



# Band Tales

Palomar Audubon Society  
A Chapter of the  
NATIONAL AUDUBON SOCIETY

Volume  
XXVIII

January-February  
2014

Editor  
Arne Christiansen

## COME SEE WHAT YOU CAN SEE AT THE SALTON SEA!

Come join Palomar Audubon Society as we bird the Salton Sea and areas around the Sea and Imperial Valley on **February, 8th & 9th, of 2014**. Last year's trip was very successful and we are looking forward to another "birdie weekend". Our field trip this year will be led by Bob Miller of Southwest Birders: <http://www.southwestbirders.com/>. If you have been on earlier trips, you know that Bob is **THE** Salton Sea birding expert! Our trip will include a full day of birding on Saturday, February 8<sup>th</sup> and a half-day on Sunday, February 9<sup>th</sup> to allow ample time to drive home in the afternoon daylight.

If you would like to join us, please contact **Hal** or **Dianne Benham** (858-679-7904) or email them at: [davinci@san.rr.com](mailto:davinci@san.rr.com) to reserve your spot on the field trip. We are limiting the number of participants to 30 to maximize the birding experience. The cost of the trip is \$30 per person, which includes the guide fee and a small donation to PAS. To secure your reservation, please send your \$30/person check, payable to "Palomar Audubon Society" **in advance** to: Hal/Dianne Benham, 15946 Cumberland Dr., Poway, CA 92064.

Hotel rooms (non-smoking) at the **Brawley Inn** are being held for Palomar Audubon Society at a special group rate for the nights of Friday, February 7th and/or Saturday, February 8<sup>th</sup>. You are responsible for calling the Brawley Inn to reserve one of these rooms for one or both nights. Their phone number is **760-344-1199**.

The Palomar Audubon Society Salton Sea field trip is always a popular birding adventure. Don't delay making your reservation!

## A BEAUTIFUL BYE-BYE BASH!

After a successful morning of birding at the east end of Lake Hodges where 70 species were observed, more than 60 friends and birders joined us for a farewell Party for Doug and Mickey Nail. The Nails have been so generous with their birding skills and time, in addition to their warm friendship, that we shall really miss them.

Everyone brought their appetites! More than 4 pounds of homemade mini-meatballs, 144 miniature quiches, 64 beef franks-in-blankets, pizza, shrimp ceviche, veggie trays and countless dips and chips were consumed. Thanks to those who brought goodies and to Bert Kersey for designing the delightful invitation.

It was nice seeing people from Ramona, Oceanside, Fallbrook, Encinitas, San Diego and from our immediate birding circle of friends. I know the Nails enjoyed one last visit and I hope they remember us each time they look at the lineup of birds on the tray presented to them at the party.

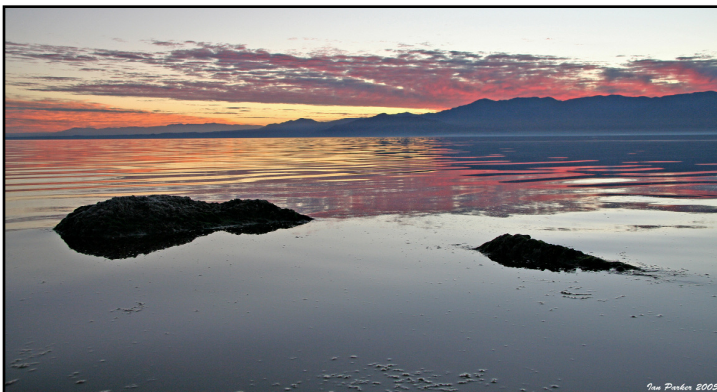
Good birding to all,

*Sunny & Penny*



## Inside this Band Tales

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## A BIRD'S EYE VIEW

*Jeff Ebright*

I recently watched "PBS Nature: My Life as a Turkey" on Netflix. It was about a naturalist that became "mother" to six wild turkeys. He spent the next 18 months with them. Spending all his time with the wild turkeys, he started to see the world through their eyes. He discovered that he felt happier by living in the moment like the turkeys. He theorized that humans spend so much time being distracted by past and future events that they miss beauty around them. I think that expresses why I love bird watching. It leads to discovery of the beauty surrounding you.

Anyway, back to business. The "Friends of Kit Carson Park" brought to Palomar's attention a proposed BMX track at Kit Carson Park. The PAS Board reviewed the proposal and felt that the development would erode the environment at the park for birds. The park is already overused and the habitat degraded. Penny Hernandez noted how Western Meadowlarks and American Kestrels used to be common in the park, but have not been seen in years. This park is home to critically endangered California Gnatcatchers and Least Bell's Vireos. The Board voted to oppose this development in Kit Carson Park. Penny attended a meeting before the Escondido Community Services commission to represent PAS on December 9th. The commission voted to turn down the proposal to build the BMX track at Kit Carson Park, but supported it being built at a different location. The Escondido City Council has the final say, so we are keeping a close eye on this proposal.

San Bernardino Valley Audubon chapter (SBVAS) initiated a review of the area their chapter represented. The map created showed that the north portion of Palomar's region was an island surrounded by their territory. We negotiated a swap of some of our areas to resolve this anomaly. PAS area defined by ZIP codes 92587 (Quail Valley), 92595 (Wildomar) & 92584 (Menifee) would be transferred to SBVAS, and their area defined by 92590, 92591 & 92563 (Temecula) would be transferred to PAS. Our Board and theirs voted to accept this swap proposal. The next step is for both Chapter's Presidents to submit paperwork to National Audubon to make the change. I have no estimate on when his change will be completed.

Hope your holidays brought you much happiness.



## CONSERVATION NOTES

*Richard Fowler*

### GETTING THE LEAD OUT

On October 11<sup>th</sup>, 2013 Governor Jerry Brown signed AB 711 into law. The law prohibits the use of all lead ammunitions for hunting in California. It is the culmination of extensive work by California Audubon (reported in the November-December Band Tale) and other conservation and health organizations over the past few years. Prior to this law lead ammunition was still permitted in much of the State for shooting deer, coyotes and other upland game. This left certain raptors — such as the Golden Eagle, Turkey Vulture, as well as the California Condor — who feed on carrion, at risk for lead toxicity. This has been borne out by captured birds that have toxic levels of lead. Unfortunately, the new law phases out lead ammunition over more than five years. AB 711 will not be fully implemented until July 2019.

From a historical perspective it is amazing how long we have struggled to rid civilization of toxic sources of lead. Early civilizations discovered the many uses of lead as well as its toxicity prior to the first century B.C. The early Romans expanded the use of lead. Lead pipes helped transport water and it was also used in pots and other kitchenware. In addition, it was the first artificial sweetener. Roman's discovered that liquids stored in lead based containers tasted sweet. This led to the isolation of lead acetate (a salt) and its use as an additional sweetener.

Workers in the Roman lead smelters paid a high price for their work because of the debilitating effects of acute lead inhalation which included neurological impairment and death. The upper class suffered from the ingestion of lead from pottery and perhaps, most of all, from the lead sweeteners which was often added to wine. Commonplace medical problems during this period, such as sterility and gout are associated with lead toxicity. There is also the interesting theory that lead toxicity was an important factor in the decline of the Roman Empire.

In the early twentieth century, the oil industry discovered the extra octane produced by tetraethyl lead (TEL) in gasoline. In spite of concerns about the toxic effect of this blend, TEL gasoline powered our car engines into the 1970's before the long phase out of TEL began. Likewise, the risk of lead toxicity from children eating lead based paint was known for many years prior to the phase out of lead paint in the 1970's. Old buildings with lead paint remained a problem for years after the phase out began.



*LEAD, from Page 2*

You may be thinking “we still use lead, is it safe?” The continued use is, of course, true. It is still widely used in Lead-acid batteries as well as in radiation shields. It is also used in some glazes for pottery. Lead has been found in some lipsticks though the FDA has not prohibited its presence at this time. Lead toxicity stems from the inhalation of lead fumes or the ingestion of lead compounds. Lead is not absorbed in any measurable way by the skin. This may not be reassuring to users of lipstick who like the sweet taste of lipsticks with lead acetate. Nonetheless, the use of lead in certain products is safe if appropriate precautions are taken and individuals are not at risk of inhaling or ingesting lead.

Apart from its toxic effect on humans, there is also the deadly effect of lead on animal life. This has been known for some time and the federal government acted in the 1990's to eliminate lead from ammunition used to kill game birds. A rebound in bird populations has been attributed to this legislation. Unfortunately there is still organized opposition to the elimination of all lead ammunition. Environmental forces were successful in the passage of AB 711, but more challenges remain. Neither Oregon, Washington, Alaska, or any other state, (except California) has eliminated all lead based ammunition. If we are to have a lead free Pacific flyway, there is more work to do.

*Richard*

**PALOMAR AUDUBON SOCIETY  
WELCOMES  
THESE NEW AND RENEWING  
CHAPTER-ONLY  
MEMBERS:**

Michael and Sonja Beeve  
Janet Behrhorst  
Louise Carmon  
Josephine Daugherty  
Eva Harden  
Sharon and Bert Kersey  
Sang Woo and Geraldine Lee  
Joan Falconer and Nabih Mansour  
Ken and Ruth Mitzner  
Gillian Moreland  
Charlotte Morris  
Linda Rasmussen  
Julie Szabo

**AND WE APPRECIATE OUR  
DONORS VERY MUCH!**

Michael and Sonja Beeve  
Paul and Joanne Casterline

## PROGRAMS

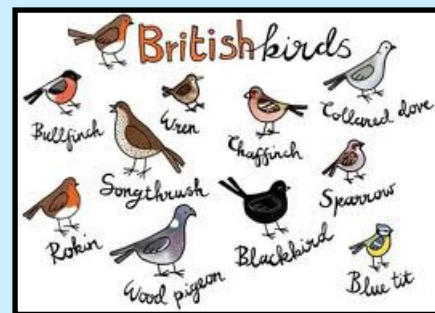
*Please join us for our interesting monthly program and refreshments at the Remington Club, 16916 Hierba Drive, Rancho Bernardo. There is a social period beginning at 7:00 pm with the meeting and program getting under way promptly at 7:30 pm.*

Thursday, January 23, 2014

### Bruce Rideout

#### “The Sounds of San Diego Birds – Beyond the Familiar”

Bruce Rideout is a disease investigation specialist for San Diego Zoo Global, where he is the director of the Wildlife Disease Laboratories. He will introduce us to the components of bird sounds and a standard vocabulary used to describe them. His goal is to install a greater appreciation for the complexity of bird vocalization and to equip people to listen more carefully to bird sounds and what these sounds reveal about the behavior and natural history of the birds we are watching.



Thursday, February 27

### Trysten Loeffke

#### “Birds of Great Britain”

Trysten is 14-year old teenager who is a co-recipient of Palomar Audubon Society's 2014 Young Birder Scholarship Award. Trysten has always been interested in wildlife and especially birds, when at an early age he and his family would find House Finch nests and watch the young chicks develop. He became a serious birder at age 10, and has been a regular field trip birder with PAS for several years. Trysten has made a couple of vacation trips with his family to Great Britain and has become “hooked” on the local birds. He will share with us his photos and discuss his birding adventures in locating some of the birds found there.



# 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, January 4, 8:30 a.m.

## **Dixon Lake**

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 toward Dixon Lake and the Daley Ranch free parking area on your left. Meet at the east end of this parking lot, adjacent the Dixon Lake entrance.

Leader: Sally Sanderson

760-749-6995

Saturday, January 11, 8:30 a.m.

## **Sweetwater River/Bonita**

National City

**(1310-C4) Rating: 2**

Take I-15 south to I-805 south and take the Sweetwater Road exit in National City. Turn right at Sweetwater Road and then right at Plaza Bonita Road. You will see the Plaza Bonita Shopping Center parking area on the left. Meet at the far west corner of the parking lot near the Outback Steakhouse. Our walk will be along the Sweetwater River where we should see a good variety of waterfowl and other birds.

Leader: Jeff Ebright

858-484-3932

Saturday, January 18, 8:30 a.m.

## **Dos Picos County Park & Rangeland Road**

Ramona

**(1171-H5) Rating: 2**

From I-15 in Rancho Bernardo go east on Rancho Bernardo Road, which turns into Espola Road (S5), and continue to Poway Road (S4). Turn left and drive east to Highway 67. Head north on Highway 67 and just before you reach Ramona, make a hard right on Mussey Grade Road (heading southwest). Continue on Dos Picos Park Road ½ mile to the park entrance on the left. There is a San Diego County Park parking fee, but free with a County senior pass.

Leader: Jim Beckman

858-205-2819



Saturday, January 25, 8:30 a.m.

## **Guajome Regional Park**

Oceanside

**(1067-D7) Rating: 2**

From Highway 78 in Oceanside, exit north on College Boulevard, and drive 4.4 miles north to Highway 76. Make a right turn on Highway 76 and continue east about ½ mile to Lake Guajome Road. Turn right (south) and drive up the hill past the park entrance, which does not open until later, and park on the street.

Leader: Doug Walkley

310-387-8190

Saturday, February 1, 8:30 a.m.

## **Oak Hill Memorial Park**

Escondido

**(1130-F1) Rating: 1**

From I-15 exit east on Via Rancho Parkway, which becomes Bear Valley Parkway, and drive 5 miles north to Glen Ridge road at Orange Glen High School. Turn right on Glen Ridge Road and proceed approximately 1 mile east to the cemetery gate. Turn left to parking area.

Leader: Penny Hernandez

760-746-8315

February 8-9

## **Salton Sea Field Trip**

**Contact** Hal or Dianne Benham, 858-679-7904, [davinci@san.rr.com](mailto:davinci@san.rr.com) to sign-up.

Saturday, February 15, 8:30 a.m.

## **San Joaquin Wildlife Sanctuary**

5 Riparian View, Irvine, CA 92612

**(Thomas Guide to Orange County, page 859 J-7)**

**Rating: 2**

Take I-5 north to the San Diego Freeway I-405, then exit on Culver and turn left. At the first signal, which is Michelson, turn right. Continue west on Michelson and then turn left on Harvard. Continue south on Harvard and then turn right on University Dr. Continue on University to Campus Drive and turn right again. Stay in the far right lane and immediately turn right on to Riparian View which will enter the San Joaquin Wildlife Sanctuary. (There is a dark green sign by the turnoff, identifying this as the route into the San Joaquin Wildlife Sanctuary) At the end of the road, you will make a sharp left turn down a steep driveway and into the parking lot. The first building you see will be the Sea & Sage Audubon House. Beyond the Audubon House are the ponds of the San Joaquin Wildlife Sanctuary and 10 miles of trail for us to explore. Allow 50 minutes from Oceanside.

Leader: Jeff Ebright

858-484-3932

**FIELD TRIPS**, from Page 4

Saturday, February 22, 8:30 a.m.

**Santa Rosa Plateau Ecological Reserve**  
Murrieta, CA**(Thomas Guide to Riverside County, page 957-C30)**  
**Rating: 2**

Allow 1 hour from Escondido. Travel north on I-15 through Temecula to Clinton Keith Road. Exit Clinton Keith to the right, then turn left and travel west on Clinton Keith for about 4 miles to the Reserve Visitor Center on your left. There is a parking fee. We will meet here and bird briefly around the center, then carpool to the vernal pools, and walk to the historic adobe Ranch House.

Leader: Jim Beckman

858-205-2819

Saturday, March 1

**San Diego Bird Festival – No Scheduled Field Trip****Olympic BirdFest 2014****Come Bird With Us!****Sequim, Washington, April 4-6**

Thanks to all participants, volunteers and sponsors, BirdFest 2013 was a great success! Mark your calendars for BirdFest 2014, April 4-6.

**Olympic Peninsula Audubon Society and Dungeness River Audubon Center**

The Olympic Peninsula Audubon Society has its "home" at the [Dungeness River Audubon Center](#).

Not only does the center provide the space for OPAS activities, it also houses a spectacular exhibit of local birds and is a wealth of information on the flora and fauna of the Olympic Peninsula.

The center is located right on the Olympic Discovery Trail that connects Port Angeles to Sequim. The historic Dungeness Railroad Bridge spans the river and allows visitors to watch birds and salmon residing and migrating through this unique riparian zone.

**Bob Hutchison***Birdfest 2014 Publicity**Olympic Peninsula Audubon Society**rbrycehut@wavecable.com***REQUEST FOR DONATED LAPTOP**

By coincidence, along with the departure of Doug & Mick-Bey Nail went the life of the laptop computer that they had kindly donated to the club many years ago: it simply gave up the ghost. Should you have a working laptop that you are not using or would like to have a good reason to upgrade, let us know. Our use is not heavy, so any gently used laptop would be much appreciated. Give the Pres. a call at 858-484-3932 if you are able to oblige our desires. Thank you.

Regards, Doug Walkley

**SAN DIEGO BIRD FESTIVAL****February 28-March 3**

The 17th annual festival takes wing on scenic Mission Bay with keynoter Dr. John Fitzpatrick, Cornell Lab of Ornithology, and special guest Bill Thompson III. Festival HQ is steps from San Diego's famous "Mile of Birds" river estuary. Events include field trips, pelagic trips, workshops, Birding & Optics EXPO, a Big Sit, and Family Free Day, plus a post-festival Baja endemics trip.

**To contact us:** contact David Kimball at [bird-fest@cox.net](mailto:bird-fest@cox.net) if you have any questions about our events, the registration process, would like to be mailed a brochure or need other information. Provide us a mailing address and we will mail a copy of the brochure to you. If you attended in 2011 or 2012, you are already on our brochure mailing list. For information about sponsoring or vendor displays, contact Karen Straus at [kstraus1@gmail.com](mailto:kstraus1@gmail.com). Click for Expo information and/or a registration form.

**YOUR 2013 BIRD OF THE YEAR**

One of California's most beloved owls was named the 2013 Audubon California Bird of the Year. The Burrowing Owl – which nests underground in burrows rather than trees – received the designation after receiving more than 48 percent of votes cast. This year, voters were encouraged to vote in two other categories. The Swainson's Hawk was named the Comeback Kid on the strength of its recovery in certain areas of the state, while the Western Snowy Plover took Cutest Fluffy Fluff.

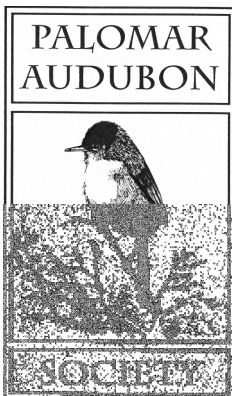
**NEW! To read Band Tales IN COLOR visit****<http://www.palomaraudubon.org>**



# Band Tales

## January-February, 2014

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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##### Vice-President

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

##### Secretary

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

##### Treasurer

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

##### Directors

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Dianne Benham .....858-679-7904

Richard Fowler .....619-252-3767

Kris Kloke .....951-500-8960

Gail Smith .....858-487-3477

Carolyn Stables .....858-705-6055

Doug Walkley .....310-387-8190

##### Committee Chairs

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Conservation... Richard Fowler .....619-252-3767

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 .... Kris Kloke .....951-500-8960

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

Publicity..... Open .....xxx-xxx-xxxx

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

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

Webmaster: Jeff Ebright: 858-484-3932

[palomaraudubon@gmail.com](mailto:palomaraudubon@gmail.com)

## Board of Director's Meeting

*Thursday, January 9<sup>th</sup>*

*Thursday, February 6<sup>th</sup>*

**7:00 p.m. at the Remington Club**  
**16916 Hierba Drive**  
**Rancho Bernardo**

*Note: All Palomar Audubon Society members are welcome at Chapter Board meetings.*

## QUICK CALENDAR

<i>January</i>	<i>4</i>	<b>Dixon Lake Walk</b>
<i>January</i>	<i>9</i>	<b>Board of Directors' Meeting</b>
<i>January</i>	<i>11</i>	<b>Sweetwater River/Bonita Walk</b>
<i>January</i>	<i>18</i>	<b>Dos Picos County Park &amp; Rangeland Road Walk</b>
<i>January</i>	<i>23</i>	<b>General Meeting: "Sounds of San Diego Birds . . ."</b>
<i>January</i>	<i>25</i>	<b>Guajome Regional Park Walk</b>
<i>February</i>	<i>1</i>	<b>Oak Hill Memorial Park Walk</b>
<i>February</i>	<i>8-9</i>	<b>Salton Sea Field Trip (no local walk scheduled)</b>
<i>February</i>	<i>15</i>	<b>San Joaquin Wildlife Sanctuary Walk</b>
<i>February</i>	<i>22</i>	<b>Santa Rosa Plateau Ecological Reserve Walk</b>
<i>February</i>	<i>27</i>	<b>General Meeting: "Birds of Great Britain"</b>
<i>March</i>	<i>1</i>	<b>San Diego Bird Festival (no local walk scheduled)</b>