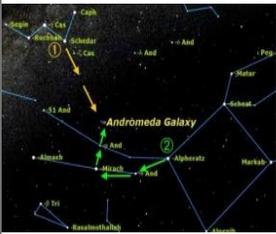


Try our Website & its Park news! Link to the recent Tribune article on the wonders of SPVP and sketches about some of our volunteers: friendsofsanpedrovalleypark.org

BING QUOCK: EXPLORING THE NIGHT SKY; Oct 26, 4pm

What's up in the evening sky that can be seen with the unaided eye or with just a pair of binoculars? Amateur astronomer **Bing Quock** will give us a tour of the heavens, including seasonal constellations, notable deep-sky objects, & a sneak peek at a few upcoming events, including meteor showers, interesting configurations of the Moon & planets, and a rare transit of Mercury across the Sun that won't be seen again until 2032. Interested in purchasing a telescope for yourself or as a gift? What are some recommendations and affordable resources? We'll explore the heavenly hobby of stargazing; be there on **Saturday, Oct 26, at 4pm.** (photo above: finding the Andromeda Galaxy)



Bing Quock is a long-time amateur astronomer, having been bitten by the astro-bug while growing up during the height of the Space Race. Drawn away (but not completely) from dinosaurs to the science of the stars by the writings of **Patrick**



Moore & Carl Sagan, he parlayed his childhood interest into a career, having since taught astronomy courses at both the informal & college levels. He is currently Assistant Director of Morrison Planetarium at the Cal Acad of Sciences. He's a frequent interviewee on local media, explaining astronomical events, & writes daily sky watching tips that appear in over 30 newspapers across the nation.

VOLUNTEER EXTRAVAGANZA BBQ **SATURDAY, SEPTEMBER 14th at 11:30am**

We got a cake to show we 'preciate you for lovin' and/or servin' our 1000 acre park, and we got one more little surprise for you! The time of the year is ripe, & no rain on order, so get ready to sashay down to the Visitor Center for some deelyshus victuals and mighty fine mimosas at our Creekside chuck wagon. Joseph will man the charcoal grill, flippin' sizzlin' franks & patties. Show everyone what you can rustle up on your home fires and then chow down with the rest of us on some gut-bustin' grub & have a rip-roarin' time! Bing, Enid, Judy, & Mila will be askin' you to "Come on down".



BBQ is on Trail Day: the Volunteers & leader & chef, Joseph, start at 9am. Can you help with the trails?

ROB CALA'S ADVENTURE IN NATURE PHOTOGRAPHY

Let's celebrate the antics and fascinating appearance of critters of our Park and other areas with the renowned **Robert Cala's** photography and insight. On **Saturday, October 19, at 4pm**, Rob will take a 180° turn from his last show here, switching from just marine creatures to on-land photos—with guaranteed



“**hummingbird** meets water droplets”: scenes that he captures on camera, intimate scenes fired up by his need to know who these creatures are, or maybe the joys of being a hummingbird.

Born in Monterey, and raised on the SF Peninsula, he's been in love with our coast and Bay from the beginning, which led to his job at the Fitzgerald Marine Preserve as Park Ranger and photographer. Rob studied broadcasting & film at CSM, using his skills to produce a film on intertidal life which was chosen for showing at the by the Thunder Bay Internat'l Film Festival & at the SF International Ocean Film Festival. He has published a book of vivid artistic photographs & text .

ON THE TRAIL

Mark Powers captured this image of a **California giant salamander, *Dicamptodon ensatus***, in a strange location: “I saw this very large salamander, 10” head to tail and 1.5” wide on Hazelnut Trail almost towards top. It did not look well, but did not have any markings on it as if picked up by predators. A long ways from water, I poured water on it & made a little mud bath. It was slug-



gish when I left but alive” (Dr. Mackey: “Giant salamanders often get carried away from streams by predators like raccoons, who then abandon them when their noxious taste sets in.) (Cont'd on page 4)

News Briefs

Ranger III, Mark Rodgers, has taken over as chief of the North Coastal Section of the San Mateo Co. Parks, while Ranger **Matt DeCarlo** learns new professional skills at “headquarters”. And **Ranger Cody Murillo** debuts in our district after serving us as Park Aide.

On Sept 24, we have Marathon & double Marathon runs scheduled for SPVP. On Trail Day, Sept. 14, **Joseph Piro** & the Rangers could use you to help get the trails in prime condition.



TRAIL CUTTING TROOPS STRIKE HARD

by Joseph Piro

For our July 13th Trail Day, 4 newcomers -- **Joe Sexton, Andy Xiang, Qi Song, Shih-Ming Shih** -- joined **Istvan Puski, Ranger Cody Morello** and me to do some work up on the Brooks Falls Trail. Armed with rakes, McLeods, picks, shovels and loppers, we divided into 2 groups and primarily worked on bench-cutting and widening a few narrow spots between the Trout Farm Trail intersection and where the trail leaves the **eucalyptus** forest further above -- much improved now. Ultimately we made it up to the bench overlooking Brooks Falls to enjoy the view and trimmed various low-hanging branches along the way. And we came back down via the Trout Farm Trail, where things look in good shape. Overall, it was a good morning's work with some new friends and some good work to make the trails enjoyable for all. (**Istvan, Joe & Joseph** in front; **Ranger Morello, Qi, Andy, & Shih-Ming** in back.)



POISON OAK PULLED; NETTLE PLANTED

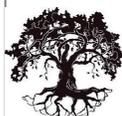
August—**Istvan Puski**, with great tenderness, pulled out some volunteered **poison oak** from our native sun garden, & trimmed tendrils that had wandered onto the path or crowded other natives. Then he worked furiously pulling **vinca** from the Trout Farm picnic area.



July—**Irene Lee** helped our habitat restoration leader plant **stinging nettle**, ssp **gracilis** (no stinging hairs on top leaf) **Douglas Iris, twinberry** & **gum-plant** by the Visitor Center.

WORK WITH MOTHER NATURE!

We are very happy that **Ranger Matthew Del Carlo** chose to plant 3 **coast live oaks** in our Visitor Center entry garden. These native trees are tops at pulling carbon dioxide from the atmosphere and sequestering carbon for centuries; a huge coast live oak on the Pechanga Indian Reservation in California is estimated to be 850 to 1,500 years old; some scientists at Stanford believe some of their CLO trees to be 400y. Upon their death, the CO₂ is released & more planting is needed. We still need to keep fossil fuels underground in order to alleviate the climate crisis.



20 YEARS AGO AT SPVP



Peter Olsoy

“One afternoon, I was descending the Brooks Creek Trail when a bird flew past & perched, at eye level, about 30 feet ahead. It was smaller than a robin, and facing away from me (at left). I examined it through my binoculars and saw that it had 2 black crescents on the back of its chunky head—the false eyes of a **pygmy owl!** Suddenly its head spun around and its 2 yellow frontal, owl--eyes examined me. It was a stand-off. A very considerate couple quietly eased up behind me and the lady whispered, “What is it?” I slowly handed my binoculars back to her and she looked over my shoulder and said, ‘My God, it’s a baby owl!’ “

A few of you might recall that **Jim Mackey** wrote this in one of his articles from 2002. But did you know *that you can access information about this vicious killer of song-birds on our website?* Click on *species*, then on set with *raptors*, then scroll down to Northern Pygmy Owl and click.



Nick Saunders

First photo has array of its images! Read more and you’ll find how this critter is able to catch birds that fly in the daytime. Remember, go to:

friendsofsanpedrovalleypark.org

Thank you for reading this selection highlighting the diversity of critters in our chaparral & coastal sage ecosystems, which are among the most diverse on Earth. Be good environmental stewards for the health of all ecosystems?

BROOKS-MONTARA LOOP READIED FOR HIKING, RAIN

By Joseph Piro

Volunteer Coordinator **Stuart Smith, Joe Sexton, Istvan Puski** (right to left in photo) & I hiked the Brooks Falls/Montara Mtn. Trail loop & did a variety of work all along the way for Aug. 10th Trail Day. We bench cut a few narrow spots, trimmed branches hanging low overhead & around signposts, raked out some drain dips, dug up some small trail-side pampas plants & loped off some eucalyptus shoots from stumps. This popular route is in good shape!



A Naturalist's Perspective
By Jim Mackey

Sept./Oct. 2019

Urban, or Suburban Life. More and more people are living in cities. In the U.S. the number of people living in cities, versus the countryside, exceeded 50% in 1915. There has also been a movement of wildlife into cities. Recently I watched a show on PBS in the Nature series titled "Raccoon Nation". A mother raccoon led her 3 young across a garage roof and signaled them to drop down behind the door, that was ajar. Two of them did this, but the 3rd one refused. So she grabbed it by the

nape of its neck and shoved it in. Many species of wildlife are smart enough to learn how to cope with an urban environment. As was a red-legged frog that Toni Gamlin (from Dr. Kobori's office) found clinging in a chain-link fence about 3 feet above the ground, at the Park Mall Shopping Center (see photo by Jim above).



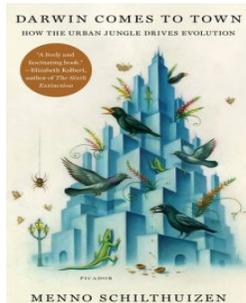
Coyotes are famous for adapting to urban environments in cities across the U.S. The one in the photo was out in the sun at 12:30 p.m. on our coastal terrace prairie (by our Park's entrance road). Several children on bikes stopped to watch. On Oct. 6, 2017 I was walking down Oddstad Blvd., opposite the



Jim Mackey

the other 2?

Menno Schilthuizen points out in his book, "Darwin Comes to Town", Picador, N.Y. 2018, that some of the wildlife that invades towns actually evolves (changes genetically) there! In 1890 a man brought 80 pairs of starlings from England and released them in New York's Central Park. The expanding wave of starlings reached the West Coast in the 1960's.



Two researchers measured the wings of 312 museum specimens of starlings and found that their wings had become shorter and more rounded. It was speculated that this would be adaptive in an urban environment in allowing quick turns to evade cats and cars. Several species of birds, including song sparrows, have been shown to sing a higher pitched song in cities than in the surrounding landscape. Thus not competing so much with the lower-frequency urban noise.



On Nov. 6, 2015 I was startled to see a red, broad-winged (tropical) butterfly visiting my neighbor's lantanas (see photo). I referred to Shapiro's "Field Guide to Butterflies of the S.F. Bay...Regions." My butterfly was a Gulf Fritillary! Shapiro reports that it is our only butterfly that has no native host plant in California. It may use passionflowers as hosts.



Now we are sacrificing lawns in order to conserve water. Many are planting dry-adapted flowering shrubs. This may favor butterflies, but will there still be earthworms for robins? [note: underwings are featured in photo at right]

Big Turnout for Native Plant Program

By Mila Stroganoff

After celebrating the Fourth of July, the Friends were ready to attend **Morgan Stickrod's** California's Native Plant Biodiversity lecture. Someone said it was the best lecture he had heard on the subject of native flora in a long while; all thought it was fascinating. Morgan began by explaining our unique Mediterranean climate, California's geography, soils, rainfall or a lack of it, fire regime, and how these elements impact our native plants. He gave us a well informed lecture regarding California's endemics highlighted with his own beautiful photographs. (photo of SF endemic, *Lessingia germanorum* from article in CNPS newsletter) Our magnificent California Floristic Province was truly showcased.



San Francisco *Lessingia germanorum*

CRAIG NIKITAS BRINGS COOPER'S HAWK ALIVE FOR US

Large song-birds beware, if there is a **Cooper's Hawk** nearby, there is no way you will hide or out-manuever it, if you are its favorite choice. Craig showed us startling videos of this deadly hawk threading its way between forest branches at "jet speed", to grab a clueless bird—rather unnerving, as there was no escaping it for a hapless Steller's Jay, who received the final squeeze with the hawk's long, curved claws.



Wikimedia commons

Male Cooper's build almost the entire nest & do most of the hunting while mom is guarding the chicks; however when dad is spent, mom takes over while dad babysits.

Craig, after teaching us the subtle differences between a Cooper's & a Sharp-shinned Hawk, gave us a group visual quiz. Don't ask. Both hawks are found in SPVP.

Greg's presentation was full of excitement and always showed great love for this agile predator.

ON THE TRAIL (continued)

Katie Antista did not approach the **striped skunk** that she saw walking in the grass of the South Walnut, just 10 feet off the trail on July 13, at 5pm.



Then on a Saturday in early August a pair of rangers, **Greg Escoto & Rob Cala**, were in our native sun garden, 6' away from a young **skunk**. What was the shiny spot on the center of its forehead?—a **tick!** Animal lover, Greg: "I can take it off." Rob, "No!" Luckily, fear of friend's wrath, & love of self prevailed.

The loud buzzing rasps of **cicadas** echo through the Park on late summer evenings. **Ron Wilson** found this one on the WWR on June 29. As Ron went in for a closeup, it wisely decided its camouflage had not done the trick and flew away.



Dave Rodgers

Mid July: photographer, **Dave Rodgers**, who, due to a lady's sighting, had ridden a bicycle to his observation post by the Weiler Ranch Rd. bridge, but: surprise! he found the mountain lion & cubs she had told

him about at the WRR turn-around. How unnerving for him!

Walter Colquhoun and his walking group always look for a fox in the So. Walnut after a picnic; no luck lately, but they've seen lots of fox scat (at right; notice seeds) near the junction of the WWR and the Hazelnut Trail. They did see a **skinny bobcat** there on about Aug. 14.

**FACIOD**

The odor from a skunk spray can linger for weeks or more, but : **Tolypocladium fungi** makes a chemical that can snuff out the stink: called *pericosine*, it reacts with skunk spray compounds, forming residues that can easily be washed away, researchers report in the 7/26/19 "Journal of Natural Products". The fungus uses *pericosine* to neutralize noxious chemicals in the wild. 'We've never seen ... a form of chemical defense like this,' says Robert Cichewicz, of U. of OK. (sciencenews.org, 8/6/19) So many new useful chemicals to be discovered in our presently species diverse world. Climate crisis threatens this biodiversity.

**CALENDAR FOR SEPTEMBER/OCTOBER, 2019****SEPTEMBER TRAIL DAY**

Saturday, September 14.....9am

FRIENDS' VOLUNTEER APPRECIATION FALL BARBECUE

Saturday, September 14.....11:30am

SEPTEMBER HABITAT RESTORATION DAY

Saturday, September 21.....9am

OCTOBER TRAIL DAY

Saturday, October 12.....9am

OCTOBER HABITAT RESTORATION DAY

Saturday, October 19.....9am

ROB CALA'S "AN ADVENTURE IN NATURE PHOTOGRAPHY"

Saturday, October 19.....4pm

BING QUOCK'S EXPLORING THE NIGHT SKY

Saturday, October 26.....4pm

For all events meet at the Visitor Center

For Board Meetings call Mila Stroganoff at : 650 359-1642

Old Ways Are Good Ways

By Mila Stroganoff

Take deep breaths, give thanks for all you have & relax; you'll find it very beneficial for your health. This is the way Krista Herbe began her talk on "Medicinal Uses of Plants."

We were treated to a discussion on the **California Poppy, Yarrow, Goldenrod, Elderberry, Stinging Nettle, Roses, Mint family** and how these plants all have medicinal properties that one can use to treat various ailments.

California poppies can be used to calm and sleep better. **Yarrow** stops bleeding and has a great relationship to blood. **Goldenrod**, the flowering parts, can be used to help with hay fever and allergies. Make **nettle** tea and you'll "live forever". The **rose** can be used as an astringent and the list goes on. Krista reminded us that our mothers & grandmothers used to cure us with natural plant extracts when there were no doctors to be found; the **Ohlone** people had a deep connection to and knowledge of the natural world and thus relied on holistic plant remedies.



Stinging nettle

Krista brought vials with the various extracts which were passed around so everyone could smell and taste a drop of it on their hand. In this unique talk, we slowed down a bit from our normal hustle & bustle, remembering our ancestors—European and Native American, as well as our connections to the Earth. We have these threads inside of us but we needed to prod them and revive them.



wood mint

Don't forget that if you decide to pick **Elderberry** fruits, don't pick the red ones, because red means dead. And leaving a small gift as reciprocity is key in the natural world.

The Leaders of "the Friends of SPVP": President: **Mila Stroganoff**; Vice President: **Judy Bacon**; Secretary: **Enid Ansgarius**; Interim Treasurer: **Bing Huey**; Visitor Center Director: **Mila Stroganoff**; Habitat Restoration leader: **Istvan Puski**; Trail Leader: **Joseph Piro**; Membership: **Adrian Stroganoff**; CoProgram Directors: **Mila Stroganoff, Carolyn Pankow**; Director of Hospitality: **Judy Bacon**; Directors of Website Management: **Lakshmi Javadekar and Jayesh Kapoor**; Trailside Store: **open**. Membership misc: **Volunteer, Katie Antista**. Newsletter editor: **Carolyn Pankow (pankowinca@gmail.com)**

Dave Rogers' Photos of Mountain Lions In San Pedro Valley Park—Mid July, 2019



The Cubs stepping from the bushes onto the Weiler Ranch Road at its Turnaround



MOM was near-
by, watching.

Dave Rogers

Dave Rogers' Photos of Mountain Lion and Cub
Mid July, 2019 on the Weiler Ranch Turnaround



Dave Rogers' Photos: The Mountain Lion Cubs—Mid July, 2019
Weiler Ranch Turnaround

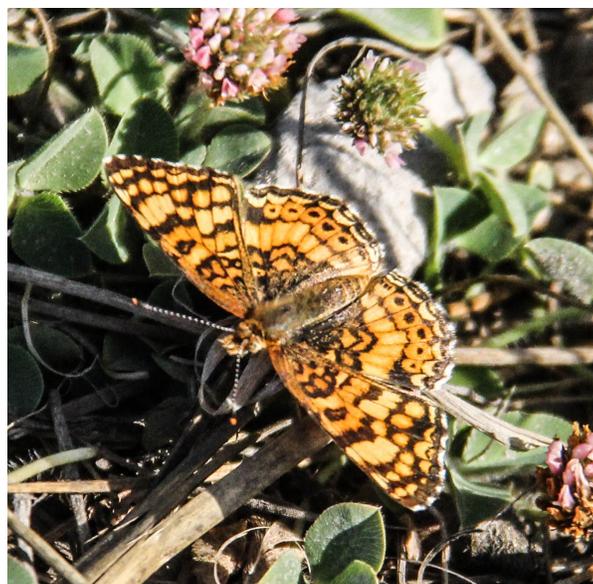


Dave Rogers

Ron Wilson's Beetle, Bug and Butterflies



Trirhabda flavolimbata, a leaf beetle
1pm , 7/20/19; seen on bench on Trout Farm Trail



Phyciodes mylitta,; *Mylitta crescent*; 8/24; WRR



Okanagana sp., a cicada: 6/29/19 on Valley View Trail



Very possibly a **Woodland Skipper**—*Ochlodes Sylvanoides*; 8/24; 9:30am; Weiler Ranch Rd.



Newly emerged **buckeye**; 8/24; on euc leaf; WWR

From Ron Wilson's Yard on Crespi
"Prelude to the Flight"



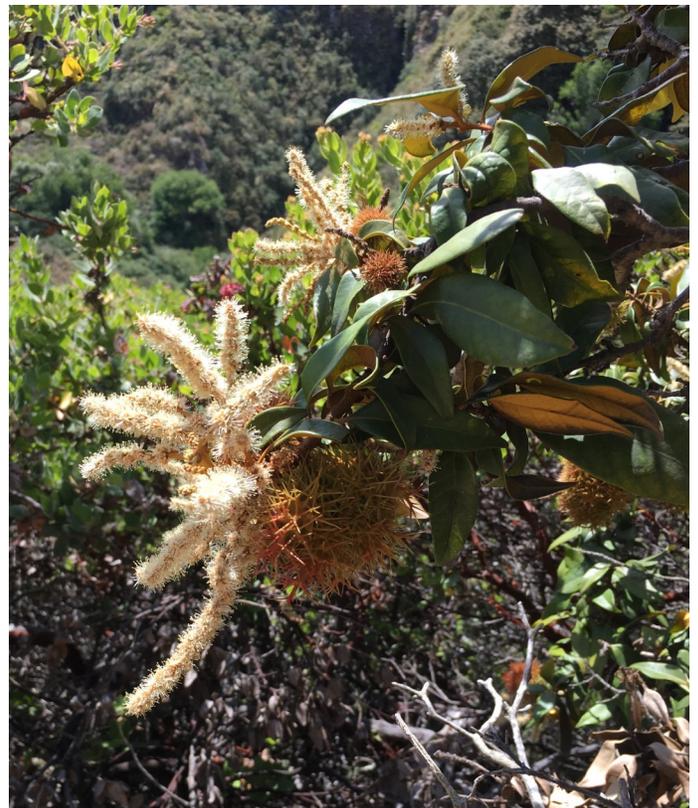
Ron saw these **Turkey Vultures** sunning their wings right in his own backyard in late August, 2019.



Chinquapin older flower and fruit with older male flowers above; July 22, 2019; Hazelnut Trail



Golden chinquapin female flower below; wasp gall is red "ball" at top of photo; July 22, 2019; Hazelnut Trail

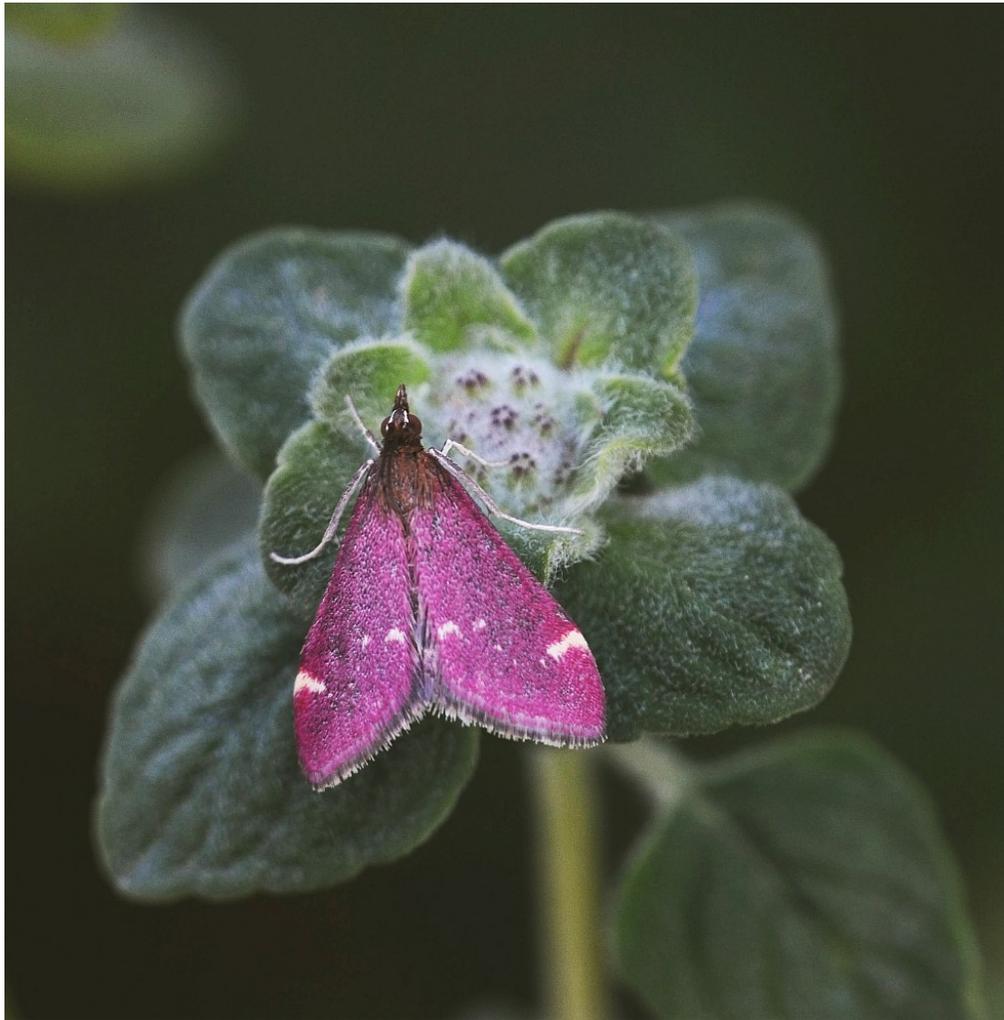


Male "catkins" flowers; golden underside of leaf at right; July 22, 2019; Hazelnut Trail

BING HUEY'S BUGS: WINGED, WEIRD but LOVELY



Plume Moth; 24 June 2019; Valley View



Snout Moth on coyote mint; 24 June, 2019; Valley View



A **Chrysomelidae beetle, *Trirhabda***, enjoying **coyote brush**; 24 June, 2019; Valley View.



Newly hatched **damner dragonfly** inflating wings;
28 July 2019; San Pedro Creek



Assassin bug seen on **Chris Quock bug walk**, 8 June 2019; Valley View