

Barking &
Dagenham

COUNTRY
PARKS

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

What inspired this photo?

"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, black-headed 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.

Scan me!



DECEMBER 2023

S	M	T	W	T	F	S
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

JANUARY



FEBRUARY 2024

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
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SUN	MON	TUE	WED	THU	FRI	SAT
	1 New Year's Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26 Big Garden Birdwatch Weekend	27
28	29	30	31			



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 tranquility”
- 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.

Scan me!



JANUARY 2024

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY



MARCH 2024

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31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 World Wetlands Day	3
4	5	6	7	8	9	10
11	12	13	14 Valentine's Day	15	16	17
18	19	20 Eastbrookend Orchard Wassail	21	22	23	24
25	26	27	28	29		



Sean Mulqueen – Rabbit Kitten with Nettles
Eastbrookend Country Park

What inspired this photo?

“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.

Scan me!



FEBRUARY 2024

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4	5	6	7	8	9	10
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APRIL 2024

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21	22	23	24	25	26	27
28	29	30				

MARCH



SUN	MON	TUE	WED	THU	FRI	SAT
31 Easter Sunday					1	2
3 World Wildlife Day	4	5	6	7	8	9
10 Mother's Day	11	12	13	14	15	16
17	18	19	20 World Rewilding Day	21	22	23
24	25	26	27	28	29 Good Friday	30 



Audrey Beri – Sunbeams through Branches
Valence Park

What inspired this photo?

“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.

Scan me!



MARCH 2024

S	M	T	W	T	F	S
31					1	2
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17	18	19	20	21	22	23
24	25	26	27	28	29	30



APRIL



MAY 2024

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19	20	21	22	23	24	25
26	27	28	29	30	31	

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Easter Monday	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 Earth Day	23	24	25	26 City Nature Challenge Weekend	27
28	29	30				



Shirupa Aktar – Komorebi
Barking Park

What inspired this photo?

“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.

Scan me!



APRIL 2024

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21	22	23	24	25	26	27
28	29	30				



MAY



JUNE 2024

S	M	T	W	T	F	S
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6 Early May Bank Holiday	7	8	9	10	11
12	13	14	15	16	17	18
19	20 World Bee Day	21	22	23	24	25
26	27 Spring Bank Holiday	28	29	30	31	



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 moment without disturbing the wildlife”
- Vai Meng

Want to find out more?

Woodpeckers are diurnal, active in the day and asleep at night, which is why they are rarely seen after dark. These birds typically forage during the day and sleep in self-excavated roost cavities in trees.

Scan me!



MAY 2024

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JUNE



JULY 2024

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SUN	MON	TUE	WED	THU	FRI	SAT
30						1
2	3	4	5 World Environment Day	6	7	8 Great Big Green Week
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

What inspired this photo?

"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.

Scan me!



JUNE 2024

S	M	T	W	T	F	S
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

JULY



AUGUST 2024

S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12 <small>Big Butterfly Count starts</small>	13
14	15	16	17	18	19	20
21	22	23	24 <small>Love Parks Week</small>	25	26	27
28	29	30	31 <small>World Ranger Day</small>			



Colin Page – Summer Sunset
Valence Park

What inspired this photo?

“This photo was taken by chance in Valence Park as I was walking home. It is a great open space, in a never-ending 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...

Scan me!



JULY 2024

S	M	T	W	T	F	S
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7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28	29	30	31			



AUGUST



SEPTEMBER 2024

S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 Summer Bank Holiday	27	28	29	30	31





Ian Cridland - Clean Bill of Health
Eastbrookend Country Park

What inspired this photo?

“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”
- Ian

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.

Scan me!



AUGUST 2024

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SEPTEMBER



OCTOBER 2024

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SUN	MON	TUE	WED	THU	FRI	SAT
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8	9	10	11	12	13	14
15	16	17	18	19	20 World Cleanup Day	21
22 World Rivers Day	23	24	25	26	27	28
29	30					



Nathan Kidley – The Yoga Fox
The Chase Local Nature Reserve

What inspired this photo?

“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.

Scan me!



SEPTEMBER 2024

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22	23	24	25	26	27	28
29	30					



NOVEMBER 2024

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24	25	26	27	28	29	30

SUN	MON	TUE	WED	THU	FRI	SAT
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 Reptile Awareness Day	22	23	24	25	26
27	28	29	30	31 Halloween		



Colin Page – Blue Moon
Valence Park

What inspired this photo?

“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.

Scan me!



OCTOBER 2024

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NOVEMBER



DECEMBER 2024

S	M	T	W	T	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 Guy Fawkes Day	6	7	8	9
10 Remembrance Sunday	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27 National Tree Week	28	29	30 



Jeff Duggan – Out of the Morning Dew
Barking Park

What inspired this photo?

"I frequently walk the open spaces of the borough, with my trusty camera at hand. This scene caught my eye after initially taking a picture of the morning dew and sunrise"

- Jeff

Want to find out more?

Why do rays appear to radiate outwards from the Sun? It is a trick of the light, caused by perspective, known as **crepuscular rays**. These are often seen at sunrise or sunset.

Scan me!



NOVEMBER 2024

S	M	T	W	T	F	S
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



DECEMBER



JANUARY 2025

S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10 International Animal Rights Day	11	12	13	14
15	16	17	18	19	20	21
22	23	24 Christmas Eve	25 Christmas Day	26 Boxing Day	27	28
29	30	31 New Year's Eve				

Cover photo by Mannohan 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”
- Mannohan



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



Scan me!