Regional in Nature
Activity Guide
MAY – JUNE 2023

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East Bay Regional Park District
Healthy Parks Healthy People
ebparks.org

General Information
1-888-EBPARKS or 1-888-327-2757
Camping and Picnic Reservations
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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!

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

Big Break Regional Shoreline, Oakley
Big Break Visitor Center at the Delta
510-544-3050, bigbreakvisit@ebparks.org

Black Diamond Mines Regional Preserve, Antioch
510-544-2750, bdvisit@ebparks.org

Coyote Hills Regional Park, Fremont
510-544-3220, chvisit@ebparks.org

Crown Memorial State Beach, Alameda
Crab Cove Visitor Center and Aquarium
510-544-3187, ccove@ebparks.org

Del Valle Regional Park, Livermore
510-544-3146, dvvisit@ebparks.org

Garin/Dry Creek Pioneer Regional Parks, Hayward
510-544-3220 (Coyote Hills), chvisit@ebparks.org
Red Barn open summer Saturdays

Sunol-Ohlone Regional Wilderness, Sunol
510-544-3249, svisit@ebparks.org
Open weekends

Tilden Regional Park, Berkeley
Botanic Garden: 510-544-3169, bgarden@ebparks.org
Tilden Nature Area/Environmental Education Center
510-544-2233, tnarea@ebparks.org
Enjoying Summer in Regional Parks
A MESSAGE FROM GENERAL MANAGER SABRINA B. LANDRETH

Each summer, the Park District welcomes visitors to Regional Parks to spend time exploring nature and to connect with family and friends. Whether it is a sunshine-filled hike, family picnic, or group barbecue, our parks offer a place for healthy and safe recreation, while protecting open space and natural habitat for wildlife.

Our parks also provide a place for people to connect with nature away from the stresses of daily life, which is vital to maintaining physical and mental health. For many, our parks have become essential to their quality of life and general wellbeing.

Whatever your activity, we hope you enjoy your time in Regional Parks this summer. Popular summertime activities in Regional Parks include swimming, picnicking, barbecuing, fishing, boating, kayaking, canoeing, movie nights, day camps, adventure camps, and naturalist-led programs.

To check on Park District programs, facility availability, or to reserve a location for an activity, visit ebparks.org/things-to-do

Enjoy summertime in your Regional Parks!

In February, the Park District was notified that it will receive a $7 million grant from the California State Coastal Conservancy (CSCC) for the purchase of the 768-acre Finley Road Ranch property located at the mouth of Riggs Canyon off Finley Road at the western edge of Morgan Territory Regional Preserve and the southern edge of Mount Diablo State Park.

Preserving the property is a key step toward the state’s 30x30 initiative to conserve 30 percent of the state’s lands and coastal waters by 2030. The Park District is a supporter of the state’s 30x30 initiative and participates in the initiative’s partnership coordinating committee.

The $7 million grant for acquisition of the Finley Road Ranch property was one of 12 grants announced earlier this year by CSCC to advance restoration, protection, public access, and climate resilience along the California coast and San Francisco Bay.

The Finley Road Ranch property includes a flat, accessible area that provides the opportunity for a staging area at the entrance to Riggs Canyon, which would significantly improve public access to the property, Morgan Territory Regional Preserve, and adjacent Mount Diablo State Park.

For updates, visits ebparks.org/news.
Rebecca Bauer-Kahan Named 2022 Radke Championing Advocacy Award Recipient

In early March, the Park District and Regional Parks Foundation recognized State Assemblymember Rebecca Bauer-Kahan with the 2022 Radke Championing Advocacy Award at a ceremony at Inspiration Point in Tilden Regional Park. Bauer-Kahan was instrumental in securing $4 million for restoration at McCosker Creek in Robert Sibley Volcanic Regional Preserve in Orinda and $3.5 million for wildfire protection equipment.

Trail Use Pilot Project Begins at Briones Regional Park

Limited to Specific Project Zone within Briones Regional Park

On April 21, 2023, the Park District launched the Briones Pilot Project, a two-year pilot project intended to test a variety of trail management strategies. The pilot project is limited to a portion of Briones Regional Park in the northeast corner of the park.

The Briones Pilot Project establishes specific rules limiting trail use within the project zone and for two trail segments adjacent to the zone, such as hiking only, biking only, or biking/hiking only and direction of travel. On weekends, trail use within the Pilot Project Zone will alternate days between bicycle and equestrian use based on even and odd calendar dates (see table).

A key component of the Project is the restoration of illegally built “bootleg” trails to protect natural habitat for wildlife.

For more information, visit ebparks.org/briones-pilot-project.

Conserving Watershed Lands

A Shared History

Established in 1934, the Park District has preserved over 125,000 acres of parklands and 55 miles of shoreline – driven by the vision manifested in the 1930 report, Proposed Park Reservations for East Bay Cities by landscape architect Frederick Law Olmsted, Jr. and Ansel Hall of the National Park Service. But how did the Park District go from a vision to a reality? The answer connects us to the East Bay Municipal Utility District (EMBUD).

EMBUD was formed in 1923 by a public vote. In 1929, with funds from voter-approved bonds, EMBUD completed construction of the Pardee Dam in the Sierra and the Mokelumne Aqueduct to pipe water to the East Bay. EMBUD also acquired the private East Bay Water Company and, soon after, identified 10,000 acres of watershed lands in the Oakland/ Berkeley Hills as surplus property.

Park advocates saw the opportunity for a “Grand Park” stretching 22 miles from Lake Chabot to Wildcat Canyon. In 1934, during the depth of the Great Depression, voters approved formation of the Park District. In 1936, the District purchased 2,162 acres from EMBUD to create the first Regional Parks: Upper Wildcat Canyon (Tilden), Temescal, and Roundtop (Sibley).

Today, the Park District manages 73 regional parks, including Lake Chabot Regional Park, which is owned by EMBUD but operated by the District. The District and EMBUD are essential partners, including working together to prevent and mitigate wildfires in the East Bay hills.

With our shared history conserving watershed lands, the Park District congratulates EMBUD on its 100-year anniversary!
May is National Wildfire Awareness Month, a time when the Park District and other public agencies come together to stress the importance of preparing for the upcoming wildfire season.

Wildfire safety remains one of the Park District’s top priorities. Our year-round efforts include removing flammable vegetation, maintaining a professionally trained full-time and on-call fire department, maintaining specialized wildland firefighting equipment, and monitoring fire weather conditions.

Wildfire Season Safety Tips

- Do not smoke in the regional parks, including vaping.
- Maintain “defensible space” around your home.
  - 30 feet of “clean and green” devoid of dead plants, grass, weeds and over-grown brush.
  - 100 feet of “reduced fuel” with short-mowed grass and spacing between grass, shrubs and trees.
- Be aware of Red Flag Warnings, fire danger levels, and fire safety rules.
- Go to ebparks.org to check for alerts and closures before you go.
- Be alert for any potential fire hazards and report them. If you see a fire, call 911 immediately.

More information and translation into other languages (select language):
ebparks.org/public-safety/fire/safety-prevention
Ardenwood Historic Farm

Ardonwood Historic Farm provides a glimpse into what life was like on a family farm in California circa 1890-1930. But what does it mean to be a “family farm”?

George Patterson built both his farm and his family at the site of what is now Ardenwood starting in the 1850s. When George died in 1895 his wife, Clara, took over the family business, passing down their success and legacy through generations.

But their family’s success was reliant on a larger built community. Field workers, cooks, nannies, and more were vital to the day-to-day operations of the Patterson’s household and farm. Whether or not the Patterson’s viewed them as family, they were integral and, in at least a few cases, there is evidence of fond relationships.

Ardenwood remains a place where families – whether born into or chosen – come together to build a larger community. We invite you to join our community and break bread together, celebrate a loved one, or otherwise experience life on a farm at one of our May/June programs!

Ardenwood Interpretive Programs

For a complete list of Ardenwood programs, visit us online.

For information, call: (510) 544-2797

See ebparks.org/calendar for upcoming programs.
THE Big Break

Ever wonder why this place is called Big Break?

Here is an excerpt in the County News section of the June 5, 1928 edition of the Pittsburg Post-Dispatch providing a big hint.

The "big break" in the levee holding back the San Joaquin River from what was over 1,600 acres of fertile asparagus fields is an essential chapter in this park's history. You can still see remnants of old farm equipment partially submerged in the water and perennial asparagus popping up along the trails.

These mysteries and histories, and the people who bring them to light, enrich our appreciation and wonder for our parks. Each park is full of stories, especially the ones you make when you visit!

Big Break Interpretive Programs

For a complete list of Big Break programs, please visit us online.
For information, call: (510) 544-3050

ALL ABILITIES DAY
Explore nature at your own pace and in your own way. This program is inclusive for all abilities, offering something for everyone! Travel along paved trails to visit stations to touch fur, listen to birds, draw wildlife, sit on benches to scan the water, or paint the view. Hands-on experiences, ASL and Spanish interpreters on-site, indoor and outdoor options, and wheelchair accessible. Drop-in.
– May 2 (Tue), 10am-2pm

COMMUNITY CAMPFIRES
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)! Meet at amphitheater. Drop-in.
– May 14 (Sun), 6:30-8pm
Theme: Mothers of Big Break
– Jun 11 (Sun), 6:30-8pm
Theme: THE Big Break
(Program is bilingual. ASL and Spanish interpreters on-site.)

JUNETEENTH WALK
Celebrate the Black History of the Delta as we as walk through the park. All are welcome. Drop-in.
– Jun 19 (Mon), 8-9am

SOLSTICE SUNSET STROLL
Come take in the season at Big Break Regional Shoreline! Let's explore the trails and look for signs of summer! Drop in.
– Jun 21 (Wed), 6-7pm

FLAVORS OF THE DELTA
Celebrate flavors of the Delta! We will make our own ice cream with custom flavors like savory asparagus and more! Drop-in.
– Jun 24 (Sat), 2-3pm
– Jun 25 (Sun), 2-3pm

Pelicans and cormorants rest on a submerged scuttle.
The East Bay Regional Park District strives to celebrate the diversity of East Bay communities – past, present, and future – by highlighting stories that have often gone untold and honor the contributions of all communities that have called, and continue to call, this unique place home. As spring turns to summer, join us on the many programs that focus on the diversity of people and nature – whether it be to celebrate Asian American and Pacific Islander Heritage Month, Pride Month, Juneteenth, or Black Birders Week.

In these programs, we will unearth some of the rich stories of the East Bay’s inhabitants and celebrate their courage and resiliency.

**Black Diamond Mines Interpretive Programs**

For a complete list of programs, please visit us online: [ebparks.org/calendar](https://apm.activecommunities.com/ebparks/activity_search)

**AAPI MONTH HIKE**

Come celebrate Asian American Pacific Islander Heritage Month on a beautiful, guided hike at Black Diamond! During our walk, we will learn about the unfair treatment and the many important contributions of local Chinese communities in the 1800s coal mining country that is now Black Diamond Mines Regional Preserve. All are welcome!

- **May 20** (Sat), 9:30-11:30am

**JUNETEENTH CELEBRATION WALK**

Join us on a guided walk to celebrate stories of Black history, civil rights, and the fight for freedom on this land. Registration is required. All are welcome!

- **Jun 19** (Mon), 10am-1pm

**BLACK BIRDERS WEEK 2023**

The week-long program series is a collaboration between Park District naturalist staff and Park District Black Employee Collective members to create safe spaces for guided discussions about Black experiences and the outdoors, while exploring and enjoying the parks of the East Bay. All are welcome!

- **May 28** (Sun) to **Jun 3** (Sat), times and locations vary. Information: ebparks.org/we-celebrate/black-birders-week

**MINI MINERS**

For more information on each program and its exact meeting location, check out ebparksonline.org.

- **May 9, June 13** (Tues), 10-10:45am

**Creating Clouds**

- **May 20** (Sat), 2-3:30pm
- **Jun 3** (Sat), 10-11:30am

**Meet a Snake!**

- **May 21** (Sun), 2:30-3:30pm
- **Jun 10** (Sat), 1:30-2:30pm (Contra Loma)
- **Jun 18** (Sun), 10-11am

**Bees, Bats, and Butterflies, Oh My!**

- **Jun 11** (Sun) 2-3pm

**Story Time in the Mines!**

- **Jun 25** (Sun), 10:30-11am
What’s Going on in Nature?

With mid-spring in full swing and summer around the corner, it is **flowering time** for the wavy-leaf soap plant, also commonly referred to as soap root (*Chlorogalum pomeridianum*). There is only a tiny window where pollinators can transfer pollen and fertilize the flowers, and that time is NOW! Every white star-like flower has its moment to shine, with each blooming and opening for just one day, typically opening in the late afternoon and closing right before dawn. This showstopper flourishes throughout California along rock bluffs, grasslands, chaparral, and open woodland communities.

Rawwen (raw-when), the Chochenyo word for soap plant, is traditionally used for medicine, food, glue, shampoo, and soap by Ohlone peoples and indigenous peoples throughout California. We hope you can join us at Coyote Hills Regional Park to explore the sights, sounds, and smells of transitional seasons through blooms, pollinators, and more!

### Coyote Hills Interpretive Programs

**For a complete list of Coyote Hills programs, please visit us online.**

#### GEOLOGY ROCKS!
Discover how the ground beneath our feet and rocks all around us were formed on this moderate, approximately 2-mile hike, with games and cookies enjoyed along the way. 5+ years. **Parent participation required.** Drop-in.
- **May 6** (Sat), 12:30-2pm

#### BIRDING FOR BEGINNERS
Practice basic birding skills! Use your eyes and ears to observe different behaviors and features as we build our knowledge of local birds in our regional parks. Bring binoculars if you have them! Parent participation required. Drop-in.
- **May 14** (Sun), 9-10:30am

#### CAMPFIRE PROGRAMS
**Dumbarton Quarry Campground on the Bay (Fremont)**
Join us for a fun evening campfire program filled with songs, games, photos, stories, activities, and more for the whole family to share.
We will explore a range of nature topics each week to learn more about the surrounding bay and the unique history of the quarry that was once here. 5+yrs. **Parent participation required.** Drop-in.
- **May 28-Sep 2** (Every Sat), 8:30-9:30pm

#### BUTTERFLY & BIRD FESTIVAL
Join us at our annual celebration and enjoy garden tours, family-friendly activities, special presentations, music, and more! This event supports the health of pollinators and increasing species of butterflies, birds, and local pollinators through wildlife-friendly gardens. All ages. **Parent participation required.**
- **Jun 4** (Sun), 10am-2pm

#### EXPLORING WITH FIVE SENSES
Let’s explore nature using all our senses! What can you see? Hear? Smell? Touch? Taste? All ages. **Parent participation required.** Wheelchair accessible. Drop-in.
- **Jun 10** (Sat), 10-11am

#### PEOPLE of COLOR WALKS and TALKS – POLLINATOR PALOOZA
Nature is abuzz with the sights, sounds, and smells of the summer. Celebrate the new season learning about the busy lives of local pollinators on a 2-mile moderate walk. Bilingual in Spanish/English. All ages. **Parent participation required.** Wheelchair accessible. Drop-in.
- **Jun 17** (Sat), 2-3:30pm

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**See ebparks.org/calendar for upcoming programs.**
Brown pelicans, *Pelecanus occidentalis californicus*, are one of the largest birds in the San Francisco Bay! Hard to miss, these prehistoric looking, brownish-gray wonders can be seen flying with a 7-foot wingspan, in groups called squadrons, or standing 4 feet tall at rest along breakwater walls or on mudflat spits. Here, along Crown Beach in Alameda, brown pelicans can often be seen at the Elsie Roemer Bird Sanctuary or in the waters near Crab Cove. They begin arriving in the bay in late April and will hang out through the summer and fall. They disappear around November to islands off of southern California and Mexico where they mate, lay eggs, and rear their young.

Brown pelicans have a unique feeding strategy. They plunge-dive from heights of 40–65 feet, flying straight down into the water, stunning and capturing fish. How can they do this without injuring themselves? If you watch closely, you will notice they turn their heads slightly to the left to protect their trachea and esophagus, which runs along the right side of their neck. They also have a network of air sacs that cushion their body against the impact of the dive. These sacs also enable them to pop back up to the surface of the water quickly. The large gular pouch below their beak has elastic-like folds of skin which can expand and hold up to 3 gallons of water and fish. After capturing small fish like smelt or anchovies, they drain the water out of their gular, tilt their heads back, and swallow their prey.

Sometimes they can also be seen feeding at the surface, similar to their cousins, the American white pelicans. White pelicans can be seen here occasionally, but you’ll have a better chance to see them at Coyote Hills in the south bay, or inland at Lake Chabot during the summer.

If taking a walk at nearby Encinal Beach, or passing by the USS Hornet – Sea, Air and Space Museum, the Alameda Rock Wall can be seen from a distance. Protecting the ship’s harbor, it also protects pelicans who use this island as a roosting location. In fact, it is the largest known night roost for pelicans in the San Francisco Bay. More than 8,000 pelicans have been counted there in the fall!

Pelicans were once hunted for their eggs, and feathers for fashionable hats. In the 1960’s, their numbers plummeted as a pesticide called DDT worked its way up the food chain, causing the pelican’s egg shells to thin and break under the weight of incubating parents. In 1970, brown pelicans were added to the U.S. endangered species list, but once DDT was banned in 1972, pelicans slowly recovered and began to flourish. In 2009, they were removed from the endangered species list. Pelicans still face challenges, with climate changing the water temperatures of the ocean, and the small fish they rely on for food beginning to shift farther north. They are also susceptible to becoming tangled in fishing line and fishing hooks – be sure to dispose of them properly.

Stop by the Doug Siden Visitor Center at Crab Cove and find at least three drawings of brown pelicans in our exhibits. Check out the “feed our hungry pelican” unique donation box. Take a walk along the shore and watch for the flap-flap-glide flight pattern as pelicans soar over the water. Discover just how wonderful these birds truly are.
On the evening of June 11, 2022, the bald eagles’ nest tree snapped during a heavy wind event causing the nest to fall from the tree. Luckily, an injured fledgling was rescued, recovered, and was successfully returned home to its other sibling and both parents. From being a federally endangered species to their road to recovery, join us as we discover their story of resilience and strength to rebuild as we view their new nest from a distance. We may even get a glimpse at mom and dad taking care of their new bundles of joy. Meet at the visitor center. Registration required.

- May 20 (Sat), 1:30-3:30pm
- May 21 (Sun), 9-11am
- Jun 4, 11, 25 (Sun), 9-11am
- Jun 17 (Sun), 9-11am

In honor of Asian American and Pacific Islander (AAPI) Heritage Month we invite you to discover stories from the community.

GUAN JU: OSPREY AT DEL VALLE
One of China’s oldest and most celebrated poems begins with an osprey calling on a river islet. Find out more about these water loving birds on a leisurely shoreline walk. Meet at Dog Run/East Shore Trail.
- May 13 (Sat), 10am to noon

EXPLORE GYOTAKU FISH PRINTS
Gyotaku is a 200-year old art form created by Japanese fishermen. Which of the lake’s fish will you paint? Meet at the visitor center.
- May 13 (Sat), 3-5pm

Night with a Naturalist Campfires
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, check ebparksonline.org for more information.
- May 27 to Sep 4 (weekends), evening times vary

For a complete list of Del Valle programs, please visit us at ebparksonline.org.
Mobile Education

PEOPLE OF COLOR
Walks and Talks
Natural and cultural history explorations of our parks for communities of color and allies. Programs are Spanish/English bilingual. Hikes range from 1 up-to 5 miles. Great for families! No registration; free drop-in. More info: (510) 544-3258, MobileEducation@ebparks.org, ebparksonline.org (search for activity #47747). See ebparks.org/parks for maps and directions. Parking fees apply where charged. Wear sturdy footwear, bring water and dress for the weather. Heavy rain cancels. All are welcome.

PEOPLE OF COLOR: WALKS AND TALKS
Lake Temescal (Oakland)
North Parking Lot
Take a walk through Lake Temescal’s history. From sweat lodges to swimming, explore Lake Temescal’s historic significance and how its natural resources make it an urban oasis. Activity Level: Easy.
– May 5 (Fri), 6-7pm #47751

PEOPLE OF COLOR: WALKS AND TALKS
Point Isabel (Richmond)
Rydin Road Staging Area
Take an evening walk along the Bay Trail to see what birds are out and about. We’ll keep an eye out for the rare and elusive Ridgway’s rail and enjoy the setting sun. Binoculars will be available to borrow. Activity Level: Easy.
– May 12 (Fri), 6-7pm #47748

June is LGBTQ+ Pride Month!

PRIDE HIKE
Tilden Regional Park (Berkeley)
Quarry Picnic Site Parking Lot
Happy Pride! Celebrate LGBTQ+ Pride with a 4-mile hike climbing to the heights of Tilden where we may see late season wildflowers, and if the fog cooperates, amazing views of San Francisco and the Pink Triangle on Twin Peaks. Bring plenty of water, snacks, wear clothing layers and sturdy shoes. Hiking poles are a great idea. No registration; free drop-in. More info: (510) 544-3258. All are welcome.
– Jun 10 (Sat), 9am-noon #47750

GENTE DE COLOR
Paseos y Platicas
Exploraciones de historia natural y cultural en nuestros parques para comunidades de color y sus aliados. Los programas son bilingües (Español/Ingles). Estas caminatas varían de 1 a 5 millas y son ideales para familias. No hay registro; programa gratis. Mas info: (510) 544-3258, MobileEducation@ebparks.org, ebparksonline.org (busca la actividad #47747). Visite www.ebparks.org/parks para obtener mapas y direcciones. Use zapatos resistentes, traiga agua y vístese para el clima. Lluvia cancela el programa. Todos son Bienvenidos.

GENTE DE COLOR: PASEOS Y PLATICAS
Lago Temescal (Oakland)
North Parking Lot
Tome un paseo a través de la historia del Lago Temescal. Desde los temazcales hasta la natación, exploraremos la importancia histórica del Lago Temascal y como sus recursos naturales lo hacen un oasis urbano. Nivel de actividad: Fácil.
– May 5 (Fri), 6-7pm #47751

GENTE DE COLOR: PASEOS Y PLATICAS
Punta Isabel (Richmond)
Rydin Road Staging Area
Tome una caminata al atardecer en el Bay Trail para observar las aves que pasan el rato alrededor de la bahía. Buscaremos el Rascón de Ridgway, una especie elusivo y en peligro de extinción, mientras gozamos la puesta del sol. Tendremos binoculares para prestar. Nivel de actividad: Fácil.
– May 12 (Fri), 6-7pm #47748
Outdoor Recreation

Archery Introduction
Roberts Recreation Area (Oakland)
Gain 90 minutes of archery coaching and practice at an outdoor range, with all your equipment provided. Designed for the beginner, the class starts with 30-minutes of classroom instruction.
- May 20 (Sat) 10am-noon............ #47701
- Jun 17 (Sat) 10am-noon............. #47702
Fee $50 (non-res $56) Registration required.

Kayaking Big Break
Big Break Regional Shoreline (Oakley)
Come explore 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.
- May 15 (Mon)....10am-12:30pm..... #47727
Fee $30 (non-res $34) Registration required.

Kayaking for Folks 50+
Martin Luther King Jr. Regional Shoreline (Oakland)
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.
- May 23 (Tue) .....11am-3pm............ #47745
- Jun 20 (Tue) .......11am-3pm............ #47746
Fee: $52 (non-res $58) Registration required.

Fitness/Wellness Programs
Course descriptions can be found online, use the QR code for more details and enrollment.

Hiking Poles: Skills and Techniques Plus Practice Hike
Tilden Regional Park (Berkeley)
Hikers learn strategies for enhancing performance and confidence on the trail. Uphill: Improve power, endurance, posture, upper body strength, spine function. Downhill: Develop skills for feeling safer and preserving joints – save your knees! Poles training PLUS a lovely hike (approximately 4 miles) on varied terrain.
- May 27 (Sat) 8:45am-2:15pm #47716
Fee $75 (non-res $83)
Registration required.

Polewalking for Balance and Maintaining Mobility
Temescal Regional Recreation Area (Oakland)
When polewalking, you’ll feel taller and experience profound freedom of movement! Special session for people with mobility challenges – not hikers. Learn game-changing skills that address your issues, reduce fall risk, improve spine function, balance, endurance, walking gait, and longevity. Easy pace, short, lovely hike, and optional polewalk practice.
- Jun 23 (Fri) 9:15am-1:30pm #47722
Fee $55 (non-res $61)
Registration required.

Hiking Poles Training: Skills and Techniques
Roberts Regional Recreation Area (Oakland)
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 without a practice hike, all level hikers welcome.
- Jun 30 (Fri) 8:15am-12:30pm #47713
Fee $45 (non-res $51)
Registration required.

Introduction to Saltwater Fishing
Judge John Sutter Regional Shoreline (Oakland)
In this class, you will learn basic fishing skills, knots, rigs, bait, and tackle. Fishing Gear, Rods, Reels, and Bait will be supplied for an amazing day on the bay.
- Jun 23 (Fri) 9am-noon............... #47730
Fees: Adult $25 (non-res $29); Child $21 (non-res $25) Registration required.

See ebparks.org/calendar for upcoming programs.
**Sunol Wilderness**

**REGIONAL PRESERVE**

**Sunol Wilderness**

**REGIONAL PRESERVE**

**Summer in Sunol**

**A SEASON OF HEAT IS UPON US!**

Dry, warm summers are a frequent part of our East Bay ecosystems that transform the landscape. Plants and animals have various adaptations to survive in this tough environment during the hotter months. Look out for the various traits of the wildlife in Sunol that help them thrive during summer!

**Adaptation Matching Game**

**LOOK OUT for THESE NATIVE SPECIES!**

Use what you know about California plants and animals to see if you can match the summer adaptation to the species!

1. This species has few ways to sweat, so it pants to release excess heat and regulate its temperature.
2. This species opens its beak and flutters its neck muscles or opens its wings to allow air to cool down.
3. This species has very deep root systems to help it find water in dry ecosystems prone to drought.
4. This type of animal, though it requires warmth to survive, will burrow in a den to escape from excessive heat.
5. This type of plant avoids growing during summer at all, instead growing and producing seeds in spring and dying in summer months.

**Protecting the Parks and Yourself in the Heat**

1. Be prepared for your adventure with water, sunscreen, appropriate clothing, and information regarding heat warnings and trail advisories of the area.
2. Avoid hiking and recreation at the peak of the heat. Start your hike early in the day to get a jump start to hike in cooler temperatures.
3. Only swim in designated recreational areas. Pollution of water sources can harm our wildlife and spread disease to the native species.
4. Most importantly, be aware of how you and your group are feeling! Take frequent breaks in the shade and stay hydrated.

**Sunol Interpretive Programs**

For live program events, follow us on Facebook at Sunol Wilderness Regional Preserve!

**Sunol Interpretive Programs**

For a complete list of Sunol programs, please visit us online.

- **DRAWING DRAGONFLIES**
  - May 20 (Sat), 10-11am

- **DRAGONS AND DAMSELS OF SUNOL**
  - May 21 (Sun), 10-11:30am

- **The SECRET LIFE of DRAGON FLIES**
  - Jun 11 (Sun), 10-11:30am

The unlabeled wildflower illustration seen in the Mar-Apr Activity Guide, page 14, was illustrated and used in courtesy from Rosemary Hardy, 2022 Sunol Wildflower Art Contest winner in the mixed media category.
After hatching, this larva will grow and shed and grow several times before entering the pupal stage.

Mosquito pupae move around in the water. Most insects are very still in this stage.

An adult western encephalitis mosquito.

The Much-Maligned Mosquito

Bzzzzzzzz, bzzzzzzzzzzz, SLAP!
Scratch, scratch, itch.
“AAAgghh!!”

If your mosquito interactions are limited to the above, you are not alone. Mosquitoes are almost universally reviled, and for good reason. If they are not injecting us with some miserable disease, they are, at the minimum, annoying us with their whining wingbeats and the itchy welts they leave behind after stealing our blood.

Perhaps a little more information will help you develop at least a tiny shred of empathy and understanding for the much-maligned mosquito.

• Mosquitoes are in the order Diptera (two wings). They are flies. They undergo complete metamorphosis, just like butterflies!
• The female only drinks your blood so she can produce eggs. She also sips nectar and other plant juices. Males only sip plant juices, and both are important pollinators.
• For choosing a proper mate, male and female mosquitoes listen to each other’s species-specific flight tone and even match the pitch of their wingbeats for further communication.
• Cute little bats, colorful dragonflies, many species of birds, spiders, and other creatures, depend upon mosquitoes for nourishment.

Don’t you just want to hug the next ‘skeeter you see? No? Well, at least you might briefly hesitate before slapping.

What’s Happening at the Regional Parks Botanic Garden

The Botanic Garden is open 8:30 a.m. to 5 p.m.
Special events, classes, and Friends of the Regional Parks Botanic Garden e-newsletter: nativeplants.org or call (510) 544-3169.

DOCENT-LED GENERAL WEEKEND AND HOLIDAY TOURS
Docent-led tours are currently being offered. Meet at the Visitor Center. Max number of spots is 10 per tour. Rain cancels! Free. Drop in.
- Saturdays, 2-3 pm
- Sundays, 11am-noon and 2-3pm

POLLINATION TOUR of CALIFORNIA NATIVE PLANTS
Family friendly. Dissect a California poppy, watch pollinators at work, and learn how seeds disperse. See spring flowers, butterflies, birds, beetles, and bees. Free. Drop in.
- May 7 (Sun) 2-3pm

PLANT SALE
Plant sales at the potting shed near the Garden’s west entrance gate when volunteers are present; would prefer cash or check. Please visit nativeplants.org to see the schedule for plant sales.

See ebparks.org/calendar for upcoming programs.
Volunteer PROGRAM

The Briones Pilot Project

VOLUNTEER DIG DAYS!

Are you interested in trails? We are so excited to announce the Briones Pilot Project! Whether you like to hike, bike, or ride horses, the Park District want to make your experience on the trail a good one.

The Briones Pilot Project is a two-year project designed to test new ways to safely share trails and improve the trail experience for all users while protecting habitat, wildlife, and watersheds. The Pilot Project is based within a portion of Briones Regional Park, but lessons learned can be applied throughout the Park District.

Briones Pilot Project Objectives:

- Protect resources, habitat, wildlife, and watersheds
- Restore natural habitat
- Enhance the trail user experience
- Increase volunteer engagement in trail maintenance and habitat restoration

Get Involved! We will be asking for volunteer help to get this project off the ground! Join us for our Volunteer Dig Days and be part of the action. Check back regularly as more dates will be added as projects are scheduled.

Learn more about the Briones Pilot Project and how you can get involved.

Please visit: ebparks.org/parks/briones/briones-pilot-project

Doc Quack Volunteer Programs

Registration: ebparksonline.org or 1-(888)-327-2757, option 2
Information: ebparks.org/about/getinvolved/volunteer/quack or (510) 544-2319

CALIFORNIA BLACK RAIL HABITAT HELPERS

Point Pinole Regional Shoreline, Richmond

During this hands-on activity, you’ll create habitat for the CA state threatened California black rail. We will remove non-native plants, pick-up trash, clear debris from clogged channels to improve tidal water cycling, and plant wildlife-friendly vegetation, which restores nesting habitat for the California black rail. By participating, you’ll earn your “Black Rail Habitat Helper” patch. Physical labor is involved with this project. Parent participation is required.

Sign-up deadline: May 20, 2023
– May 20 (Sat.): 9:30am to noon .............................................................. #47936

Volunteer Programs

For more information and a complete list of Volunteer Programs, visit us online.

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