Redwood Regional Park renamed for first female Park District Board Member Dr. Aurelia Henry Reinhardt, page 3.

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Above: Regional Trails like the Iron Horse Regional Trail (above) help connect children to school and employees to work centers and transit hubs, page 2
Thank You for Your Feedback!

As we move into an exciting new decade, I'd like to thank you for your support and participation in helping us make the East Bay Regional Park District a truly valuable addition to your quality of life. Your comments, concerns, appreciation, or critiques make our organization better and allow our staff to stay focused on high standards of service, and ways to continuously improve.

Last summer, the Park District used a community survey to ask the public about their interests in services and priorities. We solicited input online through our website and in person at several parks and events. Over 8,000 people responded to the community survey offered in English, Spanish, Korean and Chinese! What we heard is that our communities LOVE our parks and their contribution to quality of life. More than half of respondents said they use our trails for walking or hiking. Our theme of Healthy Parks Healthy People is resonating as physical health, managing stress, and spending time with family and friends, ranked as the primary reasons people visited their regional parks!

The survey results also identified wildfire, drought, and impacts of climate change as significant concerns within our communities. Rest assured that the Park District will continue its work in climate adaptation within our parks and along shorelines to help buffer our communities from wildfire and flooding. Our year-round, on-the-ground work includes forest thinning, vegetation management and shoreline enhancement to ensure our parks are helpful fuel breaks and sea level buffers in our region.

We will continue to work on three areas of interest identified by survey responses: installation of water bottle filling stations, more recycling/compost containers in parks or along trails, and additional nature programming for adults.

We appreciate the comments and ideas you've shared to improve your park experience. The full report on survey results will be available in early 2020.

We look forward to continuing the conversation and doing our part to meet our communities' needs.

Have a great year!

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Regional Trails: One Solution to Getting People Out of Cars

Over the past decade, the Park District’s regional trails have shown measurable value beyond basic recreational interests to become active transportation corridors that connect children to schools and employees to work centers and other transit hubs. Over $10 million in federal transportation dollars has been invested in the Park District’s signature regional trails to close gaps, improve trail conditions and acquire easements to extend trails to new destinations and inter-modal transit hubs such as BART.

In a March 2020 ballot measure expenditure plan approved by the Contra Costa County Transportation Authority earlier this year, over $38 million would be directed to the Park District to further benefit trail corridors used for active transportation. Signature investment projects currently in the Park District’s master planning stages are:

- Iron Horse Trail – Concord to Benicia Bridge
- Iron Horse Trail – Adjacent Bike-Only Trail
- Iron Horse Trail – Overcrossings (Bollinger Canyon Rd., Crow Canyon Rd., Sycamore Valley Rd., Monument Blvd.)
- Wildcat Creek Trail – Richmond Parkway Overcrossing
- Marsh Creek Trail – Concord Ave. to Marsh Creek Rd.
- San Francisco Bay Trail – Gaps between Richmond and Martinez

Learn more at ccta.net/theplan.
On the 30th anniversary year of the passage of the Americans with Disabilities Act (ADA), the East Bay Regional Park District celebrates this important milestone that was enacted nationally in 1990 to prohibit discrimination against individuals with disabilities.

Over the past 13 years, the Park District has contributed $4.4 million towards ADA compliance to enhance pathways, fishing piers, picnic sites, and restrooms to better assist individuals with mobility challenges. Over 1,700 ADA enhancements to improve public accessibility have been completed, including upgraded signage, website, and exhibits for the sight impaired.

While not all natural open spaces within our regional parklands can be fully accessible to individuals with limited mobility due to terrain, the Park District has taken seriously the ADA law and identified where reasonable accessibility could be improved and accommodation barriers removed.

Learn more at ebparks.org/parks/accessibility.

Taking on the Largest Creek Restoration in EBRPD History

**Alder Creek in Sibley** Volcanic Regional Preserve, located in the hills above Canyon/Moraga, will soon be restored thanks to a $4 million allocation in the 2019 State budget advocated for by Assemblymember Rebecca Bauer-Kahan (D-Danville). Additional funding is being provided by the Park District’s voter-approved Measure WW and other state/federal grants.

“The project, known as the McCosker Creek Restoration and Public Access Project, represents the largest creek restoration in the Park District’s 85-year history,” said Robert Doyle, General Manager of the East Bay Regional Park District.

The project will restore over 3,000 linear feet of the natural creek habitat, including daylighting 2,900 feet that

**Continued on page 4.**

Redwood Regional Park Renamed After Oakland Leader and First Female EBRPD Director

C**oinciding with the 100th anniversary of the 19th Amendment,** which granted women the right to vote, the East Bay Regional Park District is honoring one of its earliest champions of parks and open space by renaming Redwood Regional Park after Dr. Aurelia Henry Reinhardt. Official action to rename the park to **Dr. Aurelia Reinhardt Redwood Regional Park** was approved on October 15, 2019, by the Park District’s Board of Directors.

Dr. Aurelia Reinhardt was an important and remarkable woman from the Bay Area, born in San Francisco, and residing in Oakland with her family. Her significant contributions played a substantial role in the formation of the East Bay Regional Park District in 1934. She was one of five original board members – and the only female – elected to represent the newly-founded Park District on its first Board of Directors. During her tenure, the Park District

**Continued on page 4.**
e-Bikes Making it Easier to Enjoy the Outdoors

Over the last few years, electric bikes (e-bikes) have gained momentum and have increased access to the outdoors for exercise and recreation.

The rise of e-bikes has brought other benefits as well, including increased livability and greener transportation. Today, e-bikes are also seen as a major green transportation solution that helps take cars off the road and reduce greenhouse gas emissions.

In 2019, the Park District Board of Directors, after a pilot program showed e-bikes were a compatible use, amended the District’s rules and regulations to allow Class 1 and 2 e-bikes on select paved regional trails. The Park District emphasizes, however, that e-bikes must abide by existing biking rules, including following the 15 miles per hour speed limit and calling out or ringing a bell when passing other trail users. For more info visit, www.ebparks.org/activities/biking.

Regional Trails that Allow eBikes
Alameda Creek Trail (paved only), Big Break Trail, Contra Costa Canal Trail, Delta De Anza Trail, George Miller Trail, Iron Horse Trail, Lafayette Moraga Trail, and Marsh Creek Trail.

Park Renamed
Continued from page 3.

negotiated its first land purchase which created the first three parks: Tilden, Temescal, and Sibley parks. She later worked to acquire property that would become Redwood Regional Park. A lover of redwood trees, the Redwood Park master plan map designated its redwood grove as the Aurelia Reinhardt Redwoods.

“Dr. Reinhardt had a long history of public service and advocacy for human and environmental rights,” said Park District Director Dee Rosario, who initiated the renaming.

Dr. Reinhardt graduated from University of California, Berkeley in 1898. She went on to earn her Ph.D. from Yale in 1905, a remarkable feat for women at the time. Dr. Reinhardt was a tireless community leader and supporter of parks not only in the East Bay but also nationally. She was elected president of Mills College in Oakland, the only women’s college on the west coast, building opportunities for women and lifting the school’s reputation through two World Wars and the Great Depression.

A public recognition celebration to rename Redwood in honor of Dr. Aurelia Reinhardt will be held at a later date.

Creek Restoration
Continued from page 3.

was culverted underground for the past 60 years by former property owners.

“One of the goals of this restoration is to re-establish habitat for 10 special-status species that should be thriving in this area but can’t currently,” said Matt Graul, Chief of Stewardship and project lead. These species include California red-legged frog, California foothill yellow-legged frog, Alameda striped racer, Alameda whipsnake, San Francisco dusky-footed wood rat, golden eagles, Cooper’s hawks, loggerhead shrike, northern harrier and white-tailed kite. Water quality and streamflow are expected to be improved, providing new habitat for rainbow trout as well.

Public access improvements to this area will include parking, restrooms, water fountains, additional trails, a group campsite and interpretive information about the region’s habitat and special species. The project is anticipated to be completed within two years.
INTRODUCTION TO FRESHWATER FISHING
Lake Chabot
Parking fee
 Interested in learning one of America’s favorite pastimes? This class is perfect for getting started with the sport of fishing. Learn the basics including casting, knot tying, gear, and bait selection. All gear provided. 8-15yrs. Adult participation required. Ages 16+yrs require a valid California fishing license. Fee: Adult: $19 (non-res. $21); Child: $15 (non-res. $17)

ARDENWOOD

POLE WALKING & POLE HIKING
Learning how to use poles enhances your enjoyment of the outdoors, and improves endurance, balance, spine function, and confidence. Select the class that best suits your physical ability. Beautiful hiking locations are based on season/weather. Mobility class locations offer indoor training and easy pole walks for practice. Pole Walking for Balance & Mobility: see March April sessions. A variety of top-quality poles are provided. Registration is required.

FITNESS FOR THE TRAIL AND FOR LIFE!
Temescal
Jayah Faye Paley
9am-2:30pm, Thu, Jan 30 #27500
Fitness training session designed to enhance your ability to maintain physical health, quality of life, and experience outdoor adventures. Individualized movements and programming address your issues and focus on improving structure, joint health, spine function, balance, posture, endurance, strength, and flexibility. All levels welcome! Fee: $75 (non-res. $83)

HIKING POLES: SKILLS & TECHNIQUES + PRACTICE HIKE
Black Diamond
Jayah Faye Paley
9am-3pm, Sat, Feb 1 #27535
Power with Poles! Expert training helps hikers learn poles, trail, and body skills. "Test Drive" different poles. Beginner to experienced hikers - all levels welcome! Fee: $65 (non-res. $73)

LEAP DAY HIKING POLES CLASS
Black Diamond
Jayah Faye Paley
9am-3pm, Sat, Feb 29 #27577
Weather determines outdoor activities. Celebrate Leap Day learning skills at Black Diamond Mines - the jewel in the EBRPD system in February and a fantastic location for a poles class. You can opt for expert poles training. Quality poles provided. Fee: $65 (non-res. $73)

MONARCHS FOR KIDS
Ardenwood
Pia Loft
10:30-11:30am, Sat, Jan 4, 11, 18, 25
Young children will enjoy an interactive program all about monarch eggs, caterpillars, chrysalides and butterflies. Meet at the Granary. (3-6 yrs.)

MONARCH SPOTTING
Ardenwood
Interpretive Staff
2-2:30pm, every Sat & Sun in Jan; 11-11:30am, Sun, Jan 12, 19
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 us as we search for our winter visitors and use a spotting scope to take a closer peek. Meet at the Greenhouse.

MARVELOUS MONARCHS
Ardenwood
Mindy Castle
10:30-11:30am, Sun, Jan 5, 26
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.

TODDLER TIME
Ardenwood
Interpretive Staff
10:30-11:45am, Wed, Feb 5, 19, 26
Bring the tots out for an exciting morning at the farm. Hear a story, do some chores, and meet some farm friends. Little ones will enjoy a variety of activities at their own pace. We'll meet rain or shine!

NEW YEAR'S DAY FARM WALK
Ardenwood
Interpretive Staff
11:30am & 1:30pm, Wed, Jan 1
Start the year off right with a saunter around the farm. Enjoy the winter weather, visit the animals, and perhaps discover a monarch or two.

PUPPET SHOW
Ardenwood
Interpretive Staff
10:30-11am, Sun, Jan 12, 19
Come see the story of The Very Hungry Caterpillar performed by our farmyard puppets. Two shows will be given.

FARMYARD STORY TIME
Ardenwood
Interpretive Staff
10:30-11am, Sat, Feb 1, 29, Sun, Feb 16
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.

FUN WITH FELTING
Ardenwood
Interpretive Staff
11:30am-12:30pm, Sat, Feb 1, 29, Sun, Feb 16
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.

OLD FASHIONED BUTTER MAKIN’
Ardenwood
Interpretive Staff
10:30-2:30pm, Sat, Feb 1, Sun, Feb 16
Discover an easy way to make butter from cream, then sample your tasty concoction on crackers!

RABBIT RENDEZVOUS
Ardenwood
Interpretive Staff
10:30-11am, Sun, Feb 2, Sat, Feb 22
Hop on over for a warm welcome from some of the farm’s funniest residents. Learn why rabbits are great hoppers and how they use their long ears to sense danger.

Registration information – register beginning November 26
www.ebparks.org/register or 1-888-327-2757 (1-888-EBPARKS), option 2
WALKING HISTORY TOUR

Ardenwood Christina Garcia
11:30-12:30pm, Sun, Feb 2; Sat, Feb 22
Tour around the farm with a naturalist and hear some stories about the family that made their home here long ago. Find out what life was like on a farm over 100 years ago.

A program in partnership with . .

KAISER PERMANENTE thrive

TRAILS CHALLENGE FREE

Start your New Year with a new challenge! Join thousands of hikers who will take the Trails Challenge, which motivates you to complete 5 featured trails by December 11. The Trails Challenge guidebook features trails for all fitness levels as well as tips for new trail users. Free printed booklets and 50/50 cotton/polyester T-shirts are available at participating Visitor Centers (while supplies last). Go “green” by downloading the booklet – print only what you need. See www.ebparks.org/TC for information on how to download the guidebook and other program materials including the AllTrails app. A commemorative pin will be sent (while supplies last) once you complete the Challenge and return your Trail Log.

Kaiser Permanente is a major sponsor of this program.

CORN MOSAICS Art Music

Ardenwood Interpretive Staff
1-2:30pm, Sun, Feb 2, and Sat, Feb 15, 22
Learn how to turn our freshly-harvested Indian corn into a fun craft for the whole family! Use the rainbow of colored kernels to make your own mosaic.

FARM CHORES FOR KIDS

Ardenwood Interpretive Staff
10:30-11:30am, Sat, Feb 8, 15
Bring your young farm hands out to lend a hand with the morning chores. Prepare a snack for the animals, check the coop for eggs, and learn what it takes to run a farm.

A FUNGUS AMONG US

Ardenwood Christina Garcia
11:30am-12:30pm, Sat, Feb 8
From truffles and yeast to ringworm and toadstools, fungus is all around us. Explore the farm looking for examples of these life forms and learn more about their importance in our world.

STILT WALKERS

Ardenwood Interpretive Staff
1:30-2:30pm, Sat, Feb 8
Want to be taller? Improve your balance? Give stilts a try. It’s fun! Guess why farmers used these fun tools in the past.

WAKE UP THE FARM

Ardenwood Interpretive Staff
10:30-11am, Sun, Feb 9, 23
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.

VICTORIAN TABLE TOP GAMES

Ardenwood Interpretive Staff
11:30am-12:30pm, Sun, Feb 9, 23
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.

GORGEOUS GOATS

Ardenwood Interpretive Staff
1:30-2:30pm, Sun, Feb 9, 23
Let the little ones lend a hand giving our goats some much needed exercise and grooming attention. See if your kids like working with our kids.

BIRDING THE FARM

Ardenwood Christina Garcia
8-9:30am, Sat, Feb 15
Let’s look for winter residents in the orchards and gardens of this urban refuge. Bring binoculars or borrow a pair from us. Beginners welcome. No admission fee.

WE ALL SCREAM FOR ICE CREAM!

Ardenwood Interpretive Staff
1:30-2:30pm, Sat, Feb 29
Put together some ice, salt, cream, sugar, and a little muscle power to learn how we make delicious, old-fashioned ice cream.

BIG BREAK

Big Break Visitor Center at the Delta is open Wed-Sun, 10am to 4pm. Info: (510) 544-3050, or 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.

DETAILED DURATION

10-11am, Wed, Feb 1
11am-12pm, Fri, Feb 7
1-2pm, Sun, Feb 9
1-2pm, Sun, Feb 23
1-2pm, Sat, Feb 29
1-2pm, Sun, Mar 6
1-2pm, Sat, Mar 19
1-2pm, Sun, Apr 16
1-2pm, Sat, Apr 30
1-2pm, Sun, May 21
1-2pm, Sat, Jun 4
1-2pm, Sun, Jun 18
1-2pm, Mon, Jul 10
1-2pm, Sat, Jul 29
1-2pm, Sun, Aug 16
1-2pm, Sat, Aug 29
1-2pm, Sun, Sep 20
1-2pm, Sat, Sep 30
1-2pm, Sun, Oct 11
1-2pm, Sat, Oct 28
1-2pm, Sun, Nov 21
1-2pm, Sat, Nov 29
1-2pm, Sun, Dec 13
1-2pm, Sat, Dec 20
1-2pm, Sun, Jan 3

DID YOU KNOW?

Giant wakerobin (Trillium chloropetalum) brightens a shaded corner of the Franciscan section on a winter day.

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!

WAYNE RODERICK LECTURE SERIES

Saturday mornings in Jan and Feb
All lectures start at 10:30am and run for a minimum of one hour.
Seating is limited. For a full listing of speakers and topics, please visit our website: www.nativeplants.org
COFFEE TALK & DELTA NEWS
Big Break Interpretive Staff
8:30-9am, Wed, Jan 8, Feb 5
From tunnels to research projects, farming to fish stocks, the Delta is always in the news. Stop by the Visitor Center each month for coffee and discussion of science and events shaping the region.

KING TIDES AND WETLAND SPONGES
Big Break Interpretive Staff
2:30-4pm, Sat, Jan 11; 1:30-3pm, Sat, Feb 8
Wetlands absorb the rising waters of a king tide. Discover what causes king tides and watch the wetlands change during one of the highest tides of the year!

THURSDAY BIRDING: RAPTOR BASELINE
Various Parks Michael Moran
9-11:30am, Thu, Jan 30 #27645 Big Break, Feb 27 #27646 Round Valley
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 community science research project. No experience necessary - we’ll teach you how to identify these birds. We’ll meet at a different park on the last Thursday each month. Join in for one or all. Registration is required.

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 parking lot at south end of Somersville Road, unless otherwise noted. Parking fee: $5

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

HISTORIC SOMERSVILLE HHP
Black Diamond Virginia Delgado-Martinez
10:30-11:30am, Sat, Jan. 25
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.

POND EXPLORATION HHP
Black Diamond Eddie Willis
10am-noon, Sun, Jan 26
Steer clear of winter mud and discover the ancient and modern history of these sandy hills along two steep miles of Chaparral Loop. 8+yrs.

HISTORIC SOMERSVILLE HHP
Black Diamond Virginia Delgado-Martinez
10:30-11:30am, Sat, Jan. 25
Get a little muddy, discover what’s living in our ponds at Black Diamond, and learn about local amphibians. 4+yrs.

HAZEL-ATLAS HISTORY HIKE HHP
Black Diamond Eddie Willis
10am-noon, Sun, Jan 26
Steer clear of winter mud and discover the ancient and modern history of these sandy hills along two steep miles of Chaparral Loop. 8+yrs.

HAZEL-ATLAS HISTORY HIKE HHP
Black Diamond Eddie Willis
10am-noon, Sun, Jan 26
Steer clear of winter mud and discover the ancient and modern history of these sandy hills along two steep miles of Chaparral Loop. 8+yrs.

WINTER BLOOMS HHP
Black Diamond Eddie Willis
10am-noon, Sun, Feb 9
Look for some of the season’s first wildflowers as we venture into the heart of chaparral habitat. Trails are steep and rocky. Views are fantastic! 8+yrs.

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

DISCOVERY DAYS HHP
Coyote Hills Interpretive Staff
11am-3:30pm, every Sat & Sun
Enhance your park adventure with hands-on exploration or crafts that the whole family will enjoy.

ALAMEDA CREEK WALK & TALK HHP
Coyote Hills Francis Mendoza
9-noon, Sun, Jan 5
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.

OHLONE PEOPLE & CULTURE HHP
Coyote Hills Francis Mendoza
1:30-3pm, Sun, Jan 5 & Feb 2
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.

CARt OF CURiosITIES HHP
Coyote Hills Kristina Parkison
1-2:30pm, Sat, Jan 11, Feb 8
9-10:30am, Sat Feb 22, Feb 29
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!

DUSk DISCOvERY HHP
Coyote Hills Kristina Parkison
4:30-6pm, Sat, Jan 11 #27787
Take advantage of this rare opportunity to see the beauty and diversity of Coyote Hills at dusk! Watch the wildlife as one “shift” clocks out and the other begins! 6+yrs. Registration is required.

DUMBARTON QUARRY BAYSIDE CAMPGROUND HIKE HHP
Coyote Hills Francis Mendoza
1:30-4pm, Sun, Jan 12
Meet at Quarry Lot. The long-awaited Dumbarton Quarry Bayside Campground is expected to open this year! Learn the history of the quarry and campground on this easy 2.5 mile out-and-back hike. 12+yrs.

FIVE SENSES NATURE WALK HHP
Coyote Hills Kristina Parkison
1-2:30pm, Sun, Jan 12
1-2:30pm, Sun, Jan 26
Join us as we use our five senses to explore and experience the marshes in all their glory! 4+yrs.

SLEEP IN AND TAKE A HIKE HHP
Coyote Hills Francis Mendoza
1-3:30pm, Sun, Jan 26
Having a little too much fun in the new year? Then sleep in and join us for an easy 2.5-mile hike around the hills. Wear layers and bring water. Heavy rain cancels. 15+yrs.
### Regional in Nature

#### Activity Calendar

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#### January 2020

**9** Ardenwood: Animal Feeding
**10** Ardenwood: Animal Feeding
**11** Ardenwood: Monarchs: Pollinator Royalty, Animal Feeding, Monarch Spotting, Monarchs For Kids
**Big Break:** Delta Discoveries, Testing The Water
**Black Diamond:** Meet a Snake, Nature Discoveries
**Contra Loma:** Early Birds
**Coyote Hills:** Discovery Days, Five Senses Nature Walk
**Crab Cove:** Family Nature Fun- Low Tide Exploration, Fish Feeding Time, Nature Party-Bay Critters, Nature Party-Reptiles
**Garin/Dry Creek:** Canine Capers Walk
**Redwood:** Lovely Ladybugs
**Robert:** Archery Introduction
**Sunol:** Nature Crafts, Wild Wonders
**Tilden Nature Area:** Farm Chores For Littles, Saturday Nature Strolls

**12** Ardenwood: Monarchs: Pollinator Royalty, Animal Feeding, Puppet Show, Monarch Spotting
**Big Break:** Delta Discoveries, Testing The Water
**Black Diamond:** Historic Somersville
**Briones:** Fungus Among Us
**Coyote Hills:** Dumbarton Quarry Bayside Campground Hike, Discovery Days
**Crab Cove:** Adult Craft Night Social, Family Nature Fun- Wonderful Watershed, Storytime, Fish Feeding Time
**Del Valle:** Park ‘n Play
**Hayward Shoreline:** Birthing The Shoreline
**Sunol:** Nature Crafts, Wild Wonders
**Tilden Nature Area:** “Mud, Mud Glorious Mud”, Fireside Stories
**Tilden:** New Year, Nature You: Lone Oak
**13** Sunol: Outdoor Discoveries: Water, Water Everywhere
**14** Coyote Hills: Weekday Bird Walk
**Crab Cove:** Sea Squirts: Wonderful Winter Weather
**15** Briones: Wednesday Walks
**Lake Chabot:** Introduction into Freshwater Fishing
**MLK Jr. Shoreline:** Wednesday Walks
**16** Ardenwood: Animal Feeding
**Crown Beach:** Third Thursdays in the Garden
**17** Ardenwood: Animal Feeding
**18** Ardenwood: Monarchs: Pollinator Royalty, Animal Feeding, Monarch Spotting, Monarchs For Kids
**Big Break:** Delta Discoveries, Testing The Water
**Black Diamond:** Meet a Snake, Nature Discoveries
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**Sunol:** Nature Crafts, Wild Wonders
**Tilden Nature Area:** Farm Chores For Littles, Saturday Nature Strolls

**19** Ardenwood: Monarchs: Pollinator Royalty, Animal Feeding, Puppet Show, Monarch Spotting
**Big Break:** Delta Discoveries, Testing The Water
**Black Diamond:** Historic Somersville
**Briones:** Enigmatic Amphibians
**Coyote Hills:** Discovery Days, Ohlone Village Site Tour
**Crab Cove:** Family Nature Fun- Low Tide Exploration, Storytime, Fish Feeding Time
**MLK Jr. Shoreline:** Sunday Stroll
**Sobrante Ridge:** New Year, Nature You
**Sunol:** Nature Crafts, Wild Wonders
**Tilden Nature Area:** “Mud, Mud Glorious Mud”, Fireside Stories
**20** Shadow Cliffs: Lakeside Littles
**21** Redwood: Hikes for Tykes, The Over-The-Hills Gang

**22** Ardenwood: Animal Feeding

**23** Ardenwood: Animal Feeding
**Crab Cove:** Docent Training

**24** Ardenwood: Monarchs: Pollinator Royalty, Animal Feeding, Monarch Spotting, Monarchs For Kids
**Big Break:** Delta Discoveries, Testing The Water
**Black Diamond:** Meet a Snake, Pond Exploration, Nature Discoveries
**Coyote Hills:** Discovery Days
**Crab Cove:** “Family Nature Fun- Move it, Move it!”, Fish Feeding Time
**Garin/Dry Creek:** For the Birds - Volunteer Project
**Sunol:** Nature Crafts, Wild Wonders
**Tilden Nature Area:** Farm Chores For Littles, Tilden Fungal Fair

**25** Ardenwood: Monarchs: Pollinator Royalty, Animal Feeding, Marvelous Monarchs, Monarch Spotting
**Big Break:** Delta Discoveries, Testing The Water
**Black Diamond:** Historic Somersville, Hazel-Atlas History Hike
**Coyote Hills:** Discovery Days, Native California Plant Uses, Sleep In And Take A Hike
**Crab Cove:** “Family Nature Fun- Move it, Move it!”, Storytime, Fish Feeding Time
**Sibley:** Sunrise At Sibley Hike
**Sunol:** Nature Crafts, Wild Wonders
**Tilden Nature Area:** Tilden Fungal Fair, Fireside Stories

**26** Ardenwood: Monarchs: Pollinator Royalty, Animal Feeding, Marvelous Monarchs, Monarch Spotting

**27** Coyote Hills: Coyote Cubs - Jumping January!
**Sunol:** Outdoor Discoveries: Neat Newts

**28** Crab Cove: Sea Squirts: Sand Art

**29** Crab Cove:** Crab Cove: Sea Squirts: Sand Art

**30** Coyote Hills: Wednesday Walks
**Sunol:** Songs and Stories

**31** Ardenwood: Animal Feeding
**1** Ardenwood: Old Fashioned Butter Makin’, Animal Feeding, Fun With Felting, Farmyard Story Time
**Big Break:** Delta Discoveries, Testing The Water
**Black Diamond:** Hiking Poles: Skills & Techniques Plus Practice Hike, Meet a Snake, Nature Discoveries
**February 2020**

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SEA SQUIRTS ⚪️ ⭐️
Crab Cove
10:30-11:45am, every other Tue
Jan 14: Wonderful Winter Weather #27670
Jan 28: Sand Art #27671; Feb 11: Turtle Time #27672;
Feb 25: Sharks and Rays #27673
Share a morning of shoreline fun with your pre-school-aged child. We’ll play games,
explore outdoors, sing songs, and do a craft related to the theme of the day!
3-5yrs. Registration is required.
Fee: $5 ($7 non-res.)

BIRD WALKS

Birding the Farm, Ardenwood, Feb 15, page 6
Thursday Birding, Various Parks, Jan 30, Feb 27, page 7
Bird Walk by the Bay, Elsie Roemer Bird Sanctuary, Feb 28, page 10
Winter Water Birding, Del Valle, Jan 11, Feb 8, page 10
Birding for Beginners, Sunol, Feb 22, page 11
Bird Walk, Various Parks, Jan 4, Feb 1, page 11
Birding the Shoreline, Hayward Shoreline, Jan 12, page 12
Weekend Bird Walk, Various Parks, Jan 14, Feb 25, page 12
Early Birds, Contra Loma, Jan 18, page 12
Monday Birding, Various Parks, Feb 3 & 24, page 12

NATIVE KNOWLEDGE NATURE WALK ⚪️ ⭐️
HPHP
Crab Cove
2-3:30pm, Sat, Feb 22
Ohlone people have lived on this land for centuries, learning its secrets. We’ll share
some of that knowledge of plant use and animals, plus play some games that Ohlone
people enjoy! 7+yrs.

CRAB COVE

Crab Cove Visitor Center is open Wed-
Sun, 10am-4pm. Info: (510) 544-3187 or
cove@ebparks.org.

FAMILY NATURE FUN ⭐️

Birding the Farm, Ardenwood, Feb 15, page 6
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NATIVE CALIFORNIA PLANT USES ⚪️ ⭐️
Coyote Hills
Francis Mendoza
10-11:30am, Sun, Jan 26 & Feb 23
Go on a short walk to learn how Native Californians use plants for food, medicine,
shelter, and tools. We’ll visit our native plant gardens and walk out to the freshwa-
ter marsh. 15+yrs.

SUNRISE HIKE ⚪️ ⭐️
Coyote Hills
Kristina Parkison
6:30-8am, Sat, Feb 8 #27778
Start your day well by exploring the beauty of Coyote Hills at sunrise! We’ll see the
wildlife as some end their day, while others begin theirs! 12+yrs.
Registration is required.

ANIMAL TRACKING ⚪️ ⭐️
Coyote Hills
Kristina Parkison
1-2:30pm, Sat, Feb 15
Who’s been leaving tracks at our park?
Find out with fun activities designed to help you learn to decode the secret lan-
guage of animal tracks! 7+yrs.

A NEW VIEW, A NEW YEAR ⚪️ ⭐️
HPHP
Del Valle
Ashley Grenier
9am-noon, Sun, Jan 5
Greet the new year with a hike over the
arroyo, through oak grasslands, and uphill
for spectacular views of Lake Del Valle.
8+yrs.

WINTER WATER BIRDING ⚪️ ⭐️
Del Valle
Interpretive Staff
10am-noon, Sat, Jan 11, Feb 8
Marina – The lakes of the Tri Valley are
a perfect place for water-loving birds to
spend the winter. We’ll get to know our
visiting guests on a walk with views of the
lake.

PARK ’N PLAY ⚪️ ⭐️
Del Valle
Interpretive Staff
10am-noon, Sun, Jan 12, Feb 9
Fiesta Grande – Let’s play in the park!
Bring your family and friends out for some
fresh air, nature games, and wildlife explo-
ration. Rain or shine.

SUNOL

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

TAKE A BREAK IN NATURE ⚪️ ⭐️
Sunol
Ashley Adams
10:30am-noon, Jan 2, 3
No school? No problem. Join us in the park
for nature, science and exploration during
your Winter Break. Sign up for one day or
both. Registration is required. 5-10yrs.
Jan 2: Winter in Wilderness #27740
Jan 3: Rockin’ Rocks #27743

NATURE CRAFTS ⚪️ ⭐️
Sunol
Interpretive Staff
10am-noon, every Sat and Sun
Discover the natural world through your
artistic side. We will explore the wild side
of Sunol with a different craft each week.

WILD WONDERS ⚪️ ⭐️
Sunol
Interpretive Staff
2-3pm, every Sat & Sun in Jan & Feb
Wildness awaits. Discover the wonders of
the wilderness through games, activities, and
explorations. Great for families of all ages.

DEL VALLE

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

CRAB COVE

Interpretive Staff
11-11:30am, every Sun, Jan & Feb
Come meet story characters like the
Lorax, hermit crabs, and “Swimmy the
Fish,” then meet a real animal, do a craft or
scavenger hunt, or watch a nature video.

ART & MUSIC

Interpretive Staff
5:30-7pm, Sun, Jan 12; Sat, Feb 8
Meet our crabs, fish, and sharks while they
eat. Learn how the Seafood Watch app
works. Rain or shine.

Interpretive Staff
2-3:30pm, Sat & Sun, Jan & Feb
The aquarium, beach, and pond await you!
Drop by to explore the Bay and its wildlife
with a new topic each week.
Jan 4 & 5: Mammals – Did you know you
are a mammal?
Jan 11 & 12: Wonderful Watershed – Fol-
low water from tree to sea.
Jan 18 & 19: Low Tide Exploration –
What’s in the Bay? Find out when the tide’s
out.
Jan 25 & 26: Move It, Move It! – Discover
how animals hop, crawl, fly, & run to survive.
Feb 1 & 2: Duck, Duck, Goose! - Play fun
games to learn more about our feathered
friends.
Feb 8 & 9: I ❤️ Crab Cove! – Celebrate all
there is to love about the Bay.

FESTIVITIES

Interpretive Staff
3-3:30pm, Sat & Sun, Jan & Feb
Meet the Sea Squirts, or borrow ours. Meet on the viewing
platform near the intersection of Shoreline Drive and Broadway. Sorry, no dogs.

Elsie Roemer Bird Sanctuary
Susan Ramos
8:30-10:30am, Fri Feb 28
Take a “peep” at our local shorebirds! Begin-
ners welcome & encouraged. Bring binocu-
lars or borrow ours. Meet on the viewing
platform near the intersection of Shoreline Drive and Broadway. Sorry, no dogs.

INTERPRETIVE STAFF

Ashley Adams
Ashley Grenier
Kristina Parkison
Morgan Guenther
Elsie Roemer
Susan Ramos
Francis Mendoza

= ADA accessible program
= Parking fee
= Healthy Parks Healthy People program
OUTDOOR DISCOVERIES! [Art & Music]
Sunol
Ashley Grenier
10:30am-noon, every other Mon
Jan 13: Water, Water Everywhere #27705
Jan 27: Neat Newts #27708
Feb 10: Nature Hearts #27713
Feb 24: Frog and Toad #27714
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. Registration is required.

SONGS AND STORIES OF SUNOL [Art & Music]
Sunol
Ashley Adams
10:30-11:30am, Wed, Jan 29, Feb 26
Wander into the wilderness for tales of our forest friends. We’ll sing songs, explore through play, and discover the magic of nature all around us.

BIRDING FOR BEGINNERS [Art & Music]
Sunol
Ashley Adams
9-11am, Sat, Feb 22
Birding is a fun and exciting way of exploring nature in winter. We’ll supply the binoculars as we find out which feathered friends visit Sunol.

LEAP DAY TREK [HPHP]
Sunol
Ashley Adams
10am-1pm, Sat, Feb 29
Celebrate leap day with an adventure through Sunol. Along our way, we’ll leap over a few stream crossings so bring shoes that are okay to get wet.

TILDEN NATURE AREA
The Environmental Education Center (EEC) is open Tue-Sun, 10am-4:30pm. The Little Farm is open daily. Info: (510) 544-2233 or tnature@ebparks.org.

FARM CHORES FOR LITTLES
Tilden Nature Area
Interpretive Staff
10:30-11am, every Sat in Jan & Feb
Little children will enjoy taking care of the little animals at the Little Farm. Meet at the rabbit hutch for a variety of age-appropriate activities.

SATURDAY NATURE STROLLS
Tilden Nature Area
Anthony Fisher
1-2:30pm, Sat, Jan 4, 11 & 18
Easy guided walks to observe the fascinating details and soothing expressions of nature’s diversity. Bring a camera or phone to document your discoveries.

FIRESIDE STORIES [Art & Music]
Tilden Nature Area
Interpretive Staff
11-11:30am, every Sun in Jan & Feb
Gather ‘round the fire for stories about farm animals, insects, nature and more. Different stories each week.

NEWTS, SALAMANDERS, AND FROGS OH MY!
Tilden Nature Area
Trail Gail
1:30-2:30pm, Sun, Jan 5 & 19
We’ll search our ponds, for the wet wildlife of the Nature Area. Come dressed for outdoors.

MUD, MUD GLORIOUS MUD
Tilden Nature Area
Trail Gail
1:30-2:30pm, Sun, Jan 12
Let’s stomp in the mud! It’s fun and it’s good for your health. We’ll make some mud pies and see if our mood changes.

BOTANICAL WATERCOLORING [Art & Music]
Tilden Nature Area
Em Ritchie
2-3pm, Sat, Feb 1
Explore the native plants of the Nature Area by creating beautiful botanical wa-
tercolors. Participants will gain basic skills in life-drawing, plant identification, and watercoloring.

MISSION: AMPHIBIANS
Tilden Nature Area
Trent Pearce
3-4pm, Sat, Feb 1 & 15
Explore the Tilden Nature Area and meet our resident salamanders and frogs. Learn about what makes amphibians unique. Rain or shine.

MEET THE RABBITS [Art & Music]
Tilden Nature Area
Jenna S. Collins
Noon-1pm, Sun, Feb 2 & 16
How do rabbits eat? Sleep? How does their fur feel? Discover these and other hoppin’ facts as we meet some of our rabbits. Meet at the rabbit hutch.

WOOLY LAMBS
Tilden Nature Area
Jenna S. Collins
3-4pm, Sun, Feb 2 & 16
Ever wonder what a sheep’s wool feels like? Come meet our flock, then make your own mini sheep from their wool to take home. Meet at the red barn.

COMMUNITY GARDEN DESIGN
Tilden Nature Area
Em Ritchie
2-3pm, Sat, Feb 8
Learn to design and build a garden landscape while working on our whimsical garden space. Help make your home and our space a sanctuary for humans and animals alike. Meet in the Kids Garden.

CREEK AND POND SURVEY
Tilden Nature Area
Trent Pearce
3-4pm, Sat, Feb 8 & 22
Take a ‘dip’ in our local waters and help document benthic macroinvertebrates – a.k.a. water bugs. Wear shoes to get wet and muddy. Rain or shine.

HOT APPLE CIDER [Art & Music]
Tilden Nature Area
Jenna S. Collins
Noon-1pm, Sun, Feb 9 & 23
Cold winter days call for a hot treat! Meet at the visitor center and learn how we press fresh apples into a delicious drink.

CHORES FOR LITTLE GARDENERS
Tilden Nature Area
Jenna S. Collins
3-4pm, Sun, Feb 9 & 23
Lend a hand weeding, watering and planting our healthy vegetables. We might even taste a few. Meet at the Kids’ Garden.

OTHER PARKS

BIRD WALK [Art & Music]
Various Parks
Kristina Parkison
8-10am, Sat, Jan 4 (Alameda Creek Trail, Niles Staging Area)
Feb 1 (Coyote Hills Visitor Center)
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.

NEW YEAR’S JAUNT [Art & Music]
Morgan Territory
Kevin Dixon
9am-3pm, Sun, Jan. 5 #27745
Survey the renewing earth and maybe discover some of winter’s amphibious wanderers. Strenuous. 11+yrs. Info: (510) 544-2750. Registration is required.

THE OVER-THE-HILLS GANG
Various Parks
Trail Gail
10am-12:30pm, Tue, Jan 7 & 21, Feb 4 & 18
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.

Jan 7: Carquinez Strait, Port Costa Staging Area – Paved and open with great views.
Jan 21: Redwood Regional Park, Canyon Meadow Staging Area - search for ladybugs.
Feb 4: Point Pinole, Atlas Road Staging Area – Learn about its explosive past. (mostly flat).
Feb 18: Briones, Briones Road Staging Area – We’re heading to the ponds and lagoons to search for life. Info: (510) 544-2233.

TILDEN FUNGAL FAIR
Tilden Nature Area
Trent Pearce & Interpretive Staff
10am-4:30pm, Sat & Sun, Jan 25 & 26
Celebrate the fruits of winter. View hundreds of local mushroom specimens, mingle with the mycological community, and enjoy presentations by guest speakers at this two day special event. All ages welcome.

Senior Hikers Over-The-Hills Gang: Photo S. Lewis.
AMPHIBIAN SAFARI
Sibley  Susan Ramos
10:30am-12:30pm, Sat Jan 11
Sibley Staging Area – Skyline Blvd: Winter rains bring out amphibians. Hike to a special pond in hopes of seeing some slippery newts. Maybe frogs too! About 3 miles roundtrip. Sorry no dogs.
Info: (510) 544-3187.

BIRDING THE SHORELINE
Hayward Shoreline  Francis Mendoza
8:30-11am, Sun, Jan 12
Meet at the western end of W. Winton Ave. Look for shorebirds and other winter migrants on this easy 2 mile hike along the shoreline. Wear layers and bring water.
Heavy rain cancels. 15+yrs.
Info: (510) 544-3220.

FUNGUS AMONG US
Briones  Eddie Willis
10am-noon, Sun, Jan 12
Alhambra Staging Area – Join this fun-guy as we search the murky backwoods for mushrooms, slime molds, and other fungus on this exploratory nature hike. No collecting. Info: (510) 544-2750.

WEEKDAY BIRD WALK  HPHP
Various Parks  Kristina Parkison
7:30-9:30am, Tue Jan 14 (Coyote Hills Visitor Center); Feb 25 (Quarry Lakes)
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.

LOVELY LADYBUGS  HPHP
Sibley  Susan Ramos
10:30am-12:30pm, Sat Jan 18
Canyon Meadow Staging Area – Loads of lovely ladybugs overwinter in this amazing park! Hike about 3 miles roundtrip past towering Redwood trees to see these beetle beauties up close. Sorry, no dogs.
Info: (510) 544-3187.

CANINE CAPERS – DOG WALK  HPHP
Various Parks  Kristina Parkison
9-11am, Sat, Jan 18 (Garin) #27685,
Feb 15 (Alameda Creek) #27691
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 is required. Trails can be steep. Rain cancels.

EARLY BIRDS  HPHP
Contra Loma  Virginia Delgado-Martinez
8:30-10am, Sat, Jan 18
Boat Launch – Enjoy an early morning stroll around the lake and see what birds have flown in for the winter. 5+yrs.
Info: (510) 544-2750. Parking fee: $5.

ENIGMATIC AMPHIBIANS  HPHP
Briones  Kevin Dixon
9:30am-1:30pm, Sun, Jan 19 #27828
Alhambra Creek Staging Area – Salamanders rarely appear before us. They are delicate, yet survive summer’s heat and thrive in winter’s cold. We’ll search the places they dwell for a closer look.
8+yrs. Info: (510) 544-2750.
Registration is required.

LAKESIDE LITTLES  HPHP
Shadow Cliffs  Ashley Grenier
10-11am, 11:30am-12:30pm, Mon Jan 20, Feb 17
Bring your little ones out and discover nature. Each month we’ll explore a trail, look at bugs, search for birds, and much more. Let’s get outside! Caregiver participation required. 1-5yrs. Info: (510) 544-3249.

SUNRISE AT SIBLEY HIKE
Sibley  Morgan Guenter
6:30-8:30am, Sun, Jan 26
Sibley Staging Area – Skyline Blvd
Fight the winter morning as we get up and out to explore the natural beauty as darkness turns to daylight. Bring a flashlight for this 2-mile walk.
Info: (510) 544-3187.

VASCO CAVES TOURS  HPHP
Vasco Caves  Interpretive Staff
9am-2pm, Sun, Feb 2 #27830; Feb 9 #27834; Feb 16 #27831 & Feb 23 #27833; Sat, Feb 22 #27832
Hike 2-3 miles through this wild and 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 (Feb. 2, 16, 22, 23) or Brushy Peak (Feb. 9). Info: (510) 544-2750.
Fee: $35 (non-res $40).
10+yrs. Registration is required.

MONDAY BIRDING
Various Parks  Anthony Fisher
9am-noon, Mon, Feb 3 & 24
Birds of shore and bay are on the “menu” today.
Feb 3: Landfill Loop. Meet at the end of Parr Blvd in Richmond.
Feb 24: McLaughlin Eastshore State Park, meet at the Seabreeze Mkt. parking lot, at the end of University Ave, Berkeley.
Info: (510) 544-2233.

ROMANCE IN THE REDWOODS
Redwood Park  Morgan Guenter
4-6pm, Sat, Feb 15
Canyon Meadow Staging Area – Love is in the air, the trees, on the ground and all around. Schedule date night in the forest for a 2.5-mile romantic stroll, exploring the saucier side of the park’s most amorous residents.
Info: (510) 544-3187.

WEDNESDAY WALKS  HPHP
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.
Jan 29: Coyote Hills – Circle the hills on a paved, 3.5-mile trail. Bring binoculars to appreciate the abundant birds. Meet at the Visitor Center parking lot. Led by Christina Garcia.
Feb 5: Sibley – Wilcox Staging Area. Hike a 3-mile loop in one of the newest and least known areas of Sibley, before it is closed for creek restoration. Directions: Best access is from Canyon Road in Moraga, then turn right on Pinehurst Road. Sorry, no dogs.
Info: (510) 544-3187.
Feb 19: Lake Chabot – Meet at the Marina for a hike on the paved East shore trail. If it’s not too muddy, we’ll take the Cameron Loop trail into the hills for about 4.5 miles total.
Info: (510) 544-2233.
FRENCH BROOM REMOVAL/RESTORATION PROJECT
Redwood Staff
9am-1pm, 1st Sat of the month – Huckleberry
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
Crown Beach Staff
10am-1pm & 1-3pm, Thu Jan 16, Feb 20
Volunteers are needed in our Demonstration Garden to help with maintenance.

SHOREBIRD SANCTUARY RESTORATION AT MARTIN LUTHER KING JR. REGIONAL SHORELINE
Volunteer for the Birds Garin Staff
9am-noon, Sat, Jan 25 #27695
Shorebird Sanctuary Restoration at Martin Luther King Jr. Regional Shoreline.

VOLUNTEER FOR THE BIRDS Garin Kristina Parkison
9am-noon, Sat, Jan 25 #27695
Share your enthusiasm for bird life and help the birds at the same time. We will clean existing bluebird boxes and install new ones for the upcoming breeding season. 12+yrs. Registration is required.

MARTIN LUTHER KING JR. DAY OF SERVICE
MLK Jr. Shoreline Staff
8:30am-noon, Mon, Jan 20 #27954
Join the Park District in celebrating the annual Dr. Martin Luther King Jr. Day of Service. Volunteers will assist staff in shoreline litter cleanup, restoration work and invasive plant removal in order to support and care for wildlife and their natural habitats. Volunteers will help restore the MLK Jr. Shoreline.
Children 16 age and younger must be accompanied by an adult. Groups require at least one chaperone for every 20 kids. Check in and registration begins at 8:30am. Wear comfortable, weather-appropriate clothes and closed-toed shoes. To cut down on the use of plastic, please bring a refillable water bottle and bucket to pick up litter.
Info: volunteers@ebparks.org. 1-888-327-2757, Option 2.
Heavy rain cancels. Registration is required.

BEAUTIFY THE BEACH CLEAN-UP
Crab Cove Michael Charnofsky
10–11:30am, Sun, Feb 2
Let’s pick up the trash that winter storms wash up. We’ll make the beach beautiful for people and safer for wild animals. Bring your own gloves and bucket or borrow ours. Info: (510) 544-3187.

CRAB COVE DOCENT TRAINING AT Crab Cove Staff
10am-4pm, Fri Jan 24, Sat Jan 25 & 6:30-8:30pm, Wed, Jan 29 #27733
This three-part training will teach you how to volunteer at Crab Cove Visitor Center and the nearby Regional Parks we serve. Bay ecology, natural and cultural history, and basic interpretive skills will be highlighted. Upon satisfactorily completing the course, volunteer opportunities may include school programs, special events and projects, welcoming visitors, or gardening. Please join us!
No experience necessary. 18+ yrs. Info & registration: (510) 544-3182, docents.crabcove@ebparks.org.

SATURDAY & SUNDAY STROLLS
Various Parks Interpretive Staff
9am-1pm
Wake up and walk into nature. Each week we will explore a different park and the natural wonders within. Hikes range from three to four miles. Great for families. Dogs on leash welcome.
Info: (510) 544-3187.
Jan 5: Leona Canyon (Canyon Oaks Dr. Staging Area) – Explore a hidden canyon brought alive by winter rains on this 3-mile out and back adventure. No bathrooms available at this location.
Jan 19: MLK Jr. (Tidewater Staging Area) – Discover migratory birds, possible future park plans, creek outlets, and lesser known parts of the Bay Trail on this flat 4-mile walk.
Feb 9: Lafayette-Moraga Trail (St. Marys Road Staging Area) – A waterfall, wildlife and impressive landscapes will be featured along Las Trampas Creek. 3.75 miles round trip. Bathrooms available halfway.
Feb 22: Anthony Chabot (Bort Meadow) – Enjoy the rolling green hills, watching for birds of prey over head on a 3.5-mile loop.
NATIVE PLANT AND BUTTERFLY GARDENING
Crab Cove Michael Charnofsky
12:30-3:30pm, Sun, Feb 16 #27748
Help beautify the Visitor Center and provide food for wildlife as we prepare
our butterfly and native plant gardens for spring. You choose the work: weeding,
pruning, mulching, and general clean-up. Snacks and refreshments served, tools
provided. Students earn community service hours. Heavy rain cancels. 8+yrs.
Registration is required.

WILDLIFE VOLUNTEERS
with Dave “Doc Quack” Riensche, Wildlife Biologist
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 with many of our projects. Parent participation is required.
Registration is required.

MEMBERSHIP MEETING
EBRPD Administrative Offices, Oakland
7-8:30pm, Wed, Jan 22 #27956
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!
Deadline to sign-up is
Jan 17.
Meet at: 2950
Peralta Oaks
Court, Oakland,
CA 94605

QUAIL RANGERS
Contra Loma, Antioch
9:30am to noon, Sat, Feb 22 #27957
Quail Rangers – Join in some family fun
as we improve the Park’s habitat for the
State bird. Each participant will receive a
"Covey Conservation" patch for planting
and creating a safe place for quail to eat,
rest and nest.
Deadline to sign-up is Feb 14.
Directions: From Oakland: North on
Hwy 24 or 680 to Hwy 4. East on Hwy 4 to Lone
Tree Way exit. South on Lone
Tree Way to Golf Course Road. Right
on Golf Course Road to Frederickson
Lane. Right on Frederickson Lane to
park entrance.

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

Improve Health, Reduce Stress with Nature
1. Plan A Trip – Find your Regional Park at www ebparks.org and GO.
2. Set A Goal – Set a once-a-week or once-a-month goal.
3. Try A Program – Consider the Trails Challenge program with pre-planned hikes.

Healthy Parks Healthy People
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 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.

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.
Enroll Now for Spring 2020 Natural History and Sustainability Classes at Merritt College!

Courses taught by East Bay Regional Park District Staff and Merritt College Faculty

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Enroll Today: merritt.edu/wp/steps/

HELP THE ENVIRONMENT AND YOUR COMMUNITY!

MARTIN LUTHER KING JR. DAY OF SERVICE

Volunteers needed to improve and restore the Martin Luther King Jr. Shoreline

**Arrowhead Marsh** (off of Swan Way)
Shoreline Cleanup, Visitor Improvements, and Habitat Restoration
Monday, January 20, 2020
8:30 a.m. to noon
Children welcome. 16 and under must be accompanied by an adult.

**Peppermint Gate** (off Oakport St.)
Shoreline Cleanup
Monday, January 20, 2020
8:30 a.m. to noon

**Registration Required:**
ebparks.org/activities/volunteer or call 1-888-327-2757, option 2

 martin luther king jr. day of service

East Bay Regional Park District
2950 Peralta Oaks Court
Oakland, CA 94605-0381
ebparks.org

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50th Anniversary Gala

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Sierra Club
Lamplighter Bank
Taylor Family Foundation
Wendel Rosen

Youth Job Fair

Whether you like spending time outdoors, working with kids, aquatics, or public safety, we have something for you.

**Saturday, January 25, 2020**
In partnership with Hayward Area Recreation & Park District (HARD)
Hayward Area Senior Center
10 a.m. to noon
22325 North 3rd Street, Hayward, CA 94541

**Saturday, February 1, 2020**
In partnership with Pleasant Hill Recreation & Park District
Pleasant Hill Senior Center
10 a.m. to noon
233 Gregory Lane, Pleasant Hill, CA 94523