Wildflowers bloom in Contra Loma Regional Park, Antioch. See “Native Wildflowers are Blooming” page 2.

Get healthy outdoors with us!
Six Wellness Walks to boost your health. See page 12.

Inside:
- Swim Lessons and Jr. Lifeguards • page 4
- Park’n It Daycamp • page 4
- Free Outdoor Movie at Lake Chabot • page 6
- Tartan Day Scottish Fair at Ardenwood • page 7
- Spring Native Plant Sale at the Botanic Garden • page 10
Native Wildflowers are Blooming
A MESSAGE FROM GENERAL MANAGER ROBERT E. DOYLE

Spring is when our parks go Technicolor with wildflowers. Bring your camera, sketchbook, binoculars—whatever suits your taste to fully enjoy the magnificent displays around the East Bay.

Because the inland portion of the East Bay warms up sooner, wildflowers bloom there first. In March, start exploring Round Valley, Morgan Territory, Black Diamond and Brushy Peak to see lush hillsides of poppies, larkspurs and blue-eyed grass (which is actually a type of iris). Contra Loma is known for its fields of the very rare but beautiful Fritillaria agrestis. Head to Diablo Foothills to see another rare and sweet-smelling gem, the Fritillaria lilacea.

Later in spring, check out our shoreline parks for a completely different display of wildflowers that thrive near wetlands and shorelines. Point Pinole, in particular, has a rich array of unusual wildflowers, including Castilleja ambigua, owl’s clover and soft bird’s beak.

All the flowers listed above are East Bay natives. Wild mustard, ice plant, French broom and most types of thistle may be familiar sights in the East Bay, but they are not native and in fact sometimes crowd out native plants. We try to promote native plants because of their crucial role in local ecosystems, and remove broom and other invasive plants when possible. Hundreds of volunteers help us with this ongoing task annually.

By being good stewards of the land, we strive to keep our landscapes as healthy and biologically diverse as possible. Our goal is to see colorful, native wildflower displays for generations to come!

Researching a Rock Pool Universe

Puddles that form on rocks after rainstorms may not seem like much, but they represent a whole universe to the tiny long-horned fairy shrimp. These endangered crustaceans can hatch, breed and live their entire lives in small rock pools no more than inches in diameter. Although their eggs can remain dormant in dry conditions for more than a decade, they usually hatch when the winter rains return and refill their small rock pools.

Park District biologists recently won a $122,000 grant from the Bureau of Reclamation to study these remarkable creatures. Working with scientists from California State University, Sacramento and two local consulting firms, researchers are scouring Vasco Caves Regional Preserve and Brushy Peak Regional Preserve—considered the long-horned fairy shrimp’s northernmost habitat—for rock pools where they might live.

“The more we can learn about these animals—what their threats are, how they’re faring—the more we can learn how to help them,” said Doug Bell, wildlife program manager. “They’re quite amazing animals. We’re very fortunate to have this grant.”

Learn more about fairy shrimp by taking a naturalist-led tour of Vasco Caves. Fee $30/$34. Register at www ebparks.org or call (888) 327-2757, option 2.
If you’re driving along Vasco Road anytime soon, be sure to look for the big signs stating “Preserved Forever.” The East Bay Regional Park District and the East Contra Costa County Habitat Conservancy are celebrating ten years of joining forces to expand regional parks and conserve habitat for rare and threatened species like red-legged frogs in the biologically-rich and fast-growing east Contra Costa County region.

Since 2007 when the Conservancy was created, over 13,000 acres have been purchased by the Park District thanks to the generous funding of the Habitat Conservancy, along with State and Federal grants and EBRPD’s Measure WW acquisition funding. Much of the Park District’s $76 million in land purchases in East Contra Costa, however, have been made with an astounding 90% funding from the Conservancy! "Pooling resources to acquire, restore and manage land has had and will continue to have a profound impact on the communities, species and the landscape of east Contra Costa County," says Conservancy Executive Director Abigail Fateman.

At Oyster Bay, students from San Lorenzo, Oakland and Alameda have spent a dozen Saturdays since 2015 planting trees, removing invasive weeds and making other improvements at this popular shoreline park near Oakland International Airport.

“These are urban kids who are improving an urban park that provides recreational opportunities and wildlife habitat,” said Pamela Beitz, a Park District resource analyst who oversees the Earth Team squads at Oyster Bay. “I firmly believe that if we are going to heal our environment and our inner cities, we need to do both simultaneously. This is a great example of that.”

To volunteer with the Park District on projects like this, visit www.ebparks.org/volunteer. To learn more about Earth Team, go to www.earthteam.net.

**Quick Highlights**

<table>
<thead>
<tr>
<th>Land Conserved</th>
<th>13,300 acres (20.5 square miles)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acquisition Funding</td>
<td>$16,000,000 Measure WW $60,000,000 in federal, state, local and foundation funds</td>
</tr>
<tr>
<td>Restoration Projects</td>
<td>Nine large scale restoration projects completed with two more in planning phase</td>
</tr>
<tr>
<td>Number of Species Targeted for Conservation</td>
<td>28 plants and animals</td>
</tr>
</tbody>
</table>

NOTE – acres and $$ are rounded numbers

Photos: Abigail Fateman (ECCC Habitat Conservancy)
SWIM LESSONS
Swim Lessons are a great start to a safe fun summer around the water. We offer a wide range of American Red Cross swim levels for ages 6 months through teens (Adult lessons offered at Roberts). The Contra Loma classes meet Mon/Wed or Tue/Thurs for four weeks. The Roberts Pool classes meet Mon-Thurs for two weeks. Reserve your spot by signing up now. For more information on dates, times, and class descriptions, visit www.eblifeguard.org/swimlessons.

JUNIOR LIFEGUARD
This program will challenge teens ages 14-18 mentally and physically. Develop skills in teamwork, professionalism, communication and other skills employers look for when hiring. You will be training like a lifeguard. Cadets should expect daily physical fitness activities, swimming and rescue skill training, first aid lectures, emergency procedure drills and insider knowledge of how to become a lifeguard. Applications due May 1. For information and an application, contact Kyle Maxwell at kmaxwell@ebparks.org or call (510) 690-6620.

JUNIOR LIFEGUARD AIDE
Learn leadership, communication, and team building skills in the Junior Lifeguard Aide program. Participants assist instructors and act as role models to young Junior Lifeguard participants by demonstrating and teaching skills as well as setting up and leading activities as directed by the lead instructor. This is a great opportunity to get a foot in the door if you would like to be a lifeguard. Offered for ages 13-15. Applications are required for this program and due May 1. For more information regarding the Aide program and to receive an application, contact Aaron Roth at aroth@ebparks.org or call 510-690-6624.

JUNIOR CADET
If you’re too old for Junior Lifeguards or were in the Aide program and are now looking for a physical and mental challenge, the Junior Cadet program is for you! Under the supervision of a veteran lifeguard, Junior Cadets will complete long distance swims and paddles, in-depth skill practice, training with the lifeguard staff, lots of physical training, and gain insider knowledge of how to become an EBRPDP lifeguard. Offered for ages 14-18. Applications (required) are due May 1. For more information and to receive an application, contact Kyle Maxwell, KMaxwell@ebparks.org, or call 510-690-6620.

PARK’N IT DAY CAMP
Mon-Fri, 9am-4pm
Jun 12-16, Temescal #16095
Jun 19-23, Temescal #16483
Jun 26-30, Don Castro #16484
Jul 10-14, Contra Loma #16486
Jul 24-28, Miller Knox #16487
Jul 31-Aug 4, Ardenwood #16488

Spend a week exploring and playing in the Regional Parks! Recreation leaders, lifeguards, and naturalists provide caring supervision for hiking, fishing, swimming, arts & crafts, sports, and active fun in the great outdoors. (10% family discount for registration of second child of same family; only applies when both children register and pay in one transaction—either by phone or online). 5-12yrs.

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

LEADERS IN TRAINING
Mon-Fri, 8.30am-4pm
Jun 12-16, Temescal #16490
Jun 19-23, Temescal #16559
Jun 26-30, Don Castro #16560
Jul 3-7, Various Parks #16562
Jul 10-14, Contra Loma #16563
Jul 17-21, Various Parks #16564
Jul 24-28, Miller Knox #16565
Jul 31-Aug 4, Ardenwood #16566

Looking for work experience or a career in Parks & Recreation? Under staff guidance, work with other teens helping run our day camp! LITs must first apply and interview for positions. They will receive a tee shirt, training, 35 community service hours, and job-skills development from staff. LITs are encouraged to work for more than one camp session. Download an application at www.ebparks.org or contact Philip Coffin, Recreation Coordinator, at pcoffin@ebparks.org, 510.544.2566 for a paper copy.

Fee: $50

BIRDS OF PREY - INTRODUCTION

Spend an afternoon learning about birds of prey and their environments. You will be introduced to knots, fly selection, fly-casting instructor. Then enjoy two and one-half hours of classroom instruction. 8+yrs (adult supervision required). Registration is required.
Fee: $60 (non-res. $66)

ARCHERY - INTRODUCTION

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. 8+yrs (adult supervision required). Registration is required.
Fee: $50 (non-res. $56)

BIKING THROUGH HISTORY

Glide through the history of San Ramon Valley as we pedal 15 mostly flat miles round-trip discovering the people and places that populate our past. Includes a tour of the Museum of San Ramon Valley and Forest Home Farm’s Glass House. Ages 12-17yrs. require parent participation; parent pays.
Registration is required.
Fee: $35 (non-res. $39)

RECREATION
**KAYAKING / BOATING**

**BOAT TO BROOKS ABOARD DELPHINUS**

**Brooks Island**

Dolphin Charters/Interpretive Staff

8am-3pm, Fri, Mar 24 #16414
7:15am-2:30pm, Sat, May 6 #16415

Join us for a relaxed, narrated boat ride to Brooks Island. Once anchored near the shoreline, participants will be ferried (by skiff) to the island to enjoy a naturalist-guided, two-mile hike around this beautiful preserve. Hot coffee, hot chocolate and tea are provided. Ages 12+yrs.

Registration is required.

Fee: $72 (non-res. $80)

**BIRDING BY KAYAK**

**MLK, Jr. Shoreline**

Recreation staff/Sharon Nelson Embry

9am-noon, Sun, Mar 26 #16365

Spring migration is nearly here, but waterfowl and shorebird sightings are guaranteed at this park known for its diverse species of bird life. Lets kayak around Arrowhead Marsh and San Leandro Bay looking for birds by boat during this peak season. Binoculars included. Ages 16+yrs.

Registration is required.

Fee: $35 (non-res. $39)

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**POLE WALKING & POLE HIKING**

Learning how to use poles helps walkers & hikers improve endurance, posture, balance, confidence and strength and enhances your enjoyment of the outdoors all year long. All levels focus on learning anatomically-optimal techniques to achieve your desired performance while learning how to avoid joint stress or strain. Carefully select the class that suits your physical ability and inclination. A variety of top quality poles are provided at all seminars. Beautiful hiking locations are based on the season/weather. Mobility class locations offer indoor training and lovely/easy pole practice walks.

**POLES 2: BOTANIC GARDEN**

**PRACTICE HIKE**

Tilden Jayah Faye Paley 1:30-3:30pm, Fri, Mar 31 #16433

Refine, enhance and learn new skills on gentle, varied terrain. EASY practice hike-connect with nature while improving confidence, pole performance and body awareness. Botanically experience California in Springtime. Approx. 2 miles. Previous EBRPD pole hiking instruction REQUIRED.

Registration is required.

Fee: $25 (non-res. $29)

**POLES 3: PRACTICE HIKE PLUS YOGA**

**Tilden Jayah Faye Paley**

8:30am-1pm, Sun Apr 9 #16438

Hike, Stretch, Strengthen, and Breathe! Practice pole hiking skills, improve your trail performance while mindfully experiencing cool Redwood trails. Interspersed stretches and strengthening movements focus on improving longevity, injury prevention, joint health and structural stabilization. Approx. 7 miles. Previous EBRPD pole hiking instruction REQUIRED.

Registration is required.

Fee: $28 (non-res. $32)

**POLES: SKILLS & TECHNIQUES PLUS PRACTICE HIKE**

**Sunol Jayah Faye Paley**

8:30am-3pm, Sat, Apr 29 #16439

Experience everything in the Basic Skills & Techniques class plus a flower hike (approx. 6 miles). Learn individualized strategies for improving your performance on varied terrain. "Test drive" different models to learn which best fit and will help you achieve your goals.

Registration is required.

Fee: $48 (non-res. $54)
Railroads once connected many of the farms 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 Arden Station or Deer Park.

**PATTERSON HOUSE TOURS**
Ardenwood 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 19-room Queen Anne Victorian farm house listed on the National Register of Historic Places, which operates as a museum of local history and Victorian life. 45-minute tours are led by docents dressed in 19th-century clothing. Get tickets at the Train Station. 15-minute tours for children 6 and under offered Thurs/Fri at 2:30pm, Sat/Sun at 11:30am.

**SPRING GARDENING**
Ardenwood Mindy Castle 10:30-11:30am, Sat, Mar 4
Warmer weather and longer days mean spring is right around the corner! Come to the garden as we ready the beds for planting.

**BREWING ON THE FARM: A HOMEBREWING WORKSHOP**
Ardenwood Ira Bletz 1-3pm, Sat, Mar 4, 11 & 25 #16287
Discover the ancient art of homebrewing in this three-day, hands-on workshop. You’ll boil wort, 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 Ardenwood ale for you to take home (adults). Registration is required. Fee: $35 (non. res. $39)

**MEET THE BUNNIES**
Ardenwood Interpretive Staff 11:30-noon, Sat, Mar 4
Come meet the farm rabbits. Learn why they have big ears, their favorite food and how they communicate. See if you can find the softest part of a bunny.

**WAX: IT’S THE BEE’S KNEES!**
Ardenwood Mindy Castle 1-2pm, Sat, Apr 8
What’s the buzz about bees? Beeswax! This secret ingredient of your favorite beauty product comes from our very own bees! Discover the amazing world of bees and the importance of their pollination work. Create something special for your family and friends to a game of ball and your own rainmaker with corn seed!!!

**ROPE MAKING & HAY HOISTING**
Ardenwood Interpretive Staff 1-2pm, Sun, Mar 5, 26, Apr 30, Sat, Apr 22
Make rope with our antique machine, and then see how lots of rope plus a few pulleys make hoisting hay bales into the barn loft a cinch.

**BEAUTIFUL TREES**
Ardenwood Christina Garcia 2-3pm, Sun, Mar 5, Apr 30
From bald cypress to yew, lovely specimen trees fill the estate of George and Clara Patterson. Stroll the grounds, see some special trees and hear their stories.

**MEET THE CHICKENS**
Ardenwood Interpretive Staff 10:30-11am, Sat, Mar 11; Sun, Mar 26, Apr 2, 23 and Sat, Apr 29
Where do the chickens live? Find out where they lay their eggs, how they sleep, and much more! Meet at the chicken coop.

**APPLE COOKIN’**
Ardenwood Mindy Castle 11am-noon, Sat, Mar 11
What does it take to go from seed to treat? Learn about our different apples and taste a tidbit of some sweet apple goodness cooked up in the Country Kitchen.

**FRIDAY STORY TIME**
Ardenwood Interpretive Staff 1-2pm, Sat, Mar 4
The Little Red Hen, the Billy Goats Gruff and other farm friends are waiting to meet you! Join the story circle for some classic barnyard tales before visiting the main characters.

**BEGINNING EMBROIDERY**
Ardenwood Mindy Castle 2-3pm, Sat, Mar 11
Victorians loved to embroider, and you will too! Learn some basic embroidery stitches and you will be able to decorate all sorts of cloth objects. Training materials supplied.

**STILL WALKERS**
Ardenwood Christina Garcia 1:30-2:30pm, Sun, Mar 19, Apr 2
Want to be taller? Improve your balance! Give stilts a try. It’s fun. Guess why farmers used these fun tools in the past.

**WAKE UP THE FARM**
Ardenwood Interpretive Staff 10:30-11am, Sat, Mar 25
Say “Good morning!” to the sheep and goats and lend a hand as we prepare a morning snack for the farm animals.

**OLD FASHIONED BUTTER MAKING**
Ardenwood Mindy Castle/Christina Garcia 11am-noon, Sat, Mar 25
11:30am-noon, Sun, Apr 23
Before modern grocery stores, people needed to make their own butter. Discover an easy way to make butter from cream then sample your tasty concoction on crackers!

**RAINMAKERS**
Ardenwood Marianne Beacham 1-2pm, Sat, Mar 25
Make your very own rainmaker with corn from the farm. Learn how the ancients made music to call rain to feed their crops.

**CORN MOSAICS**
Ardenwood Interpretive Staff Noon-1pm, Sun, Mar 26
Learn how to turn our freshly-harvested Indian corn into a fun craft for the whole family! Use the rainbow of colored kernels to make your own mosaic.

**COOKING IN THE COUNTRY KITCHEN**
Ardenwood Interpretive Staff 11am-1pm, Sun, Apr 2, 9, 16, 23, 30
Stop by the Country Kitchen and take a tasty step back in time! Discover how to cook with a wood-burning stove and sample the special of the day, be it savory or sweet. Pick up an historic recipe to try at home.

**“YOU’RE NO SPRING CHICKEN”**
Ardenwood Nicholas Fowkis 11am-noon, Sat, April 8
What is a spring chicken? Find out as we go and meet our chickens and explore their coop. Then, get creative and make your own spring chicken to take home!

**VICTORIAN TABLE TOP GAMES**
Ardenwood Interpretive Staff 1-2pm, Sat, Apr 8
Ready for some old-fashioned fun? Challenge your family and friends to a game of ball and cup, tops, or Jack’s Ladder as you delve into our box of games from days-gone-by.

**WAX: IT’S THE BEE’S KNEES!**
Ardenwood Jenna Scimeca 2-3pm, Sat, Apr 8, 22
What’s the buzz about bees? Beeswax! This secretion of waxiness is important to both bees and humans. Illuminate your mind as you make a candle and sample Ardenwood’s honey.
LITTLE LAMBS
Ardenwood Christina Garcia 10:30-11:30am, Sun, Apr 9, 30
Little lambs are frolicking on the farm! Come see our babies play, feed their moms a snack, and learn about their wonderful wool.

THE ITSY BITSY SPIDER…
Ardenwood Jenna Scimeca 10:30-11am, Sat, Apr 15
went down the water spout and built a beautiful web! Join us for a hike around the farm to see where our littlest critters hide. Bring your magnifying glasses.

PAPER EGG ART
Ardenwood Jenna Scimeca 11am-noon, Sat, Apr 15
Make a colorful Easter egg from paper, yarn, feathers and more! Let your creative side show for this “eggcellent” holiday.

FARMYARD GAMES
Ardenwood Interpretive Staff 2-3pm, Sat, Apr 15, 29
America’s pastimes once included stilt walking, running with tubers (potato-spoon race), testing one’s strength (tug-o-war) and hopping like a bunny (sack races). Join the fun and test your skill!

EGGS AND BUNNIES
Ardenwood Christina Garcia 11am-2pm, Sun, Apr 16
Meet a bunny, make rabbit and egg crafts and play springtime games. Try a traditional holiday treat from the wood stove, too.

CURIOUS CATERPILLARS
Ardenwood Jenna Scimeca 11am-noon, Sat, Apr, 22
First we’ll read a story about one very hungry caterpillar. Then we’ll show you how to make your own caterpillar to take home.

BIRDS AROUND THE FARM
Ardenwood Christina Garcia 7:30-9am, Tues, Apr 25
Join us as we stroll through gardens, groves and fields looking for hawks, songbirds and spring migrants. Beginners welcome. No Ardenwood admission fee for this early morning program.

APPLE CIDER PRESSING
Ardenwood Jenna Scimeca 11-11:30am, Sat, Apr 29
Come help squeeze the juice from apples and discover how long people have enjoyed this as a tasty fruit treat! Afterwards, we’ll taste a sample of our hard work.

CHORES FOR LITTLE FARMERS
Ardenwood Interpretive Staff 1-1:30pm, Sat, Apr 29
We’ll hear a story before we prepare a morning treat for the sheep, goats and chickens.

ON THE RISE: HISTORIC KITCHEN CHEMISTRY
Ardenwood Sophia Huang Noon-1pm, Sun, April 30
What makes your cake rise? The answer is not as simple as you’d think. Join us on an exciting adventure to discover how our tried-and-true chemical leavenings came to be.

BIG BREAK Visitor Center at the Delta is open Wed-Sun, 10am to 4pm. Info: 510-544-3050 or email BigBreakVisit@ebparks.org.

DELTA DISCOVERIES
Big Break Interpretive Staff 1-1pm, Every Sat & Sun
Discover the wonders of the Delta through hands-on arts and crafts activities! Each week we will explore different Delta landforms.

WETLAND WONDERS
Big Break Interpretive Staff 10am-2pm, Sat, Apr 9
Feel the contours on cottonwood bark, listen for marsh wrens and watch cat-tail seeds travel away in the wind as winter gives way to spring.

ARACHNID ADVENTURES
Big Break Interpretive Staff 2-3pm, Sat, Apr 23
What animals roam our wetlands? Catch “scat track fever” and find out through the clues they leave behind.

MELODY OF THE MEADOWLARK
Big Break Nichole Gange 10-11am, Sun, Mar 12
Meadowlarks learn to sing in early spring. Help us search for spring birds in the park.
**APRIL 5**

- **Big Break**: Coffee Talk & Delta News, Brownie Naturalist: Bugs!
- **Lake Chabot**: Wednesday Walks
- **Shadow Cliffs**: A Garden in the Park

**APRIL 6**

- **Ardenwood**: Patterson House Tours, Animal Feeding, Ride The Rails-Train Rides

**APRIL 7**

- **Ardenwood**: Patterson House Tours, Animal Feeding, Ride The Rails-Train Rides

**APRIL 8**

- **Ardenwood**: You’re No Spring Chicken Anymore, Patterson House Tours, Victorian Table Top Games, Wax: It’s The Bees Knees!, Animal Feeding
- **Big Break**: Delta Discoveries, Testing The Water, Kayaking Big Break
- **Coyote Hills**: Discovery Days
- **Crab Cove**: Family Nature Fun, Fish Feeding, Splash into Spring & Egg Scramble
- **Garin**: Wild Edibles and Plant Uses
- **Kennedy Grove**: Poles for Balance & Mobility
- **Morgan Territory**: Wildflower Hike
- **Redwood**: Llamas - Mystics of Andes
- **Tilden Nature Area**: A Friction Fire, Rabbit Rendezvous, Farm Chores For Littles

**APRIL 9**

- **Ardenwood**: Cooking In The Country Kitchen, Patterson House Tours, Stilt Walkers, Animal Feeding, Little Lambs, Ride The Rails-Train Rides
- **Big Break**: Delta Discoveries, Testing The Water, AsparUGEug Exploration
- **Coyote Hills**: Leapin’ Lizards, Discovery Days
- **Crab Cove**: Family Nature Fun, Fish Feeding, Splash into Spring & Egg Scramble
- **Garin**: Wild Edibles and Plant Uses
- **Kennedy Grove**: Poles for Balance & Mobility
- **Morgan Territory**: Wildflower Hike
- **Redwood**: Llamas - Mystics of Andes
- **Round Valley**: Vasco Caves Tour
- **Sunol**: Sunol Spring Wildflower Festival
- **Tilden Nature Area**: Talk With The Animals, Herpin’ Adventures, Fly-Fishing Introduction
- **Tilden**: Poles 3: Practice Hike Plus Yoga

**APRIL 11**

- **Crab Cove**: Sea Squirts: The Incredible Egg Hunt
- **Dry Creek**: Weekday Bird Walk

**APRIL 13**

- **Ardenwood**: Patterson House Tours, Animal Feeding, Ride The Rails-Train Rides
- **Tilden Nature Area**: Tilden Young Naturalists

**APRIL 14**

- **Ardenwood**: Patterson House Tours, Animal Feeding, Ride The Rails-Train Rides
- **Sobrante Ridge**: Footloose Friday Hikes

**APRIL 15**

- **Ardenwood**: Paper Egg Art, Farmyard Games, Patterson House Tours, Animal Feeding, Rabbit Rendezvous, The Itsy Bitsy Spider...
- **Big Break**: Delta Discoveries, Planktonic...
**BLACK DIAMOND**

Greathouse Visitor Center is open 10am to 4:30pm, weekends Mar through Nov. Info: (510) 544-2750 or bvisit@ebparks.org. Programs meet in parking lot at south end of Somersville Road unless otherwise noted. Weekend parking fee: $5.

**ROSE HILL REQUIEM**

Black Diamond Eddie Willis 10am-12:30pm, Sun, Mar 5

Visit a quiet hillside cemetery and recall the tales of men who toiled underground, booming days of the Mount Diablo Coalfield, and early technology. 7+yrs

**MINERS AND THEIR TOOLS**

Black Diamond Virginia Delgado 9am-2pm, Sat, Apr 29

Stretch your body and imagination on a walk from historic Somersville, through Rose Hill tunnels with early technology. 7+yrs

**ARTIFACT EXHIBITS**

Black Diamond Eddie Willis 10am-12:30pm, Sun, Mar 5

Explore artifacts from the 1800s to early 1900s created stone tools and try your skill at a reconstruct- ed stone tool. 7+yrs

**OYSTER HUNTING**

Black Diamond Eddie Willis 10am-12:30pm, Sun, Mar 5

Learn about beach oysters and how to find them. 7+yrs

**WILDFLOWERS**

Black Diamond Eddie Willis 9am-2pm, Sat, Apr 29

Celebrated common and elusive early-season blooms during this 2-3 mile hike through oaks and chaparral. Rain cancels. 7+yrs

**MINER'S HOMESTEAD**

Black Diamond Eddie Willis 10am-12:30pm, Sun, Mar 5

Tour the restored miner’s homestead. Meet the snakes that make this park their home. Learn about their adaptations and how they have become part of our folklore. Create a snake spiral craft to take home. 7+yrs

**HOBBIT HUNT AND HIDE**

Black Diamond Eddie Willis 10am-12:30pm, Sat, Mar 4

Join us for a search through the landscape to find hidden huts. All ages. 6+yrs

**REGIONAL PARKS BOTANIC GARDEN**

Seaside daisy “Bountiful”, Erigeron glaucus. Photo by John Rusk.

The Botanic Garden is open 8:30am-5pm. It is located in Tilden Regional Park on Wildcat Canyon Road between Anza View Road and South Park Drive, Berkeley, CA 94701. Info: 510-544-3169. See www.nativeplants.org for information about docent training, special events, and classes, and to sign up for our e-newsletter.

**EVENTS**

**DOCENT-GUIDED BOTANIC GARDEN TOURS**

Saturdays at 2pm; Sundays at 11am, 2pm. Learn about California native plants on free, docent-guided tours at the beautiful, naturalistic 10-acre Regional Parks Botanic Garden, “the living museum” on Wildcat Canyon Road between Anza View Road and South Park Drive in Tilden Regional Park. The Botanic Garden is open 8:30am-5pm (main gate closes at 5pm; west gate at 4:30pm). Directions and more information: http://nativeplants.org/directions.html, call 510-544-3169 or email bgarden@ebparks.org.

**THURSDAY MORNING PLANT SALE**

When the Botanic Garden is open and it’s not pouring rain, volunteers usually sell California native plants on Thursday mornings 9 a.m.-11 a.m. year-round (except during the 4 weeks before the spring and the fall plant sales) at the Juniper Lodge potting shed. Park on Anza View Road and enter via west gate.

**WAYNE RODERICK LECTURE SERIES**

Botanic Garden Visitor Center 10:30am, Sat, Mar 4

“Botanizing in Oaxaca, Mexico,” with Garden Director Bart O’Brien. For additional dates, speakers and topics, see www.nativeplants.org.

**CLASSES THROUGH THE FRIENDS OF REGIONAL PARKS BOTANIC GARDEN**

See www.nativeplants.org/events-and-classes/classes-field-trips-workshops/ for fun and informative classes, field trips, and workshops that offer something for every native plant lover. Questions? Email: bgardenreg@gmail.com. Advance registration is required. Drop-ins not permitted.

**COYOTE HILLS**

Coyote Hills Visitor Center is open Wed-Sun, 10am-4pm. Info: 510-544-3220 or cvisit@ebparks.org.

**DISCOVERY DAYS**

Coyote Hills Interpretive Staff 10:30am-3:30pm, Every Sat & Sun

Enhance your park adventure with hands-on exploration or crafts the whole family will enjoy. Come at 10:30am for a presentation introducing the topic of the week, or participate at your own pace throughout the day.

**SSNAKES, SSTORIES AND SSPIRALS**

Coyote Hills Dino Labiste 10am-noon & 1:30-3:30pm, Sun, Mar 5

Meet the snakes that make this park their home. Learn about their adaptations and how they have become part of our folklore. Create a snake spiral craft to take home.

**OHOLNE VILLAGE SITE TOUR**

Coyote Hills Interpretive Staff 10am-noon & 1:30-3:30pm, Sat, Mar 11

Join us for a day of Paleolithic hunting experience or crafts the whole family will enjoy. Come at 10:30am for a presentation introducing the topic of the week, or participate at your own pace throughout the day.

**SSNAKES, SSTORIES AND SSPIRALS**

Coyote Hills Dino Labiste 10am-noon & 1:30-3:30pm, Sun, Mar 5

Meet the snakes that make this park their home. Learn about their adaptations and how they have become part of our folklore. Create a snake spiral craft to take home.

**OHOLNE VILLAGE SITE TOUR**

Coyote Hills Interpretive Staff 10am-noon & 1:30-3:30pm, Sat, Mar 11

Join us for a day of Paleolithic hunting experience or crafts the whole family will enjoy. Come at 10:30am for a presentation introducing the topic of the week, or participate at your own pace throughout the day.

**WONDERS OF WETLANDS**

Coyote Hills Kristina Parkison 10-11:30am, Sat, Mar 18

Wetlands vibrate with life – insects, mammals, fish, and birds! Explore this amazing habitat with dip nets, binoculars, and fun scavenger hunts. 6+yrs

**COYOTE CUBS**

Coyote Hills Francis Mendoza & Interp. Staff 10:30-11:30am, Mon, Mar 20, Apr 24

Get your preschooler out and into nature! 10:30am-11:30am, Sat, Mar 18

Meet the snakes that make this park their home. Learn about their adaptations and how they have become part of our folklore. Create a snake spiral craft to take home.

**REGISTRATION INFORMATION**

Register beginning January 31. www ebparks.org/register or 1-888-327-2757 (1-888-EBPARKS), option 2.

**SKILLS OF THE PAST**

**FIRE MAKING**

Coyote Hills Dino Labiste 9:30am-12:30pm, Sun, Mar 26 #15961

Ever wondered how fire was created before matches and lighters? Unravel the secrets of fire-by-friction, fire-by-percussion, and fire-by-compression. Discover the techniques to produce a glowing ember through hands-on activities and demonstrations. 16+yrs

**REGISTRATION IS REQUIRED.**

**Cordage Making**

Coyote Hills Dino Labiste 2-4:30pm, Sun, Mar 26 #15961

The ability to twist, twine, or braid fibers into cordage allowed indigenous cultures to tie their world together. Learn the various techniques of gathering, preparation, extracting, and plying of plant materials to create cordage. Practice the efficient method of leg rolling plant fibers. 9+yrs

**Registration Is Required.**

**Atlatl Throwers**

Coyote Hills Dino Labiste 1:30-3:30pm, Sat, Apr 1

Join us for a day of Paleolithic hunting activity. Discover how early people created stone tools and try your skill at hitting a target with an atlatl dart, which were utilized by hunters during the Ice Age. 8+yrs

**Willow Basket**

Coyote Hills Dino Labiste 10am-4:30pm, Sat, Apr 15 #15981

Willow was used by California Natives for various utilitarian baskets. What makes this versatile plant of the wetlands so unique? Learn more as we create a traditional style basket from whole shoot willow. 18+yrs

**Registration Is Required.**

Fee: $35 (non-res. $39)

**Regional Parks Botanic Garden**

Regional Parks Botanic Garden, "the living museum", naturalistic 10-acre Regional Parks Botanic Garden, “the living museum” on Wildcat Canyon Road between Anza View Road and South Park Drive, Berkeley, CA 94701. Info: 510-544-3169. See www.nativeplants.org for information about docent training, special events, and classes, and to sign up for our e-newsletter.

**Native Peoples Nature Walk**

Coyote Hills Kristina Parkison 1-2:30pm, Sat, Mar 25

Ohlone people have lived on this land for centuries, learning its secrets. We’ll share some of that knowledge of plants and animals, plus play some Ohlone games! 7+yrs

**Library**

Regional Parks Botanic Garden

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LEAPIN’ LIZARDS  
Coyote Hills  
1:30-3pm, Sun, Apr 9  
Look for blue bellies and alligator lizards on this easy 1.5-mile hike. We’ll learn all about these reptiles, including how they help to combat Lyme disease. 8+ yrs

SPRING BREAK DISCOVERY DAYS  
Coyote Hills  
Interpretive Staff  
10:30am-3:30pm, Wed-Fri, Apr 19-21  
Spend some time exploring this local park this Spring Break. We’ll have special activities going to help you discover this wonderful world. Come at 10:30 a.m. for an introductory presentation, or participate at any of your pace throughout the day.

EARTH DAY: REDUCE, REUSE, RECYCLE  
Coyote Hills  
Dino Labiste  
9:30am-noon & 1:30-4pm, Sat, Apr 22  
Come celebrate Earth Day with us! Learn about the care of our precious planet through family fun. Create your own litter bug craft, view an environmental puppet show, play recycling games, and walk away knowing you can make a difference!

BIRDING 4 DIFFERENT HABITATS  
Coyote Hills  
Francis Mendoza  
8:30-10:30am, Sun, Apr 30  
Explore this birding hotspot as we look for ducks, songbirds, and raptors within oak woodland, freshwater marsh, chaparral, and grassland. All levels of experience welcome. 14+ yrs

OHLONE PEOPLE & CULTURE  
Coyote Hills  
Francis Mendoza  
1:30-2pm, Sun, Apr 30  
Learn about Ohlone people and their intimate relationship with nature, family and their ancestors. We’ll discuss the values of generosity and fairness that continue to resonate with Ohlone people today. 8+ yrs

KIDS CAMP: STONE AGE TIME TRAVELERS  
Coyote Hills  
Dino Labiste & Interp. Staff  
9am-3pm, Mon, Jun 19-Thu, Jun 22 #16171  
Travel back in time to learn skills that allowed early societies to thrive in their environment. Discover how to make fire, produce stone tools, create a shelter, and twist cordage. Step back into modern times and become an archaeologist, discovering clues about people who lived in the Stone Age. 9-13yrs  
Registration is required.  
Fee: $200 (non-res. $220)

CRAB COVE

CRAB COVE Visitor Center hours are Wed.-Sun., 10am-5pm. The Center’s gift shop has books, t-shirts, and other nature-related items for sale. For information about naturalist programs or other activities, call (510) 544-3187 or ccove@ebparks.org.

FISH FEEDING TIME  
Crab Cove  
Interpretive Staff  
3:30-5:30pm, Every Sat & Sun, Mar & Apr  
Watch our Bay aquarium creatures - crabs, flounder, perch, pipefish and more – while they eat. Learn what it takes to survive!

YOU HAVE TO HAVE A HABITAT!  
Crab Cove  
Morgan Dill  
10-11am, Sat, Mar 4  
Everybody needs a home! Hear stories, sing songs, and explore local special habitats during this family-friendly hour along the shore!

CATCH OF THE DAY  
Crab Cove  
Interpretive & Rec. Staff  
11am-6pm, Sat, Mar 11  
Join us for a day of fish fun, with games, activities, crafts and more as we celebrate fishing in San Francisco Bay!

11-11:45am: Behind the Scenes Aquarium Tour – meet at Visitor Center: Noon-3pm: Fishing – Learn how to fish for an hour (gear provided). Spaces available at noon, 1pm, 2pm: sign up at the Visitor Center. 12:30 -1pm: 12:30-3pm: Cooking demonstration – prepare delicious Bay fish! 2-3pm: Family Nature Fun – explore the finned, gilled, glorious underwater world!

3-3:30pm: Fish Feeding – find out what’s on the menu for the residents of the Visitor Center aquariums. 4:30-6pm: Low Tide Walk – discover fish (and more) that call the Bay home.

“SPLASH INTO SPRING” & EGG SCRAMBLE  
Crab Cove  
Interpretive Staff  
10am-4pm, Sat, Apr 8  
Celebrate spring! Enjoy all-day family activities including the annual egg hunt around the Visitor Center lawn. 10-11:30am: Visit activity stations including crafts, games, music and more. 11:30: EGG SCRAMBLE. 1:30-2pm: “Dive” into the Bay in the Old Wharf Classroom. 2-3pm: Family Nature Fun: Incredible Eggs. 3-3:30pm: Fish Feeding. Sponsored by EBRPD, Alameda Recreation & Parks, and Alameda Rotary Club. (Rainout date: Apr 15).

PLAYFUL NATURE SCULPTING  
Crab Cove  
Zach Pine & Michael Charnofsky  
10am-noon, Sat, Apr 15 #16084  
Use driftwood, shells, seaweed, sand and more on the beach at our new Create-With-Nature Zone. Join environmental artist Zach Pine to discover fun new ways to engage with nature and learn new skills to take home. Registration is required.

TUESDAY FOR THE BIRDS  
Crab Cove  
Sharol Nelson-Embry & Susan Ramos  
7:30-9:30am, Tue, Apr 4  
Take a “peep” into the lives of shorebirds before they migrate north to their breeding grounds. Learn to ID them in their breeding plumage. Observe their habitats and survival strategies. Beginners welcome; binoculars available to borrow.

EGGSTRA SPECIAL  
Crab Cove  
Susan Ramos  
11am-12:30pm Sun, Apr 16  
Bird eggs come in a variety of sizes and colors. After looking at some bird eggs and nests we will make a paper-mache egg to take home! Wear clothes that can get dirty.

PLANT A TREE FOR EARTH DAY  
Del Valle  
Ashley Grenier  
9am-1pm, Sat, Apr 22 #16143  
Dig in this Earth Day and join us to plant young oak trees at Lake Del Valle. Though strong and hearty, oak trees in the park are having a tough time. You can help by planting the next generation and keep the population going. Meet at the main entrance kiosk. Registration is required.

CITIZEN SCIENCE: WOOD DUCKING!  
Various Parks  
Cat Taylor  
2:30-4pm, Mon, Mar 6 #16051  
Use BANDR (Birding with All Nations Diabetes Research) to help researchers study and protect endangered species. 8+yrs. Fee: $6 (non-res. $8)

OUTDOOR DISCOVERIES/ NATURE GRUBS  
Sunol  
Cat Taylor  
11-1:30pm, Mon, Mar 6 #16067, 20 #16068, Apr 3 #16070, 17 #16072  
Fee: $6 (non-res. $8)

SPRING FORWARD FOR FROGS  
Sunol  
Cat Taylor  
10am-1pm, Sun, Mar 19 #15963  
We’ll jump into some fun family-friendly frog activities and adventures to celebrate these amazing amphibians!

NIBBLING ON NATURE  
Sunol  
Cat Taylor  
10am-1pm, Sun, Mar 19 #15963  
Wander through wilderness learning about nature’s bounty and uses of plants. Sample some delectable dishes from our collective outdoor grocery store!

SUNOL

SEA SQUITS  
Crab Cove  
Interpretive Staff  
10:30-11:45am, Tue, Mar 14 #16012, 28 #16014, Apr 11 #16016, 25 #16018  
Share a morning of shoreline fun with your child. We’ll play games, explore nature, sing songs, and do a craft related to the theme of the day! Ages 3-5 years.

Fee: $5 ($7 non-res.)

Registration information — register beginning January 31  
www.ebparks.org/register or 1-888-327-2757 (1-888-EBPARKS), option 2


March 6: Reading Nature’s News—Who lives here and how do we know? Read tracks & scats.

March 20: Nibbling On Nature—Foraging in a wild outdoor grocery store!

April 3: The Reason For A Flower—Explore Mother Nature’s colorful blooms.

April 17: Knock, Knock, Who’s There?—Spy on mother wood ducks and perhaps count eggs!

Registration is required.

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

SPRING FORWARD FOR FROGS  
Sunol  
Ashley Grenier  
1-3pm, Sat, Mar 11  
We’ll jump into some fun family-friendly frog activities and adventures to celebrate these amazing amphibians!

NIBBLING ON NATURE  
Sunol  
Cat Taylor  
10am-1pm, Sun, Mar 19 #15963  
Wander through wilderness learning about nature’s bounty and uses of plants. Sample some delectable dishes from our collective outdoor grocery store!
Healthy Parks Healthy People: Bay Area

Monthly activities and outings that provide safe, low-impact physical activity and improve health and well-being of all Bay Area residents, through regular use and enjoyment of the Regional Parks.

This symbol indicates Naturalist-led hikes that explore the natural and/or historical feature of Regional Parks.

This symbol indicates Outdoor Recreation Staff-led hikes that focus on health, fitness, and outdoor safety in the Regional Parks.

BETWEEN TWO RIDGES
Las Trampas Ashley Grenier
8-10am, Sun, Mar 4
Las Trampas Ridge and Rocky Ridge tower above a creek-side oasis – a cool, wet microclimate along the valley floor. Discover flora and fauna that live there. Bring water. Meet at the staging area at the north end of Bollinger Canyon Road in San Ramon. Info: (510) 544-3249. 8+yrs.

APRIL 23 IS NATIONAL PARK PRESCRIPTIONS DAY
Join us at a Wellness Walk to celebrate Parks Prescription Day.

See the descriptions below and choose a walk at a Regional Park that you wish to explore.

THE FARMERS WORKOUT
Ardenwood Christina Garcia
1-2pm, Sun, Apr 23
Farming is physical work – are you up for it? Test your strength, stamina and balance hoisting hay bales, pushing a wheelbarrow, shelling corn and trying other typical 19th-century chores. Info: (510) 544-2797.

WELLNESS WALK IN THE WILD
Tilden Nature Area Sara Fetterly
1-2pm, Sun, Apr 23
Strengthen your body and feed your soul as we walk down and around Jewel Lake searching for signs of local wildlife. Info: (510) 544-2233.

WETLANDS & WELLNESS
Coyote Hills Sonja Gomez
1-2pm, Sun, Apr 23
Discover the importance of healthy wetlands, the benefits of spending time in them, and the wonders of these rich habitats. This flat one-mile walk with stops along the way is ideal for the very young, the very old, and everybody in between! Info: (510) 544-3220.

HEALTHY PARKS, HEALTHY PEOPLE WELLNESS WALK
Crown Beach Susan Ramos
1-2:30pm, Sun, Apr 23
This beautiful, bayside beach walk is designed to lift your spirits, move your muscles and promote your health! Take an easy walk on the Bay Trail to see gorgeous views of the San Francisco Bay. Meet at the bathhouse near the Otis and Shoreline Drive staging area. Info: (510) 544-3187.

LEVEE TOP STROLL
Big Break Interpretive Staff
1-2:30pm, Sun, Apr 23
Meander through the willows on this flat one-mile stroll. Calm your mind while enjoying a variety of plants and wildlife. Info: (510) 544-3050.

SOMERSVILLE STROLL
Black Diamond Eddie Willis
1-2:30pm, Sun, Apr 23
Stroll through a mining town’s remains to search for clues of “black diamonds” in a valley where nature and fresh air abounds! Info: (510) 544-2750.

WATERFALL WANDER
Sunol Cat Taylor
1-4pm, Sun, Apr 23
Wander to the famed Little Yosemite as we witness the transformations that water has wrought on this 2.6 mile excursion through the springtime landscape. Meet at the Wilderness Room. Info: (510) 544-3249. 10+yrs.

COYOTE HILLS MEANDER HIKE
Coyote Hills Dino Labiste
10-11:30am, Sat, Apr 1
Combine being outdoors with a little bit of exercise and surprise yourself with how great it makes you feel. Join us for a leisurely stroll on the trails along the marsh, the Bay, and a short walk across the hills. Info: (510) 544-2233. 8+yrs.

LAKE-TO-LAKE WATERSHED WALK
Tilden Nature Area Trail Gail
10:30am-1pm, Sun, Mar 26
We'll take a walk down to the lake and around looking for signs of the local wildlife. Info: (510) 544-2233 or tnarea@ebparks.org.

FARM CHORES FOR LITTLES
Tilden Nature Area Interpretive Staff
10-10:30am, Saturdays
Little children will enjoy taking care of the little animals at the Little Farm. Feed the rabbits, collect some eggs, and learn a little about these favorite farm friends.

MAKE IT RAIN WITH RAIN STICKS
Tilden Nature Area Sharona Kleinman
1-2 pm, Sat, Mar 11
Let’s end the drought and make some noise with rain sticks! Fill, decorate, and shake your own. Learn what YOU can do to conserve water.

MAKE A GORILLA IN A SUNFLOWER
Tilden Nature Area Trent Pearce
10:30am-noon, Sun, Apr 9
Explore the small side of the park on a nature ramble. Meet at the Wilderness Room. Info: (510) 544-2233. 8+yrs.

TAKE A WALK ON THE WILD SIDE – WILDCAT PEAK WALK
Tilden Nature Area Trail Gail
10:30am-12:30pm, Sun, Mar 12
Trek to the top of the world. Grab a snack, some water, and we’ll head to the peak, where we’ll experience our connection to the rest of the Bay Area.

foraging efforts. Note: No mushrooms will be collected.

Registration is required.

JUNIOR GIRL SCOUTS NATURALIST: FLOWERS
Sunol Ashley Grenier
10am-12:30pm, Sat, Apr 15 #15985
Take steps towards earning your naturalist flowers badge and learn all about what’s blooming this time of year. 8-11yrs

Registration is required.

TILDEN NATURE AREA

The Environmental Education Center is open Tue-Sun, 10am-4:30pm. The Little Farm is open daily. Info: 510-544-2233 or tnarea@ebparks.org.

FARM CHORES FOR LITTLES
Tilden Nature Area Interpretive Staff
10-10:30am, Saturdays
Little children will enjoy taking care of the little animals at the Little Farm. Feed the rabbits, collect some eggs, and learn a little about these favorite farm friends.

TALK WITH THE ANIMALS
Tilden Nature Area Interpretive Staff
11-11:30am, Sundays
Get up close and personal to the animals that call the Little Farm and Nature Area home. Learn how they move, how they find their food, and how they keep safe from predators. A different animal will be featured each day.

CREEK STUDY
Tilden Nature Area Trent Pearce
2-3:30pm, Sat, Mar 18
Discover creatures that call streams their home. Wear shoes to get wet/muddy.

DIY CLEANING SUPPLIES
Tilden Nature Area Brianna Contaxis-Tucker
1-2 pm, Sun, Mar 12
We’ll take a walk down to the lake and around looking for signs of the local wildlife.

RABBIT RENDEZVOUS
Tilden Nature Area Brianna Contaxis-Tucker
1-2pm, Sat, Mar 18, Apr 8
Join us to meet and greet with the Little Farm’s rabbits. We will learn some interesting facts about these lagomorphs!

THE RECYCLING PUPPET SHOW
Tilden Nature Area Sharona Kleinman
1-2 pm, Sun, Mar 12
Come learn about recycling with Dante the Dragon! Saving the planet is important and this puppet show will teach you how everyday items can really affect the Earth.

NATURE RAMBLE
Tilden Nature Area Trail Gail
2-3pm, Sun, Mar 12
We’ll take a walk down to the lake and around looking for signs of the local wildlife.

SUNOL SPRING WILDFLOWER FESTIVAL
Sunol Interpretive Staff
11am-4pm, Sun, Apr 9
Join us for hikes, crafts, music, and nature activities. Hikes are geared for different ages, distances and topics – there is something for everyone. Pack a picnic lunch, put on your hiking boots and join us for a glorious day filled with flowers in this very special wilderness! Fun for the whole family. Carpooling is encouraged.

THE RECYCLING PUPPET SHOW
Tilden Nature Area Sharona Kleinman
1-2 pm, Sun, Mar 12
Come learn about recycling with Dante the Dragon! Saving the planet is important and this puppet show will teach you how everyday items can really affect the Earth.

NATURE RAMBLE
Tilden Nature Area Trail Gail
2-3pm, Sun, Mar 12
We’ll take a walk down to the lake and around looking for signs of the local wildlife.

RABBIT RENDEZVOUS
Tilden Nature Area Brianna Contaxis-Tucker
1-2pm, Sat, Mar 18, Apr 8
Join us to meet and greet with the Little Farm’s rabbits. We will learn some interesting facts about these lagomorphs!

SOAPY SUDS, DIY CLEANING SUPPLIES
Tilden Nature Area Brianna Contaxis-Tucker
2-3pm, Sat, Mar 25
Come celebrate the resources of Earth by mixing some potions that smell terrific. Learn how soap works and what chemicals to avoid in your everyday cleaning supplies. Take home recipes to make your own.

LAKE-TO-LAKE WATERSHED WALK
Tilden Nature Area Trail Gail
10:30am-1pm, Sun, Mar 26
Trek the Wildcat Creek watershed. What stories might be revealed along the way? Hidden waterfalls, the start of the Park District, and more – let’s go find out!
TULE FLOAT – MAKE A MINI TULE BOAT
Tilden Nature Area  Trail Gail
2-3pm, Sun, Mar 26
Bring rush or tule has many uses, one is to make boats. Make a mini tule boat, then we’ll go out and see if they float!

AN ELDERBERRY FLUTE
Tilden Nature Area  Anthony Fisher
1-4 pm, Sat, Apr 1 #16007
Create a beautiful flute, traditional to Native California, from an elderberry branch. Simple construction, challenging to play.
Registration is required.
Fee: $5 (non-res. $7)

TILDEN DOCENT TRAINING CLASS
10am-1pm, Sun, Apr 2, 9, 23, 30
Tilden Nature Area  Trent Pearce
Become a docent at the Tilden Nature Area! Help with our education programs, work on the Little Farm, participate in monitoring projects, and much more. Application is required! To apply call (510) 544-3257.

EAT THE EARTH
Tilden Nature Area  Sharona Kleinman
1-2pm, Sun, Apr 2
Learn about the different layers of soil in the Earth with pudding, cookies, gummy worms, and more!

LITTLE FARM SING-ALONG
Tilden Nature Area  Trent Pearce
3-4pm, Sun, Apr 2
If you want to sing out, sing out! Gather round and sing old-time songs about farming, work, and play.

A FRICITION FIRE
Tilden Nature Area  Anthony Fisher
1-4 pm, Sat, Apr 8
Drop-in and try your hand at “rubbing two sticks together” like the ancients. Hand-drill and bow-drill techniques will be covered.

FOOTLOOSE FRIDAY HIKES
Various Parks  Trail Gail
8:30am-3pm, Fri, Mar 3
Explore cultural and natural history while getting some exercise. Walks go rain or shine. Heavy rain or mud may shorten!

BIRD WALK
Alameda Creek Trail  Kristina Parkinson
8-10am, Sat, Mar 4
New and experienced birders alike join us as we discover patterns of behavior, migration, and habitat. Meet at the Niles Station Acre in Fremont. 8+ yrs. Info: (510) 544-2233.

WEAVING NATURE’S WEB
Tilden Nature Area  Brianna Contaxis-Tucker
2-3pm, Sat, Apr 22
Find out who eats who in a hands-on matching game and learn about the relationships that crisscross and connect the animal world.

RING-AND-PIN BUILD
Tilden Nature Area  Anthony Fisher
1-4 pm, Sat, Apr 15
Many California native cultures created versions of this game from local resources. Using acorn caps, dogbane and a twig, make your own to take home.

ING By EAR
Tilden Nature Area  Trent Pearce
8-9:30am, Sun, Apr 16
Get to know forest and backyard birds by call and song. Warblers, thrushes, and more await. Bring your ears.

NATURE PUPPET SHOW
Tilden Nature Area  Sharona Kleinman
1-2 pm, Sat, Apr 22
Come learn about local wildlife and what challenges all kinds of creatures can face through fun puppet education!

READING THE DEER JAW
Tilden Nature Area  Anthony Fisher
1-2 pm, Sun, Apr 16
Hike 2.5 miles through this windswept land which is sacred to local California Indian communities and a refuge for golden eagles, fairy shrimp, and tiger salamanders. The Preserve is only accessible through guided tours, which stage from Round Valley (March 11, 18, 19, 25, 26, April 9, 15, 28) or Brushy Peak (March 5, 12, April 29, 30). 10+ yrs Registration is required.
Fee: $30 (nonresident $34)

MIRDAY BIRDING
Various Parks  Anthony Fisher
9am-noon, Mon, Mar 6, 13, 20, 27

HICKEs TTHE TTYKES
Various Parks  Interpretive Staff
10:30-11:45am, Tue, Mar 7, 21, Apr 4, 18
Enjoy some nature before naptime with your young child! Tools for exploration will be provided. Hikes average about 1 mile. Bring a snack. Strollers are not recommended for most hikes. March 7: Lake Temescal (north entrance). March 21: Crown Beach (Elise Roemer Bird Sanctuary/Park St. & Shoreline Dr.). April 4: Lake Chabot (marina). April 18: Redwood Regional Park (Canyon Meadow). Info: (510) 544-3187.

WEEKDAY BIRD WALK
Various Parks  Kristina Parkinson, Francis Mendoza
7:30-9:30am, Tue, Mar 7, Mar 21, Apr 11, Apr 18
Share your enthusiasm for bird life on a tranquil walk through various Bay Area parklands. All levels of birding experience welcome. Bring binoculars or scopes. March 7: Garin, meet at the end of Carden Lane, Hayward. March 21: Don Castro Regional Recreation Area, meet at the end of Woodrooe Ave., Hayward. April 11: Dry Creek Pioneer, meet at the May Road Staging Area, Union City. April 18: Hayward Regional Shoreline, meet at the Grant Avenue. Staging Area at the end of Grant Ave., San Lorenzo. 12+yrs. Info: (510) 544-3220.

TORTICE TREKKERS HIKE SERIES
Various parks  Cat Taylor
8:30am-1pm, Sun, Mar 12 #16090
8am-3pm, Sun, Mar 26 #16094
8:30am-2pm, Sun, Apr 16 #16097
9am-noon, Sun, Apr 30 #16098
Calling all “Meadenthalers!” For those who want to more intimately explore the parks at a leisurely pace. Life is about the journey, not just the destination! March 12, Brushy Peak, Laughlin Ranch staging; Raptor Raptures, 4.3 miles. March 26, Pleasanton Ridge, Foothill Road staging; Pondering Ponds, 9.2 miles.

APRIL 16, Sunol, Camp Ohlone Road trailhead: Bloomers! 5.3 miles. April 30, Del Valle, Arroyo staging; Dam & Heron Bay, 3.3 miles. Registration is required.

WILD EDIBLES & PLANT USES
Garin  Dino Labiste
9am-1pm, Sun, Mar 12 #16158
9am-1pm, Sat, Apr 8 #16159
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, try acorn mush, snake on pine nuts, and sample other savory wild foods. 18+yrs Registration is required.

THE OVER-THE-HILLS-GANG
Various Parks  Trail Gail
10am-12:30pm, Tue, Mar 14, Apr 18
Hikers 55 years and older interested in nature study, history, fitness, and fun are invited to this monthly series. March 14, Contra Loma: meet at Meadow Lark picnic site #3 for this mostly flat walk. April 18, Sobrante Ridge, Coach Drive entrance: no facilities on this hilly walk. Info: (510) 544-2233.

LAKESIDE LITTLEs
Shadow Cliffs  Ashley Grenier
10-11am, Fri, Mar 17, Apr 21
Bring your little ones out and discover nature. Each month we’ll explore a trail, look at bugs, search for birds, and much more. Let’s get outside! Parent/caregiver participation required. Meet at the main park entrance. Info: (510) 544-3249.

BIRDING BY EAR
Leona Canyon  Michael Charnofsky
9:30-11:30am, Sun, Mar 19
Yes, it does count when you identify a bird by its song. Learn how in this beautiful, diverse community of many bird habitats. Constant rain cancels. Directions: From I-80, take the Keller Ave. exit and drive towards the hills on Keller for around 1 mile. Turn left on Campus Drive. Make the first right onto Canyon Oaks Drive, then make an immediate left to the end of the street/driveway to the trailhead parking area. 8+ yrs. Info: (510) 544-3187.
**WILDFLOWERS OF MORGAN TERRITORY**
Morgan Territory  
Kevin Dixon  
9am-2pm, Sat, Apr 8  
Study the wonderfully intricate flower designs of the Inner Diablo Range on a moderately strenuous, but steep, hike of about 5 miles. Meet at the Morgan Territory Road Staging Area. 10+yrs. Info: (510) 544-2750.

**JUAN BAUTISTA DE ANZA TRAIL HIKE**  
Dry Creek Pioneer  
Francis Mendoza  
9-11:30am, Sun, Apr 9  
Learn about the 1776 expedition from Mexico and how it impacted the Native peoples in the Bay Area on this intermediate, 3-mile hike. Some steep grades. Meet at the May Road Staging Area, Union City. 15+yrs Info: (510) 544-3220.

**HERPIN' ADVENTURES**  
Various Parks  
Trent Pearce  
3-4:30pm, Sun, Apr 9  
On these short walks, we'll search for frogs, study salamanders, and get up close and personal with lizards. **April 9:** Tilden Nature Area, EEC. **April 30:** Briones, Bear Creek Staging Area. Info: (510) 544-2233.

**SUNRISE HIKE**  
Redwood  
Susan Ramos  
5:30-7:30am, Sun, Apr 16  
Meet before sunrise and take a steep hike up to the top of East Ridge. We'll wait and watch for the new day as the forest comes to life around us. Bring a flashlight for the beginning and a snack. Meet at the Canyon Meadow staging area. Info: (510) 544-3187.

**WILDWINDERS OF BRIONES**  
Briones  
Trent Pearce  
1-4:30pm, Sun, Apr 16  
Explore the floral abundance of Briones on this 4+ mile walk. We'll sniff scurf peas, check out checker lilies, and stare into starflowers! Bring water, a snack, and your camera. Meet at the Bear Creek Staging Area off Bear Creek Road. Info: (510) 544-2233.

**ALAMEDA EARTH DAY EVENT**  
Washington Park, Alameda  
Interpretive Staff  
10am-3pm, Sat, Apr 22  
Celebrate the Earth and its natural habitats, including our beautiful Bay. Learn to live more sustainably, with activities and give-aways at Washington Park; food/beverages available for purchase. Come to Crab Cove from 8:30-10am to participate in a beach & pond cleanup. Sponsored by the City of Alameda & EBRPD. Info: (510) 544-3187.

**STORYTIME STROLL**  
Martinez Shoreline  
Virginia Delgado  
10:30-11:30am, Mon, Apr 24  
Discover the strange creatures and plant life in the salty marsh as we make our way from the boardwalk to the sandy beach for story time. Meet at the park lot off N. Court St. in Martinez. 2+yrs. Info: (510) 544-2750.

**LONG WILDFLOWER HIKE**  
Morgan Territory  
Eddie Willis  
10am-2:30pm, Sun, Apr 30  
Venture deep into wildflower country to examine colorful blooms among woodland, grassland, and chaparral habitats. Steep terrain with gorgeous mountain and valley views. 6+ miles. Rain cancels. Meet at the Morgan Territory Road Staging Area. 10+yrs. Info: (510) 544-2750.

**FRENCH BROOM REMOVAL/RESTORATION PROJECT**  
Redwood  
Staff  
9am-1pm, Sat, Mar 11, Apr 8  
Help remove invasive French brome at various locations in the park. Tools provided. Info: 1-888-227-2757, option 3, ext. 4553. Registration is required.

**RAIL RESCUE RANGERS**  
Location TBA  
Doc Quack  
Sat, Apr 22  
Prepare and participate in “Quest for more than 146 Birds in a Day”, you will get “nose to beak” with birds, while visiting several active bird research and restoration sites. Our dawn-to-dusk adventure, supported by local Audubon Society Chapters, will take you through numerous locations recording the “Feathered Jewels” they contain, while generating tax-deductible donations to meet the mission of protecting and enhancing California least tern and Western snowy plover nesting habitat. Space is limited. Registration is required by April 7: contact docquack@ebparks.org or 510-544-2319.

**RAIL RESCUE RANGERS**  
Location TBA  
Doc Quack  
Sat, Apr 22  
Join us as we open the doors to the new Garden in the Park. Chat with staff about gardening techniques and ways to bring a piece of nature to your home. Meet at the main park entrance. Info: (510) 544-3249.

**WEDNESDAY WALKS**

**WEDNESDAY WALKS**
Various parks  
Interpretive Staff  
9:30am, Wed, Mar 1, Apr 5  
Explore new trails and make new friends as you get in some healthy outdoor activity. Hikers of all ages and abilities are welcome on hikes ranging from easy to challenging. Wear sturdy footwear, bring water and dress for the weather. Heavy rain cancels. **March 1:** Las Trampas: A steep .75-mile climb up the paved Rocky Ridge Trail, followed by a 4-mile jaunt along the ridge, mud permitting. Meet at the staging area at the north end of Bollinger Canyon Road in San Ramon. Info: Christina Garcia 510-544-3282 or CGarcia@ebparks.org. **March 22:** Crockett Hills: Vistas, hills and the story of sugar in the Bay Area. Seven miles. Info: Trail Gail 510-544-3258 or gbroesder@ebparks.org. **April 5:** Lake Chabot: Explore the Eastshore Trail and Cameron Loop on a moderately strenuous 4+ mile hike. Meet at the Marina. Info: Christina Garcia 510-544-3282 or CGarcia@ebparks.org.
How to Register • Fee Payment

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 description if you need further information.

For programs that indicate “Registration is required,” register by calling 1-888-EBPARKS (1-888-327-2757), option 2, or by calling the number listed in the program description.

ONLINE registration is available if the program title displays this symbol: Go to www ebparks org. When registering online, use the course code printed next to the program date(s).

WALK-IN: Come to the District Headquarters between 8:30am and 5pm Mondays through Fridays. We are located at 2950 Peralta Oaks Court, next to the Dunsmuir House and south of the Oakland Zoo off I-580. See map below.

BY PHONE: Phone registration requires a VISA or Mastercard. The Reservations Office is open between 8:30am-4:30pm Mondays through Thursdays and 8:30am and 4pm on Fridays (closed weekends and holidays). Call 1-888-EBPARKS (327-2757) and select option 2. TRS Relay for the Hearing Impaired: 7-1-1.

BY MAIL: Call the Reservations Office at 1-888-EBPARKS (327-2757) option 2, to request a mail-in registration form. Registration is payable by check only up to 15 days before the program.

FEE PAYMENT: Fees must be paid in full at the time of registration. Fees may be paid by money order, VISA, Mastercard, cash, or preprinted check for walk-in registration. Make checks payable to EBRPD. Programs registered in the parks may be paid for by check up until the day of the program if space is available. Returned checks will be charged a $25 Returned Check charge. Non-resident fees apply to anyone living outside Alameda or Contra Costa counties. Parking or park entrance fees may be charged depending on program time and location. Ardenwood entrance fees vary depending on the event or activity. Confirm all fees when registering for a program.

CANCELLATION POLICY: REFUNDS/TRANSFERS: Refunds or transfers will be processed for programs canceled because registration is below the minimum enrollment at the cutoff date, or if a program is canceled due to inclement weather or instructor illness. Please allow up to three weeks for receipt of refund. CANCELLATION POLICY: At least five business days advance notice is necessary for a full refund. Failure to notify the Reservations Office at least five business days in advance of your cancellation will result in forfeiture of the program fee. The Reservations Office is open Monday through Friday. The last day to cancel a Saturday or Sunday program is the prior Monday.
East Bay Regional Park District

**Sheep Shearing Day**
11 a.m. to 3 p.m. • Saturday, March 18

Spring has sprung and it is time for our sheep's **annual haircut**.
- Watch the farm’s sheep get sheared.
- Try wool carding.
- See fiber spun into yarn.
- Make a woolly lamb to take home.

**Fee:** $6/adults, $5/seniors (62+), $4/children (4-17 yrs.), 3 yrs. & under free. **Free Parking.**

**Ardenwood Historic Farm:** 34600 Ardenwood Blvd., Fremont

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**Tartan Day Scottish Fair**

**Ardenwood Historic Farm**

**Saturday, April 1**
10 a.m. to 5 p.m.

**Throw on your kilt** and celebrate Tartan Day with music, Scottish dancing, bagpipes, handmade crafts, historical re-enactments and Highland athletics. Discover the rich history and colorful heritage of Scotland.

**Special Event Fee:** $12/adult, $8/senior (62+), $5/child (4-17 yrs.), free/3 yrs. & under. **Free Parking.**

In partnership with the East Bay Scottish Association

**Information:** www.ebparks.org or (510) 544-2797
**Address:** 34600 Ardenwood Blvd., Fremont, CA

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**Spring Wildflower Festival**

**Sunday, April 9**
11 a.m. to 4 p.m.

Celebrate the season of the birds, bees, flowers and trees!
- Wildflower hikes
- Arts and crafts
- Live entertainment
- Nature activities

**Information:** www.ebparks.org or (510) 544-3249
**Free admission.** Parking is $5.

**Sunol-Ohlone Regional Wilderness:** 1895 Geary Road, Sunol

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

**1-in-a-Million Campaign for Parks**

Your monthly gift of $21 (or $250 a year) will enroll you in the 1-in-a-million Sustainers’ Circle. Together, this circle of donors will help us raise $1 million annually to fund camperships for under-resourced children, habitat restoration for endangered species and other vital initiatives.

**Give online at:**
www.Region2alPark2sFoundation.org/mil