FROM THE PRESIDENT

Happy 85th Birthday, DFO:
Your history is deep in Colorado’s birding DNA

UPCOMING PROGRAM

Falcons: Streamlined for SPEED! with Perry Conway

PROGRAM REVIEW

“Wild Patagonia” through the eyes and lens of a nature-loving teen

BIRDING CLOSE TO HOME

JeffCo’s White Ranch Park

PHOTO OF THE MONTH

Bald Eagle

Jim Esten
Barr Lake State Park, CO
Falcons: Streamlined For SPEED!

Monday, March 23
Perry Conway

Veteran wildlife photographer Perry Conway describes himself as an educator with a camera, and he has presented programs on the value of wildlife and wild places to more than 2 million people. He is the featured speaker for DFO’s monthly evening program on March 23, “Falcons: Streamlined for SPEED!”

Conway, a free-lance naturalist, photographer and CEO of the Aerie Nature Series of photographic and education programs, knows a bit about his subject. He first became involved with falcons in graduate school at Kansas State University, where he earned his bachelor’s and master’s degrees in biology and biological sciences. He worked first as a researcher and bird bander and later in falcon recovery efforts.

Working on a team to reintroduce Peregrine Falcons back into Colorado, he had firsthand knowledge about how and why this remarkable raptor has made its way off the federal Endangered Species List. His illustrated lecture and multimedia show for DFO will look at falcons worldwide (there are about 40 species around the globe). He’ll touch on their evolution, history and population status today.

And if you have heard the familiar factoid that peregrines are the fastest creature on Earth, stand by for a surprise. They are not – but Conway will tell you what IS. On March 23, join us – and the more than 2 million people to whom Conway has presented programs – to learn more on the value of wildlife and wild places.

Upcoming program this spring: April 27 – “Homogenization of Colorado Nesting Bird Populations” with Steve Jones

7 PM | Free and open to the public
Unity Spiritual Center of Denver
3021 S. University Blvd.
Denver, Colorado
Cheers, everyone, and Happy 85th Birthday, DFO! Yes, 85 years ago this month, the Colorado Bird Club – renamed Denver Field Ornithologists in 1964 – was chartered.

The Denver Museum of Nature & Science keeps our archives, from board minutes and committee reports to The Lark Bunting newsletters and many more items of interest. DFO historian Kris Haglund (also a DMNS staffer) recently delved into those records at my request for glimpses of our club’s history and DFO’s influence on the origins of other Colorado bird organizations. I’d like to share three.

The first is an account of DFO’s founding by Margaret E. Pritchett, the club’s first recording secretary.

“The Colorado Bird Club was started January 27th, 1935, when some students in Mr. Robert J. Niedrach’s Denver University Extension Class in Ornithology wished to continue their interest in bird study in a group or club. . . . The group named themselves the Colorado Bird Club and was officially chartered on March 20, 1935. . . . The Colorado Bird Club insignia, a colorful, circular watercolor painting of the Colorado State Bird, the Lark Bunting flying above a yucca plant on the prairie, was made by Charles Tribble, a young artist who made the painted background for the Duck-billed Dinosaur display in the Museum . . . . Mr. Niedrach advised that the club keep out of political wrangling which has been detrimental to a number of outdoor organizations, but that the group should stand back of, that is, support laws for bird protection.”

The second glimpse is of DFO’s role in creating Colorado Field Ornithologists. Longtime member Hugh Kingery and former DFO historian Warren Finch provided the narrative.

Kingery:

“Essentially, the Colorado Bird Club organized three state ‘conventions.’ The effort started in 1962, but postponed the first meeting to 1963, which they held in Denver (headquartered at the Museum). Lois Webster chaired the organizing committee. One hundred attended and they saw 128 species of birds on the field trips. The Bird Club organized the second statewide meeting in 1964 in Fort Collins at the invitation of Ron Ryder. At the third meeting, in Colorado Springs in 1965, the attendees organized the Colorado Field Ornithologists with President Thompson Marsh and Secretary Lois Webster.”

Finch, from the article “The Denver Field Ornithologists – Watching birds since 1935,” in the October 2003 issue of CFO’s Colorado Birds:

“Due to prolonged, persistent agitation by members of five Front Range bird clubs for an annual state convention, Harold Holt, President of the (Colorado Bird Club), appointed Lois Webster to chair a committee to organize the first state convention in 1963, which was hosted by CBC in Denver. . . .”

The last anecdote is how DFO was present at the creation of the Denver Audubon Society, and how our club changed its name to clear up confusion with another group’s surprisingly similar name. Here again, Warren Finch carried the first narrative, and former member Lynn Wilcoxen the second.

Finch:

“From 1961, and perhaps as early as 1957 and as late as 1964, the Colorado Bird Club was affiliated with the National Audubon Society, but never as an Audubon Chapter. In 1965, the Denver Field Ornithologists was offered Chapter status, but DFO members voted to follow its original bird watching mission and not the broader mission of the Audubon

FROM THE PRESIDENT

Happy 85th Birthday, DFO: Your history is deep in Colorado’s birding DNA

Continued on page 4
FROM THE PRESIDENT  cont from page 3

Society . . . . The clear separation of bird watching [DFO] and environmental [Audubon] focuses has proved to be a success.”

Wilcoxen:  
“[W]e were constantly getting confused with the Colorado Caged Bird Club [and] so felt it necessary to change our name, which we did to DFO. At the same time there were many members . . . who thought that the club should be more interested in conservation and legislative matters, but yet the core group wanted to continue with our primary focus being field trips. So it was a friendly separation with some members deciding to establish a local chapter of the Audubon Society. Many DFO members . . . belonged to both.”

We have these accounts thanks to DMNS’s archives of DFO. As former member (and museum staffer) Carol Cochran wrote in the June 2012 issue of The Lark Bunting:

“These records . . . are a lot of fun to read, and provide important historical and ornithological information. You are welcome, and in fact encouraged, to view them for yourselves – and to contribute your own portion of the history of DFO and Colorado birding with donations of your field notes, check lists, photos, scrapbooks and other materials.”

DFO NEWS

DFO is on Instagram: Got the picture?

In an effort to market Denver Field Ornithologists and its many activities and interests to the widest possible audience, DFO now has its own page on Instagram, the popular, photo-centric social media app. Have you visited it yet?

If you go to the DFO website, you’ll see that we now display the Instagram icon at the top of the page. See it there? It’s next to the icon for our club’s other prime social media presence, Facebook. Click on the Instagram icon and you’ll see our page.

Got a good photo of people having fun birding, or of a bird doing something interesting? Send it – along with a line or two of text about it – to one of our two contact people who can post it to the DFO page:

Megan Miller  
DFO Instagram coordinator
megan.k.miller2473@gmail.com

Sharon Tinianow  
DFO Communications & Outreach chair
sharontinianow@gmail.com

And if you’re on Instagram yourself already, start following DFO there. The DFO Communications & Outreach Committee’s realistic goal for 2020 is to build our Instagram audience to 500 followers. Help us go viral! You can find us on Instagram @denverfieldornithologists and by following the hashtag #DFObirders.

Get in the picture today!

Welcome to new DFO members

Donna Feldman, Denver; Carolyn Weichmann, Larkspur; Rob & Michele Worrall, Denver

Thank you for your contribution to the Research, Education, and Conservation Grant Fund

Jim Esten, Patricia Flood, Merikay Haggert, Elissa McAlear, Diana Tomback
Rob & Michele Worrall
“Wild Patagonia” through the eyes and lens of a nature-loving teen

Candice and Tim Johnson
On February 24, DFO members were treated to an evening program by a 16-year-old high school student who is a naturalist, environmentalist, and photographer who also has watched wolves in Yellowstone National Park.

Anyll Markevich, a member of Boulder County Audubon Teen Naturalists, led his DFO audience through “Wild Patagonia,” a lecture and slide show about the month-long trip he took with his family last year to the wild southern reaches of South America. They traveled last November (springtime in the Southern Hemisphere) to the southernmost part of Chile and neighboring Argentina to visit several national parks. This included a 4-day backpacking trip that was no walk in the park – it rained the whole time on their 23-mile trek through Chile’s Torres del Paine National Park.

Anyll and his family first arrived in Punta Arenas, Chile, on the Straits of Magellan, the fabled natural – and navigable – sea route connecting the Atlantic and Pacific oceans. Their first stops were to see birds. On Isla Magdalena, they visited a small colony of Magellanic Penguins. Although the birds were photogenic and fun to see, Anyll said he regretted having visited them because he learned while there that excessive tourist visitation threatens the colony’s existence. A better managed colony of birds on Tierra del Fuego was their next stop, near the fishing village of Porvenir. Timed admission of tourist visitors meant less human impact on that colony of King Penguins.

As befitted the title of his presentation, Anyll encountered much wildlife on the trip, from small herds of guanaco (a relative of the alpaca) to the common (and handsome) Upland Goose. At Pali-Aike National Park, they encountered Chilean Flamingoes and the ostrich-like Lesser Rhea, a flightless bird more than 3 feet tall. Anyll learned that this species is notable because rhea males incubate the eggs of several females in the same nest.

After the family’s slog through rainy Torres del Paine, they crossed the border into Argentina to visit Perito Moreno Glacier in Los Glaciares National Park. The glacier is noteworthy because, unlike most others across the globe, Perito Moreno is not shrinking but stable, thanks to increased rainfall in the region.

Andean Condors (the largest flying birds in the world), Southern Lapwings and many more guanaco awaited in Patagona National Park, where much of the landscape is grassland reclaimed from livestock overgrazing. Anyll told of how an American couple – the late Douglas Tompkins, founder of North Face outdoor clothing, and his wife, Kristine, former CEO of Patagonia outdoor products – worked together to create large wildland conservation areas in both Chile and Argentina. In the case of Patatonia National Park, they purchased vast tracts of former grasslands, removed invasive plants, and reintroduced Lesser Rhea and an endangered native species of deer. Now the park is undergoing further development to accommodate visitors. Anyll said it has a spectacular museum.

Continued on page 6
In fact, published reports in *The New York Times* and elsewhere describe the Tompkinses as having struck an impressive deal with the Chilean government. The couple would donate more than 1 million of their acres to the government if it would commit to creating new national parks and chip in with additional lands of its own. Chile went them one better, contributing 9 million acres, enough for five new parks and expansion of three others. The deal was described as a rare “win” in a region where human industry – agriculture, logging and mining – are constant threats to national landscapes. Since Douglas’s death in a kayaking accident in Patagonia in 2015, Kristine Tompkins has continued to advocate for wild landscapes there.

*This program was videotaped. To view, go to the Past Programs page on the DFO website and click on the movie-camera icon for the Feb. 24 program video.*

**Will YOU Shoot The Lark Bunting’s Next Cover Photo?**

Ever since redesigning DFO’s newsletter last year, we’ve been looking for excellent Colorado bird photos to anchor our magazine-like front page.

Do YOU have what it takes to take a cover photo for *The Lark Bunting*?

We are looking for great photos – in color, nicely lit, sharply focused – of the birds we see in our state in the course of the year. Perhaps it’s a seasonal shot of a winged winter visitor . . . or of a newly arrived spring migrant or summer nester. An adult, a fledgling, a flock.

Whatever the bird(s) or the situation, we’d love to see it – and perhaps feature it on the front of an upcoming issue of DFO’s monthly newsletter. Or, if not on the cover, perhaps with a nice display “inside” the newsletter to accompany an article or other content.

Although photographers know that capturing a great image depends on skill and sometimes a good dose of luck, the requirements are straightforward and simple:

- Photographers must be members of Denver Field Ornithologists (if you are not but want to submit, go to the DFO website’s membership page first to join the club!)

- Photographers are asked to submit original, unedited photo files – not yet sized or cropped. If you’re not sure, contact Jim Esten, photo editor of *The Lark Bunting* at jcesten@gmail.com.

Send your photos or direct any other questions to photo editor Jim at the same address. Thanks!

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Program night ideas welcome!

DFO welcomes your suggestions for future speakers and presentations. Who or what topic would YOU like to hear more about at our monthly fourth-Monday-night programs?

DFO Program chair Bill Turner would love to hear from you.

Send your ideas to Bill at toursbyturner@aol.com.
BIRDING CLOSE TO HOME:  
JeffCo’s White Ranch Park

Susan Blansett

Although I grew up in Illinois with a love of the outdoors and wildlife, I didn’t really become a birder until I moved to Colorado in the late 1980s. That’s when Mark and I, enthralled with mountain hiking nearby, headed west every weekend to explore a new trail. The thrill of seeing and hearing unfamiliar birds led me to purchase my first Peterson guide (and Mark his first Sierra Club guide to trees and plants). Within a year, I was hooked – and yet, I pursued birding only as a solitary hobby until years later.

We made our new home in Golden, where I also rediscovered a fascination with horses. That’s how I met Dan, a volunteer at nearby White Ranch Park, who needed help exercising his mounts. So began my introduction to White Ranch Open Space, where Dan (on his Quarter Horse mare) led me (on Windy, a Morgan gelding) on countless trail rides. As we rode through White Ranch’s marvelous variety of habitat and wildlife, Dan shared impressive knowledge of the flora, fauna and geology around us. Exploring virtually every one of the park’s 20 miles of trails, I rode with my trusty 8x42s around my neck.

Whatever the season, Jefferson County’s largest open space park (nearly 4,000 acres) seldom disappoints. In fact, my fondness for White Ranch seems to grow with every outing – and there are many to choose from.

Belcher Hill Trail, for instance, descends quickly into a lovely stretch of big cottonwoods, aspen, shrubs and scrub oak along Van Bibber Creek. In migration and summer, rarities invariably present themselves. But some of our loveliest birds are regular residents and nesters right there – Lazuli Bunting, Bullock’s Oriole, all three grosbeaks, American Goldfinch, Western Bluebird, Yellow-breasted Chat. And more: vireos, flycatchers, warblers, hummingbirds, chickadees, woodpeckers, towhees, sparrows, accipiters and corvids. One of my purest summer delights is to watch a busy Bullock’s sally forth repeatedly from a perch to hawk insects, then return to poke the bugs into the gaping mouths of two or three hungry offspring waiting on the fence. The simple charm of a male Lazuli singing from atop a scrub oak is another delight.

From that riparian trail, the foothills rise steeply to rocky ridges where Red-Tailed Hawks, Turkey Vultures, Common Ravens and Golden Eagles soar or occasionally perch on junipers or rocky outcrops. Across and above the creek, new habitat yields Mountain Bluebird and Blue-Gray Gnatcatcher in a profusion of wildflowers and flowering bushes. The climb eventually brings you to montane meadows and ponderosa woodlands, where Yellow-rumped Warblers proliferate, among Steller’s Jays, Western Tanagers, Bushtits, Pine Siskins, and three kinds of nuthatches. At least once I’ve even seen a Northern Goshawk near the top. The possibilities keep me on my toes.

Continued on page 8
The winter “usuals” include juncos, jays, nuthatches, House Finches (also keep an eye out for Cassin’s, and Red Crossbills, too) and other year-rounders like siskins and Wild Turkey. In winter and early spring, snow, ice and mud sometimes force a closure of the east entrance. (This year it has been that way for weeks now, as that photo of an impatient me with the red “closed” sign shows!) When it’s that way, I start my birding at the western (upper) entrance, which is reachable from Colorado 93 via Golden Gate Canyon Road west (4 miles) and then north on Crawford Gulch Road for a few more miles until park signs lead east to the parking lot.

With so many wonderful places to bird around metro Denver, I admit to straying sometimes from White Ranch. But I recently recommitted to my beloved almost-backyard “patch” after learning that the lower part of the park is just inside my 5MR circle map. That’s short for 5-Mile Radius, an environmentally beneficial way for birders to explore what’s closest to home. (Read Susan’s article about 5MR in last month’s issue of The Lark Bunting.)

White Ranch also triggers waves of nostalgia when I recall hiking its trails over the years with our succession of golden retrievers – all trained to stop and sit patiently whenever I raised my binoculars! Soon I’ll be looking for a new four-legged companion to train and introduce to these trails. And just weeks from now, spring will be upon White Ranch, and with it, a more plentiful and colorful array of birds once more. Give me a call if you’d like an introduction or just some company on the trails of this JeffCo gem. I’m always game. But don’t forget to make sure that lower trail’s open first!
SNIPPETS FROM DFO’S PAST

History quiz – where/when was this photo taken?

While combing through the club archives at the Denver Museum of Nature & Science, DFO historian Kris Haglund told us about finding this interesting photo with a connection to the Denver Field Ornithologists’ early past.

At first, none of us knew a thing about it. Then we thought: Let’s make a quiz out of this for readers of the next issue of The Lark Bunting.

So here it is, and the rules are simple: Tell us where and about when (more or less) that this photo was taken. Send your answer(s) to The Lark Bunting editor Patrick O’Driscoll at patodrisk@gmail.com. We’ll award extra credit if you can identify any of the people in the photo.

Look for the answers and the winner in the May issue of The Lark Bunting. First correct reply by email wins a free bird-related book of the winner’s choice from the information table in the lobby at the next DFO monthly program night.

EDITOR’S NOTE: Denver Field Ornithologists turns 85 on March 20, 2020. To mark this milestone, The Lark Bunting is publishing monthly “Snippets from DFO’s Past” – personal remembrances, member stories, bits of club history and trivia, and the like. If you’d like to contribute your stories, photos or memories to “Snippets,” please send to TLB editor Patrick O’Driscoll at patodrisk@gmail.com or call him at 303-885-6955.
Denver Field Ornithologists is enlarging its committees to improve and enhance club opportunities for members. Can you help? The more the merrier!

Unlike many bird-related organizations, DFO does its work without paid staff. We rely on the commitment of member volunteers. Committee work is not difficult or time-consuming. Each committee meets at least four times a year – occasionally more if there’s a project or special task to perform. But you alone determine how much time you are willing or able to commit.

If you can spare a few hours here and there, we can use your interest, talent and enthusiasm for the DFO cause. The end result of committee work makes one of the best birding clubs in America even better.

All eight DFO committees – Membership, Conservation, Field Trips, Communications & Outreach, Finance, Grants Fund, Better Birding Skills, and Nominations – welcome interested volunteers. But two committees in particular can use new members right now:

Membership Committee
The DFO Board has adopted diversification of our membership as one of its strategic goals. So the Membership Committee seeks especially to reach out to new members between ages 18 and 55. This committee also keeps our membership rolls and runs the membership renewal program. If working on fresh ways to attract new members appeals to you, contact Dave Hill at d_d_hill@comcast.net

Conservation Committee
The club's new Conservation Committees seeks to help DFO fulfill its commitment to the protection of birds and their habitat in Colorado. It monitors topics of bird and habitat conservation in our state and region, and it advises the DFO Board and membership on issues that deserve the club’s public support and involvement. If this vital role interests you, contact Susan Blansett at susanblansett@gmail.com

Conservation holds a vital place in the life of Denver Field Ornithologists. That word’s close cousins “preservation” and “protection” are anchors in our club’s bylaws, which commit DFO to promote “study and preservation of birds and their habitats” and to support “local and national movements for bird and habitat protection . . . .”

With that in mind, our club’s new Conservation Committee and the Communication & Outreach Committee have both been talking about providing members timely resources on this vital topic. The result is the DFO Conservation Corner, a varied (and variable) collection of topical articles, studies, and other infolinks to help all of us keep abreast of conservation-oriented news, trends and fresh data.

You can find this new feature near the bottom of the DFO website's home page. It’s just above the teal-green “CONTACT US” form. Click the “MORE” button under the DFO Conservation Corner heading and you’ll go to a list of links to items ranging from the Cornell Lab of Ornithology’s “10 Ways to Help Birds” to an article on an international partnership of scientists’ “global roadmap to battle ‘Bugocalypse.’” We intend to cover the gamut from birds, wildlife and landscapes to air, water and other natural resources and, of course, climate change.

Come back and visit often. As the weeks and months unfold, we will add to this compendium as fresh and compelling new resources arise. And if you encounter an article or study that you think deserves a place in our list, send the online link with a note saying why to Susan Blansett of the Conservation Committee (susanblansett@gmail.com) and Sharon Tinianow of the Communication & Outreach Committee (sharontinianow@gmail.com).
Big colonial waterbirds’ return awakens DFO citizen science project

Patrick O’Driscoll
They’re baa-aack . . . .

Large, flamboyant and impossible to miss, several species of colonial waterbirds are returning to favorite communal nesting sites up and down the Front Range and eastern Colorado. With the return of the egrets, herons and cormorants that nest in our midst, another season of a “citizen science” project devoted to them is about to hatch.

The DFO Colonial Waterbirds Project enters its fourth year with a need for volunteers to help monitor nesting colonies in five metro Denver locations. Can you help? Visiting at least monthly (more frequently if possible), we count adult breeding birds, observe their courtship, mating and nesting behavior, and track their offspring as they fledge and leave in the fall. Best of all, participants can accomplish this task while birding at these popular locations.

The project aims to build a database with which to track population trends and the vitality of mass nesting sites that captivate human visitors, whether birders or not. Volunteers register on a free website, www.citsci.org, where we enter and keep the data and observations. There’s even a cellphone app (kind of like eBird), though observers can also hand-write their data and observations to enter by computer later.

Our efforts since 2017 have focused on nesting communities of Great Blue Herons, Snowy Egrets, Black-crowned Night-Herons, and Double-crested Cormorants. We also keep an eye out for Cattle Egrets, known to have nested locally in the recent past.

The four main locations where DFO tracks these birds are familiar public parks and open spaces:

- Ferril and Duck lakes in Denver City Park and Grasmere Lake in Washington Park, both in Denver
- Kountze Lake in Lakewood’s Belmar Park
- Tabor Lake in the Wheat Ridge Greenbelt

The fifth location is the Cherry Creek-Parker Water & Sanitation District’s non-public ponds, where a small team of DFO members has private access.

The cormorants began arriving in early February. Already, more than 100 are settling in at City Park’s Duck Lake. That island colony near the Denver Zoo will grow to several hundred adults and hundreds of nestlings and fledglings by mid-summer. Great Blue Herons also are setting up nest-keeping in other parks, and Snowy Egrets and Black-crowned Night-Herons will usually follow in late March and April.

Since 2017, we have collected an average of about 95 field reports a year from volunteer monitors at these locations. If you live near or enjoy going to one or another, please consider joining our effort.

The project keeps documents and an introductory PowerPoint on the DFO website. On the home page, click “PROGRAMS & EVENTS,” then scroll down to “CITIZEN SCIENCE” and click the “LEARN MORE” button. Then click “COLONIAL WATERBIRDS” to find the menu of background documents, the PowerPoint, and a “how-to” for joining the project.

For a taste of how a counting session goes, sign up for the DFO field trip on April 5 at Denver City Park, where trip leader and waterbirds program coordinator Patrick O’Driscoll will pay close attention to the park’s nesting colonies of Double-crested Cormorants, Black-crowned Night-Herons and Snowy Egrets.

For more information or if you have any questions, contact O’Driscoll at patodrisk@gmail.com or 303-885-6955.
BIRDING WITH 20/20 VISION

What we eat (and drink) matters to birds

Editor’s note: In Denver Field Ornithologists’ 85th anniversary year, The Lark Bunting is publishing a series that explores what conservation means to us – as a club, as birders, and as responsible citizens of metro Denver and Colorado. Each month, we address topics and issues in which personal action can help protect birds and their habitats.

Sharon Tinianow

What you eat matters to the birds. I know that sounds highly unlikely; we don’t compete directly with birds for the wild grain, seeds, suet, or nuts they eat (not to mention worms, insects, amphibians or roadkill). But what you eat does indirectly affect the birds you care about. “Indirect” because there’s not a simple cause-and-effect relationship. Bear with me and read on while I explain.

Consider the daily caffeine habit so many of us feed with coffee. Many of the songbirds we see and enjoy every year here in Colorado – warblers, tanagers, orioles, grosbeaks and more – migrate south to spend the winter in Central and South America, home to some of the world’s top coffee-producing countries.

Coffee farms and plantations can be good habitat – or bad – for both migrant birds and those that live there year-round. It depends on how the coffee is grown. When first introduced to the Americas, coffee plants were a forest-floor crop, grown largely in the shade. Some coffee farms still use this traditional, rustic method, with decaying leaf litter serving as a natural fertilizer. Birds eat insect pests so pesticides aren’t needed. Growers hand-pick the coffee berries, so only the ripe ones are harvested, which yields a better brew.

When the industry sought to modernize with sun-tolerant coffee varieties, it led to machine harvesting and higher yields. But it was costly for birds and their environment – destruction of forests and the use of chemical pesticides and fertilizers to boost production. So our choice to consume coffee produced that way certainly matters to the birds. An alternate choice you can make is to buy “bird-friendly” coffee that meets strict requirements for how it is grown. But the dizzying array of names for coffee grown non-industrially – “shade-grown,” “organic,” “fair trade” and more – can confuse and mislead. The Cornell Lab of Ornithology website’s “Making Sense of Coffee Labels” is a handy guide to making sense of what’s good and better for birds.

But what about the food on your plate? That affects birds and all other living things, too. And when I saw this statement in an Audubon magazine article, “The Low Carbon Diet” by Mike Tidwell, I did a mental double-take:

What we put in our mouths now ranks up there with our driving habits and our use of coal-fired electricity in terms of how it affects climate change.

And climate change, as we all have heard, is already affecting bird populations around the globe. You’ve probably seen or read reports of the recent, heavily publicized study by the National Audubon Society that estimates two-thirds of North American bird species are at risk of extinction from climate change.

The link here, of course, is that human production of the greenhouse gases that worsen climate change or global warming isn’t just limited to the burning of fossil fuels to heat buildings, generate electricity and power transportation. Raising animals for food is incredibly energy intensive. More than half the grain grown in the U.S. goes to feed animals – not people. There’s a lot of fuel, petroleum-based herbicides, pesticides and fertilizers embedded in your cheeseburger!

Meanwhile, when cows and other livestock eat and digest what we grow just to feed them, they generate powerful greenhouse gases, too: methane (23 times more effective than carbon dioxide at trapping heat in the atmosphere) and nitrous oxide (296 times more powerful than CO2). They burp, they pass gas, and they create a billion tons of manure a year. All that you-know-what accounts for 65 percent of nitrous oxide emissions caused by human activity.

What, then, can an eco-conscious, bird-loving human do?

Continued on page 14
If going vegetarian seems too daunting, I recommend the book, *Food Rules* by Michael Pollan. In this slender volume, Pollan outlines the benefits of reducing how much meat you eat to a level that shrinks your personal carbon footprint while still satisfying your inner carnivore. He calls it a “flexitarian” diet. He sums up his food rules with a simple, haiku-like statement:

> Eat food. Mostly plants. Not too much.

Pollan points out that being mindful of your eating habits does double duty. Besides being better for your health, it’s better for the birds and every other living thing with which we share this precious and beautiful planet. Whatever your preferences, taking the time to consider what reaches your table, and how it was grown, can begin to shift the balance toward a sustainable planet for all species.
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| **Total Income**                  | **23,327.00**|

### Expense

| Bank Fees                         | 40.95        |
| Contract Services                 | 2,000.00     |
| **Total Contract Services**       | **2,000.00** |

| Grants Distributed                | 6,500.00     |

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<td>Supplies</td>
<td>504.08</td>
</tr>
<tr>
<td>Website Hosting and Other</td>
<td>112.33</td>
</tr>
<tr>
<td><strong>Total Operations</strong></td>
<td><strong>7,112.80</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other Types of Expenses</th>
<th>Jan - Dec 19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insurance - Liability, D and O</td>
<td>1,371.00</td>
</tr>
<tr>
<td>PayPal Expense</td>
<td>424.09</td>
</tr>
<tr>
<td>Sec'y of State annual filing</td>
<td>10.00</td>
</tr>
<tr>
<td><strong>Total Other Types of Expenses</strong></td>
<td><strong>1,805.09</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Travel and Meetings</th>
<th>Jan - Dec 19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conference, Convention, Meeting</td>
<td>402.00</td>
</tr>
<tr>
<td>Meeting room rental</td>
<td>2,006.25</td>
</tr>
<tr>
<td>Training</td>
<td>3,576.90</td>
</tr>
<tr>
<td><strong>Total Travel and Meetings</strong></td>
<td><strong>5,985.15</strong></td>
</tr>
</tbody>
</table>

| **Total Expense**                 | **23,443.99**|

| Net Income                        | **-116.99**  |
# Denver Field Ornithologists Inc

## Balance Sheet

**As of December 31, 2019**

<table>
<thead>
<tr>
<th>ASSETS</th>
<th>Dec 31, 19</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Current Assets</strong></td>
<td></td>
</tr>
<tr>
<td>Checking/Savings</td>
<td></td>
</tr>
<tr>
<td>Denver Field Ornithologists Inc Endowment</td>
<td>2,945.17</td>
</tr>
<tr>
<td>Denver Field Ornithologists Inc - Other</td>
<td>35,175.37</td>
</tr>
<tr>
<td><strong>Total Denver Field Ornithologists Inc</strong></td>
<td>38,120.54</td>
</tr>
<tr>
<td><strong>Total Checking/Savings</strong></td>
<td>38,120.54</td>
</tr>
<tr>
<td><strong>Total Current Assets</strong></td>
<td>38,120.54</td>
</tr>
<tr>
<td><strong>TOTAL ASSETS</strong></td>
<td>38,120.54</td>
</tr>
</tbody>
</table>

| LIABILITIES & EQUITY                        |            |
| Equity                                      |            |
| Unrestricted Net Assets                     | 38,237.53  |
| Net Income                                  | -116.99    |
| **Total Equity**                            | 38,120.54  |
| **TOTAL LIABILITIES & EQUITY**              | 38,120.54  |
Register for DFO field trips on the website or contact the leader directly. Bring binoculars, water, snacks and/or lunch, insect repellent, and hat/sunscreen. Dress for the weather.

Directions and detailed descriptions of each trip are on the website. May field trips will be posted on the website on April 1. Please be considerate and delete your reservation if you are unable to attend a trip for which you have registered.

**Running Deer Natural Area & Prospect Ponds (Fort Collins)**  
**Saturday, April 4**  
**6 AM - 2 PM**  
Chris Gilbert  
Email: chrisgee9@gmail.com  
Phone: 804-214-1508  
Trail difficulty: strenuous

We will hike 6-7 miles on various trails in an area where good rare birds have been seen in the past. Bring lunch to eat on the go.

**Pella Crossing Open Space (Boulder County)**  
**Saturday, April 4**  
**7:30 - 10:30 AM**  
Laura Steadman  
Email: lauramsteadman@gmail.com  
Phone: 843-319-5086  
Trail difficulty: easy  
Maximum participants: 10

Pella Crossing Open Space in Boulder County is a great place for an easy walk to look for waterfowl, shorebirds, raptors and woodland species. We’ll walk a few miles on gravel and dirt trails to greet spring. Field trip leader will have a scope, but feel free to bring yours, too.

**Denver City Park (Denver County)**  
**Sunday, April 5**  
**7:15 - 11:30 AM**  
Patrick O’Driscoll  
Email: patodrisk@gmail.com  
Phone: 303-885-6955  
Trail difficulty: easy

We’ll focus on City Park’s waterbird nesting colonies and check the rest of the park’s hotspots for migrants and year-round residents. Expect to walk about 3 miles total. Scopes may be helpful to check cormorants’ nesting progress.

**Rocky Mountain Arsenal NWR (Adams County)**  
**Saturday, April 11**  
**7:30 AM - 1 PM**  
Jill Boice  
Email: jill@booksandcats.net  
Phone: 303-863-7580  
Trail difficulty: easy

We will start at Lake Ladora to check for waterfowl, then walk around the lake – about 2 miles on level gravel and dirt paths. We’ll also check Lower Derby Lake from the observation deck and, possibly, the Wildlife Drive loop. Scopes helpful at the lakes.

**Cherry Creek SP Wetlands Loop (Arapahoe County)**  
**Sunday, April 12**  
**8:30 AM - 12:30 PM**  
Patrick O’Driscoll  
Email: patodrisk@gmail.com  
Phone: 303-885-6955  
Trail difficulty: moderate

For DFO’s 85th anniversary year, we have revived this monthly half-day of walking through most of the important habitats in Cherry Creek State Park. Ideal trip both for beginners and veteran birders. Expect to walk about 3 miles along level paths.

**Joder Ranch (Boulder County)**  
**Saturday, April 18**  
**7 - 11 AM**  
Chuck Hundertmark  
Email: chundertmark8@gmail.com  
Phone: 303-604-0531  
Trail difficulty: Easy  
Maximum participants: 10

Expect to walk 2 miles in each direction – 4 miles total – as we search for a variety of foothills birds.

**Chatfield State Park - Marina sandpit (Douglas County)**  
**Sunday, April 19**  
**7 - 11:30 AM**  
Gregg Goodrich  
Email: gregggoodrich@gmail.com  
Phone: 303-655-9135  
Trail difficulty: easy  
Maximum participants: 12

We will bird several locations on the Douglas County side of Chatfield Reservoir, scanning the water for waterfowl and hiking through the Plum Creek natural area.

**Morrison Nature Center at Star K Ranch (Aurora/Arapahoe County)**  
**Saturday, April 25**  
**7 AM - NOON**  
John Breitsch  
Email: jbreitsch@hotmail.com  
Phone: 303-588-0552  
Trail difficulty: easy

We will bird in a riparian system and should see a variety of birds such as Black-capped Chickadees, nuthatches, woodpeckers, and raptors. Portable toilets on site for the start of the trip. Indoor facilities will be available in the nature center at the end of the trip.

**Chico Basin Ranch**  
**Sunday, April 26**  
**6 AM - 5 PM**  
Mark Amershek  
Email: mamershek@msn.com  
Phone: 303-329-8646  
Trail difficulty: moderate  
Maximum participants: 12

Chico Basin Ranch is a working cattle ranch in El Paso/Pueblo counties southeast of Colorado Springs. Driving distance from Lone Tree is about 100 miles. At the ranch we will drive on dirt roads, stopping to bird on level open areas at ponds, wetlands, and grasslands.
### Denver Field Ornithologists Membership Application

Join online at [https://dfobirds.org](https://dfobirds.org), or by mail.

**DFO memberships expire Dec. 31; valid for the next year if paid after Oct. 1.**

DFO provides grants to individuals or organizations whose mission includes ornithological research, education, and conservation.

DFO is a 501(c)(3) nonprofit organization and contributions are deductible to the extent allowed by law.

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual family membership (electronic <em>The Lark Bunting</em>)</td>
<td>$25</td>
</tr>
<tr>
<td>Annual family membership (printed <em>The Lark Bunting</em>)</td>
<td>$60</td>
</tr>
<tr>
<td>Student membership (age ≤ 26)</td>
<td>$10</td>
</tr>
<tr>
<td>Research, Education, &amp; Conservation Grant Fund donation</td>
<td>$____</td>
</tr>
</tbody>
</table>

Total $____

Name(s) ____________________________________________________________

Address __________________________________________________________

City ____________________________ State ______ Zip ______

Phone (optional) ______________________________

Email (legible) ________________________________________________

*(Must include for electronic *The Lark Bunting*)

Check payable to DFO and send to:
Sue Summers, 2364 W Costilla Ave, Littleton, CO 80120-3502