



Band Tales

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

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Editor
Arne Christiansen



The Palomar Audubon Society is sponsoring a field trip during the 2024 San Diego Bird Festival

As part of our Palomar Audubon Society fund raising efforts, several of our PAS members will be leading a day-long field trip during the San Diego Bird Festival. The PAS leaders are Steve Ellis, Richard Cuthbertson, & Denise Riddle. The field trip will take place on Thursday February 22, 2024. The field trip is called "North County Lakes and Lagoons with the Palomar Audubon Society".

The field trip will cover the Whelan Lake Bird Sanctuary in the morning, and the Batiquitos Lagoon in the afternoon. PAS will receive a portion of the attendee's registration fees. More details about the PAS sponsored field trip can be found here:

<https://app.amilia.com/store/en/sdbf2024/api/Activity/Detail?activityId=yP0oPE0>

Many thanks go out to Steve, Richard, & Denise for volunteering!

San Diego Bird Festival

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 under the "Birding" tab. **Registration is currently open now.** There are a variety of good presentations available, field trips to spots that our birding group doesn't usually attend (like Camp Pendleton), as well as the usual exhibit hall.

Palomar Audubon Society will have a booth at the San Diego Bird Festival on Sunday, February 25th from 10:00 a.m. to 2:00 p.m.. Please stop by and say hello!



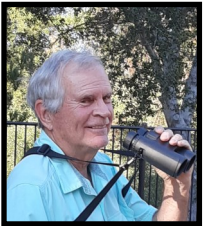
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A BIRD'S EYE VIEW

Doug Walkley, President

Was in an Exotic Ocean Cruise or was it a Birding Expedition? I get itchy feet. As soon as I am back from somewhere, I get busy researching somewhere else. I started learning about a repositioning cruise that left from Barcelona and ended in Miami after cruising through a number of Caribbean Islands. Although the price was excellent, it was too long on board and was commencing too soon. We settled on an NCL cruise from Miami to Panama. There were many stops with good birding at each port yet a leisurely eleven days to do it in.



This fit our dispositions. No solid up and five; grab a quick breakfast; bounce up and down in a 4x4 or Van; bird; have quick bite of lunch somewhere; bird; return to camp for a meal and to bed. To me this sounds tiring and like work. My apologies to others who love this type of adventure. Instead, we were treated to exceptional meals, good entertainment, and vacationer's hours: sleep late and enjoy the entertainment well into the evening. Every other day, we arranged for a birding guide to pick us up off the ship and take us to his favorite haunts. A lot of time was spent Googling to secure these guides, but in the end, we were very happy with our selection. In the Dominican Republic we found Dr Georgi Sanchez who would rather be a birding guide. At age 37, he knew his birds and where to find them: from the mountain tops to the beach location where Christopher Columbus first founded a colony. At this ocean site, it seemed like an Ohio reunion, meeting up with old friends we had left behind such as the Prothonotary, Parula and Cape May. In Puerto Rico, Sally Sanderson found for us Gabriel Lugo who although he lives in Puerto Rico can also be found at the San Diego Bird Festival or Ohio's Biggest Week. In Panama we were very fortunate to find Josanel Sugasti who since age 16 has been lugging a pair of binoculars around. He insisted, and was successful, in getting everyone on the bird. This is a skill not all guides are concerned with. On Curacao we were on our own, but still in a few hours, we found ourselves about thirty interesting species on this small island.

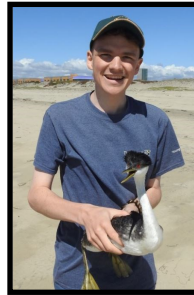
We were fortunate enough to have Steve Gabbert join us. His enthusiasm for birding, yet mellow personality, rubbed off on us and thus the three of us tromped around the jungles with a smile on our faces. Steve was excited to well surpass his lifetime 1,000 mark. Diane and I were not exactly sure of our count and never have been. We left Steve somewhere in the jungle of Panama. We hope he gets out and safely back some day. So, you be the judge: was this an Exotic Ocean Cruise or was it a Birding Expedition? Whatever it was, we hope to do something like it somewhere else someday.

CONSERVATION NOTES

Trysten Loeffke, Conservation Chair

If you could change one thing about the way we do conservation, what would it be?

I want you to ponder on that for a moment. What do you know about the nitty-gritty of how conservation projects are actually accomplished? If you were to be put in charge of one, what's the first thing you would do? What would you do differently from what you have seen done in the past?



We need more people thinking about questions like these. We need novel ideas and approaches, more education, and more volunteers. We need projects that break the mold, think differently, try unconventional things, and explore exciting new possibilities. In short, we

need a "new conservation."

Let's take a look at just one of the many ways that our approach to conservation can begin to change.

Although we are an organization that is "for the birds", as it were, our membership is entirely made up of humans—and that should tell us something about how our conservation should be conducted. It has to be something that benefits those selfsame people who we want these projects to be carried out by.

Recently, researchers from the Institute of Arctic Biology have suggested that "the new conservation science proposes that human livelihoods be considered alongside traditional preservationist perspectives. For conservation outside of protected areas to succeed, the protection of wildlife and their habitats should result in benefit to local people..." More and more conservation organizations are realizing this truth. Creating new conservation projects with the benefit of local people in mind is a powerful new approach to conservation that is already beginning to see success. Allow me to illustrate the importance of this thought with a few more questions:

Why do poachers poach?

Why do farmers clear rainforests?

In evolutionary biology, we say that all behaviors can be answered by two words: 1, Survival. 2, Reproduction. These two questions that I have just posed can also be answered by this evolutionary adage. They do it in order to survive. Many species today are threatened and endangered because people's livelihoods depend on taking them or their habitat. Until we find a conservation approach that deals with those sorts of issues first, our best conservation efforts will never truly solve the problem.

My invitation to you this month is to look for projects that benefit both people and animals. Find those organizations that are pioneering this new kind of conservation. They are the ones that will truly benefit the birds in the long run.

FIELD TRIPS

Jim Beckman

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

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

Leader: Jim Beckman
858-205-2819

Saturday, January 13, 8:00 am.

Dos Picos County Park & Rangeland Rd.

Ramona

(1171-H5) Rating: 2

From I-15 in Rancho Bernardo go east on Rancho Bernardo Road, which turns into Espola Road (S5), and continue to Poway Road (S4). Turn left and drive east to Highway 67. Head north on Highway 67 and just before you reach Ramona, make a hard right on Mussey Grade Road (heading southwest). Continue on Mussey Grade Rd and turn right on Dos Picos Park Road and drive ½ mile to the park entrance on the left. There is a San Diego County Park parking fee (cash only \$3), but free with a County Parks Senior Pass.

Leader: Hal Benham
858-386-6911

Saturday, January 20, 8:00 am.

Sweetwater River/Bonita

National City

(1310-C4) Rating: 2

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

Leader: Jeff Ebright
858-484-3932

Saturday, January 27, 8:00 am.

Kit Carson Park

Escondido

(1150-C1) Rating: 1

From I-15 in Escondido, exit east on Via Rancho Parkway (which becomes Bear Valley Parkway) and drive about 1 mile to the Park Road entrance on your left – at the fire station. Proceed on Park Road about ¾ mile to the Amphitheater parking lot on the right. Woodland, riparian, and open-area habitats usually get us a nice list of resident birds.

Leader: Gerry Baade
858-231-9876

Saturday, February 3, 8:00 am.

Guajome Regional Park

Oceanside

(1067-D7) Rating: 2

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

Leader: Doug Walkley
310-387-8190

Saturday, February 10, 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 Hwy 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 Rd. 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: Denise Riddle
760-815-6321

Saturday, February 17, 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 into parking area.

Leader: Jim Beckman
858-205-2819

Saturday, February 24, 8:00 am.

San Joaquin Wildlife Sanctuary

5 Riparian View, Irvine, CA 92612

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

Rating: 2

Take I-5 north to the San Diego Freeway I-405. Continue north on the I-405 a short distance and then take the Culver exit and turn left (south). At the first signal, which is Michelson, turn right. Continue west on Michelson and then turn left on Harvard. Continue south on Harvard and then turn right on University Dr. Continue on University to Campus Dr. and turn right again. Stay in the far right lane and immediately turn right on to Riparian View which will enter the San Joaquin Wildlife Sanctuary. (There is a dark green sign by the turnoff, identifying this as the route into the San Joaquin Wildlife Sanctuary) At the end of the road, you will make a sharp left turn down a steep driveway and into the parking lot. The first building you see will be the Sea & Sage Audubon House. Beyond the Audubon House are the ponds of the San Joaquin Wildlife Sanctuary and many trails for us to explore. Allow 50 min. from Oceanside.

Leader: Jennifer Falconer
949-278-1630

Saturday, March 2, 8:00 am.

Santee Lakes

Santee

(1231-A5) Rating: 2

From I-15 go east on Hwy 52. Exit at Mast Blvd. Continue east on Mast Blvd. 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 Blvd, turn left on Fanita Parkway, and continue north to Lake Canyon Dr. Turn right, park along the street, and walk through the open gate for **FREE**. Meet in the parking lot by the General Store between lakes 4 & 5.

Leader: Tom Trowbridge
760-522-8519

Palomar Audubon Society

Chapter-only Membership

Mail your application to:

Palomar Audubon Society

P O Box 2483

Escondido, CA 92033-2483

Membership in the Palomar Audubon Society includes a subscription to **Band Tales**, Palomar Audubon's bi-monthly newsletter, and an invitation to our monthly programs and weekly field trips.

☐ **Membership, \$25**

(payable to Palomar Audubon Society)

☐ **Contribution** _____

Name _____

Address _____

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

Telephone _____

E-mail _____

100% of Chapter Membership dues supports 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

Programs

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

Thursday January 25, 6:30 pm.

Luca Cinus

“My Young Birder Camps: Colorado & Delaware”

Luca is 14 years old and he lives in Temecula. He is in the ninth grade at Temecula Valley High School. He started birding at age 10, right after a family vacation to Costa Rica. He asked his mom if he could go on hikes with her to look for animals. They started noticing all of the birds, and they wanted to learn more about them. On their first hike, Luca noticed this cool yellow bird, a Cassin's Kingbird. Luca considers this bird his “Spark Bird” and he became “hooked on birds”.

Luca was the recipient of our PAS 2022 Young Birder Scholarship Award and attended the ABA Young Birders Camp Colorado. He also was awarded our 2023 Young Birder Scholarship Award and attended the ABA Young Birders Camp Delaware on the east coast.

Luca is an excellent birder and photographer. He is a frequent eBird contributor and has submitted many wonderful photographs. He likes to bird in San Diego and Riverside Counties. He is currently #49 out of the top 100 Riverside County eBirders. His favorite birding location is Lake Skinner.

Luca is looking forward to sharing his good times and great photos with the generous PAS members who support our young birder scholarship programs.

Mark Your Calendars. Don't miss this one!

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

**Steve & Pattie Ellis
Justin Hartsell
Alison Hiers
Cathy Jain
Sarah Mapel**

Thursday February 22, 6:30 pm.

Carlos Bethancourt

“Discover Panama: A Birdwatcher's and Nature Lover's Paradise”

Nestled between North and South America, Panama, though compact in size, rivals the natural splendor of much larger nations. This tiny powerhouse of biodiversity, no larger than South Carolina, is a treasure trove for nature enthusiasts. With over 1,015 bird species, myriad mammals, reptiles, amphibians, and an astonishing array of over 10,000 plant species, Panama's ecological richness is truly remarkable. Join Carlos Bethancourt, a seasoned guide from the Canopy Family, as he takes you on a captivating photographic journey. Explore the lush habitats, from the historic Canal Zone to the rolling foothills of western Panama and the untamed beauty of the Darien lowlands in the east. Encounter everything from majestic toucans and vibrant hummingbirds to the elusive Panamanian Night Monkey and playful Kinkajous. Carlos's enthralling stories and vivid imagery promise to transport you right into the heart of Panama's wilderness. Get ready to immerse in an adventure where every turn reveals why Panama is undeniably a paradise for birding and nature exploration.

Mark your calendars! Don't miss this fantastic presentation!

(Note: Some of our members will remember Carlos because he was our wonderful guide for the PAS trip to Panama in 2007. Others employed Carlos as a guide a few years later. Come to his presentation to say “Hello!”

**Hope to see you there,
Sunny**

**Joan Miller
Patricia Pawlowski
Gail Smith
Laura & Jim Wantz
Ken Weaver**

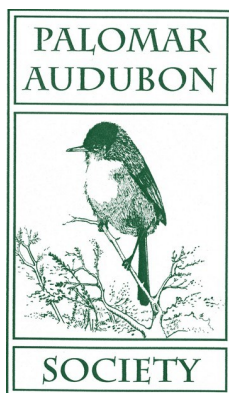
**AND WE APPRECIATE OUR
DONORS VERY MUCH!**

**Jean Meadowcroft
Joan Miller
Gail Smith
Richard & Ellen Fowler Trust**

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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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palomaraudubon@gmail.com

BOARD OF DIRECTORS MEETINGS

January 27th, 2024

Charlie's Family Restaurant

210 N Ivy St., Escondido, CA 92025

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

QUICK CALENDAR

January	6	Dixon Lake Walk
January	13	Dos Picos County Park & Rangeland Road Walk
January	20	Sweetwater River/Bonita Sweetwater River/Bonita Walk
January	25	General Meeting: "My Young Birder Camps"
January	27	Kit Carson Park Walk
February	3	Guajome Regional Park Walk
February	10	Whelan Lake Bird Sanctuary Walk
February	17	Oak Hill Memorial Park Walk
February	22	General Meeting: "Discover Panama"
February	24	San Joaquin Wildlife Sanctuary Walk
March	2	Santee Lakes Walk