



San Bernardino Valley Audubon Society

WESTERN MEADOWLARK

Volume 58 — Number 6
July/August 2008

Arctic National Wildlife Refuge: An Irreplaceable Treasure



Called "America's Serengeti" for its tremendous biological productivity and diversity, the coastal plain of Arctic National Wildlife Refuge is one of the most intact and untouched ecosystems in America. The refuge is home to 42 mammal species, including more than 120,000 head of caribou; 36 species of fish, and over 195 species of birds. Many of these birds migrate to and from all fifty states and from six continents to feed and reproduce, taking full advantage of the burst of biological growth which blossoms here in the long days of the Arctic summer.

The refuge was established in 1960 under President Dwight Eisenhower, and while much of Alaska remains open to oil and gas drilling, oil and gas interests continue to lobby hard to drill there. In recent years, the special interests have persuaded their supporters in Congress to force several votes to allow energy extraction in the coastal plain of the Arctic Refuge, putting at risk the incredible array of wildlife that rely on the refuge for their survival. While they have gotten close, conservation groups like Audubon have held firm and helped prevent this pro-drilling legislation from moving forward in Congress.

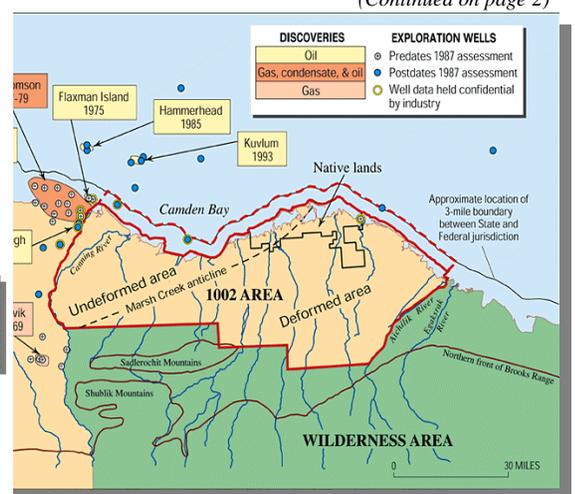
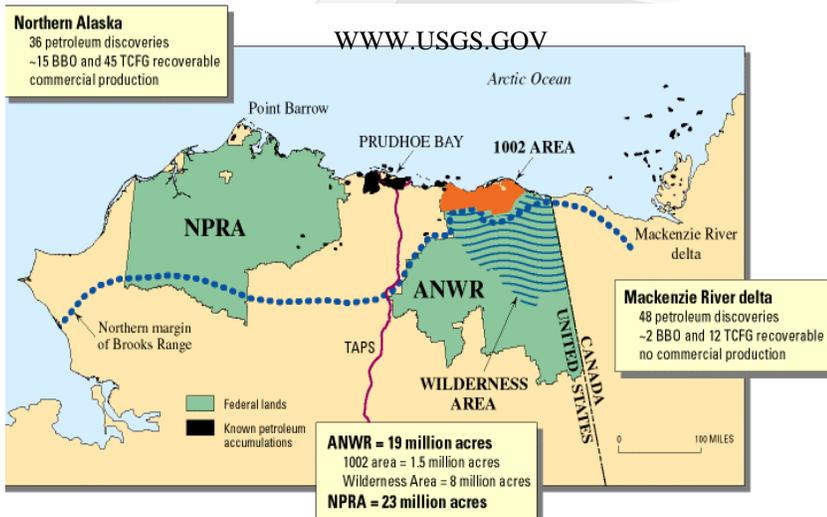
BELOW IS THE BIRD LIST FROM THE ARCTIC NATIONAL WILDLIFE REFUGE TO USFWS SHOWING THE VAST NUMBER OF BIRDS THAT HAVE BEEN COUNTED IN THE AREA

arctic.fws.gov/1002man.htm -

GEESE, SWANS, DUCKS- **Greater White-fronted Goose** – Common spring/fall migrant and uncommon breeder on coastal plain. Rare migrant in Brooks Range. Common spring migrant on south side.- **Snow Goose** – Common spring migrant, rare summer visitor and abundant fall migrant on coastal plain. Uncommon spring migrant on south side.- **Ross's Goose** – Casual spring migrant on coastal plain. Hypothetical fall migrant (*).- **Brant** – Uncommon breeder and common migrant to coast.- **Cackling Goose** (formerly a subspecies of Canada Goose) – Common breeder and migrant on coastal plain.- **Canada Goose** – Uncommon breeder on south side. Rare migrant in Brooks Range.- **Trumpeter Swan** – Casual breeder and visitor on coastal plain. Uncommon on south side, where it may breed (*). - **Tundra Swan** – Common breeder on coastal plain. Uncommon migrant on south side.- **Gadwall** – Casual visitor on coastal plain.- **Eurasian Wigeon** – Casual visitor on coastal plain.- **American Wigeon** – Uncommon migrant on coastal plain. Uncommon in Brooks Range, where it may breed (*). Common breeder on south side. - **Mallard** – Rare breeder on inland coastal plain. Uncommon elsewhere on coastal plain, in Brooks Range and on south side.- **Northern Shoveler** – Uncommon visitor on coastal plain and south side. May breed in these areas (*). Rare visitor in Brooks Range.- **Northern Pintail** – Common breeder and migrant on coastal plain and on south side. Rare visitor in Brooks Range. - **Green-winged Teal** – Uncommon breeder on inland coastal plain and in Brooks Range. Common visitor on south side.- **Lesser Scaup** – Rare breeder and visitor on inland areas of coastal plain. Uncommon breeder in Brooks Range. Common summer resident on south side, where it likely breeds (*).- **Steller's Eider** – Rare visitor along coast.- **Spectacled Eider** – Rare breeder and uncommon visitor along coast.- **King Eider** – Fairly common breeder and uncommon migrant along coast.- **Common Eider** – Common breeder on coastal islands. Common migrant along coast.- **Harlequin Duck** – Rare breeder on inland coastal plain. Uncommon breeder in Brooks Range. Rare visitor on south side. - **Surf Scoter** – Uncommon migrant along coast. Uncommon on the inland coastal plain and south side. May breed in both areas (*).- **White-winged Scoter** – Rare on inland lakes of coastal plain. Common migrant along coast. Rare visitor in Brooks Range. Common visitor on south side. May breed in all areas (*). - **Black Scoter** – Uncommon migrant along coast.- **Long-tailed Duck** – Common breeder on coastal plain. Abundant fall migrant along coast. Uncommon in Brooks Range, where it may breed (*). Common visitor and uncommon breeder on south side. - **Bufflehead** – Rare visitor to Brooks Range and south side.- **Common Goldeneye** – Rare visitor to all areas. May breed on south side (*).- **Barrow's Goldeneye** – Casual visitor on south side.- **Smew** – Accidental visitor on coastal plain.- **Common Merganser** – Casual visitor on inland coastal plain and in Brooks



(Continued on page 2)



Range. Uncommon visitor on south side. - **Violet-green Swallow** – Casual visitor on coastal plain. Uncommon breeder in Brooks Range and on south side. - **Bank Swallow** – Casual visitor on coastal plain. Uncommon in Brooks Range and on south side, where it may breed (*). - **Cliff Swallow** – Rare visitor on coastal plain, where it may breed (*). Fairly common breeder in Brooks Range and on south side. - **Barn Swallow** – Casual visitor on coastal plain. **CHICKADEES - Black-capped Chickadee** – Uncommon permanent resident on south side. - **Boreal Chickadee** – Rare visitor in Brooks Range. Uncommon permanent resident on south side. - **Gray-headed Chickadee** – Uncommon permanent resident in Brooks Range and on south side. **NUTHATCHES - Red-breasted Nuthatch** – Casual visitor on south side. **DIPPERS- American Dipper** – Uncommon permanent resident throughout Refuge, except along coast. **KINGLETS, OLD WORLD WARBLERS, AND THRUSHES - Ruby-crowned Kinglet** – Uncommon visitor in Brooks Range. Common breeder on south side. - **Arctic Warbler** – Rare in Brooks Range, where it may breed (*). Uncommon breeder on south side. - **Bluethroat** – Rare breeder on inland coastal plain. Rare visitor in Brooks Range. - **Northern Wheatear** – Rare visitor on coastal plain. Uncommon breeder in Brooks Range. - **Townsend's Solitaire** – Uncommon visitor in Brooks Range. Uncommon on south side, where it may breed (*). - **Gray-cheeked Thrush** – Rare visitor on coastal plain and in Brooks Range. Common breeder on south side. - **Swainson's Thrush** – Common breeder on south side. - **Hermit Thrush** – Accidental visitor on coastal plain. Uncommon on south side, where it may breed (*). - **American Robin** – Rare visitor to coast. Uncommon breeder on inland coastal plain. Common breeder in Brooks Range. Abundant breeder on south side. - **Varied Thrush** – Casual visitor on coastal plain and in Brooks Range. Common breeder on south side. **WAGTAILS, PIPITS- Eastern Yellow Wagtail** – Fairly common breeder on coastal plain. Rare visitor on south side. - **American Pipit** – Rare breeder and uncommon fall migrant on coastal plain. Abundant breeder in Brooks Range. **WAXWINGS- Bohemian Waxwing** – Casual visitor in Brooks Range. Fairly common summer resident on south side, where it may breed (*). - **Cedar Waxwing** – Accidental visitor on coastal plain. **WOOD WARBLERS, SPARROWS, BUNTINGS, BLACKBIRDS- Orange-crowned Warbler** – Casual visitor on coastal plain. Fairly common breeder on south side. - **Yellow Warbler** – Rare visitor to coast. Rare breeder on inland coastal plain. Uncommon breeder in Brooks Range. Fairly common breeder on south side. - **Yellow-rumped Warbler** – Casual visitor on coastal plain. Uncommon in Brooks Range. Common breeder on south side. - **Blackpoll Warbler** – Uncommon on south side, where it may breed (*). - **Northern Waterthrush** – Casual visitor on coastal plain. Uncommon on south side, where it may breed (*). - **Wilson's Warbler** – Rare visitor on coastal plain and in Brooks Range. Uncommon breeder on south side. - **Western Tanager** – Accidental visitor in Brooks Range. - **American Tree Sparrow** – Rare visitor to coast. Common breeder on inland coastal plain. Abundant breeder in Brooks Range and on south side. - **Chipping Sparrow** – Casual visitor on coastal plain. - **Clay-colored Sparrow** – Accidental visitor on coastal plain. - **Savannah Sparrow** – Common breeder on coastal plain, in Brooks Range and on south side. - **Fox Sparrow** – Rare visitor to coast. Rare breeder on inland coastal plain. Common breeder in Brooks Range and on south side. - **Lincoln's Sparrow** – Rare visitor on south side. - **White-throated Sparrow** – Casual visitor on coastal plain. - **White-crowned Sparrow** – Rare visitor along coast. Uncommon breeder on inland coastal plain. Common breeder in Brooks Range. Abundant breeder on south side. - **Golden-crowned Sparrow** – Rare in Brooks Range, where it may breed (*). Uncommon breeder on south side. - **Dark-eyed Junco** – Rare visitor on coastal plain and in Brooks Range. Abundant breeder on south side. - **Lapland Longspur** – Abundant breeder on coastal plain and in Brooks Range. Uncommon migrant on south side. - **Smith's Longspur** – Rare visitor on coastal plain. Fairly common breeder in Brooks Range and on south side. - **Snow Bunting** – Common breeder along coast and in Brooks Range. - **Red-winged Blackbird** – Casual visitor on coastal plain and in Brooks Range. - **Rusty Blackbird** – Casual visitor on coastal plain. Rare visitor in Brooks Range. Uncommon breeder on south side. - **Brown-headed Cowbird** – Casual visitor on coastal plain. **FINCHES- Gray-crowned Rosy-finch** – Fairly common breeder in Brooks Range. Uncommon summer resident on south side, where it may breed (*). - **Pine Grosbeak** – Uncommon permanent resident on south side, where it may breed (*). - **White-winged Crossbill** – Common permanent resident on south side. - **Common Redpoll** – Common breeder on coastal plain, in Brooks Range and on south side. Permanent resident on south side. - **Hoary Redpoll** – Common breeder on coastal plain, in Brooks Range and on south side. - **Pine Siskin** – Casual visitor on coastal plain. Rare visitor on south side. **COOTS, RAILS- American Coot** – Rare visitor on south side. **CRANES- Sandhill Crane** – Rare breeder and uncommon summer resident on coastal plain. Rare visitor in Brooks Range. Uncommon on south side, where it may breed (*). **SHOREBIRDS- Black-bellied Plover** – Rare breeder and migrant on coastal plain. Fairly common fall migrant along coast. Rare visitor in Brooks Range. - **American Golden-Plover** – Common breeder on coastal plain and in Brooks Range. Rare visitor on south side. - **Semipalmated Plover** – Uncommon breeder on coastal islands. Fairly common breeder on inland coastal plain. Rare visitor elsewhere on coastal plain. Common breeder in Brooks Range and on south side. - **Killdeer** – Casual visitor on coastal plain. - **Eurasian Dotterel** – Casual visitor on coastal plain. - **Lesser Yellowlegs** – Casual visitor along coast. Uncommon in Brooks Range, where it may breed (*). Common breeder on south side. - **Solitary Sandpiper** – Rare in Brooks Range, where it may breed (*). Uncommon breeder on south side. - **Wandering Tattler** – Uncommon breeder on inland coastal plain. Common breeder in Brooks Range. Fairly common breeder on south side. - **Spotted Sandpiper** – Uncommon breeder on inland coastal plain. Common breeder in Brooks Range and on south side. - **Upland Sandpiper** – Fairly common breeder on inland coastal plain, Brooks Range and on south side. - **Whimbrel** – Uncommon visitor to coast and in Brooks Range. Rare breeder on inland coastal plain. Rare visitor and breeder on south side. - **Black-tailed Godwit** – Accidental visitor to coast. - **Hudsonian Godwit** – Casual visitor on coastal plain. Uncommon on coastal plain, where it may breed (*). - **Ruddy Turnstone** – Fairly common breeder on coast and uncommon breeder on inland coastal plain. Rare visitor in Brooks Range. - **Surfbird** – Rare breeder in Brooks Range. - **Red Knot** – Rare migrant along coast. - **Sanderling** – Rare breeder on coastal plain. Rare spring and uncommon fall migrant along coast. Casual visitor on south side. - **Semipalmated Sandpiper** – Abundant breeder in coastal areas and common breeder on inland coastal plain. Common fall migrant along coast. Rare visitor in Brooks Range and on south side. - **Western Sandpiper** – Rare on coastal plain, where it may breed (*). Uncommon fall migrant along coast. - **Red-necked Stint** – Casual visitor on coast. - **Least Sandpiper** – Rare visitor on coastal plain. Uncommon breeder in Brooks Range. Common breeder on south side. - **White-rumped Sandpiper** – Rare breeder and spring migrant, and uncommon fall migrant, on coastal plain. Casual visitor on south side. - **Baird's Sandpiper** – Uncommon breeder on coastal plain and in Brooks Range. Common migrant on south side. - **Pectoral Sandpiper** – Abundant breeder on coastal plain. Abundant fall migrant along coast. Fairly common migrant in Brooks Range and on south side. - **Sharp-tailed Sandpiper** – Casual migrant on coast. - **Dunlin** – Uncommon breeder and fall migrant along coast. Rare migrant on south side. - **Stilt Sandpiper** – Uncommon breeder and fall migrant on coastal plain. - **Buff-breasted Sandpiper** – Uncommon breeder and migrant on coastal plain. - **Ruff** – Casual visitor on coastal plain. - **Long-billed Dowitcher** – Uncommon breeder and fairly common summer visitor on coastal plain. Common fall migrant along coast. Uncommon migrant on south side. - **Wilson's Snipe** – Rare visitor on coastal plain. Fairly common in Brooks Range. May breed in both these areas (*). Common breeder on south side. - **Wilson's Phalarope** – Accidental visitor on coastal plain. - **Red-necked Phalarope** – Common breeder on coastal plain and south side. Common to abundant fall migrant along coast. Uncommon breeder in Brooks Range. - **Red Phalarope** – Fairly common breeder in coastal areas, east to Jago Delta. Uncommon elsewhere on coastal plain. Uncommon fall migrant along coast. **JAEGERS, GULLS, TERNS- Pomarine Jaeger** – Common spring migrant, summer visitor, and occasional common breeder on coast. Breeding occurs in years of high lemming populations. Common migrant in Brooks Range. - **Parasitic Jaeger** – Common summer resident and uncommon breeder on coastal plain and in Brooks Range. Uncommon migrant on south side, where it may breed (*). - **Long-tailed Jaeger** – Fairly common breeder on inland coastal plain. Common summer resident and rare breeder along coast. Uncommon breeder in Brooks Range. Rare visitor to south side. - **Bonaparte's Gull** – Casual visitor on coastal plain and in Brooks Range. Uncommon visitor on south side, where it may breed (*). - **Mew Gull** – Rare visitor and breeder on coastal plain. Common breeder in Brooks Range and on south side. - **Herring Gull** – Rare migrant and visitor on coastal plain and in Brooks Range. Uncommon breeder on south side. - **Thayer's Gull** – Rare visitor on coastal plain. - **Slaty-backed Gull** – Casual visitor along coast. - **Glaucous-winged Gull** – Casual visitor in Brooks Range. - **Glaucous Gull** – Common breeder and abundant summer resident along coast. Uncommon breeder on inland coastal plain. Common breeder in Brooks Range. - **Sabine's Gull** – Uncommon breeder and migrant along coast. - **Black-legged Kittiwake** – Rare visitor along coast, mostly offshore. - **Ross' Gull** – Rare migrant along coast. - **Ivory Gull** – Rare migrant along coast. - **Arctic Tern** – Uncommon breeder on coast. Rare breeder on inland coastal plain. Common summer resident on coastal plain and Brooks Range (breeding not documented). Uncommon visitor on south side. **ALCIDS- Thick-billed Murre** – Rare migrant along coast. - **Black Guillemot** – Uncommon summer resident and rare breeder along coast. - **Least Auklet** – Casual visitor along coast. - **Horned Puffin** – Rare visitor along coast. **OWLS- Great Horned Owl** – Uncommon permanent resident on south side, where it may breed (*). - **Snowy Owl** – Annual populations vary. Uncommon to common permanent resident and occasional rare breeder on coastal plain. Breeding occurs in years of high lemming populations. Rare visitor in Brooks Range. - **Northern Hawk-Owl** – Uncommon perma-

nent resident on south side.- **Great Grey Owl** – Rare permanent resident on south side, where it may breed (*).- **Short-eared Owl** – Uncommon to common breeder on coastal plain. Breeding occurs in years of high lemming populations. Fairly common in Brooks Range. Rare summer visitor on south side, where it may breed (*).- **Boreal Owl** – Uncommon permanent resident on south side, where it may breed (*). **GOATSUCKERS- Common Nighthawk** – Casual visitor on coastal plain. **HUMMINGBIRDS- Ruby-throated Hummingbird** – Accidental visitor in Brooks Range. - **Rufous Hummingbird** – Accidental visitor on coastal plain. **KINGFISHERS- Belted Kingfisher** – Casual visitor on coastal plain. Uncommon summer resident on south side, where it may breed (*). **WOODPECKERS- Downy Woodpecker** – Rare permanent resident on south side, where it may breed (*).- **Hairy Woodpecker** – Rare permanent resident on south side, where it may breed (*).- **American Three-toed Woodpecker** – Uncommon breeder on south side.- **Black-backed Woodpecker** – Rare permanent resident on south side, where it may breed (*).- **Northern Flicker** – Uncommon breeder in Brooks Range and on south side. **TYRANT FLYCATCHERS- Olive-sided Flycatcher** – Uncommon on south side, where it may breed (*).- **Alder Flycatcher** – Common breeder on south side.- **Hammond's Flycatcher** – Accidental visitor on coastal plain. Uncommon on south side, where it may breed (*).- **Eastern Phoebe** – Accidental visitor on coastal plain.- **Say's Phoebe** – Rare visitor on coastal plain. Fairly common breeder in Brooks Range.- **Eastern Kingbird** – Accidental visitor on coastal plain and in Brooks Range. **SHRIKES- Northern Shrike** – Rare visitor on inland coastal plain, where it may breed (*). Fairly common breeder in Brooks Range and on south side. **CORVIDS- Gray Jay** – Casual visitor on coastal plain. Uncommon breeder in Brooks Range. Common permanent resident on south side. - **Common Raven** – Uncommon permanent resident and possible rare breeder (*) on coastal plain. Uncommon permanent resident in Brooks Range and on south side, where it may breed (*). **LARKS- Horned Lark** – Rare breeder inland and visitor elsewhere on coastal plain. Fairly common breeder in Brooks Range. Rare visitor on south side. **SWALLOWS- Tree Swallow** – Casual visitor on coastal plain. Uncommon on south side, where it may breed (*).- **Violet-green Swallow** – Casual visitor on coastal plain. Uncommon breeder in Brooks Range and on south side. - **Bank Swallow** – Casual visitor on coastal plain. Uncommon in Brooks Range and on south side, where it may breed (*). - **Cliff Swallow** – Rare visitor on coastal plain, where it may breed (*). Fairly common breeder in Brooks Range and on south side. - **Barn Swallow** – Casual visitor on coastal plain. **CHICKADEES- Black-capped Chickadee** – Uncommon permanent resident on south side.- **Boreal Chickadee** – Rare visitor in Brooks Range. Uncommon permanent resident on south side. - **Gray-headed Chickadee** – Uncommon permanent resident in Brooks Range and on south side. **NUTHATCHES- Red-breasted Nuthatch** – Casual visitor on south side. **DIPPERS- American Dipper** – Uncommon permanent resident throughout Refuge, except along coast. **KINGLETS, OLD WORLD WARBLERS, AND THRUSHES- Ruby-crowned Kinglet** – Uncommon visitor in Brooks Range. Common breeder on south side.- **Arctic Warbler** – Rare in Brooks Range, where it may breed (*). Uncommon breeder on south side. - **Bluethroat** – Rare breeder on inland coastal plain. Rare visitor in Brooks Range.- **Northern Wheatear** – Rare visitor on coastal plain. Uncommon breeder in Brooks Range. - **Townsend's Solitaire** – Uncommon visitor in Brooks Range. Uncommon on south side, where it may breed (*).- **Gray-cheeked Thrush** – Rare visitor on coastal plain and in Brooks Range. Common breeder on south side. - **Swainson's Thrush** – Common breeder on south side.- **Hermit Thrush** – Accidental visitor on coastal plain. Uncommon on south side, where it may breed (*). - **American Robin** – Rare visitor to coast. Uncommon breeder on inland coastal plain. Common breeder in Brooks Range. Abundant breeder on south side. - **Varied Thrush** – Casual visitor on coastal plain and in Brooks Range. 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Common breeder on south side. - **Blackpoll Warbler** – Uncommon on south side, where it may breed (*).- **Northern Waterthrush** – Casual visitor on coastal plain. Uncommon on south side, where it may breed (*). - **Wilson's Warbler** – Rare visitor on coastal plain and in Brooks Range. Uncommon breeder on south side.- **Western Tanager** – Accidental visitor in Brooks Range.- **American Tree Sparrow** – Rare visitor to coast. Common breeder on inland coastal plain. Abundant breeder in Brooks Range and on south side.- **Chipping Sparrow** – Casual visitor on coastal plain.- **Clay-colored Sparrow** – Accidental visitor on coastal plain.- **Savannah Sparrow** – Common breeder on coastal plain, in Brooks Range and on south side.- **Fox Sparrow** – Rare visitor to coast. Rare breeder on inland coastal plain. Common breeder in Brooks Range and on south side.- **Lincoln's Sparrow** – Rare visitor on south side.- **White-throated Sparrow** – Casual visitor on coastal plain.- **White-crowned Sparrow** – Rare visitor along coast. Uncommon breeder on inland coastal plain. Common breeder in Brooks Range. Abundant breeder on south side. - **Golden-crowned Sparrow** – Rare in Brooks Range, where it may breed (*). Uncommon breeder on south side.- **Dark-eyed Junco** – Rare visitor on coastal plain and in Brooks Range. Abundant breeder on south side. - **Lapland Longspur** – Abundant breeder on coastal plain and in Brooks Range. Uncommon migrant on south side.- **Smith's Longspur** – Rare visitor on coastal plain. Fairly common breeder in Brooks Range and on south side. - **Snow Bunting** – Common breeder along coast and in Brooks Range.- **Red-winged Blackbird** – Casual visitor on coastal plain and in Brooks Range.- **Rusty Blackbird** – Casual visitor on coastal plain. Rare visitor in Brooks Range. Uncommon breeder on south side.- **Brown-headed Cowbird** – Casual visitor on coastal plain. **FINCHES/- Gray-crowned Rosy-finch** – Fairly common breeder in Brooks Range. Uncommon summer resident on south side, where it may breed (*).- **Pine Grosbeak** – Uncommon permanent resident on south side, where it may breed (*).- **White-winged Crossbill** – Common permanent resident on south side.- **Common Redpoll** – Common breeder on coastal plain, in Brooks Range and on south side. Permanent resident on south side.- **Hoary Redpoll** – Common breeder on coastal plain, in Brooks Range and on south side. Permanent resident on south side.- **Pine Siskin** – Casual visitor on coastal plain. Rare visitor on south side

195 bird species have been recorded on the Arctic Refuge. This list describes their status and abundance.

Many birds migrate outside of the Refuge in the winter, so unless otherwise noted the information is for spring, summer or fall.

REGIONS OF THE REFUGE

Coastal Plain – The area between the coast and the Brooks Range. This area is sometimes split in to the **coast** (the lagoons, barrier islands and Beaufort Sea areas) and **inland** (upland areas near the foothills of the Brooks Range). **Brooks Range** – The mountains, valleys, and foothills north and south of the continental divide. **South Side** – The foothills, taiga and boreal forest south of the Brooks Range.

STATUS

Permanent Resident – Present throughout the year and breeds in the area.

Summer Resident – Only present during the period from May to September.

Migrant – Travels through on the way to wintering or breeding areas.

Breeder – Documented as a breeding species.

Visitor – Present as a non-breeding species.

* – Not Documented.

ABUNDANCE

Abundant – Very numerous in suitable habitats.

Common – Very likely to be seen or heard in suitable habitats.

Fairly Common – Numerous but not always present in suitable habitats.

Uncommon – Occurs regularly, but not always observed either because of lower abundance or secretive behaviors.

Rare – Occurs regularly but in very small numbers so not commonly observed.

Casual – Beyond its normal range but irregularly observed.

Accidental – Far from its normal range. Further observations unlikely.

You can help us keep this check list current by sending information of any unusual sightings to Information about species not on the list, or those that have abundance or status listed as not documented, would be especially valuable. A photograph is the best way to document an usual sighting. To help you record bird sightings, daily observation sheets are available on our website at

<<http://arctic.fws.gov/birdobs.htm>>. <arctic_refuge@fws.gov>.

A Field Study of Birds: Fall Biology X405 (2 units)



Photo courtesy
Brian G. Prescott ©

An introduction to the local birds in relation to their communities. Emphasis is placed on identification in the field and museum. Field trips include local mountains and valleys, San Diego Bay, High Desert, Salton Sea and Imperial Valley.

Species almost always seen on field trips: American Kestrel, Brewer's Blackbird, Killdeer, Loggerhead Shrike, Northern Mockingbird, Red-Tailed Hawk, Yellow-

Rumped Warbler, Western Meadowlark

Sometimes seen: American Avocet, American Crow, Black-Necked Stilt, Cinnamon Teal, Common Yellowthroat, Great Egret (pictured right), Greater Yellowlegs, Horned Lark, Long-Billed Dowitcher, Nuttall's Woodpecker, Osprey, Red-Shoulder Hawk, Sharp-Shinned Hawk, Snowy Egret

Rarely seen: American Bittern, Cassin's Kingbird, Common Goldeneye, Hermit Warbler, Lawrence's Goldfinch, Mountain Plover, Nashville Warbler, Pacific Loon, Parasitic Jaeger, Peregrine Falcon, Red-Breasted Nuthatch, Swainson's Thrush, Vaux's Swift, Western Wood-Pewee

Note: This course may be taken twice for credit toward the Specialized Study Program in Field Ornithology. Visitors not permitted. Enrollment is limited.

Elective for Specialized Study Program in Field Ornithology
Vertebrate course for Certificate in Field Ecology

Note: Visitors not permitted. Class meets at San Bernardino County Museum in Redlands for first meeting only. All other dates are field trips. Trip times may vary.

Instructor: Eugene A. Cardiff, B.A., Retired Curator of Natural History, San Bernardino County Museum, Redlands. Cardiff is Extension's longest-standing instructor. He has taught over 100 ornithology classes since 1968.

Credit: 2 units **Date/Time:** Tues., 7:30-9:30 p.m. & Sat., 6:30 a.m.-3:30 p.m. Sept. 16 & 20, Oct. 4 & 18 & Nov. 1 & 15 (6 meeting/s)

Location: SAN BERNARDINO COUNTY MUSEUM, REDLANDS

Text: "A Field Study of Birds of North America," 5th edition, Jon Dunn ISBN: 0792253140

Fee: \$215 / \$195 each for couples and family members / \$175 each with PINE discount

Reg #: 082-SCF-F23



34 Million Friends of the Women of the World

A memoir of Jane Roberts fight for social justice for women through the organization she founded with Lois Abraham, 34 Million Friends.

Our own Jane Roberts who works tirelessly to help the women of the world. Tackling the issues of a rapidly growing world population, now estimated to be over 6.5 billion.. Jane is one of the founding members of SBVAS'S - POPULATION AND HABITAT COMMITTEE

"34 MILLION FRIENDS is wonderful, fresh, readable, interesting, and important." ~Diana Cammack, Ph. D. Research Fellow, Poverty and Public Policy Group of the London based Overseas Development Institute.

> "This is an idea that comes with an address, a place where we can offer aid as well as dissent,

a dollar as well as a message of

CONNECTION TO THE WOMEN OF THE WORLD."

~Ellen Goodman, Dec. 22, 2002, in the Boston Globe

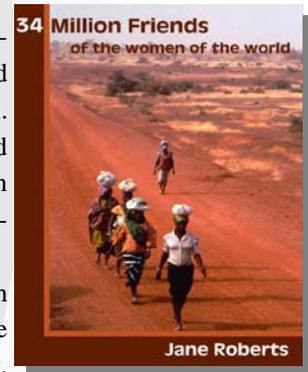
> "Jane Roberts presents a compelling vision" Lesley Vann NY City

> "Jane Roberts believes that to be a good American is to be a good citizen of the world. She tells powerful stories of women in the developing world who suffer because they do not have access to reproductive health services. With her colleague Lois Abraham, she started a grassroots movement to help the United Nations Population Fund address these women's needs." ~ Linda Harrar, Executive Producer, PBS "World in the Balance"

> "Some US groups have made heroic efforts to address maternal health including 34 Million Friends of U.N.F.P.A." ~Nicholas Kristof, March 20, 2004 in the New York Times

> "Your work and your book have touched me.

I doubt that I'm alone." George Richards, Castlegar, British Columbia



www.ladybugbooks.com

\$ 3,858,808.65 TOTAL

as of June 8, 2008

The amount of GIFTS AND PLEDGES for "34 MILLION FRIENDS".

BY MAIL: your \$1 to

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Toms River, NJ 08754

Make check out to: **Americans for UNFPA** (tax deductible)

SUMMER 2008 — Field Trip Schedule
SOUTH FORK KERN RIVER & THE GREENHORN MOUNTAINS
JULY 12-13, 2008

WEEKEND TRIP — SATURDAY-SUNDAY,

of DATES CHANGED! PLEASE NOTE

STEVE MYERS (760) 843-4009

This is a joint trip with the Mojave Desert Bird Club. Meet at 5:00 am at the Victorville Park & Ride at I-15 and Bear Valley Road for carpooling. Exit I-15 at Bear Valley Road, turn left, and left again onto the frontage road (Amargosa Road). The park and ride is another left, almost immediately. We will arrive at the South Fork Kern River Preserve around 7:00 am, and will look for specialties such as the Yellow-billed Cuckoo, Summer Tanager, Brown-crested Flycatcher, and the endangered Southwestern Willow Flycatcher. As the day heats up, we will head up into the relatively cool Greenhorn Mountains. The Greenhorns are at the southern end of the Sierra Nevada, and offer extensive coniferous forests, wet meadows, and spectacular views. We expect to see many of the typical high mountain birds, and the Greenhorns are the southern range limit of birds such as the Pileated Woodpecker, Northern Goshawk, and Winter Wren (note that these are not guaranteed!). On Saturday night we will be camping at a primitive campground (no water or toilets of any kind) in the Greenhorns. This trip can be terrific for both birds and butterflies.

INSANE JAUNT TO THE SALTON SEA

SUNDAY, AUGUST 24, 2008 - 5:30 AM

JOHN GREEN (951) 686-2956

How would you like to see birds like Wood Stork, Stilt Sandpiper, Laughing and Yellow-footed Gulls, Gull-billed and Black Terns, Burrowing Owl, Gila Woodpecker, and Bronzed Cowbird? All those and more may be yours at the mere price of 110 degree average daily highs in the pungent glory and spectacle of the Salton Sea in summertime. With luck, perhaps something like an Anhinga, Tricolored Heron, Roseate Spoonbill, or Magnificent Frigatebird will appear (or is it just the heat?). Highlights on last year's trip included Reddish Egret, Ruff, and Gray Flycatcher.

*******DO NOT COME ON THE TRIP WITHOUT: LOTS OF WATER,*******

a large ice chest, lots of ice, lunch, and snacks, a hat and sunscreen, a working air conditioner, and a full tank of gas (top off in Indio).

Meeting place will be at the Wister Unit of the Imperial Wildlife Area. Going south on Highway 111 along the east shore of the sea, turn right at Davis Road which is signed for the Wister Unit. Proceed to the parking lot on your left. If you reach the town of Niland on Hwy 111 you have gone five miles too far. We'll meet at 5:30 am, just before sunrise to beat the heat as much as we can, and we'll bird until we've had enough. Our route will be determined by where the Wood Storks are and where other birds of interest are being seen. Motels are available in Calipatria, Brawley, and Indio for those wishing to spend Saturday night in the area.

Dave's Famous Buckwheat Pancake Recipe from 2001 Reprint from the meadowlark in 2003

Once again the October's Pancake Breakfast (2003) (*pancake breakfasts are on hiatus*) up at Bearpaw Sanctuary was a great experience, one that we would like to share with even more Audubon members and

their friends. Several people asked me up there for my recipe for Wild Buckwheat Pancakes, which have become a SBVAS tradition. Most of the recipe is in the processing of the buckwheat, which is *Eriogonum fasciculatum*, one of our most common native plants. It is a waist high shrub, covered with white flower clusters in the summer that dry to a warm reddish brown. It decorates our roadsides and hillsides in the fall with their persistent flower heads, still bearing some of their tiny seeds that have been dropping since late summer. It is these flower heads you will be eating, seeds included. Its flavor is, in my

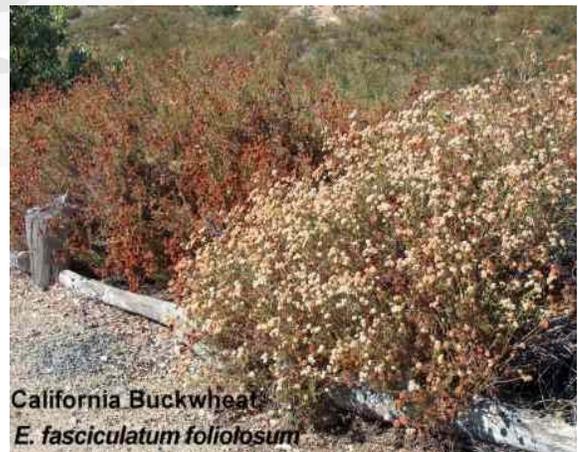


Duskywing on
California Buckwheat

opinion, much better than commercial buckwheat, to which it is only distantly related.*

- ☉ I must start by urging you to MAKE SURE you know you have California Buckwheat. Absolute surety is the first rule of eating any wild plant! Have a botanist friend check it.
- ☉ Look for plants with big, reddish brown, dry flower heads. Scoop the flower heads off, leaving as much stem behind as possible.
- ☉ To clean the buckwheat, pick out the stem pieces and any foreign material, lightly break up the clumps, then rinse through a fine sieve to remove any dust.
- ☉ Put the buckwheat in a bowl or pot, and pour boiling water over it to cover. Let it sit for 30 minutes or so, then pour off the water, squeezing out the excess through the strainer. This is to remove the astringency. (Native Californians not only ate buckwheat, but also used it medicinally as eyewash and a mild astringent.)
- ☉ Spread the buckwheat out in a lasagna pan or similar high-sided sheet pan, and put it in the oven at 250 degrees to dry. This can take a couple of hours, depending on how thick a layer you have. Stir it periodically. (I have also dried it on the stovetop in less time in a skillet, which can toast it a little, but be careful not to burn it.)
- ☉ When it's dry, grind it up. This is quick and easy, as it is very light. A four mill works, as does a blender or a coffee mill. Try not to grind all the texture out of it - it's nice to keep a little "bite" to it.
- ☉ Finally, you're ready to cook with it! Just substitute it for part of the flour in your favorite pancake recipe. It is full-flavored at 1:1 flour: buckwheat, and very good at 3:2 and 2:1.
- ☉ In other words, add as much as you want, but probably not more than half buckwheat.
- ☉ I have settled on the 3:2 ratio as my standard blend.

It has a unique and delicious flavor, worth the effort it takes to process it. Please let me know if you invent any other wild buckwheat recipes, (We have suspended the pancake breakfast for now 2008)



California Buckwheat
E. fasciculatum foliolosum

Dave Goodward is a board member of the San Bernardino Valley Audubon Society and was an outstanding Conservation Chairman. Consequently, SBVAS is in need of a new Conservation Chairman and if you are interested please contact Drew Feldmann. Thank you Dave for your dedication and hard work.

*This is a frequently requested reprint from the Western Meadowlark Newsletter
Reprint from November 2001 & 2003 and now the Summer 2008...ENJOY ✍*

IN THE FIELD
April 20, 2008
By Crispen Rendon

The wind blew in excess of 20 miles per hour for most of the day, chilling the group of 18 birders. Steve Myers led the group in pursuit of as many bird species as they could find. The final count was 90 species, a respectable number. Tiny American Coots and Mallards only a few days old and two Great Horned Owl young (almost full grown) warmed the viewer's heart. The Mojave Narrows field trip on April 20, 2008 was another wonderful day out birding.

The complete list of birds seen follows; Canada Goose, Gadwall, American Wigeon, Mallard, Cinnamon Teal, Northern Shoveler, Green-winged Teal, Ring-necked Duck, Ruddy Duck, California Quail, American White Pelican, Double-crested Cormorant, Great Blue Heron, Great Egret, Cattle Egret, Black-crowned Night-Heron, White-faced Ibis, Osprey, Sharp-shinned Hawk, Cooper's Hawk, Red-tailed Hawk, Virginia Rail, American Coot, Killdeer, Black-necked Stilt, Spotted Sandpiper, Solitary Sandpiper, Least Sandpiper, Rock Pigeon, Mourning Dove, Great Horned Owl, Vaux's Swift, Black-chinned Hummingbird, Anna's Hummingbird, Nuttall's Woodpecker, Northern Flicker, Western Wood-Pewee, Hammond's Flycatcher, Gray Flycatcher, Dusky Flycatcher, Pacific-slope Flycatcher, Black Phoebe, Say's Phoebe, Ash-throated Flycatcher, Western Kingbird, Cassin's Vireo, Warbling Vireo, Common Raven, Tree Swallow, Northern Rough-winged Swallow, Cliff Swallow, Verdin, Bushtit, White-breasted Nuthatch, Cactus Wren, Bewick's Wren, House Wren, Marsh Wren, Blue-gray Gnatcatcher, Western Bluebird, Northern Mockingbird, European Starling, American Pipit, Cedar Waxwing, Phainopepla, Orange-crowned Warbler, Nashville Warbler, Yellow Warbler, Yellow-rumped Warbler, Yellow-rumped Warbler (Myrtle), Yellow-rumped Warbler (Audubon's), Black-throated Gray Warbler, Common Yellowthroat, Wilson's Warbler, Western Tanager, Savannah Sparrow, Song Sparrow, White-crowned Sparrow, Black-headed Grosbeak, Lazuli Bunting, Red-winged Blackbird, Yellow-headed Blackbird, Brewer's Blackbird, Great-tailed Grackle, Brown-headed Cowbird, Bullock's Oriole, House Finch, Lesser Goldfinch, American Goldfinch, House Sparrow.

Field Trip Checklist

Comfortable shoes or hiking boots, hat,
 sunscreen, insect repellent...A good Road Map,
 Full fuel tank, drinking water, snacks and lunch, binoculars and or a scope, field guide
 Come and Enjoy Call Field Trip Leader
 for last minute cancellations,
 questions or changes... ☺

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www.inlandplanet.org

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 or (909)-537-3309 or tbenson@csusb.edu ✍

CALENDAR/FIELD TRIPS

2007-2008

July 12 & 13-Weekend trip

DATE CHANGE

South fork of the Greenhorns with
 Steve Myers

August 24 - Sunday

Insane Jaunt/Salton Sea with
 John Green

VBBW... Very Beginning Bird Walk

SJWA... San Jacinto Wildlife Area

GO TO SBVAS.ORG FOR FIELD TRIP UPDATES...



Bearpaw Ranch is SBVAS's 70 acre nature sanctuary, operated by the San Bernardino Audubon Society and may be visited 7 days a week from dawn 'til dusk by members of Audubon and their guests. Bearpaw Ranch is nestled on the north slope of scenic Mill Creek Canyon at 4,500 feet elevation, surrounded by the towering peaks of the San Bernardino National Forest. To reach Bearpaw Ranch, take Highway 38 to the Forest Falls turnoff. Go only a few car lengths on Valley of the Falls Dr. and look for our small wooden sign on the right. We have a new paved road, the entry is easy for almost all normal passenger cars. There is a electronically operated entry gate. Members who wish to visit the Sanctuary should call ahead for the security code. Access to the code may be had by calling—Bearpaw at (909) 794-0509. Bearpaw Sanctuary, 38801 Valley of the Falls Drive P.O. Box 88; Forest Falls, CA 923396



All meetings in the San Bernardino County Museum 2024 Orange Tree Lane, Redlands
Board Meetings are the 1st Wed.
General meetings are the 3rd Wed.
SBVAS Membership currently at 1,743
 Take the California Street exit off the 10

Everyone is always welcome

SBVAS Calendar

| | | |
|-------------------------------------|------------|-------------------------|
| July 9 | 7:00 | Board Meeting |
| Aug 6 | 5:30 | Fieldtrip Meeting |
|at Marie Calendars in Redlands | | |
| Aug 6 | 7:00 | Board Meeting |

Faster More Colorful Western Meadowlark
 Please email Membership Chair Crispin Rendon at crisrendon@earthlink.net and let him know what you think. Add your photos to our newsletter. Include your name as it appears on you Western Meadowlark newsletter Thanks

*Linda Stitt will be the new editor of the Western Meadowlark starting this fall.
 Linda has some great new ideas and I know that she will do a great job.
 I would like to take the opportunity to thank everyone that I has helped me along my journey as the editor, of the Western Meadowlark, it has been incredible experience. And in closing, please help keep the Arctic National Wildlife Refuge wild. Sincerely, Melissa Culley*

| | |
|---|---|
| <p>National Audubon Society (NAS):</p> <ul style="list-style-type: none"> <input type="checkbox"/> NAS Introductory Membership* \$20 <input type="checkbox"/> NAS Regular Membership* \$35 <input type="checkbox"/> NAS Gift Membership \$20. <input type="checkbox"/> Senior/Student (with id) Membership \$15 <p>Please make check payable to National Audubon Society Includes chapter membership & Meadowlark if in SBVAS area Also includes the National issue of <u>Audubon</u> magazine</p> | <p>San Bernardino Valley Audubon Society (SBVAS):</p> <ul style="list-style-type: none"> <input type="checkbox"/> SBVAS Membership & WESTERN MEADOWLARK only \$16 <input type="checkbox"/> Subscription to WESTERN MEADOWLARK only \$16 <input type="checkbox"/> First class subscription to WESTERN MEADOWLARK \$21.00 <input type="checkbox"/> SBVAS Donation _____ <p>Please make check payable to SBVAS</p> |
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