

VISITOR INFORMATION

Theodore Roosevelt
National Park

South Unit
Visitor Center Hours
8:00-4:30 MST

North Unit
Visitor Center Hours
9:00 am –5:30pm CST
Friday, Saturday, & Sunday
& as time allows on other days.
(701) 842-2333 for more info.

Painted Canyon
Closed November 11th
Will Reopen April 1st
(weather permitting)

The drives in both units of
the park will be open as
long as the weather permits.

Knife River Indian Villages
National Historic Site
8:00 am –4:30 pm MST

Upper Souris NWR
8:00 am - 4:30 pm CST
Monday-Friday

UPCOMING EVENTS

January 2-3, 2010

Annual Christmas Bird Count in
Theodore Roosevelt National Park
Meet at the South Unit Visitor
Center at 8:00 am MST on the 2nd
and meet at the North Unit Visitor
Center at 9:00 am CST on the 3rd.
For more information please con-
tact the park.

February 13, 2010

Third Annual Winter Adventure-
Heritage Outbound at Knife River
Indian Villages NHS. For more
info please contact Knife River.

Happy New Year!

TRNHA Newsletter

Special Edition: Winter Birding

JANUARY 2010

Volunteers Need for Annual Bird Count

Theodore Roosevelt National Park is looking for volunteers to participate in the nationwide Audubon Christmas Bird Count. The Medora Count will take place on Saturday, January 2, 2010, starting at 8:00 a.m. Mountain Time at the South Unit Visitor Center of Theodore Roosevelt National Park. The North Unit Count will be held on Sunday, January 3, 2010, beginning at 9:00 a.m. Central Time at the park's North Unit Visitor Center.

"We are holding our counts later this year, after the holidays, to attract a larger number of birders," said Superintendent Valerie J. Naylor. "This is a fun winter event, and we hope many people will join us."

Volunteers will be assigned to groups and survey areas before they go into the field. Participants arriving later in the day

should call in advance for guidance.

The annual event, now in its 110th year, is the world's longest-running citizen science event. Information gathered during the CBC helps scientists learn more about how birds are faring throughout North America.



"The bird count is enjoyable for those new to birding as well as experienced birders," said Naylor. "Everyone is encouraged to participate. Beginners can learn from experienced birders and those keeping annual bird checklists can get a good start in 2010

with this volunteer event."

The areas to be covered encompass a 7 ½-mile radius around Medora, North Dakota and a 7 ½-mile radius from the North Unit Visitor Center. Observers will work in teams to drive and walk these 177-square-mile areas to observe and record bird sightings. This will be the 34th year for the Medora Count and 29th year for the North Unit area. A total of 67 species have been sighted during the Medora Counts and 60 species for the North Unit Counts, including many species that can only be found here in the winter.

Birders need to bring their own binoculars and warm clothing. Hot drinks will be provided at the park visitor centers. The event is free courtesy of the Theodore Roosevelt Nature and History Association, the park's non-profit partner organization. For further information, contact the park at 701-623-4466.

Check out these Items!

**Sibley Field Guide to Birds
of Western North America**
by: David Allen Sibley



Identifiable photos and detailed descriptions make this book a handy field guide.

\$19.95

FIND IT Bird Game



Hours of fun for the whole family while they try to find various objects!

\$17.95

**Everything Birds:
What Kids Really Want to
Know About Birds**
by: Cherie Winner



A great bird book for kids!

\$7.95

Ranger Recommends

January's featured Ranger is Melissa Sams. Melissa has spent the past two years working in the North Unit of Theodore Roosevelt National Park. In the summer she enjoys greeting visitors at the gate as a fee collector and in the winter she adds a warm smile to the visitor center working as an interpretive ranger.

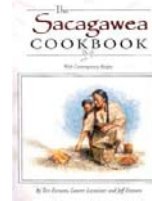
Melissa highly recommends, *The Sacagawea Cookbook* by Teri Evenson, Lauren Lesmeister and Jeff Evenson. It is a unique cookbook with a great variety recipes, along with quotes and beautiful artwork from the time of the

Lewis and Clark Expedition. The recipes incorporate some of the plants, roots, and meats that would have been available to Sacagawea, but with a modern twist. There are quite a few recipes that have big game, fish, and wild birds as a main ingredient for all of you that love to hunt and fish! Personally, I am excited to try the *Creamy Bleu' Berry French Toast*. French toast, cream cheese and blueberries...Yum! If you are looking for a cookbook that is unlike any other, this is the one for you!

If you are interested in purchasing this book or any other items in this newsletter, please visit one of our Theodore Roosevelt Nature and History bookstores or visit our online store at:

[www.trnha.org/
bookstorehome.htm](http://www.trnha.org/bookstorehome.htm)

Sacagawea Cookbook



Regular Price:
\$19.95
Members Price:
\$16.96



Melissa Sams displays her recommendation *The Sacagawea Cookbook*.

Member Only Special!

January's members only coupon is for *Birds of North America* by Kenn Kaufman and is available for purchase at Theodore Roosevelt National Park or by contacting us at 701-623-4884.

Birds of North America is a beautiful focus guide that has something for everyone.

Whether you are just beginning to learn about birds or an advanced birder you will find this book useful!

JANUARY'S MEMBER ONLY COUPON IS FOR....

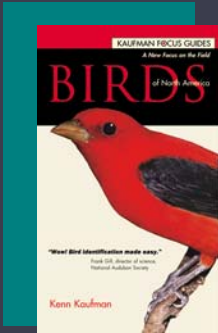
Birds of North America
by: **Kenn Kaufman**

SALE PRICE \$16.95
(Price listed is before 15% membership discount)



Must show coupon and membership card in TRNHA bookstore or contact TRNHA (701) 623-4884 to order by mail.

EXPIRES: January 31, 2010



Kenneth J. Johnson is a retired Bismarck physician, life member of TRNHA and author of two books on birding

Helps for Cold Weather Birding by: Kenneth J. Johnson

Emulate the birds, who are experts in winter survival, for while we can come back indoors, they must stay outside in the cold. On the prairie with a driving snow note flocks of horned larks, longspurs, and snow buntings fly with the wind. To determine why, try walking into a bitter cold wind, then walk in the direction the wind is blowing, and notice the difference.

Birds have more survival tactics. When a bird hunkers down and fluffs up its plumage it creates pockets of air as insulation between its feathers. We do the equivalent when we layer our

clothing. Creating layers of insulation with warm air between. The innermost layer should be snug, to hold in body heat and prevent cold air from touching the skin. When a stiff wind is blowing, it may be wise to make the outermost layer a wind-breaker. Learn from the Eskimos, who never lay down outdoors in the wintertime. If they do, the warm air escapes from their clothing and is replaced by bitter cold air increasing the chance hypothermia.

In a mild winter woolen gloves with open finger tips are handy. In a cold winter gloves with closed finger tips keep the finger tips apart

to chill quickly, but mittens allow fingers to be together, keeping them warmer. Mittens restrict dexterity, however, so choose binoculars with easy access to their fine adjustment wheel. Have a flat notebook pad tethered to your coat, plus a pencil attached to it with a short string. If you are not alone, you and your fellow birder check each other's nose. If the tip turns white go inside or hold your bare hand over it until it turns pink again, or hold a small amount of melting snow on it with the cup of your hand.

Continued on page 3...

Third Annual Winter Adventure-Heritage Outbound ~ February 13, 2010

The third annual Winter Adventure is fast approaching with the registration deadline being Monday, February 8, 2010. Currently eight people are registered but the event will accommodate up to 21 on a first come basis. Registration is \$60 person and the fee includes two hearty meals, use of snowshoes, all activity supplies, and presentations. You can register by calling the State Historical Society at (701) 328-2724.

The day-long winter adventure begins at Knife River Indian Villages NHS at 11:00 a.m. Mountain Time. You can meet your fellow



adventurers over lunch before trying a traditional Native craft. Amy Mossett will guide you through making a leather pouch with beadwork and then a clay activity. Next, you can spend the afternoon showshoeing the trails through the Hidatsa Villages with Knife River Superintendent Brian McCutchen and Chief of Interpretation Maureen McGee-Ballinger, State Historical of North Dakota Research Archeologist Timothy Reed, and North Dakota Geological Survey State Paleontologist John Hoganson and learn about Hidatsa village life and the Knife and Missouri Rivers. You can try your skills at throwing atlatls and playing with ice gliders. Afterward, warm up with hot chocolate, see objects in the museum exhibits, and receive a special tour in collections storage.

Adventurers will gather around a huge roaring fire in the earthlodge where a traditional buffalo feast is served. The evening will continue with Amy Mossett presenting "Women of the Villages-Lifeways Along the Knife River." Matt Schanadore ends the day with Native American flute music and stories taught to him by his grandmother.

The outdoor program requires moderate physical activity and is recommended for ages twelve and older. Participants are responsible for their own warm clothing. A memorable and safe experience for all participants is the goal. Warm drinks and indoor alternatives will be



available throughout the day.

The Winter Adventure Heritage Outbound program is sponsored by the Knife River Indian Villages National Historic Site, the Knife River Indian Heritage Foundation, the State Historical Society of North Dakota, and the North Dakota Geological Survey.

Helps for Cold Weather Birding Continued from page 2

Birds hide in dense foliage, as shelter from the wind. They stay near a source of food so less energy is needed to get to it; we carry snacks and hot coffee with us. House sparrows are most proficient in finding sources of heat around buildings, such as vents and chimneys, and they linger there. The chukar, an exotic in North Dakota, has been noted to huddle near the warm exhaust of a laundry room clothes dryer. Ruffed grouse dive into deep snow and bury themselves in it at night for insulation during extremely cold weather. A bird feeder is the best place to watch for birds in the wintertime.

Arden Alexander of Menomonie, Wisconsin tells me that once when he was out in a blizzard in the shelter of some conifers a black-capped chickadee landed on the bow of his glasses and while perched there pressed its body against his temple. There was a gap of an inch between the rim of his cap and his glasses, this chickadee snuggled up under the edge of the ear-flap of his cap. After about twenty seconds it had warmed up and it flew off.

T.S. Roberts, in the ornithological journal



Auk of October 1907 (24:369-377), reported a catastrophe. During the night of March 13-14 in 1904 a heavy wet snowfall confused a massive migration of Lapland longspurs. They crashed into buildings, poles, wires, and the frozen ground in four counties of southwestern Minnesota and northwestern Iowa. Two small lakes, each one a square mile in size, were measured into squares, and birds counted in each such small area. Totaling up these counts it was calculated that over 750,000 birds were lying on the ice. Over these four counties equal numbers were present, so millions of Lapland longspurs died during that one stormy night! Yet, Roberts remarked, there seemed to be no decrease in the population of this bird in succeeding years.

The ring-necked pheasant, introduced to this cold climate, doesn't survive a winter as well as our native winter birds. Pheasants must stay in cover to survive. When farmers dump grain for deer in the middle of a field instead of next to a shelter belt they make it hard for the pheasants as well as for the deer. Dead pheas-



ants have been found with their beaks clogged with ice, or with their long tail frozen to snow in the ground.

A much prized bird by birders, the cardinal, and the South's favorite bird has survived a North Dakota winter only by hiding in dense foliage that concealed a well-stocked bird feeder.

The horned larks we see in the wintertime live in the Arctic in the summer; our summertime horned larks go south for the winter. So our winter horned larks must be hardier birds. Maybe a species splitter will declare these two races to be separate species, giving us another bird to add to our life list!

Birders must have their binoculars with them, but in winter when they put them up to their eyes the heat from their bodies causing fogging up on the eye piece. It helps to tuck the binoculars inside the outer clothing until use, so as to keep the eye piece warm enough to keep it clear of fog. If you wear glasses, when you return indoors into a warm room with high humidity your lenses fog up. There is a coating that can be applied to the lenses to prevent this. Ask an optician about this.

It take courageous, hardy birders to brace the winter afield, but it can be rewarding...



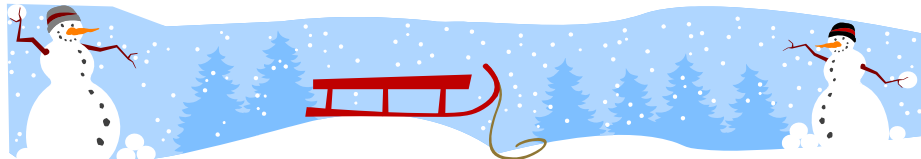
Winter Birding In Theodore Roosevelt National Park

I T N A S A E H P D E K C E N G N I R T
 S R E K C I L F N O M M O C F O R T H E
 E E D A K C I H C D E P P A C K C A L B
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 N E S U O R G D E L I A T P R A H S L N
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 M K W A H D E L I A T D E R I Q J R B C
 Z R F E B E L T E D K I N G F I S H E R

AMERICAN GOLDFINCH
 BALD EAGLE
 BELTED KINGFISHER
 BLACK CAPPED CHICKADEE
 BOHEMIAN WAXWING
 BROWN CREEPER
 CANADA GOOSE
 COMMON FLICKER
 COMMON GOLDENEYE
 CROW
 DARK EYE JUNCO
 DOWNY WOODPECKER
 GOLDEN EAGLE
 NORTHERN HARRIER
 OWL
 RED TAILED HAWK
 RING NECKED PHEASANT
 ROSY FINCH
 SHARPTAILED GROUSE
 WESTERN MEADOWLARK



Use the unselected letters to solve the phrase!



It's for the Birds

More than once this winter I have heard someone say “this weather is for the birds”, which got me thinking what does that really mean. We all know that when someone says something is for the birds it usually means they do not like it, but where did they come up with such a phrase.

If you hear this phrase and interpret it literally you would assume the birds really like this weather, but we all know that is not true. So why do we say it? After a little thinking and some surfing on the internet I found the following definition:



For the birds: trivial, worthless, only of interest to gullible people

Still not quite happy with the information I had found, I did a little more research and found various answers. My favorite answer and the one that

sounded the most reasonable is:

The term “for the birds” dates back to the days of horse drawn wagons. It is said that in this time the birds would follow the wagons along picking seeds out of the horse

apples left behind. The horse apples were no good for anyone but the birds. Leading people to use the term it's for the birds!

Often times we think things are worthless or trivial but to someone or something it maybe useful. You may be thinking there is nothing useful or good about winter, but there is! The cold often offers relief for many allergy sufferers as the winter freeze gives relief from summer sneezes! So next time you are having a hard time with something think about those it might help! Remember the sun shines brightest and warmest for those who let it!

Become a Member of the Theodore Roosevelt Nature and History Association and help us support North Dakota's National Parks, Historic Sites, and Wildlife Refuges!



Membership Donations are used to help fund:

- The publishing of free trail guides, informational brochures, plant and animal checklist, junior ranger activity books, and the park newspaper.
- Housing assistance for Volunteers and Student Conservation Resource Assistants.
- Acquiring publications for reference libraries at three park sites.
- Money for scientific research and oral history projects. TRNHA had recently helped fund an ongoing Mountain Lion study in Theodore Roosevelt National Park.
- Funding for interpretive training, materials, and supplies.
- Sponsoring special interpretive programs and events such as the Northern Plains Culture Fest and birding festivals.
- Provide Support Staff in the Visitor Centers.

Reasons to become a member of TRNHA

1. 15% Discount on sales items at our five bookstore locations: Painted Canyon, South Unit, & North Unit (All in Theodore Roosevelt National Park); Knife River Indian Villages National Historic Site, and Upper Souris National Wildlife Refuge.
2. TRNHA membership is honored by most National Park Cooperating Associations with a reciprocal discount.
3. Monthly e-newsletters and association updates.
4. Receive newsletters and program announcements on the activities of the Association and the areas it serves.
5. Special member only offers. *(Please check our website for monthly specials www.trnha.org)*
6. All members are entitled to vote for TRNHA Board of Directors.
7. The pleasures of knowing that your membership contributes to the support of National park and refuge sites in North Dakota.

Print and mail in the form below to become a member today!

Yes! I would like to become a member of Theodore Roosevelt Nature and History Association!

New

Renewal

Name _____

Address _____

City _____

State _____ Zip _____

E-mail _____

- | | |
|----------------------------------------------|-----------------|
| <input type="checkbox"/> Individual | \$20.00 |
| <input type="checkbox"/> Family | \$30.00 |
| <input type="checkbox"/> Contributing | \$75.00 |
| <input type="checkbox"/> Supporting | \$250.00 |

Please Mail and Make Checks Payable to:

Theodore Roosevelt Nature & History Association (TRNHA)
PO Box 167 Medora, ND 58645