



Band Tales

Palomar Audubon Society
A Chapter of the
NATIONAL AUDUBON SOCIETY

Volume XXXI
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November-December, 2016

Editor
Arne Christiansen

CHANGE TO MAILING OF BAND TALES NEWSLETTER

Beginning with the Jan/Feb Issue of Band Tales, we will only mail printed copies to Chapter Members and discontinue mailing to members with only a National Audubon membership. You can become a Chapter Member by purchasing a Chapter Membership or donating \$25 or more. This entitles you to receive a printed copy of the newsletter mailed to your home for a year. Any donation of \$20 or more made in 2016 will entitle the donor to a Chapter Membership for one year following the donation.

An online copy of Band Tales is available to everyone at the PAS website: <http://www.palomaraudubon.org>. At the website, you can access the current Band Tales from a link at the top of the Home page. You can access an archive of Band Tales from the drop down menu at the top of the page: *About Us à Newsletter*. There is also a Site Index on the right side of the page that you can use to go to the Newsletter page. We have newsletters going back to the Jan/Feb Issue of 2012. The online copy of Band Tales is in color.

There are two reasons why the Board of Directors decided to make this change. The first reason is financial. Printing and mailing the newsletter is our single largest cost. Palomar Audubon's share of the dues you pay to National Audubon covers only 44% of the cost of mailing the newsletter. The other reason is a shortage of volunteer labor. With the recent retirement of several of our longtime volunteers who handled management of the mailing list, printing labels and taking the finished product to the post office finding volunteers to perform these tasks has been a struggle. Volunteers will continue to apply address labels, seal the newsletters and deliver them to the post office but with a much-reduced workload.

Mailing newsletters has been a challenge for all the Audubon Chapters. When the Board of Directors started work on this change, they looked at how other local chapters chose to handle mailing of newsletters and modeled the above change on the way they provide their newsletters. The Board of Directors' hope is that you will understand and accept the reasons for this change.

Because PAS will now mail **Band Tales** first class we shall investigate printing expiration dates of the members' local chapter dues on each address. Members have requested this enhancement but the Postal Service would not allow it on "Permit" mailings so we shall have to research applicable postal regulations.

CHAPTER MEMBERSHIP CHANGE

On January 1st, 2017 the cost of Chapter Membership will be changed to \$25 and the different levels (Individual & Family) will be combined into one.

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. One hundred percent of the Chapter Membership dues support local projects and Chapter activities. Palomar Audubon Society receives only a small fraction of the dues paid for a National Audubon membership.

Keep your National Audubon Society membership! But please, also join Palomar Audubon Society Chapter.

**NOTICE--
IMPORTANT
CHANGES!**

Inside this Band Tales

- A Birds-Eye Viewpage 2*
- Conservation Notespage 2-3*
- No Programs during either November nor December*
- Field Trips.....pages 4-5*

A BIRD'S EYE VIEW

Penny Hernandez, President

Cooler mornings, warm beautiful days, Liquid Amber trees turning to fall colors, It must be fall. The great thing about birding in fall is the trees have lost their leaves and you can see the birds easier. The hard thing about fall is the male birds have lost their colors making it harder to identify. Another sign of fall/winter is the



White-crowned Sparrows and Yellow-rump Warblers have returned. If you are a new birder, be sure to join our fall walks and learn the wonderful winter birds that visit San Diego County.

Look elsewhere in the newsletter for news about the newsletter. How's that for a sentence? Some changes are coming in January, don't miss it.

Our new education director, Robin Kohler, is looking for more ways to offer education to our members and community. The birding classes offered by Palomar Audubon under Richard Fowler's direction have been very popular and have encouraged PAS to offer more education programs. If you are interested in helping her or have some education projects please contact Robin. Our scholarship funds have been recently increased thanks to an anonymous donor. I would like to personally thank that person or persons. It's so important to educate our youth through fun and well informed classes and camps.

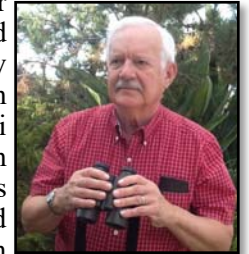
Penny

CONSERVATION NOTES

Richard Fowler, Conservation Chair

“THE GENIUS OF BIRDS”

Jennifer Ackerman, in her newest book, “The Genius of Birds (2016)” commences her fascinating account of bird intelligence by reporting on the arguably most intelligent bird, the New Caledonian Crow (NCC). Readers may immediately check their memory banks for New Caledonia and its location. To refresh your memory it is a substantial island in the South Pacific about halfway between Fiji and Australia. It came to the attention of the birding world back in the 1990s by reports that the NCC could construct tools in the wild and pass on the skill to succeeding generations. The NCC was made famous by one of its own, Betty, who was put to work in an Oxford Laboratory where she constructed a fish hook out of wire in order to fetch food from an inaccessible spot. Other feats by her peers followed.



This is not to say that all birds are smart or smart in the same way. According to Ackerman, scientist like to use the term “animal cognition” and define it as any mechanism by which an animal acquires, processes, stores, and uses information. This usually involves learning, memory, perception, and decision making. There are increasing scientific efforts to understand the neuroscience behind the cognitive abilities of certain bird species, but it may be rather heavy reading for the average birder or lay person. One concept, that is straightforward to us birders, is the following: some bird species are long nesters (Corvids for example) and other species, like the Sandpipers, are precocial and up and running shortly after birth. The latter, 20% of bird species, are associated with smaller brain sizes and whatever that implies. That does not mean that Sandpipers don't have cognitive skills. Think migration for example.

Another kind of cognition involves social learning whether it is from your peers or family. These skills are important in the areas of food, danger, pecking order, and migration. Perhaps a lot of time is save when a young bird observes what his elders are eating or drinking. As with the use of tools, Ackerman backs this up with multiple studies of bird's social behavior.

Bird calls and songs are important to all of us birders. Ackerman focuses on the concept of vocal learning to help us understand the variation in bird songs. This process begins very early in the life of a bird and is determined in large part by the parent birds. However, there is a narrow window of learning for most birds and early in life the ability to learn new songs ends. This is not the case for the Mockingbird, parrots, and certain other species. Scientist are now postulating that the brain pathways and genes of birds are similar to humans, even though our evolutionary paths are quite different. This

Escondido Christmas Bird Count

Saturday, December 31st

Palomar Audubon Society would like to extend an invitation to all birders to participate in the annual Escondido Christmas Bird Count on Saturday, Dec 31st. 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, email gmatcatcher@sbcglobal.net.

Sign up now and join the fun!

indicates that humans and birds arrived at these skills independently which suggests that vocalization is very important to both. In the case of birds we know some of the obvious reasons are protecting territory and mating, in spite of the risk of attracting predators.

Bird migration remains a subject of great interest to scientist. A study of White-crowned Sparrows is indicative of this remarkable feat. Thirty migrating White-crowns were captured in Seattle and flown across to New Jersey where they were released. The adults quickly acclimated and headed for Southern California for the winter. The youngest birds with one migration behind them soon followed. It is no longer believed that migration skills are innate, rather birds have a remarkable ability to sense their environment and build a map of their world. There may be other factors such as magnetic fields though this is not established.

There are other interesting chapters in Ackerman's book such as on the adaptability of the House Sparrow and bird artist. All chapters are heavily footnoted and there is a remarkable total of 53 pages of footnotes. The book, published in 2016, is a great reference for the birder interested in the current status of bird behavior. I recommend it to any birder, though be prepared for a slow read.

Richard

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-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
WELCOMES
NEW AND RENEWING
CHAPTER-ONLY MEMBERS:**

Jan Behrhorst
Toni Crisell
Richard Fowler
Anna Marie Bovill Lea
Joseph Leak
Patricia Pawlow
Eliabeth Rose
Marily Schmitz
Doug and Diana Walkley

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

Richard Fowler
Audrey Grigsby
James Hall
Linda and David Jablin
Anna Marie Bovill Lea
Connie Luizzi
Elizabeth Rose
Schwab Charitable Trust
Margaret Yorio



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.

(NOTICE - New Fall/Winter Start Time)

Saturday, November 5, 8:30 am.

Daley Ranch

Escondido

(1110-C3) Rating: 2-3

From I-15 in Escondido exit at El Norte Parkway and drive east approximately 3 miles. Look for the "Daley Ranch" sign and turn left (north) on La Honda Drive. Continue up the hill toward Dixon Lake and on to the Daley Ranch free parking area on your left. Meet at the trail-head kiosk.

Leader: Tom Trowbridge

760-743-1052

Saturday, November 12, 8:30 am.

Lake Hodges East/Rancho Bernardo

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 19, 8:30 am.

South Bay Salt Works

National City

(1330 F4) Rating: 1-2

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. **Arrive early for car assignments. The entrance gate will be closed and locked after our departure.** FWS Ranger Debbie Good will accompany us on this field trip.

Leader: Jim Beckman

858-205-2819

SUNDAY, November 27, 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 minute drive time. Bring a lunch for an after-walk picnic. Always a favorite field trip!

Leader: Sally Sanderson

760-749-6995

Saturday, December 3, 8:30 am.

Lindo Lake

Lakeside

(1232-B3) Rating: 2

From North County, take I-15 south to Highway 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 10, 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 17, 8:30 am

A Fallbrook Adventure!

Live Oak County Park/Los Jilgueros Preserve

(New Locations)

Fallbrook

(1028- C5) Rating: 1

Highway 395 located at the stoplight immediately after the South Freeway entrance. Proceed 1 mile to Reche Road. Proceed 2.2 miles up Reche Road to Live Oak County Park located immediately after Gird Road. Meet in the parking lot. There is a small parking fee at all SD County Parks, but free with a Senior Parking Permit. Our target birds here are the Band-tailed Pigeons and Wood Ducks. Lewis's Woodpeckers have also been seen here at this time of the year. Afterwards, we travel to Los Jilgueros Preserve for winter riparian species. Continue up Reche Road until it dead-ends onto Old Stagecoach Road. Turn left and proceed until it dead-ends into South



Mission Road. Turn right, proceed through the next traffic light and within 100 yards, turn right into Los Jilgueros Preserve. **Afterwards a buffet lunch is being served two minutes away at the Walkley's.** A word of caution: several GPS models do not work well in the Fallbrook area. It is best to follow these instructions to get to the walk.

Leader: Doug Walkley
310-387-8190

Saturday, December 24, 8:30 am.

Tijuana Estuary
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: Michael Beeve
209-247-5237

Saturday, December 31

Escondido Christmas Bird Count

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Email: gncatcher@sbcglobal.net.

Sign up now and join the fun!

Saturday, January 7, 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: Sally Sanderson
760-749-6995

THIS IS YOUR LAST CHANCE TO JOIN
FOR \$20! SEE ARTICLE ON PAGE 1
FOR DETAILS

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. ‘Until then- -

HAVE A VERY HAPPY HOLIDAY! SEASON !

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.



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Palomar Audubon Society
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 & COMMITTEE CHAIRS
 2016-2017**

- 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**
- Dianne Benham 858-679-7904
 - Richard Fowler 619-252-3767
 - Alice Holmes 925-212-8165
 - Robin Kohler..... 858-483-1217
 - Tom Trowbridge..... 760-743-1052
 - Doug Walkley..... 310-387-8190
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 - ConservationRichard Fowler 619-252-3767
 - EducationRobin Kohler 858-483-1217
 - ExhibitsPenny Hernandez..... 760-746-8315
 - Field TripsJim Beckman 858-205-2819
 - FundraisingCommittee..... xxx-xxx-xxxx
 - Hospitality.....Open..... xxx-xxx-xxxx
 - Membership.....Alice Holmes 925-212-8165
 - ProgramsCommittee..... xxx-xxx-xxxx
 - Scholarship.....Jim Beckman 858-205-2819
 - TravelHal & Dianne Benham 858-679-7904

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

Board of Directors' Meeting

Thursday, November 3rd
Thursday, December 1st
 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

<i>November</i>	3	Board of Directors' Meeting
<i>November</i>	5	Daley Ranch Walk
<i>November</i>	12	Lake Hodges East/Bernardo Bay Walk
<i>November</i>	19	South Bay Salt Works Walk
<i>November</i>	27	San Jacinto Wildlife Area Walk - SUNDAY
<i>December</i>	1	Board of Directors' Meeting
<i>December</i>	3	Lindo Lake Walk
<i>December</i>	10	San Elijo Lagoon Walk
<i>December</i>	17	A Fallbrook Adventure!
<i>December</i>	24	Tijuana Estuary Walk
<i>December</i>	31	Escondido Christmas Bird Count
<i>January</i>	7	Dixon Lake Walk