



ANNUAL ICE CREAM SOCIAL AND BUTTERFLY GARDEN WALK!

SEPT. 13, AT 2:00
SOJOURNER TRUTH PARK
ICE CREAM, DRINKS PROVIDED,
BRING ANY THING YOU LIKE TO
GO WITH...

YOU NEED TO SEE THIS IN
COLOR TO IDENTIFY THE
BUTTERFLIES (THERE ARE TWO)
GO TO OUR WEBSITE FOR THE
COLOR VERSION.

See pg. 3 to see more of the Butterfly garden & new path

NORTHERN Flint Hills Audubon Society,
P.O. Box 1932, MANHATTAN, KS 66505-1932



prairie falcon

NORTHERN FLINT HILLS AUDUBON SOCIETY NEWSLETTER

Vol. 38, No. 1 ~ SEPTEMBER 2009

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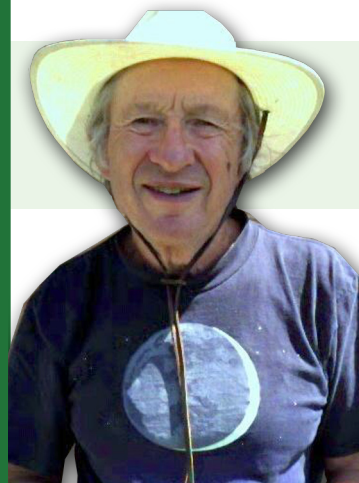
Upcoming Events:

SEPT 3 - BOARD MEETING 6 p.m.
(TOM & MJ MORGAN HOME)

SEPT 13- 2:00 p.m. ICE CREAM Social
AND BUTTERFLY GARDEN walk

SEPT 26 - Bike & Hike with THE Birds
QUIVERA NATIONAL Wildlife Refuge,
SEE PAGE 5 FOR MORE INFORMATION

OCT 1 - BOARD MEETING 6 p.m.
(TOM & MJ MORGAN HOME)



SKYLIGHT PLUS

PETE COHEN

It's that season again when the Moon's orbit has it traveling nearly parallel to our horizon, so for a few days either side of full, the Moon will be rising only a little over 20 minutes later than the day before, providing bright and lengthy illumination. Technically, the Harvest Moon, the full closest to the equinox, won't be till October 4th, but there can be plenty of daylight harvest before then, particularly regarding a crop that has become regrettably unusual in the U.S.

"Chestnuts," these nuts were once widely popular in this country for eating raw, roasted, or candied, or as flour. Then a blight arriving from China in 1904 began a steady decimation of nearly all American chestnuts. They were so numerous east of the Mississippi, with wood so enduring, that large "ghost forests" lingered on while the habit of utilizing their fruit waned. Now, in a way, the ghost trees are coming back to life, apparently largely through dedicated efforts and the infusion of the blight-resistant Chinese variety. Their produce can be gathered this month at the farm of Charlie NovoGradac and Debbie Mills near Lawrence, who grow them organically.

They describe chestnuts as "corn grown on a tree." They're made up of "primarily complex carbohydrates, with about 5% protein, and about 1% fat." They add that they "have reasonable quantities of vitamin C and potassium, are very low in sodium and are free of gluten, oil, and cholesterol." And that "the protein is of very high quality, comparable with eggs and is easily assimilated by the human body."

The trees share their family tree with beech and oaks, and that tree has roots going back to the time of the dinosaurs. The town of Castanea, in Thessaly, in Greece, where they must have been abundant in early historic times, seems the source of the name as it now appears in English. They are distinct from so-called water chestnuts (a sedge), and from the horse-chestnuts whose shiny insides kids my age played with like marbles, and which have a toxic component.

The very edible nuts of the real chestnut form in spiny pods, commonly three in a pack, and will fall

freely where they have to be quickly gathered to avoid the first-come-first-served attitudes of deer and other creatures, and because of a high water content can soon begin decomposing. So need prompt gathering to cool, well-aerated, humid conditions. NovoGradac/Mills suggest home refrigeration for two months at most, peeling and freezing for later use.

Longfellow's "spreading chestnut tree" where the village smithy stood was not unusual. The trunk of an individual member of an Italian variety has been measured at 200 feet in circumference. The trees at the NovoGradac/Mills farm haven't had the 1000 years growth for that, but they are producing, harvested in part by paid workers for wider distribution, and also on weekends and on certain days by appointment till mid October the public will be able to pick their own. The details vary according nature's variables, but strong gloves are always needed to deal with the spiny husks that guard the kernels. Chestnut Charlie's can be contacted at P.O. Box 1166, Lawrence, KS 66044 or www.chestnutcharlie.com. Recipes are available.

Meanwhile hanging a bit higher than the chestnuts at night will be Jupiter, the third brightest lantern in the night sky (after the Moon and Venus), who will be doing his brightest till that lovely old waltz tune "It's Three O'Clock in the Morning" starts playing.

And the Moon has his social schedule. On the 13-16th he'll be forming a threesome with Venus and Mars near dawn. On the 13th he'll rise below Mars about an hour or two after midnight, but come up a little above that red planet on the 14th, when Castor and Pollux, the chief stars of Gemini, will line up with him. Venus will join the party from below just shortly before daylight on the 15th and 16th.

On the 16th Leo's Regulus will try to get in the picture from the left, and Venus in turn will appear with Regulus in a sequence of above, beside, and below on the 19th -21st.

The Milky Way will sweep overhead oriented N-S in the evening hours, with summer's Scorpio at its southern end setting around midnight, and the Teapot in Sagittarius soon following. The equinox will occur at 4p19 CDT, the 22nd. Moon full the 4th (11a03), new 18th (1p44).

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BUTTERFLY GARDEN

SUSAN BLACKFORD



The path is done!
I think it is a great addition to the garden and park. Looks so inviting to stroll down.

The City of Manhattan Parks Dept. paid for the materials so if you see or talk to Eddie Eastes be sure to tell him “Thanks”. Custom

Lawn and Landscape was hired to do the work. Be sure to go down and admire it in person. As a bonus there are lots of butterflies now.

Susan Blackford

The Butterfly Garden is located on the East end of Sojourner Truth Park, just south of Howie's



6 STEPS TO TURN YOUR YARD INTO A SANCTUARY FOR BIRDS

Provided by - [backyardbirdcare.org](http://www.backyardbirdcare.org)

<http://www.backyardbirdcare.org/steps.html>

- 1. Put out the welcome mat!** Habitat loss is the biggest challenge facing birds. You can help by making your neighborhood more attractive to birds by landscaping with native plants that provide natural food sources, shelter from the elements and predators, and nesting sites. Providing feeders, nest boxes and water also benefits birds. To learn how, stop by your local wild bird shop or garden retailer.
- 2. Prepare a proper menu.** Providing the appropriate foods year round will attract more birds to your yard and help ensure that they have a safe and nutritious diet. Refill feeders regularly with food desired by birds in your area. To pick the best menu, stop by your local wild bird shop.
- 3. Keep feed and feeding areas clean.** To help reduce the possibility of disease transmission in birds, clean feeders and feeding areas at least once a month. Plastic and metal feeders can go in the dishwasher, or rinse these and other styles with a 10% solution of bleach and warm water. Scrub birdbaths with a brush and replace water every three to five days to discourage mosquito reproduction. Rake up and dispose of seed hulls under feeders. Moving feeders periodically helps prevent the buildup of waste on the ground. Keep seed and foods dry; discard food that smells musty, is wet or looks moldy. Hummingbird feeders should be cleaned every three to five days, or every other day in warm weather. It's good hygiene to wash your hands after filling or cleaning feeders.
- 4. Birds and chemicals don't mix.** Many pesticides, herbicides and fungicides are toxic to birds; avoid using these near areas where birds feed, bathe or rest. Always follow directions provided by chemical manufacturers. For additional information visit your garden retailer.
- 5. Keep cats away from birds.** Scientists estimate that cats probably kill hundreds of millions of birds each year in the U.S. This is a big problem, but it's easy to fix. Many people who enjoy feeding birds also love cats. The best solution is to keep cats indoors. They will lead longer, healthier lives, and your yard will be safer for birds. Install feeders in areas not readily accessible to cats or install fences or other barriers to help keep stray cats from feeder areas. Collar bells, de-clawing and keeping cats well fed will not solve the problem.
- 6. Reduce window collisions.** Collisions with glass windows kill millions of wild birds every year. Depending on their size and location, some windows reflect the sky or vegetation, and birds are fooled into thinking they can fly through them. To eliminate this problem identify windows that cause collisions (typically larger, reflective windows, those near the ground, or those that "look through" the house). Attaching decorative decals or other decorations to the outside surface of the glass can reduce reflections. Feeder birds fleeing predators are vulnerable to window collisions. If this is happening at your house, consider moving feeders within three feet of the windows so that birds cannot accelerate to injury level speeds while flying away. Problem windows can be covered with a screen so that birds bounce off, rather than hit the glass.



ALL NFHAS MEMBERS: CALL FOR PROPOSALS!

NFHAS Board members have targeted this year to fund a reader-initiated project. We are now soliciting ideas from our membership and will be posting the application guidelines in the next few months. So be thinking! What would you like to see your Audubon chapter underwrite? Habitat conservation, biology field work scholarships, support for an endangered bird species, research funds, a collaborative preservation project with another agency or group? We welcome creative, innovative and unusual approaches to wise spending of monies. We will ask that the project selected have a responsible party who will agree to write brief updates for the Prairie Falcon, perhaps twice a year, on the project as it unfolds. This person may also be asked to attend NFHAS board meetings from time to time. This would be the extent of any administrative duties.

Please watch future issues for proposal guidelines, which will be brief but require standard components like purpose, scope, budget, contact names. If you are wondering about the feasibility of an idea, please email Patricia Yeager, NFHAS President, at pyky@flinthills.com, just with ideas/inquiries. The more formal proposal will come later. We would love to fund a project unique to our area and arising from the passionate commitment of our membership.

BIKE & HIKE WITH THE BIRDS, SEPT. 26, 8 A.M. - STAFFORD KS

Bike the Scenic By-way (approximately 45 miles of graveled roads) through the Quivira National Wildlife Refuge. Check in and start at 8 a.m. at the Stafford Senior Center, 130 S. Main St., Stafford, KS. Three sag stops. Early Registration: \$15 before September 20, \$20 after September 20. Contact: Jennifer Pfortmiller [620-786-5845](tel:620-786-5845). More information and registration forms available at the website: www.staffordpride.org Email: bike@staffordpride.org. Mountain bike recommended. A 3 mile and 14 mile route are also available.

US FWS JUST RELEASED ADDENDUM TO THEIR 2006 WILDLIFE RECREATION SURVEY

The report – Birding in the United States: A Demographic and Economic Analysis -Addendum to the 2006 National Survey of Fishing, Hunting, and Wildlife-Associated Recreation - examines the economic impacts of birding.

To reach this report, go to www.fws.gov Key in “Birding in the United States” or “Birders no featherweights” and click on search, then click on the entry “7/15/2009 - Birders no Featherweights in Contributions to Economy.” This takes you to the press release with the link to the update of the 2006 report. This easy to read report includes lots of charts and statistics, and data about economic impacts of birders pursuing birding. Thanks to the folks at the Bird Education Network for alerting us all of this update!



E-NEWSLETTER: If you wish to opt out of the “paper” Prairie Falcon newsletter and get it on-line as a pdf - send your name and email address to Jacque Staats - staats@wildblue.net



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Subscription Information: Introductory memberships - \$20/yr., then basic membership is \$35/yr. When you join the Northern Flint Hills Audubon Society, you automatically become a member of the National Audubon Society and receive the bimonthly Audubon magazine in addition to the Prairie Falcon newsletter. New membership applications may be sent to Treasurer, NFHAS, P.O. Box 1932, Manhattan, KS 66505-1932. Make checks payable to the National Audubon Society. Membership renewals are handled by the National Audubon Society and should not be sent to the NFHAS. Questions about membership? Call 1-800-274-4201 or email the National Audubon Society join@audubon.org.

If you do not want to receive the national magazine, but still want to be involved in our local activities, you may subscribe to the Prairie Falcon newsletter for \$15/yr. Make checks payable to the Northern Flint Hills Audubon Society, and mail to: Treasurer, NFHAS, P.O. Box 1932, Manhattan, KS, 66502-1932.

RARE BIRD HOTLINE: For information on Kansas Birds, subscribe to the Kansas Bird Listserve. Send this message <subscribe KSBIRD-L> to <list_serve@ksu.edu> and join in the discussions.

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Contacts for Your Elected Representatives (anytime) Write, call or email:

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