

# The Quail

Volume 69, Number 1

December 2023

## Next Monthly Program Meeting: Thursday, December 7th, 7 PM

Mount Diablo Bird Alliance will meet Thursday, December 7, in the Walnut Creek Civic Park Assembly Hall at 1375 Civic Drive, Walnut Creek, CA 94596. **Please note our new location!** 

\*As a conservation organization we encourage you to bring your own mug for coffee or tea.

#### Agenda:

6:30 PM Doors Open

7:00 PM Announcements

7:15 PM Refreshments and Raffle

7:30 PM Main Program: New Zealand - Great Walks and Great Birds

# December Main Program: New Zealand - Great Walks and Great Birds

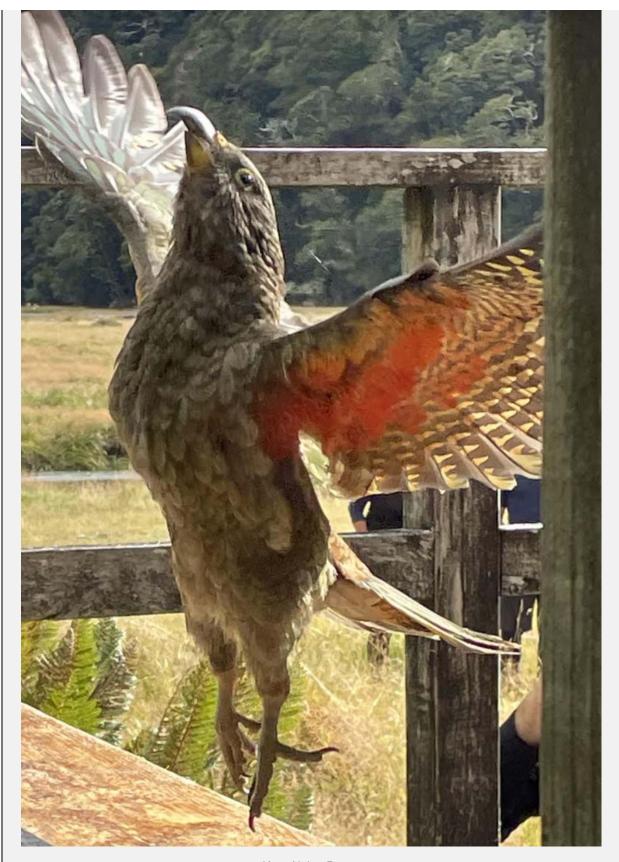
Jill Hedgecock



Photo by Jill Hedgecock

Jill Hedgecock will share photos from her hiking and birding adventures in the North and South Islands of New Zealand. Come experience the wonders of Tongariro Alpine Crossing, a trek that takes adventurous souls over an active volcano and which has been described as the best one-day trek in New Zealand. This hike also has the distinction of requiring the highest number of search and rescues! On the South Island, the 20+ mile, three-day Routeburn Great Walk offers stunning views of snow-capped mountains, mirrored lakes, and flowing turquoise water. Sections of this hike are so pristine that unfiltered water is safe to drink. New Zealand's birding opportunities did not disappoint. Photos of iridescent wood pigeons, the endemic takahe, little blue penguins, and mischievous kea parrots (the only alpine parrot in the world) will be shared.

Jill Hedgecock, who has spoken on topics from rhino conservation, microplastics, and falconry in Scotland, returns to share more of her international travels with the Mount Diablo Bird Alliance. She has a M.S. degree in Environmental Management. She previously served as the International Conservation Coordinator for the club back in the early 1990s and was a long-term leader of the Black Diamond Mine Christmas Count circle.



Kea, Alpine Parrot
Photo by Jill Hedgecock

# January Meeting & Program: Thursday, January 4th, 7 PM

Note the January Mount Diablo Bird Alliance Meeting will be via Zoom (details below).

Along with our main program, Mount Diablo Bird Alliance President Jerry Britten will report highlights of the 2023 Christmas Bird Counts.

### Main Program: Bay Area Woodpeckers

Jeffery R. Martin



Photos by Jeffery R. Martin

Woodpeckers have captured the human imagination for generations. The distant sounds of pecking, flashes of red plumage, and inevitable disappearance into the shadows of the forest evoke a sense of wonder about these extraordinary yet elusive creatures. Jeffery Martin's lecture and his close-up high-definition video segments explore the foraging strategies of our eight Bay Area woodpecker species. Insect excavation, acorn storage, the use of sap wells and other intriguing behaviors are our focus. Jeff's video segments illustrate unique evolutionary adaptations. We examine the anatomy of feet, tail, tongue and head which enable agile vertical climbing, adept grabbing of prey, and protection from concussion and dust inhalation. From the exquisite green and rose-colored Lewis's Woodpecker to the dazzling Northern Flicker, and more, we take a close-up look at the worlds of our eight North Bay Woodpeckers.

Videographer and naturalist, Jeffery Martin has filmed and produced "Bahia Wildlife Habitat" and "Birds of Las Gallinas Marsh" which can be viewed on the web sites of Marin Audubon Society and Las Gallinas Valley Sanitary District. His films, "Woodpecker Haven" and "Birds of Lake Solano and Putah Creek" have been shown at the Lake Solano Visitors Center and Solano Parks Website. His "Bay Area"

Woodpeckers" and "Foraging Behavior in Large Wading Birds" lecture/video programs have been presented at several Bay Area Audubon Societies. In the past, Jeff has contributed to the slide library, visitor literature and campfire talks for Pt. Reyes National Seashore. He has created an assortment of natural history walks, lectures and training for adults and children. In another vein, he has lectured to college faculty, students, and National Park Service Rangers on "visitor motivation" and the "psychology of nature" including on safari in East Africa. In his "day job" Jeff is a clinical psychologist and associate clinical professor at UCSF School of Medicine.

#### **Zoom Details:**

Time: Jan 4, 2024 7:00 PM Join Zoom Meeting **Here** Meeting ID: 881 2268 0065

Passcode: 869148

# President's Letter Welcome Mount Diablo Bird Alliance! Jerry Britten, MDBA President

In October, our membership voted 151 to 72 in favor of changing the name of our chapter from Mount Diablo Audubon Society to Mount Diablo Bird Alliance. By our reckoning, we become the 4th former Audubon Society Chapter to remove ourselves from the exclusionist



perceptions engendered by the name 'Audubon' and move towards a more inclusive, welcoming organization that places the enjoyment and protection of birds and their habitats first and foremost. A brief recap: in March 2023 Seattle Aububon became the first such organization to rename itself – to Birds Connect Seattle. In August 2023 Golden Gate Audubon, our sister organization to west, **became Golden Gate Bird Alliance**. In October 2023, three new Bird Alliances were formed, when Chicago, Detroit and Madison Audubon Chapters became **Chicago**, **Detroit and Badgerland Bird Alliance**, respectively. We have taken advantage of the comprehensive and deliberate process that Golden Gate Bird Alliance went through to arrive at this name, and are honored to join this alliance. We fully expect more chapters locally, regionally and nationally, to join us. We remain affiliated with the National Audubon Society who have chosen to retain the name Audubon, though, in time, perhaps, they will also join the alliance.

There have been other noteworthy developments concerning birds and birding having to do with eponymous names. On November 1, 2023 the American Ornithological Society (AOS) announced that in an effort to address past wrongs and engage far more people in the enjoyment, protection, and study of birds, it will change all English bird names currently named after people within its geographic jurisdiction (the U.S. and Canada for now, with discussions regarding other new-world locations to follow). See the press-release from the AOS **here**. This follows the first domino to fall - the name change in 2020 of McCown's Longspur to Thick-Billed Longspur, based on the negative connotation of McCown being a general in the Confederate Army.

Now begins a process to change our name on all official and business documents and accounts, webpages and social media feeds, and printed materials, and to get the word out. Our Board has set a deadline of March 15 2024 to complete the transition to our new name. Rest assured, our membership meetings, field trips and other events will proceed uninterrupted. We look forward to serving our membership as Mount Diablo Bird Alliance!

In other news, watch your mailbox for the imminent arrival of our annual fundraising letter. Please give what you can, and thank you all for continuing to support our efforts on behalf of Birds!

Stay safe, and get out there for the Birds!

### **Membership Updates**

Rochelle Fortier, MDBA Membership Chair

Welcome New Members! I want to give a warm welcome to the new members who joined in October: Lynne Armstrong, Concord; Nell Fraser, Walnut Creek; Howard Higley, Mountain View; Linda Kwong, Alamo; and Tim Seay, Martinez.



I hope to see you at our in-person meeting in December!

# Thank You to Everyone Who Gave So Generously in Fiscal Year 2022 - 2023

Steve Buffi, MDBA Treasurer

California Condor (\$1000+)

Donald Lewis, Lenora and Michael Robertson

#### California Gnatcatcher (\$250 - \$999)

Paul R. Andrews, Jerald Britten, Steve Buffi and Anne Waters, Carol and John Harkin, Claudia and Scott Hein, Ann and Donald Hughes, Richard Kleker, Bruce and Judy Kronmiller, Lynn Lakso, Jane & Michael Larkin, Norman and Christy Lundberg, Judith Olson, Paul and Nancy Schorr, Julia M. Starr, and Nancy Wenninger

#### California Thrasher (\$100 - \$249)

Carlene and Stephen Abbors, Gus and Gerry Argenal, Isaac Aronow, Jeanne Boyd, Darrell Cannon, Regina Dakin, Ian and Karin Deas, Mike Eliot, Tracy Farrington, Pam Giarrizzo, Anna Gil, Susan Heckly and Tom Howard, Rosalie Howarth, Charlotte Liniger, Steve and Susan Loftin, Herb and Randi Long, Mike Loper, William Maxwell, Robin Mitchell, Bruce Muirhead and Denise Pare-Muirhead, Patricia Najarian, Sharon Noteboom, Lorraine Osborn, Donna Preece, Dorothea Ray, Sandra S. Ritchie, Diana Schramko, Robert G. Slyker, Maury and Susan Stern, Winifred Stribling, Patricia Sullivan, Stephen Taylor, Peter L. and Dolores White, Erin M. Wilson, and Marilyn Wojcik

#### California Quail (\$25 - \$99)

Cheryl Abel, Lin and Dennis Ashlock, Ruth Beeve, RFlores Bogaert, Emmanuel Caluya, Karen Case, Margaret Clark, Don and Susan Couch, Nahide Craig, Anne Dailey, Nancy Erickson, Kent Fickett and Rebecca Beemer, Rochelle Fortier, Betsy and David Gifford, Fred Glaser, John S. Gravell, Daniel Guerra, Carol Haglund, Eric and Debbie Hinzel, Austin Hurst, David Hutton and Valerie Ventre-Hutton, Stephen Imialek, Donna and Richard Immel, Mary Jankowski, Renate Johnson, Diana Karkiewicz, Susan Dee and Edwin F. Katibah, Matty Kilpatrick, Maureen Lahiff, Mona Lange, Rennette MacIntyre, Michael Marchiano, John Masek and Margaret Elgin Masek, Bryan McElderry and Diane Schreiber, Phyllis C. Meyer, Barbara Minneman, Andrew Naegeli, Michael Nevitt, Joyce Pollack, Ron and Janice Reese, Kem and Sylvie Robinson, William and Lana Rocha, Ronald Rogness, Tod Rubin and Catherine Corey, Eric Schroeder, San Francisco Bay Bird Observatory, David and Linda Shinn, Dana Slauson, Caroline Stephens, Gary Stevens, Fred W. Sullivan, Sara Tancredy, Mary Ulrich, Daniel Weiss, Kate Westbrook and Robert Pimm, Idell Weydemeyer, Donald and Shenli Wong

#### California Towhee (to \$24)

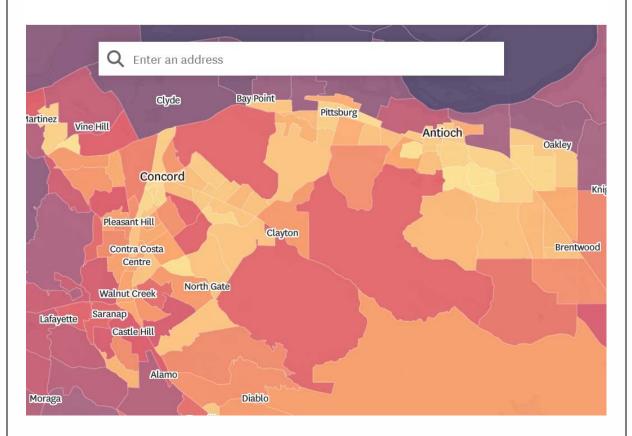
Rose Babcock, Peter Boffey, Dean Kelch, Kathryn Martinsen, Sharon Miller, David J. Morris, Louis and Yolanda Pilastro, and Dave and Bev Tucker

Every effort to accurately spell names was made. If your name or donation has not been recorded correctly or was mistakenly omitted, we offer our apologies. Please contact us, so that we can amend our records by sending an email to Steve Buffi, Treasurer, at treasurer@mtdiabloaudubon.org.

### New Climate Maps for Your Specific Neighborhood You Can Even See if Your House is Under Climate Hazard

Juan Pablo Galvan, MDBA Conservation





- 1. **Detailed Maps Show How Exposed You Are to Climate Hazards.** A zoomable map **HERE** of Bay Area neighborhoods indicates flood, fire, and other risks. Where are you on the map? This site **HERE** actually lets you search for your address to see how insurance and other business rank your climate risk. That may influence if you pay more for insurance, repairs, and other things, or if you're even dropped entirely. Want to increase the odds your house won't get flooded or burned down, or that you won't be miserable in a month-long heat wave? Take climate action NOW.
- 2. FOOD Has a Huge Climate Impact. You Can Have Deliciousness for You and Sustainability for the Planet At the Same Time! You've probably heard that beef is bad for the climate (requires tons of water, land, produces

lots of heat-trapping gases), and getting more protein from things like beans, eggs, tofu, nuts and seeds, and even other types of meat (chicken, anchovy, mussels, herring) is not only much greener, it's much healthier (more **HERE** and **HERE**). Changing how you eat is great, but we need to influence and change habits of thousands, and millions of people. How to do it? Contact your local grocery store about highlighting healthier, greener alternatives to meat. Ask your local City Council and other community leaders to bring up the topic and encourage eating less meat. With the holidays, the time to lead by example is now!

3. County Climate Action Plan Update is HERE. Comment Today! Contra Costa County has released draft updates to its General Plan and Climate Action Plan. A General Plan is a county's "constitution for development" that helps determine where and how different things like stores, manufacturing centers, housing, parks, etc, will develop or be allowed. The Climate Action Plan has detailed information and actions leaders and residents can take to confront the huge threat of climate change. You can comment on these important plans. Check them out HERE and HERE, the County wants to hear from you! You can help make the General Plan better for birds, and you can make sure the Climate Action Plan includes important actions you've read about in this newsletter and elsewhere. Weigh in today!

# Still Looking for Participants for the Central County CBC!

Jerry Britten, CBC Compiler

We could still use some people out in the field for the 69th Annual Central Contra Costa Christmas Bird Count on Saturday December 16. As of now, several leaders will be by themselves, and it's always good to have company and extra sets of eyes and ears on the routes. A good variety of habitats and hiking conditions are available. We are also looking for MDBA members to help out on an East Bay Regional Parks CBC outing the same morning at Thurgood Marshall Regional Park (still not open to the general public). You can also count birds at your property on Saturday and contribute to this count if it is within the **Central-County Count Circle**. Sign up for the Central County Count by sending an email to **mdascentralcbc@gmail.com**. We have enough participants for the East County CBC on Wednesday Dec. 20.

Thanks to everyone who has already committed to participate!



Russet-Naped Wood-Rail
Photo by J. Britten

#### From 50 Years Ago - The Quail, January 1974

Jerry Britten, MDBA President

The 1973 census of the KIRTLAND'S WARBLER, an extremely endangered species on which National Audubon has funded research, shows a gain over 1972's very low count. The increase, while not substantial, does not reflect the fact that a good many first-year warblers do not breed and therefore do not get counted. There were 201 singing males recorded in 1971, 200 in 1972 and 216 in 1973. These warblers nest only in a small part of northern lower Michigan and winter in the Bahamas.

The news is not so good for the WHOOPING CRANES. The size of the world's only remaining wild flock has dropped to 46, down from 51 last year and 59 the year before. The 46 include only one newly fledged bird. Three young had been reported last summer in Canada, where the cranes breed. Two of them arrived safely at Aransas NWR, in Texas, earlier this fall but one disappeared and no one knows how or why. Hopes are slim that there will be late arrivals from Canada or that aerial searches now underway will find some of the missing birds elsewhere in the Gulf area. (from Audubon Leader)

The above snippet from the January 1974 Quail describes the plight of two iconic North American bird species, at that time barely hanging on to existence - Kirtland's Warbler and Whooping Crane. Populations of these birds were desperately low 50 years ago. Happily, due to intensive conservation efforts over the decades involving governmental agencies and numerous conservation organizations, including local, regional and National Audubon groups, these birds are in a significantly improved situation today.

The Kirtland's warbler was removed from the U.S. Endangered Species List in 2019, although breeding habitat is still intensively managed for its conservation. A **2021 census** estimated the total population of this species to be 2245 birds. As was the case in 1974, nearly all of this population breeds in suitable habitat in the northern Lower Peninsula of Michigan. However, small numbers are now breeding in Michigan's Upper Peninsula, Wisconsin, Minnesota, and Ontario Canada.

Whooping Cranes have been slower to recover and are still listed as an Endangered Species, but the trend is positive. According to the **International Crane Foundation**, in 2022 there were 836 Whooping Cranes in the world, of which 134 were captive birds. The largest wild population, 543 birds, migrates between Wood Buffalo National Park in northeastern Alberta, Canada, and the Aransas National Wildlife Refuge in south Texas. A smaller population migrates between Wisconsin and Florida, with other small sedentary populations in Louisiana and Florida.

Although this is a feel-good recovery story, continued conservation efforts are required to grow both populations and hopefully, one day, delist the Whooping Crane.



Left: Whooping Crane, Texas. Right: Kirtland's Warbler, Michigan.

Photos by J. Britten

Jerry Britten, MDBA President

Read **this recent story** about bird collisions with glass windows in Chicago, and do what you can to advocate and install preventative measures around your place to prevent this tragic loss of bird life, second only to cats as a largely preventable killer of birds. At my own place, I have installed ribbons outside of the windows that aren't protected by external screens (see below). Over the years these have certainly reduced the frequency of bird collisions.



Photo by J. Britten

### **MDAS Trip Report**

Matt Tarlach, MDBA Field Trip Chair

**Charleston Slough Trip Report** 

Sixteen MDBA birders led by Herb and Randi Long met at Charleston Slough for this momentous event. It was our first birding trip as Mt. Diablo Birding Alliance! Other stops were Palo Alto Baylands, Nob Hill Pond, and a brief stop near the Baylands looking for the elusive Tropical Kingbird that had been sighted. No luck this time.

There was a good mix of experience on the trip and we saw 70 species, exceeding last year's total of 55. Highlights included Bald Eagle, Peregrine Falcon, Bonaparte Gull, Ridgway Rail, Eurasian Wigeon, Blue-winged teal (among the many Green-Winged Teals). Thanks to Chris Wills for recording the Ebird lists.



Photo by Matt Tarlach

#### **Lodi Lake Trip Report**

13 participants ventured out despite the threat of rain, which thankfully held off for most of our trip. We counted a total of 76 species between the Lodi Lake and Woodbridge areas. Highlights at Lodi Lake wilderness were nine Wood Ducks and a hungry Green Heron. We also had a Townsend's Warbler and many Ruby Crowned Kinglets. There were many Blacktailed Deer relaxing in the park. One beginning birder from Lodi was now anxious to go out and get a pair of binoculars!

From Lodi Lake we moved on to Woodbridge Road, where we counted about 150 sandhill cranes along various stops. It was great to see three Wilson's Snipes foraging too. The usual waterfowl of Pintails, Shovelers, Killdeer, Black-necked Stilts and Whitefaced Ibis to name a few. Four participants saw a Yellow Billed Magpie before we arrived at Lodi Lake. Very thrilling! Trip led by Mona Lange.



#### **MDAS Field Trips**

Matt Tarlach, MDBA Field Trip Chair



MDAS mounts dozens of Field Trips throughout the year, ranging from easy, accessible strolls around our local parks to longer outings, including some vigorous hikes. On each field trip, one or more leaders guides our group to the best hotspots, in the best season... but the bird-spotting is really a team effort. *Come birding with us!* 

You can see the field trip checklists we've recorded since transitioning to electronic records **here**.

To ensure that trips are not overcrowded, pre-registration through Eventbrite is required. MDAS members have priority with member sign ups opening as soon as the trip is announced in our newsletter. Non-members are welcome on our trips too! Registration opens to the public a week before the trip.

All registration closes 2 days before the trip, so leaders can know how many to expect. If you won't be able to attend a trip that you've signed up for, please cancel via Eventbrite as early as possible to open that spot up for someone else!

Out of respect for our members and community, we continue to ask participants to take sensible precautions for everyone's health. MDAS events do not require carpooling, though participants are of course free to make their own arrangements.

Field trips are ranked according to difficulty:

**Trail Rating 1: Easy.** Little walking, under 1 mile, on smooth paths.

**Trail Rating 2: Moderate.** 1 mile or more, possibly some rough terrain.

Trail Rating 3: Challenging. Extensive walking and climbing on rough terrain!

We always need new trip leaders! Please contact our field trip coordinator, **Matt Tarlach**. If you'd like some guidance in leading trips, he might be able to pair you up with an experienced leader who can show you the ropes.

### Mt. View Sanitary/McNabney Marsh Tuesday November 21, 9:00 AM - 12:00PM



Green Heron

Photo by Matt Tarlach

We expect to see a variety of water birds here, from grebes and ducks to waders and peeps. Marsh passerines and raptors might also be present. This trip is suitable for beginners.

Hike Rating: 1 - Easy. Under 1 mile on flat terrain. Unpaved paths, potentially

muddy.

Elevation change: N/A

Leader: Randy Huey, 925-518-8439

Meet: Mt. View Sanitary Visitor Center at 9:00 AM

**Directions:** Exit from I-680 southbound at Arthur Road, turn left and go under the freeway. Exit I-680 northbound at Pacheco Blvd, turn right onto Arthur Road and go under the freeway. Arthur Road will turn left. At .4 miles turn sharp left onto Mt. View Sanitary's private road. Follow the road through the entry gate, alongside the freeway and through the tunnel under I-680. Park and sign-in at the Visitor Center.

Limited to 15 participants. All Field Trips are first-registered, first-served. Participants acknowledge the MDAS Liability Waiver (available during registration).

#### Signup HERE.

# Lynch Canyon Open Space Preserve, Fairfield Saturday December 9, 10:00 AM - 2:00PM



Golden Eagle and Raven
Photo by Isaac Aronow

Lynch Canyon Open Space, an asset of the Solano County Land Trust, is a fantastic place for raptors in the winter! It's also home to grassland species, and waterbirds on the reservoir. The trails are wide and firmly packed but unpaved.

Participants will be able to choose between two routes: A loop of about 2.5 miles around Lynch Reservoir, with some gentle elevation gain; or a longer loop of about 3.25 miles with a longer, steeper climb (14% grade at one stretch). Coleaders will be present to accompany along either route. On both routes we'll stop frequently to look for raptors, and to scope the reservoir. Lynch Canyon is still a working ranch so we can expect to encounter free-ranging cattle. Some of the trails are part of the Bay Area Ridge Trail, and we may encounter bicyclists, ebikes, and equestrians.

Please bring \$6 (exact bills) for the off-season parking fee. Bring ample water (none is available on site) and sun protection. There is almost no shade on the trails. There is a pit toilet at the parking lot. Solano County Land Trust asks us to bring our own hand sanitizer. Bring snacks or lunch. On the longer loop, there are picnic tables.

Hike Rating: **2** (longer route is 3) Elevation change on the longer loop trail option is approximately 500 feet.

Leaders: Susana de Trapaga (trapaga@sbcglobal.net) 510.333.2693 and

Maureen Lahiff (MLahiff@aol.com), 510.484.6529

Meet: Parking lot for Lynch Canyon Open Space

**Directions:** Take I-80 east to exit 36, American Canyon Road/Hiddenbrook Pkwy. At the stop sign at the end of the exit ramp, turn right and then immediately left onto McGary Road, which runs alongside the freeway. After about 1.7 miles, turn left onto Lynch Road, pass under I-80, and drive all the way to the parking lot.

Heavy rain cancels the trip. We'll send an email if we're cancelling, or if weather looks iffy. Participants acknowledge the MDAS Liability Waiver (available during registration).

Signup HERE.

#### **Other Birding Opportunities**

Be sure to check the MDAS website for the most up-to-date listing of events.

Dotson Family Marsh - Point Pinole Regional Shoreline Golden Gate Bird Alliance



Photo: Bob Martinka / Macaulay Library ML 56809791

We are likely to see sparrows and Western Meadowlarks in the grassland areas. On the water, there will be many species of ducks, and shorebirds feeding on the mudflat as the tide continues to go out. This is a great area for raptors, and we may see Short-eared Owls as well. The trails are hard-packed, and fairly level, a bit narrower as we approach the jetty. Round trip is a bit less than 2 miles, out to the end of the Jetty Trail and back. Most of the terrain is exposed, with little shade. There are restrooms at the staging area. Please bring water and Snacks. Trip will be cancelled if there is heavy or steady rain. You're welcome to call the leader on Saturday morning to check if the weather is iffy.

Date: Saturday, November 25, 2023

**Time:** 1:00 PM - 4:00 PM

**Location:** Detailed directions will be emailed to those who register

Cost: Free

Registration: MLahiff@aol.com

Nature Walk: Birds, Butterflies and Blooms

**MDIA** 

Wednesday, November 29, 9:00 AM - 1:00 PM



Join naturalist Dan Fitzgerald for a nature walk in the Mitchell Canyon area. We will be looking for birds, butterflies, and some seasonal blooms. Bring water, snacks, and binoculars if you have them. The walk is about 3 miles with some elevation gain. We ask participants who are not vaccinated against COVID-19 to please wear a mask. Limited to 15 participants.

**Date:** Wednesday, November 29, 2023

**Time:** 9:00 AM - 1:00 PM

**Location:** In front of the Mitchell Canyon Visitor Center: 96 Mitchell

Canyon Road, Clayton

**Cost:** Fee: \$6 per vehicle/\$5 for seniors - exact change only.

Payable at the entrance to the Park by the stop sign.

Registration: onesuperhiker@aol.com

#### **December Gallery & Media**



Leaping as a Way of Life: Behabioral Ecology of a Neotropical Bird

See the full video **HERE** 



9 Days, 527 Birds, 55 Species

Read the article **HERE**.

Photo: Ryan Sanderson/ **Macaulay Library ML 226365711** 



Western Bluebird / Coyote Valley, Santa Clara, California, United States
Photo: Brooke Miller / Macaulay Library ML 39361821



# Buff-bellied Hummingbird / Estero Llano Grande, Hidalgo, Texas, United States Photo: Ian Davies / Macaulay Library ML 21613741

Copyright © 2021 Mt. Diablo Audubon Society, All rights reserved.

Mailing address:

P.O. Box 53 Walnut Creek, CA 94597-0053

**Email address:** 

info@mtdiabloaudubon.org

**Mount Diablo Bird Alliance Society Leadership** 

Want to change how you receive these emails? You can **update your preferences** or **unsubscribe from this list**.