



## **Healing Haida Hummers**

Hale diminutive warm-blooded hummingbirds,  
Joyful, bathing, fearless, 80kph speedsters,  
Heard before seen, iridescent metallics.  
Brush-tipped tongues French kiss flowers,  
One thousand to two thousand sexy daily osculations.

Rolling shoulder joints, wingtip figure eights,  
Two hundred beats per second, the perfect hoverer.  
Altering wing angle, forward, backward, sideways,  
Enthralling upside-down airborne acrobatics, finesse.  
Practise. Forty million years. Stupendous!

Highest animal oxygen requirements,  
Nine thin-walled air sacs,  
Supreme lung gas volume.  
Three hundred breaths per minute rest,  
Five hundred breaths per minute flight.

Copious nectar rich water, 160 per cent body weight, daily.  
Gnats, flies, aphids, beetles,  
Delectable spider silk-wrapped prey, proteinaceous insects!  
Overnight food cache, crop satiates caloric needs,  
Autumn gorge doubles body weight.  
Sailing a twenty-seven hundred kilometre-migration!

Fulltime Pacific Northwest residents, Anna's.  
Unexampled Arctic climate storms frostbiting, deadly.  
Lifeless looking miraculously still alive!  
Urban rescuers warm feeders thrice daily,  
Recipe in hand: one thumb sugar, four fingers water.  
Blest be ye fine feathered friends!

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## **Agitate. Disrupt. Defend.**

**#UnearthlyWails**

**#ZeroCombustionEconomy2030**

**#GoVegan**

**#RefuseStuff**

**#BoycottChineseGoods**

**#RefusePlastics**

**#WalkMore**

**#ForestBathing**

**#LoveNature**

**#LoveIsTheSolution**

**#GenZEmergency**