

## Birdwatching, Semester 1, 2016

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<i>Time and place</i>	2 <sup>nd</sup> Thursday - various locations (February session W4 10.00-12noon). Meet at Car Park – check newsletter for times and details. Please note that outings are automatically cancelled on days of total fire ban.
<i>Session 1 – notes for participants.</i>	<p>There are a number of guides or tools that can help you identify Australian birds. Some of these include printed field guides, bird identification apps for those with smart phones or tablets, information on websites, information on how to use binoculars and last but not least, help from birdwatchers in identifying local birds and their calls.</p> <p><b>1. Printed field guides include:</b>  Pizzey, G and Knight, F. <i>The field guide to the birds of Australia</i>, 9<sup>th</sup> ed, 2013. Price \$37 to \$45  Simpson, K and Day, N <i>Field guide to the birds of Australia</i>, 2004, Price \$33 to \$40  Morcombe, M <i>Field guide to Australian birds</i>, 2000, Price \$42 to \$50  Slater, P, <i>The Slater field guide to Australian birds</i>, 2<sup>nd</sup> ed, 2009, Price \$33</p> <p><b>2. Digital field guides</b>  Morcombe's <i>Birds of Australia</i> \$28.60 Google App Store (special price) and Apple iTunes, \$37.99, updated Oct 2014  Pizzey and Knight <i>Birds of Australia</i> \$49.95, Google App Store and Apple iTunes, updated Dec 2014</p> <p><b>3. Useful websites</b>  <i>Birdlife Australia</i> <a href="http://birdlife.org.au/">http://birdlife.org.au/</a>  <i>Birds in Backyards</i> (Birdlife Australia) <a href="http://www.birdsinbackyards.net/">http://www.birdsinbackyards.net/</a>  <i>Birdlife Australia, Murray Goulburn Branch</i>, program for 2016  <a href="http://birdlife.org.au/group-events/birdlife-murray-goulburn/">http://birdlife.org.au/group-events/birdlife-murray-goulburn/</a>  <i>Birding-aus</i> (online &amp; Facebook)  <i>Victorian Birders</i> (Facebook)  ... and lots more groups on Facebook</p> <p><b>Listing sites</b> (to enter lists of birds seen at birding sites so that other birders can see them)  <i>eBird</i> - a world-wide listing database run by Cornell Uni. Dept of Ornithology.  Excellent statistical reports. Also has a Facebook Page.  <i>Eremaea Birdline</i> – to report rare or unusual sightings in Australia: linked with eBird.  <a href="http://www.ereamaea.com">http://www.ereamaea.com</a></p> <p><b>4. Binoculars</b>  How to use central focussing binoculars – printed guide below. Video available on YouTube: <a href="https://youtu.be/04oEOrxG24c">https://youtu.be/04oEOrxG24c</a></p>
<i>* Thanks go to Val La May, convenor of Seymour and District U3A Bird Appreciation course, for ideas contributed to these notes.</i>	

# How to use Central Focusing binoculars / terms

Once you know how to use binoculars properly, you can experience the full excitement of viewing. Understanding a few simple procedures will ensure your enjoyment. Binoculars are available in two types, according to how they focus: CF (Central Focusing) and IF (Individual Focusing) binoculars.

## Nomenclature of CF binoculars



**Note:** control positions vary in different brands of binoculars.

## How to use CF(Central Focusing) binoculars

### (1) Adjusting eyecup

For non-eyeglass wearers, eyecups should be set to the fully extended position.  
For eyeglass wearers, eyecups should be set to the fully retracted position.

Using the appropriate eyecup position, looking through binoculars from where the exit pupil is formed (eye point), you can obtain the entire field of view without vignetting (darkening of the image at its edges).

**<Setting Turn & Slide eyecup - Non-eyeglass wearer>**



Turn counterclockwise to the fully extended position.

**<Eyeglass wearer - Setting turn & slide rubber eyecup >**



Turn clockwise to the fully retracted position.

**<Setting folding rubber eyecup --Non-eyeglass wearer>**



Set the rubber eyecup up.

**< Setting folding rubber eyecup - Eyeglass wearer>**



Fold back the rubber eyecup.

**(2) Adjusting the distance between the eyepieces to your eyes (Adjusting interpupillary**

**distance)**

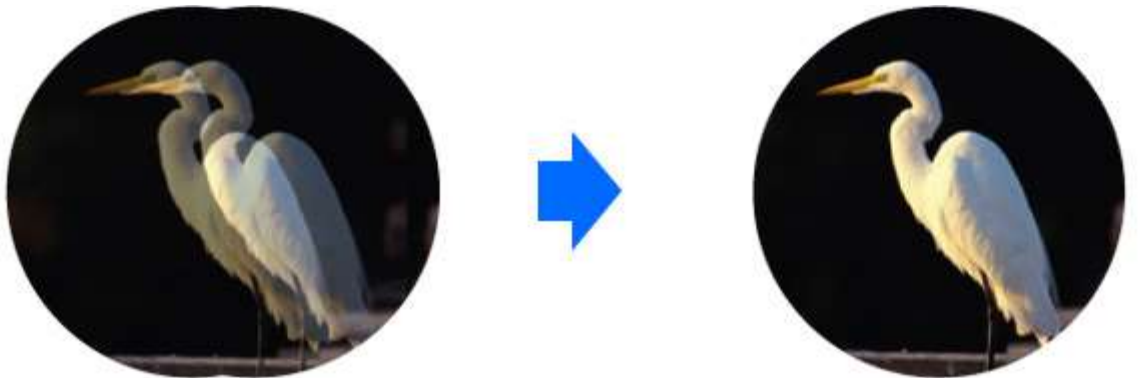
Interpupillary distance varies among individuals. So adjust the distance of the eyepiece lenses according to your own interpupillary distance (the distance between your eyes).

Hold the binoculars with both hands.

While looking at a distant object, carefully move the binocular tubes downward or upward until left and right fields are correctly aligned, forming a perfect circle.

If the interpupillary distance has not been properly adjusted, the image might be uncomfortable to view.

Adjusting interpupillary distance by moving binoculars.



**The interpupillary distance is not correctly adjusted.**

The central part might not be sharp and vignetting might occur at the periphery.

**The interpupillary distance is properly adjusted.**

When correctly aligned, both fields form a single circle.

### **(3) Adjusting for differences between the sight of each eye (Diopter adjustment)**

To look through binoculars with both eyes, you need to perform diopter adjustment. If you have a different visual acuity between left and right eyes, when you look through binoculars without adjusting the diopter, you will not see sharp, crisp images because one eye will see objects in focus while the other does not. And worse, you will suffer eye fatigue.

Usually, adjust the diopter of your left eye first, then your right eye.

Look at a distant object through the left eyepiece with your left eye (right eye closed). Rotate the central focusing ring until you see a sharp image of the object.



Next, look at the same object through the right eyepiece with your right eye (left eye closed). Rotate the diopter adjustment ring (usually located on the right eyepiece) until you see a sharp image.



- \*If the diopter adjustment is located on the left eyepiece, follow the procedure above in reverse order.
- \*If you use zoom binoculars, set them at the maximum magnification first. Then focus with the diopter adjustment ring.

#### **(4) Using the central focusing ring to focus the binoculars.**



Looking through both eyepieces, focus on an object by rotating the focusing ring. If the diopter has been adjusted, turn *only* the focusing ring to focus whenever you change the object viewed.