



# ROADRUNNER

Founded 1968

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A Chapter of the National Audubon Society

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NO. 8

## General Meeting, April 4 7:30 pm Western Foundation Ryan and Jean Stoutenborough

Ryan and Jean Stoutenborough will present photos of the foraging behavior of some of our common birds and their amazing adaptations. Jean is the story creator after being inspired by her first ornithology class from Dr. Linnea Hall. Ryan has been taking nature pictures ever since he got a Nikon camera for a wedding gift in 1974. In the past 10 years he has been fascinated by all our feathered friends.

After nature hikes Jean and Ryan go over their photos and often discover something new about even the most common birds. They find it is a continual learning experience as they observe birds anywhere from the shore to the mountains. Their presentation will show how birds find food using their beaks, claws, wings and brain. The camera captures some of the action and detail that is not easily seen by our naked eyes. For example, a diving pelican caught in mid-air is a surprising sight. So come see how birds specialize in their food habits.

## RAINFORESTS

by Dee Lyon

Although rainforests make up only 2% of the earth's surface, over half the world's plant, animal and insect species live in them. In a four square mile patch of tropical rainforest you can find over 750 species of trees, over 1500 different kinds of flowering plants, 400 kinds of birds, 100 kinds of reptiles, 60 kinds of amphibians and countless insects – including 150 types of butterflies.

80% of Amazonian deforestation has taken place since 1980. This is highly detrimental to the human race, since 25% of our new drugs come from plants in the tropical rainforest. Also 70% of plants used in treating cancer come from the tropical rainforest.



## CALENDAR

### April

3	8:00 am	Rancho Sierra Vista
4	5:15 pm	Pre Meeting Dinner: Ottavios
4	7:30 pm	General Meeting Western Foundation
10	8:00 am	Cañada Larga Road
16	8:00 am	Las Lajas Canyon
23	8:00 am	Ojai Meadows

### May

1	8:00 am	Wheeler Gorge
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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.

### **Sunday, April 3 Rancho Sierra Vista**

We expect to see orioles, hummingbirds, swallows and more at this great park. In the grassland that remains after a recent devastating fire we should find gnatcatchers, Black-headed Grosbeak and California Thrasher. Historically this park has hosted up to 8 species of flycatcher, 4 species of woodpecker, 5 species of hummingbird, 7 species of raptor and 12 species of sparrow at this time of year, including Grasshopper Sparrow. Will they all be there this year? Help us answer that question and upload your findings to ebird to contribute to citizen science efforts. Directions: From the 101 exit Wendy Drive and head south. Turn right on Lynn Road. Lynn Road soon becomes Potrero Road. Turn left on Via Goleta and head south to the end of the road. Meet in the parking lot at 8 am. Trip leader: Richard Armerding (310) 701-3878.

### **Sunday, April 10 Cañada Larga Road**

Cañada Larga Road is one of the more reliable spots in Ventura County to find good numbers of migrating and breeding birds in the spring. Though the road is only a few miles long, we can expect to find roadrunners, swallows, Bullock's and Hooded Orioles, Blue Grosbeak, Lazuli Bunting, bluebirds, hawks, kestrels and perhaps even a Golden Eagle. Time allowing and at the leader's discretion, we may also bird nearby Foster Park. Directions: From the 101 take highway 33 north to the Cañada Larga Road exit. Turn left and park on the shoulder. We will meet under the highway 33 overpass to make carpool arrangements so as to minimize the number of cars. Meeting time is 8 am. Leader: Dee Lyon (805) 427-0987.

### **Saturday, April 16 Las Lajas Canyon**

Rusting steam shovels. Fossilized sea shells. Oaks, cottonwoods and willows. Lizards, hawks, woodpeckers and bluebirds. In the foothills of Simi Valley lies Las Lajas Canyon, home to all of these attractions and more. We'll take a leisurely hike up this gentle canyon looking for evidence of 20<sup>th</sup> century oil exploration, geology and wildlife. And we'll just enjoy the cool spring air.

The trailhead to Las Lajas canyon is at approximately 5715 Evening Sky Drive in Simi Valley. Meet here at 8 am with water, sunblock and good hiking shoes. Dress in layers. We will hike for 2 to 3 miles and then return the way we came. Most of the trail is gentle, but the first and last 0.2 miles are steep. So we will have a short but steep climb out. Please plan accordingly. Directions: From the 118 freeway in Simi Valley exit Yosemite and head north. Turn right on Evening Sky Drive and proceed to the trailhead. Trip leaders: Don and Chrystal Klabunde (805) 522-8023.

### **Saturday, April 23 Ojai Meadows**

Ojai Meadows is a jewel of woodland, meadow and marshes that is continuously being restored with native grasses, flowers and other plants. Our trip will be led by Jesse Grantham, who frequently birds this location and is intimately familiar with local species and where to find them. We expect to see Bluebirds, Kingbirds, Phoebes, Meadowlarks, marsh birds and birds native to the local oak woodlands. Directions: Meet at the Las Posas Park and Ride and carpool to the preserve at 7 am, or meet us at the preserve at 8 am. Leader Jesse Grantham (Note: Jesse will not be at the Las Posas Park and Ride, but instead will meet the group at 8 am at the preserve.) Trip leader: Jesse Grantham Email [fieldtrips@conejovalleyaudubon.org](mailto:fieldtrips@conejovalleyaudubon.org) with any questions.

## Sunday, May 1 Wheeler Gorge Campground

Wheeler Gorge is a wonder to bird in the spring, when the oak trees team with migrating warblers, tanagers, vireos and flycatchers. Up to 6 species of hummingbirds are possible. As many as 8 species of flycatchers, including Olive-sided, Western Wood-pewee, Dusky, Hammond's and Pacific-slope can be found. Swainson's Thrushes are also found regularly along the stream bed and Hutton's Vireos should be singing from the tree tops. Add to that resident woodpeckers, Steller's jays, towhees and titmice, and you have the perfect recipe for a great day birding. Meet at 8 am at the entrance to the campground on highway 33. Leaders: Kay Register and Mary Hansen. Kay Register: (805) 258-1025.

### Fast Five: Hiking Safety *by Frank Demartino*

Spring is nearly upon us and that means wildflowers! Death Valley is already seeing a super bloom of colorful flowers and it won't be long before flowers are popping up in our area. With that in mind, we're going to look at some basic hiking tips for those walks through flower filled fields.

1. **Prepare.** Where are you going? If this is a new trail, have you reviewed some maps of the area? Has it rained recently? It's key to know the condition and terrain of the trail before you go out into the wild. Plan the details of your trip. [Venturacountytrails.org](http://Venturacountytrails.org) has maps, info on trail conditions and links to hiking groups. Always check to make sure the trail is open before your trip.

2. **Emergency Supplies.** Whether you are going on a mild thirty minute hike or a full day of adventurous exploration, you should be prepared. As birders, we're all familiar with the way seeing some good birds has the ability to chew up a few hours in the blink of an eye. Plan to spend longer in the field than you initially expect and pack accordingly. Water, snacks, sunscreen, a whistle and a first aid kit will cover most of your needs.

3. **Proper Attire.** Nothing will ruin a hike like twisting an ankle halfway out. Be sure to wear sturdy shoes or boots with good traction. Dress in layers and expect that the weather conditions may change over the course of your hike. Rain gear may be necessary on longer hikes where a chance of rain exists. Remember that rain in steep hiking areas can lead to extremely slippery and dangerous conditions.

4. **Bring a Friend.** Having someone else with you in case of emergency can make a lifesaving difference. GPS and cell phones may not work in remote areas. Each member of the group should carry a whistle in case they get separated and need to alert the others. If you aren't able to bring someone with you, let someone know where you are going and when you plan to be back. Once you return, let that person know you are safe and sound.

5. **Stay on Trails.** Lastly, keep to the trails. Wandering away from established trails increases your chances of becoming lost and encountering unstable terrain. It can also cause damage to native habitat. We certainly don't lack for trails out here in Ventura County, so you will have plenty of options to explore on your trips without needing to forge any new trails.

### *Thank You!*

We want to give a big thank you to Anna Huber of the Conejo Open Space Foundation. She donated the wildflower seeds for our native plant redo of Heritage Park in Thousand Oaks.

### *Field Trip Chairperson Needed*

We are looking for a new field trip chairperson to organize our CVAS birdwalks, starting in September of 2016. If you are interested in this position, please contact Bonnie Clarfield-Bylin at 805-405-5632.

# ROADRUNNER

Conejo Valley Audubon Society, Inc.

P.O. Box 4782

Thousand Oaks, CA 91359

April, 2016



Officers and Committee Chairs			Username
President	Ron Barns	818-991-9967	rtbarns@netscape.net
Vice Pres	Bonnie Clarfield-Bylin	805-405-5632	vice-president
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Treasurer	Richard Armerding		treasurer
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Graphic Arts	Chrystal Klabunde	805-522-8023	chrystal
Conservation	Dee Lyon	805-499-2165	chickadee
Education	Thelma Williams	805-492-2796	thelma
Field trips	Matthew Page	805-990-6534	Fieldtrips
Publicity	Dr. Kathy Jonokuchi	818-324-5759	publicity
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Historian	Bets Buchanan	805-482-0063	
Librarian	Jean Stoutenborough		librarian
Special Events	Carol Langford	360-742-6059	carol.lee.langford@gmail.com
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Webmaster	Frank DeMartino		webmaster
CVAS Web Site	http://www.ConejoValleyAudubon.org		
Send E-mail to	username@ConejoValleyAudubon.org		



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**

**C6ZC230Z**

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

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**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  
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