

The background features a dark brown color with several concentric, semi-transparent circles in a slightly lighter shade of brown. A horizontal band of a vibrant orange color runs across the middle of the image, serving as a backdrop for the text.

THE BIRDS OF EL CERRITO  
HILLSIDE NATURAL AREA

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# EL CERRITO SITS ON INDIGENOUS OHLONE LAND.

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Please consider paying Shuumi, a voluntary land tax, to the Sogorea Te' Land Trust, an Ohlone-led group working to return Indigenous land to Indigenous people, and make it so current and future generations of Indigenous people can thrive in the Bay Area.

# BINOCULAR TIPS



To borrow binoculars to explore El Cerrito Hillside Natural Area, contact Yari at [yarigreaney@gmail.com](mailto:yarigreaney@gmail.com)  
I will do my best to help you out & lend you pair of binoculars!

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## Make them fit your face

Binoculars are adjustable, and you should *definitely* adjust them to your face! Even if you are sharing with someone, it's quick to fold them so they eye pieces are further apart or closer together.

If there's a black shadow covering your view through the binoculars, adjust them! Play around with it until it works for you.

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## Twist the eyecups out, toward your face

The eye cups should be pulled out, toward your eye. This is very important for being able to see through the binoculars! If you wear glasses, you don't need to do this.

## Practice!

Hold your eye steady on an object. Without moving your eye muscle, bring the binoculars up to meet your eyes. Did you glance away, or were you able to keep your eyes fixed on the object?

Turn the knob on top to bring the object you were looking at into focus. Practice turning the knob all the way in one direction and all the way in the other, so you can get a sense of how much it changes what you're able to see at different distances.

Gradually practice looking at objects further and further away.

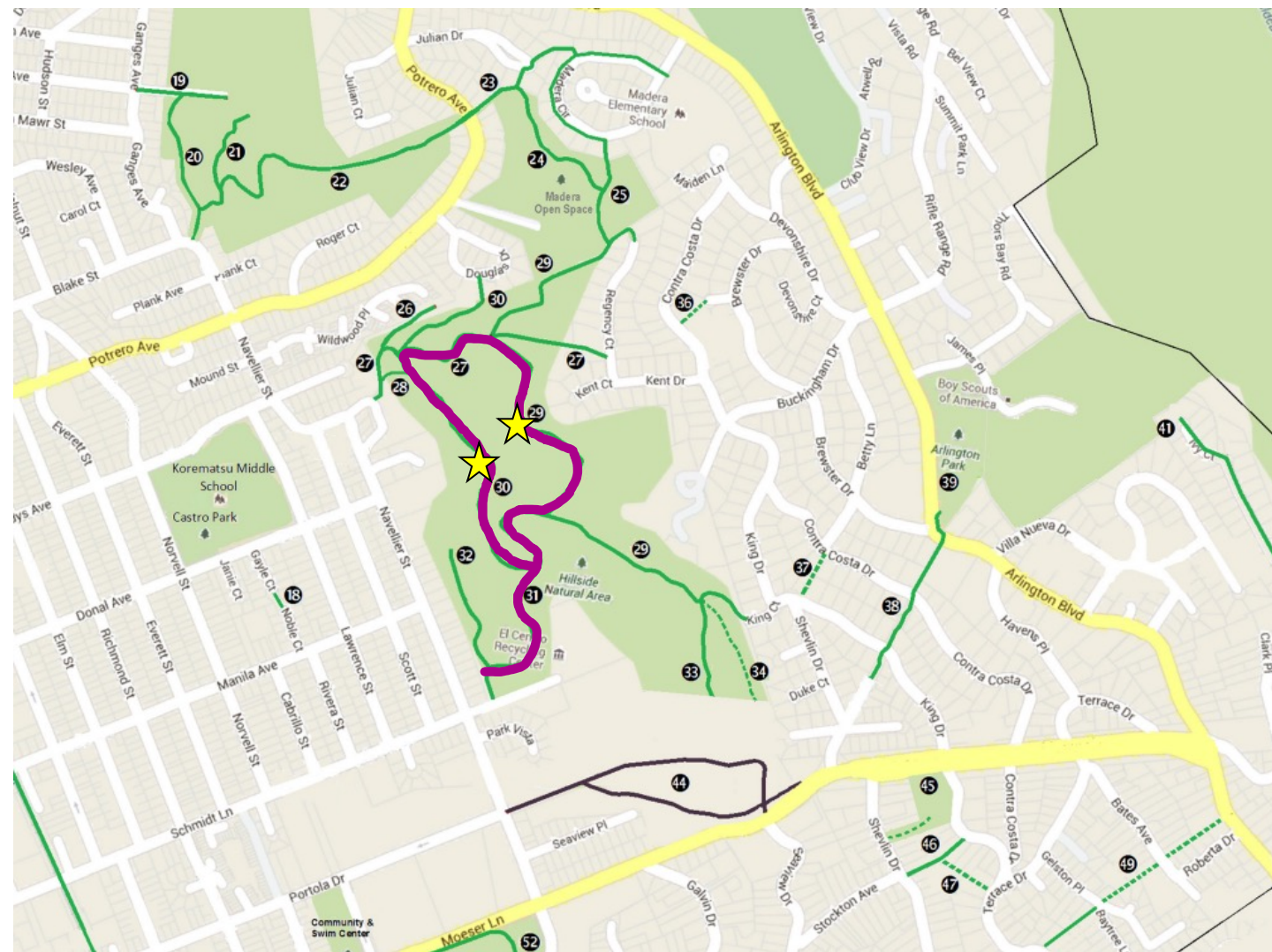
## Look for motion

When you're birding, your binoculars generally shouldn't come to your face until you have your naked eyes locked on a bird. Without your binoculars, look for motion (looking for motion is better than looking for a "bird shape" as that is often a leaf!). Once you have your eyes locked on the motion, put your practice into action, and without moving your eye muscle, bring the binoculars up to your eyes. Keeping your eyes fixed on the location with the binoculars to your eyes, turn the knob on top. If the bird hasn't left the location, you should be able to see the bird!

## Stick with it!

Using binoculars is a skill that takes time to develop. Keep practicing, and be proud of yourself for working at keeping your eyes still and bringing the binoculars into focus!

# WHERE ARE THE BEST BIRDING SPOTS?



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Shaded areas, dry creek beds

Oak trees, scrub / low-growing brush

Places where you wait quietly, attentively, and with curiosity

# BIRDS TO WATCH FOR AT EL CERRITO HILLSIDE NATURAL AREA

TURKEY VULTURE	BIG AND DARK SOARS HIGH WITH WINGS IN A V	
LESSER GOLDFINCH	LITTLE AND YELLOWISH CHIRPY FLOCKS IN THE TREES	
AMERICAN CROW	GLOSSY BLACK CAW CAWC!	
CHESTNUT-BACKED CHICKADEE	CUTE BLACK HEAD, SQUEAKING AND HOPPING AROUND UP IN THE TREE	
CALIFORNIA TOWHEE	BROWN ON THE GROUND, ORANGE UNDER TAIL SCRATCHING IN THE DIRT	
ANNA'S HUMMINGBIRD	ZIPPING BY - FASTER THAN THE EYE METALLIC SOUND	
GOLDEN-CROWNED SPARROW	GROUND OR BUSH YELLOW DOT	
MOURNING DOVE	IT'S NOT AN OWL! IT'S THE COO OF A DOVE	
DARK-EYED JUNCO	DARK HOOD FIND THE WHITE TAIL AS IT HOPS TO FLIGHT	
BLACK-HEADED GROSBEAK	ORANGE AND BLACK WITH A BIG BEAK	
STELLAR'S JAY	POINTY HAT, DARK BLUE NOISY NOISY!	
SCRUB JAY	BLUE BIRD NOISY TOO	

# BIRDING RESOURCES

For a full list of birds you can view at Hillside Natural Area: [ebird.org/barchart?r=L2812849&yr=all&m](http://ebird.org/barchart?r=L2812849&yr=all&m)

Ready to take your birding to the next level?

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## [ebird](#)

Use ebird to explore birding “hotspots” near you. Check out the lists of birds (including pictures, sounds, and tips for identification) that can be seen at specific locations. By looking at these lists before you go out birding, you’ll have sense of what to look for.

Click a hotspot, select “Bar Charts,” and select the season. You’ll see a list of all the birds that have been sighted there, and how often they’ve been seen – very helpful if you want to study up on how to identify a few of the species before you head out ;)

Create an ebird account and record birds you see every time you go on a bird walk! You can get the ebird app on your phone. It helps you understand what birds you are likely to see in a given area, helps with identification, and shows your progress over time! Ebird has a lot to offer, so if you want to get into birding, you should definitely spend some time clicking around.

## [Merlin Bird](#)

This app is very helpful for identifying birds.

## **Sibley Birds West**

This is the gold standard for bird guides. If you want to get into birding, this is a great tool to have! Even more comprehensive for identification than the apps, and fun to page through to learn more about the birds.

## **Binoculars**

If you want good binoculars, I recommend the Celestron Nature.

If you want to practice with binoculars, contact me, Yari at [yarigreaney@gmail.com](mailto:yarigreaney@gmail.com) I can lend you a pair for a few hours while you explore!

# BIRD BINGO

PRINT OUT OR DRAW OUT YOUR OWN!

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## BOARD #1

BLUE	HEAR WING BEATS	ORANGE	SINGING (LONGER)	CALLING (USUALLY SHORT)
HOPPING	CHASING	FLY-CATCHING	SOARING	CROW
PREENING	HOVERING	FREE BIRD (FREE SPACE)	SCRATCHING THE GROUND	BROWN
SCRUB JAY	TURKEY VULTURE	YELLOW	EATING	HIDING
GRAY	RED	WHITE	BLACK	FLYING IN A FLOCK



# BIRD BINGO

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## BOARD #2

GRAY	SCRATCHING THE GROUND	HIDING	PREENING	CALLING (USUALLY SHORT)
ORANGE	HUMMING BIRD	FLY-CATCHING	RED	STELLAR'S JAY
SINGING (LONGER)	DROPPING TO THE GROUND	FREE BIRD (FREE SPACE)	HEAR WING BEATS	EATING
SCRUB JAY	FLYING IN A FLOCK	YELLOW	HOPPING	BROWN
WHITE	SOARING	BLUE	BLACK	TURKEY VULTURE

# BIRD BINGO

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## BOARD #3

RED	SCRATCHING THE GROUND	PREENING	HIDING	SEE WINGS FLAPPING
SOARING	HUMMING BIRD	FLY-CATCHING	GRAY	WHITE
SINGING	HEAR WING BEATS	FREE BIRD (FREE SPACE)	HOVERING	EATING
BROWN	FLYING IN A FLOCK	BLACK	HOPPING	SCRUB JAY
STELLAR'S JAY	ORANGE	YELLOW	BLUE	STREAKY PATTERNING