



Band Tales

Palomar Audubon Society
A Chapter of the
NATIONAL AUDUBON SOCIETY

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2016

Editor
Arne Christiansen

CREATE A BIRD-FRIENDLY HABITAT

There are a number of ways to attract birds to your garden, from planting native plants to providing safe stopover areas for them to eat, drink and nest.

- **Provide water year-round** - A simple birdbath is a great start. Change water every 2-3 days in summer and use a heater in the winter. Place the water container about 10 feet from dense shrubs or other cover that predators may use.
- **Install native plants** - Select a variety of native plants to offer year-round food in the form of seeds, berries, nuts, and nectar. Try to recreate the plant ecosystem native to your area. Evergreen trees and shrubs provide excellent cover through all seasons, if they are part of your local ecosystem. The Lady Bird Johnson Wildflower Center has lists of recommended native plants by region and state.
- **Eliminate insecticides in your yard** - Insects are the primary source of food for many bird species and are an important source of protein and fats for growing juvenile birds.
- **Keep dead trees** - Dead trees provide cavity-dwelling places for birds to raise young and as a source to collect insects for food. Many species will also seek shelter from bad weather inside these hollowed out trees.
- **Put out nesting boxes** - Make sure the boxes have ventilation holes at the top and drainage holes below. Do not use a box with a perch, as house sparrows are known to sit on a nesting box perch and peck at other birds using the nesting box. Be sure to monitor the boxes for invasive animal species known to harm or outcompete native species.
- **Build a brush pile in a corner of your yard** - Start with larger logs and top with smaller branches. Some birds will hunt, roost or even nest in brush piles.
- **Offer food in feeders** - Bird feeders are great sources of supplemental food during times of food scarcity, and also enhance bird viewing opportunities.
- **Remove invasive plants from your wildlife habitat** - Many invasive plants outcompete the native species favored by birds, insects and other wildlife. Check with your local U.S. Department of Agriculture Cooperative Extension System office for information on plant species to avoid. Find your local Cooperative Extension System office.
- **Reduce your lawn area** - Lawns have little value to birds or other wildlife, and they require more energy for mowing, applying fertilizers and watering.

FROM "MY GARDEN GUIDE" WEBSITE

HUMMINGBIRD GARDENS

Written by Heleigh Bostwick



Most hummingbirds are native to Central and South America, but some live as far north as Canada, the Ruby-throated hummingbird for example. Attracting hummingbirds to your garden is fairly easy provided you meet a few requirements such as a warm climate for at least part of the year, a source of food in the form of flower nectar and small insects, and of course a herbicide and pesticide-free garden.

Like birds and butterflies, hummingbirds have evolved to pollinate specific flowering plants, particularly those with trumpet-shaped, bell-shaped, or tubular flowers. Examples of these flower shapes include bellflowers, petunias, and honeysuckle, respectively. Pay careful attention to the flower shapes. You might be surprised at what flowers have these shapes--bee balm (*Monarda spp.*), for example.

Hummingbirds are attracted by color as well (and not fragrance as one might think). The color red is a favorite of hummingbirds and the rule of thumb is to plant flowers in large blocks of color--either all of the same species or of several different species. Hummingbirds hover when feeding so plants with tall stalks work well too. As with butterfly gardens, it's also important to include a water element in your hummingbird garden. A bird bath, spray mister, shallow bowl planted at grade level or a small trough are all suitable for this purpose. Be sure there are small trees and shrubs in the garden to provide shelter and a place where hummingbirds can build nests if they're long-term residents.

Inside this Band Tales

- A Birds-Eye View*page 2
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- Field Trips*.....pages 4-5

A BIRD'S EYE VIEW

Penny Hernandez

I'm sorry you missed the Picnic if you did. From all the comments I heard at the picnic everyone had a great time. See pics on page 2

I was so busy eating, doing raffles, and fighting over plants, I forgot to thank everyone. First of course is Sunny and Arne and all the hard work getting their home and garden ready for the "Garden Party", thank you!! Next the Fallbrook Gang for coming early to help set up. That was Marg Freda, Sharon and Bert Kersey, and Doug Walkley. Mary Marquis and Merry Crowen were there to help, and of course everyone who cleaned up after the party. Jill Weber was recruited to sell raffle tickets. Great job everyone.



This year PAS purchased gift cards to raffle off. Beside the cards that were purchased, some of the vendors donated cards too. Palomar Audubon wants to recognize these vendors and hope you all will say thank you when you go to shop. First Wild Birds Unlimited, The Bird Watcher, El Plantio Nursery, and Bates Nut Farm.

Well, I hope you all will join us next year, and mean while enjoy the coming summer.

Penny

YOU CAN HELP SAVE 1,000 ACRES!

Starting July 1st Palomar Audubon will begin its Save 1000 Acres fund drive. This will continue until mid-December 2017. Be alert for the owl logo on the letter from PAS. Please give a hoot and give what you can.

Richard

NO PROGRAMS ARE SCHEDULED FOR JULY OR AUGUST. FIELD TRIPS WILL CONTINUE, BUT NOTICE THE REVISED SUMMER START TIMES. REGULARLY SCHEDULED PROGRAMS WILL RESUME IN SEPTEMBER.

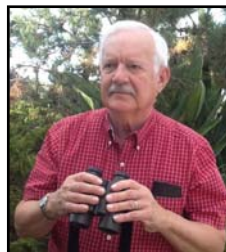
HAVE A GREAT SUMMER WITH GREAT BIRDING!

CONSERVATION NOTES

Richard Fowler

BIRDING LAKE ERIE

Every Spring birders migrate to Lake Erie. On the American side of the lake, Magee Marsh is world renown and the site of the International Bird Festival in early May. On the Canadian side Point Pelee National Park is a short ride away on the Jet Boat (just remember your passport). In between are the Lake Erie Islands which have their own unique qualities.



One way to explore all three is to sign up for a Road Scholar trip. It is a five day affair that has its home base in Put-in-Bay on South Bass Island, which is a short ferry hop from the Ohio coast. In early May the island has few visitors and is a great place for birding without the crowds of Magee Marsh or Point Pelee. The South Bass light house, several nature preserves, and parks provide plenty of birds.

For variety one day is devoted to Point Pelee and the last day to Magee Marsh. Point Pelee protrudes out into Lake Erie and is an attractive first stop for birds migrating across Lake Erie. It was cold and windy on our visit, but we were greeted immediately by a Palm Warbler, Cape May Warbler and a Rose-breasted Grosbeak. Birding remained great throughout the morning, though we were short of 100 species for the day.

We visited Magee Marsh the day before the International Bird Festival's Big Day , however the parking lots were already full and there was a crush of people on the board walk. Nonetheless, it was a fun experience and you knew where the good birds were by the crowds that gathered around the site. The mood was very upbeat and cooperative with folks always ready to help you see the birds, even an inert American Woodcock in heavy brush.

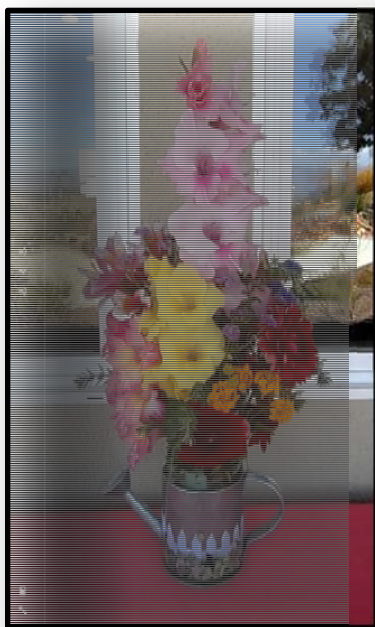
Our total species count for the whole trip was 121 species, though this pales in comparison to the 10-day International Bird Festival's total of 236 species, including 36 warbler species.

This was my second Road Scholar birding trip. I can recommend these trips, but a couple of caveats. First, the weather may not be cooperative, though this is always an issue when one plan's a trip ahead of time. In the case of Lake Erie our group fared better than those attending the week before when it was rainy and the Pelee Point trip was canceled. Secondly, Road Scholar bird trips are structured with some activities unrelated to birding. A case in point was a visit to a local winery and cave on South Bass Island. In such a situation one is free to do a little extra birding or whatever suits your interests.

Richard

FUN PHOTOS FROM THE 2017 PAS GARDEN PARTY

(Photos courtesy Penny Hernandez)



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

Please Note: Summer birding can be very warm so be sure to bring sunscreen and sufficient water on walks

Saturday, July 1, 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

Saturday, July 8, 8:00 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 Boulevard. Turn left on 3rd Street to Caspian Way, turn left and then right to the Tijuana Estuary Visitor Center parking lot.

Leader: Jack Friery

619-218-7342

Saturday, July 15, 8:00 am.

Guajome Regional Park

Oceanside

(1067-D7) Rating: 2

From Highway 78 in Oceanside, exit north on College Boulevard curving left and drive 4.4 miles to Highway 76. Make a right turn and continue east about ½ mile to Lake Guajome Road. Turn right (south) and drive up the hill past the park entrance. We usually convene on this road beyond the park entrance since we gather well before the park opens. Expect warm weather.

Leader: Doug Walkley

310-387-8190

Saturday, July 22, 8:00 am.

Tecolote Canyon Park

San Diego

(1268-F2) Rating: 2

Depending on your starting location, travel to the I-5 freeway. From the I-5 in San Diego exit east at the Seaworld Drive./Tecolote Road. off-ramp – away from Mission Bay. Continue on Tecolote Road to the end and park at the visitor's center. This is a great spot for finding both resident and migrating birds. Rarities often show up here.

Leader: Jack Friery

619-218-7342

Saturday, July 29, 8:00 am.

Robb Field/San Diego River Floodway

San Diego

(1267-J5) Rating: 1

We will visit two locations along the San Diego River Floodway to look for early migrant and returning shorebirds, often still in breeding plumage, and post-breeding dispersal Elegant Terns. From North County, take Highway 163 South to I-8 West and drive toward Ocean Beach. Make a slight left at Sunset Cliffs Boulevard. and then stay in the right lane. Turn right onto West Point Loma Boulevard then right at Bacon Street. Drive straight ahead to the Robb Field parking area near the tennis courts at the east end. Bring a scope if you have one. We will also visit the nearby San Diego River Flood Control Channel and/or Famosa Slough.

Leader: Jeff Ebright

858-484-3932

Saturday, August 5, 8:00 am.

San Elijo Lagoon

Solana Beach

(1167-E6) Rating: 2

A good spot to find early fall migrants. 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. Bring a scope, if you have one, and water and plan for warm weather.

Leader: Hal Benham

858-679-7904

Saturday, August 12, 8:00 am.

Santee Lakes

Santee, CA

(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 at Fanita Parkway and the entrance to Santee Lakes is on the right. Car entry fee is \$5. OR from Mast Boulevard, turn left on Fanita Parkway and continue north to Lake Canyon Dr. Turn right, park, and walk in the open gate for FREE. Meet in the parking lot by the General Store between lakes 4 and 5. Expect warm weather.

Leader: Tom Trowbridge

760-522-8519

Saturday, August 19, 8:00 am.

Dairy Mart Pond/Tijuana River Valley

San Diego

(1350-D5) Rating: 2

From North County, take I-15 south and merge with the I-5 south to the Dairy Mart Road Exit. Turn right on Dairy Mart Road (south). Meet just past the concrete bridge next to the large "TJRV Park" sign and the large pond on the west side of Dairy Mart Road. We will also caravan a short distance to the TJRV Park Headquarters (public restroom and bird feeders) and then visit the nearby Bird & Butterfly Gardens where we might see the elusive Black-throated Magpie Jay.

Leader: Michael Beeve

209-247-5237

Saturday, August 26, 8:00 am.

Kit Carson Park

Escondido

(1150-C1) Rating: 1

From I-15 in Escondido, exit east on Via Rancho Parkway and drive about one mile northeast on Bear Valley Road to the Park Road entrance at the stoplight. Turn left, and proceed on Park Road about ¼ mile to the Amphitheater parking lot on the right. Woodland, riparian, and open-area habitats will usually get us a nice list of resident birds. Expect warm weather.

Leader: Jim Beckman
858-205-2819

Saturday, September 2, 8:00 am.

Penasquitos Canyon Preserve

Rancho Penasquitos

(1189-C7) Rating: 2

We will meet at the Rancho de los Penasquitos Adobe Ranch House parking lot and explore trails through grasslands and riparian woodland. Take I-15 and exit at Mercy Road going west. Turn right onto Black Mountain Road and drive a short distance to Canyonside Park Drive (first stop light). Turn left and continue west to the Adobe Ranch House parking lot. Expect warm weather.

Leader: Jeff Ebright
858-484-3932

**AND WE VERY MUCH APPRECIATE
THE GENEROUS SUPPORT FROM
THESE DONORS:**

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- Jim Beckman
- Richard Fowler
- Stephen Gabbert
- Alice Holmes
- Paul Jeffs
- Jack Peterson
- Judith Sloane
- Ken Weaver



Band Tales

July-August, 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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Board of Director's Meeting

*No Board meetings are scheduled
For July and August*

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

QUICK CALENDAR

- | | | |
|------------------|-----------|---|
| <i>July</i> | <i>1</i> | Lake Murray Walk |
| <i>July</i> | <i>8</i> | Tijuana Estuary & 7 th Street Walk |
| <i>July</i> | <i>15</i> | Guajome Regional Park |
| <i>July</i> | <i>22</i> | Tecolote Canyon Walk |
| <i>July</i> | <i>29</i> | Robb Field/San Diego River Floodway Walk |
| <i>August</i> | <i>5</i> | San Elijo Lagoon Walk |
| <i>August</i> | <i>12</i> | Santee Lakes Walk |
| <i>August</i> | <i>19</i> | Dairy Mart Pond/Tijuana River Valley |
| <i>August</i> | <i>26</i> | Kit Carson Park Walk |
| <i>September</i> | <i>2</i> | Penasquitos Canyon Preserve Walk |