



CHICAGO AUDUBON SOCIETY  
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Periodicals

# COMPASS

*Navigating the world of birds and nature*

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## Illinois' first IBA areas have been designated!

*More nominations sought by February 15, 2005*

On October 6, 2004, National Audubon Society, U.S. Fish and Wildlife, and the City's Department of Environment announced the designation of 48 Important Bird Areas (IBA's) in Illinois. These constitute the first round of areas nominated.

Among the designated areas are: Illinois Beach State Park, Great Lakes Naval Training Center, the Calumet Area, Rollins Savanna, Castle Rock State Park & Lowden-Miller State Forest, Trail of Tears State Forest, Spoon River - Emiquon NWR, Pratt's Wayne Woods, Midwin National Tallgrass Prairie, Lost Mound Unit, Savanna District of the Upper Mississippi River National Wildlife and Fish Refuge, Bartel Grassland, Little Black Slough Nature Preserve. You can find a complete

list at [www.bcnbirds.org](http://www.bcnbirds.org). Click on the link—Pressing News.

IBA's are selected because they provide essential habitat for one or more species of birds. Since birds are barometers of environmental health, and are also deemed by many as important for human well-being, the IBA program highlights the best habitats and promotes their protection and restoration. Begun in Europe in the late 1980s by BirdLife International, the IBA Program has been a powerful conservation tool, designating over 1,200 sites in 30 states in the U.S.

**The second round of Illinois IBA nominations are now being sought—Deadline: February 15, 2005.** Sites that shelter high concentrations of migrant land birds and rare and unique habitat types will

be reviewed in the second round; nominations are encouraged for these sites as well.

There is a list of sites (with corresponding birds) identified as **potentially** meeting the state IBA criteria online at [www.habitatproject.org](http://www.habitatproject.org). Among these sites are Clear Lake, Goose Lake, Lake Renwick, Baker's Lake, Alorton, McGuinness Slough, Horseshoe Lake, Palos Forest Preserves, Paul Douglas. Nomination forms, criteria, instructions and other helpful information is also available online at [www.habitatproject.org](http://www.habitatproject.org). **You can also access potential sites and nomination forms, by going to [www.bcnbirds.org](http://www.bcnbirds.org) and clicking "Pressing News."**

## Birds of Illinois

Something for Every Birder



By Jerry Garden

As the title implies, the book *Birds of Illinois* is intended to serve those discovering Illinois' birds. It was written by Sheryl DeVore, Steven D. Bailey and Gregory Kennedy, and published by Lone Pine Publishing. While the publisher's initial foray into bird guides local to our area, *Birds of Chicago* was clearly aimed at

beginning birders, experienced and beginning birders both will find in *Birds of Illinois* a great deal of information about birds visiting or otherwise populating our state. The introductory section is an easy read containing a plethora of interesting information about birds and birding, and a nice reference to several of the better birding spots the state has to offer.

Listing 319 species of birds that frequent Illinois plus an appendix with a few of the birds that occasionally venture into Illinois (such as the painted bunting and glossy ibis) the book is nicely comprehensive. The birds are grouped into families in the manner of many other guides and the groups are ordered by evolutionary antecedent, an order familiar to most birders and used by the American Ornithological Union in their official listings. Colored page stripes are used to ease the finding of these groups referenced from a listing on the back cover as well as from two areas in the front section. That's the first time I've seen the back cover used as a resource for internal reference, enhancing the efficient use of the book.

The illustrations are very similar to the publisher's (*Lone Pine*) *Birds of Chicago*, and although they are very well done, in a few instances they lack the technical finesse

of guides with illustrations drawn to display field marks critical to identification. The large illustrations in a one-bird-per-page format limits somewhat the value of the book for field identification due to the difficulty of visual comparisons, and could have used call-outs for quick field mark reference. The text, however, does a good job of explaining ID field marks, behavior and voice, and includes such important incidentals as conservation status. It also lists places to find them in the state.

The maps on each page are expertly done and are probably derived from a combination of Steve Bailey's experience with the CTAP project and the records of the Illinois Ornithological Records Committee. Another nice educational feature of the book are its explanations of bio-regions, a subject of interest to birders for theoretical factors that help determine the geological and weather limitations that restrain some birds from certain areas. This feature is of reference value as it helps us understand certain species propensities to inhabit certain habitat types. I wonder if the weight or size of the book might have been reduced if the authors had saved that topic for another text that could have served as a car-seat or

continued on pg 2



## AUDUBON HONORS HARRIET BULLITT WITH 2004 AUDUBON MEDAL

On Saturday, October 2, National Audubon Society presented the 2004 Audubon Medal to environmentalist, philanthropist and patron of the arts, Harriet Bullitt. A Leavenworth, Washington resident, Bullitt was recognized for her individual achievement in the field of conservation and environmental protection. National Audubon Society President John Flicker gave the award to Bullitt at a special dinner in her honor in Seattle.

Bullitt has devoted her life to preserving and protecting the environment. A former National Audubon Society board member, Bullitt is a strong force behind the Bullitt Foundation, which has funded efforts to save the ancient forests in the Pacific Northwest, rebuild salmon runs, protect and restore wetlands, and clean up nuclear waste. In 1999 Bullitt created the Icicle Fund to support environmental protection and promote the arts and history in the Upper Wenatchee Valley in eastern Washington.

Bullitt has spearheaded efforts to create a new 5.5-acre Audubon Center in Leavenworth, which will combine Audubon's educational programs about the birds, salmon and other wildlife of the region with exhibits and programs

focused on local cultural history and the arts. She is also the owner and chief executive officer of Sleeping Lady Mountain Retreat, a natural environment conference resort on the Icicle River in Leavenworth. Since opening in 1955, the retreat has garnered numerous awards for its environmentally sound construction, design and development.

Since 1947, the Audubon Medal has recognized individual achievement in the field of conservation and environmental protection. Past recipients of this prestigious award include President Jimmy Carter (1994), Ted Turner (1991), Congressman John Seiberling (1986), Stewart Udall (1967), Rachel Carson (1963), and the Honorable William O. Douglas (1962).

Proceeds from the Audubon Medal Award Dinner support the statewide programs of Audubon Washington in science, policy, and education. Audubon Washington works to connect people with nature in a range of ways, including working with citizen scientists to identify critical habitat needing protection, advocating for state policies and funding for natural areas protection, and educating children and families about the wonders of the natural world at Audubon Centers.

## Fall migrants

Fall migrants at Montrose Beach/Magic Hedge. Clockwise from top: Lapland Longspur. Tennessee Warbler and Pectoral Sandpiper. All photos courtesy of Kanae Hirabayashi.



## Nature as Healer

Medications and doctor's visits seem to be an ever-increasing part of our lives, particularly as we get older. Maybe a walk in the woods or just spending some time in a lush garden with blooming native wildflowers is the prescription many of us need. Can immersion in nature really contribute to our physical and mental well-being?

The eminent Harvard Scientist E. O. Wilson writes of a concept he calls "biophilia" in which he discusses humans' natural affinity for the world's plants, animals, and natural landscapes. He says people feel an innate preference for the environment that cradled us, just as all other living things thrive in their own particular habitats.

In the American Journal of Preventive Medicine, environmental psychologist Dr. Howard Frumkin looks at the scientific basis for our relationship with nature and that it is a likely component of good health. Consider what several recent scientific studies showed:

- In testing the impact of animals on human stress and pain, prior to oral surgery the most relaxed people were those that watched fish in an aquarium, in contrast to a variety of other passive activities like sitting quietly or observing a waterfall.

- Ninety-five percent of people living in retirement homes said that windows facing green, landscaped grounds were important or essential.

- Patients recovering from surgery in rooms overlooking trees in foliage had shorter hospitalizations and less need for pain medications as compared with patients with brick wall views. In a dental waiting room a large mural of an open natural scene was wall hung on some days and removed on others. When visible, patients had lower blood pressures than on days when the mural was taken down.

- In a sampling of over 700 people who participated in a wilderness excursion, 90% reported the experience helped break an addiction, defined broadly from nicotine to chocolate.

Henry David Thoreau and John Muir discussed the spiritual benefits that can accrue from spending time in the deep woods or in the mountains. Rachel Carson said "you will never be tired, bored, or alone if you have an interest in nature," and Zeno, "the goal of life is living in agreement with nature." The Wilderness Act of 1964 was inspired by recognition of the relaxing, healing and deeply restorative power of forests murmurs, mountain retreats, and fields of flowers. And in our day, Pope John Paul wrote, "our very contact with nature has a deep restorative power."

Next time you're not feeling up to par, take a walk and look more carefully at the plant and animal life you see. Rediscover just how awesome nature can be. As Dr. Frumkin concludes, "taking seriously our affiliation with the natural world may be an effective way to enhance health, not to mention cheaper and freer side effects than medications."

*Excerpted from Conservation Alert, by Donald R. Dann, Volume 8 Number 4*

# CALENDAR

## Stewardship Workdays

*At the Skokie Lagoons: November 13 and December 11 at 10:00 a.m.*

Chicago Audubon conducts regular monthly workdays at the Skokie Lagoons on the second Saturday of each month. Activities include buckthorn cutting, planting and other management activities. Meet at the Tower Road parking lot, east of the bridge.

For further information, contact Jerry Garden at (773) 545-4632 or email him at [jerrygarden@sprynet.com](mailto:jerrygarden@sprynet.com).

## Educational Programs

*Friday, November 19*

*Chicago Bird Migration: Opportunities for Conservation*

With Doug Stotz, Conservation Ecologist/Ornithologist at the Field Museum of Natural History

At the North Park Village Nature Center, 5801 N. Pulaski, Chicago

Refreshments at 7:00 PM; Program at 7:30 PM.

The Chicago area is a major stopping point for millions of migrants every year. Hundreds of species migrate through the area. Its location along the edge of Lake Michigan contributes to its importance as a migratory way station, as does its position

at the northern edge of a vast area of inhospitable agricultural land across much of central Illinois and Indiana. Doug will talk about the patterns of occurrence, habitat use and timing shown by migrants in Chicago, and discuss the conservation issues that these patterns suggest for our visitors. Issues discussed will include hazards of migration, habitat for migrants, inland versus lakefront issues and trees used by woodland migrants.

## Weekly Bird Walks

*Wednesdays in November and December at 7:00 a.m. &*

*Saturdays in November and December at 8:00 a.m.*

*At the Paul H. Douglas Nature Sanctuary (Wooded Island)*

Meet at the Darrow Bridge, just south of the Museum of Science and Industry. Audubon guide: Doug Anderson (773) 493-7058.

## Other Bird Walks

*Saturday, November 6, 9 a.m.-8 p.m.*  
*Indiana Dunes and Jasper-Pulaski*

Journey to the Indiana Dunes, and the Jasper Pulaski State Fish and Wildlife Area in the wetlands of Indiana, famous for the thousands of sandhill cranes and Canada geese that stop to rest each autumn. Take a close look at these beautiful birds and other fall migrants during a full day of bird watching. In the morning we'll visit three

places in the Dunes: Long Lake for spotting waterfowl like ducks, geese, coots and also passerines; Bailly/Chelsburg to look for sparrows, blackbirds, bluebirds, hawks, robins, and woodpeckers; and the Indiana Dunes State Park Nature Center for feeder birds like titmice, woodpeckers, nuthatch, sparrows, goldfinch, etc.

In the afternoon, we'll observe the thousands of sandhill cranes that stop at Jasper-Pulaski in the fall. As evening approaches, they return from feeding in surrounding farmlands to congregate on this land.

Cosponsored by CAS and Chicago Botanic Garden. Bring a lunch and snacks, binoculars, scopes, field guides and dress for the weather (layered clothes are best). Transportation is by coach bus.

Members/Non-members Fee is \$79/\$99. Meet at the Gateway Visitor Center, Botanic Garden. Registration is required, call (847) 835-8362.

## Other Events

*Saturday, January 22, 2005*

*"Bald Eagle Days" Starved Rock State Park*

*Saturday, February 19, 2005*

*Fourth Annual Lake Michigan*

*"Gull Frolic" at Winthrop Harbor Yacht Club, Winthrop Harbor, Illinois.*

Sponsored by Dave Johnson, Jim Landing and local bird clubs.

## 2004-5 CHRISTMAS BIRD COUNTS

Saturday, December 18 through Sunday, January 2

This year's Northeast Illinois/Northwest Indiana Christmas Bird Counts will run from December 18 through January 2. For those new to counting, the information collected at this time is vital for conservation. Results are compiled into the longest running database in ornithology, representing 100+ years of unbroken data on population trends. Newcomers are welcome. Please contact the compiler for your area, listed below. A fee (\$5) per observer is collected to pay for compiling and publishing of results. (The exceptions to the \$5 fee are the Indiana Dunes and the Calumet counts, which are \$2.50)

- Saturday, December 18, 2004: **Fermilab-Batavia** (DuPage Birding Club). Denis Kania; [melissalkania@lightfirst.com](mailto:melissalkania@lightfirst.com); (630) 961-5364.
- Saturday, December 18, 2004: **Indiana Dunes National Lakeshore**. (Dunes/Calumet Audubon Society and Chicago Audubon Society); Joy Bower; [teetrnsnipe@aol.com](mailto:teetrnsnipe@aol.com); (219) 844-

3188 (days).

- Saturday, December 18, 2004: **McHenry County**. David Frey; 815/338-4866 [dafcjf656@yahoo.com](mailto:dafcjf656@yahoo.com).
- Sunday, December 19, 2004: **Chicago Urban** (Evanston-North Shore Bird Club and Chicago Audubon Society). Jeff Sanders; [yellowstart5@yahoo.com](mailto:yellowstart5@yahoo.com); (847) 657-6431.
- Sunday, December 19, 2004: **Lisle-Morton Arboretum** (Chicago Ornithological Society). Geoffrey A. Williamson; [lislecbc@chicagobirder.org](mailto:lislecbc@chicagobirder.org); (773) 935-8439.
- Monday, December 20, 2004: **Barrington** (Prairie Woods Audubon, Kane County Audubon, Natural History Society of Barrington, and Max McGraw Wildlife Fdn.). Duane Heaton; [dheaton19@comcast.net](mailto:dheaton19@comcast.net); (847) 358-5856 (evenings).
- Saturday, December 25, 2004: **Chicago Lakefront**. Joel Greenberg; [ckermar@earthlink.net](mailto:ckermar@earthlink.net); (630) 725-9416.

- Sunday, December 26, 2004: **Evanston-North Shore** (Evanston-North Shore Bird Club). Joel Greenberg; [ckermar@earthlink.net](mailto:ckermar@earthlink.net) (630) 725-9416; and Tim Wallace. NOTE: People should cover the same areas they have in the past; if there are any questions, please call Joel Greenberg.
- Sunday, December 26, 2004: **Calumet City/Sand Ridge** (Sand Ridge Audubon Society). Carolyn Marsh; [cmarsbird@prodigy.net](mailto:cmarsbird@prodigy.net); (219) 659-7904.
- Saturday, January 1, 2005: **Waukegan** (Evanston-North Shore Bird Club). Joel Greenberg; [ckermar@earthlink.net](mailto:ckermar@earthlink.net) (630) 725-9416.
- Sunday, January 2, 2005: **Thorn Creek/Park Forest** (Thorn Creek Audubon Society). Jim Kelly; [jjkel-ly959@aol.com](mailto:jjkel-ly959@aol.com); (708) 790-4702.
- Sunday, January 2, 2005: **South Lake County** (Indiana) (Dunes-Calumet Audubon Society). Barb Dodge; (219) 374-4385.