

# Regional in Nature

# Activity Guide

MAY – JUNE 2023

East Bay   
Regional Park District  
*Healthy Parks Healthy People*



Deane Little



**Wildfire Safety Tips.** See page 5  
Consejos de seguridad contra incendios forestales  
野火安全提示

**Trail Use Pilot Project Begins  
at Briones Regional Park**  
See page 4

## INSIDE

- Parks Awarded \$7 Million Grant ..... 3
- Celebrating Diversity ..... 8
- What's Going on in Nature ..... 9
- Brown Pelicans ..... 10
- Del Valle Bald Eagle Story ..... 11
- Introduction to Saltwater Fishing ..... 13
- Adaptation Matching Game ..... 14
- The Much-Maligned Mosquito ..... 15

# Contents

Message from the GM..... 3  
 Park News ..... 4  
 Wildfire Safety..... 5  
 Ardenwood ..... 6  
 Big Break..... 7  
 Black Diamond ..... 8  
 Coyote Hills ..... 9  
 Crab Cove ..... 10  
 Del Valle..... 11  
 Mobile Education ..... 12  
 Outdoor Recreation ..... 13  
 Sunol ..... 14  
 Tilden..... 15  
 Volunteer Program..... 16



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, *President* .....Ward 3  
 Ellen Corbett.....Ward 4  
 Olivia Sanwong.....Ward 5  
 John Mercurio .....Ward 6  
 Colin Coffey.....Ward 7

Visit [ebparks.org](http://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  
**REGIONALPARKSFUNDATION.ORG**

## Visitor Centers

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

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

# Enjoying Summer in Regional Parks

A MESSAGE FROM GENERAL MANAGER SABRINA B. LANDRETH



**E**ach summer, the Park District welcomes visitors to Regional Parks to spend time exploring nature and to connect with family and friends. Whether it is a sunshine-filled hike, family picnic, or group barbecue, our parks offer a place for healthy and safe recreation, while protecting open space and natural habitat for wildlife.

Our parks also provide a place for people to connect with nature away from the stresses of daily life, which is vital to maintaining physical and mental health. For many, our parks have become essential to their quality of life and general wellbeing.

Whatever your activity, we hope you enjoy your time in Regional Parks this summer. Popular summertime activities in Regional

Parks include swimming, picnicking, barbecuing, fishing, boating, kayaking, canoeing, movie nights, day camps, adventure camps, and naturalist-led programs.

To check on Park District programs, facility availability, or to reserve a location for an activity, visit [ebparks.org/things-to-do](http://ebparks.org/things-to-do)

Enjoy summertime in your Regional Parks!



## PARK DISTRICT AWARDED \$7 MILLION GRANT FOR ACQUISITION OF FINLEY ROAD RANCH PROPERTY

**I**n February, the Park District was notified that it will receive a \$7 million grant from the California State Coastal Conservancy (CSCC) for the purchase of the 768-acre Finley Road Ranch

property located at the mouth of Riggs Canyon off Finley Road at the western edge of Morgan Territory Regional Preserve and the southern edge of Mount Diablo State Park.

Preserving the property is a key step toward the state's 30x30 initiative to conserve 30 percent of the state's lands and coastal waters by 2030. The Park District is a supporter of the state's 30x30 initiative and participates in the initiative's partnership coordinating committee.

The \$7 million grant for acquisition of the Finley Ranch Road property was one of 12 grants announced earlier this year by CSCC to advance restoration, protection, public access, and climate resilience along the California coast and San Francisco Bay.

The Finley Road Ranch property includes a flat, accessible area that provides the opportunity for a staging area at the entrance to Riggs Canyon, which would significantly improve public access to the property, Morgan Territory Regional Preserve, and adjacent Mount Diablo State Park.

For updates, visit [ebparks.org/news](http://ebparks.org/news).



## Trail Use Pilot Project Begins at Briones Regional Park

### LIMITED TO SPECIFIC PROJECT ZONE WITHIN BRIONES REGIONAL PARK

On April 21, 2023, the Park District launched the Briones Pilot Project, a two-year pilot project intended to test a variety of trail management strategies. The pilot project is limited to a portion of Briones Regional Park in the northeast corner of the park.

The Briones Pilot Project establishes specific rules limiting trail use within the project zone and for two trail segments adjacent to the zone, such as hiking only, biking only, or biking/hiking only and direction of travel. On weekends, trail use within the Pilot Project Zone will alternate days between bicycle and equestrian use based on even and odd calendar dates (see table).

	BIKES	HORSES	HIKERS
WEEKDAYS (M-F)	STAY ON BIKE DESIGNATED TRAILS	STAY ON HORSE DESIGNATED TRAILS	OPEN EVERY DAY
ODD NUMBERED WEEKEND DATES	STAY ON BIKE DESIGNATED TRAILS	NO HORSES IN ZONE	FOR YOUR SAFETY NEVER USE BIKE-ONLY TRAILS (B1 - B4) MARKED IN YELLOW ON MAP
EVEN NUMBERED WEEKEND DATES	NO BIKES IN ZONE	STAY ON HORSE DESIGNATED TRAILS	STAY ON HIKING DESIGNATED TRAILS
			NO ODD/EVEN DATE RESTRICTIONS

EXAMPLES:

A key component of the Project is the restoration of illegally built "bootleg" trails to protect natural habitat for wildlife.

For more information, visit [ebparks.org/briones-pilot-project](http://ebparks.org/briones-pilot-project).



## Conserving Watershed Lands

### A SHARED HISTORY

Established in 1934, the Park District has preserved over 125,000 acres of parklands and 55 miles of shoreline – driven by the vision manifested in the 1930 report, *Proposed Park Reservations for East Bay Cities* by landscape architect Frederick Law Olmsted, Jr. and Ansel Hall of the National Park Service. But how did the Park District go from a vision to a reality? The answer connects us to the East Bay Municipal Utility District (EBMUD).

EBMUD was formed in 1923 by a public vote. In 1929, with funds from voter-approved bonds, EBMUD completed construction of the Pardee Dam in the Sierra and the Mokelumne Aqueduct to pipe water to the East Bay. EBMUD also acquired the private East Bay Water Company and, soon after, identified 10,000 acres of watershed lands in the Oakland/Berkeley Hills as surplus property.

Park advocates saw the opportunity for a "Grand Park" stretching 22 miles from Lake Chabot to Wildcat Canyon. In 1934, during the depth of the Great Depression, voters approved formation of the Park District. In 1936, the District purchased 2,162 acres from EBMUD to create the first Regional Parks: Upper Wildcat Canyon (Tilden), Temescal, and Roundtop (Sibley).

Today, the Park District manages 73 regional parks, including Lake Chabot Regional Park, which is owned by EBMUD but operated by the District. The District and EBMUD are essential partners, including working together to prevent and mitigate wildfires in the East Bay hills.

With our shared history conserving watershed lands, the Park District congratulates EBMUD on its 100-year anniversary!

## Rebecca Bauer-Kahan Named 2022 Radke Championing Advocacy Award Recipient



In early March, the Park District and Regional Parks Foundation recognized State Assemblymember Rebecca Bauer-Kahan with the 2022 Radke Championing Advocacy Award at a ceremony at Inspiration Point in Tilden Regional Park. Bauer-Kahan was instrumental in securing \$4 million for restoration at McCosker Creek in Robert Sibley Volcanic Regional Preserve in Orinda and \$3.5 million for wildfire protection equipment.

# Wildfire Safety



## Wildfire Season Safety Tips

**May is National Wildfire Awareness Month**, a time when the Park District and other public agencies come together to stress the importance of preparing for the upcoming wildfire season.

Wildfire safety remains one of the Park District's top priorities. Our year-round efforts include removing flammable vegetation, maintaining a professionally trained full-time and on-call fire department, maintaining specialized wildland firefighting equipment, and monitoring fire weather conditions.

### Wildfire Safety Tips

- Do not smoke in the regional parks, including vaping.
- Maintain “defensible space” around your home.
  - 30 feet of “clean and green” devoid of dead plants, grass, weeds and over-grown brush.
  - 100 feet of “reduced fuel” with short-mowed grass and spacing between grass, shrubs and trees.
- Be aware of Red Flag Warnings, fire danger levels, and fire safety rules.
- Go to [ebparks.org](http://ebparks.org) to check for alerts and closures before you go.
- Be alert for any potential fire hazards and report them. If you see a fire, call 911 immediately.

### Consejos de seguridad contra incendios forestales

- No fume en los parques regionales, ni siquiera el vapeo.
- Mantenga un “espacio defendible” alrededor de su casa.
  - Debe haber 30 pies de espacio “limpio y verde”, desprovisto de plantas y césped secos, maleza y arbustos crecidos.
  - Debe haber 100 pies de “elementos combustibles reducidos” con césped corto y espacio entre el césped, los arbustos y los árboles.
- Esté atento a las advertencias de bandera roja, los niveles de peligro de incendio y las reglas de seguridad contra incendios.
- Visite [www.ebparks.org](http://www.ebparks.org) para verificar si hay alertas y cierres antes de ir.
- Esté atento a cualquier posible riesgo de incendio e infórmelo. Si ve un incendio, llame al 911 de inmediato.

### 野火安全提示

- 切勿在區域公園吸煙，包括吸電子煙。
- 住家週圍要維持「可防禦空間」。
  - 30 英尺的「清潔和綠化」環境，無枯死植物、無草地、無雜草且無過度茂密灌木叢。
  - 100 英尺內「減少燃料」，減短草坪且草地、灌木和樹木之間維持間距。
- 了解紅旗警告 (Red Flag Warning)、火災危險等級和消防安全規則。
- 出發前查看 [www.ebparks.org](http://www.ebparks.org) 警告通知和設施關閉情況。
- 注意任何潛在的火災危險並提出通報。如果您看見火災，請立即撥打 911 通報。



More information and translation into other languages (select language):  
[ebparks.org/public-safety/fire/safety-prevention](http://ebparks.org/public-safety/fire/safety-prevention)



# Ardenwood

## HISTORIC FARM



### Building a Family Farm

**A**rdenwood Historic Farm provides a glimpse into what life was like on a family farm in California circa 1890-1930. But what does it mean to be a “family farm”?

George Patterson built both his farm and his family at the site of what is now Ardenwood starting in the 1850s. When George died in 1895 his wife, Clara, took over the family business, passing down their success and legacy through generations. But their family’s success was reliant on a larger built community. Field workers, cooks, nannies, and more were vital to the day-to-

day operations of the Patterson’s household and farm. Whether or not the Patterson’s viewed them as family, they were integral and, in at least a few cases, there is evidence of fond relationships.

Ardenwood remains a place where families – whether born into or chosen – come together to build a larger community. We invite you to join our community and break bread together, celebrate a loved one, or otherwise experience life on a farm at one of our May/June programs!



### Ardenwood Interpretive Programs

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

#### Programs that Celebrate Special People in Your Lives

##### MOTHERS’ DAY ON THE FARM

Celebrate the special people in your life at the farm. Create a flower crown, enjoy live music, and play a game of croquet or bocce ball. Treat yourselves to an elegant buffet brunch (advanced reservations required: ardenwoodevents.com/mothersday, starting April 1), or purchase from a special a-la-carte menu at the café.

##### – May 14 (Sun), 11am-3pm

##### HUGS AND QUICHES FOR DAD

There’s no better way to show your love than with food! Join us at the Country Kitchen as we put together some farm ingredients for a delicious sample.

##### – Jun 18 (Sun), 11am-noon

#### Programs that Build Community

##### HISTORIC HAY HARVEST

Join in the fun of an old-fashioned hay harvest! Help load the freshly mown hay and haul it to build a big stack.

##### – Jun 4 (Sun), 1-2:30pm

##### TODDLER TIME

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!

##### – May 3, 17, 24, June 7, 21, 28 (Wed), 10:30-11:45am

#### Programs for Breaking Bread Together at the Country Kitchen

##### HAVE YOUR CAKE AND EAT IT TOO!

Enjoy a sweet taste of spring as we cook up some strawberry shortcake in the Country Kitchen. Stop by to try a sample and see old-fashioned cooking in the farmyard!

##### – May 7 (Sun), 11am-noon

##### SWEET AS HONEY

For thousands of years, people have been enjoying bees’ sweet treat. Stop by the Country Kitchen to taste some honey and sample a treat hot from the stove.

##### – May 21 (Sun), 11am-noon

##### THE HOLE DONUT

Who doesn’t love donuts? Learn a little history about this punctured pastry and discover how to bake or fry them using our wood-burning stove.

##### – Jun 4 (Sun), 11am-noon

##### WOODSTOVE COOKING

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

##### – Jun 11 (Sun), 10:30am-noon

#### Recommended Programs

##### MEMORIAL DAY FREE DAY

Celebrate the holiday with an admission-free day of fun! Help with farm chores, ride the train, and tour the Victorian farmhouse. Swing by our outdoor kitchen for demonstrations or try your skills at some old-time games.

##### – May 29 (Mon), 10am-4pm

##### FIRST SATURDAYS SUMMER SPECIAL

Ride a historic train and tour the Patterson House Museum as part of regular farm admission on the first Saturdays of the month, June through August. Rides and tours are available throughout the day.

##### – Jun 3, Jul 1, Aug 5 (Sat), 10am-4pm



# Big Break

## REGIONAL SHORELINE



### THE Big Break

Ever wonder why this place is called Big Break?

◀ Here is an excerpt in the County News section of the June 5, 1928 edition of the *Pittsburg Post-Dispatch* providing a big hint.

The "big break" in the levee holding back the San Joaquin River from

what was over 1,600 acres of fertile asparagus fields is an essential chapter in this park's history. You can still see remnants of old farm equipment partially submerged in the water and perennial asparagus popping up along the trails.

These mysteries and histories, and the people who bring them to light, enrich our appreciation and wonder for our parks. Each park is full of stories, especially the ones you make when you visit!

## Pittsburg Post

### THE BIG BREAK

...  
PITTSBURG, Ca., June 5 — Several thousand acres of river bottom land, extending from the Antioch Bridge easterly along the San Joaquin River and Dutch Slough to Iron House Slough where Marsh Creek joins the main river, are inundated, and all crops are probably ruined as a result of a break in the river levees on the property of Mrs. Wright, formerly the California Packing Corporation ranch. Among the properties underwater are the lowlands of Diethelm, and W.T. Sesnon maintained buildings. The flood waters range from four to ten feet in depth and extend south from the river, a distance of more than a mile at some points. Several families of ranchers are marooned by the flood, and property loss will be heavy.

## Big Break Interpretive Programs

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



#### ALL ABILITIES DAY

Explore nature at your own pace and in your own way. This program is inclusive for all abilities, offering something for everyone! Travel along paved trails to visit stations to touch fur, listen to birds, draw wildlife, sit on benches to scan the water, or paint the view. Hands-on experiences, ASL and Spanish interpreters on site, indoor and outdoor options, and wheelchair accessible. Drop-in.  
– **May 2** (Tue), 10am-2pm

#### COMMUNITY CAMPFIRES

Gather the family for an evening in the park. Bring a picnic dinner to enjoy before the festivities begin. We'll explore the wonders of Big Break through activities and a campfire (and S'mores of course)! Meet at amphitheater. Drop-in.  
– **May 14** (Sun), 6:30-8pm  
*Theme:* Mothers of Big Break  
– **Jun 11** (Sun), 6:30-8pm  
*Theme:* THE Big Break (Program is bilingual. ASL and Spanish interpreters on-site.)

#### JUNETEENTH WALK

Celebrate the Black History of the Delta as we as walk through the park. All are welcome. Drop-in.  
– **Jun 19** (Mon), 8-9am

#### SOLSTICE SUNSET STROLL

Come take in the season at Big Break Regional Shoreline! Let's explore the trails and look for signs of summer! Drop in.  
– **Jun 21** (Wed), 6-7pm

*Pelicans and cormorants rest on a submerged scuttle.*

#### FLAVORS OF THE DELTA

Celebrate flavors of the Delta! We will make our own ice cream with custom flavors like savory asparagus and more! Drop-in.  
– **Jun 24** (Sat), 2-3pm  
– **Jun 25** (Sun), 2-3pm



See [ebparks.org/calendar](http://ebparks.org/calendar) for upcoming programs.



# Black Diamond Mines

## REGIONAL PRESERVE

### Celebrating Diversity

## Black Diamond Mines Interpretive Programs

For a complete list of programs, please visit us online •►  
[https://apm.activecommunities.com/ebparks/activity\\_search](https://apm.activecommunities.com/ebparks/activity_search)



#### AAPI MONTH HIKE



Come celebrate Asian American Pacific Islander Heritage Month on a beautiful, guided hike at Black Diamond! During our walk, we will learn about the unfair treatment and the many important contributions of local Chinese communities in the 1800s coal mining country that is now Black Diamond Mines Regional Preserve. All are welcome!

– **May 20** (Sat), 9:30-11:30am

**A Chinese ceramic pickle jar found within the park.**



#### BLACK BIRDERS WEEK 2023

The week-long program series is a collaboration between Park District naturalist staff and Park District Black Employee Collective members to create safe spaces for guided discussions about Black experiences and the outdoors, while exploring and enjoying the parks of the East Bay. All are welcome!

– **May 28** (Sun) to **Jun 3** (Sat), times and locations vary. Information: [ebparks.org/we-celebrate/black-birders-week](http://ebparks.org/we-celebrate/black-birders-week)



#### HIKING WITH PRIDE



Join us to discover how all types of diversity are important to nature and society. On this 1- to 2-mile hike, we will focus on connecting the LGBTQ+ community to the natural world. All are welcome!

– **Jun 10** (Sat), 9:30-noon

#### JUNETEENTH CELEBRATION WALK

**Thurgood Marshall Regional Park:  
Home of the Port Chicago 50 (Concord)**

This Juneteenth join us on a guided walk to celebrate stories of Black history, civil rights, and the fight for freedom on this land. Registration is required. All are welcome!

– **Jun 19** (Mon), 10am-1pm



#### FAMILY FUN!

Join us for some family friendly fun this May and June! For more information on each program and its exact meeting location, check out [ebparks.org](http://ebparks.org).

##### Mini Miners

– **May 9, June 13** (Tues), 10-10:45am

##### Creating Clouds

– **May 20** (Sat), 2-3:30pm

– **Jun 3** (Sat), 10-11:30am

##### Meet a Snake!

– **May 21** (Sun), 2:30-3:30pm

– **Jun 10** (Sat), 1:30-2:30pm (*Contra Loma*)

– **Jun 18** (Sun), 10-11am

##### Bees, Bats, and Butterflies, Oh My!

– **Jun 11** (Sun) 2-3pm

##### Story Time in the Mines!

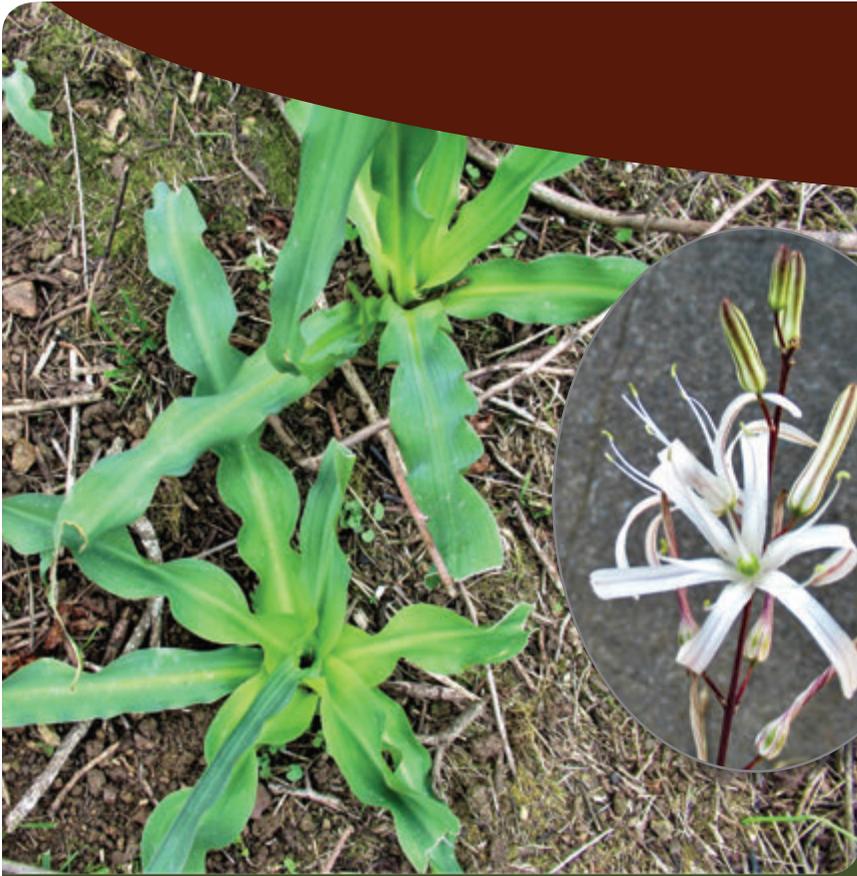
– **Jun 25** (Sun), 10:30-11am

The East Bay Regional Park District strives to celebrate the diversity of East Bay communities – past, present, and future – by highlighting stories that have often gone untold and honor the contributions of all communities that have called, and continue to call, this unique place home. As spring turns to summer, join us on the many programs that focus on the diversity of people and nature – whether it be to celebrate Asian American and Pacific Islander Heritage Month, Pride Month, Juneteenth, or Black Birders Week. In these programs, we will unearth some of the rich stories of the East Bay's inhabitants and celebrate their courage and resiliency.



# Coyote Hills

## REGIONAL PARK



### What's Going on in Nature?

With mid-spring in full swing and summer around the corner, it is **flowering time** for the wavy-leaf soap plant, also commonly referred to as soap root (*Chlorogalum pomeridianum*). There is only a tiny window where pollinators can transfer pollen and fertilize the flowers, and that time is NOW! Every white star-like flower has its moment to shine, with each blooming and opening for just one day, typically opening in the late afternoon and closing right before dawn. This showstopper flourishes throughout California along rock bluffs, grasslands, chaparral, and open woodland communities.

Rawwen (raw-when), the Chochenyo word for soap plant, is traditionally used for medicine, food, glue, shampoo, and soap by Ohlone peoples and indigenous peoples throughout California. We hope you can join us at Coyote Hills Regional Park to explore the sights, sounds, and smells of transitional seasons through blooms, pollinators, and more!



### 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.**

#### GEOLOGY ROCKS!

Discover how the ground beneath our feet and rocks all around us were formed on this moderate, approximately 2-mile hike, with games and cookies enjoyed along the way. 5+ years. Parent participation required. Drop-in.

– **May 6** (Sat),  
12:30-2pm

#### BIRDING FOR BEGINNERS

Practice basic birding skills! Use your eyes and ears to observe different behaviors and features as we build our knowledge of local birds in our regional parks. Bring binoculars if you have them! Parent participation required. Drop-in.

– **May 14** (Sun), 9-10:30am

#### CAMPFIRE PROGRAMS

##### **Dumbarton Quarry Campground on the Bay (Fremont)**

Join us for a fun evening campfire program filled with songs, games, photos, stories, activities, and more for the whole family to share. We will explore a range of nature topics each week to learn more about the surrounding bay and the unique history of the quarry that was once here. 5+yrs. Parent participation required. Drop-in.

– **May 28-Sep 2**  
(Every Sat),  
8:30-9:30pm

#### BUTTERFLY & BIRD FESTIVAL

Join us at our annual celebration and enjoy garden tours, family-friendly activities, special presentations, music, and more! This event supports the health of pollinators and increasing species of butterflies, birds, and local pollinators through wildlife-friendly gardens. All ages. Parent participation required.

– **Jun 4** (Sun) 10am-2pm

#### EXPLORING WITH FIVE SENSES

Let's explore nature using all our senses! What can you see? Hear? Smell? Touch? Taste? All ages. Parent participation required. Wheelchair accessible. Drop-in.

– **Jun 10** (Sat), 10-11am

#### PEOPLE OF COLOR WALKS AND TALKS – POLLINATOR PALOOZA

Nature is abuzz with the sights, sounds, and smells of the summer. Celebrate the new season learning about the busy lives of local pollinators on a 2-mile moderate walk. Bilingual in Spanish/English. All ages. Parent participation required. Wheelchair accessible. Drop-in.

– **Jun 17** (Sat), 2-3:30pm



Don Jedlovec

See [ebparks.org/calendar](http://ebparks.org/calendar) for upcoming programs.



# Crab Cove

## VISITOR CENTER AND AQUARIUM

### Brown Pelicans



### Paper Plate Pelican!

#### MAKE YOUR OWN

#### Craft Materials Needed:

Paper plate, scissors, glue, paint or markers.

**Optional:** googly eye.

Craft template can be found online here: [brainybeginningsnetwork.com/single-post/2019/02/26/Paper-Plate-Pelicans](http://brainybeginningsnetwork.com/single-post/2019/02/26/Paper-Plate-Pelicans)

**B**rown pelicans, *Pelecanus occidentalis californicus*, are one of the largest birds in the San Francisco Bay! Hard to miss, these prehistoric looking, brownish-gray wonders can be seen flying with a 7-foot wingspan, in groups called squadrons, or standing 4 feet tall at rest along breakwater walls or on mudflat spits. Here, along Crown Beach in Alameda, brown pelicans can often be seen at the Elsie Roemer Bird Sanctuary or in the waters near Crab Cove. They begin arriving in the bay in late April and will hang out through the summer and fall. They disappear around November to islands off of southern California and Mexico where they mate, lay eggs, and rear their young.

Brown pelicans have a unique feeding strategy. They plunge-dive from heights of 40-65 feet, flying straight down into the water, stunning and capturing fish. How can they do this without injuring themselves? If you watch closely, you will notice they turn their heads slightly to the left to protect their trachea and esophagus, which runs along the right side of their neck. They also have a network of air sacs that cushion their body against the impact of the dive. These sacs also enable them to pop back up to the surface of the water quickly. The large gular pouch below their beak has elastic-like folds of skin which can expand and hold up to 3 gallons of water and fish. After capturing small fish like smelt

or anchovies, they drain the water out of their gular, tilt their heads back, and swallow their prey.

Sometimes they can also be seen feeding at the surface, similar to their cousins, the American white pelicans.



White pelicans can be seen here occasionally, but you'll have a better chance to see them at Coyote Hills in the south bay, or inland at Lake Chabot during the summer.

If taking a walk at nearby Encinal Beach, or passing by the USS Hornet – Sea, Air and Space Museum, the Alameda Rock Wall can be seen from a distance. Protecting the ship's harbor, it also protects pelicans who use this island as a roosting location. In fact, it is the largest known night roost for pelicans in the San Francisco Bay. More than 8,000 pelicans have been counted there in the fall!

Pelicans were once hunted for their eggs, and feathers for fashionable hats. In the 1960's, their numbers plummeted as a pesticide called DDT worked its way up the food chain, causing the pelican's egg shells to thin and break



under the weight of incubating parents. In 1970, brown pelicans were added to the U.S. endangered species list, but once DDT was banned in 1972, pelicans slowly recovered and began to flourish. In 2009, they were removed from the endangered species list. Pelicans still face challenges, with climate changing the water temperatures of the ocean, and the small fish they rely on for food beginning to shift farther north. They are also susceptible to becoming tangled in fishing line and fishing hooks – be sure to dispose of them properly.



**KQED Video:**  
*How Do Pelicans Survive Their Death-Defying Dives?*



**Creature Feature:**  
*Learn more about brown pelicans from a Park District naturalist.*

Stop by the Doug Siden Visitor Center at Crab Cove and find at least three drawings of brown pelicans in our exhibits. Check out the “feed our hungry pelican” unique donation box. Take a walk along the shore and watch for the flap-flap-glide flight pattern as pelicans soar over the water. Discover just how wonderful these birds truly are.

### Crab Cove Interpretive Programs

Information, call (510) 544-3187

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





### Del Valle's Bald Eagle Story

**O**n the evening of June 11, 2022, the bald eagles' nest tree snapped during a heavy wind event causing the nest to fall from the tree. Luckily, an injured fledgling was rescued, recovered, and was successfully returned home to its other sibling and both parents. From being a federally endangered species to their road to recovery, join us as we discover their story of resilience and strength to rebuild as we view their new nest from a distance. We may even get a glimpse at mom and dad taking care of their new bundles of joy. Meet at the visitor center. Registration required.

- May 20 (Sat), 1:30-3:30pm
- May 21 (Sun), 9-11am
- Jun 4, 11, 25 (Sun), 9-11am
- Jun 17 (Sun), 9-11am

*Broken nest tree with sibling soaring in the distance.*

*EBRPD Wildlife Program Manager Doug Bell and Wildlife Biologist David Riensche with rescued eaglet.*



*Recovered eaglet returns home.*



*Lindsay Wildlife Hospital examining eaglet.*

### Del Valle Interpretive Programs

For a complete list of Del Valle programs, please visit us at [ebparks.org](http://ebparks.org)



**In honor of Asian American and Pacific Islander (AAPI) Heritage Month we invite you to discover stories from the community.**

#### GUAN JU: OSPREY AT DEL VALLE

One of China's oldest and most celebrated poems begins with an osprey calling on a river islet. Find out more about these water loving birds on a leisurely shoreline walk. Meet at Dog Run/East Shore Trail.

– May 13 (Sat), 10am to noon

#### EXPLORE GYOTAKU FISH PRINTS

Gyotaku is a 200-year old art form created by Japanese fishermen. Which of the lake's fish will you paint? Meet at the visitor center. – May 13 (Sat), 3-5pm



#### NIGHT WITH A NATURALIST CAMPFIRES

Camping this summer at Del Valle got a whole lot sweeter – naturalist-led campfire programs are back! These hour-long evening programs happen each Saturday between Memorial Day weekend and Labor Day weekend. Campfire programs start at 8pm or 8:30pm, check [ebparks.org](http://ebparks.org) for more information.

– May 27 to Sep 4 (weekends), evening times vary



# Mobile Education

## PEOPLE OF COLOR

### Walks and Talks

Natural and cultural history explorations of our parks for communities of color and allies. Programs are Spanish/English bilingual. Hikes range from 1 up-to 5 miles. Great for families! No registration; free drop-in. More info: (510) 544-3258, MobileEducation@ebparks.org, ebparksonline.org (search for activity #47747). See ebparks.org/parks for maps and directions. Parking fees apply where charged. Wear sturdy footwear, bring water and dress for the weather. Heavy rain cancels. All are welcome.

#### PEOPLE OF COLOR: WALKS AND TALKS

##### Lake Temescal (Oakland) North Parking Lot

Take a walk through Lake Temescal's history. From sweat lodges to swimming, explore Lake Temescal's historic significance and how its natural resources make it an urban oasis. Activity Level: Easy.

– **May 5** (Fri), 6-7pm..... #47751

#### PEOPLE OF COLOR: WALKS AND TALKS

##### Point Isabel (Richmond) Rydin Road Staging Area

Take an evening walk along the Bay Trail to see what birds are out and about. We'll keep an eye out for the rare and elusive Ridgway's rail and enjoy the setting sun. Binoculars will be available to borrow. Activity Level: Easy.

– **May 12** (Fri), 6-7pm ..... #47748

Ridgway's rail



## GENTE DE COLOR

### Paseos y Platicas

Exploraciones de historia natural y cultural en nuestros parques para comunidades de color y sus aliados. Los programas son bilingües (Español/Ingles). Estas caminatas varían de 1 a 5 millas y son ideales para familias. No hay registro; programa gratis. Mas info: (510) 544-3258, MobileEducation@ebparks.org, ebparksonline.org (busca la actividad #47747). Visite www.ebparks.org/parks para obtener mapas y direcciones. Use zapatos resistentes, traiga agua y vístese para el clima. Lluvia cancela el programa. Todos son Bienvenidos.

#### GENTE DE COLOR: PASEOS Y PLATICAS

##### Lago Temescal (Oakland) North Parking Lot

Tome un paseo a través de la historia del Lago Temescal. Desde los temazcales hasta la natación, exploraremos la importancia histórica del Lago Temescal y como sus recursos naturales lo hacen un oasis urbano. Nivel de actividad: Fácil.

– **May 5** (Fri), 6-7pm..... #47751

#### GENTE DE COLOR: PASEOS Y PLATICAS

##### Punta Isabel (Richmond) Rydin Road Staging Area

Tome una caminata al atardecer en el Bay Trail para observar las aves que pasan el rato alrededor de la bahía. Buscaremos el Rascón de Ridgway, una especie elusivo y en peligro de extinción, mientras gozando la puesta del sol. Tendremos binoculares para prestar. Nivel de actividad: Fácil.

– **May 12** (Fri), 6-7pm ..... #47748



P. Urrechio

## June is LGBTQ+ Pride Month!

### PRIDE HIKE

#### Tilden Regional Park (Berkeley) Quarry Picnic Site Parking Lot

Happy Pride! Celebrate LGBTQ+ Pride with a 4-mile hike climbing to the heights of Tilden where we may see late season wildflowers, and if the fog cooperates, amazing views of San Francisco and the Pink Triangle on Twin Peaks. Bring plenty of water, snacks, wear clothing layers and sturdy shoes. Hiking poles are a great idea. No registration; free drop-in. More info: (510) 544-3258. All are welcome.

– **Jun 10** (Sat), 9am-noon ..... #47750



P. Urrechio

# Outdoor Recreation



Jennifer Koney



## ARCHERY INTRODUCTION

### Roberts Recreation Area (Oakland)

Gain 90 minutes of archery coaching and practice at an outdoor range, with all your equipment provided. Designed for the beginner, the class starts with 30-minutes of classroom instruction.

- **May 20** (Sat) 10am-noon..... #47701
  - **Jun 17** (Sat) 10am-noon..... #47702
- Fee \$50 (non-res \$56) Registration required.



## KAYAKING BIG BREAK

### Big Break Regional Shoreline (Oakley)

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

- **May 15** (Mon) ....10am-12:30pm..... #47727
- Fee \$30 (non-res \$34) Registration required.

## KAYAKING FOR FOLKS 50+

### Martin Luther King Jr. Regional Shoreline (Oakland)

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 San Leandro Bay by kayak.

- **May 23** (Tue) .....11am-3pm..... #47745
  - **Jun 20** (Tue) .....11am-3pm..... #47746
- Fee: \$52 (non-res \$58) Registration required.

## Fitness/Wellness Programs

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

### HIKING POLES: SKILLS AND TECHNIQUES PLUS PRACTICE HIKE

#### Tilden Regional Park (Berkeley)

Hikers learn strategies for enhancing performance and confidence on the trail. Uphill: Improve power, endurance, posture, upper body strength, spine function. Downhill: Develop skills for feeling safer and preserving joints – save your knees! Poles training PLUS a lovely hike (approximately 4 miles) on varied terrain.

- **May 27** (Sat) 8:45am-2:15pm #47716

Fee \$75 (non-res \$83)  
Registration required.

### POLEWALKING FOR BALANCE AND MAINTAINING MOBILITY

#### Temescal Regional Recreation Area (Oakland)

When polewalking, 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 spine function, balance, endurance, walking gait, and longevity. Easy pace, short, lovely hike, and optional polewalk practice.

- **Jun 23** (Fri) 9:15am-1:30pm #47712

Fee \$55 (non-res \$61)  
Registration required.

### HIKING POLES TRAINING: SKILLS AND TECHNIQUES

#### Roberts Regional Recreation Area (Oakland)

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! Morning training session without a practice hike, all level hikers welcome.

- **Jun 30** (Fri) 8:15am-12:30pm #47713

Fee \$45 (non-res \$51)  
Registration required.

## INTRODUCTION TO SALTWATER FISHING

### Judge John Sutter Regional Shoreline (Oakland)

In this class, you will learn basic fishing skills, knots, rigs, bait, and tackle. Fishing Gear, Rods, Reels, and Bait will be supplied for an amazing day on the bay.

- **Jun 23** (Fri) 9am-noon..... #47720

Fees: Adult \$25 (non-res \$29); Child \$21 (non-res \$25) 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

## Summer in Sunol

**A SEASON OF HEAT is UPON US!**

Dry, warm summers are a frequent part of our East Bay ecosystems that transform the landscape. Plants and animals have various adaptations to survive in this tough environment during the hotter months. Look out for the various traits of the wildlife in Sunol that help them thrive during summer!

## Adaptation Matching Game

**LOOK OUT FOR THESE NATIVE SPECIES!**

Use what you know about California plants and animals to see if you can match the summer adaptation to the species!

This species has few ways to sweat, so it pants to release excess heat and regulate its temperature.

This species opens its beak and flutters its neck muscles or opens its wings to allow air to cool down.

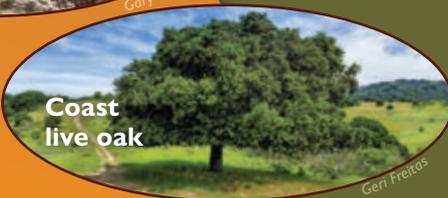
This species has very deep root systems to help it find water in dry ecosystems prone to drought.

This type of animal, though it requires warmth to survive, will burrow in a den to escape from excessive heat.

This type of plant avoids growing during summer at all, instead growing and producing seeds in spring and dying in summer months.



Pacific gopher snake  
*Gary Noffs*



Coast live oak  
*Geri Freitas*



Coyote  
*Jen Joynt*



Red-tailed hawk  
*Jerry Ting*



Golden monkey flower  
*Jerry Ting*

## Protecting the Parks and Yourself in the Heat



1. Be prepared for your adventure with water, sunscreen, appropriate clothing, and information regarding heat warnings and trail advisories of the area.
2. Avoid hiking and recreation at the peak of the heat. Start your hike early in the day to get a jump start to hike in cooler temperatures.
3. Only swim in designated recreational areas. Pollution of water sources can harm our wildlife and spread disease to the native species.
4. Most importantly, be aware of how you and your group are feeling! Take frequent breaks in the shade and stay hydrated.

## Sunol Interpretive Programs

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

For live program events, follow us on Facebook at Sunol Wilderness Regional Preserve!



Stay cool by the creek while exploring dragonflies and damselflies with a naturalist!

### DRAWING DRAGONFLIES

– May 20 (Sat), 10-11am

### DRAGONS AND DAMSELS OF SUNOL

– May 21 (Sun), 10-11:30am

### THE SECRET LIFE OF DRAGON FLIES

– Jun 11 (Sun), 10-11:30am

The unlabeled wildflower illustration seen in the Mar-Apr Activity Guide, page 14, was illustrated and used in courtesy from Rosemary Hardy, 2022 Sunol Wildflower Art Contest winner in the mixed media category.

# Tilden

## NATURE AREA



After hatching, this larva will grow and shed and grow several times before entering the pupal stage.



P. Max

Mosquito pupae move around in the water. Most insects are very still in this stage.



P. Max

An adult western encephalitis mosquito.



## The Much-Maligned Mosquito

**Bzzzzzzzz, bzzzzzzzzzz, SLAP!**  
Scratch, scratch, itch.  
“AAAgghhh!”

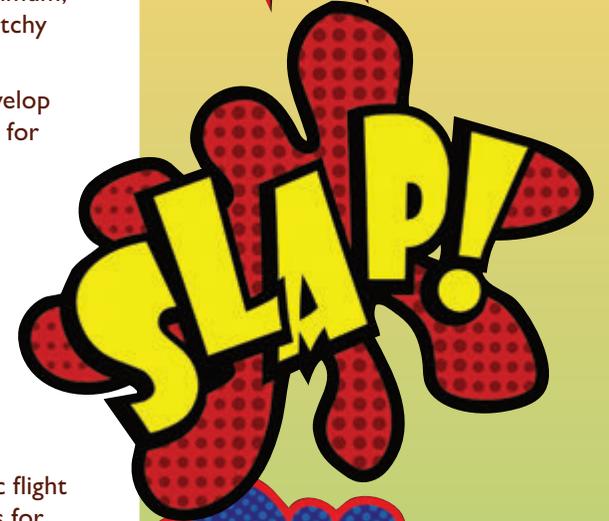


If your mosquito interactions are limited to the above, you are not alone. Mosquitoes are almost universally reviled, and for good reason. If they are not injecting us with some miserable disease, they are, at the minimum, annoying us with their whining wingbeats and the itchy welts they leave behind after stealing our blood.

Perhaps a little more information will help you develop at least a tiny shred of empathy and understanding for the much-maligned mosquito.

- Mosquitoes are in the order Diptera (two wings). They are flies. They undergo complete metamorphosis, just like butterflies!
- The female only drinks your blood so she can produce eggs. She also sips nectar and other plant juices. Males only sip plant juices, and both are important pollinators.
- For choosing a proper mate, male and female mosquitoes listen to each other's species-specific flight tone and even match the pitch of their wingbeats for further communication.
- Cute little bats, colorful dragonflies, many species of birds, spiders, and other creatures, depend upon mosquitoes for nourishment.

Don't you just want to hug the next 'skeeter you see? No? Well, at least you might briefly hesitate before slapping.



## 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](http://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

### POLLINATION TOUR OF CALIFORNIA NATIVE PLANTS

Family friendly. Dissect a California poppy, watch pollinators at work, and learn how seeds disperse. See spring flowers, butterflies, birds, beetles, and bees. Free. Drop in.

- May 7 (Sun) 2-3pm



Eric Nicholas

### 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](http://nativeplants.org) to see the schedule for plant sales.

See [ebparks.org/calendar](http://ebparks.org/calendar) for upcoming programs. **15**



# Volunteer PROGRAM

## The Briones Pilot Project

### VOLUNTEER DIG DAYS!

Are you interested in trails? We are so excited to announce the Briones Pilot Project! Whether you like to hike, bike, or ride horses, the Park District want to make your experience on the trail a good one.

The Briones Pilot Project is a two-year project designed to test new ways to safely share trails and improve the trail experience for all users while protecting habitat, wildlife, and watersheds. The Pilot Project is based within a portion of Briones Regional Park, but lessons learned can be applied throughout the Park District.

#### Briones Pilot Project Objectives:

- Protect resources, habitat, wildlife, and watersheds
- Restore natural habitat
- Enhance the trail user experience
- Increase volunteer engagement in trail maintenance and habitat restoration



**Get Involved!** We will be asking for volunteer help to get this project off the ground! Join us for our *Volunteer Dig Days* and be part of the action. Check back regularly as more dates will be added as projects are scheduled.



Learn more about the Briones Pilot Project and how you can get involved.



Please visit: [ebparks.org/parks/briones/briones-pilot-project](http://ebparks.org/parks/briones/briones-pilot-project)

## Volunteer Programs

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

EBRPD VOLUNTEER SERVICES  
[volunteers@ebparks.org](mailto: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](http://ebparks.org)

## Doc Quack Volunteer Programs

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

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

### CALIFORNIA BLACK RAIL HABITAT HELPERS

#### Point Pinole Regional Shoreline, Richmond

During this hands-on activity, you'll create habitat for the CA state threatened California black rail. We will remove non-native plants, pick-up trash, clear debris from clogged channels to improve tidal water cycling, and plant wildlife-friendly vegetation, which restores nesting habitat for the California black rail. By participating, you'll earn your "Black Rail Habitat Helper" patch. Physical labor is involved with this project. Parent participation is required.

Sign-up deadline: May 20, 2023

– **May 20** (Sat.); 9:30am to noon .....#47936

