



## Love Is a Canoe (or Kayak)

story and drawings by William Avery, Ph.D.

Nothing inspires a sense of possibility and adventure quite like a canoe or a kayak, an adventure of quiet magic, secret places in nature, rippling colors and dappled light on water, and below, momentary glimpses of creatures living their lives in a watery world we seldom see. Coolness, wavelets, river fragrances, movement, the freedom of lightweight self-propulsion, and nature's enchantment—these are where the canoe can take you!

Humans have had a relationship with canoes for over 9000 years, both in early tribal Europe and in the Americas. Dugout canoes, chiseled from logs, are believed to have been the first and most ancient but these were always very heavy and clunky.



The Chumash, of southern coastal California, improved on this design by sewing wood planks together and sealing the seams with natural petroleum tar they found along the Pacific shores. The native Maidu, of the central valley, occasionally used boats made of bundled tule reeds but the first really elegant lightweight canoes, most like those used today, were the birch bark canoes of the northeastern North American Indians and copied by the colonizing Europeans, the Voyageurs and the frontiersmen. These early canoes were built by stripping a roll of bark from a birch tree trunk, turning the bark inside out so that the most-waterproof inner surface was facing outward and placing the bark inside a canoe-shaped fence of temporary stakes at the

top of which was lashed the canoe's cedar, or spruce, gunnels. Next came tying of the bark to the gunnels, stitching the stem and stern, and all the other seams, with thongs split from long Black Spruce roots pulled from the ground. Ribs and sheathing splints were split from green spruce wood, boiled and bent to achieve the desired curves, then fit tightly into the boiling-water-softened bark - thus building the frame and decking within the bark form. Finally came the painting of spiritual totems and then waterproofing all seams with hot spruce gum softened with animal fat. A fifteen to sixteen foot canoe of such construction was extremely strong, flexible, waterproof and weighed as little as 40 to 50 pounds! Jedediah Smith and company brought this canoe design (with elk skins often used in lieu of birch bark) to

see **Canoes** on page 3

## GALA SETS RECORDS!

by Margaret Leavitt and Peter Hayes

Record-setting heat did not deter over three hundred American River Natural History Association supporters and arts patrons from attending the 4th Annual Painting Where the Wild Things Are Art Show, Auction, and Gala on Saturday, June 8. Cooled by shade from the oaks surrounding the Effie Yeaw Nature Center, mist machines, and the soothing music of guitarist Sean O'Connor, attendees enjoyed fine art and delicious food in relative comfort.



The result? Record-setting proceeds from the event that raised \$20,000 more in net profit than last year. This net accounts for 12.5 percent of ARNHA's annual budget.

Originated by Noah Baygell and the late Carol Doersch of the ARNHA Board and David Peterson of the Sacramento Fine Arts Center(SFAC) as a joint venture to help fund EYNC after the County of Sacramento announced it would no longer fund the Center, the Art Show, Auction and Gala has steadily increased in popularity. According to EYNC Development Di-

see **Gala**, page 7

# President's Message

Dear ARNHA Members,

I don't know about you, but this is the time of year when I begin to yearn for autumn. I look forward to the changing scenery at the Nature Center and the Nature Study Area as the leaves begin to turn, the squirrels scamper to scoop up acorns, and the salmon begin their trek upstream. Did you know that at the EYNC website's "Wildlife Watching Activities"—[www.SacNatureCenter.net](http://www.SacNatureCenter.net)—you can learn what bird species have been spotted recently at the Nature Center?

As ARNHA strives to raise almost \$540,000 annually, so we can continue to offer nature education programs for children, families, and adults year-round at the Effie Yeaw Nature Center, your generosity is most appreciated. A BIG THANK YOU to all of you who responded to the Spring Appeal. Together we exceeded our generous match of \$12,500 by David and Maxine Clark. To those of you who braved 108-degree temperatures to join us at the annual Painting Where the Wild Things Are Art Gala and who contributed as sponsors, bidders, raffle ticket purchasers, and "Raise the Paddle" participants, ARNHA is most appreciative! This was our most financially successful Art Gala to date.

As always, there will be plenty for you to do and see at the Nature Center during the next few months. Our Weekend Programs for Families continue with seasonal topics. We're excited to host the third annual Nature Fest on October 6. This Nature Center event, focused on 1) the plant and animal life and the natural resources of the Lower American River Parkway, 2) environmental stewardship of the habitat, and 3) ways to be physically active in the outdoors, has something for everyone—interactive exhibitor booths, special stage presentations featuring animals, and delicious food and beverages. At the Annual ARNHA Membership Meeting on September 11, I'll share with you some of the highlights of 2012-2013 and new programs for 2013-2014.

See you soon, and Thank You for your continued support!

Regards,



Diana Parker

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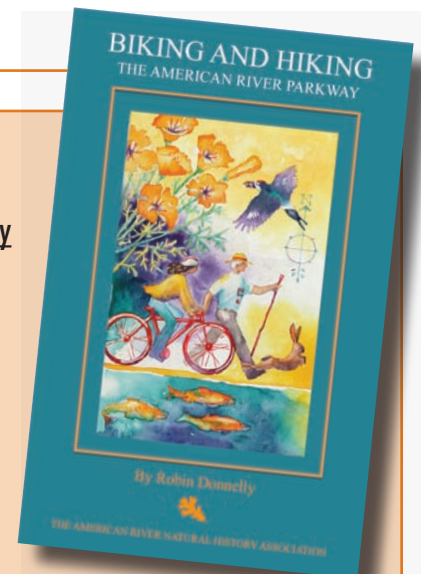
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*The Acorn* is published quarterly on partly-recycled paper by ARNHA, a 501(c)(3) nonprofit organization. Letters to the editor should be sent to the address above.

The new 4th edition of  
**Biking and Hiking the American River Parkway**  
is available at the Discovery Shop  
inside the Effie Yeaw Nature Center,  
and selected local bookstores,  
for \$14.95.

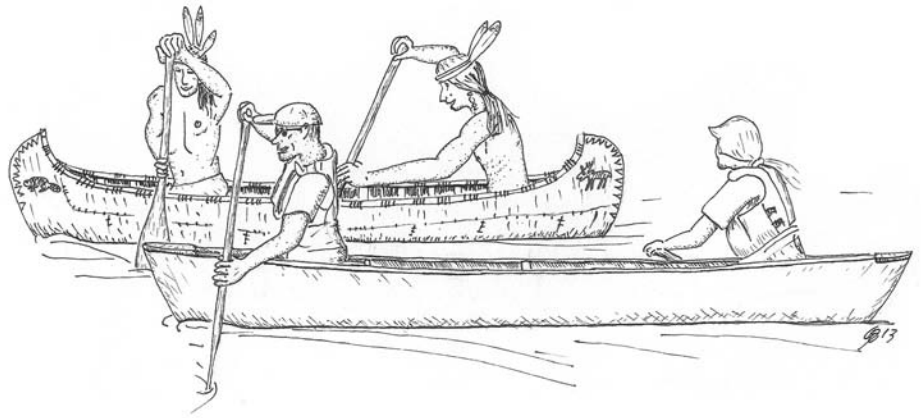
or online at [www.arnha.org](http://www.arnha.org)



**Canoes, continued from page 1**

the Wild River in 1827 and 1828 in pursuit of beaver and otter pelts. Eventually Jed Smith's Wild River was renamed Rio de los Americanos after the many American and Canadian canoeists and trappers who frequented the river. Of course we now know the river as the American but it owes its name to the canoe, the trappers who used them, and the precious beaver they sought.

The birch bark design gave rise to the stronger but much heavier canvas-on-wood rib classics built in Maine and other northeastern states and Canadian provinces. The birch bark and the canvas-on-wood canoes are the boats that inspired the romance of the canoe and the forms that so many people have fallen in love with. Modern canoes have kept much of their early form but the easily damaged bark, or heavy canvas and wood, have largely been replaced by polyethylene, fiberglass, aluminum and Kevlar. Even though they have been engineered for efficiency, light weight, and durability today's modern canoes still retain a fundamental enchantment of shape and form that promises freedom and adventure.



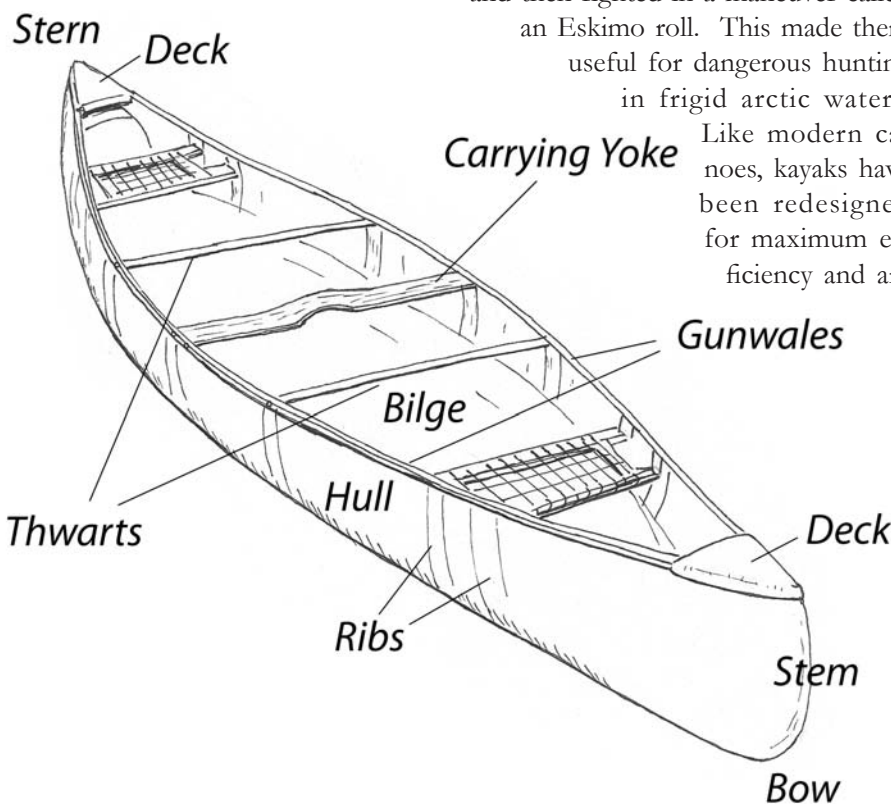
Kayaks are slightly younger than canoes having their origin among the Eskimos (Yupik, Aleut and Inuit) of the arctic around 4000 years ago. The early designs consisted of seal, sea lion or caribou skin stretched and tightly sown over pre-assembled wood or whalebone frames. These boats were used to hunt seals, sea lions, whales and walrus. What makes a kayak a kayak rather than a canoe? Well the kayak has a completely covered deck including a spray skirt that covers the cockpit in which the paddler sits with his or her legs stretched out in front of him or her. Kayakers typically use a double-bladed paddle rather than the single-bladed variety used in canoeing. Because of their covered, waterproof decks, kayaks can be rolled and inverted and then righted in a maneuver called an Eskimo roll. This made them useful for dangerous hunting in frigid arctic waters.

Like modern canoes, kayaks have been redesigned for maximum efficiency and are

now made of synthetic materials such as polyethylene, fiberglass and Kevlar. Traditional kayaks required the paddler to sit in the boat with a spray skirt sealing the airspace around his or her waist. Today kayaks are available in this traditional form with spray skirts but also in sit-on-top models where the interior of the boat is sealed for flotation and the paddler sits on top in a molded cockpit area. Like canoes, kayaks still retain the mystique of the hunt about to begin, the journey about to be embarked upon. The sight of kayaks lined up with their sharp bows pointed toward the river's edge waiting to slip into the water and paddle away evokes a human thrill of anticipation.

Paddling a canoe takes a little skill but it is easily acquired. Canoes can be paddled solo or in tandem with the lighter paddler in bow and the heavier in the stern. If the canoe is large enough it may be able to carry additional people in the middle. Though all paddlers in a canoe are important for propulsion most of the steering is accomplished by the stern paddler. When getting into a canoe for the first time, make sure that the boat is resting in deep enough water that when it carries the weight of the paddlers it will still be afloat. Stern paddler gets in first by holding onto the gunnels with both hands and stepping into the center of the boat to ensure stability. Then the bow paddler gets aboard in a similar manner. Paddles are held with one hand on the grip and one low on the shaft of the paddle. Generally it is best if the paddlers paddle on opposite sides from each other and inform each other when they switch - this keeps the paddling balanced and more likely to keep the canoe moving straight

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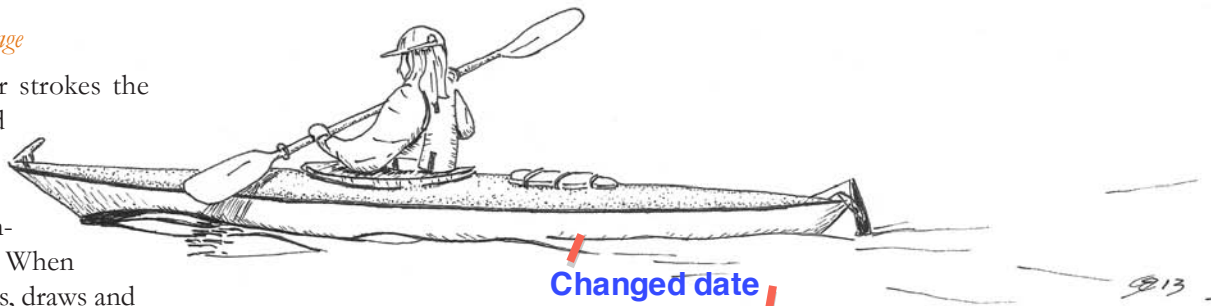
ahead. During power strokes the paddle should be held as vertically as possible and the strokes generally parallel to the centerline of the canoe. When turning, various sweeps, draws and sculling can be employed. For more information the American Red Cross offers canoe paddling texts and also canoe classes on the American River during the summer.

Once you have acquired the rudimentary paddling skills and you feel safe and comfortable setting out on an adventure, prepare for a combination of excitement and enchantment. Though you may (at your option) encounter some small patches of whitewater, most of your canoeing or kayaking adventure will be quiet and you may notice the musical notes of a song sparrow, Pacific chorus frogs, perhaps a bullfrog.

A big green dragonfly flits by on sparkly gossamer wings. You paddle out of the relative quiet and dappled light of your put-in spot and into the sparkly gleam of the main channel. You, and perhaps your dog or some other quiet friend with you, look upstream now to the beckoning vista of an open and inviting river. Sunlight dances in waves of sparkles and you notice a great blue heron at the river's edge way up ahead. The ripples of a beaver's wake travel from left to right as you complete your turn upstream. Swallows and swifts arc gracefully as caddis flies dance and swirl across the water's surface. And this is just the beginning of your adventure.

So if love is an interesting history; is something you can trust in spite of requiring a little work; is patient, kind, and fairly forgiving; and can float you on mysterious waters to lands of enchantment, well then...love is a canoe (or a kayak)!

*William E. Avery, Ph.D., is an associate professor in the Department of Biological Sciences, California State University, Sacramento, and a frequent contributor to The Acorn. ■*



**Changed date  
September 21**

## Fall Clean Up Coming Up

ARNHA members, friends, and families will have another opportunity to clean up the river area in Ancil Hoffman Park during the Great American River Clean Up (GARCU) on Saturday, September 14, from 9 a.m. until noon. This event will be the second river clean up this year.

Participants should wear long pants, closed-toe shoes, sunscreen, hats, and gloves. ARNHA coordinators will supply clean up participants with gloves if participants don't have them, water, snacks, and bags.

To help, follow the signs to the "River Clean Up" posted in the picnic area.

The Clean Up, sponsored by the American River Parkway Foundation (ARPF), helps ensure the health of the Parkway by removing trash and debris that harm wildlife and create hazards for people using the parkway. For more information, call ARPF at (916) 486-2773. ■

## SAVE THE DATE

**Wednesday, September 11, 2013, 6 p.m.**

ARNHA's Annual Meeting and Celebration will take place at the Effie Yeaw Nature Center on Wednesday, September 11, at 6 p.m.

Following a welcome reception with superb refreshments prepared by ARNHA's catering team and time to mingle, ARNHA President Diana Parker will bring members up to date on ARNHA plans and activities, and Nature Center Executive Director Paul Tebbel will report on the year at the Nature Center. During a brief business meeting, members will elect Board Members and have a chance to ask questions and discuss plans.

Then, Volunteer Coordinator Jamie Washington and President Diana Parker will recognize the individual contributions of the many volunteers who keep the Nature Center such a vibrant place to be. It's about as much fun as you can have and still call it a meeting! ■

## Vandalism Hits Bluff Donor Plaza

Leaders of the eight-year, successful campaign to save the landmark Fair Oaks Bluff from development are appealing for help to restore a Donor Plaza drinking fountain that was recently damaged and spray-painted white.

"It is very discouraging to have the work of the community damaged by one or more individuals who don't respect the hard work of others," said Barry Brown, co-chair of the Donor Plaza Committee. "We estimate that it will cost \$750 to restore the fountain to working order."

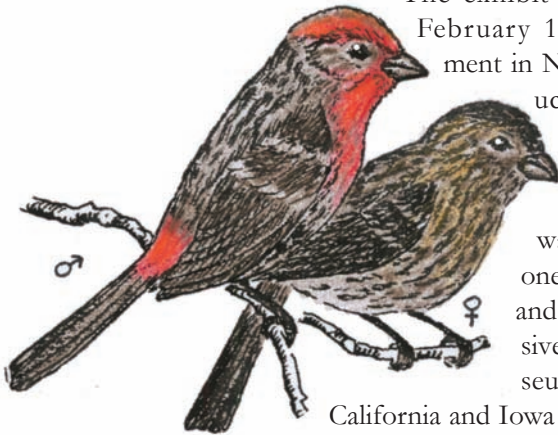
Checks should be made out to the Fair Oaks Foundation for Leisure & the Arts (FOFLA) and mailed to Barry Brown at 4441 New York Avenue, Fair Oaks, CA 95628. For questions, call him at 967-6528 or Marty Maskall at 967-2472.

# Helping to Save the Songbirds

By Peter Hayes

“I want some sweet chocolate, please, chocolate please.” That’s how bird scientists might translate the Western Meadowlark’s flutelike, gurgling song of spring. They believe it sings to stake out a territory and/or attract a mate, although they can’t disprove the idea that it’s singing out of sheer exuberance.

This and mountains of other intriguing data about the life, times, and hazards facing our avian neighbors are on display in the Effie Yeaw Nature Center’s new “Salute to Songbirds” exhibit, expanded and refurbished and back in business, well-calculated to entertain and educate visitors of all ages.



The exhibit first opened in February 1998, a key element in Nature Center education programs

tied to State science curriculum standards. It was displayed for one year, then crated and shipped successively to seven museums in Northern

California and Iowa that rented it for periods of up to four years, netting about \$30,000, according to Marilee Flannery, former EYNC Director, who led construction of the original exhibit and is overseeing its current renovation.

The exhibit originally cost \$75,000 to build, Marilee said, and would not have been possible without generous contributions from a host of sponsors. The current exhibit also received key help from sponsors Wild Birds and Gardens store in Fair Oaks, and The Crosbie Family in memory of Scott Paul Crosbie, Ph.D.

Paul Tebbel, EYNC Executive Director, said, “Our two new Salute to Songbirds sponsors provided critical revenue needed to upgrade and maintain the exhibit. If we keep attracting exhibit sponsors, then we will not need to charge admission to our exhibit room.”

The exhibit features dozens of panels, kiosks, and dioramas highlighting hands-on, do-it-yourself experiments, colorful illustrations, and numerous “kid magnets,” with several focusing on birds’ nests. “It may be the first time that school children have sat in a human-made, child-sized nest surrounded by giant fabric eggs while wearing fabric songbird wings,” Marilee said.

Visitors can also play a keyboard that lets them hear the songs of Song Sparrows, American Robins and Warbling Vireos, among others. They can in-



spect a bird’s feather and see how it changes color when moved under the light. And they can take away a leaflet telling them how to be a responsible cat owner and help save the songbird population.

“Birds Bring Big Bucks” is a new element of the exhibit, pointing out how more and more bird festivals provide a shot in the arm for local economies by attracting out-of-town bird-watchers eager to see new species. Community leaders are thus encouraged to develop nature preserves to help save migrating birds.

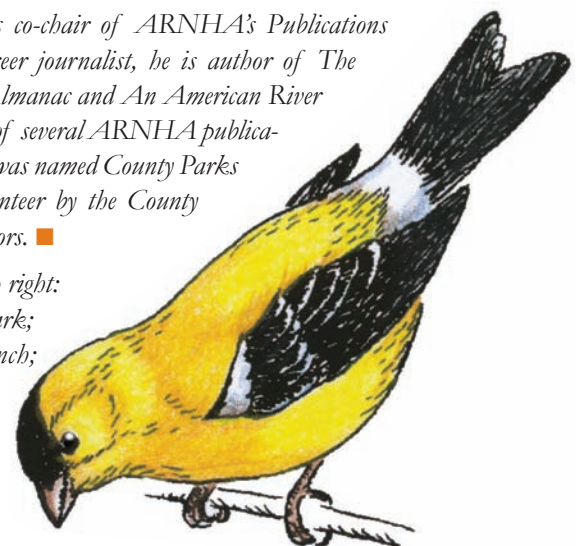
Saving the songbird population is a major focus of the exhibit, in the face of recent studies indicating many species are declining in number. Visitors who enter the museum are greeted by an overhead arch featuring colorful flags of western hemisphere countries that must collaborate on hosting such familiar species as hummingbirds, orioles, tanagers, warblers, and thrushes. They migrate north each spring to breeding grounds in the United States and Canada, then fly south to spend the bulk of the year in Mexico, Central or South America, or the Caribbean.

The overriding cause of species decline is loss of habitat. Dioramas and information panels counsel providing food, water, and shelter for the songbirds while they are nesting in your area, support for the national Fish and Wildlife Foundation’s Partners in Flight conservation program, and even drinking shade-grown coffee, which comes from Latin American forests that are said to be more hospitable to wintering birds than coffee grown on unshaded farms.

“The general public remains largely ignorant of the threats to songbirds and what they can do to help,” Marilee says. “With this exhibit the Effie Yeaw Nature Center is helping to fill this need.”

*Peter Hayes is co-chair of ARNHA’s Publications Committee. A career journalist, he is author of The American River Almanac and An American River Journal and editor of several ARNHA publications. In 2009, he was named County Parks Outstanding Volunteer by the County Board of Supervisors. ■*

*Clockwise from top right: Western Meadowlark; American Goldfinch; Song Sparrow; House Finch*



The brisk little jingle of the **Song Sparrow** generally starts with several short, high notes then descends in trills and runs.

# Donors April-June 2013

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in memory of John Mongeau
- Sally Weinland
- Wild Birds & Gardens
- Catherine & Bruce Wilson  
in memory of Ellen Anderson

*Gala continued from page 1*

rector Betty Cooper, each year the event has returned increasing proceeds.

During one of the most impressive events of the evening, the “Raise-the-Paddle” portion of the Gala, 31 donors responded to the heartfelt words of Carmichael resident Susan Maxwell Skinner on the value of EYNC for children of all ages, by almost immediately meeting, and then exceeding, the stated goal of \$10,000.



Brian Gilmore holds the ingenious and beautiful fabric art “Threads of Time” by Lori Wisheropp. It sold for \$700, \$300 above the artist’s asking price. Photo by Kari Bauer

“Raise-the-Paddle” proceeds fund school field trips to EYNC for schools that could not otherwise afford the field trip fees and transportation costs.

Painting Where the Wild Things Are, which culminated with the June 8th Gala and Auction, began with a highly competitive juried art show. Works selected by arts professor emerita Maria Winkler were on display May 7 to 25 at the Sacramento Fine Arts Center in Carmichael. Fine Arts Center Director, artist, and Gala Co-Chairman, David Peterson ably directed the Art Show and the subsequent display at the Gala and Auction.

Fair Oaks artist Jan Dailey summed up the feelings of many of the participating artists and attendees, noting, “This is my third year at the Gala, and I’ve sold two paintings each year the first three

years and one this year. This place is so beautiful. I used to bring my grandson Tyler here when he was a toddler to enjoy the animals. I love being able to help it with my paintings.” That sentiment was echoed by Congresswoman Doris Matsui, who spoke to the crowd at the start of the live auction, stressing the importance of EYNC in educating children to preserve the natural world.

Attendees noticed several changes in the event this year. Most noticeable, all of the art was displayed outside under the oaks in the Maidu village area. Under EYNC Director Paul Tebbel’s direction, EYNC staff worked hard to design and construct art displays that would withstand the outdoor venue. The addition of David Sobon as emcee and auctioneer and a professional sound system

brought a new level of excitement to the live auction. New technology streamlined the check-out and payment processes, located in the Assembly Building.

Another successful addition to the event was the sale of raffle tickets prior to the Gala. Lucky winners Harvey and Scarlett Edber won a week’s stay at a Carmel vacation home, thanks to a generous donor.

The Honorary Gala Chairwoman this year was Car-

michael resident and arts patron Marcy Friedman, who extended her continuing support of the EYNC.

The Art Gala Committee also included ARNHA Events Chairwoman Liz Williamson, Gala Co-Chair David Peterson, and Committee Members Katie Baygell, Noah Baygell, Lisa Burke, Betty Cooper, Peggy Kennedy, Beryl Michaels, Margaret Rogers, Linda Thomas, Paul Tebbel, Jamie Washington, and Lynn White. Catering was provided by Spoons Encore; valet service was provided by ENC Valets.

According to EYNC Volunteer Coordinator Jamie Washington, at least 73 volunteers – 55 on the evening of the Gala and 37 in the days before and after – for a total of approximately 400 volunteer hours – made the event possible. EYNC Volunteer Bev Lewis noted, “I’ve volunteered at the Gala every year since it started four years ago. Combining art and nature is wonderful.”

Plans are already in the works for next year’s Art Show, Auction, and Gala. That event promises to continue the trend of record-setting proceeds – but, we hope, without the record-setting heat.

*Margaret Leavitt is a docent and volunteer receptionist at EYNC. Peter Hayes is co-chair of ARNHA’s Publications Committee.* ■

*Congresswoman Doris Matsui, Susan Skinner, Honorary Gala Chair Marcy Friedman, and Auctioneer David Sobon with big smiles at the art gala in spite of the record-breaking high temperatures Photo by James Cooper*



# Summer Kids Camps Extend the Fun and Learning

by Margaret Leavitt

From September to June, the Effie Yeaw Nature Center and its preserve are filled with the excited sounds of schoolchildren on field trips, discovering the area and the animals and native people who have called it home. But the learning and the fun doesn't stop when school ends. Summer brings with it the chance for more extended exploration of EYNC under the guidance of EYNC naturalists through the always-popular summer Kids Camps.

This summer, Critter Olympians, for ages 5 to 8, gave campers the chance to test their athletic skills—running and jumping, for example—against the records of some of our local animals. As the summer heat kicked in, Water Wizards had the chance to learn about water and its properties - while staying cool. And one morning, a local television station profiled EYNC's camps, featuring Nature Investigators learning how animals protect themselves in the wild.

For older children, ages 8 to 12, Junior Rangers Camps offered Outdoor Adventures, a two-week, all-outdoor camp, which included orienteering, fishing, gold panning, river stewardship, a raft trip on the American River, and a night hike - a perfect chance to see local animals from the water and in the evening.

EYNC Naturalists Shawna Protze, Brena Seck, and Melanie DuBoce designed the programs and curricula. During the camps, they were assisted by Naturalist Mary Jane Boxer. In addition, each week 8 to 10 docents and other volunteers donated their time during the camps, ensuring that the EYNC Summer Kids Camps were a great success!

If you know a child who would like to participate in one of EYNC's summer camps next year, check next spring with the EYNC office (489-4918) or on the website [SacNatureCenter.net](http://SacNatureCenter.net) for more information. In the meantime, look for upcoming information about the fall, winter, and spring camps, typically held during school vacations. ■

*Images, from Summer Kids Camp, from top:*

*Docent Sue Davis introduces Yosha Melman to a King Snake;*

*Naturalist Melanie DuBoce leads a group of campers to the pond;*

*Campers observed a buck in velvet during their nature walk.*

*Photos by Kari Baner.*



# SNAPSHOT



Generous volunteers from Intel lend muscle to pull Bull Thistle, an intrusive non-native invader at the Nature Preserve.  
*Photo by Kari Bauer*



## ANNUAL MEETING

of the  
American River  
Natural History Association

Wednesday, September 11, 2013  
6 p.m. - dusk  
Effie Yeaw Nature Center

Enjoy refreshments while meeting new board members and fellow volunteers.  
See the display of ARNHA's books and Salute to Songbirds Exhibit.

**Changed date -- September 21**

## Ask a Naturalist

**Q** – Asked by students/visitors in Valley Nisenan Maidu Village: “Are acorns poisonous?”

**A** – EYNC Senior Naturalist Brena Seck: “Acorns are not poisonous, but they do require correct processing before eating. A traditional food for many California native peoples, acorns have been eaten for thousands of years. Today for the curious and health conscious, they also provide a nourishing alternative to wheat or grains. Preparation of acorn requires care and patience throughout a series of steps. Gathering (not permitted within County Parks), drying for six or more months, cracking/shelling, skinning, grinding, sifting, leaching (a slow rinse method), cooking, and finally, eating! Please always use caution when handling acorns because persons with any type of nut allergies may react to acorns.” ■

### Boy meets Bee

"We're good for much more than just honey, you see. We bees help the flowers, the bushes, and trees."

A new children's book and New York Times Bestseller!

\$16.99



THE  
**DISCOVERY**  
SHOP

AT THE EFFIE YEAW NATURE CENTER  
TUES-SUN, 9-5  
489-4918

## Spring Appeal One of the Best Fundraisers Yet!

ARNHA's Spring Appeal was one of the most successful fundraisers ever, Effie Yeaw Nature Center Development Director Betty Cooper reports.

"Our kind and unselfish donors stepped up to raise just over \$15,500 toward a matching gift of \$12,500, which was offered by Carmichael philanthropists David and Maxine Clark," Betty said. "The Clarks are longtime supporters of ARNHA and the Nature Center, and their matching challenge gave the appeal huge momentum!

"ARNHA deeply appreciates the generosity of the Clarks and everyone who helped meet the challenge. The support of our community is truly heartwarming and so very helpful in keeping the Nature Center's programs available for all."

Commenting on their role in the appeal, the Clarks said: "We have great respect and gratitude for the decades of effort involved in creating the Effie Yeaw Nature Center. We hope that even without County funding, future generations will continue to benefit from the Nature Center and the American River Parkway. We wish to honor all those who work toward maintaining these valuable Sacramento assets for the youth of tomorrow." ■

## Nature Fest 2013

### Mark Your Calendar for Sunday, October 6

Effie Yeaw Nature Center staff and volunteers will be sending out a "come one, come all" invitation to the third annual Nature Fest at the Center on Sunday, October 6, from 10 a.m. to 3 p.m. Highlights include live animal presentations by Wild Things, nature-related activities and demonstrations, hands-on activities, and guided nature walks.

Admission is \$3 for adults, with youth 12 and under free. Parking is free. Proceeds will benefit Effie Yeaw Nature Center Education programs. For further information, call the center at 489-4918. ■

## Autumn's Arrival

There is a myth that goes with living in the Sacramento Valley and the Sierra foothills. We heard it repeated the other day: "We have a wonderful climate but how I miss the changing seasons."

Oh, we don't claim the explosion of red and orange foliage that autumn brings to the Northeast. But does anyone really need to be reminded that soon we will observe the autumnal equinox when day and night are equally long and autumn officially begins?

Any convertible driver will confirm that we don't always enjoy top-down weather. Spring's pink blooms of wild roses have given way to vitamin C-filled seed capsules or hips. Yellow and khaki-colored leaves from towering Fremont Cottonwoods flutter lazily into the Lower American.

The cycle is obvious -- youthful spring merged into summer with its fast growth, and now the maturity of autumn is here. The blizzard of white blossoms that descended from orchards above Placerville last April have evolved into crisp apples of many eyes.

There are more signs of fulfillment. Birds that entered the world this spring and summer are ready to migrate. Last spring's pollen in the apple blossoms is this fall's honey in the comb.

After the season's first rain, the sun glanced off a baptism of drops left on spider webs, blackberry bushes, and elderberry leaves. A few days later, along came the first real wind from the north, hastening the fall of the leaves that gives the season its other name.

Then there was Thursday's sunset, which may or may not have been a sign of the season, but we include it anyway because it was one of the great sunsets of our time. Fiery pink cloud layers overwhelmed patches of blue sky, not just in the west, but in the south and north as well. For a few moments the world was a strawberry-blueberry-ripple ice cream cone, a memorable season's greeting.

*From an American River Journal, published by ARNHA. It features drawings by ARNHA co-founder Jo Glasson Smith and essays by retired newspaper editor Peter Hayes, an ARNHA associate board member. The book is available for \$9.75 at the Effie Yeaw Nature Center, arnha.org, and selected stores. Visit arnha.org "Podcasts" to hear readings of the essays by the author. ■*



I went for a solo walk on the EYNC Discovery Trail the other day, found a bench, and rested for a few minutes until I became aware I was being watched. It turned out to be one of the resident deer, a big buck 20 feet away on the trail. We studied each other for a minute, and then he bounded off into the underbrush. It was a magical moment. so I wrote a haiku.

### Deer on the Trail

Eyeball to eyeball  
until the tawny fellow  
opts to skedaddle  
--Peter Hayes

. . . .

A Haiku in English is a short poem which uses imagistic language to convey the essence of an experience of nature or the season intuitively linked to the human condition. It is a development of the Japanese haiku poetic form in the English language.

Some of the more common practices in English include:

- use of three lines of up to 17 syllables, traditionally in "5-7-5" form.
- allusion to nature or the seasons.
- use of a caesura or kire represented by punctuation, space, a line-break, or a grammatical break to compare two images implicitly.

—Wikipedia ■

# A Rattling Good Quiz

By Jack Hiehle

There are many interesting facts about rattlesnakes, but not all are true, such as those in the following questionnaire. (All questions are True or False; answers are on next page):

1. You can tell the age of a rattlesnake by the number of its rattle segments.
2. The rattlesnake gets a new rattle segment every time it sheds its skin.
3. When all the rattle segments are the same size it would indicate that the snake is mature.
4. The rattlesnake sheds its skin to accommodate growth in size.
5. When a rattlesnake hears a sound that might be threatening to it, it will vibrate its tail.
6. Vibrating the tail is a nervous reaction common to some species of snakes other than rattlesnakes.
7. A good food supply might cause the rattlesnake to shed three times a season.
8. An old rattlesnake seldom has all its rattle segments.
9. You can always expect a rattlesnake to rattle if it sees you approaching.
10. A new-born rattlesnake has on the end of its tail only a button that it can't rattle.
11. The last segment on a rattle is the only part of the rattle that is attached firmly to the body.
12. The sound of a rattlesnake rattling can vary with the age of the snake and the size of the rattle.
13. There are five situations where you might encounter a rattlesnake that is unable to rattle:
  - a. It's a baby snake with only a button.
  - b. It has a tail injury that destroyed the rattle.
  - c. It is a snake from Santa Catalina Island, Mexico, that has non-functioning rattles
  - d. You have just stepped on its tail or are holding the tail down.
  - e. The rattlesnake is dead.

*After 36 years with California Parks and Recreation and Fish and Game departments, Jack Hiehle began a singular volunteer career that has included more than 2500 hours of habitat restoration as a resource ecologist at the Effie Yeaw Nature Center. In 2005, he was named Sacramento County Parks volunteer of the year. ■*





## ARNHA Calendar of Events

- **ARNHA Annual Meeting**  
Wednesday, September 11, 6:00 pm to dusk  
Effie Yeaw Nature Center (see story page 4 )
- **Great American River Clean Up (GARCU)**  
Saturday, September 14, 9 am to noon  
Ancil Hoffman Park (see story on page 4)
- **NatureFest**  
Sunday October 6, 10 am to 3 pm  
Effie Yeaw Nature Center (see story page 10)
- **Weekend Events at Effie Yeaw Nature Center**  
Every Saturday at 10:30 am  
Every Sunday at 1:30 pm  
See SacNatureCenter.net for more information

**Changed date  
September 21**

## Welcome New Members! April-June, 2013

- |                             |                         |                        |
|-----------------------------|-------------------------|------------------------|
| • Rob Axell                 | • The Hombrado Family   | • Jack O'Neal          |
| • Stacey Babcock            | • Dina & Ed Howard      | • Lois A. Panting      |
| • Surrinder Bains           | • Elise Huggins         | • Burt Peterson        |
| • Amy Barden                | • Betty & Gary Hunziker | • Jerry Plummer        |
| • Jacquelyn Bieringer-Drake | • Petricevic Ivo        | • Austin Proctor       |
| • Sharon Bonagura           | • Rebecca H. Jagers     | • Carlos Reyes         |
| • Christina Borja           | • Lynn Jensen           | • Sue & Dave Richter   |
| • Jessica Brandt            | • Mary Cay Kelison      | • Rita Diane Rinelli   |
| • Marisa Cheung             | • Anna Kempees          | • Keith Sax            |
| • Connie Chow               | • Jeff & Laura Kitchen  | • Pat Schell           |
| • Linda R. Cochran          | • Marj Koerber          | • The Seals Family     |
| • Heidi & Daniel Crosbie    | • The Landreths         | • Veena Sethi          |
| • Nicole & Larry Dacus      | • Tori Lee              | • Robert Smith         |
| • Michael Darnell           | • Bonnie MacArthur      | • Derek Stevenson      |
| • Carol DeVore              | • Susan McCrea          | • Anna Street          |
| • Nathan Dunmeyer           | • Leslie McCurry        | • Carl Sweetman        |
| • Eric Durbow               | • Donna Mell            | • Lina Thoreson        |
| • Trinia Dzurny             | • Marijke Melman        | • Ken Trillo           |
| • Cyndia Farrier            | • Susan Miller          | • Zheng Wang           |
| • Kit Dillon Givas          | • James Moi             | • David Wiest          |
| • Kathryn Griffin           | • Andrea Mummert        | • Shirley Wilkerson    |
| • Mark & Pamela Hales       | • Bobette Nelli         | • Shana Williams       |
| • Lynette Hall              | • Max & Susie Niemann   | • Rosalva Willow       |
| • The Hearne Family         | • Heidi & Larry Nurse   | • Sara & Ian Wilson    |
| • Angel Heath               | • Jeannie Odom          | • Wild Birds & Gardens |
| • Louise Hirsch             | • Grace Olsen           |                        |

### Answers to rattlesnake quiz on previous page:

1. **False**
2. **True**
3. **True**
4. **True**
5. **False**
6. **True**
7. **True**
8. **True**
9. **False**
10. **True**
11. **True**
12. **True**
13. **True**

