

The Cardinal

FEBRUARY MARCH 2020 WWW.SAINTPAULAUDUBON.ORG • SAINT PAUL AUDUBON SOCIETY

FEBRUARY MEMBER MEETING

“Trout Stream and Habitat Restoration in Minnesota ”

with **John Lenczewski**

Thursday, February 13, 2020

John Lenczewski is the executive director of Trout Unlimited in Minnesota. He has obtained many grants to restore trout streams in southeast Minnesota and on the North Shore. Restoration involves fish habitat installation, stream bank stabilization, soil erosion blankets, reconnecting streams to their floodplains, and planting native plant communities.

The six chapters of TU in Minnesota have restored more than 75 miles of streams to date and completed 82 projects. The Hay Creek project involved 6,000 feet of waterway and took six years. The high water of 2019 caused new damage to this creek and others in southeast Minnesota. At the Legislature, TU works to protect groundwater, reduce nitrate contamination of the Driftless Area streams and fight against sulfide-ore mining, among other issues. Habitat for trout means improved habitat for birds, bees and wildflowers, and better water quality for all. As you know, streams provide great birding. There will be time for a Q&A following the presentation. Find more info on Trout Unlimited-MN at www.mntu.org.



These aerial photographs show a stream before and 3 months after a restoration project.

MARCH MEMBER MEETING

“Minnesota Wildflowers: An Online Field Guide to the Flowers of MN”

with **Peter Dziuk**

Thursday, March 12, 2020



For the past 12 years, botanists Katy Chayka and Peter Dziuk have managed the website Minnesota Wildflowers, an online comprehensive guide to the wildflowers, shrubs, trees, grasses, and ferns of Minnesota.

Katy is a Master Naturalist volunteer, and Peter is retired from the Department of Agriculture, where he worked on herbicides and invasive species, among other things. Peter is also a photographer who produces beautiful images that show the diagnostic features of the subject. At the start, he contributed 50,000 images for use in plant identification.

Minnesota Wildflowers includes more than 1,700 plant species and 16,000 photos. The website is now part of the nonprofit Minnesota Wildflowers Information (MWI), and provides keys to identify plants. It is user-friendly – available to new flower enthusiasts and pros alike. Site visitors can search plants by name or color, or look at what plants are currently blooming. The website also has a section on parks and natural areas to look for different species.

The project is recognized as the premier botanical reference for the State of Minnesota and is arguably one of the finest online botanical references anywhere in the world. There are about 750,000 users every year.

Dziuk will present a short history of MWI's inception and development, and give an overview its present status, future needs, and plans. He will briefly demonstrate how to find the name of a wildflower, and other ways to use the website. Dziuk can answer any plant questions you have. Visit www.minnesotawildflowers.info to see the website for yourself!

Arrive at 6:45 for social time or 7:00 for the program;
held at Fairview Community Center, 1910 Cty Rd B, Roseville.
Free and open to the public.

BOARD MEETINGS

The Chapter's Board Meetings are held the first Monday of most months 6:30-8:00 PM at the Ramsey Washington Metro Watershed Office, 2665 Noel Drive, Little Canada.

Upcoming: **Monday, February 3**

President's Message

Most of you have seen National Audubon's impressive study of the impact of climate change on birds. This scientifically valid study found that 389 species in North America are vulnerable to extinction from climate change. In addition to the national level there are also important studies in Minnesota of species such as moose whose decline is attributed, in part, to climate change.

I wondered, "Can I show how climate change has impacted me?" When I was in high school it seemed to be much colder than today. I now refer to that period as "the Little Ice Age." But am I just being a grumpy grandpa or are our winters actually warmer? I decided to check. The MN DNR website has daily weather data for Minneapolis that go back to 1872. I decided to look at winters of the 1960s and compare them to the most recent 10 years — 2009 to 2019.

You can see an amazing decline in days below zero from an average of 32.4 to 17.8. The lowest temperature of the winter meanwhile has risen from an average of 27.8 degrees to 16.4 degrees below. Our current period's weather seems not only milder but also more erratic. The current

SAINT PAUL AUDUBON SOCIETY

President	612-735-4085
Donn Waage	
Vice President	651-636-4009
Jane Braun	
Treasurer	651-231-0453
Louise Eidsmoe	
Secretary	651-633-1663
Chase Davies	
Publicity	651-489-0318
Barbara Lindeke	
Conservat'n Co-Chr	651-247-1718
Nancy Uppgren	
Conservat'n Co-Chr	651-246-5522
Monica Bryand	
Field Trips Chair	651-636-6475
Cathy Croghan	
Education Chair	507-514-2110
David Kuhlmann	
Newsletter Editor	651-295-3967
Jackie Bussjaeger	cardinalstpaul@gmail.com
Newsletter Mailing	651-483-8597
Susan Fuller	
Webmaster	651-332-1362
Ben Wilson	ben@simpledesigns.biz

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

ABOUT THE CARDINAL 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*.

period's statistics were dramatically impacted by the winter of 2013-14. That one winter was a real whopper with 47 days below zero and a low of 23 below. If we omit that single year from our current period's calculations we average only 14.6 days below zero. Again, this is not a statistically valid look at our climate but it seems clear that changes are happening in Saint Paul with milder but erratic winter temperatures that will dramatically impact wildlife.

Audubon recommends six actions for us all to take:

- Back economy-wide federal legislation driving large-scale emission reductions.
- Support policies that reduce electricity demand.
- Expand incentives for clean-energy sources.
- Reduce tail-pipe emissions from vehicles.
- Preserve and restore landscapes which capture carbon.
- Invest in developing and deploying technology that accelerate the clean-energy transition.

-Donn Waage, SPAS President

<u>Years</u>	<u>Avg. Days Below Zero</u>	<u>Avg. Coldest Day</u>
1960s	32.4	27.8 below
2009-2019	17.8	16.4 below

Choosing shade-grown coffee supports Minnesota's birds

Chilly winter mornings go great with a hot cup of coffee and a relaxing view of birds at the feeder—but there might be a stronger connection between that cup of coffee and your local birds than you realize.

Most of the coffee consumed in the U.S. comes from Brazil and Columbia, according to the U.S. Department of Agriculture. Many of the migratory bird species that pass through Minnesota each year, such as warblers and orioles, spend their winters in these same places.

Much of our coffee comes from plantations where large forest ecosystems have been eliminated in favor of a single coffee bean crop that receives full sun. This system has long been regarded to yield the highest output of coffee, but it also severely limits the rich native biodiversity of the region.

Shade-grown coffee is an alternative growing method that allows some native canopy to remain standing. This provides habitat for native species of wildlife, including the hundreds of bird species that take refuge there.

Katie Burns is the outreach coordinator for Audubon Minnesota, and harbors a personal passion for supporting the shade-grown coffee industry.

Minnesota is a geographically critical area for migratory birds, Burns said. Around 60 percent of the birds in North America use the Mississippi Flyway, which includes the St. Croix River region, on their seasonal migration routes.

"They're not just cruising right through; they're stopping to rest, to eat, to recharge their batteries," Burns said.

In the wake of the recent report that North American bird populations have declined by 3 million in last 50 years, many people are looking for individual actions that can help. Choosing shade-grown coffee is one way, Burns said.

"One thing we can do for birds is provide them with

habitat strongholds, which they need now but will also need in the future. These are things we can do now to help the birds that we love, that we see, and also make sure our future generations are able to enjoy them as much as we do."



Where to find shade-grown coffee

The Sparrow Cafe in South Minneapolis touts itself as the "only coffeeshop in Minneapolis with certified bird-friendly coffee." This cafe carries Birds & Beans coffee, which is the Smithsonian-certified Bird Friendly coffee brand. Birds & Beans works with family farms in Latin America who maintain native tree canopies. The coffee is organic and fair trade.

Other brands of shade-grown coffee can be found at local grocery stores, or even ordered online with a subscription service delivered to your house. Burns said that

the Bird Friendly seal from the Smithsonian's certification program is one of the highest standards for shade-grown coffee. Not all coffee that is shade-grown is necessarily beneficial for birds. Native trees are the most helpful for bird habitat. Organizations such as Sustain Coffee make it their mission to help coffee farmers plant native trees on their farms in order to assist in facing the challenges of climate change and habitat fragmentation.

Shoppers can also look for the green tree frog stamp that marks coffee certified by the Rainforest Alliance, which is another good choice for environmentally sustainable coffee.

"When you're reaching for a product that you can feel good about, they're doing all of the things that really speak to that sustainability model," she said.

-Jackie Bussjaeger, Cardinal Editor



Barn owl seen at Sax-Zim Bog

On Jan. 11, a barn owl was seen at Sax-Zim Bog in northern Minnesota. This was the 34th barn owl ever recorded in Minnesota. Unfortunately, the bird's health declined rapidly and it was taken to the Minnesota Raptor Center, where it later died.



Warbler Weekend 2020

St. Paul Audubon Society's 49th annual Warbler Weekend will be held May 8-10 (Mother's Day Weekend) at Hok-Si-La Park in Lake City, Minnesota. This will be

our fourth year at Hok-Si-La. Hok-Si-La Park will be the hub for our activities such as gathering, socializing, eating, recording, dispersing, and more.

The registration fee for Warbler Weekend will be \$10 per person. Meal prices on Saturday will continue as last year thanks to Lake City Kiwanis International. Gluten free and vegetarian options are also available. Numerous motel/hotel options are in the Lake City/Red Wing area. Camping is available at Frontenac State Park and at Hok-Si-La Park.

All levels of birders are welcome! Saturday leader-led walks might focus on a particular habitat, basic birding skills, bird songs, walking distance, or a favorite place such as the several trails at Hok-Si-La Park, Sand Point, the town cemetery, Villa Maria grounds (if open), Old

Frontenac, and Frontenac State Park. For the first time this year we will have a "Birding by Car" trip Saturday afternoon. The above sites offer wonderful opportunities for birders, as the migrants travel the Mississippi Flyway toward northern breeding grounds as they have done for thousands of years. We and the birds will be rewarded with all the hospitality this area has to offer. Happily, SPAS will continue to document spring bird migration along this particular stretch of bluff lands and lowlands of the Wells Creek area of the Mississippi River. Note that this year the number of registrants has been reduced from 150 to 130 in an effort to provide smaller birding groups. Be sure to send in your registration form by April 25.



Birding Lake Pepin

Known as the "warbler capital" of Minnesota, Lake Pepin is the place to be (and bird) in early May, and actually any time of the year. Designated as an Important Birding Area (IBA) by Audubon, it is described as the "best bird habitat in the State of Minnesota, especially for migrant birds." According to Audubon, "Frontenac State Park regularly records between 20 and 30 species of migrant warblers and the total number of species recorded there is 263, the second highest for a Minnesota State Park." Audubon also lists Hok-Si-La Park as an important migratory stopover for songbirds in both spring and fall. Our tally for the weekend is usually 135-145 species.

To prepare for Warbler Weekend, you should check out these resources available online. Just Google "birding Lake Pepin" and a whole wealth of information becomes available.

Lake City publishes a really awesome birding brochure available at www.lakecitymn.org/what-to-do/birdwatching. It provides maps to a whole slew of good birding spots in the area. You can also fill out a form and one will be mailed to you.

Minnesota's Department of Natural Resources provides specific information on Frontenac State Park including a downloadable bird list. Go to www.dnr.mn.us to access information about all of Minnesota State Parks.

Robert B. Janssen, author of *Birds of Minnesota State Parks*, wrote a nice article for *Minnesota Conservation Volunteer* titled "The Warbler Capital: Bird surveys of all state parks proved what birders have seen for decades: This place is tops for warblers." It is available online at [www.dnr.state.mn.us/mcvmagazine/issues/2015/may-](http://www.dnr.state.mn.us/mcvmagazine/issues/2015/may-jun/frontenac-state-park-birding.html)

[jun/frontenac-state-park-birding.html](http://www.dnr.state.mn.us/mcvmagazine/issues/2015/may-jun/frontenac-state-park-birding.html). It is good reading and whets your appetite for Warbler Weekend.

It is our pleasure to announce that Carole Brysky will be the speaker on Friday evening, kicking off SPAS's Warbler Weekend 2020 with a presentation on the Amazing Frontenac Area Migration. Carole has been a member and friend to SPAS in many ways for many years.

Carole Brysky's Story

A career St. Paul librarian, for years she reserved space for SPAS Board meetings at the Rice Street Library. There she pitched the out-of-doors, especially birds, to patrons old and young. Carole is a keen birder; her specialty is identification by song.

After retirement, she and her husband Clemens moved to Carole's home town: Grand Junction, Colorado.

"They bought a travel trailer and set off with their cats to host at state park campgrounds around the country. Carole led bird walks, and they both cleaned campsites, sold firewood and answered questions. Eventually they narrowed their hosting duties to one park in May, a migratory bird funnel on the Mississippi bluffs, recognized as the top spring birding spot in Minnesota." (*Grand Junction Daily Sentinel*) Yes, Frontenac State Park!

This is your invitation to attend Carole Brysky's talk Friday evening in the Lakeside building in Hok-Si-La Park, the hub of Warbler Weekend 2020. Doors open at 6:30, the meeting begins at 7:00 p.m. with general information about the weekend. Carole's presentation will start at 7:30 pm.

Warbler Weekend Overview

Accommodations: Birders staying overnight need to make their own reservations soon. Lake City and Red Wing are closest. Cell phone numbers for information or help before and during the weekend are 651-270-9345 (Richard) or 651-955-2086 (JoAnn).

Advance Reservations: Required for all meals including requests for gluten free and/or vegetarian food. Registration and meal reservations close April 25.

Information Boards: The usual Bird Board, Schedule, and Notices will be posted in prominent places.

Evaluation Forms: We want your input! All birders will be asked to fill out an evaluation form so that we can continue to improve Warbler Weekend!

Friday, May 8

Daytime: bird on your own

Evening:

6:30 p.m. Dining Hall opens for coffee, cookies and socializing

7:00 p.m. Information about the weekend activities and schedules

7:30 p.m. The Amazing Frontenac Area Migration—Carole

Brysky

Owling will follow if weather permits

Saturday, May 9

Meals: prepared and served by Lake City Kiwanis in Riverside Dining Hall.

8:00-8:30 a.m. Full, hot breakfast

12:00-12:30 p.m. Sandwiches with fruit and dessert

6:00-6:30 p.m. Spaghetti, bread and salad supper

Special sightings, identification of Saturday leaders, and places to bird will be on a handout available Friday evening. Updates will be announced during meals. The Warbler Weekend Count will be tallied after the Saturday supper.

Saturday Birding Walks:

Morning: 6:30 a.m.-8:00 a.m. and 9:30 a.m.-12:00 p.m.

Afternoon: 1:30 p.m.-3:00 p.m. and 3:30 p.m.-5:00 p.m.

Gather on the grass at the parking lot around appropriate signs to form groups for each scheduled leader-led walk. NOTE that the starting times are departure times, so please give yourself enough time to find your group for an on-time departure. The places we will visit from the list below will depend on weather, trail conditions, and the number of available leaders.

- Frontenac State Park: Prairie walk, campground, Sand Point trail, and overlook
- Hok-Si-La north and south
- Old Methodist Camp area
- Frontenac, town cemetery and town walk
- Beginning birder walk
- Birding by Car (JoAnn Schultz)

Sunday, May 10

6:30 a.m. at Hok-Si-La parking lot to bird with leaders.

Please report any additions from the Saturday birding to Bill Stjern (norskestar@comcast.net) for inclusion in the final count.

Warbler Weekend 2020

Registration Form (submit before April 25)

	Number of persons	Total
Friday night	_____ (no charge)	
Registration	_____ x \$10 = \$	_____
Saturday breakfast, 8-8:30	_____ x \$8 = \$	_____
Saturday lunch 12-12:30	_____ x \$12 = \$	_____
Saturday dinner, 6-6:30	_____ x \$13 = \$	_____
Total	\$	_____

_____ Number birding Sunday morning

_____ Number Vegetarians

_____ Number Gluten Free

Make check payable to St. Paul Audubon Society, or register online at saintpaulaudubon.org/events/warbler-weekend

Send check and this registration form to:

Saint Paul Audubon Society

c/o Richard Newmark, 810 Woodduck Dr.

Woodbury, MN 55125

No refunds after April 25, 2020

All prices are per person; no refunds for missed meals.

Please print clearly

Registrant's Name

Street Address

City, State, Zip

E-mail

Phone

Names of all guests registering on this form:

For more information, call 651-340-3487 or, preferably, send email to ranewmark@gmail.com

SAINT PAUL AUDUBON SOCIETY

PO Box 7275, St Paul, MN 55107-7275

WWW.SAINTPAULAUDUBON.ORG

Next issue: April/May 2020

Deadline 3/5/2020

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.

*Please check our website at
www.saintpaulaudubon.org
for calendar updates!*

CALENDAR

February

Board Meeting 3
Member Meeting: John Lenczewski.....13

March

Board Meeting 2
Member Meeting: Peter Dzuik12

Non-profit Organization
U.S. Postage
PAID
Permit # 3795
Twin Cities, Minnesota