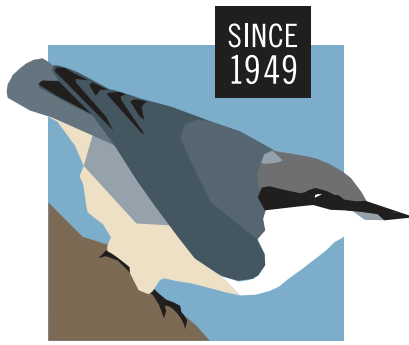




SEQUOIA AUDUBON SOCIETY

Bulletin of the Sequoia Audubon Society, San Mateo County

*Volume 71, No. 3
July - September 2020*

Supporting Diversity in Birding and Black Lives Matter

Sequoia Audubon Society's mission of engaging people in conservation, education, advocacy, and enjoyment in order to protect birds and their ecosystems, includes people of all races. However, the events of the past few weeks have made it clear that we have much more to do in order to make Black Birders and all birders of color feel safe and welcome in the field, as white birders do without a second thought. We are committed to continuing to strive for equality, especially through the lenses of environmental justice and climate change, two issues that intersect and disproportionately affect communities of color. Black Lives Matter. The disease that is racism kills black and brown people. The racist treatment of Christian Cooper while birdwatching in Central Park was quickly overshadowed by the graphic video of police murder in Minneapolis, but it should not be lost in the justifiable outrage.

Sequoia Audubon and our entire community benefits when birders and environmentalists of all colors are included and welcomed. We realize we have much more work to do to make that vision a reality. Statements that we do not discriminate and welcome birders of all color are no longer sufficient. We have an obligation to reach out, to encourage, to welcome black and brown birders, to promote diversity in chapter leadership, and to learn from each other. If we believe that birding and nature are for all people, we must set into motion and continue the challenge of nurturing positive change, whether within ourselves or within our communities. We will strive to make Sequoia Audubon a safe place for all people by upholding the highest standards of engagement with our community, with nature, and with each other.

We are eager to share the simple enjoyment of looking through binoculars to watch birds in nature, and putting our minds to work to identify what we see. This appreciation of life can be shared by all people, no matter their color, age or economic status, yet the birdwatching community remains overwhelmingly white. We must take action to change that and become a more diverse community. May our actions contribute to those of many others to make our society one that values everyone equally.

Monthly Meetings

2nd Thursdays 7:00 pm
San Mateo Garden Center
605 Parkside Way, San Mateo
online: check website

September 10

**Taxonomic Puzzles
Alvaro Jaramillo**

No Field Trips Scheduled



High school students go birding while at Lost Maples State Natural Area during a week-long outdoor Conservation Trek hosted by Trinity River Audubon Center Wednesday, August 7, 2019 in Vanderpool, Texas.

Credit: Luke Franke/Audubon

Birding During a Pandemic! *Jennifer Rycenga, President*

Like poets, birders will sometimes place artificial restrictions on themselves. Think of the Christmas Bird Count, or the Big Sit, or a Big Day within a single county. These exercises feature human-drawn arbitrary boundaries, but by holding ourselves to them, we gain new perspectives, even new skills, while also learning about habitat, population status, and species distribution.

The Shelter-in-Place order during the Spring of 2020 placed all of us birders into a situation of human-drawn boundaries, but this time those boundaries were not arbitrary: they were essential for guarding public health. Here in San Mateo county, we had specific limits on the radius from our home for outdoor recreation. This led Sequoia Audubon member Donna Pomeroy to institute the “Weekly SIP Distributed Big Day” described in this newsletter.

For many of us, the SIP order led to exploration of green spaces and smaller municipal “pocket parks” in our neighborhoods. I have a Little League field across the railroad tracks from my house, and found it to be a hotspot for White-throated Swift and Northern Rough-winged Swallow. On an extended walk I discovered the mysterious “Hidden Hillsdale Parks.” Searching for palm trees led me, as I hoped, to find a smattering of Hooded Orioles nearby. Channelized creeks hid California Slender Salamanders and Green Herons. There was a world of nature within a mile radius of my domicile, even if that natural world had to compete with concrete and commerce.

We should treasure the intensive knowledge we gained of our localities. What did you find during the Shelter-in-Place? A section on “pocket parks” for each major municipality in the county will be added to the San Mateo County Birding Guide – with your contributions! Please send me, by email, a brief paragraph or two about the new places you discovered (when necessity mothered novel approaches to birding). – Jennifer Rycenga (smcbgeditor@earthlink.net)

MEETING PROGRAMS

605 Parkside Way, San Mateo

September 10, 7 pm **Taxonomic Puzzles by *Alvaro Jaramillo***

Sometimes you are at the right time and the right place. Last year while birding near the Salton Sea, I recorded some Burrowing Owls. As I listened to them, I realized that this was a different voice from the one I know from Chile. I thought, “OMG, could these be two different species?” After I have had some time to work on it, I think they are. This brings up more questions to the reader than it answers. Burrowing Owls were already a known “thing” so there is no new species here right, or is there? What is the discovery exactly, if any? And why voice, why does this matter, don’t bird voices vary? What does voice actually tell you?

Well, these are good questions. I have been involved in various “splits” of species, as well as the description of a brand new species, and have pondered some of these questions as a birder, and a biologist. My aim in this talk is to tell you some stories about these birds I have worked on, and in the process hopefully it will give a better understanding of how all of this taxonomy stuff actually happens. And no, biologists don’t make these changes just to sell more field guides or to annoy the public. Yet some of these frustrations could be lessened if the bird books actually did not follow all of the elements of taxonomy word for word and I will tell you about that too.

Birding is amazing as we all know, and another aspect that makes it unique is the potential for amateurs and citizen scientists to actually aid in making scientific discoveries. The Burrowing Owl project I mentioned above needed nothing but an idea, a computer and access to citizen science databases with bird recordings! With a little training many people could do this, and hopefully this will make you see how valuable some of the birding info you gather is, and in the end how it not only affects science but conservation.



Inclusivity In Birding *by Casey Girard, Field Trips Coordinator*

The outdoors should be a welcoming space for everyone to enjoy the healing benefits of experiencing nature. However, we must face the fact that it does not hold true that our Black community members can engage equally in these experiences. While Sequoia Audubon is a chapter that has helped make birding not just a White male activity and has reached Women and LGBTQIA birders we have more work to do to be welcoming and inclusive to Black, Indigenous, Latinx, and People of Color.

It is my goal as field trip coordinator to make sure that we have opportunities for all members of our community to participate with us out in the field looking for birds. Our outreach efforts have yet to meet all the goals for field trips that are inclusive and welcoming to Black, Indigenous, Latinx, People of Color and all age birders.

I want to coordinate with other groups to run field trips as partnerships. I am always interested in new ideas for field trips and I welcome more field trip leaders. I am going to do the work to reach out to other organizations and communities. While I had begun to take steps to be more inclusive they weren't enough. I pledge as long as I work with Sequoia Audubon to make sure marginalized voices are heard and their needs are met so they can be safely out in nature birding and can join in our events.

WEBL *by Beverly Cronin, Bluebird Recovery Coordinator*

The Sequoia Audubon Society participates in the California Bluebird Recovery Program. This program is sponsored jointly by Audubon California and the North American Bluebird Society.

Our members volunteer to monitor nest boxes for Western Bluebirds. Monitors usually walk a trail of about 10 to 20 boxes once a week to gather data. The season runs from late February to mid August.

This year I will be the new nest box coordinator (the position previously held by Chris O'Connell). I would like to gather data from each of our current nest box monitors, as well as the status of your trail and to see if you need more nest boxes or have yours repaired. If you are a nest box monitor please email me at beverly.cronin@gmail.com or you can call (650) 529-1454.

Those members that are interested in becoming a next box monitor and learning about our program, send me an email. This is a great volunteer opportunity! It's also lots of fun.

Monitoring nest boxes is a rewarding experience that I look forward to each year. Each volunteer is assigned a nest box trail in San Mateo county. As you may have seen in some of our parks, such as Edgewood Park, or private locations like Filoli, the nest boxes are attached to fences or hanging in trees. Once a week during the breeding season the boxes are checked for the number of eggs, nestlings and the number of young fledged, as well as parasitism, predation, condition of the box. At the end of the season each monitor submits their data to the California Bluebird Recovery Program, and other organizations that request it.

In addition to the Western Bluebird, the nest boxes also attract other cavity-nesters such as the Violet-green Swallow, Oak Titmouse, Ash-throated Flycatcher, Bewick's Wren and Chestnut-backed Chickadee. The nest box program has been very successful for cavity-nesting birds.

In addition to our current trails, I'm currently looking into the possibility of adding new Barn Owl nest boxes in San Mateo County.

Contact me if you:

- are interested in being a Barn Owl nest box monitor.
- are a current Barn Owl nest box monitor.
- have any experience building and/or installing Barn Owl nest boxes.
- know of a park or private property that would be a good location for a new nest box.
- have seen a Barn Owl nest box in SMCo. Other groups/private residences install these. It's beneficial to make a county map to better aid in the placement of future boxes.

Look forward to hearing from you – Beverly



Ten Weeks of Socially-distanced Big Days by Donna Pomeroy

San Mateo County received its Shelter-in-place (SIP) order on March 17. Initially, we were instructed that we could only leave the house for exercise by walking or biking and we needed to stay within five miles of our homes. I was immediately concerned about the isolation that many of us would feel from being cut off from our regular social activities and from spending so much time shut away indoors. The proven physiological and psychological benefits from spending time in nature are well known and studies also show that social isolation leads to depression, so the idea of coordinated efforts of our birding community to independently bird and contribute to a bigger group purpose seemed like a really positive thing. Creating a socially-isolated “Big Day” seemed like a way for us to remain connected, as our tightly-knit birding community has always been, and to motivate people to get some fresh air and exercise, as well as the huge boost to morale that birding and being out in nature provides us. Birding, even if restricted to our yards or nearby neighborhood parks, could continue to be a source of pleasure for us with a little adaptation to the current situation.



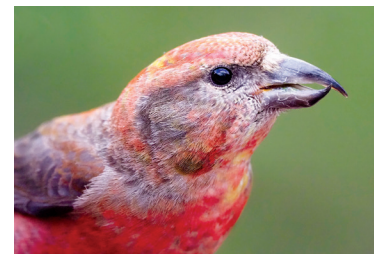
Hooded Warbler

The scientific value of a higher number of checklists with all that data submitted to eBird was just one more benefit from our big days. In addition, those of us that use iNaturalist were able to add lots of new observations from areas in our neighborhoods that we had previously ignored. But in all honesty these were secondary benefits from something that was instituted to make us feel better during this very difficult time. I was thrilled that so many people joined in the fun over the ten weeks of Big Days. Fifty people participated, either by emailing their lists to me directly, providing me with links to their eBird lists, or adding their sightings to our Sequoia Audubon Facebook page.

We learned a lot about our neighborhood birds over these weeks, many of us discovering new spots to bird that we had driven past for years. The timing of the SIP was fortuitous for birders, as it gave us an opportunity to really experience the transition of seasons from winter to spring. Many of us would normally have planned vacations for this time of year, jetting away to distant locations to see the spring birding in other parts of the county or world. With all those trips cancelled, for a lot of us, this was the first time in many years we saw our own spring birds arriving and our winter birds departing. With the consistency of birding the same location for ten weeks, I personally learned a lot about my local birds and I have never felt so connected to them.

The total species counts we saw from week to week reflected what one would expect. Our very first “Big Day” was on March 18, the day after the SIP order went into effect. For this week, we restricted our total to the birds we could find or see from our yards. We saw 70 species on that first count day. After that, we kept the totals for the birds we saw within our 5-mile neighborhoods and the totals really went up. As we approached mid-April with our counts, we reached the peak of our totals. We still had most of our wintering species around and we were seeing the arrival of new spring species or migrants increasing from week to week. Our highest species count was on April 15 with 167 species and for the next two weeks we remained at 157 species. Disappearing ducks and shorebirds were being replaced by the new arrivals. Through May, we have seen a steady drop off in species totals, as the last of our winter birds left and the late spring breeding birds arrived. Our final counts on week nine and ten were 141 and 140 species, respectively.

Every week, we saw some exciting and unexpected birds that we might have missed otherwise. The rarest bird seen during our SIP big days was a Hooded Warbler, found by Joe Morlan, doing his weekly visit to San Pedro Valley County Park. There were other unexpected additions to our big days, including these rare or hard to find birds: Vesper Sparrow, Tropical Kingbird, Great-tailed Grackle, Greater White-fronted Goose, Northern Fulmar, Bald Eagle, Lark Sparrow, Bonaparte’s Gull, Harlequin Duck, Tufted Duck, Ridgway’s Rail, Snowy Plover, White-throated Sparrow, Blue-winged Teal, Virginia Rail, Sora, Black Skimmer, Rhinoceros Auklet, Marbled Murrelet, Sooty Shearwater, Pileated Woodpecker, and Cassin’s Vireo. My best bird came on a Wednesday afternoon, while resting in my backyard after a four-mile walk to and through Pillar Point Harbor. I was watching birds coming to drink at my fountain when five Red Crossbills showed up for a quick sip. The fountain was just a few feet away from me and the eye level looks, although brief, were stunning. It was a memorable moment that never would have happened if I had been off on our planned vacation. There were some silver linings through this time.



Red Crossbill

The Big Walk *by Alvaro Jaramillo*

It is difficult not to use a cliché to describe the situation we are living in. It is so odd and surreal that we cannot help but to point that out. “These are strange times,” is perhaps the most common I hear. Yet one of the silver linings of this situation has been that many people have chosen to do something different than the norm, to create opportunity out of hardship. To do something strange during the strange times. People are baking, you can’t find flour in the grocery store! People are doing puzzles, and I have never seen so much physical fitness going on at the Coastal Trail. For me, once I returned from my last International tour before the shutdown, was realizing that my days would be similar for many, many months. For many years I have lived a life where moving around was part of it, and now I was to be anchored down for a while. But what an opportunity this was as well. Often when heading off on a trip, I would lament all the interesting changes and migration that I would be missing by not being home. Well, home was all I had now! What to do? We were at a 5-mile from home restriction, many birding areas were closed or at least the parking areas were closed, making them difficult to access. Yet one of the reasons I live in Half Moon Bay is to be close to great birding. Looking at my 5-mile radius, I realized there were some fantastic spots that were essentially walking distance from home. So why not walk to them? No need to park if you walk. The Big Walk was born!

Although I have taken part in Big Days in the past, I have to say that the scouting and planning, well it is a bit too much for me. That feels like work. I didn’t want work, just a challenge and an adventure. Travel for me is an adventure, and given that I could not travel, I needed to create an adventure for myself. I figured that the big day concept was a good one, basically try to see as much as I could in a day. But like any good game, the fun of it is in the limitations and rules. The limitations would be that I needed to walk, stay within 5 miles of home, and that I would start from my house in Half Moon Bay. The only planning I did was to devise a very basic itinerary, and then hope that I would be able to walk fast enough to be able to visit all of the spots. The plan was: to go to Burleigh Murray State Ranch, back to the coast and sea watch, and then walk to Pillar Point Harbor where I would end. There was not much to the plan, particularly given that I had come up with this scheme only a few days before I actually did it. Key though was to do it on the Sequoia Audubon’s Socially Distanced Big Day, which was to fall on Wed April 15. This would end up being the day I really got taxed!

The day started early, 4 am, grabbed something to eat and then I was off in the darkness. My hope was that I would hear some migrant birds overhead, but the reality was that none of that happened. But my first bird was only minutes away from home when I heard a Western Grebe calling from the ocean. Off to a good start, something unexpected as the first bird. Heading to Burleigh Murray Great Horned Owls began to call, and a Barn Owl also screeched as I went by. Little by little, in the darkness the birds began to sing. American Robins, Orange-crowned Warblers, Wilson’s Warblers, the soundscape progressively wound up. The park was great, as it always is. The key birds there were to find breeding warblers, flycatchers and most of all woodpeckers. A few migrants also made an appearance, and a California Thrasher was a nice one, difficult on the coast at times. I realized it was too early for Western Wood-Pewee, and Swainson’s Thrush but was happy to find Olive-sided Flycatcher and Hermit Thrush instead, the latter somewhat late. What was lucky for me was that woodpeckers always seem to be difficult when you are looking for them, but not this time – flicker, Downy and eventually Hairy woodpeckers showed up without too much effort. Once I saw the hairy, I figured I should double back and walk to other habitats. The numbers of MacGillivray’s Warblers were great there, and as I left an unexpected female Bullock’s Oriole made an appearance. They are quite uncommon migrants on the coast.

I walked back to the Johnson House where I added a few more like Savannah Sparrow and Cliff Swallow, no Grasshopper Sparrow unfortunately, and then it was on to Wavecrest and the Ritz for a bit of a seawatch. By walking between birding spots, I learned that there are more breeding Common Yellowthroats than we realize. This is significant, as this subspecies is a listed “Species of Special Concern” in California. Seawatching went well, with two Marbled Murrelets and a surprise Rhinoceros Auklet and Northern Fulmar. By now I was realizing that the walking was not the worst of it but carrying my camera and scope as well as a couple of bottles of water was. I don’t want to consider what the weight of all of it was, but man did it feel good to get that off my back as I watched the sea. Northbound, I stopped at home for more water and to look for Hooded Oriole in the neighborhood, check! As I went by Pilarcitos Creek I checked for Snowy Plover where happily I found a bird on a nest, unfortunately this bird did not succeed there this year. But it is always great that they try, nesting on the ground is not an easy business. The creek mouth had a late Herring Gull and Glaucous-winged Gull, on these days everything counts. All incrementally get you to a higher total.

It is obvious, but much more so when you are undertaking a Big Walk. During a walking big day, you have one shot at everything. There is no going back to a certain spot later on in the day, or timing the tide, you just do not have the legs or stamina to do it. There is the route and you stick to it. You are also really quite limited as to how far you can go, the legs begin to feel it. By this time, early afternoon, I was tired, but I still had a few miles to go to get to the harbor where I knew a ton of new stuff would be found. Oddly enough stopping became an issue. It seemed like my body just felt more at ease walking than stopping and then starting again. Fatigue is odd, you would think your mind would just make you want to stop, but mine just wanted me not to stop...because I may not be able to start again. The shoulders were sore from the heavy backpack and camera. Each step was a bit closer to the harbor, which by this time seemed like the promised land. And it did not disappoint, Long-billed Curlew, Clark’s Grebe, American Wigeon, Common Goldeneye and even a calling Virginia Rail from the marsh! The harbor came through with so many goodies, as expected. It was good to end with a bang. And what a day, an amazing day.

The Big Walk *(continued from page 5)*

During my walk I saw a few friends that I chatted with, I live streamed a bit of it and had people egging me on from coast to coast! A Long-tailed Weasel ran across the path, Bat Rays were congregating close to shore in the harbor and I was able to see my local patch at a slow pace. A pace where I was able to take it all in and forget all of the troubles humanity is living through. For a day, I did not think about the virus, just the wildlife and the scenery. Eventually I got to think about the pain in my legs and shoulders but even that was not all bad. My total, 116 species found walking from my house. Not bad! I even think one could reach 125 or even 130 with some luck. This day confirmed the importance of nature and the outdoors for my mental health, that a challenge is always good, and that it is definitely fun to step outside of the norm and do something unusual every so often. It also confirmed what a wonderfully diverse and rich part of the world we live in! Who knows, I may try it again sometime, it was the highlight of my spring. What has been great is that others have taken the concept and “walked with it.” I heard of at least two other Big Walks, including one in Tennessee. I think we have something here! It is not a surprise that this would come out of Sequoia Audubon, you should be proud of your club which has been at the forefront of green birding and an example to others throughout the nation.



**SAN MATEO COUNTY
MOSQUITO & VECTOR
CONTROL DISTRICT**

Citizen Science: West Nile Virus is for the Birds!

Protecting public health since 1916

As a public health agency, the goal of the San Mateo County Mosquito and Vector Control District (SMCMVCD) is to protect the people of San Mateo County from mosquito and tick-borne diseases. We can do that even better with your help! Finding out where crows and other birds roost communally may help us monitor for West Nile virus in San Mateo County. If you know where there is a roost, you can report it for monitoring. If you spend time near a known roost, you can help us out by providing information about how many and what species of birds are roosting there.

What is the San Mateo County Mosquito and Vector Control District?

The SMCMVCD was established in 1915 to control the mosquitoes that breed in salt marsh grasses in the San Francisco Bay. Since that time, we have expanded to provide control and disease surveillance for a variety of vector-borne diseases. We also provide other services that help people protect themselves, their pets, and their homes from pests – like identifying insect specimens, providing inspections for rodent infestations, and giving advice on pest problems. All of these services are tax-funded and there is never an additional fee.

What are mosquito-borne encephalitis viruses?

Mosquito-borne encephalitis viruses in California include Saint Louis Encephalitis Virus, Western Equine Encephalitis Virus, Eastern Equine Encephalitis Virus, and West Nile Virus. They are all carried by mosquitoes and they all infect the brain, peripheral nerves, and the tissues that surround them. 20% of people who are infected with one of these viruses will get flu-like symptoms with a high fever (over 100 °F), aches, a splitting headache, and deep fatigue. 1% of people will end up with severe encephalitis, which causes seizures, coma, permanent nerve damage, and even death. Elderly adults are especially at risk for severe illness.

How are birds involved in all this?

Birds are very important in the cycle of mosquito-borne encephalitis viruses. The mosquitoes must first bite an infected bird in order to become infected themselves and spread it to people. While corvids usually die from the infection, certain species like robins, house finches, and house sparrows do not, and they can infect many more mosquitoes while they are infected.

When mosquito-borne viruses are circulating in an area, people sometimes notice more dead birds than usual – especially dead corvids (crows, jays, and magpies). The SMCMVCD tests dead birds that people report through the California Department of Public Health Dead Bird & WNV Hotline (877-WNV-BIRD or westnile.ca.gov). If we find a bird that is positive for an encephalitis virus, we trap mosquitoes in the area closest to where the bird was reported to see if mosquitoes are also carrying the virus.

We need your help!

The SMCMVCD is looking to improve our abilities to detect mosquito-borne encephalitis viruses by identifying crow, American robin, and other passerine roosts throughout the county. By placing mosquito monitoring traps underneath the roosts, we can detect mosquito-borne encephalitis viruses sooner. This will allow us to be proactive in preventing mosquitoes, conducting additional disease surveillance, and reminding people in the area to take precautions against mosquito bites.

Birds will not be trapped, harmed, or killed during this project – we are only testing mosquitoes and birds that have died of natural causes for these viruses.

<https://www.smcmvcd.org/crowproject> or contact: Tara Roth, PhD, Vector Ecologist, 650-458-4355 x355 troth@smcmvcd.org.

To report a dead bird and for WNV Hotline: 1-877-WNV-BIRD • California Department of Public Health website: westnile.ca.gov

Sierra Club Bay 2030 Advocate Program, by Marshall Dinowitz, Conservation Committee

Do you care about San Francisco Bay? Here's an excellent opportunity for Sequoia Audubon members, especially those who have special interest in conservation advocacy, to get some ideas and tips about helping to work with cities and environmental organizations to help shape the future of The Bay as we deal with sea level rise and ongoing efforts to expand building out into The Bay.

The Sierra Club Loma Prieta Chapter is running an online/virtual training program "Bay 2030 Advocate Program" that runs for 3 months July 13 through mid-October, Monday 7-8:30 pm. Additional information and registration can be obtained at:

<https://www.sierraclub.org/loma-prieta/bay-2030-advocate-program>

With the Bay 2030 Advocate Program you will learn about Bay habitats, restoration projects in San Mateo and Santa Clara Counties, and climate change resilience. Advocates will build skills and confidence to influence cities and agencies to adopt needed policies and regulations and improve bayshore projects.

While some of the information may be familiar to us, the program undoubtedly will provide much more to help us be more effective advocates. For more information, contact Susan DesJardin at (408) 480-6057 or Gita Dev at (415) 722-3355.



Black Skimmers by Marshall Dinowitz

The following request is from our Citizen Science research partners at the California Academy of Sciences. They need our help! Community collected data is more important than ever!

COVID-19 related travel restrictions, limits on gatherings, and beach closures have made it difficult to get to the beach and collect monitoring data. We need local residents who can safely and legally access the coast to help fill in the gaps.

SUMMER & FALL Snapshot Cal Coast 2020 will be June 1st-November 16th!

This summer, due to the Coronavirus, our summer Snapshot Cal Coast will be different than in years past and will extend into the fall. From June 1st-November 16th, we will hold a 'physically distant and hyper-local' Snapshot Cal Coast. Please only go to beaches and coastal locations that you can get to safely and legally, on your own, or with your families, and make observations as long as you are following local laws and respecting beach closures. Stay tuned! We are hoping to do the more traditional Snapshot Cal Coast November 28th-December 16th.

Background on Snapshot Cal Coast

For 1-2 weeks every year, we mobilize and organize our amazing partners up and down the State of California to make and share observations of as many coastal species as possible.

From Del Norte to San Diego and everywhere in between, we work together to build an annual snapshot of biodiversity along the California coast that is useful for scientists at local, regional, and state levels. We are building our community of observers and recorders interested in documenting California coastal biodiversity and answer targeted research questions in support of California Marine Protected Areas.

Together, we are gathering the data needed to determine species ranges now against which we can measure and monitor changes in the future.

How to participate in Snapshot Cal Coast 2020 Summer & Fall:

Follow all local laws and respect beach closures and physical distancing rules.

1. Download the [iNaturalist](#) app for iPhone or Android
2. Create an account to start making observations.
3. Follow the [Snapshot Cal Coast Summer & Fall 2020 project](#).
4. Choose a beach or coastal area you can visit or even better, visit regularly.
5. Head to the coast on your own, with your family or with the people you live with between June 1st-November 16th!
6. Make and share observations of plants and animals you see.
7. If the area you plan to visit is influenced by tidal conditions, be sure to check out NOAA's tide table to find exact times for low tides near you.
8. Spread the word! Use our hashtag on social media #SnapshotCalCoast

Rebecca F. Johnson, PhD

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MISSION STATEMENT

Sequoia Audubon Society protects native birds and other wildlife and their ecosystems in San Mateo County by engaging people of all ages in conservation, education, advocacy and enjoyment.

Sequoia Audubon Society

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Support our Chapter's Work - Donate

Please consider an extra donation to your chapter in support of the work we do to provide birding trips, monthly programs, monitoring conservation concerns around the county, education and outreach. Thank you!

Give a Gift Membership or in Recognition

Has someone inspired you, or just done something kind for the world or for the birds? A donation in recognition gives toward supporting our Chapter's work.

Support SAS through Amazon Smile when you shop online

A percentage of your purchase can be donated to support the work of SAS whenever you shop on Amazon. You get the same products, prices and service and support our work to protect native birds and other wildlife and their ecosystems. The only difference is that, to support SAS through Amazon Smile, you must access the site: <http://smile.amazon.com/ch/94-60929053>.

amazonsmile

We're looking for Volunteers! Get Involved! Take Action!

You can make a difference! We're looking for a website monitor and publicity coordinator. Join our team! For more information, email: office@sequoia-audubon.org

Make Sure Your Coffee Supports Birds – Buy Bird Friendly SMBC Certified Coffee

Does your daily coffee support bird habitat or contribute to the demise of Neotropical landscapes? If it doesn't have the Smithsonian Migratory Bird Center (SMBC) Bird Friendly certification seal your money does not support farming practices that support resident and migratory birds. During our monthly public meetings Sequoia proudly serves Certified Bird Friendly coffee, 100% organic and shade grown from *Birds and Beans*, *The Good Coffee* (<https://www.birdsandbeans.com>) and generously donated for each monthly meeting by Susan Rowinski.



Sequoia Audubon Society Membership Form

Senior or Student membership	\$15.00
Individual membership	\$20.00
Family membership	\$25.00
Supporter	\$100.00
Donation to SAS	\$_____
Total	\$_____

Yes, I am interested in volunteering _____

Newsletter Preference:

_____ Mail and / or _____ E-mail

E-mail address _____

P.O. Box 620292, Woodside, CA 94062-0292

Contact us: 650.529.1454

or

office@sequoia-audubon.org

Visit our website: www.sequoia-audubon.org

Check out our Online Birding Guide:

www.birding.sequoia-audubon.org

Join our Discussion Group:

<http://sequoia-audubongroups.io>

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