MESSAGE FROM THE STATE CHAIRMAN
Eric Rudgers

The holidays are now upon us so let me take this opportunity to wish each and every one of you best wishes. On Thanksgiving, I shared a wonderful meal with family and friends. I hope you did the same. Thanksgiving traditionally is a time to give thanks for the harvest and express gratitude in general. As such, I want to thank all of you for your continued support of DUs conservation mission. Whether your support is by way of attending an annual fundraising event, volunteering your time or giving generously in sponsorship and philanthropy, know that all you do is making a difference. Ducks Unlimited members and volunteers are one of DUs greatest strengths. Few organizations have such a committed and dedicated group of supporters. In part, that’s because DU supporters have a deep and personal understanding of wetlands and waterfowl. For many, it’s a passion rooted in early mornings on the marsh with good friends, good dogs and hopefully a good hunt. It’s a feeling, a tradition, a heritage we all want to preserve, and DU is determined to do that through long-term habitat conservation.

Speaking of traditions, Christmas and Hanukkah will soon be here. Both have had a long and varied history and have been celebrated for centuries by different people, at different times, in different places, and in many different ways. However you celebrate the holidays, keep in mind that across North America, waterfowl are finding fewer places to breed, migrate and winter. Sportsmen are having to hunt for land. In every flyway, at nearly every turn, we're losing wetlands and grasslands at a rampant rate. The good news, however, is that Ducks Unlimited has answers and they are taking action. Their action is directly related to your continued support and contributions.

There is no time more fitting to say THANK YOU, and to wish you a happy holiday season and a new year of health, happiness and prosperity. If you have any feedback or thoughts to share, please contact me at drudgers@frontiernet.net. Thank you again for your DU membership and all you do for the ducks.
DU OFFERS NEW MAGAZINE OPTIONS FOR GREENWINGS

MEMPHIS, Tenn. – Oct. 19, 2009 – Printed copies of *Puddler* magazine will be arriving in the mail soon to the homes of DU Greenwings age 11 and under. A new enhanced, interactive issue of *Puddler* with embedded video clips, audio files and other features will be available on the DU Web site at [www.ducks.org/puddler](http://www.ducks.org/puddler).

In the future, new and renewing Greenwings will have the choice of receiving the print or the online version of *Puddler*, or the Greenwing edition of *Ducks Unlimited* Magazine, with a special section of youth content. DU’s leadership voted to offer Greenwings the new magazine options in September at their fall board meeting.

"This decision will allow Greenwings and their parents to receive their magazine in the format they like best," said *Puddler* Editor-in-Chief Matt Young. "Offering an interactive online magazine as well as print magazines targeted at different reading levels will help keep all of our young readers fully engaged in Ducks Unlimited, wetlands and waterfowl conservation and our waterfowl-hunting traditions."

*Puddler* is published quarterly with winter, spring, summer and fall issues, while the Greenwing version of *Ducks Unlimited* Magazine is delivered bimonthly. Additional youth content, including games and other interactive activities, is available on the Greenwing Web site at [www.greenwing.org](http://www.greenwing.org).

Interested in making a lasting impact? Read more about the Legacy Greenwing program.

The Conservation and The Preservation of Our Environment and of our Waterfowl in California and in America begins in the Education of our Young People.

- Let’s Start Today!
- Give Your Kids "The Puddler"
- Have Fun Learning about the Environment & Waterfowl!
- Teaching Our Children About Conservation
WOMEN FOR WETLANDS WALK IN THE MARSH
By Ann Bakey, California State Ladies Chairman

On Saturday, November 14 the DU Women for Wetlands Network enjoyed a delightful afternoon walking out at Hayward Shoreline. Our host was Ann Graham, naturalist at the Hayward Shoreline Interpretive Center.

The Interpretive Center, our meeting place, was a good first stop for an initial visit. Inside we found photo displays, exhibits, and information on some of the animals and birds found in the wetland areas. We learned that the Shoreline Marsh is made up of five managed ponds and has 15 islands that are utilized by many species of nesting birds. We also learned that water flows through five basins and is controlled by a series of weirs, valves, and channels, and allows for great flexibility in operation, management and biological research.

Ms Graham then took us on the main path toward the bay and out into the marsh. She shared that Shoreline is more than 1600 acres of marsh lands and public walking and biking trails, and is one of the best places in the Bay Area to see a variety of birds, especially in the fall and winter when migrating species flock to the hospitable habitat of the Hayward wetlands.

We saw a mosaic of different landscapes which extend across nearly seven miles of diked trails adjacent to the Bay - unique and diverse with mudflats, existing restored and recovering salt marsh, brackish and fresh water ponds, salt evaporation ponds and adjacent bay waters. The weather was beautiful and clear allowing us to enjoy the walk, native plants, and the many different birds – Mallards, Pintails, Herons, Greenwing Teal, Egrets, Willets, Plovers, Sandpipers – lots to see and hear in the marsh. It was a wonderful afternoon walk!

The East Bay Regional Park District operates 65 parks, covering over 98,000 acres in its two-county jurisdiction, with more than 1,150 miles of trails. These parklands help to ensure preservation of the natural beauty that makes the Bay Area such a desirable place to live. The Park District is currently looking for volunteers for several habitat restoration projects. The projects are short-term and rewarding. If you are interested, visit the volunteer website for more information at http://www.ebparks.org/getinvolved/volunteer/operations.
ARE YOU STRUGGLING TO FIND A UNIQUE GIFT FOR THAT SPECIAL PERSON?

If you are struggling to find a special gift for that special person in your life, the DU Women for Wetlands Network has a solution. Give that special person a gift certificate for a weekend excursion in the wine country – one night stay, two night stay in a lovely inn, lodge, hotel or B&B coupled with a DU Wild Game Preparation and Cooking Demonstration Event, wine tasting, and overview of the Viansa Winery’s coastal wetlands. What a wonderful gift that would make! DU Women for Wetlands Network has planned this unique DU event that you will not want to miss so mark your calendar now for Saturday, May 1, 2010, 11 am to 2 pm and give that special person a gift he/she will never forget.

Join culinary chef Lisa Freeman for a 90 minute wild game preparation and cooking demonstration. Growing up in a family with a love of the outdoors taught Lisa the basics of camp-cooking where she learned to rely on our natural resources for recipe ingredients. Once she was old enough to pursue the great outdoors, Lisa gained the respect of many who historically viewed hunting and fishing as a predominantly male activity. Today, her cooking style reflects her belief that sensational food need not be complex when fresh, quality ingredients are used.

DU WILD GAME PREP AND COOKING DEMO EVENT SATURDAY, MAY 1, 2010, 11 AM TO 2 PM REGISTER ON LINE AT WWW.CA.DUCKS.ORG under local events.

Viansa’s coastal wetlands preserve is a sacred space set aside to protect life that is native to this wonderful land under Viansa’s stewardship. Throughout the year they tend to wetlands restoration and welcome canvasback ducks, great blue herons and other birds migrating along the Pacific Flyway. As many as 10,000 waterfowl have been counted on their coastal wetlands in a single day! Join us for an overview of the Viansa coastal wetlands at this unique DU event.

Sonoma wineries are world renowned for their natural beauty and quality varietals. Viansa is a favorite among the wineries! Whether you are passionate about red wines or find your true pleasure in white wines, Viansa offers award-winning and exclusive wines. Come join us on Saturday, May 1, 2010. Register on line now - don’t wait as space is limited!
WHAT ARE MIGRATORY BIRDS?
Migratory birds are those species that generally migrate south each fall from breeding grounds to their wintering grounds. They may winter in habitats throughout the California, or even farther south into Mexico, Central and South America and the Caribbean. In the spring they return north to their breeding grounds, where they have young and the cycle repeats.

Of the 836 protected migratory bird species, some 59 species are game birds. That is, hunting seasons are, were, or could be developed for them. Here, we are talking about ducks, geese, swan, and various species of doves and snipe. In contrast to the hunted birds, there are 777 species (93 percent) considered nongame birds. They are represented in groups such as marsh and wading birds (6%), birds of prey such as hawks, owls and eagles (9%), shorebirds (10%), sea birds (16 %), and perching birds (59%). This last group makes up the song birds that come to our feeders, and the neotropical migratory birds that usually do not (because they are insect eaters and not seed eaters). We hear much talk about these "neotrops" today. They are the warblers, vireos, flycatchers, hummingbirds, swallows, and others that migrate to wintering grounds south of the United States - in Mexico, South America and Central America, and in the Caribbean.

Some Migration Routes

Many bird populations migrate long distances along a flyway. The most common pattern involves flying north in the spring to breed in the temperate or Arctic summer and returning in the fall to wintering grounds in warmer regions to the south.

The primary advantage of migration is conservation of energy. The longer days of the northern summer provide greater opportunities for breeding birds to feed their young. The extended daylight hours allow diurnal birds to produce larger clutches than those of related non-migratory species that remain in the tropics year round. As the days shorten in autumn, the birds return to warmer regions where the available food supply varies little with the season.

Most migrations begin with the birds starting off in a broad front. In some cases the migration may involve narrow belts of migration that are established as traditional routes termed as flyways. These routes typically follow mountain ranges or coastlines, and may take advantage of updrafts and other wind patterns or avoid geographical barriers such as large stretches of open water. The specific routes may be genetically programmed or learned to varying degrees. The routes taken on forward and return migration are often different.

Many of the larger birds fly in flocks. Flying in flocks helps in reducing the energy needed. Many large birds fly in a V-formation, which helps individuals save 12–20 % of the energy they would need to fly alone.

The altitude at which birds fly during migration varies. An expedition to Mt. Everest found skeletons of Pintail and Black-tailed Godwit at 5000 m (16,400 ft) on the Khumbu Glacier. Bar-headed Geese have been seen flying over the highest peaks of the Himalayas above 8000 m (29000 ft) even when low passes of 3000 m (10000 ft) were nearby. Seabirds fly low over water but gain altitude when crossing land, and the reverse pattern is seen in landbirds. However most bird migration is in the range of 150 m (500 ft) to 600 m (2000 ft). Bird-hit aviation records from the United States show most collisions occur below 600 m (2000 ft) and almost none above 1800 m (6000 ft).
**Pacific Flyway**

The **Pacific Flyway** is a major north-south route of travel for migratory birds in the Americas, extending from Alaska to Patagonia. Every year, migratory birds travel some or all of this distance both in spring and in fall, following food sources, heading to breeding grounds, or traveling to over wintering sites.

Any given bird species travels roughly the same route every year at almost the same time. Ornithologists and bird lovers can often predict to the day when a particular species will show up in their area.

**Notable Locations Along the Pacific Flyway**

Along the Pacific Flyway, there are many key rest stops where birds of many species gather, sometimes in the millions, to feed and regain their strength before continuing. Some species may remain in these rest stops for the entire season, but most stay a few days before moving on. Notable locations include:

- Boundary Bay, British Columbia, has been listed as an Important Bird Area by the Canadian government in recognition of its value to migratory birds.
- Alaksen National Wildlife Area, on Westham Island off Richmond, British Columbia
- Klamath Basin and Tule Lake in Northeastern California
- The Vic Fazio Yolo Wildlife Area in the Yolo Bypass in the California central valley is a protected area along the flyway.
- The Suisun Marsh, next to the exit of the inverted Sacramento-San Joaquin River Delta, hosts many birds and has protected portions.
- The Grasslands in San Joaquin Valley
- The Salton Sea, an inland sea in Southern California.
- The Great Salt Lake, Utah
- San Francisco Bay

**DU Migration Map Tops More Than 1.5 Million Page Views**

MEMPHIS, Tenn., Nov. 2, 2009 – Ducks Unlimited members and waterfowl hunters throughout the U.S. are utilizing DU's **Migration Map** in unprecedented numbers. Surpassing more than 1.5 million page views within the site's first two months is allowing waterfowl hunters to utilize the migration map to improve their success in the field.

"We have created the 'ultimate waterfowl hunter's resource' with **Opening Day-First Flight**," says Anthony Jones, director of Internet services for DU. "The migration map is only successful when hunters post detailed reports of the migration they are personally witnessing while they are in the field. Our numbers are showing that not only are visitors utilizing the map, but the feedback we are getting shows that hunters are using the site's many aspects as tools within every flyway."

Opening Day-First Flight offers constantly changing articles, video, gear features and several interactive maps for waterfowl hunters to utilize throughout the season. It offers everything from state agency sites to get licenses to detailed weather maps in conjunction with the Zip code they plan to waterfowl hunt; it's the most comprehensive waterfowl hunting site on the web.
"We have continually built interactive applications for the site and the Migration Map," Jones says. "With the video contest, member photo application and the constantly updated content, it's not surprising that we have been able to reach 1.5 million page views in the first two months."

Opening Day-First Flight site and DU's Migration Map went live Sept. 1, 2009, and will be live until Jan. 31, 2010. Understanding that waterfowl hunters are the foundation of wetland conservation in North America, DU has worked to help improve waterfowl populations since its inception in 1937. The Opening Day-First Flight site is a testament to the passion waterfowl hunters embody and their commitment to the resource. Visit openingday.ducks.org for the experience.

**2010 DUCKS UNLIMITED WALL CALENDAR**

Get a jump on the gift-giving season with the all-new 2010 DU Wall Calendar! Featuring photos submitted by DU members across the country, the 2010 calendar is packed with beautiful images of waterfowl, wetlands and retrievers for you to enjoy. Each turn of the page will remind you of the important contribution you've made to DU's conservation mission.

Show your support of DU today with your tax-deductible donation of $20 or more. This calendar will make a great gift for friends, family—even yourself! Free shipping. Order by December 4 to guarantee delivery before Christmas.

Order online or toll-free at 1.800.45.DUCKS by Dec. 4 to ensure delivery by Christmas Day!
RECIPE OF THE MONTH - DUCKADILLAS

**Ingredients:**

7.5 Ounce Duck Breast Filet

Spice Rub:
- 1 Tablespoon Ground Chilies
- 1 Tablespoon Ground Cumin
- 1 Teaspoon Salt
- 1/2 Teaspoon Pepper
- 1 Teaspoon Paprika
- 1 Teaspoon Garlic Powder

Cranberry-Jalapeno Sauce:
- 1 Teaspoon Mustard Seeds, roasted, crushed
- 1 Teaspoon Cumin Seeds, toasted, crushed
- 1 Shallot, minced

2 Jalapeno Peppers, seeded & minced
1/2 Cup Oil-Packed Sun Dried Tomatoes, diced
1 Cup Dried Cranberries
1/2 Cup Dry Red Wine

8 Extra Large Flour Tortillas (plain)
1 Avocado, cut in 16 slices
1 Cup Shredded Pepper Jack Cheese
1 Cup Shredded Queso Blanco

**Directions:**

1. Remove skin from duck and cut breast in half.

2. Combine all spice rub ingredients.

3. Blend two tablespoons oil into the spice rub and rub all over both sides of duck. Set aside.

4. Heat large cast iron skillet or grill pan over medium high heat until very hot. Rub with oil (use a paper towel). Sear duck breast on both sides, then lower heat slightly and continue to cook for total cooking time of 8 - 10 minutes. Remove duck to plate and let stand for five minutes. Keep grill pan hot.

5. Make cranberry-jalapeno Sauce. Start by soaking dried cranberries in red wine until the cranberries are plump. Add mustard seeds, cumin, shallot, jalapenos, and sun dried tomatoes to plumped cranberries. Mix well.

6. Thinly slice duck, divide into portions and place on one side of each tortilla. Top with cranberry-jalapeno relish, then avocado, then cheese.

7. Fold tortillas in half and grill, turning once on hot grill, until cheese is melted. (Add more oil to grill if necessary.) Serve as two main course portions for four people or cut into wedges for appetizers for eight.

Serving Size: 8 Servings

Recipe and photo provided by Maple Leaf Farms; published with permission.
EDITORS NOTE

Whether you are a longtime DU supporter, or a first time member, the News from the Nest is YOUR California DU newsletter. For any inspiring writers and photographers, what makes the News from the Nest truly ours are stories and photos by California DU members. Please take the time and send me a story or photos of your events, members, conservation projects, Greenwing activities, trips, or whatever you feel is important to share.

It is my goal to provide articles relating to national and local conservation news, events, outdoor adventures, hunting, regulations, and much more. With your help, we can make News from the Nest a publication that we all look forward to reading.

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