

Regional in Nature

# Activity Guide

SEPTEMBER – OCTOBER 2021

East Bay   
Regional Park District  
*Healthy Parks Healthy People*



**Drought Emergency Affecting Regional Parks.** See page 3.

**Park District's First Campground on the Bay.**  
See pages 2 and 3.

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East Bay  
Regional Park District

Healthy Parks Healthy People

ebparks.org

General Information  
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# Meeting the Public's Need for Fire Safety and New Recreation

A MESSAGE FROM GENERAL MANAGER SABRINA B. LANDRETH

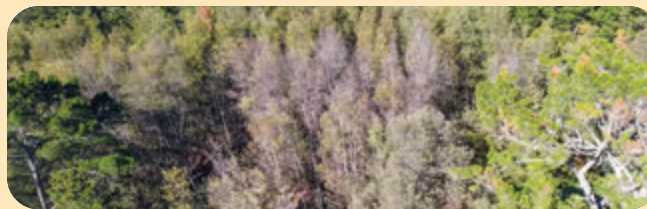


I am excited to introduce this edition of *Regional in Nature* because two very different projects are profiled showcasing the breadth and depth of the services the Park District delivers to East Bay residents every day. In a controlled environment, fire and camping go together safely.

Our vigilant wildfire monitoring and strategic vegetation management practices ensure safety for all in our Regional Parks, including at our brand-new urban campground along the San Francisco Bay built with future sea level rise in mind.

### Sudden Tree-Die Off

Protecting the public from wildfire, particularly along the urban interface in the East Bay Hills, is a 24/7 priority. Just watching the multitude of wildfires throughout the nation causes all of us great anxiety. This edition of *Regional in Nature* has a two-page feature focused on our efforts to reduce fire fuels and manage our parklands using advanced adaptive management practices. Using various tools, including equipment on the ground, automated weather stations on park peaks, and grazing animals, we have spent over \$20 million in vegetation management over the past 10 years. Helping us accomplish this monumental and ongoing effort are the East Bay taxpayers who approved Measure FF in 2018, which allocates about half a million dollars each year for vegetation management in our parks. Thank you for your trust and support.



In 2020 a new problem cropped up that has increased wildfire risks in East Bay Hills. Park staff began to see sudden tree die-off and tree mortality, a phenomenon likely tied to drought and climate change. Over 1,500 acres of our parklands are affected. In response, we have accelerated removal of dead and dying trees, including more than 500 dead standing trees in Regional Parks in Richmond, Berkeley, and Oakland. These projects carry a hefty cost above and beyond our regular fuels management funding.

I am happy to acknowledge and thank the state legislature and governor for their commitment to helping the Park District by providing a direct appropriation of \$13.5 million for wildfire safety in the recent state budget. This state funding is essential and will have an immediate impact on fire prevention and protection in the communities we serve. Working together with our state partners in CalFire, the Department of Natural Resources, and the California State Legislature, we are making a difference.

I want to thank Senators Nancy Skinner (D-9, Berkeley) and Bob Wieckowski (D-10, Fremont) and Assemblymember Rebecca Bauer-Kahan (D-16, Orinda) for their efforts to provide funding to thwart the dangerous tree mortality phenomenon.



### Welcome to Dumbarton Quarry Campground on the Bay

Imagine filling a 350-foot hole in the ground previously used to mine rocks for major infrastructure projects in the Bay Area. Now envision a beautiful, peaceful camp experience with wildlife, waterfront trails, and outstanding views. Welcome to Dumbarton Quarry Campground on the Bay.

Over forty years of planning, partnership with infrastructure planners, and working with a plethora of business and political leaders, the Park District finally has what it has been patiently waiting for ... a new campground on the bay with 60 campsites ready for campers and families. In late August, the new campground was dedicated before a crowd of current and former employees from the many agencies that worked on its development over the decades. We hope you will consider visiting the Dumbarton Quarry Campground on the Bay.

Be safe and enjoy your Regional Parks!

## PARK DISTRICT'S FIRST CAMPGROUND ON THE BAY

In late August, the Park District announced the opening of a new shoreline campground in Fremont – Dumbarton Quarry Campgrounds on the Bay. Today, the re-envisioned rock quarry is a large campground with 63 family campsites, including 60 with recreational vehicle (RV) hookups. Other amenities include a camp store, two shower buildings, a playground and day use area, reservable picnic sites, and access to scenic trails in Coyote Hills Regional Park and Don Edwards National Wildlife Refuge.

The journey from a quarry to a new campground began over 50 years ago when the site was a booming quarry providing rock for critical infrastructure projects throughout the Bay Area, including San Francisco International Airport, Oakland International Airport, highways, and other major infrastructure projects. Dumbarton Quarry removed over 15 million tons of rock during its operations and was one of the lowest elevation points in the entire United States at approximately 310 feet below sea level.

The process to convert Dumbarton Quarry into a public park started in the 1970s when the quarry's landowner DeSilva Gates applied for a mining permit and began negotiating with public agencies to turn



the quarry into a public park after it closed, which it did in 2006.

Initial plans called for the quarry's open pit to become a lake for recreation, but those plans changed when challenges filling the hole with freshwater became apparent. The solution was to refill the pit with clean dirt and use the fees generated to create a new public campground.

After years of negotiations, the plan for a new campground was approved and the quarry's owner DeSilva Gates, ironically, switched from removing rock from the ground to filling it in with clean, tested dirt and fill, and using the funds generated to construct the campground at no cost to taxpayers. In 2017, plans were revised to include restoration of the hillside that was mined away, creating a wind buffer and providing funds for construction of additional campsites.

Construction of Phase 1 of the campground was completed in August 2021. Phase II will be completed over the next 10 years and includes hillside restoration and additional family campsites, group campsites, and convenience cabins.

Reservations can be made at [ebparks.org/DumbartonQuarryCampground](http://ebparks.org/DumbartonQuarryCampground).

## DROUGHT EMERGENCY AFFECTING REGIONAL PARKS

California's drought emergency has caused extremely dry conditions in East Bay Regional Parks that have significantly increased local wildfire risks. The extended drought has led to more dead or dying trees and dry vegetation in parks, which burn hotter, faster, and are more likely to cast embers downwind – potentially igniting dangerous new spot fires. The Park District estimates 1,500 acres of drought-related sudden tree die-off in parks, including Anthony Chabot Regional Park, Reinhardt Redwood Regional Park, and Tilden Regional Park.



*Cattle around a dry pond*

While the drought emergency's impact on wildfire risks is very apparent, there are also less obvious impacts, including loss of wildlife and recreational amenities.

### Loss of Wildlife and Habitat

Many streams and ponds have dried up due to lack of precipitation with potentially dire consequences for water-dependent wildlife, including threatened and endangered species like the California red-legged frog and California tiger salamander. Although wildlife has adapted to drought in California, extreme drought can create additional stresses that cause mortality and impact reproduction.

### Loss of Recreational Amenities

The drought is also threatening access to recreation at the Park District's 10 lakes and water facilities. Due to low water levels, swimming and boating are not available at Shadow Cliffs, and many fishing piers are unusable throughout the District.

As we continue to monitor, assess, and address the impacts of the drought, we are developing on-going plans to minimize the effects on wildlife and increase fire safety. For more information, visit [ebparks.org](http://ebparks.org).



## TILDEN'S BRAZILIAN ROOM CELEBRATES 80 YEARS

*"Brazilian Room, Gift from Treasure Island Opened and Dedicated in Tilden Park"* reads the headline in the Oakland Tribune on May 19, 1941, the day after more than 1,500 hundred attended the grand opening ceremonies of the Brazilian Clubroom. Hardwood floors and wall paneling, furniture and plate glass mirrors from the Brazil Pavilion at the Golden Gate International Exhibition filled the interior of the stone building designed to be *"... one of the places of entertainment for the soldiers, sailors and all citizens of the East Bay Region."* – Major Charles Lee Tilden

Within days of the grand opening, the Brazilian room hosted over 1,000 U.S. soldiers from Fort Ord for a week of rest and relaxation. That same year, a concert series began, broadcasting recordings of marches, opera, classical and popular music across the main lawn through 1950.

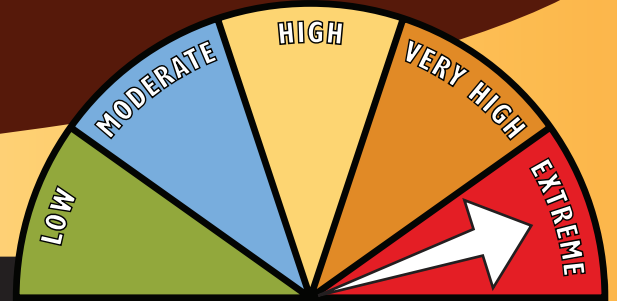
Today, the sounds of wedding celebrations and festive gatherings can often be heard emanating from this popular event venue, which celebrates its 80<sup>th</sup> birthday this year. An official birthday party for the Brazilian Room, open to the public, will be held September 25, 2021, from 2 p.m.-7 p.m. Join us! For more info, visit [ebparks.org](http://ebparks.org).





# Wildfire Protection

## EAST BAY REGIONAL PARK DISTRICT



Fire Danger is **Extreme** this Year

**D**uring September and October, the Park District and other public agencies are facing what is potentially the most dangerous fire season in history.

Early fall always brings a high risk of wildfires after months of hot, dry weather takes a toll on vegetation throughout the Park District.

This year the danger is even greater due to the extreme drought conditions and a recently discovered natural phenomenon – sudden die-off of many varieties of trees throughout California. In the East Bay Regional Parks alone, the die-off has affected more than 1,500 acres. It's a time for the utmost in caution and vigilance.

Although September and October are the peak of the fire season, the Park District's preparations and training continue year-round. The District has 16 full-time firefighters and other fully-trained on-call staff who are available when needed.



*Regional Park District firefighters perform annual maintenance on weather stations.*

The Park District also has mutual aid agreements with the California Department of Forestry and Fire Protection (CALFIRE) and every fire department in Alameda and Contra Costa counties.

Fire headquarters are at Station 1 in Tilden Regional Park near Berkeley. Seven other stations located throughout the Park District have equipment and vehicles in place and are staffed as circumstances require. Ongoing projects also include regular fuel reduction projects and remote automated weather stations (RAWS) that help monitor wildfire risks so that fire staff and other resources can be deployed efficiently.

Park District firefighters and park rangers are always on the lookout for potential fires, and park visitors can help too, both by practicing basic fire safety and reporting any suspicious or dangerous activity.



## Sudden Tree Die-off Projects Moving Forward

**Sudden tree die-off**, a new and concerning development, was first noticed in the East Bay in October of 2020. The cause is not yet known, but is likely climate change and drought-related.

Trees most affected include eucalyptus, acacia, bay, and pine. According to firefighters, dead trees burn hotter, faster, and are more likely to cast embers downwind, igniting potentially dangerous new fires. Many of the regional park areas experiencing die-off are old eucalyptus groves with a very high tree density.

Recently the Park District received a direct appropriation of \$13.5 million from the California state budget to fund wildfire prevention and fuel reduction needs in the East Bay hills. Of that total, \$10 million will be used to remove the dead and dying trees.

Parks targeted for the project are Anthony Chabot and Reinhardt Redwood Regional Parks in Oakland, Tilden Regional Park, and Miller-Knox Regional Shoreline in Richmond.

At Miller-Knox, a crew from Expert Tree Service is working on six acres of land at the park's north end, below Crest Avenue and on Nichol Knob. Workers are removing about 250 dead and dying pines and eucalyptus. They are clearing dead brush from a fireworks-caused fire in July, pruning oak trees, and thinning a eucalyptus grove.

From these ongoing efforts, two results are expected: the work will greatly reduce the hazard to adjacent homes, and will encourage the growth of native, drought-resistant grasslands. Both of these results will help in the Park District's efforts to protect parklands from uncontrollable wildfires.



*Sudden Tree Die-off removal at Reinhardt Redwood Regional Park.*

# Wildfire Protection

## EAST BAY REGIONAL PARK DISTRICT



## You Can Help With Fire Danger

As the Park District and other public agencies enter the most dangerous months of the increasingly lengthy fire season, park visitors can help to reduce the hazards, ensuring a safe and enjoyable outdoor experience for everyone.

### Visitor Tips and Rules About Fire Safety:

- Smoking is prohibited in all Regional Parks. The prohibition includes pipes, cigars, cigarettes, and even “vaping,” except for any USDA-approved medication.
- Gasoline-powered generators are prohibited.
- Gas or propane camp stoves and portable barbecues are permissible, but must be placed in an area that won't scorch or burn lawns or tabletops. They must be at least 30 feet from any flammable material such as grass, weeds, brush, or buildings. Be sure you extinguish all burning fuel completely before leaving. In times of extreme danger, all fires may be prohibited.
- Do not drive or park your vehicle in areas of dry grass. A hot auto exhaust manifold can start a fire. Low-hanging tow chains that drag and create sparks can do the same.
- Out on the trails, keep track of your location. Download a park map from the District website or pick one up at a trailhead information panel.
- If you see smoke or a fire, call 9-1-1. If possible, report its size, direction of burn, and whether any structures or park visitors are in danger. Then leave the area immediately.
- During an emergency, please cooperate with any instructions from park rangers, police, firefighters, and other District staff.
- If there's a fire, the three top priorities are: obey all evacuation orders, leave immediately if you feel threatened, and avoid blocking access for fire engines and emergency personnel.



***Be alert and follow fire-safe rules.***

### SPECIAL FIRE DANGER RULES

These fire safety rules are in place to prevent wildfires and ensure public safety depending on weather and fire dangers.

#### VERY HIGH

- Barbecues and campfires are only permitted in designated day-use picnic areas, campgrounds, or developed recreational areas.
- Gas-fueled camp stoves are permitted, but with conditions.

#### EXTREME

- ONLY gas-fueled stoves are allowed. No open fires, campfires, or barbecues of any type are allowed.

### PARK CLOSURES

In extremely dry and windy weather, access to Regional Parks may be restricted, activities may be curtailed, or parks may be closed entirely. If you arrive at a park and find that it has been closed, please do not disregard the closure and enter anyway. If you do, in the event of an emergency, police and firefighters may not be able to find and evacuate you.

Regional Parks may close under two circumstances, if determined necessary by the Park District's Fire Chief:

- The Fire Department has limited resources to fight a fire.
- The National Weather Service declares a Red Flag Warning, signifying a likelihood of severe lightning storms or hot, dry winds from the east (“Diablo Winds”).

For up-to-date information on fire danger and rules and park status, visit [ebparks.org/firewarninginfo](http://ebparks.org/firewarninginfo), or call (510) 881-1833.





# Ardenwood

## HISTORIC FARM

### Puppet Shows

**We hope you'll join us for a puppet show this Fall at the Farm!**

Every Saturday in September, at 10:30 a.m., naturalists will deliver a fanciful and educational show. Join a colorful cast of puppet characters on an adventure to discover how **important pollinators** are.

On Sunday, October 31, naturalists will help celebrate the season with a twist on the classic **Three Little Witches** tale, performed using our handmade farm puppets. Costumed doll making and Halloween Farm Games will round out the festivities for the day.



### Corn Picking



**Or visit online:**  
[youtube.com/watch?v=PV5xSeVmZoQ](https://www.youtube.com/watch?v=PV5xSeVmZoQ)

On the weekend of October 9 and 10, get the whole family out to help bring in our crop of popcorn and flint corn. You will pick, shuck, and husk a portion for the farm's corncribs and keep some to take home, too. Bring gloves and bags for your corn.

Want to learn a little more about the corn at Ardenwood? Use this QR code to watch a 4-minute video that follows the life cycle of corn at Ardenwood from kernel to animal food (Watch to the end to see a happy goat!).



### Fall Fun

From felted pumpkins to apple cider pressing, Ardenwood Historic Farm has several seasonal weekend activities planned throughout September and October. Please check out [ebparks.org/activities/naturalists](https://www.ebparks.org/activities/naturalists) for a full schedule of programs.

### Fall Haiku

The haiku poetry form came to the United States from Japan in the early 1900s. Around the same time, the farm now known as Ardenwood employed several Japanese workers, including Mr. Tokunaga, a young cook hired in 1902. In honor of the significant contributions of Japanese immigrants to California agriculture, we bring you this Fall-themed haiku, and invite you to write your own by following the structure of three lines with a 5-7-5 syllable pattern.

**On a crisp morning  
Workers harvest in a field  
Corn for you and me**



# Big Break

## REGIONAL SHORELINE



### A Day Drive in the Delta

Located at the northeastern tip of the East Bay Regional Park District, the Big Break Visitor Center invites us to learn and play at the Delta – the intricate network of waterways, canals, and sloughs that connect the Sierra Nevada to the San Francisco Bay.

Big Break invites you on a fun drive to experience firsthand all things Delta – from drinking water and recreation to industry and agriculture.



#### 1 Start Your Journey Here – Big Break Regional Shoreline

Nestled among the Oakley wetlands, EBRPD's most northeastern park invites

visitors to learn about all things Delta through Naturalist-led programs, visitor center exhibits, park panels and a large 1,400 square-foot interactive map.

The park also offers many opportunities to recreate in the Delta – fishing, birding, and kayaking are some Big Break favorites. **For more information** on programs and park facilities: EBRPD – Big Break (ebparks.org)



#### 2 Brannan Island State Recreation Area

Brannan Island is part of

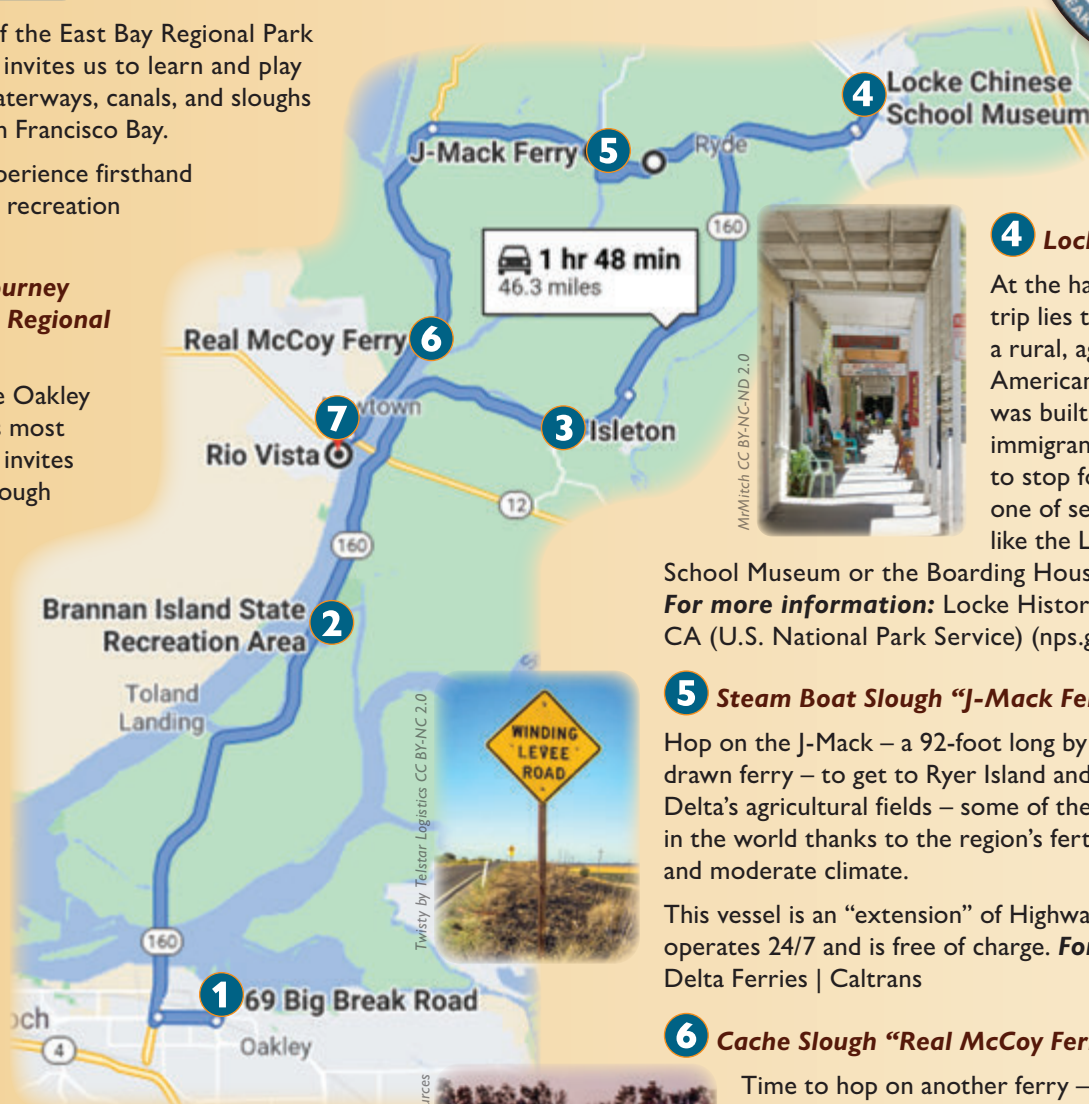
the California State Park system and is home to many animals, including beavers, muskrats, river otters, minks, and 76 species of birds. Stop to savor the marshlands and appreciate all those who call it home!

**For more information:** Brannan Island SRA (ca.gov)



#### 3 Isleton

Learn about the development of agriculture and industry in the Delta by exploring the Isleton Chinese and Japanese Commercial Districts, both part of the National Register of Historic Places. From levee construction and exclusionary laws, to fires and tenacity, discover some of the forces that still shape the area today. **For more information:** Isleton Chinese and Japanese Commercial Districts (U.S. National Park Service) (nps.gov)



#### 4 Locke Historic District

At the halfway point of the trip lies the town of Locke, a rural, agricultural Chinese-American community that was built 1915 by Chinese immigrants. A great place to stop for lunch or visit one of several museums, like the Locke Chinese

School Museum or the Boarding House Museum.

**For more information:** Locke Historic-District, CA (U.S. National Park Service) (nps.gov)

#### 5 Steam Boat Slough “J-Mack Ferry” and Ryer Island

Hop on the J-Mack – a 92-foot long by 32-foot wide cable drawn ferry – to get to Ryer Island and drive through the Delta’s agricultural fields – some of the most productive in the world thanks to the region’s fertile soil, fresh water, and moderate climate.

This vessel is an “extension” of Highway 220 and currently operates 24/7 and is free of charge. **For more information:** Delta Ferries | Caltrans

#### 6 Cache Slough “Real McCoy Ferry”

Time to hop on another ferry – the “Real McCoy” is 88-feet long by 38-feet wide and powered by a hydraulic propulsion system. The vessel is an “extension” of Highway 84 and currently operates 24/7 and free of charge. **For more information:** Delta Ferries | Caltrans

#### 7 Final Stop – Rio Vista, the Gateway to the Delta

Famous for being the town that 'Humphrey the Humpback whale' visited in 1985, Rio Vista is located at the tip of Solano County and is one of the oldest communities in the county. Learn why the city is

a place of gathering for boaters, anglers, and wildlife enthusiasts alike while exploring its nooks and crannies. **For more information:** An Overview of Rio Vista – The City of Rio Vista (riovistacity.com)



# Black Diamond Mines

REGIONAL PRESERVE

## The Bats of Black Diamond

From the common California Myotis to the large Pallid bat, Black Diamond Mines is an important habitat for these flying mammals. At least eight bat species are found throughout the East Bay Regional Parks, six of which are regularly found in the mines of Black Diamond. Expand your love for these animals with some of our naturalist's favorite ways to teach about bats.



## Guided Cemetery Stroll

Join us for a guided hike to the Historic Rose Hill Cemetery as a costumed interpreters regale you with stories of coal country hardships, heroes, and tragedy.

September 25 and October 23 from 6-8 p.m. Space is limited, register by visiting [ebparksonline.org](http://ebparksonline.org). Registration required.

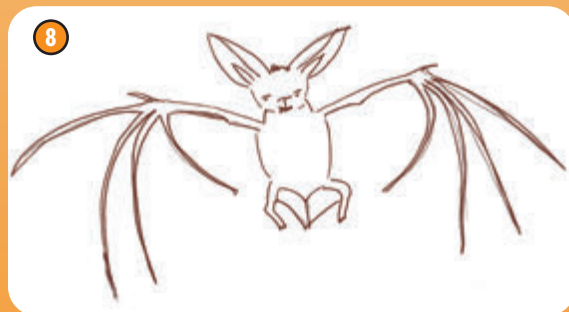
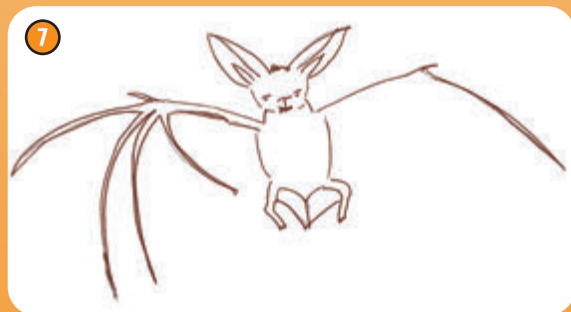
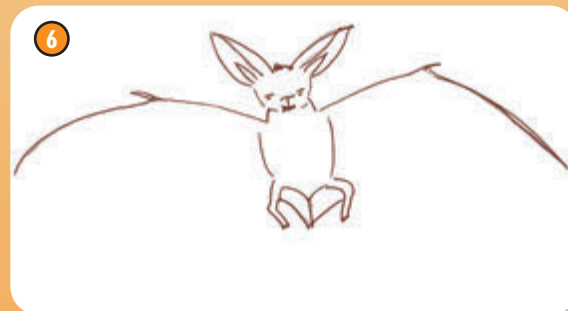
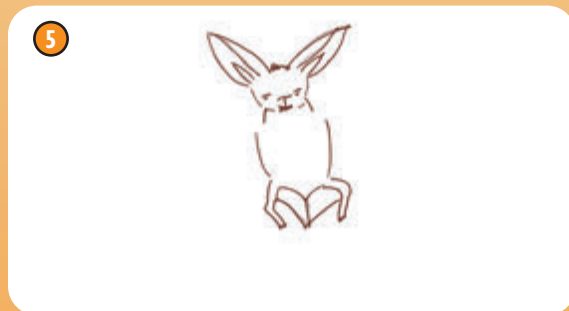
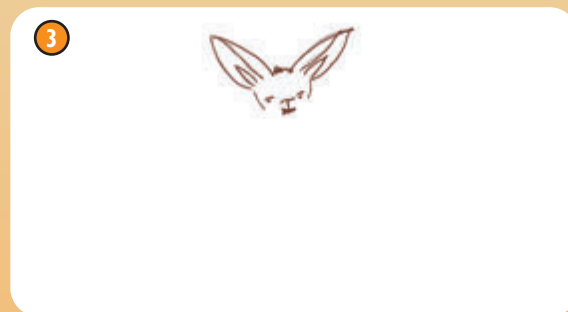
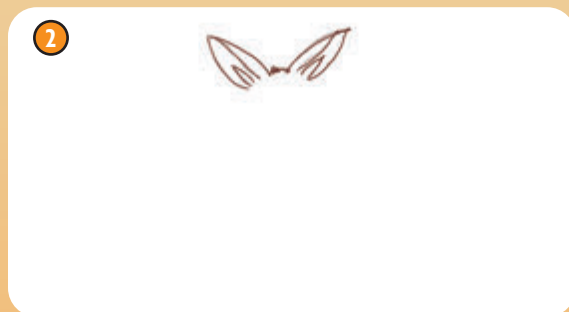
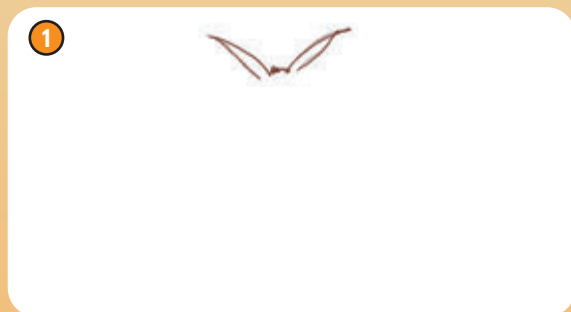
## Bat and Moth Game

Bats use echolocation to find flying insects at night! Discover the power of using sound to find your food as one person pretends to be a bat and the other, a moth. Play in an area safe from tripping hazards. Two or more players.

- First, decide who will be the bat and tie a blindfold over their eyes. All other players will be moths. For younger players, start with only one moth and a lookout or two.
- The bat begins the game by calling out, "Bat!" Every time the bat calls out, the moths answer by saying "Moth!"
- As the moths move around the game space, the bat will continue to call out. The bat will follow the sound until they tag a moth. Once this happens the moth has been "eaten" and a new bat is chosen!

**To learn more:** [youtube.com/watch?v=B3DgUzQA\\_Vs](https://www.youtube.com/watch?v=B3DgUzQA_Vs)

## Nature Journaling . . . . . Follow this step-by-step pictorial to draw your own bat.





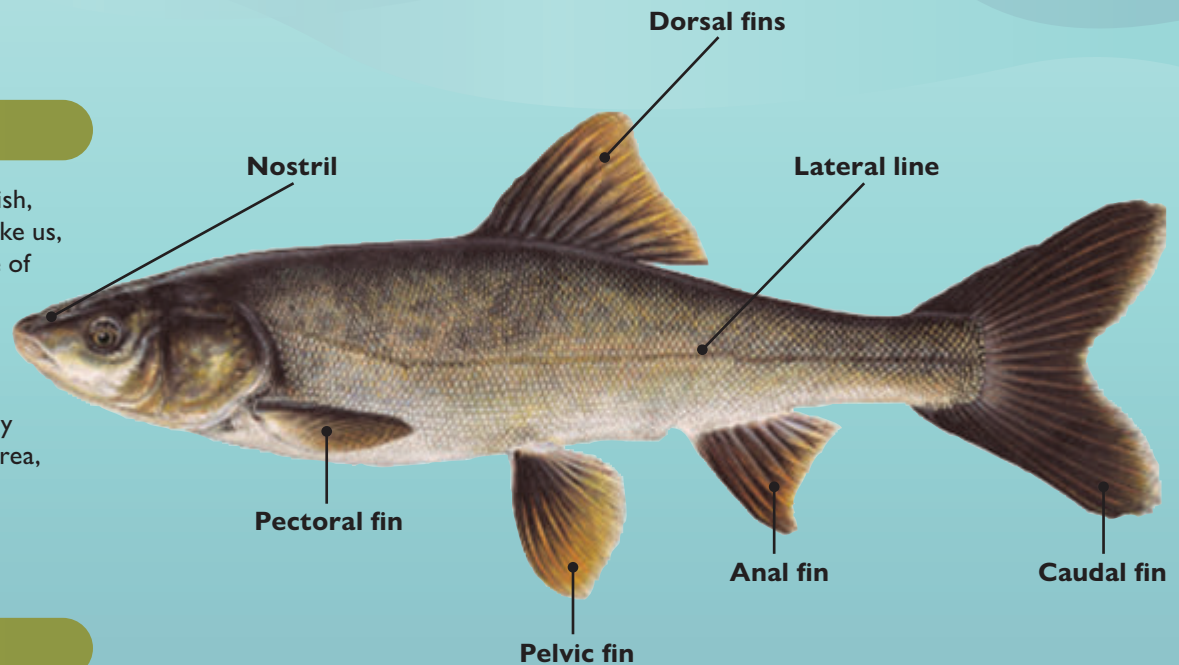


**It is o-fish-al! We are excited to let you know Coyote Hills Visitor Center is open with new engaging activities and residents! Come on by to see our new native fish and learn more about their habitats.**

*Please check our web page to get up-to-date hours and information: [ebparks.org/parks/coyote\\_hills](http://ebparks.org/parks/coyote_hills)*

## Fish Skeleton

We can classify fish into two major groups: Bony fish, meaning they have a hard skeleton made of bone like us, and Cartilaginous fish, which have a skeleton made of flexible cartilage. Take a moment and feel the tip of your nose ... you found cartilage! Examples of cartilaginous fish include sharks, rays, and skates like the leopard shark and bat ray. While most cartilaginous fish live in saltwater, you can find bony fish in saltwater and freshwater. Here in the Bay Area, we have a huge diversity of bony fish.



## Native Fish Identification

**Take a look at these three types of bony fish. Do you notice anything different between them?**



**California roach** have a darker line going through their body. They can live in a variety of habitats but are mostly found in smaller streams. They are adaptable and can withstand warmer and cooler temperatures feeding off insects and crustaceans while also eating algae.



**Sacramento splittail** have a bigger loop on their tail fin or caudal fin which creates a more dramatic fin shape. They can live in estuaries and marshes surviving higher salinities and temperatures making them perfectly suited for slower moving water. They are bottom feeders eating small invertebrates and crustaceans.



**Hitch** have a large back bottom fin that is closer to the caudal fin. They are found in slower moving waters largely in the Delta. Their food sources include zooplankton, crustaceans, and various types of insects.



# Crab Cove

## VISITOR CENTER AND AQUARIUM

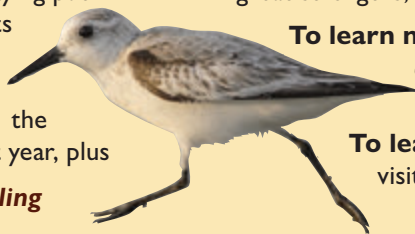
### CONSIDER THE SANDERLING . . . SO FAMILIAR, YET SO STRANGE – SO POWERFUL, YET SO DELICATE

At Crab Cove, we love the summer – long, cool, sunny days, breezes, regular fog, flowers blooming in the garden, the buzz of bees. But we really miss winter, too – storms rolling in from the Pacific, peaceful beaches, and of course, all the birds! It brings us joy when they wing back to us and content themselves to rest, feed, and wander the beaches, tidal flats and marshes of Alameda.

We call the long-legged, walking/wading seasonal residents of San Francisco Bay's edge shorebirds. A few of them don't leave the Bay Area, and raise their progeny right here where they themselves were hatched. Think of the **black oystercatcher**, the **American avocet**, and the **black-necked stilt**. But many of the bayshore birds arriving in the in late summer and fall come all the way from the high arctic tundra, or from prairies and forests in the northern center of the continent. Some come to San Francisco Bay to make it their home until they head back north to breed again the following spring. Others use the Bay as a stopover for rest and refueling before heading farther south, where they will find a new summer waiting for them. Certain kinds of birds do both: they might head south all the way to the tip of South America; or they might just stop right here, and hang out for eight or nine months.

The **sanderling** is one of these birds. While some of their **sanderling** relatives are enjoying a southern hemisphere summer in Chile, others are staying put right here, and will come back to the same spots year after year. So if you are out on Crown Beach and you see groups of **sanderlings**, small white birds with black beaks, running along the edge of the surf or napping on the beach, you might be seeing the exact same birds you saw last year, plus some of their children.

*A sanderling*



A **sanderling** is 8 inches long, including its tail, weighs 2 ounces, and may commute more than 6,000 miles each way, year after year. You might be wondering: "How can such a tiny bird make such a tremendously difficult flight?" **Sanderlings**, like many shorebirds, have been doing this for millions of years, and they are built for it. Each time before they do a long flight lasting days on end and thousands of miles at a time, they feast endlessly on crustacean superfoods like isopods and mole crabs, laying on huge amounts of fat before each epic leg of their journey. They then fly furiously, fasting all the while, until they reach their next safe spot. They are superbly streamlined and they have wings both long and pointed, for sustained high-speed flight. The **whimbrel**, another shorebird which has a similar distribution and migration to the **sanderling**, has been tracked flying continuously for six days, covering more than 4,000 miles.



*A whimbrel*

Photo: Roger Nymaster

We invite you to come down to the shore to meet birds large and small, including **sanderlings** and **whimbrels** – the two winged champions of the West Coast – and to appreciate what a treasure Bayshore habitats like the mudflats of Crab Cove may reveal. When we preserve such places, and look toward the future for shorebirds, we are part of something ancient and awe-inspiring, but at the same time fragile. To underline the importance of protecting these birds and their habitat, contemplate the relatives of the **whimbrel**, the **Eskimo curlew** and **slender-billed curlew**, now extinct or on the verge of extinction.

The **sanderling** and the **whimbrel** are just the tip of the iceberg, an introduction to sandpipers and shorebirds large and small. There are so many more things to know about these birds: how they relate to one another, who takes care of the eggs, what the hatchlings eat on the tundra, how they protect themselves, and so on. But it is also vital to realize that despite these birds' great strengths, their very existence hangs in the balance.

#### To learn more about shorebird migration:

[allaboutbirds.org/news/fantastic-journeys-shorebirds-are-next-level-athletes/](http://allaboutbirds.org/news/fantastic-journeys-shorebirds-are-next-level-athletes/)

#### To learn more about what is needed to protect shorebirds,

visit the Western Hemisphere Shorebird Reserve Network: [whsrn.org/whsrn\\_sites/san-francisco-bay/](http://whsrn.org/whsrn_sites/san-francisco-bay/); and [whsrn.org/wp-content/uploads/2019/02/conservationplan\\_sand\\_v1.1\\_2010.pdf](http://whsrn.org/wp-content/uploads/2019/02/conservationplan_sand_v1.1_2010.pdf)

## WELCOME BACK TO IN-PERSON PROGRAMS!

**LABOR DAY WEEKEND OPEN HOUSE** *Crab Cove*  
Noon-4 p.m., Sat., Sun., Mon.  
Sept. 4, 5 and 6

**FISH FEEDING TIME**  
*Crab Cove* ♿ SP  
3-3:30 p.m., Every Sat.  
Sept. and Oct.

**CALIFORNIA COAST AND OCEAN PHOTOGRAPHY EXHIBIT**  
*Crab Cove* ♿ SP  
Oct. through Dec.

**HIKES FOR TYKES**  
*Various Parks*, 10:30-11:45 a.m.  
Tues., Sept. 7, 21 and Oct. 5, 19

**SATURDAY STROLLS**  
*Various Parks*  
10 a.m.-noon, Sat., Sept. 11 and  
Sept. 25, Oct. 9 and Oct. 23

**WHERE IS OLD SURVIVOR?**  
*Leona Canyon*  
9:30 a.m.-12:30 p.m., Sat. Oct. 2

**CRAB COVE VOLUNTEER PROGRAMS**  
**-*Beautify the Beach Clean-up***  
10-11:30 a.m., Sat.  
Oct. 16  
**-*Native Plant Gardening***  
9:30 a.m.-12:30 p.m., Sat.  
Oct. 30

#### PROGRAM INFORMATION:

[ebparks.org](http://ebparks.org)  
[ebparks.org/parks/vc/crab\\_cove/](http://ebparks.org/parks/vc/crab_cove/)  
[ebparks.org/activities/naturalists](http://ebparks.org/activities/naturalists)

Phone: (510) 544-3187

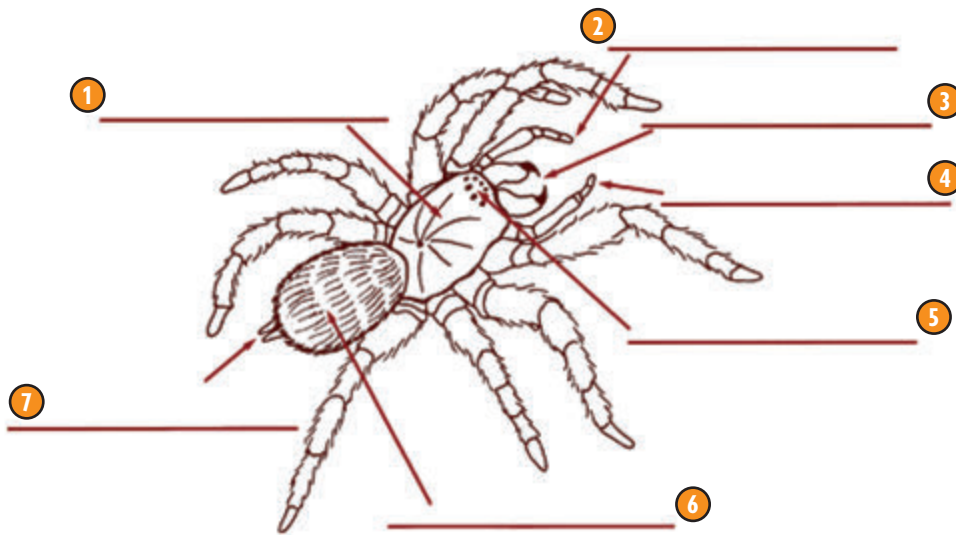


**A**s summer slowly fades to fall, keep your eyes open for animals big and small! One special seasonal animal we see in the park is the tarantula. Learn about this super special spider and test your spider smarts.

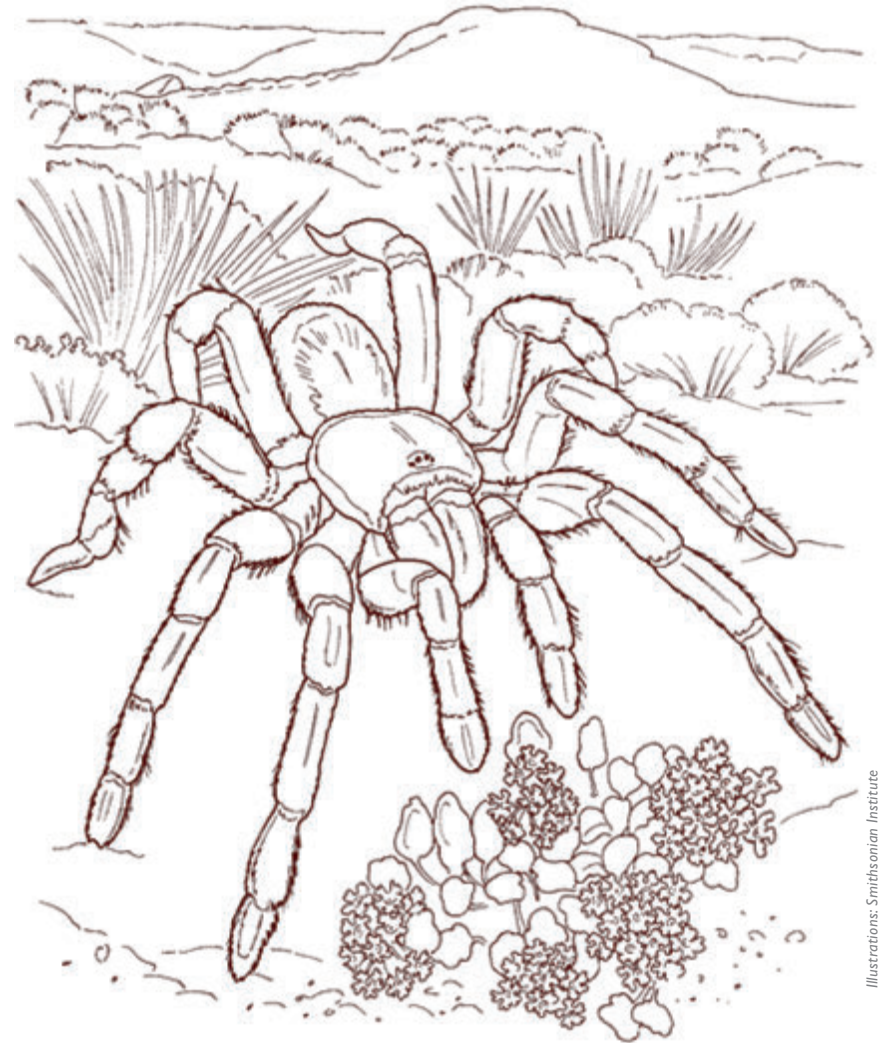
### Label the Spider Parts

Read about the different parts of the spider and fill in the blanks to label the parts of the tarantula.

- **Eyes** – Tarantulas have two primary eyes and six secondary eyes that are light sensing.
- **Pedipalp** – These two feelers are sometimes mistaken for extra legs.
- **Cephalothorax** – This body part contains the brain, jaws, stomach, and leg attachments.
- **Abdomen** – Contains heart, reproductive organs, guts and silk glands.
- **Spinnerets** – Special glands that are able to create spider silk.
- **Chelicerae** – Jaws with small fangs that can inject prey with venom and mouth.



Our tarantulas in the East Bay range from dark brown to light tan. Color the picture of the tarantula below.



Illustrations: Smithsonian Institute



### Want to See a Tarantula in Person?

**Stop by the Del Valle Visitor Center** – located on the west side of the park – during their weekend hours. Once tarantulas are out and about, we will have one on display throughout their migration season. You can also visit the park on your own (email DVvisit@ebparks.org if you want location recommendations) or come to a *naturalist program* to search for tarantulas on an evening walk. See our full program listings and register online at [ebparksonline.org](http://ebparksonline.org).

Photo: Lisa Williams

- Spider Parts**  
**Answers**
1. Cephalothorax
  2. Pedipalp
  3. Chelicerae
  4. Pedipalp
  5. Eyes
  6. Abdomen
  7. Spinnerets



# Mobile Education

## Nuts About Squirrels

### Squirrel Scramble

Arrange the circled letters to find the answer to the riddle:

Which ballet do squirrels like best?

LBICM  

○				
---	--	--	--	--

YRUFR  

	○			○	
--	---	--	--	---	--

ODRTNE  

○				○	○	○
---	--	--	--	---	---	---

KQUCI  

			○	○
--	--	--	---	---

ETTHE  

○		○		○
---	--	---	--	---

LTAI  

	○		
--	---	--	--

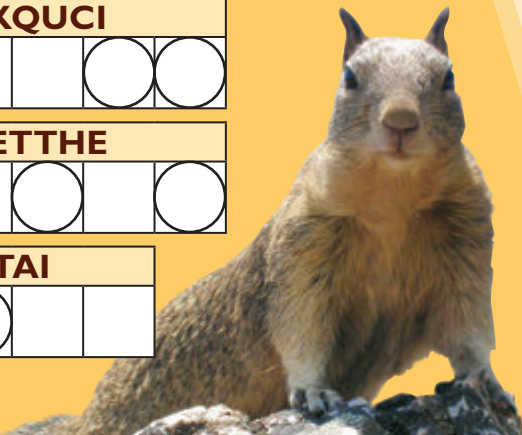


Photo: Kevin Hintsa

**RIDDLE:**  
**WHICH BALLET DO SQUIRRELS LIKE BEST?**

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

**Answers:** Climb, Fury, Rodent, Quick, Teeth, Tail  
**Riddle answer:** The Nutcracker

**W**idespread and widely liked, just like the Mobile Education Team, the clever, charismatic squirrel plays a variety of roles, from acrobat to gardener, trickster to bandit and more throughout parks, cities and suburbs. These rodents sport teeth that never stop growing, communicate using complex systems of high-frequency chirps and tail movements, and have even contributed countless trees to the landscape by not digging up their buried nuts!

Both tree and ground squirrels can be found across the East Bay, categorized by where their nests are found. Nevertheless, tree squirrels may still be seen on the ground, and ground squirrels up in the trees. At first glance, you may not be able to tell the difference between the two types, but take the time to observe, and the tail will tell the tale!



Photo: Dennis Church

### Eastern Gray Squirrel *(Sciurus carolinensis)*

- Introduced to California from eastern United States
- Grey, brown, and orange on face and body, white belly
- Urban tree squirrel
- More common in San Francisco Peninsula than East Bay



Photo: Dennis Church

### Eastern Fox Squirrel *(Sciurus niger)*

- Introduced to California from eastern United States
- Brown-orange on body, orange belly
- Urban tree squirrel
- More common in East Bay than San Francisco Peninsula



Photo: Eric Sonstrom

### Western Gray Squirrel *(Sciurus griseus)*

- Native to California
- White belly, all grey and white on face (no orange or brown)
- Largest tree squirrel in California
- Not usually seen in urban areas



Photo: James Spitznas

### California Ground Squirrel *(Otospermophilus beecheyi)*

- Native to California
- Grey, brown, and white mottled fur
- Live in underground burrows, not in trees
- Keystone species: important food for predators, burrows create shelter for other animals

# Outdoor Recreation



## Demystifying Dutch Oven Cooking!

Are you someone who enjoys camping? Are you interested in trying your hand at Dutch oven cooking methods but don't know where to begin? Fear not! Dutch ovens are versatile and easy to use once you have the hang of it. Try it the next time you are camping in your favorite East Bay Regional Park!

### BASIC GEAR

- **A Dutch oven!** The ideal model is made of cast iron, is well seasoned, and has legs on the bottom to elevate it over the coals. Choose one with a snug lid with a raised lip to keep those coals out of your food. Lastly choose one in the proper size for your group.
- **A shovel** to move the coals around.
- **A silicone oven mitt** or a sturdy lid grabber.
- **Charcoal** and a **water bucket** for safety.

### RECIPE

- This method of cooking lends itself well to braises and stews. Things that require liquid will yield the best outcomes.
- You can use this cooking method for your main course and/or your dessert.
- There are many sources for recipes online. Check out [dirtygourmet.com](http://dirtygourmet.com)
- Be creative! How can you transform your favorite chili recipe while cooking outdoors?

### METHODOLOGY

- Dutch Oven cooking requires a bit of patience. *It is not a meal you want to undertake on your first night when you pull into your campground late and **hangry!***
- While your coals are heating up, this is the perfect time to do your food prep for the meal.
- When your coals are hot and the flames have died down, this is when you position your prepared meal over the bed of coals and then place some on the lid as well to provide even cooking.
- You'll want to check in on your creation every 10-15 minutes to make sure things aren't burning. **Pro-tip:** lift the lid straight up to avoid getting coals in your food!
- For safety sake, always do this in a designate campfire ring.



*Required gear for Dutch oven cooking.*



*Use a designated fire ring.*



*Lifting the lid safety.*



*A bubbling, stew-filled Dutch oven.*

## Dutch Oven ● ● ● ● ● Blueberry Cobbler Recipe

### INGREDIENTS

- 1 cup all-purpose flour
- 1 cup sugar
- 1 cup heavy cream
- 2 oz. butter
- 1 lemon (juiced and zested)
- 2 cups blueberries
- ¼ cup sugar for the top
- 25 charcoal briquettes

### STEPS

In mixing bowl, gently stir flour, sugar, cream, lemon juice and zest until incorporated. In a pre-heated Dutch Oven (set on a small bed of 15 hot coals), add butter to coat the bottom. Pour in the batter. Top with the berries. Toss on the ¼ cup of sugar. Place lid snugly on top and add the remaining 10 coals to the top. Bake for 35 to 45 minutes. Enjoy!



Photo: Rudisill



# Sunol Wilderness

## REGIONAL PRESERVE

Photo: graphics91925



### Oak Tree Identification

Autumn in Sunol is a perfect time to learn how to identify oak tree species using their bark! Within just a short radius of the visitor center you'll find various species of oaks. How many can you find?

Tree	Bark	Leaves
Blue Oak		
Valley Oak		
Coast Live Oak		

Chart photos from Learningamongtheoaks.org

### Super Seed Dispersal Agents

Vital to survival for many animals, acorns are a very important food. Look for jays, woodpeckers, squirrels and deer who seek out and store acorns in caches for future meals.



Photo: Jenny Peters

*Squirrels bury acorns to supplement winter feeding. While they remember where they buried most of them, the forgotten ones become new oak trees.*



Photo: birds-of-the-world.org

*The western scrub jay has a knack to tell good acorns from bad ones. They disperse seeds even further from the parent tree than squirrels!*

Discover all of our naturalist programs and register here:  
[ebparks.org](http://ebparks.org)

Follow us on Facebook  
[@SUNOLREGIONALWILDERNESS](https://www.facebook.com/SUNOLREGIONALWILDERNESS)

# Tilden

## NATURE AREA



### The "Other" California Tarantula

California's second largest spider by genus, *Calisoga longitarsus* spiders have a similar lifestyle to tarantulas. They are fossorial mygalomorphs, spending most of their lives in burrows. In the fall, males leave their burrows to wander and find a mate. They are sometimes called "false tarantulas" or "velveteen tarantulas." Here in the East Bay, they live in damper, more marine influenced areas than tarantulas.

While *Calisoga* spiders have fangs large enough to pierce human skin and will rear up in a defensive posture to protect themselves, they don't have medically significant venom and (like most spiders) will not bite unless threatened or provoked.



*A female Calisoga prowling near her burrow entrance on Wildcat Peak.*

### The Male Velveteen Tarantula's Brain

What is this feeling? A strange desire to leave the safety of my home and seek.

It seems penultimate, but there is no turning back now. I have spent years with the desire only to hunt and return to my retreat. My once reasonable approach, now replaced by an urge that leaves me exposed to all the dangers: cats, cars, birds, foxes, lost in a human house, and who knows what else? But I must go into the night. I must seek a mate.

One foot in front of the other, the other, the other, other, other, other, other.



*A small male Calisoga in a defensive posture outside the Environmental Education Center.*

### Calisoga Cake Bites

Let's celebrate fall and the *Calisoga*'s annual emergence from their burrows with cake! Here is what you'll need to make your very own *Calisoga* cake bites:



#### INGREDIENTS

- 1 box chocolate cake mix
- 10 oz. chocolate frosting
- Pretzel sticks
- Decorative sugar or chocolate sprinkles
- White nonpareils or white cake writing gel

#### STEPS

Mix and bake your chocolate cake mix according to the instructions on the box. Once cool, crumble the cake into a bowl and mix with three-fourths of the chocolate frosting. The mixture should be the consistency of Play-Doh – add a little more frosting if needed. Once mixed, roll 10 egg-sized balls of cake and place on a cookie sheet. Next, roll 10 smaller balls and also place them on the cookie sheet. Put the cookie sheet in the fridge and chill for an hour.

Once the cake balls are chilled and firm, break 4 pretzel sticks in half and stick 4 into each side of the large cake ball. Next, using some of the remaining frosting, glue a small cake ball onto the large cake ball. This is your spider's head. Decorate as you like! Chocolate sprinkles or decorative sugar can be placed on the body as the *Calisoga*'s hair. White nonpareils can be eyes and writing cake gel can be fangs. Be creative!

### The Over-the-Hills-Gang

**Various Parks Hikes with Trail Gail Tuesdays, 10 a.m.-12:30 p.m.**

Hikers 55 years and older interested in nature study, history, fitness, and fun are invited to join this series of monthly excursions exploring the Regional Parks.

**Sept 7 – Kennedy Grove:** From the flats to the view we'll see this "Left over Land."

**Sept 28 – Wildcat Regional Park, Alvarado Staging Area:** Walk into the past.

**Oct 12 – Marina Bay Park, Melville Square – Richmond:** local history. Flat.

**Oct 26 – Tilden Regional Park, Botanic Garden to Lake Anza:** Meet at East Bay Regional Park Botanic Garden. (No dogs)

Drop-in, no registration required. Information: (510) 544-2233



# Volunteer PROGRAM

VOLUNTEER SPOTLIGHT:

## Doc Quack's Wildlife Volunteers

Did you know the East Bay Regional Park District has a special team of volunteers who work with wildlife? Wildlife Volunteers are an elite group of caring people who strive to improve the quality of life for birds and wildlife in the parks and work alongside the Park District's Stewardship staff. Their efforts help protect, manage, conserve, and enhance our community's important scenic and natural resources.



Lead by the renowned Certified Wildlife Biologist, David "Doc Quack" Riensche, Wildlife Volunteers support the Park District's mission and over 124,000 acres of our District.

There are many projects to work on! They help with **bird and wildlife surveys**, **oak woodland restoration**, **riparian wetland enhancement**, and **key species inventories**; Volunteers check nest boxes, plant wildlife friendly gardens, and remove invasive and non-native plants that degrade habitat. These dedicated folks have even built an island named Tern Town for breeding shorebirds – there is nothing they won't do for our wild park users!

### Species helped by Wildlife Volunteers:

- California quail
- Least Terns
- Snowy Plovers
- Wood Ducks
- Western Fence Lizards
- Bats
- Burrowing Owls
- Red-legged Frogs

Wildlife Volunteers renew their connections to the land through conservation and resource management activities. They build relationships with the land and each other, gain leadership and team skills, and value a continued pursuit of education and research—all while making our communities better for people and wildlife alike!

Sound like fun? Discover more about these amazing projects here: [ebparks.org/about/getinvolved/volunteer/quack](http://ebparks.org/about/getinvolved/volunteer/quack)

Tern photo: Jerry Ting

East Bay Regional Park District



Healthy Parks Healthy People

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

## Coastal Cleanup

### Clean the Shore from Near or Far!

To mark the 37<sup>th</sup> annual Coastal Cleanup, you get to choose how to participate!

Register online to join staff at various park locations on **September 18** and/or conduct your own neighborhood cleanup throughout the entire month.

**Online registration required.** Please see [ebparks.org](http://ebparks.org) for more details and safety guidelines.

