

# Stewards of the Coast and Redwoods

Preservation through Education and Stewardship

Russian River District State Parks

Volume XXXI, Number 2, Summer 2016



## Summer Fun in Your State Parks!

April Reza & Michele Luna

**S**tewards of the Coast and Redwoods (Stewards) is excited to be sponsoring a number of opportunities for youth and families to engage in education and camping experiences in Russian River area State Parks this summer.

### FOREST TO THE SEA DAY CAMP

Thanks to a grant from the California State Parks Foundation, Stewards' first Forest to the Sea Day Camp will take place from July 11th to 15th from 9 am to 2 pm (M-W) and includes a Thursday overnight campout. Youth in grades 5 – 7 are eligible to participate in this FREE event. Parents will need to provide transportation to and from day camp sites and lunches each day. Activities will take place at different Russian River area State Parks. Youth will explore Armstrong Redwoods, visit the intertidal on the Sonoma Coast, hike from the coast into

the Willow Creek watershed and camp at Bullfrog Pond campground. Knowledgeable naturalists with wilderness first aid training will lead this interactive experience. Check our website for sign up information or call (707) 869-9177.

### YOUTH ENVIRONMENTAL "ARTIVIST" SUMMIT

Stewards is partnering with Raizes Collective to present a community-based Youth Environmental "Artist" Summit from July 28th to the 31st at Pomo Canyon Campground in Sonoma Coast State Park. This 4 day – 3 night event will provide a fun, safe and challenging experience for Sonoma County high school students. Our mission is to empower youth to become the next environmental leaders to catalyze creative change in their communities. Participants will attend workshops, may choose to go kayaking and be involved with the painting of a mural on the new fish passage bridge in the Willow Creek watershed. Contact April Reza at [april@stewardscr.org](mailto:april@stewardscr.org).

### JUNIOR RANGER PROGRAMS

Junior Ranger programs are also happening again at Bullfrog Pond Campground at 10:00 am on Saturday mornings from June 4th until August 14th. This program offers a gateway to the natural flora and fauna in your State Parks. Families are encouraged to consider making it a weekend excursion and book a camping reservation through [www.hipcamp.com](http://www.hipcamp.com) at Austin Creek State Recreation Area. Camping fees support Stewards' operations at Austin Creek SRA.

### FAMILY DAY IN YOUR PARK

Family Day in Your Park / Dia de Familia en su Parque is a bilingual event on June 25th, where Stewards hosts family-friendly activities at Armstrong Redwoods State Natural Reserve. Joined by a number of other nonprofit organizations and agencies in Sonoma County, families are invited to enjoy live animals, hands-on activities, entertainment, food and the acclaimed Steward Ship, a mobile marine education van developed by Stewards over the past few years. The Steward Ship will also be making appearances at a number of different community events this summer and will be out on the Sonoma Coast and traveling to pre-schools as well.

### 3RD ANNUAL CAMPAMENTO FAMILIAR / FAM CAMP

The summer's activities will end on Labor Day weekend with the 3rd Annual Campamento Familiar, or Fam Camp, which will be hosted at Pomo Canyon Campground with Stewards' partner Latino Outdoors. This beautiful community camp has introduced 120 participants to the unique landscapes of Sonoma County over the last two years, many of them having been first time campers. This year, overnight camping will take place for two nights from September 3rd – 5th and include an optional kayaking excursion along the Russian River estuary for family members on the morning of September 5th. Contact April Reza at [april@stewardscr.org](mailto:april@stewardscr.org).

#### Mission

Stewards Promotes, Restores, and Protects Your State Parks.

#### Vision

Stewards is the Link between People and Their Parks.

#### State Parks

Armstrong Redwoods State Nat. Reserve  
Austin Creek State Recreation Area  
Sonoma Coast State Park

Stewards of the Coast and Redwoods  
P.O. Box 2, Duncans Mills, CA 95430  
707.869.9177, 707.869.8252 Fax

[stewards@stewardscr.org](mailto:stewards@stewardscr.org)

[www.stewardscr.org](http://www.stewardscr.org)

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# EXECUTIVE DIRECTOR UPDATE

*Michele Luna, Stewards Executive Director*

It's hard to believe we're already heading into summer and the lovely spring days we had in Sonoma County this year will soon fade into the past. Our staff and volunteers have had a very busy spring, sharing nature with hundreds of school children at Armstrong and on the Sonoma Coast. Thank you everyone who came out multiple days a week to ensure a quality experience for our young naturalists.

The summer is also looking to be quite busy with a number of grant-funded projects beginning.

## ARMSTRONG FENCE PROJECT

Earlier this year, Stewards was fortunate to receive a \$45,000 grant from the San Francisco Foundation, which is funding new fencing and the replacement of old rotting fencing at Armstrong Redwoods. This project is especially important for keeping visitors on the trails in order to protect the fragile understory plants that provide nourishment for the redwoods. Our Operations staff will be working with the Sonoma Youth Ecology Corps on this project as well as other groups including a volunteer contingent from Medtronic. Our regular trail crew launched the project in May.

## MPA VIDEO PROJECT

Stewards is an active member of the Sonoma Marine Protected Area (MPA) Collaborative, along with about 30 other nonprofit and agency partners. On behalf of the Collaborative, Suzanne Olyarnik from the Bodega Marine Reserve and myself as co-chairs have been applying for funding to produce an educational video series about the Sonoma MPA's. We are happy to announce that we now have raised \$35,000 for the project: \$10,000 from the Resources Legacy Fund and \$25,000 from the Campbell Foundation. We've hired Full Frame Productions to produce the video and expect to have a 60 second commercial style video and two 3 minute segments done sometime this fall.

## POND FARM ORAL HISTORY PROJECT

As I reported in the last quarterly newsletter, we have launched an exciting oral history project thanks to startup funding from the National Trust for Historic Preservation. During a reunion of Pond Farm students in March we were able to conduct short interviews with most of the 20 attendees and we also conducted longer interviews with about 6 participants. I finished up the first segment of this project with filmmaker David Washburn in San Diego mid-May when we interviewed David Stewart, Marguerite Wildenhain's teaching assistant from 1962 to 1980, and his daughter Gail Stewart, who came to Pond Farm for the first of many times when she was five years old. This project is very inspirational and we are thrilled to be able to continue with a gift of \$10,000 from Pond Farm Interest Group founder Russ Whitman and a new grant from the California State Parks Foundation in the amount of \$5,000. We are also fortunate to have Emma Silverman, a public scholar from UC Berkeley, working with us on this project this summer as well as a digital story map of Pond Farm Pottery.

## NEW PRE-SCHOOL PROGRAM

Stewards is pleased to be launching a new pre-school program using our Steward Ship. Nancy Johnson, one of our new naturalists, comes to Stewards with a career history working with Head Start. Nancy will be outreaching to pre-schools in western Sonoma County and beyond to bring nature-related activities to them as well as supporting efforts to bring these youngsters to our parks when possible.

Each of these efforts needs volunteer help and support. Please feel free to contact us if you are interested in participating.



## CAL REPORT

*California State Park Ranger Greg Probst, Cooperating Association Liason (CAL)*

This past month I was honored to attend the Sonoma County Tourism annual meeting where Stewards of the Coast and Redwoods received their "Tourism Champion" Award. I wanted to be at this meeting to show how appreciative California State Parks is of Stewards of the Coast and Redwoods. As the state park representative I recognize all that you do to positively enhance our park visitor's experience when people from all over the world come to Armstrong Redwoods State Natural Reserve, Austin Creek State Recreation Area, and Sonoma Coast State Park. I was in great company as I was fortunate enough to go to this meeting with Steward's board members Marcy Beck and Donna Roper.

Specifically noted in the award was that Stewards operates two visitor centers, as well as Bullfrog Pond Campground in Austin Creek State Recreation Area and positively connects with more than 110,000 park visitors annually. This award is just one tangible example of all the hard work and dedication that Steward's staff, volunteers, and board members bring to our local state parks. The award is also reflective of the positive partnership between Stewards of the Coast and Redwoods and California State Parks.

Marcy, Donna, and I were able to meet with members from Sonoma County Tourism and promote the many recreational and educational opportunities that await visitors to our parks. While up on stage Donna did not miss the opportunity to remind the large audience about some of the fund raising events that take place each summer. I learned about the positive influence that tourism brings to our Sonoma County. Also discussed at the meeting was how Sonoma County Tourism (working together with local businesses, non-profits, and government agencies) was able to address and mitigate some of the negative impacts that tourism may bring to the local communities. On a personal note: I was also very appreciative that this early morning meeting was a breakfast meeting - where I was able to enjoy a variety of delicious baked goods and a few cups of hot coffee. Congratulations to Stewards of the Coast and Redwoods for being recognized as a Sonoma County Tourism Champions.

I look forward to working with all of you all as we once again embark together on another busy summer season.



## WHALE WATCH PROGRAM UPDATES

*Norma Jellison, Whale Watch Coordinator*

The 2016 Whale Watch has been unpredictable, thanks to the weather. We laughingly call it Blowdega Bay and sure enough, high winds, along with late season rains, caused some cancellations in March and April. We never really had the usual lull in the migration this year. Every weekend we were able to set up at Bodega Head, we saw whales going in one direction or the other.

The northbound migration of moms and calves began mid-April as usual. This is a most exciting part of the migration, as the pairs are quite close to shore and give us great views. Often the mothers and calves have been so "velcroed" together; it is hard to be sure

there are two whales. The blows can even be hard to discern, as they breathe just at/as they break the surface. Perhaps, having survived the predation by Orcas, who annually hunt the calves in Monterey Bay, mom is especially stealthy and protective of her calf. There is still a long way to go to Alaska and the feeding grounds.

The Los Angeles ACS census has counted 244 north bound calves this season and continues reporting sightings every week. Having been treated to close up views of many northbound moms and calves to date, we hope to see more throughout the month of May. Come join us and we will do our best to help you see our much loved Pacific Gray Whales!



*Photo of Cow and Calf off Sonoma Coast - Jackie Sones*

# EXPLORING THE INNER AND OUTER WILDERNESS OF POMO CANYON

*Sequoia Etcheverry, Programs Coordinator*

Spring has arrived on the Sonoma Coast. If you had the pleasure of being on the coast in April, you might have experienced some intense winds and endless sunshine. The hills are bursting with bright greens speckled with bursts of color from all the wildflowers; absolutely stunning wilderness in our backyard!

Just upstream from the Russian River mouth, in the Willow Creek area of Sonoma Coast State Park, a group of mostly strangers met to participate in a Forest Therapy seminar that I facilitated. After meeting near Jenner, at the intersection of Willow Creek Rd. and HWY 1, we made our way down the old rough road out to the little valley of Pomo Canyon. Protected from the winds under the great arms of redwoods, both young and old, we stepped out of the mundane world and into the magical experience of being in nature, intentionally.

The day progresses through a series of invitations that allow the participants an opportunity to naturally unfold into a sense of relaxation and connection. From my years of leading deep nature connection work, Forest Therapy is a simple way to connect deeply with the innate and ancient part of ourselves that knows we are not separate from the natural world. It allows us to make friends with the trees, the rivers, the sun and all the beings who call outdoors their home; to re-member the part of our self that comes alive when we choose to pay attention to our sensory experience; and to witness and be seen by others in a safe and intimate way. Needless to say it is one of my favorite things to do!

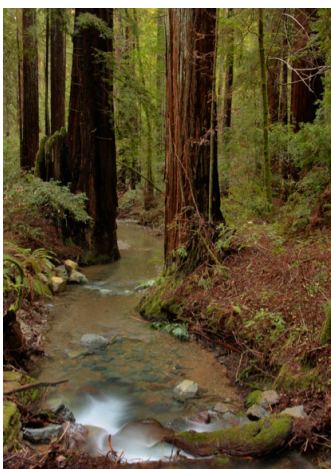
One of the invitations that I offered to participants, after guiding them through a sense meditation, was to wander silently on the land for about 15 minutes, allowing yourself to be drawn simply to what brings you pleasure. I was drawn to move only about 7 paces from where the group was circled, to greet the edge of the trail where it met the wild, untamed world. So there I was, laying on my belly, smelling the damp earth from a rain only days before, the music of the creek tumbling over rocks nearby, and all of a sudden, I caught eyes with a spider not more than 3 inches from my face. Immediately, a smile was startled to my face and the noticing of another made me lose my breath for a moment. Nearly apologizing for almost unknowingly destroying her hard day's work, I gratefully watched while she danced up and down the invisible threads, diligently weaving her web. Each of her movements were calculated and precise. I felt my tense shoulders release into the joy of just witnessing. I felt my awareness expand to include both the nearly invisible to the grandness of the redwoods that swayed in the winds above me. I felt my pace slow down and my interest in the world around me grow.



Highlights from participants included enjoying the serene, wild and quiet space of Pomo Canyon, the atmosphere of immediate friendship with new people who held diverse aspects of nature appreciation. One participant wrote on the evaluation form regarding the strong points of the seminar: "Sequoia's ability to bring out our natural wisdom, playfulness and vulnerability worked best for me."

More Forest Therapy walks will be schedule for this summer, dates to be determined.

## WELLNESS WALKS



Stewards would like to introduce the new "Wellness Walks" program. These easy forest floor walks are meant to enhance physical and mental well-being. Studies have shown that a walk in the woods will help: boost your immune system, reduce blood pressure, reduce stress, aid in recovery, increase energy, and improve sleep. Park prescriptions are available from local health practitioners in the Russian River area. Special thanks to Julia Pollock and Sequoia Etcheverry for leading this new easy hike series for all levels.

### **Armstrong Redwoods State Natural Reserve**

When: Wednesdays 11:00 AM – 12:00 Noon

May 25, June 1, 8, 15, 22, 29

Where: Meet at the Visitor Center (entrance parking lot).

No pre-registration required, just show up!

Walks will be led by Julia Pollock, retired R.N. and Sequoia Etcheverry, M.A. Psychology.

## UPCOMING ORIENTATIONS, TRAININGS, SEMINARS & EVENTS

**REGISTRATION IS REQUIRED** - To register use our Online Reservation Form at [www.stewardscr.org](http://www.stewardscr.org)

For more information contact: [sequoia@stewardscr.org](mailto:sequoia@stewardscr.org), [jazzy@stewardscr.org](mailto:jazzy@stewardscr.org) or call (707) 869-9177 ext. 1#.

*Members receive a 20% discount where fee applies*



**Harbor Seal Viewing by Kayak** Saturday, June 4, 9 AM - 12:30 PM (+Kayak Rental \$ )  
View harbor seals safely, as you glide across the waters of Jenner at the Russian River estuary. \$20  
Followed by a **FREE Seal Watch Training at Jenner Visitor Center for future volunteers!**



**From Forest Exploitation to Stewardship** Saturday, June 11, 10 AM - 12 PM  
Explore hopeful developments & continuing tensions between forestry & timber companies. \$10

**Tracking: Seeing Patterns on a Landscape** Sunday, June 12, 9 AM - 3 PM  
Join in as Meghan Walla-Murphy shares the discipline and mechanics of tracking wildlife. \$20

**Edible and Medicinal Plants of Austin Creek** Saturday, June 18, 10 AM - 1 PM  
Discover and explore the abundance of food and medicine that grows all around us. \$20



**Event: Family Day in Your State Park** Saturday, June 25, 12 PM - 5 PM  
Family Activities, Auction, Horse & Carriage Rides & Entertainment in Armstrong Redwoods. **FREE**

**Legacy of Pond Farm Pottery** Saturday, July 16, 1 PM - 4 PM  
Be inspired by the story of internationally renowned ceramist, Marguerite Wildenhain. \$20

**Event: Art in the Park** Saturday, July 23, 12 PM - 5 PM  
Local Art Exhibit & Sale ~ Live Music, Bear/Wine Tasting & Food at Armstrong Redwoods SNR **FREE**



**Event: Sunset Dinner** Saturday, August 6, 5 PM - 9 PM  
Gourmet dinner with wine pairings, while the sun sets over Austin Creek. **TICKETED EVENT**

**Event: Old Grove Festival** Saturday, September 17, 5 PM - 9 PM  
Headliner: Poor Man's Whiskey & Opener: David Luning in the Forest Theater **TICKETED EVENT**

**Whale Watch Orientation** Saturday, November 12, 9:30 AM - 1:30 PM  
Learn about the incredible migratory journey of Pacific Gray Whales and how to spot them! **FREE**  
**Whale Watch begins in January and runs through the end of May.**

## JUNIOR RANGER PROGRAM

Join us for these **Free Environmental Exploration Workshops!**

**10:00, Saturday mornings at Bullfrog Pond Campground in Austin Creek SRA**

**Mammals of Austin Creek:  
Who's eating who?**

June 4th, July 9th

**Invertebrates: Life without a Backbone**

June 11th, July 16th

**Life Cycles, Cycles, Cycles: Air, Water, Rock**

June 18th, July 23rd

**Plants, Wildflowers, and Pollinators**

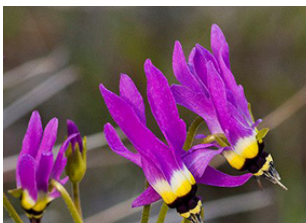
June 25th, July 30th

**Adaptions and Connections**

July 2nd, August 13th

This is a great opportunity for the whole family to come out for a day filled with fun educational activity in the woods!

Consider making it a family weekend event by reserving a campsite at Bullfrog Pond in Austin Creek State Recreation Area through [www.Hipcamp.com](http://www.Hipcamp.com) today!



**Volunteer Opportunities**

Call the Stewards office:  
869-9177 x1# or email  
sequoia@stewardscr.org or  
jazzy@stewardscr.org

**Program Activities  
Armstrong Redwoods**

- Visitor Center Staffing
- Friends of Armstrong Redwoods
- Docent Tour Guides
- Trail Maintenance
- Habitat Restoration Project
- Pond Farm Working Group

**Sonoma Coast State Park**

- Visitor Center Staffing
- Seal Watch
- Whale Watch
- Tidepool Programs
- Watershed Programs
- Environmental Living Prog.
- Sonoma Coast Stewardship
- Pinniped Monitoring
- Seabird Monitoring

**Other Projects**

- Office Help & Special Events

**Volunteer Program Coordinators**

- Joyce Bacci, Armstrong VC
- Doris Dickenson, FAR Staff, Pond Farm
- Linda Fisher, Jenner VC
- Vacant, Seal Watch
- Bea Brunn, Whale Watch
- Suzanne Abrams, ELP
- Cindy Gillease, Willow Creek Education Program
- Bill Bambrick, Sonoma Coast Trail Crew
- The Sorensens, Marine Debris & Beach Cleanups
- Hollis & Jerry Bewley, Tidepool Programs
- Hollis Bewley, Seabird Monitoring
- Mark Anderson, Foot Patrol

**SAVE THE DATE AND GET YOUR TICKETS TODAY!**

*Stewards of the Coast and Redwoods*  
**Family Day in Your Park**  
**Día de la Familia en Su Parque**  
**June 25, 2016, 12-5pm**  
**25 de Junio 2016, 12-5pm**

**Nature Activities, Food, Music**  
**Actividades, Comida, Música**

Free admission & activities · Admisión y actividades gratis  
 Parking fees apply to drive into the park · Shuttle provided  
 Tarifa de estacionamiento se aplicará

**Armstrong Redwoods State Natural Reserve**  
 17000 Armstrong Woods Road, Guerneville  
 stewards@stewardscr.org  
 www.stewardscr.org

*Sunset Dinner*  
*Austin Creek*

Saturday, August 6, 2016

Benefit for Pond Farm Pottery

More information on Stewards' website. Tickets available NOW

*Art in the Park*  
 A Benefit for  
**Stewards of the Coast and Redwoods**  
 Armstrong Redwoods State Natural Reserve  
 Guerneville, Sonoma County  
 Saturday, July 23, 2016, Noon to 5:00 pm

FREE admission, parking fees apply  
 Art Exhibit & Sale, Wine/Beer Tasting,  
 Food & Entertainment  
 www.stewardscr.org  
 (707) 869-9177 • stewards@stewardscr.org  
 Call if special accommodation is needed.

California State Parks Presents  
 the Eleventh Annual  
**Old Grove Festival**  
 A Benefit for  
**Stewards of the Coast and Redwoods**  
 Redwood Forest Theatre, Armstrong Redwoods State Reserve  
 Guerneville, Sonoma County  
 Saturday, Sept. 17, 2016

**Poor Man's David  
 Whiskey Luning**

Gates open at 4:30 pm: Food and Bar  
 David Luning 5:30 and Poor Man's Whiskey 6:30

**Pre-Sold Meal - Pulled Pork or Portabello  
 Mushroom on roll with side dishes**  
 \$20 Advance purchase only, members 20% discount

Additional Food, Beverages and Desserts for sale  
 Wine and Beer Bar  
 No alcohol may be brought into the festival

**Tickets**  
 Stewards Members receive a 20% discount  
**General Admission: \$30; Child - \$10**  
 One child admitted free with each adult  
**Preferred Seating: \$50**  
**Redwood Circle: \$75, 1st few rows.** Includes private bar with wine/beer glass and drink

Contact (707) 869-9177 for special accommodations  
**www.oldgrovefestival.org**  
 Information (over)



Scotty Lawyer and Michele Luna pose with check for all beneficiaries.

*Stewards is honored to have received a \$23,000 grant from the Sonoma Wine Country Weekend for Russian River area Stewardship Projects.*

# In Appreciation of our Donors

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Bodega Seafood, Art & Wine Festival  
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Gayle Alexander & Wanda Swenson  
Eric & Jennifer Tawney  
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Megan Jamison  
Melody Vega  
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# Stewards of the Coast and Redwoods

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(707) 869.9177, FAX (707) 869.8252

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Stewards members receive this quarterly newsletter by email or mail, a 20% discount at Stewards run Visitor Centers and our special events and discounts on our educational seminars.

**CALL 800-320-0476  
TO MAKE A  
VEHICLE DONATION  
IN THE NAME OF  
STEWARDS.**

For information on contributing to Stewards' Endowments please contact Michele Luna (707) 869-9177 X4# [michele@stewardscr.org](mailto:michele@stewardscr.org)

## Stewards of the Coast and Redwoods

### Membership Form

RENEWAL

YES, I'd like to become a member.

- Senior/Student  \$25.00  
Individual  \$30.00  
Family  \$45.00  
Contributing  \$100.00  
Sustaining  \$150.00  
Business  \$150.00  
Patron  \$250.00 plus  
Osprey Circle  \$500.00 plus

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

I'd like to help with an additional donation of \$\_\_\_\_\_

Payment type: Check  Charge Card  Visa MC Total tax deductible donation \$\_\_\_\_\_

Make check payable to Stewards. Account # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Annual Renewal Date: February 1 Signature: \_\_\_\_\_

## Bequests

### Your Gift to the Future of State Park Preservation

With your help, future generations will enjoy the State Parks in the Russian River District, including education and stewardship programs supported by Stewards. A gift to Stewards is a rewarding form of giving from your estate. There are several types of charitable bequests by will (or beneficiary designation).

Sample:

I hereby give and bequeath to Stewards of the Coast and Redwoods, a nonprofit organization incorporated under the laws of the State of California, with a principal address at P.O. Box 2, Duncans Mills, CA 95430, \_\_\_\_\_ percent of my estate, (or) the sum of \_\_\_\_\_ dollars, (or) the following assets \_\_\_\_\_, Tax ID # \_\_\_\_\_ provided upon request. Contact your legal advisor for further information. There are also other planned giving options for your consideration.