IN THIS EDITION

Welcome New Board Members ........2
Atala Butterfly .........................................3
Park Puzzles .............................................3
Manager Matters ...................................4
Volunteer Spotlight ..............................4
Campaign Donors .................................5
Heron's and Egrets .................................5
New and Returning Members ..........6
Roseate Spoonbills ..............................6
Up and Coming Activities ..............7

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 3/8” space between all sides of the frames and the hive body. Bees will build comb in spaces larger than 3/8” and seal up any space smaller than ¼” 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
John D. MacArthur
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The Friends of MacArthur Beach State Park
Board of Directors...

...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.
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

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

How do bees get to school?

“By school buzz!”

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.
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.”

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

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**

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**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!
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 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.

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.
### Up and Coming Activities

#### AUGUST

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>16</td>
<td>Sunday  Noon</td>
<td>Birding at MacArthur Park</td>
</tr>
<tr>
<td>16</td>
<td>Sunday  1-4:00 p.m.</td>
<td>Bluegrass Music Jam</td>
</tr>
<tr>
<td>22</td>
<td>Saturday 10:00 a.m.</td>
<td>Guided Reef Tour</td>
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<tr>
<td>23</td>
<td>Sunday  Noon</td>
<td>Recreational Skills: Cast Netting Instruction</td>
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<tr>
<td>29</td>
<td>Saturday 10:00 a.m.</td>
<td>Guided Reef Tour</td>
</tr>
<tr>
<td>30</td>
<td>Sunday  Noon</td>
<td>Reading with a Ranger</td>
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#### SEPTEMBER

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

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

- **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 an 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 techniques and tricks needed to catch bait fish. Participants will be permitted to throw some nets, great for children and families. Reservations recommended.
- **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.

### Event Details

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