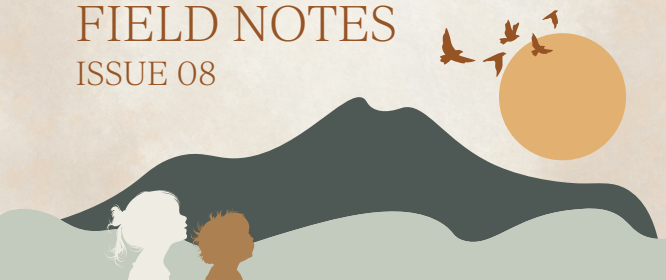


# Nat Theo Club

## FIELD NOTES

ISSUE 08



## Great Blue Heron

AVES (BIRD FAMILY)

### HABITAT:

Freshwater and marine coastal wetlands with surrounding tall trees for nesting. Often nest on islands.

### DIET:

Mainly fish but also amphibians and reptiles. Occasionally small rodents and other birds.

### FUN FACTS:

Great blue herons have crazy hairstyles! They are excellent fishers, stabbing fish with their long bills before swallowing them whole.



## HAVE YOU EVER HAD SOMETHING TAKEN AWAY THAT BELONGED TO YOU?

Our great blue herons have officially returned. They don't belong to us, of course (they are wild), but I like calling them "ours" because they return each spring to the island on the lake we live by. Their return is a very special event. The island is a "rookery" where several bird species nest each year. Along with the great blue herons, the island is home to a bald eagle pair, Red-winged blackbirds, geese, ducks, cormorants, and I even saw a pelican pair there this week. However, the great blue herons claim the majority of nests. When they return each spring, the bald eagle has already settled into one nest. The great blue herons spend a few weeks perched on their tall stilt legs on trees, telephone poles, and rooftops around the lake. They seem to be planning how to move back in.

Last year, when they returned, dozens of black cormorant birds had taken over the island. Over time, the great blue herons moved onto the island and took back claim to their nests. It's a busy place, and I love watching different bird species live together on the same small island, and to see the herons claim back what is theirs each spring.

Sometimes the enemy, Satan, tries to trick us into "giving up" something that is ours. When we follow Jesus, we gain a whole lot including forgiveness, acceptance, and identity. Satan tries to take those away or make us believe they are not ours. But we can boldly claim what is ours in Jesus. Practice reading the Bible and claiming what God says is true of you.

Ephesians 1:3 says, "All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ."

Eryn Lynum  
Master Naturalist, Bible Teacher,  
Host of the Nat Theo Podcast  
[erynlynium.com](http://erynlynium.com)



April 1, 2024