



# Band Tales

Palomar Audubon Society  
A Chapter of the  
NATIONAL AUDUBON SOCIETY

Volume  
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2013

Editor  
Arne Christiansen

## HUMMINGBIRDS AT HOME – AUDUBON'S NEW CITIZEN SCIENCE PROJECT

Hummingbirds visit our yards each spring to breed, looking for nectar from our gardens and feeders. Fascinating to watch, hummingbirds captivate us with their magical feats of flight and their showy colors. The Continental U.S. is breeding home to fourteen species of hummingbirds, with a few other species making rare appearances. Recent science reports that flowers are blooming earlier and earlier due to climate change. Some flowers are blooming as many as seventeen days before the migrating hummingbirds arrive. The impact for migrating and breeding hummingbirds is unknown.

Building on our Christmas Bird Count (CBC) legacy and the more recent success of the Great Backyard Bird Count (GBBC), Audubon is launching a new program called Hummingbirds at Home. Through this new program Audubon's goal is to gather data that will help document the hummingbirds' journey, and better understand how changing flowering patterns and supplemental feeding by people relate to hummingbirds' migration and breeding success, and also climate change. Since nectar is critical to hummingbirds, we're asking people to document which flowering plants hummingbirds are feeding on in their backyards as well as whether hummingbird feeders are supplied and used. The Hummingbirds at Home program will provide an opportunity for citizen scientists to help us learn how these changes in the environment are impacting hummingbirds.

In this family-friendly program, participants will log hummingbird sightings and the flowering plants or feeders they visit, with free mobile technology or on desktop computers. Participants can also view hummingbird sightings online in real time. Scientists will use the data to better understand how hummingbirds are impacted by feeders, non-native nectar sources in gardens, shifting flowering times, and climate change.

Do you enjoy watching hummingbirds and want to become involved in this program? You can participate at a level that fits your schedule – from one sighting to watching hummingbirds over several weekends throughout the program. To learn more about this exciting citizen science project, go to:

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



## ELECTION TIME AGAIN!

Our nominating committee (Jim Beckman & Mickey Nail), has done its job by presenting our membership with a slate of Officers and new Board Members to be voted on at our next General Meeting on May 23<sup>rd</sup>. The PAS membership must now do its work by voting on this slate, and we encourage a full turnout for that purpose. Here are the nominees:

### Officers

President: Jeff Ebright  
Vice President: Jim Beckman  
Secretary: Vicki Ebright  
Treasurer: Mickey Nail

### Directors

Jan Behrhorst  
Sunny Christiansen  
Barbara Dunn  
Lyn Gamelson  
David Mathis  
Phil White



## Inside this Band Tales

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## A BIRD'S EYE VIEW

*Jeff Ebright*

We are in an active time for Palomar Audubon. By the time you read this column, we will have completed a trip to the Eastern Sierra to witness the mating dance of the Greater Sage Grouse and heard about



Doug Nail's adventures in Borneo. We have a very interesting program in May by Emily Gamelson on her experience in Israel and the birds that migrate through the region. At the May program, we also will present the slate of candidates for Officers and Board of Directors for your approval.

The biggest upcoming event is our annual picnic, which promises to be an outstanding affair. It will be held at Bert and Sharon Kersey's home in Fallbrook, where we had our picnic in 2011. I missed that picnic and was envious of those that attended after reading the recap in the July/August Band Tales. I just reread the article at our Band Tales archive and am certainly looking forward to this year's picnic. It will be a Western theme this year, and I have already bought my Western shirt. In addition to the barbequed filet mignon and ice cream bar, we plan to have a salad bar. We are also having a photo contest. In keeping with the Western theme, the photo must be of birds with "Western" in their names. There are 12 such birds in North America, 10 of which I have seen in San Diego County. You'll have my admiration if you have taken a photo of a Western Reef-Heron or Western Spindalis. To enter the contest, bring a photo with your name written on the back. The photos will be displayed and the picnic attendees will vote for their favorite. The winner will get a \$25 prize and the honor of having their photo on the main page of our website.

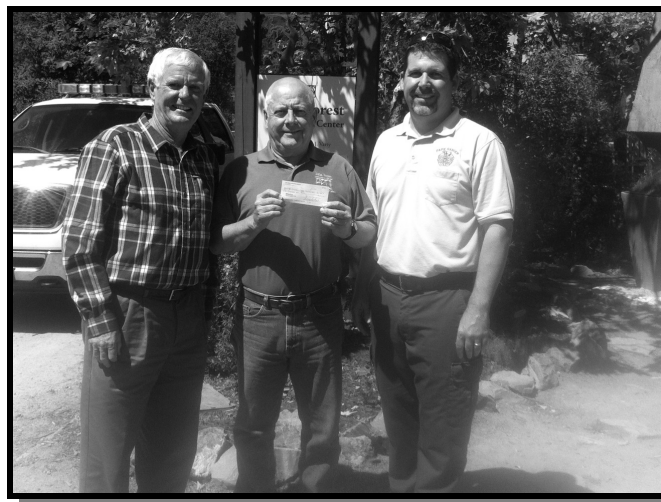
I want to thank Penny Hernandez and Mickey Nail for cleaning out a rented storage space that Palomar Audubon has rented for years. When we loaned our stuffed birds for display at the Elfin Forest Visitor Center, the need for the storage space was reduced. They sorted through old records and supplies to determine what needed to be kept. Penny volunteered to store some of our supplies at her house and rest was given to charity. Their action will save Palomar Audubon \$59 a month. I also want to thank those that have answered our appeal and donated to Palomar Audubon this year. Your support is greatly appreciated and funds the grants we give to local conservation non-profits and the scholarship to send a worthy young birder to a week long ABA camp in Colorado. If you have not decided yet on a donation, please review the follow-up appeal in this issue.

Hope to see you on one of our upcoming bird walks or programs.

## CONSERVATION NOTES

*Doug Nail*

I did not write a formal column this month, But what can be included is this picture of me in my dual role as conservation chair for PAS and his side job as a docent with The Escondido Creek Conservancy. Here I am presenting Palomar Audubon Society's gift of \$1,000 to TECC vice president Jeff Swenerton (left) and Jeff Anderson, Parks Department Supervisor with Olivenhain Water District (right). They were delighted with PAS's ongoing commitment to preserving our unique Southern California environment and support of the Elfin Forest Interpretive Center.

# FIELD TRIPS

*Jim Beckman*

Whether a seasoned birder or a beginner, you are welcome to join us. For more information call the trip leader shown below. Heavy rain cancels trips. Locations in Thomas Guide Coordinates are shown in parenthesis as (Page-Column Row). Ratings: 1=easy, suitable for all levels, 2=moderate, a bit more walking and possibly some hilly terrain, 3=challenging, longer hikes and may involve some steep terrain.

Saturday, May 4, 8:00 a.m.

## **Daley Ranch**

Escondido

**(1110-C3) Rating: 2**

From I-15 in Escondido, exit at El Norte Parkway and drive east approximately 3 miles. Look for the "Daley Ranch/Dixon Lake" signs and turn left (north) on La Honda Drive. Continue on toward Dixon Lake and to the free Daley Ranch dirt parking lot on your left. Meet at the kiosk.

Leader: Sally Sanderson

760-749-6995

Saturday, May 11, 8:00 a.m.

## **Wilderness Gardens Preserve**

Pala

**(409-E6) Rating: 2**

This small wilderness area represents a fine example of oak woodland habitat. Meet in the Wilderness Gardens parking lot, which is about 10 miles east of I-15 on Highway 76, on the south side of the highway. Parking fee required, but free with senior County pass. Bring a lunch for an after-birding picnic. Expect warm weather.

Leader: Michael Beeve

209-247-5237

Saturday, May 18, 8:00 a.m.

## **Kit Carson Park**

Escondido

**(1150-C1) Rating: 1**

From I-15 in Escondido, exit east on Via Rancho Parkway and drive about 1 mile to Park Road entrance on your left – at the fire station. Proceed on Park Road about ¾ mile to the Amphitheater parking lot on the right. Woodland, riparian, and open-area habitats usually get us a nice list of resident birds.

Leader: Sunny Christiansen

858-487-0731

Saturday, May 25, 8:00 a.m.

## **Lindo Lake**

Lakeside

**(1232-B3) Rating: 2**

From North County, take I-15 south to Highway 52 east to Mission Gorge Road. Exit here, then turn left and continue east to Woodside Ave. Go under the Highway 67 overpass staying on Woodside Ave (into Lakeside) to

the end, with the parking area on the left. From San Diego, take I-8 east to Highway 67 north, and take the Riverford Rd. exit. After exiting, turn left on Woodside Ave (into Lakeside) and continue to the end with the parking area on the left.

Leader: Penny Hernandez

760-746-8315

Saturday, June 1, 8:00 a.m.

## **Sweetwater River Gorge**

Rancho San Diego

**(1271-J6) Rating: 2-3**

From I-5, I-805, or I-15, take Highway 94 east; stay on Highway 94 as it becomes Campo Road, then turn right on Singer Lane, and then an immediate left onto the dirt parking area near the old steel bridge. This area is a rich stream habitat surrounded by native chaparral and sage scrub. There are no restrooms or drinking water available, so plan accordingly. Expect warm weather. It's a PAS tradition to eat lunch at close-by Rubio's Fresh Mexican Grill after birding.

Leader: Jim Kerr

858-442-4726

Saturday, June 8, 8:00 a.m.

## **Wm. Heise County Park/Santa Ysabel Mission**

Julian

**(1156-C5) Rating: 2-3**

From Escondido take Highway 78 east (from San Diego take Highway 67 east) to Ramona, then Highway 78 toward Julian, past Santa Ysabel. At Wynola start looking for the sign for William Heise Park (1 mile west of Julian). Turn right on Pine Hill Road and drive south for 2 miles to Frisius Road. Turn left (east) onto Frisius Road, and drive another 2 miles to the park entrance. We will meet in the parking lot. There is a parking fee, but free with a senior County pass. We will also drive to Santa Ysabel Mission to look for orioles and other spring/summer migrants. Bring a lunch for an after-birding picnic. Expect warm weather.

Leader: Jeff Ebright

858-484-3932

Saturday, June 15, 8:00 a.m.

## **Agua Dulce Creek**

Laguna Mountains

**(430-B5) Rating: 2-3**

We will meet at the old parking area for Agua Dulce Creek Group camp. Driving east on I-8, and after Pine Valley, look for signs indicating the Sunrise Highway Exit and Laguna Mountain Recreation Area. Go north on Sunrise Highway (S-1) approx. 8 miles to Wooded Hill Road, the first road on the left and directly across the road from Morris Ranch Road. Continue on the dirt road to the parking area. A US Forest

*see FIELD TRIPS, Page 4*

**FIELD TRIPS**, from Page 4

Service Adventure Pass is required for parking and is available locally in San Diego County at major sporting goods stores and at other areas in the Lagunas. Parking without this pass, and if cited, may require mailing in the day-use fee. Bring a lunch for an after-walk picnic. Expect warm weather.

Leader: Sally Sanderson

760-749-6995

Saturday, June 22, 8:00 a.m.

**Cuyamaca Rancho State Park**

Julian

**(429-L3) Rating: 2-3**

From San Diego, take I-8 east and exit north on Highway 79. Continue approximately 12 miles to the Paso Pacacho Campground on the left. From the North County, take Highway 78 (or Highway 67) to Ramona, and then continue on Highway 78 just past Julian, to Highway 79. Take Highway 79 south approximately 10 miles to the Paso Pacacho Campground on the right where we will meet. There is a day use fee. Bring a lunch for an after-walk picnic. Expect warm weather.

Leader: Doug Nail

760-451-9370

Saturday, June 29, 8:00 a.m.

**Palomar Mountain**

San Diego County

**(409-G7) Rating: 2**

This field trip will start from the parking lot at Doane Pond. Leave the Escondido area before 6:45 a.m. From I-15, take Highway 76 east to Highway S6, north to Palomar Mountain. Or from Escondido, take Highway S6 to Palomar Mountain. At the mountaintop, at the S7 intersection stop sign, turn left and continue for 3 miles on State Park Road to the Palomar Mountain State Park entrance. There is a day use fee. Proceed 1.5 miles to the Doane Pond/School Camp area.

Bring a lunch for an after-walk picnic. Expect warm weather.

Leader: Jim Beckman

858-205-2819

Saturday, July 6, 8:00 a.m.

**Lake Murray**

La Mesa

**(1250-E6) Rating: 1**

Take I-8 east to the Lake Murray Boulevard exit and proceed 1 mile north (right turn) to Baltimore Drive. Turn left and drive about 1 mile to Jackson Drive. Turn left again, proceed ¼ mile and make another left turn onto Golfcrest Drive. Continue about one mile on Golfcrest Drive to the Mission Trails Regional Park entrance on the left. Meet in the parking lot near the softball field bleachers. This location is at the northwest end of Lake Murray. Expect warm weather.

Leader: Jim Beckman

858-205-2819

## PROGRAMS

*Please join us for our interesting monthly program and refreshments at the Remington Club, 16916 Hierba Drive, Rancho Bernardo. There is a social period beginning at 7:00 pm with the meeting and program getting under way promptly at 7:30 pm.*

Thursday, May 23, 2013

### Emily Gamelson, Birder Second-Class

#### "Israel: Pursuing Paradise"

Many Jews call it home and their inheritance from God. Arabs in the area maintain a blood-feud with their half brothers. Archaeologists mine ever deeper the historical treasure troves buried by sand and time. And all the while one billion birds make the twice-annual pilgrimage through this famous Mediterranean land on their migratory routes between Europe, Asia and Africa. No doubt this land is a birder's paradise. Come see and hear about my 5 months overseas site seeing, the birds I saw and my experiencing war in Israel. May 23, 2013 at 7PM at the Remington Club, PAS monthly meeting. Hope to see you there. Q&A to follow.

## MEET THE PALOMAR AUDUBON BLOG

Are you a follower of Palomar Audubon's Blog? If not, these are some of the topics you missed in March:

- New batch of apps for bird-watchers aim to make experience more interactive
- Cornell Lab eNews: What's It Like to Find 264 Species in One Big Day?
- Therapeutic Birding
- How Climate Change Threatens the Seas – and Seafood
- Nature cam captures eagle defending nest
- Birds, Bees, and Aquatic Life Threatened by Gross Underestimate of Toxicity of World's Most Widely Used Pesticide
- Birds Evolving Short Wingspans To Dodge Traffic, Study Suggests
- Top 25 Wild Bird Photographs of the Week
- Sycamore Canyon Ridge Trail offers plenty of varying habitats as you hike
- 'Birdbrains' pour billions into economy

Visit [palomaraudubon.blogspot.com](http://palomaraudubon.blogspot.com) and keep up with announcements of PAS walks & programs, notices from other conservation groups, and interesting nature related news stories.



**T**his year's PAS Picnic will be held under the beautiful oak trees at Bert and Sharon Kersey's home in Fallbrook. It's going to be a WESTERN THEME this year, so dress in your finest Wild West wearables.

### ON THE MENU

If you leave this year's picnic hungry or thirsty, it's not our fault! Our gourmet grillers will be serving up your choice of cooked-to-order filet mignon or chicken, plus Penny's famous potato salad, birder-baked beans, and our popular "Friendship Fruit Salad," created from everyone's fruit contributions. This year we'll also have a well stocked salad bar with enough goodies to satisfy our non meat eaters. Beer, wine and non-alcoholic beverages will be served by our friendly and highly skilled bartenders.

### FUN PHOTO CONTEST - AND A RAFFLE TOO!

This year's photo contest is for "Western" birds only — that is, any bird that has "Western" as part of his name (Western Bluebird, Western Scrub-Jay, etc.). Don't be shy, bring your best shots and let the picnickers be the judge!

Feel free to bring a new bird-related item for this year's raffle. Be creative. It's all kinds of fun!

The Palomar Audubon Society expects this to be a super event, and everyone wants YOU to attend!

### HOW TO GET THERE

The picnic is at **3896 Ladera Vista Road** in Fallbrook (Thomas Guide page 1047). Most GPS's will get you real close but not quite there, so refer to the map below.

Completely lost? Phone (760) 723-1066.

### DIRECTIONS FROM THE SOUTH

- Take Interstate 15 to **Gopher Canyon Road** (Exit #41).
- After you exit, go right (east), then immediately left (north) on **Old Highway 395**. Now watch your odometer...
- Go 1 mile and turn left (west) on **Camino del Rey**.
- Go 5 miles to the traffic light, where Camino del Rey becomes **Olive Hill Road**. Keep going straight...
- Go 3.5 miles (turning right at the "T"). At the yellow left arrow sign, exit straight onto **Ladera Vista Road**.
- After the speed bump, turn left at the "**KERSEY**" sign. Continue to the cul de sac and... hey, you made it!



## 2013 PAS PICNIC - PLEASE RSVP BY MAY 24

\$25 per person — Please make your check out to PAS and mail it with this form to  
Sunny Christiansen ~ 12480 Pomerado Place ~ San Diego, CA 92128



Name(s) \_\_\_\_\_

Number of People \_\_\_\_\_ Phone (just in case) \_\_\_\_\_

How many of each: # \_\_\_\_\_ Steak # \_\_\_\_\_ Chicken # \_\_\_\_\_ Salad Bar Only

\_\_\_\_\_ I would like to help with set-up or clean-up.

**Note: Remember to DRESS WESTERN and (optional)...**

- Bring one or more "Western" bird photos for the photo contest.
- Bring a new bird-related item for the raffle.
- Bring a piece of fruit for the Friendship Fruit Salad.



## Palomar Audubon Society

P.O. Box 2483  
Escondido, CA 92033-2483

Dear Members and Friends,

A great **BIG THANKS** to those who have already responded to our 2013 fund raising letter. If you have not donated yet and no longer have the envelop from the last Band Tale mailing, please send your donation to the address above. The suggested donations are \$20 - Single, \$25 - Family, \$55 - Sponsor, \$100 - Sustaining, and \$300 - Conserving. PAS only receive about \$2 for every National Audubon membership, so your donations are our biggest funding source. You are helping make it possible for us to continue these programs.

### **Some of our accomplishments in 2012 and plans for 2013 are:**

**BIRD WALKS** – We had 48 Saturday bird walks with over 900 participants. On average over 50 bird species were observed on each walk and all areas of San Diego County were visited. We continue to look for new areas to bird and to develop new walk leaders. Palomar Audubon is building a positive reputation for the variety, quality, friendliness and encouragement of new birders on its bird walks.

**PROGRAMS** – We had 7 programs on a variety of subjects presented at monthly membership meetings. Presenters ranged from experts in their field to PAS members. We have expanded the scope of the meetings to now include birding identification education at each program.

**SCHOLARSHIP** – Cody Fluck is the recipient of the PAS 2013 Scholarship Award. Cody will attend a week long ABA Young Birders' Conference in Northern Colorado. We plan on continuing the scholarship and already have two potential candidates for 2014.

**BIRD COUNTS** - We participated in the Escondido Christmas Bird Count to gather yearly census information. The count in December was very successful with a high level of participation. PAS provided lunch for all the participants. We work to promote participation in The Great Backyard Bird Count and the recording of bird sightings in eBirds.

**PUBLICATIONS** - We continue to publish "Band Tales", our newsletter, which keeps our membership informed of our meetings, programs, weekly bird walks and items of environmental interest. We are now providing an online copy of "Band Tales" at our website. We have made improvements to our website to add a blog of articles and announcements of interest to our membership. We also added a gallery of photos taken on our bird walks

**ENVIRONMENTAL SUPPORT** - We donated to the following organizations in 2012: Wildlife Research Institute (WRI) in Ramona, San Dieguito River Valley Conservancy, The Escondido Creek Conservancy (TECC), Wilderness Gardens, and Whelan Lake. For the Wildlife Research Institute, we provide funds to do an Eagle Survey of the Ramona Grasslands and provided support to prevent development which would impact nesting Golden Eagles. We plan to continue to support these organizations in 2013. .

**BIRDING TRIPS OUTSIDE COUNTY** – We plan to continue offering these birding trips to our members. We had a very successful trip to Salton Sea in January and have scheduled a trip to the Eastern Sierras this April for Grouse mating displays.

We are successful as an organization only with your help. The **MAJOR** support for all of our programs and activities comes through your generous donations. If every one of our members donates only \$20, we would meet our financial goals and be able to continue to provide a vibrant and interesting organization for your enjoyment. We hope we have made our case and you will respond. Please make your check to Palomar Audubon Society. We are a 501(c)3 organization, so your gift qualifies as a charitable donation.

**Thank you for your support.**

The Board of Directors, Palomar Audubon Society

## PALOMAR AUDUBON SOCIETY WEL- COMES THESE NEW AND RENEWING CHAPTER-ONLY MEMBERS

Dave Cowan  
Daniel Lebeaune  
Bill Moramarco  
Cheryl and Gary Grantham  
Amrit Sidhu and Phil White  
Meredith and Michael Dow  
Beverly Warburton  
Ed Hall  
Gray and Al Church  
Pamela and John McCoy  
Bob Hoover  
Deanna Clatworthy  
Gladys Wark  
Marie Del Re  
Jill and Fred Weber  
Vinka Valdivia  
Nan and John Thomas  
Dee Grant  
The Birdwater, Julian, CA  
Miriam and William Sherrard  
Kris Kloke  
Alice Holmes

## AND WE VERY MUCH APPRECIATE THE GENEROUS SUPPORT FROM THESE DONORS:

Marj and Jim Freda  
Vicki and Jeff Ebright  
Bill Moramarco  
Cheryl and Gary Grantham  
Meredith and Michael Dow  
Beverly Warburton  
Wallace Rick  
Michael Greene  
Anna Marie Bovill Lea  
Janice and Ed Hall  
Gray and Al Church  
Mary Lou and Jim Kaae  
Bryon Swift and Valeria Merino  
Barbara Orr and Mark Mercer  
Beth and Martin Rosen  
Linda and Ed Summerhill  
Charlene and Jesse Longacre  
Anne and John Hegwer  
Ellen and Richard Fowler  
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Marcia and Tom Trowbridge  
Marjorie S. Gross Miller  
Jill and Fred Weber  
Craig Rathbun  
Carolyn Wallace  
The Birdwater, Julian, CA  
Vinka Valdivia  
Susan and Michael Cassidy  
Nan and John Thomas  
Sandy and Walt Bates  
Christine and Doug Rideout  
Nancy and Harold Dunn  
Tim Burr  
Donna and Al Pzrecha  
Kris Kloke  
Joan Perron  
Carolyn and Gordon Stables  
Mike Wittmer and Jodi Maurice

## HOW DO BIRDS SING WITHOUT PAUSING TO BREATHE?

The birds are singing now, and for good reason: breeding season is in full swing.

It's the males, of course, providing the music (females make alarm calls and other vocalizations but not songs). So how can they sing so long without pausing? Turns out birds have evolved the ability to breath and sing simultaneously.



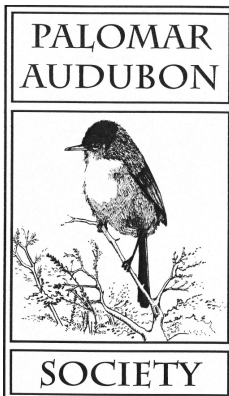
*Despite its distinctive, and warbler-like, call, the Olive Warbler has no close allies among the warblers, and may not really be a warbler at all. It is currently placed in its own family, Peucedramidae.*

D  
is for donor.

# Band Tales

## May-June, 2013

The *Band Tales* is an official publication of the Palomar Audubon Society; it is issued bi-monthly and sent to all members as a part of their National Audubon Society membership or Palomar Audubon Society Chapter-only membership.



### Band Tales

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**P.O. Box 2483**  
**Escondido, CA 92033-2483**

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##### President

Jeff Ebright ..... 858-484-3932

##### Vice-President

Jim Beckman ..... 858-205-2819

##### Secretary

Vicki Ebright ..... 858-484-3932

##### Treasurer

Mickey Nail ..... 760-451-9370

##### Directors-at-Large

Janet Behrhorst ..... 858-486-1945

Sunny Christiansen ..... 858-487-0731

Barbara Dunn ..... 760-846-6867

Elinor Foulke ..... 858-538-6788

Lyn Gamelson ..... 760-798-7927

Doug Nail ..... 760-451-9370

##### Committee Chairs

Band Tales ..... Arne Christiansen ... 858-487-0731

Conservation ..... Doug Nail ..... 760-451-9370

Exhibits ..... Penny Hernandez .... 760-746-8315

Field Trips ..... Jim Beckman ..... 858-205-2819

Fundraising ..... Committee ..... xxx-xxx-xxxx

Hospitality ..... Penny Hernandez .... 760-746-8315

Membership ..... Vicki Ebright ..... 858-484-3932

Merchandising ..... Mickey Nail ..... 760-451-9370

Programs ..... Committee ..... xxx-xxx-xxxx

Publicity ..... Mickey Nail ..... 760- 451-9370

Scholarship ..... Jim Beckman ..... 858-205-2819

Web Page: <http://www.palomaraudubon.org>

Webmaster: Kemer Thomson:  
[kemer.thomson@gmail.com](mailto:kemer.thomson@gmail.com)

## No Board of Director's Meetings In June or July

### QUICK CALENDAR

<i>May</i>	<i>4</i>	Daley Ranch Walk
<i>May</i>	<i>11</i>	Wilderness Gardens Preserve Walk
<i>May</i>	<i>18</i>	Kit Carson Park Walk
<i>May</i>	<i>23</i>	General Meeting: "Israel: Pursuing Paradise"
<i>May</i>	<i>25</i>	Lindo Lake Walk
<i>June</i>	<i>1</i>	Sweetwater River Gorge Walk
<i>June</i>	<i>8</i>	Wm. Heise County Park/Santa Ysabel Mission Walk
<i>June</i>	<i>15</i>	Agua Dulce Creek Walk
<i>June</i>	<i>22</i>	Cuyamaca Rancho State Park Walk
<i>June</i>	<i>29</i>	Palomar Mountain Walk
<i>July</i>	<i>6</i>	Lake Murray Walk