NORTH CENTRAL WASHINGTON AUDUBON SOCIETY

THE WILD PHLOX



Volume 42 #7 April 2009

by Bob Parlette

A Trail Through Douglas Creek?

Join NCW Audubon and Barn Beach Reserve Tuesday, April 28th for a presentation on Douglas Creek: History, Landscape, and Opportunities for Creation of a Rail-to-Trail. Bob Parlette will be joined by Darrin Nelson and Diane Priebe. This presentation will be held at the Wenatchee Valley Museum and Cultural Center beginning at 7:30 with doors opening at 7:00 pm.

About ten years ago Bob Parlette, local trail advocate, saw in a Rail Trail Guide, mention of a rail trail present in Douglas County. Bob was aware of the old abandoned Great Northern Spur line through Douglas Creek, but was not aware it had been dedicated and preserved as a rail trail. He contacted the land owner. Bureau of Land Management (BLM). In speaking with the agency staff, it became clear that they hadn't heard of this listing, and acknowledged that sadly, no improvements had ever been made on the old railroad right of way to allow walkers and bikers to have access to this rugged area. Bob asked the BLM for permission to allow volunteers to help clear the right of way of rocks and brush so that hikers and mountain bikers could utilize it. Chelan-Douglas Land Trust members and other biking advocates cleared much of the trail and partially knocked down bulldozed barriers that had been left by the Burlington Northern Railroad when they abandoned it in 1982. Since then, the trail has fallen into

disrepair again due to problems including lack of access and flooding caused by beaver dams. There are about 15 stream crossings without bridges as the trail winds its way to Alstown, just south of Highway Two and east of Waterville. Douglas Creek Canyon is probably a remnant of the Ice Age floods and an incredibly beautiful area in the early spring and fall. It has become increasing difficult to access over the years because of the poor condition of the county roads, and the intentional collapsing of the tunnel leading into the Palisades and the removal of the trestles by the railroad when it abandoned the line.

Join Barn Beach Reserve and NCW
Audubon for an exciting program about
a proposal for a hiking and biking trail
through Douglas Creek!
April 28th at the Wenatchee Valley
Museum and Cultural Center,
doors opening at 7:00

The purpose of this meeting is to bring attention to this unique and beautiful natural area, right in our back yard, and to show and tell a bit of its rich history. We hope to kick start a renewed effort to improve the condition of the rail trail to make it safely passable and also have a call to action to the 'Friends of Douglas Creek', to Douglas County, and to the BLM to protect and preserve

this remarkable natural area.

Bob Parlette is community activist and trail advocate who treasures the beauty and recreational amenities of our area. Bob has practiced law in the Wenatchee Valley for 37 years. He was co-founder of the Complete the Loop Coalition and visionary for the eastside portion of the Apple Valley Loop Trail. He served as a Interim President of WVC in 2000-01, and currently is a member of the Board of Directors for Barn Beach Reserve. Bob loves bikes, birds, airplanes, flowers, history, trails and trains. His dreams include seeing a finished Rocky Reach trail, a Douglas Creek rail trail, and a trail to Leavenworth.

Attendees are invited to join the speaker for informal discussion and refreshments following the presentation. For further information contact Mark Oswood moswood@nwi.net, 662-9087, or Bob Parlette hoverhawk1@gmail.com

Train in Douglas Creek canyon, prior to 1982





North Central Washington
Audubon Society,
a local chapter of the
National Audubon Society,
is dedicated to furthering
the knowledge and the
conservation of the
environment of
North Central Washington,
our Nation, and the World.

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Editor's Note

warming and drying the soil here in the Methow, each day I see more signs of the season. Yesterday it was my first Turkey Vulture of the year. Mountain and Western Bluebirds are touring the nest boxes while Violet-green Swallows and Says Phoebes hawk bugs in the air above. Four of our neighbors have spotted a young male lynx on a walkabout through the bitterbrush and pines. We wonder if he knows that there are no snowshoe hares on this hill? Or maybe he knows something we don't.

The Northern Hawk Owl pictured below was seen by more than 130 excited birders near Mansfield in Douglas County. People traveled great distances to see this tolerant small owl. Unfortunately the last folks to see it found it dead on the

road. I felt privileged to have seen it before it met its undignified end as road kill.

Now that most of the snow is gone it is time to clean out nest boxes and get new ones hung for the breeding birds that are returning daily. It's also a good time to clean the feeders where birds have been enjoying our generous handouts.

Plans for a possible June field trip to explore Douglas Creek and the potential trail are in the works. Participants may sign up at this month's program to reserve a spot. Watch for details in an upcoming Phlox or on our website.



Northern Hawk Owl photo by Teri J Pieper

Winter Birding Travels, or On the Road with the Garrity's

article and photos by Dennis and Jeanie Garrity

Our trip to Southeastern Arizona and South Texas this past winter was a great birding experience. We wandered around Southeastern Arizona in our Roadtrek van for about a month and then spent another month traveling down the Rio Grande and up the Gulf Coast of Texas. We identified 165 birds, many of them species we'd never seen before. And we saw another hundred or so bird species we couldn't positively identify.

A wonderful birding area we visited in Arizona was the Whitewater Draw Refuge south of Benson and Willcox. We were able to camp near a lake and watch 15,000 Sandhill Cranes fly in and out each day. There was also a huge flock of Snow Geese on the lake and a couple of pairs of Vermillion Flycatchers entertained us for an hour. There was a resident pair of Great Horned Owls in the picnic shelter and a Barn Owl in willows adjacent to the wetland.

Another Southern Arizona area we enjoyed was the Buenos Aires National Wildlife Refuge (NWR) about 60 miles south of Tucson. A two mile long boardwalk into a wetland allowed wonderful birding. We saw a Green Towhee there, as well as many of the common birds of the southwest. The Tucson Audubon Society has birdwalks at the Refuge every Saturday and we were able to take advantage of their expertise. Buenos Aires NWR was one of the few NWRs that allows camping. Both this area and Whitewater Draw are quite isolated and close to the Mexican border. Official warnings about illegal human and drug trafficking were posted everywhere, so it may not have been the smartest thing we ever did, staying in those areas, but it worked out alright.

The trip down the Rio Grande on the Great Texas Birding Trail (GTBT) was nothing short of spectacular. Texas has done a great job of capitalizing on birding tourism. We

Roseate Spoonbills

were pleasantly surprised to find that Texas State Parks are very nice.

One of the highlights that was worth the 9500 miles we drove on the trip, was Bentsen Rio Grande State Park near McAllen. We walked many miles in the park rather than using the tram and saw a fantastic array of new birds including Green Jays, Great Kiskadees, Chakalakas and Altamira Orioles to mention a few. We stopped at most of the birding sites on the GTBT from Laredo down to Brownsville and then headed up the Gulf Coast. We had wonderful camping and birding at the Padre Island National Seashore near Corpus Christie and at several nearby Texas State Parks along the coast. We went north from Corpus Christie to Aransas NWR. Since we had heard that hurricanes had wreaked havoc with parks closer to Galveston, we headed back down the coast to South Padre Island where we found a park near a wonderful boardwalk through a tidal area at the north end of the island. There we saw Soras, Little Blue Herons, Reddish Egrets and also the Roseate Spoonbills and the Tri-colored Heron in the photos. At the Laguna Atascosa NWR north of South Padre it was too cold and windy to see many birds but we had the fun of seeing an Armadillo and many feral pigs.

On the trip back west a highlight was camping in the Coronado National Forest east of the Chiracahua National Monument. The only place in the country to see Yellow-Eyed Juncos is in that area and they were quite common in our campsite.

This short summary of our trip is barely the tip of the iceberg. We left before Thanksgiving and returned to Wenatchee in mid-February. We thought we had avoided winter in Wenatchee, but it snowed the day after we returned home.



Tri-colored Heron

Spring Hurtles Toward Us; the Washington Native Plant

the Washington Native Plant Society Is Ready

by Joyce Bergen

Since 1984, a small group of plant-lovers has explored the local native flora through informal field trips. Officially, we're the Okanogan Chapter of the Washington Native Plant Society, and we organize field trips and activities in North Central Washington. Many of our members live in the Methow River Valley.

Sometimes our field trips involve arduous climbs up distant peaks; sometimes we remain within 50 yards of our cars. Field trip leaders might be serious botanists or they might be simply well-informed plant enthusiasts with a good field guide in hand.

Our short plant-appreciation season begins in March on southfacing slopes; as Spring settles in, we explore the gloriously blooming shrub-steppe. When sultry summer temperatures dry out the valley floor, we take to the mountains to follow the snow and subsequent bloom line.

Most members are hopeless nature-nerds, which means we happily note the birds and other fauna we encounter. On Tiffany Mountain, we found a shy porcupine; on the Colville Reservation, we marveled over the luminous blue tail of a western skink.

Our membership sometimes accomplishes special projects, such

as making interpretive signs and brochures, or adopting a stretch of highway to quell exotic plants by hand and introduce native plants.

We welcome newcomers on our trips, and we hope you might choose to officially become members. Listed below are 2009 field trips, all of which initiate in Twisp, Winthrop, or Mazama.

To join a trip, you must contact the trip leader ahead of time to reserve your spot – first-come, first-served. Give the leader your phone and email so that you can be notified of changes in timing or location.

Arrive at the designated meeting place ready to go, with food and water for the day, extra clothing for changes in the weather, and gas in your car. We'll always carpool to take as few vehicles as possible.

Give the leader a call, pack your gear, and come along to explore our spectacular native flora. Or at least visit our website to get yourself in the mood. For more information about the Washington Native Plant Society and other chapters in Washington visit: www.wnps.org

editor's note - Photos from some of last year's hikes are on the next page.

Saturday, April 25, Aspen Lake

A short steep climb to open meadows with vistas of the valley, then a gradual ascent to a small, pretty lake. Meet at 9 a.m. at the MVSTA trailhead in Winthrop. This easy/moderate hike is limited to twelve people.

To join this field trip notify the leaders, Brian and Carole Reid, 509-996-3212 or bcr@mymethow.com

Sunday, May 3, Goat Wall

We'll follow the steep old Goat Wall trails above Mazama to access some of the earliest spring flowers, together with dramatic views from cliffs 1000 feet vertical above the valley floor. There is the potential for a three mile loop if participants elect to set up a car shuttle to the climbing rocks parking. This is a moderately strenuous walk, with some loose rocks, but no boulder hopping. Meet at the Mazama Store at 9 a.m. with lunch, water, sturdy hiking shoes, and possibly April showers attire. This trip is limited to twelve people.

To join this field trip notify the leader, Eric Burr, 509-996-3101 or burrski@methownet.com

Sunday, May 17, Monument Creek This trail beside Lost River is an easy hike with little elevation gain, and flowers should be in good shape any time in May. Length is four miles in, and folks could do as much or as little of it as desired, but potentially eight miles up and back. Meet at 9 a.m. at the Mazama Store to carpool to the trailhead seven miles up valley to Lost River. This trip is limited to twelve people.

To join this field trip notify the leader, Eric Burr, 509-996-3101 or burrski@methownet.com

Sunday, June 21, Solstice butterfly field trip
An annual event since 1994, this year
we will explore the lower valley, starting
at the confluence of the Methow &
Columbia and working our way back
to Twisp. Meet at the old Twisp Forest
Service compound – we can relocate from
there. Pull in and I will be parked along
the grass fringe across from the office
8:00 am. Will cancel if raining.
To join this field trip notify the leader,
Dana Visalli, 509-997-9011. dana@
methownet.com

Sunday, June 28, Wildflowers of McLeod Mountain

This will be a rigorous day hike, about eight miles in length, mostly off-trail. We will try to get to the summit of McLeod Mountain, not to conquer it but to enjoy the alpine wildflowers along the way

and on the summit. The entire approach faces south, so I would expect many flowers to be in their prime at this early date in this low-snowfall year. Whiteface Creek, burned hot in 1994, so it will be interesting to see what plant species have recolonized that area. Meet at the MVSTA trailhead parking lot in Winthrop (adjacent to the Fysical Phitness Senter) at 7 a.m. Level of difficulty: Strenuous. This trip is limited to ten people.

To join this field trip notify the leader, Dana Visalli, 509-997-9011. dana@methownet.com

Sunday, July 5, Tiffany Mountain

The native flora staged a jaw-dropping display on Tiffany last year. How will this year compare? Join us to find out. We'll hike about five miles roundtrip at 'photographer's pace', from Tiffany Campground, along Tiffany Lake, up to Honeymoon Pass. Join us at the MVSTA town trailhead in Winthrop at 8 a.m. This easy-to-moderate trip is limited to a maximum of twelve people. To join this field trip notify the leader,

Wendy Waichler, 509-996-8260 or wendyw@methownet.com
Day-of-hike call 509-341-4160 if you have to cancel.

Hike to Saddlerock with Wenatchee Fifth Graders

oy Susan Ballinger

Wenatchee School District invites you to spend a day of adventure and learning on Saddlerock, surrounded by balsamroot, pungent sagebrush, and excited 5th graders. This will be the 9th year for "Shrub-steppe'n Up Saddlerock."

On May 5, 6, and 7, 2009 600 students will hike to the top of Saddlerock. Before and after the hike, groups of students rotate between natural history learning stations all taught by community volunteers. Over three days, 70 adult volunteers are needed to teach the stations using detailed lesson scripts and ready-togo hands on supplies.

Each day, three time options are available (8:00-10:30, 8:00-2:00, or 11:45-2:00).



Sagebrush-steppe'n up

Our highest need for community volunteers is Wednesday or Thursday. All volunteers will do a 10-minute walk up the trail at our 'base camp.' We can provide a vehicle ride for volunteers unable to do this walk. During the midday break at base camp, volunteers can attend a field talk by a natural resource professional, take an art lesson, and enjoy our music teachers singing camp songs at lunch.

To sign up, contact coordinator Susan Ballinger (ballinger.s@mail.wsd.wednet.edu; 663-9106). Volunteers will receive a confirmation e-mail (or letter) with logistic details and lesson scripts one week prior to the event.



Botanist George Wooten discusses how geology drives flora with Tom Forker (pointing). Photo by Joyce Bergen



Native Plant Society members take photos; lots and lots of photos. Here Wendy Waichler and Ted Willis take shots of *Dodacatheon conjugens*, Desert Shootingstar. Photo by Joyce Bergen

SE Washington Birding Map Unveiled

OLYMPIA – Under the watchful golden eyes of a live Great Horned Owl and Red-tailed Hawk, the fifth and newest route of the Great Washington State Birding Trail, the Sun and Sage Loop, was unveiled in the Cherberg Building on the state capitol campus Feb. 19th. "The Sun and Sage Loop will bring new visitors and new dollars to our rural areas, and gives us yet another reason to be good stewards of our lands and waters," said Sen. Mike Hewitt (R-Walla Walla), who's also an Audubon member and bird photographer. He and Sen. Jerome Delvin (R-Richland) were given framed copies of the map at the unveiling event. "It is a good thing to pause and appreciate the natural world around us," said Sen. Delvin. "The birding trail is a guide to some of the special places around the Tri-Cities – and one more connection to our agriculture and wine tourism," he added.

With 40+ million Americans describing themselves as interested in bird watching, developers of the Great Washington State Birding Trail hope to entice both local residents and out-of-state visitors to the Sun and Sage Loop which features more than 200 of Washington's 346 annually recorded bird species.

This varied Eastern Washington landscape – sculpted by ice-age floods, weather, and human design – nurtures Pacific Flyway travelers and avian residents of sage hillside, wildflower meadow, and leafy forest. Hundreds of bird species – warbler to woodpecker, kinglet to kingfisher – thrive amid wide valleys, intimate canyons, and waterways large and small. During migration, hawks soar through mountain passes and shorebirds traverse river lowlands. Winter brings snow to high-country plateaus, and gathers waterbirds onto natural wetlands and lakes formed by dams on the Columbia River.

The new map can be seen online at www.wa.audubon.org.

How to Build a Squirrel-proof Bird Feeder

photo and article by Bob Spiwak

Last month I promised to tell you how to build a squirrel-proof feeder. It requires little money, less skill and a place where it can be anchored far enough away from rodents that fly from branches to feeders.

The centerpiece of this feeder, no pun, is a steel pole. Try the junkyard; look for white poles discarded from rotten temporary plastic garages. If lucky, you'll find the mounting bracket too. Grab it, maybe several for future feeders. Mine is mounted onto the deck with four three-inch screws. The pole goes into the bracket, fat end down.

Next thing you need is an eight-foot 1x8 inch board. Rough cut is better for the birds to grip and cheaper. Cut three pieces from it, each ten inches long. Find the center of one of them and cut a hole that the pole will snugly fit through, using a jig saw or hole-cutter. Screw or nail the other ten-inch pieces onto the top, not the sides of the piece with the hole, one at each end. We call these end-pieces. You are already more than half-finished.

From the remaining board cut a length about twenty inches. Find the center and gouge it out so the narrow end of the pole will nest in it. Maybe fill it full of ants and get some help from a flicker that can read circles.

Okay, now screw or nail this to the tops of the end pieces. Add rails up to an inch high between the end pieces on each open side. This keeps the seeds from getting totally scattered, and still leaves room for photographing birds in your feeder.

If you don't anchor it to your deck, either dig a hole and pour in concrete, or make an anchor, like cedar, or weld on something you can bury in a hole. Any hole should be a foot deep or less. Squirrels in Mazama, can climb six feet of enameled pole.

Here's the fun part. I suppose PAM would work, but we were out, so I rubbed all around the pole with Wesson oil. This was last fall and it is still tacky, but after several failures, the squirrel no longer even tries to climb it. The flat roof survived two feet of snow, and gives a sort of Asiatic appearance.



Final step. Slide the feeder box down through the hole at the bottom until the top is rubbing the gouge circle. Then lift the whole thing slightly and put a large hose clamp around the pipe so the feeder is resting on it and barely on the gouged roof.

That's it. If you have great taste you're done. If you don't, paint it or stain it—be sure it is safe stuff.

And oh yes, don't use WD-40 on the post.

I made little perches on the outside for the jays and grosbeaks to chase the little birds out of the feeder. The perches are flush mounted and canted to drain moisture. Optional.

editor's note - Location of this platform feeder is very important. It needs to be a good ten feet away from trees, branches, railings or other places a squirrel could jump from. Keep in mind that some squirrels can jump five feet vertically from the ground. It's been pointed out to me that if you have town dwelling fox and non native eastern gray squirrels, this feeder may not be squirrel-proof. If you give this a try, let us know how it works for you, your local habitat and species of birds and squirrels.

ACOW Returns to Leavenworth

S pring Audubon Council of Washington (ACOW) will be May 1-3 at Leavenworth's Tierra Learning Center. Spokane Audubon Society is the host and the theme is 'Bird Conservation Along the Pacific Flyway'. ACOW is a chance for Chapters from all of Washington to get together and share common interests and learn from each other. It is also a time to meet with staff from Audubon Washington and learn about their programs at a statewide and national level. ACOW is open to all Audubon members.

To find out more about this fun and educational event please see http://wa.audubon.org/chapters_ACOW.html. If you would like to have the registration materials mailed to you please contact Mark Oswood or Teri Pieper (see contacts on page 2).

Ingestion of Spent Lead Ammunition: Implications for Wildlife and Humans

Research on the effects and risks of lead exposure from spent bullet fragments and shot is now available online.

The documents are proceedings from the conference, "Ingestion of Lead from Spent Ammunition: Implications for Wildlife and Humans," convened 12-15 May 2008, by The Peregrine Fund, Boise State University, Tufts Center for Conservation Medicine, and the US Geological Survey. The conference for the first time brought together professionals in wildlife and human health to share information on the toxic effects of this source of lead contamination.

Conference attendees offered a relatively easy solution: switch to non-lead bullets and shot. Such ammunition is available in most popular calibers and is considered by many hunters to be as good as or better than traditional lead ammunition. Experts said manufacturers will respond to demand, thus solving the problem.

Individual papers may be downloaded at: http://www.peregrinefund.org/ Lead_conference/2008PbConf_ Proceedings.htm

An overwhelming weight of evidence presented at the conference shows that:

- Lead is toxic. It sickens and can kill at high levels of exposure, but even near the lowest detectable levels, lead has measurable health effects, including reduced IQ in children and increased risk of death from heart attack and stroke in adults.
- Lead from spent ammunition gets

from the Peregrine Fund, Boise Idaho

into people who eat game harvested with lead bullets or shot, with clinical effects among subsistence hunters. Effects among recreational hunters have not been adequately studied.

- Lead from spent ammunition gets into a wide variety of wildlife, including doves, swans, eagles, condors, and mammalian scavengers, regularly sickening and killing some.
- Non-lead bullets and shot are available as an alternative to lead for most uses.

The roughly 400 pages of the proceedings consist of more than 60 contributions from scientists and professionals in the fields of wildlife, health, and shooting sports.

For more information please see www.peregrinefund.org.

From Weed to Feed

Gloria Piper-Roberson Fourth in a Series on Washington State Symbols

Of all the plants on earth, the grasses count toward the greatest uses for humanity. In addition, because grasses furnish the bulk of the forage for domestic animals, it is the basis of the animal industry. In fact, without grass, civilization as we know it could not have developed.

Come and let us count the ways: Food grasses, hay grasses, pasture, and range grasses; Soiling and silage grasses; Industrial arts grasses (paper, perfumery); Lawns, and golf course grasses and ornamental grasses. Humanity needs the grasses!

While grasses, in their families and tribes, grow somewhere in and on the land surfaces of earth, (in marshes, on deserts, on prairies, in woodlands, on sand rock and in fertile soil, in the Tropics, on the Polar caps, at sea level and on perpetual snow-capped mountains,) they all restrict themselves to their own habitat. They, too, like our state tree Western Hemlock, have an attitude.

Take the official Washington State grass Bluebunch Wheatgrass, *Agropyron spicatum*. It is a long-lived, drought-resistant bunchgrass native to dry areas of the western states requiring very dry conditions to flourish. It

grows in tufts or bunches that can reach a height of 4 feet. Its flat, half inch wide leaves can reach 10 inches long. This bunchgrass is excellent forage and makes good standing winter-feed. Since the 1860's, bunchgrass ranges have been used for raising cattle.

Bluebunch Wheatgrass is extremely nutritious and fond of by cows, sheep, and horses. However, horses, unlike cows and sheep, are hard on this grass due to the shape of their mouth. Therefore, management of grazing is vital as over noshing on this grass will cause it to decrease.

Washington's pioneer farmers found Bluebunch Wheatgrass a blessing. In 1989, the Legislature adopted this blessing as the official state grass.

What's in a name? Everything when it is *Agropyron spicatum*

Resources:

Hitchcock, A. S. Manual of the Grasses of the United States, USDA, MP #200 c1951
Goldin, Augusta, Grass, T Nelson, c1977
Washington State University Cooperative Extension Eastern Washington Range Plants, EB 1302
www.hort.purdue.edu/newcrop/Crops/Bluebunch_wheatgrass.html
Don Moos, Wenatchee, WA

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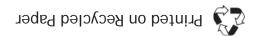
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North Central Washington Audubon Society Calendar

A field trip to the Methow Valley. Mark your calendars.	NCW Audubon goes north	7 bas 8 saul
Save the Date, Details in next month's Phlox	Okanogan Spring BirdAThon	May 30
See www.wenasaudubon.org for details	Wenas Audubon Campout	May 26 - 27
See www.leavenworthspringbirdfest.com	Leavenworth Spring BirdFest	71 - 21 yaM
See page 6 for details	Audubon Council of Washington	E - I yaM
See Page 1 for Details	Douglas Creek Trails program	82 lingA
See www.shorebirdfestival.com	Grays Harbor Shorebird Festival	62 - 42 lingA
Garden with Nature in Mind, see last month's Phlox for details	CDLT Greening your Backyard	81 lingA
7:00 – 9:00 p.m. Cashmere Riverside Center	CDLT Spring Social	01 lingA



Visit the NCW Audubon Society website for updates on these and other events www.ncwaudubon.org