LET'S SUPPORT A MAJOR CONSERVATION PROJECT

In 1999 Lake Hodges was recognized as a Globally Important Bird Area (IBA). It was so honored because of the threatened California Gnatcatcher that inhabits the coastal scrub that surrounds the lake, in addition to the two hundred some bird species that live in the surrounding area or migrate through it. How did Lake Hodges get this recognition? It was through the hard work of Palomar Audubon members and the San Dieguito River Park. Application needed to be made and resources documented, hard work that went on for several years. As a result we have a protected area, internationally recognized, practically in our back yard, and the California Gnatcatcher is doing just fine.

Palomar Audubon Society (PAS) has had some identity issues since it was founded over twenty years ago. On the one hand there were members primarily interested in birding and others who believed that conservation was an important part of our mission. This writer has been active in the organization for only three years and has not experienced the active conservation ethic that has been present in the past, however, to be fair, it has never gone away. The PAS Board has struggled with this issue over the past three years with some success. Some people have said we are too small a club or we need more money to have a conservation effect, others argue the time for activism has passed as many of the important bird areas in San Diego have been preserved. There is some truth to all of that, however, the mood appears to be changing.

This past week five PAS Board members visited two sites that are protected but not rehabilitated. One site borders Lake Hodges and the other lies in the San Dieguito River Park adjacent to Bandy Canyon Road, the site of an old homestead that needs lots of work. My impression was that members were interested in both sites, but especially excited with the possibilities for the old homestead: maybe a small pond here, a bench above it, more Toyon or Elderberry over there, a stopover for the Coast to Crest Trail that passes through, hey, there's a Bullock's Oriole and a Hooded Oriole on the same tree. Board members had lots of ideas. However, there is work to be done and approvals to obtain. We will keep you posted. There may be a fundraiser in our future.

FLASH! - LOEFKE WINS SCHOLARSHIP!

Trysten Loefke has won a youth scholarship to the Cornell Lab of Ornithology Young Birders Event 2016. This is an annual event and will be held July 7-10 in Ithaca, New York. The award of this scholarship is very competitive, and was open to teenage birders nationwide. Trysten is one of sixteen young birders selected for a scholarship award.

Congratulations Trysten!
**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 terrains.**

**Saturday, May 7, 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. Look for the sign on the south side of Highway 76 for the entrance to the Preserve. Parking fee required, but free with senior County pass. **Bring a lunch for an after-birding picnic.** Expect warm weather.

Leader: Jim Beckman  
858-205-2819

**Saturday, May 14, 8:00 a.m.**

**Kit Carson Park**  
Escondido  
**(1150-C1) Rating: 1**

From I-15 in Escondido, exit east on Via Rancho Parkway (which becomes Bear Valley Parkway) and drive about 1 mile to the Park Road entrance on your left – at the fire station. Proceed on Park Road about ¼ 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: Steve Ellis  
760-788-2106

**Saturday, May 21, 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. Turn left and continue east to Woodside Avenue. Go under the Highway 67 overpass staying on Woodside Avenue (into Lakeside) to end at the Lindo Lake County Park. From San Diego, take I-8 east to Highway 67 north, and take the Riverford Road exit. After exiting, turn left on Woodside Avenue (into Lakesides) and continue northeast to the Lindo Lake County Park. Stay on Woodside a short distance, turn right on Chestnut Street 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, May 28, 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. Fast-food joints nearby. Expect warm weather. **It's a PAS tradition to eat lunch at close-by Rubio's Coastal Grill after birding.**

Leader: Michael Beeve  
209-247-5237

**Saturday, June 4, 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. After the town of Wynola, start looking for the sign on your right for William Heise County 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 the 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 11, 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 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: Hal Benham  
858-679-7904

**Saturday, June 18, 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 7 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, June 25, 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) approximately 8 miles to Wooded Hill Road, the first road on the left and directly across the S-1 Highway from Morris Ranch Road. Continue on Wooded Hill Road to the end, where there is a parking area and restrooms. A National Forest Service Adventure Pass is required for day-use parking and is available locally in San Diego County at major sporting goods stores and at other areas in the Lagunas. Bring a lunch for an after-walk picnic. Expect warm weather.
Leader: Sally Sanderson
760-749-6995

Saturday, July 2, 8:00 am
Lake Murray
La Mesa
(1250 E6) Rating: 1-2
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 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

FROM THE NATIONAL AUDUBON WEBSITE

Bird Feeding Basics
Did you know that over 100 North American bird species supplement their natural diets with birdseed, suet, fruit and nectar obtained from feeders?
Bird feeding can benefit birds and also provides great bird watching from your own backyard. The obvious time to feed birds is in winter when natural food supplies are scarce; however, additional species visit feeders during the spring and fall migrations, and also during summer while nesting.
To keep birds coming back to your feeders in any season provide them with the following three essential elements:

- Variety of quality seed.
- Fresh water for drinking and bathing.
- Ample cover, preferably provided by native plants. Native plants also provide potential nesting sites and a source of natural food.

Keep in mind bird feeders also present potential risks, such as window collisions, predation and exposure to disease. In future issues of Band Tales we’ll take a look, as space permits, at the following items:

- Choosing a Feeder
- Feeder Maintenance
- Feeder Location
- Selecting Seed Types
- Anti-Squirrel Safeguards
- Hummingbird/Nectar Feeder

As well as answers to frequently asked questions. Or go online for the same information at:
http://web4.audubon.org/bird/at_home/bird_feeding/

Here’s a special item donated for the picnic auction/drawing - a Bausch & Lomb Elite 77mm scope paired with a Bogen Manfrotto tripod, all donated by Ron and Dee Grant. WHAT A DEAL! (but your presence at the picnic is required to have a chance to win.)
PAS ANNUAL PICNIC: AN OLD FASHIONED HOE-DOWN
SUNDAY, JUNE 12TH - 4 P.M.

The Palomar Annual Picnic will once again be held at the popular Lawrence Welk private picnic area on June 12th. Thanks to member Deanna Clatworthy for making the arrangements.

The theme of this year’s picnic will be an old-fashioned hoedown. Guys, wear your best cowboy shirt and hat and gals pull out any western gear you may have including square dance skirts, western shirts and jeans or come as you are. A prize will be awarded to the best dressed guy and gal so we’re looking forward to your “get-up.”

This year’s BBQ will be supplied by Wrangler Barbeque and will include BBQ beef and BBQ chicken. No need to make a choice; have some of each should you wish. Dinner includes baked beans, tangy coleslaw, rolls and butter. PAS will provide wine, beer and soft drinks as usual and ice cream sundaes and cookies for dessert. And don’t forget to bring fruit for the famous PAS Friendship Salad. Please fill in the form below as well as a check for $25 per person to make your reservation; mail it to Sunny Christiansen, 26739 Red Ironbark Drive, Valley Center, 92082 by June 8th.

We sure 'nough appreciate volunteers so please call Sunny at 760-297-3096 or Penny at 760-746-8315 or check off a box on the reservation form below if you can assist with the picnic.

Giddy-on-up cowboys & gals!

DIRECTIONS TO THE PICNIC:

FROM THE SOUTH:
Go I-15 to Deer Springs/Mountain Meadows Rd. exit.
Turn right after Deer Springs Rd. exit
Take the first left onto Champagne Blvd.
Go 2.1 miles
Turn right on Champagne Village Dr.
(Someone will open the gate for PAS members)
Turn right immediately on Live Oak Lane
Park will be on the left.

FROM THE NORTH:
Go I-15 S to Gopher Canyon/Old Castle Rd. exit.
Turn left onto Gopher Canyon Rd.
Take the second right onto Champagne Blvd.
Go 5.5 miles
Turn left on Champagne Village Dr.
(Someone will open the gate for PAS members)
Turn right immediately on Live Oak Lane
Park will be on the left.

2016 PAS PICNIC - PLEASE RSVP BY JUNE 12TH
$25 per person – Please make your check out to PAS and mail it with this form to Sunny Christiansen – 26739 Red Ironbark Drive, Valley Center, CA 92082

Name: ________________________________

Number of People _____ Phone (just in case) ________________________

Do you prefer _____ Beer, _____ Soft Drinks , _____ Water or _____ Wine

I would like to help with setup ____ , cleanup ____or bartending ____.

NOTE: PLEASE REMEMBER TO BRING A PIECE OF FRUIT FOR THE FRIENDSHIP SALAD.

ALSO, PLEASE BRING A DIGITAL CAMERA IF YOU OWN ONE.
SEND PHOTOS TO arnec@juno.com AND WE’LL FIT AS MANY AS WE CAN IN THE NEXT ISSUE OF BAND TALES ALONG WITH A PICNIC RECAP.
Feel free to bring a “birdy” item for the raffle.
**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 26, 2016**

**Ed Henry**  
“Birds of South Africa”

In November of 2014 and over sixteen days, Ed Henry photographed birds and a few mammals in South Africa. He documented many species of birds and will show us the best of his photos. Ed taught Anthropology and Ethnomusicology at San Diego State University for 33 years before doing more serious birding and bird photography. Ed is currently on the Board of Directors with the San Diego Audubon Society. This is Ed's second presentation for Palomar Audubon Society. Excellent photos. Don't miss this one!

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**Election Time Again!**

Our nominating committee has done its job by presenting our membership with a slate of Officers and Board Members to be voted on at our next General Meeting on Thursday, May 26. 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: Penny Hernandez
- Vice President: Jim Beckman
- Secretary: Jeff Ebright
- Treasurer: Sunny Christiansen

**Directors**
- Dianne Benham
- Richard Fowler
- Alice Holmes
- Robin Kohler
- Tom Trowbridge
- Doug Walkley

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**Palomar Audubon Society welcomes these new and renewing Chapter-only members**

- Curt and Barbara Asman
- Walt and Sandy Bates
- Hal and Dianne Benham
- Gray Church
- Deanna Clatworthy
- Richard Cook
- Dave Cowan
- John and Gail Delalla
- Mike and Meredith Dow
- Jeff and Vicki Ebright
- Gary and Cheryl Grantham
- Robert Hoover
- Jill Leibowitz and family
- Mary Marquis
- Gill Moreland
- Gail Smith
- Julie Szabo
- John and Nan Thomas
- Tom Trowbridge

**And we very much appreciate the generous support from these donors:**

- Walt and Sandy Bates
- Gray Church
- Richard Cook
- Mike and Meredith Dow
- Gary and Cheryl Grantham
- Robert Hoover
- Gill Moreland
- John and Nan Thomas
- Beverly Warburton
Band Tales
May-June, 2016

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.

Quick Calendar

**May**
- 5: Board of Directors’ Meeting
- 7: Wilderness Gardens Preserve Walk
- 14: Kit Carson Park Walk
- 21: Lindo Lake Walk
- 26: General Meeting: “Birds of South Africa”
- 28: Sweetwater River Gorge Walk

**June**
- 4: William Heise County Park/Santa Ysabel Mission Walk
- 11: Cuyamaca Rancho State Park Walk
- 12: Annual Picnic
- 18: Palomar Mountain Walk
- 25: Agua Dulce Creek Walk
- 2: Lake Murray Walk

**July**

Board of Directors’ Meeting

*Thursday, May 5*th

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.

No Board of Directors’ Meeting in June