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“There is No Poop Fairy!” page 3

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Measure FF Passes with 85.6%
Thank you voters for your trust and support.

Yulie & Bosley

Sibley Volcanic Regional Preserve Adds 639 Acres
See page 2

Photo: Nick Khadder
Regional Parks Foundation an Integral Park District Partner

A MESSAGE FROM GENERAL MANAGER ROBERT E. DOYLE

For over 85 years the Park District has been providing good governance and service to the community. Partnerships are critical to that effort, and no other organization has been more essential than the Regional Parks Foundation. Since 1969 the Regional Parks Foundation has been assisting the East Bay Regional Park District by supporting programs that connect people with nature (particularly children), promote safe recreation, preserve land, and restore natural habitat.

Today the Regional Parks Foundation is 11,000 members strong and raises over $2 million annually. 2019 marks the 50th Anniversary of the Regional Parks Foundation.

Connecting People with Nature

Signature programs supported by the Foundation over the years include Junior Rangers, Leaders in Training, Camperships (sponsorships for summer day camps and week-long science camp programs at Camp Arroyo), fishing derbies, swim lessons, and Parks Express (free bus program providing youth, seniors, veterans, and the disabled access to parks).

Safe Park Access and Recreation

The Foundation helps keep parks safe by providing free loaner life jackets and rescue boards at swim facilities, as well as free bike helmets and bells distributed by the Volunteer Trail Safety Patrol. The Foundation provides materials, supplies, hand tools, and food for the hundreds of volunteers each year who donate their time to restore and maintain safe recreational trails for the public. The Foundation has also funded the acquisition of major public safety equipment, including a mobile incident command center, large animal rescue equipment, and horses and trailer equipment for the police department’s Mounted Horse Patrol.

Restoration of Natural Habitat

The Foundation works to promote healthy ecosystems for native flora and fauna through environmental stewardship and wildlife studies. Programs include Amphibian Ambassadors, Burrowing Owl Buddies, Habitat Helpers, and It’s Your Tern, each of which works to improve habitat for shoreline birds. The Foundation has also funded studies of Mountain Lions and birds of prey for habitat evaluation, and the 2009 restoration of the Serpentine Prairie in Redwood Regional Park.

Land Preservation

In 2014 the Foundation facilitated the donation of 296 acres from the Patterson Family to expand Coyote Hills Regional Park in Fremont. Facilitating land donations has been a historical function of the Foundation since its inception in 1969.

Congratulations to the Regional Parks Foundation! The support of the Regional Parks Foundation has been integral to the success of the East Bay Regional Park District over the years. It is only right that this incredible organization will celebrate its 50th Anniversary with a formal gala, to be held on October 10.

Enjoy Spring in your Regional Parks.

Sibley Volcanic Regional Preserve Adds 639 Acres

This past November the East Bay Regional Park District Board of Directors approved a land use plan amendment for expansion of Robert Sibley Volcanic Regional Preserve, including habitat restoration, recreational opportunities, and enhanced public access. The land use plan amendment adds two properties to Sibley Regional Preserve, essentially doubling the preserve’s size to a total of 1,318 acres. The new properties include the 389-acre Western Hills Open Space area and the 250-acre former McCosker family ranch.

The plan calls for major additions, including the expansion of three staging areas with parking, one new staging area, one new trailhead/access point, an interpretive area with exhibits for organized interpretive programs and self-guided tours, one new group camping area for up to 50 people, and 8.2 miles of new recreational trails.

Expansion of the preserve also includes the largest creek restoration in Park District history with over 3,061 total linear feet of creek set to be restored, including the daylighting of 770 feet which are currently culverted.
There is No Poop Fairy! Dog Owners Reminded to Pick Up After Their Pets

We’ve all been there, you enter a beautiful, serene Regional Park, and you see it, a dog poop bag. “What the heck?” you say to yourself. “They bring a bag, but can’t take it with them? It’s like they think there is a poop fairy that will magically pick it up after them!”

All smiles aside, leaving poop bags behind is a form of littering and is a major challenge for the Park District staff. Leaving poop bags behind is against the rules and subject to fines.

While Park Rangers do spend some time cleaning up poop bags, frankly, they have many more essential things to do like clearing trails for safety and removing hazardous vegetation like poison oak.

The Park District is asking the public, specifically dog owners, for help to keep the Regional Parks enjoyable for all. Garbage cans are available at all staging areas and trailheads, and strategically located along trails, where feasible.

The Park District is proud to have one of the most dog-friendly policies in the entire country that allows dogs at most parks, and even off-leash at many. The Park District hopes to keep it that way and avoid conflicts with the District’s overall goal of balancing public access with habitat protection.

There is a landmark in the park management industry and help demonstrate the direct benefits of parks and open space to public health.

SHINE Park Rx Study
The SHINE (Stay Healthy in Nature Every Day) program was developed by the Park District in partnership with the UCSF Benioff Children’s Hospital in Oakland in 2014. Every month, with funding from the Regional Parks Foundation, the Park District provides staff, transportation, healthy snacks and a day of outdoor activities for children with chronic illnesses and their families. The first randomized clinical study on health and nature, conducted in 2015 by Nooshin Razani M.D., clinic staff, and UC Berkeley, determined that cortisol levels and feeling of loneliness decreased by 28% and 20% respectively for SHINE participants. Cortisol is made by the body’s adrenal glands and affects mood, motivation, and fear.

Adventure Crew/Junior Rangers Nature Immersion Study
In 2017 and 2018 the Park District partnered with Dr. Aiko Yoshino of San Francisco State University to conduct a pilot health and nature literacy program that immersed youth ages 10-13 with nature and the outdoors, and evaluated the benefits to self-esteem, leadership development, and health. Findings showed positive health benefits related to improved physical fitness and reduced stress.

PASITO Intensive 3-Month Walk-In-Nature Study
In 2017, the Park District in partnership with SF State and the Latino Center of Richmond examined the physical, mental, and social health impacts of nature on 43 adults who participated in a nature-walk intervention program. The innovative and intensive study incorporated the use of biomarkers and psychological stress level evaluation, including collecting hair and saliva samples to capture cortisol levels. While analysis is still underway, initial results suggest a significant decline in negative mood and an increase in positive mood due to lower cortisol levels. Additionally, participants reported a variety of anecdotal physical, mental, and social benefits, including decreased anxiety, weight loss, and improved happiness.

Healthcare Cost Benefits
A 2016 economic impact study commissioned by the Park District estimated that nearly 60,000 individuals would not engage in physical activity without regional parklands and recreational opportunities. The study determined that the District generates healthcare cost savings of over $20 million per year.

Kaiser Permanente Health Tips: Spring Allergy Season
Seasonal allergies affect millions of Americans during the spring. Here are some tips for preventing allergy triggers:

• Avoid yard work and outdoor activities when pollen counts are high.
• Wash off after outdoor activity, especially your hair; moisten your nasal membranes with saline nose spray.
• Keep your home, especially your bedroom, as dust and mold free as possible.
• Use an allergy cover for your mattresses and pillows.
• Consider an air purifier with a special HEPA filter.
• Keep your house and car windows closed and use the air conditioner.
• Groom pets.
• Avoid smoking and exposure to smoke, sprays, room deodorizers, perfumes, and other irritating substances.

Kaiser Permanente is a major sponsor of the Park District’s 2019 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).
**SUMMER PROGRAMS FOR YOUTH**

**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). Swim Lessons meet Mon-Thurs for two weeks. Reserve your spot by signing up now. For more info on dates, times, and class descriptions, visit www ebparks.org/swim lessons. No onsite registration.

**JUNIOR LIFEGUARD**
Ready for fun and adventure? Our eight, one-week sessions pack loads of lifeguarding skills and engaging activities. Each session has a different theme but will always cover CPR, first aid, and water rescue skills. Offered at five facilities, this camp meets from 9am-4pm, Mon-Fri. Scholarships available. Offered for ages 8-12. For info on dates, themes, curriculum, and more, visit www. eblifeguard.org/juniorlifeguards. No onsite registration.

**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 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 age 13-15. Applications are required for this program and due May 1. For more info regarding the Aide program and to receive an application, contact Aaron Roth at arouh@ ebparks.org or call 510-690-6624.

**JUNIOR CADET**
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. Cadets 15+ will earn a lifeguarding certificate. Cadets should expect daily physical fitness activities, swimming and rescue skill training, first aid instruction, emergency procedure drills and insider knowledge of how to become a lifeguard. Applications due May 1. For info and an application, contact Kyle Maxwell at kmaxwell@ebparks.org or call (510) 690-6620.

**FISHING – TROUT BASICS**
Various Recreation Staff
8-10am, Sat, Mar 30 #24201 Temescal; Join us for this peak season of trout! Learn specialized gear and bait selection to catch rainbow trout, one of the most plentiful freshwater species in our lakes and reservoirs. Ages 16+yrs require a valid California fishing license. Gear provided. Ages 8+ yrs. Registration is required. Fee: $19 (non-res. $21)

**FLY-FISHING INTRODUCTION**
Tilden Fish First!
7am-1pm, Sun, Mar 10 #24004; Apr 14 #24009
This exciting and informative day is geared toward the beginning angler. Spend three hours at Lake Anza practicing casting with a certified fly-casting instructor. Then enjoy two and one-half hours of classroom instruction where you will be introduced to knots, fly selection, reading the water, and more. 12+yrs. Registration is required. Fee: $60 (non-res. $66)

**ARCHERY – INTRODUCTION**
Roberts Redwood Bowmen
10am-12pm, Sat, Mar 23 #24035; 1:30-3:30pm, Sat, Mar 23 #24049; Apr 20 #24053
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 for ages 8-13yrs). Registration is required. Fee: $50 (non-res. $56)

**PARK’N IT DAY CAMP**
Mon-Fri, 9am-4pm
Jun 10-14, Temescal #24216
Jun 17-21, Temescal #24218
Jun 24-28, Don Castro #24219
Jul 8-12, Contra Loma #24382
Jul 15-19, Coyote Hills #24384
Jul 22-26, Miller Knox #24423
Jul 29-Aug 2, Ardenwood #24376
Spend a whole 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. Same dates as Park’n It Day Camp (see above). Various Parks
Looking for work experience or a career in Parks & Recreation? Under staff guidance, work with other teens helping run our day camp! 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. LITs must first apply and interview for positions. Download an application at www. ebparks.org or contact Megan Seccombe, Recreation Coordinator, at msecombe@ebparks.org. (510) 544.2554 for a paper copy. 13-17yrs. Fee: $50.

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**RECREATION**

**LLAMAS – MYSTICS OF ANDES**
Redwood LAMAS Outfitters
11am-2:30pm, Sat, Mar 2 #24473; Mar 30 #24536; Apr 13 #24498; Apr 27 #24508; 10am-1:30pm, Sun, Mar 3 #24475; Mar 17 #24480; Mar 31 #24494; Apr 14 #24503; Apr 28 #24514; 2-5:30pm, Sat, Mar 16 #24479
The Quechua Andeans refer to llamas as ‘Speechless Brothers.’ Learn how to groom, feed, lead and interact positively with these specially trained llamas, under the guidance of Geo, a ‘Llama Michie,’ with over 25 years’ experience. Up to three people can share one llama, or reserve your own. Adult participation required for ages 8-17yrs (adult registers). Registration is required. Fee: $90 per llama - 8 llamas max. per class (non-res. $100)

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** Register at www.ebparks.org**

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= ADA accessible program

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= Parking fee may be charged

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= Healthy Parks Healthy People program
**ARDENWOOD**

Ardenwood is open Tue-Sun. from 10am-4pm. Train rides will return in April. Admission fees apply. Info: (510) 544-2797, awvisit@ebparks.org or www.ebparks.org.

**SHEEP SHEARING DAY**
Ardenwood  Mindy Castle & Interpretive Staff
11am-3pm, Sat, Mar 16
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. You can even make your own woolly lamb to take home.

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

**ANIMAL FEEDING**
Ardenwood  Interpretive Staff
3pm, Thu-Sun
Check for eggs and feed the livestock.
Learn all the animals' favorite foods as we help tuck them in for the evening. Meet at the Chicken Coop.

**FREE OUTDOOR MOVIE NIGHT!**
Lake Chabot  Recreation Staff
8pm-9:45pm, Sat, Apr 27
Join us for a FREE family movie, featuring the 2017 smash hit, Coco, rated PG, 109 minutes. Movie begins shortly after sunset (8:00pm) and is a great way to spend the evening outdoors with friends and family. Arrive early to secure a good seat. Bring a flashlight, warm clothes, and a blanket or chair for sitting. Snacks and hot drinks will be available for purchase. No pets. Rain cancels. Questions? Contact (510) 544-2567.

**FREE KAYAKING**
24066  Patterson House Tours: Ardenwood  24073  Patterson House Tours: Ardenwood
Join the train at Arden Station or Deer Park.

**POLE WALKING & POLE HIKING**
Learning how to use poles helps walkers & hikers improve endurance, posture, balance, confidence and strength and performance. Pole skills enhance your enjoyment of the outdoors all year long. All levels focus on learning anatomically-optimal techniques to expand your capabilities 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 walks for practice.

**POLE WALKING & POLE HIKING: MORNING SESSIONS**
Black Diamond  Jayah Faye Paley
8:30am-9:30pm, Sat, Mar 23 #24066
Experience everything in the Skills & Techniques class plus a lovely Springtime Practice Hike (including Mine Visitor Center). Learn personalized strategies for improving your trail performance and confidence; learn which poles fit you and will help you achieve your goals. Hike approximately 2 miles. Registration is required.

Fee: $75 (non-res. $83)

**POLE WALKING & POLE HIKING: AFTERNOON SESSIONS**
Black Diamond  Jayah Faye Paley
1:30-3:30pm, Thu Apr 18 #24109
Easy-to-learn pole techniques and gentle exercises empower people to maintain independence, navigate everyday obstacles, reduce risk of falling, restore spine function, and improve stamina and walking form. Strengthen muscles that support weight bearing joints. Lovely, gentle Butterfly Garden and Marsh birding pole walk. Special equipment provided. Registration is required.

Fee: $45 (non-res. $51)

**HIKING WITH POLES: MORNING SESSIONS**
Black Diamond  Jayah Faye Paley
8:15am-12:45pm, Sat, Apr 22 #24178
Power with poles! Expert training in stunning surroundings helps hikers learn poles, trail, and body skills. Uphill: Improve performance, endurance, and spine function. Downhill: develop skills for feeling safer and preserving joints – Save your knees! “Test drive” different poles. Beginner to experienced – all levels welcome!

Registration is required.
Fee: $65 (non-res. $73)
HENS LAY EGGS
Ardenwood Interpretive Staff
10:30-11am, Sat, Mar 2, 23, Sun, Mar 10, 24; Sat, Apr 27
Bring the little ones to the farm and meet the chickens. We’ll listen to a story, see
what a hen’s feathers feel like, and search the coop for eggs.

OLD-FASHIONED FUN
Ardenwood Interpretive Staff
11:30am-12:30pm, Sat, Mar 2, 30, Sun, April 14, 28
Old-fashioned pastimes once included still walking, running with tubes (potato- 
spoon race), testing your strength (tug-o-war) and hopping like a bunny (sack 
races). Join the fun and test your skills!

WILD FOOD
Ardenwood
Christina Garcia
1-2pm, Sat Mar 2, 23
Before farms we ate wild foods foraged from the land. Explore the farm for edible 
native California plants as well as weeds.

STILT WALKERS
Ardenwood Interpretive Staff
2-2:30pm, Sat, Mar 2, 23
Want to be taller? Improve your balance! Give stilts a try, It’s fun. Guess why farm-
ers used these fun tools in the past.

WAKE UP THE FARM
Ardenwood Interpretive Staff
10:30-11am, Sun, March 3, 17, 31
Rise and shine little farmers! Say “Good morning!” to the sheep and goats and 
leap one hand as we prepare a morning snack for the farm animals.

RABBIT RENDEZVOUS
Ardenwood Interpretive Staff
11:30am-noon, Sun, March 3, 31; 10:30-
11am, Sat, Apr 20
Hop on over for a warm welcome from some of the farm’s finest residents. Learn 
why rabbits are great hoppers and how they use their long ears to sense danger.

MEET THE FARMER: GROWING A 
GREEN THUMB
Ardenwood Pia Loft & Aris Curtis
1-2pm, Sun March 3, 17, 31
Growing food is fun! Join us in our vegetable garden for hands-on practice while our 
farmers teach us the tricks of the trade. Beginners and experts alike will have a 
great time growing their green thumb.

CHORES FOR LITTLE FARMERS
Ardenwood Interpretive Staff
10:30-11am, Sat, Mar 9, 30
Rise and shine! Lend a hand! We’ll start 
with a story before preparing a morning treat for the farm animals.

STUCK IN A JAM
Ardenwood Nicholas Fowlks
11:30am-12:30pm Sat, March 9, Sun, 
March 17
Are you ready to jam out? Come watch a 
demonstration on one of the oldest food preservation techniques in history. Don’t 
forget to take some home!

WONDERFUL WOOL
Ardenwood Christina Garcia
1:30-2:30pm, Sat Mar 9

HOME BREWING ON THE FARM
Ardenwood Ira Bletz
1-3pm, Sat, Mar 2, 9, 23 #24742
Discover the ancient art of home-brewing in this three-part, 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). Fee: $40 ($45 non-
res.) www.ebparks.org/register. Registration is required.

One week before shearing time and the 
sheep are at their fluffiest! Let’s visit the 
ewes and their lambs and learn all about 
their special fur.

GARDEN CHORES FOR KIDS
Ardenwood Interpretive Staff
11:30am-12:30pm, Sun, March 10, 24
Our garden is ready for Spring and needs 
your help! Have fun getting dirty while 
you lend a hand weeding, watering and 
planting our healthy vegetables.

MEET THE FARMER: FARMING FOR 
CLIMATE CHANGE
Ardenwood Pia Loft & Aris Curtis
1-2pm, Sun, March 10, 24; April 14, 28
Farms are for growing food, but farms are also for sequestering carbon! Join us as 
we explore the basics of climate change and learn how to grow vegetables while 
protecting our warming planet.

WEEKDAY BIRD WALK
Ardenwood Christina Garcia
7:30-9:30am, Tue, Mar 19
Walk through the beautiful gardens and woodlots of the farm in search of early 
spring migrants. Beginners welcome. No Ardenwood admission fee for this early 
morning program.

FARMYARD ANIMALS
Ardenwood Marlene Gallegos 
11:30am-12:30pm, Sat, Mar 23
Hear a story about all our farm buddies. 
Then, craft your very own mask of your 
favorite farm animal.

BIRDS OF THE FARM
Ardenwood Christina Garcia
8-9:30am, Sat, Mar 30
Spring is here and migration is under-
way. Let’s explore the gardens, forests 
and fields for anything with feathers. No 
admission fee.

BEAUTIFUL TREES
Ardenwood Christina Garcia
1:30-2:30pm, Sat, Mar 30
From Bald Cypress to Yew, lovely speci-
men trees fill the estate of George and 
Clara Patterson. Stroll the grounds, see 
some special trees and hear their stories.

FARMYARD STORY TIME
Ardenwood Interpretive Staff
10:30-11am, Sun, April 7, 21
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.

REGIONAL PARKS BOTANIC GARDEN
The Botanic Garden is open 8:30am-5pm, Oct-May; 8:30am-5:30pm Jun-Sep. 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.

DOCENT-LED GARDEN TOURS
2pm; Sat; 11am & 2pm, Sun 
Meet at the Botanic Garden Visitor 
Center. Rain cancels!

WAYNE RODERICK LECTURE 
SERIES
10:30am, Sat, Mar 2
Bart O’Brien: The Gulf of California, 
Mexico, Expedition of 2018. 
All lectures start at 10:30am and run for 
a minimum of one hour. 
FREE. Regional Parks Botanic Garden 
Auditorium. Seating is limited!

2019 SPRING SALE OF 
CALIFORNIA NATIVE PLANTS
10am-3pm, Sat, Apr 20
Public Plant Sale at the Regional Parks 
Botanic Garden in Tilden Regional Park. 
Friends Member’s Only Plant Sale 
9-10am, Sat, Apr 20

Friends memberships can be purchased the morning of the plant sale, starting at 
8:30am at the entrance to the plant sale. 
Info: www.nativeplants.org.
COOKING IN COUNTRY KITCHEN
Ardenwood  Interpretive Staff
11am-1pm, Sun, April 7, 14, 21, 28
Stop by our outdoor farm 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 a historic recipe to try at home.

RURAL FARM PHARMACY
Ardenwood  Nichola Fowlks
11:30am-12:30pm Sun, Apr 7
Ever wondered what medicines people used over 100 years ago? Discover a few simple remedies used by rural Americans in the late 19th century.

GARDEN BUG SAFARI
Ardenwood  Pia Loft
1-2pm, Sun, April 7, 21
Discover the mysterious world of bugs as we explore our vegetable garden. We will observe these tiny farmers at work and tell their stories through arts and crafts.

GOOD MORNING FARM
Ardenwood  Interpretive Staff
10:30-11am, Sat, Apr 13
Rise and shine little farmers! Say “Good morning!” to the sheep and goats and lend a hand as we prepare a morning snack for the farm animals.

BASKET MAKING
Ardenwood  Marlene Gallegos
11am-noon, Sat, Apr 13
Learn of the various materials that baskets can be made of, and then learn how to weave your very own basket to take home!

FUN WITH FELTING
Ardenwood  Mindy Castle
1-2pm, Sat, Apr 13
Have some good, clean fun as we learn how felt is made from sheep’s wool, and then make a felt toy to take home.

FARMYARD GAMES
Ardenwood  Interpretive Staff
2-3pm, Sat, Apr 13, 20
Life on a farm wasn’t all work and no play. Join us for some old-fashioned fun! Try your hand at classic American pastimes including stilts, sack races, and the potato-spoon race.

THE ITSY BITSY SPIDER...
Ardenwood  Interpretive Staff
10:30-11am, Sun, April 14 & 28
...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!

EARTHY EGGS
Ardenwood  Mindy Castle
11am-noon, Sat, Apr 20
Dye Easter eggs the natural way! Learn which plants and spices hold secrets to beautiful, natural hues and take home an egg colored by Mother Nature.

BEGINNING EMBROIDERY
Ardenwood  Mindy Castle
1-2pm, Sat, Apr 20
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.

ROPE MAKING & HAY HOISTING
Ardenwood  Interpretive Staff
12:30-1pm, Sun, April 21
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.

CLOTHESPIN DOLLS
Ardenwood  Mindy Castle
11am-noon, Sat, Apr 27
Create and dress up your own darling doll. We’ll make them out of clothespins just the way they did more than 100 years ago. Meet at the Granary.

WAX: IT’S THE BEE’S KNEES!
Ardenwood  Mindy Castle
1-2pm, Sat, Apr 27
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 taste some Ardenwood honey.

VICTORIAN TABLE TOP GAMES
Ardenwood  Interpretive Staff
2-3pm, Sat, Apr 27
Ready for some old-fashioned fun? Challenge your family and friends to a game of ball and cup, tops, or Jacob’s Ladder as you delve into our box of games from days-gone-by.

BIG BREAK
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
11am-2pm, Every Sat & Sun
Discover the wonders of the Delta through hands-on arts and crafts activities! Each week we will explore different wetland wonders.

TESTING THE WATER
Big Break  Interpretive Staff
9-10am, Every Sat & Sun
Track the health of the Delta! Using state of the art instruments, we’ll test for dissolved oxygen, pH, conductivity, and more. Our results go into a regional database for use by researchers, scientists and water managers.

OWL PELLET DISSECTION
Big Break  Interpretive Staff
2-3pm, Sat, Mar 2
Join our exploration of Barn Owls and their digestive contents. Pluck apart owl pellets to discover what the prey tells us about the predators.

COFFEE TALK & DELTA NEWS
Big Break  Interpretive Staff
8:30-9am, Wed, Mar 6 & Apr 3
From tunnels to research projects, farming to fish stocks, the Delta is always in the news. Stop by the Visitor Center on the first Wednesday of each month for coffee and discussion of science and events shaping the region.

SPRINGTIME SNAKES
Big Break  Interpretive Staff
2-3pm, Sat, Mar 9
Tasting tongues and slithering scales spring into action! Come learn why these cold-blooded reptiles embrace the spring sunshine.

NATIVE BEE HOUSES – IT’S THE BEE’S KNEES!
Big Break  Cat Taylor
10am-noon, Sun, Mar 10 #24649
Not all bees live in hives! Provide native bees with shelter by making a bee house! One bee house per family. Registration is required.

BIG BREAK LITTLES
Big Break  Cat Taylor
11am-12pm, Mon, Mar 11, Apr 8; Tue, Mar 12, Apr 9
Bring the little ones out to the park to explore nature. Same program both days - come to one or the other! Dress to get dirty! March: Turtle Trekking: to the pond we go! April: Spring Flowers – Explore Big Break in bloom.

SEDENTARY SEDIMENT
Big Break  Interpretive Staff
2-3pm, Sat, Mar 16
Parts of the Sierra Nevada mountain range are here in the Delta! Come and find out how.

BLARNEY STONES, SHAMROCKS, RAINBOWS AND PEAS
Big Break  Cat Taylor
10am-1pm, Sun, Mar 17
St. Patrick’s Day is upon us! Learn about its history and traditions and then go on a self-guided scavenger hunt through wondrously green wetlands in search of nature’s treasure.

FAMILY FULL MOON PROWL
Big Break  Cat Taylor
7-8:30pm, Wed, Mar 20 #23977
Hoo goes there? Families will delve into the lunar-lit nocturnal world tonight as we trek o-er darkening trails listening for screeches, hoots, howls and clicks. Bring flashlights.

S’MORES SPRING BREAK!
Big Break  Interpretive Staff
2-4pm, Sat, Mar 23
Spring Break is a perfect opportunity to explore the great outdoors! Spend the
March 2019

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Celebrating 85 Years of Regional Parks

**March 2019**

**10**

**Ardenwood:** Animal Feeding

**11**

**Ardenwood:** Animal Feeding

**12**

**Ardenwood:** Stuck In A Jam, Animal Feeding, Chores For Little Farmers, Wonderful Wool

**Big Break:** Delta Discoveries, Testing The Water, Springtime Snakes

**Black Diamond:** Hazel Atlas Mine Tours

**Coyote Hills:** Ohlone Village Site Tour, Discovery Days

**Crab Cove:** Family Nature Fun, Fish Feeding Time, Kids Storytime And Nature Exploration

**Del Valle:** Incredible Edible Insects

**Garin:** Canine Capers Walk

**Round Valley:** Vasco Caves Regional Preserve Tour

**Sunol:** Nature Crafts, Wild Wonders

**Tilden Nature Area:** Farm Chores For Littles, Creek Study

**Ardenwood:** Animal Feeding, Hens Lay Eggs, Meet The Farmer: Farming For Climate Change, Garden Chores For Kids

**Big Break:** Delta Discoveries, Testing The Water, Kayaking is for the Birds!, Sunken Ships & Flowerpots Kayak

**Black Diamond:** Hazel Atlas Mine Tours

**Coyote Hills:** Stories of the Past: Basketry, Discovery Days

**Crab Cove:** Family Nature Fun, Fish Feeding Time

**Lake Chabot:** Sunday Stroll

**Quarry Lakes:** Spring Willow Pruning & Gathering

**Sunol:** Nature Crafts, Wild Wonders, Spring Forward for Frogs

**Tilden:** Fly-Fishing Introduction

**Tilden Nature Area:** Talk With Animals

**Big Break:** Big Break Littles

**Big Break:** Big Break Littles

**Crab Cove:** "Sea Squirts: Roots, Stems, Leaves"

**Garin:** Weekday Bird Walk

**Redwood:** Hikes for Tykes

**Ardenwood:** Toddler Time

**Ardenwood:** Animal Feeding

**Crown Beach:** Third Thursdays in Garden

**Ardenwood:** Animal Feeding

**Ardenwood:** Farmyard Animals Mask Making, Stilt Walkers, Animal Feeding, Hens Lay Eggs, Wild Food

**Big Break:** Delta Discoveries, S'more Spring Break!, Testing The Water

**Black Diamond:** Hazel Atlas Mine Tours, Hiking Poles: Skills & Techniques Plus Hike

**Coyote Hills:** Native Knowledge Nature Walk, Care of Curiosities, Discovery Days

**Crab Cove:** Family Nature Fun, Fish Feeding Time, Tiny Fishing Derby

**Leona Canyon:** Sunday Stroll

**Roberts:** Archery Introduction

**Round Valley:** Vasco Caves Regional Preserve Tour

**Sunol:** Nature Crafts, Wild Wonders

**Tilden Nature Area:** Farm Chores For Littles, Creek Study

**Alameda:** Bayside Beach Cleanup

**Ardenwood:** Animal Feeding, Hens Lay Eggs, Meet The Farmer, Garden Chores For Kids

**Big Break:** Delta Discoveries, Testing The Water, Colorful Weather

**Black Diamond:** Hazel Atlas Mine Tours, Wildflowers of Black Diamond

**Brushy Peak:** Vasco Caves Regional Preserve Tour

**Coyote Hills:** Ohlone Village Site Open House, Discovery Days

**Crab Cove:** Family Nature Fun, Fish Feeding Time

**Sunol:** Wildflowers of the Wilderness, Nature Crafts, Wild Wonders

**Tilden Nature Area:** Talk With Animals

**Coyote Hills:** Coyote Cubs

**Sunol:** Outdoor Discoveries

**Tilden Nature Area:** Monday Birding

**Crab Cove:** Sea Squirts

**Anthony Chabot:** Wednesday Walks

**Ardenwood:** Toddler Time, Animal Feeding

**Marsh Creek:** Thursday Birding

**Ardenwood:** Animal Feeding

**Ardenwood:** Birds Of The Farm, Old-Fashioned Fun, Animal Feeding, Chores For Little Farmers, Beautiful Trees

**Big Break:** Delta Discoveries, Watercolor Landscape, Testing The Water

**Black Diamond:** Hazel Atlas Mine Tours

**Coyote Hills:** Discovery Days, Nectar Garden Fun Day, For the Bay

**Crab Cove:** Family Nature Fun, Fish Feeding Time, Kids Storytime & Nature Exploration

**Radke Martinez:** The Bay Breathes

**Redwood:** Llamas - Mystics of Andes

**Sunol:** Wildflowers of the Wilderness, Nature Crafts, Wild Wonders

**Temescal:** Fishing - Trout Basics

**Tilden Nature Area:** Farm Chores For Littles, Creek Study

**Ardenwood:** Animal Feeding, Meet The Farmer: Growing A Green Thumb, Rabbit Rendezvous, Wake Up The Farm

**Dancing With The Trees:** The Bay Breathes

**Redwood:** Llamas - Mystics of Andes

**Sunol:** Wildflowers of the Wilderness, Nature Crafts, Wild Wonders

**Tilden Nature Area:** Family Nature Fun, Fish Feeding Time, Kids Storytime & Nature Exploration

**Ardenwood:** Animal Feeding, Meet The Farmer: Growing A Green Thumb, Rabbit Rendezvous, Wake Up The Farm

**Ardenwood:** Animal Feeding

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**Ardenwood:** Animal Feeding
Regional in Nature

2

Kennedy Grove: The Over-The-Hills Gang

9

Big Break: Big Break Littles

11

Ardendon: Patterson House Tours, Animal Feeding, Ride The Rails

12

Ardendon: Patterson House Tours, Animal Feeding, Ride The Rails

13

Ardendon: Farmyard Games, Patterson House Tours, Basket Making, Animal Feeding, Good Morning Farm

15

Ardendon: Cooking In Country Kitchen, Old-Fashioned Fun, Patterson House Tours, Animal Feeding, Meet The Farmer, The Itsy Bitsy Spider.... Ride The Rails

16

Ardendon: Farmyard Games, Patterson House Tours, Basket Making, Animal Feeding, Good Morning Farm

17

Ardendon: Patterson House Tours, Animal Feeding, Ride The Rails

18

Ardendon: Patterson House Tours, Animal Feeding, Ride The Rails

19

Ardendon: Patterson House Tours, Animal Feeding, Ride The Rails

21

Ardendon: Cooking In The Country Kitchen, Patterson House Tours, Animal Feeding, Farmyard Story Time, Garden Bug Safari, Ride The Rails

22

Sunol: Outdoor Discoveries: Flower Power

23

Crab Cove: Sea Squirts

24

Ardendon: Toddler Time

25

Ardendon: Patterson House Tours, Animal Feeding, Ride The Rails

26

Ardendon: Patterson House Tours, Animal Feeding, Ride The Rails

27

Ardendon: Clothespin Dolls, Patterson House Tours, Victorian Table Top Games, Wax: It's The Bee's Knees!, Animal Feeding, Hens Lay Eggs

28

Ardendon: Cooking In The Country Kitchen, Old-Fashioned Fun, Patterson House Tours, Animal Feeding, Meet The Farmer, The Itsy Bitsy Spider.... Ride The Rails

April 2019

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Big Break: Hikes for Tykes

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Ardendon: Patterson House Tours, Animal Feeding, Ride The Rails

6

Ardendon: Patterson House Tours, Animal Feeding, Tartan Day Scottish Fair 2019

7

Ardendon: Cooking In The Country Kitchen, Rural Farm Pharmacy, Patterson House Tours, Animal Feeding, Farmyard Story Time, Garden Bug Safari, Ride The Rails

8

Big Break: Big Break Littles

9

Big Break: Big Break Littles

10

Ardendon: Patterson House Tours, Animal Feeding, Ride The Rails

11

Ardenwood: Patterson House Tours, Animal Feeding, Ride The Rails

12

Ardenwood: Patterson House Tours, Animal Feeding, Ride The Rails

13

Ardendon: Farmyard Games, Patterson House Tours, Basket Making, Animal Feeding, Good Morning Farm

14

Ardendon: Cooking In Country Kitchen, Old-Fashioned Fun, Patterson House Tours, Animal Feeding, Meet The Farmer, The Itsy Bitsy Spider.... Ride The Rails

15

Crockett Hills: Monday Birding

16

Crab Cove: Hikes for Tykes

20

Ardendon: Beginning Embroidery, Earthy Eggs, Farmyard Games, Patterson House Tours, Animal Feeding, Rabbit Rendezvous

21

Ardenwood: Cooking In The Country Kitchen, Patterson House Tours, Animal Feeding, Farmyard Story Time, Garden Bug Safari, Rope Making & Hay Hoisting, Ride The Rails

22

Sunol: Outdoor Discoveries: Flower Power

23

Crab Cove: Sea Squirts

24

Ardendon: Toddler Time

25

Ardendon: Patterson House Tours, Animal Feeding, Ride The Rails

26

Ardendon: Patterson House Tours, Animal Feeding, Ride The Rails

27

Ardendon: Clothespin Dolls, Patterson House Tours, Victorian Table Top Games, Wax: It's The Bee's Knees!, Animal Feeding, Hens Lay Eggs

28

Ardendon: Cooking In The Country Kitchen, Old-Fashioned Fun, Patterson House Tours, Animal Feeding, Meet The Farmer, The Itsy Bitsy Spider.... Ride The Rails

29

Ardendon: Toddler Time

30

Big Break: All Abilities Day

Sunol: Wildflowers of the Wildness, Nature Crafts, Wild Wonders

Tilden: City Nature Challenge Bioblitz

Redwood: Hikes for Tykes
afternoon discovering wildlife of the region, learning fire safety, and tent building techniques while enjoying tasty campfire treats! Tents and s’mores provided.

COLORFUL WEATHER
Big Break Interpretive Staff 2-3pm, Sun, Mar 24
From rainbows to tule fog, join us as we learn about different weather phenomenons!

THU. BIRDING: RAPTOR BASELINE Various Parks Michael Moran 9-11:30am, Thu, Mar 28 #23979 Marsh Creek; 9-11:30am, Thu, Apr 25 #23980 Morgan Territory The morning (eastern) side of Mount Diablo hosts a magnificent array of birds of prey: hawks, falcons, eagles. Help us document their variety and numbers in this fun, social citizen science research project. No experience necessary—we’ll teach you how to identify these birds. Join in for one or all. Registration is required.

WATERCOLOR LANDSCAPES
Big Break Interpretive Staff 2-3pm, Sat, Mar 30
Step back in time: how could you capture a landscape without a camera or a phone? Let’s take in the scenery and get creative with watercolor paints.

CARNIVOROUS CANINES
Big Break Interpretive Staff 2-3pm, Sat, Apr 6
Canines and your furry friends are alike; explore the park to discover the differences and similarities.

DUNES DAY RESTORATION!
Big Break 9-11am, Sun, Apr 14
Help restore a small piece of the historic dunes as we remove invasive weeds and re-establish native plants! Bring water, gloves, hat, closed-toed shoes, dress for weather and prepare for general grubbiness.

MEAUNDERING MINK
Big Break Interpretive Staff 2-3pm, Sun, Apr 14
Come meander through the wetland as we learn about these solo mustelids!

ASPARAGUS EXPLORATION
Big Break Interpretive Staff 9:30-11am, Sun, Apr 21 #23986
Use colorful natural ingredients from Mother Nature’s bounty to create beautiful dyed eggs. We’ll provide some to decorate, or bring up to six of your own. Registration is required.

EGGSPICING EGGSPERIMENTS!
Big Break Interpretive Staff 2-3pm, Sun, Apr 21 #23985
When you stop to think about it, most critters hatch from eggs. Eggs are amazing! Get ready to eggsplor! Registration is required.

LOVELY BUGS AND LADY BEETLES
Big Break Interpretive Staff 10-11am, Sat, Apr 27
Why do farmers love lady bugs’ ferocious appetites, but birds can’t stomach this beetle? Join us as we explore bugs around Big Break.

NATURE JOURNALING
Big Break Interpretive Staff 2-3pm, Sun, Apr 28
Nature is all around us, we just need to look closer! Let’s observe, draw, and write down what we see, hear and smell in the park.

ALL ABILITIES DAY
Big Break Interpretive Staff 9am-2pm Tue, Apr 30
Explore nature at your own pace and in your own way. This program is inclusive for all abilities, offering something for everyone! Travel along paved trails to visit stations to touch fur, listen to birds, draw wildlife, sit on benches to scan the water, or paint the view. Drop in anytime between 9am and 2pm. Indoor and outdoor options, wheelchair accessible.

BLACK DIAMOND
Sidney Flat Visitor Center is open 10am-4:30pm, weekends. Info: (510) 544-2750.

HAZEL-ATLAS SILICA-SAND MINE TOUR
Black Diamond Interpretive Staff 10-11:30am, Sat, Mar 2
Explore the extended tour route on a 1-hour, guided, small-group tour. Must be 7+ years old. Reservation tours offered at 10am (only for groups of 10-15), as well as 11am and 2pm. First-come, first-served tours may be offered when demand is high and staffing permits. Reserve in advance online or by phone. Day-of ticket sales available only at Great House Visitor Center, where tours begin. Fee: $5

THE REPTILE WAY
Black Diamond Kevin Dixon 10-11:30am, Sat, Mar 2
For hundreds of millions of years, reptiles have cultivated a laid-back lifestyle. They don’t rush around unless they really have to. Meet a local snake to find out more.

WILDFLOWERS
Black Diamond Eddie Willis 10am-noon, Sun, Mar 24, Apr 14; Sat, Apr 13, 27

OLD-TIME CEMETERY PICNIC
Black Diamond Eddie Willis 1:30-4:30pm, Sun, Apr 28
Pack a picnic and blanket and hike .5 miles to Rose Hill Cemetery to learn about 19th-century coal miners and enjoy an Afternoon Tea. Victorian or steampunk outfits encouraged! 10+yrs.

COYOTE HILLS
Coyote Hills Visitor Center is open Wed-Sun, 10am-4pm. Info: (510) 544-3220 or chvisit@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 11am for an introduction to the topic of the week, or, participate at your own pace.

CART OF CURIOSITIES
Coyote Hills Kristina Parkison 1-3pm, Sat, Mar 2
The Curiosity Cart, filled with wonders of cultural and natural history, is hidden somewhere within the park. Find it and discover the secrets it shares!

SNAKES, STORIES & SPIRALS
Coyote Hills Dino Labiste 10-noon, Sun, Mar 3
Meet the snakes that make Coyote Hills their home. Learn about their unique adaptations and how these slithering reptiles have become part of our folklore. Create a snake spiral craft to take home.

STORIES OF THE PAST: STONE TOOLS
Coyote Hills Dino Labiste 1:30-4pm, Sun, Mar 3
Travel back in time and follow the progression of tool making through the story of stone. How were stone tools made? Learn SKILLS OF THE PAST
WILLOW BASKET
Coyote Hills Dino Labiste 10am-4:30pm, Sat, Apr 13 #24262
Willow is 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).

FIRE MAKING
Coyote Hills Dino Labiste 9:30am-12:30pm, Sat, Apr 27 #24265
Ever wondered how fire was created before matches or lighters? Unravel the secrets of fire-by-friction, fire-by-percussion, and fire-by-compression. Discover the techniques to produce a glowing ember as we practice our fire making skills through hands-on activities and demonstrations. 16+yrs. Registration is required.

CORDAGE MAKING
Coyote Hills Dino Labiste 2-4:30pm, Sat, Apr 27 #24266
The ability to twist, twine, or braid fibers into cordage allows indigenous cultures to tie their world together. Learn various techniques of gathering, preparing, extracting, and tying plant materials to create cordage. Practice the efficient method of leg rolling plant fibers. 9+yrs. Registration is required.
about the rock cycle, flintknapping, and grinding techniques to shape rocks. Examine prehistoric replicas.

**OHOLNE VILLAGE SITE TOUR**

**Coyote Hills**

Kristina Parkinson
10:30-3:30pm Sat, Mar 9
Walk one-half mile through vibrant marsh habitat to a more than 2,000-year-old Oholne village site. Learn about Oholne cultures, past to present. Tour a reconstructed shadec structure, pit house and sweat house.

**STORIES OF THE PAST:**

**BASKETRY**

Coyote Hills
Dino Labiste
2-4pm, Sun, Mar 10
Baskets serve both utilitarian and aesthetic purposes. The ability to weave a watertight basket demonstrates the sophisticated technology and plant knowledge possessed by California Natives. Harvesting, preparing, and weaving materials intertwine into stories as we explore the amazing art of basketry.

**BUDDING BIRDERS**

Coyote Hills
Kristina Parkinson
10-11:30am, Sat, Mar 16
Beautiful birds abound - but how do you tell who’s who? Playful activities help kids learn the basics of bird identification and foster an appreciation of our feathered friends! 7+ yrs.

**WONDERS OF WETLANDS**

**Coyote Hills**
Kristina Parkinson
1:30-3:30pm, Sat, Mar 16
Wetlands vibrate with life – insects, mammals, fish, and birds! Explore this amazing habitat with dip nets, binoculars, and fun scavenger hunts! 6+ yrs.

**NATIVE KNOWLEDGE NATURE WALK**

Coyote Hills
Kristina Parkinson
1:30-3:30pm, Sat, Mar 23
Oholne people have lived on this land for centuries, learning its secrets. We’ll share some of that knowledge of plant uses and animals, plus play some games Oholne people enjoy! 7+ yrs.

**COYOTE CUBS**

Coyote Hills
Francis Mendoza & Interpretive Staff
10-11:30am, Sun, Mar 25 & Apr 29
Get your preschooler out and into nature! We’ll play games, explore the park, and do a craft related to the theme of the day. Parent/Caregiver participation required. 3-5 yrs. Mar 25: Mammalian Madness
Apr 29: Earth Day is Every Day

**FOR THE BAY – VOLUNTEER PROJECT**

Coyote Hills
Kristina Parkinson
9:30-11am, Sat, Mar 30
Support your community and environment simultaneously! By collecting trash before it makes its way to the bay, we protect the water and the animals who live there, while also having fun! 12+ yrs.

**OHOLNE VILLAGE SITE OPEN HOUSE**

Coyote Hills
Interpretive Staff
11am-2pm, Sun, Mar 24; Apr 28 (meet at the Tuibun Village Site)
Tour a reconstructed shadec structure, pit house, and sweat house, built on a more than 2,000 years old Oholne village site. Walk through at your own pace or meet up with staff to learn about Oholne cultures, past to present.

**FISH FEEDING TIME**

Cray Cove
Interpretive Staff
3:30-5:30pm, Every Sat & Sun, Mar-Apr
Meet our crabs, fish, and sharks while they eat! Learn how the Seafood Watch app helps their friends in the wild!

**KIDS STORYTIME & EXPLORATION**

Cray Cove
Michael Charnofsky, James Frank
10-11:30am, Sat, Mar 9, 30
Come for stories and songs at the Cove. Then explore with us looking for wildlife and washed up treasures before finishing with a nature craft.

**MINUS LOW TIDE WALK**

Cray Cove
Susan Ramos
3:30-5pm, Sun, Mar 3
Explore the mudflat and rocky shore of our special marine protected area! Search for clams, seaweed, crabs and more. Wear old shoes or rain boots- you will get dirty!

**TINY FISHING DERBY**

Cray Cove
James Frank
10-11:30am, Sat, Mar 23
Catch (and release) tiny fish to help us document them. All tiny fishing gear provided.

**“SPLASH INTO SPRING” & EGG SCRAMBLE**

Cray Cove
Interpretive Staff
10am-4pm, Sat, Apr 29
Celebrate spring! Enjoy all-day family activities including the annual egg hunt around the visitor center lawn.

**Egg Scramble**

11:30: Visit activity stations including crafts, games, the Bunny, and music.
11:30: Egg Scramble
1:30-2pm: “Dive” into the Bay in the Old

**FAMILY NATURE FUN HOUR**

Cray Cove
Interpretive Staff
2-3pm, Every Sat & Sun, Mar-Apr
Spend an afternoon at the Bay, make new discoveries, and enjoy a new activity each week with games, crafts, and special surprises.

**Mar 2 & 3: Low Tide Exploration – What is in the bay? Find out while the tide’s out. Mar 9 & 10: Fun with Food Chains - Everything eats! We’ll see how it is all connected! Mar 16 & 17: Going Green – Today is your lucky day! Mar 23 & 24: Duck, Duck, Goose! – Fun with feathered friends! Mar 30 & 31: Colors, Colors, Everywhere - Discover the colors of nature. Apr 6 & 7: Busy Buzzy Bees and other Pollinators! Apr 13 & 14: The Incredible Egg - Discover the animals that lay eggs. Apr 20 & 21: Art of Reuse – Make recycled creations for Earth Day. Apr 27 & 28: Stop and Smell the Flowers - Explore the blooms.

**SEA SQUIRTS**

Cray Cove
Interpretive Staff
10:30-11:45am, Tue, Mar 12, 26, Apr 9 & 23
Share a morning of shoreline fun with your child. 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.)

Mar 12: Roots, Stems, Leaves #24058
Mar 26: Colors, Colors, Everywhere #24059
Apr 9: Grossology: What’s Gross around Cray Cove! #24060
Apr 23: Low Tide Exploration #24061
Registration is required.

Wharf Classroom
2-3pm: Family Nature Fun: Incredible Eggs
3-3:30pm: Fish Feeding
Sponsored by EBRPD, Alameda Recreation & Parks, and Alameda Rotary Club. (Rain-out date: Apr 20)

**ALAMEDA EARTH DAY EVENT**

Crown Beach/Washington Park
Interpretive Staff
10am-3pm, Sat, Apr 20
Celebrate the Earth and its amazing natural habitats, including our beautiful Bay. Learn how to live more sustainably with fun activities and free giveaways at the City of Alameda’s Washington Park (next to Crown Beach); food/beverages available for purchase.

Come to Cray Cove before the main festival, from 8:30-10am to participate in a beach & pond cleanup. Advance registration is required: #24320. Students will earn community service hours. Sponsored by the City of Alameda & EBRPD.

**MID MORNING BIRD WALK**

Elise Roemer Bird Sanctuary, Crown Beach
Susan Ramos
10:30-noon, Sat Apr 27
Shorebirds are active depending on the tides! See them in their colorful spring plumage when they are easier to identify. Beginners welcomed and encouraged. Binoculars available for loan. Meet at the observation platform near the end of Broadway.

**DEl VALLE**

All programs meet outside the Del Valle Visitor Center unless otherwise noted. Info: (510) 544-3146 or dvis@ebparks.org.

**INCREdiBLE ediBLE INSECTS**

Del Valle
Constance Taylor
12-2pm, Sat, Mar 9 #24277
Packed with protein and found absolutely everywhere, insects feed the world!
Discover how other animals find and consume these delectable nuggets, then give it a try with some pre-made insect edibles. Registration is required.

**PARK ‘N PLAY**

Del Valle  
Ashley Grenier  
10am-12pm, Sun, Mar 17
Let’s play in the park! Bring your family and friends out for some fresh air, nature games, and wildlife exploration rain or shine.

**SPRINGTIME STARGAZING**

Del Valle  
Constance Taylor  
8:30-10pm, Sat, Apr 13
Arroyo Road staging area - Be dazzled by the constellations of the spring sky and see star clusters, nebulae, and planets! Tri-Valley Stargazers will be there with telescopes. Bring blankets, flashlights, and dress in layers.

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**SUNOL**

Unless otherwise noted, all programs meet at the Sunol Visitor Center, open weekends 10am-4pm. Info: (510) 544-3249 or svisi@ebparks.org.

**NATURE CRAFTS**

Interpretive Staff  
10am-12pm, every Sat and Sun, Mar 2 to Apr 26
Discover the natural world through your artistic side. We will explore the wild side of Sunol with a different craft each week.

**WILD WONDERS**

Interpretive Staff  
2-3pm, every Sat and Sun, Mar 2 to Apr 26
Wildness awaits! Discover the wonders of the wilderness through games, activities, and explorations. Great for families of all ages.

**ANIMAL FEEDING TIME**

Interpretive Staff  
10:30-11am, every Sun, Mar 3 to Apr 26
Step inside our visitor center and meet the resident animals. Find out what and how they eat as you watch us feed our not so furry friends!

**NATURE JOURNALING: STORIES OF THE INTRODUCED**

Interpretive Staff  
2-4pm, Sat, Mar 2
Camp Ohlone Road Trailhead - How do new plants and animals come into an environment, and what can we learn from them? We will consider what changes introduced species can bring to an area as we sketch, write, and discuss.

**WATERSHED WONDER**

Interpretive Staff  
10am-1pm, Sun, Mar 3
Wander through Sunol’s watershed as we discover the mighty Alameda Creek. Wind through the hills and follow the creek on this 3-mile, moderate adventure.

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**SPRING FORWARD FOR FROGS**

Sunol  
Ashley Grenier  
1-3pm, Sun, Mar 10
Jump into some fun, family-friendly frog activities and a hiking adventure to celebrate amazing amphibians!

**OUTDOOR DISCOVERIES!**

Sunol  
Ashley Adams  
10:30am-12pm, Mon, Mar 11, 25, Apr 8, 22
Explore the world around you in this hands-on preschool and home school nature series! Join us as we discover, adventure, and create in the outdoor classroom of Sunol. (4-8yrs) No fee. Registration is required.

**AMPHIBIAN RAMBLE**

Sunol  
Constance Taylor  
1-4pm, Sat, Mar 16
‘Tis the season for slimy critters! We’ll walk up to High Valley Pond to look for mating California newts, and learn about other amphibians who also live in the park. Best for 8+ yrs.

**LUCKY LEPRECHAUN TREASURE HUNT**

Sunol  
Ashley Adams  
1-4pm, Sun, Mar 17
Arrive anytime between 1 & 4, to see what magic we have in store! Along the trail you may find, what a little leprechaun has left behind.

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**WILDFLOWERS IN WILDERNESS**

Sunol  
Interpretive Staff  
9-11am, Sun, Mar 24, Apr 7, 28
Join us for a walk through the wild of Sunol as we discover the changing blooms of the season. The length and route will change based upon each week’s blooms.

**DANCING WITH THE TREES**

Sunol  
Ashley Adams  
2-3:30pm, Sun, Mar 31 #24341
Explore how nature influences the moves we make and get moving in this fun, beginner dance experience for all ages and abilities! Registration is required.

**NIGHT OUT AT SUNOL**

Sunol  
Constance Taylor  
7:30-9:30pm, Sat, Apr 6
Celebrate spring... in the dark! Go on a night hike, watch bats flying, and learn about who glows in the dark. Bring a flashlight and wear layers.

**EASTER AT SUNOL**

Sunol  
Ashley Adams  
11am-3pm, Sun, Apr 21
Celebrate Spring at Sunol! Hop on over to the park for a day of family fun! Visitor Center Open 10am-4pm  
Ongoing Nature Crafts 11am-3pm  
Lawn Games 11am-noon & 1-2pm  
Wildflower Stroll noon-1pm & 2-3pm

**FIBER DYING WITH PLANTS**

Sunol  
Constance Taylor  
11am-3pm, Sat, Apr 27 #24405
Dye fabric using plants from the area (and some from the grocery store)! We’ll take a walk to learn about botany and the dyeing process, and dye something to take home. Ages 8+yrs. Registration is required. Res $20 (non-res $23).

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**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 ttnarea@ebparks.org.

**CAMP OF THE WILD**

Tilden Nature Area  
“Trail” Gail Broesder & Anthony Fisher  
10am-4pm, Mon-Fri, Jul 8-12 #24283;  
Jul 15-19 #24284
Get in touch with your wild side! Practice and learn ancient and useful skills. We’ll build shelters, make cordage and containers, cook over an open fire, and discover edible and useful plants. Make things! Explore! Have fun! 9-12 yrs. Registration is required. Fee: $270 (non-res. $290).

**TILDEN LITTLE FARM CAMP**

Tilden Nature Area  
Jenna S. Collins & Trent Pearce  
10am-4pm, Mon-Fri, Aug 5-9 #24293;

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**AMPHIBIAN ROUNDUP**

Tilden Nature Area  
Trent Pearce  
10-11am, Sun Apr 7 & 14
Search for newts, frogs, and other small, slimy creatures that are fond of water.

**WATERSHED WEB**

Tilden Nature Area  
Bianna Contaxis-Tucker  
2-3pm, Sun, Apr 14
Rivers to Oceans to Sky it rises and falls. Down mountains, rooftops and streets it
feeds the forests and ponds. Find out where our resource of water cycles and sits.

THE EARTH IS OUR HOME ⊆
Tilden Nature Area  Brianna Contaxis-Tucker
2-3pm, Sun, Apr 21
Happy Earth Day! Make your own carbon footprint! Learn the history of heroes who helped the earth, and gain tips and tricks for saving water, resources, and energy.

OTHER PARKS

BIRD WALK ⊆ HPHP
Quarry Lakes  Kristina Parkison
8-10am, Sat, Mar 2
Isherwood Staging Area - The Bay Area bursts with bird life! New and experienced birders alike join us as we discover patterns of behavior, migration, and habitat. 8+yrs. Info: (510) 544-3220.

MONDAY BIRDING HPHP
Various Parks  Anthony Fisher
9am-noon, Mon, Mar 4, 11, 18, 25  
Apr 8 & 15

WEEKDAY BIRD WALK ⊆ HPHP
Various Parks  Interpretive Staff
7:30-9:30am, Tue, Mar 5 (Vargas Plateau Regional Park); Mar 12 Garin (Meet at Visitor Center); Apr 16 Quarry Lakes (Meet at Isherwood Staging Area); Apr 30 (Hayward Shoreline Interpretive Center)
Share your enthusiasm for bird life on a tranquil walk through various Bay Area parklands! All levels of birding experience welcome. Bring water, sunscreen, and binoculars or scopes. 12+yrs. Info: (510) 544-3220.

THE OVER-THE-HILLS GANG HPHP
Various Parks  Trail Gail
10am-12:30pm, Tue, Mar 5 & 19, Apr 2 & 16
Hikers 55 years and older interested in nature study, history, fitness, and fun are invited to join this series of monthly excursions exploring the Regional Parks. Mar 5: Sobrante Ridge, Coach Drive Entrance – We’ll look for blooming manzanitas. No facilities. Mar 19: Briones, Alhambra Creek staging area – Search for the water source. Apr 2: Kennedy Grove parking lot – Up and down the hills, hopefully with views.

HIKES FOR TYKES ⊆ HPHP
Various parks  Interpretive Staff
10:30-11:45am, Tue, Mar 5 & 19, Apr 2, 16, 30
Enjoy some nature before naptime with your young child! Join a naturalist as they take you over hill and dell to explore the Regional Parks. Tools for exploration will be provided. Hikes average about 1 mile. Bring a snack. Strollers are not recommended for most hikes. Mar 5: Lake Chabot (Marina) - Waddle, waddle, quack, quack – let’s explore lakeside life! Mar 19: Redwood Regional Park (Canyon Meadow Staging Area) - Celebrate the trees together! Apr 2: Roberts Regional Recreation Area (Main entrance) Explore the shady redwood forest and other beautiful areas. Apr 16: Crab Cove Visitor Center - It’s spring, and we’ll search for flowers, ducklings and other new life! Apr 30: Redwood Regional Park (Trudeau Center) - Wildflowers, hawks, bluebirds…what else will we see? Info: (510) 544-3223.

VASCO CAVES TOUR ⊆
Vasco Caves  Interpretive Staff
9am-2pm
Hike 2.5 miles through windswept land which is sacred to local California Indian communities and a refuge for golden egrets, fairy shrimp and tiger salamanders. The Preserve is only accessible through guided tours, which stage at: Round Valley (Mar 2 #24395, Mar 3 #24439, Mar 9 #24441, Mar 17 #24444, Mar 23 #24447, Mar 31 #24454 & Apr 7 #24460 Apr 13 #24461, Apr 20 #24463) 2+yrs. Info: (510) 544-2750. Brushy Peak (Mar 24 #24449 and Apr 14 #24462, Apr 28 #24466). 10+yrs. Info: (510) 544-2750. Fee: $35 ($40 non-res.) Registration is required.

SATURDAY & SUNDAY STROLLS ⊆ HPHP
Various Parks  Interpretive Staff
10am-noon.
Wake up and walk into nature. Each week we will explore a different park and the natural wonders within. Hikes range from two to five miles. Great for families. Dogs welcome on most hikes. Info: (510) 544-3187. Mar 10: Lake Chabot (Fairmont Ridge): A short but steep walk on the ridge above Lake Chabot promises amazing views and fascinating history. Mar 23: Leona Canyon (Canyon Oaks parking area): Walk moderately 4 miles up a stream-carved canyon, appreciate a 5-bridge view, and observe frogs at a vernal pool. Apr 21: Redwood Regional Park (Trudeau Center) Search for wildflowers from prairie to redwoods to hillside and back on this 3-mile loop.

SP = Parking fee may be charged  HPHP = Healthy Parks Healthy People program

= Register at www ebparksonline org  = ADA accessible program
THE BAY BREATHES
Radke Martinez  Kevin Dixon
9:10-3:00am, Sat, Mar 30
Packing lot off N. Court St. – Rivers rush down from High Sierra snows. Mighty tides roll in from the Pacific. Explore the marshy shores where great waters meet and mingle. Info: (510) 544-2750.

BIRDING BY EAR
Leona Canyon  Michael Charnofsky
9:30-11:30am, Sun, Mar 31
Canyon Oaks Dr. - Yes, it does count when you identify a bird by its song. Let’s practice in this beautiful, diverse canyon with many bird habitats. Constant rain cancels. 10+yrs. Info: (510) 544-3187.

HOW DOES OUR GARDEN GROW? Shadow Cliffs
10-11:30am, Tue, Apr 2 #24350
Explore the floral bounty of the East Bay on these 2+mi walks.

• April 7: Tilden Nature Area. Meet at Environmental Education Center.
• April 14: Briones, EBRPD Bear Creek Staging Area. Info: (510) 544-2233.

WHAT IS IT THAT WE ARE FACING?
Tilden Nature Area
9:30am-noon, Sat, Apr 20 #24478
Wear outdoor clothing (long pants), hiking boots, hat, and bring water and sunscreen.

POETRY IN THE PARK
Sibley  Morgan Guenther
10am-noon, Sat, Apr 14
Morning on the trail, National Poetry Month. Bring poems to share. Mary Oliver to Wendell Berry, the poems we read can vary. A 3-mi stroll, with words for the soul. Info: (510) 544-3187.

VOLUNTEER
FRENCH BROOM REMOVAL/RESTORATION PROJECT
Redwood  Staff
9am-1pm, 1st Sat of the month.
9:30am-1:30pm, 2nd Sun of the month.
Help remove invasive French Broom at various locations in the park. Tools, protective equipment and snacks will be provided. Call (510) 544-3127 or email redwood@ebparks.org to confirm meeting location as this can vary from month to month. Rain cancels.

INVASIVE SPECIES REMOVAL/HABITAT RESTORATION
Huckleberry, Sibley  Staff
9:30am - 3rd Sun of the month: Huckleberry

9am- 2nd Sat of the month: Sibley
Monthly weeding sessions to help protect native plants against invasive species displacement. Tools provided. Info: (510) 544-3112. sibley@ebparks.org.

WILDFLOWER WALKS
Various Parks  Trent Pearce
2-5pm, Sun, Apr 7 & 14
Explore the floral bounty of the East Bay on these 2+mi walks.

• April 7: Tilden Nature Area. Meet at Environmental Education Center.
• April 14: Briones, EBRPD Bear Creek Staging Area. Info: (510) 544-2233.

WILDLIFE VOLUNTEERS with “Doc Quack”
MEMBERSHIP MEETING
EBRPD Administrative Offices, Oakland
6:30-8pm, Thu, March 14 #24470
Have you ever wondered what it would be like to get nose-to-nose with wildlife? Well now is your chance to hear about our science based, hands-on wildlife management activities while having some fun and possibly joining our team! Physical labor is involved with many of our projects and parent participation is required. Deadline to sign-up is 3/8/19.

COLONY CARETAKERS
Hayward Shoreline
9:30am-noon, Sat, Mar 2 #24478
An exciting adventure over land and water to help create nesting habitat for the endangered California Least Tern and Western Snowy Plover awaits you. You will pull weeds, place nesting materials, install tern decoys, build a chick fence, and set-up the sound system in anticipation of another exciting tern and plover breeding season. By participating, you’ll earn your “Colonies Caretakers” patch. Deadline to sign-up is 2/22/19.

Meet at the Hayward Regional Shoreline service yard (3050 West Winton Ave.). Wear outdoor clothing (long pants), hiking boots (close-toed footwear), gloves, hat, and bring water and sunscreen.

RAIL RESCUE RANGERS
Elise Roemer Bird Sanctuary
1:30-4pm, Sat, Apr 20 #24510
Help create habitat for the federally and state endangered Ridgway’s Rail. Remove non-native plants, pick-up trash, and plant wildlife friendly vegetation which will restore the upland areas of the Roemer Bird Sanctuary for rails. By participating, you’ll earn your “Rail Rescue Ranger” patch. Deadline to sign-up is 4/12/19.

Meet at the Marsh Overlook. Bring outdoor clothing (long pants), hiking boots (close-toed footwear), gloves, hats, water, and sunscreen.

THIRD THURSDAYS AT GARDEN
Crown Beach  Interpretive Staff
10am-noon & 1-3pm, Thu Mar 21 & Apr 18
Help in the Demonstration Garden with maintenance - weeding, pruning, mulching, and other projects. Attend once or both days. Meet at the bathhouse by Otis entrance. Wear long pants, closed-toe shoes, hat, and bring a water bottle. An adult must accompany children under 12. Unaccompanied minors 12-17 yrs. must bring waiver form signed by an adult. For info and forms: (510) 544-3187.

BAYSIDE BEACH CLEANUP
Encinal Beach  Susan Ramos
10–11:30am, Sun, Mar 24
Spend the morning cleaning this special part of the beach during a spring low tide. Bring your own gloves and bucket or borrow ours. An adult must accompany children under 12. Unaccompanied minors 12-17 yrs. must bring waiver form signed by an adult. For info and forms: (510) 544-3187.

CITY NATURE CHALLENGE
BIOLIBITZ
Sun, Apr 28
Become a community scientist for the day! Explore various parks and document biodiversity. Register for the day, then come to either or both sessions. Camera or smartphone required.

Sobrante Ridge  Trent Pearce
10am-noon, #24823. Heavenly Ridge Staging Area.
Tilden Regional Park  Trent Pearce
1-3pm, #24824. Steam Train Overflow Parking Lot.
Crab Cove  Morgan Guenther
1-3pm, #24120
Document biodiversity at low tide using a seine net and exploring the rocky shore. Rain boots recommended.

Ages 18+. No fee. Registration is required.
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 for 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.

ONLINE registration is available if the program title displays this symbol: Go to www.ebparksonline.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 in Oakland, 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-4:00pm Mondays through 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 pre-printed 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.

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 info.

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.
Spring Wildflower Festival

Sunday, April 14
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: ebparks.org or
(510) 544-3249
Free admission. Parking is $5.

Sunol-Ohlone Regional Wilderness: 1895 Geary Road, Sunol

Explore the Regional Parks through field trips, art, swimming and outdoor play.

Park’n It Day Camp is a traditional summer day camp program that takes place Monday to Friday from 9 a.m. to 4 p.m. in various East Bay Regional Parks. Camps feature hands-on experience under the care of a highly-trained staff of recreation leaders, lifeguards, and naturalists.

Registration: Open to children 5 to 12.
Cost: $200/week. Financial Aid is available.
Register at ebparks.org/activities/daycamps