

Regional in Nature

Activity Guide

MARCH – APRIL 2022

East Bay 
Regional Park District
Healthy Parks Healthy People



Trails are for Everyone, page 2

Brickyard Cove Opening Soon
See page 3

INSIDE

- Upcoming Groundbreakings, page 3
- Pole Walking, Hiking and Fitness, page 13
- Pacific Flyway, page 9
- Flower Activities, page 14
- Octopus Fun Facts, page 10
- Gummy Salamander Recipe, page 15
- Bug Safari, page 12
- Earth Day, page 16

Contents

Trails are for Everyone	2
Disc Golf Course	3
88 Years of Preservation... ..	4-5
Ardenwood	6
Big Break	7
Black Diamond	8
Coyote Hills	9
Crab Cove	10
Del Valle	11
Mobile Education	12
Outdoor Recreation	13
Sunol	14
Tilden	15
Volunteer Program	16



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

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

Naturalist and Recreation
Programs.....1-888-EBPARKS

TRS Relay Service.....7-1-1

EBRPD Board of Directors

Elizabeth Echols	Ward 1
Dee Rosario	Ward 2
Dennis Waespi	Ward 3
Ellen Corbett	Ward 4
Ayn Wieskamp	Ward 5
Beverly Lane	Ward 6
Colin Coffey (President).....	Ward 7

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

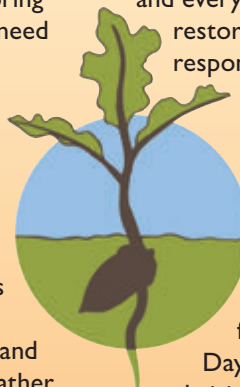


Every Day is Earth Day for Park Staff

A MESSAGE FROM GENERAL MANAGER SABRINA B. LANDRETH



Earth Day began over 50 years ago to bring attention to the need for environmentalism to counteract the negative effect humanity was having on the earth – polluted skies, dirty water and littered lands. While much has been done, the challenge of Earth Day remains. Our climate crisis is real; the effects are present and accelerating – especially locally with extreme weather, drought, sea level rise and increasing wildfire risks.



Today, park staff carry on the work of Earth Day each and every day, stewarding parklands, protecting wildlife, restoring natural habitat, and providing balanced and responsible public access. Our staff are everyday environmentalists dedicated to protecting the environment and keeping it clean and safe for future generations.

This year, we celebrate Earth Day with numerous programs and volunteer park cleanup opportunities throughout the Regional Parks on April 23 and 24. Visit ebparks.org to find out how you can help continue the Earth Day tradition and honor those who had the passion and vision to create it over 50 years ago.

Trails are for Everyone

With over 1,250 miles of trails, your Regional Parks provide ideal places for healthful recreation and opportunities for hiking, biking, horseback riding, dog walking, and more. However, popular parks and busy trails come with some trade-offs. The Park District needs your help to keep parks safe, enjoyable, and welcoming for all users.

Whether you walk, ride or roll, remember these important trail tips the next time you visit your Regional Parks.

Hiking

- Stay to the right when approaching others.
- Always stop and yield to horseback riders.
- Look behind you and to both sides before changing course.
- Hiking with a dog? Keep control of your dog or leash up around other trail users. Some people, especially children, are afraid of dogs.

Biking

- Slow down and call out or ring your bell when passing other visitors.
- Stay on designated trails for your safety and others.

Horseback Riding

- Keep to the right when encountering other visitors.
- Communicate — let other trail users know how to pass your horse safely.
- Clean up after your horse on paved trails.



TILDEN GOLF COURSE TURNS 85

Eighty-five years ago, Tilden Golf Course in Tilden Regional Park opened to the public with much fanfare and excitement. The course was built during the Great Depression by the Works Progress Administration (WPA), that included Civilian Conservation Corps' (CCC) Company 2940-C, a segregated group of 182 young African Americans from California sent to the East Bay to construct park roads and picnic grounds, park beautification, watershed protection, and fire hazard reduction. From 1933 to 1942, the WPA and CCC were key parts of the country's recovery from mass unemployment, providing labor for infrastructure projects throughout the country.



Tilden Golf Course, circa 1937

The golf course was first envisioned in the 1910s by Roy Butler, an Oakland businessman and former member of the UC Berkeley golf team. The vision became a reality when the East Bay Regional Park District was formed and received national assistance for a public course.

Upcoming Groundbreakings

The Park District has some exciting new projects breaking ground in 2022.



- **Point Molate San Francisco Bay Trail Extension** – Construction of 2.5 miles of new Bay Trail at Point Molate in Richmond on land granted from Chevron to the Park District. Groundbreaking expected in late 2022.

- **Tidewater Area Day Use Area Expansion** – Expansion of Tidewater Day Use Area at Martin Luther King, Jr. Regional Shoreline, including additional parking, picnic sites, bathrooms, and water fountains. Land/site preparation beginning March 2022.

- **Roberts Pool Renovation and Replacement** – Roberts Pool is over 70 years old and deteriorating. The renovation project will improve safety, increase usable pool space for programming, and enhance disabled access. Groundbreaking expected in March 2022.

- **Doolittle Bay Trail and Shoreline Improvement Project** – 2,300 feet of new Bay Trail along Doolittle Drive in Martin Luther King, Jr. Regional Shoreline. Also includes replacement of the existing boat launch and ramp. Groundbreaking expected in March 2022.

Brickyard Cove Opening Soon

Opening in early spring, Brickyard Cove along the Berkeley shoreline will provide access for walking, biking, and nature viewing and includes new parking, bike racks, picnic tables, restrooms, water fountains, interpretive signage, walking paths, and connection to the San Francisco Bay Trail.

Brickyard Cove is part of McLaughlin Eastshore State Park, which is managed by the Park District. It extends 8.5 miles along the bay shoreline from the Bay Bridge to Richmond and includes 1,833 acres of upland and tidelands habitat.

Over the years, the Brickyard site had become a community eyesore as a 53-foot-high dirt pile built up from excavated dirt and debris from projects throughout the region. Today the dirt pile is gone, having been lowered by 15 feet through re-grading and removal of debris. The once blighted site has been transformed in a recreational amenity for the public to enjoy with enhanced natural habitat and magnificent views of the San Francisco Bay and skyline.



OYSTER BAY DISC GOLF COURSE NOW OPEN

A new 18-hole disc golf course is now open at Oyster Bay Regional Shoreline, designed by Whirlwind Disc Golf and installed with the help of volunteers from the Oyster Bay Disc Golf Club and larger disc golf community. The course features beautiful views and two tees and two baskets on every hole. The primary entrance to the course is on Neptune Drive.

Oyster Bay Regional Shoreline is located just south of the Oakland International Airport in San Leandro on what was once a landfill. The shoreline park now includes two miles of the San Francisco Bay Trail and is a popular destination for hikers, dog walkers, bicyclists, bird watchers, and now, disc golfers.



Preserving Land Forever

When the East Bay Regional Park District was established in 1934, its total land ownership consisted of an office in downtown Oakland.

Farsighted though they were, the Park District's founders would likely be amazed at the extent of the District today: 73 parklands totaling more than 125,000 acres of public lands throughout Alameda and Contra Costa counties, preserved forever for public enjoyment and wildlife habitat.

This achievement results from decades of planning and hard work by the Park District's staff and publicly elected board, with support from thousands of dedicated East Bay citizens who shared in the vision.

Land for the first regional parks was acquired in 1936: 2,166 acres of surplus watershed, purchased from the East Bay Municipal Utility District.

By 1960 the Park District comprised six parks in the East Bay Hills: Tilden, Sibley, Temescal, Roberts, Redwood, and Anthony Chabot. Part of Tilden was later designated as Wildcat Canyon.

An era of rapid expansion that has continued to this day began with the arrival in 1962 of William Penn Mott Jr. as the Park District's new general manager. During his five-year tenure, Mott reorganized the District management, and worked to achieve the public support and financial resources necessary for parkland expansion.

Parkland expansion has been steady since Mott's time under successive general managers and boards.

A great financial boost came in 1988 with passage by District voters of Measure AA, a \$225 million bond measure for land acquisition and capital improvements. Measure WW, a \$500 million extension of Measure AA for the same purpose, was approved by voters in 2008.

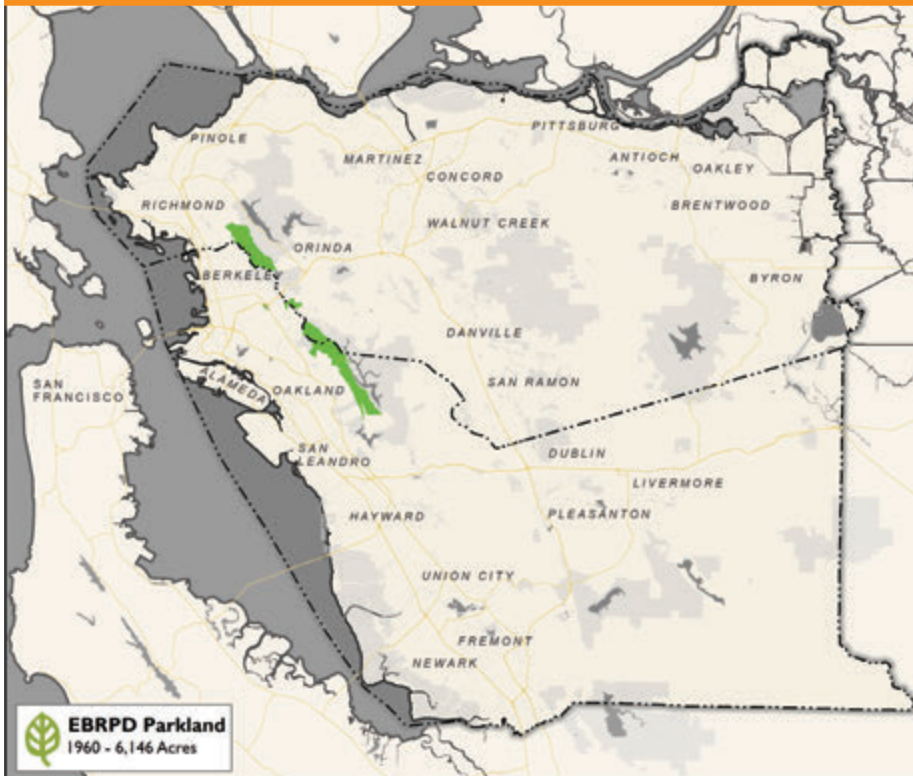


The District's expansion has been guided by a succession of general plans, all compiled with extensive community input, and intended to assure that access to parklands and recreation is distributed equitably throughout the communities that the District serves.

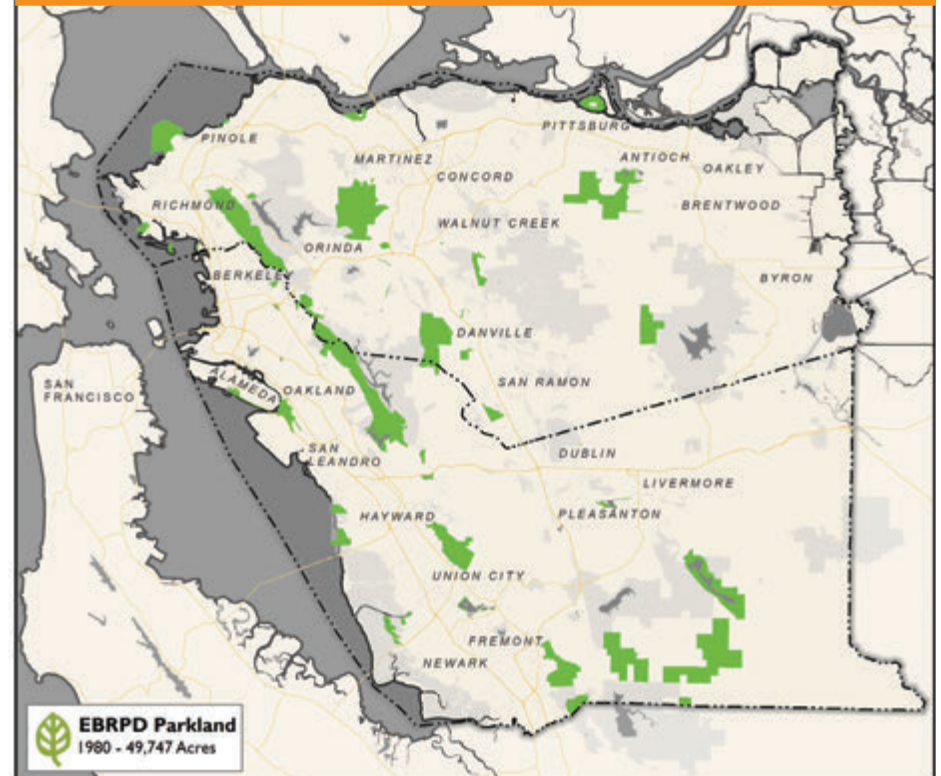
There is equal emphasis on preservation of the region's natural beauty, both for public enjoyment and as critical wildlife habitat.

Looking forward, the Park District will continue acquiring remaining East Bay open space for these purposes, guided by an environmental ethic in all its efforts.

1934 TO 1960



1961 TO 1980



88 Years of Land Preservation

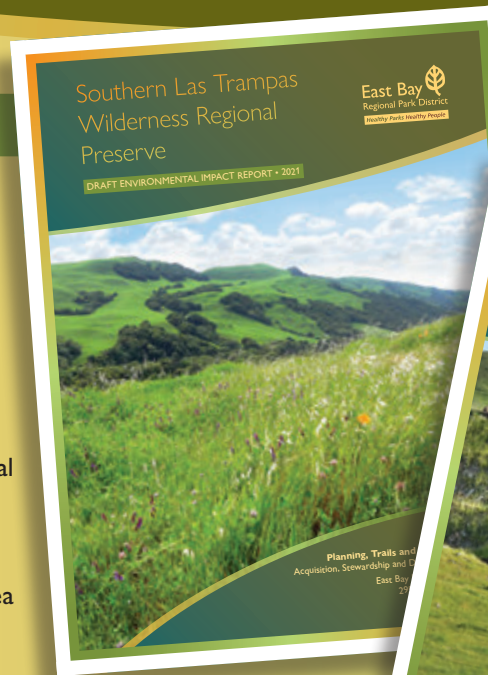
Parklands Under Development

Park visitors may notice signs on regional park fence lines advising that the property ahead is in "land bank," closed until it can be made safe for public access.

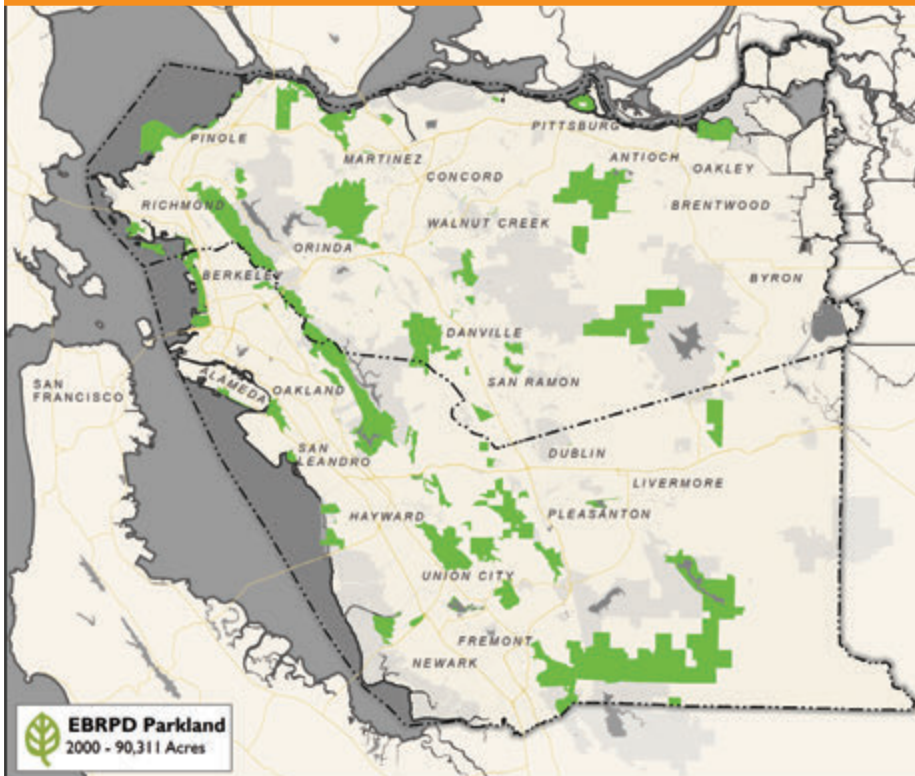
After the Park District buys property, but before it is opened to the public, the District undertakes an extensive planning process with the goal to balance public access with the need to protect sensitive natural and cultural resources.

Many properties acquired by the District are home to endangered animal and plant species. They also may include areas of historic or archaeological significance. All of these factors must be taken into account during the planning process. Some properties may remain inaccessible to the public, due to resource sensitivity, while others may be opened once the necessary planning and environmental review has taken place, and the area has been made safe for visitor enjoyment.

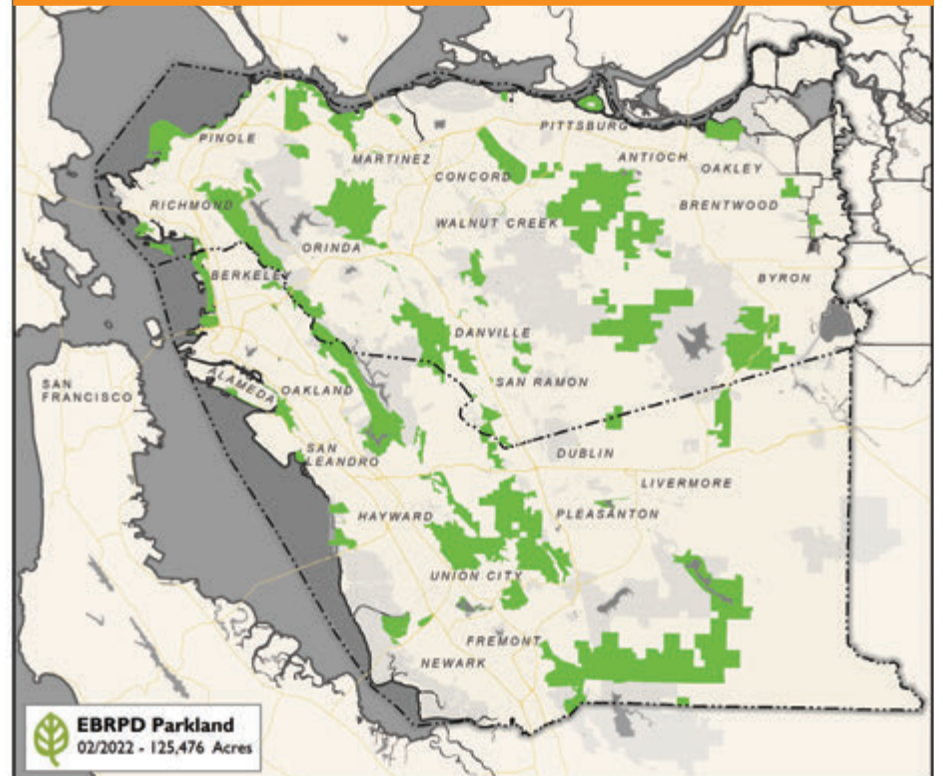
The Park District asks for everyone's patience and cooperation when encountering "land bank" properties. Please do not cross fence lines to enter areas that remain in land bank status. Obtain a park map online at the District website, ebparks.org, or obtain a copy from the information panels at park trailheads. The official trails and trail junctions are well marked.



1981 TO 2000



2001 TO PRESENT





Ardenwood

HISTORIC FARM

Ushering in the Spring

The **Spring Equinox**, on March 20, marks the date on which day and night are of equal length. As spring carries on, days stretch progressively longer than nights, the weather warms, and summer crops begin to grow.

Marking the seasons is one way to stay connected to the natural world around us. For farmers who rely on sunlight and weather patterns to grow our food, seasonal cycles are especially important. The warming of the soil in spring is not only important for many plants, but also for the critters living in the dirt. In fact, the full moon in March – which will be on the 18th this year – is sometimes referred to as “Worm Moon,” possibly because earthworms start becoming more active around that time.

Whether you're a worm, a seed in the soil, or somebody who eats food grown on a farm, the ebb and flow of the seasons are important for your survival, and we invite you to join us in ushering in spring!



SHEEP SHEARING DAY!

Our sheep, with their woolly coats, notice the warming weather each spring. We imagine they look forward to their annual shearing, which keeps them from getting too hot as temperatures rise. Join us on **Saturday, March 19**, for our sheep's annual “haircut.” Watch as the farm's sheep get sheared; then, try your hand at wool carding and see the transformation from fiber to yarn at the spinning wheel. You can even make your own woolly lamb to take home.

WANT TO CELEBRATE THE SPRING EQUINOX AT HOME OR SCHOOL?



Soil Health Video:

Scan this QR code or visit youtube.com/watch?v=aQGdo51c-ck&t=4s



If you have access to a patch of dirt, try digging for worms! Use this QR code to watch a six-minute video about using worms to learn if the soil is healthy.

Ardenwood Interpretive Programs

For a complete list of Ardenwood programs, please visit us online ... ▶



Wild Food

Before farms, people ate wild foods from the land, and we still can. Explore the farm for edible native California plants and discover some weeds that make tasty snacks.

Sun, Mar 6
1-2:30pm

Farmyard Story Time

Perhaps you'll meet Woolbur, the Billy Goats Gruff, or other farm friends! Join the story circle for some classic barnyard tales before visiting the main characters.

Sat, Mar 12, Sun, Apr 3, 17
10:30-11am

Spring Garden Stroll

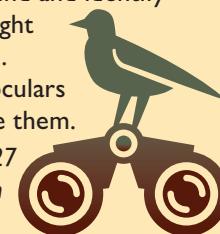
Welcome spring by learning the secret Victorian language of flowers. Find your favorite flowers, learn their meanings, and meet some of the pollinators who make them possible.

Sun, Mar 20
11am-noon

Birding 101

Especially for new birders! Learn to find and identify birds by sight and sound. Bring binoculars if you have them.

Sun, Mar 27
8:30-10am



Rabbit Rendezvous

Come meet the farm rabbits. Learn why they have big ears, what their favorite food is, and how they communicate.

Sat, Apr 9, 23
10:30-11am

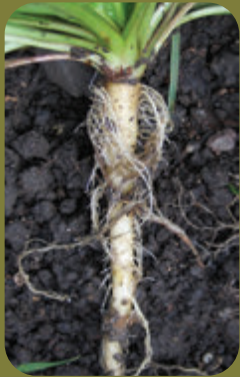
Earthy Eggs

Dye Easter eggs the natural way! Learn which plants and spices hold secrets to beautiful, natural hues and take home an egg colored by Mother Nature.

Sun, Apr 17
1-2pm



Root Systems

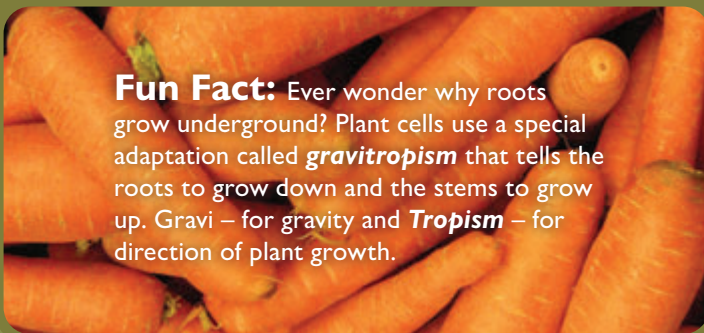


Taproot



Fibrous roots

Not many people think about roots on a daily basis, but roots are one of the most important structures in a plant. Plants use root systems for many things like anchoring themselves in place, absorbing and transporting water and nutrients to the stem where it's used to help the plant grow, and storing food – talk about a “root cellar!” There are two kinds of root systems. **Taproots** are the main vertical roots that anchor the plant to the soil and are used for food storage. Once a taproot is established, it branches out horizontally to increase absorption. Some familiar examples of edible taproots are carrots and turnips. On the other hand, **fibrous roots** grow directly from the stem and spread out horizontally, staying fairly shallow (<50 cm in depth). Although fibrous roots perform similar functions, unlike taproots, they are not used for energy storage. They are, however, very important in preventing erosion, preserving topsoil, and reducing the sedimentation of lakes and streams.



Fun Fact: Ever wonder why roots grow underground? Plant cells use a special adaptation called **gravitropism** that tells the roots to grow down and the stems to grow up. Gravi – for gravity and **Tropism** – for direction of plant growth.

New to Roots? Here are some “roots” you might already know

- **Rhizomes** – Often confused with roots, these are actually underground portions of stems. They provide nutrient storage and help plants survive through harsh conditions. Examples: turmeric, ginger, wasabi, and tulips.

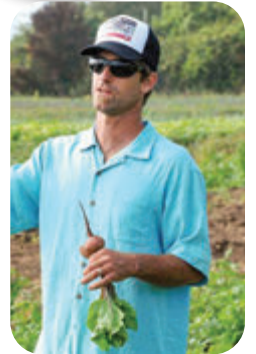
- **Tuber** – an enlarged part of the root or rhizome used for nutrient and water storage. Examples: potatoes, beets, and radishes.

The Importance of Roots

Roots are something for us to root for. With an expected future of more intense storms, cohesive root systems will help us to retain our topsoil, protecting two of our most important natural resources. Keeping topsoil in our farmlands helps farmers to continue to produce food sustainably and keeping topsoil (and chemical fertilizers and pesticides) out of our waterways will protect wildlife from smothering sedimentation, poisoning, and toxic algal blooms.

Plants are nature’s water filters, drawing water from the soil into their tissues and eventually their leaves, through a process known as **evapotranspiration**. Like how humans sweat, plants shed excess water from their leaves, injecting purified water back into the water cycle and cooling their surroundings.

Root masses foster unique collections of microorganisms, including bacteria, fungi, and all kinds of invertebrates. These microbiomes, with their nutrient cycles, enhance the fertility and quality of the soil. With carbon-based creatures crawling through the root masses, these microbiomes help to ensure that more carbon stays in the soil (and less lingers in the atmosphere, where it can accelerate climate change).

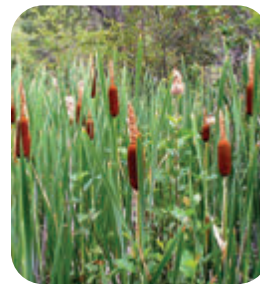


Medicinal and Culinary Roots

Some roots are medicine. Indigenous Californians have long used certain roots for healing. Yarrow root soothes toothaches, while currant root is known as a remedy for sore throats. Some roots are used for candies and beverages, like licorice and sarsaparilla.

Wetland Roots

- **Pickleweed** (*Salicornia pacifica*) – Pickleweed is a wetland plant that has a root system that can absorb saltwater. The plant pushes the salt to its outer limbs. As the tips get saltier, they turn red and eventually fall off. This adaptation allows the pickleweed to survive in saltier environment than most other plants.



- **Cattails** (*Typha latifolia*) – Cattail root systems have adapted for life in low-oxygen wetland soils. Did you know that plants need oxygen to breathe and grow, just like you? On dry land, plants can use their root systems to absorb oxygen from the soil; however, in wetland soils, plants need special spongy tissues for allowing oxygen to flow to their underwater roots.



- **Hornwort** (*Ceratophyllum demersum*) – Hornwort live completely underwater and contain little to no root system. Unlike land plants, these fully aquatic plants absorb water and nutrients throughout their bodies; the roots are only used as anchors. When



Check out pickleweed at Big Break’s seasonal meadow, along the path between the clamshell dredge and the slough!

canoeing or kayaking at Big Break, you might notice aquatic plants stuck on your paddle. While many of these plants are invasives, hornwort is a Delta native. If you encounter it, please put it back gently – it’s a great home for bluegill, bass, and other fish.

See ebparks.org/calendar for upcoming programs.



Black Diamond Mines

REGIONAL PRESERVE



JOIN US UNDERGROUND!

BLACK DIAMOND MINE TOURS REOPEN FOR THE SEASON

Spring is here and as the blooms across the Bay Area begin to open, so do our mines! Take a trip back in time with two different mine tour experiences at Black Diamond Mines Regional Preserve. Tours are available to all ages 7 and up. The Coal Mine Experience tour is ADA accessible, call in advance for special accommodations up to the mine entrance.

BOOK YOUR MINE TOUR TODAY by visiting ebparks.org • • • ▼

Coal Mine Experience Tour – 30 Minutes, \$3

Take a journey back to the coal mining days of Black Diamond. Discover what life was like for miners from the 1860s to 1906 as you go inside a replica coal mine! Hear the sounds of workers toiling underground, feel the cold, black coal, and discover the dangers of the Mount Diablo Coalfield.

Hazel Atlas Mine Tour – 1 hour, \$5

Coal wasn't the only way people profited from the rocks of Black Diamond. Step inside a sand mine and transport yourself back to the 1930s, the height of operation for the Hazel Atlas Glass Company. Find out how mining impacts your daily life as you step through the geologic history of the Bay Area.



Book Your Tour:
Scan this QR code or visit
ebparks.org



NOT OLD ENOUGH FOR A TOUR? No Problem!

Join us every second Tuesday for our **new toddler program** called MINI MINERS at Black Diamond! Bring your little gems out to the park for a morning of learning, playing, and enjoying the great outdoors. Registration Required. Ages 0-5, siblings welcome.

Coyote Hills

REGIONAL PARK



Peregrine falcon

Pacific Flyway

Millions of birds travel each spring and fall on their winged migration through a route called the Pacific Flyway. This avian highway in the sky is one of four transient skyways in North America. Some of these long-distance travelers fly from Alaska and Canada, through the United States and Mexico, and eventually blend with other flyway travelers from the mid-west and east in Central and South America. These migratory birds seek seasonal food sources, breeding grounds, habitats for raising their young, warmer climates, or longer daylight hours.

Biologists cite several reasons why migrating wildlife can navigate over such long distances. Lanes of heavier bird concentration follow the coasts, mountain ranges, principal river valleys, the sun by day, and the stars at night.

Navigating by an internal magnetic compass, these migratory travelers go through behavioral and physiological changes, including a modified diet and metabolism.

Coastal California is one of many stopovers along the Pacific Flyway.

When birds stop to rest, their fat reserves are nearly exhausted. The wetlands of San Francisco Bay and Coyote Hills provide food to fuel up for the needed calories to fly much farther south. The high nutrient levels of wetland plants make a productive ecosystem that helps sustain a vast array of animals.

The Pacific Flyway brings waterfowl, shorebirds, raptors, and songbirds through California. Bird watchers and ornithologists can find fascinating species of birds, from hummingbirds to pelicans, during a specific time of the year. In winter, sanderlings travel from Alaska to as far south as the tip of Chile and Argentina. Spring and fall bring migratory songbirds to Alameda Creek. Watch for yellow-rumped warblers wintering here from the Western Arctic. West of the Rockies, American white pelicans will migrate to their winter grounds along the Pacific coast in California, Mexico, and Central America in early fall. You might spot peregrine falcons in the Bay Area as these birds travel 15,500 miles from Alaska to South America.

More than one-third of the 1,900 North American bird species use wetlands for a source of drinking water and food, social interactions, breeding, nesting, and rearing their young. Protection of wetlands and other needed habitats help support our diverse populations of migratory birds.

Here are some things you can do to help protect migratory birds:

- **Put out a hummingbird feeder.** Be sure to use a mixture of four parts water to one part sugar. Do not use the dye!
- **Give beach-nesting birds a break.** Stay on the trail and out of sensitive habitat. Be sure to keep your dog on a leash in areas where birds nest.
- **Pack your trash.** Eighty percent of waste in the marine environment comes from land-based sources, so help clean up your own and other people's trash.

Yellow-rumped warbler



Sanderlings



Coyote Hill Naturalist Programs:

Scan this QR code or visit <https://bit.ly/3fQgSXs>



American white pelicans

Del Valle

REGIONAL PARK



● ● VALUING WATER ● ● ● ● ● ● ● ● ● ●

Water means different things to different people. What does water mean to you? How is water important to your home and family life, your livelihood, your cultural practices, your wellbeing, and your local environment?

Worldwide, water is under extreme threat from a growing population, increasing demands of agriculture and industry, and the worsening impacts of climate change. By learning about and practicing water conservation and celebrating

all the different ways water benefits our lives, we can value water properly and safeguard it effectively for everyone.

COME CELEBRATE!

In observation of **World Water Day**, join us at Del Valle for a day celebrating water! Come by the Visitor Center on March 20 for fun activities and games centered on all things water.

Photo: Janet Norris



What is All the Buzz About?

Hoverflies mimic bees, with coloring that advertises danger. Usually marked with yellow or white bars or spots on a dark background, with short antennae, stout waists and only one pair of wings (the bee has two pairs).

Hoverfly: Roger Nyemaster

Ornate Checkered Beetles are bright and stand out. They are indeed ornate, with metallic blue-black backgrounds, spots and lines of bright yellow, and dense, whitish or yellow hairs.

Beetle: Jerry Ting

Honey bees get a lot of the pollinator praise, but California has a number of other important critters that help get the job done, including other types of bees and insects, moths, and bats. If you would like to attract more native pollinators, creating habitat is relatively easy. Most native bees and pollinating flies require limited use of insecticides, weed-free, uncultivated ground, areas of mulch, a few old logs, and some native bushes. There are even a few (see left) that are sometimes mistaken for bees.



Additional Interpretive Programs

Del Valle Interpretive Programs

Nature Story Time: First and third Saturday of the month, 10am and 11am.

Park N Play: Bring the kids out for some fresh air, nature games, and wildlife exploration. 4th Sunday of the month, 10-11:30am.

Snake Talk: Meet our gopher snake animal ambassador Julius Squeezer! Every Sunday at 11am.

A Day By the Water: Fun activities and games all about water. Sunday March 20, 10am to 3pm.

See ebparks.org/calendar for upcoming programs. **11**



Mobile Education

Bug Safari

You might swat them away, but insects are an important part of our planet that we couldn't live without! Adapted to almost all habitats (land, water, and air) and all continents (including Antarctica), they pollinate, are decomposers, and are an essential part of the food web. Finding and studying them is one of the easiest nature activities you can do. So, slow down, look around and watch for the wiggle!

NATURE JOURNAL ACTIVITY

In your nature journal, write or draw observations about all your bug discoveries. You can use a magnifying lens or a bug box to see close-up details!

Follow these tips to start your Bug Safari – either inside or outside!

Shake ... the branches of a tree or bush over a light-colored piece of cloth, like a T-shirt, pillowcase or bag, and see what bugs fall down.

Lift ... up a log, rock or stone, mulch, leaf litter, brick, and other objects on the ground.

Look ... in spiderwebs, dry leaves, cracks and crevices, decaying wood, under loose bark, near windows, among flowers, crawling on the ground, in the grass, near lights at night and so many other places.

Release ... the creatures where you found them or bring them outside.



"Trust me, you love bugs, spiders and slugs!"
(Okay, I believe you!)



Use this QR code to sing and dance to a buggy beat, or visit:

tinyurl.com/eastbaybugsaafari



Ladybug



Dragonflies



White-lined sphinx moth



Keep the Creatures (and you) SAFE!

- Be careful and kind to the invertebrates you find
- Protect the habitat – leave it the same way you found it
- Make sure an adult is nearby



Release ... the creatures where you found them or bring them outside.

Outdoor Recreation



ADULT FITNESS/WELLNESS PROGRAMS

Pole Walking, Pole Hiking, and Fitness Training

Enjoy small group sessions and easy-paced, expert, trekking pole training for hiking, walking, and outdoor exercise. Enhance your enjoyment of the outdoors with certified Personal Trainer Jayah Faye Paley. Learn how to improve endurance, balance, spine function and confidence as well as how to avoid joint stress or strain. A variety of top-quality poles are available for your use.

HIKING WITH POLES: SKILLS + SHORT PRACTICE HIKE

Black Diamond

9:30am-2:30pm, Sat, March 12
#43187

Small group session. Learn individualized, anatomically optimal strategies for enhancing performance and confidence on the trail. **Uphill:** Improve power, endurance, posture, and spine function. **Downhill:** Develop skills for feeling safer and preserving joints – save your knees! Short practice hike included and optional.

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

USING POLES FOR WALKING AND MAINTAINING MOBILITY

Kennedy Grove

Noon-3:30pm, Thu, March 24 #43189

When pole walking, you will feel taller, more confident and experience profound freedom of movement! Learn skills that reduce fall risk, improve your balance, endurance, walking gait, longevity. Special equipment provided. Easy pace: beautiful practice pole walk. Class size extremely limited to allow for individual attention and distancing.

Fee: \$45 (non-res. \$51)

HIKING WITH POLES: SKILLS + PRACTICE HIKE

Sunol

9am-3pm, Sat, April 9 #43190

See March 12 listing for class description. This session includes the same poles training, trail and body skills, but includes a longer practice hike (less than 5 miles), including steeper terrain, stream crossings and narrow trails. Sunol in springtime can be spectacularly bucolic and beautiful!

Fee: \$75 (non-res. \$83)

FITNESS FOR THE TRAIL AND FOR LIFE!

Kennedy Grove

8:30am-11:30pm, Thu, March 24
#43188

Fitness training designed to enhance your longevity. Learn and practice movements to enhance physical health and experience happy, healthy adventures. Individualized movements focus on improving your foundation, joint health, spine structure, balance, posture, endurance, strength, flexibility. Motion is Lotion! Strengthen and Lengthen! Bring your Body.

Fee: \$45 (non-res. \$51)



Personal Trainer Jayah Faye Paley leads a hike in Black Diamond Mines Regional Preserve, Antioch

Registration Information

Registration is required for these classes:
ebparks.org/register or 1-888-327-2757 (1-888-EBPARKS), option 2



Sunol Wilderness

REGIONAL PRESERVE

SUNOL IN BLOOM

WILDFLOWER SEASON IS UPON US!



A native, annual, coastal tidytips
Layia platyglossa

Sunol's serpentine soils allow tiny wildflowers to thrive. Serpentine, designated as California's state rock, is found throughout the East Bay. Some flowers have evolved to adapt to these heavy metal soils. Watch your step and stay on the trail as you search for flowers.

Photo: Akio Higuchi

SUNOL

Wildflower Season

MARCH 26 – MAY 1

Join Sunol staff at the Visitor Center as we celebrate this colorful season with a variety of special programs and activities.

Weekends:

Guided Wildflower Walk 10am

Naturalist Guided Hikes & Programs..... 2pm

Wildflower Activities 10am-3pm

Stay tuned for more information as the season approaches. Most programs will be available for sign-up the day of on a first come, first served basis at the Sunol Visitor Center.

Wildflower Art Contest

Inspire and be inspired: **Spark your creativity** in nature and celebrate the season by creating wildflower themed art!

Categories: nature journal pages, painting, photography, poetry

Submission: email the following information to svisit@ebparks.org:

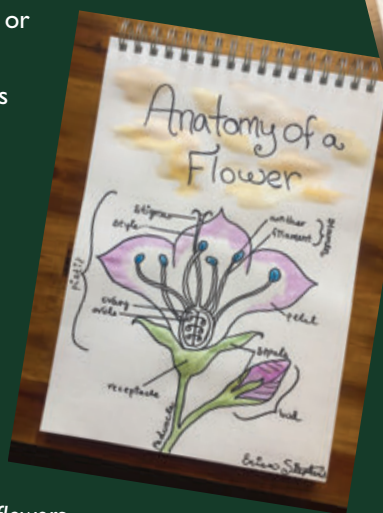
- Subject:** Art Submission 2022
- Your name
- Contact information
- Category
- Artwork title (if applicable).

We will be taking submissions from March 1 – April 16. Winners for each category will be announced on April 23. An artwork recognition ceremony will be held on April 30.



Flower Activities

- Create a flower drawing or nature journal page.
- Make a list of the flowers you find. Document as much information as possible like date, location, color and size.
- Use apps like iNaturalist to identify flowers you discover.
- Dissect a flower and identify the parts as shown on this diagram.



(Please note: Collecting of flowers is prohibited in the East Bay Parks.)

WANTED

Plein Air Artists

Do you have a passion for painting outdoors?

Sign up to paint in the park during Sunol's Wildflower Season 2022! Email svisit@ebparks.org to sign up for a time slot.



Tilden

NATURE AREA



Some of the hundreds of squashed newts gathered on South Park Drive in 1989 during the campaign to close the road.

SOUTH PARK DRIVE: Sorry for the Inconvenience!

November through March, this busy roadway is closed to automobile traffic to protect an amazing little amphibian: The California newt. *Taricha torosa* spends the dry season sequestered under logs, in rodent burrows, or perhaps in a woodrat's stick pile home. When the rainy season comes (who knows anymore!), the newts make their way to streams and ponds for breeding. This journey is filled with potential danger!

Many newts leave their summer homes on the east side of South Park Drive and cross the road to reach Wildcat Creek on the west side. Before road closures, this ill-fated trek would lead to more than 1000 newts killed each year. Talk about inconvenient!

We thank you for your patience and for doing your part to protect one of our favorite forest friends.

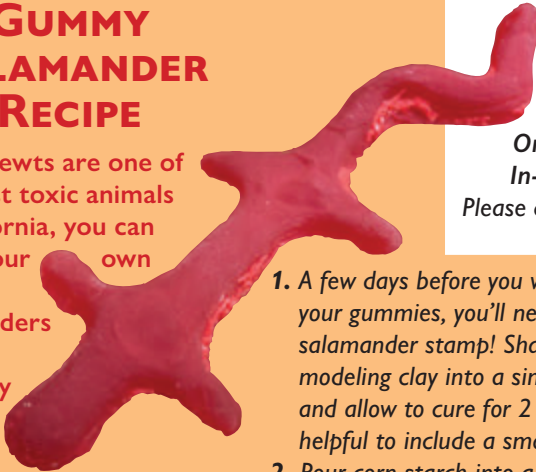


Photo: Anthony Fisher

GUMMY SALAMANDER RECIPE

While newts are one of the most toxic animals in California, you can make your own gummy salamanders that are perfectly edible!

- 3 oz box of Jell-O
- 2 packets unflavored gelatin
- ½ cup water
- 1 package of air-drying modeling clay
- 16 oz corn starch



1. A few days before you want to make your gummies, you'll need to create your salamander stamp! Shape the air-drying modeling clay into a simple salamander and allow to cure for 2 to 3 days. It is helpful to include a small handle.
2. Pour corn starch into a 9"x9" cake pan or small baking sheet in an even layer and allow to cure for 2 to 3 days. It is helpful to include a small handle.
3. Gently press your cured salamander form

- into the cornstarch, leaving a ¼-½" deep impression. Arrange as many impressions into the corn starch as space allows.
4. In a glass measuring cup, combine ½ cup room temperature water, one packet of Jell-O, and two packages of unflavored gelatin. Stir well.
5. Place the glass measuring cup in a saucepan and surround with enough water to reach halfway up its side. Slowly warm the saucepan over low heat until the gelatin and Jell-O mixture is fully dissolved and smooth, approximately five minutes.

6. Remove the measuring cup from its bath, wipe off excess water, and carefully pour the gelatin mixture into your molds. The cornstarch is flavorless so it's okay if a little mixes in.
7. Let the salamanders cool and set for 30 minutes.
8. Pull the gummy salamanders from their molds and brush the excess corn starch off. A pastry or basting brush works well for this.
9. Enjoy! Gummy salamanders store well in the fridge in an airtight container.

TILDEN DOCENT SPRING TRAINING COURSE

Become a docent at the Tilden Nature Area! Help with education programs, work on the Little Farm, and more. Applications required.

Online: March 16 and 17, 6:30-8pm

In-person: March 19 and 26, 10am-1pm

Please call (510) 544-3262 for information and application.

CAMP OF THE WILD

Get in touch with your wild side! Practice and learn ancient and useful skills. Make cordage and containers, cook over an open fire, and discover edible and useful plants. Make things! Hike and explore! Have fun! 9-12 yrs.

Mon-Fri: July 11-15, and July 18-22, 10am-4pm

Registration is required. Fee: \$270 (non-res. \$290)

Visit ebparks.org for more information.

WHATS HAPPENING AT THE REGIONAL PARKS BOTANIC GARDEN

The Botanic Garden is open 8:30 a.m. to 5 p.m., October – May and 8:30 a.m. to 5:30 p.m., June – September.

Info: Visit nativeplants.org or call (510) 544-3169 for special events, classes, docent training, and Friends of the Regional Parks Botanic Garden e-newsletter.



PLANT SALES

- **Potting Shed:** 10 a.m. to noon. Mon. and Wed. Cash or checks.
- **Monthly, First Saturday:** 10 a.m. to 2 p.m.

FREE WAYNE RODERICK LECTURE SERIES

Saturday mornings in March. All online Zoom lectures are free, start at 10 a.m., and run for a minimum of one hour. For a full listing of speakers and topics, please visit: nativeplants.org

CLASSES THROUGH THE FRIENDS OF THE REGIONAL PARKS BOTANIC GARDEN

Online Zoom lectures. Seating is limited! For a full listing of speakers and topics, please visit our Friends website: nativeplants.org



Volunteer PROGRAM

Earth Day is Friday April 22!

For over 50 years people across the globe have celebrated Earth Day on April 22. This year is no exception, and we are going to focus on an easy way to contribute:

COMPOSTING!

An Environmental Protection Agency study found that food is the biggest ingredient in American trash. They estimate that 35 percent of the average garbage can is filled with kitchen scraps — scraps that could be composted and diverted from the landfill altogether.

And keeping food out of landfills is important! Organic waste in landfills generate methane gas that is emitted into the atmosphere, something that doesn't happen to scraps that are composted. Methane is a harmful greenhouse gas that increases the rate of global climate change.

Fortunately, many of us here in the Bay Area benefit from city and county run curbside composting programs. Despite these services, it's estimated that about 95 percent of food scraps nationwide are still thrown away. Instead of wasting this "black gold," compost your scraps to put them to good use and to benefit the environment.

What to compost:

- **Yard trimmings:** Including grass clippings, leaves, garden trimmings, palm fronds, small branches, small quantities of unpainted/untreated wood.
- **Food scraps:** Including fruits, vegetables, and coffee grounds for all compost containers.
- **If using a curbside bin:** Add cheese, meat, seafood, bones, and shells.
 - AVOID liquids or oils/grease. (Small quantities of oil/grease on a paper towel are okay in the compost.)
- **Food-soiled compostable paper:** Including paper towels, napkins, coffee filters, pizza boxes, greasy paper bags, waxed paper/cardboard, and unlined or BPI-certified paper containers.
 - NO aseptic containers (e.g. foil-lined, shelf-stable soup or soy milk cartons).
 - NO poly-lined paper (i.e. any paper lined with plastic, including most tea bags and wrappers, oatmeal packets, and some paper plates, cups and milk cartons).

Just remember — food doesn't go in your garbage! Composting is a great way to reduce our impact on nature and make some great soil in the process for a greener future.

Contribute to Earth Day ... Join us for a Volunteer event!



East Bay Regional Park District

Healthy Parks Healthy People

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

Doc QUACK (WILDLIFE BIOLOGIST) VOLUNTEER PROGRAMS

REGISTRATION: ebparks.org or 1-(888)-327-2757, option 2

INFORMATION: ebparks.org/about/getinvolved/volunteer/quack or (510) 544-2233

WILDLIFE VOLUNTEERS – “MEMBERSHIP MEETING” (#43141) AT EAST BAY REGIONAL PARK DISTRICT ADMINISTRATIVE OFFICES, OAKLAND

Have you ever wondered what it would be like to get nose-to-nose with wildlife? Now is your chance to hear about our science-based, hands-on, wildlife management activities while having some fun and possibly joining our team! Physical labor is involved with this project. All ages welcome and parent participation is required. **Sign-up deadline:** March 1 Sat, March 5; 10 a.m. to noon



RAIL RESCUE RANGERS (#43142) AT ELSIE ROEMER BIRD SANCTUARY/ CROWN MEMORIAL STATE BEACH

During this hands-on adventure you'll help create habitat for the federally and state endangered Ridgway's Rail. We will remove non-native plants, pick up trash, and plant wildlife-friendly vegetation which will restore the upland areas of the Roemer Bird Sanctuary for rails. Physical labor is involved with this project. By participating, you'll earn your "Rail Rescue Ranger" patch. All ages welcome and parent participation is required. **Sign-up deadline:** April 15 Sat, April 23; 1:30 p.m. to 3:30 p.m.

