



Band Tales

Palomar Audubon Society
A Chapter of the NATIONAL AUDUBON SOCIETY

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Editor
Jack Peterson

ESCONDIDO CHRISTMAS BIRD COUNT SATURDAY, DECEMBER 27, 2025

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 126th 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 27, 2025**. 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!

The after-birding compilation meeting will be held again 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.

After November 15, 2025, 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!

WINTER MIGRATION



It is that time of year again. The Pacific Flyway is a crucial migratory route for birds, extending from Alaska to Patagonia, where millions of birds travel annually between breeding and wintering grounds. It is a major north-south flyway for migratory birds in the Americas.



Waterfowl arriving in California’s Central Valley in the Fall.

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A BIRD'S EYE VIEW

Beth Pearson, President

A Statewide Effort to Map California's Birds: The California Bird Atlas

Dear Palomar Audubon Society members,



I wanted to share with you that Palomar Audubon Society has decided to be a founding partner for the new initiative to document California's breeding bird populations. The California Bird Atlas (CBA) is a statewide effort to create a comprehensive

Breeding Bird Atlas (BBA) for our state, something that has been missing despite many other states having one or more. A BBA is a globally recognized tool that uses citizen science to map the distribution of breeding bird species in an area, providing essential information for conservation and management decisions.

While 44 states have published statewide Breeding Bird Atlases, California is one of only six states that has not. The county of San Diego, however, does have a published bird atlas which includes breeding information. The *San Diego County Bird Atlas* (published in 2004) is one of the most detailed atlases in the nation, and the county's diverse habitats, from oak woodlands to coastal wetlands, make it a key region for documenting shifts in breeding activity. Many Palomar Audubon members participated in that first project, and current members will help collect data for this new initiative. So, although the county of San Diego has a healthy amount of documentation, the rest of the state does not, especially inland and less populated areas. In fact, over 30% of atlas blocks in California have never had a single minute of survey effort during the breeding season, and over 80% have never received a single observation of a probable or confirmed breeding behavior.

The California Bird Atlas project aims to fill this critical data gap by mobilizing birders and citizen scientists across the state as well as pay field ornithologists to

The project will document the abundance, timing of breeding, and life histories of California's breeding birds. The data collected will help decision makers on conservation initiatives understand how bird populations are interacting with their environment over time, and what changes are occurring. This information is particularly important for conservation planning, given the rapid changes in habitat and population that have occurred due to climate change and habitat loss.

The CBA is being led by a founding board of directors and a science advisory committee including Phil Unit from the San Diego Natural History Museum and author of *The San Diego County Breeding Bird Atlas*. It also includes experts from other organizations, including Audubon California, UCLA, the California Department of Fish & Wildlife, and the Cornell Lab of Ornithology. Palomar Audubon Society will be a part of this effort, along with many other Audubon chapters and bird organizations throughout the state.

Palomar Audubon intends to support this project both financially as a founding partner, and through data collection. Our participation will be important to the success of this effort. I'm proud to say that Palomar Audubon has a history of engaging its members in scientific projects and hands-on conservation, such as the San Diego County Bird Atlas and our bird lists contributed to eBird each week. As a society focused on North Inland San Diego County, our local knowledge and dedication will be invaluable. Please keep an eye out for further details. The CBA will add specific data fields to eBird that we can use to contribute to this project and I will work to keep Palomar Audubon informed.

Happy Birding,
Beth Pearson

CONSERVATION NOTES

Mary Jo Hayes

California Biodiversity Day, 2025, in Review

Biodiversity (or biological diversity) refers to the variety of life on Earth, including all living lifeforms from genes to species to ecosystems. California is home to more species of plants and animals than any other state in the nation, and is considered a global biodiversity "hotspot." Its varied geography (including the highest and lowest places in the continental U.S.) and proximity to both the ocean and mountains are the foundation for this exceptional natural heritage. California has over 30% of all plant and vertebrate species found in the United

**REMINDER:
DEADLINE FOR THE
JANUARY –FEBRUARY ISSUE IS DEC. 15.
SUBMIT COPY TO:**

Jack Peterson at jackdpete@gmail.com

States, and yet, approximately 30% of California species are at risk of extinction. The California 30x30 initiative to conserve 30% of California's lands and waters by 2030 was established, and this goal was signed into law in 2023.

This gives us more reason to celebrate our state's unique biodiversity and encourage actions to protect it. Since 2019, September 7 of each year is California Biodiversity Day, celebrated state-wide through events hosted during the designated week. The public is invited to participate in activities sponsored by state and federal agencies, museums, zoos, academia, parks, schools, conservation organizations, and local communities. Activities raise awareness to inspire discovery and instill connection to California's amazing biodiversity while encouraging actions to protect it. Community science (e.g. eBird, iNaturalist) is also promoted during these events.

Many thanks to all eBirders in San Diego County who hit the ground birding and shared your eBird checklist with the username "CaliforniaBiodiversityDay" during September 6-14, 2025. Checklists were submitted from the desert, the mountains, inland valleys, the north to the south coast and many areas in between. I hope you enjoyed participating and take pride in your efforts which contribute to a collaborative statewide bird report and to the collective understanding of birds across California. During this date range, approximately 276 San Diego County checklists were submitted and 265 species were identified. This species count exceeded last year's San Diego County total (242) by 23 species. This was a phenomenal effort, and I am very impressed by the numbers. Below is a list of a few California counties which led the eBird efforts:

265 species identified in San Diego County

166 species identified in Los Angeles County

152 species identified in Monterey County

150 species identified in Orange County

147 species identified in Ventura County

Overall, in California, 963 checklists were shared and 331 species along with 60 other taxa were observed.

Check out the California Biodiversity Day 2025 trip report: <https://ebird.org/tripreport/349443>

The County statistics definitely benefitted from two pelagic bird trips which took place the first weekend of the event.

Special thanks to Buena Vista Audubon Society for sponsoring the trips aboard the Legacy out of Seaforth Landing and the leaders on board.

Notable San Diego County sightings (SD sighting listed after CA total) during California Biodiversity Day's week of celebration:

Greater White-fronted Goose – 2 reports on 2 checklists; 1 at Lake San Marcos

Redhead – 23 reports on 2 checklists; 1 at San Dieguito Lagoon - Southeast & Dust Devil Trails

Ring-necked Duck – 3 reports on 3 checklists; 1 at Kit Carson Park

Mountain Quail – 7 reports on 4 checklists; 1 at Kitchen Creek Rd. and 1 in Laguna Mtns.

Common Ground Dove – 6 reports on 3 checklists; 1 at Tijuana River Valley Community Gardens

Wandering Tattler – 9 reports on 7 checklists; 1 at Oceanside Harbor & San Luis Rey River Mouth

Long-tailed Jaeger – 11 reports on 7 checklists; 7 in SD County during 9/6 pelagic trip

Craveri's Murrelet – 8 reports on 5 checklists; 6 in SD County during 9/6 & 9/7 pelagic trips

Least Tern – 6 reports on 3 checklists; 2 in Oceanside

Townsend's Storm-Petrel – 9 reports on 4 checklists all in SD County during 9/6 & 9/7 pelagic trips

Least Storm-Petrel – 10 reports on 3 checklists all in SD County during 9/6 & 9/7 pelagic trips

Flesh-footed Shearwater – 1 reported in SD County during 9/7 pelagic trip

Cocos Booby – 2 reports in SD County during 9/6 & 9/7 pelagic trips

Merlin – 3 reports on 3 checklists; 1 in SD County, SD Bay NWR Sweetwater Marsh

Lilac-crowned Amazon – 8 reports, all in SD County

Olive-sided Flycatcher – 4 reports on 4 checklists; 2 in SD County, Kitchen Creek Rd.

Gray Vireo – 3 reports in SD County, Kitchen Creek Rd.

Ruby-crowned Kinglet – 2 reports on 2 checklists; 1 in SD County, Harry Griffin Park

Cactus Wren – 1 reported in SD County, Borrego Springs

Clay-colored Sparrow – 1 reported in SD County, Balboa Park, NE Morley Field

Black-throated Sparrow – 3 reports in SD County, Anza Borrego Visitor's Center and Lindo Lake

Yellow-breasted Chat – 2 reports in SD County, San Luis Rey River

Bullock's Oriole – 3 reports on 3 checklists; 2 in SD County, Rosecrans National Cemetery

Ovenbird – 3 reports in SD County, Encinitas

Louisiana Waterthrush – 6 reports in SD County, Encinitas.

Prairie Warbler – 1 reported in SD County, Dairy Mart Ponds

Hermit Warbler – 6 reports on 5 checklists; 2 in SD County, Cuyamaca Stonewall Mine

Rose-breasted Grosbeak – 1 reported in SD County, Fort Rosecrans National Cemetery

California Biodiversity Day 2026 will be celebrated September 5-13. Besides birding, there are numerous other activities to join and enjoy during the celebration, so mark your calendars.

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.

FIELD TRIPS**November– December 2025**Saturday, November 1, 8:00 am

Ramona Grasslands County Preserve & Rangeland Road
 Ramona
Rating: 2

This is a new location for PAS. Located southwest of Ramona and west of Hwy 67, the Preserve is located at 17278 Highland Valley Road, and just west of Rangeland Road. There is a large parking lot here and restrooms. Leader: Steve Ellis, 619-380-3981

Saturday, November 8, 8:00 am

Dairy Mart Ponds/Tijuana River Valley
 San Diego

(1350-D5) Rating: 2

From North County, take I-15 south and merge with the I-5 south to the Dairy Mart Road Exit. Turn right on Dairy Mart Road (south). Meet just past the concrete bridge next to the large "TJRV Park" sign and the large pond on the west side of Dairy Mart Road. We will also caravan a short distance to the TJRV Park Headquarters (public restroom and bird feeders) and then visit the nearby Bird & Butterfly Gardens where we might see the elusive Black-thoated Magpie Jay. Leader: Jim Beckman, 858-205-2819

Saturday, November 15, 8:00 am.

Lindo Lake
 Lakeside

(1232-B3) Rating: 2

From North County, take I-15 south to Hwy.52 east to Mission Gorge Rd. Turn left and continue east to Woodside Ave. Go under the Hwy 67 overpass staying on Woodside Ave (into Lakeside) to end at the Lindo Lake County Park. From San Diego, take I-8 east to Hwy 67 north, and take the Riverford Rd. exit. After exiting, 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. **Note: PAS board meeting after walk.** Leader: Beth Pearson, 760-716-6675

Saturday, November 22, 8.00am

Bolsa Chica Ecological Reserve & Huntington Central Park

Huntington Beach, Orange County
 18000 Pacific Coast Hwy, Huntington Beach, CA 92648
(O.C. 857-C3) Rating: 1-2

Bolsa Chica Ecological Reserve is the largest coastal salt
 Bolsa Chica Ecological Reserve is the largest coastal salt

marsh preserve in the Los Angeles/Orange County metropolitan region. It's 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 Ave. 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 Hwy. It's about 70 miles from Oceanside and should take about 75 minutes. **No restrooms here. 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: Gerry & Linda Baade, 858-675-9875/858-231-9500

Sunday, November 30, 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 rough 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 Fall/Winter birds.

Leader: Sally Sanderson **760-638-9913**

vcwillow@aol.com

Saturday, December 6, 8:00 am**Borrego Springs**

We will meet near the bathrooms in the park in the center of the large Palm Canyon Drive Round-About of Borrego Springs. It is called Christmas Circle. We are meeting at 8am, so allow at least an hour and a half from Escondido. From there we will go to the Borrego Springs Water Treatment settling ponds. The fastest way to get there is to take Hwy 78 east to Santa Ysabel and turn left on Hwy 79 (north) towards Warner Springs. Before you get to Warner Springs turn right on S2 (San Felipe Rd) and go a few miles, then turn left on Montezuma Valley Rd. At the bottom of the hill (lots of sharp curves) turn right on Palm Canyon Dr. and proceed to the Palm Canyon Dr. Round-About, near the south side. Leader: Steve Ellis, 619-380-3981

Saturday, December 13, 8:00 am
Lake Wohlford
 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 up-hill to Oakvale Drive, and it's again a right turn. 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 20, 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 Fall and Wintering waterfowl and shorebirds. No restrooms here.

Leader: Beth Pearson, 760-716-6675

Saturday, December 27
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 27. 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)7232448 email gmatcatcher@sbcglobal.net. **Sign up now and join the fun!**

Saturday, January 3
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.

Leader: Beth Pearson 760-716-6675

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 (includes spouses) \$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

Donation amount: \$ _____

Name: _____

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 address, 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.

BIRDS IN FOCUS

Linda Baade

Should you Set your Camera for RAW or JPEG?

Every photograph begins with a series of choices—starting with your camera settings. These decisions shape not only the technical outcome, but also the creative journey required to bring your vision to life. One of the most debated choices is image format: whether to shoot in RAW or JPEG, the two most common file types in digital photography.

In this article, we will demystify the differences between RAW and JPEG, exploring their unique strengths, limitations, and the impact each can have on your workflow and final image quality.

Image Types Defined

RAW: An unprocessed digital file captured directly from a camera's sensor. It preserves every pixel of data with maximum fidelity—essentially storing all the “raw ingredients” needed to craft a high-quality photograph. Because it retains this full spectrum of information, RAW files are large and are ideally suited for post-processing flexibility.

JPEG: A processed image format developed by the Joint Photographic Experts Group released in 1992. JPEGs apply in-camera settings and enhancements, (such as white balance, picture style, contrast, and sharpening) to produce ready-to-use images. In the process the digital data is compressed, reducing the file size by discarding data deemed non-essential or visually imperceptible.

An Analogy

Think of a RAW image as raw ingredients—uncooked, unseasoned, and full of potential. Just as a meal requires preparation before its consumption, a RAW file needs editing before it is ready to enjoy.

A JPEG, by contrast, is the finished dish: cooked, seasoned, and plated. It is processed in-camera and ready to consume, but like a meal, difficult to adjust once presented.

Quick Comparison: Advantages and Disadvantages

Image Type	Advantages	Disadvantages
RAW	<p>Maximum Image Quality: Uncompressed files retain full detail, enhancing dynamic range and preserving shadows/highlights.</p> <p>Higher Bit Depth (12-16 bit): Maintains tonal range and smooth gradients for rich, nuanced images.</p> <p>Editing Flexibility: Allows post-capture adjustments without degrading image quality.</p>	<p>Large File Size: Requires more storage and may slow write speeds.</p> <p>Limited Compatibility: Brand-specific formats need compatible apps or conversion to open and share.</p> <p>Requires Post-Processing: Minimal in-camera adjustments; editing is essential to optimize appearance.</p>
JPEG	<p>Convenience: In-camera settings and enhancements applied; ready to use immediately.</p> <p>Universal Format: Easily shared across devices like PCs, phones, and TVs.</p> <p>Small File Size: Conserves storage and may enhance capture speed in continuous shooting.</p>	<p>Loss of Detail: Compression discards data, limits recovery of fine details, particularly in under- or over-exposed areas.</p> <p>Reduced Tonal Range: 8-bit depth limits subtle gradients and transitions.</p> <p>Limited Editing Flexibility: Corrections may introduce artifacts or degrade quality.</p>

Best of Both Worlds

Many cameras allow simultaneous RAW + JPEG capture, offering editable files for post-processing and ready-to-share versions. The trade-off is increased storage use.

Conclusion: Choosing What's Right for You

Ultimately, the choice between RAW and JPEG depends on your purpose and priorities. A well-exposed JPEG is ready to use immediately, with in-camera enhancements applied. A RAW image, even if perfectly captured, requires editing—but offers superior detail and flexibility, including the ability to recover images that might otherwise be lost due to poor exposure.

If you value creative control and want to fine-tune every aspect, RAW provides the latitude to do so. If you prefer speed and simplicity, JPEG is a practical choice—though with some trade-offs in flexibility and image quality. Both formats have their strengths. The key is choosing the format that best supports your goals and practical needs. Whether crafting a fine art image or capturing fleeting moments, understanding your options empowers intentional, informed choices that align with your creative vision and preferred workflow.

SPECIES PROFILE VERMILION FLYCATCHER

Tsaiwei OLEE

Key Features for Field Recognition: Vermilions are sexually dimorphic. Adult male is brilliant red and black. Female is brownish above with white, lightly streaked breast and peach-colored belly and under tail coverts.

Similar Species: male Scarlet Tanager and female Say's Phoebe

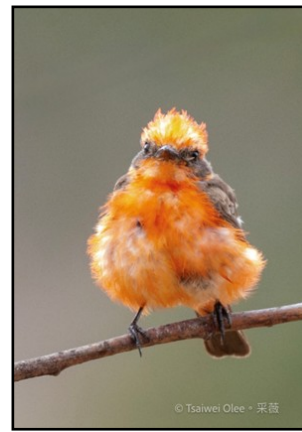
Birding can be therapeutic, rewarding, and relaxing—we feel connected to nature when we are on the trails. Thus any bird we encounter, we appreciate their presence be it a finch, sparrow, towhee, or phoebe. But when an exceptional bright red bird shows up, it can't help but stir up a lot more excitement. And the Vermilion Flycatcher is one of those spectacular birds that really stands out and catches



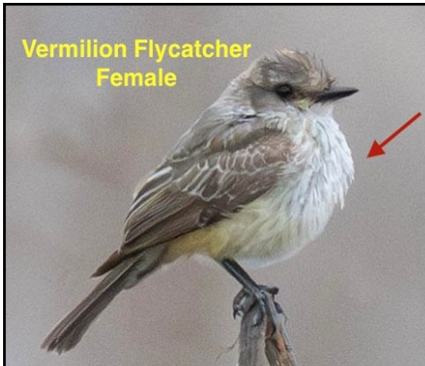
our eyes. Fairly common in southwest U.S., we are quite lucky to have them year-round here in San Diego. According to the Tucson Bird Alliance, Tucson boasts the highest density of Vermilions in the U.S. The Palomar Audubon saw this firsthand when we organized birding trips to Arizona. It is typical to spot them in Tucson urban parks. The Vermilion Flycatcher is also widespread in Mexico

and both Central and South America.

A “fly catcher,” Vermilion Flycatchers spend most of their day in trees waiting for varieties of arthropods in the air. And they tend to return to the same open perch again and again.



This sit-and-wait habit is a great benefit for birders and photographers alike in catching good views of this stunning bird. The male bird most similar to the Vermilion Flycatcher is the Scarlet Tanager, which also presents bright red with black wings and tail. But the Scarlet Tanager is a larger bird with thicker beak, and it does not



have black coloring on its face or back. A female Vermilion Flycatcher can be confused with a Say's Phoebe as seen in the adjacent photos.



Both are flycatchers with similar size and build. The main difference is the streaked whitish breast on the Vermilion, while Say's flank is cinnamon-colored without the white. The conservation status for the Vermilion

Flycatcher is listed as “Least Concern”, which is good news. But the population has been decreasing over the past 50 years. Like most bird species, the primary threat to the Vermilion Flycatcher appears to be human-related habitat destruction.

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

- Curt & Barbara Asman, Monica Border, Tom & Denise Boren, Carol Bosman-Anderson
Susan Burris, Joy Yang & Sean Chao, Joan Comito, Maria Crabb, Nancy Defay
Gail DeLalla, Irene Dunny, Yvetta Durham, Bill & Myrna Eastwood
Jennifer Falconer, Julie Frank, Char Glacy, Gjon Hazard, Tracy Henschberger
Alice Holmes, Laura Hunter, Haruhiko Ishii, Helen Jenney
Donald & Shelly Jones, Chelsea Klinger, Clark Mahrtdt, Jean Meadowcraft
Dennis & Patricia Munyon, Electra O'Mara, Dorothy Paulus, Janet Peyton
Jack Peterson, Jess Reimnitz, Denise Riddle, John & Sally Sanderson,
Susan Scanlan, Jeff & Ann Skinner, Ken & Susan Smith, Iris Sparkes
Jitze & Butoul Stienstra, Tom & Marcia Trowbridge, Cynthia Walters, Joan Woodward

Upcoming PAS Trip to Maine

Update: The lottery has taken place (Oct. 22) and the trip is now full. However, if you are still interested in this trip, please ask to be added to the waiting list. There is a possibility that we may be able to add a second group of ten this summer! Please send your interest in participating to diannebenham@me.com

Hello Adventure Lovers!

Are you ready for another exciting birding adventure sponsored by PAS? How about a trip to the exact opposite corner of the United States, Acadia National Park, Maine? This trip is planned for July 18-23, 2026; prime nesting season for the Atlantic Puffin. We will stay in cabins in the national park, and eat our meals in the dining hall there. Our tour leader will be Seth Benz, an accomplished birder who has amassed over 30 years of experience. He is the director of the Schoodic Institute Bird Ecology Program at Acadia National Park. As part of our tour, we will take a pelagic trip to the stunning Petit Manan Island to view the nesting Atlantic Puffins, our target bird!

The cabins where we will stay have two private bedrooms with a shared bathroom, living room and kitchen. Although they are called cabins, they are more like a small apartment. They will place us with 2 people to each cabin. There is not an option for a single supplement, but your sleeping space will be private.

The dining hall where we will have our meals will be either cafeteria style or buffet style, with options for everyone. Our lunch meals will be picnics packed for us at the institute, and taken along to eat during the day when we are out birding. There will be opportunities for you to make choices. We will be dining on lobster for our final dinner, or something equally delicious for the non-lobster lovers.

The cost for this all-inclusive trip is \$1,989 per person. There will be a 30% deposit of \$567 due at the time of booking, and the balance of \$1,422 due 60 days before the date of the trip. The trip includes all meals, lodging, guides, transportation (including airport pick up and drop off) and the Acadia Puffin Cruise. Not included are alcoholic drinks, personal items, tips to guides and boat captain, and airfare to and from Maine.

Now for the bad news: this trip is limited to only 10 participants. This is necessary due to the limited number of cabins, and limited number of vehicles for transportation. We will hold a lottery for the 10 positions. If you are traveling with another person, both names will go in the lottery on the same ticket. That way it is either both of you or neither of you, when the names are drawn. There will be a wait list, if you don't make the top 10, and because the trip is so far away, there is a good chance that people on the wait list will have the opportunity to move up.

Species Spotlight: Whooping Crane

Location: North America.

Height: Can reach heights of up to 5 feet, making them the tallest birds in North America.

Wingspan: From 6.5 to 7.5 feet.

Migration (Western): The largest and most well known group of Whooping Cranes (about 540 birds) starts their fall migration from Wood Buffalo National Park in Saskatchewan, Canada and end up in Aransas National Wildlife Refuge, Texas.



Bird Trivia

1. As with other birds, an owl's feathers are nourished as they grow by a blood supply to the feather sheaths. What term is used to describe feathers that are still developing inside the sheaths?
2. Although owls aren't the only zygodactyl birds, they are the only ones that can pivot the body part that zygodactyl describes. What is this body part?
3. What 9-letter P-word is an adjective that describes birds whose feet can be used to perch on a branch, such as sparrows and crows?
4. The terms wake, kettle, and committee all refer to a group of what type of bird?
5. What tube-like organ (generally more ball-shaped in a human) makes up one to five percent of an owl's body weight, depending on species?

Answers: 1. Pin Feathers, 2. Toes, 3. Passerine, 4. Vulture, 5. Eye

Winter Bird Watching in the California Delta

The Sacramento-San Joaquin Delta is California's most crucial water and ecological resource. It is the largest freshwater tidal estuary of its kind on the west coast of the Americas, providing important habitat for birds on the Pacific Flyway and for fish that live in or pass through the Delta. It also the hub of California's two largest surface water delivery projects, the State Water Project and the federal Central Valley Project. The Delta provides a portion of the drinking water for 27 million Californians and irrigation water for large portions of the state's \$50 billion agricultural industry.

The Delta is formed by the Sacramento River flowing south to meet the north-flowing San Joaquin River just south of Sacramento, where the rivers mingle with smaller tributaries and tidal flows. The rivers' combined freshwater flows through the Carquinez Strait, a narrow break in the Coast Range, and into San Francisco Bay's northern arm, forming the Bay Delta. Suisun Marsh and adjoining bays are the brackish transition between fresh and salt water. But the location of that transition is not fixed.

Fed by runoff from the northern Sierra Nevada and southern Cascades mountain ranges, the Delta is a 700-mile maze of sloughs and waterways surrounding more than 60 leveed tracts and islands and covers more than 738,000 acres in five counties.

In spite of the fact that over the years 95% of the wetlands here have been lost due to human development



there are large numbers of birds that live and winter in the area.

Beside the Sandhill Crane there can also be found in the Delta Tundra Swans, Snow Geese, Ross's Geese, Greater White-fronted Geese, Prairie Falcon, Ferruginous Hawk, Peregrine Falcon, Great Horned Owl, Wood Duck, Bald Eagle, Gadwall, American Wigeon, Green-winged Teal, Northern Shoveler, Northern Pintail, Ring-necked Duck, Bufflehead and Ruddy Duck, among others.

Some locations to find the birds are:

- Cosumnes River Preserve, [Visitor Center/Hours - Cosumnes River Preserve](#)
Sandhill Cranes, and other waterfowl.
- Colusa National Wildlife Refuge, [Colusa National Wildlife Refuge | U.S. Fish & Wildlife Service](#)
Tundra Swans, Snow, Ross's and Greater White-fronted Geese, along with Gadwall, American Wigeon, Green-winged Teal, Northern Shoveler, Northern Pintail, Ring-necked Duck, Bufflehead and Ruddy Duck.
- Gray Lodge Wildlife Area, [wildlife.ca.gov/Lands/Places-to-Visit/Gray-Lodge-WA](#)
Snow Geese, as well as the greatest concentration of Ross's Geese in the United States, are found here along with Greater White-fronted Geese and Canada Geese.
- Woodbridge Ecological Reserve (Isenberg Crane Preserve, [wildlife.ca.gov/Lands/Places-to-Visit/Woodbridge-ER](#)
Sandhill Cranes, and other waterfowl
- Staten Island Preserve, [lodisandhillcrane.org/venue/staten-island/](#)
Sandhill Cranes, Tundra Swans, and other water fowl and shorebirds.
More information on these locations and others can be found at: [www.sacramentoaudubon.org/winter](#)

Book Corner



Some books that you may find enjoyable if you have not already:

- *Lost Among the Birds* by Neil Hayward—The author started his "Big Year" as a distraction but ended up breaking the ABA Big Year record.
- *The Penguin Lessons* by Tom Mitchell—The author rescues a baby penguin covered in oil from a spill on the beaches of Uraquay.
- *Crow Talk* by Eileen Garvin—A novel that interweaves a tale of crows with two women's family histories and their individual lives. A great story for the lady birders out there.

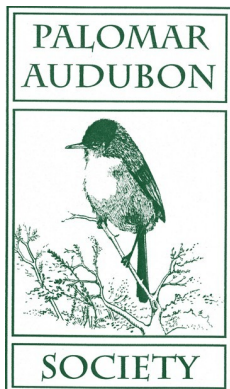
FIELD TRIP CHECKLIST

- ◆ 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

November-December, 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

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Note: Members may contact any of the PAS Officers or Directors at the email address below.

Web Page <http://www.palomaraudubon.org>
palomaraudubon@gmail.com

BOARD OF DIRECTORS MEETING

Saturday, November 15th at 12:00 PM

At the Living Way Church

13609 Twin Peaks Road

Poway, 92064

QUICK CALENDAR

November	1	Ramona Grasslands County Preserve & Rangeland Road Walk
November	8	Daily Mart Ponds/Tijuana River Valley Walk
November	15	Lindo Lake Walk
November	15	Board Meeting (see above)
November	22	Bolsa Chica Ecological Reserve & Huntington Central Park Walks
November	30	(Sunday) San Jacinto Wildlife Area Walk
December	6	Borrogo Springs Walk
December	13	Lake Wohlford Walk
December	20	San Elijo Lagoon Walk
December	27	Escondido Christmas Bird Count
January	3	Lindo Lake Walk