



Phainopepla

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General Membership Programs

We hope you will join us for our informative programs.

[CLICK HERE](#), to sign up and receive a link prior to all events.

Save the Date

Our Christmas Bird Count will be Sunday, December 14, 2025

Become a member
 Go to SFVAudubon.org



To reach an event leader or board member call our Chapter Phone Number
(747) 237-3720
 Number is a Message Forwarding Service

October

Zoom Program: Fire Safe Solutions for Design, Building, and Upkeep

Speaker: Yana Valachovic

Thursday, October 23, 2025, 7:00 p.m.

Feeling overwhelmed about wildfire in California? You are not alone, but the good news is that there is a lot you can do to reduce risk and help your family and community withstand wildfire. In her current work with the University of California Fire Network, Yana Valachovic has conducted post-fire assessments in California and Colorado, including in Altadena and Pacific Palisades. For this program, she will bring key insights into building and landscape design and maintenance that make a difference in building survivability and property protection. Yana will give a brief overview of her research findings and share practical, low-cost, science-based actions that can help you protect your house and family. As Yana says, "Wildfire adaptation will not occur overnight, but there is a pathway and clear evidence to help all of us live successfully with wildfire now and into the future."

Yana Valachovic, a scientist with the University of California, Agriculture and Natural Resources Fire Network, is passionate about helping communities learn to live with wildfire. She works at many scales and is a state leader in developing and delivering local and state strategies to improve wildfire resilience. Yana has over 25 years of experience in county government and community engagement. She also has a perspective on how California is attempting to pivot to address the wildfire and insurance crises and holds roles with the Governor's Wildfire Forest Resilience Task Force and the Wildfire Mitigation Committee. In addition to her research experience, she also has practical skills gained from a 'back to the land' upbringing where her family believed plants were more important than people—they provided essential food, didn't talk back, and never started wars. Living off the grid, Yana gained an early appreciation for building design, construction, and maintenance; a love of plants; and an appreciation of how a community can come together to support each other's needs.

She was also Humboldt County's 2024 Birder of the Year for the discovery of a Purple Gallinule!



Yana Valachovic

Forest Advisor and County Director (Humboldt and Del Norte)

UC ANR Fire Network- Community Resiliency and Built Environment

UC Policy Institute- Associate Director, Natural Ecosystems and Working

Landscapes

RP# #2740

URBAN WILDLIFE WEEK & P-22 DAY: Saturday, October 25, 2025

For an entire week, thousands of community members across the LA region come together to celebrate the majestic urban wildlife and remarkable ecosystems that thrive right in the heart of our bustling metropolis. Always free and open to the public, a variety of exciting events and educational activities offer inspiring opportunities to connect with the natural wonders that surround us every day.

Urban Wildlife Week culminates with the annual P-22 Day Festival, a celebration of the famous Hollywood cougar who catalyzed the #SaveLACougars movement. Join us in celebration of all that we've accomplished to #SaveLACougars and all that we can do to build bridges to a thriving future for both our human and wild neighbors! urbanwildlifeweek.org

CELEBRATING 10 YEARS of the P-22 Day Festival

Saturday, October 25th, 2025
11AM - 3:30PM • GRIFFITH PARK

Free & Open To the Public
URBANWILDLIFEWEEK.ORG

Sepulveda Basin Wildlife Areas Steering Committee

What it is, what it does, and what are its goals: Perspectives of the 2025 Chairperson.

Pat Bates, SFV Audubon Society and 2025 Chair of SBWASC

9/7/2025

The mission of the Sepulveda Basin Wildlife Areas Steering Committee (SBWASC) is to oversee, in its advisory capacity, the wildlife reserve and other areas of present or potential natural value within the Sepulveda Basin, including the Los Angeles River and its tributaries, and to support policies and programs that ensure their long-term preservation and protection. The SBWASC was created by the City of Los Angeles Department of Recreation and Parks (RAP), but has become recognized as a valued advisor by the U. S. Army Corps of Engineers, all City of Los Angeles Departments and representatives, and State legislators.

The membership of the SBWASC changes depending on attendance and other factors but current voting members include the San Fernando Valley and Los Angeles Audubon Societies, the California Native Plant Society, Resource Conservation District of the Santa Monica Mountains, the River Project, Friends of the Los Angeles River, and Los Angeles and San Fernando Valley Sierra Clubs. Non-voting members include the Encino and Lake Balboa Neighborhood Councils.

Here's a little history. The genesis of the SBWASC was about 35 years ago—before the Wildlife Reserve or lake existed! The initial minutes from a June 12, 1990 meeting spell out plans for the SBWASC, for creating a wildlife reserve with a lake filled with reclaimed water, for protecting Bull Creek and all the basin waterways, for eliminating noxious weeds and planting natives, for engaging park rangers for interpretive and security issues, and for converting the median strips on Burbank and Woodley Blvds. to native plantings. While the Sepulveda Basin's formally designated wildlife areas are relatively limited, virtually the entire unpaved and unbuilt basin is a wildlife area—including golf courses, natural turf playing fields, agricultural land, river bottom, and other areas. The entire Sepulveda Basin is about 2100 acres, approximately comprising: wildlife and unimproved: 600 acres, golf courses: 530 acres, sports fields 150 acres, agricultural 170 acres. Everything else including roads, buildings, Tillman Water Reclamation Plant etc., total about 650 acres.

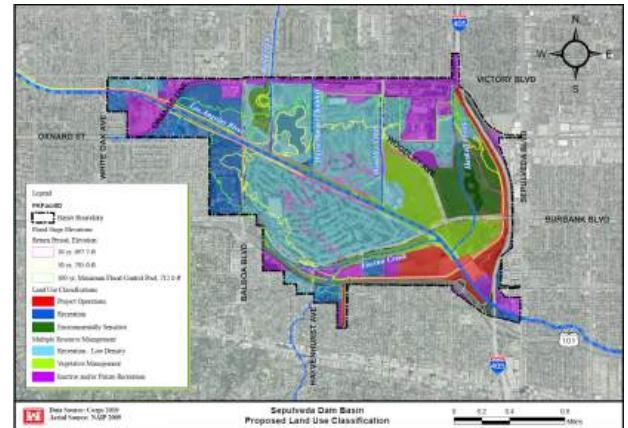
35 years down the road where are we?

Some of the successes:

The Wildlife Lake and Reserve were established. That along with portions of the Los Angeles River has served as habitat for millions of birds of over 200 species including the endangered Least Bell's Vireo and the magnificent winter visitor White Pelicans.

The Reserve has served as a field-trip venue for thousands of Los Angeles Unified School District and other students.

The Reserve is the site for innumerable bird walks, photography excursions, and more.



Portions of the vegetation near the lake have been painstakingly preserved as native, with recently nearly three acres of native vegetation restored.

Challenging issues remaining:

The entire basin has been plagued by dangerous and deadly fires which have potential for spreading to the adjacent community. Many of these are a result of illegal homeless encampments in the basin, and virtually all are a result of illegal activity. In addition, encampment dwellers have posed a safety hazard for park users and the surrounding community.

Bull Creek was restored. Unfortunately due to construction defects causing embankment collapse, illegal encampment activity and fires, the area is unkempt, unsightly and unsafe, but it still hosts nesting Least Bell's Vireos and other species.

Encino Creek and other areas including portions of Haskell Creek and the Los Angeles River bottom have become infested with invasive Shamel Ash trees, Arundo, Mexican Palm and Castor Bean and other toxic and invasive plants. In many cases, these infestations have reduced the value of these areas as habitat for wildlife including birds. All these areas have significant numbers of encampments with resulting trash and fires.

All the basin medians—Burbank, Woodley, and Balboa have been a persistent eyesore with overgrown weeds. The City Council has been forced to use discretionary funds to alleviate the issue due to squabbling over which City Department is responsible for maintenance. Currently medians are tidy and beautiful thanks to City Council District 6.

Illegal dumping is a massive problem, with literally entire dump-truck loads of crushed 1950s era houses being emptied adjacent to the Los Angeles River.

Causes and solutions:

Because most of the Sepulveda Basin wildlife areas are leased by the Los Angeles Department of Recreation and Parks (RAP), for adequate maintenance and security, RAP needs to be adequately funded. It has not been adequately funded to the accumulated tune of billions of dollars for the past 15 years and that must change. We need adequate *(continued next page)*

maintenance and security including armed park rangers and surveillance cameras.

The City of Los Angeles which leases about $\frac{3}{4}$ of the Sepulveda Basin needs to treat maintenance and security there with appropriate action, and stop delaying action by having different departments pass the buck. In addition to internecine City squabbles over responsibility, there are Federal, State, and County players involved. The park users and the community really don't care about the details—the city needs to coordinate, figure it out, and get it done.

We would all like to see everyone housed in appropriate housing and given opportunities to put their lives on the right track. However, living in the Sepulveda Basin cannot continue to be a de facto permitted living arrangement for many folks. Nobody is camping out in the City Golf courses, similarly nobody should be camping anywhere in the Sepulveda Basin. Existing laws need to be enforced to make the Sepulveda Basin wildlife areas extremely inhospitable to illegal activity of all kinds. That includes camping, bulky item storage, illegal fishing, fires, and indeed the gamut of prohibited activities.

Going forward:

The Los Angeles City Fire Department is actively working on alleviating fire hazard in the basin, as the risk increases. A crisis management team consisting of representatives from City Council District 6, the Los Angeles Mayor, various City Departments, NGOs, homeless outreach agencies, County and State Representatives, and the U.S. Army Corps of Engineers is working on aggressively addressing some of the issues of concern enumerated above.

The SBWASC will continue to serve in its advisory capacity and to encourage organized volunteer efforts to assist in making the Sepulveda Basin the wildlife and community resource it should and can be. The various members of the SBWASC include talented professional environmentalists who are of tremendous service to the community in management and preservation of our Sepulveda Basin Wildlife areas, now and for generations to come. 🐾

Los Angeles City Park Needs Assessment

Our parks need you - please weigh in!

By Pat Bates 9/7/2025

The City of Los Angeles is in the process of finalizing its long overdue Park Needs Assessment (PNA), and released the draft report on September 2, 2025. The draft report and a link to make comments may be found at <https://needs.parks.lacity.gov/> Once on that page, go to the bottom - where you can read and download the entire draft report in addition to making comments, either on specific pages or the entire document. The final date for comments will be approximately 10/15/25 so do not wait!

The City's Department of Recreation and Parks (RAP) controls over 15,000 acres of parkland, with approximately 45% of that in



Viewing Station at Wildlife Reserve

our San Fernando Valley area. According to RAP "...there are at least one million trees growing in the City's 15,000 acres of parkland, spread amongst developed urban parks and growing naturally in coastal and inland areas. This "Urban Forest" is a great asset to the City of Los Angeles. Forested urban parks are a functional and attractive environment for residents and visitors. Natural areas provide shelter for wildlife and offer an escape for park visitors into the semi-wilderness."

City parks in our SFV host hundreds of wildlife species, migratory and resident alike, and provide crucial bird habitat. Pocket parks, golf courses, and natural-turf sports fields, in addition to designated wildlife areas, provide sustenance for our wild friends. The birds don't care what we think the areas are for as long as we don't pave or poison them! Our Sepulveda Basin Wildlife Reserve is a venue for frequent bird walks, native plant restoration projects, and educational field trips. Many other SFV parks also have nature and birding activities.

Sadly, our City park system has fallen into disrepair, a victim of significant underfunding for the past 15 years or so, with the bill for deferred maintenance approaching \$2 billion. All levels of RAP are understaffed, including maintenance and Park Rangers. Our own Sepulveda Basin has fallen victim to depredations inflicted by encampments, illegal dumping, fires, vandalism, and simple unaddressed wear and tear. The City of Los Angeles is embarrassingly low in park spending per resident—near the bottom compared with the 100 largest cities in the United States.

A recent article in the Los Angeles Times by Steve Lopez outlines some of the causes and possible solutions to our City's park problems ([September 5, 2025 "Here's your Chance to weigh in on how to save neglected, but vital, L.A. Parks"](#)). The bottom line is our parks need more funding. A lot more funding. Whether you comment in detail or in general, please comment! 🐾

Calendar of Events

To reach an event leader call our message forwarding service at
(747) 237-3720

OCTOBER 2025

Sunday, October 5. Sepulveda Basin. 8:00—11:00 a.m. Directions:



Exit the San Diego Freeway (I-405) on Burbank Blvd. Go west about one-half mile to Woodley Avenue and turn right (north). Travel about one-half mile to the second possible right turn (at sign for the

Water Reclamation Plant and Japanese Garden). Turn right and go east about one-half mile to Wildlife Area parking at the end of the road. Park in the lot and walk past the low, rock-faced buildings to our meeting place on the other side of the buildings. Leader: Alexander deBarros, Alexander.deBarros@sfvaudubon.org.

Thursday, October 9. Bird Sit with Nature Journaling, O'Melveny Park. 10:00—11:45 a.m. If you would like to mindfully connect with birds and all of nature, join us at O'Melveny Park—at the picnic tables near the bathrooms. (Rain cancels and moves it to the 3rd Thursday.) What to bring: a cushion or a comfortable chair, a beverage/snack, binoculars, a journal, and something to write/draw with. This event is limited to 10 people. To reserve a spot, contact Teri Carnesciali at teri.carnesciali@sfvaudubon.org. Co-leader: Mary Lou Sharp.

Saturday, October 18. Beginner Bird Walks Resume on Second Saturdays October - March (October will be the 3rd Saturday). 9:00 a.m. to approx. 11:00 a.m. at the Sepulveda Basin Wildlife Reserve.

We welcome beginning birdwatchers, families and groups. This is a great opportunity to learn about birds, how to identify them and learn about their behaviors and needs. You will also learn about the outstanding and currently challenged wildlife reserve. Each walk will vary with the interests of the participants and what is happening that morning. Binoculars are available to borrow. Please do not bring any pets. Wear sturdy shoes, layered clothing, and a cap or hat with a brim. Water and Sunscreen suggested. Directions: Driving on Woodley Ave. north from Burbank or south from Victory Blvd., go ½ mile and turn east at the sign for the Japanese Garden. Continue straight (don't turn into the garden) and drive past the Cricket Fields and around the tree in the middle of the road, continuing to the parking lot at the end of the road. Meet at the small amphitheater which is on the on the south side of the rock-faced buildings. GPS coordinates of parking lot: 34.179942,-118.472595. For more information, call Muriel Kotin at (213) 500-4143 or San Fernando Valley Audubon at (747) 237-3720. Heavy rain cancels. Please let us know in advance if you are bringing a group of people so we can provide enough leaders. If you have a large youth or special interest group and a second Saturday doesn't work for you, we can try to arrange a walk at a different time.



Sunday, October 19. Malibu Creek State Park. 8:00 a.m. Meet at the second (lower) day-use parking lot. Entrance to the park is on the west side of Las Virgenes Road, just south of Mulholland Hwy. Entrance fee is \$12 per car. Leaders: Katheryn Barton

and David Barton. kathy.barton@sfvaudubon.org.

Tuesday, October 21. Weekday Wander at O'Melveny Park, Granada Hills. 9:00—11:00 a.m. Directions: Take the 118/Ronald Reagan Freeway and exit at Balboa Blvd. Turn north, driving two miles to Sesnon, turn left going west 0.6 miles, turn right at park entrance. Meet in the parking lot. RAIN CANCELS. Leader: Paula Orlovich, (747) 237-3720.

**Reminder: RAIN CANCELS birding events.
Groups of six or more, please contact the leader.**

Thursday, October 23. Zoom General Membership Meeting. 7:00—8:15 p.m. Speaker: Yana Valachovic Program: Fire Safe Solutions for Design, Building, and Upkeep. See page one for more information. [Click here](#) to sign up and we will send you the link. If you've signed up for a previous Zoom event, no need—you're already on our list!

Saturday, October 25. Hansen Dam Birding 8:00—11:00 a.m. 10965 Dronfield Ave., Pacoima, CA. Dronfield Ave. intersects Osborne St. approximately ½ mile south of Foothill Blvd. Turn into the park on Dronfield, and meet near the ranger station. Accessibility is good for this site which is mostly on a packed dirt road. Leader: Pat Bates, pat.bates@sfvaudubon.org.

Saturday, October 25. Sepulveda Basin Wildlife Reserve Habitat Restoration. 8:00—11:00 a.m. SFVAS is continuing to work with our partners, the Friends of the Los Angeles River (FoLAR) and the California Native Plant Society (CNPS) on the ongoing Habitat Restoration efforts in the Sepulveda Basin Wildlife Reserve (SBWR). This group gathers every Fourth Saturday morning to work and weed. If you would like to get involved and get your hands dirty, this is for you! SFVAS offers an Audubon guided walk after the work. (Volunteer Walk Leaders always needed.) What is this all about? Please check the FoLAR website for latest details and sign up before attending this event.

Saturday, October 25. P-22 Day Festival. Griffith Park. 11 a.m.—3:30 p.m. San Fernando Valley Audubon Society will be an exhibitor at this year's P-22 Day Festival! At our exhibit, we will share all things birds, wildlife, and appreciation for conservation. Be sure to stop by and say Hi! For a full listing of Festival Events, please visit: www.urbanwildlifeweek.org.

Sunday, October 26. Eagle Eyes Young Birders Club. 9:00—11:00 a.m. Join us and become part of a fun, supportive community where your passion for nature and birds can soar. We will have binoculars to loan and journals available for children who sign up. We will meet at a different location each month. Check out our website for more information and to secure your spot.

NOVEMBER 2025

Sunday, November 2. Sepulveda Basin. 8:00—11:00 a.m. Directions: Exit the San Diego Freeway (I-405) on Burbank Blvd. Go west about one-half mile to Woodley Avenue and turn right (north). Travel about one-half mile to the second possible right turn (at sign for the Water Reclamation Plant and Japanese Garden). Turn right and go east about one-half mile to Wildlife Area parking at the end of the road. Park in the lot and walk past the low, rock-faced buildings to our meeting place on the other side of the buildings. Leader: Alexander deBarros, Alexander.deBarros@sfvaudubon.org.

Saturday, November 8. Beginner Bird Walk. Sepulveda Basin Wildlife Reserve 9:00 a.m. to approx. 11:00 a.m. We welcome beginning birdwatchers, families and groups. This is a great opportunity to learn about birds, how to identify them and learn about their behaviors and needs. You will also learn about the outstanding and currently challenged wildlife reserve. Each walk will vary with the interests of the participants and what is happening that morning. Binoculars are available to borrow. Please do not bring any pets. Wear sturdy shoes, layered clothing, and a cap or hat with a brim. Water and Sunscreen suggested. Directions: Driving on

Woodley Ave. north from Burbank or south from Victory Blvd., go ½ mile and turn east at the sign for the Japanese Garden. Continue straight (don't turn into the garden) and drive past the Cricket Fields and around the tree in the middle of the road, continuing to the parking lot at the end of the road. Meet at the small amphitheater which is on the south side of the rock-faced buildings. GPS coordinates of parking lot: 34.179942,-118.472595. For more information, call Muriel Kotin at (213) 500-4143 or San Fernando Valley Audubon at (747) 237-3720. Heavy rain cancels. Please let us know in advance if you are bringing a group of people so we can provide enough leaders. If you have a large youth or special interest group and a second Saturday doesn't work for you, we can try to arrange a walk at a different time.

Thursday, November 13. Bird Sit with Nature Journaling, O'Melveny Park. 10:00—11:45 a.m. If you would like to mindfully connect with birds and all of nature, join us at O'Melveny Park—at the picnic tables near the bathrooms. (Rain cancels and moves it to the 3rd Thursday.) What to bring: a cushion or a comfortable chair, a beverage/snack, binoculars, a journal, and something to write/draw with. This event is limited to 10 people. To reserve a spot, contact Teri Carnesciali at teri.carnesciali@sfsvaudubon.org. Co-leader: Mary Lou Sharp.

Sunday, November 16. Malibu Creek State Park. 8:00 a.m. Meet at the second (lower) day-use parking lot. Entrance to the park is on the west side of Las Virgenes Road, just south of Mulholland Hwy. Entrance fee is \$12 per car. Leaders: Katheryn Barton and David Barton. kathy.barton@sfsvaudubon.org.

Tuesday, November 18. Weekday Wander at O'Melveny Park, Granada Hills. 9:00—11:00 a.m. Directions: Take the 118/Ronald Reagan Freeway and exit at Balboa Blvd. Turn north, driving two miles to Sesnon, turn left going west 0.6 miles, turn right at park entrance. Meet in the parking lot. RAIN CANCELS. Leader: Paula Orlovich, (747) 237-3720.

SFV Audubon Society and the LAFD Foundation presented Station 88 with a brand new SKID UNIT which allows them to put the equivalent of a fire truck in the back of a pickup truck, and maneuver into tight spots. SFV Audubon President Katheryn Barton presented with her executive team, and Fire Chief Moore and his crew were on hand to accept and demonstrate the new unit.

SFV Audubon recognizes LAFD for protecting our Wildlife Preserve, and the homes around it.

Photos by Marianne Davis



Chief Moore views the demo



Captain Aguirre explains how it works to the Audubon crowd



Fireman Benitez, who was wounded fighting a fire in the Sepulveda Basin, with Captain Aguirre



Saturday, November 22. Hansen Dam Birding. 8:15—11:00 a.m.



10965 Dronfield Ave., Pacoima, CA. Dronfield Ave. intersects Osborne St. approximately ½ mile south of Foothill Blvd. Turn into the park on Dronfield, and meet near the ranger station. Accessibility is good for this site which is mostly on a packed dirt road. Leader: Pat Bates, pat.bates@sfsvaudubon.org.

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SFVAS is continuing to work with our partners, the Friends of the Los Angeles River (FoLAR) and the California Native Plant Society (CNPS) on the ongoing Habitat Restoration efforts in the Sepulveda Basin Wildlife Reserve (SBWR). This group gathers every Fourth Saturday morning to work and weed. SFVAS offers an Audubon guided walk after the work. (Volunteer Walk Leaders always needed.) NOTE: Start time may be subject to change. Please check the [FoLAR](http://FoLAR.org) website for latest details and sign up before attending this event.

Sunday, November 23. Eagle Eyes Young Birders Club. 9:00—11:00 a.m.

Join us and become part of a fun, supportive community where your passion for nature and birds can soar. We will have binoculars to loan and journals available for children who sign up. We will meet at a different location each month. Check out our website for more information and to secure your spot.





FREE Beginner Bird and Nature Walks at the Sepulveda Basin Wildlife Reserve

San Fernando Valley Audubon invites you to guided tours of the reserve on Second Saturdays. The walks will include the many birds, other wildlife, habitat, and recovery from the devastating fire of September 2020. The emphasis of each tour will vary with participants' interests.

Second* Saturdays, 9:00 A.M. October 2025 – March 2026**

*** October walk will be October 18, the third Saturday!

Tours of this special place will begin at 9:00 A.M. and last 1.5 – 2 hours, depending on each group's wishes.

Welcoming Beginning birdwatchers, families and groups.

Time and Meeting Place: The Wildlife Area entrance and amphitheater are in the southeast part of Woodley Park. Meet at **9:00AM** at the small **amphitheater** on the south side of the rock-faced buildings.

Directions: Driving on Woodley Ave. north from Burbank or south from Victory Blvd., go ½ mile and turn east at the sign for the Japanese Garden. Continue straight (don't turn into the garden) and drive past the Cricket Fields and around the tree in the middle of the road, continuing to the parking lot at the end of the road. Meet at the amphitheater. GPS coordinates of parking lot: 34.179942, -118.472595.



Equipment and Clothing: Wear sturdy shoes, layered clothing, and a cap or hat with a brim. Water and Sunscreen suggested. Binoculars are available to borrow. No pets please.

More Information: Muriel Kotin at 213.500-4143 or San Fernando Valley Audubon at 747.237-3720. Website www.sfvaudubon.org or click here:



Heavy rain cancels. Bring plenty of curiosity.



Emerson College in Hollywood, Senior Urban Ecology Class:

We are getting a lot of mileage with our new taxidermy collection. On Tuesday, September 9, I gave a presentation of the resources on our website and a lab using our taxidermy birds. I gave the students a short lecture on bird sounds, songs vs. calls etc. The 16 senior seminar students broke into groups of four to go to four stations and listen to the sounds of these birds using the Merlin App. They were able to do this as I had them all install the app on their phones. They seemed to enjoy this activity and could ID using sound and photos. I will be returning in December to this class to hear their urban ecology social media topics they will have created using social media for their urban ecology class. —Charlie Wilken, Outreach Chair

Charlie Wilken and Richard Davis at RiverFest 2025, Photos by Marianne Davis



SAN FERNANDO VALLEY AUDUBON SOCIETY

Chapter Phone Number. To reach a board member or event leader you may call our forwarding message service at (747) 237-3720

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Youth Activities: Muriel Kotin

For Chapter leaders' e-mail addresses, see our Website:

www.SFVAudubon.org

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Found an injured animal? Call Wildlife Rescue Center at (818) 222-2658

To become a member and/or renew online go to

<https://www.sfvaudubon.org/membership/>

It is fast, secure, saves time, and paper!

Or mail this form and include a check made payable to:

SFV Audubon Society
Attn: Membership
P.O. Box 7769
Van Nuys, CA 91409

New Member _____ Renewal _____

Regular 1-yr Chapter Membership.....\$25 \$ _____

Student (K-PhD) 1-yr Chapter Membership...\$10 \$ _____

School _____

Lifetime Chapter Membership.....\$500 \$ _____

[____] Do not mail newsletter, I will read it online

Tax Deductible Contribution to SFVAS \$ _____

Total \$ _____

Name _____

Address _____

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E-mail (PLEASE INCLUDE) _____

How did you learn about SFVAS? _____

If you want to join or renew by check, please be sure to include your e-mail address if you want to receive an acknowledgment. We can no longer thank you by regular mail. If you do not have an e-mail address, please know how much we appreciate your involvement with, and support of, SFVAS.

The *PHAINOPEPLA*, published six times a year, is the newsletter of the San Fernando Valley Audubon Society, P.O. Box 7769, Van Nuys, CA 91409. San Fernando Valley Audubon Society is a non-profit chapter of the National Audubon Society, and is dedicated to "Nature Education and the Conservation of Wildlife."

Articles, letters, drawings, and photographs concerning conservation, ecology, birding, chapter activities, and articles of interest to the membership are welcome for publication in the *PHAINOPEPLA*.

Material from other newsletters or newspapers should include the source and date. Copy for the *PHAINOPEPLA* should be in the hands of the editor by the 3rd of the month to be included in the following month's newsletter.

Membership to National Audubon is separate and can be initiated on the website www.Audubon.org.

If you have any questions about membership, renewals, change of address or any other membership concerns, please contact Bill Lepler at (747) 237-3720 or e-mail him at membership@sfvaudubon.org.

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Phainopepla

San Fernando Valley Audubon Society
PO Box 7769
Van Nuys, CA 91409-7769

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Bird Sit Bulletin by Teri Carnesciali

"All is better for me once I'm out in Nature, present, listening and journaling." That's how Carla Alvarado describes the

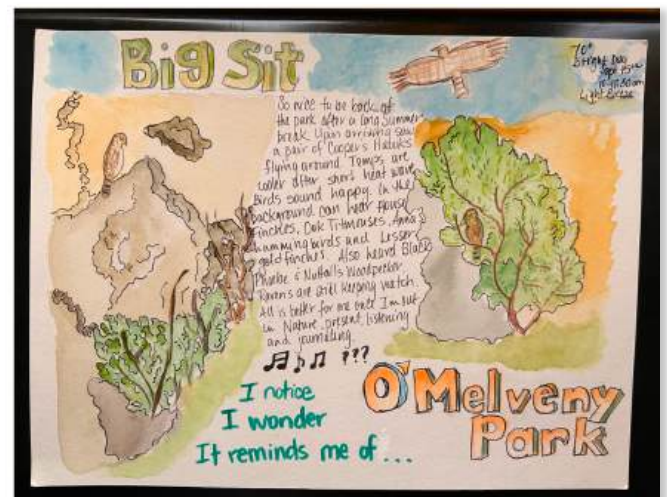
impact a nature outing such as our bird sit has on her. Participants are encouraged to slow down enough to take in the beauty at hand. Whether we choose to record many details in our journal entries or just a few, we find that nature journaling is a joy.



Mary Ellen Dittmore

We hope you'll join us. No prior experience is necessary. You can find further information in the Calendar of Events.

Contact Teri Carnesciali at teri.carnesciali@sfvaudubon.org, to reserve your spot.



Journal Entry by Carla Alvarado