



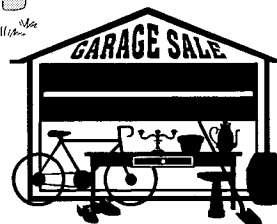
#65 SEPTEMBER / OCTOBER 2003

FEATURED THIS ISSUE:

BARN DANCE



MORE!



IS A SAGE
ALWAYS
HEALTHFUL?

OCTOBER BARN DANCE AND BARBECUE

BY LINDA TAYLOR

A Barn Dance and Barbecue is being planned by the Board of Directors and the Docent Organization for October 18, at Cachuma Lake Recreation Hall. Dancing inside; dinner on the lawn. Dick Cofiell is chairperson for this event, which promises to be a good time for all. Don Varner, well-known Santa Barbara caller will call square dancing suitable for beginners and fun for the experienced dancer. Audrey Von Bieberstein will cue line dancing and ballroom dancing can also be enjoyed. The Floyd County Boys will play for your entertainment during the social hour (3:00-5:00), thanks to Director Danny Ramirez, who arranged for their appearance.

Director Dennis Daniel, the chef for the evening, is planning a menu of tri-tip, chicken, beans, salad, French bread, and cake. Tickets for food and dancing are \$20.00 per person and will be mailed in early September, to a lengthy mailing list of active volunteers, former volunteers, members of the Nature Center, and others. Tickets not purchased by October 10, will cost \$25.00. Wine, beer, and soft drinks will be available to purchase at the event. Extra dinner tickets may be obtained from Dick Cofiell.

IT'S OCTOBER 18!



A country store featuring home grown produce donated by volunteers, and assorted hand made items, such as strawberry jam and apple jelly, is being organized by Linda Taylor.

Barbara Gutmann is in charge of decorations and requests the use of small white Christmas lights, (label your strings) and bandanas to use on the tables. Any reader who has access to corn stalks, please get in touch with her (jgutmann@aol.com).

A 50/50 drawing will be held; drawing tickets will be sold at the dance. Half of the income from these sales will be awarded as a prize, half will be retained by the organization. A door prize of four tickets on the Wildlife Cruise will be given.

Revenue from this fund-raiser will help compensate for the decrease in revenue from the 2003 Trout Derby.

FIVE NEW INTERPRETIVE DOCENTS SIGN ON

Five new interpretive Docents have completed training and have joined Cachuma Lake Nature Center; they are Rhonda Szucs, Alison Hubbard, Russell Pearson, Cachuma Lake; Sandi Witcher, Buellton, Karl Harris and Deborah McCleister, Santa Barbara. After intensive training which included lectures on Cachuma Lake, entomology, birds, mammals, geology, bats, Chumash Native Americans, plants, and interpretive skills these individuals will assist with guided nature walks and other interpretive activities at the Center.

Alison Hubbard and Sandi Witcher are active as volunteers at the Center already, having completed the "Fast Track Training" earlier last winter. Sandi, with her Docent husband Jerry, has worked on the Trout Derby for at least two years, and attended a number of Docent meetings. Her end-of-training presentation was on medicinal plants which she also presented at the August Docent meeting. Alison is currently the chairperson of the yard sale fund-raiser to benefit the Nature Center. She gave a presentation at the July Docent meeting on grebes. Russell Pearson has been leading nature walks at the Center for approximately one year; he has been a camp-

ground host at the Center and is also a Docent at the Sedgewick Reserve. Rhonda, mother of two young children, is actually a Garden Grove resident; however, while her husband is employed in the Santa Barbara area she is living at the Park. She has been helpful in assisting with the Junior Ranger Program and has a wide range of natural history interests. Karl worked with Liz Mason for two years on a habitat restoration program in Tabano Hollow in Santa Barbara. He has built wood duck nesting boxes as part of the training program and is currently developing a bat detection instrument (similar to that used by Paul Collins recently at his bat presentation). Deborah McCleister has much experience teaching children's classes as a former employee at the Botanic Garden in Santa Barbara. She has a long interest in natural history and spends as much time as possible at her cabin in the eastern Sierra.



Front row: Naturalists Liz Mason and Halli Prior, Sandi Witcher, and Alison Hubbard. Second row: Docent President Bill Hodges, Russell Pearson, and Karl Harris. Not pictured: Deborah McCleister and Rhonda Szucs.

BARN DANCE PERSONNEL

"The Barn Dance Committee is working very hard to make this event a success, but much help is needed on the evening of the event. I hope all docents and board members will assist," says Dick Cofell, chairperson of the Dance Committee. Barbara and Dick interview, left, Amessa Stuffins, and, right, Corny Strawman. Both make many local appearances at festivals and shopping centers. They were appearing at the local RiteAid drug store when recognized by editor Alan Schwartz. He bought out their contract. They aren't eligible for Workman's Compensation benefits, making them ripe for exploitation in any future rustic productions. They don't sass back either, as a docent might, making for harmony and peace and quiet. They do have a fear of squirrels, however, and need constant reassurance that they will be sheltered and dusted when not performing.



NOTE: THIS WAS UNFORTUNATELY OMITTED IN A PREVIOUS NEWSLETTER

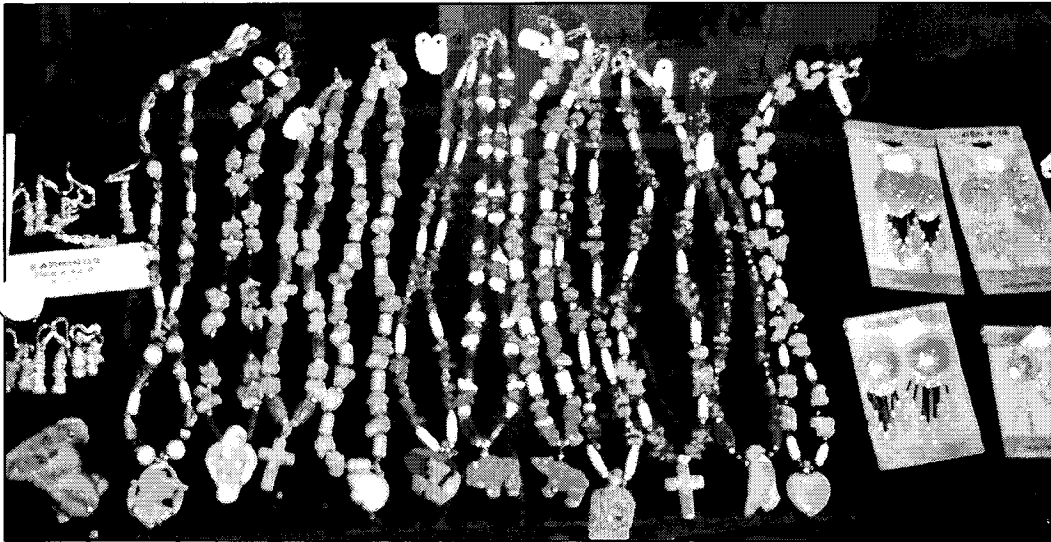
**Please patronize our generous donors to the Trout Derby.
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**NEW ITEMS OF NOTE
NOW AVAILABLE IN
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“The Multi-Purpose, Cure Almost Anything” Medicinal Plant



SANDI EXAMINES A WHITE SAGE

Sage is a member of the salvia family. There are over 900 species of salvia. Many types of salvia have medicinal uses. It is one of the most widely utilized herbs for this purpose. The name Sage comes from the Latin word SALVERE or SALVATION – meaning “to be in good health, to cure or to save”. It is thought that the healing properties of Sage came directly from the Virgin Mary. Sage is referenced in the following proverb: “How can a man grow old who had sage in his garden”

In ancient times when there were only herbs and spices for medicinal purposes, Sage was widely utilized around the world. Sage was a ceremonial herb of the Romans and there are references to Sage in the Anglo-Saxon manuscripts. The ancient Arabic and Chinese people used Sage for mental and spiritual clarity. Native Americans utilized Sage for smudging ceremonies to purify areas of bad feelings. Sage was also used in various spiritual and blessing ceremonies as it was believed that it dispersed bad luck. As a medicine, the Native American used Sage for almost every ailment. It was considered a “multi-purpose, cure almost anything” herb. All parts of the plant were utilized—it could be smoked, eaten, drank, inhaled or worn as a poultice or paste. It was used as a shampoo, hair colorant and deodorant. The Native American would rub their bodies with Sage before hunting to mask their human smell. Sage was most com-

monly used as a treatment for the common cold, flu, earache, cough or mouth wash. The seeds were utilized for eye inflammation. The seeds could also be made into a poultice application for boils, sores and slow-to-heal sores. Sage has been used throughout time. Its value and culinary, medicinal and spiritual uses span the world.

EYES IN THE SKY

NOTES BY LINDA TAYLOR, COMPILED AND EDITED BY PATRICIA MARTIN

On August 16 “Eyes in the Sky” the Audubon program about hawks and owls was presented at the Nature Center by Gabrielle Drozdowski. Through the program injured birds are rescued with the object in mind to get them well enough to return to the wild again. Although some of the animals become too accustomed to humans or are too permanently scarred to return to the wild many of the rescued birds are set free once they are well enough. Gabrielle shared stories and facts about the birds with the audience of about 160 people.

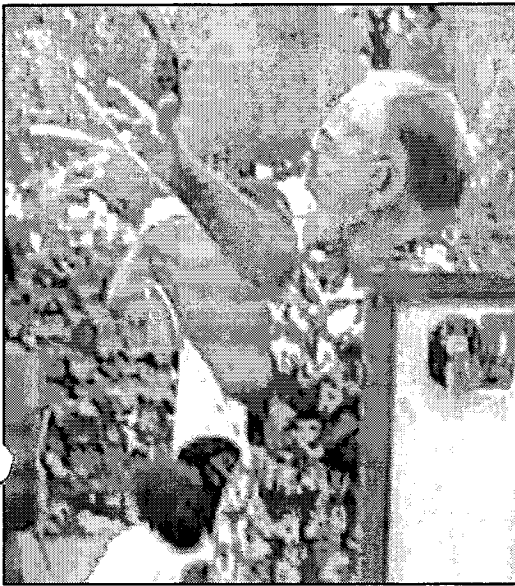
Tecolita is a young female Western Screech owl who was hit by a car and was blinded. She is the only bird in the program that likes to be petted and gets a great sense of security from being held closely. Ivan, an adult male red-tail who is unable to fly has been with “Eyes in the Sky” for 6 years. Red-tails are the largest of the North American hawks, mate for life and live up from ten to twelve years in the wild and perhaps 30 years in captivity. Max, a great horned owl, fell out of his nest, spent his youth in a cage with other babies and never learned to fly. Great horned owls live in widely diverse environments, i.e., desert, everglades, mountains, forests. They mate for life, move into the nests of other birds and will care for their young together for about 6 months. The four main reasons owls and hawks come within the care of “Eyes in the Sky” are: being hit by a car; poisoning meant for rodents; losing habitat; and being trapped in the cages meant for other animals. We all can help protect these birds by not trimming trees either in the spring when birds are nesting or in the fall. Some of the rescued owls and hawks may be placed in zoos or schools but it is illegal to keep them as pets.

Thanks to Gabrielle and “Eyes in the Sky” for the excellent and informative presentation.

THE NATURE CENTER TURNS FIFTEEN

BY LINDATAYLOR

In celebration of the fifteenth anniversary of the founding of the Nature Center, a "Birthday Party" was held on the lawn of the Center on July 19. Two hundred pieces of cake were served to children of all ages and their parents. Susan Ham, long time volunteer with the derby children's activities, organized old fashioned birthday party games for the event: drop the clothespins in the bottle, toss the frogs onto the lily pads, and pin the tail on the mountain lion. Liz Mason organized a mural coloring project and Judy Duncan and Halli Prior painted designs on many small faces. Thanks to Susan's ability to garner donated prizes, a drawing was held for approximately 70 children's books that were given away. Docent President Bill Hodges assisted by a young boy with a very loud voice and Bill's wife Rose handled the drawing.



NEAL DIRECTS "HAPPY BIRTHDAY"

Directors Carol Smagala, Danny Ramirez, (and his wife) and Kirby Duncan served cake and lemonade.

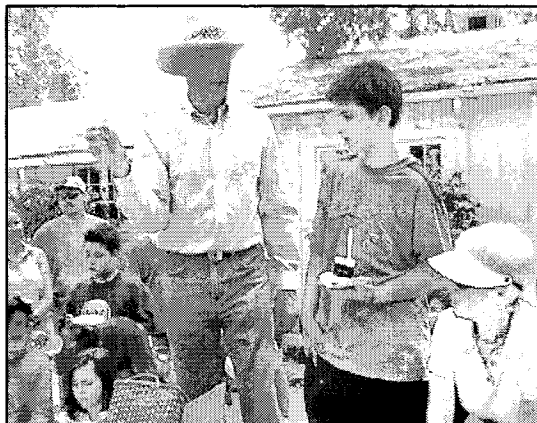
The incorporation papers for Cachuma Lake Nature Center were filed in August, 1988. Members of the first Board of Directors were Robert Fermin, Maggie Klages, Suzanne Polansky, Judy Johnson, Bobbie Hedges, Tom Lingham, Noreen Pond, Susan Ham, Kim Albright, Mary Kay Prentice, Maria de Herrera, and Peter Robertson. Maggie Klages was chosen to act as temporary chairman of the Board; Judy Johnson was chosen secretary. Park Naturalist Neal Taylor worked as a Park advisor and liaison to the Board. Park Department Director Mike Pahos and Deputy Director Frank Lauren were instrumental in acquiring the "Ranch House" for Nature Center use and in facilitating the incorporation process. Many of these names are familiar to us still and contribute in various ways on an on-going basis to the success of the Center.

Although a volunteer organization, which later became the Docent Organization, was functioning prior to the founding of a Board of Directors, formal minutes appear not to have been recorded. Active members at that time were Ralph and Maggie Klages, George Hughes, and Connie Howerton.

On Labor Day weekend, 1988, the "Historic Ranch House," as it was referred to for many years, became Cachuma Lake Nature Center and opened to the public for the first time with exhibits only in the current main room and no gift shop.



PINNING A TAIL ON A MOUNTAIN LION



THE DRAWING FOR CHILDREN'S BOOKS



THE NATURALIST MURAL

YARD SALE!

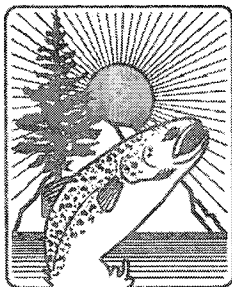
VERY SUCCESSFUL!



SELLERS OF GOODS EXTRORDINAIRE: BARBARA, ALISON, NEAL, PATRICIA

LAST MINUTE E-MAIL FROM LINDA:

"Alison deserves a huge pat on the back. We cleared approximately \$1,799.00 on the yard sale---the change has not been counted at this point. The huge effort was put forth by Alison, Annie, Tommie, Marilyn and Helen. Yes, many others worked too during the sale, but they have been here for days pricing stuff and organizing it. Hurray for them!"



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Complete the form below and enclose \$25.00
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