



ROADRUNNER

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**General Meeting December 7
7:30 pm Western Foundation**

**“MORE BIRDS VOLUME III”
A video by Don DesJardin**

In the beginning there was “More Birds Volume I”, soon followed by “More Birds Volume II”. And now, after nearly a year of shooting and gathering up footage that wasn’t included in the previous “More Birds” series, “More Birds Volume III” is ready for the big screen. Volume III is 60 minutes of 60+ bird species, along with a few other creatures that occur in nature. Don indicated that he thinks this is his best “More Birds” to date. Some of the scenes include a very cooperative Greater Roadrunner, a very indifferent Lesser Nighthawk, lots and lots of sparrows, beautiful hummingbirds, and close-up and personal with two California Condor from Bitter Creek NWR (see photo). Birds featured are from Ventura County, Santa Barbara County, Carrizo Plain National Monument, and Cave Creek Ranch in SE Arizona. If you liked “More Birds Volume I & II”, you’ll especially love this one. This video is rated “GB” (Good Birds), and is suited for Audubon audiences that can’t get enough of them.

Don DesJardin has been part of the birding scene in Ventura County since 1989. During that time, he has spent countless hours capturing birds on both film and video. Although he has traveled to

many exotic lands around the world to see new birds and places, he always returns to what he calls his “local patch”, Ventura County.



Conservation Column

By Dee Lyon

Meat or Prius? Take your choice. The U.N. Food and Agriculture Organization found that livestock are responsible for eighteen percent of global greenhouse emissions - more than transport! Eight percent of our water goes to livestock.

There’s more to it than the greenhouse gases that livestock are producing; the United Nations found that thirty percent of land once home to wildlife is now occupied by livestock and seventy percent of deforested land is converted into pasture. The Amazon rain-forest is being cut down for cattle.

Continued on Page 2

CALENDAR

December

6	7:30 am	Field Trip	Hedrick Ranch
7	5:15 pm	Dinner	Pre meeting Dinner: Ottavio’s
7	7:30 pm	General Meeting	Western Foundation
10	9:00 am	Field Trip	Beginner’s Bird Walk
12	7:00 am	Field Trip	San Joaquin Wildlife Sanctuary and Bolsa Chica
20	8:00 am	Field Trip	Rancho Sierra Vista

***** Pre meeting Dinner ***
Ottavio’s in Camarillo at 5:15 pm**

Call **Nobuko McClure**
For reservations
24 hours in advance of the monthly
general meeting **(805) 482-0411**.

CVAS Events

Everyone is welcome to attend any CVAS meeting or field trip. CVAS assumes no responsibility for injuries, personal or otherwise, incurred while attending a society sponsored activity and will not be held liable for such accidents. One attends at one's own risk.

Board Meeting Notice

Board meetings are usually held on the third Monday of the month. (The December board meeting will not be held due to the holiday conflict.) All CVAS members are invited to attend monthly CVAS Board Meetings. Meetings start at 7:00 pm and are held in the home of a board member with meeting location varying monthly. Please contact CVAS Secretary, **Linda Reynolds** at **805-386-4062** or secretary@ConejoValleyAudubon.org for meeting location and directions.

Field Trips

The times specified are departure times – **be sure to arrive 15 min earlier**. Try to carpool whenever possible and don't forget to offer the driver gas money!
RAIN CANCELS!

Sunday, December 6 Hedrick Ranch

Meet at Las Posas Park & Ride at 7:30 am. This is a location we have not birded in a while. Trip will be canceled if we get rain within one week prior due to having to drive a dirt road. Leader is **Ron Bottorff** (805) 498-4323.

Thursday, December 10 Beginner's Bird Walk: Annual Pot Luck

Meet at 9:00 am at Camarillo Springs Park for Beginner's bird walk followed at 11:00 am by our annual pot luck. Bring your own utensils, plate, drink and one dish to share. Call **Angie Kobabe** (818) 991-4055 between 9 am and 9 pm if you have any questions. Rain cancels.

Saturday, December 12 San Joaquin Wildlife Sanctuary and Bolsa Chica

Meet at the Rancho Park & Ride at 7am to carpool down to Costa Mesa. SJWS is the home of the Sea and Sage Audubon and comprises 300 acres of restored wetlands as part of the Irvine Ranch Water District. Will then travel to Bolsa Chica for some shore birds. Bring a sack lunch and money for carpool drivers. Leader is **Dee Lyon** (805) 499-2165.

Sunday, December 20 Rancho Sierra Vista

Meet at the main parking lot at RSV at 8 am. Take the 101 to Wendy Drive in Newbury Park. Head south on Wendy to Lynn Road and turn right. Stay on Lynn past Reino. Lynn becomes Potrero. Entrance will be on left (south) side of Potrero.
Leader is Rich Congersky (805) 588-2297.

Conservation Column

By Dee Lyon

(Continued from Page 1)

The livestock industry is also the largest source of water pollution - livestock manure carries nitrogen, phosphorous, potassium, drug residues, heavy metals, bacteria and viruses into our creeks and off-shore waters causing antibiotic resistance and degradation of coral reefs.

That doesn't mean we all have to become vegetarians (though we would all probably be healthier), but it does tell us to cut down, right now, to once or twice a week at most.

Try veggie burgers; there are many recipes on line for meat replacements that we can at least try. Meat contains plentiful amounts of essential nutrients such as iron, zinc and vitamin B12, as well as protein, but those things are also found in dairy products, legumes, nuts, whole grains, seeds and vegetables. National Health and Medical Research Healthy Eating guidelines say that we eat 2 to 4 times as much meat as we need. This excessive meat intake has a detrimental effect on our health - studies have found that people who eat greater amounts of meat have on average a 30 percent increased risk of colorectal cancer compared with those who eat the least.

Experts say that vegetarians have a lower incidence of heart disease, lower blood pressure, lower incidence of stroke, lower incidence of bowel cancer, gallstones and type 2 diabetes. Eating locally grown produce also has a big impact on GHS (greenhouse gases). Food security will be a growing issue in the future. Try your farmer's markets; fresher food is a real treat. Let's be aware of the true cost of our food choices. Cutting down on meat consumption will lead us toward a sustainable food supply.

Christmas Bird Count

By David Pereksta

If you are looking for an easy way to contribute to understanding the status of wintering birds in North America, please join us for the National Audubon Society's 110th annual Christmas Bird Count (CBC) on **Sunday January 3, 2010**, and help cover the Conejo Valley Audubon Society's "Thousand Oaks" CBC circle.

This is our 35th CBC, and we're hoping to find a few more than last year's count of 183 species. That was good enough for 17th place for CBCs held north of the Mexican border (2,034 total CBCs). Highlights included a Eurasian Wigeon, Long-tailed Duck, two Black Scoters, two Common Goldeneyes, Reddish Egret, Bald Eagle, Sandhill Crane, Glaucous Gull, Burrowing Owl, and Red-breasted Nuthatch at Point Mugu (141 species there alone); a White-throated Sparrow at CSUCI; a Canvasback, two Golden Eagles, and Band-tailed Pigeon at Lake Sherwood; Vesper and Grasshopper Sparrows at Satwiwa; a Bullock's Oriole and Phainopepla in Thousand Oaks; and Sooty Shearwater, Pomarine and Parasitic Jaegers, Pigeon Guillemot, and Rhinoceros Auklet offshore. Notable misses were Wood Duck, White-winged Scoter, Osprey, Black Oystercatcher, Black and Ruddy Turnstones, Wandering Tattler, Vermilion Flycatcher, Horned Lark, and Pine Siskin. When all was said and done, we recorded over 49,400 individual birds!! We hope to do even better this year, but need hardy CVAS members to close out the year right by getting up early and be ready to bird.

The National Audubon Society's web-based pre-registration program is up and working, so just go to www.audubon.org/bird/cbc and click on "Get Involved" or "Data Entry/Review" for more instructions (The Conejo Valley's four-letter CBC code is CATO). This system allows you to register for as many CBCs as you wish, and if you want to participate in four or more CBCs, you can do so for a flat \$20. Your name and contact information is forwarded to me, so I have a better idea of how many people are going to participate, and can plan accordingly. You can also pay online, which simplifies my life during the post-count dinner. For those who prefer to contact me directly, please call (805) 659-5740, send an e-mail to pereksta@pacbell.net, or sign up during the December meeting at the Western Foundation of Vertebrate Zoology.

As we did last year, we will cover the area from Westlake to the Oxnard Plain, and from Leo Carrillo State Park to California Lutheran

University in Thousand Oaks. As always, we need people to cover the Santa Monica Mountains, La Jolla Canyon, Big Sycamore Canyon, Leo Carrillo State Park, Camarillo Regional Park, the CSU Channel Islands campus, Mugu Lagoon, Camarillo Springs Park, Thousand Oaks Botanic Garden, Los Robles Golf Course, Hill Canyon, Wildwood Park, Calleguas Creek, Revelon Slough, the Oxnard Plain, Hidden Valley, Satwiwa, and many other areas. Please pre-register as soon as possible, and let me know where you are available to bird or who you want to bird with.

You can also help by "staking out" unusual or hard to find species such as American White Pelican, Cattle Egret, Wood Duck, Blue-winged Teal, Redhead, Hooded Merganser, Osprey, Band-tailed Pigeon, Greater Roadrunner, Western Screech-Owl, Burrowing Owl, Common Poorwill, Lewis's Woodpecker, Red-breasted and Red-naped Sapsuckers, Yellow Warbler, White-throated Sparrow, Tricolored Blackbird, Yellow-headed Blackbird, Pine Siskin, and Lawrence's Goldfinch. In addition, last year we came close to missing a few common species including Hutton's Vireo, White-breasted Nuthatch, and Townsend's Warbler, so keep an eye out for them prior to the CBC.

The CBC began over a century ago when 27 conservationists in 25 localities, led by ornithologist Frank Chapman, changed the course of ornithological history. On Christmas Day 1900, Dr. Chapman proposed they identify, count, and record the birds they saw instead of hunting them, thus founding what is today considered the most significant citizen-based conservation effort in the USA. The CBC is open to birders of all skill levels. If you don't wish to go out and count birds, consider "feeder watching" in your back yard. You might attract an unusual hummingbird to your feeder, find an uncommon sparrow or finch, or keep an oriole around for us to include.

We will gather to tally up the Christmas Bird Count totals, compare notes, and socialize beginning at 5:30 pm at Nobuko McClure's home. We will have pizza and other potluck goodies. If your last name begins with A – M please bring hors d'oeuvre or munchies to share; N – Z, a finger food type dessert which is easy to serve. Paper goods, plastic utensils, coffee, and tea will be provided – or bring your own beverage.

To cover the cost of the pizza and paper goods etc. we will be asking for a \$5/person donation. If you plan on attending please call Nobuko at (805) 482-0411 so she can plan accordingly and provide directions to her house.

**CVAS Members Tour
Ventura County's Landfill**
By Chrystal Klabunde

On Monday October 19th, Dee Lyon, Thelma Williams and I took a guided tour of Waste Management's Simi Valley Landfill and Recycling Center. We'd heard that they were planning a big expansion, and we'd also heard that they were undertaking some habitat restoration at their facility, so we were curious.

In spite of having seen all those eco-green commercials for Waste Management on TV, I have to admit that I was fully expecting to discover the typical smelly old dump that I remembered from years past ... but no. They are seriously green up there. Beside the recycling and composting of yard waste, which I knew about, they separate and recycle construction waste. For now they send their cans, bottles, paper and plastics away to be processed, but their expansion will include their own processing facility for recycleables. Our guide, District Manager Scott Tignac showed us the canyon they plan to expand into. To us, it looked pristine, but looks can be deceiving. He explained that it used to be full of oil wells and was already degraded, and enthusiastically described how when they've finished, the whole area will be restored to native habitat: areas of chaparral, oak woodland, riparian or Venturan sage scrub depending on the topography.

We were astonished how efficiently they compact and bury each day's trash under a deep layer of ground-up cars (yes, ground-up cars), so by nightfall there's nothing exposed to stink or attract scavengers. And the work takes place within a tall fence, like the ones at driving ranges, to capture anything that the wind might kick up. With a smile, Scott added that, conveniently, whatever the wind can pick up tends to be recyclable, so after a wind they simply go and collect the recyclables off the fences.

We were pleased to see the care their engineers take to protect ground water, and the fact that they harvest methane from the buried refuse to generate their electricity (see photo, lower right) and to make LNG to run their vehicles. But our favorite bits were that they address their rodent problems by recruiting owls with a scattering of

nesting boxes and employ a falconer (see photo below) to discourage gulls from taking up residence, since large numbers of gulls can transfer pathogens and pollutants from trash to local waterways. So yes, we were pleased with what we saw.

Falconer keeps gulls at bay /
Photo by Chrystal Klabunde



Harvesting natural Gas /
Photo by Chrystal Klabunde



Annual CVAS Dues Reminder
CVAS membership dues now match our activity year. The current membership year runs from July 2009 to June 2010. Please use the CVAS Membership Application form on page six of this newsletter when submitting your dues for this activity year.

FIELD TRIP REPORTS

Beginner's Bird Walk, Saturday, October 8

By Cheryl Williamson

Fourteen birders enjoyed a fall morning along beautiful Conejo Creek. (See photo below.) They were on Angie Kobabe's Beginner's Bird walk. We saw 23 species. Noteworthy birds were two Belted Kingfishers, a Spotted Sandpiper, and three Western Sandpipers. The creek was lined with an abundance of sunflowers and there was a field of pumpkins - who says California doesn't have fall colors.



Beginners Birdwalk, Conejo Creek

Photo by Cheryl Williamson

Cañada Larga, Sunday, October 11

By Rich Congersky

A group of 16 gathered at Cañada Larga on an overcast Sunday morning. We worked our way down the road getting some wonderful looks at some great birds. Some of the species seen included - California Quail, Northern Harrier, Coopers Hawk, Red-Tailed Hawk, American Kestrel, Greater Roadrunner, Anna's Hummingbird, Acorn Woodpecker, Downy Woodpecker, Red Shafted Flicker, Red-Breasted Sapsucker, Nuttall's Woodpecker, Western Wood-Pee-wee, Black Phoebe, Say's Phoebe, Vaux's Swift, Tree Swallow, Violet-Green Swallow, American Crow, Common Raven, Western Scrub-Jay, Oak Titmouse, Bushtit, White Breasted Nuthatch, Bewick's Wren, Ruby-Crowned Kinglet, Northern Mockingbird, California Thrasher, Western Bluebird, Phainopepla, Yellow-Rumped Warbler, Brewer's Blackbird, Red-Winged Blackbird, Western Meadowlark,

White-Crowned Sparrow, Golden Crowned Sparrow, Lark Sparrow, Spotted Towhee, California Towhee, House Finch, Lesser Goldfinch, Collared Dove. Highlighting the trip were several great looks at a Barn Owl and two Loggerhead Shrikes.

Ventura Settling Ponds, Saturday, October 17

By Thelma Williams

The excursion to the Ventura Settling Ponds on Oct. 17 was delightful. The weather couldn't have been more cooperative, and the birds were numerous. The ponds are getting many of the winter duck visitors. We were able to see 50 species. Notable were 4 species of grebes: Horned, Eared, Pied-Billed and Western (in the ocean), and 4 species of gulls: Mew, Western, California, and Ring-billed. The usual species of ducks were present, as well as a huge Mute swan. Unfortunately the Blue-grey gnatcatcher did not appear for us.

TREE program at Sequoia Middle School

By Thelma Williams

Once again this year, we are privileged to be able to participate in the Teens Restoring Endangered Environments program with the students at Sequoia Middle School in Newbury Park. The program is under the direction of Allen Saute, teacher, and the National Park Rangers involved at Sierra Vista-Satwiwa National-State Park. The students grow and then plant native plants where needed in the park. Volunteers from our Audubon group are assigned small groups and they lead and discuss bird habitat, identification and importance of the birds to the habitat. We are delighted to be able to help educate the next generation of birders and to interact with them. All have binoculars and bird guides and are, on the whole, very interested in learning about birds of the area. This is the third year we have been working with Mr. Saute, and all who assist are delighted to be able to do so.

Message from the Editor

The editor would appreciate any articles of interest, photographs, or field trip reports from members. Please give them to me by the 5th of the month. I prefer them in electronic form with articles in plain text or rich text format (RTF) and pictures in jpeg format.

ROADRUNNER

Conejo Valley Audubon Society, Inc.

P.O. Box 4782

Thousand Oaks, CA 91359

December, 2009



Officers and Committee Chairs			Username
President	Carol Langford	805-987-2721	president
Vice Pres	Rich Congersky	805-558-2297	rcongersky
Secretary	Linda Reynolds	805-386-4062	secretary
Treasurer	Dixie Anderson	805-484-3985	
Programs	Chrystal Klabunde	805-522-8023	chrystal
Conservation	Dee Lyon	805-499-2165	chickadee
Education	Thelma Williams	805-492-2796	thelma
Field trips	David Pearson	805-496-9587	fieldtrips
Publicity	Ron Barns	818-991-9967	rtbarns@netscape.net
Newsletter	Charlie Lucas	805-498-6447	newsletter
Hospitality	Patricia Turner	805-987-9147	hospitality
Membership	Bob Parker	805-446-2701	membership
Historian	Bets Buchanan	805-482-0063	
Special Events			
Photographer	Don Klabunde	805-522-8023	
Special Projects	Nobuko McClure	805-482-0411	nobuko
Webmaster	Frank DeMartino		webmaster
CVAS Web Site	http://www.ConejoValleyAudubon.org		
Send E-mail to	username@ConejoValleyAudubon.org		



Black Turnstone /
Photo by Cheryl Williamson

This photo was taken at the entrance to Ventura Harbor in October, 2009 with a Canon PowerShot Sx10 IS digital camera.

Regular meetings are held on the first Monday evening of each month at the Western Foundation of Vertebrate Zoology, 439 Calle San Pablo, Camarillo at 7:30 pm, unless otherwise noted. **Everyone is welcome.** Take Pleasant Valley Road or Lewis Road to where they cross south of the 101 Freeway. Go west to the second street, Calle San Pablo. Turn right. The Foundation is the fifth building on the left.

The Western Foundation of Vertebrate Zoology is a non-profit organization founded in 1956 to promote the study and conservation of birds and other vertebrates. The organization makes contributions in the areas of natural history collections, original research, and conservation.

The *Roadrunner* is published monthly except July and August by the Conejo Valley Audubon Society. It is sent to paid CVAS members only. Members are invited to submit articles, announcements, letters, photos, and drawings for publication consideration. Copy deadline is the 5th of the month. Send items to Charlie Lucas, 465 Havenside Ave., Newbury Park, CA 91320, or by E-mail: newsletter@ConejoValleyAudubon.org.

NATIONAL AUDUBON SOCIETY MEMBERSHIP APPLICATION C9ZC230Z

Please enroll me as a member of the National Audubon Society. I have enclosed \$20 (\$15 for seniors and students), payable to **National Audubon Society**, for an introductory membership.
 Mail it to: National Audubon Society, Membership Data Center, P. O. Box 52529, Boulder, CO 80322-2529
 Renewing memberships should be sent to National Audubon with the renewal form and envelope you receive.
 For questions regarding national membership status call: National Audubon Customer Service 1-800-274-4201

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ E-mail address _____

CONEJO VALLEY AUDUBON SOCIETY MEMBERSHIP APPLICATION

Please enroll me as a member of Conejo Valley Audubon Society. I have enclosed \$20, payable to CVAS, for a family membership. Mail to: CVAS, P.O. Box 4782, Thousand Oaks, CA 91359 __ Please send my newsletter by E-mail.

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ E-mail address _____