

# Sisters Country birds

By Douglas Beall  
Correspondent

Orange-crowned warblers (*Oreothlypis celata*) are beginning to arrive and their trill can be heard in the underbrush along streams and lakes.

One of the plainest of warblers, the orange feathers on its head are almost never visible. This species is also among the most hardy. They are usually seen singly, sometimes loosely associated with flocks of other birds. In all seasons they tend to stay fairly low, in bushes or small trees, flicking their tails frequently as they search among the foliage for insects.

Males arrive on breeding grounds before females, and establish territory by singing from medium-high branches. Typically males return to territories defended the previous year.

Nest sites are protected from above by overhanging vegetation, usually on the ground in small depressions or on steep banks.

Females lay four or five, white or creamy eggs with reddish-brown speckles. Females incubate for 11 to 13 days. Young are fed by both parents, but brooded only by the female, and leave the nest in 10 to 13 days when they still fly poorly. Both parents feed the young for at least a few days after they leave the nest.

This particular orange-crowned is showing more orange than I have ever seen. A group of warblers has many collective nouns, including a bouquet, confusion, fall, and wrench of warblers.

For more orange-crowned warbler photos visit <http://abirdsingsbecauseithasasong.com/recent-journeys>.



PHOTO BY DOUGLAS BEALL

Orange-crowned warbler, showing an exceptional amount of his namesake color.



PHOTO PROVIDED

Laird Superfood of Sisters dropped off its first round of supplies to St. Charles Health System's Bend hospital last Thursday.

## INSPIRE: Operation Inspire has come together to meet needs

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2,000 masks.

In addition, Laird Superfood — which specializes in all-natural performance-enhancing food products — also donated their Instafuel and coconut water hydration products to the emergency room staff at the hospital. The first round of donations was delivered last Thursday.

Operation Inspire was underway.

"It just kind of grew from there," Fisher said. "It got traction."

Fisher has set up a hotline at his business (541-312-9176) where businesses or individuals interested in contributing to the operation can be connected with recipients.

"If they call, I can pretty much send them in the right

direction immediately," Fisher said.

He noted that he has been in close communication with St. Charles CEO Joe Sluka; Joe Marchiando, senior vice president of improvement and strategy at St. Charles; and St. Charles public information officer Lisa Goodman.

Fisher also noted that one key need is for individuals to volunteer to cut out materials for masks to the specs provided by St. Charles, "which is a time-consuming part of the manufacturing process."

Those willing to take on that task should contact Fisher through the hotline.

Pham noted that EDCO representatives Capi Lewis and Elise Rossman have been key players in connecting businesses with community needs.

"They are working with

a lot of local businesses who have pivoted their businesses to help meet these needs," Pham said.

He said that he "can't say enough about EDCO" and their "effort to keep this community together and helping businesses just stay alive."



Operation Inspire is providing supplies and protective masks to frontline medical personnel during the COVID-19 crisis.

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