OCTOBER MEMBERS’ MEETING

Wildness and Design in the Urban Garden

Speaker: Todd Gilens

Wednesday, October 23, 7:30 pm

Location: Garden Room, Orinda Public Library (location information below)

Native plants point to an original integration of species and place, but we often think of wildness and domesticity in opposing terms. This presentation will explore the contrast, and how sensitive design can make us more at home in our homes as well as better partners in a regional ecology. Connections between philosophical and practical perspectives will be illustrated using examples from Bay Area gardens, California landscapes, and around the world.

Todd Gilens is a freelance garden designer and visual artist. His work has been seen on public transit vehicles, in botanical gardens, arts and conference centers, abandoned factories and wilderness areas, as well as the front and back yards of East Bay residents. He has designed private gardens for the last seven years, taught ecology classes in the landscape architecture program at the Academy of Art University, and occasionally leads a landscape photography workshop for the Point Reyes Field Institute. Todd earned a master’s degree in landscape architecture from Harvard University and his website, which includes both artworks and garden design, is toddgilens.com.

East Bay CNPS members meetings are free of charge and open to everyone. This month’s meeting takes place in the Garden Room of the Orinda Public Library at 26 Orinda Way, Orinda 94563, a few blocks from the Orinda BART station. The Garden Room is on the second floor of the building, accessible by stairs or an elevator. Email programs@ebcnps.org if you have questions.
GETTING STARTED WITH NATIVE PLANTS
AND WORKING WITH FAVORITE SPECIES

OCTOBER 19, 11AM
NATIVE HERE NURSERY
TALK BY ARLEEN FENG

Native Here Nursery will be open from 10AM - 2PM with new supplies and many favorite plants. Proceeds from Native Here Nursery support the activities of the local chapter of the California Native Plant Society.

Native Here Nursery, 101 Golf Course Dr, Tilden Regional Park, Berkeley, CA
Native Here Nursery Announces

2019-2020 Special Event Saturdays

10 am to 2 pm
Short talk at 11 am

October 19: Getting Started with Native Plants
November 23: Ferns and Other Shady Friends
February (Saturday TBD): Ground Covers
March (Saturday TBD): Pollinators
April (Saturday TBD): Annuals and Bulbs

NATIVE HERE NURSERY NEWS

Keeping plant diseases at bay
We are pleased that Crystal Leanza has joined us at Native Here to help us prevent plant diseases. She will focus on phytophthoras which are now a problem for every nursery in the state, not just native plant nurseries like ours, and will be instituting an ongoing testing program to make sure we continue to sell healthy plants to the public.

Tree work
Every year there is tree work to be done to keep the nursery from getting too shady. This year we’re concentrating on the back section. Already it is a lot sunnier than it has been for years, which is good because we grow our Mt. Diablo plants there.

Strategic Planning
Like the chapter the nursery needs to do some planning for the future. In our case it’s a mixture of strategic planning and business planning. Thanks to Jane Kelly, who has volunteered for both the chapter and the nursery for many years, we have the perfect mentor for this process. Joan Chaplick has broad experience in doing all the kinds of planning we need, is a quick study, and had an immediate grasp of our problems and opportunities with some practical suggestions.

New Stock Available
As the rainy season approaches we are setting out new stock for winter planting. Come by and get some old favorites or new offerings for your garden. There is a new inventory posted on nativehere.org for use in planning your visit.

Winter Special Events – Favorite Native Plants
We have planned a series of six special events this year from September to April, with some new topics and some familiar ones. On October 19 our own Arleen Feng will talk about getting started with native gardening using some favorite and easy-to-grow plants as examples. If you or a friend is interested in this eco-friendly activity but not quite sure how to begin this is the talk for you.

Lesley Hunt
NHN Committee

John Danielsen (left) gave a seed collection workshop in July as part of our program to educate our volunteers about nursery functions other than the one they do. As well as spreading knowledge, the event caused several volunteers to sign up to go on seed collecting trips. This is one of the first steps in training new leaders for the nursery’s future.
POINT ISABEL AND STEGE MARSH IN SEPTEMBER
We have exciting news about a recent arrival at Stege Marsh along the Bay Trail. At 8 am on September 16 our friend Juan Reardon was walking along the trail when he spotted and videotaped an otter in Stege Marsh munching on a crab and then diving and catching a fish that s/he proceeded to consume under the watchful eyes of a Great Blue Heron (Ardea herodias). Megan Isadore, Executive Director of The River Otter Ecology Project, confirms the ID as a River Otter (Lontra canadensis) and says that through such sightings they’ve changed the river otter map in California, increasing it by 4,100 square miles! Here is the link to the otter video – be patient as it takes a moment to load: https://tinyurl.com/y6nq8w42

In September Greens at Work focused our efforts on the hand removal of Algerian lavender (Limonium ramosissimum aka LIRA) from the south shore of Point Isabel as well as from East and West Stege Marsh. Our objective is to prevent the application of pesticides such as occurred at the south shore earlier this year. That pesticide spraying, where shore birds feed and rest, killed native plants and did not eliminate the Algerian lavender leaving thousands of these invasive plants thriving at the shore. We were visited by Long-billed Curlews, Egrets, Gulls, American Avocets, flocks of Willets, and more during our work parties in this area. As of September 23 we have hand pulled 60 large garbage bags full of Algerian lavender, while removing loads of Russian thistle (Salsola soda) that we leave in place to compost, and we have picked up a lot of trash. In their newly cleared areas, the pickleweed (Salicornia pacifica), marsh jaumea (Jaumea carnosa), salt grass (Distichlis spicata) and California native sea lavender (Limonium californicum) now have room to spread. We were delighted when the otter visitor arrived and fed at one of the areas we cleared a few weeks ago.

While we have kept our revegetated area free of fennel, there are still long stretches of this plant along the Bay Trail. At our first work party in September, we discovered something we’d never seen before. Thanks to volunteers Gudrun and Martha we learned that the very small orange and black creatures attached to the fennel were ladybug pupae. Our crew members pointed out the ladybug larvae feasting on aphids and they explained the four stages in the life cycle of our ladybugs. Ladybugs are not true bugs (Hemiptera) but beetles (Coleoptera) of the Coccinellidae family. Like butterflies, they lay eggs that develop into larvae that become pupae that turn into adult ladybugs. Newborn ladybugs are soft and pale in color. In a few hours, their shells harden and turn red.

In the meantime, the hummingbirds and we have been enjoying the stunning blooms of the California fuchsia (Epilobium canum), and a crab spider from the Thomisidae family has been sitting quietly on one of the coyote mint (Monardella villosa) plants.

All in all, it has been a pretty exciting September for Greens at Work at Point Isabel and Stege Marsh.

Our thanks go to our friend Jim Morel for editing the otter video, to Core Volunteer Rob for the continuous trash removal at Point Isabel, to Juri and Ian for all the trash removal (on Coastal Clean Up Day) and to Nancy and Jean for the young LIRA removal at Stege Marsh, to all Stewards and volunteers, and to the EBRPD for helping us dispose of all the Algerian lavender and trash from the marsh. Many thanks also to the City of Richmond and its abatement team for being so responsive to our requests to pick up dumped trash along Rydin Road. The area is a frequent dump site for household trash and we’re all doing our best to minimize the amount of trash and prevent it from working its way into Hoffman Marsh. The City’s staff have a lot to deal with throughout the City so we’re grateful for their continued support.

Jane and Tom Kelly

Monardella villosa & Crab Spider (photo by Lewis Payne)
POINT ISABEL (CONT.)

Click on this link https://tinyurl.com/yxzdssgu to see a geologic cross section of Berkeley Hills. Illustration by Brian Maebius, from an article “From the Inside Out” by Horst Rademacher in the January-March 2012 issue of Bay Nature.

Ecological restoration is the process of assisting the recovery of an ecosystem. The Skyline Gardens Alliance, a project of East Bay CNPS, has for three years been focused on restoring the “High Ridge Meadows” of the steep, volcanic ridge area between Tilden and Sibley Regional Parks. Skyline Gardens is East Bay MUD Watershed land, traversed north-south by the East Bay Skyline Trail. Under a permit from EBMUD which allows us to go off trail, we have been carrying out a botanical survey and ecological restoration in the roughly 250 acres of watershed between Tilden Steam Trains and Highway 24. We have worked thousands hours on the site over that last three years, and we have learned a lot.

This whole ridge sits atop layers of volcanic rock known as the Moraga Volcanics, the term for the series of eruptions here roughly 10 million years ago. These volcanic strata have now been tipped to nearly vertical. Sibley’s Round Top, Grizzly Peak proper, and Tilden’s Vollmer Peak are the three of the best-known high points along the ridge.

Because volcanic or basaltic rock is very hard and weather resistant, these volcanic ridges are the tallest and steepest of the Bay Hills, with an average elevation of 1,600 feet. We refer to this greater volcanic area, which extends from Inspiration Point south to the new McCosker annex of Sibley Park, as the High Ridge Volcanic Area.

The ridge area separates the cool bayside flatlands from the hot interior – it is where the fog meets the heat. The ridge area receives the highest average annual rainfall in the entire East Bay, averaging 34 inches, with up to another 8 inches of extra fog drip each year. Volcanic soil is very fertile and has unique properties; volcanic areas are laced with springs and seeps. Because of the rockiness and steepness, this area has historically been only lightly grazed. The result is a veritable Noah’s Ark of native plants. Skyline Gardens is the most botanically diverse area of its size in the entire East Bay. Here, we have verified 282 native species to date, nearly 70 of which are on the EBCNPS list of rare and unusual plants. Along the rocky ridge spines we have discovered special areas that have really won our hearts. We call them the High Ridge Meadows. They are very rocky, the soil is very thin, and they tend to be hot and sunny places. They contain spectacular, sometimes nearly intact, remnants of “what must have once been.” They are true meadows, containing hardly any woody plants. They contain some of the best and most diverse populations of native grasses that I have ever seen in the East Bay: Idaho fescue, June grass, squirrel tail grass, purple needlegrass, California brome, California melic, bent grass, and even pine bluegrass. They also contain a rich assortment of native perennials and bulbs: mule’s ears, checker bloom, yellow biscuit root, cobweb thistle, star Lily, Ithuriel’s spear, coyotemint, soap root, and many others. These wild ones grow not just as relics, but often in great abundance.

Here’s a photo of one meadow area we encountered that is still relatively intact.

In this early April photo, we see mule’s ears (big yellow), blue dicks (small blue), yellow biscuit root (small yellow), Indian paintbrush (red), California poppies, and many native grasses and forbs – all mingling among the fabulous, lichen-covered, volcanic rocks. Up here it feels like the High Sierra at peak bloom.

But truth to tell, these High Ridge Meadows are also badly degraded and threatened by invasive annuals, such as Italian thistle, poison hemlock, rose clover, mustard, wild oats, erodium, and a whole witch’s brew of some 60 other exotic species. The native annuals grow relatively sparsely in these
SKYLINE GARDENS (cont.)

meadow areas, having been almost completely choked out by the exotics.

These High Ridge Meadows are some of the “last of the best” places we have here in the East Bay. Having won our hearts, they have called forth a huge effort on our part, literally thousands of hours, to assist them on a path to recovery. Working from the base of a rich backbone of native perennials, our basic strategy is to exhaust the seed bank of the invasive annuals. Our motto: “Remove the Exotics.” Most of these invasives are annuals and their seeds are actually quite short-lived in the soil. They are quite straightforward to eradicate in a 3-year time frame — **IF they are not allowed to go to seed.** That said, it is tons of glorious and fulfilling work and requires diligence and exacting follow-up to make sure the invasives don’t sneak through and reseed.

The restoration sequence is outlined in the graphic above. Of special note is our pioneering work in the use of vinegar spray (5% acetic acid) to kill young invasive seedlings. We use backpack, professional grade (Solo 4 gallon) sprayers. Vinegar is quite effective, especially on the broadleaf seedlings (dicots), when done within two months of the first rains that bring up new growth. If we spray this early, the native perennials and bulbs are still dormant, so we can spray the tops of them. We think this is very clever. Horticultural grades of Vinegar are available at 20 to 30% acetic acid, but expensive. We find that a dilution to 5% acetic acid is effective; (by the way, this is the actual concentration of ordinary household distilled white vinegar; and, the generic is much cheaper to buy - $2 a gallon at Costco, for example).

Vinegar is a natural product, made from fruit or grain. It’s a simple molecule that breaks down quickly and naturally to water and CO2. It does not persist in or acidify the soil. Vinegar is a ‘contact spray’ that burns the foliage of plants, but unlike systemic weed killers such as Roundup (glyphosate), vinegar is not taken into the stems and roots. Vinegar may require follow up sprays or hand weeding, especially on large-seeded grasses like wild oats. If you want to test this at home, put a cupful of household vinegar in a spray bottle and see for yourself.

![Restoration Sequence](image)

Here are some samples of vinegar’s effectiveness as an herbicide at Skyline Gardens:

Above is a close up of the effect on Italian thistles (photo by Cynthia Adkisson):

The dead one (left) is two days since spray. Notice how the root branches are all gone. The live one (right) was unearthed a minute before the photo. For some reason, vinegar is particularly deadly on Italian thistle, which is an annual, (as are most Asterceae seedlings), and even kills the taproot in the rosette stage (up until early March, before they start to bolt).

As to results, below is a High Ridge Meadow terrace, looking southwest, after one year of mowing, spraying and hand weeding (Sibley off in the distance). All plants in this early April photo are natives: besides the bloomers (blue dicks, California poppies, yellow biscuit root, soap root, golden aster, and buckwheat), there are several species of native grasses (purple needlegrass, california melic, and June grass). Gone is the blanket of thistles, rose clover, and erodium that had covered and choked the natives growing underneath.
In the third year, once the invasive seed bank is nearly ex-tinguished, we can sow with a mix of locally gathered na-tive annuals. After that, having put into place the essential elements of ecosystem recovery our job is to focus on the occasional weeds and let the natives sort themselves out as they best see fit.

Here’s another example, looking east to Mount Diablo, right along the edge of the Skyline trail (photo by Meredith Nielsen):

Three years ago, this trail edge was a menacing thicket of Italian thistles. Underneath were a few poppies and pop-
corn flowers. With the thistles gone, the natives have come roaring back.

Glen Schneider is a Bay Area naturalist and native plant spe-cialist. He is the organizer of the Skyline Gardens Alliance, a habitat restoration effort in the Berkeley Hills above the Caldecott Tunnel. An East Bay native, he grew up in a local nursery family and has been a native plant garden landscape designer/builder for over 40 years. He is currently writing a nature field guide to the East Bay. His own local native plant garden in Berkeley is on the Bringing Back the Natives Garden Tour every year.

In March of 2018, Glen and Skyline Gardens received a Jeff-erson Award for Public Service and was featured on KPIX Channel 5 TV.

RESTORATION IN OCTOBER

Saturday, October 5 and November 2 at 9:30 am. Point Isabel restoration: Join the Kellys and Greens at Work on the San Francisco Bay Trail side of Pt. Isabel, just to the west of the Central Avenue exit from the 580 freeway in El Cerrito. For more information email tkelly@kyotousa.org.

Sunday, October 6 and November 3 at 10 am. Northshore Basin: Seeding and planting may resume if any early rains permit. Weeding will continue, as will the return of salt grass along the shoreline near Schoolhouse Creek. For more information, email johnkenny54@yahoo.com.

Saturday, October 12, 9 am, Sibley Park (Orinda side): We will start from Old Tunnel Road staging area, and proceed to push back the notorious wall of broom. Remember to bring your own water bottle, but park staff will meet us at the stag-ing area so that we can fill water bottles and pick up loaner gloves. For more information, e-mail janetgawthrop47@ gmail.com.

Saturday, October 19, 10 am, Garber Park Stewards: Join Shelagh, Mark and other volu,nteers at the parking/pullout area off Claremont Avenue, west/downhill from Rispin Lane. To RSVP and for more information go to www.Meetup.com/garberpark/

Sunday, October 20, 9:30 am, Huckleberry Regional Bo-tanic Preserve: Meet us at the parking lot, where we will decide on the day’s work location and pick up loaner gloves and tools. To RSVP and for more information, go to www. Meetup.com/ebcnps/ and look in upcoming events on this date. Same e-mail as for the Sibley Park date if you need more information.

Saturday, October 26, 9:30 am, Albany Hill: Join Margot and other volunteers to help remove ivy and other invasive species from oak and willow groves. To RSVP and get the starting location, e-mail tashore@gmail.com.

days totaling nearly 1,800 volunteer shifts.

Glen Schneider
Dear Friend of the Bringing Back the Natives Garden Tour,

Below is the list of upcoming workshops and information on the fall Native Plant Extravaganza and two pollinator events that will take place this fall. Details are below.

Saturday workshops:

**Fall 2019 workshops** led by Judy Adler and Pete Veilleux:

- California Native Plant Propagation for Beginners – Sept. 28, Nov. 2 and Nov. 9 (Walnut Creek)
- Gardening with Nature in Mind – Oct. 12 (Walnut Creek)
- Designing Native Gardens for Color and Interest Throughout the Year – Oct. 19 (Oakland)
- Gardening for Wildlife – Oct. 19 and 26 (Walnut Creek)

These workshops will fill; register now to ensure your place.

**Saturday, October 26, from 10:00-4:00 is the Fall Native Plant Extravaganza and Handcrafted Goods Fundraiser!** This shopping opportunity will offer native plant fans a good selection of native plants at the best time of year to plant them. The Extravaganza provides the opportunity to purchase unique or hard to find native plants that are not normally available in most nurseries. Knowledgeable staff will be on hand to help shoppers select the best plants for their gardens.

In addition to a wide selection of native plants, you can shop for holiday gifts at The Watershed Nursery in Richmond, where Bird vs. Bird Designs will be selling hand crafted notecards, coasters, magnets, and pins, pouches, wallets, and illustrations for bird watchers and other nature lovers.

As always during the Extravaganza, in addition to East Bay Wilds (Oakland) and The Watershed Nursery (Richmond), native plants will also be sold at Annie’s Annuals and Perennials (Richmond).

A percentage of all sales made on Saturday, October 26 will go to support the Bringing Back the Natives Garden Tour. **Two upcoming pollinator events hosted by others:**

- Thousands of semi-trailers crisscross the country in the dead of night delivering goods through the darkness to stores, warehouses and factories nationwide. But some of them carry an unsuspected and highly unusual cargo, honey bees. Tens of billions of them are transported back and forth from one end of the United States to the other in a unique annual migration that’s indispensable to the feeding of America. One out of every three bites we eat, the growth of almost all our fruits, nuts and vegetables, would be impossible without pollination from bees. A new documentary feature, *The Pollinators*, directed by Peter Nelson and produced by Sally Roy, and Nelson and Michael Reuter, presents the fascinating and untold story. It also warns that the bees are in serious danger. For more information please contact Pat Schwinn: pschwinn@earthlink.net There will be a film screening of *The Pollinators* at UA Theater, Berkeley 7, 2274 Shattuck Avenue, Berkeley. $14.50.

- **Pollinator Party at the Berkeley Flea Market** (Ashby BART) on Sunday, October 13 from 10 am – 3 pm. Children’s activities, pollinator-themed art and artifacts, information for supporting bee and other beneficial insects by planting pollinator friendly gardens and creating shelter/habitats, meet like minded people and purchase bee products and pollinator–friendly plants from local sources.

**Facebook** - “Like” us on Facebook! This fall and winter the Garden Tour’s Facebook page will showcase gardens that will be on the Sunday, May 3, 2020 Bringing Back the Natives Garden Tour, describe the spring workshops; show you before-and-after garden photos; and just generally provide a behind the scenes look at the Bringing Back the Natives Garden Tour. As ever, I hope to have your own garden on the Tour one day!

Kathy Kramer
Bringing Back the Natives Garden Tour Coordinator
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kathy@kathykramerconsulting.net
www.bringingbackthenatives.net
Visit the Garden Tour on Facebook
GARDENING LIKE LIFE DEPENDS ON IT

On September 2 I attended the “Gardening for Biodiversity in a Climate Crisis” symposium, which was put on by the Santa Clara Valley Chapter of the California Native Plant Society. The keynote speaker was Douglas Tallamy, author of “Bringing Nature Home: How Native Plants Sustain Wildlife in Our Gardens”. His message is “Garden like life depends on it” and “Restoring the little things that run the world: Why it matters, and what we can do.”

Here is what got to me
There are now almost 3 billion fewer breeding birds in North America compared to 45 years ago. The causes of this decline are habitat loss, non-native ornamental plants, outdoor cats, security lights, roadside mortality, and climate change.

The back story
While in the nest almost all baby birds feed on the caterpillars of butterflies and moths. Baby birds do not live on seeds, or berries, or sugar water. Caterpillars are not optional for baby birds. If we don’t have caterpillars, we won’t have baby birds. It takes 6,000 to 9,000 caterpillars, collected by both the busy chickadee parents over the course of sixteen days, to raise a clutch of chickadee babies. And chickadees are tiny birds; just a third of an ounce. How many caterpillars does it take for a woodpecker, a bird about eight times heavier?

Where do these caterpillars come from? Butterflies and moths have specialized so that they lay their eggs on just one or two host plants. If we don’t have those plants, there will be no caterpillars, and thus no baby birds.

Native plants — and lots of them — are what’s required. Here is a comparison of how many species of caterpillars are attracted to native and non-native plants: oak – 270; gingko – 0; eucalyptus – 5; California- lilac – 120; crepe myrtle – 0. Japanese andromeda – 2 (this used to be the most common understory nursery plant sold in America)

Why do we care about the number of species of caterpillars on a tree or shrub? When the number of species (“diversity”) is low, it would be easy for something to happen — it was too hot, too cold, too wet, too something — to the few species of caterpillars on the non-native plant, leaving no food for the birds. The many different types of caterpillars on the oak mean that some will always survive.

Tallamy says, “With property ownership comes the responsibility to choose plants wisely. The days when we could choose a plant just because it is pretty in the garden are over. When we make that choice, we choose ecological destruction. Native plants are bird feeders. If we plant natives, we’ll have birds, butterflies, and native bees in our gardens.”

What you can do:

(1) Remove at least half of your lawn and non-native ornamentals and replace them with California native plants: 70% is better. The higher percentage of natives is a requirement for some birds before they will nest in a garden; otherwise they have to fly too far to find enough caterpillars for their chicks.
(2) Remove weeds and invasive species from your property.
(3) Preserve leaf litter under trees, as this is where many caterpillars spend time as pupa.
(4) Incorporate native “keystone species” into your garden. These are species with the greatest habitat value to wildlife. Examples are oaks, willow, California- lilac, lupine, sages, manzanita, native strawberry, gold- enrod, and many more. You can find a list of natives that have the highest value to wildlife here: http://www.bringingnaturehome.net.
(5) Use Calscape.org to help choose species from the list referred to above and also to select the rest of your native plants. Just type in your zip code for both databases.
(6) Eliminate insecticide use. Homeowners use more insecticides than agriculture does.
(7) Put motion sensors on your outdoor lights to protect moths. (Moths exhaust themselves around outdoor lights.)
(8) Keep your cats indoors.

Kathy Kramer

FIELD TRIP IN OCTOBER

Saturday, November 2, 1 pm, Redwood Regional Park: Join Camille Nowell and Janet Gawthrop on the Chabot Park side of Redwood Road, at the Big Bear staging area. We will hike from there up Golden Spike and West Ridge Trails to look at redwood forest (2nd growth), oak woodland, and some riparian vegetation. This will be a trip to learn some plants in seed and talk about why vegetation communities matter.
MORE POINT ISABEL PHOTOS

Here is a list of projects associated with the Chapter. We give website and contact information when available:

**Albany Hill**
www.tendancienthill.org
Margot Cunningham, leader
tashorehill@gmail.com

**Garber Park Stewards**
garberparkstewards@gmail.com

**Huckleberry Botanic Regional Preserve**
Janet Gawthrop, leader
janetgawthrop47@gmail.com

**John Muir NHS (Martinez)**
Elaine Jackson, leader
925-372-0687
elainejx@att.net

**Marsh Creek**
Heath Bartosh, leader
925-957-0069
hbartosh@nomadecology.com

**Point Isabel**
El Cerrito Recycling Center
Tom and Jane Kelly, leaders
510-684-6484 (c)
kyotousa@sbcglobal.net

**McLaughlin Eastshore State Park (Berkeley)**
John Kenny, leader
johnkenny54@yahoo.com

**Sibley Regional Park**
Janet Gawthrop, leader
janetgawthrop47@gmail.com

**Skyline Gardens**
www.skylinegardens.org
Glen Schneider, leader
stinkwort (Dittrichia graveo-lens) Removal
Barbara Leitner, leader

**Walnut Creek Open Space**
Lesley Hunt, leader
Committees are formed based on chapter needs and the interests of volunteers. Proposals for committees and projects are welcome and will be considered by the Board.

### Officers

**President**  
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