



May Newsletter

Next meeting Monday
May 9th, 2016 at 7:00 p.m.

Grandin Court Baptist Church
2660 Brambleton Ave SW. Roanoke, VA 24015

Before the meeting please join fellow club members for dinner
at 5:30 p.m. at the Brambleton Deli, 3655 Brambleton Ave.

INSIDE THIS ISSUE

Program - Tambopata
A Bird Word
Field Trips
Bird Sightings
Trending
Club Events, Projects & News
Bird Tip –
Membership Renewal Form

Deadline for submissions to be included in the next RVBC newsletter are due on the 20th of the month preceding the publication month. **Thank you!**

Please send photos (in medium resolution or smaller) and submissions or suggestions to RVBC Newsletter Editor, Maureen Eiger at rvbcnews@cox.net

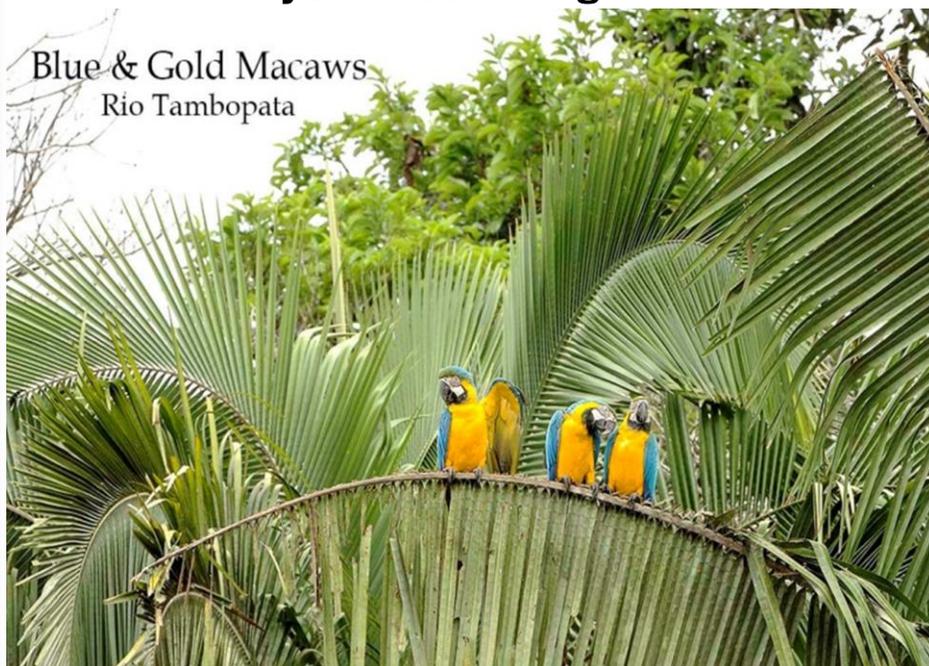
Hyperlinks have now been added. You can click on the underlined link and it should take you there. Use it for sending email or to get internet and website information. Visit our web page for past newsletters and current information at: <http://www.roanokevalleybirdclub.com>

NEW! - Visit and "like" the Roanoke Valley Bird Club's Facebook page.

Celebrating
59 Years of Birding!
1957-2016

Treasures of Tambopata

By JoAnne and King Irvin



Blue & Gold Macaws
Rio Tambopata

Experience the breathtaking Peruvian Amazon Rain Forest on a journey up the Rio Tambopata with spectacular photographs and sounds in this presentation by JoAnne and King Irvin. To quote King; "Our passion for wildlife took us to areas that most people don't even know exist from the seasonal flood plains of South America's Brazil, to the Peruvian Altiplano with elevations exceeding 22,000 feet above sea level, where at 16,500 feet we found the Andean Condors; the headwaters of the Amazon River, Rio Tambopata, the Andean Cloud Forest, the black waters of the Rio Madre de Dios within state of Madre de Dios, Peru. We wanted to experience some of our planet's greatest wildlife, before our ever changing environment makes it impossible to enjoy nature as it now exists." You can enjoy it too, by attending this fascinating program.

This month's meeting refreshments will be graciously provided by the Roanoke Valley Bird Club. Please sign up to bring refreshments for the next club meeting(s) in the fall. Contact Nancy Luce at the next meeting.
Thank you!

A Bird Word- Do you know what **Urohydrosis** is? Hint- birds do it to keep cool when they are hot or wish to disinfect themselves. Vultures often use this method. Answer is on page 4.



BIG SPRING DAY - SATURDAY, MAY 7th

Each spring at the height of this migration, the Roanoke Valley Bird Club teams up with the Lynchburg Bird Club to do a census of birds in our area – Big Spring Day. The count (yes, we count each and every bird), is done **rain or shine**, is centered in an area around the Peaks of Otter and covers specific territories within a 7 ½ mile radius of the Peaks.

We will gather on Saturday, May 7th in your assigned territory with your team starting between 7:00 and 8:00 AM. Bring your own food and drink. After lunch, teams may go back and finish their territory, search for a reported rarity or just call it a day and head home. To participate, contact Barry Whitt at 540-309-4353 or Carol Whitt at 540-632-6523 or you may email us at 540carolc@gmail.com. Let us know if you prefer to drive or hike. We will assign everyone to their territories and provide all of the information you will need for the day.

LITTLE SPRING DAY AT FINCA ALOHA - SUNDAY, MAY 8th

If you're not birded out from Big Spring Day, join Tim and Alyce Quinn (312-6844) starting at 7:30 AM at their house in Wirtz, the following day

for a morning of looking for spring migrants and resident birds. They have a variety of habitats including woodland trails, a pond, scrub and open fields, and their property list includes over 130 species. Wear sturdy shoes as the footing is rather uneven. If you don't want to hike, there's a big deck and lots of chairs where you can relax and do some stationary birding. If you'd like to stay for lunch, bring a dish to share. Keep an eye out for Eurasian Collared-Doves as you pass the Burnt Chimney Elementary School on your way. They frequently are the power lines along the road. The Quinns' address is 681 Edgewood Farm Lane, Wirtz, VA 24184. From Rt. 220, take a left on Rt. 697 by the Dairy Queen/Bojangles (about 5 miles south of Boones Mill). When it ends, go left on Rt. 122. Go one mile and turn right onto 670 (Burnt Chimney Road). If you're coming from Rt. 116, when it ends at Rt. 122, make a right and then a quick left onto Rt. 670. When you are on Rt. 670, go another mile and turn right onto 868 (Kingston). Go about .8 miles and make a right onto Edgewood Farm Lane (at a bunch of mailboxes). Go half a mile down this gravel road. When the road makes a 90 degree left turn onto Turkey Run, you instead want to go straight. This is the beginning of their driveway, and there is a bluebird box here with the house number, 681, on it on the right of the driveway, and an old dilapidated trailer on the left. You can't see the house from here, but go a quarter mile down the driveway and you're there.

CAMP ROANOKE & SPRING HOLLOW RESERVOIR - SATURDAY, MAY 13TH

Join Park Naturalist Greg Martin and Linda Cory for a four mile hike on trails passing through forested habitat and around Spring Hollow Reservoir. Walking will be easy to moderate, so wear sturdy shoes and warm clothing and bring water and snacks. We will meet at 8:00 AM at the Camp Roanoke Office, 6498 Dry Hollow Rd in Salem. From I81 going south, take exit 132 taking a left onto Dow Hollow Rd and then a right onto Main St. (You can also take Main Street west from downtown Salem.) Take a left of West River Road and then a right on Dry Hollow Road.

MOUNT ROGERS TO WHITE TOP - SATURDAY, MAY 21ST



Join Dr. Carol Croy (540-529-2901), Forest Wildlife Biologist with the George Washington and Jefferson National Forests for a full day of birding in the Mount Rogers and White Top Mountain area. Mount Rogers is known for being the highest peak in the state of Virginia at 5,728 feet. Although we won't be hiking to the top, we will be visiting White Top Mountain which is known as the highest roadway in the state, well over 5,000 feet. This area includes forests, open meadows and riparian habitat. We hope to see several species of warblers including: Canada, prairie, hooded, yellow-throated, black-and-white and Kentucky. Other species to look for are vesper sparrows, alder flycatchers and juncos that nest there in the summer. Meet at 7AM at the Salem Walmart recycle bins in the front/left parking lot at 1851 West Main Street. We will carpool from there. Walking will be a total of a mile or less, but the ground may be rocky, so wear sturdy shoes. Dress

in layers and bring rain gear, just in case. Bring a packed lunch and something to drink as there are no restaurants in the area. We should return around 4-5PM.

SUMMER TRIP TO CRANBERRY GLADES, WEST VIRGINIA - SAT/SUN JUNE 18-19

Dr. Toni Pepin (571-246-2598) will lead this popular overnight field trip to Cranberry Glades in West Virginia. The Glades consists of four bogs with plant and animal life similar to the bogs or “muskegs” of the northern US. This unique habitat offers a good chance of seeing red crossbills. Other target birds are veery, alder and least flycatchers and a variety of warblers. Walking is flat, but wear sturdy shoes, dress in layers and bring rain gear. We will stay Saturday night at the Marlinton Motor Inn with a special Roanoke Valley Bird Club rate of \$71.95 per room. Each room has 2 double beds and the motel stressed to make your reservation soon by calling 304-799-4711. We will meet at the motel at 1PM on Saturday to bird the surrounding area and take the Highland Scenic Highway to the Cranberry Mountain Nature Center to see the red crossbills. We will then take a leisurely stroll on the boardwalk through the bogs. Dinner will be at the motel. We will mostly repeat this Sunday morning, but may explore Beartown State Park, a truly amazing place - <http://www.beartownstatepark.com>. Directions from Roanoke: Take 220N through Clifton Forge, then I-64 West for 18 miles, taking the White Sulfur Springs exit. Take 92N 35 miles which dead ends at Rt 39. Take a left to Marlinton, about 13 miles. Drive through Marlinton, taking a right after you cross the bridge. Go about 4 miles and the motel will be on the left. If interested in carpooling from Roanoke, call Linda Cory at 540-580-5214 or email rvbc2015@outlook.com.



BIRDING EXPLORER PARK - SATURDAY, JULY 9th

Meet Linda Cory (580-5214) and Kent Davis at the Visitor Center at Explore Park at 8 AM for a 3-4 mile hike in a variety of forested habitats and along the Roanoke River. Walking will be easy to moderate. Sturdy shoes, snacks and water are recommended. This walk is in conjunction with Roanoke County Parks and Recreation who now maintains the park. Directions: Explore Park is about 1/2 hour from downtown Roanoke located at Blue Ridge Parkway Milepost 115 (56 Roanoke River Parkway Rd, Roanoke, VA). Turn at the sign at milepost 115 and continue on another 7 miles to the Visitor Center. Bird club members are invited to stay for additional hiking on their own. For maps click <http://www.explorepark.org>

ANNUAL SUMMER OPEN HOUSE AT THE AUSTIN'S ON BENT MOUNTAIN - SATURDAY, AUGUST 6TH

Join Robin and Allen Austin (929- 5222) at 8:30 AM for a walk around their property. Wear sturdy shoes for easy to moderate walking. At noon, we will have lunch with the hummingbirds, an amazing sight. Bring a dish to share. Their property is at 10513 Bottom Creek Road, Bent Mountain, VA 24059.



VSO TRIP TO HIGHLAND COUNTY, JUNE 10-12TH

Join the VSO in the beautiful, scenic mountains of western Virginia (aka “Little Switzerland”) for our summer field trip! Highland County is a hot spot among birders throughout Virginia. Field trips will be offered Friday afternoon, all day Saturday, and Sunday morning.

FRIDAY AFTERNOON AND EVENING 1:30 PM – Meet at Forks of Water (5 miles north of Monterey on Rt 220). Located at the headwaters of the Potomac River, this spot has nesting orioles, sparrows,

warblers, vireos, Least Flycatcher and Cedar Waxwing. Next, we'll drive to nearby Rainbow Springs Retreat, a restored farmhouse with fantastic birding on the property. Nesting birds include both orioles, Eastern Phoebe, Yellow Warbler, Cedar Waxwing and more. Lee and Meredith Bell will lead a leisurely exploration, then host a dinner and ask each participant to chip in to cover the cost of food. Additional details will be provided to all registrants closer to the date. Bring your favorite beverage AND lawn chair. Plan to enjoy an absolutely lovely setting with views of the mountains and the songs of several bird species serenading us as sunset approaches.

SATURDAY FIELD TRIP 7:45 AM - This will be an all-day field trip, so you'll need to bring snacks, lunch and beverages. Meet in the parking lot behind the Highland Inn at 7:45 AM on Saturday to organize carpools for the day. We'll travel north and west, covering Blue Grass Valley, Straight Fork, Laurel Fork, and Locust Springs. With the various habitats we'll cover, we expect to see these warbler species: Canada, Blackburnian, Magnolia, Chestnut-sided, Yellow, American Redstart, Ovenbird, Black-throated Blue and Black-throated Green. Other target birds include Rose-breasted Grosbeak, Scarlet Tanager, Veery, Vesper and Grasshopper Sparrows, and Bobolinks. SATURDAY EVENING Dinner is on your own.

SUNDAY FIELD TRIP 7:45 AM - We'll explore some private property in the Blue Grass area on Sunday morning (20-minute drive). Target birds include Golden-winged, Yellow, Magnolia and Chestnut-sided Warbler, Black-billed Cuckoo, Rose-breasted Grosbeak, Black-capped Chickadee, Least Flycatcher and Cliff Swallow. Those staying at or near the Highland Inn will meet in the parking lot behind the Inn at 7:45 AM to form carpools.

TRIP REGISTRATION - To help us plan for the number of leaders and groups we'll need for the field trips, please register in advance. Trip coordinator is Meredith Bell (804-824-4958 or merandlee@gmail.com). There are many lodging options in the County, and a few are in town right on Main Street. The link to the complete list is: <http://www.highlandcounty.org>

**CHECK YOUR EMAIL FOR ANY UPCOMING SUMMER FIELD TRIPS.
HAVE A GREAT SUMMER & GOOD BIRDING!**

SIGHTINGS

MENTIONED BY RVBC MEMBERS ATTENDING THE MARCH MEETING

- ✓ Greg Martin saw a Pileated Woodpecker at Explore Park, as mentioned by Linda Cory.
- ✓ Rita and Jerry O'Brien saw a Brown-headed Nuthatch at home in Blue Ridge.
- ✓ Mary Lou Barritt saw Yellow-crowned Night Herons at Smith Park and a Sora Rail at Greenfield.
- ✓ Nathan saw a Great-horned Owl.
- ✓ Bob Rummel, of Bent Mountain, saw a Woodcock with eggs on his property.
- ✓ Joanne Derryberry saw a Blue-headed Vireo at her home.
- ✓ Nancy and Bob Luce had a house guest for a brief time--a Carolina Wren
- ✓ Alyce Quinn, of Burnt Chimney, saw a Blue-throated Warbler.
- ✓ Carol Whiteside has Wood Ducks, Canada Geese and mallards at her pond. About fifteen feet from her house Carolina Wrens and Titmice were competing for a birdhouse.

NOTABLE FIELD TRIP SIGHTINGS

LOCHER TRACT FIELD TRIP - APRIL 2ND

Bill Hunley led an enthusiastic group of 13 birders through Locher Tract in Rockbridge County near Natural Bridge Station. The weather started out misty, but proved to be a beautiful spring day as we observed 27 species of birds. Highlights were raven, wood duck, great blue heron, turkey, blue-gray gnatcatcher, ruby-crowned kinglet, swamp sparrow, tree swallow, red-winged blackbird and 5 species of woodpeckers, but not the hoped for red-headed woodpecker. The group then continued on to Rocky Point Road (Rte. 622, Botetourt County) to encounter two Louisiana waterthrushes.

GREENFIELD/WOODPECKER RIDGE WALK & WORKDAY- APR 16TH

Although small attendance, Barry Kinzie led the Greenfield walk resulting in 31 species including Field Sparrow, Spotted Sandpiper, Ruby-crowned Kinglet Blue-winged Teal, Bufflehead, Great Blue Heron and a Great Egret. Mary Lou and Sid Barritt joined the group at Woodpecker Ridge for the workday. All were rewarded at lunchtime with a delicious chicken Caesar salad made by Barry and Teresa.

TRENDING AROUND THE INTERNET- Here is some interesting internet links about birds. Click on - <http://www.why-are-these-wild-albatross-chicks-all-sitting-flower-pots> Hummingbirds are remarkable <http://www.7-reasons-why-hummingbirds-are-natures-secret-badasses> How drinking the right coffee can save birds. <http://www.the-true-cost-of-coffee> BTW - We use bird friendly coffee at our club meetings. You should too! Watching warblers? Need an easy ID guide? Use this handy free guide. <http://downloadable-warbler-guide-quick-finders>



A BIRD WORD ANSWER - Urohydrosis is what the process is called when a bird defecates on its legs and feet in order to use the liquid excrement for evaporative cooling and body temperature regulation. Because birds' excrement is a mixture of feces and urine, the liquid component of the excrement can help keep a bird cool as it evaporates. Furthermore, the chalky white residue left behind after the liquid excrement evaporates can help reflect sunlight from a bird's legs and feet, providing additional protection from overheating. **Urohydrosis** also helps disinfect birds, particularly vultures, condors and other carrion-eating birds that may stand on or near decaying carcasses. As they feed, bacteria, germs and harmful insects could cover their legs, but the highly acidic composition of excrement can kill those harmful contaminants before any extensive problems develop not only protecting individual birds, but also ensuring that contaminants are not transmitted to nests or other birds.

Events, Projects and Club News

BREEDING BIRD SURVEY VOLUNTEERS NEEDED

Want fun & excitement? Uncle Sam wants you! Help survey birds at Booker T Washington NM! You would need to be able to identify birds by sound. The survey is held from mid-May thru mid-July. You would have to count once during that time period, although more frequent counts are preferred. Contact Anne Tucker for more information 721-1573 billt3256@gmail.com

WELCOME NEW MEMBERS – Barbara Keywood, Mark & Carolyn Fisher, Richard & Sally Noble, Judy Repass, and Alan & Debra McPherson,

HELP FOR BABY BIRDS

If you have any nesting bird questions or problems, please call Maureen Eiger 342-4890. In the meantime, please place the bird in a paper towel lined box. Nestling baby birds (those are the ones that just have down and no feathers) need to be kept warm. So place the baby bird in a small container lined with tissues inside the box and put the box on a heating pad turned on low or heat up a rice sock in the microwave and place it near the bird in the box. Please do not feed the bird any food or give it any water. It can aspirate very easily and die. Most birds can be re-nested unless one or both parents are killed, the nest cannot be found, or there may be other circumstances why re-nesting is not possible. Fledgling birds (those that have most of their feathers and short tails) probably have the parents around. One should leave them be (if no predators are around) and watch to see if the parent are taking care of



them. When in doubt, feel free to call me for more instructions. Let's keep birds safe this summer. Keep your cats indoors and drive carefully. Thank you. - Maureen

This is the last issue of the RVBC Newsletter until September. Hope everyone had a great time at the VSO meeting and will enjoy the upcoming summer field trips.

I just ordered a chicken
and an egg off the
internet, to see which
one comes first...
I'll keep you posted.



Bird Tip - Make some treats for your birds this summer



Raisin Oat Cakes

Ingredients:

- ½ cup fine wheat or multigrain breadcrumbs
- ½ cup rolled oats
- ½ cup whole milk
- 2 tablespoons molasses
- 1 egg
- 1 tablespoon cooking oil
- ½ cup raisins
- 2 tablespoons flour

Directions:

Mix all ingredients together and blend well to form a thick batter. Add raisins dredged with flour. Grease a pie pan lightly. Pour mixture into pan and bake at 350 degrees until golden brown, approximately an hour. Cool and break into large pieces. Place in mesh bags and hang in shrubs.





Roanoke Valley Bird Club
C/o Eleanor Dye
P.O. Box 74
Vinton, Virginia 24179

2016 Roanoke Valley Bird Club Membership Application Form

Please print

Name(s): _____

Address: _____

City: _____

ST: _____ Zip: _____

Phone: _____

Email: _____

Memberships expire on August 31 each year

Annual Dues are as follows:

- Individual \$12
- Family \$20
- Student \$7
- Sustaining \$30
- Adopt a Bluebird \$15

Additional Contribution \$ _____

Total Submitted _____

Make check payable to
Roanoke Valley Bird Club
Mail To: Roanoke Valley Bird Club
C/o Eleanor Dye
P.O. Box 74
Vinton, VA 24179-0074