



# Band Tales

Palomar Audubon Society  
A Chapter of the  
NATIONAL AUDUBON SOCIETY

Volume XXXIII  
No. 1

July-August  
2018

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.

### Inside this Band Tales

- A Birds-Eye View* .....page 2
- Conservation Notes* .....page 2
- Field Trips*.....pages 4-5

## A BIRD'S EYE VIEW

*Penny Hernandez*

I am going to make this Presidents letter short and sweet so Arne has lots of room for picnic pictures.

I want to make you jealous that you didn't make it to another great picnic. A big thank you to Bert & Sharon Kersey for sharing their beautiful home. We had lots of help setting up and cleaning up, so thank you to those people who helped. The Wrangler Barbecue provided lots and lots of great food. Participants were asked to bring either fruit or a dessert, and boy, did they! We had pies, cookies, cakes and other goodies. Sally and John brought appetizers to have with the wine, beer, lemonade, ice tea and bottled water.



John Sanderson and Arne Christiansen won the hat contest. Speaking of Arne, we all thanked him for his eighteen years as editor of the Band Tails. We hope everyone who won raffle gifts and plants in the plant exchange had fun.

Don't forget our wonderful bird walks this summer where you'll hopefully find new life birds. See you in September.

*Penny*

## CONSERVATION NOTES

*Richard Fowler*

### EXTINCTION CAUSED BY MAN

Elizabeth Kolbert (author of THE SIXTH EXTINCTION) postulates, along with others\*, that we are entering a period of mass extinction for our fauna (the sixth extinction). The five prior mass extinctions occurred in prehistory, the last (famous for the extinction of the dinosaurs) occurred more than 60 million years ago. The current period, which may date back 500 years, has the distinction of being the only period to occur during the existence of Homo sapiens.

Whether or not the current period will be a major mass extinction, the relationship between Man and the

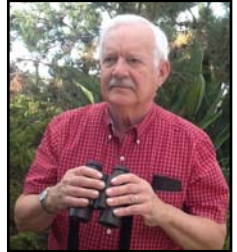
extinction of specific species appear very close, and obvious in some cases. In the latter category is the Passenger Pigeon which was reputed to once be the most commonly occurring bird in North America before hunting rendered it extinct in the early 20<sup>th</sup> century. The Great Auk suffered the same fate in the early 1800's. The Great Auk was a large flightless bird that in its heyday ranged over Scandinavia and beyond. Unfortunately, the bird was easy to catch and apparently tasty. With the coming of human settlers its range was reduced to a few rocky outcropping in the North Atlantic. When mariners located these sites, the Auk was a goner. The last one was shot near Iceland in 1821.

The lack of a written record makes man's relationship to other extinctions less clear, however, human settlement timelines and the lack of other plausible explanations make humans suspect. The Moa of New Zealand (more large flightless birds) were known to have been hunted by New Zealand's native people (the Maori), and were probably extinct by the time Europeans arrived.

Today, large animals, or mega-fauna, are threatened on many fronts by human activity. Elephants and rhinos are hunted for their tusks and horns as well as suffer habitat loss. Large cats, apes, and bears are also losing habitat in many parts of the world and continue to be preyed upon by humans. Protective breeding programs and large reserves may be slowing the loss of some, but survival in the wild remains uncertain for others.

In addition to these negative direct interactions between humans and animal species, there is the role of human activity in climate change. This is a very serious worldwide threat that the Audubon Society and other groups are actively studying. Hopefully, we will be able to mitigate the effects of climate change and protect vulnerable species over time. In doing this we should not lose sight of other extinction threats. These include the continued exploitation and destruction of mega-fauna, the loss of natural habitats, and the introduction of alien species that threaten native plants and animals. Palomar Audubon has a distinguished history in fighting for habitat preservation in San Diego County. These include the Society's role in land purchases that are now part of the San Dieguito River Park and more recently the Escondido Creek Watershed. Our Board of Directors remains committed to continuing this fight. We also welcome input from our membership as to where else we can direct our conservation efforts.

\*Dirzo, Rudolfo, et.al. "Defaunation in the Anthropocene" Science: vol. 345, 401-406 (2014)



*Richard*

**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!**

## PALOMAR AUDUBON SOCIETY PROVIDES MATCHING GRANT FOR THE SAVE 1000 ACRES CAMPAIGN!

At our annual Picnic on Sunday June 10th, PAS gave a check of \$12,130.00 to Kevin Barnard, Board member and past President of The Escondido Creek Conservancy. This check represents matching funds for PAS member donations for the **SAVE 1000 Acres** campaign, to purchase and preserve at least 1,000 acres of conservation land in the upper Escondido Creek watershed between Highway 15 and Bear Valley. As part of this campaign, The Escondido Creek Conservancy (TECC) currently has two large properties in escrow: the Mountain Gate property (692 acres) south of Hidden Meadows and west of Daley Ranch and the John Henry Ranch (292 acres), east of Daley Ranch near Lake Wohlford.

PAS is now in the second year of the **SAVE 1,000 Acres** campaign, in partnership with The Escondido Creek Conservancy and the Friends of Daley Ranch. Time moves very fast as you move closer to a hard deadline; in this case, the Conservancy's agreements extend to December 2018, which at one time seemed far away and now is approaching at laser speed. This has been a wonderful joint effort and TECC has made great progress. To date the Conservancy has received over 400 individual donations in support of the campaign and continues to seek contributions.

The Conservancy has multiple grants pending that, if awarded, would help purchase the properties. TECC hopes to have some good news to report in the next few months.

PAS will be conducting another "matching" fundraiser in the fall. This time an anonymous donor has agreed to also provide matching funds which means for every dollar a PAS member donates to the **SAVE 1,000 Acres** campaign, TECC will receive three dollars. **THANK YOU** for your past donation and please watch your mail box and newsletter for future news on this worthwhile project.



*(Richard Fowler presents the PAS check to Kevin Barnard)*

## It Has Been A Good Birding Year At Sundance Elementary School

On June 8th we finished the birding year with sixteen 4th and 5th grade birders and about thirty very enthusiastic 2nd and 3rd grade birders.

The highlights of the day were many good views of the Scissor-tailed Flycatcher chasing Kingbirds from her nesting territory, a male Hooded Oriole and a female Hooded Oriole feeding a young bird.

Over the first six months of 2018, we have seen 32 bird species during a time of day that is not necessarily good birding, 12:00 to 1:00. Many of the 4th and 5th grade students will be lifelong birding enthusiasts. One young man is planning to earn his Scout badge in birding. Another young man is going to India and is excited to be seeing the birds of Asia. There are at least 30 second and third graders looking forward to birding at Sundance next year.

The photographic posters survived the year. They are a bit faded and some have had to have their grommets replaced. Over the summer, the Twin Trails Education Foundation (PTA) will have the photographic posters printed as weatherproof vinyl posters with four grommets. So, in September, 26 fresh new bird posters will be mounted around the playground.

It has been a good year. Again, many thanks to Palomar Audubon for providing the twenty binoculars that have made this project a success.

Alice Holmes, Membership Chair



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 7, 8:00 am.

**Tijuana Estuary & 7<sup>th</sup> 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: Jack Friery  
619-218-7342

Saturday, July 14, 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 Road. 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 21, 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 Road off-ramp – away from Mission Bay. Continue on Tecolote Road 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.

Leader: Jack Friery  
619-218-7342

Saturday, July 28, 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 Highway 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 West Point Loma Boulevard and then right at Bacon Street. 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 4, 8:00 am.

**Stonewall Mine & Cuyamaca Lake NEW LOCATION!**

Julian

**(1176-E6) Rating: 2**

From San Diego, take I-8 east and exit north on Highway 79. Continue north approx. 15 miles along Highway 79 to just north of the Paso Picacho Campground. From North County, take Highway 78 (or Highway 67) to Ramona, and then continue on Highway 78 just past Julian, to Highway 79. Take Highway 79 south approximately 8 miles. The mine itself is off a small state park road that is well-signed in both directions and to the east of Highway 79. **There is a California State Park day-use parking fee. Carpooling is recommended.** Meet in the parking lot. Bring a lunch for an after-walk picnic. **Expect warm weather.** We should see mountain birds as well as waterfowl at the lake.

Leader: Hal Benham  
858-679-7904

Saturday, August 11, 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 in the open gate for **FREE**. Meet in the parking lot by the General Store between lakes 4 and 5. **Expect warm weather.**

Leader: Jim Beckman  
858-205-2819

Saturday, August 18, 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: Sally Sanderson vcwillow@aol.com  
760-749-6995 760-638-9913 cell

Saturday, August 25, 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 Road to the Park Road entrance at the stoplight.

Turn left and proceed west on Park Road about ¾ mile to the Amphitheater 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: Tom Trowbridge  
760-522-8519

Saturday, September 1, 8:00 am.

**Penasquitos Canyon Preserve**  
Rancho Penasquitos

**(1189-C7) Rating: 2**

We will meet at the Rancho de los Penasquitos 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 & continue west to the Adobe Ranch House parking lot. **Expect warm weather.**

Leader: Jeff Ebright  
858-484-3932



*Hats galore!*

*Let's eat!*



*Setup time!*



*Looks good to me!*



*Now that's a winner!*

*(Picnic pics courtesy Penny Hernandez)*

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

- Joyce Anderson
- Barbara Asman
- Walt & Sandy Bates
- Jim Beckman
- Kristine Bergford
- Richard Blain
- Allen Bond
- Nancy Burnham
- Michael Cassidy
- Jo Casterline
- Gray Church
- Leslie D'Arezzo
- Linda Dugdale
- Jeff & Vicki Ebright
- Char Glacy
- Anna Marie Bovill Lea
- Joan Falconer & Nabih Mansour
- Heidi & Ray Marc-Aurele
- Mary Marquis
- Jean Meadowcraft
- Dawn Nowlin
- Christine Rideout
- Elizabeth Rose
- John & Sally Sanderson
- Dennis & Linda Schepman
- Dale & Ann Silimperi
- Vinka Valdivia
- Paul Zepf

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

- Barbara Asman
- Walt & Sandy Bates
- Jim Beckman
- Kristine Bergford
- Richard Blain
- Bob & Toni Crisell
- Jeff & Vicki Ebright
- Steve Gabbert
- Don & Janet Gallup
- Rustom Jamadar
- Anna Marie Bovill Lea
- Connie Luizzi
- Dawn Nowlin
- Christine Rideout
- Elizabeth Rose
- John & Sally Sanderson
- Dennis & Linda Schepman
- William & Miriam Sherrard
- Vinka Valdivia
- Paul Zepf

# Band Tales

## July-August, 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.



**Band Tales**  
**Palomar Audubon Society**  
P.O. Box 2483  
Escondido, CA 92033-2483

NONPROFIT ORG.  
U.S. POSTAGE PAID  
SAN DIEGO, CA  
PERMIT NO. 1515

**DATED MATERIAL**  
*Please Expedite*

### PALOMAR AUDUBON SOCIETY OFFICERS, DIRECTORS, & COMMITTEE CHAIRS 2018-2019

**President**

Penny Hernandez' ..... 760-746-8315

**Vice-President**

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

**Secretary**

Dianne Benham ..... 858-679-7904  
Doug Walkley ..... 310-387-8190

**Treasurer**

Sunny Christiansen ..... 760-297-3096

**Directors**

Joan Falconer ..... 858-566-7050  
Nabih Mansour ..... 858-566-7050  
Richard Fowler ..... 619-252-3767  
Alice Holmes ..... 925-212-8165  
Mary Marquis ..... 941-323-8647  
Tom Trowbridge ..... 760-743-1052  
Jill & Fred Weber ..... 760-604-3734

**Committee Chairs**

Band Tales Editor ..... Arne Christiansen ..... 760-297-3096  
Band Tales Mailing ... Jan Behrhorst ..... 858-486-1945  
Conservation ..... Richard Fowler ..... 619-252-3767  
Education ..... Alice Holmes ..... 925-212-8165  
Field Trips/Programs . Jim Beckman ..... 858-205-2819  
Hospitality ..... Fred & Jill 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: [birding@palomaraudubon.org](mailto:birding@palomaraudubon.org)  
Webmaster: Jeff Ebright: 858-484-3932  
[palomaraudubon@gmail.com](mailto:palomaraudubon@gmail.com)

## 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>7</i>	<b>Tijuana Estuary &amp; 7<sup>th</sup> Street Walk</b>
<i>July</i>	<i>14</i>	<b>Guajome Regional Park</b>
<i>July</i>	<i>21</i>	<b>Tecolote Canyon Walk</b>
<i>July</i>	<i>28</i>	<b>Robb Field/San Diego River Floodway Walk</b>
<i>August</i>	<i>4</i>	<b>Stonewall Mine &amp; Cuyamaca Lake <u>NEW!</u></b>
<i>August</i>	<i>11</i>	<b>Santee Lakes Walk</b>
<i>August</i>	<i>18</i>	<b>Dairy Mart Pond/Tijuana River Valley</b>
<i>August</i>	<i>25</i>	<b>Kit Carson Park Walk</b>
<i>September</i>	<i>1</i>	<b>Peñasquitos Canyon Preserve Walk</b>

**NO GENERAL MEETINGS ARE SCHEDULED FOR  
JULY AND AUGUST.**