



Dune News

A quarterly newsletter sponsored by The Friends of MacArthur Beach State Park, Inc.

Winter 2007

What's Inside?

New Friends Members.....	2
Donor Honor Roll.....	3
Remembering Dan West.....	4
ExoticTalk.....	4
A Magical Holiday Party.....	4
To All My MacBeach Friends...	6

Regular Highlights

Thoburn's Thoughts.....	2
Shorelines.....	4
Under the Hammock.....	5
Volunteer Spotlight.....	6
Up-n-coming.....	7



Kids! Can you find me in this newsletter?

Portuguese Man-o-War (*Physalia physalis*)

by Junko Nomura

Winter is the season Portuguese man-o-wars arrive on Atlantic beaches in South Florida. John D. MacArthur Beach State Park's beach is not an exception—beachcombers see hundreds of man-o-wars washed up in a single day between late November and March. I'm talking about an animal that usually lives in the worlds' warm oceans, floating with its air bladder on the surface, and named after the historic Portuguese battleship with its distinct sail. The stranded Portuguese man-o-war looks like a pretty, translucent indigo blue plastic balloon. A curious person, especially children cannot help touching this beautiful and strange object... and may end up experiencing awful pain that feels like an electric shock!

Portuguese man-o-war belongs to the Cnidarias group, which includes corals, jellyfish, sea anemones, and hydrozoans and others. They all have cells called



nematocysts, which shoot out needle-like stingers when stimulated and inject poison into the object to paralyze it. This mechanism is very important for the animals to catch their prey and also to defend themselves. We humans, however, occasionally become the victims of this great weapon.

The nematocysts of Portuguese man-o-war stay active for awhile, even after the animal dies. Beachcombers can observe it closely, but touching is not recommended. If one stings you when swimming, first remove all the tentacles and then wash with ocean water. Then, if available, apply hot water (or take a very

Continued on page 2...

Paws for a Tail at the Ranger Station

by Linda Gabelmann, *Park Ranger*

On any given day at the Park's main gate at the Ranger Station, I not only greet people from all around the world and from all walks of life, but also I get to know their four-legged companions—our doggie visitors. Even though there are limitations to where the doggies may venture in the Park, they still enjoy themselves immensely.

Some of these dogs are regular visitors—they go kayaking with their owners, walk the Satin Leaf Trail or have a picnic and play catch. As essential as it is for humans to have a day in nature, so it is with these pooches.

When they come into the Park, they

Continued on page 8...



John D. MacArthur
Beach State Park

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Barry Stevens
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Linda Gabelmann
Charlie Hein

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Patrick Rash

Park Manager

Terry Coulliette

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Beach State Park, Inc.**

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Thoburn's Thoughts



As we prepare for the forth-coming Capital Campaign, several people have questioned why the State of Florida does not pay for the cost of the new building. After all, MacArthur Beach State Park is owned and operated by the State. This is a very good question and worth an explanation.

Our Park is one of 159 owned and maintained by the State. Some are more developed than others, depending on their location and use. Unfortunately, the State of Florida, with all of its educational, recreational and other physical plant assets, lacks sufficient budget resources to underwrite the cost of every Park's desire to expand or build new facilities. In addition, the damage to the State Parks caused by the hurricanes of 2004 and 2005 was horrendous and has further strained the Florida Division of Parks financial resources.

That is where Citizen Support Organizations, such as the Friends of MacArthur Beach State Park come into the picture. Our mission is to provide funding in areas that will preserve, protect and enhance the facilities and programs of our Park. Since

its inception in 1990, the Friends of MacArthur Beach State Park, through its various fundraising efforts, has provided over \$900,000 of new facilities and equipment for the Park.

The State has also contributed, through the Partnership in Parks program, up to 40% of the cost of new or enhanced physical plant. It is through this program, that we have been awarded a grant of approximately \$800,000 towards the campaign and new building costs.

So, as you can see, while the State cannot fully fund all construction costs, they are in partnership with the Citizen Support Organizations to fund new and expanded Park facilities.

TED

Ted Thoburn, *President*

Friends of MacArthur Beach State Park, Inc.

Welcome New Friends Members!

Jean Barzelay
Bill & Shirley Bouchard
Patrick Brodie
Tom & Kay Carnes
Justine Carron

Kimberly Hamley
Mark Harris
Kevin Johns
Carolee Larger
Loretta Mackle

Emma Maestres
Gerald Milner
Patrick Pollock
James Scampolo
Carl Spartaro

Fran Tassell
Elizabeth Tribble
Beverly Van Meter
Adam Veal
Robbe White

Man-o-war *Continued from page 1.*

hot shower)—113°F (45°C)—to the affected area for 20 minutes. The hot water eases the pain of a sting by degrading the toxins (see reference). If hot water is not available, cool the area with ice to suppress the pain. Do not rub with sand or apply vinegar. Vinegar is effective for most jellyfish stings, but not for man-o-war's.

Portuguese man-o-wars sail with the wind and currents. Many people think it is a jellyfish, because it floats, stings, and has a jelly-like body. However, it is technically not a jellyfish. A single man-o-war consists of

several individual animals; it is a colony of several polyps. There are four sorts of polyps and each one has its own task; one is in charge of sailing, another's responsibility is catching prey, digesting, or reproducing. This amazing organization reminds me again of a ship, with each crewmember his or her own role.

References:

Conrad Loten, Barrie Stokes, David Worsley, Jamie E Seymour, Simon Jiang and Geoffrey K Isbister. A randomised controlled trial of hot water (45°C) immersion versus ice packs for pain relief in bluebottle stings. *The Medical Journal of Australia* 2006; 184 (7): 329-333.

Donor Honor Roll 2006

Thank you all for your generous donations of funds, supplies, equipment, and countless hours of volunteer time! Your Park serves the community better because of your support. Although this list was carefully reviewed, there may be errors and omissions, for which we apologize. Please direct your comments or questions or corrections to Martin A. Shiffman, Administrator, Friends of MacArthur Beach State Park, Inc.

Members

Agerstoun-Mathis Family
 Judie & Ed Ackerman
 Shirley Adler
 Paul Aleskovsky
 Sue Archer
 Chris Baker
 Debby Baker
 Don & Leni Bane
 Jean Barzelay
 Carol Boswell
 Bill & Shirley Bouchard
 David Brandwein
 Emmanuelle Breton
 Broadhead Family
 Patrick Brodie
 Donald & Ann Brown
 Nathalie Browne
 Joseph Bunag
 Kitty Burri-Schachter
 Tom & Kay Carnes
 Justine Carron
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 Marshall & Judith Cohan
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 Joseph & Mary Harper
 John Harrington
 Mark Harris
 Peter Hartung
 Janet Heaton
 Bud & Sally Henderson
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 Gurunam Khalsa
 Jane Kilroy
 Steve Kiltau
 Roy & Elsa Kimbell
 Danielle King
 Alan Klein
 Margaret Kringlel
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 Nancy Best VanDeuren
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 Samuel & Kate Weingart
 Richard & Pearl Weinstein
 Dan West
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 Stephen Wigal
 Robert & Virginia Williams
 Laurence & Ricka Witkin
 Belle Wolkoff
 Joseph Wyatt
 Young/Childs Family
 Morris Zabarkus
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 Richard & Vivian Zito
 Mary Lou Zwiesler

Volunteers

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 Paul Aleskovsky
 Barbara Alker
 Leni Bane
 Bob Baruch
 Cathy Beals
 Fred Beaman
 Susan Beaman
 Shane Beaulieu
 Paul Bergmann
 Cindy Black
 Don Bottaro
 Bill Bouchard
 Julie Brabon
 Tom Brendel
 Christian Brewer
 Stephanie Brown
 Nathalie Browne
 Curt Burkhead
 Kyle Burns
 Patty Carosio
 Serena Carton
 Frank Cianfrone
 Andy Clarey
 Helen Coffey
 Caitlin Connolly
 Joe Coyle
 Patrick Coyle
 E.J. Crittenden
 Andrew Cunningham
 Gretta Curry
 Reva Datar
 Ryan Davies
 Jason Dawson
 Mary-Therese Delate
 Lynn Desy
 Alicia Didia
 Rebecca Doane
 Jim Dooley
 Deborah Drum
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 Alex Echeverria
 Joan Edelmann
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 Kathleen Greenock
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 Diane Simon
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 Donna Tighe
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 Dick Toner
 Ana Valdes
 Grace Van Der Molen
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 Paulina Vasilavskaitė
 Gilda Vogel
 Peter Walker
 Tiffany Ward
 Phyllis Wehner
 Kate Weingart
 Mia Weingart
 Dan West
 Ann Whalin
 Jean Whelan
 Sarah Widlansky
 Stephen Wigal
 Dottie Williams
 Tommy Yannopoulos
 Morris Zabarkus
 Phyllis Zaccaro
 Scott Zappolo
 Cookie Zill

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Shorelines

Remembering Daniel Henry West

by Robert Matriscino, *Park Ranger*

On Sunday, December 10, 2006, Daniel Henry West, 81, passed away at Martin Memorial Medical Center, Stuart, FL. The Park... well anyone who was fortunate ever to meet him lost an incredible friend.

Anyone who knew Daniel knew he loved plants. He was involved in the Native Plant Society and Exotic Pest Plant Council. He was also quite the historian and was fascinated by the indigenous people who were in Florida and the people who later came to settle in Florida. You could often hear him talk about the ship wrecks offshore and where the old natural inlets were located.

Every Sunday, Daniel would come in and give the 10 a.m. Nature Walk, and if anyone came for a 1 p.m. walk, he was there to lead that walk, as well. When he arrived at the Park in the morning, he would always treat everyone with cookies or danishes. And by lunch time, he would usually go out and get sushi for any staff who wanted some, and he usually would not allow you to give him any money for it.

Daniel was a past member of

the Board of Directors of the *Friends of MacArthur Beach State Park* Citizen Support Organization and was named one of the Honorary Directors. One of his achievements was his receiving the "2004 Environmental Champion Award" at our yearly Earth Day NatureScaping Event. Daniel gave thousands of hours of service to the Florida Parks Service and taught so many people about the environment, wrapped with a little bit of history.

I say, "Thanks for all you taught me and for all the memories I will never forget." On behalf of the entire MacArthur Beach Park staff and volunteers, I cannot thank you enough. Our deepest sympathies go to the family members.

Memorial contributions may be made to Environmental Studies Council, 2900 NE Indian River Drive, Jensen Beach, FL 34957 or to Friends of MacArthur Beach State Park, Inc., PO Box 32395, Palm Beach Gardens, FL 38420.



Exotic Talk

by Art Carton, *Park Services Specialist*

Florida holly, Brazilian pepper, Christmas berry... these all are names of trees that now occupy 700,000 acres of land in Florida. In December, beautiful red berries hang from branches of pepper trees, which can grow to a height of 15 feet in two years. To many Florida residents, this tree seems like the perfect yard specimen. On the contrary, Brazilian pepper is an invasive exotic plant. It is illegal to plant or purchase it, as well as the seaside mahoe, Chinese violet, Gulf Coast jasmine and a host of other plants that are displacing many native plants in the Park and around Florida. Since they are not indigenous, these plants have no natural enemies (usually insects) to keep them in check. As a result, they take over an area and establish a monoculture, disturbing the area's balance and diversity.

One thing we can do to combat this problem is never to plant an invasive plant in your landscape. Even though most of them are outlawed in the plant trade, friends can give you seeds or a plant. You also can help remove exotics from our Park and your home landscape. If you are interested in helping remove exotics from the Park, please contact Art Carton at the Park. There will be a sign-up sheet in the Nature Center for exotic removal trips to Munyon Island in the next few months.

Remember that there are many beautiful plants that are native to Florida. If you want to learn more about Florida's beautiful flora, on April 14 at 11:30 a.m., Dr. George Rogers will give a talk on landscaping with Florida native plants.



'Twas a Sweet and Magical Holiday Party!

by Junko Nomura, *Park Services Specialist*



Approximately 100 Park staff (volunteers, employees and their family) celebrated the holiday season together on December 9 with great food catered by J.J. Muggs

and various desserts brought by many volunteers. This pleasant party was sponsored by the Friends of MacArthur Beach State Park Citizens Support Organization to thank the volunteers for donating their time and hard work to the Park. The night's main entertainment was a magic show by Gary Midnight. His dynamic and swift movements were awesome. The 45-minute performance went very quickly and everyone loved it. The party created a great chance for volunteers to meet other volunteers and Park staff. We are indeed a big family at John D. MacArthur Beach State Park!

Under the Hammock

Gift Gab

MOST POPULAR ITEM

Fish figurines with lips (3 styles). They light up and change colors!

NEW ITEMS IN THE GIFT SHOP

- Our sweatshirts now have the new kayak logo (red, navy, green, white)!
- Our polo shirts have the new Park logo!
- Two new T-shirts with assorted colors and designs.
- Book *Do You Know Where Sea Turtles Go?* This book tracks a turtle named Myrtle, from a hatchling, 3770 miles. You can adopt a turtle and track its travels. A page in the back of the book tells you how.
- Coloring book *Coastal Habitats*.
- Always new shipments of jewelry and accessories.

Our stock is peaked. Shop now for the best selection and check out our new Markdown Area and new shelving units for easy shopping.

The special holiday sale was a big success! If you missed it, then please plan to shop during the December 2007 sale!

I'm happy to report that through December we had the largest number of renewal memberships ever. Thanks to Donna for helping maintain the membership lists.



Marty

*Gift Shop Guru, Administrator,
Friends of MacArthur Beach State Park*

All profits from the gift shop go to the Park to support the programs and activities that you, your family and your friends enjoy all year long.

Manager's Musings

At last... some cooler weather! The snowbirds, including some of our volunteers, have returned, bringing the nice weather with them. This year, they seem to have arrived earlier than ever. Fortunately, this brings more of our seasonal volunteers back to help with school groups, as well as the increase in visitors.

We have had some changes, and there are new faces among our staff and volunteers. We regret to report that our Volunteer Coordinator Extraordinaire has left. CeeCee has returned to California to be closer to her family. Our loss is their gain. We wish her great success in her pursuits. The new employees include Stephanie Gardella and Kelly Roskam. Two part-time OPS employees will be helping the Nature Center with volunteers, animal care, administration, gate duties and special events.

MacArthur Under Moonlight

concerts continue, and we would like to remind members of The Friends of John D. MacArthur Beach State Park that membership entitles you to a discount for some of the monthly concerts. Just show your membership card at the check-in table. Please contact the staff at the Nature Center for more details.

Working together with the Friends of MacArthur Beach, the Park continues to grow and improve. We have several projects in the planning stage, including a new Education & Welcome Center, a new roof for the Nature Center, and a new Staff Residence at the North end of the Park.

Thank you for your continued support, as we begin the New Year filled with exciting possibilities and an abundance of blessings!

Terry

Terry Coulliette, Park Manager

Did You Know...

...that in 1992, the MacArthur Foundation owned 52,277 acres in Palm Beach and Martin Counties? For many years, this land was the backbone of the Foundation until pressure from Congress forced the Foundation to sell all the prime properties in Palm Beach, Martin, and St. Lucie Counties in 1998. At the land auction, WCI and The Pulte Corp. combined their resources to purchase 14,808 acres before the November 18 deadline. They got it all for \$240 million. The Foundation referred to this forced selling of properties as a "fire sale."

...that John D. MacArthur may not have been an environmentalist in every sense of the word? He did, however, love trees, plants, flowers, and especially his ducks. Part of my two day job interview at MacArthur's Colonnades Beach Hotel on Singer Island involved helping him feed his ducks from one of the trash barrels in the hotel's

kitchen. I worked for Mr. MacArthur for the last three years of his life, 1975-78, as his bartender, beverage manager and sometimes confidant. From behind the hotel bar, I would watch this busy man take time out of every working day to feed his beloved ducks.

... that these are excerpts from Mr. Sanford's book that you can buy in the Nature Center?



Volunteer Spotlight

by Cee Cee Barrett,
Volunteer Coordinator



Mia Weingart & Annie Harrington

Let's meet Mia Weingart and Annie Harrington, the animal care duo. They volunteer in the Nature Center, feeding and caring for the animals. They are a great team. Annie is a freshman at Atlantic High School. She has been volunteering at the Park for nine months. She started volunteering partially for community service hours for school, and because she loves nature. Some of the things she enjoys most about the Park are

the trails loaded with butterflies, going to the beach, and above all feeding the snakes in the Nature Center. In her spare time, Annie enjoys reading, sewing, and she's also an artist.

Last September, Mia's birthday made her the "Big 12." She goes to Benjamin Middle School. Mia has been volunteering in the Park for three months. She started volunteering because she wanted to learn more about the environment. Mia's favorite things in the Park

are kayaking and the Nature Center Museum. When Mia is not volunteering, she loves playing soccer, bike riding and chillin' with her friends. Did I mention that she already knows what she wants to be when she grows up? A veterinarian. She's already in training caring for the animals in the Nature Center.

These gals are a treat to work with. They're very bright, they work hard, and they are full of laughter. Thanks for all the help, girls.



To All My Friends At Macarthur Beach,

It looks like my journey in South Florida has come to an end. I will truly, truly miss my friends at the Park. I consider myself fortunate to have crossed paths with each and every one of you groovy folks. The fond memories I have from Florida will last a lifetime.

My next adventure will take me across the country, back to my

home— San Diego, CA.

Thank you for the privilege of letting me work with you. I won't say goodbye. Instead, I'd rather say, "Until our paths meet again, live life to the fullest!"

Sincerely,

Celia Corral-Barrett (Cee Cee),
Former Volunteer Coordinator

Friends of MacArthur Beach State Park, Inc.

Membership Application

A not-for-profit Citizens' Support Organization

☐ Benefactor... \$500+ ☐ Patron... \$100-\$499 ☐ Family... \$75 ☐ Individual...\$40 ☐ Student... \$20

Name: _____

Address: _____

City: _____ **State:** _____ **ZIP:** _____

Email: _____ **Phone:** _____

Please send this application along with your donation to:

The Friends of MacArthur Beach State Park, Inc.

PO Box 32395

Palm Beach Gardens, FL 33420

For more information on the "Friends" please call (561) 776-7449

A copy of the official registration and financial information of the "Friends" may be obtained from The Division of Consumer Services by calling 800-435-7352

Up-n-Coming

January

06	Saturday	7-9:00 p.m.	MacArthur Under Moonlight Concert: <i>Band TBA</i>
07	Sunday	2:00 p.m.	<i>Introduction to Kayaking</i> by Adventure Times Kayaks
09	Tuesday	8:30 a.m.	Yoga on the Beach
13	Saturday	9:30 a.m.	Birding at MacArthur Park
13	Saturday	11:00 a.m.	F.U.N. (Families Understanding Nature): <i>Edible Insects</i>
14	Sunday	1-3:00 p.m.	Volunteer Orientation
21	Sunday	1-5:00 p.m.	Bluegrass Music Jam Session
23	Tuesday	8:30 a.m.	Yoga on the Beach

February

03	Saturday	7-9:00 p.m.	MacArthur Under Moonlight Concert: <i>Band TBA</i>
04	Sunday	2:00 p.m.	<i>Introduction to Kayaking</i> by Adventure Times Kayaks
10	Saturday	9:00 a.m.	Birding at MacArthur Park
10	Saturday	11:00 a.m.	F.U.N. (Families Understanding Nature): <i>Valentine's Day Card</i>
11	Sunday	1-3:00 p.m.	Volunteer Orientation
13	Tuesday	8:30 a.m.	Yoga on the Beach
18	Sunday	1-5:00 p.m.	Bluegrass Music Jam Session

March

03	Saturday	7-9:00 p.m.	MacArthur Under Moonlight Concert: <i>Band TBA</i>
04	Sunday	2:00 p.m.	<i>Introduction to Kayaking</i> by Adventure Times Kayaks
11	Sunday	1-3:00 p.m.	Volunteer Orientation
18	Sunday	1-5:00 p.m.	Bluegrass Music Jam Session
24	Saturday	9:00 a.m.	Birding at MacArthur Park
25	Sunday	1-3:00 p.m.	Recreational Skills: <i>Introduction to Surfing</i>
31	Saturday	7-9:00 p.m.	MacArthur Under Moonlight Concert: <i>Band TBA</i>

Every Weekend at 11:00 a.m.: Animal Feeding in the Nature Center

Every Sunday at 3:00 p.m.: Snake Talk in the Nature Center



**John D. MacArthur
Beach State Park**

10900 State Rd. 703 (A1A)
North Palm Beach, FL 33408

Office Phone:
(561) 624-6950

Nature Center:
(561) 624-6952

Fax:
(561) 624-6954

Friends Office:
(561) 776-7449

Websites:
www.macarthurbeach.org
www.floridastateparks.org

More than just a beach!

Newsletter created by

THE INKLING PATCH • (772) 285-8865

always have warm greetings for me with wagging tails. Happiness is just a pat away, and of course, they await dog biscuits. I make sure the dog biscuit supply never runs out, and I keep a variety on hand to satisfy the picky ones.

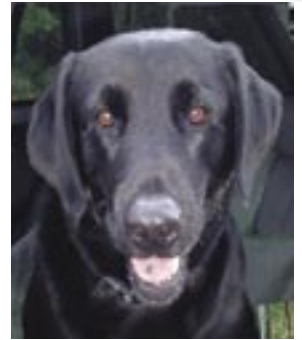
Hunter, a 155 lb. black lab, is a regular, who starts drooling as soon as he sees the Ranger Station. He loves biscuit treats and likes to share his love. There is a beautiful black poodle, who shares a Corvette convertible with her owners and has a collection of 15 sun-visors. Princess comes in her own seat—lifted up, so she can see out the window. Father Emanuel makes sure she gets her evening walks to keep her “girlish figure.” We also have show dogs that come early to exercise and to show off their beauty. Like each of us, these special guests have their own personalities. I feel fortunate

when I work at the Ranger Station and interact with dogs and their owners.

If you have a pooch and want to spend some quality time with him or her, then bring your dog to

the MacArthur Beach State Park for a picnic or an evening walk on the Satin Leaf Trail. Please bring your plastic bags to clean up after them. Just so you know, they must be leashed and are not allowed on the boardwalk or beach.

I look forward to visiting with you and your four-legged friends!



Happy New Year!



John D. MacArthur Beach State Park
10900 State Road 703 (A1A)
North Palm Beach, Florida 33408

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