

The



Cardinal

JUNE JULY 2011 • WWW.SAINTPAULAUDUBON.ORG • SAINT PAUL AUDUBON SOCIETY

Summer Butterfly Census

Sunday, June 26, 2011

Please note: date changed to Sunday, June 26. Dean Hansen, our amazing and amusing butterfly expert, is not available on June 25. In order to enjoy his outstanding ability to help us identify unusual species, we're moving our day to Sunday. Sure hope you'll be able to join us!

What is a Butterfly Count? Well, it's Citizen Science!! Yep, every year we add to the database on the distribution of butterflies in the Twin Cities area. We take note of both the number of species and the quantity of each species seen. The census findings are tallied by the North American Butterfly Association (NABA) and are used for further research into such things as habitat loss and change. We have observed 59 species of butterflies over time. For studying ahead, here are a few species that we see quite often: American Lady, Baltimore Checkerspot, Clouded Sulphur, Common Wood Nymph, Delaware Skipper, Eastern Tailed Blue, Eyed Brown, Great Spangled Fritillary, Monarch, Orange Sulphur, Pearl Crescent, Red Admiral, and Summer Azure.

How Do I Participate? Saint Paul Audubon's annual NABA Butterfly Census will take place at Arden Hills Army Training Site (AHATS). There is a \$5 fee to participate. This is an Army facility, so we must give the National Guard the names of all participants before the count. Participants must register with Dorothy Waltz by Wednesday, June 22. Because of new EPA regulations, no one under age 18 may participate. We can only take 25 people, so register early!

The count will take place from 9:45 AM to 2:00 PM. Registered participants should arrive at the Arden Hills City Hall parking lot on the north side of Hwy 96 between Hamline and Lexington Avenues by 9:45 AM. We will carpool into AHATS to minimize the number of cars. For more information and to register please contact Dorothy Waltz at 651-917-0930 or dwaltz@isd.net. A map and information packet will be mailed before the count.



SPAS "Go Paperless" Campaign

Or, how do YOU read: Print or Screen?

A hallmark tenet and slogan of the environmental movement is to "reduce, re-use and recycle," in that order. With this in mind, SPAS's Conservation Committee is promoting a "go paperless" campaign, designed to encourage members to download an electronic version of *The Cardinal* rather than receive the postal paper version in the mail every other month.

To be fair, the reality and solutions of the paper versus screens issues are not entirely clear-cut (no pun intended.) Sustainability issues surrounding the electronic industry's production processes as well as storing information via

Internet technology are murky and disturbing, at best. As it turns out, choosing electronic media over printed matter is similar to choosing the lesser evil dessert: will it be fruit sorbet or ice cream?!

Six times a year our chapter designs, prints and mails *The Cardinal*, at a cost of \$9,700 per year. Expenses include paper, labels, printing, and postal mailing costs. Luckily, the labor is free. We all benefit from the commitment and hard work of the volunteers who dedicate their time to

this task. Holly Peirson edits the text, designs, and coordinates the graphics and layout of this award-winning newsletter. John O'Connell maintains the database and prints the mailing labels, and Jane Schuler organizes volunteers for a labeling party at her house. And that's only a few of the folks who dedicate time and energy every other month to *The Cardinal*.

What if the chapter could reduce some of this cost, work and paper consumption? After all, less work means more leisure time to birdwatch, not to mention that less paper means more savings for the chapter. Most importantly, less paper means less global deforestation — and greater protection of birds and their habitat.

Rates of worldwide paper consumption have steadily grown. Since 1950, sources point to anywhere from a four to six-fold increase in paper usage. Not surprisingly, the rate of paper consumption compares to rates of global deforestation. The United Nations estimates that commercial agriculture constitutes 32% of the world's deforestation. The vast majority of new pulp tree

CHAPTER INFORMATION

BOARD MEETINGS

Saint Paul Audubon's Board Meetings are held at the Ramsey-Washington Metro Watershed District Office at 2665 Noel Drive, Little Canada. Exit 35-E at Little Canada Rd., go east to Noel, across from City Hall. Meetings are held on the 1st Monday of the month unless otherwise noted, from 6:30 to 8:30 PM. Upcoming dates are: **June 6, September 12.** For more information or regrets, contact president Louis Asher at lbashernow@iphouse.com

AUDUBON APPLAUSE



Our heartfelt thanks this month go out to those members/volunteers who worked the Audubon Booth at the Green Expo, held on May 6-7 at the State Fair Grounds: **Val Cunningham, Dean Doering, Richard Newmark, Mark Peterson, and Susan Solterman.** Special thanks to **Richard** for coordinating our booth and signing up attendees!

SAINT PAUL AUDUBON SOCIETY

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Audubon Minnesota	651-739-9332 www.mn.audubon.org
National Audubon Society	www.audubon.org

ABOUT OUR CHAPTER

*Founded in 1945 as the 'St. Paul Bird Club' with 12 members, the Saint Paul Audubon Society now serves the entire East Metro region of the Twin Cities area, and has around 2,600 members. We hold 9 Member Meetings a year. Feel free to contact those listed at left for more info, or write to SPASociety at PO Box 7275, Saint Paul, Minnesota, 55107 or visit our website at **www.saintpaulaudubon.org***

ABOUT OUR NEWSLETTER

The Cardinal is published 6 times a year. Articles are due on the 5th of January, March, May, July, Sept, and Nov. Submissions may be edited. Send to **hpbirdscouter@msn.com**

THE CARDINAL Electronic Version Members may now receive the newsletter by download from the website. To sign up, contact Webmaster **Ben Wilson** online.

LOCAL SUPPORT

Audubon members who don't live in the East Metro Area who want to receive *The Cardinal* may send \$15 for a 1 year's subscription to **John O'Connell**, 2184 Larry Ho Drive, Saint Paul, MN 55119

ADDRESS CHANGES

Please call **1-800-274-4201** to change your address for National Audubon Society mailings, including *Audubon Magazine* and *The Cardinal*, or to sign up for Audubon's paper-free renewal program.

SPAS' E-Alert!

If you have Email, sign up today for our online notification system! You'll receive announcements about upcoming events, information about current legislative happenings, and other Saint Paul Audubon happenings between issues of *The Cardinal*. When you *change your email address*, notify list manager Chase Davies of your new address, at **ccdavies@aol.com**
You may unsubscribe at any time.

A Ruddy Commute, continued from p. 8

locations which are so important for the birds to refuel on their long journey. The data retrieved so far shows that the birds generally start their northward migration with an initial non-stop flight of around 7,600KM in six days, to Taiwan or adjacent regions. There they refuel on the tidal flats before moving north to the Yellow Sea and northern China. They then make a flight of over 5,000KM to the breeding grounds in northern Siberia, arriving in the **first week of June.** "One of the interesting findings is that after breeding, the return journey shows considerable variation, no two birds following the same route. Some return through Asia, while an amazing alternate route has been

demonstrated by these new results. "This is a trans-Pacific route where the bird moves east to the Aleutian Islands off southwest Alaska before making the huge journey across the Pacific, stopping only once or twice before reaching Australia in early December."

The first record of this flight was in 2009 when the bird spent nearly two months in the Aleutians before setting off southward over the Pacific Ocean and making a nonstop flight of 7,800KM to Kirabati before making the 5,000KM trip back to Flinders, Victoria. In 2010 the same bird undertook a similar incredible journey, this time stopping off in the Marshall Islands and Vanuatu in the Pacific before returning to Australia.

ANNUAL FUND DONORS

A Gracious Thank You is extended to ALL the Donors from our 2010-2011 Annual Fund Drive. Donors are listed below:

Egrets (up to \$50): Donna Anderson, Tom Bell, Janice Blomberg, Susan Jane Cheney & David Arbeit, Deborah Clemmensen & Jon Pratt (In honor of Monica and Tess's 50th), Marjorie Davis, Helen Dwight, Jane Edwards (In honor of Jane Colgan), John G. Erickson, Bridget Evens, Nancy FitzGerald, Patty Flynn, Michael J. Giefer, Dr. & Mrs. Kenneh Harris (In memory of Dr. Jack Boylan), Leigh Homstad Jr, Mary Ann & Howard F. Huelster, Nancy Johnson, Charles Kavalovski, Shirley Kysilko, W. E. Landis, Judith & Norman Larson, Pat Lockyear, A. R. Maistrovich, H. D. & L. H. Markus, Sylvia McAlpine, Mary & Denis Novak, Florayne E. Olen, Mark Orłowski, The Peirson Family, Joann Pfeiffer, Deb Robinson, Ken & Jean Royer, Jan Schuler, Julian & Barbara Sellers, Kathy Sidles & Paul Gade, Anthony Smith, Cheri Steinmueller, Laurel Stiebler, Kathleen Stoddart, Roy & Lois Swanson, Ronald Tabaika, Robert Titzler (In honor of all the birds), Jacqueline Vosecky (In honor of my grandchildren), Gil & Dorothy Ward, Janice Weum, John Zakelj, Marion Zbikowski (In meory of Shirley Chenoweth)

Bluebirds (up to \$99): Barbara Ankrum, Louis Asher, Carol Becker, Monica Bryand, Marcia Dahlquist, John P. Ellis, Susan Fuller, Beth Hoff, Jan Leite, Barbara Lindeke, Gunilla Montgomery, David Mordick, The Peters, Joel Roberts, Lucretia Rogers & Lawrence Grant (In honor of Monica and Tess's 50th), James Sauder & Paul Hogrefe (In honor of Monica and Tess's 50th), Robert Sherman, Jeanne & Steve Tanamachi, Warren C. Wildes, Ben Wilson, Barb Wojahn, Bill and Linda Zelm (In honor of Mayme Zelm (former Christmas counter)

Cardinals (\$100 and above): Roger & Margie Anderson, Craig Andresen, Donald Arnosti, Deborah Bachrach, Charles & Alice Bresnahan (In memory of Helen Sweep), Charlotte Brooker (In honor of all the SPAS volunteer citizens), Barb Burleigh, Bonnie Comer, Val Cunningham, Edward Davies, Gordon Davis, Jackie Eastman, Karen Eckman, Brian Goodspeed, Charles & Hope Lea, James Lindner, Lorraine Machacek, Sue & Tom McCarthy, Jeffrey D. Nelson (In honor of Jane M. Nelson, my wife), Richard Newmark, Sarah Risser, Kathryn Robinson, Susan Solterman, Delores Steinlicht (In memory of Joe & Irene Fox, John Fox & Family), Constance Van Valkenburg.

Turnstones live up to 20 years and such a bird following this 27,000KM trans-Pacific route would have flown over 500,000KM in its lifetime. Scientists are still puzzling over why individual Ruddy Turnstones use such widely differing routes for their annual migrations. The study highlights the importance of key regions within the flyway. Scientists are concerned about the ability of these and similar birds to cope with the massive habitat changes occurring as a result of large reclamation and urban development projects.

Brown Tree Snakes on Guam

The US Geological Survey and National Geographic Society report that recent studies show brown tree snakes (BTS), which caused the extinction of every native bird on Guam, are also affecting native tree populations on the Island. The Pacific island of Guam, barely 30 miles by 10 miles wide, is home to 13,000 brown tree snakes per square mile. The nocturnal snakes are mostly concentrated in heavily forested portions of the island, but attacks on people and pets have also been reported.

Since they arrived shortly after WWII, the snakes devoured all bird species, as well as the small rodent population. They are currently limited to feeding mostly on lizards, which are still in abundance. A by-product of the disappearance of birds has been the inability of the island forest to renew itself. There are no birds left to consume the seeds and drop them away from the trees. In addition, there are no birds to eat the insects that do harm to the

forest. It is reckoned 60-70 percent of tree species are dispersed, at least in part, by birds. Possible de-forestation adds to the already dire situation being caused by the BTS.

Now what? The US government funds the use of traps, snake sniffing dogs and night time search lights to find and eliminate snakes around ports and bases. Beginning soon, the Dept. of Agriculture will begin parachuting dead mice packed with a concentration of acetaminophen (found in Tylenol), into the forest tree canopy. This ingredient is deadly to the BTS and takes its toll within three days of ingestion. Unlike other snakes, the BTS is a scavenger and thus eats prey that is already dead. Scientists are hopeful this is the "chink in the BTS's armor." Some of the "bait mice" are radio collared-once the signal moves, scientists will know the BTS has swallowed it. Researchers then will descend into the forest to collect the dead snakes. Meanwhile, the search for a biologic fix continues. Scientists want to create a virus

Birding By Ear, Murphy-Hanrehan Park Reserve

Saturday, June 4TH, 7:00 to Noon

The hardwood forest at Murphy-Hanrehan Park near Savage is among the best birding places in the Metro area. We'll focus on the songs and calls of birds on their nesting territories. Residents include Hooded, Cerulean, Mourning, and Blue-winged Warbler, Acadian Flycatcher, and Scarlet Tanager. This outing can be rigorous, with muddy trails, hills, and biting insects. We will be in the field for up to five hours (you may leave earlier), so bring water and snacks. We will return to Saint Paul at about 12:30 pm. DIRECTIONS: South from St. Paul on I-35E to Hwy 42. West on 42 about 2 miles. At the bottom of the hill, turn left onto Burnsville Parkway. Continue for about 2 miles, turn left on Hwy 75, then immediately left into the parking lot.

Difficulty Medium

Carpool 7:00 AM, SW corner of Sears or 7:30 at the park

Leader Julian Sellers, 651-698-5737, JulianSellers@msn.com
(preferred, call only if need info)



Saint Paul Audubon's Warbler Weekend = Report

May 6-8, 2011

The 40TH Annual Saint Paul Audubon Warbler Weekend near Frontenac, Goodhue County, was a resounding success! 95 enthusiastic birders, wonderful warm weather, no wind, and trees with very few leaves combined for one of our best birding weekends in years.

Highlights were both Yellow-billed and Black-billed Cuckoos, 26 species of warblers including 3 Ceruleans, Canada, Connecticut, Prothonotary, and Bay-breasted. 14 species of sparrows including Henslow's at Frontenac State Park, Tufted Titmouse, and 5 Vireo species. A total of 130 species were found.

Hok-si-la Park in Lake City held the greatest variety and density of warblers. The Sand Point trail was flooded and will be for a long time.

Thanks to all who led groups and participated.

REPORTED BY BILL STJERN
SPAS MEMBER AND FIELD TRIP LEADER

Short Walks Spreadsheet

A list of over 100 short walks and safe places to park, designed so that *mobility-limited birders* can see more numbers and species. It's a spreadsheet in Google Documents: <https://spreadsheets.google.com/ccc?key=0AIGoRwpC5niKdFhHOvkzdm5ubFVVN2xqNm5jWV9TVGc&hl=en&authkey=CMC-zboM#gid=0>

The spreadsheet is arranged into an intuitive geographical "tic-tac-toe board" — nine regions from NW to SE, with "Metro" substituting for east central.

Editorial Team: Renner Anderson, Dave Bartkey, **Frank Berdan**, Rob Daves, Diana Doyle, Mat Dufort, Chad Heins, Ivars Krafts, Ron Plinske, Larry Sirvio, Tony Smith, Jen Vieth, Linda Whyte.

Tuesday Mornings in May are for Early Birders!

Our popular "early bird" walks are held during spring migration and the start of nesting season. Meet at site. Walks are from 7:00 to 9:00 AM. Call leader for questions. Please join us!

May 31

Battle Creek Park. Meet at Battle Creek Community Rec Ctr on Winthrop, 75 Winthrop Street, St Paul, MN, 55113

This community center is on Winthrop Street, between Upper Afton Road and Lower Afton Road

Leaders Julian Sellers 651-698-5737
Karen Cramer 651-735-3813

June 7

Restored Benson Prairie. White Bear Lake, Ramsey Co. Driving No. on Hwy 61, turn left (west) on Cty Rd J, then immediately left (south) 1/2 mi. to Otter Lake/Bald Eagle Lake Park parking lot. Mowed trails.

Leaders Val Cunningham, 651-645-5230
Clay Christensen, 651-631-0409

Watching Bird Banders at Work

Carpenter Nature Center, SE Washington Co., 4TH Fridays, 8 - noon. For info and directions, call 651-437-4359.

Lowry Nature Center, Carver Park Reserve, NC Carver Co., on 3RD Sat's, 8 - Noon/summer, 9 - Noon/Winter. Free.

Ritter Farm Park, Lakeville, also has banding dates; check with the city Parks and Rec. Dept.

Springbrook Nature Center, Fridley, Anoka Co.; for dates and times to to www.springbrooknaturecenter.org

You may be allowed to release birds. Dress for the weather!

CONSERVATION NEWS

"Go Paperless," continued from p. 1

plantations are in Uruguay, Brazil, Indonesia, Australia, China and Russia. Pulp mills in these countries need huge monocultures of fast-growing industrial tree plantations (or forests in the case of Russia). Worldwatch Institute estimates that one-fifth of the world's wood, much in the form of tree plantations, is harvested to meet consumer demand for paper. The pulp and paper industry is the fifth largest industrial energy consumer in the world.

According to National Geographic, at the current rate of deforestation, the world's rainforests could completely vanish in a hundred years.

Tropical areas where birds winter, such as in Africa, South America and Asia-Pacific, have suffered some of the largest losses of trees due to systematic deforestation. Brazil's Atlantic Forest, home to more than 200 endemic bird species, seven of which are endangered, was

once twice the size of Texas; today only 7% of the original forestland remains. The American Bird Conservancy considers this forest the most important site for bird conservation in the Western Hemisphere. Diminishing populations of some of our favorite North American migratory birds species can be traced to loss of habitats on their wintering grounds in Central and South America.

The paper industry, in their defense, points to the growing use of more sustainable input material, such as chips from reclaimed timber industry waste and recycled paper. Despite this, at least a quarter of paper production still uses pulp derived from softwoods (spruce and pine) and hardwoods (eucalyptus and aspen) grown on tree plantations, such as those in Brazil. In fact, Brazil leads the world in pulp exportation, followed by Indonesia and Russia. China imports more pulp than any other country. The exact data on the paper industry's role in deforestation is sketchy – estimates range from 17-25% of the world's deforestation results from paper production. Some argue that paper plantations, since they regenerate trees, do not represent any deforestation for paper production. Since 87% of the US population has access to curbside recycling, paper is a both a renewable and recyclable resource.

Is electronic information more sustainable? If only it were that easy. Just recently, Greenpeace released a white paper delineating the carbon footprint of the electronic industry and deemed the future of electronic data as unsustainable if the industry fails to implement major changes in where they locate their data centers and what type of energy source they use.

Here's how it works: Information technology giants such as Amazon, Google, Apple and Facebook, provide each of us with the ability to warehouse our information, such as e-mails, music, photos and websites, in a "cloud" of invisible data. That service requires the use of large, energy-consuming data centers with greater energy demands each year, just as the consumer demand for Internet data storage grows. The energy source for the latter three companies is primarily coal, mostly sourced from Appalachian mountaintop removal. Greenpeace presents detailed strategies and future action plans for

each company, including greater transparency of energy usage, better siting guidelines and improved mitigation efforts.

The Institute of Sustainable Communication, a self-confessed print-friendly non-profit, points to the need to review the lifecycle of both the

paper and electronic industries, a process that has just begun for the latter. In a recently-published white paper, the institute also points to energy and greenhouse gases emitted during extraction and manufacturing processes of electronic-related minerals, and adds to that the environmental wasteland of disposed plastic electronic casings of quickly-obsolete computers and phones.

So no, digital media and information technology is not a categorically green option to paper. The United States represents the heart of the information technology industry, and unfortunately, our primary commercial energy resource is currently coal. If we, as consumers, as well as the IT industry, do not advocate and establish renewable energy resources for our energy needs, our efforts to conserve forests by forgoing the use of paper are negated, considerably.

For now, as an organization and as individuals, we must make tough personal decisions about how we access, use and dispose of our information, whether we do it with printed material or with computers via the Internet. Consider the common refrain made during discussions related to climate change and renewable energy development: "Technology is often both the problem and the solution." Let's hear it for new solutions in the near future!

For more information about recycling electronics, visit www.rethinkrecycling.com

SUSAN SOLTERMAN AUDETTE
CONSERVATION COMMITTEE CO-CHAIR

Editor's Note: For those who receive *The Cardinal* in electronic format, consider printing only the pages that contain a Registration Box for an event you plan to attend, or Field Trips. Save *The Cardinal* in on your desktop, so you can find it easily to check dates and times for up-coming events...

Sign-Up to Go Paperless!

Go to www.saintpaulaudubon.org

In the left-side margin look for a button that says "Go Green. Want to save paper? Sign-up for the electronic *Cardinal* newsletter."

Landscape Revival: Native Plant Expo and Market

Saturday, June 4, 9:00 AM to 3:00 PM

The Native Plant Expo and Market offers gardeners the chance to learn more about how native plants can benefit their properties, plus, it's a convenient location for buying natives from twelve local companies in one centrally-located spot.

Location: Community Pavilion at Roseville's Rainbow Foods, 1201 Larpenteur Avenue West, Roseville, 55113

Everyone is welcome at this free event! Bring your friends and neighbors to a celebration and sale of plants that are native to our area. The only charge will be for plants you purchase.

Expo Participants:

Blue Thumb - Planting for Clean Water
<http://www.bluethumb.org>

EnergyScapes Landscaping
<http://energyscapes.com>

Ecological Gardens
<http://www.ecologicalgardens.com/>

Evans, Elaine, Author: *Native Plants for Pollinators* <http://www.xerces.org>

Gernes, Carole, Author: *Invasive Species*
<http://www.co.ramsey.mn.us/cd/cwma.htm>

Master Naturalists/Master Gardeners
<http://www.minnesotamasternaturalist.org/>
<http://www1.extension.umn.edu/master-gardener/>

Rice Creek Watershed District
<http://ricecreek.org/>

Saint Paul Audubon Society
<http://www.saintpaulaudubon.org/>

Shoreview Green Community
http://northstar.sierraclub.org/about/groups_communities/shoreview/

Steiner, Lynn, Author: *"Landscaping with Native Plants of Minnesota"*



Watershed District Rep's Available:

Capitol Region Watershed District
<http://www.capitolregionwd.org/>

Ramsey Conservation District
<http://www.co.ramsey.mn.us/cd/index.htm>

Ramsey-Washington Metro Watershed District
<http://rwmwd.org/>

Rice Creek Watershed District <http://ricecreek.org/>

Wild Ones, St. Croix Oak Savanna Chapter
<http://www.for-wild.org/chapters/scos/>

Wild Ones Twin Cities <http://www.wildonestwincities.org/>

Market Participants:

Cedar Hill Natives
<http://www.cedarhillnatives.com/>

Dragonfly Gardens
<http://dragonflygardens.net/>

Harmony Wildflowers
<http://harmonywildflowers.com/default.aspx>

Hayland Woods Native Nursery,
Milaca, 320-983-6354

Hedberg Nursery
<http://www.hedberglandscape.com>

Kinnickinnic Natives
http://www.kinninatives.com/kinni_natives.aspx

Landscape Alternatives
<http://www.landscapealternatives.com/>

Minnesota Native Landscapes, Inc.
<http://www.mnnativelandscapes.com/>

Natural Shore Technologies, Inc.
<http://www.naturalshore.com/>

Out Back Nursery & Landscaping, Inc.
<http://outbacknursery.com/>

Sunrise Native Plants <http://www.sunrisenativeplants.com/>

The Vagary <http://www.thevagary.com/>

←—————→
Brown Tree Snakes, continued from p. 3

that will kill only the BTS.

Numerous sightings of the BTS have already been reported on the Hawaiian island of Oahu. The snakes arrive in cargo-holds of ships, planes and other trade vessels. Scientists fear the same calamity occurring on Guam could happen in Hawaii. Hawaii outlaws possession of any snakes and residents are urged to report all snake sightings immediately to the police.

What can we do? Urge our representatives to strongly support efforts (funding) to fight invasive species and restore eco-systems damaged by them. The Invasive Species Council was established by President Clinton, with the brown tree snake invasion of Guam, as its centerpiece.

BY SPAS MEMBER STEVE ZIS

Butterfly Census, continued from p. 1

At 9:45 AM on the day of the count, Dean Hansen, probably Minnesota's best butterfly expert, will give us a primer on what we are likely to see, and demonstrate how to catch and handle our quarry. (All butterflies are released.) Even if you don't know the difference between a Viceroy and a Monarch, you are welcome to come. This is a great "ID Class!" As we participate in the count, we explore in detail three areas of AHATS: a native prairie, a prairie restored by SPAS member Craig Andresen, and a bog. After we finish counting at the prairies, we'll stop in a shady spot for lunch, then proceed to the bog and the woodland. This site overlooks Marsden Lake, so we'll look for swan and loon families. At the end of the count, we tally what we've seen. A complete list of species will be mailed after the count.

What to Bring & Wear Everyone must stay with the group for the entire time, so come prepared! Be sure to bring plenty of cool drinks and a bag lunch. A wide-brimmed hat, light-weight long pants and long-sleeve shirt, sunscreen, high socks, old sneakers or rubber boots for bog-tromping, and insect repellent are recommended. You may want to bring a butterfly field guide and a butterfly net. Binoculars are also a good idea since there are some great birds as well. We usually see Trumpeter Swan, Common Loon, flycatchers, sparrows, warblers, Osprey, Red-tailed and Cooper's Hawks, and sometimes Sandhill Cranes.

Equipment Needed To get the most out of the day you should bring a butterfly net, available from Trans-Mississippi Biological Supply, 590 Cardigan Rd, Shoreview, 651-484-4488.

Internet Sites for Butterflies The best site for upper midwest butterflies is maintained by Mike Reese, a Wisconsin expert: <http://www.wisconsinbutterflies.org/>

Books for Butterflies

Kenn Kaufman's Focus Guide: "**Butterflies of North America.**" Highly-acclaimed. Enhanced photos illustrate field marks. Maps, text together on 2-page spread.

"**Butterflies Through Binoculars-East**" Jeff Glassberg. Great species accounts, informative intro. Maps, basic ID text and photos are together. Abundance graphs. Gardening tips. Western Guide also available.

Peterson Field Guide to Eastern Butterflies Text, maps and photos organized by species, very informative. Butterflies of the North Woods Nice regional guide, great photos and information. Limited scope for travel.

'**Insect Study**' Merit Badge booklet Available at area Scout Shops. Covers biology, photography, and projects for Scouts.

Stokes Butterfly Book A guide to butterfly gardening, identification, and behavior. Descriptions of larval and nectaring plants. Section on caterpillars. Informative.

Butterfly Gardening: Creating Summer Magic in Your Garden The Xerces Society and Smithsonian Institution. Gardening, life cycles, essays, garden design tips, photography info, even a chapter on moths and the garden at night! Great Photos. www.sierra.org/books

Attracting Birds and Butterflies Barbara Ellis. Discussion of flora needed to attract both butterflies and birds, including hummingbirds.

The Family Butterfly Book Rick Mikula. Good for kids and adults! Great info, including anatomy, migration, gardening, raising butterflies, first aid, making a net, and many other family-oriented activities. ID section includes range, illustrations of larval plants showing egg, caterpillar, and chrysalis.

Peterson First Guides: Caterpillars The best book currently found on caterpillars. Shows 120 species, including larval plants, eggs, cocoons, and chrysalis.

Golden Guide: Butterflies and Moths Small, fits into backpack. Illustrates larval and adult food plants, caterpillars, maps for many North American species.

The Audubon Society Guide to Attracting Birds Stephen Kress. This is not a book about butterflies, but the descriptions of the plants are very good. The author gives good landscaping ideas for back yards, farms, road sides, and wild areas. And one should never overlook the "back of the book," the appendices, which are rich in plant sources, more reading material, and Internet sites.

Handbook for Butterfly Watchers Robert M. Pyle. This book is not an ID guide. After you get back from the census, you'll want to know more. This book takes you through naming convention, how to keep good observation records, listing, mapping, behavior, gardening, raising, conservation, photography, and where to find them in North America.

North American Butterfly Association (NABA) 4 Delaware Rd., Morristown, NJ 07960, 973-285-0907. With membership, you get "American Butterflies," which discusses ID to preservation of habitat; and "Butterfly Gardener," a great source for what to plant, what to watch for if you want to see or attract certain species. www.naba.org has great info, from identification to a photo gallery, research, and info on the annual 4TH of July census. *There is also a page where you can compile and maintain your own butterfly life list!*

Four Wings and a Prayer Sue Halpern. This non-fiction work delves into the mysteries of monarch migration. How do they do it? No one butterfly makes a round trip... A fascinating read.

An Obsession with Butterflies Sharman Apt Russell. Science, poetry, mysticism in history, experiments, collectors and museum collections, the business of butterfly farming.

PO Box 7275, St Paul, MN 55107-7275

WWW.SAINTPAULAUDUBON.ORG

June July 2011

August September Deadline 7/5/2011

Welcome... To the Saint Paul Audubon Society. We're a chapter of the National Audubon Society. Our Mission is to conserve and restore natural ecosystems, focusing on birds, other wildlife, and their habitats for the benefit of humanity and Earth's biological diversity.

JUNE

- Field Trip: Birding by Ear June 4
Native Plant Sale June 4
Board Meeting June 6
TUES AM: Benson Prairie June 7
Butterfly Census Sunday, June 26

Non-profit Organization
U.S. Postage PAID
Permit # 3795
St. Paul, Minnesota

Time Dated Material
CHANGE SERVICE REQUESTED

A Ruddy Commute...

Researchers from the Victorian Wader Study Group—a special interest group of Birds Australia—recaptured a Ruddy Turnstone which completed a 27,000KM round trip migration, for the second time!

This is the first time a wader has been tracked with a geo-locator on its complete migration in successive years. The bird had a 1-gram light sensor geo-locator attached to its leg, that recorded where the bird was each morning and evening. In each year the device was attached to the bird in mid-April on a beach at Flinders, Victoria, in southeast Australia. Ruddy Turnstones spend the (austral) summer months on many of the beaches around Australia. They are one of the family of waders that migrate huge distances to Siberia to breed.

Researchers have used these data-logging devices over the last two years to find out the key stop-over

St. Paul Audubon Society Local Sponsorship

Yes! I want to be a sponsor of my local chapter, Saint Paul Audubon, by donating \$15, for which I will receive The Cardinal newsletter and other online news. Please fill in the personal information, make a check for \$15 out to Saint Paul Audubon Society, and send it to the address below. Thank You Very Much!

- I'm a NEW member! Please send my Welcome Packet right away!
I currently receive National's Audubon Magazine.

Name

Address

City State Zip

Please sign gift card:

Mail to: Saint Paul Audubon, c/o John O'Connell, 2184 Larry Ho Drive, St. Paul, MN 55119

National Audubon Society Membership C9ZM030Z

Yes! I will become a new member or give a new gift membership in the National Audubon Society. I will receive Audubon Magazine and Saint Paul Audubon's The Cardinal newsletter. Please fill in the form, make a check for \$20 out to National Audubon Society, and send it to the address below. Thank You Very Much!

Name

Address

City State Zip

Please sign gift card:

Mail to: National Audubon Society, P.O. Box 422250, Palm Coast, FL 32142-2250
(Write on envelope: "Attention: New Membership — please process immediately")