



# Band Tales

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

Volume XXXVII  
No. 6

July-August  
2022

Editor  
Arne Christiansen

## UPDATE: GOOD NEWS!

### After-Bird-Count Picnic Returns!

### 2022 ESCONDIDO CHRISTMAS BIRD COUNT

**FRIDAY, DECEMBER 23, 2022**

Each year between December 14<sup>th</sup> and January 5<sup>th</sup>, thousands of birders and nature enthusiasts participate in one or more of the 2000+ Christmas Bird Counts held annually in the United States, Canada, and many other Western Hemisphere countries. This year will mark the 123nd year for this event.

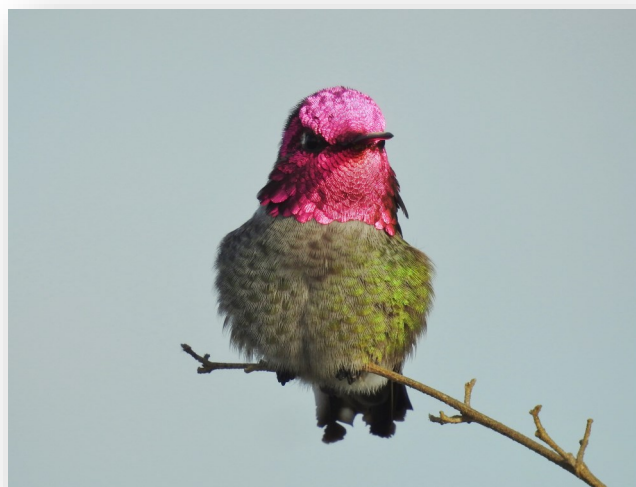
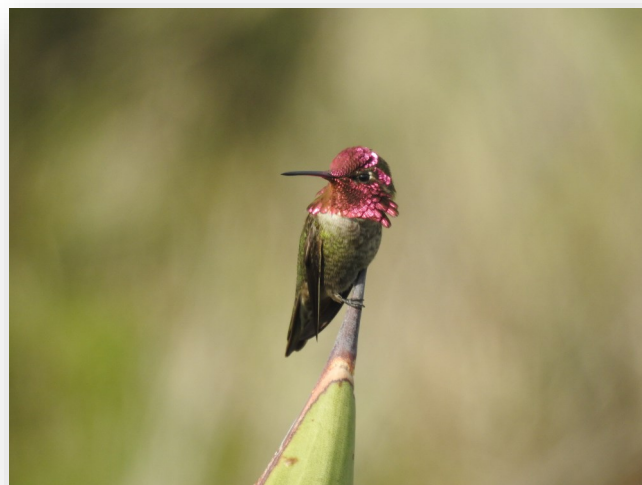
This holiday season please join with the other birders for this important citizen science effort sponsored by the National Audubon Society. The one-day bird counts provide valuable data about the number of bird species and numbers of each species occurring within a set geographical area.

Palomar Audubon Society would like to extend an invitation to all birders to participate in the annual **Escondido Christmas Bird Count on Friday December 23, 2022**. The count circle incorporates mostly rural areas near Escondido, Valley Center, Ramona, and Poway. Fantastic birding skills are not a requirement – an extra pair of eyes is always helpful. **The after-birding compilation meeting will again be held this year in the early afternoon at Kit Carson Park's covered picnic shelter. The highlight of the day will be the deli-style lunch provided, courtesy of Palomar Audubon Society.**

Due to the COVID-19 pandemic, the National Audubon Society has put in place some new rules for this year's CBC's. Social distancing and masking are required at all times with UN-vaccinated participants. Carpooling may only occur within existing familiar groups. All activities must comply with all current state and municipal COVID-19 guidelines.

For additional information and/or team assignments, contact the Escondido CBC senior compiler, Ken Weaver by phone at (760) 723-2448 or by email at [gntcatcher@sbcglobal.net](mailto:gntcatcher@sbcglobal.net).

Again this year, Palomar Audubon Society is making a concerted effort to have more of it's members participate in this important event. Sign up, and join the fun!



Be sure to read Aeyden Loeffke's

### Species Profile

*Anna's Hummingbird*

On page 3 of this issue of

**Band Tales**

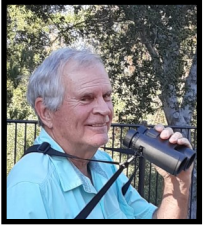
## Inside this Band Tales

*A Bird's Eye View*.....page 2  
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## A BIRD'S EYE VIEW

*Doug Walkley, President*

Greetings, fellow birders, from Northern British Columbia where I am continuing an extended adventure which so far has included unrelated places such as Austria for their Goulash Festival (to heck with beer when you can have goulash); a swimming competition in Greece from Santorini's caldera to the Volcano's core and back; and London to see a fantastic new musical: "Pretty Woman" (you know what that's about.) No focus on birds at these locations.



Here in BC in the autumn I am now exposed to several interesting species seldom seen by a PASer.

One is what I call "the mouse bird" because you need to focus on it for a while to realize it is not a mouse at all, but rather a bird, the Pacific Wren, who quickly scurries along the ground, perhaps part of a very small group, looking for edible treats.

Another is the Northern Goshawk, a magnificent bird who for us Southerners might mistake for a Cooper's but for its size that is perhaps 20% larger. He cruises the backroads looking for grouse that in this area could be any of: ruffed; sharp-tailed, sooty or spruce. This raises a question. Why are all these four types of grouse out on the backroads instead of sleeping or eating the plentiful rosehips in the protection of the forest? Birds don't have teeth, so how can they possibly digest something as big as a rosehip? GIZZARD is the answer. This organ receives food and roadside gravel that the grouse has consumed and stored temporarily in its crop. The gizzard operates like a cement mixer. The gravel breaks up the rosehips, then passes the smoothy combo into the stomach for final digestion.

Finally, in this, my small collection of species, we have the Whiskyjack, Camprobber, Grey Jay and Canada Jay, all of which are exactly the same bird. During the Klondike gold rush from 1897 to 1910 (in which my grandfather participated,) there was always someone who had blown all their supplies, with no gold to show for it. These characters became known as the Whiskyjacks, hanging around the bars for the last drop of liquor or crumb of food that someone may have left on the bar. They were also appropriately named Camprobbbers since you would find your lunch gone if you left it unattended. Californians can readily identify with this on a sunny beach where if you turn your head a California Gull has nabbed your French fries. The Gray Jay, as the name suggests, is Gray (with some white.) Finally, as States, Provinces and Countries each race around in recent years to find a bird with which to identify, Canada is considering making the Canada Jay

its Mascot. I remember my first encounter with this brazen bird; as a teen I was walking through the woods consuming one of my favorite honey and raisin sandwiches. Next thing I knew, this thief departed with half my sandwich. When he came back for more, he landed on my pointer finger and started chomping away. "I got you," I said, as I slowly lowered my thumb onto his feet. WELL, he didn't like that as he squawked loudly before I released him.

It is so serene to look at the view I have attached taken right now at six p.m. from our cabin in an area to which I have returned for fifty-six years. It is so easy to forget it has been over 70 degrees all day. Whereas, before global warming, we would expect an inch or two of snow on the ground. What comes next? Nothing good! And then there is the hard fact that every day North America is losing over 160,000 birds as a result of human activity. What can we as a club do? What can each of us individually do? Food for thought. But for now, for me (and I hope for you) special places do still remain.



## CONSERVATION NOTES

*Trysten Loeffke, Conservation Chair*

As we are currently enjoying the return of our favorite wintering birds, this year we must also prepare for the arrival of something more sinister. A bird-killing disease known as Highly Pathogenic Avian Influenza, better known by its abbreviation, HPAI.



The strain of HPAI that is currently spreading across the country first arose in Europe, where it decimated seabird colonies throughout the continent, killing tens of thousands of birds. From there it spread across the Atlantic, with the first North American case being detected in Newfoundland and Labrador, Canada.

At the time of writing, the closest case of HPAI in wild birds is in the Sacramento area, and even though that is



around five hundred miles away, fall migration is still in full swing and the chances are that HPAI will be heading south as well. With a total of over 400,000 wild birds killed by HPAI since the beginning of its current outbreak, it is definitely something we should all be taking seriously.

HPAI is most deadly among seabirds and waterfowl, but it can also affect other non-passerine birds. Fortunately, this means that many of our common backyard birds, being passerines, are relatively unaffected by HPAI. However, common non-passerines include favorites like quail, doves, and hawks. The three known wild bird deaths in California so far have been two Canada Geese and an American White Pelican. By the time you are reading this the numbers will most likely have increased.

The spread of HPAI also means that if you have backyard chickens or other poultry birds, you definitely want to keep an eye on them and try to limit any contact they have with areas accessible to wild migratory birds.

If you do feed your backyard birds or provide water for them, the best thing you can do is wash your feeders and bird baths frequently. This can help to prevent the spread of HPAI by removing any contaminants left by infected birds.

Another important precaution you can take to help prevent the spread of HPAI is to wash and sanitize your footwear after visiting any lakes, ponds, wetlands, or anywhere else where waterfowl may be present.

As we continue to monitor the spread of HPAI, one of the best ways that you can help is to report any sick or dead birds that you come across to the California Department of Fish and Wildlife by going to <https://wildlife.ca.gov/Conservation/Laboratories/Wildlife-Health/Monitoring/>

## Species Profile

### *Anna's Hummingbird*

(*Calypte anna*)  
Aedyn Loeffke

Anna's Hummingbirds are one of San Diego's most iconic species. With that bright pink gorget and their glittering green backs, Anna's Hummingbirds are like little flying gemstones.



Until the latter half of the twentieth century, Southern California was one of the only places in the U.S. where you Anna's Hummingbirds could be seen, since at the time they only bred in Northern Baja and Southern California. However, the planting of flowering trees across the West has since allowed them to expand their breeding range, which now extends as far north as British Columbia and east across Arizona.

Something fascinating about the gorget (that shimmering throat patch) of Anna's Hummingbirds as well as their glistening green backs is that all of that beautiful color is not produced by any pigment. Now, you may be wondering, if it's not created by pigment then what is it? Well, it's something very special called *structural color*. What that means is that all of the bright colors you see on hummingbirds are created by manipulating the light that hits them, bending it, refracting it, and reflecting it back out again to meet our eye. This is accomplished through the way that their feathers are formed. As the feathers are developing they are full of tiny water bubbles, but as the feather matures those water bubbles dry up and leave little empty air pockets. When the light enters these pockets, it bounces off the ridged interiors and exits in such a way that it produces the colors that make hummingbirds the glittering gems that they are. And this is true of all hummingbirds. In fact, this is true of almost all birds that have the colors green or blue in their plumage. Green and blue pigments are so metabolically expensive to produce that almost every green and blue bird in the world has opted for using structural color instead. Granted, they don't all glow and shimmer like hummingbirds do, but it is structural color nonetheless. That blue you see on our local California Scrub-Jays is produced by structural color, as is the green on every parrot. In fact, there is only one family of birds in the world that is capable of producing green pigment and that is the Turacos of Africa.

Anna's Hummingbirds normally have an internal body temperature of around 107°F, an internal temperature that would quickly kill a human if sustained. However, this temperature can drop to as low as 48°F at night when the hummingbird enters its hibernation-like sleep, called torpor. Hummingbirds must enter this state of torpor at night or if the ambient temperatures get too cold because they have such a high metabolism that if they did not they would literally starve to death while sleeping! During torpor, not only does their body temperature drop dramatically, but their metabolism lowers to 1/15th of what it normally is.

Even with all these drastic measures, hummingbirds still live long lives, with the oldest known Anna's Hummingbird living being over eight years old.

There are many ways to attract these beautiful birds to our yards, and whether you hang up a hummingbird feeder or plant flowering plants, these tiny birds will always add a needed splash of color to our everyday lives!

## FIELD TRIPS

Jim Beckman

*Whether a seasoned birder or a beginner, you are welcome to join us. Our field trips are free and open to the public. For more information call the trip leader shown below. Heavy rain at the meet-up location 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, November 5, 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 three miles. Look for the "Daley Ranch" sign and turn left (north) on La Honda Drive. Continue up the hill toward Dixon Lake and on to the Daley Ranch free parking area on your left. Meet at the trail-head kiosk.

Leader: Tom Trowbridge

760-743-1052

Saturday, November 12, 8:00 am.

### **Lake Hodges East/Rancho Bernardo**

Rancho Bernardo

**(1150 – A6) Rating: 2**

From I-15, exit west at Rancho Bernardo Road and turn right onto West Bernardo Drive going north. Proceed to the street marked Rancho Bernardo Recreation Center (stoplight) and turn left. Drive west to the parking areas by the Ed Brown Senior Center (18402 West Bernardo Drive).

Leader: Jeff Ebricht

858-484-3932

Saturday, November 19, 8:00 am.

### **Tijuana Estuary**

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 3<sup>rd</sup> Street to Caspian Way, turn left and then right to the Tijuana Estuary Visitor Center parking lot.

Leader: Jim Beckman

858-205-2819

SUNDAY, November 27, 8:00 am.

### **San Jacinto Wildlife Area**

Riverside County

**(RC 749-B4) Rating: 2**

**NOTE: THIS A SUNDAY FIELD TRIP.** From San Diego County take I-15 north to 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 three miles to the SJWA headquarters parking lot on the right. From Escondido, allow 75 minute drive time.

Bring a lunch for an after-walk picnic. Always a favorite field trip!

Leader: Sally Sanderson

760-638-9913 [vcwillow@aol.com](mailto:vcwillow@aol.com)

Saturday, December 3 8:00 am.

### **Lindo Lake**

Lakeside

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

From North County, take I-15 south to Highway 52, then east to Highway 67. Head north, and take the Winter Gardens Boulevard Exit. Turn left on Woodside Avenue (into Lakeside) and continue northeast to the Lindo Lake County Park. Stay on Woodside a short distance, turn right on Chestnut Street. which then becomes Lindo Lane. Park in the small parking lot on the left, next to the VFW hall at 12650 Lindo Lane.

Leader: Gerry Baade

858-231-9876

Saturday, December 10, 8:00 am

### **A Fallbrook Adventure!**

#### **Live Oak County Park/Los Jilgueros Preserve**

Fallbrook

**(1028- C5) Rating: 1-2**

Take I-15 north to the Fallbrook/E Mission Exit 51. Cross over the freeway and turn left on to Old Highway 395 located at the stoplight immediately after the I-15 South Freeway exit. Proceed 1 mile south to Reche Road. Turn right and proceed 2.2 miles up Reche Road to Live Oak County Park located immediately after Gird Road. Meet in the parking lot. There is a small parking fee at all SD County Parks, but free with a Senior Parking Permit. Our target birds here are the Band-tailed Pigeons and Wood Ducks. Lewis's Woodpeckers have also been seen here at this time of the year. Afterwards, we travel to Los Jilgueros Preserve for winter riparian species. Continue up Reche Road until it dead-ends onto Old Stagecoach Road. Turn left and proceed until it dead-ends into South Mission Road. Turn right, proceed through the next traffic light and within 100 yards, turn right into Los Jilgueros Preserve. **Afterwards a buffet lunch is being served two minutes away at the Walkley's.** A word of caution: several GPS models do not work well in the Fallbrook area. It is best to follow these instructions. Always a favorite field trip!

**PLEASE NOTE: Doug would like to let everyone know that even if you don't participate in this field trip, you are more than welcome to attend the buffet lunch at his home. If you would like to attend, contact him at [dswalkley@aol.com](mailto:dswalkley@aol.com)**

Leader: Doug Walkley

310-387-8190

Saturday, December 17, 8:00 am.

**San Elijo Lagoon**

Solana Beach

**(1167-E6) Rating: 2**

Take I-5 to Lomas Santa Fe Drive. Go west to North Rios Avenue. Turn right (north) and go all the way to the end of North Rios Avenue. Park and meet at the end of the street near the barricade. This is a good spot to view wintering waterfowl and shorebirds.

Leader: Hal Benham

858-679-7904

FRIDAY, December 23

**Escondido Christmas Bird Count**

**Please Note: This is a FRIDAY Field Trip!**

Palomar Audubon Society would like to extend an invitation to all birders to participate in the annual Escondido Christmas Bird Count on **Friday**, December 23. Because of the holidays, this CBC is being held on a Friday. The count circle incorporates mostly rural areas near Escondido, Valley Center, Ramona, and Poway. Fantastic birding skills are not a requirement – an extra pair of eyes is always helpful. The after-birding compilation meeting will be held in the early afternoon at Kit Carson Park's covered picnic shelter. The highlight of the day will be the deli-style lunch provided, courtesy of Palomar Audubon Society. For more information and/or team assignments, contact Jim Beckman (858) 205-2819 or Ken Weaver (760) 723-2448, email [gnatcatcher@sbcglobal.net](mailto:gnatcatcher@sbcglobal.net). **Sign up now and join the fun!**

Saturday, December 24

**No Scheduled Field Trip (Holiday)**

*Happy Holidays*

Saturday, December 31

**No Scheduled Field Trip (Holiday)**

*Happy New Year*

Saturday, January 7, 8:00 am.

**Dixon Lake**

Escondido

**(1110-C3) Rating: 2**

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. Drive up the hill to the free parking area on your left at the end of the road. Meet at the east end of the free parking lot, near the kiosk, adjacent to the Dixon Lake park entrance.

Leader: Jim Beckman

858-205-2819

**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 bi-monthly newsletter, and an invitation to our monthly programs and weekly field trips.

☐ **Membership, \$25**

*(payable to Palomar Audubon Society)*

☐ **Contribution** \_\_\_\_\_

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**Address** \_\_\_\_\_

**City** \_\_\_\_\_

**State** \_\_\_\_\_

**ZIP** \_\_\_\_\_

**Telephone** \_\_\_\_\_

**E-mail** \_\_\_\_\_

*100% of Chapter Membership dues supports projects locally.*

**FIELD TRIP CHECKLIST**

- ◆ Comfortable shoes or hiking boots
- ◆ Hat, sunscreen, insect repellent
- ◆ Road map, Full fuel tank
- ◆ Drinking water, snacks and lunch
- ◆ Binoculars/Scope, field guide and notebook
- ◆ Call leader for last minute cancellations or changes

**REMINDER:**

**DEADLINE FOR THE  
JANUARY-FEBRUARY ISSUE IS  
DECEMBER 15.**

**SUBMIT COPY TO:**

*arnec@juno.com*

**PALOMAR AUDUBON  
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NEW AND RENEWING  
CHAPTER-ONLY  
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**AND WE APPRECIATE OUR  
DONORS VERY MUCH!**

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Donna Payton  
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**Birds Tell Us That We Need To Act  
on Climate**



*(Boe Baty/Audubon Photography Awards)*

Audubon's science shows that birds like the Rufous Hummingbird are threatened by climate change. Birds are telling us we are in a climate emergency and it is wreaking havoc on our communities, our lands, and our waters. We're living on a warming planet, with growing inequities, where natural spaces, birds, and wildlife are disappearing at an alarming rate. The survival of some of our most beloved and familiar birds, including the Common Loon, Rufous Hummingbird, and Wood Thrush, is in question. Nearly every species will see changes to its habitat, range and migratory patterns.

But there is hope. Join Audubon in working for science-based solutions to counteract the effects of climate change and pollution. We need to dramatically reduce carbon emissions wherever possible, and offset what we cannot eliminate by maintaining healthy forests, supporting sustainable agricultural practices, and more.

**Pledge to stand with Audubon as we call on  
elected leaders to create a brighter future for  
birds and people through durable and inclusive  
policies and climate solutions.**

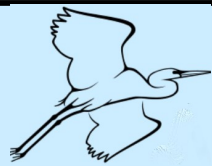
Go to:

**<https://act.audubon.org/a/birds-tell-us>**

to learn how to help.

**T**hank you Palomar Audubon Society members. Your generous response to our solicitation for donations has been terrific. We will be working hard to find ways to spend this money locally to enhance our members' birding experiences. If you haven't yet donated and wish to do so there is still time to make a difference.





From the

# National Audubon Society



On August 16<sup>th</sup>, 2022, the Inflation Reduction Act (IRA), the most significant climate legislation to date, was signed into law. Among its sweeping provisions, the IRA aims to both lower energy costs and build a clean energy economy, projecting to reduce carbon emissions by 40 percent below 2005 levels by 2030. It is the long-awaited progress fellow bird lovers and conservationists have been fighting for and the relief we all need. The IRA can help our nation—and Audubon on behalf of birds—reach our goals and combat this pressing climate emergency.

Audubon supporters sent nearly 60,000 letters to their representatives, and through their activism and donations made it possible for Audubon to testify before Congress and collaborate with policymakers at the federal level. We are proud that Audubon leadership and staff were especially instrumental in securing \$20 billion for “climate-smart agriculture” and \$5 billion for “climate-smart forestry”, as well as an additional conservation-driven \$4 billion for drought resilience.

Through your generous support, your dedication to birds has been woven directly into the very fabric of this vital new law. A law that aims to alleviate the crisis we’re seeing right now—from megafires in the west to droughts in the Rockies—and mitigate future climate threats that are devastating bird populations.

While the unprecedented IRA is cause for celebration, this is only the beginning. We have a great deal of work ahead of us to ensure birds’ safest future, and it will take additional partnerships, expert scientific undertakings, and on-the-ground efforts to make the most of the new opportunities now available. Decades of support from people like you have readied us for this moment, and we look forward to your continued support in this next, even brighter phase of our conservation work.

## 12 Way the Inflation Reduction Act Will Benefit Birds and People

- 1) Reducing Carbon Pollution through Clean Energy
- 2) Assessing the Cost of Methane Pollution
- 3) Spurring Innovation in Clean Energy and Transmission Deployment
- 4) Building Drought Resilience in the West
- 5) Bringing America's Grassland Prairies Back to Life
- 6) Restoring and Conserving Forests
- 7) Growing Healthy Forests for Everyone
- 8) Putting Our Lands to Work for Birds and People
- 9) Bolstering Natural Infrastructure to Protect our Coasts
- 10) Protecting People and Wildlife
- 11) Helping Communities and Conservation through the Energy Transition
- 12) Making Leasing Public Lands for Energy Development Fairer

(to see the whole article go to:)

<http://www.audubon.org/news/12-ways-inflation-reduction-act-will-benefit-birds-and-people>

## New Palomar Audubon Society Discussion Group

Recently, Palomar Audubon Society has formed a new birding discussion group. This group will be used to publish our bird walk reports and other notifications for the Palomar Audubon Society. All of our old PAS discussion groups are discontinued.

### PLEASE JOIN OUR NEW GROUP!

Just go to our new PAS Discussion Group website:

<https://groups.io/g/PASBirding>

and select “subscribe”. As a member, you will be able to send and receive our Palomar Audubon Society emails.

What are other words for Discussion Group?

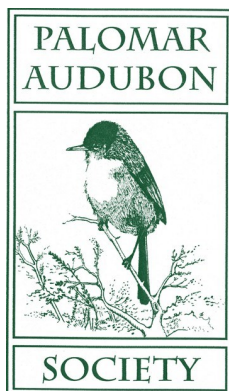
Seminar, class, panel, forum round table, conference, session, schedule, curriculum, Period.



# Band Tales

## July-August, 2022

**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 Palomar Audubon Society Chapter-only membership.



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Palomar Audubon Society  
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Tom Trowbridge ..... 760-522-8519

Jack Peterson ..... 858-437-3240

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

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Web Page <http://www.palomaraudubon.org>

Webmaster: Jeff Ebright: 858-216-5623

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

## NO PROGRAMS SCHEDULED DUE TO HOLIDAYS

### BOARD OF DIRECTORS MEETINGS

*Saturday, November 12<sup>th</sup>*

*Noon following the Lake Hodges walk  
Chicken Plus*

*Note: All Palomar Audubon Society members are welcome at  
all Chapter Board meetings.*

## QUICK CALENDAR

November	5	Daley Ranch Walk
November	12	Lake Hodges East/Rancho Bernardo Walk
November	12	Board Meeting
November	19	Tijuana Estuary Walk
November	27	San Jacinto Wildlife Area Walk
December	3	Lindo Lake Walk
December	10	Live Oak County Park/Los Jilgueros Preserve Walk
December	17	San Elijo Lagoon Walk
December	23	Escondido Christmas Bird Count
Please Note: This is a FRIDAY Field Trip!		
December	24	No Scheduled Walk (Holiday)
December	31	No Scheduled Walk (Holiday)
January	7	Dixon Lake Walk