Conservation by Dee Lyon

Fast Food Waste

Fast food is not only unhealthy but also creates a ton of garbage. Just think .... In one visit the food will come wrapped in paper and shoved into a plastic bag or paper sack that is filled with paper napkins, plastic straws, plastic cutlery and plastic-wrapped condiments. And these items are all only used for a short period of time.

After you are done eating you toss all of that packaging right into the trash can. Did you know that biggest contributor to the waste (49%) that is floating in the oceans is fast food?

I know that if you are accustomed to eating fast food several times a week completely eliminating it will be rather difficult. But reducing it is still a win. Instead of fast food opt for meals with lots of fruits and veggies that you can buy in the store and then carry in your own washable bag. You will find that better food comes in less packaging and you'll feel better too!

For the twelfth year in a row, our CVAS Annual Picnic will be held at Los Robles Trail, located adjacent to the original Janss' House in Thousand Oaks. This beautiful location provides ample areas of both shade and sun. Go south on Moorpark Road to the end, approximately one mile south of the 101 freeway. Turn right on Greenmeadow Ave and proceed approximately one mile to the parking lot at the end of Greenmeadow. Carpooling is encouraged as parking is limited.

There will be a potluck picnic at 10:30 am. Please bring these food items to share for eight. If your name begins with:

- A to I  bring a Dessert
- J to Q  bring a Salad
- R to Z  bring a Main Dish

Please bring your own table service, drinks and chairs. Come early and join the pre-picnic birdwalk which starts at 8:00 am.

Summer

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>June 2</td>
<td>8:00 am</td>
<td>Annual Picnic</td>
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<tr>
<td>June 12</td>
<td>8:00 am</td>
<td>Beginning Bird Walk</td>
</tr>
<tr>
<td>July 10</td>
<td>8:00 am</td>
<td>Beginning Bird Walk</td>
</tr>
<tr>
<td>August 14</td>
<td>8:00 am</td>
<td>Beginning Bird Walk</td>
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***Pre meeting Dinner***

Ottavio’s in Camarillo at 5:15 pm

Call Nobuko McClure
For Reservations (805) 482-0411
Reservation Deadline: 9:00 am
Day of General Meeting
CVAS Events

Everyone is welcome to attend any CVAS meeting or field trip. CVAS assumes no responsibility for injuries, personal or otherwise, incurred while attending a society-sponsored activity and will not be held liable for such accidents. One attends at one's own risk.

**Beginning Bird Walk**
**Rancho Sierra Vista/ Satwiwa**
**Wednesday** June 12
**Wednesday** July 10
**Wednesday** August 14

Conejo Valley Audubon invites birders of all experience levels to attend our monthly Beginner Bird Walks at Rancho Sierra Vista/ Satwiwa. These bird walks are held on the second Wednesday of the month. As usual, we will meet at 8:00 am at the main parking lot, which is accessible off Lynn Road at Via Goleta in Newbury Park. Rancho Sierra Vista is an excellent place to see many of the oak woodlands birds that are common in the Conejo Valley area. We will take time to introduce beginning birders to these species and will teach the best techniques for identifying them. If you have binoculars please bring them. A few pairs of loaner binoculars will be available. Wear comfortable walking shoes. No sign-up is needed. Just show up. In the event of heavy rain we will cancel the walk. The walk leader will be Richard Armerding (310) 701-3878

**Stellar's Jay** by Don Klabunde

**Nesting Allen's Hummingbird**
*(photographed in his yard by Bruce Tucker)*

**Soon thereafter – look very closely**
*(photographed in his yard by Bruce Tucker)*

**Allen's Hummingbird** by Don Klabunde
Lazuli Bunting  by Don Klabunde

Bald Eagle  by Don Klabunde

Yellow-headed Blackbird  by Don Klabunde

California Thrasher  by Don Klabunde

Ash-throated Flycatcher  by Don Klabunde
Regular meetings are held on the first Monday evening of each month (except June, July, August) at the Western Foundation of Vertebrate Zoology, 439 Calle San Pablo, Camarillo at 7:30 pm, unless otherwise noted. Everyone is welcome. Take Pleasant Valley Road or Lewis Road to where they cross south of the 101 Freeway. Go west to the second street, Calle San Pablo. Turn right. The Foundation is the fifth building on the left.

The Western Foundation of Vertebrate Zoology is a non-profit organization founded in 1956 to promote the study and conservation of birds and other vertebrates. The organization makes contributions in the areas of natural history collections, original research, and conservation.

The Roadrunner is published monthly except July and August by the Conejo Valley Audubon Society. It is sent to paid CVAS members only. Members are invited to submit articles, announcements, letters, photos, and drawings for publication consideration. Copy deadline is the 5th of the month. Send items to Gary Evans, 29 Sabra Ave., Oak Park, Calif. 91377-1126 or by E-mail: GaryE@ConejoValleyAudubon.org.

For information on joining the National Audubon Society, please go to www.audubon.org