



# April Newsletter

Next meeting Monday April 14, 2014 – 7:00 p.m.

Grandin Court Baptist Church  
2660 Brambleton Ave SW. Roanoke, VA 24015

Meet In the Old Chapel Room

\*Please note new meeting room just for this meeting!

Celebrating 57  
Years of Birding!  
1957-2014

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**Deadline for May  
Newsletter submissions is  
April 18, 2014.**

Please send photos (in medium  
resolution or smaller) and  
submissions to:

[rvbcnews@cox.net](mailto:rvbcnews@cox.net)

**Hyperlinks** have now been  
added. You can click on the  
underlined link and it should  
take you there!

<http://www.roanokevalleybirdclub.com>

## SONGS OF THE NIGHT

Presented by Jerry Via



Photo by Maureen Eiger

As spring approaches there are many wonderful night sounds which echo across the woodlands and ponds. Often, the sounds go unnoticed or unidentified, since we cannot see the creatures making the sounds. Just like bird calls, these sounds are communication for courtship and territory. This will be a chance to hear the sounds, see pictures of the source of the sounds, and learn some of the biology of singing insects, frogs and nocturnal birds. Get your ears ready for the spring and summer so you can enjoy these friends on your nighttime walks.

Before the meeting please join fellow club members at 5:30 p.m. for dinner at the Brambleton Deli, 3655 Brambleton Ave.

This month's meeting refreshments will be graciously provided by:  
**Candy Andrzejewski and Linda Harrison**

**A Bird Word-** Each month a new word relating to birding will be provided. Can you guess or do you know the meaning of **ABMIGRATION?** Answer is on page 9. Here's a hint- Could be why some people end up seeing an unusual or rare bird in their location.

## Field Trips

Field Trips Chairman, Linda Cory (540) 580- 5214

### April 9<sup>th</sup> - Second Wednesday Walk with Laura Beltran

8:30 a.m. with Laura Beltran (269-569-5791). We will walk around Greenfield Lake in Botetourt County and search for waterfowl and songbirds. The walk will be mostly flat walking for about 1 1/2 miles. Meet at the second dirt parking lot (off of International Parkway) on the right across the road from the lake.

### April 12<sup>th</sup> – Birding and Work Day at Woodpecker Ridge Nature Center,

Saturday, with Barry Kinzie (992-2743) Birding will be on our own from 8am to 8:30 (or 9am) to be followed by a work day. Bring your clippers, pruners and work gloves (and a chain saw if you have one). Teresa will make a giant salad with ham and cheese for those that are still working at noon. Bring a side dish and something to drink if you would like. It should be a good time with good fellowship. Woodpecker Ridge Nature Center is located off State Route 651/941 Stoney Battery Rd Troutville, Virginia. For directions click on this link. <http://www.dgif.virginia.gov/vbwt/site.asp?trail=2&loop=MRV&site=MRV01>

### April 26<sup>th</sup> – Arcadia Area

Saturday, at 7:30 a.m. Meet leaders Tim and Alyce Quinn (719-0109) near the Bojangles at Botetourt Commons in Daleville for a morning of looking for early spring migrants in the Arcadia area. Our target bird is the Prothonotary Warbler at Solitude Swamp. We will work our way from the James River bridge to the Colon Hollow shelter in search of warblers, vireos, orioles, and whatever other goodies we can find.

### May 10<sup>th</sup> - Warbler Road

Saturday at 7:00 a.m. Meet leaders Tim and Alyce Quinn (719-0109) near the Bojangles at Botetourt Commons in Daleville. We will bird a series of forest service roads between the Blue Ridge Parkway and Arcadia in search of warblers and other neotropical migrants. This trip usually lasts into the afternoon so bring drinks, snacks and a lunch. Dress in layers and be prepared to carpool as pull-offs are limited. Important: we are going to try something new and bird from the top down, starting at the Sunset Field overlook on the Parkway; so if you're planning to catch up with the group along the route somewhere, take that into consideration.

## Roanoke Valley Youth Bird Club field trips (adults invited)

contact Laura Beltran at 269-569-5791

### Saturday, April 5, 2014, 9:30 a.m., Lick Run Greenway

Our first field trip will be at the Lick Run Greenway. The Greenway passes a variety of habitats, allowing us a chance to hear and observe a variety of species. This involves 2-3 miles of mostly flat walking. Bring binoculars, a birding field guide if you have one, wear a hat to keep the sun off, and bring water and a snack. Meet at the upper parking lot across from the swimming pool in upper Washington Park, accessed off of Burrell Street.

### Friday, April 11, 2014, 7:30 p.m. – 8:30 p.m., Starkey Wetland

Join us for an evening stroll to watch birds as the sun sets. Besides observing birds, we'll listen for frogs as well! This involves less than a mile of mostly flat walking. Bring binoculars, a bird field guide if you have one, water and a snack. Meet at the South County Library, 6303 Merriman Road, (the coffee shop side) parking lot.

### Saturday, April 19, 2014, 9:30 a.m., Walrond Park, Roanoke

Walrond Park offers open fields, woods, wetlands, and a small pond which can attract a variety of birds. This field trip involves about 1 mile of mostly flat walking. Bring binoculars, a bird field guide if you have one, a hat to keep the sun off, water and a snack. Meet at the parking lot above the small pond at Walrond Park, located in Roanoke County off of Walrond Road.

### Nesting Material & Feeders Available At The Meeting

Nesting material - \$2-\$5 depending on quantity & Handmade hummingbird feeders - \$5



## Upcoming Events and News

### April 24-27 – VSO Annual Meeting

This year's meeting will be an exciting, one-of-a-kind, joint event with The Great Dismal Swamp Birding Festival. Field trips and other birding festival activities will kick off at 7:00 AM on April 24 and will conclude on Sunday morning, April 27. Great Dismal Swamp National Wildlife Refuge biologists will deliver a fascinating illustrated presentation on the refuge's wildlife on Friday night. Alicia King, Communication Coordinator and Urban Bird Treaty Program Coordinator for the U.S. Fish and Wildlife Service Migratory Bird Program, will be Saturday night's banquet speaker. To register for the VSO annual meeting and banquet use the form found on the VSO website at [www.virginiabirds.net](http://www.virginiabirds.net) to register and pay electronically. Registration fee is \$40 per person. Banquet tickets are \$35 per person. Banquet reservations must be received by April 17. Information about the Great Dismal Swamp Birding Festival can be found at [www.visitchesapeake.com/gds-birdingfestival](http://www.visitchesapeake.com/gds-birdingfestival). Festival events, including field trips, require preregistration, by calling the refuge at 757 986-3705 For inquiries about the Annual Meeting, contact Andrew Dolby, VSO Past President: Email: [adolby@umw.edu](mailto:adolby@umw.edu) Phone:(1-540-654-1420).

### Big Spring Day – Saturday, May 3, 2014

Every spring at the height of migration, the Roanoke Valley Bird Club teams with the Lynchburg Bird Club to do a census of birds in our area. The count (Big Spring Day), done rain or shine, centers on the Peaks of Otter and covers specific territories within a 7-1/2 mile radius of the Peaks. Small groups are assigned to each of the territories. Most territories can be covered from your car and include very little or no walking, but there are a couple of territories that require hiking for several hours. Most groups start between 7:00 and 8:00 a.m. and there will be at least one experienced birder on every territory. Whether you are a beginner or an experienced birder, your eyes and ears are needed. It's a fun day with a chance to meet a new friend, discover new birding areas, and maybe add a new bird to your list. Please join us.

At noon, all participants gather at the Peaks of Otter Picnic Grounds for lunch and a tally of birds seen. Bring your lunch and something to drink. After lunch, some groups go back and finish counting their territories, search for a bird reported by another team or just call it a day and head home.

To sign up for this year's Big Spring Day on May 3, please contact Eunice Hudgins (389-4056) or [uvaau@aol.com](mailto:uvaau@aol.com) or Kent Davis (344-8377) or [kedjr@cox.net](mailto:kedjr@cox.net) Let us know if you prefer to drive or hike.

### Sunday, May 4, 7:45 a.m. - Little Spring Day at Chigger Holler

If you're not birded out from Big Spring Day, join Tim and Alyce Quinn (719-0109), [twoquinns@yahoo.com](mailto:twoquinns@yahoo.com) at their house in Burnt Chimney in Franklin County the following day for a morning of looking for spring migrants and resident birds. They have a variety of habitats including woodland trails, a pond, scrub and open fields, and their property list includes over 130 species. Wear sturdy shoes as the footing is rather uneven. If you don't want to hike, there's a big deck and lots of chairs to bird from the yard. If you'd like to stay for lunch, bring a dish to share. Note that this is a Sunday field trip. Anyone who would like to carpool from Roanoke can meet at Tanglewood Mall under the big sign at 7:00 a.m.. If you're driving yourself down and need directions, contact Tim and Alyce. The address is 681 Edgewood Farm Lane, Wirtz, VA 24184. (Keep an eye out for Eurasian Collared-Doves as you pass the Burnt Chimney Elementary School on your way.)

### Bluebird Monitors Needed

If anyone would like to help out with monitoring a trail other than one run by the club, here is some information about two trails that could use your help. We are trying to help Smith Mountain Lake State Park get their trail up and running and we could use some volunteers to monitor there. This is a short trail with very little walking. Contact Dick Hendrix at [hendrixonthelake@yahoo.com](mailto:hendrixonthelake@yahoo.com) or at (296-0757) for more information. And the folks who take care of the trails at Greenfield could use help with one of their trails. Contact Theo Evans at (966-5872) for information. If she questions how you got her number, it came from Tom Clifton, the man who erected the trails there. Tom tells me the trail has about 50 boxes, but that they might be able to split the trail up. They usually have just one person monitor for the whole season, but if going out every week doesn't appeal to you, perhaps you can convince her to let you share the trail with someone else.

### Breeding Bird Surveys

Breeding bird surveys have been conducted at Booker T. Washington National Monument in Franklin County, for the last several years. Want to help out?! You need to be able to identify birds by ear. Surveys would be conducted 4 or 5 times from late-May until mid-July.

Training will be provided. Contact Anne Tucker (721-1573) or [billt3256@gmail.com](mailto:billt3256@gmail.com)

## Club Projects

### RVBC SPONSORS A STUDENT AT NATURE CAMP



You may not be familiar with it, but there's a place in Vesuvius, VA, called Nature Camp. It's a place where, since 1942, kids from 5<sup>th</sup> through 12<sup>th</sup> grades have learned to become good stewards of the earth. This year the RVBC Board decided to sponsor a deserving Roanoke student by paying his fee to attend Nature Camp. With Bill Hunley's help, we chose Aaron Worrell.

Here's what Bill says about Aaron. "He is a veritable sponge when it comes to absorbing information about nature. He collects insects, minerals and other natural objects. His interest in all aspects of the natural world is virtually boundless. Aaron is twelve years old and is of African American descent. Too often, this segment of our society is overlooked with regard to nature/environmental education. He is a student who performs well in the classroom, but really comes alive in the outdoors. I feel that Nature Camp would be a dream come true for him."

From their website at [naturecamp.net](http://naturecamp.net), "Nature Camp is founded on the principle that no one can be expected to save the world who doesn't care about the world, and no one can be expected to care about the natural world who doesn't know

about and understand it. We hope to inspire the young people of today to become environmentally responsible and conscientious citizens of tomorrow, to spark a lifelong love of learning, and to forge a deep and abiding connection with the natural world."

Aaron will be attending the third session of Nature Camp July 13-26 and will provide the club with a letter detailing his experience at camp when he returns. We hope he has a terrific time and learns a lot.

### HELP SAVE A WILD BIRD!

All items are used for rehabbing injured or orphaned wild birds. If you need a tax deductible receipt one will be provided. Thanks for your help!

- Paper towels & tissues (baby birds poop!) and old but clean towels
- Cat or dog carriers, cages
- Suet cakes, small bags of seed, Dove Mix (found only at Petco)
- Any amount of money on a Giftcard /cash- for Pet Emporium, Petco (for fish and crickets), Roanoke Food Co-op, Kroger, FoodLion, Fresh Market (for fresh fruit and grains) or Amazon.com
- Grocery store items; powdered egg whites, white sugar, peanut butter, jam or pure fruit jelly (any berry or grape), Gerber chicken and gravy (only) baby food
- Cleaning supplies; bleach, sponges and tall kitchen bags (use 1 bag a day), unused spray bottles
- For the outdoor bird cages; tree bark (large strips), wooden dowels, fiberglass screen, shade cloth, logs, bags of landscape pebbles, 1/4" hardware cloth. Also I could use some help with repairs to some of the cages. Please let me know if you are handy with a saw and a drill and can spare a couple of hours.
- Do you have fruit trees or berries on your property and would like to share with the rehab birds?
- Also if you find/have Gypsy Moth cocoons, call me at (342-4890) Thanks! Maureen

### Youth Birding Club's First Meeting by Laura Beltran

How many birders are there in the United States? This was one of the fun facts learned at the Roanoke Valley Bird Club's first Youth Bird members meeting on March 18 at the Raleigh Court Library in Roanoke. 22 people were entertained with activities to learn about birding etiquette, how to identify birds, and other fun birding facts. Youth ranged from age 5 to 13, and were excited to share their knowledge of birds and their favorite birds (such as Peregrine Falcon, because of its speed; American Robin, because a child had a chance to observe a nest; Common Grackle, because there are so many; Kinglet, because they seem cool and the child has never had a chance to see one). We also handed out membership forms for them to join, and the first field trip will be April 5, 9:30 a.m., on the Lick Run Greenway. On that first field trip, we will learn not only how to identify some birds, but how to use binoculars.

If any bird club member has an extra pair of binoculars for the youth club to borrow, please contact Laura Beltran at 269-569-5791 or [lauraandnature@gmail.com](mailto:lauraandnature@gmail.com). And the approximate number of birders in the U.S. is 54 million, according to the U.S. Fish and Wildlife Service!





## Meet a member(s)

**Maxine Fraade and George Blonar**

My husband George Blonar and I starting coming irregularly to the Roanoke Valley bird Club meetings several years back but we officially joined about 4 years ago.

We got into birding in the early 1970's when George was working on his PhD at a lab in the middle of the Illinois prairie. The equipment broke frequently so there was plenty of down time. One of his professors was a very keen birder; he drew George into it and George drew me in. About this same time my parents bought a condo on Sanibel Island, Florida. On our very first visit we hired a birding guide who took us to a rookery before dawn. We watched a small white island emerge from the mists and then one by one Snowy Egrets and White Ibis flew off revealing leafy green patches until all that was left by daybreak was a solid green mangrove. It was an unforgettable sight and that hooked us both for good. The best part of being a birder is that it teaches you how to observe and be at one with the natural world.

We enjoy attending the monthly programs, especially seeing where other birders have gone and what birds they found there. We have such fantastic photographers in our club and meeting experienced local birders has also been a very rewarding experience. We met John and Eunice Hudgins on our first club outing one winter at Robin Austin's home and they took us under their wing (pun intended) and made us feel welcomed.

I grew up on Long Island, New York, George in Chicago but we have lived in Boston, for 10 years in Geneva, Switzerland and then another 16 years about an hour north of New York City before moving to Roanoke in 2001. I am a retired librarian and George is a retired physicist. I enjoy cooking and eating ethnic food and collect shells. George is a National Ski Patroller. We travel frequently, in recent years to Southeast Asia and Central and South America as well as Europe and the Pacific Northwest. We also volunteer for several local organizations and museums, and for 3 recent winters volunteered with a human rights group in Northern Thailand. When we travel we try to hire a local guide to take us birding. In Chiang Mai we met an Englishman, Tony Ball, who literally wrote the book (and CDs) on Thai birding and we went out with him several times. We've also met great people through [birdingpal.org](http://birdingpal.org) on our travels.

## Welcome New Roanoke Valley Bird Club Members

Missy White and family  
Sharon Mohney and family

### Contact Names and Phone Numbers for The Roanoke Valley Bird Club 2014 Officers

President, Kent Davis, 344 -8377

VP (Membership) Eleanor Dye, 890 -1627

Secretary, Candy Andrzejewski, 365 -2508

Directors at Large, Eunice Hudgins, 389-4056 and Alyce Quinn, 719-0109

VP (Programs) Butch Kelly, 384 -7429

Treasurer, Robin Austin, 929 -9071

### Committee Chairs

Field Trips, Linda Cory, 580-5214

Young Birders, Laura Beltran, 269-569-5791

Publicity & Publications, Maureen Eiger, 342-4890

Bluebird Trail, Alyce Quinn, 719 -0109

Website, Carol Siler, 725-1609

Refreshments, Eleanor Dye, 890 -1627

## Enhance your Birding...

### Attracting Hummingbirds, by Butch Kelly

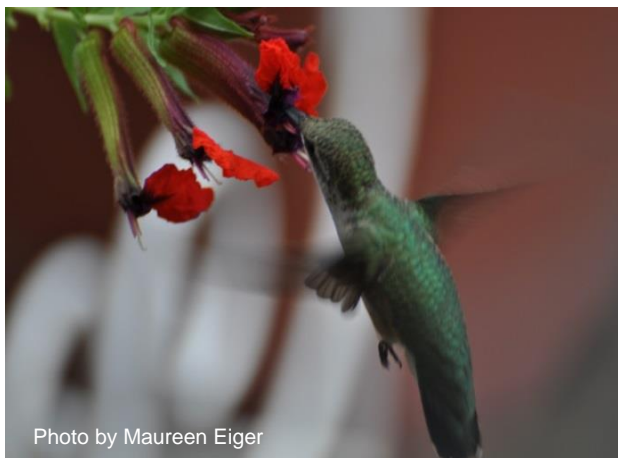


Photo by Maureen Eiger

Hummingbirds will be buzzing around anytime in the next few weeks. You need to get ready now so you can enjoy the spectacle.

Hummingbirds rely upon color, so red is the predominant choice. They sample other plants as well, but red is their favorite. Some shrubs and trees that hummers are attracted to are Catawba rhododendron (*Rhododendron catawbiense*) and Pinkster flower (*Rhododendron nudiflorum*), a popular azalea. These plants can take partial shade or lots of sun.

One way of attracting hummingbirds is through the vines which are common here in the Roanoke Valley. If you have a trellis or a fence they make great places to attract the birds. Coral honeysuckle (*Lonicera sempervirens*) and trumpet creeper (*Campis radicans*) both give your garden lots of color (red and orange). Hummers

love these plants. Annuals and perennials are good when planted in clusters. Several come to mind that add lots of color and bird action. Wild columbine (*Aquilegia canadensis*) adds red and yellow to your yard and blooms for a long time (April - July). Butterfly weed (*Aesclepias tuberosa*) is a brilliant orange and does well in open areas. An extra added bonus is that being a milkweed this also draws monarch butterflies. If you have a moist area two plants come to mind. The spectacular Cardinal flower (*Lobelia cardinalis*) will give you brilliant color deep into the fall. Jewel weed, also commonly called touch me not (*Impatiens carpendis*) will also bloom into frost. Its mechanical seed dispersal is always a treat with youngsters and the young at heart.

While I am recommending only native species there are some non-natives that do well also. Just be careful not to buy something that will spread all over the neighborhood and beyond. The VA Hospital Greenhouse sells lots of native plants. The Blue Ridge Wildflower Society also has a plant sale at Virginia Western Community College on May 10 at the greenhouse at 9:00 a.m. Enjoy your summer with some new friends both feathered and of the botanical variety.

### We Can Help Imperiled Monarch Butterflies, by Maxine Fraade

Winter butterfly counts at the overwintering grounds in Mexico for Monarch butterflies were at historic, "disastrous" lows this winter. Simply put, monarchs need two things to survive: specific overwintering conditions and milkweed. The first is being impacted by climate change and illegal logging; the loss of their preferred food, milkweed, is due to increased use of selective pesticides, especially Roundup, as well as simple loss of habitat. There has been a call for citizen-led restoration efforts, similar to those that have helped eastern bluebirds and wood ducks to help create more butterfly habitat.

One of the most important things we as individuals can do is plant milkweed this May or June. Monarchwatch.org's Milkweed Market has milkweed plugs available sold in flats. Their website has all kinds of information about growing milkweed for monarch butterflies and sells specific varieties for Virginia. Monarch Watch also has the Monarch Waystation Program which creates butterfly habitat in backyard gardens, parks, and schoolyards. There are now over 5,000 certified Monarch way stations nationally if you want to get involved. For information about how to order milkweed plugs see <http://www.monarchwatch.org>. For more information about the monarch butterfly problem and solutions click on <http://www.makewayformonarchs.com>

### Bird Tip

#### Make your own Hummingbird Nectar

¼ cup of sugar

1 cup of water

Boil water in the microwave. Add sugar and stir until sugar is dissolved. NO red food dye is needed. (Red food dye is actually bad for the birds.) Let the solution cool then fill your feeders. Make a double recipe and refrigerate the extra. You will then have some ready when your feeders get empty. Don't forget to clean your feeders weekly to prevent mold.

## BIRD OF THE MONTH

### American Robin

- Largest thrush in North America
- Found in every U.S. state but Hawaii
- Usually the first bird to sing each morning
- Males have darker head feathers than females

One of the most easily recognized birds in the U.S., the robin has inspired popular music (Rockin' Robin), a crayon color (Robin Egg Blue) and countless characters in literature. And whether it's hunting worms after an April rain or leading a rousing 5 a.m. "Dawn Chorus," our beloved robin is synonymous with spring. Make sure you keep your spirited spring singers happy all year by providing grubs and berry bushes. Create a muddy (wet dirt) area and grass pile and make ledges for nesting.



Robin photos by Maureen Eiger

**An interesting comparison of a Raptor's claw in different Raptor Species**



### Set Up Your Own Bluebird Box

Bluebird House - \$15

Pole and predator guard for mounting bluebird house - \$20

Contact Alyce Quinn (719-0109) [twoquinns@yahoo.com](mailto:twoquinns@yahoo.com)

or Pam & Elly Wefel (977-0636) [pewefel@aol.com](mailto:pewefel@aol.com)

## SIGHTINGS

### ✓ Field trips and unusual bird sightings

- ✓ 03/03/14, American Woodcock (1)- Roanoke City, backyard of neighbor's house, Kent Davis
- ✓ 3/05/14 Rusty Blackbird (1)- Roanoke County, Ed & Carol Burroughs
- ✓ 3/7/14 Fox Sparrow (1) scratching under the feeders, Salem, Eunice Hudgins
- ✓ 3/8/14 Woodcock walk a success! 16 people met for the woodcock walk on March 8th. We all had great looks at a Coopers hawk and heard and saw several Woodcocks and a kingfisher
- ✓ 3/15/14 Claytor Lake Dam (below) & The Sportsman, Montgomery, highlights: White-winged Scoter, Hooded Merganser, Red-necked Grebe, Double-crested Cormorants, Kent Davis, Mike Smith & Eunice Hudgins
- ✓ 3/15/14 Parrott River Road, Pulaski, highlights: Greater Scaup 50, White-winged Scoter, Bonaparte's Gull, Kent Davis
- ✓ 3/16/14 Roanoke Sewage Ponds, highlights: Wilson's Snipe, American Kestrel, Eastern Meadowlark, Brown-headed Cowbird, Kent Davis

### ✓ From the RVBC Members attending the March meeting

- ✓ Joe Riggins saw thousands of Robins at Friendship Manor.
- ✓ Carl and Linda Boast saw a single Whooping Crane while they were in Florida.
- ✓ Alyce and Tim Quinn saw a Woodcock in their driveway at about 10 PM.
- ✓ John and Judy Loope saw three Bald Eagles and an Eagle's nest at Rutrough Point, as well as three Common Mergansers.
- ✓ Eleanor Dye had a Yellow-rumped Warbler on her suet feeder.
- ✓ Sid and Mary Lou Barritt saw Pine Warblers while visiting Chapel Hill.
- ✓ Kent Davis saw 16-18 species of ducks at Greenfield. At Lake Moomaw he saw eight Common Mergansers and Red-breasted Mergansers. Kent, Sissy Logan, Mike Smith & Eunice Hudgins were at Gala Wetlands where they saw thousands of black ducks and mallards. At dusk one evening he heard a Woodcock and a Great-horned owl behind the South County Library. To see more of Kent's observations go to our website, <http://www.roanokevalleybirdclub.com>
- ✓ Dick Hendrix was at the Dry Tortugas National Park and saw 500-1,000 Sooty Terns coming to their nesting site at the park. There were also some Brown and Masked Boobies along with the Sooty Terns.
- ✓ Joanne Derryberry had a Hermit Thrush at her suet feeder while it was snowing

### **New place to bird! Birding And Wildlife Tours Are Coming To Natural Bridge!**

Over 150 bird species have been seen on the property! Kentucky and Blue-winged Warblers breed here, and many uncommon and unusual species have been seen passing through, including Olive-sided Flycatcher, Marsh and Sedge Wrens and Mourning and Connecticut Warblers. The spring program begins April 1 and ends June 21, and the fall program will run August 21 through October 21. If you are a Roanoke Valley Bird Club Member or member of the VSO there are no registration fees. But pre-registration would still be required. We'll also offer a 10% discount on lodging and attraction tickets. Breakfast will be available for \$5 for the Early Bird continental breakfast or \$10 for the full buffet. Two tours per day--one at 6 AM, and a longer tour at 8 AM, where we will explore the more remote areas on the property. More details to come on The Natural Bridge website [www.naturalbridgeva.com](http://www.naturalbridgeva.com) Or you can contact Wes Teets, [wteets@naturalbridgeva.com](mailto:wteets@naturalbridgeva.com) with any questions and to pre-register.

### **Martha's Sargent's Super Suet Recipe, Submitted by Missy White**

1 Cup Crunchy Peanut Butter	1 Cup Lard
2 Cups Quick Cook Oats	1 Cup White Flour
2 Cups Cornmeal	1/3 Cup Sugar

We sometimes add dried fruit to the mix, especially during winter

Melt lard and peanut butter in the microwave or oven on low heat. Stir in remaining ingredients and pour into square freezer containers about 1-1/2 inch thick to fit into standard suet baskets. Freeze or refrigerate until needed. Makes about 8 cakes. This will not melt in the summer and is a great source of protein for young birds as well as their parents.



# BIRD TOPICS

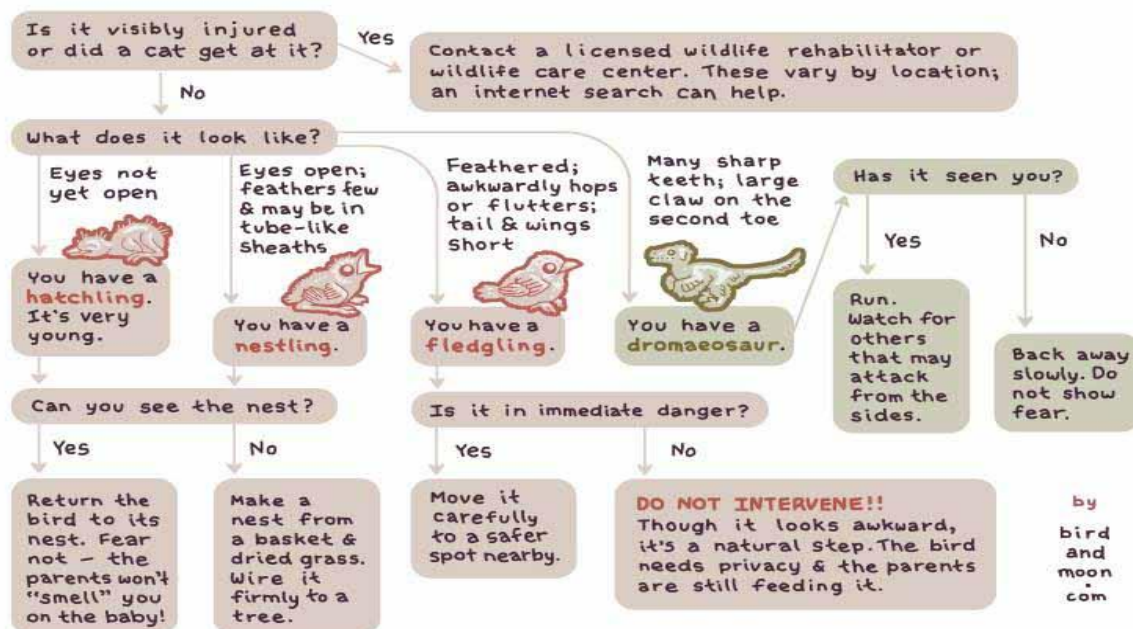
## What to Do When Birds Hit Windows, by Maureen Eiger, State and Federally Permitted Bird Rehabber

Many times birds hit windows because they do not see them or when they are flying off scared by a predator. This often causes a head injury, a broken body part, death, or they are dazed and will not fly when approached. If they are just dazed, sometimes placing the bird inside your home in a covered box punched with air holes for a couple of hours is sufficient care for them to recover and then be released. Often the bird has just knocked itself senseless for a short period of time and will soon be alert and fly off. But if you find the bird and it is bleeding, has an obvious injury or you think it might need more help, please call me or any Permitted Bird Rehabilitator for specific advice and instructions as soon as possible. But if it appears just stunned this is what you can do.

First, find a cardboard box that is large enough for it to fit in comfortably. Punch small air holes in the box. Also line the inside with some paper towels or a clean cloth *not* leaves or twigs. Gently pick up the bird using your hands with the bird's wings close to the bird's body. Hold it gently but firmly so it can expand its chest and still breathe. You could put a towel around it and then handle it. Hold the bird erect while picking it up and then place it so that it stays upright in the box. You can pad the sides around the bird with tissues or the cloth for support. Cover the box and place it inside your home in a quiet area keeping children and pets away from the box. Keep the bird in this box for an hour or two. Then check to see if you hear noises coming from the box, if so, take the bird outside to an open space and remove the lid. If the bird hasn't suffered any serious injuries and has recovered from the trauma, it will fly up and off on its own. You can also "test it" in a small bathroom with the toilet seat lid down and the mirrors covered. It will try to fly up to a window, door ledge or light fixture. If you do not hear any noise coming from the box in two hours or if you open the lid and the bird just lands in the grass (or on the floor) and it does not fly "up" place it back in the box. It will probably need more time / medical care. Please call me at (342-4890) for further instructions.

Learn how you can prevent window hits by going to the American Bird Conservancy website - [http://www.abcbirds.org/abcprograms/policy/collisions/pdf/collisions\\_flyer.pdf](http://www.abcbirds.org/abcprograms/policy/collisions/pdf/collisions_flyer.pdf) They also have a new bird tape you can place on your windows so birds can see that it is glass. It is supposed to work much better than the window decals.

### If You Find A Baby Songbird Out Of The Nest



by  
bird  
and  
moon  
.com

**BIRD WORD ANSWER - ABMIGRATION:** A phenomenon called "abmigration" involves a bird of one species or population accidentally joining a flock from a similar or different species or population and migrating with the flock to their wintering areas. The bird then migrates back with the new population. This is especially common in some waterfowl, which shift from one flyway to another. When this occurs one can sometimes find a bird that would not normally be seen in that location.



The Roanoke Valley Bird Club  
c/o Eleanor Dye  
P.O. Box 74  
Vinton,  
Virginia 24179

2014 Roanoke Valley Bird Club Membership Application Form

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

ST: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Memberships expire on August 31 each year

Annual Dues are as follows:

- Individual \$12
- Family \$20
- Student \$7
- Sustaining \$30
- Adopt a Bluebird \$15

Additional Contribution \$ \_\_\_\_\_

Total Submitted \_\_\_\_\_

Make check payable to  
Roanoke Valley Bird Club  
Mail To: Roanoke Valley Bird Club  
c/o Eleanor Dye  
P.O. Box 74  
Vinton, VA 24179-0074