



# Band Tales

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

Volume XXIX  
No. 6

November-December  
2023

Editor  
Arne Christiansen

## **ESCONDIDO CHRISTMAS BIRD COUNT** **SATURDAY, DECEMBER 30<sup>th</sup>, 2023**

Each year between December 14<sup>th</sup> and January 5<sup>th</sup>, thousands of birders and nature enthusiasts participate in one or more of the 2,000+ 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 30<sup>th</sup>, 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!

After November 15<sup>th</sup>, 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 [gnatcatcher@sbcglobal.net](mailto:gnatcatcher@sbcglobal.net).

Again this year Palomar Audubon Society is making a concerted effort to have more of its members participate in this important event. Sign up after November 15<sup>th</sup>, and join the fun!



## **WELCOME NEW BOARD MEMBERS**

**Linda Baade**

I grew up in Southern CA. Raised in Los Angeles, graduated from California State University Long Beach, degree in Fine Arts (Illustration). During my time at California State gained a passion for Photography and met my husband, Gerry. Post-Graduation, moved to Huntington Beach, was first introduced to birding at Bolsa Chica Wetlands, (remains one of my favorite places).

Traded in my paint brush & Rapidograph pen for a career with a fortune 500 company where I have spent over three decades serving in an array of roles spanning Services, Business Development, Product Support, Team Leadership and Enablement including a stint in technical education / learning and development. During my tenure, was relocated to San Diego- no doubt a huge blessing.

I owe my passion for birding to my husband who has long been an outdoorsman, turning over rocks looking for invertebrates, pouring over plants to figure out the genus and pointing out birds/waterfowl during our numerous hikes and camping adventures. At some point I tried my hand at photographing birds and was hooked - the challenge, time outdoors, travel to new places, hiking and fellowship with others providing an alluring experience that I have grown to love.

It is an honor to serve on the board and look forward to many memorable days enjoying and learning all we can about our fine feathered friends.

**Steve Ellis**

I am quite certain that when any of you see a bright orange jeep putting down the road, you know who is inside; it is me. It goes everywhere. During Covid, when PAS activities were essentially put on hold, several of us

*(Continued on page 2-New)*

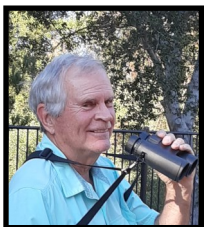
## **Inside this Band Tales**

*A Bird's Eye View.....page 2*  
*Conservation Notes.....page 2*  
*Field Trips.....pages 4-6*

## A BIRD'S EYE VIEW

*Doug Walkley, President*

Early October I was in the middle of British Columbia, as I am every year. There is not the vast number of species to be seen here, but those that are there are my friends. As we cruised the backroads in the early morning, we flushed the grouse off the roads: the Spruce (which we call Foolhens, because they are so darn stupid); the Ruffed (which we call Willow); and the Dusky (which we call Blue, to heck with the splitting). They are all eating sand and gravel (grit) off the roads to help their crop "digest" their food. One year we were even blessed by a Ptarmigan in his early stages of turning pure white (except for his black feet, beak and eyes).



Later, while hiking (at my age, I should say it was a saunter) in the grasslands, I spooked a covey of a dozen Sharp-tailed Grouse. Then I saw a Northern Goshawk (big brother to our Cooper's Hawk) coming from behind the pack and landing several limbs down on a nearby Poplar tree. Goshawks always land several limbs down; maybe they think they can blend there. He was probably disappointed that because of me, his meal(s) for the day he had been stalking for perhaps hours were now long gone.

Come lunchtime, there was the usual small group of Canada Jays, with their very slow undulating flight, coming in to see if they could join in. It reminded me of my first experience with these Jays when I was just eighteen. While eating my sandwich with one hand, I placed a portion on my palm of the other which I then held out. It was not long thereafter when one was "eating out of my hand," figuratively and literally. I slowly close my fingers on him. "SQUAWK", he said, fluttering like crazy. I released my fingers and off he went, without the meal he was dearly hoping for.

Had it been September 10<sup>th</sup>, year-in and year-out in another alpine area I enjoyed, I would be guaranteed a thousand or more Golden-crowned Kinglets flying over and around, with most landing nearby. They had collected together much further north, probably in the Yukon, and were now on their migration south. Still lots of berries for sustenance around to help them gain strength. I may have made a gross understatement of the count.

This year I again missed my historic sub-alpine visit with the Townsend's Solitaire who would be at the top of a tall dead snag plaintively singing a sad song that echoed throughout mountains. I say historic, because I am no longer able to climb the talus slope up the additional 3,000 feet required to get into the alpine. It is there where I am always greeted by a foot of snow and this is where my friend will be singing his sad song. Now some of you who know him may say "Sad song? Townsend's sing a delightful cheery song, like a Robin might." And you are right,

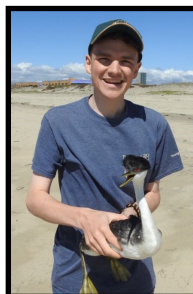
but this is in the spring. Come autumn and winter, his song is very sad.

As mentioned, quantity is limited, but the appeal is nonetheless strong and the adventure satisfying.

## CONSERVATION NOTES

*Trysten Loeffke, Conservation Chair*

Over the year in this column, we have explored a more ecologically holistic view of conservation. Our journey has taken us from the small, overlooked mammals that need our help and the critical habitats that support the health of our planet's ecosystems, to the fascinating worlds of fish and insects, and finally to the integral role that taxonomy plays in our conservation actions. I hope that, as we've explored these topics together, new interests have been sparked, new ideas have been formed, and our view of birds and birding has shifted to include a recognition of the non-avian species that play such an important role in the lives of the birds that we are so fond of. Of course, the topics that we have explored this year don't even scratch the surface of the complex web that is an ecosystem. Next time you're out birding, see what else you can notice; are there interesting insects, plants, mammals, or even fungi? Without all of these things interacting, we wouldn't be seeing much in the way of birds on our outings or at our feeders. My encouragement for this month, as we come to the end of the year, is for you to do some research. Explore some new species, some new taxa, or some new interactions and find out how they play a role in the lives of the other members of our ecosystems. Even abiotic factors such as geology, meteorology, and wildfires play important roles in how and where things live, move, and eat.



Expanding our perspective is always a good thing, and in my view, looking deeper into our wildlife and their ecological interactions can only serve to further the enjoyment we get out of being outside and birding. Not only is this wide-angle view a fascinating lens through which to view the world, but it is also essential if we are to be effective as conservationists. We simply cannot save birds if we don't also do our best to protect each strand of the intricate ecosystem web.

*(Continued from page 1-New)*

put together a group of solid, dedicated birders with whom we had many birding days and interesting camping trips where we birded in and around the County. It provided the opportunity for newer birders to learn a lot of valuable identification skills and give them a good healthy start on their life list.

My other joy is THE ROADTRIP! When there is a whiff

*(Continued from page 2-Conservation)*

of a strange bird in San Diego County (or Arizona or New Mexico), I have taken off by myself or with another PAS member and, for the most part, we have gotten that bird. As a result, I'm sure that of all the members in PAS, I may have dedicated more hours to birding activities than most, and consequently, my 871 species recorded in USA may be one of the highest.

I am often told how much my skills are appreciated and I am the go-to-person when anyone questions what they may be looking at. That is why I consistently try to show up at every Saturday morning field trip. Rarely will any of the birds be new to me, but I get my joy by passing on identification skills to others.

When it became clear that the direction of bird identification and recording was going towards the use of eBird, I quickly took up the cause. For all members of PAS, it made it immeasurably easier if the recording during the Field Trip were done and then made available on the eBird list to anyone so interested.

Now, as a Director of PAS, it will be a joy to continue this passion, as well as to help others identify the birds, be they common or uncommon, whether we bird on a Saturday Field Day or be on an extended outing. In addition, having travelled to so many other birding locations, I am able to make suggestions for a new location or give input about locations that PAS may be considering. I look forward to these opportunities.

#### **Steve Gabbert**

In my youth, my family camped and hiked most weekends. As a by-product of this and other outdoor activities, I found enjoyment in finding new birds. This developed over the years and birding was a natural progression.

I began to take it seriously in 2014, after a phone call I made to Jim Beckman. He turned me on to a great group of like-minded people who enjoy nature and the outdoors. I immediately felt comfortable with the birders in PAS and appreciated the knowledge provided within the group. After Jim's suggestion, I found myself sitting at that Mt Laguna campsite eight years ago looking up into the trees and realized my adventure into birding had just begun. There was this bird I thought might be a woodpecker. I was startled to learn through the rest of the members that it indeed was a woodpecker, however, there were many different kinds of woodpeckers and this one was a Hairy Woodpecker. Not only that, it was a male!

My thirty-year career as a Mechanical Engineer did not allow me to expand my interest to any great extent, however, being recently retired I am ready to help in any way I can, especially by way of international birding and additional domestic birding. I have the time to pursue this wonderful hobby more thoroughly. Since my retirement, I have been fortunate enough to have birded in Ecuador, Guatemala, Costa Rica and Peru. My adrenalin rushes with the chase. I find that birding provides the best

excuse to go travelling.

PAS sponsors some wonderful trips and I'm pleased to be able to be more involved, now that I have more free time. It's an honor to be on the Board and involved in PAS and its exposure to all the things moving in the trees.

#### **Rustom Jamadar**

I grew up in India, and, after graduating with a B.S. in Electrical Engineering, came to the USA for graduate studies.

An unintentional, accidental sighting of a Painted Redstart in the Big Bend National Park triggered an interest in the sport of sighting birds. A birding trip to the Rio Grande Valley, with the Biology class at the Univ. of Texas at Arlington, cemented an addiction to the treasure hunt, aka "birding".

Birding in Texas was followed by birding in India, with the friends who had introduced me to birding. During business travels to Europe, South Africa, China, I carried my compact binoculars and sought out birds. I remained a solo birder until 2012, when I joined the San Diego chapter of the Audubon Society. I discovered, and became a member of, the Palomar and Buena Vista chapters of Audubon and enjoyed the association. The association also led to an interest in photographing birds.

I have a strong interest in Conservation and have been a member of several organizations that advocate for conservation of habitat for wildlife and for prevention and remediation of pollution of air, land and water. I write to local, state and national agencies and lawmakers in support of such measures and encourage our members to do the same. To sustain this over the long term we must spark interest of the younger generations, through education and assistantships to those who are not already engaged in birding or conservation. PAS already does good work in this arena and can do even more.

I hope that by joining the PAS Board, I can further these causes.

#### **Tsaiwei Olee**

Nature has been my lifelong passion, and I chose zoology as my undergraduate major in National Taiwan University. It's where I went to my first birding seminar. After coming to the US to pursue my postgraduate studies in immunology, work in clinical research and family responsibilities left no time for birds. One of the first things I did after retirement was getting myself a nice camera for bird photography. And about the same time I joined Torrey Pines Docent Society, followed some birders to learn birds in the San Diego area. I realized I needed a lot more help from experienced birders to be a better one myself.

Two years ago I volunteered to do the Escondido Christmas Bird count. Jim Beckman let me join his group, and soon after PAS resumed Saturday field trips

*(Continued on page 4-New)*



(Continued from page 3-New)

after the pandemic. It has been a blessing for me to go on these field trips, since PAS has provided me with a very inviting and helpful birding environment.

### Jack Peterson

I grew up in Los Gatos, CA and fell in love with the outdoors; the ocean, the Sierras, anywhere there was open space. I got involved in environmental issues at a young age and went to college, where I studied wildlife biology. A professor of mine introduced me to the bird world and that is where my interest in birds started.

While living in Spokane, Washington, starting to raise a family, we spent 5 years working with a local veterinarian rehabilitating birds of prey, which was a wonderful experience. I got busy raising the family and traveling a lot for work. Once the kids got older I decided to take up birding again. Five and a half years ago I took a birding class sponsored by Palomar Audubon Society and then eventually joined their field trips. The rest is history, as they say.

### Cindy Rippee

I was born in California and grew up in San Diego. I loved being near the ocean and spent a lot of my youth there. I married and raised two daughters and we introduced them to the outdoors via horseback riding which we all enjoyed. I started birding and hiking five years ago and discovered I love being outdoors and learning about the birds. When not birding or baking I am a medical assistant at San Pasqual High School.

I have taken the Palomar Audubon Society-sponsored birding class which really helped me know more about the whole birding thing. I also really enjoy helping facilitate the social gatherings of PAS and helping out where I can.

### Beth Pearson

I have been obsessed with all things nature since I was a child. My mom said I was always bent over staring at some bug or other creature. I also credit a deep respect for nature to a dedicated Girl Scout leader who started taking our troop into the woods camping and backpacking when I was 13. Birding came some time later after a degree in biology with an emphasis in marine biology and peripheral exposure to birding. I'd say I was truly hooked after a day trip to the Salton Sea with two avid birders who were patient with my enthusiastic, bird-illiterate questions.

My interest in serving on the board for Palomar Audubon Society comes from a desire to pay forward a debt of service I owe to the Girl Scout leader who poured herself into her role and opened a world to me. I'm also inspired by my dad who was committed to serving his community in any way that he could. So, after being a Girl Scout leader myself for 12 years, I am looking for other ways to serve my community and I hope to bring my enthusiasm (a little less bird-illiterate now) perspective to the group.

### Tom Pietuch

Growing up in Phoenix, AZ, I enjoyed many outdoor activities, especially hiking and camping in the cooler northeast part of the state during the summers. After moving to Southern CA for my medical education and training, I continued to enjoy hiking. I noticed one of my hiking buddies always had a quality pair of binos at the ready, and after he introduced to birding, I was quickly hooked. Over time I realized that birding provides it all: intellectual and scientific stimulation, physical activity, exposure to magnificent natural beauty, and the opportunity to meet and hang out with some of the nicest folks around.

After sampling many of the local birding groups, I found Palomar to be the best by far!!

## FIELD TRIPS

*Jim Beckman*

*Whether a seasoned birder or a beginner, you are welcome to join us. Our field trips are free and open to the public. For more information call the trip leader shown below. Heavy rain at the meet-up location cancels trips. Locations in Thomas Guide Coordinates are shown in parenthesis as (Page-Column Row). Ratings: 1=easy, suitable for all levels, 2=moderate, a bit more walking and possibly some hilly terrain, 3=challenging, longer hikes, and may involve some steep terrain.*

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

Leader: Jim Beckman

**858-205-2819**

Saturday, November 11, 8:00 am

**Lake Hodges East/Bernardo Bay**

Rancho Bernardo

**(1150 - A6) Rating: 2**

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

Leader: Jeff Ebright

**858-484-3932**

Saturday, November 18 8:00 am.

**Lindo Lake**

Lakeside

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

From North County, take I-15 south to Hwy. 52 then east to Highway 67. Head north, and take the Winter Gardens Boulevard. Exit. Turn left on Woodside

Avenue (into Lakeside) and continue northeast to the Lindo Lake County Park. Stay on Woodside a short distance, turn right on Chestnut St. which then becomes Lindo Lane. Park in the small parking lot on the left, next to the VFW hall at 12650 Lindo Lane.

Leader: Gerry Baade

858-231-9876

SUNDAY, November 26, 8:00 am.

**San Jacinto Wildlife Area**

Riverside County

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

**PLEASE NOTE: THIS A SUNDAY FIELD TRIP.**

From San Diego County take I-15 north to I-215.

Continue north on the I-215. Exit at the Ramona Expressway right (east). Continue east to Lakeview (a small town). At the stoplight, turn left (north) on Davis Road. Proceed on the asphalt and gravel road for three miles to the SJWA headquarters parking lot on the right. From Escondido, allow 75 minutes' drive time.

Bring a lunch for an after-walk picnic. Always a favorite field trip! Lots of nice winter birds.

Leader: Sally Sanderson

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

Saturday, December 2, 8:00 am

**Lake Wohlford (New Location!)**

Escondido

**(1110-H3) Rating: 2**

Birders will follow the southern and eastern shoreline of Lake Wohlford from the parking lot on Oakvale Road. Bald Eagles and Ospreys might be seen, among the resident birds along with fall and early winter visitors. To get to Lake Wohlford from Escondido, travel east on Valley Parkway. At Washington Avenue, Valley Parkway becomes Valley Center Road. Continue another 0.8 mile to Lake Wohlford Road and turn right. Drive 1.9 miles uphill to Oakvale Drive, and it's again on the right. Drive 0.7 mile on Oakvale Drive (Note: this road may be under construction) to a gated dirt road on the left, that leads to our parking area for public access to the south shore of Lake Wohlford.

Leader: Mary Jo Hayes

760-505-6675

Saturday, December 9, 8:00 am

**A Fallbrook Adventure!**

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

Fallbrook

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

Take I-15 north to the Fallbrook/E Mission Exit 51. Cross over the freeway and turn left on to Old Highway 395 located at the stoplight immediately after the I-15 South Freeway exit. Proceed 1 mile south to Reche Road. Turn right and proceed 2.2 miles up Reche Road to Live Oak County Park located immediately after Gird Road. Meet in the parking lot. There is a small parking fee at all SD County Parks, but free with a Senior Parking Permit. Our target birds here are the Band-tailed Pigeons and Wood Ducks. Lewis's Woodpeckers have also been seen here at this time of the year. Afterwards, we travel to Los Jilgueros Preserve for winter riparian species. Continue up Reche Road until it dead-ends onto Old Stagecoach

Road. Turn left and proceed until it dead-ends into S Mission Road. Turn right, proceed through the next traffic light and within 100 yards, turn right into Los Jilgueros Preserve. **Afterwards a buffet lunch is being served two minutes away at the Walkley's.** A word of caution: several GPS models do not work well in the Fallbrook area. It is best to follow these instructions. Always a favorite field trip!

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

Leader: Doug Walkley

310-387-8190

Saturday, December 16, 8:00 am.

**San Elijo Lagoon**

Solana Beach

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

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

Leader: Hal Benham

858-386-6911

Saturday, December 23, 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 \$5.

**OR** from Mast Boulevard, turn left on Fanita Parkway, and continue north to Lake Canyon Dr. Turn right, park, and walk in the open gate for **FREE**. Meet in the parking lot by the General Store between lakes 4 & 5.

Leader: Jim Beckman

858-205-2819

Saturday, December 30

**Escondido Christmas Bird Count**

Palomar Audubon Society would like to extend an invitation to all birders to participate in the annual Escondido Christmas Bird Count on **Saturday**, December 30. The count circle incorporates mostly rural areas near Escondido, Valley Center, Ramona, and Poway. Fantastic birding skills are not a requirement – an extra pair of eyes is always helpful. The after-birding compilation meeting will be held in the early afternoon at Kit Carson Park's covered picnic shelter. The highlight of the day will be the deli-style lunch provided, courtesy of Palomar Audubon Society. For more information and/or team assignments, contact Ken Weaver (760) 723-2448 email [gncatcher@sbcglobal.net](mailto:gncatcher@sbcglobal.net). **Sign up now and join the fun!**

*(Continued on page 6-Trips)*

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

Jan Behrhorst  
Richard Blair  
Cathie Canepa  
Sunny & Arne Christiansen  
Joni Ciarletta  
Gordon Comeau  
Gail De Lalla  
Yvette Durham  
Gjon Hazard  
Alice Holmes  
Ty Jacobson  
Edmund Kasner  
Max Leibowitz  
Beth Pearson  
Christine & Greg Trigeiro  
Tom Trowbridge  
Adam Weiner

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

Cathie Canepa  
Judith Doebke  
Yvette Durham  
Myrna & Wayne Eastwood  
Patricia Fallon  
Julie Frank  
Matt Gilsdorf  
Karole Gustafson  
Alice Holmes  
Edmund Kasner  
Dawn Nowlin  
Beth Pearson  
Jack Peterson  
Dennis Shepman  
William Sherrard

**PROGRAMS**

*No programs are scheduled during the  
months of November and December.  
General meetings will resume in January  
on the regularly scheduled fourth Thursday  
of each month. 'Until then--'*

**HAVE A VERY HAPPY HOLIDAY SEASON!**

(Continued from page 5--Trips)

Saturday, January 6, 8:00 am.

**Dixon Lake**

Escondido

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

From I-15 in Escondido, exit at El Norte Parkway and drive east approximately 3 miles. Look for the "Daley Ranch/Dixon Lake" signs and turn left (north) on La Honda Drive. Drive up the hill to the **Free Parking** area on your left at the end of the road. Meet at the east end of the parking lot, near the kiosk, adjacent to the Dixon Lake Park entrance. Or enter the Dixon Lake Park entrance on your right. Parking fee is \$5.00. Seniors (60+) Free.

Leader: Jim Beckman

858-205-2819



The **2024 San Diego Bird Festival** will be presented **February 21-25, 2024**. This year's event will include several guest speakers from the world of birding, field trips covering San Diego County, **(one of which will be sponsored by PAS)** pelagic trips, birding by kayak and bike, and trips for people with access challenges. Numerous workshops and lectures are also planned. The exhibit hall will offer the opportunity to see the latest in optics and gear. Free admission to the exhibit hall. More information about all of the programs can be found at [sandiegoaudubon.org](http://sandiegoaudubon.org) under the "Birding" tab.

**Registration begins November 1, 2023.**





Smog and wildfire smoke aren't just rough on human lungs, they also harm birds.

Project Phoenix, a [joint project](#) from UCLA and the Natural History Museum of Los Angeles County, will use community science to investigate exactly how they harm them. The project takes flight on July 18, bringing together scientists, enthusiasts and California communities — with a goal of developing conservation strategies to help birds cope in the face of increasing wildfires, air pollution and climate change.

Participants can volunteer as little as 10 minutes a week to document birds in their neighborhoods. A team of researchers will then analyze the data they collect to learn how birds adapt their behavior during different types of smoke exposure.

It may seem that animals that can fly to escape flames would fare better than animals that travel on foot, but their high-performance respiratory systems — necessary to generate energy needed to fly — are more sensitive than those of mammals, said Olivia Sanderfoot, the Project Phoenix program director and ecologist with UCLA La Brea Center for Conservation Science. Smoke damages birds' lungs and leaves them susceptible to respiratory infections, some of which can be fatal. Meanwhile, the fires themselves destroy critical areas of habitat that birds rely on for food and water.

"Folks are concerned," Sanderfoot said. "So far, we haven't had a clear picture as to how birds are impacted by smoke and urban air pollution. So that's what we're trying to figure out."

Project Phoenix was inspired by stories from birders who observed changes in the animals' behavior during intense smoke events in western North America. According to reports, some birds exhibited changes in birdsong and increased their reliance on bird feeders and baths.

Allison Schultz, project strategist and associate curator of ornithology at the Natural History Museum, said every participant will contribute something of value.

"Understanding what birds are doing differently during smoke events and how we can help them is crucial. Any observations are important, no matter how big or small," Schultz said.

Previous research examined migration patterns of specific species during smoke events, but Project Phoenix will be the first comprehensive study to investigate how wildfire smoke and urban air pollution interact to affect bird behavior. To ensure accurate analysis, ecology researchers will collaborate with atmospheric scientists to differentiate between the effects of urban air pollution and wildfire smoke using satellite data and chemical transport models — a computer model that predicts air pollution concentrations.

The project aims to use information it gathers to inform conservation strategies, such as adding water sources where they're most needed during smoke events. The project also hopes to improve the well-being of volunteers, said Sam Tayag, who manages community science programs for the Natural History Museum.

"There's evidence that observing birds helps with mental health, which is important when we keep seeing traumatic footage of wildfires," Tayag said.

People of all ages and backgrounds, regardless of previous birding experience, are invited to participate, and online resources will be offered to support those new to birding. For more information about Project Phoenix and its research findings, please visit

[\*projectphoenix.study\*](https://projectphoenix.study)

or contact

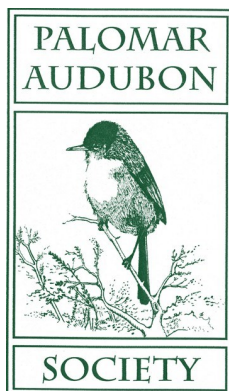
[\*projectphoenix.socal@gmail.com\*](mailto:projectphoenix.socal@gmail.com).



# Band Tales

November-December, 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.



## Band Tales

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

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

**DATED MATERIAL**  
*Please Expedite*

### PALOMAR AUDUBON SOCIETY OFFICERS, DIRECTORS, & COMMITTEE CHAIRS 2023-2024

#### President

Doug Walkley ..... 310-387-8190

#### Vice-President

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

#### Secretary

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

#### Treasurer

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

#### Directors

Linda Baade ..... 858-231-9500

Dianne Benham ..... 858-243-9665

Jeff Ebright ..... 858-216-5623

Steve Ellis ..... 619-380-3981

Stephen Gabbert ..... xxx-xxx-xxxx

Tracy Henchbarger ..... 619-417-3477

Alice Holmes ..... 925-212-8165

Rustom Jamadar ..... 858-395-4740

Trysten Loeke ..... 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

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

Webmaster: Jeff Ebright: 858-216-5623

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

## BOARD OF DIRECTORS MEETINGS

***TBA***

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

## QUICK CALENDAR

November	4	Tijuana Estuary and Slough Walk
November	11	Lake Hodges East/Bernardo Bay Walk
November	18	Lindo Lake Walk
November	26	San Jacinto Wildlife Area Walk
December	2	Lake Wohlford (New Location!) Walk
December	9	A Fallbrook Adventure! Live Oak County Park/ Los Jilgueros Preserve Walk
December	16	San Elijo Lagoon Walk
December	23	Santee Lakes Walk
December	30	Escondido Christmas Bird Count
January	6	Dixon Lake Walk