



TBH Green Team Bird Walk
Look up! Bald Eagles, Red Tailed Hawks, and ??
Nisqually National Wildlife Refuge
Sunday June 4, 2023 9am

Spring is here. Eaglets are expected to soon emerge from nest. Southern migrants have returned. Together with the residents, songs fill the air. Nisqually National Wildlife Refuge is an ideal place to see a variety of birds. Salt and freshwater wetlands, forest, and fields offer different habitats in close proximity, resulting in an abundance of wildlife.

We'll meet at the far parking lot at 9:00 am and hike leisurely 2 1/2 - 3 hours. We'll identify birds by sight and song. Bring binoculars, camera. Afterwards, we'll have a bag lunch at the Visitor Center table, by a large pond. Come for one or both.

The entrance fee is \$3.00 per four adults. Children under 16 years are admitted free. The following pass holders will admit you and three other adults for free: America the Beautiful Annual Pass, Lifetime Senior Pass (formerly Golden Age), Annual Senior Pass, Lifetime Access Pass (for those with disabilities), Annual Military Pass, and Gold Star Families with Vouchers.

The walk will be led by Barak Gale and Cindy Levy. Barak will share some passages of Perek Shira along the walk. Cindy will have bird books and a birdsong app. Barak loves wilderness, and served 7 years on the Board of the Washington Wilderness Coalition. Cindy is a former wildlife biologist with the US Fish and Wildlife Service in Lacey, and worked for ecosystem protection. Both Cindy and Barak deeply understand the importance of connecting with nature for our physical, mental and soulful health.



Midrash Koheleth Rabah 7:13:

"Upon creating the first human beings, God guided them around the Garden of Eden, saying: "Look at my creations! See how beautiful and perfect they are! I created everything for you. Make sure you don't ruin or destroy MY world. If you do, there will be no one to repair."

Photos by Barak
 Billy Frank Jr Nisqually National Wildlife Refuge
 January 23, 2023

