



Citizen Scientists

nature lovers with a purpose

story by Stephanie M. Monzon

If you are reading this newsletter, chances are that you love nature, are committed to environmental issues, enjoy community involvement, want to share nature's wonders with a child, or feel invested in EYNC's natural resources.

If this describes you, you may want to become a citizen scientist.

Citizen science is a fun, important, and popular way for members of the public to participate in scientific studies. Those who already enjoy making observations of the natural world can collect, monitor, and submit findings to researchers.

Whether at the EYNC Nature Study Area or just in your own garden, you can contribute to the larger scientific

community's body of knowledge about the wonders of the environment through becoming a citizen scientist.

The wide variety of projects available for interested citizen scientist volunteers ranges from air quality to zoology. The studies themselves can be local, regional, statewide, nationwide, or global in scope. You can work with researchers in your own town or even participate online, collecting local data and sending the data to researchers across the world.

Citizen scientists can range widely in experience and knowledge. You can be a well-trained naturalist, casual nature lover, or a parent or grandparent counting birds with a child in your backyard or investigating what's in bloom during a hike at EYNC.

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NatureFest 2015 Promises to Reveal Nature's Secrets

Nature nerds, animal lovers, outdoor enthusiasts, and those who want to learn something new will be dazzled by this year's NatureFest, scheduled for Sunday, October 4, from 10am to 3pm.

NatureFest, held on the beautiful grounds of Effie Yeaw Nature Center, is a family-friendly event focusing on science, nature education, and outdoor recreation.

The Nature Center's largest community event features interactive activities presented by nearly forty local organizations and live animal shows starring local and exotic animals.

EYNC naturalists will lead guided hikes into the Nature Preserve and point out some of the wonders of the American River Parkway.

Come learn about native plants and animals, try your hand at fly tying or casting, create nature-themed art, and get crawled on by giant insects! Entry fee per adult is \$5, no entry fee for children. It's all here at NatureFest 2015! ■



Photo by Kari Bauer

President's Message

The Summer of 2015 is a very special time for ARNHA and the Effie Yeaw Nature Center.

We are celebrating five years since we signed a contract with Sacramento County and took over financial and management responsibility for the Effie Yeaw Nature Center following the county budget crisis. When ARNHA was founded in 1981 to foster education, appreciation and good stewardship of nature and the American River Parkway, one of our primary purposes was as a support group for Sacramento County's Effie Yeaw Nature Center, providing modest funding and many volunteers to help the Nature Center with operations and special projects.

That is the first part of the story. Over the years from 1981 to 2010 a close relationship developed between ARNHA and the Nature Center. So, when faced with the imminent closure of the Nature Center in Summer 2010, ARNHA decided it could not see such an important resource close down. The second part of ARNHA's history began in July of 2010 when we signed the contract with the County. It was a big step for a small non-profit. Our fundraising goals nearly quadrupled overnight!

But with the help of a very generous community, a talented staff, and a wonderful cadre of volunteers, who give us their skills and expertise for 18,000 hours a year, we have flourished.

The third part of the story is how we've built Effie Yeaw to become more than just a small local nature center. We are now a regional resource--educating school children from Stockton to Grass Valley and from Placerville to Woodland. We provide free nature programs or guided hikes every weekend for families; vacation camps for children; and natural history courses in the evenings for adults. Over 30,000 people a year visit our museum to see our native animals and educational exhibits – not to mention the thousands of local residents who come to our preserve, including many who walk our safe and beautiful nature trails nearly every day.

The continuing part of our story is the future. Our board envisions an upgrade to the inside of the Nature Center and the expansion of our programs to other parts of the American River Parkway and the greater Sacramento region. The mission continues.

Thank you to all who made our five successful years possible. Many are mentioned as volunteers, donors, board members, and Nature Center staff elsewhere in this newsletter. Please join the celebration at the ARNHA Annual Meeting at 6 pm on Wednesday, September 9, at the Nature Center.

Sincerely

Liz Williamson
ARNHA President



photo by Susan Skinner

*Above: Liz and Echo,
our animal ambassador
Great Horned Owl.*

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Citizen, from page one

As a participant in citizen science projects, you benefit by connecting your own observations to the bigger picture and seeing how you are contributing to important findings. You can also learn scientific methods and increase your knowledge of scientific principles.

You may also become inspired and better equipped to make contributions to environmental policy through education and activism in our community.

Those who lead research studies also benefit from citizen scientists because they increase the pool of contributors. Many hands can make light work for local projects, and other studies may depend on geographically widespread data.

Citizen scientist projects contribute to our overall understanding of and impact on the environment. Many articles in recent years have been published in peer-reviewed scientific journals that analyze and draw significant conclusions based on volunteer-collected data.

Technological advancements, such as phone apps and GPS, allow volunteers to collect and report data in real time.

The term “citizen science” was first used in 1989 for an Audubon Society acid rain study for which volunteers across the country collected rain samples, tested acidity, and reported back to researchers.

Though the term itself is relatively new, the general public has been participating in and contributing to scientific research for many years. One of the oldest and quintessential examples of a project that relies on citizen scientists is the Audubon Society’s Christmas Bird Count, which began in 1900. Data from volunteer birders are used to study annual changes bird abundance and distribution.

EYNC is no stranger to citizen

science. “I’m a big believer in citizen science,” says Paul Tebbel, EYNC executive director. “The effort that bird-watchers have put into the Audubon Christmas Bird Count was the first time I saw it really work—when consistent effort by citizens could be shown to have important scientific influence.”

Each year youth at EYNC participate in Audubon’s Backyard Birdcount for Kids. They place their results online, Audubon and the Cornell Lab of Ornithology combine the data, and “the kids got to see that their work becomes a part of a bigger effort and, we hope, the experience sparks some scientific interest in some of them,” says Tebbel.



American River College students help monitor deer populations at EYNC. Photo by Linda Thomas.

Citizen science efforts such as these also show that you don’t have to have an advanced scientific degree to participate in research.

However, while citizen science is, according to Tebbel, “a powerful tool, the initial projects have to be set up by knowledgeable scientists with proper hypotheses, protocols, etc., to ensure that the information stands up to scientific scrutiny.”

While that may be a “tall bill” for EYNC, Tebbel says, “we are working our way in that direction” and have

“embraced citizen science whenever possible.”

Perhaps the longest running citizen science effort at EYNC has been the annual “critter count,” started by Jack Hiehle nearly 30 years ago. It takes place every December and is currently under the direction of Dr. William Avery of CSUS.

Connie Wade, who leads ARNHA’s Resource Maintenance and Monitoring Committee, is working with the committee and the county to determine how to best manage EYNC’s Nature Study Area’s resources. For three years, EYNC staff have been working with Dr. Jennifer Neale, a professor at American

River College, and undergraduate student interns to survey deer and turkey at EYNC. (see Wade’s article in the Summer 2014 Acorn, “ARNHA/EYNC Student Internship Program Continues in 2014”). Interns collect and record data that will reveal population trends in these key species within the Nature Study Area. These data may be used to help inform future habitat and wildlife management decisions.

Wade also leads a research effort focusing on oak trees in the Nature Study

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Area. Interns search for and cage oak saplings, both to identify the species and protect the trees from deer. From the process have emerged many questions, especially concerning the general condition and future of the valley oak species at EYNC. Wade recruited Dr. Cathy Ishikawa and her Field Methods Class students from CSUS to conduct surveys and catalog the oak tree species, size, condition, etc. of sample areas within the nature area. (See “CSUS Students Survey EYNC Nature Study Area” in the Fall 2014 issue of *The Acorn*.)

About the Oak Tree Caging and Maintenance Project, Tebbel says, “It is my hope . . . that this effort can be expanded into the cataloging of all trees within the preserve—a perfect citizen science project—and then we can go back on a regular basis . . . and actually count the number of trees that have died and the number that have become established”

Of the Resource Maintenance and Monitoring Committee’s overall work, Tebbel says he hopes these “. . . efforts will include a number of citizen science projects so that we can engage our volunteers, visitors, and others in the collection of data, so they can feel the value of participation in science, and with it the feeling of stewardship that comes with such an effort.”

According to Tebbel, more ideas for projects would be well received. Mike Cardwell has started a promising new project; he has installed transmitters on several rattlesnakes in the Nature Study Area, is tracking their movements, and is keeping a blog about his work at www.eyncrattlesnakes.com. Tebbel would like to see similar projects on additional species, suggesting that tracking and monitoring an animal’s movements and patterns could be an activity for curious kids and could lead to new scientific discoveries.

Tebbel notes that increasing citizen science-based research at EYNC “. . . is only a dream right now—but I truly believe we are headed in those direc-

tions.” He hopes that “the right person will step forward with the right idea.”

Are you interested in participating in or spearheading a citizen science-based project at EYNC? If so, please contact Paul Tebbel at pault@sacnaturecenter.net to explore possible opportunities.

Stephanie Monzon is a former ARNHA Associate Board member, an EYNC volunteer, and recent graduate of the UC California Naturalist program. She currently works in environmental consulting as an editor and technical writer. ■

Autumn’s arrival

There’s 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 need to be reminded that yesterday we observed 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 orange, vitamin C-filled seed capsules, or hips. Yellow or khaki-colored leaves from towering Fremont cottonwoods flutter lazily into the Lower American.

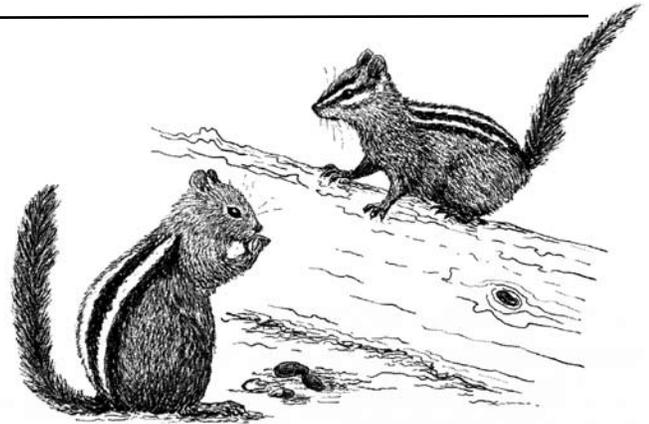
The cycle is obvious—youthful spring merged into summer with its fast growth, and now the maturity of autumn is here. The blizzard of white blossoms that descended from orchards above Placerville last April have evolved into crisp apples.

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 year’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 give the season its other name.

Then, there was that sunset the other day, 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 the American River Natural History Association (ARNHA). It features illustrations by ARNHA co-founder Jo Glasson Smith and nature essays by Peter J. Hayes, retired newspaper editor and ARNHA associate board member. The book is available for \$9.75 at the Effie Yeaw Nature Center, ARNHA.org and selected book stores. Visit ARNHA.org “Podcasts,” to hear readings of the essays by the author. ■



Most Successful Gala Ever!



A capacity crowd partied, bought art, and gave generously to nature programs for needy children at the 5th annual Spring Gala and Art Auction, *Art Where Wild Things Are*, at Effie

Yeaw Nature Center on Saturday, May 30, 2015. Hosted by ARNHA and the Sacramento Fine Arts Center, the event saw artists, nature-lovers, philanthropists, and community leaders gathered to raise a record amount for the Nature Center. Dave Bender from CBS Channel 13 was the event Emcee, Honorary Gala Chairs were Gregory & Moni Kondos and Congresswoman Doris Matsui, and David Lobenberg judged the art show.

Guests were treated to a tantalizing dinner prepared by Jackson Catering, a selection of premium wines and beer, and live acoustic guitar music. The exciting live auction was the highlight of the evening thanks to the energy of auctioneer David Sobon. Beautiful clear skies, the Center's leafy oak canopy, and the festive atmosphere made the event the best so far.

Over 375 people attended, and 93 art pieces were sold in *plein air* and silent and live auctions. The event netted \$82,000 of which \$33,800 was raised for the Urban Nature Program, which brings at-risk school children to the Nature Center for educational programs. As twilight fell and guests slowly departed, smiles and laughter abounded on the Nature Center grounds, a wonderful sign of an enjoyable evening. We are delighted that the Gala continues to be a highly successful event and our most important fundraiser of the year. ■

Thank You Gala and Art Auction Sponsors

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ARNHA Annual Meeting Celebrates Five Years as the Nature Center Management

Join fellow ARNHA members for a celebration on Wednesday, September 9, at 6 p.m. at the Nature Center as we recognize the fifth anniversary of ARNHA assuming management and financial responsibilities for the Effie Yeaw Nature Center. Beginning with a reception with appetizers and wine, we will continue with reports on the year's activities, a chance to say thank you to our staff and volunteers, and a short business meeting. For more details on the nominations for the Board, and proposed bylaw amendments see ARNHA's website at www.arnha.org/annualmeeting2015.html. ■

Great American River Clean Up Set for September 19

Do you enjoy the American River and want to help keep it pristine? Then mark your calendars for The Great American River Cleanup on Saturday, September 19, 2015, at 9 A.M.

Sponsored by the American River Parkway Foundation, the annual cleanup helps keep trash from washing into the river where it can pollute water and affect wildlife. The cleanup will take place at several locations along the American River including Ancil Hoffman Park. Volunteers should wear sturdy shoes, long pants, a hat, and sun screen; gloves, water, and snacks will be provided by the Foundation.

Register in advance by calling the American River Parkway Foundation at (916) 486-2773. ■

Volunteers Refresh the Land

by Peter J. Hayes

Few of the many Effie Yeaw Nature Center volunteers are as engaged in a “work in progress” as landscape specialists Walter Dong, Sigrid Trevino, Jan Ahders, and Trudy Ziebell.

Walter, a 21-year EYNC veteran, can be found out in the 100-acre nature study area, doing battle with poison hemlock or four varieties of thistle. Sigrid is usually found in the Butterfly Garden near the playground in front of the nature center. And if you’re walking toward the center and Assembly building, you are likely to see Jan, Trudy, and newcomer Felice Risling working in the front gardens. “They’re not only weeding but also transplanting, pruning, and giving tender loving care to the beautiful native plants that live here,” says EYNC Volunteer Coordinator Jamie Washington.

After retiring from a 32-year career as a Shell Oil Company chemical engineer, Walter joined the legendary Jack Hiehle, Effie Yeaw resource ecologist, on birding trips, digging out Spanish Broom, and caging young oak trees to protect them against the depredations of hungry deer. He now concentrates on removing non-native star, milk, bull, and Italian thistles, along with Poison Hemlock, the plant whose deadly poison dispatched Socrates.

“Before Walter’s efforts,” Jamie says, “we had large patches throughout the preserve of non-native hemlock crowding out the species that belong here, such as Dutchman’s Pipevine and native grasses. Walter also has served as a mentor to others who work alongside of him, teaching them about our local ecosystem.”

Sigrid has accumulated more than 735 volunteer hours since coming to Effie Yeaw in 1999. Working alone in the Butterfly Garden, she has planted white Yarrow, yellow Goldenrod, purple Lupine, almost orange Bush Monkey

Flower, and off-white Soap Plant to attract Pipevine Swallowtail and Western Tiger Swallowtail butterflies and occasional Monarchs seeking nectar from flowers.

“There haven’t been as many butterflies in the garden as usual recently because of the drought and aerial spraying against mosquitos,” she said.

Sigrid also tends Coyote Mint in a garden near the entrance to the parking lot.

Jan, a former Master Gardener, began work three years ago on the front garden overgrown with leggy Evening Primrose and Bermuda Grass. “My vision was to showcase native plants and transplant a landscape like a garden at home,” she says.

Jan began a heavy planting program with donated plants mostly from Soil Born Farms, the Rancho Cordova non-profit food producer and distributor. The collection includes Woolly Sunflower, penstemons, and Sticky Monkey Flower.

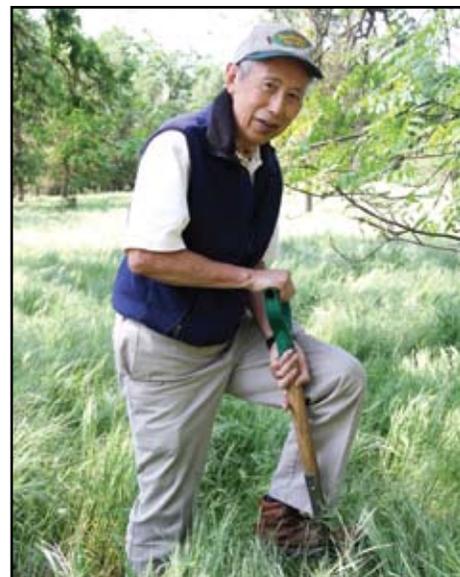
“But like a regular garden, it’s never going to end,” she says. “We have sprinklers in one plan. We want to have names on all the plants. And there’s a great need for cleaning out wild and crazy growth down by the parking lot.”

Jan says the progress achieved couldn’t have happened without Trudy who, like Walter, was introduced to Effie Yeaw voluntarism by Jack Hiehle. She helped him weed the meadow and later joined naturalist Vince LaPena on the major project of tearing out rampant blackberry bushes behind the nature center building. More recently in the front garden, she has helped plant Lupine, Fuchsia, Mugwort,

and Milkweed, which is a host plant to the Monarch butterfly. She even donated a trellis to support a volunteer Dutchman’s Pipe (also called California Pipevine) near the Assembly Building.

Ask Trudy why she spends free time at the nature center, and she replies, “I love nature, I love helping make the flowers flourish, I love making things look better.” ■

Top: Walter Dong continues his relentless war on Poison Hemlock, a vicious invasive non-native plant at EYNC. Bottom: Jan Ahders and Trudy Ziebell design and maintain the native plant gardens at EYNC. Photos by Kari Bauer.



Monarch Watch at Effie Yeaw Nature Center

by Rachel Cowan



This spring has offered great opportunities to witness the life cycle of Monarch Butterflies at Effie Yeaw Nature Center. Even though the population of Monarch Butterflies is on the decline due to insecticides and habitat loss for its host plant, milkweed, the Showy Milkweed plants in the native garden at Effie Yeaw Nature Center continue to attract Monarchs.

Monarchs typically lay a single pin-sized egg on the underside of a milkweed leaf, where the larva will hatch in 3-4 days. The first Monarch caterpillars were found in late April. As the caterpillars ate and grew, they left sizeable droppings, which aided in our daily search and count. Caterpillars have five instars, which refers to the size of the larva between each time they molt, or shed their skin. Our highest count of caterpillars at any given time was seven. When our count went down, we suspected that 5th instars may be retreated up into the nearby Redbud. Adult Monarch sightings sparked egg hunts.

When we learned that California Towhees were one of the many predators of Monarch caterpillars, we decided to move five 3rd or 4th instar caterpillars to an enclosure in the lobby, which made it easy for visitors and school groups to observe and learn this fascinating life cycle. Within a week the first caterpillar attached itself with silk to the screen cover. There it hung in a “J” shape between 24 and 48 hours, until it shed its external covering for the final time to reveal the jade-colored chrysalis with the crown of fine gold points.

On the morning of May 18, it appeared that the first chrysalis had turned black, but a closer look determined that the chrysalis had turned translucent and that we were observing the black and orange wings of the adult butterfly. Within two hours, the butterfly emerged with folded wings. At this time, the butterfly must pump fluids into its wings and wait for them to dry. A few hours later, the butterfly began to crawl around the enclosure and flap its wings. We carefully guided it to crawl onto a finger, so we could take it outside for release, where it took its first flight high above the oaks amid the cheers of onlookers.



Rachael Cowan is an Associate Naturalist at Effie Yeaw Nature Center and a certified UC Naturalist. From Grass Valley, she has a lifelong passion for the natural world and science education.

Left: Sigrid Trevino in the Butterfly Garden. Photo by Kari Bauer.

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- Hunter Merritt
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- Rebecca Norris
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- Kitty Oliver
- Nancy Oprsal
- Mitchell Ostwald
- Walter Packard
- Erica Padilla
in memory of Carolyn Dillion
- Diana Parker
- Desmond Parrington
- Gail Parris
- William Patterson & Doris Brown
- Jill M Pease
- Lynne Pinkerton
- Carol & Frank Poelman
in memory of Bobbie Jack
- Shirley Poirier
- Miriam Porter
- Judy Press
- Kathleen Purdy
- Werner Raab
- Raley's Family of Fine Stores
- Diane Ramsey
- RCA Community Fund of the
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Foundation
- Timothy Reardon
- David Reed
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- Jason & Amy Rogers
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- Susan Russell
- Kathleen Sabatini
- Sacramento Area Creeks Council
- Sacramento Audubon Society
in memory of Jonilynn Okano
- The Sacramento Bee's Book of Dreams
- Sacramento Natural Foods Co-op
- Teresa Salvini
- Laura Sanz
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- Daniel Schweissinger
- Julie & John Serences
- Lanna Seuret
- Diane Shakal
- Shell Oil Company Foundation
- Jennifer Shively
- Susan Skinner
- Frank & Joan Slachman
- Cindy Smith
in memory of Jo Smith
- Cindra Smith
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- Lily Soley
- Susanne Sommer
- Jo Ann Souvignier
- William & Anne Spaller
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- Roberta Sparkman
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- Morna Stephens
- Roberta Stewart
in memory of Peter Cross
- Sarah Stoltz
- Andy Stroud
- Cindy Suchanek
in honor of Pricilla Greenbaum
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- Betsy & Fred Weiland
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- Lynn White
- Rebecca Wiest
- Liz Williamson
- Mary Jess Wilson
- Robert Wilson
- Rod & Kathy Winegarner
- Sue Wittorff
- Justin Wood
- Carolyn Woodruff
- Tom & Ingeborg Wright
- Zarah Wyly
- Linda S. Yassinger
- Flora Yen
- Diane Young
- Ruth Younger

Thank you!

*Rhys Rigg looks through the cabinet she designed and built for EYNC T-shirts on sale. The cabinet, built for her Girl Scout Gold Star, the highest award a Girl Scout can earn, can be seen outside the EYNC on days the Center is open.
(Photo by Kari Bauer)*



'I Remember Effie Yeaw'

by Peter J. Hayes

Waldo Berg, 88, of Carmichael is rightly proud of his role in helping Effie Yeaw introduce countless children to nature in the 1960s by driving a Rio Linda School District bus with 60 kids to Deterding Woods on the American River where the legendary teacher waited for them.

"She would say, 'OK, boys and girls, Welcome! We're going to take a nature walk.' Then, we would walk the whole place, listening to the different sounds of birds and animals, inspecting everything like gopher holes. She wouldn't miss a weed and told stories about the flowers and the leaves. At the 'Owl Tree' she would have me cut open owl pellets to show the young naturalists the regurgitated remains of a rodent."

He recalled Effie Yeaw telling him of her powerful opposition to plans to build an 18-hole golf course that she feared would eliminate her beloved woods and prevent construction of a nature museum. While eventually the Ancil Hoffman Golf Course was created, it did not interfere with the Effie Yeaw Nature Center and its Preserve.



"She loved the kids so much," Berg said. "And the love was mutual. When I brought them back to the school from the trip, I would ask them, 'Did you enjoy the day?' And I thought they would tear the top off the bus cheering! I would tell supervisors, so that they could inform teachers who might want to schedule another field trip with that wonderful lady." ■

Waldo Berg, photo by Kari Bauer.

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**THE
DISCOVERY
SHOP**

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

Ask a Naturalist

Q: "What is a naturalist?"

A: Associate Naturalist Thom Parrish:

"When I interviewed to work at the Effie Yeaw Nature Center, Paul Tebbel, the executive director of the Nature Center, asked me: "What does it mean to you, to be a naturalist?"

"I came up with an answer about how a naturalist is an observer of nature; a naturalist observes, learns about and appreciates nature. Right? After the interview was over, however, I felt bothered by the answer I gave. I felt it was missing something important.

"Some time later, I was looking at an illustrated poster of a food web for a wetland environment. The poster portrayed a series of food chains connecting the different forms of life according to what they consume; the chains formed a perpetual web. This image of a web made me remember a quote from naturalist John Muir, 'When we try to pick out anything by itself, we find it hitched to everything else in the Universe.'

"I began imagining invisible webs interconnecting everything in the universe, and then I realized I had the missing piece to what it meant to me, to be a naturalist. A naturalist does not just observe nature, but seeks to understand the meaning of how these observations are connected to one another. I believe this to be the essence of understanding nature, life, and everything in our Universe. Everything is interconnected.

"John Muir is also credited with saying, 'The clearest way into the Universe is through a forest wilderness.' If contemplating the Universe is ever of interest to you, try start by looking in the oak riparian forest at Effie Yeaw Nature Center!" ■

EYNC Summer Nature Camps

by Margaret Leavitt

School's out for summer! But nature education continues at Effie Yeaw Nature Center in the summer, along with plenty of fun! Over 220 children ages 5 to 11 participated in week- and two-week day camps at EYNC. Camps were led by the very informative and creative EYNC naturalists, assisted over the course of the summer by 17 trained docents and over 20 other volunteers.

Highlights included: an evening hike to watch the last sun of the day; fishing and rafting during the 2-week Outdoor Adventures camp; making musical instruments from recycled items and learning how they relate to different animals; getting down and dirty with earth art; and learning to collect data to better understand what's up in the sky.

In "Nature's Engineers," campers were inspired by the engineering that animals do in nature to try their own hand at activities such as building dams at the river (like beavers), making paper (like paper wasps), and using origami bird beaks (like birds) to build nests from pretzels (for twigs), icing (for mud), cotton candy (for spider webs)

and jellybeans (for eggs)!

Following on the success of daily programs for 5-year-olds during school-year vacation camps, volunteer docent Margaret Rogers led the first 4-day camp for that age group. The 18 young campers were introduced to nature basics - animals, plants, water, earth and sky - through a variety of activities.

Parent feedback from evaluations they completed after the camps was heartwarming: "He came home excited about each day;" "Made friends and learned to appreciate nature;" and, "Outstanding program, leaders, staff, curriculum. We have been greeted each day with enthusiasm, joy and passion." And one parent echoed the EYNC mission: "You've reaffirmed everything we are currently doing at home - we are naturalists in training!"

EYNC day camps are held during school vacations (Thanksgiving, Winter Break, Spring Break and summer). Camps always fill quickly. Check the website at www.sacnaturecenter.net, the *Acorn*, or call EYNC for more information and to register.

Margaret Leavitt is a docent-in-training, volunteer receptionist at EYNC, and member of ARNHA's Media/Publications Committee. ■



Counterclockwise from below: Nature campers discover a coyote on the shore. Young nature camper admires the fish she caught. Camper learns how to untangle tackle. Nature camp engineer admires the structure he built to display his animal model. Photos by Kari Bauer.



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ARNHA Calendar of Events

- **ARNHA Annual Meeting**

Wednesday, September 9, 6:00 pm to dusk
Effie Yeaw Nature Center (see story page 5)

- **Estate Planning Seminar**

Wednesday, September 16, 6 to 7:30 pm
Effie Yeaw Nature Center (see story below)

- **Great American River Clean Up**

Saturday, September 19, 9 am to noon
Ancil Hoffman Park (see story on page 5)

- **NatureFest**

Sunday, October 4, 10 am to 3 pm
Effie Yeaw Nature Center (see story page 1)

- **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.

ESTATE PLANNING INVITATION

Members and guests are cordially invited to a complimentary Estate Planning Seminar. Topics Include:

- Introduction to Estate Planning
- Do I need a Will? Is Joint Tenancy a Good Alternative?
- Planning for Disability and Incapacity
- Probate – What is it and How Can It Be Avoided?
- Living Trusts and • Inheritance Planning for Heirs
- Estate Tax Planning: The \$5,430,000 Exemption: What does this mean?
- Tax-Free Strategies for Sales of Appreciated Stock Portfolios or Real Estate

Speaker:

Emily A. Foehr is an Estate Planning, Trust and Probate Law Attorney. She is a Shareholder at Drobny Law Offices, Inc., a highly regarded firm specializing in estate planning and related topics.

Wednesday, September 16, 2015

6:00 p.m. – 7:30 p.m.

Effie Yeaw Nature Center

2850 San Lorenzo Way • Carmichael, CA 95608

The Estate Planning Seminar is sponsored by American River Natural History Association, which supports the Center through endowment, memorial and special project fundraising. Space is limited. Please call 916.489.4918 to reserve a space.