

## **Biodiversity**

By Ron Rasmussen, SWAP Chair

"High degree of biodiversity GOOD! Loss of biodiversity BAD!" This mantra of many environmentalists is often accepted as dogma without a critical analysis. The arguments for maintaining biodiversity as well as uncritical protection of all species include the need for maintaining genetic diversity, preserving aesthetically pleasing environments, and the view that the earth is a living planet (i.e., Gaia hypothesis) and we are responsible for maintaining its integrity.

Certainly, most everyone is in favor of biodiversity, but not always clear as to what it means. (If you go to the library look for "Biological Diversity") "Bio" refers to life and "diversity" implies a wide range of different life forms. For example, in tropical rain forests, there may be literally thousands

of distinct species per hectare, and even in locations like the Elfin Forest, there may be hundreds. But in extreme environments such as the arctic, the number of species is much smaller. These ecosystems are not true equilibriums because as environmental conditions change survival of some species is inhibited and survival of other species is enhanced.

Humans are unique in that they recognize the need for maintaining a healthy, varied environment. In contrast, plants and animals, such as the Snowy Plover and the Morro shoulderband snail, also depend on a varied environment for their survival, but they do not know in the same way as humans that this is so. Humans also enjoy, if not require, a high degree of variety in their living environment. In our daily life we watch TV and movies, decorate our homes with art objects

Certainly, most everyone is in favor of biodiversity, but not always clear as to what it means... "Bio" refers to life and "diversity" implies a wide range of different life forms. For example ... even in locations like the Elfin Forest, there may be hundreds. But in

and flowering plants, drive brightly painted vehicles, etc., etc.

Scientific experiments with animals have shown that deprivation of these kinds of variety can lead to mental breakdown. Humans in isolation or in situations with little variety may North Coast SWAP and the East West Ranch



The Pacific Ocean is the western boundary of the East West Ranch in Cambria. Photo courtesy of North Coast SWAP.

By Jo Ellen Butler, Chair of North Coast SWAP Chapter

North Coast SWAP (N.C.SWAP) became a chapter of Small Wilderness Area Preservation in 1998. The chapter was formed to work in partnership with the American Land Conservancy on the purchase of the East West Ranch in Cambria, in order to save it from development. That purchase was accomplished in November, 2000. The acquisition was finalized through a collaborative funding effort by the State Coastal Conservancy, The American Land Conservancy, Caltrans, San Luis Obispo County, the Cambria Community Services District (CCSD), the Council of Governments, Mid State Bank, N.C. SWAP, and private donations from the community of Cambria and supporters all over the world.

Upon purchase, the CCSD was named as the property owner and interim manager of the newly acquired public open space with a small area designated for a community park on the East Ranch (the section east of Highway 1). A committee of "stakeholders" was formed to develop a management plan for all but the community park, which is going through a separate planning process, and to establish a conservation easement for the Ranch. That process included public meetings for community input. Final drafts of both documents, including a baseline study

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East West Ranch continued on page 2

### Trail Guides Popular

by Pat Brown, Trail Guide Committee Chair

It has been one year since SWAP first put Trail Guides out in the Elfin Forest in mid-April of 2002. The Trail Guides have been very popular with the public, as 2,600 have been distributed in the past year. The summer months, Spring Break and 3-day weekends are peak periods of distribution. SWAP began with an initial printing of 1,500 and printed an additional 3,000 in August 2002. At the current rate of distribution, SWAP will need to reprint the Trail Guides again in December, to have the next batch ready fo Ianuary.



Fortunately there has been very little vandalism of the Trail Guides. Three days after they were first put out, the lid to the Trail Guide dispenser box was stolen along with the attractive sign on the lid. The lid was replaced without the sign and has not been bothered since. The dispenser box has proven to be quite waterproof, keeping the guides dry during all rainstorms. There has been more frequent vandalism of the plant identification stakes that match the species in the Trail Guide. SWAP is investigating sources of cheap identification stakes, so that they can be easily replaced as often as needed.

Ed. Note: The above paragraphs were condensed from a longer report sent by Pat Brown to the SWAP Board and County Parks. Following is a response from Pete Jenny, SLO County Parks Manager:

I'd like to add my thanks and a "well done" to everyone associated with the interpretive guide project. This has been a tremendous help to County Parks, especially important as our operational budget is facing significant cuts. Your efforts have a made a big impact in the community and aided us greatly in our mission.

Pete Jenny, SLO County Parks Manager (805) 781-5200; www.slocountyparks.com

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become abnormally aggressive or extremely passive. In fact, one of the expected problems on any space mission to Mars is the adverse effect on mental health of confinement in a space ship with little variety. Thus, for their normal mental as well as physical health, humans apparently must have a high degree of variety in their environment.

By preserving the Elfin Forest with its wealth of plant and animal life the supporters and volunteers of SWAP are contributing directly to the well being of our community. On your next visit think of walking along the boardwalk with only a sea of veldt grass as your vista, instead of the many different plants and flowers. Variety is more than the "spice of life". It is a requirement for life itself.

#### East West Ranch continued from page 1

done by N.C. SWAP, were adopted by the CCSD Board of Directors on April 24, 2003. The Board also named N.C.SWAP as the conservation easement holder for the property at that time. The CCSD will continue to manage the East West Ranch until N.C. SWAP has the funding to take over management duties. N.C. SWAP Board of Directors adopted the plan and easement on May 8, 2003.

On April 19, we held our inaugural cross country walk/run and dog walk on the Ranch with a good turnout. The course started at Shamel Park, followed the bluff trail through the Lodge Hill residential neighborhood, continued back across the ridge trail to the Park Hill residential neighborhood, and ended at Shamel Park. The coastal terrace was covered with blue and white lupine, the weather was beautiful, and participants had a wonderful time.

Future goals of our chapter include launching a membership campaign, which will include opportunities for our members to become involved and invested in the Ranch; beginning a docent program; holding a series of fundraisers, beginning with our Annual Kitchen Tour in August; and planning for assumption of management of the East West Ranch.

North Coast SWAP's mission is to protect and maintain the Ranch in a natural state compatible with limited passive recreation, except for the designated area on the eastern side that will allow active recreation. North Coast SWAP is committed to the ongoing protection of the habitat, and natural and cultural features of the Ranch while maintaining its historic public access.

To reach the East West Ranch, take Highway 1 to Windsor Blvd. at the north end of Cambria (3rd stoplight if you're coming from the south, or 1st stoplight if you're coming from the north). Turn toward the ocean and continue on Windsor as it curves south, continuing all the way to the end. Park along the street, avoiding driveways and mailboxes. The Bluff Trail begins at the end of Windsor.

For more information about North Coast SWAP or the East West Ranch, you can visit our website - www.northcoastswap.org, call us at 805-546-1394, or write us at P.O. Box 1664, Cambria, Ca., 93428. If you enjoy the Ranch, please become a supporting member of N.C. SWAP and join us in our effort to preserve this beautiful place forever.



is published six times per year beginning in February.

Co-editors are Yolanda Waddell and Jean Wheeler; layout is by Katy Budge.

Editing assistance by Pat Grimes.

Contributors to this issue: Pat Brown, Wendy Brown, Jo Ellen Butler, Emily Polk, Ron Rasmussen, Pete Sarafian, Yolanda Waddell, Dirk and Bonnie Walters, and Jean Wheeler.

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## **Elfin Forest Sightings**

During Pat Brown's butterfly walk in April, Jean Wheeler was busy taking photos. Here is a series of shots taken by Jean, showing the life stages of a Variable Checkerspot butterfly.

In clockwise order from top right are: a Checkerspot caterpillar; a Checkerspot chrysalis suspended from the side of a boardwalk side rail; the Sticky monkeyflower plant on which the caterpillar feeds; and a mature Variable Checkerspot butterfly.









#### Vandals Victimize Defenseless Fences

By Pete Sarafian, Conservation Chair

In March and April, 2003, vandals attacked several fences in the Elfin Forest in an attempt to defy efforts to revegetate and restore badly eroded areas. They tore out a section of a new temporary fence at the spur trail between the 11th and 12th Street entrances to the park. They bent down and mangled one at the Emily Polk Oak Grove. They also bent down and mangled two temporary fences at the 11th Street trail overlook, below Bush Lupine Point, in an apparent effort to access the mud flats on the Bay. In the process they also kicked and destroyed several straw wattles below Bush Lupine Point that were designed to reduce sedimentation of the Bay.

County Parks Rangers repaired the fence on the spur trail, SWAP repaired the fence at the oak grove, and SWAP also attempted for the second time this year to strengthen and repair the other two fences. Vandalism is becoming a serious problem for SWAP volunteers. Repairs take significant time and attention away from the war on weeds and efforts at revegetation and erosion control. Anyone who witnesses such acts should report the offenders to the SLO County Sheriff's Dept. immediately (before the Conservation Chair finds them and wrings their necks).

The Sheriff's phone number is 528-6083.

#### 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 on
Monday, June 9, and Monday, July 14.
All Board meetings are open to the public.
To confirm the date,
time and location
(which are subject to change),
phone 528-0392.

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#### SWAP BOARD OF DIRECTORS

The Board of Directors of Small Wilderness Area Preservation (SWAP) consists of the following members:

Ron Rasmussen, Chair Pete Sarafian, Vice Chair Bob McDougle, Treasurer Yolanda Waddell, Secretary Bob Meyer, Member at Large Pat Sarafian, Member at Large

#### Would-be Warriors A Washout

By Pete Sarafian, Conservation Chair

Seven of the Wonderful Weekend Weed Warriors managed weeds at the Saturday work party in April 2003. They made quite a haul, pulling mostly invasive grasses. SWAP's Wonderful Warriors experienced a washout during the late spring rains in May, however. The strange El Niño weather pattern that made February like summer and April and May among our wetter months washed away the May work party and has resulted in a bumper crop of gorgeous spring flowers, but also a horrible number of weeds. The Warriors will have a lot of catching up to do this summer. The April reapers included Jay Bonestell, Pat Brown, Bob and Sharon Meyer, Ron Rasmussen, Pete Sarafian and Jean Wheeler. Thanks to all for a valiant effort. Your faithful Conservation Chair put out an emergency call for anyone who can come out at other times to pull weeds on their own, even if for only a half an hour or so.



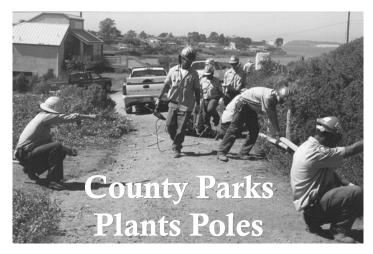
"Where were you when we needed you?" is what Pete Sarafian,
Conservation Chair (far left) seems to be saying.

Nevertheless, the small crew of Weed Warriors had many bags of Veldt grass and other weeds to show for their April morning's work.

(LR) Pete Sarafian, Pat Brown, Bob Meyer, Jean Wheeler, and
Ron Rasmussen (SWAP Chair). Photo by Yolanda Waddell.



Weed Warrior Jean Wheeler gets satisfaction from uprooting Veldt grass and making room for the Elfin Forest's native plants to flourish again. Photo by Yolanda Waddell.



#### By Pete Sarafian, Conservation Chair

In an effort to prevent traffic from using an abandoned section of street between 11th and 12th, SLO County Parks Dept. hired the California Conservation Corps (CCC) to construct a round rail fence along the right of way. Park Rangers blocked off the old extension of Santa Lucia Street to bar access by motor vehicle traffic.

In March, the CCC built and installed a rail fence along the unpaved sandy street to match the fences installed earlier last year by County Parks and local Boy Scout Eagle candidates on 11th, 13th and 14th Street entrances to the Elfin Forest. The new fence extends all the way from the 11th Street entrance to the 12th Street entrance. This should dissuade pedestrians from entering the Forest and cutting new trails as they had been doing between 11th and 12th. The CCC also closed a wide spur trail leading to the 11th Street trail. They added temporary fencing across each end of the spur, and with the assistance of the Morro Group, added about 75 native plant seedlings which will eventually fill in the redundant spur trail.

Photo above: A California Conservation Corps crew worked fast and efficiently to erect a round rail fence along the southern edge of the Elfin Forest between 11th and 12th Streets. Photo by Yolanda Waddell.



If you are frustrated by the traffic jams and lack of parking at the 16th Street entrance, here is another place to enter the Elfin Forest.

The 12th Street entrance now has fencing and parking space for three cars thanks to the work of the California Conservation Corps.

Photo by Yolanda Waddell.

## WALKS in the ELFIN FOREST

Third Saturday Walks

#### June 21 - 9:30 a.m.

Join artist Barbara Renshaw for a Sketch Walk in the Elfin Forest. No drawing experience is necessary. You'll join Barbara in a stroll along the boardwalk, taking in the views of the Morro Bay estuary and enjoying the gnarled Coast live oak trees in the Woodrat Hall grove. She'll give you time

to stop and sketch the bay, birds on the saltmarsh, oaks, or some of the Elfin Forest's varied plant life. 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 bring out the artist in you!

#### July 19 - 9:30 a.m.

Do you enjoy having someone read to you? Here's your chance! Take a literary stroll through the Elfin Forest with historian Robert Pavlik. As you stroll along the boardwalk with him, Bob will introduce you to a variety of authors and poets who have written about natural history, and will apply their perceptions to the Central Coast.

#### August 16, 9:30 a.m.

"Ancient peoples of the Central Coast" is the topic of archaeologist Dr. John Parker, who will tell us about the longago inhabitants of the Elfin Forest and the Central Coast. As he leads us along the boardwalk, he'll give us a word image of everyday life in the Elfin Forest during the time of the Chumash, including stories about Chumash money, economy and trade. He'll also show us the development of technology through the ages, using artifacts to demonstrate the culture and processes of the Chumash and earlier peoples. Note: A few strong-armed volunteers who can arrive at 9:15 to help carry the artifacts would be appreciated.

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. 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.

#### Let's All Pull Together!

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. Dress for sun and wind and bring work gloves if you can. Some work gloves, tools and drinking water are provided. Call 528-0392.



Is it a bird? Is it a plane? Is it Superman?

No - it's a Checkerspot butterfly, pointed out by Pat Brown
(far left), leader of SWAP's 3rd Saturday walk in April.

Photo by Jean Wheeler.

"What troopers!"

## **Intrepid Booth Volunteers Battle Rain and Wind**

By Yolanda Waddell

Our SWAP booth volunteers experienced some lively weather during the San Luis Obispo Botanical Garden Festival, May 3rd and 4th. Rain was predicted for the weekend and arrived on Friday, drenching everyone who was charged with setting up booths, tents for the Festival and land-scape displays. Ron Rasmussen and Bob McDougle put up the awning for our booth and unloaded tables, saving the rest of the setting up for Saturday morning.

When Ron Rasmussen arrived Saturday morning, he found that our awning had about 50 gallons of water in the canopy over the tables. The weight of the water had bent two canopy supports, but the awning was still usable, so Ron, Jim Weldon and I finished preparing the booth for the day¹s visitors. Norma and Bill Vaughan arrived to work with Jim Weldon during the morning shift; afternoon booth workers were Mike and Betsy Kinter, June Wright, Jan DiLeo and myself. The Festival grounds were quite muddy, but armloads of straw spread over the mud helped a good deal. Showers continued throughout the day, but about 1000 plant enthusiasts visited the Festival anyway, many of them stopping at our booth to receive a brochure and learn a little about the Elfin Forest.

By Sunday, May 4th, the rain had passed and left strong gusts of wind in its wake. Sunday¹s booth workers were kept busy preventing things from blowing away. The workers included Ann Calhoun, Katie and Jerry Davis, Mary Mitchell, Paulette Perlman, and Jean Weeler. Weldon and Bob McDougle finished the day, helping Ron Rasmussen dismantle the booth and transport the awning, tables and display materials to SWAP storage. As Pat Sarafian, our Property and Records Chair said when she arrived home from an out-of-town trip, "What troopers!"

#### 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 anything that's

happening in the Elfin Forest, call or write: Chuck Lowe, SLO County Parks Supervising Ranger, 1087 Santa Rosa Street, SLO, CA 93408, (805) 781-1967.

#### Thirty-First in a Series

#### Wild Cucumber

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

The very common plant profiled this time is Marah fabaceus which is commonly known as "wild cucumber" or "man-root" or "man-underground." These common names are rather descriptive. Wild cucumber refers to its botanical family affiliation. It is a member of the Cucurbitaceae or the family of the cultivated cucumber (Cucumis), watermelon (Citrulus) squash and pumpkins (Cucurbita), gourds (Lagenaria and Luffa). All members of this family have unisexual (imperfect) flowers that are borne on herbaceous vines. The vines possess tendrils with leaves being palmate veined and lobed. In fact, if one sees this set of characteristics on a plant growing over our county coastal scrub, chaparral, or riparian shrubs, it is unlikely to be anything else.

The male or staminate flowers are produced in clusters called racemes or panicles that arise from many of the leaf axils. The female flower or pistillate flower is solitary and formed at the base of some of the male clusters. The ovary is very prickly and can be found below the white to cream colored petals. All this is evident in Bonnie's drawing. The species certainly grows wild, and there are only very occasional references to it being cultivated. Essentially all horticulture books ignore it. I suspect it has too small flowers and is too aggressive to be suitable for any garden. In older plant books, species included in Marah were part of the genus *Echinocystis*.

The other names, man root or man-under-ground, also refer to a physical trait of the plant. Species of Marah produce a very large underground tuber that can weigh on the order of a hundred pounds. This tuber often is produced approximately 4-6 feet underground. So, since the tuber is approximately the weight of a human being and is produced at a depth corresponding to the typical depth a casket is buried, it is logical for it to be called man root. I might note that the tendency to produce large tubers of this description is found in several genera in a diversity of plant families. For example, one of our weedy bindweeds produces one and is apt to grow in our croplands, unlike our Marah that tends to stay in fencerows and wild lands. Any weed with a large underground tuber is very difficult to eradicate once it gets established. This is because, in order to get rid of it, you must first "starve out the man- under-ground."

The fruit of Marah is a large, irregularly dehiscent capsule. These large seeds contain enough edible meat to have made it worthwhile for early Californians to use it for food or medicine. On a recent walk around the gardens at Rancho Santa Ana Botanic Garden, I observed several unripe Marah fruits that had been ripped apart and their hulls deposited outside rodent burrows. So it is obvious that rodents, at least, find the seeds worthy of consumption.

I was unable to find any reference to their use by people in any of my books on edible, medicinal, or poisonous California



plants. One reference did refer to a red dye that can be derived from the seeds of one of the seven or so species of Echinocystis and/or Marah. After writing the last two sentences for a recent California Native Plant Society Chapter Newsletter, one of its members, Mardie Niles, brought to my attention a number of references. These references first referred to it as a plant taken by some Native Americans to commit suicide. Others referred to the ground seeds used to stupefy fish. Both of these would imply that it is extremely poisonous. However, a poison in the correct dosage is a medicine. So as would be expected, several Native American peoples reportedly used concoctions of it for a diversity of ailments. Personally, I find it a plant that is best (and safest) enjoyed as we find it growing in nature.

## SWAP Volunteers Map Veldt Grass

By Pete Sarafian, Conservation Chair

Bob Meyer and Pete Sarafian spent their spare time in March and April, 2003, perusing coastal SLO County with a Global Positioning System (GPS) hand-held tracking unit. They were volunteering their time to SLO County Agriculture Dept. mapping the precise positions of the Veldt grass infestation. Although some mapping had been done in the southern dunes around Nipomo and Oceano, no one had done a county-wide assessment of the problem before. It was confirmed that the main infestations are in the Los Osos — Montaña de Oro area, the Arroyo Grande area and the southern dune areas around Nipomo, mainly in sandy soils. The hope is that areas that are infested can be restored better if the extent of the infestation is understood. The effort took over two weeks to complete. Results will be made available to the County Weed Management Area participants in the future.

## Thank You to our New and Renewing Members

Compiled by Wendy Brown, SWAP Database Coordinator

New Members:

Karen Beatty & Frank Ausilio\* Joanna Iwanicha Beth & Sheldon Miller\*
Wilson & Carolyn Pendery\*

Betsey Yost\*

#### Renewing Members:

Katie & Jerry Davis\*
Elsie & Jerome Dietz\*
Rosemary Flamion\*
Martha & Leon Goldin\*
Myron & Priscilla Graham
David & Michelle Headrick\*
Kirsten Holmquist\*
James & Esther Landreth\*
Norman MacGillivray

Barbara McGee
Barbara Schwenoha\*
Dennis & Diana Sheridan\*
Max & Helen Sicher\*
John Steinbeck
Janice & Roger Verity\*
H. Leabah Winter\*
James & Jeane Wood\*

\*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.

New or renewing members who donate \$100 or more will receive a Boardwalk T-shirt as SWAP's thank you gift.

#### **Spring**

A poem by SWAP founder, Emily Polk

I get nothing done, some days. Clouds are nuisances to race so near. Sparrows agitate for spring Under my window, And nothing is done in here.

Then when greens come in to find me
I raise the window higher,
Bank the fire,
Wrap spring around my
shoulders
And take the green¹s hand.

(This poem appeared in The Tribune on April 6, 2003)



## SWAP Shoppers' Order form

Shop with SWAP!!

(Please *print* when filling order – and indicate **HOW MANY**)

Name  1. MURAL SHIRTS (indicate sizes)  Words on shirt: "El Moro Elfin Forest Natural Area, Small Wilderness Area Preservation, Los Osos, California"		Phone (with Area code)  3. POCKET GUIDES  A very useful 24-page guide listing plants and animals of the Elfin Forest  @ \$1.00 =	
2. BOARDWALK SHIRTS (Only Sho Med., Lg, XLg, XXLg, XXXLg	rt Sleeve T-Shirts) @ \$15.00 =	Shipping cost if outside of Los Osos/Morro Bay  TOTAL OF ORDER	\$2.50 =

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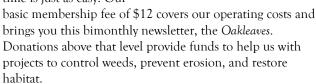
SWALL WILDERNESS AREA PRESERVATION Los Osos / Morro Bay Chapter



#### Help Us Boost **SWAP Membership**

First, keep up our membership by checking the currency of your own membership. Look at the renewal date located next to your name on the address label of this issue.

You can use the membership form at the right for your renewal. Joining SWAP for the first time is just as easy. Our



Also, urge friends to join SWAP by sharing this newsletter with them and taking them on a walk in our Elfin Forest. The more members we have, the greater is our ability to obtain grants for continuing restoration of the Elfin Forest. Thanks for your help!

MEMBERSHIP FORM
Name
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Phone

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

☐ New Member ☐ Renewing Member

- ☐ Member \$12 ☐ Defender \$100
- ☐ Steward \$25 ☐ Champion \$250
- ☐ Protector \$50 ☐ Guardian \$500
  - ☐ Life Member \$1000
- ☐ I want to help, please call me!

Have you renewed your membership on time? Check the label on this newsletter

> for your renewal due date. EVERY membership counts!!

Make checks payable to SWAP, Mail to Small Wilderness Area Preservation, P.O. Box 6442, Los Osos, CA 93412 - 6442