



Band Tales

Palomar Audubon Society
A Chapter of the
NATIONAL AUDUBON
SOCIETY

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March-April, 2019

Editor
Arne Christiansen

A BIRD'S EYE VIEW

What constitutes a small Audubon chapter vs large Audubon chapter? To me it's the number of members and size of its bank account.



I used to think you had to be a large chapter to accomplish big things. Palomar Audubon has proven me wrong. In the last few years, we have become the small chapter that has accomplished big things.

I learned that even though we have fewer members the percentage of active members is higher than some larger chapters. We have had up to thirty members on our weekly bird walks, we have good attendance at our monthly meetings because of our great topics, and great volunteers working on special mailing, the Christmas Bird Counts and education, along with conservation projects.

The size of our bank account is not huge, but we have done important things with our money. Working with other conservation groups we have recently "saved a 1000 acres", sponsored the Christmas Bird Count with lunches, given scholarships to deserving young people for birding camps and buying binoculars for a local elementary school birding club, teaching students about birds.

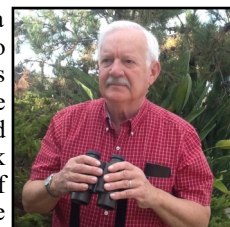
We have proved that BIG THINGS can come from SMALL PACKAGES.

Penny

CONSERVATION NOTES

SO FAST, SO FIERCE

The New York Times Science section occasionally reports on current avian research. "So Fast, so Fierce" is a recent article on hummingbirds. Researchers at Cal- Berkley led by Dr. Rico-Guevara provided evidence from high speed video that male hummingbirds deploy their beaks in male to male combat to win over the female. Some males have weaponized beaks with serrations that help them knock other males off perches or tear feathers off their opponent. This behavior gives the more aggressive bird an evolutionary advantage.



Hummingbird research is advancing in other ways. Dr. Margaret Rubega at the University of Connecticut published a recent paper in Nature on the hummingbird tongue and how it captures nectar. It is not by capillary action, as most of us might suspect, but rather by trapping the liquid in its narrow bill.

The hummingbird is of interest in part because of its extreme behavior. It has the highest metabolic rate of any vertebrate, so its metabolism of sucrose is important. Because the hummingbird lives on the edge, it needs a good memory regarding food sources and stays close to them. Hovering is a very expensive form of locomotion, but perhaps it permits the hummingbird to stay close to its food.

There is still more to learn about and from the Hummingbird. One modern advance is the drone or flying robot. Designers have used the hovering of the hummingbird as a model for the flying robot. Imagine that!

Richard

REMINDER!

PAS BIRDING CLASSES

Don't forget – classes start April 16th at the Rancho Bernardo Community Center. The classes will be led again by the popular Phoenix von Hendy. Refer to the January –February newsletter for details and registration form or go on-line to our website (Palomaraudubon.org.) The registration deadline is April 13th.

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EASTERN SIERRA/OWENS VALLEY FIELD TRIP**LIMITED SIGN-UP**

From May 3rd to May 7th, Hal Benham and Steve Ellis will be facilitating a field trip to view Sierra Nevada birdlife featuring the Sage Grouse mating ritual at their lek near Crowley Lake. May 3rd will be a travel day to Lone Pine. On May 4th we will travel north to Bishop, birding along the way. Important stops will be at Glacier Lodge for Sooty Grouse and Aspendell for gray-crowned rosy finch, mountain bluebird, Cassin's finch, Clark's Nutcracker and other high altitude specialties. We will stay in Bishop 2 nights. On the evening of May 4th we will hopefully attend a talk on the Greater Sage Grouse by biologist Sherri Lissius. May 5th will find us at the Lake Crowley grouse lek at 5:30 AM, which means leaving Bishop no later than 4:45 AM. We will spend ample time at the lek, then bird in a long loop for the rest of the day, stopping along the way for a picnic lunch, and finally arriving back at Bishop in the afternoon. On May 6th we will bird our way back to Lone Pine with several stops planned. We will spend the night of the 6th in Lone Pine or you can forge on home if you have the energy.

The trip will be limited to 20 participants. All meals and lodging will be at the participants own expense. The cost is \$55 per person for members of Palomar Audubon Society and \$80 per person for non-members. Checks should be made payable to Palomar Audubon Society. The application must be postmarked no sooner than March 15th, and participants selected on a first come-first served basis. Send application and check to Dianne Benham, 15946 Cumberland Dr., Poway, CA 92064. Call 858-679-7904 for questions. Participants will receive a full itinerary plus lodging and restaurant details via email when selected.

EASTERN SIERRA FIELD TRIP APPLICATION

Name(s) _____	
Address _____	
Home Phone _____	
Cell Phone _____	Email _____
Amount Enclosed _____	



FIELD TRIPS

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, March 2

San Diego Bird Festival No Scheduled Field Trip

Saturday, March 9, 8:30 am.

San Jacinto Wildlife Area

Riverside County

(RC 749-B4) Rating: 2

From San Diego County take I-15 north through Temecula and take the I-215. Continue north on the 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 two miles to the SJWA headquarters parking lot on the right. From Escondido allow 75-minute drive time. **Bring a lunch.** Always a PAS favorite!

Leader: Sally Sanderson
760-749-6995

Saturday, March 16, 8:30 am.

Lake Hodges

Del Dios

(1149-E4) Rating: 2

From I-15 in Escondido exit at Via Rancho Parkway and drive west to Lake Drive. Turn left and drive south about 1/2 mile. Meet at Del Dios Park across from the Country Store. We should see water fowl, shorebirds and a whole host of local residents.

Leader: Hal Benham
858-679-7904

Saturday March 23, 7:30 am (Note Start Time)

Idyllwild Adventure

(A favorite field trip in 2016!)

Riverside County

Rating: 1

This field trip is the easiest trip on the legs that we offer. The Idyllwild outing is a full day trip, but you can still expect to be back home before 5 pm. We will first meet at the STAGECOACH INN

(www.stagecoachinnaguanga.com) in AGUANGA at 7:30 AM (for the real early-birds, have a great breakfast here beforehand), where we should discover ten bird species with just a very short walkabout, which may include the Rock Wren, Thrasher, and Hooded Oriole. To the extent we can consolidate vehicles at this point we will. Next, we proceed to LAKE RIVERSIDE ESTATES where should find over 30 species of waterfowl. After a short pit stop at the Cahuilla Indian Casino (feel free to drop \$20 at the tables if you wish) just before Anza, we will travel to

LAKE HEMET where we start to pick up mountain birds such as the Stellar's Jay, Chickadee, Junco, and Nuthatch. An Eagle, Osprey, or White Pelican would be nice too. From there we are finally off to the IDYLLWILD NATURE CENTER (\$4 per person fee) in hopes of catching a glimpse of the White-headed Woodpecker, the Band-tailed Pigeon as well as both the White-breasted and Pygmy Nuthatch. **We'll break a little late for a bag lunch, so please bring one.**

We will then venture a few miles back into town to the Black & Decker property (also known as the Kwik property) where we have another good chance for the White-headed Woodpecker. Last time here, one of our members within an hour had a grand slam of woodpeckers in this small area of about one square block: White-headed; Downy; Northern Flicker; Red-breasted Sapsucker; and the Acorn Woodpecker.

Travel time from Escondido to Aguanga (our first stop) is 50 minutes, so it will be an early day. It is 1 hour and 40 min for the full trip back again from Idyllwild. Birding Idyllwild is a longer field trip, but full of adventure and interesting birds. By the time we get to Idyllwild, we will have seen 90% of the day's birds, so if you want to see birds, it's best to start with us at the beginning, rather than hoping to catch up with us at the Nature Center. Some may wish to stay overnight. Most weekend accommodation require a minimum two-night stay, but single night accommodation possibly can be found. Please call Doug Walkley at 310-387-8190 with questions or for accommodation suggestions.

DIRECTIONS: From Escondido, take I-15 north to Temecula. Take the Highway 79 South Exit staying right onto the Temecula Parkway/Highway 79. Continue about 16 miles on Highway 79 to the Stagecoach Inn 43851 Highway 79, Aguanga CA

Leader: Doug Walkley
310-387-8190

Saturday, March 30, 8:30 am. San Pasqual Agricultural Trail

Escondido

(1151-B1) Rating: 2

Meet at the Ysabel Creek Road trailhead at the intersection Ysabel Creek Road. & Bandy Canyon Road. This intersection can be reached from Highland Valley Road east off of Pomerado Road & I-15, or from Highway 78 east of the Wild Animal (Safari) Park. We hope to see local residents, which include Cactus Wren, Greater Roadrunner, and a few raptors, possibly the Zone-tailed Hawk. Bring a lunch for an after-birding picnic. Expect warm weather.

Leader: Jim Beckman
858-205-2819

See Trips on Page 4

FIELD TRIPS, from Page 5Saturday, April 6, 8:30 am.**Old Mission Dam**

San Diego

<http://www.mtrp.org/park.asp>**(1230-F6) Rating: 2**

Take Highway 52 east to the Mast Boulevard exit in Santee. Turn north/east onto Mast Boulevard. and then right at the 1st traffic signal (West Hills Parkway). Take West Hills Parkway to Mission Gorge Road and turn right. Take Mission Gorge Road 0.2 miles and merge right onto Father Junipero Serra Trail. Proceed 0.7 miles down Father Juniper Serra Trail to the Old Mission Dam parking lot, located on the right. Arrive extra early to avoid parking on the street. This should be prime time for spring migrants.

Leader: Jeff Ebright

858-216-5623

Saturday, April 13, 8:30 am.**Dairy Mart Pond/Tijuana River Valley**

San Diego

(1350 – D5) Rating: 2

From North County, take the I-15 south and merge with the I-5 south to the Dairy Mart Road Exit. Turn right on Dairy Mart Road. (south). Continue a very short distance and meet at the dirt parking lot on your right just before the concrete bridge and next to the large “TJRV County Park” sign with the pond on the west side of Dairy Mart Road. We will also drive a short distance to the TJRV Park Headquarters (public restroom and bird feeders) and then visit the nearby Bird & Butterfly Garden where there is a chance of seeing the elusive Black-throated Magpie Jay.

Leader: Jack Friery

619-218-7342

Saturday, April 20, 8:30 am.**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 “Wilderness Gardens Preserve” sign. 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, April 27, 8:30 am.**Big Morongo Canyon Preserve**

Morongo Valley, San Bernardino County

<http://www.bigmorongo.org/>**(SB 616-J5) Rating: 1**

NOTE: This is a day trip or an alternate Saturday/Sunday Outing.

Day Trip to Big Morongo: 8:30 am Saturday, April 27, 2019: Big Morongo Canyon Preserve is always a spring hotspot and a favorite PAS field trip. In the caretaker's yard, several hummingbird and seed feeders attract many bird species for your enjoyment. Birds often found here

are Western and Summer Tanagers, Vermilion Flycatchers, Yellow-breasted Chat, and several other more uncommon species. Picnic tables and restrooms are available. Bring a lunch for an after-birding picnic at the bird feeders.

Directions to Big Morongo: (for GPS Users the address is 11055 East Dr, Morongo Valley, CA 92256):

From Escondido, proceed north on I-15 approx. 36 miles to the I-15/I-215 split in Murrieta. Change to I-215 north and continue about 30 miles to Highway 60 east. Take Highway 60 east approx. 18 miles and merge with the I-10. Then continuing east on I-10 approximately 40 miles to Highway 62. Go north on Highway 62 about 12 miles to Morongo Valley (a small town). About a mile or two into town, look for signs for Big Morongo Canyon Preserve. Turn right (south) on East Drive, a dirt road, to the Preserve. The parking lot is just beyond the caretaker's house. Allow 2+ hours travel time from Escondido.

For those staying over Saturday night, we are recommending the Best Western Joshua Tree Hotel & Suites at 56525 Twenty-nine Palms Highway, Yucca Valley 92284 (760) 365-3555 at the upper price range (NOTE: this is not the Best Western Gardens Hotel in the city of Twentynine Palms) or we are also recommending the Super 8 at 57096 29 Palms Highway Yucca Valley CA (760) 228-1773 for about \$60 less. **Note, due to music festivals, rooms are expensive and in high demand so book early.** We will assemble in the lobby of the Best Western at 2:00 pm on Saturday, for a tour to Black Rock Canyon Campground in search of the Scott's Oriole, the Pinyon Jay, and Gambel's Quail. We will return to our motels in time to scrub up for a 5:00 pm happy hour in the breakfast area, followed by a 7:00 pm dinner at La Casita located at 57154 Twenty-nine Palms Highway, Yucca Valley, CA 92284. At happy hour we can decide on the best destination for our Sunday morning birding.

Leader: Doug Walkley

310-387-8190

Saturday, May 4, 8:00 am. (Note new earlier Spring/Summer 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/Dixon Lake” signs and turn left on La Honda Drive. Continue north toward Dixon Lake and on to the **free** Daley Ranch parking area on your left. Meet at the trailhead kiosk.

Leader: Tom Trowbridge

760-743-1052

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

Sharel Andrews
Gerry Baade
Linda Baade
Michael & Sonja Beeve
Linda Canada
Steve Ellis
Elinor Foulke
Stephen Gabbert
Judy Gendreau
Penny Hernandez
Bert & Sharon Kersey
Robin Kohler
Barbara Launspach
William Lee
Connie Luizzi
Karen Zachary

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

Sharel Andrews
Michael & Sonja Beeve
Tim Burr
Elinor Foulke
Martha Hales
Alice Holmes
Vanita Murthy
Margaret Yorio

SoCAL CHAPTER COUNCIL MEETING

PAS President Penny Hernandez welcomed the attendees to the February 23rd meeting hosted by PAS at the lovely Buena Vista Audubon Nature Center and led a discussion on how small chapters can contribute to their communities. Ray Sessley discussed a new National Audubon program to establish Audubon chapters on college campuses.



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

Thursday, March 28

Ed Henry

“Beautiful Birds in the Land of the Thunder Dragon”

Ed and Connie Henry visited Bhutan for 17 days in the spring of 2016. They landed in Paro, climbed up to Tiger’s Nest, and then moved on to multiple locations in the west and central regions to photograph Bhutan’s diverse and colorful birds. Bhutan Birding provided guide, driver, vehicle and crew. Ed was shooting with his new Canon set-up. Come and see the scenery and a lot of beautiful and interesting birds.

Ed Henry is a retired San Diego State University Professor of Anthropology and past-president of the San Diego Audubon Society. He has been photographing birds for thirteen years.

This is Ed’s fourth PAS presentation. Always extremely interesting, and wonderful photographs. Mark your calendars and don’t miss this one!

Thursday, April 25th

Char Glacy

“Hungary & Romania: Some of The Best Birding Spots In Eastern Europe”

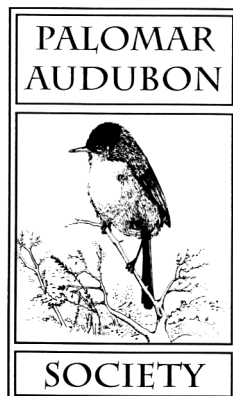
Local birder and long-time PAS member, Char Glacy, recently spent three weeks birding in Eastern Europe. This presentation will share information on some of the best birding sites in Romania and Hungary including the reed beds, canals, and lagoons of the Danube Delta, the second largest river delta in Europe. Here she saw hundreds of waterbirds, including the Dalmatian Pelican, one of the most endangered birds in Europe; Dobrodgea, an area of bare rock and short grassland steppe with some of the oldest forested ridges of Europe; the Carpathian Mountains, one of Europe’s most important regions for wildlife; the Apuseni Mountains, quite different from the Carpathians being mostly limestone gorges and caves; Hortobagy, a World Heritage National Park that was established in 1972; and Kiskunsag National Park, like Hortobagy, it is mostly grassland, yet the two parks are distinctly different, with Kiskunsag being a more diverse mix of lakes, sandy dunes, dry forest, villages and farmland. Wow! Quite an adventure! It should be fun to hear her story!

Mark you calendars! Don’t miss this Presentation!

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March-April, 2019

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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palomaraudubon@gmail.com

Board of Director's Meeting

Thursday, March 7th

Thursday, April 4th

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.

QUICK CALENDAR

March 2	San Diego Bird Festival-No Scheduled Walk
March 7	Board of Directors' Meeting
March 9	San Jacinto Wildlife Area Walk
March 16	Lake Hodges Walk
March 23	Idyllwild Adventure
March 28	General Meeting: "Beautiful Birds in the Land of the Thunder Dragon"
March 30	San Pasqual Agricultural Trail Walk
April 4	Board of Directors' Meeting
April 6	Old Mission Dam Walk
April 13	Dairy Mart Pond/Tijuana River Valley Walk
April 20	Wilderness Gardens Preserve Walk
April 25	General Meeting: "Hungary & Romania: Some of The Best Birding Spots In Eastern Europe"
April 27	Big Morongo Canyon Preserve Walk
May 4	Daley Ranch Walk