



PAW PRINTS

Volume 40, Number 11 Newsletter of the Eaton Canyon Nature Center Associates November 2022

PUBLIC CALENDAR

**Eaton Canyon Natural Area Park
Winter Hours begin November 1:**
8 am-5 pm. **Nature Center Hours**
(includes restrooms): 9 am-5 pm

Docent-Led Family Nature Walk
Every Saturday at 9 am. Meet in front
of the Nature Center. No dogs please.

Nature Tails Story Hour
Every Saturday at 10:30 am on the
Outdoor Patio. Stories and activities
for children.

Saturday Nature Center Discovery
Saturday mornings on the Outdoor
Patio. Animal Ambassadors: 10 am
and 12 pm. Nature Discovery Tables:
10:30 am to 12:30 pm

Eaton Canyon Gardening Group
Every Wednesday at 9:30 am and
second Sundays of the month at 10
am. **Current volunteers only.** Meet by
Nature Center garage door.

Meetings:
Audubon Society Meeting
Monthly meetings are held on the
third Wednesday of the month at
7:30 pm in the Eaton Canyon Nature
Center Auditorium.

**California Native Plant Society
Meeting**
Meetings are held in the Eaton
Canyon Nature Center Auditorium,
the fourth Thursday of the month at
7:30 pm, except for November and
December.

Pasadena Group Sierra Club Meeting
Program meetings are held on the
first Wednesday of most months at
7:30 pm in the Eaton Canyon Nature
Center Auditorium. Arrive early at 7
pm. for socializing and refreshments.
Check their website for program:
www.sierraclub.org/angeles/pasadena

Acorns and Tunas



Kat High at Eaton Canyon Nature Center for our Bag Lunch.

Photo: Brenda Hurst

Kat High, one of our favorite speakers, visited the Nature Center to present, "Acorns & Tunas: Time to Start Gathering," at our October Bag Lunch.

Kat's presentation included food tastes, recipes, and updates about her home in Topanga. Attending docents and staff were treated to a delicious variety of beverages (acorn coffee, pineapple acorn smoothies, and Prickly Pear lemonade from opuntia tunas). In addition, Kat served Beavertail Stew (using nopales, (no Beavers involved!)), sauteed mushrooms and acorns on corn tortillas, and acorn muffins. Kat related how the local Native American tribes would meet in the San Gabriel mountains to gather acorns, then store them in permanent granaries. Granaries were made using Willow branches and Bay Laurel leaves as a pest deterrent. A family of 4 would eat about one ton of acorns a year, so it was a valuable food resource.

Here's an Acorn Bread and Beavertail Stew recipe Kat has shared with you:

ACORN BREAD WITH PINE NUTS OR TRAIL MIX

1 c acorn flour
3 t baking powder
¼ t baking soda
½ t salt
1 c chopped pine or other nuts, or trail mix
¼ t each cinnamon
¼ t nutmeg
2 eggs, beaten
¼ c salad oil

Recipes continued on page 2



Paw Prints is a monthly publication of the ECNCA. Articles and photographs are welcome on topics related to natural history and Nature Center activities. If you see something interesting in the canyon, please share it with us! The deadline for submissions to the December 2022 issue is November 15, 2022. Send submissions to Brenda Hurst eatonmember@gmail.com.

Contributors: Brenda Hurst, David Kristoff, Helen Wong

Paw Prints Production

Content Editor: Brenda Hurst
Layout: Carole Scurlock
Copy Editor: Laura Joseph

DOCENT AND MEMBER CALENDAR

Bag Lunch and Mini-Inservice: Wednesday, November 2, 2022, at noon in Classroom 1. **Maxwell Yasuda** (Docent Class 2022) will present: **"Urban Wildlife Research From Occidental College and the UC CALeDNA Project."** Environmental DNA or eDNA is a method of measuring biodiversity using DNA technology by sampling streams and soil in an environment. The California eDNA project or CALeDNA studies rare and diverse habitats in California including an ongoing study of the LA River and the Arroyo Seco.

Guided School Tours

School tours are conducted from October to the end of the school season. For reservations call the office 626-398-5420.

ECNCA Board Meetings

The ECNCA board meetings are held on the second Wednesday of the month at 7 pm via Zoom. If you are interested in joining a meeting, please send an email to eatonmember@gmail.com, at least 2 days prior to the meeting.

Recipes continued from page 1

$\frac{3}{4}$ c milk

$\frac{1}{2}$ c unsweetened applesauce

1 t vanilla

Preparation:

Grease a loaf pan (9x5x3). Sift acorn flour with baking powder, soda, salt, cinnamon, & nutmeg and mix well.

Combine eggs, oil, honey or agave, applesauce, vanilla, and milk, and blend well.

Add flour mixture; stir in nuts.

Bake at 350° for one hour or until toothpick comes out clean. Do not overcook.

Let cool 10 minutes in pan. Remove and cool on rack.

Bread will keep in foil for one week in the refrigerator. Freezes well.

BEAVERTAIL STEW

1c nopales

$\frac{1}{4}$ c chopped onion

2 cloves garlic, minced

1 large tomato, chopped

1 or 2 T chili paste

2 shakes cumin

2 c cooked beans

Cook the nopales and onion until they are crisp. Add garlic, tomato, chili paste, cumin, and beans.

Simmer until the tomato is done. If the tomato wasn't very juicy, add water, tomato juice, or gravy so the mixture can simmer without burning.

Serve with toasted tortillas. Serves 4—a diabetic healthy recipe—from "The Haramokngna Potluck Cookbook"



A Pacific Rattlesnake sighting during a family nature walk in October at Eaton Canyon. David Kristoff, one of our ECNCA Docent Naturalists said, "Incredible camouflage! Great reminder to keep eyes and ears open on the trails." Photo: David Kristoff

2022 Volunteer Recognition

Here are a few more of our volunteers that received their 5 year badges recently. Congratulations to them! So glad they're part of our family. Mary Veselich, Mike Veselich and Katy Mann received their 5 year volunteer badges.



Mary Veselich, 5 years



Mike Veselich, 5 years



Katy Mann, 5 years

Thank You Picnic Awards

On Sunday, October 16, we held our 2022 Volunteer Thank You Picnic at the Eaton Canyon Nature Center pond and picnic area. It rained the evening before but we were lucky to have lovely cool weather but no rain for the event. Helen Wong presented the Earth Steward Awards to George Yenoki, Mary Foltyn and Bohdan Porendowsky. Others receiving this year's award, but not present, are Brittany Fabeck, Dave Harrod, Brenda Kyle, and Kathleen Sesplaukis.

ECNCA President, Brenda Hurst, awarded the new ECNCA Canyon Star Award to Mary Foltyn and Carole Scurlock. Refreshments included box lunches from Mendocino Farms and donated prizes were given out from Trader Joe's, Plant Material, Pacific Opera Project, Cheesecake Factory, Audubon, the Eaton Canyon Nature Center Gift Shop, Callisto Tea House, and Nothing Bundt Cakes. So great getting together with so many volunteer friends!

Earth Steward Award:



George Yenoki



Mary Foltyn



Bohdan Porendowsky

ECNCA Canyon Star Award:



Mary Foltyn



Carole Scurlock

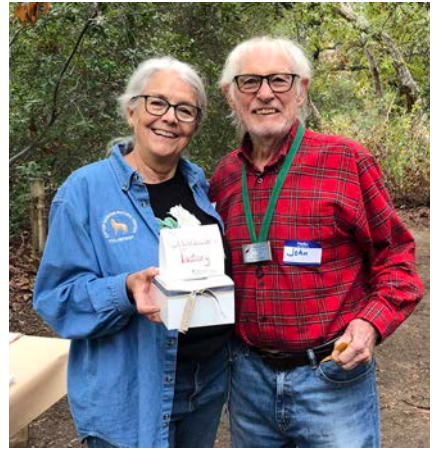




Photo: Carole Scurlock

ECNCA BOARD MEMBERS

President: Brenda Hurst

Vice-President: Diane Marcussen

Recording Secretary: Marge Mayotte-Hirn

Corresponding Secretary: Mary Veselich

Treasurer: Terry Ginsberg

Membership Chair: Brenda Hurst

School Trip Docent Chair: David Kristoff

Weekend Docent Chair: Ramie Case

Twilight Program Chair:

Bus Grants Committee Chair: Marge Mayotte-Hirn

Gardening Group Chair: Marilyn Hildebrandt

Conservation Group Chair:

Gift Shop Chairs: Pam Edwards, Karen Mateer

Bag Lunch Chair: Mary Foltyn

Moonlight Hike Co-chairs: Ramie Case, Teresa Kirkland

Members-at-Large: Judy Jenkins, Rose Haig, Susan Hopkins

Nature Center Director: Helen Wong

NCA President: Laura Nicholson

NCA Representative: Terry Ginsberg

Eaton Canyon Nature Center Associates (ECNCA) is a chapter of the Nature Center Associates (NCA), a non-profit support group of the natural area park system of Los Angeles County. Founded for educational and scientific purposes, its primary mission is to develop in children and adults an appreciation of the natural world and to preserve Eaton Canyon as a natural area for future generations.

The Eaton Canyon Nature Center and Natural Area Park are located within the unincorporated area of Los Angeles County in the Supervisorial district of Kathryn Barger. The Natural Area and Nature Center are operated by the County of Los Angeles, Department of Parks and Recreation, in partnership with the Eaton Canyon Nature Center Associates.

Become A Member of the ECNCA (Eaton Canyon Nature Center Associates)

Membership benefits include the ECNCA newsletter, program announcements and a 10% discount at the gift shop. To join the Eaton Canyon Nature Center Associates, fill out the form below and mail with your check, payable to the ECNCA, 1750 North Altadena Drive, Pasadena, CA 91107.

Name: _____ Email _____

Address: _____

City: _____ State: _____ Zip _____ Phone _____

Please check appropriate box and mark return envelope "Membership"

☐ Individual \$30 ☐ Family \$45 ☐ Senior \$15 ☐ Senior Family \$30 ☐ Student \$15

☐ Friend of the Canyon \$75 ☐ Sage Saver \$100 ☐ Chaparral Contributor \$250 ☐ Riparian Guardian \$500

☐ Oak Woodlands Protector \$750 ☐ Wildlands Angel \$1000 ☐ NEW ☐ RENEWAL

Enclosed is my MEMBERSHIP in the amount of \$_____

Enclosed is my additional DONATION in the amount of \$_____

Please make checks payable to the ECNCA. All contributions are tax deductible.