



The SISKIN

Newsletter of the Northern Virginia Bird Club

Vol. 68, No. 1

February 2023

www.nvabc.org

Inside

- Calendar of NVBC field trips, February 15 - May 7, 2023
- Club Sponsorship for the Virginia Breeding Bird Atlas
- Occoquan Bird Banding Station Report
- April 2023 Election of Officers and Directors
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A reminder to pay your 2023 dues

If not paid, this will be the last issue you receive. *The Siskin* mailing label shows the year through which your dues are current or "CO" for complimentary. **Thanks!**

Chincoteague Spring Weekend Trip

The Chincoteague Spring weekend is scheduled for May 19 through 21, 2023 (Friday to Sunday). The trip is limited to 24 people and fills up very fast. NVBC membership is required for this trip and all tour participants will need to declare that they are vaccinated when they sign up for the trip.

Because the Chincoteague weekends are such popular trips, we are establishing a new process to enable wider member participation over the years. **Registration will open on Wednesday, March 15, 2023 at 6 am.** To sign up for this trip, please email Elton Morel at eltonlmorel@verizon.net. All members who send an email between 6 and 7 am will be eligible to be put on the list. However, club members who were not on the Spring 2022 or the Winter 2023 trip will get a higher priority, in the order received. They will be followed

continued on p. 2

NVBC GENERAL MEETING—THURSDAY, FEBRUARY 23, 8 PM

Research on American Kestrel Population Declines and an Overview of Programs at the Clifton Institute

Speaker: Bert Harris

The Clifton Institute is located on a 900-acre property in Fauquier County near Warrenton. Their mission is to inspire a deeper understanding and appreciation of nature, to study the ecology of the region, to restore habitat, and to conserve biodiversity. Their Executive Director, Bert Harris, Ph.D. will inform us about their multiyear research project on American Kestrels. Clifton Institute researchers have the goal of identifying the causes of kestrel declines and they are studying how useful and productive different kinds of fields are for these birds. Bert will also give an overview of the Clifton Institute's education, restoration, and research programs including the role of cattle in grassland bird conservation, a project on the effects of mowing on Box Turtles, butterfly and dragonfly counts, and bird walks. Bert's studies have taken him to Indonesia, Australia, and throughout the Americas. He is now also an adjunct professor at both American and George Mason Universities.

Early bird refreshments start at 7:30 pm. Any contributions of food or beverage will be most gratefully received. There will be a drawing for door prizes. Northern Virginia Bird Club pins will be available for members who would like to buy them (\$5 each).

MEETING PLACE: St. Andrews Episcopal Church, 4000 Lorcom Lane, Arlington, 22207. Directions are on page 5.



American Kestrel with transmitter photographed by Sarah Cain

Presidential Peenting

Slow birding is a concept that I have heard about recently. The basic idea is that you stop and watch a few birds carefully, but not worry so much about compiling a big list for the day. For example, you might spot an individual Carolina Chickadee at a feeder and focus in on that bird alone and see what it does. What are its strategies for getting food? How is it interacting with the other birds? Another part of slow birding is to pay more attention to the habitat where the birds live. Why do certain birds like a particular area? Are there signs that birds have been there? For example, acorn caps strewn around below oak trees often indicate that Blue Jays have been feeding. I still generally prefer the traditional style of birding, but this may be worth trying on occasion, especially in my back yard or small local park. Of course, on a Christmas Bird Count or other survey, slow birding

would not work since the goal is to census as many birds as possible in the area.

Some people are taking this idea of slowing down even further and are trying something called “forest bathing”. Apparently, this does not involve wearing a swimsuit in the woods and is actually done fully clothed. Forest bathers unhurriedly walk through natural areas and try to use all of their senses to immerse themselves in their surroundings. It’s increasing in popularity and there are even trained guides that take people forest bathing. It is said to lower stress, decrease blood pressure and have other health benefits. I might try it sometime, but I think I would still be keeping a bird list on my phone which might defeat the purpose. However we connect to nature, we are all better off when we get outdoors on a regular basis.

—Larry Meade



Fox Sparrow at Dyke Marsh photographed by Larry Meade



G.R. Thompson WMA scene photographed by Neal Gause

Chincoteague Spring Weekend from p.1

by those who have been on one of those trips, in time stamp order. History tells us that the 24 slots are likely to fill up very fast and therefore, a waiting list will be started with those who respond in the first hour. Any club member who sends an email after 7 a.m. on March 15 will not be given the higher priority over those in the first hour but will be considered for any available slot or waitlisted in order of the time stamp. When signing up, please affirm that you are vaccinated for COVID-19 virus and indicate whether you are interested in the group dinner on Saturday night and the boat trip (which has an estimated \$35 fee) on Sunday morning. Please do not make your hotel reservations until your trip registration has been confirmed.

Mid-May is an excellent time to visit the Chincoteague National Wildlife Refuge (NWR). Spring shorebird migration is in full swing with most birds in breeding plumage. Historically, the club’s trips tally about 100 species including such Eastern Shore specialties as Black-necked Stilts, American Oystercatchers, Piping Plovers, Whimbrels, Marbled Godwits, Little Blue Herons, Tricolored Herons, Cattle Egrets, Glossy Ibis, Least, Royal, and Common Terns, Black Skimmers, Clapper Rails, Seaside Sparrows, Chuck-will’s-widow, Brown-headed Nuthatches and Boat-tailed Grackles.

Plans for the weekend include birding the Chincoteague NWR on Friday afternoon starting at 3:15 pm (optional) or on Saturday starting at 7:30 am. Activities on Saturday morning include birding along Beach Road, Swan Cove and Tom’s Cove. We will also visit Chincoteague Island Park Trail looking for land bird migrants as well as visiting Queens Sound Flats, the Chincoteague City mudflats, and possibly Mariner’s Point. On Sunday morning, we will board a pontoon boat and travel along Chincoteague Inlet then to Fishing Point at the end of Tom’s Cove and finally Black Point Landing, all the while looking mostly for shorebirds along the mudflats. The trip concludes at noon on Sunday.

We have obtained a special rate of \$130.00 per night, including tax, on twenty rooms for Friday and Saturday nights at the Best Western Chincoteague Island Hotel on Maddox Boulevard. A two-night stay is usually required. Hotel reservations must be made by April 20 to get this special group rate. Confirmed participants should make their own reservations by calling 800-553-6117 and be sure to say you are with the Northern Virginia Bird Club. Check-in time is 3 p.m. on Friday, May 19, and a 48-hour cancellation notice is required. Chincoteague NWR is a U.S. fee area.

—Elton Morel

Virginia Society of Ornithology and the Second Virginia Breeding Bird Atlas Species Sponsorship Campaign

The Northern Virginia Bird Club is sponsoring the Hooded Merganser and has committed to a 4-year \$500 annual donation starting in 2022 as part of the Virginia Society of Ornithology's donation campaign to fund the creation of the species accounts for the Virginia's breeding species in the Second Virginia Breeding Bird Atlas. NVBC is accepting donations from members to assist in this effort. Go to our website and click the "join/donate" tab for details.



Hooded Merganser family and male Hooded Merganser at Burke Lake photographed by Larry Meade

Occoquan Bay National Wildlife Refuge Bird Banding 2022

Spring 2022 was a perfectly average passerine banding season at the Potomac River NWR Complex, Occoquan Bay. After 2020 was canceled and 2021 operated with constraints, "average" was great. Fourteen volunteers banded 526 birds of 58 species over 24 days and hosted 155 visitors. We recaptured 26 birds from previous years (oldest being two Northern Cardinals from 2016 and three White-throated Sparrows from 2016, 2017 and 2018). No new species were encountered, leaving the species count at 103. The top five species banded at OCCO remain the White-throated Sparrow, Common Yellowthroat, Gray Catbird, Yellow-rumped Warbler and Northern Cardinal.

Highlights from 2022 were: the first Yellow-billed Cuckoo since 2015, second ever Least Flycatcher, third ever Barn Swallow, Brown Creepers, Winter Wrens, the first Wood Thrush since 2016, Blue-winged Warblers, Black-throated Green, Yellow-throated and Canada Warblers, and Sharp-shinned Hawks.

Lowlights from 2022 were: only 3 woodpeckers, a single Prothonotary Warbler and, although the Common Yellowthroat is holding steady as the second-most banded bird, for the past 3 years they have been approximately 25 birds below their average of 70.

Record setters for a season were: 15 Carolina and 5 House Wrens, 12 Veeries and 8 Hermit Thrushes, 11 Brown Thrashers and 6 Black-and-white Warblers.

The banding station will be open on Wednesdays, Fridays and Sundays from 7:00 am to till noon, weather



Election of Officers

The election of club officers and directors for two- year terms that begin July 1 is on the agenda for the April 2023 NVBC general meeting. If you are interested in serving on the NVBC Board or have suggestions to make to the Nominating Committee, please send an email to nvbcskinseditor@gmail.com by April 5, 2023. The Nominating Committee will present a slate of candidates at the meeting. The by-laws allow for nominations from the floor.

permitting, starting March 17, 2023. It is located near the gazebo on Deephole Point Road overlooking Marumsco Creek.

—*Suzanne Miller*

Photograph by Suzanne Miller: "This Song Sparrow banded on April 24 didn't stop growing that one tail feather"

Upcoming Trips and Events

Compiled by Elton Morel

Note:

- Beginning birders are welcome on all trips.
- When reservations are required, please call one of the trip leaders. Phone numbers are below.
- If in doubt about a trip because of weather, please call one of the leaders.
- Check the NVBC website for updated information about trips: <http://www.nvabc.org/field-trips-this-month>.
- To receive email notices, join the NVBC eMail Exchange. For sign-up directions see back page of *The Siskin*.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																												
<u>February</u>			15 8:30 AM Dyke March Tom Nardone			18 8:30 AM Mason Neck SP Dixie Sommers																												
<table border="1"><tr><td colspan="2">Trip Leaders</td></tr><tr><td>Jeremy Beck</td><td>703-517-1816</td></tr><tr><td>Larry Cartwright</td><td>703-941-3142</td></tr><tr><td>Dave Boltz</td><td>703-599-8305</td></tr><tr><td>Toby Hardwick</td><td>703-201-1517</td></tr><tr><td>Bert Harris</td><td>615-440-0666</td></tr><tr><td>Ed LeGrand</td><td>908-268-6627</td></tr><tr><td>Larry Meade</td><td>571-275-2523</td></tr><tr><td>Mer Mietzelfeld</td><td>607-643-8307</td></tr><tr><td>Elton Morel</td><td>703-907-9951</td></tr><tr><td>Tom Nardone</td><td>703-946-7738</td></tr><tr><td>Phil Silas</td><td>703-987-0817</td></tr><tr><td>Dixie Sommers</td><td>703-969-7931</td></tr><tr><td>Ed Wallace</td><td>504-343-1433</td></tr></table>			Trip Leaders		Jeremy Beck	703-517-1816	Larry Cartwright	703-941-3142	Dave Boltz	703-599-8305	Toby Hardwick	703-201-1517	Bert Harris	615-440-0666	Ed LeGrand	908-268-6627	Larry Meade	571-275-2523	Mer Mietzelfeld	607-643-8307	Elton Morel	703-907-9951	Tom Nardone	703-946-7738	Phil Silas	703-987-0817	Dixie Sommers	703-969-7931	Ed Wallace	504-343-1433	22 8:30 AM Huntley Meadows Tom Nardone	23 NVBC Meeting 8 PM		25 8 AM Leopold's Preserve Toby Hardwick Larry Meade
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<u>April</u>			12 8:30 AM Meadowood Recreation Area Tom Nardone			15 7:30 AM Occoquan Bay NWR Phil Silas
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		26 8:30 AM Fort C. F. Smith Jeremy Beck				29 7:30AM Clifton Institute Bert Harris Elton Morel
<u>May</u>			3 8:30 AM Long Branch Jeremy Beck Dixie Sommers			6 7:30 AM Leesylvania SP Larry Meade Ed Wallace

DIRECTIONS

NVBC Meeting (2/23, 4/20) St. Andrews Episcopal Church, 4000 Lorcom Ln, Arlington 22207, at the intersection of Lorcom Ln and Military Rd. From the intersection of Spout Run Pkwy and Lorcom Ln, go about a half mile on Lorcom to the second traffic light. Turn left onto Military and enter the first driveway on the right. There is some parking near the Church's back entrance and a bigger lot up the driveway. There is on-street parking. Enter at the back door facing Military Rd which leads to the Undercroft where the meeting is held.

Aquia Landing Beach Park (4/8) 2846 Brooke Rd, Stafford 22554 From southbound I-95 towards Stafford, take exit 140 to Stafford, then left (east) on Courthouse Rd (Rt 630), go 3.5 mi. and turn right on Andrew Chapel Rd (Rt 629), go 0.9 mi. and under the railroad bridge to a slight left onto Brooke Rd (Rt 608), go 4.4 mi. to the park entrance, continue past park entrance gate to the parking lot at the end of the road. Meet in parking lot.

Blandy Experimental Farm/State Arboretum of Virginia (3/4) 400 Blandy Farm Ln, Boyce 22620 Take I-66 west to Rt 17 north (Exit 23,

Delaplane/Paris). Follow Rt 17 north to junction with Rt 50. Turn left at traffic light onto Rt 50/17; go 7.8 mi., turn left onto Rt 750 to the Arboretum. Meet in parking lot.

Burke Lake Park (3/8) 7315 Ox Rd, Fairfax Station 22039 From I-495, take exit 54 west (Braddock Rd). Stay in right lane of exit if you are coming from the north. On Braddock Rd, go 1.5 mi. and turn left onto Burke Lake Rd. Go 4.7 mi. and turn left onto Rt 123 (Ox Rd). Turn left at second traffic light (big park signs), and turn left immediately after the entrance booth. Park in the first lot on the right (by the mini-golf course).

Clifton Institute (3/25, 4/29) 6712 Blantyre Rd, Warrenton 20187 Take I-66 West to exit 40, to merge onto US-15 south towards Haymarket (0.4 mi), then turn right onto VA-55 West. Drive 5 mi. and turn left onto Blantyre Rd. Proceed 5.6 mi. and then turn right on to a dirt road. Drive northwest for about 0.3 mi. to the first lake and park in the parking lot on the left. Meet your leader at this parking lot. Please do not drive up to the house and park there.

Dyke Marsh (2/15, 4/19) 6401 George Washington Memorial Pkwy, Alexandria 22307 (Belle Haven Park and Marina). From Alexandria, take

George Washington Pkwy south. Cross I-495, continue 1.2 mi. to Belle Haven Park entrance on the left. Meet at south parking lot.

Fort C.F. Smith (4/26) 2411 24th St N, Arlington 22207 From I-66 east, take exit 72 (Spout Run Pkwy). At traffic light, turn right on ee Hwy. At successive traffic lights, turn left onto Spout Run Pkwy, then left onto Lorcom Ln, then right onto Fillmore St. Go one block on Fillmore, turn right onto N. 24th St (watch for speed. humps), and continue to park on left. Meet in parking lot at east end of park. From Alexandria: take GW Pkwy north, take left exit onto Spout Run, then right exit onto Lorcom Ln, and follow remaining directions above.

Huntley Meadows Hike & Bike Trail (3/5) From I-495, take Rt 1 south 0.5 mi to Rt 633 (S. King Hwy). Turn right (west), go 2.5 mi. to park entrance and lot on left (just before Telegraph Rd).

Huntley Meadows Park (2/22, 3/29) 3701 Lockheed Blvd, Alexandria 22306 From I-495, take Rt 1 south 3 mi. to Lockheed Blvd. Turn right on Lockheed and go 0.5 mi. to Harrison Ln to park entrance on left. Meet in parking lot.

Directions.

Leesylvania State Park (5/6) 2001 Daniel K Ludwig Dr, Woodbridge 22191 From I-495, take I-95 south about 14 mi. to exit 156 (Dale City/Rippon Landing/Rt 784). Following the posted highway signs for Leesylvania State Park, exit east on Rt 784. Proceed eastward 1.1 mi. to Rt 1. Turn right (south) on Rt 1 and go 0.9 mi. to Neabsco Rd. Immediately past the Wawa service station, turn left (east) on Neabsco Rd and proceed 2 mi. to park entrance on right. After passing through the park entrance gate, go 2.2 mi. to end of paved road and park in "Picnic Area" parking lot, immediately before turn-around circle at fishing pier. State fee area.

Leopold's Preserve (2/25, 4/22) 16283 Thoroughfare Rd, Haymarket 20169 From I-66 west, take exit 40 to Rt 15 toward Haymarket/Leesburg. Turn left onto Rt 15 south. Turn right onto Rt 55 and go 1.7 mi. to Thoroughfare Rd. Turn left onto Thoroughfare and go 0.3 mi. There are parking lots on both sides of the road. Meet in the right hand (west) parking lot. The left hand (east) parking lot can be used for overflow parking.

Long Branch Nature Area (3/1, 4/5, 5/3) 625 S Carlin Springs Rd, Arlington 22204 Take Rt 50, east from Fairfax or west from Rosslyn to Carlin Springs exit. Go south on Carlin Springs 0.5 mi. to Nature Center on left, just south of N. Va Community Hospital on left. Meet at Nature Center parking lot.

Mason Neck State Park (2/18) 7301 High Point Rd, Lorton 22079 From I-495, take I-95 south 7 mi. to Lorton exit. Left on Rt 642 to Rt 1. Right on Rt 1 to Rt 242 (Gunston Rd). Left on Rt 242, go 4 mi. to Mason Neck Management Area. Turn right, follow paved road to end at Visitor Center. State fee area.

Meadowood Recreation Area (4/12) 10406 Gunston Rd, Lorton 22079 From I-495, take I-95 south 7 mi. to Lorton exit. Left on Rt 642. Immediately after passing under railroad tracks (0.25 mi.) turn right on Lorton Market Rd, which soon becomes Gunston Cove Rd. After crossing Rt 1, road becomes Gunston Rd. Go 1.8 miles to Meadowood on right. (BLM, Lower Potomac Station Office). Park on right next to horse barns just before field station building.

Neabsco Regional Park - Boardwalk (3/22) 15125 Blackburn Rd, Woodbridge 22191 From I-495, take I-95 south about 14 mi. to exit 156 (Dale City/Rippon Landing/Rt. 784). Take exit 156A for Rt 784 east toward Rippon Landing. Continue 0.7 mi. cross Rt 1 where Dale Blvd becomes Rippon Blvd and continue down the hill another 0.4 mi. to a stop light and turn right on Blackburn Rd. The park parking lot is then 0.2 mi. away on the left.

Occoquan Bay National Wildlife Refuge (3/11, 4/15) 13950 Dawson Beach Rd, Woodbridge 22191 From I-495, take I-95 south 9 mi. to (left) exit 161 (Woodbridge). Go south on Rt 1 about 2 mi. to left turn onto Dawson Beach Rd. Continue on Dawson Beach 0.7 mi. to entrance gate. Meet in parking lot. US fee area.

Riverbend Park (Visitor Center) (3/15) 8700 Potomac Hills St, Great Falls 22066 From I-495, take Rt 193 west 5 mi. to Rt 603 (Riverbend Rd). Turn right onto Rt 603, go 2 mi. to Jeffery Rd. Turn right onto Jeffery and go 0.8 mi. to main park entrance sign on right. Turn right and continue 0.5 mi to Visitor Center parking lot. Meet in front of Visitor Center.

Silver Lake Park (4/1) 16198 Silver Lake Rd, Haymarket 20169 From I-495, take I-66 west 24 mi. to exit 40 (Rt 15). Turn south onto Rt 15 (toward Haymarket) and go 0.3 miles to Rt 55. Turn right onto Rt 55 and go 0.9 miles to Antioch Rd. Turn right onto Antioch and go 1.3 miles to Silver Lake Rd. Turn right and proceed to park entrance and continue to parking lot next to the lake. Meet in parking lot.

Widewater State Park (3/18) 101 Widewater State Park Rd, Stafford 22554 From I-95, take exit 148 to Quantico Marine Corps Base and

follow signs to Widewater State Park. Left on Russell Rd. Right on Rt 1 South, go 1 mi. Left turn on Telegraph Rd, go 0.5 mi. and turn left on Widewater Rd. Widewater Rd. (Rt 611) turns into Arkendale Rd. (Rt 633) after about four miles. Follow this road for about 2 mi. and cross railroad tracks. Entrance to park Visitor Center entrance is about 2.5 mi. on right. Meet at the Visitor Center. State fee area.

Note: Trillium Trail-G. Richard Thompson Wildlife Management Area walk is scheduled for May 13.

Bird Walks at Local Parks

- **Banshee Reeks Nature Preserve, second Saturdays, 8 am.** Meet at the parking lot. Visit the Loudoun Wildlife web site, www.loudounwildlife.org/events/
- **Blue Ridge Center for Environmental Stewardship, fourth Saturday, 8 am** Meet at Education Center. www.loudounwildlife.org/events/
- **Dyke Marsh, Sundays, 8 am** See directions. Visit the Friends of Dyke Marsh web site, www.fodm.org
- **Great Falls National Park, Sundays, 8 am** Meet in the main parking lot near the Park Visitor Center.
- **Huntley Meadows Park, Mondays, 7 am (Mar-Oct) 8 am (Nov-Feb)** Meet in parking lot. Leader: Harry Glasgow
- **Merrimac Farm, last Sunday, 8 am** Meet at Merrimac Farm Stone House. www.pwconserve.org/events/index.html#birds
- **Riverbend Park, first and third Fridays, 8 am, beginning April 7 to October 20.** Meet at the Nature Center parking lot off Jeffrey Road. No fee but call Riverbend Park at 703-759-9018 to register. Leader: Robin Duska



*Ash-throated Flycatcher
photographed at Sky Meadows
Park by Larry Meade*

Birding in Panama

In October 2022 I visited Canopy Camp in Darién Province in the far southeastern portion of Panama. This was my second trip to a Canopy Family property having visited Canopy Tower and Canopy Lodge in 2018. October is the rainy season in Panama. While marketing folks would call it the “green” season, I would call it the MUD season!

During the six days in Darién, I saw over 200 species. I suspect I would have seen many more in the dry season, but our birding schedule was relatively relaxed as we avoided regular downpours. Many species were easily spotted at the various feeders on the Camp property. Banana feeders attracted Red-lored Parrots, Collared Aracaris, Crested and Chestnut-headed Oropendolas, as well as mammals such as the white-faced capuchins, Geoffroy’s tamarins, and white-nosed coatis. Hummingbird feeders lured 15 species of hummingbirds plus Bananaquits. A sheet with a spotlight gathered moths and insects to showcase Streaked, Sulphur-bellied, and Rusty-margined Flycatchers along with various trogons. The Camp even offered a vulture feeding station (far from our platform tents) providing great views of King Vultures feeding on carcasses. Some of my favorite small birds from the trip were found in the Camp – the Gray-cheeked Nunlet, Cinnamon Becard, and Olivaceous Piculet.

The Camp specializes in trips to see Harpy and Crested Eagles. Active nests of these near threatened species were found in Darién in 2019 and 2020. Harpy Eagles are the largest raptors in their range reaching over 3 feet in length with a wingspan that can exceed 7 feet. They typically hunt monkeys and sloths within the jungle. Observing such a dramatic bird made the trek to reach the nest worthwhile.

The trek began with a drive from the Camp down the Pan-American Highway to its end in Yaviza. This begins the infamous Darién Gap where immigrants must cross undeveloped jungle as they travel from South American towards the US. The Highway is a paved two-lane road – the only paved road in all of Darién Province. Some bumpy dirt roads extend off the Highway, but much travel in the province is done along the rivers by piragua – long flat canoes. We continued by piragua on the Chucunaque River to a family farm about 20 minutes west of Yaviza. We navigated the muddy trails on horseback and each of us had a family member on foot leading our horse. I was grateful not to be slogging through the mud which was a foot deep in spots.

After 40 minutes crossing woods and fields, we reentered the jungle. We left our horses there and walked another 20 minutes to a wooded rise with a view of the Harpy nest high in a cuipo tree. With spotting scopes and binoculars, we found the mother and 35-day-old chick on the nest. The mother soon retrieved a small mammal, and we watched her shred it into small pieces for the chick. With a weak wail, the male harpy announced his arrival and stood sentinel over the nest. He was a cooperative model for pictures. Eventually we left the striking birds and retraced our steps by horseback, piragua, and truck to return to the Camp after a pause at the farm for

refreshments and to meet their rescued kinkajou (who had a fondness for orange juice from a straw).

The following day we sought the Crested Eagle. Our guide had discovered the active nest in 2020. The chick had fledged but remained near its nest as it learned to survive on its own. The trek to reach the rare bird was much easier than the prior day. We drove off the highway along the bumpy Salto Road and walked 20 minutes into jungle. The magnificent juvenile male called and flew from one branch to another while keeping a careful eye on us from above. Like the young Harpy Eagle, the juvenile Crested Eagle was mostly white, not yet having achieved its adult plumage. Crested Eagles grow nearly as large as Harpy Eagles with a similar diet. I admired his gorgeous thick, long tail which made him even more visually striking than the Harpy Eagles. As we watched the juvenile, a critically endangered Great Green Macaw paused briefly in the canopy overhead.

While the eagles were the highlights of the trip, I thoroughly enjoyed spotting familiar birds from home. The migrants had arrived in Panama offering sights of Baltimore and Orchard Orioles, Prothonotary and Blackburnian Warblers, Red-eyed Vireos, Swainson’s Thrushes, Great Crested Flycatchers, Eastern Wood-Pewees, Spotted Sandpipers, Little Blue and Green Herons, Scarlet and Summer Tanagers, as well as Blue and Rose-breasted Grosbeaks. Spotting the familiar in its winter home was almost as fun as finding striking life birds like the Red-billed Scythebill, Slaty Spinetail, Whooping Motmot, Pied Water-Tyrant, Great Jacamar, Great Curassow, and Pearl Kite.

—Cynthia Nickerson



Crested Eagle photographed by Cynthia Nickerson

NORTHERN VIRGINIA BIRD CLUB
P.O. BOX 5812
ARLINGTON, VA 22205-0812

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**DATED
MATERIAL**

JOIN THE NORTHERN VIRGINIA BIRD CLUB

Northern Virginia Bird Club dues for 2023 are \$10 for Individual and \$15 for Family Membership. Members receive our quarterly newsletter, *The Siskin*. Checks for dues should be sent to Northern Virginia Bird Club, Attn: Membership, P.O. Box 5812, Arlington, VA 22205-0812. Or join or renew online at the club's web site, <http://www.nvabc.org/join/>.

If you miss an issue of *The Siskin* or need to report an address or ZIP Code change, please send an email message to lgmeade@gmail.com or leave a message for Elizabeth Fenton at 703-533-0851.

Please note: NVBC does not exchange, give away, or sell its membership lists.

NVBC ON THE WEB

Current information and special notices about NVBC meetings, field trips, and other activities, along with a printable membership form, are posted on the club's website, www.nvabc.org. If you have information or pictures you would like to see on the website,

please email the webmaster, Jeremy Beck at jghyll+nvabc@gmail.com.

NVBC eMail Exchange

By participating in the club's email exchange, you can get email notices of late updates to *The Siskin* and the field trip schedule. To join the exchange, send an email to lgmeade@gmail.com. Put "EXCHANGE" in the subject field and your full name in the message area. You will receive a response from nvbc-exchange@googlegroups.com. The list is for NVBC members' use only.

General Meeting Dates: February 23, April 20, September (tbd), and November (tbd), 2023.

Next Board Meeting: Thursday, March 2, 2023, 7:30 pm. To join the Zoom board meeting or to have items put on the agenda, please email lgmeade@gmail.com.

Deadline for next issue of *The Siskin*: The April issue will include activities through June 2023. Please send items for publication by **March 15, 2023** to the editors at nvbc-siskineditor@gmail.com.

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Photographs from Birding in Panama

By Cynthia Nickerson



Photographs from top left (clockwise):
Collared Aracari
King Vulture
Harpy Eagle
Gray-checked Nunlet
Streaked Flycatcher