

Regional in Nature

# Activity Guide

JULY – AUGUST 2022

East Bay   
Regional Park District  
*Healthy Parks Healthy People*



Alameda's Crab Cove renamed Doug Siden Visitor Center at Crab Cove in Honor of Former Park District Board Director, *page 3*

Swim Season Is Here!  
*See page 3*

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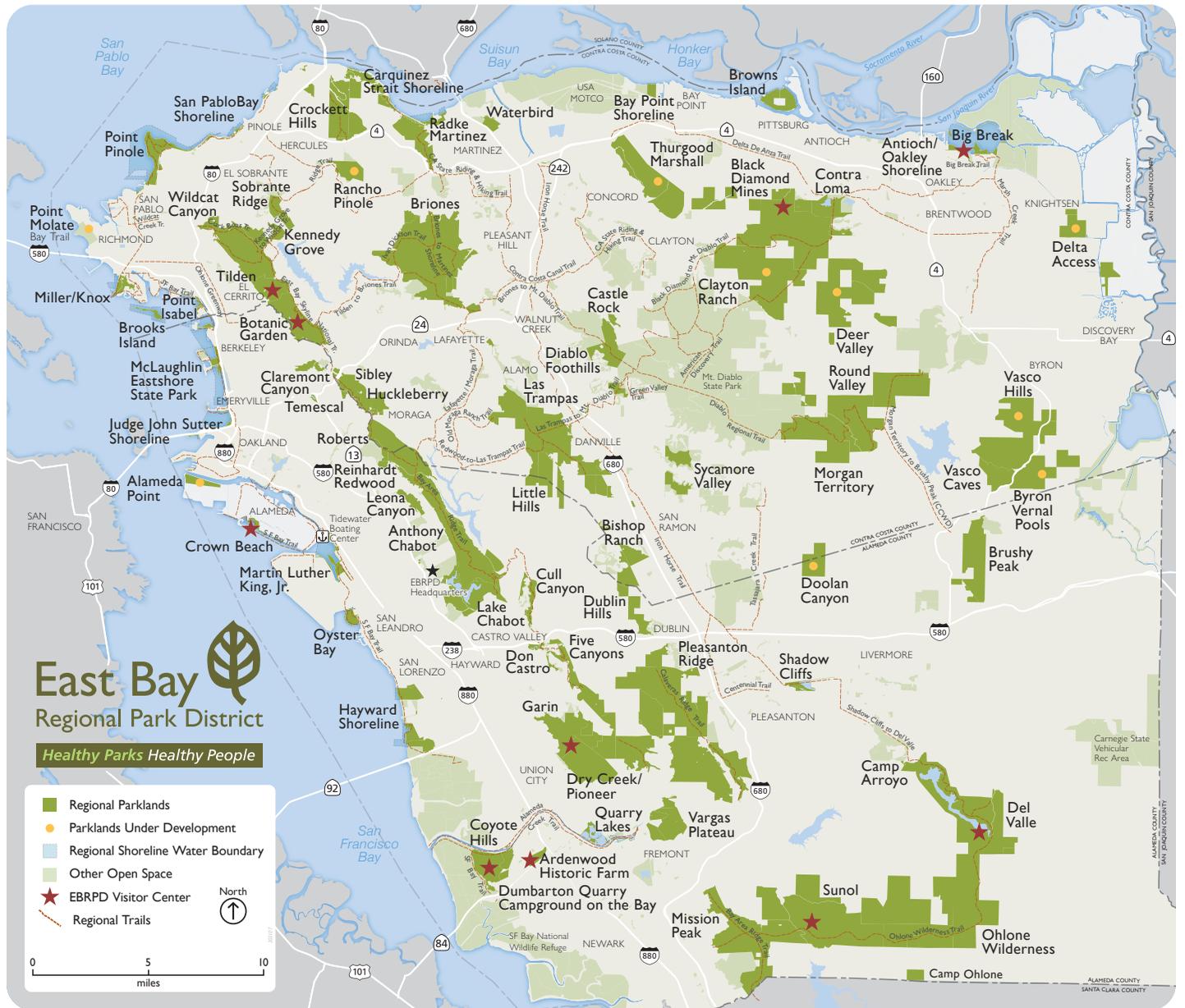
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General Information  
 1-888-EBPARKS or 1-888-327-2757  
 Camping and Picnic Reservations...  
 .....1-888-EBPARKS  
 Naturalist and Recreation  
 Programs.....1-888-EBPARKS  
 TRS Relay Service.....7-1-1

EBRPD Board of Directors  
 Elizabeth Echols.....Ward 1  
 Dee Rosario.....Ward 2  
 Dennis Waespi.....Ward 3  
 Ellen Corbett.....Ward 4  
 Ayn Wieskamp.....Ward 5  
 Beverly Lane .....Ward 6  
 Colin Coffey (President).....Ward 7

Visit [ebparks.org](http://ebparks.org) for map downloads, activity and event information, and much more!



**East Bay Regional Park District Headquarters**  
 2950 PERALTA OAKS COURT, OAKLAND, CA 94605  
 1-888-EBPARKS OR 1-888-327-2757 (TRS 711)  
**EBPARKS.ORG**



**Regional Parks Membership**  
 ENJOY FREE DAY-USE PARKING, SWIMMING,  
 DOG PASS, AND MORE. 510-544-2220  
**REGIONALPARKSFOUNDATION.ORG**

## Visitor Centers

**Ardenwood Historic Farm**, Fremont  
 510-544-2797, [awvisit@ebparks.org](mailto:awvisit@ebparks.org)  
**Big Break Regional Shoreline**, Oakland  
 Big Break Visitor Center at the Delta  
 510-544-3050, [bigbreakvisit@ebparks.org](mailto:bigbreakvisit@ebparks.org)  
**Black Diamond Mines Regional Preserve**, Antioch  
 510-544-2750, [bdvisit@ebparks.org](mailto:bdvisit@ebparks.org)  
**Coyote Hills Regional Park**, Fremont  
 510-544-3220, [chvisit@ebparks.org](mailto:chvisit@ebparks.org)  
**Crown Memorial State Beach**, Alameda  
 Doug Siden Visitor Center and Aquarium  
 510-544-3187, [ccove@ebparks.org](mailto:ccove@ebparks.org)

**Del Valle Regional Park**, Livermore  
 510-544-3146, [svisit@ebparks.org](mailto:svisit@ebparks.org)  
**Garin/Dry Creek Pioneer Regional Parks**, Hayward  
 510-544-3220 (Coyote Hills), [chvisit@ebparks.org](mailto:chvisit@ebparks.org)  
 Red Barn open summer Saturdays  
**Sunol-Ohlone Regional Wilderness**, Sunol  
 510-544-3249, [svisit@ebparks.org](mailto:svisit@ebparks.org)  
 Open weekends  
**Tilden Regional Park**, Berkeley  
 Botanic Garden: 510-544-3169, [bgarden@ebparks.org](mailto:bgarden@ebparks.org)  
 Tilden Nature Area/Environmental Education Center  
 510-544-2233, [tnarea@ebparks.org](mailto:tnarea@ebparks.org)

# GO SLOW AND SAY HELLO Trails are For Everyone

A MESSAGE FROM GENERAL MANAGER SABRINA B. LANDRETH



**You may have noticed that parks and trails** are a lot busier than they were a couple years ago. It's no wonder, given how people have sought out parks since the pandemic as a way to stay active,

maintain their physical and mental health, and spend quality time with family and friends. Many new Regional Park visitors have turned into regular users, increasing visitation 30 percent districtwide.

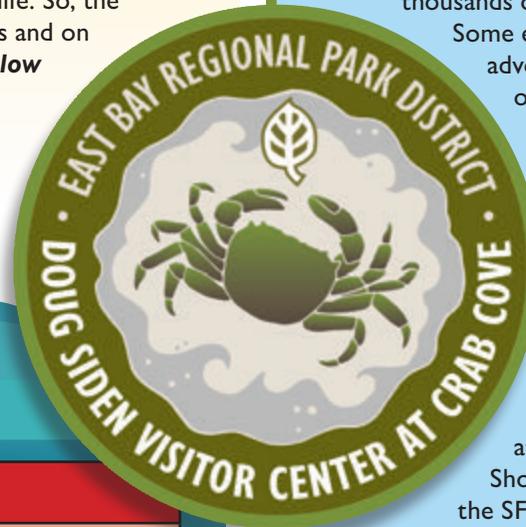
Understandably, with so many visitors in the parks, conflicts can arise between users, resulting in safety challenges and unpleasant

experiences on the trails. While these conflicts are rare, even one is too many.

One easy thing we can all do to help prevent conflicts is to slow down and say hello to each other on the trails. Respectfulness and kindness toward our fellow park visitors can go a long way.

Whether you walk, ride or roll, we are all visiting Regional Parks for the same reason, to experience nature and spend time away from the hustle and bustle of daily life. So, the next time you are in the parks and on the trails, make sure you **go slow and say hello** to your fellow visitors to help ensure everyone can enjoy the parks!

See you in your Regional Parks.



## Alameda's Crab Cove Renamed Doug Siden Visitor Center at Crab Cove

On a beautiful day in early June, the Crab Cove visitor center was renamed in honor of former Park District Board Director Doug Siden. The East Bay Regional Park District board unanimously approved the naming of the visitor center in Siden's honor on October 19, 2021. The City of Alameda resident, who served 24 years as a Park District board member, exemplified extraordinary commitment to environmental justice, supporting public access to thousands of acres of shorelines and parks.

Some examples of Siden's successful advocacy work include development of the Tidewater Boating Center



at Martin Luther King Jr. Regional Shoreline in Oakland, extending the SF Bay Trail in Oakland and San Leandro, and securing funding to preserve Alameda's Crown Beach from tidal erosion. He also led successful campaigns for bond measures CC and WW, which continue to fund much-needed Regional Parks and community improvement projects. Siden's lifelong dedication to youth education, social justice and inclusivity began in the 1960's with his service as a minister, and marching alongside civil rights leaders Dr. Martin Luther King, Jr. and César Chávez. He is a founding board member of the MLK Jr. Freedom Center in Oakland and has chaired numerous conservation and community organizations.

Terry Sims

## 2022 Swim Season Facility Status

	OPEN	CLOSED
	Castle Rock Pool	Lake Anza Swim Beach <i>(Due to scheduled maintenance)</i>
	Lake Temescal Swim Beach	Contra Loma Swim Lagoon <i>(Due to required safety repairs/maintenance)</i>
	Cull Canyon Swim Lagoon	Del Valle Swim Beach <i>(Due to Cyanobacteria/Blue-Green Algae; May reopen depending on water quality)</i>
	Don Castro Swim Lagoon <i>(Photo on left)</i>	Roberts Pool <i>(Due to new pool facility construction)</i>
	Quarry Lakes Swim Beach	Shadow Cliffs Swim Beach <i>(Due to extreme drought/low water levels)</i>

**Above is the open and closed status** of the Park District's lifeguarded swim facilities for 2022. The District also operates two San Francisco Bay shoreline beaches, Crown Beach in Alameda and Miller/Knox's Keller Beach in

Richmond, that allow swimming at your own risk with no lifeguard services provided.

Swim facility access and open hours can change. Make sure you check [ebparks.org/swimming](http://ebparks.org/swimming) before you head to a swim facility.



## Bike Bell Kiosks Promote Safety on the Trails

In a trial program to improve safety on the trails, the Park District recently installed Borrow A Bike Bell kiosks at Alhambra Creek Staging Area in Briones Regional Park and Crockett Ranch Staging Area in Crockett Hills Regional Park. The new kiosks encourage mountain bikers to use bike bells when passing other visitors – enhancing safety and enjoyment for all trail users. Bike bell usage is recommended and a great way to promote safety. Cyclists should also stay on designated trails to maintain safety and avoid impacting protected natural resources. Bikes are not permitted on narrow trails, except for designated sections at specific parks.

Crockett Hills Regional Park allows mountain bikes on 10 miles of narrow bike-optimized multi-use trails, including two designated bicycle loop trails, one short and one long, that traverse oak woodlands and hillsides. Briones also allows mountain biking on designated sections of the Lafayette Ridge Trail, Briones Crest Trail, and Blue Oak Shortcut Trail. For more information about mountain biking in Regional Parks, visit [ebparks.org/mountain-bike-trails](http://ebparks.org/mountain-bike-trails).

Funding for the kiosks was provided by REI and the Regional Parks Foundation. The East Bay Bicycle Trails Council is providing volunteer assistance to maintain the bike bells kiosks.



## Summer Brings Busy Parks

### THREE LESS BUSY PARKS TO CONSIDER

The public's love for parks is apparent each weekend, with many parking areas and staging areas becoming full by mid-morning. For example, parking at Coyote Hills in Fremont typically fills up by 10 a.m. on warm weekends.

To avoid busy parks consider these three amazing, yet less frequented, Regional Parks.



Zachary Rappart

#### Brushy Peak Regional Preserve, Livermore

Brushy Peak is a 1,702-foot landmark at the juncture of the San Francisco Bay Area, the California Delta, and the Central Valley. The peak is the centerpiece of the 1,979-acre Brushy Peak Regional Preserve and is known for red-tailed hawks, ferruginous hawks, and golden eagles that actively search for prey along its south-facing slopes. Featured activities include hiking, biking, running, nature study, and dog walking on the park's scenic trails.

#### Hayward Regional Shoreline, Hayward

Hayward Regional Shoreline consists of 1,841 acres of salt, fresh, and brackish water marshes and seasonal wetlands, with 5 miles of public trails along the shoreline and levees. Originally a tidal salt marsh, levees were built in the 1850s to create land for salt production, agriculture, and development. Today, its marshlands and wetlands are a haven for migrating birds, supporting over 200 bird species. Popular activities include hiking, biking, and birdwatching.



Min Lee

#### Kennedy Grove Regional Recreation Area, El Sobrante

Kennedy Grove is situated at the base of San Pablo Dam, and its whispering eucalyptus trees offer a fragrant, calm setting for all kinds of activities. There are numerous picnic areas, a large lawn, volleyball, horseshoes, and a play area for children. Popular activities include picnicking, hiking, biking, horseback riding, and bird watching. Visit [ebparks.org/parks](http://ebparks.org/parks) for more info about Regional Parks and trails.

# Climate Change and Parks

## Creating Climate Resilient Parks

As the effects of global climate change become more and more evident, the Park District is engaged in a variety of efforts to meet the resulting challenges to its parklands.

### Three areas impacted by climate change include:

- **Shoreline and marsh erosion with flooding from sea level rise**
- **Water quality issues**
- **Increasing wildfire risks**

To address potential shoreline flooding and marsh erosion, the Park District now factors climate change into all policy decisions. Measures include upgrading flood protection structures and realigning shoreline park features where necessary.



Jim Dunn

An example is the Hayward Marsh Natural Habitat Restoration Project. The marsh provides critical habitat for the endangered salt marsh harvest mouse

and California clapper rail. Now underway, the project will preserve and expand the marsh, while realigning and improving the Bay Trail to increase the shoreline's resilience to sea level rise.

Similarly, an upcoming project at Coyote Hills Regional Park in Fremont will restore habitat including seasonal wetland, coastal prairie, riparian forest and oak savanna, while providing public access on about 205 additional acres of the park. The improvements will buffer urban areas to the east from sea level rise.

Two other projects that provide both wildlife habitat and a buffer to absorb rising water levels are the Dotson Family Marsh at Point Pinole Regional Shoreline in Richmond, and Bay Point Regional Shoreline in East Contra Costa County.

Both water quality and swim beach availability are adversely affected by climate change, especially by prolonged drought. The swim beach at Shadow Cliffs in Pleasanton remained closed this season because of low water levels and other facilities are closed due to cyanobacteria (blue-green algae). Water quality is tested regularly from April through October to ensure conditions are safe.

The Park District also practices water conservation including drought-resistant landscaping and no-flush toilets where appropriate.

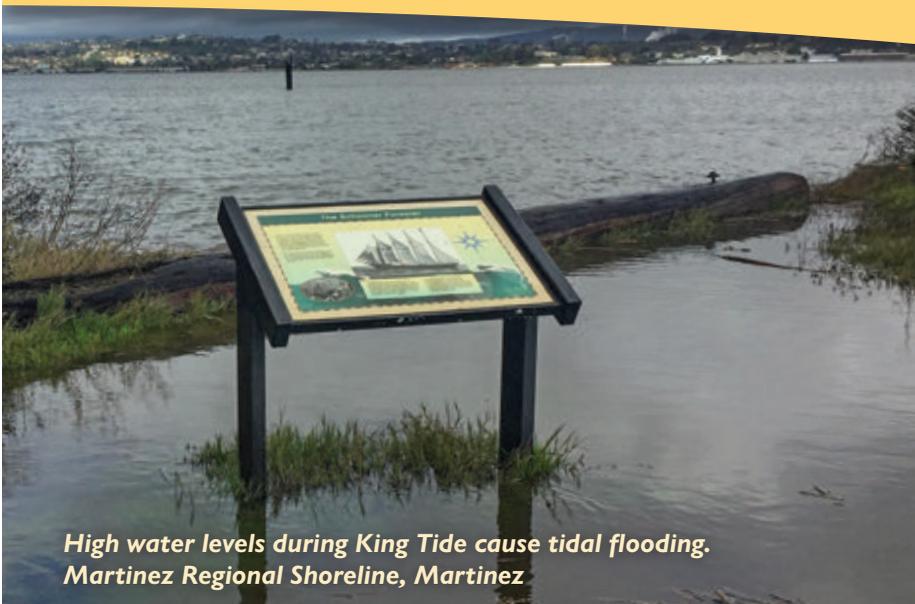
Climate change, especially drought, results in ever-increasing danger of catastrophic fires. Minimizing the risk of wildfire on its 125,000 acres of public lands is one of the District's highest priorities.

The Park District maintains a fire department of some 16 full-time firefighters and about 34 on-call staff – District employees with other primary occupations, but who are also fully-trained firefighters available when needed.

And working with federal and state agencies has enabled the District to receive significant funding for its forest and vegetation management programs. Techniques for fuel load reduction include grazing with goats, prescribed burns when weather permits, and removal of dead trees and other dry vegetation.



A recently discovered natural phenomenon – sudden die-off of many varieties of trees throughout California (see photo above) – has affected more than 1,500 acres. In the process of removing trees and brush to prevent catastrophic wildfires, District staff works to re-establish native, drought-tolerant plant varieties.



High water levels during King Tide cause tidal flooding. Martinez Regional Shoreline, Martinez



Overtopping of the San Francisco Bay Trail. Hayward Regional Shoreline, Hayward



# Ardenwood

## HISTORIC FARM

### Celebrating Independence Day the Old-Fashioned Way

**A**rdenwood provides a glimpse into life on a family farm between 1890 and 1930. A visit to the park highlights the role farms play in providing vital resources, driving innovation, and bringing together communities of people, plants, and animals.

Farm workers were – and are – vital members of our communities. Throughout time, their hard work has fed, clothed, and otherwise supported our contemporary societies. For much of Ardenwood’s history, July 4<sup>th</sup> – the anniversary of the signing of the Declaration of Independence – was a rare day when workers set aside their chores and field labor to partake in festivities. As such, we continue to celebrate Independence Day here on the farm.

At the time of its signing, the declaration that “all men are created equal” was a rallying call to unite colonists around the independence of the newly formed United States of America. Today, we hope that you will find new meaning in those words. From Indigenous families who have lived here since time immemorial to immigrants, colonists, and descendants of the enslaved, our programs celebrate the diverse backgrounds that make up our thriving, beloved community today. We hope you will join us this Independence Day!



### Independence Day Celebration

Join us for a fun-filled community festival, 1900-style!

Celebrate the United States of America’s 246<sup>th</sup> birthday with music, games, contests, and races for everyone all day long. Bring a picnic and spend the day the old-fashioned way!

Mon, Jul 4, 10am-4pm  
**Fee:** \$10.00/adults,  
 \$8.00/seniors (62+),  
 \$5.00/children (4-17),  
 under 4 years free.



## Ardenwood Interpretive Programs

For a complete list of Ardenwood programs, please visit us online •••▶

HISTORIC DAYS	BERRY PICKING	WHEAT HARVESTING	LAMMAS BREAD BOWLS	POKEAN: MAKE A NATIVE AMERICAN GAME	PRESSING PLANTS	VICTORIAN HERBAL REMEDIES	BEGINNING EMBROIDERY
Immerse yourself in a family farm, circa 1890-1930. Hop on a narrow-gauge railroad train, tour the beautifully restored Patterson House Museum, or visit our farm animals – you can even help feed them at 3 pm. Costumed staff lead activities and demonstrations all day long. Every Thu, Fri & Sun 10am-4pm	Summer’s succulent blackberries are ready for picking! Bring your own berry basket and gather a bunch to take home for pies, cobblers, and other summertime treats. Meet at the barn. Sat, Jul 9, 23, Sun, Aug 7, 21 10:30-11:30am	Follow a plump wheat berry’s journey from the farm’s field to your table. You’ll bring in the sheaves of grain and thresh it to separate the wheat from the chaff. Next, we’ll mill the grain into wholesome, stone-ground flour. Sun, July 10, 17, 24, 31 1-2pm	Halfway between the summer solstice and the autumnal equinox, Lammas celebrates the first grain harvest. We’ll make mini bowls from salt dough in honor of this ancient agricultural tradition. Sun, Aug 7 12:30-1:30pm	Use cornhusks and feathers, both plentiful on the farm, to make your own version of Pokean, a southwestern Native American game similar to hacky sack or badminton. Sun, July 3, 17, 31 10:30-11:30am	Flowers are fun for the whole family. Learn how to press and preserve plants of all types and take home your finished flower to enjoy. Sat, Jul 9, 23 11:30am-12:30pm	Victorians used plants to soothe everything from upset tummies to poor sleep. Explore what’s growing in Ardenwood’s kitchen garden, then make your own herbal tea blend to take home. Sun, Jul 10, 24, Sat Aug 27 11:30am-12:30pm	Victorians loved to embroider, and you will too! Learn some basic embroidery stitches and you will be able to decorate all sorts of cloth objects. Training materials supplied. Sat, Aug 13 12:30-1:30pm



# Big Break

## REGIONAL SHORELINE



### Dog Days of Summer

**M**any EBRPD locations provide wonderful places to walk your favorite four-legged family members. At Big Break you can enjoy a leisurely stroll down the Big Break Regional Trail, experiencing the unique wetland habitat and observing the animals that inhabit the Delta ecosystem. Remember, the average summer temperature at Big Break is 91°F, and can easily exceed 100°F on sunny days. It is important to keep your pets safe while recreating on the trails. Below are a few simple precautions to help you and your dog have fun during the summer heat.

- 1. Provide plenty of fresh, clean water.** Big Break has water fountains located at the Visitor Center and Delta Discovery Experience to refill your bowl.
- 2. Try to walk in the morning and evening** when temperatures are cooler.
- 3. Never leave your animals alone** in a parked vehicle.
- 4. Don't let your dog linger on hot asphalt.**
- 5. Dogs are not allowed to swim** in the water at Big Break and must always remain leashed.



DeShann Smith

### Big Break Interpretive Programs

For a complete list of Big Break programs, please visit us online . . . . . ▶



#### BIG BREAK LITTLES

Join us for an in-person Big Break Littles! Bring the little ones to the park for nature before nap time.

*Misti Marsh and Nichole Gange*

**Wetlands:**

*July 5 and 12, 10am*

**Nature's Lego:**

*August 2 and 9, 10am*

**Registration required**

Email [bigbreakvisit@ebparks.org](mailto:bigbreakvisit@ebparks.org)

#### BIG BREAK CAMPFIRE

Gather the family for an evening in the park! Bring a picnic dinner to enjoy before the festivities begin! We'll explore the wonders of Big Break through activities and a campfire (and S'mores of course!) Program the same both days.

*Misti Marsh, Nichole Gange, and Wyatt Moore*

**Solar System:**

*July 9, 6:30-8pm*

**Geology:**

*August 14, 6:30-8pm*

**Drop-in,** no registration required

#### DISCUSSIONS and NEWS

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

*Wyatt Moore*

*July 6, 8:30am*

*August 3, 8:30am*

**Drop-in,** no registration required

#### 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. Program the same both days. Attend one or the other.

*Misti Marsh*

*July 20 and 21, 1pm*

*August 17 and 18, 1pm*

**Drop-in,** no registration required

#### KAYAKING BIG BREAK

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, rich shoreline.

*Misti Marsh*

**Registration required. Fee required.**

Visit website for more details.

#### WEEKEND PROGRAMS

Join Big Break interpretive staff to learn about why the Delta is important to all Californians and discover what you can do to help the Delta.

**New topics each week**

*Every Saturday and Sunday, 11am and 2pm*

**Drop-in,** no registration required

See [ebparks.org/calendar](http://ebparks.org/calendar) for upcoming programs.



# Black Diamond Mines

## REGIONAL PRESERVE



Somersville townsite today.



Somersville townsite 1900.



Sam Brown's General Store,  
Somersville.



Sam Brown's General Store viewed  
through augmented reality.

## Historic Somersville

Every day people walk through downtown Somersville without ever realizing that they are in the middle of what was once one of the most populated communities in Contra Costa County. Located in Black Diamond Mines, at the end of Somersville Road in Antioch, the historic townsite is now a haven of natural beauty. However, at the turn of the 20<sup>th</sup> century, Somersville, and the rest of the Mt. Diablo Coal Field, was a center for industrial growth in the young state of California.

### XPLORE Somersville

The new “XPLORE East Bay Parks” app allows you to *see historic Somersville* for the first time through augmented reality. Partnering with Timelooper, Inc., we have used oral histories, pictures, and artifacts to recreate the town. Now you can move through Somersville in your own backyard, tabletop, or classroom.

In addition to the Historic Somersville Experience, this app allows you to explore many of our parks, with new experiences always being created. XPLORE East Bay Parks is available through Google Play and the App Store.



Google Play



App Store



Augmented reality bird's-eye view of Big Break Regional Shoreline's features.

# Coyote Hills REGIONAL PARK



H. Grimes

Today you can see the old salt ponds with "white frosting" salt.



19<sup>th</sup> century salt harvesting.

## Salty Shoreline

**T**here are many miles of trails to hike and explore along the shoreline from Dumbarton Quarry Campground and Coyote Hills Regional Park. On a clear day, you can see the skyline of San Francisco in the distance, and perhaps you'll see some of the abundant wildlife that call this refuge home. But look closely along the shore. You may notice thick bands of what looks like white frosting. That "frosting" is salt that accumulates and forms when brackish water from the bay evaporates.

As the sun shines and the wind blows throughout the summer, water evaporates from these shallow ponds, leaving behind the salt. Anaerobic bacteria will start to break down and eat tons of decomposing organic matter. Like other organisms, these bacteria produce a waste product, hydrogen sulfide, which can create a rotten egg smell you may notice. While it can be unpleasant, remember that you're smelling the evidence of millions of amazing decomposers hard at work!

If you look west from the Bayview Trail, you can see salt ponds that the California Salt company made more than 100 years ago. People have harvested salt here for much longer. The Native People of this area, the Tuibin Ohlone, gathered salt since time immemorial and continue to do so today.

These salt ponds provide homes for various bacteria, insects, crustaceans, and fish. The extensive levee system and trails surrounding the ponds offer critical habitats for nesting birds and unique spaces for plants to grow.

## Saturday Evening Campfire Programs

### AT DUMBARTON QUARRY CAMPGROUND ON THE BAY

The Dumbarton Quarry Campground, located within Coyote Hills Regional Park, will host Saturday evening campfire 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! Programs are held every Saturday after sunset. Check our website for dates and times.



## Coyote Hills Interpretive Programs *For a complete list of Coyote Hills programs, please visit us online*

### REPTILE RENDEZVOUS

Get up close to some of our reptile animal ambassadors. Learn about their incredible features, adaptations, and habitats. Use what you observe to create your own reptile-inspired craft. All ages.

Sun, July 3, 10-11am

### BAYVIEW TRAIL HIKE

Join us as we hike a section of the Bayview Trail and explore the many habitats of Coyote Hills. Discover the connections between aquatic ecosystems, salt ponds, and the diversity of plants and animals.

Sun, July 10, 10-11:30am

### COMPELLING CATTAILS

Journey through our marsh and explore the habitat of cattails. Discover the importance of cattails in wetland ecosystems and the different uses of this plant. Use what you learn to create your own cattail creation.

Sun, August 7, 10-11:30am

### MARSH ADVENTURES

Marshes are teeming with life above and below. Join us on a walk through the marsh as we discover the plants and animals that call this unique place home and then use scientific tools to investigate further.

Sun, August 14, 10-11:30am



# Crab Cove

DOUG SIDEN VISITOR CENTER & AQUARIUM

## Canada Goose: A Big, Bold, Beautiful Bird

The Canada goose (*Branta canadensis*) is a bird that many of us know well! Large-bodied with long, black necks and a white-and-black head, they have become common in many of our parks and are usually quite tolerant of humans. The migratory arrival and departure of Canada geese in the Bay Area used to be considered a symbol of the changing of the seasons. Although many still migrate to breeding grounds to the north, "honking" as they fly in their easy-to-see V formation, Canada geese started living in the Bay Area year-round in the 1950s. Nesting really ramped up by the 1990s and continues to increase today.

For many bird species, migration for almost all individuals will happen no matter what, but Canada geese have quickly adapted to a changing environment. With an increase in food supply in



In the early 1900s, Canada geese were almost extinct, caused mostly by people hunting adults and eggs for food and sport. Once they became a protected species, and with breeding programs in the early days of recovery, their population increased slowly but steadily. Recently their populations have increased significantly in urban/suburban areas.

their Bay Area wintering grounds, such as large areas of turf grass close to ponds and reservoirs, why migrate if they can breed here? In semi-urban areas such as Crab Cove, the lack of large predators like coyotes and bobcats makes it a much safer place to raise their young.

Adults usually mate for life which can be 10-24 years! Their nests are bowl-shaped, with 3-10 eggs on the ground in a sheltered location. The yellow, downy-feathered hatchlings can walk and swim almost immediately, and the family will stay together for almost one year. At Crab Cove and other Regional Parks with water sources, baby geese can often be viewed from April through June, bringing much joy to human observers.



Canada geese can eat a lot of grass, and one study claims they can poop up to two pounds per day (other studies suggest it's typically closer to ½ pound per day). Geese in parks mow and fertilize lawns without charging for their service! Thankfully, goose excrement has minimal smell and does not seem to produce much risk to human health (wash hands after touching it, there is some risk). But humans, understandably, have lots of feelings about picnicking or playing on poopy lawns.

We also see baby mallard ducks (*Anas platyrhynchos*) around the same time at Crab Cove, rivaling the cute factor. Compared to goslings, fewer ducklings seem to survive due to predation by hawks, gulls, egrets, herons, raccoons, dogs and cats. The female mallard raises the babies alone, and since she is much smaller than a Canada goose, it's harder to defend her ducklings.

Visitors have a range of perspectives about Canada geese in our East Bay Regional Parks (and in many other areas). Remember that they are a wild, protected, native species that deserves our respect. Please never feed them or any wildlife in our parks. Observe and admire them from a distance, especially when goslings are present, and you will be rewarded by the antics of a highly social, entertaining group of birds.



Both the mother and father goose provide care equally, and when moving to new locations one adult tends to be in front and one in back. They will defend their babies ferociously, often warning us humans to back off by hissing and swinging or bobbing their neck.



## Crab Cove Interpretive Programs

For a complete list of Crab Cove programs, please visit us online . . . . . ▶

### FAMILY NATURE FUN HOUR (1:30-2:30pm, Every Sat and Sun)

The tides roll in and out making each day a chance to discover something new. Spend an afternoon at the beach, make new discoveries, and enjoy a new activity each weekend with games, crafts, and special surprises. No registration; drop-in. For information, call (510) 544-3187.

7/2 & 7/3: Crab Cove Campfire; 7/9 & 7/10: Seaweed Science; 7/16 & 7/17: Wonderful Whales; 7/23 & 7/24: Nuts about Squirrels 7/30 & 7/31; Going on a Bug Hunt; 8/6 & 8/7: Sharks; 8/13 & 8/14: Water All Around (and in) Us!; 8/20 & 8/21:

Some Like It Hot; 8/27 & 8/28: Lost on a Deserted Island

### HIKES FOR TYKES (10:30-11:45am, Tuesdays in various Regional Parks)

Enjoy some nature before naptime with your young child! Join us to travel over hill and dale and explore the fabulous flora and fauna of the Regional Parks. Tools for exploration will be provided. Hikes average about 1/2 mile. Bring a snack. Strollers are not recommended for many hikes.

Jul 5: Lake Chabot (Marina); Jul 19: Encinal Beach; Aug 2: Roberts (Redwood Bowl); Aug 16: MLK Regional Shoreline (Arrowhead; Aug 30: Redwood (Canyon Meadow)

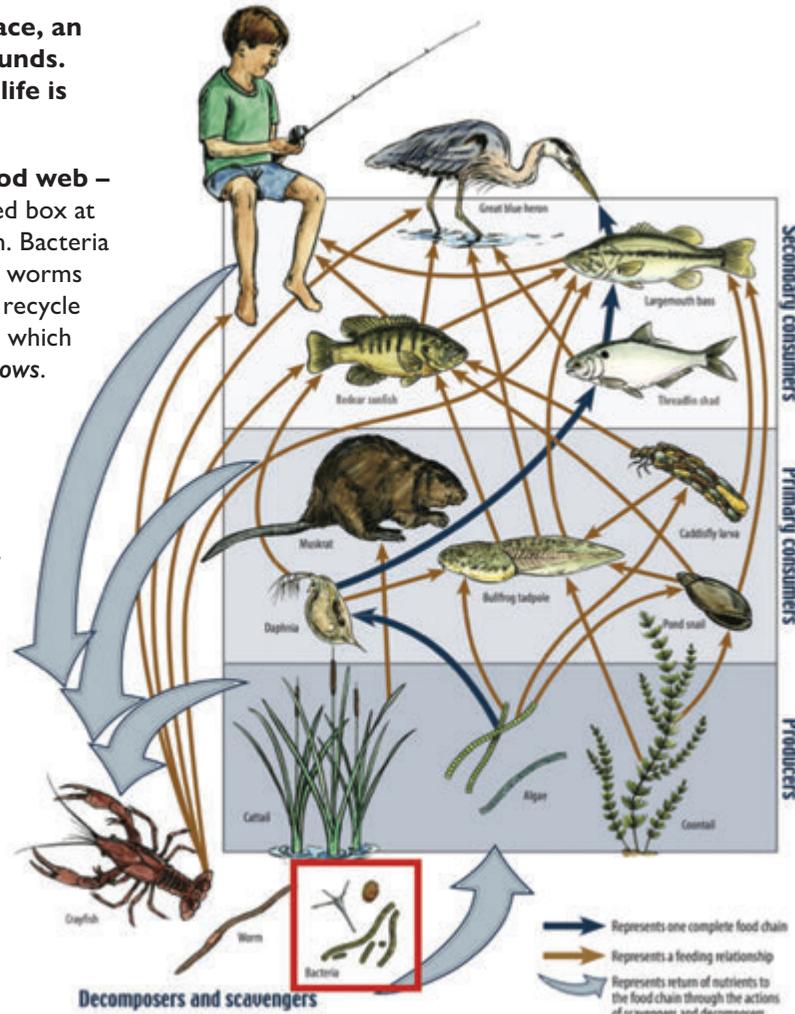
**10** See [ebparks.org/calendar](http://ebparks.org/calendar) for upcoming programs.



## The Lake's Food Web

**B**elow the water's surface, an entire ecosystem abounds. An intricate food web of life is sustained in the lake.

**Example of an aquatic food web –** Bacteria can be seen in the red box at the bottom of this illustration. Bacteria (and other decomposers, like worms and crayfish) decompose and recycle nutrients back to the habitat, which is shown by the *light blue arrows*. Without bacteria, the rest of the food web would starve, because there would not be enough nutrients for the animals higher up in the food web. The *dark orange arrows* show how some animals consume others in the food web. The *dark blue arrows* represent one complete food chain, beginning with the consumption of algae by the “water flea” daphnia, which is consumed by a small fish, which is consumed by a larger fish, which is at the end consumed by the great blue heron.



● ● ● Draw Your Favorite ● ● ●  
**AQUATIC ANIMAL** ▼

## CELEBRATE LATINO CONSERVATION WEEK

**L**atino Conservation Week, July 16-24, was created to support the Latino community getting into the outdoors and participating in activities to protect our natural resources.

**Info:** [latinoconservationweek.com](http://latinoconservationweek.com)

### LET'S LEARN SOME COMMON ANIMAL NAMES IN SPANISH:

Deer – Venado	Snake – Serpiente
Squirrel – Ardilla	Fox – Zorro
Fish – Pez	Butterfly – Mariposa
Turtle – Tortuga	



See [ebparks.org/calendar](http://ebparks.org/calendar) for upcoming programs.

## Del Valle Interpretive Programs

For a complete list of Del Valle programs, please visit us online ●●●●●●●●▶

### WE SCREAM FOR ICE CREAM

Did you know there is a National Ice Cream Day? What a SWEET holiday!! This fun and tasty program takes place by the Visitor Center on July 17 from 2-4pm

### PARK N' PLAY

Family friendly nature activities for those up to 10 years old or the young at heart. Fourth Sunday of the month from 9:30-11am by the Visitor Center (July 24 and Aug 28).

### DISCOVERY CLUB

Hands-on family friendly activities in the campground every Saturday from 10am to 12pm.

### SNAKE TALK

Meet our animal ambassador gopher snake! Program is every Sunday at 11am at the Del Valle Visitor Center.

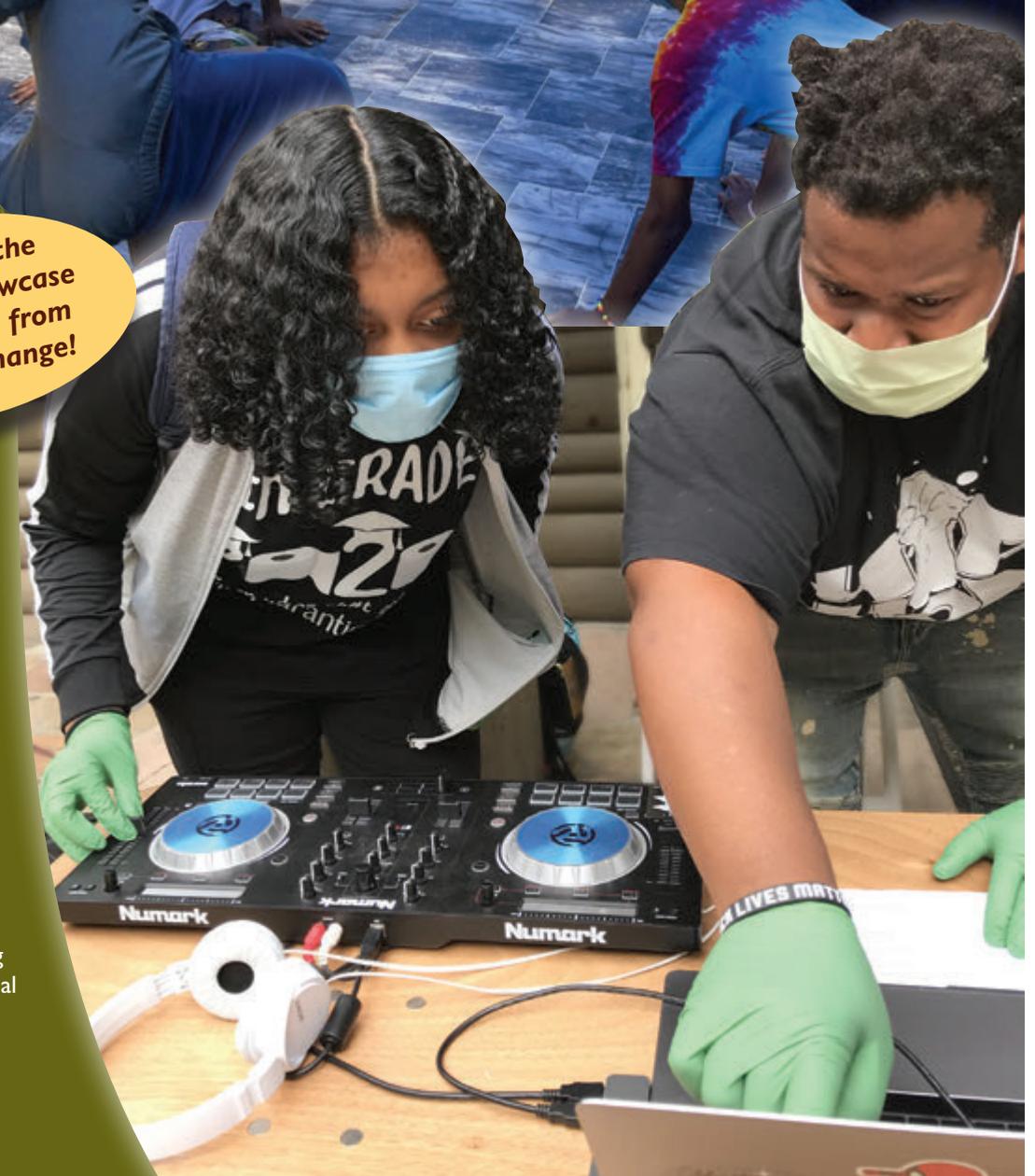




# Mobile Education



Experience the 4<sup>th</sup> annual showcase performance from Agents of Change!



## AGENTS OF CHANGE Showcase Performance!

Sat, July 16, 2022  
1-3 pm

*Doug Siden Crab Cove Visitor Center  
Crown Memorial State Beach, Alameda*

**A**gents of Change is a week-long youth artist residency program in partnership with Hip Hop for Change. Participants will have spent a week exploring the connections between parks, the environment, and Hip Hop culture, and will make an original art piece exploring these intersections. Come and enjoy the final presentations of visual and performance art from these youth artists!



For more information about this program, visit [https://bit.ly/Agents\\_of\\_Change](https://bit.ly/Agents_of_Change)

# Outdoor Recreation



## Adult Pole Walking and Pole Hiking

**Expert training** on how to use poles for hiking, walking and outdoor exercise. **CAREFULLY** read the descriptions and then select the class that best suits your physical ability and inclination. A variety of top-quality poles are provided for your use.

### POLE HIKING SKILLS AND TECHNIQUES

#### **Roberts Recreation Area**

Hikers learn strategies for enhancing performance and confidence on the trail. Uphill: Improve power, endurance, posture, upper body strength and spine function. Downhill: Develop skills for feeling safer and preserving joints – Save your knees! Morning training session, all level hikers welcome.

Saturday, July 16, 8:30am-12:30 pm, #44623  
Fee: \$55 (non-res \$63) Registration required.

### POLE WALKING FOR MAINTAINING MOBILITY

#### **Kennedy Grove Regional Recreation Area**

When pole walking, you'll feel taller and experience profound freedom of movement! Special session for people with mobility challenges. Learn game changing skills that address your issues and goals, reduce fall risk, improve your balance, endurance, walking gait, longevity. Easy pace; beautiful, short practice pole walk.

Friday, August 19, 9am-12:30pm, #44624  
Fee: \$45 (non-res \$51) Registration required.

## Learn to Fish!

### BASS BASICS

#### **Temescal Regional Recreation Area**

Learn the basics of bass fishing including gear selection, knots, rigging, habitat, fish behavior, and types of bait, followed by hands-on fishing time in the lake. This course is designed for those who have some experience fishing but want additional knowledge, specifically about bass fishing. Valid CA fishing license required for ages 16+. Gear provided.

Saturday, July 23, 2022, 8-11am, #44529  
Fee: \$25 (non-res \$29) Registration required.

### INTERMEDIATE BASS BASICS

#### **Contra Loma Regional Park**

Learn the intermediate techniques of bass fishing including gear selection, rigging, fish behavior, and bait selection. This course is designed for those who have experience bass fishing or have previously taken bass basics. Class will specifically address bass fishing and various types of rigging and lures used. Valid CA fishing license required for ages 16+. Gear provided.

Saturday, August 6, 8-11am, #44530  
Fee: \$25 (non-res \$29) Registration required.

### FISHING – CATFISH BASICS

#### **Temescal Regional Recreation Area**

Learn the basics of catfishing including rigging, knot tying, bait and gear selection, and catfish habitat and behavior; followed by hands-on fishing time in the lake. A valid CA fishing license is required for participants aged 16 years and older. Ages 12+yrs. (children 12-15 yrs. require parent participation).

Wednesday, August 31, 4:30-7:30pm, #44533  
Fee: \$25 (non-res \$29) Registration required.

### FISHING – INTRO TO SALTWATER FISHING

#### **Miller/Knox Regional Shoreline**

This class is perfect for anyone interested in getting started with the sport of saltwater fishing. Participants will learn the basics including knot tying and rigging, gear and bait selection, types of fish and their habitats, and casting techniques. Gear provided.

Wednesday, August 10, Noon-3pm, #44531  
Fee: \$25 (non-res \$29) Registration is required.

### FISHING – CATFISH BASICS

#### **Quarry Lakes Regional Park**

Learn the basics of catfishing including rigging, knot tying, bait and gear selection, and catfish habitat and behavior; followed by hands-on fishing time in the lake. A valid California fishing license is required for participants aged 16 years and older. Ages 12+yrs. (children 12-15 yrs. require parent participation).

Friday, August 26, 4:30-7:30pm, #44532  
Fee: \$25 (non-res \$29) Registration is required.

### YOUTH FISHING ON THE PIER (5-12 yrs.)

#### **Big Break Regional Shoreline**

Calling youth for an evening of fun and fishing. Discover techniques specific to the Delta to lure local fish. We'll talk about tides, setting up your fishing rod, knots, bait selection and observe local wildlife. Fishing gear provided. California fishing license required for ages 16 and up.

Thursday, July 7, 6-8pm, #44662  
Fee: \$15 (non-res \$17) Registration is required.



## Registration Information

Registration is required for these classes: [ebparks.org/register](http://ebparks.org/register) or 1-888-327-2757 (1-888-EBPARKS), option 2



### Movie Night

#### **Ardenwood Historic Farm**

Join us for a free showing of the hit PG movie Encanto for an outdoor movie night at Ardenwood Historic Farm. Movie begins shortly after sunset and is a great way to spend the evening outdoors with your loved ones. Arrive early to secure a good seat on the lawn. Bring a flashlight, warm clothes, and a blanket or chair for sitting.

Saturday, August 13, 8-10pm, #44515  
No pets. Registration required.

### KAYAKING FOR FOLKS 50+

#### **Martin Luther King Jr. Regional Shoreline**

Learn kayaking skills with your peers at a pace that is right for you. On land we will cover paddling techniques, equipment selection, and boating safety. Then we will head out on the water practicing what you have learned by touring San Leandro Bay by kayak.

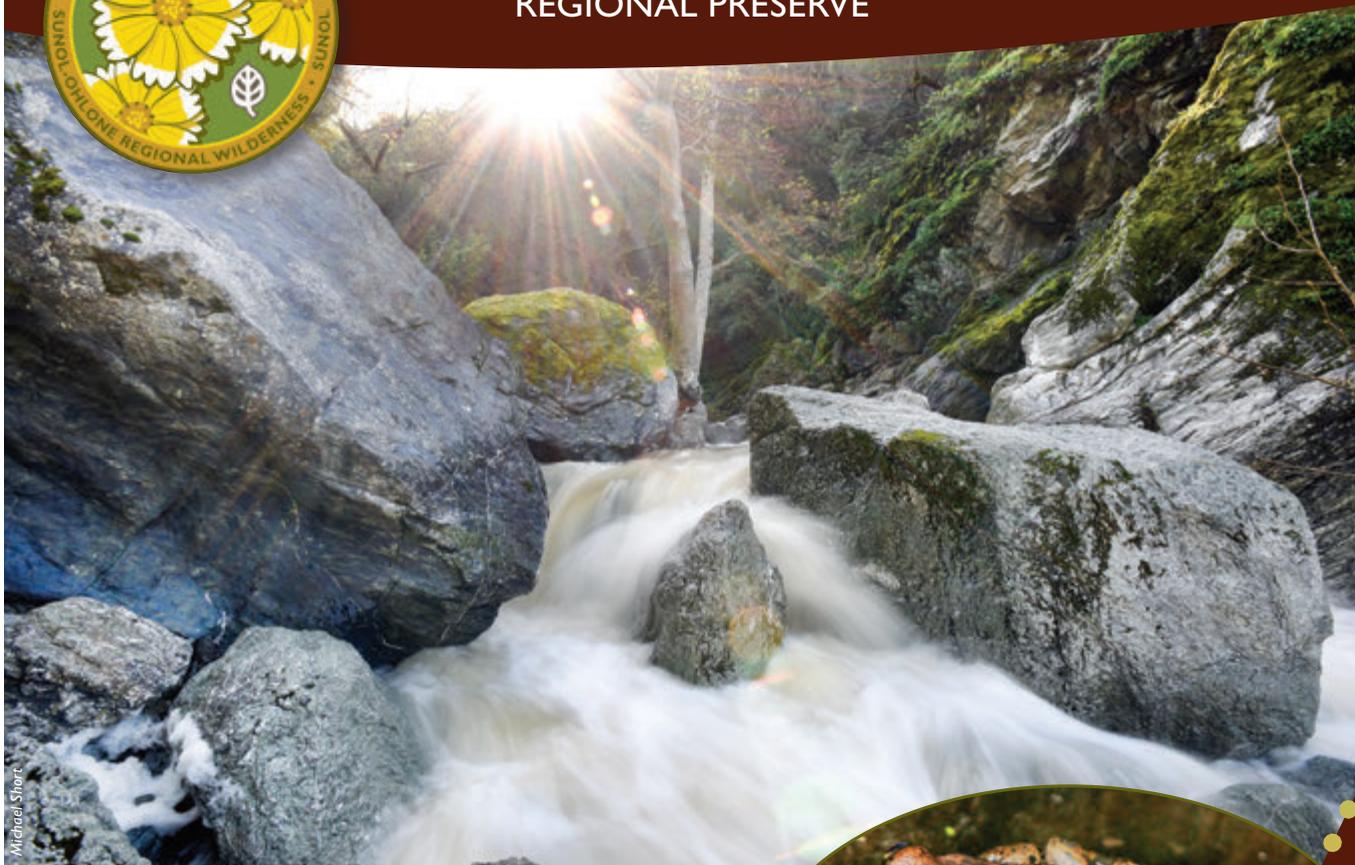
Wednesday, August 17, 9am-2pm, #44621  
Wednesday, August 24, 9am-2pm, #44622  
Fee: \$52 (non-res \$58) Registration required.

See [ebparks.org/calendar](http://ebparks.org/calendar) for upcoming programs.



# Sunol Wilderness

REGIONAL PRESERVE



Michael Short

## HELP PROTECT THE WATERSHED

### LEAVE NO TRACE

Do your part to protect our watersheds and the wildlife that call them home!

Support watersheds by:

- Avoid swimming in protected habitats like Alameda Creek in Sunol.
- Grow native plants around your home to hold soil in place.
- Pack out trash and waste, even microplastics!
- Dispose of chemical waste properly by thoroughly reading the label.
- Conserve water by repairing water leaks, taking shorter showers, etc.

## THREATENED AMPHIBIANS OF ALAMEDA CREEK

As the hot months of summer approach the East Bay Regional Parks, many of us are looking for a cool source of water to wade in. Many watersheds in the East Bay Regional Park District, however, are protected watersheds; this includes the Alameda Creek that rushes through Sunol Regional Park.

The Alameda Creek watershed, which covers nearly 680 square miles in the East Bay, is vital to the ecosystems surrounding it. Protecting watersheds, not only the Alameda Creek watershed, is imperative to the protection of several threatened amphibians, including yellow-legged frogs, red-legged frogs, and tiger salamanders. Watersheds not only provide habitats for wildlife, they hold ecosystems together.

**Foothill yellow-legged frogs are of special concern in the East Bay and also inhabit the Alameda Creek watershed.**



**Red-legged frogs are a threatened species inhabiting Sunol's Alameda Creek.**



Frog photos: Steve Bobzien and Kevin Fox

## The Watershed Game

As you begin to consider ways you can protect watersheds, practice in a game that demonstrates different strategies of cleaning watersheds.

The Central Sierra Environmental Resource Center (CSERC) Watershed Game encourages you to learn about the water cycle and why restoring watersheds may be beneficial. Through this game, you will be tasked with determining the best course of action for specific scenarios that are detrimental to watersheds.



Play the game at [cserc.org/sierra-fun/games/watershed-game/watershed-game-dirty/](http://cserc.org/sierra-fun/games/watershed-game/watershed-game-dirty/)

# Tilden

## NATURE AREA



### An Ode to the Shearer

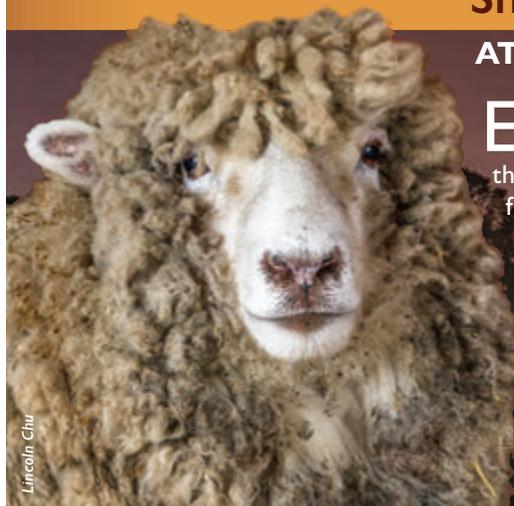
The summer sun shines so bright,  
Bringing a heat too much to fight.  
Come clippers! Come soon!  
Buzz our fluff before we swoon.  
Oh, shearer we praise your skill, your speed;  
For which we have so much need.  
But what's to become of our fleece?  
Oh wait! What's this? You skirt the piece?  
Clip, clip the dirty bits away.  
Now ready to wash! Hip, hip, hooray!  
Swish, swish, our fleece it soaks all day;  
For much debris must wash away.  
Card to brush the fibers' knots, soon our wool  
will be so soft.  
Twist, spin. Twist, spin the wool to yarn;  
Now it's time to start a knit-a-thon!

Trent Pearce

### Sheep Shearing AT THE LITTLE FARM

Every summer, our farmer shears the sheep to cool them off and gather their fleece. On the day we shear, we will host a variety of demonstrations to show how we go from sheep to sweater. No exact date just yet, so follow our Instagram account *tilden.nature.area* to find out when the sheep get shorn!

Lincoln Chu



### Felting with Wool



Felted hat and slippers by Naturalist Trail Gail. Wool from Tilden Little Farm sheep.

**F**elt is a kind of woolen fabric that is not woven or knitted. When wool gets wet, the microscopic scales on individual hairs open, and with agitation, the scales interlock with those on other hairs, forming a solid mat of material. Wool is naturally antimicrobial and insulating, even when wet. The ancient process of felting is still used to make many useful products, from tents to jackets, hats, and shoes.

### INTERPRETIVE PROGRAMS

FROM THE TILDEN NATURE AREA

[ebparks.org](http://ebparks.org) • [ebparks.org/parks/tna](http://ebparks.org/parks/tna) • [ebparks.org/activities/naturalists](http://ebparks.org/activities/naturalists)  
Information: (510) 544-2233

#### TWILIGHT WALKS

Explore secret worlds on evening walks with fellow crepuscular creatures.  
Sun., Jul 3: Tilden Nature Area, Environmental Education Center, 7-9:30pm  
Sun., Jul 17: Briones, Bear Creek Staging Area, lot near kiosk, 7-9:30pm

#### TILDEN TOTS

Bring the littlest ones to the park to explore! Do a craft, meet some animals, and listen along to a story. Meet outside the visitor center.  
Wed Jul 20 & Wed Aug 17: Tilden Nature Area, 10:30-11:30am

#### WOOL TO DYE FOR

Unlike video games, you can't shear a green sheep to get a green sweater! Discover how people create color from natural ingredients then dye yarn using modern pantry staples. Meet at the visitor center.  
Sat, Jul 16: Tilden Nature Area, 11am-noon

### WHAT'S 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.

For special events, classes, docent training, and Friends of the Regional Parks Botanic Garden e-newsletter, visit: [nativeplants.org](http://nativeplants.org) or call (510) 544-3169.

#### WEEKEND AND HOLIDAY TOURS

Docent-led tours are currently being offered every Saturday at 2 p.m. and Sunday at 11 a.m. and 2 p.m. Meet at the Visitor Center. Maximum number of spots is ten per tour. Rain cancels! Free.

#### PLANT ADAPTATION TO HABITAT TOUR

Explore California's habitats represented in the garden's sections (from the desert to the mountains to the sea bluffs to the rain forest). Docent-led, family-friendly. Meet at the Visitor Center. Rain cancels. Sunday, August 28 at 2pm. Free.

#### PAJAREANDO EL JARDÍN

Únase con Naturalista Paula Urtecho para observar pájaros en el Jardín Botánico. La diversidad de plantas nativas y hábitats que se encuentran en el Jardín soportan una gran variedad de aves. Tendremos binoculares para prestar.  
**Cuando:** 7/16/22, 9:30-11am

#### CONOCIENDO LAS PLANTAS NATIVAS DE CALIFORNIA

Únase con Naturalista Paula Urtecho para pasear en el Jardín Botánico conociendo las plantas nativas de California e aprendiendo lo que los hace únicos.  
**Cuando:** 8/13/22, 9:30-11am

See [ebparks.org/calendar](http://ebparks.org/calendar) for upcoming programs.



# Volunteer PROGRAM

**Get Involved!**  
**VOLUNTEER WITH US!**

**Just over a year ago** we welcomed Volunteers back into our parks after the long COVID closure. In that time, we have been able to create many new opportunities for people throughout the East Bay Parks to engage with staff and make a difference in our parks! These are the kinds of Volunteer Opportunities we offer in the East Bay Parks:

## VOLUNTEER OPPORTUNITIES

- Ambassadors of the Regional Parks
- Botanic Garden Volunteers
- Docent Volunteer Educators
- Stewardship and Wildlife Volunteers
- Trail Maintenance Projects
- Volunteer Trail Safety Patrol
- District Wide Volunteer Events:
  - Martin Luther King Jr. Day of Service
  - Earth Day
  - Coastal Cleanup Day
- Park Improvement Projects:
  - Habitat Restoration Programs
  - Invasive Plant Removal
  - Park & Shoreline Cleanups
  - Garden Volunteers



To learn more about our volunteer opportunities, create a volunteer account, and find programs/locations go to .....

Not seeing the kind of volunteer opportunities you were hoping for? You can submit a **Service Project Proposal!** We accept applications for:

- Group Projects
- Docent Interest
- Individual Projects
- Eagle Scout Projects
- Trail Maintenance Projects

You will need to make an account to submit a proposal, and it's the best way to communicate with us! Visit .....

Volunteers provide valuable services and make meaningful improvements to our parks and communities. **You can make a difference!**



Volunteering and project locations: [www.ebparks.org/get-involved/volunteer](http://www.ebparks.org/get-involved/volunteer)



Submit your project proposal: [apply.ebparks.org/custom/501/volunteer\\_home](http://apply.ebparks.org/custom/501/volunteer_home)

**EBRPD VOLUNTEER SERVICES**  
**volunteers@ebparks.org | (510) 544-2229**

East Bay Regional Park District



Healthy Parks Healthy People

2950 Peralta Oaks Court  
Oakland, CA 94605-0381  
[ebparks.org](http://ebparks.org)

## DOC QUACK VOLUNTEER PROGRAMS

**REGISTRATION:** [ebparks.org](http://ebparks.org) or 1-(888)-327-2757, option 2

**INFORMATION:** [ebparks.org/about/getinvolved/volunteer/quack](http://ebparks.org/about/getinvolved/volunteer/quack) or (510) 544-2233

### RAIL RESCUE RANGERS (#45170)

**AT ELSIE ROEMER BIRD SANCTUARY/ CROWN MEMORIAL STATE BEACH**

During this hands-on adventure you'll help create habitat for the federally and state endangered Ridgway's Rail. We will remove non-native plants, pick-up trash, and plant wildlife friendly vegetation which will restore the upland areas of the Roemer Bird Sanctuary for rails. Physical labor is involved with this project. We recommend the following personal protective items: Outdoor clothing (long pants), hiking boots (close-toed footwear), gloves, hats, water, and sunscreen. By participating, you'll earn your "Rail Rescue Ranger" patch.

All ages welcome and parent participation is required.

**Sign-up deadline:** July 15

**Sat, July 23; 1:30 p.m. to 3:30 p.m.** ..... "Doc Quack," Wildlife Biologist

