



# EAGLE'S VIEW



Lake Region  
Audubon  
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Street Audubon Center  
115 Lameraux Road  
Winter Haven, FL 33884



Howe House

## Planting a Butterfly Garden

By Anne Yasalonis

Florida Yards and Neighborhoods Coordinator  
Polk County Cooperative Extension Service

A butterfly garden is an easy way to enjoy wildlife in your own backyard. Many of the plants are readily available, easy to maintain and drought tolerant. If you are just starting out there are a few things you need to know.

Two important things to remember when starting a butterfly garden are to provide food for both the larvae as well as the adult butterflies. The larval plants will be devoured by the hungry caterpillars and many times will be left with out any leaves, so don't worry if you start to see plants without leaves. The nectar plants for the adults will not be chewed, as the adults feed on the nectar in the flowers. It is important to have both of these food sources so that the butterflies will live and reproduce in your garden.

Another important thing to remember when planting a butterfly garden is to abstain from using pesticides. Use natural predators or remove any pests you find by hand.

You may also want to provide a puddling station for your butterflies to drink from. It can be made using a saucer, layering sand, compost and finally small stones on top. Fill the saucer with water and make sure the stones are not covered. The butterflies will land on the stones and drink the water from the pore spaces.

Now you have a few tips to get started creating a butterfly garden in your yard. Use a few of the following plants and you will have butterflies in your yard very soon! For more information contact the Florida Yards and Neighborhoods program at the Polk County Extension Service.

### **Larval Plants**

Pipevine  
Wild Petunia/ruellia  
Golden Canna  
Hercules Club  
Wax Myrtle  
Hackberry  
Flowering Dogwood  
Purple lovegrass  
Pink Muhly grass  
Butterfly Weed

### **Nectar Plants**

Coral Honeysuckle  
Scarlet Sage  
Wild Petunia/ruellia  
Liatris  
Firebush  
Butterfly Weed  
Blueberry  
Carolina Jessamine  
Virginia Willow  
Coreopsis/Tickseed  
Spotted Beebalm

## BUTTERFLIES AND NATIVE PLANTS – MAKE THE CONNECTION

Linda F. Cooper

Remember that old song “Love and Marriage” – ‘go together like a horse and carriage...this I tell you brother, you can’t have one without the other.’ The same is true of butterflies and native plants...you can’t have one without the other. For eons, butterflies have depended on native plants for their existence. While a few butterflies are generalists – they use more than one host plant – the majority of butterflies are dependent on a single plant or a single family of plants. Take a walk in some of central Florida’s natural areas, observe native plants and butterflies and ‘Make the Connection.’



Queen on Gaberia

October find a big increase in swallowtail numbers due to an increase in nectar sources such as liatris, garberia and carphophorus. These plants are abundant most years at the preserve especially from the entrance gate on Pfundstein Road to the office. ‘Make the Connection.’ The butterflies are there because the plants are there. Although these plants are not host plants – the plant the female lays eggs on – there are numerous host plants in this natural area.

The Nature Conservancy’s Tiger Creek Preserve near Babson Park is a good place to take a hike especially during the fall wildflower season. The 4,500 acre preserve is a ‘complex of hardwood swamps, hammocks, sand pine and oak scrub, flatwoods and sandhills.’ August, September and



Carphophorus paniculatus

Another Nature Conservancy property, Disney Wilderness Preserve near Poinciana, is an excellent place to find native plants and butterflies. The 11,000 acre preserve is a mosaic of flatwoods, swamps, oak hammocks, streams, lakefronts and former pastures. Near Lake Russell you will find Sweet Bay (*Magnolia virginiana*), Swamp Bay (*Persia palustris*) and Red Bay (*Persia palustris*) that entice several species of swallowtails to lay their eggs.

In dry areas of the preserve look for Pennyroyal (*Piloblephis rigida*), an aromatic herb in the Mint family and Yellow/Purple Thistle (*Cirsium horridulum*). Both of these plants are important nectar plants for butterflies. Silk Bay (*Persia humilis*) also grows in dry areas providing a host plant for Palamedes and Spicebush Swallowtails.

Once Pickerelweed (*Pontederia cordata*) starts blooming in roadside ditches or marshes in late spring you can spend a lot of time watching butterflies nectaring from their brilliant blue spikes. The preserve also has several species of carphophorus and liatris that makes it a good place to hike in the fall. Swallowtail numbers also swell in the fall due to an abundance of nectar sources and availability of native host plants all year long.

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Reedy Creek, which runs along the northeast boundary of the preserve, held a big surprise for us one year when Ruddy Daggerwings were found breeding along the creek. This is approximately 90 miles north of their historic breeding range in Florida. The reason they were there? 'Make the Connection.' Their host plant, Strangler Fig (*Ficus aurea*), was growing near the creek. Not only was the butterfly unexpected but also the plant was a new record for Osceola County. The large tropical daggerwings maintained a small colony there for several years



Ruddy Daggerwing

until a severe winter killed the fig back. The fig has started growing again but the butterflies have not returned.



Common Buckeye

Take a drive up to the Green Swamp Wildlife Management Area and walk the roadsides. Weedy species such as False Nettle (*Boehmeria cylindrica*), Spanish Needles (*Bidens alba*), Cudweed (*Gnaphalium pensylvanicum*), Florida Pellitory (*Parietaria floridana*) and Southern/Virginia Plantain (*Plantago virginica*) provide both nectar and host plants for several species such as American Lady, Red Admiral, White Peacock and Common Buckeye. Pine

flatwoods here have several species of paw-paw (*Asimina spp*) assuring you of Zebra Swallowtail, a large showy black and white striped butterfly with very long tails.

After visiting these natural areas you will have a better idea of how you can enhance your own yard by planting native plants appropriate to your area. There are over 2,600 species of Florida native plants to choose from. 'Make the Connection' and butterflies will find you.



Zebra Swallowtail



Palamedes Swallowtail

**See you at the Native Plant Sale  
on April 8th**

Estate Antique		Custom Design
Diamonds Gold		Colored Gems
Tahitian, Akoya, and South Sea Pearls		
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## Field Trips by Paul Fellers

### Lakeland Christmas Bird Count

The weather was somewhat less than ideal last December 17<sup>th</sup>, the date of our annual CBC. Bob Snow and I decided to bide our time while the rain came down mid-morning before making the tough hike up Panther Point along Saddle Creek. While enjoying a couple of burgers, we staked out the only spot in the circle where Red-headed Woodpeckers may be seen, and sure enough in the rain we spotted a pair east of the Bartow Hospital, the only ones on the count. Black-bellied Whistling Ducks were cavorting in puddles in the road near the intersection of E. F. Griffin Rd. and Lyle Parkway in Bartow.

For the count, forty participants in 16 parties spent a total of 132 party hours canvassing the countryside within a 15-mile diameter circle in the Lakeland/Winter Haven/Auburndale area. We are most fortunate to have a great cadre of excellent birders volunteering their time to help track bird populations.

Unusual birds that were seen and documented were (in checklist order) Eared Grebe (count week at L. Ariana), Roseate Spoonbill (west shore of L. Parker), Eurasian Wigeon (our 1<sup>st</sup> at a pond north of the county landfill), 220 Black-bellied Whistling Ducks (Bartow), Royal Tern, Lilac-crowned Parrot (Eagle L. and another 1<sup>st</sup>; an escapee), Scissor-tailed Flycatcher (old mining area near the intersection of Rte 33 and I-4), 6 Ruby-throated Hummingbirds (all at Lakeland feeders), Budgerigar (Lakeland feeder), Black-throated Green Warbler (Saddle Creek Park), Song Sparrow (field just south of Eagle L.), White-throated Sparrow (Tenoroc), and 18 House Finches (at S. Lakeland feeder).

Some other good birds were 10 common Loons (L. Arietta), 2 Canvasback ducks, 97 Bald Eagles, a whopping 164 Purple Gallinules (surely tops for the more than 1,500 CBC's), 67 Brown Pelicans (formerly almost totally a coastal bird), 23 Stilt Sandpipers (Circle B Bar Preserve), 4 Baltimore Orioles, and a Painted Bunting (count week).

This was my 31<sup>st</sup> Lakeland count as compiler. Chuck Geanangel did a good job of entering all of the data for National Audubon with my thanks. In

all we logged 138 species and 49,930 individual birds. Lake Region Audubon members and friends should be proud once again for doing excellent and important work, in spite of partial inclement weather.

### Mosaic Phosphates Mines Trip

It was a blustery cool day for the 41 intrepid LRAS birders January 14<sup>th</sup>, '06. However, in spite of the adverse weather, we still managed to observe a respectable 84 species including some very good ones. Beginning at the Mosaic Peace River Park east of Homeland, we cleaned up with an amazing 7 warbler species: Northern Parula, 4 Yellow-rumped, 2 Yellow-throated, 12 Pine, Prairie, 15 Palm and 2 male Black and Whites; plus 4 woodpecker species, 3 Ruby-crowned Kinglets and 3 Blue-headed Vireos, etc.

Elsewhere at the mines birds of note were, in checklist order: 200 American White Pelicans, Brown Pelican, 5 Roseate Spoonbills, 300 Green-winged Teal, 40 Black-bellied Whistling Ducks, 1500 N. Shovelers, 200 American Wigeon, male Redhead, 50 Hooded Mergansers, 6 Bald Eagles (2 on nests), 2 Sharp-shinned Hawks, 6 Black-necked Stilts, 209 American Avocets, 2 Spotted Sandpipers, 4 Western Sandpipers, 10 Stilt Sandpipers, 23 Long-billed Dowitchers, 100 Caspian Terns, Royal Tern, and 2 Great Horned Owls (on nests).

Thanks are due to Diana Yeomans and Mosaic Phosphates for allowing us on their properties, and for providing lunch at the pleasant Ft. Green Mine facility.

### Merritt Island National Wildlife Refuge

Unlike the weather for our trip to the mines, it was a gorgeous day for our February 18<sup>th</sup> trip to the east coast. An early 6 am start allowed us to do it all: the Indian River from the parking area across the bridge at Titusville, Pumphouse Road, Black Point Drive, Haulover Canal, Bio-Lab Road, Playalinda Beach, oak hammock near the Visitor Center, the Visitor Center and finally enjoying a delicious seafood dinner at Dixie Crossroads.

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At the end of the day we had accrued an excellent 91 species, the final one for our car on the way home, a Black-crowned Night Heron near the St. John's River. In checklist order some of the notable species were: 5 Common Loons, 4 Horned Grebes, 40 Northern Gannets (off Playalinda Beach), 3 Reddish Egrets, 28 Roseate Spoonbills, 300 Northern Pintails (a month earlier there were more than 2,000), 150 Green-winged Teal, 2 Canvasbacks, 2 Wilson's Snipe, 150 Dunlin, 150 Short-billed Dowitchers, 8 Stilt Sandpipers, 90 American Avocets, 4 Great Black-backed Gulls, 40 Black Skimmers, 2 Yellow-bellied Sapsuckers, and 30 American Robins (as many as I've seen the whole rest of the winter). It was simply a great day in the field. Our old birding buddy, John Edscorn, would have been proud of such a day.

### Bird I. D. Class '06

February 13<sup>th</sup> marked the date of the last of five 2 ½ hour Monday classes in basic birding with an emphasis on bird identification. Other facets of education included migration, voice, birding hot-spots, relation of birding to ecology, some of the problems affecting birds, longevity, local breeding birds, etc. A total of 280 slides were used for visual aids.

Several class members attended each of the birding field trips. The two biggies were the trip to the phosphate mines on Jan. 14<sup>th</sup> and the trip to Merritt Island on Feb. 18<sup>th</sup> (both trips are described elsewhere in this newsletter). Two trips were made with only class members: the first to Lake Parker Park in Lakeland where we observed an amazing 52 species including a Roseate Spoonbill, 5 Mottled Ducks, 9 Purple Gallinules, Eastern Screech Owl at its nest box, 2 Yellow-bellied Sapsuckers, Ruby-crowned Kinglet, 3 Blue-headed Vireos, Prairie Warbler and male Black and White Warbler, all followed by a nice lunch at Tapatios. The other trip was the 4 ½-mile loop hike at Circle B Bar Reserve in the morning, then back to the Nature Center for

**Remember the Native Plant Sale  
on April 8th, 9 to 1**

pizza and salad lunch and afternoon class. We also observed 52 species on this trip with some of the better birds being 2 Green-backed Herons, 2 Roseate Spoonbills, a whopping 32 Mottled Ducks, 6 Bald Eagles (2 on nests), 1 Red-tailed and 4 Red-shouldered Hawks (all great scope studies), Belted Kingfisher (scope study), Yellow-throated Warbler, and the day's stars 2 Indigo Buntings feeding on newly emerged seeds in a tree top (great scope study).

The final class was designed to be kind of a fun time with a 31-question "final exam" consisting of illustrations, birds on plates, figurines, silhouettes, etc.; then 2 half-hour videos on Loon Country, with the wind-up being a delicious pot-luck. Hope to see some of you folks on the trail.

### A Thank You to the Trust for Public Land

Weren't we fortunate that the Trust for Public Land was around a couple of years ago to secure the option on the special Mac Kay Estate land on Lake Rochelle in Lake Alfred. My family supports, financially and otherwise, both the Trust and a bevy of other similar environmental organizations interested in preserving ecologically important areas. The anti-environmental stance taken by the present administration in Washington is unacceptable and is out of step with most of America. I urge you all to support environmental groups whom you believe may be working to secure a higher quality of life for us all, both for ourselves and for future generations.



## Flutter By, Butterfly

Terri Kowalski

**Flutter by, butterfly**

**I will create a space**

**For you to soar**

**Embracing the freedom the heavens**

**Have in store for you and yours**

**Sweet, colorful nectar I will plant to keep you flying**

**Along with tender, young greens to feed your young**

Are you ready to be fascinated by the beauty and wonder the butterflies will bring into your life rendering you helpless as another butterfly devotee? Plant it and they will come, providing the conditions are right and you have chosen your plants wisely.

Observe your area to see what butterflies are currently visiting. Chances are there are food sources in the area if you notice them flying around. This will get you started on choosing the host plants to feed the young of those butterflies. Butterflies are plant specific meaning their young can only eat the leaves of certain plants. The adult females are attracted to the scent of the chemicals in the plant she will use to lay her eggs on.

Select a sunny location or perhaps two or three small areas that will provide the food source. Incorporate trees, shrubs, flowers, grasses and groundcover to cover all the basics, food, shelter, and space for young. This will also help you to create a layered look, adding dimension to the garden. Larger butterflies generally feed from taller plants while the small butterflies fly closer to the ground looking for food.

One book that I have used as a reference is "Florida Butterfly Gardening" by Marc and Maria Minno. You will find almost everything you need to know about butterflies along with pictures of the butterflies at different stages of their life cycle. If you just begin with native passion vine, you will be feeding the caterpillars of two butterflies, the Gulf fritillary and the Zebra longwing (our state butterfly). Plant some native Milkweed and you can provide food for the queen and Monarch caterpillars. Nectar sources can be native Trailing lantana, Tropical sage, Firebush, Liatris, Paint brush, plus others you can find at a native plant nursery.

**Pesticides:** Discontinue use, if your municipality sprays for mosquitoes ask them not to spray your yard.

**Predators:** Butterflies and their young are food for other insects. This is the natural cycle and butterflies have developed certain defenses to protect themselves.

If you happen to live in Winter Haven, and are providing food for butterflies and other critters, we would like to hear from you. The Winter Haven Wildlife Habitat Team has applied to the The National Wildlife Federation (NWF) to have Winter Haven certified as a Community Wildlife Habitat and we could use your backyard in our count. Just log on to NWF's homepage, click on Your Yard and read about Winter Haven's efforts in March's online newsletter. Apply online, it is that easy.

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**Remember the NatureFaire on April 1st**

cont. from page 6

**I watched the flowers dance as I gazed at the meadow**

**Red, yellow, orange and blue, colors blending into one another**

**As the wind gently blew**

**Then with a wave of my hand the flowers flew away**

**The secret of their flight I only knew**

**And yes, they will come and play with me another day**

**As long as I remain a child at heart,**

**Join me, won't you**

## **Help! Help!! Help!!**

Come and join our group of volunteers at the Nature Center. What do you have to do? Nothing, just open up or lock up and BE THERE!! Due to the three hurricanes and other situations, we are shorthanded. If you would like to volunteer for a morning: 9:00am to noon; OR an afternoon: noon to 3:00 pm; please call **Ann Pinner, phone 956-2374**. Helping out once a month would be GREAT!! The Nature Center is a wonderful place to bring a lunch, friends or grandchildren; read a book or just enjoy the peace and quiet.

## **From the Treasurer**

Being a member of National Audubon means that you are automatically a member of Lake Region Audubon. However, it is only the first year of your membership that contributes to the operation of your local chapter, BUT only under certain circumstances. That is because if you became a member using the application form printed in each of our newsletters (which contains the code E25:7XCH) then and only then National Audubon will send our chapter \$20 for you becoming a member. That amount by the way is 100% of your first year's dues. If you became a member using an application form from any other source, that code would not appear and Lake Region Audubon receives nothing. The same is true if you became a member via the internet. Whether or not we receive any funds, you are still a member of our local chapter. And as such, we incur all the administrative expenses such as the printing and mailing of the newsletters.

This past month our membership grew by twenty (20) new members, not one of whom used our application form. Nonetheless, we are very happy to have each of you as a member and invite you to join us in our weekly birding trips and all the other functions you will find listed in each of our newsletters.

As Treasurer, I am always concerned about the financial condition of Lake Region Audubon. It occurred to me that each of our members have reasons why they joined. They also probably have many friends with similar interests. Therefore, here is my challenge to each member. Cut out the membership application in this issue and hand it to a friend who you believe will join. By doing this, you will be responsible for Lake Region Audubon receiving a \$20 contribution, it will have cost you nothing, and at the same time, you will have opened up a world of new experiences to a friend, not to mention the wonderful Audubon magazine your friend will receive.

Our Membership Chairman is Gary McCoy. He can be contacted at (863) 853-2643, especially if you need more application forms or if you have any questions.

Bill Karnofsky - Treasurer

# **Native Plant Sale** *and* **Flea-Spree Rummage Sale**

**Saturday, April 8**

**9 AM—1 PM**



**Street Audubon Center**

**115 Lameraux Road**

**Off Cypress Gardens  
Road**

**Winter Haven**



**Shop for native plants and learn about gardening to attract butterflies and other wildlife to your yard. Also, shop for some great treasures at the Flea-Spree Rummage Sale.**

### **Free Workshops:**

**9:30 Bill Bissett, a landscape architect and owner of The Natives nursery, will present “Landscaping with Natives for Butterflies and Other Wildlife”.**

**11:00 Ann Yasalonis, Polk County Extension Service, will present a program on “Planting a Butterfly Garden”.**

**100’s of easy to grow native plants will be available. Shop, bring a picnic and enjoy our shady Street Audubon Center.**

**Contact: Carrie Plair at 863-683-8094 for more details.**

**Fund-raiser for Lake Region Audubon Society Programs**

**Sponsored by Lake Region Audubon Society**

## SPRING OBSESSION

A "BIG THANKS" to Betty Ambrose, Bonnie McCrady, Kay Breckinridge and friends: Francis Burlingham and Jane Eskenazi ; who helped with the Lake Region Audubon booth at Spring Obsession. The garden and art event at Munn Park in Lakeland was well attended on March 11, 2006. Our booth sold 194 bird books and most importantly, gave out literature on LRAS, birding, Great Florida Birding Trails, Audubon membership applications, Nature Faire and our Native Plant Sale. We also answered questions about birding, and what we do.

We also wish to thank our own LRAS guys (and gals) who loaded my trunk with those heavy bird books!!

And a very special thanks to the Spring Obsession volunteer who unloaded the car.

It was a fun day for the volunteers and lots of good information was given to lots of people!!!

Ann Pinner



Ann Pinner and Betty Ambrose at the Lake Region table at Spring Obsession March 11th



Carrie Plaire at the Florida Native Plant Society Display

## Nature Faire for Kids

Saturday, April 1

9 AM — 1 PM

Lake Region Audubon Society

Street Audubon Center

115 Lameraux Road

Winter Haven



## Bridgewater (Tenoroc)

A new bird watching spot will be opening this spring and it's just a few miles from downtown Lakeland. The staff of the 1000 acre Bridgewater



addition to the Tenoroc Fish Management Area tell me it should be ready for exploration by late spring or early summer. The entrance is just north of the McIntosh power station on East Lake Parker Drive. Extensive wetland creation, the largest in the history of Lakeland, makes for a variety of habitats which are easily accessible through a network of several miles of good shell roads. Although management of this recreation area is primarily paid for by fishing revenues it will be open to all who pay the three dollar entry fee. Like the rest of Tenoroc, residents 65 and older will not be charged. Those wishing an annual pass need only to buy a \$27.50 Wildlife Management pass. These passes can be obtained at any store where hunting and fishing licenses are sold. Everyone entering the Bridgewater addition, even those not required to pay the \$3 fee, are asked to sign in and out at the Tenoroc Headquarters at 3829 Tenoroc Mine road. The numerous lakes and wetlands on the property will attract a large and varied population of birds and other animals. The official bird list should easily exceed 150 species in a year and the potential for



rarities is excellent. In addition to the lakes and wetlands, many large open fields, some scrub areas and thick oak hammocks abound. For safety, however, the Tenoroc staff requests that birders enjoy the birding along the road at designated birding overlooks. Hopefully, in the near future official trails will be blazed through the property for birders and hikers alike.



Chuck Geanangel, Winter Haven

If you want information about the birdlife of Polk County FL, try [www.polkcountybirds.com](http://www.polkcountybirds.com)

From time to time the Tenoroc Fish Management area east of Lakeland needs volunteers to escort students from the local schools around their nature trails. Teachers and parent chaperones would escort their classes but you would be the leader

and point out some of the natural features, flowers, birds and make sure they return safely to the trail head. Time out would be probably an hour or so and the Tenoroc staff would orient you with respect to the trail. If interested contact Chuck Geanangel 863-326-5748.

## 2005 - 2006 OFFICERS

### Steering Committee:

**Bill Karnofsky 863.324.5282** brkay@juno.com  
**Mae Hartsaw 863.533.6236**  
**Chuck Geanangel 863.326.5748**  
 hoatzin@tampabay.rr.com  
**Carrie Plair 963.683.8094** clplair@msn.com  
**Paul Anderson 863.965.8241** jiandr@aol.com,  
 VP/Programs: Mae Hartsaw 863.533.6236  
 VP/Conservation: Chuck Geanangel 863.326.5748  
 VP/Field Trips: Paul Fellers 863.293.0486  
 VP Membership: Gary McCoy 863.853.2643  
 VP Newsletter: Herman Moulden  
 hmoul@verizon.net  
 Treasurer: Bill Karnofsky 863.324.5282  
 Corresponding Sec: Gina Lucas  
 Recording Sec: Liz Purnell 863.324.3181

### Street Audubon Center Advisory Committee:

Chuck Geanangel, Bill Karnofsky and Paul Anderson

**Board Members:** Charles Geanangel, Mae Hartsaw, William Karnofsky, Carrie Plaie, Paul Anderson, Paul Fellers, Elizabeth Purnell, Janet Anderson, Louise Lang, Marvel Loftus, Gil and Gina Lucas, Ron Butts, Gary McCoy, Herman Moulden, Bob Snow, and Ann Pinner

**Mission Statement: Lake Region Audubon Society, a Chapter of National and Florida Audubon Societies, is dedicated to youth education, conservation, clean air and clean water, preservation of our native flora and fauna, and the promotion of public awareness of the remaining natural beauty of our Florida and our world.**

### Native Plant Sale Fundraiser

April 8, 2006, Saturday, 9:00 - 1:00, Street Audubon Center. Bill Bissett of the Natives Nursery will present a workshop on Florida natives. Florimulch, T-shirts, cold drinks and nature books will be available for purchase. For information call Carrie Plair, 863-683-8094.

### Attention Snowbirds

Our data manager, Lynn Powell, needs your summer address and the dates that you will be there. If she has this info you will get any mailouts this summer. Contact Lynn at 863-687-3813 or lwpowell@earthlink.net.

### MEMBERSHIP APPLICATION

For New Audubon Members Only - Chapter E25:7XCH

Join the National Audubon Society for the special rate of US \$20. That's \$15 off the regular membership dues. This 3-way membership includes the Lake Region Audubon newsletter and magazines of Florida and National Audubon. **Make checks payable to The National Audubon Society, and mail with this form to:**

**Attention Membership**  
**Lake Region Audubon Society**  
**115 Lameraux Road**  
**Winter Haven, FL 33884**



Lake Region  
**Audubon**

Chapter E 25, 7XCH  
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**Injured Birds and Animals, Joan Waters**

Call **Joan Waters, 863.967.3298** anytime for bird and animal rescue. Leave a message and she will return your call.

Visit Joan’s website: [www.woodlandwonders.org](http://www.woodlandwonders.org).

**NatureFaire For Kids**  
**April 1, 2006**  
**Street Audubon Center**

**Feature Photo**



Ron Butts got this photo of a Water Moccasin while on the Mosaic Mines field trip of January 14, 2006.

He used a Panasonic FZ30 digital camera.