Regional in Nature

Activity Guide

NOVEMBER – DECEMBER 2019

Expanding Access for Underserved Children and Families
See page 3.

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2019 has been a milestone year! The Park District turned 85, and the Foundation turned 50. We enjoyed celebrating with you at the special Concerts in the Parks series and on Free Park Fridays. We value your support as we adapt to changing needs such as wildfire protection, climate resiliency, green transportation, habitat restoration, and park safety, to name a few.

Some notable 2019 achievements include:

**Concord Naval Weapons Station Land Transfer**

After 20+ years of community advocacy, 2,216 acres of U.S. Navy property at the Concord Naval Weapons Station have been transferred to the Park District for a future Regional Park. The future park, along with a planned visitor center, will integrate the human and military history of the site with the natural history and recreational opportunities of the land.

**Bay Trail Extension**

The Park District will soon complete construction on a one-mile extension of the Bay Trail near Albany Beach – removing one of the largest gaps in the Bay Trail and creating 18 miles of continuous Bay Trail from Richmond to Oakland.

**Educational Coal Mining Exhibit**

The Park District is installing a new coal mine exhibit at Black Diamond Mines Regional Preserve that offers visitors an immersive educational experience complete with the sights and sounds of an 1870s era coal mine. (Grand Opening, Spring 2020)

**Bay Observation Pier**

A 600-foot long bay observation pier was recently completed in the Park District’s future Judge John Sutter Regional Shoreline park, located at the eastern touchdown of the Bay Bridge. The observation pier, built atop six pilings from the old Bay Bridge, will provide spectacular Bay views and connect visitors to the site’s transportation history. (Grand Opening, Spring 2020)

We wish you an enjoyable and safe holiday season. See you in the great outdoors.
Expanding Access for Underserved Children and Families

Regional Parks Foundation Connecting People with Nature

One of the key missions of the Regional Parks Foundation, which celebrated its 50th Anniversary this year, is to assist the East Bay Regional Park District with ensuring “access for all” so that everyone – regardless of ethnicity or financial means – can experience the physical and mental benefits of nature. Research shows that many children and families in underserved communities, as well as people with disabilities, do not utilize their Regional Parks as often as other members of the public.

One example is the Foundation’s flagship Campership program that offers a one-of-a-kind experience for underserved youth – many who would otherwise not be able to attend camps during the summer or benefit from outdoor environmental education during the school year.

In 2018, the Foundation’s Campership program provided nearly 10,000 underserved youth the opportunity to discover and connect with nature.

Other examples include Parks Express, which provides free transportation to Regional Parks for seniors and children in underserved communities, Fishing Derbies that allow children with special needs to experience fishing, and Multicultural Wellness Walks that bring residents from diverse backgrounds together to experience the health benefits of nature.

Visiting the Regional Parks Botanic Garden

Great, Even in the Winter

Even during the dreariest days of winter, plants are blooming in the Park District’s Botanic Garden at Tilden Regional Park. In fact, October-November in California’s Mediterranean-climate is the equivalent of February-March for much of the rest of the nation. Some California native plants start flowering near the first rainfall which coincides with the late fall/early winter migration of hummingbirds.

The first blooming flowers of the rainy season are typically chaparral currant (Ribes malvaceum) and Refugio manzanita (Arctostaphylos refugioensis, pictured right), with even more currants, gooseberries, and manzanitas blooming through the winter.

Though all the plants in the Botanic Garden are native to California, not all are equally at home in the Berkeley Hills location. When you visit the garden during the cold and wet winter months, you may see several small, odd structures with white coverings over the plants. These structures are protecting the plants at risk from cold weather damage or that need dry, well-drained conditions, as they may rot with too much winter water. Most of the plants that fit into these two categories are found in the Southern California or Channel Islands sections of the garden.

Enjoy the winter season and take a leisurely walk in the Park District’s beautiful Botanic Garden!

Free Park Days

Your East Bay Regional Parks have been a little busier on Fridays this year thanks to Free Park Fridays. Since April, most Park District fees have been waived each Friday in celebration of the Park District’s 85th Anniversary.

On Friday, November 29, Free Park Fridays also coincide with the Park District’s annual Green Friday where Regional Parks are free the day after Thanksgiving to encourage residents to connect with nature rather than go shopping.

The Regional Parks will also be free for active and retired military members on Veterans Day – Monday, November 11.

Health Matters

Kaiser Permanente and East Bay Regional Park District are proud partners with the mutual goal of promoting health and fitness.

Mind-Body Wellness

1. Get Outdoors – Spending time in nature is shown to decrease stress levels and benefit physical and mental health.
2. Sleep Well – Sleep can affect the way you feel mentally and physically.
3. Connect Face-to-Face (especially during the holidays) – Quality time with family and friends can do wonders for the mind, body, and spirit.
RECREATION

ARCHERY - INTRODUCTION

Roberts  Redwood Bowmen
1:30-3:30pm, Sat, Nov 2 #27035
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. 8-13yrs. (adult supervi-
sion required for children ages 6-13yrs).
Registration is required.
Fee: $50 (non-res. $56)

FIRST AID FOR DOGS

Big Break  Peter Pay
9am-1pm, Sat, Nov 16 #27010
Learn how to save a pet’s life during an
emergency, minimize a pet’s trauma after
injury and safely transport an injured pet
to the veterinary clinic. This program
focuses on basic first aid, including wounds,
fractures, choking, cardiac emergency and
snake bites. Additional $5 fee for book
“First Aid for Dogs,” required at time of
class. 12+yrs.
Registration is required. Fee: $50 (non-res.
$56) plus $5 materials fee.

KAYAKING / BOATING

KAYAKING FOR FOLKS 50+

Big Break  Recreation Staff
11am-3pm, Thu, Nov 14 #26950
Learn kayaking skills with your peers at
pace that is right for you. Learn paddling
techniques, equipment selection, and
safety guidelines for paddling, then practice
what you have learned touring Big Break by kayak.
Registration is required.
Fee: $52 (non-res. $58)

SUNKEN SHIPS & FLOWERPOTS PADDLE

Big Break  Recreation Staff
9-11:30am, Sun, Nov 3 #27250, 1pm-
3:30pm, Sun, Nov 3 #27251
Explore shipwrecks from yesteryear as
we discover how nature has put them
to good use! After dry land instruction,
we will wend our way in our steady and
stable tandem kayaks. Adult participa-
tion required for ages 10-16yrs. (adult
registrants). 10+yrs.
Registration is required.
Fee: $30 (non-res. $34)

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 tech-
niques 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. See next session for mobility class.
Registration is required.

Uphill: Improve power, endurance, and spine function. Downhill: Develop skills for a
safer experience and to preserve your joints. Save your knees!

HIKING POLES: MORNING SKILLS & TECHNIQUES

Kennedy Grove  Jayah Faye Paley
9am-1:30pm, Sat, Nov 16 #27005
Morning session helps hikers learn
poles, trail and body skills. Beginner to
experienced hikers learn techniques
without the additional challenge of the
practice hike in the afternoon.
Registration is required.
Fee: $55 (non-res. $61)

HIKING POLES: SKILLS & TECHNIQUES PLUS HIKE

Tilden  Jayah Faye Paley
9am-3pm, Sat, Dec 14 #27002
Comprehensive training helps hikers
improve performance and confidence
on the trail. “Test drive” quality pole models on a
beautiful scenic hike. Learn which poles
fits you best.
Registration is required.
Fee: $75 (non-res. $83)

ARDENWOOD

Ardenwood is open Tue-Sun, from 9am-4pm. Admission fees apply. Info: (510)
544-2797, avvisit@ebparks.org or www.
ebparks.org.

ANIMAL FEEDING

Ardenwood  Interpretive Staff
3pm, Thu-Sun in Nov & Dec (except
Nov 28)
Check for eggs and bring hay to the live-
stock. Learn all the animals’ favorite foods
as we help tuck them in for the evening.
Meet at the Chicken Coop.

RIDE THE RAILS - TRAIN RIDES

Ardenwood  The Railroad Museum
10:15am-2:30pm, Thu, Fri, Sun through
Nov 24
Railroads once connected many of the
farms with towns in the East Bay. Today
they still run around the farm. Journey
past rows of crops and through eucalyptus
groves as you travel back in time. Check
the daily schedule and meet the train at
Ardenwood Station or Deer Park.

PATTERSON HOUSE TOURS

Ardenwood  Patterson House Docents
Various times, every Thu-Sun thru Nov 10
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 and operated as a museum
of local history and Victorian life. Tours
are led by docents, dressed in 19th century
clothing, and take about 45 minutes. Check
for tickets at the Train Station upon your
arrival. Additional fee on non-event Satur-
days. Special 15-minute tours for children
6 and under offered Thursday and Friday
at 2:30pm, Saturday and Sunday at 11:30am.

WAKE UP THE FARM

Ardenwood  Interpretive Staff
10:30-11am, Sat, Nov 2, 16
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.

PUMPKIN PALOOZA

Ardenwood  Pia Loft
Noon-1pm, Sat, Nov 2, 23
Celebrate the great, big world of pumpkins
as we get ready for the holidays. We will
explore how these gourds have become fall
staples while we make decorations for our
Thanksgiving table.

CORN MOSAICS

Ardenwood  Interpretive Staff
1:30-2:30pm, Sat, Nov 2, 16
Learn how to turn our autumn-harvested
Indian corn into a fun craft for the whole
family! Use the rainbow of colored kernels
to make your own mosaic.

FIXIN’ FEED

Ardenwood  Interpretive Staff
10:30-11am, Sun, Nov 3, 24
Expend some elbow grease shelling and
grinding a tasty treat for the sheep, goats
and chickens using our antique equipment.
Make a new friend when you feed them by
hand.

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improve performance and confidence
on the trail. “Test drive” quality pole models on a
beautiful scenic hike. Learn which poles
fit you best.
Registration is required.
Fee: $75 (non-res. $83)
October 31, 2019

Ardenwood

We all are superstars.

Did you know that turkeys can fly up to 55 mph? Or that you can tell their gender by looking at the shape of their poop? Come explore all things turkey while we make turkey-themed activities and treats.

Employing some seeds. Discover the secrets of heirloom vegetables as we get our hands dirty.

A fun way to spend your afternoon!

November 23

Noon-1pm, Sat, Nov 9; 1:30-2:30pm, Sat, Nov 10

The Little Red Hen, the Three Billy Goats Gruff and other farm friends are waiting to meet you! Join the story circle for some old-fashioned pastimes and meet some farm friends. Little ones will enjoy a variety of activities at their own pace. We’ll meet rain or shine! After a break, we’ll be back again in 2020. (1-4 yrs.)

Ardenwood

OLD-FASHIONED FUN

1-2pm, Sun, Nov 3

Old-fashioned pastimes once included stilt walking, running with tubers (potato-spoon race), testing your strength (tug-o-war) and hopping like a bunny (sack races). Join the fun and test your skill!

November 24

11am-noon, Sun, Nov 10, 24

Young children will enjoy an interactive program all about monarch eggs, caterpillars, chrysalides and butterflies. Meet at the Granary. (3-6 yrs.)

Ardenwood

MONARCH SPOTTING HPHP

December 8, 15, 22, 29

With brilliant orange-and-black wings, monarchs are some of the most easily recognizable butterflies, but that does not mean their clusters are easy to find! Join our staff as we search for our winter visitors and use a spotting scope to take a closer peek. Meet at the Greenhouse.

December 5, 6, 12, 13, 19 & 20

We will be back again in 2020. (1-4 yrs.)

Ardenwood

MONARCHS FOR KIDS

December 1, 15

Come visit our worms at the farm, learn how they are an important part of growing your garden, and find out how to make your own worm bin at home.

Ardenwood

WIGGLING WORM BINS

December 8

12:30-1:30pm, Sat, Dec 7, 21

Yarn has been used for centuries to make decorations as well as clothing. Watch how fleece becomes yarn on our spinning wheel, try out a drop spindle, and weave your own colorful ornament to hang for the holidays.

Ardenwood

MONARCHS: POLLINATOR ROYALTY

December 8

10:30-11:30am, Sun, Dec 14, 28

Bee's are a buzz but did you know that butterflies are pollinators, too? Discover how these fluttery creatures affect our surroundings and learn how to protect them. Meet at the Greenhouse.

December 10

11am-1pm, Sun, Nov 10, 24

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.

Ardenwood

COOKING IN COUNTRY KITCHEN

November 9

10:30-11:30am, Sun, Nov 10

The Red Hen, the Three 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.

Ardenwood

FARMYARD STORY TIME

November 10

10:30-11:30am, Sun, Nov 17

Come meet the farm rabbits. Learn why they have big ears, what's their favorite food and how they communicate. See if you can find the softest part of a bunny.

Ardenwood

MEET THE BUNNIES

November 17

11am-noon, Sun, Nov 17

Young children will enjoy transforming white wool into a palette of autumn’s colors and how you can do it at home.

Ardenwood

WOOL THAT’S TO DYE FOR!

November 24

11am-1pm, Sun, Nov 24

Today we’ll learn how we can transform their fleece into yarn. Discover nature’s secrets for how wool becomes yarn on our spinning wheel, try out a drop spindle, and weave your own colorful ornament to hang for the holidays.

Ardenwood

BEGINNING EMBROIDERY

November 9

10:30-11:30am, Sun, Nov 9; 1:30-2:30pm, Sun, Nov 24

Begin your holiday season by seeing the historic Patterson House dressed up for the holidays. Enjoy a docent led Christmas tour highlighting Victorian inspired decorations and holiday traditions from the late 1800s. House Tours are $2-$3 (plus winter rate park admission fee at Arden Station park entrance) and tickets are available at the house. Special shortened tour for children 6 and under offered at 11:30am.

Ardenwood

DAY-TIME CHRISTMAS TOURS AT THE PATTERSON HOUSE

November 10

10:30-11:30am, Sat, Nov 9, 23

Our garden has been growing this spring. Lend a hand weeding, watering and maybe planting some seeds. Discover the secrets of heirloom vegetables as we get our hands dirty.

Ardenwood

GARDEN CHORES FOR KIDS

November 10

10:30-11:30am, Sun, Nov 10, 24

Young children will enjoy a variety of activities at their own pace. We’ll meet rain or shine! After a break, we’ll be back again in 2020. (1-4 yrs.)

Ardenwood

TODDLER TIME

November 10

10:30-11:30am, Sun, Nov 10

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Ardenwood

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November 10

10:30-11:30am, Sun, Nov 10, 24

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Ardenwood

TODDLER TIME
MARVELOUS MONARCHS
Ardenwood  Mindy Castle & Pia Loft
10:30-11:30am, Sun, Dec 15; 12:30-1:30pm, Sat, Dec 28; Sun, Dec 29
Explore the amazing phenomena of migrating monarch butterflies through a slide presentation and find out how you can participate in monarch conservation! Meet at the Granary.

BIG BREAK
Big Break Visitor Center at the Delta is open Wed-Sun, 10am to 4pm. Info: (510) 544-3050, or BigBreakVisit@ebparks.org. Kids exploring nature. Park Naturalists conduct programs on a variety of subjects including Delta history, birding, wetland ecology, and general nature exploration.

TRAILS CHALLENGE
Take the Trails Challenge and join thousands of hikers and bikers. Complete at least 5 of the 15 trails featured in the guidebook by December 1! The trails are for all fitness levels. Free printed guidebooks and T-shirts are available at participating Visitor Centers (while supplies last).
Go “green” by downloading the guidebook at www.ebparks.org/TC. The trails are also available on the AllTrails app. A commemorative pin will be sent (while supplies last) once you complete the Challenge and submit your Trail Log.
Kaiser Permanente is a major sponsor of this program.

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.

DUNES RESTORATION DAY!
Big Break  Interpretive Staff
9-11am Sat, Nov 2, Dec 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-toe shoes, dress for weather and prepare for general grubbing. Must be in good physical condition for pulling vegetation.

BATS EAT BUGS
Big Break  Interpretive Staff
2-3pm, Sun, Nov 3
Discover how our only flying mammals find, catch and gobble their prey.

BIG BREAK LITTLES
Big Break  Interpretive Staff
10-11am, Mon, Nov 4, Dec 9
Bring the little ones out to the park to explore nature. Same program both days per month. Come to one or the other! Dress to get dirty!

COFFEE TALK & DELTA NEWS
Big Break  Interpretive Staff
8:30-9am, Wed, Nov 6, Dec 4
From tunnels to research projects, farming to fish stock, the Delta is always in the news. Stop by the Visitor Center on the first Wednesday of each month for coffee and discussion on the science and events shaping the region.

A FUSION OF PAINTING & BIRDING
Big Break  Interpretive Staff
10:30-11:30am, Sat, Nov 9
Create your own watercolor bird journal! We will begin with birding at the observation pier, then paint a picture of a bird. Painting supplies provided. Bring your binoculars. Loaners available.

HALFWAY THROUGH THE PACIFIC FLYWAY
Big Break  Interpretive Staff
2-3pm, Sat, Nov 9
Join us to learn about the birds migrating along the Pacific Flyway and why Big Break is a great halfway point to recharge.

BACKYARD HABITAT
Big Break  Interpretive Staff
2-3pm, Sun, Nov 17
Want to create a piece of California habitat? Come on by and learn how to start a native plant garden!

OUTSTANDING OTTERS
Big Break  Interpretive Staff
2-3pm, Sat, Nov 23
Discover how river otters differ from their ocean cousins, then help us find river otter clues in our park.

NATURE SCAVENGER HUNT
Big Break  Interpretive Staff
10am-1pm, Tues, Nov 26
Get ready for self-guided adventure! You’ll be following clues and searching high and low for objects hidden in our great outdoors. Drop in anytime between 10am and 1pm.

POST TURKEY DAY CREEK WALK
Creekside Park, Oakley  Interpretive Staff
9-11:30am, Sat, Nov 30
Shake off those tryptophan doldrums while exploring flora and fauna of Marsh Creek Regional Trail. Enjoy a moderate 4.5 miles walk on paved trail along the second largest creek in the county! Strollers welcome. Meet at Creekside Park in Oakley.

LET THE LEAVES FALL
Big Break  Interpretive Staff
2-3pm, Sat, Nov 30
Why do leaves fall in fall? Come enjoy the colors of the season while we stroll along and discover why this phenomenon occurs.

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. Meet at the Botanic Garden Visitor Center unless otherwise stated.

DOCENT-LED GARDEN TOURS
2pm, Sat; 11am & 2pm, Sun
Rain cancels!

2019-2020 WAYNE RODERICK LECTURE SERIES
Saturday mornings in Nov and Dec
All lectures start at 10:30am and run for a minimum of one hour.
Free. Regional Parks Botanic Garden Auditorium. Seating is limited! For a full listing of speakers and topics, please visit our Friends website: www.nativeplants.org

CLASSES THROUGH FRIENDS OF REGIONAL PARKS BOTANIC GARDEN
10am-1pm, Sun, Nov 10
Structural Pruning of Native Plants
10am-2pm, Sun, Nov 17
Creek Macrococious Field Trip

Regional Parks Botanic Garden Foundation
Supporting East Bay Regional Parks

= Register at www ebparksonline.org
= ADA accessible program
= Parking fee
= Healthy Parks Healthy People program
MARSH CREEK SALMON
STROLL • HPHP
Homecoming Park, Brentwood
Interpretive Staff
10-11:30am, Sat, Dec 7
For eons, chinook salmon have traveled through the Delta and up freshwater streams to complete their life cycle. Follow the path of salmon to a spawning area along Marsh Creek.

WATER, VAPOR AND ICE •
Big Break
Interpretive Staff
2-3pm, Sat, Dec 7
Water transforms into all its forms while traveling through California’s Great Watershed. Let’s discover the water cycle in a new way with hands-on exploration.

MACRO MAYHEM •
Big Break
Interpretive Staff
2-3pm, Sun, Dec 22
Explore the incredible world of water bugs! Let’s collect and identify some plankton and macroinvertebrates to discover their important role in the wetland ecosystem.

OUR WONDERFUL WATERSHED •
Big Break
Interpretive Staff
2-3pm, Sat, Dec 28
Why is the Delta Watershed important? From fish to fowl, plants to people, discover some of the profound impacts our Delta has on all of us!

BLACK DIAMOND
Sidney Flat Visitor Center is currently open 10am to 4:30pm on weekends. Info: (510) 544-2750 or bdvisit@ebparks.org. Programs meet in park lot at south end of Somersville Road, unless otherwise noted. Parking fee: $5

MAPS AND METAPHOR •
Black Diamond
Jake Wright
8:30-10:30am, Sat, Nov 2
Many maps have been made of this place. Whether physical or mental, maps help us plot our course. On this morning hike, let’s ponder together how we organize our understanding. 8+ yrs.

MEET A SNAKE •
Black Diamond
Interpretive Staff
1:30-2pm, Sat Nov 2, 9, 16, 23, 30; Dec 7, 14, 21, 28
Sidney Flat Visitor Center - Gopher snake, kingsnake, rattlesnake, oh my! Let us introduce you to our not so furry friends and learn how snakes support our communities.

HISTORIC SOMERSVILLE •
Black Diamond
Interpretive Staff
1-2pm, every Sun in Nov & Dec
Find local history in these hills, get to know miners’ tools, or go on a short walk to learn about life in a 19th-century mining town. Topics change weekly.

NATURE DISCOVERIES •
Black Diamond
Interpretive Staff
10-11am, every Sat in Nov & Dec
Learn what’s flying, crawling, or blooming in the park this season as we examine a different nature subject each week.

POWERING PROGRESS •
Black Diamond
Jake Wright
8:30-10:30am, Sat, Nov 16
Fact: Energy fuels our lives. Looking back toward these historic coalfields, forward to... wind? On this meandering hike, we’ll consider the past, the future, and the myth of progress. 8+ yrs.

MOUNTAINS AND MEMORIAL •
Black Diamond
Jake Wright
9-11am, Sat, Nov 23
What can the park’s past reveal about our own lives? Can we walk into our best thoughts? Connect body and brain on this vigorous hike into the nuances of memory.

GIVE THANKS IN NATURE •
Black Diamond
Jake Wright
10am-noon, Fri, Nov 29
With full hearts and full bellies, say thank you to the air, trees, soil, and water.

These are a few of the things we could not live without.

INVASIVES? TREES, OTHER SPECIES •
Black Diamond
Jake Wright
11am-12:30pm, Sat, Nov 30
Who brought what, when? Can invasive species be beautiful? Let’s take another look at these recent arrivals and discuss their impact on the land.

SEASONAL SCAVENGER HUNT •
Black Diamond Virginia Delgado-Martinez
Noon-1:30pm, Sat, Dec 28
School’s out and the park is open! Bring the family, stretch your legs, and enjoy the outdoors. Look for berries, fungi, wildlife, and other natural wonders that the season brings. 5+yrs.

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

VIEWING ARTEFACTS AT BLACK DIAMOND MINES.

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School’s out and the park is open! Bring the family, stretch your legs, and enjoy the outdoors. Look for berries, fungi, wildlife, and other natural wonders that the season brings. 5+yrs.

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

LOOKING FOR ARTIFACTS AT BLACK DIAMOND MINE.

DUMBARTON QUARRY BAYSIDE CAMPGROUND HIKE •
Coyote Hills
Francis Mendoza
1-4pm, Sun, Nov 3
Meet at Quarry Lot. The Dumbarton Quarry Bayside Campground is scheduled to open in 2020. Learn the history of the quarry site and campground on this easy 3-mile out and back hike. Wear sturdy shoes. Heavy rain cancels. 12+yrs.

STORIES UNDER AN OAK •
Coyote Hills
Interpretive Staff
11am-3:30pm, Sat, Nov 30, and Dec 7
Settle in for story time under the canopy of a majestic oak.

CART OF CURIOSITIES •
Coyote Hills
Kristina Parkison
1:30-3pm, Sun, Nov 17 & Dec 15
Learn about Ohlone people and their intimate relationship with nature, family, and ancestors. We’ll discuss the important values of generosity, balance, and resilience that continue to resonate with Ohlone people today. 8+yrs.

WEEKDAY BIRD WALK •
Coyote Hills
Kristina Parkison
7:30-9:30am, Tue, Nov 19
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.

JUST DUCKY •
Coyote Hills
Kristina Parkison
9-10:30am, Sat, Nov 23
Winter ducks are arriving! Welcome them back by reveling in their glorious colors and interesting behaviors. Bring binoculars, or borrow a pair of ours. 12+yrs.

OHZONE VILLAGE SITE TOUR •
Coyote Hills
Interpretive Staff
10-noon, Sun, Nov 17, Dec 29
10-noon & 1:30-3:30pm, Sun, Dec 1, Sat, Dec 21
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.

Healthy Parks Healthy People: Bay Area
Monthly walks that provide safe, low-impact physical activity and improve health and well-being of all participants, through regular use and enjoyment of the Regional Parks. Look for HPHP.
Regional in Nature Activity Calendar

November 2019

1 2 3 4 5 6 7 8 9
10 11 12 13 14 15 16
17 18 19 20 21 22 23
24 25 26 27 28 29 30

8 Ardenwood: Patterson House Tours, Animal Feeding, Train Rides

9 Anthony Chabot: Saturday Stroll
Ardenwood: Corn Husk Dolls, Patterson House Tours, Animal Feeding, Garden Chores For Kids, Turkey Talk
Big Break: Delta Discoveries, A Fusion of Painting and Birding, Halfway Through the Pacific Flyway, Testing The Water
Black Diamond: Meet a Snake, Nature Discoveries
Coyote Hills: Cart of Curiosities, Discovery Days
Crown Beach: Family Nature Fun, Fish Feeding Time, Nature Party

15 Ardenwood: Animal Feeding, Train Rides

16 Ardenwood: Corn Mosaics, Felted Pumpkins, Animal Feeding, Wake Up The Farm
Big Break: Delta Discoveries, Testing The Water, First Aid for Dogs
Black Diamond: Meet a Snake, Powering Progress, Nature Discoveries
Coyote Hills: Cart of Curiosities, Discovery Days
Crown Beach: Family Nature Fun, Fish Feeding Time, Nature Party, Songs and Stories by the Shore
Garin: Canine Capers Walk
Kennedy Grove: Hiking with Poles: Morning Skills & Techniques

17 Ardenwood: Felted Pumpkins, Animal Feeding, Meet The Bunnies, Train Rides, Wool That’s To Dye For!
Big Break: Delta Discoveries, Backyard Habitat, Testing The Water
Black Diamond: Historic Somersville Carquinez Strait: Scenic Carquinez
Coyote Hills: Ohlone People & Culture, Ohlone Village Site Tour, Discovery Days
Crown Beach: Family Nature Fun, Fish Feeding Time, Storytime And Nature Fun
Del Valle: Park ‘n Play
Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
Tilden Nature Area: The Gobblet Bauble, Pumpkin Pie Ice Cream!, Fireside Stories

25 Coyote Hills: Coyote Cubs -Turkey Vultures Are Gross...ly Entertaining!
Miller/Knox: Monday Birding
Sunol: Outdoor Discoveries: Turkey Trot

26 Big Break: Nature Scavenger Hunt
Crown Beach: Sea Squirts: Land Mammals

27 Redwood: Wednesday Walks
Sunol: Songs and Stories

29 Ardenwood: Animal Feeding, Monarch Butterfly Search
Black Diamond: Give Thanks in Nature
Coyote Hills: “Green Friday” Family Fun, Puppet Show: We’re Thankful
Crown Beach: Post Thanksgiving Holiday Fun

Redwood: Going On A Critter Hunt

Redwood: Going On A Critter Hunt

Redwood: Going On A Critter Hunt

Visualizations:

Pleasanton Ridge: Pleasanton History Hike
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles, Nature Ramble

Ardenwood: Cooking In The Country Kitchen, Patterson House Tours, Victorian Table Top Games, Animal Feeding, Farmyard Story Time, Meet The Bunnies, Train Rides
Big Break: Delta Discoveries, Testing The Water
Black Diamond: Historic Somersville Brushy Peak: Vasco Caves Preserve Tour
Coyote Hills: Discovery Days
Crown Beach: Family Nature Fun, Fish Feeding Time, Storytime And Nature Fun, Beautify the Beach Clean-up
Morgan Territory: Full Fall Hike
Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
Tilden Nature Area: Hot Apple Cider, Fireside Stories, The Itsy Bitsy Spider...

Crown Beach: Veteran’s Day Open House
Sunol: Outdoor Discoveries: Colors of Fall
Crown Beach: Sea Squirts: Terrific Trees
Crown Beach: Animal Feeding, Train Rides

Big Break: Kayaking for Folks 50+

Ardenwood: Patterson House Tours, Animal Feeding, Train Rides

Ardenwood: Corn Mosaics, Patterson House Tours, Animal Feeding, Wake Up The Farm, Pumpkin Palooza
Big Break: Delta Discoveries, Testing The Water, Dunes Restoration Day!
Black Diamond: Meet a Snake, Maps and Metaphor, Nature Discoveries
Coyote Hills: Ohlone Village Site Tour, Discovery Days, Bird Walk
Crown Beach: Family Nature Fun, Fish Feeding Time, Songs & Stories by the Shore
Roberts: Archery Introduction
San Leandro Public Library: Monarch Butterfly Monitoring Training
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles, Nature Ramble

Ardenwood: We All Scream For Ice Cream!, Old-Fashioned Fun, Patterson House Tours, Animal Feeding, Fixin’ Feed, Wonderful Wool, Train Rides
Big Break: Delta Discoveries, Bats Eat Bugs!, Testing The Water, Sunken Ships & Flowerpots Kayak
Black Diamond: Historic Somersville Brushy Peak: Vasco Caves Preserve Tour Coyote Hills: Native California Plant Uses, Dumbarton Quarry Bayside Campground Hike, Discovery Days
Crown Beach: Family Nature Fun, Fish Feeding Time, Storytime And Nature Fun, Mudflat Birding Bonanza
Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
Tilden Nature Area: Woolly Pumpkins, Old Fashioned Popcorn, Fireside Stories

Big Break: Big Break Littles
Tilden Nature Area: Monday Birding

Alameda: Hikes for Tykes: Encinal Beach Big Break: Big Break Littles

Ardenwood: Toddler Time
Big Break: Coffee Talk & Delta News

Ardenwood: Patterson House Tours, Animal Feeding, Train Rides

Redwood: Going On A Critter Hunt

Redwood: Going On A Critter Hunt

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Redwood: Going On A Critter Hunt
1 Alameda: Butterflies and Seals
2 Ardenwood: Animal Feeding, Wiggling Worm Bins, Monarch Spotting, Monarchs For Kids
3 Big Break: Delta Discoveries, Testing Water
4 Black Diamond: Historic Somersville
5 Coyote Hills: Ohlone Village Site Tour, Discovery Days
6 Crown Beach: Family Nature Fun, Fish Feeding Time, Storytime And Nature Fun
7 Round Valley: Vasco Caves Preserve Tour
8 Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
9 Tilden Nature Area: Fireside Stories
10 Alameda Creek Trail: Weekday Bird Walk
11 Big Break: Big Break Littles
12 Crown Beach: Sea Squirts
13 Ardenwood: Animal Feeding
14 Ardenwood: Animal Feeding, Day Time Christmas Tours at Patterson House, Victorian Winter Holiday Decorations, Monarch Spotting, Monarchs: Pollinatory Royalty
15 Black Diamond: Meet a Snake, Nature Discoveries
16 Coyote Hills: Tule Boats of the Bay Area, Discovery Days
18 Radke Martinez: Morning at Shoreline
19 Redwood: “Ladybug, Ladybug Where Do You Go?”
20 Sunol: Nature Crafts, Wild Wonders, Tracks on the Trail
22 Ardenwood: Animal Feeding, Wiggling Worm Bins, Day Time Christmas Tours at The Patterson House, Marvelous Monarchs, Monarch Spotting
23 Big Break: Delta Discoveries, Testing The Water, Birding by Kayak
24 Black Diamond: Winter Birds in Contra Costa, Historic Somersville
25 Coyote Hills: Ohlone People & Culture, Discovery Days
26 Crown Beach: Crafts For Adults And Teens, Family Nature Fun, Fish Feeding Time, Storytime And Nature Fun
27 Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
28 Tilden Nature Area: Salamander Surveys, Fireside Stories, Ranger Coffee
29 Point Pinole: Monday Birthing
30 Sunol: Outdoor Discoveries: Hibernation!
31 Ardenwood: Animal Feeding, Marvelous Monarchs, Monarch Spotting, Monarchs: Pollinatory Royalty
32 Big Break: Delta Discoveries, Our Wonderful Watershed, Testing The Water
33 Black Diamond: Meet a Snake, Nature Discoveries, Seasonal Scavenger Hunt
34 Coyote Hills: Discovery Days, “Snakas, Stories and Spiralas”
35 Crown Beach: Family Nature Fun- New Year’s Beach Clean-Up, Fish Feeding Time, Almost New Years Resolution: Weed Warriors Unite!
36 Sunol: Nature Crafts, Wild Wonders
37 Tilden Nature Area: Farm Chores For Littles, “Newts, Salamanders, and Frogs Oh My!”, Why is South Park Dr Closed?
38 Ardenwood: Animal Feeding, Marvelous Monarchs, Monarch Spotting, Monarchs For Kids
39 Big Break: Delta Discoveries, Testing Water
40 Black Diamond: Historic Somersville
41 Coyote Hills: Ohlone Village Site Tour, Discovery Days
42 Crown Beach: Family Nature Fun- New Year’s Beach Clean-Up, Fish Feeding Time, Storytime And Nature Fun
43 Radke Martinez: Winter Birds in Contra Costa
44 Redwood: Lovely Ladybugs
45 Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
46 Tilden Nature Area: Fireside Stories, Winter Walk in the Park, Nocturnal Newt Hike
47 Coyote Hills: Coyote Cubs - Birds of a Feather
48 Radke Martinez: Monday Birthing
49 Don Castro: Weekday Bird Walk
50 Leona Canyon: Hikes for Tykes


**NATIVE KNOWLEDGE NATURE WALK**
Coyote Hills, Kristina Parkison
1-2:30pm, Sat, Nov 23

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 games Ohlone people enjoy! 7+ yrs.

**WATER IS LIFE HIKE**
Coyote Hills, Francis Mendoza
9am-noon, Sun, Nov 24

Hike a relatively flat 3 miles around the marsh as we discuss the importance of water in the park and in our lives. Bring sturdy shoes, water, and a snack. Heavy rain cancels. 15+ yrs.

**“GREEN FRIDAY” FAMILY FUN**
Coyote Hills, Interpretive Staff
10:30am-3:30pm, Fri, Nov 29; Sat, Nov 30, & Sun, Dec 1

Avoid the mall crowds and walk off your feast this “Green Friday!” Help us create a special “Tree of Thanks” exhibit, and enjoy! 7+yrs.

**TULE BOATS OF THE BAY AREA**
Coyote Hills, Dino Labiste
10am-12:30pm & 1:30-4pm, Sat, Dec 14

Water everywhere! How did pre-colonial peoples travel through the bay and marshes? Bundles of tule create boats. Learn the many cultural uses of this versatile sedge plant, see an actual full-sized tule boat, and make your own mini tule boat.

**ALAMEDA CREEK WALK & TALK**
Coyote Hills, Francis Mendoza
1-4pm, Sun, Dec 22

Celebrate the first day of the winter solstice with a jaunt around the hills. We’ll look for signs of life in this moderate 3-mile hike. Wear layers and bring water. Heavy rain cancels. 15+ yrs.

**CRAB COVE**
Crab Cove Visitor Center is open Wed-Sun, 10am-4pm, and offers aquariums and exhibits about San Francisco Bay. For information about naturalist programs or other activities, call (510) 544-3187, or crcove@ebparks.org. Open Veteran’s Day Monday for special Open House event, closed Thu, Nov 28 for Thanksgiving Holiday.

**STORYTIME AND NATURE FUN**
Crab Cove, Interpretive Staff
11:30am-noon, every Sun, in Nov & Dec

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.

**SEA SQUIRTS**
Crab Cove, Interpretive Staff
10:30-11:45am, Tuesdays
Nov 12: Terrific Trees # 27069; Nov 26: Land Mammals # 27072; Dec 10: Fur, Feathers and Scales # 27074

Share a morning of shoreline fun with your preschooler. We’ll play games, explore nature, share stories, and do a craft related to the theme of the day! Please no older or younger siblings (exception: infants). 3-5 yrs. Fee: $5 ($7 non-res.)

**VETERAN’S DAY OPEN HOUSE**
Crab Cove, Interpretive Staff
10am-4pm, Mon, Nov 11

Did you know Crab Cove was once a military facility? Drop in and find out more about this important period in our national and local history. 10am-noon: Movies in the Old Wharf Classroom; Noon-4pm: Discover how to fold a flag, learn how to tie knots, make red, white and blue crafts, and make a flower for our memorial wreath to honor Veterans; 2:30-3:30pm: Low tide walk.

**FAMILY NATURE FUN HOUR**
Crab Cove, Interpretive Staff
3-3:30pm, every Sat & Sun in Nov & Dec

Meet our crabs, fish, and sharks while they eat! Learn how the Seafood Watch app helps their friends in the wild!

**SONGS AND STORIES BY THE SHORE**
Crab Cove, Zach Pine & Michael Charnofsky
10am-noon, Sun, Nov 24

Use driftwood, shells, seaweed, beach sand, and more to make artful creations. Join environmental artist Zach Pine and discover fun ways to engage with nature, learning new skills to take home.

**PLAYFUL NATURE SCULPTING**
Crab Cove, Z. Pine & M. Charnofsky
10am-noon, Sun, Nov 24

Enjoy an interactive hour of nature fun for the whole family.

**POST-THANKSGIVING FUN**
Crab Cove, Interpretive Staff
10am-4pm, Fri, Nov 29

Spend the day by the Bay with us! Watch live fish and crabs up close, make a nature craft, meet (and touch) our turtle or snake. 10:30am-noon: Learn about water and ocean creatures on our “big screen,” popcorn and cider served; 1-2pm: Meet a reptile!; 2-3pm: Family Fun Nature Hour: Turkey Time – gobble gobble!; 3-3:30pm: It’s fish feeding time in our Bay aquariums!
M. Garcia of San Jose caught this 7.5 pound striped bass at Del Valle while he was fishing with anchovies.
this festive feast and make a delicious ice cream using a gourd! Meet at the visitor center.

THE Gobble Bauble ©
Tilden Nature Area  Jenna S. Collins
3-4pm, Sun, Nov 24
Who says “gobble” and what is a bauble?
Join us as we show you how to make a fun and festive turkey ring. The perfect adornment for any Thanksgiving feast.

WOOLY SOAP SCRUBBER
Tilden Nature Area  Trail Gail
10-11:30am, Sat, Dec 7
Make a unique gift and gentle exfoliate, with a built-in washcloth, using undyed wool. 8+yrs Please note: You will need the entire time to finish your creation.

ACORN ORNAMENTS
Tilden Nature Area  Trail Gail
1-3pm, Sat, Dec 7
Learn to felt while making this easy acorn. But don’t forget to thank the sheep. They gave us their coat for this wet and wooly craft. 8+yrs.

SALAMANDER SURVEYS
Tilden Nature Area  Trent Pearce
4-5:30pm, Sun, Dec 15 & 22
Amphibians are afoot! We’ll explore the Nature Area in search of migrating newts and other interesting herpetofauna. Rain or shine, meet at the Environmental Education Center.

NATURE RAMBLE
Tilden Nature Area  Trail Gail
10-11am, Sat, Dec 14
Come explore the Nature Area with a Naturalist. We’ll take a walk down to the lake and around looking for signs of the season.

JOLLY HOLLY CRAFT TIME
Tilden Nature Area  Trail Gail
1-3pm, Sat, Dec 14
The trails are decked with different types of holly – fa la la, la la la, la, la. Let’s take a quick walk, and then work on a craft to deck your own halls.

RANGER COFFEE
Tilden Nature Area  Trent Pearce
10-11am, Sun, Dec 15 & 22
Come by and enjoy a fireside cup of coffee or hot cocoa while getting the latest information on wildlife sightings, native plants, and trail conditions. Bring your own mug.

MEET THE SOLSTICE SUN - HIKE HPHP
Tilden Nature Area  Trail Gail
8-10:15am, Sat, Dec 21
Rise with the sun, on this early morning hike. We meet at the Nature Center and hike to the peak in hopes of greeting the solstice sun. BYOC – Bring your own Coffee!

FUN WITH FELT
Tilden Nature Area  Trail Gail
1-2pm, Sat, Dec 21
Stop by the farm and make a felted creation. We’ll use wool, soap and our own energy to make a unique piece. Come get your hands wet while learning about wool.

NEWTS, SALAMANDERS, & FROGS
Tilden Nature Area  Trail Gail
1-2pm, Sat, Dec 28
We’ll search our ponds, for the wet wildlife of the Nature Area. Come dressed for outdoors.

WINTER WALK IN THE PARK HPHP
Tilden Nature Area  Trent Pearce
2-3pm, Sun Dec 29
The Winter Solstice has passed. Come on a gentle sojourn at the Nature Area and see what has changed.

OTHER PARKS

MUDFLAT BIRDING BONANZA
Elsie Roemer Bird Sanctuary, Crown Beach  Michael Charnofsky
9-10:30am, Sun Nov 3
We’ll feast our eyes upon birds “fueling up” on a rich mudflat, marsh, and nearby park areas. All levels welcome. Binoculars provided, steady rain cancels. 10+ years.

Meet at the observation deck at Broadway and Shoreline.

VASCO CAVES REGIONAL PRESERVE TOUR ©
Vasco Caves  Interpretive Staff
9am-2pm,
Sun, Nov 3 #27095; Nov 10 #27116; Nov 24 #27142; Dec 1 #27145; Dec 8 #27146; Sat, Nov 16 #27125; & Nov 23 #27138
Hike 2-3 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 accessible only through guided tours staging at Round Valley (Nov 16, 23, 24 & Dec 1) or Brushy Peak (Nov 3, 10 & Dec 8). 8+yrs. Info: (510) 544-2750. Registration is required. Fee: $35 (non-res $40).

MONDAY BIRDING
Various Parks  Anthony Fisher
9am-Noon, Mon, Nov 4, 18 & 25, Dec 9, 16, 23 & 30
It’s time to search for Fall and Winter birds because they are beautiful and interesting.

NOV 18: Briones, Bear creek staging area. Hills.
NOV 25: Miller Knox, Richmond. First entrance after the tunnel. Flat.
Dec 16: Point Pinole, Dotson Family Marsh. Flat.
Dec 23: Point Pinole, Atlas Road Staging Area. Flat.
Dec 30: Radke Martinez Shoreline, end of N Court St. Flat.
Info: (510) 544-2233.

WINTER BIRDS IN CONTRA COSTA ©
Various Parks  Kevin Dixon
9-11:30am
Sun, Dec 8: Contra Loma; Dec 15: Black Diamond; Dec 22: Round Valley; Dec 29: Martinez Shoreline
Once a week on December Sundays, we will explore locations in central and eastern Contra Costa County to get in touch with the local feathered residents and passers-through. Moderate Distances. May include steep terrain and/or mud. 8+yrs. Info: (510) 544-2750.
December 8, Contra Loma Main Lot; December 15, Black Diamond, end of Somersville Rd.; December 22, Round Valley Staging Area; December 29; Martinez Shoreline, Parking lot off N. Court St.

THE OVER-THE-HILLS GANG HPHP
Various Parks  Trail Gail
10am-12:30pm, Tue, Nov 5 & 19, Dec 17
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.

NOV 5: Sibley Volcanic Regional Preserve, Main entrance. What secrets will this volcanic wonder share?
NOV 19: Marina Bay Park, Regatta Blvd & Marina Bay Pkway, Richmond. Local history. Flat. No facilities at start.
DEC 17: Tilden Nature Area. We’ll explore the Park, then celebrate the end of the year with a potluck lunch. Bring something to share.
Info (510) 544-2233.

WEEKDAY BIRD WALK ©
Various Parks  Kristina Parkison
7:30-9:30am, Tuesday

PLEASANTON HISTORY HIKE ©
Pleasanton Ridge  Ashley Adams
9am-12:30pm, Sat, Nov 9 #26931
Ascend through time on this moderate 4-mile adventure in Tri-Valley history. Discover who has called Pleasanton home and find out how they’ve shaped the community we love. Registration is required. Info: (510) 544-3249.

Tilden Farm features a variety of farm animals including cows, sheep, goats, rabbits, chickens and pigs.
FULL FALL HIKE  
Morgan Territory  
9am-1:30pm, Sun, Nov 10 #2714A
As fall unfolds to full fairness, let’s explore a land of oaks, grasses and stone together as we contemplate the signs of the season on a steep and beautiful hike. 10+yrs. Info: (510) 544-2750. Registration is required.

CANINE CAPERS WALK  
Garin/Dry Creek  
9-11am, Sat, Nov 26 #2714A
Join us for an easy rolling out and back paved walk on one of the most accessible but least-known scenic trails in the whole Park District. Stunning views! Info: (510) 544-3187. Dogs welcome on most hikes.

SCENIC CARQUINEZ 
Carquinez Shoreline  
9:30am-noon, Sun, Nov 17
Join us for an easy rolling out and back paved walk on one of the most accessible but least-known scenic trails in the whole Park District. Stunning views! Info: (510) 544-2750.

WEDNESDAY WALKS  
Various Parks  
Interpretive Staff
Explore new trails, make new friends and learn about your parks on a naturalist-led hike. 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. Hikes begin at 9:30am.


Dec 18: Quarry Lakes – Circle around former gravel pits now filled with water and abundant plant and bird life. Mostly flat, 4-mile walk on gravelled trails. Bring your binoculars to enjoy the waterfowl. Meet at the restrooms near the Ensenada picnic area. Info: (510) 544-3282.

Nov 27: Redwood – Pinehurst: Hike about 5.5 miles along a little used section of the East Ridge Trail to Canyon Meadow, along the Stream Trail, then up Prince Trail back to East Ridge. Burn off calories before Turkey Day tomorrow! Note: May be muddy. Some parts moderate to strenuous. No restroom until we reach Canyon Meadow. Info: (510) 544-3187. Led by Susan Ramos.

HIKES FOR TYKES  
Various Parks  
Interpretive Staff
10:30-11:45am, Tuesdays
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. See wwwebparks.org/parks for maps and directions. Parking fees apply. Rain cancels. Info: (510) 544-3187.

Nov 5: Encinal Beach – Search for birds, butterflies and bay “blimps” (harbor seals)!

Nov 19: Cull Canyon – Fall is in the air and all around!

Dec 3: M L King, Jr. Shoreline (Swan Way Park Entrance) – Explore and search for birds overhead and along the shore.

Dec 17: Oyster Bay (Neptune Dr. Entrance) – Discover how trash has turned into treasure!

Dec 31: Leona Canyon (Canyon Oaks parking area) – Explore the canyon and listen to the stream that nourishes the beautiful forest.

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Various Parks  
Interpretive Staff
10:30-11:45am, Tuesdays
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. See wwwebparks.org/parks for maps and directions. Parking fees apply. Rain cancels. Info: (510) 544-3187.

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Dec 31: Leona Canyon (Canyon Oaks parking area) – Explore the canyon and listen to the stream that nourishes the beautiful forest.

SUNDAY & SATURDAY STROLLS  
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. See www.ebparks.org/parks for maps and directions.

Nov 9: Anthony Chabot (Clyde Woolridge Staging Area) – Discover a 2-mile loop with rolling hills and a view of the bay. Dogs welcome on this walk.

Nov 17: Redwood (Canyon Meadow Staging Area) – Walk three gentle miles through beautiful forest with a reward of finding hibernating ladybugs by the thousands. Dogs on leash welcome on this walk.

Dec 8: M L King Jr Shoreline (Swan Way Park Entrance) – Take a winter walk along 2 miles of flat trail including a stop to look for shorebirds, ducks and the elusive endangered Ridgway’s Rail, found only in the San Francisco Bay. Sorry, no dogs on boardwalk.

Dec 21: Silsley (Sibley Staging Area) – Hike 3.25 moderate miles through streamside forest and open grassland, and past rocky volcanic cliffs. Dogs welcome on this walk.

FALLING FOR FALL NATURE WALK  
Contra Loma  
9:30am-noon, Sat, Nov 30
Join us for an easy rolling out and back paved walk along the beautiful Stream Trail where we will hopefully find them by the thousands! Info: (510) 544-3187.
MINERS OLD-TIME CELEBRATIONS
Antioch Community Center  Virginia Delgado-Martinez
1-3pm, Sat, Dec 21
West Island Room - Experience holiday traditions from the homelands of miners who migrated to this area in the mid-1800s. Make crafts, solve riddles, and hear stories - celebrate the season with family and friends. 3+yrs.
Info: (510) 544-2750.

WHY IS SOUTH PARK DRIVE CLOSED?
Tilden Botanic Garden  Trail Gail
9-10:30am, Sat, Dec 28
We'll walk up the road, hopefully meet some California Newts, and learn the story of the area.
Info: (510) 544-2233.

LOVELY LADYBUGS
Redwood  Susan Ramos
1-3pm, Sun, Dec 29
Canyon Meadow Staging Area: Take a walk in the redwoods to a very special ladybug overwintering hot spot! Also keep an eye out for slimy slugs and slippery amphibians on this 3 mile trek. Rain or shine.
Info: (510) 544-3187.

NOCTURNAL NEWT HIKE HPHP
Tilden Botanic Garden  Trent Pearce
5-7pm, Sun, Dec 29
Winter rains awaken salamanders from their slumber. We'll take an easy walk and search for newts and other herpetofauna by flashlight. Bring a flashlight and layered clothing. Rain or shine.
Info: (510) 544-2233.

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
9:30am - 2nd Sat of the month:
Sibley
Monthly weeding sessions to help protect native plants against invasive species displacement. Tools provided. Water and snacks are provided but please bring your reusable water bottle. 16+yrs for Huckleberry. For groups of three or more, please contact Park staff at least three weeks in advance.
Info: (510) 544-3112. sibley@ebparks.org.

THIRD THURSDAYS IN THE GARDEN
Crab Cove  Staff
10am-noon & 1-3pm, Thu Nov 21, Dec 19
Otis Drive Park Entrance - Volunteers are needed in our Demonstration Garden to help with maintenance - weeding, pruning, mulching, and other projects. One-time or on-going help welcome. Attend one or both sessions. Meet at the bathhouse by Otis entrance. Wear long pants, closed-toe shoes, hat, and bring a water bottle. Children 12 and under must be accompanied by an adult.
Info: (510) 544-3187.

BEAUTIFY THE BEACH CLEAN-UP
Crab Cove  Michael Charnofsky
10–11:30am, Sun, Nov 10
Let’s clean the beach of trash that washes up, making it more beautiful for people and safer for wild animals. Bring your own gloves and bucket or borrow ours.
Info: (510) 544-3187.

WEED WARRIORS UNITE!
Crab Cove  Michael Charnofsky
10:30am-12:30pm, Sat, Dec 28
Resolve to help Crab Cove’s native plant and butterfly gardens by pulling out noxious weeds and beautifying the landscape!

MONARCH BUTTERFLY MONITORING TRAINING
San Leandro Public Library  Mia Monroe
9am-12:30pm, Sat, Nov 2
# 27455 Mulford-Marina Branch: Add to the Monarch Butterfly Population Database by monitoring and counting each butterfly returning this fall at sites around the SF Bay Area. Several ways to participate. In field commitment, Nov-Jan. Training provided.
Registration is required.
Info: (510) 544-3182.

WILDLIFE VOLUNTEERS with Dave “Doc Quack” Rien sche, Wildlife Biologist
SHOREBIRD SANCTUARY
MLKing Jr. Shoreline, Oakland
12:30-3:30pm, Sat, Oct 26 #27458. Sign up by Oct 18.
10:30am-1pm, Sat, Nov 23 #27461. Sign up by Nov 15.
2-4:30pm, Sat, Dec 14 #27462. Sign up by Dec 6.
An exciting adventure over land and water to create nesting habitat for the threatened Western Snowy Plover awaits you. We’ll move bulk sand and shells, pull weeds, and help craft ideal/idyllic courtship conditions for breeding plovers, avocets and stilts. By participating, you’ll earn your “Shorebird Sanctuary” patch.
What to Bring: Outdoor clothing (long pants), hiking boots or waterproof boots-knee high (close-toed, waterproof footwear), gloves, hats, water, and sunscreen.
Physical labor is involved. Parent participation is required. 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-4pm (closed weekends and holidays). Call 1-888-EBPARKS (327-2757) and select option 2. TRS Relay for the Hearing Impaired: 7-1-1.

**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.
With national funding for parks being reduced, the Regional Parks Foundation is stepping in to support East Bay Regional Parks!

We invite you to join the cause by giving $21/month or $250/year in support of your local Regional Parks! Each year the One-in-a-Million community of 4,000 donors raises over $1 million locally to...

- Preserve open space
- Restore wetlands
- Expand trail networks for green transportation
- Increase environmental education and much more...

Join today. Visit us online at: RegionalParksFoundation.org/M1L or call 510-544-2202

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**Christmas at the Patterson House**

Celebrate a Victorian-style Christmas at a beautifully restored Queen Anne mansion

14 Decorated Rooms, Costumed Docents
Victorian-Style Holiday Ornaments

Tours: times vary
Thu.-Sun., Dec. 5-8, 12-15, and 19-22
$3 Adults/Seniors, $2 Children 6 yrs. & older
(fee separate from Ardenwood Farm entrance)

Holiday Open House: live music and refreshments
Fri., Dec. 6, 5:30-8:30 p.m.
$7/advance, $8/at the door, 12 yrs & under FREE.

**ARDENWOOD HISTORIC FARM**
Info: 510-791-4196 or rkiehn@fremont.gov
34600 Ardenwood Blvd., Fremont (Off Hwy 84, east of the Dumbarton Bridge)

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**Christmas at the Carousel**

A BELOVED EAST BAY FAMILY TRADITION AT THE HISTORIC 1911 CAROUSEL

Santa and his Elves! • Unique Ornaments • Bread Cookies
Hot Chocolate and Gingerbread • Christmas Trees

November 18 to December 23
Mon.-Fri.: Nov. 18-22, 4-8:30 p.m.; Nov. 25-29, Noon-8:30 p.m. (Closed Thanksgiving); Dec. 2-23, 4-8:30 p.m.
Weekends: Noon-8:30 p.m.
Closed Christmas Eve and Christmas Day

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**SHARE YOUR LOVE FOR REGIONAL PARKS**

Give friends and family the gift of membership to Regional Parks this holiday season.

We will send a **Gift of Membership package** to you or directly to the recipient.

Please call 510-544-2220 or email Membership@ebparks.org by December 6 to ensure timely delivery for the holidays.