General Meeting April 5
7:30 pm Western Foundation

Birdwatching in Norfolk

Filmed and Narrated by
Paul Doherty
&
Presented by Don DesJardin

If you happened to have a chance to visit the UK and wanted to do some birding as part of your visit, Norfolk is recognized as having some of the best birding areas that the UK has to offer. Located in the eastern part of the England, Norfolk County is noted for some of the most diverse coastal and inland habitats and known migration routes used by arctic breeders, along with the vast numbers of established reserves and protected wildlife areas. Don DesJardin will present a one hour edited version of the original 2 hour video produced by his good friend Paul Doherty. Paul set out to produce a video that would feature one site for each month of the year and show a typical birdwatching day at that time of the year and the birds you might see. This one hour edited version will cover the months of May through September, and visit the reserves and surrounding areas of Titchwell, Lakenheath & Welling, Strumpshaw Fen, Snettisham, and Cley.

Paul is a citizen of, and currently resides in the UK. He has been an avid birder since youth, and his passion for birds and birding has never ceased over the years, and as a result he established a home-grown bird video enterprise called Bird Images, producing mainly bird identification videos. His website is at http://www.birdvideodvd.com/index.html

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Conservation Column
By Dee Lyon

Why Biodiversity?

INSECTS play a vital but unappreciated role in the food chain. We feed seeds and sugar water to some birds, but many others eat insects. We know that birds co-evolved with native plants, but insects are just as picky! As prey for birds and animals, insects are the intermediate stage in getting the energy produced by plants to those higher orders of life.

For the first time in history gardening has taken on a role that transcends the needs of the gardener. It is now within the power of individual gardeners (Continued on Page 3)

### CALENDAR

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<th>March</th>
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<tr>
<td>5  5:15 pm</td>
<td>Pre meeting Dinner: Ottavio’s</td>
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<td>5  7:30 pm</td>
<td>General Meeting Western Foundation</td>
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<td>8  9:00 am</td>
<td>Field Trip Beginner’s Bird Walk</td>
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<td>11 7:00 am</td>
<td>Field Trip Tejon Ranch</td>
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<td>18 8:00 am</td>
<td>Field Trip King Gillette Ranch</td>
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<td>23 - 25</td>
<td>Field Trip Big Morongo</td>
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*** Pre meeting Dinner ***
Ottavio’s in Camarillo at 5:15 pm

Call Nobuko McClure
For Reservations (805) 482-0411
Reservation Deadline: 9:00 am
Day of General Meeting!
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

The April Board meeting will be held on Monday, April 19. 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 sec@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!

Thursday, April 8th
Beginner’s Bird Walk

Second Thursday of each month. Call Angie Kobabe (818) 991-4055 between 9:00 am and 9:00 pm to let her know you are coming and to find out where it will be held. Rain will cancel.

Sunday, April 11th
Tejon Ranch

We will be traveling to the Tejon Ranch just west of Lancaster. We will be met there by a conservancy docent(s) who will transport us around the property. Besides the birds, the spring wildflowers should be in full bloom. Plan for the possibility of cool, windy weather. There are no facilities on the property. Bring a lunch and snack food as well as money for carpool drivers. Meet at the Janss Park & Ride (just east of the 23 freeway at the Janss Road exit) at 7:00 am. This trip is limited to 20 individuals, so please contact David Person (805) 469-6806 or da4persons@hotmail.com to sign up.

Sunday, April 18th
King Gillette Ranch

Meet at the parking lot by the botanic garden at 8 am. Parking is $7 per vehicle (best to have exact bills). Alternatively, there is free parking at the corner of Las Virgenes and Mulholland, but you would need to walk in to meet the group. Leader is Dee Lyon (805) 499-2165. In January there were several Lewis’s Woodpeckers present.

Friday, April 23rd – Sunday, April 25th
Big Morongo

We plan to arrive on Friday, April 23. We can all meet for dinner at the Sizzler in Yucca Valley (a tradition). We will spend most of Saturday, April 24, at Big Morongo Preserve. On Sunday morning we will bird in areas that the group wants to try, e.g., Black Rock Canyon campground, Yucca Valley golf course, etc. We don’t plan on driving all the way through Joshua Tree National Park to Cottonwood Springs as the area has not been productive in recent years. People need to reserve motel rooms or camping sites. Best Western in Yucca Valley (760) 365-3555 serves continental breakfast with rooms in the $70 to $80 range. There is also a Super 8 in Yucca Valley. For additional information contact Linda Easter at (805) 482-7537 or dleaster17@gmail.com

CVAS Open Board Positions

Retiring Members’ Service Acknowledged

Volunteer Candidates Sought For CVAS Vice President, Secretary, Treasurer

It was announced by Carol Langford, CVAS President, at the CVAS March General Meeting that there will be three open board positions for the service term starting July, 2010 through June, 2011.

Carrol took the opportunity afforded by this announcement to thank the current office holders of these positions for their years of dedicated service to CVAS. They are: Rich Congersky, Vice President; Linda Reynolds, Secretary; Dixie Anderson, Treasurer. While stepping down from their positions as board members, they have indicated their intention of staying actively involved in CVAS activities in future years.

CVAS members interested in applying for any of the open board positions are encouraged to contact Carol Langford at (805) 987-2721 or president@ConejoValleyAudubon.org
Conservation Column by Dee Lyon
(Continued from Page 1)

to do something that we all dream of doing: to make a difference. In this case, the “difference” will be to the future of biodiversity, to the native plants and animals of California and the ecosystems that sustain them.

Guess what? Native insects, as a general rule, can’t eat nonnative plants, so gardens containing primarily nonnatives (most gardens fit that category) don’t support the insects that our birds need. Douglas Tallamy, professor of Entomology at the University of Delaware, has done research that shows that native oaks support significantly more species of caterpillars than a nonnative substitute and caterpillars are the largest diet component of insectivorous birds. So, if you want warblers in your yard, do the right thing for biodiversity; plant some sage, buckwheat, toyon and manzanita. (See photos below from Wikipedia, the free encyclopedia.) You can plant natives any time of the year; you just have to give more water initially if you plant in the summer. A garden devoid of insects is a garden without wildlife and birds! Which animals will make it in the future? We help make this decision every time we plant or remove something from our yards. Call Dee Lyon with your questions and for help in switching to native plants (805) 499-2165.

FIELD TRIP REPORT

Thursday, February 11th
Beginner’s Bird Walk: Westlake Boat Trip
Reported by C. Lucas

For this year’s annual Westlake boat trip, leader Angie Kobabe arranged for three boats for CVAS members to explore Westlake on a clear sunny morning in February. A total of thirty-five species were seen that day: Brewer’s Blackbird, Red-Winged Blackbird, Bufflehead, American Coot, Double-Crested Cormorant, Mourning Dove, Ruddy Duck, Great Egret, Snowy Egret, House Finch, American Goldfinch, Lesser Goldfinch, Canada Goose, Eared Grebe, Pied-Billed Grebe, Grackle, California Gull, Ring-Billed Gull, Western Gull, Red-Shouldered Hawk, Red-Tailed Hawk, Great Blue Heron, Green-Backed Heron, Western Kingbird, Mallard, Black Phoebe, Least Sandpiper, Spotted Sandpiper, Song Sparrow, White-Crowned Sparrow, Rough-Winged Swallow, Oak Titmouse, Spotted Towhee, and Nuttall’s Woodpecker.

Enjoy Birding Westlake by Boat

In the above photo, Don and Cheryl Williamson prepare to board one of the three party boats used for this year’s annual Beginner’s Bird Walk: Enjoy Birding Westlake by Boat.

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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.
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

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, P. O. Box 422250, Palm Coast, FL 32142-2250

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 ______________________________________________