

Indiana Audubon Society

CARDINAL

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BIRDING TRAVEL

IN THIS ISSUE: INTERNATIONAL TIPS, BIRD
FRIENDLY COFFEE, BOOK REVIEWS, AND MORE!

Production Team

Executive Director
Brad Bumgardner

Editor & Graphic
Designer
Sam Warren

Editor
Mark Welter

Contributors
Vic Berardi
Brad Bumgardner
Nicole Harmon
Andrea Huntington
Scott Namestnik
Jeremy Ross

Layout Credit
Annie Aguirre
John Lindsey

The Cardinal Newsletter
is a bi-monthly publication of the Indiana Audubon Society. Its purpose is to share stories and conversations so that members and the birding community beyond can stay meaningfully connected both to birds and to the people dedicated to their protection.



On the cover:
Nashville Warbler
by Ryan Sanderson

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Mailed printed copies of bi-monthly & quarterly newsletters			✓	✓	✓	✓		
Complete access to Birds of the World online	✓	✓	✓	✓	✓			
Discounted Field Trips & Programs	✓	✓	✓	✓	✓		✓	✓
Special Access to Mary Gray Birding Sanctuary	✓	✓	✓	✓	✓		✓	✓
15% discount at the IAS online store				✓	✓			
Register a friend for a trip at the IAS member rate				✓				
➤ Be a part of Indiana Audubon Society! Sign up at: Indianaaudubon.org/membership								



UPCOMING TRIPS & EVENTS

Join Indiana Audubon for an assortment of field trips and workshops being offered this summer. Visit indianaaudubon.org/events for more information or to register for any of these upcoming late summer and early fall activities. Additional events are listed on our website and many fill early!

OCTOBER 8: October Big Day Birding Hikes with ILPA [Statewide]

OCTOBER 11: Building Birder Skills Virtual Workshop- Fall Finches & Feeding [Zoom]

NOVEMBER 5: Jasper-Pulaski Sandhill Crane Open House [Medaryville]

NOVEMBER 8: Building Birder Skills Virtual Workshop- Raptor ID with Vic Berardi [Zoom]

NOVEMBER 19: Goose Pond Late Fall Raptors & Waterfowl Field Trip [Linton]

DECEMBER 14-JANUARY 5: National Audubon Christmas Bird Counts [Statewide]

FEBRUARY 3-5, 2023: Winter Snowy Owl UP Tour [Mackinaw City, MI]

FEBRUARY 10-13, 2023: Winter Sax-Zim Bog Tour [Meadowlands, MN]

Visit the Indiana Audubon Events Page at INDIANAAUDUBON.ORG/EVENTS to see all the field trips and events now posted for registration. These trips will fill fast!



CHRISTMAS BIRD COUNT SEASON COMING!

This year marks the 123rd annual Christmas Bird Count. The Christmas Bird Count (CBC) is a long-standing program of the National Audubon Society, with over 100 years of community science involvement. It is an early-winter bird census, where thousands of volunteers across the U.S., Canada, and many countries in the Western Hemisphere go out over a 24-hour period on one calendar day to count birds.

To participate, circles should be registered with the National Audubon as an official count circle, with dedicated compiler. While Indiana Audubon doesn't organize the count, we do try to provide Hoosier birders with the full list of active counts and where birders can participate during the entire Christmas Count season, December 14-January 5.



Visit the National Audubon CBC page to learn more or to find information on how to join a circle near you. Check it out at audubon.org/conservation/science/christmas-bird-count.

WINTER OWL TRIPS



Indiana Audubon Society will again be offering two amazing trips into the winter northwoods in search of wintering owls and other specialty birds of the northwoods. These trips fill fast each year, with waiting lists.

The first trip will visit the eastern UP of Michigan, where annual Snowy Owl numbers make seeing these amazing arctic birds a certainty, with many years witnessing a dozen or more of these giant white owls. Other specialties often include Bald Eagles, Sharp-tailed Grouse, Bohemian Waxwings, Evening Grosbeaks, and Common Redpolls.

This year's Winter UP trip is scheduled for

February 3-5, 2023

Our second trip is our extended weekend to Duluth at the famous Sax-Zim Bog. The bog is well known for its Great-gray and Northern Hawk Owls, as well as an assortment of winter finches and northwoods specialties, such as Canada Jay, Pine Grosbeak, and Boreal Chickadee. This year's Winter Duluth trip is scheduled for February 17-20, 2023.



Both winter trips can be booked now by visiting indianaaudubon.org/events while space is available!

OCTOBER BIG DAY WITH ILPA

It's October Big Day and we want YOU to join us on a birding hike! In partnership with the Indiana Land Protection Alliance, we're hosting free guided bird walks across the state at properties that are owned by Indiana land trusts. Explore a new hotspot near you while birding and contributing to citizen science!

Ambler Flatwoods (Michigan City) **Atherton Island Natural Area** (Clinton) **Beanblossom Bottoms Nature Preserve** (Ellettsville) **Clear Lake Nature Preserve & Brennan Woods** (Clear Lake) **Eagle Marsh** (Fort Wayne) **Hilltop Farm Nature Preserve** (West Harrison) **LC Nature Park** (Fort Wayne) **Lydick Bog** (South Bend) **McVey Memorial Forest** (Indianapolis) **Oliver's Woods** (Indianapolis) **Oxbow Nature Conservancy** (Lawrenceburg) **Sargent Road Nature Park** (Indianapolis) **Seidner Dune & Swale** (Hammond) **Shawnee Karst Preserve** (Mitchell) **Three Forks Preserve** (Carmel) **Wing Haven** (Angola)



Check it out today at
INDIANA AUDUBON.ORG/EVENTS

NEW ROOF FOR THE WETLAND SHELTER AT MARY GRAY!



IAS staff and volunteers worked together earlier this summer to install a new roof on the Wetland Shelter at Mary Gray Bird Sanctuary. The shelter was originally provided by a "Golden Eagle" grant from Indianapolis Power & Light Company in 1985. If you've ever visited the wetland area, it's a great spot for birding. Many hawks can be seen soaring overhead and can't miss a Common Yellowthroat on a summer's day. Hike on out and check it out if you're hiking the sanctuary.

For more information about the Mumford and Keller Grants/Scholarship Program, visit bit.ly/IASgrant

AMAZON SMILE: APP & WEB!

Did you know that you can donate to Indiana Audubon just by shopping? If you use Amazon, make sure to utilize Amazon Smile and choose IAS as your charity.

If you're online, use smile.amazon.com to checkout

If you're on the app, follow these steps:

1. Choose the three lines icon in the bottom right corner
2. Click on "Gifting & Charity" and choose "Amazon Smile"
3. Make sure the "Mobile App" option is turned ON and you choose your charity



BIRDHOUSES, BOOKS, AND BACKPACKS

BY: TERRI GORNEY LEHMAN

In 2019, I worked with the then Director of the Geneva Chamber of Commerce Michael Baer on the Mumford-Keller grant from the Indiana Audubon Society for a birding program for young people. Then Covid happened and Michael left his position.

Fast forward to 2021 when the Friends of the Limberlost board took over the grant and added money to the original grant. The program was revised and Limberlost Naturalist Curt Burnette agreed to present a program for young people on birds. Birdhouses, Books and Backpacks was created.

I found an enterprising 12-year-old named Malachi who had his own business on Etsy. He builds birdhouses and has them ready to assemble. We were able to purchase his birdhouses. He was excited for the order.



Several years ago, I donated National Audubon backpacks to Limberlost State Historic Site. A small pair of binoculars were inside each backpack. Perfect opportunity to put them into the hands of young people.

We were able to purchase copies of the Young Birder's Guide by Bill Thompson III from Bird Watcher's Digest.



On June 24 2022, Curt, who is a member of RCAS, gave an excellent program on birds for the 12 participants and their parents. Curt had a collection of bird skulls and feathers, and nests.

Part of the program was created by Alexandra "Alex" Forsythe after she won the Charles D. Wise Youth Conservation Award in 2013. Several of Alex's photographs of birds were enlarged and used to discuss birds commonly seen. Alex created "bird eyes" so all could try to find seeds on a plate and see how difficult it is to have one eye on the food and one eye on the sky so you are not someone else's dinner. She also used 21 clear plastic eggs with color photos to show the development of a chicken. Alex still has influence on

Limberlost

The Limberlost Carriage House is known as the Education "Ed" Room. It is where the birdhouses were assembled. Each participant received a backpack, a Young Birder's Guide, and a birdhouse.

Cheers to Indiana Audubon Society, Robert Cooper Audubon Society and to Friends of the Limberlost for educating today's youth about our feathered friends..

Photos: Terry Lehman



meet a MEMBER JULIA GESCHKE

Q TELL US A LITTLE ABOUT YOURSELF. WHERE ARE YOU FROM? FAMILY?

I am originally from Cleveland, Ohio, but moved to Indianapolis in 2019 to work for the Indiana DNR. Recently, I started a new job at the Indianapolis Zoo in the newly created Global Center for Species Survival. There, I am a reptile and amphibian conservation coordinator and I work with species experts from all around the world on conservation planning, action, communications, and more. (I am also a herper as well as a birder!)

Q WHAT GOT YOU INTERESTED IN BIRDS AND BIRDING?

I didn't get seriously into birding until the year after I graduated from college. I was working for the Cleveland Metroparks, and one day at lunch a coworker mentioned something called "The Biggest Week in American Birding" that was happening about an hour away that weekend. She said I could see some cool birds there, so I thought I would just check it out. That was the first time I ever saw warblers, and since then I've been hooked! Luckily since I still have family in Cleveland, I've been to the Biggest Week Festival every year since (or birded the area during migration when COVID canceled the festival.)

Q DO YOU HAVE A FAVORITE BIRD OR GROUP OF BIRDS?

As you might guess from my previous answer, my favorite group of birds is warblers. The whole group was like my "spark bird" into serious birding. I love that there's so many species to find each year - every spring and fall it's like a scavenger hunt to check them all off the list. When I see them for the first time in a year, it's like meeting back up with an old friend. Obviously they're very pretty, and I love the diversity of colors, patterns, habitat specialization, and behavior. When I started birding seriously I also got into bird photography, and warblers are definitely a challenge but very rewarding to photograph. I really recommend making it out to Magee Marsh in Ohio for spring migration if you can, and also recommend Kenn Kaufman's book "A Season on the Wind."



Q ADVICE TO NEW BIRDERS GETTING INTO THE HOBBY?

For me, when I started out, pairing photography with birding was helpful. I didn't know what most of the bird species I saw were, so I would take a picture. Then at home, I could study the picture and compare to field guides, or I could upload it onto iNaturalist and people would help me ID the bird. That way, even if the bird disappears too quickly to ID in the field, you at least have a picture of it. I also think it's really useful to learn the general traits of the different Families of birds. This could be by their general shape, behavior, habitat type, etc. This can help you get to a species ID quicker, once you identify if it's a plover vs. a sandpiper, for example.

Q TELL US A FEW THINGS YOU'VE BEEN ACTIVE WITH IN IAS.

Since moving to Indiana, I've taken advantage of as many IAS field trips as I can. I've been so impressed with IAS as an organization and feel really lucky to have ended up in a state with such a strong birding community! Probably my top two highlights were going on the Sax-Zim Bog tour in 2021 and getting to see prairie chickens in Illinois this year. I have also participated in the Lights Out Indy program through Amos Butler Audubon Society, looking for birds who have hit windows in downtown Indianapolis during migration. The program can always use more volunteers and I encourage everyone to help out! Although sometimes sad, it's a unique opportunity to see birds up close and also contribute valuable data.

TRAVEL TIPS

BY: BILL SHARKEY

Never been on an international birding trip - what should you expect?

A few whys and hows of international birding...

I took my first international birding trip in 2019 - with IAS to Costa Rica - I was hooked by the end of day one.

I will share some of my findings and experiences in my four trips to bird in [http://www.jkcassady.com/images/](http://www.jkcassady.com/images/RedleggedHoneycreeperF22.jpg)

RedleggedHoneycreeperF22.jpg Costa Rica and Ecuador - understand your experiences in other countries <http://www.jkcassady.com/images/RedleggedHoneycreeperF22.jpg> and with other tour organizers may be different - but I have really enjoyed the approach adopted on the IAS trips.



My favorite experience while abroad was a Costa Rica surprise stop at a local property where the caretaker guided us to a Long-tailed Manakin lek. But the real highlight of that stop was the sharing of breakfast with the guide and his family. We shared local foods and coffee on his humble front porch, and together we reminisced about a very special morning and everyone smiled

- a lot. Birds, people and experiences - this is why you are going on this trip of a lifetime. It will have some bumps and some weariness but they will be forgotten many times over as you wonder while you wander.

Planning - I recommend a guided trip for anyone birding a new (or newer) country - and one planned by more experienced travelers. An IAS trip is perfect. Logistics can make the trip - an experienced trip planner can make a good trip wonderful. Juan Diego Vargas has led the recent IAS Costa Rica and Ecuador trips, and I find him to be fantastic.

Select a trip targeted for beginning/intermediate international birders, even if you have some experience. There will be a mix of birding skills on the trip – savor that; there will be joy on every bird and every turn on the journey. And anyone may say, “hey what’s that?”

Get your passport ready early! Six months of validity post-travel may be required.

Get fit! Be at your best by the time you start your trip. Be able to have fun and not dread the walk up that hill to see a great bird. It is your amazing trip - get your body ready.

Cost - advertised trip price plus airfare (don’t wait until the last minute to book your flights), plus \$500 for tips and \$150 for snacks, laundry, souvenirs and contingencies per person. I also usually carry a \$100 extra roll in case I need it (fortunately, most of it comes home and gets hidden in a drawer for my next trip!). See currency/cash discussion below.

Also in the cost category -

I travel a day early to the destination to minimize the risk of missing the start of the trip - cost around \$125-200. This is not required and you should plan it yourself. This is just a “best practice” I have adopted for my mental well-being.

Alcohol, tips, laundry, trip insurance and miscellaneous expenses/purchases are not covered in the advertised trip cost.

Travel insurance - highly recommended! Talk to friends or trip leaders, but understand you are responsible for your decision whether to insure and how. Read the fine print on those policies, and make sure you have medical coverage in a foreign country (Medicare, for example, does not cover this). I tend to self-insure trip disruption, but carry minimum coverage to get medical and evacuation coverage. Be picky and assess your needs. If this is a once in a lifetime trip, you may well want/need broader coverage than I carry. We have had circumstances where travelers needed their trip insurance.



Tipping - Tipping tends to be a mystery for new travelers. It is a personal decision, but please be generous. I will always provide guidance for those traveling on a trip I lead. Broadly - \$500 for a 10-day trip, spread among a number of people. You are of course welcome to tip more, but I urge you not to tip much less than this, unless you have had a seriously unsatisfactory experience.

Currency - This guidance is Costa Rica and Ecuador specific. Small US bills work well in both of these countries; large bills are hard to cash. I carry almost exclusively ones and fives. I have not changed money (except for change received) on any of my IAS trips (that could change for destinations other than CR or Ecuador). You will be carrying a decent amount of cash - protect it carefully. Carry a no foreign transaction fee credit card for emergencies and any shopping.

Valuables - beyond your valuable equipment and your needed cash, leave all other valuables at home.

Behavior - Enjoy the local culture and people; learn a little of the local language if you can. Be on time and think of your companions often. Being on time is essential to a smooth trip! As you will see from the schedule notes below, we rise early. Be ready to load the bus on time - have all your stuff, have your water needs covered. Please be thinking of your fellow traveling companions - they will be ready to go.



Daily Schedule - days start early, as do the birds. On Central America trips, 5:30am starts (ready to be on the bus) are routine, but so are 8:30pm bedtimes! There will be a breakfast period after early birding and a break for an hour after most lunches. If you are getting burned out, skip an afternoon expedition on a non-travel day. But rejoin the group (if logistically possible) for the pre-dinner birding. Bus trips are good napping opportunities, if you can sleep on a bus.

Packing - bring all your daily necessities, especially any medical needs - it can be hard or impossible to replace these in country. Other items noted below. I do my best to pack light after all essentials are covered. I bring cough medicine, Advil, Imodium and a number of other things for contingencies. Hopefully you bring all those things home with you unopened. Also bring a good bug bite product - I have discovered Chigger-X to be a lifesaver if I don't follow my clothing advice offered below.

Bring one pair of well-broken-in waterproof boots, and one pair of comfortable shoes for resort use. I do bring a second pair of waterproof walking shoes, but they have so far not been needed.

A good raincoat designed for hiking is a necessity! Leave rain pants at home. Take plenty of microfiber towels for drying optics and dabbing sweaty brows.

Hike/bird in long pants, thick socks and long-sleeved shirts - especially in Costa Rica - bugs are manageable but will cause discomfort if you ignore this recommendation. And the pain/itching will last for days if you let them get you. I bring shorts and short-sleeved shirts for the resort only.

Pack so you can do laundry just after the halfway point of the trip - budget \$20 for this.

Bring your favorite binoculars - leave your scope at home. Bring your camera if you really want pictures. The guides will generally take good digiscope photos of the best birds and share them with the group.

You will have more questions - your trip leaders are there as resources for you before and during the trip. Don't be afraid to ask!

Lastly - These are incredible experiences! Bring your positive attitude and curiosity. Soak in the culture - learn a bit of the local language. Expect a few bumps in the road (especially on any non-highway in Costa Rica) - and go with the flow.

Photos: John Cassady

GENIUS OF BIRDS BOOK REVIEW

BY JENNIFER ACKERMAN, AS REVIEWED BY KIM EHN

The Author has organized this book into eight chapters and starts with a long introduction essay that discusses the definition of "genius". Ackerman loosely uses this word to describe "a flair for meeting environmental and social challenges with acumen and flexibility, which birds seem to possess in abundance." She attacks the innuendos that birds are "stupid" and uses a lot of published research and interviews to support her thesis. Ackerman provides a listing of scientific references noted per page that I kept checking. I think the introduction and first chapter should have been at the end of the book, because the controversial ideas and amount of scientific detail presented almost stopped me from continuing. However, if you keep reading until the end, as I did, the Author will surprise you with many interesting stories of bird biology and behavior.



Chapter One looks at the bird mind; the cognitive processes and displays of intelligence.

Her statements, "We share more biology with birds than one might think", "birds with lesser brains are set in their ways and rarely invent, explore, or dip into the novel" and others like that caused me to pause more than once. After trying to convince the reader that brain size and the neurons within produces "genius", she finally concedes that defining intelligence in birds is problematic and measuring it is even harder. Near the end of this chapter, Ackerman finally states the goal of her book is to understand "the different sorts of genius that have made birds so successful".

Starting with Chapter Two, the Author finally shares more personal experiences and stories of bird behavior that are really engaging to read. Brain sizes and structure are examined through biological data from around the world. The many questions that Ackerman poses to herself are discovered in the research of the scientific community.

Chapter Three begins tying together the activities of birds and their brains. The Author describes at length the brain/behavior research with New Caledonian Crows and other corvids. Ackerman admits that the mysterious biological questions of evolutionary adaptations, exceptional intelligence, and DNA shaping are "untidy, unresolved, still in process".

Chapter Four presents the ideas that birds think about what other birds might be thinking and birds have social lives as complex as humans. The Author presents a number of theories amidst research projects involving Corvids, chickadees, flycatchers, Southern Pied Babbler, and Estrildids. After recounting a California Scrub Jay experiment, Ackerman suggests that birds may express emotion "using their heads and bodies or through vocalizations, gestures, and displays."

Chapter Five concerns vocalizations and I enjoyed reading about the Author's personal concert from a mockingbird. Other bird species with mimicry and advanced vocal learning styles are included in her discussion and sharing of bird song research. Ackerman continues to ask the "Why?" question throughout this chapter and her book, then introduces the science that attempts to sort the theories and answer these questions.

In Chapter Six, we are introduced to a bird in Australia with an "aesthetic aptitude": the bowerbird. I was fascinated by this bird's artistic behavior as described and shared by the Author. Ackerman wonders if bowerbirds "perceive beauty in the same way we do?" This visual sensitivity, like many of the theories examined in this book are not a decidedly documented or peer reviewed answer, but Ackerman does give an explanation of what is being questioned and researched.

Chapter Seven takes the reader into how birds find their way, and the spatial mapping and brain memory needed for navigation. The Author relates a lot of information about homing pigeons that I did not know. A variety of scientific thoughts related to bird movement is presented by Ackerman, using examples with White-crowned sparrows, hummingbirds, and warblers.

In Chapter Eight, the Author reminds us of the incredible adaptation and successful spread world-wide of the House sparrow. Adjusting feeding behavior, and moving into new habitat are some of the actions that Ackerman references among several other bird species. The effects of climate change on migratory birds are also included in this chapter as the Author looks at conflicting evidence on the survivability of many different birds.

As the Author ends her book with the questions surrounding the intelligence or genius of birds, she also reminds us "how little we still know". I think I'll have to read her next book.

BIRD FRIENDLY COFFEE

IS YOUR COFFEE BIRD FRIENDLY?

BY JEFF CANADA



One of my favorite replies that I often receive when I tell people that I roast Smithsonian Certified Bird Friendly Coffee is, "I didn't know birds liked coffee." Well, they only like Bird Friendly coffee. What's that you ask? It's coffee that's grown on land where valuable forest habitat has been preserved and maintained and without using pesticides or other harmful chemicals. All Smithsonian Certified Bird Friendly Coffee is USDA Certified Organic and is classified as "specialty" grade coffee. Specialty grade coffee is generally hand-sorted and is a higher quality than commodity or "C" grade coffee. Why do birds only like Bird Friendly coffee? Birds don't drink coffee folks! But the reason(s) they love Smithsonian Certified Coffee farms are many.

Over 75% of the world's coffee is grown under conditions that are harmful to birds and other wildlife. Many of the largest coffee growers and producers in the world actually clear (burn) hundreds/thousands of acres of valuable rainforest habitat so they can grow more coffee, under the sun with lots of chemicals. The Smithsonian Certified Bird Friendly program has very strict growing requirements and it's not an easy certification for farmers to obtain. The valuable forest habitat and clean water that the birds and wildlife need is preserved on these farms and that's why the birds like them so much. Some of these growing requirements are listed below. You can find more at the Smithsonian National Zoo Bird Friendly website.

- 40 ft. minimum tree canopy height for the "backbone" species
- 40%+ Foliage cover – measured during dry season after pruning
- 10 woody species in addition to the "backbone" species
- "Backbone" species must be native to region – generally about 90% of the trees, shrubs and other vegetation is native to these farms
- Must be USDA Certified Organic



What exactly is it that makes Smithsonian Certified Bird Friendly Coffee so special? For one, it's the care that goes into making sure this coffee is grown under the most ideal conditions on land that has been carefully maintained to grow excellent coffee while also conserving valuable land and wildlife habitat. Smithsonian Certified Bird Friendly Coffee makes up less than 5% of all of the coffee grown in the world and this also makes it very special. Shade-grown coffee is very rare and has a distinctly different taste than coffee grown under full sun. Shade-grown coffee generally has a more full-bodied, rich flavor due to slow growth under shade.

Smithsonian Certified Bird Friendly Coffee is also the only true shade-grown certification in the world and is honestly the only coffee certification that actually accomplishes its mission. Most

certifications, like "Fair Trade" are just a way to generate money for the certifying agency and don't accomplish anything to help farmers, roasters or the environment. Any farm can claim they grow "shade-grown" coffee but this could be as little as a few minutes of shade per day on only a portion of the coffee grown. If it's not certified Bird Friendly, there's no way to know for sure that it's shade-grown. My roastery has multiple certifications so I have the experience to speak on this with confidence. Smithsonian Certified Bird Friendly Coffee must be 100% pure, meaning it cannot be blended with a non-Bird Friendly coffee and still be called Bird Friendly. This is the only certification that requires this. I cannot stress how important this is! The Rainforest Alliance certification allows as little as 30% RFA certified coffee in a blend to still be called RFA coffee.



One rebuttal I often get regarding my coffee is that it costs more than the red or blue can many people have been buying at the grocery store for many years. One huge difference is that I sell Specialty grade coffee vs. the C grade commodity coffee that's in the red/blue can. But when I point out the harm that is being done to the environment and wildlife by the companies selling that red or blue can, I often get a blank stare and/or an uncomfortable look and a shrug of the shoulders. I wish there was an easier way to educate people about the benefits of Smithsonian Certified Bird Friendly Coffee and the harmful effects of the coffee they usually purchase but many people don't have an interest in learning about it and they often become defensive when someone says something negative about the coffee they've been buying for years. Almost like it's a personal thing. I understand that it mainly comes from people

not knowing where coffee comes from or that it grows in a cherry on a tree/shrub, but I wish more people would be open to learning about these things. Many people think because they've been drinking coffee for decades that they know all they need to know about coffee, but that's generally far from accurate. Many of the largest coffee companies that we've all heard of are guilty of destroying valuable rainforest habitat so they can grow more coffee and make more money. Not only do Bird Friendly coffee roasters like me pay a premium for the right to sell this coffee, but my company also donates directly to several nonprofit organizations and the IN Non-game Wildlife Fund annually. So, in addition to generating money locally for habitat conservation, there are many positive things that get set in motion when you pay a little more for this coffee. You're making a difference in the places where your favorite migratory birds spend their winters. Smithsonian Certified Coffee farms are known to host over 243 migratory bird species! And as we all know, these practices don't only affect birds, they affect all wildlife that utilize these habitats. If the forest disappears, birds and other wildlife disappear.

If you are a coffee consumer, please consider purchasing Smithsonian Certified Bird Friendly Coffee whenever possible. Please also encourage your friends and family to do the same and your favorite coffee shop, bakery, café or restaurant to consider serving Smithsonian Certified Bird Friendly Coffee. My company, Wood Warbler Coffee is the only Smithsonian Certified Coffee Roaster in Indiana. We provide all of the coffee for the Indiana Convention Center and we are also the official coffee provider for the Colts VIP Tailgates at Bullseye Event Center near Lucas Oil Stadium. We provide Bird Friendly coffee for Akron Zoo and have recently worked

with Mesker Park Zoo in Evansville, IN. We are always looking for new Bird Friendly partners, so please mention us to those establishments where you'd like to see Bird Friendly Coffee served! My contact info is on the front page of our website. The most success in making these connections comes from people like you encouraging your favorite establishment to consider serving Bird Friendly Coffee. We encourage you to contact them rather than send us your suggestions. The owners and managers of these establishments generally don't care to receive solicitation from me but they always care about what you, their customers want!

I can't leave you without providing a few tips to possibly improve your coffee experience.

- Buy whole bean specialty coffee as close to the roast date as possible. Fresh coffee from a reputable specialty coffee roaster will generally have the roast date on the package. I ship all my orders within 2 days of roasting and most often the same day.
- Grind your coffee right before you brew it! This one is very important to get the best cup of coffee possible. Use a burr grinder rather than a blade grinder. It's worth the extra money if you want the best cup of coffee possible. Don't buy ground coffee. Ground coffee can go stale in as little as 15 minutes!

Please feel free to contact me with any questions you may have about Bird Friendly coffee or anything coffee related. My contact info is on the front page of the website.

Jeff Canada

Owner & Coffee Roaster Wood Warbler Coffee woodwarblercoffee.com



Photos courtesy of Jeff Canada



RAPTORS IN FLIGHT ID

HOW TO APPROACH LEARNING

BY: VIC BERARDI

This fall, thousands of raptors will be migrating across our skies. While out birding on a beautiful October day, you may see a fellow birder move his or her binoculars upward and into that deep blue sky. They are fixed on something but aren't saying anything. You can barely see what they are looking at - you guess maybe a hawk, and maybe a Red-tailed Hawk. But after a moment or so, they call it out as a juvenile Red-shouldered Hawk! Whoa, really? Something about that intrigues you and you ask, "How did you do that?" Your fellow birder replies, "Do what?"

That's where the love of hawk watching begins for many birders. It did for me on a trip to Hawk Ridge in Duluth, MN many years ago in the fall of 1996. I was a pretty avid birder and kept several lists - state, county, etc. I went to Hawk Ridge on a whim to see migrating raptors. At the end of the first day, after being there for about two hours, I was ecstatic that I saw a total of 30 raptors that I could identify. However the raptor counter there just updated the site's white board and in the same time I counted 30, he counted 150! No way, I said to myself. So the next morning I decided to watch him instead of looking for raptors in the sky. After all these years, I still have it in my mind what he did next. He looked into what appeared to me to be a blank sky and then turned around and wrote something down. He did this a few more times. Then I got closer to him and looked in the direction he was looking and I saw a speck. Yeah, a speck. But as a friend of mine once said, "It's a speck with wings!" From that moment on, I was hooked into the art - yes, the art - of hawk watching.

So where do we start the process of learning how to identify raptors in flight, and more importantly at great distances? Why great distances? Because at most hawk watch sites - places where migrating raptors concentrate in greater numbers - most of the raptors that are counted are seen at a distance. The problem of identification at distance differs considerably from identification at close range. The main problem is that seeing a raptor relatively close-up uses characteristics that you can easily identify by referencing a bird guidebook. Raptors seen at long range present a different challenge.

Raptor Photos (clockwise): Rough-legged Hawk by Ryan Sanderson; Red-tailed Hawk, Osprey, and Northern Harrier by Shari McCollough;

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A vertical photograph showing four Ospreys in flight against a clear, bright blue sky. The birds are arranged in a descending staircase pattern from top to bottom. Each bird is shown in profile, with its wings spread wide, revealing the underside of the wings which are a mix of brown and white. The birds have white heads and chests. The lighting is bright, suggesting a sunny day. The entire image is framed by a thin black border.

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What Can **BIRDS** Tell Us About The **STATE OF OUR LAND?**

By: Andrea Huntington

Although certain bird species are widely considered heralds of spring, many also serve as important indicators of ecosystem health. The presence or absence of certain species can be demonstrative of how well an ecosystem is functioning.

Many bird species are extremely sensitive to habitat changes. Therefore, it's no wonder that birds have long been considered important environmental monitors, and more specifically, sentinel species - recall the famous "canary in a coal mine." Just as miners used canaries for early detection of carbon monoxide and noxious gases, bird populations throughout the state are providing early detection of environmental pollution and deteriorating habitats. In that same vein, the thriving and/or returning of certain bird populations often indicates successful habitat restoration and land management efforts.

A modern example of the significance of bird species as indicators can be seen along the Grand Calumet River. The Grand Calumet River is one of 43 Areas of Concern under the Great Lakes Water Quality Agreement of 1987 due to legacy pollutants. After years of restoration work, one can now observe Bald Eagles, Trumpeter Swans, cormorants, and Hooded Mergansers - birds that rely on clean water and healthy ecosystems. The Grand Calumet River, like many of Indiana's waterways, is being restored and cared for through partnerships with nonprofit land trusts.

Indiana Land Protection Alliance (ILPA) is a nonpartisan network of land trusts, conservation partners, and community members championing land and water protection for all of Indiana - people, plants, and animals. Collectively, Indiana's land trusts serve all 92 counties and protect more than 158,000 acres. They preserve Hoosier landscapes and restore the important habitats and ecosystems that Indiana's flora and fauna, especially our feathered friends, need to survive.

Indiana's land trusts recognize the important impact of their work on bird populations. Many rely on informal bird assessments when visiting a site for the first time. This data may help inform the level of disturbance or habitat

degradation. Similarly, bird counts may help land trusts determine whether a restoration project has been successful. For example, one land trust recently questioned whether a planted grassland is serving its ultimate function if grassland birds such as Dickcissels fail to return.

Land trusts are increasingly making data-informed decisions about restoration and land management. Thus, assessments from bird counts and bio-surveys are extremely important. The ILPA relies on partnerships with community experts like Indiana Audubon and local Audubon Society chapters for help.

On **Saturday, October 8**, ILPA is partnering with Indiana Audubon, land trust members, and local Audubon chapters to host its first-ever statewide October Big Day event. Expert bird guides will lead birding hikes at **15 different nature preserves and natural areas throughout the state**, owned and managed by 13 different nonprofit land trusts. Participating land trusts include: Red-tail Land Conservancy, Ouabache Land Conservancy, Indiana Karst Conservancy, ACRES Land Trust, Central Indiana Land Trust, Little River Wetlands Project, LC Nature Park, Shirley Heinze Land Trust, Mud Creek Conservancy, Clear Lake Township Land Conservancy, Sycamore Land Trust, Oxbow, Inc., and Oak Heritage Conservancy.

Register now for one of the free guided hikes at
WWW.INDIANAAUDUBON.ORG/EVENTS



OXYGEN CHAMBER IMPROVES WILDLIFE CARE

HUMANE INDIANA
WILDLIFE RECEIVES IAS
GRANT FUNDS FOR SUPPORT

By: Nicole Harmon

Humane Indiana Wildlife Rehabilitation and Education Center (HIW), in Valparaiso, Indiana, is one of the largest and most experienced wildlife rehabilitation centers in the state. Humane Indiana Wildlife provides medical care to injured or orphaned birds, mammals, reptiles, and amphibians covering 26 counties.

Since its inception in 2014, HIW has admitted over 11,000 animals for care or medical treatment and provided preventative treatment to 30,000 wildlife. HIW also provides education reaching 15,000 people a year through camps, school presentations, events, and seminars.

Animals can come into treatment at Humane Indiana Wildlife for many reasons – becoming orphaned due to weather events and climate change, nest destruction caused by human expansion or predators, animals hit by vehicles, attacks from domestic pets, striking windows or buildings, and poisoning.

Despite the severity of the injuries, Humane Indiana Wildlife returns to the wild 57% of animals in their care! This is an incredible success rate compared to the national average of 35%.

To continue improving the quality of care for wildlife patients, Humane Indiana Wildlife needed an oxygen chamber. Animals rescued from stressful situations can have severe respiratory distress. Even the process of rescuing a wild animal can cause respiratory problems.

Studies have shown that increasing the oxygen concentration in an animal's blood, specifically for animals that sustain neurological trauma, more than doubles their chance of survival. Oral medications like anti-inflammatories are often not enough. The use of an oxygenator and corresponding chamber reduces cerebral edema, decreases intracranial pressure, repairs damaged brain tissues, assists in regaining cognitive or motor functions, minimizes oxidative stress, and reduces the blood-brain barrier breakdown.

Wildlife patients who receive oxygen chamber therapy improve at a rate four times faster than those without it. Just in the last 3 years, more than 1,800 of the bird patients at Humane Indiana Wildlife would have benefitted from this therapy. And with Humane Indiana's impact growing by 10% every season, the need for more advanced medical care equipment is essential to help native birds heal and be released back into the wild.

As a recipient of Indiana Audubon Society's Mumford and Keller grant in 2021, Humane Indiana Wildlife purchased an oxygen concentrator and facemasks to help birds in respiratory distress heal so they can be returned to the wild. This has helped birds like the Tennessee Warbler, Baltimore Oriole, Swanson's Thrush, and Hermit Thrush admitted during migration season after striking the sides of buildings or windows. We also treated American Robins who were victims of cat attacks.

More than 75% of the birds Humane Indiana Wildlife treated with the oxygenator have survived and been able to return to the wild! Our most memorable release being a Gold Crowned Kinglet that had struck the side of one of the art buildings at Valparaiso University and was moderately concussed. The bird was found and rescued by several nursing students who quickly rushed the bird into our care. After spending the night in the oxygenator, it was ready to be released the following day. We are grateful for the generous contribution by the Indiana Audubon Society's Mumford and Keller grant to assist in our continued care of injured and orphaned wildlife native to Indiana.

To learn more about Humane Indiana Wildlife and our upcoming events, visit [HUMANEINDIANA.ORG](https://humaneindiana.org)



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