



Friends of Huddart
& Wunderlich Parks
Serving Since 1995

Wild Times

hikes • history • horses

650.851.2660 P.O. Box 6270767 Woodside, CA, 94062 www.huddartwunderlichfriends.org Spring 2019

ParksRx Program

The Friends Join Public Health Initiative

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The park is a forest? Are there bears? How do we get there? Being unfamiliar with local parks, fearing the unknown, and lacking transportation are some of the barriers discouraging people who need to get outside the most—even when they have a prescription from their doctors. So the Friends has teamed up with San Mateo County (SMC) Health and its San Mateo County Park Prescription (ParksRx) Program to begin bringing families with health issues related to being sedentary to Huddart and Wunderlich Parks to enjoy some of the proven benefits of being outside.



Families, park rangers, county health officials, and Friends joined together for a day of play in Huddart during Family Nature Day.

“Studies show that time spent in nature improves one’s health as well as strengthens the community by bringing people together,” says Dr. Rachel Borovina, pediatrician for SMC Health. “Some of the proven benefits of spending time in nature include decreasing high blood pressure, improving blood sugar levels among people with diabetes, and decreasing symptoms of depression and anxiety.”

Knowing that children and adults average seven hours a day on digital devices, SMC Health joined a growing national program called ParksRx, which encourages healthcare providers to prescribe visits to local parks and open spaces.

Enter the Friends. Part of its mission is connecting the wider public to the two county parks in Woodside. So it was a natural meshing of purpose that brought together SMC ParksRx and the Friends. Early spring, a pilot program called “Walk with a Doc” brought a select group of families from San Mateo County Medical Center’s Healthy Lifestyles Clinic with Dr. Borovina to Wunderlich. There they spent a day in the park tasting local blackberries, walking trails among the trees, and meeting mini-horse Lightning.

The pilot was so successful that an expanded event, Family Nature Day, was held in Huddart Park on April 20 for some 75 people. Besides healthy snacks and hikes, offerings included natural science exploration, arts and crafts, guided meditation and yoga, and mega-sized games such as Connect 4, Loteria, and Cornhole. Says Dr. Borovina, “Working with the Friends to improve access for all has made a major difference in welcoming the entire community.”

The Friends collaborated on the two events with several local agencies. Funding for the events came in part from donors to the Friends’ programs as well as from a generous grant for the Friends from the Merck Foundation.

For more information about the SMC ParksRx Program and its roots, read “The Nature Cure” in the May 8, 2019, edition of The Almanac.

Museum Welcomes Latest Addition

A remarkable piece of coffee history has sparked interest among Folger Stable Carriage Room Museum docents. An elaborate coffee server inscribed to J.A. Folger dated May 24, 1889, a month before the founder of the famous coffee empire died, was recently donated by Jane Liscum, who grew up with deep connections to the Folger family. Museum docents are working with local historians to unearth the story behind the gift and are planning to put it on display. Museum docents share the history, explain the architecture, and tell the story of Wunderlich Park. They also enjoy opportunities to conduct research, help create new exhibits, and host events and tours. Docent Fred Thiemann even opened a coffee cart for visitors to enjoy a fresh cup of Folgers coffee while touring the museum. One aim of the museum is to open Sundays in addition to Saturdays, but more docents are needed to do so. For information about joining the team of docents, contact Kym at fhwp2961@gmail.com.



The most recent donation to the museum collection is this antique coffee urn engraved with the name J.A. Folger.

Sightings in the Parks



You may have seen this little guy (California Newt) out and about in the parks after the winter rains. Scientists are studying their astounding navigational abilities that use the earth's geomagnetic

field and the iron oxide crystals in their brains. Their ability to regenerate limbs and organs is also interesting to medical researchers. Newts have adapted to be so highly toxic that very few predators can eat these slow-moving salamanders. Cars, however, are deadly. Researchers are trying to find ways to protect these remarkable amphibians. Spending most of their lives on the forest floor, newts hike miles to return to their birthplace waters to breed and lay eggs. For more about California Newts and other creatures in our parks, check out the book *Secrets of the Oak Woodlands* by Kate Marianchild, our featured speaker for the sold-out June Folger Stable Speaker Series.

Enrichment Classes Are Popular Benefit for Nature Hike Docents

What are the nesting habits of Marbled Murrelets? How big are Pacific Giant Salamanders? How do you tell a Rough-Skinned Newt from a California Newt? What does a Pacific Tree Frog sound like? These and other questions about Pacific Coast Range animals can be answered by many of our hiking docents due to a recent field trip with Carol Preston of the National Oceanic and Atmospheric Administration (NOAA).

The Friends Huddart Nature Hikes docents are self-motivated naturalists and teachers who are dedicated to helping the children they lead along the trails to develop curiosity and wonder at the natural world they experience. The Friends provides its docents with classes and field trips that allow them to develop their knowledge about the animals and plants that live in the local mountains. Besides the amphibian themed training with Carol Preston, in April the docents learned about wildflowers with Friends of Edgewood Park. In June, the docents will explore with famed naturalist Kate Marianchild, author of the book *Secrets of the Oak Woodlands: Plants and Animals Among California's Oaks*.

Interpretation, or the art and science of leading a meaningful nature hike for children of various backgrounds, is also taught to the hike docents. In February, they attended a class given by equity advocate Rena Payan of Youth Outside about teaching diverse students. To raise awareness further, docents also took a class in April with the Environmental Volunteers about communicating with English language learners.



Pacific Tree Frog

In 2018, the Friends Huddart Nature Hikes docents volunteered 835 hours, hiking with 1250 children. Providing enrichment classes to the docents not only ensures the continued excellence of the program, it is also the Friends way of saying "thank you" to this dedicated group of naturalists.

Free! Docent-led Tours Available

Looking for an interesting way to get out and about? Plan a free excursion with your friends, your business team, or your family. The Friends offers tours of the Folger Stable and the Carriage Room Museum as well as guided hikes with a trained naturalist.

For more information, visit
www.huddartwunderlichfriends.org

Clay Sibert 2019

This is How Donors Make a Difference

The Friends might be the force that develops partnerships, creates programs, and provides the people to implement them all. But none of the programs that the Friends offer would be possible without the donors who support the Friends' mission and goals.

If you're a donor, take a look at the most recent statistics showing how the Friends' resources have been put to work. Donors can take a lot of pride in the positive impact they have had on thousands of adults and children right in their own beautiful backyard.



Letter from the President

Dear Friends . . .

Our organization, like many groups serving public interests, needs a strategic plan to evaluate, refine, and advance our mission to match the needs of our community. Changes to internal and external environments require us to revisit our plan occasionally to make sure we are on the right course.

We checked in with you—our donors, docents, volunteers, advisors, and community partners—to assess our current strengths, weaknesses, and future opportunities. Thank you all for helping us evaluate our current programs and activities and for your suggestions as to how we might adjust our future plans.

Your responses to the survey indicated that a range of programs exposing the public of all ages and demographics to the natural and historic resources in our two parks are still very much desired. Including programs designed to encourage park visits as a health and wellness prescription also received your enthusiastic support. We will adjust our resources to include any changes and serve your interests as we continue to expand our programming.

The best laid plans are only as good as the people who carry them out. We are fortunate to have a dedicated and talented group of volunteers, board members, and community partners as well as a phenomenal two-person staff to execute our plans.

Your financial support, time, and talent are the real key to our ongoing success. Our appreciation to you all cannot be overstated. Thank you, and I wish you a happy spring and summer,

Jill



Jill Daly
Friends Board President

Free Docent-led Summer Sunset Hikes in Huddart Park

Enjoy the wonders of nature during early evening, docent-led hikes at Huddart Park this summer. Experience a rare opportunity to discover twilight grazers, birds and bats preparing for the night, night-blooming flowers, and so much more.

Wear long pants, long-sleeved shirt, and closed toed shoes. Bring water. Parking fee is \$6.00.

- **June 19 6:30 P.M.-8:30 P.M.**

Meet at the parking lot just past the entry gate at the head of the Chickadee Trail.

- **July 10 6:30 P.M.-8:30 P.M.**

Meet at the Zwierlein parking area.

- **July 24 6:30 P.M.-8:30 P.M.**

Meet at parking lot just past the entry gate at the head of the Chickadee Trail.

- **August 14 6:30 P.M.-8:30 P.M.**

Meet at the Zwierlein parking area.

<https://www.huddartwunderlichfriends.org>

Our work is made possible with generous support from these partners!

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