



## Exploring the Watershed: Shady Creek Trails

By Dr. Wendy Trowbridge, Director of Restoration and Conservation Science Programs  
and Anita Smith, Public Education Manager

*On hot summer days, the cool, shady creeks in our Laguna de Santa Rosa watershed are the perfect place for a quick walk or leisurely stroll.*

*Photo: The Laguna de Santa Rosa, Sebastopol, CA. By Brent Reed*

Our watershed is home to both seasonal and year-round creeks. And, although some seasonal creeks are dry this time of year, they still support a dense canopy of trees and shrubs that provides shade to hikers and wildlife alike.

The Sonoma County Water Agency, the City of Santa Rosa, the Laguna Foundation, other non-profit groups, and hundreds of volunteers have cleaned up trash, removed invasive species, and planted trees to restore and enhance these riparian habitats and shady oases.

We invite you to get out and explore some of the Laguna tributaries and lesser-known recreational paths throughout the watershed. In this issue, we highlight a few, lesser-known paths to get you started exploring the watershed. If you'd like to join a small group for an outing with knowledgeable naturalists, the Laguna Foundation is offering several Watershed Perspectives/Shady Creek Walks this summer and fall. (See our events calendar on page 3 for more details.)

**Continued on page 5**



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## Summer Wildlife

Have you ever wondered how Laguna's wildlife adjusts to our hot dry summers? How do frogs, otters, dragonflies and egrets cope with less water and more heat? The simple answer is that wetland wildlife has adapted over generations to live with winter flooding and summer drying. Wildlife are still very much present, and many are quite active, but they've developed behavioral adaptations to summers in the Laguna.

Adaptations can be separated into four categories: long sleep, enjoy the night, deeper water, or head for the hills. Many reptiles, amphibians, insects and even some fish estivate—a state of dormancy or torpor, a kind of summer hibernation. To avoid drying out, some snakes, salamanders, frogs, and larger insects burry into mud or under debris to sleep away the summer blues. Other critters like bobcats and otters spend less time in daylight and switch to mostly nocturnal habits to take advantage of cooler temperatures. Fish and many wetland birds simply move towards deeper pools, shady creeks or migrate to the Russian River to wait out the summer in deep water. Lastly, many birds, insects, and some mammals use higher elevations to find cooler days—the wooded hills around the Laguna become their "summer resort."

How can you help wildlife through an arid summer? Simple! Provide native shrubs and trees for shady cover, create a rock or log shelter as a cool hideout, or set out shallow water containers for birds, bees, frogs and foxes to take a quick drink.

Kevin Munroe

*Executive Director*



## Nature's Corner: Local Dragons

*By Kevin Munroe, Executive Director*

One of summer's most energetic actors is the dragonfly. Dozens of dragonfly species live in California; we're lucky to have quite a few here in the Laguna de Santa Rosa. The ways in which these four-winged, huge-eyed,

spikey-legged creatures impress are many: their wings beat 60 times per second, they reach speeds of 40 mph, their highly evolved eyes see polarized and ultraviolet light, and their gill-breathing, water-living larva live up to 8 years while the winged adults live only a few months. As they zip and glide around the watershed this summer, observe their behavior. Aerial acrobatics include hours of snatching flying insects with their bristly legs and large mouths. Their mating rituals are unique and include connecting bodies in an upside down loop in mid-air.

You might see females tapping water with their abdomen tips laying dozens of eggs. *The more dragonflies the better!* They eat thousands of mosquitos, and feed swallows, kingfishers and kestrels. You can help by leaving vegetated buffers and reducing pollution in our streams.



# Summer & Fall Community Education Events

Unless otherwise noted, all events require pre-registration and take place or begin at Heron Hall at the Laguna Environmental Center (900 Sanford Road, Santa Rosa, CA). More details and registration available at [www.LagunaFoundation.org](http://www.LagunaFoundation.org). Questions? Contact Anita Smith at (707) 527-9277 xt..110 or [anita@lagunafoundation.org](mailto:anita@lagunafoundation.org).

## **Shady Creek Walk: Exploring Brush Creek Trails**

Watershed Perspectives with Laguna Staff and Guides  
Saturday, July 15, 9:00am-1:00pm. \$20.

## **Laguna Inspire: Morning Irwin Creek Walk**

Natural history outing with Foundation Staff and Guides  
Tuesday, July 18, 7:30am-10:30am. \$15.

## **Mid-Morning Murmurations:**

### **Natural History Outing for Seniors**

L.E.C. visit with Foundation Staff and Guides  
Friday, July 21, 10:00am-Noon. \$15.

## **Summer Stories for the Young at Heart**

Family Storytelling Evening with Ane Carla Rovetta  
Saturday, July 22, 7:00pm-8:30pm.  
\$20 Adults. \$10 Children.

## **The Awesome American Badger**

Presentation with Susan Kirks, Naturalist  
Saturday, July 29, 3:00pm-4:30pm. \$10.

## **A Year with the Urban Gray Fox**

Presentation with Bill Leikam  
Saturday, August 5, 3:00pm-4:30pm. \$10.

## **Make an Open-Weave Rush Basket**

Workshop with Charlie Kennard  
Sunday, August 6, 9:30am-3:30pm. \$85.

## **Mountain Lion Project: Meet Your Neighbors**

Presentation with Dr. Quinton Martins  
Thursday, August 10, 7:00pm-8:30pm. \$10.

## **Shady Creek Walk: Exploring Windsor Creek Trails**

Watershed Perspectives with Laguna Staff and Guides  
Saturday, August 12, 9:00am-1:00pm. \$20.

## **Laguna Inspire: Morning Irwin Creek Walk**

Natural history outing with Foundation Staff and Guides  
Tuesday, August 29, 8:00am-11:00am. \$15.

## **Reflections on Traditional Native Basket Weaving**

Presentation and Demonstration with Clint & Lucy McKay  
Thursday, September 7, 7:00pm-8:30pm. \$10.

## **Full-Moon Exploration of Irwin Creek & Lower Stone**

Natural History Walk and Picnic with Kevin Munroe  
Friday, September 8, 5:00pm-8:30pm. \$30.

## **Sustaining Groundwater Resources**

Presentation with Marcus Trotta  
Thursday, September 14, 7:00pm-8:30pm. \$10.

## **Opening Art Reception: Form & Color**

Wildlife Photographs by Dave Strauss  
Saturday, September 16, 3:00pm-5:00pm. FREE.

## **The Watershed Report: Year in Review**

Presentation with Dr. Wendy Trowbridge  
Thursday, September 21. Details coming soon!

## **Drawing Autumn Colors**

Colored Pencil Techniques workshop with Nina Antze  
Saturday, September 30, 10:00am-3:00pm. \$95.

## **Exploring the Laguna Headwaters in Cotati**

With Jenny Blaker, Michael Knappman, Keenan Foster, and Kate Symonds  
Sunday, October 1, 10:00am-2:00pm. \$25.

## **Acorn Ethnobotany: Processing a Watershed Staple**

Workshop with Zoe Minervini-Zick and Dylan Gearheart  
Sunday, October 8, 9:30am-3:30pm. \$60.

## **Fall to Winter Transitions: Watercolor Journaling**

Workshop with Kristin Meuser  
Saturday, October 14, 9:30am-3:30pm. \$95.

## **From Earth to Art: Making Art Supplies from Nature**

Workshop with Ane Carla Rovetta  
Saturday, October 21, 10:00am-4:00pm. \$85.



Photo: Gary Hundt

# Congratulations to the Learning Laguna Docent Class of 2017!

By Christine Fontaine, Director of Education Programs



Pictured above, L-R, Front to back: Carolyn Johnson (trainer), Nancy Napolitan, Lorelle Ross, Linda Fraley, Dexter Nardella, Carol Wegner, DJ DeProspero, Deborah Collins, Christine Fontaine (trainer), Julie Velichinsky, Nita Brock, Lisa Sorensen, Jim Allen, Raymie Roland, Alison Benelli, Denise Cadman (trainer), Raini Sugg (trainer). Not pictured: Suzanne Abrams.

The docent training course asks a fair bit of the trainees: Participate in 60 hours of presentations, discussions, observation, application, teaching practice, and field trips; do 20+ hours of homework; spend 10 hours shadowing; learn, grow and be willing to expand one's comfort zone. Fourteen community members rose to the challenge this spring and joined us for the training journey. I say journey because the whole of the experience amounts to a passage from one place to another—from a way of knowing the Laguna and the natural world to a deeper, richer perspective of the interconnections between flora, fauna, biodiversity, habitats, ecosystems and our own well-being.

On the last day of class (after the 2.5 hour test!), trainees shared some of their feelings about the journey: "I have always known that Sonoma County is a special

place. Now I know why!" "I feel so much more rooted and connected to Sonoma County." "Training opened my feelings of protection for the Laguna and the environment." "I feel inspired with a renewed sense of hope that (nature) can come back." "I loved being

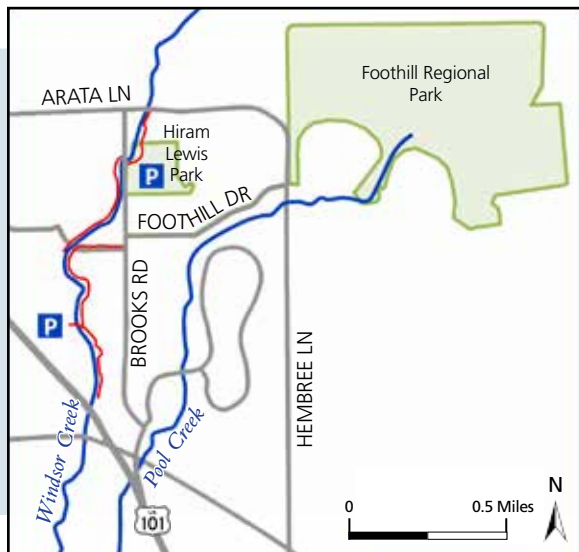
***"Training opened my feelings of protection for the Laguna and the environment."***

in a community with learners." "We are all part of this greater purpose." With those sentiments, I think you will agree that these new docents will make great

teachers for the *Learning Laguna* program!

*The Learning Laguna school program offers children in 2nd - 4th grades an opportunity to learn about wetlands and watershed science. The program has both an indoor and outdoor component and covers California State science and language arts standards. For more information or to find out if becoming a docent is right for you, please contact Christine Fontaine, Director of Education Programs at (707) 527-9277 x102 or email: christine@lagunafoundation.org.*



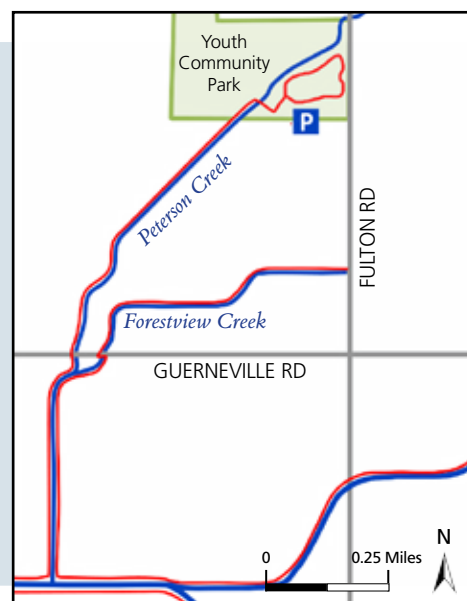


## Windsor Creek

Windsor Creek runs from its headwaters in the Mayacamas Mountains just southeast of Healdsburg, through the center of Windsor to its confluence with the Laguna near Forestville. The creek trail runs along a 1-mile stretch between Hwy. 101 and Arata Lane. Parking is available at Hiram Lewis Park, just north of Windsor Middle School or at the Hembree House Cultural Center on Brooks Rd. We invite you to join us on August 12 as we explore this peaceful shady stroll through the neighborhoods of Windsor. Details on page 3.

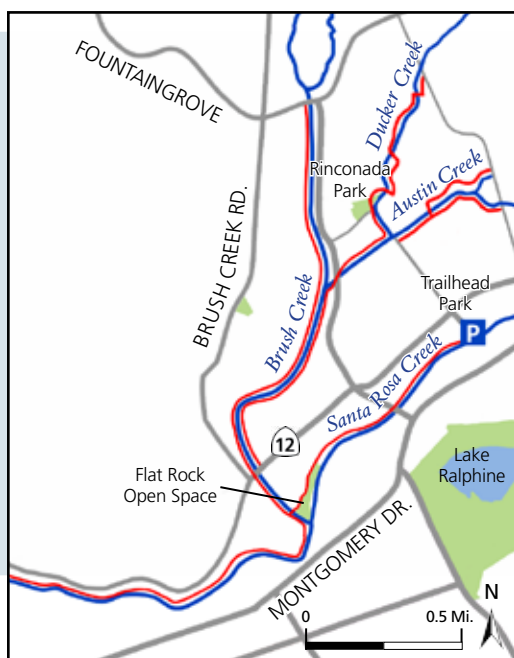
## Peterson Creek

Peterson Creek starts near Piner High School and enters Santa Rosa Creek just south of Guerneville Road. Parking is available at the Youth Community Park on Fulton Rd. The trailhead is located at the west end of the parking lot, past the gazebo. Once you cross the bridge, curve around to the left, crossing another small tributary, and you will find yourself on the Peterson Creek trail. This is a quiet trail lined with coastal live oaks. Traveling further along the trail, you can connect to the Santa Rosa Creek confluence, the Laguna de Santa Rosa Trail, and the Prince Memorial Greenway. Our Shady Creek Walk Series will provide an excellent opportunity to visit Peterson Creek along with staff and guides. Stay tuned for more details!



## Brush Creek

Brush Creek winds its way through Santa Rosa's Rincon Valley with several options for exploring associated tributaries. One option is a paved trail that runs 1.5-miles along the west side of Brush Creek from Montecito Blvd., under Highway 12, and along Santa Rosa Creek at Flat Rock Neighborhood Park. Explore the tree-lined unpaved path along Ducker Creek (a Brush Creek tributary) beginning at Rinconada Park, carefully cross Mission Blvd., and continue along the east side of Brush Creek on the dirt path to Highway 12. Look for coastal live oaks, box elder, and buckeye trees, as well as willow and other riparian-loving shrubs and lots of bird life. Tour the trails with our staff and guides on July 15. Details on page 3.



**Want To Explore Further?** Download a Trail Guide from our website or stop by the Laguna Environmental Center and pick up a free copy! Local creek trail maps are also available from the Sonoma County Water Agency, the City of Santa Rosa, and the Sonoma County Regional Parks.

# Staff Changes: New Faces and New Chapters



## A Fond Farewell and Congratulations!

*By Adrienne Gause, Administrative Manager*

Nancy Hauptmann has been warmly greeting visitors at the office, meticulously maintaining our database, and diligently supporting all our programs, volunteers, and staff for the last eight years. She served on the Gala committee for many years, and headed the registration for all our major annual events including the Laguna Re-Leaf Day, Member/Volunteer Appreciation BBQ's and other public education events. Her absence will be felt in every department and she will be difficult to replace.

Prior to joining the Laguna Foundation, Nancy spent 25 years in Information Systems management. Her background proved invaluable to the changing database systems the organization used over the past decade. Her friendly morning hellos to staff will be missed, but we all wish her many beautiful days in the garden, and a very warm congratulations on her well-deserved retirement.

## Welcome Moira Hill

*By Anita Smith, Public Education Manager*

Meet our new part-time Heron Hall Coordinator, Moira Hill. Many of you may recognize Moira as one of our fabulous volunteer Laguna Guides (since 2014) and as our main Heron Hall rental events staff. With degrees in Environmental Studies and Geography and certificates in Graphic Design and Fine Art, Moira operates her own communications business, having worked since 1997 with many diverse businesses and non-profit organizations. She also taught graphic design classes at the Santa Rosa Junior College.

We're thrilled to have Moira on-board on a more regular basis! This will free up Anita Smith, who managed Heron Hall for five years, to focus more on public education and citizen science programs for the Foundation. Moira will coordinate hall rentals, art exhibits, the gift shop, and maintenance of our wonderful multi-use Great Blue Heron Hall.



## Welcome Sarah Gordon

*By Dr. Wendy Trowbridge, Dir. of Restoration & Conservation Science Programs*

Sarah has been volunteering with the Laguna Foundation for over ten years, beginning with docent training (when she visited a vernal pool for the first time!) and more recently providing support to the vernal pool Citizen Science Program. Sarah grew up in Sebastopol and graduated from Analy High—the school that brought both her grandfathers to Sebastopol as teachers in the 1950's. She holds an A.A. from the Santa Rosa Junior College, a B.A. from UC Santa Cruz and an M.S. from Sonoma State University. She subsequently worked as a lecturer, research technician and ecological consultant, specializing in botany, rare plants and vernal pool ecosystems, primarily in Sonoma County. She now lives in Kenwood with her husband and five-year

old son, and enjoys hiking, cooking, gardening and sitting peacefully outside, watching and listening to the natural world. Sarah is thrilled to join the Foundation staff as the Conservation Science Program Manager and looks forward to learning more about the Laguna watershed and expanding the Santa Rosa Plain vernal pool conservation program.



# Lend a Helping Hand, or Eight Hundred and Fifty!

By Maggie Hart, Outreach Coordinator

Thanks to a grant from Sonoma Wine Country Weekend, the Laguna Foundation was able to increase our outreach efforts to new volunteers—particularly families, college students /young adults, high school students and businesses. This outreach greatly increased attendance at our Laguna Stewardship Days and Garden Volunteer Days: in the last 12 months, we hosted 38 workdays and approximately 425 volunteers attended!

These volunteers accomplished a great deal of environmental stewardship during these workdays! In addition to the removal of 637 pounds of trash and 280 pounds of recyclable materials from the Laguna waterway, invasive plant species were removed, native plant seeds were collected for germination and future plantings, plus over 1,400 wetland grasses and sedges, 52 native riparian woody plants, and 30 riparian trees were installed at the Sebastopol Laguna Wetlands Preserve, the Laguna Uplands Preserve, Irwin Creek, and the Joint Wetlands at the Laguna Water Treatment Plant. These installations of native understory plants replaced non-native, invasive plants and will result in increased ecosystem services, biodiversity and habitat health.



Photo: Volunteers celebrate with an end-of-season pizza party at Meadowlark Field. By Brent Reed.

We were pleased to partner with the City of Sebastopol, City of Santa Rosa, California Coastal Clean-up, Rotary members from Santa Rosa and Sebastopol, employees from Amy's Kitchen, Keysight, Viavi Solutions, and Marmot, teachers and students from Sonoma State University and Santa Rosa Junior College, Social Advocates for Youth, Abraxis Charter High School teachers and students, along with Sonoma Wine

Country Weekend and Community Foundation Sonoma County. **Thank you all for making these important and rewarding projects possible!**

These two volunteer programs, *Laguna Stewardship Days* and *Garden Volunteer Days*, take a break over the hot summer months and resume in September 2017. To find out more

about how you can volunteer, please check our website or sign-up to receive our monthly E-News. Remember, ALL ages and abilities are welcome, training and tools provided—we hope you can join us!

For more information on how you can volunteer with us, please contact Maggie Hart at (707) 527-9277 x100 or email: [maggiehart@lagunafoundation.org](mailto:maggiehart@lagunafoundation.org).

## Heron Hall Art Exhibits

### FAUNA: Paintings and Mosaics by Stacey Schuett

On Display through August 29, 2017

Enjoy this lovely and lively exhibit by local artist, Stacey Schuett. "Living near the diversity of the Laguna de Santa Rosa is especially fortunate for me...endless subject matter!"

### Form & Color: It's Wild Out There Wildlife Photographs by Dave Strauss

On Display September 5, 2017–January 4, 2018

Opening Reception

Saturday, September 16, 3:00-5:00pm. Free.

The gallery in Heron Hall is open to the public Mon-Fri, 9am-5pm, but because of the variety of Hall uses during the week, **please call ahead** to make sure the gallery is available for viewing: (707) 527-9277 xt. 107



Founded in 1989, the Laguna Foundation is a place-based organization focused on the Laguna de Santa Rosa. We are a 501(c)3 non-profit organization with the mission to restore and conserve the Laguna de Santa Rosa, and to inspire public appreciation of this Wetland of International Importance. The Foundation conducts educational programs, implements conservation science and restoration projects, works with landowners and public agencies to protect and improve Laguna resources, and advocates for appropriately managed opportunities for the public to enjoy the Laguna.

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*Photo: A Great egret (Ardea alba) is captured by our wildlife camera shortly after landing at Irwin Creek, near the confluence with the Laguna de Santa Rosa in Santa Rosa, CA. June 12, 2017. 9:58 am.*

