



Band Tales

Palomar Audubon Society
A Chapter of the
NATIONAL AUDUBON SOCIETY

Volume XXXII
No. 3

September-October
2018

Editor
Arne Christiansen

THE 2018 ESCONDIDO CHRISTMAS BIRD COUNT

Each year between December 14th and January 5th, thousands of birders and nature enthusiasts participate in one or more of the 2,000+ Christmas Bird Counts held annually in the United States, Canada, and many other Western Hemisphere countries. This year will mark the 119th year for this event.

Palomar Audubon Society would like to extend an invitation to all birders to participate in the annual **Escondido Christmas Count on Saturday January 5th, 2019.**

Please check your next Band Tales newsletter (November/December) for sign-up details.



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A BIRD'S EYE VIEW

Penny Hernandez, President

What a summer! Even with all this heat our field trips have been very successful. Can't wait to hear how the Arizona trip went. I hope if you haven't been going on our trips, either the Saturday or longer trips, that you go on at least one this next year. Our leaders have been great at finding many different species in many different habitats. You



could find places you never knew about before and end up taking your friends or family back for picnics, birding, etc.

We got some sad news about one of our founding members, Jane McNeil, which got me thinking about others we have lost. As you'll read elsewhere in this newsletter, Jane passed on July, 30th. As you may know PAS used to be part of Buena Vista Chapter. Jane, Ilene and Ed Littlefield, Ken Weaver and many others decided to start a new chapter, called Palomar Audubon Society. Ken Weaver was the first President of PAS and now is the person who has organized our Christmas Bird Counts for years. Ilene Littlefield was on the Board of Directors and our Historian. I miss her scrap books of all our events. Her husband Ed was, I believe, our second President. He has passed. Ed always claimed he wasn't a birder, but he surely liked attending the Saturday field trips. I don't know how many of you remember Paul Bergford or Wayne Prey; they too were Presidents and have passed. Of course along with these leaders we miss others who were great birders and friends. I guess I just want you to know how important you all are to our Chapter and to me, as leaders, birders, and friends.

Penny



**REMINDER:
DEADLINE FOR THE
NOVEMBER-DECEMBER ISSUE IS
OCTOBER 15th.
SUBMIT COPY TO
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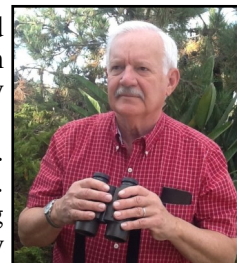
CONSERVATION NOTES

Richard Fowler, Conservation Chair

AUGUST BIRDING IN SOUTHEAST ARIZONA

In August Zonies head to San Diego beaches to escape the Arizona heat. Why would San Diegan birders go to Tucson in August? It's the birds! In three days our group of 11 identified 103 species.

Our trip, organized by Dianne and Hal Benham, was led by veteran Tucson birder Melody Kehl. Melody had a packed schedule for us. Day 1 began at 5 AM and lasted until 8 PM. The first stop was Fort Huachuca. After getting our passes and enjoying birding outside the Army security office, the group ventured forth to our first target, the Elegant Trogon. We drove through the base to a verdant sycamore/oak woodland in the Cleveland National Forest and were greeted by the "barking" of the Trogon. There were at least three Trogons calling as they moved from tree to tree. Additional birds of interest were the Painted Redstart, Sulfur-bellied Flycatcher, and Gray Hawk. Our second stop was at Mary Jo's Ash Canyon B&B known for the numerous feeders at this mountain sanctuary. We saw the rare Lucifer Hummingbird and four other Hummingbird species. Additional birds included the Ladder-backed and Gila Woodpeckers as well as the Curved-billed Thrasher. On to Carr Canyon which involved a bone-crunching drive up a rocky, often one lane road, to above 7500 feet. Our target was the Buff-breasted Flycatcher which was seen by only two in our party, however, we were all treated to the plentiful Yellow- Eyed Junco. Our final stop was Patagonia and Tucson Audubon's Patton House. All, on this part of the trip, saw the target bird, the Violet-crowned Hummingbird.



Day 2 began with a drive up the Santa Catalina Mountains to Mt. Lemmon at 9159 feet. In spite of a serious fire in 2003, it was a beautiful and breath taking drive. The goal was warblers, which were a little slow at shaking off the rain of the night before, however, once roused we were able to ID the Hermit, Red-faced, Townsend, Orange-crown, Virginia's, Olive, Black-throated Gray, Grace, and Tennessee Warbler. After a mid-day break we departed for California Gulch, a remote area very close to the Mexican border. Our goals were the Buff-collared Nightjar and the Five Striped Sparrow. After a tasty picnic lunch we located the Sparrow as well as a Yellow-billed Cuckoo and a Hepatic Tanager. We then took up positions to see the Nightjar. There were strict orders not to talk or move. After the arrival of total darkness, down swooped the Nightjar. It made three passes but didn't land at nesting site. The trip back to hotel was eventful because of a downpour that made driving through the gullies treacherous, but we all made it.

Day 3 started with several stops in north Tucson. We got good looks at a Harris Hawk and a very localized bird, the Rufous-winged Sparrow near the Agua Caliente Park. The next stop was Rose Canyon in the Santa Catalina Mountains. We finally identified the Greater Peewee and got a good look at Grace's Warbler. Our hope of seeing the Black Hawk at Rose Canyon Lake was not realized.

In summary it was a successful trip and most of our 11 birders added to their life lists as well as enjoyed the camaraderie of the group. Thanks to Dianne and Hal for the work they put into organizing this great trip and Melody for sharing her love and knowledge of Arizona birds.

Richard



(photo courtesy Dianne Benham)

TIPS FOR BACKYARD BIRD LOVERS

Here are a few tips to attract your favorite summer bird species!

Native plants: In addition to providing food and shelter, native plants are critical for birds in another way too. During the breeding season, most birds feed insects to themselves and their offspring - often only particular kinds of insects that eat only particular native plants

Supplemental feeders: Black-headed Grosbeaks migrate south in winter but are active at feeders in the United States during summer. Year-round House Finches, Goldfinches and Mourning Doves make themselves at home at feeders.

Sugar-water feeders: Many Hummingbird and Oriole species - frequent sugar-water feeders during the warmer months. Anna's Hummingbirds enjoy feeders year-round.

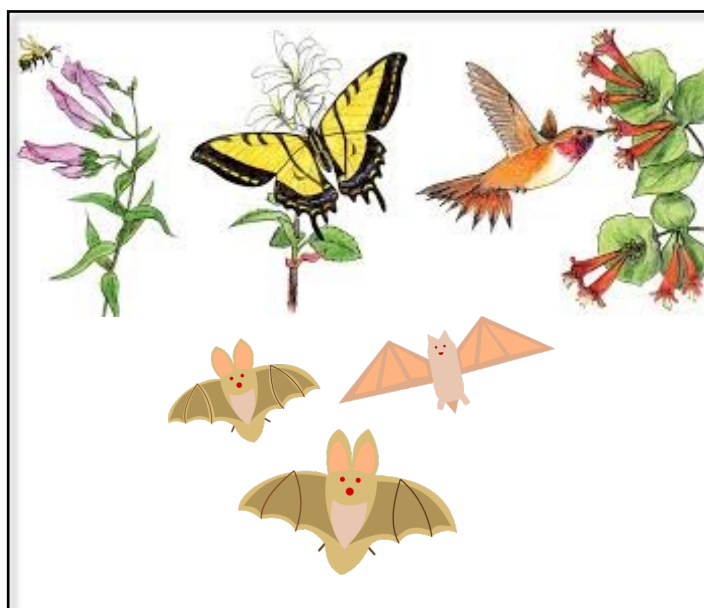
Birdbaths and ponds: On hot, dry days, water will lure a wide variety of birds. Mourning Doves, Goldfinches, Scrub Jays and Spotted Towhees are frequently seen bathing and drinking from waterfalls.

ANOTHER REASON TO BE A GARDENER

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, gold-rod 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.



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.

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

Saturday, September 1, 8:00 a.m.

Peñasquitos Canyon Preserve

Rancho Peñasquitos

(1189-C7) Rating: 2

We will meet at the Rancho de los Peñasquitos 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

Saturday, September 8, 8:00 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. **Expect warm weather.**

Leader: Jim Beckman

858-205-2819

Saturday, September 15, 8:00 a.m.

Batiquitos Lagoon

Carlsbad

(1127-A7) Rating: 1-2

From I-5 in Carlsbad, exit east on Poinsettia Lane. Turn right on Batiquitos Drive, drive about ½ mile to Gabbiano Lane, turn right and continue to the end. We will look for ducks, waterfowl, and riparian birds. **Expect warm weather.**

Leader: Dave Cowan

858-437-4101

Saturday, September 22, 8:00 a.m.

Kumeyaay Lake

Mission Trails Regional Park,

Santee

(1230-G6) Rating: 2

From North County, take I-15 south to CA-52 east. Take exit 13 (Mast Boulevard) and turn left onto Mast. Take the first right onto West Hills Parkway. Take another right onto Mission Gorge Road and then make a very slight right onto Father Junipero Serra Trail. At the 4-way stop-sign, make a right onto Bushy Hill Drive, and turn

right just past the campground entry kiosk into the free Day Use parking area. **Expect warm weather.**

Leader: Jim Beckman

858-205-2819

Saturday, September 29, 8:00 a.m.

Lake Hodges

Del Dios

(1149-E2) Rating: 2

From I-15 in Escondido exit at Via Rancho Parkway and drive west to Lake Drive. Turn left and drive about ½ mile. Meet at Del Dios Park across the street from the Country Store. We should see waterfowl, shorebirds and a whole host of local resident birds. **Expect warm weather.**

Leader: Hal Benham

858-679-7904

Saturday, October 6, 8:00 a.m.

La Jolla Coastline

La Jolla

(1227-E6) Rating: 1

From Highway 52 driving west exit at La Jolla Boulevard West (formerly Ardath Road.) Continue on this road, which will merge with Torrey Pines Road for about ¾ mile, then turn right on Prospect. Continue on Prospect to Coast Boulevard. Meet on the ocean-side in front of the Bridge Club and restrooms. Parking is all along Coast Boulevard and adjacent residential streets. **Arrive extra early for the best parking spots.** Park at the first available parking space located. Don't pass up an available parking spot! We will be looking for shorebirds, gulls, and seabirds.

Leader: Jack Friery

619-218-7342

Saturday, October 13, 8:00 a.m.

Bolsa Chica Ecological Reserve & Huntington Central Park

Huntington Beach, Orange County

(O.C. 857-C3) Rating: 1-2

Bolsa Chica Ecological Reserve is the largest coastal salt marsh preserve in the Los Angeles/Orange County metropolitan region. Its 300 acres are a vital oasis for resident shorebirds and millions of migrating birds traveling between the Arctic and South America along the Pacific Flyway. At Huntington Central Park we will see locals and possibly vagrant migrants. We will bird at the Reserve first and then drive to Huntington Central Park.

Directions: Take I-5 north past San Juan Capistrano. Continue on I-5 to I-405. Take I-405 north (towards Long Beach). Exit on Warner Avenue West. Continue west approximately 6 miles to Pacific Coast Hwy. Turn left (south) and drive about 1 mile (making a U-turn) to the Reserve parking lot on the east side of Pacific Coast Highway. It's about 70 miles from Oceanside and should take about 75 minutes. Meet at the boardwalk entrance. **VERY IMPORTANT: Arrive extra early for the best parking spots. Bring a picnic lunch to enjoy at the Huntington Central Park picnic tables.**

Leader: Sally Sanderson vwillow@aol.com
760-749-6995

Saturday, October 20, 8:00 a.m.
Whelan Lake Bird Sanctuary
Oceanside

(1066-F7) Rating: 2

From Highway 78 west, exit north on El Camino Real and continue to Douglas Drive. From I-5 north exit east on Highway 76 and continue to the Douglas Drive exit. Take Douglas Drive north approximately 1 mile and turn left on North River Road. Continue west on North River Road to the entrance gate at the end. **NOTE: Greg has again offered to have the gate open at 7:30 am for Early Birds and leave it open until 8:45 to accommodate latecomers. From the gate proceed straight ahead on the less traveled road to the Sanctuary. Disregard the "No Trespassing" Signs. For those interested in lunch, we will be dining at "The Pitstop", located beside the police station, at 3825 Mission Avenue, Oceanside 92058, just a couple of blocks west of Douglas Drive. It's loaded with 50's atmosphere, automobile memorabilia, and serves at least twenty different styles of sandwiches, all at reasonable prices.**

Leader: Doug Walkley
310-387-8190

Saturday, October 27, 8:00 a.m.
San Diego River Estuary & Famosa Slough
San Diego

(1268-C4) Rating: 1

Take I-15 south to I-8. Go west on I-8 and exit north on I-5. Take the first off-ramp, Sea World Drive west to South Shores Park Drive (stop light.) Turn left and proceed to our meeting place along the frontage road adjacent to the Flood Control Channel. We will be looking for migrating waterfowl and shorebirds in the channel and bay areas and then drive to near-by Famosa Slough.

Leader: Jeff Ebright
858-484-3932

Saturday, November 3, 8:30 a.m.
(NOTE: New Fall/Winter Start Time)

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



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, September 27

Neil Solomon

"Iceland & Arctic Norway – A Springtime Journey to the Far North"

As the dark days of winter give way to the seemingly endless daylight of the Spring, birds arrive in their northern breeding grounds to begin their courtship rituals and nest building. From Seabird colonies perched in towering cliffs, to tundra leks, to boreal forest, photographing these birds can be a 24/7 activity (if you are not careful:-)). The lands are vast but the birds are plentiful. Join Neil for stories and images of the many species observed during this journey to the north.

Neil has been photographing birds for the past eighteen years or so. He is a long time resident of San Diego and a member of the Photo Naturalists Camera Club. Neil enjoys photographing birds wherever he can find them, but particularly enjoys traveling to out-of-the-way places. This is Neil's tenth PAS presentation, and like his previous programs, you can count on it being very interesting and informative.

Mark your calendars. Don't miss this presentation!

Thursday, October 25

Ernie Cowan

"The Adventures of an Outdoors Writer"

Ernie Cowan is a writer, photographer, teacher and lecturer. He is the author of the book "Anza Borrego: A Photographic Journey". He leads photo tours in Anza-Borrego and the Eastern High Sierra. He has been an Outdoors Writer for over 30 years and he currently writes the very popular monthly "Backyard Birdwatching" column for the San Diego Union Tribune newspaper. Ernie's presentation will give us an overview of his outdoors and birding adventures in San Diego County. Recently, Ernie and his wife installed a nest box camera to monitor the nesting cycle of a couple of their resident house wrens. He will show us the results of that effort with great photos, along with a nice video. All of this, with a little humor thrown in.

Mark your calendars. Don't miss this one!

FATE OF THE TRICOLORED BLACKBIRD

Ventura, Calif. – Responding to an alarming drop in the rare bird's numbers, the California Fish and Game Commission today listed the Tricolored Blackbird as Threatened under the California Endangered Species Act.

Representatives of Audubon California, which has fought to protect Tricolored Blackbirds for more than a decade, supported the move, pointing to studies showing that the bird's population has declined 55 percent since 2008.

"It's not good news when any bird goes on the endangered species list, but today's decision by the California Fish and Game Commission provides a necessary tool in the fight to stave off extinction for Tricolored Blackbirds," said Sarah Rose, executive director of Audubon California. "Now we can chart a course for this unique bird's rebound and eventual removal from the list."

Biologists from the California Department of Fish and Wildlife told the commission in February that the best available science warrants listing, and this recommendation weighted heavily in the commission's final decision.

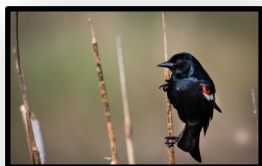
The Tricolored Blackbird lives almost entirely in California and once numbered in the millions in the 1930s, but its population has declined to a fraction of what it once was. Habitat loss and breeding colony disruption are considered to be the main causes of its decline.

In recent years, Audubon California has partnered with the Natural Resources Conservation Service and dairy trade associations to strike agreements with dairy farmers to delay harvests to allow the young birds to fledge. These agreements with farmers have saved many thousands of Tricolored Blackbirds. These activities were strengthened in recent years under emergency listings and temporary listings put in place while the Fish and Game Commission considered formal protections under the California Endangered Species Act.

Because of the loss of their traditional wetland habitat, Tricolored Blackbirds often create their huge colonies on dairy farm forage fields. This puts them at risk when the farmer needs to harvest the field before the young birds have fledged.

"Without the support of the NRCS and the cooperation of these farmers this bird would likely be even closer to extinction," added Rose. "We will continue to work closely with these partners to find solutions that work for both the birds and the farmers."

uture for California by bringing people together to appreciate, enjoy and protect our spectacular outdoor treasures. Audubon California is a field program of Audubon, which has more than 350,000 members and supporters in California and an affiliated 48 local chapters dedicated to protecting birds, wildlife and the habitats that support them.



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

Jan Behrhorst
Miriam Carr
Richard Fowler
Alice Holmes
Corinne Lines
Clark Mahrdt
Peter Mikschl
Patricia Pawlowski
Ken Weaver

AND WE APPRECIATE OUR DONORS VERY MUCH!

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Margaret Yorio

In memory of Jane McNeil

June 16, 1919 – July 30, 2018

(Editor's note: Jane McNeil was one of the founding members of the Palomar Audubon Society; this article captures some of the highlights of her remarkable life.)

Esther Jane McNeil was born on a farm in Sigel, Pennsylvania on June 16, 1919. She was the 6th of eight children, three sisters and five brothers. Jane's father was a hard-working farmer in Pennsylvania. She remembers the whole family working the farm. She attended school from grades one through eight in a one-room country framed schoolhouse with a stove in the middle for heating and eighteen students of varying ages. After the eighth grade, she took an exam in order to enter high school. She passed with flying colors and entered high school.

When Jane was 15 years old, her father suffered a ruptured appendix and died from complications. But before he passed away he talked to Jane and told her that his desire for her was that she become a nurse. And become a nurse she did. As her three-year course of study at the University of Pennsylvania Hospital was ending, the United States was entering World War II. Jane enlisted and became a nurse with the Army Air Corp, serving on Army air bases in the Western United States, India and finally Okinawa as the military planned an invasion of Japan. Before the invasion plan could be carried out, the Allies dropped the atomic bomb on cities in Japan, ending the war. Jane was discharged from the army and headed back to the United States with a plan to get more nurse's training, compliments of Uncle Sam and the GI Bill.

With her army nursing service and her University of Pennsylvania nursing certificate, she was able to accelerate her academic and practical training and soon graduated with a bachelor's degree in Public Health Nursing. She became a public health nurse in the Washington, D.C. health department. She recalled this work as one of the most fascinating, exciting and interesting times of her life and nursing career. She first worked in a crippled children's clinic as a liaison nurse between clinics and hospitals. She also served as a maternity nurse and a nurse in the venereal disease clinic. Her duties for two of those years carried her into the field, going into the homes of patients.

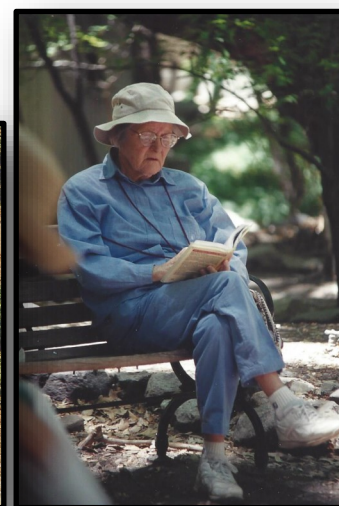
Near the end of her work in D.C. a chance meeting with a friend who was in the Army Reserve led her to sign up for the Army Reserve as a nurse. Little did she know at the time that she would soon be called back to full time service in the Korean War. Jane spent a year in Korea during that war and was then reassigned to Army bases in the United States. By the time Jane retired from the Army, she achieved the rank of Colonel in the Women's Army Corp and at the time of her promotion to Colonel Jane was one of only five women in the United States Army to attain that high rank. Her life and career path brought her a

long way from working on a farm in Pennsylvania to one of five of the highest ranking women in the US Army.

Along the way her military nursing career afforded her the time and opportunity to develop enjoyable hobbies. She had played golf on the premier golf courses of the world, including a round at St. Andrews in Scotland. She also played golf on the Rancho Bernardo courses where she lived and bird watched for many years before moving to a retirement home in San Antonio in 2000.

Upon her arrival in San Diego around 1974, she met Ilene Littlefield through Buena Vista Audubon. They became lifelong friends and spent many hours birding including taking wonderful birding trips. Jane and Ilene, along with Ilene's husband Ed Littlefield, Paul Bergford, and Ken Weaver were founding members of Palomar Audubon Society and all contributed immensely to our Chapter's success. Jane's love of nature led her to become knowledgeable in the field of ornithology. She studied and saw some of the rarest birds in the world. She continued to appreciate the many birds who made their way to her back patio in search of bird seed until her passing.

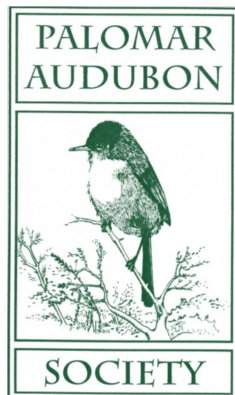
Jane taught birding classes for PAS and she never arrived at a PAS meeting or function without a car load of people. As my friend Barbara Orr, a PAS member, pointed out Jane's "enthusiasm for birds and birding was contagious" and "it was one of the greatest gifts anyone has ever given me." Many of us will always remember Jane and be grateful for her loving and generous heart.



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September-October, 2018

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

Thursday, September 6th

Thursday, October 4th

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>September</i>	<i>1</i>	Peñasquitos Canyon Preserve Walk
<i>September</i>	<i>6</i>	Board Meeting
<i>September</i>	<i>8</i>	Oak Hill Memorial Park Walk
<i>September</i>	<i>15</i>	Batiquitos Lagoon Walk
<i>September</i>	<i>22</i>	Kumeyaay Lake Walk
<i>September</i>	<i>27</i>	General Meeting: "Iceland & Arctic Norway – A Springtime Journey to the Far North"
<i>September</i>	<i>29</i>	Lake Hodges Walk
<i>October</i>	<i>4</i>	Board Meeting
<i>October</i>	<i>6</i>	La Jolla Coastline Walk
<i>October</i>	<i>13</i>	Bolsa Chica Ecological Reserve & Huntington Central Park Walk
<i>October</i>	<i>20</i>	Whelan Lake Bird Sanctuary Walk
<i>October</i>	<i>25</i>	"The Adventures of an Outdoors Writer"
<i>October</i>	<i>27</i>	San Diego River Estuary & Famosa Slough Walk
<i>November</i>	<i>3</i>	Daley Ranch Walk (NOTE: New Start Time)