



# Band Tales

Palomar Audubon Society  
A Chapter of the  
NATIONAL AUDUBON SOCIETY

Volume XXXII  
No. 6

May-June  
2018

Editor  
Arne Christiansen

## SUNDANCE BIRDING UPDATE

The students at Sundance Elementary School continue birding with enthusiasm. Many thanks to Palomar Audubon Society for providing 10 more binoculars for the Sundance bird watching program. With the assistance of Jerry Martin at Wild Birds Unlimited, Palomar Audubon Society has donated 10 additional Vortex binoculars for use by the students at Sundance. Vortex Optics provides an unlimited, unconditional, lifetime warranty so we are pleased to be using their binoculars. Thank you Palomar Audubon.

The school habitat is quite varied - tall pines and Eucalyptus, extensive lawn with cyclone fence for perching, much dense scrub edging a gully, a vegetable garden and flower gardens. During the lunch recess, 4th and 5<sup>th</sup> grade students may check out binoculars and bird with Mr. Rodrigo, the principal. Along with a 'Guest Birder' I bird with the students on Fridays. Our 'Sundance Sightings' list for nine Fridays this Spring lists the following birds. (The number in parentheses indicates how many times that bird has been sited.) Cooper's hawk (1), Northern Harrier (3), Red-shouldered Hawk (5), Red-tailed Hawk (5), Mourning Dove (4), White-throated Swift (1), Anna's Hummingbird (4), Rufous Hummingbird (1),

Black Phoebe (6), Say's Phoebe (5), Cassin's Kingbird (6), California Scrub Jay (1), American Crow (5), Swallow species (1), Western Bluebird (3), European Starling (1), Yellow-rumped Warbler (5), White-crowned Sparrow (1), Song Sparrow (1), Hooded Oriole (1), House Finch (5), and House Sparrow (1). The highest count for one day was 15 species in 40 minutes. In addition, these species have been seen without students present: Northern Mockingbird, California Thrasher, Killdeer, Turkey Vulture.

The students and I really appreciate our 'Guest Birders'. With an additional adult more students are able to see the birds. I would love to hear from anyone who is interested in being a 'Guest Birder'. We bird

Fridays from 12:15 to 1:15. The school is located on Twin Trails Drive in Rancho Peñasquitos and my email is greenheron@sbcglobal.net.

Again, thank you so much to Palomar Audubon Society for making it possible for the Sundance students to love birding. The binoculars stimulate enthusiastic participation and make the program possible.

Alice Holmes (PAS Membership Chair)

from

## Birds&Blooms

### 5 WAYS TO CREATE A BIRD-SAFE BACKYARD

Keep your feathered friends healthy with clean feeders, fresh birdseed and a natural yard.

*By Kenn and Kimberly Kaufman*

A lot of planning, time and money go into attracting and feeding your backyard birds. But making your space appealing to them with food and plants they love is only one part of the equation. You also need to ensure that birds stay safe while in your yard. With these tips, you are on your way to a bustling backyard full of feathered guests. Creating and maintaining a bird-safe yard requires a bit more work and dedication beyond simply putting up a feeder. But the peace of mind that comes with doing your part to keep birds safe is extremely rewarding.

#### Clean Feeders Regularly

Cleaning bird feeders is certainly not the most glamorous part of attracting birds, but it's necessary to keep them healthy and avoid spreading diseases. Moldy seeds and



*(continued on page 4)*

## PICNIC TIME! SEE DETAILS ON PAGE 3

### Inside this Band Tales

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# A BIRD'S EYE VIEW

*Penny Hernandez*

We are coming close to the end of our chapter year. What this means is our summer break from meetings, election of Officers and Directors in May, and our annual picnic in June.



Below you will find a slate of Officers and Directors for the election at our May 24, 2018 meeting. Please try and attend. It's important that you know who is making decisions for your chapter. First, the Board has implemented a change in our bylaws dealing

with the term length of the Directors. Article V, Section 2 of the bylaws will now read "Directors shall be elected for the term of two years and may continue for consecutive terms by a plurality of the voting members of the Society present at the annual meeting of members."

Here is the slate:

- President..... Penny Hernandez
- Vice President ..... Jim Beckman
- Treasurer ..... Sunny Christiansen
- Secretary..... Dianne Benham/Doug Walkley

Directors-at-Large:

- Richard Fowler..... continuing
- Alice Holmes..... continuing
- Tom Trowbridge ... continuing
- Joan Falconer ..... new
- Nabih Mansour..... new
- Mary Marquis..... new
- Jill Weber ..... new
- Fred Weber..... new

Many of our Directors are also Committee Chairs. If you are interested in helping on any of the committees please speak with any of us. The following is a list of the committees:

- Conservation..... Richard Fowler
- Band Tales Editor..... Arne Christiansen
- Band Tales Mailing..... Jan Behrhorst
- Education..... Alice Holmes/Richard Fowler
- Field Trips/Programs.... Jim Beckman
- Hospitality ..... Jill Weber
- Travel..... Hal & Dianne Benham
- Membership..... Alice Holmes
- Scholarships..... Jim Beckman
- Webmaster..... Jeff Ebright

Well, have a great summer and don't forget that we continue our field trips to great places and look elsewhere in this newsletter for the PICNIC information.

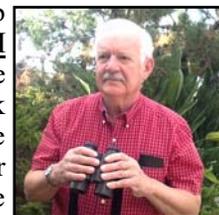
*Penny*

# CONSERVATION NOTES

*Richard Fowler*

## KAUAI'S LAYSAN ALBATROSS

After a long absence the Laysan Albatross reappeared on Kauai in the early 1970s. Since then the Albatross has reestablished a colony of over one hundred birds. This is in part due to the activities of the Kauai Albatross Network founded by Hob Osterlund, the author of HOLI MOLI (Moli is the Hawaiian word for the Laysan Albatross). Also, the Network and Cornell Ornithology Labs have collaborated on recording the behavior of the Moli, which has attracted a large viewership worldwide. Ellen and I were fortunate to meet Hob in mid-April who led us on a tour of Northwest Kauai.



The tour began with a drive through a high-end housing development near the U.S. Wildlife Refuge. It was a very quiet neighborhood with few people and no dogs. However, fuzzy Moli chicks were everywhere, one sitting on a driveway, others on nests, none with an apparent parent. (Both parents were presumed out foraging for food). Amazingly, these chicks would fledge in the next few months and would be ready to embark on their own ocean voyage far into the North Pacific. There were some apparent fully grown Moli in the neighborhood who Hob described as teenagers. Together, we saw over thirty Moli in this residential area.

After a drive through U. S. F&W property in the Hanalei Valley(which was devastated by flooding shortly after our visit), we returned to the other major bird attraction the Kilauea Light House area, which is also on land managed by U.S. F&W. The sky was alive with birds and their calls. In addition to the Moli, there were Great Frigatebirds, White tail and Red tail Tropicbirds. An entire hillside was abuzz with nesting Red-footed Boobies with many of them flying back and forth foraging for nesting material. We estimated there were over 1000 of these birds. Hob explained it was the males who were foraging and the females staking out the nests.

On the walk to the lighthouse we noted large holes along the brushy trail, some were occupied by pairs of Wedge-tailed Shearwaters that had just started returning to their nesting sites. Surprisingly, these relatively small birds are responsible for digging these holes.

The magnificent array of bird life at these sites was a spectacular positive example of public-private partnerships working to protect birds and their habitat. You can check out the activities of the Moli by going to Laysan Albatross cam on Google.



*Richard*



# 2018 P.A.S. PICNIC

## SUNDAY, JUNE 10 – 4 PM

This year's P.A.S. Picnic will be under the oak trees at Bert and Sharon Kersey's home in Fallbrook. This is a beautiful habitat for birds so be sure to bring binoculars.

It's going to be a HAT PARTY so dress in your finest bird or garden theme hat, homemade or otherwise. Prizes will be awarded for the most impressive headwear.

### ON THE MENU

If you leave this year's picnic hungry or thirsty, it's not our fault. Escondido's *Wrangler Barbecue* will be serving their delicious BBQ beef and chicken along with yummy baked beans, coleslaw and rolls. Penny's famous potato salad will top it all off and our highly skilled P.A.S. bartenders will be serving wine, beer and alcohol-free drinks as before.

### WHAT TO BRING

Please bring a dessert to share OR a piece of fruit for our traditional Friendship Fruit Salad. And don't forget to wear your bird or garden theme hat.

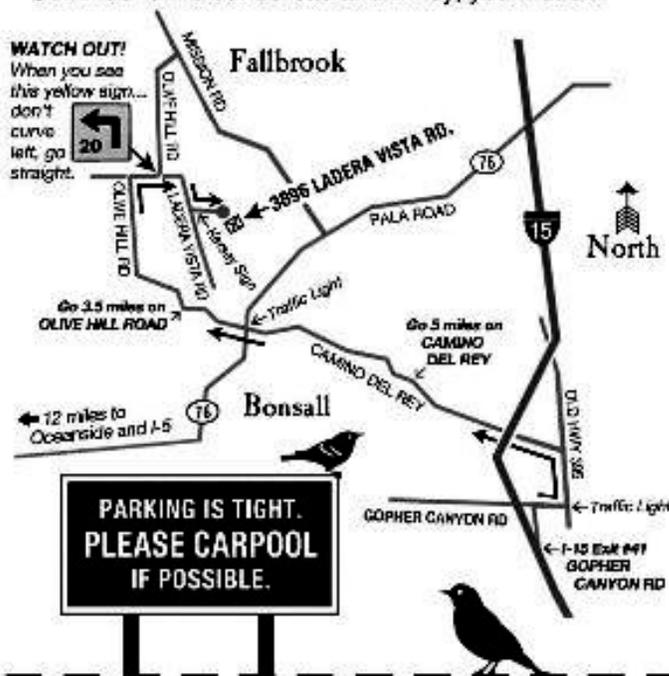
For those who wish to participate there will be a potted plant exchange (flowers, succulents or vegetables), with each participant receiving a free raffle ticket. We have some great raffle prizes this year so bring some bucks!

### HOW TO GET THERE

The picnic is at **3896 Ladera Vista Road** in Fallbrook (Thomas Guide page 1047). Most GPS's will get you real close but not quite there, so refer to the map below. Lost? Phone 760-723-1066.

### DIRECTIONS FROM THE SOUTH

- Take Interstate 15 to **Gopher Canyon Road** (exit #41).
- After you exit, go right (east), then immediately left (north) on **Old Highway 395**. Now watch your odometer...
- Go 1 mile and turn left (west) on **Camino del Rey**.
- Go 5 miles to the traffic light, where Camino del Rey becomes **Olive Hill Road**. Keep going straight...
- Go 3.5 miles (turning right at the "T"). At the yellow left arrow sign, exit straight onto **Ladera Vista Road**.
- After the speed bump, turn left at the "**Kersey**" sign. Continue to the cul-de-sac and... hey, you made it!



# 2018 P.A.S. PICNIC – PLEASE RSVP BY JUNE 3

\$25 per person – Please make your check out to P.A.S. and mail it with this form to Sunny Christiansen ~ 26739 Red Ironbark Drive ~ Valley Center, CA 92082

Name(s) \_\_\_\_\_

Number of people \_\_\_\_\_ Phone (just in case) \_\_\_\_\_

I will bring:  Dessert to share  Fruit for the fruit salad

Your preference:  Beer  Wine  Water  Soft drinks

I am available to help with:  Set-up  Clean-up  Bartending

Remember to wear your bird or garden hat, and...

- Bring a dessert to share OR a piece of fruit for the Friendship Fruit Salad.
- Optional: Bring a potted plant for the plant exchange.



accumulated bird droppings create a very unhealthy environment. It's best to clean your feeders once a month using a stiff brush and hot, soapy water. Consider cleaning them more often during times of peak feeding activity, such as the migration season. Allow each feeder to dry completely before filling and putting it back up.

When you're ready to choose and buy a new feeder, it's important to consider how easy it will be for you to take apart and clean. Because many birds feed on the ground, remember to keep the area under the feeders clean as well.



**Prevent Painful Windowstrikes**

Thud! When you hear a bird crash into a window, a feeling of dread comes over you. Stand out in your backyard and look at the windows of your house from a bird's perspective, and it's easy to see why strikes are a major issue. Windows reflect the sky and fool birds into thinking they can fly right through.

Special tape, decals shaped like hawks, and many other products designed to reduce window strikes can be effective and worth trying. If you're experiencing bird strikes at windows near your feeders and decals aren't doing the trick, move the feeders to within 2 or 3 feet of the window. In such a short distance, birds can't build up any speed between the feeder and the window. Birds may still bump into the window occasionally, but they're far less likely to be injured



**Keep Cats Happy Indoors**

Cats are lovely and make wonderful companions. But if you love birds and feeding them, it's best to keep your cats indoors. Studies prove the devastating impact that roaming house cats and feral cats have on birds and small mammals.

House cats are not native and also are not part of the natural ecosystem. Many people believe that a well-fed kitty wouldn't have any reason to hunt birds, but even

cared-for cats have the instinct to go after birds. Feeders and roaming cats are a lethal combination. If you have an outdoor cat, or if many strays visit your yard, it may be best if you refrain from feeding the birds, for the birds' own safety. Or, you can create an outdoor enclosure or cat patio for your feline friend. They allow your kitty to be outdoors without being a threat to birds. Remember that, according to veterinarians, indoor cats live longer, healthier lives. So keeping them inside not only protects the birds, it's also better for the cats.



**Avoid Red Dye**

Beware: Some retailers offer hummingbird food colored with red dye. Most leading experts agree that the dye can be harmful to birds, and at the very least it's unnecessary. The top recommendation for hummingbird food is to make it at home. Mix one part granulated white sugar to four parts water. Any other kind of sweetener besides white granulated table sugar may be unsafe.



*For more information on this topic and credits visit:  
[www.birdsandblooms.com/birding/birding-basics/5-ways-create-bird-safe-backyard/](http://www.birdsandblooms.com/birding/birding-basics/5-ways-create-bird-safe-backyard/)*



## Bird Feeding Basics

*Did you know that over 100 North American bird species supplement their natural diets with birdseed, suet, fruit and nectar obtained from feeders?*

Bird feeding can benefit birds and also provides great bird watching from your own backyard. The obvious time to feed birds is in winter when natural food supplies are scarce; however, additional species visit feeders during the spring and fall migrations, and also during summer while nesting.

To keep birds coming back to your feeders in any season provide them with the following three essential elements:

- Variety of quality seed.
- Fresh water for drinking and bathing.
- Ample cover, preferably provided by native plants. Native plants also provide potential nesting sites and a source of natural food.

Keep in mind bird feeders also present potential risks, such as window collisions, predation and exposure to disease. In future issues of **Band Tales** we'll take look, as space permits, at the following items:

- Choosing a Feeder
- Feeder Maintenance
- Feeder Location
- Selecting Seed Types
- Anti-Squirrel Safeguards
- Hummingbird/Nectar Feeder

As well as answers to frequently asked questions. Or go online for the same information at:

[http://web4.audubon.org/bird/at\\_home/bird\\_feeding/index.html](http://web4.audubon.org/bird/at_home/bird_feeding/index.html)

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

Cathie Canepa  
Richard Cook  
David Cowan  
John and Meredith Dow  
Gary and Cheryl Grantham  
Jack Hughes  
Robin Kohler and William Lee  
Constance and Jack Lee  
Connie Luizzi  
Charlotte Morris  
Elitha Norling  
Melvin Senac  
Gail Smith  
John and Nan Thomas  
Carla Vaccaro  
Jill and Fred Weber  
Margaret Yorio

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

Cathie Canepa  
Richard Cook  
Mike and Meredith Dow  
Gary and Cheryl Grantham  
Constance and Jack Lee  
Robin Kohler and William Lee  
John and Connie Moore  
Charlotte Morris  
Kenneth Smith  
John and Nan Thomas  
Carla Vaccaro  
Jill and Fred Weber  
Margaret Yorio



## 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 terrains.

Saturday, May 5, 8:00 am. NOTE time change

### 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.

Leader: Tom Trowbridge  
760-743-1052

Saturday, May 12, 8:00 am.

### Lindo Lake

Lakeside

**(1232-B3) Rating: 2**

From North County, take I-15 south to Highway 52 east to Mission Gorge Rd. Turn left and continue east to Woodside Ave. Go under the Highway 67 overpass staying on Woodside Ave (into Lakeside) to end at the Lindo Lake County Park. From San Diego, take I-8 east to Highway 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 19, 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  
858-484-3932



Saturday, May 26, 8:00 am.

### Sweetwater River Gorge

Rancho San Diego

**(1271-J6) Rating: 2-3**

From I-5, I-805, or I-15, take Highway 94 east; stay on Highway 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 Fresh Mexican Grill after birding.**

Leader: Jim Beckman  
858-205-2819

Saturday, June 2, 8:00 am.

### William Heise County Park/Santa Ysabel Mission

Julian

**(1156-C5) Rating: 2-3**

From Escondido take Highway 78 east (from San Diego take Highway 67 east) to Ramona, then Highway 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. Expect warm weather.

Leader: Jeff Ebright  
858-484-3932

Saturday, June 9, 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 Highway. (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: Sally Sanderson [vcwillow@aol.com](mailto:vcwillow@aol.com)  
760-749-6995 760-638-9913 cell





# Band Tales

## May-June, 2018

*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**  
 P.O. Box 2483  
 Escondido, CA 92033-2483

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 & COMMITTEE CHAIRS  
 2017-2018**

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- Vice-President**  
 Jim Beckman .....858-205-2819
- Secretary**  
 Jeff Ebright .....858-484-3932
- Treasurer**  
 Sunny Christiansen.....760-297-3096
- Directors**
- Dianne Benham .....858-679-7904
  - Richard Fowler .....619-252-3767
  - Alice Holmes .....925-212-8165
  - Robin Kohler .....858-483-1217
  - Tom Trowbridge.....760-743-1052
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  - Conservation..... Richard Fowler .....619-252-3767
  - Education ..... Robin Kohler .....858-483-1217
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  - Field Trips..... Jim Beckman .....858-205-2819
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  - Programs..... Jim Beckman .....858-205-2819
  - Scholarship ..... Jim Beckman .....858-205-2819
  - Travel ..... Hal & Dianne Benham .....858-679-7904

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**Webmaster:** Jeff Ebright: 858-484-3932  
[palomaraudubon@gmail.com](mailto:palomaraudubon@gmail.com)

**Board of Directors' Meeting**  
*Thursday, May 3<sup>rd</sup>*  
 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.*

**No Board of Directors' Meeting in June**

**QUICK CALENDAR**

- May 3** Board of Directors' Meeting
- May 5** Daley Ranch Walk
- May 12** Lindo Lake Walk
- May 19** Kit Carson Park Walk
- May 24** General Meeting: "Birds of Sri Lanka"
- May 26** Sweetwater River Gorge Walk
- June 2** William Heise County Park/Santa Ysabel Mission Walk
- June 9** Agua Dulce Creek Walk
- June 10** Annual Picnic
- June 16** Cuyamaca Rancho State Park Walk
- June 23** Palomar Mountain Walk
- June 30** Lake Murray Walk
- July 7** Tijuana Estuary Walk