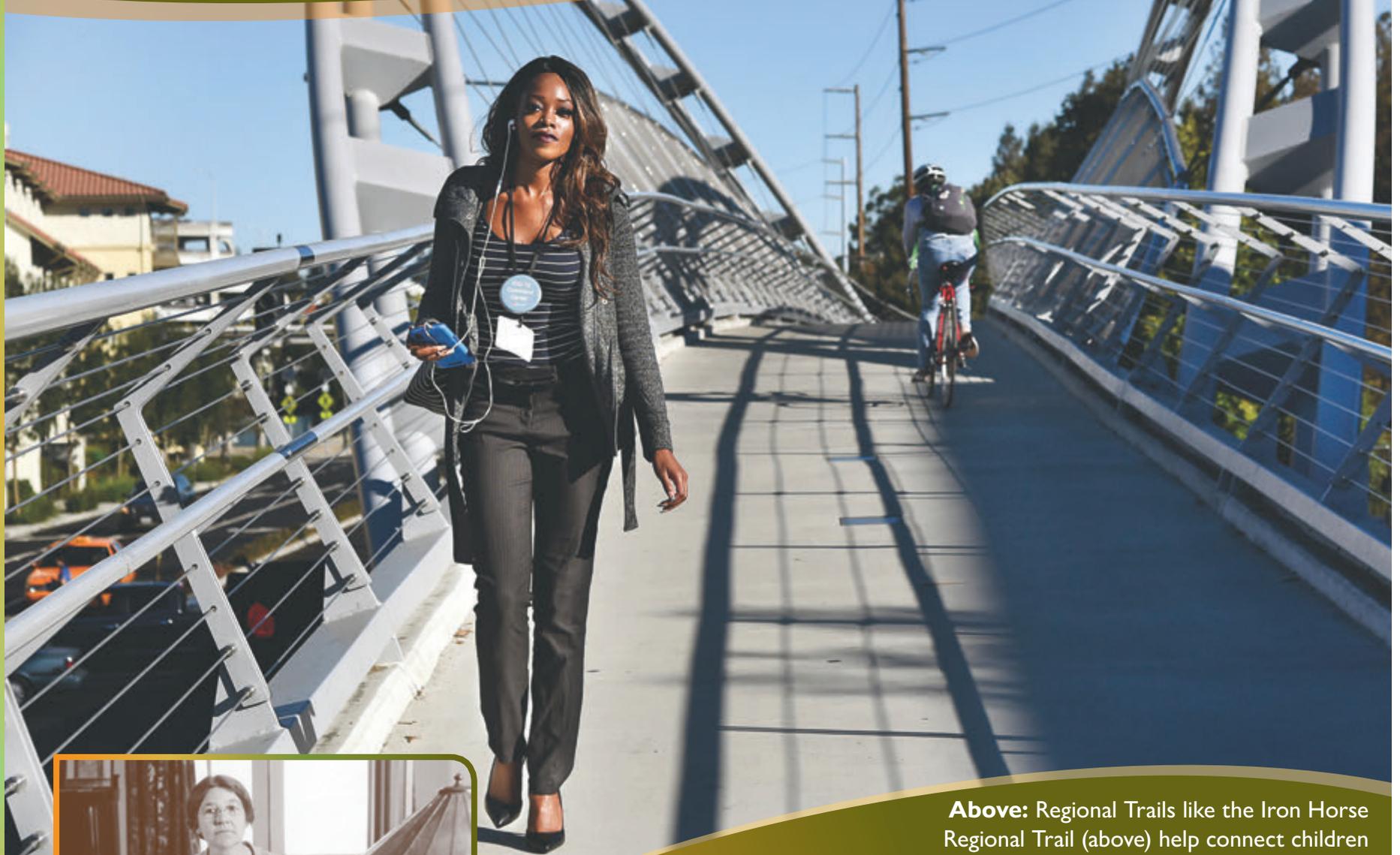


Regional in Nature Activity Guide

JANUARY – FEBRUARY 2020

East Bay 
Regional Park District
Healthy Parks Healthy People



Above: Regional Trails like the Iron Horse Regional Trail (above) help connect children to school and employees to work centers and transit hubs, page 2



Redwood Regional Park renamed for first female Park District Board Member Dr. Aurelia Henry Reinhardt, page 3.

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East Bay
Regional Park District

Healthy Parks Healthy People

ebparks.org

General Information
1-888-EBPARKS or 1-888-327-2757

Camping and Picnic Reservations...
..... 1-888-EBPARKS

Naturalist and Recreation
Programs..... 1-888-EBPARKS
TRS Relay Service..... 7-1-1

EBRPD Board of Directors

Whitney Dotson.....Ward 1
Dee Rosario.....Ward 2
Dennis Waespi.....Ward 3
Ellen Corbett (President).....Ward 4
Ayn Wieskamp.....Ward 5
Beverly Lane.....Ward 6
Colin Coffey.....Ward 7
Robert E. Doyle..... General Manager

Visit ebparks.org for map
downloads, activity and event
information, and much more!



Thank You for Your Feedback!

A MESSAGE FROM
GENERAL MANAGER
ROBERT E. DOYLE



As we move into an exciting new decade, I'd like to thank you for your support and participation in helping us make the East Bay

Regional Park District a truly valuable addition to your quality of life. Your comments, concerns, appreciation, or critiques make our organization better and allow our staff to stay focused on high standards of service, and ways to continuously improve.

Last summer, the Park District used a community survey to ask the public about their interests in services and priorities. We solicited input online through our website and in person at several parks and events.

Over 8,000 people responded to the community survey offered in English, Spanish, Korean and Chinese!

What we heard is that our communities LOVE our parks and their contribution to quality of life. More than half of respondents said they use our trails for walking or hiking. Our theme of Healthy Parks Healthy People is resonating as physical health, managing stress, and spending time with family and friends, ranked as the primary reasons people visited their regional parks!

The survey results also identified wildfire, drought, and impacts of climate change as significant concerns within our communities. Rest assured that the Park District will continue its work in climate adaptation within our

parks and along shorelines to help buffer our communities from wildfire and flooding. Our year-round, on-the-ground work includes forest thinning, vegetation management and shoreline enhancement to ensure our parks are helpful fuel breaks and sea level buffers in our region.

We will continue to work on three areas of interest identified by survey responses: installation of water bottle filling stations, more recycling/compost containers in parks or along trails, and additional nature programming for adults.

We appreciate the comments and ideas you've shared to improve your park experience. The full report on survey results will be available in early 2020.

We look forward to continuing the conversation and doing our part to meet our communities' needs.

Have a great year!



Regional Trails: One Solution to Getting People Out of Cars

Over the past decade, the Park District's regional trails have shown measurable value beyond basic recreational interests to become active transportation corridors that connect children to schools and employees to work centers and other transit hubs. Over \$10 million in federal transportation dollars has been invested in the Park District's signature regional trails to close gaps, improve trail conditions and acquire easements to extend trails to new destinations and inter-modal transit hubs such as BART.

In a March 2020 ballot measure expenditure plan approved by the Contra Costa County Transportation Authority earlier this year, over \$38 million would be



CONTRA COSTA
transportation
authority

directed to the Park District to further benefit trail corridors used for active transportation. Signature investment projects currently in the Park District's master planning stages are:

- Iron Horse Trail – Concord to Benicia Bridge
- Iron Horse Trail – Adjacent Bike-Only Trail
- Iron Horse Trail – Overcrossings (*Bollinger Canyon Rd., Crow Canyon Rd., Sycamore Valley Rd., Monument Blvd.*)
- Wildcat Creek Trail – Richmond Parkway Overcrossing
- Marsh Creek Trail – Concord Ave. to Marsh Creek Rd.
- San Francisco Bay Trail – Gaps between Richmond and Martinez

Learn more at ccta.net/theplan/.

Celebrating 30 years of Disability Rights and Expanded Access

On the 30th anniversary year of the passage of the Americans with Disabilities Act (ADA), the East Bay Regional Park District celebrates this important milestone that was enacted nationally in 1990 to prohibit discrimination against individuals with disabilities.

Over the past 13 years, the Park District has contributed \$4.4 million towards ADA compliance to enhance pathways, fishing piers, picnic sites, and restrooms to better assist individuals with mobility challenges. Over 1,700 ADA enhancements to improve public

accessibility have been completed, including upgraded signage, website, and exhibits for the sight impaired.

While not all natural open spaces within our regional parklands can be fully accessible to individuals with limited mobility due to terrain, the Park District has taken seriously the ADA law and identified where reasonable accessibility could be improved and accommodation barriers removed.

Learn more at ebparks.org/parks/accessibility.



Redwood Regional Park Renamed After Oakland Leader and First Female EBRPD Director

Coinciding with the 100th Anniversary of the 19th Amendment, which granted women the right to vote, the East Bay Regional Park District is honoring one of its earliest champions of parks and open space by renaming Redwood Regional Park after Dr. Aurelia Henry Reinhardt. Official action to rename the park to **Dr. Aurelia Reinhardt Redwood Regional Park** was approved on October 15, 2019, by the Park District's Board of Directors.

Dr. Aurelia Reinhardt was an important and remarkable woman from the Bay Area, born in San Francisco, and residing in Oakland with her family. Her significant contributions played a substantial role in the formation of the East Bay Regional Park District in 1934. She was one of five original board members – and the only female – elected to represent the newly-founded Park District on its first Board of Directors. During her tenure, the Park District

Continued on page 4.

Taking on the Largest Creek Restoration in EBRPD History

Alder Creek in Sibley Volcanic Regional Preserve, located in the hills above Canyon/Moraga, will soon be restored thanks to a \$4 million allocation in the 2019 State budget advocated for by Assemblymember Rebecca Bauer-Kahan (D-Danville). Additional funding is being provided by the Park District's voter-approved Measure WW and other state/federal grants.

"The project, known as the McCosker Creek Restoration and Public Access Project, represents the largest creek restoration in the Park District's 85-year history," said Robert Doyle, General Manager of the East Bay Regional Park District.

The project will restore over 3,000 linear feet of the natural creek habitat, including daylighting 2,900 feet that

Continued on page 4.



e-Bikes Making it Easier to Enjoy the Outdoors

Over the last few years, electric bikes (e-bikes) have gained momentum and have increased access to the outdoors for exercise and recreation.

The rise of e-bikes has brought other benefits as well, including increased livability and greener transportation. Today, e-bikes are also seen as a major green transportation solution that helps take cars off the road and reduce greenhouse gas emissions.

In 2019, the Park District Board of Directors, after a pilot program showed ebikes were a compatible use, amended the District's rules and regulations to allow Class 1 and 2 ebikes on select paved regional trails.



eBikes have increased access to the outdoors.

The Park District emphasizes, however, that ebikes must abide by existing biking rules, including following the 15 miles per hour speed limit and calling out or ringing a bell when passing other trail users. For more info visit, www.ebparks.org/activities/biking.

Regional Trails that Allow eBikes

Alameda Creek Trail (paved only), Big Break Trail, Contra Costa Canal Trail, Delta De Anza Trail, George Miller Trail, Iron Horse Trail, Lafayette Moraga Trail, and Marsh Creek Trail.

Park Renamed

Continued from page 3.

negotiated its first land purchase which created the first three parks: Tilden, Temescal, and Sibley parks. She later worked to acquire property that would become Redwood Regional Park. A lover of redwood trees, the Redwood Park master plan map designated its redwood grove as the Aurelia Reinhardt Redwoods.

"Dr. Reinhardt had a long history of public service and advocacy for human and environmental rights," said Park District Director Dee Rosario, who initiated the renaming.

Dr. Reinhardt graduated from University of California, Berkeley in 1898. She went on to earn her Ph.D. from Yale in 1905, a remarkable feat for women at the time. Dr. Reinhardt was a tireless community leader and supporter of parks not only in the East Bay but also nationally. She was elected president of Mills College in Oakland, the only women's college on the west coast, building opportunities for women and lifting the school's reputation through two World Wars and the Great Depression.

A public recognition celebration to rename Redwood in honor of Dr. Aurelia Reinhardt will be held at a later date.

Creek Restoration

Continued from page 3.

was culverted underground for the past 60 years by former property owners.

"One of the goals of this restoration is to re-establish habitat for 10 special-status species that should be thriving in this area but can't currently," said Matt Graul, Chief of Stewardship and project lead. These species include California red-legged frog, California foothill yellow-legged frog, Alameda striped racer, Alameda whipsnake, San Francisco dusky-footed wood rat, golden eagles, Cooper's hawks, loggerhead shrike, northern harrier and white-tailed kite. Water quality and streamflow are expected to be improved, providing new habitat for rainbow trout as well.

Public access improvements to this area will include parking, restrooms, water fountains, additional trails, a group campsite and interpretive information about the region's habitat and special species. The project is anticipated to be completed within two years.



Assemblymember Rebecca Bauer-Kahan and Park District Chief of Stewardship Matt Graul at project site.

RECREATION

Registration is required.

ARCHERY - INTRODUCTION

Roberts Redwood Bowmen
10am-noon, Sat, Jan 18 #27698;
Feb 15 #27709; 1:30-3:30pm, Sat, Jan 18
#27706; Feb 15 #27711

Gain 90 minutes of archery coaching and practice at an outdoor range, with all your equipment provided. Designed for beginner, the class starts with 30 minutes of classroom instruction. 8+yrs. Adult supervision required for children ages 8-13yrs. Fee: \$50 (non-res. \$56)



FIRST AID FOR DOGS

Big Break Peter Pay
9am-1pm, Sat, Feb 8 #27753
Learn how to save a pet's life during an emergency, minimize their trauma after injury and safely transport an injured pet to a veterinary clinic. This program focuses on basic first aid, including wounds, fractures, choking, cardiac emergency, and snake bites. Additional \$5 material fee for book "First Aid for Dogs" required at time of class. 12+yrs. Fee: \$50 (non-res. \$56).

FISHING - TROUT BASICS

Various Parks Recreation Staff
8-11am, Sat, Jan 4 #27715 Temescal
Feb 15 #27734 Contra Loma
Join us for this peak season of trout fishing! Learn specialized gear and bait selection to catch rainbow trout, one of the most plentiful freshwater species in our lakes and reservoirs. Gear provided. 8+yrs. Adult registration/participation required with registered children 8-16yrs. Ages 16+yrs require a valid California fishing license. Fee: \$25 (non-res. \$29)

KAYAKING / BOATING



Enjoying outdoors from a different perspective. Our kayak programs are good for all skill levels. Photo: James Frank.

Registration is required.

SHARK AND SHOREBIRD KING TIDE PADDLE

MLK Shoreline James Frank & Recreation Staff

9:30am-1pm, Sun, Jan 11 #27643
We will kayak from the Tidewater Boating Center to the Elsie Roemer Bird Sanctuary for a chance to see schools of leopard sharks and flocks of migrating birds during a King Tide. Kayak experience preferred, but beginners welcome. Wind/weather cancels. Kayaks, instruction, and all associated safety gear provided. Adult participa-

tion required for ages 16-17yrs. Fee: \$40 (non-res. \$44)

WINTER AFTERNOON PADDLE

MLK Shoreline Recreation Staff

1-4pm, Sat, Feb 29 #27730
Tidewater Boating Center - Come explore the calm waters of San Leandro Bay by kayak on this winter afternoon. Wind/weather cancels. Kayaks, instruction, and all associated safety gear provided. Adult participation required for ages 11-17yrs. Fee: \$35 (non-res. \$39)

INTRODUCTION TO FRESHWATER FISHING

Lake Chabot Recreation staff
5-7pm, Wed, Jan 15 #27820
Interested in learning one of America's favorite pastimes? This class is perfect for getting started with the sport of fishing. Learn the basics including casting, knot tying, gear, and bait selection. All gear provided. 8+yrs. Adult participation required ages 8-15yrs. Ages 16+yrs require a valid California fishing license. Fee: Adult: \$19 (non-res. \$21); Child: \$15 (non-res. \$17)

ARDENWOOD

Ardenwood is open Tue-Sun, from 10am-4pm. Admission fees apply. Info: (510) 544-2797, awvisit@ebparks.org

ANIMAL FEEDING

Ardenwood Interpretive Staff
3pm, Thu-Sun
Check for eggs and bring hay to the live-stock. Learn all the animals' favorite foods as we help tuck them in for the evening. Meet at the Chicken Coop.

POLE WALKING & POLE HIKING

Learning how to use poles enhances your enjoyment of the outdoors, and improves endurance, balance, spine function, and confidence. Select the class that best suits your physical ability. Beautiful hiking locations are based on season/weather. Mobility class locations offer indoor training and easy pole walks for practice. Pole Walking for Balance & Mobility: see March April sessions. **A variety of top-quality poles are provided.**

Registration is required.

FITNESS FOR THE TRAIL AND FOR LIFE!

Temescal Jayah Faye Paley
9am-2:30pm, Thu, Jan 30 #27500
Fitness training session designed to enhance your ability to maintain physical health, quality of life, and experience outdoor adventures. Individualized movements and programming address your issues and focus on improving structure, joint health, spine function, balance, posture, endurance, strength, and flexibility. All levels welcome!
Fee: \$75 (non-res. \$83)

HIKING POLES: SKILLS & TECHNIQUES + PRACTICE HIKE

Black Diamond Jayah Faye Paley
9am-3pm, Sat, Feb 1 #27535

Power with Poles! Expert training helps hikers learn poles, trail, and body skills. "Test Drive" different poles. Beginner to experienced hikers - all levels welcome!

Fee: \$65 (non-res. \$73)

LEAP DAY HIKING POLES CLASS

Black Diamond Jayah Faye Paley
9am-3pm, Sat, Feb 29 #27577
Weather determines outdoor activities. Celebrate Leap Day learning skills at Black Diamond Mines - the jewel in the EBRPD system in February and a fantastic location for a poles class. You can opt for expert poles training. Quality poles provided.

Fee: \$65 (non-res. \$73)

Registration information – register beginning November 26
www.ebparks.org/register or 1-888-327-2757 (1-888-EBPARKS), option 2



MONARCHS FOR KIDS

Ardenwood Pia Loft
10:30-11:30am, Sat, Jan 4, 11, 18, 25
Young children will enjoy an interactive program all about monarch eggs, caterpillars, chrysalides and butterflies. Meet at the Granary. (3-6 yrs.)

MONARCHS: POLLINATOR ROYALTY

Ardenwood Mindy Castle and Pia Loft
12:30-1:30pm, every Sat & Sun in Jan
Bees get all the buzz but did you know that butterflies are pollinators too? Discover how these fluttery creatures affect our surroundings and learn how to protect them. Meet at the Greenhouse.

MONARCH SPOTTING

Ardenwood Interpretive Staff
2-2:30pm, every Sat & Sun in Jan;
11-11:30am, Sun, Jan 12, 19
With brilliant orange-and-black wings, monarchs are some of the most easily recognizable butterflies, but that does not mean their clusters are easy to find. Join us as we search for our winter visitors and use a spotting scope to take a closer peek. Meet at the Greenhouse.

MARVELOUS MONARCHS

Ardenwood Mindy Castle
10:30-11:30am, Sun, Jan 5, 26
Explore the amazing phenomena of migrating monarch butterflies through a slide presentation, and find out how you can participate in monarch conservation. Meet at the Granary.

TODDLER TIME

Ardenwood Interpretive Staff
10:30-11:45am, Wed, Feb. 5, 19, 26
Bring the tots out for an exciting morning at the farm. Hear a story, do some chores, and meet some farm friends. Little ones will enjoy a variety of activities at their own pace. We'll meet rain or shine!

NEW YEAR'S DAY FARM WALK **HHPH**

Ardenwood Interpretive Staff
11:30am & 1:30pm, Wed, Jan 1
Start the year off right with a saunter around the farm. Enjoy the winter weather, visit the animals, and perhaps discover a monarch or two.

PUPPET SHOW

Ardenwood Interpretive Staff
10:30-11am, Sun, Jan 12, 19
Come see the story of The Very Hungry Caterpillar performed by our farmyard puppets. Two shows will be given.

FARMYARD STORY TIME

Ardenwood Interpretive Staff
10:30-11am, Sat, Feb 1, 29, Sun, Feb 16
The Little Red Hen, the Billy Goats Gruff,

and other farm friends are waiting to meet you! Join the story circle for some classic barnyard tales.

FUN WITH FELTING

Ardenwood Interpretive Staff
11:30am-12:30pm, Sat, Feb 1, 29, Sun, Feb 16
Have some good, clean fun as we learn how felt is made from sheep's wool, and then make a felt toy to take home.

OLD FASHIONED BUTTER MAKIN'

Ardenwood Interpretive Staff
1:30-2:30pm, Sat, Feb 1, Sun, Feb 16
Before modern grocery stores, people needed to make their own staples at home. Discover an easy way to make butter from cream, then sample your tasty concoction on crackers!

RABBIT RENDEZVOUS

Ardenwood Interpretive Staff
10:30-11am, Sun, Feb 2, Sat, Feb 22
Hop on over for a warm welcome from some of the farm's furriest residents. Learn why rabbits are great hoppers and how they use their long ears to sense danger.



At Black Diamond Mines.

WALKING HISTORY TOUR **HPHP**

Ardenwood Christina Garcia
11:30-12:30pm, Sun, Feb 2; Sat, Feb 22
Tour around the farm with a naturalist and hear some stories about the family that made their home here long ago. Find out what life was like on a farm over 100 years ago.

A program in partnership with . . .

KAISER
PERMANENTE **thrive**



TRAILS CHALLENGE **FREE**

Start your New Year with a new challenge! Join thousands of hikers who will take the Trails Challenge, which motivates you to complete 5 featured trails by December!

The Trails Challenge guidebook features trails for all fitness levels as well as tips for new trail users. Free printed booklets and 50/50 cotton/polyester T-shirts are available at participating Visitor Centers (while supplies last).

Go "green" by downloading the booklet – print only what you need. See www.ebparks.org/TC for information on how to download the guidebook and other program materials including the AllTrails app. A commemorative pin will be sent (while supplies last) once you complete the Challenge and return your Trail Log.

Kaiser Permanente is a major sponsor of this program.



REGIONAL PARKS
Foundation

Supporting East Bay Regional Parks

CORN MOSAICS **Art/Music**

Ardenwood Interpretive Staff
1-2:30pm, Sun, Feb 2, and Sat, Feb 15, 22
Learn how to turn our freshly-harvested Indian corn into a fun craft for the whole family! Use the rainbow of colored kernels to make your own mosaic.

FARM CHORES FOR KIDS **Art**

Ardenwood Interpretive Staff
10:30-11:30am, Sat, Feb 8, 15
Bring your young farm hands out to lend a hand with the morning chores. Prepare a snack for the animals, check the coop for eggs, and learn what it takes to run a farm.

A FUNGUS AMONG US

Ardenwood Christina Garcia
11:30am-12:30pm, Sat, Feb 8
From truffles and yeast to ringworm and toadstools, fungus is all around us. Explore the farm looking for examples of these life forms and learn more about their importance in our world.

STILT WALKERS

Ardenwood Interpretive Staff
1:30-2:30pm, Sat, Feb 8
Want to be taller? Improve your balance? Give stilts a try. It's fun! Guess why farmers used these fun tools in the past.

WAKE UP THE FARM **Art**

Ardenwood Interpretive Staff
10:30-11am, Sun, Feb 9, 23
Rise and shine little farmers! Say "Good morning." to the sheep and goats and lend a hand as we prepare a morning snack for the farm animals.

VICTORIAN TABLE TOP GAMES **Art**

Ardenwood Interpretive Staff
11:30am-12:30pm, Sun, Feb 9, 23
Ready for some old-fashioned fun? Challenge your family and friends to a game of ball and cup, tops, or Jacob's Ladder as you delve into our box of games from days gone by.

GORGEOUS GOATS **Art**

Ardenwood Interpretive Staff
1:30-2:30pm, Sun, Feb 9, 23
Let the little ones lend a hand giving our goats some much needed exercise and grooming attention. See if your kids like working with our kids.

BIRDING THE FARM **Art/HPHP**

Ardenwood Christina Garcia
8-9:30am, Sat, Feb 15
Let's look for winter residents in the orchards and gardens of this urban refuge. Bring binoculars or borrow a pair from us. Beginners welcome. No admission fee.

WE ALL SCREAM FOR ICE CREAM! **Art**

Ardenwood Interpretive Staff
1:30-2:30pm, Sat, Feb 29
Put together some ice, salt, cream, sugar, and a little muscle power to learn how we make delicious, old-fashioned ice cream.

BIG BREAK

Big Break Visitor Center at the Delta is open Wed-Sun, 10am to 4pm. Info: (510) 544-3050, or BigBreakVisit@ebparks.org

DELTA DISCOVERIES **Art**

Big Break Interpretive Staff
11am-2pm, Every Sat & Sun
Discover the wonders of the Delta through hands-on arts and crafts activities. Each week we will explore different wetland wonders.

TESTING THE WATER **Art**

Big Break Interpretive Staff
9-10am, Every Sat & Sun
Track the health of the Delta! Using state of the art instruments, we'll test for dissolved oxygen, pH, conductivity, and more. Our results go into a regional database for use by researchers, scientists, and water managers.



BIG BREAK LITTLES

Big Break Interpretive Staff
10-11am, Mon, Jan 6; Feb 3
Tue, Jan 7; Feb 4

Bring the little ones out to the park to explore nature. January: Discover the Magic of Rain. February: Mammals of Big Break.

REGIONAL PARKS BOTANIC GARDEN

The Botanic Garden is open 8:30am-5pm, Oct-May; 8:30am-5:30pm, Jun-Sep. Info: (510) 544-3169. See www.nativeplants.org for information about docent training, special events and classes, and to sign up for our e-newsletter. Meet at the Botanic Garden Visitor Center unless otherwise stated.

DOCENT-LED GARDEN TOURS

2pm, Sat; 11am & 2pm, Sun
Rain cancels!

WAYNE RODERICK LECTURE SERIES

Saturday mornings in Jan and Feb
All lectures start at 10:30am and run for a minimum of one hour.
Seating is limited. For a full listing of speakers and topics, please visit our Friends website: www.nativeplants.org

FAMILY-FRIENDLY TOUR

2-3pm, Sun, Feb 16
This is a docent led, family-friendly theme tour on plant adaptations to habitat. Explore different parts of California represented in the garden, from the deserts and mountains to sea bluffs and temperate rain forests, and learn about the unique ways plants have adapted to their environments. Rain cancels.



Winter blooming California pipevine (*Aristolochia californica*) emits a musty odor and attracts a pollinating fly. In spring, its leaves will become food and habitat for pipevine swallowtail butterfly larva.



Giant wakerobin (*Trillium chloropetalum*) brightens a shaded corner of the Franciscan section on a winter day.

COFFEE TALK & DELTA NEWS

Big Break Interpretive Staff
8:30-9am, Wed, Jan 8, Feb 5
From tunnels to research projects, farming to fish stocks, the Delta is always in the news. Stop by the Visitor Center each month for coffee and discussion of science and events shaping the region.

KING TIDES AND WETLAND SPONGES

Big Break Interpretive Staff
2:30-4pm, Sat, Jan 11; 1:30-3pm, Sat, Feb 8
Wetlands absorb the rising waters of a king tide. Discover what causes king tides and watch the wetlands change during one of the highest tides of the year!

THURSDAY BIRDING: RAPTOR BASELINE

Various Parks Michael Moran
9-11:30am, Thu, Jan 30 #27645 Big Break,
Feb 27 #27648 Round Valley
The morning (eastern) side of Mount Diablo hosts a magnificent array of birds of prey: hawks, falcons, eagles. Help us document their variety and numbers in this fun, social community science research project. No experience necessary- we'll teach you how to identify these birds. We'll meet at a different park on the last Thursday each month. Join in for one or all. Registration is required.

BLACK DIAMOND

Sidney Flat Visitor Center is currently open 10am to 4:30pm on weekends. Info: (510) 544-2750 or bdvisit@ebparks.org. Programs meet in parking lot at south end of Somersville Road, unless otherwise noted. Parking fee: \$5

NATURE DISCOVERIES

Black Diamond Interpretive Staff
10-11am, every Sat in Jan & Feb
Learn what's flying, crawling, or blooming in the park this season as we examine a different nature subject each week.

NATURE JOURNALING

Various Parks Virginia Delgado-Martinez
Noon-1pm, Sat, Jan 11 #27694
Black Diamond, Upper Parking Lot
Noon-1pm, Sat, Feb 8 #27697
Martinez Shoreline, North Court St. Parking Lot
Join us as we connect with nature using art! Sketching and journaling are tools that help naturalists get in tune with plants, animals, and seasonal patterns. 7+yrs.
Registration is required.

MEET A SNAKE

Black Diamond Interpretive Staff
1:30-2pm, every Sat in Jan & Feb
Sidney Flat Visitor Center — Gopher snake, kingsnake, rattlesnake, oh my!
Let us introduce you to our not-so furry friends and learn how snakes support our communities.

HISTORIC SOMERSVILLE

Black Diamond Interpretive Staff
1-2pm, every Sun in Jan & Feb
Find local history in these hills, get to know miners' tools, or go on a short walk to learn about life in a 19th-century mining town. Topics change weekly.

POND EXPLORATION

Black Diamond Virginia Delgado-Martinez
10:30-11:30am, Sat, Jan. 25
Get a little muddy, discover what's living in our ponds at Black Diamond, and learn about local amphibians. 4+yrs.

HAZEL-ATLAS HISTORY HIKE

Black Diamond Eddie Willis
10am-noon, Sun, Jan 26
Steer clear of winter mud and discover the ancient and modern history of these sandy hills along two steep miles of Chaparral Loop. 8+yrs.



Black Diamond Mines in February. Photo: Claire Ames.

WINTER BLOOMS

Black Diamond Eddie Willis
10am-noon, Sun, Feb 9
Look for some of the season's first wildflowers as we venture into the heart of chaparral habitat. Trails are steep and rocky. Views are fantastic! 8+yrs.

COYOTE HILLS

Coyote Hills Visitor Center is open Wed-Sun, 10am-4pm. Info: (510) 544-3220 or chvisit@ebparks.org.

DISCOVERY DAYS

Coyote Hills Interpretive Staff
11am-3:30pm, every Sat & Sun
Enhance your park adventure with hands-on exploration or crafts the whole family will enjoy.

ALAMEDA CREEK WALK & TALK

Coyote Hills Francis Mendoza
9-noon, Sun, Jan 5
Hike a relatively flat 3 miles around the marsh as we discuss the importance of

water in the park and in our lives. Bring sturdy shoes, water, and a snack. Heavy rain cancels. 15+yrs.

OHLONE PEOPLE & CULTURE

Coyote Hills Francis Mendoza
1:30-3pm, Sun, Jan 5 & Feb 2
Learn about Ohlone people and their intimate relationship with nature, family, and ancestors. We'll discuss the important values of generosity, balance, and resilience that continue to resonate with Ohlone people today. 8+yrs.

CART OF CURIOSITIES

Coyote Hills Kristina Parkison
1-2:30pm, Sat, Jan 11, Feb 8
9-10:30am, Sat Feb 22, Feb 29
The Curiosity Cart, filled with wonders of cultural and natural history, is hidden somewhere within the park. Find it and discover the secrets it shares!

DUSK DISCOVERY

Coyote Hills Kristina Parkison
4:30-6pm, Sat, Jan 11 #27787
Take advantage of this rare opportunity to see the beauty and diversity of Coyote Hills at dusk! Watch the wildlife as one "shift" clocks out and the other begins! 6+yrs. Registration is required.

DUMBARTON QUARRY BAYSIDE CAMPGROUND HIKE

Coyote Hills Francis Mendoza
1:30-4pm, Sun, Jan 12

COYOTE CUBS

Coyote Hills Francis Mendoza
10:30-11:30am, Mon, Jan 27 & Feb 24
Get your preschooler out and into nature! We'll play games, explore the park, and do a craft related to the theme of the day. Caregiver participation required. 3-5 yrs.
Jan 27: Jumping January
Feb 24: Fungi February

Meet at Quarry Lot. The long-awaited Dumbarton Quarry Bayside Campground is expected to open this year! Learn the history of the quarry and campground on this easy 2.5 mile out-and-back hike. 12+yrs.

FIVE SENSES NATURE WALK

Coyote Hills Kristina Parkison
1-2:30pm, Sat, Jan 18
Join us as we use our five senses to explore and experience the marshes in all their glory! 4+yrs.

SLEEP IN AND TAKE A HIKE

Coyote Hills Francis Mendoza
1-3:30pm, Sun, Jan 26
Having a little too much fun in the new year? Then sleep in and join us for an easy 2.5-mile hike around the hills. Wear layers and bring water. Heavy rain cancels. 15+yrs.

OHLONE VILLAGE SITE TOUR

Coyote Hills Interpretive Staff
1:30-3:30pm Sat, Jan 4
10-noon & 1:30-3:30pm Sun, Jan 19, Feb 16; 1:30-3:30pm Sat, Feb 1
Walk one-half mile through vibrant marsh habitat to a more than 2,000 year-old Ohlone village site. Learn about Ohlone cultures, past to present. Tour a reconstructed shade structure, pit house, and sweat house.



Healthy Parks Healthy People: Bay Area

Monthly walks that provide safe, low-impact physical activity and improve health and well-being of all participants, through regular use and enjoyment of the Regional Parks. Look for **HPHP**.



January 2020

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26	27	28	29	30	31	

- 1**
Ardenwood: New Year's Day Farm Walk
- 2**
Ardenwood: Animal Feeding
Sunol: Take a Break in Nature: Winter in Wilderness
- 3**
Ardenwood: Animal Feeding
Sunol: Take a Break in Nature: Rockin' Rocks
- 4**
Alameda Creek: Bird Walk
Ardenwood: Monarchs: Pollinator Royalty, Animal Feeding, Monarch Spotting, Monarchs For Kids
Big Break: Delta Discoveries, Testing The Water
Black Diamond: Meet a Snake, Nature Discoveries
Coyote Hills: Discovery Days, Ohlone Village Site Tour
Crab Cove: Family Nature Fun- Mammals, Fish Feeding Time
Sunol: Nature Crafts, Wild Wonders
Temescal: Fishing - Trout Basics
Tilden Nature Area: Farm Chores For Littles, Saturday Nature Strolls
- 5**
Ardenwood: Monarchs: Pollinator Royalty, Animal Feeding, Marvelous Monarchs, Monarch Spotting
Arroyo Staging: A New Year, A New View
Big Break: Delta Discoveries, Testing The Water
Black Diamond: Historic Somersville
Briones: New Year, Nature You
Coyote Hills: Discovery Days, Alameda Creek Walk And Talk, Ohlone People & Culture
Crab Cove: Family Nature Fun- Mammals, Storytime, Fish Feeding Time
Leona Canyon: Sunday Stroll
Morgan Territory: New Year's Jaunt
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: "Newts, Salamanders, and Frogs Oh My!", Fireside Stories
- 6**
Big Break: Big Break Littles
- 7**
Big Break: Big Break Littles
Carquinez Strait: The Over-The-Hills Gang
Crab Cove: Hikes for Tykes
- 8**
Big Break: Coffee Talk & Delta News

8

Regional in Nature

Activity Calendar

- 9**
Ardenwood: Animal Feeding
- 10**
Ardenwood: Animal Feeding
- 11**
Ardenwood: Monarchs: Pollinator Royalty, Animal Feeding, Monarch Spotting, Monarchs For Kids
Big Break: Delta Discoveries, Testing The Water, King Tides and Wetland Sponges
Black Diamond: Meet a Snake, Nature Journaling, Nature Discoveries
Coyote Hills: Discovery Days, Cart of Curiosities, Dusk Discovery
Crab Cove: Family Nature Fun- Wonderful Watershed, Fish Feeding Time, Nature Party-Bay Critters, Nature Party-Reptiles
Del Valle: Winter Water Birding
MLK Jr. Shoreline: Shark and Shorebird King Tide Paddle
Sibley: Amphibian Safari
Sunol: Nature Crafts, Wild Wonders
- Tilden Nature Area:** Farm Chores For Littles, Saturday Nature Strolls
- 12**
Ardenwood: Monarchs: Pollinator Royalty, Animal Feeding, Puppet Show, Monarch Spotting
Big Break: Delta Discoveries, Testing The Water
Black Diamond: Historic Somersville
Briones: Fungus Among Us
Coyote Hills: Dumbarton Quarry Bayside Campground Hike, Discovery Days
Crab Cove: Adult Craft Night Social, Family Nature Fun- Wonderful Watershed, Storytime, Fish Feeding Time
Del Valle: Park 'n Play
Hayward Shoreline: Birding The Shoreline
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: "Mud, Mud Glorious Mud", Fireside Stories
Tilden: New Year, Nature You: Lone Oak
- 13**
Sunol: Outdoor Discoveries: Water, Water Everywhere
- 14**
Coyote Hills: Weekday Bird Walk
Crab Cove: Sea Squirts: Wonderful Winter Weather
- 15**
Briones: Wednesday Walks
Lake Chabot: Introduction into Freshwater Fishing
MLK Jr. Shoreline: Wednesday Walks
- 16**
Ardenwood: Animal Feeding
Crown Beach: Third Thursdays in the Garden
- 17**
Ardenwood: Animal Feeding
- 18**
Ardenwood: Monarchs: Pollinator Royalty, Animal Feeding, Monarch Spotting, Monarchs For Kids
Big Break: Delta Discoveries, Testing The Water
Black Diamond: Meet a Snake, Nature Discoveries
Contra Loma: Early Birds
Coyote Hills: Discovery Days, Five Senses Nature Walk
Crab Cove: Family Nature Fun- Low Tide Exploration, Fish Feeding Time, Nature Party-Bay Critters, Nature Party-Reptiles
Garin/Dry Creek: Canine Capers Walk
Redwood: Lovely Ladybugs
Roberts: Archery Introduction
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles, Saturday Nature Strolls



Sand Art at Crown Memorial Beach.

- 19**
Ardenwood: Monarchs: Pollinator Royalty, Animal Feeding, Puppet Show, Monarch Spotting
Big Break: Delta Discoveries, Testing The Water
Black Diamond: Historic Somersville
Briones: Enigmatic Amphibians
Coyote Hills: Discovery Days, Ohlone Village Site Tour
Crab Cove: Family Nature Fun- Low Tide Exploration, Storytime, Fish Feeding Time
MLK Jr. Shoreline: Sunday Stroll
Sobrante Ridge: New Year, Nature You
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: "Newts, Salamanders, and Frogs Oh My!", Fireside Stories
- 20**
Shadow Cliffs: Lakeside Littles
- 21**
Redwood: Hikes for Tykes, The Over-The-Hills Gang
- 23**
Ardenwood: Animal Feeding
- 24**
Ardenwood: Animal Feeding
Crab Cove: Docent Training
- 25**
Ardenwood: Monarchs: Pollinator Royalty, Animal Feeding, Monarch Spotting, Monarchs For Kids
Big Break: Delta Discoveries, Testing The Water
Black Diamond: Meet a Snake, Pond Exploration, Nature Discoveries
Coyote Hills: Discovery Days
Crab Cove: "Family Nature Fun- Move it, Move it!", Fish Feeding Time
Garin/Dry Creek: For the Birds - Volunteer Project
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles, Tilden Fungal Fair
- 26**
Ardenwood: Monarchs: Pollinator Royalty, Animal Feeding, Marvelous Monarchs, Monarch Spotting
Big Break: Delta Discoveries, Testing The Water
Black Diamond: Historic Somersville, Hazel-Atlas History Hike
Coyote Hills: Discovery Days, Native California Plant Uses, Sleep In And Take A Hike
Crab Cove: "Family Nature Fun- Move it, Move it!", Storytime, Fish Feeding Time
Sibley: Sunrise At Sibley Hike
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Tilden Fungal Fair, Fireside Stories
- 27**
Coyote Hills: Coyote Cubs - Jumping January!
Sunol: Outdoor Discoveries: Neat Newts
- 28**
Crab Cove: Sea Squirts: Sand Art
- 29**
Coyote Hills: Wednesday Walks
Sunol: Songs and Stories
- 30**
Ardenwood: Animal Feeding
Big Break: Thursday Birding: Raptor Baseline
Temescal: Fitness for the Trail & For Life!
- 31**
Ardenwood: Animal Feeding
- 1**
Ardenwood: Old Fashioned Butter Makin', Animal Feeding, Fun With Felting, Farmyard Story Time
Big Break: Delta Discoveries, Testing The Water
Black Diamond: Hiking Poles: Skills & Techniques Plus Practice Hike, Meet a Snake, Nature Discoveries

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Coyote Hills: Discovery Days, Bird Walk, Ohlone Village Site Tour
Crab Cove: "Family Nature Fun- Duck, Duck, Goose!", Fish Feeding Time, Nature Party-Bay Critters, Nature Party-Reptiles
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles, Mission: Amphibians, Botanical Watercoloring

2

Ardenwood: Animal Feeding, Rabbit Rendezvous, Corn Mosaics, Walking History Tour
Big Break: Delta Discoveries, Testing The Water
Black Diamond: Historic Somersville
Coyote Hills: Discovery Days, Ohlone People & Culture
Crab Cove: Beautify the Beach Clean-up, "Family Nature Fun- Duck, Duck, Goose!", Storytime, Fish Feeding Time
Round Valley: Vasco Caves Regional Preserve Tour
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Woolly Lambs Fireside Stories, Meet the Rabbits

3

Big Break: Big Break Littles
Richmond – Landfill Loop: Monday Birding

4

Big Break: Big Break Littles
Lafayette/Moraga Trail: Hikes for Tykes
Point Pinole: The Over-The-Hills Gang

5

Ardenwood: Toddler Time
Big Break: Coffee Talk & Delta News
Sibley: Wednesday Walks

6

Ardenwood: Animal Feeding

7

Ardenwood: Animal Feeding

8

Ardenwood: Farm Chores For Kids, Animal Feeding, A Fungus Among Us, Stilt Walkers
Big Break: Delta Discoveries, First Aid for Dogs, Testing The Water, King Tides and Wetland Sponges
Black Diamond: Meet a Snake, Nature Discoveries
Coyote Hills: Discovery Days, Cart of Curiosities, Sunrise Hike
Crab Cove: Adult Craft Night Social, Family Nature Fun- I Love Crab Cove, Fish Feeding Time
Del Valle: Winter Water Birding
Radke Martinez Shoreline: Nature Journaling
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles, Creek and Pond Study, Community Garden Design

9

Ardenwood: Animal Feeding, Gorgeous Goats, Victorian Table Top Games, Wake Up The Farm
Big Break: Delta Discoveries, Testing The Water
Black Diamond: Historic Somersville, Winter Blooms
Brushy Peak: Vasco Caves Regional Preserve Tour
Coyote Hills: Discovery Days
Crab Cove: Family Nature Fun- I Love Crab Cove, Storytime, Fish Feeding Time
Del Valle: Park 'n Play
Lafayette/Moraga Trail: Sunday Stroll
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Hot Apple Cider, Fireside Stories, Chores for Little Gardeners

10

Sunol: Outdoor Discoveries: Nature Hearts



Farm Chores for Littles.

11

Crab Cove: Sea Squirts: Turtle Time

13

Ardenwood: Animal Feeding

14

Ardenwood: Animal Feeding

15

Alameda Creek: Canine Capers - Dog Walk
Ardenwood: Farm Chores For Kids, Animal Feeding, Corn Mosaics, Birding The Farm
Big Break: Delta Discoveries, Testing The Water
Black Diamond: Meet a Snake, Nature Discoveries
Briones: Amorous Amphibians
Contra Loma: Fishing - Trout Basics
Coyote Hills: Discovery Days, Animal Tracking
Crab Cove: Family Nature Fun- Sounds of Nature, Love The Bay Beach Clean-Up, Fish Feeding Time

Las Trampas: Valley of the Newts Walk
Redwood: Romance In The Redwoods
Roberts: Archery Introduction
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles, Mission: Amphibians

16

Ardenwood: Old Fashioned Butter Makin', Animal Feeding, Fun With Felting, Farmyard Story Time
Big Break: Delta Discoveries, Testing The Water
Black Diamond: Historic Somersville
Coyote Hills: Discovery Days, Ohlone Village Site Tour
Crab Cove: Family Nature Fun- Sounds of Nature, Native Plant and Butterfly Gardening, Storytime, Fish Feeding Time
Round Valley: Vasco Caves Regional Preserve Tour
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Woolly Lambs, Fireside Stories, Meet the Rabbits

17

Shadow Cliffs: Lakeside Littles

18

Briones: The Over-The-Hills Gang
Roberts: Hikes for Tykes

19

Ardenwood: Toddler Time
Lake Chabot: Wednesday Walks

20

Ardenwood: Animal Feeding
Crown Beach: Third Thursdays in the Garden

21

Ardenwood: Animal Feeding

22

Anthony Chabot: Saturday Stroll
Ardenwood: Animal Feeding
Big Break: Delta Discoveries, Testing The Water
Black Diamond: Meet a Snake, Nature Discoveries
Coyote Hills: Discovery Days, Cart of Curiosities, Native Knowledge Nature Walk
Crab Cove: Family Nature Fun- Squid Dissection, Fish Feeding Time, Nature Party-Bay Critters, Nature Party-Reptiles
Round Valley: Vasco Caves Regional Preserve Tour
Sunol: Birding for Beginners, Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles, Creek and Pond Study

23

Ardenwood: Animal Feeding, Gorgeous Goats, Victorian Table Top Games, Wake

Up The Farm
Big Break: Delta Discoveries, Testing The Water
Black Diamond: Historic Somersville
Coyote Hills: Discovery Days, Native California Plant Uses
Crab Cove: Family Nature Fun- Squid Dissection, Storytime, Fish Feeding Time
Las Trampas: Valley of the Newts Walk
Round Valley: Vasco Caves Regional Preserve Tour
Sibley: Volcanos, Labyrinths, Quarries & Newts
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Hot Apple Cider, Fireside Stories, Chores for Little Gardeners

24

Coyote Hills: Coyote Cubs - Fungi February
McLaughlin Eastshore: Monday Birding
Sunol: Outdoor Discoveries: Frog and Toad

25

Crab Cove: Sea Squirts: Sharks and Rays
Quarry Lakes: Weekday Bird Walk

26

Ardenwood: Toddler Time
Sunol: Songs and Stories

27

Ardenwood: Animal Feeding
Round Valley: Thursday Birding: Raptor Baseline

28

Ardenwood: Animal Feeding
Crown Beach: Birdwalk by the Bay

29

Ardenwood: Animal Feeding, Fun With Felting, We All Scream For Ice Cream!, Farmyard Story Time
Big Break: Delta Discoveries, Testing The Water
Black Diamond: Leap Day Hiking Poles Class, Meet a Snake, Nature Discoveries
Coyote Hills: Discovery Days, Cart of Curiosities
Crab Cove: Family Nature Fun- Legendary Leapers, Fish Feeding Time
Garin/Dry Creek: Nifty Newts
MLK Jr. Shoreline: Winter Afternoon Paddle
Sunol: Leap Day Trek, Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles

NATIVE CALIFORNIA PLANT USES ^{SP}

Coyote Hills Francis Mendoza
10-11:30am, Sun, Jan 26 & Feb 23
Go on a short walk to learn how Native Californians use plants for food, medicine, shelter, and tools. We'll visit our native plant gardens and walk out to the freshwater marsh. 15+yrs.

SUNRISE HIKE ^{SP} ^h

Coyote Hills Kristina Parkison
6:30-8am, Sat, Feb 8 #27778
Start your day well by exploring the beauty of Coyote Hills at sunrise! We'll see the wildlife as some end their day, while others begin theirs! 12+yrs.
Registration is required.

ANIMAL TRACKING ^{SP} ^h

Coyote Hills Kristina Parkison
1-2:30pm, Sat, Feb 15
Who's been leaving tracks at our park? Find out with fun activities designed to help you learn to decode the secret language of animal tracks! 7+yrs.



BIRD WALKS

Birding the Farm, Ardenwood, Feb 15, page 6

Thursday Birding, Various Parks, Jan 30, Feb 27, page 7

Bird Walk by the Bay, Elsie Roemer Bird Sanctuary, Feb 28, page 10

Winter Water Birding, Del Valle, Jan 11, Feb 8, page 10

Birding for Beginners, Sunol, Feb 22, page 11

Bird Walk, Various Parks, Jan 4, Feb 1, page 11

Birding the Shoreline, Hayward Shoreline, Jan 12, page 12

Weekday Bird Walk, Various Parks, Jan 14, Feb 25, page 12

Early Birds, Contra Loma, Jan 18, page 12

Monday Birding, Various Parks, Feb 3 & 24, page 12

SEA SQUIRTS ^h ^h

Crab Cove Interpretive Staff
10:30-11:45am, every other Tue
Jan 14: Wonderful Winter Weather #27670
Jan 28: Sand Art # 27671; Feb 11: Turtle Time # 27672;
Feb 25: Sharks and Rays #27673
Share a morning of shoreline fun with your pre-school-aged child. We'll play games, explore outdoors, sing songs, and do a craft related to the theme of the day!
3-5yrs. Registration is required.
Fee: \$5 (\$7 non-res.)



NATIVE KNOWLEDGE NATURE WALK ^{SP} ^{HPHP}

Coyote Hills Kristina Parkison
2-3:30pm, Sat, Feb 22
Ohlone people have lived on this land for centuries, learning its secrets. We'll share some of that knowledge of plant use and animals, plus play some games that Ohlone people enjoy! 7+yrs.

CRAB COVE

Crab Cove Visitor Center is open Wed-Sun, 10am-4pm. Info: (510) 544-3187 or cccove@ebparks.org.

FAMILY NATURE FUN ^h

Crab Cove Interpretive Staff
2-3pm, Sat & Sun, Jan & Feb
The aquarium, beach, and pond await you! Drop by to explore the Bay and its wildlife with a new topic each week.
Jan 4 & 5: Mammals – Did you know you are a mammal?
Jan 11 & 12: Wonderful Watershed – Follow water from tree to sea.
Jan 18 & 19: Low Tide Exploration – What's in the Bay? Find out when the tide's out.
Jan 25 & 26: Move It, Move It! – Discover how animals hop, crawl, fly, & run to survive.
Feb 1 & 2: Duck, Duck, Goose! - Play fun games to learn more about our feathered friends.
Feb 8 & 9: I ♥ Crab Cove! – Celebrate all there is to love about the Bay.

Feb 15 & 16: Sounds of Nature - Chirp, squeak, roar, and screech - the sounds of nature have something to teach.
Feb 22 & 23: Squid Dissection – Get an insider's look at these incredible inkers.
Feb 29: Legendary Leapers – Learn about epic animal leaps on this extra day of the year.

STORYTIME ^h ^{Art} ^{Music}

Crab Cove Interpretive Staff
11-11:30am, every Sun, Jan & Feb
Come meet story characters like the Lorax, hermit crabs, and "Swimmy the Fish," then meet a real animal, do a craft or scavenger hunt, or watch a nature video.

FISH FEEDING TIME ^h

Crab Cove Interpretive Staff
3-3:30pm, Sat & Sun, Jan & Feb
Meet our crabs, fish, and sharks while they eat. Learn how the Seafood Watch app helps their friends in the wild.

ADULT CRAFT NIGHT SOCIAL ^h ^{Art} ^{Music}

Crab Cove Morgan Guenther
5:30-7pm, Sun, Jan 12; Sat, Feb 8
Get your craft on and upcycle common household items to create the next envy of Pinterest. We'll provide the project, instruction and supplies. BYOGG. We've got enough glue guns to go around.
Jan 12: Macrame Plant Hangers from T-Shirt Yarn # 27675
Feb 8: Picture Frames/Wall Hangings from Magazine Paper Reeds #27684
Registration is required.
Fee: \$10 (\$12 non-res.)

BIRD WALK BY THE BAY

Elsie Roemer Bird Sanctuary Susan Ramos
8:30-10:30am, Fri Feb 28
Take a "peep" at our local shorebirds! Beginners welcome & encouraged. Bring binoculars or borrow ours. Meet on the viewing platform near the intersection of Shoreline Drive and Broadway. Sorry, no dogs.

DEL VALLE

All programs meet outside the Del Valle Visitor Center unless otherwise noted. Info: (510) 544-3146 or dvisit@ebparks.org.

A NEW YEAR, A NEW VIEW ^{HPHP}

Del Valle Ashley Grenier
9am-noon, Sun, Jan 5
Greet the new year with a hike over the arroyo, through oak grasslands, and uphill for spectacular views of Lake Del Valle. 8+yrs.

WINTER WATER BIRDING ^{SP}

Del Valle Interpretive Staff
10am-noon, Sat, Jan 11, Feb 8
Marina – The lakes of the Tri Valley are a perfect place for water-loving birds to spend the winter. We'll get to know our visiting guests on a walk with views of the lake.

PARK 'N PLAY ^{SP}

Del Valle Ashley Grenier
10am-noon, Sun, Jan 12, Feb 9
Fiesta Grande – Let's play in the park! Bring your family and friends out for some fresh air, nature games, and wildlife exploration. Rain or shine.

SUNOL

Unless otherwise noted, all programs meet at the Sunol Visitor Center, open weekends 10am-4pm. Info: (510) 544-3249 or svisit@ebparks.org

TAKE A BREAK IN NATURE ^{SP} ^h

Sunol Ashley Adams
10:30am-noon, Jan 2, 3
No school? No problem. Join us in the park for nature, science and exploration during your Winter Break. Sign up for one day or both. Registration is required. 5-10yrs.
Jan 2: Winter in Wilderness #27740
Jan 3: Rockin' Rocks #27743

NATURE CRAFTS ^{SP} ^h ^{Art} ^{Music}

Sunol Interpretive Staff
10am-noon, every Sat and Sun
Discover the natural world through your artistic side. We will explore the wild side of Sunol with a different craft each week.

WILD WONDERS ^{SP}

Sunol Interpretive Staff
2-3pm, every Sat & Sun in Jan & Feb
Wildness awaits. Discover the wonders of the wilderness through games, activities, and explorations. Great for families of all ages.

OUTDOOR DISCOVERIES!

Sunol Ashley Grenier
10:30am-noon, every other Mon
Jan 13: Water, Water Everywhere #27705
Jan 27: Neat Newts #27708
Feb 10: Nature Hearts #27713
Feb 24: Frog and Toad #27714
Explore the world around you in this hands-on preschool and home school nature series. Join us as we discover, adventure and create in the outdoor classroom of Sunol. 4-8yrs. Registration is required.

SONGS AND STORIES OF SUNOL

Sunol Ashley Adams
10:30-11:30am, Wed, Jan 29, Feb 26
Wander into the wilderness for tales of our forest friends. We'll sing songs, explore through play, and discover the magic of nature all around us.

BIRDING FOR BEGINNERS

Sunol Ashley Adams
9-11am, Sat, Feb 22
Birding is a fun and exciting way of exploring nature in winter. We'll supply the binoculars as we find out which feathered friends visit Sunol.

LEAP DAY TREK

Sunol Ashley Adams
10am-1pm, Sat, Feb 29
Celebrate leap day with an adventure through Sunol. Along our way, we'll leap over a few stream crossings so bring shoes that are okay to get wet.

TILDEN NATURE AREA

The Environmental Education Center (EEC) is open Tue-Sun, 10am-4:30pm. The Little Farm is open daily. Info: (510) 544-2233 or tnarea@ebparks.org.



FARM CHORES FOR LITTLES

Tilden Nature Area Interpretive Staff
10:30-11am, every Sat in Jan & Feb
Little children will enjoy taking care of the little animals at the Little Farm. Meet at the rabbit hutch for a variety of age-appropriate activities.

SATURDAY NATURE STROLLS

Tilden Nature Area Anthony Fisher
1-2:30pm, Sat, Jan 4, 11 & 18
Easy guided walks to observe the fascinating details and soothing expressions of nature's diversity. Bring a camera or phone to document your discoveries.

FIRESIDE STORIES

Tilden Nature Area Interpretive Staff
11-11:30am, every Sun in Jan & Feb
Gather 'round the fire for stories about farm animals, insects, nature and more. Different stories each week.

NEWTS, SALAMANDERS, AND FROGS OH MY!

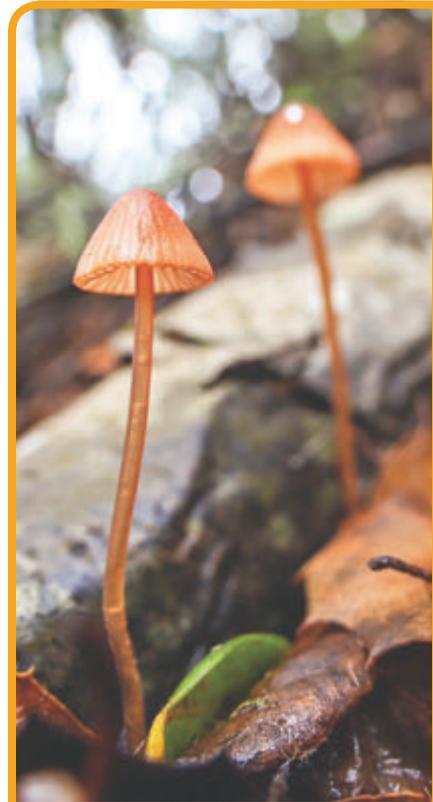
Tilden Nature Area Trail Gail
1:30-2:30pm, Sun, Jan 5 & 19
We'll search our ponds, for the wet wildlife of the Nature Area. Come dressed for outdoors.

MUD, MUD GLORIOUS MUD

Tilden Nature Area Trail Gail
1:30-2:30pm, Sun, Jan 12
Let's stomp in the mud! It's fun and it's good for your health. We'll make some mud pies and see if our mood changes.

BOTANICAL WATERCOLORING

Tilden Nature Area Em Ritchie
2-3pm, Sat, Feb 1
Explore the native plants of the Nature Area by creating beautiful botanical wa-



TILDEN FUNGAL FAIR

Tilden Nature Area
Trent Pearce & Interpretive Staff
10am-4:30pm, Sat & Sun, Jan 25 & 26
Celebrate the fruits of winter. View hundreds of local mushroom specimens, mingle with the mycological community, and enjoy presentations by guest speakers at this two day special event. All ages welcome.

tercolors. Participants will gain basic skills in life-drawing, plant identification, and watercoloring.

MISSION: AMPHIBIANS

Tilden Nature Area Trent Pearce
3-4pm, Sat, Feb 1 & 15
Explore the Tilden Nature Area and meet our resident salamanders and frogs. Learn about what makes amphibians unique. Rain or shine.

MEET THE RABBITS

Tilden Nature Area Jenna S. Collins
Noon-1pm, Sun, Feb 2 & 16
How do rabbits eat? Sleep? How does their fur feel? Discover these and other hoppin' facts as we meet some of our rabbits. Meet at the rabbit hutch.

WOOLY LAMBS

Tilden Nature Area Jenna S. Collins
3-4pm, Sun, Feb 2 & 16
Ever wonder what a sheep's wool feels like? Come meet our flock, then make your own mini sheep from their wool to take home. Meet at the red barn.

COMMUNITY GARDEN DESIGN

Tilden Nature Area Em Ritchie
2-3pm, Sat, Feb 8
Learn to design and build a garden landscape while working on our whimsical garden space. Help make your home and our space a sanctuary for humans and animals alike. Meet in the Kids Garden.

CREEK AND POND SURVEY

Tilden Nature Area Trent Pearce
3-4pm, Sat, Feb 8 & 22

Take a 'dip' in our local waters and help document benthic macroinvertebrates – a.k.a. water bugs. Wear shoes to get wet and muddy. Rain or shine.

HOT APPLE CIDER

Tilden Nature Area Jenna S. Collins
Noon-1pm, Sun, Feb 9 & 23
Cold winter days call for a hot treat! Meet at the visitor center and learn how we press fresh apples into a delicious drink.

CHORES FOR LITTLE GARDENERS

Tilden Nature Area Jenna S. Collins
3-4pm, Sun, Feb 9 & 23
Lend a hand weeding, watering and planting our healthy vegetables. We might even taste a few. Meet at the Kids' Garden.

OTHER PARKS

BIRD WALK

Various Parks Kristina Parkison
8-10am, Sat, Jan 4 (Alameda Creek Trail, Niles Staging Area)
Feb 1 (Coyote Hills Visitor Center)
The Bay Area bursts with bird life! New and experienced birders alike join us as we discover patterns of behavior, migration, and habitat. 8+yrs. Info: (510) 544-3220.

NEW YEAR'S JAUNT

Morgan Territory Kevin Dixon
9am-3pm, Sun, Jan. 5 #27745
Survey the renewing earth and maybe discover some of winter's amphibious wanderers. Strenuous. 11+yrs. Info: (510) 544-2750. Registration is required.

THE OVER-THE-HILLS GANG

Various Parks Trail Gail
10am-12:30pm, Tue, Jan 7 & 21, Feb 4 & 18
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.
Jan 7: Carquinez Strait, Port Costa Staging Area – Paved and open with great views.
Jan 21: Redwood Regional Park, Canyon Meadow Staging Area - search for ladybugs.
Feb 4: Point Pinole, Atlas Road Staging Area – Learn about its explosive past. (mostly flat).
Feb 18: Briones, Briones Road Staging Area – We're heading to the ponds and lagoons to search for life. Info: (510) 544-2233.



Senior Hikers Over-The-Hills Gang. Photo S. Lewis.

AMPHIBIAN SAFARI

Sibley Susan Ramos
10:30am-12:30pm, Sat Jan 11
Sibley Staging Area – Skyline Blvd: Winter rains bring out amphibians. Hike to a special pond in hopes of seeing some slippery newts. Maybe frogs too! About 3 miles roundtrip. Sorry no dogs.
Info: (510) 544-3187.

BIRDING THE SHORELINE

Hayward Shoreline Francis Mendoza
8:30-11am, Sun, Jan 12
Meet at the western end of W. Winton Ave. Look for shorebirds and other winter migrants on this easy 2 mile hike along the shoreline. Wear layers and bring water. Heavy rain cancels. 15+yrs.
Info: (510) 544-3220.

FUNGUS AMONG US

Briones Eddie Willis
10am-noon, Sun, Jan 12
Alhambra Staging Area – Join this fun-guy as we search the murky backwoods for mushrooms, slime molds, and other fungus on this exploratory nature hike. No collecting. Info: (510) 544-2750.

WEEKDAY BIRD WALK **SP** **HPHP**

Various Parks Kristina Parkison
7:30-9:30am, Tue, Jan 14 (Coyote Hills Visitor Center); Feb 25 (Quarry Lakes)
Share your enthusiasm for bird life on a tranquil walk through various Bay Area parklands. All levels of birding experience welcome. Bring water, sunscreen, and binoculars or scopes.
12+yrs. Info: (510) 544-3220.

LOVELY LADYBUGS **HPHP**

Redwood Susan Ramos
10:30am-12:30pm, Sat Jan 18
Canyon Meadow Staging Area – Loads of lovely ladybugs overwinter in this amazing park! Hike about 3 miles roundtrip past towering Redwood trees to see these beetle beauties up close. Sorry, no dogs. Info: (510) 544-3187.

CANINE CAPERS – DOG WALK **SP** **HPHP**

Various Parks Kristina Parkison
9-11am, Sat, Jan 18 (Garin) #27685, Feb 15 (Alameda Creek) #27691
The restorative effect of spending time outdoors with a friend, furry or otherwise, is well-known. Join this monthly adventure to nurture our inner and outer-selves by exploring and learning about the natural world around us as we hike park trails.
8+yrs. Registration is required. Trails can be steep. Rain cancels.

EARLY BIRDS **SP**

Contra Loma Virginia Delgado-Martinez
8:30-10am, Sat, Jan. 18
Boat Launch – Enjoy an early morning stroll around the lake and see what birds have flown in for the winter. 5+yrs. Info: (510) 544-2750. Parking fee: \$5.

ENIGMATIC AMPHIBIANS **HPHP**

Briones Kevin Dixon
9:30am-1:30pm, Sun, Jan. 19 #27828
Alhambra Creek Staging Area – Salamanders rarely appear before us. They are delicate, yet survive summer's heat and thrive in winter's cold. We'll search the places they dwell for a closer look.
8+yrs. Info: (510) 544-2750.
Registration is required.

LAKESIDE LITTLES **SP**

Shadow Cliffs Ashley Grenier
10-11am, 11:30am-12:30pm, Mon, Jan 20, Feb 17
Bring your little ones out and discover nature. Each month we'll explore a trail, look at bugs, search for birds, and much more. Let's get outside! Caregiver participation required. 1-5yrs. Info: (510) 544-3249.

SUNRISE AT SIBLEY HIKE

Sibley Morgan Guenther
6:30-8:30am, Sun, Jan 26
Sibley Staging Area – Skyline Blvd
Fight the winter morning as we get up and out to explore the natural beauty as darkness turns to daylight. Bring a flashlight for this 2-mile walk. Info: (510) 544-3187.

VASCO CAVES TOURS **HPHP**

Vasco Caves Interpretive Staff
9am-2pm, Sun, Feb. 2 #27830; Feb 9 #27834; Feb 16 #27831 & Feb 23 #27833; Sat, Feb. 22 #27832
Hike 2-3 miles through this wild and windswept land which is sacred to local California Indian communities and a refuge

HIKES FOR TYKES **SP** **HPHP**

Various Parks Interpretive Staff
10:30-11:45am, every other Tues
Enjoy some nature before naptime with your young child! Join a naturalist as they take you over hill and dell to explore the Regional Parks. Tools for exploration will be provided. Hikes average about 1 mile. Bring a snack. Strollers are not recommended for most hikes. Parking fees apply. Rain cancels.
Info: (510) 544-3187.

Jan 7: Crab Cove (Visitor Center) – Romp around the cove, watch animals, and find treasures on the beach.

Jan 21: Redwood (Canyon Meadow Staging Area) – Explore the forest and meadow, and maybe see hibernating ladybugs!

Feb 4: Lafayette-Moraga Trail (St. Mary's Road Staging Area) – Walk to a waterfall during this winter exploration. Strollers fine for most of this trail.

Feb 18: Roberts (Redwood Bowl Staging Area) – Discover the redwood forest and some of the critters who call this place home.

for golden eagles, fairy shrimp, and tiger salamanders. The preserve is accessible only through guided tours staging at Round Valley (Feb. 2, 16, 22, 23) or Brushy Peak (Feb. 9). Info: (510) 544-2750.
Fee: \$35 (non-res\$40).
10+yrs. Registration is required.



MONDAY BIRDING

Various Parks Anthony Fisher
9am-noon, Mon, Feb 3 & 24
Birds of shore and bay are on the "menu" today. **Feb 3:** Landfill Loop. Meet at the end of Parr Blvd in Richmond. **Feb 24:** McLaughlin Eastshore State Park, meet at the Seabreeze Mkt. parking lot, at the end of University Ave, Berkeley.
Info: (510) 544-2233.

AMOROUS AMPHIBIANS

Briones Virginia Delgado-Martinez
10:30am-noon, Sat, Feb. 15
Briones Road Staging Area – Learn what the survival of our newts, salamanders and frogs tells us about our shared environment, as we witness California Newts on their treacherous migration in search of love. 5+yrs. Info: (510) 544-2750.

ROMANCE IN THE REDWOODS

Redwood Park Morgan Guenther
4-6pm, Sat, Feb 15
Canyon Meadow Staging Area – Love is in the air, the trees, on the ground and all around. Schedule date night in the forest for a 2-mile romantic stroll, exploring the saucier side of the park's most amorous residents. Info: (510) 544-3187.

VOLCANOS, LABYRINTHS, QUARRIES, AND NEWTS

Sibley Michael Charnofsky
10am-12:30pm, Sun, Feb 23
Skyline Staging Area – Join us for a 2.5-mile moderate ramble exploring hidden labyrinths in historic quarries that have reshaped this beautiful volcanic landscape. Search skyward for eagles and below the surface for newts. Info: (510) 544-3187.

VALLEY OF THE NEWTS WALK **HPHP**

Las Trampas Interpretive Staff
9:30-11:30am, Sat, Feb 15, Sun, Feb 23
Bollinger Staging Area – Discover the secret life of California Newts on this 1.5-mile trek along Bollinger Creek. Admire these amorous amphibians in their natural habitat and revel in their amazing adaptations.

NEW YEAR, NATURE YOU **HPHP**

Various Parks Trail Gail
9am-noon, most Sundays in Jan
From rolling hills to shady canyons, immerse yourself in nature. Leave the city behind and surround yourself with open space and wonder. Wear hiking shoes and bring a snack to share. 8+yrs.

Jan 5: Briones, Alhambra Staging Area – Where does the water come from?

Jan 12: Tilden Park – Lone Oak Picnic Area – More water than you'd think.

Jan 19: Sobrante Ridge, Coach Drive – Where the flowers bloom (no facilities).
Info: (510) 544-2233.

NIFTY NEWTS **SP** **HPHP**

Garin Kristina Parkison
1:30-3pm, Sat, Feb 29 #27765
What's poisonous, slimy, but cute as can be and often confused for a reptile when it's not? It's the California newt headed toward a pond near you. Join us for a chance to find this animal jewel.
5+yrs. Registration is required.

WEDNESDAY WALKS **SP** **HPHP**

Various Parks Interpretive Staff
Explore new trails, make new friends, and learn about your parks on a naturalist-led hike. Hikers of all ages and abilities are welcome on hikes ranging from easy to challenging. Wear sturdy footwear, bring water, and dress for the weather. Heavy rain cancels. Hikes begin at 9:30am.

Jan 15: MLK Jr. – Tidewater Staging Area: Take a 4x6 hike today- pass 4 creeks and walk almost 6.5 miles on this flat, paved trail. Marshland & amazing birdlife. Bring water and a snack. Dogs on leash okay. Info: (510) 544-3187. Led by Susan Ramos.

Jan 29: Coyote Hills – Circle the hills on a paved, 3.5-mile trail. Bring binoculars to appreciate the abundant birds. Meet at the Visitor Center parking lot. Led by Christina Garcia.

Feb 5: Sibley – Wilcox Staging Area. Hike a 3-mile loop in one of the newest and least known areas of Sibley, before it is closed for creek restoration. Directions: Best access is from Canyon Road in Moraga, then turn right on Pinehurst Road. Sorry, no dogs. Info: (510) 544-3187.

Feb 19: Lake Chabot – Meet at the Marina for a hike on the paved East shore trail. If it's not too muddy, we'll take the Cameron Loop trail into the hills for about 4.5 miles total.

Feb 26: Sobrante Ridge – Conestoga Way. Blooming manzanitas and more, (no facilities). 8+yrs. Led by Trail Gail. Info: (510) 544-2233.

VOLUNTEER

FRENCH BROOM REMOVAL/ RESTORATION PROJECT

Redwood Staff
9am-1pm, 1st Sat of the month
9:30am-1:30pm, 2nd Sun of the month
Help remove invasive French Broom at various locations in the park. Tools, protective equipment and snacks will be provided. Call (510) 544-3127 or email redwood@ebparks.org to confirm meeting location as this can vary from month to month. Rain cancels.

INVASIVE SPECIES REMOVAL/ HABITAT RESTORATION

Huckleberry, Sibley Staff
9:30am, 3rd Sun of the month – Huckleberry
9:30am, 2nd Sat of the month – Sibley
Monthly weeding sessions to help protect native plants against invasive species displacement. Tools provided. Water and snacks are provided but please bring your reusable water bottle. 16+yrs for Huckleberry. For groups of three or more, please contact Park staff at least three weeks in advance.
Info: (510) 544-3112. sibley@ebparks.org.

THIRD THURSDAYS IN THE GARDEN

Crown Beach Staff
10am-noon & 1-3pm, Thu Jan 16, Feb 20
Volunteers are needed in our Demonstration Garden to help with maintenance-

SATURDAY & SUNDAY STROLLS **HPHP**

Various Parks Interpretive Staff
10am-noon

Wake up and walk into nature. Each week we will explore a different park and the natural wonders within. Hikes range from three to four miles. Great for families. Dogs on leash welcome.
Info: (510) 544-3187.

Jan 5: Leona Canyon (Canyon Oaks Dr. Staging Area) – Explore a hidden canyon brought alive by winter rains on this 3-mile out and back adventure. No bathrooms available at this location.

Jan 19: MLK Jr. (Tidewater Staging Area) – Discover migratory birds, possible future park plans, creek outlets, and lesser known parts of the Bay Trail on this flat 4-mile walk.

Feb 9: Lafayette-Moraga Trail (St. Marys Road Staging Area) – A waterfall, wildlife and impressive landscapes will be featured along Las Trampas Creek, 3.75 miles round trip. Bathrooms available halfway.

Feb 22: Anthony Chabot (Bort Meadow) – Enjoy the rolling green hills, watching for birds of prey over head on a 3.5-mile loop.

weeding, pruning, mulching, and other projects. Onetime or ongoing help welcome. Attend one or both sessions. Meet at the bathhouse by Otis entrance. Wear long pants, closed-toe shoes, sun protection, and bring a water bottle. Children 12 and under must be accompanied by an adult. Rain or shine. Info: (510) 544-3187.

VOLUNTEER FOR THE BIRDS

Garin Kristina Parkison
9am-noon, Sat, Jan 25 #27695
Share your enthusiasm for bird life and help the birds at the same time. We will clean existing bluebird boxes and install new ones for the upcoming breeding season. 12+yrs. Registration is required.

MARTIN LUTHER KING JR. DAY OF SERVICE

MLK Jr. Shoreline

Staff

8:30am-noon, Mon, Jan 20 #27954
Join the Park District in celebrating the annual Dr. Martin Luther King Junior Day of Service. Volunteers will assist staff in shoreline litter cleanup, restoration work and invasive plant removal in order to support and care for wildlife and their natural habitats. Volunteers will help restore the MLK Jr. Shoreline.

Children 16 age and younger must be accompanied by an adult. Groups require at

least one chaperone for every 20 kids.

Check in and registration begins at 8:30am. Wear comfortable, weather-appropriate clothes and closed-toed shoes. To cut down on the use of plastic, please bring a refillable water bottle and bucket to pick up litter.
Info: volunteers@ebparks.org. 1-888-327-2757, Option 2.

Heavy rain cancels.
Registration is required.



Shorebird Sanctuary Restoration at Martin Luther King Jr. Regional Shoreline.



BEAUTIFY THE BEACH CLEAN-UP

Crab Cove Michael Charnofsky
10-11:30am, Sun, Feb 2
Let's pick up the trash that winter rainstorms wash up. We'll make the beach beautiful for people and safer for wild animals. Bring your own gloves and bucket or borrow ours. Info: (510) 544-3187.

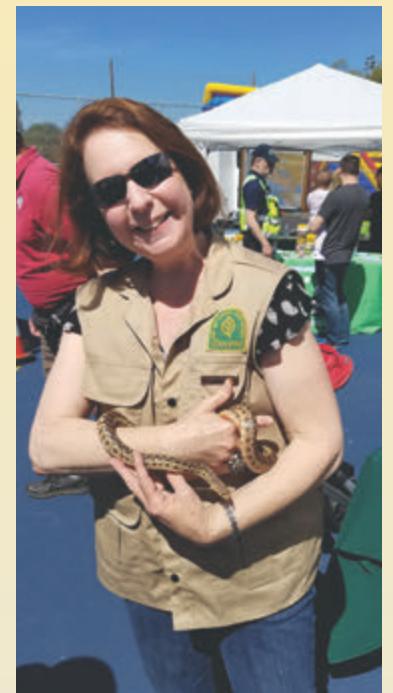
LOVE THE BAY BEACH CLEAN-UP

Crab Cove Morgan Guenther
10:30am-noon, Sat, Feb 15
Make the shoreline your Valentine and show it some love by picking up left-behind litter. Bring your own gloves and bucket or borrow ours. Meet at the Visitor Center. Info: (510) 544-3187.

DOCENT TRAINING AT CRAB COVE

Crab Cove Staff
10am-4pm, Fri Jan 24, Sat Jan 25
& 6:30-8:30pm, Wed, Jan 29 #27733
This three-part training will teach you how to volunteer at Crab Cove Visitor Center and the nearby Regional Parks we serve. Bay ecology, natural and cultural history, and basic interpretive skills will be highlighted. Upon satisfactorily completing the course, volunteer opportunities may include school programs, special events and projects, welcoming visitors, or gardening. Please join us!

No experience necessary. 18+ yrs.
Info & registration: (510) 544-3182,
docents.crabcove@ebparks.org



NATIVE PLANT AND BUTTERFLY GARDENING

Crab Cove Michael Charnofsky
12:30-3:30pm, Sun, Feb 16 #27748
Help beautify the Visitor Center and provide food for wildlife as we prepare our butterfly and native plant gardens for spring. You choose the work: weeding, pruning, mulching, and general clean-up. Snacks and refreshments served, tools provided. Students earn community service hours. Heavy rain cancels. 8+yrs. Registration is required.



Members of the Volunteer Trail Safety Patrol.



Removing invasive plants at Redwood.



Trail Maintenance at Miller Knox.

WILDLIFE VOLUNTEERS

with Dave "Doc Quack" Riensche, Wildlife Biologist

What to Bring: Outdoor clothing (long pants), hiking boots or waterproof boots-knee high (close-toed, waterproof footwear), gloves, hats, water, and sunscreen.

Physical labor is involved with many of our projects. Parent participation is required. Registration is required.

MEMBERSHIP MEETING

EBRPD Administrative Offices, Oakland
7-8:30pm, Wed, Jan 22 #27956
Have you ever wondered what it would be like to get nose-to-nose with wildlife? Well now is your chance to hear about our science based, hands-on wildlife management activities while having some fun and possibly joining our team!

Deadline to sign-up is Jan 17.

Meet at: 2950 Peralta Oaks Court, Oakland, CA 94605



QUAIL RANGERS

Contra Loma, Antioch

9:30am to noon, Sat, Feb 22 #27957

Quail Rangers – Join in some family fun as we improve the Park's habitat for the State bird. Each participant will receive a "Covey Conservation" patch for planting and creating a safe place for quail to eat, rest and nest.

Deadline to sign-up is Feb 14.

Directions: From Oakland: North on Hwy 24 or 680 to Hwy 4. East on Hwy 4 to Lone Tree Way exit. South on Lone Tree Way to Golf Course Road. Right on Golf Course Road to Frederickson Lane. Right on Frederickson Lane to park entrance.



Above: College students display pulled weeds on the Shorebird Sanctuary at ML King Jr. Shoreline to make for better nesting conditions. Below: Wildlife volunteers of all ages spreading out sand to make nesting habitat for the Western Snowy Plover (Inset: decoys).



Health Matters

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Improve Health, Reduce Stress with Nature

1. **Plan A Trip** – Find your Regional Park at www.ebparks.org and GO.
2. **Set A Goal** – Set a once-a-week or once-a-month goal.
3. **Try A Program** – Consider the Trails Challenge program with pre-planned hikes.

Healthy Parks Healthy People Healthy Parks Healthy People Healthy

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Regional Park District

Healthy Parks Healthy People

2950 Peralta Oaks Court
Oakland, CA 94605-0381
ebparks.org

HELP THE ENVIRONMENT AND YOUR COMMUNITY!

MARTIN LUTHER KING JR. DAY OF SERVICE

VOLUNTEERS NEEDED TO IMPROVE AND RESTORE THE MARTIN LUTHER KING JR. SHORELINE

Arrowhead Marsh (off of Swan Way)

Shoreline Cleanup, Visitor Improvements,
and Habitat Restoration

Monday, January 20, 2020

8:30 a.m. to noon

Children welcome. 16 and under
must be accompanied by an adult.

Peppermint Gate (off Oakport St.)

Shoreline Cleanup
Monday, January 20, 2020
8:30 a.m. to noon

Registration Required:

ebparks.org/activities/volunteer
or call 1-888-327-2757, option 2



East Bay 
Regional Park District
Healthy Parks Healthy People

East Bay 
Regional Park District

Youth Job Fair

Whether you like spending time outdoors, working with kids, aquatics, or public safety, we have something for you.

SATURDAY, JANUARY 25, 2020

In partnership with Hayward Area Recreation & Park District (HARD)

Hayward Area Senior Center

10 a.m. to noon

22325 North 3rd Street, Hayward, CA 94541

SATURDAY, FEBRUARY 1, 2020

In partnership with Pleasant Hill Recreation & Park District

Pleasant Hill Senior Center

10 a.m. to noon

233 Gregory Lane, Pleasant Hill, CA 94523




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