



# Band Tales

Palomar Audubon Society  
*A Chapter of the*  
NATIONAL AUDUBON SOCIETY

Volume XXXVII  
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May-June  
2022

Editors  
Jill & Fred Weber



**Volunteers Needed**  
**See page 4 for more**  
**information**

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## A BIRD'S EYE VIEW

*Penny Hernandez, President*

Dear Palomar Audubon Society Members,

It is with a heavy heart and a clear mind that I am resigning as President of the Palomar Audubon Chapter as of June 30, 2022. After many, many years as President I feel the chapter needs fresh eyes and knowledge to be able to keep up with the world's many changes.



I can't begin to thank the many people who have been Officers and Directors through the years. They are the ones who have made this a great Chapter. I am hoping that one of them will step up and become President.

I will continue being a member and hope to see you all at meetings and field trips.

Good birding,

Penny Hernandez

Penny Hernandez has served as PAS President for a total of 14 years. She has led board meetings, chapter meetings, planned picnics and CBC luncheons, stuffed envelopes, mailed letters, wrote columns and always welcomed new members warmly. PAS cannot thank Penny enough for her contributions and hard work in making this such a wonderful club. We are so fortunate to have had her as President for so many years!



## CONSERVATION NOTES

*Trysten Loeffke*

What was it about birds that first fascinated you? What was the first great bird fact that you learned that really piqued your interest? For many people, the answer to these questions is migration. People the world over are fascinated by these incredible annual journeys undertaken by such tiny creatures. For those of you who are members of National Audubon, the entire spring edition of the magazine will be dedicated to exploring the fascinating world of migration and should be arriving in your mailboxes soon.



Perhaps the most famous of these migrations is that of the Arctic Tern, which travels from the arctic to the antarctic and back each year. Some of these terns have been recorded traveling a round trip distance of up to 57,000 miles each year, making it by far the longest migration of any species in the entire world, bird or otherwise. As we speak, migration is in full swing all around us. Millions of birds are making their way north towards their breeding grounds. Our familiar wintering birds are leaving us and are being replaced by our beloved summer birds, and those intrepid Arctic Terns are arriving back in the arctic to begin another breeding season in the land of the midnight sun. But migration is no easy task. Not only does it require careful preparation and impeccable timing, it also requires safe stopping off grounds and a relatively obstacle-free flight path. Recent years have seen an increase in bird mortality during migration. Even our eagerness for renewable energy has contributed to this decline, with wind farms, especially the rapidly expanding offshore wind farms, posing great threats to many of our migrating birds.

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Issues such as these have prompted organizations such as Audubon and the Cornell Lab of Ornithology to launch new initiatives and even dedicate entire research teams to studying these impacts on migrations. On their migratory journeys, birds are increasingly encountering areas akin to ecological deserts, leaving them with little to no places to stop and refuel. That's why preserving important areas for these birds is as important now as ever. We have all heard about how San Diego County is a global biodiversity hotspot, and that is especially true during migration. In fact, California is one of only 36 regions across the entire planet that is designated as a global biodiversity hotspot. Areas such as the Salton Sea, which hosts tens of thousands of birds on their migration along the inside edge of the Pacific Flyway, as well as those closer to home desperately need our continued protection in order to carry on supporting birds during their migrations. I've spoken before about how we can create our own little wildlife havens in our yards and neighborhoods, and these too can be important rest stops for migrating birds.

This year, May 14th is World Migratory Bird Day, which also happens to coincide with the Global Big Day. So this month, I would encourage each of you to get out on the 14th, even if it's just for five minutes, count the birds, and enter your sightings into eBird.org in order to help scientists understand not only population dynamics but also what areas these birds are using during their migrations.

**REMINDER:  
DEADLINE FOR THE  
JULY-AUGUST ISSUE IS  
JUNE 15<sup>th</sup>.  
SUBMIT COPY TO  
[fred17hmr@gmail.com](mailto:fred17hmr@gmail.com)**



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

*Barbara Asman  
Kristin Bergford  
Rick & Brenda Campbell  
Luca Cinus  
Meredith Dow  
Mike & Judy Gendreau  
Char Glacy  
Gary & Cheryl Grantham  
Mary Jo & Patrick Hayes  
Sharon & Jon Nachison  
Constance & Jack Lee  
Trysten Loeffke  
Connie Luizzi  
Furio Pico  
Christine Trigeiro  
Doug & Diane Walkley  
Beverly Warburton  
Blythe Wilson  
Paul Zepf*

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

*Kristin Bergford  
Rick & Brenda Campbell  
Vesta Dineen Living Trust  
Meredith Dow  
Duane Fowler  
Richard & Ellen Fowler Charitable  
Foundation  
Mike & Judy Gendreau  
Char Glacy  
Gary & Cheryl Grantham  
Mary Jo & Patrick Hayes  
John & Connie Moore  
Sharon & Jon Nachison  
Dawn Nowlin  
Christine Trigeiro  
Doug & Diane Walkley  
Beverly Warburton*

## Volunteers Needed

PAS currently has a need for members that would like to serve on the Board of Directors. There are seven, hour long meetings per year where you discuss and vote on items that are important to the mission of our club. If you have never served, you will find it an enjoyable and interesting way to become more involved with PAS.

PAS is also looking for someone that would like to assume the office of President and a person or persons that would like to learn how to put together the bimonthly newsletter.

Contact any of the board members listed on the back page of this newsletter for more information.

### 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 - \$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.*

## SPECIES PROFILE

### *Brandt's Cormorant*

*(Urile penicillatus)*

*By Aedyn Loefke*

It doesn't take a trip to Alaska or the islands of the Pacific to experience the wonders of a seabird nesting colony. In fact, just a quick trip down to La Jolla Cove right here in San Diego County can produce a spectacle of hundreds of nesting seabirds. A large majority of the seabirds you will see nesting there are Brandt's Cormorants. Brandt's Cormorants are unique in that they don't incubate their eggs in the way that most birds do. Most bird species pluck a bare patch of skin on their belly, called a brood patch, and use the bare skin to more efficiently transfer heat to incubate their eggs. Cormorants, however, lack this brood patch, and instead they use their large webbed feet to keep their eggs warm. Their feet are even specially adapted to fit with this unique incubation strategy. Unlike other birds with webbed feet, who only have the webbing between the front three toes, on a cormorant's foot, the webbing joins all four of their toes, a characteristic known as totipalmate, giving them an even great surface area to incubate their eggs with.



Interestingly, the Brandt's Cormorant's closest relative was the Pallas's or Spectacled Cormorant, which was the largest of all the Cormorant species, weighing in at around 14 pounds.

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Sadly, this species went extinct in the 1850s.

Unlike most waterbirds, cormorants' feathers aren't waterproof, and the reason for this is rather interesting. Before diving down to catch fish, a cormorant will purposely get their feathers waterlogged, thus reducing their buoyancy, allowing them to dive deeper and more effectively in their pursuit of prey. And Brandt's Cormorants certainly



ly can dive deep. They have been recorded diving up to 230 feet deep!

The name "Brandt" comes from the German Zoologist Johann Friedrich von Brandt, who first described the species while working in Russia when a specimen was brought back by Russian expeditioners who were exploring the Pacific coast of North America.

The name "Cormorant" comes from an amalgamation of the Latin words "corvus" and "marinus", meaning sea raven.

The Brandt's Cormorant is a visually stunning species, especially in breeding plumage, with their jet black bodies, iridescent green on their backs, and those stunning, glittering blue eyes and throat pouch. The Brandt's Cormorant is endemic to our Pacific coast, ranging only along rocky shores in the narrow strip from Baja to Alaska and nowhere else in the world!

## MY SPARK BIRD

*By Jill Weber*

25 years ago I noticed that some debris had become lodged on my balcony's sunshade. Upon closer inspection I realized that the "debris" was the beginning of a bird's nest. Over the next few days, I watched with fascination as a rather non-descript streaky brown bird finished the nest and deposited 3 small, blueish eggs and began to incubate them. I was so excited as I was sure that this was something rare and unique using my balcony to raise her family. I soon noticed another bird coming to the nest. This one had a beautiful rosy blush on its head and breast. Well, I made a bee line to the local bookstore, purchased my first field guide (Stokes Guide, which I still have and use) and began flipping through it. I soon determined that my rare bird was...the ubiquitous House Finch! I watched as this pair hatched three eggs, fed their raucous triplets and eventually coaxed them to fledge. This began my love of birding and the desire to identify any bird I see. After purchasing my first pair of binocs and hiking boots, I began going to parks, ponds and lakes around Escondido eventually branching out to other states and foreign countries. I've had such great experiences and made so many wonderful friends through this hobby. And I owe it all to that sweet pair of House Finches that chose my sunshade to raise their babies.

**Tell us about your spark bird! Send your story to [jillweber55@hotmail.com](mailto:jillweber55@hotmail.com)!**



**Some Rare Bird**



## FIELD TRIPS

*Jim Beckman*

**Saturday, May 7, 8:00 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/Dixon Lake" signs and turn left (north) on La Honda Drive. Continue on toward Dixon Lake and on to the free Daley Ranch parking lot on your left. Meet at the kiosk. Expect warm weather.

Leader: Trysten Loeffke  
760-749-5898

**Saturday, May 14, 8:00 am.**

### **Kit Carson Park**

#### **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: Jeff Ebright  
858-216-5623

**Saturday, May 21, 8:00 am.**

### **Lindo Lake**

#### **Lakeside**

(1232-B3) Rating: 2

From North County, take I-15 south to Hwy. 52 east to Mission Gorge Rd. Turn left and continue east to Woodside Ave. Go under the Hwy 67 overpass staying on Woodside Ave (into Lakeside) to end at the Lindo Lake County Park. From San Diego, take I-8 east to Hwy 67 north, and take the Riverford Rd. exit. After exiting, 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, May 28, 8:00 am.**

### **Sweetwater River Gorge**

#### **Rancho San Diego**

(1271-J6) Rating: 2-3

From I-5, I-805, or I-15, take Hwy 94 east; stay on Hwy 94 as it becomes Campo Road, then turn right on Singer Lane, and then an immediate left onto the dirt parking area near the old steel bridge. This area is a rich stream habitat surrounded by native chaparral and sage scrub. There are no restrooms or drinking water available, so plan accordingly.

Expect warm weather. It's a PAS tradition to eat lunch at close-by Rubio's Coastal Grill after birding.

Leader: Jeff Ebright  
858-216-5623

**Saturday, June 4, 8:00 am.**

### **Wm. Heise County Park/Santa Ysabel Mission**

(1156-C5) Rating: 2-3

From Escondido take Hwy 78 east (from San Diego take Hwy 67 east) to Ramona, then Hwy 78 toward Julian, past Santa Ysabel. After the town of Wynola, start looking for the sign on your right for William Heise County Park (1 mile west of Julian). Turn right on Pine Hill Road and drive south for 2 miles to Frisius Road. Turn left (east) onto Frisius Road, and drive another 2 miles to the park entrance. We will meet in the parking lot. There is a parking fee, but free with a Senior County pass. We will also drive to the Santa Ysabel Mission to look for orioles and other spring/summer migrants.

Bring a lunch for an after-birding picnic at the Mission. Expect warm weather.

Leader: Jim Beckman  
858-205-2819



**Saturday, June 11, 8:00 am.  
Cuyamaca Rancho State Park  
Julian**

(429-L3) Rating: 2-3

From San Diego, take I-8 east and exit north on Hwy 79. Continue approximately 12 miles to the Paso Picacho Campground on the left. From the North County, take Hwy 78 (or Hwy 67) to Ramona, and then continue on Hwy 78 just past Julian, to Hwy 79. Take Hwy 79 south approximately 10 miles to the campground on the right where we will meet. Note:

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The State of California has recently increased the day-use parking fee. Carpooling is highly recommended.

Bring a lunch for an after-walk picnic. Expect warm weather.

Leader: TBA

**Saturday, June 18, 8:00 am  
Agua Dulce Creek  
Laguna Mountains  
(430-B5) Rating: 2-3**

We will meet at the old parking area for Agua Dulce Creek Group camp. Driving east on I-8, and after Pine Valley, look for signs indicating the Sunrise Highway Exit and Laguna Mountain Recreation Area. Go north on Sunrise Hwy. (S-1) approx. 8 miles to Wooded Hill Road, the first road on the left and directly across the road from Morris Ranch Road. Continue on Wooded Hill Road to the end. Restrooms, picnic tables and water are available in the Lagunas near the General Store at Burnt Rancheria Picnic area. A Forest Service Adventure Pass is required for day-use parking and is available locally in San Diego County at major sporting goods stores and at the Laguna General Store. Bring a lunch for an after-walk picnic. Expect warm weather.

Leader: Jim Beckman  
858-205-2819

**Saturday, June 25, 8:00 am.  
Palomar Mountain State Park  
San Diego County**

(409-G7) Rating: 2

This field trip will start from the parking lot at Doane Pond. Leave the Escondido area before 7 am. From I-15, take Highway 76 east to Highway S6, north to Palomar Mountain. Or from Escondido, take Highway S6 to Palomar Mountain. At the mountaintop, at the S7 intersection stop sign, turn left and continue for 3 miles on State Park Rd. to the Palomar Mountain State Park entrance. Note: The State of California has recently increased the day-use parking fee. Carpooling is highly recommended. Proceed 1.5 miles to the Doane Pond/School Camp area parking lot. Bring a lunch for

an after-walk picnic. Expect warm weather.  
Leader: Sally Sanderson vcwillow@aol.com  
760-749-6995 760-638-9912 cell

**Saturday, July 2, 8:00 am.  
Lake Murray  
La Mesa**

(1250 E6) Rating: 1-2

Take I-8 east to Lake Murray Boulevard. Exit with right turn at light, and proceed 1 mile north 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



**GLOBAL BIG DAY-MAY 14 2022**

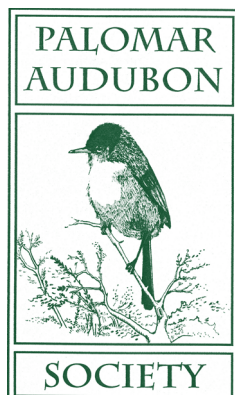
On May 14th, join birders from around the world and be a part of Global Big Day. You don't have to commit to birding for 24 hours—even 5 or 10 minutes of watching birds at home makes you part of the team. Last year, more than 51,000 people from 192 countries submitted eBird checklists on Global Big Day. Let's discover what we can accomplish together this year!



# Band Tales

## May-June 2022

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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 Escondido, CA 92033-2483

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#### Vice-President

Jim Beckman ..... 858-205-2819

#### Secretary

Joan Falconer ..... 858-566-7050

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Alice Holmes ..... 925-212-8165

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Tom Trowbridge ..... 760-522-8519

Jill & Fred Weber ..... 760-604-3734

Trysten Loeke ..... 760-749-5898

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Band Tales Mailing... Jan Behrhorst ..... 619-507-3627

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Education ..... Alice Holmes ..... 925-212-8165

Field Trips/Programs. Jim Beckman ..... 858-205-2819

Hospitality ..... Jill & Fred Weber ..... 760-604-3734

Membership ..... Alice Holmes ..... 925-212-8165

Scholarship ..... Jim Beckman ..... 858-205-2819

Travel ..... Hal & Dianne Benham ..... 858-679-7904

Web Page: [palomaraudubon.org](http://palomaraudubon.org)

Webmaster: Jeff Ebright: 858-216-5623

[palomaraudubon@gmail.com](mailto:palomaraudubon@gmail.com)

## Board of Director's Meeting

*No Meetings for May-June*

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

May	7	Daley Ranch
May	14	Kit Carson Park
May	21	Lindo Lake
May	28	Sweetwater River Gorge
June	4	Heise County Park
June	11	Cuyamaca State Park
June	18	Agua Dolce Creek /Laguna Mountains
June	25	Palomar Mountain State Park
July	2	Lake Murray