SFNE
San Francisco Nature Education

The Blue Heron

News from San Francisco Nature Education | October 2026

Executive Director's Corner

Dear Friends,

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, Heron's 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, and more!

Thanks to you, we:

- Recruit children/families to participate from all over San Francisco for our 14 Saturday field trips and programs
- Guide adult/teenager and family field trips 14 Saturdays every year, serving over 300 in the past year
- Teach middle and high school interns about birds each year–306 students have 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 the environment–25,000 students to date throughout San Francisco
- Teach thousands of adults and children about the Great Blue Heron colony each year

Birding is more than a hobby; it's a gateway to science, mindfulness, and environmental stewardship. When children learn to notice birds, they learn to care about the natural world.

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.

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, Board of Directors

Become a Member | Donate Online

Donate online or mail a check to:
SFNE
P.O. Box 210303
SF, CA 94121

www.sfnature.org
Tax ID | 54-2111941

Membership:
Adults: $35
Seniors (65+): $30
Joint Membership
Two seniors living together: $50
Students (21 or under): $25

Email | info@sfnature.org
Telephone | 415-205-0776

SUPPORT OUR PROGRAMS!
Please consider including San Francisco Nature Education in your will.

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Youth internships begin January 2027!
(2026 youth interns pictured)

Field trip to Lands End on September 12, 2026

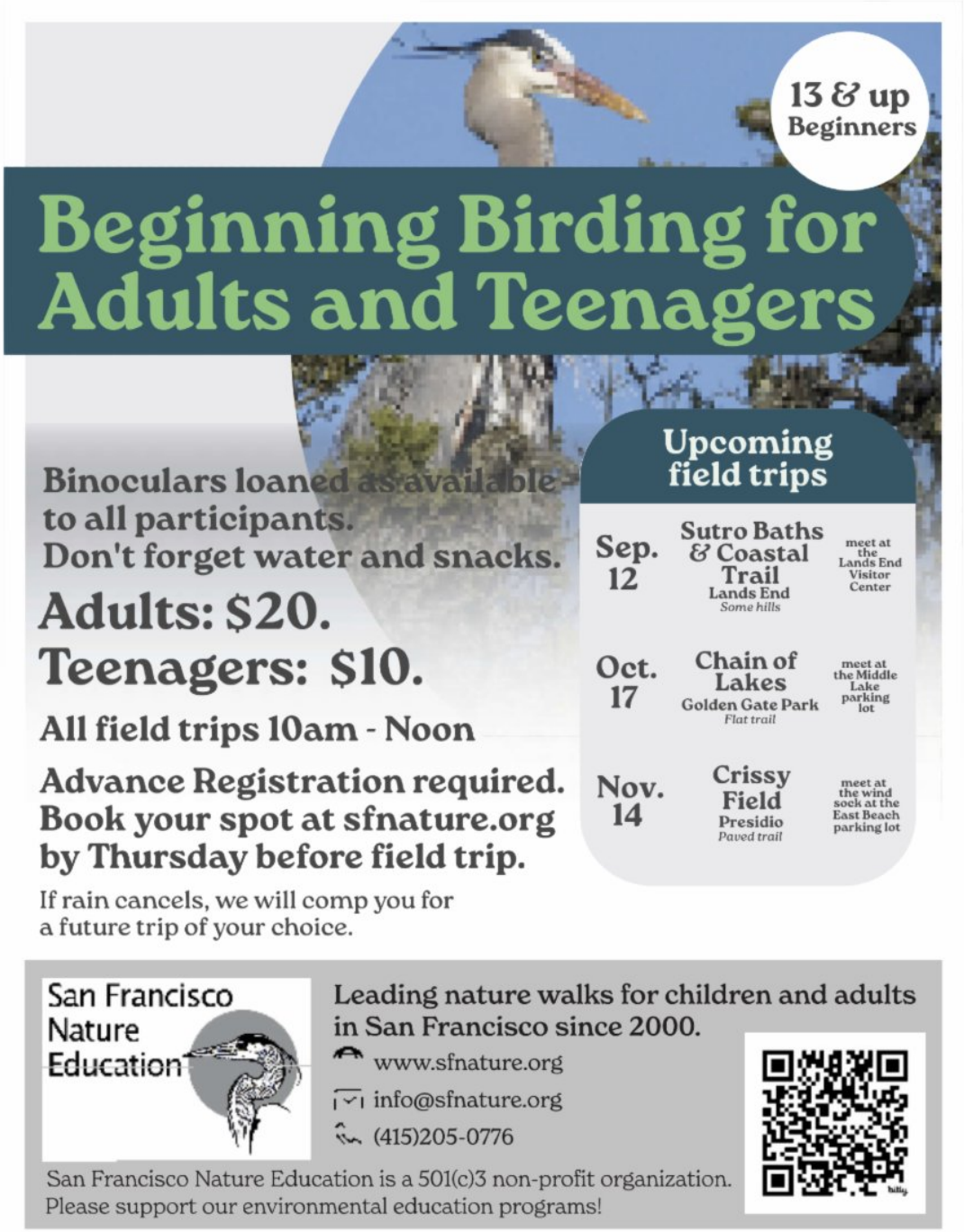
Volunteers Paddy, Poonam, and Will with families on the September 12 field trip!

Ebird list from Paddy Liu, volunteer
Location: Sutro Baths–ruins and freshwater pond
19 species observed with 52 individual birds

1 Mourning Dove
2 Black Oystercatcher
3 Heermann's Gulls
3 Western Gulls
10 Elegant Terns
15 Brown Pelicans
1 Turkey Vulture
1 Cooper's Hawk
2 Red-tailed Hawks
1 Downy Woodpecker
1 Black Phoebe
1 Pygmy Nuthatch
1 Red-breasted Nuthatch
1 Dark-eyed Junco
2 White-crowned Sparrow
1 California Towhee
1 Brewer's Blackbird
2 Northern Yellow Warbler

Upcoming fall field trips!

Please register at www.sfnature.org



BIRDING for Families & Children

ages 5 - 12

Binoculars loaned as available to all participants.
Don't forget water and snacks.

Adults: $20.
Children 5-12: $5.

All field trips 10am - Noon

Advance Registration required.
Book your spot at sfnature.org
by Thursday before field trip.

If rain cancels, we will comp you for a future trip of your choice.

Upcoming field trips

Sep. 12	Sutro Baths & Coastal Trail Lands End *Some hills*	meet at the Lands End Visitor Center
Oct. 17	Chain of Lakes Golden Gate Park *Flat trail*	meet at the Middle Lake parking lot
Nov. 14	Crissy Field Presidio *Paved trail*	meet at the wind sock at the East Beach parking lot

Leading nature walks for children and adults in San Francisco since 2000.
www.sfnature.org
info@sfnature.org
(415)205-0776

San Francisco Nature Education is a 501(c)3 non-profit organization.
Please support our environmental education programs!

Please Support Our Sponsors