

Valley Wilds

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Naming the Moons

The moon. The Earth's only permanent natural satellite. Thought to have formed 4.51 billion years ago, not long after Earth's formation, the moon orbits our planet at an average distance of 238,856 miles. After the sun it is the second-brightest celestial object in Earth's sky. It is the primary cause of ocean tides, has engendered folklore,

inspired artists and lovers, been worshipped as various gods and goddesses, been thought to cause lunacy and, the most important thing for our purposes, it is the basis for some of our oldest calendars.

In ancient times, calendars across the world were guided by the lunar cycle. The moon has a dependable cycle of ~29.5 days, going through its phases, waning from full to new and then waxing back to full again. For millennia, humans have used the moon to

keep track of the passing year and set schedules for hunting, planting, and harvesting. Though our modern calendar follows the solar year, it retains some flavor from the lunar.

Following a lunar calendar means that "months" were tracked by naming each full moon. The names chosen often described an activity or event that typically occurred during that time of year in that particular location. Some moon names reflected the weather, some represented activities such as hunting and harvests, while others were more specific to the plants, birds, and animals of the season.

The first steps away from the lunar calendar came with the introduction of the Julian calendar in the Roman Empire, 45 BCE (Before Common Era), which was followed by the Gregorian calendar that was adopted worldwide and is still used today. However, ancient pagan names were not forgotten. They were incorporated so that the full moon

By Ranger Dawn Soles



Photos by Glen Florey

of the solar month maintained its name. This pattern was repeated in North America as colonial Americans settled, bringing their calendar with them. Interactions with Native Americans led to the incorporation of their moon names.

In North America, different Native American tribes had different ways of tracking time using the moon. Some had four seasons, others five. Some tribes named 12 moons, others 13. Some did both – using 12 but adding a 13th moon every few years to keep in sync with the seasons. Though various sources mix Anglo-Saxon and Native American moon names, the most commonly accepted and widely published moon names based on Native American use are those adopted from the Algonquin languages that were spoken from New England to the Great Lakes.

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- This Month's Ranger-Led Programs and Activities
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Livermore Area Recreation and Park District

4444 East Ave. Livermore, CA 94550
www.larpd.org
Ranger Office: 925.960.2400

Ranger-Led Programs

Experience nature and history in a special way. Programs are generally 1 - 2 hours in length. A \$3 donation is requested. A \$7 parking fee is charged at Sycamore Grove Park.



Quick Look:

Arroyo Trail Walk	Saturday, Nov. 3	11:00 am
Megafauna Ice Age	Saturday, Nov. 10	2:00 pm
The Way of the Ohlone	Saturday, Nov. 17	10:00 am
Turkey Time	Sunday, Nov. 18	2:00 pm
Holiday Hill Hike	Saturday, Nov. 24	10:00 am
Predators	Sunday, Nov. 25	2:00 pm

Arroyo Trail Walk (Healthy Parks, Healthy People)

Saturday, November 3 11 am

Join Ranger Eric for a slow-paced one-mile walk along the Arroyo Mocho. Learn which plants and animals are native to Livermore and which have been introduced. People of all fitness levels are encouraged to attend.

Ranger Eric Whiteside

Robertson Park (meet near the Horseshoe Pits) [Map it!](#)

Megafauna Ice Age

Saturday, November 10 2 pm

Learn about the massive titans that used to call California home. These include fanged fish, giant sloths, and more! See what cool adaptations these creatures developed to survive in a harsh world. This program will take place in an area of the park not normally open to the public, so please call (925) 960-2400 for directions or use the map link below.

Ranger Doug Sousa

Sycamore Grove Park, Reservable Picnic Area [Map it!](#)

The Way of the Ohlone (RSVP)

Saturday, November 17 10 am

What was it like to live in the Livermore Valley before the Europeans arrived? Join us as we catch a glimpse into the life of the original inhabitants of the area. We will start with a slow-paced walk to look at some of the plants and animals that were important to them, and then look at some replicas of their tools and baskets. Cancelled if raining. Please RSVP by calling (925) 960-2400.

Ranger Darren Segur

Sycamore Grove Park, Arroyo Road Entrance (5049 Arroyo Road)



Turkey Time

Sunday, November 18 2 pm

Gobble gobble! Turkeys aren't just on the table, they're out in our parklands too! Join us to learn about wild turkeys and hopefully find some to admire. This will be an easy, slow wander of less than a mile, and will be fun for both kids and adults. We'll make a Thanksgiving craft too! Cancelled if raining heavily.

Ranger Amy Wolitzer Sycamore Grove Park, Arroyo Road Entrance (5049 Arroyo Road)

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Ranger-Led Programs

Experience nature and history in a special way. Programs are generally 1 - 2 hours in length. A \$3 donation is requested. A \$7 parking fee is charged at Sycamore Grove Park.

Holiday Hill Hike

Saturday, November 24 10 am

Feeling the drag of all those Thanksgiving calories? Come for a hike into the hills to get some exercise and maybe even see a few turkey survivors! Cancelled if raining heavily.

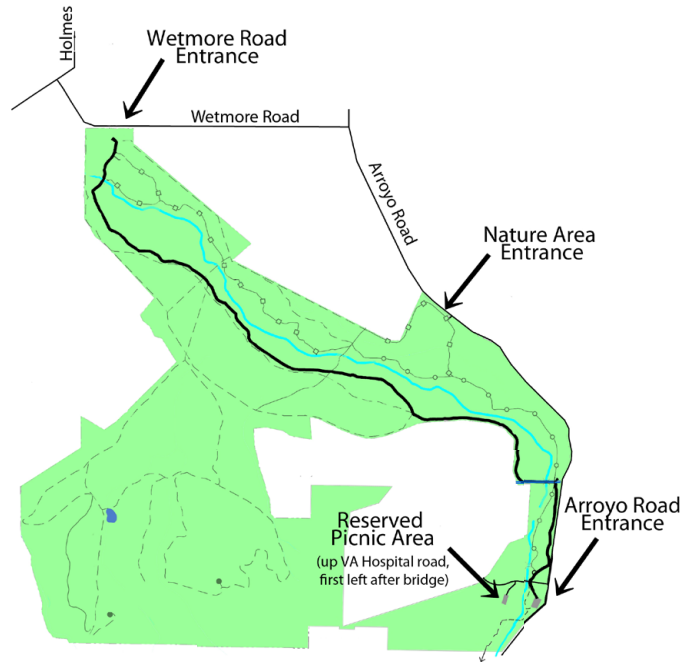
Ranger Glen Florey Sycamore Grove Park, Wetmore Road Entrance (1051 Wetmore Road)

Predators

Sunday, November 25 2 pm

They kill for a living. All branches of the evolutionary tree have them. Birds, mammals, insects, and even plants all have killers in the family. Join us today for a look at a few of the predators that have existed in the past and rule today.

Ranger Dawn Soles Sycamore Grove Park, Arroyo Road Entrance (5049 Arroyo Road)



Special Program!

Introductory Mountain Bike Skills Clinic Sunday, November 4, 1:30 - 3:30 pm with Naturalist Heather Day

Practice quick stops, tight turns, riding over logs, and more on a fun obstacle course with help and tips from experienced mountain bikers. After the skills drills, practice your new techniques on a nearby trail.

Advance registration required by calling (925) 373-5700 or register online: [age 14+](#) / [age 7 - 13](#). Fee of \$10 per teen/adult participant, free for kids ages 7 to 13 with a paid adult.

Clinic will be held in an area of Sycamore Grove Park that is not usually open to the public. Directions will be given to registered participants. If it rains, the clinic will be cancelled and refunds will be issued.



Moons (Continued)

How do lunar months mesh with our modern Gregorian 12-month solar calendar? Not precisely. It isn't really possible for them to mesh cleanly. Each year, the moon completes its final cycle about 11 days before Earth finishes its orbit around the sun. These days add up, and every two and a half years or so there is an extra full moon.

Though the practice has fallen out of use for most of us, there are some who still pay attention to moon names. Farmers' Almanac has been publishing full moon names since the 1930s, and those are the names most commonly used by people who still use them here in the US. Those names (drum roll, please) are:

Month	Full Moon Name
January	Wolf Moon
February	Snow Moon
March	Worm Moon
April	Pink Moon
May	Full Flower Moon
June	Strawberry Moon
July	Buck Moon
August	Sturgeon Moon
September	Corn or Harvest Moon
October	Hunter's or Harvest Moon
November	Beaver Moon
December	Cold or Long Nights Moon

You may have noticed that the harvest moon appears in two different months. The full moon that occurs closest to the autumnal equinox is called a harvest moon. Depending on the year, this occurs in either September or October. If the harvest moon occurs in September, then the moon following it is called the Hunter's Moon.

Where do these names come from? These are the most common interpretations:

January: Wolf Moon

In the cold of winter, when snow is deep on the ground, wolves are commonly heard howling.

February: Snow Moon

Since the heaviest snow usually falls during this month, native tribes of the north and east most often called February's full moon the snow moon.

March: Worm Moon

As winter begins to lose its grip and the ground starts thawing, earthworm casts appear.

April: Pink Moon

One of the earliest widespread flowers of spring, wild ground phlox, also known as moss pink, appears in this month.

May: Full Flower Moon

In most areas, flowers are abundant everywhere during this time.

June: Strawberry Moon

Strawberry season occurs in the month of June.

July: Buck Moon

Deer antlers begin to grow, differentiating the females from the bucks.

August: Sturgeon Moon

Sturgeon, a large fish of the Great Lakes and other major bodies of water, were most readily caught during this month.

September: Corn or Harvest Moon

This name is attributed to Native Americans because it marked when corn was supposed to be harvested. Most often, the September full moon is actually the harvest moon, which is the full moon that occurs closest to the autumn equinox. In two years out of three, the harvest moon occurs in September, but in some years, it occurs in October. At the peak of the harvest, farmers can work late into the night by the light of this moon. The full moon rises an average of 50 minutes later each night, but for the few nights around the harvest moon, the moon seems to rise at nearly the same time each night - 25 to 30 minutes later across the US, and 10 to 20 minutes later at higher latitudes. Corn, pumpkins, squash, beans, and wild rice, the chief Indian staples, are ready for gathering at this time.

October: Hunter's or Harvest Moon

The leaves are falling from the trees, the deer are

Moon (continued)

fattened, and it's time to begin storing up meat for the long winter ahead. Because fields were traditionally reaped in late September or early October, hunters could easily see animals that come out to glean from the fallen grains. With the threat of winter looming, the hunter's moon is generally accorded special honor, historically serving as an important feast day in both Western Europe and among many Native American tribes.

November: Beaver Moon

As winter approached and animals got their thicker winter fur, the beaver was particularly coveted, to assure a supply of warm furs for use in the cold season. Another interpretation suggests that the name beaver moon comes from the fact that the beavers are now actively preparing for winter.

December: Cold or Long Nights Moon

Winter has begun, cold is fastening its grip, and the

nights are at their longest.

These are the full moon names that were predominantly used on the East Coast. Some of the names used in other parts of North America and the world appear below.

As you can see, there is a wide variety of moon names, depending on where you are in the world and the influences of culture. Regardless of the name, the moon will continue to light our nights and influence cultures around the world.

"Full moons come, Full moons go, softening nights with their silver glow. They pass in silence all untamed, but as they travel they are named."

- Rhyme from [When the Moon is Full](#), a book by Penny Pollock

	From the Siouan Tribe of Montana	From the Inuit peoples of Northern Canada	Old Celtic and Medieval names	From China
January	Hard Time Moon	Dwarf Seal Moon	Wolf Moon, Stay Home Moon, Moon After Yule	Holiday Moon
February	Long Day Moon	Seal Pup Moon	Storm Moon, Ice Moon, Snow Moon	Budding Moon
March	Sore Eye Moon	Snow Bird Moon	Plough Moon, Wind Moon, Lenten Moon	Sleeping Moon
April	Frog's Moon	Snow Melt Moon	Budding Moon, New Shoots Moon	Peony Moon
May	Idle Moon	Goose Moon	Mother's Moon, Bright Moon	Dragon Moon
June	Full Leaf Moon	Hunting Moon	Mead Moon, Horse Moon, Rose Moon	Lotus Ghost Moon
July	Red Berries Moon	Dry Moon	Claiming Moon, Herb Moon, Mead Mood	Hungry Moon
August	Black Cherries Moon	Swan Flight Moon	Dispute Moon, Lynx Moon, Grain Moon	Harvest Moon
September	Yellow Leaf Moon	Harpoon Moon	Wine Moon, Song Moon, Harvest Moon	Chrysanthemum Moon
October	Gopher Looks Back Moon	Ice Moon	Hunter's Moon, Blood Moon, Seed Fall Moon	Kindly Moon
November	Frost Moon	Freezing Mist Moon	Mourning Mood, Darkest Depths Moon	White Moon
December	Younger Hard Time Moon	Dark Night Moon	Oak Moon, Full Cold Moon	Bitter Moon

The Sanatorium

By Volunteer Wally Wood

One of the newer trails in Sycamore Grove is the Arroyo Del Valle Extension Trail. It joins Sycamore Grove Park with Del Valle Park (managed by East Bay Regional Park District) near the end of Arroyo Road. The extension trail begins near the Sycamore Grove Arroyo Road entrance parking lot. After crossing a seasonal footbridge, the trail heads east following the stream. After a quarter of a mile, you will notice an open sloping hillside on the right with an "East Bay Park" gate that seems to go nowhere. On this slope are the foundations of old, long demolished buildings. This was the home of the Arroyo Del Valle Tuberculosis Sanatorium.

By 1918, over 100,000 people were dying from tuberculosis (TB) every year in this country. At the worst of this epidemic, 800 TB hospitals were open in the United States alone. Alameda County opened the Arroyo Del Valle Tuberculosis Sanatorium to combat this dreaded disease. A dry, warm climate with plenty of fresh air, bed rest, and good food were the recommended treatments of that time. So, with this in mind, 258 acres were set aside for this project.

Dr. Chesley Bush was the medical director of the facility from 1919 until 1949. This extraordinary man was president both of the Livermore Chamber of Commerce and the Livermore Lions Club. In 1939, he became the President of the National Tuberculosis Association, and he also served as Acting Director of the California Tuberculosis Association.

While this article is primarily about the sanatorium, it is interesting to note that Dr. Bush also had a role in the founding of the Veterans Hospital, which still exists today. In 1924, Dr. Bush was contacted by a Mr. Crammer, the General Council for the Veterans Bureau, who was looking for a site to build a Veterans

Hospital for the treatment of tuberculosis. Dr. Bush met him at the railroad station and drove him out to the Cresta Blanca winery site on Arroyo Road. At that meeting Mr. Crammer was so impressed that he immediately arranged to purchase the property. The new Livermore Veterans Hospital was dedicated on April 11, 1925. A future article may expound further on its history.

By 1922, the sanatorium had a staff of 60 and 175 patients. Considering that recovery from this disease could take six months to a year or longer, vocational training in a variety of subjects was made available for the adults. In March 1919, a movie projection booth was built, and movies were shown once a week. A well-maintained library helped occupy the patients during their weeks to months of bed rest. Participation in correspondence classes, occupational therapy, and industrial training classes such as printing, sewing, barbering, or wireless radio was encouraged. Another creation of Dr. Bush was a monthly publication produced by patients called the "Arroyan." Later, its name was changed to "The Stethoscope." Fortunately, copies of this



Photo from the collection of the Livermore Heritage Guild

The Sanatorium (continued)

publication are preserved by the Livermore Heritage Guild. Through them we can get a glimpse of activities at the sanatorium.

When new patients arrived, they were held in the infirmary where the severity of their tuberculosis was diagnosed, and a course of treatment was determined. The infirmary consisted of 30 private rooms and four five-bed wards. An adjoining medical building held x-ray equipment, and surgeries could be performed there. Use of a radical treatment called thoracoplasty that included collapsing a lung to allow it to rest was not uncommon. Despite the best efforts, however, many patients succumbed to the disease.

Once patients were determined to be recovering, they were moved to one of two dormitory buildings. Each building consisted of two 20-bed wings with dressing and lavatory facilities on the end. Each of these buildings contained a large central room fitted with many windows and a large fireplace. One of these

rooms was called the amusement pavilion, and it contained a piano, a phonograph, a library, and card tables. The other large room was used as a studio where patients produced items such as woven baskets, which were offered for sale

There was a service building between the two dormitories, and meals were cooked there. The meals were served in two dining rooms in the dormitories.

In 1924, with funds from Christmas Seals, additional property was purchased and a new area for children was built. It housed 80 children and was called the Ranch or Del Valle Farm. A swimming pool was built, and a school was opened. A separate kitchen and dining room adjoined the children's building. Below is a typical daily schedule for the children.

A Mrs. Klaus taught school for years at the "Farm." Students were allowed to take courses at the level they were at when they were stricken with the disease. Fresh air was thought to be an important

6:30 - 6:45	<i>Get up, air beds, change from pajamas, bathrobes, and slippers to sun suits and sandals</i>
6:45 - 7:00	<i>Go to washroom. Clean faces, hands, teeth, and finger nails</i>
7:00 - 7:15	<i>Take temperatures</i>
7:15 - 7:30	<i>Make beds</i>
7:30 - 8:00	<i>Breakfast</i>
8:00 - 10:00	<i>School for lower grades. Flag raising, play, care for pets, or return to bed according to the individual child's program</i>
10:00	<i>Milk</i>
10:00 - 11:00	<i>Sun treatment</i>
11:00 - 12:00	<i>School for high and low grades, play or rest</i>
12:00 - 12:10	<i>Wash up for dinner</i>
12:10 - 12:30	<i>Rest in bed 20 minutes preceding noon meal</i>
12:30 - 1:00	<i>Dinner</i>
1:00 - 3:00	<i>Afternoon rest period</i>
3:00	<i>Take temperatures</i>
3:00 - 5:00	<i>School for the higher grades, play for those up all day or on afternoon rest, reading (library) for those in bed, half-hour swimming in summer</i>
5:00 - 6:30	<i>Supper</i>
5:30 - 6:30	<i>Care for pets, club meetings (Boy Scouts, Camp Fire Girls, Bluebirds), programs, movies</i>
6:30 - 6:45	<i>Prepare for bed</i>
7:00	<i>Prayers, lights out</i>

The Sanatorium (continued)

part of the cure, so patients' beds were on open porches.

Mrs. Klaus recalled that in the winter she wore "sweaters, galoshes, knitted cap, mittens, a warm coat over all, and the inevitable face mask, which had to be changed as [she] went from building to building."

The nursing staff had a separate building further up the hill that was comfortable and commodious.

In 1924, a radio receiver system was installed so that every patient could hear music from one of two stations. An intercom was installed and, twice a week, teachers would give lectures over the intercom.

Little changed in the treatment of this deadly disease of tuberculosis until 1945, when a female patient with the prognosis of living only a few days was given a new drug. Four months later the woman was completely free of the disease and the age of streptomycin had begun! Discovered in 1943, streptomycin was isolated from a microbe that was found to be naturally occurring in New Jersey soil. Other types of serious infections were cured with streptomycin as well. In March 1946, the US military began experimenting with this drug after Robert J. Dole, later majority leader of the United States Senate and presidential



Photo from the collection of the Livermore Heritage Guild

nominee, experienced a rapid and robust recovery from a severe infection after being treated with it.

The last patient left the Del Valle Tuberculosis Sanatorium on August 23, 1960. By that time, 10,000

patients had passed through the facility. The buildings sat vacant for many years, and deteriorated to the point that, when East Bay Parks acquired the land, they were removed. Only the foundations and a few cement stairs leading nowhere remain. After acquiring the property, the East Bay Regional Park District conducted several interviews with past employees and patients of the sanatorium. Transcripts of these interviews and old newspapers saved on microfiche are available in the Livermore Library and can further our understanding of life there.

When you hike past the entrance to this once proud bastion of healing, stop to pause and reflect. You may hear the happy laughter of children coming from the Taylor Family Foundation. In partnership with East Bay Parks, that organization occupies some of the old Del Valle Farm. In addition to hosting elementary school students for week-long science camps, they also offer outdoor experiences for disabled and chronically ill children, continuing this area's tradition of caring for and nurturing our next generation.