



# Band Tales

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

Volume XXXVIII  
No. 4

July-August  
2023

Editor  
Arne Christiansen

## MAGEE MARSH REVIEW

What can I say? What a success! Depending on who you are, or where you happened to be looking, you would have seen 128+ species and lots of lifers for everyone. Steve Ellis did an excellent job finding us a terrific guide in Greg Miller, who Jack Black took on to duplicate in the movie "The Big Year". Dianne Benham did all the logistics and communication. Steve Gabbert, in advance, had sleuthed out some wonderful places for dinners. All-in-all, it was quite the coordinated effort. In the end, sixteen PASers made their way to the Holiday Inn Express in Oregon, Ohio where most of us were lodged. It turned out to be excellent accommodations with a lovely early buffet breakfast.

But the important part is the birds, especially the plentiful and beautiful warblers (we like pretty birds.) Birds migrating north and stopping for a bite and a break before heading across formidable Lake Erie. On one occasion a flock of about a hundred Blue Jays set off early one morning to cross the lake, but in the evening there they were back again because of terrible headwinds they met. This happened for a couple of days before they finally made it across. Maggie Marsh is where most the action is. A look at the parking lot with license plates from every state in the union convinces you immediately that this is a serious birding location. Upon entering the reserve, you are greeted by a ten-foot-wide boardwalk full of people with a range of birders having the best of binoculars and scopes to others with tiny opera glasses. The Amish, surprisingly, are into birding in a very heavy way. Lots of Amish in Ohio, so it's fun to see the women and girls birding in their light-blue full-length dresses with a bonnet and the men dressed in a very clean-cut way. There is a constant hum of people pointing out birds to anyone and everyone in this very friendly affair. Such masses of people are generally to be avoided, but their energy, excitement and expertise make it enticing.

And then there is our own Greg Miller taking us to the unique locations where he knows we will find special birds. Greg is from Ohio, so although he lives seven hours south, he still knows the Maggie Marsh and surroundings like the palm of his hand. His approach is a quiet one where he finds the bird, attempts to put you on it, then the rest is up to you. Most days we would drive to a different area, less than an hour from our hotel, and look for specific species, like the Black-billed Cuckoo, who was there constantly eating tent caterpillars from a nest of fine silk-like webbing. Seek and ye shall find, and find we did.



*(the Ohio Brigade)*



*(Greg Miller)  
(Our "Big Year" Guide)*



*(On the Road Again)*



*(Welcome to Magee Marsh)*

## Inside this Band Tales

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## CONSERVATION NOTES

*Trysten Loeffke, Conservation Chair*

The next stop in our ecological tour is the fascinating world of insects. Insects are the six-legged, four-winged, two-antennae creatures that play an integral part of almost every major ecosystem on the planet. They live on all seven continents (yes, even Antarctica!), and fill a variety of niches from predator to prey to parasite to parasitoid. To put it simply, insects are everywhere, and as such, there are many other creatures that depend on



them—including birds. Insects make up around 80% of all the animal species on the planet, and not only are there a lot of species, there are a lot of individuals as well. For every one person on the planet, there is an estimated 200 million insects; yet despite this perceived abundance, studies have found that in some areas, insect numbers have declined by as much as 75% in just the past 30 years. Why are they declining? Well, a big part of it is the usual answers: habitat loss, intensively managed forests, etc. But insects also have a unique threat all of their own: Pesticides. We spray them on our crops and douse our homes with them. Humankind in general has a dislike for insects and so we try to rid our ecosystems of them, but this is having devastating consequences on our global biodiversity. Pesticides kill billions of insects a year, and that means that billions of insects are not fulfilling their ecological duties. Ironically, despite pesticides being created to boost crop yields, some studies have shown that crops have higher yields when they are *not* sprayed with pesticides!

I'm sure I don't have to tell you that insects are inseparably connected to birds. A quick glance through your field guide will reveal many birds of an insectivorous nature. Some families of birds are so closely tied to insects that they even have insects in their names, e.g. flycatchers, gnatcatchers, gnatwrens. Even the less obviously named Foliage-gleaners are named for their habit of picking over the rainforest leaves in search of insects. Anyone who has access to a field guide of neotropical birds will find several families of birds whose entire evolutionary history has been sculpted by insects—ants in particular. Antbirds, antpittas, antshrikes, anttanagers, antthrushes, antvireos, and antwrens—these antbirds are named for their habit of following the large troops of army ants through the rainforest and eating all of the other arthropods which the ants stir up. Even birds that are largely granivores or frugivores often rely on insects for feeding their nestlings. I hope you get the idea. Insects are crucial to birds, and yet they don't get the conservation attention they need because they aren't as endearing to people as birds are. In recent years, bees and other pollinators have become more popular in conservation, but there are many other insects that are still overlooked and need our protection. My challenge to you

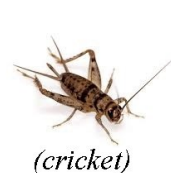
this month is this: Next time you're out birding, or even just in your yard, start paying attention to the insects. You will quickly discover a whole new world full of glittering jewels and fantastical beasts that have been hiding in plain sight all around you.

Just in case you're still a little skeptical and need some more convincing, insects are also vastly important to humans too. The humble fruit fly—those tiny, red-eyed insects you see lazily drifting about your fruit bowl in the summer—has been the subject of studies that have led to numerous genetic breakthroughs and to the receipt of no less than six Nobel Prizes!

### *These are Some Bugs That Are for The Birds*



(earwig)



(cricket)



(fruit fly)



(aphid)



(whitefly)



(grasshopper)



(sawfly caterpillar)



(tomato hornworm)

### *And These are Some Birds That Get The Bugs*



(Kentucky Warbler)



*Variable Antshrike*



(Black-billed Cuckoo)



(American Robin)



(Black Phoebe)



(Scrub Jay)

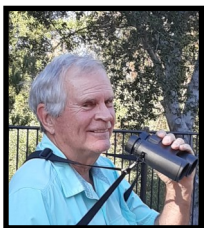


## A BIRD'S EYE VIEW

*Doug Walkley, President*

### PAS BOARD EXPANDS!

First the minuses. Thank you, Joan Falconer and Nabih Mansour for your contributions during the past several years when you faithfully attended meetings and contributed to our decision making. In particular, thank you Joan who, as Secretary, managed to take accurate and detailed notes that she, with the help of her daughter, Jennifer Falconer, transformed into minutes. They both are retiring effective the end of our society's year-end, June 30<sup>th</sup>. Penny Hernandez will assume that position.



Now the pluses. I am exceedingly pleased to announce that seven members have accepted our offer to become Directors, effective the beginning of PAS fiscal year, July 1<sup>st</sup>. They are: Steve Ellis, Stephen Gabbert, Ruston Jamadar, Tsaiwei Olee, Beth Pearson, Tom Pietuch and Cindy Rippee.

Returning Directors are Dianne Benham, Jeff Ebright, Tracy Henchbarger, Alice Holmes, Trysten Loeffke, Jack Peterson and Tom Trowbridge. Please feel free to call any of the officers or directors listed on the back page of the **Band Tales** newsletter with questions and/or suggestions. Let it be said that we have a very talented, broad-based, enthusiastic and knowledgeable Board.

## Helping Birds, Bugs in the Wild Find Water Sources

*Gardeners can create habitat that keeps hydration available*

*BY MONICA CARDOZA—San Diego Union-Tribune*

The sight of a drooping flower head is often all it takes to prod us to unravel the hose and turn on the spigot. We're less attuned to the water preferences and needs of birds and insects, though, and we may unintentionally leave them high and dry. That's probably at least in part because no one water source meets all their needs. When we talk about water in a garden, we need to not just picture a bowl of water or a birdbath or a pond. It's also moisture, wet ground and mud.

The hotter and drier weather caused by climate change is leaving wildlife especially vulnerable, but there are things gardeners and homeowners can do to help. The first step is understanding the varied ways birds and invertebrates find and use water. You're creating a comprehensive habitat that will support all life stages. Water is one of those components.

### Birds

Birds, who need water for bathing and drinking, are particularly drawn to the sight and sound of moving water.

A splash, gurgle or drip — even just a silent rippling — will keep resident birds and attract thirsty new ones, so consider adding a fountain or pump to your birdbath. As an added bonus, the moving water won't attract mosquitoes.

A solar, electric or battery-operated pump fountain in a 1- to 3-inch deep birdbath will accommodate most birds. These devices are relatively inexpensive, but they can be prone to clogging from bird and organic debris.

Consider using a solar fountain pump that sits inside a mesh bag in a container below the fountain to prevent clogs.

Another option is a three-legged battery or solar-operated water agitator that stands in the birdbath, with a hanging spinner to create ripples. These devices may not attract as many birds as the sound of a fountain, but they're low maintenance.

And remember, any birdbath deeper than 2 inches should have rocks or sticks to act as perches for small birds such as sparrows and songbirds.

### Butterflies

Butterflies meet their hydration needs via nectar. However, some species need places to "puddle," or sip minerals from mud, wet sand or an actual puddle. It's not uncommon to see several butterflies puddling together.

It's mainly males that puddle, because they "take the nutrients to create the sperm packets that they transfer to females during breeding," says Shepherd.

To create a puddle for butterflies, fill a shallow dish or container with soil or sand; add flat rocks for perching; moisten the soil or sand with water; and keep it moist during the heat of the day. Some suggest adding salt or a piece of overripe fruit, which can provide minerals found in natural puddles. A drip irrigation system or an area where water collects on the soil can also create an attractive spot for butterflies.



*(bird bath in the garden)*

## 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.*

### PAS FIELD TRIPS

July – August, 2023

**PLEASE NOTE: Summer birding can be very warm. So, be sure to bring sunscreen and sufficient water on walks.**

Saturday, July 1, 8:00 am.

**Wm. 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 at the Mission.

**Expect warm weather.**

Leader: Jim Beckman

858-205-2819

Saturday, July 8, 8:00 am.

**Lake Murray**

La Mesa

**(1250 E6) Rating: 1-2**

Take I-8 east to Lake Murray Boulevard. Exit with right turn at light, and proceed 1 mile north to Baltimore Drive. Turn left and drive about 1 mile to Jackson Drive. Turn left again, proceed ¼ mile and make another left turn on Golfcrest Drive. Continue about 1 mile on Golfcrest Drive to the Mission Trails Regional Park entrance on the left. Meet in the parking lot near the softball field bleachers. This location is on the northwest end of Lake Murray. **Expect warm weather.**

Leader: Jim Beckman

858-205-2810

Saturday, July 15, 8:00 am.

**Tijuana Estuary & Slough**

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

Leader: Gerry Baade

858-231-9876

Saturday, July 22, 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 Guajome Lake 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. A favorite birding location! **Expect warm weather.**

Leader: Doug Walkley

310-387-8190

Saturday, July 29, 8:00 am.

**Robb Field/San Diego River Tidal Mud Flats**

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 may also visit the nearby San Diego River Flood Control Channel and/or Famosa Slough.

Leader: Jeff Ebright

858-216-5623

Saturday, August 5, 8:00 am.

**Stonewall Mine & Cuyamaca Lake ALWAYS A BIRDER FAVORITE !**

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 approx. 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

858-396-6911

Saturday, August 12, 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 \$7. **OR** from Mast Boulevard, turn north on Fanita Parkway and continue north to Lake Canyon Drive. Turn right, and park on the street, and then walk in the Santee Lakes open gate for **FREE!** Meet in the parking lot by the General Store between lakes 4 and 5. **Expect warm weather.**

Leader: Tom Trowbridge

760-522-8519

Saturday, August 19, 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 (large fire station on left). 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: Gerry Baade

858-231-9876

Saturday, August 26, 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: Hal Benham

858-386-6911

Saturday, September 2, 8:00 am.

**Los 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. Park close to the Ranch House area, near the large trees. **Expect warm weather.**

Leader: Jeff Ebright

858-216-5623

## 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, \$30**

*(payable to Palomar Audubon Society)*

☐ **Contribution** \_\_\_\_\_

**Name** \_\_\_\_\_

**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





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

Larry & Kathi Alameda  
Melissa Allen  
Barbara Barnes  
Jim Beckman  
Dianne & Hal Benham  
Kristin Bergford  
Richard Blain  
Carol Bosman-Anderson  
Barbara Bury  
Maria Crabb  
Bob & Toni Crisell  
Isabelle Davignon  
Linda Deife  
Linda Dugdale  
Audrey Eisele  
Marianne & Pierre Escaron  
Stephen Gabbert  
Penny Hernandez  
Vince Kalaher  
Bert & Sharon Kersey  
Leslie Kuhn  
Robin Kohler/William Lee  
Trysten Loeffke  
Clark Mahrtd  
Joan Falconer/Nabih Mansour  
Dorothy Marron  
David Mayes  
Jean Meadowcraft  
Laura Milliken  
Tsaiwei Olee  
Jack Peterson  
John Rogers  
James Schafer  
John & Fay Scrivner  
Ameet Shah  
William Sherrard  
Jeff & Ann Skinner  
Jean Spence  
Cynthia Walters  
Jill & Fred Weber  
Paul Zepf  
Tom & Sue Zombeck

***AND WE APPRECIATE OUR  
DONORS VERY MUCH!***

Melissa Allen  
Jim Beckman  
Dianne & Hal Benham  
Linda Dugdale  
Robin/William Lee  
Clark Mahrtd  
Joan Falconer/Nabih Mansour  
Dorothy Marron  
Tsaiwei Olee  
Jack Peterson  
Jill & Fred Weber  
Paul Zepf

**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.

**How Can I Keep Birds from Flying  
Into My Windows?**

Sadly, an estimated one hundred million to one billion birds crash into windows every year in North America. In the right light windows can turn into mirrors, reflecting the sky and vegetation making the window look like an open place to fly. Inside, hanging blinds or curtains that can be partly closed will let in light while breaking up the reflection, and moving any indoor plants away from problem windows can also help.

Outside, hanging shiny objects in front of the window, covering the window with netting, or anything else that helps make the window visible may have some effect. There are decals being sold now at bird stores and online with a special coating that reflect ultraviolet light, which looks blue to birds but is clear to humans. In order to be effective these need to be spaced less than three inches apart across the entire window in order to prevent birds from trying to fly between them. **FLAP (Fatal Light Awareness Program)** offers more helpful tips about how to prevent birds from hitting your windows.

**Arizona Trip Update**

Limited space is still available on either birding excursion in Arizona, with travel commencing either 8/10 or 8/14. Should you have an interest email Dianne Benham at her email: [DianneBenham@me.com](mailto:DianneBenham@me.com) for details.

## ADIOS, PICNIC EDITION 2023

Members' homes are stretched from Temecula to Coronado, so getting everyone together for a picnic is difficult. Consequently, the decision was made to have a noon picnic at the Walkley's home in Fallbrook and chose the bird walk to be in that area. This turned out to be fortuitous since many birders turned out for the party whom we may well not have seen otherwise. Of course, the fact that we advertised the picnic as being free may have had something to do with it!

The picnic had a Western Theme and to grace the location a big bale of hay sat in the middle of the front lawn with a 7ft cowboy silhouette leaning into it. The neighbors must have thought there was a wedding going on because PAS vehicles were strung out for a couple of blocks on both sides of the road. In total, there were 65 attendees, including three new members.

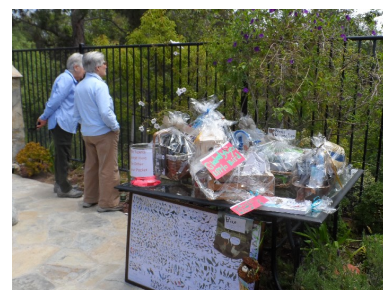
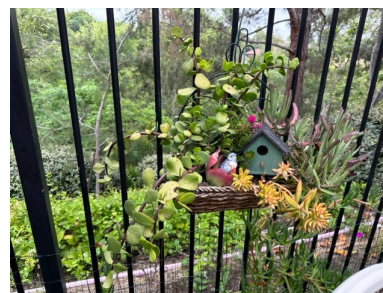
The Rancher's spread, from The Wrangler Family Barbecue in Escondido, included BBQ beef, pork and chicken on the freshest of buns, complimented by Penny's plentiful perfect potato salad, coleslaw and a raw vegetable plate. Sunny and Penny's years of experience enable them to choose the best of caterers serving more than ample dishes of hot, fresh on-time meals. Being a mid-day meal, the consumption of beer was reduced to less than a half-pack each. Wine was also available together with lots of soft drinks.

On first glance one wonders how 65 could possibly fit in the Walkley's backyard, however, at the other end of their kidney shaped pool is a cool treed side yard which adds more than enough room for everyone. They figure next year they can plan on handling 80 comfortably!

Before lunch was served, there was ample time to buy raffle tickets for the ten intriguing neatly cellophane-wrapped birdy prizes. To challenge everyone's hearing, viewing and braincells, there was a competition as to who records the longest list of birds seen or heard from the Walkley's backyard. Given the home is three quarters of an acre and is on a heavily treed riparian slope, the number of birds experienced could be fairly large. Two individuals working independently each listed 14 species of the 76 species the Walkleys have on their backyard list. The winners were Denise Riddle and Christina Kidd. These totals were two more than what the Merlin App heard. Here's the backyard birds they noted: Allen's HB, Anna's HB, RS Hawk, Western Bluebird, Song Sparrow, Bushtit, Black Phoebe, CA Towhee, Spotted Towhee, House Finch, Lesser Goldfinch, CA Scrub-jay, Yellow Warbler and Black-headed Grosbeak.

The picnic ended with the singing of Happy Birthday to Sunny and the serving of the *pièce de résistance*, a yummy surprise birthday cake (big enough for 65), but even after, people lingered and lingered enjoying the company of old friends and new friends to be.

## BIRDERS' GALLERY

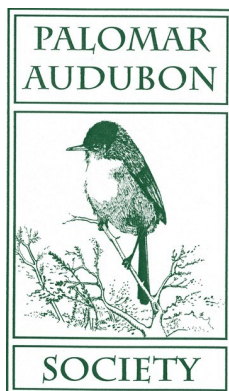




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## July-August, 2023

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P.O. Box 2483  
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Cindy Rippee .....	858-354-1791
Tom Trowbridge .....	760-522-8519

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Web Page <http://www.palomaraudubon.org>  
Webmaster: Jeff Ebright: 858-216-5623

**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 SOME GREAT BIRDING!**

### BOARD OF DIRECTORS MEETINGS

*Saturday, August 19<sup>th</sup>*  
*Noon following the Kit Carson Park walk*  
*Charlie's Family Restaurant*  
*210 North Ivy Street, Escondido*

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

### QUICK CALENDAR

<b>July</b>	<b>1 Wm. Heise County Park/Santa Ysabel Mission Walk</b>
<b>July</b>	<b>8 Lake Murray Walk</b>
<b>July</b>	<b>15 Tijuana Estuary &amp; Slough Walk</b>
<b>July</b>	<b>22 Guajome Regional Park Walk</b>
<b>July</b>	<b>29 Robb Field/San Diego River Tidal Mud Flats Walk</b>
<b>August</b>	<b>5 Stonewall Mine &amp; Cuyamaca Lake Walk</b>
<b>August</b>	<b>12 Santee Lakes Walk</b>
<b>August</b>	<b>19 Kit Carson Park Walk</b>
<b>August</b>	<b>26 Dairy Mart Pond/Tijuana River Valley Walk</b>
<b>September</b>	<b>2 Los Peñasquitos Canyon Preserve Walk</b>