The Friends of San Pedro Valley Park

January/February 2023

Upcoming Talks & Walks

A January Zoom Webinar* with Catherine Kilduff "Critically Endangered Leatherback Sea Turtles"

On **Saturday, January 21st at 4 pm**, we will discover the amazing story of Leatherback Sea Turtles with Catherine Kilduff from the Center for Biological Diversity in **a Zoom webinar**. She has graciously agreed to join us via Zoom from the East coast and talk to us about the Pacific leatherback.

This is a turtle that has survived in the ocean waters since the Cretaceous Period, the Age of Dinosaurs, and is still with us today. What are its migratory routes and where does it reproduce? How is it faring today? Some of these questions and more will be addressed by the speaker. Join us online for a fascinating lecture.





About the speaker: Catherine Kilduff, Senior Attorney, works in the Center's Oceans program to protect marine species and ecosystems. Catherine received her law degree from the University of Virginia, a Master of Science from the College of William and Mary's Virginia Institute of Marine Science, and her bachelor's degree in ecology and evolutionary biology from Dartmouth College. Before becoming an attorney, Catherine worked as legislative staff for the U.S. House Resources Committee, Subcommittee on Fisheries, Wildlife and Oceans.

*Zoom webinar sign-up instructions are on page 5

A February Presentation by J.R. Blair "Travelogue to Antarctica"

On **Saturday**, **February 18th**, **2023 at 3 pm**, join J.R. Blair, retired lecturer from San Francisco State University, **at the Visitor Center** for his "Antarctica Travelogue." From the comfort of our chairs, we will travel to the southern tip of South America, the Falkland Islands, and Antarctica to see and visit many of the places from which J.R. Blair has recently returned. With excellent photographs and

videos, the birds and sea mammals of the southern hemisphere will be highlighted. This lecture should prove to be a fascinating journey and we won't need to suffer the high waves, cold and wind. Do join us.

About the speaker: J.R. Blair received his Bachelor's degree at Evergreen State College in Olympia, Washington and obtained his Master's degree at San Francisco State University in 1999, studying with the accomplished mycologist, Dr. Dennis Desjardin. His thesis was Fungi Associated with Arctostaphylos in Northern California. Since then, he has been an active member of the Mycological Society of San Francisco where he served a two-year term as President and was Fungus Fair chairperson for five years. He has taught mushroom identification workshops for



mycological societies and outdoor education programs for many years. He was a lecturer of biology at SFSU for 21 years and the director of the University's Sierra Nevada Field Campus for eleven years until his retirement in December 2020.

The Friends of San Pedro Valley Park

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Newsletter

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Visitor Center

The Friends provide volunteer hosts to staff the reception desk at the VC when it is open on Saturdays and Sundays (only) from 10 am to 4 pm.

Our Trailside Store is open during those hours.

More Upcoming Talks & Walks (& Workshops)

Mushroom BioBlitz with J.R. Blair

On **Saturday**, **January 28th at 10 am**, **30 people** can comb the trails for one hour searching for and collecting mushrooms. Place your collected mushrooms in a large basket or doubled paper bag. <u>Waxed paper</u> sandwich bags would be helpful if you can find them. Then return to the Walnut Grove picnic area for J.R. Blair to identify and discuss them. The more mushrooms collected, the better! Rain does NOT cancel the event, so do dress accordingly.

The collection of mushrooms is for the Mycological Society of San Francisco's Fungus Fair at Diablo Valley College in Pleasant Hill on Sunday, January 29th.

Please **make certain that you can attend** and **sign up on Eventbrite**: https://www.eventbrite.com/e/mushroom-bioblitz-with-jr-blair-tickets-479631690297

About the leader: J.R. Blair received his Bachelor's degree at Evergreen State College in Olympia, Washington and obtained his Master's degree at San Francisco State University in 1999, studying with the accomplished mycologist, Dr. Dennis Desjardin. His thesis was Fungi Associated with Arctostaphylos in Northern California.



Two Different Photography Workshops with Edwin Hacking Saturday January 14th & Saturday January 28th, 2023 at 9:30 am

Workshop for DSLR / Point & Shoot Cameras - January 14

Edwin Hacking will be leading our fun and informative photography workshops. He majored in Arts and Education, receiving a master's degree in Educational

Technology. Edwin has been in the visual arts world, expressing himself through photography and video production for decades. He is an active world traveler and has come to love travel and nature photography.

This 3-hour workshop is **limited to 6 people** and will be held in the **SPVP Visitor Center**. It is designed for Basic to Intermediate users of DSLR or Point & Shoot cameras.

Class Content - Technical set up: (1.5 hrs.)

We will demystify the camera controls. We'll cover the menus, exposure compensation, white balance, flash

settings, ISO, mode dials, info on your LCD screen, metering, resolution settings, using manual vs auto controls, depth of field, etc. There will be plenty of hands-on practice using your own camera in this session!

Creative Controls: (30 min.)

In this section we'll concentrate on creative composition, lens perspective, angles, the advantage of high shooting ratio, rule of thirds, use of foreground and much more!

Photography Field Trip: (1 hr.)

This is where it all comes together and we practice what we learned. We will go outdoors and practice composition, exposure compensation, use of flash as fill-in, ISO control, white balance, etc. Bring a jacket and a fully charged battery.

continued on page 3

Hacking: Photography Workshops

continued from page 2

Please use the following **Eventbrite link to sign up**:

https://www.eventbrite.com/e/photography-workshop-with-edwin-hacking-tickets-479620847867

Smart Phone Camera Workshop

Saturday January 28th, 2023 at 9:30 am

This **2-hour** workshop will also be **limited to 6 people** and will take place in the **Visitor Center**. It is designed for any user of a smart phone camera, such as an iPhone or Samsung.

Class Content: You'll learn how to use the phone's built-in app to take incredible photos. And you'll discover some hidden camera features that you never knew were there.

We will also cover and practice composition, camera angles, use of foreground, shooting in live, long exposure, rule of thirds, etc. We will step outside to practice. Bring a jacket and a fully charged battery.

Please use the following **Eventbrite link to sign up**:

https://www.eventbrite.com/e/phone-camera-workshop-with-edwin-hacking-tickets-479627828747

Recent Programs

Lewis Stringer's "Daylighting Springs, Creeks and Marshes: 20 Years of Wetland Restoration in the Presidio of San Francisco" by Bing Huey

The Friends' program of 10 December at the Visitor Center featured Lew Stringer, Associate Director of Natural Resources for the Presidio Trust. Titled "From Springs to Bay," the topic was the ecological restoration of the Tennessee Hollow watershed at the northern edge of the Presidio of San Francisco. Historically, the area was a 300-acre watershed that drained via three, spring-fed tributaries into a tidal marsh edging San Francisco Bay. More than two centuries of human activities have altered or obliterated the landscape. The tributary creeks were buried underground and the marsh was filled in to create Crissy Field and other land. Images from the 19th century show the original landscape with coast live oaks on the hills, sand dunes extending in from the ocean, and the original salt marsh.

Lew Stringer, who oversaw much of the restoration work, gave an overview of the human history of the area, beginning with the Yelamu Ohlone who lived on the landscape until the first European settlement that followed the Anza expedition of 1776. The land subsequently became the military Presidio. After it became part of the United States its military use continued. The First Tennessee Regiment of the Spanish American War lent its name to the watershed and the war in the Philippines was fought out of the Presidio. Following the 1994 departure of the U.S.Army, Congress in 1996 created the Presidio Trust to manage the lands as part of the Golden Gate National Recreation Area with the mandate that it be self-supporting through the renting out of rehabilitated former Army housing. The Parks Conservancy was established as park stewards. The restoration work that grew out of this was part of the Presidio Trust Management Plan, envisioned in accordance with the spirit of the Antiquities Act of protecting natural resources.

Work began with an inventory of plant species needed and construction of a nursery to produce them. For excavation of the old landfill that was Crissy Field, more than \$34 million was raised from private donors. The result is a 16-acre lagoon fringed with natural vegetation and park space.

The work continued upstream in 2004 in a place called Thompson Reach, where \$100 million came from the Army toward the cleanup of the site. Thousands of plants were put in and the creek daylighted. A photo from 2012 showed much of the vegetation grown to tall trees. Species such as Anna's hummingbird, song sparrow, chestnut back chickadee, and Wilson's warbler could be tracked in the new habitat. Other areas that have been restored include El Polin Spring, restored with dune scrub and riparian habitat, and YMCA Beach, a former landfill restored as mitigation for a San Francisco Airport expansion. Stringer showed historic photos of the dune system that once existed here. Throughout his talk, Stringer emphasized the value of volunteers in making much of the restoration effort take place. This program has been recorded and will be available on the Friends' website.

A Productive Trail Day Outing

by Joseph Piro

We had a good team and a good outing for our November 12, 2022 Trail Day! Mary Larsen, Stan Jensen, Istvan



Puski, my brother Erik and I hiked up the Old Trout Farm Trail, turned onto the Brooks Falls Trail and made it up to the bench overlooking the falls.

Along the way we cleaned out several drain dips, built one or two new ones and even did a little bench-

cutting to widen the trail a bit just uphill of the bridge. We then came back down the mountain and raked lots of leaves out of the culvert pipe and the first two or three drainage ditches under the big oak trees at the start of the Hazelnut Trail behind the Visitor's Center.



Photos by Joseph Piro

Now all we need is more rain! Enjoy the trails!

Editor's note: The December Trail Day outing on the 10th was rained out!

M We Need Volunteers!!

The Friends of SPVP are continually looking for new volunteers to join the small, but dedicated, group of individuals that now contribute to our activities on behalf of the park. Since the Visitor Center has re-opened as COVID-19 restrictions were relaxed or lifted, however, some of our regular volunteers, particularly those who had worked as Visitor Center Hosts on weekends, have decided not to continue in those roles for a variety of understandable reasons. Therefore, we are tasked with enticing some new individuals to join us as volunteers for our indoor or outdoor activities. Fortunately, two members of the SPVP Nature Journaling Group, Melanie Heisler and Linda Theroff, have recently agreed to become our newest Hosts and we hardily welcome them as SPVP volunteers! But we need more individuals to join us as well.

So if you are interested in learning more about how you can help, whether it's serving as a host at the Visitor Center on weekends or just pulling weeds and invasive plants now and then, **PLEASE CONTACT** President Judy Bacon or our Visitor Center Host Coordinator Carl Schwab, or any of the members of our Board of Directors (listed on page 2). We will be delighted to speak to you about our work for SPVP and how you might best contribute and give back to the park. The Friends are a fun group to be a part of. Come join us!

January/February Calendar
January Trail Day
Saturday, Jan. 14 9 am
Hacking: DSLR Photo Workshop*
Saturday, Jan. 14 9:30 am
Jan. Habitat Restoration Day
Saturday, Jan. 21 10 am
Kilduff: Leatherbacks: Webinar*
Saturday, Jan. 21 4 pm
Hacking: iPhone Photo Workshop*
Saturday, Jan. 28 9:30 am
J.R. Blair: Mushroom BioBlitz*
Saturday, Jan. 28 10 am
February Trail Day
Saturday, Feb. 11 9 am
Feb. Habitat Restoration Day
Saturday, Feb. 18 10 am
J.R. Blair: Antarctica Travelogue
Saturday, Feb. 18 3 pm
*(Reservation needed)

>> FACTOID & MORE <<

DEADER THAN A DOORNAIL? the Opossum

Alarming barks roused them from their sleep; the couple rushed out to the back yard, expecting a possible wild animal invasion: "Arrow" their predatory canine was clutching an opossum's body in its maw. As the man pried open Arrow's jaws, the little marsupial spilled onto the cold

night ground, motionless, its head flopped to one side, tongue lolling out, eyes in a death stare - a rotten stench streaming into the nostrils of all - a foul green liquid oozing from its anus.



Photo by Lynda Richardson

Testing the seemingly lifeless body with a foot confirmed the sad truth. This was the end for the limp little critter.

Yet 3 hours later, the carcass had miraculously vanished; surely if a coyote or raccoon had tried to carry its remains off into the brush, Arrow would have alerted them. *continued on page 5*



— Carolyn's Corner —

READING UP A STORM: RAINY DAYS

Finally, the life-giving rain storm we've been wishing for comes, drenching the trails, blowing eucalyptus branches helter-skelter. Time to head for the warmth and safety of home, to enjoy nature with one of the books that **Jim Mackey** recommended to me. Delve into "World of Wonders," a dazzling array of nature unknown: secrets of whale sharks, fireflies, catalpa trees,

vampire squids and other phenomenal wild beings, ones that captivated and enthralled the ebullient and inspired author, **Aimee Nezhukumatathi**l, and so many readers.

Or, being of a more serious mind, you can ponder the almost certain likelihood that we are experiencing "*The Sixth Extinction*" of life on Earth, with the Armageddon-like disasters and slow recoveries that have occurred at least five times over the close to 4 billion years of life on this planet. These disasters caused the demise of creatures and plant life in droves. But more important is that in this smoothly written account, the author, **Elizabeth Kolbert**, goes around the world and gets first person accounts from scientists, local people in climate-stressed areas and from her own observations: the melting Arctic, threats to the Great Barrier reef, and vanishing ways of life of indigenous and other humans.

If you have a cat or dog in the house, you might be more inclined to look for the favorite book of animal-lover and long-time SF Zoo volunteer worker, **Judy Bacon**: "*Ring of Bright Water*." This is not the same story that you might have seen in the movie version, but a true account by **Gavin Maxwell**, who over a few years finds three otters in the reed marshes of Iraq and brings each back to a remote, savagely pristine area on the west coast of Scotland. There he keeps them in semi-captivity, yet he is a naturalist appreciative of all free-living wildlife, just a person with the accepted views of his time. You will love his understanding of, and humorous take on, some of their special habits; for instance, how they seemed partial to the human earlobe and the fact that they loved to turn over a bowl of water, so they could experience water on the move.

And our last favorite nature book comes from **Susan Herring**, who immersed herself in **Nalini Nadkarni's**, "Between Earth and Sky, Our Intimate Connections to Trees," a book that left Susan with a lasting impression of how all of us are linked to them in a deep and intimate way. So not surprisingly, since she spent treasured time at her family's cabin on a Tennessee lake, was inspired by breath-taking backpack trips, and lived in a spiritual commune for years, Susan has the perspective of a child of nature. The book she recommends to us includes an account of Ms. Nadkarni's adventures in sky-high tree climbing, where exploration of the tops of tropical giants reveals the secrets of the life of their inhabitants. But Nalani is no solitary scientist, as she has climbed through the burgeoning, leafy heights with all manner of people: Innuits, musicians, loggers, politicians and environmentalists; she has felt the unique, powerful connection of each person to these elevated ecosystems.

FACTOID & MORE continued from page 4

Amazingly, it seemed the opossum had been "playing dead," though in actuality it had experienced an involuntary act called "tonic immobility or *thanatosis*," when an animal's body enters a catatonic state in response to fear.

The mildly venomous hognose snake of the East and several other animals also have this extreme reaction to aggression by a predator, a reaction that may not always work with an experienced hunter.*

*Scientist John Skelhorn's findings indicate that thanatosis is effective only in conjunction with a predator's prior experience with dead prey.



Photo by Kenneth H. Thomas

Main source: "Zooburbia," by Tai Moses

*Online ZOOM WEBINAR Registration Instructions by Adrian Stroganoff

Go to: http://friendsofsanpedrovalleypark.org

In the Events section you will find a link to the registration page for each webinar. **Enter your name and email address to register**. You will get a confirmation email with further instructions, as well as reminder emails one week, one day and one hour prior to the event.

Steelhead Trout: The Salmon & Trout Education Project

by Sharron Walker

Steelhead Trout are native to San Pedro Creek. They spawn in our creek, including in San Pedro Valley Park. During the 1990s through early 2000s, the Salmon & Trout Education Project (referred to as **STEP**) existed in the Pacifica (formerly Laguna Salada) School District. Teachers and students incubated steelhead trout eggs to

the fry stage of life, then released them in the creek in San Pedro Valley Park. The project existed at all grade levels and schools in the district. Eggs were incubated for the most part in aquariums placed in refrigerators. The eggs came from the Big Creek Fish Hatchery near Davenport. Participating teachers were trained by the Monterey Bay Salmon and Trout Project, approved by the Dept. of Fish & Wildlife. This project not only placed steelhead fry in San Pedro Creek – approximately 4000 over the life of the project -- it also taught stewardship to students. This was also the beginning of coordinated beach and creek clean-ups with STEP and the Pacific Beach Coalition. What was so wonderful about STEP and PBC was connecting students to their local environment and to know they could make a difference!! PBC has continues their important work.



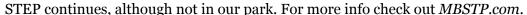
Unlike salmon, steelhead can spawn 2-3 times before they die. Fishermen know



steelhead as the "fighting fish" and their life cycle is indicative of that! Their lifespan varies from 5 to 11 years. Mating steelhead create a "redd" where eggs are laid and fertilized. The eggs mature to alevin, still having the egg sac attached for nutrition, they can stay safe and hidden. Once they become fry and swim up, they need to eat -- this was the time the students released them into the creek. The young fry stay in the creek for 1 – 2 years before heading out to sea, where they remain from 2-3 years to bulk up. Steelhead are "anadromous," which means they begin their life in freshwater, go to the ocean, then return to freshwater to spawn. As salmon, steelhead "imprint," allowing them to return to where they began

their life. An amazing journey!

The San Pedro Creek Watershed Coalition monitors the creek and completes a monthly a fish count of steelhead. So, yes, there are steelhead in our creek! Keep an eye out as this is the time of year they return to spawn, especially during rains and high surf. A display in our Visitor Center records the history of STEP in our park as well as the life cycle of steelhead. Jane Scott Jones, one of the teachers who brought the project to Pacifica's School District, visited the park this fall. Being her partner on the project, I wanted her to see the display that documents our efforts. Her visit was timely in as much as it is nearing the time of year that Steelhead return to spawn!





Friends of SPVP Photo Contest 2023 ... Will you enter this year??

by Sharron Walker & Mark Golembiewski

On February 1, 2023 we will launch our second annual **Friends' Photo Contest!** It will run until May 1st. Unlike last year's inaugural event, however, this second contest is **open to all visitors of the park**.



The four entry categories will remain the same: 1) Flora, 2) Fauna, 3) Views of Trails & Landscapes, and 4) Activities of People in the Park. Photos entered in the contest must be taken between May 1, 2022 & May 1, 2023. Guidelines with detailed submittal instructions for entrants will be sent to members in early February and again in March, with information posted on our website for all other park visitors.

So grab your camera (or smart phone) and take a hike in SPVP! The contest is intended to encourage our visitors to get more involved with the park, along with a means for us to obtain additional photos for our website galleries and postings.

Winners will be awarded recognition ribbons, plus Gift Cards for local Pacifica businesses, and the winning images will be displayed in the Visitor Center (come see last year's winners). We want to see your Best Shots!!!

2022 Was Actually a Pretty Good Year for the Friends

by Mark Golembiewski

As we begin the new year 2023 with high hopes, the Friends of San Pedro Valley Park can look back at the past year's accomplishments and say, 'You know, this past year was actually a pretty good year for us.' So I want to take this opportunity to review some of the highlights of our work efforts in 2022:

- We were awarded a grant of \$1,500 in January by the San Mateo County Parks Foundation through their volunteer group grant program for the purpose of funding the interactive children's programs that were to be held later in the summer.
- We held our first-ever photography contest for members of the Friends, which ran from February 1 to May 1 and included images taken in the park that were submitted in four categories. Although the number of entries was small, the overall quality was good and 1st, 2nd & 3rd place winners were selected in each category, which were displayed in the Visitor Center. In addition, an overall 'People's Choice' winner was selected by visitors who viewed the displayed images.
- Our well-regarded monthly program of excellent natural history lectures continued to be presented as Zoom webinars, thanks to the exceptional efforts of our Programs Director, Mila Stroganoff. And in September, we resumed in-person presentations at the Visitor Center for the first time since the beginning of 2020. These in-person lectures are also now being videotaped for the first time and posted on the Friends' website, along with the Zoom presentations.
- Another activity that started up again in 2022 was field trips. Five well-attended naturalist's walks and a mushroom foray were led by the incomparable J.R. Blair.
- Another successful Earth Day volunteer event was held in April, thanks to our Earth Day event coordinator, Sharron Walker. Areas around the Visitor Center were weeded and cleaned up, including the Native Plant Garden, and some new plants were planted in several 'island' areas adjacent to the parking lots.
- The Friends resumed staffing of the Visitor Center when it re-opened to the public on July 4th after being closed for 2.5 years. We continue to provide volunteer 'hosts' to staff the reception desk from 10 am to 4 pm every Saturday and Sunday.
- We presented three, well-attended, fun-filled, outdoor children's programs in July and August, featuring the Beetle Lady, Stephanie Dole, Gabe Kerschner and his Wild Things (including Clover, a baby red kangaroo), and Wild Mind Science with their 'Native Wildlife' show stars.
- We continued to hold our monthly Trail Day and Habitat Restoration Saturday volunteer events unabated, along with occasional, additional invasive plant removal work events on weekdays, as supervised by County Parks Dept. Volunteer Coordinator, Stuart Smith.
- A new newsletter editor (yours truly) was named as long-time and beloved editor, Carolyn Pankow, "retired" from the post after about 20 years devoted work. In addition, a new banner was added, along with some format changes, and the newsletter was given a new name, "Valley Views."
- Our annual members' Barbeque and Holiday Party events were once again held at the Visitor Center in October and December, respectively, after being on hold since 2019 due to COVID-19 concerns.
- The Friends contributed just over 2,000 volunteer hours to the betterment of San Pedro Valley Park in 2022!

These accomplishments, as well as others during the year, are reasons for us to look forward with hope and inspiration to an even better year of volunteer efforts in 2023. We end this year again on financially sound footing, with a membership of over 125 park lovers, and solid and dedicated Board of Directors focused on improving our organization's efforts in the coming year.

All the best to you and yours in 2023!

On The Nature Journaling Trail

by Sharron Walker

As fall and winter colors appear, often we become more aware of the wonderful abstracts, patterns and designs in nature. A recent prompt for our nature journaling group was "Abstracts in Nature." Here are some examples from our nature journalers:

Caitlin Corley's interpretation of the bench she was sitting on in front of the VC: a series of lines

Annie Blair's impressionistic leaf illustrations







We usually begin our sessions with a focused activity. One was observing colors around us. For 15 minutes, journalers recorded the colors around them, not sketching. Following our observation, we journaled a scene or subject that included those colors, using colored pencils, water color paint, or other mediums of choice.

Our last meeting of 2022 was held in the Visitor Center, at which time we explored our goals for 2023. The San Pedro Valley Park Nature Journalers have been meeting since July 2021. There are usually 8 to 10 members who attend the meetings which last about 3 hours. If interested in finding out more about our group and nature journaling, email sharronlee@aol.com.



Group photo (left to right): Caitlin Corley, Martie Sauter, Annie Blair, Trena Burke, Carl Schwab, Linda Theroff

– all photos by Sharron Walker

"Nature journaling is the practice of drawing or writing in response to nature. It is fun, relaxing, helps one connect more closely with nature, and results in the creation of a unique nature journal. Both the practice and the end product are important" (Paula Peters)

The Friends' Holiday Party - A Merry Time Was Had by All!

The Friends of SPVP came together at the Visitor Center on Wednesday December 14th for our annual Holiday Party. There was good food & drink, good cheer, the fun-filled "White Elephant" Christmas gift exchange, and the good company of the Friends who joined in to celebrate and enjoy the festive evening. (photos by Sharron Walker and Carl Schwab)















President Judy Bacon and Vice President Mark Golembiewski presented Certificates of Appreciation to Mila Stroganoff (left) and Sharron Walker (right) for their Outstanding Contributions to the Friends during this past year

Laurie Nikitas Shows Us the Beauty of Fungi in San Pedro Valley Park (all photos taken along the Brooks Creek - Montara Mountain Trail loop during the first weeks of December 2022)











The Beauty of Fungi in SPVP by Laurie Nikitas - continued











www.friendsofsanpedrovalleypark.org

January/February 2023

The Late Autumnal Artistry of Bing Huey



Ant foraging on coffeeberry blossom Montara Mtn Trail - taken 30 Nov. 2022



Blackberry leaf showing rust fungus Valley View Trail - taken 27 Nov. 2022



Early blooming pink flowering currant Valley View Trail - taken 27 Nov. 2022



Lace lichen blown down from live oak during rainstorm -Hazelnut Trail

Above - taken 10 Dec. 2022

Right - taken 4 Dec. 2022



January/February 2023