



Beautiful Big-eyed Jumpers

by Tim Manolis

If you don't know much about jumping spiders, be warned – learning more about them can become an addictive pleasure! Now, I know that a lot of folks more frequently associate the phrase “creepy crawlly” with spiders than the phrase “addictive pleasure,” but jumping spiders are not your average spiders. Among other amazing things, they stalk prey -- insects and

other spiders -- like cats, using vision that rivals that of many birds and mammals. Male jumpers can be brilliantly colored with courtship displays rivaling those of birds-of-paradise. Some species are remarkable mimics of ants, wasps, or beetles. Intrigued? Read on.

Salticidae, the family of jumping spiders, is the largest family of spiders worldwide, with around 5000 described species. Though most numerous in the tropics, they are found just about everywhere, from the highest peaks of the Himalaya to the arid depths of Death Valley. Some species hop around in trees and bushes like

little spider monkeys. Others stalk prey on the ground, walls, and fences, and very small ones crawl through leaf litter. Over 100 described species live in California, and you can probably find five to ten of these in your backyard.

Despite the name, the jumping ability of these spiders does not uniquely define the family. They do jump, including upon their prey, but other spiders can jump as well. The major defining features of jumping spiders are their eyes.

Most spiders have eight eyes (some have fewer or none). Frequently, these eyes are arranged in two rows of four each

and are often more-or-less the same size. The vision these eyes provide is often unremarkable to poor.

But two of the eight eyes of jumping spiders are strikingly different. The front row of eyes face forward, and the middle two of this row (called the anterior median eyes) are much larger than the other six eyes, giving these spiders a rather “cute” big-eyed gaze. More importantly, they give jumping spiders a surprisingly crisp, binocular view of the world in full color (they even see in the ultraviolet range). In short, the anterior median eyes of jumping spiders have much better visual acuity than those of any other insects or spiders. Their other six eyes, the outer two front eyes and the four in the back row (actually arranged in two lateral rows behind the front row, facing up),

see Spiders on page 3

Art Show, Sale, Gala Due June 8

Here comes “Painting Where the Wild Things Are!”

The American River Natural History Association and the Sacramento Fine Arts Center will present their fourth annual art show, auction, and gala celebrating the American River and surrounding scenes on Saturday, June 8, from 5 to 8 p.m. at the Effie Yeaw Nature Center.

The event brings together art patrons, philanthropists, artists, and nature-lovers for what has become the most important fundraiser of the year for the Nature Center, the iconic education and visitor center operated as a community service by the non-profit ARNHA.

Marcy Friedman, Honorary Gala Chairwoman, philanthropist, and patron of the arts, said, “I feel very much a spokesperson for our magnificent parkway, and Effie Yeaw (Nature Center) is just one more reason to be enthusiastic about the natural environment that all too many take for granted.”

The art show will be juried by Maria Winkler, art professor
see Gala, page 5



Pelegrina aeneola Tim Manolis



President's Message

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ARNHA

American River Natural History Association

P.O. Box 241 • Carmichael, CA 95609

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Dear ARNHA Members,

Spring has sprung! I hope you are taking the time to enjoy the blooming of the wildflowers and the chirping of the birds at the Nature Center. Spring brings busloads of K-6 students to learn about natural science and Maidu Indian culture as teachers squeeze in an outdoor learning experience before the school year concludes.

Did you enjoy one of ARNHA's two days, that's right—two, of Bird and Breakfast in March? Special thanks to Sacramento Audubon and Carmichael Kiwanis for helping to make this double event a success.

And speaking of doubling, if you donate during ARNHA's Spring Appeal, generous donors, David and Maxine Clark, will match your dollars up to \$12,500. Where else do you get a chance to double your money?!? Your generous donation supports the programs at the Nature Center—free weekend nature workshops for adults and children, natural science and Maidu Indian classes for K-6 students, and animal care.

If you've always wanted to take a photography class from an internationally recognized nature photographer, then you'll want to call the Nature Center (489-4918) or enroll online at www.sacnaturecenter.net for Lewis Kemper's May lecture and field course to be given at the EYNC.

Do I smell paint? I thought so....freshly painted artwork of the American River Parkway by Sacramento regional artists. The entries for this year's judged competition for **Painting Where the Wild Things Are** are arriving at the Sacramento Fine Arts Center (SFAC) to be judged by renowned local artist Maria Winkler. You'll get a chance to preview the art at the SFAC in May before it is whisked to the Effie Yeaw Nature Center for ARNHA's annual **Painting Where the Wild Things Are** art gala fundraiser. Marcy Friedman has graciously agreed to serve as Honorary Chair this year. I look forward to seeing you at the Nature Center on June 8. Look for a special opportunity associated with the gala to arrive in your mailbox in mid-May.

Recognizing that the Effie Yeaw Nature Center is totally dependent on donations and grants, I know many of you give generously of your time and money. As always, "Thank you." Your contributions are appreciated and play an important role in creating future stewards of the American River Parkway.

Regards,



Diana Parker

EYNC Wish List

- **Fax machine with multiple page capability**
- **Used car or SUV for naturalists to use on outreach**
- **Gasoline powered weed whacker**
- **Storage shelves for heavy boxes**
- **2000+ square foot storage space for EYNC traveling exhibits**

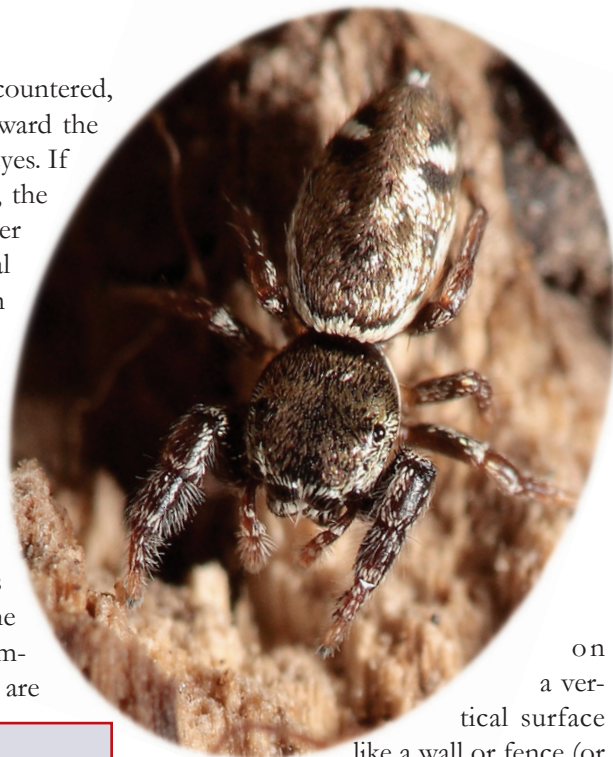
Spiders, continued from page 1

are smaller and less acute, used primarily to detect movement of potential prey or predators.

The extraordinary vision of jumping spiders has gone hand-in-hand with the evolution of behaviors and morphologies (shape, structure, and coloration) more similar to those of birds, mammals, or dragonflies than to those of most other spiders. As already noted, the hunting behavior of jumping spiders is very much like that of cats. Jumpers are solitary hunters during the daylight hours and are inactive when it is cold or rainy. Most species (including those in our area) do not produce prey-capture webs. They may either sit in place waiting for prey to wander by or roam about in search

of a meal.

When potential prey is encountered, the spider orients its body toward the prey to assess it with its large eyes. If the target is facing the spider, the jumper may carefully maneuver around to approach its potential victim from the rear. It then typically makes a slow-motion, one-foot-after-the-other approach, just like a lion on the savanna or a house cat in your yard. When it is close enough to strike, the spider first produces a drag line of silk from the spinnerets on the rear of its abdomen and attaches it to the substrate. This is especially important if the spider and prey are



Sassacus vitis Ray Bruun

Jumping Spiders of the American River Parkway

About 30 to 40 species of jumping spiders occur in the Sacramento area, and most if not all of these might be found along the American River Parkway. These jumpers range in size from the large, conspicuous species in the genus *Phidippus* (total body length about 1 to 2 cm = 1/2 inch to 3/4 inch) to the minute, leaf-litter dwelling species in the genus *Neon* (body length of about 3 mm = 1/8 inch).

Two of the six species of *Phidippus* found in our area are so widely distributed and frequently encountered that they have been given common names: The Bold Jumper (*Phidippus audax*) and the Johnson Jumper (*Phidippus johnsoni*). Bold Jumpers are usually found in brush or trees but also occur in and around homes. Adults are large, mostly black spiders with three white spots on the abdomen, a large central spot and a pair of smaller spots closer to the abdomen tip. On immature spiders, these spots are often yellow or red instead. The Johnson Jumper is also mostly black, but males have red scales covering the entire abdomen, and females have red scales on the sides of the abdomen with black on the center of the back. Johnson Jumpers are often found around rock piles and logs. Both species have iridescent green or blue scales covering their chelicerae (jaws).

Thiodina hespera is another fairly large jumper often found in vegetation and around homes. They have pale tan to yellowish-orange abdomens with a whitish central stripe. The male has a dark purplish cephalothorax with patches of white scales; the female has four dark spots around a patch of white scales on the top of the thorax. Among other species found on vegetation are the dark brown *Pelegrina aeneola* and the amazing ant mimic, *Peckhamia* (an un-described species).

A number of species may be found on fences, walls, and tree trunks, including cryptic, soot-and-ash colored *Platycriptus californicus* and jewel-like *Salticus peckhamae*, covered in iridescent magenta and emerald green scales. Another species covered with iridescent scales, the golden-green *Sassacus vitis*, frequents low, herbaceous vegetation such as tall grass, sedges, and yellow flag.

Among the six to seven species of ground-dwelling *Habronattus* found along the Parkway, one fairly common species is the strikingly-patterned *Habronattus formosus*. Look for it in sandy, open areas with sparse vegetation. —Tim Manolis

on a vertical surface like a wall or fence (or even on a ceiling!), as this drag line keeps the spider from falling to the ground if it fails to secure a foothold after making its leap. The leap is produced by hydraulic pressure built up in the third and fourth legs, which are of “normal” size, not enlarged and heavily muscled like the legs of other jumping critters (kangaroos, grasshoppers, and frogs, for example).

Once captured, the prey is bitten and injected with venom, then consumed on the spot. Most jumping spiders will feed on a wide variety of sizes and kinds of insects and other spiders. Typically, the insides of a victim are sucked out, and the hard exoskeleton left behind. Although jumpers, like nearly all other spiders, have fangs and can inject venom, most of them have fangs too small to break the skin if they were to try to bite you. A few of the larger species – e. g., in the genus *Phidippus* – have bites capable of producing reactions similar to that of a mosquito bite or bee sting, but all jumpers are, for the most part, timid and not aggressive towards humans.

Courtship is another aspect of jumping spider behavior that has evolved in a dramatic way as a result of their excellent vision. Males are often brightly colored and strongly patterned in comparison to cryptic females, much like in many songbirds and dragonflies. The most

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fantastic expression of jumping spider courtship is probably that of a group of tiny, leaf-littering inhabitants of Australia called peacock spiders. You can use any search engine on the internet to find videos of some of these spider's displays. Male peacock spiders have flaps

festooned with brightly-colored scales in striking patterns atop their abdomens, which they raise above their bodies as they dance about and wave their legs in front of females, resembling miniature birds-of-paradise.

Somewhat less elaborate, but still pretty impressive, displays are produced here in North America -- including in your yard -- by small, ground-dwelling jumpers in the genus *Habronattus*. Iridescent scales and other colorful structures on *Habronattus* males are, mostly, on their legs and face. Courting males avidly display these features to females in elaborate dances while tapping and drumming out complicated "songs" with their legs, abdomen, and palps. You can find videos of these displays on the internet, too. Or you can just walk outside and look for male *Habronattus* displaying in your lawn. A good bet is to look on any garden hoses snaking

through the grass since these spiders have discovered that hoses make convenient stages for performances.

When not searching for food or mates, jumping spiders roost in small silken "tents." These retreats are hidden in rolled leaves, crevices in fences or bark, or under rocks or logs. They are also used for molting, mating, and nesting. One common species on the American River Parkway, *Sassacus vitis*, frequently puts its retreats and nests in the discarded nymphal skins of dragonflies.

Jumping spiders are small, colorful hunters that require careful searching to find, but the search is well worth it. Their behavior is always fascinating, and it seems you never know what they will do next. As I said, watching them can be addictive.

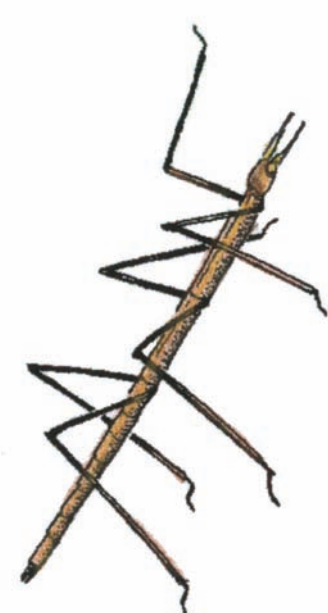
Tim Manolis (Ph.D., University of Colorado) is an artist, writer, and field biologist who has lived in Sacramento for many years. He is author of Dragonflies and Damselflies of California, and the illustrator of Field Guides to Butterflies of the San Francisco Bay and Sacramento Valley Regions and the soon-to-be-published Field Guide to Spiders of California and the Pacific Coast States. ■

ARNHA Wins Environmental Education Award

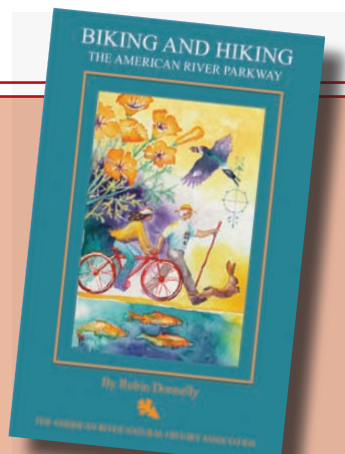
In April, ARNHA's annual Nature Fest event was recognized by the Sacramento Environmental Commission for the Achievement of a Successful Environmental Education/Outreach Program. Since 1999, the Commission, comprised of appointees of the Board of Supervisors and City Councils, annually recognizes the accomplishments and leadership of those who have acted to protect our environmental resources. ■

Out of This World Binoculars at Bird and Breakfast

This year's B&B included "Out of this World" Discount Binoculars. Based in Mendocino, they cater to birdwatchers - making them the perfect partner for Bird & Breakfast. They provided an outstanding selection of binoculars and scopes for people to try both mornings plus they were sponsors! Discount Binoculars will be back next year or visit their website: www.discountbinoculars.com. ■



The difficult to see Walking Stick feeds on grasses and soft shrubs.



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

Extrovert

Usually you hear the belted kingfisher before you see it. The loud, rattling cry is the trademark of this blue and white, robin-sized bird as it whips low along valley rivers and streams.



With its bushy unkempt crest, spear-like bill, short tail, and short legs, it looks top-heavy as it perches on a cottonwood root sticking out from the river's bank. A gray bib rests on its white breast, while the female also sports a flashy, rust-colored cummerbund.

Suddenly the kingfisher is off, darting this way and that on swiftly-beating wings, suddenly slowing down, seeming to shift gears, now hovering over the water. Then with wings hunched, it dives into the water and emerges with a small fish in its bill.

Back to its root perch it heads, shaking water from its catch. Then it disappears into a hole in the clay bank, while its mate watches from a nearby branch. It is the kingfisher's burrow, a six-to-eight foot long tunnel leading to a chamber where the nestlings reside. They recently emerged from glossy white eggs, typical of those found in safely-hidden nesting spots where no camouflage is needed to protect them from predators.

Suddenly the kingfisher explodes from the hole, chattering all the time, to resume its pell-mell pace down the river, signaling "keep out" to would-be kingfisher intruders.

To some, this ace angler may seem a strange bird. But we salute it for its raucous *joie de vivre*, offering a colorful counterpoint to the greening woodland and the silently passing river.

From an "American River Journal," published by ARNHA. It features drawings by ARNHA co-founder Jo Glasson Smith and nature essays by Peter 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 stores. Visit arnha.org "Podcasts" to hear readings of the essays by the author. ■

Gala, continued from page 1

emerita and practicing and exhibiting artist. The evening gala will feature delicious food from Spoons Encore, beverages, music, and silent and live auctions of juried artwork and other items with the charismatic David Sobon as auctioneer and master of ceremonies. The auction will also feature works by Terry Pappas, Gregory Kondos, Lauren Landau, David Peterson, David Lobenberg, Maria Winkler, Bob Miller, and David Komar.

A new feature of the event is a raffle for a one-week getaway to a beautiful, three-bedroom home three blocks from downtown Carmel-by-the-Sea. For details see box this page.

Funds raised by this event will allow the Center to continue operating programs for adults and children the year round, seven days a week. The Center and its 80-acre Preserve on the American River provide a front door to nature for many people who would not otherwise experience a beautiful wildlife area so close to their home. Their guiding philosophy is that exploring nature gives people of all ages incentive to learn science concepts through a direct outdoor experience, become fit and healthy, and appreciate the wonders of their world.

Tickets for the art gala are \$50 per person; reservations are required. For more information, visit www.sacnaturecenter.net or contact Betty Cooper at bettyc@sacnaturecenter.net. ■

Monterey Getaway is Raffle Prize

One of the more interesting announcements to be made at the June 8 art show/auction gala is sure to be the name of the person who won a seven days/six nights vacation in a luxurious, three-bedroom home just three blocks from downtown Carmel-by-the-Sea.

That person will win a getaway, valued at \$3,500, to the heart of the beautiful Monterey Peninsula with its renowned aquarium, Pebble Beach Golf Course, 17-mile Drive, and scenic Point Lobos, a walker's paradise famed as the "greatest meeting of land and water in the world."

Raffle chances can be purchased for \$50 each over the telephone at 916-489-4918 or on the Effie Yeaw Nature Center website, at www.sacnaturecenter.net. Only 200 will be sold. ■



The artwork accepted for "Painting Where the Wild Things Are" will be on exhibit at the Sacramento Fine Arts Center in Carmichael from May 7 to 25.

2nd Saturday Reception and Award May 11, 5:30-8:30 p.m. (awards at 6:30 p.m.) Sacramento Fine Arts Center, 5330-B Gibbons Dr., Carmichael, CA 95608.

For information on the art show, contact David Peterson at aquacolorist@yahoo.com.

Volunteers Honored

Thirty-one ARNHA and Nature Center volunteers who had reached “Benchmark” levels of hours worked were saluted at a festive Wintertime Volunteer Appreciation Party at the EYNC Assembly Building February 27.

Topping the list with 1,000-plus hours were:

Suzanne Krale, EYNC receptionist;
Don Mongeau, ARNHA treasurer;
Linda Thomas, EYNC Docent and ARNHA Board member; and
Betsy Weiland, ARNHA Associate Board member and Special Events coordinator.

Other “Benchmark” volunteers include the following:

500+ hours—**Marilyn Escobar**, Receptionist, ARNHA Publications Committee; **Ethan Glass**, Receptionist; **Gregg Hutchison**, Maintenance, Special Events; **Joey Johnson**, Fund-raising, Administration; **Bev Lewis**, Receptionist and Special Events; **Nancy Westlund**, Receptionist.

250+ hours—**Sue Bristow**, Fund Raising; **Rachel Freund**, Animal Care; **Sylvia Gude**, Docent; **Connie Wade**, ARNHA Associate Board; **Trudy Ziebell**, Habitat Restoration.

160+ hours—**Bud Banker**, ARNHA Board; **Rich Draffin**, Exhibits, Special Events, etc.; **JoLynn Jarrett**, Animal Care; **Phyllis McGrath**, Docent and Animal Care; **Lisa Burke**, ARNHA Board; **Lindsley Cross**, Receptionist; **Kevin Hardy**, Animal Care.

100+ hours — **Joe Borkovich**, Animal Care; **Kendall Burke**, Animal Care; **Carol Capper**, Trail Walker; **Jim Lanier**, Docent; **Margaret Leavitt**, Receptionist; **Linda Melching**, Docent; **Andrew Popp**, Animal Care; **Ilana Weisberg**, Animal Care; **Brandon Wise**, Animal Care.

Volunteer Coordinator Jamie Washington also gave credit “to our long-time, way over 1,000 hours volunteers.” Those in attendance were **Walter Dong**, **Karen Eggen**, **Peter Hayes**, **Elaine Hujambojoie**, **Nancy Oprsal**, **Liz Williamson**, **Lee Wilner**, and **Roberta Wilner**. Others who could not attend were **Paula Baldi**, **Marjorie Denhart**, **Jack Hiehle**, **Peggy Kennedy**, and **Diane Ramsey**.

“It was great to have such a strong turnout -- more than 75 people,” said Jamie, who handed out t-shirts, bandannas, and light-hearted kudos to the honored volunteers, such as Trudy Ziebell who “cleaned out the blackberries behind the nature center.” Those on hand were treated to a bountiful feast including bratwurst, chicken and mushrooms, chili, and desserts prepared and served by staff and volunteers, door prizes, and a sing-a-long led by ARNHA Board member Hunter Merritt with his guitar.

In welcoming remarks, ARNHA 1st Vice President Liz Williamson, effectively pinch-hitting for President Diana Parker, noted the Nature Center’s “wonderful momentum,” marked by 500 visitors on President’s Day. She thanked volunteers “for all the work you do now and in the future.”

Nature Center Executive Director Paul Tebbel also expressed deep appreciation to the volunteers and observed that before he came to EYNC he worked at two nature centers and an advocacy organization. “None of the volunteers there were nearly as vibrant and as exciting as you are. You make it fun to come here.” ■

Volunteers Clean Up Parkway

“I come here all the time, and I like to help keep it clean,” said Anne Richmond as she joined about sixty other volunteers at Ancil Hoffman to participate in this spring’s American River Clean-Up on April 20. Volunteers from ARNHA, the Harvard Club of Sacramento, Fleet Feet, and other community members collected an assortment of broken glass, cigarette butts, diapers, sunglasses, and other trash.

Carmichael resident Nancy Landers explained why she donned work gloves on a sunny Saturday morning to pick up litter, “I came to give back a little for all the pleasure that I receive from using the park.”

Clean-Ups sponsored by the American Parkway Foundation are scheduled in the spring and fall to help keep the American River safe and pristine for parkway users. To join the next American River Clean-Up, mark your calendars for Saturday, September 21, 2013. ■



You're invited!

Wine & Food Tasting,
Booths, Music, Art, Cars,
Raffles, Silent Auction,
Community Networking

'Taste'

of Carmichael

May 18, 2013 4:30-8:00

La Sierra Community Center

5325 Engle Road

Charity Fundraising Benefits children, Youth & Community

Proceeds from tickets purchased at the Nature Center will benefit the ARNHA and the Nature Center. \$35/person, cash or check only.

Hosted by Kiwanis Club of Carmichael

Under the Oaks Kids' Camps Summer 2013

Summer at Effie Yeaw Nature Center looks very exciting! Weeklong camps for children ages 5 to 12 (entering 1 to 6 grades in the fall) will be held throughout the summer. The camps meet from 9 a. m. to 12 noon, Monday through Friday, under the oaks at EYNC. Children ages 5 to 8 can become Nature Investigators, learning how to spot and identify the signs animals leave behind. Water Wizards camp lets campers discover what's below the pond's surface. And Critter Olympians can test their skills against some of nature's amazing creatures.

For older children, ages 8 to 12, an American River Safari offers the chance to hike the American River trails and observe the animals that live there and includes an off-site field trip. A two-week camp, Outdoor Adventures (with two off-site field trips), includes fishing, a night hike, and river rafting! The camps will be led by EYNC naturalists and volunteer docents. (Off-site field trips require that children be dropped off and picked up at a different location.)

Check the EYNC website (www.sac-naturecenter.net) for more details and to register. You can also pick up a brochure with all the information at the Center, and register in person or by phone. Spring Break camps were very popular and sold out quickly, so don't delay! ■



Student Interns Help Save Preserve's Oaks

Tushaun Vang and Brett Warzecka, two California State University, Sacramento, student interns have taken up the task of installing cages around young native oak trees (*Quercus sp.*) in the Effie Yeaw Nature Center Preserve to protect them from hungry deer and rabbits. In protecting the oaks, they are carrying on the efforts of EYNC habitat restoration heroes Jack Hiehle and Walter Dong.

Fifteen years ago, Jack and Walter noticed that the deer and rabbits were grazing on oak seedlings, which either killed them outright or stunted their growth. New oaks were not growing into juvenile and mature trees.

As these new oaks grew within their cages, Jack and Walter began replacing their initial cages with sequentially larger ones to allow natural growth patterns. They also cleared weeds that sprouted inside the cages to allow unobstructed sunlight and available soil moisture to reach these growing oak trees.

Once the lower canopy reached beyond grazing height for deer, between four and a half to five feet above ground level, the cages could be removed. This allowed the growing trees to continue

growing into magnificent mature oak trees.

Jack and Walter continued their devoted service to the Preserve oak trees as well as other Preserve maintenance projects until recently. Jack entered into much deserved retirement, and Walter has moved on to battling the aggressive, non-native poison hemlock (*Conium maculatum*).

Jack recently contacted EYNC Volunteer Coordinator Jamie Washington to ask that others continue the work with oak tree caging and maintenance. Result: the CSUS Intern Oak Tree Maintenance project was born.

Students Tushaun and Brett responded and have been caging young oaks behind the EYNC museum building and adjacent to the main trail through the Preserve. They will move into the areas beyond the main trail toward the river, San Lorenzo Way and Tarshes Way.

"We have received positive comments on Tushaun and Brett's work from volunteers and visitors alike," said Connie Wade, Preserve Management Committee Chair. ■



From left to right: Preserve Management Committee Advisors Smokey Murphy and Jim Hill; CSUS Student Interns Brett Warzecka and Tushaun Vang. Photo by Kari Bauer.

EYNC 'Ambassador' Meets and Greets

By Peter Hayes

It's a long way from overseeing 200 inmates at Folsom State Prison to welcoming visitors to the sylvan trails of the Effie Yeaw Nature Center Preserve. But retired state correctional officer Carol Capper made that move two years ago when she signed on as an EYNC Trail Walker or, as Volunteer Coordinator Jamie Washington calls her, "an ambassador of the nature center."

Clad in a neat, beige vest with an EYNC badge, Carol does everything from providing directions through the 77-acre Preserve to the river, to describing nature center programs, to reminding them of the rules, such as one that forbids dogs in the Preserve, leashed or not.

"I had one lady with five 'yappers,' -- barking Chihuahuas," Carol said. "She resisted leaving until her boyfriend said, 'We better go.'"

"Another time there were kids screaming, and you could hear them all over the park. I found three of them hiding behind trees, shooting each other with squirt guns, while their mother was taking pictures of them. I was appalled. I told them they must stay on the trail, that their screaming frightened the animals. I try to be polite but firm."

Carol spent 16 years with the Department of Corrections, at first as a medical tech assistant or nurse, and eventually as a correctional officer "responsible for the safety and security of inmates and fellow officers." "I had to be checked out on handling a .38 caliber pistol, and I didn't like that part," she said.

At EYNC, she walks the trails once a week for two hours. "Everyone is generally polite," she said. "'OK, we understand,' they say." But she carries pepper spray and a cell phone, and the Nature Center staff knows when she's out in the Preserve.

Carol, 68, is just 5 ft. 5 1/2 in. tall, has auburn-reddish hair and a 100-watt smile. On a recent walk, she greeted Troy and Lucinda Emmett of Carmichael, saying, "I hope you're enjoying

your walk." They assured her that they were and asked directions to the nature study pond. She crisply offered them two alternate routes to the pond.

Describing her transition from Folsom to Effie Yeaw, she says, "I had just retired from where it was dark, dingy, and noisy, with occasional violence. The last thing I wanted to do was work in a dark, dingy place. I love to get out and be with nature here, with the amazing animals, where it's so rustic. Sometimes I sit on a bench for a bit and am just overcome with emotion."

Peter Hayes is co-chair of ARNHSA's Publications Committee. A career journalist, he is author of The American River Almanac and An American River Journal and editor of several ARNHSA publications. IN 2009, he was named county parks Outstanding Volunteer by the County Board of Supervisors. ■



EYNC Trail Walker Carol Capper gives directions in Preserve to Sacramento City College students Marc Di Stefano and Arzo Qayoumi. "Everyone is generally polite," Carol says of visitors. Photo by Kari Bauer.

Ask a Naturalist

Q – What is the life cycle of the Pipevine Swallowtail Butterfly, and when does it emerge in this area?

A – **EYNC Senior Naturalist Hannah Barnes:** "The Pipevine Swallowtail (*Battus philenor*) is typically seen from March through October in this area. Each adult butterfly has a lifespan of about one month. During this month, it is busy feeding on nectar, pollinating flowers, and mating. Once mated, the female lays her deep red-orange eggs on the growing leaf tips of the host plant, Dutchman Pipevine (*Aristolochia californica*). Tiny dark larva (caterpillars), hatch from these eggs and immediately begin eating the pipevine leaves. The Pipevine plant is poisonous to most other animals but not to the Pipevine larva; and by consuming the toxins in the plant, the caterpillar becomes poisonous too. The caterpillars become black with red-orange spikes along their bodies, warning potential predators not to eat them. Eventually, the caterpillars form a chrysalis that is considerably less conspicuous than the bright warning colors of the caterpillar. The chrysalis looks like dried leaves and is made on the branches of trees. Caterpillars that make a chrysalis in early to mid-summer will emerge as butterflies within a few weeks. Caterpillars that make a chrysalis in late summer or early autumn will not emerge until the following spring... and so the cycle continues." ■





ARNHA is the recipient of a \$6,000 grant from the Gencorp Foundation in support of the Urban Nature Program at the Effie Yeaw Nature Center. The grant will provide Nature Tour Classes at the Nature Center and in-classroom nature science classes to almost 1,400 k-6 students in the Sacramento region's Title I schools. Pictured are Diana Parker, President of ARNHA; Juanita Garcia, Executive Director of the Gencorp Foundation; and Paul Tebbel, Executive Director of the Effie Yeaw Nature Center. ■

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■ **Thank you!**

New Bird and Breakfast Format a Great Success!

Under beautiful spring skies on a weekend in late March, the Effie Yeaw Nature Center preserve was buzzing with activity. Up in the trees, birds large and small darted about, calling to each other, building nests, and showing off for potential mates. On the ground, things were busy as well. Over two days, expert birders from Sacramento Audubon Society(SAS) led approximately 150 Bird and Breakfast attendees, in groups of ten to twelve, on bird walks through the preserve, helping them adjust binoculars, locate birds, identify bird songs, and understand bird behavior. Other SAS volunteers set up scopes at various heights so that adults and children alike could watch pairs of Red-shouldered and Cooper's Hawks building nests, observe colonies of Acorn Woodpeckers, and spy on an Oak Titmouse nest in a tree cavity.

This year, the format for B&B had a new look. EYNC Director Paul Tebbel highlighted the changes: the addition of a second morning of birding, and the focus on Sunday on children. "The energy was wonderful," he said. "Kids were very excited seeing things they'd never seen before." Children were given bird "lists" with pictures of birds they were likely to see in the preserve, and they enthusiastically checked off their sightings, just like experienced birders. Lilly, age 5, Tyler, age 9, and Blake, age 11, confided over pancakes after their bird walk that their favorite birds were Turkey Vultures, Western Scrub Jays and – EYNC's mascot – Acorn Woodpeckers.

After the bird walks, hungry birders returned to EYNC for breakfast. On Saturday, ARNHA and EYNC volunteers prepared a buffet of gourmet breakfast items. On Sunday, a dozen members of the Carmichael Kiwanis Club, led by George and Lynn White, and pancake flippers Ralph Tarro and Willy Park, donated their efforts to create mountains of pancakes.

ARNHA Board Member and volunteer, Liz Williamson, and her committee – Katie Baygell, Beryl Michaels, Linda Thomas, Betsy Weiland and Lynn White - organized a team of more than fifty ARNHA, EYNC, and SAS volunteers. SAS volunteer bird walk guides and scope monitors, under the direction of Cathie LaZier, included Kari Bauer, Dick Bauer, Darrell Mohr, Linda Pittman, Dan Tankersley, John Huls, Margaret Martin, Tim Fitzer, Maureen Geiger, Sharon Wisecarver, John Ginn, Sheila Green, Wayne Blunk, Lea Landry, Joanne Vinton, Jerry Towner, Joanne Hagopian, and EYNC's own Paul Tebbel.

Reflecting on the very successful B and B, organizer Liz Williamson noted, "It is truly inspiring how the ARNHA Board and volunteers gather round to work on this fun and educational fundraiser for the Nature Center; their support is very much appreciated. With the County now out of the picture financially, we rely very heavily on our supporters and the public to keep the Nature Center flourishing." ■

Images, from top: Elsie Sorenson updates her graphic bird checklist. Hal Snow and Ralph Tarro prepare pancakes for hungry birders. Mary Wilkinson scopes avian life on the American River. The Red-shouldered Hawk put on quite a show for the junior birders as she busily carried nesting material to her nest. Photos by Kari Bauer and Linda Thomas.

Story by Margaret Leavitt
Margaret Leavitt is a docent-in-training and volunteer receptionist at EYNC.



Ed Littrell 'Celebration of Life' Service By Peter Hayes

Family, friends and colleagues gathered at the Effie Yeaw Nature Center Assembly Building March 16 for a celebration of the life of Ed Littrell, whose writing and editing talents graced numerous ARNHA books and newsletter articles. Ed died of cancer January 23 at the age of 68.

A wildlife biologist, Ed worked for the state Department of Fish and Game for 31 years. He joined ARNHA in 2000 and, as Vice President and Publications Chair, helped edit an early edition of *The Outdoor World of the Sacramento Region*, among other books. He wrote colorful, authoritative lead articles for *The Acorn* newsletter, including "Coyote the Trickster," "Animal Migration," and "Why Our Salmon Are in Trouble." He retired from the Associate Board last year.

Ed was a lifelong fly fisherman and raised bass and sunfish in the backyard of his Carmichael home. Several of his colleagues paid tribute to him at the March 16 service for teaching them the fine points of fly fishing and fly tying. And his daughter, Selena, recalled the time when she was 8 years old and her dad, "... just about the smartest man I knew," took her on a successful fishing trip to Rancho Seco Park Lake.

She said, "Wasn't that whole day and experience what we had come for? To spend some quality time together, he and I? For me to learn and him to teach? Teach his daughter, not just to fish, but about ecology and the circle of life, about the give and take of communication; about patience; to, quote, 'not sweat the small stuff,' and also about the satisfaction of success?"

He is survived by his wife of 46 years, Marsha, daughter Selena; son-in-law Johnny; and grandchildren Aiden and Camille. Gifts in his memory may be sent to ARNHA and the A.C.S.

Welcome New Members! January - March, 2013

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- The Anderson Family
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- Joanne Arnold
- Jason Auriemma
- Steve Bird
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- Lee Farnsworth
- Colleen Flannery
- Saphonia Flowers
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- Jeff Foster
- Marlene Frankel
- Kirk Fujikawa
- Sheila Green
- Judi & Stephen Green
- Deirdre Greenholz
- Anna Greenwood
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- Janet L. Hamwi
- Susan Hansen
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- Greta Henderickson
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ARNHA Calendar of Events

- **29th Annual Nature Bowl Regional Finals**
Saturday, May 18, 9 am to 4 pm, 3rd-6th grade student teams
California State University, Sacramento
- **Taste of Carmichael**
Saturday, May 18, 4:30 pm to 8 pm
La Sierra Community Center
5325 Engle Road, Carmichael (see ad on page 6)
- **Painting Where the Wild Things Are Gala**
Saturday, June 8, 2013, 5 pm to 8 pm
Effie Yeaw Nature Center (see story page 1)
- **Summer Nature Camps**
Monday, June 17 through Friday, August 2, 9 am to 12 pm
Effie Yeaw Nature Center (see story page 7)
- **Salute to Songbirds**
Tuesday through Sunday, 9 am to 5 pm
Effie Yeaw Nature Center , Discovery Room

Honors for Bill Dillinger

The Sacramento Audubon Society has honored Bill Dillinger, ARNHA Associate Board Member and frequent Acorn Newsletter contributor, with its Lifetime Achievement Award.

In addition to presenting a framed certificate to Bill at a Sacramento Audubon meeting April 18, President Don Schmoldt handed a check for \$1,000 in his honor to Effie Yeaw Nature Center Executive Director Paul Tebbel for the Urban Nature Project to fund field trips for underserved schools to the nature center.

Bill, who began birding as a Boy Scout, in the course of 50 years has held most Sacramento Audubon board positions, including president. Peter Hayes, longtime friend of Bill's and fellow Auduboner and ARNHA Associate Board member, recounted how Bill injected a sprightly sense of humor and general knowledge of natural history into the many field trips he led and at other events. He has been a familiar character at Christmas Count compilations, sometimes arriving pushing a child's quacking duck toy, or wearing dark glasses and tapping his white cane. Around campfires at McKerricher State Park or Pyramid Lake, his deep bass voice enlivened campfire sing-alongs.

Bill served as Chief of Public Information with the California Fish and Game Department, and later with the State Parks and Recreation Department. He was the author of a revision of ARNHA's "History of the Lower American River." For State Parks he authored a biography of gold discoverer James W. Marshall and he has contributed nature articles to the Audubon Magazine, National Wildlife Magazine, the Sacramento Bee, and Sacramento Union. ■

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