



Friends of Boggs Mountain

P.O. Box 735 ~ Cobb, CA 95426

www.boggsmountain.org

NEWSLETTER

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☀️ **TEN YEARS OF SERVICE**

On June 28, 2002, Friends of Boggs Mountain (FOBM) was conceived and 4 months later, our birth... when we acquired our 501c3 non-profit organization status. CalFire representatives Norm Benson and Gail Silliman held the first public organizational meeting, inviting local people who had an interest in working closely with CalFire on issues relating to the forest visitors experience. Citing the #1 reason for visiting Boggs Mountain Demonstration State Forest (BMDSF) as "the peaceful forest environment", CalFire recognized that "Boggs forest is looked at more as a community park by area residents". They are the major users of BMDSF, and organizing a local group to work together with CalFire would create the perfect opportunity to bring local user groups together to focus on ways to enhance the visitor's experience. About 30 curious people attended the first meeting, and 7 of them were willing to volunteer their time and efforts to create FOBM and the non-profit status we hold today. We still have 3 of the founding members on our Board of Directors and approximately 100 current members as well as many non-members who support our work.

Our purpose has been to represent the interests of all of our multi-use visitors to the best of our abilities and to support Forest staff by working to enhance the public's experience in the forest, assisting CalFire with maintenance and infrastructure improvements, organizing volunteers and raising funds to foster educational programs and to help in the development of facilities.

We have accomplished a great deal in 10 years as we continue to build and maintain trails, install and maintain forest trail signs, improving the trail maps and their printing, and the upkeep of the kiosks and the information posted. We have also developed a unique Interpretive Trail loop with more than 50 signs that we created, containing detailed information about plants, trees and shrubs; we were instrumental in getting a covered kiosk built for the parking area and a total resurfacing of the parking lot. Construction of a restroom is currently underway in the parking lot complete with a flush toilet and sink. Our TAKE A HIKE program has been hugely successful as well as our popular Saturday morning outdoor TALKS, and "the beat goes on".

We're proud of our many accomplishments and very grateful to the volunteers who have made it all possible. There have been a few hurdles and adjustments we have had to face due to the periodic changes of forest management and policies, but because of our determination and your support, we are still going strong.



RESTROOM TO REPLACE OUTHOUSE

Combining a Calpine community grant with money from FOBM and Bikemonkey, the restroom is finally becoming a reality. Bob Berg, who donated his labor and skill to build our covered kiosk, is busy constructing the building just east of the kiosk in the parking lot. It has been a long time coming, and will provide a much needed facility that will serve the forest visitors as well as travelers passing through the area.

MUSHROOM TALK/WALK - On [Saturday, October 27, 2012](#), the Friends of Boggs Mountain will be hosting a special beginner's mushroom talk and foray, featuring Darvin DeShazer, co-founder of the Sonoma Mycological Society. A brief talk on mushroom collecting and etiquette will start at 10am at the tables across the road from the main parking lot/kiosk, followed by a walk in the forest to hunt, collect, and identify fungi. Once a good variety of specimens have been collected, we will return to the tables with our mushrooms which Darvin will discuss with participants. Please bring a sack lunch/drinks, be prepared for wet weather, including wearing water-resistant trousers when kneeling on the forest ground to collect mushrooms (knee pads are also a good option), a pocket knife (a 3-4-inch blade is more than sufficient), medium-sized basket, and an inexpensive 1" paint brush to clean your mushrooms. The foray and ID segment should end around 3pm. Heavy rain will cancel the event; however, the foray will still proceed under light rain conditions so please wear non-cotton layers and bring rain gear! A useful field guide is by Sonoma resident and author David Arora, *All That the Rain Promises and More: A Hip Pocket Guide to Western Mushrooms*, available at bookstores and Amazon.com. For details about our guest speaker, please go to our website address above. For more information about this event, please contact Gigi Stahl, [707-809-5299](tel:707-809-5299) or ggstahl@gmail.com.

The California Spikenard (*Aralia californica*)

by Darlene Hecomovich



California Spikenard is a plant that makes a statement in Boggs Mountain State Forest every season of the year except for winter when it withers and dies completely back. It is a deciduous leggy shrub growing to a height of 6 to 9 feet. Its stout erect branching stems emerge in early spring and grow to 3 to 6 feet in length. Its enormous leaves are the largest to be found in the Forest, growing as long as 14 inches and as wide as 8 inches. In summer it produces hundreds of tiny greenish-white, 5-petaled flowers in large multiple ball-like umbels,

12” broad at the base, and appearing like bundles of sparklers. These tiny flowers mature into berries in the fall, first greenish-white like the flower and then to pink and finally to deep purple or almost black. It is this display that the California Spikenard is offering the Boggs Forest visitor now. Don’t miss out! Look for it at the Houghton Creek crossing on the Interpretive Trail where an interpretive sign marks its location.

This is typical habitat for the California Spikenard. It prefers moist, shaded areas and likes to be stream side. It can be found throughout Western and Central California and into Oregon, but it is more common in the cooler areas of Northern California.

It is a member of the Ginseng family and is also known as Elk Clover, and the plant root is a source of numerous herbal remedies. The Indians of Northern California used it as a cure-all for many disorders and **today** it is used as an herbal remedy in the treatment of chronic lung problems as well as an anti-inflammatory to treat shingles, rashes, eczema and other skin conditions.

The next time you hike the Interpretive Trail be sure to enjoy the California Spikenard be it spring, summer or fall!

>>**DON'T FORGET - SECOND SATURDAY TRAIL MAINTENANCE - 9 A.M.**<<

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

*Reikor & Saro Deacon, Cobb; L. Boyd Green, Cobb; Kenneth M. Roberts, Loch Lomond;
Cory & Heather Dahline, Angwin; Sharon Weeks & Barry Oselett, Kelseyville; Tom
Smythe, Kelseyville; Robert Rothemich, Loch Lomond; Tedde McMillen, Hidden Valley
Lake; Joanne Noce, Capitola; Kelly Maher Vitaculture Services, St. Helena; Harbin Hot
Springs/Heart Consciousness Church, Middletown.*

Thank you!

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**50K Run – October 14** If you are interested in participating in a 50K run and 50K 2-person relay, now is your chance to do it, right here in Boggs Forest. The 2<sup>nd</sup> annual Boggs Mountain Boogie, put on by Kenny and Kathy Brown of Santa Rosa will be staged at Calso Camp. For more information about this challenging event, go to [www.BoggsMountainBoogie.com](http://www.BoggsMountainBoogie.com) or call 707-545-7653

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MEMBERS INVITED Our Quarterly Board of Directors meeting will be held on Thursday, October 11 at 7 p.m. in the Board Room of the Cobb Area County Water District Office next to the Post Office. Anyone interested in being involved in our organization is encouraged to attend.

