



Executive Director's Corner

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All donations are tax-deductible to the full extent allowed by law.

Thank you for your support!

Best regards,

Nancy H. DeStefanis-Executive Director
Janel Schulenberg- President, Bd. of Directors



Dear Friend,

I'm writing to ask you to make a year-end gift to support our work in San Francisco.

Imagine a child seeing their first Great Blue Heron through a pair of binoculars or a scope. Imagine a family discovering together the Heron Colony at Blue Heron Lake in Golden Gate Park, a part of San Francisco they've never visited. Imagine a teenager from SF schools learning and teaching as a trained intern/volunteer at our free Heron Watch Spring program for the public. **The moment of connection with nature is powerful. It sparks curiosity, joy and a lifelong appreciation for the world we live in.**

San Francisco Nature Education creates these moments, in Golden Gate Park, the Presidio, Lands' End, Herons Head Park, and Crissy Field through our hands-on birding programs. We introduce children, adults and teenagers to the exciting world of birds-Townsend's Warblers, Western Tanagers, Brown Creepers, Pygmy Nuthatches, Anna's and Allen's Hummingbirds, American Robins and more!

Thanks to you, we:

- Recruit children/families to participate from all over San Francisco for our Saturday field trips and programs,
- Guide adult/teenager and family field trips 15 Saturdays each year, serving over 300 in the past year,
- Teach middle and high school interns about birds each year- 301 students graduated to date,
- Teach 3rd graders at SF public schools (through classroom visits and field trips) how to identify birds, learn about adaptation and migration and how to care for their environment-25,000 students to date from throughout San Francisco,

Birding is more than a hobby; it's a gateway to science, mindfulness, environmental stewardship.

When children learn to notice birds, they learn to care for the natural world.

Your donation will make a difference in helping us increase our staff and expand our programs to develop leaders to inspire the next generation of nature lovers.

A generous supporter has given us a Challenge Grant of \$25,000- please help us reach and exceed our goal to expand our 3rd grade programs and Saturday field trips!!

You can donate online at www.sfnature.org or by mail at:

SFNE, PO BOX 210303, SF CA 94121.

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Membership:

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SUPPORT OUR PROGRAMS!

Please consider including San Francisco Nature Education in your will.



Volunteers at F/T to North Lake-left to right: Janel Schulenberg, Poonam K, Jeanne Crawford, Neko Wong-photographer, Chaya Bella & Catherine Archbold-courtesy SFNE



Great Blue Herons of GG Park-Ian Reid

North Lake Field Trip - September 13, 2025

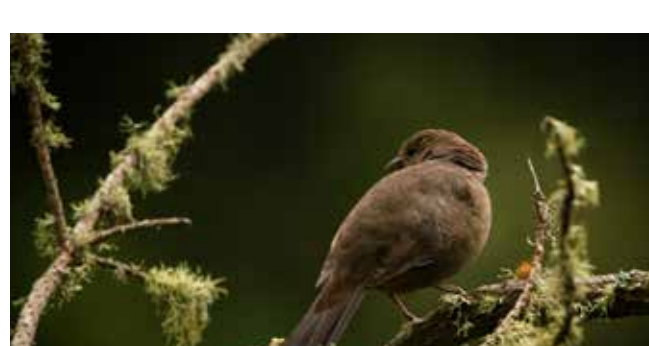
by Jeanne Crawford, leader

It was a beautiful day for a walk around North Lake with a group of 6 teenagers, their parents, and 2 young adults. This group had many sharp eyes for spotting birds and good bird knowledge, plus we had one terrific photographer along with us. A highlight of the trip was not even a bird – it was a coyote crossing the path in front of us! We were treated to a Belted Kingfisher (possibly a pair) flying up and down the lake making their unusual loud call, and finally the female perching right across the lake where we got a great view (I didn't know it was the female that has the lovely rusty orange on its chest but one of the teenagers informed me!). On the lake edge we saw some teenage Mallards with the males just starting to show their iridescent green feathers. Plus an American Coot walked out of the water and everyone got to see its wonderful funny lobed toes! Another highlight was seeing the stunning Townsend's Warbler with its black and yellow markings. On the way back around the lake we saw two woodpeckers, a Nuttall's and a Downy Woodpecker.

When we completed walking along one side of North Lake, we took a short break and walked over to the large Middle Lake. This lake was closed off for several years (2022 to August 2024) while it was completely rehabilitated. They did a wonderful job but we did not have time to explore it. The native plantings are still young and it will take a while to have as much over growth and cover for birds as North Lake. I was so impressed with this group and their desire and enthusiasm to see and learn about birds, which made this field trip such a joy for me and my co-leader Janel Schulenberg.

Trip List - 18 species.

Song Sparrow	California Towhee
Red-winged Black Bird	American Robin
Mallard	Pygmy Nuthatch
Anna's Hummingbird	Belted Kingfisher
Yellow Warbler	Red-shouldered Hawk
Dark-eyed Junco	Nuttall's Woodpecker
American Coot	Downy Woodpecker
Black-crowned Night Heron	Stellar's Jay
Great Blue Heron	Western Tanager



California Towhee - Courtesy Neko Wong



Nuttall's Woodpecker - Courtesy Neko Wong



Teenager Field Trip- Jeanne Crawford co leader top middle, Janel Schulenberg- co-leader first row far left-copyright Neko Wong

North Lake Field Trip - September 13, 2025

By: Poonam Kakodkar, leader

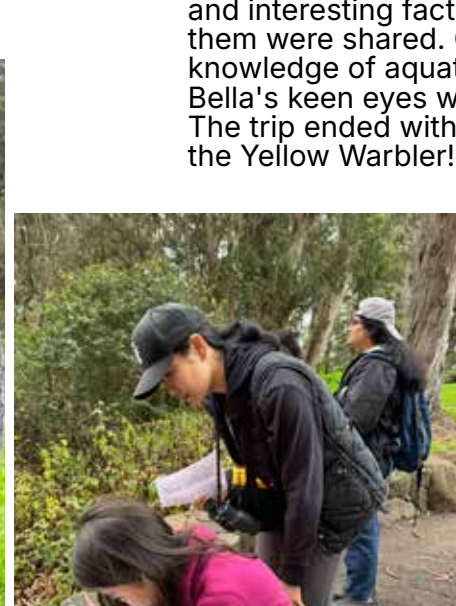
The family birding field trip started on a cloudy cool morning at the North Lake in Golden Gate Park. Melissa and her daughter, Teal were very excited to see birds. I led the trip along with two new volunteers, Catherine and Chaya Bella.

The sighting of the Black-crowned Night Heron at the beginning of the trip created a stir. Everyone was excited to see the Downy Woodpecker and the Hairy Woodpecker who were industriously pecking away at a tree bark.

The elusive Belted Kingfisher was also sighted and viewed with enthusiasm. But it was the extroverted Stellar's Jay that stole little Teal's heart. She colored it in black and various shades of blue in her San Francisco Nature Ed nature journal, claiming it to be her favorite bird. In addition to birds a number of native plants such as the White Sage, Coyote Bush, California Rose and others were seen and interesting facts and anecdotes about them were shared. Catherine shared her knowledge of aquatic plants and Chaya Bella's keen eyes were quick to spot birds. The trip ended with a beautiful sighting of the Yellow Warbler!



Mother & 6 yr. old, Poonam K. -leader, Catherine & Chaya Bella-volunteers-courtesy SFNE



6 year old colors birds in her SFNE nature journal-courtesy SFNE



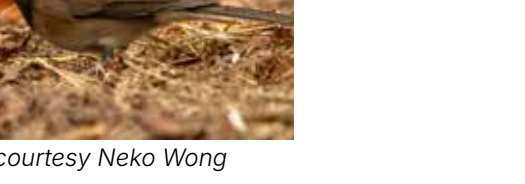
American Robin, courtesy Neko Wong

Trip List: 12 species

- Mallard (*Anas platyrhynchos*)
- Anna's Hummingbird (*Calypte anna*)
- American Coot (*Fulica americana*)
- Pied-billed Grebe (*Podilymbus podiceps*)
- Black-crowned Night Heron (*Nycticorax nycticorax*)
- Belted Kingfisher (*Megasceryle alcyon*)
- Downy Woodpecker (*Dryobates pubescens*)
- Hairy Woodpecker (*Dryobates villosus*)
- Stellar's Jay (*Cyanocitta stelleri*)
- Common Raven (*Corvus corax*)
- Dark-eyed Junco (*Junco hyemalis*)
- Yellow Warbler (*Setophaga petechia*)



Black-eyed Junco, courtesy Neko Wong



American Coot, courtesy Neko Wong

Upcoming Field Trips

10AM - Noon

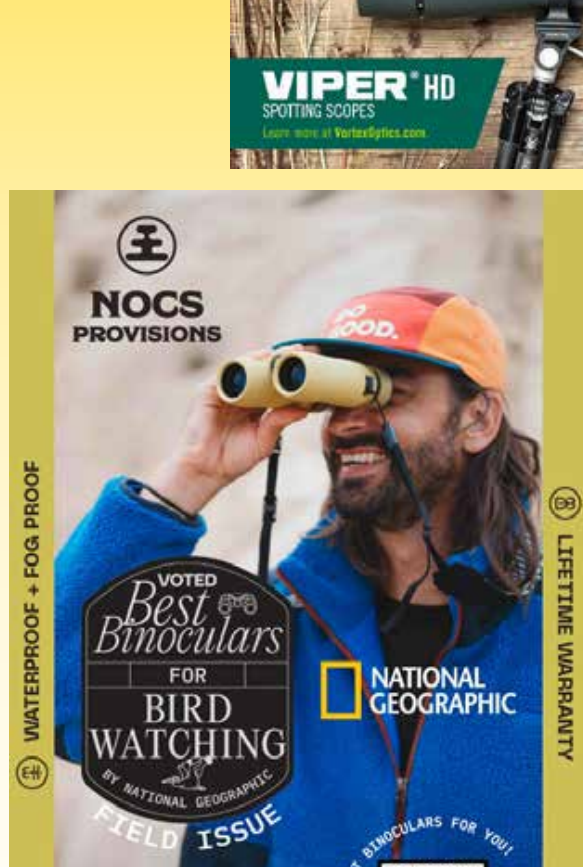
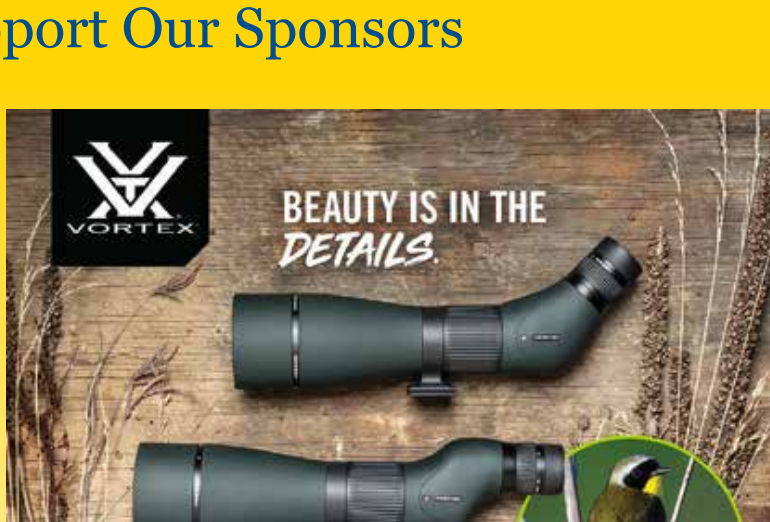
Oct. 18 - SF Botanical Garden

Nov. 15- Blue Heron Lake

Jan. 10- Herons Head Park

Register at www.sfnature.org

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