



# OAK LEAVES

A PUBLICATION OF THE LOS OSOS / MORRO BAY CHAPTER of SMALL WILDERNESS AREA PRESERVATION  
P.O. BOX 6442, LOS OSOS, CALIFORNIA 93412-6442 ♦ (805) 528-0392 ♦ FEBRUARY / MARCH 2009

## Elves and Weed Warriors March Again

By Yolanda Waddell; photos by Bob Meyer

There were a few glitches, such as the CD player failing to play, and the worry that the parade would be rained on. But on Saturday, December 13, eleven SWAP stalwarts joined the Los Osos Holiday Parade, marching (and wheeling, in the case of Susan Chandler) down Los Osos Valley Road.

Pete Sarafian, dressed as a bearded elf, pushed the SWAP wheelbarrow filled with a small Christmas tree, a few shovels, and many handfuls of wrapped candy to give to the children. Other elves were Pat Akey, Alon Pearlman and Jean Wheeler. Weed warriors Dave Akey, Yvette Billeaudeaux, Pat Murray, Ron Rasmussen and Yolanda Waddell carried signs encouraging onlookers to be a weed warrior, to join SWAP and to buy our 2009 calendar. Mutt Mitt Committee Chair Dorothy Norwood handed a Mutt Mitt to every parade onlooker who had a dog. And Susan Chandler handed out SWAP brochures. Bob Meyer followed the parade, snapping photos, a few of which are on this page.

Our marchers were received with cheers along the entire six-block route. It is always heartening to experience directly the community's affection and support for the Elfin Forest and SWAP.



*Elves and Weed Warriors gathered for a photo before the Los Osos Holiday Parade. In front, with Rudolph nose is Alon Perlman. In the second row, L-R, are Pat Murray, Pete Sarafian, Yvette Billeaudeaux, Ron Rasmussen, Steve Cake, and Pat Akey. In the back row are (L-R) Yolanda Waddell and Dorothy Norwood.*

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*Weed Warrior/Elf Alon Perlman hands candy to an appreciative young parade goer.*



SWAP  
BOARD OF DIRECTORS

*The Board of Directors  
of the Los Osos/Morro Bay Chapter of  
Small Wilderness Area Preservation (SWAP)  
consists of the following members:*

- Ron Rasmussen, Chair / Treasurer
- Pete Sarafian, Vice Chair
- Yolanda Waddell, Secretary
- Pat Akey, Member at Large
- Debbie Levi, Member at Large
- Bob Meyer, Member at Large
- Pat Murray, Member at Large

The SWAP Board of Directors meets monthly on the 2nd Monday at 7 p.m. at the Community Center of Sea Oaks Mobile Home Park, 1675 Los Osos Valley Road. The next meetings are **Monday, February 9 and Monday, March 9.**

All Board meetings are open to the public. To confirm the date, time and location (which are subject to change), call 528-0392.



CONTACT SWAP

If you have questions about SWAP activities or want to volunteer, please call 528-0392 and leave a message. A recorded message will give information about our 3rd Saturday Walks, Work Saturdays, and other events. If you have questions, concerns or comments about any problems in the Elfin Forest, call or write:

Chuck Lowe,

SLO County Parks Supervising Ranger,  
1087 Santa Rosa Street, SLO, CA 93408,  
(805) 781-4417.

Owners of dogs off-leash can be cited. If you witness dogs off-leash, vandalism or obvious crimes, call the County Sheriff at 781-4550 or Chuck Lowe at 781-4417.

# SWAP Treasurer's Report for Year 2008

*By Ron Rasmussen, Acting Treasurer*

The bylaws of the Morro Bay/Los Osos Chapter of SWAP require that the Treasurer submit an annual report of the Chapter's finances for publication in the OAKLEAVES newsletter. As acting Treasurer for our Chapter I submit this summary statement for your review and comments.

TABLE 1. INCOME AND EXPENSES

*TOTAL INCOME	\$25,636
TOTAL EXPENSES	\$20,190
NET INCOME	\$5,448

TABLE 2. BALANCE SHEET

AS OF JANUARY 1, 2008

BANK CHECKING ACCOUNT	\$14,722
SAVINGS (CD)	34,423
PETTY CASH	50
TOTAL ASSETS	\$49,195

AS OF DECEMBER 31, 2008

BANK CHECKING ACCOUNT	\$11,231
SAVINGS (CD)	43,368
PETTY CASH	50
TOTAL ASSETS	\$54,649

INCREASE (LOSS) \$5,454 (+11%)

\*AMOUNTS ARE ROUNDED TO THE NEAREST WHOLE DOLLAR.

TABLE 1 summarizes the Income and Expense for the calendar year 2008. The major items of income are memberships and donations (54%) and merchandise sales such as our calendars (32%). The remaining 14% includes savings interest, gifts from calendar sponsors and a grant from the Morro Bay National Estuary Program.

The major item of expense is the bimonthly publication of our newsletter, OAKLEAVES (25%). Second is the cost of merchandise at 23%. Third is the current expense to date for the planning and permitting of the boardwalk extension into the Rose Bowker grove. So far this has cost \$2,687 (13%) of SWAP's income for this year. Construction is projected to begin about June 1, 2009, if final permits are awarded. The remainder of expenses includes office supplies, liability and property insurance, taxes and other expenses such as registration for the Los Osos/Baywood Oktoberfest.

TABLE 2 is the Balance Sheet for 2008. SWAP's financial status is good. This year we have seen an increase in total assets of 11%. This is due to the continued support of our members and donors, and to the excellent response to our 2009 calendar, which was sold out before the end of 2008.

In the coming year SWAP may be called on to help in purchase of land adjacent to the Elfin Forest. Also, the boardwalk extension for Rose Bowker grove may require further funds from our treasury. It is very important that our members continue their support so that SWAP can maintain the Elfin Forest and our educational programs.

# Elfin Forest Geology

By Jeff Grover, Cuesta College Geology Professor

In Chapter 1 (*Oakleaves*, August/September 2008), I addressed the formation of the “foundation” rocks within and around the Elfin Forest; the so-called Franciscan assemblage and its relation to the accretion of ocean crust along a convergent boundary subduction zone. To continue with the metaphor, we must climb out of the foundation now and address the “main structure,” or the mid-level rocks and their tectonic and paleo-environmental significance. A final chapter in a later issue of *Oakleaves* will complete the picture and address the development of our modern landscape and the source of all that sand!

## Chapter Two – Cenozoic Rocks and the Fragmentation of the California Coastline

Beginning about 30 million years ago, California’s coastal margin began to tear into a series of raised mountain blocks and depressed basins. This change in tectonic character reflected the shearing stress induced by the development of the San Andreas Fault. The condition continues today and it has profound effects on the entire western margin of North America. The cause of this change and its effects was first proposed over thirty-five years ago by a young graduate student named Tanya Atwater, now a professor at the University of California at Santa Barbara. Her theory states that as the North American Plate moved westward, it slowly encountered, overrode, and consumed the spreading ridge known as the East Pacific Rise. At about the latitude of modern-day San Luis Obispo, subduction ceased as the North American Plate made contact with the Pacific Plate. Relative motions between these two plates created a shear zone that splintered the coastal margin and grew into the famous San Andreas Fault, a transform boundary between the Pacific and North American Plates. Fragments of the old Farallon Plate remain north (Juan de Fuca and Gorda) and south (Rivera and Cocos) of the San Andreas Fault (Figure 1).

During the roughly 30 million years from the beginning of this period to the present, the western margin of North America changed drastically. Volcanism in the ancestral Sierra Nevada slowly ceased. East, in the Basin and Range Province, crustal stretching and breaking produced fault block mountains and deep valleys. Our Coast Ranges experienced complicated shearing stress with localized zones of extension, compression, rotation, and even volcanism.

A distinctive example of volcanism from this period is our well-loved landmark, Morro Rock. Part of the Morro Rock – Islay Hill intrusive complex, Morro Rock and its “sister” peaks represent the frozen vents or necks of a chain of volcanoes active between 22 and 26 million years ago. The linear trend of the peaks suggests that a zone of weakness such as a fault or joint system determined their position during volcanism and pluton emplacement. Each peak represents the eroded tip of a series of intrusive fingers that bled off a larger, roughly tabular-shaped magma body. The cause of this volcanism is somewhat enigmatic. Chemically, the Morros are related to the high-silica subduction-style volcanism but their position (now and during formation) at or near the trench places them 200 to 300 km. west of other volcanoes in the ancestral Sierra Nevada. A fairly recent proposal links this volcanic episode and

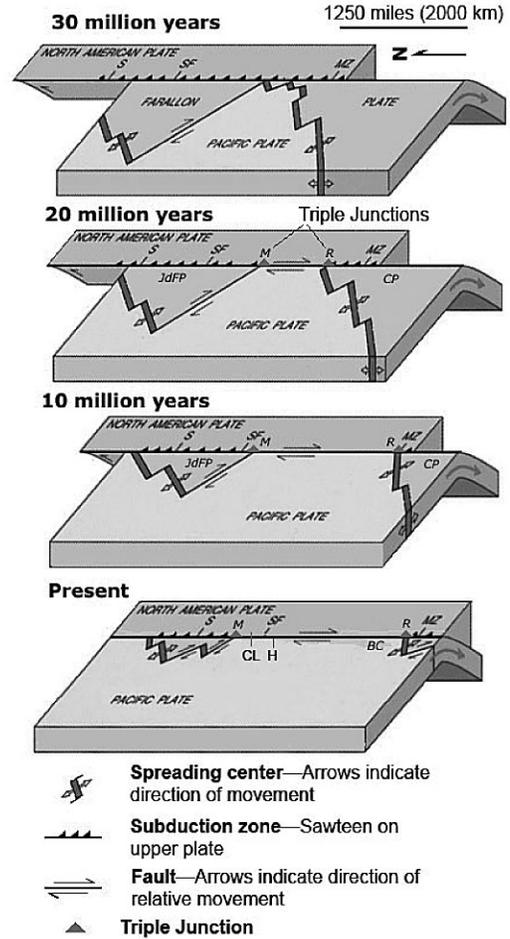


Figure 1 – Simplified 3-D diagram depicting the development through time of the San Andreas Transform Boundary. (W. P. Irwin USGS).

others within the Coast Ranges to mantle decompression associated with a gap in subduction and the development of the San Andreas transform.

Along the central coast at this time, areas that stretched would subside, sink below sea-level and slowly fill with marine sediments. Throughout our area we see the results of this sedimentation in widely dispersed deposits of shale, mudstone and sandstone laid down upon the Franciscan basement rocks. The most distinctive and important of these Cenozoic age rocks is the Monterey Formation. Named for exposures that were first studied within the Monterey Peninsula, these rocks and similar, though slightly younger varieties, are well exposed in and around Montana de Oro. Light-brown to tan, laminated, siliceous (containing silica) shale

*Elfin Forest Geology continued on page 4*

dominates the Monterey formation lithology. Thin, black chert layers within the shale are also observed and commonly mistaken for flakes of obsidian within beach sand. With the possible exception of the gold-bearing rocks of the Sierran foothills, the Monterey formation is the most economically important rock unit in California as they provide the carbon-rich source and often the reservoir for nearly all of California's oil and gas fields. Small oil seeps along the coastal bluffs in Montana de Oro and south in Shell beach and Price Canyon, attest to the petroliferous nature of these rocks. Their existence in submerged portions of the narrow continental shelf off central California make the coastal waters a prime target for oil and gas exploration.

A variety of fossil mollusks such as pectins (scallop shells) and oysters as well as echinoids (sand dollars) have been collected from these and similar deposits nearby. Careful observers will see large bone fragments of marine mammals (whales?) in the shale and mudstone bedrock below tide-pools in Montana de Oro. What one can't see with the naked eye, however, are the millions of microfossils of diatoms and foraminifera that exist within these rocks. These shells of single-cell protista are key index fossils and yield important information about paleoenvironment and the age of these rocks. Oil company stratigraphers use them to help locate oil-bearing strata during exploratory drilling. Near Lompoc, the Monterey shale contains strata of nearly pure silica composed of literally billions of diatoms. Known as diatomite, these rocks are mined and processed as diatomaceous earth for a variety of uses, including water filters and tooth-paste abrasives.

Exposures of the Monterey Shale and other marine sedimentary rocks in our area require an environment of predominantly deep marine conditions analogous to the Santa Barbara channel or perhaps to some of the restricted basins offshore within the southern California borderland. Our modern landscape with Estero Bay, the sand spit, and the San Luis Range south of Los Osos, was nowhere in sight, but the bedrock had all been formed. All that was left to do was to bend it, break it, erode it, and cover it with a thin veneer of sand and water and voila, we have our beloved estuary and our modern world! Details will be provided in the final chapter published in a future edition of the *Oakleaves*.



Anita Rouse, owner of Hart Impressions Printing, hands Calendar Committee Chair Debbie Levi a 2009 Elfin Forest calendar, one of the extra batch of 100 that had to be ordered when we sold out.

Photo by Yolanda Waddell.

## HAPPY 2009

*From The Calendar Committee*

The SWAP Calendar Committee thanks everyone who helped to make our 2009 calendar a success! In November, an excellent full-page article in *The Tribune* written by Lee Sutter brought the Elfin Forest calendar to the attention of its readers, and calendars flew out the doors of our vendors and committee members. By early December we were sold out, and had to order 100 additional calendars, which also sold out. We appreciate the generosity of the artists whose works were featured in the calendar, and the sponsors who funded the printing. Thanks also to the vendors, including some of the artists, who promoted and sold the calendar for us. And special thanks to Katy Budge, our graphic artist, for her beautiful work in designing the calendar, and to our printer, Anita Rouse, for shepherding the calendar through the production process. Because of everyone's efforts, the money raised from calendar sales will support planting and maintenance of the Elfin Forest throughout the year, and will also be used for part of the matching funds needed to complete the boardwalk extension into the Rose Bowker Grove this summer.

## Attention Photographers

SWAP is looking for a variety of photos, all featuring the Elfin Forest by local photographers, for our 2010 calendar. We're especially looking for close-ups of birds, reptiles, amphibians, mammals, plants, wildflowers, mushrooms and other fungi, lichens, butterflies, spiders, and other insects—any beautiful or wonderfully ugly vegetative or wildlife inhabitants of the Elfin Forest. We'd also like photos of people enjoying our preserve. We'll need a few scenic views of our small wilderness area—of a lovely grove, a welcoming path, or the Elfin Forest with the bay or the Morros in the background, or a spectacular sunrise in the Elfin Forest signifying the hope we all find from nature.

For ideas, join our 3rd Saturday Walks beginning at 9:30 am where the 15th street path meets the boardwalk. Or call Debbie at 528-1911 or Pat at 528-1861 or email [calendar@elfin-forest.org](mailto:calendar@elfin-forest.org) and we'll send you our brochure with a map. Our pocket guide, *Plants and Animals of the Elfin Forest* sells for \$2 on page 11.

Please submit photos for the committee selection process, preferably in horizontal format, in a file size that will print well at 8 X 10 inches. Send on a CD mailed to SWAP Calendar, P.O. Box 6442, Los Osos, CA 93412 or by email to [calendar@elfin-forest.org](mailto:calendar@elfin-forest.org). All photos selected for the calendar will need to be supplied in high resolution, large file size (over 1 MB) on a CD prior to calendar printing.

# English Plantain

By Dirk Walters, Ph. D.;

Drawing by Bonnie Walters

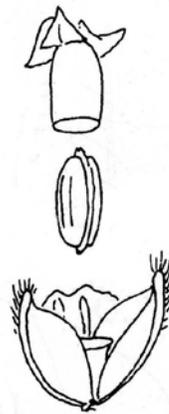
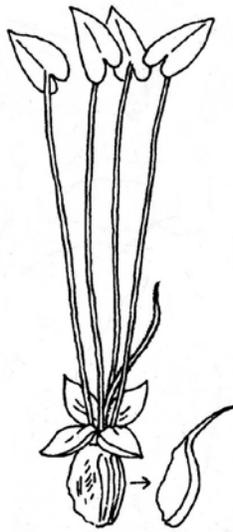
The species of plant discussed this time is a member of the genus, *Plantago*. This genus and species has had many common names applied to it. They include buckhorn, buck plantain, buckhorn plantain and English plantain. These common names are names that followed the plant from Europe. Rib grass, ripple grass, and narrow-leaf plantain refer to characteristics of the leaves as does the specific epithet (*lanceolata*).

A lance-shaped leaf is long and narrow. As can be seen in Bonnie's drawing, the veins (ribs) are prominent, thick and run from the base of the blade to its tip. This superficially resembles the parallel-veined leaves of monocots, and many beginning taxonomic students misidentify it as a monocot for this reason. However, a look at the very-enlarged flower that Bonnie has drawn will show it to consist of four petals united into a tube at the base. Monocots mostly have three petals. The stamens are attached to the corolla tubes. The fused petals with appended stamens are characteristics of an evolutionarily advanced group of true dicots that includes such common plants as the milkweeds, nightshades, monkey-flowers, bellworts and sunflowers (Asterids).

Separation of these families has always been somewhat artificial. However, recent studies using DNA sequences as well as appearance data have changed severely the taxonomy this group. Unfortunately, it hasn't made it any easier. In the past, *Plantago* was in an easily recognized family (*Plantaginaceae*) by itself. The only other two genera sometimes placed in this family are not only not native to North America, but also are sometimes recognized simply as unusual plantains. In the past, *Plantaginaceae* consisted of those fused petal plants with tiny, inconspicuous flowers borne in a tight elongate cluster (spike). Current thinking greatly enlarges the *Plantaginaceae*. It now includes most of the common genera from the snapdragon family or *Scrophulariaceae*. Of our common plants only figworts (*Scrophularia*) and mulleins (*Verbascum*) still reside in the new *Scrophulariaceae*.

There is a last set of common names I like even more. These latter include Englishman's foot, white man's foot, and cart track plant. In fact, the genus name (*Plantago*) is derived from the Latin, *planta*, which means footprint. It is my understanding that the last three names are derived from various Native American names which refer to their observation that whenever our European ancestors entered a new area, this weed entered right behind.

One of my general references on weeds states that this plant is found in all 48 states (It's an older reference and Hawaii and Alaska hadn't become states yet. Actually I hope it hasn't reached either state, but I'm not optimistic.) It goes on to state that it should be



outlawed in each and every one of them. This species is a weed and, as this reference further stated, it has few if any redeeming traits! It is extremely difficult to eradicate once it gets established. It is listed in the Elfin Forest species list, but I have not seen it from the boardwalk and I hope I never do. I would expect it to be found near the neighboring yards and roadways. Most of my references indicate it prefers moister habitats than is characteristic of most of the Elfin Forest.

Having said it has few redeeming properties, I have found a few, but none of them override its weedy properties! It is recorded that some old world peasants ate the very young leaves as a spring green. However, I think the references may be confusing this species with another terrible weed, the broad leaf plantain (*Plantago major*). Another reference stated that the bruised leaves were placed on rashes and stings to relieve itching. One of the generic characteristics is the possession of a seed coat that expands upon wetting. In our weedy species this trait is present, but minimal. But in another species whose common name is psyllium (*Plantago afra*) this trait is extreme and ground up seed coats are sold in health food stores as a bulk laxative.



## OAK LEAVES

is published six times per year beginning in February.

Co-editors are Yolanda Waddell and Jean Wheeler;

layout is by Katy Budge. Editing assistance by Pat Grimes.

Contributors to this issue: Calendar Committee, Susan Chandler, Jeff Grover, W.P. Irwin (USGS), Betsy Kinter, Bob Meyer, Alon Perlman, Ron Rasmussen, Pete Sarafian, Charlie Sitton, Yolanda Waddell, Dirk and Bonnie Walters, and Jean Wheeler.

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If possible, all copy should be submitted by e-mail to:

ywaddell@kcbx.net AND jeanwheeler@charter.net.

# Coming Up in the Elfin Forest

By Jean Wheeler



We've had a few winter rains but could certainly use more to ensure a good flowering season. In February and March we expect to see colorful wildflowers opening against a vibrant green background. Red Fuchsia-flowered Gooseberries show well, and hopefully the drooping red balls of the California Peonies will do well again this year. Red sand verbenas may provide bright patches of ground cover in sandy areas.

Seaside Fiddleneck, Golden Yarrow and Seaside Golden Yarrow, California Poppies, and Sticky Monkey-flowers provide yellow and orange flowers at this season. Morro Manzanita has lovely white bells often blushing slightly pink. White flowers also adorn the Buckbrush Ceanothus, Toyon, Hollyleaf Cherry, California Blackberries, Croton, and (pictured below) Wedgeleaf Horkelia. A native vine that has small white blossoms with yellow centers is Wild Cucumber. These vines are all over the Elfin Forest in February and March; but don't confuse them with the nastily invasive Cape Ivy, which has a shiny leaf with yellow flowers.

February and March provide some of the best birding opportunities in the Elfin Forest year. Our winter water birds are still here by the thousands at least through February. This includes all Ducks and Geese, all Wading Birds, and all Grebes listed in our Pocket Guide (sold on page 11). American Avocets and most Sandpipers are also here through March.

Winter visitors to our chaparral and pygmy oak groves are nearing the end of their visit and will soon head north or up into high mountains. These include Ruby-crowned Kinglets, American Robins, and several species of Sparrows. Migrants will be passing through from wintering sites in Middle and South America. Among them you might be lucky enough to spot Rufous or Allen's Hummingbirds. Some of our summer birds, including House Wrens and all of our species of Swallows, will be returning from their holidays in the tropics to get to work again building nests for this year's families. Of course our year-round birds are here, such as Anna's Hummingbirds, California Quail, both species of Towhees, Dark-eyed Juncos (pictured above left), California Thrashers, and Western Scrub Jays. Wrentits are more often heard than seen.

What a great time of year to visit the Elfin Forest, whether for a few short strolls or for many hours of fascinating study!



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## Elfin Forest Sightings

Pete Sarafian reports, "Residents close to the western end of the Elfin Forest were serenaded the night of January 5 by a Great Horned Owl. Evidently, he was lonely for a companion."



*Elfin Forest neighbor and Weed Warrior Charlie Sitton contributed this photo of raccoon tracks left on the boardwalk on a frosty morning.  
Photo by Charlie Sitton.*

## Please Report Elfin Forest Sightings

Have you observed any unusual birds in the Elfin Forest? Mammals? Reptiles? Amphibians? Insects? Interesting activities or footprints of wildlife in our Elfin Forest? Unusual plants? Please report any interesting wildlife activity or plants that you see to Jean Wheeler at [jean-wheeler@charter.net](mailto:jean-wheeler@charter.net) for inclusion in future Oakleaves issues under "Elfin Forest Sightings." You can also leave a message on SWAP's answering machine, 528-0392.

## Weed Warriors

By Pete Sarafian, Conservation Chairperson

### December 2008 Work Party “Spreads the Cheer”

With a rousing turnout to end the year the Wonderful Weekend Weed Warriors spread out holiday cheer early in December 2008. The warriors used two pickup trucks courtesy of Bob Meyer and Dar Reynolds to haul wood chips to street ends. Then the crew spread them out at the sand trail ends and parking areas on 11th, 12th, 13th, and 14th Streets. Hopefully, the wood chips will both soak up water and reduce erosion to keep from filling streets with sand whenever it rains on the Elfin Forest. The chips also will reduce dust from cars coming, going and parking. The rest of the warriors included Yvette Billeaudeau, Dave Bowlus, Steve Cake, Lannie Erickson, Rich and Prisila Johnson, Alon Perlman, Ron Rasmussen, Pete Sarafian, and Charlie Sitton. You should have seen the chips fly as the crew slung them with abandon. What a group! Thanks to all who participated in this effort. We couldn't have done it without your help.



*An energetic Weed Warrior crew (see list of participants in Pete Sarafian's December work party report) loads chips into trucks for transport and spreading at street-end entrances of the Elfin Forest.*

*Photo by Alon Perlman.*

### January Work Party “Digs” the Forest

Like crazy man, you dig? Well some of the Wonderful Weekend Weed Warriors dug and dug and dug under the boardwalk until the structural wood was uncovered. At least that's what Rich and Prisila Johnson did under the watchful eye and assistance of Bob Meyer. Each year wind and water move more and more sand under parts of the boardwalk. If these areas weren't dug out periodically, the sand would cover the boardwalk. So these strong backs cleared out the accumulation from where the wooden steps lead to the 12th and 13th Street sand trails. The effort revealed that termites had been working while the sand accumulated. So far it appears that only the wooden step supports were partially digested. The main structural parts of the boardwalk appear unaffected. More work will be required to tell if any of the submerged wooden portions of the boardwalk have been attacked yet.

The rest of the warriors kept busy with veldt grass removal. Again the work party hit the worst remaining infestation between 15th and 16th Streets along the southern boundary of the Elfin Forest. Digging out the veldt grass kept most of the warriors busy all morning including Jay Bonestell, Steve Cake, Lannie Erickson, Sharon Meyer, Alon Perlman, Ron Rasmussen, Pete Sarafian, Yolanda Waddell and Mimi Whitney. This effort pushed the veldt grass back to the old barricades where a water line was installed years ago. We are making great headway on public enemy #1, veldt grass, thanks to all our volunteers.

### Let's All Pull Together

For those who prefer golden verse, ~ I'll try to keep this very terse. Our efforts are working, ~ Less weeds now are lurking. The Forest looks better, not worse!

~ Pete Sarafian



*Rich and Prisila Johnson (L-R) dug and dug to remove sand that had washed down the 13th Street Trail and partially buried the boardwalk.*

*They loaded it in a wheelbarrow, and Rich dumped the sand back on the trail. Photo by Yolanda Waddell.*

### SWAP First Saturday Work Parties

SWAP First Saturday Work Parties are held at 9 a.m. to noon on the first Saturday of each month. Please dress for wind, fog, or sun. Layers work well. Long pants and long-sleeved shirts are best. Sturdy shoes are a must. Meet at the north end of 15th Street at the Elfin Forest entrance. Take care not to park in front of driveways or mailboxes. Call 528-0392.

# Cal Poly Club Fights Erosion

*By Pete Sarafian, Conservation Chairperson*

Thanks to the Cal Poly Wildlife Club, the Elfin Forest is sporting new wooden erosion bars below Bush Lupine Point. Alexandra Barbella arranged to have nine club members join the SWAP Conservation Chair in the restoration effort in the Forest. Students hauled 4 x 4 lumber down to the old abandoned trail at the bottom of the hill. This trail was used in the past to visit the mud flats of Morro Bay. It has been several years since the SWAP fenced the area and installed straw wattles slow erosion of the surrounding hillsides into the Bay. (Unfortunately, some community members still think they have a right to cut fences, enter closed areas, and tramp around.) The wattles at the bottom of the hill had become trampled down and covered by sand. The student volunteers dug out the old wattles, raked out the sand trail and installed the new 4 ft. and 8 ft. long erosion bars. A couple of spare 8-ft. long bars were added to one hillside as well. The new bars should be more durable than the old straw wattles. The crew consisted of Maritza Almquist, Alexandra Barbella, Fallon Frye, Nick Fylstra, David Hanson, Kim Hornung, Rebecca Nuffer, Jorge Raya and Victoria Tomlinson. SWAP thanks the Cal Poly students for an entire morning of hard labor. Their efforts should help keep the Elfin Forest in place and reduce Bay sedimentation.



*Nine members of the Cal Poly Wildlife Club donated a morning's work on an erosion control project below Bush Lupine Point. Conservation Pete Sarafian is in front. Photo by Yolanda Waddell.*

## Elfin Forest Visitors

*By Susan Chandler*

I like to go to the Elfin forest because it is so accessible for my wheelchair, and I can navigate it independently! What a wonderful place to wander around and be close to nature, the coast, and the "Sisters." As you probably know, it is really impossible for wheelchairs to navigate on sand, so the boardwalk is a boon for me and others with mobility problems.

Whenever I am there, I like to meet people and their dogs, and chat with them to find out where they are from and whether they are first time visitors, members, or locals. I politely encourage them to join SWAP and always tell them about the benefits of joining—the newsletters, the 3rd Saturday walks, and sometimes about the weed warriors.

When I first visited the Forest, I was disappointed that I couldn't go into the Rose Bowker Grove. I finally made it this spring when, on one of the talks, there were enough people to haul me in so that I could see and enjoy the grove. Then I learned that our SWAP Board had gotten the money and approvals to put in a boardwalk extension into the grove after the snails go into hibernation in May. So I am excited that this is going to happen! I would like to help find some money to get a few benches in there.



Today I met a couple from Arkansas with a puppy named Mollie Grace. They are here for several months while he works at Diablo. Another lady was from Arroyo Grande and just likes to come and visit once in a while. Then I met Ruth Ann Angus with Jeena and Fatema, friends from Kabul in Afghanistan (pictured on opposite page). Jeena goes to High School in San Jose and Fatema is going to Cuesta and is staying with Ruth Ann. She hopes to continue her college education in the U.S., but needs to find support.

*Active SWAP member Susan Chandler handed out brochures to Los Osos Holiday parade onlookers, thus informing many new people about our chapter and the Elfin Forest.*

# WALKS in the ELFIN FOREST

## Third Saturday Walks

*February 21, 9:30 a.m. –  
Fungus Foray*

For our fifteenth annual Fungus Foray in the Elfin Forest, intrepid leader and fungophile Dennis Sheridan will take us on an exploration of the Elfin Forest floor for wood bluetts, black elfin saddles, earthstars, golden caps, boletes, poisonous amanitas and many other fascinating fungi. Bring a magnifying lens and, if you have a mystery mushroom in your yard, bring a sample for Dennis to identify. This is not a mushroom collecting walk, as all plants in the Elfin Forest are protected by law. Only a very heavy rain will cancel the walk, and if it hasn't rained, Dennis will give us an equally fascinating walk about the lichens that grow abundantly in the Forest.

*March 21, 9:30 a.m. –  
Literary Stroll*

Cal Trans historian Robert Pavlik has an excellent collection of books by natural history writers and poets. For his Elfin Forest literary stroll, he'll bring along a notebook with selections from the works of such authors as Robinson Jeffers, Wallace Stegner, Rachel Carson, Gary Snyder, John Steinbeck and others from this and past centuries. As you follow Bob along the boardwalk, stopping here and there for a reading, he will provide you with a delightful menu of descriptions, impressions and thoughts that can be enjoyed in the Elfin Forest environment. Bob also brings along a handout with a list of his readings for those who want to read further.

*April 18, 9:30 a.m. – Butterfly Walk*

Join butterfly enthusiast Pat Brown on a tour of the Elfin Forest from a butterfly's point of view. Pat has taken many photos of butterflies in all stages of development from eggs to mature butterflies, and will share them along with any fascinating butterfly facts. She'll point out some of the plants that are host to butterflies, and will lead you to hang-outs of Variable Checkerspot, Moro Blue, Swallowtail, Hairstreak and other butterflies that make the Elfin Forest their home. She will also share information about butterfly books, web sites and butterfly-related materials. She recommends that you bring a hand lens and a pair of close-focusing (5-10 ft.) binoculars.

*Walks in the Elfin Forest begin at times stated above. Park at the north end of 15th Street (16th Street for wheelchairs) off Santa Ysabel in Los Osos. Walks begin on the boardwalk at the end of the 15th Street path. Wear comfortable shoes, long sleeves and pants to avoid poison oak and mosquitoes. Please park carefully, avoiding driveways and mailboxes. Please leave pets at home. The easy paced walks last 1-1/2 to 2 hours. For more information call (805) 528-0392.*



*Geographer Dr. Jean Wheeler, using an inflatable globe, explains to walk participants that the earth's axis tilts at a 23-1/2 degree angle from the plane of the ecliptic and demonstrated how this causes winter and summer seasons. Photo by Yolanda Waddell.*



*Elfin Forest visitor Ruth Ann Angus, a local writer and editor, brought two of her own visitors from Afghanistan to see the Elfin Forest. Left to right are Ruth Ann, Jeena and Fatema. Photo by Susan Chandler.*

# Thank You to Our New and Renewing Members

*Compiled by Betsy Kinter, SWAP Database Coordinator*

## NEW MEMBERS:

Joan Anderson	Nancy Greenough c/o
Yvette Billeaudeau	Saucelito Canyon Vineyard
Estella and	Catherine Hopson
Denman Gerstung	Marisa Waddell

## RENEWING MEMBERS:

Bob and Linda Bailey*	Isobel Hoffman*
Donna and John Banks	Clement H. Jeffrey*
Rosemary Baxter	Howard and Donna Krueger*
Karen Beatty and Frank Ausilio*	Larry and Jennifer Levine
Alese Bell	Frank and Lois Martinez
Steve and Sue Burns*	Marilyn Moore
Stephen Cake	Burt Moyer and Marilyn Clark
Ed and Susan Chandler*	Donna Murphy*
Ruth Christiansen	Jim and Barbara Murray*
Alice Cushing*	Randall and Shirley Palmer*
Robert and Gail Davis*	Dominic and Chris Perello*
Pauline DeWitt	Billy R. Pewitt
Tim and Kathy Dugan	Darlene Reynolds
William and Nancy Flanders	Tom and Susan Richards
Bruce Gibson*	Patrick and Dorothy Rygh*
Martha and Leon Goldin*	Dr. Jan W. Simek*
Chet and Lee Grimes*	John and Leslie Steinbeck
Jim and Karen Havlena	Kathleen W. Toscano
Bonnie Heikes*	Janice and Roger Verity*
	John and Mary Whelan

## DONATIONS:

Carol and Barrie Coate\*

Mary L. Haworth in memory of Henrietta Lichtenbaum  
Darline Murphy in memory of Henrietta Lichtenbaum

*\*Thanks to those listed above who donated more than the \$25 membership dues. The additional donations will be used for special projects in the Elfin Forest.*

## More Members to Remember

*By Yolanda Waddell*

We have sadly reported the passing of six long-time SWAP members since June. In the last three months, we have lost five more valued members. They represent a generation of Elfin Forest supporters that is now dwindling. It's time to recruit a new generation of members. The Elfin Forest will always be there, and needs people to take care of it. Each reader is encouraged to hand his or her copy of Oakleaves to a friend, and encourage that person to join SWAP. The founders of our chapter were succeeded by others who carried on the task of maintaining and improving the Elfin Forest. Now we need a new group, both on our Board and in our membership, who will continue the work.

Members of SWAP who have passed on since November are:

**Harold Schuchardt**, 86, of San Luis Obispo died Sunday, November 16, 2008. He and his wife Rae have been members of SWAP since our chapter was formed in 1985, and Harold was an early-on Weed Warrior before the term was invented.

**Henrietta Lichtenbaum**, 86, of Morro Bay passed away Thursday, Nov. 20, 2008. A native of New York, she moved to Morro Bay in 1987 after her husband's death and quickly became part of the community, joining and supporting SWAP. She left a request that donations be made to SWAP in her memory.

**Ruth Zank**, 78, of San Luis Obispo, died on Tuesday, December 2, 2008. Ruth was a nurse for 30 years, and on retirement became involved both with SWAP as our Membership Correspondent, and with the San Luis Obispo Botanical Garden. For five years, Ruth sent thank you notes to every member who joined or renewed, and to donors, a vitally important task.

**Ed Walter**, 87, of Morro Bay, departed this life on Wednesday, December 17, 2008. Ed and his wife Gloria were the "sales reps" for the first edition of our Pocket Guide. They placed the Guides in a variety of stores, the Natural History Museum, and chambers of commerce. Ed also lent his photographic skills when we needed a special photo for our newsletter.

**Tom Ruehr**, 65, of Los Osos, passed away on Wednesday, January 2, 2009. Tom was a professor of soil science at Cal Poly. He was an inspiration to his students, and to Elfin Forest walk participants as well. His energetic walks and descriptions of Baywood fine sand and other soils of the Elfin Forest left all who followed him feeling well-exercised in mind and body.



## Beautiful Notecards & Postcards Available from SWAP

Five lovely photos taken by Bob Meyer are available either as color notecards with envelopes or as color postcards. For either postcards or notecards, you can order sets of all five views or as many as you want of any one (or more) of them using the form below.



# SWAP Shoppers' Order Form

*All Prices Include Sales Tax*

### 1. MURAL SHIRTS

Mural design by artist Barbara Rosenthal on both front and back. Words on shirt: "El Moro Elfin Forest Natural Area" above mural and "Small Wilderness Area Preservation" and "Los Osos, California" below mural.

Circle Sizes:

\_\_\_ Short Slv. T-Shirt (Sm, Med, Lg, XLg, XXLg, XXXLg) @ \$15.00 = \$ \_\_\_\_\_

\_\_\_ Long Slv. T-Shirt (Sm, Med, Lg, XLg, XXLg, XXXLg) @ \$17.00 = \$ \_\_\_\_\_

\_\_\_ Sweatshirt (Sm, Med, Lg, XLg, XXLg, XXXLg) @ \$25.00 = \$ \_\_\_\_\_

### 2. PHOTOS OF THE ELFIN FOREST

Original photo note cards by Bob Meyer

\_\_\_ @ \$3.00 or \_\_\_ 5 @ \$14.00 = \$ \_\_\_\_\_

Original photo postcards by Bob Meyer

\_\_\_ @ \$1.00 = \$ \_\_\_\_\_

Indicate No. per View(s):

\_\_\_ All 5; \_\_\_ Don Klopfer Trail; \_\_\_ Ocean View;

\_\_\_ Wild Hyacinth; \_\_\_ Horned Lizard; \_\_\_ Dudleya

### 3. POCKET GUIDE

Useful 56-page guide to plants and animals of the Elfin Forest. Charts for bloom season, form, color, and habitat for 200 vascular plants plus lists of lichens and mushrooms known to occur. Habitat and peak months seen are charted for 187 birds. Also listed: 28 common mammals; 10 reptiles; 4 amphibians; 19 butterflies and moths (charted by size, months in flight, color, and host plants); 104 other arthropods and 7 gastropods.

\_\_\_ @ \$2.00 = \$ \_\_\_\_\_

### 4. ELFIN FOREST MURAL PRINTS

\_\_\_ signed prints by artist Barbara Rosenthal, image size 4 1/2 x 16 1/2 in;

mounted on foamcore

\_\_\_ @ \$20.00 = \$ \_\_\_\_\_

or framed size 7 x 20 in

\_\_\_ @ \$35.00 = \$ \_\_\_\_\_

### 5. 2009 ELFIN FOREST CALENDAR

Enjoy the all year round creative views of the Elfin Forest by outstanding local artists!

\_\_\_ @ \$10.00 = \$ \_\_\_\_\_

Shipping cost if outside Los Osos/Morro Bay

Pocket Guides & Note Cards: \$1.50 = \_\_\_\_\_

Framed Mural Prints: \$12.00 = \_\_\_\_\_

Calendars & all other items: \$3.00 = \_\_\_\_\_

**TOTAL OF ORDER** \$ \_\_\_\_\_

(Please print when filling order, and indicate how many of each)

Name: \_\_\_\_\_

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City/State/Zip: \_\_\_\_\_

Phone (w/area code) : \_\_\_\_\_

Make checks payable and mail to:

SWAP, P.O. Box 6442, Los Osos, CA 93412-6442.

Call in orders may also be made: (805) 528-0392.

*Is Your Membership Current?*

Los Osos / Morro Bay Chapter  
 SMALL WILDERNESS AREA PRESERVATION  
 A Non-Profit Public Benefit Corporation  
 P.O. Box 6442, Los Osos, CA 93412-6442  
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## Are You Current?

Every membership helps us to be more convincing to foundations and government agencies when we ask them for funds. They all want to know “How many members do you have?”

Please look at your mailing label and see if your membership is current. The date on the label shows when you membership expires. After that date, we will not be able to send you our newsletter. Timely renewal of your membership helps us to save on postage and the time needed to send a reminder.

Thank you for supporting SWAP and the Elfin Forest!

## MEMBERSHIP FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

- |  |  |
|--|--|
| <input type="checkbox"/> New Member              | <input type="checkbox"/> Renewing Member |
| <input type="checkbox"/> Member \$25             | <input type="checkbox"/> Defender \$100  |
| <input type="checkbox"/> Steward \$50            | <input type="checkbox"/> Champion \$250  |
| <input type="checkbox"/> Protector \$75          | <input type="checkbox"/> Guardian \$500  |
| <input type="checkbox"/> Seniors & Students \$15 |  |
| <input type="checkbox"/> Life Member \$1000      |  |

I want to help, please call me!

Memberships include a subscription to SWAP's bimonthly newsletter, *Oakleaves*. All donations to SWAP are tax-deductible.

EVERY membership counts!

Make checks payable to: SWAP.

Mail to: Small Wilderness Area Preservation,  
 P.O. Box 6442, Los Osos, CA 93412-6442.