

# The Cardinal

AUGUST SEPTEMBER 2022 • WWW.SAINTPAULAUDUBON.ORG • SAINT PAUL AUDUBON SOCIETY

## In-person Monthly Meetings Return

Saint Paul Audubon Society's monthly chapter meetings begin again on September 8 at Fairview Community Center's Anpétu Téča Education Center. The facility is completely renovated but the address is the same, 1910 County Road B West, Roseville. For directions to the site, visit: <https://www.isd623.org/community/resources/fairview-community-center/directions-and-map-fairview-community-center>.

**DIRECTIONS ON SITE** When you arrive, turn in from County Road B on the right side of the facility. Follow the road to the back, where there is a large parking lot and the main entrance for the adult learning center. Enter the building through Door 1. Proceed straight to the elevator or stairs and go to the second floor. Go right, then left, to room 207.

An option for viewing the presentations remotely will also be provided.

Monthly chapter meetings are held the second Thursday of the month, September-May, at 7:00 p.m. They are open and free of charge to everyone. They include time to socialize and brief chapter announcements, followed by featured presentations each month on a range of topics. Here are the presentations for September and October.

**September 8: Jennifer Vieth, executive director of the Carpenter St. Croix Valley Nature Center, will tell us about designing and opening the brand-new Al & Laurie Hein Visitor Center, named after the original donors of the first 98 acres of Carpenter's current 300-acre Wisconsin Campus. Carpenter Nature Center is 725 acres total on the Minnesota and Wisconsin sites, with 20+ miles of trails through habitats ranging from prairie to forest. The two campuses provide high-quality, diverse wildlife habitat and are the site of long-term avian monitoring studies including MAPS, Project Owl-net and the**

Motus network. The Al & Laurie Hein Visitors Center has been 30 years in the making. Research and planning included habitat management plans, wildlife surveys, community surveys and the inclusion of many voices. Having the opportunity to design and open a visitor's center from the ground up was a special experience, as we will hear.

A guided bird walk will be held at Carpenter Nature Center-Wisconsin on August 14 (see page 4).

Jennifer, a native of Kingston, Ontario, has worked in the field of environmental education and bird conservation since interning at the World Bird Sanctuary in 1993. She has also worked at the University of Minnesota Raptor Center as program director. In her free time, she volunteers on the Minnesota Ornithologists' Union Board of Directors, runs a Breeding Bird Survey route, and is a curling instructor. She lives in the St. Croix Valley with her husband and two children.



Jennifer Vieth

**October 13: David Heemsbergen presents "Lessons Learned in Two Parts: Photography and Habitat Establishment."** Part one will be a discussion of how preparation, practice, and patience can make taking photographs more enjoyable, and how it is not necessary to be in an exotic location to capture images that tell a story you will want to share with family and friends. With a few exceptions, he will present images taken in Minnesota and Wisconsin.

Part two is about the experience David and his wife, Jan Morlock, have had establishing pollinator habitats, including mistakes and successes! They have three pollinator habitats ranging from a 15-foot triangle to a 42-acre field,



Artist's rendering of visitor's center

continued on page 2

**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, or gender identity.

**SAINT PAUL AUDUBON SOCIETY**

<b>President</b> Donn Waage	612-735-4085
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<b>Field Trips Chair</b> Cathy Croghan	651-636-6475
<b>Graphic Designer</b> 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](http://www.saintpaulaudubon.org)

**ABOUT THE CARDINAL** The Cardinal is published 6 times a year and posted on [www.saintpaulaudubon.org](http://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](http://www.saintpaulaudubon.org) and go to the "Newsletter" tab to subscribe with your email address. Our Webmaster is Ben Wilson, [ben@simpledesigns.biz](mailto:ben@simpledesigns.biz) or 651-332-1362.

**Next issue: October / November 2022**

*In Person Monthly Meetings Return, continued from page 1*

size area will attract pollinators with the proper native plants. David will show images of the habitats and some of their new "friends" that live there.

David grew up on an Iowa farm, graduated plants. David will show images of the habitats and some of their new "friends" that live there.

David grew up on an Iowa farm, graduated from Cornell University, and returned to Iowa where he farmed for a number of years. Later he worked in sales and marketing in the ag industry and then spent roughly ten years working internationally, starting as an ag specialist for the Agriculture Bank of Papua New Guinea in the Peace Corps, and then holding various ag development positions in Bulgaria, Armenia, Uganda, and Moldova. He now spends his time working on their farm in Menomonie, Wisconsin, practicing photography, and volunteering.



Wood Duck in flight. Photo by David Heemsbergen

Please see our safe gathering guidelines for all events, on page 7.

## President's Message

### Time to try something new!

Fall always seems like a time to start new things, a feeling that probably stems from our years of starting school in the fall. It is also a good time to take advantage of opportunities for involvement with Saint Paul Audubon Society!

So far this year we have had 20 Field Trips and Walks, organized Warbler Weekend, managed the annual Butterfly Count, conducted 10 classes for 4<sup>th</sup> graders on the St. Croix River, and helped restore Audubon Woods in Como Park. There are many more activities coming this fall and winter.

All these activities are great opportunities for involvement in a large number of ways. Teaching kids, hands-on habitat projects, advocacy for birds, leading tour groups -- we have many tasks to help you fulfill your purpose.

### Leadership Opportunities

Finally, Jane Braun, our Vice President, and I are in our final year in our jobs due to term limits, so we will be looking for people willing to take on leadership roles in the organization. Volunteering with our Society is a great opportunity to meet new people, engage in purposeful activities and help birds and conservation. If you are interested in engaging with us, please contact someone on the board or give me a call. We would welcome you.

*Donn Waage*  
President, Saint Paul Audubon Society  
612-735-4085



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](mailto:crogh001@umn.edu)

## BIRD UPS

### Something new for the fall

This is the debut of Saint Paul Audubon's new more informal version of birding events. Meet up at the site, and everyone will be responsible for finding and identifying the birds. Saint Paul Audubon will provide a convener who is familiar with the park and knows which areas to visit, and who will make sure everyone finds their way back to the parking lot. Birders of all levels welcome. Keep an eye on our website as we hope to add a few more Bird Ups throughout the fall.

### Sucker Lake

**4500 Rice Street, Vadnais Heights**  
**Wednesday, Sept 7, 7:30 - 9:30 AM**

Meet by the picnic shelters at the parking lot on the north end of the lake. The entrance is on the east side of Rice Street, about 50 yards south of Hwy 96. Go right/south at the circle in the parking lot.

**DIFFICULTY** Easy. Approximately 1.7 miles on level ground. About 2/3 paved and 1/3 dirt/woodchip/grass path with some roots. Restrooms on site.

**CONVENER** Jane Braun [jane@promotional.com](mailto:jane@promotional.com)

### William O'Brien State Park

**16821 O'Brien Trail N, Marine on St Croix, MN**  
**55047**

**Saturday, September 17, 8:30 - 10:30 AM**

Meet at the Interpretive Center.

**NOTE** Annual or Daily MN State Park Pass required.

**DIFFICULTY** Moderate, wood chip and sand trails, some ups and downs. About 2.5 - 3 miles. Restrooms at visitor center and about halfway at campgrounds.

**CONVENER** Greg Burnes [gburnes@comcast.net](mailto:gburnes@comcast.net)  
612-205-3071

Be sure to check [www.saintpaulaudubon.org](http://www.saintpaulaudubon.org) throughout the summer and fall for field trip additions and weather-caused cancellations.

## FIELD TRIPS



### 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. 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 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; approximately 1 mile route on wide grass path traveling into and out of a coulee.

**LEADERS** Chase Davies 651-246-9754  
RockyBirder@gmail.com

### Beginning Birding at Crosby Farm Regional Park

2595 Crosby Farm Rd, St. Paul, MN 55116  
Saturday August 27, 8:30 – 11:00 AM

St. Paul Audubon is once again partnering with the St. Paul Library to offer a beginning birding field trip. Come and learn about birding, including how to use binoculars and a field guide. Mostly come to have some late summer fun outdoors.

**DIRECTIONS** St. Paul, off the west end of Shepard Road, where Shepard Road turns into Mississippi River Blvd. A sign at the intersection points to the road going down into the park and there is a parking lot at the far end. Meet in the parking lot.

**INFORMATION** 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 an app already installed. Indicate at registration if you would like to use a pair of loaner binoculars.

**REGISTRATION** Required registration and limited to 15 participants. Registration link available on [www.saintpaulaudubon.org](http://www.saintpaulaudubon.org).

**DIFFICULTY** Easy

**LEADERS** Linda Whyte 651-815-7045 and Cathy Croghan

### 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.

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

### Sandhill Cranes at Crex Meadows SWA

102 E. Crex Ave., Grantsburg, WI  
Tuesday, October 25, 4:00 ~ 8:15 PM

Sundown 6:09 PM, End of Twilight 6:38 PM, Oct 25 = New Moon

Since historic times, Greater Sandhill Cranes have congregated by the thousands every autumn evening in the marshes and ponds now called Crex Meadows SWA, located on the north side of Grantsburg, WI. People likewise gather to witness the sight of seemingly never-ending strands and haunting sounds as the birds seek and settle in to shelter for the night. Perhaps this is your year to experience anew or again this enduring ritual. Introductory remarks and instructions will begin at 4 p.m. in the



*Sandhill Cranes. Photo by John Cobb*

parking lot of the Visitor Center at Crex Meadow State Wildlife Area in Grantsburg WI. Destination(s) chosen will depend on CMSWA staff information, recent main roost areas, numbers of cars in the caravan, and current weather. Most likely either roost sites in Crex Meadows or at Fish Lake will be the general area.

**DIRECTIONS** Take I-35 North to the Rock Creek/ Grantsburg Exit #165 (Highway 70), approximately 34 miles from Forest Lake. Take exit 165, turn right (EAST) on Highway 70, go 15 miles to the stop light in Grantsburg, WI. Turn left (NORTH) onto Pine Street. Follow the goose signs through town to the Visitor Center, located on the NE corner of the junction of County Road D and County Road F. Park and meet in the parking lot.

**INSTRUCTIONS** Bring binoculars and a scope if possible. Dress for cooling temperatures during the evening. Consider bug repellent, sunscreen, water, car supper or snack. Group will gather in the parking lot for basic information by the leaders with Q and A. Departure time from the parking lot depends more on weather than conversation. We will caravan from the parking lot and depart as one group at the end of the evening. If destination is in Crex Meadows SWA, carpooling will be strongly encouraged; if destination is Fish Lake SWA all will drive separately. **NOTE:** Modern restrooms are located in the Visitors Center (715-463-2896), which has limited hours in October.

**REGISTRATION** Register with Louise Eidsmoe 651-231- 0453 eidsmoel@comcast.net

**DIFFICULTY** Easy. Viewing can be improved somewhat by walking the road slowly, staying close beside the cars, so as not to spook the cranes.

**LEADERS** Louise Eidsmoe 651-231-0453 eidsmoel@comcast.net and Chase Davies 651-246-9754 RockyBirder@gmail.com

## **Swans and Other Waterfowl of Pool 8 - Brownsville, MN**

**Saturday, November 19, 2:00 – 3:00 PM & 4:00 – 5:00 PM**

Swans galore are the norm just south of Brownsville, MN. Fall migration offers birders an opportunity to decide: trumpeter or tundra swan? Swans and dabbling ducks can be seen from one overlook, then less than one mile south is a deep water overlook with diving waterfowl. This is a staging area for one species and is used year-round for the other. From 2-3 p.m. and again from 4-5 p.m. on November 19, Chase will be at the Brownsville Overlook to talk about what swans and dabbling ducks are in sight, the life histories of the swans, and management challenges of the constantly changing Mississippi River. Sundown is at 4:38 p.m. A good number of swans remain at the Brownsville Overlook all day long. Depending on weather, around mid-afternoon the swans begin to return to overnight in



*Photo by David Thielen*

Pool 8. Strings and strands of seeming unending groups come from north and south feeding areas to congregate overnight in Pool 8: this is an unforgettable experience and the reason for this late-day meeting. From 3-4 p.m., Chase will be at the Hwy 26 overlook, a mile south of the Brownsville Overlook. Diving ducks feed in this deeper part of Pool 8, possibly including canvasbacks and mergansers. Plan ahead and enjoy a “Day Along the Mighty Mississippi River,” then post your photos, bird list of sightings during your trip, and comments on Saint Paul Audubon’s Facebook page.

**DIRECTIONS** The time and travel distance are nearly the same whether you travel to Rochester, then use I-90, or if you travel along the river on US 61 in MN or partly in WI to I-90. North of La Crescent MN, I-90 crosses the river between MN and WI with US 61 continuing south and continuing straight onto MN 16 going south. Stay on MN 16 for about 3 miles and on a curve stay left onto MN 26 which will take you through Brownsville to the well marked surprising Brownsville Overlook. The deep-water ‘Hwy 26 Overlook’ is a mile south from the Brownsville Overlook and is favored by diving ducks.

**INSTRUCTIONS** Dress for cooling temperatures and probable winds on the riverbank, including a warm hat and gloves. Bring water, snacks, bird book or app.

**DIFFICULTY** Both overlooks are roadside at parking areas and are handicap accessible.

**AMENITIES** In the past, the Brownsville Overlook had a handicap-accessible portable outhouse.

**REGISTRATION** No preregistration. Please sign-in with Chase at the site when you arrive. **LEADER** Chase Davies 651 246-9754 [rockybirder@gmail.com](mailto:rockybirder@gmail.com)

**TIPS** Swans are dispersed during the day but depending on wind, small to medium-size flocks may be viewed in both MN and WI on your trip. In daytime in MN from US 61 they often feed and rest within sight of the Minneiska Cemetery in MN just south of where the Whitewater River enters the Mississippi River. In WI along WI 35 just north of Alma is Riecks Lake Park which also has a viewing platform. More swans overnight here in the bottoms of the Buffalo River where it joins the Mississippi, then remain throughout the day; usually knowledgeable volunteers interact with visitors on the platform.

**OTHER THINGS TO DO** The Eagle Center in Wabasha <https://www.nationaleaglecenter.org/> MN

Marine Art Museum in Winona <https://www.mmam.org/> Riecks Lake Park, on Hwy 35 just north of Alma, WI, Colvill Park, Red Wing, MN., and the several well placed pullouts on WI Hwy 35 along the east side of Pool 8. Finally consider checking out some of the towns and pullouts along either side of Lake Pepin.



Photo by Richard Lee



## 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.

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.

## BIRDING SUMMER STYLE (BSS)

*This is the last of three Birding Summer Style (BSS) trips for 2022. 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. Led by Chase Davies 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 #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.



## PRAIRIE TUESDAYS (PT) SUMMER WALKS

*This is the last of the three Prairie Tuesday (PT) evening walks for 2022. They are designed to highlight the 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. Led by Chase Davies 651-246-9754 RockyBirder@gmail.com*

### **(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.

### **Guidelines for group birding and meetings**

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

- All participants are expected to be 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 event

## Almost As Many Birds As Butterflies!

By Dorothy Waltz

Again this year, the weather for butterflies was perfect, we thought. It was sunny with clear blue skies, warm temperatures, and very little wind — when the Arden Hills Army Training Site (AHATS) hosted Saint Paul Audubon's annual butterfly survey on Saturday, July 9, 2022. Our seventeen participants set out in high spirits.

In spite of the "perfect" weather, the number of butterflies counted was again disappointing. We tallied only 102 individual butterflies, in 13 species. The most unusual sighting of the day occurred when James Peterfeso spotted an unusual member of the Skipper family. Based on several photos he took, Dean Hansen was able to confirm it was a Wild Duskywing Skipper *Erynnis baptisae*, a first for our Ramsey County counts.



*Wild Indigo Duskywing. Photo by Jim Peterfeso*

Craig Mullenbach carefully tallied all of the birds seen or heard at AHATS, which almost matched the number of butterflies — 102 butterflies vs 94 birds. Craig's bird tally included such species as a Common Loon, a Red-shouldered Hawk, a Red-bellied Woodpecker, a Red-eyed Vireo, only one Eastern Bluebird, an Indigo Bunting, and two Dickcissels.

As we were leaving AHATS at the end of the count, Dean Hansen and I posed for one last photo together at the end of 17 years conducting the count together. He has been a joy to work with, and I'll certainly miss him when I turn my coordinator duties over to a new coordinator. I'll also miss Mary Lee, our AHATS naturalist who has hosted us since 2010.

In addition to sending our tally to the North American Butterfly Association again this year, we'll send both the butterfly and the bird counts to the

Department of Natural Resources and Minnesota's National Guard at Camp Ripley. This is important information used to preserve the 1,200 acres of AHATS as a wildlife preserve, one of the most important reasons for conducting our annual Butterfly Counts.



*Dean Hansen and Dorothy Waltz.  
Photo by Craig Mullenbach*

## Bob Dunlap: The Birds and the ... Butterflies!

By Dorothy Waltz, Retiring Butterfly Count Coordinator

Bob Dunlap, a zoologist for the state Department of Natural Resources and former president of the Minnesota Ornithologists Union, is well known to many for his birding skills. In fact he gave a presentation to Saint Paul Audubon in October 2019 entitled "Minnesota's Birds: What We Thought We Knew, What We Now Know, and What We Still Don't Know."

And now, I'm extremely happy to announce that, starting next year, he will take over the coordination of the annual "Fourth-of-July" butterfly census at AHATS (Arden Hills Army Training Site), which I have coordinated since taking it over from Joan Galli in 2005. I



hope that all of you will continue to give Bob the enthusiastic support that Saint Paul Audubon has given this effort in the past decades.

Bob has been working as a zoologist and data specialist with MBS since 2015, with an expertise in Minnesota birds. In June, he's usually out in western Minnesota's prairies conducting bird surveys as part of a long-term grassland monitoring study. When he's not afield, Bob is part of the Natural Heritage Information Systems team that manages data on rare species in the state.

Bob and his wife met when both served in the Peace Corps in the Amazon. They have a keen interest in the Amazon region and its myriad wildlife, and enjoyed their honeymoon in the Ecuadorian rainforest. Last February, they led a group of Minnesotans on a birding trek to central Colombia and plan to lead more such trips.

Bob's career as an avid birder began when his mother took him to see the eagles at Wabasha when he was four years old. "I'm always following birds, although my expertise is largely restricted to the 440-some species that have been found in Minnesota," he says. "A crazy handful of Minnesota birders like myself keeps lists of the birds we see in all 87 Minnesota counties. I've seen at least 150 species in all but nine counties and at least 250 species in each of the seven metro counties (except for Anoka — currently at 238 — which is proving to be a challenge)."



*Bob Dunlap*



*Birding by bike participants look out over the marsh east of Snail Lake. Photo by Sherry Gray.*

### **A Return to Birding by Bike**

For the first time since 2012, Saint Paul Audubon scheduled a field trip by bike on July 30, led by Sherry Gray.

Nine people participated, covering 7.5 miles in Vadnais-Snail Lake Regional Park and identifying at least 50 species. The group also made one bakery stop!