


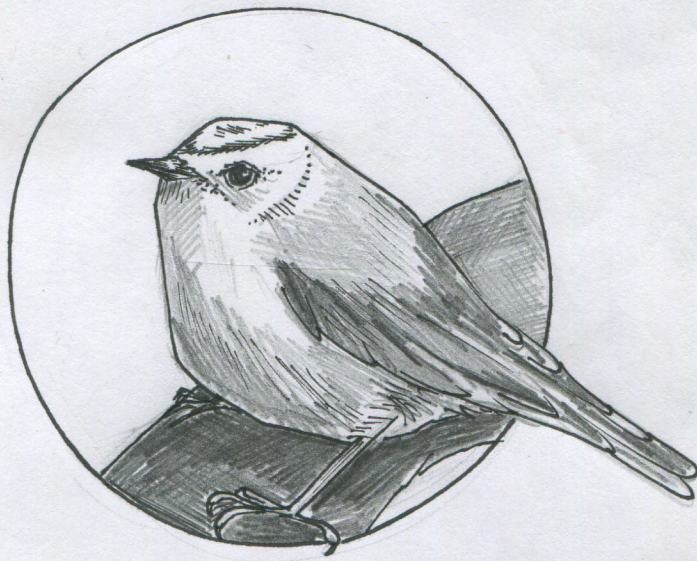
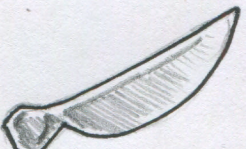
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ADDIE WILSRUD



# FIELD JOURNAL

& POETRY



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BIRDS, PATTERNS & POETRY

TESC WINTER 2022

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"AS FOR ME, I'LL STICK WITH THE BIRDS.  
IT'S LIFE I BELIEVE IN, NOT MACHINES."

- LOREN EISELEY  
*The Immense Journey*

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Addie Willsrud (pace 1.15 m)

01/06/2022

Kifer Forest Trail

West TESC

10:15 am

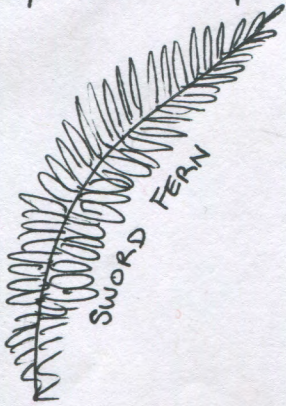
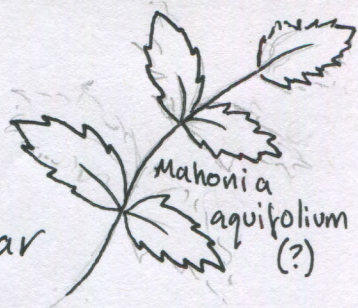
Mandala Plot

Temperate rainforest

46°f wind ~6-11 km/h  
Heavy drizzle  
Misty, low to the ground. Solid light grey sky

IDENTIFIED

- Oregon grape
- Sword fern
- Western red cedar
- Big leaf maple
- Golden-crowned kinglet

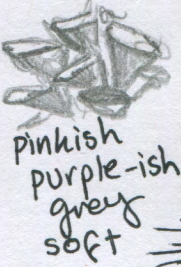
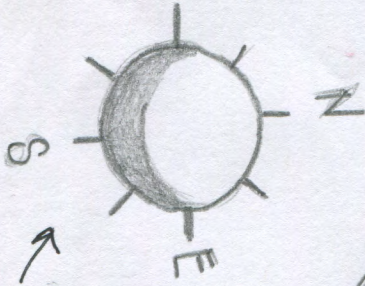
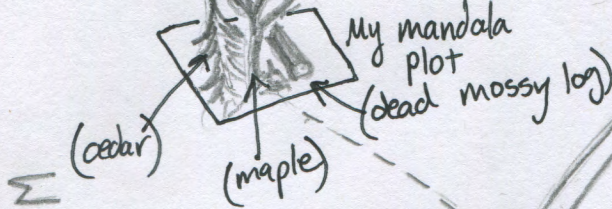


BEAUFORT # 2  
(determined by the rustling ferns on the mossy tall trees)



UNIDENTIFIED

- Variety of mosses
- Cup fungus
- Lichen (powdery green)
- Grasses

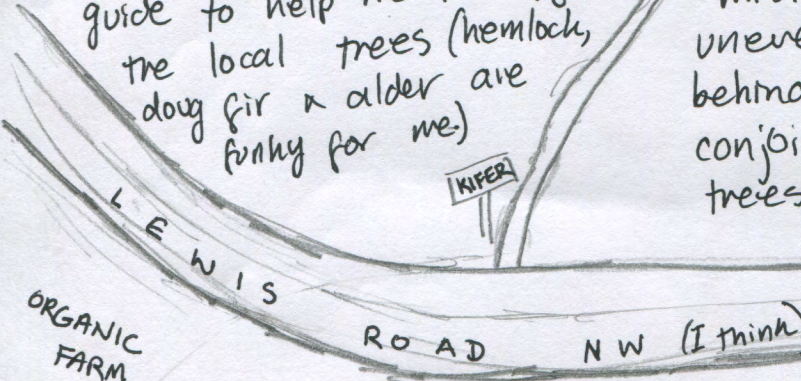


Still figuring this out for sure. Didn't write it down well due to EXTREME rain & sog paper haha (apparently its a "drizzle" for Olympia)

Verge left off of the Kifer Forest Trail, step over ferns & sticks until you reach a cedar & maple that root from a pile of stumps/moss/leaf litter. This is the back side of my mandala. Upon first visit to this plot, snow is called in mismatched, untouched layers over uneven ground. My plot is tucked behind, the west(?) side of the almost conjoined trees. Lichen & moss coat the trees & rotting log. There is a milky mist low among the trees.

\* I'd like to draw a little guide to help me identify the local trees (hemlock, doug fir & alder are funky for me)

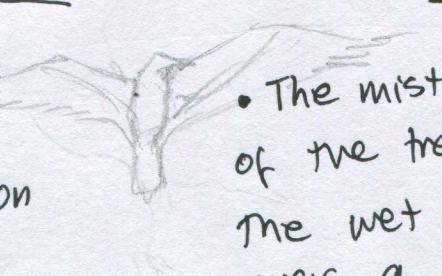
A kinglet swoops through the space, disappearing into the depths of a neighboring cedar.



## 50 LOVED WORDS

## OBSERVATIONS/DELIGHTS

Engage	Minute
Desire	Favor
Cascade	Confusion
Ease	Silver
Abduct	Hydrate
Galactic	Sent
Energize	Consumed
Immerse	Mnemonic
Element	Insistent
Crest	Film
Escape	Undergo
Embody	Design
Determine	Immune
Fiber	Exception
Secure	Lilt
Fever	Halve
Compassion	Fissure
Forge	Span
Cultivate	Violation
Reign	Envision
Praise	Leap
Alarm	Revise
Distant	
Filter	
Blend	
Femur	
Grain	
Tactile	



• The mist hangs low around the ankles of the trees - the snow lifting from the wet earth, obstructing sight over a distance.

• A high pitched shrill from a bird seeking shelter, (GCKI) flutters into a cedar & disappears. Silence.

• I touch my fingers to the water that hangs from the tips of the mosses. It clings to my finger & disappears in a cool rush across my skin.

• It smells like snow & decomposing leaves

• The ferns murmur as they settle & resetttle - my footsteps & the uncertain snow in constant minute motion.



• The wind awakens every sense. It caresses my cheeks, whispers through the elevated ferns, catches the corners of my eyes, carries the soil to my nose & brings the forest to my tongue.



Addie Willstrud

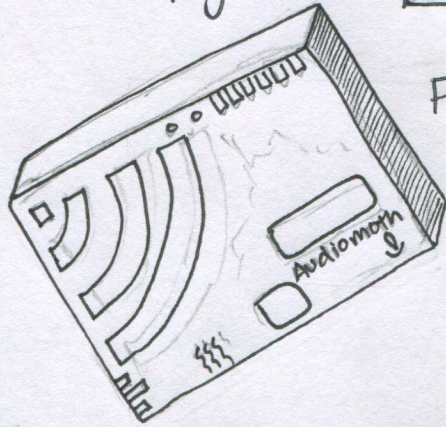
01/07/2022

Kifer Forest Trail

10:27 am

Francis' Mandala

Audiomoth Deployment



The audiomoth recorder is programmed to record every morning from 6:30 - 10:30 am in hopes of capturing audio data of morning bird activity.

### A note on navigation

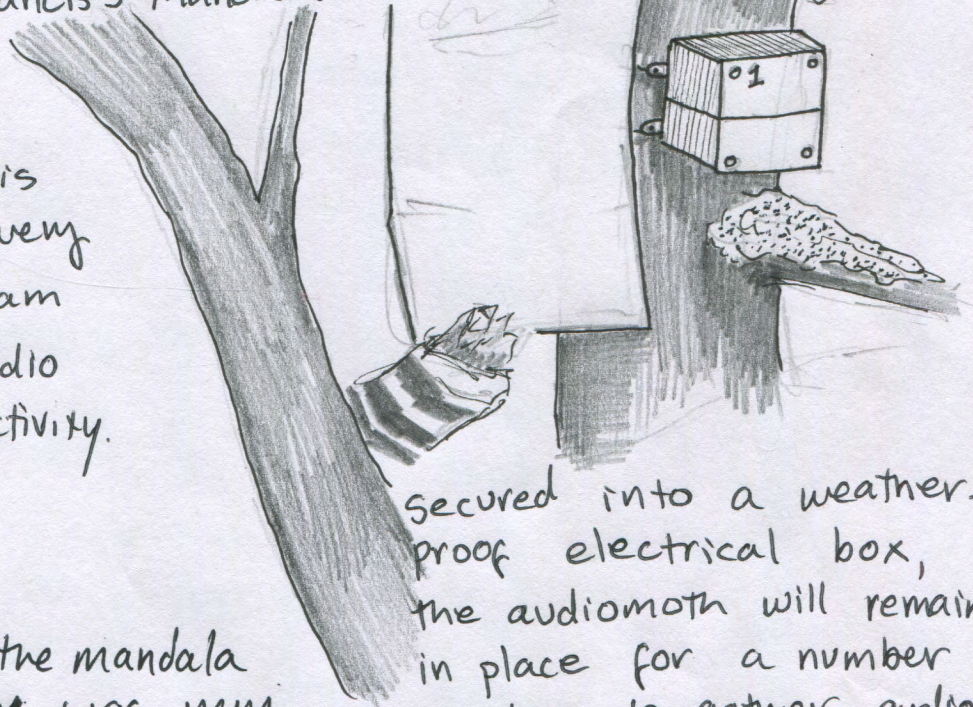
I realized, upon revisiting the mandala area, that my original map was very inaccurate - it was somewhat correct, but we had some minor issues finding the plots again. The snow had all melted which changed the visuals as well.

Next time: count curves, track actual trail direction, note the clear & permanent landmarks.



42°f wind high in trees  
(beaufort 3 or 4) Overcast  
Lots of standing water.  
Snow has all melted.

For our first deployment of the audiomoth we selected a tree at Francis's Mandala site.



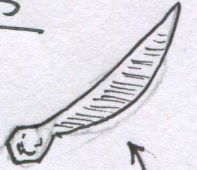
Secured into a weather-proof electrical box, the audiomoth will remain in place for a number of days to gather audio data.

### QUESTIONS

\*Where do these come from (or rather which type of tree...?)

### \*ANSWER: Maple!

Which makes sense because they're in the leaf litter below the big leaf maple in my plot. They are called "SAMARAS" & they are the fruiting body (seed pod) of a maple tree.



## X MARKS THE BOX

A moment for a deep breath in the dawn's  
breaking light is how you lived;  
caressing nature in the simplest way, existing,  
drifting into a day just as any other day on  
earth. With certainty

For a moment it felt like you would live forever, your presence  
graced the land & air in a permanance that I have yet to compre-  
hend

How are you gone?

I had just started to dream up the black & white warbler. I had  
just begun to find the barn owl in your sky-turned eyes.

Keep talking to me. To us. We have  
listened to you, you have

molded us to hear the earth beneath our feet without  
needing anything more than  
ourselves & the buzz of life as messengers.

Pound your fists at the thunder again,  
quiet the gods that none of us believe in,

Rest your face in your palms,  
smell the rain.

Teach us to teach before the words are spoken.

Undo this, take your pills in dull rainbow order,

Voice your pain, find the sickness

wash it away but no...

X marks the box "cancer."

You had sixty one years. The swifts

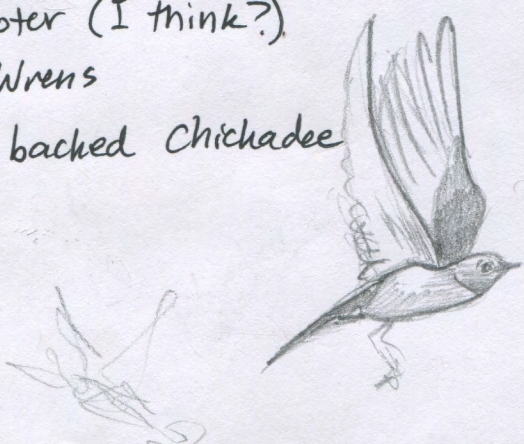
zip across your pond, frozen now, you always hated winter.

And now, so do I.



1/9/22 BIRD OBSERVATIONS

- Northern Flicker
- American Robin
- Golden-crowned Kinglet
- Gulls (unidentified)
- Surf Scoter (I think?)
- Pacific Wrens
- Chestnut-backed Chickadee



2:55<sup>pm</sup> Evergreen Beach -  
 A pair of gulls (still need to learn to ID them) were hunting for clams at the shallow parts of the shore. Grasping them from underwater, they carry the clams to the rocks & try to break them open. If unsuccessful, they would take the clam into the air & fling it at the rocks. Really fascinating to watch.



10:45am, I walked to the track for a jog & found a large gathering of robins & flickers hanging out on the grass. They flew into a tree as I startled them but settled back into foraging once I posed no threat.



Adrie Willsrud  
01/13/22  
Kifer Forest Trail  
47.07206  
-122.98869  
10:43 am

BEAUFORT=0  
sky=2

48°f  
No wind.  
Overcast.  
Drips from trees.

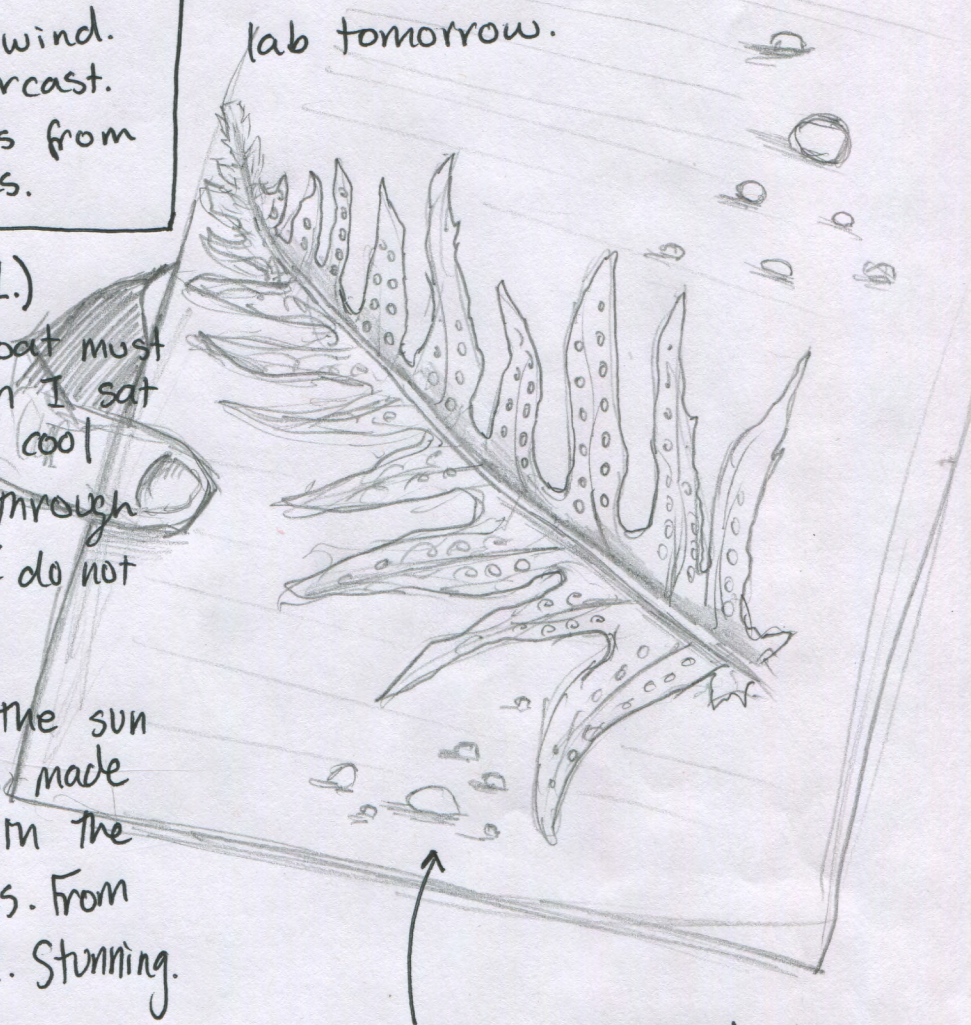
IMPORTANT DATA:  
We took the audiomoth  
down from Francis' plot today  
& will meet in the computer  
lab tomorrow.

NOTABLE SENSORY OBSERVATION (pt 1.)

TOUCH: It appears that my rain coat must have been crumpled when I sat on this mossy log because cool water is slowly saturating through my pant layers. Strangely, I do not mind so much.

SIGHT: The change in light as the sun broke through the clouds made a very visible difference in the color value of the mosses. From a blue base to a gold. Stunning.

SOUND: Though it is not actively raining, the primary sound of the forest this morning is the constant herplunks of water droplets cascading from branch, to licorice fern, from fern to moss & from moss to sword fern.



In direct contrast to the saturated mosses, my paper defies entry of water & I find an immense joy in blowing the droplets across the surface.

When a raindrop makes contact with my book from above it shatters, glass-like, into innumerable droplets of varying size.

Unidentified  
little bright  
plant





NOTABLE SENSORY OBSERVATION (pt.2)

**SMELL:** There is something so captivating about the smell of leaf litter as it slowly warms with fresh sunlight.

Mycelium spreads its wispy fingers, turning leaves to fuel.



**TASTE:** Silly perhaps, but I had peanut butter (my favorite) & I can still taste it.

**DELIGHT:** The rain drops falling from the branches above me, pulled inevitably from mossy height to leafy floor-gravity. They hit my up-turned face one by one, triggering reactionary blinks & bubbles of amusement. Ah, the migration of a rain drop.



Oregon grape leaf that is laced with black veins & spots

THE BLUE SKY IS MELTING IN & OUT OF EXISTENCE - A TEASE, AT BEST.



A note on art(drawing): I have been in an artistic rut. very unsatisfied, uninspired. I WANT to draw, but I am unhappy with the result. Practice makes "perfect", so I will keep trying & practicing.

50 loved words

50 loved words:

- SOMBER • TIMID • MINT • IMPRESS • FORMAL • SODDEN • FRUITING • SIGNIFY
- CASCADE • ENTRANCE • COM • PASSION • INTEND • FAVORITELY • FORTIFY
- REPLY • CAUTIOUS • CONCEAL • ABUNDANT • COMBY • R • KN
- IMPLY • DE • THE • TERMINE • BOUNCE • COMBY • R • KN
- SYN • THE • TERMINE • BOUNCE • COMBY • R • KN
- IMPLODE • SYN • THE • TERMINE • BOUNCE • COMBY • R • KN
- IMB • SIS • BOUNCE • COMBY • R • KN
- IMPORT • CRISP • DEMISE • FERAL • SODDEN • FRUITING
- DECE • BUNDLE • VAPOR • GRAVITY • SCRIBE • INTRINSIC • DIP
- CAPTURE • INTRINSIC • TAME • DIP
- INCREASE • DISPOSE • REACH • SODDEN • FRUITING
- SURRENDER • DISPOSE • REACH • SODDEN • FRUITING

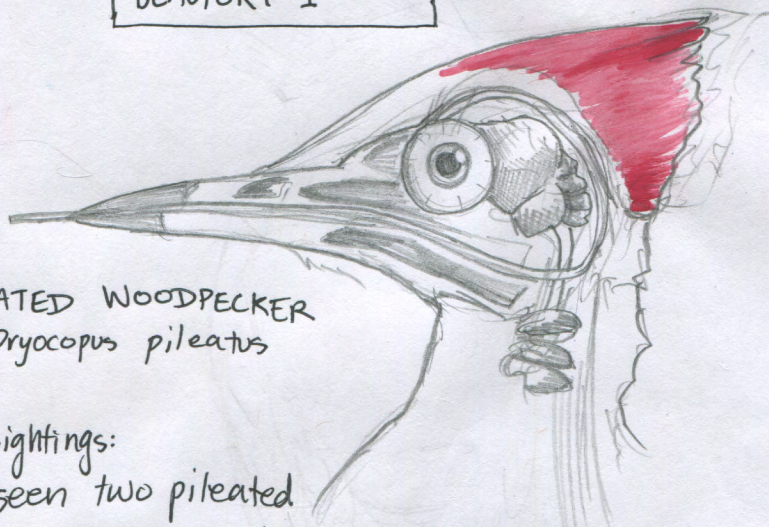


Andre Willsrud

01/18/2022

1:54pm

48°f OVERCAST (2)  
BEAUFORT 1



PILEATED WOODPECKER  
*Dryocopus pileatus*

- 50 ♥ WORDS -

- gnarled. fault. intensity. fade.
- blame. identity. infuse.
- enhance. thrill. photon.
- atomic. odor. citrus.
- jasmine. echo. wave.
- rage. fathom. bruise.
- mission. tact. morph.
- foresee. mirror. crackle
- grief. loop. caught.
- remorse. unimaginary(?)
- formal. companion.
- proportion. excess.
- inform. illuminate.
- flash. cable. refresh.
- powerless. dynamic.
- grow. blank. snake.
- infect. engulf. sweep.
- definition. foreign.
- inflammatory.

where did  
that come  
from  
Hate  
that.

Notes on sightings:

I have seen two pileated woodpeckers since moving to WA & they were both right by the track on campus. There seem to be some good trees in that forest by the frisbee course.



"I WILL TRY.  
I WILL STEP FROM THE HOUSE  
TO SEE WHAT I SEE  
AND HEAR & I WILL PRAISE IT.  
I DID NOT COME INTO THIS WORLD  
TO BE COMFORTED.  
I COME, LIKE RED BIRD, TO SING"

- I Will Try by Mary Oliver  
(excerpt)

\* I want  
to learn  
more about  
the mechanics  
of flight.



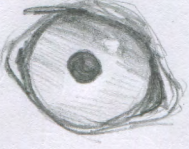
Adalre Willsrud  
Birding Field Trip  
01/20/2022  
11:08 am

51°f little to no  
wind (Beaufort 1)  
Variable sk, some  
sunshine coming  
through.



Ring-billed gull

Larus delawarensis  
The highlight of  
the day



Gulls tend to get a bad rep,  
but living in Washington has  
taught me to really appreciate  
them.

I love those  
dark lower  
feathers  
on the  
tail here



49°f blue sky,  
blustery wind  
big billow clouds.  
Beaufort 3  
2:28 pm 01/20/22

This color palette  
is so bold & subtle  
all at once. Soft greys  
& warm yellow.

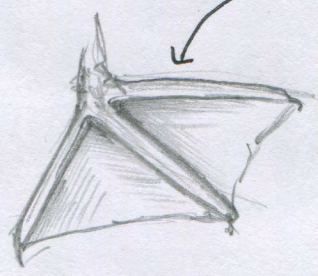
A less than perfect birding field  
trip... COVID strikes again, as we  
have all become familiar with.  
My first encounter with nature  
this morning was the sound of  
a calling frog. Sleeping with your  
windows open has many benefits,  
including a morning chorus that  
changes through the seasons.



An afternoon stroll to  
complete this nature journal  
& to combat cabin fever  
(don't worry - it was within  
rules & protocol!)  
Very blustery - I heard many  
chickadees but did not  
see any birds.

- LOCATION of OBSERVATION -

Both of my observations today were  
roughly 1/2 hour in length &  
spanned from my apartment (Bldg G)  
to the track, some loops, &  
back. It's a surprisingly lovely  
route for seeing wildlife. I  
suggest early morning or  
dusk.



How cool are  
webbed feet?!



Little  
chickadee  
foot

Addie Willsrud

01/27/2022

9:40 am

to 10:40 am

In search of animal signs

DELIGHT: A deep breath of crisp fresh forest air after days of zoom induced brain fog. Absolutely lovely.

OVERCAST. 37°F  
CALM. BEAUFORT ~1

BREATH  
IS  
VISIBLE  
60% IN MISTY  
CLOUDS

Pacific Wren  
*Troglodytes pacificus*



A little wren was making noise somewhere near my mandala & then suddenly appeared right in front of my face. We looked at each other for a long moment, then it pooped & left. It resumed chirping & I was lucky enough to get a very close view of the interaction between two wrens. Their motions were very frantic & bouncy. Lots of energy & purpose in this little meeting. Perhaps territorial? I don't know.



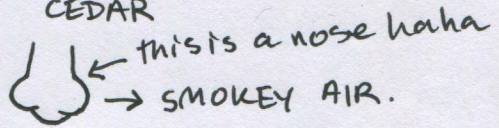
### SIGNS of LIFE

- \* gnats
- \* spider webs
- \* bird poop on leaves
- \* a pacific wren!
- \* chickadee sounds
- \* raven sounds
- \* woodpecker sound + sight!



This was a very chilly hour in the forest. My toes & fingers got quite numb, but I was overall pleased with the life blooming up in my area. I tuned in to a woodpecker in the distance & eventually located its ~~movement~~ movement in the trees. A hairy woodpecker (*Leuconotopicus villosus*).

👁️ SHADES OF GREEN, LACE FRILL OF CEDAR



? WREN, RAVEN, BRANCH SNAPPING, ETC

U MORNING AIR + CEDAR

👉 OREGON GRAPE IS REALLY POKY & SHARP ON MY CALVES. FINGERS + TOES = NUMB.

Address Willsvud  
01/31/2022  
11:25am

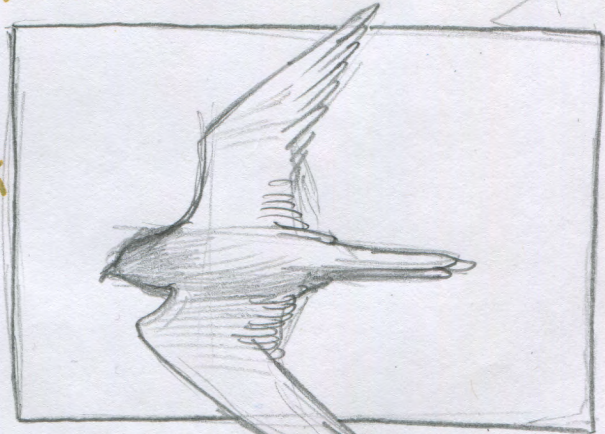
50 WORDS: PREDACIOUS CALL IMPROVISE EXIST GROAN  
RESPONSE PROTEST FLUSTERED SHOT REFRESH FORGE

43°F CLEAR SKY  
(BEAUFORT 3 UP HIGH)

HABITUAL OBLIGATE CREAM  
INTUITION CURATE EVADES  
ALIGN CRATER INDICATE  
PATIENT BRAMBLE CRUST

The mandala is alive today!  
A crisp sunny day post-rain  
brings out so much activity  
(I can feel it within me, too)  
A little piece of a leaf  
from last season flutters to  
my feet. The trees groan &  
creak due to strong wind  
in their upper branches.  
The weather shifts, water is  
shaken from the minimal  
clouds as they are stitched  
together overhead. A film  
over the bluebird sky.  
The sun eventually melts  
it away & I watch the  
wall of water droplets  
retreat, carrying the  
cloud on its way. ♥♥♥

DETERMINE  
OF COMBUST  
FOSSILIZE  
LUNDE SPARK  
DECIPHERED  
FLESH AID  
ENVY BOOM  
VOCALIZE



INGRAINED EDUCATE AGENDA  
EVOKE CANOPY EVOLVE CRIES  
CONTRAST AVIAN REEVALUATE  
INTRUDE FERMENTATION CABLE



MILKY OBVIOUS  
STITCH FILM  
SHOULDER ICE  
EXHALE THIRST  
SALVAGE INSIST  
WICKED ASHY  
FRAGMENTATION

FEEL/TOUCH: Droplets on face/noticeably warmer air

SCALES URBAN

HEAR/SOUND: whooshing & groaning of wind+tree. construction? A chainsaw.

SEE/SIGHT: water illuminated as it cascades. A tiny black spider busy in the moss.

SMELL: The forest seems mostly odorless. I notice how fresh the air is.

TASTE: Residual toothpaste

**DELIGHT:** A raptor sighting! still not sure if it was a Merlin or a sharpie, but it seems like the latter is more common?

Addie Wilksrud  
Woodard Bay Field Trip

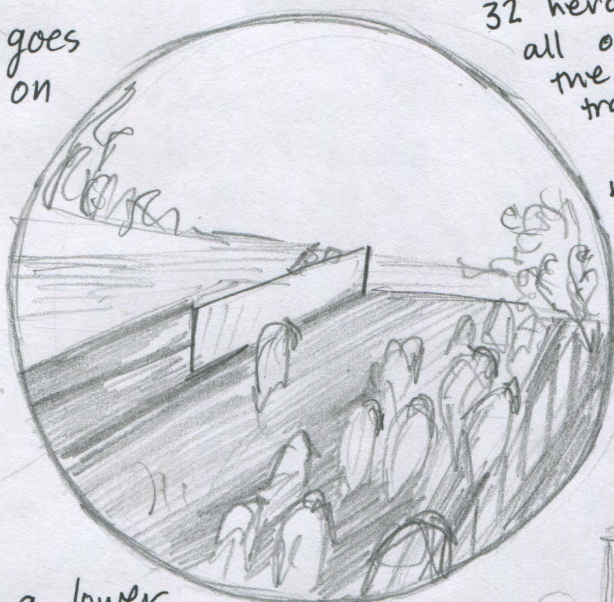
02/03/2022

9:30 - 10:45 am

(47.1269865, -122.8536936)

43° of grey skies  
Occasional sprinkle  
Beaufort < 1

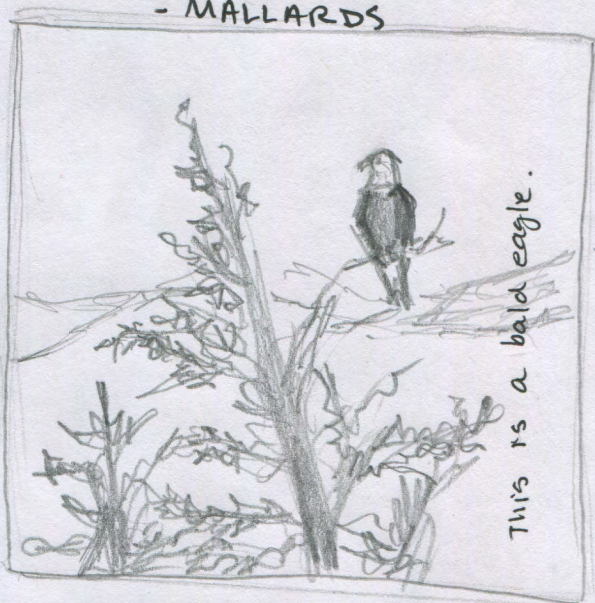
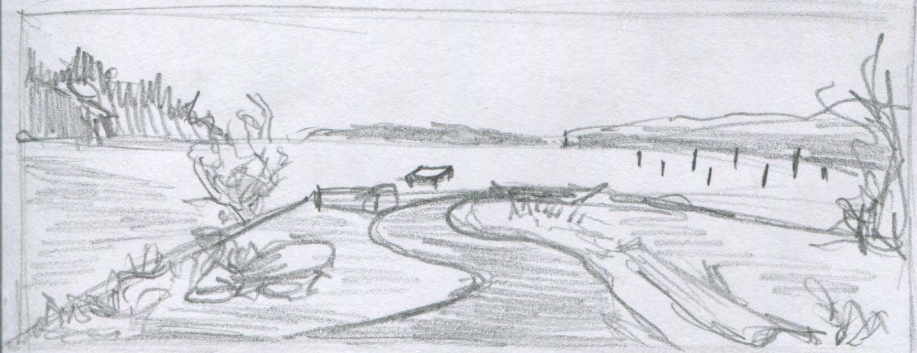
Woodard Bay trail goes through the forest on a paved path, eventually opening up to a nice wide waterfront with some old pillars x railroad parts out in the water (perhaps at a lower tide these are out in the mudflats.)



32 herons  
all on  
the  
tracks!

### BIRD LIST

- SURF SCOTERS
- BUFFLEHEADS
- GOLDENEYES
- HORNED GREBES
- SONG SPARROWS
- CHESTNUT BACKED CHICKADEE
- GOLDEN CROWNED KINGLETS
- BALD EAGLES
- GLAUC/WESTERN GULLS
- GREAT BLUE HERONS
- VARIED THRUSH
- PELAGIC CORMORANT
- MALLARDS



This is a bald eagle.

COMPOSE FAVOR COMPLIMENT  
 SCREAM SILENCE CHIRP TONE  
 FINISH HUM CHORTLE SHARP  
 FADE VOLUME PITCH DABBLE  
 CONVERSE BUZZ VOICE STILL  
 MOTION MELODY CHORUS BROKEN  
 RECOGNIZE VOCAL SHOW SIGN  
 STEM SOLITUDE ACHE EMOTE  
 DREAM SCAPE HEIGHT NICE  
 TEAR WAKE WOVEN WAVER  
 INSTANT GRATIFY ALERT WARNING

Delight: Many highlights for this outing, but one delight was hearing the eagle talking x another was identifying the female scoters. Overall, the whole trip was a delight.

SOUND: ↑ That eagle! And a kingfisher

SIGHT: The gulls tilting their necks forward to yell.

SMELL: That wonderful smell of new rain

TOUCH: Binoculars bouncing on my chest

TASTE: A tamale that I brought as a snack haha (going for the literal with these feels silly.)

Addre Willsrud  
 02/10/2022  
 Mandala Site  
 9:30am - 10:30am

42°f grey, misty  
 No wind.  
 Beaufort < 1

Delight: The mist on my face & the promise of warmth from my wool sweater.  
 Smell: Freshly scuffed leaf litter. Earthy.  
 Taste: The promise of spring.  
 Sight: Glistening droplets on spiderwebs  
 Touch: The cool stump that I am sitting on - strangely soft from a layer of Springy moss  
 Sound: Pileated woodpecker somewhere in the trees

Signs of spring  
 \* on the way to our meetup spot, I noticed that a small tree is blooming just outside of Red Square. A deliberate sign of spring

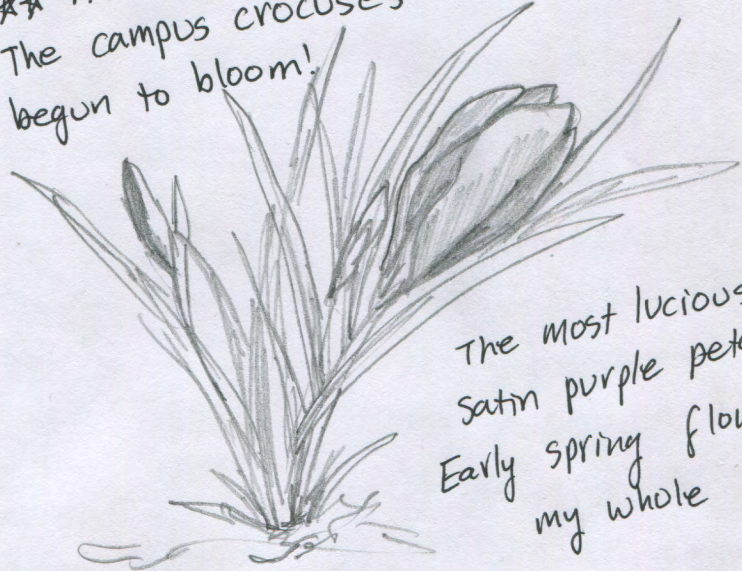


The robins have begun to *siiiiin nnn gggg!*  
 change eye + forehead ratio  
 Robins are very challenging to draw



The mandala is misty, foggy & visually quiet today. In the first half hour of my visit, there were more birds calling & singing than I had heard there before. From high in the branches to low in the ferns. The mist illuminated so many spider webs on so many levels of the forest; There is something so lovely about how they sparkle & hold onto the drops of water.

A little update 2/13/22  
 The campus crocuses have begun to bloom!



The most luscious  
 satin purple petals  
 Early spring flowers have  
 my whole heart

- WHY COMMUNITY EXIST ABLE COAX
- FORGET OVERLOOK FORAGE PLUCK
- CONVERSE LANGUAGE EXPRESS FOAM
- INFLUENCE TABLE METAL CONVERGE STALK
- FALTER BLUSH AVOID CONTACT EYEING
- BUSY PHRASE FOLIAGE VOICE FAMILIAR
- NOSTALGIA AFFECTION ATHLETE CAPABLE
- CONTROL WILLING COVER PERCH GROW
- SPEAK VESTIGAL PROBE SUNSHINE FIZZ
- ISOLATION STIGMA NURTURE CREATE
- SCRIBE LENS LIFE NOTHING STUMBLE

Adrie Willsrud  
 Predictive Ecology Lab  
 02/11/22

I would suspect that the night hawk hunts for insects in the dusk & dawn in a variety of habitats - probably open spaces such as fields?

COMMON NIGHTHAWK  
*Chordeiles minor*  
 ♂ 21 July 1983



Screening insectivore



little comb on toes  
 (Pectinate toe)



← These are not really to scale w/ each other →

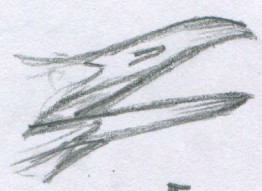
COMMON GULL  
*Larus canus*

← I always struggle with gulls



Webbed feet for swimming

Palmate



Grabbing fish eater



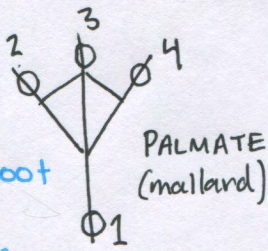
Gulls tend to be near bodies of water (popular belief would say the sea, though they can also frequent fresh bodies of water)

long wings They eat a variety of foods, generally animals from the water (clams etc) or ground (worms etc)

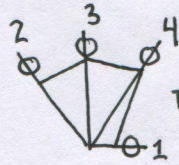


# TOPOGRAPHY of the FOOT → TOE ARRANGEMENTS

Most common webbed foot where 3 toes are connected w/ webs

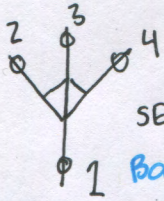


PALMATE (mallard)



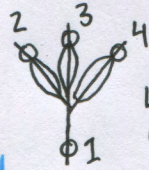
TOTIPALMATE (n. gannet)

Fourth toe is included in the webbing - highly aquatic (cormorants)



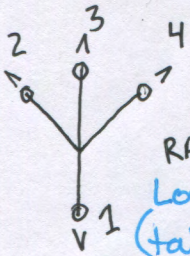
SEMI PALMATE

Basically semiwebbed, this includes grouse & sandpipers/plovers



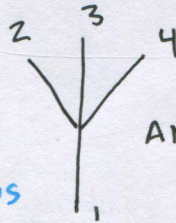
LOBATE (grebe/coot)

Anterior digits (2,3,4) have lobes that serve as paddles



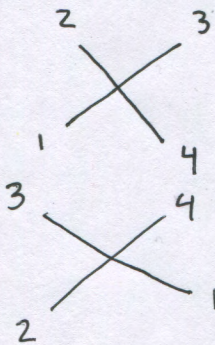
RAPTORIAL

Long toes with claws (talons) for killing & capturing prey

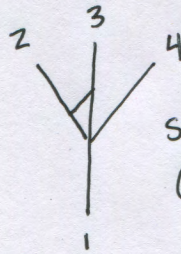


ANISODACTYL

(jay) \* Most common avian toe arrangement - most songbirds & perching birds

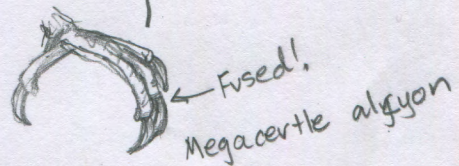


ZYGO DACTYL (woodpecker)



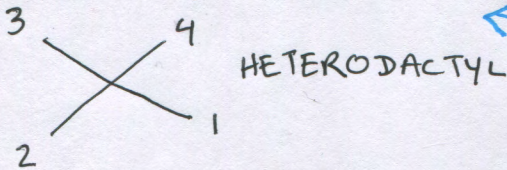
SYNDACTYL (kingfisher!!)

second & third digits are fused for most of their length

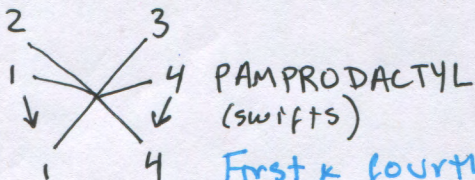


Fused! Megacercle alcyon

Zygodactyl is the second most common among perching birds (ospreys, owls, woodpeckers) Heterodactyl has reversed toes, to help the weaker toe grip.



HETERODACTYL



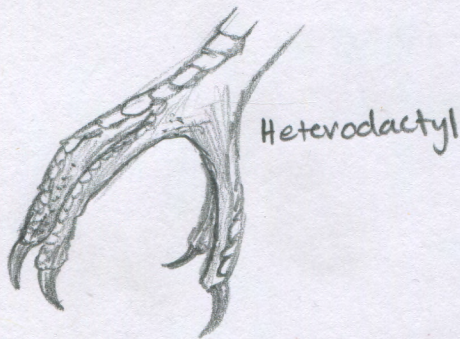
PAMPRODACTYL (swifts)

First & fourth digits pivot freely forward & backward. Often all four toes come forward to roost.



INVESTMENTS KERATIN SCALES

TARSUS SORT OF THE ANKLE AREA?



Investments of the Tarsus & Foot

**SCUTELLATE** Most bare unfeathered legs. Tough layer of horny keratin scales  
 ex. Blue jay (imbricated = overlapping scales)

**RETICULATE** Fine patchwork of small ~~scales~~ plates → reticulated pattern, uneven sizes  
 ex. Peregrine

**SCUTELLATE-RETICULATE** A combo of the first two in one foot  
 ex. Rock dove

**BOOTED** Several long, continuous platelike scales w/ no overlapping  
 ex. Wood Thrush

**SCUTELLATE-BOOTED** These are scutellate on the anterior edge but covered  
 ex. grey catbird behind by a long booted scale

Addie Wilksrud  
02/17/22

9:40 am - 2:00 pm  
Billy Frank Jr. Ntl.  
Wildlife Refuge

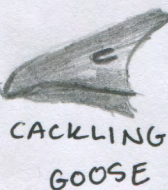
47.072753  
-122.712676

43°F  
Beaufort 4-brisk.  
Grey/overcast

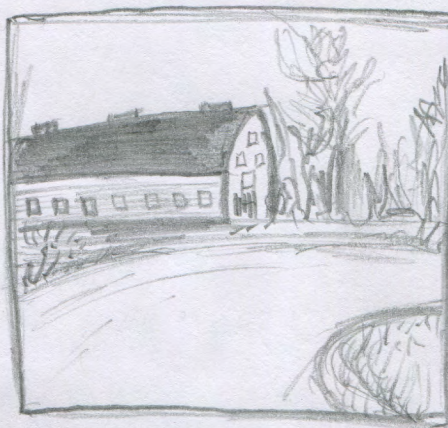
\* = duck  
\* = not further identified

OFFICIAL BIRD LIST (31 species)

Cackling goose  
Canada goose  
\* Northern shoveler  
\* American wigeon  
\* Mallard



CACKLING  
GOOSE



WILDLIFE REFUGE  
4,529 acres  
EST. 1974

ONE OF  
THE OLD  
BARNs



SHOVELER



RING-NECK



WIGEON



MERGANSER



BUFFLEHEAD



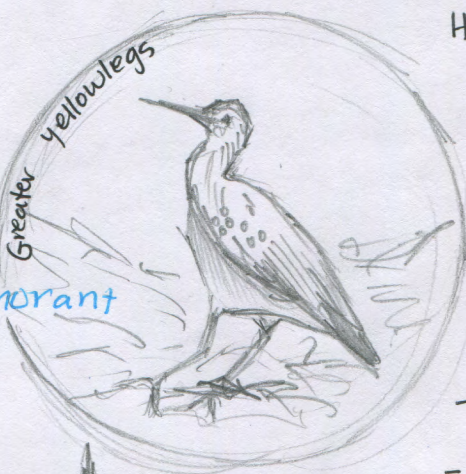
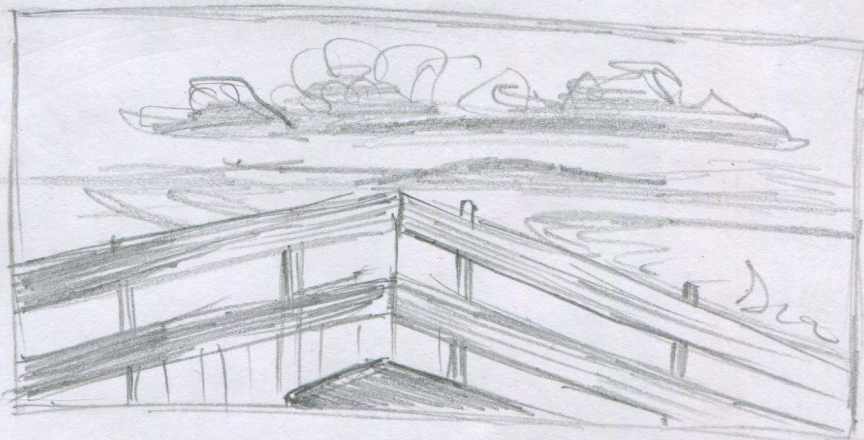
SCOTER



MALLARD

\* Northern pintail  
\* Green winged Teal  
\* Ring-necked duck  
\* Surf scoter  
\* Buffle head  
\* \* Goldeneye (common)  
\* \* Merganser (unsure)

Pied-billed grebe  
American coot  
Greater yellowlegs  
Ring-billed gull  
Double-crested cormorant  
Great blue heron  
Bald Eagle  
Red-tailed hawk  
Normern flicker  
Peregrine falcon  
American crow  
Brown creeper  
Marsh wren  
American robin  
Golden-crowned sparrow  
Song sparrow  
Spotted Towhee  
Red winged blackbird  
Yellow rumped warbler



Greater yellowlegs



Peregrine  
Falcon

HABITATS of NISQUALLY DELTA

- Nisqually flats
- Shrub
- Coniferous forest
- Freshwater marsh
- Saltmarsh
- Open saltwater
- Rivers & Creeks
- Mixed grasslands
- Riparian Woodlands

Nisqually Wildlife Refuge is a large area with multiple different environments - restored from farmland, the refuge now hosts all types of wildlife, both migratory & residential. We walked 6 miles; out to the end of the board walk, by the marsh & by the river.

~50 LOVED WORDS

Academic  
Basin  
Calendar  
Determined  
Electric  
Fauna  
Graze  
Hibernate  
Isolate  
Jab  
Kiln  
Lament  
Motion  
Nocturnal  
Option  
Potent  
Quiver  
Rest  
Silence  
Turn  
Undo  
Visualize  
Waver  
Anterior  
Babble  
Crusade  
Divide  
Eventual  
Flutter  
Graple  
Hive  
Internal  
Justice  
Kiss  
Universe  
Fragile  
Safety  
Together

**Touch** = Something about the physical effects of walking good distances is so DEEPLY satisfying. I did lose the feeling in my hands due to Raynaud's so that was a primary sensation as well.

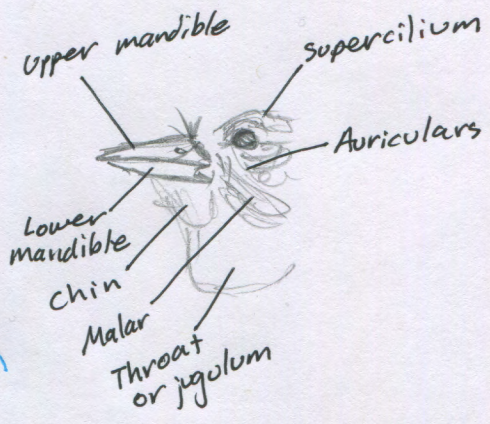
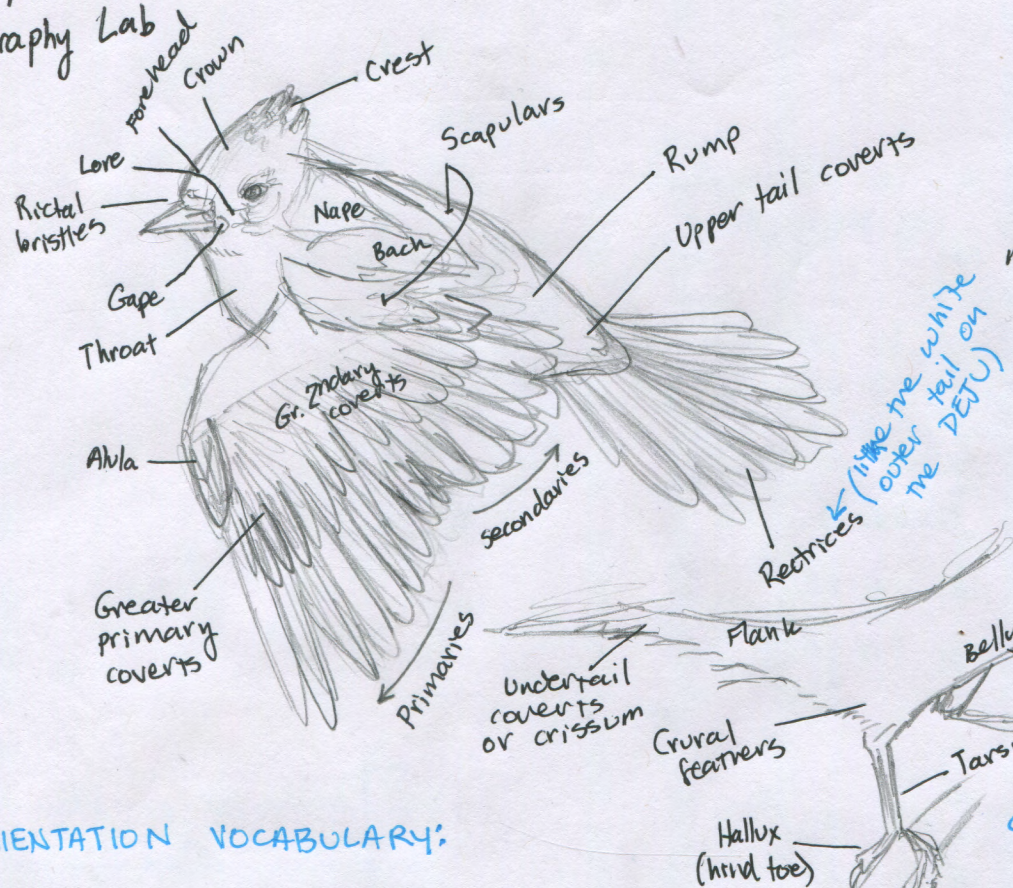
**Taste** = I walked along the boardwalk drinking an orange flavored drink & I kinda love the contrast between the grey sky & a sunshine-y flavor.

**Smell** = The gradual shift of marsh grass & dirt aroma to the salty, muddy, clammy smell of the misqually flats.

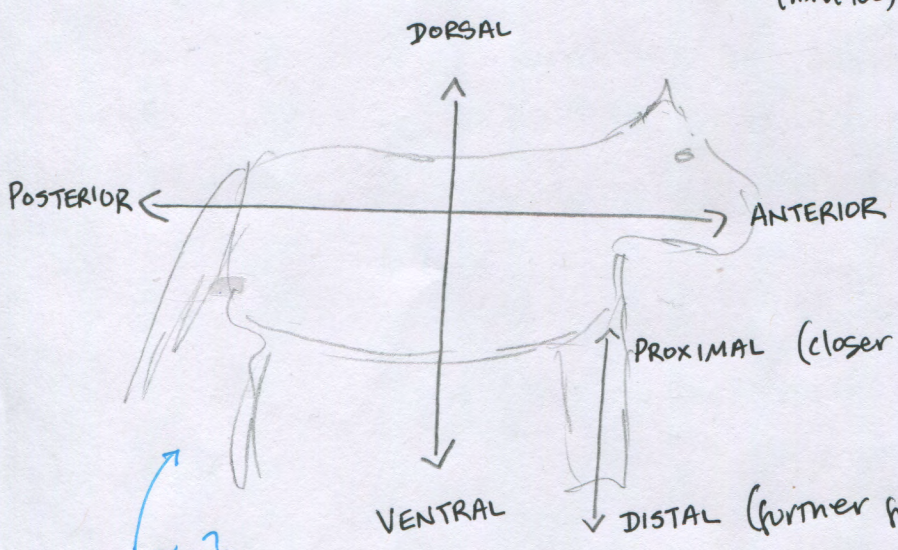
**Sight** = So many wonderful sights! How wonderful it is to see the bill of the shoveler, the tufts on the head of the heron, the eyes of the peregrine, the tiny white polkadots on the slate grey back of the greater yellowlegs.

**Sound** = Ah those cackling geese! So wonderful. But the yellow rumped warblers were so lovely to hear as well. Always a favorite!

Addie Willsrud  
02/18/2022  
Topography Lab



**ORIENTATION VOCABULARY:**



This is a horse, ok?

**COLORS**

Structural vs. pigmental colors in bird feathers.

**CAROTENOIDS** = bright yellows & reds that are derived exclusively from the bird's diet

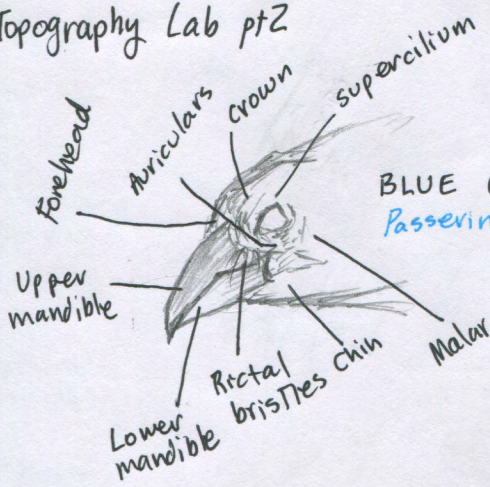
**PORPHYRINS** = green/red/brown: feather pigments related to hemoglobin & other bile formed by the breakdown of hemoglobin in the liver.

**MELANINS** = black/grey/brown/light brown etc. The most common pigments in feathers. They are synthesized by the bird through the oxidation of the amino acid tyrosine.

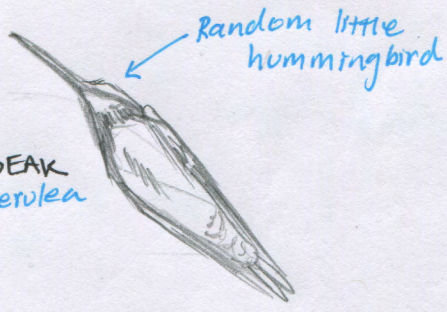


**STRUCTURAL** = white/blue/green/iridescence result from the modification or separation of the components of white light by the structure of the feather

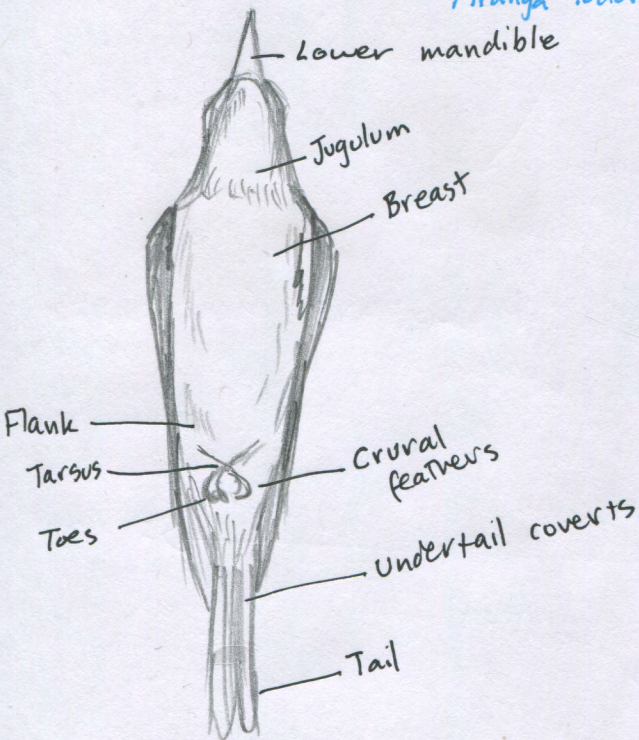




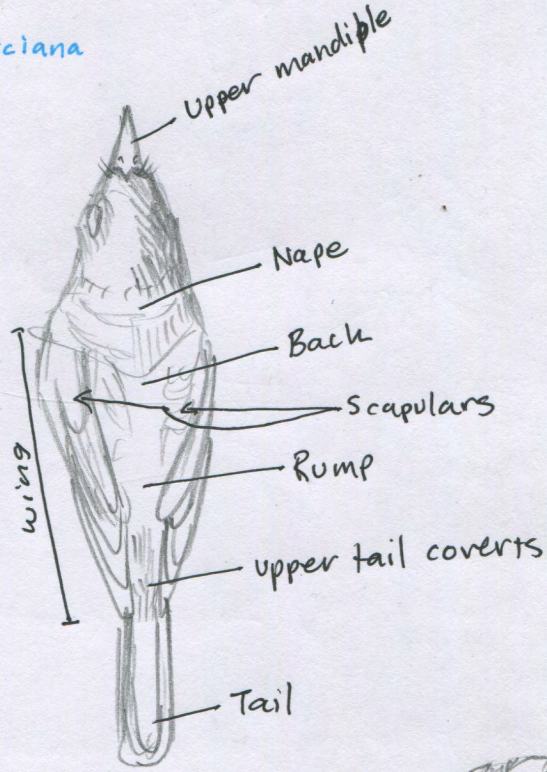
BLUE GROSBEEK  
*Passerina caerulea*



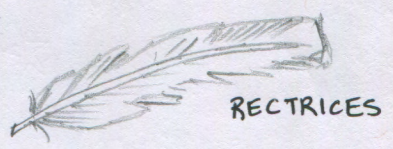
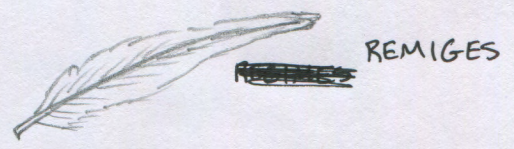
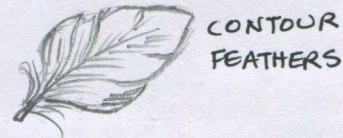
WESTERN Tanager  
*Piranga ludoviciana*



VENTRAL



DORSAL

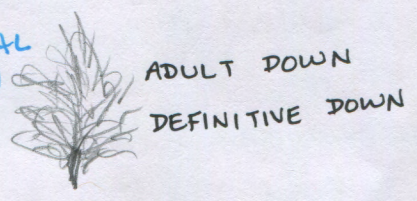
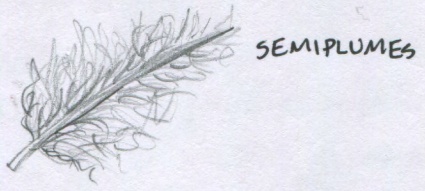
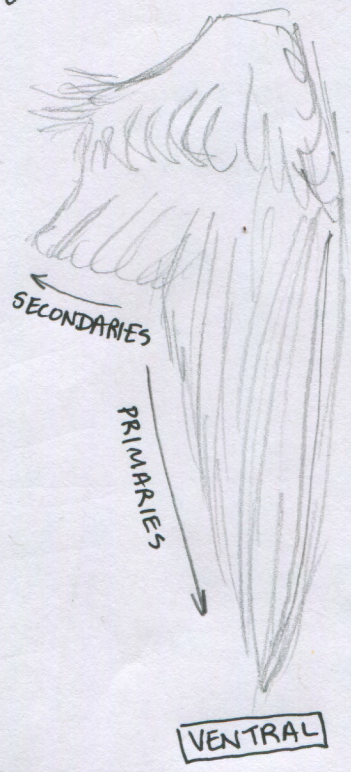
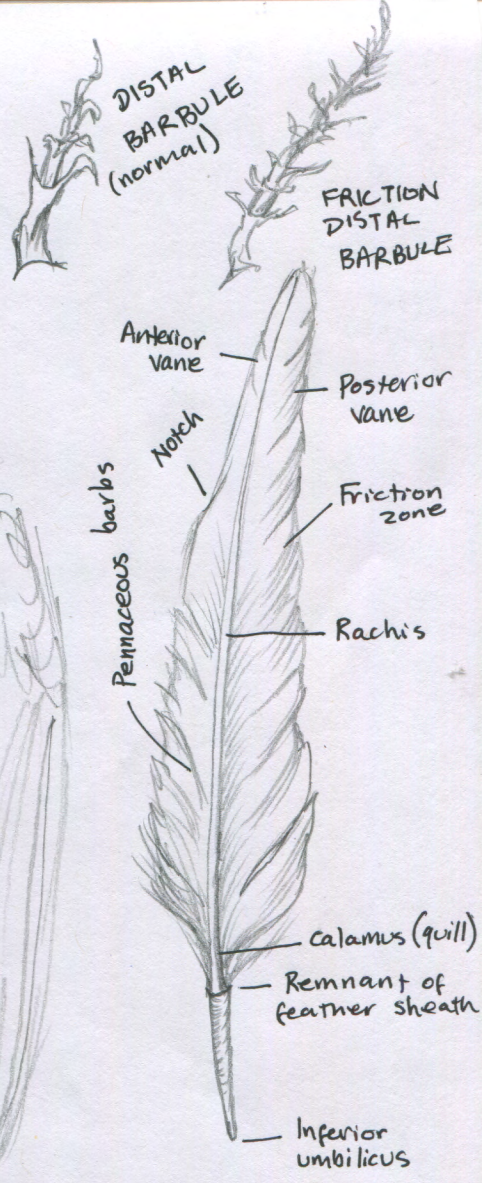
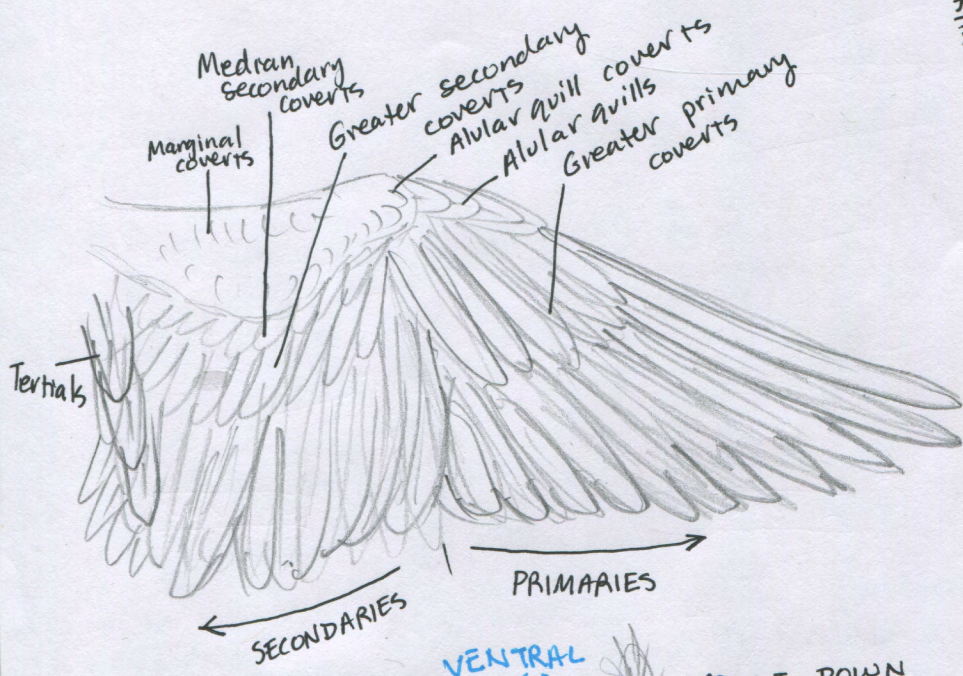
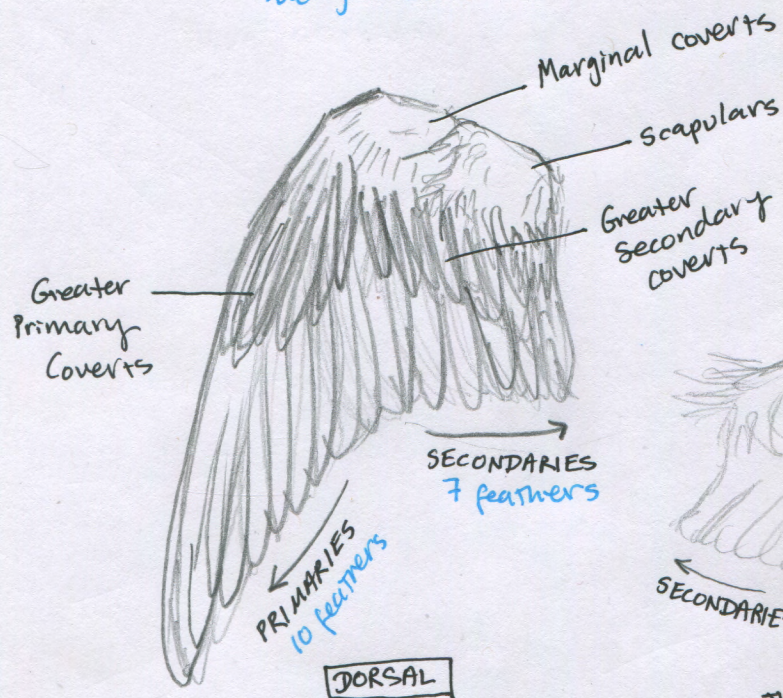


WESTERN Tanager COLOR ANALYSIS

Due to their bright yellows, oranges & reds, I would say that the coloration of the Western Tanager is **PIGMENTED** & **CAROTENOID** (pigment derived from diet). The flight feathers are primarily black, while the head, breast & rump are brightly pigmented. To the right are feathers that I observed on the study skin. **CONTOUR** are basic vaned feathers on the body (here they appear mostly bright yellow). **REMIGES** are the flight feathers which are mostly black here. **RECTRICES** on the tail also appear black for the Western Tanager.

Addie Willsrud  
 Topography Lab pt 3  
 wings

TREE SWALLOW  
*Tachycineta bicolor*



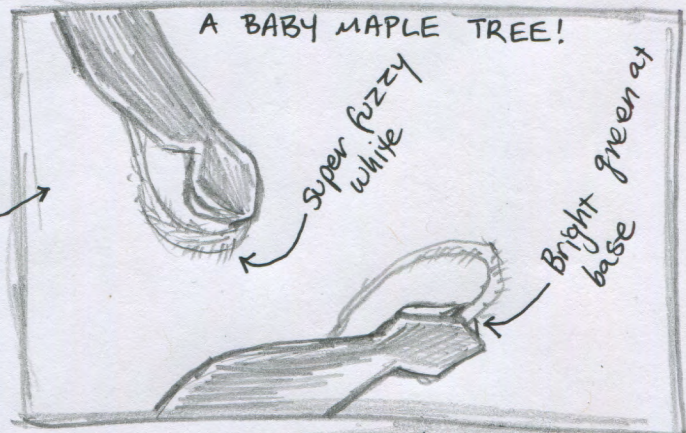
Addie Willsrud  
 02/21/2022  
 12:15pm  
 Mandala (out of class)



Cricket, in the forest, taking notes

40° Grey.  
 Light rain  
 Beaufort < 1

DELIGHT:  
 We saw the robins at the organic farm get startled & then saw a sharp shinned hawk! We later found robin feathers in a pile on the grass. Successful hunt?



A BABY MAPLE TREE!

Another delight: I found a maple sprout in my mandala!

TASTE: Nothing (not very poetic of me!)

SIGHT: New grass, tiny maple - a squirrel doing some crazy frantic running around in my area

SOUND: Distant chainsaw - lots of little rain drops

SMELL: Light smoke

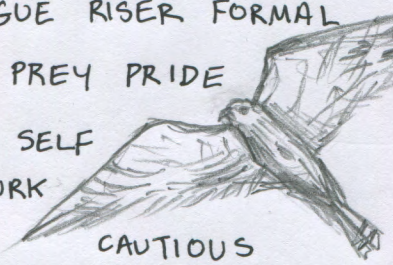
TOUCH: Fast heart & chilly springtime fingertips



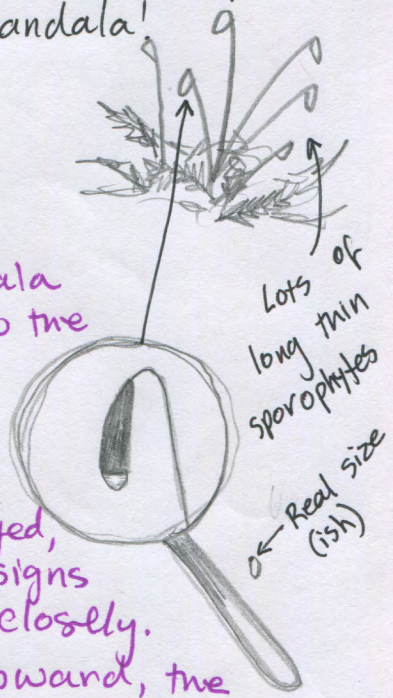
Honorable mention: The HCC crocus has opened up!

LOVED WORDS

- AWARE ABLE EXHAUST NOURISH
- LOVE LETTER POETIC ABOUT
- CRAVE CONFIDENCE ENAMOUR
- FALTER DOUBT FICTION DIZZY
- RUSH FATIGUE RISER FORMAL
- EMPOWER PREY PRIDE
- MINDFUL SELF
- ISSUE WORK
- EFFORT CAUTIOUS
- CROCUS CARE AFFECTION
- SENSUAL EMOTE POWER ENERGY
- ITCH DESIRE SLUMBER AWAKEN
- POSSESS CREATE CURATE ALTER
- WORSHIP SPEAK HEART FRECKLE
- DATE DROP ROSY DEEP EYE
- CONTACT SPARK BEAT CARESS
- OPAL CONFESSION VISION FUTURE
- ADVANCE FAILURE FIGMENT
- DIMENSION UNIVERSAL INHERENT



For our out-side of class mandala visit, Cricket & I ventured into the forest as it began to rain. The forest floor was mostly quite dry - The mandala areas seemed mostly unchanged, but there were noticeable signs of growth when observed closely. The mosses are reaching upward, the little plants are getting taller & grasses have begun to sprout. At the farm, the robins have traded calls for songs & the plum trees are covered in tiny pastel buds.



It's truly how a shame it is to hard it is to draw cats →





Addie Willsrud  
2/24/22  
9:30 am - 10:30 am  
Final Mandala

33°f grey with bits of sun  
Beaufort 2. No precipitation.

EIGHT WEEKS LATER



They say time flies when you're having fun, & it seems that is true. This class has been such an incredible awakening of my love of learning. The practice of visiting the mandalas for an hour per trip has not always been comfortable, & that makes the experience deeper still. Having numb fingers, challenging a wandering mind & paying attention to the mundane has really opened my eyes. My all-time favorite part of the Mandala exercises has been compiling this journal & using my own creative license to display my outdoor education experience. Today was the coldest visit to our plots, yet I feel almost the warmest? Maybe I bundled more or had a better breakfast? Or maybe I just haven't cooled off from the walk yet. The forest smells so nice today. I feel like I can smell the little frost crystals. It feels calm. I needed this calm. I have been feeling so fragile. So vulnerable, so untethered. Being in nature helps to ground me.



CEDAR FROND FROM BELOW



SPROUTING MAPLE



TURKEY TAIL FUNGUS

"It is so alien, and yet so EARTH."

- REVY (about weeping rocks - but I feel this quote about so many aspects of the earth.)

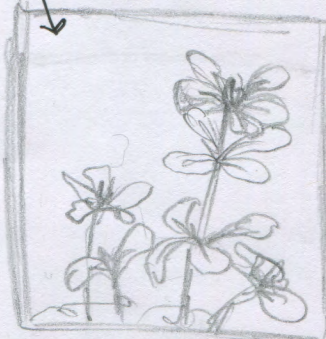
The tiny unidentified plants! Getting so big



Little water drops on spider webs.

Gross! Coming up all over my plot

SOUND: The ravens are calling. They sound like home. The crows are talking too. They sound like childhood. Sunshine.



SIGHT: There are so many things to see but today I am admiring the licorice ferns brushing light against their mossy vertical floors.



TASTE: So many emotions. And a thirst. For water for life.



DELIGHT: The little flowers of the osoberry (*Oemleria cerasiformis*) There is something so lovely about flowers that choose to bloom in a forest.



TOUCH/FEEL: The cold air is emphasizing the premature ache in my puffy eyes. The heaviness of un-ripened tears.

50 words  
licorice energize light refresh foreign alien converge sharp abundance beyond echo remembrance exert

feel, experience, embody, honor, intuition, satisfy, deep, intake, content, minimize, clutter, reborn, simplicity, execute, exist, zip, fly, holy, undo, excite, catalyst, pollinate, prepare, inspire, brown.

CANADA GOOSE

Branta canadensis

TAIL mostly black/ dark brown

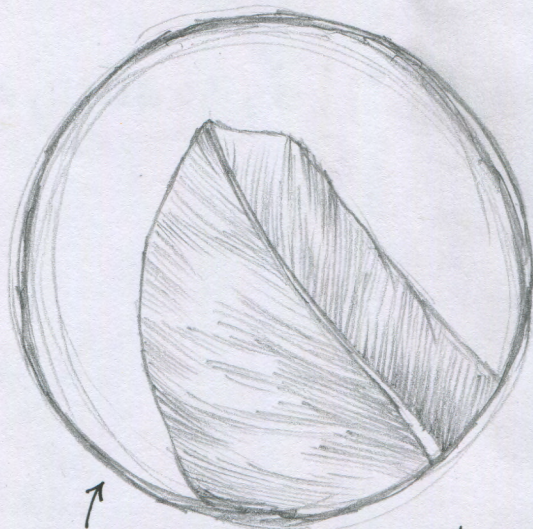


A LARGE PRIMARY



- STRAIGHT RACHIS
- EQUAL VANES

← CURVED RACHIS ONE VANE MUCH THINNER

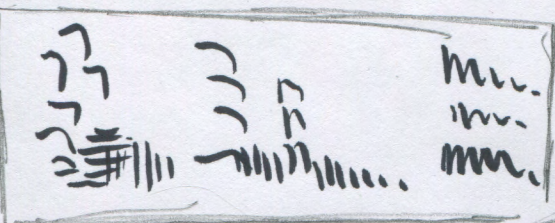


↑ Notable point at the end of each primary feather - pretty hard to capture

We didn't have many feathers to go off of, but we assembled the envelope worth of feathers & determined the primaries from the tail by shape, rachis direction (curve), size & coloration.

I must admit they were VERY difficult for me to identify, but Revy & Cricchet helped by pointing out some key factors. Tail feathers came most naturally to me with their more rectangular shape.

Addie Willsrud  
2/25/22  
Feathers & Molt

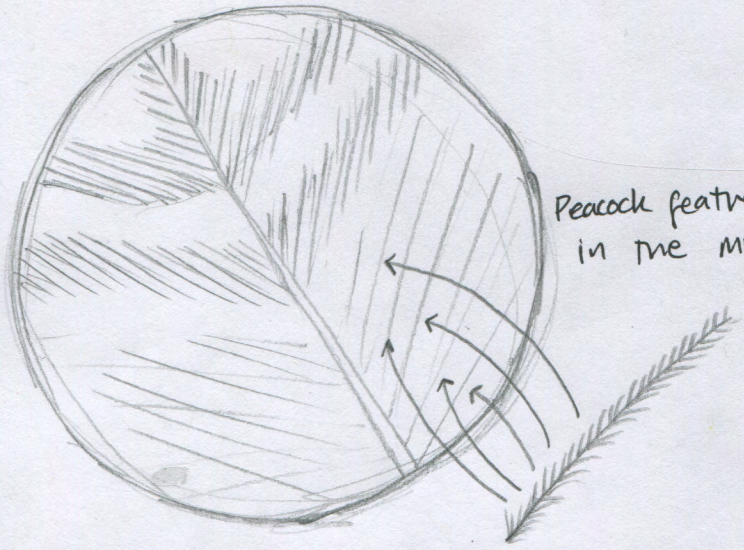


AMERICAN ROBIN SONG →



American Wigeon  
*Mareca americana*

Spending a lot of time really studying a duck wing gave me a lot of new perspective on how wings work - it wasn't easy to draw them but it was really interesting to sort of deconstruct the feathers & arrange them as I drew & fit them together in my illustrations.

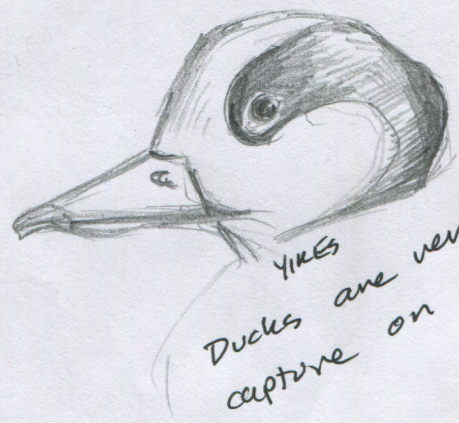


Peacock feather in the microscope



I had a delightful encounter with a song sparrow in the rain as he sang & called from a bush. He was unmistakable & super vocal, so I waited & finally got a great view of him.

Oh dear... I struggled with my illustrations on this page, but hey, at least it kinda looks like a bird? And a little spectogram of his voice →



Yikes  
 Ducks are very hard to capture on paper

Adve Willsrud

3/3/22 = sensory

Priest Point Park

47.07009, -122.89695

9:15am - 11:25am

45°f varied sky  
Beaufort ranged 1 to 2

- BIRD LIST:
- surf scoter • mallard • american crow.
  - variety of gulls • creeper • song sparrow • hooded merganser.
  - common merganser • goldeneye.
  - bufflehead • chestnut backed chickadee • unidentified large hawk.
  - common raven • pacific wren.

(I have now had confirmation it was a red-tailed hawk)



BELA & CRICKET ADMIRING SHELLS & JELLIES



Raven with some nesting material

**PRIEST POINT PARK** is a staple in Thurston County, providing accesible nature access & trails to Budd Inlet, as well as forest environment. Established in 1905 it was originally the site of a church & mission but is now Olympia's signature park.

We were lucky enough to catch a low tide for our field trip, which gave us the opportunity to explore the intertidal zone full of tangled grasses, clam bubbled sands & jellyfish.

The sound that reached our ears as we neared the shore was the disturbance among corvids, indicating a raptor nearby.

(Lots of crows & some ravens, which we got to see as they flew with twigs in their mouths. Not really sure why? Nesting?)

The forest is really starting to smell like spring, I don't know how to describe it, but there is a feeling about it, & it feels good. Something about the way the sun warms my skin. There is palpable change in the air.

- ↳ 50+ WORDS
- intertidal • emotion • mud • nourish • expand • tide • cap • receptive • forage • grow • admire • realize • exist • formulate • compile • caption • create • envision • shore • sea • sound • inlet • muck • zone • water • shimmer • dive • horizon • fork • rivulet • cave • slime • print • stick • fragment • life • razor • flake • squirt • volcano • submerge • captive • cement • mussel • barnacle • vessel • string • stream • ripple • roll • pop • feed • giggle • passionate • company • connection • relation • pattern • curiosity



CRICKET ADMIRING CLAMS

(The daffodils are blooming)



Addie Wilksrud

3/11/22

TESC Beach  
w/ Abbey Ryle  
& Katre Moore

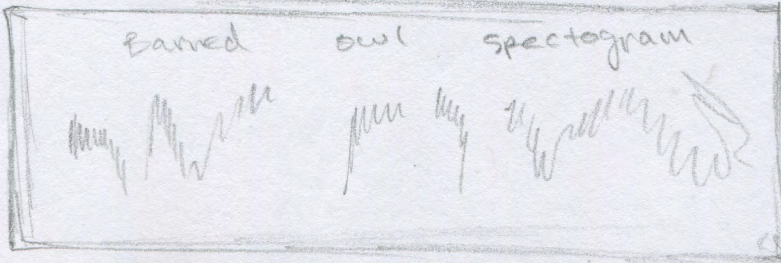
12 noon - 1:30pm

BIRD LIST

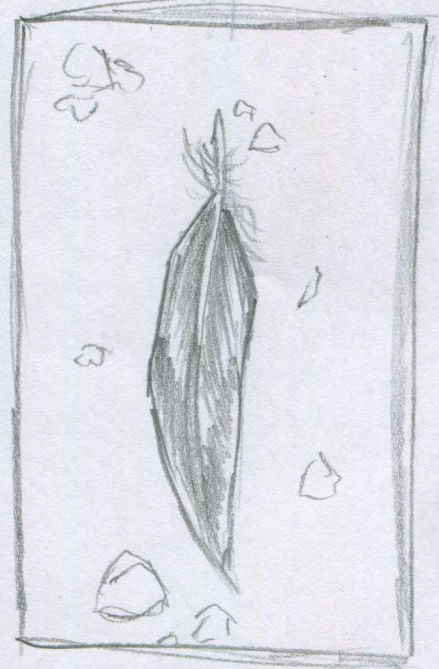
- Varied thrush
- Red-tailed hawk
- American robin
- Dark eyed junco
- American crow
- Song sparrow
- Pacific wren
- Pileated woodpecker
- Hairy woodpecker
- Bald eagle
- Bufflehead
- Goldeneye
- Cormorant
- Surf Scoter
- Barred owl

54°f sunny  
warm breeze  
w/ cloud cover

HIGHLIGHTS: pacific wren singing in open view, the deep echo of two barred owls & finding people to bird with!



PILEATED PAIR



3/12/22 Tiny purple flowers appeared in the grass by the track! Kattøye? Speedwell? Veronica? Whatever they are, I adore them!

★ The first bumblebee of the year!! ★



On my walk with Abbey & Katre, the air felt warm & really truly smelled like spring. I wish I could describe that better but something about it was NEW. I adored that as well.

I went on a solo walk on the track the next day (& found the purple flowers) but also had this lovely moment where it started to rain & I could feel the contrasting moisture in the air. I sat on the wooden tree benches & listened as swallows went crazy overhead. A merlin spooked the robins from the field. Everything was so beautiful.

AMW  
3/13/22

48° windy!  
some spots of sun

3/10/22 I am so sad that winter quarter is over! Spring is bringing me so much more energy & life, but this class was just so good, I wanted it to go on forever. Our final field trip to Millersylvania was so nice & I want to do that every week. I'm so, so excited for spring quarter, too!

Birds I can hear from bed this morning:

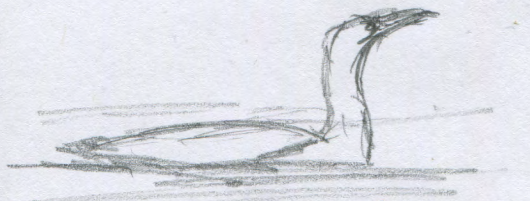
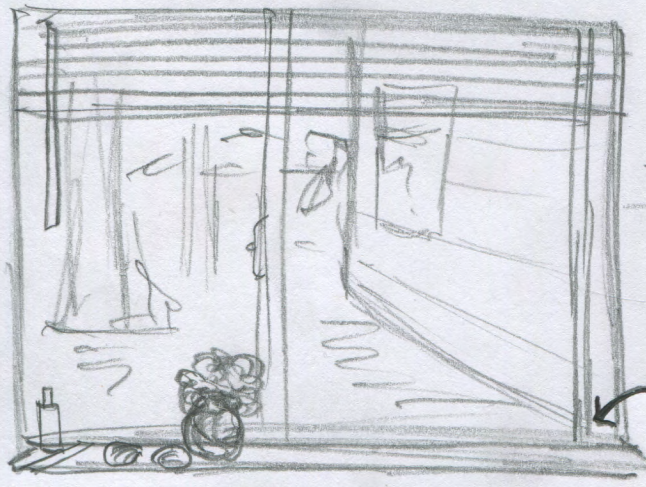
- SPOTTED TOWHEE
- AM. ROBINS
- AM. CROWS
- GULLS (saw these too!)
- CANADA GOOSE
- HAIRY WOODPECKER



Glim taking scope pics



Mary Claire being so excited about bald eagles



cutest picnic ever

I keep my window cracked to keep fresh air flowing & to keep me cool at night, but the most wonderful bonus is that I can easily hear the morning birdsong before I even get up! It's such an interesting mix of nostalgic noises. Robins song sounds like summer nights at the farm. Crows sound like winters in Ojai. Gulls sound like Ventura harbor. Canada geese take me straight to Creamer's Field. Towhees jolt me to driving in the van in CA. Hairy woodpeckers are the epitome of late winter at the bird feeder, chilly trips to the outhouse. Auditory memory is a wild thing. I love these mornings.

My carnations are still going strong! It's been a month since I bought them & I am so happy that they are still thriving! They're mostly white with red freckles & stripes but there are a few yellow ones & one pink. I love them.

