Band Tales

Palomar Audubon Society
A Chapter of the
NATIONAL AUDUBON SOCIETY

Volume XL1I
No. 1

January-February
2026

Editor
Jack Peterson

PAS MONTHLY PROGRAMS (Are Back Again For The New Year)

*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.*

Mark your Calendars! Don't miss these interesting Presentations!

Thursday January 22, 6:30 pm
Rustom Jamadar
Birds and Wildlife of the Masai Mara

In September 2025, Rustom visited the Masai Mara Game Reserve in Kenya and he is happy to share the adventure with PAS. In the past, our longtime PAS member has made several presentations on his visits to India, but this presentation will be on a different continent with different birds and animals. Join us for an armchair visit to East Africa. Pictured are the White Stork and the Sacred Ibis.

Thursday February 26, 6:30 pm
Neil Solomon
Birds of Peru (a sampling)

With habitats ranging from the rain forests of the Amazon to the high elevations of the Andes, Peru is home to more than 1800 bird species.

In this presentation, you will see examples of some of the species to be found in the northern mountains and along the arid coast south of Lima.

Neil Solomon is a long time resident of San Diego who has been traveling to photograph birds since 2001. In recent years his travels have taken him mostly to Central and South America. Although his photography emphasis has been primarily hummingbirds, no bird encountered is ever ignored. Pictured are the Rufous-crested Coquette and Marvelous Spatuletail.

Inside this Band Tales

A Bird's Eye View

Beth Pearson, President

Annual Christmas Bird Count

Dear Palomar Audubon Society members,

The Palomar Audubon Society was once again, on December 27th, 2025, pleased to participate in the annual Christmas Bird Count, one of the oldest and most respected community science efforts in the world. Now in its 125th year, the Christmas Bird Count (CBC) has grown from a small group of bird observers in 1900 into a continent-wide project that provides essential long-term data about bird populations.

For many years, our members have contributed to this important effort by surveying local habitats, recording species, and helping ensure that our region's birds are represented in this historic dataset. The information gathered during the CBC is used by researchers, conservation groups, and land managers to understand changes in bird numbers, identify species at risk, and track the effects of climate and habitat shifts over time.

The value of the CBC goes beyond data. It brings people together. Each December, volunteers of all experience levels come out to join teams across the county. New birders learn from more experienced ones, friendships form, and participants enjoy the simple pleasure of spending a winter morning outdoors with others who appreciate the natural world. This sense of shared purpose is part of what makes the CBC such a meaningful tradition.

We are grateful to everyone who has taken part over the years and to those who joined us this season. Your time, your attention, and your dedication make a real difference. Whether you identify dozens of species or simply keep careful watch over your backyard feeders, every observation matters.

Palomar Audubon Society celebrates our participants each year by hosting a post-count picnic where we celebrate the effort with our birding friends. Thank you for helping support a tradition that strengthens both science and our community.

Elizabeth Pearson
Professor of Biology
Palomar College

REMINDER:
DEADLINE FOR THE
MARCH –APRIL ISSUE IS FEB. 15.
SUBMIT COPY TO:
Jack Peterson at jackdpete@gmail.com

Conservation Notes

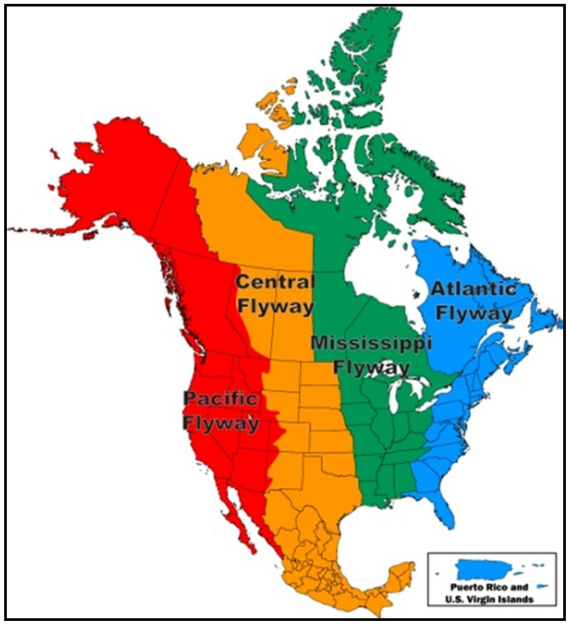
Mary Jo Hayes

NORTH AMERICAN FLYWAYS

It is estimated that over 4 billion birds migrate in North America during the fall and a million or so less during the spring. Around 450-500 bird species complete this annual cycle between their breeding and wintering grounds.

North American birds generally navigate four regular routes which have been referred to as "avian superhighways".

Route	Region
Atlantic Flyway	Greenland to the Caribbean and South America
Mississippi Flyway	Canada's Hudson Bay to the Gulf Coast
Central Flyway	Canadian prairies to the Gulf of Mexico
Pacific Flyway	Alaska to Patagonia



Reference: U.S. Fish and Wildlife Service

Flyways are described by broad and generalized boundaries. They do not adhere to strict, narrow definitions, but basically run north to south and span the entire North American continent. There is much overlap especially in Canada and the U.S.

Introduction to North America's four basic migratory routes:

Atlantic Flyway

A guiding landmark along this flyway is the Atlantic Ocean's coastline which attracts a particularly dense

concentration of shorebirds and waterfowl. Seventeen U.S. states, within this eastern flyway, offer needed sources of food, water, and shelter throughout the entire length.

Statistics vary, but more than 300 bird species use this flyway to winter in the Caribbean or South America before migrating north in the spring. Spring migration along this flyway is briefer but more intense than fall migration, as birds are eager to return to their breeding grounds to find mates and establish territories and nests.

A few of the major migration corridors along the Atlantic Flyway include:

- Florida Peninsula
- Appalachian Mountains
- Coastlines of the Delmarva Peninsula and New Jersey Hudson River Valley

Mississippi Flyway

The Mississippi River provides a natural navigational landmark and there is a rich corridor of diverse habitats, including wetlands, forests, and agricultural lands along this path.

The flyway is roughly bounded by the Appalachian Mountains to the east and the Missouri River to the west. It is known for lacking mountains or other blocking elements through its interior. It offers good sources of food, water, and shelter across its length.

Mississippi Flyway is used by many species of ducks, geese, and other shore and water birds due to the abundance of rivers, lakes, and wetlands. Many other kinds of migrating birds take advantage of the forests and riparian habitats.

Major migration routes and habitats in the Mississippi Flyway include:

- Mississippi River Delta
- Mississippi Alluvial Valley
- Upper Mississippi River and Illinois River
- Missouri River
- Western Great Lakes

Central Flyway

Starting from central Canada and following the Great Plains throughout the U.S., the Central Flyway is another major bird migration route. It merges with the Mississippi Flyway between Missouri and the Gulf of Mexico and ends in South America; although, most birds end their journey around the Gulf of Mexico.

Over 350 bird species use the Central Flyway during winter and spring migration. It is particularly important for waterfowl, with more than 50% of North America's migratory fowl using this route. Many grassland bird species also follow the Central Flyway each year.
A few of the key Central Flyway migration stops include:

- Playa lakes of the Southern High Plains
- Rainwater Basin wetlands of Nebraska
- Eastern prairie provinces of Canada

Pacific Flyway

The Pacific Flyway is a migration corridor approximately 5000 miles long and follows the western coast of North America, bounded by the Rocky Mountains to the east and the Pacific Ocean to the west. It provides a diverse range of habitats from coastal wetlands and estuaries to forests and inland lakes.

Millions of migratory birds, including shorebirds, waterfowl, raptors, and songbirds, use the Pacific Flyway. The most important waterfowl wintering area along this route is the Central Valley, which supports about 60% of the total migratory bird population.

Some vital stopover habitats in the Pacific Flyway include:

- Coastal areas and estuaries
- Klamath Basin marshes
- San Francisco Bay
  Central Valley of California

A few key habitats in the San Diego area:

- Tijuana River Estuary
- San Elijo Lagoon
- Batiquitos Lagoon
- San Diego Bay National Wildlife Refuge
  Point Loma Peninsula

Major Threats to Flyways:
Migratory birds face a number of threats along flyways that can reduce survivorship and populations. Some major hazards include:

- Wetland loss and degradation (agriculture, development, water diversion)
- Climate change altering water availability and timing of migrations
- Pollution (agricultural runoff, microplastics, oil spills)
- Disturbance from human recreation and urban expansion
- Invasive species affecting food availability and habitat structure
- Barriers to movement such as wind turbines, power lines, communication towers and other human infrastructures can disrupt migration routes and be deadly collision hazards.

The four major flyways across the United States (Atlantic, Mississippi, Central, and Pacific) provide vital migration corridors for hundreds of bird species traveling between their breeding and wintering grounds. These routes concentrate birds and funnel them through strategic stopover habitats where they can rest and refuel during their long journeys.

Conservation efforts focused on preserving and restoring wetlands, grasslands, coastal areas and other habitats along flyways will help support the many migratory bird species dependent on these migration highways. Protecting shorebird breeding and roosting areas is also vital for populations. Birds will also benefit from deliberate and intentional regional planning to balance development with ecological preservation. Protecting habitats across borders and taking coordinated conservation action across the full length of each flyway is key to sustain migratory birds into the future.

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
January– February 2026

Saturday, January 3, 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.

Leader: Beth Pearson 760-716-6675

Saturday, January 10, 8:00 am

Tijuana Estuary

Imperial Beach

(1349-F1) Rating: 2

Travel south on I-5 from San Diego and exit west on Coronado Avenue, which becomes Imperial Beach Blvd. Continue west and turn left on 3rd Street to Caspian Way, turn left again and then turn right into the Tijuana Estuary Visitor Center parking lot.

Leader: Jim Beckman 858-205-2819

Saturday, January 17, 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: Beth Pearson 760-716-6675

Saturday, January24, 8:00 am.

Batiquitos Lagoon

Carlsbad

(1127-A7) Rating: 1-2

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

Leaders: Gerry & Linda Baade 858-675-9875/858-231-9500

Saturday January 31, 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 location is always a good spot to view many species of waterfowl and shorebirds.

Leader:Steve Ellis 619-380-3981

Saturday, February 7, 8:00 am.

San Jacinto Wildlife Area

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. Exit at the Ramona Expressway right (east). Continue east on the Ramona Expressway to Lakeview (a small town) At the stoplight, turn left (north) on Davis Road. Proceed on the asphalt and the rough gravel road for two 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

Saturday, February 14, 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 southeast 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 Dos Picos Park Road ½ mile to the park entrance on the left. There is a San Diego County Park parking fee, but free with a County senior pass.

Leader: Steve Ellis 619-380-3981

Saturday, February 21, 8:00 am.

Santee Lakes

(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 $7.

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 760-743-1052

Saturday, February 28, 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. **Proceed to the Sanctuary on the dirt road. Disregard the "No Trespassing" Signs. Park at the parking area next to the caretaker's house overlooking the lake.**
Leader: Denise Riddle 760-815-6321

Saturday, March 7, 8:00 am.
San Joaquin Marsh Wildlife Sanctuary
5 Riparian View, Irvine, CA 92612
(Thomas Guide to Orange County, page 859 J-7)

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 Marsh Wildlife Sanctuary. (There is a dark green sign by the turnoff, identifying this as the route into the San Joaquin Marsh 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 Marsh Wildlife Sanctuary and many trails for us to explore. Allow 50 min. from Oceanside.
NOTE: The leader for this field trip will be Jennifer Falconer, who lives close-by, and frequently birds at this location.
Leader: Jennifer Falconer 949-278-1630

Group Picture Borrego Springs 12/6/25

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

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: _____

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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

Beyond the Close-Up, Bird Photography as a Narrative

For many birders, the first instinct with a camera is to capture a crisp close-up—an image that clearly shows the field marks needed for identification. These shots are valuable, especially for confirming rare sightings, but bird photography can be so much more. Through experimentation, and especially by including the surrounding habitat, photographers can create images that express the wonder of the birding world and tell compelling stories.

Inclusion of the Surrounding Environment

A bird framed by its habitat conveys not only what the species looks like, but how and where it lives. Rather than zooming tightly on the bird or cropping out the landscape, adjust the composition to include the environment. This transforms a simple close-up into a narrative about adaptation and place. The included examples illustrate how a wider perspective can enrich the story.

Urban Adaptation (Image No. 1)

Canada Geese flying against a city backdrop illustrate how birds adjust to urban environments. The contrast of wildlife in motion with human structures highlights adaptability and coexistence.

Strategies for Survival (Image No. 2)

Common Eiders with their young in Maine face turbulent waters, their survival strengthened by communal care. Including the landscape in the photo reveals their story of resilience and strategies for survival in harsh coastal habitats.

Feeding Strategies (Image No. 3)

Widening the field of view, one can capture motion as part of the story. In this photo of a Snowy Egret, the frame reveals one of its many feeding behaviors.

Conclusion:

Bird photography is more than documentation, it is narrative. By including the surrounding environment, photographers reveal how birds live, adapt, and survive in changing landscapes, reminding us that every bird is part of a larger story. Capturing habitat alongside the subject transforms a simple photo into a portrait of resilience, coexistence and the enduring connection between wildlife and place.

SPECIES PROFILE
Townsend's Warbler
Tsaiwei OLEE

Key Features for Field Recognition:

Bold yellow faces contrast with black masks, yellow extends to the upper breast, and the remaining underpart is white. Black throat on male, not female. The female has a similar overall pattern, but it looks faded compared to the male. The back is olive green, and there are black streaks on both sides of the breast.

Similar Species:

Blackburnian Warbler, Black-throated Green Warbler, Hermit Warbler

When autumn arrives around September, so do the winter migratory birds. Soon, the air seems to be filled with the constant chirping of our most abundant winter warbler: the Yellow-rumped Warbler. I walked in Kit Carson Park, raised my head, and looked up into the layered tree leaves, trying to spot the source of the chirping sound, and I saw warblers, most of them Yellow-rumped, hopping and flying inside those tree branches, foraging for insects. But sometimes I lucked out: a warbler with a striking contrast of bright yellow and black could pop into view. I saw a Townsend's Warbler. Townsend's Warblers breed in mature coniferous and mixed forests in the Pacific Northwest, and they tend to stay high up in the canopy. But when they winter here, they are not as choosy; one can find them in any woody habitat, including the low-growth shrubs. The wintering range extends from California to Mexico and Central America.

Identifying warblers can be a challenge. I listed 3 species above that are similar to Townsend's. Hermit Warbler has a yellow face without the dark cheek patch, and its breast is white. Townsend's and Hermit share a similar geographical distribution. In their overlapped breeding area of Washington and Oregon states, it's not uncommon to find the interbreeding and backcrosses of these two species, which generate different combinations of facial patterns of darkness with or without a yellow breast. Both Black-throated Green and Blackburnian Warblers breed and winter in the eastern part of North America; their range mostly does not overlap with the Townsend's. Additionally, Black-throated Green warbler has less black on the face, and wears an olive crown, while Blackburnian male has an orange throat, instead of yellow, and the female has a white breast, compared to Townsend's more extensive yellow on the breast.

The main diet of Townsend's Warbler is insects; the photo on the left shows a good catch by this lucky Townsend's. It typically gleans insects from clumps of conifer foliage and leaf surfaces and sometimes may take insects from the air. There's a report showing that in Chiapas, Mexico, migrating Townsend's Warbler feed on honeydew secreted by the scale insects.

The conservation status of Townsend's Warbler is Least Concern. Based on the Christmas Bird Count data, Townsend's numbers are higher in recent years in San Diego County, compared to those in the 1960s. According to the San Diego Bird Atlas, the rising numbers were attributed to the increased area landscaped with conifers and white alder trees preferred by wintering Townsend's Warblers.

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

Joyce Andrews, Thomas & Denise Boran, Judith Doebke, Harold Dunn, Mark Edstrom
Matt Gilsdorf, Alison Hiers, Paul Jeffs, Jack & Connie Lee,
Jen-Jen Lin, Andrea Marino, Dorothy Marron, Dawn Nowlin
Beth Pearson, Richard & Marilyn Schmitz, Dana Seaton, Steven & Janet Shields, Gail Smith, Toni Starke
Ron Wilson, Tzung-Horng Yang, Perron Yang

The National Wildlife Refuges of California

California is home to a diverse network of over 34 National Wildlife. Refuges and associate area managed by the U.S. Fish and Wildlife Service, created to conserve and restore habitats for the benefit of fish, wildlife, and plants. The refuges protect critical ecosystems, especially along the Pacific Flyway, a major route for migratory birds. They are:

Antioch Dunes National Wildlife Refuge
Bitter Creek National Wildlife Refuge
Blue Ridge National Wildlife Refuge
Butte Sink National Wildlife Refuge
Butte Sink Wildlife Management Area
Castle Rock National Wildlife Refuge
Clear Lake National Wildlife Refuge
Coachella Valley National Wildlife Refuge
Colusa National Wildlife Refuge
Delevan National Wildlife Refuge
Don Edwards San Francisco Bay National Wildlife Refuge
Ellicott Slough National Wildlife Refuge
Farallon National Wildlife Refuge
Guadalupe-Nipomo Dunes National Wildlife Refuge
Hopper Mountain National Wildlife Refuge
Humboldt Bay National Wildlife Refuge
Grasslands Wildlife Management Area
Kern National Wildlife Refuge
Lanphere Dunes
Lower Klamath National Wildlife Refuge
Marin Islands National Wildlife Refuge
Merced National Wildlife Refuge
Modoc National Wildlife Refuge
North Central Valley Wildlife Management Area
Pixley National Wildlife Refuge
Sacramento National Wildlife Refuge Complex
Sacramento National Wildlife Refuge
Sacramento River National Wildlife Refuge
Salinas River National Wildlife Refuge
San Diego Bay National Wildlife Refuge
San Diego National Wildlife Refuge
San Joaquin River National Wildlife Refuge
San Luis National Wildlife Refuge
San Pablo Bay National Wildlife Refuge
Seal Beach National Wildlife Refuge
Sonny Bono Salton Sea National Wildlife Refuge
Stone Lakes National Wildlife Refuge
Sutter National Wildlife Refuge
Tijuana Slough National Wildlife Refuge
Tule Lake National Wildlife Refuge
Willow Creek-Lurline Wildlife Management Area

Lower Klamath National Wildlife Area

San Luis National Wildlife Refuge

San Diego Bay National Wildlife Refuge

Bitter Creek National Wildlife Refuge

Species Spotlight: Harris Hawk

Location: Breeds from the southwestern United States down to Chile, central Argentina, and Brazil.
Size: Relative size is larger than a Cooper's Hawk and smaller than a Golden Eagle. Females weigh nearly twice as much as males.
Wingspan (both sexes): 40.5-46.9 inches.
Color Pattern: They are dark brown with reddish brown feathers on the wings and thighs. The tail is mostly dark with a white band and terminal band. Immature birds show patches of white on the belly and wings.
Behavior: They hunt and travel in groups and perch on telephone poles, cactus, posts and other features that offer a view of their surroundings,
Habitat: Semi-open desert lowlands. They also frequent urban and suburban areas.

Bird Trivia

1. Released in 2019, what board game by Elizabeth Hargrave, whose goal is to populate a wildlife refuge with a flourishing array of birds, exploded in popularity during the covid lockdowns of 2020?
2. The official state bird of Georgia was the mascot for what Atlanta NHL hockey team that played from 1999 until 2011?
3. In the biblical story of the great flood, Noah sent out two birds of different types from the Ark post-flood. Which two types of birds were they?
4. Which bird species has the scientific name pica pica? The eating disorder pica, the consumption of inedible objects, also gets it name from this bird's large and indiscriminate appetite?
5. The African grey variety of what tropical bird will help each other find food?

Answers: 1. Wingspan, 2. Thrashers, 3. Dove and Raven, 4. Magpie, 5. Parrot

Book Corner

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

- Flight of the Godwit by Bruce M. Beehler—A personal narrative by ornithologist Beehler as he travels across North America during the Covid years tracking the migration routes of seven shorebirds, including his favorite the Godwit.
- Bird City: Adventures in New Yorks Urban Wilds by Ryan Goldberg-Goldberg writes about his birding experience in New York City's five boroughs.

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January-February, 2026

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
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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, January 17th at 12:00 PM
Location: To be determined and will be posted on the PAS website

Quick Calendar

January	**3**	**Lindo Lake Walk**
January	**10**	**Tijuana Estuary Walk**
January	**17**	**Dixon Lake Walk**
January	**17**	**Board Meeting (see above)**
January	**24**	**Batiquitos Lagoon Walk**
January	**31**	**San Elijo Lagoon Walk**
February	**7**	**San Jacinto Wildlife Area Drive/Walk**
February	**14**	**Dos Picos County Park & Rangeland Road Walk**
February	**21**	**Santee Lakes Walk**
February	**28**	**Whelan Lake Bird Sanctuary Walk**
March	**7**	**San Joaquin Marsh Wildlife Sanctuary Walk**