



BIG MORONGO CANYON PRESERVE

NEWSLETTER

Friends of Big Morongo Canyon Preserve

Spring/Summer, 2022

Science Matters at Big Morongo Canyon Preserve

Big Morongo Canyon Preserve is a destination for birdwatchers, hikers, and those seeking refuge from the desert heat. What the average visitor may not realize is that BMCP is also the site of several important scientific studies. Currently, there is ongoing research at the preserve studying birds, bats, and water.



The cheery song of Bell's vireo is a welcome presence on spring mornings for birders along BMCP's trails. Photo by Rick Filafilo

BMCP is deservedly famous for its birds that draw visitors from around the world, particularly during the spring and fall migrations. One of the rarest is the least Bell's vireo (*Vireo bellii pusillus*), an endangered songbird whose decline is linked to the loss of riparian habitats like the preserve. The United States Geological Survey (USGS) Western Ecological Research Center's San Diego Field Office uses population genomic techniques to determine the range limit between the least Bell's vireo and its neighboring subspecies, the Arizona Bell's vireo. By collecting samples from Bell's vireos in California, Arizona, Nevada, and Utah, the study will delineate the range and meeting points of these two rare and beautiful subspecies. Although they attract fewer visitors, vultures are another important part of BMCP's riparian ecosystem.

Researchers from California Polytechnic State University Pomona are studying migrating turkey vultures to better understand how environmental contaminants affect birds.

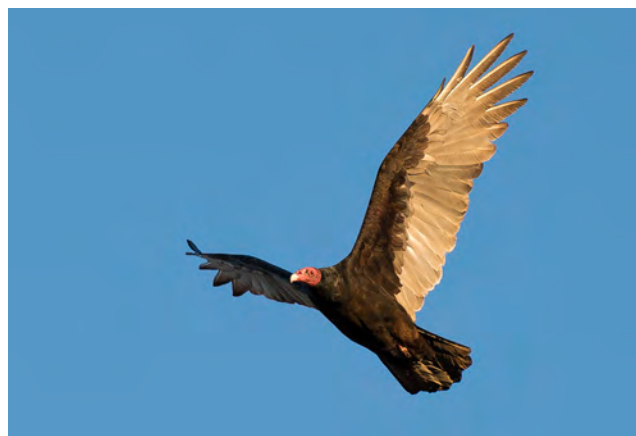
Science doesn't have to stop when the sun goes down. In 2019 the National Park Service began conducting White-Nose Syndrome surveillance monitoring on bats throughout the Mojave Desert, including Joshua Tree National Park. In 2021 the scientists realized they needed more data and decided to also use BMCP. White-Nose Syndrome, which is caused by the fungus, *Pseudogymnoascus destructans*, was first observed in 2007 in Albany, New York. It has killed millions of bats and is an urgent issue for wildlife biologists. (For more information visit www.whitenosesyndrome.org).

The basis of good science is good data. Understanding the world around us requires accurate, quantifiable information. Far from being only the purview of gov-



California leafed-nosed bats are just one of the many bat species affected by White-Nose Syndrome. NPS Photo by Kristin Lalumiere

ernment agencies and large universities, research can be conducted by community groups. BMCP's water-monitoring program, run by volunteers with Bureau of Land Management assistance, is an example of this. Once a week, volunteers check the water level at three different locations throughout the preserve. This formation of a database of water levels creates the groundwork necessary for future scientific inquiry as well as provides a snapshot of how the preserve changes through the seasons and years.



Turkey vultures are the subjects of a new study taking place at Big Morongo Canyon Preserve.

NPS Photo by Brad Sutton

As a nature preserve, BMCP acts a benchmark to measure environmental and climatic changes. Scientists can observe how these changes affect plants, wildlife, and water levels. Additional scientific inquiry could examine geology and fault lines, shifts in animal behavior, the impact of humans and cattle, and more. The unique riparian character of the preserve makes it a destination for visitors and scientists alike. If there's one thing that's been proven, it's that Big Morongo Canyon Preserve is a unique, beautiful landscape that we all must work to protect.

by Eric Sippert

BIG MORONGO CANYON PRESERVE

Get Involved at BMCP!

There are so many ways you can make a difference as a volunteer at Big Morongo Canyon Preserve. Opportunities are available for:

- Preserve Ambassadors
- Bird Walk Leaders
- Trail Work
- Education Program Assistance
- Interpretive Walk Leader
- Administration/Office Assistance
- General Maintenance

For more information, or to sign up as a BMCP volunteer, visit the Big Morongo website at:

<https://www.bigmorongo.org/volunteer/volunteer-application/>

or contact Executive Director Jocelyn Silverlight at director.bmcp@gmail.com, or by calling 760-792-1843.

Friends of Big Morongo Canyon Preserve

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Chatting With Dee... by Donna Thomas



It's a sunny, mid-March day at BMCP, where bird migration is already underway, some annual wildflowers are blooming, water has returned to the preserve's marsh, and some birds— bushtits, great-horned owls, and vermilion flycatchers— are already nesting.

Dee's 'bird's eye view' this spring is more limited than previously. COPD is keeping him from leading bird counts and from getting out on the trails often, though he still keeps on top of all that is happening at BMCP, shares his knowledge of the natural world with preserve visitors, and enjoys the abundance of nature that surrounds his trailer.

The first hooded oriole to return to BMCP for the breeding season was a male that showed up on March 15 or 16 at Dee's mini-oasis, where bird feeders and water dishes attract wildlife. The male hooded orioles always precede the spring arrival



Male hooded orioles are just one of the many brilliantly colored birds found at Big Morongo Canyon each spring. Photo by Rick Filafilo

of females. This is true also for rufous hummingbirds in that males migrate north ahead of females. And the male rufous leaves to return south as early as the first week of July, while females stay later into the summer before heading south. The preserve's first rufous hummingbird of the season, a male, showed up at Dee's feeders also on March 16, a bit later than some years.



Dark-eyed juncos are among our winter 'snow-birds' each year at BMCP. Photo by Joe Zarki

A surprising number of dark-eyed juncos have appeared near Dee's trailer recently, as many, or even more, juncos than white-crowned sparrows (who will soon be leaving BMCP as they migrate north).

Overall, Dee is seeing fewer birds now than at this time last year. Activity around his mini-oasis also slacked off in mid-February when water resurfaced in the preserve's marsh and thus was available to wildlife there. Volunteer bird counters hadn't been finding many birds in the dry marsh earlier this winter, but are delighted that many species are being seen there now that water is available again.

Dee's view includes seeing the dramatic effects of today's aridity and rising temperatures right outside his windows. The wooded area just north of his trailer used to be a protective area utilized by deer and other wildlife. The number of trees there now are only about half of the number there previously, with fallen trees and limbs littering the ground.

Also looking to the west towards Covington Park, the woods there used to be so thick with trees that one couldn't see any of the park facilities. Now Dee looks out and sees clearly the park's buildings and sees children playing there. Birders can no longer walk the path near Dee's trailer from BMCP's driveway entrance to Covington Park, because the path is covered with fallen trees and branches.

With the spring migration season soon to be in full swing, Dee is looking forward to the flurry of birds who will, once again, be brightening our preserve.

BIG MORONGO CANYON PRESERVE

Education Program News... by Kim McClinton

Our Education Program here at the preserve has had an inspiring revival over the fall and winter months. Other than a few days of rainy or windy weather, we've been open every Saturday and Sunday with two shifts from 10:00-12:00 and 12:00-2:00. We are grateful to our amazing volunteers Caryn, Caroline, Jose, Jane, Brenda, Courtney, Anna, Karen and Kaeliegh who make this science exploration possible for kids of all ages.

In October, we covered the difference between insects and spiders. The kids enjoyed some amazing display boxes of BMCP insects, plus puzzles and activities related to our bug friends. November had us exploring the many different types of animal homes in the preserve, from wasp and bird nests to burrows, hollow logs, and pack rat middens. We also emphasized the importance of staying on the trail and not disturbing animal homes.

Mammals were the focus for December and January. Since so many of our mammals are nocturnal and hard to actually see, we focused on exploring "evidence" of mammals, such as prints and scat. We looked at mammal skulls and were lucky to have several bear footprints around

the Education Center one weekend.

February had us looking at the reason our preserve exists in the middle of a desert. Water! We looked at diagrams that showed our source of water in the mountains, how it moves underground, and how our geologic fault traps the water and forces it to the surface. Kids got to explore and predict how groundwater might move through certain materials like sand, gravel, clay, and rock.

March was geology month. Who doesn't like rocks? We looked at the rock cycle and the incredible examples of 2.7 billion year old, metamorphic rocks in the preserve. Using multi-colored clay particles (sediments), the kids used the "heat and pressure" of their hands to turn it into metamorphic-looking "rocks".

We are still looking forward to introducing plants, birds, and reptiles in the upcoming months. The Education Program



Courtney Bailey is prepped and ready for the next groups of students to arrive.
Photo by Jocelyn Silverlight

will be closed during the hot summer months. However, we will be working on upgrading our displays and materials for the fall, recruiting and training more volunteers, and getting ready to open up school tours. We anticipate school tours resuming this fall and will be giving guided interpretive tours by request subject to volunteer availability for the rest of this spring. We are so thankful to Conservation Lands Foundation and Southern California Edison for providing funding for our Adventure Backpacks to hundreds of youth visitors this year.

Executive Director's Report... by Jocelyn Silverlight

Signs of spring are emerging within Big Morongo Canyon Preserve. Wildflowers are beginning to bloom, two male vermilion flycatchers returned and took residence by the Welcome Kiosk, and visitors are beginning to flock in as well. We experienced another dry winter, with short rainfalls, but water is flowing through the Marsh and Mesquite trails. Often, I will meet visitors who have not returned to BMCP in decades, and they are shocked that the days of large ponds are over.

With COVID-19 regulations loosening, we are also seeing the return of programming. After a long hiatus, Wednesday's public bird walks will resume on April 6th. We have been getting many requests for tours, so we will be revamping our tour program and docent training. We will spend the summer reaching out to schools, and the Friends of Big Morongo Canyon Preserve Board of Di-

rectors met to strategize for moving into the future. We are acutely aware that, in order to build our capacity, we need to recruit more volunteers. We intend to get committees up and running.

By the time this newsletter goes to print, I will have reached my one-year mark as Executive Director. It is incredibly apparent to me how special BMCP is. Our volunteer group takes special care and puts their hearts into the work that they do. BMCP is a refuge not only for wild animals, but for families and visitors alike. I often get compliments on how caring and knowledgeable our volunteers are. However, volunteerism looks very different in 2022 than it did in years past. Gone are the days of folks being able to contribute hundreds of hours. Potential volunteers have many commitments, multiple jobs, families, and school. Finding time to volunteer presents its own set of challenges,

like childcare or transportation. Each volunteer arrives with their own unique set of abilities and experiences. So far in my tenure here, I have not put out large calls for volunteers for a few reasons. Primarily, COVID-19 regulations change rapidly, and the safety of our volunteers is paramount. Additionally, I believe in an informed leadership style, and I am not one for immediate sweeping changes. I have taken this year to listen and learn from many of you about what works and what could be better. Instead, I have recruited and met individually with volunteers, learned about their skills and desires and placed them into appropriate volunteer roles. We are ending out my first year with a beautiful mix of about 50 seasoned and new volunteers who are committed to support the mission of Friends of Big Morongo Canyon Preserve. As spring emerges, so does a new set of activities, volunteer opportunities, and more. Stay tuned.

BIG MORONGO CANYON PRESERVE

Living with Predators... Joe Zarki

On March 22, the television airwaves and social media were filled with reports of a young, male mountain lion that had wandered into a business district and shopping plaza in Irvine, California. The lion raced past a hair salon and even ran into an office that had its door propped open, scattering startled office workers. The 113-pound cat was darted with a



A mountain lion in Joshua Tree National Park captured by a remote wildlife camera. Photo courtesy of the National Park Service

tranquilizer gun and eventually released back into a wild, mountain range more in keeping with its usual haunts. And it seems that hardly a week goes by without news of a bear (or bears) taking over a suburban swimming pool or helping themselves to someone's refrigerator.

Living in southern California increasingly means learning to live with wildlife, sometimes big, toothy wildlife such as wild cats, coyotes, or other predators. The wildland-human interface of Morongo Valley is no exception. In recent years, as the effects of historic, long-

term drought and a warming climate ripple through our desert ecosystems, local animal life is making adjustments, seeking out food and water wherever it can be found and sometimes coming in close contact with people and human habitats.

Last December, bird walk leaders were surprised to find a mountain lion kill just across the gate between BMCP and Covington Park. Several drying pools of blood and matted hair were evident, and signs of the lion dragging the freshly killed deer were clearly visible. Dog walkers and families with children were playing just yards away at the park, completely unaware of the nearby drama that had happened just a short time ago. It was not at all clear if the lion was still

somewhere close by, having dragged the deer toward some nearby mesquite thickets.

Of course, regular BMCP visitors are all too familiar with the frequent visits of black bears from the San Bernardino Mountains. From helping themselves to bird feeders, dumpsters, and the Education Center's outdoor water feature, bears have learned there are rewards, as well as risks, from chilling out in Morongo Valley.



Black bears are regular visitors to BMCP, drawn by the food and water they find here. Photo by Joe Zarki

And really, can you blame them? Successive years of massive fires in the mountains have disrupted normal food sources, and the increasing heat and aridity has made finding water a matter of survival for many wild animals. And apart from human-generated food sources, the presence of water concentrates deer, bighorn sheep, and other smaller animals (including

stray pets) in the area providing a prey base that is attractive to local predators looking for some four-footed takeout.

What struck me as I examined the lion kill site in December and watched community residents enjoying their morning at Covington Park was just how fragile the situation was for people and wildlife. We both co-exist in the same precious space called Big Morongo Canyon, and yet, for people, there's often little awareness of just how close we live to 'the wild,' even when the habitat has street names, houses, and all the trappings of modern human culture.

For wildlife, especially its predators, the dangers are all too real. Several of the bears that have foraged at the preserve in recent years have been hit and killed by cars while crossing Highway 62. Mountain lions face the same dangers and are often killed while crossing highways in southern California. The recently erected barricades dividing the highway to reduce vehicle accidents likely increases the danger for animals crossing the highway.



The site where a mountain lion killed a mule deer at BMCP, Dec. 8, 2021. Photo by Joe Zarki

The preserve is a focal point of this ongoing struggle as animals and people adjust to life in a world where climate and ecosystems are growing increasingly unstable. The wildlife that depends on BMCP, predators and prey alike, have limited ability to adapt and cope. People, with their greater awareness and the ability to shape the world around them, have many more options, and we must

(continued on p. 7)

BIG MORONGO CANYON PRESERVE

Friends of Big Morongo Preserve Strategic Planning Session... Jan Anderson

Friends of Big Morongo Canyon Preserve Mission Statement:

The Friends of Big Morongo Canyon Preserve is dedicated to the exploration, preservation, and stewardship of the Preserve by protecting and managing its resources, and by providing educational programs, access for wildlife viewing, and recreational opportunities for the enjoyment of its visitors.

The Friends of Big Morongo Canyon Preserve Board of Directors came together on February 26th, 2022 for an all-day session to review and update the Strategic Plan. The Strategic Plan is a guiding document, updated every five years, that contains the high level elements and components that enable the support of our mission.

The current categories in the Strategic Plan that support our mission are Wildlife Viewing, Protection, Education Programs, Real Estate, Property/Buildings and Structures/Trails, Recreation Opportunities, Public Information, and Fundraising/Revenue Development.

Attendees at the Board strategy session were David Miller, Jane Mootz, Ann Garry, Tish Miller, Evan Hoffman-Jastermsky, Kathy Smith, Maureen McCarty and Jan Anderson, with Executive Director

Jocelyn Silverlight facilitating the session and previous Executive Director Meg Foley supporting. During the session, we reviewed each of the plan's elements and worked collaboratively to determine what should remain in the plan, and what should be eliminated or updated.

While the plan is still in the stages of being finalized, a consensus emerged on several items in the plan. We all recognized and agreed on the importance of resurrecting the docent-led hikes and tours, both for adults and children, and the Wednesday bird walks. The restrictions from the pandemic put a pause on group activities, and we look forward to their return.

We also agreed that we should move forward with retail sales of hats and t-shirts,



Growing visitation, a challenging fiscal climate, and providing visitor services are just a few of the many issues facing the current BMCP Board.
Photo by Meg Foley

and later in the year, the reopening of the Education Center.

Some other areas of focus include increasing our fundraising, strengthening existing relationships, and creating new ones. We reviewed previous, current, and potential partnerships and evaluated the strength of these relationships. On a daily basis, we hear of what the preserve means to the community, and we want to partner with others in the community to advance our mission.

The Friends Extend Their Gratitude to Departing Board Members... Meg Foley and Jane Mootz

Laura Sherrod has lived in Morongo Valley since 1978 and quickly learned the beauty of this special place. She enjoyed the preserve as a neighbor well before volunteering. Her involvement with the Friends of BMCP began when she and her late husband, Jesse, attended the Docent Training class in 2003. That experience began a career of volunteerism at the preserve extending to this day.

Laura started participating by working on trail maintenance, until Betty Zeller convinced her she could work with the children's education program, leading field trips for the visiting students and helping with the Summer Encounter classes. Her husband, Jesse worked with the Maintenance Committee. Later, she invited several hiking groups to walk the preserve's trails and talked to them about the history and ecology of BMCP. She also worked at the Education Center

selling nature-themed items pertaining to the preserve while interacting with visitors to promote the Big Morongo ACEC. She has been a member of the Board of Directors since 2013.

With her retirement from the Board, she vows to continue volunteering, as she is able, at the Ambassador booth greeting visitors and sharing her love of this special place with others.

Ann Garry retires from the board after decades of service in leadership positions. She ran membership programs and annual giving campaigns during a time of explosive growth at BMCP. She maintains the herbarium and plant list, started the Ambassador program to reach a changing audience (including building the "booth"!), helped construct the first garden, and wrote the first garden guide. She leads wildflower walks,

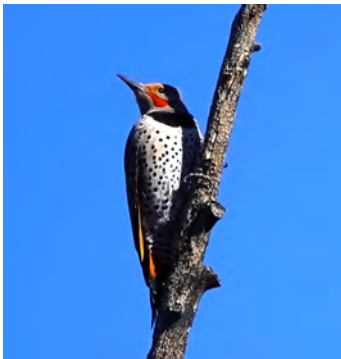
school tours, and trail crews during public workdays. It is hard to find a job she hasn't performed! Ann is a long-term environmental activist who participated in defeating the Los Angeles Department of Water and Power's "Green Path North" project, and she also advocated for the formation of the Sand to Snow National Monument.

Dave Miller is an award-winning communications expert with over 40 years of experience. Dave served as board president through some of the BMCP's most challenging threats: LADWP's "Green Path North", Palmwood, and several wildfires that impacted the BMCP. He designed and produced layouts for virtually every BMCP publication and map. He was at the helm when BMCP became part of the Sand to Snow National Monument and has been extremely active in regional conservation issues for decades.

BIG MORONGO CANYON PRESERVE

Weekly Public Bird Walks Resume at BMCP... by Joe Zarki

By the time you read this, weekly public bird walks will have restarted at the preserve after a two-year absence due to the coronavirus pandemic. The first public bird walk will be held on Wednesday, April 6 at 8:00 a.m., and the walks will recur on a weekly basis as was the pre-COVID custom. Declining case rates and hospitalizations along with relaxed public health guidelines at the federal, state, and county levels prompted the decision to once again offer the popular Wednesday birding activity.



Northern (red-shafted) flicker

However, there are a few changes in store for participating birders and bird walk leaders as well. To help

minimize risks from spread of the recent, highly contagious Omicron variants, birding groups will be limited to 10 people plus a volunteer bird walk leader and a data recorder. Each birding party will go in a different direction at the start of the walk to reduce congestion along



Northern mockingbird

trails. Each group will cover the main birding locations at BMCP, Covington Park, and the adjacent neighborhood but will alternate their time at each area as they bird. One group, led by Barry Mantell, will 'free lance,' covering some areas that are infrequently birded each week. The bird walk will be limited in duration to 2.5 hours ending at 10:30 a.m. In the past there was no set 'end' time with some walks lasting until noon if the birding was good. However, it was felt that it's better from a planning standpoint for the public to have a known time for conclusion of the activity. Past 10:30, birders will be on their own.

To help manage a more complex bird walk strategy, several folks have been added as volunteer bird walk leaders. Paul Evans, Barry Mantell, and Kate Peterlein will now be lending their able assistance with the weekly bird walks.

Cam Foreman will continue to hold down the feeders at the Education Center and Dee's trailer recording all birds seen at these locations. As in the past, a species list for each weekly birding activity will be assembled and posted at the Welcome Kiosk as well as on the BMCP website.

These changes in our birdwalk protocol reflect that we aren't out of the COVID woods just yet. The new Omicron variant is causing yet another spike in case rates across the country and reminding us that it remains important for everyone to be fully vaccinated and up-to-date with booster shots while still following the best medical advice and guidelines from public health officials.



White-winged dove. Photos by Paul and Roxanne Evans

Pollinator Garden Update... by Joe Zarki

This May will mark the fourth year of the new pollinator garden (informally known as the 'sunny' garden) at BMCP, and the garden group volunteers (Larry Rosen, Bill LaHaye, Steve Kerr, Linda Sheehan, Joe Zarki, and Ann Garry) have plans for a number of modifications to improve the operation and upkeep of both the older 'shady' garden and the newer pollinator garden. Improvements to the electrical wiring in the Education Center has allowed for a more reliable automated watering system in the original garden. The underground watering system was extended off the patio adjacent to the bird feeders to allow for better watering of some native nettles (*Urtica* sp.) that

are larval hosts for several woodland butterflies such as the satyr comma. There are also plans to extend an underground water line to the new garden to provide for more efficient watering of the native plants there. An ongoing problem has been the operation of the upper garden water feature, a key attractant for birds and, increasingly, for the preserve's larger mammals. It is hoped that an improved design and modern equipment will result in a more reliable water feature that reduces the continual need for parts and labor.

(continued on p. 7)



Seen December 2, this monarch caterpillar was a sign that the pollinator garden has its welcome mat out for visiting monarchs. Photo by Joe Zarki

BIG MORONGO CANYON PRESERVE

Living with Predators (cont. from p. 4)

decide what kind of world we'll be sharing with wildlife as time goes on.

With its education and information programs, the Friends are part of that process of raising awareness and helping frame the choices ahead. Of course we have laws, public agencies, and policies to help guide our land management decisions; decisions that involve ethical as well as environmental and economic choices. If predators, such as mountain lions, bobcats, bears, coyotes, and others are to have a place at BMCP, and elsewhere in southern California, their future will depend on how well we take care of their homes, as well as our own. There are no easy choices, and the stakes could not be higher.

That's something to consider the next time you see a bobcat or a coyote at the preserve.

Pollinator Garden Update (cont. from p. 6)

By all accounts the new pollinator garden has been a great success. To date, 38 species of butterflies have been recorded in the garden, roughly half of all butterfly species known to occur at BMCP. Many other insect pollinators have been observed in the garden as well. As the western monarch population experienced a modest rebound in 2021, the garden was visited by numerous monarchs this fall and winter, and it hosted its first monarch larvae.



Monarch butterflies were a common sight at both the upper and lower gardens last fall and winter.
Photo by Joe Zarki

With the western monarch population still critically endangered, even such a modest improvement for monarchs is very welcome and hopeful. The garden group meets most Thursdays for routine upkeep of the garden. If you'd like to help, contact Larry Rosen or Jocelyn Silverlight.



FRIENDS OF BIG MORONGO CANYON PRESERVE

PLEASE RETURN YOUR TAX-DEDUCTIBLE DONATION TO:

**FRIENDS OF BMCP
P.O. Box 780
MORONGO VALLEY, CA 92256**

Yes, I Want to Help!

NAME(S) _____

MAILING ADDRESS _____

CITY _____ STATE _____

COUNTRY _____ ZIP _____

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Secure Credit Card Donations and Monthly Gifts May Be Made at:

www.bigmorongo.org

ENCLOSED GIFT:

- | | |
|--------------------------------------|------------------------------------|
| <input type="checkbox"/> \$ 10.00 | <input type="checkbox"/> \$ 35.00 |
| <input type="checkbox"/> \$ 50.00 | <input type="checkbox"/> \$ 100.00 |
| <input type="checkbox"/> \$ 250.00 | <input type="checkbox"/> \$ 750.00 |
| <input type="checkbox"/> \$ 1,000.00 | |

NEWSLETTER (WINTER, SPRING/SUMMER, FALL)

EMAIL MAIL NEITHER

SUPPORT

FRIENDS OF BIG MORONGO CANYON PRESERVE

Friends of Big Morongo Canyon Preserve is a nonprofit 501(c)(3) association organized for the support of programs at Big Morongo Canyon Preserve.

We are dedicated to the exploration, preservation, and stewardship of the preserve by protecting and managing its resources, and by providing educational programs, access for wildlife viewing, and recreational opportunities for the enjoyment of its visitors.

Credit card donations can be made at www.bigmorongo.org. Donations may also be tax deductible.

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Morongo Valley, CA 92256

GO GREEN...to choose the digital option
for receiving your newsletter, email:
bmcp@bigmorongo.org.



CALENDAR

AT BMCP

APRIL – AUGUST

Gate open 7:30 a.m. to Sunset

365 days a year

WEDNESDAY BIRD WALKS

Bird walks are once again being offered each Wednesday morning at 8:00 a.m. to 10:30 a.m. (See article on p. 6). Meet at the main preserve parking area. Recently seen bird lists are updated weekly and may be viewed at: www.bigmorongo.org/birds

NATURE CENTER

Outdoor Education Station: Saturdays and Sundays. Volunteers and staff will be on hand to share displays and to answer questions.

Friday, Saturday & Sunday: Ambassadors will be at the kiosk to provide information on the latest BMCP happenings. They are very happy to make recommendations for walks based upon weather, fitness, and time.

UPCOMING EVENTS

April 23 Mojave Desert Land Trust Earth Day Event. Join MDLT in partnering with BMCP to help with stewardship projects from 8-11 a.m. on Saturday, April 23rd. Check our website and www.mdlt.org for more information.