

Regional in Nature

# Activity Guide

JULY – AUGUST 2021

East Bay   
Regional Park District  
*Healthy Parks Healthy People*



Regional Park Named after Thurgood Marshall and the Port Chicago 50. See page 3.

Regional Trails Vital for Recreation  
and Transportation.  
See page 4.

## INSIDE

- Addressing Sudden Tree Die-off, page 2
- Summer Harvest Activities, page 6
- Big Break Quail Crossing, page 7
- Spiral Snake Craft, page 9
- Summer Stars in Dark Skies, page 11
- Urban Evolution in Pigeons, page 12
- Hot-Weather Hiking Tips, page 13
- Summer Butterflies, page 14

## Contents

Summertime.....	2
Thurgood Marshall Park.....	3
Regional Trails Network...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

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

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

Visit [ebparks.org](http://ebparks.org) for map downloads, activity and event information, and much more!



# Summertime in the Park District

## Reopenings, Ribbon Cuttings, and New Park Name

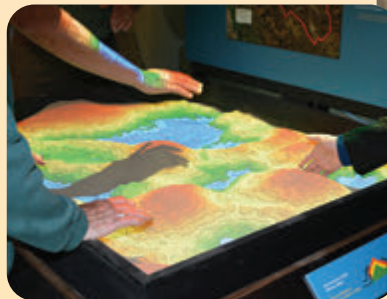
A MESSAGE FROM GENERAL MANAGER SABRINA B. LANDRETH



allowable by local health orders.

We are also proud to offer new and renovated facilities for visitors to enjoy at Del Valle Regional Park and Black Diamond Mines Regional Preserve. The Del Valle Visitor Center has been renovated and expanded with completely new, interactive, bi-lingual (English and Spanish) educational exhibits about the rich diversity of wildlife that live in the Del Valle area and the important role that

Lake Del Valle plays in moving and storing water for residents in eastern Alameda County. At Black Diamond, the new Coal Mine Experience inside the Hazel-Atlas Mine transports visitors back in time with an immersive



A new Del Valle watershed exhibit

**S**ummer is here, and we have some exciting news to share! Many of our swim facilities, campgrounds, group picnic sites, and visitor centers are open once again for the public to enjoy. In response to the community's needs, we reopened these facilities as soon as possible and safely

underground experience complete with sights and sounds of an active 1870s-era coal mine that gives visitors a greater understanding and appreciation for the area's coal mining past.

Even more exciting news is the nationally recognized naming of the new regional park at the former Concord Naval Weapons Station as "Thurgood Marshall Regional Park – Home of the Port Chicago 50" (see page 3). This name recognizes the history and social justice significance of the deadly Port Chicago explosion, the bravery of



New Coal Mine Experience

I hope you are as excited as we are that things are reopening. While 99 percent of the Park District's parklands, shorelines, and trails have remained accessible during the pandemic, we are thrilled that we've been able to reopen so many services and amenities for the public in recent days, and that such great new experiences are available for all to enjoy.

See you on the trails and in your Regional Parks!

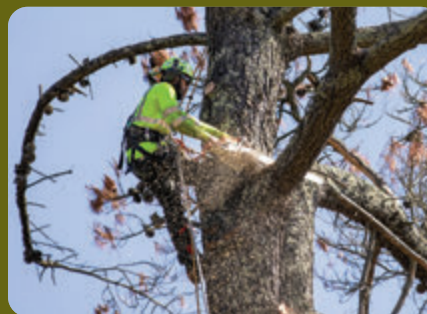
the fifty men who stood against unsafe and unjust working conditions, and Thurgood Marshall whose advocacy on their behalf as an attorney for the NAACP led to the desegregation of the U.S. military.

## Addressing Sudden Tree Die-Off in Regional Parks

**I**n late May, the Park District began a major fuels reduction project in Reinhardt Redwood Regional Park to remove 200 dead standing trees. The trees are part of over 1,000 acres of sudden tree die-off in Regional Parks first noticed in October 2020. The specific cause of tree mortality and dieback is not currently known but most likely is tied to the extreme drought.

The sudden tree die-off is affecting many different species of trees, including eucalyptus, acacia, bay, and pine. Other parks affected include Anthony Chabot Regional Park and Tilden Regional Park.

Dead standing trees are a major safety concern. They burn hotter, faster and are more likely to cast burning embers ahead of the original fire – igniting dangerous new fires or spot fires.



The Park District is taking the sudden tree die-off issue very seriously and is moving as quickly as possible to remove hazardous trees within its already-permitted Wildfire Hazard Reduction and Resource Management Plan area. However, additional state and federal resources are needed.

## REGIONAL PARK AT FORMER CONCORD NAVAL WEAPONS STATION Named after First Black Supreme Court Justice Thurgood Marshall and Port Chicago 50

On Tuesday, June 1, 2021, the Park District Board of Directors officially named the new regional park at the former Concord Naval Weapons Station “**Thurgood Marshall Regional Park – Home of the Port Chicago 50.**”

The naming recognizes the service and bravery of the young African American sailors who served their country, both by serving in the US Military during WWII, and also by standing up to the US Military’s racially discriminatory policies of the day. Their courage, and the advocacy of NAACP attorney Thurgood Marshall on their behalf, ultimately led to the desegregation of the military and changed the course of history.

On July 17, 1944, over 5,000 tons of munitions exploded at Port Chicago Naval Magazine, killing 320 mostly enlisted African American sailors. At the time, sailors were segregated and only African Americans loaded the munitions onto the ships.

The surviving sailors were ordered to return to work loading munitions at the Mare Island Naval Shipyard under continued unsafe working conditions and inadequate training. Fifty of the sailors, in an act of protest against the discriminatory policies of the segregated Navy, refused to return to work and were charged with mutiny and ultimately dishonorably discharged.



**Thurgood Marshall**

The plan for the newly named park includes a joint visitor center with the National Park Service highlighting the history of the Port Chicago Naval Magazine National Memorial and Diablo Valley, along with staging areas, and several miles of recreational trails for hiking, biking, and nature viewing. The Park District is partnering with the National Park Service on the future visitor center in the park where the Port Chicago Disaster story will be told, along with stories of the land, including its military, agricultural, and natural history, and stories of the Chupcan people who lived there. Federal and state funding are needed to build the joint visitor center at the new 2,500-acre park.

The Park District is currently designing road improvements and plans to open a portion of the park, south of Bailey Road, within the next two to three years.



**Sailors marching at Mare Island.** Photo courtesy NPS

## KEEPING TRAILS ENJOYABLE FOR ALL

In 2019, the Park District Board of Directors held a public workshop where a variety of park and trail users provided feedback and concerns regarding trail use. In response, the Park District created a Trail User Working Group to discuss and evaluate trail safety, trail connections, enhancements, and maintenance, as well as policy updates to best meet the diverse needs and interests of park users.

The Trail User Working Group stakeholders include bicyclists, conservationists, dog owners, equestrians, hikers, land trusts managers, youths, and members of the Park District’s Park and Multicultural Advisory Committees and the Regional Parks Foundation. The group has been working on trail improvements since August 2020.

Learn about the Trail User Working Group’s activities at  
**EBPARKS.ORG/TUWG**



Attention Teachers  
and Nature Lovers:

## DIGITAL LEARNING RESOURCES AVAILABLE

Even before COVID-19, our naturalists had developed a wide spectrum of digital learning resources for teachers, students, and the public to learn about nature in regional parks, including nature activities and games, field study videos, and virtual reality park experiences.

During the pandemic, many more creative, diverse, and inclusive virtual programs were created in response to in-person programming restrictions. While these resources are not a substitute for visiting nature in person, they are a great way to learn about wildlife, plants, habitats, geology, conservation, history, and the Regional Parks.

**Digital Education Resources:**  
[ebparks.org/DigitalLearning](http://ebparks.org/DigitalLearning)



**Park District Naturalist  
Morgan Gunther**

## Regional Trails Vital for Recreation and Transportation

In the 1970s, the Park District pioneered the concept of developing an integrated network of paved and unpaved hiking and biking trails interlinking regional parks and communities throughout the East Bay. The Regional Trails network has grown to more than 200 miles of trails providing recreation and connecting users to transit hubs, schools, work sites, and shopping centers.

The Regional Trails network is increasingly relevant in creating equitable, healthy, and sustainable communities with wider access, accompanied by reduction in traffic congestion and greenhouse emissions.

A recent review of Regional Trails needs identified 21 critical projects necessary to improve safety, enhance transit connectivity, and help lower traffic congestion. Additional funding is needed to plan, design, and construct these vital projects.

### REGIONAL TRAILS NEEDS AND PRIORITIES

- 1 Iron Horse Regional Trail Crow Canyon Overcrossing
- 2 Iron Horse Trail Extension – Concord to Benicia-Martinez Bridge
- 3 Tassajara Creek Trail Extension to Dublin-Pleasanton BART
- 4 Richmond Parkway to Wildcat Creek Regional Trail Connection
- 5 George Miller Regional Trail to Martinez Intermodal Station Extension
- 6 Oakland SF Bay Trail Connection
- 7 Marsh Creek Regional Trail Extension



- 8 Richmond Bay Trail Extension – Point Pinole to Point Wilson
- 9 Point Molate SF Bay Trail Connection
- 10 Niles Canyon Railway Crossing and Safety Improvements
- 11 Niles Canyon Trail Old Canyon to Palomares
- 12 Niles Canyon Trail Palomares to Sunol



*Iron Horse Trail, Danville*

- 13 Oakland East Bay Greenway Trail Extension
- 14 SF Bay Trail at Alameda Point
- 15 Iron Horse Regional Trail in Livermore
- 16 Contra Costa Canal Regional Trail to Delta de Anza Trail
- 17 Oakland Bay Trail Extension
- 18 Oakland Martin Luther King Jr. Regional Shoreline Bay Trail Extension
- 19 Iron Horse Regional Trail Sycamore Valley Road Overcrossing
- 20 Iron Horse Regional Trail Bollinger Canyon Overcrossing
- 21 Contra Costa Canal Regional Trail Bancroft Overcrossing

List does not include ALL Regional Trails Needs and Priorities.

## RAISE Grant

### Regional Trail Priorities

The U.S. Department of Transportation Rebuilding American Infrastructure with Sustainability and Equity (RAISE) grant program provides funding for road, rail, transit, and port projects that have a significant local or regional impact. East Bay Regional Trails are an integral part of the region's green-transportation network and many planned expansion and improvement projects qualify for potential RAISE funding. Congress has dedicated nearly \$8.9 billion for twelve rounds of RAISE grants for projects. U.S. Department of Transportation is currently accepting grant applications for regional trail projects.

The Park District is planning to submit a grant application for up to \$25 million for eight Regional Trail projects:

- 1 **Oakland East Bay Greenway Trail Extension**  
0.75-mile trail extension in Oakland under the Bay Area Rapid Transit (BART) line from 85<sup>th</sup> Avenue to 98<sup>th</sup> Avenue, connecting 98<sup>th</sup> Avenue to the Oakland Coliseum/Airport BART station. *(Construction)*
- 2 **Oakland Bay Trail Extension**  
0.1-mile trail connection from East Oakland to the San Francisco Bay Trail. *(Construction)*
- 3 **Oakland Martin Luther King Jr. Regional Shoreline Bay Trail Extension**  
0.2-mile extension of the San Francisco Bay Trail to improve pedestrian and bicycle safety in a high-use industrial area. *(Planning)*
- 4 **Iron Horse Trail Extension – Concord to Benicia Bridge**  
0.25-mile trail extension of the Iron Horse Regional Trail from Marsh Drive to Imhoff Drive, including safe signalized crossing and safety improvements of Marsh Drive. *(Construction)*
- 5 **Richmond Bay Trail Extension**  
0.9-mile extension of the San Francisco Bay Trail from Point Wilson to Pinole Point Business Park in Richmond. *(Construction)*
- 6 **George Miller Regional Trail to Martinez Intermodal Station Extension**  
0.5-mile extension of the San Francisco Bay Trail connecting the current George Miller Regional Trail to the downtown Martinez intermodal station, including pedestrian railroad crossing safety improvements. *(Construction)*
- 7 **Tassajara Creek Trail Extension to Dublin-Pleasanton BART**  
0.6-mile paved and 0.65-mile unpaved connection of the Tassajara Creek Trail, including security and safety upgrades. *(Construction)*
- 8 **Marsh Creek Trail Extension**  
Three-mile extension of the Marsh Creek Trail from a parkway in Brentwood to Round Valley Regional Preserve. *(Construction)*



# Ardenwood

## HISTORIC FARM

### Summer Harvest

**Summertime** is a season for harvesting the fruits of our labor and enjoying life's simple pleasures, like biting into a sun-ripened berry, juicy peach, or crisp watermelon. It is also the season for harvesting wheat to grind into flour for baking tasty treats.

At Ardenwood, each changing season brings its own unique pleasures, and summer is no exception. Fresh, ripe produce can be enjoyed straight from the field or cooked up in our Country Kitchen, a recreation of the seasonal outdoor kitchens used on early 20<sup>th</sup> century farms to feed workers and keep the heat of cooking out of the home.

This summer, staff at Ardenwood would like to share some seasonal favorites with you.

### Activities

#### Berry Picking

Summer's succulent blackberries are a treat to look forward to each year! Bring your own berry basket to Ardenwood and gather a bunch to take home for pies, cobblers, and other summertime treats. *Register to participate in this year's berry picking by visiting [ebparks.org/Ardenwood](http://ebparks.org/Ardenwood).* Berry picking will be offered to registered participants at 9:30 a.m. on the following Sundays: July 11, July 25, August 1, and August 15.

#### Field to Food

Follow the journey of a wheat berry from the farm field to your sandwich in this program with Ardenwood Naturalist Christina Garcia. After you try separating the grain by hand, you'll appreciate seeing our antique machines that aid in this labor-intensive process. *Register for Ardenwood entry at [ebparks.org/Ardenwood](http://ebparks.org/Ardenwood) to experience this seasonal activity on Sundays July 11, July 25, August 8, or August 22.*

### Blackberry Coffee Cake

Makes 6 to 8 servings.

#### Recipe ingredients

- |   |  |
|---|--|
| <input type="checkbox"/> 2 cups flour                       | <input type="checkbox"/> 2 eggs                  |
| <input type="checkbox"/> 1 cup sugar                        | <input type="checkbox"/> 1 cup milk              |
| <input type="checkbox"/> 2 teaspoons baking powder          | <input type="checkbox"/> 1 teaspoon vanilla      |
| <input type="checkbox"/> 1 teaspoon salt                    | <input type="checkbox"/> 1/3 cup brown sugar     |
| <input type="checkbox"/> 2 teaspoons cinnamon               | <input type="checkbox"/> 3 1/2 cups blackberries |
| <input type="checkbox"/> 1/2 cup margarine                  | <input type="checkbox"/> 1/4 cup flour           |
| <input type="checkbox"/> 1/2 cup pecans or walnuts, chopped | <input type="checkbox"/> 2 tablespoons butter    |

#### Steps

- 1: Sift together first five ingredients and put in a large bowl; cut in margarine until mixture looks like crumbs.
- 2: In another bowl, mix together eggs, milk, and vanilla. Pour over flour mixture and stir until just moistened.
- 3: Spread in a greased 8' x 12' pan; distribute berries on top.
- 4: In a small bowl, combine brown sugar, flour, and butter. Mix with a fork until crumbly. Add nuts and sprinkle over top of cake.
- 5: Bake at 350 degrees for 45 minutes.

*Recipe from Just Berry Recipes: [justberryrecipes.com](http://justberryrecipes.com)*

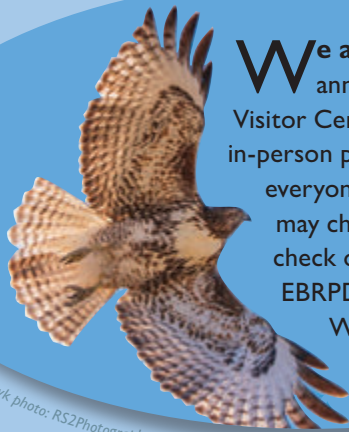
### Reflection

Can you feel the summer heat in this photo? Take a deep breath and imagine the earthy smell of Ardenwood's dry wheat being cut. Listen for the rumbling of the Holt 1927 combine harvester blending with the rustling of dry wheat stalks in the breeze. Immerse yourself in the field, taking time to offer gratitude for summer's bounty.



# Big Break

## REGIONAL SHORELINE



Red-tailed hawk photo: RS2Photography

**W**e are happy to announce that Big Break Visitor Center is open and providing in-person programming again. To keep everyone safe, hours and protocols may change with state guidance. Please check out our web page to learn more: EBRPD – Big Break ([ebparks.org](http://ebparks.org)). We look forward to seeing you soon!

## Big Break Quail Crossing

Nuzzled among the Oakley wetlands, Big Break Regional Shoreline is a birding paradise. The park welcomes tired travelers like the bald eagle and the white pelican to rest and feed, while it also provides vital habitat to permanent residents like our state bird, the California quail.

This plump little quail is easily recognized thanks to a prominent teardrop-shaped head plume and is often seen scurrying around the parking lot shrubs – as if challenging visitors to a game of hide and seek.



Photo: digitaltrails. CC BY-NC-SA 2.0

**Quail chicks like to hide under grownups.**



Photo: Sharon in Llano. CC BY-NC-SA 2.0

**California quail chicks.**

It is especially fun to spot this bird during the summer months, as it is often trailed by a handful of puffballs with legs, its chicks. If you see multiple mature males and females in such a group, you may be looking at a rout – a mix of related or unrelated quail that raise their young together. The species seem to understand that it does indeed take a village...

Although the California quail is hearty and adaptable, its population size has been declining due to habitat loss. We can help it thrive in our parks and backyards by giving it plenty of personal space and by landscaping with low, native shrubbery that let this shy little neighbor feel comfortable and secure.

Happy quail spotting!



## Finding Feathers

Strolling along Big Break's trails in the summer months, you might start to notice large feathers peppered among the grasses and shrubs. These feathers often belong to one of the park's permanent residents – the red-tailed hawk.

Because red-tailed hawks do not breed or migrate during the summer, and because they usually settle in places with lots of food, they have plenty of energy to molt – to shed their old feathers and grow new ones. Molting is vital for birds as they rely on feathers to fly, and stay warm and dry, so they must be able to replace old or damaged feathers regularly.

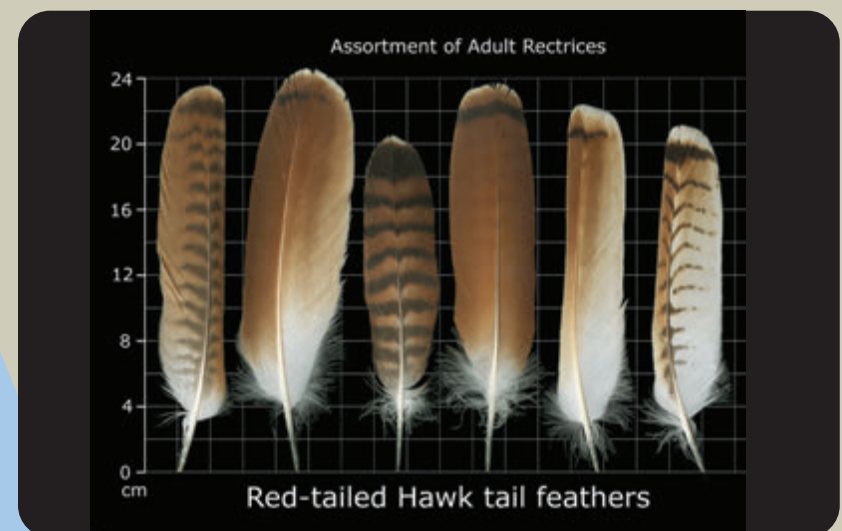


Photo: U.S. Fish and Wildlife Services

Although collecting is not permitted in East Bay regional parks, we invite you to investigate any feathers that you find on the trails: what do they look like and how do they feel? And before you put them back where you found them, please take a picture to share with us at [bigbreakvisit@ebparks.org](mailto:bigbreakvisit@ebparks.org).

**FUN FACT:** If a flight feather falls off from one wing, the same feather on the other wing will molt too. This molting balance ensures that birds are still able to take off and fly.

**REMINDER:** Taking of feathers, even molted ones on the ground, is strictly prohibited according to Ordinance 38 of the EBRPD as well as the Migratory Bird Treaty Act.

See [ebparks.org/rin](http://ebparks.org/rin) for upcoming programs.



# Black Diamond Mines

REGIONAL PRESERVE

## Fourth of July in the Coal Field

Communities often come together to celebrate. For the residents of the Mt. Diablo Coal Field, July 4 was one of the largest celebrations of the year. Today, the Fourth of July is a day to celebrate the founding of the country and to reflect on what that history means to all members of our community. As you plan how you will observe the holiday this year, check out some ideas from history.

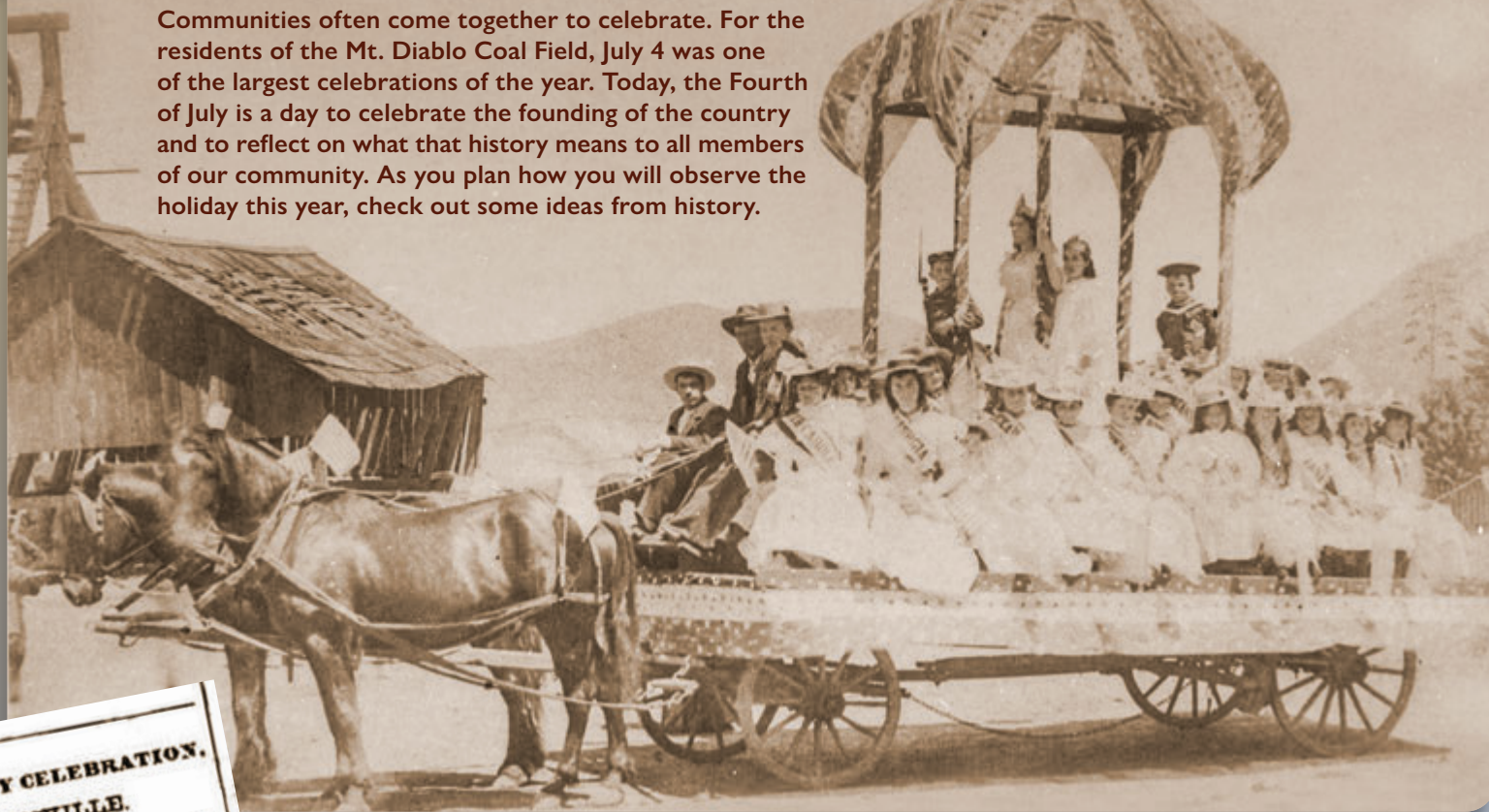
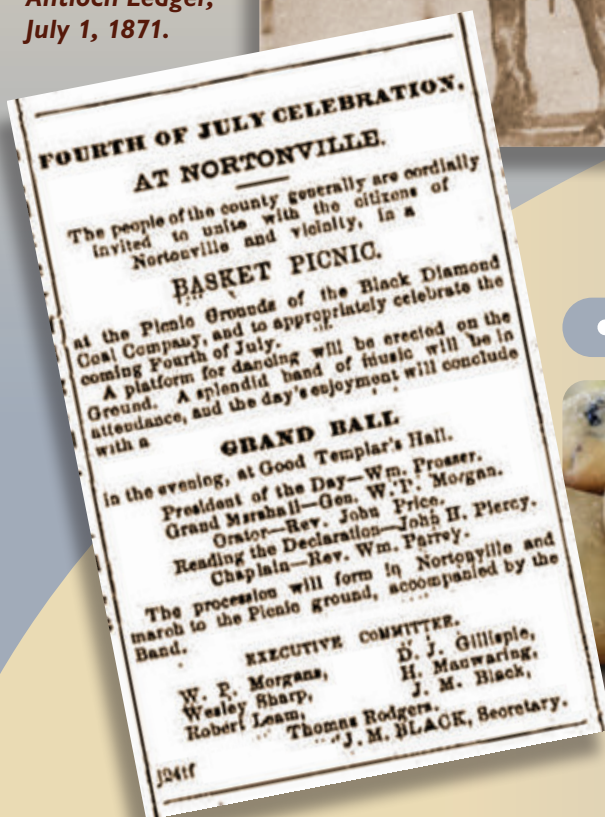


Photo courtesy of the Phoebe Hearst Museum in Berkeley

Fourth of July picnic announcement, Antioch Ledger, July 1, 1871.



During the late 19<sup>th</sup> century, the Fourth of July was a major holiday in the towns of the Mount Diablo Coal Field. Here, George Lougher drives a parade float of local girls dressed to represent each of the states.

## Fruit Cookies



**Looking for something sweet** to bring along on your Fourth of July picnic? Enjoy this cookie recipe from a cookbook housed in the Black Diamond archive. The *White House Cookbook* was published in 1900 and was donated by Norma and William Bardsley in 2009, descendants of the Hollywood and Daly families of coal country. Here in the coal field, this cookie was often made with dried, native California currants but you can try it with raisins, or currants. The recipe calls for a "quick" oven which is roughly 400 degrees while sweet milk refers to whole milk in order to distinguish it from commonly used buttermilk. We used about 2 ½ cups of flour to have enough to "stiffen sufficiently" and baked them for about 10-12 minutes. Share your bake with us by posting a photo on our Black Diamond Mines Facebook page!

**Cookie Recipe:** One cupful and a half of sugar, one cupful of butter, one-half cup of sweet milk, one egg, two teaspoonfuls of English currants or chopped raisins. Mix soft and roll out, using just enough flour to stiffen sufficiently. Cut out with a large cutter, wet the tops with milk and sprinkle sugar over them. Bake on buttered tins in a quick oven.



# Coyote Hills REGIONAL PARK



Photo: TSims

## Visitor Center Reopening

We are excited to let you know that Coyote Hills Visitor Center is reopening with limited hours. We are currently offering limited capacity socially distant, self-guided tours. Please check out our web page to get up-to-date hours and information: [ebparks.org/parks/coyote\\_hills](http://ebparks.org/parks/coyote_hills).



## Northern Pacific Rattlesnake

While it is the only venomous snake you will encounter in Northern California, the Northern Pacific Rattlesnake has an undeserved reputation of acting aggressively. Rattlesnakes, like all snakes, are cold-blooded and must use the heat of the sun to warm themselves so they can hunt and digest food. Where's the quickest place to get warm? Heat absorbing surfaces, including bike paths, roads, and rock outcroppings.

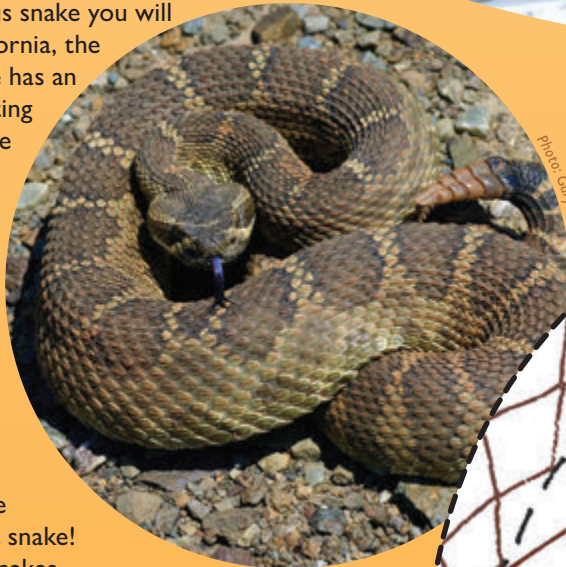


Photo: Carl Nafis

To avoid any surprise encounters with one of these fantastic animals: Think like a snake! Walk around or away from snakes sunning themselves. Look carefully before placing hands or feet into rock crevices, under trees and logs, or in tall grass. These simple precautions will help keep you and snakes safe in the outdoors.

## Spiral Snake Craft

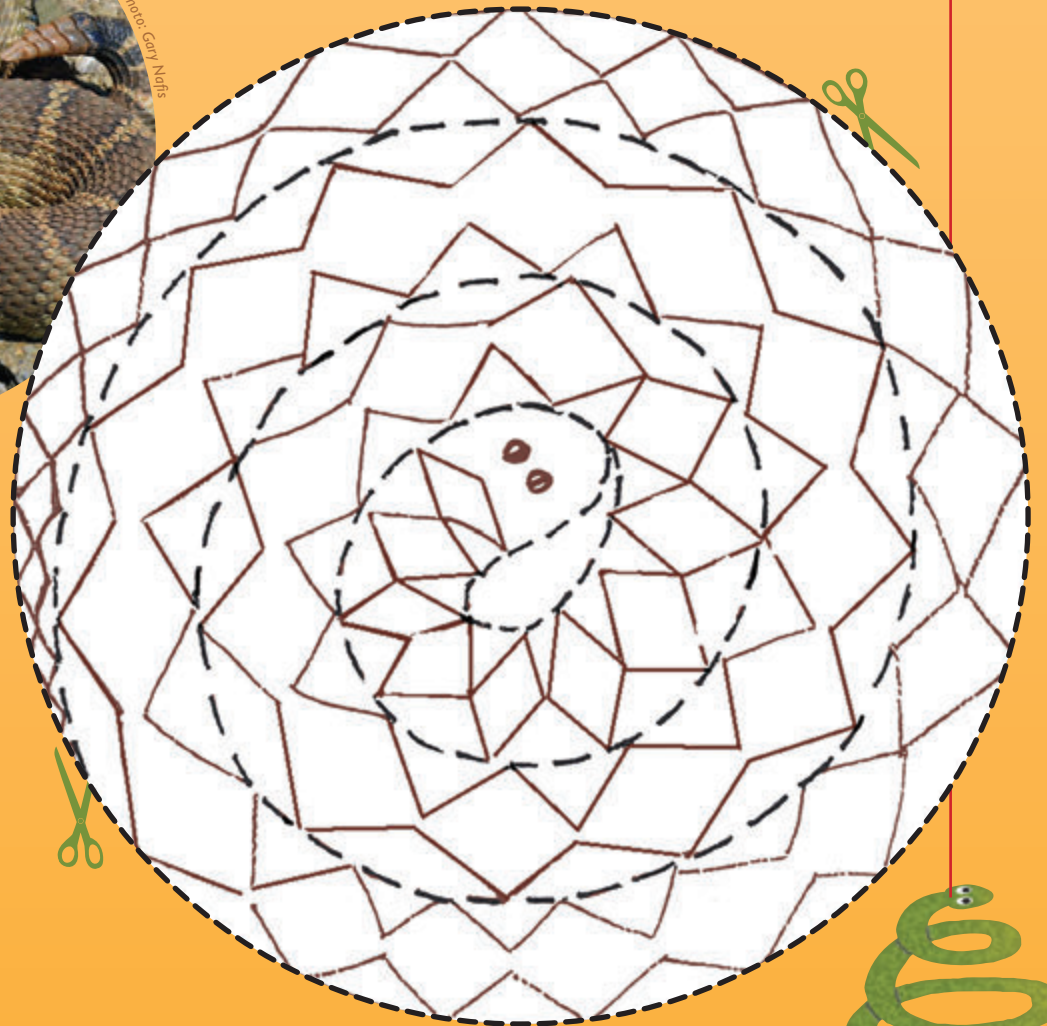
Make this simple snake craft. Color the example on this page, then cut it out along the dashed lines. Or create and decorate your own from a single piece of colored or white paper.

### Supplies needed:

- |   |  |
|---|--|
| <input type="checkbox"/> Construction paper | <input type="checkbox"/> Tape                            |
| <input type="checkbox"/> Crayons or markers | <input type="checkbox"/> String                          |
| <input type="checkbox"/> Scissors           | <input type="checkbox"/> Googly eyes and glue (optional) |

### Steps:

1. On a piece of construction paper, draw a spiral. The center of the spiral will be the head, so draw an oval-shaped area in the center.
2. Draw a face on your snake (optional: glue on googly eyes). Decorate the body of your snake to look like patterned snakeskin.
3. Cut along the spiral lines you drew.
4. To display: tape a length of string to the snake's head. You can hang the snake from the ceiling, near a window, or carry it around with you when you walk outside. **Enjoy!**





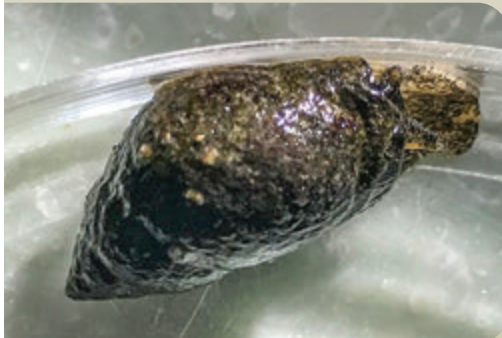
# Crab Cove

## VISITOR CENTER AND AQUARIUM

### Common Snails of Crab Cove

When most people think of snails, they envision the common **European brown garden snail**, *Cornu aspersum*, formerly known as *Helix aspersa*, munching away on plants in their vegetable or home gardens. The gardens surrounding the Crab Cove Visitor Center even have them. However, snails are extremely diverse and very successful. They have been around on the planet nearly 500 million years!

Snails, slugs, clams, oysters, mussels, octopuses, and squid belong to a group of animals called mollusks, soft-bodied organisms without backbones. Snails and slugs belong to the class Gastropoda, meaning stomach-foot, a perfect definition. Not only do they slide around on their “foot,” but it contains a radula which has tiny “teeth” that they use to scrape and eat their food. Snails also have beautiful, varied shells which they use for protection. Many marine snails have a “trap door” called an operculum which they close tightly to keep moisture in. Snails that live in the water have gills, while snails that live on land breathe with lungs.



**Eastern Mudsnail**

**Eastern mudsnails** (*Tritia obsoleta*) and **Atlantic oyster drills** (*Urosalpinx cinerea*) were accidentally introduced into the bay when oysters from the east coast were brought to California beginning in 1850. Mudsnails often form herds and are the “cows” of the mudflat, grazing on diatoms, algae, and detritus on the surface of the mud. But they will also feed on tiny worms in the mud and scavenge dead fish, crabs, and other critters. They often deposit their egg capsules in rows on eel grass.



**Atlantic Oyster Drill**

There are over 200 native species of snails in California, but the three most common snails found along the edge of the San Francisco Bay in the mudflat and rocky shore of the Crab Cove Marine Conservation Area are all non-natives.

**Atlantic oyster drills** are predators which drill tiny holes into oysters, mussels, and barnacles. They secrete a glandular substance to help soften the shell of their prey, use their radula to drill a hole, and then insert their tubular mouthpart, called a proboscis, to feed on its soft tissues. **Atlantic oyster drills** lay vase-shaped eggs underneath rocks.

The third type of common snail is the **Japanese bubble snail** (*Haminoea japonica*), introduced into San Francisco Bay in 1999. This snail is unusual as it looks inside-out – the squishy body on the outside and the shell hidden inside. They can easily be



**Japanese Bubble Snail**

found roaming about the mud – just look for their slime tracks. Bubble snails lay their bright yellow eggs inside jelly-like egg masses attached to seaweed. Last summer we had an outbreak of Swimmer’s Itch along Crown Beach. When the water is warm, this parasite sometimes burrows into the skin of people, causing an itchy rash which lasts a couple of weeks. Normally, this microscopic parasite will burrow into the legs of animals like gulls, ducks, and even raccoons. Adult parasites live in the blood of these infected animals, and their eggs are passed in feces, releasing larvae that search for a snail host. Once they find a snail, the larvae undergo growth and are then passed from snails into fresh or saltwater. One way to prevent the parasite from attaching is to shower off and dry vigorously with a towel after swimming.

Snails are easy to find and fascinating to watch. Come look for them at Crab Cove during low tide. And back to that snail in your garden, put some coffee grounds around your plants to deter them and enjoy the wonder of these amazing creatures!

found roaming about the mud – just look for their slime tracks. Bubble snails lay their bright yellow eggs inside jelly-like egg masses attached to seaweed.

Last summer we had an outbreak of Swimmer’s Itch along Crown Beach. When the water is warm, this parasite sometimes burrows into the skin of people, causing an itchy rash which lasts a couple of weeks. Normally, this microscopic parasite will burrow into the legs of animals like gulls,



### Make a Paper Snail Craft

1. Color inside this pattern or draw your own. Glue or draw on eyes.
2. Cut out the snail along the dashed line.
3. Wrap paper around a marker, pencil, or finger, to curl paper into a shell shape.

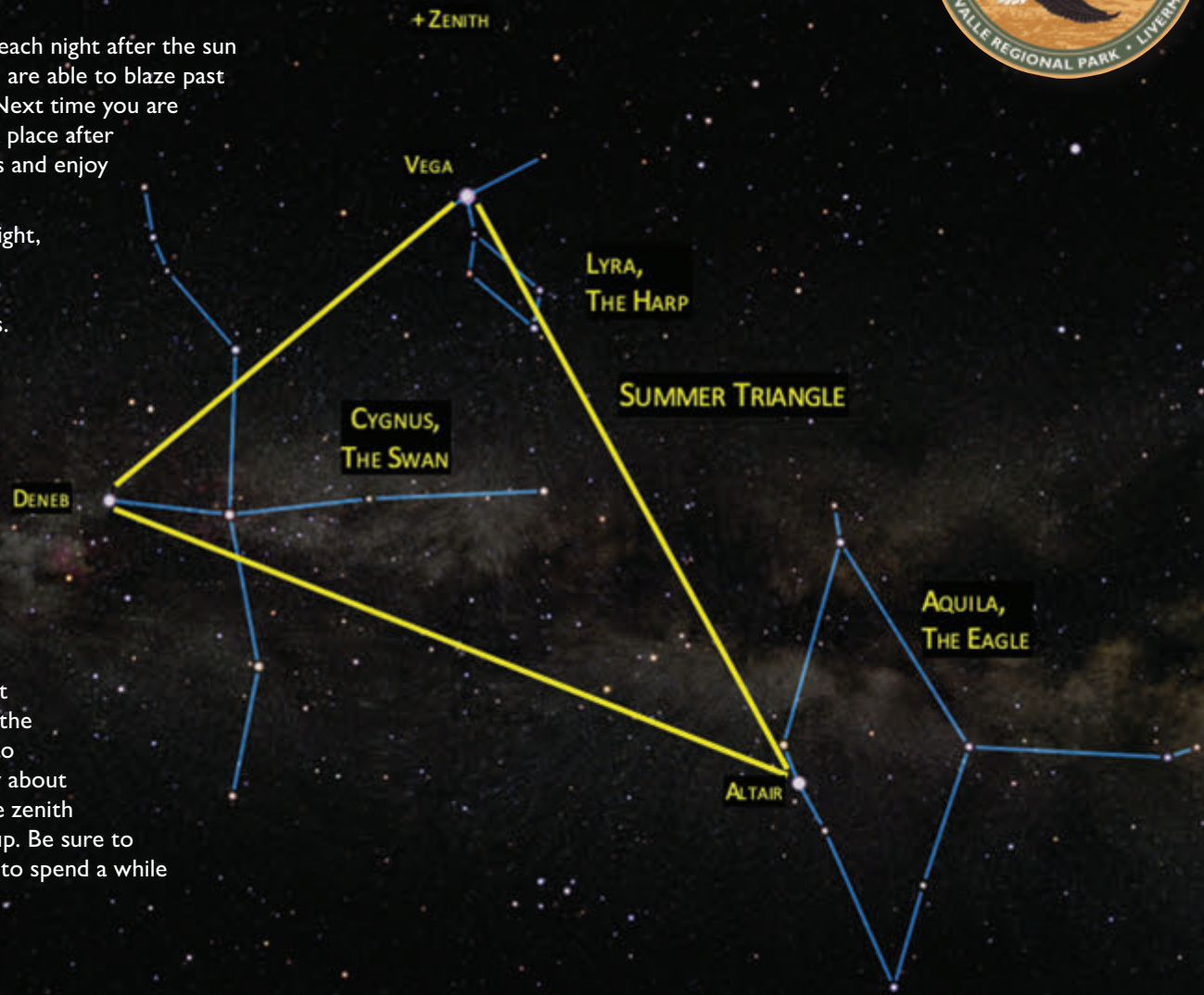


## Summer Stars in Dark Skies

**The stars in the sky** are a companion each night after the sun sets, but usually only the brightest stars are able to blaze past the light pollution of our cities and towns. Next time you are out camping at Del Valle or at another dark place after sunset, take some time to turn off the lights and enjoy the beauty of the night sky.

This summer when you are out on a dark night, see if you can spot the Summer Triangle – three bright stars that appear high in the night sky from three different constellations.

The three constellations that make up the summer triangle are Cygnus – the swan, Lyra – the harp, and Aquila – the eagle. Each of them has a very bright star that together form that triangle! Altair is the twelfth brightest star in the sky and has about twice as much mass as our Sun. Denab comes from Arabic and means tail – look at where it is on the swan! It is a very bright star, even though it is located very far away. If Denab took the place of our Sun, it is so big that it would extend out to touch the Earth! That is a big star. Vega, the third star in the triangle, is located closest to our solar system of these three stars – only about 25 light years away. It is located close to the zenith of the sky, or highest point that is straight up. Be sure to lay down or use a reclining chair if you plan to spend a while stargazing so you don't hurt your neck.



## Planets and Perseid

Saturn and Jupiter are visible for most of July and August, and the Perseid Meteor Shower is August 9 to 13 (peaking the night of August 12 to 13), although you should be able to see stray meteors from July 17 to August 24. There are lots of great low-cost and free star guides you can download ahead of time to your phone that don't require Internet access to use (which is important at Del Valle).



## Come Visit the *New* Del Valle Visitor Center

Located on the far side of the lake from the entrance to the park (go past the kiosk, over the bridge, and turn right), our new Visitor Center is open on weekends. It features redesigned, state of the art bilingual exhibits. Come check it out, learn about wildlife, join us for a program, or just stop by and say "Hi!"

# Mobile Education



**A**t the Mobile Education Unit, we typically travel to schools and special events, and find that nature abounds everywhere in the East Bay.

One of the creatures we meet everywhere we go is the pigeon: an interesting animal that we humans often overlook, and even sometimes frown upon. The pigeon (also known as rock dove) is one of the most prolific introduced species in the world. It is native to Northern Africa and southern Europe, but now lives on every continent except Antarctica. Scientists hypothesize that these feathered friends were our first domesticated birds over 15,000 years ago.

To their credit and success, pigeons have found a way to adapt alongside humans, and we have used their skills to benefit our needs. Their amazing flying abilities and homing instincts helped us send messages before telegrams (and later, phones, and the Internet) were invented. Pigeons have helped us find shipwrecked passengers at sea. They have been trained to detect cancer, and to recognize the letters of the English alphabet. They recognize themselves in mirrors, and they are even better at multitasking than us humans!

So the next time you encounter a flock of pigeons outside your house or school or office, tip your hat to these clever, resourceful adventurers who have been our neighbors and helpers for millennia.

## JOKES

**What did the bag of chips say to the angry pigeons?**

*Answer: "I don't want to ruffle any feathers."*

**What does a pigeon with sunglasses on say?**

*Answer: "Coo man coo."*

**What is a pigeon's favorite poem?**

*Answer: A hai-coo*

**I asked my pet pigeon what he thought of my new shoes.**

*Answer: He said, "They're coo."*



## Urban Evolution in Pigeons

**Urban evolution** happens when plants and animals change in response to living in cities, and these changes are passed along to their offspring. Some scientists are studying urban rock pigeons because they thrive in urban areas, and they're learning a few interesting things!

**New York, New York:** Blood glucose tests on city pigeons found that a high sugar diet, such as bread and other baked goods, did not give them unhealthy blood sugar levels.

**Paris, France:** A study examining why city pigeons are often dark in color finds that it might be because the melanin in feathers helps pull toxic metals like zinc and lead out of their bloodstream.

## Pigeon Word Scramble

T	E	H	F	S	R	E	A
S	G	W	N	I			
W	L	C	S	A			
A	L	T	I				
K	A	E	B				



**Answers:** Feathers, Wings, Tail, Beak

# Outdoor Recreation



## Eight Tips for Hot-Weather Hiking

**Check the Weather** – On the morning of your hike. Be prepared!

**Start Early and/or Finish Late** – Set your alarm and finish your adventure before the heat of the day. Note the hottest time of the day is generally around 3 p.m.

**Wear Layers and Cover Up** – Wear light colors and appropriate fabrics to wick moisture from your skin. Be sure to wear a sun hat with full coverage to prevent overheating.

**Drink Plenty of Fluids** – Always bring plenty of water for your outing. Two liters is recommended for adults.

**Eat Salty Snacks** – This will help keep your electrolytes in balance.

**Take Regular Breaks** – Pull up a patch of shade. Take a well-deserved rest in the shade.

**Choose Your Trail Wisely** – When planning your outing on warm days, consider shaded trails or “Easy” hikes found in the Trails Challenge 2021 Guidebook. Also consider the list of shaded and easy-level Regional Park trails listed below.

**Know the Signs of Heat Stroke** – Symptoms include nausea, muscle cramps, bad headache, dizziness, confusion, disorientation, and lack of sweating, even when temperatures are high.

When planning your outing on warm days, consider “Shaded Trails” or “Easy” hikes found in the Trails Challenge 2021 Guidebook.

### Shaded Trails in EBRPD to Consider Hiking on Warm Days

- **Tilden Park**..... Wildcat Gorge Trail
- **Huckleberry** ..... Huckleberry Interpretive Loop Trail
- **Tilden Nature Area** ..... Sylvan Trail
- **Anthony Chabot**..... Big Bear Loop and Bird Trails
- **Reinhardt Redwood** ..... Stream Trail



For a list of easy and flat trails generally 1 to 3 miles in length, or 1-2 hours to complete, visit the Trails Challenge web page:

[ebparks.org/TrailsChallenge](http://ebparks.org/TrailsChallenge)



Hikers enjoy the shade of redwoods in Reinhardt Redwood Regional Park, Oakland

Photo: Gary Crabbe



# Sunol Wilderness

REGIONAL PRESERVE



*Mylitta Crescent*  
(*Phyciodes mylitta*)

## Summer Butterflies

### Beauty at its Peak

A wide diversity of butterfly species abound during the warm summer months.

It may seem as though we are seeing the same butterflies over and over in our east bay parks, but the reality is more complicated and interesting. Most adult butterflies live two to three weeks at most. With common small species, the first females to emerge in spring or early summer lay eggs that will soon hatch. The caterpillars grow rapidly and pupate, and another batch of adults appear. This means there may be three or more generations in these warm summer months.



*West Coast Lady*  
(*Vanessa annabella*)

### Climate Impacts

There has been a decline in butterfly populations, particularly at lower elevations. Some Bay Area species have already gone extinct while others are threatened.

The reasons for their decline are complex. Shorter summers often mean fewer generations of butterflies.

### Helping From Home

While planting native milkweeds can be extremely beneficial to monarch



*Koto Milkweed (Asclepias eriocarpa)*

butterflies, planting non-native milkweeds may do more harm than good. Non-native milkweed species may act as a physiological trap for monarchs during the fall and spring migrations. Choosing to grow plants native to your region will encourage normal monarch migration patterns and contribute to their natural life cycles. Visit [calscape.org](http://calscape.org) to discover which milkweed species are native.

### Activities

- Create a bat box
- Make a bee or butterfly 'bath' by putting rocks and water in a shallow dish
- Grow native plant species
- Use pesticide alternatives like diluted soaps and natural plant oils, like cedar oil, to deter pests

## Naturalist Event Calendar

**FOLLOW US ON FACEBOOK @SUNOLREGIONALWILDERNESS**  
Don't use Facebook? Discover our naturalist activity site and register for programs by visiting: [ebparks.org](http://ebparks.org)

**Wild Wonders** – Weekends in July 10 and 18, August 14 and 22, 2 p.m.

**Wildness Awaits!** Discover the wonders of the wilderness through exploration and activities. Great for families and all ages. Registration only.

**Nocturnal Journal** – August 21, 7 p.m. – Explore the park after dark as you learn techniques for nature journaling at night. Join a naturalist for this guided stroll along the Camp Ohlone Road as the sun sets. Make nighttime discoveries as you record your sightings along the way.

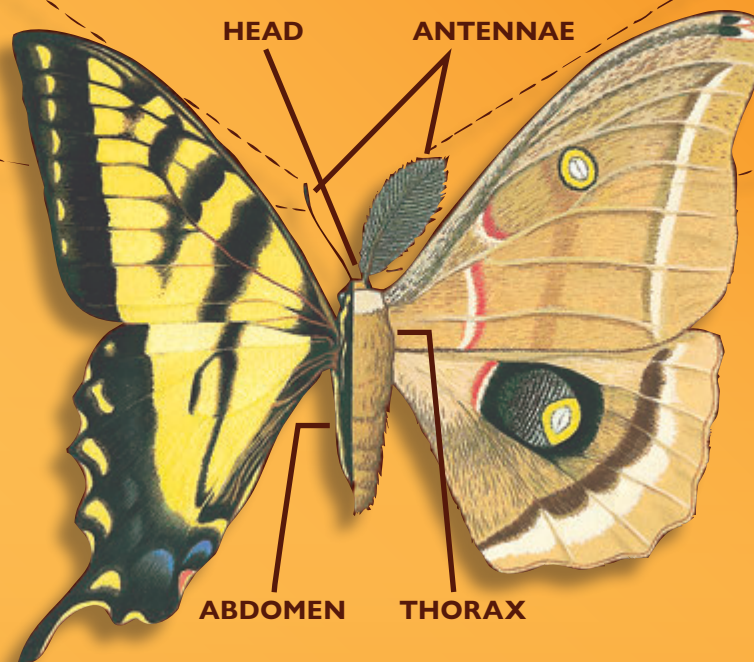
**Registration only:** Limited space available, masks and distancing required.

**Recommended supplies:** paper/journal, pencil, headlamp, other coloring materials.

## Butterfly or Moth?

**Butterflies** rely mostly on sight and have thin, clubbed antennae. Moth antennae are never clubbed.

**Moth** antennae are often feathery, to increase their surface area. Some male moths can smell females miles away!



# Tilden

## NATURE AREA



### Ode to the Odonata

Happy 300 million and oneth birthday Dragonfly!  
 You haven't changed a bit (well a little, but not too much).  
 Still with the four wings that scatter sunlight as you skim and twist and hover.  
 Still your all-seeing compound eyes composed of thousands of tiny eyelets,  
 the chagrin of Argus Panoptes.  
 Still patrolling waterways, hunting, and seeking, a summer synonym, a Dragon!

You have seen so much in your lifetimes!  
 Remember when you watched reptiles arise from amphibians,  
 take to the land, only to become giant dinosaurs? That was funny.  
 And how about that time when plants finally invented flowers?  
 I wish I could have been there.

Oh, and humans. They sure put their stamp on the Earth, huh? They did give you poetic  
 names though, like skimmer and darner, pondhawk and dasher, meadowhawk and spiketail.

Dragonfly,  
 Thank you for your flair and dash and dance and hawk. You will always have a place in the heart of summer.



— Naturalist Anthony Fisher

Photo: Anthony Fisher

### Summer Time

#### WORD SEARCH

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

BARBECUE	HIKE	SHADE
BEACH	HYDRATE	SUMMER
BIKE	PICNIC	SWIM
CAMPS	PLAY	VACATION
FUN	POOL	WATER

### Whose Baby is That?

#### MATCH THE LITTLE FARM ANIMAL WITH ITS BABY

Cow				Piglet
Goat				Chick
Pig				Calf
Sheep				Kid
Chicken				Lamb



# Volunteer PROGRAM

VOLUNTEER SPOTLIGHT:

## The Volunteer Trail Safety Patrol

The East Bay Regional Park District offers many kinds of volunteer activities to our communities! One of our programs, the Volunteer Trail Safety Patrol (VTSP), is an exciting and rewarding opportunity for volunteers to work with the Park District's police department.



Members of the VTSP are frequent and enthusiastic visitors to our parklands who enjoy riding and hiking Park District trails and interacting with the public. They are dedicated to preserving the safety of the public and care for the East Bay Regional Park District's natural and historical resources.

There are five different patrol groups you may see on the trails: the Volunteer Mounted Patrol, the Volunteer Bicycle Patrol, the Volunteer Hiking



Patrol, the Companion Dog Patrol, and the Volunteer Marine Safety Unit. Also, each group can support our search and rescue team!

These folks are our eyes and ears on the trails, observing and reporting safety issues, incidents, and emergencies to park staff and police. They truly love interacting with – and educating – visitors about Park District resources, programs, facilities, and rules. The volunteers will often assist at Park District sponsored public events.



Members receive training in all facets of park user safety and are charged with a duty to **Observe, Educate, Report ... and Enjoy**. The Volunteer Trail Safety Patrol promotes safe and courteous park and trail use by Park District visitors. Patrol members seek to create and maintain positive relationships among trail user groups and love being the face of the East Bay Regional Parks.

It takes a lot to be a member of the Volunteer Trail Safety

Patrol. Each member must attend rigorous training sessions and maintain a series of certifications to demonstrate their abilities for the required tasks. But it is also a wonderful opportunity to get to know park staff, and learn about how exciting these careers can be!

If you want to learn more about the Volunteer Trail Safety Patrol, or find out how to apply to become a member, please visit us at [ebparks.org/VTSP](http://ebparks.org/VTSP).



East Bay Regional Park District  
Healthy Parks Healthy People  
2950 Peralta Oaks Court  
Oakland, CA 94605-0381  
[ebparks.org](http://ebparks.org)