Regional in Nature

Activity Guide

March-April 2010

East Bay
Regional Park District
www.ebparks.org

Above photo: Pine Hill Flannel Bush, Fremontodendron decumbens.
Inset photo: Tuolumne Fawn Lily, Erythronium tuolumnense

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Volunteers Help Regional Parks Botanic Garden with Annual Sale

By Teresa LeYung Ryan

What's all the excitement about the third Saturday in April? Rain or shine, April 17, 2010 is the day when more than seventy dedicated volunteers, along with the staff members at the Regional Parks Botanic Garden, present the annual native plant sale from 10 am-3 pm. You'll find California native shrubs, perennials, grasses, and trees—many not available in a commercial nursery.

Experts will answer questions, such as: “What plants would do well in clay soil?” “Any suggestions for a garden that doesn't get much sun?” “Which plants attract butterflies?” “Do you have any 'deer proof' plants?” “I'm a novice. Could you help me get started?”

Volunteers who propagate plants from the Garden's collection have been working year-round; other volunteers have been cleaning and packaging native seeds. All proceeds from the sale will directly benefit the Garden.

Bring empty boxes to carry your treasures home. As you approach the intersection of Wildcat Canyon Road and Anza View Road, volunteers will direct you to parking spots.

Insider’s Tip: Seasoned shoppers come before 10 am to get in one of the three lines. The Garden opens at 8:30 am. Then, at 10 am sharp, you'll hear the voice of the Garden Director announcing: “Let's go!” Shoppers walk briskly (running not advised) toward the display areas. The first two hours of the sale brim with energy. Knowledgeable volunteers are stationed at every post, including the “holding area,” “cashier station,” and “loading zone.”

No entrance admission or parking fee. Come by to cheer for the hardworking volunteers who support the Garden.

Teresa LeYung Ryan, half-time Sr. Office Assistant at Regional Parks Botanic Garden.
Summer Jobs IN THE Parks

The East Bay Regional Park District offers a variety of seasonal full-time and part-time jobs including lifeguards and recreation leaders. These positions are ideal for students and those who enjoy working outdoors. The District also offers two training programs for student aides to work year round at the visitor centers or at public safety. For more information, contact: District’s Human Resources Division, 2950 Peralta Oaks Court, Oakland, CA 94605, phone (510) 544-2154, or go to www ebparks.org.

NEW BAY AREA “Nature Within Reach” LICENSE PLATE

Bay Area drivers can do their part to preserve regional open space and protect our beautiful coastline by registering for the new “Nature Within Reach” license plate. The image on these yet-to-be-issued plates will be the Golden Gate Bridge and will feature the tagline Nature Within Reach. Fees received for this new plate will fund the San Francisco Bay Area Conservancy. The San Francisco Bay Area Conservancy is a program of the State Coastal Conservancy, an agency that works to preserve, protect and restore the resources of the California Coast and nine-county Bay Area.

The conservancy has been a dedicated partner on many East Bay Regional Park District preservation and restoration projects. At least 7,500 pledges are needed by July 2010 for the California Department of Motor Vehicles to begin issuing the plates. Go to www.bayarealicenseplate.org for details.

Membership Benefits YOUR KEY TO THE REGIONAL PARKS

The Membership Program is another great way to get out in the Regional Parks and save money on parking and dog fees while you are hiking the Trails Challenge. There is a package for everyone, and Memberships start as low as $40 per year. Explore the benefits of Membership, and find out how it can save you time and money.

Register online at www ebparks.org under “Get Involved.”

East Bay Regional Park District

Health Matters

East Bay Regional Park District AND

KAISER PERMANENTE thrive

ARE PROUD PARTNERS IN 2010 WITH THE MUTUAL GOAL OF PROMOTING HEALTH AND FITNESS.

10,000 Steps a Day

Did you know that taking 10,000 steps a day (about 5 miles) can improve health and reduce the risk of chronic disease? Research shows that moderate physical activity added to our daily life can be as beneficial as an intense workout. Physical activity also contributes to muscle, bone, and joint health, helps us feel better, and gives us more energy.

Try these two simple steps for success:

1) Take it one step at a time. Start at a level that is comfortable for you, even if it’s just 5 or 10 minutes. Try it twice a day.
2) Warm up and cool down. Take 5 minutes to walk slowly and do some gentle stretches before and after you exercise.
3) Include three kinds of physical activity, a little of each type is best. Stretching muscles enhances flexibility and helps prevent injury. Strength training through calisthenics or weight lifting increases muscle mass and metabolism. Aerobic activity such as walking, jogging, bicycling, swimming, and dancing is important for heart, blood vessels and lung health.

If you are over 50 years old or have a health problem, consult your physician before beginning a physical activity routine.

KAISER PERMANENTE IS A MAJOR SPONSOR OF THE PARK DISTRICT’S 2010 TRAILS CHALLENGE. TO LEARN MORE ABOUT GETTING IN SHAPE AND HEALTHY LIFESTYLES, VISIT WWW.KP.ORG (YOU DO NOT NEED TO BE A MEMBER OF KAISER TO RECEIVE INFORMATION).
**Junior Lifeguards**

**Program Description**
This inclusive summer program provides participants, ages 9-15, with an introduction to Water Safety/Rescue, First Aid, and CPR in a fun and challenging environment. Each day, participants enjoy a variety of beach and water activities designed to promote fitness, self-esteem, and teamwork. Focus is given to personal safety and community service. In addition to the extensive core curriculum, each week-long session will emphasize a specific theme (see session theme descriptions below).

Each session runs for one week, Monday-Friday, and is divided into two units: morning (9 a.m.-noon) and afternoon (1-4 p.m.). Participants register by session and unit. For each session, participants may sign-up for the morning unit, the afternoon unit, or the full day (both units—9 a.m.-4 p.m.).

**Program Locations**
The Junior Lifeguard Program is offered at Lake Anza (Berkeley), Contra Loma (Antioch), Cull Canyon (Castro Valley), Shadow Cliffs (Pleasanton/Livermore), and Temescal (Oakland).

**Session Dates**

<table>
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<tr>
<th>Session</th>
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<td>Session 1</td>
<td>6/21 - 6/25</td>
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<td>Session 2</td>
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<td>Session 3</td>
<td>7/6 - 7/9</td>
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<td>Session 4</td>
<td>7/12 - 7/16</td>
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Sessions 1-4 offered only at Contra Loma & Shadow Cliffs.

No meeting on July 5.

**Session Themes**

<table>
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<tr>
<th>Session 1: Master Disaster…</th>
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<td><strong>Personal Safety 101—</strong> Participants learn how to protect themselves and assist others in an emergency scenario. Through the EMD game, participants are taught to survey the scene of an incident. CPR is an invaluable skill. This session teaches participants how to respond to cardiac emergencies. Junior Lifeguards learn the proper techniques for opening an airway, using breathing barriers, and checking for the pulse of an unconscious victim. Participants practice adult CPR and learn to use an AED.</td>
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| Session 2: Breath of Life—“Help! My friend stopped breathing!”—Rescue breathing can improve the odds of survival for a victim awaiting more advanced medical care. During this session, participants learn to clear the obstructed airways of conscious and unconscious victims. They will practice life-saving rescue breathing techniques. Instruction also includes methods of self-rescue for a blocked airway. |

| Session 3: Save a Life…Just Shock Me!—Automatic External Defibrillators (AEDs) save lives! Participants learn how to use this invaluable skill. This session teaches participants how to respond to cardiac emergencies. Junior Lifeguards learn the proper techniques for opening an airway, using breathing barriers, and checking for the pulse of an unconscious victim. Participants practice adult CPR and learn to use an AED. |

| Session 4: Be kind, C-Spine—Junior Lifeguards learn to work as a team as they provide in-line stabilization for a victim of a possible spinal injury. This training occurs both on land and in the water. Participants are introduced to the cervical collar and techniques used to secure a victim of a spinal injury to a backboard. |

| Session 5: Reach or Throw—Then Go!—Participants learn how to make their own personal rescue device (a throw jug). Junior Lifeguards learn to perform reaching, throwing, and extension assists using lifesaving equipment and everyday items. Participants practice rescue assists from the land and water. They also learn how to move victims using safe carrying techniques and beach drags. Instructors emphasize teamwork as Junior Lifeguards build human-chains for reaching assists. |

| Session 6: “X” Marks the Spot—Can you imagine how difficult it would be to find buried treasure without a map? Now imagine trying to find a missing person in a crowded aquatic facility. This session teaches Junior Lifeguards how to quickly and efficiently locate a missing person on land. Participants also learn why it is important for a missing person to stay “found” once they have been located. |

**Session 7: Holy Titanic! Don’t Forget Your Lifejacket—The California Department of Boating and Waterways requires children under the age of 12 to wear a life jacket at all times while boating. Also, all users of personal watercraft must wear a life jacket when on the water. This session teaches Junior Lifeguards to identify and properly utilize Coast Guard-approved life jackets. Participants practice self-rescue strategies including the HELP position, the Huddle position, and creating a personal flotation device from their own clothing. Junior Lifeguards are also taught to recognize and treat the stages of hypothermia. |

| Session 8: If It Breaks, We Can Fix It—Participants learn the difference between soft, rigid, and anatomical splints. Junior Lifeguards practice stabilizing and splinting all parts of the body including fingers, arms, ankles, legs, and ribs. Instruction includes techniques for treating sprains, strains, and breaks with everyday items and wilderness resources. |

**Prerequisites**
Successful completion of a 25-yard swim test, administered on the first day of each session, is mandatory. Parents must be present for this swim test. If a parent or guardian has any doubts regarding their child’s ability to pass the swim test, a pre-test is highly recommended and can be arranged during registration.

**Swim Lessons**

Roberts Pool in Oakland and Contra Loma in Antioch offer American Red Cross swim lessons. Lessons begin in June and go through August. Morning, Mid-day, evenings, and Saturdays. Programs include: Parent Tot (6-36 months); Super Tot (3-5 years); Learn-to-Swim (6-13 years); Adult (group and private); Private, Semi-private, Group Private, and Adaptive lessons. Minimum of one swim instructor per 4-6 students. See [www.eblifeguard.com](http://www.eblifeguard.com) for more information.

**Registration and Fees**
Registration is required:
call 1-888-EBPARKS (1-888-327-2757) option 2, 3

Fees for Alameda and Contra Costa County residents:
- $125 for morning unit (9 a.m.-noon)
- $125 for afternoon unit (1-4 p.m.)
- $160 for full day (morning + afternoon)

Fees for residents outside Alameda and Contra Costa Counties:
- $139 for morning unit (9 a.m.-noon)
- $139 for afternoon unit (1-4 p.m.)
- $176 for full day (morning + afternoon)

Uniform: Each registered child is required to purchase and wear a mandatory uniform during the Junior Lifeguard Summer Program. The fee for the uniform is $30 and includes a hat, T-shirt and swim trunks.

There is a 10 percent discount when a child enrolls in multiple sessions during the same summer, or for each additional child when more than one child from the same family is enrolled in the same session. (Discount NOT available online and is not given once online registration is completed.)

**Certification:** Junior Lifeguards will now have an opportunity to earn American Red Cross certificate in either First Aid or CPR/AED-Adult depending on the session. Sessions 1, 3, 5, and 7 for First Aid, Sessions 2, 4, 6, and 8 for CPR/AED-Adult. NOTE: This is optional. If interested, please inform the instructor on the Tuesday of the session. Cost: $15 for processing.

See [www.eblifeguard.com](http://www.eblifeguard.com) for more information on Junior Lifeguard and swim lesson curriculums.
KIDS CHALLENGE NEW! The 2010 Kids Challenge program is based on the California Children’s Outdoor Bill of Rights which recommends a fundamental list of experiences that every child would benefit from, before entering high school. This program is self-paced and challenges youth to complete 5 of the 10 activities listed in the Bill of Rights. Some activities require parent participation and/or additional fees. Register to receive the guidebooklet and a special prize to help you get started (1 per child, while supplies last). A commemorative patch and EBRPFR deskee will be sent after completing the challenge (1 per child, while supplies last). Course Code: 23496 Registration is required.

TRAILS CHALLENGE 2010 + TO FITNESS +
A program of EBRPD in partnership with …

Kaiser Permanente. thrive

TRAILS CHALLENGE NEW! Thousands of people like you have participated in this program; last year over 8,000 people! The program challenges participants to complete five of the featured trails in the guide booklet by Dec. 1. The booklet features trails for all levels of fitness and all types of trail users, as well as a variety of tips for new trail users. We are encouraging participants to go “green” by using the downloadable version of the booklet and printing only what you need; hard copies are available for $3.

With registration you will receive access to download the guidebook, instructions on how to receive your free organic T-shirt (while supplies last), and web links to see the routes on Google Maps. A commemorative pin will be sent once you complete the challenge, pins will be mailed in the fall (while supplies last).

Kaiser Permanente is a major sponsor of this program. Registration required: visit www.ebparks.org & click on the “Features” section to get started. No phone registrations.

PARK’N IT SUMMER DAY CAMP & LEADERS IN TRAINING &
9am-4pm, Mon-Fri; Jun 21-25 Contra Loma #23751 (age 5-12 yrs)
9am-4pm, Jul 26-30 Ardenwood #23758 (age 5-12yrs)
9am-4pm, Aug 2-6 Ardenwood #23759 (age 5-12 yrs);
9am-4pm, Jun 21-25 Cull Canyon #23752 (age 5-8 yrs)
9am-4pm, Jun 28-Jul 2 Castle Rock #23755 (age 9-12 yrs)
Explore the Regional Parks through field trips, art, swimming and play. Recreation Leaders, naturalists, rangers and lifeguards will take you behind the scenes to discover nature’s secrets. Extended care is available from 7:30-9am and 4:30-5:30pm. Ask about our family discount (not available online and is not given once online registration is completed). Registration is required. Fee: $200 (non-res. $220)

PARK’N IT NEW! Summer Day Camp. Complete the entire week and you will receive a $50 stipend. Attend the camp week of your choice. Call (510) 482-6023 to request an application. 13-16yrs.

RECREATION

KAYAKING FOR FOLKS 50+ & & &
Various parks Current Adventures 11am-2pm, Sat, Mar 13 #23815, Quarry Lakes
11am-2pm, Sun, Apr 11 #23816, Lake Chabot
Learn kayaking skills with your peers at a pace that is right for you. Learn paddling techniques, equipment selection, and safety guidelines in calm waters. Then practice what you have learned touring the lake in a single kayak (double kayaks available upon request). 50+yrs. Registration required.
Fee: $60 50-61yrs/$55 62+yrs (non-res. $66/$61)

DISCOVER KAYAKING & & &
Various parks Current Adventures 11am-3:30pm, Sun, Mar 21 #23813, Lake Chabot
11am-3:30pm, Sat, Apr 24 #23814, Quarry Lakes
Get in-depth instruction for paddling from certified instructors. Learn equipment selection and basic paddling techniques while touring the lake in a single kayak (double kayaks available upon request). You’ll have lots of time to practice as we explore the lake. 5+yrs. Parent participation required 5-13yrs. Registration is required.
Fee: $65 (non-res. $72)

BASIC LAND NAVIGATION & & &
Sunol Susan Labiste 10am-3pm, Sun, Mar 14 #23735
Hit the trails without fear of getting lost. Learn the basics of map and compass reading and triangulation for on-trail navigation. Try newly learned skills on the trail in a hike with moderate elevation gain. Compass and maps will be provided. 14+yrs. Registration is required. Fee: $23 (non-res. $27)

POLES FOR HIKING & FLOWER HIKE & NEW!
Black Diamond Jayash Faye Paley 9:30am-3:15pm, Sat, Mar 20 #23736
Power with Poles! Using your whole body while hiking feels good! Learn how to use your upper body muscles to help preserve your joints. Reduce knee stress, improve endurance, upper body strength, posture and balance. Beginner to experienced hikers welcome. Top quality poles provided. Registration is required.
Fee: $45 (non-res. $51)

GOLF–INTRODUCTION &
Tilden Golf Course Amer.Golf Corp 3:30-5pm, Sun, Mar 21 #23830; Sat, Apr 17 #23831
Learn pre-shot and full-swing fundamentals, and become familiar with terminology/equipment. Golf balls and loaner clubs are provided. Participants will receive a free $20 range card for use at the driving range and $20 off a future class at the golf course. 14+yrs. Registration is required. Fee: $50 (non-res. $56)

LAND NAVIGATION ON THE TRAIL & NEW!
Morgan Territory Susan Labiste 10am-3pm, Sat, Mar 27 #23737
Hate getting lost? Join us to practice map and compass skills, using our topographic maps. This course emphasizes land association and triangulation techniques, requires some basic knowledge of map/compass navigation and terminology, and a fitness level appropriate for moderate to difficult trails. 14+yrs. Registration is required. Fee: $23 (non-res. $27)

LLAMAS – NEW!
MYSTICS OF ANDES
Redwood LAMAS Outfitters
Redwood LAMAS Outfitters 1am-2:30pm, Sat, Mar 27 #23870; Sun, Mar 28 #23871; Sat, Apr 24 #23872; Sun, Apr 25 #23873
Ready for a new experience? Learn the secrets of the llamas; you’ll get to know these wonderful creatures as you feed, groom, and handle them on the trails of Redwood Regional Park. Professional Llama packers will guide you along the way; expect to hike 2-3 miles. 8+yrs. Space is limited to 4 groups of 3 participants. Registration is required.
Fee: $70 for up to 3 people per registration (non-res. $78)

PET FIRST AID/CPR &
Lake Chabot Peter Pay 9am-1pm, Sat, Apr 10 #23874; Sun, Jun 20 #23856; Sun, Aug 15 #23507; Sun, Oct 17 #23508
Learn how to save a pet’s life during an emergency; minimize a pet’s trauma after injury and safely transport an injured pet to the veterinary clinic. This program concentrates on basic first aid, including wounds, fractures, choking, cardiac emergency and snake bites. Booklet and certificate available for purchase during class. 12+yrs. Registration is required. Fee: $45 (non-res. $51)

CAMP GOURMET & NEW!
Susan Labiste 10am-2pm, Sat, Apr 10 #23738
Bake Dutch-oven chicken, pan-grill savory yeast breads, roast sausage in its own quickbread bun, steam trout in clay, and sizzle a steak to perfection directly on the coals. Come with an appetite and leave with some new tricks for camping this summer. 14+yrs. Registration is required. Fee: $18 (non-res. $20)

SURVIVAL ESSENTIALS &
Lake Chabot Susan Labiste 10am-3pm, Sun, Apr 11 #23739
Thinking of traveling to desolate locations? This introductory workshop will prepare you for your adventure; teaching you basic principles and methods of wilderness survival. Topics covered will include assembling survival kits, shelter building, fire starting techniques, emergency signaling, water purification, and more! 14+yrs. Registration is required.
Fee: $23 (non-res. $27)

ARCHERY – INTRODUCTION
Roberts Redwood Bowman 9-11am, Sat, Apr 24 #23850;
Basic beginner recreational archery instruction. 30 minutes of classroom
functional fitness for the trail 💪 NEW! 💪
Black Diamond Jayah Faye Paley 1-4pm, Sat, Apr 24 #23740
Learn fun ways to improve your endurance, balance, posture, flexibility, strength. Set goals, learn about creating an achievable, progressive routine. Experience easy exercises for maintaining function & enjoying the outdoors. All levels 12+ yrs. Registration is required. Fee: $20 (non-res. $22)

poles for mobility, balance, & walking 🧵
Black Diamond Jayah Faye Paley 1-4pm, Sat, Apr 24 #23741
Poles enable profound freedom of movement. Learn how to achieve & maintain mobility. Improve posture, endurance, function, & strength. Vital skill for joint issues & other conditions preventing enjoyment of the outdoors. Easy-to-learn techniques & gentle exercises help you navigate everyday obstacles. Top-quality poles provided. Registration is required. Fee: $35 (non-res. $39)

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PATTERSON HOUSE TOURS
Ardenvood Patterson House Docents
Various times, Every Thu–Sun in April (beginning Apr 1)
Tour the beautifully restored Patterson House Museum. Discover the history of this 1890 Queen Anne Victorian farmhouse, listed on the National Register of Historic Places and operated as a museum of local history, and Victorian life. Tours are lead by docents, dressed in 19th century clothing, and take about 45 minutes. Check for tickets at the Train Station upon your arrival. Special 15 minute tours for children 6 and under tour offered Thursday and Fridays at 2:30pm, Saturday and Sunday at 11 a.m.

COUNTRY KITCHEN COOKIN’
Ardenvood Interp. Staff & Docents
10:30-2pm, every Sun in April
Enjoy the flavor of the past with treats cooked on our wood burning stove. Sample food grown on the farm and discover the history of your favorite old-time snacks.

FARM CHORES FOR KIDS
Ardenvood Interpretive Staff
10:30-11am, Sat, Mar 6, 27, Apr 3, Sun, Mar 7, 14, 21, 28
There’s always work to do on a farm. Stop by and help us with the morning chores. Discover how much fun it can be to crack corn for feed, check the coop for eggs, feed the animals their morning snack or weed the vegetable garden. Working on the farm can be fun for the whole family! Meet at the Barn.

WEEDIN’ AS AN ART
Ardenvood Matt Holmes
11am-12:30pm, Sat, Mar 6

BARNYARD BUDDIES
Ardenvood Interpretive Staff
1-2pm, Sat, Mar 6, 20 & Noon-1pm, Sun, Apr 25
Enjoy a visit with all your favorite barnyard pals. Feed the goats a snack, pet a bunny, greet the hens and tickle a chicken (if you dare). Meet by the Barn.

EUCALYPTUS SURVEY
Ardenvood Matt Holmes
2-3pm, Sat, Mar 6
Take a saunter through Ardenvood’s historic eucalyptus groves. Learn about the remarkable characteristics of these exotic species and its intriguing history here in the Golden State. Meet at the Granary.

SHEEP TO SHAWL
Ardenvood Caterina Meyers
11am-12:30pm, Sun, Mar 21
Come and meet our wooly friends! Try your hand at carding, spinning, knitting and weaving as we prepare this fabulous fiber to wear. Meet at the Granary.

TARTAN DAY SCOTTISH FAIR
Ardenvood East Bay Scottish Association & Interpretive Staff
10am–5pm, Sat, Apr 10
Celebrate Tartan Day and join in the pageantry as Scottish folk from all over the area gather their clans and celebrate their heritage. Enjoy bagpipe bands, highland dancing, traditional Scottish food, and historic re-enactments. There will also be Clan Society exhibits and a special Children’s Glenn where they can partake in Highland games, arts & crafts, story telling and maybe they find fairies. Fee: $8/adults. $6/seniors (62+), $5/children (4-17 yrs.), 3 yrs. & under free.

OLD FASHIONED GAMES
Ardenvood Interpretive Staff
1-2pm, Sun, Mar 21
What did children of the Victorian Era do for fun? Join us to skip, jump, catch and play games from the past that are just as amusing today. Meet at the Granary.

WHAT’S BREWING ON THE FARM: A HOMEBREWING WORKSHOP
Ardenvood Ira Bietz
1-3pm, Sun, Mar 14 & 28 & #23842
Discover the ancient art of homebrewing in this three-part hands-on workshop. You’ll boilwort, pitch yeast and explore the science of fermentation. Learn beer’s incredible history and fascinating lore. We’ll brew and bottle a special batch of Ardenvood ale for you to take home (adults). Fee: $28 (non. res. $32) Registration is required.

GROWING HEIRLOOMS
Ardenvood Caterina Meyers
2-3pm, Sun, Mar 7 & 21
What is an heirloom seed? Find out and take some home after you help us plant our summer kitchen garden with treasures from the past. Meet at the Heirloom Garden.

MORNIN’ STROLL
Ardenvood Interpretive Staff
10:30-11am, Sat, Mar 13
Come take in the sights and sounds of morning on our farm while enjoying a brisk walk through our Victorian gardens, eucalyptus groves and the various plantings in our fields.

SHEEP SHEARING DAY
Ardenvood
11am-3pm, Sun, Apr 18
Karen Lesisco & Christina Garcia
Spring has sprung and it is time for our sheep’s annual “haircut.” Watch as the farm’s sheep get sheared; then, try your hand at wool carding and see the transformation from fiber to yarn at the spinning wheel. Kids will enjoy stories about sheep and making their own wooly lamb to take home.

POTATOES N’ SHAMROCKS
Ardenvood Gina Bacigalupi
1am–noon, Sat, Mar 13
Create festive St. Patrick’s Day art using potato stamps in the shape of shamrocks. We’ll roll up our sleeves, and let our imaginations run wild. Meet at the Granary.

POT O’ GOLD TREASURE HUNT
Ardenvood Gina Bacigalupi
1-2pm, Sat, Mar 13
The leprechauns have been busy hiding their treasure. Work as a team to find clues around the farm that will lead you to a St. Patrick’s Day surprise. Meet at the Granary.

LANDS CHANGING HANDS
Ardenvood Matt Holmes
2:30pm, Sat, Mar 13
Consider the changing face of our Bay Area. Travel back in time imagining the historic landscape. Ask: How has it changed? What’s different? What’s the same? Meet at the Granary.

JOHNNY APPLESEED DAY
Ardenvood Caterina Meyers & Interpretive Staff
1-3pm, Sat, March 14
Join us in celebrating one of America’s favorite folk heroes. In the spirit of Johnny Appleseed, we will begin the day by planting heirloom apple trees (11 a.m.), then we will relax and enjoy a fun-filled afternoon of cider pressing (noon), stories (1 p.m.) and apple tasting (2 p.m.).

FARMYARD STORYTIME
Ardenvood Interpretive Staff
1-2pm, Sun, Mar 14 & 28
Gather round for some fun-filled tales about our barnyard friends. After the story, you can meet the characters face to face! Meet at the Granary.

WILDLIFE WALK
Ardenvood Interpretive Staff
10:30-11am, Sat, Mar 20
Come start the day off right with a brisk walk and look for Ardenvood’s wild neighbors who have come to call our farm home. Meet at the Granary.

ARDENWOOD
Ardenvood Historic Farm is open Tues-Sun, from 10 a.m.–4 p.m. House tours are available by reservation only until April 1 (call 510-791-4196). Food service, blacksmith demonstrations and train rides will return in April. Admission fees apply. For program and fee info: (510) 544-2797, awvisit@ebparks.org or www.ebparks.org.

ANIMAL FEEDING
Ardenvood Interpretive Staff
3pm, Every Thu–Sun in March & April
Check for eggs and bring hay to the livestock. Learn all the animals’ favorite foods as we help tuck them in for the evening. Meet at the Chicken Coop.

BLACKSMITHING DEMONSTRATIONS
Ardenvood Scott Thomas
10am-4pm, Thu, Fri, Sun (beginning Apr 1)
With a forge and anvil, a trained “smith” could make or repair the tools and equipment necessary on a bustling farm. Stop by and see our blacksmith heat iron over his fire and shape it on the anvil.

RIDE THE RAILS–TRAIN RIDES
Ardenvood S.P.C.R.R. (Ardenvood’s Railroad)
Various times, Thu, Fri, Sun (beginning Apr 1)
Railroads once connected many of the farms with towns in the East Bay. Today they still run around the farm. Journey past rows of crops and through eucalyptus groves as you travel back in time. Check the daily schedule and meet the train at Ardenwood Station or Deer Park.

Register online: www.ebparksonline.org or by phone: 1-888-EBPARKS (1-888-327-2757), option 2, then 3
“NO DIG” GARDENING
Ardenwood  Matt Holmes  11am-12:30pm, Sat, Mar 23
Come explore this fascinating “soil-less” (and weed-less!) gardening strategy. See if this innovative strategy can work for you. Meet at the Heirloom Garden.

MEET THE SEQUOIA FAMILY
Ardenwood  Matt Holmes  2-3pm, Sat, Mar 20
Come meet the Sequoias and learn interesting facts about this family of trees and why this ancient species has always been a human interest. Meet at the Granary.

PLANNING YOUR PLANTINGS
Ardenwood  Matt Holmes  11am-12:30pm, Sat, Mar 27
Understanding your plant’s life cycles might be the most important element to a successful kitchen garden. Meet me in the Heirloom Garden to get this Year’s effort off to a great start!

GORGEOUS GOATS
Ardenwood  Interpretive Staff  1-2pm, Sat, Mar 27
Let the Little Ones lend a hand giving our goats some much needed exercise and grooming attention. See if your kids like working with our kids.

TRACTOR TALK
Ardenwood  Matt Holmes  2-3pm, Sat, Mar 27
Come take a look at our impressive collection of historic tractors and farm equipment. Learn how farm innovations (from right here in California) changed the world. Meet in the Granary.

GOOD, BAD AND FASCINATING BUGS
Ardenwood  Caterina Meyers  11am-12:30pm, Sun, Mar 28
Gardeners have tiny friends and foes. Meet some of the most common garden arthropods and discover simple and safe techniques to safeguard your treasured veggies. Meet at the Heirloom Garden.

GARDENER’S GOLD
Ardenwood  Caterina Meyers  2-3pm, Sun, Mar 28
Great food starts with great soil. Dig in to our gorgeous loam and learn how to make soil happy as we prepare our planting beds. Meet at the Kitchen Garden.

GREENHOUSE BASICS
Ardenwood  Matt Holmes  11-12:30pm, Sat, Apr 3
Come learn the basics about this gardener’s best friend. Learn sensible arrangements for your greenhouse and cheap alternatives that can give you the desired results. Meet at the Granary.

ROPE MAKING
Ardenwood  Interpretive Staff  1-1:30pm, Sat, Apr 3
Rope making was (and still is!) an essential tool for farms and farm workers. Come learn the basics with our quick tutorial. Meet at the Barn.

HAY HOIST
Ardenwood  Interpretive Staff  1:30-2pm, Sat, Apr 3
Come lend a hand with the Hay Hoist! Partake in this classic farmyard chore and learn about leverage, timing, and working smarter to beat the weather. Meet at the Barn.

MEET THE GLORIOUS GOAT
Ardenwood  Matt Holmes  2-3pm, Sat, Apr 3
Goats are friends, co-workers and important on the farm. Come learn some fun facts about our herd of goats and their long time partnership with people. Meet at the Barn.

EASTER BONNET
Ardenwood  Christina Garcia  10:30am-noon, Sun, Apr 4
Celebrate the return of spring by crafting yourself a glorious Easter bonnet to wear in our parade later today. Meet in the Farmyard.

MEET THE BUNNIES
Ardenwood  Interpretive Staff  11:30am-noon, Sun, Apr 4
They’re furry and fuzzy and full of fun! Hop on over to the hay circle to meet the farm’s rabbits. Discover their bunny ways and learn about their wild cousins.

EASTER PARADE
Ardenwood  Christina Garcia  12:30pm, Sun, Apr 4
Show off your Easter bonnet in a parade around the farmyard. A farm animal or two will surely join in for a wild time! Meet at the Granary.

WHICH CAME FIRST?
Ardenwood  Interpretive Staff  1-1:30pm, Sun, Apr 4
Blue, green, brown – our hens lay gorgeous, colored eggs. Compare their hues, get up close to these fowl friends and ponder the age-old question – which came first? Meet at the Chicken Coop.

SEARCH FOR THE GOLDEN EGG
Ardenwood  Christina Garcia  2pm, Sun, Apr 4
Listen for clues to help you find the lucky golden egg when you hear the bell clanging. The finder gets to keep it but everyone will share in the prize. Meet in the Farmyard.

LITTLE LAMBS
Ardenwood  Christina Garcia  11am-noon, Sun, Apr 11
Little lambs are frolicking on the farm! Come see our babies play, feed their moms a snack, and learn about wonderful wool.

PITCHIN’ ON THE FARM
Ardenwood  Interpretive Staff  Noon-1pm, Sun, Apr 11
Interpretive Staff
Let your little farmer lend a hand feeding the animals and collecting eggs from the hen house. They may be surprised how fun “pitchin’ in” can be. Meet at the Barn.

BIG BUTTER BATTLE
Ardenwood  Christina Garcia  1:30-2:30pm, Sun, Apr 11
Ready, set, churn! Learn how butter is made. Join a team to see who can make this dairy delight the fastest; then taste it on warm bread.

CHECKING OUT THE CHICKENS
Ardenwood  Interpretive Staff  10:30-11am, Sat, Apr 17
They cluck, they cackle and “cook-a-doodle-doo”. Join us at the Chicken Coop and get to know the farm’s fowl, check for eggs and treat them to a morning snack.

EARTH DAY IN THE HEIRLOOM GARDEN
Ardenwood  Interpretive Staff  11am-12:30pm, Sat, Apr 17
We’ll be turning compost, preparing the garden beds and planting some of the same vegetables grown 100 years ago. Lend a hand and have some fun! Meet in the Heirloom Garden.

EARTH DAY SEED PLANTING
Ardenwood  Gina Bacigalupi  1-2pm, Sat, Apr 17
Start off Earth Day right by planting organic seeds in a biodegradable pot made out of cow manure! When you get home, plant the seeds and pot in your garden.

SPRING BIRD WALK & COUNT
Ardenwood  Ira Bletz  8:30-10am, Sat, Apr 24
Calling all bird watchers – beginners to advanced! Help us find, survey and tally the farm’s wild birds. This wildlife island is filled with many different species from hawks to sparrows.

WAKE UP THE FARM
Ardenwood  Interpretive Staff  10:30-11am, Sat, Apr 24
Chickens and goats, sheep and pigs, the farm animals all start their day early. Join us as we visit them, say “hello” and give them their morning snack. Meet at the Granary.

VICTORIAN TABLE TOP GAMES
Ardenwood  Interpretive Staff  11am-noon, Sat, Apr 24
Ready for some old-fashioned fun? Challenge your family and friends to a game of pick-up-sticks, tops, or jacks as you delve into our box of games from days gone by. Meet at the Granary.

PLANTING IN THE VEGETABLE GARDEN
Ardenwood  Ira Bletz  12:30-1:30pm, Sat, Apr 24
Let’s get some seeds in the ground! Join us to plant and tend some heirloom vegetables. Our efforts will result in a bountiful summer harvest. Take some seeds home too. Meet in the Heirloom Garden.

OLD-FASHIONED GAMES
Ardenwood  Interpretive Staff  1:30-2:30pm, Sat, Apr 24 & Sun, Apr 25
Leave your modern amusements behind and try some old-fashioned fun!! Hop like a bunny in a sack race, fly like a peacock during a potato spoon race, and test your balance on stilts. Meet in the Farmyard.

CORN PLANTING
Ardenwood  Christina Garcia  11am-noon, Sun, Apr 25
Use antique equipment as you help plant the corn crop. Prepare the seed with the sheller and fanning mill, then try your skill with a corn planter in the field.

MINE TOURS & MINE ARTIFACTS

SIDNEY FLAT VISITOR CENTER
Black Diamond Mines  Interpretive Staff  10am-4:30pm weekends, Mar-Nov
View artifacts and photographs or say hello to our friendly resident snakes. Tickets for the first-come, first-served Hazel-Atlas mine tours may be purchased here. Arrive at least one hour before tour time to sign up. 7+ yrs.

MINE OPEN HOUSE WEEKEND
Black Diamond Mines  Interpretive Staff  Noon-4:30pm, Sat, Mar 6, Sun, Mar 7
It’s our opening weekend, so now’s your chance to explore nearly 1,000 feet of the Hazel-Atlas silica sand mine at your own pace! We’ll have self-guided tours for participants age 7 and older at a reduced price, and a special underground room for younger participants.

HAZEL-ATLAS MINE OPEN HOUSE
Black Diamond Mines  Interpretive Staff  Noon-4:30pm, Sat, Apr 24
Now’s your chance to explore nearly 1,000 feet of the Hazel-Atlas silica sand mine at your own pace! We’ll have self-guided tours for participants age 7 and older at a reduced price, and a special underground room for younger participants.

Info: Ardenwood (510) 544-2797; Black Diamond (510) 544-2750; Botanic Garden (510) 544-3169; Coyote Hills (510) 544-3220; Crab Cove (510) 544-3187; Middle Harbor (510) 272-4802; Sunol (510) 544-3249; Tilden Nature Area (510) 544-2233
Register online: www.ebparksonline.org or by phone: 1-888-EBPARKS (1-888-327-2757), option 2, then 3
BIRDS AND POLLINATORS
Botanic Garden  Nancy Bauer and Charlotte Torgovitsky
1:30-4:30pm, Sat, Feb 27
Learn how to turn your garden into a fascinating sanctuary for birds, butterflies, bees, and other beneficial insects with great habitat plants.
Reg. Required: www.nativeplants.org/events.html or email john@rusk.com, or call 510-528-0526
Fee: $30 Friends member/$35 non-member

TENDING THE NATIVE PLANT GARDEN: A WORKSHOP AT THE FLEMING GARDEN
Botanic Garden  Luke Hass
10am-12:30pm, Sun, Mar 14
Get inspiration and guidance for beautifying your garden from the Fleming garden in Berkeley, one of the oldest and most beautiful private native plant gardens in the state.
Reg. Required: www.nativeplants.org/events.html or email john@rusk.com, or call 510-528-0526
Fee: $30 Friends member/$35 non-member

ARCHAEOLOGICAL OHLONE VILLAGE SITE
Coyote Hills  Kristina Parkison
1:30-4pm, Sun, Mar 7 #23545
Learn about Ohlone culture as we tour a model of village life at the Visitor Center. Walk to a 2,000-year-old Ohlone village site, see replicated structures and examine reproductions of artifacts. Along the trail, we’ll identify plants that provided food, medicine and tools.
Registration is required.

COYOTE HILLS
The Coyote Hills Visitor Center is open Tuesday-Sunday, 10 a.m.-4 p.m. The Possum’s Pocket Nature Store has books, American Indian items, nature games, T-shirts and many other items for sale. For additional information call (510) 544-3220, or email chvisit@ebparks.org.

NATURE BYTES–ANIMAL TRACKING
Coyote Hills  Dino Labiste
1-2pm, Sat, Mar 6
Get to know the natural world around you! Stories, games, and hands-on activities suitable for all ages communicate fun facts! Each class covers a different topic, so be sure to drop in and check us out!

COYOTE HILLS FLINTKNAPPERS: BEGINNERS
Coyote Hills  Dino Labiste
10am-3pm, Sun, Mar 14 #23556
Unearth the art of turning an obsidian flake into a functional Paleolithic cutting tool. Learn about prehistoric equipment, such as hammer stones, and use modern materials, like copper pressure flakers. Practice beginning skills to create a Stone Age microblade or shape an arrowhead.
18+yrs
Registration is required.
**TO DYE FOR**

Coyote Hills  Kristina Parkison
11 am-2 pm, Sat, Mar 13 #23547
Pure Peruvian wool takes on fantastic colors as we practice the secrets of using natural dyes! While creating your unique skein, learn to knit with your own hand-made knitting needles! You’ll take home a beautiful, natural-dyed skein and the skills to make a scarf. 14+yrs
Registration is required.
Fee: $15 (non-res. $17)

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**COYOTE CUBS**

Coyote Hills  Kristina Parkison
10-11:30 am, Tue, Mar 16 #23719, Tue, Apr 13 #23720

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**SKILLS OF THE PAST:**

**FIRE MAKING**

Coyote Hills  Dino Labiste
1:30-3:30 pm, Sun, Mar 28 #23569

**FANTASTIC FLOWER PHOTOGRAPHY**

Coyote Hills  Kristina Parkison
9-10:30 am, Sat, Mar 27 #23558
Volunteer staff photographer, Don Jedlovec, leads this digital photography workshop in the Butterfly Garden. Learn the tips and tricks needed to get professional images of floral jewels. 12+yrs
Registration is required.
Fee: $6 (child - non-res. $8)

**JUNIOR NATURALISTS**

Coyote Hills  Kristina Parkison
1-3 pm, Sat, Mar 27 #23566
Encourage your child’s natural curiosity—let them become a junior Naturalist! This engaging class capitalizes on all the things kids love—getting dirty and having fun while they learn! Today’s topic: Native American Culture and Games. 7-12 yrs
Registration is required.
Fee: $6 (non-res. $8)

**OHOLNE CULTURE**

Coyote Hills  Dino Labiste
10 am-noon & 1-3 pm, Sat, Apr 10
Discover how the first people utilized the natural resources from the environment for everyday items. Examine reproductions of tools and learn about plant uses. Watch flintknappers create arrowheads from obsidian.

**CULTURAL ACTIVITY OPEN HOUSES**

Coyote Hills  Beverly Ortiz & Friends
10 am-noon; 1-3 pm, Sun, Apr 11, 18 & 25
Begin your outing in the park at our Visitor Center. Learn about the region’s 2,000+ years of human history and marshland ecology while participating in cultural activities. Watch videos highlighting Ohlone and other Central California Indian cultures. Join your children in exhibit-based scavenger hunts. Participants entered into free raffles at 11 a.m. and 2 p.m. April 11: Native plant foods. April 18: Acorn tops. April 25: Pine nut beads.

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**EARTH DAY:**

**REDUCE, REUSE, RECYCLE**

Coyote Hills  Dino Labiste
9:30 am-noon & 1:30-4 pm, Sat, Apr 17
Learn about the care of our precious planet. Enjoy family fun while creating your own litter bug craft, see an environmental puppet show and play recycle games. Make a difference!

**BIRDS ON THE BREAKWATER**

Crab Cove  Sara Fetterly
1-2 pm, Sat, Apr 3
Join us for a short walk to the breakwater where we will set up a scope and explore the birds of the Bay that roost there.

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**CRAB COVE WEEKDAY FUN**

Join us for programs designed for you and your children. We’ll play games, explore nature, sing songs, and do a craft related to the theme of the day!

**SEA SIBLINGS**

Crab Cove  Interpretive Staff
10-11 am, Tue, Mar 2 #23680, 16 #23681, Apr 6 #23682
Spend an hour with your pre-schooler and their younger sibling for an introduction to outdoor fun. March 2, 16: Everything Needs A Home. April 6: How Does Your Garden Grow. Fee: $4

**SEA SQUIRTS**

10-11:30 am, Tue, Mar 9 #23690, Apr 13 #23692, Apr 27 #23693, Wed, Apr 7 #23691
Fee: $6 ($8 non-res.)

**ESTUARY EXPLORERS**

3:30-5 pm, Tue, Mar 9 #23709, Apr 13 #23710, 17 #23711
Fee: $6 (non-res. $8)

**SPRING BREAK NATURE FUN**

2-3:30 pm, Tue-Fri, Apr 6-9 #23722
Join Naturalists Sara and Michael as they explore the creatures and habitats of Crab Cove. The daily themes will come alive through lots of crafts, games, songs, and outdoor fun. Snacks included. (6-10 yrs)
Registration is required.
Fee: $24 ($28 non-res) for the series of 4 classes.
OUTDOOR DISCOVERIES

Sunol
Taylor/Colbert
10-11:30am, Thu, Mar 4 #23591, 11 #23592, 18 #23593, Apr 1 #23594, 8 #23595, 15 #23596, 22 #23597
Children 3-5 years and a parent are invited to make wild discoveries.

March 4: Doo Doo—Play critter detective as we solve a “who-dung-it” and delve into the world of scats, tracks and other signs. March 11: Sir Pent And Elvis The King—Meet our beautiful and harmless slithery neighbors and learn how to behave in ratatson country.

March 18: Eatin Rocks—Stone soup is on the menu today as we rock and roll into the world of geology. April 1: April Foolery—Can we fool Mother Nature? Maybe not, but let’s see how plants and animals fool each other. April 8: The Hole Truth—Holey moley! Who makes those “snake” holes anyway? Find out as we learn to explore these and other wilderness hideouts safely. April 15: Petals and Pollination—How does the pollen go from bloom to bloom and why is the world abuzz about it? We’ll delve into the reason for a flower today.

April 22: Earth (Worm) Day—Celebrate Earth Day with the tiny, mighty worm! Make life greener by creating a worm-composter to use at home for kitchen and garden waste. Registration is required. Fee: $6 (non-res. $8)

EARTH DAY OPEN HOUSE
Crab Cove
Interpretive Staff
10am-4pm, Sat, April 17
Join us in the Old Warf Classroom as we “dive” into the Bay and explore the creatures that live in the Cove. Stay for our “Low Tide Adventure” Catch of the Day program.

LOW TIDE ADVENTURE
Crab Cove
Michael Charnofsky
4-5pm, Sun, Apr 25
The mudflat and rocky shoreline reveal amazing multitudes of life at low tide! Come explore and discover what lives hidden beneath the Bay water.

SUNOL
Sunol Visitor Center is open Sat-Sun, 10 a.m.-4:30 pm. For information, call (510) 544-3240, or email svist@ebparks.org.

WILD EDIBLES
Sunol
Anthony Fisher
10am-1pm, Sun, Mar 7 #23610
Learn a variety of wild edible plants on a 1 mile hike. We will bring back some samples to devour with our lunch. Meet at the Green Barn. Registration is required. Fee: $5 (non-res. $7)

VALLEY NATURE RIDE
Sunol
Interpretive Staff
10-10:45am, Sun, Mar 14 #23647, 28 #23648, Apr 4 #23649, 25 #23650
Immerse yourself in the cultural and natural history of Sunol Regional Wilderness during a horseback ride. 6+ yrs Registration is required. Fee: $25 (non-res. $29)

BACKPACK—SUNOL-OHLINE WILDFLOWERS
Sunol
Trail Gail
2pm, Fri, Mar 19-1pm, Sun, Mar 21 #23624
Experience spring wildflowers on this 2 night 3 day adventure. With rolling oak woodlands, grasslands and a day hike to Rose Peak we’ll explore the Ohlone Wilderness. By staying at the same location both nights we gain time to enjoy. Food provided. 12+ yrs Registration is required. Fee: $112 (non-res. $124)

2nd ANNUAL PLEIN AIR PAINT OUT
Sunol
Cat Taylor
8am-2:30pm (early bird 6:30am), Sat, Apr 3 #23704
Join fellow artists for an open air paint-out in the wilderness! Let nature inspire you to capture the light, shadow and vibrant spring colors among stands of wildflowers. All two-dimensional mediums accepted. People’s Choice Awards at day’s end. Registration is required. Fee $15 (non-res. $17), early-bird option $20 (non-res. $22)

TILDEN NATURE AREA
The Environmental Education Center is open Tue-Sun 10 a.m.-5 p.m. The Little Farm is open daily. For info call (510) 544-2233, or email tnaee@ebparks.org.

LITTLE FARM GOAT HIKE
Tilden Nature Area
James Wilson
1-2pm, Sat, Apr 6
Explore the historic connections between humans and their ungulate friends.

LITTLE FARM POULTRY PALS
Tilden Nature Area
James Wilson
3-4pm, Sat, Apr 6
Come to get to know our neighborhood birds. Each type and breed has its own “personality.” Learn the latest scoop from the coop!

IMMERSE YOURSELF IN NATURE (TWICE)
Sunol
Anthony Fisher
9-noon, Sun, Mar 21, Apr 11
Animal tracks, silence, mud, birds, scat, seeing, hearing, smelling. Includes 30 minutes of still sitting. Be prepared to exercise your attention.10+ yrs

SOAPROOT BRUSH
Sunol
Anthony Fisher
2-3:30pm, Sun, Mar 21 #23635
Soap plant has a myriad of uses, including as raw material for this handsome and useful brush used by Native Californians. We will hand-twist dogbane cordage to tie the fiber. Meet at the Green Barn. 12+ yrs Registration is required. Fee: $20 (non-res. $22)
duce yourself to the loving herd, and hear their amazing life stories and “personal” accomplishments.

THE TRUTH ABOUT TICKS
Tilden Nature Area Morgan Evans 2-3pm, Sun, Mar 14
Want to learn more about these bloodsucking parasites that scare park visitors? Join an informative talk and short walk to distinguish between the types found in Tilden.

FIRST DAY OF SPRING OPEN HOUSE
Tilden Nature Area James Wilson 2-4:30pm, Sat, Mar 20
Have some spring fun on National Agriculture Day. We’ll play games, meet animals, and learn how agriculture provides almost everything we eat, use, and wear.

SLUG N’ SALAMANDER SLEUTHS
Tilden Nature Area Bethany Facendini 11am-noon, Sun, Mar 21
Who’s slimin’ and slidin’ around the forest? Have the park’s mascots left clues leading us to discover their slippery existence? Investigate banana slugs and newts on this short exploratory walk.

ECO ACCESS
Tilden Nature Area Bethany Facendini 2-3:30pm, Sun, Mar 21
Deer, frogs, banana slugs, waterways, and aromatic plants await you during this exploratory afternoon especially for people with developmental disabilities and friends. Travel ½ mile to Jewel Lake and back.

TILDEN TOTS! ☛
Tilden Nature Area Linda Yemoto & Bethany Facendini 10-11:30am, Tue, Mar 16 #23517, Wed, Apr 21 #23519, Thu, Apr 22 #23520
Join an outdoor, nature adventure program for 3-4 year olds, each accompanied by an adult (grandparents welcome)! In March we’ll learn about our amphibian friends, and in April we’ll celebrate EARTH DAY everyday! Sorry, no siblings please. Registration is required.

Fee: $6 (non-res. $8)

TILDEN EXPLORERS! ☛
Tilden Nature Area Linda Yemoto 3:15-4:45pm, Tue, Mar 16 #23521, Thu, Apr 22 #23522
Join an after-school nature adventure for 5-7 year olds, who may be accompanied by an adult. No younger siblings please. In March, we’ll explore spring ponds; in April we’ll learn about wildflowers. Bring a plain, light-colored T-shirt in April.

Registration is required.

Fee: $6 (non-res. $8)

TILDEN MINI RANGERS ☛
Tilden Nature Area James Wilson 3:30-5:30pm, Wed, Mar 17 #23523, Apr 21 #23524
Do you like hiking, conservation, and nature-based activities? This after-school program is for you! It’s designed for kids 8-12 years old, unaccompanied by parents.

Dress to ramble and get dirty; bring a snack. Registration is required.

Fee: $6 (non-res. $8)

TILDEN LITTLE FARM CAMP ☛
Tilden Nature Area James Wilson 10am-4pm, Jul 5-July 9 #23559
For the more advanced little farmer, we present a new, garden-fresh, hands-on camp offering in-depth experiences in animal husbandry, agriculture, and food production.

No prerequisites: just a love and passion for that old-time, country farm lifestyle. 12-15 yrs

Registration is required.

Fee: $250 (non-res. $270)

TILDEN LITTLE FARM CAMP ☛
Experience the old-time, country farm lifestyle during a week of farm camp fun! We’ll learn about caring for farm animals, harvesting, cooking, getting dirty, and having fun! 8-11 yrs

Registration is required.

Fee: $250 (non-res. $270) Limit one week of registration per child.

(1-888-327-2757) option 2, 3
Fee: $225 (non-res. $245)

ADVANCED TILDEN LITTLE FARM CAMP ☛
Tilden Nature Area James Wilson 10am-4pm, Jul 5-7 #23559
For the more advanced little farmer, we present a new, garden-fresh, hands-on camp offering in-depth experiences in animal husbandry, agriculture, and food production.

No prerequisites: just a love and passion for that old-time, country farm lifestyle. 12-15 yrs

Registration is required.

Fee: $250 (non-res. $270)

TILDEN MINI FARMERS! ☛
Tilden Nature Area Interp. Staff 10-11:30am, Sat, Mar 27 #23527, Apr 24 #23528
A farm exploration program for kids ages 4-6 years. We’ll explore the Little Farm, care for animals, and try some farm chores. Wear boots, and dress to get dirty!

Registration is required.

Fee: $6 (non-res. $8)

Birding on the Bay
Middle Harbor Tara Reinertson 9am-10:30am, Sat, Mar 13 & Apr 3
The birds have discovered the secret shoreline, have you? Join a naturalist for a walk along the shore to spot magnificent birds feeding on the newly created mud flats. Rain cancels.

CREATE A FISHY KITE!
Middle Harbor Tara Reinertson 2:30-4pm, Sat, Mar 13 & Apr 3
Come fly a kite just for the halibut! Using recycled materials we will build a kite and then see if it will get off the ground. Rain cancels. 5-9 yrs

NATURE’S STOMPING GROUND
Tilden Nature Area James Wilson 10:30am-noon, Sun, Apr 18
Under logs, on branches, and in ponds, let’s go for a ramble and find creatures by the signs they leave behind. Dress to

Visit our newest shoreline park, located at the north end of 7th Street in Oakland. For information about programs or the park, call (510) 272-4802.

SUNSET SPRING EQUINOX WALK
Middle Harbor 6-7:30pm, Sat, Mar 20
Pay tribute to the coming of spring as we take an easy stroll along the shoreline. Hear about equinox rituals around the world and participate in one of our own.

DUNE RESTORATION
Middle Harbor Tara Reinertson 2-4pm, Sat, Mar 27
Discover the difference between seals and sea lions as we try and spot our fin-footed friends in the Bay. Then sculpt a seal or sea lion for you to take home. 5-9 yrs

SMART Cycling Club: Youth
Crab Cove Feb 16 #23526, Feb 23 #23527, Mar 2 #23528
Join us every Saturday from 10am-1pm, for an all-ages free ride!

12-14 year old
cycling clinics with the SMART Cycling Club.

11am-noon Sun, Apr 18

KIDS’ PROGRAMS AT TILDEN NATURE AREA
explore and bring the whole family.

TENDING THE SPRING HEIRLOOM GARDEN
Tilden Nature Area  James Wilson 2:30-3:30pm, Sun, Apr 18
Explore our spring climate and learn what old-world bounty grows best when, where, and how. Take home some sprouts and prepare for summer. Wear boots and dress to get dirty!

ECOLOGY & CULTURAL HISTORY OF LAUREL CANYON
Tilden Nature Area  James Wilson 1:30-3:30pm, Sun, Apr 25
One of many canyons within Wildcat Creek Watershed, Laurel Canyon has seen leaps of change. Learn about the new and old, including ancient traditions that call this place home.

OTHER PARKS

WEDNESDAY WALKS
Various Locations
Christina Garcia & Matt Holmes 9:30am, Weds, Mar 3, 17, 24, 31, Apr 7, 21, 28
Discover the natural and human history of our beautiful parklands and improve your health on a fast-paced hike. Hikers of all ages and abilities are welcome. Wear sturdy footwear, bring water and dress for the weather—we walk rain or shine. For more information, please call (510) 544-3282 or email cgarci@ebparks.org. March 3, Redwood: Join Naturalist Matt Holmes for a moderately strenuous 5.4-mile saunter along a portion of the Bay Area Ridge Trail. Meet at Canyon Meadow Staging Area. March 17, Black Diamond: Join Naturalist Matt Holmes for a moderately challenging 6.1-mile saunter through historic coal country. Meet at the Upper parking lot at the end of Somersville Road. March 24, Hayward Shoreline: View abundant shorebirds and waterfowl on an easy 3-mile loop. No Dogs, please. Meet at the west end of Winton Ave.

March 31, Garin: Explore streams and forests on a moderate 4-mile hike. Meet at the Barn. April 7, Coyote Hills: An easy 3.5-mile hike through the marsh and around these gentle hills at the edge of the Bay. NO dogs, please. April 21, Las Trampas: A strenuous 6.5-mile hike to Devil’s Hole. April 28, Sunol: Join Naturalist Caterina Meyers for a moderately strenuous 5-mile loop to enjoy wildflowers of multiple plant communities. No Dogs, please. Meet at the Visitor Center.

BIRD GAWK
Garin/Dry Creek  Kristina Parkinson 8-11am, Sat, Mar 6
The Bay Area bursts with bird life! New and experienced birders alike join us as we discover patterns of behavior, migration, and habitat. Meet at Visitor Center barn. 8-10yrs. Info: (510) 544-3220.

BRUSHY PEAK HIKE  Trail Gail 8:30am-1pm, Sat, Mar 6 From Native Americans to the Bohemian Club, many have experienced this place. Today we’ll walk, and explore just what makes it so special. Bring sack lunch & water. 7+yrs

WATER WORLD OF AMPHIBIANS & INSECTS  Dino Labiste 9:30am-noon, Sun, Mar 7 #23646
What do newts, mayflies, frogs, dragonflies and salamanders have in common? Water! Come and explore the watery environment of aquatic insects and amphibians. Get your feet wet as we search the stream to look for different metamorphic stages of these fascinating critters. Meet at the Garin Barn Visitor Center. Registration is required.

HERSTORY OF THE BAY  Bethany Facendini & NPS Interpreter Elizabeth Tucker 10am-2pm, Sun, Mar 7 #23537
Celebrate International Women’s Day by honoring women whose environmental and historical contributions have made a difference in our community! Walk five miles along the Bay to Rosie the Riveter/WWII Home Front National Historic Park and back. Bring water and lunch. Meet at the Rydin Road entrance. Please register before March 2nd. 10+yrs

MONDAY BIRDING
Various parks  Anthony Fisher 8-11:30am Mon, Mar 8
Easy birding walks of about two miles, mostly flat terrain. March 8: Sunol, to Little Yosemite. This hike has hills and starts at 8 a.m.! Meet at the Green Barn. March 15: Coyote Hills. Meet at the Visitor Center. April 5: Shadow Cliffs, you’ll see me. April 19: Arroyo Del Valle. Meet in the parking lot at the end of Arroyo Road in Livermore.

THURSDAY BIRDING:

EAST COUNTY  Mike Moran
Big Break Reg. Shoreline 9-11am, Thu, Mar 11 #23677
Round Valley 9-11am, Thu, Apr 15 #23679
Spring’s feathered magic fl  ies, fl  ies, swims, and soars! Wetland wanderers (shorebirds) and widely traveled waterfowl at Big Break Regional Trail. Plentiful passerines and resilient raptors at Round Valley. Registration is required.

MORGAN TERRITORY  Cat Taylor
Orchard Staging Area 9am-2pm, Sat, Mar 13
Wander the wilderness capturing landscapes in sketches or paintings. Learn art techniques and exercises in a relaxed environment and draw form and function in nature. Bring lunch and art supplies. 7+yrs

Registration is required. Fee: $25 (non-res. $29)

MARSHY MEANDER
Martinez Shoreline  Outdoor Ed
10am-noon, Sun, Mar 14 #21695
Find remnants of a bygone era during an easy walk around this peaceful shoreline park. Rain cancels.

TELA DE LA VIDA/ FABRIC OF LIFE
Point Pinole Betania/Bethany Facendini 11am-12:30pm, Domingo, 14 de Marzo (Sun, Mar 14)
¡Vengan a una caminata bilingüe por toda la familia! Descubren los animales y las plantas de la región con todos sus sentidos. Para más información acerca del programa con una naturalista, favor de comunicarse con Betania al tel. (510) 544-2233. Come to a bilingual walk for the entire family! Discover the region’s animals and plants with all of your senses.

DISCOVER VASCO CAVES

VASCO CAVES HIKE  Kristina Parkinson 8-11am, Sat, Mar 6
Call (510) 544-3220 or email cgarci@ebparks.org. March 3, Redwood: Join Naturalist Matt Holmes for a moderately strenuous 5.4-mile saunter along a portion of the Bay Area Ridge Trail. Meet at Canyon Meadow Staging Area. March 17, Black Diamond: Join Naturalist Matt Holmes for a moderately-challenging 6.1-mile saunter through historic coal country. Meet at the Upper parking lot at the end of Somersville Road. March 24, Hayward Shoreline: View abundant shorebirds and waterfowl on an easy 3-mile loop. No Dogs, please. Meet at the west end of Winton Ave.

March 31, Garin: Explore streams and forests on a moderate 4-mile hike. Meet at the Barn. April 7, Coyote Hills: An easy 3.5-mile hike through the marsh and around these gentle hills at the edge of the Bay. NO dogs, please. April 21, Las Trampas: A strenuous 6.5-mile hike to Devil’s Hole. April 28, Sunol: Join Naturalist Caterina Meyers for a moderately strenuous 5-mile loop to enjoy wildflowers of multiple plant communities. No Dogs, please. Meet at the Visitor Center.


TUESDAYS FOR THE BIRDS

Various Parks
Bethany Facendini 7:30-9:30am, Tue, Mar 2, 9, 16, 23, 30, 7-9:30am, Tue, Apr 6, 13, 27

Register online: www ebparksonline.org or by phone: 1-888-EBPARKS (1-888-327-2757), option 2, then 3
WOMEN ON COMMON GROUND
Sunol  Katie Colbert
10am-1pm, Sun, Mar 14, 6-9:30am, Sun, Apr 4
This is a series of naturalist-led programs for women who love the outdoors but whose concern for personal safety keeps them from enjoying their own parks. For a complete schedule or reservations, contact (510) 544-3240, or svist@eb-parks.org. March 14: Pleasanton Ridge—Get Back On The Trail! Hike—Work out those sluggish winter muscles on a leisurely hike uphill, downhill and round-about, on grassy and wooded slopes hopping with floral and faunal aerobics. April 4: Sunol—Sunrise And Moonrise From Flag Hill Hike—Rise with the birds this morning for an invigorating uphill hike. Weather willing, we’ll watch the sun dance for joy on a distant ridge top. We’ll share a sunrise snack and wander back looking for wildflowers and other miraculous things.

LOW-TIDE EXPLORATION!
Miller/Knox Bethany Facendini 2:30-4 pm, Sun, Mar 14
What Bay creatures are blowing bubbles, swimming on their sides, feeding with sandpaper-like tongues, drifting in the brackish waters? Come experience the aquatic web of life during a low tide.

EDIBLE AND USEFUL PLANTS HIKE 🌿
Garin/Dry Creek 🌿 Dino Labiste
9am-12:30pm, Sun, Mar 21 #23669
The Ohlone peoples and European settlers gathered wild plants for food, medicine and tools. Identify edible plants on a springtime hike. Gather Miner’s lettuce for a tasty salad, process manzanita cider, munch on acorn cookies, snack on dried huckleberries and sample other savory wild foods. Meet at the Garin Barn Visitor Center. 12+yrs Registration is required.

BIRDING BY EAR
Leona Canyon 🌿 Michael Charnofsky
9:30-11:30am, Sat, Mar 21
Yes, it does count when you identify a bird by its song, and this park is a fantastic place for bird listeners to exercise those auditory skills! Constant rain cancels. Meet at the Canyon Oaks Dr. trailhead in Oakland. 8+yrs Info: (510) 544-3187.

GOSSIP ROCK HIKE 🌿
Garin/Dry Creek 🌿 Dino Labiste
1:30-4:30pm, Sun, Mar 21 #23686
Enjoy an energetic uphill 5.5-mile loop hike that takes in a panoramic view of Mission Peak and the Bay Area. We’ll explore any early bloomers along the trail. Learn about bedrock mortars and the Ohlone peoples relationship to wildflowers, grasses and land management. Meet at the Tamarack Drive entrance. 16+yrs Registration is required.

THURSDAY BIRDING: RAPTOR BASELINE 🦅
Marsh Creek Reg. Trail, Cyprus Road parking lot 🦅 Mike Moran
9:11-10:30am, Thu, Mar 25 #23699
Morgan Territory 🦅 Mike Moran
9:11-10:30am, Apr 29 #23700
The morning (eastern) side of Mount Diablo hosts a magnificent array of prey for hawks, falcons, and eagles. Help us document their variety and numbers in this fun, social citizen research project. No experience necessary—we’ll teach you how to identify these birds. 10+yrs Registration is required.

WHEELIN’ THE WATERSHED 🌿
Richard BART Bethany Facendini
10:30am-3pm, Sun, Mar 28 #23540
Do you know where our beloved Wildcat Creek meets the Bay after meandering through regional parklands? Come navigate the watershed downstream by bike! Cruise 14 miles from BART to the Bay and back. Be ready for an adventurous ride discovering nature in an urban setting. 10+yrs Registration is required.

VOLCANOES, QUARRIES, AND LABYRINTHS 🌿
Sibley 🌿 Michael Charnofsky
1:30-4pm, Sun, Mar 28
Explore the remnants of an extinct volcano, exposed by years of quarrying and decorated by artists building labyrinths. Keep your eyes skyward for golden eagles and downward for wildflowers. 9+yrs. Info: (510) 544-3187.

HUCKLEBERRY HEAVEN 🌿
Huckleberry 🌿 Sara Fetterly
10am-noon, Sat, Apr 3
The plants, animals, and views are out of this world! Join us as we walk 1.8 miles and explore this beautiful botanic paradise. Moderate hike, some hills.

WILDFLOWER WANDERINGS WALK 🌿
Garin/Dry Creek 🌿 Beverly Ortiz
10am-noon, Sun, Apr 4 #23689
Journey through the wondrous world of wildflowers, from petite to prominent, colorful to camouflage. Hear theories about wildflower evolution, and examine their amazing adaptations to place. Meet at the Visitor Center. Info: (510) 544-3220.

A FEAST OF EDIBLE AND USEFUL PLANTS HIKE 🌿
Garin/Dry Creek 🌿 Beverly Ortiz
1:30-3:30pm, Sun, Apr 4 #23689
We’ll open up nature’s supermarket and pharmacy by investigating plants useful for foods, medicines, musical instruments, and more. Taste acorn soup, roasted peppernuts and yerba buena tea along the way. Meet at the Garin Barn Visitor Center. Info: (510) 544-3220.

SPRINGTIME DELTA LUNCH CRUISE 🌿
Pittsburg Marina 🌿 Mike Moran
9:30am-10:45am, Sat, Apr 17 #23723
Come ply the serene waters of California’s Delta on a spring cruise of the lower mighty Sacramento and San Joaquin Rivers. We’ll board the beautiful double-decked Island Serenade and revel in the rich natural cultural, and political history of California’s Inland Coast. Lunch included. Meet at the marina dock. 10+yrs. Parent participation required. Registration is required. Fee: $44 (non-res. $50)

SPRING STROLL 🌿
MLK Shoreline, Arrowhead Marsh
Interpretive Staff
10am-noon, Sat, Apr 24
Learn the natural and cultural history of the marsh as we stroll three flat miles in search of the many creatures that call this unique habitat home.

WILDLIFE VOLUNTEERS: RIPARIAN RE-LEAF
Coyote Hills  Doc Quack
1:30-3:30 pm, Fri, Mar 12 9:30-noon, Sat, Mar 13
Here is your opportunity to meet the park’s star cavity nesting critter—the tree swallow and help other bird buddies! During this hands-on wildlife restoration effort, we will enhance the plant life found along the marsh. By participating, you’ll earn your “Wetland Partners” patch. Parent participation required. Reg. Required: (510) 544-2340

WILDLIFE VOLUNTEERS: QUAIL RANGERS
Contra Loma  Doc Quack
1:30-3:30 pm, Fri, Apr 16 9:30-noon, Sat, Apr 17
Join in some family fun as we improve the Park’s habitat for the State bird. Each participant will receive a Covey Conservation patch for planting and creating a safe place for quail to eat, rest and nest. Parent participation required. Reg. Required: (510) 544-2340

IVAN DICKSON STATE TRAIL DAY PROJECT 🌿
Del Valle 🌿 Anthony Chabot
8:30am-1:30pm, Sat, Apr 17 #23848
Help with trail improvements. Tools/instruction provided. Wear sturdy shoes, long pants, long-sleeved shirt, hat and gloves. Please remember to bring water, snacks and sunscreen. Lunch provided. Ages 10 years and older. Youth under 18 require an adult to work alongside. No dogs, please. 6+yrs. For more information, please call (510) 544-2631. Registration is required

IVAN DICKSON EARTHDAY PROJECT 🌿
Del Valle 🌿 Anthony Chabot
8:30am-1:30pm, Sat, Apr 24 #23834
Help with trail improvements. Tools/instruction provided. Wear sturdy shoes, long pants, long-sleeved shirt, hat and gloves. Please remember to bring water, snacks and sunscreen. Lunch provided. Ages 6 years and older. Youth under 18 require an adult to work alongside. No dogs, please. For more information, please call (510) 544-2631. Registration is required

PARK RESTORATION: FRENCH BROOM REMOVAL
Redwood, Skyline Gate 🌿 Di Rosario
9am-1pm, Sat, Mar 6, Apr 3 9:30am-1pm, Sun, Mar 14, Apr 11
Volunteers are needed to help restore beautiful Redwood Regional Park from French broom displacement of the native plants. We provide the tools. March 6 and April 3: Broom eradications. Meet at 9 a.m. at Skyline Gate staging area (8500 Skyline Blvd., Oakland) in Redwood Regional Park. March 14 and April 11: Exotic plant removal and native planting. Meet at 9:30 a.m. at the Wayside picnic area in Redwood Regional Park inside Redwood Gate at 7867 Redwood Road. Info: 1-888-327-2757, option 3, ext. 4553.
NO REGISTRATION REQUIRED—Many programs do not require registration. Simply join the instructor at the location indicated in the program description. Call the phone number listed in the program descriptions if you need further information.

IN-PARK REGISTRATION—For programs requiring registration at park sites, call the number indicated in the description. Information will be provided when you call.

CENTRAL REGISTRATION—The course codes for programs that require central registration are printed next to course dates throughout this directory. Please refer to the instructions below for registration procedures for mail-in, walk-in, phone, or fax registration.

ON-LINE: go to www.ebparksonline.org for centrally registered programs.
MAIL-IN: Complete the registration form below and mail with your payment (pre-printed check or credit card information and sign to approve the charge.
BY PHONE: Phone registration requires a credit card. Call 1-888-EBPARKS (327-2757) and select option 2, then 3, for program registration.
BY FAX: Complete the registration form on the back cover and fax it to (510) 635-5502. Include all the necessary credit card information and sign to approve the charge.

When registering for a program, please be aware that the East Bay Regional Park District can accept checks up until the day of the program. Returned checks will be charged a one-time fee of $25.东湾区域公园管理局接受支票，直至活动当天。

March-April 2010 Mail-in Registration
Register Online: www.ebparks.org/webreg

To reach the Central Registrations office:

From south or east of Oakland on I-580 West, take the MacArthur/Foothill exit in San Leandro. Bear right onto Foothill; turn right on 106th Ave. and right again onto Peralta Oaks Drive. Follow it to the end. From Oakland or north or west of Oakland on I-580 East, take the 106th Ave. exit in Oakland. Take the first three left turns; this will put you on 106th Ave. From 106th, turn right onto Peralta Oaks Drive and follow it to the end.

FEES: Fees must be paid in full at the time of registration. They may be paid by pre-printed check, money order, VISA, Mastercard or in cash for walk-in registration. Non-resident fees apply to anyone living outside of Alameda or Contra Costa counties. Parking or park entrance fees may be charged depending on the location and type of program. Advance entry fees vary depending on the event or activity. Confirm all fees when registering for a program. Many programs have fee assistance funds available for low-income individuals and families. For information call the registration phone number listed at the bottom of the previous column.

CHECK ACCEPTANCE: Pre-printed checks are accepted for mail-in registration in the Central Reservations Office until two weeks before the program takes place. Make checks payable to EBPRD. Programs registered in the parks will accept checks up until the day of the program. Returned checks will be charged an additional $15 Returned Check charge.

CREDIT CARDS:
VISA and Mastercard are accepted for all fee programs except those that are registered at a park. Call the phone number in program description for details.

CANCELLATION POLICY:
REFUNDS/TRANSFERS: Refunds or transfers will be processed for programs canceled because registration is below the minimum enrollment at the cut-off date, or if a program is canceled due to inclement weather or instructor illness. Please allow up to three weeks for receipt of refund. If you would prefer to transfer into another program or class and there is space available, your refund may be applied to the fee for that program or class.

IF YOU MUST CANCEL: For a full refund or credit toward another program, you must call in your cancellation at least seven days prior to the class or program. Failure to notify the Reservations Office at least seven days in advance of the program date will result in forfeiture of program fees.

Pay by pre-printed check, money order, VISA, Mastercard or in cash for walk-in registration.

MAIL-IN: Complete the registration form below and mail with your payment (pre-printed check or credit card information and sign to approve the charge.

East Bay Regional Park District
Attention: Reservations
2950 Peralta Oaks Court, P.O. Box 5381
Oakland, CA 94605-0381
FAX (510) 635-5502

MAIL-IN FORM:

Name (parent or guardian if under 18)
Address
City Zip
Date of Birth
Day Phone Night phone

Authorized signature

Participant’s Name Birthdate Class Title Code Date Fee

Month/Day/Yr First Choice

Second Choice

First Choice

Second Choice

Day Camp Scholarship Fund—provides subsidized day camp experiences for inner-city youth. (Optional)
Subscribers to this publication (Regional in Nature) (Optional)

$1

$5

Submit additional registrations on an attached sheet

Total

Signature required 

Date

Parent or guardian if under 18

- Please check here if you are disabled and in need of special accommodations

How did you hear about our programs? TV Newspaper Visitor Center Radio Other
Tartan Day Scottish Fair

Saturday, April 10
10 AM to 5 PM

Celebrate Tartan Day and join in the pageantry as Scottish folk from all over the area gather their clans and celebrate their heritage.

Special Event Fee: $8/adult, $6/senior, $5/child (4-17 yrs.), free/3 yrs. & under

Information: www.ebparks.org or (510) 544-2797

Stay Connected!
Stay in touch with the Regional Parks. Visit our online store for East Bay Regional Park District T-shirts, hats, mugs, canvas bags, and more! See www.ebparks.org and look for the logos.

Spring Wildflower Festival

Saturday, March 27
11 AM - 4 PM

Enjoy flowery fun for the whole family!
• Guided wildflower hikes include short, long, and kid-friendly hikes
• Slideshows, Crafts, Informational booths
• Bring a picnic lunch!

Information: www.ebparks.org or (510) 544-3249
Sunol Regional Wilderness • 1895 Geary Road • Sunol • CA

Learning the Basics of Estate Planning

A FREE WORKSHOP

The Regional Parks Foundation invites you to a FREE WORKSHOP on Wednesday, March 3
4 to 6 PM
Brazilian Room, Tilden Regional Park, Oakland

To register:
Email: wbross@ebparks.org or
Phone: (510) 544-2202 or
Online: www.regionalparksfoundation.org, click “Events”

Topics Covered:
• Wills
• Revocable Trusts
• Powers of Attorney
• Health Care Directives
• Irrevocable Trusts
• Life Insurance, Retirement Plans
• Charitable Trusts
• Estate Trusts

EBRPD in partnership with the East Bay Scottish Association