



Band Tales

Palomar Audubon Society
A Chapter of the
NATIONAL AUDUBON SOCIETY

Volume XXX
No. 4

November-December, 2015

Editor
Arne Christiansen

SALTON SEA TRIP

Come join Palomar Audubon Society as we bird the Salton Sea and areas around the Sea and Imperial Valley on January 30 -31, 2016. Our trip two years ago was very successful and we are looking forward to another "birdie weekend". Our field trip this year will again 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, January 30th and a half-day on Sunday, January 31st to allow ample time to drive home in the afternoon daylight.

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" to: Hal/Dianne Benham, 15946 Cumberland Dr., Poway, CA 92064. In addition to the \$30, please include the first and last name, email address, cell phone number and mailing address for each participant. If the trip fills we will begin a waiting list.

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, January 29th and Saturday, January 30th. 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!

If you have questions regarding this trip, you may contact Dianne or Hal Benham by email: davinci@san.rr.com.

ESCONDIDO CHRISTMAS BIRD COUNT SATURDAY, JANUARY 2, 2016

Each year between December 14th and January 5th, thousands of California birders and nature enthusiasts participate in one or more of the 100+ Christmas Bird Counts held in California. This year will mark the 116th year for this event.

This holiday season please join with thousands of others for this important citizen science effort across California. The one-day bird counts provide valuable data about the number of bird species and numbers of each species occurring within a set geographical area.

Palomar Audubon Society would like to extend an invitation to all birders to participate in the annual Escondido Christmas Bird Count on Saturday January 2, 2016. The count circle incorporates mostly rural areas near Escondido, Valley Center, and Ramona. Fantastic birding skills are not a requirement – an extra pair of eyes is always helpful.

The after-birding compilation meeting will be held in the early afternoon at Kit Carson Park's covered picnic shelter. The highlight of the day will be the deli-style lunch provided, courtesy of Palomar Audubon Society.

For more information contact Jim Beckman on an upcoming Saturday field trip. Jim can also be reached at (858) 205-2819. For additional information and/or team assignments contact the Escondido CBC senior compiler, Ken Weaver by phone at 760-723-2448 or by email at gncatcher@sbcglobal.net.

This year Palomar Audubon Society is making a concerted effort to have more of its members participate in this important event. Sign up now and join the fun!



Inside this Band Tales

<i>A Birds-Eye View</i>	page 2
<i>Conservation Notes</i>	page 2
<i>No Programs during November nor December</i>	
<i>Field Trips</i>	pages 4,5



For more photos and info visit:

<http://www.herpindiego.com/Salton%20Sea%20Update%202008.html>



A BIRD'S EYE VIEW

Penny Hernandez, President

Happy Holidays and a great New Year.

It's hard to believe that the holidays are fast approaching. This is a good time to remind you that we do not have meetings in November and December. The other important news is that the



Escondido Christmas Bird Count is coming up January 2nd, 2016 and we need everyone to mark their calendar and to sign up to count on that day. It's fun to do and you get a free lunch provided by Palomar Audubon Society. Should you be interested call either Jim Beckman at 858-205-2819

or me at 760-746-8315 for information on how to join the team. During October Palomar Audubon offered a birding class for the first time in a long time. The class included four classroom sessions and two field trips which everyone seemed to enjoy. Richard Fowler made all the arrangements for the class including recruiting an instructor, advertising the class and registering the attendees. He did a great job; twenty-nine people signed up and there is a waiting list for a class we hope to offer in the Spring. Should you or someone you know be interested in attending a birding class call Richard at 619-252-3767.

If you are receiving this newsletter in paper form, you know we have found someone to help print labels and tackle the Post Office. Through Ilene Littlefield (a big thanks to Ilene) we were able to recruit Tim Burr. He has been a member of PAS for years and we appreciate that he is going to give it a go. Now we need more of you to help label and seal the newsletters before they can be mailed. Please call Jan Behrhorst at 619-507-3627 to volunteer.

Not much more to say except enjoy the cooler weather on the weekly field trips, and go out there and find some great birds!

Penny



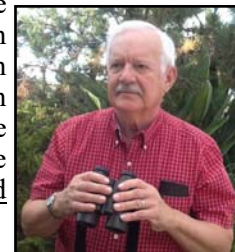
**REMINDER:
DEADLINE FOR THE
JANUARY-FEBRUARY ISSUE IS
December 15th.
SUBMIT COPY TO
arnec@juno.com**

CONSERVATION NOTES

Richard Fowler, Conservation Chair

FALL IN CAPE MAY

Located in the southeastern corner of New Jersey, Cape May County has been a birder's destination for over 200 years. Alex Wilson (Wilson's Plover, Wilson's Phalarope) was a frequent visitor from his home base in nearby Philadelphia and printed the first copy of his American Ornithology in 1808 (He has also been called the Father of American Ornithology). A subsequent notable was the ornithologist Witmer Stone who, late in life, published Bird Studies at Old Cape May (1937).



In the present day there has been a bee hive of birding activity. Besides Birding Marathons, a Birding Festival (second weekend in October), and Christmas Counts, there has been a raptor banding project every Fall since 1967, a fall hawk watch since the 1970's, a daily fall songbird count, and the Avalon Sea Watch from September to December. Although Fall has been a very active time in Cape May, birding has been popular during the spring migration (warblers) and throughout the year.

We started our Cape May birding on a warm late September day. It quickly became apparent that there were no song birds. Our leader explained to us that the east wind was pushing migrating song birds' east ward, but that the weather remained favorable for the raptors. Therefore we proceeded to Cape May Point, the site of the Cape May Hawk watch. Raptors (Osprey, Peregrine Falcons, and Sharpies were flying overhead at a regular rate with an occasional Broad-wing, Cooper's, and Merlin), but the high point was a demonstration by volunteers from the raptor banding project. That morning they had captured and banded several raptors, all immature birds. They included a male and female "Sharpie", a Cooper's Hawk, and a Red-tail. They were all removed from their metal tube one by one and we all got a close up view. One of the big surprises was the disparate size of the male and female "Sharpie" (see picture). I knew the female was bigger, but not that much bigger. After a good look the volunteers released the birds, apparently no worse for the experience.

The banded birds carry a great deal of information and it is provided to the U.S. Geological Survey. Researchers can then apply for grants to study various aspects of bird behavior through the U.S.G.S. data. If a banded bird is subsequently captured any additional data it provides is sent back to the U.S.G.S.

On our second day we visited the Avalon Sea Watch. Their staff carry out daily counts throughout the Fall months and bill themselves as "the most important sea watching site in the world" (it may be true?). It was an impressive site that jutted out into the Atlantic Ocean providing a great view of passing sea birds. Personally, it

was an exciting experience though a potential fight between a Parasitic Jaeger and several gulls did not materialize.

The remainder of the trip was marred by a large Atlantic rain storm, though it did not keep us from venturing out on a boat in the shelter of the Cape May Canal. The high or low point of this venture, depending on your view point, was watching a Great Black-backed Gull, our largest gull, devour a poor Clapper Rail that couldn't find shelter in the storm's high water.

For those of you birders who would consider a Cape May trip, keep in mind weather can change the prospects on short notice (duh). If you want to see warblers and other song birds, Spring is the best time to go. Fall is best for Raptors. Also if you are in the area, consider the Barnegat Light House and Brigantine Island, as well as the Avalon Sea Watch, all further up the Jersey coast.

Richard



(photo by Barbara Fowler)



BIRDFEST 2016

Olympic BirdFest 2016

April 15-17, 2016

For more details and to register visit the website <http://www.olympicbirdfest.org>

This festival provides participants the opportunity to view a wide variety of birds normally seen on the Olympic Peninsula. Field trips are planned for Sequim Bay, Port Angeles Harbor, Ediz Hook, Dungeness Spit, the Elwha River, Salt Creek and at Neah Bay, as well as trips through wooded areas to view songbirds and locate owls in the evening. Boat trips to Protection Island are also planned. The North Olympic Peninsula is widely known as a great place for bird watching. The day of the Olympic BirdFest is timed to overlap wintering birds and the beginning of spring migration.

In addition to the field trips, birders may participate in presentations, workshops and a banquet. A tour explaining the Jamestown S'Klallam tribal totem poles at the Tribal Center and the Seven Cedars Casino will also be offered.

Additional Event Info

Contact Information and Links:

For more details and to register visit the website at:

<http://www.olympicbirdfest.org>

360-681-4076

Festival Headquarters - Dungeness River Audubon Center

2151 W. Hendrickson Road

Sequim, WA, 98382

HELP THE POLLINATORS

Three out of every four flowering plants rely on pollinators like bees, butterflies and Hummingbirds.

But sadly, pollinators are on the decline worldwide. There's no better time to reward these hard workers for all they do than by turning your yard or garden into a welcoming haven for bees, butterflies and hummingbirds.

Here are a few tips to attract these helpful friends to your garden:

1. **Honeybees** pollinate about one-third of all crops in the United States and contribute roughly \$15 billion a year to the economy. Honeybees and smaller native bees have somewhat shorter tongues than bumblebees, so they'll appreciate tightly packed clusters of tiny flowers and shallow blossoms like some milkweeds, spirea, goldenrod and phlox.
2. **Bats** are hard at work while you're asleep, so consider night-blooming plants in addition to day

see **POLLINATORS**, Page 5

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

- Kathy Buco
- Tim Burr
- Orval Carter
- Jo Casterline
- Jim and Marj Freda
- Janice Hoople
- Charlotte Morris
- Janet Peyton
- Marilyn Schmitz
- Jon Vick

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

- Janice Hoople
- Charlotte Morris

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, November 7, 8:30 am.

Mission Bay Flood Control Channel & Famosa Slough San Diego

(1268-C4) Rating: 1

Take I-15 south to I-8. Go west on I-8 and exit north on I-5. Take the first off-ramp, Sea World Drive west to South Shores Park Dr, (stop light). Turn left and proceed to our meeting place along the frontage road adjacent to the Flood Control Channel. We will be looking for migrating waterfowl and shorebirds in the channel and bay areas and then we will drive to Famosa Slough.

Leader: Jeff Ebright
858-484-3932

Saturday, November 14, 8:30 am.

Lake Hodges East/Bernardo Bay

Rancho Bernardo

(1150 – A6) Rating: 2

From I-15, exit west at Rancho Bernardo Rd. and turn right onto West Bernardo Drive going north. Proceed to the street marked Rancho Bernardo Recreation Center (stoplight) and turn left. Drive west to the parking areas by the Ed Brown Senior Center (18402 West Bernardo Drive).

Leader: Jeff Ebright
858-484-3932

Saturday, November 21, 8:30 am.

South Bay Salt Works

National City

(1330 F4) Rating: 2

From North County, take I-15 south to I-5 and exit at Palomar St. in National City. Go west a short distance and turn left on Bay Blvd. Continue south to 1470 Bay Blvd. and the dirt parking lot on your right. Use a restroom at a fast food joint in National City before arrival – Palomar St. east etc. This location is a restricted area not open to the public. We will be driving/hiking out on the dikes extending into South Bay to view waterfowl and shorebirds. FWS Ranger Debbie Good will accompany us on this field trip.

Leader: Jim Beckman
858-205-2819

SUNDAY, November 29, 8:30 am.

San Jacinto Wildlife Area

Riverside County

(RC 749-B4) Rating: 2

NOTE: THIS A SUNDAY FIELD TRIP. From San Diego County take I-15 north to I-215. Exit at the Ramona Expressway right (east). Continue east to

Lakeview (a small town). At the stoplight, turn left (north) on Davis Road. Proceed on the asphalt and gravel road for three miles to the SJWA headquarters parking lot on the right. From Escondido, allow 75 minutes drive time.

Bring a lunch for an after-walk picnic.

Leader: Sally Sanderson
760-749-6995 vcwillow@aol.com

Saturday, December 5, 8:30 am.

Lindo Lake

Lakeside

(1232-B3) Rating: 2

From North County, take I-15 south to Hwy.52 then east to Hwy 67. Head north, and take the Winter Gardens Blvd. Exit. Turn left on Woodside Ave (into Lakeside) and continue northeast to the Lindo Lake County Park. Stay on Woodside a short distance, turn right on Chestnut St. which then becomes Lindo Lane. Park in the small parking lot on the left, next to the VFW hall at 12650 Lindo Lane.

Leader: Jack Friery
619-218-7342

Saturday, December 12, 8:30 am.

Lake Elsinore

Riverside County

Rating: 2

Take I-15 north to Lake Elsinore and exit at Railroad Canyon Rd/Diamond Drive. Proceed west towards the Baseball Stadium past Lakeshore Drive and turn right on Pete Lehr Drive. Park at the Baseball Stadium, near the lake levee entrance. Joining us will be PAS member and local Wildomar birder, Julie Szabo, who frequently birds this Riverside County birding hot spot.

Trip Leaders: Jim Beckman (858) 205-2819 and Julie Szabo (909) 239-4374.

Saturday, December 19, 8:30 am.

San Elijo Lagoon

Solana Beach

(1167-E6) Rating: 2

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. This is a good spot to view wintering waterfowl and shorebirds.

Leader: Dave Cowan
858-437-4101

Saturday, December 26, 8:30 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 Blvd. Turn left on 3rd Street to Caspian Way, turn left and then right to the Tijuana Estuary Visitor Center parking lot.

Leader: Michael Beeve
209-247-5237

Saturday, January 2, 2016

Escondido Christmas Bird Count

Palomar Audubon Society would like to extend an invitation to all birders to participate in the annual Escondido Christmas Bird Count on Saturday, January 2nd. The count circle incorporates mostly rural areas near Escondido, Valley Center, and Ramona. Fantastic birding skills are not a requirement – an extra pair of eyes is always helpful. The after-birding compilation meeting will be held in the early afternoon at Kit Carson Park’s covered picnic shelter. The highlight of the day will be the deli-style lunch provided, courtesy of Palomar Audubon Society. For more information and/or team assignments, contact Jim Beckman (858) 205-2819 or Ken Weaver (760) 723-2448) or at emailnatcher@sbcglobal.net.

Sign up now and join the fun!

Saturday, January 9, 8:30 am.

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. Drive up the hill to the free parking area on your left at the end of the road. Meet at the east end of the parking lot, near the kiosk, adjacent to the Dixon Lake park entrance.

Leader: TBA



POLLINATORS, from Page 5

-bloomers. Install a bat box on a nearby tree to encourage bats to take up residence in your yard.

- 3. Hummingbirds love brightly colored, tubular flowers. Native red trumpet honeysuckle and many types of columbine are a favorite. When blooms are few, supplement flowers with feeders filled with nectar water.
4. Butterflies move pollen on their bodies, like bees, but aren't quite as efficient as other pollinators. Attract these beauties with red, yellow, orange, pink and purple blossoms that are flat-topped or clustered and have short flower tubes.



Palomar Audubon Society Chapter-only Membership

Mail your application to:

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

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

- New Member - \$20 Renewal - \$20
New Family Member - \$25 Renewal - \$25
(payable to Palomar Audubon Society)

Contribution

Name

Address

City State ZIP

Telephone

E-mail

100% of Chapter Membership dues supports projects locally.

PROGRAMS

No programs are scheduled during the months of November and December. General meetings will resume in January on the regularly scheduled fourth Thursday of each month.

Band Tales

November-December, 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.



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

NONPROFIT ORG.
 U.S. POSTAGE PAID
 SAN DIEGO, CA
 PERMIT NO. 1515

DATED MATERIAL
Please Expedite

**PALOMAR AUDUBON SOCIETY
 OFFICERS, DIRECTORS,
 & COMMITTEE CHAIRS
 2014-2015**

- President**
 Penny Hernandez..... 760-746-8315
- Vice-President**
 Jim Beckman..... 858-205-2819
- Secretary**
 Jeff Ebright..... 858-484-3932
- Treasurer**
 Sunny Christiansen..... 858-487-0731
- Directors**
- Jan Behrhorst..... 619-507-3627
 - Dianne Benham..... 858-679-7904
 - Richard Fowler..... 619-252-3767
 - Alice Holmes..... 925-212-8165
 - Tom Trowbridge..... 760-743-1052
 - Doug Walkley..... 310-387-8190
- Committee Chairs**
- Band Tales..... Arne Christiansen. 858-487-0731
 - Conservation..Richard Fowler..... 619-252-3767
 - Exhibits Penny Hernandez . 760-746-8315
 - Field TripsJim Beckman..... 858-205-2819
 - FundraisingCommittee..... xxx-xxx-xxxx
 - HospitalityJoan Perron..... 760-747-7416
 - Membership...Alice Holmes..... 925-212-8165
 - ProgramsCommittee..... xxx-xxx-xxxx
 - PublicityOpen..... xxx-xxx-xxxx
 - Scholarship....Jim Beckman..... 858-205-2819

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

Board of Director's Meeting

Thursday, November 5th
Thursday, December 3rd

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

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

QUICK CALENDAR

- | | | |
|-----------------|-----------|---|
| November | 5 | Board of Directors' Meeting |
| November | 7 | Mission Bay Flood Control Channel & Famosa Slough Walk |
| November | 14 | Lake Hodges East/Bernardo Bay Walk |
| November | 21 | South Bay Salt Works Walk |
| November | 29 | San Jacinto Wildlife Area Walk |
| December | 3 | Board of Directors' Meeting |
| December | 5 | Lindo Lake Walk |
| December | 12 | Lake Elsinore Walk |
| December | 19 | San Elijo Lagoon Walk |
| December | 26 | Tijuana Estuary/7th Street Walk |
| January | 2 | Escondido Christmas Bird Count |
| January | 9 | Dixon Lake Walk |