



# OAKLEAVES

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 ❖ JUNE / JULY 2009

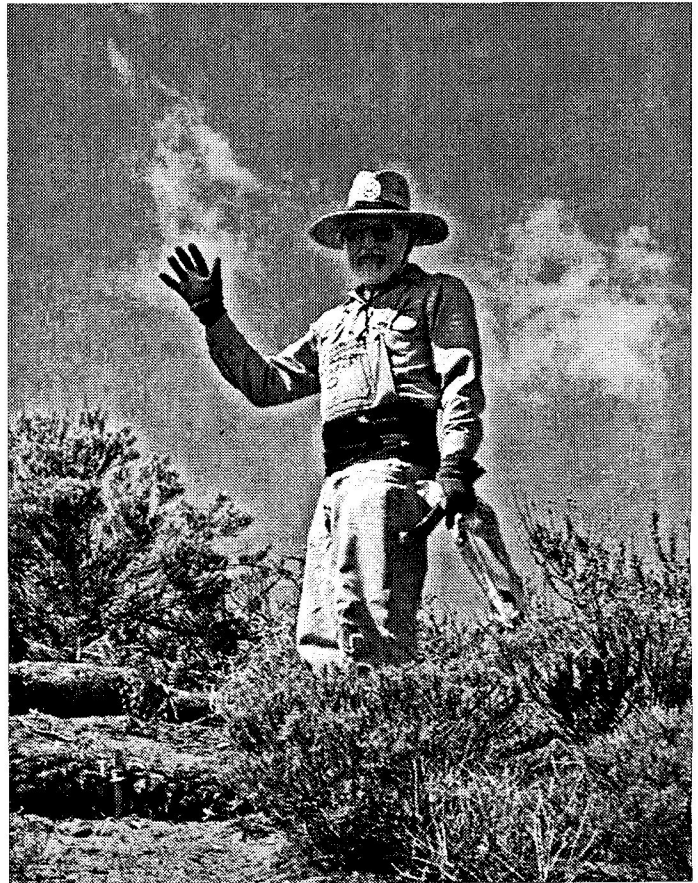
## SWAP Faces The Slow Economy

By Ron Rasmussen, Chair and Acting Treasurer

The slowdown in the economy (some call it a recession) affects everyone, including organizations like SWAP. At first one might think that non-profits would not have to worry because they don't make a profit from their activities. This is not true. SWAP must have enough income to meet its obligations. Most importantly these include the supplies and materials needed to restore and maintain the Elfin Forest. Other fixed expenses include liability and property insurance and publication of our OAKLEAVES newsletter. SWAP's problem is how to continue its activities in the face of a slowdown in the general economy.

The major source of income for SWAP is its loyal membership. If these folks continue their support then the future of SWAP is secure. However, in the present state of the economy the decision must be made whether to continue that support or to take a conservative view and invest in certificates of deposit or other savings. From one aspect this may be false economy. The overall economy will eventually recover and the return on investments will improve. However, at the present time, interest rates are very low, and don't keep up with inflation. Even if the economy improves there is no guarantee of a substantial return. But "Investment" in

*Slow Economy continued on page 2*



## Pete Sarafian Receives Environmental Award

By Yolanda Waddell; photo by Susan Chandler

In May, the San Luis Obispo County Community Foundation selected SWAP Conservation Chair Pete Sarafian to receive its 2009 Sustained Environmental Contribution award for his decade-long work to free the Elfin Forest of invasive plants, control erosion, and to restore native plant habitats.

As Conservation Chair, Pete has been responsible for implementing our chapter's Adopt-A-Park contract with San Luis Obispo County Parks to act as stewards of the El Moro Elfin Forest. He has spent more than 500 hours each year coordinating

*Sarafian Receives Award continued on page 2*

### ❖ Inside This Issue ❖

- 3 ..... Sky Diver in the Elfin Forest
- 4 ..... Reasons for Not Smoking in the Elfin Forest
- 5 ..... Cobweb Thistle by Dirk Walters
- 6 ..... CCC Works for Free
- 7 ..... Revegetation / Weed Warrior News
- 8 ..... Coming Up in the Elfin Forest
- 9 ..... Walks in the Elfin Forest
- 10 ..... New and Renewing Members
- 11 ..... SWAP Shoppers Order Form



## 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, June 8**  
**and Monday, July 13.**

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.

## Sarafian Receives Award *continued from page 1*

work by SWAP's Weed Warriors, California Conservation Corps (CCC) crews, and other volunteers and habitat restoration contractors to bring the Elfin Forest's habitats to a healthy state.

Award nominator Elizabeth Scott-Graham, Development Director of the San Luis Obispo Botanical Garden, said, "Saving land does not automatically mean that we have saved habitat. Habitat restoration is among the most difficult, time consuming, detailed and back breaking of environmental tasks, requiring constant vigilance and unbelievable dedication." She praised Pete for taking as his personal mission the restoration of the Elfin Forest.

Pete Jenny, San Luis Obispo County Parks Manager, and County Parks Planner Jan DiLeo reported in their nomination that the work of Pete, SWAP's Conservation Committee (Pete with Bob Meyer and Ron Rasmussen), the Weed Warriors, the CCC and others have accomplished the following: "Veldt grass ... is under control and has largely been removed from the Elfin Forest. Veldt grass once covered over 20 acres of the Elfin Forest. Portions of the Forest have been planted with native habitat... Erosion into the Morro Bay Estuary has been decreased... Spur trails have decreased ... and other invasive plant species have been removed." They added, "The amount of monitoring and the expertise Sarafian provides results in a very high level of forest maintenance and preservation – a level the County could not provide."

Our Chapter's Board of Directors sent in a nomination for Pete as well. They noted that Pete has attended State, County and Cuesta College classes to learn more about the Elfin Forest and its plant habitats. He and Conservation Committee member Bob Meyer obtained "take permits," certification from U.S. Fish and Wildlife Service to act as snail monitors. Also, Pete obtained a Qualified Applicator Certificate in 2008, which is a permit to spray herbicides on the most difficult-to-remove invasives such as Cape ivy and African asparagus vine. Pete is an active member of the California Invasive Plant Council and the San Luis Obispo County Weed Management Area.

Our SWAP chapter has been very fortunate to have such a dedicated and hard-working Conservation Chair for the past ten years – and we hope for some years to come. For his part, Pete was quite taken aback to receive word of his award. Jan DiLeo commented, "Hey Pete, I don't know why you are so surprised. We were surprised that you didn't receive the award years ago." Your SWAP Board of Directors agrees with Jan.

***"Saving land does not automatically mean that we have saved habitat. Habitat restoration is among the most difficult, time consuming, detailed and back breaking of environmental tasks, requiring constant vigilance and unbelievable dedication."***

***– Elizabeth Scott-Graham,  
Development Director of the  
San Luis Obispo Botanical Garden***

## Slow Economy *continued from page 1*

SWAP and other environmental groups whose purpose is the preservation of irreplaceable resources is a "Sure Thing" for long-term return on investment.

The old Chinese saying that "A rising tide lifts all boats" is true, but what about when the tide is low or going out? Then a decision must be made as to which "boats" should be saved for the future. When deciding where to invest, look to the long term and which "boat" will be most valuable; a small short-term gain, or a priceless asset for the future. Please consider the "Good Ship SWAP" as being worthy of your support in these tough times.

# A Sky-Diver in the Elf Forest!

Text and Photo By Jean Wheeler, Ph.D.

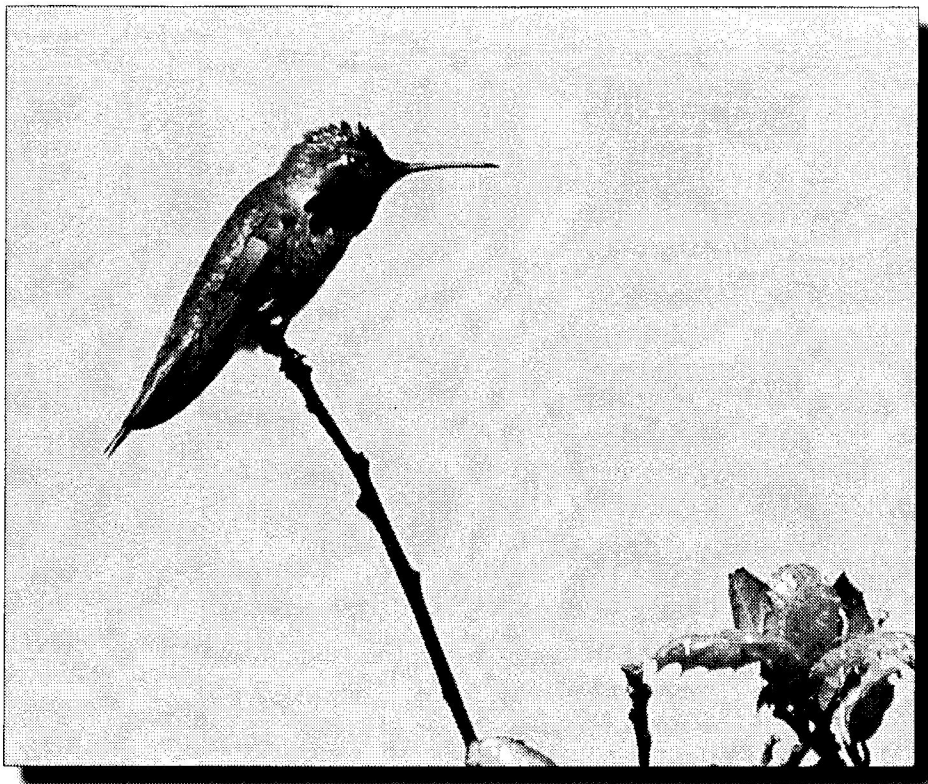
A tiny animated jewel flashes iridescent red and green as it streaks skyward in a climb of as much as 100 feet, then shoots down in a j-shaped dive, reaching a speed as high as 50 meters per second (a rate of 50 miles per hour!) It may make an explosive noise with its tail feathers as it pulls out at the bottom of the dive. "It's a Bird, It's a..." male Anna's Hummingbird, perhaps courting a potential mate.

Hummingbird males and females do not form pair bonds, having separate territories and coming together only to mate. The male perches conspicuously on a bare branch, like the one pictured above. When a female enters his territory, he performs his dive, usually several times, ending by arcing side-to-side in front of his target female. The dive may also be used to drive an encroaching male out of his territory and aggressive attacks may follow. Physical injuries seldom result, but territories can change ownership. During the breeding season, males neglect their nutritional needs, expend so much energy, and subject their feathers to such stress that by the end of the season they are likely to be ragged, weakened, and down as much as 20 percent in body weight.

The red and green flashes come from the male's iridescent green body and red head and throat. The feather structure flashes the red color directly in front of the bird while from any other direction the head and throat appear a very dull red or even black. His pale gray belly and underwings provide strong contrast for his brilliant throat, head and back. The female is also green above but is pale gray in front except for a small iridescent red spot on her throat.

Anna's Hummingbird (*Calypte anna*) is the only North American hummingbird with a red crown and is native to the west coast. The species was named after Anna Massena, Duchess of Rivoli, a lady-in-waiting to Empress Eugenie in the court of Napoleon III. Her husband, the 2nd Duke of Rivoli, was an amateur ornithologist. The east coast Ruby-throated Hummingbird has a green crown, and is not in the same genus as our Anna's.

Anna's Hummingbirds breed along the west coast from southern Canada into Baja California and inland to Arizona. Vagrants have been spotted in many eastern states and Alaska. The female is exclusively responsible for nest-building and raising of young. She builds a cup-shaped nest about two inches across, using tiny twigs, lichens, and mosses held together by spider silk and usually lined with hair or downy feathers. Incautious females can become trapped in spider webs and die. They may nest anytime between late December and June.



Hummingbirds are famous for their long bills, but Anna's are shorter than most. With their beaks and long tongues extending far beyond the tip of the beak, they can reach nectar deep in the throats of even tubular flowers and can lick several times per second. Capillary action pulls the nectar up tiny lengthwise grooves along the tongue to the mouth. However, nectar isn't all they eat—or adequate nutrition by itself. They also consume large amounts of tiny insects and spiders, both from flowers while nectaring and by "hawking" behavior from high bare branches, the same techniques used by flycatchers such as the Black Phoebe or Western Kingbird. In fact, my pal pictured above may not have been awaiting a lady love after all—he may have been on the lookout for an insect swarm for dinner!



## OAKLEAVES

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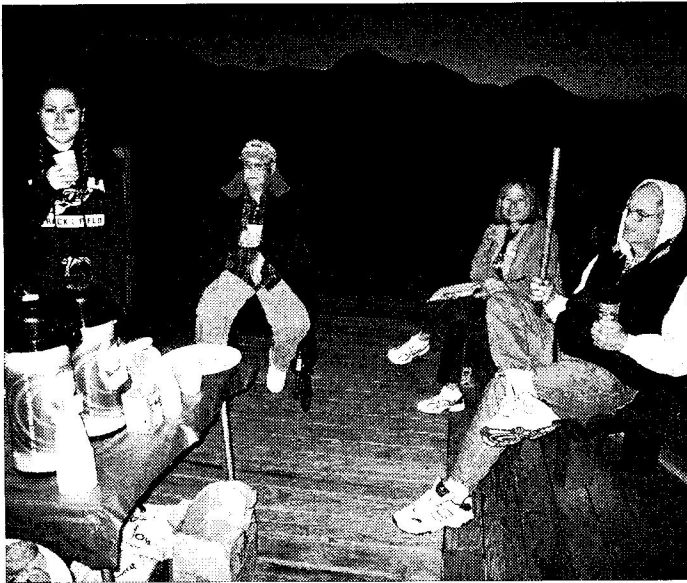
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Participants in the SWAP Calendar Committee's "Sunrise Photo Op" in March, appreciated a hot cup of coffee or cocoa to offset the pre-dawn chill. Left to right are Grace Huntsinger, Bob Gathright, Committee Chair Debbie Levi, and Ivan Lacore?

## Sunrise Photo Op

By Debbie Levi

At six a.m. on March 28, 2009, the sun started to ascend in the night sky and continued until light covered the forest floor. SWAP's Calendar Committee hosted a "Sunrise Photo Op," complete with coffee and muffins. Photographers interested in capturing daybreak activity in the Elfin Forest were encouraged to attend.

Participants included eight photographers: Pat Brown, Bob Gathright, Grace Huntsinger, Ivan Lacore, Marty Levi, Charlie Sitton, Jay Waddell and April Wise, as well as four SWAP Calendar Committee members: Debbie Levi, Pat Murray, Yolanda Waddell, and Jean Wheeler.

The 2010 Elfin Forest calendar will be completed and presented to the public in mid-September 2009. Look for further details in the August/September newsletter.

## Sponsors Needed for 2010 Elfin Forest Calendar

By Debbie Levi

In the past we have invited members of the business community to be calendar sponsors and help to defray printing costs. Since our local businesses are financially stressed in these difficult economic times, we invite our members to help sponsor the 2010 calendar. For each \$50 donated, the sponsor will receive one free 2010 calendar, and the sponsor's name will be listed in the calendar. The SWAP Shopper's Order Form on page 11 has a space for calendar sponsorship. Thanks for your help.

## Six Reasons Not to Smoke in the Elfin Forest

This summer, please help SWAP and County Parks prevent the possibility of fire by encouraging smokers in the Elfin Forest to douse their cigarettes or cigars. Here are six good reasons why smoking in the Elfin Forest is a bad idea:



1. This past winter we had an insufficient amount of rain.
2. There are many older plants in the Forest that have died and are tinder dry.
3. There has already been a very serious fire in Santa Barbara; we don't want one in Los Osos, especially not in the Elfin Forest.
4. Fire fighters would have a hard time reaching much of the Elfin Forest with their hoses.
5. Half of the Elfin Forest is State Park. A ban on smoking in State Parks is making its way through the State legislature, with a fine of \$250.
6. A fire in the Elfin Forest would kill wildlife, destroy habitats and endanger adjacent houses.

## Ways Kids Can Enjoy The Elfin Forest

Richard Louv, in his book, *Last Child In The Woods: Saving Our Children From Nature-Deficit Disorder*, worries that boys and girls are living a "denatured childhood." On the Central Coast, with the natural world all around us, including the Elfin Forest, our children are more fortunate. Here are some ideas for summer fun in the Elfin Forest.

1. **Explore** with the camera. Come early, when bunnies are hopping around and quails are foraging. *Oakleaves* will publish "best" photos in future issues. Send them as attachments to [oakleaves@elfin-forest.org](mailto:oakleaves@elfin-forest.org).
2. Pack a lunch and have a **PICNIC**, being sure, of course, to pack everything out.
3. Go on a "**TREASURE HUNT**" for the Forest's 23 woodrat nests, most of which can be seen from the boardwalk.
4. Become a **BIRDER**. Take binoculars and a bird guide and see how many birds you can identify.
5. Become a **writer**. Make a journal about your visits to the Forest, and turn that into a story.
6. Get **exercise**. If you're into sports, shape up by running around the boardwalk like many adults do.
7. Do you like **INSECTS**? The Elfin Forest has many kinds. See how many you can find.

# Cobweb Thistle

By Dirk Walters, Ph. D.; Drawing by Bonnie Walters

The plant profiled in this issue of OAKLEAVES is our common native thistle. It is *Cirsium occidentale*, known as the western or cobweb thistle. The genus name, *Cirsium*, is a Latinized version of the Greek word, kirsion, which also refers to a kind of thistle. "Occidentale" is Latin for western, so the common name western thistle is simply a translation of its scientific name. Cobweb thistle refers to the multitude of long, white, interwoven trichomes (hairs) coating the plant and especially the spiny bracts surrounding the flower heads. This makes the head appear to be held together by the work of many spiders.

The name thistle is derived from Middle English, "thistel" which itself comes from the Old English, "distel," a direct cognate of the German, "distel." All these name variations can be used to refer to any spiny herb. There is also an implication that the referred to plant is worthless, i.e. weedy. However, this species is NOT a weed. Not only is it a native, but it doesn't show any of the characteristics of weeds. It isn't prone to invade human modified habitats and it usually occurs in reasonable numbers, even in its natural habitat of coastal dunes, grass and shrub lands as well as in oak woodlands.

The genus *Cirsium* is one of the more difficult genera in which to identify species. Every recent flora mentions how difficult the genus is to identify due to the fact that the species are poorly defined, extremely variable, and/or engage in inter-specific hybridization. Dr. David Keil continues to work on the California thistles in an attempt to straighten them out. Cobweb or western thistle is one such taxonomic mess because it is extremely variable. The problem is that this variation tends to be continuous and overlapping which makes designation of variants somewhat arbitrary.

The form used as a model for Bonnie's drawing is the coastal dune form. Its distinguishing characteristic is the tendency for the bracts surrounding the flower head to have their tips bent so far backward that they point downward (recurved). This is the variety



*occidentale* whose type locality is Santa Barbara. (A type locality is the place where the collection upon which a scientific name of the plant is based.) The more widespread interior varieties have their bracts spreading but not recurved.

We commonly give the name thistles to many different kinds of often totally unrelated spiny plants. What they all have in common is their spines which warn, "Don't touch me!" These spines deter large herbivores but not smaller ones such as insects which simply crawl between the spines. Believe it or not, true thistles, such as the genus, *Cirsium*, have a history of being eaten by people. First, of course, the spines are removed by peeling the stems. Other references note the edible roots in some species. They all indicate that thick stemmed and/or rooted species were most commonly used. Charlotte Bringle Clarke, in her book, *Edible and Useful Plants of California*, states, "In general, I try all thistles that are large enough to gather." Thistles do have that famous cousin -- the artichoke (*Cynara cardunculus*). Here we eat the expanded receptacle to which all the flowers and bracts are attached.

## 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 sightings to your Oakleaves editors at: oakleaves@elfin-forest.org for inclusion in future issues under "Elfin Forest Sightings." You can also leave a message on SWAP's answering machine, 528-0392.



While pulling invasive grasses during the April work party, Yvette Billeaudeaux came across two holes in the ground, and a gopher popped out of one of them. The other hole was most likely his "escape hatch."

Photo by  
Yvette Billeaudeaux.



*Four members of a CCC work crew that volunteered their time for four days in March, cleared away sand that had blown against the boardwalk, to prevent the timbers from rotting. Photo by Yolanda Waddell.*

## CCC Works For Free

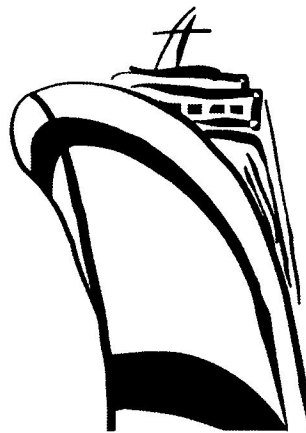
*By Pete Sarafian, Conservation Chairperson*

In March the CCC offered SWAP a small work crew for nearly an entire week of Elfin Forest conservation work at no cost. The crew of 10, led by leader Meggan Gehring, cleared most of the veldt grass from the South Bay Boulevard highway embankment. By the time they finished there, almost none was left except for a narrow strip about 2 to 3 feet wide along the bottom of the hill. The rest of the week the CCC pulled down South African Asparagus vine and Cape ivy from the trees in oak groves both in the western end of the Elfin Forest and in the northern portion. This provided hundreds of man-hours of labor in one week that volunteers would have had to take several months to accomplish. By coming so early in the spring, the CCC helped us get ahead of the weeds earlier than in past years. This has been a real boon to this year's efforts.

## CCNHA Offers Pacific Coast Cruise

This 2009 cruise from Vancouver, B.C. to Los Angeles, Sept. 19-26, is the only Natural History cruise of its kind aboard the Norwegian Star. Onboard lectures and workshops will include four lectures with Jim Covell, our keynote speaker. Jim has been with the Monterey Bay Aquarium for 20 years. Our exclusive shore excursions include:

- **Vancouver: The Vancouver Aquarium**, the largest aquarium in Canada featuring the beluga whale.
- **Victoria: The Royal Canadian Museum and Goldstream Provincial Park**, home to eagles and spawning salmon.
- **Astoria: Fort Clatsop** where Lewis and Clark spent the winter of 1805-06 and Cape Disappointment, a birder's paradise.
- **San Francisco: The Marine Mammal Center and the recently renovated Academy of Sciences.**



Price is \$1519 and includes motorcoach from Morro Bay to San Francisco, flight to Vancouver, hotel in Vancouver, 6 nights lodging and meals aboard The Star, shore excursions, and motorcoach back to Morro Bay. For more information or to sign up, please call Mary Golden, Executive Director, Central Coast Natural History Association or email: [mgoldencnha@gmail.com](mailto:mgoldencnha@gmail.com).

## Let's All Pull Together

Spring has sprung,  
The grass has ris'  
I wonder where  
the natives "is"?

The yellow flowers  
Are in bloom.  
The weeds all  
face impending doom.

And you can  
make the difference.  
So please stop  
riding on the fence.

Come out, come out  
Wherever you are.  
Grab your bike,  
walk, ride a car.

There's always more  
work out here,  
Than anyone can  
do, I fear.

*Yours in the cause of conservation,  
Pete (Dr. Suess) Sarafian*

## 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 good. 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.

# Weed Warriors

By Pete Sarafian, Conservation Chairperson

Photos by Yolanda Waddell

## March Work Party Pulls Their Weight

The March work party had a ball uprooting veldt grass from the eastern border of the Elfin Forest on the South Bay Boulevard highway embankment. The Wonderful Weekend Weed Warriors also continued planting as part of the day's work. SWAP continues to win the weed war against veldt grass by pushing the remaining infestations to the edges of the Forest. SWAP also has been planting native seedlings this year in the old sand trail that used to cross the boardwalk loop. The trail was closed in 2004 when the CCC and Morro Group, Inc. helped SLO County Parks and SWAP with a large revegetation project. Although this earlier project was fairly successful, it didn't provide much vegetation cover in the old cross trail. The new revegetation project is installing about 140 new plants in the remaining open trail area. Hopefully, this will close the trail for good. Zach Green, Bob Meyer and Ron Rasmussen worked on the revegetation. Jay Bonestell, Rich Johnson, Leonard Lenger, Sharon Meyer, Pete Sarafian and Yolanda Waddell worked on weeding the highway embankment. All in all it was a very successful day. We couldn't make such great progress without such great volunteer help. THANK YOU!!!



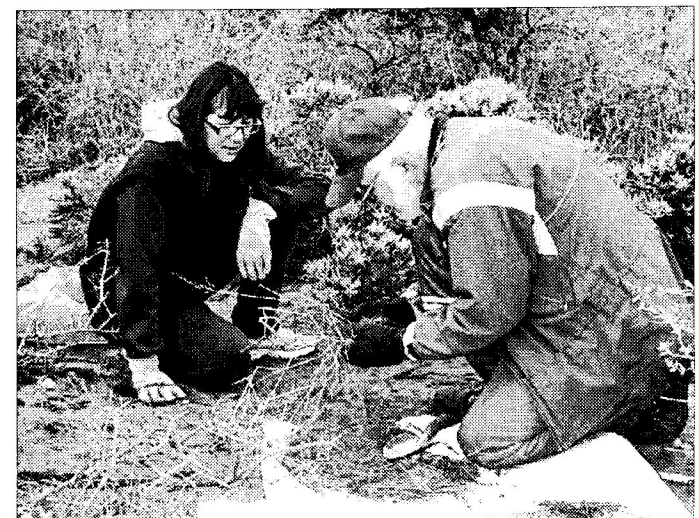
## Weed Warriors Vanquish Veldt

Our intrepid weed warriors attacked veldt grass (what else?) in April. They concentrated efforts along the southern border of the Elfin Forest between 14th and 16th Streets. Although your fearless leader was up in Oregon surveying the depth of snow on Mount Bachelor, the work party was in the capable hands of Bob Meyer. Bob and the warriors hauled away several bags of the noxious weed, and they pushed back the veldt infestation to the old barricades from a 1990's water line project and beyond. Joining Bob were Yvette Billeaudeau, Jay Bonestell, Rich Johnson, Sharon Meyer, Ron Rasmussen, Dar Reynolds, Yolanda Waddell and Norma Wightman. You all did such a nice job! We almost have veldt vanquished completely. Wonderful job, weed warriors!



## May Showers Shrugged Off

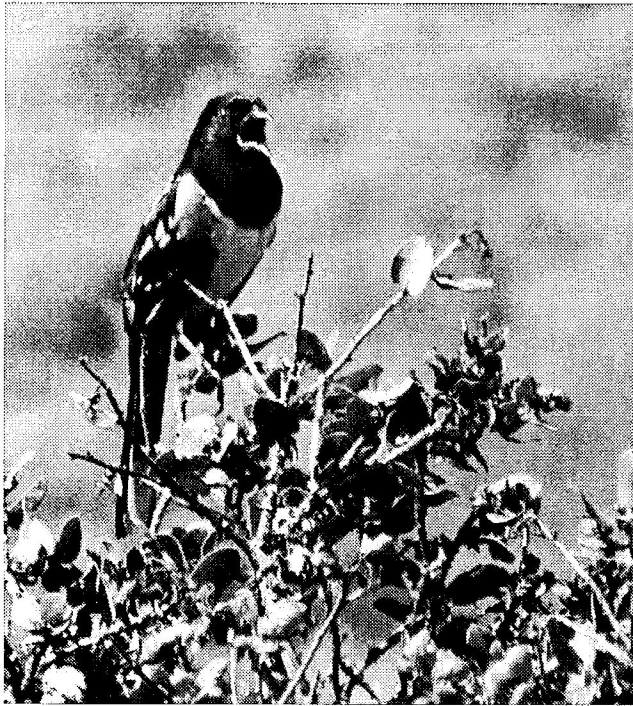
Talk about dedicated conservationists. Prisila Johnson returned to working in the Elfin Forest after nursing a sprained ankle for several weeks. And, because of showers and wet conditions, yours truly was getting ready to cancel the May work party. But the wonderful weekend weed warriors would not be denied. Despite the weather, they rallied to the cause and insisted on going after weeds all morning. They attacked the veldt grass between 15th and 16th Streets again. SWAP now has the grass pushed back into the area between the old waterline barricades. Some of the grass in the area is gone all the way to an adjacent driveway. What a job you warriors have done! The unsinkable work crew consisted of Danielle Duboff, Rich and Prisila Johnson, Ron Rasmussen, Pete Sarafian and Yolanda Waddell. Aren't we doing great?



*(Top) New Weed Warrior Leon Lenger joined the March work party to remove veldt grass from the slope next to South Bay Boulevard. As the sign on his bag says, he is indeed caring for California.*

*(Middle) In April, Weed Warriors Norma Wightman (left) and Sharon Meyer found plenty of veldt grass to pull at the edge of the Elfin Forest near 15th Street.*

*(Bottom) A new member of our Weed Warrior crew, Danielle Duboff, watched while Pete Sarafian checked for Shoulderband snails in a clump of veldt grass that she had pulled.*



## Coming Up in the Elfin Forest

*Text and Photos By Jean Wheeler*

This is a busy time of the year for many birds of the oak woodlands, maritime chaparral, and coastal dune scrub in the Elfin Forest. They are likely to be feeding young in these summer months. Listen for a loud buzz to locate the Spotted Towhee, pictured making that call from the top twig of a shrub. He's very distinctive with his black head, rust-colored flanks and rump, and white-spotted wings. His drabber cousin, the grey-brown California Towhee, may be seen darting between shrubs or on the ground between them. Other birds to be observed over or among the shrubs or oak trees include flycatchers such as the Black Phoebe and the Western Kingbird; wrens including Bewick's Wren and the noisy but elusive Wrentit; Chipping, Lark, Savannah, Song, and White-crowned Sparrows; Black-headed Grosbeaks; Orange-crowned, Yellow, and Wilson's Warblers; Brewer's Blackbird and the Brown-headed Cowbird; House and Purple Finches; and the Lesser and American Goldfinches. Most of our raptor species are here all year, and likely to be actively hunting with fledglings to feed in June and July.

Although winter's huge flotillas of ducks, geese, and shorebirds have headed north for the summer, there are still a lot of water birds around.

Willetts and Killdeer remain very common waders and many Great Blue and Black-crowned Night Herons as well as Snowy and Greater Egrets are resident all year. Also, a few individuals in several species of ducks remain all year, even though most members of those species have gone north.

Summer continues to put on a fine show of flowering shrubs and herbs. Perhaps the most noticeable color in June and July is the yellow of the Deerweed. The orange of Sticky Monkey Flower is also still much in evidence. Black Sage should still have some white to lavender blossoms showing, while many have already dried to black pom-pom balls circling the stems. At the inland end of the boardwalk, Chamise shows white flower spikes.

Among the most eye-catching blue flowers that distinguish these months are Woolly Star (pictured) and Silver Dune Lupine. Woolly Star is low growing with herbaceous shoots and flowers above a woody root crown. It is best seen along the 15th street sand trail and where that trail meets the boardwalk. The Silver Dune Lupine thrives at Bush Lupine Point and is spreading in the area SWAP has revegetated nearby along the south edge of the boardwalk. Its silvery leaves feed the caterpillars of the Morro Blue Butterfly, and it usually continues to show lovely blue flower spikes into July.

Adding color in the understory are yellow spikes of the succulent Coastal Dudleya. Pink shows in spikes of California Hedge Nettle as well as in Cobwebby Thistle (a native, unlike the alien and invasive purple Italian Thistle). White flowers in the understory include Pearly Everlasting, the tiny white flowers of short grayish-green Croton plants next to paths, and white flowers and ferny-looking leaves of Horkelia in open areas.





## WALKS in the ELFIN FOREST

### Third Saturday Walks

#### *June 20, 9:30 a.m. – Plant Survival Walk*

How do Central Coast native plants survive with no rain between April and October? Dr. Ken Levine, a San Luis Obispo Botanical Garden Docent, has traveled the world to see plants growing in arid Mediterranean climates, and has grown many of them himself. Ken will take us on a "treasure hunt" for various types of plant leaves that adapted to minimal amounts of water, and will explain how they help the plant conserve water. He will also talk about how native plants adapt to fire. With our state in a drought condition, Ken's information about drought-resistant native plants will be most useful for anyone who wants to conserve water by planting native plants.

#### *July 18, 9:30 a.m. – Summer in the Elfin Forest: Flowers, Birds, and Butterflies*

Join local naturalist Al Normandin as we discover all the treasures that the Elfin Forest has to offer at this special time of year. Spring wildflowers have given way to summer blooms, seeds, pods and berries. Visiting summer birds have arrived, and year-round feathered residents, such as Spotted and California Towhees, Wrentits and Scrub Jays, declare their territories to the newcomers with songs that Al will identify. There will be butterflies to see, along with many of their insect relatives. Al will provide a handout with interesting facts about the things that walk participants can see. This will be an eye- and ear-opening walk in many ways.

#### *August 15, 9:30 a.m. – Archaeology Walk*

Elise Wheeler, District Archaeologist for San Luis Obispo State Parks, will help us to do some time traveling into the pre-Spanish past of Central Coast inhabitants, the Chumash and their ancestors. Walking along the boardwalk, she'll tell us the fascinating story of the ancient peoples who preceded the Chumash and explain how archaeologists can determine changes in the ocean's level by studying human habitations. She'll show us examples of technology development through the ages and will give us a word image of everyday life in the Elfin Forest during the time of the Chumash. We'll learn about Chumash money, economy and trade. This walk will reveal a complex world of the Elfin Forest's past inhabitants, one that we would never suspect while walking along the boardwalk today.

*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.*



*In March, historian and literature enthusiast Bob Pavlik drew Third Saturday walk participants' rapt attention with his readings from natural history writers and poets. Photo by Yolanda Waddell.*



*April walk leader Pat Brown displayed many sources of information about butterflies for walk participants before leading them on a very productive walk with many butterfly sightings.*

*Photo by Jean Wheeler.*

## Oakleaves E-mail Address

At the request of your editors, the SWAP computer guru, Bob Meyer, set up an e-mail address for Oakleaves to make it easier for you, our readers, to submit photos, letters to the editor, or interesting information. You can reach us at [oakleaves@elfin-forest.net](mailto:oakleaves@elfin-forest.net). We encourage you contribute to what is really *your* newsletter.

# Thank You to Our New and Renewing Members

Compiled by Betsy Kinter, SWAP Database Coordinator

## NEW MEMBERS:

Thomas Billecaudeaux	Paul O'Connor
R.S. and L.H. Cowan*	Joey Rektor
Jerry and Judith Kirkhart*	Robert Wheeler

## RENEWING MEMBERS:

Pat Akey	Heidi Kausch*
Jerry and Mary Ann Ambrose*	Randy and Sally Knight*
Florence Appel	Christine A. Lancellotti*
Arthur and Lillian Armstrong*	James and Esther Landreth*
Randy Ball	Annette Lindeman
Sandra Beebe	Barbara Machado*
Jay and Ann Bonestell	Robert and Ceil McDougle*
Beverly Boyd and David Bowlus*	Bob and Sharon Meyer*
Diane Clement*	Diana A. Minnix
Scott Danielson	Sheila C. Montooth*
Bernard and Fran Deitchman*	Mike Multari and Denise Fourie*
Elsie and Jerome Deitz*	Alan and Elaine Olson
Stuart and Stephani Denker	Robert Pavlik
Pat Diener	Wilson and Carolyn Pendery
John Dilworth and Carole Maurer	Nicholas and Dorothy Pier*
Ted and Molly Fainstat*	Athur and Mary Pruitt
Frank and Gail Freiler*	Rita Robinson
Donald and Bethany Griffiths	Charles and Sally Sitton*
Tom and Rita Hadjiyane	Ron Ruppert and Shauna Sullivan
M. Whitney Hafft	Max and Helen Sicher*
Alta Hall*	Bert and Elaine Townsend*
Marlin and Connie Harms	The Ungar Family
Joan Heaney	Michael Walgren and Lisa Andreano
Vivian L. Hodge	Jerri Walsh*
Marsha Houston*	Karen West
Ginny Irving	Jean D. Wheeler*
Steve and Jill Jobst*	Elizabeth Will and Ben Burgoa*
Heather and Jim Johnson*	

## DONATIONS:

Andrea Davis – special donation\*

\*Thanks to those listed above who donated more than the \$25 (regular) or \$15 (senior or student) membership dues. The additional donations will be used for special projects in the Elfin Forest.

## SWAP Is Losing On Its Shirts

By Ron Rasmussen, Chair and Acting Treasurer

SWAP's T-shirts and sweatshirts have been sale items for us since 1992. Although we have not sold them in large numbers, they have provided some income to meet our expenses. Recently we have reviewed the relationship between what the shirts cost SWAP and what they have sold for, and whether they were sent by mail out of the immediate area. The results clearly showed that, for the T-shirts, SWAP was just breaking even and in some cases losing money.

Because our t-shirt maker has raised their prices, the SWAP Board of Directors has decided on a modest price increase for T-shirts and sweatshirts, and for shipping charges for all shirts. The new prices can be found on page 11 in the SWAP Shoppers' Order Form, and will go into effect on June 1, 2009. The increase in shipping prices includes the recent increase in U.S. Postal Service charges.

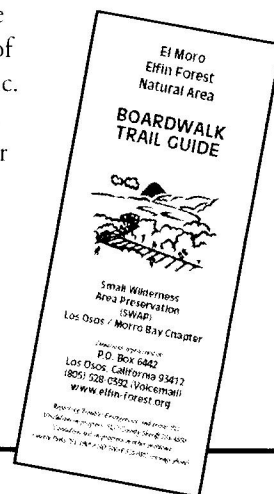
From time to time the Board will review the relationship between the cost of shirts to SWAP and the price for which they are offered for sale.

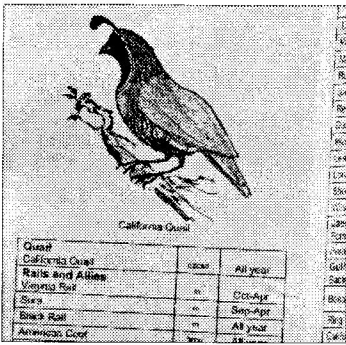
## Trail Guide Reprinted

Pat Brown, SWAP Trail Guide Committee Chair, reports that the Elfin Forest Boardwalk Trail Guide, originally published in January 2002, has gone through a seventh revision and printing. The latest copies will soon be in our two Trail Guide boxes where the boardwalk loop intersects with the 16th Street boardwalk extension and the 13th Street path.

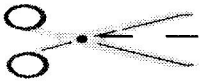
The new printing includes contact phone numbers for reporting emergencies, vandalism or serious crimes in case they occur in the Elfin Forest. The SWAP Board hopes that placing this information on our Trail Guides will assist Elfin Forest visitors, should an emergency occur.

Thanks to Alex Benson of the Baywood Inn and Peter Starlings of Johnson Starlings & Associates, Inc. Real Estate, for their generosity in underwriting our printing costs for this printing of the Trail Guide. This is the fifth printing that they have supported. Thank you also to Tom Hay of Hay Printing for keeping our printing cost as low as possible, and for doing an excellent job.





A goldmine of information is our *Pocket Guide, Plants and Animals of the Elfin forest Natural Area*. It is 8 inches long by 4 inches wide and has 56 pages packed with fascinating facts about the vegetation and wildlife in our beautiful small wilderness area. This paperback includes charts of plants by bloom season, color and habitat. Birds are listed by habitat and peak months, and butterflies by size, months in flight, color, and host or nectar plants used. Other lists include mammals, reptiles, amphibians, insects and other arthropods, lichens, and mushrooms.



## 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. Good quality.

Circle Sizes:

- \_\_\_ Short Slv. T-Shirt (S, M, L, XL) @\$19.00 = \$ \_\_\_  
 \_\_\_ Short Slv. T-Shirt (XXL, XXXL) @\$22.00 = \$ \_\_\_  
 \_\_\_ Long Slv. T-Shirt (S, M, L, XL) @\$23.00 = \$ \_\_\_  
 \_\_\_ Long Slv. T-Shirt (XXL, XXXL) @\$25.00 = \$ \_\_\_  
 \_\_\_ Sweatshirt (S, M, L, XL) @ \$25.00 = \$ \_\_\_  
 \_\_\_ Sweatshirt (XXL, XXXL) @ \$27.00 = \$ \_\_\_

### 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. SPONSOR 2010 ELFIN FOREST CALENDAR

Be a sponsor to help with printing costs.

Receive a free calendar for each \$50 donated.

Donation: \$ \_\_\_

Shipping cost if outside Los Osos/Morro Bay

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

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

Shirts (per shirt): \$4.00 within

or \$6.00 outside Los Osos/Morro Bay area = \_\_\_

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

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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.

Last chance! Give a SWAP Membership  
at reduced price. See back page.

Los Osos / Morro Bay Chapter  
SMALL WILDERNESS AREA PRESERVATION  
A Non-Profit Public Benefit Corporation  
P.O. Box 6442, Los Osos, CA 93412-6442  
(805) 528-0392 www.elfm-forest.org



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### Give a SWAP Membership

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Send a Gift Membership in the amount of  
\_\_\_\$10 or \_\_\_\$25\*

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

\*Please extend my membership for one year.

Make check payable to: SWAP  
Mail this form and payment to:  
Small Wilderness Area Preservation  
P.O. Box 6442, Los Osos, CA 93412-6442  
(This offer expires on June 30, 2009)

Thank you!

### MEMBERSHIP FORM

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
Phone \_\_\_\_\_

- New Member
- Renewing Member
- Member \$25
- Defender \$100
- Steward \$50
- Champion \$250
- Protector \$75
- Guardian \$500
- Seniors & Students \$15
- 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.