

The Cardinal



JUNE JULY 2017 • WWW.SAINTPAULAUDUBON.ORG • SAINT PAUL AUDUBON SOCIETY

NABA SUMMER BUTTERFLY CENSUS

Butterfly Count takes place Saturday, July 8, 2017

For the second year in a row, the annual Butterfly Count will take place the first weekend after July 4. We hope you'll join us on Saturday, July 8 for this great citizen science project.

The census will take place at the Arden Hills Army Training Site (AHATS) from 9:45 a.m.-2:00p.m. Because of land use controls, no one under age 18 may participate. A map and information packet will be mailed to registered participants the week before the count. Registrants will be contacted if there is a last minute change of date.

WHAT TO BRING AND WEAR: Be sure to bring plenty of cool drinks, snacks, and a bag lunch. A wide-brimmed hat, lightweight long pants, a long-sleeved shirt (for protection from both sun and sharp grasses), sunscreen, high socks, old sneakers or rubber boots for bog-tromping, and insect repellent are recommended. You may want to bring a camera, a butterfly field guide, and a butterfly net. There is quite an interesting bird list for AHATS; you may also wish to bring binoculars and a bird field guide.

REGISTRATION Contact Dorothy Waltz at 651-917-0930 or dwaltz@isd.net for more information or to register, no later than Sunday, July 2. Saint Paul Audubon pays the NABA Census fee, so this count is free to all.

DIRECTIONS Come prepared to carpool with others. Registered participants will meet in the parking lot at the Arden Hills Readiness Center, 4761 Hamline Avenue North (just north of Highway 96).



Tiger Swallowtail

At press time, we think the gate will be open or there will be instructions what to do. We will **CARPOOL** to the sites. Restrooms are available between counts.

USEFUL INFORMATION TO HELP YOU PREPARE:

www.naba.org The official website of the North American Butterfly Association. Find everything to do with these beloved insects: Membership

options, magazine PDF's, gardening information, checklists, regional information, beautiful photos. A very great source of information about butterflies.

www.wisconsinbutterflies.org A very good site, up-to-date data of sightings all across Wisconsin, but centered mainly in the SW part of the state. GREAT photos and information about life-cycles, etc.

ecobirder.blogspot.com

A blog mainly about nature photography. There are some great photos of butterflies!

butterfliesandmoths.org

Another nationwide source for recent distribution data is the original United States Geological Society (USGS) site, now maintained in Montana.

For books, go to your local library!! Or, type 'butterfly' into your browser. The list seems endless, whether you wish to focus on field guides, data-gathering, childrens' books, caterpillar ID, life cycles, gardening and plant lists, or read both fiction and non-fiction stories about enthusiasts and researchers.

BOARD MEETINGS

The Chapter's Board does not meet June-August. During the rest of the year, meetings take place the first Tuesday of the month at 6:30-8 p.m.

President's Message

Summer is a time for fun and whimsy. The world is brighter, warmer, and our cares seem to blow away with the breeze. I often look forward to summer as a time to get together with family and friends at my summer cabin near Park Rapids. On this long sliver of water tucked away in the rolling sandy pine hills, at least two pairs of common loons have nested and successfully raised chicks. So, I thought it appropriate to toast our iconic state bird with some loony facts!

- Loons are named for their clumsy appearance when walking on land (This is something I have yet to witness).
- Despite their ungainly appearance on land, they are agile swimmers, and their red eyes help them see underwater.
- While most bird species have hollow bones, loons' bones are solid. This physical trait allows them to dive to great depths underwater (as deep as 250 feet!).
- Because this makes their bodies heavy relative to their wingspan, loons require a 100-600 foot "runway" in order to take off.
- Once airborne, loons are able to fly over 75 miles per hour!

I hope you all are able to get out and observe our amazing state bird this summer. And if you happen to catch one walking on land, please take a picture and send it to me!

Matt Jacobson

Past President

SAINT PAUL AUDUBON SOCIETY

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ABOUT OUR CHAPTER

Founded in 1945 as the 'St. Paul Bird Club' with twelve members, the Saint Paul Audubon Society now serves the entire East Metro region of the Twin Cities, and has around 2,800 members. Our Member Meetings are held from Sept.-Dec. & Feb.-May on the second Thursday of the month. For more info please contact leaders at left, or visit www.saintpaulaudubon.org

A B O U T T H E C A R D I N A L 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 cardinalstpaul@gmail.com.

Members may also receive the newsletter by downloading PDF's from our website.

ADDRESS CHANGES Call 1-800-274-4201 or NAS website at www.audubon.org to notify the National Audubon Society of a change of address, to continue to receive *Audubon Magazine* and *The Cardinal*.

Landscape Revival Native Plant Expo & Market

Saturday, June 3, 9:00 a.m.-3:00 p.m.

Cub Foods' pavilion, at 1201 Larpenteur Ave, St. Paul

This information and sale day offers gardeners one convenient location to shop for Minnesota native plants from 12 local growers, and, to learn how to use the plants from metro area conservation organizations.

The goal of *Landscape Revival* is to promote the use of native plants by educating about their benefits for wildlife habitat, pollinators, and water quality. The event is sponsored by the Saint Paul Audubon Society, the Capitol Region Watershed District, Wild Ones, Blue Thumb, and the Ramsey/Washington Metro Watershed District.



Warbler Weekend 2017 was a huge success!

Thanks to the 117 participants, 122 species of birds, including one Woodcock and 89 Chimney Swifts which did their signature dusk activities. **Special Thanks** to the WW17 Committee and Field leaders: Carol Brysky, Clay Christensen, Chase Davies, Tom George, Bill George, Sally Heuer, Mary MacDonald, Joanne Morse, Richard Newmark, Tess Rizzardi, Joanne Schultz, Paul Spreitzer, and Bill Stjern. Watch for more information in the next *Cardinal*.

Birding at Sunfish Lake Park, Lake Elmo

Saturday, June 10, 7:00-10:00 a.m.

10000 Stillwater Lane North, Lake Elmo

Sunfish Lake Park is a large, hilly, mature woodland with some wetland openings in Lake Elmo. Later migrating and nesting species overlap at this time of year. Of course, sightings cannot be guaranteed, but species normally found in large woodlands have resided here in recent years. Natural clearings that have ponds are favorable for a nice variety of waterbirds. Human-made clearings provide plenty of edge habitats favorable to many more species. Stillwater schools' cross-country ski teams train on some of the paths we will walk.

DIRECTIONS Drive on I-694 o to Exit 55 (just south of MN 36), for Hwy 5, go east, then bear left onto Stillwater Lane. After 100 yards, turn left (north) at the Sunfish Lake Park entrance sign. Meet in the parking lot.

INFORMATION Bring water, binoculars, insect repellent, and a bird book

REGISTRATION None required

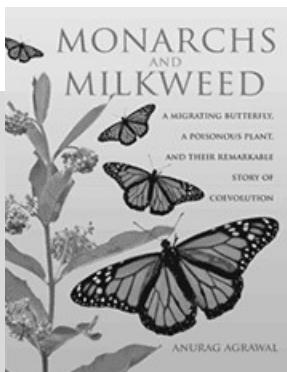
DIFFICULTY Moderate, well-defined walking paths

LEADERS Linda Kellar, 651-275-0461 or aandlkellar@comcast.net, and Chase Davies, 651-633-1663 or ccdavies@aol.com

What Holly is Reading

Monarchs and Milkweed, by Anurag Agrawal

Available from Princeton University Press © 2017



Is milkweed a poison or a medicine? Well, both, depending on the dose... Humans have used milkweed's chemical tonic for centuries. Monarchs not only tolerate milkweed's toxicity, they have evolved to put it to work. Milkweed is not passive in this relationship; many caterpillars are killed by oozing latex. And did you know that later instar caterpillars sometimes 'deactivate' the latex before feeding on the leaf? They chew through the leaf at the base to cut off its supply of latex!

You see a monarch perched on a milkweed flower and make the assumption that it is feeding. But it's not a pollinator of milkweed: it is there to find a mate to have children that will devour the leaves of the plant. The milkweed does not invite the monarch, but rather tries to ward it off. Their battle has been so intense that Darwin and other scientists of the day used monarchs and milkweed to advance new ways of looking at nature. New disciplines of science emerged, including one called chemical ecology. What these scientists eventually discovered was that the monarch/milkweed relationship is in reality an extraordinary arms race! I am just beginning this well-illustrated and informative coevolutionary story, but can already tell it is a fascinating subject. More to come...

Summer Prairie Walk Series

This series offers an opportunity to observe, comment on, and enjoy native flower diversity. Each walk will have a secondary focus for discussion

Long Lake Prairie in Bloom

Tuesday, June 20, 6:30-8:00 p.m.

LOCATION 1500 Old Highway 8, New Brighton

Topic: Where and why of prairies past and present
Many years ago a prairie was installed in Long Lake Regional Park. It matured well, and the diversity is notable. Mid-June used to be early in the prairie bloom period, but 2016 found it much farther along at this date. We will see what 2017 offers.

DIRECTIONS Park entrance is on Old Highway 8 in New Brighton. Enter the park and drive to the second parking lot which is on the RIGHT side of the road. I-35W to MN Hwy 96, one exit north of I-694, go west on MN 96 to the T at Old Highway 8. Turn south on Old Highway 8, go about ½ mile to the entrance on the right (west) side of the road.

INFORMATION Bring a 10 power magnifier; Chase will have some 10 power loupes to loan. Consider bringing a camera.

DIFFICULTY Easy, some uneven ground

Rachel C Lilly Preserve in Bloom

Tuesday, July 18, 6:30-8:00 p.m.

LOCATION 680 MN-110 Mendota Heights

Topic: Adaptations of plants to heat and drought
Dodge Nature Center installed and has actively managed this prairie on part of the Rachel C Lilly Preserve since 1963.
DIRECTIONS Enter from Hwy 110 - bear left to park near the barn or right to park in the Mendota Heights UCC church parking lot.

INFORMATION Bring a 10 power magnifier; Chase will have some 10 power loupes to loan. Consider bringing a camera.

DIFFICULTY Easy, about a mile on a grass trail

Fish Creek Prairie at Sundown

Tuesday, August 29, 6:30-8:00 p.m.

LOCATION Fish Creek Nature Preserve, Maplewood

Topic: Adaptations and interrelationships of prairie plants and animals

Fish Creek Preserve's prairie offers fabulous westward views from Maplewood across the Mississippi River valley. Sundown occurs during this event. A naturalist from Maplewood Nature Center will co-lead this walk.

DIRECTIONS Go to I-94 and Century Avenue, go south about 3.5 miles to the end of Century Avenue where it turns west becoming Carver Avenue. Go west on Carver to just past I-494, immediately past I-494 turn south (left) onto Henry Lane. Travel about a half mile to the Fish Creek Natural Area; turn around and park on the street as directed.

INFORMATION Bring a 10 power magnifier; Chase will have some 10 power loupes to loan. Consider bringing a camera.

No registration required. All trips led by Chase Davies, 651-633-1663 or ccdavies@aol.com

SAINT PAUL AUDUBON SOCIETY

PO Box 7275, St Paul, MN 55107-7275

WWW.SAINTPAULAUDUBON.ORG

June July 2017

Next Deadline 7/5/2017

Welcome...

To the Saint Paul Audubon Society.

We're a chapter of the

National Audubon Society.

Our mission is to conserve and restore natural eco systems, focusing on birds,

other wildlife, and their habitats

for the benefit of humanity and

Earth's biological diversity.

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Non-profit Organization

U.S. Postage

PAID

Permit # 3795

Twin Cities, Minnesota

*Please Check our Website
for Calendar Updates!*

Our Chapter's Conservation Committee

The Conservation Committee seeks volunteers for two priority areas of work for the upcoming summer season. The committee is in the process of developing a *Ramsey County Guide to Birding* Web Mapping Application for the website as well as mobile devices. We are seeking volunteers to help provide descriptions of birding locations and bird species in Ramsey County and the Greater East Metro. In short, we need your bird knowledge! The goal of the web mapping application is to provide visitors and beginner birders with the knowledge to bird Ramsey County and the East Metro Area. We aren't looking to post any secret locations or known sites of specific birds, just to give folks a general idea of the great birding opportunities in our area. We are also hard at work planning habitat restoration projects in partnership with the City of Saint Paul Parks and Recreation Department. Please join us at a meeting if you are interested in participating or

planning one or more of these events. We typically meet on third Monday's of the month at the Roseville Public Library's Board Room, 4:30-6 p.m. Our June meeting will be on Monday, June 19.

The Conservation Committee is always looking for new members with fresh ideas and a passion for local conservation work! We currently are seeking a new co-chair as Matt will be leaving the Twin Cities for Fargo this coming September. If you have a vision for guiding conservation in our area, then this leadership position is for you!

Contact co-chairs **Matt Jacobson** at matthew.jacobson28@gmail.com or **Nancy Uppgren** at nancy.uppgren@icloud.com or 651-247-1718 if you are interested in getting involved with bird & nature conservation in the East Metro Area!