



Band Tales

Palomar Audubon
Society
A Chapter of the
NATIONAL AUDUBON
SOCIETY

Volume XL1
No. 2

March-April
2025

Editor
Jack Peterson

2025 PAS PHOTOGRAPHY CONTEST

We invite all PAS members, ages 12 and older, to participate in our 2025 PAS Photography contest. Photos submitted are to be from the calendar year of 2025.

The PAS 2025 contest is open to all PAS members who are 12 years of age or older as of the date of Submission. There will be two (2) age-based divisions within the Contest: (1) Participants who are age 18 or older at the time of Submission (each, an "Adult"); and (2) Participants who are between the ages of 12 and 17 years old at the time of Submission (each, a "Youth").

To be eligible to win a Prize, all submitted photographs must depict birdlife (i.e., contain at least one bird or bird part) and accurately reflect the subject matter as it appeared in the viewfinder (a "Photograph").

Photographs taken with a mobile phone are allowed, including photographs captured by digiscoping. (Entrant should use the RAW setting if available when capturing a Photograph with their phone.)

AI-generated images are not eligible.

Normal processing of the original file is acceptable.

You will be required to provide PAS with original image files (RAW, jpg, etc.) in the timeframe provided upon request (generally within 7 days). Judges will determine whether changes to an image are significant enough to disqualify an entry.

Photographs that have been digitally or otherwise altered beyond standard optimization will be disqualified.

Judging will be conducted by photography experts to be appointed by PAS. Judges will score eligible Photographs using the following criteria: a) Technical Quality (33 percent); b) Originality (33 percent); and c) Artistic Merit (34 percent). Prizes will be awarded separately to both groups as follows:

Prizes are:

First Place—\$100.00

Second Place—\$75.00

Third Place —\$50.00

Fourth Place—\$25.00

Entries are to be submitted by 1:59 PM, May 1, 2025.

See the Palomar Audubon Society Website (<https://palomaraudubon.org>) for further details.

MONTHLY PROGRAMS

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

Thursday, March 27, 2025 6:30 pm
Neil Solomon

Birds of Panama Presentation

Panama is home to 1000 bird species, 7 of which are endemic. During the August to November migration period, millions of birds pass through Panama. All this due to a narrow land mass sitting between North and South America that contains humid jungles, dry deserts and cloud forest. During this program you will see a small sample of what Panama offers.

This is Neil's 16th PAS Presentation. Neil has been photographing birds for 25+ 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

Thursday, April 24, 2025

Tzung-Horng Yang
Rio De Janeiro Presentation

The presenter will share his fantastic birding experience in the area within about 100 miles of the city Rio De Janeiro, Brazil. This area is within Brazil's Southeast Coast Rainforest Biome, ranging from sea level to mountains above 2000 meters. Besides thick rainforest and semi-deciduous forest, the area also contains agricultural land, grassland, lagoons, rivers, lakes, and dams, creating a wide variety of habitats, making this one of the most biodiverse areas in the world. Tzung will show more than 100 bird pictures out of his ~350 species of birds recorded during the two weeks of unforgettable and budget-friendly birding trips.

Mark your calendars! Don't miss these fantastic presentations!

Inside this Band Tales

Programs..... page 1
A Bird's Eye View..... page 2
Conservation Notes..... pages 2,3,5

Bird Species Profile..... pages 3,8
Field Trips.....pages 4,5
Birds in Focus.....pages 6.7

A BIRD'S EYE VIEW

Beth Pearson, President

A Season of Gratitude from the President

Dear Palomar Audubon Society Members and Friends, The past two months have been filled with incredible birding experiences, community engagement, and forward-thinking initiatives aimed at expanding our impact. As your president, I am thrilled to share some highlights and invite you to be a part of our ongoing journey.



A Memorable Trip to the Salton Sea. One of the most breathtaking moments this season was our trip to the Salton Sea, where we

witnessed the awe-inspiring sight of thousands of snow geese and sandhill cranes lifting off at sunrise. The sheer number of birds, the golden morning light, and the sounds of wings in unison made for an unforgettable experience. For those who couldn't make it, we hope to return soon.

Christmas Bird Count Success. We also took part in the annual Christmas Bird Count, a tradition that unites birders across the country in citizen science effort of data collection and conservation. This year, 81 dedicated birders observed an impressive 144 species, contributing valuable information to long-term research efforts. Thank you to everyone who participated and helped make it such a success and especially Ken Weaver who compiled the data from our 26 teams.

Our Signature Weekly Bird Walks. At the heart of our society are our beloved weekly bird walks, which take us to both local and not-so-local birding hotspots. These outings provide a wonderful opportunity for both seasoned birders and newcomers to commune with nature, sharpen their birding skills, and catch up with friends. If you haven't joined us yet, we encourage you to do so—these walks are the soul of our organization.

Exciting New Initiatives. Our Board of Directors has been hard at work exploring ways to increase our impact.

This spring, we are thrilled to be:

- Hosting a **birding class** to help members deepen their knowledge and appreciation of birds.
- Launching a **Young Birders Club** to engage the next generation of birders.
- Sponsoring young birders to attend **birding camps**, fostering the future of conservation and bird appreciation.

**REMINDER:
DEADLINE FOR THE
MAY JUNE ISSUE IS APRIL 15.
SUBMIT COPY TO:**

Jack Peterson at jackdpete@gmail.com

We need your help to spread the word! Please share these opportunities with friends and family, and direct them to our newsletter and website (<https://palomaraudubon.org>) for more details.

Upcoming Birding Trips. Our travel committee continues to put together fantastic birding excursions. Upcoming trips include: **Mexico, Panama, and Magee Marsh, Ohio** (a prime spot for spring migration!) Though these trips tend to fill quickly, openings do arise, so don't hesitate to inquire if you're interested in joining us.

Conservation Efforts. Our Conservation Committee has hit the ground running this year, actively contributing to local conservation efforts, including a **Cactus Wren survey** in restored habitat. These efforts are crucial to protecting the birds and habitats we cherish.

Get Involved! We have so many great things happening, and we could use your help! If you are interested in contributing to any of these initiatives, please email me at palomaraudubon@gmail.com. In particular, we are seeking new **board members**, including a **Treasurer**—so if you have the time and passion, we'd love to hear from you.

Fun Birding Challenge. Before I go, I'd like to share a fun birding game that I play daily with friends near and far. You can find it at www.birdiegame.net. It's a guessing game where you're given one picture and a bit of bird song before each guess (you get six chances). Give it a try and test your birding knowledge!

Thank you all for being part of our friendly birding community. I look forward to seeing you in the field!

Happy birding and bird guessing,

Beth Pearson President, Palomar Audubon Society

CONSERVATION NOTES

Mary Jo Hayes

Lights Out, San Diego! for Spring and Fall Migration

Audubon's Lights Out Program is a nationwide effort to reduce the disorientation of migratory birds due to light pollution. More than 80% of North America's migrating birds attempt this journey at night relying on their homing skills along with sunset and navigational compass cues like the sun, moon, and magnetic. Unfortunately, artificial lighting can confuse and disrupt this natural orientation, causing birds to become disoriented, fly off course, become exhausted, collide with buildings, or even permanent grounding. This phenomenon is a significant contributor to bird mortality during migration seasons. According to an August 7, 2024, PLOS One (The Public Library of Science) study, it is estimated that over one billion birds die annually in the U.S. due to building collisions. A large number of these deaths could be avoided if lights were turned off during critical migration times.

Being located on the Pacific Flyway, San Diego County has millions of birds migrating through our skies at night during spring and fall migration. In fact, about two thirds of the over five hundred species found in San Diego County migrate into and out of the area every fall and spring. The San Diego Bird Alliance encourages us to go “Lights Out, San Diego!” by following these steps.

STEP 1: Pledge your support to help assist these birds to successfully complete their journey during spring and fall migration.

<https://www.sandiegobirdalliance.org/> > **Our Work > Conservation > Lights Out, San Diego!**

STEP 2: Turn off all non-essential lights from **11 pm to 6am** during the migration seasons in hopes of providing darker skies for this nocturnal journey.

- Turn off any decorative and landscape lighting.
- Dim interior lighting and close blinds to ensure minimal leakage.
- Turn off lights when leaving your home or office.

Spring Migration Dates (Birdcast.info 2024 estimate of 64,504,700 birds crossed)

- Full Spring Migration Period: March 1 - June 15
- Critical Spring Peak Migration Period for San Diego: April 15 - May 15

Fall Migration Dates (Birdcast.info 2024 estimate of 18,805,500 birds crossed)

- Full Fall Migration Period: August 1 - November 30
- Critical Fall Peak Migration Period for San Diego: September 1 - November 15

STEP 3: Report any dead bird sightings during migration season using [iNaturalist](https://iNaturalist.org/).

STEP 4: Post your support on social media and spread the word by using #LightsOutSanDiego.

STEP 5: Bring the Lights Out, San Diego! campaign to your community by talking with your neighbors or Homeowners' Association, Building Manager, School, Employer, etc.

(Continued on Page 5)

Species Profile: Cactus Wren

Tsaiwei Olee

Cactus Wrens are fascinating birds. True to their name, they nest and live on or around thorny branches of cacti. Every time a tiny cactus thorn got into my own skin, I knew it would make me suffer for a few days unless I gathered the courage to get a needle and pick out the little spine. So when I saw Cactus Wrens flitting in and out of prickly cacti branches so freely, singing and feeding while surrounded by all those hazardous spears, I had to admire their bravery. The spiky cacti are actually beneficial to these birds since they provide protection from potential nest predators, particularly snakes.

In Arizona, Cactus Wrens like to use cholla and saguaro cacti as nesting sites, whereas the San Diego subspecies nests in tall *Opuntia* cactus plants found within its coastal scrub and chaparral habitat. Cactus Wrens can be found in the U.S. from southern coastal California to southwestern Texas.

And in Mexico, they occupy the Baja California peninsula to central Mexico. They are not strong flyers and do not migrate like other bird species. Their low dispersal ability and fragmentation of their unique habitat have resulted in the Cactus Wren's genetic isolation in San Diego County.



Insects are the main food source for Cactus Wrens, but fruit pulp, seeds, and cactus juice are part of their diet as well. Similar to thrashers, Cactus Wrens like to thrash the ground searching for insects. These foods provide enough liquid

to sustain the wren in its hot and dry surroundings, and remarkably no additional water intake is needed.

The Cactus Wren is the largest wren found in the United States. Unlike the smaller House Wren or Bewick Wren, the Cactus Wren's length and wingspan are closer to those of the Spotted Towhee. It rarely holds its tail in the typical uplifted position of other smaller wrens, but will jerk its tail at intervals similar to some flycatchers. Cactus Wrens have very prominent white eyebrows. The underpart has black spots or streaks. These spots are more uniform and widely spaced in the San Diego Coastal Cactus Wren. But for the interior population, the spots are denser in the throat area. A Cactus Wren seen in



Arizona or Texas looks like it wears a black bib.

(Continued on page 8)

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.

March– April 2025 Field Trips

Saturday, March 1, 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, and walk in the open gate for **free**. Meet in the parking lot by the General Store between lakes 4 & 5.

Leader: Tom Trowbridge

760-743-1052

Saturday, March 8., 8:00 am.

Whelan Lake Bird Sanctuary

Oceanside

(1066-F7) Rating: 2

From Hwy 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, March 15, 8:00 am.

San Jacinto Wildlife Area

Perris, Riverside County

(RC 749-B4) Rating: 2

From San Diego County take I-15 north through Temecula and take the I-215. Continue north on the I-215. Within the city of Perris, 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 rough road for 2 miles to the

SJWA headquarters parking lot on the right. From Escondido allow 75 minutes drive time. **Bring a lunch.** Always a PAS favorite!

Leader: Sally Sanderson

760-638-9913 vcwillow@aol.com

Saturday, March 22, 8:00 am.

Lindo Lake

Lakeside

(1232-B3) Rating: 2

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

Leaders: Gerry & Linda Baade

858-231-9876//858-231-9500

Saturday, March 29, 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

858-205-2819

Saturday, April 5, 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/Dixon Lake” signs and turn left on La Honda Drive. Continue north toward Dixon Lake and on to the **free** Daley Ranch parking area on your left. Meet at the Trailhead Kiosk.

Leader: Tom Trowbridge

760-743-1052

Note: See bottom of Page 9 for the PAS Field Trip Checklist (items to bring).

Saturday, April 12, 8:00 am.
Wilderness Gardens Preserve
 Pala/Pauma Valley
(409-E6) Rating: 2

This small wilderness area represents a fine example of oak woodland habitat. Meet in the Wilderness Gardens parking lot, which is about 10 miles east of I-15 on Hwy.76, on the south side of the highway. Look for the "Wilderness Gardens Preserve" sign. Parking fee required, but free with senior County pass. Bring a lunch for an after-birding picnic. Expect warm weather.
 Leader: Jim Beckman
 858-205-2819

Saturday April 19

Santa Rosa Plateau Ecological Reserve (New Location)
 Murrieta, CA
(Thomas Guide to Riverside County, page 957-C30)
Rating: 2

Allow 1hr from Escondido. Travel north on I-15 through Temecula, continuing north on I-15 to Clinton Keith Rd. Exit Clinton Keith Rd. on the right, then go back under the highway and travel southwest on Clinton Keith for about 4 miles to the Reserve Visitor Center on your left. There is a parking fee. We will meet here and bird briefly around the center, then we may carpool to the vernal pools (if there is any water there), and then possibly walk to the historic Adobe Ranch House.

Leader: Beth Pearson
 760-716-6804

Saturday, April 26, 8:00 am.
Big Morongo Canyon Preserve
 Morongo Valley, San Bernardino County
<http://www.bigmorongo.org/>
(SB 616-J5) Rating: 2

From Escondido, proceed north on I-15 for approximately 36 miles to the I-15/I-215 split in Temecula. Change to I-215 north and continue north to Hwy 60 east. Take Hwy 60 east then continuing east on I-10 approximately 40 miles to Hwy 62. Go north on Hwy 62 about 12 miles to Morongo Valley (a small town). About a mile or two into town, look for signs for Big Morongo Canyon Preserve. Turn right (south) on East Drive, a dirt road, to the Preserve. The parking lot is just beyond the caretaker's house. Picnic tables and restrooms are available. In the caretaker's yard, several hummingbird and seed feeders will attract many birds for your enjoyment. This location is always a spring hot spot and a favorite PAS field trip. Bring a lunch for an after birding picnic at the bird feeders. Allow 2 hours travel time from Escondido.

Leaders: Gerry & Linda Baade
 858-231-9876//858-231-9500

Saturday, May 3, 8:00 am.
Old Mission Dam & Trails
 San Diego

<http://www.mtrp.org/park.asp>
(1230-F6) Rating: 2

From North County, take Highway 52 east to the Mast Blvd. exit in Santee. Turn south/east onto Mast Blvd. and then right at the 1st traffic signal (West Hills Parkway). Take West Hills Parkway south to Mission Gorge Road and turn right. Take Mission Gorge Road 0.2 miles and merge right onto Father Junipero Serra Trail. Proceed 0.7 miles down Father Juniper Serra Trail to the Old Mission Dam parking lot, located on the right. Arrive extra early to avoid parking on the street. This should be prime time for spring migrants.

Leader: Mary Jo Hayes
 760-505-6675

CONSERVATION NOTES (CONT. FROM PAGE 3)

For essential lights (e.g. security and safety lighting), if possible, follow these guidelines as suggested by darksky.org:

- Install motion sensors to minimize outside light use.
- Make sure outside lights are aimed down and shielded.
- Use warm colors for lighting (<3000 Kelvin)

We Can Make a Difference and it's better together!

The Lights Out, San Diego! campaign is an easy, effective way to contribute to the safety of our counties' migratory birds which are a vital part of our ecosystem. Being on the Pacific Flyway it's our responsibility as bird conservationists to protect them during their journey and ensure that they continue to thrive. This spring, as you observe the beauty of migrating birds, take a moment to consider how you can reduce the hazards they face by simply turning off lights. Let's work together to make San Diego a safer place for our feathered friends this spring migration season and in the future.

This article has focused on Lights Out, San Diego! but if interested in mitigating daylight window strikes at your home, here are a few website resources.

<https://www.audubon.org/news/reducing-collisions-glass>

<https://abcbirds.org/get-involved/bird-smart-%20glass/>

<https://palomaraudubon.org/how-to-prevent-bird-window-strikes/>

BIRDS IN FOCUS

Linda Baade

Using Depth of Field to Make Your Birding Images Pop

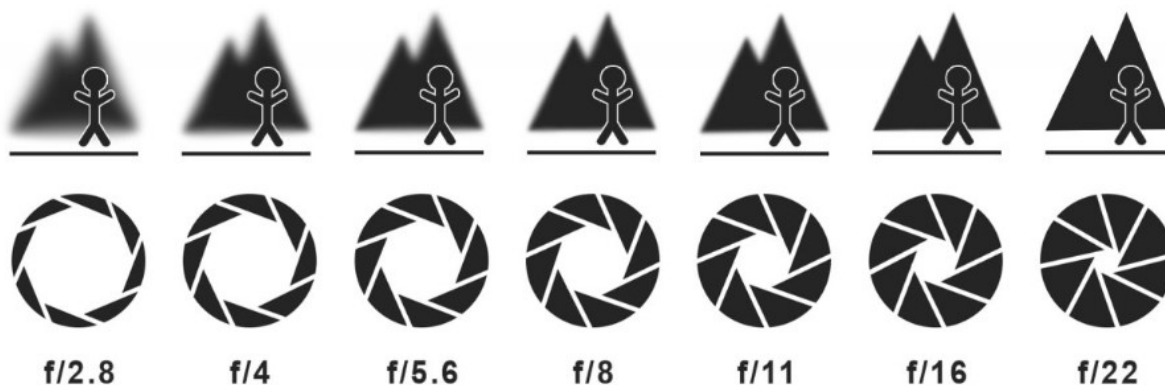
In the last edition of Band Tales, we reviewed the central camera settings that affect every image taken: aperture, shutter speed, and ISO, collectively known as the Exposure Triangle. It was briefly mentioned that the aperture, which refers to the diameter of the circular opening in the lens that allows light to enter, influences the "Depth of Field". In this article, we will explore how Depth of Field affects your images and how to control it effectively.

Depth of Field: This term refers to the range of distance in an image between the closest and farthest objects that are in focus when captured by a camera. Achieving a shallow depth of field is key in bird photography, as it enables the subject of your image to be in sharp focus with an out-of-focus background, effectively highlighting the focal point of your photo.

What Affects Depth of Field: Several factors influence the depth of field in a photograph, determining how much of the image is in focus. The most significant factors include the *aperture settings* (the width of the lens opening when the image is captured), the *focal length of the lens*, and the *distance from the camera to the subject*. By understanding how each of these elements impacts your images, you can achieve greater control over your photography.

Aperture Settings: Most cameras provide a range of aperture settings. For cameras with a fixed lens, this may be accessed through the aperture priority mode where you control the aperture while the camera automatically adjusts shutter speed for proper exposure. Using wider apertures, (indicated by lower f-stop numbers) creates a shallower depth of field. Wider apertures allow more light to enter the camera, enabling the use of faster shutter speeds and lower ISO settings. This results in a shallower depth of field, reduces motion blur, and minimizes grain in your photo enhancing overall image quality.

For instance, if the widest aperture setting available on your camera lens at the current focal length is $f/5.6$, using this setting will create a shallower depth of field in your photograph compared to using an aperture of $f/11$. Conversely, if you want to capture a group of birds and ensure that as many of them as possible are in focus, you should use a narrower aperture (higher f-stop number). This will provide a greater depth of field, allowing more of the scene to remain in focus. The graphic below illustrates this concept.



Focal Length of the Lens: The focal length of a lens has an impact on its depth of field. A longer focal length results in a shallower depth of field, meaning that less of the scene is in focus. A shorter focal length produces a greater depth of field, allowing more of the scene to be in focus. Essentially, the more zoomed in you are, the less depth of field you have, and the wider the lens, the more depth of field is achieved. The reason for this is due to the way long focal lengths compress the field, whereas wide focal lengths expand the field. For landscape photography, typically a wide-angle lens is used which, by its nature, will provide greater depth of field.

In this photo of a Virginia Rail, the focus was on the bird's eye, the most important element. Using the longest zoom possible at its widest aperture of $f/7.1$, the subject is sharp while the back of the bird, the foreground, and the background are softened.



In the photo of the Chipping Sparrow, the aperture was set to $f/9$. Although a longer focal length of 500mm was used, this setting did

not provide enough separation between the subject and the background. Furthermore, a higher ISO setting was necessary to achieve a faster shutter speed and prevent motion blur, which resulted in a more grainy image. Using a wider aperture would have produced an overall higher-quality image.

Tip: Many cameras have a “Depth of Field” preview that enables you to see how much of the image will be in focus before taking the photo. Refer to the user guide for your camera to confirm the availability of this feature and how to activate it.

Distance from the Camera to the Subject: Using even modest aperture settings when one is close to the subject can throw the background out of focus, effectively separating your subject from the background visually



Both the photo of the Anna's Hummingbird and the Rock Wren were taken using a 500mm telephoto lens at its maximum focal length. In both instances, the aperture was set to $f/8$. Despite the busy backgrounds being only inches away from the birds, the combination of the long lens and the camera's proximity to the subjects created a good depth of field. This effectively highlighted the subjects while blurring the background into a field of tones.

Conclusion

Achieving a soft, non-distracting background—commonly referred to as a pleasing “bokeh”—is a highly sought-after feature in bird photography. Since photographing birds in the wild does not allow for control over the environment, the best way to influence the outcome is through camera settings and lens focal length selection. Using a long focal length brings you closer to your subject and compresses the depth of field. Additionally, select the widest aperture suitable for the lighting conditions, while also considering the necessary shutter speed to freeze motion and its impact on ISO settings. By following the guidelines for creating a shallow depth of field, you can achieve beautifully blurred backgrounds that make the birds stand out.

Salton Sea Trip Report



Our three-day trip to the Salton Sea with 29 enthusiastic participants was nothing short of spectacular. The Salton Sea area includes a vast expanse of water, nutrient-rich mudflats, and farm fields and serves as a stopover for migratory birds along the Pacific Flyway; because of these features, it is an extraordinary birding destination, and we were lucky to explore it together. On our first morning, we witnessed the breathtaking sight of thousands of snow geese and sandhill cranes lifting off at sunrise, their calls echoing across the water as the sky filled with soft hues of purple, pink and gold—a truly magical experience that left us in awe and set the tone for the weekend. The group was incredibly kind, fun, and supportive, creating a warm and welcoming

atmosphere that made the journey even more enjoyable. Led by Steve Ellis, we explored the variety of birding hotspots, from wetlands and agricultural fields to shoreline habitats and prisons (true facts), ultimately spotting an impressive 110 species. Thanks to everyone for bringing the positive energy and friendship.

If you want to see a map of where we explored, a list of species, and incredible photos by our skilled photographers, check out our eBird Trip Report compiled by Steve Ellis. <https://ebird.org/tripreport/325358>

PAS THANKS OUR NEW AND RENEWING MEMBERS AND OUR DONORS SO VERY MUCH!

*Heidi Marc-Aurele
Jan Behrhorst
Richard Blain
Gale Chan
Kim Cruz
Linda Dugdale
Steve & Pattie Ellis
Mickie Flores
Laura Hunter
Helen Jenney
Maryann Khan
Leslie Kuhn
Robert Lindsey
Susan Newlin
Dawn Nowlin
Carla Maridan
Dorothy Marron
Michael & D. Jean Paulus
Deidre Puaoi
Janet Peyton
Cynthia Rippee
Rosa Romero
Kathy Russell
Janet Shields
Kelsey Tyler
Ken Weaver
McKinley West
Lori Hiers & Ronald Wilson
Janelle Schilz-Winbray*

SPECIES PROFILE (CONT. FROM PAGE 3)

There is no federal or state listing of Cactus Wrens as endangered or threatened. But survey data has shown Coastal Cactus Wrens began declining significantly in San Diego County in the early 1980s. Many factors have contributed to their decreasing numbers: fragmentation of habitats due to years of urbanization and agricultural expansion, prolonged drought, and consequences of fire. Additionally data collected by the U.S. Geological Survey (USGS) in San Diego County suggested that invasive grass or herbaceous plants may have disturbed Cactus Wren feeding grounds.

Since they require a specialized environment, San Diego Coastal Cactus Wren conservation faces great challenges. It is therefore essential to restore healthy habitats, especially in burned areas after wildfires.

One major local project is the San Diego Zoo Safari Park Biodiversity Reserve, which is 900 acres of undeveloped land with coastal sage scrub vegetation dedicated to San Diego's multi-species and habitat conservation plans. The Zoo has planted thousands of cacti and young shrubs to help rehabilitate fire-damaged areas of the reserve.

The Cactus Wren is one of many bird species that this reserve supports. To better manage Cactus Wren populations in this protected zone, standardized periodic surveying of the population is essential. Thus the Palomar Audubon Society is working to set up a team to survey the Cactus Wren in the reserve's restored area over time. This will be a key part of ensuring the long-term persistence of the Cactus Wren on the coastal slope of southern California.

Donations & Membership in Palomar Audubon Society (PAS)

All donations of \$30 or more qualify for membership in PAS

Membership benefits include:

- Bi-monthly newsletter – Band Tales
- Monthly Programs and Presentations on birds around the world
- Invitation to Birding Trips outside our region, including International
- Invitation to Annual Summer Picnic and Christmas Bird Count Picnic
- Invitation to bird classes

Note that PAS membership is separate from membership in National Audubon, and we rely on donations from our members to offer the benefits.

Donation Levels: Member \$30 Supporter \$60 Silver \$125
 Gold \$250 Platinum \$500 Legacy \$1000

Palomar Audubon Society is a 501(c)(3) Nonprofit and an all-volunteer organization. Your donations are tax deductible.

Donations and/or Payments can be made using a check or by using Zelle.

Checks: When mailing a check, fill in your details below and send via USPS to Palomar Audubon Society, P.O. Box 2483, Escondido, CA 92033

Name: _____ Donation amount: \$ _____

Address: _____

Email: _____ Tel: _____

Please indicate if you would prefer a paper copy of Band Tales: Yes ___ or No ___

(Band Tales is available on our website: www.palomaraudubon.org)

Zelle: Make your donation to palomaraudubon@gmail.com

In the memo line indicate: "Donation from *your name and email*"

Also indicate if you would prefer a paper copy of Band Tales: Yes or No

For Payments other than Donations such as trip costs or classes.

These can also be made via Zelle or USPS Mail as above. Please be sure to indicate the reason for the payment in the memo line of your check or Zelle submission.

UPCOMING EVENT

Palomar Audubon Birding Trip to Magee Marsh, Ohio May 11-15, 2025

Nestled along the southwestern shore of Lake Erie, Magee Marsh is renowned for its incredible variety of migratory birds, attracting observers from all over the world. The boardwalk offers a unique vantage point for spotting warblers, vireos, and other songbirds as they rest and refuel during their long journeys. With its serene natural beauty and the symphony of bird songs, Magee Marsh in spring becomes a haven for both seasoned bird watchers and newcomers alike, providing an unforgettable experience of nature's splendor. At this particular time of year many of the migrating warblers and other birds are much easier to see at this location.

Palomar Audubon will be leading another trip to this area May 11-15, 2025. You will have the opportunity to walk the boardwalk and a few other popular areas looking for the large variety of warblers during their migration north. Steve Ellis and Steve Gabbert will be leading the walks on the boardwalk and surrounding areas.

PAS Group Birding eBird Statistics for 2024

- **64 days of birding**
- **168 eBird checklists generated**
- **274 hours of birding**
- **210 miles of birding**
- **135 locations birded**
- **401 species identified**

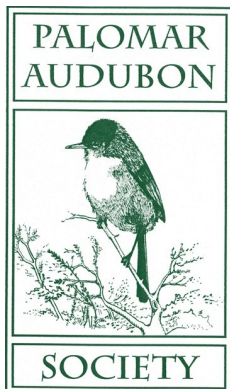
FIELD TRIP CHECKLIST

- ◆ 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

Band Tales

March-April, 2025

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.



Palomar Audubon Society

Band Tales

P.O. Box 2483

Escondido, CA 92033-2483

NONPROFIT ORG.
U.S. POSTAGE PAID
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BOARD OF DIRECTORS MEETINGS

*Saturday, March 1st at 12:00 PM
At the San Diego Bird Festival*

QUICK CALENDAR

March	1	Santee Lakes Walk
March	1	Board of Directors Meeting
March	8	Whelan Lake Bird Sanctuary Walk
March	15	San Jacinto Wildlife Area Walk
March	22	Lindo Lake Walk
March	27	Birds of Panama-A Sampling
March	29	Lake Murray Walk
April	5	Daley Ranch Walk
April	12	Wilderness Gardens Preserve Walk
April	19	Santa Rosa Plateau Ecological Reserve Walk
April	24	Rio De Janeiro, An Underappreciated Birding Area
April	26	Big Morongo Canyon Preserve Walk
May	3	Old Mission Dam and Trails Walk