



Band Tales

Palomar Audubon Society
A Chapter of the
NATIONAL AUDUBON SOCIETY

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Editor
Arne Christiansen

PAS and Friends of Daley Ranch Develop Bilingual Interpretive Trail

Visitors to national parks, state parks, and other places of interest often enjoy informational signs that bring knowledge and context to a particular site. In November of 2021, Daley Ranch Historian Rick Mercurio initiated a plan to cluster eleven signs along a short stretch of Middle Pond Trail, which intersects Ranch House Road about halfway between the La Honda Drive parking area and the Ranch House. Friends Of Daley Ranch (FODR) believes that Daley Ranch is worthy of such an amenity, and are developing an interpretive trail that would highlight the flora, fauna, bird life, habitat, Indigenous Peoples, and the Daley Ranch history, with all signage in both English and Spanish.

A kiosk will welcome visitors at the start of the trail. Rick worked with several individuals and organizations to plan and design the signs, which will be two feet tall and three feet wide. The signs, written in English and Spanish, are being designed by the California Chaparral Institute, the Lake Hodges Native Plant Society, the City of Escondido Rangers, our own Palomar Audubon Society, and Juan Carlos Tapia, Spanish Language interpreter. Jim Beckman, Tom Trowbridge, Aedyn Loeffke, and Hal Benham worked on three of the signs, one depicting the land birds, one depicting the water birds that might be seen on the Middle Pond Trail and one showing birds that may be seen at or near the Palomar Audubon Society's Drip location. The PAS Drip water feature was spearheaded and installed by Tom Trowbridge. The plan is to wait until all eleven signs are finished before installing them at the same time. Rick is hoping for some sort of "grand opening" event, perhaps this summer.

WATER BIRDS AT DALEY RANCH

In front of you is Middle Pond...maybe. It was created by the Daley family in the 1940s to capture runoff for their cattle and irrigation. In wet, rainy seasons it becomes a shallow pond, which can stay full for several years. Then, it may slowly shrink and eventually dry up completely, staying that way until once again plentiful rains refill it. When water is present, the pond attracts several species of birds. Can you spot any of these?



AMERICAN COOT

American Coots are stocky water birds with dark grey bodies, black heads and thick white beaks. They are common in ponds and marshes. American Coots dive for underwater vegetation, which they bring to the surface to eat. Although it seems like a duck, the American Coot does not have webbed feet like a duck. Instead, each one of the American Coot's long toes has broad lobes of skin that help it kick through the water. The broad lobes fold back each time the bird lifts its foot, so it doesn't impede walking on dry land, though it supports the bird's weight on muddy ground. You can observe American coots year-round at Middle Pond.

GALLARETA AMERICANA

La Gallareta Americana son aves acuáticas robustas con cuerpos de color gris oscuro, cabezas negras y picos gruesos y blancos. Son comunes en estanques y pantanos. La Gallareta Americana se sumergen en busca de vegetación subacuática, que llevan a la superficie para comer. Aunque nada como un pato, la Gallareta Americana no tiene patas palmadas como un pato. En cambio, cada uno de los dedos largos de la La Gallareta Americana tiene lóbulos anchos de piel que la ayudan a patar en el agua. Los lóbulos anchos se plegan hacia atrás cada vez que el ave levanta la pata, por lo que no le impide caminar sobre tierra firme, aunque soporta el peso del ave sobre sus lóbulos. Se pueden observar Gallaretas Americanas durante todo el año en Middle Pond.



MALLARD

The Mallard, a year-round resident, is one of the most recognized of all ducks and is the ancestor of several domestic breeds. The male Mallard's white neck-ring separates the green head from the chestnut-brown chest, contrasts with the grey sides, brownish back, black rump and black upper- and under-tail coverts. The female Mallard is a mottled brownish color. Mallards double to feed on insects, crustaceans, small fish, leeches, also eats mollusks, frogs, tadpoles, salamanders, spiders and small amounts of aquatic plants. Pied-billed Grebes are year-round residents.

PATO DE COLOR

El Pato De Color, un residente durante todo el año, es uno de los patos más reconocidos y es el antepasado de varias razas domésticas. El anillo blanco del cuello del Pato De Color macho separa la cabeza verde del pecho castaño, contrasta con los costados grises. La hembra Pato De Color es de color marrón moteado. Los Patos De Color incursionan para alimentarse de semillas, rascas y tubérculos de plantas acuáticas del fondo de los pantanos y ríos. El Pato De Color es el pato más común en los Estados Unidos.



PIED-BILLED GREBE

The Pied-billed Grebe is a small, brown, short-necked, big-headed, stocky water bird with a thick bill and almost no tail. While breeding, the bill is whitish with a black band (the "pie"), but otherwise is yellow-brown. Juveniles have striped faces. Pied-billed Grebes are highly aquatic, foraging by diving from surface and swimming underwater, gripping firmly by their feet. Major food items include aquatic insects, crustaceans, small fish, leeches, also eats mollusks, frogs, tadpoles, salamanders, spiders and small amounts of aquatic plants. Pied-billed Grebes are year-round residents.

ZAMBULLIDOR DE PICO GRUESO

El Zambullidor De Pico Grueso es un ave acuática pequeña, marrón, de cuello corto, de cabeza grande y robusta, con un pico grueso y casi sin cola. Mientras se reproduce, el pico es blanquecino con una banda negra ("pie"), pero por lo demás es de color marrón amarillento. Los juveniles tienen caras rayadas. El Zambullidor De Pico Grueso son excelentes buceadores, se alimentan buceando desde la superficie y nadando bajo el agua, impulsados principalmente por sus pies. Los alimentos principales incluyen insectos acuáticos, crustáceos, peces pequeños, sanguijuelas, también comen moluscos, ranas, renacuajos, salamandras, anfibios y pequeñas cantidades de plantas acuáticas. Los Zambullidores De Pico Grueso son residentes durante todo el año.



BELTED KINGFISHER

Middle Pond occasionally hosts the Belted Kingfisher, a large, shaggy-crested, fish-eating bird. Males are blue-gray with a white collar and a blue-gray breast band. Females have a rusty breast band. Their legs are short and their tails are medium length and square-tipped. Belted Kingfishers spend much of their time perched along the edges of streams, lakes, and estuaries, searching for small fish. They also fly quickly up and down rivers and shorelines giving loud rattling calls. They hunt either by plunging directly from a perch, or by hovering over the water, bill downward, before diving after a fish they've spotted. They can be seen at Middle Pond in fall and winter.

MARTÍN PESCADOR NORTEÑO

El Middle Pond alberga ocasionalmente al Martín Pescador Norteño, un ave grande, de cresta peluda, que se alimenta de peces. Los machos son de color azul grisáceo. Las hembras tienen una banda de pecho oxidada. Sus patas son cortas y sus colas de longitud media y punta cuadrada. El Martín Pescador Norteño pasa gran parte de su tiempo posado solo a lo largo de los bordes de los arroyos, lagos y estuarios, en busca de peces pequeños. También vuelan rápidamente hacia arriba y hacia abajo de los ríos y las costas, y emiten fuertes llamadas de tráfego. Cazan lanzándose directamente desde una percha o flotando sobre el agua, con el pico hacia abajo, antes de molinizar tras un pez que han visto. Se pueden ver en Middle Pond en otoño e invierno.

AVES ACUÁTICAS EN DALEY RANCH

Enfrente de usted está el Middle pond...tal vez. Este fue creado por la familia Daley en los años de 1940 para capturar la lluvia para su ganado e irrigación. En tiempos de lluvia se convierte en un estanque poco profundo, y se puede mantener lleno algunos años. Después, tal vez se vaya secando y eventualmente se seque completamente, estando así de esa forma hasta llenarse completamente con una buena temporada de lluvia. Cuando el agua está presente, el estanque atrae algunas especies de pájaros. ¿Puede usted observar algunos de ellos? Gracias a Palomar Audubon Society

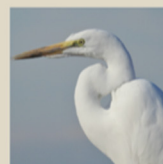


BLACK PHOEBE

The Black Phoebe is in the flycatcher family, found in the western US down to western Argentina. Look for a small dark bird with a white breast and a thin, straight bill, always on a low, open perch. The Black Phoebe is most often found near water slowly wagging its tail, then darting out in rapid flight to snap up an insect just above the water's surface. Black Phoebes use mud to build cup-shaped nests against walls, overhangs, culverts, and bridges. We have Black Phoebes year-round in San Diego County.

PAPAMOSCAS NEGRO

El Papamoscas Negro pertenece a la familia de los papamoscas, que se encuentran en el oeste de los EE. UU. hasta el oeste de Argentina. Busque un pájaro pequeño y oscuro con un pecho blanco y un pico delgado y recto, siempre en una percha baja y abierta. El Papamoscas Negro se encuentra con mayor frecuencia cerca del agua moviendo lentamente la cola y luego lanzándose en un vuelo rápido para atrapar un insecto justo por encima de la superficie del agua. El Papamoscas Negro usa barro para construir nidos en forma de copa contra paredes, salientes, alcantarillas y puentes. Tenemos Papamoscas Negros durante todo el año en el Condado De San Diego.



GREAT EGRET

A year-round resident, the Great Egret is a tall, white bird with a long, yellow bill and black legs, found wading in shallow water or lurking on the shore. The Great Egret's diet is mostly fish. Aside from fish, it also eats crustaceans, frogs, salamanders, snakes and aquatic insects. In open fields the Great Egret may catch grasshoppers and even rodents! Nearly wiped out in the United States in the late 1800s, when its plumage were sought for use in fashion, the Great Egret made a comeback after early conservationists put a stop to the slaughter and protected its colonies, as a result, this bird became the symbol of the National Audubon Society.

GARZA BLANCA

Residente durante todo el año, La Garza Blanca es un ave alta y blanca con un pico largo y amarillo y patas negras, que se encuentra vadando en aguas poco profundas o acrochando en la orilla. La dieta de La Garza Blanca es principalmente pescado. Además de pescado, también come crustáceos, ranas, salamandras, serpientes e insectos acuáticos. En campos abiertos, La Garza Blanca puede aun atrapar saltamontes, incluso roedores! Casi extinguida en los Estados Unidos a finales de 1800, cuando se busaban plumas para usarlas en la moda, La Garza Blanca resurgió después de que los primeros conservacionistas pusieron fin a la matanza y protegieron sus colonias, como resultado, esta ave se convirtió en el símbolo de la Sociedad Nacional Audubon.

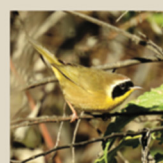


BLACK-CROWNED NIGHT-HERON

Middle Pond occasionally hosts a medium-sized heron with a black cap, a black back, light-grey body and a heavy, sharply-pointed black bill. The Black-crowned Night-Heron spends much of its time resting in reeds, hunting at night. The immature Black-crowned Night-Heron looks quite different, having broad blurry streaks on the breast, white spots on the wings and a yellowish bill. Year-round residents, Black-crowned Night-Herons nest in colonies, most notably at the San Diego Safari Park.

PEDRETE DE CORONA NEGRA

El Middle Pond ocasionalmente alberga una garza de tamaño mediano con corona negra, espalda negra, cuerpo gris claro y un pico negro pesado y puntiagudo. El Pedrete De Corona Negra pasa gran parte de su tiempo descansando en los juncos, cazando de noche. El Pedrete De Corona Negra inmaduro se ve bastante diferente, tiene rayas anchas y borrosas en el pecho, manchas blancas en las alas y un pico amarillento. Residentes durante todo el año, El Pedrete De Corona Negra anida en colonias, sobre todo en San Diego Safari Park.



COMMON YELLOWTHROAT

At Middle Pond, you might come across a small, yellow and olive bird with a bold, black mask skulking through tangled vegetation at the pond's edge. This is the male Common Yellowthroat. Females lack the mask and are much browner with a warm yellow throat. Common Yellowthroats are vocal birds with a song that sounds like witchy-witchy-witchy. They nest in dense, low undergrowth, sometimes on the ground. They are year-round residents at Daley Ranch.

MASCARITA COMÚN

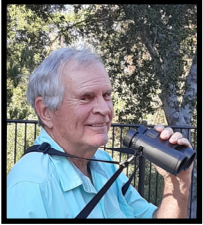
En El Middle Pond, es posible que te encuentres con un pájaro pequeño, amarillo y verde oliva, con una máscara negra y audaz, que se esconde entre la vegetación enredada en el borde del estanque. Este es el macho Mascarita Común. Las hembras carecen de la máscara y son mucho más marrones con una garganta amarilla pálida. Las Mascaritas Común son pájaros sociales con una canción que suena witchy-witchy-witchy. Anidan en maleza baja y densa, a veces en el suelo. Son residentes durante todo el año en Daley Ranch.

Photos By: Aedyn Loeffke

A BIRD'S EYE VIEW

Doug Walkley, President

Here we are, almost at year's end! I would like to extend best wishes for the season and particularly on December 23rd when PAS participates in the annual bird count. It is also the time for giving, and should any of you have a potentially horrendous tax bill to pay, our society would be pleased to reduce it somewhat by way of your donation to Palomar Audubon Society.



But what are we going to do with donations? I am asking you for help in this regard. Over the past several years PAS, in turn, has made donations to three organizations close to home that do wonderful environmental work. At the same time, we prefer to take on projects ourselves, like "the Drip" that PAS installed at Daley Ranch which, I am sure, allows the extension of the habitat of many a bird specie. Do you have an idea, big or small, that you would like to see environmental improvements on? Or, you might have a project that would allow us human beings to gently trek into bird habitat or improve the viewing of such habitat.

Frankly, the executive has come up short when it comes to conceiving new projects. Or, if you knew of a more grandiose idea to acquire a chunk of land that you have always loved that may become available over time. If PAS had an inspiring project like that, we would love to have the opportunity to fundraise for it.

We look forward to the New Year, and the opportunity for PAS to environmentally make a difference in our small corner of the world.



CONSERVATION NOTES

Trysten Loeffke, Conservation Chair

The New Year is traditionally a time of new beginnings, resolutions, and of exploring new possibilities and interests. So, in that spirit, I'd like to shift gears a little this month and talk about something that some of you may not have given much thought to before: Mice.



In particular, a minute rodent known as the Pacific Pocket Mouse.

To be strictly accurate, the Pacific Pocket Mouse is not a true "mouse" at all, but rather it is a member of the family Heteromyidae, an evolutionarily distinct group of rodents that also contains the more familiar Kangaroo Rats and is most closely related to the family that contains our Pocket Gophers. The Pacific Pocket Mouse is the smallest rodent species in North America, and, as you may have guessed, they get their name from a pair of fur-lined pockets in their cheeks that they use to carry seeds and nesting material.

But why am I talking about them? Well, the Pacific Pocket Mouse is an incredibly endangered species that lives right here in our own San Diego County but it is one that most people have never even heard of before. Pacific Pocket Mice are endemic to Southern California and they have some very particular habitat requirements. They only live in coastal sage scrub and then only if it is within two miles of the immediate coast. I think you can see the problem here. Prior to the 1930s, they ranged from our very own Tijuana River Valley up into Los Angeles County, but they quickly began a sharp decline until they were thought to have gone extinct. For twenty years there was no trace of this tiny species and everyone thought that they were gone for good. That is until a small population was discovered in 1994 subsisting in the Dana Point Headlands. Shortly after two smaller populations were discovered on Camp Pendleton. The Pacific Pocket Mouse was back from the dead, but just barely. In 2011 the Pocket Mouse Conservation Breeding Facility was established at the San Diego Zoo Safari Park and a captive breeding program got underway. Since then there have been several successful reintroduction events and these new populations have been breeding, but it is still an uphill battle. Today the Pacific Pocket Mouse remains one of the most endangered species here in the San Diego area.

The tale of the Pacific Pocket Mouse brings up an interesting challenge that we have in conservation. People like big, showy animals— what we like to term "charismatic megafauna"— and because people like these animals those are the ones that everyone wants to save. People like to save things like African Elephants, Giant Pandas, and California Condors. But what about mice? Who among us has actively thought about looking out for them before? Conservation efforts worldwide are often skewed towards

protecting the charismatic megafauna because that is what people donate their money to save. From a biodiversity point of view, however, it is often the little things that are the most important. In the grand scheme of things, birds make up an incredibly minute fraction of a percentage of the world's biodiversity, and yet they are the focus of nearly half of our conservation efforts worldwide. Now I'm not saying that there is anything wrong with wanting to protect birds. We here at the Palomar Audubon Society love birds. They are incredibly amazing creatures that inspire and unite us, and as such, we—rightly—want to protect them. But my hope here is to open your eyes to the other, often overlooked, species that are all around us. Species that play incredibly important roles in balancing our precious ecosystems. How many people do you think know that one of our most endangered local species is a mouse that almost no one has ever seen? So, my admonition to you this month is this: Spare a thought for the wildlife that often goes unnoticed, the ones that not many people think about saving. Take the time to broaden your wildlife horizons this year and learn about some of the fascinating creatures that we could call “unassuming microfauna”.

RECESS BIRDING UPDATE

It has been almost three years since our very successful recess birding program at Sundance Elementary School came to an abrupt end. That means that I am three years older and that at least three of my regular adult birders have gone on to other climes. The principal of Sundance Elementary, who was an avid birder, has retired.

So, I am looking for some avid birders to meet with me to discuss how we can begin anew. First thing in the new year, I will approach the new principal to see if she has any interest in renewing the program. We also need to consider other approaches to birding for young people. If you are interested in pursuing this with me, please call or write. I look forward to hearing from you.

Alice Holmes
925-212-8165
greenheron@sbcglobal.net



Auf Wiedersehen Oktoberfest 2022

On Sunday, October 23rd the Palomar Audubon Society celebrated our own Oktoberfest picnic at the Lawrence Welk Resort. Although there were some concerns about possible showers, the weather was perfect, albeit a bit cool, as would be expected for that time of year. Thirty-four members and friends gathered for the first time since the onset of the Covid Pandemic. It was nice seeing people we hadn't seen for many months. We consumed 10 pounds of Penny's homemade potato salad, 56 Bratwursts, a slug o' sauerkraut, lots o' four bean salad, and our traditional fruit salad. Authentic German beer and wine flowed freely.

Our President Doug Walkley and his wife Diane arrived in full Oktoberfest garb adding to the fun. They looked terrific.

Thanks to all the volunteers who helped set up and clean up after the event. Couldn't do it without you! And thanks to Cindy Rippee for making all the arrangements with the Resort.



(Herr Doug und Frau Diane)



(a great day for a picnic)



(Welcome to Bavaria!)



(Good friends. Hard to beat!)



(We really cleaned up!)

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, 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. Continue toward Dixon Lake and the Daley Ranch free parking area on your left. Seniors can also park free inside the adjacent Dixon Lake gate near the restrooms. Meet at the Daley Ranch trail-head kiosk.

Leader: Jim Beckman
858-205-2819

Saturday, January 14, 8:00 am.

Sweetwater River/Bonita

National City

(1310-C4) Rating: 2

From North County take I-15 south to I-805 south and take the Sweetwater Road exit in National City. Turn right at Sweetwater Road and then right again at Plaza Bonita Road. You will see the Plaza Bonita Shopping Center parking area on the left. Meet at the far west side of the parking lot south of the Outback Steakhouse. Our walk will be along the Sweetwater River where we should see a good variety of waterfowl and other birds. Excellent photo location!

Leader: Jeff Ebright
858-484-3932

Saturday, January 21, 8:00 am.

Dos Picos County Park & Rangeland Rd.

Ramona

(1171-H5) Rating: 2

From I-15 in Rancho Bernardo go east on Rancho Bernardo Road, which turns into Espola Road (S5), and continue south to Poway Road (S4). Turn left and drive east to Highway 67. Head north on Highway 67 and just before you reach Ramona, make a hard right on Mussey Grade Road (heading southwest). Continue on Mussey Grade Rd and turn right on Dos Picos Park Road and drive ½ mile to the park entrance on the left. There is a San Diego County Park parking fee (cash only), but free with a County Senior Pass.

Leader: Hal Benham
858-679-7904

Saturday, January 28, 8:00 am.

Kit Carson Park (New Winter Location!)

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: Gerry Baade
858-231-9876

Friday, February 3 – Sunday, February 5

Salton Sea Weekend

NO LOCAL SATURDAY FIELD TRIP

(Salton Sea sign-up details shown on page)

Saturday, February 11, 8:00 am.

Guajome Regional Park

Oceanside

(1067-D7) Rating: 2

From Highway 78 in Oceanside, exit north on College Boulevard, and drive 4.4 miles north to Highway 76. Make a right turn on Hwy 76 and continue east about ½ mile to Guajome Lake Road. Turn right (south) and drive up the hill past the park entrance, which does not open until later and park on the street. A great birding spot! Always lots of birds

Leader: Doug Walkley
310-387-8190

Saturday, February 18, 8:00 am.

Oak Hill Memorial Park

Escondido

(1130-F1) Rating: 1

From I-15 exit east on Via Rancho Parkway, which becomes Bear Valley Parkway, and drive 5 miles north to Glen Ridge road at Orange Glen High School. Turn right on Glen Ridge Road and proceed approximately 1 mile east to the cemetery gate. After entry, turn left to the parking area.

Leader: Jim Beckman
858-205-2819

Saturday, February 25, 8:00 am.

San Joaquin Wildlife Sanctuary

5 Riparian View, Irvine, CA 92612

(Thomas Guide to Orange County, page 859 J-7)

Rating: 2

Take I-5 north to the San Diego Freeway I-405. Continue north on the I-405 a short distance and then take the Culver Drive exit and turn left (south). At the first signal, which is Michelson, turn right. Continue west on Michelson and then turn left on Harvard. Continue south on Harvard and then turn right on University Drive. Continue on University to Campus Dr. and turn right again. Stay in the far right lane and immediately turn right on to Riparian View which will enter the San Joaquin Wildlife Sanctuary. (There is a dark green sign by the turnoff, identifying this as the route into the San Joaquin Wildlife Sanctuary) At the end of the road, you will make a sharp left turn down a steep driveway and into the parking lot. The first building you see will be the Sea & Sage Audubon House. Beyond the Audubon House are the ponds of the San Joaquin Wildlife Sanctuary and many trails for us to explore. Allow 509 min. from Oceanside.

Leader: Jennifer Falconer

949-278-1630

Saturday, March 4, 8:00 am.

Santee Lakes

Santee

(1231-A5) Rating: 2

From I-15 go east on Hwy 52. Exit at Mast Boulevard. Continue east on Mast Boulevard. to Fanita Parkway. Turn right and continue south to the entrance to Santee Lakes on your right. Car entry fee is \$6.

OR from Mast Boulevard, turn left on Fanita Parkway, and continue north to Lake Canyon Drive. Turn right, park along the street, and walk through the open gate for **FREE**. Meet in the parking lot by the General Store between lakes 4 & 5. Always a great birding spot, especially for photographers!

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** _____

Name _____

Address _____

City _____ **State** _____ **ZIP** _____

Telephone _____

E-mail _____

100% of Chapter Membership dues supports

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

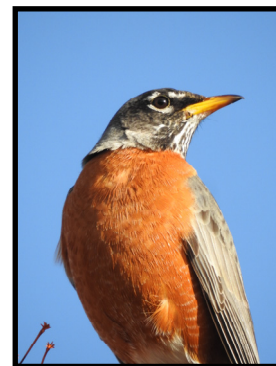
Thank you Palomar Audubon Society members. Your generous response to our solicitation for donations has been terrific. We will be working hard to find ways to spend this money locally to enhance our members' birding experiences. If you haven't yet donated and wish to do so there is still time to make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

Species Profile

American Robin

(*Turdus migratorius*)

Aedyn Loeffke



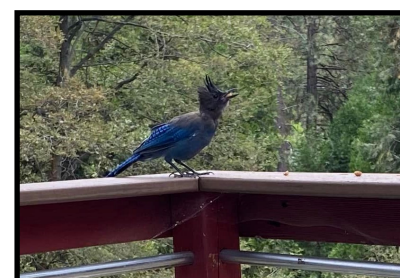
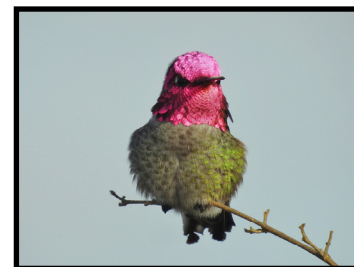
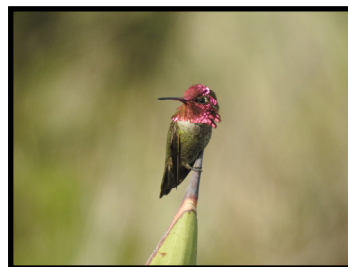
With the start of the new year and all the hope and excitement that it brings, I thought that I should talk about an iconic American bird, and one that we are all familiar with: The American Robin! As a visitor of



our yards, lawns, and neighborhood parks, the American Robin has become a national favorite, including being the state bird of Michigan, Wisconsin, and Connecticut. The oldest known American Robin lived to be 13 years 11 months, although that is certainly not typical and almost all of our beloved Robins are not the same individuals that we may have had only a couple of years

ago, as on average the entire American Robin population turns over every six years or so. Why is this? Well, it's because although they can have up to three clutches per year, only 40% of those clutches are successful, and of those successful clutches only 25% of the chicks make it to their first November, and only half of the ones that make it to November make it to the next year. It's a tough life being an American Robin. Despite this, the population of American Robins is sitting at around 320 million birds, and in terms of conservation, the presence of humans has actually helped to *increase* their population. One of the Robin's main food sources is the earthworm, which went extinct in much of North America during the last ice age. However, when Europeans unwittingly brought them back over in soil and ships, earthworms were reintroduced to the continent, helping to aid the expansion of the American Robin. Earthworms are so important to the Robins in fact that chicks can eat up to 14 linear feet of earthworms during their time in the nest, and adult robins have been known to catch up to 20 worms per hour. Our love of lawns has also helped to expand the suitable habitat for worms and thereby helped the Robin population expand along with it. Worms however are not the Robin's only food, with fruits making up a large portion of their diet as well, and on days when they eat only honeysuckle berries they can get actually get drunk! In the winter, American Robins congregate in massive roosts, with some of these roosts getting as large as a quarter of a million birds! So as we start off the New Year, let's all try and be a little happier and bring joy to others' lives, just like the American Robin has done for millions of people over the years. It has been an honor to write for you, but unfortunately, this will be my last species profile for a few years. I wish you all the best of luck and happy birding!

Aedyn, on behalf of all of the PAS members, thanks so much for sharing your knowledge and love of birds with your insightful columns and remarkable photos. We of the PAS family wish you the best in your future endeavors. Feel free to share with us any way and time you wish. Look below to see more of Aedyn's photos.



Programs

Please join us for our interesting monthly program and refreshments at The Remington 1 Complex, east of our normal meeting place (Remington Club, 16916 Hierba Drive, Rancho Bernardo, due to construction. Directions will follow via email and the PAS website: www.palomaraudubon.org. There is a social period beginning at 6:30 pm with the meeting and program getting under way promptly at 7:00 pm.

Thursday January 26, 2023 6:30 pm

Rustom Jamadar

"Birds of Ecuador – Choco Andes"

PAS member Rustom Jamadar, is a frequent traveler and likes to bird during his travels. Between 2017 and 2019, he made four trips to the Indian sub-continent and went birding in different regions there. The Covid-19 pandemic put the brakes on his wanderings....., until recently.

In October 2022, he participated in an 8-day birding tour of the Choco Andes region in Ecuador and enjoyed it immensely. He will share his experience and his pictures at the PAS presentation on 26 January.

Rustom grew up in India. He was introduced to birding when he was in college in Texas and cut his birding teeth in the Rio Grande Valley. Over the last ten years Rustom has been birding regularly in the San Diego area as well as in other parts of the US, in India, Australia, and Central and South America. Rustom has been a member of the National Audubon Society, and a Life Member of the Bombay Natural History Society for four decades.

He has also been a member of the local Audubon chapters: Palomar, San Diego, and Buena Vista, for the past several years and can be spotted on their field trips. Please join us for Rustom's fourth PAS presentation.

Mark your calendars for this very special and entertaining presentation!

Thursday February 23, 2023 6:30 pm

Nancy Christensen

Life Among the Thorns: "A Birding Safari."

San Diego Field Ornithologists President Nancy Christensen and her husband Russ spent most of April 2021 in Tanzania and Kenya, their first trip to that part of Africa. The Rockjumper tour, called "Birding and Big Game", took them to many of the most iconic parks in that area, where they saw 525 species of birds. COVID had disrupted travel, and she had the incredible opportunity to experience Africa in isolation: most of the areas they explored had no visitors except the six people on the tour.

Nancy Christensen was born and raised in San Diego. She has had a lifelong interest in wildlife. Nancy studied art and photography at UCSD. For many years she was very active with the local Photonnaturalist Camera Club, and eventually went on to have over 2,000 published images. Nancy spent time at the San Diego Natural History Museum examining the skins of extinct bird species, then painting images of them. In 2012, Nancy took up the hobby of birding, and has been on the run ever since. Since retirement in 2015, birding has become a consuming passion. In 2020, Nancy found 394 bird species in San Diego County, a new record. She resides in Ramona with her husband, Russ. They have two adult children and one grandchild.

Mark your calendars. Don't miss this one!

Palomar Audubon Society welcomes these new and renewing Chapter-only Members

Michael & Sonja Beeve
Monica Border
D. Gail DeLalla
Stephen Ellis
Marty Hales & Jim McKerrow
Joan Miller
Janet Peyton
Marilyn Schmitz
Eleanor Schubert
Bob Waller
Laura Wantz
Ken Weaver
Joyce White
John & Ruth York

And we very much appreciate the generous support from these Donors:

Monica Border
Stephen Ellis
Don & Janet Gallup
Marty Hales & Jim McKerrow
Janet Peyton
Eleanor Schubert
Michael Wittmer
John & Ruth York

Salton Sea Field Trip

Come join Palomar Audubon Society as we bird the **Salton Sea** and surrounding area on February 3 - February 5, 2023. For those who have not ventured to the Salton Sea, you are in for an absolutely thrilling experience when at daybreak you watch thousands of snow geese and sandhill cranes rise up from local ponds to feed in nearby grain fields. In less than a three-hour drive from anywhere in San Diego County, you too can transcend into these wintering grounds. It is also one of the few places where the cutest owl on earth, the burrowing owl, can regularly be seen as he stands steadfastly in front of his underground borough. Is there anything else? Yes! A pre-teen member, Luca, all on his own, located, identified and documented **seventy-five** species in just one day around Salton Sea. If he can do that, what can we do?



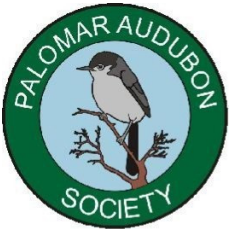
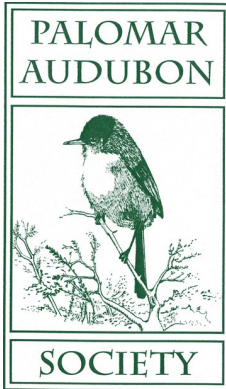
We are limiting the number of participants to 30, to maximize the birding experience. **This field trip is a fundraiser for Palomar Audubon Society** (should you not be a member, please include the additional \$25 annual membership). To secure your reservation, send a \$40/person check payable to "Palomar Audubon Society" to: Hal/Dianne Benham, 15946 Cumberland Dr., Poway, CA 92064. Also include the first and last name, email address, cell phone number, and mailing address for each participant. If the trip fills, we will begin a waiting list.

Hotel rooms (non-smoking) at the Brawley Inn are being held for Palomar Audubon Society at a special group rate for the nights of Friday, February 3rd and Saturday, February 4th. You are responsible for calling the Brawley Inn to reserve one of these rooms for one or both nights. Their phone number is 760-344-1199. The Palomar Audubon Society Salton Sea field trip is always a popular birding adventure. Don't delay making your reservation!

Band Tales

January-February, 2023

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.



BandTales
Palomar Audubon Society
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Web Page <http://www.palomaraudubon.org>
 Webmaster: Jeff Ebright: 858-216-5623
palomaraudubon@gmail.com

BOARD OF DIRECTORS MEETINGS

Saturday, February 18th

Noon following the Oak Hill Cemetery walk

Location To Be Determined

Go to <http://www.palomaraudubon.org>

For latest information

Note: All Palomar Audubon Society members are welcome at

QUICK CALENDAR

January	7	Dixon Lake Walk
January	14	Sweetwater River/Bonita Walk
January	21	Dos Picos County Park & Rangeland Road Walk
January	26	General Meeting: "Birds of Ecuador—Choco Andes"
January	28	Kit Carson Park (New Winter Location) Walk
February	3-5	Salton Sea Weekend, NO LOCAL FIELD TRIP
February	11	Guajome Regional Park Walk
February	18	Oak Hill Memorial Park Walk
February	23	General Meeting: "Life Among the Thorns: . . ."
February	25	San Juan Wildlife Sanctuary Walk
March	4	Santee Lake Walk