

COASTAL CONNECTIONS

SHOREBIRDING, STORIES, AND MORE
BY VALEREE CATANGAY



MY INFINITE INNER CHILD

I HAD AN AFFINITY FOR ANIMALS AS A KID.



I WAS OBSESSED WITH WATCHING ANIMAL PLANET ON TV - PEOPLE VISITING REMOTE PLACES, SEEING COOL WILDLIFE.

I NEVER CONSIDERED WILDLIFE CONSERVATION AS A CAREER - THOSE TV STARS DIDN'T LOOK LIKE ME AND NO ONE IN MY FAMILY WAS FAMILIAR WITH THAT KIND OF WORK.



JEREMY WADE,
RIVER MONSTERS

A YEAR AGO, I STARTED WATCHING BIRDS-NOTICING WHAT THEY EAT, HOW THEY DANCE, HOW THEY SING AND COMMUNICATE.



THE MORE I WENT OUTSIDE, THE MORE VIBRANT THE WORLD BECAME. IT WAS FULL OF TINY WORLDS IN EVERY CORNER I WALKED!



I GREW UP IN LONG BEACH, 15 MINS FROM THE BEACH. BUT I ONLY JUST STARTED TO FORM AN INTIMATE RELATIONSHIP WITH THE COAST WHEN I NOTICED SHOREBIRDS AND COASTAL BIRDS.



NOTICING BIRD DIVERSITY GAVE ME AN APPRECIATION FOR EVERYTHING ELSE AROUND THE BIRDS: THE SNAILS, CRABS, FISH THEY EAT, THE CHANGES IN THE WEATHER AND TEMPERATURE AND HOW THEY AFFECT THE WHOLE SYSTEM.



I REALIZED THAT THE MAGIC OF THE VIDEO GAMES I PLAYED AND SHOWS I WATCHED AS A KID WERE RIGHT IN MY OWN BACKYARD!



BIRDS ARE EVERYWHERE

AND BIRDING IS FOR EVERYONE

BIRDING = NOTICING, HEARING, OBSERVING,
AND/OR APPRECIATING BIRDS!



**GO IN THE MORNING OR
EVENING BEFORE SUNSET**

- THE EARLY BIRD QUITE LITERALLY
CATCHES THE WORM!



IDENTIFICATION

NOTICE SIZE, SHAPE, GROUP (I.E.
SHOREBIRDS), BEHAVIORS, HABITAT,
SEASON, VOICE, FIELD MARKS
LIKE EYE RINGS OR STRIPES



KNOW THE NATIVE LAND

WITH CALIFORNIA'S HISTORY
OF COLONIZATION, HOW CAN
WE BE MINDFUL OF THE LAND
AND ITS ORIGINAL AND
CURRENT CARETAKERS? HOW
CAN WE FORM RECIPROCAL
RELATIONSHIPS WITH THE
BIRDS WE ENCOUNTER,
OURSELVES, AND EACH OTHER?

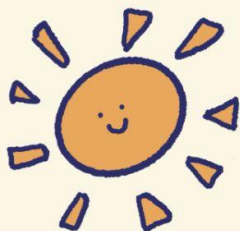


**BIRDING
= CONSTANT
LEARNING**

IT'S OKAY
NOT TO KNOW
IT TAKES
PATIENCE!

BIRD WITH
OTHER BIRDERS

GEAR FOR BIRDING ADVENTURES



SUN PROTECTION

- HAT
- SUNSCREEN
- SUNGLASSES



WATER AND SNACKS



BINOCULARS

8x42 or 10x42
ARE POPULAR
SIZES (GOT
MINE USED
FROM MERCARI/
FB MARKETPLACE!)



STURDY SHOES OR BOOTS FOR WALKING OR HIKING



OPTIONAL: CAMERA
AND FIELD GUIDE

MORE RESOURCES

FIELD GUIDES



- NATIONAL GEOGRAPHIC
- SIBLEY BIRDS WEST
- PETERSON FIELD GUIDES
- + TONS TO CHOOSE FROM BASED ON PREFERENCES



APPS



MERLIN BIRD ID



BIRD SHAZAM!
↪ 🎵

SIBLEY BIRDS 2ND EDITION



↪ COMPARE SIMILAR BIRDS

E-BIRD



↪ CREATE SPECIES CHECKLISTS

SOME OF MY FAVORITE SHORE & COASTAL BIRDING SPOTS!



BALLONA WETLANDS

LA RIVER WILLOW ST.

MALIBU LAGOON



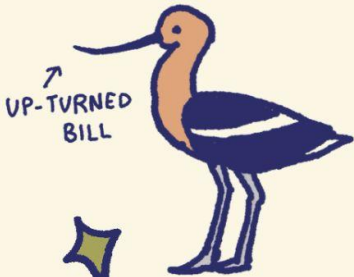
ORGANIZATIONS AND EVENTS

- PART-TIME BIRDERS
- BIRDABILITY
- AUDUBON BIRD WALKS - BALLONA, DEBS PARK, KENNETH HAHN, PASADENA AUDUBON OUTINGS
- BLACK BIRDERS WEEK
- FEMINIST BIRD CLUB LA

↪ ACCESSIBILITY MAPS

SHOREBIRDS YOU

AMERICAN
AVOCET



BLACK
-NECKED
STILT

BLACK
OYSTERCATCHER



WESTERN
SANDPIPER



SPOTTED
SANDPIPER



LEAST
SANDPIPER

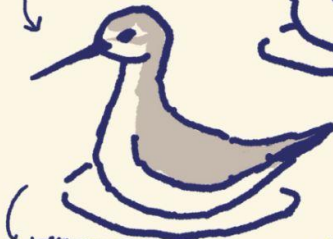


← PRETTY
GRAY

THEY SPIN
IN WATER!
**NON-
BREEDING

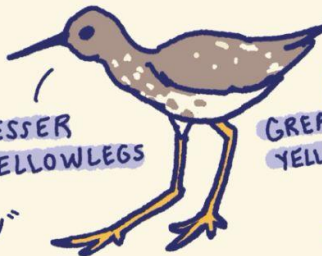


CALLS
"TU, TU, TU"

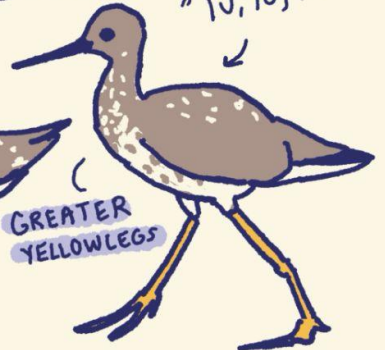


LESSER
YELLOWLEGS

CALLS
"TU, TU"



GREATER
YELLOWLEGS



CAN FIND IN LA*

* NOT AN EXHAUSTIVE LIST

FIND OUT HOW
TO HELP THEM
ON THE
NEXT
PAGE!



SEMI-PALMATED
PLOVER



KILLDEER

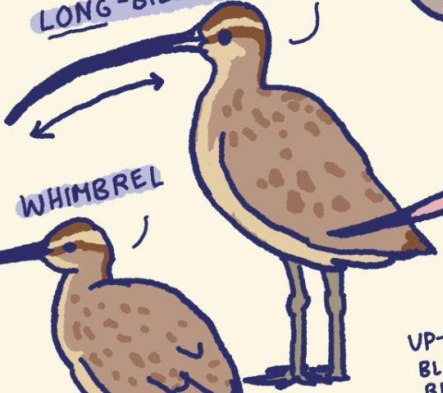


SNOWY
PLOVER

SMOL +
CUTE



LONG-BILLED CURLEW



BLACK-BELLIED
PLOVER
(NONBREEDING)

WHIMBREL



UP-TURNED,
BLACK + PINK
BILL



MARBLLED
GODWIT

RUDDY TURNSTONE



BLACK
TURNSTONE



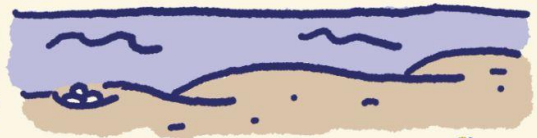
DRAWING
THEM TO
SOME LEVEL OF
ACCURACY MIGHT
JUST BE AS TOUGH
AS ID-ING THEM...

SHARE THE SHORE

WESTERN SNOWY PLOVERS ARE FEDERALLY THREATENED AND CA LEAST TERNS ARE FEDERALLY ENDANGERED. THEY ARE BOTH SENSITIVE TO DISTURBANCES ALONG CA'S BEACHES.



NESTS ARE TINY AND THEIR EGGS ARE BARELY VISIBLE EVEN TO THE MOST WELL-TRAINED EYE.



SHARE THE SHORE BY:

- MOVING AWAY FROM CHICKS
- KEEPING CATS INDOORS AND DOGS ON LEASHES NEAR NEST SITES
- NOT FLYING KITES, DRONES OR PARAGLIDERS (THEY CAN BE SEEN AS PREDATORS) NEAR NEST SITES
- DISPOSING OF TRASH PROPERLY (IT ATTRACTS PREDATORS LIKE CROWS AND GULLS)



GET INVOLVED

VOLUNTEER FOR A MONITORING GROUP AND HEAD TO CA.AUDUBON.ORG FOR MORE INFO

“ALL SPECIES ARE PART OF A BIGGER COMMUNITY. IT SOUNDS A LITTLE SENTIMENTAL, BUT THE TRUTH IS, EACH SPECIES PLAYS A ROLE.”

- AUTHORS OF WILD LA: EXPLORING THE AMAZING NATURE IN AND AROUND LOS ANGELES



CAREER SPOTLIGHT:



EMILY COBAR (SHE/ELLA)

COMMUNITY PROGRAM DIRECTOR
NATURE NEXUS INSTITUTE
[LINKEDIN.COM/IN/EMILY-COBAR](https://www.linkedin.com/in/emily-cobar)

“I FEEL INCREDIBLY LUCKY THAT MY JOB CONNECTS (AND RECONNECTS) PEOPLE OF ALL AGES TO LA'S URBAN GREEN SPACES, LIKE BALDWIN HILLS PARKLANDS, DOCKWEILER BEACH, AND BALLONA WETLANDS, THROUGH FREE SCHOOL TRIPS AND PUBLIC NATURE PROGRAMS.

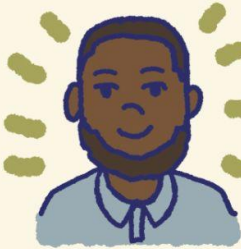


INTERGENERATIONAL LEARNING IS IMPORTANT IN COMMUNITY SPACES, AND EVERYTHING IS CONNECTED AND INTERDISCIPLINARY.



MY CAREER TIP IS TO GET OUT OF YOUR COMFORT ZONE AND SEEK OUT INTERNSHIP OPPORTUNITIES THAT FOCUS ON SHOREBIRDS, KELP, COASTAL HABITAT, ETC, THROUGH RESEARCH, CONSERVATION, OR EDUCATION PROGRAMS. FOR EXAMPLE, THE ENVIRONMENT FOR AMERICAS ORGANIZATION IS A GREAT RESOURCE - IT'S WHERE I COMPLETED A PAID SHOREBIRD TRAINING!”

CAREER SPOTLIGHT:



CHINONSO UZOWIHE (HE/HIM)

ENVIRONMENTAL JUSTICE ANALYST
CALIFORNIA COASTAL COMMISSION
[LINKEDIN.COM/IN/CHINONSO-UZOWIHE/](https://www.linkedin.com/in/chinonso-uzowihe/)

66 MY ROLE AS AN ENVIRONMENTAL JUSTICE ANALYST INVOLVES IDENTIFYING THE ENVIRONMENTAL JUSTICE IMPACTS OF PROPOSED PROJECTS ALONG THE CALIFORNIA COASTLINE, AND I LOVE THAT MY WORK ALLOWS ME TO OBTAIN INPUT FROM DIVERSE AUDIENCES ACROSS THE STATE.



MY EXPERIENCE IN COASTAL WORK HAS SHOWN ME THAT SOLUTIONS ARE OFTEN NOT SUSTAINABLE WITHOUT MEANINGFUL COMMUNITY INSIGHT AND CONTRIBUTION. FOR THOSE INTERESTED IN THE FIELD, IT'S IMPORTANT TO NOT ONLY READ ABOUT YOUR AREA OF INTEREST, BUT TO ALSO GAIN AS MUCH HANDS-ON EXPERIENCE AS POSSIBLE THROUGH INTERNSHIPS, FIELD TRIPS, ETC. ☺☺

CAREER SPOTLIGHT:

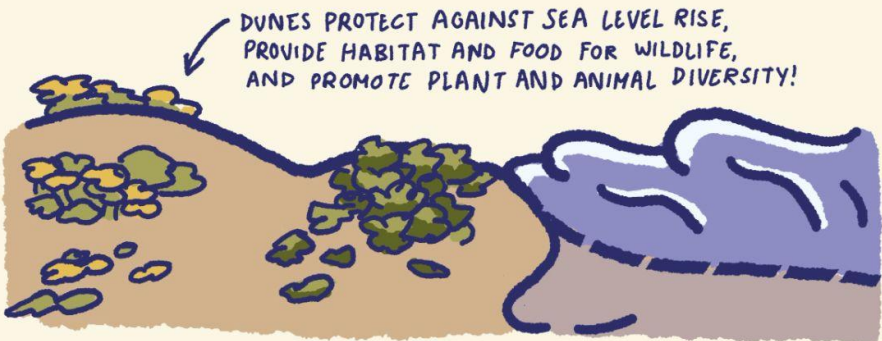


MARÍA JAZMÍN RÍOS (SHE/HER/ELLA)

COASTAL ADAPTATION PROGRAM COORDINATOR
THE BAY FOUNDATION

[LINKEDIN.COM/IN/MARIAJAZMINRIOS](https://www.linkedin.com/in/mariajazminrios)

“AS PART OF THE COASTAL ADAPTATION TEAM, WE CREATE RESILIENCE THROUGH COASTAL DUNE HABITAT CREATION ALONG THE SANTA MONICA BAY AND LA, WORKING CLOSELY WITH LOCAL PARTNERS TO OVERSEE THE RESTORATION EFFORTS AND ENGAGE THE LA COMMUNITY THROUGH OUTREACH AND EDUCATION. WHAT I LOVE MOST ABOUT MY JOB IS BEING ABLE TO DIRECTLY CONTRIBUTE TO RESTORING NATURAL ECOSYSTEMS AND WITNESSING THE TANGIBLE DIFFERENCE.



I ENCOURAGE EXPANDING YOUR NETWORK TO FIND SUPPORT AND OPPORTUNITIES. START BY CONNECTING BY INVITING THEM FOR A CAFECITO (COFFEE/TEA) AND AN INFORMATIONAL INTERVIEW OR PARTICIPATE IN COMMUNITY ORGANIZATION EVENTS. LASTLY, REMEMBER THAT YOUR UNIQUE PERSPECTIVE IS VALUABLE - DIVERSE VOICES ARE NEEDED TO MAKE CONSERVATION EFFORTS MORE INCLUSIVE AND EFFECTIVE! ☺☺

ACKNOWLEDGMENTS

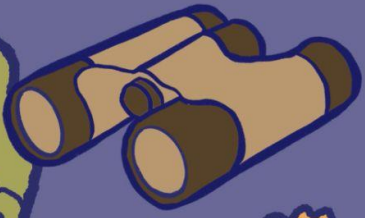
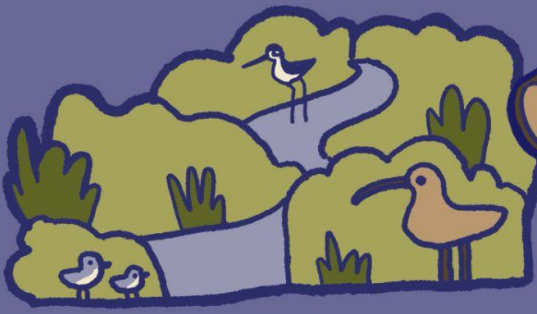
BIG THANK YOU TO 

- AUDUBON CA COASTAL LEADERSHIP PROGRAM:
LILIANA, SOPHIE, ALEXANDER, JENNIFER, RUJIN,
FLIP, STELLA, NATHAN, BII, GIGI, JASMINE
- CLP FIELD TRIP AND SESSION GUEST SPEAKERS
- JASMIN MOORE, EARTHJUSTICE
- CAREER SECTION FEATURES: EMILY, MARÍA-
JAZMÍN, CHINONSO
- PEOPLE'S CLIMATE INNOVATION AND YOUNG
CLIMATE LEADERS OF COLOR COHORT
- FAMILY AND FRIENDS: MOM, DAD, NIKKI, NICO, CRIS,
RACHEL, JOELLE, KAREN, LAUREL, CICADA, KIM, KYLE,
GRACE, YURI, COURTNEY, EL, REZA, RUSSELL, XANA,
OMAR, JODHAN, JAYE, RYAN, CARRIE, FRANKLIN,
SAMIRA, KELSEY, GEORGE, MANNY, AMANDA, MICHAEL,
AND ALL WHO MADE THIS ZINE POSSIBLE AND WHO
HAVE SUPPORTED MY BIRDING AND ART JOURNEY!

✦ ABOUT THE ARTIST ✦

VALEREE CATANGAY (SHE/HER) IS A
SUSTAINABILITY STRATEGIST, ILLUSTRATOR,
PAINTER, AND NATURE ENTHUSIAST BASED IN
LOS ANGELES/TONGVA LAND.

🌐 VALEREECATANGAY.COM 📷 VALEREEPLANTS



COASTAL
DUNES
WERE COOL
BEFORE
THE MOVIE

PLOVER

POWER

PROTECT
COASTAL
WETLANDS

