



Band Tales

Palomar Audubon Society
A Chapter of the
NATIONAL AUDUBON SOCIETY

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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.

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A BIRD'S EYE VIEW

Penny Hernandez

I am making this short and sweet, because of surgery on my right hand and a left hand that has no coordination.

Thank you all once again, for making this a good year.



Our last event of the year was a very successful picnic. I hope everyone who attended feels the same way. I know Cowboy Bob had fun flirting with all you ladies, and watch out for Dianne Benham, she's a great shot. She won the prize for hitting the wild boar four times. Luckily we didn't have to eat the rubber boar, we had great food from the Wrangler in

Escondido.

For those who were not there, we honored Jim Beckman. He has been a very important person to our Chapter. Not only is he our Vice President, but plans the programs and field trips, and works on the scholarships. What a Guy, thanks Jim.

Well, my left hand says enough is enough. You'll hear more from me and the Board in the September issue of **Band Tales**. Have a great summer and enjoy all the birds.

Penny

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

- Jim Beckman
- Christine Curtis and Carlton Black
- De Vona Caha
- Joan Falconer
- Laura Hunter
- Patricia Harrison
- Paul Jeffs
- Cindy Knapp
- Clark Mahrtdt
- Tom Murphy
- Sally and Joan Sanderson
- Paul Zepf

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.

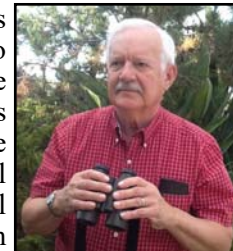
**HAVE A GREAT SUMMER
WITH GREAT BIRDING!**

CONSERVATION NOTES

Richard Fowler

NATIONAL PARK SERVICE TURNS 100

On August 25, 2016 the National Park Service will celebrate its centennial. On this date 100 years ago President Wilson signed into law the creation of the service and its placement under the Department of the Interior. Since that date the National Park Service has grown to 58 National Parks and over 400 total sites, which include National Monuments, National



Historical Sites, and National Historical Trails. There are locations in all 50 states and many sites in or near major population centers, reflecting the mission of not only protecting environments, but also connecting people to the parks and nature through educational programs.

California is blessed with many parks within a days drive of San Diego. These include Yosemite, our oldest park, Sequoia/Kings Canyon, Channel Island, and Joshua Tree. Also, the parks of Utah and the Grand Canyon are close at hand. My favorite local spot is Cabrillo National Monument. It is a good birding spot as well as a great place to take visitors getting acquainted with San Diego.

This anniversary is a great time to reflect on our National Parks and their importance to all of us. The Park Service and the National Park Foundation are launching efforts to publicize the services they provide the public, from conservation and recreation, to historic preservation programs. You can be part of this by going to findyourpark.com or #findyourpark on social media. The options may surprise you.

From the standpoint of a parent interested in the environment and conservation, there is great satisfaction in seeing the same in your offspring. I was delighted to hear from my daughter and son-in-law recently that they, and their children, are spending this year's summer vacation in one of our great National Parks. I am hoping that my grandchildren will connect with the Park and find inspiration through the experience.

Richard



Cabrillo Lighthouse, San Diego

PAS 2016 PICNIC HOEDOWN RECAP

Forty-three cowboys and cowgirls attended this year's barbecue with food by Wrangler Barbecue in Escondido. Many had their pictures taken with Cowboy Bob, and fun was had by all. Thanks to all for attending and buying raffle tickets. PAS raised \$500 to be used for activities and future projects. A special thanks to those who helped with the Picnic setup and breakdown; we couldn't do it without you!

FUN PHOTOS FROM THE 2016 PAS HOEDOWN

(Photos courtesy Penny Hernandez and Dianne Benham)



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 2, 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 9, 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: Sally Sanderson vcwillow@aol.com

760-749-6995

Saturday, July 16, 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 Dr./Tecolote Rd. off-ramp – away from Mission Bay. Continue on Tecolote Rd. 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. Expect warm weather.

Leader: Jack Friery

619-218-7342

Saturday, July 23, 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 Rd. 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: Jim Beckman

858-205-2819

Saturday, July 30, 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 Hwy. 163S to I-8W and drive toward Ocean Beach. Make a slight left at Sunset Cliffs Boulevard and then stay in the right lane. Turn right onto W. Point Loma Boulevard and then right at Bacon St. 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 6, 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 Blvd, turn left on Fanita Parkway and continue north to Lake Canyon Dr. Turn right, park, and walk through 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

760-743-1052

Saturday, August 13, 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 Ave. Turn right (north) and go all the way to the end of North Rios Ave. 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 20, 7:30 am (Note Start Time)

Idyllwild Adventure

(A favorite field trip last year!)

Riverside County

Rating: 1

This trip is about the easiest trip on the legs that we have. However, our Idyllwild outing is a full day trip, but you can expect to be back home no later than 5 pm. We will first meet at the STAGECOACH INN www.stagecoachinnaguanga.co) in AGUANGA at 7:30 AM (for the real early-birds, have breakfast here beforehand), where we should discover ten bird species with just a very short walkabout, including the rock wren, thrasher and hooded oriole. To the extent we can consolidate vehicles at this point we will, then proceed to LAKE

RIVERSIDE ESTATES where we will find a large number 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 Chickadee, Junco, and Nuthatch. An Eagle, Osprey, or White Pelican on the lake 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 as well as lots of Steller's Jays. Last year 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; 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.

Some may wish to stay overnight, but during the peak season, most, if not all accommodations, require a minimum two-night stay and early advance reservations. 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 Hwy 79 South Exit staying right onto the Temecula Pkwy/Hwy 79. Continue about 16 miles on Hwy 79 to the Stagecoach Inn 43851 Hwy 79, Aguanga CA

Leader: Doug Walkley
310-387-8190

Saturday, August 27, 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, September 3, 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 Rd. to the Park Road entrance at the stoplight. Turn left, and proceed on Park Road about ¾ mile to the Amphithe-

ater 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: Jeff Ebright
858-484-3932

WE VERY MUCH APPRECIATE THE GENEROUS SUPPORT OF THESE DONORS

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July-August, 2016

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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>2</i>	Lake Murray Walk
<i>July</i>	<i>9</i>	Tijuana Estuary & 7 th Street Walk
<i>July</i>	<i>16</i>	Tecolote Canyon Walk
<i>July</i>	<i>23</i>	Guajome Regional Park
<i>July</i>	<i>30</i>	Robb Field/San Diego River Floodway Walk
<i>August</i>	<i>6</i>	Santee Lakes Walk
<i>August</i>	<i>13</i>	San Elijo Lagoon Walk
<i>August</i>	<i>20</i>	Idyllwild Adventure
<i>August</i>	<i>27</i>	Dairy Mart Pond/Tijuana River Valley Walk
<i>September</i>	<i>3</i>	Kit Carson Park Walk