

PAS Wraps Up 2022 With Another Thrilling Christmas Bird Count

E ach year between December 14th and January 5th about 2,100 Christmas Bird Counts take place; most of them in North America. Our Pasadena count is traditionally held on the first Saturday of the count period.

Thus in 2022, December 17th arrived with near perfect weather for the CBC. Temperatures were cool but not cold and skies were partly cloudy; just about perfect. Dozens of birders took to the field to count their respective areas and see what birds they could find.

As usual, we covered all our regular count locations, emphasizing habitat diversity and the most productive areas within the fifteen-mile diameter count circle. Though there is a great diversity of habitats in the circle, the San Gabriel River continues to be one of the most productive count locations, recording a high diversity of birds and a handful of species not found anywhere else. Regardless, it takes every count area to produce the results we are looking for.

Here is a look at what birds of note were seen on the 2022 count.

continued on page 3



year in a row. It may be the same bird as in this photograph from January of 2022. © Jon Fisher

PRESIDENT'S PERCH

F irst of all, I would like to thank all our members and supporters for their contribution to our end of year campaign. PAS are a growing organization and reliant on your support to keep our slate of programs running, and I was bowled over by the generosity of members' support at years end.

As wintry as it may feel as I'm writing this, spring migration is already underway for several of Southern California's bird species. Winging their way north even in January are one of our earliest northbound migrants: Allen's Hummingbirds. The migratory subspecies, that winters south to Mexico City, are heading to their breeding grounds. Only a couple of decades ago these migrants were the only Allen's that we saw in Pasadena. Now with the expansion in range of the "sedentary" island subspecies we get to enjoy them yearround. Expect Rufous to arrive in February and Black-chinned in March and if you get lucky, perhaps a Calliope in April. So I'm keeping my feeders full, my native plants blooming, and my little solar bird bath splashing.

Up in the mountains Mountain Quail are starting to get frisky. Males sing, or squawk at least, and this makes them much easier to find. This is prime time to both see and hear these stunning but elusive quail in the mountains around us. Barley Flats Road is something of a Mecca for these hard to spot birds. Last year we led our first field trip targeting this cagey bird and I hope this year's trip will be equally successful at finding this most elusive quarry.

As a raptor fan the mass migration of raptors is one of my favorite birding phenomena. In February and March Swainson's Hawks start to return to Southern California and perhaps the most scenic location to go see them is the Anza Borrego Hawkwatch in Borrego Springs. Many of our local Swainson's have wintered in Mexico, but others head all the way to South America. You can also see them at Bear Divide, where the migrant action will begin to heat up as we get into late March.

The monthly parrot roost field trips have been incredibly popular and with good reason, the parrot show is always extraordinary. As we get into February the parrot roosts begin to break up as the birds start to pair up for the coming breeding season. If you want to catch what must rate as one of Southern California's most spectacular bird phenomenon, you're going to have get out to the roosts soon or wait until August or September. We'll have one more roost field trip in February, so keep your eyes open for that.

My favorite February and March birding spots from near to far: My feeders and pollinator garden for hummingbirds, Temple City parrot roosts (seemingly the most productive this year), Barley Flats Road (for Mountain Quail and the first signs of spring migration) and Anza Borrego (Hawks and desert wildflowers).

MONTHLY CHAPTER MEETINGS: UPCOMING PROGRAMS

Flight Paths: How a Passionate and **Quirky Group of Pioneering** Scientists Solved the Mystery of Bird Migration February 15th, 7:00 pm to 8:30 pm **Rebecca Heisman**

Note: This is a Zoom meeting only

Did you know that one of the first ways to measure bird migration was counting the silhouettes of birds as they passed in front of the full moon? Or that scientists today can tell roughly where a bird spent the winter by analyzing the ratios of hydrogen, carbon, and sulfur isotopes in its feathers? Nature writer Rebecca Heisman tells the amazing true story of how scientists have been slowly unraveling the mysteries of bird migration.

Rebecca Heisman is a science writer based in Walla Walla, WA. She has contributed to publications including Audubon and Living Bird (The Cornell Laboratory of Ornithology magazine), and from 2015 to 2020 she worked for the American Ornithological Society, North America's largest professional society for bird scientists. *Flight Paths*, her first book, will be published by HarperCollins next month.



THE GREAT BACKYARD BIRD COUNT February 17th-20th

Do you have the post-Christmas Bird Count blues? Well, we've got the cure! Another global citizen science project, The Great Backyard Bird Count, takes place this month! Bird your local patch for at least fifteen minutes over the President's Day weekend and submit your observations, through the Merlin Bird ID app or through ebird, to the Cornell Laboratory of Ornithology. Count wherever you happen to be: You can do it anywhere! Visit birdcount.org for more details.

The Power of MOTUS March 15th, 7:00 pm to 8:30 pm **Adam Smith** Note: This is a Zoom meeting only

The Motus system -- tiny transmitters attached to migrating birds combined with a series of tracking stations that detect the birds as they fly past -- has revolutionized our knowledge of bird migration. Join Adam Smith, the American Bird Conservancy's newly appointed Motus director, for a look at what Motus has taught us about birds.

Adam Smith is US Motus Director at the American Bird Conservancy. In his career he's banded thousands of migratory birds at multiple stopover locations across the US. He has worked as a biologist for the Kentucky Department of Fish & Wildlife Resources, and served as a quantitative ecologist with the United States Fish & Wildlife Service.

Upcoming PAS Board Meetings

February 8th, March 8th, April 12th

The PAS Board meets 7:00 pm-8:30 pm on the second Wednesday of the month, between September and June. Contact Lois Brunet at LoisB.PAS@gmail.com if you would like the Zoom link to attend.

The Many Identities of John James Audubon April 19th, 7:00 pm to 8:30 pm **Professor Gregory Nobles** (Zoom vs. in-person TBD)

As you undoubtably know, Pasadena Audubon and other Audubon societies all around the country are named after 19th century artist John James Audubon, whose stunning portraits of North American birds have inspired millions to enjoy and help protect birds and bird habitat. But how much do you know about Audubon himself? Audubon's life story is both fascinating and controversial. Join us as a leading Audubon scholar separates our namesake's legend from the reality.



Detail from Audubon's American Redstart Plate

Gregory Nobles is Professor Emeritus of history at Georgia Tech University, and author of John James Audubon: The Nature of the American Woodsman. Dr. Nobles is an expert in Early American history and environmental history, and is the recipient of numerous academic honors, including being named Distinguished Scholar in Residence at the Huntington Library.

CONSERVATION

On the Rehabilitation of Birds

he specialized Veterinarians and non-profit organizations who care for distressed wild birds have various reasons for rehabilitating them, but primarily it's due to their compassion. While there once was some controversy between population ornithologists and birders regarding the funds designated to rehabilitating individual birds, the public views these funds to be well spent and responds to donation requests.

Bird rehabilitation facilities are closely licensed to specific types of birds - aquatic birds, raptors, songbirds, hummingbirds, etc. The California Department of Fish and Wildlife and the United States Department of Fish and Wildlife regulate the facilities including their ability to confine and care for the birds in an appropriate, safe environment.

The rescue and transport of wild birds is unaffordable with the tight budgets of wildlife veterinarians and their uniquely trained staff. The public can do this with advice from experts, or local Departments of Animal Control can rescue and transport them to the appropriate rehabilitating facility as a part of their mission to care for animals in distress.

CHRISTMAS BIRD COUNT (CONTINUED)

Two Snow Geese were at Peck Road Water Conservation Park and one was along the San Gabriel River at Walnut Creek. A Cackling Goose was at Lincoln Park and a Greater Whitefronted Goose was at Belvedere Park Lake. Often difficult to find on the count was a Canvasback at Peck Road Water Conservation Park.

Allen's Hummingbirds came close to outnumbering Anna's Hummingbirds, with 103 and 135 respectively. The range expansion of Allen's (the non-migratory subspecies *sedentarius*) has been remarkable in recent decades. Historically they were confined to the Channel Islands and



Palos Verdes Peninsula.

Irregularly recorded on the count were two Soras, one along San Jose Creek and one at Legg Lake. A lack of suitable marsh habitat is the main reason for their scarcity in the count circle.

Three Neotropic Cormorants were found on count day, one along the San Gabriel River and two at Legg Lake. Reports of this species continue to increase in the region; their range expansion

primarily driven by climate change.

only Hammond's Flycatcher looks

sheepishly in Mickey Long's direction.

Presumably resident but usually difficult to find was a Least Bittern at Legg Lake on count day. Remarkably, only one Green Heron (a relatively common species) was recorded on the entire count.

Rarely recorded was a Bald Eagle spotted by observers at both Legg Lake and in Monrovia. A Northern Harrier was at Santa Fe Dam, the most reliable location for this species in the count circle.

Ferruginous Hawks were seen at Eaton Canyon and at Hahamongna Watershed Park; it's likely these two reports involved the same individual. Zone-tailed Hawks included a continuing bird in Monrovia and another at San Jose Creek.

In Pasadena, a Long-eared Owl returning for its second winter was recorded on count day. Twenty-five Great Horned Owls and four Western Screech-Owls were also found.

Unusual for the count were Williamson's Sapsuckers at Henninger Flats and at Kiwanis Grand Ave. Park in Monrovia. There is some down-slope movement in this species in fall and winter, but only rarely do they reach the lowlands. Also of note was a Red-naped Sapsucker at Lacy Park.

Nine Merlins were found as were five Peregrine Falcons. Both species have seen a remarkable and welcome population

increase following the banning of DDT in the 1970s.

The presence and increase of non-native birds have long been a significant aspect of the Pasadena CBC. In fact, fifteen such species were recorded on the 2022 count. Parrots were established in the San Gabriel Valley by the 1970s, but their number and diversity have increased since then. This year we recorded seven species, including hundreds of Red-crowned Parrots. Their habit of traveling widely and in different directions makes accurate counts problematic.

Empidonax flycatchers, always rare in winter, included a Hammond's Flycatcher at Legg Lake and a continuing Pacific-slope Flycatcher at Hahamongna Watershed Park.

A lone Loggerhead Shrike, increasingly difficult to find on the coastal slope, was found in the Whittier Narrows area. Double-digit counts of this species were common a few decades ago, though the reasons for their decline have yet to be determined.

Three Tree Swallows were the only members of their family found on count day, but a Barn Swallow was added for count week.

Also rare on the count was a California Gnatcatcher spotted along the Rio Hondo in South El Monte. There is a small population in the Montebello Hills, but that habitat is in peril due to development. A count week Golden-crowned Kinglet was also added to the list.

Six Mountain Bluebirds were at Santa Fe Dam. Above average numbers have been present on the coastal slope this winter. Townsend's Solitaires, also present in greater than average numbers, were found at the Huntington Gardens and at Mt. Lowe Campground.

Two Vesper Sparrows were at Santa Fe Dam, the only place in



One of only two Tri-colored Blackbirds found on count day. Both were in the usual spot, Legg Lake. © Alton Pace

CHRISTMAS BIRD COUNT (CONTINUED)

the count circle where they are likely to be seen due to the suitable habitat there. A continuing White-throated Sparrow was seen in Monrovia, one of dozens in the county this fall and winter. A Swamp Sparrow was found during count week.

Legg Lake once hosted thirty to forty Tricolored Blackbirds each winter, but numbers have been declining and this year only two birds were found there. A Hooded Oriole was at the Huntington Gardens where they are regular in winter, though they are quite rare at this season in southern California.

The only unusual warbler was a good one; a Chestnut-sided Warbler at Peck Road Water Conservation Park. Only one each



Bird counts require birders. Deb Tammearu and Catherine Hamilton at Eaton Canyon. © Sean Doorly

of Yellow Warbler and Wilson's Warbler were found, although both are expected in small numbers in winter.

Wrapping things up were two Western Tanagers at the Huntington Gardens and a Summer Tanager at Johnson Lake in Pasadena.

What was our total species count for 2022? Remarkably, after a slow start based on count day reports, we ended up at 170, very respectable for an inland count and just a few off our count record of 174 in 2018. It should be noted that twenty-eight of those species were represented by a single individual. One wonders how close we came to missing any one or more of those birds, and how many other birds we just missed seeing?

Thanks go to Pasadena Audubon. Their continued sponsorship, support and promotion of the Pasadena CBC continues to make the count successful.

Another big thank-you to all the participants, both regular and new. The count could not happen without your efforts. The data you compile will be used by researchers and scientists now and in the years ahead. Anyone interested can view the results of past counts here-- https://www.audubon.org/ conservation/science/christmas-bird-count Looking ahead, the 2023 count will be held on December 16th. I am already looking forward to the results and what surprises may turn up.

Jon Fisher

CONSERVATION (CONTINUED)

When the bird arrives at a Center the initial process is to thoroughly evaluate the bird physically and through a small blood sample. The extensive examination includes looking at eyes, ears, cloaca, wings, legs, feet, toes and so on. X-rays are frequently used to identify broken bones and other injuries from window strikes, arrows, pellets, bullets and fish hooks. Avian diseases and poisoning may be detected through unusual behaviors and various responses to stimuli. If the bird is oiled, if only lightly, many other specialized processes are required. If surgery is necessary, it is done under anesthesia.

Medication and hydration are prescribed once the cause of distress is identified. Appropriate medications are administered to facilitate healing and pain relief. In cases of severe dehydration, fluids will be infused directly. Open wounds may be treated with "sugar honey" (granulated sugar and honey) protected with a tape that does not adhere to feathers. If the tape is removed, the poultice is harmless.

Birds are constrained by various types of caging and aviaries, and in the case of aquatic birds, appropriate pools and waterfowl habitats. Protections are also in place to avoid contact with outside birds and predators. While inside, good air circulation is required to prevent deadly aspergillosis, caused by a common mold, that effects the lungs and other internal organs. Food quality and quantity is of particular concern for healing and weight gain, and each species has a menu defined by the Vet. Food may be whole, pureed or mashed, and administered by tube feeding, force-feeding, or self-feeding.

Observation and release evaluation is both constant and prescribed at regular intervals to assure progress is being made. Each bird is individually considered each morning during "Rounds" to determine what must be done that day. Before release, a bird is given a steel Federal Band and perhaps a plastic band, then released at an appropriate location where conspecifics are present.

As described, all treatment and care is humanely and professionally performed with the goal of releasing a healthy bird back into the wild where it can thrive and reproduce. If at any point in the process that goal is determined to be unattainable, by a licensed veterinarian, by law the bird must humanely euthanized. There are exceptions for individuals, typically raptors, to be "Educational Birds", subject to separate regulations for housing and public display.

Should you have any questions, comments or wish to help in our conservation activities, please contact me at (818) 618-1652 or weeshoff@sbcglobal.net.

BIRDABILITY

Physical Challenges, Accessibility, and Staying Connected to the World of Birds

I remember my very first birding field trip. The year was 2013 and I had recently joined the Sacramento Audubon Society. The trip leader knew just how to make a beginner feel comfortable in a group of more experienced birders. It was the start of a new pastime for me. I loved going on these trips and learning more about birds.

After a while I started to have difficulty keeping up with the groups. It got to where I could walk only a short distance before having to stop and rest. In 2016, it became so difficult for me to keep up that I stopped signing up for field trips and began to volunteer in areas that didn't require physical exertion. I was still able to drive, so I started taking solo trips. My favorite spots were along the American River Parkway and other areas that had accessible pathways. I could walk at my own pace and rest as needed. I



Meet her half way: It's impossible to stop Gesna Clarke from birding (don't even try), but she would like your help advocating to improve birding access for the mobility challenged.

could take photos and experience the joys of birding without the guilt of slowing down a group.

These solo trips were a temporary distraction from a health condition which I would soon learn required open-heart surgery. As my condition worsened, I had to resign from my volunteer positions as chair of the education committee, outreach activities, and board membership.

In September of 2020 I had my open-heart surgery. The goal was to redirect blood flow from an anomalous coronary artery and in turn help improve my breathing and my physical stamina. But things weren't that simple. During my recuperation period, I suffered a stroke which impacted my cerebella—the region of my brain that controls balance. And just like that everything was different. I had to work toward being able to walk without being physically supported by another person. I was no longer able to drive. And ultimately, I was left with chronic vertigo and "stroke fatigue." The strong independence I had cherished throughout my life had been upended.

I was under 24-hour care for several months following the stroke and suffered several major falls in my home before I relocated to an independent living community with the support services I needed. Because of vertigo, I relied on dear friends to pick me up and go to accessible spots where I could sit and enjoy the sights and the sounds of local birds. This was my new reality, my new norm.

A few months before I relocated from Sacramento to Pasadena, a friend drove me to join my first birding trip for participants with mobility challenges. I enjoyed the excitement of being out with a group, but it was also challenging. I was using a rollator walker which made it difficult to walk and view birds simultaneously. And the walk was also tiring. The group leader (also mobility-challenged) had loaned his second motorized wheelchair to another participant, but strongly suggested that I use one in the future for a more comfortable and stress-free birding experience. This was a great idea, except for one dilemma: I no longer drove, so I had no reliable way to transport a motorized wheelchair. I would have to rely on possible sign-ups for loaners on trips designated for mobilitychallenged participants.

I'm still trying to sort this all out, but offer the following thoughts to anyone out there who may be grappling with similar issues:

Embrace Pasadena Audubon Society's Mission

"To bring the excitement of birds to our community through birding, education, and the conservation of bird habitats." Birding isn't limited to going on field trips. Birding is keeping your eyes and ears open, wherever you are. Pay attention. Stop, look, and listen. Enjoy!

Create Your Own Accessibility

It can happen in many ways. I go to my bedroom, sit in my recliner, and simply look outside my window. Hummingbirds of all varieties are feeding constantly and watching them is mesmerizing. I could sit there all day long, looking to spot the variety of hummingbirds that visit the feeders. Isn't this what bird watchers do? Meanwhile, I look up, and it's not unusual to see a Red-tailed or even a Swainson's Hawk resting at the top of a pine tree, soaking up the sun while preening. My enjoyment meter explodes! Simply put, it means thinking outside the conventional box of accessibility for a birder.

Accessibility is a two-way street

Agencies and Organizations like Pasadena Audubon Society should establish near term goals to provide transportation and campaign for access improvements at birding spots for people with mobility challenges. This will expand opportunity for people with mobility challenges to get involved in the world of birding. Birders with mobility challenges should keep their citizen scientist hats on: Report what we see, when we see it, and where we see it; take advantage of opportunities to enjoy and protect birds and their habitats; be advocates, change agents, and educators in our communities.

Although I'm still getting used to navigating birding excursions, I am loving living in Pasadena. I love all the birds I've been seeing, and I'm so excited to be a part of PAS. I'll see you out there.

A BIRD FROM AFAR

Birds Galore in Bengaluru

India. If the mention conjures mysticism, people everywhere, tigers and elephants, it is not wrong. But it is not right, either.

When my husband brought up the idea of a year-long sabbatical in his homeland, India, I had my reservations, not to mention trepidation and other concerns. I have visited India on a nearly yearly basis for the past 20 plus years. But, it is one thing to visit and stay for a few days, and another entirely different scenario to be residing in what many would consider a chaotic, unruly, and unpredictable environment. In fact, a good friend aptly labelled India the Land of Organized Chaos!

The planning took over a year, then we took the plunge. Fastforward and here we are, in the city of Bengaluru (formerly Bangalore) in the southern state of Karnataka. What made me agree to come, and in fact, motivated me? As readers of *Wrentit*, you cannot go wrong to guess it was the birds. And birds it was.

Per an article from February 2022 in a local newspaper, Bangalore Mirror, the campus of IISc is home to 112 species of trees belonging to 32 families. Many of these species are not native to this area, much less India. In fact, in its original state, the campus of IISc was not heavily vegetated but consisted of tropical throny scrub of the Deccan plateau, such as Ziziphus and Broom grasses (Centre for Ecological Sciences, IISc). Institute faculty who traveled all over the world brought back specimens that they liked, and these specimens flourished in a subtropical climate moderated by altitude (Bengaluru is about 3000 feet above sea level). Campus trees come from other parts of Asia and Southeast Asia, Australia, Africa, and some from as far as Central and South America. In 1983, the foresight of a researcher led to the creation of a mini forest populated with 500 saplings from 45 species found in the Western Ghats (the mountain range along the western coast of India). My birder friends have told me that the greatest avian diversity is found in this mini forest.



The Spotted Owlet (left) is my favorite bird species on campus right now. It is partial to a specific location where I have been able to see it everytime I go, almost as if it's curious and wants to people watch. One day there was an interesting interaction between the Spotted Owlet and a Rufous Treepie (second from left). They eyed each other suspiciously before the owl was chased off. Barbets, like this White-cheeked Barbet (third from left), are certainly masters of camouflage! I hear them all the time, but spotting them can be such a challenge. They do not usually stay long at a perch, and of course, their green feathers blend in so well with the foliage! A Shikra (right), whose name means "hunter". These are the Cooper's Hawks of India, though slightly larger. © Sok Tng

We are very lucky to reside on the beautiful and heavilywooded campus of the Indian Institute of Science (IISc) where my husband is visiting faculty. Bengaluru may ring a bell to many readers as the Silicon Valley of India. It is heavily urbanized with a human population of over 8 million. But the campus of IISc is a 450-acre haven for birds, for wildlife, and for birders! There are many parts of campus where the canopy is continuous, providing much needed shelter and a corridor for movement for birds and wildlife.

Birdlife International indicates 1210 species of birds can be found in India, of which 531 species can be found in the state of Karnataka (Jayadevan, Subramanya and Raj, 2016). In the 2014 Bengaluru Bird Count, 225 species were recorded in the City of Bengaluru. And at IISc? Two hundred species of birds have been recorded on the campus of IISc on eBird. Contrast this with the bird diversity of metropolitan Los Angeles at 541 across about 22 million acres. Why the huge species richness here?

The subtropical climate of this region means plenty of sunshine and rainfall, both critical elements for plant growth and success. I estimate that the forested portions of campus now have mango trees growing to heights of 50 to 60 ft at the canopy level. Migratory warblers, resident sunbirds, flycatchers, and crows frequent this stratum of the forest. During flowering season, orioles, drongos, and starlings are attracted to the silver oak trees at this stratum. I have also seen drongos and shikras stake out vantage points at the emergent level. At the subcanopy level, migratory species like the Brown-breasted Flycatcher hunt for bugs, and White-cheeked Barbets serenade all day long. Ziziphus shrubs attract thrushes, warblers, Forest Wagtail and Cinerous Tit. The undergrowth makes up the fourth stratum, attracting species such as the Coucal and Indian pitta that migrate through during the fall season.

THANK YOU TO OUR WONDERFUL DONORS!

What a tremendous show of support from our members at the close of 2022! Our year-end appeal raised over \$26,000! Look at all the people- and organizations- that chipped in.

CALIFORNIA CONDOR (\$2000-\$5000): The Georgina Fredrick Children's Foundation, Rose Hills Foundation

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Migratory species using the Central Asian Flyway come through campus. These are species migrating from as far north as Eurasia to south Asia. Each year, more than 300 species utilize this Flyway during their lifecycle for feeding, for reproduction, to escape the cold winters of northern Europe (Birdlife International). As an oasis in the highly urbanized city of Bengaluru, the campus of IISc provides critical habitat for refueling and resting as they migrate through. Not to mention the many species that call the campus of IISc home yearround.

Many faculty, staff and students of IISc are active birders and wildlife enthusiasts. Thanks to eBird I got in touch with one of the birders on campus even before moving here. Birds of a feather flock together, and I was introduced to another oncampus birder shortly after arrival. From there it was pure domino effect, and before I knew it, another fabulous birding community had embraced me.

Sok Tng

Note: The author would like to thank local naturalist Shubha Bhat for kindly reviewing an earlier version of this article and sharing her knowledge of flora and fauna on the IISc campus.

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8