

Sycamore Sage

The President's Message

The Preserve may be closed during and after heavy rains. For your safety, please observe all closure notices.

Hours:

8 am to Sunset

For more information,
call the Visitor Center at

858-513-4737

Board Members of Friends of Goodan Ranch & Sycamore Canyon Open Space

President

Robert Laudy

Vice President

Ann Tibbs

Secretary

Phoenix Von Hendy

Treasurer

Terry Callan

Board Members

Maureen Abare-Laudy

Barbara Lerma

Joe Mossuto

Laura Mossuto

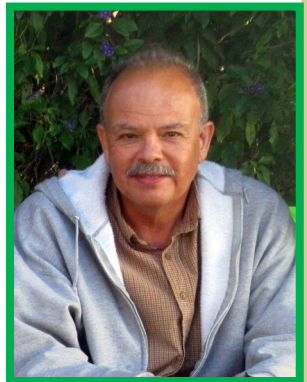
Newsletter & Webpage

Rita Lee

Happy Winter Everyone! Birding, tracking, hiking, biking have all been wonderful at the preserve and all over our diverse county.

Good News about Proposed Pit Mine

You may recall that Hanson Aggregates proposed to build a new open pit mine directly adjacent to Sycamore Canyon Open Space Preserve in a prime MSCP corridor near Hwy 67. They needed to secure the mineral rights from BLM in order to proceed. BLM approved and opened the bidding for the sale of those rights.



Robert Laudy

There is an email confirmation from BLM that Martin Marietta Materials, Inc. now owns Hanson and they rescinded their intent to provide a bid to BLM. No other bids were received and the bidding was closed.

I don't know what happens next, but I consider this a win for MSCP and the environment.

Speaking of Bird Watching

Maureen and I have been participating in bird walks lately. It is a great way to get out there and learn more about resident and migrating birds in your area.

Hundreds of bird species call San Diego home. Sycamore Canyon and Goodan Ranch offer great habitats for birding. Oak, Sycamore & Willow woodlands, and chaparral that birds love are plentiful here.

It doesn't require much beyond your normal hiking gear; just a pair of binoculars. There are some great apps for your phone to help you identify who you are seeing. Maureen and I use the free Audubon and Merlin apps, and there are others.

You can also attend organized walks that really help you see and identify our feathered friends. San Diego Audubon is good website to look for events and info:

<https://www.sandiegoaudubon.org/birding/local-birding-trips.html>

Preserve Staff

In Goodan Ranch/Sycamore Canyon Preserve many great things are happening thanks to the fantastic work by Parks staff.

Staff are improving the preserve daily. Just look at Supervisor Kevin Hubbell's report in this issue. Work includes a new memorial bench, improved trails, new trees & native plants, and improvements to the visitor center. Wow!

(Continued on page 2)

The President's Message—continued

The Friends of Goodan Ranch and Sycamore Canyon Open Space were happy to donate funds for improvements to the Olive Grove. Staff did a wonderful job, installing mulch, signage, tables, and fences.

In this issue

Park Events	Page 2
Legless Lizard	Page 3
Leaves of three-	Page 4
Rangers Report	Page 6
Map of Sycamore Canyon Preserve	Page 8

Happy outings to you,

Robert

January 2023 Program Guide



Jan. 7, 8, 14, 15, 21, 22, 28 and 29:

Nature Discovery Table

SYCAMORE CANYON GOODAN RANCH

9 A.M. - 5 P.M., FREE, ALL AGES

Hike down to the Goodan Ranch Visitor Center to explore an educational Nature discovery table. Learn about the native plants, wildlife, and history of the preserve while perusing and touching real artifacts and animal skins! The Visitor Center is about a mile from the Goodan Ranch Staging Area at 16281 Sycamore Canyon Road, Poway, CA 92064.

Jan. 21:

Interpretive Hike

SYCAMORE CANYON/GOODAN RANCH COUNTY PRESERVE

9 A.M. - 12 P.M., FREE, ALL AGES

Join Ranger Patrick on a moderate 3.5 mile loop on the Martha's Grove Trail at Sycamore Canyon/Goodan Ranch. Learn about the native plants and wildlife of this 2,272-acre preserve while experiencing a variety of vegetation habitats, historic oak groves, and the remnants of an old ranch. Meet at the Goodan Staging Area, 16281 Sycamore Canyon Road, Poway, CA, 92064.

Jan. 27:

Star Party

SYCAMORE CANYON/GOODAN RANCH COUNTY PRESERVE

5:30 - 8:30 P.M., FREE, ALL AGES

Join park rangers and the San Diego Astronomy Association for an evening of giant telescopes, stargazing and space education! All ages are welcome at our star parties and there is no cost to attend. This event meets at the Highway 67 Staging Area located at the end of Sycamore Park Drive - accessible only from the southbound direction on Highway 67 at 13898 SR-67, Lakeside, CA 92040.

Is it a Snake, Worm, or the Legless Lizard?



The San Diego Legless Lizard

In 2013 a new species was found in Southern California –

Anniella stebbinsi, the San Diego Legless Lizard, also referred to as the Southern California Legless Lizard.

Not much is known about the *Anniella stebbinsi*. Although it looks like a tiny snake or large earthworm, it is actually a small, slender lizard with no legs. It has a shovel shaped snout, smooth shiny scales, and a blunt tail. Unlike a snake or worm, if you look closely, you can see it has eyelids, and will often blink at you. It also has external ear openings that are consistent with it being a lizard, and the ability to shed its tail in the case of danger. Its back is light olive-brown, with strong yellow sides, and its underside is moderate yellow. It also has a black mid-dorsal stripe with the length of less than one scale wide that stretches from the parietals to the tip of the tail, and multiple black stripes that are one scale wide from the eye to the tip of the tail.

Seldom seen, these lizards live their lives underground or near the surface wriggling like snakes. Most are seen only when someone overturns a rock or a log.

They eat adult insects, termites, spiders and insect larvae spending their entire lives never leaving an area the size of a small table. Their jaws are “hinged” unlike snakes; so it is not possible for them to consume any food item that is bigger than the space between their eyes.



**Range of the
*Anniella stebbinsi***

This lizard has been classified as a California Species of Special Concern which means the species is at risk for becoming threatened or endangered. They are likely vulnerable to wildland fire. Off road vehicle use can trample lizards and their burrows.

So next time you see a small wiggling creature, take a closer look. It might actually be the seldom seen legless lizard.



***Anniella stebbinsi* attempting to bite a human finger**

**It is time to
Renew Your
Membership**



**See back page for
Membership form.**

Leaves of Three

By Rita Lee

Poison Oak

- Typically 3 leaves (up to 7)
- Resemble oak leaves
- Vine or shrub
- Toothlike edges
- Most common in the Western U.S.



How many of us grew up with hearing “Leaves of three, let it be!” In other words, if you see a plant with clusters of three leaves, don’t touch it! Why? Because, in the wild, touching a three leaved plant is likely to cause you to get a terrible rash. In San Diego county, the likely culprit would be Poison Oak.



Poison Oak is not an oak at all, though its leaves resemble the white oak. Pacific or Western Poison Oak (*Toxicodendron diversilobum*) is a deciduous shrub—sometimes growing as a vine—that leafs out in February and March with the stems grow quickly over the next 2 months. The new leaves in the spring are reddish, and because of the oil they contain, appear shiny. Later the leaves turn green. In the fall, before they drop, they turn into different shades of red and yellow. They can be quite beautiful. The leaves are lobed, from 1–6 inches long,

and typically arranged as 3-leaflets on stems (“leaves of three – let it be”) that grow alternately from the branch. Some stems, however, have up to 5, 7, or even 9 leaflets.

The late spring clusters of small, white-greenish flowers turn into small, waxy, greenish-yellow or white berries in late summer. The berries often remain on the plant through early winter.

During dormancy, without the characteristic leaves, poison oak is much more difficult to identify, but just as poisonous. The stems are light brown, cinnamon-colored, or grayish, with an upright growth pattern, like sticks.



The vining form can climb up large shrub and tree trunks into their canopies. Sometimes it kills the support plant by smothering or breaking it. The plant often occurs in chaparral and woodlands, coastal sage scrub, grasslands, and oak woodlands

Poison oak, like poison ivy, contains Urushiol. This oily substance is what causes a poison oak rash, and it can be almost impossible to avoid. The oil is present year-round, even on bare branches in the winter. Upon contact with your body, Urushiol immediately forms a chemical bond to the



skin and causes an almost unstoppable allergic reaction. Urushiol will stay on clothes, pets, or other materials for years, and its potency lasts. This means that you could even get poison oak without going anywhere near it.

The Urushiol resin can cause harsher reactions for those who have been exposed to it before. Only about 15 percent of people are resistant to Urushiol, so don't feel safe around poison oak unless you are absolutely sure you are resistant. Once you are exposed to Urushiol, you are much more

apt to get a greater reaction with your next exposure. Sensitivity to it builds each time.

Interesting enough, Black-tailed deer, mule deer, California ground squirrels, western gray squirrels, and other indigenous fauna feed on the leaves of the plant. It is rich in phosphorus, calcium, and sulfur. Bird species use the berries for food, and utilize the plant structure for shelter. Native animals, horses, livestock, and dogs do not have a reaction to Urushiol. However, their fur can transfer the oils to human skin causing that dreaded poison oak rash.

To help a poison oak rash from developing, a person should:

- Wear clothing that covers the skin, such as long sleeves, boots, socks, and gloves
- Apply an ivy blocker to the skin

After being outside:

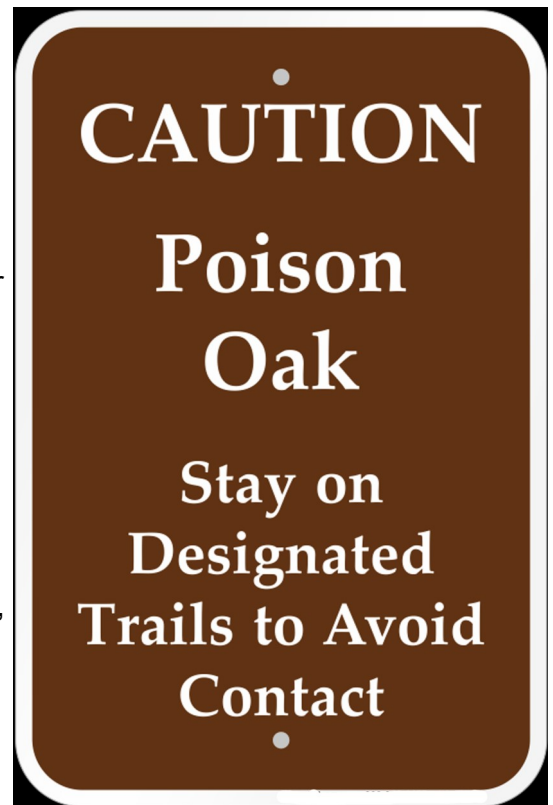
- machine-wash any clothing
- clean any tools using rubbing alcohol or soap with water
- wearing waterproof gloves, wash any pets, as fur can carry the oil
- shower, ensuring to wash under the nails

Urushiol is not water-soluble! Use strong soaps (like dish soap) and wash with cold water to keep the oils from spreading. Cleanse the area of contact within the first ten minutes, then rinse off with cold water

People should also avoid burning or mowing the plant, as this can release its oils into the air. Inhaling the oils from poison oak can send you straight to the emergency room.

Your best chance at avoiding a reaction is to treat poison oak within 10 minutes of contact.

If you don't catch the exposure immediately, treat the resulting itchy rash and blisters topically with calamine lotion, baking soda pastes, aloe vera, and a number of commercial products. If poison oak is extremely serious, speak to your doctor about a prescription.



Ranger's Report

Sycamore Canyon Goodan Ranch Preserve Park Update.

The family of Carol Crafts donated a beautiful memorial bench which was installed by park staff. Carol was a dedicated member of the Friends of Goodan Ranch and Sycamore Canyon Open Space and volunteered with organizations throughout the Poway area.



Staff has been working hard to prepare the trails for our winter rains. We have added decomposed granite, cleared water bars and removed vegetation.



(Continued on page 7)

(Continued from page 6)

Work continues to manage the closure of unauthorized trails. Staff has noted a decline in use over the past few months with additional signage and barriers.

With the 2022/23 planting season in full swing, staff has already added 135 trees and over 50 native plants. These efforts will continue into the Spring with a goal of 250 new trees.

We continue to partner with the San Diego Astronomy Club offering Star gazing events at the Hwy 67 Staging Area. The event on 9/23 had 35 attendees.

Staff held 6 Ranger led activities the past few months including tree plantings, nature hikes, and an event celebrating Green Friday.

With a donation from the Friends of Goodan Ranch and Sycamore Canyon Open Space, staff were able to complete some great improvements to our Olive Grove. 4 picnic tables were added along with split rail fence, a new sign and organic mulch. These new additions have made for a much more inviting and usable space sure to be a popular site for years to come.



The floors in our Visitor Center have been improved. The old floor coating was sanded, and the concrete was polished to create a beautiful, low maintenance floor. The building is looking better than it has in years.

Thank you all for your support

Kevin Hubbell

Supv Park Ranger



**Friends of Goodan Ranch
&
Sycamore Canyon Open Space**
 Webpage—GoodanRanch.org
 Facebook—Goodan Ranch
 Email—FriendsofGoodanRanch@gmail.com

**Please enroll me as a member of Friends of Goodan
Ranch & Sycamore Canyon Open Space.**

Date _____
 Name or Business _____
 Contact Name _____
 Address _____
 City, State, Zip _____
 Phone _____
 Email _____

**It is time to
Renew Your
Membership 2022 → 2023**

Please select your membership level

- ☐ •\$ 25 Individual
- ☐ •\$ 20 Student /or/ Senior -62 and above
- ☐ •\$ 40 Family
- ☐ •\$ 50 Small Business
- ☐ •\$ 100 Patron
- ☐ •\$1,000 Lifetime Member

Fill out the requested information & mail it with your check to:

**Friends of Goodan Ranch & Sycamore Canyon
Memberships**

14753 Carlson St.
 Poway, CA 92064

**It is time to
Renew Your
Membership 2022 → 2023**



The Sycamore Sage
 14753 Carlson St.