



## Executive Director's Corner



Dear Friends,

We started the year with the wonderful news that our Campaign to Rename Stow Lake as BLUE HERON LAKE had succeeded! The SF Recreation and Parks Commission voted to rename the Lake on Jan. 18, 2024! (Mr. Stow was an infamous Anti-Semite, hence the reason for the name change.)

Soon, we will offer our 22nd year of Heron Watch- at Blue Heron Lake- which starts on Sat. April 13th for six Saturdays from 10-1pm through May 20, 2024. There are four active nests-three on the island opposite the Boathouse and one on the island opposite the Waterfall. We will also offer field trips for families and adults too! Please see details in our Heron Watch flyer. We expect eggs to hatch in mid-April!

**Please consider a generous gift to help us reach our Spring Fundraising Goal of \$25,000 which will fund Heron Watch Observation, Heron Watch field trips and Heron Watch Youth Internships (6th grade through 12th grade students).**

**The campaign runs from March 1 through May 31, 2024. The first \$10,000 will be matched by an anonymous donor. Please donate now via our online portal Slipcase at [www.sfnature.org](http://www.sfnature.org) or via mail at our address below.**

Every year since Heron Watch began in 2002, more than 1,000 children and adults have come to the Lake to learn about the Herons! In addition, more than 30,000 children from SF underserved schools (grades K-5) have come with their teachers and parents on field trips since 2002.

**Please donate now and support our Spring Programs at Blue Heron Lake! Our 15 adult volunteers and 2 high school interns are ready to show you the herons!**

I look forward to seeing you at the Lake soon!

Best Regards,

**[Become a Member | Donate Online](#)**

Donate online or mail a check to: SFNE,  
PO Box 210303, SF CA 94121 [www.sfnature.org](http://www.sfnature.org)

Tax ID no.: 54-2111941. Membership: Adults, \$35;  
Seniors 65+, \$30. Joint Membership for two seniors  
at same residence \$50; students 21 or under, \$25.

### IN THIS ISSUE

- Heron Watch Flyer for 2024
- Lecture on Great Blue Herons - April 13, 2024
- Meet my friend, the Heartbreak Heron- Dorothy Woodward



Great Blue Heron adult and chick

San Francisco Nature Education



3 chicks in healthy tree on waterfall island in 2023

Ken Stampler



Heron catches snake

Steven P. Dong

## San Francisco Nature Education Upcoming Events:

### 2024 Heron Watch in Golden Gate Park

Six Saturdays during the Spring Nesting Season in April and May  
 April 13, 20, 27 and May 4, 11, 18 – From 10:00 AM to 1:00 PM

– A Free Birding Observation Program –



Helene Sobol

#### Observe and Learn About The Great Blue Herons

Since 1993, 297 chicks have learned to fly at the Lake. Volunteers will use spotting scopes and direct attention to the Great Blue Herons and chicks, explain their behavior, and answer questions during this free program at the Observation Site (around the corner from the Boathouse.)

Field trips for adults and families leave from Blue Heron Lake (formerly Stow Lake) Observation Site every Saturday for adults and families at 10:00 AM sharp and return at noon. All participants must register 2 days in advance (Thursday before) and wait for confirmation email. Binoculars will be loaned to all as available. Field journals are free for children 4-12.

#### Field Trip Details

Naturalists carry spotting scopes and lead walks on gently sloping trails around Blue Heron Lake and Strawberry Island.

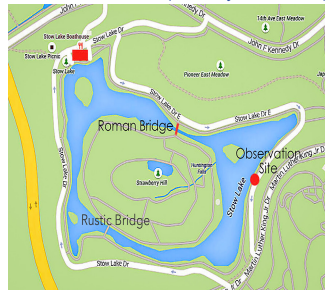
- Adults \$15, teenagers \$10, children 4-12 \$5.
- Register at least 2 days in advance.

Adult Members are free, but must register at [info@sfnature.org](mailto:info@sfnature.org), others prepay at [www.sfnature.org](http://www.sfnature.org).

- Please enter date of field trip with payment.
- Bring water/snack/pencils/binoculars.

Thank you for your donation!

#### Blue Heron Lake (formerly Stow Lake)



San Francisco Public Library presents

## THE GREAT BLUE HERONS OF GOLDEN GATE PARK

FREE LECTURE, SLIDESHOW, SHORT FILM

Saturday, April 13th, 2 p.m.

Sunset Branch Library - Lower Level  
 1305 18th Ave., SF, CA 94122



Photo: David Sullivan

Nancy H. DeStefanis presents the lifecycle of the magnificent Great Blue Herons which breed at Blue Heron Lake (formerly Stow Lake) in Golden Gate Park. She discovered the first nest in 1993. To date 297 chicks have fledged there.

Ms. DeStefanis, Founder and Executive Director of San Francisco Nature Education monitors and teaches about the colony through her birding programs for children and adults. Heron Watch, her premier program begins April 13th for six Saturdays at Blue Heron Lake. For more information, visit [www.sfnature.org](http://www.sfnature.org)

All programs at the Library are free. Supported by Friends of the San Francisco Public Library.



San Francisco Public Library

1305 18th Ave., San Francisco, CA 94122



### San Francisco Nature Education

For more information about the programs:

[SFNature.org/Heron-Watch](http://SFNature.org/Heron-Watch) email [info@sfnature.org](mailto:info@sfnature.org) phone 415-205-0776

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

## Migratory Ducks at Blue Heron Lake!



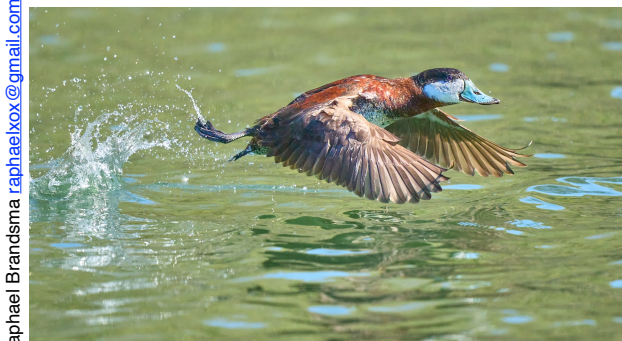
Raphael Brandsma [raphaelxox@gmail.com](mailto:raphaelxox@gmail.com)

Female Hooded Merganser



Raphael Brandsma [raphaelxox@gmail.com](mailto:raphaelxox@gmail.com)

Male Hooded Merganser



Raphael Brandsma [raphaelxox@gmail.com](mailto:raphaelxox@gmail.com)

Ruddy Duck

LINK: [Meet my friend, the Heartbreak Heron](#)  
 The Tyee, Dorothy Woodward