

WILD & FREE in LBBD Dawn til Dusk - the magic of light in nature CALENDAR 2024

created by LBBD Ranger Service with photography by local park lovers

Simone Bingham – Gulls Feed & Flight at Dawn

Mayesbrook Park

"I was amazed when all the seagulls came so close to me to feed, with the sunrise from behind reflecting on their wings" - Simone

want to find out more?

In winter, blackheaded gulls actually have a white head with dark ear spots. Their dark brown 'hood' only appears in the summer. Birds change their plumages by moulting, a process which is triggered by environmental factors, including changes in daylight hours.



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21	22	23	24	25	26 Big Garden Birdwatch Weekend	27
28	29	30	31			Ø

Overall Winner Wild and Free 2023 Vai Meng Chan – Great Crested Grebe with Fish Eastbrookend Country Park

What inspired this winning photo?

"In the morning 'magic hour', the struggling fish splashes golden water droplets, breaking the tranquillity" - Vai Meng

want to find out more?

The **Magic Hour** refers to a unique period of the day that occurs just after sunrise or just before sunset. This brief spell of warm light occurs when the sun is low on the horizon and its light is diffused by the atmosphere.



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11	12	13	14 Valentine's Day	15	16	17
18	19	20 Eastbrookend Orchard Wassail	21	22	23	24
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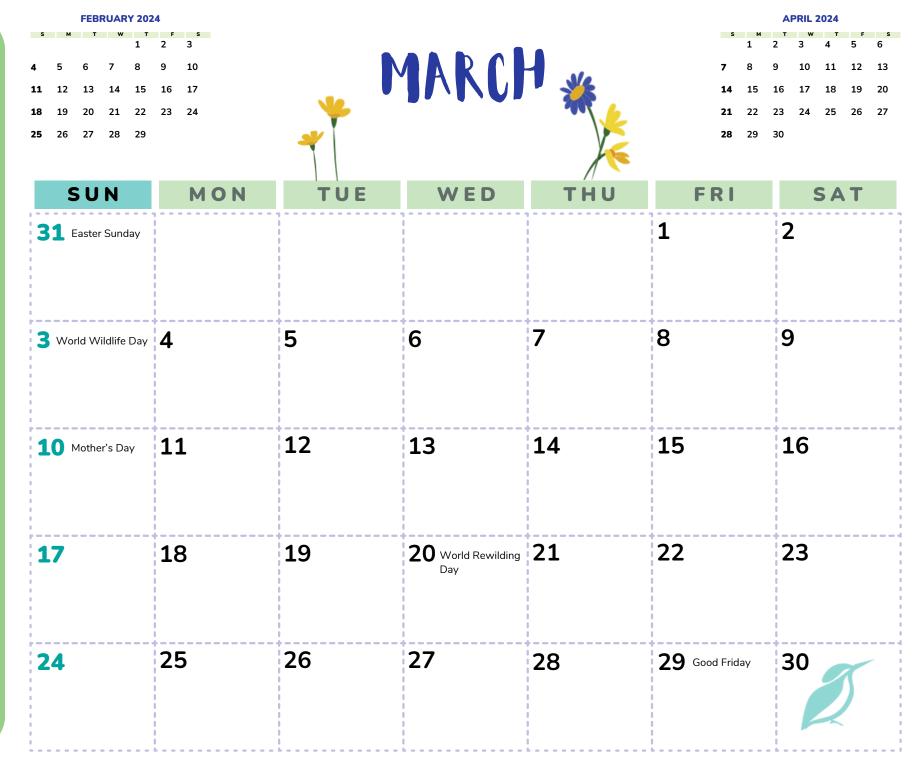
Sean Mulqueen – Rabbit Kitten with Nettles Eastbrookend Country Park

"I could see the young rabbits running about near Eastbrook Grove. The light was reflecting off the water and the leaves, and backlit the rabbit" - Sean

want to find out more?

Rabbits are crepuscular which means that they are active in the early morning and evening hours. They have specialised eyes that help them see well in the dim light conditions of dawn and dusk.





Audrey Beri – Sunbeams through Branches Valence Park

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"The contrast of the shade from the trees and light on the grass looked so beautiful that I felt I had to capture this moment" - Audrey

want to find out more?

Photosynthesis is

the process by which plants convert light into energy and oxygen. Photosynthesis is indispensable to all life on Earth as it is at the base of all food chains. It takes about 8 trees to produce the oxygen that one person needs to live.





Shirupa Aktar – Komorebi Barking Park

"My inspiration behind this photo is the Japanese concept of Komorebi, which means the scattered sunlight that filters through leaves of trees" - Shirupa

want to find out more?

Komorebi describes the beauty and wonder we experience when leaves overhead cast dancing shadows on the ground. This visual symphony of light and dark reminds us that beauty and positivity can be found in the simplest things.







Vai Meng Chan – Woodpecker and Young in Tree Hole Eastbrookend Country Park

What inspired this photo? "This image was taken using a remotely activated camera in order to capture the	MAY 2024 s M I W I I 2 5 6 7 8 9 12 13 14 15 16 19 20 21 22 23 26 27 28 29 30	F S 3 4 10 11 17 18 24 25 31		JUNE		7 8 14 15 21 22	yuly 2024 2 3 4 5 6 9 10 11 12 13 16 17 18 19 20 23 24 25 26 27 30 31 31
moment without disturbing the	SUN	MON	TUE	WED	THU	FRI	SAT
wildlife" - Vai Meng	30	,			9 • • • • • • • • • • • • • • • • • • •) • • • • • • • • • • • • • • • • • • •	1
want to find out more?		 		 	, 	, 	
Woodpeckers are diurnal, active in the day and asleep at night, which is why they are rarely	2	3	4	5 World Environment Day	6	7	8 Great Big Green Week
seen after dark. These birds typically forage during the day and sleep in self- excavated roost cavities in trees.	9	10	11	12	13	14	15
	16 Father's Day	17	18	19	20	21	22 World Rainforest Day
	23	24	25	26	27	28	29

Vai Meng Chan – Rainbow Parakeets Eastbrookend Country Park

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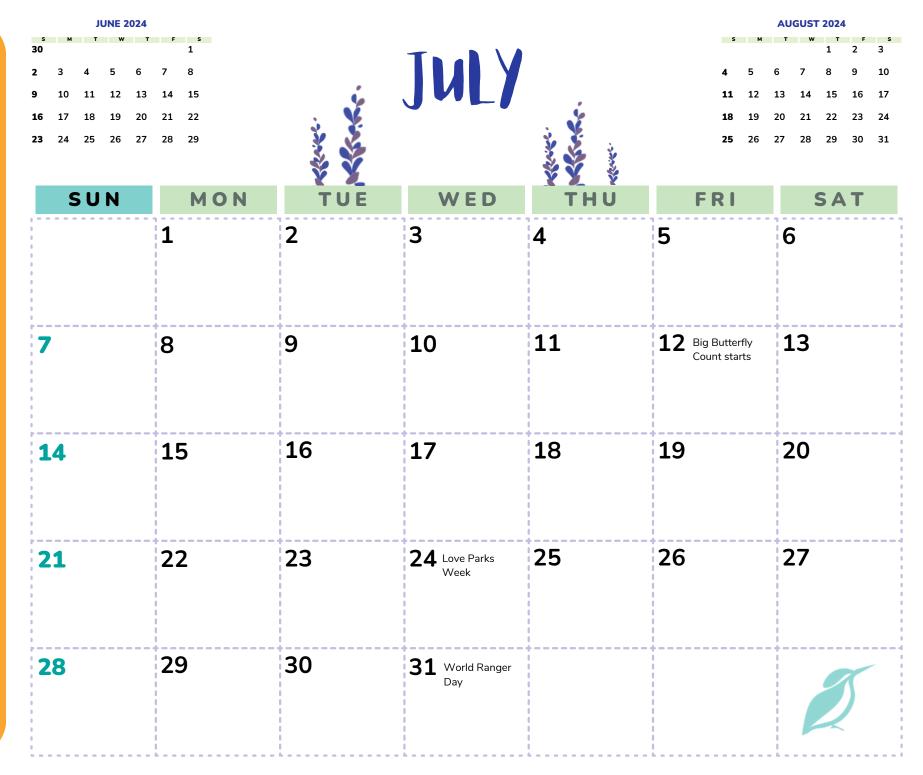
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"It's an unforgettable moment for me, you never know when a miracle is going to happen!" - Vai Meng

want to find out more?

How are **Rainbows** formed? Raindrops in the air act like tiny prisms, causing sunlight to refract, which makes the light separate into the 7 familiar colours of the rainbow: red, orange, yellow, green, blue, indigo and violet.





Colin Page – Summer Sunset Valence Park

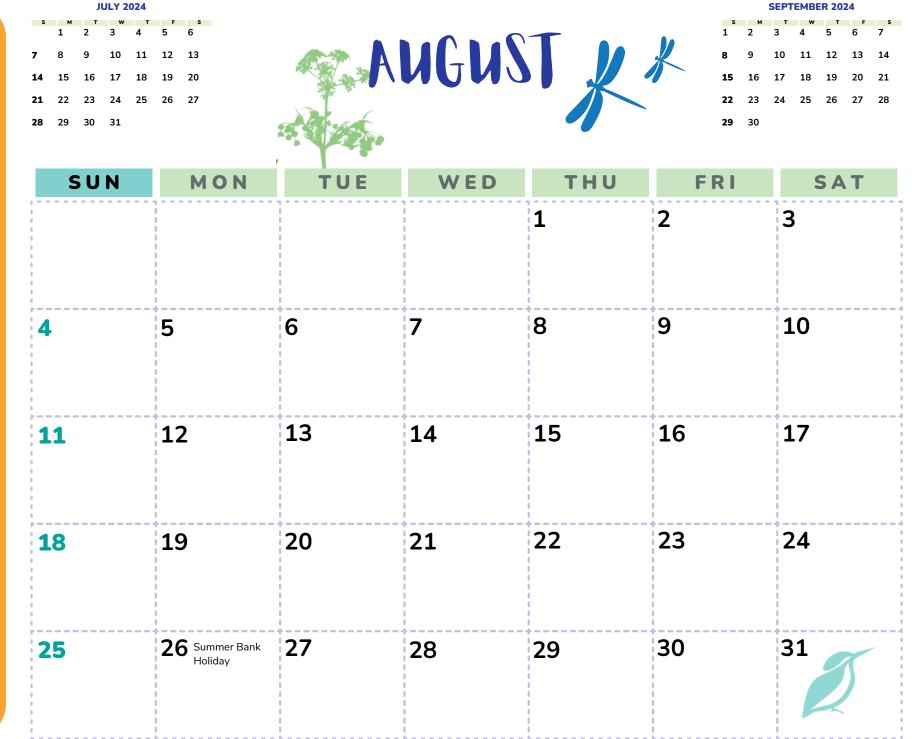
"This photo was taken by chance in Valence Park as I was walking home. It is a great open space, in a neverending growing city, to witness the changing of the seasons"

- Colin

want to find out more?

Red sky at night, shepherd's delight. When dust is trapped in the atmosphere by high pressure, blue light is scattered, leaving just red. In the UK a red sunset usually means good weather is on its way...





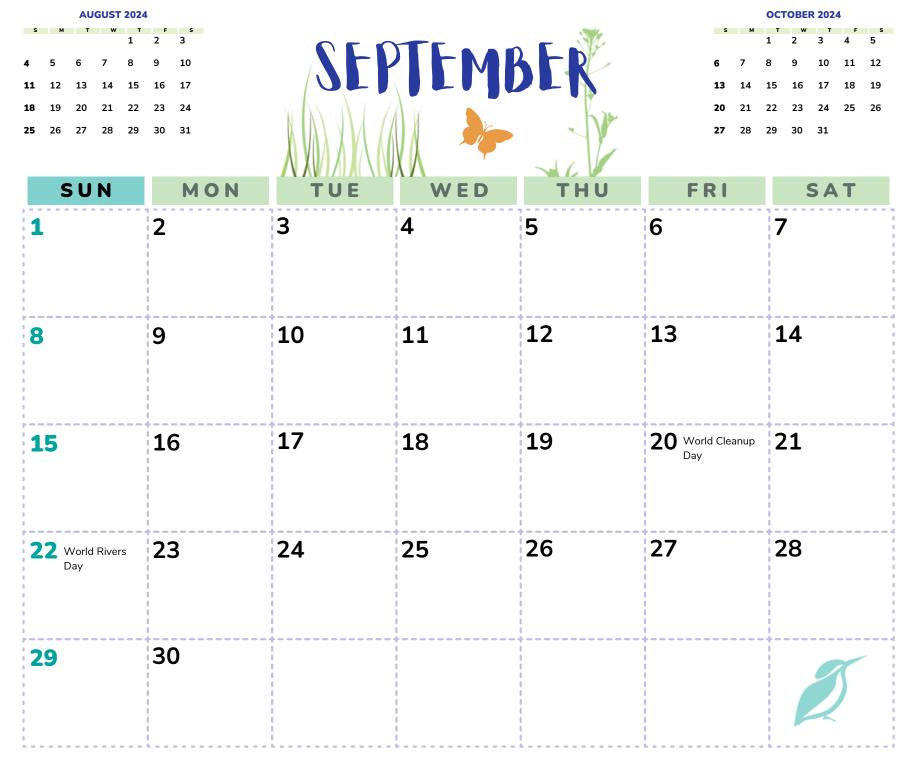
lan Cridland – Clean Bill of Health Eastbrookend Country Park

"On a gloriously sunny day this mallard was giving a fantastic display, showing its beautiful colours, it made me reflect on how very lucky we are to have such beautiful wildlife on our doorstep" - lan

want to find out more?

Iridescence in bird feathers, like the blues and greens of mallards, occurs when light interacts with special structures in the feathers called melanosomes, which affects the way light is reflected off them.





Nathan Kidley – The Yoga Fox The Chase Local Nature Reserve

"As I knelt down and readied the camera, the fox began his ritual stretches, all the while keeping me under his watchful eye"

- Nathan

want to find out more?

Animal eyes evolved different shaped **pupils**, which regulate the light that reaches the receptors at the back of the eye, depending on their lifestyles. Ambush predators, like foxes, have vertical slit pupils that allow them to accurately judge distance and movement.



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20	21 Reptile Awareness Day	22	23	24	25	26
27	28	29	30	31 Halloween		Ø

Colin Page – Blue Moon Valence Park

"The photo shows a gaggle of Canada geese flying into a full moon in November, I heard them overhead and quickly put the camera to my eye" - Colin

want to find out more?

Once in a blue moon. Blue moons usually occur every 2-3 years and are named because of their rarity, not due to their colour. A blue moon is the second full moon in a calendar month.





27 National Tree

Week

29

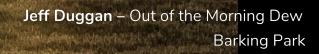
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What inspired this photo? "I frequently walk the open spaces of the borough, with my trusty camera at hand. This scene	NOVEMBER 20 5 M T W T 3 4 5 6 7 10 11 12 13 14 17 18 19 20 21 24 25 26 27 28	I 2 8 9 15 16 22 23	DE	CEMB	ER	12 13 19 20	JANUARY 2025 * * * * * * * * * * * * * * * * * * *
caught my eye after initially taking a picture of the morning dew and sunrise" - Jeff	SUN 1	<u>MON</u> 2	TUE 3	WED 4	тни 5	FRI 6	<u>SAT</u> 7
Want to find out more? Why do rays appear to radiate outwards from the Sun? It is a	8	9	10 International Animal Rights Day	11	12	13	14
trick of the light, caused by perspective, known as crepuscular rays . These are often seen at sunrise or sunset.	15	16	17	18	19	20	21
sunrise or sunset.	22	23	24 Christmas Eve	25 Christmas Day	26 Boxing Day	27	28
	29	30	31 New Year's Eve				Ø

Cover photo by **Manmohan Singh Kaith** - Rays of Hope - Eastbrookend Country Park Back cover photo by **Martin Buckley** – Snowy Robin - Eastbrookend Country Park

"I love walking in Eastbrookend Country Park. This spot is one of my favourites, from where you can appreciate rays of rising sun filtering through the branches of trees" - Manmohan

> "A snowy morning produced this picturesque Robin with snow on its beak after foraging for food, a glorious moment" - Martin

Each year the **Barking & Dagenham Park Ranger Service** invites local residents to share their experiences of wildlife seen within LBBD's parks through the Wild & Free Photo Competition.

About WILD & FREE 2023

The 2023 **#WildFreeLBBD** theme was *From Dawn Til Dusk - the Magic of Light in Nature*

This calendar shows the shortlisted entries and celebrates the natural beauty and diversity that we can find right here in the borough of Barking & Dagenham.

want to see your photos in next year's calendar?

Visit

www.barkinganddagenhamcountry parks.com/wild-and-free-in-lbbd/ or email **rangers@lbbd.gov.uk** to enter your photos in next year's photo competition!



