



Junior Ranger Program



Age: _____





Becoming a Junior Ranger

By becoming a Junior Ranger, you will explore your natural surroundings and learn about the world around you. Throughout this journey, you can help us protect Elfin Forest Recreational Reserve, so everyone can enjoy it. You can also help by preserving your local parks and communities. Be part of protecting the parks you love; become a Junior Ranger today.

To Become A Junior Ranger:

- 1 Walk throughout our forest to get a feel of the natural world around you.
- 2 Read the directions and complete the activities in this booklet. Depending on your age, you have to do a certain number of activities:
 - If you are **seven years old or younger**, you have to do a minimum of **four activities**.
 - If you are **eight to nine years old**, you have to do a minimum of **seven activities**.
 - If you are **ten years old or above**, you are required to do all **ten activities**.
- 3 Once finished, give your completed program to a ranger or docent at the Interpretive Center. The ranger or docent will look it over and sign your packet.
- 4 Congratulations! You are now a Junior Ranger!

A-MAZE-ing Plants of Elfin Forest Recreational Reserve



Toyon/California Holly Berry: Its red berries grow in winter. Native Americans used its bark in tea to cure stomachaches. Its branches were such a popular Christmas decoration that a law was passed in the 1920's forbidding picking the Holly Berry on public land.



Poison Oak: This plant gives you a very itchy rash because of the oil on its leaves and stems. That oil is called urushiol. The red and green leaves grow in groups of three. So remember: "Leaves of three, don't touch me!"



California Sagebrush: Native Americans used it to mask their scent while hunting so they could sneak up on their dinner. It's also a natural flea repellent.



Coast Live Oak: An important food source to Native Americans, animals, and insects, it can grow up to 80 feet tall and live up to 250 years.

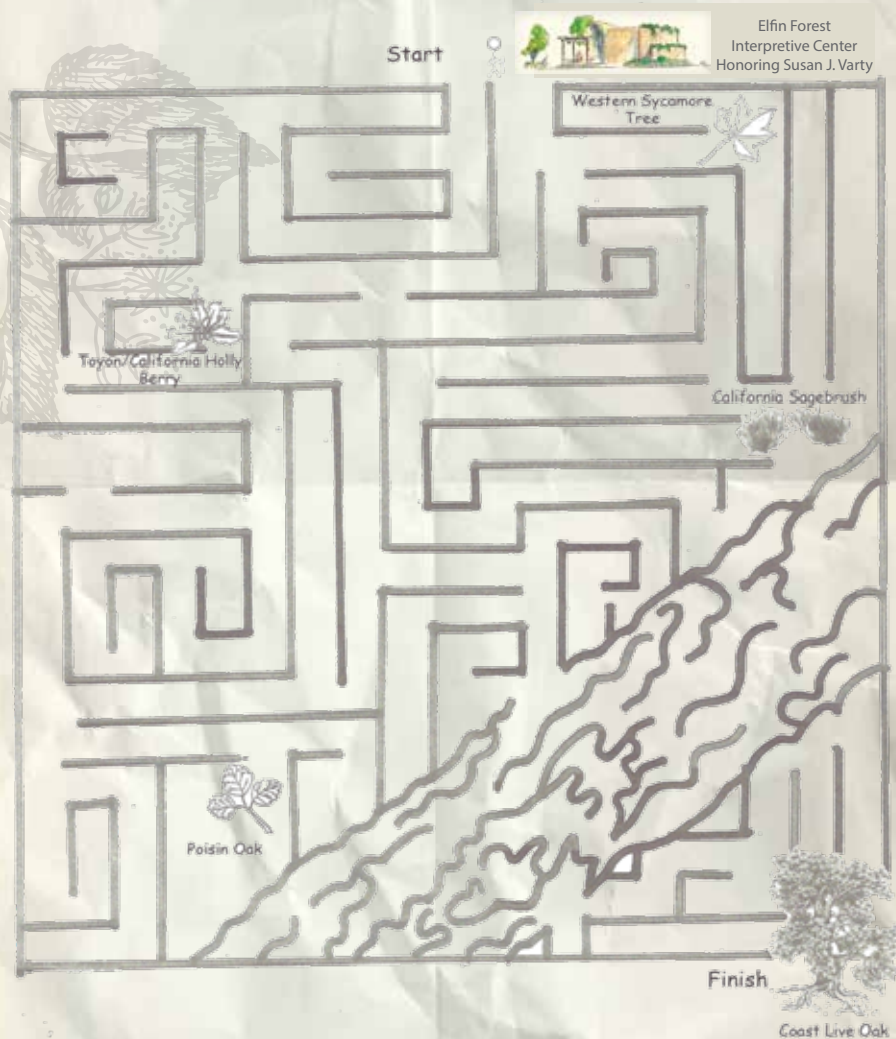


Western Sycamore: The Native Americans used this tree in many different ways. The inner bark was used for food and medicinal tonic, the leaves were used to wrap bread during baking, and the limbs and branches were used in shelter construction.

FUN FACTS:

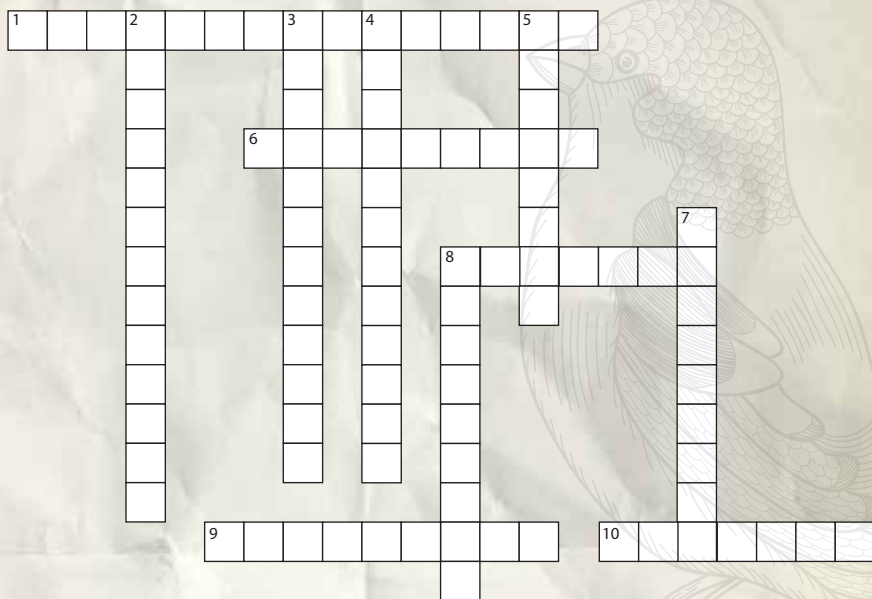
- Hollywood was named after the Holly Berry Bush.
- "Elfin Forest" got its name because the trees and shrubs are dwarfed, rarely growing more than 20 feet tall.

Help the Hiker Find the Coast Live Oak Tree



Botanical Trail Crossword Puzzle

Use the Botanical Trail Guide to solve this puzzle.



ACROSS

1. This plant has spine-toothed leaves and dark red fruit.
6. "Leaves of three don't touch me!"
8. This plant has a high oil content and is often called Greasewood.
9. Native Americans used this plant to cover their scent while hunting game.
10. Its fruit looks like a pea-sized orange, and is our only native citrus.

DOWN

2. Native Americans used this fruit to make a refreshing drink on a summer day.
3. Tree with huge root system that can even withstand floods.
4. This tree has an umbrella-like canopy.
5. A word that means "with water."
7. Native Americans used these blossoms to make a soap-like lather to clean themselves.
8. It's a part of a plant community common to the foothills and lower mountains of San Diego County.



Watershed

What is a watershed? A watershed is a drainage basin where water flows downhill into creeks and rivers. Eventually, it drains to a larger body of water, such as an ocean.

Everyone lives in a watershed community. The people around you along with the animals, birds, and fish make up this community. You influence what happens in your watershed, both the good and bad, by how you treat the natural resources - soil, water, air, plants, and animals. What happens in your small watershed also affects the larger watershed downstream.

The Escondido Creek Watershed is an example of a watershed. It extends approximately 28 miles, starting at Lake Wohlford in Paradise Valley and ending in San Elijo Lagoon.

Watersheds occur both above and below the Earth's surface.

Because water runs downhill, it always drains into larger bodies of water. Watersheds tend to carry things such as soil, oil, and bacteria with it, which it picks up on its journey downstream.

What are three ways you can keep our water clean?

Word Search

X	H	Q	V	R	I	Z	M	C	A	J	E	E	U	I
Q	D	V	A	U	K	E	E	R	C	K	O	S	F	P
Y	X	R	Q	N	M	T	T	U	A	P	Y	A	Q	O
R	T	M	I	O	X	W	S	L	E	J	L	D	N	L
I	E	I	W	F	F	K	Y	K	B	G	E	Z	A	N
Z	R	V	N	F	G	K	S	I	A	H	V	L	E	F
R	C	J	I	U	M	L	O	E	S	O	I	L	C	R
A	I	S	H	R	M	R	C	R	Q	G	V	X	O	Q
H	T	P	J	X	W	M	E	F	O	Q	V	B	D	U
Z	C	R	A	K	P	T	O	W	T	O	E	I	I	H
D	G	F	V	R	A	B	A	C	T	E	R	I	A	J
M	A	C	L	W	I	O	F	S	K	P	J	Q	T	N
V	R	O	K	M	A	A	Z	C	V	W	Y	D	K	M
C	U	H	O	B	Q	W	N	Q	T	C	A	V	H	G
L	A	T	E	D	X	L	D	H	R	M	H	L	S	G

ALGAE- simple organisms that usually produce their own food through photosynthesis

BACTERIA- microscopic living organisms found everywhere

COMMUNITY- a group of organisms living in the same place or having a particular characteristic in common

CREEK- a small natural stream of water

ECOSYSTEM- a system formed by the interaction of a community of organisms with their environment

LAKE- a large body of water surrounded by land

OCEAN- salt water that covers much of the Earth's surface

RIPARIAN- living or located on the bank of a river or other body of water

RIVER- a natural watercourse flowing toward another water source

RUNOFF- the draining away of water

SOIL- a thin layer of material on the Earth's surface which contains materials like eroded rocks and organic remains

WATERSHED- a drainage basin where water flows downhill

Reduce, Reuse, Recycle

Reduce

To reduce means to decrease your use of resources. For example, instead of using plastic bags at the grocery store, use reusable bags.

Reuse

Reuse is a way to minimize your waste. If you use plastic cups, plates, utensils, and plastic food storage bags, don't throw them away. Wash them out and reuse them.

Recycle

Recycle is what you do after you use certain products. Many things (cans, bottles, paper, and cardboard) can be remade into either the same thing or something new.

Compost vs. Trash

Compost is organic materials that has decomposed and is recycled as plant fertilizer. Only unprocessed food like veggies and fruit can go in compost. Everything else goes in the trash. For example, any dairy, meat, or wheat products have to be thrown in the trash.

How can you reduce and reuse in your daily life?

What materials be can recycled?



Reuse, Recycle, Trash, Compost

Draw a line to connect the material and how it should be disposed.



Paper



Processed Food



Plastic



Fruit



Milk Carton



Glass



Vegetables



Trash



Recycling



Compost



Reuse

We've Got Bugs

There are many aquatic bugs that can be found in the Escondido Creek. Ask a docent if you can view a bug under the microscope in the Interpretive Center.

These bugs are an important part of the ecosystem. Diverse bug populations in the creek indicate cleaner water. Also, birds and fish eat the bugs.

Draw a picture of your favorite bug.

Caddisfly Larva



Caddisfly Adult



Mayfly Larva



Mayfly Adult



Blackfly Larva



Blackfly Adult



Dragonfly Larva



Dragonfly Adult



Damselfly Larva



Damselfly Adult



Word Unscramble

Unscramble the names of common animals and insects found in Elfin Forest.

1. tbibar _____

2. conaorc _____

3. yymfal raaevl _____

4. irleusrq _____

5. dowo cerkpe _____

6. stlarekenat _____

7. lcabklfy _____

8. dre aleidt whak _____

9. uilaq _____

10. fyaylm _____

11. socta redhon izrdal _____

Word Bank:

Coast Horned Lizard
Blackfly Rabbit

Woodpecker
Red Tailed Hawk

Rattlesnake
Mayfly

Mayfly Larva
Raccoon

Quail
Squirrel



Oak Idyll

Life within the oak canopy

Kumeyaay words to know:

- | | | | |
|---------------------------|-----------------------|-----------------------|--------------------------|
| 1. Bobcat - Nuume | 5. Hawk - SheChuck | 9. Owl - AaWho | 13. Skunk - KaushEeWheeu |
| 2. Blue Jay - KwillASauce | 6. Hello - Howka | 10. Quail - AwkMaa | 14. Snake - AhWee |
| 3. Coyote - HuttaPa | 7. Lizard - HaKwaull | 11. Rainbow - HelPaSu | 15. Water - Ha |
| 4. Food - Aasoo | 8. Oak Tree - SinYaow | 12. Seed - EeYeach | |

Get Creative!

Historically, many Native Americans lived under these Coast Live Oaks in the Escondido Creek Watershed. They used the acorns as food and the tall grass to weave baskets.

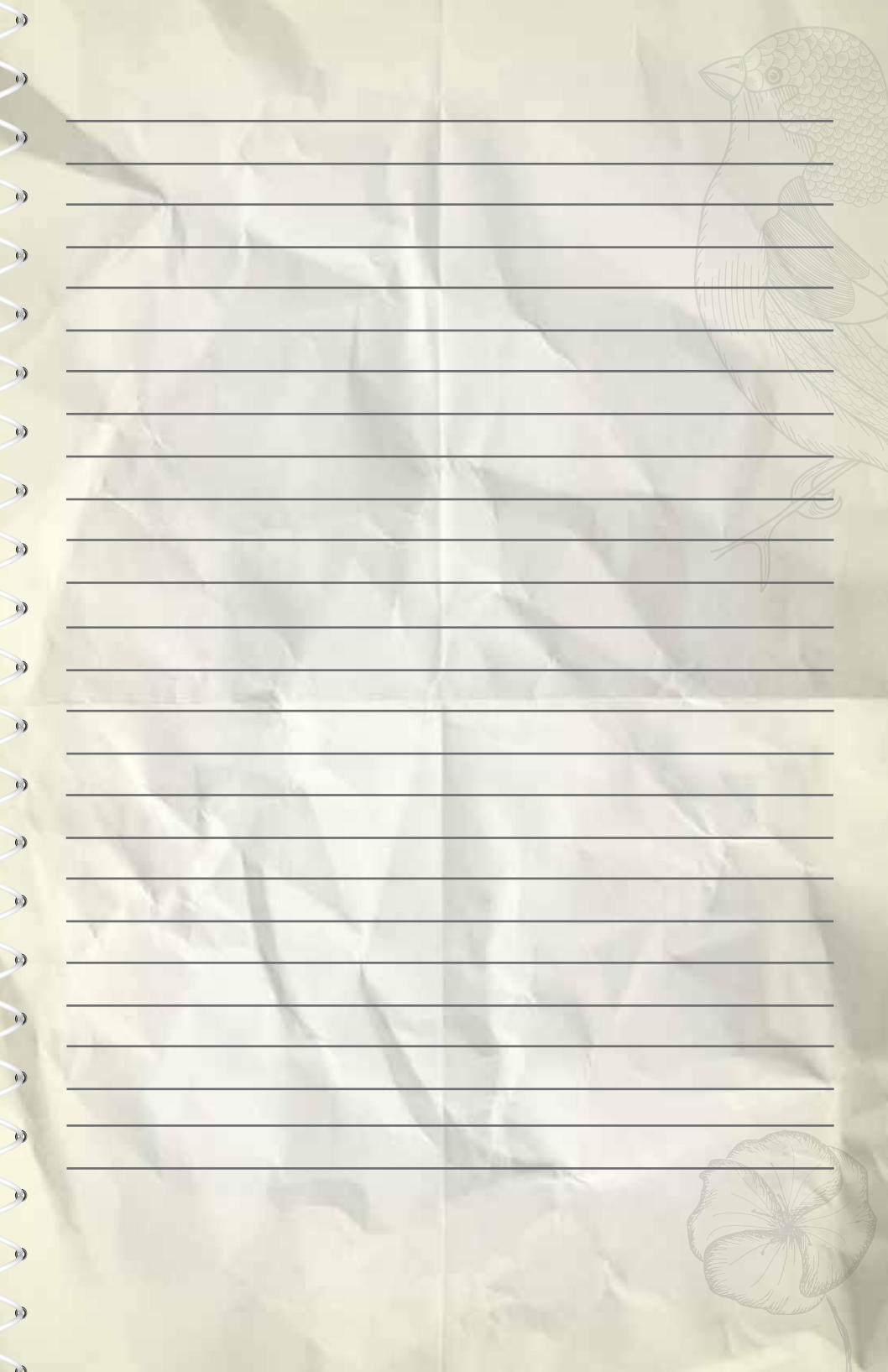
Look at the oak tree totems on our Creek Trail (#4 on the map). They show wildlife that live within and depend on the Coast Live Oak (*Quercus agrifolia*) in this diverse riparian habitat.

Oak canopies such as this one still offer food, shelter, and habitat for as many as 500 different animals including both birds and mammals. Many insects, spiders, plants, and fungi are also part of this very unique ecosystem.

Each of the totems here has a theme:

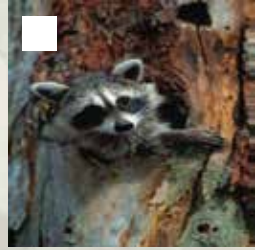
- Animals that live under the oak canopy
- Animals that live in the canopy foliage
- Animals that eat the insects that live in the oak tree
- Animals that eat the acorns the oak trees provide

Write a story about the plants and animals that you see on the totems. Maybe you can include how the Native Americans interacted with these animals and the oak canopy. Try using some of the Kumeyaay words in your story. For more information on the Kumeyaay language, visit www.kumeyaay.org



Animal Bingo

Use the totems at the lower creek crossing (Creek Trail is #4 on the map) for this game. Find three across, up, down, or diagonal.



Be Safe While Hiking

When hiking, it's important to be prepared. Having the right supplies can help keep you safe. The hike to the creek is short, so you won't need many supplies. Some water and sunscreen should be enough. But on the "Way Up Trail" you'll be going "way up" so you'll need a lot more supplies. After all, a prepared hiker is a safe hiker.

Circle the things to bring when hiking on the "Way Up Trail":



Remember...never hike alone, and always tell someone where you're going and when you will return. Having a cell phone can be helpful in case of an emergency.

Elfin Forest Junior Ranger Pledge

I, _____ promise to enjoy and learn more about how the Escondido Creek Watershed affects me and how I affect it.

I promise to help protect Elfin Forest Recreational Reserve and my local parks so that other people can enjoy them too.

(Junior Ranger signature)

(Date)

(Docent or Ranger Signature)

(Date)

Junior Ranger

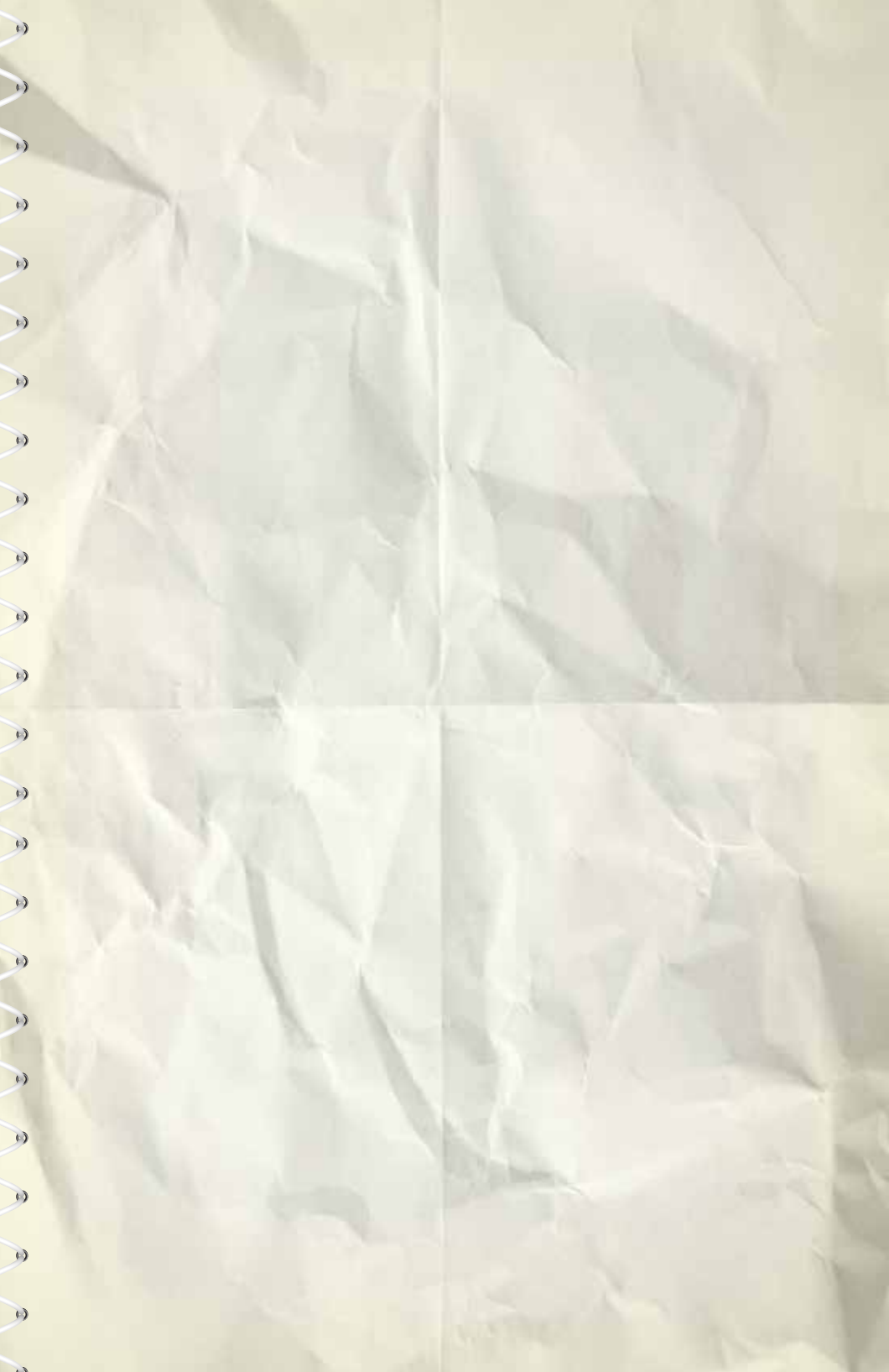


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This Junior Ranger Program was created for your enjoyment by
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Silver Award Project

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