

Chapter 1 : Beijing National Stadium - Wikipedia

*The bird in last year's nest Hardcover - by Shaun Herron (Author) Visit Amazon's Shaun Herron Page. Find all the books, read about the author, and more.*

Types[ edit ] An overview of the diversity in nest placement and construction. Not every bird species builds or uses a nest. Some auks , for instanceâ€”including common murre , thick-billed murre and razorbill â€”lay their eggs directly onto the narrow rocky ledges they use as breeding sites. This is critical for the survival of the developing eggs, as there are no nests to keep them from rolling off the side of the cliff. Presumably because of the vulnerability of their unprotected eggs, parent birds of these auk species rarely leave them unattended. They are thus able to move about while incubating, though in practice only the emperor penguin regularly does so. Emperor penguins breed during the harshest months of the Antarctic winter, and their mobility allows them to form huge huddled masses which help them to withstand the extremely high winds and low temperatures of the season. Without the ability to share body heat temperatures in the centre of tight groups can be as much as 10C above the ambient air temperature , the penguins would expend far more energy trying to stay warm, and breeding attempts would probably fail. The simplest nest construction is the scrape, which is merely a shallow depression in soil or vegetation. Eggs and young in scrape nests, and the adults that brood them, are more exposed to predators and the elements than those in more sheltered nests; they are on the ground and typically in the open, with little to hide them. The eggs of most ground-nesting birds including those that use scrape nests are cryptically coloured to help camouflage them when the adult is not covering them; the actual colour generally corresponds to the substrate on which they are laid. Most ground-nesting species have well-developed distraction displays , which are used to draw or drive potential predators from the area around the nest. Both sexes contribute to the creation of a bare, shallow depression in soil or gravel. In cool climates such as in the high Arctic or at high elevations , the depth of a scrape nest can be critical to both the survival of developing eggs and the fitness of the parent bird incubating them. The scrape must be deep enough that eggs are protected from the convective cooling caused by cold winds, but shallow enough that they and the parent bird are not too exposed to the cooling influences of ground temperatures, particularly where the permafrost layer rises to mere centimeters below the nest. In warm climates, such as deserts and salt flats , heat rather than cold can kill the developing embryos. In such places, scrapes are shallower and tend to be lined with non-vegetative material including shells, feathers, sticks and soil , [24] which allows convective cooling to occur as air moves over the eggs. Some shorebirds also soak their breast feathers with water and then sit on the eggs, providing moisture to enable evaporative cooling. Beach-nesting terns, for instance, fashion their nests by rocking their bodies on the sand in the place they have chosen to site their nest, [29] while skimmers build their scrapes with their feet, kicking sand backwards while resting on their bellies and turning slowly in circles. Burying eggs as a form of incubation reaches its zenith with the Australasian megapodes. Several megapode species construct enormous mound nests made of soil, branches, sticks, twigs and leaves, and lay their eggs within the rotting mass. The heat generated by these mounds, which are in effect giant compost heaps , warms and incubates the eggs. Using his strong legs and feet, the male scrapes together material from the area around his chosen nest site, gradually building a conical or bell-shaped pile. This process can take five to seven hours a day for more than a month. While mounds are typically reused for multiple breeding seasons, new material must be added each year in order to generate the appropriate amount of heat. Both the temperature and the moisture content of the mound are critical to the survival and development of the eggs, so both are carefully regulated for the entire length of the breeding season which may last for as long as eight months , principally by the male. During hot summer months, the malleefowl opens its nest mound only in the cool early morning hours, allowing excess heat to escape before recovering the mound completely. Once the mound has been completed, a sizable platform of aquatic vegetation is constructed on top. The entire structure is typically reused for many years. Soil plays a different role in the burrow nest; here, the eggs and youngâ€”and in most cases the incubating parent birdâ€”are sheltered under the earth. Birds use a combination of their beaks and feet to excavate burrow nests. The tunnel is started with

the beak; the bird either probes at the ground to create a depression, or flies toward its chosen nest site on a cliff wall and hits it with its bill. The latter method is not without its dangers; there are reports of kingfishers being fatally injured in such attempts. Female paradise-kingfishers are known to use their long tails to clear the loose soil. Some megapode species bury their eggs in sandy pits dug where sunlight, subterranean volcanic activity, or decaying tree roots will warm the eggs. The cavity nest is a chamber, typically in living or dead wood, but sometimes in the trunks of tree ferns [62] or large cacti , including saguaro. Far more speciesâ€”including parrots , tits , bluebirds , most hornbills , some kingfishers, some owls , some ducks and some flycatchersâ€”use natural cavities, or those abandoned by species able to excavate them; they also sometimes usurp cavity nests from their excavating owners. Those species that excavate their own cavities are known as "primary cavity nesters", while those that use natural cavities or those excavated by other species are called "secondary cavity nesters". Both primary and secondary cavity nesters can be enticed to use nest boxes also known as bird houses ; these mimic natural cavities, and can be critical to the survival of species in areas where natural cavities are lacking. The endangered red-cockaded woodpecker is an exception; it takes far longerâ€”up to two yearsâ€”to excavate its nest cavity, and may reuse it for more than two decades. The size and shape of the chamber depends on species, and the entrance hole is typically only as large as is needed to allow access for the adult birds. While wood chips are removed during the excavation process, most species line the floor of the cavity with a fresh bed of them before laying their eggs. Only a relatively small number of species, including the woodpeckers, are capable of excavating their own cavity nests. Trogons excavate their nests by chewing cavities into very soft dead wood; some species make completely enclosed chambers accessed by upward-slanting entrance tunnels , while othersâ€”like the extravagantly plumed resplendent quetzal â€”construct more open niches. The process may take several months, and a single pair may start several excavations before finding a tree or stump with wood of the right consistency. Species which use natural cavities or old woodpecker nests sometimes line the cavity with soft material such as grass, moss, lichen, feathers or fur. Though a number of studies have attempted to determine whether secondary cavity nesters preferentially choose cavities with entrance holes facing certain directions, the results remain inconclusive. Red-cockaded woodpeckers peel bark around the entrance, and drill wells above and below the hole; since they nest in live trees, the resulting flow of resin forms a barrier that prevents snakes from reaching the nests. Most female hornbills seal themselves into their cavity nests, using a combination of mud in some species brought by their mates , food remains and their own droppings to reduce the entrance hole to a narrow slit. The cup nest is smoothly hemispherical inside, with a deep depression to house the eggs. Most are made of pliable materialsâ€”including grasses â€”though a small number are made of mud or saliva. Cup nest of a common blackbird Small bird species in more than 20 passerine families, and a few non-passerinesâ€”including most hummingbirds, kinglets and crests in the genus *Regulus* , some tyrant flycatchers and several New World warblers â€”use considerable amounts of spider silk in the construction of their nests. Many swifts and some hummingbirds [76] use thick, quick-drying saliva to anchor their nests. The chimney swift starts by dabbing two globs of saliva onto the wall of a chimney or tree trunk. In flight, it breaks a small twig from a tree and presses it into the saliva, angling the twig downwards so that the central part of the nest is the lowest. It continues adding globs of saliva and twigs until it has made a crescent-shaped cup. Nest walls are constructed with an adequate quantity of nesting material so that the nest will be capable of supporting the contents of the nest. Nest thickness, nest mass and nest dimensions therefore correlate with the mass of the adult bird. Platform[ edit ] Many raptors, like the osprey , use the same huge platform nest for years, adding new material each season. Some waterbirds, including the grebes , build floating platform nests. The platform nest is a large structure, often many times the size of the typically large bird which has built it. Depending on the species, these nests can be on the ground or elevated. In some cases, the nests grow large enough to cause structural damage to the tree itself, particularly during bad storms where the weight of the nest can cause additional stress on wind-tossed branches. Taveta golden weaver building pendant nest. The pendant nest is an elongated sac woven of pliable materials such as grasses and plant fibers and suspended from a branch. Oropendolas , caciques , orioles , weavers and sunbirds are among the species that weave pendant nests. Sphere[ edit ] The sphere nest is a roundish structure; it is completely enclosed, except for a

small opening which allows access. Nest protection and sanitation[ edit ] Many species of bird conceal their nests to protect them from predators. Some species may choose nest sites that are inaccessible or build the nest so as to deter predators. Birds have also evolved nest sanitation measures to reduce the effects of parasites and pathogens on nestlings. Some aquatic species such as grebes are very careful when approaching and leaving the nest so as not to reveal the location. Some species will use leaves to cover up the nest prior to leaving. Ground birds such as plovers may use broken wing or rodent run displays to distract predators from nests. Kingbirds attack other birds that come too close. In North America , northern mockingbirds , blue jays , and Arctic terns can peck hard enough to draw blood. The Australian magpie is particularly well known for this behavior. In most passerines, the adults actively dispose the fecal sacs of young at a distance or consume them. This is believed to help prevent ground predators from detecting nests. Bird colony Though most birds nest individually, some speciesâ€™including seabirds , penguins , flamingos, many herons , gulls , terns , weaver , some corvids and some sparrows â€™gather together in sizeable colonies. Birds that nest colonially may benefit from increased protection against predation. They may also be able to better utilize food supplies, by following more successful foragers to their foraging sites. Three young white storks are on the top of the nest and two Eurasian tree sparrows are perching on the side of the nest. Many birds nest close to human habitations and some have been specially encouraged. Nesting white storks have been protected and held in reverence in many cultures. The nesting of peregrine falcons on tall buildings has captured popular interest. Lynde Some species of birds are also considered nuisances when they nest in the proximity of human habitations. Feral pigeons are often unwelcome and sometimes also considered as a health risk. The study of bird nests is called caliology. Swallow nests are generally built with plaster, wood, terracotta or stucco. Red-footed falcons using nest boxes in heavily managed landscapes produced fewer fledglings than those nesting in natural nests, but also than pairs nesting in nest boxes in more natural habitats.

**Chapter 2 : It Is Not Always May - Longfellow**

*chained\_bear commented on the word last year's bird nest. I remember first hearing this about General Ulysses S. Grant, in a quote in Ken Burns's The Civil War, but it was in much more common use in the nineteenth century generally (not just the Civil War period) with a variety of meanings.*

Max goes into heat during his time as prisoner of the Citadel, and in the aftermath finds himself in a position he never wanted to be in again. People have started telling stories, here and there, among the usual roadside tales of explosions and spirits and mythical fuel caches. Stories that mention a place of refuge for anyone willing to put aside arms, green springing up under the feet of the women who guard it, water flowing from the rocks for anyone to parch their thirst. Stories that, outlandish as they seem, he knows have a kernel of truth at their core. I know I know, asbabies are traditional, but the logistics proved impossible for me to actually write. See the end of the work for more notes. The days slide away meaninglessly, filled with an endless cycle of bleed-rest-bleed, a well-oiled machine designed to keep him from having the least chance at escaping. The fucking sick excuse for a doctor they have here dismissed Max as potential breeding stock despite his omega status- too old, too used-up, too ugly- and he tries not to be grateful for that. When it finally does happen the discomfort is slow growing, almost unfamiliar after so many years of that aspect of his biology being all but shut-down. Max hangs upside down, draining into yet another painted Citadel skeleton, and only hopes it will go unnoticed, more light-headed than usual as waves of itchy warmth wash over him. The room is carved from one piece of rock, no seams or weak spots that his feverish mind can detect. Max curls into himself in the corner, eyes trained on the very faint sliver of light he can see from the seam of the door, waiting. They leave him for what feels like hours. He paces the confines of the tiny cell restlessly, fingers feeling for anything loose, any hint of weakness to use while he can still think. The heat builds in him, a quiet desire blooming to a burning need. He resists sticking a hand down his pants for as long as he can, but eventually he has to try, the need too strong. He growls in frustration, throws his head back so the metal cage around his face clanks against the stone walls, shock reverberating through his skull. Eventually the door opens and light floods the cell, blinding him. The worst part is how his body wants to be in this position, wants to present himself for mating, wants to get fucked even as the distant parts of his rational mind rebel at the thought. Wetness seeps out of him even as he tries to remember how to struggle, how to lash out instead of pressing into the contact. The beta groans, thrusts stuttering to a stop, and spills inside of him wetly. The next to use him palms his dick while he thrusts in a slow steady metronome rhythm, gets Max to shoot off a weak miserable shadow of an orgasm that just leaves his cunt spasming, burning with need. He has enough presence of mind to try and get away from the third, cock thick enough to hurt even with the mess of slick and cum leaking from his hole, but the betas around him just laugh at his attempts. He loses track of how many use him, after that. Once, Max looked forward to heats, back before the world went entirely insane and there were still things like consent laws and heat leave. Cold metal against his opening shocks him back to the present, has him hissing out and thrashing weakly. The swell of it is nothing like a real knot but his internal muscles spasm and clench down on it anyway, desperate for whatever relief it can bring. The plug warms quickly to his body heat, sitting heavy and firm up against his k-spot, almost what he needs. It wants to be bred, wants his womb to grow and swell, even as unlikely as that outcome is. Time passes with Max is helpless to do anything but writhe on the floor, trying to fuck himself with the plug as best he can, wrists cramping at the angle and knee singing out agony that does nothing to dampen the fever raging through him. The door opens again, flooding the cell with light once more. More betas swarm in, hands cool as they pin him, pull out the plug and plunge their own cocks inside in its place. The door remains ajar this time, sounds echoing down the stone hallway, fresh air gusting in and sweeping away some of the thick scent of cum and slick and heat. A shadow fills the lighted space at the same time a sharp powerful smell hits his nostrils- an alpha. And oh, how he needs- the burning ache deep in his body is all-consuming, barely affected by the sweep of cocks hammering deep inside, the cum sloshing out of his wrecked cunt. What remain of his senses are all trained on them, waiting for them to make a decision. Something metallic grips the cage of the muzzle, tilts his head further off the floor. He hopes she

stays, plumps him full of cum and ties with his needy hole. The grip on the muzzle falls away but he fights to keep his gaze trained on her, panting raggedly to at least get as much of her sharp alpha scent as possible, all metal and blood and spice. She rocks back on her heels before standing and he lets his eyes close again, a defeated sob welling up out of him. But instead of heading for the door, he hears steady footsteps walk around his body, down to where the betas are still supporting him. A new hand touches his flank, warm and soothing, and his body presses into the contact. The vulnerability of being knotted was better saved for a mate, not some cast-off held down against his will. Max bites back a whine, wanting her to commit to plunging in or leave so someone else could resume fucking him. When they register, he almost wants to laugh. Does he want this? He growls in frustration, presses back into the warm weight of her hand in answer. Max all but keens at the feeling, frustrated and aroused and wanting- needing- more. He rolls his hips back into the contact but his already over-stressed bad knee quavers, threatens to send him tumbling the rest of the way to the floor. The alpha must see because she pulls her fingers back out with a slick sound, wraps a hand around his hips and stretches out so the strange metallic object from before is on his shoulder. Her eyes are very green when they meet his gaze, glinting in the light from the propped-open door. Max lets his head fall back down again, resting against the cool stone floor. The alpha runs her hand down the exposed skin of his belly, scratches at the wiry hair over his chest and plucks at a nipple, spends a moment fondling his stiff cock, a horrible tease. She scoops up some of the clear fluid off his abdomen, leans over his prone body to hold it out towards his head in offering. Max wonders if she knows to be afraid of the muzzle, what it represents. But he lets her put her sticky fingers through the gap of the metal without biting even a little anyway, licks his own cum off her skin. The combined tang of his fluids and her skin sends pulses of hunger spiraling through him again, her pale eyes darkening with answering desire as he mouths at her retreating fingers. Max groans in frustration, tilts his head back as he arches his spine, exposes his throat on a hard-wired impulse, mating instinct overriding the need to keep himself protected. She tugs at the metal of the muzzle as if testing its strength, runs the fingers of her hand down the vulnerable length of his neck. He jerks away, unwilling even as desperate for touch as he is to let her examine that part of him. It was one of the last things he had left of Jessie, safely hidden under layers of leather and armor until this wretched place had him stripped to the bone. The alpha brings her hand away from the scar, murmurs some soft wordless noise of apology. Max whines at the wave of heat and spreads his thighs as well as he can without jarring his bad knee, hooks his right leg around her belted waist demandingly. The alpha smooths her flesh hand down his side before reaching out of sight for what he can only hope is the opening of her pants. The alpha takes her time sliding in, the tapered tip of her ovi hot and firm where she presses inside, filling him up with the promise of her knot. Her metal hand wraps around his leg to hitch his hips up higher, closer, sharp edges digging in as she sets a rolling rhythm, striking deep against the itch inside him. Max finds himself enjoying it for more than the base physical need, almost, a reprieve from the hellish scrape of beta cock pounding him without break. His muscles clench down against the growing swell in anticipation, breaths coming shorter as a true climax draws near. Max squeezes hard, the press of her knot bright against his sparking k-spot, muscles locking down around her. Fuck, this was exactly what he needed, a perfect compliment to his own biology, a shadow of the completeness he once felt at the hands of his mate. He was literally chained up, muzzled, had right up until his heat hit been used as a blood-bag for dying psychopaths, and was now tied with an entirely unknown alpha in a tiny cell after being similarly used by any number of betas. To her credit, the alpha looks as if she wants to take the question back. When she softens enough to pull out the blazing need will rise back up, but Max is glad for the temporary reprieve. The alpha sighs and says something to herself, too quietly for him to hear. It sounds wistful, whatever it was, and Max wonders if he reminds her of some long-lost lover, to explain the way she seems to almost care more than just getting a fuck. It sets off shivers of want deep inside himself, all the weak instinctual parts of him that desire a strong mate above all else practically purring at the thought of bearing her children. The alpha tucks the discarded metal plug back into him before she leaves, half a mercy and half a torment. The next group of betas to swarm over him pause, have one knot him while another pours water down his throat. Every group after that has at least one knotter, sometimes two, little moments of relief that keep him going until his heat finally breaks. Some of the kids sent to pour slop down his throat were pretty

cocky, slow to use the shock-sticks in favor of trying to be intimidating, lazy about making sure the doors were fastened while he twitched. However, eventually the rhythm is interrupted by what seems like some sort of celebration, the stone walls resounding with explosions and delighted shouting and guitar riffs. Painted War Boys hurtle through the hallway below him as they collect their steering wheels, tumbling and rutting and spilling astringent liquor as they pass. Max turns away, shuts his eyes and ears against the foul deeds being carried out. The hatch below him opens without warning, jerks him roughly to swing by his ankles. A hand lands roughly on his chest, pinch one of his nipples harshly. Max snarls insults and threats at him, words tangling into one rolling noise of rage, falling unheeded on the ears of someone who thrives on misery. Without the haze of heat surrounding him the touch makes his skin crawl, gorge rising in his throat despite the lack of any food in his stomach. The Organic spits, just enough slick to ease the way, and the probe pushes inside. It buzzes to startling life a second later, vibrations rattling their way through his flesh, and Max bites the inside of his cheek to contain a shout. The tone of his voice makes it feel less like a relief than it should. Never liked the Pups ferals put out much myself, but they have their uses. Panic claws down his spine, heart pounding fit to burst out his chest. The War Boys stumble and weave as they haul him to his fate, sour liquor flavoring their breath, movements languid and sloppy. He twists in their lax hold, headbutts one with a face full of pronged metal, slams him against the solid stone with a resounding crack of bone-on-rock. The other shouts, grabs for him, but Max had seen the tumors welling up on his chest, slams his chained-together hands viciously into the weak spot. He writhes to get as far from the other person as possible, kicking out desperately to avoid the hands trying to reach for him. Freed from the white tangle his vision clears, catches on five women and- the alpha from his heat, with the metal arm. The alpha has her mechanical hand tight around the cage of the muzzle, gaze assessing while her face betrays no emotion but mild surprise, something that might be recognition. We need to keep moving.

**Chapter 3 : There are no birds in last year's nest - Oxford Reference**

*Last year's birds built their nests, and both the parents and the chicks have flown on to a new life. When we stay as light as birds in the glorious now, we too fly on to our highest destiny. About the Author: Alan Cohen is the author the bestselling A Course in Miracles Made Easy: Mastering the Journey from Fear to Love.*

Some from as far back as elementary school, high school, and college. Some of these people were my best friends at the time. It was exciting to hear from them again, and in most cases we had a lengthy phone talk or lunch date. Part of me thought we might rekindle our friendship. Most of our conversation was reminiscing. After that, the interaction ran out of gas. Part of me felt sad that such friendships had no current life. What a fabulous, penetrating lesson! What is of the past belongs to the past. What is of the present belongs to the present. Sometimes the two overlap; often they do not. This brought me to discover a principle I call Golden Intersections. When we connect with someone, whether for a moment, a decade, or a lifetime, there is a purpose to that meeting. A Course in Miracles tells us that there is no such thing as a random encounter; every person we meet is sent to us by Spirit for a purpose. Our job is to discover and extract the gift in that meeting and use it. No connection is outside our destiny of good. All relationships exist for a reason, a season, or a lifetime. Reason relationships might occur via a crossing of paths for a meaningful moment. A conversation in an elevator, a hearty laugh with a waitress, or one date with a person you do not see again, are never an accident; they all have a purpose. Season relationships go on for months or years: Then, like all seasons, the interlude comes to an end and gives way to something new. Lifetime relationships are usually with family members or a dear friend. They run deep and run the gamut of activities and emotions. No matter how long your relationship lasts, there is a gift in it. Sometime that gift comes through love, fun, and joy. Sometimes it comes through hardship and challenge. Do not write off difficult interactions as a mistake or a waste of time. In some cases the gifts they bestow are more transformational than easy relationships. A Course in Miracles tells us that it takes great spiritual maturity to recognize that all events, encounters, and relationships are helpful. I used to romanticize the past by wondering if I had made a mistake by not getting together with some past girlfriends when I had the chance to. I second-guessed myself for leaving or not cultivating relationships that could have turned out to be soulmate connections. Then something truly uncanny happened: In every case, some unexpected event showed up to demonstrate to me that there was a good reason those relationships did not endure. For example, my first love was my high school girlfriend Laurie in New Jersey. I was constantly high on love for months until we had a stormy breakup when I went off to college, and I never saw Laurie again. Often I wondered if we might have continued our love affair and come together for life if I had handled the situation better. Thirty-five years later a friend of mine in Maui invited me to an intimate dinner party at his home in a remote tiny mountain town. When our conversation came around to Laurie, I admitted I felt bad about our breakup. Her lifestyle and the choices she has made are worlds away from what you are doing. Still I gave him my email to pass along to his sister so I could at least say hello after all these years. Now I realize that ending the relationship, even for what seemed foolish or immature reasons, was the way it had to be. It had a delightful purpose when it existed, but when that purpose had been served, there was no reason for it to continue. As we step into spring, the season of renewal, we have an opportunity to let the past go and allow new life to fill us. If you and I can just have faith that what belongs to us will stay with us, and if something served us in the past it does not necessarily belong to us in the present, we would forever shine in the now. When we stay as light as birds in the glorious now, we too fly on to our highest destiny. Mastering the Journey from Fear to Love.

Chapter 4 : Bird nest - Wikipedia

*Bird in Last Year's Nest [Shaun Herron] on calendrierdelascience.com \*FREE\* shipping on qualifying offers.*

For example, bird nest soup, shark fin stew, and braised sea cucumber. These dishes can cost hundreds of dollars for a small bowl, and they may look very plain, like a regular bowl of chicken soup. Today I want to take you on a tour to a lesser-known part of Chinese cuisine by introducing one of the most popular food items for female beauty – Chinese bird nest. The nests are made of the hardened saliva of the male swiftlet, a type of swallow found in many coastal caves of Southeast Asia. Sounds super weird right? Well, the cooked nest is almost tasteless and has the texture of jelly. It is often served sweetened and has quite a refreshing taste. When I cooked the nest for the first time in my US home, my husband thought it was super weird. But once he tasted the sweet soup, he actually enjoyed it and drank it all. The culinary and traditional Chinese medicinal TCM use of edible swallow nest dates hundreds of years back, as a highly nutritious therapeutic supplement and a delicacy in Chinese cuisine. So they will keep the last of their youth, as well as have a long and healthy life and a strong body. It has neutral energetic properties in TCM not too cold or too warm, so it benefits people of all ages and is especially good for the lungs, kidneys, and stomach. Moreover, eating swallow nest is regarded as a privilege in China. In ancient times, only the emperor and nobles had access to it. Lastly, the value of bird nest is high due to its rarity. When people are in a business meeting in a restaurant as is Chinese tradition, they order precious items such as bird nest in order to display their sincerity. It is just like ordering an expensive bottle of wine in the Western world. How to prepare and cook with edible bird nest Edible bird nests come in different colors, ranging from white to dark brown, depending on the grading and the type of bird. In reality it is extremely easy and requires just a few simple steps: Bird nest is preserved dry and it stays good for a month in the fridge once you open the package. When you purchase bird nest, the nest usually comes in pieces and the package tells you how many servings it contains. For example, the bird nest I used said 1 ounce 28 grams serves 4 people. This step is very important. Do NOT use warm or hot water to soak the nest because it might destroy the delicate texture. Once the nest is fully hydrated, it expands a few times larger and has a slightly tough gelatinous texture. Use your hands to tear it into smaller pieces along the threads. Try to do it without breaking the threads so the finished nest will have a better texture. The fishiness will disappear once the nest is cooked. Although bird nest can be served either sweet or savory, most people prefer to serve it sweet, as a dessert. To enjoy the bird nest, you should use minimal seasoning, just enough to eliminate the fishiness from the nest without masking its flavor. Using a double boiler will preserve the most nutrition and ensure the nest is fully cooked and tender, without turning it into mush and melting it into the soup. My favorite method is to cook the nest with Asian pear. The pear will magically eliminate all the fishiness from the nest and impart a refreshing sweet aroma. To make the appearance fancier, I carved the pears into small bowls and cooked the nest with a bit of water and goji berries. If you want an easier version, simply chop the pears into small pieces and add them into a bowl with the nest. There are many ways to cook the nest, such as with different types of fruits and Chinese red dates. Once cooked, the nest has a light gelatinous texture that is tender and transparent. Serve the nest cold with syrup and milk, with more fruits if desired. In the recipe below I teach you two of my favorite ways of cooking bird nest – Asian pear with rock sugar, and coconut milk with papaya. If you give this recipe a try, let us know! More delicious recipes that are good for your health.

**Chapter 5 : Should I remove the old nest? - BirdForum**

*The Bird in Last Year's Nest is a tense involving novel of Spain in the Seventies. It is the story of Dion Ugalde, his wife Maria, and his son Mauro of Colonel Basa the Chief of the Civil Guard who is at once Ugalde's friend and the man he fears most in the world.*

Clean out nestboxes as soon as the baby birds fledge , or at a minimum at the end of the nesting season. Never reach into a nestbox to remove an old nest if you can not see clearly inside - use a tool like a putty knife. Dispose of the nest far away to avoid attracting predators. Unlike House Wrens , Bluebirds will not typically clean out old nests by themselves. The detritus can also attract fire ants , and accumulated feather dander can make the interior dusty, especially when older fledglings are exercising their wings. The presence of a used House Wren nest may actually encourage House Wrens to re-nest , which not all trail monitors consider desirable. Cleaning out a nestbox after each use enables monitors to know whether a box is used again, and by what species. First of all, be SURE it is not an active or new nest. NEVER remove active nests of native birds! If, for example, you have a chickadee using a box and you really want bluebirds , put up another nestbox. More on chickadee nesting habits. Removing House Sparrow Nests: House Sparrows and Starlings are considered invasive species. Their nests, eggs, young and adults are not protected under U. More than one person has removed a Western Bluebird or Titmouse nest by accident. See more tips on controlling House Sparrows. Some birds can build a nest very quickly. During active nesting season, I do NOT remove a clean nest even if it appears to be abandoned, as the bird may just be taking a break from building. Sometimes egg laying does not begin until weather or food supply improves. Removing an apparently unused nest prematurely may cause the birds to move elsewhere or lose precious time rebuilding. I have had completed nests vacant for weeks, and then suddenly eggs are laid. If the birds started or even completed a nest and then left it for some reason, or were killed , the nest material can be left in the box for the season. It may be used by other birds or maybe even the same birds who deposited it in the first place. Many monitors save completed, unused bluebird nests in case a nest change is needed. At a minimum, clean at the end of nesting season e. In my opinion, you should remove used nests as soon as the young fledge birds in the North begin another clutch an average of 17 days later, in the South 26 days. I like to remove nests right after fledging to avoid the common mistake of removing a new nest. A used bluebird nest may be clean little or no fecal material and is often flattened versus having a formed cup. If you cleaned the box at the end of nesting season, and mice used it over the winter, clean the box out again before bluebird nesting season starts. See Hanta Virus precautions. If nesting fails, bluebirds may try again in days if there is sufficient time left in the nesting season. You can clean out a box to encourage another brood, but personally, I do NOT remove a bluebird nest after a failed nesting. If they want to try again in that box, having an existing nest can save them time. Other monitors feel removing a failed nest encourages another brood. DO remove any dead nestlings immediately. DO try to address the cause of failure if possible to prevent a recurrence. Should you remove unhatched eggs? A broken egg found in a Tree Swallow nest after fledging. Most of the eggs I find left in nests are not broken. Zimmerman photo - see higher res version. You can leave unhatched eggs in an active nest sometimes the parents will remove them. However, if a spoiled a "bad" egg that started to develop and then died egg breaks, it can make a mess and attract insects. Also, an unhatched eggs could possibly cause a developing hatched chick to develop splay legs. Be aware that for most species, incubation does not begin until a full clutch is laid so all young will hatch close together. The nest may not be regularly attended until that time, so do not assume it is abandoned! Sometimes incubation is interrupted or delayed e. Depending on the species and temperatures, some eggs in a clutch may hatch later than others, and normal hatching can take hours. Do not remove unhatched eggs until at least 72 hours have elapsed since the last chick hatched. Certainty can be achieved by ascertaining that there is absolutely no adult activity for a prolonged period, a period at least as long as the normal incubation period for whatever species laid the eggs plus a few weeks since the start of incubation may be delayed due to weather. Many times people think a nest is abandoned when it is not! The incubating female is either secretive as in chickadees and titmouse or is not on the nest as often as you would expect e. You must

be SURE! When in doubt, wait it out. If eggs were laid and none hatch, they should be left in the box as long as there is adult activity. If they are infertile, the parents may remove them, build a nest on top of them, or lay more eggs with the unhatched eggs. I usually leave the nest in place to save the parents time if they decide to lay another clutch. Newly born hatchlings are VERY fragile. Avoid moving them to get to an unhatched egg until they have feathers, or use a plastic spoon to remove the egg. Leave the nest if it is clean - it will save the birds precious time and energy to be able to re-use it if they lay a new clutch. See more info on dummy and abandoned nests. Have everything ready so you can work quickly but carefully. Stand upwind to avoid inhaling dust and detritus. It is wise to use a face mask Niosh N95 with an exhalation valve to avoid exposure to any avian diseases, especially if you have a compromised immune system. Never stick your hand into a nestbox if you cannot see clearly inside - there could be snakes, biting insects, mice, flying squirrels etc. Instead, use a tool like a long-handled putty knife, wooden paint stirrer, or burger flipper to slip under the old nest for removal. Remove any empty nest and put it into a plastic bag you can invert the bag onto your hand like a glove to avoid touching the nest. Close the bag e. If there are eggs in the nest, try not to touch them with your bare hands. The oil on skin can interfere with hatching, by clogging up air pores in the egg shell. Use gloves or a plastic spoon, but be careful - if you drop an egg it WILL break. This will help keep them warm and calm. When you transfer them to the new nest, be very gentle and do not roll them around in your hand - newborns are fragile. Brush out with a stiff brush like those used to clean a grill and scrape the interior a hive tool [available from bee supply stores], putty knife or paint scraper is useful. If you find any paper wasp nests , remove them, as they may attract more wasps and boxes with paper wasps usually go unused by birds. If drain holes are plugged with debris, clean them out too. If you do use bleach, leave the box open for a day to air and dry it out. You can rinse it out with some water if you have some handy, but chlorine oxidizes rapidly and becomes harmless, and should be gone in 24 hours e. Mix 3 cups of hot water, 3 tablespoons of baking soda, and 3 tablespoons of lemon juice in a spray bottle. Mix 1 cup of distilled vinegar and 1 gallon of water. Dispose of the nest far away or in the trash to avoid attracting predators. Since the beneficial Jewel Wasp parasitizes blow fly larvae , some people like to dispose of the nest outdoors, or put it outdoors in a bucket with a screen top that allows the wasps to escape but leaves any blow flies behind. Also remove any sparrow spooker or wren guard to encourage re-nesting and prevent House Sparrows and House Wrens respectively from getting used to these deterrents. Wash your hands with soap and water or use hand sanitizer immediately afterwards before eating, drinking, or touching your face or steering wheel. Special precautions for cleaning out a box that housed mice to prevent infection with very rare but potentially deadly Hanta Virus: Wash your hands afterwards. Leave the box open for a day to air it out. Because of the risk of predation and parasites, I choose to remove old nests. Drill drainage holes in the bottom. Of course check the interior floor dimensions of your box prior to purchase. Thanks to Duane Rice for this tip. You can also use old strawberry baskets. I leave Tree Swallow nests in place for weeks before cleaning boxes, in case they might be reused for a rare second brood. Used Tree Swallow nests are usually pretty gross, as adults stop removing fecal sacs at least four days before babies fledge, and may contain lots of bird mites so I usually avoid touching them with bare hands, and use a plastic bag to remove them. Since the base detaches from the roof, you can keep a spare and just pop on a clean bottom and then clean out the used one at your convenience. Take the dirty one home, dump the contents, hose it down, scrub and rinse. A "hive tool" is useful for cleaning out nestboxes or dealing with paper wasp nests. You can also use an inexpensive putty knife.

### Chapter 6 : Bird Nest | West Linn OR | Thunderbird Parts

*Last year's birds built their nests, and both the parents and the chicks have flown on to a new life. When we stay as light as birds in the glorious now, we too fly on to our highest destiny. Share.*

### Chapter 7 : Will Birds Use Old Nests? | ThriftyFun

*Some birds will happily renovate and repair last years nest to use again, some birds prefer to locate to a new site and*

*start from scratch again. Ad You could find out by observing them when they start to nest again in Spring.*

### Chapter 8 : Birds in Last Year's Nest - Owlship - Mad Max Series (Movies) [Archive of Our Own]

*A large nest, like an eagle's nest, is of course too impractical to take away! but, a really small nest is generally built in a season. Birds are used to that. The smaller the nest, the more really good places there will be to build it, from the bird's point of view unless nest-building habitat is really scarce, in which case, leave it! to.*

### Chapter 9 : How to Cook Chinese Bird Nest (ç†•çª•) | Omnivore's Cookbook

*The saliva nest of the edible-nest swiftlet is used to make bird's nest soup, long considered a delicacy in China. Collection of the swiftlet nests is big business: in one year, more than million nests were exported from Borneo to China, [] and the industry was estimated at \$1 billion US per year (and increasing) in [].*