



Band Tales

Palomar Audubon
Society
A Chapter of the
NATIONAL AUDUBON
SOCIETY

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2023

Editor
Arne Christiansen

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:

[**Audubon Petition: Birds Tell Us That We Need To Act On Climate | National Audubon Society**](#)

TRIP REPORT: SE Arizona in August

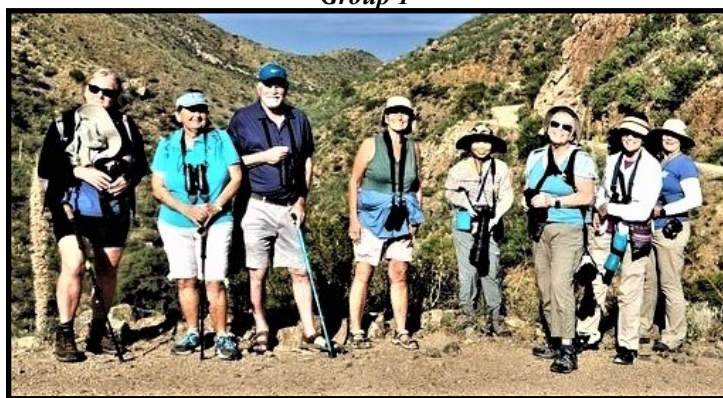
by Dianne Benham

If you thought Arizona would be too hot in August for enjoyable birding, you would be mistaken! Sixteen PAS members, in two separate groups, recently experienced this birding trip and found the adventure perfectly delightful! August is monsoon season in SE Arizona, and is the wettest month of the year. The monsoons not only cool things down periodically, with the

See Arizona - continued on page 8



Group 1



Group 2

Above: Groups 1 & 2 in Arizona

Inside this Band Tales

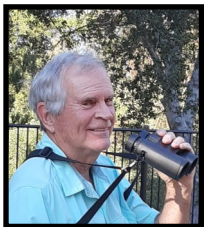
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A BIRD'S EYE VIEW

Doug Walkley, President

Palomar Audubon Society: when did this come to be? Why does it exist? How does it survive? As we enter our 30th year, perhaps it is worthwhile to reflect. During the two most recent decades, with a brief interlude, the helm has been held by Penny Hernandez. She and her sister, Sunny Christiansen, as Treasurer, have done an excellent job in keeping the Society moving forward.

When the Society moves forward so does the world. Perhaps the largest way in which this occurs is by way of the donations the Society receives. In turn, a select number of local projects have been identified to which the Society contributes, including donating to large local organizations with similar objectives to ours, who are able to multiply our gifts by way of government matching grants.



And then of course, there's Jim Beckman. For many years he has faithfully organized a weekly field trip for everybody to enjoy. If anyone wants to bird on a regular basis, they turn to PAS. No other organization in San Diego County provides this opportunity. And don't forget the wonderful monthly guest speakers that Jim brings in for all to enjoy.

Alice Holmes has been the Chair of two demanding Committees for many years. She has decided to retire as Education Chair where she did a wonderful job of developing an Elementary School Birding Program. We are confident more than a few of these young birders will take this experience to heart and in later years make a serious contribution to environmental needs. Alice retains her position of Membership Chair. I am pleased to announce that Linda Baade has accepted our offer to replace Alice as Education Chair. We know that Linda will serve PAS well in the years ahead. Linda starts with virtually a clean palette from which she may paint any number of opportunities.

We also help young enthusiastic birders develop their knowledge and birding skills by sponsoring him or her to attend a week long camp put on by the America Birding Association in various locations, such as Colorado, Maine or New Jersey. We are currently looking for our candidate for 2024. Suggestions welcome.

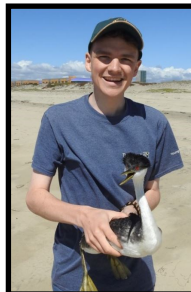
Our Travel Committee, led by Dianne Benham, provides several exciting trips to locations such as Ohio and Arizona. In fact, you will read in this edition that 16 members just returned from Green Valley, Arizona. Not only do these trips provide the opportunity to see birds they would not see here, but it is also a personal growth opportunity since they experience over fifteen hours in a car with individuals they may not know well, then share a dozen meals with them.

This then is a small insight into PAS, the Society of which you have chosen to be a member. Thank you for joining our group and for your donations.

CONSERVATION NOTES

Trysten Loeffke, Conservation Chair

Taxonomy is the science of classification. It explores the evolutionary relationships between organisms and tells us what birds are related to one another, which ones are distinct species, and which ones are only subspecies. Every summer, the American Ornithological Society, better known as the AOS, reviews a long list of proposals based on the latest research to decide what species should be split and, more rarely, which species should be lumped. These decisions then go on to determine what bird names appear in our field guides and how many species we can count on our life lists.



This year, the decision that made the birding headlines was the lump of what had been considered a pair of sister species here in the West, the Cordilleran Flycatcher and the Pacific-slope Flycatcher—two small Empids that were indistinguishable from each other except by voice, and even then it was pretty dodgy. But just this summer, the AOS Committee on Classification and Nomenclature of North and Middle American Birds lumped these two species back into a single species, now called the Western Flycatcher. This reversed a decision that was made by the same committee in 1989 which had split the Western Flycatcher into Cordilleran and Pacific-slope in the first place.

But why am I telling you all of this? Well, this fascinating world of taxonomy with all of its splitting and lumping has a very important role to play in conservation as well. You see, in many cases, conservation happens on the species level. That means that if we consider a population of birds to be just one species or two, it can have profound impacts on how those birds are protected. This is especially true on the federal level, where major conservation funding is often only directed at populations of birds that hold full species status. While conservation does occur on a subspecies level in many places, taxonomy is still important here in determining what a subspecies is and where the boundaries of those subspecies are. So while many of us eagerly anticipate each summer when we get to find out if we gained any newly split species on our life lists— or in the case of the Western Flycatcher, lost one— these taxonomical decisions are equally important for conservationists and governmental bodies in determining how to best protect our birds. What we conserve, how we go about it, and where funding gets directed, all come down to how our taxonomists divvy up our spectacular array of bird species.

PAS has a discussion group which has reports from our field trips and general reminders. To join, go to our PAS discussion group website, groups.io/g/PASbirding and select "Join this Group. As a member, you will be able to send and receive our Palomar Audubon Society emails.

Programs

Please join us for our interesting monthly program and refreshments at the Remington Club, 16916 Hierba Drive, Rancho Bernardo. There is a social period beginning at 6:30 pm with the meeting and program getting under way promptly at 7:00 pm

Thursday, September 28, 6:30 pm.

Neil Solomon

"The Peregrine Falcons of Torrey Pines – A Tale of Two Nests in 2023"

Peregrine Falcons have been nesting in the wind-sculptured caves high above Torrey Pines State Beach for decades. Every year a pair of Peregrines have raised their chicks, taught them to fly and hunt, and sent them on their way into the world. In 2023, as the young of this pair were fledgling, a second pair of Peregrines established their nest and produced their young, less than one mile south of the first pair. The nesting behavior of the second pair was similar, but different in many ways. Here is the photographic story of the two nests.

This is Neil's 14th PAS Presentation. Neil has been photographing birds for 20+ years. His travels in search of birds to photograph, have taken him from Patagonia and the Falklands in the South, to Alaska and Arctic Norway in the North, and many locations between. His favorite shooting locations are probably the far North and Central/South America. The last few years he has been concentrating on photographing birds in flight. You can see his images on his website

www.nsolomonphoto.com

Mark your calendars. Don't miss this interesting presentation!

REMINDER:
DEADLINE FOR THE
NOVEMBER-DECEMBER ISSUE IS
OCTOBER 15.
SUBMIT COPY TO:
arnec@juno.com

Thursday, October 26, 6:30 pm

Ashly Cass

*"The Wild Parrots of Southern California:
How SoCal Parrot Works to Rescue and
Protect these Local Endangered Birds"*

Did you know that San Diego County is home to thousands of wild, naturalized parrots? There are 13 species that can be seen throughout Southern California; two of them endangered, one critically endangered. Most parrot populations are suffering in their native habitats due to habitat destruction and the illegal wildlife trade. SoCal Parrot is a local non-profit that rescues and rehabilitates injured and orphaned naturalized parrots. This presentation will help us to learn a little more about those "noisy birds" who inhabit our backyards and are often seen during our birding field trips!

Ashly Cass is the new Operations Manager for SoCal Parrot.

Mark your calendars. This will be a fantastic presentation!



So-Cal Parrot Get-togethre



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, September 2, 8:00 am.

Los Peñasquitos Canyon Preserve

Rancho Peñasquitos

(1189-C7) Rating: 2

We will meet at the Rancho de los Peñasquitos 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 and continue west to the end of the road at the Adobe Ranch House parking lot. Park near the trees that are close to the Ranch House. **Expect warm weather.**

Leader: Jeff Ebright

858-484-3932

Saturday, September 9, 8:00 am.

Batiquitos Lagoon

Carlsbad

(1127-A7) Rating: 1-2

From I-5 in Carlsbad, exit east on Poinsettia Lane. Turn right on Batiquitos Drive, drive about ½-mile to Gabbiano Lane, turn right and continue to the end. We will look for ducks, waterfowl, and riparian birds. **Expect warm weather.**

Leader: Dave Cowan

858-437-4101

Saturday, September 16, 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. Turn left to the parking area. **Expect warm weather.**

Leader: Gerry Baade

858-231-9876

Saturday, September 23, 8:00 am.

Kumeyaay Lake Campground

Mission Trails Regional Park,

Santee

(1230-G6) Rating: 2

From North County, take I-15 south to CA-52 east. Take exit 13 (Mast Boulevard.) and turn left on to Mast. Take the first right onto West Hills Parkway. Take another right onto Mission Gorge Road. and then make a very slight right onto Father Junipero Serra Trail. At the 4-way stop-

sign, make a right onto Bushy Hill Drive and turn right just past the campground entry kiosk into the Free Day Use parking area. **Expect warm weather.**

Leader: Jim Beckman

858-205-2819

Saturday, September 30, 8:00 am.

Whelan Lake Bird Sanctuary

Oceanside

(1066-F7) Rating: 2

From Highway 78 west, exit north on El Camino Real and continue to Douglas Drive. From I-5 north exit east on Highway 76 and continue to the Douglas Drive exit. Take Douglas Drive north approximately 1 mile and turn left on North River Road. Continue west on North River Road. to the entrance gate at the end. **NOTE: The caretaker has again offered to have the gate open at 7:30 am for Early Birds and leave it open until 8:45 to accommodate latecomers. From the gate proceed straight ahead on the less traveled road to the Sanctuary. Disregard the "No Trespassing" Signs. For those interested in lunch, we will be dining at "The Pitstop", located beside the police station, at 3825 Mission Avenue, Oceanside 92058, just a couple of blocks west of Douglas Drive. It's loaded with 50's atmosphere, automobile memorabilia, and serves at least twenty different styles of sandwiches, all at reasonable prices.**

Leader: Doug Walkley

310-387-8190

Saturday, October 7, 8:00 am.

La Jolla Cove & Coastline

La Jolla

(1227-E6) Rating: 1

From Hwy 52 driving west exit at La Jolla Boulevard. West (formerly Ardath Road). Continue on this road, which will merge with Torrey Pines Road for about ¾-mile, then turn right on Prospect. Continue on Prospect to Coast Boulevard. Meet on the ocean-side in front of the Bridge Club and restrooms. Parking is all along Coast Boulevard and adjacent residential streets. **Arrive extra early for the best parking spots. Make sure to park at the first available parking space located.** We will be looking for shorebirds, gulls, and seabirds.

Leader: Gerry Baade

858-231-9876

Saturday, October 14 8:00 am.

Bolsa Chica Ecological Reserve & Huntington Central Park

Huntington Beach, Orange County

18000 Pacific Coast Highway, Huntington Beach, CA 92648

(O.C. 857-C3) Rating: 1-2

Bolsa Chica Ecological Reserve is the largest coastal salt marsh preserve in the Los Angeles/Orange County metropolitan region. Its 300 acres are a vital oasis for resident shorebirds and millions of migrating birds traveling between the Arctic and South America along the Pacific Flyway. At Huntington Central Park we will see locals and possibly vagrant migrants. We will bird at the Reserve first and then drive to Huntington Central Park.

Directions: Take I-5 north past San Juan Capistrano. Continue on I-5 to I-405. Take I-405 north (towards Long Beach). Exit on Warner Avenue West. Continue west approximately 6 miles to Pacific Coast Hwy. Turn left (south) and drive about 1 mile (making a U-turn) to the Reserve parking lot on the east side of Pacific Coast Highway. It's about 70 miles from Oceanside and should take about 75 minutes. Meet at the boardwalk entrance. **VERY IMPORTANT: Arrive extra early for the best parking spots. Very limited parking. Bring a picnic lunch to enjoy at the Huntington Central Park.**

Leader: Jim Beckman
858-205-2819

Saturday, October 21, 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 3 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. Note: there is also free senior parking area after driving a short distance inside the Dixon Lake entrance.

Leader: Tom Trowbridge
760-743-1052

Saturday, October 28, 8:00 am.

San Diego River Estuary & Famosa

San Diego

(1268-C4) Rating: 1

Take I-15 south to I-8. Go west on I-8 and exit north on I-5. Take the first off-ramp, Sea World Drive west to South Shores Park Drive (stop light). Turn left and proceed to our meeting place along the frontage road adjacent to the Flood Control Channel. We will be looking for migrating waterfowl and shorebirds in the channel and bay areas and then drive to nearby Famosa Slough.

Leader: Jeff Ebright
858-484-3932

Saturday, November 4, 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 3rd Street to Caspian Way, turn left and then right to the Tijuana Estuary Visitor Center parking lot.

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, \$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
NEW AND RENEWING
CHAPTER-ONLY
MEMBERS:***

Larry & Kathi Alameda
Sandra & Walt Bates
Barbara Bury
Blythe Wilson & Luca Cinus
Joan Comito
Chris Dong
Yvette Durham
Eve Martin/Rob Farber
Sharon Fry
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Nancy Iwamoto
Cynthia Jeffries
Edmund Kasner
Sang & Gerry Lang
Anna Marie Lea
Corinne Lines
Karen Matthews
Marilyn & Dan Perrin
Cindy Rippee
Susan Scanlan
Terri Withee
Joy Yang

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

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Leah Southard
Nan & John Thomas
Laura & Jim Wantz
Jill & Fred Weber
Linda Wolf
Joy Yang

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.

ESCONDIDO CHRISTMAS BIRD COUNT Saturday, DECEMBER 30, 2023

Each year between December 14th and January 5th, 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 124th 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 Saturday, December 29, 2023**. 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. All birding skill-levels are welcome!

Due the COVID-19 pandemic, the National Audubon Society most likely will put in place some new rules for this year's CBC's. All activities must comply with all current state and municipal COVID-19 guidelines. See our next November/December Band Tales newsletter, or visit our website www.palomaraudubon.org for any possible new details.

After November 15, 2023, for additional information, and/or for team assignments, contact the Escondido CBC senior compiler, Ken Weaver, by phone at (760) 723-2448 or by email at gmatcatcher@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 after November 15, and join the fun!

10 Steps to Share the Shore

How to be a bird-friendly beachgoer

Do you love spending time on the beach? Birds like Snowy Plovers and Least Terns can be found on our coast this summer, nesting and resting on our beaches.

While the Western Snowy Plover is making a comeback, it is still listed as Threatened under the Endangered Species Act because of the many challenges its small population faces.

Whether you love the beach for sunbathing, walking your dog, fishing, kayaking or boating, here are 10 ways to be a bird-friendly beachgoer:

1. Respect the fences and signs, and stay outside of areas roped off for breeding Snowy Plovers

2. Keep dogs on leash, or away from the beach. Or consider a dog-friendly beach.
3. If you see small eggs on the beach outside a fence, back away to let parent bird return and call harbor patrol to let them know.
4. Avoid use of loud or large flying things that snowy plovers perceive as predators: drones, fireworks, kites, etc.
5. Volunteer with your local coastal Audubon chapter.
6. Grab your scope or binoculars and enjoy watching Western Snowy Plovers scurrying along the beach searching for insects or tending their young instead of approaching nest fences.
7. Educate others about these amazing birds and encourage people to Share the Shore with birds
8. Do not release balloons.
9. Organize a trash cleanup or just pick up trash! Participate in annual Coastal Clean-up Day.
10. Contact Audubon or wildlife officials for a talk or tour of a nesting area.

Maps and Beach Guide

The shores of California, Oregon, and Washington are managed by many different agencies and each beach has different rules and regulations. These recreation maps show what activities are allowed on certain beaches. You can use them to find out which beaches are friendly to dogs, which allow off-road recreation, etc.

Please follow the rules posted when visiting these beaches. Thank you for respecting your local beaches and the habitats and species who call the coast their home.

Maps like this don't exist for every shoreline that hosts Western Snowy Plovers, and thus these maps are good examples of outreach materials that you can produce for your beaches to encourage visitors to be responsible.



Arizona - continued from page 1

afternoon thundershowers, but also help create a climate and environment that is conducive to birds found nowhere else in the United States! It is these Arizona specialties that we set out to see, and see them we did!

For three days each group birded with Tucson Audubon members, Pat and Ken Isaacson, who served as our guides and showed us the best that SE Arizona has to offer! Group 1 ended with a total tally of 98 species, thirteen of which were hummingbirds!! Group 2 reported a grand total of 108 species at the conclusion of their tour

When this trip was first announced, it immediately filled and had a waiting list of far more than we were able to accommodate. We made the decision to open Group-2, which followed immediately on the heels of Group-1. With an ending number of 8 birders per group, our guides were able to do a fantastic job of getting all of us on the birds!

Some of the amazing and memorable birds we were lucky enough to see were the Five-striped Sparrow, the Yellow-billed Cuckoo, Rivoli's Hummingbird (it's huge!), the Violet-crowned Hummingbird, the White-eared Hummingbird, Caliope Hummingbird (it's tiny!) and the rare ones--Plain-capped Starthroat, Lucifer Hummingbird, and Berylline Hummingbird. We saw Varied Bunting, Whiskered Screech Owl, Elegant Trogons, Painted Redstarts, Botteri's and Cassin's Sparrows and many more!

Some trip highlights included our visit to Ramsey Canyon where we huddled under the overhang of the visitor's center during a thunderstorm where it actually hailed! Our birding day almost ended then, but just as we were about to drive away, the storm ended and the blue sky returned—so back we went! We were so fortunate that the rain stopped, because we were able to see the Berylline Hummingbird at the feeders, the Violet-crowned Hummingbird on her nest, and best of all, a family of Elegant Trogons, including three juveniles and two adult males! Absolutely stunning! The Group-1 trip concluded with an exciting night of owling in Madera Canyon, where our guides were able to call in and light up a Whiskered Screech Owl for all to see and photograph. The Mexican Whip-Poor-Will and other owls, including the Elf Owl, and were also heard that night.

The weather cooperated, and our sixteen members enjoyed another fantastic PAS birding adventure. This is a trip not to be missed, so I encourage you to join us the next time PAS puts SE Arizona on our travel agenda!

*Editor's note: More exciting trips are being planned; watch for deals in future issues of **Band Tales**.*

AND

PAS has a discussion group which has reports from our field trips and general reminders. To join, go to our PAS discussion group website, groups.io/g/PASbirding and select "Join this Group." As a member, you will be able to send and receive our Palomar Audubon Society emails.



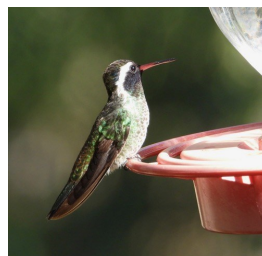
*Rivoli's
Hummingbird*



*Five-striped
Sparrow*



*Juvenile Elegant
Trogon*



*White-eared
Hummingbird*



Arizona Woodpecker



Yellow-billed Cuckoo



*Violet-Crowned
Hummingbird*

*Some PAS 2023 Arizona Trip
Bird Sightings*

Why Birdwatching Is Good for You: All about the “Profound” Mental Health Benefits of the Avian Pastime



KenCanning / iStock
AUTHOR Allyson Aleksey
From Nice News

Birdwatching soared in popularity during the COVID-19 pandemic, and interest in the pastime shows no signs of slowing. Researchers who have been investigating the science behind the hobby have discovered that it has numerous proven benefits to mental health and well-being.

According to an October study published in *Scientific Reports*, birdwatching and its positive effect on mental health is becoming more clear as research continues. The team used the “Urban Mind smartphone application to examine the impact of seeing or hearing birds on self-reported mental well-being in real-life contexts” on 1,292 participants between April 2018 and October 2021, the study explains. It found that “everyday encounters with birdlife were associated with time-lasting improvements in mental well-being. These improvements were evident not only in healthy people but also in those with a diagnosis of depression, the most common mental illness across the world.”



kokouu / iStock

This further confirms a growing body of evidence that listening to birds can reduce anxiety and benefit those with depression. Simply hearing the chirps and trills can

lessen feelings of paranoia, which could potentially lead to researching its effectiveness in psychiatric wards, according to a separate study also published in October by *Scientific Reports*.

Birdwatching, or “birding,” as the National Audubon Society affectionately calls it, continues to be a fast-growing outdoor recreational activity and citizen science project. This recent boom is instilling hope in wildlife activists for increased bird conservation funding, according to *National Geographic*.

While many mental health benefits of birdwatching have been — and are continuing to be — established, one question lingers: Why the fascination with avian wildlife? Tina Phillips, assistant director of the Cornell Lab of Ornithology’s Center for Engagement in Science and Nature, told *Time magazine*, “There’s a lot about birds in terms of their charisma, their behavior, and their accessibility that makes them this perfect group of animals that people can really relate to and resonate with.”



ArtMassa / iStock

Joan Strassmann, author of the new book *Slow Birding: The Art and Science of Enjoying the Birds in Your Own Backyard*, agrees.

“The mental health benefits are profound,” she told the outlet. “Sitting outside and listening to the birds and getting to know their songs is really calming. And to me, the special thing about birds is that they can leave — they don’t have to be there, but they have chosen to be where you are, and at some point, they’ll move on.”

Those interested in birding are in good company: Audubon estimates that there are 47 million birders in the United States. For those just beginning, the conservation group suggests that novices review the American Birding Association’s Code of Birding Ethics to minimize impact on wildlife habitats.

So grab your binoculars, get outside, and indulge in an increasingly popular avocation — while immersing yourself in a free form of therapy.

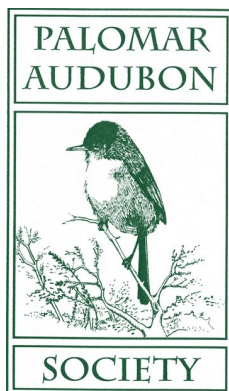
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Band Tales

September-October, 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.



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Dianne Benham	858-243-9665	
Jeff Ebright.....	858-216-5623	
Steve Ellis	619-380-3981	
Stephen Gabbert'	619-987-6022	
Tracy Henchbarger	619-417-3477	
Alice Holmes	925-212-8165	
Rustom Jamadar	858-395-4740	
Trysten Loeffke.....	760-749-5898	
Tsaiwei Olee	858-722-0108	
Beth Pearson	760-716-6804	
Jack Peterson.....	858-437-3240	
Tom Pietuch	619-517-8175	
Cindy Rippee	858-354-1791	
Tom Trowbridge	760-522-8519	
Committee Chairs		
Band Tales.....	Arne Christiansen.....760-297-3096	
Band Tales Mailing ..	Jan Behrhorst.....619-507-3627	
Conservation	Trysten Loeffke	760-749-5898
Education.....	Linda Baade.....	858-231-9500
Field Trips/Programs ..	Jim Beckman.....	858-205-2819
Lake Hodges	Tracy Henchbarger	619-417-3477
Membership	Alice Holmes.....	925-212-8165
Scholarship.....	Jim Beckman.....	858-205-2819
Travel.....	Hal & Dianne Benham	858-243-9665

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

BOARD OF DIRECTORS MEETINGS OCTOBER 21ST

Noon following the Daley Ranch walk
Charlie's Family Restaurant
210 N Ivy St, Escondido

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

QUICK CALENDAR

September 2	Los Peñasquitos Canyon Preserve Walk
September 9	Batiquitos Lagoon Walk
September 16	Oak Hill Memorial Park Walk
September 23	Kumeyaay Lake Campground Walk
September 28	General Meeting: The Peregrine Falcons of Torrey Pines
September 30	Whelan Lake Bird Sanctuary Walk
October 7	La Jolla Cove & Coastline Walk
October 14	Bolsa Chica Ecological Reserve & Huntington Central Park Walk
October 21	Daley Ranch Walk
October 26	General Meeting: "The Wild Parrots of Southern California"
October 28	San Diego River Estuary & Famosa Walk
November 4	Tijuana Estuary Walk