



Cheyenne-High Plains
Audubon Society

August 2025 "Flyer"

Cheyenne - High Plains Audubon Society

Chartered by the National Audubon Society since 1974

Serving southeastern Wyoming Audubon members

Mission Statement: *The Cheyenne-High Plains Audubon Society promotes the conservation and appreciation of birds and wildlife through education, science, advocacy, and habitat stewardship in Southeast Wyoming.*

Vision Statement: *The Cheyenne-High Plains Audubon Society envisions a community where birds, wildlife, and their habitats are valued, protected, and enjoyed by the general public.*

Officers and Committee Chairs 2025-2026

Lorie Chesnut, President

Grant Frost, Vice president

Kirk Miller, Secretary

Chuck Seniawski, Treasurer

Kurt Warmbier, Conservation

Sarah Grace Delgado, Education

Donna Kassel, Historian

Grant Frost, Field Trips, Bird Compiler

Mark Gorges, Newsletter, Habitat Hero

Vicki Herren, Important Bird Areas

Kirk Miller, Social Media,

Barb Gorges, Programs, Publicity

Lorie Chesnut, Website

Advocacy, Open

Wanda Manley, Past president

Pete Arnold, Audubon Rockies Board

The CHPAS Flyer is published online monthly. Submissions are welcome. The current issue is available online at www.CheyenneAudubon.org.

Contact Us at cheyenneaudubon@gmail.com

Join our Facebook Group, Cheyenne-High Plains Audubon Society Group

Please become a CHPAS member

Send \$12 plus any optional donation and your name, email address and mailing address to Cheyenne-High Plains Audubon Society, P.O. Box 2502, Cheyenne, WY 82003.

All chapter memberships expire Sept. 1. Any membership dues sent in after May 1 will pertain to the remainder of the current membership year and the following year.

Join the National Audubon Society

Send \$20 to Cheyenne - High Plains Audubon Society to join the National Audubon Society and you will receive NAS membership and NAS will return the \$20 to CHPAS.

"Wyoming Bird" chat group

Subscribe, post and/or read about interesting sightings on this Facebook public group site:
<https://www.facebook.com/groups/403337446664409/>

Watch your mail in mid-August for our annual membership renewal letter.

Calendar

August 16, 7:00 a.m. – Field Trip: Snowy Range Birding Hike

This is a free event open to the public. Everyone, no matter what your birding skills, is invited. Carpooling should be available, but let Grant know when you call him (see below).

We will leave from the Lions Park parking lot between the Children's Village at the Cheyenne Botanic Gardens and the picnic shelter and drive to Libby Lake Picnic Site parking lot. This is about a 90-mile drive (an hour and a half) to the start of our hike

in the Medicine Bow National Forest. We expect to hike a mile or two over rocky and sometimes wet ground before returning to our vehicles.

We should see a variety of mountain birds such as White-crowned Sparrow and Ruby-crowned Kinglet. We will be searching for the Fox Sparrow and any warblers we can find.

Bring lunch or a snack; bring water and dress for variable weather. Bring binoculars if you have them. The more eyes we have, the more birds we will see. We should be back in town before 5:00 p.m.

If you are interested in going, contact Grant Frost, 307-343-2024, so that he has a list of those expected, and he can let you know if the plans change for any reason like bad weather.



Fox Sparrow: Photo by Mark Gorges

August 26, 6:00 p.m. – Monthly Board Meeting

Contact us, cheyenneaudubon@gmail.com, if you would like to attend and participate in helping to plan chapter activities, or if you are interested in volunteering in some of our activities. This meeting will be held at the Laramie County Library in the Sage Room.

August 29, 7:00 a.m. – Country Club Bird Survey

Contact Chuck Seniawski to be on his email notice list: 307-638-6519 or chuckski@aol.com. The count will start in the Country Club's clubhouse's main parking lot. These outings are free and open to everyone, but please let Chuck know you are coming

Chapter News

Chapter President's message

Hello to everyone! As the newly elected President of the Cheyenne - High Plains Audubon Chapter, I want to thank Grant Frost for serving as President for two years, in addition to his responsibilities as Field Trip Chair. I have been Board Secretary since mid-2019 and I am excited to work with such an exceptional group of people. While my background is in public health, my Audubon interests include birding, water conservation, and the environment.

Our board works hard and I'm excited to share several new projects with you! You will learn more about both later this month when you receive our annual membership mailing.

The first is a public education project led by our Important Bird Area (IBA) Chair Vicki Herren. Vicki has been working with the city to create a series of educational signs to be placed in Lions Park. We want people who enjoy the park to understand more about the birds that they enjoy and the habitat that these birds require.

The second project is the installation of a Motus Wildlife Tracking System in southeastern Wyoming. Motus systems allow researchers to track the movement and behavior of birds, bats, and insects. Miniaturized tags are placed on the animals and these tags transmit information to stations placed across the landscape. In southeastern Wyoming, we would like to monitor endangered prairie birds like the Thick-billed and Chestnut Collared longspur, Baird's sparrow, and Sprague's pipit. Grant Frost has been working on this project with staff from the University of Wyoming and the Bird Conservancy of the Rockies.

More information about projects and how you can help will be sent in August. I look forward to a wonderful year!

Lorie
CHPAS President

Other Chapter Board Activities:

Bumper Stickers

Coming to you soon: the chapter, repositionable bumper sticker, "I Brake For Birds". It has our chapter name and new logo.

More flowers and fewer weeds in second year at Wyoming Hereford Ranch Important Bird Area

By Vicki Herren

The bird habitat along Crow Creek at the Wyoming Hereford Ranch is looking more colorful this year thanks to CHPAS board members that cleared away weeds to make room for pollinator plants such as yarrow, Mexican hat, penstemon and Maximilian sunflowers.

In some areas the Canada thistle was either treated with herbicide or pulled out of the ground to eventually be replaced with less weedy and more bird-friendly species. We are committed for long-term enhancement to this already bird-rich area in southeast Wyoming.

We continue to be grateful to the Wyoming Hereford Ranch owners for the opportunity for birders to roam along Crow Creek in search of year-round and migrating birds.

Look for the results of over 120 hours of work this year while you are out there birding this summer and fall.



Some of the new plantings in their 2nd year: Photo by Mark Gorges

Volunteer with the Chapter

CHPAS welcomes anyone who cares about birds and their environment to join us in volunteer activities; we have many ongoing projects. Just email us at cheyenneaudubon@gmail.com and let us know of your interest.

Education and Conservation

Chapter Grants

For information on our chapter education and conservation grants, see our chapter website at: www.cheyenneaudubon.org.

Habitat Hero



Cheyenne Habitat Hero Open Gardens scheduled Aug. 16

By Barb Gorges

The Cheyenne Habitat Hero Committee invites you to visit three local registered Habitat Hero gardens Saturday, Aug. 16, 9 a.m. – noon. The addresses are:

- Earl DeGroot and Donna Griffith – 711 Vandehei Street
- Eric Dalton – 909 Foyer Avenue
- Bella Fuoco Wood-fired Pizza – 2115 Warren Avenue.

You are welcome to drop by one or all of the gardens during the event. There is no admission charge.

Earl and Donna's garden recently received Habitat Hero status but they have plans to add more water-wise native plants for the birds, bees and butterflies. They also have great examples of hail protection and greenhouse design. QR codes displayed in the garden will bring up short videos Earl has made on three different topics including how to attract hummingbirds. While I was visiting in early July, one came by to work over the 'Orange Carpet' creeping hummingbird trumpet flowers.

Eric's Habitat Hero garden has expanded since he first had it certified a few years ago. One new area is the narrow strip between his house and the neighbor's, about four feet wide. The neighbor gave him permission to also plant their two-foot width with native flowers and grasses.

Eric also had Bella Fuoco certified. It's his family's business, though by Aug. 16 it will have a new owner, Brenna Kosowicz, who invites everyone to see the gardens and the wonderful pollinator murals around the patio. The restaurant will not be open until dinnertime, but volunteers will be available to answer questions.

If you want more information on how to get the Habitat Hero Garden designation, go to <https://cheyennegardengossip.wordpress.com/2025/07/28/habitat-hero-tour-aug-16-2025/>.



Earl DeGroot and Donna Griffith's Garden. Photo by Barb Gorges

Bird News

News from Audubon Rockies

Check out the Audubon Rockies News for up-to-date information on conservation issues in our part of the West.

For the latest update go to: <https://www.audubon.org/rockies/news>

Rooted in Cheyenne

Fall applications already opened on July 1st; so don't wait. In addition, registration for planting volunteers is also open for their Fall Planting event on September 20th. Below you will find links for more information.

- Planting Applications - [Apply - Rooted In Cheyenne](#)
- More Information about their program - [How It Works - Rooted In Cheyenne](#)
- Planting Volunteer Registration - [2025 Fall Planting Volunteer Registration - Rooted In Cheyenne](#)

July 19 – Field Trip: The North Glendo Wildlife Habitat Management Area

Ten people participated in our trip to Glendo. It was a hot day, but a stop at the Chugwater soda fountain on the way home was a relief.

11:03 AM - 1:23 PM
1.224 mile(s)
26 species

Canada Goose 70
Mourning Dove 4
White-throated Swift 1
American Coot 4
Killdeer 3
Turkey Vulture 8
Bald Eagle 1
Red-tailed Hawk 1
Downy Woodpecker 1
American Kestrel 1
Western Wood-Pewee 8
Least Flycatcher 1
Western Kingbird 4
Eastern Kingbird 3
Plumbeous Vireo 2
Violet-green Swallow 1
Cliff Swallow 3
Rock Wren 1
American Goldfinch 4
Lark Sparrow 6
Spotted Towhee 1
Western Meadowlark 1
Bullock's Oriole 2
Red-winged Blackbird 9
Yellow Warbler 3
Black-headed Grosbeak 1



Red-tailed Hawk from the trip: Photo by Kurt Warmbier

View this checklist online at <https://ebird.org/checklist/S263176628>

July 25 – Cheyenne Country Club Survey Results

Cheyenne Country Club, Laramie, Wyoming, US

7:00 AM - 8:57 AM

3.03 mile(s)

Checklist Comments: 65 degrees. Sunny, light breeze. Bill Gerhart, Mark Gorges, Vicki Herren, Ray Milczewski and Chuck Seniawski.

24 species

Canada Goose 18
Mallard 30
Eurasian Collared-Dove 5
Sora 1
Double-crested Cormorant 3
Black-crowned Night Heron 4
Great Blue Heron 3
American White Pelican 2
Osprey 1
Red-tailed Hawk 1
Downy Woodpecker 1
Northern Flicker 9
Black-billed Magpie 9
American Crow 6
Mountain Chickadee 1
Cliff Swallow 1
American Robin 9
House Sparrow 4



One of the Black-crowned Night Herons from the Country Club: Photo by Mark Gorges

House Finch 2
American Goldfinch 1
Song Sparrow 2
Red-winged Blackbird 10
Common Grackle 12
Common Yellowthroat 1

View this checklist online at <https://ebird.org/checklist/S262631562>

Summer bugs for birds: on the road, in the forest and in the garden

By Barb Gorges

There were many bugs on our windshield after the Cheyenne Audubon field trip to Glendo mid-July, good indicator of insect abundance. Many birds depend on them during nesting season. There are fewer insects now than 60 years ago when I was a kid—the grill and radiator used to be full of butterflies and other insects after any length of time at highway speeds.

Mark's and my windshield dilemma is that our new-to-us plug-in hybrid doesn't need gassing up often, so we pulled in the gas station at Walmart just to use a scrubby-on-a-stick and then went inside and bought our own.

Yes, the energy for charging the all-electric component comes from Cheyenne's natural gas-fired power station, but that way air pollution is taken care of at one location instead of our multiple tailpipes. What I like about electric engines is that the power can come from many sources of electricity as we transition to non-fossil fuels.

From 2004-2017, Mark and I had a Prius. It was perfect for roadside bird watching, not making engine noise at low speeds, but our new vehicle has sound added for safety. It sounds like a chord selected from the theme for "2001 Space Odyssey."

I saw a lot of tick activity this spring and early summer on the trails west of town. I got my first ever tick bite the day I wasn't wearing my permethrin-infused hiking clothes. I went straight to an urgent care clinic and got an antibiotic prescription. Our dog is on preventive tick and flea medication and that is working very well.

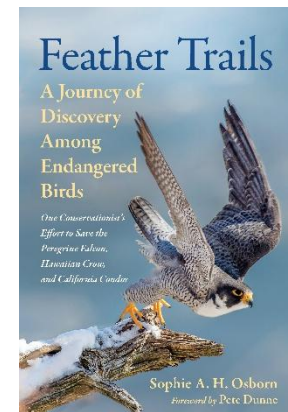
Mosquitoes. Are there more this year everywhere, or is it the new stormwater retention pond by the new apartments next to our neighborhood? I learned from a National Public Radio story that mosquitoes are attracted to humans, especially after people consume beer or bananas. Your best defense is to mask your human scent by spraying with DEET, which is safer for you than getting one of the mosquito-borne diseases.

But mosquitoes are bird food, except when they are not. I've been reading Sophie Osborn's new book, "Feather Trails: A Journey of Discovery Among Endangered Birds." In the chapters about her work with Hawaiian crows, she talks about how they and other bird species native to Hawaii have been decimated by mosquitoes and the diseases they carry, whereas the bird species introduced to the islands from places that naturally have mosquitoes seldom succumb.

One difference is that mosquito-resistant birds know how to protect their unfeathered, bite-susceptible parts while sleeping. They plunge their faces into the feathers on their backs and they squat down, covering their vulnerable bare legs and feet with belly and breast feathers.

Recent reports show that bird numbers are still dropping. Part of it is because people are still converting natural habitat for human use. A significant problem is neonicotinoids (neonics), pesticides that are way too good at their job.

Conventional farmers and flower growers may use seeds that are treated with neonics before planting. The poison is systemic, persisting in the plant, killing insects that chew on the plant or drink its nectar or eat its pollen. The poison persists in the insects, killing the songbirds that eat them and their young they feed them to. Moving up the food chain, birds that eat birds or mammals



that have eaten poisoned insects also die. It's DDT and Silent Spring all over again. Where is Rachel Carson when we need her?

The European Union has already outlawed the use of neonics. Initially, in 2013, they banned five kinds of neonics for use on flowering plants that attract bees, with exceptions. In 2018, after reviewing studies, they completely banned three for outdoor use: imidacloprid, clothianidin and thiamethoxam. Permanent greenhouses are the only exception.

The EU was primarily concerned about neonics killing honeybees, but all the other insects and birds are benefitting from their decision. (Fun note: I recently uploaded a photo to iNaturalist of a honeybee on milkweed here in Cheyenne. My bee identification was confirmed by someone in Switzerland, where honeybees are native.)

Fighting U.S. agricultural interests over neonics even during an environmentally friendly administration wasn't successful, but once again, we as individuals can make our own decisions. First, we can buy organically grown food and fibers whenever possible. Second, we can ask our favorite nurseries if they are growing their plants without neonics, especially plants for starting or adding to a pollinator garden. If they don't know, or don't even know what you are talking about, go elsewhere. Buy seeds from a native plant seed catalog and grow your own!



A specimen of buggy bird food is attracted to a warm vehicle in July along the creek at the Wyoming Hereford Ranch. iNaturalist was willing to identify it as in the Chironomus group, non-biting midges. Photo by Barb Gorges.

Cheyenne – High Plains Audubon Society P. O. Box 2502, Cheyenne, WY 82003