

## SURVIVAL TIPS FOR BIRDERS AT SEA

by Paula Butler, Belmont

### CLOTHING

The "layered look" may be fashionable in Vogue, but it is essential for the comfort of the birder at sea. It may be a hot, calm, August day in Rockport Harbor, but a few miles out, a cold wind can pick up and the water can get choppy. Long pants, rubber soled shoes are basic. A light shirt, light sweater, heavy sweater, windbreaker, waterproof jacket and possibly a hat should be taken along. Better to look like an overstuffed penguin than spend your day shivering. And speaking of shivering, in winter months add "long johns", heavy boots, wool socks, water and wind proof gloves, a warm hat and water-proof pants and jacket. Face masks are a practical item, also. Don't forget lotion for sun and wind burn and a box of tissues either!

### MAL DE MER

So you never get seasick? Such boasts are fool hardy. Several birders I know can testify to that. Dramamine before sailing can save you many hours at the rail and spare others from a similar fate. Mal de mer can be quite contagious!

### FOOD

Most birders I know eat constantly while practicing their craft. Korn Kurls, chips, Crunchies, donuts, candy bars and too much coffee are not good stomach stabilizers. Meat and cheese sandwiches travel well. So do apples, pears, grapes, pickles, hard-boiled eggs, cheddar cheese, celery and carrot sticks. Hot soup or bouillon makes a refreshing substitute for coffee. From experience, the poorest choice of sandwich is egg salad on soft white bread. With all the gear that is carried and the lack of storage and seating space in the cabin, salad sandwiches fare badly and are most unappetizing after being sat upon. Also, it is a good idea to take a little extra lunch as someone usually forgets his/her lunch.

## LET'S GO TO SEA

BY HERMAN D'ENTREMONT, NEWTON CENTER

One of the things I like about living in eastern Massachusetts is the proximity of the sea. Each year we enjoy a migrational parade of shorebirds, sea ducks and pelagics, which roughly extends from May through November. Perhaps one of the real highlights comes with a Nor'easter in September. When pelagic birds are blown toward shore, one can conjure up visions of the rarities beyond visibility! Are the birds only there during storms? The answer is no. To see them, however, the best approach is to take to the sea in ships.

Appended is a table of pelagic birds seen on sea trips during the last twenty-five years in Massachusetts and adjacent New Hampshire waters. While by no means a complete list of boat trips or species observed, it does provide a good variety of pelagic bird records. Wo why not join the Brookline Bird Club on one of its sea trips? Not only can you see pelagic birds to best advantage, but also the possibility exists of observing whales, dolphins and other interesting marine species.

The information for the chart was gathered from the data of the Brookline Bird Club, the late Ludlow Griscom, the Audubon Society of New Hampshire and the Massachusetts Audubon Society. Special thanks go to Mrs. Richard Barnett, BBC statistician; the Peabody Museum of Salem for access to Ludlow Griscom's records; and Betty Phinney for access to New Hampshire Audubon records. Massachusetts Audubon Society records were taken from the Records of New England Birds.