

COMPASS

Healthy Parks Healthy People



REGIONAL PARKS
Foundation

Supporting East Bay Regional Parks



A Lasting Legacy

**THE REGIONAL PARKS FOUNDATION
CELEBRATES 50 YEARS OF ACCESS FOR ALL**

Donor Emily Scholz (right), pictured with Chip Conradi, Foundation board president, and Ayn Wieskamp, East Bay Regional Park District board member.



A GOLDEN MILESTONE



As the Foundation celebrates our 50th anniversary, we want to say thank you to all of our Members and Donors who have supported our regional parks!

The Foundation's mission in 1969 was to support our parks through private fundraising that provides broader public access, resource protection, education and recreational programs, and the acquisition of parklands; it's a mission that lives on today.

This commitment is shared by so many members of the East Bay community. You have volunteered for maintenance efforts, taken part in Park District conservation and education programs, hiked the Trails Challenge, and inspired a love of nature in the next generation of stewards. The generosity of our corporate partners and private Donors has also left an indelible stamp on the parks.

One such individual Donor is this issue's cover subject, Emily Scholz. Following the tragic death of her husband, Philip, in 2014, Scholz helped raise funds for a dog-friendly trail at Pleasanton Ridge named in his memory. The couple had loved hiking outdoor trails with their dog and it seemed a fitting tribute.

Once again, we express our appreciation to Scholz and the many others who have supported the parks over the decades. Here's to the next 50 years!



Carol Johnson
Executive Director
Regional Parks Foundation

Robert Doyle
General Manager
East Bay Regional Park District

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Regional Parks Foundation

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On the cover: Regional Parks Foundation President Chip Conradi, EBRPD board of directors member Ayn Wieskamp and Emily Scholz.



DID YOU KNOW?

Fun facts about the East Bay Regional Park District



1983

The first year the Park District began utilizing goats for grazing



1993

The year Point Pinole Regional Shoreline was designated as a California Registered Historical Landmark



2013

The year Eastshore State Park was renamed for Save the Bay co-founder Sylvia McLaughlin



Diane Peterson and her dog, Bigges, make the most of the parks.

MEMBER SPOTLIGHT!

Give the Gift of Health and Happiness

Five ways to support the parks this season

Celebrate the holidays right by encouraging a healthy, active lifestyle—both for your loved ones and your community. Park Membership and other donations help fund the Regional Parks Foundation's commitment to youth development; health, wellness and safety; environmental stewardship; community engagement; and access for all. Here are five easy and effective ways to support your parks.

1. Give the gift of Membership. Benefits include unlimited day use parking, an annual dog pass (good for up to three dogs), free seasonal access to Park District swim facilities and much more. At only \$60 for an individual Membership or \$105 for families, it's a perfect gift for the person who has everything. Call the Membership office at 510-544-2220 to purchase today.

2. Join the Donor Circle. Along with all of the standard benefits, Membership in the Donor Circle makes a bigger difference to the parks and helps provide access to all (as well as a tax deduction for the purchaser). Levels range from \$250 to \$1,200.

3. Become I-in-a-Million. For only \$21 a month, your annual support of the I-in-a-Million campaign helps protect open spaces, acquire parklands and fund vital programs for underserved members of the community.

4. Take the lead. Individuals or corporations can make a real difference on major Regional Parks Foundation initiatives and capital campaigns (see page 17 for more) with a Leadership Gift of \$10,000 or more annually.

5. Leave an enduring legacy. Support the regional parks for generations to come through a legacy donation (including cash bequests, stocks, IRAs and more). The Foundation offers several free seminars on estate planning throughout the year; visit www.RegionalParksFoundation.org for a list of upcoming events.

"So many of our Donors grew up in these parks, and giving to the Foundation and the parks is a great way to leave a lasting legacy," says Michele Kageura, Membership development officer. "They know they are leaving money toward something that they really believe in."

No matter your level of participation, supporting the parks is a gift that keeps on giving all year round.

▶ **For more information on Park Memberships and other ways to give back, visit www.RegionalParksFoundation.org.**

KIDS ZONE



Elementary students take part in Doc Quack's Wildlife Volunteers program.

Inspired by Nature

Young people are learning to protect and conserve thanks to stewardship activities in the Park District

“Let Nature be your teacher,” poet William Wordsworth once wrote. Every year, thousands of children take those words to heart as they learn about flora, fauna and all that the regional parks have to offer. Often, along with that discovery, comes the instinct to protect those natural wonders—creating a sense of stewardship that can last a lifetime.

“Environmental education is a bridge to wildlife stewardship,” says wildlife biologist David “Doc Quack” Riensche.

Riensche leads Doc Quack's Wildlife Volunteers, an all-ages Park District program geared toward hands-on conservation and resource management activities. Among the program's recent projects: cleaning up trash and removing non-native plant species to create a habitat for the California black rail, doing field research to conserve and protect native freshwater turtles, and monitoring overwintering western snowy plovers.

“There is something for everyone in our program. Some folks like action, some like crunching the data, and others like following the turtles at night,” says Riensche. “We've had people grow up in our programs.”

Making stewardship education accessible to learners at every level is a key component of youth programs in the Park District.

“Each age group gets the idea of protecting something that is rare or treasured, but the way you package that information is different depending on your audience,” adds Riensche.

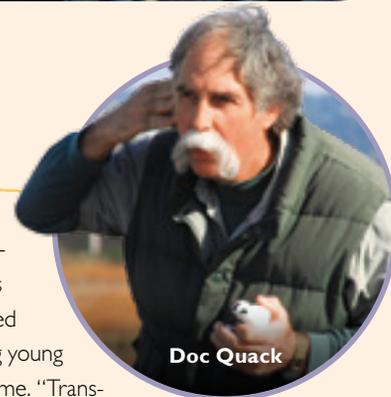
Many initiatives in the interpretive and recreation divisions bring in youth from underserved communities, often introducing young people to nature for the first time. “Transportation is one of the biggest barriers to park visitation, and our Parks Express bus program helps youth get outside and explore,” says Recreation Supervisor Jeremy Saito. “For a lot of kids, this can be an eye-opening experience.”

Local Scout troops also volunteer in the parks—on average completing a dozen projects a year—working on habitat restoration, invasive plant removal and shoreline cleanups, among other efforts. “Many young people are interested in helping out at the parks that they grew up in. They also like to come back, revisit the work they have done and see the progress for themselves,” says Saito.

Inspiring an ongoing investment in nature is at the crux of youth stewardship programs.

“It's always been one of my goals to create appreciative friends for the Park District,” says Riensche. “We plant the seeds, we water them, and five to 10 years down the road, these folks come back—donating to the Foundation and bringing their own kids to go out with Doc Quack.”

➤ To find out more about Doc Quack's Wildlife Volunteers, visit www.ebparks.org/about/getinvolved/volunteer/quack.



Doc Quack

FAMILY ZONE

Footprint of a Giant

A new exhibit at Roberts Regional Recreation Area honors the park's old-growth redwoods

The majestic stands of second-growth redwoods at Roberts Regional Recreational Area and Redwood Regional Park have deep roots in East Bay history.

Prior to 1840, old-growth redwoods covered the Oakland hills, housing a wealth of wildlife and even helping ships navigate San Francisco Bay. By 1860, with the advent of lumber mills and the Gold Rush building boom, the giant trees were all cut down—leaving behind what 19th-century naturalist William Gibbons called a “sea of stumps.”

Now, a new exhibit at Roberts Regional Recreation Area pays tribute to those ancient trees. While most of the old-growth redwood stumps have degraded over time, there are a few left, including one at an intersection on the Roberts Ridge Trail. In late October, the Park District put split-rail fencing around the stump and built a viewing platform—complete with benches and interpretive exhibits—that allows visitors to see the remnant while also protecting it. The exhibit was constructed in partnership with the Save the Redwoods League (which is currently celebrating its 100th anniversary).

“We’re thinking of this stump as a footprint of a giant,” says Dave Zuckermann, regional interpretive and recreation services manager for the Park District. “It’s a sign of an ecosystem that thrived here for hundreds of years.”

The interpretive exhibit features a diary entry from a 1700s Spanish traveler who was the first European visitor to record a description of a California redwood.

Roberts is also home to a marker for the so-called “landmark trees” that helped sailors get safely through the Golden Gate without hitting the submerged “Blossom Rock” near Yerba Buena Island.

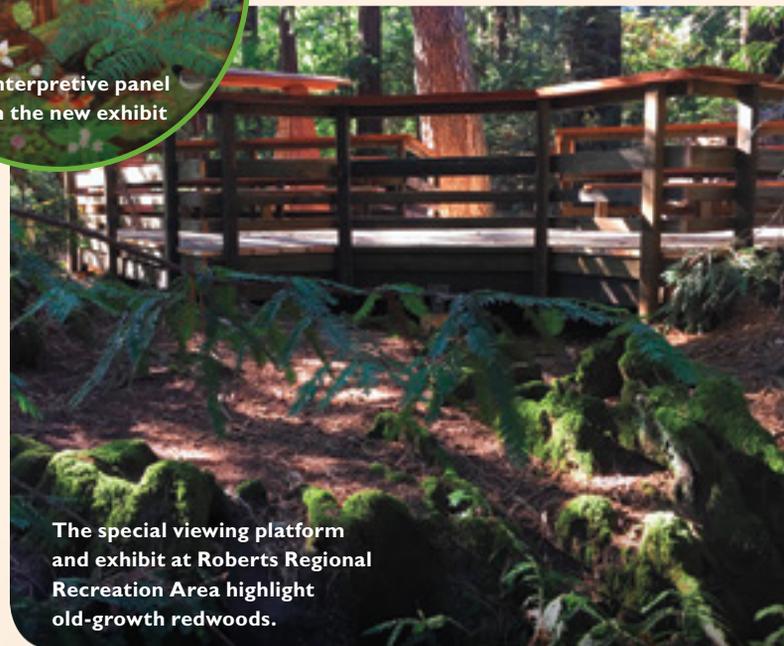
“In 1826, a ship captain figured out that if you lined up with these giant trees on the ridge, you could set a safe course,” explains Zuckermann. The landmark trees were cut down in the 1850s, but a plaque near the Madrone picnic area marks their location.

To reach the stump exhibit, park at the Redwood Bowl staging area and walk past the gate on Roberts Ridge Trail. Zuckermann says young park visitors will find a lot of value in the stories of the old-growth redwoods.

“To turn children on to the history of redwoods and inspire an understanding and desire to protect what we have today ... I can’t think of anything more important.”



An interpretive panel from the new exhibit



The special viewing platform and exhibit at Roberts Regional Recreation Area highlight old-growth redwoods.

“We’re thinking of this stump as a footprint of a giant. It’s a sign of an ecosystem that thrived here for hundreds of years.”

—Dave Zuckermann, regional interpretive and recreation services manager

50 YEA OF ACCESS



RS FOR ALL

CELEBRATING
THE REGIONAL
PARKS FOUNDATION'S
PAST AND FUTURE

50th
ANNIVERSARY



REGIONAL PARKS
Foundation

Supporting East Bay Regional Parks



CALI GODLEY



Left: Beachgoers enjoy the water at Shadow Cliffs Regional Recreation Area in the late 1970s. Right: Opening day at Shadow Cliffs.



ext year marks the golden anniversary of the Regional Parks Foundation, an unflagging supporter of health, environmental education and natural resources in the East Bay for 50 years.

The Foundation dates back to 1969, when then-East Bay Regional Park District General Manager Richard Trudeau created the nonprofit in order to accept a land donation from Kaiser Sand and Gravel—a move necessitated by Kaiser’s bylaws, which prohibited direct contributions to a public agency. The parcel, then a Pleasanton rock quarry, became Shadow Cliffs Regional Recreation Area in 1971.

The Foundation was the first nonprofit in the United States exclusively focused on assisting a park agency; it would go on to serve as a model for similar foundations across the country.

In subsequent years, the Foundation has grown its scope and mission, partnering with the Park District on various programs and initiatives to benefit its five primary pillars: youth development; health, wellness and safety; universal access; environmental stewardship; and community engagement.

“Connecting young people with nature has always been one of our guiding priorities; it provides them with benefits that last a lifetime and potentially sparks an ongoing appreciation for our beautiful parks,” says Carol Johnson, executive director of the Foundation. “Access for all has been part of our mission since the very beginning, and now we are trying to broaden our reach in support of our diverse community and environmental stewardship.”

Foundation-supported initiatives such as the Parks Express bus program, youth development programs, Disabled Fishing Derbies, the annual Trails Challenge and a wealth of park improvement projects have opened up access, expanded and protected parklands and wildlife, and created a new generation of stewards. These efforts and many others have helped engender a respect and confidence in the Foundation and the Park District.

Foundation Development Director Juliana Schirmer ties the nonprofit’s longevity to its accessibility and drive to accomplish its mission.

“We are sole purpose: to raise funds for the lands and programs within the East Bay parks. We have stayed true these 50 years, and we’re just expanding that,” Schirmer says. “I think we have a lot of trust with people in the community, and they love the Park District. We’re trying to broaden our reach and provide people the opportunity to give to something that is important to them.”

The following pages highlight milestones in the Foundation’s storied history.



SAVE THE DATE

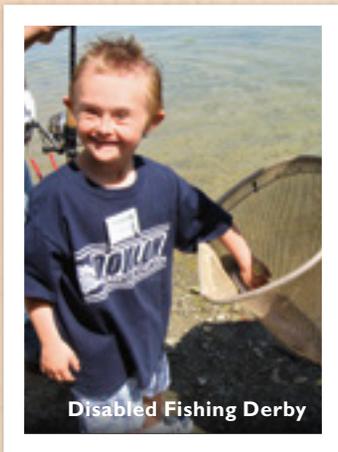
Join the fun on Oct. 10, 2019, as the Foundation celebrates its 50th anniversary at Ruby Hill Winery in Pleasanton.

BUILDING A SOLID FOUNDATION

Highlights from 50 years of the Regional Parks Foundation



The Foundation board circa 1980



Disabled Fishing Derby

1969

The RPF is established under the original name Inter-County Parks Foundation.

← 1990

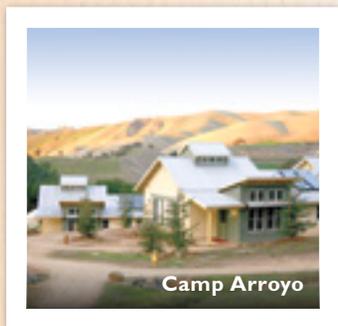
One hundred children participate in the first Disabled Fishing Derby at Lake Temescal.

1993

Bay Area residents take a hike as part of the first annual Trails Challenge, one of the Foundation's most popular programs.

← 2001

Camp Arroyo provides outdoor education and exposure to nature for Bay Area kids, with funding from the Foundation camperships program.



Camp Arroyo

2012

The Foundation-supported initiative Healthy Parks Healthy People begins, thanks to a \$5,000 gift from Kaiser and a \$2,500 gift from Washington Hospital.

← 2013

The Park District begins hosting Multicultural Walks through a Foundation partnership with Kaiser Permanente.



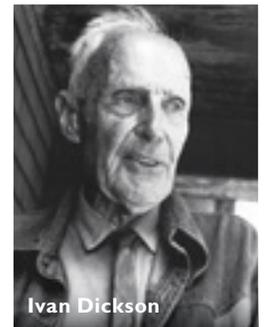
Participants enjoy the Multicultural Walks

1981

The Foundation's Parks Express bus program is launched, providing youth, senior and disabled access to parks.

1996 →

Dedicated hiker Ivan Dickson bestows his life savings—totaling approximately \$427,000—to the Park District following his death at the age of 95. The funds are used to create the Ivan Dickson Trail Maintenance Fund, which still helps fund trail cleanup today.



Ivan Dickson

2008 →

The historic merry-go-round at Tilden Regional Park reopens following restoration efforts partially funded by the Foundation.



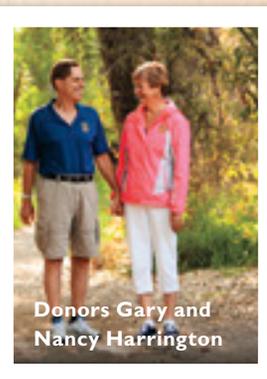
The Tilden merry-go-round

2016

The Foundation launches a I-in-a-Million campaign to raise \$1 million a year in support of parks and programs.

2017 →

The Foundation receives \$1 million (its largest cash donation for a capital project) from the Wayne and Gladys Valley Foundation, designated for five visitor centers. Other notable donations in 2017 included \$165,000 from Kaiser Permanente, \$80,000 from PG&E, and \$200,000 from Nancy and Gary Harrington for design and construction of an interpretive pavilion at Shadow Cliffs.



Donors Gary and Nancy Harrington



Bringing Parks to the People and People to the Parks

Park District General Manager Robert Doyle discusses the Foundation’s evolution over the decades and the opportunities and challenges that lie ahead

How does the Foundation work in partnership with the Park District?

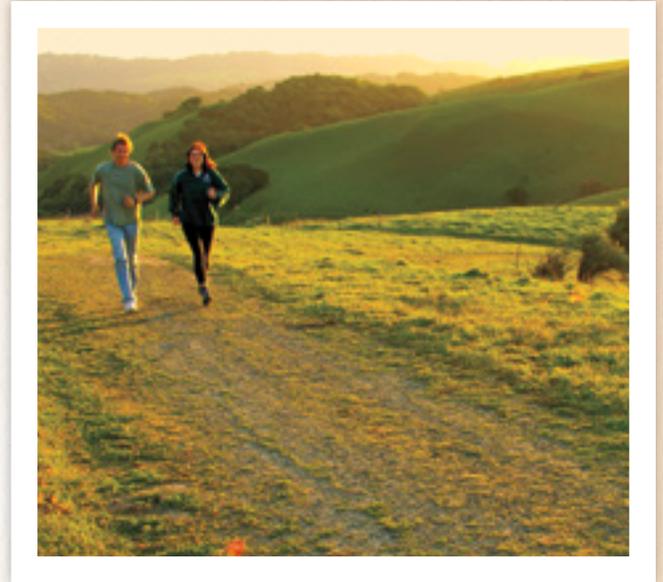
The Park District’s budget is for the core management of the system: keeping the parks safe, reducing fire threats, offering clean restrooms, and dealing with the impact of climate change and the rise of the shoreline sea level. The Park District has to focus on quality maintenance and operation of our facilities and we can’t always execute the great ideas that are out there. That’s where the Foundation comes in. The Foundation provides a way for people to give back to the parks they love.

You’ve been with the Park District for 43 years. How have you seen the Foundation grow in your tenure?

It started with a couple of significant land donations (including the land at Shadow Cliffs from Kaiser); more and more, we saw that people wanted to donate through the Foundation. The focus for a very long time was on Membership, where you get a cheaper entrance fee or a swim pass. People didn’t always know the difference between the Park District and the Foundation. More recently, the strategic effort has been to concentrate on very specific areas like environmental education or stewardship, rather than smaller donations across the parks. The visibility of the Foundation has increased over the years. Youth development and environmental education in the Park District have also expanded through partnership with the Foundation—supporting diversity in the parks and enhancing community health. The Foundation has really reached out to get more people to not only come, but to give back to the parks.

“THE FOUNDATION PROVIDES A WAY FOR PEOPLE TO GIVE BACK TO THE PARKS THEY LOVE.”

-ROBERT DOYLE, PARK DISTRICT GENERAL MANAGER



District parks like Briones Regional Park foster a love of the outdoors and promote a healthy lifestyle among East Bay residents.

Where would you like to see the Foundation go in the future?

I would like to see the Foundation gain major donors for capital campaign improvements in support of environmental education and modernizing visitor centers. There are so many kids who are not exposed to science or don’t have nature experiences. The regional parks are portals to outdoor experiences in state and national parks, too. Urban parks in particular can open eyes and minds to the beauty of nature. The Park District is going to be burdened responding to the environmental impacts of urbanization, population growth and climate change, so it’s more important than ever for the Foundation to help sustain this beautiful system of regional parks, bringing people to the parks and parks to the people.

I am extremely proud of the Foundation and very excited about its future.



Coyote Hills Regional Park



By the Numbers

A statistical look at the ongoing impact of the Regional Parks Foundation

\$181.57

THE AMOUNT IN THE FOUNDATION'S SAVINGS ACCOUNT WHEN IT BEGAN IN 1969

1978

The year the Adopt a Park program began, partnering parks with the business community

\$101,249

The amount of a grant from the J.M. Long Foundation to support a playground construction at Miller/Knox Regional Shoreline in 2008

2017

The year Park Memberships crested 10,000



10,000

The number of people who take part in the Trails Challenge annually

296

The number of acres of pristine Fremont farmland—including Ardenwood Historic Farm—donated to the Foundation in 2014 by the William Patterson family; the land was valued at more than \$14 million and was the largest land donation in Foundation history

10,000

The number of young people served each year through Foundation-supported youth development programs

8

The number of individual bequests to the Foundation over \$79,000 (from Laurie K. Hill; the Estate of Madelyn W. Beattie; Ray and Juanita Staub; the Edward Jaramillo Estate; the California State Parks Association on behalf of Elizabeth Bell; the Jill Bryans Trust; the Philip Scholz Memorial Foundation; and the Hiram Kato Estate)

\$46 million-plus

The amount of funds raised from donations over the past 25 years

Thank you to the major partners who have supported the Foundation since its inception!

Alameda Newspaper Group, American Red Cross, AMEX, Andeavor Foundation, Bank of America, Brazen Racing, California Coastal Conservancy, Candlelighters Association, Center for Independent Living, Chevron, The Clorox Company, Comcast, Committee for Industrial Safety, Contra Costa Newspaper Group, Dean & Margaret Leshar Foundation, DeLong Sweet Foundation, *Diablo* magazine, Dow Chemical, Drake's Brewing, East Bay Community Fund, EBMUD, Fremont Bank, Gordon and Betty Moore Foundation, Nancy and Gary Harrington, Jiji Foundation, J.M. Long Foundation, Kaiser Aluminum and Chemical, Kaiser Permanente, Kaiser Sand and Gravel, Art and Sumi Lampert, Lowell Berry Foundation, Mervyn's, National Trust for Historic Preservation, Sen. John Nejedly, Numi, Oakland Rotary Endowment, Oracle, Pac Bell/AT&T, William Patterson, PG&E, Phillips 66, REI, Re-Leaf, Roscoe and Margaret Oaks Foundation, Safeway, The San Francisco Foundation, S.H. Cowell Foundation, Shell Oil, Southern Alameda County Association of Realtors, Ray and Juanita Staub, Strong Foundation, USS-POSCO, Wayne and Gladys Valley Foundation, Jeff and Nancy Weidmann, Western States Petroleum Association, Whole Foods, Y & H Soda Foundation

CONNECT People + P



Multicultural Wellness Walks,
like this one at Coyote Hills,
promote health and community.

ING arks



The Regional Parks Foundation has made a difference in so many lives and improved a multitude of outdoor and educational spaces over the decades. Read on for a few success stories within each of the Foundation's five key pillars.

HEALTH, WELLNESS AND SAFETY: PARK Rx

Studies have shown that spending regular time in nature has significant health benefits. It can help lower cortisol levels, improve psychological well-being, increase vitamin D levels, boost attention spans and even improve long-distance vision. To encourage people to experience the great outdoors, EBRPD launched Stay Healthy In Nature Every day (SHINE) in 2014 in partnership with UCSF Benioff Children's Hospital. The first Saturday of every month, a bus transports kids and their parents or caretakers to a regional park for a day of fun, including a walk with a naturalist, lunch and time for free play.

"There were a lot of barriers at first," recalls Community Relations Manager Mona Koh. "Doctors told us that they had very limited time with their patients, and prescribing park visits wasn't part of the protocol. Many people didn't know where a local park was or lacked transportation to get there. And because we worked with a very underresourced community, nature was often the last thing on their minds."

Over time, the program has become increasingly popular, with other health centers and community nonprofits taking part as well. "At first, we had only about six people showing up on the SHINE bus," says Koh. "But now there are 35 to 50 each time."

And it's not just the patients reaping the rewards. Valerie Church and her daughter, Savannah, went on their first SHINE outing after a recommendation from UCSF Benioff Children's Hospital staff. "I was the one who asked for help," says Valerie. "I was feeling overwhelmed as a single mother." She and her daughter, now 6 years old, have enjoyed the park outings so much that they've been participating for nearly three years, rarely missing a Saturday. "It's been a great benefit," says Valerie.



The Fish Friends program brings aquatic adventures to young learners.

YOUTH DEVELOPMENT FISH FRIENDS

When a trailer toting a 15,000-gallon tank filled with fish pulls up to their school, how can kids not get excited? The Mobile Education Unit, an on-the-road visitor center, offers the unique Fish Friends program, which is now in its fifth year. With visits to 12 elementary schools each year in Alameda and Contra Costa counties, the program helps kids gain awareness of their water-dwelling neighbors and learn the importance of keeping their habitat healthy and free of trash.

“We are grateful to the fish that call our aquariums home,” says supervising naturalist James Wilson. Among those aquarium residents are a wide variety of native California fish—the most diverse collection anywhere. The fish are housed in tanks in Alameda, and a rotating group of finny ambassadors makes visits to participating schools. Students

learn about native species, why releasing pet fish or turtles into the wild is not a good idea—both for the pets and the greater ecosystems—and the detrimental impact of litter, especially plastic, on our waterways. “We talk and come up with sensible changes people can make,” Wilson says. For instance, to discourage the use of disposable plastic, Fish Friends participants are given reusable water bottles.

In addition to a visit from the Mobile Education Unit, participating schools get to send students on naturalist-guided field trips to District parks and a celebration picnic at the end of the year; the schools also receive stipends for litter prevention projects and two naturalist-guided teacher trainings. In addition to all the environmental education, the program has a greater impact: “Some people tell us they didn’t know a park was close by,” says Wilson. “Welcoming people to parks—those are successes, too.”

“We talk [with the students] and come up with sensible changes people can make.”

—James Wilson,
supervising naturalist

Western pond turtles will benefit from pond restoration efforts at Tilden.



ENVIRONMENTAL STEWARDSHIP TILDEN POND RESTORATION

Thanks to a generous grant from the Wayne and Gladys Valley Foundation, as well as funds from Measures CC and WW, California red-legged frogs are getting remodeled digs at Tilden Regional Park. The 30-year-old manmade ponds are being dredged and regraded to provide better habitats for the endangered frogs as well as for western pond turtles, California newts, Pacific chorus frogs and the Alameda whipsnake.

“The seasonal ponds have never drained properly,” says Joe Sullivan, fisheries program manager. As a result, non-native bullfrogs have become ever more prevalent. “Bullfrogs need water in winter in order to fully mature,” he explains. “But the [California] red-legged frogs reach adulthood by summer, so having the ponds naturally going dry in late summer or early fall benefits native frogs and keeps bullfrogs from becoming established.”

Two of the ponds are being combined into one to increase the breeding area. Regrading will provide shallow areas for tadpole development, areas of vegetative cover, basking areas and open water. A new trail will lead around the ponds to a viewing deck. And a log amphitheater will serve as an outdoor classroom for the



PASITO participants hit the trail at Point Pinole.

Interpretive Program, where kids can learn about creatures that inhabit the ponds.

**COMMUNITY ENGAGEMENT
NOTEWORTHY
DONATIONS**

Turning a family tragedy into a gift to the community, Pleasanton resident Emily Scholz donated \$80,000 to the Foundation after her husband, Philip, was killed trying to prevent a suicide on the Caltrain tracks in Santa Clara in 2014. Her desire to honor his memory and celebrate the couple's love of hiking with their dog was realized with the official renaming of a trail at Pleasanton Ridge Regional Park as the Philip Scholz Trail. A celebration was held in October on what would have been Philip's 40th birthday.

Another generous donation was received in honor of Hiram Kato, a local resident who was fond of the parks. When he passed away, his estate's trustee honored him by donating \$76,000 to Redwood Regional Park.

In 2017, the Wayne and Gladys Valley Foundation gave \$1 million for five visitor center projects: renovations at the Sunol and Del Valle Visitor Centers, an interpretive coal exhibit at Black Diamond Mines, interpretive trail and pond restoration at Tilden, and an interpretive pavilion at Shadow Cliffs. Other funders include a California State Parks OEEF grant, Nancy and Gary Harrington, the Hines Property Management Group, the Pleasanton Rotary Club, Andeavor, a San Francisco Public Utilities Commission grant, the Land and Water Conservation Fund, EBRPD, and private donors.

**UNIVERSAL ACCESS
PASITO**

In an effort to encourage inner-city residents to utilize the parks, EBRPD partnered with Richmond's Latina Center in 2015 to bring its members to the Multicultural Wellness Walks six times a year. The Foundation and funding from Kaiser Permanente provide transportation.

Last year, the Park District collaborated with San Francisco State University and The Latina Center to launch PASITO (Promoting Activity and Stress Reduction in the Outdoors), a joint research study to measure the impact of walking in nature on physical and emotional health as well as social connections.

Participants commit to two wellness walks per month for three months—and also pledge to walk in between events. Each outing to a nearby park begins with warm-ups, followed by a walk of 3 to 4 miles accompanied by a naturalist and volunteers from the Trail Safety Patrol. The outings finish up with lunch and games.

"The study is a very big effort on the part of Park District, SF State students, professors, community leaders, participants and volunteers," says Koh.

Forty-five people signed up for the study, says Koh, many of whom bring their children along. "People come

because they saw the beneficial impact the walks were having. Some want to be role models for their children. And they also enjoy time with fellow community members and want to support one another."

Results of the study are out in December. What especially delights Koh is that even after the study ended, participants kept the walks going. They established a group called GENTE, Spanish for "people" and an acronym for the Spanish equivalent of Dedicating Ourselves to Walking with Pleasure, Enthusiasm and Energy.

"Now they're inviting us to join their walks and explorations!" says Koh.



Emily Scholz and her dog, Poppy.

TOP TO BOTTOM: MONA KOH, CALI GODLEY



2



3



4



1

Holiday Gifts for Dog Lovers

Pamper your pet this season with these essential items, perfect for jaunts in the parks

Don't leave your canine companion out of the holiday festivities. From packable bowls to LED toys, these gift ideas (all available on rei.com) are perfect for the hiking pooch.



8



7



6



5

1 Ruffwear Grip Trex Dog Boots (\$74.95)

These four booties will protect your dog's paws from splinters, burrs, sharp rocks and other terrain dangers, while also giving added traction thanks to their nonmarking Vibram soles.

2 Nite Ize Nitehowl LED Safety Necklace (\$12.50)

This easy-to-put-on necklace emits bright LED light visible from up to 1,000 feet away. Useful on night excursions, the illuminated collar is durable and weather-resistant.

3 Ruffwear Quencher Dog Bowl (\$14.95)

Keep your hound hydrated with this waterproof, packable dog bowl. The reflective trim ensures you won't misplace it in the dark.

4 Cycle Dog Earth Friendly Pick-Up Bags (\$8)

Be good to the environment and dispose of your pet's waste with these corn- and plant-based bags.

5 GoPro Fetch Camera Mount Dog Harness (\$40)

Dual camera-mounting locations on the chest and back make the Fetch harness perfect for getting a dog's-eye view. The washable padded harness is comfortable as well.

6 Nite Ize Huck 'N Tuck GlowStreak Collapsible Throwing Stick + LED Ball (\$30)

Make your games of fetch easier with this LED light-up ball and extendable thrower that will send the orb soaring.

7 Cycle Dog Trail Buddy Dog Treats (\$8)

Fuel your dog's energy with these grain-free, natural nibbles—giving your pup a protein boost to complete your hike.

8 Adventure Medical Kits ADS Me and My Dog First Aid Kit (\$50)

With bandages, ointments, medications and more, this kit covers both human and canine first aid essentials. The compact nylon case fits easily in most backpacks.

HIGHER EDUCATION

A new capital campaign in support of the Environmental Education Center at Tilden aims to improve the popular facility

From learning about newts to exploring the Wildcat Creek watershed, thousands of children have enjoyed interpretive programming at the Environmental Education Center (EEC) at Tilden Regional Park. The EEC is located in the 740-acre Tilden Nature Area and, along with neighboring attraction the Little Farm, has sparked a love of wildlife in visitors of all ages since it opened in 1974.

Currently, the Park District is looking at the best way to modernize the EEC, which includes old infrastructure and ADA accessibility issues among its challenges. The Park District is starting the design and evaluation process that will determine the future plans for the site, and the Regional Parks Foundation recently committed to supporting the project through a capital fundraising campaign.

“The EEC is the Park District’s oldest visitor center, and it is time for a refresh,” says Foundation Development Director Juliana Schirmer. “The hope is also to better integrate the EEC with the Little Farm.”

According to Dave Zuckermann, regional interpretive and recreation services manager, that integration would involve better trail access from both buildings so visitors don’t have to cross so many internal park roads. “We’re looking at how to get to the next level with service there,” he says.

“Our constituents have so many wonderful connections with Tilden, from the EEC to the merry-go-round to the steam train.”

—Juliana Schirmer, Foundation development director

Once the Park District has settled on a direction for the EEC, the Foundation will begin the initial phase of the capital campaign, including looking at how much money it can raise and how long it might take.

“The Foundation is anticipating the need to raise \$15 million or more for the project,” says Schirmer. “We expect to share more about the campaign in the coming year.”

If all goes well, the revamped EEC could be up and running within a few years—ready to inspire a new generation.

“Our constituents have so many wonderful connections with Tilden, from the EEC to the merry-go-round to the steam train,” says Schirmer. “People who went there when they were little are now bringing their kids or their grandchildren.”

➤ To learn more about the capital campaign for Tilden, contact Juliana Schirmer at 510-544-2212.



CLARK MILLER

FUN AND FESTIVITIES

Celebrating new additions, honors and community involvement in the Park District



1 Kicking off the Shadow Cliffs Interpretive Pavilion project. **2** A tribe member takes to the water at the Ohlone Peoples Gathering at Coyote Hills. **3** Attendees feel the spirit of 1876 at What's Brewin' in the Parks at Black Diamond Mines. **4** Eduardo Garcia (center) is honored with the Ted Radke Award. **5** Park visitors enjoy a Multicultural Wellness Walk, in partnership with Contra Costa Health Services. **6** Park District General Manager Robert Doyle (center) is awarded the prestigious Pugsley Medal.





It's cleanup time at the Martin Luther King Jr. Regional Shoreline.

SPECIAL EVENTS

New Year's Day Butterfly Discovery

Start off the year right with an inspiring visit to our monarch butterfly clusters. Discover the amazing life cycle of these tiny creatures and how they survive the long cold season in the Bay Area. Tuesday, **Jan. 1**, 11:30 a.m. and 1:30 p.m. (Event will be canceled in the case of heavy rain.) Visit www.ebparks.org for information on additional monarch programs.

Martin Luther King Jr. Day of Service

Join the Park District in celebrating the annual Martin Luther King Jr. Day of Service. Volunteers will help restore the Martin Luther King Jr. Regional Shoreline in Oakland. Children may participate but must be accompanied by an adult. **Jan. 15**, 8:30 a.m.–noon. Register at www.ebparks.org.

MARK YOUR CALENDAR

Bring family and friends to these highlighted EBRPD programs and activities—perfect for nature- and fun-lovers of all ages. To view complete listings of EBRPD events, visit www.ebparks.org/activities.

Youth Job Fairs

Come work for the East Bay Regional Park District! Whether you like spending time outdoors, working with kids, aquatics or public safety, we have something for you. Saturday, **Jan. 26**, 10 a.m.–noon, Big Break Visitor Center, 69 Big Break Road, Oakley Saturday, **Feb. 2**, 10 a.m.–noon (held in partnership with City of Union City), Ruggieri Senior Center, 33997 Alvarado-Niles Road, Union City

Sunol Wildflower Festival

This festive annual event at Sunol Regional Wilderness features live music, crafts, hikes, slideshows and exhibits celebrating wildflower season. Learn to identify flowers and where to spot them in the park. Meet local vendors and artisans or join naturalists on a flower walk. Sunday, **April 14**, 11 a.m.–4 p.m. Visit www.ebparks.org for more information.

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Oakland, CA 94620
www.RegionalParksFoundation.org

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Your investment of \$21 a month (\$250/year) will enroll you in the 1-in-a-Million Donor Circle. Together, 4,000 donors will raise \$1 million dollars annually to fund environmental restoration and protection of open space.

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or call 510-544-2212.



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