



Band Tales

Palomar Audubon Society
A Chapter of the
NATIONAL AUDUBON SOCIETY

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No. 6

May-June
2016

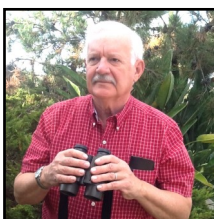
Editor
Arne Christiansen

CONSERVATION NOTES

Richard Fowler

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.

Richard

A BIRD'S EYE VIEW

Penny Hernandez

Let me start my letter by asking you to find two items in this newsletter that needs your attention. The first one is the beautifully designed postcard, thank you Dianne Benham, and the notice of the upcoming annual picnic.

I am hoping the postcard will inspire you to once again help the Chapter with your donations. Your Board Members are working on finding a suitable project that we can all be proud of and is useful to the environment. If you read Richard Fowler conservation letter this month you will get an idea of what kind of projects we are thinking about. These projects plus the usual mailings and scholarships and meetings cannot be accomplished without your donations. Thank you in advance for your generosity.

The second item is our annual picnic. Read all about it and return the attached coupon with your checks. Ask anyone who has been to one of our picnics and you'll find out what great food, raffle gifts, games, and company we have every year. Don't miss out. Please bring your spouse, friend, or a good looking cowboy or cowgirl and enjoy a wonderful day.

Don't forget the picnic is officially the last meeting until September. We do continue our field trips every Saturday.

See you around,

Penny



FLASH! - LOEFKE WINS SCHOLARSHIP!

Trysten Loeffke 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!

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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 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: 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 Lakeside) 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



(just a peek at this year's picnic site)

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.

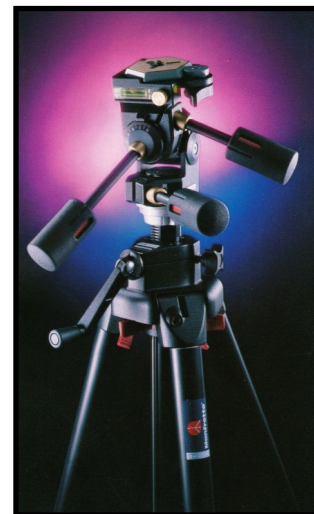
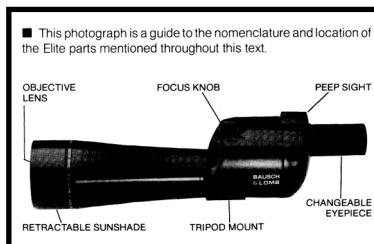
Keep in mind bird feeders also present potential risks, such as window collisions, predation and exposure to disease. In future issues of *Band Tales* we'll take look, as space permits, at the following items:

- 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!



No General Meeting in June but walks continue

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



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:

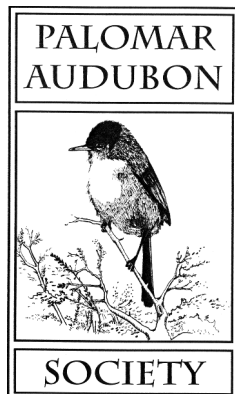
Walt and Sandy Bates
Gray Church
Richard Cook
Mike and Meredith Dow
Gary and Cheryl Grantham
Robert Hoover
Gill Moreland
John and Nan Thomas
Beverly Warburton



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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.



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Palomar Audubon Society
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PALOMAR AUDUBON SOCIETY OFFICERS, DIRECTORS, & COMMITTEE CHAIRS 2015-2016

President

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

Vice-President

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

Secretary

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

Treasurer

Sunny Christiansen..... 760-297-3096

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. 760-297-3096

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..... Open xxx-xxx-xxxx

Membership... Alice Holmes 925-212-8165

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

Board of Directors' Meeting

Thursday, May 5th

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

QUICK CALENDAR

<i>May</i>	<i>5</i>	Board of Directors' Meeting
<i>May</i>	<i>7</i>	Wilderness Gardens Preserve Walk
<i>May</i>	<i>14</i>	Kit Carson Park Walk
<i>May</i>	<i>21</i>	Lindo Lake Walk
<i>May</i>	<i>26</i>	General Meeting: "Birds of South Africa"
<i>May</i>	<i>28</i>	Sweetwater River Gorge Walk
<i>June</i>	<i>4</i>	William Heise County Park/Santa Ysabel Mission Walk
<i>June</i>	<i>11</i>	Cuyamaca Rancho State Park Walk
<i>June</i>	<i>12</i>	Annual Picnic
<i>June</i>	<i>18</i>	Palomar Mountain Walk
<i>June</i>	<i>25</i>	Agua Dulce Creek Walk
<i>July</i>	<i>2</i>	Lake Murray Walk