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**New Year's Resolutions, continued**  
incorporate reusable items into your lifestyle, and recycle everything possible. The three Rs offer the easiest ways to be a conservationist. Learn about your community's recycling policies and opportunities, and get your whole family to participate. In Wichita, take your stuff to the PROKS Miller Recycling Center at 725 E. Clark, or call 269-1359 for more information. There are many ways to be a good steward right at home, from shopping online instead of through catalogs, reusing gift-wrap and composting. Be creative!

**8. BE A GREEN SHOPPER**  
From buying products with less

packaging to bringing your own shopping bag to the store to going organic when possible, every purchase you make can be a choice for conservation. Learn about the environmental "price" of the products and services you buy.

**9. BECOME A CITIZEN SCIENTIST**  
Turn your bird observations into research data. Whenever you watch birds or visit a natural area, keep a count of the species you see and send your sightings to scientists who track bird trends. Becoming a Citizen Scientist is a way to have fun, learn more about the natural world, and contribute to the scientific effort necessary to protect birds. Christmas Bird Counts and

the Great Backyard Bird Count both offer an opportunity to play a key role in conservation. You will enrich the data that Audubon scientists and others rely on to assess bird health and population trends, and to set conservation priorities. As you learn more about the birds in your own backyard and neighborhood, you will want to take steps to protect them as well.

**10. BE INFORMED AND SPEAK OUT**  
Write letters to your legislators. Get involved. Public policy issues at the national, state, and local levels determine the degree of protection of our water, air, and land. Keep abreast of important actions and make sure that your voice is heard.

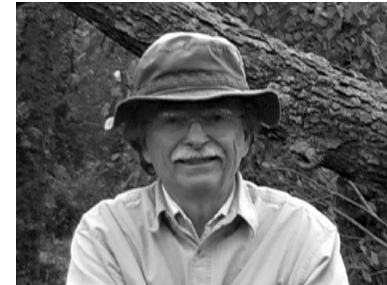
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# Wichita Audubon

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## JANUARY MEETING



See and hear the birds that make the common and uncommon sounds we hear during the year here in Wichita. Paul Griffin will share his video of seventy species, including-Warblers, Sparrows, Wrens, Woodpeckers, Vireos, Hawks, Owls and even Hummingbirds, along with many others. The program will be January 17, 7:30 p.m. at the Great Plains Nature Center, 29th Street and Woodlawn.

You can join Paul for dinner before the program at Jason's Deli in Bradley Fair, 21st Street and Rock Road, at 5:45 p.m.

## FEBRUARY MEETING



In February, Mike Everhart will take us back to a time 65 million years ago when Kansas was covered by a sea and was home to giant marine reptiles, flying dinosaurs and birds with teeth. Mike has collected fossils from the Smoky Hills chalk in Western Kansas for more than thirty years. He is an Adjunct Curator of Paleontology at the Sternberg Museum in Hays and has recently published the book "Oceans of Kansas."

The program will be February 21, 7:30 p.m. at the Great Plains Nature Center, 29th Street and Woodlawn. You can join Mike

for dinner before the program at Jason's Deli in Bradley Fair, 21st Street and Rock Road, at 5:45 p.m.

## CNC UPCOMING PROGRAMS

**January 28 and February 4, Saturday 10 a.m. to noon**

Mid-winter is a great time to view Bald Eagles in Kansas. Searching for open water, many eagles migrate down to Kansas to spend the winter. We will take a one and a half mile hike down to the Arkansas River to search for our national bird. If you have binoculars, bring them. The nature center has some binoculars to loan and will provide a spotting scope.

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For more information about any Chaplin Nature Center programs call Shawn Silliman at 620-442-4133, or e-mail [cnc@wichitaudubon.org](mailto:cnc@wichitaudubon.org). CNC is located 3 miles west of Arkansas City on Hwy 166, north 2 miles on 21st Rd, east 0.6 miles on 272nd Rd.

## COMING EVENTS

### January 17

Regular meeting, "Bird Calls and Songs of Wichita," by Paul Griffin, 7:30 p.m. at the Great Plains Nature Center

### January 28

Eagle Watch at Chaplin Nature Center, 10 a.m. to noon.

### February 4

Eagle Watch at Chaplin Nature Center, 10 a.m. to noon.

### February 18

Field trip to Lyon County Lake for Smith's Longspurs, Long-eared Owls, waterfowl. Meet at the KDWP office in Emporia, 1830 Merchant St. at 10 a.m. Leader: Marvin Kuehn, 620-342-9133, [kuehnmar@emporia.edu](mailto:kuehnmar@emporia.edu)

### February 21

Regular meeting, "Oceans of Kansas," by Mike Everhart, 7:30 p.m. at the Great Plains Nature Center.

### March 10

Owl Prowl at Chaplin Nature Center, 7 p.m. - 8 p.m.

### March 11

Oak Park Cleanup, 9 a.m. Leader: Rosa McHenry, 263-4042, [rmchenryphoto@sbcglo.net](mailto:rmchenryphoto@sbcglo.net).

## **BIRD SEED SALE**

Help support Wichita Audubon and Chaplin Nature Center by buying your bird seed from us. We offer high quality seed, delivered to your home (within Wichita City limits.)

Please submit your order by **Friday, January 6**

The seed will be delivered on Saturday, January 14

**25 lbs Black Oil Sunflower seed - \$10**

**25 lbs Audubon Mix - \$8**

Order by phone, mail or email.

Call Carol Cumberland at 316-685-4867 or

email [carol.cumberland@swbell.net](mailto:carol.cumberland@swbell.net)

Mail: Wichita Audubon Society, PO Box 47607, Wichita, KS 67201

## **CNC PROGRAMS, CONTINUED**

### **Owl Prowl**

**March 10, Friday, 7 - 8 p.m.**

Why have owls traditionally been seen as bad omens? Why did some people in the southeastern United States take off an article of clothing when they heard an owl call? Find out the truth about owls and the many adaptations that have made them one of the most successful and mysterious nocturnal animals. A short indoor presentation on the owls of Kansas will be followed by an outdoor night hike to listen for owl calls.

### **2005-2006 WAS Officers**

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### **Committee Chairs**

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Send address changes to Sister Patricia Stanley, 6739 Perryton, Wichita, KS 67226

[pstanley@csjwichita.org](mailto:pstanley@csjwichita.org)

## **THE GREAT BACKYARD BIRD COUNT**

The Great Backyard Bird Count (GBBC), a joint project of Audubon and the Cornell Lab of Ornithology, returns for its ninth season February 17-20, 2006. Bird enthusiasts of all ages can share their love of birds - opening new eyes to the joy of birding and the fun of creating a unique snapshot of winter bird abundance and distribution across the continent.

“The level of energy created each February by Great Backyard Bird counters is phenomenal,” said Dr. Paul Green, director of Citizen Science for Audubon. “What always amazes me are the new discoveries made by people across North America. Some bird watchers even send digital photos to back up their reports. Last year participants sent in more than 1,000 photos and many are now part of the GBBC web site gallery.”

Everyone can participate, from beginning bird watchers to seasoned experts. During the count, bird watchers can tally up birds for as little as 15 minutes, or for as long as they like, keeping track of the highest number of each bird species they see together at one time. People are encouraged to report birds from public lands and parks, as well as from their own backyards. Participants enter their numbers online at [www.birdsource.org/](http://www.birdsource.org/). For more information contact the Cornell Lab of Ornithology at [cornellbirds@cornell.edu](mailto:cornellbirds@cornell.edu) or (800) 843-2473.

## **NEW YEAR'S RESOLUTIONS**

### **The Audubon Action List**

Here are 10 things you can do to protect birds and the environment. Make a resolution to incorporate these into your life for 2006.

#### **1. GET OUTSIDE**

Spend at least two hours a week doing something out in nature--take a walk, ride a bike, work in the garden--and notice the birds and other wildlife that you see and hear. We protect what we value. And we value what we use. But with today's hectic lifestyles it is increasingly difficult for many of us, especially children, to enjoy the outdoors on a regular basis.

#### **2. LIVE PESTICIDE-FREE**

Throw out those fertilizers, herbicides, and insecticides and adopt organic pest-control methods that will lead to a healthier habitat for your family and for wildlife. Audubon At Home ([www.audubon.org/bird/at\\_home/ReducePesticideUse.html](http://www.audubon.org/bird/at_home/ReducePesticideUse.html)) provides information on natural alternatives to chemical pesticides. Develop an environmentally-friendly plan for managing pests in your backyard and, ultimately, protecting water quality.

Nearly 75 percent of all U.S. households use some type of pesticide, often unnecessarily. Those pesticides then work their way back into our food chain. Lawn pesticides cause an estimated 7 million bird deaths each year. In addition, a recent study of pesticide exposure among children living in a major U.S. metropolitan area revealed traces of garden chemicals

in 99 percent of the children tested. By eliminating toxic chemicals from your backyard, you can create a healthier environment not only for birds, but for your family.

#### **3. CONSERVE WATER**

Don't turn on that lawn sprinkler!

There are a number of easy ways you can reduce water use in your backyard, from watering prudently to using mulch to promote water retention to planting native plants that don't need as much water. Nearly 8 billion gallons of water are used daily in the United States for outdoor purposes, mostly landscaping. Water is an increasingly precious resource. When household use necessitates depletion of water sources like rivers and wetlands, critical wildlife habitat is lost. By conserving water, you can help prevent this from happening.



*We protect what we value*

#### **4. GO NATIVE**

Cultivate native plants in your backyard and garden to offer beneficial habitat to the native wildlife that evolved with these

plants. Native plants provide food, nesting areas, and shelter for resident and migrant birds. Exotic invasive plants, on the other hand, can crowd out natives--without providing the same welcome to wildlife visitors.

#### **5. DINE WITH THE ENVIRONMENT IN MIND**

Get to know where the food on your plate comes from. What each of us eats has a powerful impact on our environment. For example, by drinking shade-grown coffee, you can help protect the wintering habitat for many of the migratory birds that travel north to the United States to breed. By buying organic produce and choosing sustainable seafood, you contribute to the health and well-being of your family, as well as to different ecosystems

#### **6. CONSERVE ENERGY**

Program the thermostat at a lower temperature when you're not home, avoid idling your car, and use Energy Star products and appliances. These are just some of the ways the decisions you make about energy consumption can significantly reduce our energy demand, helping to safeguard natural resources, habitat, and health. From taking public transportation and driving fuel-efficient cars to making sure we turn out unnecessary lights, energy conservation is an important way in which each of us can make an environmental difference.

#### **7. REDUCE, REUSE, RECYCLE**

Reduce your use of paper,

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