



## Utah County Birders Newsletter

July 2026

### CONTENTS:

- [Monthly Meeting](#)
  - [Upcoming Field Trips](#)
  - [President's Message](#)
  - [Bird of the Month](#)
  - [Field Trip Reports](#)
  - [Backyard Birds](#)
- 

### JULY MEETING

**July 9, 2026**

UCB July 2026 Meeting:

Thursday, July 9th, 7pm.

The evening bird walks have been hugely successful so we're going to do it again while we still have summer nights to enjoy!

Join us on July 9th at 7pm at the Provo River Delta. We will meet at the (new) Skipper Bay Trailhead here: [https://maps.app.goo.gl/XVEHH63GH6o9jCD4A?g\\_st=ic](https://maps.app.goo.gl/XVEHH63GH6o9jCD4A?g_st=ic) and bird the delta until dark. All experience levels are welcome. Hope to see you all there!

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## UPCOMING FIELD TRIPS

# Utah County Birders

2026 FIELD TRIP INFORMATION\*

**6 JUL 18**  
**SATURDAY**  
6:15 AM

### SALT LAKE, SUMMIT & MORGAN COUNTIES

**CARPOOL:** MEET AT PIONEER CROSSING PARKING PARK & RIDE OFF A.F. MAIN STREET EXIT

WE WILL START AT **PARLEYS NATURE PARK, THEN MOUNTAIN DELL**, AND IF NEEDED **LAMBS CANYON** FOR SALT LAKE COUNTY. **SWANER NATURE PRESERVE AND JEREMY RANCH ROAD** FOR SUMMIT COUNTY. **MORMON FLAT, EAST CANYON RESERVOIR AND WESTON SMITH'S YARD** IN CROYDON FOR OUR WILDCARD OPTION R IN MORGAN COUNTY.

**7 AUG 14-15**  
**FRI-SAT**  
6:30 AM

### DUCHESNE, UINTAH, & DAGGETT COUNTIES

**MEETING POINT:** MEET AT STARVATION STATE PARK (CARPOOL TO THAT POINT IF DESIRED)

WE WILL BEGIN ON FRIDAY AT **STARVATION SP** AT 6:30AM FOR DUCHESNE, THEN HEAD TO **OURAY WILDLIFE REFUGE** AND **PELICAN LAKE** FOR UINTAH COUNTY. **SLEEP OVERNIGHT IN VERNAL**. THEN BIRD SATURDAY AT **LIEDY PEAK, FLAMING GORGE, SWETT RANCH** FOR DAGGETT COUNTY.

**8 SEP 19**  
**SATURDAY**  
7:00 AM

### SEVIER & SANPETE COUNTIES

**CARPOOL:** MEET AT PAYSON WALMART PARKING LOT OFF THE 800 S EXIT - 240A

WE WILL LEAVE FROM THE PAYSON WALMART PARKING LOT AT 7:00. WE WILL HEAD TO **YUBA LAKE AND FAYETTE BOTTOMS** FOR SANPETE COUNTY AND THEN **REDMOND LAKE** FOR SEVIER COUNTY.

**9 OCT 10**  
**SATURDAY**  
7:00 AM

### UTAH COUNTY - "THE BIG SIT"

**LOCATION:** PROVO RIVER DELTA (WATCH FACEBOOK / INSTAGRAM FOR EXACT LOCATION)

JOIN US FOR THE ANNUAL "BIG SIT". THE "BIG SIT" IS LIKE A BIG DAY. AS A TEAM OF UTAH COUNTY BIRDERS, WE **FIND AS MANY SPECIES AS POSSIBLE FROM SUNRISE TO SUNSET**. THERE IS ONE CRITICAL DIFFERENCE - ALL OBSERVATIONS MUST BE MADE **FROM WITHIN A CIRCLE NO MORE THAN 17 FEET IN DIAMETER**. (TIME SLOT SIGNUPS WILL BE AVAILABLE)

**10 NOV 21**  
**SATURDAY**  
8:00 AM

### UTAH COUNTY - "TURKEY TROT"

**CARPOOL:** PALISADE PARK IN OREM

WE WILL MEET AT PALISADE PARK IN OREM AND HEAD UP PROVO CANYON TO **SOUTH FORK**, THEN TO PROVO **EAST LAWN CEMETERY, DIAMOND FORK, PAYSON CANYON, & SANTAQUIN CANYON** TO COUNT AS MANY WILD TURKEYS AS POSSIBLE! (OTHER BIRDS WELCOME, TOO)

**11 DEC 19**  
**SATURDAY**  
7:30 AM

### UTAH COUNTY - PROVO "CHRISTMAS BIRD COUNT"

**LOCATIONS:** TO BE DETERMINED - WATCH FACEBOOK/INSTAGRAM FOR SIGN UPS

THE **CHRISTMAS BIRD COUNT (CBC)** IS THE OLDEST CITIZEN SCIENCE PROJECT IN THE U.S. A NATIONAL AUDUBON SOCIETY PROGRAM WHERE VOLUNTEERS **COUNT BIRDS IN SPECIFIC AREAS DURING A 24-HOUR PERIOD TO MONITOR BIRD POPULATIONS, ASSESS THEIR HEALTH, AND TRACK TRENDS FOR CONSERVATION**

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## PRESIDENT'S MESSAGE

See field trip report.

## BIRD OF THE MONTH

Green Heron

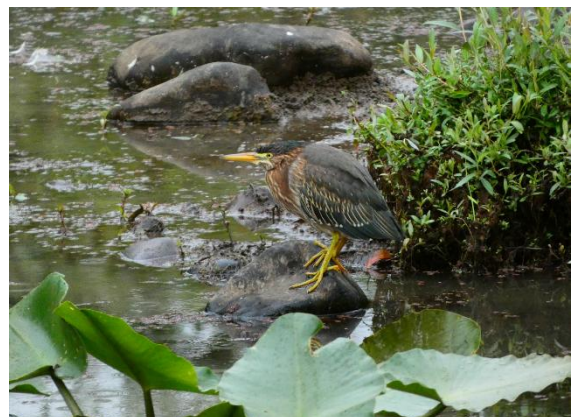
*Butorides virescens*

Text by Kristin Telford

Photos by Nichole Telford

I said previously I'd write about the Green Heron so here we go:

I was not a birder while I was growing up in Western Oregon. I became a birder in Utah about a decade ago. I didn't realize how many amazing birds I missed in Oregon until I started visiting as a birder and saw birds I didn't see in Utah. One of those birds is the Green Heron. Smaller than Black-crowned Night Herons, which we do find in Utah, Green Herons are... you guessed it... green. Well, mostly. Their backs are green. The tops of their heads are dark. They have a beautiful chestnut colored neck and front. Juveniles don't have as much of the striking contrast in color. They are duller with spots on their wings and some streaking down their front.



Like Black-crowned Night Herons, Green Herons will sit hunched up with their neck tucked into their shoulders. Great Blue Herons will sometimes tuck their necks in but will also stretch them up or out. Great Blue Herons are also more noticeable when standing by a pond or stream, due to their size and coloring. Green Herons blend in with the greenery around them and aren't as easy to spot.

They often are found around ponds and streams where they will hunt for small fish. Where a Great Blue Heron will stand in the water and dart its head in for fish, a Green Heron will often stand on a log or bank of the stream to dart its head in. Another trick a Green Heron might do is to bait the fish. It will

drop something on the surface of the water to get the fish to come up and when they do... dart and snap. Besides fish, Green Herons will also eat amphibians, some reptiles, crustaceans, bugs, and even some rodents.

Both male and female Green Herons will participate in nest building. Males will start the nest and later bring sticks for the female to continue the build. Unlike Great Blue Herons, Green Herons will not nest in big groups. They will lay three to five eggs, once or twice a year, and both male and female will care for the eggs and the babies after they hatch, with defending the nest from predators and feeding the young. Even if I don't see Green Herons in Utah, I always expect and enjoy seeing them when I visit Western Oregon. They can also be found in the Eastern part of the U.S., but I spend all my time in the West so that's where I look.

Think about a bird you expect to see when visiting friends or relatives and next time you visit, take a good look at that bird and see if you can learn something new about it.

Sources:

The Sibley Guide to Bird Life & Behavior

[allaboutbirds.org](http://allaboutbirds.org)

[audubon.org](http://audubon.org)

## FIELD TRIP REPORTS

June Field Trip: Utah County Big Day

June 6, 2026

By: KC Childs

To try and satisfy the Utah County part of the birding challenge, I decided to try a big day and go for one hundred species in Utah County. I didn't know how many people would be crazy enough to get up in the dark on a weekday and meet for a fast-paced whirlwind of a day to find 100 species, but I was pleasantly surprised to have a group of 12 of us when we met at the WalMart in Payson to give it a whirl. We started in the parking lot with birds like a California Gull, American Crow, and Great-tailed Grackle. It's not a bad start for a piece of asphalt. We then went over to Warm Springs WMA to see if we could find any of the American Bitterns that had been reported. Luckily as we got out of the car, we could soon enough hear the unique call of the American Bittern coming from the marsh. We soon were able to get eyes on it as it called from the reeds. It was a lifer for many in the group and always a highlight for any seasoned birder as well. We picked up some other marsh birds like Eastern Kingbird, Common Yellowthroat, and Willet. We then loaded up our vehicles and headed out to the fields north of the town of Goshen to see what was moving around. We were lucky to start off quick with a Common Nighthawk flying above town! Out into the grasslands we picked up important grassland species like Long-billed Curlew, Loggerhead Shrike, Swainson's Hawk, Savannah Sparrow, Horned Lark, Sandhill Crane, Northern Harrier, and White-faced Ibis. We also were treated to a pair of Blue Grosbeaks that gave us some good looks! It was a lifer for some as well. We then made a quick stop by Goshen Reservoir to see if there were any water birds around, and we were surprised to find a lot of activity. We picked up some Forster's Terns, Redhead, Cinnamon Teal, Double-crested Cormorant, American White Pelican, Clark's Grebe, and a beautiful adult Black-crowned Night Heron flew over! It was time to head for the hills and go up Dividend Road in the Tintic

Mountains. It was pretty birdy with lots of fun species. An Ash-throated Flycatcher posed nicely for us, and Mountain Bluebirds, Plumbeous Vireos, Gray Flycatcher, Juniper Titmouse, Bushtit, Bewick's Wren, Rock Wren, Black-throated Gray Warbler, and Orange-crowned Warblers were just some of the highlights of the road! We stopped in Eureka for some lunch, and then we decided to return via Elberta Slant Road. We bumped into some more fun species along the road like Gray Vireo, Black-throated Sparrow, and a very cooperative Burrowing Owl that gave everyone fantastic looks. We then raced over towards Santaquin and made a quick stop at Cedar Hollow Reservoir. We were pleased to find some new species like some Pied-billed Grebes, Caspian Tern, Gray Catbird, and Yellow-breasted Chat. We finished the day by running up Santaquin Canyon to find some mountain species. It was nice to see species like Hammond's Flycatcher, Western Flycatcher, MacGillivray's Warbler, American Dipper, White-throated Swifts, and a pair of Golden Eagles. We finished the day with 104 species total between the group. It was a lot of fun and a great challenge. We even finished in the early afternoon with time for a siesta! I sure appreciate everyone coming out and making the day so much fun! A special thanks to Suzi Holt for helping me out! We can't wait to see as many people as possible for our July field trip!



*Ash-throated Flycatcher*



*Photos by Natalie Tanner*



*American Bittern*

Keeli Marvel:

Thanks to all who came out for our bird walk on June 11 at Vivian Park in Provo Canyon; we had a HUGE turnout! Welcome to all the new folks, and the beginning birders. I hope you join us again!

What we lacked in quantity of birds we made up for in quality that night. We had a Dipper visiting a nest, saw a Hairy Woodpecker up close, got great looks at Gray Catbirds along the river, and saw a family of Belted Kingfishers. Some of us even saw a beaver in the Provo River!



*ViviAn Park evening bird walk*

## **BACKYARD BIRDS**

Steve Van Winkle, Timpooneke C.G. and Chris Flats: Fox sparrows; the second one “fits our Slate-colored Fox, that doesn’t have the two-toned bill that is common in other Fox varieties (sub-species).”



Jayla Wolfe, Salt Lake City: I am refurbishing a fence in our backyard and while clearing out some ivy to replace cedar boards, I found this beautiful ground nest. The eggs had already hatched.



*California Quail nest*