



# Band Tales

Palomar Audubon Society  
A Chapter of the  
NATIONAL AUDUBON SOCIETY

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January-February  
2017

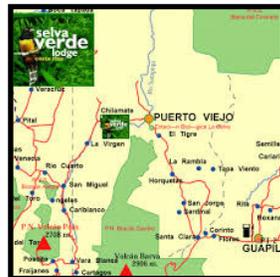
Editor  
Arne Christiansen

## PALOMAR AUDUBON SOCIETY AWARDS CAMP SCHOLARSHIPS TO TWO TEENAGE BIRDERS

Recently, Palomar Audubon Society received a generous donation from an anonymous donor with a special request that it be used only for our teenager birding scholarships. With that donation and coupled with funds from our regular scholarship budget, PAS decided to take advantage of a special scholarship currently offered by the National Audubon Society. This special scholarship allowed us to send one paid teenager to a Costa Rica birding camp, and with that, a bonus award of free teenager scholarship to another birder camp at Hog Island, Maine.

Ryan Andrews (age 17) will attend the teen camp at Audubon Selva Verde, Costa Rica from December 26–31 2016. Trysten Loefke (age 17) will attend the teen camp at Audubon Hog Island, Bremen, Maine from June 11–16 2017.

Both of these teenagers are excellent birders, and Palomar Audubon Society is honored to award them these camp scholarships. Congratulations Ryan and Trysten!



## EASTERN SIERRA FIELD TRIP MAY 5<sup>TH</sup>-8<sup>TH</sup>

Mark your calendars now for this exciting adventure! Complete notice and application forms will appear in the March-April issue of **Band Tales**.



## EXTINCTION CAUSED BY HUMANS

Elizabeth Kolbert (author of THE SIXTH EXTINCTION) postulates, along with others\*, that we are entering a period of mass extinction for our fauna (the sixth extinction). The five prior mass extinctions occurred in prehistory, the last (famous for the extinction of the dinosaurs) occurred more than 60 million years ago. The current period, which may date back 500 years, has the distinction of being the only period to occur during the existence of Homo sapiens.

Whether or not the current period will be a major mass extinction, the relationship between Man and the extinction of specific species appear very close, and obvious in some cases. In the latter category is the Passenger Pigeon which was reputed to once be the most commonly occurring bird in North America before hunting rendered it extinct in the early 20<sup>th</sup> century. The Great Auk suffered the same fate in the early 1800's. The Great Auk was a large flightless bird that in its heyday ranged over Scandinavia and beyond. Unfortunately, the bird was easy to catch and apparently tasty. With the coming of human settlers its range was reduced to a few rocky outcroppings in the North Atlantic. When mariners located these sites, the Auk was a goner. The last one was shot near Iceland in 1821.

The lack of a written record makes man's relationship to other extinctions less clear, however, human settlement timelines and the lack of other plausible explanations make humans suspect. The Moa of New Zealand (more large flightless birds) were known to have been hunted by New Zealand's native people (the Maori), and were probably extinct by the time Europeans arrived.

Today, large animals, or mega-fauna, are threatened on many fronts by human activity. Elephants and rhinos are hunted for their tusks and horns as well as suffer habitat loss. Large cats, apes, and bears are also losing habitat in many parts of the world and continue to be preyed upon by humans. Protective breeding programs and large reserves may be slowing the loss of some, but survival in the wild remains uncertain for others.

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## A BIRD'S EYE VIEW

*Penny Hernandez, President*

Did you know that everything you want to know about Palomar Audubon can be found on our Website (palomaraudubon.org,) Facebook or You-tube? I enjoy all the bird pictures from members and others, and where I can find unusual bird sightings. Jeff Ebright finds interesting and informative articles to post. If you know someone who no longer receives the hard copy newsletter they can find it on our Website. They can see where and when the field trips and meetings are.



Have you ever thought to invite your neighbor or friend to join you on a bird walk? You know that's how most of us got into birding. My sister, Sunny, asked me to join her on a field trip. Before you know it, more than thirty years have passed. If they are not walkers but would like to know more about birds, invite them to attend our great programs. While we are on the subject of programs, don't forget we are going to have our meeting start at 6:30 PM. That way you can be home earlier.

Well, I hope we all have a great new year. Stay healthy, happy, and keep looking at the birds.

*Penny*

## PAS 2016

### CONSERVATION REVIEW

*Richard Fowler, Conservation Chair*

Your Chapter has been busy on the conservation front. First, I want to thank members who have volunteered their time and expertise on behalf of Palomar Audubon. These include Gail Delalla, Rustom Jamadar,



Paul Jeffs, and Tom Trowbridge, all have faithfully participated in the Bernardo Mountain Bird counts this year. This has been done in cooperation with the San Dieguito River Valley Conservancy which has also provided volunteers. We have counted a total of 67 species in a relatively small area on our bimonthly counts and had a lot of fun in the process. In January we will start regular counts on Volcan Mountain, land owned by the Conservancy off Farmer's road in Julian. This promises to be an exciting count as the land has not been regularly birded and the habitat is quite different from past counts. Anyone interested in participating in these counts is welcome and can

contact me for details.

Before I finish handing out Kudos, I want to recognize Laura Hunter, a member of Palomar Audubon. She has been very active on the environmental front in opposing unwise development projects such as Oak Creek, Sierra Highlands, and San Marcos Highlands. She is now a spark plug for the Wildlife and Habitat Conservation Coalition which is presenting a united front in interacting with the County. Palomar Audubon is supporting this new group.

PAS had its second successful bird class this past April. We were able to accommodate all who registered, but with no room to spare. Phoenix Von Hendy is a great teacher who exudes enthusiasm for her subject. Our next classes will begin in March 2017 and will have both a beginner and intermediate class. Again there will be opportunities for PAS members to assist in the field trips.

As I have previously discussed in this column, the PAS leadership has actively pursued a restoration or land purchase project this past year. We have run into headwinds on projects in San Pascal Valley and the Lake Hodges area. However, a land purchase project in North County looks very exciting. A sister organization, Escondido Creek Conservancy (TECC), has successfully obtained options to purchase two parcels of almost 1000 acres near Daley Ranch northeast of Escondido. This is very exciting from the standpoint of protecting this land forever. However, the bad news is the price tag. TECC will need to raise over \$11 million dollars over the next three years. We hope to meet with them early in the new year to see how we can help. I shall keep you posted.

National conservation efforts do not appear bright for 2017, however, it is a great time to focus on state and local issues. The conservation chair is always looking for new ideas, so let me know what you are thinking. Best wishes for the New Year.

*Richard*

*(Continued from page 1)*

In addition to these negative direct interactions between humans and animal species, there is the role of human activity in climate change. This is a very serious worldwide threat that the Audubon Society and other groups are actively studying. Hopefully, we will be able to mitigate the effects of climate change and protect vulnerable species over time. In doing this we should not lose sight of other extinction threats. These include the continued exploitation and destruction of mega-fauna, the loss of natural habitats, and the introduction of alien species that threaten native plants and animals. Palomar Audubon has a distinguished history in fighting for habitat preservation in San Diego County. These include the Society's role in land purchases that are now part of the San Dieguito River Park. Our Board of Directors remains committed to continuing this fight. We also welcome input from our membership as to where else we can direct our conservation efforts.

*\*Dirzo, Rudolfo, et.al. "Defaunation in the Anthropocene" Science: vol. 345, 401-406 (2014)*

## FIVE ACTIONS THAT WILL PROTECT BIRDS

### WHERE YOU LIVE:

- 1) Reduce or eliminate pesticide and herbicide use. By using fewer chemicals in and around your home you will help keep birds, pets and your family healthy.
- 2) Help keep ALL water clean: patch bare areas in your yard with native grasses to prevent erosion, sweep sidewalks and driveways instead of hosing them down, and use a funnel when you fill your lawn mower. The pollution that flows from your yard into local streams can have a harmful impact on the environment.
- 3) Let your yard get a little messy! Leave snags for nesting places and stack downed tree limbs to create a brush pile, which is a great source of cover for birds during bad weather.
- 4) Attract hummingbirds with sugar water, made by combining four parts hot water to one sugar, boiled for one to two minutes. Never use honey, artificial sweeteners, or food coloring. Clean humming bird feeders with a solution of one part white vinegar to four parts water once a week.
- 5) Make your windows visible, to birds to prevent collisions. Put up screens, close drapes and blinds when you leave the house, or stick multiple decals on the glass (decals need to be no more than two to four inches apart to be effective).

Find many more ideas at [AudubonAtHome.org](http://AudubonAtHome.org)

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## TOP WINS IN 2016: A YEAR IN REVIEW

### 1. New and Expanded National Monuments Protect Birds' Ocean Habitat

President Obama established the Northeast Canyons and Seamounts Marine National Monument, which will provide permanent protection for Atlantic Puffins' winter habitat. Designating this nearly 5,000 square mile-region as a national monument will limit the pressures to expand fishing, drilling, and mining in this fragile habitat. Obama also significantly expanded the Papahānaumokuākea National Monument in the waters surrounding the northwestern Hawaiian Islands. This region is critical for birds such as albatross and petrels, along with numerous other marine species. The expansion of the Monument brings the total area under permanent protection to nearly 583,000 square miles – an area twice the size of Texas.

### 2. Endangered Species Act Protections Upheld for Gnatcatcher and Warbler

The U.S. Fish and Wildlife Service (FWS) upheld Endangered Species Act protections for the Coastal California Gnatcatcher Golden-Cheeked Warbler, rejecting attempts to remove federal protections from these vulnerable species. Southern California developers petitioned to remove the Gnatcatcher from the Endangered Species list, but Audubon asserted that this claim was based on deeply flawed science. Coastal California Gnatcatchers populations have declined dramatically as their sage scrub habitat has disappeared. FWS also announced it would keep the Golden-cheeked Warbler on the endangered species list, rejecting petitions

from Texas officials to delist the bird. The bird has been protected since 1990 due to the rapid disappearance of its breeding grounds from development.

**3. Restoration Plan for the Gulf of Mexico Approved**  
The Gulf Coast Ecosystem Restoration (RESTORE) Council approved its updated Comprehensive Plan to restore Gulf Coast ecosystems and their natural resource dependent economies following the 2010 Deepwater Horizon oil disaster. The plan will serve as the guide for spending more than three billion dollars in restoration and recovery funds—an integral component of one of the largest ecosystem restoration programs in U.S. history -- putting the Gulf environment and economies on a solid path toward restoration.

### 4. Arctic and Atlantic Oceans Get Reprieve from Offshore Drilling

The Bureau of Ocean Energy Management (BOEM) removed the Arctic and Atlantic Oceans from the offshore leasing program for the next five years. This move protects areas containing crucial wildlife habitat from new leasing activities. This week, President Obama announced additional protections in the Arctic and Atlantic by permanently withdrawing sensitive areas from leasing. There are ten globally-significant Important Bird Areas supporting millions of birds in the Arctic Ocean and along its shoreline. The Chukchi and Beaufort seas are also home to polar bears, walrus, and several species of whales. The Atlantic coast's Outer Continental Shelf Region is also rich in marine life. The region off of North Carolina's coast has been characterized as having the greatest diversity of seabirds in this area of the Atlantic and is vital for Red Knots and Piping Plovers.

### 5. New Wildlife Refuge in New England Helps Shrubland Birds

The U.S. Fish and Wildlife Service established the Great Thicket National Wildlife Refuge. America's newest National Wildlife Refuge will be dedicated to conserving and managing shrubland and young forests for wildlife in New England and eastern New York, helping to stem alarming declines among shrubland birds. Over the past century, many shrublands and young forests across the Northeast have been cleared for development or have grown into mature forests. As this habitat has disappeared, populations of songbirds, mammals, reptiles, pollinators, and other wildlife that depend on it have plummeted. More permanently protected and managed land is needed to restore wildlife populations and return balance to Northeast woodlands, and Great Thicket NWR responds to this need.



## 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, January 7, 8:30 a.m.

### 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. Continue toward Dixon Lake and the Daley Ranch free parking area on your left. Meet at the east end of this parking lot, adjacent the Dixon Lake entrance.

Leader: Sally Sanderson

760-749-6995

Saturday, January 14, 8:30 a.m.

### Sweetwater River/Bonita

National City

**(1310-C4) Rating: 2**

Take I-15 south to I-805 south and take the Sweetwater Road exit in National City. Turn right at Sweetwater Road and then right at Plaza Bonita Road. You will see the Plaza Bonita Shopping Center parking area on the left. Meet at the far west corner of the parking lot near the Outback Steakhouse. Our walk will be along the Sweetwater River where we should see a good variety of waterfowl and other birds.

Leader: Jeff Ebright

858-484-3932

Saturday, January 21, 8:30 a.m.

### Dos Picos County Park & Rangeland Rd.

Ramona

**(1171-H5) Rating: 2**

From I-15 in Rancho Bernardo go east on Rancho Bernardo Road, which turns into Espola Road (S5), and continue to Poway Road (S4). Turn left and drive east to Highway 67. Head north on Highway 67 and just before you reach Ramona, make a hard right on Mussey Grade Road (heading southwest). Continue on Dos Picos Park Road ½ mile to the park entrance on the left. There is a San Diego County Park parking fee, but free with a County senior pass.

Leader: Hal Benham

858-679-7904

Saturday, January 28, 8:30 a.m.

### Kit Carson Park (New Winter Location!)

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: Jim Beckman

858-205-2819

Saturday, February 4, 8:30 a.m.

### Guajome Regional Park

Oceanside

**(1067-D7) Rating: 2**

From Highway 78 in Oceanside, exit north on College Boulevard, and drive 4.4 miles north to Highway 76. Make a right turn on Highway 76 and continue east about ½ mile to Lake Guajome Road. Turn right (south) and drive up the hill past the park entrance, which does not open until later, and park on the street.

Leader: Doug Walkley

310-387-8190

Saturday, February 11, 8:30 a.m.

### Oak Hill Memorial Park

Escondido

**(1130-F1) Rating: 1**

From I-15 exit east on Via Rancho Parkway, which becomes Bear Valley Parkway, and drive 5 miles north to Glen Ridge Road at Orange Glen High School. Turn right on Glen Ridge Road and proceed approximately 1 mile east to the cemetery gate. Turn left to parking area.

Leader: Jim Beckman

858-205-2819

Saturday, February 18, 8:30 a.m.

### San Joaquin Wildlife Sanctuary

5 Riparian View, Irvine, CA 92612

**(Thomas Guide to Orange County, page 859 J-7)**

**Rating: 2**

Take I-5 north to the San Diego Freeway I-405. Continue north on the I-405 a short distance and then take the Culver exit and turn left (south). At the first signal, which is Michelson, turn right. Continue west on Michelson and then turn left on Harvard. Continue south on Harvard and then turn right on University Drive. Continue on University to Campus Drive. and turn right again. Stay in the far right lane and immediately turn right on to Riparian View which will enter the San Joaquin Wildlife Sanctuary. (There is a dark green sign by the turnoff, identifying this as the route into the San Joaquin Wildlife Sanctuary) At the end of the road, you will make a sharp left turn down a steep driveway and into the parking lot. The first building you see will be the Sea & Sage Audubon House. Beyond the Audubon House are the ponds of the San Joaquin Wildlife Sanctuary and many trails for us to explore. Allow 50 min. from Oceanside.

Leader: Sally Sanderson

760-749-6995

Saturday, February 25

### San Diego Bird Festival – No Scheduled Field Trip

Saturday, March 4, 8:30 a.m.

**Santee Lakes**

Santee

**(1231-A5) Rating: 2**

From I-15 go east on Highway 52. Exit at Mast Boulevard. Continue east on Mast Boulevard to Fanita Parkway. Turn right and continue south to the entrance to Santee Lakes on your 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 & 5.

Leader: Tom Trowbridge

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

Barbara Anderson  
Jo Casterline  
Terry Badger  
Michael & Sonja Beeve  
David & Kathleen Billings  
Ronald Bingham  
Richard Blain  
Sondra Boddy  
Allen Bond  
Arne & Sunny Christiansen  
Joan Comito  
Josephine Daugherty  
Joe & Janice Donner  
Erin Duran  
Elinor Foulke  
Ruth Howell  
Bert & Sharon Kersey  
Ilene Littlefield  
Martha Hales & Jim McKerrow  
Jean Meadowcraft  
William Pickens  
James & Deanna Stephens  
Barbara Walter

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

Kristin Bergford In Memory Of Paul Bergford  
Michael & Sonja Beeve  
Sondra Boddy  
Harold & Nancy Dunn  
Mike & Judy Gendreau  
Alice Holmes  
William Pickens  
William & Miriam Sherrard  
Margaret Yorio

**PROGRAMS**

**(NOTE: NEW START TIME)**

*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 6:30 pm with the meeting and program getting under way promptly at 7:00 pm.*

**Thursday, January 26**

**Trysten Loeffke**

**“The Cornell Lab of Ornithology  
Young Birders Event”**

Trysten Loeffke was one of sixteen young birders chosen out of applicants from several different countries to attend the Lab's young birders event in July of 2016 at the Cornell Lab of Ornithology in Ithaca, New York. The event included, among other things, a tour of the lab and its extensive specimen collection, presentations by Lab Director John Fitzpatrick and Lab researchers, birding, and sound recording workshops. Trysten will be sharing information about the Lab, what he learned at the event, and the birds and wildlife that he saw there. Trysten will also be including a short episode of searching for the endangered Red-cockaded Woodpecker in North Carolina's Long-leaf Pine savannas.

Trysten was a recipient of our 2014 Palomar Audubon Young Birder Scholarship. This is his third presentation for our monthly membership meetings. Mark your calendar for this presentation and come hear all about what Trysten did last summer!

**Thursday, February 23**

**Max Leibowitz**

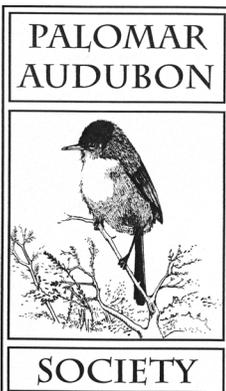
**“My Camp Colorado Adventure”**

Palomar Audubon Society has a multifaceted mission, including a community outreach program with several special initiatives. One of these initiatives is our youth scholarship program. In 2016, we provided a 100% scholarship award for a week-long educational summer camp on birding conducted by the American Birding Association at Colorado Springs, Colorado. The recipient of this Young Birder scholarship was Max Leibowitz. Max is 18 years old and is a regular PAS field trip participant. Max is an excellent birder and a very active eBird lister. He is looking forward to sharing his good time with the generous members of PAS who support our scholarship program!

# Band Tales

## January-February, 2017

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**

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- 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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  - Conservation .....Richard Fowler ..... 619-252-3767
  - Education .....Robin Kohler ..... 858-483-1217
  - Exhibits .....Penny Hernandez..... 760-746-8315
  - Field Trips .....Jim Beckman ..... 858-205-2819
  - Fundraising .....Committee..... xxx-xxx-xxxx
  - Hospitality.....Open..... xxx-xxx-xxxx
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  - Programs .....Committee..... xxx-xxx-xxxx
  - Scholarship.....Jim Beckman ..... 858-205-2819
  - Travel .....Hal & Dianne Benham ..... 858-679-7904

**Web Page:** <http://www.palomaraudubon.org>  
**Webmaster:** Jeff Ebright: 858-484-3932  
[palomaraudubon@gmail.com](mailto:palomaraudubon@gmail.com)

### Board of Director's Meeting

*Thursday, January 5<sup>th</sup>*  
*Thursday, February 2<sup>nd</sup>*  
 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>January</i>  | <i>5</i>  | Board of Directors' Meeting   |
| <i>January</i>  | <i>7</i>  | Dixon Lake Walk   |
| <i>January</i>  | <i>14</i> | Sweetwater River/Bonita Walk  |
| <i>January</i>  | <i>21</i> | Dos Picos County Park & Rangeland Road Walk   |
| <i>January</i>  | <i>26</i> | General Meeting: Trysten Loeffke "The Cornell Lab of Ornithology Young Birders Event" |
| <i>January</i>  | <i>28</i> | Kit Carson Walk (New Winter Location)   |
| <i>February</i> | <i>2</i>  | Board of Directors' Meeting   |
| <i>February</i> | <i>4</i>  | Guajome Regional Park Walk  |
| <i>February</i> | <i>11</i> | Oak Hill Memorial Park Walk   |
| <i>February</i> | <i>18</i> | San Joaquin Wildlife Sanctuary Walk   |
| <i>February</i> | <i>23</i> | Max Leibowitz "My Camp Colorado Adventure"  |
| <i>February</i> | <i>25</i> | San Diego Bird Festival ( <i>no local walk scheduled</i> )                            |
| <i>March</i>    | <i>4</i>  | Santee Lakes Walk   |