

BETWEEN the TIDES



F r i e n d s o f F i t z g e r a l d M a r i n e R e s e r v e
D E C E M B E R 2 0 0 9

FFMR Volunteers Get More Involved in Marine Mammal Center Releases

text and photos by Jenna Kinghorn

Montara resident Sue Pemberton takes in unusual overnight guests from time to time.

Sue has been an Animal Care volunteer at the Marine Mammal Center (MMC) in Sausalito, CA for 16 years. Soon after she got involved in animal care at the world-renowned wildlife hospital, she learned how to rescue marine mammals in distress.

She now keeps all the basic supplies for stabilizing an ill pinniped (the scientific designation of seals, sea lions and their kin) at home. When she picks up a sick young Pacific harbor seal or California sea lion late in the day on a local beach, she often keeps it at her home overnight. "I give it a tube feeding, administer anti-seizure medications, and generally stabilize the animal," she says casually, sitting on a large dog crate in the Fitzgerald Marine Reserve (FMR) picnic area one day and talking to about 30 Friends of Fitzgerald Marine Reserve volunteers.

"Do you keep them in the bathtub?" I ask.

Sue laughs and shakes her head. "Even after we get them to the center, most animals don't go into the water until they've been there for about a week."

And before we conjure up visions of her kitchen freezer packed with fish and a blender devoted to making herring milk-shakes, she hastens to add, "The first few feedings are just electrolytes."

Sue is now an Animal Care Supervisor at the MMC, where she works a night shift every Sunday. She and her fellow volunteers deal with thousands of rescued marine mammals within the center and out in the field every year. Patients range from commonly-seen sea lions and harbor seals, to rarer elephant seals and Northern fur seals, the infrequent humpback or gray whale, and the very occasional non-mammalian sea turtle.

Most of the center's inpatients on any given day are pinnipeds, and most are not yet adults. Although maladies vary, Sue explains



Salova, a male harbor seal pup, was rescued and treated for lungworms and malnutrition. He was released back into the intertidal zone at FMR in 2008.



Sue Pemberton and Ranger Sarah Lenz demonstrate herding board techniques to move a bowling ball (acting as a stand-in for a pinniped) into an animal crate.

continued on page 3

Friends of Fitzgerald Marine Reserve

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Our Mission:

To inspire the preservation of our
unique intertidal environment
through education and the
support of research.

The graph displayed across the
page bottoms shows tides
for 11/16/09 to 6/14/10.
Where the date appears is
midnight. The reefs are ac-
cessible for exploring only
during low tides. See: www.
fitzgeraldreserve.org/resour-
ces.html and click on "high
and low tides," for a more
detailed tide chart. **Note:** the
lowest tides this period are:

-1.58	12/3	5:21 pm
-.79	12/17	5:15 pm
(Night Tidepooling Tour)		
-1.63	12/31	4:21 pm
-1.34	1/29	4:01 pm
-.81	2/26	2:53 pm
-1.30	4/29	5:54 am
-1.37	5/16	7:01 am
-1.39	5/28	5:41 am
-1.62	6/13	6:03 am

Family Fun Days 2009 Wrap-Up

by Ranger Sarah Lenz

Coastal Cleanup Day

We had a great turn-out for Coastal Cleanup Day on September 19th! 156 volunteers picked up 1,030 pounds of garbage and 175 pounds of recycling. Volunteers included Half Moon Bay High and Middle School Surf Club members (right) with their parents and Hillside High School students (lower right) with their instructors. We also had 3 people participate by kayak, cleaning up plastic from the waterways.



Bird Walk

The bird walk on October 4th also went great! We had about 19 people show up and had great sightings at the Pillar Point Harbor as well as Maverick's Beach: Red-throated Loon, roosting Great Blue Herons, Surf Scoters, Eared Grebes, Wandering Tattler, Black Turnstones, Marbled Godwits and plenty of Sanderlings. Near Pillar Point Bluff we spotted White Shouldered Kites, a Loggerhead Shrike and Say's Phoebe. At FMR we were lucky enough to spot a Hairy Woodpecker and several Townsend Warblers in the cypress trees.



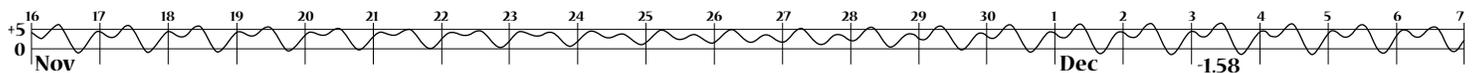
Red-throated Loon



Great Blue Heron



White-shouldered Kite



Marine Mammal releases *continued*
from page 1

there are particular diseases or conditions which often land certain species in the MMC.

The most common reasons for sea lions to become patients are (see the June 2007 issue for more about sea lions):

- **Malnutrition.** Young sea lions often starve because they are unable to dive deep enough to catch fish. In El Nino years this condition can impact thousands of sea lions, because the upwelling that usually supports our rich fishery is disrupted, and the few fish that are available are driven deeper in search of cooler water. Scientists have observed a high rate of starving sea lions in 2009 — the MMC had already taken in more than 1,000 sea lions before the end of summer, breaking previous records. On a particularly bad shift this summer, Sue helplessly watched her sea lion patients dying at a rate of four per hour.
- **Leptospirosis.** A naturally occurring disease of the kidney that is spread through urine, it can move through a crowded rookery like wildfire. Caught in time, it can be cured with antibiotics.
- **Domoic Acid (DA) poisoning.** Caused by Harmful Algal Blooms (HAB), a neurotoxin invades the sea lion's system and causes confusion, head-bobbing, and often violent reactions. There is no cure, but some patients treated with anti-seizure medication and fluid therapy can survive the disease running its course. Unfortunately some pups born to mothers with DA become chronic DA sufferers themselves. (See the May 2006 issue of *Between the Tides* for more information on Harmful Algal Blooms.)

Young sea lions often starve because they are unable to dive deep enough to catch fish. In El Nino years this condition can impact thousands of sea lions, because the upwelling that usually supports our rich fishery is disrupted, and the few fish that are available are driven deeper in search of cooler water.

Most of these [harbor seal pups] come from well-meaning people who pick up pups that they think have been abandoned. In most cases, an abandoned-looking pup's mother has only left it briefly so that she can hunt.

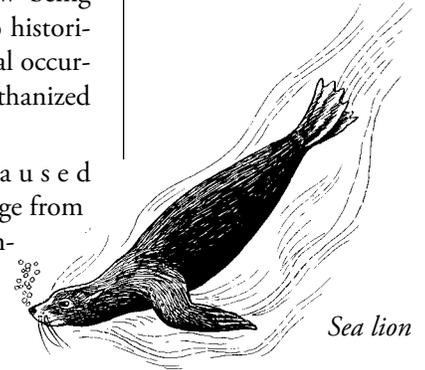
- **Cancer.** A recent development now being seen in older animals — there is no historical evidence of cancer being a natural occurrence in sea lions — which are euthanized since there is no treatment.

- **Human-caused wounds.** These range from fishing gear entanglements to fish hooks in eyelids or stomachs to gunshot wounds.

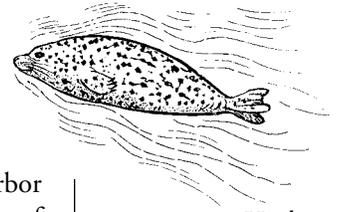
Harbor seals are their second most common patient. The MMC rarely admits adult harbor seals, but they see a lot of pups. Most of these come from well-meaning people who pick up pups that they think have been abandoned. In most cases, an abandoned-looking pup's mother has only left it briefly so that she can hunt. Unfortunately, seeing people close to the pup, or smelling human scent on a pup that has been handled, may cause her to actually abandon it. Being handled can also bring on a fatal endemic disease in the pup called stress-triggered phocine herpes disease. Once in a while the center has to treat an abandoned pup for dog bites. (See the March 2007, June 2007, and December 2008 issues to read more about harbor seals.)

Northern elephant seals are something of a rarity at the center, compared to the other two pinniped species mentioned above. This is because often an elephant seal just needs rest, which will allow its own phenomenal powers of self-healing to take effect. And for minor shark bites and skin lesions, "salt water will help them more than we can," says Sue.

"We want to be sure an animal will benefit from the care we'll be giving it," she explains. The hospital stay is stressful: animals sharing pens with others they've never seen before, multiple tube feedings daily, and ➤



Sea lion



Harbor seal



Elephant seal



Ranger Sarah Lenz, right, introduces Marine Mammal Center volunteer Sue Pemberton, left, to a group of FFMR volunteers interested in helping with releases



About thirty FFMR volunteers took the training, which was held in the FMR picnic area.



FFMR President Mary DeLong uses a herding board to manipulate a bowling ball through a slalom course.

humans poking and prodding them. “They don’t know we’re here to help them.”

Most often an elephant seal reported to the MMC will be put on watch. A rescue volunteer will assess the animal and put a grease-pencil mark on its head, to indicate to subsequent observers that it is being monitored. The volunteer will put up a sign warning people to stay back, and give the elephant seal a couple of nights of rest to see if it recovers. The grease-pencil mark doesn’t wash off right away, so if the elephant seal swims away and re-strands at another location, it can be re-assessed.

Those elephant seals that do come in to the hospital are usually pups and yearlings, often accidentally separated from their mothers or weaned too

early — a pup needs to nurse for a full month and put on about 200 pounds of blubber to be able to survive.

At the MMC, Sue and other volunteers and staff, including veterinarians, observe all these different species, tend wounds, administer food and medicine through tubes, and do a lot of hoping. Given enough time and the right support, many animals recover. And some of the harbor seals and sea lions that do make a comeback are released back into the wild at FMR.

Which is where we come in, says Ranger Sarah Lenz with her trademark smile. “We’re hoping this training today will put each of you in a position to help out with these releases,” she says. “There are various roles you might be asked to

play at a release. One is just talking to the public, keeping them at a safe distance, explaining what’s happening, and asking them to watch quietly. You might also be asked to take an active role in the release, perhaps helping to carry a crated animal down onto the beach, or holding a board and

“There are various roles you might be asked to play at a release.

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working under the direction of the MMC staff to help herd the animal into the water.”

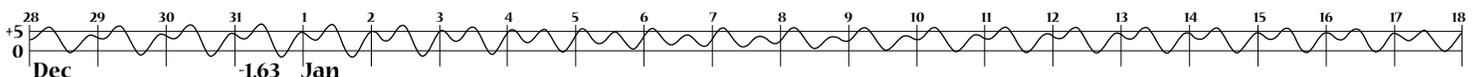
When an animal is released at FMR, it hasn’t seen the ocean for at least several weeks — perhaps longer, depending on the duration of its care. It may be dazed and confused by its sudden change in surroundings. Usually a released animal moves from its crate into the water quickly, and swims away soon. “But sometimes we see the seal or sea lion remain in the area, swimming back and forth, and coming back up onto the beach when the release is completed,” Sarah says. “So one of your jobs may be to stay for a while after the MMC truck has left. You’ll monitor the animal, continue to keep the public at a safe dis-

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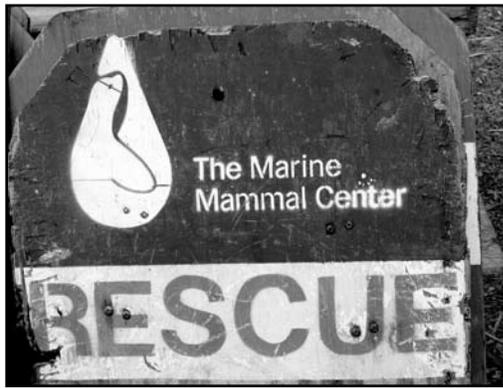
You’ll monitor the animal...and report back on the situation to me or other staff members.”

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This particular Saturday in August, Sue and two of her Sunday night-shift crew volunteers, Oakland residents Andrea Dougall and Darren Jensen, are here to train about 30 FFMR volunteers to safely become more involved with these pinniped releases. ➤



They've brought with them a large plastic-sided dog crate suitable for shipping a Labrador-retriever-sized pooch on an airplane; an assortment of shield-like boards cut from plywood with metal handles affixed to one side, most of which have impressive bite marks taken out around the edges; some orange traffic cones; and...bowling balls?



Used herding boards show pinniped bite marks around the edges.



MMC volunteer Andrea Dougall coaches FFMR volunteers to brace the herding board with a leg when dealing with a wild animal.

"We're going to pretend that the bowling balls are small sea lions," Sue says, setting up two obstacle courses.

On one course, we'll pair up and use the shields, which are called herding boards, to direct

My partner and I soon find out that bowling balls do not like going into dog crates — much like pinnipeds, we are informed by Andrea, who is coaching us.

the bowling ball into the dog crate. The object of the exercise is to do this while keeping all your fingers and toes — even if they are encased in heavy boots — hidden behind the board. Also, you're not supposed to talk to your partner or your bowling ball; MMC policy is to stay silent around the animals to prevent them from becoming accustomed to humans, which could turn them into nuisances when they are released.

"Think of these herding boards as a barrier between their teeth and your legs. Rule number one is: don't lift the bottom edge of the board off the ground," Sue says as Andrea and Darren pass out boards. They show us how to hold the board up with the two handles, and brace and move it with our knees and feet.

My partner and I soon find out that bowling balls do not like going into dog crates — much like pinnipeds, we are informed by Andrea, who is coaching us. (She also mentions that when they do these classes at the MMC, she sometimes gets

to play the role of sea lion on her hands and knees.) We eventually get the ball crated and slam the wire-mesh door closed, but we've violated the rule of silence any number of times, and I'm pretty sure I've lost three fingers and have a nasty bowling-ball bite on my left instep.

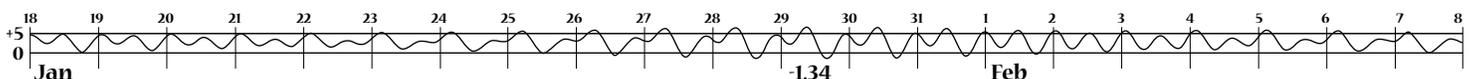
We run the second obstacle course solo, using a herding board to slalom the ball through a line of orange traffic cones, again without exposing our (remaining) limbs. The bowling ball is surprisingly lively as it bumps and weaves over and around the sticks, stones, and chunks of mulch in the picnic area, but Darren coaches me through it with no further lost fingers or toes. "After we get through this training, we'll all be board certified," fellow FFMR volunteer Tom Cioti quips as I nudge the bowling ball towards him.

Releases are not planned in advance. When the Animal Care crews at the MMC see that an animal is ready to be returned to the wild, they schedule it to be crated and trucked to a release point the next day. If the release site is FMR, they call Sarah to alert her and give her a probable arrival time. There are no guarantees — sometimes an animal's health backslides overnight, or weather interferes with a planned release.

But when Sarah hears of an imminent release, she will send out an email to those who went through Sue's training session, asking for helpers. And now thirty-odd eager volunteers will be standing by.

For more about MMC releases at the reserve, see the June 2007 issue of *Between the Tides*. ♦

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Volunteer Naturalist Training

January 9 – March 6, 2010



A volunteer naturalist helps visitors discover the wonders of the tidepools.

Our naturalist training is an incredible opportunity to learn about and share with others the ecology, habitats, and adaptations of life in the tide pools. Our naturalists help to promote the goals of the Friends of Fitzgerald Marine Reserve by sharing their knowledge and passion for the intertidal by talking to FMR visitors on the weekends, during school field trips and tours, in the visitor center and through outreach opportunities at fairs and other environmental gatherings. It is a rewarding experience to share the wonders of the ocean with people eager to know more.

“I enjoy being able to instill a sense of wonder, excitement and love for the natural world to others, children and adults alike. Even in the tiniest tidepool, there is so much life to discover and share.”

— Volunteer Naturalist Darlene Wong

The goals of the Friends of Fitzgerald are “the protection and preservation of the marine reserve as a unique intertidal environment and the promotion of educational activities for school children, residents, visitors and researchers, to see and touch many elements of wildlife ecosystems.”

- Class runs 9 am – 2 pm on Saturdays from January 9 – March 6 (no class Feb 13)
- In addition to class time, you will spend six mentoring hours with current volunteer naturalists and assist with two tours at the reserve. These are required to successfully complete the course.
- Cost: \$50.00
- Registration deadline: December 15, 2009. *Space is limited.* Your registration form and fee must be received prior to the deadline to hold a space.

Details can be found on our web site: www.fitzgeraldreserve.org — click on “volunteer at the reserve”

Contact Linda Ciotti at (650) 917-8806, or L8428@aol.com for more information.

To enroll, please complete the form below and mail it along with your \$50 check (made payable to FFMR) to:

FFMR Training Class
P.O. Box 669
Moss Beach CA 94038

FFMR Volunteer Naturalist Training

Name: _____

Address: _____

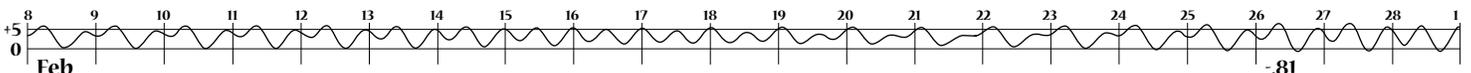
City: _____ CA Zip: _____

Phone: _____

Email: _____

Where Did You Hear About Our Training Class? _____

Previous Volunteer Experience? _____



State Parks: See Them While You Can

text and photos by Richard Lau

I have to admit that while I visit state parks on occasion, I never prioritized seeing them. After all, there was no hurry. They'd always be there, wouldn't they?

Along with many others, I was shocked to hear that part of Governor Schwarzenegger's plan to deal with the California budget crisis was to close 220 of the state's 279 state parks.

On July 28th, the Governor signed a budget that left mixed feelings of relief and concern. The good news is that many of the state parks wouldn't be closed. The bad news: more than 100 parks could still be slated for closure. Although the state promised a closure list would be released after Labor Day weekend, as this newsletter goes to press in late October, no list has been made available.

While I understand the need for planning and appreciate the careful consideration going into the decision of which parks to close, the lack of information is frustrating to those of us who want to visit these parks before they close.

You really can't see them all. So how to prioritize?

We did it by first visiting our favorite local state parks. These included **Wilder Ranch, Año Nuevo, and Henry Cowell State Park**, where we had fond memories of "Teddy Day," a Theodore Roosevelt celebration.

Then we branched out to parks in the surrounding area. To look up the parks, we visited the California State Parks website at www.parks.ca.gov/. Imagine our surprise to see the Governor's smiling face in the upper left portion of the page inviting us to visit his page! This irony repeated itself as we visited parks that had plaques containing quotes from the Governor about how important state parks are to California.

During our travels, we read and heard that historic state parks would be most likely to close. One reason was purely financial. Although the parks weren't created to be revenue generators, when it comes to bringing in money, some parks are more fortunate than others. Parks with gift shops, campgrounds, and parking fees are able to generate income to supplement entry fees.

We had never before visited the **Benicia Capitol State Historic Park**. It is the ➤

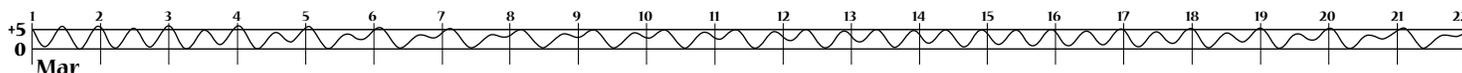
...some parks are more fortunate than others. Parks with gift shops, campgrounds, and parking fees are able to generate income to supplement entry fees.



A docent peers out of the Bale Grist Mill as the writer's wife, Barbara Lau, watches the 36-foot water wheel begin to turn.



This chapel is just one of several historical buildings inside the Fort Ross State Park compound.



site of California's third seat of government (1853-1854) and is the only pre-Sacramento capitol that survives, which should make it quite significant to state history. However, it is located in the center of a shopping area, so there is no parking lot and, therefore, no parking fee. It also has no campgrounds. It does, however, have a tiny gift shop and an admission fee of a whopping \$3.00 per adult. (The volunteer on duty apologized for the rate increase from \$1.00.)

We spent at least two hours at the Benicia Capitol, taking in the two floors of exhibits and architecture, learning about the history of the building and California, and exploring the grounds outside. We would have been there even longer if the historic home next door had been open for tours.

Another reason that historic state parks are especially vulnerable to closure is the perception that a building is easier to "secure" than a forest. But being able to lock a door doesn't necessarily protect a structure from vandalism, fire, and other hazards.

The day before we visited the **Sonoma State Historic Park**, someone set fire to a part of the Mission San Francisco Solano, the northernmost Franciscan Mission in California and one of the six historic sites that make up the park. And this happened near the downtown Sonoma Plaza while the park was opening daily.

"This place is wonderful proof that the U.S. and Russia have had a very rich, largely positive shared history. We would like to see it remain open."

— Russian ambassador
Sergey Kislyak

It's been indicated that the closures will only be temporary, perhaps just until 2010. Well, we learned something visiting these parks. Even though our home was "temporarily closed" while we were traveling, when we returned, yard work still had to be done, and dust still accumulated. Thank goodness we were only doing day trips and could keep up! The lesson: whether a park contains buildings or simply grounds, all of these things need to be maintained.

Many of the parks have had improvements and restorations made by voluntary donations. It would be tragic to see these gains lost to time, wear, and possible vandalism in a temporarily closed park.

Another park on the possible closure list is **Fort Ross**, a historic Russian settlement. In addition to the beautiful surroundings of the California coast, it was truly a trip through time, stepping into a full-scale Russian wooden fortress.

Fort Ross and many of the parks statewide draw not only tourists from across the country, but from the international community. The San Francisco Chronicle quotes Russian ambassador Sergey Kislyak as saying of Fort Ross, "This place is wonderful proof that the U.S. and Russia have had a very rich, largely positive shared history. We would like to see it remain open."

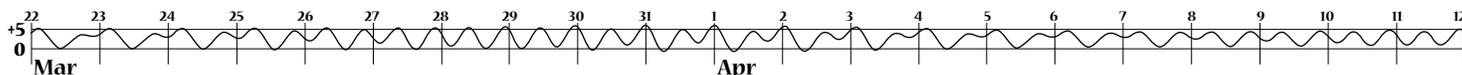
On the income side, while some parks operate at a loss, their ability to attract tourists does help local economies and the state's coffers through sales tax. On the expense side of the equation, the *San Jose Mercury News* ➤



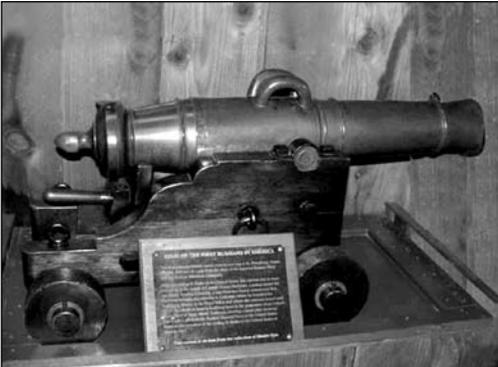
The Colonel Armstrong Tree at the Armstrong Redwoods State Natural Reserve is over 300 feet tall and approximately 1400 years old.



The writer's wife, Barbara Lau, stands before the massive roots of a fallen redwood in Armstrong Redwoods State Natural Reserve.



reports, “the number of state park employees — 2,970 rangers, lifeguards and others — has remained unchanged since 1988 even as the number of state park visitors has grown by 5.3 million people.” It was incredible to realize how much is being done at these parks with so little. A lot of credit goes to community-spirited volunteers who run the stores, provide the tours, and help the rangers out in other ways.



This cannon still guards Fort Ross State Historic Park, but "cannit" protect the park against closure?



The elegant dining room of the Vallejo House at the Sonoma State Historic Park.

Many of the rangers we spoke to weren't comfortable commenting officially until the closure list is released, but they are optimistic and determined to find ways to keep the parks on that list at least partially open, though perhaps with reduced hours.

In 12 days, we managed to visit 23 state parks. And while this wasn't our ideal way of "park-hopping," we are much the better for it. We saw some incredible sights, met some really nice and knowledgeable people, and learned many things.

One of which is that nothing is forever. State parks — see them while you can. ♦



Ever walk to the epicenter of an earthquake? You can at the Forest of Nisene Marks State Park.

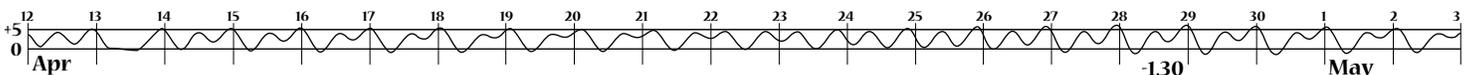


“the number of state park employees — 2,970 rangers, lifeguards and others — has remained unchanged since 1988 even as the number of state park visitors has grown by 5.3 million people.”

— San Jose Mercury News



One of the many stunning views in the Fort Ross State Historic Park area. (Ed. note: It's a shame you can't see the brilliant greens and blues of the ocean in this photo!)



FFMR Board Changes for 2010

by Jenna Kinghorn



Mary DeLong, outgoing president of Friends of Fitzgerald Marine Reserve.

Earlier this year, Mary DeLong announced to the board that she had decided to step down as president of Friends of Fitzgerald Marine Reserve (FFMR), an office she has held for over five years.

"It has been quite a ride as President of FFMR," Mary says. "We've had many successes as well as some great plans that have been slow in coming to fruition. I am most proud that FFMR was a partner in getting the Marine Life Protection Act (MLPA) implemented in our area of the coast. It is most gratifying to have Fitzgerald Marine Reserve finally be a true reserve where no plant or animal can be removed."

Mary put in a lot of long hours traveling to and sitting through many meetings during the MLPA process and speaking in support of stronger protection. "I want to thank the Board of FFMR and Rangers Steve Durkin and Sarah Lenz for their support, as well as all our volunteers for having trust in me," she says.

After several discussions in and out of board meetings, Ellen Gartside agreed to step into the role of president in January 2010. "I couldn't be leaving the role of president to a more qualified person than Ellen Gartside," Mary says. "With her knowledge and compassion she will look after the reserve beautifully." Tom Ciotti will take over the Vice President role from Kelly Huber at the same time.

"The Friends of Fitzgerald will keep inspiring those who to come to Fitzgerald to understand the connectivity in our little microcosm of the tidepools and extrapolate these ideas to the bigger world around them," Mary says.

Mary and Kelly will both remain on the board and continue to play active role at the reserve.

Ellen Gartside has been involved with the Friends since she worked at FMR as a Park Aide in the early 1990s. She has a Masters Degree in Marine Biology from San Francisco State University, and has taught science at the junior high and high school levels. She currently works with the Midpeninsula Regional Open Space District and the San Mateo County Resource Conservation District. You can read more about Ellen in the March 2008 and September 2008 issues of *Between the Tides*. (Back issues are always available online at <http://fitzgeraldreserve.org/newsletter.html>)

Ellen volunteers with the Gulf of the Farallones National Marine Sanctuary Beachwatch program as well as with the Surfrider Foundation and FFMR. I asked her what she has in mind to accomplish as FFMR's president, and here's what she said.

JK: How did you get talked into taking on the position of President? As I recall, your first answer when we asked you was "no"...so who or what changed your mind?!

EG: I've been on the Board for two years now, the time has gone by very quickly and now this opportunity presented itself. Initially, I said no because I have so many other projects going on and work full-time. I wasn't sure I would have the time to do a good job. But then Tom Ciotti offered to be Vice-president/Co-chair and is willing to attend any important week-day meetings

that I would be unavailable for. Tom has a tremendous amount of experience with FFMR and the Parks Foundations. I think we will work very well together.

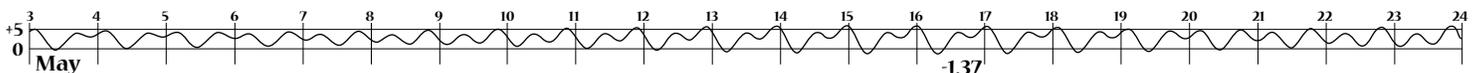
— Mary

JK: You've already gotten the board to approve more frequent board meetings -- monthly beginning in 2010. What was your reasoning for increasing the frequency from 6 meetings a year? What do you ➤

"The Friends of Fitzgerald will keep inspiring those who to come to Fitzgerald to understand the connectivity in our little microcosm of the tidepools and extrapolate these ideas to the bigger world around them."

"I am most proud that FFMR was a partner in getting the Marine Life Protection Act implemented in our area of the coast. It is most gratifying to have Fitzgerald Marine Reserve finally be a true reserve where no plant or animal can be removed."

— Mary



hope to accomplish with the increased frequency of meetings?

EG: There are so many things already going on that we need to discuss regularly as a group plus programs and projects we would like to implement, events we could attend and partnerships we could foster with other organizations. I feel we tend to lose some momentum by having meetings every other month. The Board members are an incredibly creative and enthusiastic group and fun

be better put to use as a resource for teachers.

JK: How do you hope to leverage your background (marine biology, teaching) and connections (teaching, SFSU, government contacts, other nonprofits) to move FFMR forward in our mission?

EG: I would like to see FFMR form stronger connections with other volunteer organizations in the area: Año Nuevo, Natural Bridges, Beachwatch, and the Marine Mammal Center are just a few that come to mind.

JK: What part of the job are you most looking forward to?

EG: I am looking forward to spending more time at FMR and getting to know more of our volunteer naturalists who do such an incredible job sharing their passion and enthusiasm for the reserve with school children and the public.

JK: How can FFMR members help you succeed in your new post?

EG: It's not so much about my success but the success of the reserve which has brought us all together in this organization. As we navigate through difficult economic times we can help the rangers by showing up for tours and volunteer shifts.

JK: Anything I haven't asked about that you'd like to add?

EG: If you have any suggestions, comments, or would like to get involved with the Friends of Fitzgerald Marine Reserve, please contact me at doriopsila@hotmail.com ◆



Ellen Gartside, shown here at Montara State Beach preparing to do a BeachWatch survey, will be FFMR's new president starting in January 2010.

Ellen Gartside has been involved with the Friends since she worked at FMR as a Park Aide in the early 1990s. She has a Masters Degree in Marine Biology from San Francisco State University, and has taught science at the junior high and high school levels.

to hang out with. I want to see them more often!

JK: Are there any other changes you're thinking of suggesting that you can share with us now?

EG: One thing I will follow up on is having some of our Board meetings in San Mateo. There are several Board members that come "over the hill" for our meetings so I would like to spread that travel commitment around.

"I would like to see FFMR form stronger connections with other volunteer organizations in the area: Año Nuevo, Natural Bridges, Beachwatch, and the Marine Mammal Center are just a few that come to mind."

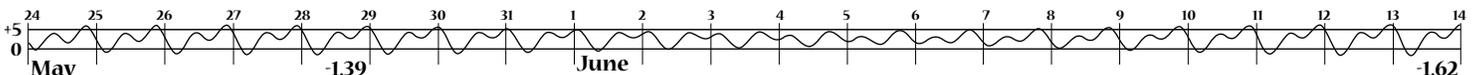
— Ellen

JK: You've taken on the challenge of coordinating the update of our Web site, and you've talked about wanting to make better use of technology to move FFMR forward. Can you expand on those ideas for us a bit and talk about what you'd like to see put in place over the next couple of years, and why?

EG: The internet is an essential tool for communicating with the public these days. Our website may be the first encounter anyone has with the Reserve. The website can also

"I am looking forward to spending more time at FMR and getting to know more of our volunteer naturalists who do such an incredible job sharing their passion and enthusiasm for the reserve with school children and the public."

— Ellen





FRIENDS OF
FITZGERALD
MARINE RESERVE

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Family Fun Event: Night Tidepooling Tour



Join Us on Thursday December 17th from 4-7 p.m.
FFMR store opens at 3 p.m. Free hot drinks!
Open to All Ages — RSVP to Ranger Sarah at 650-728-3584
heavy rain cancels this event

Darkness arrives early near year's end, and night tidepooling is a whole new experience compared to exploring the reef by day. The concentrated beams of flashlights illuminate a rich kaleidoscope of sea stars, sea urchins, anemones and nudibranchs. Crabs are on the move, and we may spot an octopus creeping from pool to pool.

Bundle up in warm clothes (including hats and gloves!), wear sturdy shoes, and bring your flashlights (one for every member of your group, plus a spare) to explore the night time reef. Plenty of volunteers and staff will be on hand to help you make discoveries and answer questions.

Come early to do some holiday shopping in our Friends store in the ranger station. The store will open at 3 p.m. for your holiday shopping pleasure. Pick up a field guide, hat, tee-shirt or sweatshirt for your favorite nature buff. Stock up on postcards, pencils, pins, and badges -- great for stocking stuffers!

We'll have free hot drinks and holiday sweets available in the picnic area near the ranger station, where the tidepool night tour starts. Bring your own reusable mug to celebrate the season "greenly!"

This is our final "Family Fun Day" event. We hope to see you there!

Friends of Fitzgerald Marine Reserve

Membership Secretary, P.O. Box 669, Moss Beach, CA 94038

Contribution Levels:

- \$25 \$100 \$1000
 \$50 \$500 Other _____

I want to double the value of my gift through my employer's matching gift program (please enclose the matching gift forms).

Please contact me about volunteer opportunities.

Name _____

Address _____

City _____ State _____ Zip _____

Email _____