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Friends News

A non-profit organization supporting
Deer Hollow Farm's educational programs



Spring Tours' Success

More than a thousand people toured the Farm this spring helping Friends bring in over seven thousand dollars for the Farm's educational programs. Visitors on the three Saturdays liked the new format. They could wander from pen to pen as knowledgeable docents told them about the animals and the Farm.

Activities added to children's involvement. They planted seeds, created works of art, and posed for pictures. Everyone had fun. We are grateful to the amazing



docents and livestock/garden volunteers who give their time all through the year, including making fundraising activities like the Spring Farm Tours so rich for the community. Thank you to all our supporters and volunteers!



Fall 2013 Family Fun

Ohlone Day Sunday

This year for the first time Ohlone Day will be held on a Sunday—the second **Sunday** of the month, **October 13** from **1 to 4 PM**. We are hoping that families with school-age children who play sports on Saturday will be able to come experience the replica Ohlone village on Sunday afternoon.

Come to the Farm on **October 13**, the only time this year that the public can tour the village. Go back in history with the help of fun and knowledgeable docents. Bring family and school-aged friends to enjoy pounding acorns, drinking a native tea, learning about Ohlone tools and baskets, watching fire being started, trying fun games, dancing, and visiting the new sweatlodge.

The Ohlone Village is a one-mile walk from limited parking. Car pool if possible. If it's rainy, check www.fodhf.org to find the Ohlone Day status. Cost is \$7 per person; babies under one are free.

Spooky Times



Spooky Times at Deer Halloween Farm is a chance for families to dress in their Halloween costumes and visit the Farm. Come on Saturday, **October 26** from **10 AM and 3 PM** and join in the fun. The pens will be open as they are during the Spring Farm Tours. There will also be games, creative crafts, and a story to follow. The cost is \$7 for adults and children one and older. Save money—those dressing in costume will get into the Farm for \$5.

More Farm Fun

The Nature Center is open to the public on the third Saturday of most months from 9:30 AM to 12:30 PM. Drop by, explore the touch table, talk with the docents, and buy Farm-related merchandise.

Letters

Dear Friends of Deer Hollow Farm,

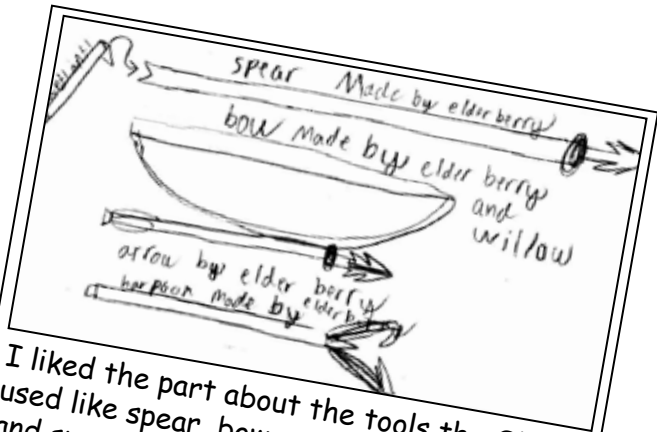
Thank you for the scholarship to the Ohlone village. Without it, we would not have been able to attend.

My class greatly appreciated the opportunity to visit the nature preserve and learn about the Native Americans who lived there long ago.

Please read the enclosed letters and pass them on to the individual docents. They express the children's gratitude and also tell how much fun we had learning about the Ohlone.

Helen Rue

San Miguel Elementary



I liked the part about the tools the Ohlone used like spear, bow and arrow, harpoons and spears with adle adles to throw them. Thank you so much and I mean so much!!!
—Rehan

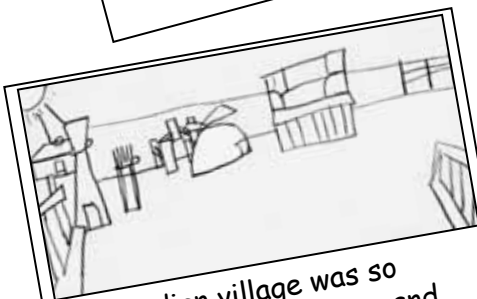


You were a very awesome leader. First of all you were awesome because you found three deer. The Indian villages were cool too. The face painting was my favorite stop. My favorite part was all the hiking. I love hiking up the hill. In conclusion, Deer Hollow Farm is the best place to be.
—Naomi



I had so much fun with you. My favorite part was when we saw a blue jay. I learned that the Ohlone had a hard life. I really liked the game we played. The huts were cool.

Love, Adriana



The Indian village was so pretty. We saw a tepee and a sweat house. Then we had another tepee made of bark. Then a tepee made of . . . ahh, shute! What is the name of that soft grass again? Finally we had a great theater.
P.S. Cool!
—Adrien



I think the Ohlone are awesome, especially that arrow toy. I like the bobcat. I really wish we could go to the sweat house again. I loved the nut powder even though it tasted strange.
—Thomas

Familiar Faces at the Farm

Retired Healers Find the Joy of Teaching and Share the Joy of Learning



Donna Aronson, who has over 500 Farm volunteer hours, and her husband **Larry** have been sharing the joy of learning with children since 2006. They live near Rancho San Antonio and have been walking the trails for more than a decade. They'd noticed the Farm but became more interested one day when **Mary Gilman** beckoned them and took them behind the barrier into the pig and sheep barn. There they saw a newborn lamb only a couple of days old. They were delighted when the lamb ran into the yard jumping and turning in a spring dance.

As Donna began working fewer hours as a nurse, she looked for meaningful volunteer work. At an informational meeting at the Mountain View Library, she learned about the Farm's educational programs and was impressed that the staff was so flexible about hours. You could sign up for the classes you wanted to teach and the times you wanted to work. Donna could start gradually and pick up more hours when she retired. The staff told her that if she loved children, learning, and nature, they would be glad to have her. Ever since she has felt part of a team of like-minded people (docents and staff) who enjoy each other and their work with children.

At the docent training, Donna heard the phrase "joy of teaching." She took it to heart and makes each teaching experience fun for her and her students. The student letter to Donna from Adriana (see page 2) expresses how those in her groups often feel about the experience. Donna is fun!

Donna admits that some groups and

some children are hard, but she gets advice from staff and other docents and has developed good methods to get a group's attention or encourage reluctant students.

Seeing how much fun Donna was having at the Farm, Larry began volunteering as he closed his medical practice. After being one of the first pediatricians in Sunnyvale, Larry enjoys the children as much as Donna. They both have fun teaching the Farm and Garden class to kindergarteners. The young children are so open to learning. It's fun to watch them as they learn. It is not the facts that are important, especially with the young students, it is the experience—touching, seeing, hearing, smelling, and tasting. Donna remembers in her early teaching days mentioning to **Frank Kellers**, an experienced docent, that she couldn't remember the animals' names or their breeds. His answer, "These are five-year-olds; it's a goat."

Donna and Larry teach the other classes as well and work with summer campers—Donna teaching about the Ohlone way of life and Larry helping with the archery. In the process, they have many amazing experiences.



Donna recalls one day with second graders on a nature hike, "A hawk swooped in front of us, picked up a wood rat and flew away. The children watched as the hawk struggled to take off and fly with the heavy burden weighing almost as much as he did. He took it to a tree and began to eat, shredding and discarding pieces as he ate. Students were spellbound." Here was the cycle of life right in front of their eyes!

Good teaching includes helping children learn to be observant. When children see a bird on the trail, Donna guides them to describe it by asking: "What color are its wings? . . . its beak? Does it have a Mohawk?" Donna names the bird only after students have described it.

Donna asks students to stop, to close their eyes and their mouths, and to listen, for a minute or longer, "Now, open your eyes and describe what you heard." Donna listens to each answer—birds, branches, fellow student's breathing, stones, water, or airplanes. Or she asks children to imagine what it would be like to be an animal or person living at a different time. Listening carefully, she often finds the answer amusing. She recalls the boy who imagined life as an Ohlone man and concluded, "No financial worries."

Joy of learning for Donna and Larry includes an eagerness to learn from and with others in the regular docent trainings and an openness to learn from students.

Donna and Larry are also wonderful friends of Friends of Deer Hollow Farm. Donna, a former board member, does many tasks for the Friends Board, including writing a regular column for this newsletter (see page 5) and making things to sell.

In addition to volunteering at the Farm and with Friends, Donna volunteers on Mondays in the emergency room at Sequoia Hospital, where she worked for 17 years.

Donna and Larry enjoy traveling. They also enjoy their garden—working in it, preparing the produce, and eating and sharing it with their many friends.

Friends of Deer Hollow Farm Board News Directors Forced to Cut Work

The Board of Directors for Deer Hollow Farm's nonprofit fundraising organization, Friends of Deer Hollow Farm (FODHF) has been forced to cut back its work due to its diminished size. The Board usually has more members to spread the work, but its current six members cannot maintain the workload.

The volunteer FODHF Board will discontinue the following efforts:

- Lobbying cities for Farm operations support
- Researching new grant sources
- Marketing outreach to major donors and funding partners with seasonal letters and the Annual Report
- Volunteer Youth Project funding for Farm projects
- Reduced Nature Center hours and variety of merchandise for sale
- Private Farm Tours
- Community outreach with speeches to service clubs

The Board will continue offering three Spring Farm Tours and the Fall Ohlone Day. These are important community events, and many Farm volunteers help the Board present the fundraisers. The Board will also continue publishing three newsletters annually for donors and funding partners and maintain its Web page (www.fodhf.org) and Facebook page (Friends of Deer Hollow Farm).

More Board Members Critically Needed

The concern is that if FODHF doesn't get more new members this year or next, the Board must dissolve. Five members are required per FODHF bylaws, and several Board members are nearing the end of their terms. Board membership is voluntary and requires about 5 to 10 hours a month and Farm volunteer effort or an annual \$250 Farm donation. Especially needed are those with communication and organization skills to help manage and promote our public fundraisers and to write grant requests and newsletter articles. Several local organizations have



Current FODHF Board Members: L to R Back Sue Gale, President; Joan Lewis, Secretary; Carla Dorow, Treasurer. Seated: Board Members Liz Montgomery and Deb Maniar. Not pictured: Judith Stewart.

been providing grants to FODHF, but they require formal grant requests to be submitted annually for review. Scheduling and writing these grant requests are important Board tasks.

The Board will continue funding half the 5,500 children who come to the Farm on field trips each year. We will also continue funding Farm Improvement Projects recommended and executed by Farm staff. One project funded this year is the new sweat lodge in Deer Hollow Farm's replica Ohlone Village shown under construction below.



The Board will continue to recruit Farm volunteers to staff the Nature Center one Saturday a month. If no volunteers are available, the Center can't be opened.

The key requirement to preserve FODHF's 501(c)(3) nonprofit status is to manage the collection and dispersal of donations in accordance with government requirements. Thankfully, Carla Dorow, FODHF Treasurer, says she will continue these necessary legal and accounting tasks indefinitely.

"It's important that new people come onto the Board for a term," said Sue Gale, President, who has served for six years and another three years when the Board membership was falling. "The Board needs new faces and helping hands to ensure it continues for another 19 years." FODHF was formed in 1994 to raise funds for the Farm, which was in danger of being closed. In 2010, FODHF again helped save the Farm from possible closure due to funding shortages. Contact Friends if you are interested in joining: info@fodhf.org.

The new sweat lodge, inspired by the one docents visited at Point Reyes, is more spacious with additional seating and room for a docent to stand near the center. **Jessica Morgan, Jaime Villarreal, and Michael Gorman** collaborated on the design. Midpeninsula Regional Open Space District workers are doing the building.

Summer Learning at the Farm

by *Sylvie Gitin*

work as an intern at Deer Hollow Farm for the summer camp. I've been going to the camp since I was



five, and after the first week I was hooked. As a camper, I always looked up to the interns as role models. I loved going to camp, and I learned so much, both about farm life and about the wildlife on the surrounding Rancho San Antonio Preserve.

Now, as an intern, it's my job to give back to the camp by teaching new kids to love and care for nature and helping them to learn that food doesn't just come from the grocery store. At the beginning of the first week of camp this summer, we asked the campers where the food in their lunch came from. They knew cheese and yogurt came from cows, but when I asked one kid where the bread in his sandwich came from, he was stumped and said, "I don't know, a cow or pig or something?"

Many of the kids also didn't realize how plants make their own food. When I asked my campers how the plants got food, one girl raised her hand and said, "They eat carbon dioxide!" From this I was able to explain to them all about photosynthesis, and how important the sun is. This prompted all kinds of questions from the campers, from "So technically, we could live off a campfire?" all the way to "But when the sun explodes, we can move to Pluto, right?"

I love when the campers are so enthusiastic about everything they learn, and I also love their funny comments about anything and everything, such as when I picked up a chicken and one girl exclaimed, "Wow! It's got a really feathery butt!" I also love when I take a rabbit out of the pen and let campers pet it. The wonder on their faces as they stroke the plush rabbit fur is priceless. The campers

have the same priceless expression when they milk the cow or hold a warm egg they just plucked from under a chicken.

Camp isn't always fun and games, though. Sometimes the campers get cranky or temperatures climb into the nineties. But for me, it's all worth it because I know that what I'm doing is meaningful. I'm helping to create a place for kids to learn and grow.

On one very memorable morning during my first summer as an intern, a girl shyly came up to me on the bus and asked if she could sit with me. She explained that she didn't have any friends because "no one wants to talk with the weird girl." At that, another girl sitting in the seat in front of us promptly turned around and said, "Don't worry, I'm weird too!" Throughout the week the two were inseparable.



This story is not unique at the Farm. I can see it each year in the kids who keep coming back just like I did. They love the Farm just like I do. Whether it's the animals, or the hikes in nature, or the awesome community, there's something that keeps them coming back, year after year.

That love of the Farm is what I want to pass on to each camper, and it motivates me to see past the fronts they put up, and see the unique person inside. That chance to nurture each kid is both a privilege and a responsibility, and I hope that I am able to create the positive and safe environment that I had when I was a camper. That is the reason I really love working at Deer Hollow Farm; I am giving back to the community that gave me so much.

Ask the Farmer

About Pumpkins

by *Donna Aronson*

We think of pumpkins as jack o' lanterns at Halloween or especially at Thanksgiving as pumpkin pie.

At summer's end, pumpkin vines are thriving—in the garden, opposite the Farm office against the white barn, and in the orchard. They like warm weather. Big green leaves, bright yellow blossoms becoming baseball-sized little pumpkins are so wonderful to behold. Watch them growing week by week.

Pumpkins are a gourd-like winter squash, native to North America. They have a thick yellow/orange shell with pulp and seeds inside. They can be enormous, but generally weigh 9 to 18 pounds. Nearby Half Moon Bay, California, hosts an annual Art and Pumpkin Festival, which features a World Champion Pumpkin Weigh Off. In 2011 the big, big winning pumpkin hit 1,704 pounds, a record for the state.

The brightly colored pulp has lutein and carotene, which generates vitamin A when eaten. Pumpkin pie is a great favorite, but small green pumpkins may be harvested to eat like squash.

Pumpkin seeds (pepitas) are a yummy snack. One may buy hulled, salted seeds at the store, but it's fun to roast your own scooped from your Halloween pumpkin.

This winter squash is easily stored and can be fed to livestock over the winter. Canned pumpkin fed to dogs and cats can help digestive problems.

I am sure you will have pumpkin fun October 31st, but come by now and see the happy pumpkin patches at Deer Hollow Farm.



Friendly Inquiries

by Tom Lustig

Visitors were asked what attracts them to the Farm.



**Herman
Saratoga**

Becky: My husband and I first came to the Farm a long, long time ago. There is one word that brings me here now, and that word is *kids*. My kids love to see all the animals, especially the cow, ducks, and chickens.



**Becky
Sunnyvale**



**Krishna
Sunnyvale**

Prista: I previously came up here to hike, but ever since my son's birth the Farm has been a great attraction. As he's gotten older, he picks up new information. There are all these things that interest him, and right now I think it's the cow. Walking to the Farm is good exercise. Afterwards, we have a picnic in the hay barn. We would come more often if the parking wasn't an issue.



**Prista and Peter
Palo Alto**

Herman: On weekends, I go hiking with friends and stop off at the Farm. I really like the variety of animals. I am most interested in the orchard. The pomegranates are doing really well this year. I would like to see even more fruit trees.



**Connie
Sunnyvale**

Kevin: Eight years ago, I heard about Deer Hollow Farm from my son. He had been here with his elementary school class. Every week, as my wife and I hike up the mountain, we stop at the Farm to see Carol, the weekend docent, and say "Hi". She is very nice. I also check on Sprite (the Farm cat) and all the cute Farm animals.



**Kevin
Sunnyvale**



**Jeff and Ashley
Mountain View**

Janet: This is my happy place. I first came up here to run. I didn't know the Farm was here. I started running and ran into this Farm. "Yeah! Awesome!" Every spring there's babies, and babies make me happy. Luna is a beautiful Jersey cow. It looks like she has mascara on. I like to see the garden that I want, but can't have, and the Farm that I want, but can't have. I'm a country girl. I was raised out in the San Joaquin Valley.



**Janet
Cupertino**

Connie: Ten years ago, we just came for a walk and saw the Farm. I enjoy the beauty during the hike, being in touch with nature. I like the wild animals, such as the turkeys and deer. And at the Farm, I like to see all of the animals. It's a change from being in the city.

Jeff: It's good to bring Ashley to the Farm and also get a hike in. We like to go up to Vista Point and have a picnic. At the Farm, Ashley likes to see the animals and watch the cow being milked. She knows all the animals' names. She likes to make the sounds of the chickens and pigs.

Wonderful Friends

We gratefully acknowledge these generous friends and community organizations who donated to Friends between February 1 and July 31, 2013.

Red-Shouldered Hawk (\$4,000)

Los Altos Community Foundation

California Thrasher (\$2,500)

Merrimac Fund, a donor-advised fund of Silicon Valley Community Foundation

Stellars's Jay (\$1,000-\$2,000)

Connett Ahart and Clint Severson
Morgan Family Foundation

Barbara Walton, in loving memory of Janet Stone Roselle, a long-time friend and docent at the Farm

Tom and Susan Kempe
with Bristol-Squibb, in memory of our son Matt Kempe

California Quail (\$500)

Catherine Gordon, Google match

Dewey and Doris Halligan

Manfroy Family

Mountain View Rotary Club

Stan and Jackie Hall

Acorn Woodpecker (\$250-\$499)

Fen Choi

Ivars and Marion Blukis

Carla Dorow

Mike Hammes

Judith Stewart

Phoebe (\$100-\$249)

John Atwood,
in memory of Kim Weden

Alice Cunningham, in memory of my dear friend Janet Stone Roselle, who loved Deer Hollow Farm

Zulah Eckert, HP match

Carol Jossi

Jessica Davidson

Jeannine Deveaux

Barbara Goodwin

Joanne Lee

Leanne Luna

Katherine Miller Wasilenko,
Google match

Inge Roberts

Coleman and Betsy Youngdahl

Phoebe (\$100-\$249) continued

Marge Haley, in loving memory of my father Boyd Haley

Anonymous

Junco (\$26-99)

David and Theresa Mathiasmeier

Vance and Kathleen Nahman

James Morales

Curt Wohlgemuth, Google match

Dwain and Susan Aidala

Robert Friedman, IBM match

Donna Gasilan

David Kaskowitz and Susan Kahn

Stephen and Elizabeth Salveter,
IBM match

Lee Winchell,

in memory of Virginia Farnham

Sharon Bergman

Carolyn and Morton Blatt

Robertta Jorgensen

Carson Kalin

Diana and Ralph Marimon

Thelma Tuttle,

in memory of Janet Roselle

Hummingbird (up to \$25)

Beverly Henry

Lori Low

Dan Naylor

Steve and Mary Anne Rohde

M. Mar

Thank you to Hobee's for your blueberry coffecake and to Peet's Coffee and Tea for your coffee as donations for the Spring Tours.

Thank you to those who donated \$1,475 cash at the Farm.



Celebrate Founders Day

Friends will have a booth at **Midpeninsula Regional Open Space District's** 40th anniversary celebration of Founders' Day **Saturday, September 14, 2013** at Monte Bello Open Space Preserve from 11 AM to 3 PM. Come enjoy the celebration with free food, docent-led hikes, performances, and speeches by local elected officials. A children's area will include face painting, photography, lasso demonstrations, puppets, and educational information.

Farm Visitor Survey

The City of Mountain View and Friends of Deer Hollow Farm are conducting week-long seasonal Farm Visitor Surveys to better understand the communities it serves. Two surveys have been conducted this spring and summer. Data from both surveys have been averaged to show the following results:

CITIES	YEARLY VISITORS
Sunnyvale	27,482
San Jose	27,014
Out of Area	21,164
Los Altos	15,340
Cupertino	14,040
Mountain View	13,442
Santa Clara	10,556
Palo Alto	3,900
Saratoga	3,458
Los Gatos	2,392
Campbell	2,054
Los Altos Hills	1,924
Unknown	1,534
TOTAL	144,300

An important result of the surveys is learning the amazing size of the visiting population: 144,300 people. Another conclusion to be drawn is that the Farm is truly a community resource, with visitors coming from all nearby cities. Two other surveys will be conducted in the fall and winter.

Volunteers Maintain Farm Resources



MidPen Volunteers

By Jaime Villarreal

MidPen Crew Leader volunteers enjoyed painting the historic Foreman's Cabin (Grant Cabin), which dates back to the 1800s.

These volunteer leaders assist the Open Space District 26 staff in preserving Rancho San Antonio. They often work on resource-management projects such as weed abatement, native flora planting, and maintaining trails. Last spring, they prolonged the life of one of the Farm's oldest buildings.

The Farm community is grateful for the MidPen Crew Leaders' generosity and efforts. The cabin now looks habitable! This is yet another example of the Farm's greatest asset: VOLUNTEERS.

Volunteer **Lynn Jackson** (right) commented, "It's gratifying to have the opportunity to maintain an historic building." Volunteer **Victoria Bartz** (left) said, "The cabin is an asset to the community and reminds us of our cultural past."



New Life for Soundbox!



Dan Fillin enjoyed searching the Web for toy birds with calls and used them to repair the sound box **Jessica Morgan** had made.

Deer Hollow Farm is a ten-acre working farm in the Los Altos foothills. The Farm is part of the 3800-acre Rancho San Antonio County Park and Open Space Preserve at: 22500 Cristo Rey Drive, Los Altos. For Deer Hollow Farm information, call 650.903.6430.



FriendsNews

This newsletter is published for the community of over 400 people and organizations who want to preserve and improve the outstanding environmental-education program of Deer Hollow Farm, one of the last working homestead farms in California. Your contributions to the newsletter are welcome.

Thank you for viewing the electronic color copy of **FriendsNews**. Contact: info@fodhf.org by mail: P.O. Box 4282, Mountain View, CA 94040

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Spring Tours 2013



Your next **FriendsNews** will be posted by December 1, 2013.