

Volunteer Needed!

Have you been looking for a way to contribute time and energy to North Central Washington Audubon Society? Do you like working on your own? Do you have a knack for computer layout and design? Would you like to correspond with creative members of our Audubon chapter? Do you want to be the first to know what is happening in local natural history? Do you want to be the first to know about field trips and programs? Do you want to learn about everything Audubon?

Here is your chance! After fifteen years, I am stepping down as the editor of The Wild Phlox. It has been a fun ride, sometimes challenging, but mostly fun and interesting. I have had the chance to meet (via email mostly) many creative contributors over the years and am grateful to every single one of them. I have learned about unusual and common birds, special habitats, habitats of concern, really good books, festivals, and places to visit – both near and far away, among other things. And every now and then, I meet someone, in person who reads the Phlox and they usually tell me how much they enjoy it.

The Audubon 'year' starts in September (don't ask me why, I don't know) and the first issue of the Phlox comes out about September 1. After that, it comes out October, November, and December. There is a break in January and then it arrives February, March, April, May, and June. Nine times a year. This issue is number nine of volume 54! That means, we have been producing a newsletter for 54 years! I am proud to have been part of this history.

I have generally produced the Phlox about the third week of the previous month and emailed it to the printer on the fourth or fifth Monday of the month, in hopes of getting it to members' mailboxes around the first of the month. Of course, various things can affect that schedule – printing delays, holidays, postal service problems – but mostly it arrives close to the first. Some members choose to only receive it via email, so they get it a little bit sooner. There have been occasions when life events or travel caused me to do a newsletter earlier



a Lewis's Woodpecker with a mouthful of bugs photo by Teri J Pieper, Methow Valley

by Teri J Pieper, Methow Valley or later. This is a volunteer position, after all. If you are interested but the schedule doesn't quite work for you, it is possible to change it.

I have long used Adobe In Design to create the newsletter and exported it as a PDF file for the printer and for email delivery to members and our website. The chapter owns an old version of In Design which should be transferrable to a different computer. Affinity Publisher is an alternative to In Design and the Chapter could purchase it. There is an established list of contributors to The Wild Phlox which I will share with the new editor. I will be available to go through my entire process with a new volunteer.

In addition to working with regular contributors to the newsletter, the NCWAS board is very active and will provide input to the newsletter as well. The fourteen board members will offer suggestions and guidance. A new volunteer will not be out there on their own.

With the current schedule, the next Wild Phlox will be due September 1. That means we have til about the middle of August to get a new editor in position. It seems like a long time, but in my experience, time flies faster each year so if you are interested or perhaps know someone who might be interested, step up and let us know. You can find email addresses for me and all the board members on page two.

The mission of the North Central Washington Audubon Society is to:

"Enhance, protect and restore healthy natural ecosystems and native biodiversity using science, advocacy, education and on-the-ground conservation to promote the welfare of birds in North Central Washington"

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All phone numbers in the Wild Phlox are area code 509 unless otherwise indicated.



photo by Peter Bauer, Winthrop

Did you know that Red Crossbills can nest
at any time? In North America, most Red
Crossbills breed in late summer through
early autumn and/or in late winter through
early spring. In spring, many conifer seeds, a
favorite crossbill food, have not yet developed
or become available, and so the later timing
of Red Crossbill nesting seasons coincides with

periods of greatest food availability.

From www.allaboutbirds.org

Female Red Crossbill

North Central Washington Audubon Society Wild Phlox Subscription Form Subscribe to NCW Audubon Wild Phlox One Year, Nine Issues - \$15 Suggested donation I prefer to get the Wild Phlox electronically (email address required below) Separate subscription to Phlox NOT needed for NAS members in good standing Donation: I would like to support NCW Audubon's programs of education and conservation. Enclosed is my additional donation of \$_ Please do NOT acknowledge my donation in the Wild Phlox Memorial in the name of Please mail check and form to Post Office Box 2934 Wenatchee, WA 98807-2934. Name _____Address ____ _____State _____ Zip Code _____ Phone number _____ Email _____ Why do we want your email? We may need to contat you regarding your donation. Also, we occasionally send email notifications about events or opportunities. You can unsubscribe at any time. We will not share your email address with others. Planned Giving: Please consider giving a planned gift to NCW Audubon to support our education and conservation programs for generations to come. Your charitable gift will be tax deductible. It could go to an endowment fund or to a specific program or as a gift to our general operating fund. Remember, your gift to North Central Washington Audubon will go to fund programs in North Central Washington!

To join the National Audubon Society which also includes a subscription to the Wild Phlox, please see their website at www.audubon.org

After fifteen years of producing this newsletter, what will I do with all my extra time? Oh gosh, I can think of a lot of things – more birding, more bird banding, more hikes, more skiing, more camping, more time to photograph the night skies, more time with

Editor's Notes

my dogs AND my husband. There is always something fun to do. Of course, I could spend more time doing housework and gardening but that sounds like work. Or more likely, find another volunteer opportunity with NCWAS or other organizations. There is always a need for volunteer efforts wherever you are located.

I will miss time spent corresponding with the many contributors that make the Wild Phlox a fun and informative read. And I will miss seeing the wonderful photos sent by contributors too. Often, there are too many to include in the Phlox. Perhaps we should have a website page just for members' bird photos?

I will also miss getting messages from other Audubon chapters and organizations about upcoming events and festivals. Before covid, there were events to attend all over the state, year-round. It looks like many of those events are making a comeback in 2021! That is something to celebrate!

Speaking of events, be sure and read Susan Sampson's series of articles about her Leavenworth Spring Bird Fest experiences on pages six and seven. It sounds like she had a lot of fun and learned a fair amount with the Zoom presentations and a field trip.

Nesting season is in full swing around here. On our fifteen acres, I can list over forty species that nest here or extremely near here. That seems like a big number, but I do not think it is an exaggeration. What makes our hill of burned up pine trees and brush so attractive? The dead trees now have many cavities, most of them created by Northern Flickers and Pygmy Nuthatches. We also provide numerous nest boxes. The native shrubs (serviceberry, chokecherry, snowberry, bitterbrush) have made a comeback and provide cover for ground nesters. There also must be good food sources for the birds including the numerous berries, seeds from grasses and other plants, and small mammals (too many of those for our taste!) for the raptors. Hummingbirds enjoy our feeders in the spring and early summer. We have a little water feature near the house and as birds fly, the river is close. Fortunately, no one on our hill, so far, has free-roaming cats which do enormous damage to nesting birds and fledglings. Food, cover, and water are all essential for good nesting habitat.

I will miss writing this column nine times a year, but I do have to admit, the words haven't always come easily. I hope to be a contributor to the newsletter in the future with my photos and maybe an article or book



Looking back photo by Teri J Pieper, Methow Valley

review from time to time. Happy trails, everyone. I look forward to seeing you out in the field!

NCW Recent Bird Sightings Reports from our four-county region

Chelan: A White-winged Scoter was seen from Walla Walla Park. Bushtits were seen in Number Two Canyon. A possible Tennessee Warbler was seen near Manson. An American Avocet was seen flying near Rocky Reach Dam. Three Common Terns were seen at Fish Lake. Rednecked Grebes and Black Swifts were seen near Stehekin. Whimbrels were reported on a sandbar near the Horan Natural Area. A Franklin's gull was seen from Walla Walla Park. A White-throated Sparrow was seen on the Cashmere Canyons Preserve.

Douglas: A Mew Gull was reported at Chief Joseph Dam. Sage Thrashers were singing in Moses Coulee. Trumpeter Swans were seen near Orondo. Wild Turkeys were reported compiled from the ncwabird email list and eBird and Tweeters by Teri J Pieper

in northeastern Douglas County. Grasshopper Sparrows were reported off Highway 174. A Clay-colored Sparrow was observed near Douglas.

Ferry: A Red-necked Phalarope was seen at Mud Lake. A Red-necked Grebe was seen at Curlew Lake.

Okanogan: A Mew Gull was reported at Chief Joseph Dam. A Black-necked Stilt was seen from the Columbia River Road. A Bonaparte's Gull was seen at Little Twin Lake near Winthrop and at Shaw Lake near Twisp. Also at Shaw Lake, there was a Red-necked Phalarope. An American Bittern was seen at Cassimer Bar. A Palm Warbler was reported near Mazama. A Semi-palmated Plover was seen near Cameron Lake Road.

Schoolyard Birding

North Central Washington Audubon Society (NCWAS) likes to support projects that improve bird habitat and enhance student education of the natural world. The Methow Valley school grounds cover a large area filled with a mix of open meadows and ponderosa pine forest. Over the past several years, the wooded areas have been thinned for fire protection with many of the old trees and snags removed. It seemed that the addition of nest boxes would be helpful for trying to keep secondary cavity-nesting birds in the area.

This past winter NCWAS contacted the school district about placing nest boxes on the school grounds and received an

enthusiastic "yes" response. In addition, Wyatt Southworth's seventh and eighth grade construction classes offered to build the nest boxes! In early March we provided the needed building materials and plans for the project. The students eagerly went to work and by early April they had 22 nest boxes built and ready to be installed. The boxes were built with a variety of hole sizes to accommodate nuthatches, chickadees, swallows, and bluebirds. NCWAS teamed up with Wyatt and his students to pick out the nest box sites. By mid-April the boxes were placed around the school grounds with some placed by the school garden and others tucked away in the woods.



Schoolyard Tree Swallows

Article and photo by Janet Bauer, Winthrop

As a follow-up activity, NCWAS volunteered to lead an after-school birding club for fifth and sixth grade students. The club met one afternoon a week, from mid-April until the end of May. The students have loved using NCWAS's binoculars to spot and identify the birds perched and flying around the school. A school bird list has been created with 22 different species recorded as of May 21. Highlights have been a pair of Red-tailed Hawks nesting in a tall pine, Brown-headed Cowbirds hitching a ride on two mule deer bucks, and the beauty of Violet-green Swallows as they flew swiftly back and forth across a meadow. A favorite club

activity has been checking on the status of the nest boxes. It appears that birds like gardens as the four nest boxes near the garden have been the first ones to be occupied. They have four different species: Western Bluebirds, Tree Swallows, House Wrens and House Sparrows (boo-hoo!). The students have been able to observe the different types of nests constructed by each species. I believe that school yards and birding are a terrific combination. Nest boxes provide new homes for the birds and

are a terrific combination. Nest boxes provide new homes for the birds and an excellent learning opportunity for students. By exposing young minds to the beauty of birds, it plants the seed for lifelong enjoyment of the natural world.

Field Trips are Coming Back

by Todd Thorn, Okanogan Highlands

The field trip committee is pleased to announce that field trips are returning to north central Washington! They hope to have, on average, one every month. Watch our website and social media for announcements. Please note; if you are not vaccinated, please wear a mask and do not carpool.

Come out for a day of exciting birding in the Okanogan Highlands on June 13th. The trip will start along Havillah Rd with stops at wet meadows, shrub steppe, timberline and hay fields. The group will stop at Highlands Sno-Park for forest birds and visit grassland and riparian habitat in the WDFW Wildlife Unit. The trip will finish at Sidley Lake by Molson. You can expect to see a diverse mix of bird species.



Redheads at Chopaka Lake photo by Tom Whiteside

The trip will meet at 7:45 am at the Tonasket High School baseball fields which are on the right side of Havillah Rd about one half mile up from Highway 97. Trip will end at 2 pm. Dress for the weather and bring lunch, snacks, water and binoculars. Participants can expect to walk short distances over uneven ground. This trip is limited to eight birders.

To sign up, email trip leader Todd Thorn at todd@canyonwren.us or call 322-6565.

June 5 Four-County Count

Each spring, from as far away as South America, millions of birds migrate into north-central Washington. The new arrivals, together with the plucky resident birds that have endured our cold and snowy winter, start their breeding activities — courting, building nests, laying eggs, and raising young. For many birdwatchers, the highlight of each year is anticipating and then observing this annual pageant. To celebrate this spectacle, on June 5 NCWAS will hold its annual bird count covering the four counties in our region — Chelan, Douglas, Ferry, and Okanogan counties. Teams of birdwatchers will go into the field, each team counting birds within a specific

by Art Campbell, Winthrop

area within our region. Each area will have a lead person to organize counting activities. Our goal is to collect important data on birdlife in our region while having an exciting and fun day of birding. If you're a birdwatcher, we welcome your participation. If you're concerned about your ability level, we'll make sure you're teamed with high ability birders.

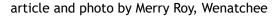
If you watch birds, and want to participate, e-mail either Joe Veverka at joe_veverka@yahoo.com or Art Campbell at rapakivi@methow.com by June 1. We look forward to your involvement, and let's have a good time on June 5!

Snagged!

In the middle of our backyard is a 92-year-old Norway Maple. It takes up so much room that the poor leggy birch tree next to it was forced to lean over the driveway. We decided that it was best to cut the birch down. That was the plan until we heard Ken Bevis share his Audubon talk about habitat snags on private land. Our backyard is small, but it is certainly private. We asked Ken if a small urban backyard could benefit from a snag. His enthusiastic YES! changed our plans.

Snags create homes for woodpeckers, chickadees, bats, insects, and others. We would make an urban backyard habitat snag, and the cavity nesters would rejoice. Our young and fearless friend Robin Dittrich, son of the famous Dan the Tree Man, told us he would be happy to help.

On the appointed day Robin and his girlfriend Anya showed up bright and early. Since we are friends, we had breakfast first. Then we hugged our birch and thanked it for its shade and for the seeds that goldfinches love. Robin donned his tree climbing gear and spurs, slung a battery chainsaw from his tool belt, and started up the twelve-inch diameter trunk. He got to the first fork, twenty feet up,



rigged his safety gear with braided steel core rope, and began to cut off branches. He tied a rope to the cut ends and lowered them to the driveway where Anya laid them out and released the rope for the next branch.

We watched from our second-floor deck. His expertise and care comforted us. When we decided that the snag was the right height, he began to "snaggle" the top. Some tree cutters (we won't name names) on larger properties put dynamite in

the top of the tree. When the top is blown off, it has a lightning-struck appearance, welcoming insects and other decomposers to begin their work. Robin carved teeth in our birch's amputated top with the delicate use of his chainsaw. He had not done this before, but he had an artistic vision.

As he climbed down our abbreviated birch, he paused, hanging back like a rock climber. With the point of the chainsaw, he carved two holes in the trunk, inviting local flickers to excavate a home.

We are happy with our habitat snag. We did not lose a tree; we gained a natural apartment building. Now we wait for the flickers to notice and the insects to do their work.



Sponsorship Grows in Support of the Arctic Refuge Protection Act

Representative Kim Schrier has signed on to HB 815. Your phone calls and emails made a difference. Please call or email her today and thank her for adding her support. Her Wenatchee office number is 509-850-5340. Even better, write a letter to the editor of your local newspaper and thank her publicly for supporting the Arctic Refuge Protection Act. Let us know if it gets printed. As of May 21, SB 282 has only increased by one Senator from 29 cosponsors to 30. HB 815 has gone from 101 cosponsors to 111. Please keep up the calls and emails to your

by Mary and Tim Gallagher, Lake Wenatchee

federal congressional representatives who have not yet signed on to protect the Arctic Refuge. Let them know that you want them to support the House Arctic Refuge Protection Act HR 815 and in the Senate S 282. Please encourage family and friends to do the same. Together we can make positive changes to protect this national treasure that has so much more to offer than short-term oil and natural gas extraction.

For more information on the Arctic Refuge Protection Act, please see last month's Phlox on our website.

The Wonderful Adaptations of Birds

Bird Fest Keynote Speaker, Dennis Paulson, Ph.D.

Dr. Dennis Paulson's autobiographical statement sounds almost naughty: He says he's "Organismally oriented." That is what he wrote to introduce himself for the Slater Museum of Natural History at the University of Puget Sound. Nevertheless, the keynote address he delivered for the Leavenworth Spring Bird Fest, sponsored in part by the North Central Washington Audubon Society, was acceptably family oriented.

Dr. Paulson is a zoologist who very recently retired; work he prepared for the Slater is dated as late as two months ago. Dr. Paulson got his undergraduate degree in 1958, so I calculate he was probably born around 1936, making him about 85 years old. He has not been "whiling away the hours conferrin' with the flowers." He is the author of at least eighty publications, according to Researchgate.

In his address to the Bird Fest audience via Zoom, Dr. Paulson used photographs and pointed to some of the widely diverse ways in which birds have evolved from the time of their *Archaeopteryx* ancestry. The ancestor had hollow bones with cross-members in them like struts,

for strength, he explained, and flight tail feathers. Among birds' diverse evolutionary successes, he mentioned both diurnal and nocturnal lifestyles, sizes from the Ostrich to

by Susan Sampson, Wenatchee

the Hummingbird, white flocks and black murmurations, iridescent to cryptic coloration, soft-edged owl feathers for silence, raptor attack strikes, pelican diving, feet from ducks' paddles to raptor's talons, habits from diving to

stealing food from others, and more.

To see some of the work Dr. Paulson did in preparing collections for the Slater Museum, he invites us to go to the Museum's website, then to its "Biodiversity Resources" page, then choose "birds." There you will see the longest list yet of birds that visit our area. He rates their relative rarity, from "common" to "probably here but not seen annually." Or visit his autobiographical statement again, to see his definition of "Organismally oriented."

Dr. Paulson's presentation was recorded by the Wenatchee River Institute and will be available on the WRI's website for several weeks. https://wenatcheeriverinstitute.org

Landscaping for Birds and Other Wildlife

Bird Fest Featured Speaker - Betsy Dudash

Now here is a way to be a trend-setter - plant native plants! They attract insects, which attract birds, so strive to have the buggiest yard in town. Just follow the seven simple steps that Betsy Dudash sets forth, in the box to the right.

Betsy Dudash is a Wenatchee horticulturist and landscape designer who spoke via Zoom for the Leavenworth Spring Bird Fest. She cited the works of Douglas Tallemy, Ph.D. to urge us to convert at least a part of our yards and gardens to native plants. Native plants are more valuable than non-native species for attracting the pollinators that are essential to a healthy environment. That's because the native plants and insects have co-evolved to be co-dependent. She cited the familiar example of the monarch butterfly whose caterpillars require milkweed to survive and stated that many other plant and insect pairs have a similar relationship. The more insects our yard plants attract, the better our native birds are well-fed and able to reproduce.

Dudash warned that these steps sound simple, but gardening is hard work.

One of Betsy Dudash's preferred native shrubs to grow in the yard is the red-osier dogwood. She instructed on how to prune it correctly: Crawl under the bush to see its multiple trunks coming from the ground. Cut down those that are gray. The bush will thrive with its beautiful red twigs on top.

She offered a PDF spread sheet that she prepared, listing native plants for consideration for placement in the garden, including trees, shrubs, flowers, and groundcovers. Betsy Dudash can be found at SeasonsUrbanHorticulture@gmail.com or telephone 216-952-7750.

by Susan Sampson, Wenatchee

Betsy Dudash delivered these suggestions and precautions for preparing our yards for native plants to bring in the bugs and therefore, the birds:

- Plant a pollinator garden.
- Don't use any herbicides or pesticides.
- Don't use constantly burning security lights. Use motion sensors and yellow LED bulbs. Other lights confuse or kill insects.
- Don't clean up your yard at the end of the growing season. Allow seed heads to remain for the birds, leaf litter for larvae, and hollow flower stalks to harbor insects that are dormant throughout the winter. Hold off any spring clean-up until the soil is warmer than 50 degrees and the larva have hatched.
- Don't use ground cloth except under rock creeks. Insects need access to soil.
- Don't mulch too heavily; you don't want to cover up ground-dwelling native bee populations.
- But don't use just any natives: Don't plant native Hawthorne too close to orchards. It's an alternate host to a disease of certain fruit trees. Call the Chelan County Weed Control Board for details. Be aware that native roses (Nutkana, Woodsii) can grow too huge for a small urban garden.

Bird Fest Blewett Tour

What I saw on my Vacation

Hah! I scored a slot on the Blewett Pass birding tour for the Leavenworth Spring Bird Fest. The Fest has been discovered by outsiders—my fellow birders came from Olympia, Seattle, Bremerton, and Bellingham. Only I and one of the tour leaders were residents of NCW.

Our staging area was The Big Y. We followed Jeske road past the Big Y Park-and-Ride lot for just a few minutes' drive to access to the shore of the Wenatchee River. There, the busiest birds were Tree Swallows and Western Kingbirds gathering nesting materials. We also saw an American Dipper, Belted Kingfisher, and an Osprey doing their riverine things, plus Bullock's Oriole, Anna's Hummingbird, and American Goldfinches galore.

Next, we followed Highway 97 for about three miles along Peshastin Creek onto private property, where we parked with permission. Hot weather the day before had raised the water level, flooding most perching places, but we lucked out. We saw a pair of Harlequin Ducks, a pair of Common Mergansers, and another American Dipper. The male Harlequin Duck flew upstream over the turbulent water

by Susan Sampson, Wenatchee

then shot the rapids until he came to a rock to stand on. The female lounged on a sunny warm rock above the water level.

After watching the Harlequins (and striving for photographs of the dark duck against the turbulent whitewater), we walked along the road to a former farm, finding among others a Western Tanager, Vaux's Swifts, a single Common Raven passing over back and forth, conspicuous for missing a secondary feather, and heard many Yellow Warblers.

Finally, we drove another three miles to Camas Meadow. The meadow was posted by the Department of Natural Resources to prevent entry, but from the edge of the Meadow and the adjacent road, we located a Hairy Woodpecker by following his splendid drumming. We concluded our four-hour excursion with a list of 44 species, thanks in part to the exceptional expertise of our leaders Denise Bayuszic and Heather Moravec, and with help from a fellow birder, Dina Roberts, who knew her warblers by ear.

Leavenworth Spring Bird Fest Bird Photography Workshop with Peter Bauer

Peter Bauer, whose awesome bird photos are familiar to members of the NCWAS, shared (via Zoom) some of his tips for taking good bird photos, to attendees at the Leavenworth Spring Bird Fest. He divided his talk into two parts, first, understanding how a typical camera works and making some artistic choices, and second, sharing and critiquing some of his own bird photos.

A camera's light meter is designed to sense a medium gray and to adjust a scene to tone down bright areas of a picture to what's more medium gray, and to brighten dark areas to closer to medium gray. He stated a fundamental rule: If you want your scene to look realistic, darken the exposure you make of a dark scene to counteract the light your light meter has already added.

Lighten a bright scene to replace the light your camera's meter has already toned down.

He said it's important to learn to use the histogram, that graphic display of the light in a photograph. The picture you see on your camera's LCD screen is not an accurate display of the picture recorded on your camera's sensor. On the histogram display, along a horizontal line from dark to light reading left to right, a photo should not hit either the dark left margin or the bright right margin. Adjust the exposure to take a photo that falls within the desirable range. Some



Yellow-headed Blackbird photo by Peter Bauer, Winthrop

by Susan Sampson, Wenatchee

cameras will allow review of a photo with "blinky things," areas of a photo that blink because they are overexposed, burned out, resulting in a loss of detail.

Learn to control the aperture to regulate the depth of field in a photograph. The smaller the aperture, the greater the depth of field will be, showing you everything from here to infinity. Instead, with a wider aperture and a faster shutter speed, you can catch the bird while catch can, and blur out an undesirable background.

To compose the best bird photo, make sharply focused images that capture the light in the bird's eye. Borrowing instruction from his mother, an artist, he advised to look for more than

portraits; look for the interactions of birds with each other for more interesting photographs.

He also counselled anticipating birds' repetitive behavior to get a good photo, while warning against unduly disturbing any bird's nesting behavior. He emphasized patience to wait for the right photographic opportunity.

Bauer's presentation was recorded by the Wenatchee River Institute and will be available at the WRI's website for about thirty days, starting in about mid-May. Check it out. https://wenatcheeriverinstitutute.org

June Wild Phlox

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North Central Washington Audubon Society Resources and Calendar

Items in **bold text** are sponsored or co-sponsored by NCWAS

June 5	North Central Washington Four-County Bird Count	How many birds will you count in our four-county region? See page 5 for more information.
Where to Go Birding	On your own or with your vaccinated friends and family!	www.ncwaudubon.org/BirdingSite/index2.php and www.wabirdguide.org/
June 13	Okanogan Highlands Field Trip	With Todd Thorn. See page 4 for more information.
Enjoy birds from home	Watch Bruce McCammon's wonderful videos of local birds	Songbirds of NCW and The Beauty of Birds at www.ncwaudubon.org/
September 11-12	Puget Sound Bird Fest	In Edmonds. See www.pugetsoundbirdfest.com/
September 24-26	Wings Over Willapa Festival	A celebration of Willapa National Wildlife Refuge's many species and diverse habitats. https://wingsoverwillapa.org/



You can find the Wild Phlox online at our website - www.ncwaudubon.org

The beautiful photos are even nicer in color.



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

