

Edgewood



Explorer

June 2008

Volume 15 Number 2

COMINGS AND GOINGS

by Anne Koletzke

It is no secret that Bill Korbholz has done innumerable things for Edgewood over the past 15 years, including being editor of this Newsletter. He is still doing innumerable things for Edgewood, more than ever before, in fact, and as a result, decided it was time to let editing the *Explorer* go. He is going to be a hard act to follow!

And Lee Franks, too, after writing 25 articles on birds for the *Explorer* over the past 7 years, decided it was time to give article-writing a rest. Lee's knowledge of all things feathered is extraordinary, and in sharing it with us, he has made an inestimable contribution to the Newsletter and to the Edgewood community. He will be greatly missed.

But no door closes except another opens, as they say, and we have a new contributor to the *Explorer*, Mary Anne Leary. A long-time docent and friend of Edgewood. Mary Anne will be writing a column on the healing plants found at Edgewood and how they are currently used in various holistic therapies, an area in which she has great expertise.

As for me, when Bill offered the editorship (in what I choose to believe was not a moment of desperation, but may well have been) to me, I eagerly accepted. I was newly retired, a trained docent for both Edgewood and the Midpeninsula Regional Open Space District, and loved to write—it seemed like a good fit. Still, there's no denying, following in Bill's oh-so-capable footsteps is more than a bit daunting. So I'm counting on you, *Explorer* readers, to help me out. Talk to me. Tell me what you'd like to see written here. Tell me your stories: Why do you love Edgewood? What have you seen there? Who have you met there—Deer? Coyote? Snake? Poppy? Do you ride your horse in Edgewood? Tell me about these things. Like the jackrabbit, I'm all ears. 🐰

*"Change is inevitable—
except from a vending machine."
Robert C. Gallager*

PLANNING OUR FUTURE: THE START OF THE SECOND 15 YEARS

by Herb Fischgrund

"More great ideas than volunteer power to implement them." That was how Peter Ingram, last year's president, closed his Annual Report in the December 2007 *Explorer* as he introduced the Friends of Edgewood (FoE) Strategic Plan.

Divided into seven groups, the Executive Committee has been working diligently to set goals and objectives for manifesting those "great ideas" of the Strategic Plan. The initial effort has been to gather data in order to better understand what we, the Friends of Edgewood, do, why it matters, and who does it. Currently, the Committee is in the process of setting priorities and establishing action plans for expanding FoE's volunteer force, including further development of partnerships with kindred organizations; working with the County Parks Department to plan use of the Interpretive Center; improving our coordination with the other organizations contributing to Edgewood's well-being (especially preservation and restoration efforts); and improving our organizational efficiency. It has been an exciting ride so far, under the firm but gentle guidance of Regina Neu, a consultant specializing in leading non-profit organizations through this process.

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SPRING 2008 OUTREACH FLOOD

By Carol Hankermeyer

Youth Outreach has experienced a record year so far in the number of schools attending Edgewood field trips. An unprecedented 440 students have participated in our program just since the beginning of 2008—almost double the total number of any previous complete year. John Gill School in Redwood City brought all 9 of their school garden classes to Edgewood. And since La Entrada School in Menlo Park was willing to bus all 4 classes of 5th graders to the preserve, they must really think our Edgewood program is worth it!

This sample note of appreciation is just one of many we received from grateful participants. Our belief is that children's increasingly limited contact with the natural world creates a vital need for hands-on experience with the wonderful wilderness and its inhabitants. The Youth Outreach Program is designed to meet that need, and unlike many other local environmental education programs, it is free. Whether we are interpreting goldback ferns, sticky monkey-flower, banana slugs, or dusky-footed woodrat nests, our commitment is to educate and charm the next generation of Edgewood protectors.

Scheduling and planning for so many field trip requests has been overwhelming. Fortunately, the response to my appeals for field trip leaders has been very gratifying, and the number of new Outreach docents has swelled our ranks to meet the increased demand—up to 20 total! Here's our cast of dedicated volunteers whom I wish to acknowledge: John Allen, Pam Berryessa, Amity Binkert, Trudy Bidstrup, Kate Connors, Toni Corelli, Fran Cummings, Barbara Erny, Herb Fischgrund, Paul Heiple, Susan McBain, Fran Naylor, Pat Oren, Judy Pugh, Jim Rea, Jan Simpson, Robert Strode, Martha Vercoutere, and Yours Truly. The zeal and dedication of these ex-

traordinary people is inspiring. Paul Heiple wins the award for most field trips, 6 in all, in addition to his weed management and other commitments. Barbara Erny and Kate Connors organized and led their own field trips. Susan McBain, Jim Rea, Martha Vercoutere, and Amity Binkert responded to appeals, though having barely graduated from docent training, and proved to be super kids' docents. Amity showed up one day just to see if she was needed, rescuing Kate Connors, who'd dragged herself to Edgewood to manage her field trip despite a full-blown case of the

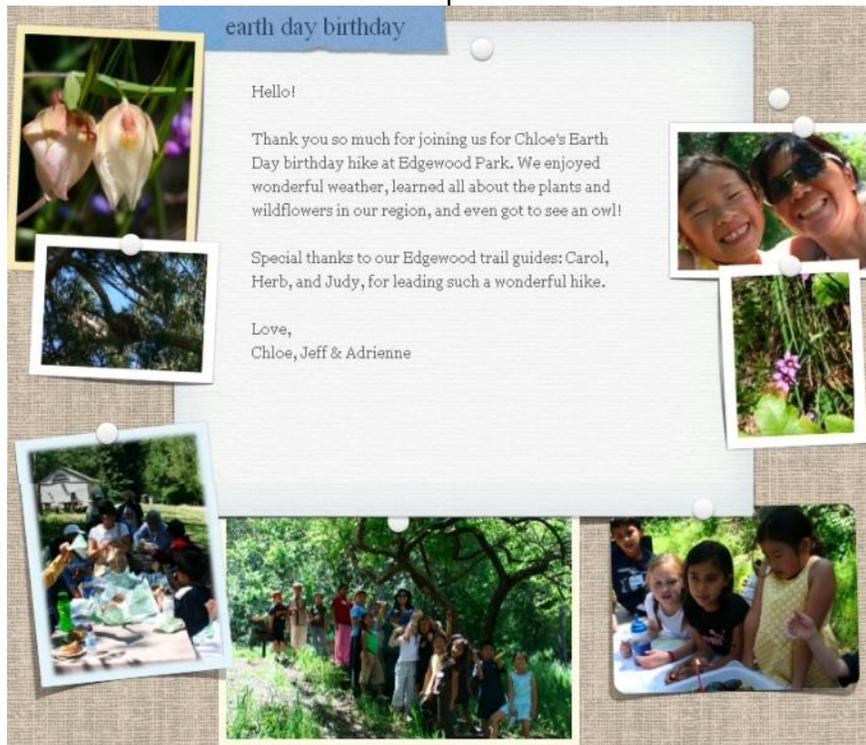
flu! Kate Finnigan appeared twice to assist, and we all know how busy she is running the regular docent program. Mary Wilson, already loaded up with docent training, pitched in to help lead a high school class. Also, wildflower walk leaders Don Myall, Susan Petersen, and Harry Combleet came forth and offered their services, even though they never signed up to do kids' walks, when the field trip demands of 50 JLS science students outstripped Outreach resources. Harry liked it so much he thought he

might become an Outreach docent.

This kind of dedication and generosity is the spark that keeps the Youth Outreach Program burning. We hope the trend will continue, since it has kindled marked interest in nearby schools.

We can never have too many Outreach docents—how about you? I think those who are already docents will agree that working with the kids is rewarding and lots of fun. If you're interested in learning more about our program, please contact outreach@friendsofedgeswood.org.

As for me, after retiring last year, I've coordinated 14 field trips so far in 2008, and led 10 of them to try to keep to the maximum ratio of 8 students per docent. I guess the moral of this story is that if you want to reduce your workload, don't ever retire! ♥



FOUR-LEGGED BUTTERFLIES

by Paul Heiple

As all of you know, insects are supposed to have six legs. But if you ever look closely at a checkerspot butterfly as it rests on a leaf or a stem, you will see that it stands on not six but four legs. How can this be? Does this mean that these butterflies are not insects?? Or that they have all gone through some arcane ritual that leaves them short a couple of appendages? Or that they are just trying to keep a couple of their feet warm by “tucking them in”? Perhaps all of them had some kind of accident in their youth?

The answer, of course, is none of the above. In general, butterflies do not spend a lot of time walking, and should they be inclined to stand, four legs are just about as stable as six. Therefore, butterfly species in the Nymphalidae family, which includes the checkerspot, have modified their front set of legs for other tasks.

Compared to other insects, butterflies have mouthparts that are reduced in size to facilitate feeding on nectar. To compensate for these smaller mouthparts, the butterflies of the Nymphalidae family have also developed the ability to taste with their two front legs. In fact, these front legs are used *only* for tasting, and as a result are reduced in size and are covered with little “hairs” that make them look more like brushes than legs—hence the common name of “brush-footed butterfly” for this family.

Although both the male and female brush-footed butterflies use their two front legs for “brushing” nectar into their mouths, the female also uses her front legs as a sensory organ to determine the suitability of a plant for larval food, and as a consequence, her two front legs are somewhat larger than those of the male.

The Nymphalidae family is very large, with approximately 350 genera and close to 6,000 species. It would seem the adaptation of the front legs favored great diversification. The family is so diverse, in fact, that little can be found in common among its members except their modified front legs.

Among insects other than butterflies, many predators, such as mantids, use their front limbs exclusively for grabbing prey (for more on praying mantids, see the Arthropods article in the last issue of the *Explorer*).

Do other animals show similar alterations to their “walking limbs”? Yes! In fact, one needs go no farther than to the group of Tetrapods, which means

“four feet,” and which includes all the vertebrates from amphibians to birds to mammals. For example, humans and other primates use their front legs for

holding and manipulating objects; and humans no longer use the front legs for locomotion after the first year of life. As for the birds, their altered front legs are their wings.



Variable Checkerspot Butterfly
(*Euphydryas chalcedona*) © Alf
Fengler

Such is the way of evolution, where the features of a common ancestor can be altered over time to perform new tasks. Yes, insects have six-legged body plans, and all those legs might have been evident

in the original model, but you just might have trouble finding or recognizing all six appendages in the insects that live among us today. ❀

THE HEALING PLANTS OF EDGEWOOD The California Poppy (*Eschscholzia californica*)

by Mary Anne Leary

Due to space restrictions, this is an abridged version of this article. The unabridged version can be found in the web edition of the Explorer: www.friendsofthewood.org/newsletters—ed.

When asked to write this new series for the Edgewood Explorer about the healing gifts of the flowers, plants and trees of the preserve, I was delighted! Often when leading a wildflower walk hikers will ask about the healing qualities and purposes for which the plants were used. Though no expert, by any means, this will be a fun exploration for those of us who share the same curiosity and admiration for nature’s healing gifts.

I thought it best to start with the California Poppy (*Eschscholzia californica*) being that it is our state flower. The California Poppy is a cousin of the opium poppy (*Papaver somniferum*) but does not have the addictive properties of the latter. The seed is used as a mild sedative and is said to be gentle enough for use by children and the elderly for promoting sleep, helping one to relax, and easing mild anxiety. Contrary to its opium cousin, the California Poppy seems to help normalize psychological

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(Healing Plants—Continued from page 3)

function, improving concentration and intellectual activity.

Native Americans used the California Poppy, with its sedative alkaloid compounds, as an herbal painkiller for persistent headaches and toothache (cutting the root and applying the juices directly) and as an herbal poultice for sores and ulcers of the skin. Apparently some Indian women used the poppy as a love charm to lure unresponsive lovers!! They also used the pollen as a cosmetic (once they had lured their in-



Eschscholzia californica © Dianne Hunt

tended?!). I found references to both Native American and early Californians of Spanish heritage cooking poppies in oil and using it as a hair tonic to make their hair grow thicker and shinier. The Spanish named the poppy *Dormidera*,

or the “drowsy one” as the poppy is a sun worshipper opening in the daylight and closing up tightly at night or in cloudy, windy weather. The California Poppy is said to sometimes be smoked as a substitute for marijuana, as it is mildly euphoric but is not addictive or habit forming. I found references where the poppy is used in the cooking of bagels, teas and kolaches, a type of pastry consisting of fillings ranging from fruits to cheeses inside a bread roll. Would anyone like to start the Edgewood Poppy Cookbook?!

Lastly, we will speak of the California Poppy in its flower essence form. Flower essences are derived from the actual life force of the flower (thus its role in vibrational medicine) having a strong effect upon our mental and emotional make-up. The flower essence medicine of the California Poppy is quite significant to the history of our state. The essence helps us to find spirituality within our hearts and to develop an inner center of knowing versus seeking outside of ourselves for a false sense of higher or altered consciousness as through addictions or the lure of glamour. When you think of how and why the Gold Rush drew so many people to California, the razzle-dazzle of Hollywood, and the height of drug activity during the Haight-Ashbury days, I think it is only fitting that the California Poppy is our state emblem, encourag-

ing people to go within and seek out the “inner gold” that is of most value for ourselves and for humanity. Isn’t it lovely that our state flower provides the medicine for people who are star-struck (I’m talking Britney not the Big Dipper!), into cults, drugs or fleeting fads to be able to strengthen and develop a solid inner life that leads to self-responsibility and quiet inner development? May we all truly appreciate the healing gifts of our lovely state flower, the California Poppy. ☸



Eschscholzia californica © Elgin Kennedy/
Frances Morse

References:

Christopher Hobbs, L.Ac., “Herbs & Natural Remedies for Insomnia,” http://www.christopherhobbs.com/website/library/articles/article_files/herbs_for_insomnia.html

Patricia Kaminski & Richard Katz, *Flower Essence Repertory*

EDGWOODIANA—OAK VIGIL or Sad About SOD

by Carolyn Strange

The “bleeding” tree pictured here is near the Day Camp, along the Sylvan trail before it splits into its north and south forks, on the left as you head up. The photos are by Alf F engler — ed.

Question

Has Sudden Oak Death (SOD) reached Edgewood?

Answer

It almost certainly has—our weeders have spotted sick and “bleeding” oaks—but we haven’t yet gotten the lab results necessary to confirm it. Paul Heiple gathered some samples in May as part of a “SOD Blitz,” an event sponsored by local communities working with the California Oak Mortality Task Force and the University of California Berkeley. Diagnostic tests are free, thanks to a U.S. Forest Service grant to the UCB Forest Pathology Laboratory. The hope is that with detailed maps of local disease distribution, areas of milder infestation might be identified and pro-actively treated.



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Despite the disease name, non-oak plants are the main hosts of *Phytophthora ramorum*, the culprit organism, and among those plants it causes a non-lethal leaf and twig disease. But many species of *Phytophthora* —which means “plant destroyer”— are aggressive pathogens responsible for numerous die-backs, blights, and root rot diseases. Among susceptible oaks, the disease isn’t sudden, but death often appears to be, as entire tree crowns turn brown within weeks, after the pathogen has girdled the tree.



Although only one of Edgewood’s five oaks is susceptible, the coast live oak, it’s probably the most abundant tree here and around the greater bay area. They aren’t all necessarily doomed, however. Some can survive. Also, *P. ramorum* thrives in cool, wet conditions, so north- and east-facing canyons may be harder hit. But oaks in more open, dry and warm areas, like Edgewood’s central ridge, may be spared. It’s still early in the SOD epidemic, and although experts have discovered a great deal, there’s much more to learn. 🐰

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What do you want to know about Edgewood?
Send your questions to:
Edgewoodiana@friendsofEdgewood.org 📧

WHAT’S IN A NAME?

by Anne Koletzke and Mark Twain



Lepus Californicus ©Bert Katzung

Everyone else in the world calls them hares. But we in the United States call them jackrabbits. Why is that? It turns out Mark Twain provides the answer in *Roughing It*, an account of his travels around the Wild West from 1861-1867:

As the sun was going down, we saw the first specimen of

an animal known familiarly over two thousand miles of mountain and desert—from Kansas clear to the Pacific Ocean—as the “jackass rabbit.” He is well

named. He is just like any other rabbit, except that he is from one third to twice as large, has longer legs in proportion to his size, and has the most preposterous ears that ever were mounted on any creature but a jackass.

When he is sitting quiet, thinking about his sins, or is absent-minded or unapprehensive of danger, his majestic ears project above him conspicuously; but the breaking of a twig will scare him nearly to death, and then he tilts his ears back gently and starts for home. All you can see, then, for the next minute, is his long gray form stretched out straight and “streaking it” through the low sage-brush, head erect, eyes right, and ears just canted a little to the rear, but showing you where the animal is, all the time, the same as if he carried a jib. Now and then he makes a marvelous



Lepus Californicus ©Bert Katzung

spring with his long legs, high over the stunted sage-brush, and scores a leap that would make a horse envious. Presently he comes down to a long, graceful “lope,” and shortly he mysteriously disappears. He has crouched behind a sage-bush, and will

sit there and listen and tremble until you get within six feet of him, when he will get under way again. . . [And when] He is frightened clear through. . . he lays his long ears down on his back, straightens himself out like a yard-stick every spring he makes, and scatters miles behind him with an easy indifference that is enchanting.

Edgewood’s jackrabbits are black-tailed jackrabbits or, *Lepus californicus*. And how are they different from bunny rabbits? You’ll have to tune in next time for the answer to that hare-raising question. 🐰

Although he appeared in 4 earlier cartoons, the Bugs Bunny we know and love made his true debut July 27, 1940, uttering his now immortal words, “What’s Up Doc?” for the very first time in a cartoon called *A Wild Hare*.

So right up there with “There is no Santa Claus” and “The Tooth Fairy is a myth” is the fact that Bugs Bunny is not a bunny at all, but a hare—or more precisely, since he lives in California, a jackrabbit.



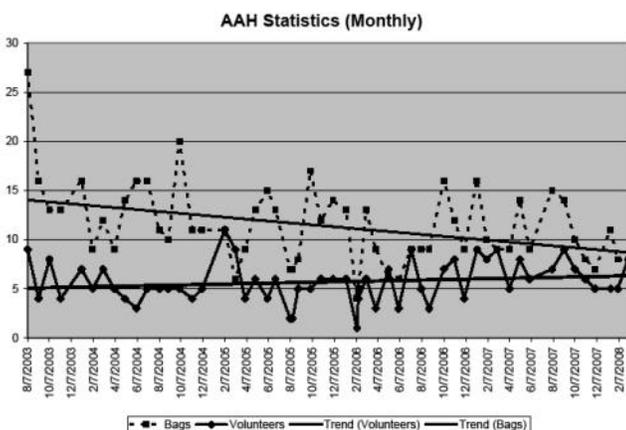
That’s all Folks!

Property of Warner Bros.

ADOPT-A-HIGHWAY—A Tribute by the Editor Great Warriors, Indeed. Who Knew?!

This was supposed to be just a simple report updating you on the activities of Edgewood's Road Warriors during the past quarter.

A simple report to tell you that in March, to quote Bill Korbholz, "trash was down and pickers were up," which has pretty much been true since August 2003, when the Warriors "went monthly," as is illustrated by this fine chart of Bill's.



To tell you that in April there were wildflowers to enhance the trash-picking; that in May the trash was truly horrendous; and that Lisa, not being fond of snakes, was, of course, the one who found the "nice gopher snake" (Ken's description, not Lisa's).

To tell you that 31 bags of trash were collectively filled by these valiant Warriors: Pam Berryessa, Brian Cole, Jane Kos, Caroline Dorsch, Dave Hershey, Bill and Kathy Korbholz, Margaret Marshall, Cory McDonald, Susan Russell, Ken Seydel, Jan Smith, Lisa Tough, and Michael Yantos.

And finally, a simple report to tell you that these Warriors venture forth on the first Saturday or Sunday of the month for about 2.5 hours; that they'll provide you with safety training and the very latest in Warrior Wear: helmet (hard hat), visor (goggles), hand armor (gloves), body armor (bright orange vest), and sword (a pick-up-trash-without-having-to-bend-over-tool); and that you can contact Ken Seydel if you'd like to join them.

But then I discovered the true magnitude of what these people can be up against, and realized a "simple report" simply would not do. We need to give these folks a hand, a standing ovation, Bravos and Bravas, and maybe even fall at their feet.

Just look at this from the Caltrans Adopt-A-Highway *Get Serious About Safety* bulletin: "FAQs: What Should We Do With Containers of Urine?" OMG! 🚧



DOCENT GRADUATES

by Mary Wilson

Seven new docents have graduated from our 2008 docent training class. Here they are in alphabetical order:

Laurie Alexander is interested in native plants. Trained in landscape design, Laurie knows a lot about plants in general, which greatly enhanced our training classes and will do the same for her hikes.

Judy Cronin became a "weed warrior" five years ago. Ken Himes got her interested in all the other plants at Edgewood and in becoming a docent.

Susan McBain had attended docent-led walks at Edgewood and so became interested in leading them herself.

Thanh Mougeot likes to be active in her community, which includes Edgewood, as she lives nearby. Like Judy, Thanh became interested in native plants while serving under Ken Himes as a "weed warrior." And it was Ken who encouraged Thanh to become a docent so she could learn more about Edgewood and share that knowledge with others. "The unique place that gives us so much enjoyment" she says of Edgewood.

Marianne Plunder has lived in Portola Valley for the past 15 years, is a member of the Portola Valley Conservation Committee, and describes herself as an outdoorsy person. Paul Heiple recruited her for our docent training one day before it began!

Jim Rea has led hikes for the Midpeninsula Regional Open Space District and Hidden Villa. Bill Korbholz recruited him for our training class. He looks forward to leading both spring Wildflower Walks and Children's Outreach hikes.

Martha Vercoutere never asked any questions about Edgewood's plants during training, and I always wondered why. I found out she had no need to ask because she had been introduced to Edgewood as a Campfire Girl by her leader, Elly Hess (and, yes, she

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(Docents— Continued from page 6)

is all grown up now). Since then, she has maintained her connection to both Edgewood and Elly, and is looking forward to being a docent.



Many, many thanks to our presenters/trainers John Allen, Toni Corelli, Paul Heiple and Ken Himes. Their knowledgeable, inspiring presentations and hikes were invaluable! And thanks to Ken Himes, Paul Heiple and Bill Korbholz for their recruiting efforts as well! 🦉

**“Use it up, wear it out,
make it do,
or do without.”
--New England Proverb**



MEMBERSHIP DUES

New or renewing members may clip and complete this section to pay **tax-deductible** annual membership dues. Please send your check payable to **Friends of Edgewood Natural Preserve** to the return address on the back of this panel. Renewing members can determine their membership expiration date by checking the six-digit code to the right of their name on their mailing label. For example, if the code is 06/2006, membership runs through June 2006.

Questions? Call (866) GO-EDGEWOOD or contact membership-coordinator@friendsofedgewood.org.

Name

Address

City State Zip

Day Telephone Eve Telephone

Email

- \$10 Student/Retired (includes quarterly newsletter)
- \$25 Friend (newsletter)
- \$50 Advocate (newsletter, set of 6 Edgewood photo greeting cards)
- \$75 Supporter (newsletter plus choose one):
 - Set of 6 Edgewood photo greeting cards and 1-year subscription to BAY NATURE magazine
 - Toni Corelli's Flowering Plants of Edgewood
- \$100 Steward or \$250 Guardian (newsletter, set of 6 Edgewood photo greeting cards, plus choose one):
 - 1-year subscription to BAY NATURE magazine
 - Toni Corelli's Flowering Plants of Edgewood
- Please do not send any premiums.
- I am enclosing a gift of _____.

Please send ___ copies of *Common Native Wildflowers of Edgewood* (\$2.50), ___ copies of the *Edgewood Vascular Plant List* (\$3.00), ___ copies of the Apr-Jun 2004 BAY NATURE magazine (\$6.00), ___ copies of Flowering Plants of Edgewood Natural Preserve (\$25.00). Includes tax, S&H. All items subject to availability.

I would like to participate in the following:

- | | |
|---|--|
| <input type="checkbox"/> Docent program | <input type="checkbox"/> Weed management |
| <input type="checkbox"/> GIS/GPS mapping | <input type="checkbox"/> Schools outreach |
| <input type="checkbox"/> Newsletter/web | <input type="checkbox"/> Habitat restoration |
| <input type="checkbox"/> Public relations | <input type="checkbox"/> Adopt-A-Highway |

(Planning Our Future—Continued from Page 1)

Members will get an opportunity to hear more about the Strategic Plan at this October's Annual Meeting. At the 2007 Annual Meeting, we received a lot of good and valuable input from you, our members, for our starting point. Now we are looking forward to your views on the results we have so far and on how you would like to participate in moving the Friends of Edgewood forward.

The Seven Working Groups of the Strategic Plan and their Leads are:

Interpretive Center: Peter Ingram

Volunteers: Mary Wilson

Programs: Kate Finnigan

Preservation/Restoration: Bill Korbholz

Infrastructure: Bill Korbholz

Partnerships: Bill Korbholz

Oversight: Carolyn Strange #



UPCOMING EVENTS

- DOCENT WALKS.** The last docent-led walk this year was on June 8.
- BIRD WALKS.** The bird walks led by Maryilyn Travis will resume September 28, 2008.
- ADOPT-A-HIGHWAY.** The next sessions are scheduled for 06/07, 07/13, and 08/02. To volunteer or get more information, contact Ken Seydel. Also, please see the tribute to these Road Warriors on page 6. ☑

"Of all the wonders of nature, a tree in summer is perhaps the most remarkable; with the possible exception of a moose singing *Embraceable You* in spats." — Woody Allen

The Edgewood Explorer is published quarterly by the Friends of Edgewood Natural Preserve, a nonprofit organization dedicated to preserving Edgewood for the human, plant, and animal generations to come. The newsletter is produced by Anne Koletzke with contributions from many Friends. For more information about the Friends of Edgewood, visit our web site at www.friendsofedgewood.org, mail us at PO Box 3422, Redwood City, CA 94064-3422, call or fax toll-free at (866) GO-EDGEWOOD (866-463-3439), or email info@friendsofedgewood.org.

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