



# BIRDS OF MOUNTAIN LAKE

PHOTOS BY JONAH BENNINGFIELD

My name is Jonah Benningfield, and I have lived in the Presidio since I was two years old. When I was eight, I became interested in the world of birding, and when I was ten I became interested in photography. The two go together well, and, frankly, I had an awesome time aiding in the making of this guide, now at thirteen. If you walk through Mountain Lake Park, or really anywhere in the Presidio, at any given time of day or year, there is a very good chance that you will see more than one of the species pictured here in this guide. I hope that you enjoy it. My desire is that those who use it will walk away with somewhat of an interest, no matter how small, in birding.



Folk names of this grebe include dabchick, devil-diver, dive-dapper, hell-diver, and water witch.



**PIED-BILLED GREBE**  
13" ~ lakes and ponds

When flying, Anna's Hummingbirds' hearts beat at 1260 beats per minute.



**ANNA'S HUMMINGBIRD** ♂  
4" ~ all terrestrial habitats

This species is known to feed on parasites on the body of mule deer, hopping over the body and head of the deer.



**CALIFORNIA SCRUB-JAY**  
11" ~ native scrubland and oak woodland

Although primarily insectivorous, Phoebes will occasionally catch fish, and eat berries.



**BLACK PHOEBE**  
7" ~ shady streams and woodland with open perches

Some scientists think that Song Sparrows of wet, coastal areas have darker plumage as a defense against feather mites.



**SONG SPARROW**  
6 1/4" ~ all terrestrial habitats

It is one of only two nuthatch species in the world known to have offspring helpers at the nest.



**PYGMY NUTHATCH**  
4 1/4" ~ cypress and coniferous woodland

Wilson's Warblers can raise their black skullcaps into a crest possibly when they need to look bigger or more aggressive.



**WILSON'S WARBLER** ♂  
4 3/4" ~ riparian woodland

They can spot a mouse from a height of 100 feet.



**RED-TAILED HAWK**  
19" ~ coniferous forest and open scrubland and fields

They mainly eat insects and seeds. However, they'll sometimes eat their own droppings to gather vital nutrition in hard times.



**DARK-EYED JUNCO** ♀  
6 1/4" ~ all terrestrial habitats

Coots are kleptoparasitic, which means that when they can't hunt for their own food, they'll steal their meal from other birds.



**AMERICAN COOT**  
15" ~ ponds and lakes

Chestnut-capped Chickadees will nest and feed in the lower half of trees in order to minimize competition with Black-capped Chickadees.



**CHESTNUT-BACKED CHICKADEE**  
4 3/4" ~ riparian woodland

Black-Crowned Night Herons can hunt by vibrating their bills in the water to lure prey into investigating the disturbance.



**BLACK-CROWNED NIGHT HERON**  
25" ~ lakes and ponds with wooded edges