

THE ACORN

American River Natural History Association Quarterly Magazine – Summer 2024



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President's Message, Summer 2024



Joey Johnson

Life at the Effie Yeaw Nature Center (EYNC) is busy. Our big spring gala event will take place on June 9th. The theme is Camp Effie Yeaw: Feast in the Forest. There will be a new look, but there will still be lots of familiar opportunities to support the Nature Center through the silent auction, the live auction and the exciting "Raise the Paddle". There will be good food, good friends, and good fun. This event is one of the major fund raisers for the Nature Center and it is critical to the fiscal health of our programs, which serve children and adults throughout the Sacramento region.

We bid a sad farewell to Jacqueline Ramirez, who has served as Volunteer Coordinator for the past three years. Jacqueline brought a high level of professionalism to her position and implemented many positive changes. Our team of volunteers as well as staff and board members wish her well in her next endeavors. We will miss her.

If you are ever wondering what you can do to help EYNC, there are so many ways. The easiest, but most impactful way (other than your generous donations) is to become an informal EYNC ambassador. Tell your friends, relatives, and community members how wonderful the Nature Center is and how important it is for the health of our community and for the future of our planet. We educate people about nature, the environment, and our local gem, the Lower American River. Our programs, Animal Ambassadors and the Nature Study Area speak for themselves as to how special this place is.

But wait, there's more on the subject of supporting the Nature Center. Consider becoming a Live Oak Sustaining Member. Monthly giving provides steady funding which, in turn, makes planning a little easier. It also makes giving easier on your finances by spreading your generous donation over an entire year. If you are putting together your estate plan or reviewing it, consider including the EYNC in your plans. There is no better way to ensure that your values are supported after you cannot be here in person.

I encourage you to contact me or other board members to get current information about the Nature Center, future projects, or how you can support the mission of the EYNC and the American River Natural History Association. I can be reached at joeyj2550@sbcglobal.net.

Have a wonderful summer. Visit us often. See you on the trail.

Wilderness is not a luxury but a necessity of the human spirit. - Edward Abbey

Joey Johnson
President
American River Natural History Association



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Cover: Female Anna's hummingbird. Photo (c) Ed Harper.

Hooray for Hummingbirds

By Mary Louise Flint

Hummingbirds are the smallest birds on earth and also some of the most amazing. These tiny bundles of energy are found only in the Western Hemisphere, and we are lucky to have several species that spend time in the Sacramento Valley.

Most hummingbirds migrate to warmer regions during the winter but our most common species, the Anna's hummingbird, resides in the Sacramento area all year round. Among the migrating species, the black-chinned hummingbird breeds and nests here, arriving in mid-April, raising a brood, and then heading south in mid-September. Rufous hummingbirds stop in Sacramento in spring and fall on their way to their breeding grounds in the mountains and then back to their southern wintering locations. We also occasionally see the calliope hummingbird, which is the smallest hummingbird in the U.S. (and the third smallest bird in the world), as it travels into the Sierra Nevada mountains to breed.

Hummingbirds are undeniably cute. They have large heads in relation to their body size and very tiny feet. Males usually have a bright, iridescent patch at their throat. Their eye-popping colors are produced by tiny bubbles of air trapped in their feathers which act like small prisms. Females are less colorful, but often show iridescence as well.

Fast-flying—they may fly at speeds of 30 to 45 mph—and agile—sometimes flying backwards and even upside down, hummingbirds use tremendous amounts of energy. Their hearts can beat 500 times a minute and their wings may beat as fast as 80 times per second. To maintain such a high metabolic rate, they require very high amounts of sugar and take in concentrations that could kill a human.

Hummingbirds get much of their energy from flower nectar, but they also consume small insects and take in some pollen as they visit flowers. They are constantly feeding, visiting several flowers every minute. It is estimated that they consume two to three times their body weight each day. When temperatures are cold or food scarce, hummingbirds can survive by going into a deep-sleep-like low metabolic state called torpor. Torpor may last only a few minutes or overnight when it is cold.

Hummingbirds are not social and don't form pairs after mating. Males do not help females build the nest or care for the chicks. Once mating has been completed, the male is just another competitor for food. Hummingbirds are territorial and actively chase away other birds in their flower patch.



The feathers on the male Anna's hummingbird's head and throat appear bright crimson when they catch the light. Photo ©Ed Harper.



Female black-chinned hummingbird taking nectar from a California fuchsia, a common hummingbird flower. Photo ©Daniel Lee Brown.



Male black-chinned hummingbird in flight. ©Daniel Lee Brown.





A female Anna's hummingbird feeds her chick. Note how lichen is incorporated into the tiny nest. Photo © Daniel Lee Brown.



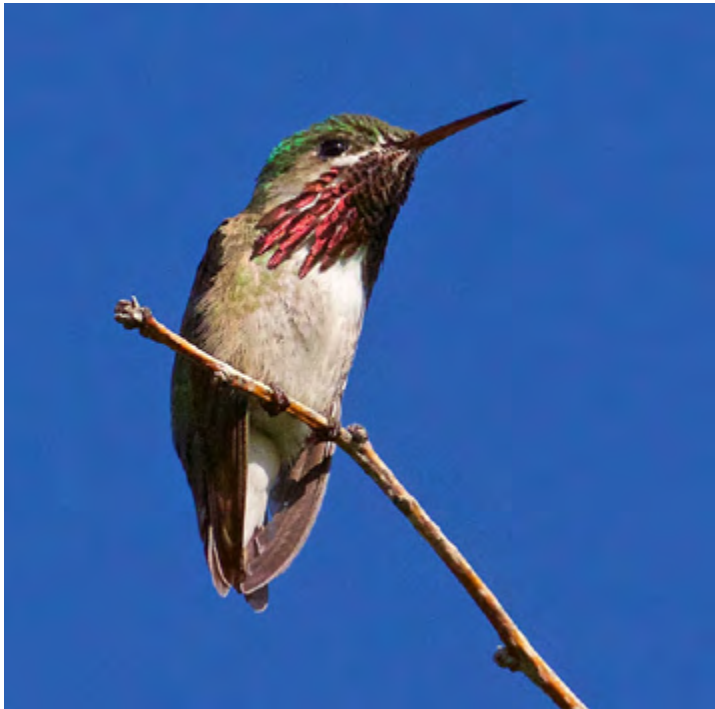
Hummingbirds are important pollinators for some plants. Plants that attract hummingbirds often have some of these characters:

- lots of nectar with a concentration up to about 25% sugar
- red or orange petals or bracts
- long, tubular shape for their long narrow beak and tongue.

But you can also find hummingbirds visiting flowers without all these features.

As you hike along the trails or explore the gardens at Effie Yeaw this summer, keep your eyes out for these tiny but energetic birds. Spotting one is sure to make your day more joyful.

Mary Louise Flint is a Docent at EYNC and a retired Entomologist at UC Davis. Thanks to Ed Harper and Daniel Lee Brown for photographs and to Ed for review of content.



The calliope hummingbird may pass through Sacramento when migrating to the Sierra Nevada. Males have magenta markings at their throats. It is the smallest bird in the U.S. and may migrate 5,000 miles. Photo ©Ed Harper.



Male black-chinned hummingbird in flight, displaying his black and purple throat. Photo ©Daniel Lee Brown.



The male rufous hummingbird is orange with an iridescent red throat. Photo © Ed Harper.



The female rufous hummingbird has a pale front and greenish back. Photo © Daniel Lee Brown.



Living with Fires: Old and New Approaches

by Melanie Loo

Old, numbered irrigation standpipes along the trails in the Nature Study Area (NSA) remind us that fire suppression has been a concern ever since the NSA was first established. Reflecting even further back, it is clear that Californians have had a long and sometimes complicated history with fire.

For thousands of years California Indigenous peoples have recognized the dangers and benefits of fire. They harnessed fire to clear living areas, used it to manage surrounding land, and treated it with respect. Tribes had fire practitioners who passed on knowledge of how to use fire safely and in accordance with cultural principles. Annual cultural burns at specific times and places kept fires at a low intensity and safe from spreading dangerously. The burns reduced unwanted vegetation and insect pests, making tubers, acorns, and other desired plants easier to gather; they also encouraged the growth of shoots for basketry materials. Some studies estimate that before the 1800s California natives managed the burning of about 4 million acres of land each year.

Cultural burning decreased markedly in the 1800s when settlers took over native lands and suppressed all native cultural practices and issued a bounty on practitioners. In the early 1900s state and federal agencies banned the use of cultural and other low intensity burns to manage wildlands (forests, grasslands, woodlands, and other non-residential lands), and encouraged settlers to shoot so called “arsonists” on sight! They aimed to preserve lands in their “wild” state, not realizing that what they were perceiving as “wild” was the product of centuries of tending by native peoples. The US Forest Service led in promoting the aim of rapidly extinguishing all wildfires. In the 1960s multiple ecological studies noted that National Parks ecosystems were being degraded by fire suppression. Along with other studies of worsening state park ecosystems, these resulted in Sequoia-Kings Canyon National Park and some California parklands being treated with controlled burns. By 1996 ecologists and fire scientists were recommending an end to the strict goal of rapid-fire suppression in all wildlands.

After almost a century of fire suppression, layers of brush, grass, and debris had accumulated in wildlands. Temperatures and periods of drought were also increasing due to climate change, and human habitations were moving closer to the Wildland-Urban Interface (WUI). These conditions greatly increased the risks and intensity of wildfires.



A standpipe that can be accessed to shoot water onto a fire in the NSA. Photo © Melanie Loo.



UC Davis students, academics and members of the local Native American community take part in a collaborative cultural burn at the Tending and Gathering Garden at the Cache Creek Nature Preserve in Woodland. Photo © Alysha Beck/UC Davis



All fires require an ignition source, combustible material, and oxygen. Wildfire ignition sources are sometimes difficult to pinpoint. However, in the 2020s organizations like the Western Fire Chief's Association, Earth.org, and the PBS Newshour attributed 85-95% of wildfires to human activities. Campfires, downed power lines, sparks from machinery, matches, and smoking materials are common igniters of wildfires; lightning is responsible for starting the remaining cases.

Readily combustible materials (AKA fine fuels) include dried brush, grass, and dead vegetation, which are increased by drought and heat, and which can spread fire to more substantial structures like trees and houses. High winds both provide more oxygen for hotter fires and spread fires by moving sparks and embers around. With shorter rainy seasons and warmer temperatures, fire season, which used to be from May-October, is now almost year-round in California. Wildfires have been reliably recorded since 1932, and eight of the ten largest (measured in acres burned) wildfires in California occurred in the last seven years. Besides destroying vegetation, these fires severely damaged buildings, human lives, air and water quality, habitat available to wildlife, and species moving too slowly to escape the fire's path. Billions of dollars have been spent on fighting and remediating the effects of wildfires.

Last May, 2023 during Wildfire Preparedness Week the Governor's Office announced new funding to address fires in the state and published the "Top 6 Ways California is Preparing for Wildfires." New funding included investing \$2.7 billion in hiring more firefighters, acquiring more aircraft dedicated to firefighting, and continuing to improve cooperative efforts at the state and federal levels. The funding also supported educating communities about how to create defensible spaces around buildings, which retard the spread of fire, and completing fuel reduction projects, to remove highly flammable vegetation and debris in wildlands.

In addition, the Governor established the California Wildfire and Forest Resilience Task Force, which includes a Prescribed Fire Work Group. The Task Force and Work Group include representatives from federal, state, local, tribal, and private entities, and aim to increase the coordination and communication of efforts among stakeholders. Cited as two of the "key elements" in the Task Force's Strategic Plan are providing state financial support to reviving tribal cultural burning programs and establishing a Prescribed Fire Training Center. A goal is to have 400,000 acres per year treated with cultural and prescribed burning by 2025.



Part of a herd of goats reducing easily combustible vegetation on the slope above the Bluff Trail in the NSA. Photo © Melanie Loo.



Marti Ikehara and Ed Smith cut away dead branches that might serve as ladder fuels, allowing a ground fire to move up into tree tops. Photo © Melanie Loo.



Since the prescribed and cultural burning programs are still in their reborn infancy, the Effie Yeaw Nature Center (EYNC) has not yet benefited from them. The last reported fire at EYNC was in July of 2019, when a spark from a mower blade striking a rock ignited a small fire off of the main trail. This fire was extinguished by a helicopter hauling water from the river. More recently, the EYNC has benefited from Sacramento County's Fire Fuel Reduction Action Plan. In summer of 2023 an area between the Bluff Trail and Palm Drive was treated by a herd of goats. Over about a week the goats were guided into fenced off areas and overseen by goatherds on ATV's, as they consumed star thistle, other brush and dried grasses. They easily navigated the uneven slope, which would have been more difficult for human workers. Additionally, the goats provided entertaining sights and sounds for onlookers.

Another approach to preparing for fires is currently being spearheaded by Ed Smith, an EYNC board member, forester, and volunteer with the Habitat Restoration Team (HRT). Under the leadership of Ed Smith and Brian Newman-Lindsay, who works at the California Department of Conservation and also volunteers with HRT, a volunteer group worked on removing ladder fuels around large trees in the NSA. Ladder fuels are dried vegetation that can allow a ground fire to move up into the canopy of trees, where fire becomes more deadly and capable of spreading. The aim is to keep a clear vertical

space between combustible material on the ground and the lowest branches of the tree, keeping in mind that a flame may leap up to 3 times the height of the burning material. Since the NSA is an area where dead branches also provide habitat for many critters, the ladder fuels are moved to more open areas, away from the dripline of the trees. There, they can still act as food and sheltering sites without promoting the movement of groundfire high into the trees. Removal of ladder fuels will be an ongoing project of the HRT.

You can do your part to reduce fire risks in your community, parklands and wildlands by reducing fuels around your home and following posted rules about using fire. At EYNC open fires and smoking are not allowed. In Sacramento County Parks smoking is only allowed in picnic areas, on asphalt surfaces, on golf courses, and on tops of levees. Open fires are not allowed and cooking fires are only permitted in designated picnic areas. If you live next to a park or wildland you can find out how to prepare your property to reduce fire risks at the [Sacramento Regional Parks Fire Reduction web site](#).

Melanie Loo, Ph.D. is a retired Professor of Biological Sciences at CSU Sacramento and volunteers at EYNC as a trail steward and a member of the Habitat Restoration Team



A group of EYNC volunteers—Robyn Fields, Brian Newman-Lindsay, Jude Mateo, Andrea Mina, Ed Smith, Marilyn Mitchell, and Marti Ikehara—celebrate their collective effort of moving a large piece of ladder fuel. Photo © Melanie Loo.



By EYNC Naturalist Hannah Steurer



EYNC Naturalist Hannah Steurer. Photo by Mary Lou Flint.

We do have rattlesnakes in our Nature Study Area. If you encounter one, please do not harm it! Rattlesnakes fill an important ecological niche by consuming a variety of rodents including rats, baby ground squirrels, gophers, and moles. Moving up the food chain, rattlesnakes are eaten by predators such as bobcats, coyotes, birds of prey, and kingsnakes.

If you hear a rattle, remain calm and follow the “3 Ls”—**Listen** for the rattle sound, **Locate** where the snake is, then slowly **Leave** the area to put distance between you and the rattlesnake. The snake will move away to avoid confrontation when it has the space to do so. If it feels threatened or is provoked, it is more likely to strike.

Rattlesnakes are the only native venomous snake species found in most of California. (The only other venomous species is the yellow-bellied sea snake, which is rarely seen and only in southernmost California.) Rattlesnakes are a type of pit viper and can be identified by the rattle at the end of their tail as well as their large, triangular head, which contains the venom glands. Non-venomous snakes in California have a slender head about the same width as the body. Rattlesnakes are most active during the warmer months. In winter they brumate, or hibernate, underground in holes and burrows dug by small mammals.

Rattlesnakes are ovoviviparous, meaning their eggs hatch inside of mothers, so they appear to give live birth. Babies are born from August to October and stay with their mother for the first couple of weeks, hidden in a nest in a hole or protected area before venturing out on their own. Newborn rattlesnakes don't make rattle sounds. They are born with a single “birth button” at the end of their tail and gain more segments or “buttons” of their rattle each time they shed their skin. Thus, they are incapable of giving a warning rattle until after they have shed a few times, which could be several months from time of birth.

There is a common myth that baby rattlesnakes are more venomous or dangerous than adults. In fact, adults can have 20 to 50 times more venom than babies depending on age. However, the babies are still learning to control their venom,

so their bites are more likely to lead to envenomation. Rattlesnakes use their venom to catch prey, so when forced to use it in defense (rather than for capturing prey), they are unable to eat for several days to weeks until that venom is replenished. Adult snakes learn to ration their venom. According to the California Department of Fish and Wildlife, adult rattlesnakes give a dry bite with no venom about 25 to 50% of the time when biting humans. Always seek immediate medical attention if you are bitten.

For more information about rattlesnakes at Effie Yeaw Nature Center (EYNC), read the articles by Mike Cardwell in the Spring 2020 The Acorn and on his web site at eyncrattlesnakes.com.



EYNC Animal Ambassador Natoma, a Northern Pacific rattlesnake, showing her rattle and large, triangular head. Photo © Hannah Steurer.



Baby rattlesnake showing button on tail. Photo © Gary Nafis, Californiaherps.com

Hannah Steurer has been a Naturalist at Effie Yeaw for 3 years, but she has been visiting the Nature Center since she was a small child accompanying her father on birding hikes. She grew up between Rancho Cordova and Elk Grove and earned a Bachelor's degree in Anthropology/Archaeology from California State University, Sacramento in 2017. At Effie Yeaw she loves sharing nature with visitors of all ages, especially with hands-on activities. She has a special soft spot for EYNC's "Nature of Reading" program for young children, which she helped revive in 2022. (See the article in the [Winter 2022 Acorn](#)).



Volunteer Profile: Chris Miller

By Mary Louise Flint



Volunteer Chris Miller

If you stop by the reception desk at Effie Yeaw Nature Center (EYNC) most Tuesday or Friday mornings, you are likely to be welcomed with a cheery hello and warm smile from receptionist Chris Miller. A rotating cast of friendly volunteers staff the reception desk, and Chris has been one of them for more than two years.

Chris has been coming to EYNC for many years. When her daughter was a child, she would regularly take her on hikes in the Nature Study Area, which she found to be a safe and wonderful place to introduce her daughter to nature. Also, before retiring, Chris was a kindergarten teacher for 25 years, much of it at Sacramento Country Day School. One of the highlights each year was bringing her classes to EYNC for a nature hike.

The job of a receptionist at EYNC is varied and interactive. The receptionists must be warm and welcoming. For many visitors, they are the first and last point of contact during their stay. They offer visitors trail maps and ideas about where to hike and what to look at in our museum. There are always questions about the Animal Ambassadors in the lobby and the receptionists must be knowledgeable about their habits and histories. The receptionists answer the phone and must be prepared to answer a variety of questions ranging from special programs at EYNC to what to do if people have found an injured wild animal on their property. They also staff the Discovery Store, sell merchandise, and let people know that the American River Natural History Association supports EYNC and encourage them to join.

Chris offered a story related to a recent group of visitors: "Many people come in just to see the raptor of the day in our lobby, and Echo, our great horned owl, is one of the most popular raptors by far. When people come in who are new to the Nature Center, they often walk right by the raptor, not realizing that there is a living creature inside the enclosure. One day a family came in and I encouraged them to take a moment to observe our great horned owl. But they did not believe Echo was alive. They believed that she was an animatronic or robot. Even though Echo was turning her head and blinking, they thought I was joking. It wasn't until she leaned forward and fluffed up her feathers that they thought maybe I was telling the truth. Then they were so ex-

cited to hear the story of how we acquired her and to learn other interesting facts about her. It is always a delight for me to provide information about our Animal Ambassadors and help people appreciate these fascinating animals."

Chris loves coming to EYNC on her volunteer days. Walking into the Nature Center lifts her spirit. Each day is different and she is constantly learning. And she says nothing is quite as exciting as watching a child discover something new as they observe the animals in the lobby.

Beyond EYNC, Chris is quite involved in the Sacramento music and art community. She sings in the Chorus of the Sacramento Philharmonic and Opera and is the alto choral scholar in the Trinity Cathedral Choir. She is also an accomplished watercolorist. She originally focused on flowers, but since coming to EYNC, she has started painting more birds. Her lovely portrait of Orion is an example. To see more of her artwork, go to her web site at alto1mezzo.wixsite.com/christinemiller/sketchbook.

We are truly lucky to have warm and talented people such as Chris welcoming visitors to our Nature Center.

Mary Louise Flint is a Docent at EYNC and Editor of *The Acorn*.



Orion the Swainson's Hawk. Watercolor by Christine Miller.



The Story Behind Our New Compost Bins

Welcome to the Climate Corner, a new feature that will appear regularly in The Acorn. Recent feature articles have addressed climate change; its causes and solutions; its effects on plants and animals living in our Nature Study Area including birds, butterflies, oak trees and salmon; and how ARNHA members are working to be part of the solution. The Climate Corner will continue the conversation and delve into climate issues relevant to the Effie Yeaw Nature Center (EYNC) community.

Today the Climate Corner addresses methane, one of the most powerful greenhouse gases; composting, an easy way to decrease the amount of methane released into the atmosphere; and Nick Abbott, a young man whose Eagle Scout composting bin project will enable the Nature Center to compost on site, both helping the climate crisis and saving a considerable amount of money.

Who is Nick Abbott? Nick is a senior at El Camino High School who is working toward becoming an Eagle Scout. A community service project is required to achieve his goal. For his project, he chose to fund and construct a compost bin for EYNC.

Why a compost bin? Composting converts green waste such as kitchen scraps and garden trimmings in the presence of oxygen into a rich, sweet-smelling soil amendment. In contrast, organic waste sent to the landfill decomposes anaerobically (without oxygen) releasing methane into the air. California has identified landfills as a major source of methane pollution for the state.

What did Nick do? Nick created a successful Go Fund Me page and raised \$1,342 for the project. With purchased wood, loaned power tools and wire recycled from the outdoor raptor enclosure, Nick and his team of scouts built an attractive and functional compost bin.

How did Nick save money for EYNC? To reduce methane production, Californians are required to separate their organic waste, which is picked up separately for composting. This organic waste pickup has been costing the Nature Center \$100 per month or \$1,200 per year. In addition, expenses were low enough that Nick was able to give the Nature Center \$500 to purchase a mulcher that can break large pieces of plant waste into smaller ones to speed up the composting process.

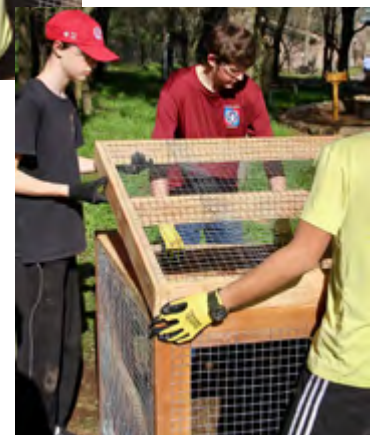
Congratulations to Nick on a job well executed and thanks to Nick for the generous donation. Next time you visit EYNC, take a look at the new compost bins! They are located between the play area and the parking lot.



Nick and his plaque of completion. Photo ©Kari Bauer.



Nick and his team frame the bins. Photo ©Kari Bauer.



Securing the top. Photo ©Kari Bauer.

Kari Bauer is a longtime volunteer at EYNC and a community advocate for addressing climate change. For readers who would like to start composting at home, consult the University of California Cooperative Extension Sacramento Master Gardeners page on [home composting](#).



Expert and Novice Birders Gather at Effie Yeaw

By Carrie Sessarego

For 33 years, Effie Yeaw Nature Center has welcomed birders of all ages and levels to Bird & Breakfast. This year, 131 visitors braved chill and rainy weather to attend Bird & Breakfast events on March 16 and 24. Volunteers from Sacramento Audubon Society, who carefully scouted our Nature Study Area during the previous week, took small groups on the trails to birdwatch. Several spotting scopes had been preset so that birders could see nests. A hummingbird nest was an especially popular sight!

After their hike, birders warmed up with tea, coffee, juice, pastries, bagels and fruit. Our traditional birders also had breakfast tacos catered and served fresh and hot by The Char Market, while Family Day attendees were treated to a pancake breakfast prepared and served by the Kiwanis Club of Carmichael. The young ones were kept entertained with bird-themed games and art activities. They even got to meet some of our beloved Animal Ambassadors. Children and grown-ups alike were fascinated by Einstein, our Mojave Desert tortoise, as well as Ke-lik-a-lik, an American kestrel!

Bird & Breakfast was a great success as both a fundraiser and a friend-raiser, building a sense of community among birders of all ages and netting approximately \$7200 for the Nature Center in tickets and Discovery Store sales during the events. We are grateful for the donors, sponsors, and volunteers who made this event possible! We are already making plans for 2025. We can't wait to see you on the trails next year!

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Carrie Sessarego is a Development Associate at EYNC.



On a guided bird walk. Photo © Jacqueline Ramirez.



The welcoming desk. Photo © Jacqueline Rameriz.



Viewing a bird nest with a scope. Photo © Susan Skinner.



Enjoying the Bird & Breakfast feast. Photo © Jacqueline Rameriz.



Feast in the Forest, Camp Effie Yeaw, is Sunday June 9th

By Eric Ross

This year's annual celebration, Feast in the Forest: Camp Effie Yeaw, is Effie Yeaw Nature Center (EYNC)'s most important fundraising event of the year. Since its inception in 2009, when it was known as the "Art Gala", the event has been celebrating local artists and their jury-curated works. At auction the contributed artwork has raised large sums to support EYNC's amazing nature education programs.

In addition to artwork, the event also offers attendees a chance to bid on a wide variety of experiences, including vacation getaways, tours of famous Sacramento locations, music, art and cooking lessons, guided hikes and adventure opportunities, sporting events, shows, and dinners. There will be something of interest for everyone and many special items to take home.

A highlight of the feast is enjoying the beautiful setting. Previous attendees know that this is one of the loveliest late spring evenings in the Sacramento region with diners sitting around large tables under the Nature Center's magnificent oak trees. Attendees enjoy a delicious catered dinner, wine, beer, and non-alcoholic beverages offered by local sponsors along with good conversation and music and participation in an entertaining and spirited live auction led by a popular California auctioneer, Keith McLane.

We are especially thankful for businesses and groups that sponsor a table. Ticket purchasers and sponsors will join 350 people who care about our community and natural environment. Be a part of an event that makes a huge difference in the lives of children whose experience at EYNC brings them to nature in a way they will never forget. Buy your tickets on the [EYNC website](#).

Eric Ross is a EYNC docent and member of the ARNHA Board.



Dining under the oaks in 2023. Photo © Kari Bauer.



The auctioneer. Photo © Emily Eklund.



Old friends Betsy Weiland and Nancy Oprsal share a hug at the 2023 Gala. Photo © Kari Bauer.

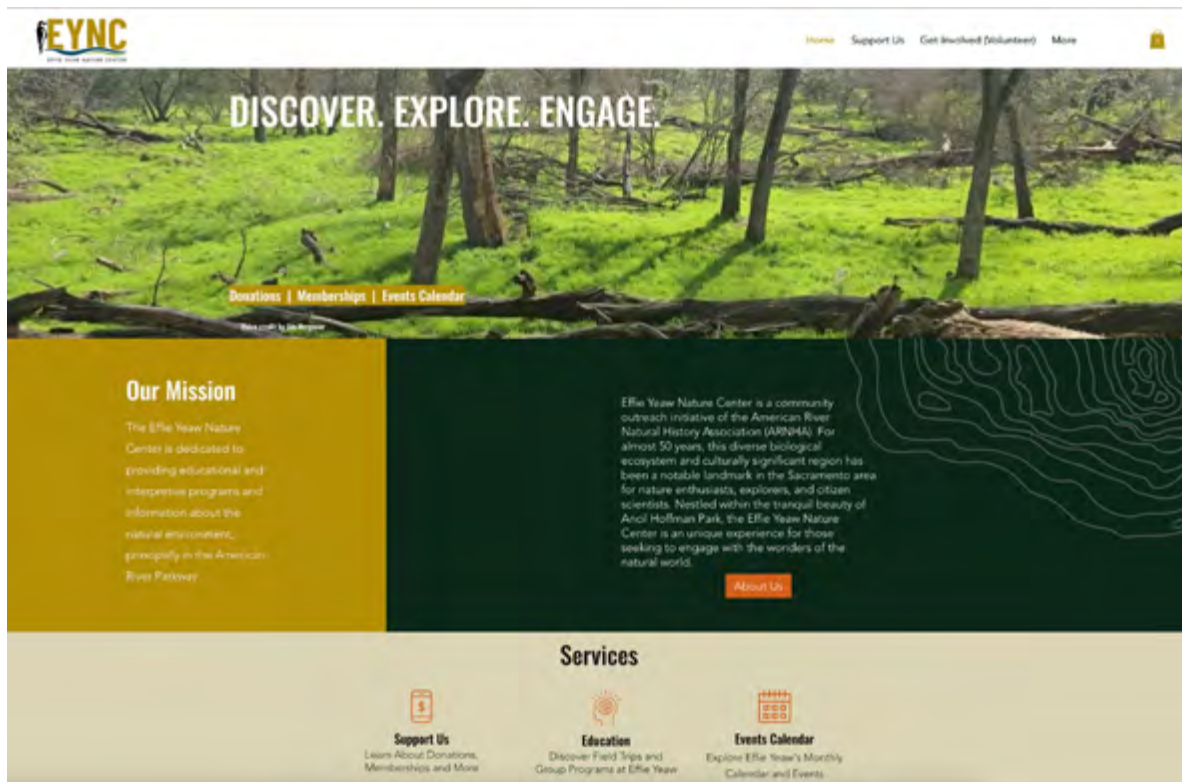


Two Essential Books for Your Nature Library

Enhance your nature exploration this summer with two great books from the American River Natural History Association. Both books focus on species found in our local area and are beautifully illustrated, making it easier to identify what you see on your hikes. The Outdoor World of the Sacramento Region describes more than 575 species of plants, fungi, birds, mammals, reptiles, amphibians, fish, and insects and other invertebrates. 150 Frequently Seen Birds of California's Great Valley includes spectacular photographs and basic information about most of the birds you are likely to see on an outing at Effie Yeaw Nature Center. Buy them at our Discovery Store.



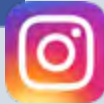
We have a new website and web address.
Visit us at effieyeawnature.org.



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