



Least Bell's Vireo's Voice

Whittier Narrows Nature Center Associates Newsletter

March 2019

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The Whittier Narrows natural area seems to possess the power to inspire love at first sight. Again and again, we have visitors coming for the first time and leaving as a new Associate. Such was the experience for our newest member, Isela, who is a teacher in South Gate. We welcome her and hope she will become a frequent visitor and perhaps a docent naturalist Well Met!

Web site access:

WNNCA.org

Our email: wnnca@att.net

This month:

March 2. 8:00 am. Nature walk. Docent led

March 9. 8:00 am. Nature walk. Docent led

March 12. 10:00 am. NCA Board meeting. San Dimas Nature Center.

March 16. 8:00 am. Nature walk. Docent led

ALSO: 10:00 am. Monthly meeting

March 23. 8:00 am. Nature walk. Docent led

March 30. Filed trip to Santa Fe Dam. Time TBA



SAVE THE DATE

Saturday

June 8, 2019



**Ranger
Raccoon's
Recycling
Rally**

**Last Sunday
Of
Every Month
10am—2pm**

More Viewings in the Area

Lately, we have seen an increase in the number of species viewed in our walks around the area. (Thanks be the rains.)

Here is a sample of birds you can see when you join our Saturday walks or any other time you feel the urge to enjoy a peace-seeking contact with Nature.



Purple finch (*Carpodacus purpureus*)



Bushtit (*Psaltriparus minimus*)



California thrasher
(*Toxostoma redivivum*)



↑ Bewick's wren (*Thryomanes bewickii*)

← Spotted Towhee (*Pipilo maculatus*)



GUEST EVENT



Saturday February 9, we welcomed members of the Willpower Institute, an international foundation dedicated to spread the practice of meditation in the world.

They traveled from their Center in Los Angeles to give us a brief lecture on the principles of meditation and also some practice on two different techniques that can be put into use by anyone.



The audience seemed to enjoy the walking meditation as well as the sitting meditation practice guided by the presenter. More information can be obtained at- www.willpowerinstitute.com

**Join the fun. Join the Whittier Narrows Nature Center Associates.
Membership includes out monthly newsletter and a 10% discount in our gift shop.**

The Whittier Narrows Nature Center Associates is a volunteer 501(c)3 nonprofit organization actively looking for new members. WNNCA is a chapter of the Nature Center Associates, a nonprofit support organization of the natural area park system of Los Angeles County.

We were founded to help enrich educational and scientific knowledge in the community. Our primary mission is to help foster an appreciation of the natural world in children and adults and to help preserve the Whittier Narrows Natural Area and the county's other natural areas for future generations.

Our activities include leading school group tours, answering visitors' questions, arranging and leading classes, planting and maintaining plants around the nature center, helping in the nature center museum and in the gift shop, performing light office work and answering phones, and more.

Membership application

Date: _____

Name _____

Address _____

City/State/Zip _____

Phone _____

E-mail _____

Annual membership levels (circle one)

\$30 - Individual \$15 - Senior (Over 62)

\$45 - Family \$15 - Student

\$75 - Friend Associate

\$100 - Patron Associate

\$250 - Supporting Associate

\$1,000 - Golden Oak Associate

Send with check, payable to the address below.

The Whittier Narrows Natural Area and Nature Center are located within the unincorporated area of Los Angeles County in the Supervisory District of Hilda Solis. The natural area and nature center are operated by the County of Los Angeles, Department of Parks and Recreation, in partnership with the Whittier Narrows Nature Center Associates.



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