

Friends of Boggs Mountain



NEWSLETTER

Volume 9, Issue 1

March, 2013

P.O. Box 735

Cobb, CA 95426

www.boggsmountain.org

Blossoms Awake !

YOU'RE INVITED!

2nd Q 2013 Board Meeting

Our quarterly Board of Directors meeting will be open to the general public from 7-8pm on Thurs., April 11, 2013 (please check our Website for updates) at the Board Room of the Cobb Area County Water District Office next to the post office. Anyone interested in being involved in The Friends of Boggs is encouraged to attend!

IN MEMORIAM:

~ NATHAN KELLY FLETCHER ~

The Friends of Boggs Mountain wish to express their deepest condolences to BMDSF Forest Manager, Gerri Finn, her husband, Kelly Fletcher, and their families on the loss of their beloved son, Nathan Kelly Fletcher. Nate was a lifetime resident of Cobb, an avid mountain biker, hiker, rock climber and extreme sport enthusiast. He spent many hours working with his Dad on projects for Boggs and the community, and was remembered by his many friends for his enthusiasm and compassion.

We will miss you, Nate.

Dear Friends,

The warm mild weather of spring brings increased traffic of all kinds at Boggs so I thought it timely to remind everyone of a few simple measures we can all take to minimize impact on the forest and each other.

1. Please observe trail etiquette. Hikers yield the trail to horses; bikers yield the trail to hikers and horses. We have posted the familiar trail etiquette signs on the kiosks and some trail head signs as a reminder.
2. Weather changes quickly up here and a beautiful spring day can give way to a winter-like storm so be prepared for volatile weather. When heavy rains do return to the mountain please tread lightly on the trails. Heavy bike, horse and even foot traffic can have adverse affects on trail condition and contribute to increased erosion.
3. Pack it in, pack it out; pretty much everything you bring in needs to leave with you. Unsightly trash left behind by careless forest users diminishes everyone's experience in the forest and can be a danger to wildlife.
4. Please confine target shooting to the designated area on the south end of the forest (see map) to avoid conflict with other users. Also see number 3.
5. Seasonal hunting is allowed throughout much of the forest but many trails are not clearly visible from a short distance away so when taking aim be sure of what you are shooting at and what is behind it before taking that shot.

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TAKE A HIKE

... with experienced guides. Burn some calories, elevate your heart rate, recharge your chakras and allow yourself some time to enjoy the natural beauty surrounding you. Make sure you choose the right hike. Here are the ratings of our guides:

Karen's hikes - are medium-paced, and moderately challenging. Karen is a fun hiking buddy who loves the forest, has a repertoire of fascinating stories from Cobb as well as places she's lived and visited in remote parts of the world.

Darlene's hikes - are slower-paced, moderately challenging and educational. Birds, trees, wildflowers and bushes identified and information shared.

Mike's hikes - are for young children and the young at heart who want more than a walk in the woods. He and his sidekick, Gigi, will incorporate fun, crafts and learning as kids and their adult guardians take a romp in the forest!

Please check back with the Website or confirm with the guide leaders below in case of any changes or cancellations.

SUN., April 7 at 9 a.m.

4-5 mile moderate-paced hike with Karen on various Boggs trails. Bring water, a snack and wear sturdy shoes. We meet in Boggs parking lot. Friendly, leashed dogs welcome. Heavy rain or snow cancels. Questions? beardie1@sonic.net or call 707-321-4964.

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Boggs Mountain Demonstration State Forest will be hosting several mountain bike races this year. Feel free to come out and watch this exciting sport. But if you seek solitude versus thrills, check our Website calendar for dates and times of these races to avoid the crowds. We try to post race course maps or links to the same so you can plan to avoid the hoopla.

With all that said, make it a point to visit the forest soon. A wide variety of wildflowers will soon be emerging as well as a fresh crop of new green leaves to offer shade in the summer.

Follow John Muir's advice:

"Climb the mountains, and get their good tidings. Nature's peace will flow into you as sunshine into trees. The winds will blow their own freshness into you and the storms their energy, while cares drop off like autumn leaves."

May the forest be with you,

David Thiessen
Board President

P.S. WOOF!

Dog Lovers, don't forget to save the date for our First Annual Dogs at Boggs event on Saturday, May 4th from 10am to noon! See the flyer on the last page of this newsletter for more info.

Many Thanks To Our Trail Maintenance Volunteers

(3rd Quarter 2012-present)

Brien Crothers, Darlene Hecomovich, Matt Kolasinski, Frank and Richard Lenney, Boone Lodge, Obie Porteus, Heather Spadaro, Gigi, Roy & Liam Stahl, David Thiessen

Apologies if we've left out your name ... please let us know & we'll add it in the next newsletter!

TAKE A HIKE *(continued)*

SAT., April 27 at 9 a.m.

1.3 mile casual-paced hike with Darlene on Interpretive Trail. Bring water, a snack and wear sturdy shoes. We meet in Boggs parking lot. Questions? dheco@me.com or 928-5591

SAT., May 11 at 9 a.m.

Join Darlene and Peg on a special bird identification walk and talk! Learn the tools, tricks and joys of birding, and if you have them, bring binoculars and a field guide (see article on next page). Also if you're a techie, look into birding apps on your iPhone or Android and impress the ladies ;). Don't forget to bring water, a snack and wear sturdy shoes. We meet in Boggs parking lot. Questions? dheco@me.com or 928-5591

SUN., May 19 at 2 p.m.

and

SAT., June 22, 10 a.m.

Hey there kids and parents! Join Mr. Mike and Ms. Gigi on a one hour forest exploration. We'll be having fun, playing games, maybe painting Mr. Mike's face with mud, who knows? Whatever we do, it'll be so much fun and silliness, you won't realize that you've hiked 100 miles, learned how to use a compass, or identify cool stuff like poison oak. Neeeyahahaha! This hike is suitable for preschoolers up to 121 yrs old. Please bring water, a healthy snack, your invisible light saber, and wear sturdy shoes. We meet in Boggs parking lot. Questions? ggstahl@gmail.com or 707-809-5299.

WED., June 26 at 9 a.m.

3 mile casual-paced hike with Darlene on various Boggs Trails. Bring water, a snack and wear sturdy shoes. We meet in Boggs parking lot. Questions? dheco@me.com or 928-5591

Note:

Carol's long-distance, fast-paced hikes will be put on hold till after the summer. The Friends of Boggs Mountain are deeply grateful to Carol for her enthusiasm and the many years she has devoted to leading challenging excursions at Boggs as well as surrounding areas. We wish her a healthy and enjoyable summer with her family!

Too Whooped to Hike?



No worries, gang! Join us for a forest exploration this spring! We're organizing two one-hour hikes in May and June specifically targeted for younger children (preschool and older). It'll be all about fun and enjoying the forest, not speed or distance. Some ideas: make a forest mandala ... mind the PO! ... make up a poem or a song about the forest ... use a compass and find the treasure ... or come up with your own idea! Join us on May 19 and June 22 ! (see "Take A Hike" Calendar for more info)

P.S. Parents/adult guardians must accompany child.

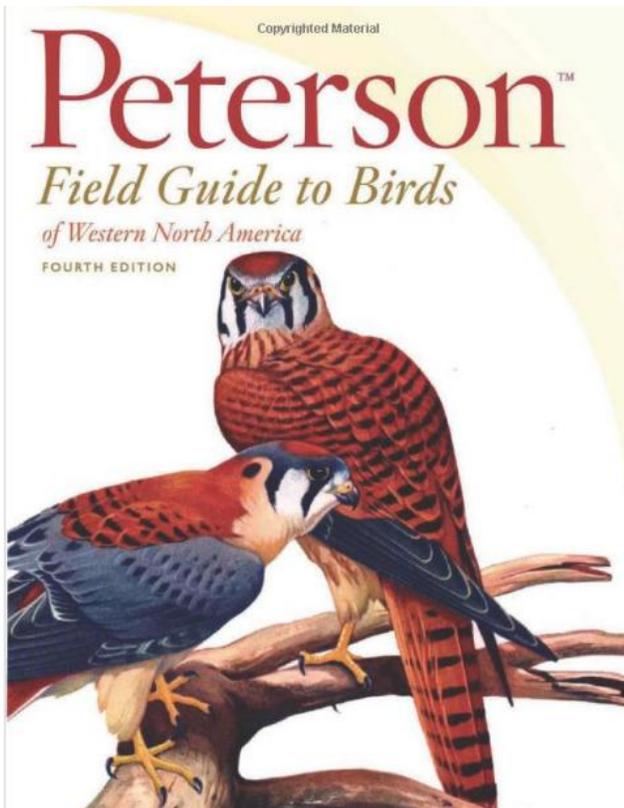
~ *The Naturalist's Corner* ~

The Joy of Birding

by *Peg Landini*

If you haven't already discovered the joy of birding, now is a good time to start. Many of you may have already developed some skills by observing birds that visit your backyard feeder. This is an easy way to become familiar with bird markings, calls and behavior. It is also a way for kids to develop an interest in the hobby of birding.

Identifying birds in the forest can be more challenging than backyard birding but equally enjoyable and rewarding. During the transition from Winter to Spring, the deciduous trees of Boggs remain relatively bare, affording the birder a better opportunity for sighting and identifying birds. Whether you're a longtime birder or a first timer, you need little more than a pair of binoculars, a field guide and a desire to learn more about your neighbors in the forest.



Boggs Mountain provides a wealth of bird activity year round. Bird sightings in Boggs include Mourning Dove, Acorn Woodpecker, Pileated Woodpecker, Steller's Jay, Common Raven, Chestnut-backed Chickadee, White-breasted Nuthatch, American Robin, Spotted Towhee, California Towhee, Song Sparrow and Fox Sparrow. Early morning and late afternoon are optimum times for birding as these are the times they feed. As you hike the trails, listen for bird activity in the trees and understory of the forest. Stop and see if you can locate where the sound is coming from.

Often you will see branches or shrubbery in motion. This is the point at which to raise your binoculars to try and locate the bird(s). This sequence of steps is one that is repeated frequently while birding so you might want to practice with binoculars in your backyard first. Following a bird in flight with binoculars is another skill to practice and more difficult to master. Once you have located the bird through your lenses, take note of field marks, size and shape of beak, and any behavior that stands out such as a flicking tail, or the bird creeping down the tree head first. Discuss your observations with your friends and then refer to your field guide for identification.

As for field guides, I recommend the *Peterson Field Guide to Western Birds* or *The Sibley Field Guide to Birds of Western North America*. The Sibley guide has the map of the bird's range on the same page as the plate and description so it is easier for the novice to use. Spend some time browsing through the guide at home to familiarize yourself with the birds in your area. Enature.com is an excellent Website for identifying birds by sight as well as by their songs. I have yet to check out birding apps for smartphones but I'm sure they have some good ones out there in iTunes or Google Play.

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The Joy of Birding, *continued*

Binoculars are more of a personal choice and I suggest you seek out advice from other birders before purchasing them. Sibley's Field Guide recommends 7- or 8- power binoculars for all-around birding, and suggests trying them out before you buy them. Lighter weight binoculars are easier to manage while viewing and tracking birds in flight. If you're not ready to buy, then borrow some from a friend and get started on the joy of birding.

Please join the Friends of Boggs Mountain for a Birding Hike on Saturday, May 11th at 9:00 a.m. If available, bring binoculars and a field guide, as well as your family and friends, and get to know more about the bird life at Boggs.



Perhaps you've met Darlene Hecomovich on one of her guided hikes or seen her putting up informative signs at the kiosk. Well, this lady is all business and smiles! Darlene has been an active member since the Friends of Boggs Mountain was formed in 2002. We would like to thank her profusely for her enthusiasm and devotion to the forest, her work on the Interpretive Trail, the historical notecards she prints and sells for the benefit of FOBM, and her inexhaustible energy in coming up with great ideas to enhance the visitor's experience at Boggs Mountain!

Please accept our heartfelt thanks for your contributions to Boggs Mountain, Darlene!

SPREAD THE LOVE

Know someone or a business that might be interested in a Friends of Boggs Mountain membership? Please send them to our Website for more info! <http://boggsMountain.org/membership>

We are very grateful to acknowledge the following new and renewing members:

Evanger's Dog & Cat Food Company, Inc., Illinois; Cliff Fago, Davis; Hardester's Markets & Hardware, Middletown; Mike Kasper, Cobb; Kathy & Vinny McEvoy, San Francisco; Mountain High Coffee & Books, Cobb; Karen Rhoads, Cobb; Jerry & Ikuo Sullivan, Cobb; Gigi Stabl, Hidden Valley Lake; David & Phyllis Thiessen, Cobb.

Thank You For Your Support!

The Friends of Boggs Mountain appreciate the support of our Business Members !



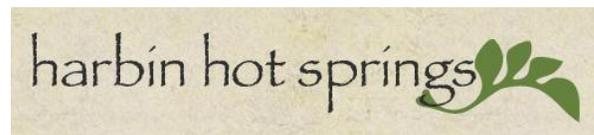
<http://www.bikemonkey.net>



<http://www.evangersdogfood.com/>



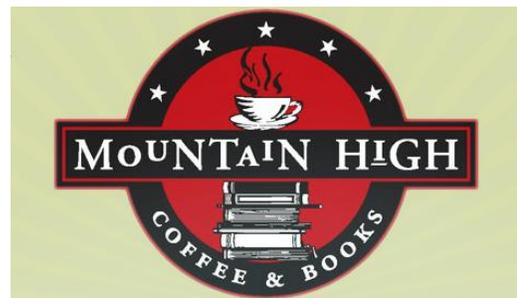
<http://www.yourhappysmile.com/>



<http://www.harbin.org/>



<http://www.hardestersmarkets.com/>



<http://www.mountainhighcafe.com/>

This Friends of Boggs Mountain newsletter was compiled and edited by Gigi Stabl. Please send comments and/or corrections to: fobmntn@gmail.com

1st Annual

Dogs at Boggs



A Fun Morning of Dogs and Hiking

Saturday, May 4 • 10:00 am to 12:00 Noon
at Boggs Mountain Demonstration State Forest
Cobb, California
In beautiful Lake County

American Kennel Club member Leslie Puppo will provide thirty minutes of dog handling tips specifically for forest visitors. We will then enjoy a leisurely exploration of the 1.3-mile Interpretive Trail. No leaf will remain unsniffed.

Canine participants will receive an "I'm a Boggs Dog" button and a bag of treats. Refreshments will be provided for humans.

Space is limited, so RSVP early: 707-321-4964

Map and directions: boggsmountain.org

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PO Box 735 Cobb, CA 95426 boggsmountain.org

Co-sponsor

