

Regional in Nature

Activity Guide

NOVEMBER – DECEMBER 2022

East Bay 
Regional Park District
Healthy Parks Healthy People



**Tyler Ranch Staging Area
Opening Early 2023**
See page 4

**Renovated Sunol Visitor
Center Now Open**
See page 4

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General Information
1-888-EBPARKS or 1-888-327-2757

Camping and Picnic Reservations...
.....1-888-EBPARKS

Naturalist and Recreation
Programs.....1-888-EBPARKS

TRS Relay Service.....7-1-1

EBRPD Board of Directors

Elizabeth Echols.....Ward 1

Dee Rosario.....Ward 2

Dennis Waespi.....Ward 3

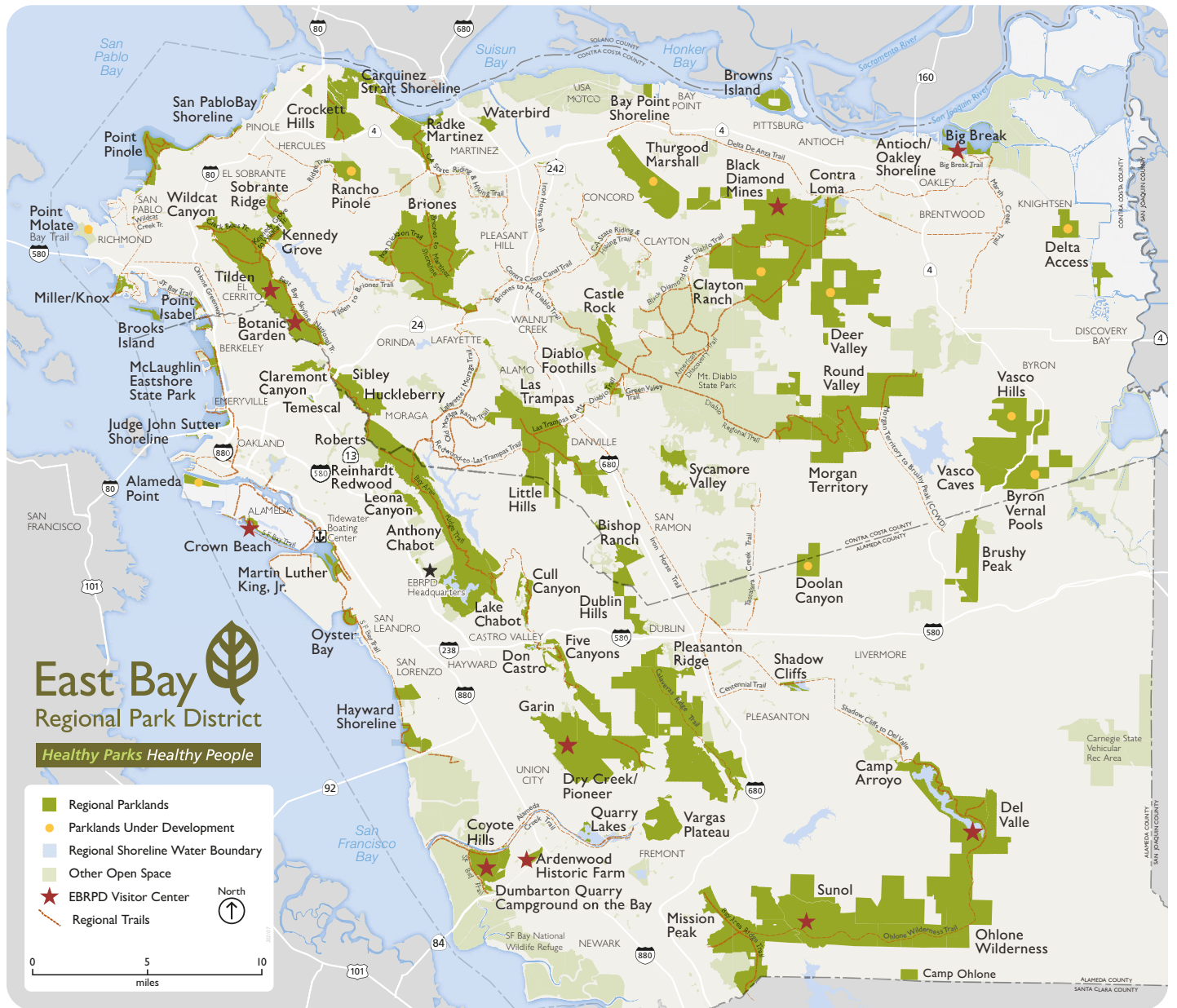
Ellen Corbett.....Ward 4

Ayn Wieskamp.....Ward 5

Beverly Lane.....Ward 6

Colin Coffey (President).....Ward 7

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



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, Oakland
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

FIRST-OF-ITS-KIND Park District Fuels Reduction Project

A MESSAGE FROM GENERAL MANAGER SABRINA B. LANDRETH



Sudden tree die-off and dieback – caused by the extreme drought and changing climate – is a major challenge for East Bay Regional Parks and

for other forest managers throughout California. Dead standing trees burn hotter, faster, and have the ability to cast embers far ahead of the original fire – igniting potential new fires.

In early September, the District started a major fuels reduction project to remove hazardous dead and dying trees on 80 acres at Anthony Chabot

Regional Park. This is in addition to removal work already completed at Reinhardt Redwood, Tilden, Sibley, and Miller/Knox regional parks.



Climate-Friendly Carbonator

One of the secondary challenges of fuels reduction projects is processing bio-mass (wood debris and plant matter). Typically, after trees and vegetation are thinned, the biomass is hauled away to cogeneration facilities,

where it is used as fuel for energy generation. Unfortunately, these facilities are far away and cause transport emissions to be higher.

The project at Anthony Chabot is using a carbonator to dispose of debris on site using a low-emissions combustion process that converts biomass into biochar which can be used as a soil amendment to sequester carbon.

The carbonator is part of an innovative pilot project, with funding from the State Coastal Conservancy, to evaluate climate-friendly options to remove biomass.

We are excited about its potential and look forward to considering it, based on results, for broader use.



2023 Budget Transparency, Meetings, and Process

The Park District's proposed 2023 Budget will be available to the public in mid-November with numerous opportunities for public comment and input. The annual budget lays out the framework for park improvement projects and day-to-day operations of parks, park planning, environmental stewardship, wildlife management, public safety, and educational and recreational programs and services.

Opportunities for public comment include the District's Board Finance Committee meeting on Monday, November 21, 2022, and Park Advisory Committee (PAC) on Monday, November 28, 2022, where the budget will be presented and discussed.

The Park District Board of Directors will then consider the proposed budget at their regular board meetings in

December. The first is a public hearing held on Tuesday, December 6, 2022, at 6 p.m., where the board will review the budget and provide comments, and the second is on Tuesday, December 20, 2022, at 1 p.m., where the board will consider it for approval. Both meetings include opportunities for public comment.

For more information about the Park District's budget, visit ebparks.org/public-info/budget.



Enjoy **FREE** Parks on Green Friday

THE DAY AFTER THANKSGIVING – GREEN FRIDAY – IS A GREAT OPPORTUNITY TO VISIT THE PARKS FOR FREE, AND SPEND TIME WITH FAMILY AND FRIENDS.



Green Friday is part of the #OptOutside movement, started in 2015 by REI, to promote healthy alternatives to shopping the day after Thanksgiving.

On Green Friday, all entrance activity fees are waived in Regional Parks, including parking, dogs, horses, boat launching, and fishing, as well as entrance to Ardenwood Historic Farm. However, the fee waiver does not include state fees for fishing licenses and watercraft inspections or concessions such as the Tilden Merry-Go-Round and Redwood Valley Railway steam train.

Renovated Sunol Visitor Center

On September 29, 2022, the Park District celebrated the newly renovated and expanded Sunol Visitor Center, which has been completely remodeled inside with up-to-date educational exhibits.



The visitor center, built inside an 1895-era barn, was in desperate need of repair and upgrades. If you visited pre-renovation, you would have seen a rundown building with bats in the attic and rattlesnakes in the walls. At the Park District, we love nature critters, just not inside the buildings.

Today, the visitor center is a 21st-century facility with up-to-date interactive exhibits about Sunol Wilderness Regional Preserve parkland and trails, the 28-mile Ohlone Wilderness Trail, the Ohlone People, the

area's ranching history, wildlife research in the area, as well as a kids' discovery zone with microscopes and new live animal enclosures – all bilingual (English and Spanish).

The Sunol Visitor Center serves as the hub for naturalist-led school programs and recreational activities in the Sunol-Ohlone Wilderness, which is known for picnicking, hiking, and backpacking. The visitor center is open weekends from 8:30 a.m. to 4 p.m.



Park District and Save Mount Diablo Partner on Purchase Option for 768-acre Finley Road Ranch



In September, the Park District Board of Directors voted to enter into a purchase option for 768 acres adjacent to Mount Diablo State Park and Morgan Territory Regional Preserve.

The Finley Road Ranch property is one of the largest remaining unprotected open space landscapes adjacent to Mount Diablo State Park. It is located on the southern flank of the park at the mouth of Riggs Canyon, which extends deep into the state park. The property would become part of Morgan Territory Regional Preserve.

The property includes a potential site for a Park District staging area that would significantly enhance public access to the state park's Riggs Canyon and into western Morgan Territory Regional Preserve.

The Park District and Save Mount Diablo partnered on the \$200,000 purchase option, with the latter contributing \$50,000 toward the option. The District has until November 22, 2022, to purchase the property at \$11.4 million, but may extend the purchase option for an additional \$200,000 payment. All option costs would go toward the purchase price.

Tyler Ranch Staging Area Opening Early 2023



The Park District is finishing up construction of the Tyler Ranch Staging Area in Sunol, including 78 parking spaces, equestrian staging, restrooms, water fountains, and a small family picnic area.

The new staging area will open up access to 2,500 acres of open space and more than 18 miles of trails at the southern end of Pleasanton Ridge Regional Park, including an area that has been land banked since its acquisition in 2012 with no public access.

On September 6, 2022, the Park District Board of Directors voted to update the Pleasanton Ridge Regional Park Land Use Plan to incorporate the 1,368-acre Robertson property, adding it to Pleasanton Ridge Regional Park, including 12.7 miles of existing trails and Sunol Peak, which at 2,185 feet is known for panoramic views of the East Bay. Pleasanton Ridge Regional Park comprises 9,090 acres of parklands.

Trail Safety

Mountain Biking Safely in Regional Parks

There are many opportunities for biking in Regional Parks, with over 800 miles of dirt roads and approximately 50 miles of natural surface trails that allow bikes. However, biking is only permitted on some designated narrow trails.

Here is some information on bike-friendly narrow multi-use trails in the Park District.

Crockett Hills Mountain Biking Flow Trails

Crockett Hills Regional Park features 10 miles of narrow bike-optimized multi-use trails where mountain biking is allowed. There are also two designated bicycle loop trails, one short and one long, that traverse oak woodlands, hillsides, and ridgelines and offer views of San Pablo Bay, Carquinez Strait, and Mount Diablo. Bike bells are recommended and provided at the trailhead.



Crockett Hills flow trails include the Edwards Loop Trail, Wood Rat Trail, Soaring Eagle Trail, Warep Trail, Two Peaks Trail, Goldfinch Trail, Tree Frog Loop Trail, and Sugar City Trail. The Goldfinch Trail is subject to seasonal closure.



Other Bike-Friendly Multi-Use Trails

Anthony Chabot	Towhee Trail, Redtail Trail, Brandon Trail, MacDonald Trail, and Grass Valley Trail
Briones	Lafayette Ridge Trail, Briones Crest Trail, and Blue Oak Shortcut Trail
Brushy Peak	Brushy Peak Loop Trail
Carquinez Shoreline	Hulet Hornbeck Trail
Crockett Hills	Crockett Hills Flow Trails (See item to the left)
Del Valle	Swallow Bay and Heron Bay Trails
Garin	Zeile Creek Trail
Lake Chabot	Brandon Trail
Mission Peak	Panorama Trail
Morgan Territory	Clyma Trail
Pleasanton Ridge	Sinbad Creek Trail, Ridgeline Trail, Bay Leaf Trail, and North Ridge Trail
Sibley	Skyline National Recreation Trail
Tilden	Vollmer Peak Trail
Unincorporated Contra Costa County	Tassajara Ridge Trail

Tips for Bikers

The most important action you can take when biking is knowing the rules, including the approved speed limit and what to do when passing others. When biking, keep the following in mind:

- **Slow down around others, stop if necessary**
 - Slow down to pass safely. Pull over and stop, if necessary, when there is not enough room to pass safely.
- **Call out or ring your bell when passing**
 - To avoid surprises and collisions, call out “on your left” or “on your right” and/or use your bike bell to alert others of your presence (within 50 feet).
- **Always yield to pedestrians and equestrians**
 - As bicyclists typically travel faster than other trail users, be cautious and give others the right of way. Be extra careful when approaching other trail users from behind.
- **Stay on designated trails for your safety and others**
 - To ensure safety, bicycles are only permitted on designated sections of narrow trails (see above).



For information about trails that allow bikes, including options for kids and beginner, intermediate, and advanced riders, visit ebparks.org/trails/mountain-bike



Ardenwood

HISTORIC FARM

Ardenwood Interpretive Programs

IN A FESTIVE MOOD? Celebrate the holiday season with us as we carry on Christmas traditions of the original Patterson estate.

CHRISTMAS AT THE PATTERSON HOUSE

Fri-Sun, Dec 2-4, 9-11, and 16-18

Celebrate a turn of the 20th century holiday at a beautifully restored Queen Anne mansion. Join costumed docents for a tour of 14 rooms decorated with Victorian-style holiday ornaments.

11am and 2pm: Tot Tours for all ages, downstairs only, wheelchair accessible (20 min).

11:30am, 1pm, 2:30pm: Full tours for age 6 and over (45 min).

Purchase tickets in advance online, or at the door as space allows.

Fee: \$3/Adults and Seniors, \$2/Children ages 6-17, Children 5 and under free.

Info: (510) 791-4196

HOLIDAY OPEN HOUSE*

5:30-8:30pm, Fri, Dec 9

Celebrate a turn of the 20th century holiday at a beautifully restored Queen Anne mansion. Enjoy live music and refreshments.

Fee: \$7 advance tickets, \$8 at the door, children 12 years and under free. **Register** online, or pay at the door as space allows.

Info: (510) 791-4196

FEELING CRAFTY? Join us for some good old-fashioned art projects.

ART IN THE PARK

10am-2pm, Sat, Nov 5

Join in a fun day of art activities for the whole family. Bring your own plein air painting kit or use some of our supplies.

BEGINNING EMBROIDERY

1-2pm, Sun, Nov 13

Victorians loved to embroider, and you will too! Learn some basic embroidery stitches and you will be able to decorate all sorts of cloth objects. Training materials supplied.

WREATH MAKING WORKSHOP*

10am-1pm, Sat, Dec 3

Craft a festive wreath from aromatic evergreens. Explore the significance of holly and ivy in holiday traditions and get to know some elegant California native plants as well. Embellish your creation with colorful citrus fruits, cones, or berries and a magnificent bow. (10+yrs) **Registration** is required.

1-888-EBPARKS (1-888-327-2757, option 2)

Fee: \$30 (non-res. \$35)

MISTLETOE AND CIDER*

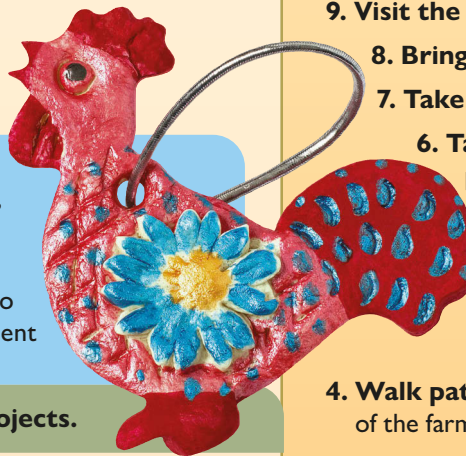
1:30-2:30pm, Sat, Dec 10, 17

Drop by the wood stove for a mug of hot cider and pick up some mistletoe. Discover how this strange plant lives and why it is associated with love.

SALT DOUGH ORNAMENTS*

11:30am-12:30pm, Sun, Dec 18

Use ingredients from our Country Kitchen to create a holiday ornament to take home.



WOOL THAT'S TO DYE FOR!

11am-12:30pm, Sun, Nov 27

Unravel the ancient mysteries of dyeing yarn. Discover nature's secrets for transforming white wool into a palette of autumn's colors and how you can do it at home.

CLOTHESPIN DOLLS

1-2, Sun, Dec 11, Jan 1

Create and dress up your own darling doll. We'll make them out of clothespins just the way they did more than 100 years ago.



Ten Things To Do ON THE FARM

Ardenwood Historic Farm slows down as we move out of our busy Fall harvest season and into the quieter months of winter. There is still plenty to see and do around the farm, though! Consider one of our Top Ten suggested activities next time you visit.

10. Bring binoculars and look at birds.*

9. Visit the chickens.

8. Bring a sketchbook and draw what you see.

7. Take photos.

6. Take a self-guided tour: ebparks.org/parks/ardenwood/digital-walking-tour

5. Write a scavenger hunt and see how many items you can check off. Items might include things like: a yellow flower, a turkey, a squirrel, a cow, a plant with fruit, a bug ...

4. Walk paths through oak woodland at the back of the farm.

3. Pet a goat. (Just wash your hands after!)

2. Bring a blanket and have an old-fashioned picnic.*

1. Join staff for a program.

Whether your interests are geared towards nature, history, crafts, or farming, we have something for you! Check out our featured programs here, or visit us online for a full list:



* Picnic kits with blankets, old-fashioned games, children's books, and birding supplies are also available for checkout. Ask staff to borrow one during your next visit!

Big Break

REGIONAL SHORELINE



Brian Forsyth



Petr Ganaj

SEASON OF THE SANDHILL CRANE

California supports a large wintering population of sandhill cranes in the Central Valley. These majestic birds are one of the largest migrating North American cranes, with a wingspan reaching almost seven feet wide. The sandhill crane is an ancient species with fossil evidence dating back over 2.5 million years.

Thousands of wintering sandhill cranes and hundreds of thousands of migrating waterfowl use the Delta for refuge from late September through February. Staten Island, a 9,200-acre island owned by the Nature Conservancy, and the Woodbridge

Ecological Reserve, run by the California Department of Fish and Wildlife, are some of our favorite spots to observe this ecological phenomenon. Please visit each organization's website to learn more about where and how to view remarkable wonder for yourself.

California Department of Fish and Wildlife – wildlife.ca.gov

The Nature Conservancy – nature.org/en-us



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 some nature time before nap time.

1-5yrs.

- Fall Fun 10am-11am, Mon and Tue Nov 14 and 15
- Staying Warm in Winter 10am-11am, Mon and Tue Dec 12 and 13

No registration; drop-in.

Miriam Klingler

NATURE WITH A NATURALIST

Explore the wonders of nature in the California Delta. Guided by a Big Break naturalist, you will uncover what makes this area important for plants, animals, people, and the planet. Programs are 11am to noon. All Ages.

- Where the Snow Goes Sun Nov 6 and Dec 4
- Responsible River Building Sat Nov 12
- Big Break Bio Blitz Sun Nov 13 and Dec 11
- Let's Talk Turkey (Vultures) Sun Nov 20
- The Puzzling Delta Sat Nov 26
- Playing with Plants Sat Dec 10
- Gingerbread Beaver Lodge Sun Dec 18

No registration; drop-in.

GARDEN CLUB

The Delta has a rich history of growing food to feed people across the globe. Learning from this, we'll plan our gardens together! For all knowledge levels, all garden sizes, plants in the ground, or pots. We'll share information, ideas, and seeds to grow vegetables, flowers, and native pollinator gardens.

- All Ages.
 - 1pm-2pm, Fri and Sat Nov 18 and 19
 - 1pm-2pm, Fri Dec 23
- No registration; drop-in.
Misti Marsh

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.

Misti Marsh and Wyatt Moore

WINTER COMMUNITY CAMPFIRE

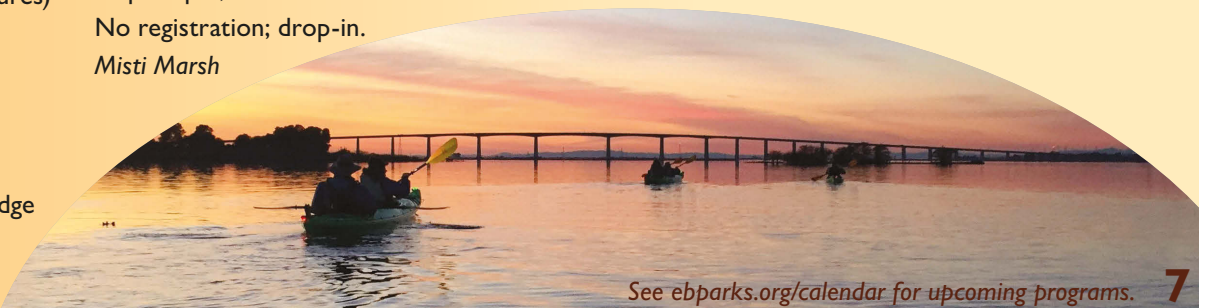
Hundreds of thousands of migrating waterfowl use the Delta as a rest stop from September through February. Gather the family for an evening in the park! We'll explore the wonders of Big Break's importance on the Pacific Flyway through activities and a campfire with S'mores. All Ages.

– 4pm-5:30pm, Sun Dec 18

No registration; drop-in.

Wyatt Moore

Bimney



See ebparks.org/calendar for upcoming programs.



Black Diamond Mines

REGIONAL PRESERVE

*I Wanna Sing You a Love Song
I wanna get to know you
I wanna show you the peaceful
feelin' of my home*

– Loggins and Messina

Song Sparrows and the Delight of Birdsong

Take a walk on a trail through a shoreline marsh in one of your nearby East Bay Parks, and you are not alone. You'll hear chirruping, tweeting, chattering, scolding, and other sounds. If you are lucky, especially in the springtime, but even year-round, you will hear the hard-earned, well-rehearsed and melodious songs of marsh wrens, common yellowthroats, and song sparrows. All of these birds love the marshy shorelines and live almost nowhere else. You might already know that precious wetlands throughout the state of California have been lost to development over the years, and that the tidal marshes of San Francisco Bay, the largest estuary on the west coast of the Americas, have not been spared.

Song sparrows are born with a song box, or syrinx, the gift that defines songbirds. And they put it to good use. In fact, this species as a whole is so vocally gifted and dedicated, scientists named it *Melospiza melodia*, with a reference to song in both its names. Each male song sparrow stakes out a small territory, mostly through the power of its voice alone. A young male spends its first year making the rounds of 30 to 40 nearby territories, listening carefully to the repertoires of relatives and neighbors, selecting the songs it thinks will make the most formidable impression on other males, and of course on available females. They are songs both of love and of strength, and each mature male song sparrow develops his own unique repertoire.

A fun place to start learning about birdsong: Sibley Guide – Learning to Listen to Bird Songs (sibleyguides.com)

Not only are song sparrows standouts in their devotion to singing, they are unusual among our Bay Area sparrows because they do not migrate. They stay contentedly in their little patches of domestic bliss year-round. San Francisco Bay is home to four distinct subspecies of song sparrow, all of whom you will encounter in the East Bay.

We at the East Bay Regional Park District are very glad to help keep such delightful birds safe for you and for generations to come, and to play a part in preserving the bay's irreplaceable biodiversity. Consider going on a bird walk with an EBRPD naturalist or with your local Audubon Society chapter.



Black Diamond Mines Interpretive Programs

NOVEMBER 2022 IS NATIVE AMERICAN HERITAGE MONTH

VASCO CAVES TOURS

Hike 2-3 miles through this wild and windswept land which is sacred to local California Indian communities and a refuge for golden eagles, fairy shrimp, and tiger salamanders. Vasco Caves Regional Preserve is accessible only through guided tours staging at Round Valley, due to the sensitive and sacred nature of the preserve. Registration is required. Please check online to make reservations and see availability: ebparks.org/parks/vasco-caves

– Sunday, November 13



CONNECT TO THE LAND AT THURGOOD MARSHALL

Since time immemorial, the land that is now the site of Thurgood Marshall Regional Park: Home of the Port Chicago 50, has been home to the Chupcan people. In honor of Native American Heritage Month, join us for a public tour exploring the southern end of this park, learning about connection to the land and enjoying views of Mount Diablo. Registration is required. Please check online to make reservations and see availability: ebparks.org/parks/thurgood-marshall

– Saturday, November 5

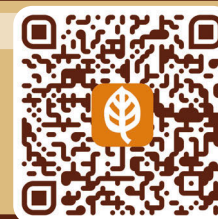
CHRISTMAS BIRD COUNT AT THURGOOD MARSHALL REGIONAL PARK

This is a community-based science event. Staff will accompany three teams of people, with up to 15 people per team. Each team will walk 2 to 5 miles to document our local bird populations.

– Saturday, December 17



For a complete list of programs, please visit us online •• ▶



https://apm.activecommunities.com/ebparks/activity_search

Coyote Hills

REGIONAL PARK



Native American Heritage Month

November is Native American Heritage Month. Indigenous peoples are closely connected to the land through distinct traditions, sophisticated knowledge systems, and unique languages. At Coyote Hills, the Tuibun Ohlone people – the park’s first inhabitants – lived on this land and spoke the Chochenyo language. Today, Ohlone people continue to practice their culture and traditions, including relearning, restoring, and re-teaching the Chochenyo Language.

The traditional Native languages primarily spoken in the greater San Francisco Bay Area region include: Chochenyo / Chocheño / Čočenyó (Mission San Jose, East Bay: Fremont Plain to Contra Costa County, Castro Valley, Hayward, San Leandro, San Lorenzo, Oakland), Ramaytush (Mission Dolores,

San Francisco/Part of San Mateo and the peninsula region), Thámien / Tamyen / Tamien (Mission Santa Clara de Thámien, Mission Santa Clara, Greater Santa Clara Valley), Awáswas (Mission Santa Cruz, Santa Cruz) and Huichun-Karkin (San Pablo).

If you take a stroll through the trails of Coyote Hills Regional Park, you might see some Chochenyo words. These include the Chochenyo Trail, Tuibun Trail, and the welcome sign at the visitor center. It reads: 'Akkoyt Máyyan Šáatošikma, which means “Welcome to Coyote Hills”.

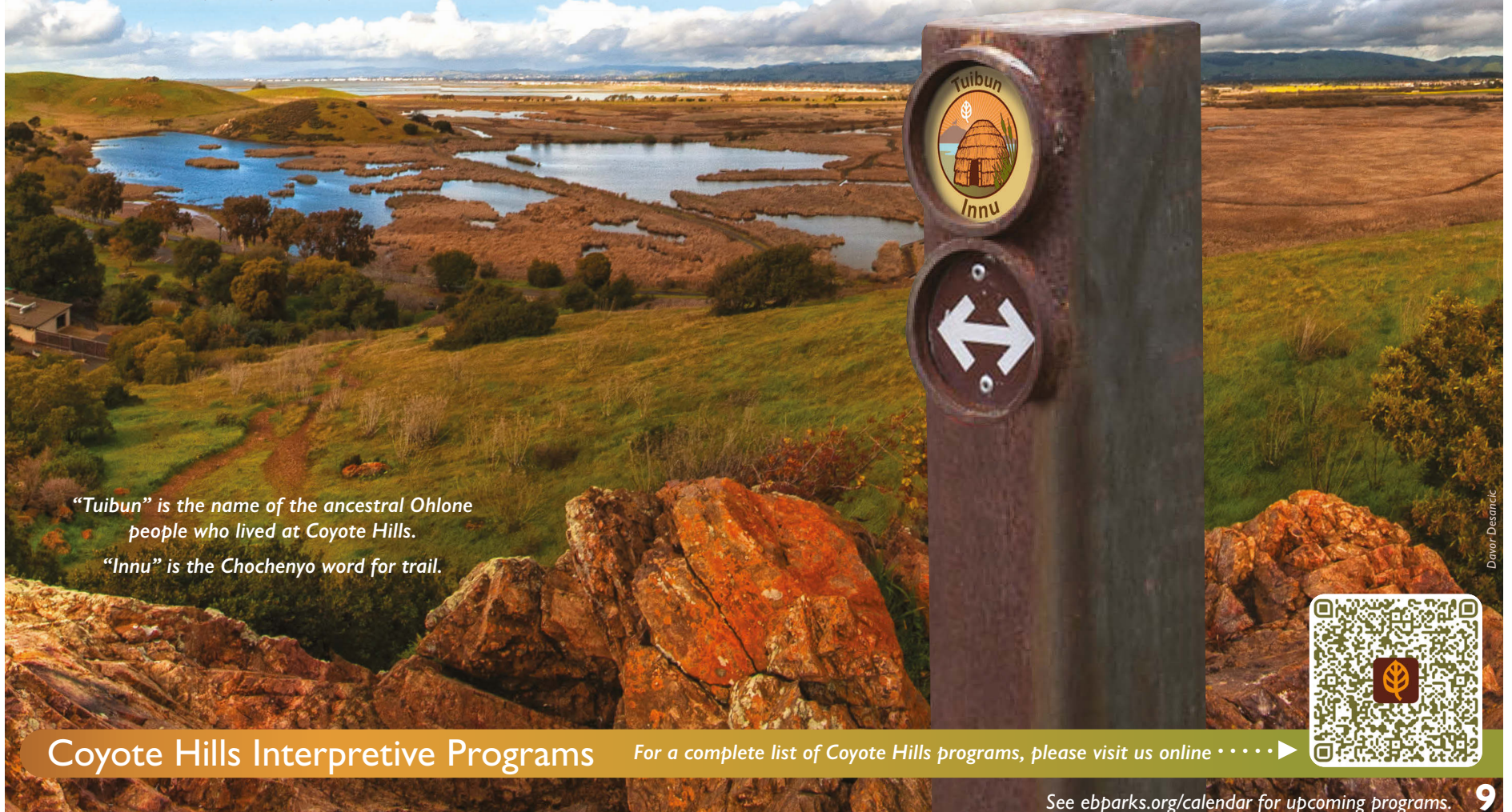
'Akkoyt (pronounced “Ah Coit”) = Welcome

Máyyan (pronounced “My Yawn”) = Coyote

Šáatošikma (pronounced “Sha toe sheek ma”) = Hills

We will unveil updated trail and landmark names translated into the Chochenyo language in the coming months. We are grateful to the Muwekma Ohlone Tribe and their language committee for these translations, as they were instrumental in helping to bring Chochenyo words back to Coyote Hills.

Since time immemorial, this land has supported and fostered community. As today’s Ohlone communities revitalize their languages, they honor this rich past. We hope you will join us in learning, honoring, and respecting this land's past, present, and future.



“Tuibun” is the name of the ancestral Ohlone people who lived at Coyote Hills.

“Innu” is the Chochenyo word for trail.

Coyote Hills Interpretive Programs

For a complete list of Coyote Hills programs, please visit us online ▶



See ebparks.org/calendar for upcoming programs.



Crab Cove

VISITOR CENTER AND AQUARIUM

Peregrine Falcons in the East Bay



Mary Malleck

The **Peregrine falcon** (*falco peregrinus*) is the fastest animal in the world, diving through the air at speeds of up to 240 MPH (you can easily get a speeding ticket for driving 1/3 as fast on the open highway)! About the size of a crow, peregrines eat mostly birds which they catch in the air, and it's exciting to watch them as they acrobatically hunt. Living on every continent except Antarctica, some peregrines have become famous for living in cities.

Tall buildings and bridges are similar to rocky cliffs where Peregrines have historically nested, and where they typically lay a nest of 2-4 eggs on a ledge or shallow scrape. In cities there are often fewer predators of young peregrines like great horned owls, although there are many urban hazards to avoid like power lines, windows, and moving cars. Building owners often wish for a resident peregrine to eat and scare away the pigeons whose droppings make a mess.



Rick Lewis



Rick Lewis

To identify a peregrine falcon, look for distinctive black "sideburns" that contrast sharply with the light feathers under the throat.

Peregrines hunt in many Regional Parks and nest in a few of them. In Diablo Foothills Regional Park, trails to the Castle Rock Recreation Area are usually closed February

1 through August 1 to protect nesting peregrines. They are most commonly seen hunting along our shorelines, so if you notice a flock of shorebirds or pigeons scattering quickly away, search for a predator like a peregrine on the chase. Watch for them tucking their pointy wings back as they hunt, allowing them to aerodynamically reach incredible speeds before they slam into their prey with sharp talons.

It was not always so easy to see peregrine falcons in the East Bay! Fifty years ago, they were almost extinct in the United States and in many parts of the world. Only two pair existed in California!

The smaller male looks down at the larger female who has a meal in her talons. Peregrines often mate for life, though now the population of "floating" (non-paired) peregrines is high enough that when one individual of a pair disappears, another will often quickly take its place.

On the Fruitvale Railroad bridge between Oakland and Alameda, three young peregrines watch as a fourth is fed by one of the parents. It takes about six weeks from hatching to flying, though young peregrines will rely upon parents to feed them for much longer as they learn to hunt.

The most important reason for their demise was the widespread use of the insecticide DDT in the 1940s through the 1960s. Its toxins accumulated in animals' food chains. Top predators like bald eagles, brown pelicans, and peregrine falcons suffered the worst effects: the shells of their eggs became too thin to support the baby birds inside.

Most uses of DDT in the U.S. were banned in 1973. Biologists then began intensive captive breeding programs, and young peregrine falcons were released into the wild for 25+ years. Now there are around 400 self-sustaining pairs in California. The recovery of peregrine falcons and other predatory birds is a huge conservation success, thanks in part to the outlawing of DDT, protection provided by the Endangered Species Act, and the dedicated work of biologists and activists.

Peregrine falcons can now be seen throughout much of the Bay Area! A pair has been famously nesting on the Campanile at UC Berkeley for five years in a row, and webcams installed in the nesting area allow the public to watch the show live online. During nesting season (late winter through early summer), do an Internet search for *peregrine camera*, and you will find links to this and other live-streamed nests in the Bay Area and beyond.

It is wonderful to watch peregrine chicks being fed by their parents. And when outside, keep looking skyward for the fastest animal in the world!

Other Birds of Prey: Cooper's hawks are around the same size as peregrines, though they are more common in our East Bay Regional Parks and in cities. They will hunt birds in the air as well as animals on the ground.



Rick Lewis



Rick Lewis

Crab Cove Interpretive Programs

For a complete list of Crab Cove programs, please visit us online ▶

10 See ebparks.org/calendar for upcoming programs.



Del Valle REGIONAL PARK



Del Valle Interpretive Programs

For a complete list of Del Valle programs, please visit us online •►



MEET AT THE VISITOR CENTER

DROP-IN PROGRAMS, NO REGISTRATION REQUIRED

WOODLAND WONDERLAND

Join us after school to learn about a new plant or animal of the oak woodland. All **Nov and Dec Fridays** between 3:30pm to 5pm.

NATURE CRAFTS

Discover the natural world through your artistic side. We will explore the wild side of Del Valle with a different craft each week. All **Nov and Dec Saturdays** between 11am to 12:30pm.



SNAKE TALK

Meet our animal ambassador Julius Squeezer, the gopher snake! Learn about the important role snakes play in the ecosystem with an up-close look at Julius at the visitor center. All **Nov and Dec Sundays** at 11am.

PARK N PLAY

Bring the kids and their friends out to Del Valle for some fresh air, nature games, and a cool topic to explore and learn more about. This rain or shine drop-in program occurs the fourth Sunday of the month. Stop by between 1-2:30pm, **Nov 27 and Dec 18**.

MEET AT THE MARINA

DROP-IN PROGRAMS, NO REGISTRATION REQUIRED

WINTER WATER BIRDING

Join us as we look for resident and migrant waterbirds at the lake. We'll observe and discuss their ways of life first-hand. All levels welcome! This drop-in program is from 9:30-11am on Sunday, **Dec 4, 11, and 18**.



Richard Evans

MEETING LOCATIONS VARY

REGISTRATION REQUIRED PROGRAMS

NATURE NEARBY

What kind of tree is that? What bird is making that sound? If you're curious about the local environment and would like to learn more, join a naturalist on this series of programs to identify plants and animals, and get a better understanding of our ecosystem. Saturdays, 2-4pm, **Nov 19; Dec 3, 17, 31**.

DISCOVER BRUSHY PEAK

Learn about a few of the ecological and historical reasons why this area is so important on a hike with a naturalist. Program on Sunday, 10am to 12pm, **Nov 6**.



Jerry Ting

HABITAT SPOTLIGHT:

Oak Woodlands

Del Valle Regional Park boasts a bunch of really cool and different habitats. Let's take a closer look at one of them, the Oak Woodlands.

The Del Valle oak woodlands are dominated by coast live oak, but also include valley oak, blue oak, and other California oaks, as well as pines and understory shrubs. These forests play an important role in protecting soils from erosion and landslides, regulating water flow in watersheds, and maintaining water quality in streams and rivers because the oak trees have such large root systems.

Wow! Oak woodlands support so much life. At least 300 vertebrates, 1,000 native plants, 350 fungal species, and 5,000 arthropods utilize this habitat.

Did you know? Oaks depend on animals to move around their acorns. California scrub jays are one of the most important movers of acorns. They like to bury acorns in soil, and if it gets forgotten, it's already planted and ready to develop into a seedling!



Alicia Marinan

TEENS TALK TRASH

Teens can join us at the park to talk trash and explore different concepts related to the waste cycle, then do a litter pick-up with data collection to earn volunteer service hours. Please visit https://apply.ebparks.org/custom/501/opp_details/4130 Second Sunday of the month, 3:30-5pm, **Nov 13 and Dec 11**.



Mobile Education



Interpretive Programs

For a complete list of Mobile Education programs, please visit us online

The People of Color: Walks and Talks series is back! These are natural and cultural history explorations of our parks for communities of color and allies. Programs are Spanish/English bilingual. All are welcome.

PEOPLE OF COLOR: WALKS AND TALKS (#45953)

Are you interested in exploring your local East Bay Regional Parks while learning about their natural and cultural history? Hikes range from 1 to up to 5 miles. Great for families! Programs are bilingual in English/Spanish. See ebparks.org/parks for maps and directions. No registration; drop-in. Parking fees apply where charged. For information, call (510) 544-2523. Wear sturdy footwear, bring water and dress for the weather. Heavy rain cancels.

- Various Parks/All Ages
- Sat, Nov. 12, 9:30-11am
- Fri, Dec. 9, 3-4:30pm

Paula Urtecho and Melissa Fowlks



Get active, have fun and join a Walks and Talks hike!

¡La serie de programas Gente de Color: Paseos y Platicas ha vuelto! Estos programas son exploraciones de historia natural y cultural en nuestros parques para comunidades de color y sus aliados. Los programas son bilingües (Español/Ingles). Todos son bienvenidos.

GENTE DE COLOR: PASEOS Y PLATICAS #45953

¿Le interesa explorar sus Parques Regionales del Este de la Bahía mientras aprendiendo historia natural y cultural? Estas caminatas varían de 1 a 5 millas y son ideales para familias. Los programas son bilingües Español/Inglés. Visite www.ebparks.org/parks para obtener mapas y direcciones. No hay registro. Se aplican tarifas de estacionamiento cuando se cobran. Para información llame al (510) 544-2523. Use zapatos cómodos y resistentes, traiga agua y vístese para el clima. Lluvia cancela el programa.

- Varios Parques/Todas las edades
- Sat, Nov. 12, 9:30-11am
- Fri, Dec. 9, 3-4:30pm

Paula Urtecho and Melissa Fowlks

BIRDING THE GARDEN – AUTUMN (#45954)

Join Naturalists Paula and Melissa to see what migratory birds are passing through the garden! Due to the diversity of plants and habitats represented in the Botanic Garden, there's always a great variety of bird species to observe there. We'll have binoculars to loan. Meet in front of the Botanic Garden Visitor Center. Activity Level: Easy

- The Regional Parks Botanic Garden, Berkeley
- Sat, Nov 12, 9:30-11am

PAJAREANDO EL JARDÍN – OTOÑO (#45954)

Únase con Naturalistas Paula y Melissa para observar las aves migratorias que están de paso en el Jardín Botánico. Debido a la diversidad de plantas nativas y hábitats que se encuentran en el Jardín, hay una tremenda variedad de aves que se pueden observar. Tendremos binoculares para prestar. Nos juntaremos en frente del Centro de Visitantes. Nivel de Actividad: Fácil

- Jardín Botánico de Parques Regionales, Berkeley
- Sat, Nov 12, 9:30-11am

BLASTS AND BIRDS (#45955)

What do dynamite, steel, and birds have in common? They all converge together at Point Pinole! Take a brisk mid-afternoon winter walk with Naturalists Melissa and Paula and learn some local and natural history. Program will be bilingual in Spanish and English. Meet at the Atlas Staging Area. Activity Level: Brisk

- Point Pinole Regional Shoreline (Atlas Staging Area)
- Fri, Dec. 9, 3-4:30pm



Naturalists
Melissa and Paula

EXPLOSIONES E AVES (#45954)

¿Que tienen en común la dinamita, el acero y las aves? ¡Todos se juntan en Point Pinole! Únase con Naturalistas Melissa y Paula para una caminata invernal e aprenda la historia cultural y natural de este parque. El programa será bilingüe. Nos juntaremos en el Atlas Staging Area. Nivel de Actividad: Enérgica

- Point Pinole Regional Shoreline (Atlas Staging Area)
- Fri, Dec. 9, 3-4:30pm

Outdoor Recreation



Adult Pole Walking and Pole Hiking

Expert training on how to use poles for hiking, walking and outdoor exercise. *CAREFULLY* read the descriptions and then select the class that best suits your physical ability and inclination. A variety of top-quality poles are provided for your use. Adult programs.

POLE HIKING SKILLS AND TECHNIQUES

Kennedy Grove

Hikers learn strategies for enhancing performance and confidence on the trail. Uphill: Improve power, endurance, posture, upper body strength and spine function. Downhill: Develop skills for feeling safer and preserving joints – Save your knees! Small group, pole basics training session, easy terrain, all level hikers welcome.

November 12 (Sat.), 9am-12:30pm, #46094
Fee: \$55 (non-res \$61) Registration required.

BOTANIC GARDEN PRACTICE POLE HIKE

Tilden Botanic Garden

Botanically Experience California. Explore Beautiful Award-Winning Native Plant Garden. Easy practice hike: Refine, enhance and learn new skills on varied terrain. Connect with nature while improving confidence, pole performance, trail skills and body awareness. Hike approximately 2 miles.

November 18 (Fri.), 8:30-11am, #46095
December 16 (Fri.), 8:30-11am, #46096
Fee: \$35 (non-res \$39) Registration required.

HIKING WITH POLES: SKILLS + PRACTICE HIKE

Tilden

See September 20 listing for class description: This session includes the same basic poles training PLUS a practice hike (less than 5 miles). Improve confidence, trail performance, stamina and strength. For HIKERS able to manage varied, sometimes steep terrain, narrow trails, uneven stairs.

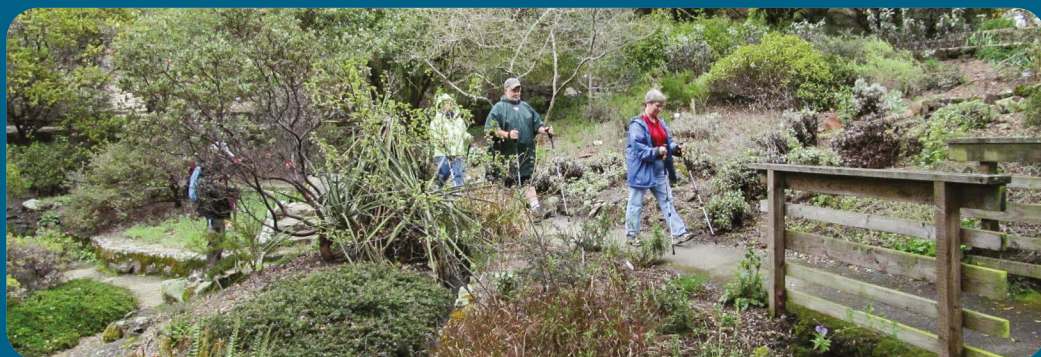
December 3 (Sat.), 9am-2pm, #46098
Fee: \$75 (non-res \$83) Registration required.

POLE WALKING FOR MAINTAINING MOBILITY

Temescal

When pole walking, you'll feel taller and experience profound freedom of movement! Special session for people with mobility challenges – not hikers. Learn game-changing skills that address your issues, reduce fall risk, improve your balance, endurance, walking gait, longevity. Small group; easy pace; short practice pole walk.

December 9 (Fri.), 9:30am-1pm, #46097
Fee: \$55 (non-res \$61) Registration required.



Botanic Garden Practice Pole Hike.

Boating and Kayaking Programs

KAYAKING BIG BREAK

Big Break Regional Shoreline

Come 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.

November 1 (Tues.), 9:30am-12pm, #45958
December 5 (Mon.), 9:30am-12pm, #45957
Fee: \$30 (non-res \$34) Registration required.

SUNSET PADDLE

Big Break Regional Shoreline

Paddle as the light of the setting sun sparkles on the waves. After dry-land instruction, we'll wend our way in our steady and stable tandem kayaks.

November 13 (Sun.), 3-6pm, #45956
Fee: \$35 (non-res. \$39) Registration required.



Sunset paddle at Big Break Regional Shoreline.

Outdoor Recreation Programs

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

See ebparks.org/calendar for upcoming programs. **13**



Sunol Wilderness

REGIONAL PRESERVE

Adapting for Winter

The winter months are rapidly approaching, bringing cooler winds into the oak woodlands. We usually bundle up during this time of year; but what do the animals that call the East Bay home do to endure the winter cold?

One of the common snakes found at Sunol Wilderness Regional Preserve is the **northern Pacific rattlesnake**. These snakes are most often spotted during the warmer summer months, but they continue to reside in the park during the winter. Snakes go through a hibernation-like period known as “brumation,” which involves the snake slowing its metabolism by nearly 70 percent and lowering its activity. On occasion, if the weather permits, these snakes will bask in the sun or find a much-needed meal. During brumation, rattlesnakes look for a safe space since they are more vulnerable in this state. Some take advantage of burrows made by ground squirrels and other rodents and will even bunk with other rattlesnakes for the winter!

Some mammals – such as **bobcats** – develop thicker fur coats to keep warm and the color of their fur can differ between seasons. A bobcat’s undercoat, made of soft short-length fur, serves to insulate the cat’s body. The overcoat, however, is made of long, coarse fur to help catch any heat that escapes their body and to help bobcats keep dry.



CHECK OUT OUR NEWLY RENOVATED Sunol Visitor Center!



Find refuge from the cold winter weather and explore our new interactive exhibits!

The visitor center is located at 1895 Geary Rd., Sunol. Turn left after the fee station kiosk into the parking lot.

Winter Matching Game

The animals of Sunol and other East Bay Regional Parks have adapted for the colder months, whether it be by brumation or developing thicker coats. Test your knowledge in this matching game on how Sunol wildlife stay warm during the winter. If you get stumped, the answers are located underneath the puzzle.

- | | |
|---|---------------------------------|
| 1) This amphibian will create a small burrow in loose soil to help insulate heat. | A) Tarantula |
| 2) This reptile undergoes a period called brumation in which its metabolism slows by nearly 70 percent. | B) Bobcat |
| 3) This bird stores a backup food supply for the winter months by using dead tree limbs as acorn granaries which can contain up to 50,000 acorns. | C) Northern Pacific rattlesnake |
| 4) This arachnid will cover its burrow with dirt and webbing to keep warm, and may even go through a short period of hibernation. | D) Acorn woodpecker |
| 5) This animal gains a thicker coat during the winter to help insulate body heat and keep its body dry from the rain. | E) Western toad |

Answers: 1) E 2) C 3) D 4) A 5) B



Sunol Interpretive Programs

For a complete list of Sunol programs, please visit us online

Follow us on Facebook at Sunol Wilderness Regional Preserve for live program events!

BURN THE TURKEY HIKE

November 25 (Fri.), 10am-1pm.
Registration required.

STARGAZING IN SUNOL

November 26 (Sat.), 5-7pm.
Drop-in.

WREATH MAKING AT THE BARN

December 3 (Sat.), 1-3pm. Free.
Registration required.

SEASON'S FAMILY WALK

December 24 (Fri.), 10-11am.
Registration required.

Tilden

NATURE AREA



Sunburst Lichen Hike

Interested in unique flora and fauna? Take an easy self-guided hike and discover why so many like the lichen! In the Tilden Nature Area there are several species of lichen, including the common sunburst, *Xanthoria parietina*. Ranging in colors of green to orangish red, sunburst lichen commonly grows on wood and bark, and you'll often find it on our oak trees.

Start at the traffic circle of Tilden Nature Area and continue along Wildcat Creek trail.

At Jewel Lake, make a left to cross the bridge and continue along the path around Jewel Lake.

Make a right at the Y to take Upper Pack Rat trail.

At the next Y, make a left to continue down Pack Rat trail and end back at the traffic circle.



Creative Commons Ahare Allike 4.0, en.wikipedia.org/wiki/File:Xanthoria-by-color.jpg

Joining in Community



Ramalina and Xanthoria lichens on a California buckeye at Tilden Nature Area.

The ecological definition of community is “an association of organisms in an area which are interdependent on each other.” We find examples of community throughout nature, from songbirds that forage together for protection to the dusky-footed woodrat whose home is shared with salamanders and mice.

Adorning almost every tree at Tilden Nature Area is a unique organism called lichen. Lichens are composite organisms containing a photosynthetic symbiont - algae or cyanobacteria - living on the filaments of multiple species of fungi. The fungal partners provide the structure for the photosynthetic partners, who in turn provide a food source. One of the heartiest living things known, lichens are the first to populate bare rock exposed from landslides, thrive in the freezing arctic tundra, and grow in the

world's hottest and driest deserts. They have also been demonstrated to survive in the irradiated vacuum of space and, more recently, in a simulation of the surface of Mars.

Lichens are survivors because each member of their community provides for the other and fills a necessary role. Without the photosynthetic partner, the fungal partners, or the many other microorganisms that interact with them, lichens cannot exist. These community members need each other to survive and are stronger together.

TILDEN NATURE AREA INTERPRETIVE PROGRAMS

ebparksonline.org • ebparks.org/parks/tna • Information: (510) 544-2233

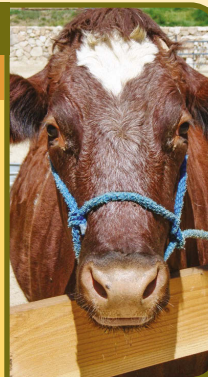
FARM ANIMAL MEET AND GREET

Join Naturalist Melissa for safe space and inclusive programming. We'll gently meet all the animals at the farm which include chickens, rabbits, cows and sheep, and a few wild ones too. This program is water and break time friendly. Registration required. For participant ages 5-12 years. Additional caregivers and families of participants are welcome.

December 29 (Thurs.) 11:30am-1pm



barryskeates; CC BY 2.0



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

WEEKEND AND HOLIDAY TOURS

Docent-led tours are currently being offered **Saturdays** at 2 p.m. and **Sundays** at 11 a.m. and 2 p.m. Meet at the Visitor Center. Maximum number of spots is 10 per tour. Rain cancels! Free.

CA INDIAN USES OF NATIVE PLANTS TOUR

Play the traditional Miwok game of staves, grind acorns, and even wash your hands with soap plant root. See Native American artifacts and the plants used to make them. Learn about plants that were important food sources. Family friendly. Rain cancels. **November 13** (Sun.), 2-3pm, Free.

CONOCIENDO LAS PLANTAS NATIVAS DE CALIFORNIA –

VIENE EL INVIERNO Aunque el invierno es inminente, el jardín está lleno de sorpresas. Únase con Naturalista Paula Urtecho para pasear en el Jardín Botánico, conociendo las plantas nativas de California e aprendiendo lo que los hace únicos. Programa gratis. Nos reuniremos en frente del Centro de Visitantes. 1550 Wildcat Canyon Rd, Berkeley, CA 94708. **12/10/22**, 9:30-11am

2023 DOCENT TRAINING

Learn to lead Botanic Garden tours. **January 10 – June 27** (weekly Tuesday classes), 9am-12:30pm. **Fee:** \$350 (financial assistance may be available). Space in the class is limited. **Contact:** BGarden@ebparks.org



Volunteer PROGRAM

Community Services and Volunteers

It's amazing to think about everything that has been accomplished by volunteers in our parks. While we look towards the future of the Volunteer Program in the East Bay Regional Park District, it's important to remember the contributions of the past. With this in mind, we want to revisit a poem from our staff to volunteers from 2020 and express our continued gratitude to volunteers!

Ode to the East Bay Regional Park Volunteers

Dedicated hearts are not easy to find

It takes special people, generous and kind.

Here at the Parks, these dedicated and true

Make the East Bay shine with all that they do.

These volunteers care so much for our natural spaces

That they help clean up the hardest hit places.

Our Docents tell of our parks' great history

To visitors so that it isn't a mystery.

At the Bot Garden they care for the plants

And get lots of dirt on their shoes and their pants.

Some volunteers, if they have the knack,

Teach about wildlife, with help from Doc Quack.

Ambassadors tell people about all our parks

And Safety Patrol watches from morning to dark.

Great thanks are owed to our wonderful volunteers,

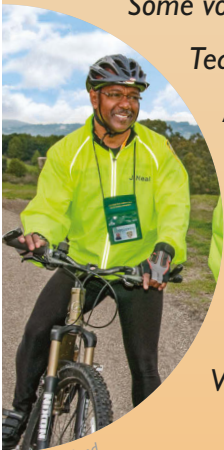
We're privileged to work with you and offer three cheers!

We value and appreciate you dedicated hearts

We are so lucky to have you as part of the parks.



Michael Short



Bill Knowland



Healthy Parks Healthy People

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

DOC QUACK VOLUNTEER PROGRAMS

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

INFORMATION: ebparks.org/about/getinvolved/volunteer/quack or (510) 544-2233

WILDLIFE VOLUNTEERS – “SHOREBIRD SANCTUARY” (#46193) AT MARTIN LUTHER KING JR. REGIONAL SHORELINE, OAKLAND

An exciting adventure over land and water to create nesting habitat for the threatened Western Snowy Plover awaits you. You will help move bulk sand and shells, pull weeds, thereby crafting ideal courtship conditions for breeding plovers, avocets and stilts. By participating, you'll earn your "Shorebird Sanctuary" patch. Physical labor is involved with this project. Parent participation required.

Registration deadline: November 11

November 26 (Sat.); 1-3:30pm..... “Doc Quack”, Wildlife Biologist



Caiti Goodley



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