

OAKLEAVES

Bob McDougle Moving On

By Yolanda Waddell

In the February/March, 1998 issue of *Oakleaves*, editor Pat Grimes wrote: "Our new treasurer brings eclectic and extensive experience to the SWAP board. Bob McDougle is a retired aerospace engineer who worked in the industry for 33 years and still found time to indulge many interests. An archaeologist, a sailing enthusiast, a jazz aficionado, and a genealogist, Bob worked on a dig near Barstow for ten years and as a docent at the Cabrillo Marine Museum in San Pedro when he wasn¹t putting satellites into orbit. He is currently a docent for the Museum of Natural History in Morro Bay and also the treasurer for the Basin Street Regulars Jazz Club."

The Los Osos/Morro Bay Chapter of SWAP has benefited from Bob's "eclectic and extensive experience" in many ways during the past eight years. In 1999, when Board Chair Gordon Hensley left to join the Los Osos CSD Board, Bob accepted the office of Acting Chair of the SWAP Board while continuing as treasurer. Bob soon realized the 14-year-old chapter bylaws had become outdated. With input from a Bylaw Revision Committee, he rewrote them and then called a General Membership Meeting in May, 1999, to adopt the new bylaws and elect board members. Bob accepted the position of Chair (continuing as treasurer) through 1999. He happily relinquished the Chair to Jim Weldon in January, 2000.

In 2001, Bob added another job, becoming Treasurer of SWAP, Inc., the umbrella organization that holds the federal 501c3 (tax deductible) status for all SWAP chapters including ours. Again he found a set of outdated bylaws, written in 1971. So he authored a new set appropriate for the current organization. For this, and for straightening out SWAP, Inc. accounts that had fallen into disarray, Bob received the first (and



Retiring Treasurer Bob McDougle receives a framed photo (by Bob Meyer) of the Rose Bowker Memorial Grove as a thank you gift for eight years of dedicated volunteer work for SWAP and the Elfin Forest.

Presenting the photo is Yolanda Waddell. Photo by Bob Meyer.

only) SWAP, Inc. Volunteer of the Year award in October, 2002.

Bob hasn't limited his energies to finances and writing while he has been with SWAP. He has been an active Weed Warrior, served on the Boardwalk Committee while the boardwalk was being built, set up and worked in our information booths, and wore whatever hat was necessary to accomplish chapter goals. This past summer, Bob announced that it is time for him to leave the Board and pursue other interests. We collectively sucked in our breaths and then wished him well. The gift of his time, energy and skills to SWAP, the Elfin Forest and thus to the community can't be measured. All we can say is "Thanks, Bob - it's been great!"



Los Osos/Morro Bay SWAP is 20 Years Old

On May 26, 1985, a small group of neighbors of the Elfin Forest - at that time called the Otto Property - received word that they were officially the Los Osos/Morro Bay Chapter of Small Wilderness Area Preservation, also known as SWAP. They wrote a set of bylaws, elected officers and set up a bank account to hold their small treasury. Their goal was to save the 90-acre Otto Property from development.

Twenty years later the land has been saved, a boardwalk has been built, and restoration of the disturbed areas of the Elfin Forest is well underway. We have much to be proud of, and even more to be thankful for. The land that was saved through the efforts of hundreds of volunteers over the years, in cooperation with County and State Parks, is flourishing. Our work of weeding, planting and maintaining the Elfin Forest, informing people about it and giving school walks will continue. Here's to another 20 years!

Yolanda Waddell displays the Los Osos/Morro Bay Chapter's 20th anniversary cake. Photo by Bob Meyer

Information, Appreciation and 20th Anniversary Celebration

By Yolanda Waddell







top: Oakleaves Co-editor Jean Wheeler received her Volunteer of the Year Award from SWAP Chair Ron Rasmussen. Photo by Yolanda Waddell.

middle: SWAP's other Volunteer of the Year, Database Coordinator Wendy Brown received her award from Secretary Yolanda Waddell. Photo by Bob Meyer

bottom: Volunteer Coordinator Pat Sarafian presented a bouquet of flowers to incoming chapter Treasurer Pat Akey. Photo by Bob Meyer.



Archaeologist Dr. John Parker had a rapt audience for his talk on the Chumash Culture before and after European contact. Photo by Bob Meyer.

SWAP's Los Osos/Morro Bay Chapter held its Annual Meeting and Volunteer Appreciation on Saturday, October 15th at the Nazarene Church in Los Osos. This year we marked our 20th anniversary as a chapter of Small Wilderness Area Preservation. Our guest speaker was archaeologist Dr. John Parker, who gave a PowerPoint-illustrated talk titled "Morro Bay Chumash Culture Before and After European Contact." An article about Dr. Parker's talk will appear in a future newsletter.

Other events at the Annual Meeting were reports from Bob McDougle, Treasurer, and Pete Sarafian, Conservation Chair. McDougle said that during the fiscal year of October 2004 through October 2005, our chapter took in somewhat less than we spent, and we have about \$30,000 in available funds. Sarafian reported a 64 percent survival rate of the 1650 native plants in the Elfin Forest Restoration Project areas. He said that is on a par with revegetation projects in other parts of the state. Also, good progress has been made in removing veldt grass and other invasive plants.

Dr. Tom Richards received the Conservation Volunteer of the Year award, a framed photo of an Elfin Forest grove, for his assistance to SWAP in monitoring for the Morro Shoulderband Snail during each first Saturday work party, and for helping SWAP to obtain an endangered species permit from the State.

Database Coordinator Wendy Brown and Oakleaves Co-editor Jean Wheeler each received a Volunteer of the Year Award, a framed print by Los Osos artist Ybi Van Ekeren. Certificates of Appreciation were given to all volunteers present at the meeting, and Weed Warriors each received a pair of work gloves. Outgoing Treasurer Bob McDougle was honored with a framed photo by Bob Meyer of the Rose Bowker Memorial Grove (formerly called Woodrat Hall).

In a secret ballot election, three Board of Directors members: Pat Akey, Bob Meyer and Yolanda Waddell were unanimously elected to the Board, and following the election, the Directors chose Pat Akey to be Treasurer. After the meeting, all present enjoyed lunch, complete with a 20th anniversary cake, that was provided by SWAP and organized by Volunteer Coordinator Pat Sarafian.



Jim Royer led a very successful Pre-Big Sit! walk on the second Saturday in October. Jim and his walk participants spotted over 65 bird species in just two hours. See the related article on the Big Sit! results below.

Big Sit! Results Are In

By Mike Stiles; photos by Yolanda Waddell

On October 9, about 20 birders again convened at Bush Lupine Point, to take part in the Big Sit! This year there were 170 Big Sit counts around the world, each a 17 foot diameter circle where participants count species of birds in a 24 hour period.

We started the day with American Wigeon at 5:00am and ended with Barn Owl at 8:15pm for our 113th bird. Last year, we were the top spot in the world with 103, and we are currently the top spot this year also.

Our Big Sit! Circle Captain, Jim Royer, commented, "We are getting this Big Sit! site 'wired' - knowing where and when to look and listen for each species such as the snipe which take off before sunrise and the White-throated Swifts which fly in the afternoon around a large rock face on a hill to our east. We had as many as 7 scopes at one time, pointing in all directions from our circle."

We had no rarities, but had good looks at all the county falcons (Peregrine, Prairie, Merlin, and Kestrel), at least three Osprey, many White-tailed Kites, and the usual returning ducks, shorebirds, and the Elfin Forest chaparral birds. The weather was perfect, no fog and little wind, there was plenty of fruit and baked goods all day long, and our sunset champagne toast was, as usual, well received.

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 Pete Sarafian, Vice Chair Pat Akey, Treasurer Yolanda Waddell, Secretary Bob Meyer, Member at Large Pat Sarafian, Member at Large



Four of the twenty expert birders who participated in the Big Sit! at Bush Lupine Point on October 9, were (L-R) Mike Stiles, Donna O'Shaughnessy, Henry Pontarelli and Alan Schmierer.

Morro Bay Winter Bird Festival

Mark your calendars for the 10th Annual Morro Bay Winter Bird Festival being held January 13-16, 2006. Registration is open now through December 31, 2005; however, space is limited for the festival itself and for many of the more popular events, so you are encouraged to make your reservations as soon as possible. Festival program brochures are available by calling the Morro Bay Chamber of Commerce at 772-4467, or you can download one from the festival's web site at www.morrobaybirdfestival.org. Online registration is available for the first time this year, and payment options include both credit cards and mail.

This year's festival will feature evening presentations on Saturday by the esteemed birder Kenn Kaufman and on Sunday by wildlife film maker and Discovery Channel host Nigel Marven. The weekend vendor show at the Morro Bay Community Center is open to festival attendees and the general public at no charge. The vendor show runs on Friday from 10-5, and Saturday and Sunday from 10-6. In addition, there will be a series of special "Zoo-to-You" events on Saturday featuring live raptors.

Full registration for the four-day Festival costs \$65, and one-day registration options -- \$35 for Friday through Sunday and \$25 for Monday -- are also available. The registration includes: most field trips, workshops and talkwalks; 3 special evening events; a Festival T-shirt; bird checklist; and free admission to the Museum of Natural History. Van and boat trips have an extra fee. Youngsters 12 and under are free (except for the van and boat trips). For more information about the Morro Bay Winter Bird Festival, log onto www.morrobaybirdfestival.org.

SWAP BOARD MEETINGS

The SWAP Board of Directors meets on the 2nd Monday of each month at 7 p.m. at the Coast National Bank, 1193 Los Osos Valley Road.

The next meetings are

Monday, December 12, and Monday, January 13

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



In November, the Weed Warriors replaced weather-beaten wattles at the top of the South Bay Boulevard embankment to control erosion of the loose sandy soil. Shown above is Steve Cake putting the finishing touches on a replacement wattle.

Photo by Jean Wheeler.

Weed Warriors Reap Harvest

By Pete Sarafian, Conservation Chair

In September and October of this year the Wonderful Weekend Weed Warriors laid waste to the veldt grass (*Ehrharta calycina*) clumps growing on the southern edge of the Elfin Forest. Their efforts succeeded in moving this South African scourge further from the center of the park than it has been in the past ten years. Efforts were concentrated in the major infestation between 15th and 16th Streets.

Some small Moro Shoulderband Snails (*Helminthoglypta walkeriana*) were in the area, and the Warriors removed them to safe locations per the Endangered Species Permit. The weeding effort included Pat Akey, Donna Banks, Rosemary Baxter, Jay Bonestell, Danielle and Zoe Duboff, Nancy Evans, Bob and Sharon Meyer, Ron Rasmussen, Tom and Susan Richards, Yolanda Waddell, Jean Wheeler, Rosemary Wolter, and Linda Young. Despite near-record rainfall this year, the efforts of the Warriors have made the Forest look better than ever. SWAP couldn't achieve the gains in weed control without your wonderful efforts. We can't thank our volunteers enough. (THANK YOU times a million!)

Let's All Pull Together!

Can't tell if we'll have fog or sun, Be prepared to endure either one, We'll supply weeds, Gloves, tools and some feeds, And we'll see what else needs to be done!



-- Pete Sarafian

SWAP First Saturday Work Parties

Are held at 9 a.m. to noon on the first Saturday of each month. Volunteers should meet at the north end of 15th Street. Call 528-0392.



The SWAP booth attracted hundreds of visitors during the Baywood Oktoberfest on Sunday, October 30, and merchandise flew over the counter. Happily contemplating the booth's success were (L-R) Rosemary Baxter, Ron Rasmussen, Pat Akey, and booth coordinator Pat Sarafian. Photo by Yolanda Waddell.

It's Alive!!

By Ron Rasmussen, SWAP Chair

Walking along the boardwalk toward Sienna's View one hears the faint rustle of leaves. Is it a lizard searching for dinner? Or a rabbit? Or perhaps something more "sinister" like a gopher snake? The animals of the Elfin Forest are often not seen, but they make their presence known in other ways. Look carefully in the soft sand along the boardwalk and you will see tracks of California quail, lizards, rabbits, raccoons, visiting dogs and cats, and possibly even deer. The animals of the Elfin Forest are only a part of its life; the diverse plant community makes the Forest itself a living entity.

Regular visitors to the Forest know very well the dynamic nature of the various plants and the seasonal cycles that occur throughout the year. The rains in winter are followed by a burst of growth and many plants produce their flowers and seeds at this time. In early summer growth continues until the reserves of moisture from the rains run low. The fall is the dry season, and the annual grasses have turned brown, flowers are mostly absent, and the whole Forest seems to be dormant, awaiting the return of the rains.

But not quite. Some plants continue vigorous growth through the year. The boardwalk is an "unnatural" feature in the Forest and it provides both advantages and disadvantages for the native plants. The strip of ground that it covers is shielded from the sun and wind and thus retains moisture longer than the exposed areas. This encourages growth along the boardwalk, but also provides a haven for non-native weeds. Plants like the spiny gooseberry send their shoots across the boardwalk to snag the unwary visitor. The oaks also try to reach over the path and increase their share of the Forest. Others are the black sage and buckwheat. SWAP volunteers must trim back the most aggressive branches to keep the boardwalk clear and safe for visitors.

Thus, the Elfin Forest is truly alive, and as such requires care to survive. SWAP volunteers provide this care through removal of invasive non-native plants, replanting of native species and maintenance of the boardwalk and trails in the Forest. Members of the community are always welcome to join our volunteers in preserving our "Living Elfin Forest". To get a taste of what the volunteers do come join our monthly work party at 9 AM on the first Saturday of each month at the end of 15th Street. Try it. You might like it.

WALKS in the ELFIN FOREST

Third Saturday Walks

December 17, 9:30 a.m. - Sketch Walk

Join artist Barbara Renshaw for a stroll along the Elfin Forest boardwalk to take in the views of the Morro Bay estuary and sandspit from the Bush Lupine Point and Siena's View overlooks. You'll stop in the Rose Bowker Oak Grove (formerly called Woodrat Hall) to marvel at the ancient gnarled coast live oak trees. As you proceed with the group, you can sketch the bay, birds on the saltmarsh, oaks, or some of the Forest's varied plant life. No drawing experience is necessary. Bring a pad of drawing paper (no larger than 9-1/2 by 12-1/2 inches), colored pencils or pastels, and some drinking water. Consider bringing a camera too. You'll be surprised how quickly you discover the artist in you!

January 21, 9:30 a.m. - Animal Tracks Walk

Who lives in the Elfin Forest? What are the mammals, reptiles and birds that leave footprints in the sand? Except for the occasional brush rabbit and lizard, we seldom see Elfin Forest animals because they hunt or graze at night. Evan Albright, an animal track expert, will explain how to identify an animal by the shape and size of its track, and to know where the animal was heading and how fast it was going. This walk will open up a complex world of the Elfin Forest's inhabitants, one that we would never suspect while walking along the boardwalk during the day.

February 18, 9:30 a.m. - Fungus Foray

If there is plenty of rain in February, entomologist and fungophile Dennis Sheridan will be able to lead us to many beautiful, and some ugly, species of fungi sprouting from the Elfin Forest floor. He'll help us to find Earthstars, Wood blewits, Yellow staining agaricus, the poisonous Amanitas, Shaggy parasol mushrooms, and dozens of others. Bring a magnifying lens and, if you have a mystery mushroom in your yard, bring a sample for Dennis to identify. Note: this is not a mushroom collecting walk, as all plant material in the Elfin Forest is protected by law. If there hasn't been enough rain to bring out the mushrooms, Dennis will give us an equally fascinating walk about the lichens which grow abundantly in the Elfin Forest.

Walks in the Elfin Forest begin at 9:30 a.m. (unless otherwise noted) at the north end of 15th Street off Santa Ysabel in Los Osos. Wear comfortable shoes, long sleeves and pants to avoid poison oak and mosquitoes. Please park carefully, avoiding driveways and mailboxes. We ask that you not bring dogs or other pets. The easy paced walks last 1-1/2 to 2 hours. For more information call (805) 528-0392.



Elfin Forest Sightings

"While attending a memorial service for Rose Bowker (past president of SWAP and Elfin Forest champion) I observed two Osprey hovering (soon joined by several Turkey Vultures) for nearly a half hour. We were near Bush Lupine Point." — Ron Ruppert, Los Osos

photo: Glenn and Martha Vargas © 2002 California Academy of Sciences



Caltrans historian Bob Pavlik captivated listeners with his selection of readings during his Literary Stroll in October, a SWAP 3rd Saturday walk. Photo by Yolanda Waddell.



Baywood School teacher Cheryl Dove (left, rear) brought her first grade class to the Elfin Forest in May, to learn about insects. Photo by Yolanda Waddell.

New Field Trips For Grades One and Two

By Jean Wheeler, Education Committee

Over the last year, the SWAP Education Committee has begun to develop new activities and materials for field trips in the Elfin Forest which are closely based on the California State Curriculum Standards in three areas: Life Sciences, Earth Sciences, and Investigation and Experimentation. A series of subject-related activities has been completed for first and second grade. State standard-guided activities relating to insects were presented for the first time to two first grade classes from Baywood School in May. Each class was divided into groups of no more than ten students with a SWAP docent and at least one teacher or parent. In the course of an hour or so in the Elfin Forest, each group participated in several different learning activities as they walked through a portion of the Elfin Forest. The children appeared to be very interested and enthusiastic, and the teachers commented that the structure provided by the new curriculum was a big improvement over the unstructured walks provided in the past. First- and second-grade teachers who are interested in a field trip in the Elfin Forest can call SWAP's message phone at 528-0392 and ask to be contacted.

Coast Golden Bush

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

The plant for this issue of *Oak Leaves* is a relatively common shrub that is overlooked in practically every popular shrub or wildflower book. It is the coast golden bush (*Isocoma menziesii var. vernonioides*). In older floras, the plant is known as *Happlopappus venetus var. vernonioides*. Found along the entire coast of California as well as into Northern Baja California, coast golden bush rarely ventures far inland. I have not seen it from the boardwalk, but it is fairly common in the higher and drier parts of the salt marsh where tide waters rarely, if ever, reach. Its absence from the Elfin Forest near the boardwalk is probably explained by its preference for clay soils. Since the boardwalk is built on fossil sand dunes, its soils are very sandy.

Coast golden bush makes a colorful show with its yellow ray-less heads, usually tightly clustered at the ends of often tightly clustered branches. The appearance of the shrub in full bloom is of a golden hemisphere. The plant is extremely common along the bluffs north of Morro Bay and it is also relatively common in the non-sandy uplands around Morro Bay itself. Dr. Hoover, in his Vascular Plants of San Luis Obispo County, states that the plant can be found a short way into the San Luis Creek Valley. Otherwise, all agree that it is strictly a coastal species.

The common name, coastal golden bush, obviously refers to it distribution as well as its bushy habit and yellow flowers. The genus name, Isocoma, refers to the tuft of bristles (pappus) that are borne on the shoulder of its fruits (achenes). These are in a single ring of equal length bristles. The prefix, iso, is derived from the Greek and means equal whereas coma is also Greek and refers to a tuft of hairs. Menziesii is a reference to Archibald Menzies (1754-1842) who collected in California for three successive years between 1792 and 1794. So, the names for the plant in Bonnie's drawing indicate that it is a coastal shrub with yellow flowers, a pappus of equal length bristles that is named in honor of A. Menzies.

The real question is why such a common and showy fall blooming plant is not included in any but the most encyclopedic floras. The answer is probably due to its taxonomic relationships. Coastal golden bush is a member of the sunflower family or Asteraceae (Compositae), certainly the largest and most common plant family in California. To be included in a

Where To Call, Where To Write

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

A recorded message will have 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.



flower book, three criteria must usually be met: first, the plant should be common; second, it should be showy; and finally it must be distinctive or display certain characteristics that allow it to be easily distinguished. Our plant easily fits the first two criteria. However, it is the third criterion where it falls short. It does not display characteristics that allow it to be easily distinguished from its look-alikes.

All members of the Compositae bear small, usually yellow, flowers (florets) in heads surrounded by greenish bracts. The more showy members of the family produce two kinds of florets - tiny tubular flowers tightly packed in the center (disk or tube flowers) surrounded by strapshaped flower whose straps radiate outward. These latter are termed ray flowers. Our plant only has the tightly packed disk flowers so that the individual heads are not particularly large or showy. In other words, it looks just like literally scores of other members of its family. It should be added that many members of the sunflower family also bloom in the late summer and fall. So, we have a plant that is not easily distinguished in its own family and it blooms when many look-alikes are also blooming. Consequently, it just gets overlooked.

Coast golden bush would make a beautiful addition to any sunny, well-drained coastal native plant garden. When growing on coastal bluffs, the plant forms a low, tight golden hemisphere that is probably a response to the nearly constant on-shore salt-bearing winds. Further inland the plant grows taller with more open branching, but it is somewhat less showy.



OAKLEAVES

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Contributors to this issue:

Wendy Brown, Katy Budge, Bob Meyers, Ron Rasmussen, Pete Sarafian, Mike Stiles and Jim Royer, Yolanda Waddell, Dirk and Bonnie Walters, Jean Wheeler

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Thank You to Our New and Renewing Members

Compiled by Wendy Brown, SWAP Database Coordinator

NEW MEMBERS:

Rosemay Baxter Richard Burke* Ginny Irving* George Sehn
Peter & June Beck* Virginia Dunn* Billy R. Pewitt* & Fran Brunsell*

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Cheryl Dove Stan & Betty Gustafson Christine A. Lancellotti Dominic & Chris Perello June Wright*

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*Thanks to those listed above who donated more than the \$12 membership dues. The additional donations will be used for special projects in the Elfin Forest.



SWAP Shoppers Order Form

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Make checks payable and mail to: SWAP, P.O. Box 6442, Los Osos, CA 93412 - 6642. Call-in orders may also be made: (805) 528-0392

New Item!

SWAP has recently published a 56-page Pocket Guide update titled, "Plants and Animals of the Elfin Forest Natural Area." It contains lists of the Forest's mammals; reptiles and amphibians; birds; common arthropods including a separate list of butterflies and moths; gastropods; a descriptive list of vascular plants, mushrooms; and a 56-species list of lichens. There is also a Habitat Map of the Elfin Forest.

The Pocket Guide sells for \$2.00.

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12/05

Holiday Shopping With S.W.A.P!

Gorgeous mural design S.W.A.P. shirts make beautiful gifts for the holidays. They come in most sizes as short-sleeved or long-sleeved shirts or warm, comfy sweatshirts. Mural prints 5 ½ inches by 17 inches signed by the artist Barbara Rosenthal also make excellent gifts to beautify a wall



at home or at the office. Good stocking stuffers are the new pocket guides to plants and animals of the Elfin Forest and lovely notecards and postcards from Bob Meyer's talented photography. A gift membership to S.W.A.P. or a donation in the name of your relative or friend would also be much appreciated. Use the order form on page 7 to either call in or mail your order, and your gifts will promptly be either mailed, or hand delivered locally.

Consider a Year-end Tax Deductible Donation

Your donation can not only reduce your income tax bite, but help S.W.A.P. with special projects in the Elfin Forest such as soil erosion control and revegetation with native species. Donating \$1000 would make you a life member. You would receive the Oakleaves newsletter for life and would also receive a S.W.A.P. mural T-shirt in appreciation of your major contribution to our efforts.

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