

MacArthur Beach State Park

Summer - Fall 2009

Dune News

Birds, Bees and Butterflies

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

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John D. MacArthur Beach

STATE PARK

10900 Jack Nicklaus Drive
North Palm Beach, FL 33408

Park Office:

561.624.6950

Nature Center:

561.624.6952

Fax:

561.624.6954

Friends Office:

561.776.7449

Websites:

www.macarthurbeach.org

www.floridastateparks.org/macarthurbeach

The Friends of MacArthur Beach State Park

is a non-profit corporation with a mission of generating supplemental resources to preserve, restore, and interpret the natural and cultural assets of the Park for present and future generations

The ABCs of Bees

by Leni Bane, Volunteer and Board Member



After a brief and interesting study of bees in a college biology course, I spent many years saying that I wanted to be a beekeeper

"someday." About four years ago someday came and I began beekeeping, a hobby which has proven to be fun, exhilarating, challenging, frustrating and humbling. After all, if they are just bugs, why are they always one step ahead of my beekeeping abilities? And why do they seem to surprise me with large quantities of glorious amber honey without my help? It seems I am more bee admirer than beekeeper.

Honey bees *Apis mellifera*, native to Africa and Europe, were introduced to the Americas by European settlers in the 1600s. Prior to the 1800s bees were kept in simple straw or wood shelters which were damaged or destroyed whenever honey was collected. In 1851 Lorenzo Langstroth, understanding the concept of *bee space*, introduced a hive box with movable frames that hung from the top and left a $\frac{3}{8}$ " space between all sides of the frames and the hive body. Bees will build comb in spaces larger than $\frac{3}{8}$ " and seal up any space smaller than $\frac{1}{4}$ " with propolis, a resinous glue that bees collect from plants to strengthen the hive and seal cracks. The Langstroth type hive, which we still use today, facilitates inspection of the hive, swarm control, treatment of disease and honey collection without enraging or destroying the bees. The modern hive also allows bees to be transported for pollination rental and honey services nationwide, a multi billion dollar industry.

Pollen is the protein source in the bees' diet. Honey bees are the main pollinator

of more than 100 crops nationwide, including cotton, almonds, citrus, blueberries, raspberries and onions. Without the honey bee we wouldn't have broccoli, avocados, cherries, grapes, asparagus, peaches, watermelons, cantaloupes, celery and many, many other veggies and fruits.

Honey is made from nectar collected from flowers

by worker bees and stored in their honey sacs for the trip back to the hive.

Enzymes in the honey sacs convert the

sucrose in the nectar into simple sugars which are more digestible. Nectar is deposited in the hexagonal wax cells one little drop at a time. Other workers fan the sugary substance with their wings evaporating the water until it reaches 18% moisture, at which time the cell is capped with wax, ready for use by the bees and harvesting by the beekeeper. By the way, because of the minute amounts of pollen present, one teaspoon of raw, unfiltered local honey taken daily helps prevent allergies.

A healthy colony of bees consists of the queen who, after her one flight from the hive in order to mate with as many drones as possible, stores enough sperm for potentially two years of laying up to 1500 eggs/day. Actually she doesn't do anything but lay eggs; the workers feed and groom her as they keep the rest of the hive informed of the state of her health. If she starts to fail the workers build new queen cells, feeding the larva growing inside a special royal jelly and create a new queen.

continued on page 3

The Friends of MacArthur Beach State Park Board of Directors...

John D. MacArthur BEACH STATE PARK

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Pat Rash, *Asst. Park Manager*
Athena Tzathas, *Admin. Assistant*

Park Services Specialists

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Kathryn Rothenburg

Rangers

Steve Desy
Scott Duncan
Charlie Hein
Rob Matriscino
Mike Watts
Bill Wilson

OPS Staff

Lynn Desy
David Gelb
Eric Ludwig
Sarah Waddell

...Welcomes New Board Members

On May 20 of this year, the Board of Directors elected three new members; Garrett Bruno, Kerry Diaz and Amy Woods.

Garrett Bruno will replace board member Hilary Miller, who is leaving to attend the University of Pennsylvania. He brings a wealth of activities and experiences, including winner of National Weather Channel Eco-Ambassador Competition, Environmental Club President (The Benjamin School), beach cleanups, and youth volunteer coordinator of children's activities at Loggerhead Marinelife Center's 2009 Turtlefest. Garrett will continue Hilary's efforts to establish the Junior Friends of MacArthur Beach State Park.

Kerry Diaz has a law degree and has had an extensive career in legislative initiatives, environmental advocacy and health care policy. She is currently raising a family and volunteers with several local organizations including the Quantum Foundation. Kerry and her family made a generous donation to the Capital Campaign, naming the new Mangrove Tank which will be in the Nature Center.

Amy Woods has been Notables Editor for the Palm Beach Post for the past 11 years. She also volunteers with the Special Olympics Palm Beach County and recently was appointed to a two-year term as Chairwoman.

...Plans New Special Events

The Board Cultivation and Events Committee, chaired by Stephanie Pew, asks that you **Save-the Date** for two upcoming Special Events:

BARK in the PARK

Friends of MacArthur Beach State Park are calling all dog lovers to attend, volunteer or be a vendor at the upcoming BARK IN THE PARK; **Sunday, December 6** from 12:00 noon to 4:00 p.m. Join us for a Silent Auction, Dog Events, Vendor/Exhibit Area, Food and Fun! Call or email for more information or to sign up - Cheryl@macarthurbeach.org 561-776-7221



An Evening of Ragtime

Join us for *An Evening of Ragtime*, a concert featuring world renowned ragtime pianist Bob Milne, at the Palm Beach Community College's Eissey Theatre on **Friday, February 19, 2010** at 7:00p.m. There will be an after concert dessert reception to meet the artist for Preferred Ticket Holders. More information will follow in the coming months.



Friends of MacArthur Beach State Park, Inc.

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Theodore Thoburn
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Gilda Vogel
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Amy Woods

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William Nolan

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Cheryl Houghtelin, *Dir. Comm. Relations/Dune News Editor*
Martin Shiffman, *Administrator*
Lynn Desy, *Assistant Administrator*
Debbie Coyle, *Weekend Manager*

www.macarthurbeach.org

FRIENDS OF MACARTHUR BEACH STATE PARK, INC.

Membership Application

A not-for-profit Citizens Support Organization

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

Name(s): M _____

Address: _____ City, State, Zip: _____

Phone: _____ Email: _____

Please send this application along with your check or credit card information to:

Friends of MacArthur Beach State Park, Inc.

10900 Jack Nicklaus Drive

North Palm Beach, FL 33408

Or join through the web site - www.macarthurbeach.org

For more information regarding the "Friends" please call 561.776.7449.



The ABCs continued

Thousands of workers, also female, keep the hive humming. They feed the larvae, clean the cells, guard the hive and, during their last month of their brief four week existence, become foragers and bring nectar and pollen to feed the hive. Drones are male, created from unfertilized eggs; they neither gather nectar nor protect the hive, as they have no stingers. Drones mate with a newly emerged virgin queen, and then die after mating.

Sometimes, usually in the spring, when the hive is crowded and preparing for the nectar flow, the old queen will gather about half of the workers and leave, swarming to another area to set up a new hive. A new queen is usually left behind to mate and keep the hive going. Swarming is actually a way for bees to reproduce and expand their population. A swarm is docile and can be easily collected by an expert and placed in a permanent hive; don't kill a swarm if one chooses to land in your yard.

What I have just told you is only a minimal introduction to the magic and mystery of the honey bee. Maybe you would like to learn more and possibly become a hobbyist beekeeper, or would like to have a swarm or a wild hive removed from your property. Contact the Palm Beach County Beekeepers Association at www.beekeeperspbc.com.

Find and circle all of the birds
that are hidden in the grid

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W K D R E K C E P D O O W H
O W N R S W A N N F O J A Y
R A O U I G M I N G I V M T
C H E R L B T B N O U N U I
P T G E R R K I U L C R C M
E E I O A A M C T D K L O H
L E P M S A P U A E G C A L
I K O W L T R S Y L K I M F
C A L F H E R O N I B E E C
A R L C A R D I N A L V D M
N A U K C U D G C E S O O G
A P G R R O B I N H D D G E
R M A G P I E N E K C I H C
Y N E W R E N T O R R A P I
E R S D D R A V E N A N Y L
  
```

Puzzle by Livewire Puzzles - on the web at www.puzzles.ca



How do bees get to school?

"By School Buzz"

BLACKBIRD
BUDGIE
CANARY
CARDINAL
CHICKEN
CRANE
CROW
DODO
DOVE
DUCK
EAGLE
EMU
FALCON
FINCH
FLAMINGO
GOOSE
HAWK
HERON
JAY
MAGPIE
MARTIN
MOCKINGBIRD
MYNA
OSTRICH
OWL
PARAKEET
PARROT
PELICAN
PIGEON
RAVEN
ROBIN
SEAGULL
SPARROW
SWAN
TURKEY
VULTURE
WOODPECKER
WREN

Take a closer look...at the Atala Butterfly

by Rob Matriscino, Park Ranger

Just when you thought your Coontie plant (*Zamia floridana*) has died, it might just have served as a food source for the Atala butterfly, once considered extinct.

Last spring I planted a Coontie in my front yard in hopes of attracting some Atala (*Eumaeus atala*) butterflies. The rains began and everything was looking good until I noticed that the Coontie plant looked really bad – was it dying? Upon closer inspection I noticed that the leaves were being eaten by the Atala caterpillars. Within a week or so there was nothing green left on the plant; no leaves, just stems. Having little experience with this particular plant, I thought for sure the plant was a goner. For several months there was no sign of life, but to my surprise some new fresh growth has appeared. Not only was this the case in my front yard, but around the Ranger Station and other areas in the Park where this plant is found.

Further research about the Coontie plant led me to make a connection; it nearly disappeared from the wild throughout Florida by the mid 60's, as did the Atala butterfly. It turns out that Coontie plants have a special toxin which the Atala larvae use to repel birds from having them as dinner; no Coontie plants, no Atala caterpillars and no Atala butterflies.

So, just when you think that your native Coontie plant is dying, take a closer look; it might just be a host to some other living thing. Consider incorporating them into your next landscaping project and do your part in keeping Atala butterflies around for generations to come.





Manager Matters



Please pardon our dust. Visitors to John D. MacArthur Beach State Park should soon see the beginnings of two long awaited major construction

projects within the Park. The projects will provide better access, enhanced facilities, and additional educational and recreational opportunities for our visitors.

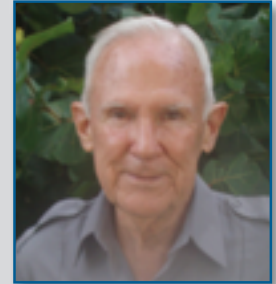
First and foremost, with the completion of the Friends Capital Campaign, the stage has been set for construction of the Pew Family Natural Science and Education Center. The project involves construction of a new building adjacent to the existing Nature Center. In addition to the Education Center, the building will house a new and improved Gift Shop and a larger outdoor turtle tank. Along with the new facility, the project will include new interpretive displays and aquariums in the existing Nature Center, new audio-video equipment for the theater, and improvements to the amphitheater. If all goes well we're anticipating an October, 2009 groundbreaking with completion of the project taking just under one year. During the construction Park staff will work to ensure unimpeded access to the boardwalk, tram, Nature Center, and gift shop.

Our other construction project may be a bit less obvious to many of our visitors. In planning for several years, the Munyon Island boat dock project is finally getting underway, so to speak. The dock is part of the original restoration of Munyon Island conducted by Palm Beach County's Department of Environmental Resources Management (ERM). The project involved removal of exotic vegetation and dredge spoil material, creation of interior wetlands, planting of native vegetation, and construction of picnic pavilions and a boardwalk. ERM's efforts have transformed what once was an environmental mess into the beautiful island we enjoy today where visitors can kayak, swim, fish, hike and picnic. The dock addition will provide access to the island without the need for boaters to beach their vessels or drop anchor on fragile seagrass beds. Groundbreaking for the new dock, to be located on the island's northwest shore, is expected in September, 2009. The new facility will provide day-use only dockage for up to 20 recreational boats as well as a slip for park service use.

So once again please pardon our dust. Once our projects are complete we'll all no doubt agree it was more than worth the wait.

Don Bergeron
Park Manager

Volunteer Spotlight



Get to Know –
William Patrick "Bill" Nolan

Bill is well known to visitors, volunteers and staff at MacArthur Beach as he spreads smiles and good cheer to all. Since January of 1996, Bill has been volunteering in many functions; tram driver, tram driver trainer, on the Friends Board of Directors and Advisory Board and at many Special Events.

Bill first visited our beach in October of 1968, before it was a State Park, and has loved it ever since. His favorite spot is overlooking the estuary; his favorite part of volunteering is helping others to enjoy their visit.

Originally from Hartford, CT, Bill finished his career with United Technologies as the Materials Manager for their International Operations in Brussels, Belgium before settling in Palm Beach County. Starting each day with an early (really early) 5:00am walk on the beach near his home, Bill gets in his two miles of daily walking and meditation before heading off for volunteer time at the Park or feeding the homeless through the programs at St. Patrick's Church.

Bill's philosophy is "always look forward to tomorrow, and try not to screw up today."

24th Annual International Coastal Cleanup

Saturday, September 19, 2009, 8:00 am

Participate in the world's largest one-day volunteer event to clean up the marine environment. This event is sponsored by Keep Palm Beach County Beautiful and the Ocean Conservancy; participants will receive snacks, refreshments and free giveaways. Call Art Carton at 624-6970 to register you or your group.



Friends of MacArthur Beach State Park

CAPITAL CAMPAIGN DONORS AS OF JULY 1, 2009

MAJOR GIFTS \$500,000 - \$1,000,000
Stephanie and John Pew
Florida Partnership in Parks Program

BENEFACTOR \$35,000 - \$100,000
The Batchelor Foundation
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CONTRIBUTOR \$10,000 - \$14,000
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Mr. Christian Ahrens
Ms. Barbara Alker
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Mr. & Mrs. John H. Batts
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The Donald Bergeron Family
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Mr. & Mrs. David Zerfoss



Herons and Egrets...Birds of a Feather

by Patrick Rash, Assistant Park Manager

Herons and Egrets belong to a family of birds called Ardeidae, which also includes Bitterns. Bitterns are rarely seen in the Park but there are several species of the other two that can be seen here daily. To distinguish one from the other look to their legs – Herons have yellow legs and Egrets have black ones.

To identify them in flight, Herons and Egrets fly with legs stretched out to the rear; their necks curved back and head between the shoulders. This characteristic is unique to Ardeidae. Storks and cranes fly with necks stretched straight out.

These birds come in a variety of sizes and colors from the small Green-backed to the Great Blue Heron and from the Reddish to the Great Egret. Although the variations in size and color are many, they are similar in shape and behavior. Herons and Egrets are larger birds with long legs, neck, and beak; they are all carnivorous and most feed in and around water. There are many hunting styles including certain populations of green backed heron that actually bait fish with an insect or piece of vegetation; when the fish rises to investigate, the fish becomes lunch.

Of the many species that visit the Park, there is one that piques my interest; the Great White Heron (Ardea Occidentalis). It is a seasonal visitor who has recently made its annual appearance. Over the past few years a single adult has taken up residence on the beach at the peak of the hatchling season. During the rest of the year it is nonexistent at the Park. Makes one wonder where it spends the rest of the year: perhaps the lower Keys for the spring nesting season, Miami for the fall mullet run and winter in the West Indies. If you would like to see the Great White Heron at MacArthur Beach your best bet is early morning; watch for it stalking along the ocean's edge.

Next time you are in the Park pick up a bird list from the Nature Center and try to find all eleven species that have been observed here. They are listed under Bitterns and Herons and it will be a challenge!



Great Blue Heron

New and Renewing Members

APRIL 16 THRU JUNE 30 2009

Benefactor

In Memory of Mr. Peter Van Boven
(Mrs. Peter Van Boven)

Patron

Dr. & Mrs. Robert Begtrup
Mr. Vincent Cloud
Ms. Mary-Therese Delate
Mrs. Marjorie Gadarian
Graham
Mr. Michael Horowitz
Mr. & Mrs. James Moriarty
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Mrs. Asuncion Aviado
Ms. Sally Aron
Mrs. Zoete Baklayan
Mr. Scott Barber
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Sander & Andrew Entus
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Ms. Amy Woods
Mr. Mike Wysocki
Mr. Yi Ye
Ms. Alana Young
Mrs. Tracy Young
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PARK GIFT SHOP

HAVE YOU VISITED THE GIFT SHOP TOY SECTION LATELY?



New items include great stuffed figures: Sharks, Dolphins, Turtles, Sting-Rays

As always, we carry snorkel sets and swim fins – you can even rent a dive flag in the Shop

Summer and Fall Favorites:

Mother of Pearl Earrings
And Necklaces

Multi-Color Bowler Hats For Women
Gambler Straw Hats For Men
(assorted colors and hat bands)

Gift Certificates available for

- Memberships
- Gift Shop
- Kayak Rentals

Thanks for your support of the Gift Shop. Remember all funds remain in the Park and support programs and activities.

Members - To receive your 10% discount, please have membership card and photo ID available at time of purchase.

Call Marty for more information at (561) 776-7449.

Roseate Spoonbills – Beautiful Birds

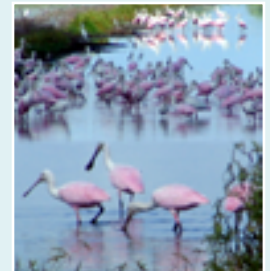
by Art Carton, Park Services Specialist

It is that time again, when the pink and white sentinels of the estuary are numerous and beautiful. If you know what I am talking about you are probably one of the many birders who come to the Park just to celebrate the return of the roseate spoonbills to our estuary.

Because of their coloring, Roseate Spoonbills were worshiped in Ancient Egypt and can be found on the walls of the pyramids. Spoonbills are still considered one of the most beautiful and odd wading birds. When observed up close, visitors can get a glimpse of pink and white plumage along with a large, flat, spoon-shaped bill. The birds feed by wading through shallow water, moving the bill back and forth in the water until the special tactile receptors find food; fish, crustaceans, insects and a few aquatic plants. The moment any small aquatic creature touches the inside of the bill—an insect, crustacean, or tiny fish—it is snapped shut.

Spoonbills once occurred in great numbers from Texas to the Florida Keys. With the demand for bird plumes to decorate women's hats, their numbers declined drastically in the late 1800's. By 1910 there were only 100 nesting pairs of Spoonbills left in the U.S. Due to the enactment of various laws, such as the 1910 Audubon Plumage Bill passed by the New York State Legislature, the birds have made a comeback. Since I started working at the park in 2004, I have seen as many as 15 individuals probing the mudflats on a summer day at low tide. These curious birds are not only beautiful but also a "pink" canary in the coal mine. When the numbers of Roseate Spoonbills are low this is an indicator of a declining ecosystem, when the number of Spoonbills stays the same or increases this is a sign of a healthy system.

I was first introduced to the Roseate by former park ranger, Barry Stevens. Barry had a love of birds that was contagious. He told me how every year the Roseate Spoonbills would come back to the Park at the beginning of June and leave in mid to late October. Every year when May comes around I think of Barry and look over the estuary for the return of these beautiful birds. So remember, summer and fall are not only prime time to enjoy snorkeling on our beautiful reef but also a great time to observe at low tide one of the most colorful and curious wading birds in all of South Florida.



Photograph courtesy of Jim Strahan, Park Volunteer

Up and Coming Activities

AUGUST

16	Sunday	Noon	Birding at MacArthur Park
16	Sunday	1-4:00 p.m.	Bluegrass Music Jam
22	Saturday	10:00 a.m.	Guided Reef Tour
23	Sunday	Noon	Recreational Skills: Cast Netting Instruction
29	Saturday	10:00 a.m.	Guided Reef Tour
30	Sunday	Noon	Reading with a Ranger

SEPTEMBER

05	Saturday	11:00 a.m.	Butterfly Walk
06	Sunday	2:00 p.m.	Learn to Kayak by <i>Adventure Times Kayaks</i>
10	Thursday	8:30 a.m.	Yoga on the Beach
11	Friday	3:00 p.m. to sunset	MacArthur Beach State Park Day of Service and Remembrance
12	Saturday	10:00 a.m.	Mudflat Walk
13	Sunday	1:00 p.m.	Volunteer Orientation
19	Saturday	8:00 a.m.	24th Annual International Coastal Cleanup
20	Sunday	1-4:00 p.m.	Bluegrass Music Jam
24	Thursday	8:30 a.m.	Yoga on the Beach
27	Sunday	11:00 a.m.	Birding at MacArthur Park
27	Sunday	Noon	Reading with a Ranger

OCTOBER

03	Saturday	11:00 a.m.	Butterfly Walk
04	Sunday	Noon	F.U.N. Program: All About Snakes
04	Sunday	2:00 p.m.	Learn to Kayak by <i>Adventure Times Kayaks</i>
08	Thursday	8:30 a.m.	Yoga on the Beach
10	Saturday	7-9:00 p.m.	MacArthur Under Moonlight Concert
11	Sunday	1-3:00 p.m.	Recreational Skills: Introduction to Surfing
17	Saturday	2:00 p.m.	Birding at MacArthur Park
18	Sunday	1-4:00 p.m.	Bluegrass Music Jam
22	Thursday	8:30 a.m.	Yoga on the Beach
24	Saturday	11:00 a.m.	F.U.N. Program: Seaside Treasures
25	Sunday	Noon-1:00 p.m.	Reading with a Ranger

- Daily Guided *Nature Walks* at 10:00 a.m.
- Every Sunday at 3:00 p.m. *Snake Talk* in the Nature Center
- Every Weekend Animal Feeding in the Nature Center at 11:00 a.m.

Activity Details

- All activities except MacArthur Under Moonlight concerts are free with Park admission -

Bluegrass Music Jam - Join us for foot-stompin' bluegrass music in the amphitheater.

Birding - Learn the names, characteristics and behaviors of the common and rare wading birds that browse the exposed mud flats at low tide.

Butterfly Walk - Join a staff Naturalist on a mile long walk identifying the butterflies that inhabit our Park. Reservations recommended.

F.U.N. Program, Families Understanding Nature:

All about Snakes - Great for children and their families, join Park staff and learn all about native snakes through activities and games. Reservations recommended.

F.U.N. Program, Families Understanding Nature:

Seaside Treasures - Explore the beach, identifying and searching for various shells, drift seeds, plants and more. Great for children and families; reservations recommended.

Guided Reef Tour - Bring your own equipment and take a guided snorkeling tour of one of the most beautiful reefs in Palm Beach County. Participants must be experienced swimmers and snorkelers and at least 10 years of age. Children under 18 must be accompanied by an adult in the water as no lifeguard on duty. Reservations required.

Learn to Kayak - Adventure Times Kayaks will teach the basic skills necessary to safely enjoy the exciting sport of kayaking, instruction on land only. Reservations required.

MacArthur Under Moonlight Concert Series - Join us under the full moon for a magical night of music. This concert series is held once a month, October thru May, on Saturday evenings. Each concert features a different band; gates open at 6:00 p.m., event lasts from 7-9:00 p.m. with a fifteen minute intermission at 8:00 with stargazing on the estuary boardwalk. \$5.00 per person, children under the age of 10 are free.

Mudflat Walk - Explore the estuary up close and personally by joining Park staff for this wet adventure. Please wear closed-toe shoes, shorts, and expect to get dirty. Recommended age for this event is 8 years old and up, children under 18 must have adult with them in the water. Reservations required.

Reading with a Ranger - Staff and volunteers read and share children's environmental story books. This program is great for the whole family. Reservations recommended.

Recreational Skills Lessons: Cast Netting Instruction

- Pat Rash, Assistant Park Manager, will lead this land activity, demonstrating and instructing visitors in the techniques and tricks needed to catch bait

fish. Participants will be permitted to throw some nets, great for children and families. Reservations recommended.

Recreational Skills Lessons: Introduction to Surfing - Park Ranger Rob Matriscino will lead you through the basics of surfing. This program is on land and in the water, good swimming skills are a must; children ages 10 and above may participate with parent supervision. Reservations required.

24th Annual International Coastal Cleanup - Participate in the world's largest one-day volunteer event to clean up the marine environment. This event is sponsored by Keep Palm Beach County Beautiful and the Ocean Conservancy; participants will receive snacks, refreshments and free giveaways. Call Art Carton at 624-6970 to register you or your group.

Volunteer Orientation - Come join our team and help visitors appreciate the importance of preserving this beautiful place. Reservations required.

Yoga on the Beach - Certified yoga instructor, Annemarie Phelan, leads one hour yoga sessions on the beach for beginners and experienced participants. Reservations recommended.



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John D. MacArthur Beach State Park

The only State Park in Palm Beach County, John D. MacArthur Beach State Park provides visitors with 1.3 miles of beautiful beach to explore and enjoy.

We invite you to join our volunteer family. Opportunities include the Gift Shop, Visitor Services, Education Programs, Tram Driving and other activities.

Training is provided; volunteers enjoy free Park admission and free participation in Park activities.

Please call Kathryn at (561) 624-6970 to volunteer or with questions.