



# *The Western Grebe*

Redbud Audubon Society, Inc.,

[www.redbudaudubon.org](http://www.redbudaudubon.org)

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## What birders need to know about ticks is the topic of March Audubon program



*Dorothy Leland, presenter for the March zoom program on "What birders need to know about ticks."*

"What birders need to know about ticks" is the title of the Redbud Audubon Zoom presentation scheduled for March 21, starting at 7 p.m. Registration for the program can be accomplished by going to the Redbud Audubon Society website: [www.redbudaudubon.org](http://www.redbudaudubon.org) or by clicking on the link in this newsletter.

Presenting this important and interesting topic is Dorothy Leland, President of LymeDisease.org, a national Lyme disease education and advocacy organization.

"Birders are at high risk for Lyme disease," says Leland. "Standing outside in nature, walking through grassy fields and wooded areas, sitting on fallen logs, leaning against trees—all these activities put you right where the ticks are."

*(Continued on page 2)*

### REDBUD AUDUBON

#### MARCH MEETING

Thursday, March 21, 7 PM

*Speaker: Dorothy Leland, President of LymeDisease.org*

*Topic: What birders need to know about ticks*

To register for this Zoom meeting, click link:

[Redbud Audubon Program Registration](http://www.redbudaudubon.org)

Or visit RedbudAudubon.org and click on the registration link

Or scan the following QR code:



# Ticks and symptoms of Lyme disease

(Continued from page 1)

Protecting yourself starts with learning about what ticks are and where they live, Leland says.

Ticks are tiny spider-like bugs often found in wooded and grassy areas. There are different kinds of ticks, which can carry many different diseases. The most common tick-borne infection in the United States is Lyme disease.

According to estimates by the Centers for Disease Control and Prevention, about a half-million people become infected with Lyme disease in the US every year.

The illness may start with flu-like symptoms, such as headaches, fatigue and fever. Sometimes, although not always, there is a “bull’s-eye” rash. If you do have Lyme, this is the point where you want to be diagnosed and treated, before the microbe burrows into your body and creates long-term problems.

If not caught and treated early, Lyme disease can affect practically every system of the body. It can cause debilitating joint pain, crushing fatigue, insomnia, gastrointestinal dysfunction, life-threatening heart conditions, neurological symptoms and psychiatric disorders – to name a few. In children, it may also trigger learning disabilities and behavioral issues.

Unfortunately, many who are infected do not get promptly diagnosed and treated. People with Lyme disease may instead be told they have fibromyalgia, chronic fatigue syndrome, rheumatoid arthritis or Alzheimer’s – all conditions that

Lyme disease can mimic. They may also experience depression, without realizing their condition is caused by Lyme disease. So, what’s a person to do?

“I’ll give details on ways to protect yourself,” says Leland. “The short version is: Wear protective clothing and repellents, check your body for ticks often and properly remove any attached ticks you may find.”

Leland became involved with Lyme disease advocacy when her daughter contracted it at age 13. It took almost a year to get properly diagnosed and begin treatment and many more years to recover her health.

As President of LymeDisease.org, Leland advocates nationally for Lyme disease patients. In 2015, she co-authored the book *When Your Child Has Lyme Disease: A Parent’s Survival Guide*. In 2023, she co-authored a book with her daughter, Rachel, called *Finding Resilience: A Teen’s Journey Through Lyme Disease*. It’s based on the journal Rachel kept as a young teen during the hardest years of her illness. Leland also writes the blog *Touched by Lyme*. She lives in Davis, CA.



Deer tick

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## Please provide us with your email

A number of our members have emailed us at [redbud.audubon@gmail.com](mailto:redbud.audubon@gmail.com) to opt to receive our newsletter, “The Western Grebe” by email, as opposed to receiving it by mail.

Not only do you help save a tree, you help us save on expenses and energy in sending it to you by regular mail, and it comes to you in color versus the black-and-white mailed version. If you have been meaning to, but haven’t yet done so, take a minute or two out of your time to do so.

Even if you still prefer to receive the mailed version of the “Grebe”, we would like to have your email for our records. Once in a while, we send emails to our members about important events or bird sightings that may be of interest. You are also welcome to email us with any information that you think would be of interest to the membership. Questions requiring expert opinions are forwarded to the appropriate persons.

Also, we rely on our members for whom we have emails to help us with any volunteer efforts that we may have. Often it just means a couple of hours of your time. Whether you have areas of expertise or birding skills that you can share, or are willing to help us with general staffing of booths, setting up booths and transporting materials, we welcome your participation.

Please give us your email address by sending it to [redbud.audubon@gmail.com](mailto:redbud.audubon@gmail.com), and, if you wish, let us know in what areas you feel you can help.

# President's Message

by Donna  
Mackiewicz



Donna Mackiewicz

March in Lake County can be so busy! Spring migrants are arriving checking out the nest boxes, rookeries are noisy with chicks begging, grebes are advertising and rushing, pelicans are flying overhead. How can a bird watcher concentrate on anything else?

I am so grateful for these birds and to be a part of National Audubon Society. National works to bend the bird curve. For more than a century, they've preserved bird habitats, conducted scientific research, influenced policymakers to enact commonsense conservation laws, and engaged communities across the hemisphere to protect the natural resources upon which birds—and we—depend. By "bending the bird curve," we are working to halt, and ultimately reverse, the decline of birds across the Americas.

Please join me March 13<sup>th</sup> at 6 pm for Water Quality Wednesday (see information box below left). I'll share photos of some of the birds of Clear Lake and share an exciting project our chapter is taking on to help bend the curve.

Presented by County of Lake & Water Resources



Water Quality  
Wednesday  
March 13, 2024 6pm



## The Birds of Clear Lake

Live via Zoom, Facebook & PEG TV  
(Mediacom Ch. 8)

**Attendance is FREE and virtual via Zoom**

Webinar ID: 885 9671 8173 Passcode: 275506

**6:00** Introduction by Angela De Palma-Dow  
(Water Resources & Lady of the Lake)

**6:10** Birds of Clear Lake and how to identify them by Donna  
Mackiewicz (Redbud Audubon Society)

**6:35** Brief Lake Ecology of Grebes (Scott Butterfield and Floyd  
Hayes)

**6:45** Q & A and Discussion

**6:55** Closing remarks, upcoming events, and adjourn

## Welcome new and returning members

Welcome new and  
returning members:  
Sheila Bening, Lower  
Lake; Steven Ellis,  
Lower Lake; Rena  
Reiff, Lakeport, and  
David Hicks,  
Kelseyville.







*Roberta Lyons cleaning nest boxes at the Lake County Land Trust's Rodman Preserve.*



*Nuthatches will use a nest box if you supply it.*



*Western Bluebirds are already inspecting nest boxes.*

## *Are your nest boxes ready for spring?*

If you have nest boxes in your yard for cavity nesting birds, it is important to take care of the boxes and make sure they are mounted in a place as predator-free as possible. Cleaning, inspecting and repairing your nest boxes is an important responsibility.

By cleaning and repairing your nest boxes you will not only prepare them for the next nesting pair of bluebirds, titmice, nuthatches or woodpeckers, but you'll also be making it available for roosting.

The nest box cleaning kit should contain disposable gloves, dust mask (to avoid inhaling harmful fecal dust), plastic bag for removed nest and debris, putty knife or paint scraper, wire brush and a spray bottle with vinegar water of 10 percent bleach/water solution. Wearing your mask and gloves, use the putty knife or paint scraper to remove any droppings and if there is an old nest, remove it. Place the old nest in a plastic bag for disposal. If you didn't bring a bag, leave it at least 20 feet from the nest box to avoid attracting predators.

Scrub the bottom of the box with the wire brush. Spray with disinfectant, let the box dry and close it.



*Redbud Audubon volunteer Richard Mackiewicz getting ready to clean out a nest box.*

## ***March field trip will be to Highland Springs***

Redbud Audubon's March field trip will be held at Highland Springs, a local county park. Those attending are asked to meet at the main picnic area at 9 a.m. on March 23. We will bird the reservoir and surrounding trails hoping to see a variety of waterfowl and songbirds.

Bring snacks, lunch and water if you want to stay after the walk and visit with fellow Audubon members and friends.

Highland Springs is located off of Highway 29 between Lakeport and Kelseyville. The address is 3600 Highland Springs Road. For more information call Redbud Audubon at 707-805-9410.

### **2024 Field Trip Calendar**

***Please note. Field trips will start at 9 a.m. unless otherwise announced in the newsletter.***

**March 23, 2024 – Highland Springs**

**April 20, 2024 – Six Sigma**

**May 18, 2024 – TBA**

Details for each field trip will be published in the preceding newsletter, including directions and start time if different from 9 a.m. The May field trip has yet to be determined but will be announced in upcoming newsletters. Put these dates on your calendar and plan for a fun day of birding with friends!

## ***Legislative support needed***

Some of our members who are also members of National Audubon may receive email from National on legislative issues that affect our birds. National Audubon (as well as California Audubon) makes it easy to click on a link to locate your representatives in Congress and their email. Your voice is important! Our voices together can make a difference. Redbud Audubon forwards pertinent legislative notices via email to you. We hope you will not mind if you receive them both from National Audubon and us. The protection of our bird life is extremely important.

## **REDBUD AUDUBON BOARD OF DIRECTORS**



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**To contact a board member:**

**Phone 707/805-9410**

**Email: [redbud.audubon@gmail.com](mailto:redbud.audubon@gmail.com)**





*282 White Pelicans were spotted on the field trip to Clearlake Oaks.*

## ***Redbud Audubon field trip brought eleven people despite the cold and rain***

*By Donna Mackiewicz*

Rain and cold didn't dampen the spirits of 11 dedicated birders at the February field trip in Clearlake Oaks. There are so many hidden gems in Lake County and a visit to the boat ramp and Clark's Island is one of many. After viewing grebes and cormorants, we turned around and, in a few steps, birded the Clark's Island waters with ducks and even more shorebirds.

We took a short side trip to see the heron/cormorant rookery in the Keys and finally a trip to view wetlands off the Clearlake Keys' east channel.

eBird list: 40 species: 56 Canada Goose, 8 Mallard, 2 Bufflehead, 5 Common Goldeneye, 2 Hooded Merganser, 2 Ruddy Ducks, 36 Eared Grebe, over a thousand Western and Clark's Grebes, 3 Eurasian Collared Doves, 1 Mourning Dove, 1 Anna's Hummingbird, 660 Coots, 600 CA Gull, 930 Double-crested Cormorants, 282 Pelicans, 6 Black-crowned Night Herons, 1 Snowy Egret, 140 Great Egrets, 11 Great Blue Heron, 2 Turkey Vulture, 1 Belted Kingfisher.



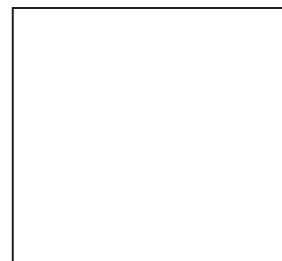


*Snowy Egret was a joy to see on the Clearlake Oaks field trip.*



*Coots, White Pelicans, and Egrets were among the top birds seen on the field trip.*

**Redbud Audubon**  
**PO Box 5780**  
**Clearlake, CA 95422**



**National Audubon/Redbud Audubon**  
**Joint Membership Application**  
**New Member Introductory Rate — \$20 for the first year**

☐ **YES** Enroll me in both the National Audubon Society and local chapter Redbud Audubon. Start my subscription to **Audubon Magazine**, and **The Western Grebe** chapter newsletter.

☐ Check this box only if you wish to receive **The Western Grebe** newsletter by regular mail. Otherwise, it will be emailed to you.

☐ From time to time, National Audubon may share its mailing list with other environmental organizations. If you do not wish to be contacted, please check this box.

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You have the option of joining just the Redbud Chapter by enrolling online at [www.redbudaudubon.org](http://www.redbudaudubon.org).  
Newsletter by email \$25/year; by regular mail \$35/year.

Name \_\_\_\_\_

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City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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☐ I would also like to make a donation to the local work of Redbud Audubon. My check is enclosed for  
\_\_\_\_\_ \$25 \_\_\_\_\_ \$50 \_\_\_\_\_ \$75 \_\_\_\_\_ \$100 Other: \_\_\_\_\_

**Please make check payable to Redbud Audubon Society. Mail your application and check to POB 5780, Clearlake, CA 95422**

***Thank you for supporting Redbud Audubon Society***  
*Connecting People with Nature since 1974*