



# Weekender

Weekender

June 18, 2010

## DEDICATION CEREMONY

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Monday, June 14, 2010 a group of seventy-five gathered at the 306th Bridge site for the dedication of the "Surfside Veteran's Park". All of the hard work of the volunteers and staff culminated in a moving flag raising ceremony and song.

Pastor Marty Cole of the Ocean Park Community Church gave the invocation and benediction. The presentation of colors was performed by Boy Scout Troop 28 and Cub Scout Pack 29. Celsa Johnson and Blake Kukula played and sang "America" (My County, Tis of Thee) and "America The Beautiful".

George Miller, whose dream was fulfilled with the dedication of the lovely area, gave the opening and closing remarks.

Refreshments were served by members of the Community Relations Committee,.



Be sure and visit our web site  
at  
<http://www.surfsideonline.org/>

## DEDICATION COLLAGE



## ANNUAL FLUSHING TO RESUME

Starting June 14th the water department will resume the annual flushing. If you notice water running in your street try to refrain from using water. If you notice discoloration of your water after the flushing, run your sprinklers for about fifteen minutes.

We apologize for any inconvenience

**TENTATIVE AGENDA  
Regular Board Meeting  
June 19, 2010 – 9:00 a.m.  
Surfside Homeowners Association**

Note: The Board Room will open at 8:00 am to allow time for Board members to review and discuss agenda items and materials among themselves as needed prior to the start of the meeting.

Call to Order - Regular Board Meeting – Williams (Board Vice President)

Safety in the Workplace – Williams

Floor Comments (20 Minutes)

Adopt June 19, 2010 Regular Meeting Agenda – Williams\*

Approval of Minutes of the May 15, 2010 Regular Board Meeting– Williams\*

Old Business

Introduction of Board Candidates (Richmond) (NOTE: “MEET THE CANDIDATES” event following the Regular Meeting)

Update on 2010 Board Goals (Robinson)

Update on flag/veteran plaque dedication ceremony (Miller)

New Business

Presentation of DRAFT 2009 Audit Report and Financial Statement (Lanzarotta)

Communications

Incoming Correspondence

Outgoing Correspondence

Meetings & Contacts

Staff & Committee Reports\*

Comments (10 minutes)

Recess to Closed Session on Personnel, Legal, & Contract Issues or Employee Matters (If necessary)

Reconvene to Open Session for Action Items (If necessary)

Floor Topics for the Good of the Order

Adjourn\*

**\* Requires Board Action**

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## GENESIS singers in concert JUNE 29, 7:00 pm OCEAN PARK LUTHERAN

Genesis is a musical ministry for High School youth around the community of Gresham and Portland, Oregon. Begun 26 years ago, when Jerry Furgurson was pastor and tour leader, most of the students in Genesis are from Trinity Lutheran Church in Gresham, but we also have students who come from other traditions. Through the media of music, drama, and dance, we proclaim the good news of Christ Jesus. With determination, hard work and prayer, we share this ministry to a variety of settings and people of all ages. Over the years, we have performed in churches, schools, universities, nursing homes and camps up and down the West Coast of the United States and Canada, and in Idaho and Nevada.

We have two messages to share as we perform:

- 1) the good news of the Gospel;
- 2) contrary to what people may hear in the media, high school students are generous, responsible and loving.



## BE KIND TO YOUR NEIGHBOR DON'T FEED THE WILDLIFE!

We are so fortunate in Surfside to have a variety of wildlife to observe, but feeding the wildlife is not good for them, and encourages bad behavior.

We have had several reports of damage from raccoons, and bear. Feeding these animals makes them less wary, and could endanger them.

Remember when feeding house pets outside to pick up the food when your pets have finished.

Hang birdfeeders at a height that is not readily accessible to the bears!

Keep your household garbage in containers that prevents animals from being able to access them.

# Hummingbird



**Hummingbirds** are birds comprising the family **Trochilidae**. They are among the smallest of birds, and include the smallest extant bird species, the Bee Hummingbirds. They can hover in mid-air by rapidly flapping their wings 12–90 times per second (depending on the species). They can also fly backwards, and are the only group of birds able to do so. Their English name derives from the characteristic hum made by their rapid wing beats. They can fly at speeds exceeding 15 m/s (54 km/h, 34 mi/h).

## Diet

Hummingbirds drink nectar, a sweet liquid inside flowers. Like bees, they are able to assess the amount of sugar in the nectar they eat; they reject flower types that produce nectar that is less than 10% sugar and prefer those whose sugar content is stronger. Nectar is a poor source of nutrients, so hummingbirds meet their needs for protein, amino acids, vitamins, minerals, etc. by preying on insects and spiders, especially when feeding young.

Most hummingbirds have bills that are long and straight or nearly so, but in some species the bill shape is adapted for specialized feeding. Thornbills have short, sharp bills adapted for feeding from flowers with short corollas and piercing the bases of longer ones. The Sicklebills' extremely decurved bills are adapted to extracting nectar from the curved corollas of flowers in the family Gesneriaceae. The bill of the Fiery-tailed Aowlbill has an up-turned tip, as in the Avocets. The male Tooth-billed Hummingbird has barracuda-like spikes at the tip of its long, straight bill.

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## HUMINGBIRD

### DIET CONT.:



Green Violetear at a flower.

The two halves of a hummingbird's bill have a pronounced overlap, with the lower half (mandible) fitting tightly inside the upper half (maxilla). When hummingbirds feed on nectar, the bill is usually only opened slightly, allowing the tongue to dart out and into the interior of flowers.

Like the similar nectar-feeding sunbirds and unlike other birds, hummingbirds drink by using protrusible grooved or trough-like tongues. Hummingbirds do not spend all day flying, as the energy cost would be prohibitive; the majority of their activity consists simply of sitting or perching. Hummingbirds feed in many small meals, consuming many small invertebrates and up to five times their own body weight in nectar each day. They spend an average of 10–15% of their time feeding and 75–80% sitting and digesting.

### Feeders and artificial nectar



Hummingbirds will either hover or perch to feed; red feeders are preferred, but colored liquid is not necessary and may be hazardous to their health.

Hummingbirds will also take sugar-water from bird feeders. Such feeders allow people to observe and enjoy hummingbirds up close while providing the birds with a reliable source of energy, especially when flower blossoms are less abundant.

Only white granulated sugar is proven safe to use in hummingbird feeders. A ratio of 1 cup sugar to 4 cups water is a common recipe. Boiling and then cooling this mixture before use has been recommended to help deter the growth of bacteria and yeasts. Powdered sugars contain corn starch as an anti-caking agent; this additive can contribute to premature fermentation of the solution. Brown, turbinado, and "raw" sugars contain iron, which can be deadly to hummingbirds if consumed over long periods. Honey is made by bees from the nectar of flowers, but it contains sugars that are less palatable to hummingbirds and promotes the growth of microorganisms that may be dangerous to their health.

Red food dye is often added to homemade solutions. Commercial products sold as "instant nectar" or "hummingbird food" may also contain preservatives and/or artificial flavors as well as dyes. The long-term effects of these additives on hummingbirds have not been studied, but studies on laboratory animals indicate the potential to cause disease and premature mortality at high consumption rates. Although some commercial products contain small amounts of nutritional additives, hummingbirds obtain all necessary nutrients from the insects they eat. This renders the added nutrients unnecessary.

Other animals also visit hummingbird feeders. Bees, wasps, and ants are attracted to the sugar-water and may crawl into the feeder, where they may become trapped and drown. Orioles, woodpeckers, bananaquits, and other larger animals are known to drink from hummingbird feeders, sometimes tipping them and draining the liquid. In the southwestern United States, two species of nectar-drinking bats (Leptonycteris yerbabuenae and Choeronycteris mexicana) visit hummingbird feeders to supplement their natural diet of nectar and pollen from saguaro cacti and agaves.

## HUMINGBIRD

### DIET CONT.:

#### .Co-evolution with ornithophilous flowers

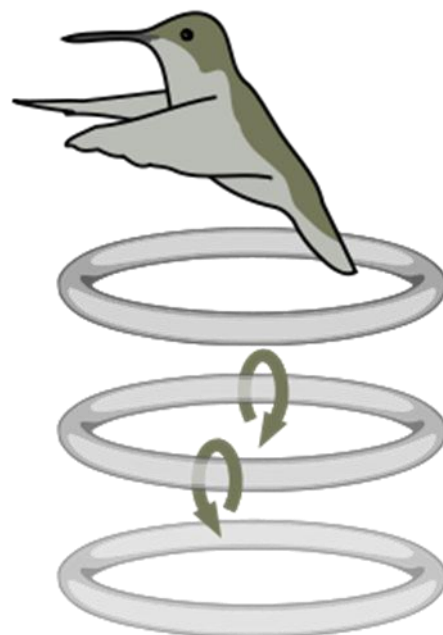
Hummingbirds are specialized nectarivores and are tied to the ornithophilous flowers they feed upon. Some species, especially those with unusual bill shapes such as the Sword-billed Hummingbird and the sicklebills, are co-evolved with a small number of flower species.

Many plants pollinated by hummingbirds produce flowers in shades of red, orange, and bright pink, though the birds will take nectar from flowers of many colors. Hummingbirds can see wave lengths into the near-ultraviolet, but their flowers do not reflect these wavelengths as many insect-pollinated flowers do. This narrow color spectrum may render hummingbird-pollinated flowers relatively inconspicuous to most insects, thereby reducing nectar robbing. Hummingbird-pollinated flowers also produce relatively weak nectar (averaging 25% sugars w/w) containing high concentrations of sucrose, whereas insect-pollinated flowers typically produce more concentrated nectars dominated by fructose and glucose.

### Aerodynamics of flight



A hummingbird feeding in mid-air



A trail of wake vortices generated by a hummingbird's flight. Discovered after training a bird to fly through a cloud of neutrally buoyant helium-filled soap bubbles and recording airflows in the wake with stereo photography

## Aerodynamics of flight Cont.:

Hummingbird flight has been studied intensively from an aerodynamic perspective using wind tunnels and high-speed video cameras.

Writing in *Nature*, the biomechanist Douglas Warrick and coworkers studied the Rufous Hummingbird, *Selasphorus rufus*, in a wind tunnel using particle image velocimetry techniques and investigated the lift generated on the bird's upstroke and downstroke. They concluded that their subjects produced 75% of their weight support during the downstroke and 25% during the upstroke. Many earlier studies had assumed (implicitly or explicitly) that lift was generated equally during the two phases of the wingbeat cycle, as is the case of insects of a similar size. This finding shows that hummingbirds' hovering is similar to, but distinct from, that of hovering insects such as the hawk moths. The Giant Hummingbird's wings beat at 8–10 beats per second, the wings of medium-sized hummingbirds beat about 20–25 beats per second and the smallest can reach 100 beats per second during courtship displays.



Anna's Hummingbird, *Calypte anna* performs personal grooming

## Metabolism

With the exception of insects, hummingbirds while in flight have the highest metabolism of all animals, a necessity in order to support the rapid beating of their wings. Their heart rate can reach as high as 1,260 beats per minute, a rate once measured in a Blue-throated Hummingbird. They also consume more than their own weight in nectar each day, and to do so they must visit hundreds of flowers daily. Hummingbirds are continuously hours away from starving to death, and are able to store just enough energy to survive overnight. Hummingbirds are capable of slowing down their metabolism at night, or any other time food is not readily available. They enter a hibernation-like state known as torpor. During torpor, the heart rate and rate of breathing are both slowed dramatically (the heart rate to roughly 50–180 beats per minute), reducing the need for food.

The dynamic range of metabolic rates in hummingbirds requires a corresponding dynamic range in kidney function. The glomerulus is a cluster of capillaries in the nephrons of the kidney that removes certain substances from the blood, like a filtration mechanism. The rate at which blood is processed is called the glomerular filtration rate (GFR). Most often these fluids are reabsorbed by the kidneys. During torpor, to prevent dehydration, the GFR slows, preserving necessities for the body such as glucose, water and salts. GFR also slows when a bird is undergoing water deprivation. The interruption of GFR is a survival and physiological mechanism unique to hummingbirds.

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# HUMMINGBIRD

## Lifespan

Hummingbirds have long lifespans for organisms with such rapid metabolisms. Though many die during their first year of life, especially in the vulnerable period between hatching and leaving the nest (fledging), those that survive may live a decade or more. Among the better-known North American species, the average lifespan is 3 to 5 years. By comparison, the smaller shrews, among the smallest of all mammals, seldom live more than 2 years. The longest recorded lifespan in the wild is that of a female Broad-tailed Hummingbird that was banded (ringed) as an adult at least one year old then recaptured 11 years later, making her at least 12 years old. Other longevity records for banded hummingbirds include an estimated minimum age of 10 years 1 month for a female Black-chinned similar in size to Broad-tailed, and at least 11 years 2 months for a much larger Buff-bellied Hummingbird.

## Range

Hummingbirds are restricted to the Americas, from southern Alaska to Tierra del Fuego, including the Caribbean. The majority of species occur in tropical and subtropical Central and South America, but several species also breed in temperate climates and some hillstars even occur in alpine Andean highlands at altitudes of up to 5,200 meters (17,100 ft). The greatest species richness is in humid tropical and subtropical forests of the northern Andes and adjacent foothills, but the number of species found in the Atlantic Forest, Central America or southern Mexico also far exceeds the number found in southern South America, the Caribbean islands, the United States and Canada. While less than 25 different species of hummingbirds have been recorded from the United States and less than 10 from Canada and Chile each, Colombia alone has more than 160 and the comparably tiny Ecuador has about 130 species.

Only the migratory Ruby-throated Hummingbird breeds in continental North America east of the Mississippi River and Great Lakes. The Black-chinned Hummingbird, its close relative and another migrant, is the most widespread and common species in the western United States, while the Rufous Hummingbird is the most widespread species in western Canada.

Most hummingbirds of the U.S. and Canada migrate south in fall to spend the winter in northern Mexico or Central America. A few southern South American species also move to the tropics in the southern winter. A few species are year-round residents in the warmer coastal and interior desert regions. Among these is Anna's Hummingbird, a common resident from southern California inland to southern Arizona and north to southwestern British Columbia.

The Rufous Hummingbird is one of several species that breed in western North America and are wintering in increasing numbers in the southeastern United States, rather than in tropical Mexico. Thanks in part to artificial feeders and winter-blooming gardens, hummingbirds formerly considered doomed by faulty navigational instincts are surviving northern winters and even returning to the same gardens year after year. Individuals that survive winters in the north, however, may have altered internal navigation instincts that could be passed on to their offspring. The Rufous Hummingbird nests farther north than any other species and must tolerate temperatures below freezing on its breeding grounds. This cold hardiness enables it to survive temperatures well below freezing, provided that adequate shelter and feeders are available.

## Reproduction

As far as is known, male hummingbirds do not take part in nesting. Most species build a cup-shaped nest on the branch of a tree or shrub, though a few tropical species normally attach their nests to leaves. The nest varies in size relative to species, from smaller than half of a walnut shell to several centimeters in diameter. In many hummingbird species, spider silk is used to bind the nest material together and secure the structure to its support. The unique properties of silk allow the nest to expand with the growing young. Two white eggs are laid, which, despite being the smallest of all bird eggs, are in fact large relative to the hummingbird's adult size. Incubation lasts 15 to 19 days, depending on species, ambient temperature, and female attentiveness to the nest. Their mother feeds the nestlings on small arthropods and nectar by inserting her bill into the open mouth of a nestling and regurgitating the food into its crop.



## HUMMINGBIRD CONT.:

### In myth and culture

Aztecs wore hummingbird talismans, the talismans being representations as well as actual hummingbird fetishes formed from parts of real hummingbirds: emblematic for their vigor, energy, and propensity to do work along with their sharp beaks that mimic instruments of weaponry, bloodletting, penetration, and intimacy. Hummingbird talismans were prized as drawing sexual potency, energy, vigor, and skill at arms and warfare to the wearer.



Aerial photograph of hummingbird image as part of Nazca Lines in Peru

- The Aztec god Huitzilopochtli is often depicted as a hummingbird. The Nahuatl word *huitzil* (hummingbird) is an onomatopoeic word derived from the sounds of the hummingbird's wing-beats and zooming flight.
- One of the Nazca Lines, depicts a hummingbird.
- The Ohlone tells the story of how Hummingbird brought fire to the world.

Trinidad and Tobago is known as "The land of the hummingbird," and a hummingbird can be seen on that nation's coat of arms and 1-cent coin as well as its national airline, Caribbean Airlines.

### Gallery



Magnificent Hummingbird



A hovering Rufous Hummingbird



two males fighting



A male Costa's Hummingbird



Hummingbird and honey bee to compare the sizes



hummingbird among flowers



## GARLIC FESTIVAL

The Annual Ocean Park Garlic Festival is scheduled for Saturday and Sunday, June 19 and 20th. Ocean Park Chamber of Commerce is asking for help from our home owners membership to direct parking, give information, etc. This is such a fun and funky festival..please call the Chamber in Ocean Park to offer you services! (360) 665-4448



## 4th of JULY PARADE FLOAT

We are still signing up Veterans to participate in the parade in Ocean Park on Sunday, July 4th. We hope you will join us in an ongoing tribute to our veterans, and service personnel. For more information, please contact Valerie Harrison [vbearhome@yahoo.com](mailto:vbearhome@yahoo.com) or Sara in the office [sara@surfsideonline.org](mailto:sara@surfsideonline.org)

## OTHER NEWS

1. Board Meeting Saturday, June 19, 2010 9:00 am at the Business office/Board Room
2. Annual Membership Meeting coming up July 10, 2010—10:00 AM at the Ocean Park School.
3. Annual Membership Picnic following annual meeting July 10th at approximately 1:00 PM at the Surfside Business Office. **Please plan on attending and bring a dessert to share.**

## LOST AND FOUND

Are you missing a rubber raft?

Call the office and identify!

(360)665-4171

# JUNE 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Architectural Meeting 9:00 am	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b> Architectural Meeting 9:00 am 1:00 pm Community Relations Committee Meeting 6:30 Bunco	<b>9</b> 10:00 am. Prep for mailing Newsletter	<b>10</b> RV Committee Meet- ing 9:00 am	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>  Flag Dedication Ceremony 11:00 am 306th Bridge Site	<b>15</b> Architectural Meeting 9:00 am	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> Board Meeting 9:00 am
<b>20</b>	<b>21</b>	<b>22</b> Architectural Meeting 9:00 am Float meeting 1:00 pm	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b> Architectural Meeting 9:00 am	<b>30</b>			