

"All ethics so far evolved rest upon a single premise: that the individual is a member of a community of interdependent parts. The land ethic simply enlarges the boundaries of the community to include soils, waters, plants and animals, or collectively, the land... a land ethic changes the role of Homo Sapien from conqueror of the land community to plain member and citizen of it... it implies respect for his fellow members, and so also respect for the community as such."

- Aldo Leopold, "Sand County Almanac"

Winter Food for Birds of the Urban Food Forest

A hard winter has made the return of Spring especially welcome. As spring works its magic, the outdoors beckons, seed catalogs appear in the mailbox, and attention turns to yards and gardens. Birds that have overwintered here greet the mornings with their spring songs, and seasonal migrants are showing up.

Thinking back to the bitter temperatures, ice and snow of the winter, a good question to ask is how do the insect eating birds manage for months when there are no insects to be had? What are alternatives to providing seed mixes for overwintering birds that may be of even greater nutritional value than well-filled birdfeeders?

Although birdfeeders will keep many birds well supplied in winter weather, Woodpeckers, Nuthatches, Northern Red Cardinals, Bluejays and Black Capped Chickadees all overwinter in Illinois. Even robins often stay the whole winter.

All of these birds will feed on seeds, fruits and berries during the winter. Many will visit suet feeders for high energy winter food, as well as high-energy seed mixes containing black oil sunflower seed, safflower seed, and white proso millet. Cracked corn is also a high energy food that attracts many birds, however, considering the possibility of contamination, choose an organic source. Avoid mixes containing red milo, wheat, and dyed mixes marketed for pet caged birds.

Better Than Birdfeeders

Even better than birdfeeders - plant a landscape with berry-producing native shrubs and trees. These native species will not only provide high-fat berries for fall and winter food, but will attract many insects for birds in the spring. Late spring and summer berries are high in protein and carbohydrates, ripening towards the end of nesting season when nestlings are seeking high-energy food that is good for growth. Late summer and fall berries contain 30-50% fat, compared to 3% fat content from invasive, non-native plants. To replace food loss due to



Wild Turkey - Photos by Mike Quigley
(continued on page 2)

KEN ALLERS

Ken Allers, president of The Kankakee River Valley Forest Preserve for over 25 years, has passed away at the age of 71. A loving husband, father and grandfather, he will be greatly missed by family, friends and the community. He was active in many local organizations, including the Master Gardener program at the Extension Service, the 4-H Youth Foundation, Gideon's International and the Kankakee Jaycees. He served as deacon and elder of Faith Church in Kankakee.

Photos by Mike Quigley



Black Capped Chickadee



Bluebird



Cedar Waxwing



Northern Red Cardinal



Junco

habitat destruction, attract a wider variety of birds and help ensure their survival, replace low-nutrient non-natives with highly nutritious native species in the landscape.

An additional benefit is a yard with beautiful flowering shrubs and trees that require no additional watering, herbicides or fertilizers. The nuts and berries provide a variety of food year-round without needing to replenish feeders with wild bird seed mixes. These hardy shrubs and trees also attract valuable insects; combined with native wildflowers will provide a year-round feast for bees, butterflies and other beneficial creepy-crawlies.

Why Native?

Native plants attract more bird species and greater numbers of birds than areas lacking native plants.

Most insects, which are an important source of nutrition for birds, have evolved with their native plants, which they prefer. Often insects lack the enzymes to digest non-native plants.

Native wildflowers have a greater abundance of the nectar needed by Hummingbirds. Cultivars and non-native species have reduced nutritional value, seasonal availability, and variety

Best Native Plants For Attracting Birds - Including Sources of Winter Food

Early Summer Berries:

Serviceberry, aka Juneberry – there are several varieties, some that are native to Illinois: Allegheny Serviceberry (*Amelanchier laevis*); Inland Serviceberry (*Amelanchier interior*); Low Serviceberry (*Amelanchier humilis*); Running Serviceberry (*Amelanchier stolonifera*); Common serviceberry (*Amelanchier arborea*); Roundleaf Serviceberry (*Amelanchier sanguinea*); - - irresistible to Cedar Waxwings, and are especially favored by Robins, Mockingbirds, Baltimore Orioles, Grosbeaks and Thrashers.

Mid- Summer Fruit:

Black Cherry (*Prunus serotine*) attracts Red Headed Woodpecker, Northern Flicker, Mockingbird, Rose-breasted Grosbeak and White-throated Sparrow;

Pin Cherry or Wild Red Cherry (*Prunus pennsylvanica*) attracts Eastern Bluebirds; Blackberries/Raspberries (*Rubus spp.*) – at least 63 species of birds feast on these berries

American Elderberry (Sambucus canadensis) – at least 33 species eat the fruit, including Red-bellied and Red-headed Woodpeckers, Eastern Bluebird, American Robin and Northern Cardinal

Currants/Gooseberries (*Ribes spp.*) – for best nutritional value and hardiness, choose native species such as Wild Black Currant (*R. americanum*), Missouri Gooseberry (*R. missouriense*) and Prickly Gooseberry (*R. cynosbati*) – at least 16 species enjoy the berries of these understory shrubs

Blueberries (*Vaccinium spp.*) – Again, for higher nutrition and adaptability to Midwestern climate and soils, select native varieties: Low-bush Blueberry (*V angustifolium*), Canada Blueberry (*V. myrtilloides*)

Red Mulberry (*Morus rubra*) attracts 44 species of native birds including Tanagers. **Fall Fruit:**

American Mountain Ash (Sorbus Americana) and Showy Mountain Ash (Sorbus decora) attract Grosbeaks, Catbirds, Bluebirds, Cedar Waxwing and Brown Thrasher.

Red Osier Dogwood (*Cornus sericea*), Flowering Dogwood (*Cornus florida*) and other native dogwoods – favored by migrating songbirds, Robins, Bluebirds, Thrushes, Catbirds, Vireos, Kingbirds, Juncos, Northern Red Cardinals, Warblers, Wild Turkey and Grouse.

Viburnums (*Viburnum spp.*); Downy Arrowood (*Viburnum rafinesquianum*); Nannyberry (*V. lentago*)

Vines for Fall and Winter berries:

American Bittersweet (Celastrus scandens)

Riverbank Grape (Vitis riparia, Vitis vulpine)

Greenbriar (Smilax hispida); also Carrion-flowers (Smilax ecirrhata and Smilax herbacea)

Virginia Creeper (*Parthenocissus quinquefolia*); Grape Woodbine (*Parthenocissus vitacea*) – these are the favorite berries of warblers, vireos, woodpeckers, thrushes and at least 331 other species

Poison Ivey (Rhus radicans)

Winter Fruit:

Native berries ripening in late summer and fall are much higher in fat levels than non-native or invasive berry shrubs. Rough-leaf dogwood, Chokecherry, Elderberry and Black Raspberry are thirty to fifty percent fats, providing high-energy nutrition for migration as well as providing a nutritious warming food source going into the cold temperatures of winter.

Winterberry (*llex verticillata*) – these berries are eaten by winter waterfowl, upland game birds and songbirds.

Smooth Sumac (*Rhus glabra*) – greatly favored by Gray Catbird, Wood Thrush and Eastern bluebird, as well as at least 29 other species

Staghorn Sumac (*Rhus hirta, Rhus typhina*) –enjoyed by 21 species, including American Robin and Red-eyed Vireo

Roses (Rosa spp.) get the native species that don't need pampering, pesticides or fertilizers: Swamp Rose (Rosa palustris) – 20 species, a favorite of Swainson's Thrush and Cedar Waxwing; Pasture Rose (Rosa Carolina); Meadow Rose (Rosa blanda); Prairie Wild Rose (Rosa arkansana) –the rosehips provide high value food for 38 species, including Brown Thrasher and Northern Cardinal

Hackberry (*Celtis occidentalis*) is favored by Northern Flicker, Mockingbird, Swainson's Thrush and Northern Cardinal.

Eastern Red Cedar (*Juniperus virginiana*) provides winter food for 54 different species; Cedar Waxwing, Mockingbird, Brown Thrasher and Catbird.

Hawthorns - Washington Hawthorn (*Crataegus phaenopyrum*), Cockspur Hawthorn (*Crataegus crus-galli*are), Downy Hawthorn (*Crataegus mollis*), Dotted Hawthorn (*Crateagus punctate*) and others attract Black Capped Chickadees, Robins, Wood Ducks, Wild Turkeys, Cedar Waxwings, Mockingbirds, and many others. Hawthorns are especially favored by Cedar Waxwings, Fox Sparrows, and Ruffed Grouse. They are favored for nesting due to the great protection offered by their thorns.

Other nutritious berries include Virginia Creeper Red Cedar, native Viburnums, other Dogwoods, American holly, American Beautyberry, Chokeberry, Spicebush, and Common Winterberry (*Ilex verticillata*).

Seed Trees:

Sugar Maple (Acer saccharum), Red Maple (Acer rubrum), Box Elder (Acer negundo), and Silver Maple (Acer saccharinum)

American Larch or Tamarack (larix laricina)

Ashes: White Ash (Fraxinus americana) and Green Ash (Fraxinus pennsylvanica)

Birches: Paper Birch (Betula papyrifera), Yellow Birch (Betula alleghaniensis), River Birch (Betula nigra) – Pine Siskin, Fox Sparrow and American Tree Sparrows especially favor seeds of the Birch family.

Nut Trees:

White Oak (*quercus alba*) – many species love the acorns; Northern Flicker, Redheaded Woodpecker, Blue Jay. White Oak acorns are a favorite food of deer and other furry critters.



Magnolia Warbler Photo by John Baxter



Red Osier Dogwood - Winter



Red Osier Dogwood



Service Berry

Habitat Network: https://content.yardmap.org/learn/winter-berries/

National Wildlife Federation: https://blog.nwf.org/2014/12/winter-berries-for-birds/

Use the following link to Audubon's native plants database to find out the best plants for birds in your area: https://www.audubon.org/native-plants

A list of native trees in Illinois, including what benefits to wildlife, habitat type, establishment notes, adaptability and growth rate: http://wwn.inhs.illinois.edu/~kenr/treetable.html

Birds and Plants – An Ancient and Enduring Collaboration- by Mariette Nowak for the Wisconsin Society for Ornithology, Inc. https://www.hoyaudubon.org/documents/birdscaping.pdf

Recommended reading: The Complete Backyard Birdwatcher's Home Companion by Donald S. Heintzelman

Kankakee Valley Audubon Society

Spring 2019 Field Trips

Saturday, April 13

Kankakee River State Park – New meeting spot. Meet at the parking area at the south end of the park near the entrance to the Pottawatami campground at 8:30 A.M.

Saturday, April 20

Perry Farm – We will walk through the prairie and wooded areas to the river. Meet in the parking lot by the Exploration Station at 8:30 A.M.

Saturday, April 27

Limestone Park – Proceed west from Kankakee on IL 17 to 5000W (Limestone Rd.). Go north for one mile to 1000N Road. Turn left (west) and go 0.7 mile to the park. Meet in the parking lot near the tennis courts at 8:30 A.M.

Saturday, May 4

State Count Day – the KVAS is responsible for the bird count in Kankakee County. We will be observing in several areas. We'll send an email to get things organized sometime in April, or you can call a KVAS officer if you'd like to participate.

Saturday, May 11

Aroma Land & Water Preserve – This is a beautiful area with a variety of habitats. The trail is an easy walk to the Kankakee River and back. Meet in the parking area on Hieland Road, 1.4 miles south of IL 17 at 8:30 A.M.

Saturday, May 18

Davis Creek- We should see a variety of species including orioles and a number of migrating birds. Meet in the Davis Creek parking area at 8:30 A.M.

Saturday, May 25

Midewin National Tallgrass Prairie – There are many orioles and other songbirds here. We are planning to bird on the east side of IL 53, walking a trail as we did last year. Meet at the Midewin HQ on IL 53 north of Wilmington at 8:30 A.M.

Saturday June 1

Aubertin's – Meet at the Aubertin farm south of Aroma Park at 8:30 A.M. Email Dave Atkinson for directions (you'll receive an email map)

INCLEMENT WEATHER POLICY:

In the event that the weather is questionable on the day of the field trip we will make a decision by 7:00 A.M. Call a KVAS officer any time after 7 A.M.



ANNUAL DUES

\$5.00 single • \$8.00 family

KVAS OFFICERS

David Atkinson, President Roberta Slaby, Secretary-Treasurer John Baxter, Field Trip Chairman

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PHONE

Send correspondence to:

Roberta Slaby, 3956A N 3000 W Rd., Bourbonnais, IL 60914.

Please make checks payable to Kankakee Valley Audubon Society.

WEB RESOURCES

Astronomy & Meteorology

www.noaa.gov	National Oceanic & Atmospheric Administration
www.ngdc.noaa.gov	National Geophysical data center
http://hubblesite.org	Hubble Telescope
http://www.nasa.gov	National Aeronautics and Space Administration
http://skyandtelescope.com	Astronomy site
http://skyandtelescope.com/observing/skychart/a	article_1220_1.asp(daily local sky chart)
http://www.usno.navy.mil	. U.S. Naval Observatory (including moon phases)
http://tycho.usno.navy.mil/vphase.html	Virtual Reality Moon Phase Pictures
http://www.mlo.noaa.gov/	Mauna Loa Observatory
http://www.whoi.edu/institutes/occi/currenttopics	s/ct_abruptclimate.htmClimate Change

Geology hi

ttp://www.usgs.gov	United States Geological Survey
ttp://www.scotese.com	Paleo Map Projec
ttp://vulcan.wr.usgs.gov/	Cascades Volcano Observatory
ttp://www.drgeorgepc.com	The Tsunami Page

Federal & State | Agencies |

nttp://dnr.state.il.us/	Illinois Department of Natural Resources
nttp://www.fws.gov/	U.S. Fish and Wildlife Service
nttp://www.fs.fed.us/	USDA Forest Service
nttp://www.nps.gov	National Park Service

Conservation & Preservation

http://www.amrivers.org/	American Rivers
https://www.nature.org	The Nature Conservancy
http://www.naturalarea.org/	Natural Areas Association
http://www.lta.org/	Land Trust Alliance
http://www.oceanconservancy.org	Ocean Conservancy
http://audubon.org/	Audubon

Sustainable

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sustainable living



Have you visited our website lately?

www.krvfpd.org







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On Trail At The Forest Preserve

Check out our website for dates for our 2019 program schedule

www.krvfpd.org

Programs At The Forest Preserve Office At Shannon Bayou

3301 Waldron Road • Aroma Park, IL

These programs are co-sponsored by the Kankakee River Valley Forest Preserve District and the University of Illinois Extension, Kankakee County.

University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to participate in this program, please contact the Kankakee County Office at least two weeks prior to the event.

Native Pollinators May 1, 2019 at 10:00 a.m.

Native Pollinators: When it comes to pollination, honey bees get a majority of the attention. However, many insects play a role in pollination. Holly Froning, University of Illinois Extension Master Gardener Coordinator, will discuss different native pollinators and how to make your landscape attractive to them.

Native Pollinators will be held on May 1, 2019 at 10:00 a.m. The program will be presented at the Shannon Bayou, 3301 Waldron Rd., Aroma Park, Illinois.

Mandatory pre-registration is required by April 24, 2019. Please call the University of Illinois Extension Office at 815-933-8337 to register. There is no fee for this event. Space is limited to 20 attendees for this presentation.

How to Kill a Tree July 1, 2019 at 10:00 a.m.

Sometimes a homeowner is a tree's biggest pest. Holly Froning, Master Gardener Coordinator for the University of Illinois Extension, Kankakee County, will discuss all the common mistakes homeowners make when planting and maintaining their most valuable landscaping investment, their trees.

How to Kill a Tree will be held on July 1, 2019 at 10:00 a.m. The program will be presented at the Shannon Bayou, 3301 Waldron Rd., Aroma Park, Illinois.

Mandatory pre-registration is required by June 24, 2019. Please call the University of Illinois Extension Office at 815-933-8337 to register. There is no fee

for this event. Space is limited to 20 attendees for this presentation.

Landscaping on the Wild Side; Attracting Wildlife to Your Yard August 1, 2019 at 10:00 a.m.

Whether they fly, flutter, scoot or scurry, wildlife adds an extra element of excitement to our landscape, especially in winter. Wildlife-friendly landscapes can be beautiful, but with an added dimension of interest. Your landscape becomes a fulfilling leisure activity to share with family and friends as you learn to identify the many different creatures that call your landscape home.

University of Illinois, Kankakee County Master Gardener Coordinator, Holly Froning, will share uncomplicated and undemanding ways to develop an attractive landscape that birds, butterflies, and other wildlife will appreciate.

Landscaping on the Wild Side will be held on August 1, 2019 at 10:00 a.m. The program will be presented at the Shannon Bayou, 3301 Waldron Rd., Aroma Park, Illinois.

Mandatory pre-registration is required by July 25, 2019. Please call the University of Illinois Extension Office at 815-933-8337 to register. There is no fee for this event. Space is limited to 20 attendees for this presentation.

Living With Wildlife October 2, 2019 at 10:00 a.m.

Living With Wildlife is always a challenge. Raccoons and other wildlife don't necessarily make the best neighbors. For instance, woodchucks can wreak havoc in a garden and raccoons can literally move into your house. Come learn the laws to relocating these unwanted visitors. This workshop will be presented by Holly Froning, Master Gardener Coordi-

nator for University of Illinois Extension, Kankakee County. Holly will give suggestions on how to critter proof your home, lawn and garden.

Living With Wildlife will be held on October 2, 2019 at 10:00 a.m. The program will be presented at the Shannon Bayou, 3301 Waldron Rd., Aroma Park, Illinois.

Mandatory pre-registration is required by September 25, 2019. Please call the University of Illinois Extension Office at 815-933-8337 to register. There is no fee for this event. Space is limited to 20 attendees for this presentation.

Programs At The University of Illinois Extension

1650 Commerce Dr. • Bourbonnais, IL

Soil Your Undies Challenge May 1, 2019 at 4:00 p.m.

Want to bring to your classroom a new way to talk about soil health? Come join the Soil your Undies Challenge. You will bury a pair of cotton undies somewhere on your school's grounds in May to be dug up in the fall. If you have good soil health, that means you have the critters and bugs in the soils and things will break down meaning the cotton underwear will break down too. In the fall you will dig up the undies and see what has been feeding on them. The \$10.00 fee covers classroom instruction and a pair of 100% pure cotton undies.

Plan to attend *Soil Your Undies Challenge* at University of Illinois Extension, Kankakee County, 1650 Commerce Drive, Bourbonnais. For further information or to pre-register, please contact the Extension office at 815-933-8337. **Pre-registration is required by April 24, 2019.** There is a \$10.00 fee for this presentation.

Registration Form – <i>Soil Your Undies Challenge</i>	
Name(s):	
Address:	
Telephone:	
E-mail:	
	Return to:
University of Illinois Extension Kankakee County	
	1650 Commerce Drive • Bourbonnais, IL 60914

FOREST PRESERVE SITES

Shannon Bayou Environmental Education Center and Administrative Office

This 46-acre preserve is located at 3301 Waldron Road in Aroma Park, along the Kankakee River. The Center provides space for programs about natural history, ecology and preservation of open space in the Kankakee River Valley. The walking trail features plantings of many native trees and plants, including native tallgrass prairie species and a butterfly garden of native plants. The site includes 3/4 mile asphalt and fine gravel walking trail, a picnic shelter, and picnic tables.

3301 Waldron Road Aroma Park, IL 60910 41°04'47.61"N 87°48'44.31"W

Aroma Land and Water Reserve

One of the best sites in the area for woodland wildflowers, this 140 acre site is located on Hieland Road, 1.4 miles south of Highway 17 East. A 1.2 mile walking trail winds through several different types of natural areas, including high quality forest, prairie, and wetland ecosystems. It also has nearly 1/4 mile of Kankakee River frontage and the associated floodplain forest.

The Forest Preserve mows a loop trail that branches off the existing 1 1/4 mile trail that meanders through the main body of the Aroma LWR. In the summer of 2011, 49.5 acres of mixed pine and hardwood forest was added.

Approximately 40 percent of the Aroma Preserve is a wetland and lies within the flood plain of the Kankakee River. In the spring, the wet oak forest gives a spectacular wildflower display while the wetland and sand prairie are the most colorful in the summer. There is ample parking in the parking lot on Hieland Road next to the playground.

1578 South Hieland Road St. Anne, IL 60964 41°06'02.90"N 87°45'24.08"W

Gar Creek Trail and Prairie Restoration

Approximately 85 acres, this site is located about one-half mile east of Route 45 on River Road adjacent to Kankakee

Community College. The 16-acre restored tall grass prairie was planted in 1992. A 3/4 mile trail begins at the prairie and winds along Gar Creek through oak woodland and down to the banks of the Kankakee River.

At river's edge, the trail connects with the Kankakee Riverfront Trail Project, which starts at the River Road Ball Diamonds. It then continues through Kankakee Community College, Kankakee River Valley Forest Preserve, and Shapiro Developmental Center. The trail connects through the City of Kankakee and runs through the Perry Farm which is a part of the Bourbonnais Township Park District.

501 River Road Kankakee, IL 60901 41°05'30.84"N 87°51'32.78"W

Waldron Arboretum

Located 1.1 miles south of Interstate 57, this site was once a landscape nursery. On this 90 acre site, there is a fine gravel hiking trail suitable for bicycling and cross country skiing. The trail winds through 30 acres of woods, including a small prairie restoration area. In the winter of 2008, the District acquired the other 60 acre parcel which had been primarily in agriculture. Future development plans are pending based on the district's needs and funds available through federal and state grants.

2755 Waldron Road Aroma Park, IL 60910 41°05'36.28"N 87°49'26.51"W

Hieland Lakes Nature Preserve

The Forest Preserve has a new site located about three miles east of Kankakee on Route 17. The new site is 64 acres, including two connected lakes. An aquatic survey will be conducted to determine the fish population; meanwhile, limited fishing is allowed. Bluegill may be kept by anglers - all other fish are catch-and-release.

Plans for the site include planting native wildflowers, prairie restoration and creation of a walking path. At this time, there is a mowed walking path, a parking lot, and a bridge at the point where the two lakes connect.

The site is a former sand gravel quarry, and while at this time before restoration gets underway, there is not much in the way of native ecosystem remaining. The

site offers a sparse population of native plant life and the area is abundant with wildlife such as deer, fox, coyote, and waterfowl including wood ducks, great blue heron and egret.

> 6692 Route 17 East St. Anne, IL 60964 41°7'02.23"N 87°44'24.82"W

Strasma Grove

Nestled adjacent to Sunnyside neighborhood in Kankakee, this site is 2 acres of mature native trees with a mowed trail.

Duane Boulevard Kankakee, Illinois 60901 41°06'28.33"N 87°59'43.56"W

Limestone Reforestation Site

This site is a 30 acre preserve and reforestation site, with mixed trees and grasses. The site is presently being managed by the Limestone Park District as part of an intergovernmental agreement.

County Road 3750 West Kankakee, Illinois 60901 41°08'38.96"N 87°56'51.08"W

Zeedyk Meadows

Four acre sanctuary, although wet, contains many young trees and grasses that hold some songbirds and migrant species in the spring and fall. The Forest Preserve is still working on a long range development plan for this property. Located across the street from Station 2 of the Aroma Fire Protection District.

Warren Street St. Anne, Illinois 60964 41°06'24.92"N 87°44'35.77"W

Snake Creek Preserve

Four acre finger of property running parallel to Snake Creek as it meets the Kankakee River. The creek and small woods are full of birds, owls, ducks and heron. There are also beaver, muskrat, frogs and is a great place to fish or just relax.

5800 Darline Dr. St Anne, IL 60964 41.109752"N 87.756308"W



Kankakee River Valley Forest Preserve District

3301 Waldron Road • P.O. Box 13 Aroma Park, Illinois 60910 815-935-5630

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But when I consider that the nobler animals have been exterminated here - the cougar, panther, lynx, wolverine, wolf, bear, moose, deer, the beaver, the turkey, etc., etc. - I cannot but feel as if I live in a tamed, and as it were, emasculated country... I listen to a concert in which so many parts are wanting... for instance, thinking that I have here the entire poem, and then, to my chagrin, I hear that it is but an imperfect copy that I possess and have read, that my ancestors have torn out many of the first leaves and grandest passages.

- Henry David Thoreau, Journal,

If you would like to subscribe to this free Newsletter, or to send an article, contact the Forest Preserve Office at 815-935-5630