

Healthy Parks Healthy People

COMPASS

SUMMER 2021



Park Users Guide

→
HOW TO GET THE
MOST OUT OF OUR
SHARED SPACES





CHANGE IS IN THE AIR

▷ The ancient Greek philosopher Heraclitus once declared that “there is nothing permanent except change,” a truism that has had extra resonance during this challenging past year.

There has been great change on the personal front, with the pandemic impacting life at every level. There's new leadership in the White House and, closer to home, in the offices of the East Bay Regional Park District, with General Manager Sabrina Landreth taking the helm in March following Robert Doyle's retirement after 47 years. (Learn more about the new GM's background and deep commitment to the parks on page 4.)

One constant, however, has been the enduring love that East Bay residents have for their regional parks. So many people turned to these essential natural resources for exercise, relaxation and rejuvenation during the health crisis, including thousands who were discovering the parks for the first time.

This welcome influx of new visitors makes it all the more important to understand the Park District's rules and regulations—keeping the trails and open spaces safe and accessible for everyone. Turn to page 6 for a “User's Guide to the Parks,” offering a helpful snapshot of trail etiquette, safety protocols and other tips to get the most out of your time in the parks. See you out there!



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Executive Director
Regional Parks Foundation

Sabrina Landreth
General Manager
East Bay Regional Park District

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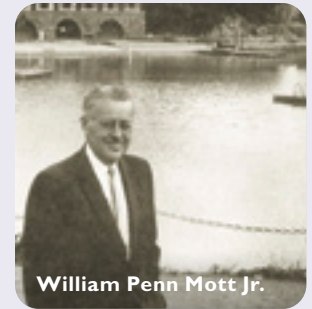
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DID YOU KNOW

Fun facts about the East Bay Regional Park District



William Penn Mott Jr.

10

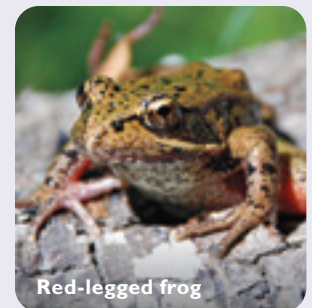
The number of general managers of the Park District since its creation in 1934



Bald eagles

311

The number of bird species in the Park District



Red-legged frog

59

The number of parks that contain habitats for threatened or endangered species



Wellness programs support the health of the East Bay.

Healthy, Inside and Out

Virtual wellness and community programs keep park lovers connected

This past year has seen countless pivots in response to the pandemic, including wellness programs in the parks. The Park District has adapted many popular offerings to better serve East Bay residents at a distance, highlighting exercise, mental health and safe connection with others as even higher priorities during these challenging times.

The Trails Challenge has not only continued during the health crisis, but seen an upswing in popularity. The Park District also turned its Multicultural Wellness Walks into Zoom-based classes. Each of the live one-hour sessions, which explore everything from boosting flexibility to improving your immune system, has around 40 to 50 attendees, capturing the community-based feel of the original events.

“We choose instructors that represent different paradigms of health,” says Community Relations Manager Mona Koh. “There’s tai chi, yoga, core training, Zumba, dancing. ... We draw together a spectrum of diverse cultures and modalities.”

Many interpretive and entertainment experiences have also resumed remotely. For example, virtual reality tours of certain parks offer homebound schoolchildren and senior center residents a digital window to the outside world, while learning tool kits and videos from naturalists are engaging young learners with the world around them (see page 16 for more).

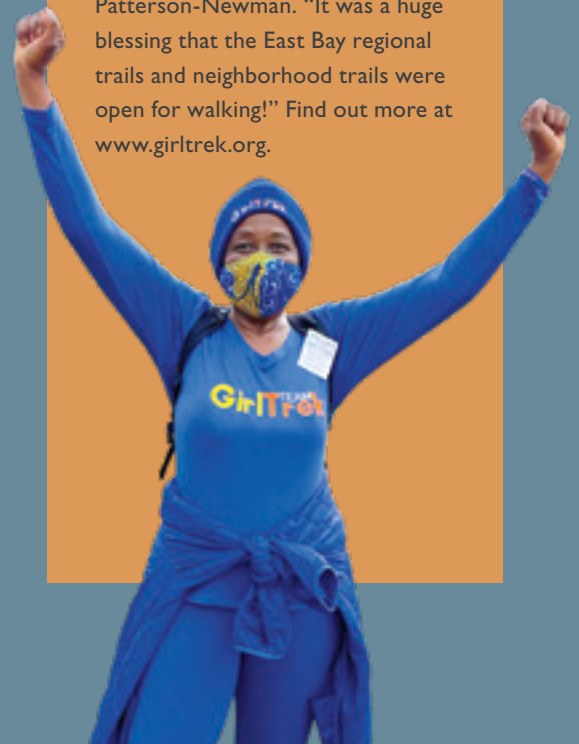
Local leaders, including U.S. Rep. Mark DeSaulnier and State Assembly members Rob Bonta and Rebecca Bauer-Kahan, have held online Walk and Talks and Fireside Chats with constituents throughout the Park District. Nature enthusiasts turned up in droves to virtually celebrate Park District milestones, such as the dedication of the new Judge John Sutter Regional Shoreline, which gained more than 4,000 views. Crown Memorial State Beach’s Concerts at the Cove also went digital for 2020.

“The community needs something to rejoice about,” adds Koh. “We want people to continue to connect and enjoy a sense of community in multiple ways.”



GIRLTREK MOVEMENT WALKS TALL

▶ Parks have been a welcome source of fresh air for many people, including the women of GirlTrek Movement, a nationwide health awareness initiative inspired by Harriet Tubman that includes more than 1 million Black women walkers of all ages. The Brentwood Beauties are a group of over 70 walkers from East Contra Costa County. “[In] the early months of COVID-19, many trekkers did solo walks and we really missed each other,” says team founder Virgie Patterson-Newman. “It was a huge blessing that the East Bay regional trails and neighborhood trails were open for walking!” Find out more at www.girltrek.org.





Answering the Call

Meet Sabrina Landreth, the new general manager of the East Bay Regional Park District

Sabrina Landreth is a big dreamer, one who believes that her work in city government—and now as the Park District's general manager—is true public service. "I think the Park District can be the best local government agency in the country," she says. "Not just the best park or special district; I mean the best agency. That's one of the reasons I answered the call to come here."

Landreth took over as GM in March, following Robert Doyle's retirement after a 47-year tenure with the Park District. Prior to that, she served as city administrator in Oakland and city manager of Emeryville, in addition to working in the California State Assembly for several years. She earned her B.S. in engineering from the Massachusetts Institute of Technology before getting her master's degree in public policy at UC Berkeley. A fifth-generation Bay Area native, Landreth is raising a 14-year-old daughter and 11-year-old son with her husband, Peter (they met on a backpacking trip when they were in eighth grade). Here, she discusses her professional background, deep love of the parks and bright hopes for the future.

You've worked in city government for Oakland and Emeryville.

How does that experience help you in the Park District?

I ran the largest, most complex city in the East Bay and the smallest city in Alameda County. There's a lot of synergy there as well as subject matter I have already dealt with, including infrastructure, shoreline management, creek restoration, fuels management and urban interface issues. I know how to deal with smoke days. I joked with the board that I might be the only one interviewing for this position who has managed both a helicopter and a goat-grazing contract. I have a very strong background in finance and budgets. I've also played a prominent role in state and federal advocacy. I have a lot of experience locally, running different agencies in communities that are diverse in every sense, and have strong relationships and partnerships in both counties that I can bring to my work in the Park District. We are not an island; we're all in this together.

Do you have a special interest in parklands/conservation?

I have deep roots in this area. My kids are sixth generation, on both my side and my husband's side. I have a personal responsibility to make sure we are good stewards of these lands for generations to come. I'm very passionate about the work on a lot of different levels. I literally grew up in these parks. My parents would always bring us to the regional parks for family meetings—whenever they had something serious or bad news to share with us. I never understood

why, but looking back, it was brilliant; it was always easier to hear serious things out in the open space. I have special memories of parks scattered throughout the District.

Do you have favorite parks to visit?

It depends on the time of year and circumstance. We love going to Las Trampas to see the poppies and have fabulous photos with the kids over the years with that scene behind them. We also had an annual tradition of hiking to the top of Mission Peak on New Year's Day. I haven't been to all 73 parks, and I am loving the fact that I get to explore ones I haven't seen yet.

What are the biggest opportunities for the Park District?

There has been such an increased number of people in the parks during the pandemic. It's been so clear how necessary these spaces are, and it's exciting to see first-time users in our parks. That's not going to go away. I love that our customers like what we are selling; we have this incredible product that's in high demand. There is a lot of opportunity, especially as we are seeing users who are much more diverse, in every way, and are reflecting the communities in our two counties.

What are some of the bigger challenges?

The same thing: all those park users. There is a host of challenges that have come in this last year along with the increased number of people. We are looking at funding strategies to keep the District providing the highest level of service with this increased level of demand and making sure we are set up in the long term. Additionally, fire is at the top of the list by far—that's what keeps me up at night, as does climate change in general. We are looking at the impacts of the drought on our trees.

What would you like to see happen in the next 10 years?

The Park District is at the forefront of these public health crises coming together at the same time and is uniquely situated to play a leadership role in helping to solve these problems. We have every piece of the puzzle to be the absolute best in the country. We have this amazing brand, history and track record of good work. If we can't set the high bar, I don't think anyone can. This means being an employer of choice, playing a leadership role in equity work, dealing with competing interests, and [promoting] sustainability. We can set the example for everyone else, and I think we have that responsibility.



CALI GODLEY



A USER'S GUIDE

How to stay safe and have fun—no matter your preferred activity



There's nothing quite like a trek in the rolling East Bay hills, with panoramic views of the San Francisco Bay or the Diablo Valley, hawks wheeling overhead, and miles and miles of grasslands. A sprained ankle or bout with dehydration, however, will certainly ruin that magic moment.

A walk—not to mention bike, hike or ride—in the park has gone to the top of the recreation list for many people these days, but the welcome influx of new visitors in the regional parks comes with its hazards. Hitting the trail without knowing your limits or packing water, or wearing inappropriate footwear, can lead to injury or in the worst-case scenario maybe even a call for help from EBRPD public safety officers.

Adhering to park guidelines—including keeping dogs on leash when required, packing out your trash and staying on existing trails—helps keep these shared spaces cleaner and more enjoyable for all. Read on for other important considerations.



TO THE PARKS

THE GOLDEN RULES

Follow posted regulations and learn the rules before you go. A full list can be found under the Park Rules and Regulations tab on www.ebparks.org. Additionally, check online for any trail, site or parking lot closures prior to departing home. Do keep in mind that cell service may be spotty in some areas, so let loved ones know where you are planning to go, and bring extra water for longer outings and any repair equipment you may need if you are biking. During fire season, monitor the air quality index (www.airnow.gov) and refrain from outdoor recreation when air conditions are poor. Smoking is not allowed on park property. Park safely and correctly, without blocking driveways, emergency exits or roadways.

Basic **trail etiquette** includes pulling off the path if you need to stop so you don't block other hikers and stepping clear of approaching emergency vehicles. If you are hiking downhill, you must yield to those hiking uphill. Don't create your own shortcuts or switchbacks. If rain has resulted in a muddy track, consider a different option as wet trails are more vulnerable to damage. Observe all signs and respect private property. If you open a gate, always close it behind you (cattle, sheep and other grazing animals can escape). Travel in single file when passing others; walk in single file on the right side of the trail during turns and on blind corners or when being passed. Don't litter, and take your trash with you when you leave the park.

Current **county health regulations** regarding face coverings and social distancing for vaccinated and unvaccinated people apply in the Park District. Bring hand sanitizer and your own water sources. Wait for congestion to clear in parking lots or staging areas. Check www.ebparks.org for the most up-to-date information about COVID-19 rules and park restrictions.

Biking is a popular pastime in the parks—make sure to always wear a helmet—and there are many wide, multiuse trails throughout the District. Bikers must yield to all other trail users as well as to cyclists traveling uphill when they are going down. Bikes are prohibited on most narrow trails, so check for signage (you can find a list of popular bike loop trails on the Park District website). Control your velocity—max speed is 15 mph—and slow down when passing. If you are riding within 50 feet of others, ring your bike bell or call out to make your fellow park users aware of your presence, and use extra caution when approaching from behind. As a courtesy, groups should announce the number of cyclists in their party. If you are near someone on horseback, stand on the downhill side of the trail and confirm with the rider how you plan to safely pass.

There are several equestrian parks and staging areas in the Park District, but **horseback riding** is not allowed at areas such as bathing beaches, golf courses, picnic grounds, pools and nature areas. Horses must remain attended

or be securely tied. Horses, like people, can damage soft paths, so look for less muddy options after rainfall.

There are many grazing **animals** in the parks and open spaces, in addition to the wealth of wildlife. Never scare cattle or approach without warning—and no selfies with the livestock, please. Make sure to close cattle gates after passing through. In general, give all animals room and time to adjust to your presence. Don't try to feed them. Per park ordinances, visitors should not hunt, trap, harm or disturb wild animals of any kind, nor damage or disturb their natural habitats. Spring and summer are active snake seasons in the parks, so take precautions such as watching the ground ahead while you are walking, looking under rocks or logs before sitting on them, and not putting hands

or feet in spots you can't see clearly. If you do see a rattlesnake, stay calm, give it plenty of room and leave it alone.

While the guidelines above are helpful for all park users, there are specialized activities such as going for a walk with dogs and fishing that may necessitate additional forethought and knowledge. Members can take advantage of benefits such as the annual dog pass, which is good for up to three dogs; unlimited day-use parking; and camping discounts. Angler Memberships also include fishing and boat launch benefits.

► Visit www.RegionalParksFoundation.org to find out more.



KEVIN DAMSTRA



DOG SHOW

EBRPD is one of the most dog-friendly park districts in the United States, with dog owners making up the second-largest user group. The #PupPro information campaign encourages dog owners to:

BAG IT AND BIN IT

Pick up and take all dog waste out of the parks, with no exceptions. Do not litter trails or dispose of poop bags in park trash cans.

LEASH YOUR PUP IN DESIGNATED AREAS

Dogs must be on leash (with a leash that is no more than 6 feet) and under control in areas such as parking lots, picnic sites, staging areas, lawn/turf, campgrounds or other locations marked with signage. Owners must always have the leash on hand. Dogs should also be leashed in all areas where grazing animals are present. Dogs are **not** permitted in nature study areas or at swim beaches, golf courses, wetland or marsh

areas, and several other locales in the Park District. Dogs may be off leash in open space and other designated areas, as long as they are under their owner's control at all times.

KEEP YOUR DOG SAFE

Make sure your pooch stays close by even when he or she isn't on leash. Watch out for poison oak, and check for ticks, foxtails and other weeds after your walk. Bring plenty of water for your canine companion and make sure he or she has a shady spot to cool down on a hot day.

Consideration for your fellow park visitors and the natural environment is equally important. Don't let your dog dig or cause damage to the parklands, or bother wildlife. Yield the right of way to equestrians and other hikers. Not everyone is comfortable around dogs, so keep your pup in sight and off other people.

➤ Visit www.ebparks.org/puppro for more information.



IN REEL TIME

Anglers can access 11 lakes and reservoirs in the Park District, as well as more than 25 miles of delta and bay shoreline. Users must carry a daily fishing access permit and a state fishing license (for anglers 16 or older) to fish in inland waters; those fishing from a public pier in the bay don't need licenses. Make sure to take advantage of Angler Membership benefits. All California Fish and Game regulations apply, and fishing may take place only when the parks are open.

Fishing by boat is allowed at Contra Loma Reservoir, Del Valle Regional Park, Lake Chabot, Quarry Lakes Regional Recreation Area and Shadow Cliffs Regional Recreation Area. If you are fishing from a pier, maintain 6 feet of social distance from other anglers. The Park District continues to stock all lakes with rainbow trout and recommends catch and release for bass. Respect other anglers and keep only the fish you want; release unwanted fish carefully and unharmed.

No smoking allowed, even on piers, and don't discard garbage in the waterways; pack out trash when you leave.

CAMPING IT UP

Outdoor enthusiasts breathed a sigh of relief when some campgrounds reopened in February, including family campgrounds at Del Valle and Anthony Chabot and backpack sites at Sibley Volcanic Regional Preserve and Sunol Wilderness Regional Preserve. Capacity is limited, and sites must be reserved, either online at www.ebparks.org/activities/camping or by calling 888-327-2757 (select option 2).

Fees do apply, with family camping fees ranging from \$25 to \$50; backpack fees are \$5 a night. Only one family campsite is allowed per household, with a limit of eight people. Campers under the age of 18 must be accompanied by an adult. The maximum stay is 15 consecutive nights. On-leash dogs are allowed for a \$2 daily fee. Reminder: Camping discounts are available to Members.

Consideration of other park visitors is appreciated (think: no loud music or TV), and quiet hours are in effect from 10 p.m. to 7 a.m. Generators are not allowed. Check-in begins at 2 p.m. and checkout by noon.

THE LIFE AQUATIC

Gated swim facilities with lifeguard services (including Oakland's Roberts Pool, the swim complex at Cull Canyon Regional Recreation Area in Castro Valley and the lagoon at Don Castro Regional Recreation Area in Hayward) are once again open to park visitors. However, advance online reservations are now required and capacity will be limited to 25% (all guidelines are subject to change based on current county health recommendations). Restrooms are open and undergo regular cleaning. Park beaches without life guard services don't require reservations, but visitors should still follow current hygiene, face covering and social distancing protocols.

Alcohol, glass and dogs are not allowed at swim areas, and children under 12 must be accompanied by a supervising adult 16 or older. Swimmers at certain pools must wear a lifeguard-issued wristband indicating they have passed a swim test before going into chest-deep waters. Life jackets are available through the District's loaner program, and park visitors are encouraged to bring their own Coast Guard-approved jackets.

Park District swim lessons (at Roberts Regional Recreation Area and Contra Loma Regional Park in Antioch) follow a hybrid model, with a reduced number of students, and the Junior Lifeguard programs also welcome youth participants.

Whatever your chosen activity, playing by the rules makes the regional parks safer for all.





Sibley Volcanic Regional Preserve

CALI GODLEY

OUR SUPPORT NETWORK

Regional Parks Foundation Members share their commitment to the regional parks

This past year has seen East Bay residents turning to their regional parks more than ever, driving home the importance of time spent in nature for physical and mental health, as well as the essential role that the Park District plays in our community.

The Regional Parks Foundation Membership Program has long been a way for people to support the parks—and take advantage of perks such as unlimited day parking, dog passes, camping discounts and more. During the pandemic, when certain park activities were limited or restricted entirely, that support was even more heartfelt. Many park users even expressed their appreciation through warm notes or comments while renewing their annual Membership.

Here, a few of our valued Members share their stories—including their top spots to fish, ride horses, bird-watch and bike.



HOOKED FOR LIFE

Frank Yanagihara first discovered his love of fishing as a child growing up in Southern California, and his enthusiasm for the activity continues today. The agricultural inspector, who lives with his wife in Union City, has been a Member since 2003 and goes fishing at Quarry Lakes Regional Recreation Area in Fremont twice a week.

"When we first moved to Union City, I was fishing at Quarry Lakes every other day; I was addicted," Yanagihara recalls. "I used to fish from the shore, but now I take out my kayak or float tube. I fish for trout or bass, though I practice catch and release with the bass. Over the years, I've gotten to know a lot of the people working there."

Yanagihara calls out Shadow Cliffs Regional Recreation Area in Pleasanton and Del Valle Regional Park in Livermore as other preferred fishing spots. He and his family also camp at Del Valle Regional Park every year. "That park is a hidden gem. It's so well-maintained," he says.

Along with supporting stewardship efforts in the Park District through the Membership Program, Yanagihara says he contributes to camperships and has volunteered at fishing derbies for kids.

This year marks the first time that he and his wife are taking the Trails Challenge. "Every weekend we do almost 4 miles along the moderate trails. We venture out and try as many parks as possible," says Yanagihara. "The parks are great places to relax, especially if you have been confined indoors for a long period. Being outdoors is stimulating for the mind, too."

REIN CHECK

While most people explore the parks on their own two feet or powered by wheels, **Kris Kemper** takes in the landscape from the back of her horse. The Livermore resident has owned horses for over 30 years but got into regular trail riding last June.

"I got a new trail horse and have been fortunate enough to go on these magnificent trails with two of my neighbors," Kemper says. "My breath is taken away by these parks. Equestrians in other states may have to drive hours to get to nice parks, and we have them right in our backyard."

Kemper, who owns a construction management business with her husband, has ridden in Round Valley Regional Preserve, as well as Anthony Chabot, Briones, Del Valle and Pleasanton Ridge regional parks.

"Pleasanton Ridge is absolutely gorgeous," she says. "When you are on a horse and get to the top of the valley and see the incredible views, it is just amazing."

She loves how easy it is to ride in the Park District, too, with ample parking, maintained trails and even water troughs for the horses on some routes. Park visitors who show proper trail etiquette are also a plus. "Bikers, hikers and equestrians need to work together so we can all continue to enjoy these trails," she says.

Although Kemper has been a Member over the years, the pandemic inspired a renewed commitment to the parks.

"I appreciate the parks so much now and will continue to renew my Membership every year," she says. "We are lucky to be able to relax in nature and rejuvenate away from the hustle and bustle. I can't wait to explore more of these amazing parks."





A SENSE OF CALM

From kites to owls, there are flocks of birds populating the marshes and grasslands of Fremont's Coyote Hills Regional Park (the Golden Gate Audubon Society has called the park a birding hot spot).

Mike and Cindy O'Brien moved to Union City in 1984 and quickly discovered the wealth of wildlife at Coyote Hills. The couple would take frequent walks with their spaniel and became Members in 1990, taking advantage of the free parking and other benefits. "If you spend 10 days in any of the parks in a year, it's worth it," says Cindy, of the Membership.

With binoculars or Mike's camera in hand, the O'Briens enjoy birding at Coyote Hills, Sunol Wilderness Regional Preserve and Morgan Territory Regional Preserve in Livermore. They've also done the Trails Challenge several times over the years, and Mike volunteered with Doc Quack, helping to reintroduce the quail at Coyote Hills. "That was fun," remembers Mike.

The couple has three grown daughters, the youngest of whom volunteered at Ardenwood Historic Farm when she was in high school, and two of their grandsons had summer jobs with the Park District. The diversity of the parks is an attraction for the O'Briens, though Coyote Hills remains a favorite natural haven.

"You sit on a bench and feel that calmness wash over you," says Cindy. "Or you turn a corner and there is a baby fawn in the bushes or a bird you just flushed out. The parks have been so educational for us and for our grandchildren."

CYCLES OF LIFE

When the pandemic limited **Tania Henderson's** ability to take part in Spartan races, those grueling obstacle events, she went looking for a new challenge. Mountain biking turned out to be just the ticket.

"I love being out in the hillsides and riding on different terrain," she says. "The rocks and roots are all challenges. You have to build your skill set; it's a very different feeling than riding along a paved trail."

A longtime Pleasanton resident who works in biotech sales, Henderson has always enjoyed hiking and trail running in the East Bay. She still takes her two sons hiking, especially at Sunol Regional Wilderness. Pleasanton Ridge, Lime Ridge Open Space and Mount Diablo are her top choices for mountain biking.

One thing she would like to see more of are bike-only trails in the Park District.

"There's a ton of land and there is capability to have some mountain bike-focused areas," she says. "I think the mountain biking community is really great about trail maintenance days and helping clean up. It is a great community that really cares about the parks."

Henderson adds, "We have such amazing spaces; there's room for everyone to do what they love."





Naturalists take wildlife education out into the community.



Ticket to Explore

The Mobile Education Program introduces young people and their families to new experiences and lesser-known parks

More often than not, kids need a push to try something new—whether it’s eating an unknown food or trading in a video-gaming session for an afternoon spent in nature.

The Park District’s Mobile Education Program hopes to provide such a spark, encouraging young learners and their families to make new discoveries through roving park information stations and community partnerships.

“Sometimes it takes an excuse to get out there,” says James W. Wilson, supervising naturalist. “We are providing a fun ticket to explore parks that families might not typically go to or haven’t visited in a long time.”

Pre-pandemic, the Mobile Education team primarily worked with schools and community organizations, in addition to setting up shop at public events, parades and other populous gatherings. This past year has seen a pivot to socially distanced programming and a focus on opportunities for family pods, although popular Regional Parks Foundation-supported programs such as Fish Friends still engaged local elementary school students using curated activity kits and naturalist-led Zoom sessions.

With the health situation in flux this summer, mobile interpretive offerings include tables set up in parks throughout Alameda and Contra Costa counties, with staff members distributing tool kits containing park-specific information and activities for families to use in their own explorations. For example, the kits at Reinhardt Redwood Regional Park contain supplies for leaf rubbings and how-to’s for measuring the circumference of a tree (thanks to the generosity of the Foundation and the Helzel Family Foundation).

“Families will be in their pods but still get an introduction from us,” says Wilson. “We will be in parks that aren’t too busy to allow

“Sometimes it takes an excuse to get out there. We are providing a fun ticket to explore parks that families might not typically go to or haven’t visited in a long time.”

—JAMES W. WILSON, SUPERVISING NATURALIST

for more social distancing and get families out into safe spaces. We want to focus on out-of-the-way parks that people may not have explored such as Kennedy Grove and Sobrante Ridge.”

Another program component is working with community organizations such as YES Nature to Neighborhoods, Girls Inc. and EBRPD Adventure Crew to distribute Nature Adventure Packs for hands-on family interactions, supported by Zoom discussions with Mobile Education staff. One successful remote addition this year included engaging Adventure Crew participants in WhatsApp chats to share park recommendations, family trips and photos. “We got a lot of selfies from the tops of mountains and [pictures] of interesting creatures,” says Wilson.

“Our programming this past year was about making sure that families and our staff got through this together,” says Wilson. “The parks don’t turn off because there is a pandemic. We want to be there for the families.”

Outdoor Recreation

THE 7 PRINCIPLES of Leave No Trace

1. Plan Ahead & Prepare
2. Travel & Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors



Leave No Trace 7 Principles

Leave No Trace is a set of seven principles that helps us enjoy the great outdoors while minimizing our impact on the natural environment. Below are some helpful ways to apply some of these principles when visiting East Bay regional parks and trails. As the parks are experiencing high visitation, you can set a great example by demonstrating Leave No Trace principles.

Plan Ahead and Be Prepared

To ensure a successful experience in the parks, plan ahead. This includes researching your destination and packing appropriately. Some reminders include:

- Be sure the park or trails are open and that your planned activity will be within your skill level.
- Know the regulations and special concerns for the area you're visiting.
- Prepare appropriately for weather, hazards and emergencies.
- Schedule your trip to avoid times of high use.
- Print out a map ahead of time from www.ebparks.org/maps in case there are no maps when you arrive.
- Remember essentials such as a face mask, hand sanitizer, sunscreen, snacks, and plenty of water for you and your dog.
- Make sure someone knows where you're going and when you plan to return.

Dispose of Waste Properly

Leave nature cleaner than you found it by disposing of all litter and pet waste properly.

- Pack it in, pack it out! Pack out all trash or use trash cans where provided. Pet owners must pick up dog waste and deposit the bags in trash cans outside of the park. Dog waste contains toxic bacteria and parasites that can leech into the soil and harm plants, animals and people, as well as pollute our creeks and streams.
- Take leftover food home; don't leave it for the wildlife to consume.
- Use bathrooms before leaving home.

Leave What You Find

Take only photos. Do not take things out of the environment.

- Preserve the past: Examine, but do not touch, cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Stay on marked trails.
- Do not cut branches from live trees or dig holes, and never make graffiti or carve into trees and tables. Keep water and confetti balloons at home, and avoid tying hammocks to trees.

Leave No Trace Word Find!

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

- | | | |
|------------|-----------|----------|
| PRINCIPLES | OTHERS | SOCIAL |
| CAMPFIRE | OUTDOOR | DISTANCE |
| WILDLIFE | SAFETY | DISPOSE |
| ETHICS | ETIQUETTE | WASTE |
| RESOURCES | PREPARE | |
| CULTURAL | RESPECT | |

Leave No Trace Scavenger Hunt

 Find a flower, what color is it? Don't pick it, leave it there for others to enjoy!	 Find a bug and watch it crawl!	 Can you look in a creek, river or lake and spot a fish?
 Listen for birds and try to sing their song!	 Find a piece of garbage and take it to a trash can.	 Find a tree. What kind of leaves does it have?
 Be really quiet and listen for animals. What do you hear?	 Is it a warm day or a cold day? Do you see clouds or the sunshine in the sky?	 Do you see any leaves? What color are they?

➤ Visit www.ebparks.org/rin for info on future programs.

Rules of Engagement

Recent user studies promote connections with park visitors and inform plans for the future

Since its founding in 1934, the Park District has tried to be an outdoor haven for visitors from every walk of life. A new user study will help the District expand its services even further, allowing more visitors to reap the countless benefits of the regional parks and join the conversation regarding the future of this vast natural resource.

In 2019, the Park District asked visitors about their use of the parks, desired additions, barriers they faced in accessing services and demographic information. A joint project between the Regional Parks Foundation and the Park District, the survey was available in four languages (English, Korean, Chinese and Spanish) and prompted more than 8,000 responses.

The survey revealed that certain groups were not ideally represented in the Park District's engagement efforts, particularly young people; the elderly; and Black, indigenous, Latinx, Asian and multi-race (BILAM) communities.

"For that reason, we began conversations with the Center for Regional Change at UC Davis," says Lisa Baldinger, legislative and policy management analyst with the Park District. "They're really helpful at amplifying voices that are quiet, about bringing different voices to the table, and so we wanted to work with them and [utilize] their guidance to go back into the community."

Like so many plans in 2020, these efforts were derailed due to COVID-19 restrictions, so the user study team devised new strategies. A second scientific survey in July 2020 revealed an increase

"[It is a] two-part question of expanding our engagement with community stakeholders, but also making parks more accessible and inclusive, and updating our services appropriately."

—LISA BALDINGER, LEGISLATIVE AND POLICY MANAGEMENT ANALYST

in visitor engagement, and three listening sessions took place early this year with community groups, current stakeholders in the Park District and Foundation members, as well as potential new partners for connecting with LGBTQ+ youth, BILAM, the elderly and accessibility advocates. Following a third survey, the team plans to release a cumulative analytic report detailing the results this summer.

"[It is a] two-part question of expanding our engagement with community stakeholders, but also making parks more accessible and inclusive, and updating our services appropriately," says Baldinger.





Guiding Lights

Meet the Regional Parks Foundation's board of directors (a multipart series)



PATTY DEUTSCHE

6 years on the board

What's your professional background?

I have more than 25 years of experience in corporate America, providing companies with the tools to build and improve their reputations. I am now CEO of Volterra Communications, providing those same services to a variety of midsized businesses.

Why are the parks important to you?

My dad started us very young hiking and camping. If we couldn't yet walk, he'd put us on a mule. Enjoying nature is in my genes. I want to make sure the parks are available and accessible to the next generations.

What would you like to see the board and/or the Park District accomplish now and in the future?

What I don't see a lot of, in this digital world, are younger generations out on the trails and in the parks. The board is working hard to increase accessibility, especially to underserved communities. I would suggest the "underserved" community is more than people of color; it's people who can't unplug. I'd like to see the board and the Park District focus on promoting the parks as the living labs they are.



JOHN MARTIN

4 years

What's your professional background?

I have spent the last 35 years in the craft brewing industry, founding Triple Rock Brewing Co. in Berkeley. Now along with Triple Rock and another Berkeley brewery, Jupiter, I operate Drake's Brewing Co.

Why are the parks important to you?

I grew up in Berkeley and Orinda, so Tilden and the East Bay hills were the center of my outdoor recreational universe. I spent a lot of time at the Little Farm, the merry-go-round, Lake Anza, and on the Tilden trails. As I got older, I loved wandering the hills of Briones Park and attended yearly Boy Scout camps

there. Now, we love taking our dog to Sibley, Lake Temescal, Claremont Canyon, Redwood, and, of course, Tilden and Briones.

What would you like to see the board and/or the Park District accomplish now and in the future?

I am excited about new Foundation programs to facilitate more use of the regional parks by communities of color and those from varying socioeconomic backgrounds. Also, the upcoming Capital Campaign to build the new Tilden Environmental Education Center is a big interest as this park is so close to my heart.



HOLLY POTTER

2 years

What's your professional background?

I currently serve as chief communications officer

for the Gordon and Betty Moore Foundation, where I lead communications and organizational development efforts.

Why are you a member of the Foundation board?

I grew up in the East Bay and moved back here to raise my children. The Park District is a big part of what makes living here special. The Foundation plays an important role in ensuring the District has the resources needed to steward our parks and expand access to all members of our communities.

Why are the parks important to you?

Our local parks and open space help define the special character of the Bay Area. What we have is unique and makes it a great place to live. Too often we take for granted the hard work done over the past decades to conserve the land and provide for relatively easy accessibility.



TAJ TASHOMBE

3 years

What's your professional background?

I began my career working for Toyota in Los Angeles and gained experience running large-scale brand

campaigns with Hilton Hotels, Hyundai and my own agency, before working with the Oakland A's as the vice president of government affairs.

Why are you a member of the Foundation board?

To promote awareness, access, diversity and inclusion to disadvantaged communities that may not know of the incredible education, exploration and fulfilling opportunities available in our own backyard.

What would you like to see the board and/or the Park District accomplish now and in the future?

I would like the Park District to continue expanding diversity and inclusion programming and work with cities to find synergies within urban environments that create a bridge to the regional parks network. More children and young adults need exposure to the parks.



GEOFF ZIMMERMAN

Almost 3 years

What's your professional background?

I'm a principal at Zimmerman Wealth Advisory Group LLC in Walnut Creek.

Why are the parks important to you?

The parks are a place where I can step away from the cacophony of daily life and recharge. I enjoy pursuing amateur photography and usually (always!) have a camera with me and find ongoing enjoyment in capturing naturescapes and animalscapes in my travels. My time in the parks feeds my soul and helps keep me young at heart.

What would you like to see the board and/or the Park District accomplish now and in the future?

The Park District and the Foundation board have historically done a great job, so we need to maintain and further those achievements. Additionally, I'd like to encourage a more diverse appreciation of the parks, especially among young people. I also want to help the Foundation and Park District grow and develop through expanded giving.

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