediscovered here! Meet at the Rich Guadagno Trailhead parking area, just off Coville Road, near the center of the refuge. We will look for waterfowl and waders in Taverner and Cackler marshes, watch for raptors which frequent the area in all seasons. On our way back to town, we will drive along Livermore Road looking for Horned Lark, sparrows and other fall/winter migrants.

Meet at the Rich Guadagno Trailhead Parking Lot on Coville Road at 9:30 AM. Restroom and picnic facilities are available. Bring water, binoculars, a snack and dress for the weather. Trails may be uneven so please use appropriate footwear. We will finish around noon.

Directions: From Salem, take Hwy 22 west to 99W. Proceed north to Coville Road and turn west (left). Continue to the trailhead which will be on your right. Restroom and picnic facilities are available.

NOTE: All participants must be fully vaccinated to participate in the bird walk. You are considered fully vaccinated two-weeks after your second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or two-weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine. In addition, we will be following all the CDC and state COVID-19 guidelines in effect at the time of the walk.

Wednesday, December 15, 8:00 AM – Minto-Brown Island Park

Leader: Mike Unger (503) 930-8998

This is the first of three winter months for bird census, and it is the signature time for the Christmas Bird Count. This specific date and Minto-Brown Field Trip is a day of effort to canvas the species just prior to the Count Day, this year to be held on Saturday, December 18. Minto-Brown is the #4 Sector of our Salem Audubon Circle, which has 10 Sectors in and around Salem with the State Capitol as the center. This Field Trip date begins what is termed as Count Week, which is a window of time lasting through the following Tuesday. It is an important event, as it begins the census identification of species present in the winter months and relevant for the defined Salem Circle of the Salem Christmas Count. It is a snapshot of population, weather, and habitat that birds are seeking, and a time for teams to count each bird. It is important because Minto-Brown is an area of 1200 plus acres substantially in Sector 4 that is usually accessible. The access, and the number of loops to be covered, make it a remarkable park for birders. Plan to join this field trip for the opportunity to count our feathered friends for the upcoming Count. Expect a wide variety of resident and wintering migrant species.

Meet at 8:00 AM at parking lot #3 (the last parking lot in the park). Dress for the weather and bring snacks and water to keep energized. Wear appropriate footwear for uneven trails and plan for considerable walking. We will plan to finish by Noon.

NOTE: All participants must be fully vaccinated to participate in the bird walk. You are considered fully vaccinated two-weeks after your second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or two-weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine. In addition, we will be following all the CDC and state COVID-19 guidelines in effect at the time of the walk.

Birder's Night - Tuesday, December 14, 2021 at 6:30 PM

Southern France: Camargue and the Pyrenees

— *Cynthia Donald*

From August 28 to September 10, 2013 Cynthia was fortunate to travel to southern France and the Pyrenees in a part of Europe she had not visited before. Starting in the lovely old city of Montpellier, which she explored for three days before the “official birding trip”, the group traveled east to the Camargue, and a bit further east to the Crau Steppe before turning west and heading up into the Pyrenees.



Cynthia will take us on a brief cultural and naturalist tour of this lovely part of the world. This is the first time Salem Audubon has offered a program in this beautiful part of the world so join us and learn more about this stunning area.

Cynthia studied at the University of Illinois, Arizona State University, and the University of Arizona where she received a BLA (Bachelor of Landscape Architecture). Although a registered Landscape Architect in Arizona and New Mexico, she rarely practiced that art in the traditional sense, preferring to concentrate on land planning and the legal issues involving land development. Cynthia has been involved in numerous boards of directors, with homeowner associations, professional business associations and volunteer organizations such as Audubon chapters. Cynthia is the Field Trip chairperson and coordinator for Salem Audubon. She also is currently serving on the Board of the Friends of the Willamette Valley Refuges and active in planning for the new Ankeny Hill Nature Center.

A long time love affair with nature led to interests in ecology, birding, hiking, travel, and exploration of different cultures. Having lived in Germany, Arizona, Illinois, Kansas, Tennessee, Virginia and now Oregon, she relishes new experiences and meeting new friends. Cynthia currently lives in South Salem with seven parrots and is landscaping her yard with native plants to benefit wildlife and birds.

How to Join our ZOOM Webinar

1. As a participant, you do not need any special software or hardware. Participants will not require a microphone or camera. You will not need special ZOOM software.
2. All participants will need to “Pre-Register” in advance of the event by clicking on a link which will be provided in the Kestrel, on the Salem Audubon website, and on the SAS Facebook page. The link for pre-registering for the November’s Birder’s Night is: https://us02web.zoom.us/webinar/register/WN_RsM5FvaKTsCCUQAoYM_itg
3. Once registered, you will immediately receive a confirmation email which will include the link to use to join the meeting. You will receive a reminder email on the day of the program. At the start time for the program (or a few minutes before), you can click on the meeting link using a PC, Mac, or smart device to enter the Zoom session. It’s that easy.
4. No special software or equipment is needed. Viewers will not need a camera or microphone. Communications from viewers to the Master of Ceremonies, Tim Johnson, will be through the “Chat” function: You will find the “chat button” on your computer screen, click on it, and then type in your question/comment, whether it be a technical problem you are having or a question for the speaker during the Q&A at the end of the talk. Tim will dispense advice on technical problems through “Chat” during the program. He will read the submitted questions to the presenter at the end of the program.
5. For any technical questions, please email Tim Johnson, tim.the.fisherman@gmail.com. For other questions, email Harry Fuller, Chair, Birder’s Night Committee, atowhee@gmail.com.

Mark Your Calendar: Salem Christmas Bird Count - Saturday, December 18, 2021

— Co-compiled by *Tim Johnson and Mike Unger*

The Salem Christmas Bird Count (Salem CBC) takes place on Saturday, December 18. The Salem CBC area is a 15-mile diameter circle centered roughly at the Oregon state capitol building. There are about 2,500 count circles throughout the Americas and 54 in Oregon. This will be the 59th consecutive count for Salem.

Information from the annual counts improves our understanding of the long-term trends of bird populations and the effects of climate change. More information can be found about the CBC at

<https://www.audubon.org/conservation/science/christmas-bird-count>.

The Salem CBC's goal is to count all the birds in the circle without counting any bird twice, to the extent possible. We attempt to accomplish this by having as many feeder counts and field teams as possible, organized for thorough coverage of as much of the circle as possible, without duplication. Last year we had 39 feeder counts and 55 field participants on 33 teams. We recorded 106 bird species and 43,047 individual birds which was 5.7% more individual birds than in 2019. We were effective despite the limitation of the pandemic

You can participate in the Salem CBC in a couple of ways:

- Count birds at your feeder on December 18

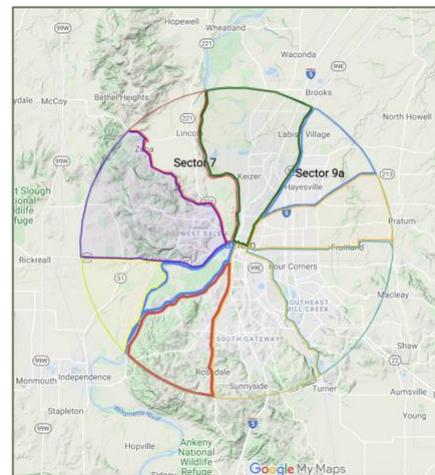
Your feeders must be inside the Salem CBC circle. You can spend as much time as you have. You can include your yard birds or birds that fly over your yard in the day's count. To participate, please send Tim an email with your name, phone number, and physical address of your property. He will respond with a form for recording the birds you see. The form includes the count protocol. If you submitted a feeder count last year, you will automatically receive a form for this year's count.

- Participate on a field team

Field teams cover assigned areas inside the Salem CBC circle. That area can be a nearby park, a favorite birding hotspot, a usual walking route. The possibilities are endless if it's not an area already being covered by another team. You will work with Tim or one of the sector leaders to ensure that your area is unique. You will be provided with a form to record your team members' information, your team's bird observations and team effort metrics (distance and time spent birding). A team can consist of one or several people.

The continuing coronavirus pandemic is dictating how the Salem CBC will be conducted again this year, particularly how the field teams will be organized. They need to comply with the Governor's COVID-19 guidelines at the time of the count. At the writing of this article, wearing masks and maintaining social distancing of at least six feet is a requirement.

We hope you can join us this year for the December 18 count. Please contact Tim with questions at tim@salemaudubon.org or (503) 507-8552.



For a scalable version of the CBC map, please visit salemaudubon.org



Anna's Hummingbird, photo © Jim Leonard

Birdie, It's Cold Outside

— *Harry Fuller*

This season you might, from your home, your vehicle, even a sleeping bag, look outside and wonder—how can they survive? Birds are small, with higher body temperatures than ours, bare feet, bare beak, forced to eat outside. How can they stand the cold?

We know penguins, great gray and snowy owls, ravens weather cold that sends most people indoors. Two champions of cold are geese. Andean geese live above 10,000 feet elevation. In Asia Bar-headed geese migrate from Mongolia to India and back, annually. Not a long flight, but it's over the Himalayas. These birds have been seen flying over 20,000 feet above sea level. There it's below freezing and the oxygen level is a fraction of what is at sea level. These birds are working hard, wings flapping. Research shows the geese have crucial biochemical adaptations so they do the near impossible.

Here in the Willamette many small birds huddle together at night, in roost cavities kindly provided by the local woodpeckers. Inside they share body heat—bushtits, nuthatches, downy woodpeckers.

The Anna's hummingbird is marvelous in several ways—long beak and longer tongue, flying in any direction like a helicopter, iridescent feathers. But the Anna's behavior in cold weather (below 40 degrees) may be its supreme accomplishment. The hummer goes into a cavity (thanks again to woodpeckers) and then turns down the thermostat. In action this bird has a body temp of 100 degrees Fahrenheit or more. On a cold night it may drop fifty degrees, metabolism slows to survival level, energy use minimized. When it warms up outside the bird cranks up the burners and gets back into action.

Feathers are fine insulation. Duck and goose down are the most efficient insulation known, natural or artificial. Birds spend at least 10% of their waking hours in feather maintenance. Birds' lungs are more efficient than ours, delivering more oxygen than ours can. They have relatively larger hearts than ours, warm blood moving faster around the body. Birds eat and metabolize enormous amounts of food compared to mammals. They can lose a tenth of their body-weight over a single night.

Cold feet? Some birds do get very cold feet: the surface temperature of their toes may be barely above freezing while the bird has a body temperature above 100°. No frostbite because there's little fluid in their feet which are mostly tendons and bones.

Birds also have a heat exchange process in their legs and feet. Blood vessels going to and from the feet are close together. Blood flowing back to the body is warmed by blood flowing to the feet. We may get cold feet looking out at snow, not so the robin or mallard.

Bar-headed Geese: <https://www.audubon.org/news/how-bar-headed-geese-fly-over-himalayas>

Andean Geese: <https://pubmed.ncbi.nlm.nih.gov/28839002/>

Cold feet: <https://www.allaboutbirds.org/news/why-dont-birds-get-cold-feet/>



Save the dates!

Klamath Basin Audubon's

Winter Wings Festival

February 18-20, 2022

3 days of field trips, workshops, & presentations in Klamath Falls, Oregon, for birders & photographers

www.WinterWingsFest.org

Registration opens in Dec. 2021 

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Conservation <i>David Harrison</i>	Chapter Meetings <i>Position Open</i>

SAS Office Information

Laurie Buswell, Administrator
 Office hours by appointment only
 Monday-Tuesday, 8:00A – 4:30P
 Wednesday, 8:00 AM – 12 Noon

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email: laurie@salemaudubon.org
 Website: www.salemaudubon.org

Bird & Wildlife emergency contact:

Chintimini Wildlife Center
 (541) 745-5324
chintiminiwildlife.org

Upcoming Events for 2022

Many birding festivals have made the decision to cancel and/or suspend their events in 2022 due to COVID-19 (coronavirus). Events will be added once announced.

Salem Audubon Society's YouTube Channel

Salem Audubon Society (SAS) YouTube channel will host the Birder's Night presentations as well as some of the birding webinars.

To access the channel, go to [YouTube.com](https://www.youtube.com) and enter "Salem Audubon Society" in the search box then click search icon 🔍. This will bring you to the SAS YouTube channel. You can also subscribe to our YouTube channel by clicking on the "Subscribe" button on the page. Once you subscribe to our channel, any new videos it publishes will show up in your Subscriptions feed.

For more information or any questions about our YouTube channel, please email Mike at salemaudubonsociety@gmail.com.

Audubon Reserve Work Parties Every Wednesday 9:00 – 11:00 AM

Plant and nurture native trees and shrubs.
 Attack invasives and help keep our Reserve looking great.
 Maintain trails. Eliminate litter.
 BYO work gloves; tools provided or bring your favorites.

FREE! No background check required! On-the-job training!
 Possibilities for advancement!

Coffee and conversation after at Urban Grange, on Edgewater St.

Call Lee Slattum, (503) 364-9325, with any questions.

Audubon Nature Reserve
 Eola Drive, off Edgewater, in West Salem
<http://www.salemaudubon.org/salem-audubon-nature-reserve.html>

See our Facebook Page at
www.facebook.com/Audubon-Nature-Reserve-1636890073202471



Salem Audubon Society

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Connecting people with birds + nature

Upcoming Events & Trips



Mark your
calendar!

Field Trips

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Online Birding Webinars

Sunday, January 9 at 1:30 PM
Winter Raptors in the Willamette Valley
See the link on page 2 to register

Birder's Night Webinar

Tuesday, December 14 at 6:30 PM
See the link on page 4 to register
and for the instructions to join the webinar

Salem Christmas Bird Count

Saturday, December 18
See page 5 for information

Membership Form

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Email*

**Required for E-Kestrel Membership*

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- \$35 E-Kestrel Edition

Family Membership

- \$58 Print Edition
- \$50 E-Kestrel Edition

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