



OAKLEAVES

A PUBLICATION OF FRIENDS OF EL MORO ELFIN FOREST
P.O. BOX 6442, LOS OSOS, CALIFORNIA 93412-6442 ♦ (805) 528-0392 ♦ SUMMER 2023

Pat Murray: FEMEF Volunteer of Many Talents

By Yolanda Waddell
Photo by Dave Bowlus

Like many of SWAP/ FEMEF's more active volunteers, Pat Murray first joined the Weed Warriors, pulling weeds in the Elfin Forest. She had been introduced to the beauty of the Elfin Forest by her then husband Peter Sarafian. After retiring from her job with American Eagle Airlines in 1999, she began helping to remove the overwhelming growth of veldt grass from the Elfin Forest.



Pat was invited to be on the Board of Directors in 2000, and at that year's annual meeting was asked if she would consider being Chair of the Property and Records Committee. Pat said yes and soon learned

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Mountain Lion Added to Mammals Seen on Skip's Video Surveynance

By Jean Wheeler

In our Spring issue, Skip Rotstein reported (with a photo) the appearance on his cameras of a bobcat on a game trail barely a block from the Elfin Forest. His photos were virtually certain evidence of that cat's presence in our small wilderness area. Skip has now upped the ante with an image (page 3) from his video cameras of a mountain lion coming down that trail, a much larger predatorial cat also not previously seen on our park's list of major carnivores.

Skip, a retired high school biology teacher, and his wife, Leslie, moved here from Morongo Valley in southern California in 2013. Their home is on the estuary along a small corner of the Elfin Forest not included in the purchase of the main property and its donation as a county park in 1994. Both have been very active workers in our organization. Leslie is a former and Skip is a current member of our Board of Directors.

In 2020, Skip acquired five video trail cameras. The cameras are triggered by animal motion and take color videos in daylight and black and white videos at night. Those cameras have since captured videos of many species, including rodents, rabbits, birds on the ground, opossums, raccoons, and predators such as foxes, a weasel, coyotes, the bobcat, and now the top prize, a mountain lion.

Skip says he has never seen a mountain lion, and describes this video as "my Holy Grail moment." He assumes the big cat may have been returning to Montana de Oro before dawn. He is thrilled to know such an important member of our ecosystem is alive and, hopefully, well. The cat was "captured" on two videos within a minute of each other, as determined by date and time stamps on the videos. Over 40 of Skip's videos covering all the animals he's "captured," including the bobcat and mountain lion, are uploaded to and can be seen on YouTube @SkipRotstein3535.

Mountain lions are described as the most widespread of any large wild terrestrial mammal in the western hemisphere, with home ranges of 50 to 150 square miles. They are active nocturnally and at dawn and dusk, but some daytime sightings do occur. Attacks on humans are rare, with fewer than 30 deaths in the last

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BOARD OF DIRECTORS

of the

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Steve Hendricks, Chair

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The FEMEF Board of Directors meets monthly. Meeting days and times can vary and will be posted on the home page at www.elfin-forest.org.

FEMEF Board meetings are virtual and are open to the public. To attend a FEMEF Board meeting, leave a message at 805-528-0392.

CONTACT FEMEF

If you have questions about FEMEF activities or want to volunteer, please call (805) 528-0392 and leave a message.

A recorded message will give information about our coming activities and other events.

If you have questions, concerns or comments about any problems in the Elfin Forest, call or write Lasca Gaylord
SLO County Parks Supervising Ranger
1144 Monterey Street, SLO, CA 93408
(805) 781-1196.

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 Lasca Gaylord at 781-1196.



<https://www.facebook.com/pages/Elfin-Forest-Preserve/139602329410370>



https://www.instagram.com/el_moro_elfin_forest/

Pat Murray *continued from page 1*

that Property and Records were in a storage unit that was the “office” of Small Wilderness Area Preservation (SWAP, later renamed as FEMEF). Overseeing the storage unit involved keeping track of all that was stored there, including SWAP files, work party tools, booth tent and displays, stationery supplies, brochures, archival photos and records, and merchandise such as T-shirts, sweatshirts, and note cards. In following years, Pat added Pocket Guides, mural prints, mugs, and caps to the list of merchandise.

Pat is also directly involved with community members who have questions about the Forest or who purchase FEMEF merchandise. Our current FEMEF message phone (805-528-0392) resides in her house. At the beginning of each month she records a new outgoing message describing that month’s events. If a caller leaves a message, Pat calls back to say that any question or problem will be taken care of by one of our members. Then she emails or phones the appropriate volunteer with the information. If the caller wants to order merchandise, Pat takes the order and delivers the goods in person if the order is from Los Osos, Morro Bay, or Cayucos. Mailing orders is more difficult, involving packaging an item, taking it to the post office to find out the least expensive shipping charge, and phoning the customer with the cost. The customer then writes a check for the items ordered, plus the shipping cost and sales tax.

When someone was needed to organize and staff our Oktoberfest booth, Pat volunteered. She phoned potential volunteers, created a shift list, and found help to transport, set up, and take down the tent and display materials. Pat said, “I was glad I had the strength to lift, carry, and climb ladders.” In 2002, she began organizing volunteers for both the Oktoberfest booth and the “celebration” part of the Annual Celebration (phoning for volunteers, creating a detailed to-do list, and organizing volunteers to handle food preparation, decorations, and displays).

Not surprisingly, Pat is also well known to everyone as a people person. Wherever she goes, she encourages the people she meets to experience the quiet beauty of the Elfin Forest. She often takes to the road, distributing brochures, newsletters, and pocket guides to chambers of commerce, libraries, and bookstores to promote FEMEF and the Elfin Forest.

Oakleaves editor Jean Wheeler said of Pat, “She has done a time-consuming job and lots of good work beyond just her own ‘official’ jobs. She saw me on the boardwalk while she was weeding in 2001, soon after I moved here, and recruited me as a member. She introduced me to Yolanda Waddell, who learned that I was writing a newsletter for my hiking group and recruited me to our newsletter. And how many other people has she met, recruited as members, then as casual helpers, and subsequently as top supporters in FEMEF’s work and even as officers?”

In February 2023, Pat told the FEMEF Board of Directors that after managing the contents of the FEMEF storage unit for 20 years, she will resign from being Chair of Property and Records as of June first this year. Fortunately for FEMEF, a new volunteer, Patrice Promack, has agreed to take on the Property and Records position—providing a co-chair can be found. Other duties that Pat will pass on to others include organizing the Annual Celebration once it returns to being an in-person event, organizing volunteers and setting up of the FEMEF Oktoberfest booth, and arranging for FEMEF participation via a table or booth at other regional events.

The FEMEF Board of Directors is grateful for the thousands of hours and mountains of energy Pat has given in supporting the Elfin Forest and helping to make FEMEF the effective organization it is. Pat said she is grateful that she has had the energy and time to do all she has, and if her work results in others loving and supporting the Forest, it makes her happy.

Thank you, Pat!

Volunteers Wanted

Have you thought about becoming part of the team of people who help keep El Moro Elfin Forest such a wonderful place to visit?

FEMEF is an entirely volunteer-based organization. We need people who can give a few hours a month to help with various activities that keep FEMEF operating at a successful level. Hours are generally flexible and involve working with committee chairs and other volunteers at agreed upon times. Some tasks occur only once annually; others are ongoing and carried out with cooperation and support from others. We need people with all kinds of skills and interests. If you are interested in volunteering in any capacity, we'll help you find a role with FEMEF that suits your personality and interests.

Below are some of the areas in which we currently have a great need, but there are plenty of other opportunities as well.

***Property and Records Committee:** Patrice Promack is assuming the role of Chair of Property and Records but needs a volunteer to assist as co-chair. This job involves overseeing storage of property in our storage shed, keeping records, ordering resupply of products such as shirts, hats, and cups as they are sold, and delivering locally or mailing products ordered by mail.

***FEMEF Annual Celebration Event Coordinator:** We have normally had an annual one-day celebration event in autumn, usually during October or November. We need an Event Coordinator for scheduling that event at a site willing to accommodate the occasion, assisting in scheduling a speaker, ordering food for the event, and scheduling other helpers needed in successfully dealing with supplies and timing.

***Booth Event Coordinator:** FEMEF has a booth every year at the Los Osos Oktoberfest. We need a Booth Event Coordinator to take charge in advance each year to schedule workers. Several strong workers need to be recruited to transfer the booth tent and supplies very early in the morning from our storage facility to the Oktoberfest site and there set up the booth itself. The same or other volunteers must also be scheduled to transfer the booth and supplies back to storage again at closing. This Event Coordinator also needs to schedule volunteers for a couple of hours each through the day to staff the booth, give information and sell products.

***Other possible events would also need volunteers.** The Oktoberfest is the only such community event scheduled this year, but in the past we have had a table at the Morro Bay Winter Bird Festival or sometimes a booth at a local event such as Earth Day in San Luis Obispo. An Event Coordinator could help to schedule a booth for us at such a nearby venue, having responsibilities similar to those of the Event Coordinator for Oktoberfest. We also always need helpers who can be at the booths for a few hours to give out information and answer questions about the Elfin Forest.

Please volunteer to help us for any of these or other needs by calling the FEMEF phone number, (805) 528-0392. Let us know that you want to help us, and leave your phone number for our reply.



Photo from the Forest

Foliose lichen rosettes.
Photo by Vicky Johnsen.



Mountain Lion *continued from page 1*

century, far fewer than deaths by snakebites, lightning strikes, or beestings. However, they have occurred.

FEMEF therefore wishes to warn our residents to exercise caution, to protect both yourselves and these large, magnificent predators of small wildlife. If you do see a mountain lion, NEVER run from it—that makes you look like prey. Remain calm; stay tall, and don't crouch. Slowly back away, maintain eye contact, and try to appear larger. Raise your arms and brandish your walking stick. Very likely the animal will disappear into the distance.

Mountain lions prey on smaller animals, so watch your children and pets such as cats and dogs carefully. One mountain lion attacked a dog on its leash in Los Angeles, and the dog died. The owner was dragged by the leash trying to protect the pet, but the owner was not attacked by the big cat. If you leave your cat or dog outdoors at night here in San Luis Obispo County, perhaps especially in Los Osos, you may be providing dinner for a mountain lion.

Spittlebugs

By Jean Wheeler, Ph.D.

Blobs of white foam are seen festooning especially on ceanothus (as in my photo) and coyote brush (as in Jeff's closeup) in our Elfin Forest from late spring through mid-summer. They look like spittle and are created by tiny bugs, so they are called spittlebugs.

The spittle is excreted by the nymph, or immature stage of the insect, and each nymph is only about 3 mm (1/8 of an inch) in size. One blob of spittle may be created by just one nymph or by several of them. The nymphs usually hang upside down on a branch, extract fluids from the plants, add secretions from glands on their abdomens, and mix in air bubbles to produce the froth. The bubbly mixture is long lasting, prevents dehydration of the nymphs, and conceals them from potential predators.

By mid-summer, spittle will be disappearing as the nymphs grow into adults. Adults are about half an inch long and hop about on leaves. They land with head up and look like tiny dull brown frogs, so they are usually called froghoppers. But they have two features called bullae that look like big eyes, located at the tail end just behind the wings. These may deter predators. There is only one brood per year, and eggs are laid on plant leaves to produce the following year's spittle-making nymphs.

Spittlebugs occur throughout the United States and on many plant species. There are about six species of spittlebugs known in California. In the Elfin Forest they occur mainly on ceanothus and coyote brush plants and do little or no harm.



Extreme closeup of "froghoppers," or adult spittlebugs, one showing one of the large "bullae" looking like a large eye near the tail end.

Photo by Jeff Reifel.



Closeup of a few spittle blobs on a coyote bush, each produced by one or a few spittlebugs inside. Photo by Jeff Reiffel.



Many spittlebugs on a ceanothus shrub. Photo by Jean Wheeler.



OAKLEAVES

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Editors are Yolanda Waddell, Jean Wheeler, and Bob Dees
Layout by Katy Budge

Contributors to this issue:

Pat Brown, Dave Bowlus, Vicky Johnsen, Betsy Kinter, John Nowak,
Jeff Reifel, Barbara Renshaw, Skip Rotstein, Terry Stephens, Yolanda Waddell,
Dirk Walters, Jean Wheeler, Natalie Zaragosa.

Deadline for copy to *Oakleaves* is the first of the month before issue.
If possible, all copy should be submitted by e-mail to: oakleaf@elfin-forest.org.

Friends of El Moro Elfin Forest Mission:

Preserve and maintain El Moro Elfin Forest Natural Area; inform and educate about the natural history of the Elfin Forest and the Morro Bay Estuary; promote and support scientific research in the Forest.

Hedge Nettle

Text revised by Dirk Walters, Ph. D.,
from his August 2011 article.

Drawing by Bonnie Walters; photo by Jean Wheeler

The plant for this issue of *Oakleaves* is found in the moister portions of the Elfin Forest. It can be seen along the north boardwalk, especially around the junction of the boardwalk to Siena's View. It is common, or California hedge-nettle (*Stachys bullata*). This species is certainly not rare, but it is not overly abundant either. It is widespread but snooty where it grows.

The flower books and floras state that hedge nettle is found in our shrub lands (Coastal Scrub, Dune Scrub and Chaparral) as well as in Oak Forests. This is true, but to find it one wants to look in communities, where the soil tends to be moist. I think of it as occupying the drier edge of the riparian habitat. As surface streams dry, hedge nettles will move into the streambed itself. But, you would say, there are no streams or obvious drainages in the Elfin Forrest. However, the Elfin Forest shares a trait with the Sargent Cypress Forest found on West Cuesta Ridge. They both have lots of fog and contain plant species that can condense the fog onto their leaves and stems. Leaves and stems, however, are poor absorbers of liquid water, so the water drips off onto the soil surface and sinks to where the plant's roots can absorb it.

I don't have any data for how much soil water is produced from fog drip in the Elfin Forest, but I do have readings from a Cal Poly Biology Department Senior Project done for Dr. Robert Rodin many years ago. That source found that rain gauges placed under the trees recorded over 20 inches more water than gauges placed in the open. I've always assumed fog moisture mining was why hedge nettles can grow on Cuesta Ridge and among the oaks in the Elfin Forest.

The "hedge" part of the common name, I assume, comes from the habit of these plants (especially the Old World species) growing in fence rows and along roadsides. The "nettle" part of the common name comes from its resemblance to the stinging nettle (*Urtica*). The surface of leaves and stems are coated by short, stiff hairs. These hairs merely impart a sandpapery feel but do not cause the rash and itching or the pain of the true stinging nettle. I find they have a rather pleasant feel. You have to touch them to get the pleasant citrusy odor that arises from the bruised leaves.

Stachys is a large (ca. 300 spp. worldwide, 8 in California and 5 in San Luis Obispo County) genus of mints (*Lamiaceae* or *Labiatae*). It contains several plants used as food or medicine, particularly in the Old World. The medicinal plants generally go by the common name of betony, while the ones producing edible tubers go by various names. These include chorogi, Chinese or Japanese artichoke, and knotroot. I found no reference to any of our California *Stachys* species, including *S. bullata*, possessing either edible or medicinal properties. The closest I came was one suggestion that leaves *might* be tried as a poultice (i.e., bruise a few leaves in warm water and apply the mixture to minor wounds and rashes). This is how the various betony species are used around the



world and is the explanation for another common name for species in this genus, woundwort.

Reference to hedge nettles is noticeably absent from my California native gardening books. The current *Jepson Manual* recommends that they be planted in areas where they get occasional water (3-4 times during a dry season). It indicates that native hedge nettles are very hardy and might work in an area that needs stabilization. However, it cautions that being hardy, hedge nettle can become invasive.



Weed Warrior Report

By Jean Wheeler

We're delighted to report that regularly scheduled attacks on the depredations of noxious weeds in our Elfin Forest have resumed. All three attacks by our valiant weed warriors scheduled in the spring months upon the aggressive weedy invaders were held as scheduled and resulted in removal of large amounts of the dastardly occupying weeds.

On March 4, warriors Dave Bowlus, Roger Carmody, Vicky Johnsen, Jan and Jim Moore, Jeff Reifel, and snail monitor Bob Sloan pulled lots of weeds out of the area between 15th and 16th street and the slope down to South Bay Boulevard.

Weed warrior missions must be accompanied by a snail monitor to oversee identification and moving to a safe location of any Morro Shoulderband Snails encountered, as they are a threatened species. Bob Sloan is our current snail monitor, and Natalie Zaragosa is pictured examining a snail as she learns how to identify this species from other snails on her first foray as a weed warrior on April 1. Other warriors in their party that day include Dave Bowlus, Vicky Johnsen, and Terry Stephens (also pictured). That South African tenacious invader, veldt grass, was again the major target of our warriors.

On May 6, eight weed warriors valiantly fought the veldt grass, foxtails, and a few other weed species. Pat Brown took the photo on this page of their triumphant four big bags of vanquished noxious weedy invaders. The front row in the photo, left to right, includes Carol Tuttle-Pilling, Vicky Johnsen, Vickie Marchenko, Patrice Pomack, and Natalie Zaragosa. In the distance behind them are snail monitor Bob Sloan on the left and Zarah Wyly, with her arms outstretched.



*Natalie Zaragosa learns to ID snails at the April work party.
Photo by Vicky Johnsen.*



*Terry Stephens is digging out veldt grass at the April work party.
Photo by Vicky Johnsen.*



*May's hard-working Weed Warriors are happy that dastardly exotic weeds like veldt grass and foxtails are now in these four large bags.
Photo by Pat Brown.*

Gardening with California Natives: Ceanothus

By John Nowak & Suzette Girouard

The plant genus *Ceanothus* is found within the very large family Rhamnaceae, of which about 40 species are found in California. *Ceanothus cuneatus*, with blooms rising above dense green foliage like clouds of fragrant smoke, is our native plant suggestion for this issue. In San Luis Obispo County, especially within the coastal zones, *Ceanothus cuneatus* can be the dominant representative of its genus. It is commonly known as buckbrush, mountain lilac, or just ceanothus, as I'll refer to it here.

In the Elfin Forest, ceanothus is found within the maritime chaparral association and grows alongside *Adenostoma fasciculatum* (chamise), *Artemisia californica* (California sagebrush), *Diplacus aurantiacus* (sticky monkey flower), and *Rhamnus californica* (California coffeeberry). A ceanothus plant is highly attractant to both native and European bees. The lush growth of its flowers also attracts insects such as aphids, which feed upon the tender flowers by ingesting the sap. In turn, the aphids attract small birds like the oak titmouse (*Baeolophus inornatus*), who dines upon the plump, juice-filled insects. The aphids also encourage Argentine ants, which herd them like cattle to collect their secretions of honeydew as a food source.

With sturdy trunks and branches reaching heights of 5-7 feet, ceanothus provides protection for Elfin Forest favorites such as California quail (*Callipepla californica*) and the California towhee (*Melospiza crissalis*). Mammals including rabbits, raccoons, and deer also find cover among its hanging branches. On western facing slopes, it can become the dominant plant type and cover whole hillsides. It would have been hard to miss the splendor of ceanothus while walking to the Rose Bowker Grove during our recent winter.

The Chumash people used this abundant plant as a soap, as all parts of it are rich in saponins, compounds that make a soapy foam when wetted. When crushed and mixed with a little water, the leaves of a ceanothus produce a fine lather that is good at removing dirt. Early European settlers in our area no doubt also noted this cleansing property. I have experimented myself and found *Ceanothus cuneatus* to clean as well or better than modern soap. However, I would not recommend washing one's hair with it, as the small flowers would be hard to rinse out.

Once established, a ceanothus requires little care. A full-sun location protected from harsh, drying winds will encourage success. It is a large shrub, so care must be taken to allow plenty of room for its arching branches to achieve their full glory. When established, in one to three years, it can survive with winter rains. Keep in mind that *Ceanothus* species prefer well-drained soils. When irrigating with a drip system, it is important to select plants with similar water needs and to place ceanothus on the upper hillside portion of the drip system to lessen the possibility of overwatering, which can cause root rot. Pests are not usually a problem, except for aphids, which beneficial insects and birds will usually keep at bay. If necessary, a stiff stream of water from a hose nozzle can wash off any unwanted insects. When planted near a window or porch, ceanothus will provide its viewers with endless enjoyment.

At right:
Extreme closeup
of ceanothus buds
opening, leaves,
and flowers.
Photo by Jeff
Reifel.



Below:
Closeup of
ceanothus
blossoms along
the boardwalk.
Photo by Barbara
Renshaw.



Ceanothus species have nitrogen-fixing nodules on their roots, so fertilizers containing large amounts of nitrogen are not necessary and may be detrimental. Maintenance consists of light pruning to encourage arching branches with a dense canopy. Heavy pruning, especially on older specimens, is not recommended, as thick branches are not likely to re-sprout. The species is mostly propagated by semi-softwood cuttings. It can be started from fresh mature seed pods, but the seeds will require treatments to mimic what occurs during a fire to scarify them to stimulate germination. *Ceanothus cuneatus* can be hard to locate at your local nursery; however, one can usually purchase it at native plant sales. There are also many other species of the *Ceanothus* genus, including several attractive cultivars that are more common at garden centers throughout the central coast.

Coming Up in Summer

Story and photos by Jean Wheeler

Our amazing floral tapestries of winter and spring transform into equally gorgeous summer displays. Blue flowers called bush lupines or silver dune lupines after their silvery green leaves highlight the area near Bush Lupine Point. That lookout to the estuary is named for the tall shrubs tipped in May and June with those big spikes of blue flowers,

Just inland from the point, along the boardwalk junction with the 13th Street sand trail, are low clumps of stems and leaves with lovely blue blossoms. Called wooly star, these plants leaf out and bloom only as spring turns into summer, soon dying out again above ground. Their woody roots survive underground to raise stems and flowers again as the next summer brings warmer temperatures following winter rains.

Bright yellow and orange flowers are common all around our boardwalk in summer. Numerous near the wooly stars but also more widespread around the boardwalk are coastal dudleya plants. They have succulent leaves on the ground and tall reddish green stalks branching with lines of yellow flowers on top. The yellow flowers of deerweed are also widespread. Sticky green leaves with bright orange monkey flowers bloom on shrubs all around the boardwalk well into summer, and orange California poppies are in bloom most of the year.

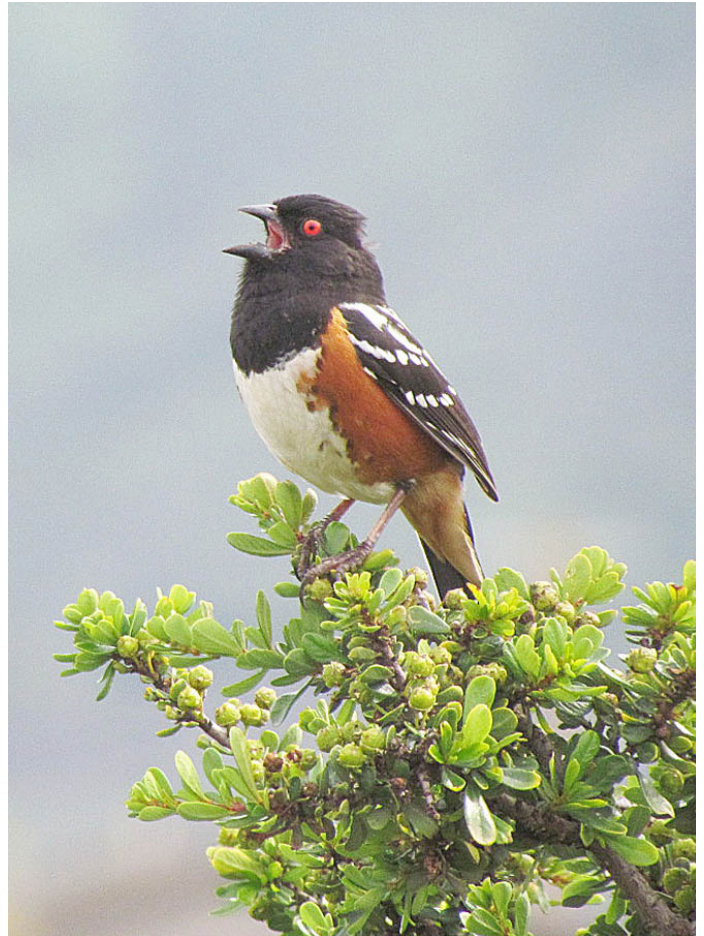
Pink flowers are provided by California wild rose, cobwebby thistle (pictured), and California hedge nettles. Red flowers with deeply serrated petals brightening the undergrowth are called cardinal catchflies because that's what they do. White flowers also surround the boardwalk, especially on dune buckwheat, chamise shrubs, and black sage (whose white flowers will remain on the stems, turning rust and then black by Halloween).

Butterflies, often called "flying flowers," continue to fly in early summer. Moro blue butterflies lay their eggs on bush lupine leaves, while acmon blues look to deerweed for their caterpillars. Dune buckwheat attracts gray hairstreaks. Variable checkerspots lay eggs on undersides of sticky monkey flower leaves. Gabb's checkerspots like California poppies for nectar. The California oak moth lays its eggs on our pygmy live oaks.

Avian residents likely to be seen and heard are the bright blue California scrub jays, loudly proclaiming their last name. Orange and black spotted towhees (pictured) make a loud buzz. The large California quail sports a silly bobbing head plume and sounds to me like it is calling "quer-CAH-go." Then there are busily chattering flocks of tiny fuzzy gray birds, dominated by bushtits and blue-gray gnatcatchers. Talkative little brown birds include several species each of sparrows and wrens.

Among other residents busy in summer are bees, damselflies, spittlebugs (my article about them is on page 4), western fence lizards (doing their amusing pushups), garter snakes, gopher snakes, brush rabbits, ground squirrels, coyotes, and sometimes even deer.

Enjoy a walk on our wild side this summer!



This spotted towhee flitted and shouted his buzz a few feet from me on both sides of the boardwalk so I'd be sure to take his photo for you!



Cobwebby thistle.

WALKS in the ELFIN FOREST

Docent-Led Third Saturday Walks

Masks are optional.

June 17, 9:30 a.m. – June Bloom Sketch Walk

Join Vicky Johnsen and Barbara Renshaw for a mid-summer stroll along the Elfin Forest boardwalk. Take in views of the Morro Bay estuary, oak groves, coastal sage scrub and chaparral along the boardwalk, and the volcanic morros beyond. Vicky and Barbara will tell you interesting things about how the native flowering plants along the way survive and reproduce in the local environment, and they will choose a few favorite places for sketching.

July 15, 9:30 a.m. – Insect Walk

Although we generally see just a few kinds of insects and spiders while walking through the Elfin Forest, there are dozens, perhaps hundreds of different species of arthropods living in the Forest. Entomologist Dr. Norman Smith will search every nook and cranny along the boardwalk for the good, bad, and ugly of those creatures. The importance and ecology of our local insects will be discussed during the walk. If you'd like to see the insects close-up, bring a hand lens or close-focusing binoculars.

August 19, 9:30 a.m. – Nature Photography

Nature and wildlife photographer Donald Quintana will take us on a photographic journey to capture the wild and beautiful world of the Elfin Forest. Using whatever camera you have, you will have an opportunity to photograph birds and butterflies, close ups of plants and flowers, or views of the forest and bay. Don will discuss the use of light and how best to capture its influence on your subject. He will also talk about some of the Elfin Forest's plant life. All levels of experience and skill are welcome.

Walks in the Elfin Forest begin at times stated above at the north end (1100 block) of 15th Street off Santa Ysabel in Los Osos. Wear closed-toe shoes, long sleeves, and pants to avoid poison oak and mosquitoes. Park carefully, avoiding driveways and mailboxes, and leave pets at home. The easy-paced walks last 1-1/2 to 2 hours. For more information or if you use a wheelchair, call (805) 528-0392.



Pat Brown (standing on bench) brought models like this one with her to explain details of butterfly anatomy and way of life on her April 3rd Saturday Walk. Photo by Rebecca Rasmussen.



Witches butter is probably the least "roadstool-looking" mushroom commonly seen under the oaks on Dennis Sheridan's annual February mushroom walk. Photo by Vicky Johnsen.

Please Report 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? Taken a good photo? Please report any interesting sightings to your *Oakleaves* editors at: oakleaf@elfin-forest.org or leave a message on FEMEF's answering machine, (805) 528-0392.

Join First Saturday Work Parties

We invite you to join us on any first Saturday from 9 a.m. to noon at the north end of 15th Street in Los Osos to enjoy satisfying physical activity in fresh air amid lovely surroundings. Please dress for wind, fog, or sun in layers of clothing with long pants, long shirt sleeves, work gloves, and sturdy shoes with closed toes. Take care not to park in front of driveways or mailboxes. To request more information, call (805) 528-0392.

Thank You to Our Generous Members

*Compiled by
Betsy Kinter, FEMEF Database Coordinator*

NEW MEMBERS:

Kristin A. G. Drury*
John Nowak & Suzette Girouard*
Melissa Rissman

RENEWING MEMBERS:

Anne Avril & Daniel Haifley*	Wendy McKeown*
Leslie Bowker*	Karen O'Grady*
Katy Budge*	Jim & Wendi Proffitt*
Roger E. Carmody*	Rebecca Rasmussen*
Katie & Jerry Davis*	Deborah Schlanser*
Robert & Van Dees*	Peg Smith*
Stephani Denker*	Zach & Corinne Tanner
Lurlie E. Edgcomb*	Katherine Tennant
Steve Hendricks*	Bertram Townsend*
Arylane Hill*	Roger & Janice Verity*
Jane Johnson*	Marianne Wallace*
Penny Koines*	Alice Welchert*
Jennifer & Larry Levine*	

DONATIONS:

Wendy Brown
Katy Budge – in memory of Elsie Dietz
John Dilworth Jr. & Carole Maurer
Mary & Alan Meier

**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. If you recently sent a donation to FEMEF and don't see your name in this issue's New and Renewing list, be assured that your gift will be acknowledged in the next quarterly issue. Gifts are processed by two different volunteers before reaching our editors, and newsletter copy deadline is one month before the date of the issue.*

Thinking of Switching to Online *Oakleaves*?

If you receive a print copy of *Oakleaves*, we encourage you to visit our online version at www.elfin-forest.org. You will see photos in full color, and the text is easier to read on your computer. If you decide to be an online reader, you will receive an email when each new issue is posted on our website. Your decision would save paper, ink, and FEMEF dollars for other uses. Just email us at oakleaf@elfin-forest.org with the subject "Switch me to online."

A Salute to FEMEF Life Members

By Yolanda Waddell

All of FEMEF's members are important parts of our conservation community, renewing their memberships each year and often adding a donation when they renew. Life members donate \$1,000 and literally are members for the rest of their lives. They receive every issue of *Oakleaves*, either in print or online. However, once listed as a life member, that person doesn't receive any more thank you letters or acknowledgement in the newsletter—until recently. It was suggested two years ago that we publish a list each year so their support can be acknowledged. Here, then is a list of those very supportive members.

2022 FEMEF Life Members:

Diane Blakeslee, Blakeslee & Blakeslee
Jay & Ann Bonestell
David & Linda Chipping
Rebecca & Richard Clewett
Andrea Davis
John Dilworth Jr. & Carole Maurer
Carmen Fojo
Melville Hodge
Joan Hughes
King David's Lodge #209 F. & A.M.
Laurence & Marci Laurent
Fred Mednick
Susan Minker
Frederick G. Novy III, M.D.
Shirley Otto Trust
John & Cheyanne Parker
Joey Rektor
Barbara Renshaw
Barbara & Robert Rosenthal
Pete Sarafian
Shirley Sparling
Ken Volk, Kenneth Volk Vineyards
Yolanda & Jay Waddell
Dirk Walters
Jean D. Wheeler
Crow & Wendy White
Mary Lou Wilhelm



Elfin Forest Caps

One size fits all for these caps. They have adjustable straps in the back and are made of 100% cotton. Two handsome colors are available, forest green or maroon. Each cap has emblazoned in gold across its front the image of one of our coast live oaks, elfin-short but with a wide sprawling canopy, and the words "Elfin Forest Natural Area."



FEMEF Shoppers' Order Form

See Photos of All Items at www.elfin-forest.org

All Prices Include Sales Tax

1. MURAL SHIRTS

Large mural design by artist Barbara Rosenthal on both front and back. Black shirt with the words "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 (S, M, L, XL) @\$20.00 = \$___

___ Short Slv. T-Shirt (XXL, XXXL) @\$23.00 = \$___

___ Long Slv. T-Shirt (S, M, L, XL) @\$25.00 = \$___

___ Long Slv. T-Shirt (XXL, XXXL) @\$27.00 = \$___

___ Sweatshirt (S, M, L, XL) @\$35.00 = \$___

___ Sweatshirt (XXL, XXXL) @\$37.00 = \$___

2. POCKET GUIDE

Useful 56-page guide to plants and animals of the Elfin Forest. Lists for mammals, reptiles, amphibians, birds, moths and butterflies, gastropods, vascular plants, lichens, and mushrooms. Some with charts for seasonality, color and more.

___ @ \$3.00 = \$___

3. ELFIN FOREST MURAL PRINTS

Signed prints by artist Barbara Rosenthal, image size 4 1/2 x 16 1/2 in. Mounted on foamcore

___ @ \$35.00 = \$___

4. ALPHABET BIRD BOOK

With 26 clever verses and superb photos on facing pages, this book is sure to please young and old.

___ @ \$20.00 = \$___

5. MURAL MUG

15- ounce beverage mug with wrap-around mural design. Microwave safe; hand wash suggested.

___ @ \$15 = \$___

6. ELFIN FOREST CAPS

One size fits all cap with adjustable straps in back, 100% cotton. Two colors, forest green and maroon. Specify color when ordering.

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




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Big Cat Spotted in the Forest! ~ see page 1

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Coastal dudleya (Dudleya lanceolata) is a succulent in the coast ranges from about our area south into Baja California. It has low bunches of fleshy, pointed leaves usually nestled nearly under the edge of a shrub providing some protection from the sun. In early to mid-summer, tall reddish stalks appear, branching sideways at the top with many separate small flowers shooting up, blended red with yellow and green.

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| <input type="checkbox"/> Life Member \$1000 | |

I want to help, please call me!

FEMEF has permission to email me.

Memberships include an online subscription to FEMEF's quarterly newsletter *Oakleaves*.

- Check here to receive the online version by email.
- Check here to receive the print version by U.S. mail.
- Check here if you do not wish to receive *Oakleaves*.

All donations to FEMEF are tax-deductible.

EVERY membership counts!

Make checks payable to: FEMEF

Mail to: Friends of El Moro Elfin Forest,

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