



BIRD'S-EYE VIEW

Volume 26 Issue 3 | May/June 2019

ALL SEASONS
WILD BIRD
STORE

TIPS FOR DISCOURAGING

Birds that Bully

+ Landscape for Birds & Pollinators

+ May/June Seasonal Notes

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Photo by Jim Weisman

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Bird's-Eye View is published to share the joy of backyard birds with All Seasons Wild Bird Store's customers and friends.

HAVE YOU HEARD?

By Guest Contributor MELISSA BLOCK

Birding *is* Good For Your Health

Scientific studies published in *ScienceDaily*, the *Journal of Environmental Psychology* and *Bioscience* all point to positive associations between observing birds and nature with mental health benefits. Here are some the findings.

Watching birds connects us to nature. While watching birds from indoors can certainly help raise

your mood, soon enough you'll be lured outside to fill the birdfeeders and fill the birdbaths. Getting outside helps us breathe deeper, become more alert and elevate our mood. The research has shown that watching birds makes people feel relaxed and connected to nature. There is a proven scientific tie between our moods and being outside.

Watching birds can also help you make new friends. An interest in birds brings together people of all ages and backgrounds and crosses all social and economic barriers.



Watching birds can also bring exercise into our lives. Going for a walk may be boring but going for a walk to look for birds gives you a whole new reason and focus.

Watching birds helps keep your mind active and alert. A bird may come and go in a blink of an eye. We need to keep learning new things in order to keep our brain healthy and there's always something new to learn about birds.

Watching birds can teach us patience. Waiting for spring migrants to arrive or to see what new birds will visit a new feeder is certainly a lesson in patience.

Finally, watching birds can expand our horizons. You start watching the birds in your backyard, then

perhaps in a park and then you start looking for birds when you travel. Watching birds can turn a regular car ride into a birding adventure. ■



 For more, visit:
cnn.com/2018/11/12/health/sw-birding-for-health

Happy (Late) Spring!

May is the time that I consider to be the first official foray into the later spring season—the return of hummingbirds and orioles.

They are some of our latest-returning spring migrants, being that they feast primarily on insects and nectar and it takes a while for the bugs and flowers to appear in this part of the country.

As I write this, there's a major April snow event going on, so I'm finding it hard to get into the true spirit of spring. But the extreme changing of the seasons is one of the biggest benefits of living where we do. We get to experience so much more "nature" than many other parts of the world.

And so many events in nature are truly miraculous—few more so than the incredible journey that our local Ruby-throated Hummingbirds embark upon each spring and fall. Most Ruby-throats spend the winter in Southern Mexico or Northern Panama and need to embark on a non-stop flight of 500 miles or more across the Gulf of Mexico to reach their northerly breeding grounds. Yes, you read that right: a *non-stop flight*.

And most of them make this journey alone, as they don't travel in flocks. To do this, they nearly double their body weight from around 3.5 grams to 6 grams before leaving (about the weight of a nickel). Not much there really.

These mere facts are astonishing to me! So, the next time you see a hummingbird at your feeder, give it a nod for an amazing job well-done. It has accomplished one of the greatest natural feats that I'm aware of.

Dave Netten



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We want our customers to have a worry-free experience with every purchase. If you're not completely satisfied with *any item* purchased from our store, simply return it to us for an exchange or refund. *No worries—ever!*

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Simple Ways to Create a Bird- and Pollinator-friendly Yard

Leave Dutch white clover, dandelions and wild violets in your grass.

MN has about 400 native bee species. Other insect pollinators include beetles, butterflies, and flies. Common dandelions bloom before most other flowering plants and provide a vital source of food for bees.



Don't spray insecticides for spiders.

House Wrens will place a spider egg sack in the birdhouse. The spider hatchlings eat the mites that are natural parasites found in many bird nests. Hummingbirds use spider web silk in the construction of their nests. They also use the webbing to attach lichen on the nest as camouflage.



Limit the use of insecticides in general.

Leave the anthills for Northern Flickers. Robins prefer their earthworms without insecticide.



When trimming bushes leave the branches in a "V" shape.

This promotes use of the branches as supports for the nest of robins, cardinals and others.



Roger Latta

Plant native species.

Visit wildbirdstore.com/landscaping-for-birds/ for a list of bird-friendly native plants.

Birds that eat insects—like chickadees, House Wrens, orioles and cardinals—prefer to breed and forage in native shrubs and trees because those plants support more caterpillars. Nestlings need the protein that caterpillars and other insects provide.



Plant native perennials that bloom at various times in the season.

Examples include common milkweed, purple coneflowers, butterfly weed and late-blooming asters and blazing stars.



Add annuals in a sunny spot.

Avoid hybrids and cultivars, as they usually produce less nectar. Sunflowers, zinnias, marigolds and impatiens provide seed for birds, pollen for bees, and nectar for birds and butterflies.



Submit your photos and article ideas for Bird's-Eye View by email to info@wildbirdstore.net. **Sign up for our e-newsletter** at WildBirdStore.com.



DISCOURAGE *Bully* BIRDS!

Seeing our backyard summer visitors can bring happiness to everyone who enjoys nature. We look forward to and welcome the orioles, hummingbirds, grosbeaks, and warblers. However, there are some other summer visitors that wear out their welcome.

We call these birds “bully birds” because they are quite social, arrive in large flocks, and can be a bit more aggressive than our other backyard birds. No bird is deliberately malicious. Some bully birds are just naturally more aggressive and territorial. They can crowd out other birds at the feeder. Here are some common bully birds and some tips for keeping them at bay.

Red-winged Blackbirds

Most of us love to hear the first “conk-a-reeeee” of the Red-Winged Blackbird after a long winter because it’s one of the harbingers of spring. But not so much later, there are dozens of them in your backyard, greedily guzzling all the bird seed and driving away all the other birds. Even during nesting season, where there can be as many as 15 nests in one male’s territory, they seem to visit our backyards by the dozens. Outside of nesting season, Red-winged Blackbirds can roost together in huge concentrations.

Common Grackles

Common Grackles are another of our annoying summer visitors. They are large, noisy birds that often flock with other blackbirds,

starlings, and cowbirds and have big appetites. Grackles nest in loose colonies of up to 200 pairs and show little territorial behavior except in the immediate area of the nests. Grackles are taller and have longer tail feathers than other typical blackbirds. Despite their reputation as bully birds, they look beautifully glossy and iridescent, especially in the sun.

European Starlings

Starlings are another bully bird. Shakespeare enthusiasts first brought them to North America. These enthusiasts wanted to bring all the birds mentioned in Shakespeare’s works over here. Starlings will eat almost anything. They flock in large numbers and can take over a backyard easily.

Tips to Discourage Bully Birds

- ❑ **Adjust your weight-activated feeder** to close ports to larger birds.
- ❑ **Use a feeder with short perches and no tray.** Larger birds have trouble perching.
- ❑ **Avoid ground feeding.**
- ❑ **Try a caged feeder.** It lets small birds in and can keep the bigger birds out.
- ❑ **Try using White Safflower or Golden Safflower seed.** Many of the bully birds don’t like this or will have a hard time opening the shells.



STAFF PICKS

By Minnetonka Manager CAROL CHENAULT

Best Oriole Foods and Feeders

1. ORIOLE FOODS

Orioles typically are not seed eaters. We carry all-natural **Birdberry Jelly**, **live and dried mealworms**, and several types of easy-to-use **oriole nectar** in stock.

2. ORIOLE FLOWER FEEDER

This feeder is an attractive addition to the feeding station. Fill with any of the orioles’ favorites.

3. FRUIT FEEDER

Use orange halves and dark grapes on this simply designed fruit feeder.

4. ORIOLEFEST FEEDER

This feeder accommodates nectar, jelly, insect suet pellets and/or dried mealworms (soak in nectar) separately in the four small wells in the lid. Add a drop or two of cooking oil to the ant moat filled with water to prevent ants from getting to the food. If ants aren’t a concern, thread an orange half on the center rod of the feeder.

5. RECYCLED DOUBLE CUP ORIOLE FEEDER

This feeder provides a buffet for orioles with cups for jelly and live mealworms as well as two posts for orange halves.



Bob McFarlin

Mike Mason

Seasonal Notes

By Minnetonka Manager CAROL CHENAULT

May: WEEK BY WEEK

Early May / Week 1	2nd Week	3rd Week	4th Week
<ul style="list-style-type: none"> ✓ More warblers return: look for Common Yellowthroat, Chestnut-sided Warbler, Ovenbird, Tennessee Warbler. ✓ Scarlet Tanagers and Rose-breasted Grosbeaks arrive. ✓ Orioles and hummingbirds continue to return. ✓ Canada Geese goslings follow adults to graze on grass. ✓ Robin eggs hatch. Blue Jays and Northern Cardinals incubate their eggs. ✓ Leopard frogs, American toads and Chorus frogs vocalize. ✓ Young gray squirrels leave the nest.  	<ul style="list-style-type: none"> ✓ Warbler migration is at its peak. Look for: Magnolia Warbler, Black-throated Green Warbler, Northern Parula, Blackpoll Warbler, Blackburnian Warbler, Bay-breasted Warbler, Cape May Warbler. ✓ House Wrens and orioles are very vocal. ✓ Robins are feeding nestlings. ✓ Gray Catbirds and Indigo Buntings arrive. 	<ul style="list-style-type: none"> ✓ Baltimore Orioles begin to build nests. 	<ul style="list-style-type: none"> ✓ White-tailed Deer give birth to fawns. ✓ Tiger Swallowtail butterflies take wing. ✓ Loons incubate eggs. ✓ Chipping Sparrows call and Common Grackles fledge. 
<p>May Tip: Use calcium-rich suet during egg-laying season such as: Pacific Bird and Supply Co. suet cakes and Minnesota-made Woodpecker Products suet plugs.</p>			

June: WEEK BY WEEK

Early June / Week 1	2nd Week	3rd Week	4th Week
<ul style="list-style-type: none"> ✓ Cedar Waxwings build nests. ✓ Young Red-tailed Hawks prepare to practice flying. ✓ Great bird sounds and songs fill the air. Especially vocal are: Song Sparrows, Warbling Vireos, House Wrens and Common Yellow-throated Warblers. ✓ Orioles feed caterpillars to their young and are especially attracted to feeders serving mealworms while they have nestlings. ✓ Cardinals have difficulty eating from a suet cage but will feed their young suet pellets and dried or live mealworms offered from a dish-style feeder. 	<ul style="list-style-type: none"> ✓ Lights attract Luna Moths. ✓ Orioles feed nestlings. ✓ Numerous dragonflies eat mosquitoes. ✓ Eastern Wood Pewees call. ✓ Purple Martins hatch. ✓ Fledgling Downy and Hairy Woodpeckers come to feeders with the adults. ✓ June 10-20 are our earliest sunrises of the year. 	<ul style="list-style-type: none"> ✓ Robins call 40 minutes after sunset. ✓ Many birds fledge: House Wrens, Song Sparrows, Blue Jays, cardinals and orioles.  <p>Tips: Keep ants out of the nectar by hanging a feeder from an ant moat filled with water or an Antguard®, which repels ants.</p> <p>Deter bees from feeders by rubbing mint leaves or mint extract on the nectar ports.</p> <p>For a safe and healthy birdbath add Birdbath Protector™ to the just-cleaned bath.</p>	<ul style="list-style-type: none"> ✓ First monarch butterflies of the new generation are on the wing. ✓ Swamp milkweed blooms. ✓ Lightening bugs are numerous. ✓ Waterfowl are currently flightless as they molt. ✓ Common Nighthawks feed in the evening sky.  <p>Tips: Deter unwanted starlings with Golden Safflower seed, Bye Bye Starling mix and by using an upside-down suet feeder.</p> <p>Purchase our Feed-and-Fill Service before you leave on vacation to keep your feeders full and fresh while you're gone. Call our Wayzata store at 952-473-4283 to arrange service to your home.</p>
<p>Tip: Change nectar in hummingbird and oriole feeders every three days. Or, use liquid or powder nectar with Nectar Defender added to keep your nectar fresh longer.</p> 	<p>Tip: Prevent just-fledged juvenile birds from hitting your windows by applying UV-reflective decals by WindowAlert.</p> 		