



Phainopepla

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For Nature Education and the Conservation of Wildlife

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December 2023 / January 2024

2023 CHRISTMAS BIRD COUNT

SATURDAY, DECEMBER 16, 2023

See pages 2—3 for locations and Times

Birders Needed!

You do not need to be an experienced birder, just a birder willing to come out, rain or shine, to count birds.

January Zoom Program:

Thursday, January 25, 2024, 7:00—8:30 p.m.

Edwin Jacobo will be the presenter for our Audubon Chapter's Thursday, January 25, 2024 meeting. His presentation concerns Motus radio telemetry and bird migration.

The Kern River Preserve (KRP) in Southern California is one of the largest remnants of contiguous riparian forest in the western U.S. Although this preserve has long been considered a biodiversity hotspot, its value for migratory birds as a stopover (sites where birds rest and refuel during migration) has remained unexplored. In 2022 and 2023, the Southern Sierra Research Station, in association with the San Fernando Valley Audubon Society, installed a state-of-the-art Motus radio telemetry array to track the movements of migratory Western Tanagers within the KRP. This presentation will describe the main findings regarding stopover habitat use and long-distance migratory routes followed by birds after departing the KRP. The results of this research underscore the importance of the KRP for migratory birds and the need to continue studying the migration ecology of birds.

Edwin Jacobo is a doctoral candidate at Washington State University, where he studies the stopover ecology of migratory birds in North America. Edwin has a bachelor's degree in biology and a master's in environmental sciences from Universidad Autonoma de Nayarit, Mexico. When not doing fieldwork, Edwin likes fishing and birding with his wife and spending time with his family in Mexico. Edwin is interested in migratory bird responses to environmental change, particularly climate-related disturbances. His research focuses on multi-level avian responses (from physiological to community changes) to alterations in habitat quality caused by wildlife, drought, and tree mortality. Edwin seeks to understand the mechanisms underlying bird responses to environmental change to inform habitat management and conservation needs.

IF YOU ARE NOT ALREADY ON OUR DISTRIBUTION LIST, [CLICK HERE](#), TO SIGN UP AND RECEIVE A LINK PRIOR TO ALL EVENTS. 🐦



Online General Membership Programs

We hope you will join us for our informative Zoom Programs.

[CLICK HERE](#), to sign up and receive a link prior to all events.

—SAVE THE DATE—

ANNUAL AWARDS LUNCHEON
WILL BE HELD
SATURDAY, JUNE 8, 2024
BRAEMAR COUNTRY CLUB

Become a **NEW** member
Your first year is **FREE!**
Go to SFVAudubon.org



To reach an event leader or board member call our Chapter Phone Number
(747) 237-3720
Number is a Forwarding Message Service

Nominating Committee

The Nominating Committee is looking for volunteers who are interested in participating on our board of directors or committees for the coming SFVAS year, July 1, 2024—June 30, 2025. Most board members start their service as chairs of a committee or as elected board members at large. Serving on a committee can also be a great way to become more involved with and contribute to SFVAS.

Newcomers to the board are important! We are volunteers, so you don't have to have prior experience. It is a wonderful opportunity to expand your knowledge and expertise while helping SFVAS work to fulfill our mission: to preserve and enhance the natural habitat within our territory, to increase the public's awareness and appreciation of bird life and the natural environment, and to create a social environment that encourages individual development and participation. Please contact Katheryn Barton if you are interested in serving in any capacity at katheryn.barton@sfvaudubon.org.



2023 CBC Birders Needed, Saturday, December 16

2023 is coming to an end, and you know what that means: it's time to count birds! The Christmas Bird Count (CBC), the National Audubon Society's annual bird census, is right around the corner, and as always, the San Fernando Valley Audubon Society will be joining other Audubon chapters across the Western Hemisphere to help gather critical data on bird populations for National Audubon's 124th Annual CBC. The San Fernando Valley has been providing CBC data continuously since 1957, so this will be our 67th year participating. Over the years, we have tracked some interesting changes in bird populations within our count circle as The Valley has transitioned from an agricultural area into a more residential one.

On last year's count, we totaled 135 species and 18,189 individuals, slightly higher than our average of 130 species and 15,984 individuals over the last 20 years. (see February-March 2023 *Phainopepla* for more details).

In order to properly understand the bird populations in the San Fernando Valley, we need to cover as many parks as possible. CBC participation is free and open to all, and extensive birding experience is not a prerequisite, only a willingness to come out and count, wind, rain, or shine. Nine locations that are putting together teams are listed below. If you are unable to join an existing CBC team, you may count on your own at your backyard feeders, local parks, and anywhere else in your neighborhood, as long as you are within our survey area, which is a 7.5 mile radius of Balboa and Nordhoff (an interactive map of the CBC circle is available [here](#)). Please report all bird species, individual numbers of each species, and the time you spent birding to Alexander deBarros by e-mail, alexanderdebarros@yahoo.com no later than January 3, 2024. You may also post your sightings on eBird, but please e-mail the checklist to ensure it gets counted.

Sepulveda Basin Wildlife Reserve and Lake Balboa

Meeting time: 7:30 am

Directions: Exit 405 fwy at Burbank Blvd and head west (turn left if you're on the northbound side of the freeway, turn right if you're on the southbound side). Turn right onto Woodley Ave, and take the second right into the wildlife reserve. Meet in the first parking lot on the right. (34.1796770,-118.4797396)

Other stops: none

Terrain: flat

Approximate distance: 8.7 miles

Leader: Alexander deBarros, alexanderdebarros@yahoo.com

Hansen Dam

Meeting time: 8 am

Directions: Exit 5 fwy at Osborne St and head east (turn right if you're on the northbound side of the freeway, turn left if you're on the southbound side). Turn right at Dronfield Ave, turn right at the end of Dronfield, and turn right again into the ranger station parking lot. (34.2694287,-118.3964449)

Other stops: none

Terrain: mostly flat, some light hills.

Approximate distance: 8.2 miles

Leader: Pat Bates, batesbird@gmail.com

Sepulveda Golf Courses and Upper L.A. River

Meeting time: 7:00 am

Directions: Exit 101 fwy at Balboa Blvd and head north (turn right if you're on the northbound side of the freeway, turn left if you're on the southbound side). Immediately turn right onto Burbank Blvd. After the light at Hayvenhurst Ave, take the first possible right into the Hjelte Sports Center parking lot. (34.1667806,-118.4862473)

Other stops: Encino and Balboa Golf Courses, L.A. River (Owensmouth Ave to Vanalden Ave), Randal D. Simmons Park, and L.A. River & Aliso Creek Confluence Park.

Terrain: Flat. L.A. River, Randal D. Simmons Park, and L.A. River & Aliso Creek Confluence Park will probably be covered by bike

Approximate distance: 3.75 miles walking, 8.65 miles biking

Leader: Daniel Tinoco, dant1999@gmail.com

Bull Creek, Sepulveda Sports Complex, and Balboa Sports Center

Meeting time: 8:00 am

Directions: Exit 101 fwy at Balboa Blvd and head north (turn right if you're on the northbound side of the freeway, turn left if you're on the southbound side). Take the second possible right into Anthony C. Beilenson Park/Lake Balboa. Meet in the first dirt parking lot on the left. (34.1814216,-118.4983283)

Other stops: none

Terrain: mostly flat

Approximate distance: 4.2 miles

Leader: Rose Leibowitz, roselbirds@gmail.com

Reseda and Encino Parks

Meeting time: 7:30 am

Directions: Exit 101 fwy at White Oak Ave and head south (turn left if you're on the northbound side of the freeway, turn right if you're on the southbound side). Turn left onto Ventura Blvd, and immediately turn left again into the McDonald's parking lot. Look for birders. (34.1624623,-118.5175456)

Other stops: Reseda Park, Encino Park, Los Encinos State Historic Park, Deervale-Stone Canyon Park

Terrain: flat at Reseda Park, Encino Park, and Los Encinos State Historic Park, moderate hills at Deervale-Stone Canyon Park

Approximate distance: 4.5 miles

Leaders: David and Kathy Barton, dagnabbit1956@yahoo.com

Chatsworth Hillside Parks

Meeting time: 6:00 am

Directions: Exit 118 fwy at Topanga Canyon Blvd and head south (turn left if you're on the westbound side of the freeway, turn right if you're on the eastbound side). Turn right onto Devonshire St. Follow Devonshire till it ends at Chatsworth Park South. (34.2604461,-118.6177134)

Other stops: Stoney Point Park, Chatsworth Park North, Oakwood Cemetery, Chatsworth Oaks Park, Chase Park, Lee's Lake

Terrain: Moderate to steep hills at Stoney Point Park and Chatsworth Oaks Park, mostly flat with some light hills at Chase Park and Chatsworth Park South, flat at Chatsworth Park North, Oakwood Cemetery, and Lee's Lake

Approximate distance: 8 miles total

Leader: Robin Share, robindshare@gmail.com

Veteran's Park and Stetson Ranch Park

Meeting time: 8:00 am

Directions: Exit 210 fwy at Hubbard St and head east (turn right if you're on the westbound side, turn left if you're on the eastbound side). Turn left on Eldridge Ave, then right on Sayre St. Turn left where Sayre St ends, and meet in the parking lot at the end of this road. (34.,-118.)

Other stops: Stetson Ranch Park

Terrain: Light hills at Veteran's Park, moderate to steep hills at Stetson Ranch

Approximate distance: 5 miles total

Leader: TBA, please contact alexanderdebarros@yahoo.com for the latest information

Hansen Dam Golf Course

Meeting time: 8:00 am

Directions: Exit 5 fwy at Osborne St and head east (turn right if you're on the northbound side of the freeway, turn left if you're on the southbound side). Turn right onto Glenoaks Blvd, left onto Montague St, and meet in the parking lot at the end of the road.

Other stops: Pacoima Wash Natural Park, Sylmar Park

Terrain: Flat

Approximate distance: 3 miles

Leader: TBA, please contact alexanderdebarros@yahoo.com for the latest information

Old Mission Trail and Lower Limekiln Canyon

Meeting time: 8:00 am

Directions: Exit 118 fwy at Tampa Ave and head south (turn left if you're on the westbound side, turn right if you're on the eastbound side). Turn right onto Tunney Ave, and meet across from Calvin Ave.

Other stops: None

Terrain: Light to Moderate hills

Approximate distance: 6.5 miles

Leader: TBA, please contact alexanderdebarros@yahoo.com for the latest information



Audubon Leadership Conference

By Barbara Heidemann

I recently had the opportunity to attend Audubon's National Leadership Conference, from November 2–5, 2023, staying at the YMCA of the Rocky Mountains, located in Estes Park, about an hour and a half west of Denver, Colorado.

This conference was an excellent way to communicate and make contacts with other chapters. I attended a wide variety of sessions offered, from the problems faced by all volunteer chapters to statewide issues for watersheds.

The opening session included a unique ice breaker, where we all went into the lobby of the hall, picked a bird poster displaying that bird's migration paths and then added dots for our area and discussed among this smaller group. I picked the Whimbrel, which you may know migrates from the edge of the Arctic Circle all the way to the southern tip of South America, along either a west coast or east coast route. We had people in our group from all over, including Chile, Central America, and even representatives of a First People tiny town in Manitoba. National Audubon Society (NAS) is aiming to looking at birding from a Hemispheric Approach.

Dinner one evening included an excellent panel discussion about birding across the Americas. The final night's dinner speaker was a representative from the Federal Fish and Game office with updates on their plans, followed by the annual Audubon award.

Yes, there was time for birding!

After landing, the first bird seen was a House Sparrow, actually inside the Denver Airport. Each day, there was a scheduled Field Trip of your choice:



Rocky Mountains Arsenal National Wildlife Refuge:

This was the big opening trip. NAS provided the tour bus from the airport directly to this spot. We toured the Visitor's Center then went to a spot with two small lakes to bird. Seen were both the Pacific Loon and the Common Loon, a Harrier circling and searching for dinner and Black-billed Magpies plus some more frequently seen birds, like a flock of Gulls and a huge flock of Canada Geese, who were disturbed and circled in the sky before settling again. Also seen were Buffalo, multiple large Prairie Dog colonies and deer (but no Elk).

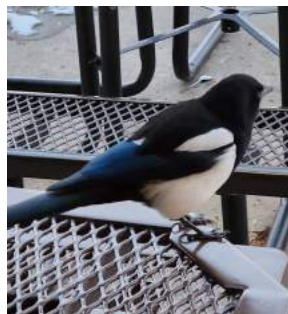
Lake Estes:

Located only a 20 minute bus ride (the driver spotted my first Elk) from the YMCA so this picturesque lake reflecting the mountains, this was a good location for birding.



Group shot at Lake Estes

Seen were a flock Canada Geese and one lone Cackling Goose on the golf course, a Red-shafted Flicker tapping and flashing through the trees, a Junco, Buffleheads, Pied-billed Grebes, of course Mallards and an excellent closeup look at a Mountain Chickadee. On the way out heading to the YMCA, the bus driver circled the "Shining House" (supposedly haunted setting from the Jack Nicholson movie with the famous "Here's Johnny!" line), built by Freelan Stanley, co-founder of the Stanley Motor Carriage Company, famous for their Stanley Steamer.



Magpie fluffing its feathers

One of the new trends is to practice Mindful Birding, or Slow Birding. I swapped Bear Lake, where it had snowed, for time practicing Mindful Birding at the Bird Feeder: Seen were both variants of the Steller's Jay, the Pacific Northwest and Pacific Southwest, four varieties of Juncos, the Oregon, Gray-headed, Slate-colored, and Pink-sided, Pygmy Nuthatches, Harry Woodpecker, both male and female, a Red-shafted Northern Flicker, and Mountain Chickadees.

On the ground below was an Albert Black Squirrel, with those adorable tufted ears, happily feasting on seeds that had been dropped and a pair of active Least Chipmunks (so cute!)

The Magpies were everywhere! This is not a bird I have commonly seen. They were even all over the YMCA, cawing and cackling and playing around, until the first crow showed up, then they just disappeared quickly into the bushes. Magpies do not like crows.

This was a wonderful experience and I recommend it. And the views of the Rocky Mountains weren't bad either!



Mt. View - from the YMCA part of the Mummy Range, covered in snow



Stellar Jays - both Pacific NW and Pacific Southwest, some are all black, some have the white spot

Calendar of Events

To reach an event leader you may call our forwarding message service at [\(747\) 237-3720](tel:7472373720)

DECEMBER 2023

Sunday, December 3. Sepulveda Basin. 8:00—11:00 a.m.

Directions: Exit the San Diego Freeway (I-405) on Burbank Blvd. Go west about one-half mile to Woodley Avenue and turn right (north). Travel about one-half mile to the second possible right turn (at sign for the Water Reclamation Plant and Japanese Garden). Turn right and go east about one-half mile to Wildlife Area parking at the end of the road. Park in the lot and walk past the low, rock-faced buildings to our meeting place on the other side of the buildings. Leader: Alexander deBarros, Alexander.deBarros@sfvaudubon.org.



Saturday, December 9. Family Basin Tour: FREE Guided Sepulveda Basin Wildlife Reserve Tour. 9:00—10:30 a.m.

This tour is perfect for families with school-age children, beginning or first-time birders, and people who want to learn more about the Wildlife Reserve. Directions: Driving on Woodley Ave. north from Burbank Blvd. or south from Victory Blvd., go .5 miles and turn east at the sign for the Japanese Garden. Continue straight (don't turn into the garden) and drive past the Cricket Fields and around the tree in the middle of the road, on to the parking lot at the end of the road. Park in the lot and walk past the low, rock-faced buildings. Meet at the amphitheater. This tour meets on 2nd Saturday's of the month, October—March. Leader: Muriel Kotin. muriel.kotin@sfvaudubon.org. Heavy rain cancels.

Thursday, December 14. A Bird Sit with Nature Journaling, O'Melveny Park. 10:00—11:30 a.m.

If you would like to mindfully connect with birds and all of nature, join us at O'Melveny Park—at the picnic tables near the bathrooms. (Rain cancels and moves it to the 3rd Thursday.) What to bring: a cushion or a comfortable chair, a beverage/snack, binoculars, a journal, and something to write/draw with. This event is limited to 10 people. To reserve a spot, contact Teri Carnesciali at teri.carnesciali@sfvaudubon.org. Co-leader: Mary Lou Sharp.

Saturday, December 16. Christmas Bird Count. Come out and count birds for the 124th Annual Audubon Christmas Bird Count. All are welcome. No experience necessary—just a willingness to count rain or shine. See pages 2–3 for meeting times/locations.

Sunday, December 17. Malibu Creek State Park. 8:00 a.m.



Meet at the second (lower) day-use parking lot. Entrance to the park is on the west side of Las Virgenes Road, just south of Mulholland Hwy. Entrance fee is \$12 per car. Leaders: Katheryn Barton and David Barton. kathy.barton@sfvaudubon.org.

Tuesday, December 19. Weekday Wander at O'Melveny Park, Granada Hills. 9:00—11:00 a.m.

Directions: Take the 118/Ronald Reagan Freeway and exit at Balboa Blvd. Turn north, driving two miles to Sesnon, turn left going west 0.6 miles, turn right at park entrance. Meet in the parking lot. RAIN CANCELS. Contact Carolyn Oppenheimer at c.oppenheimer@sfvaudubon.org.

Saturday, December 23. Hansen Dam Birding 8:00—11:00 a.m.

10965 Dronfield Ave., Pacoima, CA. Dronfield Ave. intersects Osborne St. approximately ½ mile south of Foothill Blvd. Turn into the park on Dronfield, and meet near the ranger station. Accessibility is good for this

site which is mostly on a packed dirt road. Leader: Pat Bates, pat.bates@sfvaudubon.org.

NO GENERAL MEMBERSHIP MEETING IN DECEMBER.

HAPPY HOLIDAYS!

Sunday, December 31. Young Birders Group. 9:00—11:00 a.m.

This walk is recommended for young beginning birders. We will have binoculars to share, but if you have your own, don't forget to bring them! If you're planning on coming, please send us a quick e-mail at youngbirders@sfvaudubon.org so we have an idea of how many folks to expect. Feel free to reach out if you have any questions, suggestions for walk locations, or anything else. Please check our website for updates. E-mail Luisa and/or Rebecca at YoungBirders@sfvaudubon.org for more information and we will add you to our e-mail list.

JANUARY 2024

Sunday, January 7. Sepulveda Basin. 8:00—11:00 a.m.

Directions: Exit the San Diego Freeway (I-405) on Burbank Blvd. Go west about one-half mile to Woodley Avenue and turn right (north). Travel about one-half mile to the second possible right turn (at sign for the Water Reclamation Plant and Japanese Garden). Turn right and go east about one-half mile to Wildlife Area parking at the end of the road. Park in the lot and walk past the low, rock-faced buildings to our meeting place on the other side of the buildings. Leader: Alexander deBarros, Alexander.deBarros@sfvaudubon.org.

Thursday, January 11. A Bird Sit with Nature Journaling, O'Melveny Park. 10:00—11:30 a.m.

If you would like to mindfully connect with birds and all of nature, join us at O'Melveny Park—at the picnic tables near the bathrooms. (Rain cancels and moves it to the 3rd Thursday.) What to bring: a cushion or a comfortable chair, a beverage/snack, binoculars, a journal, and something to write/draw with. This event is limited to 10 people. To reserve a spot, contact Teri Carnesciali at teri.carnesciali@sfvaudubon.org. Co-leader: Mary Lou Sharp.

Saturday, January 13. FREE Guided Sepulveda Basin Wildlife Reserve Tour. 9:00—10:30 a.m.

This tour is perfect for families with school-age children, beginning or first-time birders, and people who want to learn more about the Wildlife Reserve. Directions: Driving on Woodley Ave. north from Burbank Blvd. or south from Victory Blvd., go .5 miles and turn east at the sign for the Japanese Garden. Continue straight (don't turn into the garden) and drive past the Cricket Fields and around the tree in the middle of the road, on to the parking lot at the end of the road. Park in the lot and walk past the low, rock-faced buildings. Meet at the amphitheater. This tour will meet on 2nd Saturday's of the month, October—March. Leader: Muriel Kotin. muriel.kotin@sfvaudubon.org. Heavy rain cancels.

Tuesday, January 16. Weekday Wander at O'Melveny Park, Granada Hills. 9:00—11:00 a.m.

Directions: Take the 118/Ronald Reagan Freeway and exit at Balboa Blvd. Turn north, driving two miles to Sesnon, turn left going west 0.6 miles, turn right at park entrance. Meet in the parking lot. RAIN CANCELS. Contact Carolyn Oppenheimer at c.oppenheimer@sfvaudubon.org.

Sunday, January 21. Malibu Creek State Park. 8:00 a.m.

Meet at the second (lower) day-use parking lot. Entrance to the park is on the west side of Las Virgenes Road, just south of Mulholland Hwy. Entrance fee is \$12 per car. Leaders: Katheryn Barton and David Barton. kathy.barton@sfvaudubon.org.

Thursday, January 25. General Membership Meeting: Zoom Program: 7:00—8:30 p.m. SPEAKER: Edwin Jacobo will discuss the Motus radio telemetry used to track the migration of Western Tanagers at the Kern River Preserve. See page 1 for more info. If you are not already on our distribution list, [Click here](#), to sign up and receive a link prior to all events.

Saturday, January 27. Hansen Dam Birding. 8:00—11:00 a.m. 10965 Dronfield Ave., Pacoima, CA. Dronfield Ave. intersects Osborne St. approximately 1/2 mile south of Foothill Blvd. Turn into the park on Dronfield, and meet near the ranger station. Accessibility is good for this site which is mostly on a packed dirt road. Leader: Pat



Bates, pat.bates@sfaudubon.org.

Sunday, January 28. Young Birders Group. 9:00—11:00 a.m. This walk is recommended for young beginning birders. We will have binoculars to share, but if you have your own, don't forget to bring them! If you're planning on coming, please send us a quick e-mail at youngbirders@sfaudubon.org so we have an idea of how many folks to expect. Feel free to reach out if you have any questions, suggestions for walk locations, or anything else. Please check our website for updates. E-mail Luisa and/or Rebecca at YoungBirders@sfaudubon.org for more information and we will add you to our e-mail list.

A Solar Eclipse and The Family and Beginners Walk Converge into One Fun Morning



Alexander in Blue Shirt with Participants

The term 'eclipsed' applies to some species of birds which adopt dull plumage during non-breeding season. San Fernando Valley Audubon Society (SFVAS) has added a new definition! SFVAS's launch of its first Family & Beginner Birdwalk of the 2023–24 season at the Sepulveda Basin Wildlife Reserve on the morning of October 14, 2023 was greeted by a partial solar eclipse. We made an event of it! SFVAS leaders provided various ways to safely view the eclipse. Alexander DeBarros designed an ingenious projector system using his spotting scope and some cardboard to provide a very good (albeit upside-down) image of the eclipse



Alexander's Clever Telescope Setup

as it progressed, with even some sunspots visible. Charlie Wilken brought a number of pin-hole devices and a welder's helmet. Pat Bates brought her camera with 600mm lens fitted with a solar filter to take photos of the eclipse as it progressed to about 70% coverage of the sun. There was a good number of people assembled, and many were taking photos of the images from the camera live display on the projector. The folks assembled really enjoyed the event.

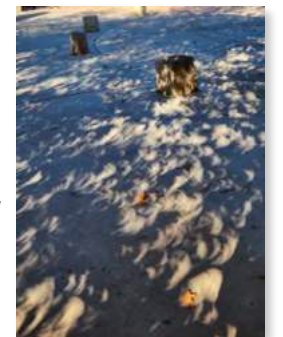


Eclipse Composite by Pat Bates



Eclipse in Pat's Camera

As the eclipse began waning, the birdwatching began with able guidance from Charlie Wilken, Barbara Heidemann, Wendy Barsh, and Carolyn Oppenheimer. Barbara welcomed the roughly twenty participants and showed them how to use the binoculars we loaned out. Then they split up into three groups to view the birds in the Wildlife Reserve. Charlie brought his spotting scope so those in his group got a great close-up view of the more distant birds. Barbara took a small group that included the children and a few adults. Wendy and Carolyn took a larger group that included some individuals from the organization Pacoima Beautiful. We



Fallen Leaves Amid Crescent Shadows of Eclipse Cast by Sycamore Trees

we were all treated to lovely mild fall weather and had some great bird viewing. Most impressive among the birds were closeup views of an Osprey perched in a tree adjacent to the trail. People also enjoyed seeing the Great and the Snowy Egret, Great Blue Heron, Turkey Vultures, and Double-crested Cormorants. There were, of course, Mallards, Coots, and Pied-billed Grebes to see as well. Our smaller avian sightings included Bushtits, hummingbirds, and Lesser Goldfinches. And to top it all off, the groups got a kick out of seeing the non-avian residents of the lake, fish, and turtles. All the participants enjoyed the morning and we are looking forward to them joining us again on future walks. We also hope to see some of you who did not make it to this event on one of our upcoming Second Saturday Family and Beginners Walks at 9am at the Wildlife Reserve on, December 9, January 13, February 10, and March 9. — *The SFVAS Eclipse Birdwalk Team*



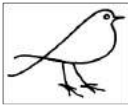
Sepulveda Basin Vision Plan Zoom Public Comment Period

The Draft Sepulveda Basin Vision Plan is available for public review and comments. The City of Los Angeles Bureau of Engineering would like your input!

1. Read the plan by downloading it [HERE](#). (Note - it is 272 pages)
2. Provide comments by filling out the public comment form [HERE](#).

Comments are invited between October 18 and December 18, 2023.





Bird Sit Bulletin By Teri Carnesciali

Going on a bird walk, stopping at various points to view different species is a wonderful way to enjoy the avian life around us. An alternative way to enjoy birds is a "bird sit" where the birder sits in one spot, taking in whatever birds come their way. A bird sit involves quiet, restful observations of the birds and their habitats, and often provides surprises.

At our monthly bird sit we encourage participants to keep a nature journal in which they can enter anything that might help them focus on what they're seeing, savor the experience, and remember it later. Some may write descriptions, others may draw or paint—whatever each individual prefers. After an hour or so of observing and journaling separately, we come together and share what we've seen.

One of our participants wrote this shortly after she first attended our bird sit:

"I'd like to thank you for introducing me to nature journaling. I've been birding for more than 50 years, but this concept has fundamentally changed how I go birding!...I used to go birding infrequently because I didn't like birding alone, but now with the nature journal I'm perfectly happy going alone."



Newcomers are always welcome. For information on joining in on a Bird Sit with Nature Journaling, please see the Calendar of Events. 🐦



A Visit from Pacoima Beautiful! —By Pat Bates 11/04/2023

SFV Audubon was joined today by an enthusiastic group from grassroots environmental organization [Pacoima Beautiful](#) for a tour of the Sepulveda Basin Wildlife Reserve. Pacoima Beautiful is active throughout the Northeast San Fernando Valley communities, which of course are part of our SFV Audubon territory. Wendy Barsh, Carolyn Oppenheimer, and Pat Bates led the group on a stroll along Haskell Creek and the wildlife lake, pointing out facts about the birds and other wildlife, plants, and the origin of the reserve. A high point of the morning was the crazy juvenile Red-tailed Hawk which decided to fly right past the group and crashland ungracefully in a flimsy Coyote Bush. Many of our visitors got great videos of the hawk show!



We learned that several of the group had never been to the Reserve, including a gentleman who has lived here 30+ years and did not know it existed! It was great sharing the Reserve and discussing the community involvement in developing and sustaining it and the issues that arise.

Pacoima Beautiful is a unique organization dedicated to creating a safer and cleaner community through collective action. They foster environmental stewardship including restoration projects and SFV Audubon welcomes the opportunity to share ideas regarding our mutual goals. We can certainly benefit from a relationship with this vibrant organization and look forward to an ongoing strategic alliance to support conservation goals in our region. 🐦



The Youth Activities Committee members are volunteers who lead a variety of special walks and tours at the Sepulveda Basin Wildlife Reserve in addition to the Second Saturday walks in the fall and winter months. They lead tours for habitat restoration volunteers organized by Friends of the LA River and the California Native Plant Society monthly. They lead field trips for school groups that do not qualify for the SBEEP program. they also lead tours for adult groups like Pacoima Beautiful and the Placerita Canyon Docents, as well as family groups like LA Nature for All.

The current programs might be expanded if more leaders join the committee, expanding to serve more groups and possibly other locations.

If you're interested in joining the committee, please contact me at marie.kotin@sfvaudubon.org and copy [the SFVAS email].



Our booth at P22 Day, Griffith Park. Photo by Charlie Wilken

SAN FERNANDO VALLEY AUDUBON SOCIETY
NEW Chapter Phone Number

To reach a board member or event leader you may now call our forwarding message service at **(747) 237-3720**

EXECUTIVE OFFICERS

President: Katheryn Barton
1st Vice President: Rebecca LeVine
2nd Vice President: Paula Orlovich
Treasurer: Patricia Bates
Corresponding Secretary: Teri Carnesciali
Recording Secretary: Barbara Heidemann

AT-LARGE DIRECTORS

Natalie Beckman-Smith
Luisa Bergeron
Jolene Herz
Rebecca Marschall
Patricia Turner
Charlie Wilken

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Birdathon: Richard Davis
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Classroom Education: Paula Orlovich
Programs: Joanne Millius
Publicity: Marianne Davis
Sales & Service: OPEN
Youth Activities: Muriel Kotin

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Audubon-at-Home: OPEN
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Mary Lou Sharp
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Articles, letters, drawings, and photographs concerning conservation, ecology, birding, chapter activities, and articles of interest to the membership are welcome for publication in the *PHAINOPEPLA*.

Material from other newsletters or newspapers should include the source and date. Copy for the *PHAINOPEPLA* should be in the hands of the editor by the 3rd of the month to be included in the following month's newsletter.

Membership to National Audubon is separate and can be initiated on the website www.Audubon.org.

If you have any questions about membership, renewals, change of address or any other membership concerns, please contact Lynn Maddox at (818) 425-0962 or e-mail her at Lynn.Maddox@sfvaudubon.org.

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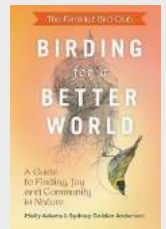
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Book Reports by Marianne Davis



KEEP LOOKING UP: YOUR GUIDE TO THE POWERFUL HEALING OF BIRDWATCHING, by Tammah Watts

BIRDING FOR A BETTER WORLD; A GUIDE TO FINDING JOY AND COMMUNITY IN NATURE, by Molly Adams and Sydney Golden Anderson



I first read Tammah Watt's book earlier this year when it came out, out of loyalty to Tammah (who is our Audubon Coordinator for Southern California Audubon and is doing a great job). It's a personal account of how birding helped her deal with a serious illness and takes one through the process of journaling while birding. All of this strongly reminded me of our Bird Sit activity in our own Chapter, so theoretically one could use this book as a self-help version if you couldn't make the Bird Sit sessions.

I came across the second book while I was cruising online about The Feminist Bird Club, of which the authors are founding members, and was hoping to find some community suggestions. The book clearly emphasizes how to make the LGBTQ and BIPOC birders more comfortable, which is helpful. Again, it is a personal journaling manual and even cites Tammah Watts' book in the bibliography (so that tells you that theirs must have come out after Tammah's, both are published this year 2023).

Both books are more oriented at beginning birders, and those that are open to journaling, meditation, and "being in the moment." If anyone wants to borrow my copies, just ask.