



Band Tales

Palomar Audubon Society
A Chapter of the
NATIONAL AUDUBON SOCIETY

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July-August
2015

Editor
Arne Christiansen

CREATE A BIRD-FRIENDLY HABITAT

There are a number of ways to attract birds to your garden, from planting native plants to providing safe stopover areas for them to eat, drink and nest.

- **Provide water year-round** - A simple birdbath is a great start. Change water every 2-3 days in summer and use a heater in the winter. Place the water container about 10 feet from dense shrubs or other cover that predators may use.
- **Install native plants** - Select a variety of native plants to offer year-round food in the form of seeds, berries, nuts, and nectar. Try to recreate the plant ecosystem native to your area. Evergreen trees and shrubs provide excellent cover through all seasons, if they are part of your local ecosystem. The Lady Bird Johnson Wildflower Center has lists of recommended native plants by region and state.
- **Eliminate insecticides in your yard** - Insects are the primary source of food for many bird species and are an important source of protein and fats for growing juvenile birds.
- **Keep dead trees** - Dead trees provide cavity-dwelling places for birds to raise young and as a source to collect insects for food. Many species will also seek shelter from bad weather inside these hollowed out trees.
- **Put out nesting boxes** - Make sure the boxes have ventilation holes at the top and drainage holes below. Do not use a box with a perch, as house sparrows are known to sit on a nesting box perch and peck at other birds using the nesting box. Be sure to monitor the boxes for invasive animal species known to harm or outcompete native species.
- **Build a brush pile in a corner of your yard** - Start with larger logs and top with smaller branches. Some birds will hunt, roost or even nest in brush piles.
- **Offer food in feeders** - Bird feeders are great sources of supplemental food during times of food scarcity, and also enhance bird viewing opportunities.
- **Remove invasive plants from your wildlife habitat** - Many invasive plants outcompete the native species favored by birds, insects and other wildlife. Check with your local U.S. Department of Agriculture Cooperative Extension System office for information on plant species to avoid. Find your local Cooperative Extension System office.
- **Reduce your lawn area** - Lawns have little value to birds or other wildlife, and they require more energy for mowing, applying fertilizers and watering.

FROM "MY GARDEN GUIDE" WEBSITE

HUMMINGBIRD GARDENS

Written by Heleigh Bostwick



Most hummingbirds are native to Central and South America, but some live as far north as Canada, the Ruby-throated hummingbird for example. Attracting hummingbirds to your garden is fairly easy provided you meet a few requirements such as a warm climate for at least part of the year, a source of food in the form of flower nectar and small insects, and of course a herbicide and pesticide-free garden.

Like birds and butterflies, hummingbirds have evolved to pollinate specific flowering plants, particularly those with trumpet-shaped, bell-shaped, or tubular flowers. Examples of these flower shapes include bellflowers, petunias, and honeysuckle, respectively. Pay careful attention to the flower shapes. You might be surprised at what flowers have these shapes--bee balm (*Monarda spp.*), for example.

Hummingbirds are attracted by color as well (and not fragrance as one might think). The color red is a favorite of hummingbirds and the rule of thumb is to plant flowers in large blocks of color--either all of the same species or of several different species. Hummingbirds hover when feeding so plants with tall stalks work well too. As with butterfly gardens, it's also important to include a water element in your hummingbird garden. A bird bath, spray mister, shallow bowl planted at grade level or a small trough are all suitable for this purpose. Be sure there are small trees and shrubs in the garden to provide shelter and a place where hummingbirds can build nests if they're long-term residents.

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A BIRD'S EYE VIEW

Penny Hernandez

I haven't decided if this is my last letter of the year or the first letter of the year. Either way I would like to start by saying a big Thank You to everyone. I think the year has been a good one. We have seen lots of good birds, taken a wonderful trip to Kern Valley, and done some great conservation projects with more to come.



For those who did not go to the Fiesta Picnic, I think you missed out on some great fun, and good food.

We have Hal and Dianne Benham to thank for the good rice and beans, (even though they could not make the Picnic, they still cooked for us.) Arne Christiansen and Otto Talle did a wonderful job of cooking the steaks. Mr. & Mrs. Nice provided a lovely green salad and the bakers in the group showed up with fancy "birdy" desserts.

Otto Talle won for Best Tasting Dessert with his "Thank God It Wasn't A Goose" cake, Cheryl Grantham won the Best Looking Desert category with her "Hummingbird Cake," and I won the Originality category with my "Owl Pellet Cookies."

With everyone pitching in to set up and take down, a great job was done and I want to thank all at the Picnic for the help. Enjoy the attached pictures.

We will see you in September with new programs and projects. Don't forget to check Band Tales or the PAS website for the summer bird walks.

Penny

CONSERVATION NOTES

Richard Fowler

KERN VALLEY BIRD TRIP

On April 24 twelve PAS birders met in Ridgecrest for two days of intensive birding. The weather was not favorable as we had endured very strong winds on the drive from San Diego and the forecast for Saturday was more of the same.



The trip was organized by Hal and Dianne Benham and the leader for the weekend was Bob Barnes, a veteran birder who has led over 300 field trips to the surrounding areas. He is also a very active environmentalist who has successfully led, along with Audubon,

efforts to protect the watershed of the South Fork of the Kern River.

Saturday morning came early as we had a 5:45 AM departure date for our first stop, Butterbredt Springs, a small oasis of green at the end of a long unimproved road

southwest of Ridgecrest. The surrounding land is privately held, but the Audubon Society has established the Springs as a wildlife sanctuary. We identified twenty-two species in this very small area as birds kept coming in from the surrounding desert. A cooperative Hammond Flycatcher, who gave us a prolonged view of his backside, was a highlight. While birds were clearly on the move, there did not appear to be one specie that stood out by its numbers.

Our next stop was Kelso ponds, private ponds and reeds that contained an estimated 70 Tricolor Blackbirds. This appeared to be an active nesting site, so we gave the ponds a wide berth.

After lunch, we headed to Paradise Cove, a campground along Lake Isabella, the lake that joins the North and South Forks of the Kern River. In spite of the wind we identified some twenty species of birds, including five swallow species.

A stop along the Kern River Preserve was noteworthy for the Vaux Swift, moving north through the valley. We counted forty in a thirty minute period. If this continued for twelve hours, perhaps 1000 Vaux Swifts would have migrated through the valley that day.

Our final stop Saturday was the private home of Louise Knecht, the author of Knecht Ranch Wildlife on YouTube. Among her many activities Louise raises meal worms that she feeds to surrounding birds, such as the LeConte's Thrasher. Our hopes of seeing anything were dashed by strong wind gust of up to sixty MPH. However, some of us were determined to return when the weather improved.

First thing Sunday morning we traveled to another private residence in the high desert. The home was surrounded by trees and brush containing a lot of birds, Mourning and Collared Doves, as well as many warblers, mostly Yellow-rumps, but an occasional Nashville. Several Western Tanagers gave us great views as did a Costa's Hummingbird. A big surprise, even to Bob Barnes, was a Lewis Woodpecker perched on a telephone pole.

We then moved on to the Audubon Kern Valley preserve, which is owned by National Audubon and managed by California Audubon. We birded a relatively small area around the preserve headquarters and road, and were entertained by the singing of Summer Tanagers, Black-headed Grosbeaks, and Song Sparrows. Bird feeders attracted, in addition to the Grosbeaks, finches and hummingbirds. Western Bluebirds, Western Woodpeewees, Bewick's Wren's, and Western Tanagers were also noted. The group spotted a total of fifteen species at this site.

After a picnic lunch at a small park at the river outlet from Isabella Lake and a futile effort to spot an American Dipper, we headed higher on State Route 155 which crosses from West to East across the Southern Sierras. At about 5,500 feet altitude Bob stopped and began calling the Pileated Woodpecker and Townsend Solitaire without results. However, we were treated to the call of Mountain Quail and Red-Breasted Nuthatch. Some of us were treated to a great view of the Nashville Warbler.

Further up the road we stopped at the little community of Alta Vista. It had recently rained and there was a nice stand of willows along a small stream in the town. This appeared to be ideal habitat for mountain warblers. While they were present, only a few of us got a good look at the MacGillivray's Warbler.

Driving further we reached Summit Station in Sequoia National Forrest. Tall pines were on either side of the road and it was getting cold. Nonetheless Bob persisted in efforts to call out the Pileated Woodpecker without results. However we were treated to Hairy Woodpeckers, Red-breasted Sapsuckers, and the White-headed Woodpecker before we called it a day.

On Monday morning four of us resolved to again pursue the LaConte's Thrasher at Louise's home. After a tense period of nothing happening we were surprised by at least two LaConte's Thrashers venturing out of the brush. It was a great photo opportunity.

The total count for the trip was 108 species. However, more than the count, the opportunity to share the experience of birding an important habitat with others was the big reward along with the knowledge that the Audubon Society had a critical role in preserving this area, a good thing to remember the next time you get a solicitation from Audubon.

Richard



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

- Sherel Andrews**
- Kathy Askin**
- Jim Beckman**
- Tracy Henchbarger**
- Paul Jeff**
- Jerry and Arlene Martin**
- Gillian Moreland**
- Tim and Eve Murphy**
- Barbara Raab**
- James and Dee Stephens**
- Vinka Valdivia**

**WE VERY MUCH APPRECIATE
THE GENEROUS SUPPORT OF
THESE DONORS**

- Jim Beckman**
- Al and Donna Przecha**
- Carolyn Wallace**
- Diane Huneke**
- James Hall**
- Elinor Foulke**
- Doug and Christine Rideout**
- Gillian Moreland**
- Tom and Eve Murphy**
- Vinka Valdivia**

**IN MEMORIAM
PAST PRESIDENT PAUL BERGFORD
Anonymous Donor**

**NO PROGRAMS ARE SCHEDULED FOR JULY OR AUGUST. FIELD TRIPS WILL CONTINUE, BUT NOTICE THE REVISED SUMMER START TIMES. REGULARLY SCHEDULED PROGRAMS WILL RESUME IN SEPTEMBER.
HAVE A GREAT SUMMER WITH GREAT BIRDING!**

Chapter-only Membership

Chapter-only membership provides the option to choose Palomar Audubon as your Audubon chapter and have 100% of your dues support local projects and chapter activities. With a National Audubon membership, your chapter is assigned based on your zip code and only a portion of your dues goes to Palomar Audubon. Members of other Audubon Chapters may join Palomar Audubon Society as Chapter-only Members while maintaining membership in their current chapters.

Chapter-only Members may participate in all chapter activities and may serve on the Board of Directors and as officers in the chapter. They will receive our bi-monthly newsletter Band Tales. Chapter-only individual membership dues are \$20.00 a year and family memberships are \$25.00 a year. For additional information, please contact Alice Holmes at 925-212-8165 or greenheron@sbcglobal.net.

Application for Chapter-Only Membership

Membership in the Palomar Audubon Society includes a subscription to Band Tales, the Palomar Audubon's bi-monthly newsletter, and an invitation to our monthly programs and weekly field trips.

Make checks payable to Palomar Audubon Society.
Send payment with this completed form to:

Palomar Audubon Society
P.O. Box 2483
Escondido, CA 92033

Individual Membership - \$20 per year: New Member Renewal

Family Membership - \$25 per year: New Member Renewal

Additional Contribution to Palomar Audubon of \$ _____

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____

Email _____

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.

Please Note: Summer birding can be very warm so be sure to bring sunscreen and sufficient water on walks.

Saturday, July 4

Holiday - No Field Trip

Saturday, July 11, 8:00 am

Lake Murray

La Mesa

(1250 E6) Rating: 1-2

Take I-8 east to the Lake Murray Blvd. 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 on Golfcrest Drive. Continue about 1 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 on the northwest end of Lake Murray. Expect warm weather.

Leader: Jim Beckman

858-205-2819

Saturday, July 18, 8:00 am

Tijuana Estuary & 7th Street

Imperial Beach

(1349-F1) Rating: 2

Travel south on I-5 from San Diego and exit west on Coronado Avenue, which becomes Imperial Beach Boulevard. Turn left on 3rd Street to Caspian Way, turn left and then right to the Tijuana Estuary Visitor Center parking lot.

Leader: Sally Sanderson vewillow@aol.com

760-749-6995

Saturday, July 25, 7:30 am (Note Start Time)

Idyllwild Adventure (New Location!)

Riverside County

Rating: 1

Unlike our usual half day trips, our first Idyllwild outing is a full day trip, but you can expect to be back home no later than 5 pm. We will initially meet at the STAGECOACH INN in AGUANGA at 7:30 AM, where upon consuming a reasonable full breakfast, we should discover ten bird species with just a very short walkabout. To the extent we can consolidate vehicles at this point, we will then proceed to LAKE RIVERSIDE ESTATES where we will find a large number of waterfowl. After a short pit-stop at the Cahuilla Indian Casino (feel free to drop \$20 at the tables if you wish) just before Anza, we will travel to LAKE HEMET where we start to pick up mountain birds such as the Chickadee, Junco, and Nuthatch. An Eagle, Osprey, or White Pelican on the lake would be nice too. From there we are finally off to the IDYLLWILD NATURE CENTER (\$4 per person

parking fee) in hopes of catching a glimpse of the White-headed Woodpecker, as well as the Band-tailed Pigeon and both the White-breasted and Pygmy Nuthatch. We'll break for a bag lunch, so please bring one.

You are on your own after lunch. Those who don't mind a later day, might venture with us to the Black & Decker property where we may have another chance for the White-headed Woodpecker as well as Steller's Jays and perhaps a Downy Woodpecker.

Travel time from Escondido to Aguanga (our first stop) is 50 minutes, so it will be an early day. It is 1 hour and 40 minutes for the full trip back again to Escondido from Idyllwild. Birding Idyllwild is a longer field trip, but full of adventure and interesting birds.

Some may wish to stay overnight, but during the peak season most, if not all accommodations, require a minimum two-night stay and early advance reservations. Please call Doug Walkley at 310-387-8190 with questions or for accommodation suggestions.

DIRECTIONS: From Escondido, take I-15 north to Temecula. Take the Highway 79 South Exit staying right onto the Temecula Parkway/Highway 79. Continue about 16 miles on Highway 79 to the Stagecoach Inn 43851 Highway 79, Aguanga CA

Leader: Doug Walkley

310-387-8190

Saturday, August 1, 8:00 am

Robb Field/San Diego River Floodway

San Diego

(1267-J5) Rating: 1

We will visit two locations along the San Diego River Floodway to look for early migrant and returning shorebirds, often still in breeding plumage, and post-breeding dispersal Elegant Terns. From North County, take Highway 163S to I-8W and drive toward Ocean Beach. Make a slight left at Sunset Cliffs Boulevard, and then stay in the right lane. Turn right onto West Point Loma Boulevard and then right at Bacon Street. Drive straight ahead to the Robb Field parking area near the tennis courts at the east end. Bring a scope if you have one. We will also visit the nearby San Diego River Flood Control Channel and/or Famosa Slough.

Leader: Jeff Ebright

858-484-3932

Saturday, August 8, 8:00 am

Guajome Regional Park

Oceanside

(1067-D7) Rating: 2

From Highway 78 in Oceanside, exit north on College Boulevard curving left and drive 4.4 miles to Highway 76. Make a right turn and continue east about ½ mile to Lake Guajome Road. Turn right (south) and drive up the hill past the park entrance. We usually convene on this road beyond the park entrance since we gather well before the park opens. Expect warm weather.

Leader: Doug Walkley

310-387-8190

Saturday, August 15, 8:00 am

San Elijo Lagoon

Solana Beach

(1167-E6) Rating: 2

A good spot to find early fall migrants. Take I-5 to Lomas Santa Fe Drive. Go west to North Rios Avenue. Turn right (north) and go all the way to the end of North Rios Avenue. Park and meet at the end of the street near the barricade. Bring a scope, if you have one, and water and plan for warm weather.

Leader: Dave Cowan
858-437-4101

Saturday, August 22, 8:00 am

Santee Lakes

Santee, CA

(1231-A5) Rating: 2

From I -15 go east on Highway 52. Exit at Mast Blvd. Continue east on Mast Boulevard to Fanita Parkway. Turn right at Fanita Parkway and the entrance to Santee Lakes is on the right. Car entry fee is \$5. OR from Mast Boulevard, turn left on Fanita Parkway and continue north to Lake Canyon Drive. Turn right, park, and walk in the open gate for FREE. Meet in the parking lot by the General Store between lakes 4 and 5. Expect warm weather.

Leader: Jack Friery
619-218-7342

Saturday, August 29, 8:00 am

Dairy Mart Pond/Tijuana River Valley

San Diego

(1350-D5) Rating: 2

From North County, take I-15 south and merge with the I-5 south to the Dairy Mart Road Exit. Turn right on Dairy Mart Road (south). Meet just past the concrete bridge next to the large "TJRV Park" sign and the large pond on the west side of Dairy Mart Road. We will also caravan a short distance to the TJRV Park Headquarters (public restroom and bird feeders) and then visit the nearby Bird & Butterfly Gardens where we might see the elusive Black-throated Magpie Jay.

Leader: Michael Beeve
209-247-5237

Saturday, September 5, 8:00 am

Kit Carson Park

Escondido

(1150-C1) Rating: 1

From I-15 in Escondido, exit east on Via Rancho Parkway and drive about one mile northeast on Bear Valley Road to the Park Road entrance at the stoplight. Turn left, and proceed on Park Road about 3/4-mile to the Amphitheater parking lot on the right. Woodland, riparian, and open-area habitats will usually get us a nice list of resident birds. Expect warm weather.

Leader: Jim Beckman
858-205-2819

PAS 2015 PICNIC FIESTA RECAP

The 2015 PAS Picnic at the private picnic area in the Lawrence Welk Village was really fun. Forty-three participants enjoyed filet mignon steaks and chicken. Dianne and Hal Benham provided spicy Mexibears, refried beans and delicious Spanish rice. Our famous Friendship Fruit Salad added to the repast. The highlight of the day was the imaginative and colorful desserts entered into this year's "Birdy Dessert" contest. Check out the President's letter for the winners' names!

In addition to being a fun event, it was a successful fund raiser. Our chapter made \$450.00 which will be used to fund other activities. If anybody took pictures please submit them to arnec@juno.com for inclusion in the next issue of Band Tales. Thanks to Deanne Clatworthy for making all the arrangements for the picnic area and thanks to everyone who helped set up and clean up the picnic area.



FALL BIRDING CLASS

Have you wondered what that little black and yellow bird is that frequents your back yard or what is the bird chattering in the park tree? Palomar Audubon Society is offering a beginning-intermediate birding course consisting of four consecutive Tuesday classes starting September 8th at 6:30 P.M. at the Rancho Bernardo-Glassman Recreational Center, 1844 W. Bernardo Drive in Rancho Bernardo. In addition, there will be two Saturday morning field trips, the first after the first two classes and the second at the end of the course. The course will cover the classification of birds, field markings of local birds, bird behavior, vocalizations, tracking, and the different habitats in San Diego County.

Cost for entire course is \$60. Upon completion of course there will be the opportunity to participate in San Dieguito River Park Conservancy Citizen Science bird counts.

The course will be led by Phoenix Von Hendy, a long time birding leader in north San Diego County and a Certified Tracker Naturalist. For questions about the course contact Audubon Conservation Chair, Richard Fowler at rcfowl@cox.net. To register complete the form below and send with check to Palomar Audubon, P.O. Box 2483, Escondido, Ca. 92033-2483 by September 1, 2015.

REGISTRATION FORM

Name _____

Phone _____

E-mail _____

_____ Registration(s) @ \$60.00 each Total _____

Mail form and check to Palomar Audubon, P.O. Box 2483, Escondido, Ca. 92033-2483. Check must be received by September 1, 2015.

YOUR FUNDS AT WORK

Since 2011 Palomar Audubon Society has teamed with The Escondido Creek Conservancy to support a variety of projects, including creation of a birding checklist for their trails, having joint bird walks on their property including areas not open to general public, assisting with their Visitor Center at Elfin Woods, work together on a project to assist migrating birds, and coordinate education and communication projects.

Here is a picture of Jim Beckman, PAS Vice President, presenting a \$1000 PAS check to Kevin Barnard, Executive Director of The Escondido Creek Conservancy.



Band Tales

July-August, 2015

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.



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

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- Web Page: <http://www.palomaraudubon.org>
 Webmaster: Jeff Ebright: 858-484-3932
palomaraudubon@gmail.com

Board of Director's Meeting

Thursday, August 6th
 7:00 p.m. at the Remington Club
 16916 Hierba Drive
 Rancho Bernardo

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

QUICK CALENDAR

<i>July</i>	<i>4</i>	Holiday, No Field Trip
<i>July</i>	<i>11</i>	Lake Murray Walk
<i>July</i>	<i>18</i>	Tijuana Estuary & 7 th Street Walk
<i>July</i>	<i>25</i>	Idyllwild Adventure
<i>August</i>	<i>1</i>	Robb Field/San Diego River Floodway Walk
<i>August</i>	<i>6</i>	Board Meeting
<i>August</i>	<i>8</i>	Guajome Regional Park
<i>August</i>	<i>15</i>	San Elijo Lagoon Walk
<i>August</i>	<i>22</i>	Santee Lakes Walk
<i>August</i>	<i>29</i>	Dairy Mart Pond/Tijuana River Valley Walk
<i>September</i>	<i>5</i>	Kit Carson Park Walk