



Kingfisher Courier

NOVEMBER/DECEMBER 2016

APPALACHIAN AUDUBON SOCIETY NEWSLETTER

AAS PROGRAM | November 2016

Bird-Friendly Communities

Amy Weidensaul is Director of Community Conservation and Education for Audubon, Pennsylvania. This evening she will discuss National Audubon Society's Bird-Friendly Communities conservation program, which focuses on protecting and restoring bird populations in cities and towns across the country.

In human-dominated landscapes, birds need food, shelter, safe passage and places to raise their young. Bird-friendly communities meet those needs through individual and collective actions by community members and leaders — actions that also contribute to more sustainable and healthy human societies. Amy will share what Audubon is doing in Pennsylvania to transform communities into places where birds and people can flourish — because where birds thrive, people prosper. She will discuss Audubon's new *Plants for Birds* campaign, with the goal of getting a million native plants in the ground.

Amy has been with Audubon Pennsylvania since 2009 and before that ran the South Mountain YMCA Outdoor Education Center in Reading. Prior to moving to Pennsylvania, she worked for Audubon in Maryland, running an Audubon Center on the Eastern Shore.



Photo courtesy Amy Weidensaul

SAVE THE DATE!
Thursday, NOVEMBER 17 @ 7:00pm

AAS PROGRAM | December 2016

Year-End Holiday Social

PLEASE NOTE: this meeting is the second Thursday of the month.

Often it seems that the social time at chapter meetings goes by too fast to meet and greet everyone. The December meeting will be a year-end holiday social where members can spend time together and participate in fun activities. Eli DePaulis, our Youth Committee Chair, will serve as Master of Ceremonies for the evening.

Members will have the opportunity to share birding memories of the past year through stories, photos, or other creative means. Each person may bring up to five photos, in jpeg format, to share with the group. Bring them to the meeting on a jump drive or email them to willjaneweb@yahoo.com by December 4, using "AAS photos" as the email subject.

There will be a silent auction — see details below. A little music will round out the evening. We will be serving hot cider, and you are welcome to bring your favorite holiday snack to share.

Be sure to mark your calendar and join us for this festive evening!

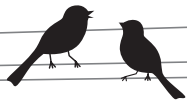


Photo courtesy Richard Price

December Silent Auction

The December meeting will include a small Silent Auction of nature-related and seasonal items. Proceeds will support the chapter's education scholarships. Plan to find a treasure for yourself or a gift for someone else! Please bring cash or a check to pay for auction purchases.

MARK YOUR CALENDAR!
Thursday, DECEMBER 8 @ 7:00pm



AN UNEXPECTED BONUS

This past summer I finally was able to add Painted Bunting to my bird list. It necessitated a trip to Bald Head Island in North Carolina where the conservancy holds field trips weekly to give birders the opportunity to spot one. I was lucky — I spotted five. It was a very warm but worthwhile trip.

Seeing the bunting was only part of the great feeling I had when I left the island. The rest came from a group of summer interns from several different colleges who were there learning about land and marine wildlife and the importance of conservation of their habitat. Their enthusiasm and optimism were infectious.

Which brings me to my subject — the importance of getting young people involved in our chapter and offering conservation education opportunities at different venues. As you know, we have been sending young people to Hog Island Audubon Camp for years. Over the past several years we have expanded scholarships to include several other conservation/wildlife camps.

Eli De Paulis, our 2015 Hog Island Scholarship recipient, has taken on the responsibility of Chair of our Youth Committee. He's doing a great job and has represented our chapter at several events. He's working at getting other young people interested in birding and conservation. Dominic Mirarchi, our 2016 Hog Island Recipient, has started a birding/conservation club at Trinity High

School. We, as a chapter, need to focus on building on what Eli and Dominic have started. We will be working on this over the next few months. Eli will be starting to contribute to this newsletter on a regular basis. Please share the newsletter with the young people you know.

CHAPTER UPDATES

I want to take the opportunity to fill you in on several recent developments in our chapter. Those of you who live in Cumberland County are aware of the push for safe sidewalks in residential areas. AAS was required by Upper Allen Township to install a sidewalk on the portion of our Trout Run property that borders Fleming Drive. Work on the 43 x 4-foot sidewalk was completed before the October 31 deadline. The cost is \$2,000 along with a \$35 permit for the work. We are required to maintain the sidewalks, and so we will engage a company to clear snow when necessary.

In September we had a successful Native Plant Sale at Diakon Wilderness Nursery that netted \$500 for AAS. Our annual birdseed sale was on October 14 and 15. A big THANK YOU to everyone who volunteered at these two events, and to those of you who purchased plants and/or birdseed and feeders.

Your support of our chapter is greatly appreciated as we move forward.

Thank you,

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Healthy Habitat: Grant Promotes Native Plants

Native plants do more than provide habitat for birds and other wildlife. An added benefit is that they keep pollutants out of waterways and prevent erosion by helping to reduce storm water runoff. Replacing grass with trees, shrubs, and herbaceous plants provides a place where rain water can collect and slowly percolate into the soil, recharging groundwater.

The Alliance for the Chesapeake Bay has grants available that will reimburse up to 80% of the cost of landscaping with native plants for people who live in the Yellow Breeches and Conodoguinet watersheds. The "Reduce Your Stormwater Online Yard Design Tool" helps homeowners plan a conservation landscape and find sources for native plants.

More information is available at www.stormwater.allianceforthebay.org/yard-design.

Hog Island Camper Thanks Audubon

This summer, I had the immense pleasure of being able to attend the Coastal Maine Bird Studies (CMBS) for Teens Program at the Hog Island Audubon Camp in Maine, thanks to a gracious scholarship from the Appalachian Audubon Society. Even though I live in Maryland, the AAS was generous enough to offer me a scholarship since my Dad grew up in central PA and I take part in two annual Christmas Bird Counts near Harrisburg.

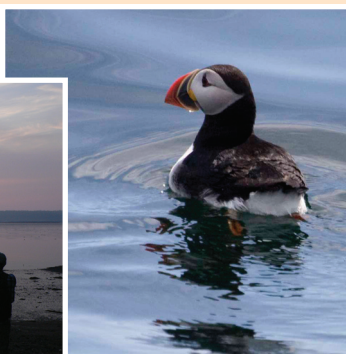


Participating in the CMBS program was a special, life-changing experience that I will never forget. The birds certainly did not disappoint; my favorites were Razorbills, Black Guillemots, Red Crossbills, and of course, Puffins. I even got to hold a Common Tern chick, and it pooped on my hand! However, the highlight for me was being surrounded by people my age who shared my passion for the outdoors and particularly, birds. I knew none of the other 22 campers when I arrived on Sunday afternoon, but by Friday morning, I had 22 new friends. Our instructors helped us get to know each other with games and exercises, but we also just talked amongst ourselves at meals and breaks and shared our birding experiences. I have already been in touch with many of them since camp ended, and when I go to visit colleges later this month I hope to meet up with several of them for bird walks.

One event that I think demonstrates the unity of our group at Hog Island was our last dinner together on Thursday night (a delicious lobster feast). One of the campers had to leave Thursday evening for a family vacation instead of Friday morning with the rest of us. When it came time for him to depart, we all swarmed around him in a massive group hug. Our togetherness after such a short period of time demonstrates how Hog Island truly is a special place.

My week at Hog Island is an experience I will cherish for the rest of my life. I met so many great people and saw so many great birds while enjoying the beautiful scenery of the Maine Coast. I couldn't ask for more.

Max Rollfinke



Photos courtesy Hog Island staff

Accepting Applications Now: Hog Island Teen Camp Scholarships

We are now accepting applications for our 2017 summer camp scholarships program for Hog Island Teen Camps in Maine. **The deadline for applications and letters of recommendation is Saturday, January 28, 2017.** We will provide scholarships to two different Hog Island Teen Camps this coming summer: "Coastal Maine Bird Studies for Teens" and "Marine Natural History for Teens." To apply, please visit our website at www.appalachianaudubon.org/hogisland.htm.

The "Marine Natural History for Teens" camp will run concurrently with the adult "Raptor Rapture" camp, July 9–14, 2017, with some shared learning experiences. The "Coastal Maine Bird Studies for Teens" camp will either be the week of June 11–16, 2017, or June 18–23, 2017. This camp runs concurrently with either the adult "Hands-On Bird Science" camp or the adult "Field Ornithology" camp. If you are selected for an AAS Teen Camp Scholarship, we will provide a full camp scholarship of \$1,295. AAS does not provide or reimburse transportation to or from the camps. *Note:* Hog Island offers some scholarships on their website.

In addition, we also are offering partial scholarship assistance to the Hog Island Educator Camp, "Sharing Nature: An Educator's Week," which will run July 16–21, 2017; as well as the Family Camps, which are offered for children aged 8 to 13 years with an adult family member and run either August 6–11 or August 13–18, 2017.

For more information, please email Karen Atwood, Education Chair: atwoodphoto1@verizon.net.



NOVEMBER FIELD TRIP

Sunday, November 13
Water Birds, Raptors, and Who Knows What at Bombay Hook NWR with AAS Board members Ian Gardner and Rick and Peggy Price

new

Bombay Hook National Wildlife Refuge, located along the Delaware Bay, includes tidal salt marsh, freshwater impoundments, and upland habitats that are managed for birds and other wildlife. On this full-day trip, we'll take the driving tour around the pools with a possible walk on the Boardwalk. If time permits, we may also stop along Mahon Road to look for raptors late in the day.

The group will carpool from the East Shore at 8:00am. Bring a drink and bagged lunch and plan to stop at a restaurant for dinner on the way home. For more information, contact Rick Price at rprice210@comcast.net or 717 657-1950.

DECEMBER FIELD TRIP

Christmas Bird Counts

Become a citizen scientist for the day by participating in this century-old annual event. Each count covers a circle that is 15 miles in diameter, with volunteers counting birds along specific routes. Information gathered helps track populations of birds and is useful for science and conservation. Contact one or all of the circle compilers for a team assignment and details.

Harrisburg CBC Saturday, December 17

Contact Deuane Hoffman at 564-7475 or corvuscorax@comcast.net

New Bloomfield CBC Tuesday, December 27

Contact Annette Mathes at amathes19@verizon.net or 514-4512

York Springs CBC (Cumberland, Adams, and York)

Thursday, December 29

Contact Vern Gauthier at 385-9526 or pabirder@gmail.com

Newville CBC Saturday, December 31

Contact Vern Gauthier at 385-9526 or pabirder@gmail.com

Cooking up Aliens

by Eli DePaulis

Of all the issues that face our natural resources today, none can claim to have done more damage than invasive species. Invasives come in many forms and are all nonnative with destructive tendencies. From the feral swine of the South to the garlic mustard-infested woodlots of suburbia, we are surrounded by alien flora and fauna. Sadly, there isn't a lot that we can do to stop the invasion, but we can make the most of it. My favorite way of dealing with invasives only takes a bit of culinary creativity and an open mind.

Since many invasive species were introduced by people for consumption, a surprising number of invasives are not only edible, but also delectable. Invasive species introduced for food include garlic mustard, wineberry, and feral swine. All of these species are very tasty. I have personally tried them all in various forms. Garlic mustard makes for a wonderful salad and is easily harvested in the springtime. Wineberry is common in many woodlands and ripens in mid-summer, making for a sweet summertime treat. And, feral swine is very amazing in stew.

Some of my other "favorite" invaders include Brown Trout and Rusty Crayfish. Below are my favorite recipes for each of them.

While you certainly don't have to make a hobby out of cooking up aliens as I have, I would encourage you to think outside the box when it comes to your palate. Invasive species are abundant, delicious, and a wonderful way to bring adventure into your kitchen.

Pan Fried "Brownies"

(Fisherman approved, healthy meal)

Ingredients	Bread crumbs
Two boneless brown trout fillets	Old Bay®
One egg	Olive oil

Procedure

Egg wash the fillets, then coat with bread crumbs. Then fry trout in a pan of olive oil until flakey. The outside of the trout should get a golden semi-crisp coating. Serve up on a plate with fried potatoes and stewed tomatoes.

Sweet tea or root beer compliments this meal nicely.

Crawfish and Corn Soup

(Approved by the Camp Hill cooking elite)

Recipe: allrecipes.com

Ingredients

½ cup butter	1 10.75-oz. can of condensed cream of potato soup
2 tablespoons all-purpose flour	¼ teaspoon of creole seasoning
1 medium chopped onion	½ teaspoon of Worcestershire sauce
¼ cup of chopped green onion	1 dash of hot sauce
4 cups of milk	Salt
2 15-oz. cans cream-style corn	1 pound of crawfish meat
1 15-oz. can whole kernel corn	

Procedure

Mix butter and flour into a light roux in a big pot over low heat. Stir continuously for 5 minutes. Next add the onions and cook till wilted. Then add everything except the crawfish. Cook for 20 minutes, add crawfish and cook for an additional 20 minutes.

Birding Costa Rica: Off the Beaten Path

by Rick Price

In February 2016, my wife Peggy and I embarked on a Road Scholar birding trip to Costa Rica, which had been on our wish list for many years. Our arrival in San Jose got off to a bumpy start, as we arrived a day early, and our arranged ride from the airport failed to show up. But we soon learned of the helpfulness of the Costa Rican people, which would be repeated many times during our stay, as a perfect stranger lent us her cell phone to call the hotel.

The next day we met our guide, Leo Garrigues, whose father Richard wrote the field guide, "The Birds of Costa Rica." Leo would prove to be an excellent guide, as he knew the birds, had an acute ear, and strove to make sure that everyone in our group would see the bird at hand. He also had a good sense of humor and a command of the English language.

Our itinerary began near San Jose, where we were introduced to several species of hummingbirds, warblers, tanagers, doves, our first Blue-crowned Motmot, and the national bird, the Clay-colored Thrush, which we would see everywhere we went in Costa Rica. All of these were seen on the grounds of our hotel, a preview of what each day would be like.

From San Jose we traveled from one birder's paradise to the next. My favorite stop was the Savegre Hotel, located in a mountain nature reserve, where we were successful in finding two Resplendent Quetzal, with their iridescent bright colors and long streamer tails. It was here that we also encountered Spotted Wood-Quail and the beautiful Long-tailed Silky Flycatcher.

At Rancho Naturalista, we found ourselves on the Caribbean slope of the mountains, where we were treated to one of the best venues for viewing hummingbirds, particularly Violet-crowned Woodnymphs and White-necked Jacobins. However, its signature bird, the Snowcap, did not frequent the feeders and had to be found among the garden flowers. Rancho also offered late afternoon viewing of hummers bathing in small mountain gorge pools in a tiny brook. No birder will ever forget the sight of a Purple-crowned Fairy dipping into a sparkling mountain pool.

In summary, we observed 226 species of birds, including 28 species of hummingbirds. Some of our favorites included the Amazon Kingfisher, the Sunbittern, the colorful manikins, parrots, and parakeets, Green Honeycreepers, and Speckled and Flame-colored Tanagers.

If you go, be prepared to hike 2-4 miles on mountain terrain trails or ride on unpaved switchback roads. Elevations varied from sea level to 11,000 feet. The food was excellent, facilities clean, water potable, and the people friendly.

Finally, as exciting as it was to see the exotic toucans, trogons, and raptors, I found it just as interesting to observe some of our North American breeders in a different environment. Who would have thought that Tennessee Warblers and Baltimore Orioles eat bananas or imagined Broad-winged Hawks soaring with giant black and white King Vultures? The closest view we ever had of a Kentucky Warbler was just a few feet away at the moth light wall at Rancho. It's unexpected experiences like these that make us want to return to Costa Rica.



Top: Long-tailed Silky Flycatcher

Above: White-necked Jacobin Hummingbird

Photos courtesy Rick Price

It's unexpected experiences like these that make us want to return to Costa Rica.

— Rick Price



NOVEMBER/DECEMBER 2016

Except for the December program and May banquet, AAS monthly programs typically take place on the third Thursday of each month at the **Christ Presbyterian Church** located at 421 Deerfield Road, in the Allendale neighborhood of Camp Hill. Join us at 7:00pm for socializing and refreshments. The program begins at 7:30pm.

DIRECTIONS

I-83 southbound — take exit 40B towards New Cumberland. Stay straight, cross Carlisle Road to Cedar Cliff Drive. Turn left onto Allendale Way and turn left onto Deerfield Road. The Church is on the left. Park in the second lot.

I-83 northbound — take exit 40B, turn left onto Carlisle Road/Simpson Ferry Road and go under I-83. Turn left again at the light onto Cedar Cliff Drive. Turn left onto Allendale Way and turn left onto Deerfield Road. The Church is on the left. Park in the second lot.



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INSIDE THIS ISSUE



AAS Programs • 1

- Bird-Friendly Communities
- Year-end Holiday Social

President's Perch • 2

Healthy Habitat Grant • 2

Education News • 3

Field Trips • 4

Cooking Up Aliens • 4

Birding Costa Rica: Off the Beaten Path • 5

Winter Storm Cancellation of AAS Programs

If severe weather is forecast for the evening of an Appalachian Audubon program, please check here for cancellation information:

- www.Facebook.com/appalachianaudubon
- www.abc27.com (WHTM abc27)
- 717-319-0828

Volunteer Your Computer Skills

The chapter is looking for a volunteer to maintain the membership list and prepare labels for the newsletter. If you are proficient in Microsoft Excel and are interested in helping Appalachian Audubon, please contact Ed Smith at smithe@awkengineers.com.

AAS members on the move

