

Regional in Nature

Activity Guide

MARCH – APRIL 2023

East Bay 
Regional Park District
Healthy Parks Healthy People



Michael Short



Volunteers Help Support Parks with Storm Cleanup. See page 4

Earth Day: A Celebration and a Reminder
See page 3

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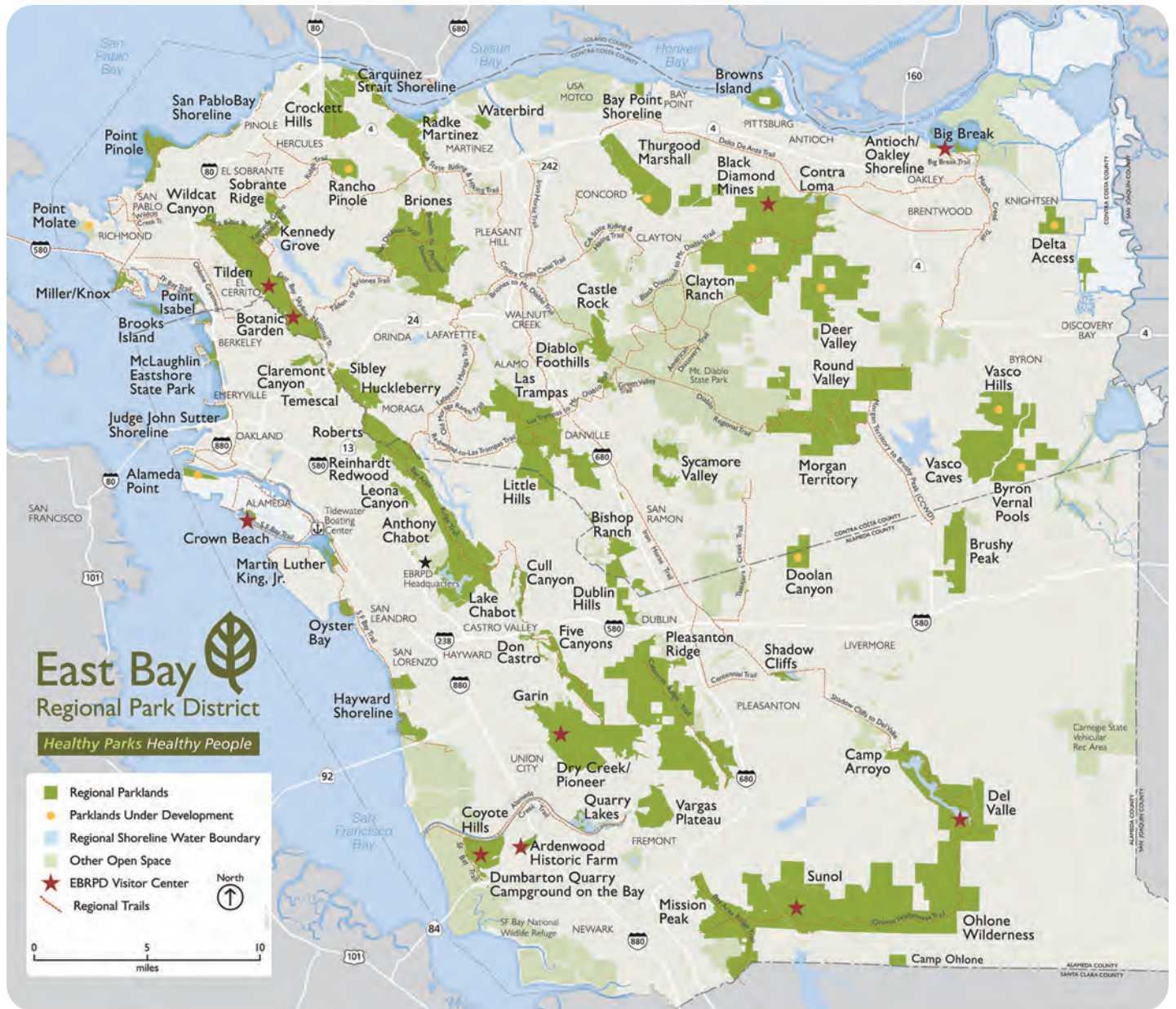
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General Information
 1-888-EBPARKS or 1-888-327-2757
 Camping and Picnic Reservations...
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 Naturalist and Recreation
 Programs.....1-888-EBPARKS
 TRS Relay Service.....7-1-1

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Visit ebparks.org for map downloads, activity and event information, and much more!



East Bay
 Regional Park District

Healthy Parks Healthy People

- Regional Parklands
- Parklands Under Development
- Regional Shoreline Water Boundary
- Other Open Space
- ★ EBRPD Visitor Center
- Regional Trails

North ↑

0 5 10 miles

East Bay Regional Park District Headquarters
 2950 PERALTA OAKS COURT, OAKLAND, CA 94605
 1-888-EBPARKS OR 1-888-327-2757 (TRS 711)
EBPARKS.ORG



Regional Parks Membership
 ENJOY FREE DAY-USE PARKING, SWIMMING,
 DOG PASS, AND MORE. 510-544-2220
REGIONALPARKSFOUNDATION.ORG

Visitor Centers

- Ardenwood Historic Farm**, Fremont
 510-544-2797, awvisit@ebparks.org
- Big Break Regional Shoreline**, Oakley
 Big Break Visitor Center at the Delta
 510-544-3050, bigbreakvisit@ebparks.org
- Black Diamond Mines Regional Preserve**, Antioch
 510-544-2750, bdvisit@ebparks.org
- Coyote Hills Regional Park**, Fremont
 510-544-3220, chvisit@ebparks.org
- Crown Memorial State Beach**, Alameda
 Crab Cove Visitor Center and Aquarium
 510-544-3187, ccove@ebparks.org

- Del Valle Regional Park**, Livermore
 510-544-3146, dvvisit@ebparks.org
- Garin/Dry Creek Pioneer Regional Parks**, Hayward
 510-544-3220 (*Coyote Hills*), chvisit@ebparks.org
 Red Barn open summer Saturdays
- Sunol-Ohlone Regional Wilderness**, Sunol
 510-544-3249, svisit@ebparks.org
 Open weekends
- Tilden Regional Park**, Berkeley
 Botanic Garden: 510-544-3169, bgarden@ebparks.org
 Tilden Nature Area/Environmental Education Center
 510-544-2233, tnarea@ebparks.org

Show Your Love of Parks on Earth Day

A MESSAGE FROM GENERAL MANAGER SABRINA B. LANDRETH



Spring brings us closer to the annual celebration of Earth Day. Launched on April 22, 1970 as an environmental teach-in, Earth Day is now a global movement galvanizing over a billion people to engage in activities to protect the Earth and the environment. Earth Day is close to the Park District's heart and mission to preserve and protect our natural resources here in the East Bay. Earth Day highlights the challenges we face today, most notably, climate change.

In our parks, the impacts of climate change include extreme weather, drought, sea level rise, and ever-increasing wildfire risks. During the early winter atmospheric river storms that pummeled the Bay Area in January, some Regional Parks suffered catastrophic damages from downed trees, fallen branches, mudslides, landslides, and severe flooding.

Earth Day is both a celebration of the natural environment we enjoy in the Regional Parks and a reminder of our

responsibility to take care of it. Join us for an Earth Day themed activity, take a hike or ride in nature, or volunteer at an Earth Day clean-up event in a park or in your neighborhood. Learn more at ebparks.org/earth-day.

Enjoy Earth Day in your Regional Parks!



McCosker Creek Restoration and Public Access Project Update

The largest creek restoration project in the Park District's history is wrapping up at Sibley Volcanic Regional Preserve. The McCosker Creek Restoration and Public Access Project, which began construction in 2020, daylights approximately 3,000 linear feet of previously culverted creek and provides restored natural habitat that has the potential to support 10 special-status or protected species, including the California red-legged frog, California foothill yellow-legged frog,

Alameda striped racer, Alameda whipsnake, San Francisco dusky-footed wood rat, golden eagle, Cooper's hawk, loggerhead shrike, northern harrier, and white-tailed kite.

Stabilizing jute protects the creek's soil while plants begin to grow.

Water quality and streamflow is currently improved by the completed creek channel portion of the project, providing new habitat for rainbow trout. In fact, a young-of-year (juvenile) rainbow trout was observed in the channel in late winter 2022. The project restores sections of Alder and Leatherwood creeks, which are part of the upper San Leandro Creek watershed.

Funding for the project includes \$4 million secured by Assemblymember Rebecca Bauer-Kahan in the 2019 state budget. Additional funding came from the Park District's voter-approved Measure WW and other state and federal grants.

Public access improvements, planned in future phases, include additional parking, restrooms, water fountains, a group campsite.



Plants sprout along the newly daylighted creek.



Doolittle Drive Bay Trail Project OPENING SOON

A new section of San Francisco Bay Trail along Doolittle Drive in Oakland is nearing completion. This segment closes a half-mile gap in the SF Bay Trail and greatly improves safety for pedestrians and bicyclists by eliminating the need to use the shoulder of busy Doolittle Drive. The SF Bay Trail is a planned 500-mile walking and cycling path around the entire San Francisco Bay.

The new trail is part of Martin Luther King Jr. Regional Shoreline, which includes 748 acres of protected marshland, picnic sites, bird watching platforms, boat ramps, and miles of SF Bay Trail along the shoreline.

The project also includes a renovated boat, kayak and paddleboard launch area, repaved staging area parking lot, and one acre of marsh habitat restoration.



View of the renovated boat, kayak and paddleboard launch from the new Doolittle Drive Bay Trail.

Storm Damaged Parks Receive Help from Volunteers

In Regional Parks that were hardest hit by the January storms, volunteers from the community joined our staff to clean up shorelines, trails, creeks, and picnic areas. Ongoing volunteer projects have been scheduled since mid-January. The community can still participate in a variety of volunteer projects to help clean up parks, trails, and shorelines. Find volunteer projects at ebparks.org/get-involved/volunteer.

Thank you for your understanding and cooperation as we continue to assess conditions to determine reopening of parks and trails. Your safety is our top priority. Please continue to be mindful of conditions and exercise caution when out in the parks, as hazards may still be present.



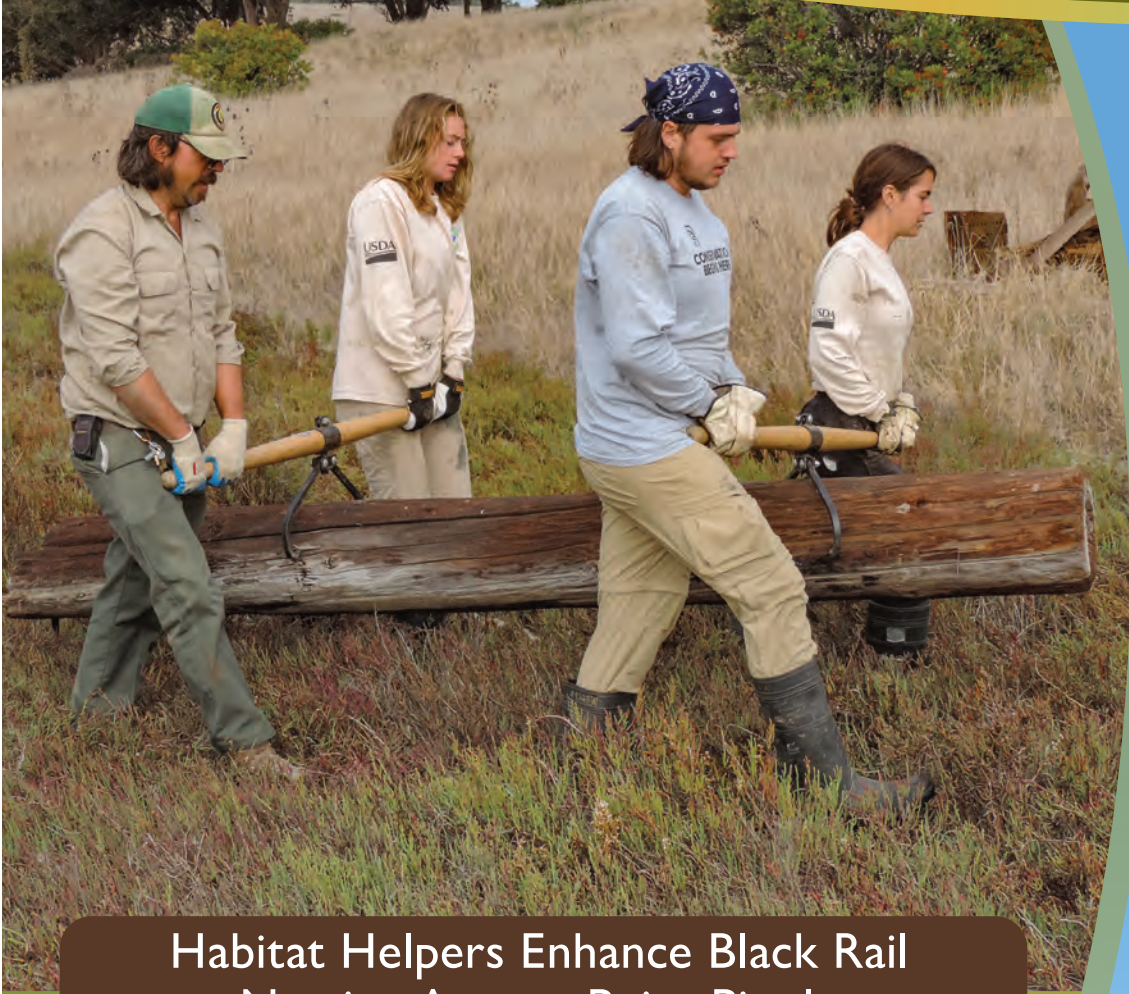
Wildlife Camera Captures Video of Playing Puma Cubs

Yes, puma kittens do have spots, which help them blend in with grass, brush, and dappled sunlight for safety. The video images were captured in August 2022 as part of our efforts to monitor the health of native wildlife. We maintain hundreds of wildlife cameras throughout Contra Costa and Alameda counties. In 2022, the District released NatureCheck, a report that documents the conditions

and trends of indicator species within East Bay Stewardship Network lands. In keeping with our mission to preserve a rich heritage of natural and cultural resources, we manage large swaths of habitat for the myriad of plants and animals that inhabit these lands, including the puma cub pair captured on camera. Learn more at ebparks.org/naturecheck and watch the puma cubs at play: youtu.be/YgasVM_HB48



Volunteers, Lifeguards



LIFEGUARDS WANTED for 2023 Swim Season

Interested in a summer job where you train outdoors every day with an enthusiastic team, develop leadership skills as a lifeguard, and keep our visitors safe? If “yes!”, apply to become an East Bay Regional Park District lifeguard by March 27. No experience is needed! There is a 10-day paid Lifeguard Academy held on weekends in April and May starting on April 22. Applicants must be 16 years or older by the first day of the Academy. Starting wage is \$20.78/hour. Apply at ebparks.org/jobs.

Habitat Helpers Enhance Black Rail Nesting Area at Point Pinole

Late last year, Park District staff and Student Conservation Association members spent five days braving mud and high tides to improve environmental conditions for several special status wildlife species at the Giant Marsh at Point Pinole Regional Shoreline in Richmond. Since 2003, staff, volunteers, and private and public agencies have removed 320 tons of channel-clogging debris and 455 cubic yards of non-native plants from Point Pinole. The debris removal has improved tidal marsh current cycling, enhancing California black rail (a state threatened species) nesting habitat, and reduced mosquito breeding sites. The restoration efforts over the years have paid off as the California black rail population has increased by fourfold at this marsh.

Above: Park District staff and Student Conservation Association members use a Swedish tree-hook to remove channel-clogging logs.





Ardenwood

HISTORIC FARM

Celebrate Spring AT THE FARM

On **March 20**, the spring equinox marks the date on which day and night are of equal length. As spring wears on, days stretch progressively longer than nights, the weather warms, and summer crops begin to grow.

Marking the seasons is one way to stay connected to the natural world around us. For farmers who rely on sunlight and weather patterns to grow our food, seasonal cycles are especially important. At Ardenwood, you can observe the changing seasons firsthand when you visit our farmyard animals, agricultural fields, and woodland trails. Join staff for programs and special events to celebrate this rejuvenating time of year, a selection of which are highlighted below.



Ardenwood Interpretive Programs

For a complete list of Ardenwood programs, visit us online . . . ▶
For information, call: (510) 544-2797



Special Spring Events

SHEEP SHEARING DAY

Our sheep, with their woolly coats, notice the warming weather each spring. We imagine they look forward to their annual shearing, which keeps them from getting too hot as temperatures rise. Join us for our sheep's annual "haircut." Watch as the farm's sheep get sheared; then, try your hand at wool carding and see the transformation from fiber to yarn at the spinning wheel. You can even make your own woolly lamb to take home. Fee: \$7/adults, \$6/seniors (62+), \$5/children (4-17 yrs.), 3 yrs. & under free. Free Parking.

– **Mar 18** (Sat), 11am-3pm



EASTER SUNDAY AT THE FARM

Pet a bunny, visit the hens in their coop and make your very own pair of rabbit ears. Wear them as you leap like a bunny in our sack course and then join in the search for the giant egg. Themed programs will keep the farm hopping with activity throughout the day!

– **Apr 9** (Sun), 10:30am-2:30pm

Toddler Programs

TODDLER TIME

Toddler Time has returned after a long hiatus from 2020! Bring the tots out for an exciting morning at the farm. Hear a story, do some chores, and meet some farm friends. Little ones will enjoy a variety of activities at their own pace. We'll meet rain or shine!

– **Mar 1, 15, 29** (Wed), 10:30-11:45am

– **Apr 19** (Wed), 10:30-11:45am



GET YOUR GROOVE ON

Work together to create music on the farm using spoons, pots, bells, and more!

– **Mar 5, 19** (Sun), Noon-1pm

Tasty Programs

OLD FASHIONED BUTTER MAKIN'

Before modern grocery stores, people needed to make their own staples at home. Discover an easy way to make butter from cream then sample your tasty concoction on crackers!

– **Mar 4** (Sat), 11am-noon

WILD FOOD

Before farms, people ate wild foods from the land, and we still can. Explore the farm for edible native California plants and discover some weeds that make tasty snacks.

– **Mar 19** (Sun), 1:30-2:30pm

WOODSTOVE COOKING

Stop by the country kitchen in the farmyard to see the antique wood burning range in action. Sample some goodies made from an historic recipe.

– **Apr 2, 23** (Sun), 10:30am-noon

Historic Programs

HISTORIC DAYS

Immerse yourself in life on a family farm circa 1890-1930. Ride a narrow-gauge train, tour the beautifully restored Patterson House Museum, and join park staff in historic costume for programs and activities throughout the day. Farmyard programs start at 10:30am and end with an animal feeding at 3pm.

– **Beginning April 2** (Every Thu, Fri, Sun), 10am-4pm



Big Break

REGIONAL SHORELINE



The F.B.I.

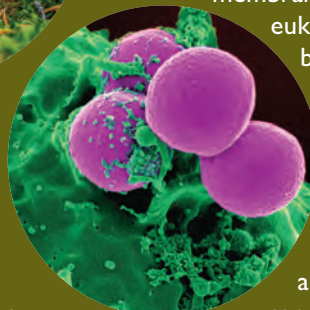
No, we are not talking about the Federal Bureau of Investigations. Instead, we are talking about *fungi*, *bacteria*, and *invertebrates*, also known as *decomposers*. Decomposition is the process by which organic matter is broken down and transformed into simpler forms. Let's learn more about the F.B.I.!

Fungi are diverse organisms that include yeasts, molds, and mushrooms. They are found in almost every habitat on Earth and play essential roles in ecosystems as decomposers, releasing enzymes that digest organic materials and absorb the resulting nutrients. They are particularly important in breaking down dead plant material, such as leaves and wood, as well as animal waste. Fungi can also decompose pollutants and contaminants including oil and pesticides, making them useful in bioremediation efforts. Fungi are classified as a separate kingdom of life and are distinct from plants and animals.



Egor Kamelev

Bacteria are single-celled microorganisms found almost anywhere on Earth. They are a diverse group of organisms with a wide range of shapes, sizes, and characteristics. Bacteria are prokaryotes, meaning they do not have a defined nucleus or other membrane-bound organelles like eukaryotic cells. Like fungi, bacteria also release enzymes that break down complex molecules into smaller, simpler molecules. The enzymes work by breaking chemical bonds within the molecules, releasing energy and nutrients that the bacteria can use to grow and reproduce. They produce waste products like carbon dioxide, water, and other by-products.



Pixabay



YamKasikorn

Invertebrates are animals that do not have a backbone or spinal column. This group includes various animals, including insects, worms, mollusks, arachnids, crustaceans, and many others. Invertebrates make up most animal species on Earth and are found in almost every habitat. Many invertebrates are scavengers and as they chew and consume their meal, they break it down into smaller pieces, making it easier for other decomposers to access and break down further. Some invertebrates, such as earthworms, bury organic matter in their tunnels, helping to mix it with soil and increasing the surface area for further decomposition.

Overall, decomposition is essential for the cycling of nutrients and the maintenance of healthy ecosystems. It allows for the reuse of nutrients that would otherwise be locked up in dead plants and animal matter, and it helps to keep the environment clean by breaking down and removing waste. The F.B.I. helps to maintain the health and fertility of ecosystems and is essential for the sustainability of life on Earth.

Big Break Interpretive Programs

For a complete list of Big Break programs, please visit us online
For information, call: (510) 544-3050



BIG BREAK LITTLES

Bring the little ones to the park for nature before nap time. 1-5yrs.

- **Mud Puddles:** Mar 6, 7 (Mon and Tue), 10-11am
 - **Pollinator Power:** Apr 3, 4 (Mon and Tue), 10-11am
- No registration; drop-in.

RESTORATION: INVASIVE PLANT REMOVAL

Help manage invasive weeds in the park! Bring water, work gloves, hat, dress for the weather and prepare for general grubbiness.

- **Mar 25** (Sat), 9-11am
 - **Apr 22** (Sat), 9-11am
- No registration; drop-in.

KAYAKING BIG BREAK

Play in the welcoming and wondrous waters of the Delta on this beginner (and up) kayak excursion. We'll start with dry land instruction, then paddle our steady and stable craft on a group exploration of this lovely, rich shoreline. 10+ yrs.

Registration required. Fee. Visit the website for more details.



Jennifer Koney

DELTA THROUGH A LENS: PHOTOGRAPHY EXHIBITION

Californians have many ideas about what the Delta means to them. At Big Break we see beauty and life through the flow of water in our park.

The *Delta Through a Lens Exhibition* invites YOU to share your unique perspective of the Delta and the East Bay Regional Parks. Electronically submit your photo and the Park will print, mat, and mount photos for display in Big Break Visitor Center from March 17 through April 2.

Instructions:

1. Submit ONE photo, per person, of the nature and/or culture related to the California Delta.
2. Photo must be at least one megabyte (1MB) and cropped to 8"x10".
3. Email photo attachment to: BigBreakVisit@EBparks.org
4. Include:
 - **Subject:** "Delta Through a Lens-Photo Exhibit – 2023"

- **Your name**
- **Phone number**
- **Mailing address**
- **Location** photo was taken
- **Photo's title**, example: "Reflections of life"
- **Description:** Three to five sentences describing how your photo reflects your experience(s) with East Bay Regional Parks or the greater California Delta region.



Black Diamond Mines

REGIONAL PRESERVE

Snake Tales

Have you ever heard of Alameda whipsnakes

(AWS)? These beautiful, elusive reptiles are endemic to Alameda and Contra Costa counties: this means you can't find them anywhere else in the world!



Snake photos: Gary Neffs

These special snakes love the chaparral forests, shrubs, and grasslands that grow in and around Black Diamond Mines Regional Park. Unfortunately, their populations have declined drastically over the years because they have been losing habitat. That is one reason why your regional parks are critical: undeveloped and protected land provides food and shelter to our legless neighbors. So, let's learn a bit more about how we can help them thrive.

As you can see from the pictures, AWS are slender snakes with big eyes and racing stripes on the sides. What you can't see, though, is that they are very fast and semi-arboreal: when they are not having much luck finding prey on the ground, they can simply slither up a tree or shrub to look for some tasty birds and eggs. This tree-climbing talent is also very handy when escaping predators like coyotes.

Despite some very cool survival strategies, AWS are considered **THREATENED**, both federally and by the state of California. Many factors are to blame: invasive species eat them or steal their food and homes, pesticides accumulate throughout the food chain and can make them sick,

and habitat loss and fragmentation from human development make it harder to find food and shelter ... just to name a few of their challenges!

To protect AWS, the East Bay Regional Park District conducts surveys on the health of their population and tries to ensure that park projects do not interfere with their wellbeing.

However, we are asking for your help too. As they come out of hibernation this spring, please be on the lookout for snakes sunbathing on roads as you enter parks, try using alternatives to pesticides, do not release pets into parks, and make sure your garbage makes it into the bin.

These small steps will not only help our special snakes, but also all the other critters that call the East Bay parks home.

And next time you visit Black Diamond Mines



Alameda whipsnake hunts for food in tall grass.

in the hopes of spotting a snake, make sure to look in the shrubs!



Black Diamond Mines Interpretive Programs

For a complete list of programs, please visit us online ••▶
https://apm.activecommunities.com/ebparks/activity_search

Ssssspecial Feature Programs

WONDER OF WHIPSNAKES

Slim, stripy, orange and black; seldom seen, slithering silently through brushy thickets; head held high; dining on lizards. Have you met the Alameda whipsnake? Come learn more and hike to their homeland with a naturalist.

– Apr 2 (Sun), 1-4pm

SPRINGTIME SNAKES

The weather is warming up and the snakes are beginning to venture out again! Come join us to meet one of our slithery animal ambassadors, and explore what snakes do in the springtime and what to do if you see them on the trail.

– Apr 16 (Sun), 11-11:45am



Coyote Hills

REGIONAL PARK



Spring is springing at Coyote Hills Regional Park! Spring is a time for birth, renewal, and growth. Wildflowers bloom, birds migrate and nest, and pollinators get busy pollinating. Days get longer, providing more time for outdoor adventures. In March and April, we will search for new life and growth in the water, mud, hills, and in the air. Come join us for the chance to meet a newt, add a new bird to your life list, learn about and support our precious pollinators, express your creativity with natural dyes and colors, or take a hike!



Coyote Hills Interpretive Programs *For a complete list of Coyote Hills programs, please visit us online . . . ▶*

For all programs: Parking fees apply where charged. Parent participation required. For more information, call (510) 544-3220.



UN-BEE-LIEVABLE POLLINATORS

Come along on a short walk as we explore the importance of native pollinators and plants using all your senses. As you keep an eye out for these animals, find out what you can do to help our pollinators, and then taste the fruits of your labor.

– **Mar 19** (Sun), 10-11am

BOTANICAL DYES

Have botanical color at your fingertips as we explore how to harvest color from natural materials. Learn some of nature's colorway secrets and experiment with making your own swatch of natural dyes.

– **Mar 25** (Sat),
2-3:30pm

BAYVIEW TRAIL HIKE

Want incredible views of the bay? Hike a section of the Bayview Trail and explore the many habitats of Coyote Hills. Discover the connections between aquatic ecosystems, salt ponds, and the diversity of plants and animals.

– **Apr 16** (Sun) 10-11:30am

EARTH DAY FOR THE BEES

Join us in our Nectar Garden for the Global Earth Challenge Bee Campaign this Earth Day. We will monitor pollinator populations, learn the importance of bees and other pollinators, and take home a native bee-friendly plant to continue this community science project at home or school.

– **Apr 22** (Sat), 10-11am

SOUNDS IN NATURE

The natural world is full of sounds all year round - from chirps, screeches, buzzing, to drumming! Tune in to listen and appreciate some of the most beautiful sounds in nature in community. Each session we will explore different unexpected sounds heard across Coyote Hills. This program is bilingual in Spanish/English. All ages.

– **Mar 18 and Apr 15** (Sat),
9-10:30am

No registration; drop-in.

SONIDOS EN LA NATURALEZA

¡El mundo natural está lleno de sonidos durante todo el año - desde chirridos, chillidos, zumbidos, hasta tambores! Disfrute algunos de los sonidos más bellos de la naturaleza en comunidad. En cada sesión exploraremos diferentes sonidos inesperados que se escuchan en Coyote Hills. Este programa es bilingüe en español/inglés. Para todas las edades. No se requiere inscripción.

– **18 de marzo y 15 de abril**, (Sáb), 9-10:30am

TREK WITH THE NEWTS AT GARIN/DRY CREEK PIONEER REGIONAL PARK

Explore the transformative lives of newts as we trek 2.5 miles round-trip. Join us for a chance to see these superheroes on the move across their natural habitat and breeding grounds. 5+yrs. Rain or shine. Meet at the Ziele Creek Entrance – along Ziele Creek Drive in Hayward. Participants should dress for the weather and be ready for some muddy shoes!

– **Mar 4** (Sat), 10-11:30am



WILDFLOWER HIKE AT VARGAS PLATEAU

What wildflowers can we find atop the Fremont Hills on Vargas Plateau? We will explore multiple habitats on a 4-mile hike to look for a variety of native and non-native flowers and plants. We'll also keep an eye on the skies for a variety of birds, including golden eagles! Meet at Vargas Plateau Staging Area. There is no water available at Vargas Plateau. Bring water and binoculars if you have them.

– **Apr 15** (Sat), 10am-noon



Crab Cove

VISITOR CENTER AND AQUARIUM

BRINGING NATURE TO OUR HOMES WITH NATIVE PLANT GARDENS



A manzanita blooming in December, outside the Doug Siden Visitor Center at Crab Cove in Alameda, provides important nectar for hummingbirds during a time when food is scarce.



The Regional Parks Botanic Garden is a great place to go for ideas for native plant gardening.

The East Bay Regional Park District protects over 125,000 acres of land in 73 parks. Yet this significant amount of wildlife habitat is small compared to land that has been developed in the East Bay. How can we, as members of the public who live on land that used to be undeveloped, improve habitat for wildlife right around us?

We can establish California native plant gardens around our homes, schools, businesses, and community centers! Compared to most “traditional” gardens, native plant gardens usually provide much more food and shelter for wildlife, especially birds, butterflies, and other invertebrates in urban areas. When many people collectively have small islands of native plant habitat on their properties, the benefit to wildlife is exponentially greater.

Locally adapted native plants usually require much less supplemental water than lawns and other typical gardens. Saving water saves money and significantly lowers our carbon footprint, since moving water around the state is energy intensive. Also, less water is taken from other habitats where it supports wildlife.

If you're looking for inspiration regarding native plant gardens, the Park District

has many examples. The most important for all of California is the Regional Parks Botanic Garden, which features plants from California's bioregions in different sections, including local areas. This is perhaps the most beautiful native plant garden in the whole state, the work of decades of artistic brilliance and vast scientific knowledge of native plants and their specific needs in unique garden settings. It's also a bird and insect watching hotspot! See ebparks.org/parks/tilden/botanic-garden and nativeplants.org.

Fifteen years ago, the grounds around the Doug Siden Visitor Center at Crab Cove were covered mostly with weeds. Now, after many years of staff dedication and the help of countless volunteers, the gardens are full of California native plants, making the visitor center an attractive and welcoming place. Wildlife has increased tremendously because of the gardens, to the great enjoyment of the public.

Just a five-minute walk from the visitor center is the beautiful Native Plant Demonstration Garden, which uses a small fraction of the supplemental water compared to the under-utilized lawn that was replaced. On a warm late-spring day, dozens of species of insects can be viewed drinking nectar from flowers.

Other examples of native plant gardens can be viewed in these parks (not a complete list): Cull Canyon, Shadow Cliffs, Don Castro, Del Valle Campground Kiosk, Alvarado, Point Pinole, and Kennedy Grove.

- **Coyote Hills Visitor Center's** front entrance area has almost all native plants, and the beautiful Butterfly Garden has many. A monarch nectar garden was recently planted at Coyote Hills (and at Oyster Bay Regional Shoreline)!
- **Dry Creek Garden** has attractive native plant areas.
- **Quarry Lakes** has impressive examples of native plants that do well in the Fremont area.



Jerry Ting

Did you know that California has 1,600 species of native bees, in a diverse array of shapes, sizes, and colors? Almost none of them sting. Native plant gardens like those described here are important for the survival of many rare species of native bees.

Where Can I Buy Native Plants?

Thankfully there are many places in our region to purchase native plants. See calscape.org/plant_nursery.php. Try to buy organically grown plants that will not have systemic fungicides and other toxins that harm wildlife.

Three examples of East Bay nurseries:

- **Native Here Nursery**, run by the East Bay Chapter of the California Native Plant Society (cnps.org), sells

plants from specific areas of the East Bay, so you can buy California locally-native plants. (nativeherenursery.org)

- **Watershed Nursery** meets strict criteria for selling plants that will not spread soil-bourn diseases. (watershednursery.com)
- **Regional Parks Botanic Garden** has a major fall plant sale and seasonally sells plants most

Wednesdays and first Saturdays. (nativeplants.org)

How can you find out what plants might be native to your specific location and do well in your garden? Visit calscape.org.

Where can you find native plant tours of people's home gardens? Visit bringingbackthenatives.net.



Ways We Appreciate Water

It can be easy to take life's bare necessities for granted, especially those that seem to come so easy. Water, for many of us, is just the turn of a faucet away. Yet there are many people all around the world who don't have such luxuries and don't have access to safe, clean drinking water. Water is vital, not just for us, but for all life on Earth.

Did You Know?

FRESHWATER RESOURCES

- We all get our water from three types of freshwater sources which are groundwater, frozen water, and surface water.
- Many places are experiencing rapidly changing surface water, such as lakes and wetlands, due to a decrease in rainfall and unsustainable management practices.

FRESHWATER ECOSYSTEMS

- Biodiversity in freshwater systems is rapidly decreasing, with more freshwater species going extinct due to habitat loss and pollution.
- Biodiversity loss causes a decline of ecosystem services, which decreases water quality.
- These freshwater ecosystems are vital for all life and directly benefit all forms of human activity.

Want to help our water ways?

*One of the best ways to start
is through education and awareness!*

Let's appreciate water together with a **Day By the Water** at the lake. In observance of World Water Day, come by the Visitor Center on **Saturday, March 25** for fun, family-friendly activities to learn more about the importance of water in our lives and life all around us!



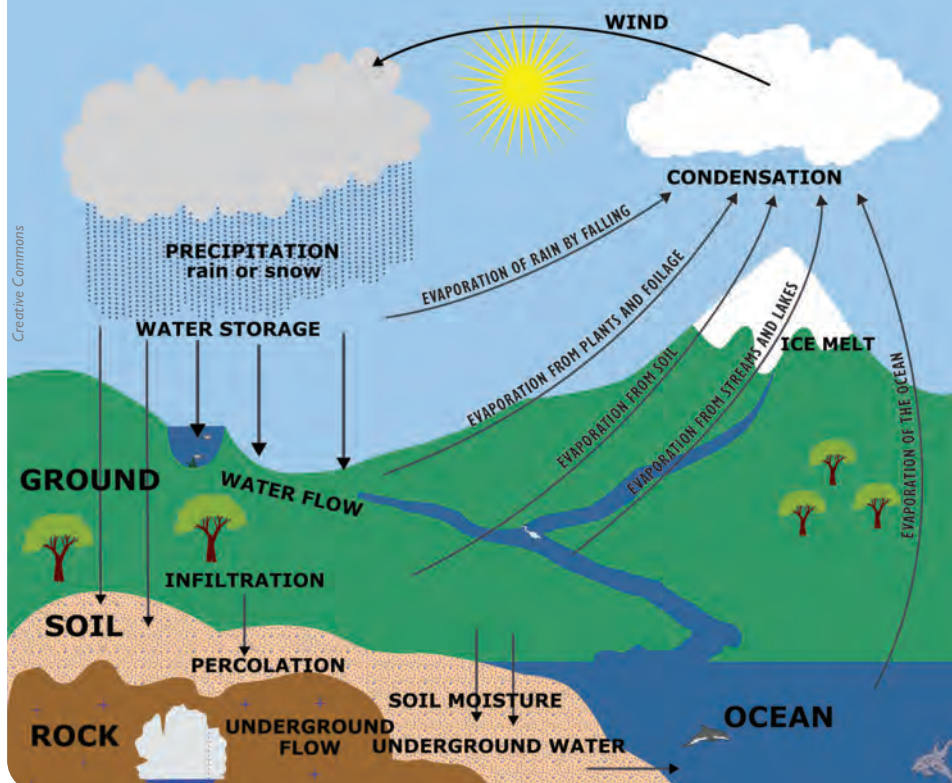
Wood Ducks

Wood duck nesting season is upon us!

A pair will begin breeding in early spring, looking for tree cavities to nest in near water or directly above water. These natural tree cavities may be hard to come by in desired locations, so putting up and maintaining nest boxes is very beneficial for these colorful ducks. Join us in April to check on their progress. See the interpretive program highlights below for more details...



FUN FACT: Ducklings boldly leap out of the nest and can jump from heights of over 50 feet without injuring themselves!



Del Valle Interpretive Programs

For a complete list of Del Valle programs, please visit us at ebparks.org



PARK N PLAY

– **Every fourth Sunday of the month, 1-2:30pm**
Drop-in at the Visitor Center.

POLLINATORS IN THE PARK

– **Mar 5 (Sun), 3-4:30pm**

WOOD DUCK BOX SERVICE

– **Apr 8, 22 (Sat), 10-noon**
Arroyo Staging Area
Registration required.

TAKE A BREAK IN NATURE

– **Apr 4, 5, 6 (Tue-Thu), 10:30am-noon**
Registration required.

EASTER AT DEL VALLE

– **Apr 9 (Sun), 10am-2pm**
Drop-in at the Visitor Center.

SPRINGTIME SAUNTER

– **Apr 30 (Sun), 10:30-12:30pm**
At Caballo Loco. Registration required.



Mobile Education

Meet ALAN!

Have you ever looked up at the night sky and instead of stars the sky displayed a bright orange-yellow glow? Congratulations, you have just met ALAN! Now, ALAN is not the name of a real person, it stands for Artificial Light at Night. When you see too much ALAN, this is called “light pollution.” Light pollution is a term used to describe situations where there is an inappropriate or excessive amount of artificial lighting.



TJ Gehring

View of unshielded lights creating glare and contributing to sky glow from McLaughlin Eastshore State Park, Berkeley.

DIFFERENT TYPES OF LIGHT POLLUTION

• GLARE

Reflections of light that can cause discomfort. Think of being in a car after dark and another car coming toward you with bright lights.

• CLUTTER

When there are too many bright and confusing lights in the same place. Imagine being in San Francisco while all the city lights are flashing and flickering – it might be overwhelming!

• LIGHT TRESPASS

When light goes somewhere unwanted or unneeded. If you have a window in your home that faces the street, you may feel this when the streetlamp’s light infiltrates the room at night.

All these forms of light pollution contribute to something called **sky glow**. Sky glow occurs when a large amount of misdirected light goes up into the sky and reflects from the water droplets in the atmosphere back down to Earth. You can notice this more on cloudy nights because of the presence of even more water droplets in the sky!

Because light pollution blocks out the night sky, this can adversely affect different animals such as birds, insects, and mammals. Some species of birds migrate at night using the stars to guide them. Light pollution disorients these birds, and they can unintentionally crash into skyscrapers. Insects may use light for navigation, mating, and reproduction. Light pollution confuses moths and makes fireflies invisible to each other. Dragonflies even mistake

light-reflecting hard surfaces for pools of water and accidentally lay their eggs on those surfaces! For diurnal mammals like us, light pollution can make it more difficult to rest at night. Conversely, nocturnal mammals dependent on darkness to hunt successfully end up with limited areas to find food because of the amount of light present.

Humans do not have the best night vision, so it is understandable that we need light at night in order to move around safely. The lights we do use, however, can cause problems for many animals and even ourselves. While ALAN can certainly be useful, we can help reduce light pollution by shielding outdoor lights so that they focus only on the intended area and by turning off any unnecessary or redundant lights.

View from Coyote Hills Regional Park, Fremont, of sky glow created by low clouds reflecting distant lights.

Jerry Ting

Outdoor Recreation



PARK'N IT DAY CAMP

Spend a whole week exploring and playing in YOUR Regional Parks! Recreation Leaders, Lifeguards, and Naturalists provide caring supervision and an action-packed week of hiking, fishing, swimming, arts and crafts, sports, and active fun in the great outdoors. Mon–Fri, 9am–4pm

- Jun 12-16 Temescal #47089
- Jun 19-23 Temescal #47191
- Jun 26-30 Don Castro #47094
- Jul 10-14 Castle Rock #47098
- July 17-21 Miller/Knox #47102
- July 24-28 Ardenwood #47103
- July 31-Aug 4 Coyote Hills #47104

Fee \$200 (non-res \$220)
Registration required.



LEADERS IN TRAINING

Looking for work experience or a career in Parks and Recreation? Apply to be a Leader-in-Training and receive hands-on job training and leadership experience in our Day Camp. Under staff guidance, work with other teens in supervising campers, leading games, and helping run camp! Mon–Fri, 9am–4pm

- Jun 12-16 Temescal #47089
- Jun 19-23 Temescal #47091
- Jun 26-30 Don Castro #47094
- Jul 10-14 Castle Rock #47121
- July 17-21 Miller/Knox #47122
- July 24-28 Ardenwood #47123
- July 31-Aug 4 Coyote Hills #47124

Fee \$50 (res and non-res)
Registration required.



KAYAKING FOR FOLKS 50+

Various Parks

Learn kayaking skills with your peers at a pace that is right for you. On land, we will cover paddling techniques, equipment selection, and boating safety. Then we will head out on the water practicing what you have learned by touring Big Break by kayak.

- Mar 15 (Wed) 11am–3pm #47059
 - Apr 3 (Wed) 11am–3pm #47061
- Fee: \$52 (non-res \$58) Registration required.

LAKE CHABOT FAMILY MOVIE NIGHT

Lake Chabot Regional Park (Castro Valley)

Thinking of a great way to spend the evening outdoors with your loved ones? Then join us for a **FREE** showing of the hit movie Sonic the Hedgehog 2! Rated PG with a run time of two hours. Movie begins after sunset.

Arrive early to secure a good seat on the lawn. Bring a flashlight, warm clothes, and blanket or chairs for sitting. No pets. Rain cancels.

- Apr 8 (Sat) 7:30–9:30pm #47444
- Free. Drop-in.

FISHING – BASS BASICS

Del Valle Regional Park (Livermore)

At Bass Basics Fishing you will learn knot tying, rigging, casting, bait, and lure selection. Learn about bass habitat and behavior. Learn rigging techniques with a focus on artificial lure presentation. Learn about different rod/reel and line selections. Get hands-on practice fishing. Sat, 8–11am.

- Mar 18 (Sat) Contra Loma #47056
 - Apr 15 (Sat) Del Valle #47053
- Fees: Adult \$25 (non-res \$29); Child \$21 (non-res \$25) Registration required.

Fitness/Wellness Programs

Course descriptions can be found online, use the QR code for more details and enrollment.

HIKING POLES TRAINING + OPTIONAL PRACTICE HIKE

Black Diamond Mines (Antioch)

- Mar 25 (Sat) 8:45am–2:30pm #47068
- Fee \$75 (non-res \$83) Registration required.

POLE WALKING FOR MAINTAINING MOBILITY

Coyote Hills Regional Park (Fremont)

- Apr 28 (Fri) 9am–1pm #47072
- Fee \$58 (non-res \$64) Registration required.

HIKING WITH POLES: SKILLS + PRACTICE HIKE

Sunol Wilderness Regional Preserve (Sunol)

- Apr 22 (Sat) 8:45am–3pm #47071
- Fee \$75 (non-res \$83) Registration required.

BOTANIC GARDEN PRACTICE POLE HIKE

Tilden Regional Park (Berkeley)

- Apr 14 (Fri) 8:30–11am #47070
- Fee \$36 (non-res \$40) Registration required.

Outdoor Recreation Programs

For registration information and a complete list of Outdoor Recreation programs, please call 1-888-327-2757 (1-888-EBPARKS), option 2 or visit us online ▶





Sunol Wilderness

REGIONAL PRESERVE

Colors of Spring

WILDFLOWER SEASON IS UPON US!

Powerful pollinators help sustain our East Bay ecosystems. As they travel from plant to plant, they transfer genetic material critical for the reproductive system of flowering plants. Watch your step and stay on the trail as you search for flowers and pollinators.



Sunol Wildflower Season

MARCH 25 – APRIL 30

Join park staff at the Sunol Visitor Center as we celebrate this colorful season with a variety of special weekend programs and activities.

- Guided Wildflower Walks 10am
- Naturalist Choice Programs 2pm
- Wildflower Station Activities.... Noon-3pm

Stay tuned for more information as the season approaches. Most programs will be available for sign-up the day of, on a first-come, first-served basis at the Visitor Center.

Follow us on Facebook at Sunol Wilderness Regional Preserve!

Wildflower Art Contest

INSPIRE AND BE INSPIRED

Spark your creativity in nature and celebrate the season by creating wildflower themed art!

CATEGORIES:

Nature journal pages, poetry painting, photography

TO SUBMIT:

Email the following to vvisit@ebparks.org:

- **Subject:**
Art Submission 2023
- **Include:**
-Your Name
-Contact Information
-Category
-Artwork Title
(if applicable)

We are taking submissions from March 18 to April 15. Winners for each category announced April 22.



Flower Activity

Create a Flower Drawing or Nature Journal Page

Steps

- Make a list of the flowers you find.
- Document as much information as possible like date, location, color and size.
- Use apps like iNaturalist to identify flowers you discover.

Please note: Collecting of flowers is prohibited in the East Bay Regional Parks.



Tilden

NATURE AREA



Pipevines and Swallowtails

A SPRINGTIME ROMANCE

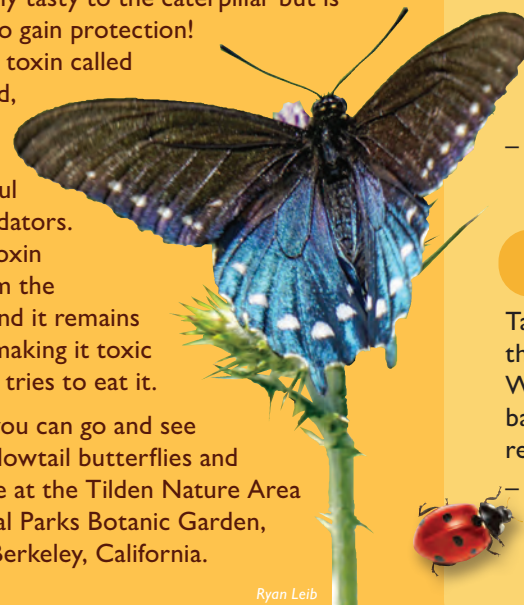
Pipevine swallowtail butterflies are an insect known for their dark blue shimmering wings and body. But why the name “pipevine”? This has to do with their host plant. A host plant is one that female butterflies need for laying their eggs on. Once hatched, the caterpillars, seek out certain plants. For pipevine swallowtails, that means they only want to eat the leaves and stems of plants in the genus *Aristolochia*. Around the Bay Area there is a native pipevine called Dutchman’s pipe or California pipevine (*Aristolochia californica*).

The vine gets its name from the shape of its blossom which is shaped like an old-fashioned smoking pipe.

This plant is not only tasty to the caterpillar but is also a great way to gain protection!

Pipevines have a toxin called aristolochic acid, which is dangerous and distasteful to many predators. Eating this toxin doesn’t harm the caterpillar and it remains in its body making it toxic to whatever tries to eat it.

Two places you can go and see pipevine swallowtail butterflies and caterpillars are at the Tilden Nature Area and the Regional Parks Botanic Garden, both located in Berkeley, California.



Ryan Leib



Pipevine swallowtail caterpillar



Pipevine swallowtail chrysalis



Pipevine swallowtail butterfly

VIRTUAL CREEK AND POND STUDY

Live on Instagram @tilden.nature.area! Explore aquatic insects, amphibians, and more from the comfort of your phone.

– **Mar 11** (Sat), 3-4pm

TILDEN TOTS

Bring the littlest ones to the park to explore! Do an activity, meet some animals, and listen along to a story. Meet outside the visitor center.

Info (510) 544-2233.

No registration, drop-in.

– **Mar 15 and Apr 19** (Wed), 10:30-11:30am

INSECTS AND OTHER CURIOUS PHENOMENA

Take the pulse of the park on these casual, exploratory walks. We will bring some organisms back to the microscope before releasing them.

– **Apr. 1, 8, 15, 22** (Sat), 2-3:30pm



WHAT'S HAPPENING AT THE REGIONAL PARKS BOTANIC GARDEN

The Botanic Garden is open 8:30 a.m. to 5 p.m.

Special events, classes, and Friends of the Regional Parks Botanic Garden e-newsletter: nativeplants.org or call (510) 544-3169.

DOCENT-LED GENERAL WEEKEND AND HOLIDAY TOURS

Docent-led tours are currently being offered. Meet at the Visitor Center. Max number of spots is 10 per tour. Rain cancels! Free. Drop in.

- **Saturdays**, 2-3 pm
- **Sundays**, 11am-noon and 2-3pm

WAYNE RODERICK LECTURE SERIES

In-person or online Zoom lectures. All lectures run for a minimum of one hour. For a full listing of speakers' topics please visit NativePlants.org. space is limited! Free.

- **March Saturdays**, 10:30am-12:30pm

PLANT SALE

Plant Sales at the potting shed near the Garden's West Entrance Gate when volunteers are present; would prefer cash or check. Please visit nativeplants.org to see the schedule for plant sales.



see ebparks.org/calendar for upcoming programs. **15**



Volunteer PROGRAM

Earth Day 2023 Invest in our Planet!

Did you know every year Earth Day is given a theme? This year is “Invest in our Planet,” a theme focused on engaging governments, institutions, businesses, and the more than 1 billion citizens who participate annually in Earth Day to do their part – everyone accounted for, everyone accountable.

Learn more here:
earthday.org/earth-day-2023



CELEBRATE AND CONTRIBUTE!

Join us in an East Bay Regional Park to celebrate our planet and give back to your community.

Various locations and projects throughout the East Bay Regional Park District.

– **April 22 (Sat)** – ●●●●●●●●●●
 9am-noon

Information: ebparks.org/earth-day

◀ **Register:** ebrpd.samaritan.com/custom/501/opp_details/6465



Register here

Volunteer Programs

For more information and a complete list of Volunteer Programs visit us online

EBRPD VOLUNTEER SERVICES
volunteers@ebparks.org | (510) 544-2229



East Bay Regional Park District

Healthy Parks Healthy People

2950 Peralta Oaks Court
 Oakland, CA 94605-0381
ebparks.org

DOC QUACK VOLUNTEER PROGRAMS

REGISTRATION: ebparksonline.org or 1-(888)-327-2757, option 2

INFORMATION: ebparks.org/about/getinvolved/volunteer/quack or (510) 544-2319

WILDLIFE VOLUNTEERS – “RAIL RESCUE RANGERS” (#47069) AT ELSIE ROEMER BIRD SANCTUARY/CROWN MEMORIAL STATE BEACH, ALAMEDA

During this hands-on adventure you’ll help create habitat for the federally and state endangered California Ridgway’s rail. We will remove non-native plants, pick-up trash, and plant wildlife friendly vegetation which will restore the upland areas of the Roemer Bird Sanctuary for rails. Physical labor is involved with this project. By participating, you’ll earn your “Rail Rescue Ranger” patch. Parent participation required.

Registration deadline: April 14

– **Apr 22 (Sat)**, 9:30-11:30am..... “Doc Quack”, Wildlife Biologist

