

The Hellhole Canyon Gazette



Birding Specialist to Give March Program on San Diego County Birds

Okay, so you're taking a ride or a hike through Hellhole Canyon. Suddenly, a bird whizzes by. What kind of bird was it?

Come to our next quarterly meeting on Saturday, March 24th and find out! Join us at the Valley Center Public Library at 10 am for a presentation by Gillian Moreland from the Palomar Audubon Society. Ms. Moreland will talk about the comprehensive San Diego Bird Atlas. She'll also clue us in to the birds that frequent Hellhole Canyon. As always, our quarterly meetings are free of charge, and refreshments will be served. Hope to see you there!



Eagle Scout Completes Trail Sign Project

Hiking the Preserve's miles of trails will now be a more educational and pleasurable experience thanks to Eagle Scout candidate Nate Brown. Nate recently completed his Eagle Scouting project at the Preserve by constructing a trail of signs along Preserve pathways identifying native plants. Working with BSA Troop 619, the Friends, students at Valley Center High School, plant biologists and Preserve Rangers, Nate coordinated the construction and installation of nearly 30 iron trail markers identifying native plants along the hiking trails. Nate also produced an Interpretive Trail Guide that hikers can pick up at the trailhead that gives detailed botanical information about the plants and some of the current and historical uses of the plants. Trail signs include a photograph of the featured plant. The project is a permanent installation that will serve the community for a long time. The Friends will maintain the trail sign system, replacing and updating trail signs and guides as needed. Friends Education Chair, Judy Zanolli, helped Nate coordinate the project with the Friends.

Nate's project began with a detailed plan and timeline he presented to Park Rangers and the Friends Board last fall. He obtained donations of materials from local businesses, Jordak (UV laminate sign covers and plexiglass) and Tierra Data (guide printing), owner Mr. Kellogg.

The project will allow hikers to take a self-guided tour of the Preserve. Thanks Nate for a fine job and for helping to make our community a better place! Way to go!



Nate Brown, Eagle Scout Candidate, next to one of the Interpretive Trail Guide signs he installed at the Preserve. At left are members of BSA Troop 619 that helped Nate with welding and trail sign construction and installation.

*Friends of Hellhole Canyon
Open Space Preserve*

PO Box 221
Valley Center, CA 92082
Website: www.hellholecanyon.org
760 749-5320

The Hellhole Canyon gazette is published quarterly, in Valley Center, CA.

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We are looking to fill empty seats on our Board. Interested? Then please call Rick Landavazo, 751-1443. Everyone has talents and skills. Please share yours with your neighbors and community!

*County of San Diego Parks Staff
Ranger assigned to Hellhole Canyon:
Dave Holt
Offices at Wildernes Gardens Preserve
Phone (760)742-1631
Cell (760) 212-5549
14209 Highway 76
Pala, Ca 92059*



Friends Meetings

The Friends hold public general meetings once per quarter. The meetings feature a program and committee and officer updates. Our 2007 schedule for upcoming General Meetings is:

March 24th
June 23rd

All meetings start at 10 am.

For up-to-date info on events and activities check the website at www.hellholecanyon.org.

Board of Directors Meetings are held monthly, on second Tuesdays. Call 751-1443 for location and info.

Docent Led Hikes

Hikes are led monthly (except Aug) on every 3rd Saturday, 9am from the Preserve parking lot. For information call us at 760-749-5320 or visit our website at www.hellholecanyon.org

Mark your Calendars!!

Next guided hikes will be:

March 31st-Join Docent Rich Rudolf on Hellhole Canyon wildflowers hike.

April 21st

May 19th

June 16th

For a great and safe hike, we suggest you bring the following: lots of water, hat, sunglasses and sunscreen, long-sleeved shirt and pants, sturdy hiking shoes, snack foods, binoculars, camera, guide / Reference books. Please note that the Preserve can get warm and then hot quickly compared to the earlier morning start times.

Be Safe and See you there!!

Volunteers wanted to propose design & path of new trails

If you like to hike or ride in Hellhole Canyon, you're invited to help design trails in the newest portion of the Preserve, the former Brown property.

The committee will hold its first meeting on Thursday evening, April 26th. Please call committee chair Kenny Goldberg at 760-749-4814 for more information.



Volunteers Needed!

Each one of us has something to offer!

Volunteers are wanted to serve on Friends committees. Volunteering is a fine way to network with neighbors and help the Friends meet it educational and land conservation goals. Won't you please consider becoming a volunteer with the Friends?

Newsletter—Use MS publisher to create quarterly newsletter; maintain mailing list and print labels in Excel and Word. Chair, Rick Landavazo.

Education Committee—Help to plan quarterly meetings, schedule presenters and speakers for quarterly meetings; Chair, Judy Zanolli

Membership Committee-Help develop membership activities, keep membership data up to date. Chair Marian Klein.

Acquisition Committee—help with grant writing, fund development. Help the Friends plan land conservation work and activities; Chair Carol Gartner.

Do you have a special talent or skill you think might be helpful? Please call 751-1443 if you are interested in helping out! Thanks!

Natural Attractions for San Diego County Birds

by Paula White, Habitat Steward, National Wildlife Federation

San Diego County has beautiful foothills, oak woodlands, and desert scrub. It has, in addition to our coastal location, several suburban lakes, riparian streams, and salt marshes. These habitats attract many species of birds and, depending on the location of your home, you can have a variety of these winged wonders in your yard.

Many San Diegans want to have a backyard full of birds yet want their yard to attract the birds naturally. They want to have trees, shrubs, and flowers that attract and keep birds in their yards year round. After all birds can get only 25% of their food from feeders, the rest must come from nature. We know that birds need places to nest and raise their young, they also need water, cover, and food in order to thrive. Most all of the plants we use to landscape our yards can provide one or two of these but some will provide three out of the four vital needs. In planning a bird friendly yard it's important to think in terms of layers. By this is meant tall trees, next to smaller trees, next to large shrubs, next to smaller shrubs, next to flowers. This way you have good cover and food at all levels. Different families and species of birds feed on different naturally occurring foods and by choosing the right plants you should be able to attract a wide variety of birds to your yard and keep them there year round. Certain plants can also pull in the migrating birds which really makes your bird garden an exciting place. What follows is a list of trees, shrubs and flowers which are suited to our San Diego soil and climate and will attract the birds of our area. Native plants, in my opinion, are preferable due to the fact that they require less water, and are easier to grow, and appeal to the greatest variety of San Diego birds.

Trees:

OAKS(*Quercus*). Provides acorns, for Jays, Oak Titmouse, Nuthatch, & California Quail. Provides insects from leaves and twigs for Bushtits and Oak Titmice. Provides insects from galls and bark for Woodpeckers, Nuthatches and also a place to store acorns for Woodpeckers and cavities for nesting.

SYCAMORES(*Plantanus racemosa*) Provides fuzz for nests of Hummingbirds. Provides Cavities for nesting Woodpeckers, Bluebirds, Wrens, Tree swallows and Nuthatches. Provides insects and seeds for various birds and leaf litter for ground feeders such as Towhees, Sparrows, Quail, and Thrasher.

PINES(*Pinus sp.*)

Provides seeds for Jays, Nuthatch, Chickadee and many others. Provides insects from bark for Brown Creeper, Nuthatch, and Woodpecker.

WESTERN REDBUD(*Cercis occidentalis*) Provides seeds, buds, and flowers for Anna's and Allen's Hummingbirds as well as Lesser and Lawrence's Goldfinch.

Shrubs:

MANZANITA(*Arctostaphylos sp.*) Provides flowers, and fruit for Jays, Grosbeak, Mockingbird, Fox Sparrow, Anna's and Allen's Hummingbirds.

CALIFORNIA LILAC (*Ceanothus sp.*) Provides seed for California Quail.

TOYON (*Heteromeles arbutifolia*) Provides berries in winter much loved by Thrush, Western Bluebirds, American Robin, Cedar Waxwing, Tanagers, and Phainopepla. This shrub will attract a humongous number of birds once established.

SUGAR BUSH, LEMONADE BERRY(*Rhus Sp.*) Provides berries Spring and Summer for California Thrasher, Towhee, Thrush, Warblers and Wrenit.

COFFEE BERRY (*Rhamnus sp.*) Provides berries Summer and Fall for Jays, Thrashers and other berry eaters.

CURRENTS(*Ribes sp.*) Provides flowers and berries Winter and Summer for Anna's and Allen's Hummingbirds, Thrashers, and Jays.

BUSH MALLOW (*Malacothamnus sp.*) Provides seeds for Bushtits, tiny insects for Hummingbirds Summer through Fall.

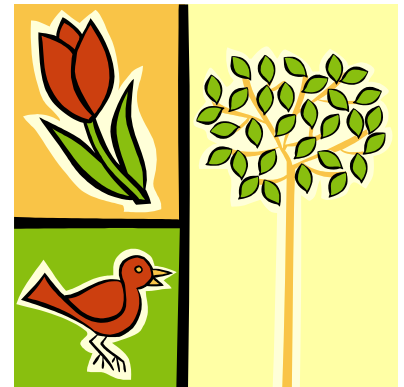
ELDEBERRY (*Sambucus sp.*) Provides flowers, berries, and insects on stem structures for a huge number of berry loving birds and nesting places for Hummingbirds.

Flowers:

The main attraction flowers offer birds are the seeds but if you keep your flowers carefully pruned back you remove a lot of their bird feeding value. As the summer comes to an end and winter approaches the dried stalks remain upright and the seeds disperse. This is when you will see multitudes of birds in your flower garden. Other flowers typically attract a lot of insects which then attract the insect eating birds. A few produce berries such as Wild Strawberries (*Fragaria virginiana*), but not many.

For more information on attracting birds and creating bird habitats in your yard visit <http://www.neighborhoodlink.com/org/wildlife/clubextra/615618372.html>.

Many of the plants listed here are available at Las Pilitas Nursery and can be viewed on their website, laspilitas.com. This native plant nursery is 30-60 seconds off of I-15 at **8331 Nelson Way** (just 100 ft. off of Old Highway 395; across Little Moosa Creek in Escondido, CA, 92026. Phone 760-749-5930. The nursery is open to retail and wholesale customers 9 AM to 4 PM, Monday through Saturday.



Friends of Hellhole Canyon Open Space Preserve
PO Box 221
Valley Center, CA 92082

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Don't miss the Friends
General Meeting:
Sat, Mar 24th, 10am. New
location for our meeting:
VC Public Library, 29200
Cole Grade Rd, near the
intersection of VC Road
and Cole Grade.



Dear Friends, Don't Miss the Friends General Meeting,
Saturday, March 24th, 10am
Valley Center Public Library!

Please attend for a special program on San Diego County birds, with an emphasis on those most commonly found at the Preserve. Our speaker will be Gillian Moreland from the Palomar Audubon Society. VC Library, 29200 Cole Grade. Coffee, Danish, Free! Don't miss it! See you there!

