

# Marsh Mailing

---

Madrona Marsh Preserve and Nature Center

---

Marsh Mailing is also available in full color at [www.friendsofmadronamarsh.com](http://www.friendsofmadronamarsh.com)

## Month in Review - November 2019

by Steve Ash

Right down to the wire! Working feverishly throughout the final days of November, staff and volunteers at the Madrona Marsh Preserve (MMP) were able to complete nearly all the wetland preparations needed before our rain season kicked in. Included in the laundry list and completed just in time are: mowing, cutting and removing tules, trimming trees, opening up drains, raking, and removing as much biomass as possible from the wetlands. Through great effort and logistics planning, about 90 percent of the work is done. The remaining work is largely in areas where water will not reach us until more significant rainfall numbers are realized. It took 9 roll-offs and 5 truckloads to remove the mass of vegetation managed under this, our largest fall project. As the first rains began to fall our folks were bringing out the final loads, delivering them to green waste.

With the advent of our 2020 rain season (October – September) we began a thorough

tracking of precipitation collected in the sump, our wetlands, and vernal pools. At this time last season (2018) our rain total at the end of



*THANKSGIVING FEAST. Tommye Hite took this photo early Thanksgiving morning in the north pond after our first big rain of the season. Dozens of ducks feasted on the plankton of Madrona - Mallards, Wigeons and even Gadwall and Pintail made their first visit of the rainy season.*

November was 1.94 inches. This year we've had 1.68 inches of rain through November. Like last year, we've moved some of that precipitation from the sump into the wetlands, replicating the historical runoff that watered the wetlands. It will take much more rain before the wetlands are filled. Last season, the wetlands reached full level after

about 8 inches of precipitation had accumulated over a two-month period around January 17th. Will we hit that target again this season? It's up to nature to decide, but at least we know we are ready for the rain.

During November, we hosted our annual partnership with the Torrance YMCA. Every year YMCA sponsors "National Clean-Up Day" and this year they chose MMP once more. Over sixty YMCA volunteers came to the Nature Center on Saturday, November 2<sup>nd</sup>. They, in addition to our regular restoration volunteers numbering 70 strong, joined forces and together they knocked out a tremendous amount of restoration work.

*"Review" continued on page 2.*

---

**Mark your calendars for the FOMM Annual Meeting, January 26. See page 3 for details.**

“Review” continued from page 1

Similar to last month’s “Make a Difference Day”, with infectious enthusiasm YMCA volunteers planted native grasses and raked-up and removed large amounts of vegetation from the Preserve. Thank you YMCA!

Another group, Saatchi & Saatchi is a marketing and advertising company that is around the corner from MMP. Being so close to the Marsh puts Saatchi & Saatchi in a unique position to have employees enjoy the Preserve on their lunch break. This company prides itself in being curious and out of the box thinkers.

The fact that their employees enjoy strolls among the Preserve’s wildlife wonderfully exemplifies how a dynamic urban work culture can utilize green space to encourage workplace creativity. Each year this company’s employees come together for one day to show their support for the Madrona Marsh. This year, about twenty Saatchi & Saatchi employees helped our staff pick up stick piles and rake up mowed grasses in preparation for the rainy season. We appreciate you Saatchi and Saatchi for the fourth consecutive year!

Speaking of volunteer support, during the month over 440 volunteers donated over 1790 hours supporting restoration projects at the Preserve and Nature Center. Despite the holiday and “cancelled due to rain” days, nearly 220 volunteers supported the hard work on the Preserve preparing for the rains. They put in a whopping 790 hours of hands-on labor. That’s a deal maker when it comes to biomass removal!

So why do they continue to come to MMP? For many, it’s about earning the school credits to meet community service requirements that come along with getting an education. But for many, and a growing number, it’s about just getting out and doing something. Many will say, “I need to get out of the city now and then”. For me, John Muir put it well when he said, “One touch of nature makes the whole world kin”. Thank you, Mr. Muir.

If you are a birder, the quiet calm mornings offer great viewing opportunities during fall and especially after the rains arrive. During November, 87 species of birds were spotted on or over the Preserve. It’s hard to imagine, but over 6,000 individual birds were spotted and recorded by observers! If you’re willing to wander and observe, there seems to be no end to the number of birds that can be seen and heard. Now that water is back in the wetlands, so are the Mallards, Wigeons and Coots, not to mention a few Pintails, Teals and Geese. We anticipate the numbers and species of

waterfowl to increase significantly over the next month.

Art and nature just go together, naturally. The MMP Art Gallery is hosting an exhibit of photographer Paul Blieden. His “Pacific Tree Frogs” exhibit, through colorful photography, beautifully showcases our native Pacific Tree frog, found in abundance at MMP. This frog is a visitor favorite at the Nature Center, especially among children. Known for their unique coloration from sandy browns to bright greens, the Pacific Tree Frog can change color based on a myriad of variables such as light, temperature and humidity. The Pacific Tree frog is easily found among our tules and wetland grasses on the Preserve. This frog is also known as the chorus frog due to their well recorded “ribbit” songs, heard each evening as the males serenade their amphibian ladies. Mr. Blieden spoke on behalf of these fascinating amphibians at his artist reception held in our Nature Center classroom.

All in all, tremendous things happened and great progress was made in November!



*Editor’s Note:* Steve’s great article was wonderfully overcome by (rain) events starting 5 days later, on Thanksgiving Day (see Tommye Hite photo on front page) continuing into the new year, as described here by Manager Melissa Loebel on January 2, 2020:

“We would like to invite all of you to visit the Preserve! It’s full of life! Our first rainfall was on 11/21/2019 and as of today we have received 7.63 inches of rain!”

*(Above photo taken by Melissa Loebel on January 2, 2020: Madrona at Sunset)*

# Annual Meeting Friends of Madrona Marsh

Sunday, January 26, 2020

Madrona Marsh Nature Center

3201 Plaza Del Amo

Torrance, CA 905053

Meeting starts at 1 p.m.

- Welcome and Introductions – President, Suzan Hubert
- Election of 4 Board Members

Candidates:       Bobbie Snyder  
                          Carol Roelen  
                          Jeanne Bellemin  
                          Steve Giffin

- Honoree Recognition
- FOMM Annual Report: President Hubert
- **“2019 – Another Successful Year Enhancing Habitat”**  
Melissa Loeb, Manager/Naturalist for the Madrona Marsh Preserve and Nature Center, reports on the year’s successes in restoration, water quality, our volunteer and education programs, research, animal care – and much more. She will also present upcoming projects, including the new Land Steward Program to help manage the impact of the increasing number of visitors at the Preserve.
- Closing Remarks – President Hubert

\* \* \* Refreshments Will Be Served Before Meeting \* \* \*

# Pin-Tailed Whydah *Vidua macroura*

by Vincent Lloyd

After leading a tour at the Marsh the other day, I was asked by a visitor, “I just saw a bunch of little birds with bright red bills. What were they?”

“Bright red bills? Hmmm. Could be the Pin-tailed Whydah.”

‘What kind of name is that?’, you ask. Don’t bother looking in your field guide, because you won’t find it there — this is an “exotic” bird not native to North America. Like many exotics, this species came here via the pet bird trade. While most escaped cage birds can’t survive on their own, the Whydah has managed to establish a breeding population in southern California.

The homeland of the Pin-tailed Whydah is sub-Saharan Africa, where it is widespread in grasslands and savannah. It shuns dense forest and deserts. Escapees have established themselves in Portugal, Singapore, and Puerto Rico in addition to southern California, particularly Orange County. Huntington Central Park in Huntington Beach is a place where they are regularly seen.

The breeding male is hard to miss: about 5 inches in length with black upperparts, white underparts, brown wings with white patches, a bright red bill, and black tail feathers nearly twice as long as the body, following it around limply. The female and non-breeding male are much more modest—brown and sparrow-like, but with bold stripes on the head and back, and a pink bill. According to the Princeton *Birds of Southern Africa*, the juvenile is plain brown above and whitish below with a greyish bill, rather similar to juvenile Scaly-breasted Munias.

The Pin-tailed Whydah is a brood parasite like the cowbirds: the female lays her eggs in the nest of another species. Unlike the cowbird, however, she doesn’t remove the eggs of the host species. Nor do the whydah nestlings attack the host nestlings. Very smart thinking: they don’t want their host species to disappear! In Africa the hosts are usually waxbills. Local populations will generally stick to a single host species year after year, but they have been

known to switch hosts occasionally. In California there are few waxbills (although escaped Orange-cheeked Waxbills are sometimes seen), but there



*Male Pin-tailed Whydah*

are lots of Scaly-breasted Munias. The munia is another exotic species that belongs to the same family as the waxbills (the Estrildidae). The whydah in Africa doesn’t use munia nests because munias don’t occur in Africa (they are from Asia), but it’s speculated that in California the munia is their most likely host. Interestingly, the number of whydah sightings has soared in the last decade, even as munias have become increasingly common. It is an open question whether the whydahs will learn to parasitize the nests of native species. Ornithologists have reason for concern, given the devastating effect the Brown-headed Cowbird has had on birds like the Acorn Woodpecker.

The Pin-tailed Whydah was first described by the German naturalist Peter Simon Pallas in 1764, who gave it the specific name *macroura*, meaning “long tail” (the Mourning Dove has the same specific name) and Linnaeus assigned it the name *vidua*, which is now the name of its genus.

[“Pin-tailed Whydah” continued on page 5](#)

# Moon Over Madrona

## January - March 2020

by Vincent Lloyd



Earth's beautiful sister planet Venus makes a lovely appearance in the evening sky this winter at Madrona. Looking west about 6 p.m., you will see a bright "star" that is more brilliant than any other star. That's Venus. It will slowly rise higher and higher in the sky until by the end of March it approaches the 7 Sisters, or Pleiades, the famous star cluster in Taurus.

On the evening of Monday, January 27, look for Venus and the waxing crescent Moon close together—a striking sight. (In binoculars or a telescope, the star phi Aquarii will be right next to Venus, and Neptune a little below.) Later, on March 5, the Moon will be in line with Castor and Pollux.

Expect Full Moons on January 10, February 8, and March 9.

January is when the Sun starts to get higher in the sky and the days get longer. Between January 1 and April 1, the height of the noon Sun increases from 33° to 61°, while the hours of daylight increase from 9 hours 56 minutes to 12 hours 33 minutes. The spring equinox will occur on March 20, when the Sun crosses the equator from south to north; it rises due east and sets due west, and day and night are both 12 hours long.

### "Pin-tailed Whydah" continued from page 4

This choice appears to be a play on words. "Vidua" is the Latin word for widow. Whydahs are closely related to a group of birds called "widow birds", but at the same time, *vidua* is coincidentally close in sound to "whydah", a word that derives from the city of Ouidah in Benin in West Africa.

Look for the whydahs in the willow area of the Marsh foraging on the ground with sparrows. Twelve were seen on the Christmas Bird Count in December! In the summer, you may see a male with its ridiculous tail perched out in the open.-  
**V.L.**

Photo credit: Male Pin-tailed Whydah, South Africa. Alan Manson, Wikipedia Commons.

## Artists Corner

View the works of local artists portraying the beauty of the Madrona Marsh. The public is invited to attend the artist's reception where the artists talk about their work or give a related demonstration.

Through January 24 - **"A Return to the Madrona Marsh,"** - Jim Ellsberry Exhibit.

January 28 - March 6 - **"Marsh Madness 2,"** Palos Verdes Art Group. Artist's Reception, February 1, 1 - 3 p.m.

March 10 - April 14 - **"Nature's Wings,"** - Stephen West Exhibit. Artist's Reception, March 14, 1 - 3 p.m.

April 21 - May 29 - **"My Favorite Marshin' II"** - Dave Wolfram Exhibit. Artist's Reception, April 25, 1 - 3 p.m.

## Madrona Marsh Preserve and Nature Center\*

### Schedule of Events for January through April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<u>1</u>	<u>2</u> 10 am-Tyke Hike -donation 10:30 Prop.Soc	<u>3</u> 10 am-- Friday Fun**	<u>4</u> 8:45 am-12 n-Hab.Restor. 6-8 pm-Star Party
<u>5</u>	<b>CLOSED</b>	<u>7</u> 8:30 am-Tour d'Torrance	<u>8</u> 8 am-Bird Walk/ Bob Shanman 6:30-8:30 pm-FOMM Board Meeting	<u>9</u> 10:30 Prop.Soc. 10:30am-Nature Stories-	<u>10</u> 10 am--12 n- Friday Fun- donation**	<u>11</u> 8:45 am-12 n-Hab.Restor. & Student.Service 6:30-Night Hike\$\$
<u>12</u>	<b>CLOSED</b>	<u>14</u> 8:30am-Tour d'Torrance	<u>15</u>	<u>16</u> 10:30-12:30- Prop. Society	<u>17</u> 10 am--12n- Friday Fun- donation**	<u>18</u> 8:45 am-12 n-Hab.Restor 9am-H.B.Nature Walk 10:30-So.Bay Wildlife Rehab
<u>19</u>	<b>CLOSED</b>	<u>21</u> 8:30 am-Tour d'Torrance 7 pm-Audubon "Galapagos"	<u>22</u>	<u>23</u> 10:30-12:30- Prop. Society	<u>24</u> 10 am- Friday Fun- donation** Ellsberry Exhibit Ends	<u>25</u> 8:30 am-Bird Walk 8:45 am-12 n-Hab.Restor. 10 am - Nature Walk
<u>26</u> 10-am NatureWalk 1pm-FOMM ANNUAL MEETING	<b>CLOSED</b>	<u>28</u> 8:30 am-Tour d'Torrance PV Art Group Exhibit Begins	<u>29</u>	<u>30</u> 10:30-12:30- Prop. Society	<u>31</u>	

## JANUARY

*\*All activities and classes meet at the Madrona Marsh Nature Center, located at 3201 Plaza del Amo (between Maple and Madrona) on the north side of the street. \*\*Reservations are required for Friday Fun. For latest event information, see our website, [www.friendsofmadronamarsh.com](http://www.friendsofmadronamarsh.com).*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<u>1</u> 8:45 am-12 n-Hab.Restor. & Student.Service
<u>2</u>	<b>CLOSED</b>	<u>4</u> 8:30 am-Tour d'Torrance	<u>5</u> 10-10:45-am-Senior Stroll	<u>6</u> 10 am-Tyke Hike -donation 10:30 Prop.Soc	<u>7</u> 10 am--12 n- Friday Fun- donation**	<u>8</u> 8:45 am-12 n-Hab.Restor. & Student.Service 10am-Nature Walk
<u>9</u> 10am- Nature Walk	<b>CLOSED</b>	<u>11</u> 8:30 am-Tour d'Torrance	<u>12</u> 8 am-Bird Walk/ Bob Shanman 6:30-8:30 pm- FOMM Bd. Mtg.	<u>13</u> 0:30 Prop.Soc 10:30 am- Nature Stories	<u>14</u> 10 am--12 n- Friday Fun- donation**	<u>15</u> 8:45 am-12 n-Hab. 9am-H.B.Nature Walk
<u>16</u>	<b>CLOSED</b>	<u>18</u> 8:30am-Tour d'Torrance 7 pm-Audubon Mtg.	<u>19</u>	<u>20</u> 10:30-12:30- Prop. Society	<u>21</u> 10 am--12 n- Friday Fun- donation**	<u>22</u> 8:30 am-Bird Walk 8:45 am-12 n-Hab.Restor.
<u>23</u>	<b>CLOSED</b>	<u>25</u> 8:30 am-Tour d'Torrance	<u>26</u>	<u>27</u>	<u>28</u> 10 am--12n- Friday Fun- donation**	<u>29</u> 8:45 am-12 Hab.Restor.

## FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>1</u>	<u>2</u> CLOSED	<u>3</u> 8:30 am-Tour d'Torrance	<u>4</u>	<u>5</u> 10 am-Tyke Hike 10:30-PropSoc.	<u>6</u> 10 am--12 n-Friday Fun-donation**	<u>7</u> 8:45 am-12 n-Hab.Restor. & Student.Service 6:30pm-Night Hike\$\$
<u>8</u>	<u>9</u> CLOSED	<u>10</u> 8:30 am-Tour d'Torrance West Art Ex.begins	<u>11</u> 8 am-Bird Walk/ Bob Shanman 6:30-8:30 pm-FOMM Board Meeting	<u>12</u> 10:30 Prop.Soc 10:30am-Nature Stories	<u>13</u> 10 am--12 n-Friday Fun-donation**	<u>14</u> 8:45 am-12 n-Hab.Restor. & Student.Service 10 am-Nature Walk 1-3-West Art Reception
<u>15</u> 10 am-Nature Walk	<u>16</u> CLOSED	<u>17</u> 8:30am-Tour d'Torrance 7 pm-Audubon Mtg.	<u>18</u>	<u>19</u> 10:30 PropSoc.	<u>20</u> 10 am--12n-Friday Fun-donation**	<u>21</u> 8:45 am-12 n-Hab.Restor 9am-H.B.Nature Walk 10am-Internat.Bird Rescue
<u>22</u>	<u>23</u> CLOSED	<u>24</u> 8:30 am-Tour d'Torrance	<u>25</u>	<u>26</u> 10:30 PropSoc	<u>27</u> 10 am-12n-Friday Fun-donation**	<u>28</u> 8:30 am-Bird Walk 8:45 am-12 n-Hab.Restor. 7:30 pm-Star Party
<u>29</u>	<u>30</u> CLOSED	<u>31</u> 8:30 am-Tour d'Torrance	<u>31</u>			

**MARCH**

*\*All activities and classes meet at the Madrona Marsh Nature Center, located at 3201 Plaza del Amo (between Maple and Madrona) on the north side of the street. \*\*Reservations are required for Friday Fun. For latest event information, see our website, [www.friendsofmadronamarsh.com](http://www.friendsofmadronamarsh.com).*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<u>1</u>	<u>2</u> 10 am-Tyke Hike donation 10:30 Prop.Soc	<u>3</u> 10 am--12 n-Friday Fun-donation**	<u>4</u> 8:45 am-12 n-Hab.Restor. & Student.Service 10am-Eggstravaganza
<u>5</u>	<u>6</u> CLOSED	<u>7</u> 8:30 am-Tour d'Torrance	<u>8</u> 8 am-Bird Walk/ Bob Shanman 6:30-8:30 pm-FOMM Board Meeting	<u>9</u> 10:30 Prop.Soc. 10:30am-Nature Stories	<u>10</u> 10 am--12 n-Friday Fun-donation**	<u>11</u> 8:45 am-12 n-Hab.Restor. & Student.Service 10 am-Nature Walk
<u>12</u> 10 am-Nature Walk	<u>13</u> CLOSED	<u>14</u> 8:30am-Tour d'Torrance West Exhibit Ends	<u>15</u>	<u>16</u> 10:30-12:30-Prop. Society	<u>17</u> 10 am--12n-Friday Fun-donation** 8:45-1EarthDay Restor.ation	<u>18</u> 8:45 am-12 n-Hab.Restor 9am-H.B.Nature Walk
<u>19</u>	<u>20</u> CLOSED	<u>21</u> 8:30 am-Tour d'Torrance 7 pm-Audubon Mtg. Wolfram Exhib.Begins	<u>22</u>	<u>23</u> 10:30-12:30-Prop. Society	<u>24</u> 10 am-Friday Fun- Ellsberry Ex. 10am-Turtle/ TortoiseDay	<u>25</u> 8:30 am-Bird Walk 8:45 am-12 n-Hab.Restor 1-2 pm-Wolfram Recept.
<u>26</u>	<u>27</u> CLOSED	<u>28</u> 8:30 am-Tour d'Torrance	<u>29</u>	<u>30</u> 10:30-12:30-Prop. Society		

**APRIL**

# Benefits of Being Outside

by Suzan Hubert

Perhaps bit of rejuvenation is in order; something to keep the good cheer flowing. A trip to Cabo, Paris, Mexico, or the islands sounds good but then there is the time, expense and hassle involved. Why not a walk on the Preserve? We are local and free; no hassle, no expense, plus there are some good scientific reasons backing up a stroll in nature.

**Vitamin D Helps Your Body Function More Efficiently**--Going outside to “get some vitamin D” has become something of a refrain—parents use it to admonish their kids for playing too many video games and sunshine-deprived office workers use it as an excuse to take their fifth coffee break—but what does vitamin D actually do for you? By helping maximize calcium absorption, vitamin D promotes bone and dental health. It can also elevate mood and reduce the risk of cancer, heart disease, stroke, diabetes, and more. Vitamin D also improves blood flow and lowers blood pressure by literally relaxing your blood vessels.

**Natural Light Normalizes Your Sleep Schedule**--Getting a doctor-recommended dose of sunlight can also help you feel refreshed and relaxed by helping regulate your body’s melatonin production. Melatonin is a hormone that controls your body’s internal clock (basically, it makes you sleepy). The melatonin-producing part of your brain (the pineal gland) is directly affected by access to light—it remains inactive during the day and is switched on when darkness sets in. The right amount of melatonin ensures you have a good night’s sleep—and wake feeling rejuvenated.

**Being in Nature Unplugged Leads to Relaxation**--Multi-tasking, particularly with electronic devices, is a leading cause of stress. A University of California, Irvine study found that people who had access to email—and therefore received a steady stream of messages throughout the day—had higher heart rates than those who were cut off from electronic communication. So taking an off-the-grid walk can help you fully unwind. Leaving your devices behind and heading out into nature can also be calming for more metaphysical reasons. A study by the University of Wisconsin School of Medicine and Public Health found that a natural environment allowed people to leave the stressors of their everyday lives behind. By centering your mind, you can relax your body.

**Gives Your Brain the Downtime It Needs to Recharge**--The human brain demands 20 percent of all the energy the body produces, and this requirement increases by 5 to 10 percent when you’re focused on a mental challenge. When the body is at rest, however, the brain doesn’t cease activity—at least not in the way you expect. When people are in a daydreaming state—something more easily achieved in nature’s serene environment—their brains settle into what scientists call the default mode network (or DMN). DMN is a complex circuit of coordinated communication between parts of the brain and is essential to mental processes that develop our understanding of human behavior, instill an internal code of ethics, and help us realize our identities.

**Lowers Stress Hormone Levels**--A recent Dutch study suggests that spending time in nature and performing repetitive tasks such as gardening can fight stress better than other leisure activities. In the study, one group of people was asked to read indoors after completing a stressful task while the other group was instructed to garden for 30 minutes. The gardeners not only reported being in a better mood than the readers, but also had lower levels of the stress hormone cortisol.

**Breathing is Your Body's Built-In Stress Buster**--Research shows that breathing techniques have the ability to dampen the production of stress hormones as well as train your body's reaction to stressful situations. Rapid breathing engages your body's sympathetic nervous system (or, your "fight or flight" response) which is activated by stress and works to energize the body. Slow, deep breathing—the kind encouraged by the great outdoors—stimulates a parasympathetic reaction, which calms us down. By stopping to smell the roses, you can put the brake on your body's natural stress response and chill out a bit.

**Oxygen Affects Your Sense of Well-being**--Levels of oxygen in your brain are tied to levels of serotonin, the neurotransmitter that affects your mood, appetite, memory, social behavior, and other processes. Too much serotonin and you can become irritable and tense, but too little serotonin and you can become depressed. Breathing fresh air can therefore help regulate your levels of serotonin and promote happiness and well-being.

*“Benefits” continued on page 9*



“Benefits” continued from page 8

The negative ion-rich oxygen found in nature also has a relaxing effect on the body. To put things in perspective: the Los Angeles freeway has a negative ion count of below 100 per cubic centimeter; while the area around a large waterfall can boast a negative ion count of 100,000 per cubic centimeter (average fresh air has 2,000 - 4,000 negative ions per cubic centimeter). Negatively ionized air promotes alpha brain waves and increases brain wave amplitude, which creates an overall clear and calming effect.

**Bacteria in Soil Also Boosts Your Serotonin Levels**--Nature’s calming effect comes from not only the fresh air, but also the ground. Research done by scientists at the University of Colorado at Boulder shows that *Mycobacterium vaccae*, a harmless bacteria commonly found in soil, can act as a natural antidepressant by increasing the release and metabolism of serotonin in parts of the brain that control cognitive function and mood. The bacteria can also decrease inflammation in your immune system.

**Physical Activity Pumps Up Your Endorphins**--Finally, the exercise that generally

goes hand-in-hand with spending time out of doors (hiking, biking, water ities) spurs the production of endorphins--your brain’s “feel-good” neurotransmitters. This is the sensation that long-distance runners refer to as a “runner’s high.”

Source <http://mentalfloss.com/article/60632/11-scientific-reasons-why-being-nature-relaxing>

If you are stressed, depressed, angry or frustrated and haven’t the time or finances for Cabo or Paris try a walk on the Preserve; it works for me and maybe for you, too....--Suzan

## REMINDER:

### 2nd Weekend Nature Walks

Just a reminder, as we reported last issue, that the old '4th Weekend Nature Walks' will be moved to the 2nd Weekend of each month, starting in February, 2020. The February 2020 Nature Walks will start at 10 a.m. on Saturday February 8 and Sunday February 9. All walks begin at the Nature Center.



Volunteer of the Year award was presented to Margie Drake by the FOMM Board of Directors for her many years of volunteering to rake, sweep and do whatever else she could to keep our property clean and tidy. Shown with Margie are (l-r) Vincent Lloyd, Ellen Peterson, President Suzan Hubert, (Margie), Sarah Noddings, Carol Roelen and Bill Arrowsmith. Photo by Tracy Drake

## Donations of \$100 or More

<b>Date</b>	<b>Donor</b>	<b>Amount</b>	<b>Notation</b>
September	Bill & Barb Ailor	\$100.00	
September	Bobbie Snyder	\$2,550.00	
September	Gertrude Moriguchi	\$100.00	
September	Debra Abshear	\$100.00	
September	Old Torrance Neighborhood Association	\$100.00	
September	Hermosa Kiwanis Club Foundation	\$500.00	
September	John & Lisa Jones	\$100.00	Scholarship Fund
October	California Native Plant Society	\$500.00	
November	Brian & Joann Bailey	\$100.00	
November	John & Bernice Ozaki	\$100.00	
November	F-1 Key Foundation	\$500.00	
November	Lynda Kramer	\$100.00	In Memory of Jean Dorman
November	David & Janice Champion	\$100.00	
November	Jeff Lippen	\$100.00	
November	May Cambra	\$500.00	
November	Ellen & Chris Velline	\$100.00	
December	Lyn & Michael Russell	\$1,000.00	In Memory of Jean Custer
December	Beth & Jim Shibata	\$500.00	
December	Roger Potter	\$100.00	
December	Rebecca Moore	\$100.00	
December	James & Yoko Justiss	\$600.00	
December	Frank Miles	\$200.00	
December	Brian Currie	\$500.00	
December	Anne Bellemin	\$250.00	Acknowledgement of Jeanne Bellemin
December	Elizabeth Lanzer	\$100.00	
December	Georgian Griswold	\$500.00	
December	Norman & Suzanne George	\$100.00	
December	Nat Bhaskar	\$100.00	



***Close Up and Personal--Tommye Hite took these close-up photos of birds at the new infinity fountain water feature just outside the classroom/meeting room and visible through window. From the top: Fox Sparrow, Orange-crowned Warbler, and Allen's Hummingbird.***



# Friends of Madrona Marsh

a non-profit organization est. 1972

P. O. Box 5078  
Torrance, CA 90510

NON-PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
PERMIT NO.214  
Torrance, California

Return Service Requested



## Membership Application

We appreciate your support. Thank you! *Your donations are tax deductible. Please consider a donation to FOMM in your will or trust!*

Annual Membership:  New  Renewal  
Individual  \$20 Family  \$30 Youth (under 18)/Senior (over 65)  \$10  
Patron  \$50 Club/Organization  \$75 Business/Industry  \$150  
Lifetime Membership  \$500 Amount Enclosed

Please send your donation or offer of services to:

**Friends of Madrona Marsh, P.O. Box 5078, Torrance, CA 90510**

FOMM is a 501(c)(3) non-profit corporation.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Newsletter Preference:  U.S. MAIL  Online My Email Address \_\_\_\_\_

I will volunteer for: (Gift Shop, Reception Desk, other) \_\_\_\_\_

\_\_\_\_\_