

The Cardinal

JUNE JULY 2022

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Volunteers Needed for Como Woodlands Restoration June 8

A new round of restoration work at Como Woodlands has been scheduled, building on the work accomplished by Saint Paul Audubon volunteers in October. The task, scheduled for June 8 from 5:30-7:30 p.m., will be focused on removing invasive species. Como Woodlands is adjacent to Audubon Woods, a ten-acre-site that was dedicated to Saint Paul Audubon in 1952 and is in need of restoration and care. The work area is somewhat hilly and the work will be physically demanding but volunteers are welcome for a variety of jobs. Here are the details:

TIME June 8, 5:30-7:30 p.m. Please arrive by 5:00 to complete check-in.

LOCATION Como Woodland Outdoor Classroom, 1221 Wynne St., St. Paul

ATTIRE Closed-toe shoes are required. Long sleeves and pants, work gloves, and insect repellent are recommended. Some gloves and safety glasses will be available to borrow. Bring your own water.

TO REGISTER (REQUIRED) Please visit <https://cerv.is/0177g8zfnwT>. Participants will need to sign a city waiver.

Guidelines for group birding

Please follow these guidelines for all Saint Paul Audubon Society outdoor events:

- All participants are expected to be fully vaccinated and boosted (if timing indicates) for COVID-19
- All participants will maintain social distancing
- Masks are optional but welcome
- Attendees will provide their names and contact information at the start of each walk

*Right: Butterfly garden that includes native plantings of Purple Coneflower and Swamp Milkweed.
Photo by and garden of Laurie Wachter*



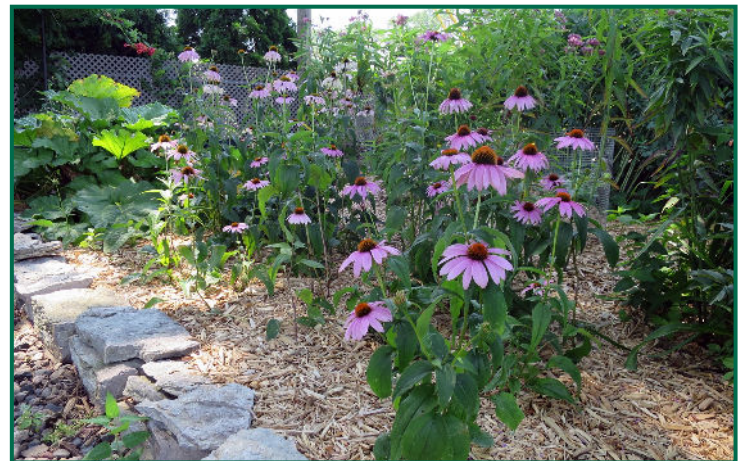
Landscape Revival June 4 and 11

Growing native plants in your yard, however small or large, benefits pollinators, water quality, and birds and other wildlife. An excellent way to learn more and buy your own plants is to visit a Landscape Revival expo and market, taking place this year on June 4 and 11 at two different locations. Local conservation and restoration groups will attend these events and can help you learn what plants will work best for you. Local growers will be there with native plants for you to buy. Times and locations are:

June 4, Oakdale Fire Station #1. 5000 Hadley Avenue North, Oakdale, 9:00-1:00.

June 11, Shoreview. Shepherd of the Hills North Parking Lot, 3920 Victoria St. North, Shoreview, 9:00-1:00.

The Oakdale location is new this year and will have food trucks on site. Cash or check is preferred at both. For more information visit tiny.cc/OAKDALE or tiny.cc/SHOREVIEW.



SAINT PAUL AUDUBON SOCIETY

PO Box 7275, St Paul, MN 55107-7275

Welcome...

To the Saint Paul Audubon Society.

We're a chapter of the
National Audubon Society.

Our mission is to conserve and restore
natural ecosystems, focusing on birds,
other wildlife, and their habitats
for the benefit of humanity and
Earth's biological diversity.

You will automatically become a
member of the Saint Paul Audubon
Society if you make a gift of \$30 or
more to the National Audubon Society
and reside in Saint Paul, Ramsey and
Washington counties, and surrounding
areas.

The Saint Paul Audubon Society
welcomes everyone to become a
member or participate in activities as a
non-member regardless of their race,
color, national origin, sex, disability,
sexual orientation, marital status, age,

SAINT PAUL AUDUBON SOCIETY

President Donn Waage	612-735-4085
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Vice President, Communications Martha Douglas	651-366-2345
Treasurer James Stout	651-645-7017
Secretary Kiki Sonnen	651-331-9560
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Conservation Co-Chr Monica Bryand	651-246-5522
Field Trips Chair Cathy Croghan	651-636-6475
Graphic Designer Laurie Wachter	

ABOUT OUR CHAPTER

Founded in 1945 as the 'St. Paul Bird Club' with twelve members, the Saint Paul Audubon Society now serves the entire East Metro region of the Twin Cities, and has around 2,800 members. Our Member Meetings are held from Sept.-Dec. & Feb.-May on the second Thursday of the month. For more info please contact leaders at left, or visit www.saintpaulaudubon.org

ABOUT THE CARDINAL The Cardinal is published 6 times a year and posted on www.saintpaulaudubon.org at the beginning of February, April, June, August, and October. For information contact Martha Douglas, editor. Copy is due on the 15th of the month preceding publication.

The Cardinal is available free to everyone on our website. If you would like to receive a notice when new issues are ready, go to www.saintpaulaudubon.org and go to the "Newsletter" tab to subscribe with your email address. Our Webmaster is Ben Wilson, ben@simpledesigns.biz or 651-332-1362.

Next issue: August / September 2022

In-person Monthly Meetings Return in September

A full line-up of speakers has been set for the coming season of monthly meetings, September 2022 through May 2023, and we will be back at the Fairview Community Center at 1910 County Road B West. Please note that there were extensive renovations and construction at the Community Center and we will be in a new part of the complex called the *Anpétu Těča Education Center*. We will give details about finding the new location in upcoming issues and you can also visit their website for more information: <https://www.isd623.org/community/resources/a%C5%8Bp%C3%A9tu-t%C3%A9%C4%8Da-education-center>.

Beginning in September, speakers will provide presentations on a range of topics, including birds and their habitats, bird photography, conservation programs underway, and a new local birding site you'll want to explore. Options for viewing the presentations remotely will also be provided. Monthly meetings are the second Thursday of the month at 7:00 p.m., so mark your calendars now!



HELP

Help Wanted!

A personal message from Dorothy Waltz, Butterfly Count Coordinator and former President of Saint Paul Audubon Society:

I have been coordinating our Butterfly Count since 2005, but I am now in my eighties and need to find someone to take over the coordinator's role, or else Saint Paul Audubon will have to give up doing the Butterfly Count.

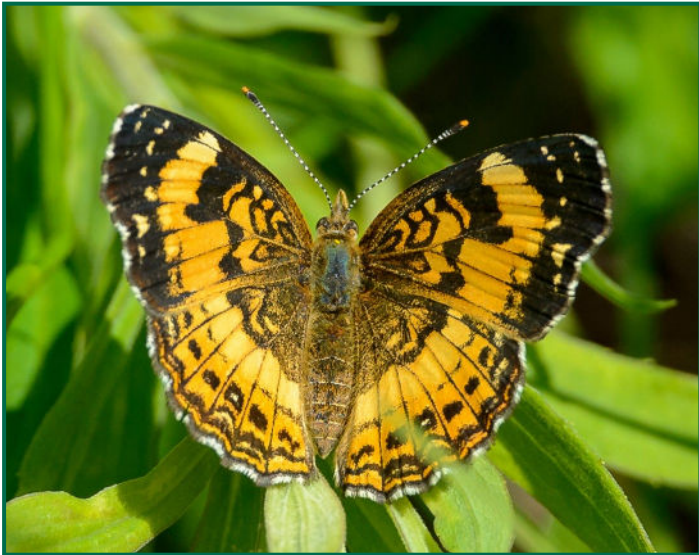
If you have any interest in taking on this small but very rewarding task, **PLEASE REGISTER AND SHOW UP FOR THIS COUNT**, and I will "show you the ropes," to help you decide if you want to take on the job.



Annual Butterfly Count Returns on July 9

By Dorothy Waltz

Our annual Butterfly Census will again take place on the first Saturday after July 4, which is July 9 this year, and we hope you will join us for this great citizen science project.



Northern Crescent. Photo by Craig Mullenbach

The census will again take place at the Arden Hills Army Training Site (AHATS) from 9:45 am to 2:00 pm. *Great news:* Dean Hansen, our amazing and entertaining butterfly expert, will again be our leader. A map and information packet will be mailed to registered participants the week before the count. Registrants will be contacted if weather causes a last-minute change.

HOW TO REGISTER Contact Dorothy Waltz at 651-917-0930 or waltz.ds@yahoo.com for more information or to register, no later than Tuesday, July 5. Saint Paul Audubon pays the NABA Census fees, so this count is free to all.

FIELD TRIP GUIDELINES See the Saint Paul Audubon Covid guidelines on page 1. An insurance liability waiver must be signed by each participant at the start of the event.

HOW TO GET THERE Registered participants will meet in the parking lot at the AHATS Arden Hills Readiness Center, 4761 Hamline Avenue North, just north of Highway 96. Drive through the AHATS gate to the Readiness Center, the first building on the left after you enter the training site. Restrooms are available in the Readiness Center.

DURING THE COUNT We will **carpool** to the various sites. Mary Lee, the Environmental Protection

Specialist for the National Guard, will again be our great host and tour leader.

USEFUL INFORMATION TO HELP YOU PREPARE

www.naba.org The official website of the North American Butterfly Association. Find everything to do with these beloved insects: Membership options, magazine PDFs, gardening information, checklists, regional information, beautiful photos. A great source of information.

www.wisconsinbutterflies.org An excellent site, up-to-date data of sightings all across Wisconsin, but centered mainly in the SW part of the state. GREAT photos and information about life cycles, etc.

WHAT TO BRING AND WEAR Be sure to bring plenty of cool drinks, snacks, and a bag lunch. A wide-brimmed hat, lightweight long pants, and a long-sleeved shirt (for protection from Deer Ticks, sun, and sharp grasses), sunscreen, high socks, old sneakers or rubber boots for bog-tromping, and insect repellent are recommended. You'll want to bring binoculars, a camera, a butterfly field guide, and a butterfly net. We'll have some extra butterfly nets and identification sheets. There are also many interesting summer birds at AHATS and we are fortunate that Ellen Lowery will be joining us to identify and count the birds seen and heard.

RECOMMENDED BUTTERFLY FIELD GUIDE

Butterflies through Binoculars: The East, A Field Guide to the Butterflies of Eastern North America by Jeffrey Glassberg. Used copies are frequently found at used bookstores or websites.

For online identification guides, type 'butterfly identification' into your computer browser. There are several online apps for your cell phone, iPad, or laptop.



Dean Hansen, Our Entomologist.

Photo by Craig Mullenbach



FIELD TRIPS

Birds, Bogs and Bantams

15280 Pilar Rd, Scandia, MN 55073

Saturday, June 4, 7:30-10:30 AM

This private 20-acre homestead located just north of Scandia includes a terrific variety of habitat (hardwood, prairie, wetland, open water, bog) as well as bird feeders that are bound to run up the day's bird count. For those who are interested, our hosts will top off the field trip with a demonstration of their hobby beekeeping and bantam chicken operations. It should be a fun and productive morning.

SUGGESTIONS Wear comfortable closed-toe shoes for hiking and comfortable clothing and layers appropriate for the weather. Use sun protection. Bring water bottle, insect repellent, field guide and binoculars.

DRIVING DIRECTIONS Drive time from Rosedale Shopping Center 45 minutes at the speed limit. Drive north on I-35 to exit 129 for MN97. Follow MN97 through Forest Lake. Continue east on MN97 to Scandia (approximately 11 miles from I35). Turn left (north) onto Olinda Trail N. Travel 1.9 miles to Pilar Rd. N. Turn right. Travel 0.2 miles. Driveway on left (this is the first house on the left (north) side of the street). Turn around in the driveway and park along the north side of Pilar Rd. Short walk along the driveway to the house.

DIFFICULTY Easy to moderate; walking sticks welcome; lots of benches along the pathway.

LEADERS Curt and Pat Hadland 651-433-4314
curthadland@gmail.com (email or call only if you need additional information)

Birding at the Arden Hills Army Training Site (AHATS), Arden Hills

1536 Ben Franklin St, Arden Hills, MN 55112

(Note: this is the Armory address)

Saturday, June 11, 7:30-10 AM

Registration is full for this birding event at AHATS, but we will offer it again in the future. A new hard-surface, one-mile path around Sunfish Lake is scheduled to be completed and the site has lots of prairie and wooded edges for us to explore for their birding potential. The site has restricted access so registration is required. Check www.saintpaulaudubon.org closer to the date to see whether space has become available.

REGISTRATION CLOSED

LEADER Chase Davies 651-246-9754

RockyBirder@gmail.com

Birds and Trees, Langton Lake Park, Roseville

1894 County Rd. C2 W, Roseville, MN 55113

Saturday, July 16, 7:30-9:30 AM

Join us for a stroll at Langton Lake Park to observe and identify birds and trees, and consider their interactions.

DIRECTIONS Meet at the parking lot on County Road C2 at the west side of the lake.

INFORMATION Bring binoculars, bird guide, tree guide and 10-power magnifier if you have them.

REGISTRATION None required

DIFFICULTY Easy

LEADERS Kathy Robbins 651-636-6475

Krobbins@umn.edu and Cathy Croghan

Bike & Bird the Vadnais-Snail Lakes Regional Park

4191 Snail Lake Blvd., Shoreview, MN 55126

Saturday, July 30, 8:00 AM to Noon

We are reviving birding by bicycle! Discover the fun of birding from a bicycle on more than 5 miles of mostly level, paved, multi-use trails that connect four

Be sure to check www.saintpaulaudubon.org throughout the summer for field trip additions and weather-caused cancellations.

lakes in Shoreview: Grass, Snail, Sucker, and Vadnais, all of which are prime birding locations for Ramsey County (top 10 hotspots on eBird). Landscape here is varied and includes lakes, woods, wetlands, and open grassland. Optional bakery-stop midway (bring bike lock): Taste of Scandinavia Bakery is a block off the trail in North Oaks. Trail map: <https://www.ramseycounty.us/sites/default/files/Parks%20and%20Recreation/Park%20Maps%20-%20Vadnais%20Snail%20Lakes.pdf>.



DIRECTIONS Enter park from Snail Lake Blvd at lake level, go straight ahead to park and meet group.

INFORMATION Bring your bicycle, helmet, binoculars, snacks and water.

REGISTRATION Required registration and limited to 8 participants.

CONTACT sherrygray@yahoo.com to register.

Participants will be asked to sign a liability release form at the start of the trip.

DIFFICULTY Moderate

LEADER Sherry Gray sherrygray@yahoo.com

Carpenter Nature Center – Wisconsin Campus

279 S. Cove Rd., Hudson, WI 54016

Sunday, August 14, 8:30 - 11:00 AM

We are birding at the newly expanded Wisconsin Campus of the Carpenter Nature Center (CNC). The expansion includes a visitor center, paved and mowed trails, and remote teaching areas. CNC staff will provide a brief introduction prior to our group exploring the trails.

DIRECTIONS Drive east from St. Paul on I-94; cross St. Croix River into Wisconsin; take exit 2 toward Carmichael Rd. Keep right at the fork, follow signs for

Would you like more field trips? Please consider selecting a familiar birding place and volunteering to lead there. Contact Cathy Croghan for details.

crogh001@umn.edu

Prescott/Crestview Dr. Merge onto Carmichael Rd. Travel 4.2 miles. Turn right onto S. Cove Rd. Travel 0.2 miles. Turn right to stay on S. Cove Rd. Travel 0.7 miles. Destination on left.

INFORMATION Bring binoculars, bird guide and water

REGISTRATION None required

DIFFICULTY Moderate, some steep hills

LEADERS Chase Davies 651-246-9754

RockyBirder@gmail.com and Jane Braun

Fall Migrants and Grassland Goldenrod at Battle Creek Park East

2301 Lower Afton Rd., Maplewood, MN 55119

Saturday, September 10, 9:00 - 11:00 AM

We'll bird the western edge of the grassland where we hope to hear and see migrating fall warblers, sparrows and hawks, along with the early fall colors of the grassland. This area is being considered for preservation.

DIRECTIONS From McKnight Rd turn east onto Lower Afton Rd., drive 0.2 mi, turn left into South Battle Creek Park parking lot. Meet in the parking lot.

INFORMATION One way to prep for this walk is to watch "From Bobolinks to Blue Jays - Bird at Battle Creek Park!" <https://www.youtube.com/watch?v=9u0-p8roOas>

REGISTRATION None required

DIFFICULTY Easy. Walk about 15 minutes to the birding site.

LEADERS John Zakelj 651-239-4119

jzakelj@yahoo.com



Photo by Diego PH

TUESDAY MORNING WALKS

All Tuesday Walks are from 7:00 to 9:00 A.M. and easy unless noted. No registration needed. Meet at the sites. Bring water, insect repellent and field guide. Contact leaders only if you need additional information.

June 7: Afton State Park, 50th Street S Parking Lot, Afton, MN 55001

The Park has a rich variety of habitats and the target bird for this trip is the Dickcissel. Note: trip starts at the 50th Street Parking Lot.

DIRECTIONS Take 94 west from St. Paul to exit MN -95 S/Manning Ave S (exit 253). Travel south for 3.9 mi. Turn left (east) on 40th Street S. Travel 2.4 mi to Trading Post Trail S. Travel 1 mi. Turn left onto 50th Street. Travel 0.9 mi. Afton State Park parking lot on right.

LEADER Monica Bryand 651-246-5522
mjrbryand@gmail.com

June 14: Battle Creek Park, 2301 Lower Afton Rd., Maplewood, MN 55119

We'll walk about 15 minutes to the western edge of the grassland being considered for preservation. The walk will continue for about 30 minutes along the northern edge of the grassland, where we hope to hear and see Bobolinks and Dickcissels. One way to prep for this walk is to watch "From Bobolinks to Blue Jays - Bird at Battle Creek Park!" <https://www.youtube.com/watch?v=9u0-p8roOas>

DIRECTIONS From McKnight Rd turn east onto Lower Afton Rd., drive 0.2 mi, turn left into South Battle Creek Park parking lot. Meet in the parking lot.

LEADER John Zakelj 651-239-4119
jzakelj@yahoo.com

PRAIRIE TUESDAYS (PT) SUMMER WALKS

Three prairie Tuesday evening walks to highlight numerous bird-native plant interactions. All are easy walks unless noted. Bring your binoculars, a 10-power magnifier (or borrow one from Chase) and consider a camera and bug repellent. Wear closed-toe shoes with socks above the ankle. Usually no toilet facilities on site. No registration required. All trips led by Chase Davies 651-246-9754 RockyBirder@gmail.com

(PT #1) Fish Creek Prairie - Prairie Walk 101

Tuesday, June 14, 6:30-8:00 PM

LOCATION Fish Creek Natural Area, 2465-2475 Carver Ave, Maplewood, MN 55119

TOPIC How do native plants improve the bird-life web?

DIRECTIONS From I-94 go south on McKnight Road about 3.5 miles where it T's at Carver Avenue. Then turn left (east) onto Carver. Just before the I-494 underpass, turn right (south) onto Henry Lane. Travel about 1/2 mile to the Fish Creek Natural Area; turn around and park on the street as directed.

(PT #2) Rachel Lilly Preserve managed by Dodge Nature Center - Mid-Summer Blooming Prairie

Tuesday, July 12, 6:30-8:00 PM

LOCATION 680 MN-110, Mendota Heights, MN 55118

TOPIC This walk will focus on prairie restoration and blooming flowers.

DIRECTIONS Enter from Hwy 110 - bear left to park by the barn or right to park in the church parking lot. Meet by the red barn.

DIFFICULTY Easy. However, walking route covers 2 miles.

(PT #3) Valley View Park, Oak Park Heights - Late Summer Blooming Prairie

Tuesday, August 9, 6:30-8:00 PM

LOCATION 5575 Ozark Ave N, Oak Park Heights, MN 55082

TOPIC How do abundance and diversity of late summer native plants impact the local bird-life web?

DIRECTIONS Travel east on Hwy 36 to Osgood Avenue N, go south past 56th St N then turn left onto Valley View Park Road, meet in the first parking lot on the left.

BIRDING SUMMER STYLE (BSS)

Here are three great birding trips offered at a variety of days and times. Why? Summer birding is more relaxed and presents possibilities for observing different behaviors once birds are settled on family territories. Birders have opportunities for lingering identifications with group interaction at a summer-time relaxed pace. The slower pace is also ideal for beginning birders to learn and experience the basics to locate, describe and identify birds. Chase Davies invites you to join her for just one or all three of these events. 651-246-9754 RockyBirder@gmail.com

Dress for the weather and wear closed-toe shoes. Bring a brimmed hat, water, sunblock and a field guide with maps or a smart phone with the app already installed. Chase will have some loaner binoculars available. Call leader if you want to borrow 8x35 binoculars.

(BSS #1) Reservoir Woods – Roseville City Park

Tuesday, June 21, 7-9:30 AM

LOCATION Meet at the Woodview Off-Leash Dog Area

DIRECTIONS Roseville between Rice and Dale Streets on Larpenteur Ave. Park snugly in the small parking lot or street park on Mackubin St. across Larpenteur from the parking lot

DIFFICULTY Easy

(BSS #2) Silverwood Regional Park

Tuesday, July 5, 6-8:30 PM

LOCATION 2500 County Rd E, St. Anthony (just west of Silver Lake Rd).

DIRECTIONS Meet in main parking lot next to pavilion

DIFFICULTY Easy

(BSS #3) Bass Ponds on the Minnesota River

Saturday, August 6, 8-10:30 AM

LOCATION 2400 E 86th St, Bloomington

DIRECTIONS Take Cedar Avenue south from 494, exit onto Killebrew Dr, go to Old Shakopee Rd, turn right (south) onto East 86th St, at sign for Bass Ponds, bear left and come to the parking lot. If the lot is full, street park on the right as you enter or in the larger parking lot back near the corner of 86th and Old Shakopee

DIFFICULTY Easy. However, steep paved hill from parking lot down to river.

Action at Pig's Eye Regional Park

By Kiki Sonnen

Thirty-two people enjoyed a variety of birds on the Saint Paul Audubon Society's field trip to Pig's Eye Regional Park on a fine Saturday morning May 14. It was International Migratory Bird Day! Birds seen were geese, ducks, turkeys, cormorants, herons, pigeons, doves, woodpeckers, flycatchers, vireos, warblers, crows, swallows, nuthatches, kinglets, blackbirds, orioles, sparrows. Meanwhile City Parks have designed a park access road, a parking lot and landscape design at the trail head. Work will begin in Fall 2022.

*Pig's Eye field trip birders.
Photo by Kiki Sonnen*



Warbler Weekend Highlights

More people than birds were accounted for at the 50th Warbler Weekend in May. Registered attendees came to 135 people, while bird species added up to 104. Fourteen warbler species were identified, which is also fewer than usual. A cold spring and storms along migration routes were speculated to be part of the problem, even though the weather in Lake City that weekend was perfectly sunny and warm. Three days later, back in the Twin Cities, birders were reporting record numbers of warbler species!

Still, everyone had a great time socializing and birding, including 20 members of the Urban Bird Collective, whose costs for attending were supported with a grant from the Saint Paul Audubon Society. Monica Bryand, founder of the collective, says "The Urban Bird Collective wants to give a big shout out to Saint Paul Audubon for providing support to BIPOC folks interested in birding. While the warblers forgot

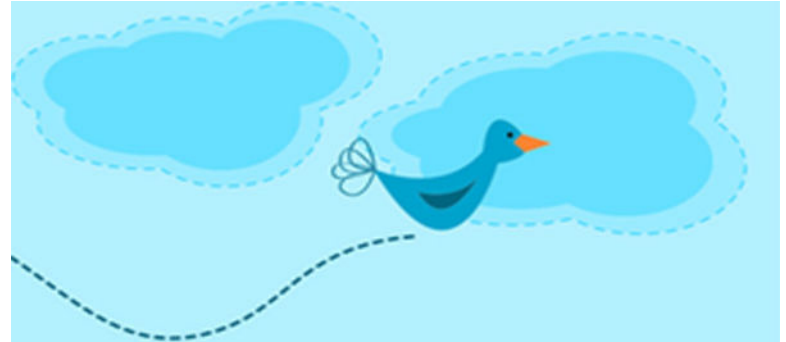


*Left: Tufted Titmouse and Yellow-bellied Sapsucker.
Photos by Monica Bryand*

to show up, the group had a great time visiting the many hotspots around Red Wing. We were treated to a very special sighting of a group of Tufted Titmice, orioles, tons of Yellow-bellied Sapsuckers . . . 66 species in all."

Many thanks to the Lake City Kiwanis, who provided and served three generous meals on Saturday. Their friendly and enthusiastic assistance is very much appreciated. And thank you to members of the Warbler Weekend Committee, led by Ed Davies, for making all the arrangements; and to Bill Stjern for his presentations, information sheets, and ongoing record-keeping of the 50 years of Warbler Weekend statistics.

*Below: Members of the Urban Bird Collective enjoying Warbler Weekend.
Photo by Monica Bryand.*



Calendar

Spring and summer **field trips and birding walks** are well underway now. Details can be found in each issue of the *Cardinal* and at saintpaulaudubon.org under Events. Everyone is invited to take part. Most events do not require pre-registration but some do, so be sure to read the descriptions carefully and contact the leader if necessary.

Landscape Revival expos and markets are on June 4 and 11. See page 1.

Habitat restoration at Como Park is June 8. See page 1.

The Annual Butterfly Count is July 9. See page 3.

Board meetings and monthly chapter meetings are not held during the summer months. Watch for detailed information in the August-September issue of the *Cardinal* on programs starting up again in September.

Happy birding to everyone!

Fourth-Graders Wild About Wild River Journey

Fourth-graders from a variety of St. Croix River Valley schools learned about birding and how to use binoculars on ten Wild River Journey field trips in May. The students rode the river on large paddlewheel boats leaving from Taylors Falls or Stillwater, while rotating among three “stations” called Birds & Binoculars; Log Jam: A Tree’s Journey; and What is a Watershed. Thank you to the 21 Saint Paul Audubon volunteers who ran the birding station. Chase Davies, with Saint Paul Audubon, organized the Stillwater volunteers; and Dann Adair and Tom Anderson, from Wild River Audubon, recruited the Taylors Falls volunteers. The experience of watching young folks learn how to use binoculars and hearing them call out the birds and everything else they saw along the river was a joy.

The Saint Paul Audubon Society was a co-creator of the Wild River Journey field trip experience, along with the National Park Service’s St. Croix National Scenic Riverway (SCNSR); Wild River Conservancy, the official Friends group for SCNSR; and the Wild River Audubon Society. The original program occurred in 2020, just before Covid hit. This year about 400 fourth-graders, along with teachers and chaperones, participated between May 3 and 25.

Below: Saint Paul Audubon volunteers teaching a group of students about the birds they are likely to see while riding on the riverboat.

Photo by Donn Waage.



Celebrate Birding for Everyone During the Big Year of Birds

The Saint Paul Audubon Society is happy to join in on a of a full year of celebrating birds through special activities arranged by the Three Rivers Park District as part of the Big Year of Birds. The Three Rivers Park District covers 27,000 acres of parks and trails at 26 different parks, many with multiple visitor features. While these diverse sites fall mainly in the west metro, Silverwood Park is in Ramsey County. In fact, that’s the location for the Big Year of Birds Speakers Series, taking place on select Sundays from 3-4 p.m.

Other special events include special bird counting activities throughout the park district the entire year.

Visit <https://www.threeriversparks.org/page/big-year-birds> for the complete schedule.

