

Regional in Nature

Activity Guide

NOVEMBER – DECEMBER 2023

East Bay 
Regional Park District
Healthy Parks Healthy People



Marilyn R. Johnson



Leading the Way in Wildfire Protection
See page 5

Celebrate Green Friday
with **FREE Park Day**
See page 3

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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, *President*Ward 3

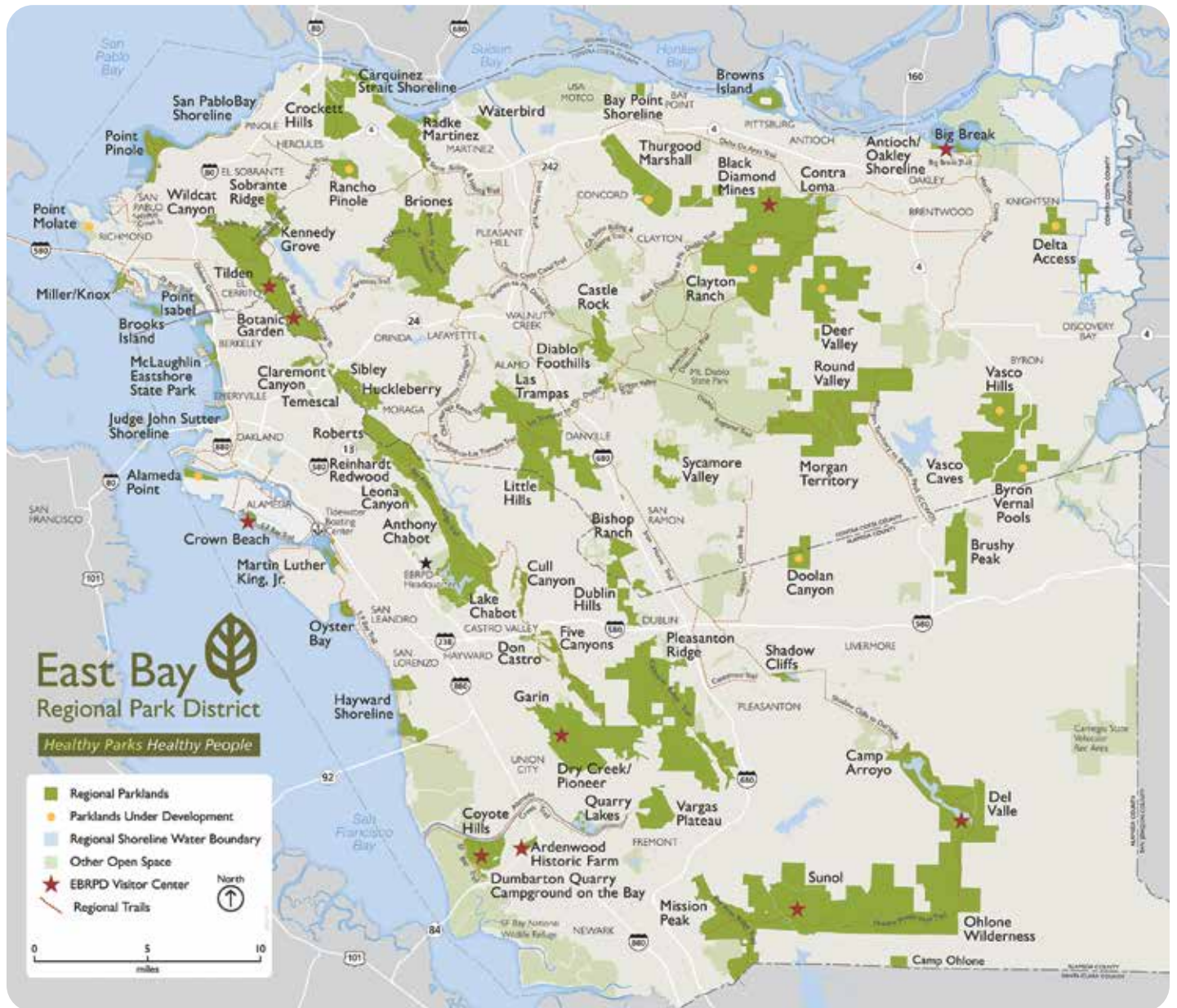
Ellen Corbett.....Ward 4

Olivia Sanwong.....Ward 5

John MercurioWard 6

Colin Coffey.....Ward 7

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
REGIONALPARKSFUNDATION.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

Caring for Our Climate

A MESSAGE FROM GENERAL MANAGER SABRINA B. LANDRETH



On September 23, the East Bay Regional Park District and community volunteers came together for the **39th Annual Coastal Cleanup Day**. Over 1,500 volunteers helped clear debris and remove trash from Park District waterways, including lakes, creeks,

rivers, and shorelines. We had seven cleanup sites in parks across the District.

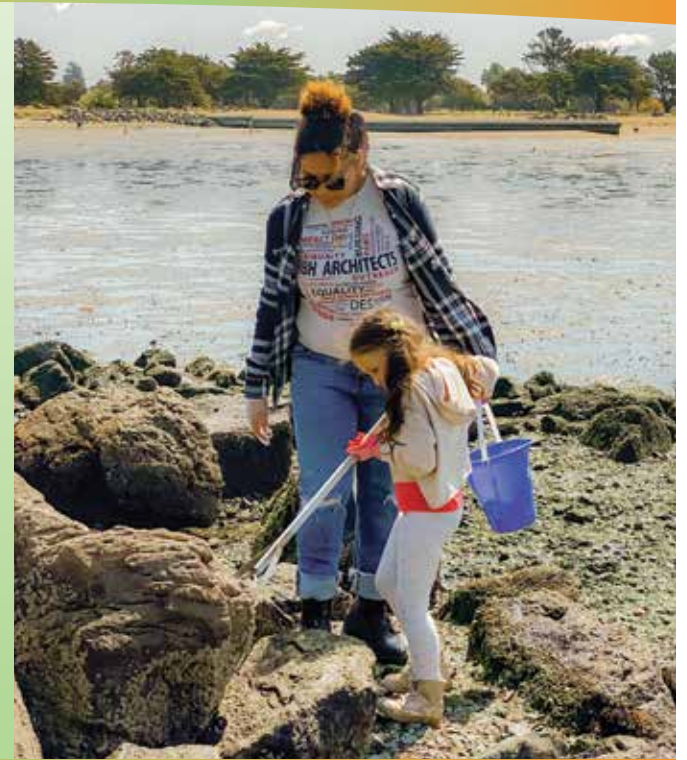
I would like to thank all of the volunteers who gave their time to clean up Regional Parks and helped make the Park District's Coastal Cleanup Day effort a phenomenal success. Overall, 8,253 pounds of trash were collected and 319 pounds were recycled. Thanks to you, 22 miles of shoreline were cleaned.

Everyone can help. When you are in the parks, pick up any litter you see on the trails.

Wildfire Safety in the Parks:

Wildfire dangers are at their peak in late fall when the hot, dry Diablo winds blow in from the east. When in parks, make sure you are aware of fire warnings and follow all fire safety rules.

Enjoy and help protect your Regional Parks!



BRIONES PILOT PROJECT UPDATE



A Balanced Approach to Trail Management

If you are a regular park visitor, you may have noticed that more people are visiting our parks, including mountain bikers. Overall, this is a good thing as more people are connecting with nature and building a deeper appreciation for parks and the natural environment. However, with more visitors comes potential conflicts and damage to parks.

The Briones Pilot Project, at Briones Regional Park, is testing a variety of trail management strategies to safely share existing trails and protect park habitat, wildlife, and watersheds.

The Pilot Project takes a balanced approach by dedicating four trail segments for bike-only, downhill-only use and restoring illegal bootleg trails back to nature. Trail restoration Dig Days are scheduled regularly. For more information, visit ebparks.org/BPP.



CELEBRATE GREEN FRIDAY

WITH **FREE** PARK DAY

Green Friday – the day after Thanksgiving – is a great opportunity to visit the parks for free and spend time with family and friends.

Green Friday is part of the #OptOutside movement to promote healthy alternatives to shopping the day after Thanksgiving.

On Green Friday, all entrance activity fees are waived in Regional Parks, including parking, dogs, horses, boat launching, and fishing, as well as entrance to Ardenwood Historic Farm. However, the fee waiver does not include state fees for fishing licenses and watercraft inspections or concessions, such as the Tilden Merry-Go-Round and Redwood Valley Railway steam train.



Children enjoy a puppet show at Ardenwood Historic Farm, Fremont

Lincoln Chiu



Celebrating Day of Peace at Lake Chabot

The Park District celebrated the 6th annual UN International Day of Peace on Saturday, September 16, 2023, at Lake Chabot Regional Park in Castro Valley. Over 300 celebrants were inspired by messages of peace from our youth. Music by the Young Musicians Choral Orchestra underscored the spirit of the day.

e-Bike Update

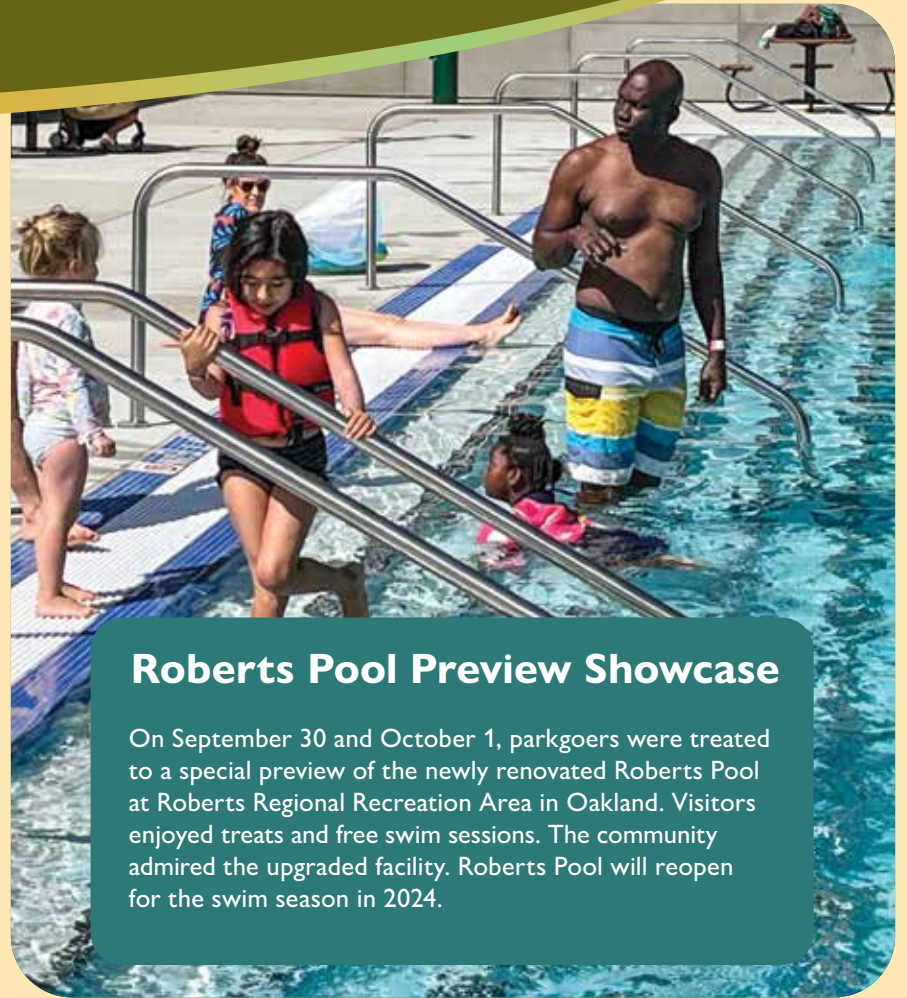
In September, the Park District Board of Directors voted to allow Class I e-Bikes on all trails where regular bikes are allowed, and Class II e-Bikes on all paved Regional Trails. Class 1 e-Bikes are pedal-assist and require pedaling for assistance from the electric motor. Class 2 e-Bikes have a throttle and allow pedal assist but do not require pedaling for assistance from the electric motor.

All e-Bikes must follow the 15 mile-per-hour bike speed limit. Bikers should also remember to slow down around others, call out or ring their bell when passing, and stay on designated trails only.

For more information, visit ebparks.org/recreation/biking.



Kidbovy



Roberts Pool Preview Showcase

On September 30 and October 1, parkgoers were treated to a special preview of the newly renovated Roberts Pool at Roberts Regional Recreation Area in Oakland. Visitors enjoyed treats and free swim sessions. The community admired the upgraded facility. Roberts Pool will reopen for the swim season in 2024.

One-in-a-Million

The Regional Parks Foundation's mission is to support the East Bay Regional Park District through fundraising to provide universal access, environmental stewardship, educational and recreational programs, and acquisition of parklands.

Join the campaign to raise \$1 million annually by becoming a One-in-a-Million donor.

Your investment of \$21 a month or \$250 a year will help protect open space, acquire parklands, and provide vital programs for underserved members of the community.



Regional Parks Foundation

Support the work of the Park District. Donate or become a member today. Visit regionalpharksfoundation.org for more info.

Leading the Way in Wildfire Protection

PARK DISTRICT USING GROUNDBREAKING, ENVIRONMENTALLY FRIENDLY TOOL FOR FUELS REDUCTION

In the fall of 2020, while conducting ongoing vegetation management work, Park District staff noticed significant tree die-off in parks.

In response, the Park District proactively reached out to experts at UC Berkeley, U.S. Forest Service, CAL FIRE, and others for information about the scope and cause of the die-off, which was also affecting trees regionally and statewide.

Further investigation identified over 1,500 acres of tree mortality within Regional Parks, with approximately 865 affected trees per acre, mostly eucalyptus, but also bay and pine. While there are many contributing factors, the overarching cause was believed to be drought stress due to climate change.

With roughly 1.3 million dead standing trees in Regional Parks, immediate action was required by the Park District. As a local wildfire prevention leader since the 1991 East Bay hills fire and a founding member of the Hills Emergency Forum fire-safety consortium, the District is taking the lead to mitigate the dangers caused by tree die-off.

Much of the identified die-off was already within the District's fully-permitted Wildfire Hazard Mitigation and Resource Management Plan, which meant plans to reduce vegetation were already in place. However, more funding was needed.

INNOVATIVE ANSWERS TO A COMPLEX PROBLEM

As efforts to secure funding proceeded, estimates also soared for removal costs and the amount of organic material (biomass) in need of disposal. Adding to the complexity of the situation was the fact that removing so much dead and dying vegetation by traditional means required hauling it in trucks to plants that would burn it for fuel. Transporting the dead trees was cost-prohibitive, disruptive to the residential areas, and potentially dangerous. Additionally, this method would create greenhouse gases and pollution, causing some of the same environmental factors leading to increasing wildfires, and perhaps even tree die-off itself.

In 2021, the Park District approached the state of California with the situation. The state responded with a \$10 million direct appropriation from the legislature through Senator Nancy Skinner, D-Berkeley, and then Senator Bob Wieckowski, D-Fremont. The crucial state funding is helping the District address this public safety and drought emergency. More funding is needed as the total costs are estimated to be three-to-four times the allocated amount.



Carbonator

MEET THE CARBONATOR

The innovative solution the Park District found for processing large amounts of biomass was a carbonator. The carbonator machine, a Tigercat 6050, resembles a trucking container with a box-like metal chamber. The device burns organic matter with very little oxygen and at very high temperatures (about 1,300 degrees Fahrenheit), which breaks down the molecules of organic matter into a smaller material called biochar. The process creates extremely low emissions.

The resulting biochar – essentially elemental carbon – provides benefits, such as enriching soil by improving its water retention or pH, accelerating composting of green waste, and filtering toxins from water.

A MODEL FOR THE NATION

The carbonator, having never been used in a metropolitan area for biomass disposal at this scale, was first tested as part of a pilot project at Anthony Chabot Regional Park with funds from a \$1 million Coastal Conservancy grant and an additional \$1 million from the Park District's general fund. The lessons learned during the pilot project would indicate whether the carbonator was a feasible tool to address tree die-off. The results will be shared with the state and other partner agencies facing similar challenges.

On September 15, 2022, the carbonator pilot project launched at Anthony Chabot Regional Park to remove accumulated flammable plant material within an 80-acre area. Healthy native trees such as oaks, bays, and madrone were preserved, while dead and dying trees and overcrowded non-natives were cut down.

The actual on-site biomass-to-biochar process began work at the end of January. When work ended on March 12, 2023, more than 2,000 tons of biomass had been processed into 88 tons of biochar, which could be used beneficially at locations throughout the Park District.

All in all, the pilot proved to be net-positive, with only a tiny fraction of emissions compared to open burning or hauling off site. Going forward, up to half of the biomass removed from Regional Parks could be converted into biochar.

Based on the results of the pilot project, work is under way on another project at Anthony Chabot Regional Park, this time involving 365 acres, and using \$7.5 million of the \$10 million direct appropriation from the state, plus federal funds secured through Senator Alex Padilla, D-Calif.

The Park District's innovative approach to securing funding, implementing such a large scale project, and using a carbonator is now recognized as a statewide and national model.



Ardenwood

HISTORIC FARM

Will the Monarchs Return?

For years, Ardenwood's eucalyptus groves have been the site of a rare and exciting natural phenomenon – the annual gathering of monarch butterflies. From late October to February, a few hundred to several thousand monarchs form dense clusters in the trees and, on sunny afternoons, fly around looking for nectar.

Lately, it has become challenging to predict whether the monarchs will return to Ardenwood and the other 400 or so known overwintering sites along the coast of California. Dramatic variations in winter temperatures combined with smoke from late-season wildfires have disrupted the long-established seasonal migration patterns of these beautiful insects in recent years. Combined with extended drought, habitat loss, and increased use of pesticides, these conditions resulted in very few monarchs counted at the farm these past three winters.

But, while many sites saw few to no monarchs last winter, at others, volunteers were surprised by unusually high numbers, with

over 300,000 monarchs tallied in November 2022 – the highest total since the 2000 season. This news was a great relief to monarch enthusiasts throughout the state since the 2021 total was less than 2000 individuals, and we feared the monarch was on the road to extinction. However, it's still a huge decrease from the 1980s, when over one million butterflies were known to overwinter in California.

Although proposed for listing as an endangered species in 2014, there continues to be very little meaningful protection for the monarch or its habitat. Overwintering sites in particular continue to be destroyed and damaged each year, and harmful pesticide use continues both in agriculture and residential gardens. Advocacy, action, and support are needed now and well into the future to ensure the survival of the majestic monarch.



Eric Nicholais

Be a Community Scientist

If you spot a monarch or a monarch caterpillar, scientists would like to hear about it! Report your sightings on iNaturalist or at monarchmilkweedmapper.org.

Do Your Part – Simple things you can do will make a difference for monarchs and all pollinators:

- Avoid pesticides
- Buy organic produce
- Plant winter-blooming flowers

For more information: westernmonarchcount.org

Ardenwood Interpretive Programs

For a complete list of Ardenwood programs, visit us online •••▶
For information, call: (510) 544-2797



MYSTERIOUS MONARCHS

Ardenwood's eucalyptus grove is one of the historic overwintering sites used by monarch butterflies along the California coast. Meet at the Greenhouse to explore this special place and see if any of these mysterious insects are in residence this season.

- Nov 18, 25 (Sat), 1:30-2:30pm
- Nov 19, 26 (Sun), 1:30-2:30pm
- Dec 23 (Sat), 1:30-2:30pm

WREATH MAKING WORKSHOP

Craft a festive wreath from aromatic evergreens, colorful fruits, cones, and a magnificent bow. Explore the significance of holly and ivy in holiday traditions and get to know some elegant California native plants. (10 years and up) Registration is required. 1-888-EBPARKS (1-888-327-2757, option 2)

- Dec 2 (Sat), 10am-1pm
- Fee:** \$32 (non-res. \$37)



HOLIDAY OPEN HOUSE

Celebrate a turn of the 20th century holiday at a beautifully restored Queen Anne mansion. Enjoy live music and refreshments. Register online or pay at the door at this City of Fremont event: regerec.com. Info: (510) 791-4196 or email rkiehn@fremont.gov

- Dec 10 (Sun), 4:30-7:30pm
- Fee:** \$8 advance tickets, \$9 at the door, children 12 years and under free

NEW YEAR TRADITIONS

Eating noodles, smashing crockery, and hanging onions on the door are some year-end rituals from around the world. Enjoy a mug of hot cider while you learn more and share your own ways of welcoming the new year.

- Dec 30 (Sat), 1:30-2:30pm



Big Break

REGIONAL SHORELINE



THE PACIFIC FLYWAY: Nature's Aerial Highway

Nature's intricate tapestry weaves with threads of migratory journeys that span continents and ecosystems. Among these awe-inspiring migrations, the Pacific Flyway emerges as a remarkable spectacle. The Pacific Flyway is one of four major North American migration routes for birds, particularly waterfowl. This avian highway

The Sacramento and San Joaquin Delta, often called the "Heart of the California Water System," is a complex network of waterways, islands, marshes, and estuaries. This dynamic delta and Big Break Regional Shoreline are a haven for migratory birds as they make their incredible journeys. During long flights, birds require reliable resting spots and abundant food sources. The delta's mosaic of wetlands, water bodies, and riparian habitats provide essential stopover points for these travelers. The nutrient-rich waters of the Delta sustain a diverse array of aquatic life, ensuring ample nourishment for the birds that depend on this region.

The Pacific Flyway connects breeding grounds in the continent's northern reaches to wintering habitats in warmer climes. Every year, millions of waterfowl, shorebirds, raptors, and songbirds rely on this route, making pit stops to rest, refuel, and find shelter. The delta's diverse habitats offer an oasis of refuge, particularly during critical migration.

Despite its vital role in sustaining countless species, the Sacramento and San Joaquin Delta faces numerous challenges. Urbanization, pollution, water diversions, and habitat loss threaten the delicate balance of this

ecosystem. The delicate interplay of freshwater and saltwater, vital for maintaining the delta's ecological health, is at risk due to human activities.

Conservation efforts by the East Bay Regional Park District are underway to safeguard the delta's integrity. Habitat restoration projects, water management initiatives, and collaborative partnerships between governmental agencies, conservation organizations, and local communities strive to ensure this critical junction remains a thriving stopover for migratory birds.

The Pacific Flyway's symphony of migratory birds, the Sacramento and San Joaquin Delta's vibrant habitats, and the delicate ecological balance they share is a testament to the complex fabric of nature. As we witness the breathtaking spectacle of birds in flight and the grandeur of the delta's landscape, we are reminded of the significance of preserving these natural wonders. Through conscious stewardship and conservation actions, we can ensure that the Pacific Flyway and its ties to the Sacramento and San Joaquin Delta remain intact for generations of migratory birds and nature enthusiasts to come.



Snowy egrets

stretches from the southern tip of South America to the far reaches of the Arctic tundra, serving as a vital link for millions of migratory birds. The Pacific Flyway encompasses diverse landscapes, and its intricate connections with the Sacramento and San Joaquin Delta form an essential nexus for both the birds and the environment they traverse.



Short-eared owl

Jerry Ting



Big Break Interpretive Programs

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

BIG BREAK LITTLES

Bring the little ones to the park for some nature time before nap time. 1-5 yrs old. Drop-in.

November: Fall Fun

December: Staying Warm in Winter

- **Nov 6** (Mon), 10-11am
- **Nov 7** (Tue), 10-11am
- **Dec 4** (Mon), 10-11am
- **Dec 5** (Tue), 10-11am

BIG BREAK STAR PARTY

Enjoy Big Break under the night sky! Telescopes will line the pathways as special visitors from the Mt. Diablo Astronomical Society guide our journey through space. Drop-in.

- **Dec 1** (Fri), 6-8pm

American white pelicans



Douglas Barnum

GREAT WINTER BIRD COUNT

Join us in counting the many birds at Big Break Regional Shoreline. We will provide binoculars. We will be able to view many migrating shorebirds on their journey! Drop-in.

- **Dec 14** (Tue), 9am-noon

WINTER COMMUNITY 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!) All ages. Drop-in.

- Theme:** Winter Birds
- **Dec 17** (Sun), 4-5:30pm

See ebparks.org/calendar for upcoming programs.



Black Diamond Mines

REGIONAL PRESERVE

Winter Wonderland

AT BLACK DIAMOND MINES

Like many of your East Bay Regional Parks, Black Diamond changes dramatically from season to season. The dry months are finally over and the cooler, wetter conditions are allowing new growth to sprout. Come explore Black Diamond during this magical time of year!



What Does Black Diamond Have to Offer?

New to Black Diamond? From mine tours and a Victorian cemetery to chaparral and fossils, this nature preserve features many unique experiences. Discover a few of these features by playing the Word Search Puzzle: Find and mark all the words hidden inside the box. The words may be placed horizontally, vertically, or diagonally.

E	R	G	M	H	M	I	N	E	T	O	U	R	T
T	U	N	E	G	N	I	R	T	E	T	U	U	N
O	E	I	E	N	O	I	O	O	U	R	E	A	B
Y	A	D	R	I	I	I	S	A	E	I	G	S	U
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O	R	B	N	K	G	S	L	E	V	M	C	R	Y
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L	A	R	R	A	P	A	H	C	R	I	C	L	A
O	C	O	R	O	C	A	M	T	O	L	A	L	N
R	C	R	A	F	T	S	E	I	N	E	B	E	V

- BACKPACKING
- BIRDING
- BUCKEYES
- CEMETERY
- CHAPARRAL
- CRAFTS
- HIKING
- MIGRATION
- MINE TOUR
- MUSEUM
- NATURE
- NORTONVILLE
- ROSE HILL
- SOMERSVILLE
- TOYON

WINTER BIRD MIGRATION HIKE

Hike to different habitats in the preserve to find birds only seen during this winter migration (they'll come back in the spring too). Ages 8+. Drop in.
– **Nov 4** (Sat), 9-11am



MINI MINERS

Bring your little gems out to Black Diamond Mines for a morning of learning, playing, and enjoying the great outdoors. Each month will be a different theme where children ages 2-5 will discover the joys of nature. Siblings welcome! Ages 0-6. Drop in.
– **Dec 12** (Tue), 10-10:45am

TRADITIONAL PLANT USES

Most California native plants are best harvested in the winter: come learn about ways Native Americans traditionally use these plants for everyday life. We will look, see, smell, and touch, but will not harvest in this program. All ages. Drop in.

– **Nov 25** (Sat), 1:30-3pm

WINTER NATURE CRAFT

Gather inspiration from nature at Black Diamond Mines for these crafts. What can you discover when you use your artistic side to explore the surrounding landscape?

– **Nov 26** (Sun), 2-3pm

– **Dec 23** (Sat), 10-11:30am



HISTORY HIKE ABOVE THE MINES

Come learn about the richness of the mining history on a hike above the mines! Wear sturdy shoes, bring a snack and water. We will begin at the upper parking lot and end at the Greathouse Visitor Center. A mine tour is not included in the hike. Ages 7+. Drop in.

– **Nov 24** (Fri), 10am-noon

Black Diamond Mines Interpretive Programs

For a complete list of programs, please visit us online:



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

Coyote Hills

REGIONAL PARK



Native American Heritage Month

November marks **Native American Heritage Month**, a time for us to honor and celebrate the past, present, and future of the vibrant Indigenous communities that have called the land now known as the East Bay home since time immemorial.

Indigenous Peoples continue to nurture profound connections with the land, waters, and wildlife of this landscape. This month and throughout the year, we recognize enduring Indigenous traditions and Native People's role as the original stewards of this region's ecosystems.

In understanding the significance of promoting equity and inclusion for Indigenous communities, we realize this commitment is a continuous path, and we are committed to nurturing a respectful and inclusive environment for all.

We are committed to promoting the history and culture of Ohlone peoples and sustaining ongoing

relationships which support the art, storytelling, food, and values of Indigenous Peoples throughout the Bay Area.

In celebrating the present, we recognize the vital contributions of Native American communities thriving in the East Bay. We sincerely appreciate the numerous Native individuals who have shared their viewpoints, voices, and cultural heritage through our programs. We invite you to join us in learning about California Native peoples from California Native peoples. Visit the link below to learn more about some of the great work that Native People are doing throughout the Bay Area:

bit.ly/48ioYIF



Elderberry

Elderberry (*Sambuca caerulea*) is a native plant with several uses by many Indigenous Peoples. Ohlone Peoples use hollow elderberry twigs for crafting arrow shafts, pipes, flutes, ceremonial clapper sticks, and fire-making. In the fall, the tart, dark blue berries become edible, and the leaves and flowers can be brewed into teas, which serve as remedies for colds. You've probably seen elderberry syrup or lozenges sold as cold remedies. Ohlone Peoples traditionally managed the elderberry plants by pruning or burning them every two-to-four years when plants are dormant.

Coyote Hills
Interpretive
Programs



For a complete list
of programs, please
visit us online:
ebparks.org

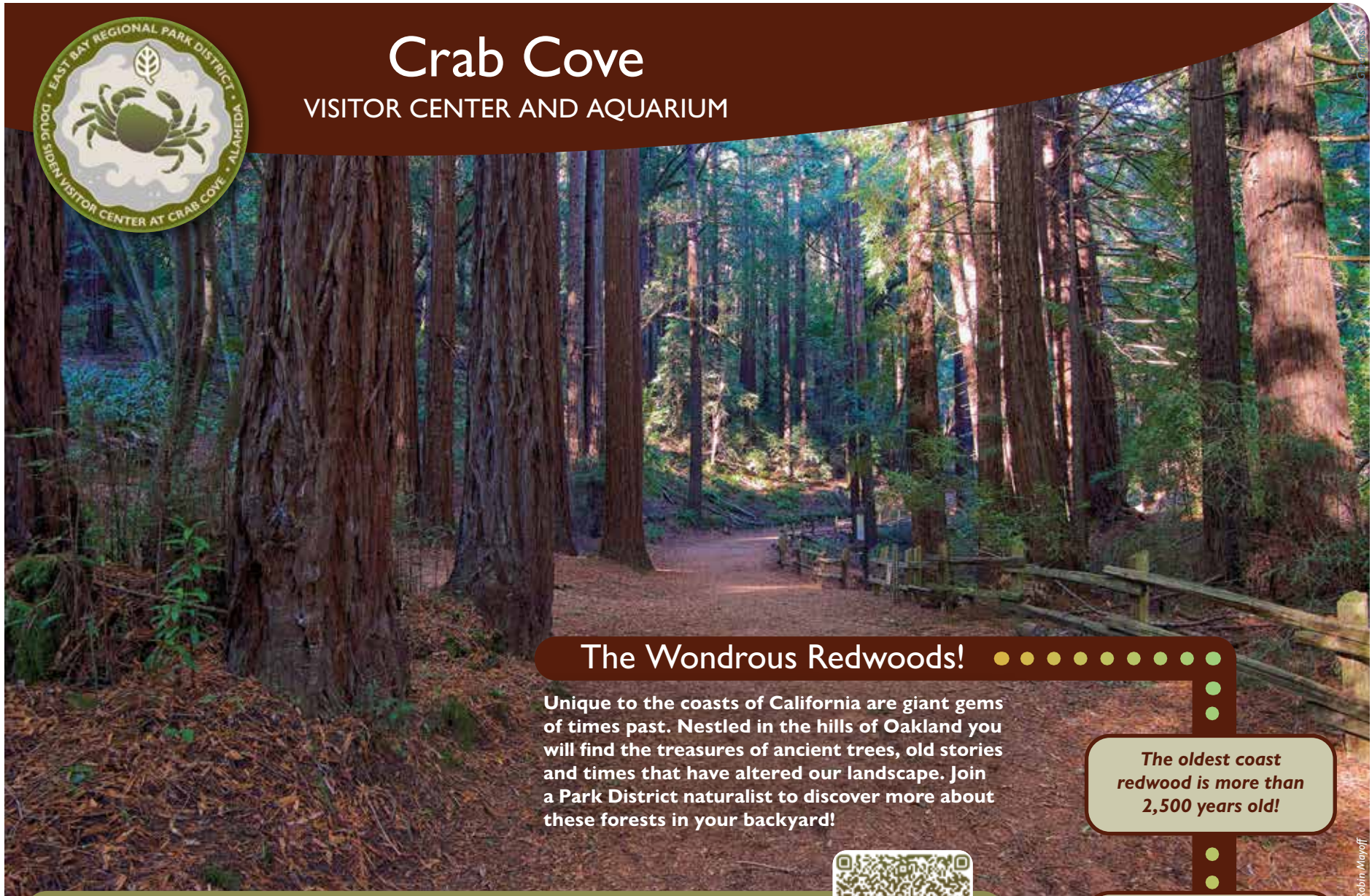


See ebparks.org/calendar for upcoming programs.



Crab Cove

VISITOR CENTER AND AQUARIUM



The Wondrous Redwoods!

Unique to the coasts of California are giant gems of times past. Nestled in the hills of Oakland you will find the treasures of ancient trees, old stories and times that have altered our landscape. Join a Park District naturalist to discover more about these forests in your backyard!

The oldest coast redwood is more than 2,500 years old!

In the Bay Area, we have coast redwoods, which are the tallest living things on the planet!

Logging has removed most of the old growth redwood forests. Now there are 48 parks in California helping protect these super trees and connect people to their wonders!

Crab Cove Interpretive Programs *Information, call (510) 544-3187*

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



HIKE IT OFF

Reinhardt Redwood Regional Park (Oakland)

It's time to work off your holiday meal! This 5.25-mile hilly challenge helps burn the calories and feed the soul, as we dip down past small creeks and back up again, with redwoods, prairies, oak woodland, and mixed forest in between. Heavy rain cancels. Drop-in. Meet at the Trudeau Training Center.

– **Nov 24** (Fri), 9am-noon

LADYBUG, LADYBUG WHERE DO YOU GO?

Reinhardt Redwood Regional Park (Oakland)

Where would you go if you were a hibernating ladybird beetle (a.k.a. ladybug)? Walk 3 miles round trip along the beautiful Stream Trail where we will hopefully find them by the thousands! Meet at Canyon Meadow Staging Area. Drop-in.

– **Dec 9** (Sat), 10:30am-12:30pm



HAVE A SCHOOL GROUP?

Ask about our *Redwood Rendezvous Program*, where we meet at Reinhardt Redwood Regional Park or Roberts Regional Recreation Area to explore the Redwoods!

Info.: ebparks.org/programs/educators or call the Doug Siden Visitor Center at 510-544-3187.





Barn owl with a mouse

Winter is for the Birds

Both seasoned and beginner bird enthusiasts flock to Del Valle to admire the migrating birds that rest and recuperate at the lake during winter. However, one resident bird species provides an important service to the park behind the scenes and deserves a moment in the spotlight – the barn owl!

How do Barn Owls Help the Park?

An important part of the ecosystem at Del Valle, barn owls also help support nontoxic methods of pest control, known as Integrated Pest Management (IPM), simply by what they eat for dinner! These silent nighttime predators have a huge

appetite for small rodents like mice, voles, and even small squirrels. A breeding pair with baby owl mouths to feed can consume up to 1,000 rodents in a single season! Having owls hunting nearby keeps the rodent population down throughout the park, helping our park buildings remain clear from pests.

Giving Back

Barn owls are part of a group of birds called “cavity nesters,” like western bluebirds, wood ducks and acorn woodpeckers, who use large holes in trees as a safe spot to build their nests. To make the park a more desirable location for barn owls to nest, park staff add nesting boxes that mimic the natural cavities these birds call home.

By October, most owlets have fledged from the nest box, leaving a window of opportunity in November and December for park staff and volunteers to clean out the boxes, investigate evidence of what the owls have been eating throughout the year, and prep the boxes for the next breeding season.

Want to show your gratitude for our feathered barn owl friends and earn volunteer hours at the same time? You can join park staff in taking care of barn owl nest boxes throughout the park, while learning more about their habits and adaptations.



Sign up here:
bit.ly/456A22A

Del Valle Interpretive Programs



For a complete list of programs, ▲
please visit us: ebparks.org :

TEENS TALK TRASH

Teens can join us at the park to talk trash and explore different concepts related to the waste cycle, then do a litter pick-up with data collection to earn volunteer service hours. Registration required: ebparks.org/get-involved/volunteer

- Nov 12 (Sun), 3:30-5pm
- Dec 10 (Sun), 3:30-5pm



Volunteers investigate nest box evidence



Can you spot the barn owl?

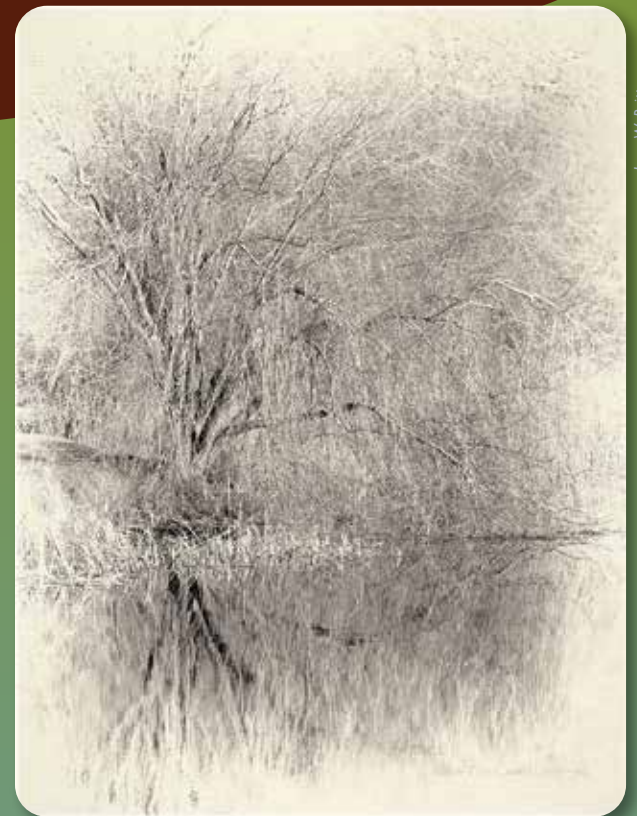


Mobile Education

Willow in Winter

As seasons change, it can be a time of reflection, celebration, and preparation. For some, there might be different associations and activities accompanying these seasons. This was especially important to the First Peoples of the area we now know as the East Bay. The lands within the East Bay Regional Park District fall within the territories of Ohlone, Bay Miwok, and Delta Yokut ancestral tribes, who are still here today. Indigenous Peoples knowledge, connection, and stewardship of natural resources enabled them to thrive. This includes knowing the seasonality of plants for their intended use.

Arroyo willow and gray willow are deciduous native plants that are used by Ohlone people for basket making. Willow is also used for the framework of traditional houses and possibly clothing. Pruning, or cutting back branches was done during the wintertime when sap was stored in the root of the plant. In the spring when the sap flows out of the root into the stem and branches, the plant will grow flexible, long, and straight shoots perfect for basket weaving. Depending on the use of the baskets and the desired form, willow was also gathered in the wintertime making it tougher than springtime cut willow, but still flexible.

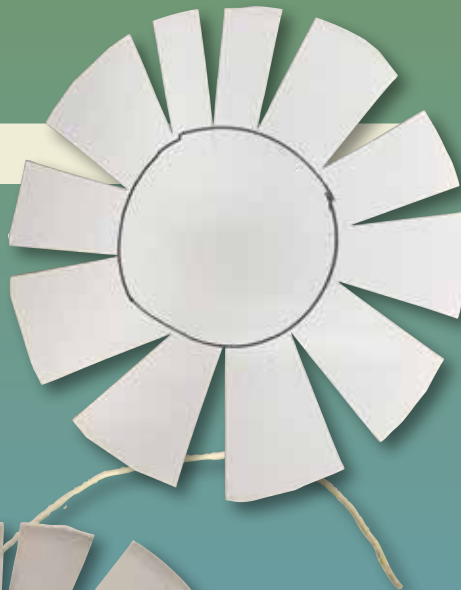


Jerry W. Britton

Make Your Own Basket

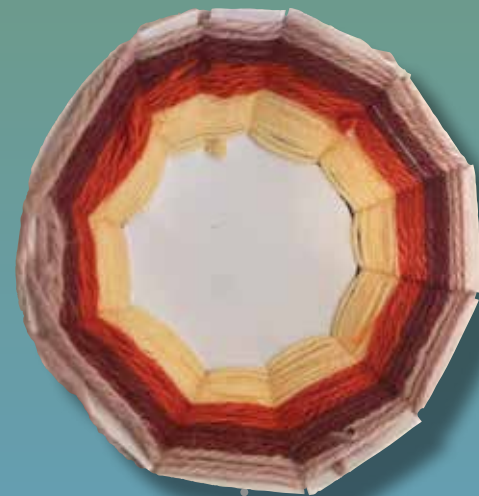
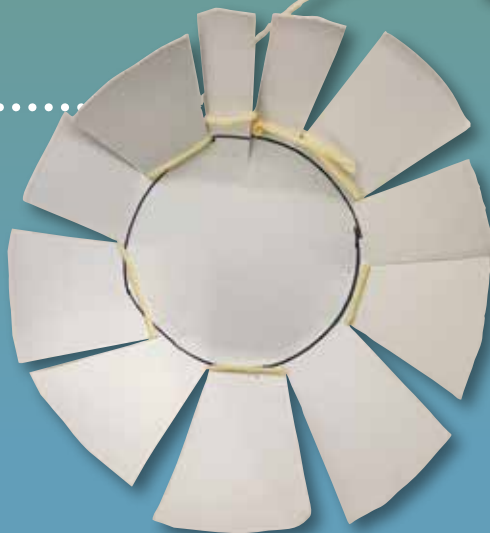
STEP 1

Gather cardstock or a paper plate. Cut a larger circle out and draw a smaller circle inside. Cut small triangle pieces along your inner circle so you end with an odd number of pieces.



STEP 2

Fold the triangle flaps up. Take some yarn and weave around your flaps alternating going in front and behind. As you weave around, continuously tightening the yarn. Tie in as many colors as you'd like!



STEP 3

To finish, knot and cut any loose yarn pieces. Cut any uneven flaps too.

Outdoor Recreation



Fitness/Wellness

HIKING POLES TRAINING: SKILLS & TECHNIQUES

Kennedy Grove (El Sobrante)

– **Nov 17** (Fri), 9am-1:30pm
#49918

Fee \$65 (non-res \$73)
Registration required.

POLE WALKING FOR BALANCE & MAINTAINING MOBILITY

Kennedy Grove (El Sobrante)

– **Dec 9** (Sat), 9:30am- 1:45pm
#49900

Fee \$65 (non-res \$73)
Registration required.

HIKING POLES: SKILLS & TECHNIQUES PLUS PRACTICE HIKE

Tilden (Berkeley)

– **Dec 2** (Fri), 8:30am-2:30pm
#49917

Fee \$75 (non-res \$83)
Registration required.

BOTANIC GARDEN POLE PRACTICE

Tilden (Berkeley)

– **Dec 8** (Fri), 8:30-11am
#49901

Fee \$36 (non-res \$40)
Registration required.

Trout Fishing

TROUT FISHING - BASICS

Various Locations

Learn the basic techniques of trout fishing including gear selection, rigging, fish behavior, and bait selection. This course is designed for those who have some basic experience fishing and would like to learn more about trout fishing.

– **Nov 3** (Fri), 9am-noon
#49828

– **Nov 11** (Sat), 9am-noon
#49839

Fee Adult \$25 (non-res \$29)
Child \$21 (non-res \$25)

Registration required.

TROUT FISHING - INTERMEDIATE

Various Locations

Learn intermediate techniques of trout fishing including gear selection, rigging, fish behavior, and bait selection. This course is designed for those who have basic trout experience and would like to learn more about trout fishing.

– **Dec 6** (Wed), 9am-noon
#49843

– **Dec 15** (Fri), 9am-noon
#49845

Fee Adult \$25 (non-res \$29)
Child \$21 (non-res \$25)

Registration required.

Archery

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.

– **Nov 4** (Sat), 10am-noon
#49827

Fee \$50 (non-res \$56)
Registration required.



Kayaking



KAYAKING BIG BREAK

Big Break Regional Shoreline (Oakley)

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

– **Nov 1** (Wed), 9am-noon..... #49872

– **Nov 22** (Wed), 10am-1pm..... #49873

– **Dec 1** (Fri), 1-4pm..... #49875

Fee \$30 (non-res \$34) Registration required.

KAYAKING IS FOR THE BIRDS

Big Break Regional Shoreline (Oakley)

What better way to bird than by kayaking on the welcoming and wondrous waters of the Delta? We'll start off with dry land instruction then paddle our steady and stable craft on a group exploration of this lush and lovely shoreline.

– **Nov 29** (Wed), 11am-2pm.....#49874

Fee \$30 (non-res \$34) Registration required.

QUACK QUACK KAYAK

Big Break Regional Shoreline (Oakley)

What better way to experience the Pacific Flyway by kayaking on the welcoming and wondrous waters of the Delta? We'll start off with dry land instruction then paddle our steady and stable craft on a group exploration of this natural phenomenon.

– **Dec 21** (Thu), 11am-2pm.....#49876

Fee \$30 (non-res \$34) Registration required.

Outdoor Recreation Programs

For registration information and a complete list of Outdoor Recreation programs, please call 1-888-327-2757 (1-888-EBPARKS), option 2 or visit us online ▶





Sunol Wilderness

REGIONAL PRESERVE

Arthur Chapman



Pacific/Oak Mistletoe
Phoradendron villosum

What's the Kiss-tory of Mistletoe?

Many plants are intertwined with tradition, but none other like mistletoe. When you think mistletoe, the holiday tradition of sharing a warm embrace comes to mind. How did this tradition come about?

Mistletoe has long been meaningful to many cultures. It has been associated with fertility and vitality due to its staying green and producing berries through the winter when many other plants lose their leaves. Norse mythology tells of the plant's mystical qualities through the legend of the Baldur, god of light and his mother Queen Frigg, goddess of love, marriage, and fertility. Baldur had a dream foretelling his own death and his ever-adoring mother Queen Frigg, was determined to save her son from this prophecy. So, she traveled the nine realms and begged all living beings and the elements not to harm her son. The only being she overlooked was the mistletoe. When Loki, the god of mischief, found out that the Queen had overlooked mistletoe he devised a plan. He tricked Baldur's blind brother Haldur to shoot a twig of mistletoe and guided his aim toward Baldur's heart. When the twig pierced Baldur, his light flickered out. In her grief, Frigg shed many tears which formed the mistletoe's white berries. The other gods were moved by Frigg's sadness that they decided to resurrect Baldur. Frigg was so overjoyed that the symbol of mistletoe was transformed from a symbol of death to one of peace and love. From that day forward she mandated that everyone embrace beneath the mistletoe when they passed it overhead. Remnants of this legend have been woven together to the tradition we know today of hanging mistletoe over the

doorway to bring peace and good luck as well as sharing an embrace when we pass under it.

There is much more to mistletoe than its mythology. Its natural history also has a story to tell. There are more than 1,300 species of mistletoe worldwide.

In California, mistletoe



Steven das Remedios

Can you spot the mistletoe on the trees?

fall into two groups: dwarf mistletoes (*Arceuthobium*) and leafy mistletoes (*Phoradendron*). The most common mistletoe found in Sunol Wilderness Regional Preserve fall in the latter group. The Pacific mistletoe also known as the oak mistletoe is a hemiparasitic plant meaning it does produce some of its own resources but obtains its water and nutrients from its host tree. It uses a root-like feeding organ called haustoria to tap into the tree's tissues and because of its green leaves it can photosynthesize like other plants. Next time you are on a hike, look up at the oak trees.

The easiest time of year to spot mistletoe is in the winter when its evergreen leaves stand out amongst the leafless trees.

Sunol Interpretive Programs

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

For park updates and virtual programs, follow us on Facebook at Sunol Wilderness Regional Preserve!



TIME TRAVELING TALES

Sunol Visitor Center

Discover the diverse histories of Sunol as we unravel many truths and legends about the area, eager to be shared with you!

- Nov 5 (Sun), 11-11:30am
- Nov 26 (Sun), 11-11:30am
- Dec 23 (Sat), 11-11:30am

PAINT NIGHT AT THE BARN

Sunol Visitor Center

Surround yourself with nature and join in an afternoon of step-by-step painting in the park during this naturalist-guided paint night!

- Dec 2 (Sat), 3-4:30pm
- Dec 23 (Sat), 3-4:30pm

HISTORY OF MISTLETOE HIKE

Sunol Visitor Center

Join us as we learn about the mythology and natural history of this parasitic plant on a 3-mile hike.

- Dec 3 (Sun), 9:30am-12:30pm

WREATH MAKING AT THE BARN

Sunol Visitor Center

Make a "living wreath" to welcome visitors to your home this winter season.

- Dec 9 (Sat), 1-3pm
- Dec 10 (Sun), 1-3pm



Tilden

NATURE AREA



Manzanitas

Winter is near, with chilly days that make us want to stay indoors. We tend to think of this season as a time to “hunker down” and go dormant as many plants do. Yet in the midst of winter there is a group of native plants that defy the season and, rather than becoming bare and unremarkable, they light up the cold, dark days with profusions of blooms. Manzanitas (*Arctostaphylos spp.*) are flowering, and you simply must go in search of their clusters of fragrant, urn-shaped blooms.

California is the center of biodiversity for manzanitas. These iconic woody, evergreen plants can be found from coastal bluffs to high alpine environments and range in form from low ground covers to small trees. In all forms, they are known by their thick, upright leaves in shades of gray to green and dramatically sinuous and smooth branches and trunks. The contrast of the foliage against the red bark is quite striking and makes manzanitas a favorite among native plant enthusiasts.



▲ **Manzanitas**
(*Arctostaphylos spp.*)



Tilden Interpretive Programs

A variety of programs happen at the Tilden Nature Area each weekend. Check in at the Environmental Education Center to see what activities will be happening that day. Here are a few of our regular programs:

Every Saturday:

- Creature Features: 10:30-11am
- Fun on the Farm: 2-3pm
(Meet at the Little Farm)

Every Sunday:

- Sunday Stories: 10:30-11am
- Snake Feeding: 2-2:30pm



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.

Free garden entry and parking. Dogs and pets not allowed. Get the free newsletter the Botanic Garden Monthly, email: BGarden@ebparks.org

MANZANITAS

When most plants go dormant for the winter, Manzanitas begin to flower. Learn about these iconic Californian plants at the Regional Parks Botanic Garden, which happens to have the most complete collection in the world!

– Dec 23 (Sat) 11am-noon

FREE 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. Rain cancels! Free.

PEOPLE OF COLOR: WALKS AND TALKS GENTE DE COLOR: PASEOS Y PLATICAS

Let's walk the garden in search of fall colors collecting fallen leaves for closer examination. Registration not required. Pasearemos por el jardín en busca de los colores de otoño y recogeremos algunas hojas caídas para examinarlas en detalle. No hay necesidad de registro previo. Info: (510) 544-2233. Drop-in.

– Nov 17 (Fri), 4-5pm, Free

2024 DOCENT TRAINING

Sign up for the next docent training class and lead tours for our visitors at the Botanic Garden! Email Bgarden@ebparks.org or visit nativeplants.org for more information.



Volunteer PROGRAM

PROJECT SPOTLIGHT

Encinal Beach Sand Dunes Restoration

BETTER WITH VOLUNTEERS

Starting in January of 2023 volunteers joined Park District staff in monthly programs to remove invasive plants in the sand dunes at Encinal Beach in Alameda, allowing the native plants a chance to thrive. The 2020 Encinal Sand Dune Restoration and Shoreline Stabilization Project was an effort to provide critical habitat for nesting shorebirds and native plants, stabilize the sand dunes, and help the dunes absorb the impacts of waves and storm surges.

152 volunteers have spent over 480 hours pulling weeds to improve and maintain this delicate sand dune habitat. Seeds from beach evening primrose, California poppies, and other native sand dune plant species were spread over the newly built sand dunes, however the bay breeze and visitors to the site soon brought other seeds to the dunes. Volunteers carefully hand pulled the seasonal grasses, ice plant, and other weeds that would eventually outcompete the native plants that are the foundation of the sand dune community.

The work is not done! Winter is coming, which means the potential for more rain and more weeds. Starting in January 2024 we will continue the work. If you would like to spend a day on the bay improving this hidden gem of the East Bay Regional Park District, go to ebparks.org/volunteer, or scan the QR code below to register.



East Bay 
Regional Park District

Healthy Parks Healthy People

2950 Peralta Oaks Court
Oakland, CA 94605-0381

ebparks.org



**Volunteers
remove invasive
plants at Encinal
Beach, Alameda**