

Regional in Nature

Activity Guide

MAY – JUNE 2022

East Bay 
Regional Park District
Healthy Parks Healthy People



McKeena Stevalik



**Celebrating Juneteenth
with a Free Park Day, page 3**

**Swim Season Reopening
Memorial Day Weekend**
See page 2

INSIDE

- Brickyard Cove Now Open, *page 3*
- Fire Prevention, *page 4*
- Ardenwood Hay Harvesting, *page 6*
- First Fruits, *page 8*
- Blobs on the Beach?, *page 10*
- Eagle Watch, *page 11*
- Nature Exploration and Hikes, *page 12*
- Whose Nest is Whose?, *page 14*

Contents

Swim Season Reopening.....	2
Redistricting Update.....	3
Wildfires & Trail Safety.....	4-5
Ardenwood	6
Big Break.....	7
Black Diamond	8
Coyote Hills	9
Crab Cove	10
Del Valle.....	11
Mobile Education	12
Outdoor Recreation	13
Sunol	14
Tilden.....	15
Volunteer Program.....	16



General Information	1-888-EBPARKS or 1-888-327-2757
Camping and Picnic Reservations...	1-888-EBPARKS
Naturalist and Recreation Programs.....	1-888-EBPARKS
TRS Relay Service.....	7-1-1

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Visit ebparks.org for map downloads, activity and event information, and much more!



Summertime in Regional Parks

A MESSAGE FROM GENERAL MANAGER SABRINA B. LANDRETH



Welcome to summertime in your Regional Parks, a great time for family gatherings, swimming, morning hikes, and wildlife viewing. Summertime brings abundant opportunities to connect with family members in nature and to build lasting memories.

Happily, it seems likely there will be minimal COVID-19 restrictions this year, meaning full access for swimming, picnicking, barbecuing, and other

recreational activities. All swimming facilities are planned to be open except those impacted by low water levels, required maintenance, or water quality challenges (see “Swim Season” below).

During the summer, stay safe by bringing plenty of drinking water for yourself and your pets, following all water safety rules when swimming, and being aware of fire dangers and rules.

Stay safe and enjoy your Regional Parks this summer.

Swim Season Reopening Memorial Day Weekend

Summer fun is around the corner – the 2022 swim season is almost here! Swimming is one of the Park District’s most popular activities, going back to the District’s founding regional parks. Most of the District’s current-day swimming facilities and shorelines, including six open-water lakefront beaches, three chlorinated lagoons, two pools, and two bay shoreline beaches are projected to be open for this year’s swim season starting Memorial Day weekend.

We work year-round to monitor water quality and lake health at our open water swim facilities, which are regularly tested for water quality during the swim season. However, our open water swim facilities do face challenges related to climate change, cyanobacteria (blue-green algae), and low water levels. Visitors

should check ebparks.org for up-to-date information on accessible swim facilities before they go.

2022 Swim facilities:

Lake Temescal swim beach in Oakland (closed for swimming past 2 years), Del Valle swim beach in Livermore*, Quarry Lakes swim beach in Fremont, Contra Loma Lagoon in Antioch, Cull Canyon Lagoon in Castro Valley*, Don Castro Lagoon in Hayward, and Castle Rock Pool in Walnut Creek. For the 2022 swim season, there will be an optional swim registration system on weekends and holidays at select facilities.

2022 Water Access Limitations:

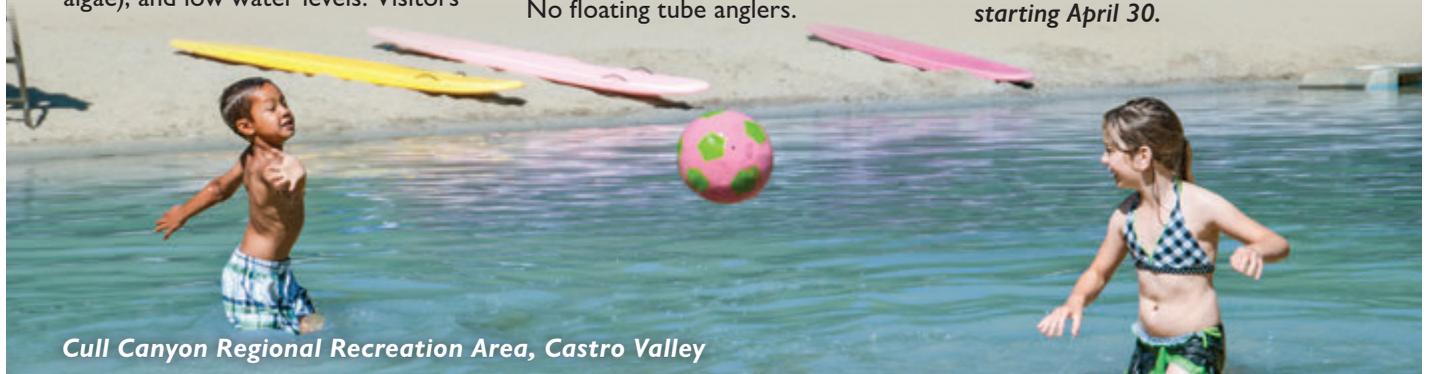
- Shadow Cliffs is closed to swimmers. The park remains open for other recreational activities, including fishing from shore. No floating tube anglers.

- Roberts Pool is closed for renovation until spring 2023.
- Lake Anza is closed due to required maintenance and ongoing water quality uncertainty.
- Open water swimming at Crown Memorial State Beach and Keller Beach at Miller/Knox is not restricted, but parking is limited. No lifeguards are provided at shoreline beaches (swim at your own risk).

Swimming fees vary by facility. However, swimming is free for Regional Parks Foundation members. For information about becoming a Regional Parks Foundation member, visit regionalparksfoundation.org.

For more information, visit ebparks.org/swimming.

* *Open weekends and holidays starting April 30.*



Brickyard Cove Now Open

Brickyard Cove in Berkeley is now open. It is one of many recent investments at McLaughlin Eastshore State Park together with Albany Beach, trail improvements along the Albany Neck, and a one-mile SF Bay Trail extension behind Golden Gate Fields.

Brickyard Cove offers great views of the San Francisco Bay and skyline and includes new parking, bike racks, picnic tables, restrooms, water fountains, and walking paths.



Popular Parks Mean Busy Parks

Spring and early summer are great times to explore nature in the East Bay, with ideal weather for hiking, biking, and other outdoor recreation. Visitation traditionally increases during these warmer months.

The last few years have also resulted in increased visitation as the public flocked to parks as a place for respite and relaxation. This included occasional visitors who became frequent visitors, and new visitors who discovered Regional Parks for the first time, becoming everyday visitors.

We love that so many are visiting parks and experiencing time in nature. Here are some tips to ensure parks remain enjoyable for all, even when busy.

- Visit parks at a less busy time of day or on a different day.
- Try visiting a less busy park or entering through a less busy staging area.
- DO NOT park illegally. Don't block park gates and access roads.

For a safe and enjoyable time at the Regional Parks, visit ebparks.org/safety.

CELEBRATING



WITH A FREE PARK DAY

The Park District is celebrating Juneteenth this year with a Free Park Day in recognition of the date when enslaved Black Americans in Texas were notified of their freedom, two and a half years after the signing of the Emancipation Proclamation. While Confederate General Robert E. Lee surrendered to U.S. General Ulysses S. Grant in April 1865, fighting continued in Texas for nearly two months. On June 2, 1865, Confederate General Edmund Kirby Smith finally surrendered. A few weeks later, on June 19, U.S. troops landed in Galveston, Texas, confirming the end of the Civil War and slavery in Texas. Today, the abolition of slavery and emancipation of Black Americans in Texas is celebrated on June 19 annually as Juneteenth.

The Park District is committed to enhancing diversity, equity, and inclusion, and making our parks and agency more welcoming and reflective of the communities we serve. Park District fees waived on Juneteenth include park entrance, parking, dogs, horses, boat launching, and fishing. However, the fee waiver does not apply to swimming, camping, reservable picnic facilities (due to capacity limits), District concessions, and state fees for fishing licenses, and watercraft inspections for invasive mussels.

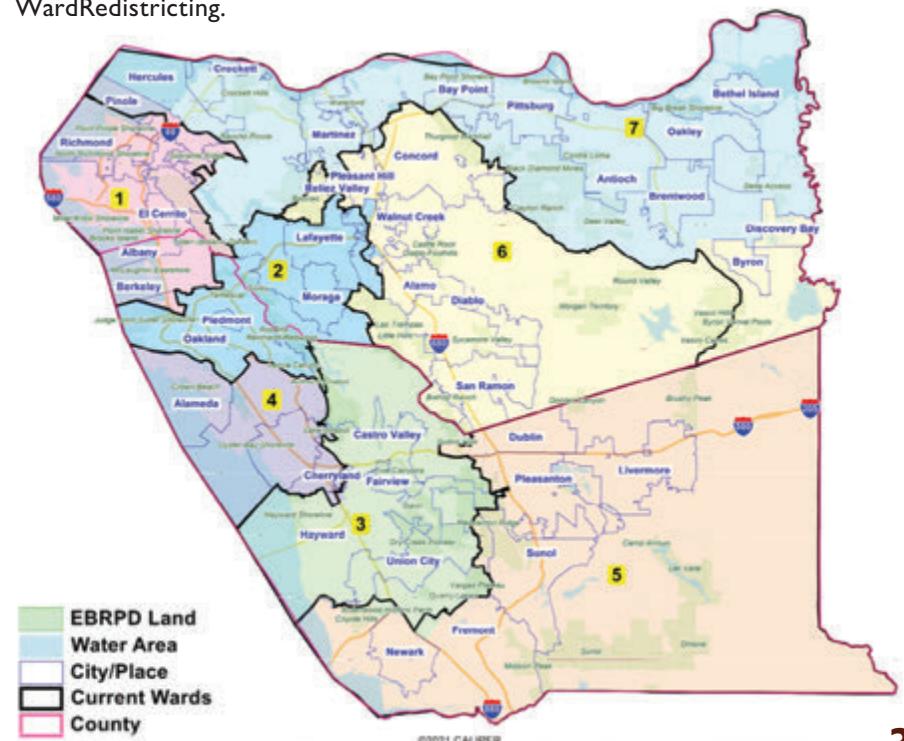
For more information about Juneteenth, visit ebparks.org/Juneteenth.

REDISTRICTING UPDATE:

New Park District Ward Maps Approved

On Tuesday, March 15, 2022, the Park District Board of Directors voted unanimously to approve new ward maps. The final maps were the result of a 7-month public redistricting process that included discussion at three public board meetings and two public board hearings. The final approved maps include minimal changes to district boundaries while allowing slight modifications that took into account population changes in the 2020 Census and additional demographic information.

The final map approved by the Park District Board is available at ebparks.org/WardRedistricting.



STAYING READY for Wildfires

Through a combination of intensive training and fuel management, we are preparing for what is likely to be another difficult fire season.

Our fire department has added three months of training to its schedule, making the season year-round for our full-time, on-call firefighters (staff with other jobs, but who are also fully qualified firefighters).



Park District Fire Chief Aileen Theile

“With climate change and increased fire intensity, fires are even more dangerous,” said Park District Fire Chief Aileen Theile. “We’re using every possible tool we have to be as safe as we can.”



Wildfire Season

UPDATE

Due to the continuing drought and a well-below-average rainy season this winter, the East Bay Regional Park District and other public agencies are facing another summer and fall of extreme fire danger.

Although September and October are traditionally the peak of the fire season, climate change means that fire danger is an issue almost year-round. So there’s no real down time for the Park District’ preparation and training.

The District has 16 full-time firefighters, a Fuels Hand Crew of 15 who are fully trained as a type 2 initial attack hand crew, and another contingent of fully trained staff in other occupations, who are available when needed.

Recent fuels reduction projects, including thinning and removing hazardous vegetation and dead and dying trees, have been conducted at Tilden, Redwood, Miller/Knox, Wildcat, Sibley, Huckleberry, Leona

Canyon, and Anthony Chabot, among others. Additionally, nearly 70 percent of the District’s parklands are grazed each year to reduce the fuel load and improve habitat conditions. Grazing cattle, goats, and sheep play an important role in reducing wildfire risks.



The District also has mutual aid agreements with the California Department of Forestry and Fire Protection (CALFIRE) and works with all fire departments in Alameda and Contra Costa counties.

Park visitors and neighboring residents can help minimize fire danger in a variety of ways.

First and foremost, smoking is prohibited in all the regional parks. This includes pipes, cigars, cigarettes and even “vaping,” except for any USDA-approved medication.

Gas or propane camp stoves and portable barbecues are allowed, but must be placed so that they won’t scorch or burn lawns or tabletops. Extinguish all burning fuel before you leave, and dispose of coals only in the concrete receptacles designed for that purpose, not in regular trash barrels.

Don’t drive or park your vehicles in areas with dry grass. A hot exhaust manifold can start a grass fire.

If you see a fire while in the regional parks, report it immediately by calling 9-1-1.

Homeowners who live near regional parks or other open space can take steps to reduce their property’s vulnerability to wildfire. The first 30 feet of your home should be “lean,

clean and green,” devoid of dead plants, grass, weeds and overgrown brush.

From 30 to 100 feet out, your property should have short-mowed grass, and spacing between grass, shrubs and trees.

The CALFIRE website, readyforwildfire.com, has lots of information on wildfire preparedness, and an evacuation checklist.



Trails are for everyone

East Bay regional parks and trails are for everyone,

whether you walk, ride, or roll.

For the past few years, the Park District has been working with a Trail User Working Group (TUWG) made up of active trail user stakeholders to provide feedback and concerns

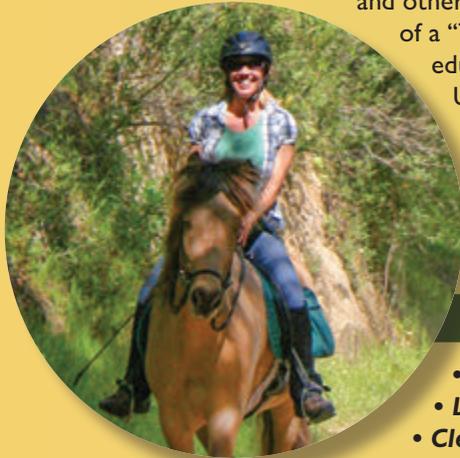
regarding trail use, including trail safety, trail connections, and trail

enhancements and maintenance. The TUWG includes bicyclists, conservationists, dog owners, equestrians, hikers, land trusts managers, youths, and members of the Park District's Park and Multicultural Advisory Committees and Regional Parks Foundation. A TUWG Final Summary Report was issued in March 2022.

The Park District received valuable input from the group, including the strong desire for more trail user education. The group felt education was especially important given the influx of park visitors during COVID-19, including many new visitors who are unaware of existing trail user rules and courtesy.

Over the coming months, visitors will see expanded park signage and other communications as part of a "Trails Are for Everyone" educational campaign.

User groups will receive information related to their specific trail use, focused on improving safety and trail courtesy.



TIPS FOR EQUESTRIANS

- **Keep to the right** around other trail users.
- **Let trail users know how to pass** your horse safely.
- **Clean up after your horse** on paved trails.

WHAT TO DO AROUND CATTLE

Cattle grazing has been part of the ecosystem in the East Bay hills since the 1800s and part of the East Bay's ecosystem for many tens of thousands of years. Grazing cattle play an important role in reducing wildfire risks and maintaining a healthy ecosystem for native plants and wildlife.

Here is what to do if you see cattle in the parks:

- Keep dogs on leash in areas where cattle are present.
- Give cattle distance. If cattle are blocking the trail, approach

slowly, speak normally, and allow them to move away. If necessary, go off-trail to pass.

- Cows are protective of their calves. Do not try to get close, touch, or pet them.
- Close pedestrian gates behind you and never cut or alter fencing.



TIPS FOR HIKERS

- **Stay to the right** when approaching others.
- **Stop and yield** to horseback riders.
- **Hiking with Your Dog?**
 1. Bag it and Bin it (Do not leave dog poop bags on the trails.)
 2. Keep your dog on leash in parking lots, trailheads, picnic areas, paved trails, and resource protection areas.
 3. Keep your dog under voice control when off leash.



TIPS FOR BIKERS

- **Always yield** to pedestrians and equestrians.
- **Slow down** around others.
- **Call out or ring your bell** when passing.
- **Stay on designated trails** for your safety and others.

Bicycles are not permitted on narrow trails except for specific sections of the Lafayette Ridge Trail at Briones, Sinbad Creek Trail at Pleasanton Ridge, Swallow Bay and Heron Bay Trails at Del Valle, Redtail Trail and Brandon Trail at Anthony Chabot, and Zeile Creek Trail at Garin.



To report an incident involving aggressive cattle or a trail accident call 510-881-1833 or submit a **Park Watch Report** online at ebparks.org/report.



Ardenwood

HISTORIC FARM

'Tis the Season to ... Harvest Hay!

June is haying month at Ardenwood, and we invite you to join in making a haystack out of our very own East Bay hay – a tradition that has been around for over 100 years.

East Bay hay once fueled the streetcars, delivery wagons and even the fire engines of San Francisco. That's right, before gas engines, horses pulled our vehicles, and everyone knows that hay is for horses.

To keep their nutritional value, hay crops are cut while fresh and raked into long lines or "windrows" in the fields and partially dried in the sun. Before the invention of balers in the late 1800s, the cut hay was piled up into haystacks to protect it from the weather, or stored loose inside large barns, where it would keep throughout the winter months.

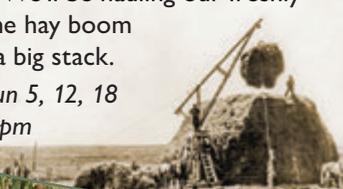


Join us in haying season!

HAY HARVESTING

Join in the fun of an old-fashioned hay harvest! We'll be hauling our freshly-cut crop to the hay boom and building a big stack.

Sundays, Jun 5, 12, 18
1-2:30pm



ROPE MAKING and HAY HOISTING

Make rope with our antique machine, and then see how lots of rope plus a few pulleys make hoisting hay bales into the barn a cinch.

Saturdays, May 21, Jun 11, 25
10:30-11:30am

**WAIT!
There's
More!**

While hay season does keep us busy at Ardenwood, we also look forward to celebrating May and June holidays with you. Don't miss the chance to join us for these special holiday programs.

MOTHER'S DAY on the FARM

Celebrate the special people in your life. Create a lovely gift sachet or flower crown, enjoy live music, and play a game of croquet or bocce ball. Treat yourself to an elegant buffet brunch (advanced registration required, ardenwoodevents.com), or purchase from a special a-la-carte menu at the café.

Sun, May 8
11am-3pm



MEMORIAL DAY FREE DAY

Celebrate the holiday with an admission-free day of fun! Help with farm chores, ride the train, and tour the Victorian farmhouse. Swing by our outdoor kitchen for demonstrations, or try your skills at some old-time games.

Mon, May 30
10am-4pm

JUNETEENTH BASEBALL

Did you know that playing baseball is one of the traditions of Juneteenth, our national holiday celebrating the end of slavery? Hit off a tee, run the bases, and discover more about the history of America's second Independence Day.

Sun, Jun 19
10:30-11:30am

Ardenwood Interpretive Programs

For a full list of programs, including animal feedings, story times, train rides, crafts, and more, visit us online (bit.ly/3iBF0hY) ▶



Big Break

REGIONAL SHORELINE



Big Break Programs are Heating Up!

As temperatures rise and the days get longer, Big Break Visitor Center is sizzling with fun, engaging, and educational programming. Fan favorites like kayaking and evening campfires make their triumphant return, while reoccurring programs such as Big Break Littles, Delta Discussions, Garden Club, and Weekend Programs continue their hot streak. There's no better time to feel the Delta breeze, soak up some Wetland warmth, and connect to your local East Bay Regional Park.



https://apm.activecommunities.com/ebparks/activity_search

Big Break Interpretive Programs

Looking for something to do as the school year winds down and summer break begins? Join us for Interpretive Programs!

BIG BREAK LITTLES

Bring the little ones to the park for nature before nap time.

- **May – Shadows:** Shadows come in all shapes and sizes, and they have many more surprises. Can you catch it, not a chance, but maybe you can make it dance?
- **June – Sink and Float:** Make an animal, build a boat, will it sink or will it float? On the water, by the slough, let's find out what we can do!

CAMPFIRE PROGRAMS

Gather the family for an evening at Big Break. We will play games, read stories, and make s'mores around the campfire while we discover some of the wonderful animals that live in the wetlands.

DELTA DISCUSSIONS

From tunnels to research projects, farming to fish, the Delta is always in the news. Stop by the Visitor Center to discuss the science and events shaping the Delta Region.

GARDEN CLUB

Let's plan our gardens together! This program is for all knowledge levels, gardens of all sizes, plants in the ground or pots. We'll share information, ideas, and seeds to grow vegetables, flowers and native pollinator gardens based on your interests.

KAYAK PROGRAMS

Come ply the welcoming and wondrous waters of the Delta on this beginner (and up) kayak excursion. We'll start off with dry land instruction, then paddle our steady and stable craft on a group exploration of this lovely Delta shoreline. ▼

WEEKEND PROGRAMS

Join Big Break Interpretive Staff on Saturdays and Sundays at 11am and 2pm to learn about why the Delta is important to all Californians and to discover what you can do to help the Delta.

- **May – A Tale of Two Salinities:** Discover why the balance between salt water and fresh water is important to the health of the Delta.
- **June – Little Things, Big Deal:** Find out how plankton support life in the Delta. Plankton are microscopic plants and animals that Delta communities and wildlife depend on, but human actions are transforming these unseen helpers into something potentially harmful.



See ebparks.org/calendar for upcoming programs.



Black Diamond Mines

REGIONAL PRESERVE

First Fruits

We tend to think of fall as the harvest season, and this is true for acorns, and in some climates for many cultivated plants, or for fruits like apples and pears. But for many animals, as well as for some people, the harvest starts much sooner – in spring.

Early flowers make early fruits. Shown here are the flowers and fruits of Mount Diablo manzanita, chaparral currant, and hollyleaf redberry, *Arctostaphylos auriculata*, *Ribes malvaceum*, and *Rhamnus ilicifolia*. Look for these now in inland Bay Area locations.

Botanical note:

What a botanist calls a fruit can be anything from a grass seed to a buckeye to a spiky wild cucumber. Within that general botanical category of fruit, the manzanita and the redberry produce drupes, while the currant bears true berries. Birds and foxes don't care about that, though, and you don't have to either.

In a good year, wildlife is busy eating these beautiful fruits in the month of May, just as humans are enjoying the last of picnic weather before the summer heat sets in. Have fun out on the trails, and please remember that collecting is not allowed in your East Bay Regional Parks.



Photo: Neal Kramer



Mount Diablo manzanita fruits and flowers

Photo: Kevin Dixon

Hollyleaf redberry fruits and flowers



Photo: Megan Ralph



Photo: Keir Morse



Chaparral currant flowers and fruits



Photo: Alan Schierer

Coyote Hills REGIONAL PARK



Join Us for New After-Dark Campfire Programs!

Welcome to the East Bay Regional Park District's first new campground in over 30 years!

The Dumbarton Quarry Campground, located within Coyote Hills Regional Park, will host fun evening programs with songs, games, photos, stories, activities, and more all summer. We will explore a range of nature topics and learn more about the surrounding bay and the unique history of the quarry that was once here. Even if you're not camping, you're welcome to join us for the program! Check our website for dates and times.



**Dumbarton
Quarry
Campground
Interpretive
Programs:**
bit.ly/3pYbTJv



How Ohlone Peoples Traditionally Make Fire

Coyote Hills Regional Park is on the ancestral lands of the Tuibun Ohlone Peoples. Ohlone Peoples, and individuals from the Bay Miwok and Delta Yokut ancestral tribes, have stewarded these lands throughout the East Bay since time immemorial and continue to live on these lands practicing their culture and traditions to this day.

Today when we want to make a fire, we think matches and lighters. Ohlone Peoples traditionally used a technique called the hand drill to make fire. The materials used are a spindle made from the blue elderberry plant (whose berries are also used as a food source), a notched board made from a buckeye branch, and combustible materials (like fluffy cattail seeds).

Downward pressure and spindle rotation creates friction. That friction creates dust in the notch. Continued pressure and spindle rotation turns the dust into a hot ember.

Embers are added to fibers from the soap plant and fluff from the cattail seeds to create fire.

Ohlone People's knowledge of these resources enabled them to create fire and use burning as a land management technique to restore and enrich the land. On your next trip to Coyote Hills, keep an eye out for some of these same plants used over time.



Please note, East Bay Regional Park District prohibits collecting any animal or plant life in the Regional Parks.





EAGLE WATCH



Interpretive Program Highlights

Nature Story Time: First and third Saturday of May at the visitor center, 10am and 11am.

Park N Play: Bring the kids out for some fresh air, nature games, and wildlife exploration. Sunday, May 22 and June 26, stop by any time between 10-11:30am at the visitor center.

Eagle Watch:
Programs on June 5, 12, and 19.
Register online.



bit.ly/3iBF0hY

By the 1970s, bald eagles were nearly extinct, due largely to effects of the pesticide DDT. Although they were seen in the Bay Area, they had not nested locally since 1915. Then, in 1996, a pair arrived at Del Valle, built a nest, and raised a chick. The female had been brought down from Alaska as part of an effort to bring eagles back to California. Bald eagles have nested here since.



Friends of Big Bear Valley



Walnut Creek Man

Park District biologists monitor the nest each year to determine how many eggs are laid and if all the babies successfully fledge.

Bald eagles build their nests high up in a tall tree, against the trunk. These nests can be up to 6 feet in diameter and 4 feet tall. Eggs are typically laid at Del Valle sometime around April, hatch 34-36 days later, and the baby eagles fledge, or start flying, around early July. You can join a naturalist program to check out the nest and, hopefully, see the parents taking care of their eaglets.

A juvenile bald eagle



Richard Evans

Campfires Return!

Camping this summer at Del Valle got a whole lot sweeter – naturalist-led campfire programs are back! These hour-long evening programs happen each Saturday between Memorial Day weekend and Labor Day weekend. Campfire programs start at 8pm or 8:30pm. **Info:** ebparks.org

Color this Bald Eagle

When an eagle becomes an adult around 5 years old, its feathers change color. *For a juvenile*, color this bird all brown with white specks. *For an adult*, give it a brown body with a white head.



Mobile Education

Nature Exploration and Hikes for all Ages

We hope to create a welcoming affinity space for our Black, Indigenous, and People of Color (BIPOC) communities by providing BIPOC specific programming. Programs are Spanish/English bilingual with Naturalist Claudia Muñoz

No registration; drop-in. Parking fees apply where charged. For information, call (510) 544-3176.

No hay registro. Se aplican tarifas de estacionamiento cuando se cobran.

Para más información llame al (510) 544-3176.

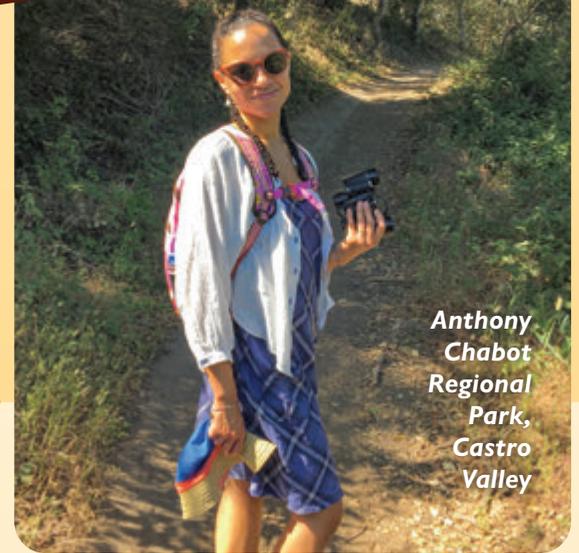
PEOPLE OF COLOR: INTRO TO BIRDING PERSONAS DE COLOR: APRENDA COMO AVISTAR LAS AVES #43726

- Are you interested in exploring your local parks while learning about your surroundings? We live within the Pacific Flyway, a stopover for thousands of birds every year. Practice using binoculars to sight and identify some of our local birds. Programs are bilingual in English/Spanish. See ebparks.org/parks for maps and directions.
- Vivimos dentro de la ruta migratoria Pacífica Norte Americana; donde miles de aves hacen parada en la Bahía de San Francisco cada año. Practique usando los binoculares para avistar

e identificar algunos de estos pájaros. Los programas son bilingües español/inglés. Visite ebparks.org/parks para obtener mapas y direcciones.

Fri, May 20: 6-8pm, MILLER/KNOX REGIONAL SHORELINE (Dornan Drive Parking Lot) #43727: Discover what's in flight on this 2-mile walk along the shoreline. Descubra las aves locales durante esta caminata a lo largo de la costa. 2 millas.

Fri, May 25: 6-8pm, POINT PINOLE REGIONAL SHORELINE (Dotson Family Marsh) #43729: Slowly walk an easy 2-mile out-and-back to find out what animals are hiding in the marsh.



Anthony Chabot Regional Park, Castro Valley

Caminaremos 2 millas de ida y vuelta para aprender sobre los animales que habitan el pantano.

Wed, May 27: 6-8pm, MARTIN LUTHER KING JR. REGIONAL SHORELINE (Arrowhead Marsh Parking Lot) #43728: Walk out to the Jetty trail to learn who shares the marsh with us. Caminaremos hasta el sendero Jetty para aprender sobre quiénes comparte el pantano con nosotros.

PEOPLE OF COLOR: EVENING WALKS and TALKS PERSONAS DE COLOR: CAMINATAS Y CHARLAS AL ATARDECER #43730

- Are you interested in exploring your local parks while learning about your surrounding? Join us for an after-work walk and explore different parks and the wonders within. Hikes range from 1 to 5 miles. Great for families. Programs are bilingual in English/Spanish. See ebparks.org/parks for maps and directions.
- Únase a nosotros para una caminata después del trabajo para explorar diferentes parques y las maravillas que albergan. Las caminatas varían de 1-5 millas. Los programas son bilingües español/inglés. Visite ebparks.org/parks para obtener mapas y direcciones.

Wed, May 4: 6-8pm, BRIONES REGIONAL PARK (Bear Creek Staging Area) #43731: Take a 3-mile evening challenge hike. Get your heart rate up while learning about our local watershed. Tome una caminata de tres millas al atardecer.

Trabaje sus músculos mientras camina por las colinas y aprenda sobre nuestra cuenca local.

Fri, May 6: 5-7pm, DIABLO FOOTHILLS REGIONAL PARK (Orchard Staging Area) #43734: Find out what is flowering, while on an out-and-back 4-mile challenge hike. Aprenda que está floreciendo durante esta caminata rigurosa de 4 millas.

Wed, May 11: 6-8pm, WILDCAT CANYON REGIONAL PARK (Alvarado Staging Area) #43736: Gain elevation, beautiful views, and learn about the local plants and animals that share this ecosystem with us on a challenging 2.5-mile loop. Suba las colinas para obtener hermosas vistas y aprenda sobre las plantas y animales locales que comparten este ecosistema con nosotros. Caminaremos un circuito desafiante de 2.5 millas.

Wed, June 1: 6-8pm, KENNEDY GROVE REGIONAL RECREATION AREA (Parking Lot) #43735: Learn about the local ecosystem

and the plants that grow here while on a 2-mile challenge hike. Aprenda sobre el ecosistema local y las plantas que crecen aquí durante una caminata desafiante de 2 millas.

Fri, June 3: 6-8pm, MILLER/KNOX REGIONAL SHORELINE (Dornan Drive Parking Lot - South) #43737: Stretch your legs after work on this steep 2-mile walk up West Ridge Trail. Learn about the local history of the place you and so many others call home. Estire las piernas después del trabajo en esta empinada caminata de 2 millas sobre West Ridge Trail. Aprenda sobre la historia local.

Thu, June 30: 6-8pm, POINT PINOLE REGIONAL SHORELINE (Giant Road Staging Area) #43738: Join us for an easy 2.5-mile history hike through eucalyptus groves and coastal views. Únase a nosotros para una caminata fácil de 2.5 millas por los bosques de eucaliptos y vistas costeras donde aprenderá más sobre la historia de este lugar.

Outdoor Recreation



ADULT FITNESS/WELLNESS PROGRAMS

Pole Walking, Pole Hiking, and Fitness Training

Easy-paced expert training on how to use poles for hiking, walking and outdoor exercise. Enhance your enjoyment of the outdoors; learn how to improve endurance, balance, spine function and confidence as well as how to avoid joint stress or strain. A variety of top-quality poles are available for your use.



HIKING WITH POLES: SKILLS + SHORT PRACTICE HIKE

Coyote Hills

Fri, May 13 8:30am-2pm
#43942

Learn individualized, anatomically optimal strategies for enhancing performance and confidence on the trail. Uphill: Improve power, endurance, posture, and spine function. Downhill: Develop skills for feeling safer and preserving joints – Save your knees! Short, beautiful practice hike included and optional.

Fee: \$65 (non-res. \$73)

USING POLES FOR WALKING AND MAINTAINING MOBILITY

Coyote Hills

Fri, June 24 9am-1:30pm
#43943

When pole walking, you will feel taller, more confident and experience profound freedom of movement! Learn skills that address your issues and goals, reduce fall risk, improve your balance, endurance, walking gait, longevity. Special equipment provided. Easy pace. Beautiful pole walk: Butterfly Garden, Boardwalk Marsh, seasonal birding.

Fee: \$65 (non-res. \$73)

Registration is Required for these Programs

For more information:

ebparksonline.org or 1-888-327-2757 (1-888-EBPARKS), option 2

PARK'N IT DAY CAMP • Youth 5-12 yrs.

Spend a whole week exploring and playing in the Regional Parks! Recreation leaders, lifeguards, and naturalists provide caring supervision for hiking, fishing, swimming, arts and crafts, sports, and active fun in the great outdoors. Registration is required. Fee: \$200 (non-res. \$220)

Mon-Fri, 9am-4pm

Jun 6-10 Temescal #42896
Jun 13-17 Temescal #42897
Jun 20-24 Don Castro #42898
Jun 27-July 1 ... Castle Rock ... #42899
Jul 18-22 Miller/Knox #42901
Jul 25-29 Ardenwood #42902
Aug 1-5 Coyote Hills... #42903



LEADERS IN TRAINING

Day Camp • Teens 13-17 yrs.

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

ebparks.org/programs/day-camps/park-n-it or contact Morgan Evans, Recreation Coordinator, at mevans@ebparks.org / 510-544-2566 for a paper copy. Fee: \$50

Mon-Fri, 8:30am-4pm

Jun 6-10 Temescal
Jun 13-17 Temescal
Jun 20-24 Don Castro
Jun 27-July 1 ... Castle Rock
Jul 11-15 Various Parks
Jul 18-22 Miller/Knox
Jul 25-29 Ardenwood
Aug 1-5 Coyote Hills





Sunol Wilderness

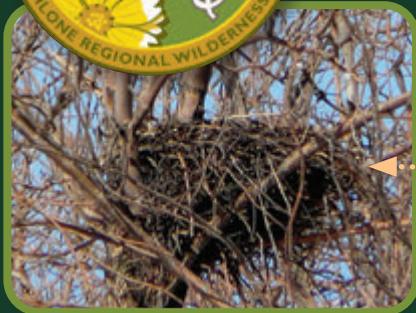
REGIONAL PRESERVE

WHOSE NEST IS WHOSE?

MATCH EACH NEST TO ITS AVIAN ARCHITECT

Read the clues. Follow each birds' meandering flight path for the answers.

Sage



Rich Kelley

Tree Swallows
traditionally nest in cavities of trees. However, loss of habitat created a housing shortage for them. Luckily, they readily take to nest boxes and their populations are thriving.

Michael/Malqueen



Trish Hartmann

Great Blue Herons
nest in colonies with other herons, building nests out of sticks presented to the females by the males. She will line the nests with pine needles, moss, and dry grass.

Jennifer C.



Tina Dopigiet

Wood Ducks
nest in tree cavities, and like many cavity dwellers, have found habitat loss creating a housing shortage. Nest boxes placed along creeks provide much needed relief.

Trish Gussler



Henry T. McClin

Red-Tailed Hawks
build nests that can be up to 6.5 feet high and 3 feet across! Both parents construct the nest with dry sticks and line it with bark strips, fresh leaves and dry plants. Sometimes, these nests are stolen by a great horned owl and the hawks must find a new place to rebuild.

Ron Henise



Mick Thompson

Bushtits
These flocking birds only pair off during mating season. Their nests are made of lichens and spider webs, insulated with feathers, fur and downy plant material like cattail fluff.

How can we help our avian friends?

Nest boxes are a haven for many birds who traditionally relied on tree cavities or wooden fence posts for nesting places. Many are happy to accept a well-placed nest box as an alternative.

The website, nestwatch.org, is a great resource for placing, buying or building nest boxes.



Tree swallow on nest box

Gary Paakkonen

Tilden

NATURE AREA



Did You Know?

Both honeybees and native bees gather more than just nectar for food. They gather pollen too! But why? Pollen is a form of protein for bees while nectar that is transformed into honey is a carbohydrate. But how do bees carry the pollen back to the hive? Honeybees have special hairs on their hind legs that they use to hold the pollen. Some native bees like the leafcutter bee, have pollen collecting hairs under their abdomen. So, the next time you take a hike and spot a bee on a flower, look for pollen gathered somewhere on their body!



Honey bee

Eric Nicholas



Leafcutter bee



Mining bee

Pollinator Word Search

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U Q H W B C Z N U T H H Z W S L K F V X
O U L B G U S L J M P O T F L O W E R G
I D M B C C T V H H O F N R M A P W L Y
A B B O D F V T T V N E A E F A E Q R M
P M Z U T H W X E O N R R H Y Q Z P A N
N I L F M H G N F R N T N I Q B F L B O
O S I A N B F P H F F I J T X W E X E S
H Y K N Z K L D I Q F L F A F R V E E P
F Z W T P M S E M I S I Y P C J F V T E
U H Z H R T H Y B G Z Z N A Z G F M L R
X V P E P F I A M E F A T X J U O M E M
O Q C C Q Q Y N S S E T C I R H C R A N
F G P O A R T G Q C P I S P G G L A C Y
O H E L V F F I Q A N O O T R B A W C X
I C N O R P W O J S Y N T M O M E K D K
D W E G M E A S N R J K C P G H V B J N
K N C Y A D I P Z X F A Y N D A O P C W
F G T L I L C E P O L L E N P A K U T B
C V A C F Q E R N E S R U E T R D F F M
Y L R R X G H M H U M M I N G B I R D A
    
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- | | | |
|-------------|---------------|--------|
| angiosperm | fertilization | moth |
| anthecology | flower | nectar |
| beetle | gymnosperm | pollen |
| bumblebee | honeybee | |
| butterfly | hummingbird | |

Senior Hiking at Kennedy Grove

Ah, the summer solstice, the longest day of the year, the first full day of summer, and the kickoff for warm weather activities! With an abundance of daylight, get out and enjoy your parks, from hikes, to picnics, to everything under the sun ... This hike explores Kennedy Grove Regional Recreation Area's "Leftover Land" with a solstice surprise!

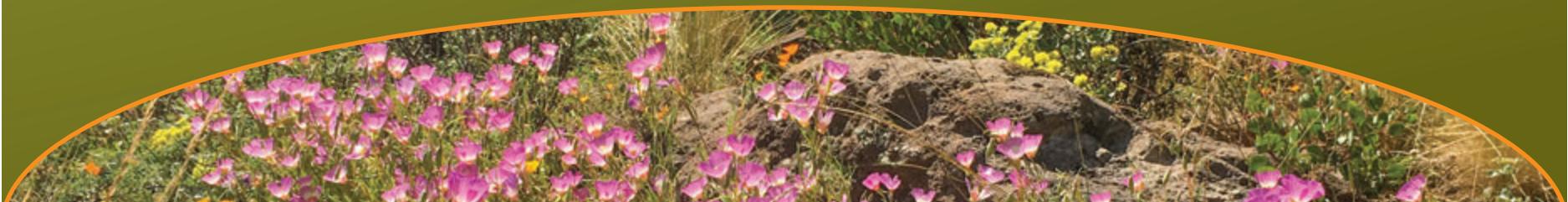
THE OVER-THE-HILLS GANG

Trail Gail

10am-12:30pm, Tues, June 21

Hikers 55 years and older interested in nature study, history, fitness, and fun are invited to join and explore the Regional Parks.

No registration, drop-in, for info (510) 544-2233



WHATS HAPPENING AT THE REGIONAL PARKS BOTANIC GARDEN

The Botanic Garden is open 8:30 a.m. to 5 p.m., October – May and 8:30 a.m. to 5:30 p.m., June – September.

Info: Visit nativeplants.org or call (510) 544-3169 for special events, classes, docent training, and Friends of the Regional Parks Botanic Garden e-Newsletter.

DOCENT-LED WEEKEND AND HOLIDAY TOURS

Saturday 2pm; Sunday and holidays, 11am and 2pm
Meet at the Botanic Garden Visitor Center.
Accepting groups of ten or less. Rain cancels! Free.



Ithuriel's Spear

SATURDAY & WEEKDAY PLANT SALES

Choose from a huge selection of California native plants. Bring your own boxes or small wagon. First Saturday of the month: 10am till 2pm; Monday and Wednesday: 10am to noon.

See ebparks.org/calendar for upcoming programs. **15**



Volunteer PROGRAM

VOLUNTEER SPOTLIGHT:

Regional Parks Botanic Garden Volunteers!

The Regional Parks Botanic Garden (in Tilden Regional Park) has a long and storied history of outstanding volunteer activity. Read on to learn more about Botanic Garden volunteer opportunities!

PLANT PROPAGATORS

Our longest running volunteer program at the Botanic Garden dates back to the 1970s! These wonderful volunteers help grow, care for, and sell thousands of California native plants through our biannual and weekly plant sales. Working closely with garden staff, they collect seeds and cuttings from our collection and sometimes even their home gardens. They provide ongoing care and maintenance until the plants are ready to be sold. Some plants require years of tending! Their efforts greatly benefit the garden.



SEEDY FRIENDS

The Seedy Friends help collect, clean, and package seeds from the Botanic Garden for sale to the public. These volunteers operate throughout the year but are busiest from late spring through early fall as they collect and process seeds.

GARDEN HELPERS

These helpful folks make the garden look its best through targeted weeding and other gardening tasks, under the guidance of our professional gardeners. They also assist with some specialized projects like cataloging the Botanic Garden's book collection, scanning slides, etc. They are true helpers in every way!

GARDEN GREETERS

Garden Greeters create a warm welcome for our visitors on weekends and holidays. They help our visitors have the best possible experience by handing out maps and offering general information. These positions are specially trained in all areas of the garden! Interested? Contact us to apply.



East Bay 
Regional Park District

Healthy Parks Healthy People

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

BOTANIC GARDEN DOCENTS

Botanic Garden Docents provide weekend and holiday tours for the public and educational tours for school children. Some Botanic Garden Docents even travel to underserved schools to provide in-classroom programs to complement the school's field trip to the garden. Botanic Garden Docents must attend an intensive six-month training course. We are now planning for the next docent training class that will begin in January 2023. Space in this class is limited! Contact us for more information on our docent programs and/or to get on our preliminary contact list for the 2023 docent training class.

FRIENDS OF THE REGIONAL PARKS BOTANIC GARDEN

And of course, the garden benefits greatly from the support of those who contribute to our amazing Friends of the Regional Parks Botanic Garden organization. Beside the critical financial support each membership with our Friends organization provides, they also provide our website nativeplants.org, the quarterly Manzanita publication, The Botanic Garden Monthly digital e-Newsletter (free when you sign up on the website), classes, field trips, help with the Docent program, and support for projects. The Friends advocate for the Botanic Garden and support staff field collecting expeditions. Visit the website to join the Friends or request a Friends membership brochure by contacting the Botanic Garden. Friends memberships are available to everyone!



Interested in these volunteer activities? Contact the Regional Parks Botanic Garden, call 510-544-3169 (press 0 and leave a message with your name, phone number, and a brief message). Or email our staff at BGarden@ebparks.org