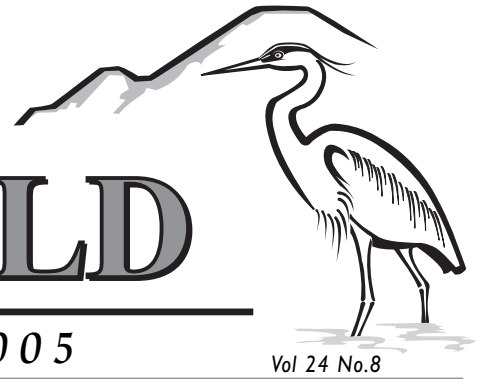


The HERON HERALD



Rainier Audubon Society • October 2005

Vol 24 No.8

Friends of Cooper Island

Everyone Welcome at our October Program

George Divoky has studied seabirds in Alaska since 1970. That year, he censused seabirds in the Arctic Ocean adjacent to Prudhoe Bay, prior to the development of that oil-field. Since then, he has been involved in Alaskan seabird studies in conjunction with a variety of conservation issues, including the Alaska Native Land Claims Settlement Act, oil and gas exploration of the outer continental shelf, and the Exxon Valdez oil spill. He has also maintained an ongoing study of a colony of Black

dedicated to continuing his three-decade study and informing the public of his findings.

Divoky's research and his struggle to maintain a long-term field study on a remote desolate island were featured in a story entitled "George Divoky's Planet" by Darcy Frey in the New York Times

Magazine. His guillemot research led to an appearance on the Late Show with David Letterman and was featured in the PBS presentation "Hot Times in Alaska."

George is a native of Cleveland, Ohio; he received Bachelors and Masters degrees in Zoology from Michigan State University, and a doctorate from the University of Alaska, where he now holds the position of Research Associate at the Institute of Arctic Biology. He is one of the founders of the Pacific Seabird Group, an international society of professional ornithologists and conservationists studying and protecting the marine birds of the Pacific Basin. He is also

the director of "Friends of Cooper Island." Visit their web site at www.cooperisland.org.

Join Rainier Audubon as we welcome George to our first program of the new season. Complimentary refreshments and conversation are always available prior to and following the program.



HORNED PUFFIN



GEORGE DIVOKY AND A GUILLEMOT

Guillemots at Cooper Island since 1975. Black Guillemots are arctic seabirds closely associated with snow and ice habitats; their response to the rapid warming of the Alaskan Arctic over the past 30 years provides one of the best examples of a biological response to climate change. Divoky founded "Friends of Cooper Island," a nonprofit organization

**OCTOBER GENERAL
MEMBERSHIP MEETING**

RAINIER AUDUBON SOCIETY

WEDNESDAY, OCTOBER 19, 2005

7:00 PM

FEDERAL WAY SENIOR CENTER

SEE PAGE 2 FOR DIRECTIONS

Field Trips on Page 4!

Calendar

THURSDAYS

Bird Walks at Nisqually

See page 4 for details.

WEDNESDAY, OCTOBER 12, 2005

Rainier Audubon Board Meeting

7:00 PM, Federal Way Senior Center

SATURDAY, OCTOBER 15, 2005

RAS Field Trip: Public Birdwalk in the Kent Valley

See page 4 for details.

SATURDAY-SUNDAY

OCTOBER 15-16, 2005

Ridgefield National Wildlife Refuge 2005 BirdFest

see page 3 for details

WEDNESDAY, OCTOBER 19, 2005

Rainier Audubon Membership Meeting and Program

See page 1 for details

SATURDAY, OCTOBER 22, 2005

RAS Field Trip: Parks and Beaches in the Fall

See page 4 for details

THURSDAY, OCTOBER 27, 2005

RAS Introduction to Birding Class begins

See page 3 for details.

<http://www.rainieraudubon.org/>

Directions to the Federal Way Senior Center

- From Hwy 18 take the WEYERHAEUSER WAY exit.
- Turn south, cross over Hwy 18.
- Take an immediate left turn at S. 344th Way, into a highrise business park.
- Follow S. 344th to MILITARY RD. Turn right (south) on Military Rd.
- Turn right on to S. 352nd St.
- The Federal Way Senior Center will be on your right at 4016 S. 352nd

President's Message

by Nancy Hertzell

Isn't it amazing? You join one organization and your name must go on some master list somewhere because before you know it, your mailbox is filling up with offers from every like-minded group in the country. I don't think a day passes that I don't get something from National Wildlife Federation, The Nature Conservancy, Sierra Club, Ducks Unlimited, People for Puget Sound, World Wildlife Fund, or some similar group. Not that they aren't all worthy causes, and if I had the money, I'd probably join every one of them. I actually do open all the mailings and read them — but I am pretty selective in which I join. So how does a person pick and choose? It's a mystery. I guess we each choose to belong to groups that are most closely aligned with our individual priorities and sympathies. It makes me wonder what it is that would make someone join Rainier Audubon, over all the other good choices? Have we got something that might make us unique? I think Rainier has one outstanding thing to offer: We are LOCAL. Our focus is right here, in our own backyards. We have a free monthly program for our members to come together, enjoy, and socialize. We offer birding trips to local places. We give slide-shows on birds and on how to create your own backyard wildlife habitat to local schools, Cub Scouts, and bird-feeder stores. Plus, our

involvement with Rainier allows us to participate in decisions about projects like the new 100-acre Auburn Environmental Park, and to get our hands dirty with trail work and maintenance at local treasures such as Hylebos, Shadow Lake, and Soos Creek. And maybe best of all, when a person reaches a point in life where he or she is no longer racing around in a whirlwind of family and work obligations and has a little time to share, we have volunteer opportunities for them to connect with the rest of us for work, for play, and for friendship.

Hope to see you all at our October membership meeting, and don't hesitate to bring your friends and family.

Volunteer Opportunity with Rainier Audubon

Conservation Chair

After years as Rainier's Conservation Chair, Bruce Harpham is stepping down, and we are looking for someone to take over this position. Are you interested? Call Bruce at (253) 874-9792.

2006 Entertainment Books are now available!



This year's Entertainment Book is loaded with hundreds of two-fers, and up to 50% savings on dining, shopping, travel, movies, sports and more. And to make it even better — a portion of the purchase price stays right here in our chapter, funding important programs. Both "Greater Seattle" and "South Sound" books are only \$30 each! Books can be picked-up or requested by:

The Entertainment book makes a great gift!
DON'T MISS OUT – GET YOUR BOOKS TODAY!
Immediate opportunities exist for buyers and sellers!

Contacting Bruce Harpham
Ph: (253) 874-9792
email: bruce.laura@msn.com

Pick-Up at the Sept/Oct/Nov Rainier Audubon Membership Meetings

Fun Events & Things to Do

Ridgefield National Wildlife Refuge BirdFest 2005

OCTOBER 15-16, SATURDAY-SUNDAY

Guided bird walks and plant walks, paddle tours, bluegrass music, fun for the whole family! In Ridgefield just 25 minutes north of downtown Portland. Celebrate and learn about the natural beauty and rich cultural history of the refuge. Tours will follow in the footsteps of Lewis and Clark to a replica of a Cathlapotle (Cath-Lah-Poh-tl) plankhouse, hand-built using ancient Chinookan techniques and tools. Children's activities include guided bird walks led by an Audubon naturalist, live raptor displays, craft stations, and much more. For the big kids, there will be guided paddle tours with a wildlife biologist. And don't miss the birder's marketplace with great deals on optics, art, clothing, and books! Spectacular sunrise and sunset tours to view Sandhill Cranes flying to a traditional roost are offered on a limited basis and reservations are required. Directions: Take I-5 to exit 14 and follow the signs.

For more information contact us at www.ridgefieldfriends.org. For plankhouse information, go to www.plankhouse.org. Or call 360-887-9495.

Introduction to Birding Class Learn Your Birds with RAS!

BY CAROL SCHULZ

Rainier Audubon is offering an "Introduction to Birding" class this fall. This enjoyable class with lectures, quizzes, and field trips gives students a method by which to identify birds. Classes will be held at the Federal Way Senior Center on the following Thursdays from 6:30 PM to 9:00 PM: October 27, November 10, and November 17.



The class includes field trips October 29, and November 12, with an optional third trip. The field trips are educational, a lot of fun, and are in our local area. Your teachers will be Master Birder Carol Schulz and an Assistant Instructor. We will use the *National Geographic Field Guide to Birds of North America* (3rd or 4th Edition) as the class text. Please bring this field guide to the class. Cost will be \$25 for RAS members, and \$40 for non-members. For more information or to reserve a spot in the class, please call or email Carol Schulz, (206) 824-7618, linusq@att.net.

By John Burroughs, 1894

AMERICAN WRITER, BIRDER, NATURALIST,
AND CONSERVATIONIST

For 10 or more years, I have been in the habit of jotting down...observations upon the seasons as they passed, the complexion of the day, the aspects of nature, the arrival of the birds, the opening of the flowers...Let me say a word or two in favor of the habit of keeping a journal of one's thoughts and days. ...Thoreau says in a letter to a friend, after his return from a climb to the top of Monadnock, that it is not till he gets home that he really goes over the mountain; that is, I suppose, sees what the climb meant to him when he comes to write an account of it to his friend. Every one's experience is probably much the same; when we try to tell what we saw and felt, even to our journals, we discover more and deeper meanings in things than we had suspected.

The pleasure and value of every walk or journey we take may be doubled to us by carefully noting down the impressions it makes upon us. How much of the flavor of Maine birch I should have missed had I not compelled that vague, unconscious being within me, who absorbs so much and says so little, to unbosom himself at the point of the pen! It was not till after I got home that I really went to Maine, or to the Adirondacks, or to Canada. Out of the chaotic and nebulous impressions which these expeditions gave me, I evolved the real experience.

FIRST PUBLISHED IN RIVERBY, BY HOUGHTON MIFFLIN & CO, BOSTON AND NEW YORK, 1894.

Christmas Bird Count – January 1, 2006

BY NANCY STREIFFERT

As the seasons turn and nature responds, we birders are as much a part of the natural world as the birds we love to observe. While we enjoy the colorful trees and migrating birds, we all hopefully look forward to the Christmas Bird Count!

Hello, my name is Nancy Streiffert and I am the new Rainier Audubon Christmas Bird Count (CBC) coordinator. After 26 successful years, Thais Bock has honored me with the role while promising to guide me through the event. I look forward to working with past CBC leaders and birders as well as encouraging new people to join us. Information we gather can influence important decisions concerning wildlife and the habitat on which it depends. Plus — what better way to kick off 2006 than by spending a beautiful sunny day (I'm working on that!) watching birds and sharing time with other birders?!

Mark your calendars now — the next CBC will be January 1, 2006. We will have a full day of counting and then gather for dinner at the Golden Steer Restaurant on the east hill of Kent to share our tallies and stories. Please feel free to contact me with ideas or questions - both Thais and Nancy Hertzell are mentoring me and will have answers if I don't. (nancy_streiffert@hotmail.com)

Rainier Audubon Society is the
Washington State
South King County Chapter
of the National Audubon Society.

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E-mail material to:
autumn207@comcast.net
cc: hh-artist@comcast.net

Layout Artist: Rebecca Westby

Field Trips

By Carol Schulz

Plant of the Month

By Linda Bartlett

Public Birdwalk in the Kent Valley

SATURDAY, OCTOBER 15, 2005
9:00 AM TO NOON

TRIP LED BY: RAINIER AUDUBON LEADERS

Please join birders from Rainier Audubon as they introduce you to local birding hotspots. The ducks are coming back to the valley, and it's great time of year to see them. We will also try to find hawks and other birds. We may get to go inside Kent Ponds to an area usually closed to the public. We may walk up to one mile on level ground. Our leaders will help you see and identify the birds!

BRING: Walking shoes or boots, warm clothes, snacks and water. Bring binoculars if you have them. Scopes are welcome.

MEET: At the mini-mart/Wendy's at the corner of So. 212th St and 64th Ave. So. From I-167, take the So. 212th St. exit in north Kent, go west about two miles. Turn left (south) on 64th. Mini-mart is on the corner. From I-5, take exit 152, Orillia Rd. Turn east toward the Kent Valley. In the valley, Orillia becomes So. 212th St. From the start of the valley, go approx. one mile east to 64th. Mini-mart/Wendy's is on the right side corner at the light.

Signup: No need to sign up. For more information contact: Carol Schulz, (206) 824-7618, or linusq@att.net. Email is preferred.

Parks and Beaches in the Fall

SATURDAY, OCTOBER 22, 2005
8:00 AM -2:00 PM

LEADER: STEVE JOHNSON

Take a birding trip in October to picturesque parks and beaches in Pierce County and South King County. This is the time of year to view returning seabirds. We hope to see waterfowl, auklets, scoters, and maybe Harlequin Ducks. We'll check the parks for forest birds and look for raptors. Bring a camera for this beautiful time of year. All of our birding will be done in nearby areas, in case people have to leave early. Beaches may include Brown's Point, Dash Point Park and Pier, Redondo and other areas.

BRING: Warm clothes, lunch, drinks, snacks. Bring entry fee for state park (\$5 per car). Bring a camera and a scope if you have one. Expect to walk up to a mile on pavement or gravel.

MEET: At Starbucks in Redondo Square at 8:00 AM. Take Hwy. 99 to So. 272nd St. Turn west into Redondo Square. Starbucks is to the right of Safeway.

SIGN UP: Contact Steve Johnson, (253) 941-9852, johnsonsj5@msn.com.



This month, we are going to consider the beauty of SALAL (*gaultheria shallon*). It is an attractive evergreen shrub for our yards—particularly if you have tall fir trees where it grows happily at their feet. It can actually reach 10 feet tall in the shade, but as it spreads out into the sun, it becomes much shorter.

Because it is such a good, tough Pacific Northwest native, the tendency lately has been to plant it in parking median strips or in shopping mall areas where it sits unwatered in the blazing sun. In this situation, it does not impress and you probably wouldn't consider it for your yard. But where it has some moisture and shade, it is stunning. The deep dark leathery green leaves contrast dramatically with the tender bright green ones, and the stems are reddish. They have a distinctive zig-zag appearance as the twigs change angles between each node. Then there are the lovely heather-like, bell-shaped flowers that occur on the plant from May to July and turn into shiny black berries in September. In my yard, we've photographed robins, towhees, and cotton-tail rabbits devouring these fruits. We've watched the hummingbirds gather nectar from the flowers — and bumblebees love the flowers, too. The leaves are food for the larvae of the brown elfin butterfly. Bears and other small mammals can often be found eating salal berries. Deer and elk browse on the leaves and twigs.

Digging the plant from the wild is very difficult because the underground runners go for many yards and most of the time you cannot get enough actual root. The easiest way is to begin with potted plants. They are slow to get established and cannot be allowed to dry out that first year. But by the third and fourth year, they begin to send up new suckers and will eventually form a dense thicket. It does well in just about all soil types and its extensive suckering root system helps bind the soil, so salal can be used to control erosion along streamsides. It can even tolerate salt spray and grows along the seashore.

Salal is found west of the Cascades from California to British Columbia and was a major food source for our native peoples.

So pick up a pot of salal, and tuck it in a semi-shady spot in your yard. You'll be amazed how the birds will use it for hiding and escape cover.

Weekly Bird Walks at Nisqually

USUALLY ON THURSDAYS 8:15 AM TO NOON

LEADER: PHIL KELLEY

Join Phil on his weekly bird walks as he counts the birds at Nisqually NWR. (The trip usually happens on Thursday, but call or email Phil in case he has to go on another weekday instead, or if the route has been changed.) On the FIRST Thursday of the month, the group walks fairly quickly around the full loop, which is over five miles. On the OTHER Thursdays, the group walks out to MacAllister Creek and back to the Visitor Center. Then they take the boardwalk/trail loop out past the Twin Barns to the Ring Dike, coming back along the Nisqually River Trail, a distance of about four miles.

BRING: Good walking shoes or boots, raingear, water, snacks, and \$3 entry fee (or a

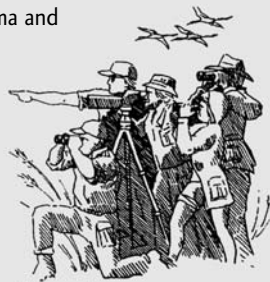
Golden Eagle or Golden Age Pass). Scopes are welcome.

NOTE: Starting in late October, the outer loop is closed by the refuge for hunting, and all walks will be approximately four miles.

MEET: At the parking lot just past the Nisqually NWR Visitor Center.

DIRECTIONS: Take I-5 south from Tacoma and exit to Nisqually NWR at exit 114. Take a right at the light.

SIGN-UP: Call or email Phil Kelley to confirm and find out the day he goes. Phil Kelley, (360) 459-1499, scrubjay323@aol.com.



Seen & Heard

By Charlie Wright



Another great season has passed us by, but the birds were not missed! The first unmistakable vanguards of winter, such as Varied Thrushes and Golden-crowned

Sparrows, are arriving in force, while the warblers are gradually (or in some cases suddenly) slipping away to their southerly winter ranges. Watch for more arrivals in the coming month, and don't forget to report what you see!

The first small push of migrant waterfowl included 23 **Northern Shovelers**, four **Northern Pintail**, and 16 Green-winged Teal at Kent Ponds 8/21 (RO/m.obs). The four **Cooper's Hawks** at Kent Ponds 8/21 (m.obs) were certainly the family group raised there this summer. It would be interesting to see how long the young linger in their parents' territory. An adult **Peregrine Falcon** was on the buildings near Boeing Ponds 8/21 (RO/CS/CW).

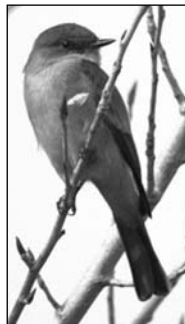
Solitary Sandpipers were consistently present at a wetland near South Prairie from 8/13 through 9/11, when between one and five birds were seen at a time (CW). Five **Short-billed Dowitchers** flew over Kent Ponds and called 8/21 (m.obs). A **Northern Pygmy-Owl** was a surprise visitor to a Renton feeder station 8/16 (GM). A **Northern Saw-whet Owl** was heard at Bonney Lake 8/23. Only single **Common Nighthawks** were seen over Bonney Lake this summer, on 7/11, 7/28, and 8/4. Two migrant nighthawks were in downtown Auburn 9/4 (RS/CW). An **Anna's Hummingbird** visited Bonney Lake, where they are uncommon, from 9/3 to 9/13 (CW).

A **Say's Phoebe** was observed on a



YELLOW-BREADED CHAT ©STEVE PIKE

chain-link fence at Boeing Ponds 8/21 (RO/CS/CW), at the same spot where perhaps the same one spent the winter of 2004-2005. Foothills Trail is a great place for flycatchers in the fall. The last **Western Wood-Pewee** of the season was seen there 9/11. The peak count of **Willow Flycatchers** was 27 on 8/26. A Least Flycatcher at Foothills Trail 8/28 was very rare, and three **Hammond's Flycatchers** were along the trail 9/13. A late **Cassin's Vireo** was at Foothills Trail 9/11 (CW). A **Red-eyed Vireo** showed up in a mixed flock of birds at Renton 9/15 (GM). Linda Bartlett noted an influx of migrants on the East hill of Kent 9/5, including pewees, tanagers, grosbeaks, and several species of warbler. An early **Ruby-crowned Kinglet** showed up at Kent Ponds 8/21 (RO), while more typical arrival was noted at Foothills Trail 9/13 and Bonney Lake 9/14. Three **Varied Thrushes** also showed up early, at Bonney Lake 9/11 (CW). A **Western Scrub-Jay** came to feeders on Kent East hill 9/5 (LB). A **Purple Martin** flew over Bonney Lake 8/27 and two flew over on 9/1. Even more surprising was the **Bank Swallow** there 9/12. Five **American Pipits** were at Foothills Trail 9/11 (CW). A **Black-throated Gray Warbler** was at Kent Ponds 8/21 (m.obs), one was at Green River Community College 9/13 (MV), and a very high count of 67 warblers were at Foothills Trail 9/11 (CW). A **MacGillivray's Warbler** turned up in Federal Way on 8/27 (BP). Two Macs were at Foothills Trail 9/11, and two others were there 9/13. Up to 16 **Wilson's Warblers** were along Foothills Trail 8/26; five there 9/11 were



SAY'S PHOEBE ©RON STOREY

the last of the year (CW). The **Yellow-breasted Chat** was still singing from its territory on the Kent Ponds lagoon island during the August census 8/21 (m.obs). A

Thank You to Our Volunteers

Thank you, **Annette and Ross Tabor** and **Rebecca Westby**, for your wonderful work with the Girl Scouts at Seward Park this summer.

Thank you, **Linda Bartlett**, for devoting an entire day in July to teaching the Cub Scouts in Maple Valley about birds.

Thank you, **Hazel Dickinson**, for your slide-show presentations at local wild bird stores on how to create habitat for wildlife in urban backyards.

Thank you to **Bernedine and Phil Lund**, **Merlin Wiese**, and **Annette and Ross Tabor** for your time and energy at our second garage sale of the year.

Thank you, **Debra Russell**, for bringing home-made refreshments to every monthly meeting last year, for always coming early and making the coffee, and for staying late to help clean up and shut the lights off.

pair of **Spotted Towhees** in Federal Way built a nest late in the season and were still carrying food to the nest on 8/20 (BP). A **Chipping Sparrow** was at Foothills Trail 9/11. The first **Fox Sparrow** of the season was along the Foothills Trail 9/4 (CW) while two were at Kent 9/11 (LB). A **Lincoln's Sparrow** arrived at Foothills Trail 8/22, where up to 23 were seen 9/11. The first of many **Golden-crowned Sparrows** to come was at Foothills Trail 9/6 (CW). **Dark-eyed Juncos** began migrating on 9/11 at Kent (LB) and Foothills Trail (CW).

OBSERVERS: LB-LINDA BARTLETT; TB-THAIS BOCK; GM-GUY McWETHY; RO-ROGER ORNESS; BP-BARBARA PETERSEN; CS-CAROL SCHULZ; RS-RYAN SHAW; MV-MARK VERNON; CW-CHARLIE WRIGHT; TWTRS-TWEETERS; M.OBS-MANY OBSERVERS.

Report your sightings to Charlie at (253) 862-0520 or email c.wright7@comcast.net. E-mail is preferred.

The Quizzical Owl

by *Thais Bock*



1. The Double-crested Cormorant (22 letters) is known in Great Britain as a ____ (four letters).
2. Name the lark with tufts of head feathers.
3. This eastern warbler is named for its skyblue plumage.
4. Seen off our coast in late summer and early fall, what oceanic species skims the waves in large numbers and long lines?
5. What bird is known as the "Snow Bird" in its winter range?

ANSWERS ARE UPSIDE DOWN BELOW

by *Merlin Wiese*

Did You Know?

...Progress is being made on the Auburn Environmental Park?

The Technical Advisory Committee for the park met on Thursday, September 15, in the Auburn City Council Chambers. Rainier was again well-represented, with Laura Stiles, Ross Tabor, Len Elliott, and myself in attendance. Brief introductions by Mitizi McMahan and Aaron Nix were followed by an address by Mayor Lewis. He requested that the park boundaries be extended to include the industrial area south of Main Street and north of Highway 18, the idea being that this area would be used to entice companies involved in environmental activities to locate there, participate in the restoration efforts, and showcase their particular expertise. The Committee was then asked to break into three groups, one dealing with financing the park, another with the regulatory issues of creating the park, and the third with deciding what recreational activities, educational opportunities, and economic benefits might be derived from the park. Rainier was assigned to the last group along with representatives of Washington State University, Green River Community College, and the Auburn School District. This group was

chaired by the Auburn Parks Department.

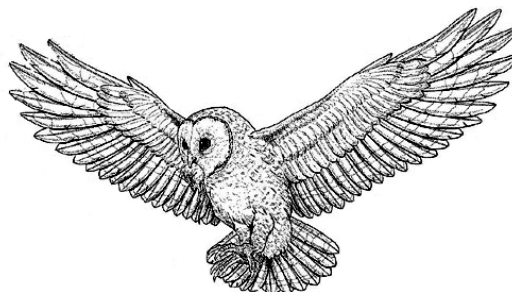
Our group held a wide-ranging discussion on what opportunities might be derived from the park. It was generally agreed that the park should provide educational opportunities for both adults and children as well as recreational activities such as bird-watching. This would involve creating well-designed signage explaining the environmental significance of specific areas. If students from local schools were to use the park as a learning tool, there would have to be a staging area providing bus parking. A covered area for lunch eating as well as a place to conduct educational lectures would also be a good idea. And of course there would have to be restrooms. Group members decided that we really needed to visit the proposed park area to better understand what might be done there. It was also decided that it would be a good idea to do something in that area as



soon as possible to illustrate to the public that things were actually happening. It was agreed that a birding tower and a small portion of boardwalk might be a good first step.

The breakout groups were then asked to give a summary of their discussions and any recommendations. It was interesting to note that the Finance group also thought that the birding tower was a good idea, as it would provide an opportunity for an initial smaller funding effort and visible progress for follow-up on funding efforts. The Technical group reported that they would have a number of regulatory issues to deal with, some of which may prohibit ideas floated in the original park concepts. All of the groups indicated a need to visit the site. Aaron and Mitzi agreed to try and establish a date and time for such a visit.

BIRD ID: October Word-of-the-Month



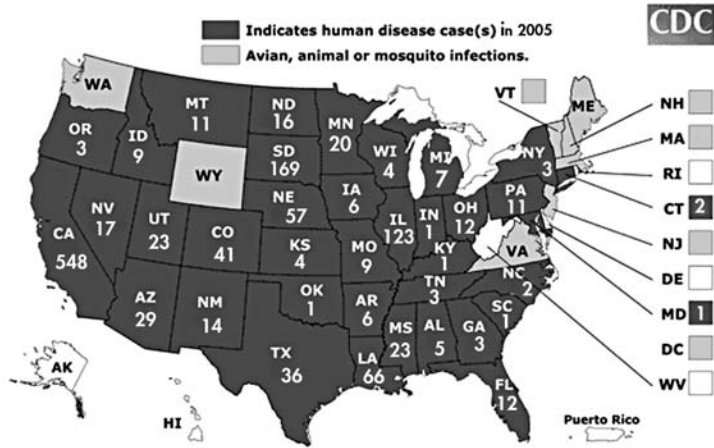
} **Primary Feathers**

Answers to Quizzical Owl: 1. Shag, 2. Horned Lark, 3. Cerulean Warbler, 4. Sooty Shearwater, 5. Dark-eyed Junco

West Nile Virus (WNV) Facts and Updates

Almost 10,000 US citizens came down with WNV in 2003. The majority of these were in Colorado, Nebraska, and South Dakota. The next year, California and Arizona reported the most cases, and the country's over-all total dropped to just over 2,500. But no human cases of WNV have been reported in the state of Washington.

Now, a magpie tested in September 2005 at a lab at WSU, has been found to have died of WNV, making it the first bird in Washington to have tested positive for WNV in three years. Once WNV has expanded its range into an area, it is apparently there to stay. WNV has been found in 283 species of birds. It is spread largely through mosquito bites. When a mosquito feeds on an infected bird, that mosquito will have the virus circulating in its salivary glands for the next few hours; whomever or whatever it bites during those hours will be at risk for developing the virus. WNV incidents rise in the summer and fall, when mosquitoes are around and active.



Besides mosquito bites, the only other known transmission of WNV is through organ transplants and blood transfusions. Human-to-human transmission apparently does not occur.

How would you know if you had WNV? You may not. The majority (about 80%) of infected people have no symptoms at all. Some people may feel like they have the flu (fever, headache, muscle aches). About one person in 150 becomes seriously ill, with symptoms such as high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms may last several weeks, and neurological effects may be permanent. There is no known treatment or cure.

Lower your risk for mosquito bites:

- Use DEET or other repellent.
- Clean out standing water around your home (if you have a bird bath, make sure it is cleaned and refreshed daily).
- Avoid being in mosquito-infested areas in the evening and throughout the night; these are mosquitoes' most active hours.
- Wear long-sleeved shirts, pants, and socks.
- Repair broken screens.

Rainier Audubon Society

Rainier Audubon Society is the Washington State South King County Chapter of the National Audubon Society. Our mission is to conserve and restore natural ecosystems, and to protect birds and other wildlife for the benefit of humanity and biological diversity in South King County and the world we live in.

Web Site www.rainieraudubon.org
Chapter Voice Mail (253) 939-6411
President	Nancy Hertzell (253) 255-1808 E-mail: autumn207@comcast.net
Vice President	POSITION OPEN
Board Members	Danielle D'Auria (253) 631-5452 E-mail: ddauria@patriotisp.com Steve Feldman (360) 802-5211 E-mail: StillWaterStable@aol.com Nancy Hertzell (253) 255-1808 E-mail: autumn207@comcast.net Phillip Lund (253) 839-3729 E-mail: philandberndine2002@yahoo.com Dale Meland (253) 946-1637 E-mail: dmeland@hotmail.com Tricia MacLaren (360) 802-0304 E-mail: t.maclaren@att.net Debra Russell (425) 271-0682 E-mail: debrarussell94@comcast.net Jim Tooley (253) 854-3070 E-mail: ACTJCT@aol.com
Backyard Habitat Projects	Hazel Dickinson (253) 939-0951 E-mail: 2dickins@msn.com
Christmas Bird Count	Nancy Streiffert (253) 852-8394 E-mail: nancy_streiffert@hotmail.com Charlie Wright and Mark Freeland (compilers)
Conservation	Bruce Harpham (253) 874-9792 E-mail: bruceclaura@msn.com
Education	Ross and Annette Tabor (253)-927-3208 E-mail: rarailfan@aol.com
Field Trips	Carol Schulz (206) 824-7618 E-mail: linusq@worldnet.att.net
Heron Herald, Editor	Nancy Hertzell (253) 255-1808 E-mail: autumn207@comcast.net
Heron Herald, Layout	Rebecca Westby (253) 630-6297 E-mail: hh-artist@comcast.net
Historian	Thais Bock (253) 839-2044 E-mail: tbock29@concentric.net
Hospitality	Bernedine Lund (253) 839-3729 E-mail: philandberndine2002@yahoo.com
Librarian	Bernedine Lund (253) 839-3729 E-mail: philandberndine2002@yahoo.com
Mailing Crew	Linda Bartlett (253) 631-1959 E-mail: llbart@scn.org
Membership	Merlin Wiese (253) 833-3907 E-mail: MWiese7783@aol.com
Nestbox Coordinator	Merlin Wiese (253) 833-3907 E-mail: MWiese7783@aol.com
Programs	Dale Meland (253) 946-1637 E-mail: dmeland@hotmail.com
Publicity	Stacy Colombel (206) 433-8222 E-mail: sacolombel@zipcon.com
Administrative Asst.	Amy Flanigan (253) 826-0003 E-mail: johnamyflanigan@yahoo.com
Shadow Lake Bog	Max & Erin Prinsen (425) 432-9965 E-mail: max.prinsen@comcast.net
Sightings	Charlie Wright (253) 862-0520 E-mail: c.wright7@comcast.net
Treasurer	Jim Tooley (253) 854-3070 E-mail: ACTJCT@aol.com
Web Editor	Nancy Hertzell (253) 255-1808
WA-Rainier Listserv	Danielle D'Auria (253) 631-5452
State Audubon Office	E-mail: dedelstein@audubon.org (206) 652-2444
National Audubon Office (212) 979-3000
NAS Membership Services 1-800-274-4201



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9004 Vernon Rd, Everett, WA (425) 334-8171

PAWS Wildlife Center

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Sarvey Wildlife Center (360) 435-4817

FOR AN EXTENSIVE LIST OF WILDLIFE REHABILITATORS VISIT OUR CHAPTER WEB SITE
 AT <http://www.rainieraudubon.org/rehab.htm>

OTHER RESOURCES

- Bats Northwest (206) 256-0406
- Dept. of Fish and Wildlife (425) 775-1311
- Falcon Research Group (360) 757-1911
- King Conservation District (425) 277-5581 x120 or (425) 277-5588 fax
- PBRS (Open space tax relief) (206) 205-5170
- Rare Bird Alert - Western Washington (206) 281-9172
- Washington Native Plant Society (206) 760-8022
- West Nile Virus Hotline (SEA & KC Public Health) (206) 205-3883
- Wolf Haven (800) 448-9653

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