



Least Bell's Vireo's Voice

Whittier Narrows Nature Center Associates Newsletter

July 2021

FACE TO FACE!



Whittier Narrows Nature Center Associates

First meeting in person for over a year!

Everyone expressed their thanks and pleasure to be able to meet again looking into each other's eyes.

Zoom connection was still available.

Web site access:

WNNCA.org

Our email: wnnca@att.net

**AUGUST
BIRD
OF THE MONTH**

**Black Phoebe
(Sayornis nigricans)**

Tai Chi

**Wednesday July 14, 2021
Beginner's Class**

Whitier Narrows Nature Center
10:30 10:45 am



HIKING: Enjoy the natural hiking trails before, or after the Tai Chi Class.

TAI CHI CLASS: The class will focus on the Yang 24 "short Form". Detailed form and self defence applications will be featured for beginners and experienced players. Excellent for Seniors.

SIX WEEK COURSE: Wednesdays - Begins July 14th
10:30 - 11:15AM

COST: \$40

ENROLL: parks.lacounty.gov/summerclasses

CONTACT: Frank Mc Gouirk 562-500-5446

July Bird of the Month

American Robin

Turdus migratorius)



The American robin is named after the European robin, because of their reddish-orange chest, although they are not related. They are easily recognized by this trait.

Long looked upon as a harbinger of spring, it is a common sight all across North America, including Alaska. It is surprising that, in spite of his scientific name, (*migratorius*,) many stay in their breeding range all year.

About the size of a mockingbird, they are at home in the cities or wilder areas, some have been know to live up to 13 years., eating earth worms, fruits, and insects.

Their song is pleasingly musical, and they have a variety of calls. Some sources say that the female can aggressively clack its beak if the nest is approached. The nest might contain 3-7 eggs, pale blue in color Thus “robin’s-egg blue.” Incubation is 12 to 14 days, both parents feed, although female does more. Chicks are ready to go 14 or 15 days after hatching.

Robins might have 2 or 3 broods in season. Male might tend to the fledglings while female begins a new nesting.



Robin’s haiku

The robins are back
Red of breast and blue of egg
Spring in every step.

Neil Meili

Photos by Lou.





Grace's

Wisdom Corner

(Featuring a special plant every month)

Jojoba plant
(Simmondsia chinensis)

This very interesting plant was discovered while weeding in the Native Garden. It was confirmed that it is a native plant, found in Arizona, Southern California and parts of Mexico.

Jojoba is a perennial woody shrub, extremely drought tolerant, aided by waxy protection and very deep roots. It grows between 8 and 19 feet. Plants can live from 100 to 200 years.

Originally, there were three shrubs in the garden, planted by Grace, but only one is present. Male and female flowers grow in different shrubs, so we might have to provide a companion specimen to this surviving one..

The oils from the seeds are extensively used commercially, as an essential oil and varied beauty products like shampoos, lotions, etc. It is used to treat skin ailments like acne, psoriasis, eczema, and others.



Native Americans made use of this plant as a variety of skin aids. They applied poultices made from the ground seeds directly to the skin to heal sores, burns, and wounds, as well hair care. Some used to pulverized seeds to brew into a drink. The seeds were also eaten as a snack between meals.

Further research indicates antibacterial, anti-inflammatory property, it is hypoallergenic, and of course, moisturizing protection for the skin. Easy to grow in your garden.

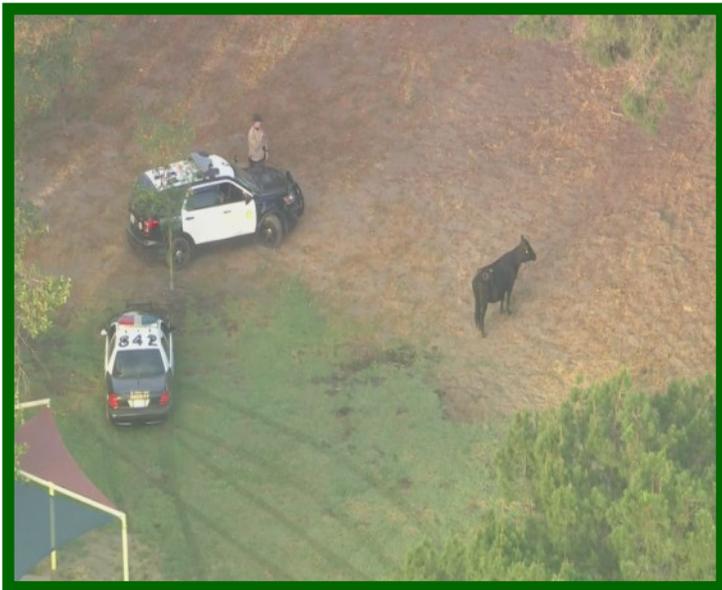
Whittier Narrows Dam News



The Whittier Narrows dam has been the object of news for decades. Five years ago, the Army Corps of Engineers upgraded the flood risk urgency presented by the dam to very high urgency.

An article published June 1, 2021 by the Press Telegram, a Long Beach news organization, says that President Biden has included \$219 million in his budget, needed to complete the project. In a somewhat obscure quote, it also says that “Environmental work and design have been completed, utility relocation and environmental projects are expected to start this year, with full dam construction soon to follow.”

We hope all this translate into meaningful actions.



On a different note, our Nature Center reaffirmed its denomination of “sanctuary” when one of the cows escaped from the Pico Rivera slaughter house took refuge in the park, where was finally captured and put in a trailer.

Pico Rivera City Manager and animal activist Diane Warren headed an effort to provide permanent sanctuary for this cow and apparently efforts are underway to offer the same to other members of the escaped herd.

We wish to thank Christina for her contribution to this newsletter

