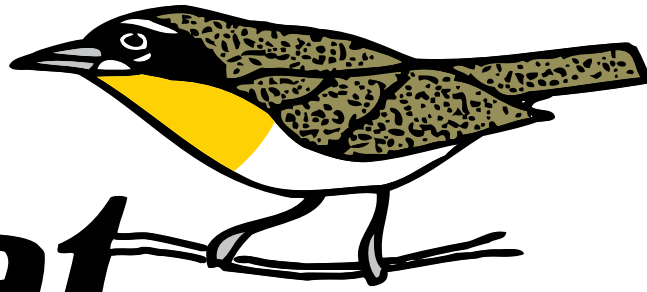


# The

# Chat



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**Columbia Audubon Society**  
<http://columbia-audubon.org>

November 2016

Serving Audrain, Boone, Cooper, Howard, Monroe and Randolph Counties

The mission of the Columbia Audubon Society is to preserve the natural world and its ecosystems, focusing on birds, other wildlife, and the earth's biological diversity, through education, environmental study, and habitat restoration and protection.

## FROM THE PRESIDENT

Well, hundreds of second graders walking in pairs through the woods wasn't "just another story." Although this was the third year that I'd volunteered at the 2nd grade field trip to the Columbia Audubon Nature Sanctuary (CANS), somehow I paid more attention to the kids (after all, I am a pediatrician with six of my own).

I especially spent time at the bird-banding station hoping for a rare bird, like I missed last year, but alas encountered only titmice, chickadees, and baby cardinals. But the kids couldn't have been more intent, trying for an ever-closer look before watching the birds fly away with a big smile. They weren't so quiet at the Raptor Rehab station. Somehow a large Red-tailed Hawk and a very large owl up close caused a lot of excitement, but they quieted for the expert handler and listened intently to the birds' stories. The owl pellet dissection and evolution stations required small-group cooperation and generated lots of excitement as they found bones or examined large claws.

I walked up to see the new stations created this year in order to handle the increased numbers of second graders, located on the additional *-continued on next page*

## IN THIS ISSUE

**CAS Friends visit  
from Honduras**

**New Science on Birds  
During Long Flights**

**CoMoGives  
Fundraising Updates**

**CAS Board Minutes**

**Upcoming Meetings &  
Field Trips**

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## FROM THE PRESIDENT, CONTINUED

- continued from previous page      6 acres that we were generously given recently. But just as I got to station #3, I heard all the kids yelling and the teacher saying “That was a hawk, but we are going to talk about owls.” Naturally, I followed the hawk, clearly a juvenile, as he cautiously hopped from limb to limb in a giant sycamore tree. By then I was far from station #3, so I followed the new path and found the largest white oak I’ve ever seen, just on the edge of our new property. What a gift!

But I had to go back to give out our gifts to the second graders, “Bird Bands” on bracelets, to help them remember the second grade field trip to CANS. So what did my beautiful day with hundreds of second graders cost, along with the two other days that constitute the entire event? About \$3,000, a lot more than our dues bring in. So how do we fund next year? We rely on other donations and community support, such as the CoMoGives campaign.

- by Laura Hillman

## CAS FRIENDS VISIT FROM HONDURAS

Janice Gaston was the hostess for a potluck breakfast this September, before the 9/22 field trip to Eagle Bluffs. About a dozen CAS members met or renewed acquaintance with William Orellana and Katinka Domen, owners of Beaks and Peaks Birding and Adventure Tours. A March birding trip to Honduras was announced, with plans to come later. William and Katinka returned to Honduras after their presentation and a weekend spent birding at the ASM fall meeting. Two days later, they met with Emilio Silvestri, the Minister of Tourism, who has asked them to serve as his advisors for ecotourism.

- by Edge Wade



*Katinka Domen, William Orellana, Emilio Silvestri (Director of Tourism in Honduras), and Sue Ellen Chávez (staff member of same). The book they're holding was produced by Katinka to promote birding in Honduras.*

## NEW SCIENCE ON BIRD BEHAVIOR DURING LONG FLIGHTS

Several recent studies have given us new insight into the behaviors and needs of birds which spend much of their lives airborne. Below, I've reproduced the essence of the papers' abstracts; read more at the links provided. - by Eric Reuter

### Annual 10-Month Aerial Life Phase in the Common Swift *Apus apus*

"The Common Swift (*Apus apus*) is adapted to an aerial lifestyle, where food and nest material are captured in the air. Observations have prompted scientists to hypothesize that swifts stay airborne for their entire non-breeding period, including migration into sub-Saharan Africa . . . We equipped Common Swifts with a micro data logger with an accelerometer to record flight activity (years 1–2) and with a light-level sensor for geolocation (year 2). Our data show that swifts are airborne



Common Swift

Pau Artigas - Wikimedia Commons

for >99% of the time during their 10-month non-breeding period; some individuals never settled, but occasional events of flight inactivity occurred in most individuals."

- Hedenström et al., 2016, Current Biology  
<http://dx.doi.org/10.1016/j.cub.2016.09.014>

Also see this piece from science writer Ed Yong:  
<http://news.nationalgeographic.com/2016/10/swift-bird-10-month-migration/>

### Evidence that birds sleep in mid-flight

"Many birds fly non-stop for days or longer, but do they sleep in flight and if so, how? It is commonly assumed that flying birds maintain environmental awareness and aerodynamic control by sleeping with only one eye closed and one cerebral hemisphere at a time. However, sleep has never been demonstrated in flying birds. Here, using electroencephalogram recordings of Great Frigatebirds (*Fregata minor*) flying over the ocean for up to 10 days, we show that they can sleep with



Great Frigatebird

Aviceda - Wikimedia Commons

either one hemisphere at a time or both hemispheres simultaneously. Also unexpectedly, frigatebirds sleep for only 0.69 hour/day (7.4% of the time spent sleeping on land), indicating that ecological demands for attention usually exceed the attention afforded by sleeping unihemispherically. In addition to establishing that birds can sleep in flight, our results challenge the view that they sustain prolonged flights by obtaining normal amounts of sleep on the wing.

- Rattenborg et al., 2016, Nature Communications  
<http://www.nature.com/articles/ncomms12468>



## COMOGIVES CAMPAIGN 2016

The CAS board has approved our participation in the 2016 CoMoGives campaign, an online fundraising event for area not-for-profit organizations. An important component of the CoMoGives campaign is the Giving Guide 2016. This publication will be delivered to everyone who subscribes to the Columbia Daily Tribune. The Giving Guide will also be available online at [comogives.com](http://comogives.com), and CAS will receive 100 copies to distribute.

The guide is designed to give readers a thumbnail sketch of each participating organization. The Community Foundation of Central Missouri, the sponsoring organization for CoMoGives, makes a concerted effort to keep the playing field equal among all organizations. Therefore, there are very stringent rules for submissions for the Giving Guide. Each organization submits answer to the same questions. The maximum length of answers is limited to 250 characters (not words but characters), no exceptions. The "What we need" question allows only 100 characters.

Below is a representation of our listing in the Giving Guide 2016. As you can imagine, the 250 character limit necessarily requires pithy and perhaps incomplete answers. We did our best to describe CAS and why it deserves everyone's support. The photo highlights the rapt attention of 2nd grade students during the bird banding demonstration at the 2015 Band With Nature field trip. The Giving Guide is intended to provide information you can share. We all know people and friends who can be encouraged to help CAS fulfill its mission. Even the minimum accepted donation of \$10 can help.

- by Bill Mees

### COLUMBIA AUDUBON SOCIETY



Columbia Audubon Society

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#### What we do:

The mission of Columbia Audubon Society (CAS) is to preserve the natural world and its ecosystems, focusing on birds, other wildlife, and the earth's biological diversity through education, environmental study and habitat restoration.

#### Why we're great:

CAS funds a field trip for 1000 2<sup>nd</sup> graders to learn, out in nature. CAS pays tuition for 2 teachers to attend a National Audubon camp. CAS provides scholarships for students to attend Tetons Nature Camp. CAS is building a real prairie in Columbia

#### Why we deserve your support:

CAS is more than birds. We preserve and restore nature's habitats. We educate students and teachers about nature and biodiversity. The 28 acre Columbia Audubon Nature Sanctuary is our gift to Columbia residents to experience the wonders of nature.

#### What we need:

Your financial support allows CAS to expand educational programs and habitat restoration projects.

## CAN I HAVE A DOLLAR?

This December CAS will once again participate in the annual CoMoGives fundraiser. One purpose of this campaign is to raise awareness of our lofty goals; the other, to hit up people for cash—hopefully in a lofty way—so we can expand the scope of what we do. While our small CoMoGives committee will work to contact people and encourage their support, how much more successful would we be if everybody associated with CAS also joined the sales force?

Of course, not everyone is a natural salesman, or at least they might not think of themselves that way: extroverted, eager to ask for money, willing to apply pressure to seal the deal. But that's only one kind of selling; the most successful salesmen are not trying to get anything, but instead enjoy finding solutions to satisfy someone's needs.

Anyone becoming a member of CAS has already satisfied their own need to join with like-minded people in protecting and enjoying the natural world. But what about members of the public at large, who might not have the time or interest to actively participate in CAS? What solutions do we provide for everybody?

1. We raise awareness of threats to our natural world and show how these threats impact everyone and everything.
2. We support nature education in our local schools so our children will continue to appreciate and protect the natural world in which we live.
3. We provide, restore, and maintain nature areas so everyone can directly experience our natural world through the remnants of our native landscape.

If you're associated with CAS, these ideas are important to you, and so "selling" CAS only means expressing to others what you already believe. Here, then, is how you can help our CoMoGives campaign, in increasing order of difficulty:

1. Be a role model. For those of us who use social media (either a newer form like Facebook, or an older form like talking with your mouth) simply share with all of your friends that you will be participating in CoMoGives in order to support all of the worthy non-profit groups in our area—including, especially, CAS.
2. Be an advocate. Find the opportunities and occasions to share with others why you think CAS is important to the community, and directly request support for CAS and other non-profits through CoMoGives.
3. The quid pro quo. If you enjoy exchanging presents of charitable giving during the holidays, supporting CAS through CoMoGives is an easy solution. Another form of this, as Bill Mees would say, is "remember when I bought your daughter's Girl Scout cookies?"

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## CAN I HAVE A DOLLAR, CONTINUED

4. Hit the pavement. If you do happen to be one of those natural salesmen, enjoy seeing how much you can benefit CAS and our community by encouraging others to participate in CoMoGives.

While we will welcome any increased public awareness of CAS through our participation in CoMoGives, real public awareness is achieved by succeeding at the campaign. And while we will welcome any donations from CAS members, we can only achieve real success when CAS members raise funds and create awareness— simply by expressing themselves. - by Douglas Miller

## CAS BOARD MEETING MINUTES, SEPTEMBER 21, 2016

*Archives of past meeting minutes may be found at <http://columbia-audubon.org/meetings.php>  
These minutes were approved at the October CAS board meeting.*

Present: Laura Hillman, Eric Seaman, Lori & Kris Hagglund, Eric Reuter, John Besser, Lottie Bushmann, Eric Wood, Doug Miller, Bill Mees, Lori Turner, and Nancy Bedan

Minutes from the August 3rd meeting were reviewed and accepted.

Treasurer's Report: Our investments are tracking the market. Eric S prepared a budget article for the 10/16 CHAT. The nature of the information to be included in the article was discussed. We want our membership to know that we use our funds for philanthropic purposes and can't do all that we do with membership dues alone.

Report of MoBCI meeting and Field Trip: The meeting went very well. Our poster detailing the CANS prairie restoration looked great. Thirty-five people attended the field trip and had a great time.

Education Report: Hog Island e-mail went out to teachers today. Apps are due 10/31.

The CAS meeting programs are set, with the exception of April. Lottie B has a prospect for that month that she'll follow up.

Band with Nature: Every school's 2nd-grade classes will attend this October 11-13. Bill M has created two new activity areas to accommodate the increased numbers.

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## CAS BOARD MEETING MINUTES, CONTINUED

CoMoGives: Committee meets this coming Monday. They will discuss whether we'll decide what to spend any donated funds on so we can let potential donors know.

Field Trips: October is set with 4 trips. One is set so far for November. Laura H would like to get a feeder watch organized again for the Christmas Bird Count.

Natural Areas: John B got the lock sorted out at Albert Children's Area so we can get in again. John B moved that we give a \$100 donation to Ken Denson for mowing the area. Doug M seconded and the motion passed. Quail Forever contacted us regarding projects involving kids and pollinator gardens. John B will follow up with them.

Laura H received a request to sell the Audubon "sinkhole" property donated years ago by the Albert family; the offer was subsequently withdrawn.

Membership: We have 7 new members since August. Facebook membership is outstripping traditional membership. The option of a lifetime membership was discussed.

Migratory Bird Count Data Reporting: Laura H wants to figure out a way to both report the data to eBird and maintain our own archive.

Mike Powell, head of the Greenbelt Trust, wants to apply for a MoBCI grant and would like us to do pre- and post-improvement bird counts on two sites. One property is Hinkson Nature Preserve. The other is a 15-acre site owned by Carl Gerhardt. John B moved that we do so. Lottie seconded, and the motion passed.

The general meeting was attended by 23 people who enjoyed a great presentation by Ann Kome and Whitney Adams, the teachers CAS sponsored for the Hog Island camp in summer 2016.

Respectfully submitted,

Lori Hagglund  
Secretary  
Columbia Audubon Society

## UPCOMING MEETINGS

*Meetings are held at the Unitarian-Universalist Church, 2615 Shepard Blvd, Columbia.*

### **Wednesday, November 16th, 2016, 7:00 p.m.**

**Presenter:** Julianna Jenkins

Researchers have studied nesting birds for hundreds of years, but the question of what happens after birds leave the nest is still largely a mystery. The post-fledging period, the interval between leaving the nest and first migration, is a critical time for juvenile migrant songbirds. Once out of the nest, fledglings need to gain the skills to survive on their own. It is during this time that the majority of mortalities occurs. If dangers and habitat requirements shift significantly between nesting and post-fledging, conservation plans may not be supporting species' needs throughout the season. To better understand fledgling behavior, movements, and survival, Jenkins monitored nests and used radio telemetry to observe post-fledging juveniles from 2012-2015. The two species studied occupy similar nesting habitats in central Missouri forest fragments, but have different natural histories.

### **Saturday, December 17th, 2016**

Annual Christmas Bird Count and chili supper

### **Wednesday, January 18th, 2017, 7:00 p.m.**

**Presenter:** Lori McCurdy, Columbia Center for Urban Agriculture

Lori will talk about the programs CUA runs with Columbia Public Schools, as well as her outdoor classroom program.

### **Wednesday, February 15th, 2017, 7:00 p.m.**

**Presenter:** Brad and Suzanne Wright, Mussel Fork Legacy Marsh, LLC

Brad and Suzanne will talk about buying and managing land for recreational benefits, and the "Life of a Wetland Reserve Program" project (60 days of duck hunting, 305 days of birding).

### **Wednesday, March 15th, 2017, 7:00 p.m.**

**Presenter:** John Burk, Turkey Federation.

Turkey Federation activities and on-the-ground restoration efforts.

## STORIES, OBSERVATIONS, & IMAGES WANTED!

Do you have any experiences or photos that you'd like to share with other CAS members? Consider contributing to The Chat; I'd be happy to edit and publish your stories, observations, and photos. I also welcome ideas for stories or topics you'd like to see in this newsletter.

- Eric Reuter, editor, [eric@cherthollowfarm.com](mailto:eric@cherthollowfarm.com), 573-474-0989



## 2016 FIELD TRIPS

### **Twin Lakes and Hinkson Woods Conservation Area**

**Date & Time:** Saturday, November 5th, 8:00 a.m. to 11:00 a.m.

**Departure Point:** Songbird Station, 2010 Chapel Plaza Court #C, Columbia, MO

**Leader:** Lori Turner, [loricatrips@gmail.com](mailto:loricatrips@gmail.com)

We will leave Songbird Station's parking lot at 8 a.m. The trip will be 3 hours long and return to Songbird Station's parking lot.

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### **Binder Lake**

**Date & Time:** Saturday, November 12th, 8:00 a.m.

**Departure Point:** AC commuter parking lot, off US 63.

**Leader:** Greg Leonard, 573-823-4759

We'll carpool from the AC Commuter Parking Lot at 8:00 a.m. The lot is on the southeast corner of the AC exit off Hwy 63 on Lenoir St. If you're not joining the carpool, meet at the tackle shop on the north side of the lake at 8:40 a.m. After the trip we'll have lunch near Binder Lake at Dudley's Café.

(Note: Dudley's Café only takes cash.)

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### **Rocky Top Trail – Lake of the Ozarks SP**

**Date & Time:** Saturday, November 19th, 7:30 a.m.

**Departure Point:** BAC commuter parking lot, off US 63.

**Leader:** Allison Vauhgn, [allisonjv@yahoo.com](mailto:allisonjv@yahoo.com)

We'll carpool from the parking lot on the southeast corner of the AC exit off Hwy 63 on Lenoir St. If you're not joining the carpool, meet at Rocky Top Trailhead at 9:00 a.m. After the trip we'll have lunch at Shawnee Bluff Winery. Rocky Top Trail is a wonderful example of just how important fire is to maintaining native glades and woodlands that once dominated the landscapes of this region. It consists of 2 loops, totaling 2 miles of nature viewing. For a map of the trail please visit:

<http://mostateparks.com/trails/lake-ozarks-state-park>

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### **Little Dixie Lake Conservation Area, Callaway County**

**Date & Time:** Saturday, November 26th, 8:00 a.m to noon.

**Departure Point:** Moser's Foods (ex-Patricia's), 900 N. Keene St. Columbia, MO.

**Leader:** Eric Wood, [ewood802@yahoo.com](mailto:ewood802@yahoo.com)

A spotting scope may come in handy for viewing ducks. The trip will be about 4 hours long and it's recommended to wear water resistant footwear.



Columbia Audobon Society wants to thank our corporate sponsor:

**Songbird Station**  
2010 Chapel Plaza Court, Suite C  
Columbia MO 65203  
[www.songbirdstation.com](http://www.songbirdstation.com) 573-446-5941

**Columbia Audubon Society**  
**P.O. Box 1331**  
**Columbia MO 65205**