

# Beautiful Hummingbirds to be Friends Program, General Meeting Saturday, Sept 24 at VC Library

## Hummingbird Specialist from Valley Center

The Friends' Fall General Meeting will feature a talk and presentation on local hummingbirds by Valley Center resident Glonda Courtney. Glonda is a specialist in the care, growth and natural behavior of hummingbirds. Her talk, sponsored by the Friends, will be at the Friends' General Meeting on Saturday, Sept 24, Saturday at 10am. The meeting is held at the Valley Center Library.

## Hummingbirds

By Bonnie Wheeler

Hummingbirds, with their unusual flying abilities, have fascinated humans, likening them to avian helicopters. They are able to fly in all directions, even upside down. This sets them apart from all other birds and is due to the construction of their wings which are made up of mostly hand bones, instead of arm bones as in most birds. Also, the muscles power the wings on both the up and down strokes. Hummingbirds



The Anna's hummingbird (*Calypte anna*) is the most common hummingbird found in Southern California gardens and is also the largest of the species.

rarely, if ever, walk.

All this muscle power requires an incredible

*(See Hummingbird, Continued on page 3)*

## New Friends Board Elected

At the Friends' June Annual Meeting the membership re-elected to the Board of Directors Susan Fajardo, Julie Picot, Bonnie Wheeler and Jim Campbell. Nominated from the floor was Dottie Christenson, who was also elected to the Friends' Board of Directors. Board members are elected to two year terms. Continuing their terms on the Board of Directors are Rick Landavazo, Joaquin Aganza, and Kenny Goldberg. The board is currently vacant one member that the board members will attempt to fill by appointment in the coming months.

In July the newly elected board traditionally meets to decide our annual calendar of activities and elects officers from among themselves. The Board re-elected Joaquin Aganza and Meredyth Pierson as Secretary and Treasurer, respectively. Kenny Goldberg was elected President of the Friends organization, replacing founding president, Rick Landavazo. Rick had advised the membership in June that he was stepping down as President of the organization, saying "I am very proud of all we have accomplished in the last 11 years—with the help of this board and many volunteers, and our partnership with the San Diego County Parks department we have raised nearly \$1.5 million dollars and conserved almost 240 acres of important natural habitat and open space since we were founded in 2000." Rick will remain on the board through June 2012. There is much to accomplish in the next 11 years—Kenny and the new board will be very busy in the coming year. If you are interested in volunteering with the Friends please attend our upcoming meeting and talk with any board member.



Friends of Hellhole Canyon  
Open Space Preserve  
PO Box 221  
Valley Center, CA 92082  
Website:  
[www.hellholecanyon.org](http://www.hellholecanyon.org)  
760 749-5320

The Hellhole Canyon gazette  
is published quarterly, in Val-  
ley Center, CA.

**Board of Directors**

Kenny Goldberg, President  
Meredyth Pierson, Treasurer  
Joaquin Aganza, Secretary

Jim Campbell, Dottie  
Christianson, Susan Fajardo,  
Rick Landavazo, Julie Picot,  
and Bonnie Wheeler, Direc-  
tors

**Board of Directors Meet-  
ings** are held monthly, on  
second Fridays. Call 760  
749-5320 for location and  
info.

Bookkeeping provided pro  
bono by Roxanne Greene,  
Business Services, North  
County Accountancy.

**The Friends is a nonprofit  
land trust and environ-  
mental education. We are  
dedicated to protecting  
natural open space at the  
Preserve and in our com-  
munity.**

County of San Diego Parks  
Staff Ranger assigned to Hell-  
hole Canyon:  
Dave Holt, Supervising Ranger  
Nick Sloan, Ranger  
Offices at Wilderness 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 an educational program on some natural or environmental topic and committee and officer updates.

The Friends' 2011-2012 calendar is posted on the website, [www.hellholecanyon.org](http://www.hellholecanyon.org).

For up-to-date info on events and activities check [www.hellholecanyon.org](http://www.hellholecanyon.org). Click on Current News.

*Docent Led Hikes*

Hikes are led monthly on every 3rd Saturday, 9am from the Preserve parking lot. For information call us at 760-749-5320 or visit our web-site at [www.hellholecanyon.org](http://www.hellholecanyon.org)

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, tails guide 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, Board Members Sought*

Volunteers are needed to help with projects with the Friends. Are you a good organizer? Know how to mail merge? Can you write grants? Willing to join a committee of neighbors to help out here and there? Please volunteer with the Friends. We have a place for you and need your help. Call 760 828-0726 for more info and to get started.

Are you interested in helping to provide leadership and contributing to the growth and development of our organization? Then please consider joining our Board of Directors. Our board is composed of regu-

lar community residents. You are qualified by your interest in protecting open space and outdoors recreation. Please call 760 749-5320 for more info or to discuss how you can help the Friends. We need you! Don't be shy!

*Join Friends Email List*

Visit [www.hellholecanyon.org](http://www.hellholecanyon.org) and click on join email list and receive updates and reminders of upcoming events and news.

**From Project Wildlife.....What to do if your find a Hummingbird:**

If you find an injured or orphaned hummingbird on the ground, lift it along with the material it is sitting on, and place it on crumpled tissue in a small box with holes in the lid. Always use tissue or paper towels, NOT cloth. The bird's feet may become entangled in the cloth. Provide the bird with a low heat source, but be careful not to overheat the bird. If it starts open-mouth breathing or its neck is outstretched, it is too hot.

**Food & Water** Hummingbirds can

become very ill if they are not fed every four hours during the day. Offer adult hummingbirds a sugar water mixture of 1 part sugar to four parts water. Hummingbirds have very high metabolisms and should be transferred to a rehabber as soon as possible so that they can be started on a properly balanced diet. Hummingbirds cannot survive purely on sugar water or commercial nectar.

**IF YOU FIND A BABY HUMMINGBIRD, DO NOT ATTEMPT TO FEED IT! GET HELP IMMEDIATELY. CALL PROJECT WILDLIFE FOR INFORMATION AND HELP.... 619 225-9453**

- Try to keep the baby in the nest if possible.
- If not, line a plastic margarine cup with tissue and keep the baby warm (this is essential) by placing it under a gooseneck lamp about 5 inches away from the bulb.
- Do not overheat the bird. If it starts open-mouth breathing or its neck is outstretched, it is too hot.
- Overheating can kill the bird.
- Keep the baby warmed to an outside temperature—between 85—90 degrees.

*(Hummingbird Continued from page 1)*

consumption of nectar and insects. Hummers have large appetites taking in a lot of calories every day. If humans had their metabolism, we could consume 155,000 calories a day, or about 77 times what a person would normally eat. Add to this the fact that the birds have a very quick digestion system ( a hummer can digest a fruit fly in 10 minutes ) and a very high heart rate which makes hunting and gathering their primary purpose in life. Anyone with a hummingbird feeder knows that they start feeding as soon as it is barely light and are the last to abandon feeding in the evening.

Their long, slender, split tongue enables the hummingbird to collect nectar from specific types of flowers. Those with trumpet shapes are the most sought after. Aside from the food sources, hummers also appreciate moving or misting water. Turn on a sprinkler and oftentimes a hummer will hover in the spray or sit on a convenient tree branch and enjoy with shower.

Although there are at least 328 species of hummers world wide, San Diego is home to five. The Anna's is here year round and can be recognized by the bright magenta or red throat and head of the male. The feathers on the chin may appear black.

Second is the Costa, who is also here year round, though less common than the Anna's. Here the feathers on the throat, chin and head appear to be black or purple. They have a rounder head and shorter body profile than the Anna's.

The Rufous, as their name implies, are overall a reddish-orange and green coloration. They migrate through, though some spend the winter months here. This species is constantly on the move, with no real territory. They may be smaller than the two above, but they can be more aggressive.

Similar to the Rufous is the Allen's, which looks similar, but the males have shinier green feathers on their back and rump. Also the throats are more brightly red. Allen's migrate, but may spend the summer in San Diego.

Finally, the black-chinned are a summer resident. Needless to say, their chins are black or dark purple in the sunlight and they have white or pale bellies. Up close one can see a white spot behind the eye.

Hummers are not very social. They do not flock or mate for any length of time. The male calls to the female, they mate and she is on her own. She builds the nest and raises the young. The eggs are about the size of a coffee bean and the babies are born virtually naked and blind. They are very vulnerable. However, the adults can be quite fearless and will attack even a hawk.

When gardening to attract these creatures, consider the shape and color of the flowers. Hummers love bright, especially red, trumpet shaped flowers such as the scarlet larkspur. They also like sages, California fuchsia and even manzanita flowers.

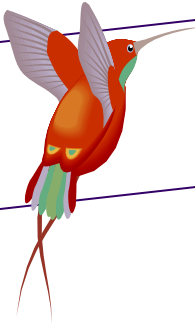
If maintaining a feeder, the solution should be four parts water to one part white sugar. No food coloring is needed. Boiling the solution retards mold growth and the water should be changed at least every three days. Never use honey to make hummingbird food; always make the food with clean water and pure white sugar; 4 parts water to one part sugar. Change the feeder every few days to avoid bacterial growth. Do not place hummingbird feeders near a window. Although beautiful to watch, hummingbirds may fly to the feeder reflected in the window and injure themselves on the glass.

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**PO Box 221**  
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**Www.hellholecanyon.org**



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Friends General Meeting Saturday Sept 24rd  
at 10am, at VC County Library! Don't miss  
our program on Hummingbirds !!!  
More inside!



Return Service Requested

### About Hummingbirds:

- Only found in the Americas; most are tropical or sub-tropical
- As long as there are many nectar-producing flowers in the area, hummingbirds can feed and nest there. This includes areas 5000 meters above sea level
- 90% of diet comes from nectar while the other 10% is from insects such as flies and wasps
- Predators include snakes, falcons, and owls. Nest predators include jays and some bats
- Males breed with multiple females and then leave the task of nest building and caring for offspring to them
- Females lay 2 eggs during breeding season
- Valuable for pollination of a wide variety of plants
- At night goes into torpor, a state of suspended animation, to conserve energy
- Unlike most other vertebrates, hummingbirds can see ultraviolet light, which may help them find flowers with ultraviolet patterns
- Never use honey to make hummingbird food; always make the food with clean water and pure white sugar; 4 parts water to one part sugar. Change the feeder every few days to avoid bacterial growth.



Costa Hummingbird  
(See inside for more info)