



# NATURE NEWS

## Welcome to Nature News

Through this quarterly newsletter we hope to encourage you to **CONNECT** with us through our many programs, **EXPLORE** the wonders of nature, and help us **PRESERVE** Orange County wildlands. Enjoy!



## TURKEYTROT

at Rancho Mission Viejo

**BENEFITTING THE NATURE RESERVE AT RANCHO MISSION VIEJO**



**THURSDAY**  
**NOV. 27, 2025**



**8:00AM - 10K**  
**8:30AM - 5K**  
**10:00AM - 1K**

# THANKSGIVING DAY

[INFORMATION & SIGN-UP](#)

Rambles About Nature

Volunteer Corner

Gratitude in Nature

Whether it is during a walk in the our oak woodlands or a quiet moment watching the birds in a local park, practicing gratitude for nature can enhance our overall quality of life and create a culture of care for our natural environment. Taking time to appreciate the beauty around us involves being thankful for the things we see, hear, feel, and experience. It also fosters a sense of wonder for what you experience in nature.



## Gratitude for Our Many Volunteers

"Those who can, do. Those who can do more, volunteer." – Unknown Author

Not just this fall season but all year round, we are full of gratitude for our amazing Nature Reserve volunteers and their contributions to help us to do more to connect people of all ages and backgrounds with nature.

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## Laura's Line



### Laura's Line Fall 2025

I have previously written that the purpose of biological monitoring on the Nature Reserve is to detect change over time according to a

methodology that produces statistically valid results. Many of you know that the Nature Reserve is managed and monitored according to the Southern Subregion Habitat Reserve Management and Monitoring Program as further defined in the 5-year Management Action Plans (MAPs). Currently we are implementing the 2024-2029 MAP which requires our wetland/riparian habitats be assessed on a three year monitoring interval. This interval was determined to be the appropriate time frame to detect observable changes in habitat condition.

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## Staff Picks



### 10 Days of Gratitude

We asked our staff to practice 10 days of gratitude and reflect upon their experiences. Each were given a list of [Gratitude Exercises](#) for ideas, or they could come up with their own way to practice gratitude.

Find out how our experiences impacted us. Be inspired to

## Species Spotlight

## Southern Tarplant

(*Centromadia parryi*

*ssp. australis*)

Southern tarplant (*Centromadia parryi ssp. australis*) is a native, annual herb, a Covered Species under the Southern Subregion Habitat Conservation Plan (HCP), and is designated as a 1B.1 rare plant species by the California Native Plant Society. The species is a member of the sunflower family (Asteraceae) and occurs in vernal pools, alkali playas, alkali grasslands, and disturbed areas that exhibit mildly alkaline/saline soils. It has stiff bristly stems and can reach heights of up to 2.4 feet and is characterized by many disk flowers with yellow corollas and brown or black anthers. The species typically flowers as early as June and sometimes into October, with peak flowering varying according to seasonal rainfall patterns.



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## Community Connections



### Docent Day 2025

Early this October, nearly 100 of Orange County's volunteers, trail guides, naturalists, and interpreters, including our own Nature Reserve staff and volunteers, attended OCWild's Docent Day 2025.

This year's theme was "Cultivating Curiosity and Connection", with sessions exploring conservation vs. preservation, traditional ecological knowledge, and our relationships with the natural world.

In the quiet morning of the bay, prior to sessions, everyone had an opportunity to network with each other over coffee, tea and breakfast snacks. The day opened with a land acknowledgement led by Adelia Sandoval, the Spiritual Overseer (Púula) of the Juaneño Band of Mission Indians/ Acjachemen Nation. Then participants went to their selected sessions led by local experts covering topics such as native plants, fire ecology, birds, insects, and marine mammals.

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start your own gratitude practices.

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## Outdoor Explorers



### Practicing Gratitude with Kids

Gratitude is taking time to think about things you are grateful for, or thankful for, and you recognize that feeling of being grateful. You can also choose to show your gratitude by sharing with someone what they mean to you or by helping others.

Gratitude is something personal to each individual person. You can give gratitude for small things in your life, or big things. You can also give gratitude for things you can't see like "friendship" or "love".

Begin practicing gratitude with the 4 A's of Gratitude linked below.

[4 A's of Gratitude](#)

Follow us!





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