



FRIENDS OF BOGGS MOUNTAIN

P.O. BOX 735
COBB, CA 95426

NEWSLETTER

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SUMMERTIME ~~~ IN BOGGS FOREST

The first day of summer the temperature reached 95 degrees! Walking through the forest you can still enjoy many things in bloom. If you visit soon you will find Ceanothus (wild lilac), Yerba Santa, Bowl-tube Iris, Elegant Cat's Ears, Woodland Madia, and Phantom Orchid at their peak, just to name a few, and other species are on the way, so keep an eye out. There are candles (new growth) on the tips of the Ponderosa Pine branches pointing towards the sky and the Black Oaks are fully leafed out, shading the incredibly resilient Bracken Ferns, scattered about the forest floor. We are truly fortunate to have such a beautiful forest where we can escape to enjoy the natural splendor while we exercise our bodies and feed our souls. It is always a good idea to stop at the kiosk on your way in and check the updates on sightings (mountain lions, rattle snakes), observations (wildflowers, birds), trail conditions, scheduled events (hikes, trail maintenance) and grab one of our newly designed maps if you don't have one yet.

OUTDOOR TALK - SATURDAY, JULY 2nd AT 9:00 a.m.

You won't want to miss our special guest speaker, consummate entertainer, Dr. Harry Lyons, who will give a TALK about the natural history of Lake County. "It's all a matter of basic physics, chemistry, geology, and biology" explains Dr. Lyons, and adds that he is also "an internationally obscure jazz musician, and can be relied on for songs to make the technical concepts".

Come early, bring a blanket or folding chair, enjoy the refreshments and be prepared for a most entertaining program. For those interested, there will be a guided hike on the Interpretive Trail following the presentation.

Event is held across Forestry Road from the Boggs parking lot.



Western Rattlesnake Crotalus oreganus

By Darlene Hecomovich

The only poisonous reptile to be found in Boggs Mountain State Forest is the Western Rattlesnake. Fortunately, it is not aggressive, and when encountered, will usually crawl away unless it is severely frightened or cornered. A rattlesnake can strike instantly, but it

rarely strikes more than half its total length and seldom more than 12 inches above ground level. It can reach lengths up to 5 feet but 2 feet is more the norm.

The rattle is composed of loosely jointed segments of a horny material, similar to one's fingernail, which is a residue of what remains of the skin each time the snake molts. A rattlesnake commonly molts every 2 to 3 years, so the number of segments or buttons on a rattlesnake's tail is not indicative of the snake's age but the number of molts it has undergone.

Its diet consists mostly of smaller rabbits, ground squirrels and other rodents as well as lizards, frogs, and birds. Rattlesnakes are considered to be pit vipers as they have a pit between the eye and nostril on each side of the head. These are sensitive to heat vibrations which enable them to detect warm-blooded creatures and aid the snake in directing its strike.

Your chances of being fatally bitten by a rattlesnake are remote as there are only 30 deaths from rattlesnakes yearly in the United States. Already this Spring there have been several sightings of rattlesnakes in the Forest, so it is always wise to be alert when walking the trails and avoid putting your feet or hands where you cannot see clearly.



TRAIL SAFETY AND MAINTENANCE

by Boone Lodge

All four scheduled mountain bike racing events are over for the year, so things should be slowing down on the trails. The racing events in Boggs Forest are allowed under a special use permit given by the State Forest Management. While everyone is entitled to enjoy the many recreational benefits of Boggs Forest, mountain bike racing is a privilege given just for the scheduled event. Those of us who are regulars on the trails know that most mountain bikers are in control and polite when they come upon hikers and equestrians, but several hikers, including me, have had very close calls where we either had to jump off the trail without looking where we were landing, or take a chance of being hit because of the speed of the approaching bikes. I landed in poison

Perez, Santa Rosa; Fork Catering Co. (Sarah Piccolo & Chris Brown), Sebastopol;
Evanger's Pet Food Co. (Karen Rhoads), Wheeling, IL.



TAKE A HIKEwith 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:

Carol's hikes are very fast paced, lengthy and you need to be an experienced hiker in good physical condition. Great exercise.

Boone's hikes are medium paced with occasional stops. If you feel confident you can do it, do it. Ask before attempting if not sure.

Darlene's hikes are slow paced walks on the 1.3 mile Interpretive Trail. Moderately challenging. Beautiful experience, educational.

~ALL HIKES ARE FREE - SPONSORED BY FRIENDS OF BOGGS MOUNTAIN~

- **SUNDAY, JULY 3 at 9 a.m. – 5 mile moderate hike with Boone in Boggs Forest. Bring water, snack and wear sturdy shoes. We meet in Boggs parking lot. fobm@mediacombb.net Boone 928-5819**
- **SATURDAY, JULY 16 at 9 a.m. – 1.3 mile slow paced walk on the Interpretive Trail with Boone. Wear sturdy shoes. We meet in Boggs parking lot.**

- **SUNDAY, JULY 24 at 8 a.m. – 5-7 mile hike with Carol in Boggs Forest. Fast paced; exhilarating for the hardy hikers. Bring lots of water, snack, wear sturdy shoes. RSVP REQUIRED - 928-5423 or c.magill@mchsi.com**
- **SATURDAY, AUGUST 6 at 9 a.m. – 3 mile moderate paced hike with Boone. Bring water, snack, camera, a big smile and wear sturdy shoes. We meet in Boggs parking lot. Questions? fobm@mediacombb.net Boone 928-5819**
- **SATURDAY, AUGUST 20 at 8 a.m. – 6-8 mile hike with Carol in Boggs Forest. Challenging; invigorating. Bring lots of water, snack - wear sturdy shoes. RSVP REQUIRED -928-5423 or c.magill@mchsi.com**
- **WEDNESDAY, AUGUST 31 at 9 a.m. – 1.3 mile casual walk on the Interpretive Trail loop with Darlene. Educational, healthy and fun. Wear sturdy shoes - meet in Boggs parking lot - allow 2 hours. Cameras and kids welcome. 928-5591 or hcco@mchsi.com**
- **SATURDAY, SEPTEMBER 10 at 9 a.m. – 1.3 mile casual walk with Darlene on the Interpretive Trail. Allow 2 hours, enjoy the 50 signs identifying local forest life. Wear sturdy shoes - meet in Boggs parking lot. Fun for all - 928-5591 or hcco@mchsi.com**

- **SUNDAY, SEPTEMBER 18 at 9 a.m. – same as above with Darlene**
- **SATURDAY, SEPTEMBER 24 at 9 a.m. - 5 miles with Boone – We meet in Boggs parking lot. fobm@mediacombb.net Boone 928-5819**

-THIS NEWSLETTER HAS BEEN COMPILED AND EDITED BY H. BOONE LODGE-