



Show Your Birds Some Love

Make March Less Stressful for Birds

Simply put, March can be a very difficult month for your birds.

Birds' natural food supply is at its lowest point of the year. Insect populations are still low, and the few remaining wild fruits, berries, seeds and nuts are either hidden or undesirable. Unpredictable weather doesn't make life any easier. Sunny, warm, spring-like days can turn into cold, damp conditions that challenge birds' survival skills. And to make matters worse, this is all happening as some birds prepare for nesting season.

However, these various challenges provide you with a wonderful opportunity to help your birds.

Offer your birds lots of high-energy foods, such as peanuts and suet. Loaded with fat and protein, these are beneficial substitutes for the scarce insects many birds would eat if they could find them.

Counteract the lack of natural insects by offering protein-rich mealworms. They're eaten by numerous bird species and can be a lifesaver during a sudden cold snap.

Birds build open-cup shaped nests in

trees or on the ground, or they nest in cavities (or holes) in trees. By placing nesting materials and installing bird houses around your backyard, you can entice a variety of different birds. Bird houses can make your birds' lives a little easier. After all, they have already expended a lot of energy establishing territories, courting and looking for scarce food.

Stop by this month. From high-fat, high-protein food to quality nesting boxes, we have everything you need to help your birds be less stressed this month.

Mike and Cecil and Staff

**CHECK OUT OUR
NEW WEBSITE!**
www.wbupleasanthill.com
**Revised features
including more bird
information and
fun facts.**

House For Rent!

Nesting season has already begun in Northern California. Chickadees and Titmice are in full courtship now, but it's not too late to put out a nest box. Other local birds that will readily use one include: woodpeckers, nuthatches, bluebirds, wrens, swallows, flycatchers and more. One of the neatest things to see is parents bringing young to the feeders and teaching them to feed. The young shake their wings and scream at their parent "feed me, feed me".

To help birds in the nesting season, provide nesting material which we have available. Birds need calcium to make thicker egg shells and stronger bones. Offer extra calcium with Calcium Care and Naturally Nuts Suits.



Be sure to ask for your free handout on Bird Houses

Vortex Diamondback Binoculars

(from Eagle Optics)

Using phase-corrected prisms and multi-coated lenses, the images are crisp and clear.

Diamondbacks are waterproof, will close focus to 4.5 feet and are reasonably priced. This excellent binocular is available in 8x42 and 10x42. From \$219.99



Introducing Food for Exotic Birds

With the closing and moving of many stores that supplied food for caged and exotic birds, we have received many, many requests to carry this food. WBU has brought in seed for canaries, parrots, cockatiels and more. We even have Harrisons, a very high grade of organic food. We will be expanding our selection and will also bring in some bird toys. Come in and check us out!



Coupon
Food for Exotic (caged) Birds
20% OFF one item

Cannot be combined with other offers or discounts.
Offer expires 3/31/2010

March Activities at WBU

Saturday, March 13, 10 am Workshop Western Bluebirds

Join Georgette Howington, Contra Costa Coordinator, California Bluebird Recovery Program in a discussion on Western Bluebirds. Find out how they nest and raise their young. (Now is the time to set out your North American Bluebird Society approved nest boxes to attract Western bluebirds.) Learn about the Bluebird Trails of Contra Costa. RSVP (925) 798-0303



Saturday, March 27, 10 am Workshop Birdscaping Your Garden

Join WBU's Plant Lady, Yvonne Breukers, for an informative workshop on Birdscape Gardening. Learn how to assess your garden through habitat lenses. Just what might you tweak to make your yard more inviting to birds? Bird friendly plant samples and lists will be available. Use of water will be also discussed. It is amazing what a difference a few small additions to your yard will do! RSVP (925) 798-0303.



"A Fun Walk on the Wild Side." Saturday, March 27



Join WBU's Michael Marchiano for a leisurely nature walk in Briones Park on March 21st. Check out the wildflowers and lizards on the hillsides and look for signs of spring in the California woodlands. Bring binoculars, water, a snack, and your curiosity. Leaves WBU at 8:30 am, returns by noon. RSVP to 925-798-0303.

March Nature Happenings

- March 1 – 31: Project FeederWatch continues
- March 14: Daylight Savings Time – "spring forward"
- March 15: New Moon, March 29: Full Moon
- March 20: Vernal Equinox – almost equal amounts of day and night
- Milkmaids, Buttercups, Bush Lupine, Golden Poppy, Miner's Lettuce, Wild Cucumber and many other wildflowers are in bloom.
- California Buckeyes bloom this month.
- House Wren, Warbling Vireo and Yellow Warblers return this month.
- American Pipits and Cedar Waxwings, our winter residents, depart for their breeding territories.
- Barn and Cliff Swallows return by mid-month.
- About 15% to 20% of our rain falls in March.
- Peak of spring waterfowl migration
- Bald Eagles and Screech Owls are sitting on their eggs.
- Bluebirds begin nesting by the end of the month. Be sure to have their nesting boxes ready.
- Goldfinches begin to molt into their brilliant yellow plumage.

For more educational information, check out www.wbu.com/city.

For fun activities for kids, visit our Pathways To Nature for Kids site: www.pathwaysforkids.com.



SPRING AHEAD!

\$5 OFF
A NON-BIRDFOOD PURCHASE
OF \$30.00 OR MORE

Cannot be used in conjunction with other WBU offers. Excludes birdfood, gift cards, Daily Savings Club ® memberships or previous purchases. Offer valid through 03/21/10. Limit of one coupon per household per day.

Mike's Ramblings

For those of you who read our emails, you will be familiar with "Mike's Ramblings", the section where I touch on various topics, usually associated with bird feeding, bird watching and nature. To sign up to receive our emails go to our website, wbupleasanthill.com. You will also receive an email coupon for 5 lbs. of birdseed!



We had a Steller's Jay taking nuts one morning. What a magnificent bird (pictured). It seemed to prefer the peanuts to the almonds. I wonder why? It would daintily take one at a time and fly off, then return for more. The Scrub-jay would fly in and take 5-7 at a time. What a pig!

A male Allen's Hummingbird showed up at our house. The first of the season, probably just migrating through. Watch for them and for the Rufous Hummingbirds. They migrate through our area in the Spring. Most of the Rufous continue north. Some of the Allen's will nest locally. Our year round resident, Anna's, has already nested. They will nest again later this year.

Paste this address into your browser to see a neat Barn Owl nesting cam: http://www.starr ranch.org/blog/?page_id=2
This is from Audubon's Starr Ranch.



We survived 3 gift shows in 8 days traveling 1100 miles. Books on cd's are great. We learned about Abe Lincoln and the Civil War. We found some really great stuff at the shows. Many ladies are already enjoying the Peruvian earrings and all of the things in Cecil's Bling case. We found tasty new food sources, bird baths, cat statues, feeders, clocks, new soaps and more. Watch for their arrival in your favorite store.

Happy birding

Bird Name Jumble

Can you unscramble the letters to make the name of a native bird?

EIEUENLDSBBWRRT (2 WORDS)

Bring in your answer to receive a free birdseed gift!
(Last month's Jumble was Great Horned Owl)



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Visit our online store:
www.wbupleasanthill.com

Store Hours
Mon-Fri: 10am-6pm
Sat: 9:30am-5pm
Sun: 11am-5pm

692 Contra Costa Blvd.
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(925) 798-0303
wbuphca@sbcglobal.net



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Offers ends 3/21/10. Cannot be combined with any other discounts or offers. Does not apply to previous purchases.