

Regional in Nature

Activity Guide

SEPTEMBER – OCTOBER 2023

East Bay 
Regional Park District
Healthy Parks Healthy People



**Doolittle SF Bay Trail
Expansion Open**
See page 3



2023 Wildfire Season Information
See page 5

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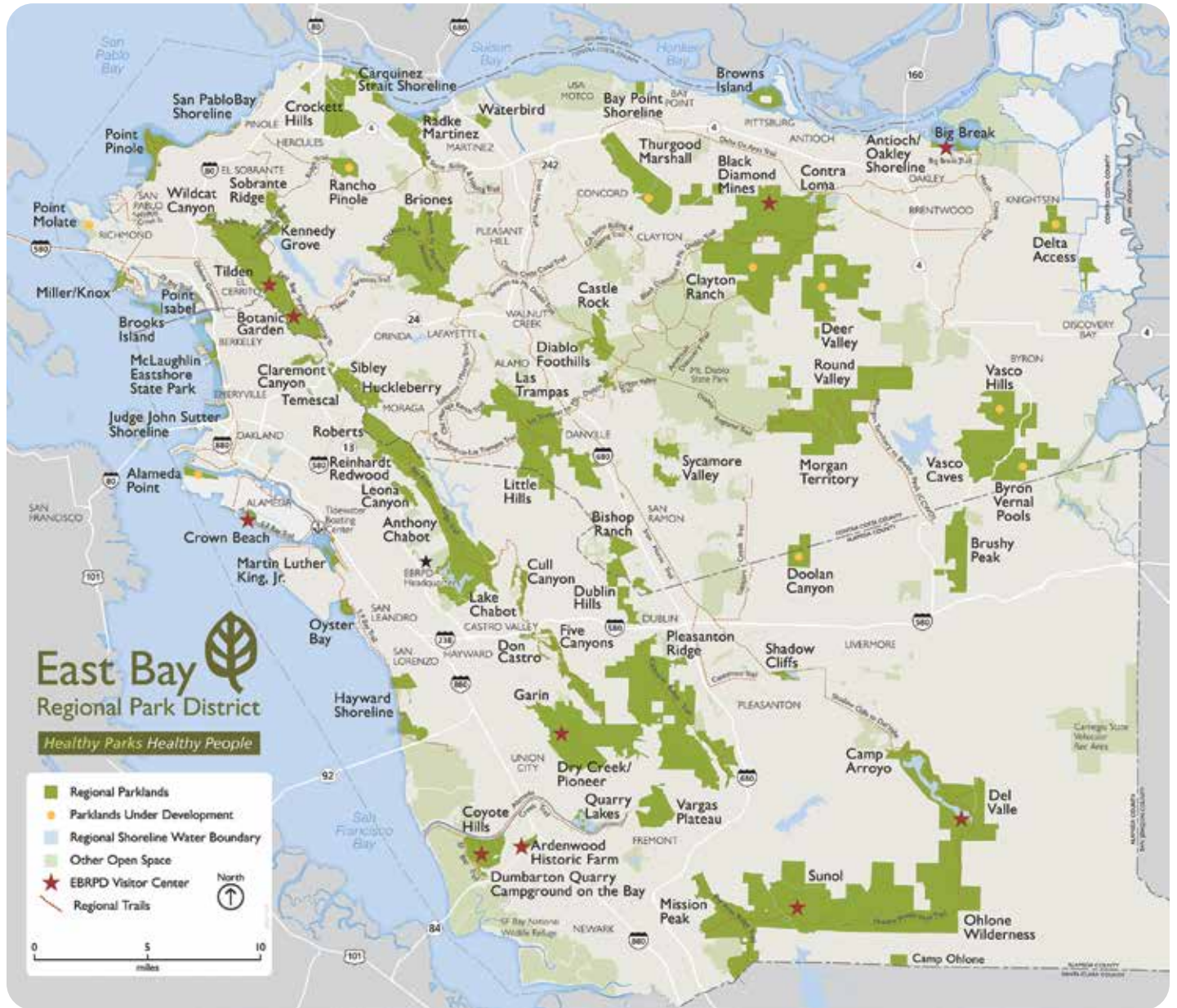
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General Information
 1-888-EBPARKS or 1-888-327-2757
 Camping and Picnic Reservations...
1-888-EBPARKS
 Naturalist and Recreation
 Programs.....1-888-EBPARKS
 TRS Relay Service.....7-1-1

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



East Bay Regional Park District Headquarters
 2950 PERALTA OAKS COURT, OAKLAND, CA 94605
 1-888-EBPARKS OR 1-888-327-2757 (TRS 711)
EBPARKS.ORG



Regional Parks Membership
 ENJOY FREE DAY-USE PARKING, SWIMMING,
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Visitor Centers

Ardenwood Historic Farm, Fremont
 510-544-2797, awvisit@ebparks.org
Big Break Regional Shoreline, Oakley
 Big Break Visitor Center at the Delta
 510-544-3050, bigbreakvisit@ebparks.org
Black Diamond Mines Regional Preserve, Antioch
 510-544-2750, bdvisit@ebparks.org
Coyote Hills Regional Park, Fremont
 510-544-3220, chvisit@ebparks.org
Crown Memorial State Beach, Alameda
 Crab Cove Visitor Center and Aquarium
 510-544-3187, ccove@ebparks.org

Del Valle Regional Park, Livermore
 510-544-3146, dvvisit@ebparks.org
Garin/Dry Creek Pioneer Regional Parks, Hayward
 510-544-3220 (*Coyote Hills*), chvisit@ebparks.org
 Red Barn open summer Saturdays
Sunol-Ohlone Regional Wilderness, Sunol
 510-544-3249, svisit@ebparks.org
 Open weekends
Tilden Regional Park, Berkeley
 Botanic Garden: 510-544-3169, bgarden@ebparks.org
 Tilden Nature Area/Environmental Education Center
 510-544-2233, tnarea@ebparks.org



IMPORTANT PARK DISTRICT UPDATES

Wildfire Safety, Heat Safety, District Jobs, and More...

A MESSAGE FROM GENERAL MANAGER SABRINA B. LANDRETH

The Park District is a leader in addressing climate impacts, including the threat of wildfires

in our Regional Parks. Strategic action to reduce wildfire risk is a top priority of the Park District – an activity made more difficult by the impacts of climate change, including extreme weather, heat, drought, and dry conditions.

Our year-round efforts include removing flammable vegetation, maintaining a professionally trained fire department with specialized wildland firefighting equipment, operating two helicopters with firefighting capabilities, and closely monitoring fire weather conditions.

Wildfire safety is especially important in the fall when hot, dry Diablo winds blow in from the east, creating potentially dangerous fire conditions.

When in parks, be aware of fire warnings and follow all fire safety rules.

Here are a few more Park District updates.



Heat Safety

Most Regional Parks remain hot in late summer and early fall. Be prepared for your adventure with water, sunscreen, appropriate clothing, and information regarding heat warnings and advisories.

Improving Access to Parks

An upgraded boat launch, staging area and half-mile of new San Francisco Bay Trail recently opened along Doolittle Drive at Martin Luther King Jr. Regional Shoreline in Oakland – enhancing safety and access to the shoreline for neighboring communities. (See below)

Careers at the Park District

Working at the Park District is not just a job, it's an adventure! We are a full-service government agency with a variety of full time, part-time, and seasonal positions available. To find a position right for you, visit ebparks.org/jobs.

Enjoy and help protect your Regional Parks!

BRIONES PILOT PROJECT UPDATE

Trail Restoration Underway

Habitat restoration has begun as part of the East Bay Regional Park District's Briones Pilot Project. This two-year pilot project, in the northeast corner of Briones Regional Park, is intended to test a variety of trail management strategies to enhance visitor experience, reduce conflicts, improve trail safety, and protect natural habitat and wildlife. Restoring illegally built "bootleg" trails is a critical component of the project.

Key Pilot Project Strategies Include:

- **Odd/Even Weekend Day Access** – On odd-numbered weekend days, bikers and hikers are allowed on designated trails with no horses allowed. On even-numbered weekend days, horses and hikers are allowed on designated trails, with no bikes allowed. Hikers are permitted on all days on most trails in the pilot zone.
- **Three Bike-Only/Downhill-Only** – Three trail sections have been designated as bike-only and downhill-only due to terrain and for visitor safety.
- **Bootleg Trail Restoration** – Restoration of illegally built "bootleg" trails has begun. Bootleg trails often damage natural habitat for wildlife, including endangered and sensitive species.

For more information, visit ebparks.org/BPP.



NOW OPEN

New Doolittle Bay Trail Expansion Brings Improved Safety and Access to Martin Luther King, Jr. Shoreline

The recent completion of the Doolittle Drive Bay Trail at Martin Luther King Jr. Regional Shoreline in Oakland is the culmination of a nearly decade-long partnership between the East Bay Regional Park District, Caltrans, and the Port of Oakland. The project opening was celebrated in August with a ribbon-cutting ceremony. Bridging the gap on this section of the trail provides safe passage for Bay Trail users, who can now walk, ride or roll on 2,300 feet of new trail. The project also upgraded the staging area parking lot, boat launch and kayak/paddleboard float – enhancing recreational opportunities and access to the shoreline for neighboring communities.



State Funding for Deer Valley

On June 27, 2023, California Governor Gavin Newsom signed the 2023-24 State Budget, which included \$5 million for the East Bay Regional Park District for Deer Valley Regional Preserve in Antioch.

The funding will go toward the Park District's Roddy Ranch Access Project at Deer Valley Regional Preserve, which will develop and construct public access improvements and restore habitat on the 230-acre former Roddy Ranch Golf Course property. The District purchased the property in 2018 after the golf course closed.

The funding will help establish the first public access to Deer Valley Regional Preserve, including a new staging area with parking, restrooms, drinking fountains, and several miles of trails – greatly enhancing recreational opportunities and access to nature in Eastern Contra Costa County.

For more information, visit ebparks.org/projects/roddy-ranch.



CALVING SEASON ADVISORY: Admire From a Distance

Calving season runs August to October in Regional Parks. Be mindful of interactions that can create a danger to both calves and people.

Calving season tips:

- Do not approach or touch baby calves. Do not take selfies with calves.
- Do not get between a mother cow and its calf.
- Do not worry if you see a calf by itself. The mother cow is usually nearby and will return.
- Leash your dog around cattle and keep them away from calves.

If you see a calf that is distressed, injured, or sick, please report it to park staff at (510) 881-1833.

*Congresswoman
Barbara Lee and
U.S. Environmental
Protection Agency
Regional Administrator
Martha Guzman
announce funding at
press conference.*



Park District Receives \$1.2 Million for Ferry Point Pier Removal Project

In June 2023, the U.S. Environmental Protection Agency (EPA) announced funding for 24 projects around the San Francisco Bay to help protect and restore wetlands and water quality, including \$1.2 million for the Park District's Ferry Point Pier removal project at Miller/Knox Regional Shoreline in Richmond. The pier is over 100 years old and has deteriorated beyond repair.

Specific structures to be removed include toxic creosote-treated wood decking and piles, stringers, pile caps, and the fender system. The pier has become a safety hazard, with loose debris detaching and threatening commercial shipping channels and water-based recreation. The iconic metal Gantry structure and the concrete fishing pier will not be removed.

COMING SOON: Coyote Hills Restoration and Public Access Improvements

The Coyote Hills Restoration and Public Access Improvements Project is underway at Coyote Hills Regional Park on 300 acres that was donated to the Regional Parks Foundation and then passed through to the Park District for management and expansion of Coyote Hills. The project restores wildlife habitat and provides balanced public access to approximately 200 acres of parkland, including seasonal wetlands, grassland, riparian forest, and oak savanna.

New visitor facilities include an additional 100-space parking area, picnic tables, restrooms, water fountains, new and improved trails, wildlife overlooks, and educational exhibits and signage.

The project is expected to open in late 2023/early 2024.



Regional Parks Foundation

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

Wildfire Safety

EAST BAY REGIONAL PARK DISTRICT



2023 Wildfire Season



Earlier this year, as much of northern California underwent relentless winter storms, it was hard to imagine that wildfire season was just a few months away. The previous drought conditions, which had left some parklands parched and riddled with dead and dying trees, was replaced by an onslaught of rain and cooler weather – a welcome, wet change. However, in the midst of managing numerous flooded parks and washed-out roads and trails during the storms, the East Bay Regional Park District was also busy planning for and reducing wildfire risks.

While wildfires don't necessarily burn all year, critical preparation must take place throughout the year to prevent larger, more catastrophic wildfires from occurring. Excessive growth of grasses and brush during the heavy winter rains have dried out over the summer, increasing the fire fuels load and posing an additional wildfire threat to the region.

Wildfire Protection a Year-Round Effort

Although September and October are typically the peak of the fire season, the Park District's preparations and training continue year-round. The District maintains a professional fire department with the unique ability to utilize the District's extended workforce, including fully-trained on-call firefighters that hold other positions but are available when called on.

During much of the year, when the focus is on managing and reducing the fire fuels load, the Fire Department dispatches its full-time Fire Fuels Crew to thin and remove hazardous vegetation, and employs grazing cattle, sheep, and goats.

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

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

What Visitors Can Do

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

Here are some important park fire safety tips:

- Do not smoke in the regional parks, including vaping.
- Be aware of Red Flag Warnings and fire danger levels.
- Follow all fire safety rules.
- Do not drive or park on dry grass. Hot exhaust manifolds can start a fire.
- Be alert for any potential fire hazards and report them. If you see a fire, call 911 immediately.



EAST BAY REGIONAL PARK DISTRICT Year-Round Wildfire Protection Efforts

- Removing flammable vegetation.
- Maintaining a professionally trained full-time and on-call fire department.
- Operating two helicopters with firefighting capabilities.
- Maintaining specialized wildland firefighting equipment.
- Monitoring fire weather conditions with four remote weather stations that monitor temperature, moisture, and wind
- Partnering with CalFire and other local agencies to quickly suppress wildland fires.
- To help determine fire dangers, staffing levels, and deployment of resources.



Ardenwood

HISTORIC FARM

Fall on the Farm

As the air cools and days shorten, our harvest season begins. Fall harvest has long been a time for communities to come together and prepare for winter. Acorn gathering is a seasonal festivity honored by our local Native Peoples, including the ancestral Tuibun Ohlone tribe of the area now known as Fremont. On historic farms like Ardenwood, apples get pressed into cider to last through the cold months. Dried grains like corn are gathered and will last for years to come.

Preparations are held alongside celebrations, including Halloween. Stemming from the ancient Celtic festival of Samhain, Halloween traditionally honors the fall harvest and keeps evil from the crops. It is just one example of a modern holiday rooted in agriculture.

Join us here at Ardenwood throughout the harvest season to experience and learn more about fall on the farm.



RAIL FAIR

Get your train fix at Rail Fair! Your entire family will enjoy train rides, operating model trains, historic railroad equipment displays, live music, and more. Rail Fair is a fundraiser for the nonprofit Railroad Museum at Ardenwood, operated by the Society for the Preservation of Carter Railroad Resources.

– **Sept 2-4** (Sat-Mon), 10am-4pm

Fee: \$15/adults, \$13/seniors, \$12/children ages 4-17, ages 3 and under free

Please visit us online for more information.

Alan Mendez

Ardenwood Interpretive Programs

For a complete list of Ardenwood programs, visit us online [...](#)
For information, call: (510) 544-2797



HARVEST FESTIVAL

Enjoy old-time country fun as you help bring in this year's crop of corn. Search the field for ears of flint corn or popcorn. Outside the field, enjoy seasonal activities. Please bring a bag to take home some of your harvested corn.

– **Oct 14, 15** (Sat-Sun), 10am-4pm

Fee: \$12/adults, \$10/seniors, \$8/children ages 4-17, ages 3 and under free

Please visit us online for more information.

THE RABBIT IN THE MOON

Celebrate the Mid-Autumn Moon Festival! Learn about the Asian farmers who helped shape our history, hear the legend of the rabbit in the moon, meet a real rabbit, and craft your own rabbit lantern.

– **Oct 1** (Sun), 1-2pm

(NOT SO) SCARY SCARECROWS

Farmers have been using scarecrows to keep their crops safe for centuries. Learn the history and lore of scarecrows, and then make your own!

– **Oct 8** (Sun), 11am-noon

POPCORN TREATS

Mixed with caramel or chocolate, popcorn makes a delicious snack. Drop by the woodstove in the farmyard to sample today's creations.

– **Oct 22** (Sun), 11am-noon



Anne Kohler

HAUNTED RAILROAD RIDE

Join us for a frightfully fun nighttime train ride through Ardenwood's haunted forest. The ride is spooky, not scary, and is designed especially for children under 12 and the young at heart. Tickets for this event sell out fast! Tickets go on sale at 8am on September 15 at [Eventbrite.com](#) (search for "Haunted Train").

– **Oct 20, 21, 27, 28** (Fri-Sat), 7-9:30pm

– **Oct 22, 29** (Sun), 7-9pm

Fee: \$15 each for ages 3+

Mo Abraham

Big Break

REGIONAL SHORELINE



THE SACRAMENTO-SAN JOAQUIN DELTA NATIONAL HERITAGE AREA:

A Gem of Biodiversity and Cultural Significance



Robin Mayoff



Robert Thompson



Jerry Ting

Nestled in the heart of California, the Sacramento-San Joaquin Delta National Heritage Area (Delta NHA) is an enchanting landscape with natural wonders and historical significance. This region, situated at the confluence of the Sacramento and San Joaquin rivers, was designated by Congress as California's first National Heritage Area in 2019. The Delta NHA holds a unique position as one of the largest estuaries on the west coast of North America. Spanning over 1,100 square miles, this NHA is a treasure trove of biodiversity and cultural heritage.

The Delta boasts astounding biodiversity, making it a haven for nature enthusiasts and scientists. Its intricate web of channels, sloughs, and marshlands supports a rich ecosystem, providing a habitat for an extraordinary variety of plants and animals. The region has over 500 fish species, including the endangered Delta smelt and Chinook salmon. It also serves as a vital migratory stopover for

millions of birds, attracting over 300 bird species, such as sandhill cranes and snowy egrets. Visitors can explore the Delta's diverse landscapes, including lush wetlands, riparian forests, and oak woodlands, offering a glimpse into California's natural heritage.

Beyond its ecological marvels, the Sacramento-San Joaquin Delta holds immense cultural significance. It has been inhabited by Indigenous Peoples for thousands of years, with a rich tapestry of cultural heritage. The Delta has been a vital agricultural region, playing a crucial role in California's history and economy. It served as a transportation hub during the Gold Rush era, with steamboats plying its waters and connecting communities. Today, remnants of this past can be explored through historic towns, quaint fishing villages, and museums dedicated to preserving the region's cultural legacy.

The Delta NHA is committed to preserving its natural and cultural resources. Collaborative

efforts between government agencies, (including East Bay Regional Park District), local communities, and conservation organizations have led to initiatives focused on habitat restoration, water quality improvement, and sustainable agriculture. Visitors can engage in a variety of recreational activities, such as boating, fishing, birdwatching, and hiking while respecting the delicate balance of this fragile ecosystem, at locations across the Delta, including Big Break.

The Delta NHA is a gem where nature and culture intertwine. Its diverse habitats and abundant wildlife make it a sanctuary for humans and the natural world. Let us celebrate the Delta's ecological marvels and honor the cultural heritage that has shaped California's identity. Whether you seek serenity in nature, wish to explore its rich history, or revel in its vistas, the Delta promises an unforgettable experience for all who venture into its winding waters.



Big Break Interpretive Programs

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

RECYCLED ART

What's in your recycling bin? Bring a few recycled items with you as we get creative. We will use the park as inspiration for an afternoon of art. Drop-in.
– **Sep 20** (Wed), 3-4pm

TESTING THE WATER

Join us every Sunday morning to track the health of the Delta! We will test for different criteria, recording the water quality changes that affect our ecosystem. Drop-in.
– **Sep 3** (Sun), 9-10am – **Oct 1** (Sun), 9-10am
– **Sep 10** (Sun), 9-10am – **Oct 8** (Sun), 9-10am
– **Sep 17** (Sun), 9-10am – **Oct 15** (Sun), 9-10am
– **Sep 24** (Sun), 9-10am – **Oct 22** (Sun), 9-10am
 – **Oct 29** (Sun), 9-10am

ALL ABILITIES DAY



indoor and outdoor options, and wheelchair accessible. Drop-in.
– **Oct 3** (Tue), 10am-1pm

Explore nature at your own pace and in your own way. This program is inclusive for all abilities, offering something for everyone! Travel along paved trails to visit stations to touch fur, listen to birds, draw wildlife, sit on benches to scan the water, or paint the view. Hands-on experiences, ASL and Spanish interpreters on site,



Black Diamond Mines

REGIONAL PRESERVE

Somersville's Story



A view of Somersville circa 1878, looking west. You can spot the Rose Hill Cemetery on the hill to the upper right.

Beautiful buckeyes, rustling oaks, and windswept grasslands greet visitors on their way to Black Diamond Mines Regional Preserve. Now a wide expanse of natural preserve and recreational opportunity, the landscape still holds subtle reminders of its coal mining past and long-ago residents.

From 1850s to the early 1900s, the Mount Diablo Coal Field was the largest coal mining operation in California and the population center of Contra Costa County. From deep within the earth, miners excavated the valuable namesake of the park – “black diamonds” or coal – to support the state’s growing energy demands to heat homes, power trains, and operate factories.

Somersville, one of five mining towns in the area, supported a thriving community of almost 1,000 residents. Toiling away both above and below ground, people came together from all over the world and carved a life for themselves in these hillsides.

Although no buildings from the coal mining era remain, there is still evidence across the landscape that reveals what life was like here for members of the Somersville community. Piles of waste rock excavated from the mines still line some of today’s trails. Many of the trees still flourishing here were brought from foreign lands. The Rose Hill Cemetery is the most visible reminder of lives long passed, and one you can still visit today.

From artifacts, photographs, census records, newspaper articles, and oral histories, we can begin to piece together the puzzle of how this society operated. As we dig deeper into the past, we are working to uncover and share more of the untold stories of the Somersville of long-ago. There’s so much of the story still to tell.

Black Diamond Mines Interpretive Programs

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



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



Somersville coal miners, 1898

HISTORY HIKE ABOVE THE MINES

Join a naturalist on a 2-3 mile hike to learn about the richness of the coal and sand mining history on a hike above the mines. No underground mine tour included. Meet at the Upper Parking Lot. Please wear sturdy shoes, bring a snack, and plenty of water. Best for ages 7+.

– **Sep 17** (Sun), 9:30-11:30am



Sam Brown's General Store

SOMERSVILLE TOWNSITE WALK

Once a vibrant town and California's largest coal mining community, this area now holds reminders of its long-ago inhabitants. Join us on a 1-mile walk as we use historic photos, maps, and clues on the landscape to piece together the past.

– **Sep 24** (Sun), 9:30-11am

– **Oct 7** (Sat), 9:30-11am

– **Oct 22** (Sun), 9:30-11am



Rose Hill Cemetery

CEMETERY STROLL

Come join this guided stroll to the Rose Hill Cemetery with costumed staff. We'll regale you with stories of many a miner, their mate, and tales of tragic fate. Wear sturdy shoes, sun protection, and bring a water bottle. We'll start at the upper parking lot and end at the cemetery.

– **Oct 14, 28** (Sat), 2-3:30pm

Coyote Hills

REGIONAL PARK



For a complete list of Coyote Hills programs, please visit us online.

Interpretive Programs

For all programs: Parking fees apply where charged. Parent participation required. For more information, call (510) 544-3220.



GARIN APPLE FESTIVAL • GARIN REGIONAL PARK

Orchard-inary adventures await! Take a bite of history as you explore the historic apple orchard and celebrate the beauty of nature. Try your hand at making ice cream, enjoy live music, create nature crafts, and join Bob the Blacksmith for a live demonstration.

– Sep 9 (Sat) 10am-2pm

STORYWALK ALONG THE MARSH

Join us for an outdoor storywalk as we explore the wonders of the marsh. Enjoy a stroll with stories, songs, and movement! Each session features a different nature-themed book designed to spark curiosity about nature. Wheelchair accessible.

- Sep 2 (Sat), 3-3:30pm
Parent Course #48697
- Sep 16 (Sat), 3-3:30pm
- Sep 23 (Sat), 3-3:30pm
- Oct 7 (Sat), 3-3:30pm
- Oct 14 (Sat), 3-3:30pm
- Oct 21 (Sat), 3-3:30pm
- Oct 28 (Sat), 3-3:30pm

FASCINATING FIRE

Dumbarton Quarry Campground on the Bay

What would a campfire be without the fire? Fire is beautiful, essential, and dynamic. Let's explore the fascinating history, science and magic of fire. Wheelchair accessible.

– Sep 2 (Sat), 8-9pm

COASTAL CLEANUP DAY

Join the community of over 70,000 volunteers helping to keep trash out of our waterways on the annual California Coastal Cleanup Day. To reduce trash even more, you can bring your own reusable bag or bucket and gloves.

– Sep 23 (Sat), 9-noon

COFFEE WITH THE BIRDS

Start your morning with birds and coffee! Join us for a leisurely walk along the marsh to see which birds are hanging out at Coyote Hills. Birders of all levels are welcome. Bring your coffee mug and pair of binoculars. We will have coffee or hot cocoa and binoculars to share. Wheelchair accessible.

– Sep 3 (Sun), 8:30-10am

NECTAR GARDEN TOUR

Curious about our garden? Join us on a tour of the Nectar Garden to discover native plants and pollinators using all your senses. Learn what you can do to care for pollinators and take home your own potted plant. Wheelchair accessible.

– Sep 16 (Sat), 11:30-noon

HISPANIC HERITAGE MONTH

Dry Creek Regional Park Pioneer Staging Area

Celebrate and connect the vibrant traditions and achievements of the Hispanic and Latino communities with the beauty of the outdoors on this 3-mile hike.

– Sep 17 (Sun), 10-11:30am



GATHERING OF OHLONE PEOPLES • COYOTE HILLS

Connect with and gain a deeper understanding of the local Indigenous Peoples past, present, and future. Join Ohlone Peoples from diverse tribal communities as they share their living history through music, song, dance, and stories. Together, we'll learn, celebrate, and honor the first stewards of this land.

CURIOUS CAMOUFLAGE

How do animals use camouflage and mimicry to disguise themselves? Explore examples of animals "in costume" and make an animal mask to take home. Wheelchair accessible.

– Oct 7 (Sat), 11-noon
– Oct 21 (Sat), 11-noon

MIGRATING MONARCHS

Dumbarton Quarry Campground on the Bay

Explore the captivating journey of the monarch and

how this mighty insect brings conservation and culture together.

– Oct 15 (Sun), 10-11am

BEGUILING BATS

Learn about our native bats and other species around the world, and how these creatures of the night thrive. Then make your own bat craft! Wheelchair accessible.

– Oct 14 (Sat), 11-noon
– Oct 28 (Sat), 11-noon

DÍA DE LOS MUERTOS WETLAND WALK

Join us on a walk through the wetlands of Coyote Hills as we celebrate Día de los Muertos/Day of the Dead. Honor loved ones, adorn your own paper calavera/skull, and celebrate life as we pay homage to park animal and plant species!

Wheelchair accessible.
– Oct 29 (Sun), 10-11:30am

BATS ON THE BAY

Come learn about Halloween's winged friends and the amazing and important things bats do. Observe different bat species on a 0.5-mile hike. Flashlights, water, snacks, jacket and sturdy shoes are highly recommended.

– Oct 29 (Sun), 5:30-7pm



Crab Cove

VISITOR CENTER AND AQUARIUM



Lee Greengrass

Precious Pelicans of the Bay

CONTEMPLATE THEM WHILE THEY ARE HERE

The bird we call brown pelican is a little different. Have you seen them around the bay shores as you explore your Regional Parks? Maybe in Fremont, Hayward, Oakland, Alameda or Richmond? If you have, what stood out to you about them? Did you maybe notice their enormous bills? How could a bird even fly with that big, bulky thing out front, and a good-sized belly, too? Have you seen them soar high, in formation, and then hurtle straight down into the water head-first, smack, one after another, with giant splashes? Or have you seen them socialize as they settle down for the evening by the thousands?

Their enormous bills have flexible pouches attached underneath and along their throats. When they plunge into the water, the pouch can fill up in an instant, taking in little fish the birds spotted from high up. Brown pelicans have many amazing adaptations to keep them from breaking their bones and debilitating themselves in these death-defying plunges.

Once their prey is safely trapped, the pelicans then squeeze all the water (nearly three gallons!) back out and swallow only the fish.

These pelicans are pretty heavy for birds. They weigh about six or seven pounds on average. To carry that bill and that body, it helps to have broad, powerful wings with strong primary feathers extending at the tips, and to tuck that long neck in. You might think that these birds would not be graceful. But watch them soar, or skim lightly along the water's surface, with just a flap now and then, and it is hard not to appreciate their mastery of flight.



Lee Greengrass

We are lucky to have these birds here at all. In the 1950s and 60s, it would have been hard to find any pelicans at all in San Francisco Bay. Pesticides killed adult birds and also caused their eggs to break apart. Brown Pelican numbers plummeted, and they were listed as federally endangered. When certain pesticides were banned, pelicans were able to

start breeding successfully again. Since then, they have regained their place in our treasured ecosystem, and brighten our days along the East Bay shoreline.

September and October are the best months to appreciate brown pelicans. Unlike most of the birds who enjoy the rich, salty waters of our estuary seasonally, pelicans will fly south to breed, and they will do it in the winter, not the summer. Look for their striking breeding colors to begin to appear soon, especially the ruby red throat pouches. They will start leaving for their nesting places on islands in southern California and Baja California in November, where they will build their nests, incubate their eggs with their feet, and regurgitate tasty fish for their chicks! They won't start showing up in our bay again until next June.

There are not as many local chemical threats to the pelicans these days, but there are still dangers, and we still need to make sure to keep the bay clean. Fishing hooks and fishing line can injure and kill pelicans, so if you happen to see this kind of trash, you can put it in a special fishing line receptacle or a garbage can.

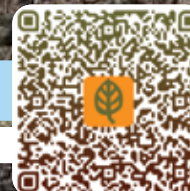
There is a lot more to learn about one of our favorite birds. We all hope to see you down at Crab Cove to explore together!



Crab Cove Interpretive Programs

Information, call (510) 544-3187

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



Lee Greengrass



Fall at Del Valle

As the summer sun recedes, a symphony of chirps and calls fills the air as migrating birds join our local avian residents. These winged travelers are seeking out warmer climates with abundant food, and Del Valle is a fantastic spot for them to stay for the winter or to fuel up along their journey. From majestic raptors and delicate songbirds to the variety of waterfowl and shorebirds, the diversity of birds that utilize the park as a safe haven makes it a wonderful place to visit as a person as well.

Along the ground, hikers and bikers may encounter the male tarantulas crawling around as they venture out in search of mates throughout the fall. Although these large spiders can seem scary, these gentle giants with their furry bodies are harmless to humans and generally ignore the people walking by.

For a spooky treat, gather together with friends and family to visit us on the last weekend of October (costumes encouraged)! We will have family scavenger hunts, crafts, and fun information about the creepy critters that call Del Valle their home.



White crowned sparrow

Jerry Ting



Bufflehead

Becky Matsubara

Search for Signs of Fall!

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

Look up, down, sideways, forward, and backward for the words below:

- Tarantula
- Hawk
- Acorn
- Sparrow
- Migration
- Leaves
- Turkey
- Crow
- Squirrel
- Cobweb
- Waterfowl
- Burrow

Del Valle Interpretive Programs

For a complete list of Del Valle programs, please visit us at ebparks.org



SPOOKY NATURE SCAVENGER HUNT

Stop by the visitor center to pick up a scavenger hunt to search for creepy critters and eerie landscapes nearby. Tell us about your adventure and get a treat. Costumes are encouraged!

– Oct 28, 29 (Sat and Sun) 10am-3pm

FALL BEGINNER BIRDING WALKS

Fall is such an interesting time to look at birds in the park – you have a lot of your summer birds starting to head away, and the winter migrants starting to arrive! Join us for one of our beginner birding walks – no experience necessary. We will have loaner binoculars available, but feel free to bring your own.

– Sept 24, Oct 15 (Sun), 10-11:30am

SEE A TARANTULA IN PERSON

Stop by the Del Valle Visitor Center – located on the west side of the park – during their **weekend hours**. Once tarantulas are out and about, we will have one on display throughout their migration season. You can also visit the park on your own (email DVvisit@ebparks.org if you want location recommendations) or come to a naturalist program to search for tarantulas on an evening walk. On Sunday, October 1, the program will be bilingual English/Spanish.



Bay Area blonde tarantula (Aphonopelma smithi)



Mobile Education

Carve a Park-Inspired Pumpkin

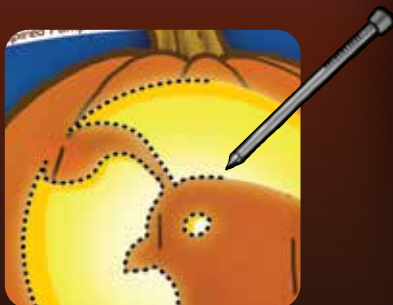
Share your Park Pumpkin creation using #ebrpd or #parkpumpkin on social media!

Follow these steps to carve a park-inspired pumpkin to celebrate the spooky fall season!



Step 1

Tape this page over your pumpkin and use the California quail design as your cutting template **or** make your own park-inspired design.



Step 2

Use a nail or your knife's tip to transfer the image by poking holes along the edge of the design through the paper into the pumpkin.



Step 3

Cut the design out of the pumpkin following the holes.



Helpful Hints

- Once the pumpkin guts are cleaned out, you can thin the walls by using a spoon or ice cream scoop and scraping the extra pumpkin flesh out to make it easier to carve.
- You may have to fold or crease the edges of the template design to match the curve of the pumpkin when taping it down.
- Carve the finer details first to make it easier to remove without breaking the pumpkin.

Outdoor Recreation



Movie Nights

Tilden Regional Park (Berkeley)

Thinking of a great way to spend the evening outdoors with your loved ones? Join us for a FREE showing of *The Super Mario Bros. Movie!* Rated PG (1hr, 32 min. run time). Movie begins around sunset (7pm) on the back lawn of the Tilden Environmental Education Center. Arrive early for a good seat on the lawn. Bring a flashlight, warm clothes, blanket or chairs for sitting. No pets. Rain cancels. Free. Drop-in.

– **Sep 16** (Sat), 7-9pm
#49228

Ardenwood Historic Farm (Fremont)

Thinking of a great way to spend the evening outdoors with your loved ones? Then join us for a FREE showing of the hit movie *Nightmare Before Christmas!* Rated PG with a run time of 1hr, 43min. Movie begins around sunset (7pm). Arrive early to secure a good seat on the lawn. Bring a flashlight, warm clothes, and a blanket or chairs for sitting. No pets. Rain cancels. Free. Drop-in.

– **Sep 29** (Fri), 7-9pm
#49229

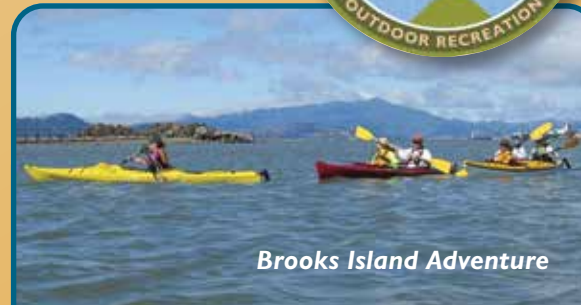
ARCHERY INTRODUCTION

Roberts Recreation Area (Oakland)

Gain 90 minutes of archery coaching and practice at an outdoor range, with all your equipment provided. Designed for the beginner, the class starts with 30-minutes of classroom instruction.

– **Sep 16** (Sat), 10am-noon
#49393
– **Oct 21** (Sat), 10am-noon
#49394

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



Brooks Island Adventure

KAYAKING BIG BREAK

Big Break Regional Shoreline (Oakley)

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

– **Sep 20** (Wed), 9am-noon #49230
Fee \$30 (non-res \$34) Registration required.

KAYAKING • BROOKS ISLAND ADVENTURE

Brooks Island (Richmond)

This trip is a short paddle in stable, double kayaks across sheltered bay water with spectacular views of San Francisco. Paddle along Brooks Island Regional Preserve shoreline then come ashore to enjoy a naturalist-guided, two-mile hike around the island, which is only accessible through guided programs.

– **Sep 30** (Sat), 9:30am-3:30pm #49233
– **Oct 1** (Sun), 9:30am-3:30pm #49234
Fee \$85 (non-res \$95) Registration required.

KAYAKING IS FOR THE BIRDS

Big Break Regional Shoreline (Oakley)

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

– **Oct 6** (Fri), 9am-noon #49231
– **Oct 19** (Thu), 9am-noon #49232
Fee \$30 (non-res \$34) Registration required.

Fitness/Wellness Programs

Course descriptions can be found online, use the QR code for more details and enrollment.

HIKING POLES: SKILLS AND TECHNIQUES PLUS PRACTICE HIKE

Reinhardt Redwood Regional Park (Oakland)

Hikers learn strategies for enhancing performance and confidence on the trail. **Uphill:** Improve power, endurance, posture, upper body strength, spine function. **Downhill:** Develop skills for feeling safer and preserving joints – save your knees! Expert poles training PLUS a lovely practice hike on varied terrain.

– **Oct 27** (Fri), 8:30am-2:30pm
#49444

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

POLEWALKING FOR BALANCE AND MAINTAINING MOBILITY

Temescal Regional Recreation Area (Oakland)

When polewalking, you'll feel taller and experience profound freedom of movement! People with mobility challenges learn game-changing skills in a comfortable, beautiful setting. Address your issues and goals, reduce fall risk, improve spine function, balance, endurance, gait, longevity. Easy pace; short optional, lovely practice polewalk.

– **Oct 20** (Fri), 10am-2:30pm
#49445

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



Outdoor Recreation Programs

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





Sunol Wilderness

REGIONAL PRESERVE

Sunol's Ancient Past



From a prehistoric sea to riparian habitats, water is a powerful force which continues to shape Sunol. This fall, dive deep into Sunol's ancient past to celebrate National Fossil Day!

Within the boundaries of Sunol, magnificent metamorphic boulders and fossil-filled outcrops unearth California's dynamic past. Swaying grasses on the surrounding hills were once rolling waves of a prehistoric sea known as the Temblor Sea. Sunol's underwater story reveals clues about creatures including the megalodon. This giant shark once lived here and provides insight to our changing climate. Remnants of this sea floor reveal a marine ecosystem filled with sharks, small baleen whales and clams.



DID YOU KNOW?

Evidence of the extinct megalodon (*Otodus megalodon*), the world's largest shark, has been found near the Ohlone Wilderness.

Sunol Interpretive Programs

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

For live program events, follow us on Facebook at Sunol Wilderness Regional Preserve!



BOTANICAL EMBROIDERY

Learn to mimic patterns and forms from nature in stitch. We'll learn the techniques to embroider the common mushrooms of Sunol.

- Sep 3 (Sun), 10-noon
- Fee \$20 (non-res \$23)
- Registration required.

FOSSIL FESTIVITIES

Celebrate National Fossil Day at the Sunol Visitor Center! Check out fossils found in the park and discover prehistoric times with hands-on activities.

- Sep 30 (Sat), 9-11am
- Oct 7 (Sat), 9-11am

TARANTULA TREK

Love is in the air. As summer turns to fall, these amazing arachnids are out and about looking for love. Join us as we search for spider friends and learn about their amorous adventures.

- Sep 24 (Sun), 6:30-8pm
- Oct 1 (Sun), 6:30-8pm

OUTDOOR DISCOVERIES

Explore the world around you in this preschool and homeschool nature series! September theme: Fall Colors. October theme: Tarantulas

- Sep 11 (Mon), 10:30am-noon
- Oct 9 (Mon), 10:30am-noon



SUNOL

Heritage Festival

Saturday, October 21
10am-4pm

Celebrate the diverse heritage of the wilderness at this fun festival for all ages! History comes alive with games, activities, and music throughout the day.

Tilden

NATURE AREA



Corvid Conundrum

Is it an American crow or a common raven?

Have you ever wondered how to tell the difference? Both species are uniformly black birds in the family Corvidae whose ranges overlap here in western North America. Size is an obvious distinction – common ravens (*Corvus corax*) are larger than American crows (*Corvus brachyrhynchos*) – but apart from that, there are several other distinguishing features that can help to tell the difference. Take a look at their tails, especially when in flight. If the tail feathers are tapered and come to a point, you're looking at a raven. If the tail feathers are more uniform in length and form a fan shape, it's a crow. If you can get a close look at their beaks – binoculars might be helpful here – you'll notice two differences. A raven's beak is broad and more curved, whereas a crow's is more pointed. Also, notice the patch of bristles at the base of the beaks. A raven has significantly more and longer bristles on its beak than a crow.

Beyond these differences, both crows and ravens are very intelligent birds. They are some of the few animals that can use tools and solve puzzles created by scientists. They are very social birds, often calling to one another and grooming each other. Ravens are often seen in pairs, whereas crows move about in groups, often consisting of a breeding pair and offspring from the past two years.

So, the next time you visit the Tilden Nature Area, keep an eye out for these clever corvids and put your identification skills to the test!



Cavan Images

American crow (*Corvus brachyrhynchos*)



Don Cardiff



Monir Hossain

Common raven (*Corvus corax*)



Don Cardiff

WHAT'S HAPPENING AT THE REGIONAL PARKS BOTANIC GARDEN

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

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

FALL PLANT SALE

The Botanic Garden Fall Plant Sale will take place on Sat., Oct. 7. Public sale hours are 10 a.m. to 2 p.m. Friends memberships may be purchased at the door. For a full plant list with prices, visit nativeplants.org a week before the sale.

FREE WEEKEND AND HOLIDAY TOURS

Docent-led tours are currently being offered every Saturday at 2 p.m. and Sunday at 11 a.m. and 2 p.m. Meet at the Visitor Center. Rain cancels. Free.

CALIFORNIA INDIAN USES OF NATIVE PLANTS TOUR

Play the game of staves, grind acorns, and even wash your hands with soap plant root. See Native American artifacts and the plants used to make them. Learn about important food and other cultural uses of plants. Family friendly. Rain cancels. **November 5** (Sun.), 2-3pm, Free.

2024 DOCENT TRAINING

Sign up for the next docent training class: email BGarden@ebparks.org. Space is limited! More info: nativeplants.org. – **Jan 10-Jun 26** (Wed), 9:30am Fee: \$275.00 plus a membership in the Friends (financial assistance may be available).

See ebparks.org/calendar for upcoming programs. **15**



Volunteer PROGRAM

California Coastal Cleanup Day

SEPTEMBER 23, 2023

Volunteer with the East Bay Regional Park District for the 39th annual California Coastal Cleanup! Each year, we connect with the Coastal Conservancy for this state-wide effort, working alongside many different park agencies and partners, as well as Californians near and far! Come celebrate with staff as we host shoreline cleanups throughout the Park District, clearing debris and trash from our coastlines and waterways.

Learn more on how to participate from our web page: ebparks.org/events/coastal-cleanup-day



East Bay Regional Park District



Healthy Parks Healthy People

2950 Peralta Oaks Court
Oakland, CA 94605-0381

ebparks.org

DOC QUACK VOLUNTEER PROGRAMS

REGISTRATION: ebparksonline.org or 1-(888)-327-2757, option 2 • INFORMATION: ebparks.org/about/getinvolved/volunteer/quack or (510) 544-2233

CALIFORNIA BLACK RAIL HABITAT HELPERS

Point Pinole Regional Shoreline, Richmond

During this hands-on activity, you'll create habitat for the state threatened California black rail. We will remove non-native plants, pick-up trash, clear debris from clogged channels to improve tidal water cycling, and plant wildlife friendly vegetation which restores nesting habitat for the California black rail. By participating, you'll earn your "Black Rail Habitat Helper" patch. Physical labor is involved with this project. Parent participation is required.

Sign-up deadline: Sep 22

– Sep 30 (Sat); 9:30-11:30am
#49772



RAIL RESCUE RANGERS

Elsie Roemer Bird Sanctuary Crown Memorial State Beach, Alameda

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 Elsie 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: Sep 29
– Oct 7 (Sat.); 9-11:30am
#49773



SHOREBIRD SANCTUARY

Martin Luther King Jr. Regional Shoreline, Oakland

An exciting adventure over land and water to create nesting habitat for the threatened western snowy plover awaits you. You will help move bulk sand and shells and pull weeds, thereby crafting ideal/ idyllic courtship conditions for breeding plovers, avocets and stilts. By participating, you'll earn your "Shorebird Sanctuary" patch. Physical labor is involved with this project.

Parent participation is required.
Sign-up deadline: Oct 20
– Oct 28 (Sat.); noon-2:30am
#49774

