



Edgewood Explorer

PRESERVE • EDUCATE • RESTORE

June 2019

Volume 26 Number 2

2019 Docent Class Graduates

By Sandy Bernhard

Docent training starts in winter, and boy, what a winter we had. So cold and wet was the ground that many of the plants the students were learning were weeks delayed in sending out green shoots, let alone flowering. And, then, with a glorious bang, a spring bloom not seen in many years dazzled us all! While Edgewood has wonders to share in all seasons and any weather, class members gladly put away their rain jackets and put on their sunglasses for our final Saturday hikes exploring the April bonanza.

Now you can find class members out on the trail sporting their official Friends of Edgewood badges. Kudos to our graduating docents, Class of 2019: Ron Barulich, Caroline Bowker, Ray Curiel, Emily Fawcett, Linda Franklyn, Sue Gross, Jay Jager, Vivian Neou, Elaine Salinger, and Stan Tsu. Many of them have already led a hike (or two!) this spring.

New to the program this year was an optional final session teaching fun techniques for engaging not only the many children who come along on Wildflower Walks but adults as well. "Leading Hikes with Children" was led by a team of experienced Jr. Explorer docents, including Laurie Alexander, Pam Fletcher, and Carol Hankermeyer. We also welcomed a fresh Woodlands instructor, Howie Smith, whom you might recognize as the curator of our wonderful native garden. Many thanks go out to all our 2019 instructors: Alf Fengler (Grasslands), Paul Heiple (Geology), Ken Hickman (Wildlife), Ken Himes (Chaparral), Kathy Korbholz (History), and Trevlyn Williams (Morphology and Leading Walks). These amazing folks—all volunteers, who know and love Edgewood—give generously of their time and energy all year round to multiple Friends of Edgewood programs.



2019 Docent Graduates. © 2019 Laurie Alexander

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I also want to offer heartfelt thanks to Deanna Schiel, Howie Smith, and Trevlyn Williams, who so often came early and stayed late to help with set up and take down for the Wednesday evening classes. Many hands make light work—and many Friends help make this program both run and fun!

As you read this, perhaps you are thinking “This sounds like something I’d like to do.” or “I know someone who would be a great Edgewood docent.” Put that good thought into action. Registration for the 2020 Docent Training Program begins in the fall, but I’d be happy to hear from you anytime: that’s Sandy at docent-trainer@friendsofedgewood.org. ★

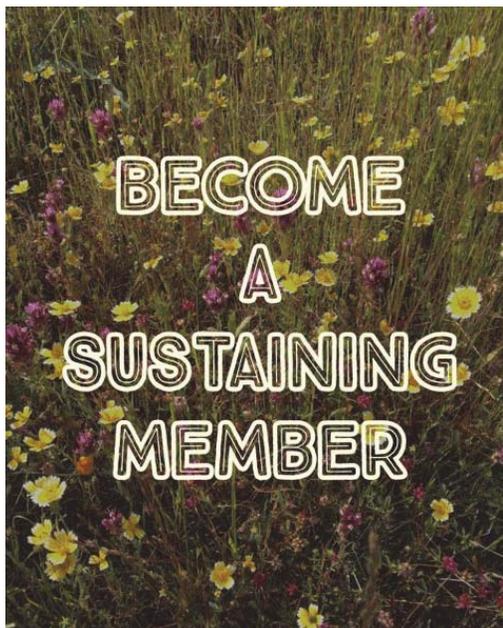


Photo above: K-1 Daisy Girl Scout Troop members proudly display artwork depicting their experiences on a field trip to Edgewood on April 14. The girls in the troop were earning their hiking badges that day, and they did so with great enthusiasm!
© 2019 Carol Hankermeyer



Photo above Docent Ed Drury introduces the Fair Oaks Gift Scouts to the wonders of Edgewood Natural Preserve.

© 2019 Allison Einolf, STEM Program Coordinator, Girl Scouts of Northern California



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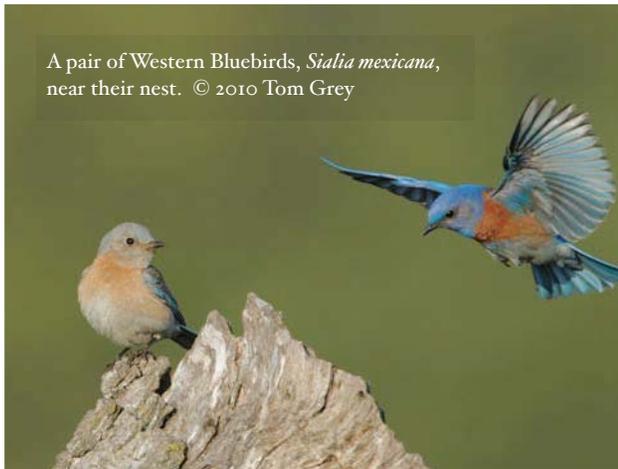
New, convenient, monthly sustaining memberships are now available! A sustaining membership lets you make a small monthly donation via your credit card and have a huge impact on programs like Project 467, Junior Explorers and docent training. Can you spare just \$5.00 or more per month to support the Friends of Edgewood and the park we love?

To switch to a sustaining membership, fill out the form at <http://weblink.donorperfect.com/JoinFoE> or email us at mem@friendsofedgewood.org and we will help you get set up.

Thanks for supporting the Friends of Edgewood. We couldn't do what we do without friends like you!

Why Birds Change Their Feathers

by Gina Barton



A pair of Western Bluebirds, *Sialia mexicana*, near their nest. © 2010 Tom Grey

Have you ever noticed that birds can look different depending on the time of year? These differences are largely because of feather wear and replacement of the feather coat, a process called molt. Because mature bird feathers are dead structures, like your hair, they are prone to wear from the elements and use, and thus need to be replaced. For example, grassland birds are exposed to lots of sunlight, and sunlight causes the feathers to degrade, while woodpeckers use their tails to prop themselves upright on trees, causing those to wear more quickly. Also, birds cannot change feather colors without molting feathers, so if color is important for breeding, they will molt into a more colorful plumage (feather coat) before the breeding season to attract mates. These different needs result in a lot of variability in timing and molt patterns among species.

Most birds molt during discrete times of the year and feathers molt in a specific sequence, but some birds (e.g., ducks) molt all their feathers at once, called a catastrophic molt. A catastrophic molt makes them incredibly vulnerable to predators as they are unable to fly during this time, so it is not very common. The extent of a bird's molt also varies by its age. Typically, in the fall, juvenile songbirds undergo a partial molt, replacing only some of their feathers, whereas adult songbirds undergo a complete molt, replacing all of their feathers. This difference allows researchers to tell whether the bird is a juvenile or adult based on its plumage.

How do birds molt their feathers? The growing feather emerges from a feather follicle (imagine a chicken's skin with all of its bumps; these are feather follicles), pushing the old feather out. Molts happen in an organized sequence; typically, most body feathers molt first, followed by the wing and tail feathers. The wing and tail feathers themselves molt in a specific sequence; the tail typically starts molting from the central feathers and moves outwards, and the wing feathers begin molting in the middle and move toward the wing tips and body. Most juvenile songbirds do not molt any flight feathers (wing and tail feathers), while adult songbirds molt all their flight feathers. However, here in the Bay Area the environment is arid and sunny resulting in more feather degradation, so some juvenile birds here do molt some flight feathers.

Most Bay Area songbirds molt at or near their breeding grounds once they've finished breeding, but some birds will migrate to the desert southwest during the monsoon season to molt. Because molting is metabolically costly, birds have more energy resources available during a burst of rain in the southwest than they would here. We are still discovering many interesting facts about birds' lives!

I've focused on songbirds here, but as you branch into other groups of birds, you'll discover even more variability. I hope that you'll start looking at birds a little differently now! To read more about molt, see: <https://www.allaboutbirds.org/the-basics-feather-molt/>.



About the author:

Gina spent about 12 years as an ornithologist (many of these working at the San Francisco Bay Bird Observatory). She then returned to grad school to study ecology, and since graduating has worked for, then managed, and now is part-owner of Cheesemans' Ecology Safaris, a company that leads wildlife safaris worldwide. She has been a wildflower docent for FoE since 2016.

Visit Edgewood Preserve - Third Saturday Nature Walks - Beginning July 2019



Photo: Kathy Goforth, FoE docent and board member, describes how bees open lupine flowers.

© 2019 Sara Bartholomew, Environmental Protection Agency Alumni Association

Beginning July 2019 and continuing through February 2020, Edgewood Park and Natural Preserve will offer free Third Saturday Nature Walks, each walk led by a Friends of Edgewood docent. Hikes begin at 10 a.m. and are 3 hours in duration. These hikes are a great way to get out and enjoy nature and learn something interesting about Edgewood Preserve. Join us for a Saturday in the Park!

Last season, some of the hikes' themes were:

- Edgewood Park's plants and animals and their survival techniques.
- Wildfires! How Edgewood's plant communities live with fire.
- Creature Feature: Dusky-Footed Woodrat (*Neotoma fuscipes*).
- What about all that moss?

From the Editor...Help Wanted

by Linda Leong, Newsletter Editor

Dear valued readers, the September 2011 edition of *The Edgewood Explorer* was the first newsletter that I prepared for Friends of Edgewood. That was Volume 18, Number 3. As I approach the end of my eighth year as newsletter editor, I've decided that I'd like to give another energetic volunteer the opportunity to take over the role of editor.

The Edgewood Explorer is published four times each year - March, June, September, and December. Our newsletter is currently printed in black and white and mailed to approximately 200 members, partners, and supporters. In addition, since 2013, I've been preparing and sending an email each quarter summarizing each newsletter's content and providing a link to the online version, which is posted/archived on FoE's website.

On average, I estimate that I spend 16 to 20 hours to produce each newsletter file and email, typically over a 3- to 4-week time period, depending on when content is provided by the various authors. Typically, I need to allow 10 to 15 calendar days from the time I email the newsletter file in PDF format to the printer (currently, Copy 2000 in San Carlos) until hard copies arrive in readers' US mail.

We are currently transitioning our digital (email) communications from Mailchimp to Constant Contact. Barrie Moore, one of our newest board members, is figuring out how to use Constant Contact and will teach me what to do.

For the most part, I lay out material provided by others, but there is some flexibility to modify the newsletter format, if desired, at the discretion of the board.

Anyone interested in learning more about this volunteer role should send an email to:

Newsletter-Editor@friendsofedgeood.org

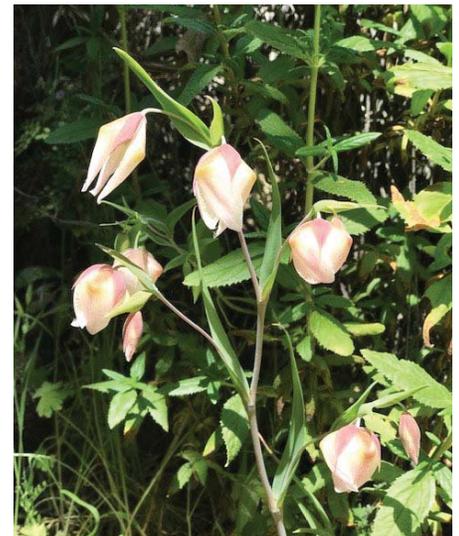


Photo: 2019 is a banner year for Fairy Lanterns!
© 2019 Sara Bartholomew, Environmental Protection Agency Alumni Association

PS - Our dedicated volunteer, Dorothy Young, plans to retire this summer. We need a volunteer who will pick up, affix closure tabs and mailing labels, and drop off our newsletters for bulk mailing each quarter. Can you help? Contact us as info@friendsofedgeood.org.

PROJECT 467 - PROTECTING EVERY ACRE...with a lot of help from our donors!

by Peter Ingram



In our March newsletter, we reported on the progress of one of our most important Project 467 initiatives, **The Green Grass Project**, following the Friends' 2018 fund-raising campaign. As Edgewood's wildflower "super bloom" season gives way to summer, we have received great news: Green Grass has been awarded a \$60,000 competitive grant by the California Department of Food and Agriculture via the San Mateo County Weed Management Area. The grant is to be spent over the next two years and will help us kick off the very expensive grassland restorations which will continue for years to come. The generosity of the 46 donors who stepped up to give a total of \$61,607 in 2018 became important leverage in securing the

Friends' largest institutional project grant. By demonstrating community support in the form of in-hand matching funds, and highlighting a long-standing and productive partnership with the County, the State of California has validated our investment in the "P467" multi-year habitat management initiative.

We want to thank each of the following donors and celebrate their support:

Project 467 Donors - 2018

\$5,000 and above

Bob and Vicki Archibald
Sandy Bernhard & Frank Peale
Peter Ingram & Yvette Pirie
Bill & Kathy Korbholz
Trevlyn and Jumbo Williams

\$2,000-\$4,999

Ken & Dee Himes
Thanh & Robert Mougeot
Kelly Rogers
Mary Anne Saylor

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\$99 and below

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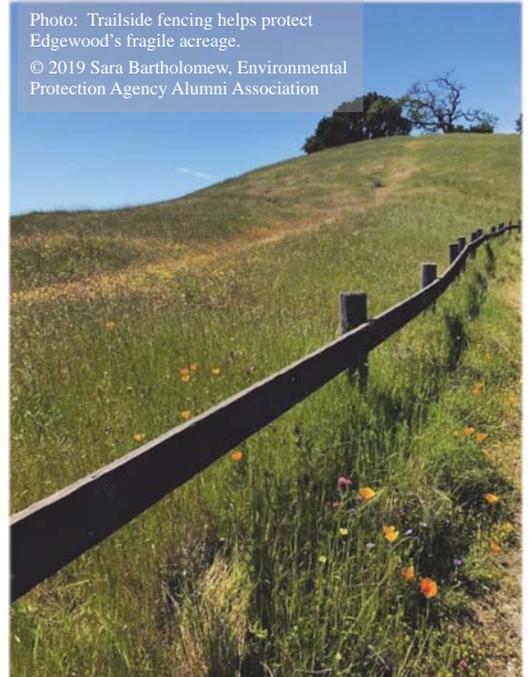


Photo: Trailside fencing helps protect Edgewood's fragile acreage.
© 2019 Sara Bartholomew, Environmental Protection Agency Alumni Association



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<https://www.facebook.com/FOEdgewood/>

Junior Explorer Program Blossoms!

by Laurie Alexander

This spring, FoE's corps of 22 Junior Explorer (JE) docents will have hosted more than 700 children on nature hikes at Edgewood. With plenty of sensory-stimulating opportunities to observe and explore the natural world, JE hikes turn classroom lessons into real-world experiences, inspiring attitudes of wonder, appreciation, and caring for the natural environment and of other living things.

"It is clear that if tomorrow's leaders are to continue a legacy of protecting and stewarding parks and open space, then we must introduce them to the parks today," remarked San Mateo County Parks Foundation Executive Director, Michele Beasley, in a recent Foundation newsletter (<http://supportparks.org/sp-wp/wp-content/uploads/2019/02/SMCPFRF-Newsletter-Winter-2019-web2.pdf>).

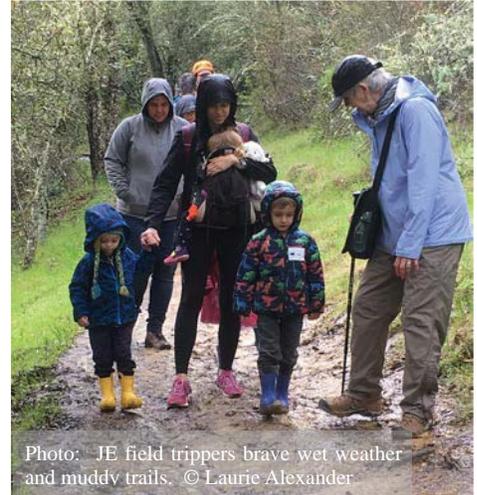


Photo: JE field trippers brave wet weather and muddy trails. © Laurie Alexander

Junior Explorer docents provided that introduction to 34 classes and youth and family groups. The majority of JE field trips are for school-age children, pre-kindergarten to high school. This spring, about half the children came from schools that serve low-income communities.

Here's what some participants had to say about their Junior Explorer experiences at Edgewood:

- *"We ... just want to give our students as many opportunities to experience nature as possible. The majority of our students rarely spend time in open spaces like Edgewood Park and we want them to have that chance now. We want our students to see the beauty and value of nature."* Lauren Traube, Willow Oaks School, one of eight second grade classes from Ravenswood School District. San Mateo County Parks Foundation (SMCPF) funded the bus transportation to support this pilot program to provide an outdoor experience for all Ravenswood second graders. JE brings children to the natural woodlands at Edgewood, to complement and extend at-school learning about trees provided by local non-profit Canopy. (<https://canopy.org/>)
- *"I loved getting to walk around looking at all the different species. Getting to see how they came together really helped my understanding."* Jade Draper, Sophomore, Woodside High Green Academy. Jade's teacher, Davina Ortiz, suggests that other teachers *"Definitely take your students to experience the great outdoors in their own backyards."* Middle and high school students hikes tend to focus on ecology of plant communities, and explore the story of the Bay checkerspot butterfly to understand how humans impact their environment.
- *"A lot of what had the most significant impact was specific physical experiences with nature, like feeling the refrigerator tree (madrone) or watching a lizard intently before it skittered away... This field trip gave the girls an experiential connection to the natural world that we've been talking about for the past few weeks. They don't get a lot of nature opportunities, and this helped connect the concepts of conservation we'd be talking about to an idea of what we are trying to conserve. It also gave them a chance to see the Bay from a distance and connect it with the waterways that flow into it and its connection to the places they live and learn."* Allison Einolf, STEM Program Coordinator, Girl Scouts of Northern California (GSNC). Three GSNC troops from Redwood City schools visited Edgewood as part of a 12 week NOAA Watershed curriculum. Bus transportation was funded by SMCPF and GSNC.
- *"Thank you so much for the wonderful hike today. Our troop is so appreciative of the time and effort you took to bring the park alive to us, and to help us earn badges. Our troop will become a Friend of Edgewood and we will recommend your outstanding Edgewood Explorers program to others!"* Michele Moyer & Girl Scout Troop 62324. JE often gets kudos, sometimes donations, from fans. This is the first time an organization became a member because they were so appreciative of the Junior Explorer docents!

The astounding growth and success of Junior Explorer's free, all-volunteer program is due to the dedication of JE docents to lead hikes, administer the program, recruit and train volunteers, try out new ideas, reach out to schools, and build partnerships to more effectively carry out our mission.

Can you share your time or experience to support this important Friends of Edgewood program? To learn about leading children's hikes or ways to share your organizational or other professional skills, please contact JuniorExplorers-coordinator@FriendsofEdgewood.org.

Submitted by Bob Young...

Suppose you were asked to write a poem about a rattlesnake. Could you do better than poet Richard Wilbur? Consider that Richard Wilbur was named Poet Laureate of the United States in 1987 and, in 1989, was the winner of the Pulitzer Prize. Mr. Wilbur's poem is provided below, but the last four lines have intentionally been left out.

"A Fable" by Richard Wilbur

Securely sunning in a forest glade,
A mild, well-meaning snake
Approved the adaptations he had made
For safety's sake.

He liked the skin he had—
Its mottled camouflage, its look of mail,
And was content that he had thought to add
A rattling tail.

The tail was not for drumming up a fight;
No, nothing of the sort.
And he would only use his poisoned bite
As last resort.

A peasant now drew near,
Collecting wood; the snake, observing this,
Expressed concern by uttering a clear
But civil hiss.

[...]

Moral
Security, alas, can give
A threatening impression;
Too much defense-initiative
Can prompt aggression.

Photo at right: A young rattlesnake ventures out to check out Edgewood Preserve's stunning wildflower display.
© 2019 Barb Emy



Yes, I'd like to become a Friend of Edgewood!

Here's my membership donation to support preservation, education, and restoration.

Join or renew online at www.friendsofedgewood.org.

- \$25 \$50* \$100*
- \$250 \$500 \$1,000+
- Other _____

- Make me a monthly Sustaining Member!**
The amount you choose will be charged to your credit card each month.

*Donors of \$50 or more receive a set of 6 Edgewood greeting cards; donors of \$100 or more also receive a 1-year subscription to *Bay Nature Magazine* as our thank-you.

- Please keep thank-you gifts and maximize the value of my donation.

- I'd like to get the newsletter by:
- email mail

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To learn about our volunteer opportunities go to <http://friendsofedgewood.org/get-involved>

Friends of Edgewood is a 501(c)3 nonprofit. Donations are tax-deductible as allowed by law.

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Mission Statement of The Friends of Edgewood — To protect and celebrate Edgewood as a unique treasure by promoting exemplary stewardship, and by reaching out with informative public programs. www.FriendsOfEdgewood.org

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**Bill and Jean Lane
 Education Center -
 Summer Hours and By
 Appointment***

Wed	9:30 am to 12:30 pm
Sat	9:30 am to 4 pm
Sun	9:30 am to 4 pm

*Subject to volunteer staffing.

2019
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 Kathy Korbholz
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 Howie Smith



UPCOMING EVENTS

Adopt-A-Highway

Next Sessions: 7/14, 8/3, 9/8, 10/5

To volunteer or get more information, contact

Dave Hershey at adoptahighway-coordinator@FriendsOfEdgewood.org

Third Saturday Nature Walks

7/20, 8/17, 9/21 - 10 AM @ BJLEC

Annual General Meeting

Sunday, 10/6/19

For more event info, see

www.FriendsOfEdgewood.org/events

The Edgewood Explorer is published quarterly by the Friends of Edgewood Natural Preserve, a nonprofit organization dedicated to preserving and restoring Edgewood and to educating the public about its treasures. The newsletter is edited by Linda Leong and is supported by contributions from many Friends. For more information about the Friends of Edgewood, visit our website at www.FriendsOfEdgewood.org, mail us at PO Box 3422, Redwood City, CA 94064-3422, leave a message or fax us toll-free at (1-866) GO-EDGEWOOD (1-866-463-3439), or email us at info@FriendsOfEdgewood.org.