



ROADRUNNER

Founded 1968

Published by the Conejo Valley Audubon Society
A Chapter of the National Audubon Society

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VOL. 45

February, 2014

NO. 6

**General Meeting February 4
7:30 pm Western Foundation
Guide to Santa Barbara Region**
by Joan Easton Lentz and Stuart Wilson

Joan Easton Lentz is an author, teacher and research associate at the Santa Barbara Museum of Natural History. Lentz has written four books and will be presenting on her newest, *A Naturalist's Guide to the Santa Barbara Region*. This guide contains over 400 color photographs and illustrations, maps and charts, a species list and sample field trips to entice the reader on a journey from tide pools to mountain peaks. The book's photographer, Stuart Wilson, whose incredible images speak for themselves, will also be there. Copies of the book will be available for purchase at the event.



Tom Halpin Award Work *by Dee Lyon*

Gary Evans, Mary Ann Campbell, Frank DeMartino, Cia Bates and Dee Lyon had a warm day to get the rest of the Starks' plants into the ground (through a 6" pile of mulch from their tree.) Lots of fun. Brian took a time-lapse video. Lots of grasses and a big selection of native plants. We started their birdlist. Somehow I neglected to mention earlier that Bonnie Clarfield-Bylin was on the Committee to select our Tom Halpin winner.

Conservation *by Dee Lyon* **How To Cut Down on Food Waste**

- 1) Take smaller more frequent shopping trips with specific lists. (Remember to combine shopping with other trips.)
- 2) Use the whole things -- skin on veggies, scraps into stock and gravies. There are tasty recipes for overripe produce.
- 3) Sell by date ---- means the date the store should stop displaying the goods. Food is usually good for several more days. See USDA Food Safety and Inspection Service/ home service. Use your senses – smell it.
- 4) Finish the leftovers – throw them in a crockpot for soup or stew -- wrap them up in eggs for a breakfast burrito. Check out lovefoodhatewaste.com
- 5) Store food smarter. Freeze it if you won't use it in 2 or 3 days = #1 way to reduce spoilage in the kitchen

CALENDAR

February

1	8:00 am	Veteran's Park
3	5:15 pm	Pre meeting Dinner: Ottavio's
3	7:30 pm	General Meeting Western Foundation
9	8:30 am	Lake Los Carneros
13	9:00 am	Beginner's Bird Walk
15	8:00 am	Lake Casitas
15-17		Central Valley
23	8:00 am	Arroyo Verde

*****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

Saturday, February 15, 2014
Lake Casitas and Area

Saturday, February 1, 2014
Veteran's Park

In Veteran's Park as many as all four species of sapsucker spend the winter, along with occasional Townsend's Solitaire and resident birds of the oak woodland and chaparral. We expect to see bluebirds, kingbirds, phoebes, juncos, sparrows, and if we are lucky, Red-breasted, Red-naped, Yellow-bellied and Williamson's Sapsuckers. If time allows we may also bird nearby Hansen Dam. Directions: Take the 118 freeway from Ventura County and head east. Take the 210 freeway west where the 118 ends. Exit at Hubbard Street and turn right. Proceed north (uphill) to Simshaw Avenue and turn left. Turn right on Sayre Street and enter the park, turning left immediately and parking in the lot at the end of the road. We will meet in the park at 8 am. Trip leader: Matthew Page (805)990-6534

Sunday, February 9, 2014
Lake Los Carneros

We will spend most of the day at Lake Los Carneros in Goleta, looking for waterfowl, finches, sparrows and chaparral species. Expected birds include Gadwall, Cinnamon Teal, Redhead, White-tailed Kite, Mew Gull, Belted Kingfisher, Loggerhead Shrike, Hutton's Vireo, gnatcatchers, swallows, sparrows and more. If time allows we may stop at Andrea Clark Bird Refuge in Santa Barbara on our return trip. Directions: Meet and carpool at the Ventura Park and Ride at 7:30 am, or meet at Lake Los Carneros by 8:30. Ventura Park and Ride is at 6175 Ventura Boulevard in Montalvo, at the East Ventura Metrolink Station. Lake Los Carneros is best accessed via N La Patera Lane in Goleta, Ca. Take the 101 North and exit at Fairview Avenue. Turn right and then turn left on Calle Real. Turn right on La Patera Lane and park near the trailhead entrance to the park / lake. Trip leader: Michelle Townsley (805) 340-6102

Thursday, February 13, 2014
Beginner's Bird Walk – Westlake Boats – Reserve

Call Angie Kobabe (818) 991-4055 by February 10th between 9:00 am and 10:00 pm to reserve your spot on this boat trip.

Meet outside the entrance to Lake Casitas at 8 am. We'll carpool or walk into the lake together. We'll explore the eastern arm of the lake, the Bald Eagle nests and look for wintering species. We'll also look around outside the lake on Santa Ana Road. Target species include Bald Eagle, Zone-tailed Hawk (unlikely), Golden-crowned Sparrow, Lewis's Woodpecker, White-tailed Kite and other woodland birds. Trip leader: Carol Langford (360) 742-6059

Saturday February 15 – Monday February 17, 2014
President's Day Central Valley Birding Trip

Limited space available for this unique opportunity to have insider tours of state parks and wildlife refuges in the Central Valley. Trip locations include Tule Elk SNR with a talk given by Bill Moffet, Pixley NWR for Sandhill Crane and Kern NWR. We will spend both nights at Colonel Allensworth State Park, with both the campground and the hostel available for lodging. A fee for the hostel or the campground applies and depends on the number of signups. Dinner will be communal in the group kitchen, and on Sunday night a night tour of the Allensworth Home and grounds will be offered. Please contact Bonnie Clarfield-Bylin for signup information at conejomoon@verizon.net. Preference given to CVAS members.

Sunday, February 23, 2014
Arroyo Verde Park

In the foothills above Ventura Arroyo Verde Park is known for its many trails, abundant resident birds and occasional birds of note. Target birds include Cooper's and Sharp-shinned Hawks, woodpeckers, bluebirds and thrushes, nuthatches and kinglets and sparrows. Last year a White-crowned Sparrow was seen here, and Golden-crowned and Fox Sparrows are regularly found here in February. Directions: Take the 101 and exit at Victoria. Head north (away from the ocean) and turn left on Foothill Road. Turn right into the park. An entrance fee of \$2.00 is charged. Meet at the top end of the park at 8 am. Trip leader: Elisa Taylor-Godwin (805) 218-8153.

You are cordially invited
 to join
CONEJO VALLEY AUDUBON SOCIETY
 on
SATURDAY, MARCH 15, 2014
 at
PALM GARDEN HOTEL
 495 Ventu Park Road -Thousand Oaks - CA 91320

for our Annual

COCKTAIL DINNER AND AUCTION

No-host cocktails 5:30 PM –Dinner 6:30 PM
 Ticket price per person \$40.00 (early bird special \$35.00 – before 3/1/14)
 5-FREE raffle tickets for each 1st time guest

We ask that everyone kindly bring an item for the raffles.
 All types of donation items are acceptable and are not limited to those with an avian theme.
 Anyone interested in donating items for the silent or live auctions please contact Carol Langford
 at 360-742-6059 or berry50@yahoo.com

All are tax deductible!

Dinner selections: Buffet Service with Seasoned Vegetable Medley, Salads, Roasted Potatoes and choice of entree. Also freshly baked breads and a delicious dessert, coffee or tea.

#1 Vegetarian Stuffed Squash

#2 Wild Salmon and Tri-tip

Please fill out this reservation form, tear it off, and mail it with your check (payable to CVAS) to:
 CVAS, P.O. Box 4782, Thousand Oaks, CA 91359

Print your name(s) as you would like it to appear on your place card and select an entrée by number

Name _____ Dinner # ____ Phone # _____

Name _____ Dinner # ____

Name _____ Dinner # ____

Name _____ Dinner # ____

Name _____ Dinner # ____

Thanks for your support!!!

ROADRUNNER

Conejo Valley Audubon Society, Inc.

P.O. Box 4782

Thousand Oaks, CA 91359

February, 2014



Officers and Committee Chairs			Username
President			
Vice Pres			
Secretary	Gary Evans	805-231-5692	GaryE
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Graphic Arts	Chrystal Klabunde	805-522-8023	chrystal
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Historian	Bets Buchanan	805-482-0063	
Special Events			
Photographer	Don Klabunde	805-522-8023	photographer
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		

Volunteers Needed

Volunteers are needed to staff officer positions currently open on the CVAS Board. The Vice President position will need to be filled in addition to the Special Events coordinator. We encourage you to discuss your interests in volunteering for any of these positions at our next General Meeting.

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 Gary Evans, 29 Sabra Ave., Oak Park, Calif. 91377-1126 or by E-mail: GaryE@ConejoValleyAudubon.org.

NATIONAL AUDUBON SOCIETY MEMBERSHIP APPLICATION C4ZC230Z

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 for a family membership.

Additional Gift: ___\$25.00 ___\$50.00 ___\$75.00 ___\$100.00 \$_____Other

Membership \$ _____ Donation \$ _____ Total (check payable to CVAS) \$ _____

Mail to: CVAS, P.O. Box 4782, Thousand Oaks, CA 91359 **←** Check to receive newsletter by mail
 Name _____ Otherwise newsletter will come by email

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