



The Western Grebe

Redbud Audubon Society, Inc.,

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What birders need to know about ticks

“What birdwatchers need to know about ticks” is the title of the presentation at the Thursday, March 19, meeting of the Redbud



Dorothy Leland

Audubon Society at the Lower Lake Methodist Church Social Hall, 16255 Second St. in Lower Lake, starting at 7 p.m. Guest speaker will be Dorothy Leland, of LymeDisease.org, a national Lyme

disease education and advocacy organization.

“Protecting yourself from ticks starts with recognizing that the topic is worthy of your time and attention,” according to Leland.

Ticks are tiny spider-like bugs often found in wooded and grassy areas. There are different kinds of ticks, which can carry many different diseases. The most common tick-borne infection in the United States is Lyme disease.

According to estimates by the Centers for Disease Control and Prevention, some 400,000 people become infected with Lyme disease in the U.S. every year, making it the number one vector-borne disease in the country.

It may start with flu-like symptoms, such as headaches, fatigue and fever. Sometimes, although not always, there is a “bulls-eye” rash. If you do have Lyme, this is the point where

you want to be diagnosed and treated, before the microbe burrows into your body and creates long-term problems.

If not caught and treated early, Lyme disease can affect practically every system of the body. It can cause debilitating joint pain, crushing fatigue, insomnia, gastrointestinal dysfunction, life-threatening heart conditions, neurological symptoms and psychiatric disorders – to name a few. In children, it may also trigger learning disabilities and behavioral issues.

Unfortunately, many who are infected do not get promptly diagnosed and treated. People who actually have Lyme disease may instead be told they have fibromyalgia, chronic fatigue syndrome, rheumatoid arthritis or Alzheimer’s – all conditions that Lyme disease can mimic. They may also experience depression, without realizing their condition is caused by Lyme disease.

Pop star Justin Bieber recently disclosed that he has been diagnosed and treated for Lyme disease. Before his diagnosis, Bieber says he

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MARCH MEETING

Thursday, March 19

- **Topic:** What birders need to know about ticks
- **Speaker:** Dorothy Leland of LymeDisease.org
- **Refreshments:** 7 pm
- **Announcements:** 7:15 pm **Program:** 7:30 pm
- **Location:** Methodist Church Social Hall, 16255 Second St., Lower Lake.

President's Message *by Roberta Lyons*

Upcoming Heron Days and examining the Guenoc and Walker Ridge projects



This is a busy time of year for Redbud Audubon. We're getting ready to present our 25th annual Heron Days event. This event has become more and more popular over the years and it has gotten to the point where we barely have to advertise it because boat tickets sell out so quickly. We are constantly working on acquiring more volunteer boats and drivers, but it is somewhat challenging. We certainly appreciate the boat owners and drivers who donate their time and boats for this worthy cause – it is Redbud Audubon's main fundraiser.

It isn't easy for the boat drivers. They are required to become officially licensed as For-Hire Operators through California State Parks. It is so impressive that we have people willing to go through the procedures which include studying, a written test, a medical exam, and an on-the-water test.

We really appreciate this commitment to Audubon. The boat guides are wonderful too, plus all of the other volunteers who help make this important event happen.

Other things we are doing include studying environmental documents for two important proposed projects for Lake County: The Guenoc Valley Mixed Use Project and the Walker Ridge wind development. Although the Guenoc project could end up being a very positive development for Lake County, we need to make certain that the trade-offs of environmental impacts are mitigated and worth it for the economic benefits that will hopefully occur.

On the other hand, the industrial wind farm proposed for the pristine Walker Ridge area presents very few benefits. The amount of power that will be generated is minimal, especially compared to the damage that the project will inflict on a beautiful and unique wild area.

Legislative support needed!

Some of our members who are also members of National Audubon may receive email from National on legislative issues that affect our birds. National Audubon (as well as California Audubon) makes it easy to click on a link to locate your representatives in Congress and their email. Your voice is important! Our voices together can make a difference. Redbud Audubon forwards pertinent legislative notices via email to you. We hope you will not mind if you receive them both from National Audubon and us. The protection of our bird life is extremely important.

Welcome new and returning members

Welcome new and returning members: Earl Anderson, Raynham, Maine; Susan Eakle, Pope Valley; Ben and Julie Lawson, Clearlake Oaks; Maurice Soares, Clearlake Oaks; Michelle Field, Clearlake Oaks; E.A. Rohner, Kelseyville; Helene Lange, Kelseyville; Richard Bobus, Kelseyville; Candace Blackstone, Lakeport; Larry and Kathy Jansen, Lakeport; Ann Bauer, Upper Lake; and Michael Dolan, Upper Lake.

Redbud's Conservation Committee busy following two major projects

By Roberta Lyons

The Conservation Committee for Redbud Audubon is going to be busy over the next several months.

The biggest project ever proposed for Lake County is making its way through the permitting and environmental review stages, and everyone should be aware of the impacts of this project. Impacts will be both positive and negative, but they cannot be ignored.

The project is named the Guenoc Valley Mixed-Use Planned Development Project and consists of approximately 16,000 acres located in the southeast portion of unincorporated Lake County, about 3.5 miles east of Middletown. The project needs a General Plan and Zoning Ordinance Amendment that would rezone the entire Guenoc Valley Site and would permit the development of up to 850 hotel and resort residential units, 1,400 residential estates, workforce housing (in the town of Middletown), resort amenities and much more. The first phase would require a Use Permit for the development of five separate subdivisions with approximately 401 residential estate villas, 141 resort residential units, 117 hotel rooms, 20 camp sites, and 100 on-site housing workforce bedroom units.

The draft Environmental Impact Report (EIR) is available for review and comment and can be seen at the County of Lake's website; go to the information portal and search for Guenoc Valley development.

This project could bring much needed economic development to the County. But the environmental impacts could be huge. "Ranchette," or "estate," development is not a conservation design approach and could disturb vital wildlife corridors that now exist in that area. Night time glare from this project is another concern, especially since Lake County is pushing to become a "Dark Sky Friendly," community.

It is unnerving that at a time when the Community Development Department for the County is seeing record numbers of resignations, firings, and vacancies, that a project of such magnitude needs attention. It is crucial for local environmentalists to provide input in order to balance the special planners hired by the developers to review the many environmental impacts of the project.

The other project of concern is the proposed

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Heron Days guests will see Great Blue Herons in their habitat.



Heron nests will be one of the sights on the tour.



Boaters can hope to expect to see several species of nesting herons, cormorants, egrets, osprey, and with luck see Western and Clark's grebes dance in courtship displays across the surface of the lake.



Every boat will have an experienced Audubon guide to discuss birds seen on the tours.

Redbud Audubon offers Heron Days birding boat tours

The annual Heron Days birding boat tours event is Saturday and Sunday, April 25 and 26 at Lakeside County Park near Kelseyville; and May 2 and 3 in the City of Clearlake, leaving from the Clear Lake Campground and traveling into Anderson Marsh. The event features 90-minute pontoon boat birding tours to see nesting birds and wildlife at the two different locations on Clear Lake.

The April 25-26 tours will leave from Lakeside County Park and traverse the shoreline of Big Valley.

On May 2-3 tours leave from the Clear Lake Campground on Cache Creek to tour Anderson Marsh which is part of Anderson Marsh State Historic Park.

This event has been presented by the Redbud Audubon Society for 25 years, this year. It originated at Anderson Marsh State Historic Park. The event started as just two days and featured pontoon boat rides into Anderson Marsh, along with a few booths and programs at the park itself. Over the years, the event has seen different iterations; it became the Heron Festival and was held at Clear Lake State Park for many years. Then, it was decided to go back to boat tours only and a few years ago it was decided to offer the event on two different weekends at two different locations. Boat rides are now only in the morning which avoids the probability of a rough lake which often happened when boat rides were offered all day long.

Each boat will have an experienced Audubon guide to explain the birds being seen on the tours. Besides several species of nesting herons, cormorants and egrets, tour guests may see nesting osprey, and Western and Clark's grebes in courtship displays where they "dance" in pairs across the lake surface.

Boat tour tickets are \$30 each and will be available for on-line purchase at www.redbudaudubon.org on March 16.



Courting grebes on the lake.



This group of happy birders had a great time at the Clear Lake State Park field trip held by Redbud Audubon in February. From left are: Lucy Hunter, Jeannette Knight, Brad Barnwell, Tess McGuire, Kathy Barnwell and Steve Schepper.

Fun was had by all at Clear Lake State Park monthly Field Trip

A group that started out with more than 20 people enjoyed several hours of great birding on Saturday, Feb. 22 with Brad Barnwell and Pat Harmon leading the way. Kathy Barnwell entered the 59-species list on Ebird. Fifty-nine species is impressive for one morning and impressive for Clear Lake State Park.

Highlights of the day included a pair of Cinnamon Teal that came skidding in on Old Kelsey Creek. Cinnamon Teal are not usually still here by this time of year. Also appreciated was a flock of Golden-crowned Kinglets. Many of the “usuals,” were there: Canada Goose, Mallard, Bufflehead, Ruddy Duck, California Quail, Western Grebe, American Coot, Double-crested Cormorant, American White Pelican, Great Blue Heron, Great Egret, several species of woodpeckers, both Stellar and Scrub Jay, Oak Titmouse, Bushtit and Wrentit, just to name a few.

Redbud Audubon field trips are great fun and a good way to get outside, learn some new birds, and enjoy fellowship with friends. Join us!



(Above, left) The Osprey are back at Clear Lake State Park and many other areas. (Above, right) A Pie-billed Grebe in Old Kelsey Creek – Photo by Bob Schoenherr.



Brad Barnwell started out the walk explaining that the group would be looking for Wood Ducks along Cole Creek.



Cinnamon Teal in Old Kelsey Creek were also an unusual sighting for the day. A pair flew in as birders made their way along the creek. – Photo by Bob Schoenherr.

Field Trip Calendar

Following is the field trip calendar for the Redbud Audubon Society for 2019 – 2020. Prior to each field trip a description will appear in our newsletter, the *Western Grebe* and on our website with more information about the upcoming outing. You can also call our field trip chair, Pat Harmon at (707) 263-4977 for information. Outings start at 9 a.m. unless otherwise noted.

March 21

Highlands Springs Reservoir – Lakeport

April 25-26 and May 2-3

Heron Days

May 23

Eel River, Potter Valley

March field trip will be at Highland Springs Reservoir

Join us on March 21, for a field trip to the Highland Springs Park and Recreation Area. We never know what we'll see at this spot. Meet in the main parking lot of the reservoir at 9 a.m. to enjoy a nice morning checking out the reservoir and the many lovely trails in the area. For more information give Pat Harmon at call at 263-4977.

The Highland Springs Park and Recreation Area is located five miles from the City of Lakeport and 30 miles east from the city of Clearlake. The signed entrance can be reached from Highway 29 via Highland Springs Road to the Highland Springs/Old Toll Road split.

What birders need to know about ticks

had years of poor mental health and self-destructive behaviors.

According to MyLymeData, a project which has surveyed more than 12,000 people with Lyme disease, only one-third of respondents were diagnosed within the first year of their illness. For most, diagnosis took three years or longer. That means that for three years, the bacteria could wreak havoc in the body without any treatment to stop it.

One barrier to prompt diagnosis is the widespread misperception that Lyme isn't a risk on the West Coast. Yet, there is ample evidence to the contrary.

The California Department of Public Health has documented *Ixodes pacificus*, the tick that carries Lyme disease, in 56 of the state's 58 counties. Stanford University researchers have collected Lyme-infected ticks at major recreation spots throughout the San Francisco Bay Area. A different study found infected ticks on the underside of wooden picnic tables at Berkeley's Tilden Regional Park.

Lake, Mendocino and Trinity counties have a lot of Lyme disease. People have contracted it in San Francisco, at Point Reyes, and in the Napa Valley, just to name a few areas of concern, according to Leland.

Anyone who spends time outdoors – for either work

or play – is at risk of tick exposure. In addition, ticks can hitch rides on dogs and cats, which may bring them into their owners' homes.

So, what's a person to do?

"I'll give details on ways to protect yourself," says Leland. "The short version is: Wear protective clothing and repellents, check your body for ticks often and properly remove attached ticks you may find."

If you suspect you might have Lyme disease, look at the "Symptom Checker" at www.lymedisease.org. It's designed to jumpstart a conversation between you and your doctor about the possibility that you have Lyme disease. Learn as much as you can about tick-borne diseases and their symptoms. Pay attention to changes in your body. If needed, find a Lyme-knowledgeable physician to investigate further.

Leland became involved with Lyme disease advocacy when her daughter caught it at age 13. It took almost a year to get properly diagnosed and begin treatment and many more years to recover her health.

Leland serves as Vice-President and Communications Director for LymeDisease.org. She is co-author of the book "When Your Child Has Lyme Disease: A Parent's Survival Guide," and writes a blog called "Touched by Lyme."

Oak trees host more biodiversity than any other tree: Help plant and protect them

Kate Marianchild, author of Secrets of the Oak Woodlands, who spoke at Redbud Audubon's February meeting, encourages everyone to help with efforts to plant and protect oaks and other native plants. Caterpillars, she explained, need native plants, and most songbird nestlings need lots of caterpillars to survive to fledging. In California, oaks and willows probably host more caterpillar species than any other plants, but all native plants are a good bet. For a list of locally native plants that host large numbers of caterpillars, go to www.katemarianchild.org/butterflies-and-moths.

This coming fall and early winter, Kate and others will again hold, as they did in January of this year, volunteer days to plant acorns on wildfire-burned lands in Mendocino and Lake Counties where oaks have been destroyed by wildfires in recent years.

And this spring there may be a volunteer day to protect "volunteer" seedlings from deer and other browsers on burned lands in Redwood Valley.

For locations where deer, sheep or cattle graze, acorns and oak seedlings can be protected by pounding three metal T-posts around them and stretching chicken wire around the T-posts. T-posts and T-post pounding tools are available at hardware stores.



Caterpillars are a critical food source for many baby songbirds. And the availability of caterpillars depends on native plants. Make a difference for birds by adding more native plants to your gardens.

Kate Marianchild regularly holds nature walks, talks, and events in Mendocino County and throughout California. To join her email list announcing these activities, email her at katem@mcn.org. Let her know that you live in Lake County, so she can add you to that section of her mailing list. Her next talk, "Extraordinary Ordinary Birds of California's Oak Woodlands," will take place on March 21 for Friends of Folsom and Natoma Lakes in the city of Folsom in Sacramento County. It is free and open to the public, but RSVP's are required: <http://folfan.org/>.

Redbud's Conservation Committee busy following two major projects

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industrial wind development on Walker Ridge. Although the policy of National Audubon is to promote alternative energy, some wind projects are not good proposals, and this is one of them, in our opinion. The wind machines and the proposed transmission-line pathway could severely damage a pristine area – an ecological treasure full of unique native plants. The area serves as a flyway for migrating birds, bats, and raptors. The California Native Plant Society (CNPS) is very concerned about this project and is pushing for the Walker Ridge area to be declared an Area of Critical Environmental Concern (ACEC).

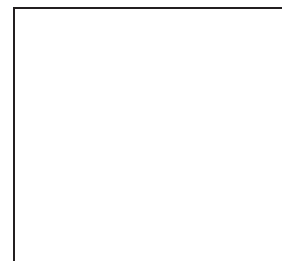
The proposed project is mostly on Bureau of Land Management (BLM) land and is adjacent to the Berryessa Snow Mountain National Monument. As the Sierra Club's Redwood Chapter chair, Victoria Bran-

don noted: "It's remote, beautiful and wild, the kind of country where rugged outcrops jut from grassy swales carpeted by spring wildflowers, where bears and mountains lions, roam and where raptors soar overhead."

The project, proposed by Colusa Wind LLC calls for up to 42 wind turbines and would require widening Walker Ridge Road by 75 feet in some areas.

Redbud Audubon has officially commented on both of these projects through both the California Environmental Quality Act (CEQA) and the National Environmental Protection Act (NEPA) processes, which request input from concerned agencies and individuals. Redbud will continue to follow both of these projects and submit comments during the environmental review process.

Redbud Audubon
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