Wednesday, April 20
Social time: 6:45 p.m.
Program (see below) begins: 7:00 p.m.

Please RSVP to Bob Crowell at bva3ruddyducks@att.net if you would like to join us on Zoom.
Your invitation will be emailed to you the day of the lecture.

**MOUNTAIN LIONS IN CALIFORNIA**

with Dr. Winston Vickers

In the last 20+ years, several research projects have increased our understanding of mountain lions in California. The news has not been good. The Wildlife Health Center at UC Davis has been studying this species since 2001 and has contributed significantly to the current state of knowledge. Their findings and those of other researchers have shown that connections between populations across the state have been mostly severed. As a result, 10 separate sub-populations being identifiable genetically. Mountain lions can not being hunted for sport in California. Yet several sub-populations, including three in our region, are at risk of decline or extirpation due to low annual survival rates, inbreeding, and worsening habitat loss and fragmentation. These issues are severe enough that six sub-populations have been petitioned for listing under the California Endangered Species Act.

Dr. Winston Vickers is a wildlife research veterinarian with the Wildlife Health Center and the Institute for Wildlife Studies. He has been studying mountain lions and other wildlife for 20 years and directs the Health Center’s mountain lion study that is focused in Riverside, Orange, and San Diego counties. He also collaborates extensively with other mountain lion researchers in Northern California and on studies involving other wildlife species, including bobcats, Channel Island foxes, Santa Cruz Island Scrub-Jays, and other avian species.

In this talk, Dr. Vickers will detail the latest scientific findings that are guiding actions to help increase the odds of long-term persistence of mountain lion populations. He will also discuss findings specifically from Southern California as well as ongoing and future research efforts.

This apex predator needs our help. Join us for this Zoom talk to learn more about these magnificent creatures and what you can do to assist in their conservation.

(Photos by the UC Davis Wildlife Health Center)
The Hermit Thrush has a rich gray-brown head and back; a warm, reddish-brown tail; distinct spots on its throat; and smudged spots on a white breast. Its chunky shape resembles a fellow thrush, the American Robin, but smaller. You may see a narrow but discernible eye-ring. The bird seals its identification with its tail—a quick, upward jerk of the tail, then a slow lowering.

Hermit Thrushes occur in San Diego County primarily from late September through April, when they leave their more northerly breeding grounds. During the winter, Hermit Thrushes become common here in chaparral and riparian or oak woodland. They also appear in modified habitats such as orchards, parks, and yards with plentiful shrubbery. The number of wintering Hermit Thrushes in the county fluctuates somewhat from year to year, due to variations in how many reach the county, food availability, and the depth of the snow cover in the mountain chaparral.

Hermit Thrushes breed in mature coniferous and hardwood forests, mixed forest, and riparian canyons stretching as far north as northern Canada. Historically, the southern limit of the breeding range of the Hermit Thrush was the San Bernardino Mountains. Thanks to survey work for the San Diego County Bird Atlas 20–30 years ago, summering Hermit Thrushes have now been documented, along with the first confirmations of breeding, in San Diego County around Palomar, Hot Springs, Volcan, and Cuyamaca mountains. On its breeding ground, this thrush’s ethereal, flute-like, two-part song—a long, clear note followed by high, upward-spiraling, twirling notes—rings out.

For the next month or so, look for these winter thrushes locally in berry-filled thickets and woodlands as well as well-vegetated parks and residential areas. Come spring and summer in the mountains, the male’s woodland concerto announces the presence of this “American nightingale.”

To learn more about this lovely thrush, go to https://bvaudubon.org/news.
RANCHO CARRILLO TRAIL (Carlsbad)
Friday, Apr 1 — 7:30 a.m.
We will remain along the Rancho Carrillo Trail going west to the bridge and then returning.
Location: Park along the trailhead near 2955 Via Conquistador.
Leaders: Eve Martin, Kathy Aldern, and Jane Mygatt (jane.mygatt@gmail.com)

WHELAN LAKE BIRD SANCTUARY
(Oceanside)
Saturday, Apr 2 — 8 a.m.
Directions: From I-5, take Hwy 76 east; turn left at Douglas Drive; continue to the light at North River Road; go left on North River Road. Pass through entrance gate and follow signs to the lake. Feel free to contact John for directions.
Leaders: John Haddock (760-941-7824) and Denise Riddle (driddle1855@att.net)

EL CORAZON GARRISON CREEK
(Oceanside)
Wednesday, Apr 13 — 7:30 a.m.
Directions: From the intersection of El Camino Real and Oceanside Blvd., go east on Oceanside Blvd., turn left (north) into the first gate. Park to the left.
Leader: Denise Riddle (driddle1855@att.net)

STEVE BRAD’S TWO MONTHLY BIRD OUTINGS
(DATES AND TIMES WILL VARY)
Join Steve for these surprise-location offerings. When and where we go is based on recent reports and Steve’s personal surveying. Starting times and days vary, so send Steve an email if you are interested in being on his notification list.
Leader: Steve Brad (stevanbrad@gmail.com)

SAN DIEGUITO RIVER PARK (Del Mar)
Saturday, Apr 16 — 8:30 a.m.
FYI: The location alternates every month between Lower Crest Canyon and San Andres Drive.
Directions for San Andres Drive— From I-5, take Via de la Valle east; go right on San Andres Drive to end of road.
Leader: John Haddock (760-941-7824)

COASTAL 101 BIRDING (Oceanside)
2202 S Coast Highway
Saturday, Apr 30 — 9:00 a.m.
We start along the Buena Vista Lagoon, visit Maxton Brown Park, travel to the ocean and weir, and return to the Nature Center along Coast Hwy.
Location: Buena Vista Nature Center, 2202 S. Coast Hwy., Oceanside. Meet in the parking lot.
Leader: Tom Troy (760-420-7328)

SAN DIEGO PELAGIC TRIP SCHEDULE
Sunday, Apr 24 — 5.5-6 hrs
Saturday, May 14 — 10-12 hrs
Sunday, Jun 12 — 10-12 hrs
Saturday, Jul 16 — 10-12 hrs
Saturday, Aug 13 — 10-12 hrs
Sunday, Sep 11 — 10-12 hrs
Saturday, Oct 1 — 10-12 hrs
Saturday, Oct 22 — 5.5-6 hrs

All trips start at 7:00 a.m. and are on board the 80-foot “Legacy” (a whale-watching boat) out of Seaforth Sportfishing Landing in Mission Bay. Trip details, lists of expected and possible species for each trip, and past trip reports can be viewed at www.sandiegopelagics.com. Trips may be booked anytime online at www.sdwhale.com or call Seaforth Sportfishing Landing (619-224-3383) during regular working hours (7:00 a.m. to 4:00 p.m.).
Conservation Corner

The Buena Vista Audubon Society advocates for conservation in a variety of ways, including signing onto letters submitted by other organizations in support of important conservation issues. We recently signed onto two letters. The first was a letter to the California Natural Resources Agency (CNRA) from the Wildlife and Habitat Conservation Coalition (WHCC). The WHCC is composed of 20+ San Diego County conservation organizations, including BVAS. The letter was a response to the draft document "Pathways to 30 x 30 California," an initiative to save 30% of land and coastal waters in California by 2030. This is a strategy to preserve the state’s biodiversity through voluntary collaboration with governments, Native American tribes, and private landowners. According to its definition, CNRA estimates that 24% of California’s lands and 16% of coastal waters are already conserved. The WHCC letter strongly supports this state initiative. However, it points out the need to address the overuse of preserved lands and the legitimate balance of public access and conservation that ensures sustainability of wildlife and native habitat.

The second letter was sent by the Endangered Habitat League to the California Fish and Game Commission to support endangered species listing for the San Bernardino kangaroo rat under the California Endangered Species Act. This species has lost 95% of its historical range in San Bernardino and Riverside counties due to creek channelization and development. The California Department of Fish and Wildlife completed a status review of the species and found that listing was warranted due to the declining population and loss of habitat. It is thought that only state listing with high mitigation standards can fend off extreme development impacts and begin to restore its preferred habitat.

We are happy to report that the Commission subsequently voted for the endangered listing and hopefully this will reverse habitat decline and protect the species from extinction.

Locally, the City of Oceanside is still working on updating the City’s General Plan, which has implications for environmental protections and preservation of farmland. The City’s website allows interested parties to be notified of opportunities to comment on General Plan draft documents as they become available. We encourage interested members to participate. To stay informed, visit https://onwardoceanside.com/subscribe.
Endangered Species Day

Buena Vista Audubon Nature Center
2202 S. Coast Hwy., Oceanside

Saturday, May 20
10 a.m. - 2 p.m.

Fun for the whole family!

Parking is limited. Please park on the side streets near the center.

KIDS’ CORNER AT THE NATURE CENTER

Sonya and Phoebe’s Clubhouse
Sunday, April 10, from 10:00 a.m.-noon. Come make dragonflies from sticks and beautiful paper.

Preschool Nature Storytime
Monday, April 25, from 10:00-10:45 a.m.
Let’s garden! This month we will learn how plants grow and why they’re important for birds, insects, and people. We’ll even plant some seeds for you to take with you so you can watch them grow at home.

Bring your mask and a towel to sit on. Questions?
Call Sally, 760-525-2351

Reprinted with permission from Lonnie Easterling.
### BVAS QUICK CALENDAR

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri. April 1</td>
<td>Rancho Carrillo Trail</td>
<td>7:30 a.m.</td>
</tr>
<tr>
<td>Fri. April 1</td>
<td>Nature Guide Meeting</td>
<td>10:00 a.m.</td>
</tr>
<tr>
<td>Sat. April 2</td>
<td>Whelan Lake Bird Sanct.</td>
<td>8:00 a.m.</td>
</tr>
<tr>
<td>Mon. April 4</td>
<td>Garden Crew</td>
<td>9:00 a.m.</td>
</tr>
<tr>
<td>Sun. April 10</td>
<td>Sonya &amp; Phoebe’s Clubhouse</td>
<td>10:00 a.m.</td>
</tr>
<tr>
<td>Mon. April 11</td>
<td>Garden Crew</td>
<td>9:00 a.m.</td>
</tr>
<tr>
<td>Wed. April 13</td>
<td>El Corazon Garrison Creek</td>
<td>7:30 a.m.</td>
</tr>
<tr>
<td>Fri. April 15</td>
<td>Board Meeting</td>
<td>9:00 a.m.</td>
</tr>
<tr>
<td>Sat. April 16</td>
<td>San Dieguito River Park</td>
<td>8:30 a.m.</td>
</tr>
<tr>
<td>Mon. April 18</td>
<td>Garden Crew</td>
<td>9:00 a.m.</td>
</tr>
<tr>
<td>Wed. April 20</td>
<td>Program on Zoom:</td>
<td>7:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>“Mountain Lions of Southern CA” with Winston Vickers</td>
<td></td>
</tr>
<tr>
<td>Sun. April 24</td>
<td>SD Pelagic Trip (see p. 3 for times)</td>
<td></td>
</tr>
<tr>
<td>Mon. April 25</td>
<td>Preschool Nature Storytime</td>
<td>10:00 a.m.</td>
</tr>
<tr>
<td>Mon. April 25</td>
<td>Garden Crew</td>
<td>9:00 a.m.</td>
</tr>
<tr>
<td>Sat. April 30</td>
<td>Coastal 101 Birding</td>
<td>9:00 a.m.</td>
</tr>
</tbody>
</table>

For **Steve Brad’s Twice-Monthly Bird Outings**, join his notification list by emailing stevanbrad@gmail.com.

---

### Buena Vista Audubon

A Chapter of the National Audubon Society

2202 S. Coast Highway

Oceanside, CA 92054

760-439-BIRD = (760-439-2473)

email: bvaudubon@sbcglobal.net

website: www.bvaudubon.org

---

Read about the Hermit Thrush on page 2.

Photo by Steve Brad.

---

**Nature Center Hours:**

Tuesday - Sunday  10:00 a.m. - 1:00 p.m.