

# COYOTE HILLS NATURALIST PROGRAMS MARCH 2019

East Bay   
Regional Park District  
www.ebparks.org

All programs meet at this Visitor Center unless otherwise noted.

## DISCOVERY DAYS

10:30am-3:30pm, Every Saturday & Sunday

Enhance your park adventure with hands-on exploration or crafts the whole family will enjoy. Come at 11:00am for a presentation introducing the topic of the week, or participate at your own pace throughout the day.

## BIRD WALK

Quarry Lakes Regional Park

8-10am, Saturday, March 2

Kristina Parkison, Naturalist

The Bay Area bursts with bird life! New and experienced birders alike join us as we discover patterns of behavior, migration, and habitat. Meet at Isherwood Staging Area. 8+yrs.

## CART OF CURIOSITIES

1-3pm, Saturday, March 2

9-11am, Saturday, March 23

Kristina Parkison, Naturalist

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!

## SSNAKES, SSTORIES AND SSPIRALS

10-noon, Sunday, March 3

Dino Labiste, Naturalist

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

1:30-4pm, Sunday, March 3

Dino Labiste, Naturalist

Travel back in time and follow the progression of tool-making through the story of stone. How were stone tools made? Learn about the rock cycle, flintknapping, and grinding techniques to shape rocks. Examine prehistoric replicas.

## WEEKDAY BIRD WALK

Various Parks

7:30-9:30am, Tuesday, March 5 (Vargas Plateau Regional Park)

7:30-9:30am, Tuesday, March 12 (Garin, Meet at Visitor Center)

Interpretive Staff

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.

## Coyote Hills Visitor Center

Nestled between vibrant marshland and rolling bay shore grassland, the Visitor Center tells stories of interdependence between people and place.

**Open Wednesday-Sunday  
from 10am-4pm**

The Visitor Center is wheelchair accessible. Accommodations may be made for visitors upon request.




## Contact Us

8000 Patterson Ranch Road,  
Fremont, CA 94555

Phone: (510) 544-3220

E-mail: [chvisit@ebparks.org](mailto:chvisit@ebparks.org)

## Program Key

-  Parking fee may apply
-  Wheelchair accessible
-  Online registration  
[ebparksonline.com](http://ebparksonline.com)
- (non-res.) Residents outside Alameda & Contra Costa counties
- HHPH Healthy Parks Healthy People programs offer low impact exercise.

Healthy Parks   
Healthy People

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## **CANINE CAPERS WALK** ⓘ ⓘ

Garin Regional Park, Red Barn Visitor Center

9-11am, Saturday, March 9, Course #24267

Kristina Parkison, Naturalist

The restorative effect of spending time outdoors with a friend, furry or otherwise, is well-known! Join this monthly adventure to nurture our inner and outer-selves by exploring and learning about the natural world around us as we hike park trails. 8+yrs. Registration Required: 1-888-327-2757



## **OHLONE VILLAGE SITE TOUR** ⓘ ⓘ

1:30-3:30pm Saturday, March 9

Kristina Parkison, Naturalist

Walk one-half mile through vibrant marsh habitat to a more than 2,000-year-old Ohlone village site. Learn about Ohlone cultures, past to present. Tour a reconstructed shade structure, pit house and sweat house. Meet at the Visitor Center

## **SPRING WILLOW PRUNING & GATHERING** ⓘ

Quarry Lakes – Meet at Osprey Picnic Site

9:30-noon, Sunday, March 10

Dino Labiste, Naturalist

Learn Ohlone land management techniques, then apply those methods to increase the health, extent, and habitat potential of a lakeside willow patch. Help us prune and gather spring willow twigs for use in cultural programs at Coyote Hills Regional Park. 16+yrs.

## **STORIES OF THE PAST: BASKETRY** ⓘ ⓘ

2-4pm, Sunday, March 10

Dino Labiste, Naturalist

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** ⓘ

10-11:30am, Saturday, March 16

Kristina Parkison, Naturalist

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. Caregiver participation required

## **WONDERS OF WETLANDS** ⓘ ⓘ

1:30-3pm, Saturday, March 16

Kristina Parkison, Naturalist

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

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## WILD EDIBLES & PLANT USES

Garin/Dry Creek Pioneer Regional Park, Garin Barn Visitor Center  
9-1pm, Sunday, March 17, Course #24269

Dino Labiste, Naturalist

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 stinging nettle soup, and sample other savory wild foods. 18+yrs. Registration Required: 1-888-327-2757

## NATIVE KNOWLEDGE NATURE WALK

1:30-3pm, Saturday, March 23

Kristina Parkison, Naturalist

Ohlone 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 Ohlone people enjoy! 7+yrs. Caregiver Participation Required

## OHONE VILLAGE SITE OPEN HOUSE

11am-2pm, Sunday, March 24

Interpretive Staff

Tour a reconstructed shade structure, pit house, and sweat house, built on a more-than 2,000 years old Ohlone village site. Walk through at your own pace or meet up with staff to learn about Ohlone cultures, past to present. Meet at the Village Site.

## COYOTE CUBS: MAMMALIAN MADNESS

10:30-11:30am, Monday, March 25

Francis Mendoza & Interpretive Staff

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. Caregiver participation required. 3-5 years old. No Registration required.

## FOR THE BAY – VOLUNTEER PROJECT

9:30-11am, Saturday, March 30

Kristina Parkison, Naturalist

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. Caregiver Participation Required

## NECTAR GARDEN FUN DAY

Coyote Hills Nectar Garden

1-3pm, Saturday, March 30

Interpretive Staff

Come face-to-face with a caterpillar, chrysalis, or butterfly during this drop-in program. Make a butterfly-themed gift, and learn how to garden with plants that attract butterflies.



Celebrate your child's birthday at Coyote Hills! We offer two themes: **Butterflies & Garden Critters** or **Reptiles**.

Your themed party will include:

- ◆ Classroom Indoor Activity
- ◆ Nature Game and/or Guided Outdoor Exploration
- ◆ Craft to make and take home
- ◆ Party Favor Bags

For kids ages 3-12 years.

Fee: \$75 for up to 10 children, then \$5.00 per additional child up to 15 children maximum. Offered on selected weekends only.

For more info and reservations call (510) 544-3210

## PROGRAMS FOR SCHOOLS

For information on our school programs, please visit us online through [ebparks.org](http://ebparks.org), or e-mail us at

[chvisit@ebparks.org](mailto:chvisit@ebparks.org).

Healthy Parks   
Healthy People