

Regional in Nature

# Activity Guide

MARCH – APRIL 2021

East Bay   
Regional Park District  
*Healthy Parks Healthy People*

Visit [ebparks.org](http://ebparks.org) for up-to-date  
information on parks and activities.



Photo: Jerry Ting



**Park Employees Recognized.** See page 3.

**Protecting Endangered Wildlife.**  
See page 5.

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



# Regional Parks Here for You

## YOUR PARKS, YOUR HEALTH

**S**pring is in the air in the **Regional Parks**, which also means more visitors! A little worrisome as many parks have seen visitation increased by 30 percent, and some at 100 percent during the COVID-19 pandemic.



Additionally, state and local health orders were recently updated to allow for camping, backpacking, and outdoor visitor facilities to reopen, including Ardenwood Historic Farm, Tilden's Little Farm, and the Regional Parks Botanic Garden. These facilities reopened in mid-February with reservations required and capacity limited.

With better weather and more facilities reopening comes the need for all of us to continue doing our part. Remember to follow all park safety rules and social distancing guidelines, including:

- Wearing masks within 6 feet of others.
- Keeping a 6-foot distance from other park users.
- Only outdoor social gatherings involving 25 or fewer people from three or fewer different households are permitted.
- Being aware of high-touch points such as trail access gates, benches, etc. Use gloves or hand sanitizer.

Keeping parks open and safe during the pandemic has not been easy, especially with overwhelming visitation and ever-changing state and local health orders. However, when the public needed parks most, the Park District is proud to have answered the call to provide the public with places for rest, relaxation, and respite.

During the pandemic, the Regional Parks have provided an essential service. A 2020 scientific survey of Park District's residents found that 96 percent feel the Park District plays an important role in maintaining the physical and mental health of the community.

For up-to-date information on Regional parks and what activities are permitted by local health orders, visit [ebparks.org](http://ebparks.org).

## Increasing Public Access

### REGIONAL PARK IMPROVEMENTS COMING IN 2021

**C**COVID-19 has been challenging for the Park District. However, the Park District did not lose focus and stayed committed to moving projects forward to improve park access, enhance visitor park services, and restore natural habitat.

Here are some of the projects continuing to move forward in 2021 – many of which are expected to open to the public later this year.

#### Encinal Beach Restoration and Public Access

**Improvements** – This hidden gem behind Encinal High School reopened at the end of 2020 with restored sand dunes, new trails, and improved accessibility. Encinal Beach is adjacent to the City of Alameda's public Encinal Boat Launch, which was also renovated in 2020 and



**Encinal Beach Restoration**

included a new restroom, fish cleaning station, and an outdoor shower.

Continued on page 3.

## Recovery Underway in SCU Fire Area

**California's 2020 Fire Season** was the largest on record, with 4,177,855 total acres burned. In the East Bay, the SCU Lightning Complex Fire, started by lightning in August, included fires in five regional parks – Mission Peak, Morgan Territory, Ohlone Wilderness, Round Valley, and Sunol Wilderness – and burned 396,624 total acres.

Luckily, the SCU fire was “best case” scenario in terms of intensity, which allowed wildlife time to burrow or escape to safer areas and seedlings to survive for future regrowth. That is not to say that there weren't spots of high-intensity fire where vegetation was completely burned and wildlife impacted.

Grazing and properly managed fire roads likely reduced the intensity of the SCU fire in many areas. In many cases, the fire was seen burning itself out at maintained fire roads and slowing down in grazed areas, giving wildlife time to seek shelter and firefighters a fighting chance.

Grasslands, depending on final winter rain totals, are anticipated to produce an exceptional native wildflower bloom. Animals should also be abundant as wildlife has started branching out after finding refuge in habitat islands not affected by the fires.

Some plants require fire or smoke to germinate – these plants are called “fire followers” and are associated with chaparral. They only bloom for a short time, then disappear until the next fire. District vegetation staff will be surveying for and recording these species in 2021.



The Park District has also established a Post Fire Monitoring Task Force within its Stewardship Department to track the recovery of vegetation and wildlife, and to help coordinate management needs for the burned areas. There are many protected species in the area, such as Golden Eagles which nest high up in the trees. It is unknown whether they will re-nest in the area if the fire destroyed their original nests.



## PARK DISTRICT BOARD RECOGNIZES EMPLOYEES FOR SERVICE DURING COVID-19, UNPRECEDENTED FIRE SEASON

On Tuesday, February 2, 2021, the East Bay Regional Park District Board of Directors unanimously approved a resolution recognizing the public service of the Park District's frontline essential workers and first responders during the COVID-19 pandemic and the 2020 wildfire season in keeping the parks open and safe. With access to most public spaces limited during the pandemic, visitation to parks has increased – placing huge demands on park employees.

The Park District's employees – park rangers, park supervisors, park craft specialists, park service attendants, gardeners, botanists, naturalists, sanitation crews, building and grounds aides, farmers, fleet maintenance, roads and trails crew, water utilities staff, stewardship staff, police officers, property and evidence staff, police services technicians, dispatchers, firefighters, aquatics staff, and the fuels crews – all responded to ensure that the Park District continues to fulfill its mission of providing parks and open space for health, recreation, and respite.

*“Increasing Public Access” continued from page 2.*

**Dumbarton Quarry Campground by the Bay at Coyote Hills** – Construction is nearing completion at the Park District's first shoreline campground with camping spaces for bikers, hikers, cars, motorcycles and RVs, and amenities including a camp store, showers, a playground, and day use area, reservable picnic sites, and access to scenic trails. The grand opening is expected in mid-2021.

**McCosker Creek Restoration and Public Access** – The largest creek restoration project in the Park District's history is underway at Alder Creek and Leatherwood Creek in Sibley Volcanic Regional Preserve. The project daylights 3,000 feet of currently-culverted creek and will re-establish natural habitat for 10 special-status species. Planned



*Dumbarton Quarry Campground*

amenities include parking, restrooms, water fountains, trails, and a group campsite. The project is expected to be complete in 2023.

**Lone Tree Point SF Bay Trail Extension** – This new half-mile-long San Francisco Bay Trail extension along the Park District's San Pablo Bay Regional Shoreline in Rodeo will be opening in 2021, along with a paved spur trail connecting it to the existing Lone Tree Point staging area. The new Bay Trail extension will traverse a scenic coastal bluff with spectacular views of the San Pablo Bay.

**Berkeley Brickyard Restoration and Public Access** – Shoreline access, site amenities, and habitat restoration are coming to the Brickyard site in Berkeley. Public access improvements include substantial walking paths and a new staging area with parking, restrooms, and water fountains. The Berkeley Brickyard is part of McLaughlin Eastshore State Park, which is operated by the Park District. Opening is expected in 2021.

**Tidewater Day Use Area** – Site preparation is underway to expand the Tidewater Day Use Area at Martin Luther King, Jr. Regional Shoreline. Planned improvements include additional parking, picnic sites, bathrooms, and water fountains.

## CARETAKERS OF NATURE

### The East Bay Regional Park District's various natural and cultural resources

— whether a rare plant or animal, a valley grassland or chaparral-covered slope, an ancient pictograph or bedrock mortar, a panoramic vista or a secluded dell — are all public treasures. The Park District's mission is to preserve, protect, and operate regional parklands in perpetuity for public use, while conserving these lands for the natural resource values they contain.

The Park District's parklands in Alameda and Contra Costa counties comprise mostly undeveloped, natural, open space that offer a variety of grassland, shrubland, woodland, forest, lake, shoreline, riparian and wetland environments, which provide essential habitat for a diverse collection of wild plants and animals. The diverse assortment of birds, mammals, reptiles, and invertebrates that dwell in the Regional Parks is an integral part of the San Francisco Bay Area's ecology and an aesthetic natural feature of the parks that visitors greatly enjoy.

These precious lands require protection, preservation, and supervision, i.e., environmental stewardship. To this end, the Park District includes a Stewardship Department consisting of biologists, ecologists, and botanists with the goal of managing, conserving, and enhancing critical natural resources and wildlife to ensure healthy and productive ecosystems. Over the past 10 years, the Stewardship Department staff have published more than 20 scientific studies on local protected species as experts in their field.



*Turtle tracking project*

### Wildlife Management/Habitat Enhancement:

The terrestrial wildlife found within the parks occupies a variety of habitats. Most species are native and adapted to the California landscape and climate. The Park District manages animals that are not native to the region or are feral (domestic animals that have returned to a wild, untamed condition) to minimize conflicts with native species. The Park District is responsible for the protection of all wildlife, including animals that are state and federally listed as rare, threatened, and/or endangered, and others that are of local concern.



*Wildfire fuels reduction*

### Wildland Vegetation Management/Fuels Reduction:

Regional parks contain a diverse mixture of native and non-native trees, shrubs, and annual and perennial herbaceous plants. Although the flora has changed considerably as a result of non-native plant introductions and increased urbanization, numerous native plants remain. Land use and vegetation changes have irreversibly altered the landscape over the past two centuries, making it necessary to use management techniques to maintain an ecological balance between native and non-native vegetation and achieve wildland fire safety objectives.



*Water testing*

### Water Resources:

Stewardship staff routinely monitors all District water resources to maintain water quality and comply with local, state, and federal water quality standards intended to protect public health, safety, and the environment.

### Cultural Resources:

The lands managed by the East Bay Regional Park District have a rich history and diverse cultural background, including archaeological, historical, and scientifically valuable sites, areas, and objects. The parks also contain many historic features, including buildings, corrals, springs, and foundations in use today, that serve to educate citizens about the early settlers who carved an existence out of the land in the East Bay.



*Cultural preservation education*

## Protecting Endangered Wildlife

### SHORELINE BIRDS ESPECIALLY VULNERABLE

The wildlife found in the Regional Parks is part of the mystery, magic, and scenery of a healthy natural environment. Thriving ecosystems enhance our quality of life and enrich our experience in nature.

The Park District takes its mission of protecting wildlife in its parks very seriously and monitors habitats and wildlife closely to maintain healthy ecosystems. In many cases, intervention is needed to protect wildlife, especially for endangered species. In the Regional Parks there are more than two dozen species protected by federal and state laws and 60 special-status species protected by law.

Protected and threatened shorebird species are particularly and especially vulnerable, requiring regular monitoring, habitat restoration, and predatory management. In some cases, the Park District is legally required to remove predators when endangered species are at imminent risk of harm.

In the Regional Parks there are more than 10 endangered and threatened bird species and 40 special-status bird species, including the burrowing owl, Ridgway's rail, and black rail. The Park District has a legal responsibility to protect these endangered or listed wildlife species to conserve biodiversity and to prevent the extinction of these valuable resources.

#### **Current habitat preservation and restoration projects include:**

##### **Martin Luther King Jr. Regional Shoreline Shorebird Sanctuary**

Park District staff and volunteers have been working to create a Shorebird Sanctuary at the "new marsh" in MLK, Jr. Regional Shoreline to provide quality nesting habitat for the federally threatened western snowy plover. The tidal marshes of this shoreline park are very productive feeding and resting places for thousands of migratory shorebirds, waterfowl, grebes, and terns. More than 200 bird species are known to visit this park.

##### **Point Pinole Regional Shoreline Marsh Restoration**

The black rail habitat enhancement at Point Pinole Regional Shoreline has proved very effective. The Park District removed non-native plants, trash, and debris to improve tidal flow. The black rail population has increased by 400 percent at the site.

##### **Crown Beach Elsie Roemer Bird Sanctuary**

For the past 16 years, Park District staff and volunteers have been working to create the Elsie Roemer Bird Sanctuary at Crown Beach for the Ridgway's rail. The sanctuary provides a critical habitat for nearly 200 bird species. Recently, staff removed invasive non-native plants at the site and planted native bird-friendly plants.

For more information on bird restoration projects and how you can help, visit [ebparks.org/WildlifeVolunteers](http://ebparks.org/WildlifeVolunteers).



Western snowy plovers



Rail "Rallidae" habitat cleanup



Ridgway's rail



# Ardenwood

## HISTORIC FARM

### A Cozy Treetop Home

**O**n a late winter visit to the farm, you may notice piles of dried leaves high in the bare tree branches. These seemingly random clumps are carefully constructed tree squirrel nests, or dreys, and several of them will have litters of tiny squirrel babies snug inside!

Both eastern grey and fox squirrels make their homes at Ardenwood, feeding on the abundant acorns and walnuts, as well as other seeds, fungi, insects, leaves, and sometimes even our popcorn crop. Their babies are born hairless, blind, and deaf as early as mid-January, staying safe in their treetop nests for the first eight weeks of their lives.

Dreys are made of twigs and leaves, with a cozy lining of moss, grass, and shredded bark. Next time you are out for a walk, look up into the treetops to see if you can spot one. Be sure to also check for occupied nests in any tree before pruning – there could be precious babies inside!



A “drey” or squirrel nest



Fox squirrel



Eastern gray squirrel

Photo: WildCare/Alison Hermance

Photo: Ingrid Taylor

Photo: Kschenti

### Word Search

Like food squirreled away for the winter, the names of some crops grown over the years at Ardenwood are hiding in the word search below. They may be horizontal or diagonal. How many can you find?

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

- |                 |            |
|-----------------|------------|
| Apple           | Oats       |
| Brussel sprouts | Pumpkin    |
| Broccoli        | Strawberry |
| Carrot          | Sunflower  |
| Corn            | Tomato     |
| Kale            | Wheat      |

### Discover Seeds!

#### FOR YOUNG LEARNERS

Access an 8-minute video for young learners (target age: 2-5 years). Children will enjoy pretending to float on the wind like a milkweed seed, drilling into the ground like a stork's bill seed, or gathering acorns like a squirrel as they discover the amazing variety of seeds!

Point your smartphone camera at the QR code or go to [Facebook.com/EastBayParks/videos/5128573710546903](https://www.facebook.com/EastBayParks/videos/5128573710546903).



Be sure to check out Ardenwood Historic Farm on Facebook for a variety of educational videos for all ages.



#### Word Search Answers

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

# Big Break

## REGIONAL SHORELINE

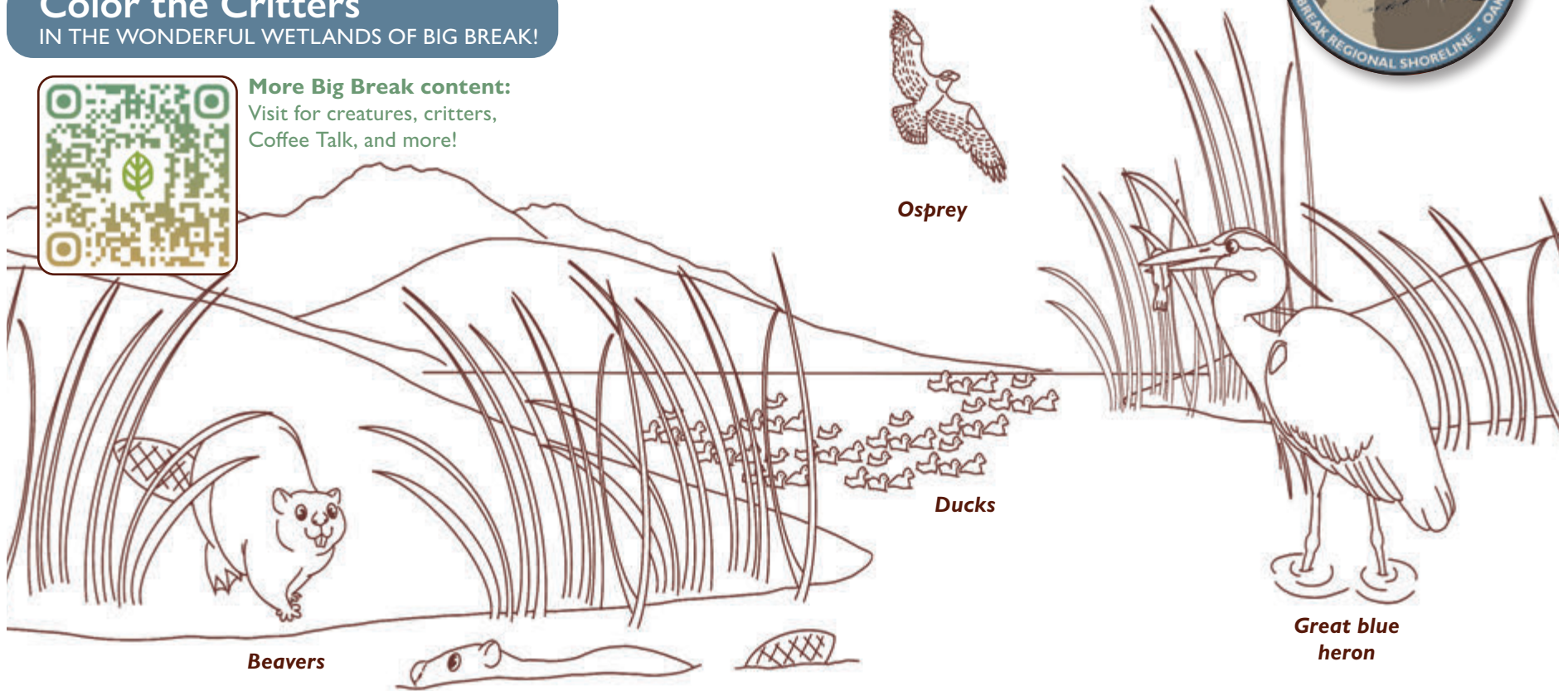


### Color the Critters

IN THE WONDERFUL WETLANDS OF BIG BREAK!



**More Big Break content:**  
Visit for creatures, critters,  
Coffee Talk, and more!

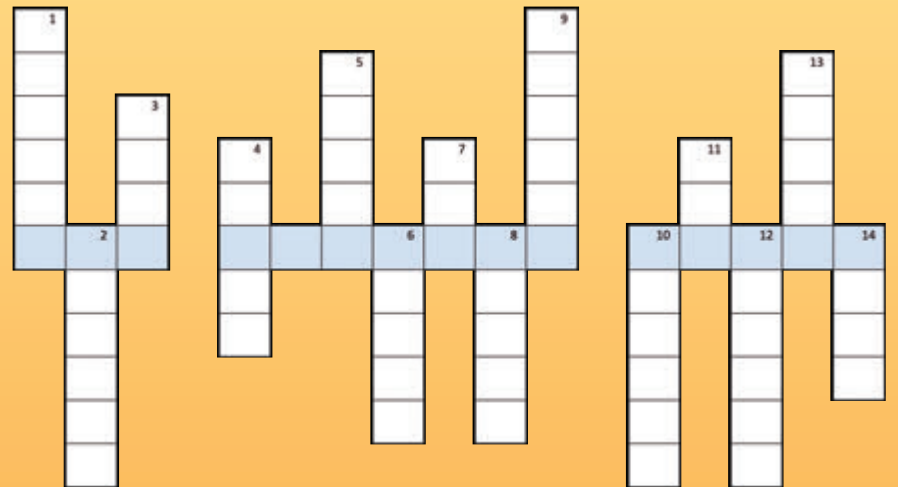


### Riddle Me This... WHAT HAS A MOUTH BUT NEVER SPEAKS, HAS A BED BUT NEVER SLEEPS, AND RUNS BUT NEVER WALKS?

Write your answers in the puzzle. The highlighted letters will reveal the answer to the riddle.

#### Questions:

- More than one of the creatures that lives in the water and has fins and gills.
- A name for a person who fishes with a rod and line.
- The brightest object in the night sky, yet it doesn't produce any light.
- The opposite of minor.
- Big Break Visitor Center at the \_\_\_\_\_.
- The opposite of loud.
- We hope to see \_\_\_\_\_ out in the park.
- A small arm of a river, or a place of entry.
- An anadromous fish that utilizes the Delta.
- The dropped pebble caused a \_\_\_\_\_ on the water's surface.
- An activity you can do down a snowy mountain or behind a boat in a river.
- Between the Coast Ranges and the Sierra Nevada lies the Central \_\_\_\_\_ which is home to the Sacramento and San Joaquin Rivers and their tributaries.
- A wall or embankment built on the edge of a waterway to prevent the overflow of water.
- A type of precipitation.



**Answers:** 1. Fishes, 2. Angler, 3. Moon, 4. Major, 5. Delta, 6. Quiet, 7. You, 8. Inlet, 9. Salmon, 10. Ripple, 11. Ski, 12. Valley, 13. Levee, 14. Rain. **Riddle:** San Joaquin River



# Black Diamond Mines

REGIONAL PRESERVE

## I-Spy!

Work in 1800s looked a little different than it does now. Here is a peek of what life was like working in the coal mines at the Pittsburg Mine, Currently Black Diamond Mines Regional Preserve.

### Spot and circle the following:

- 29 Lamp Caps** – Hint: These hats helped light the way underground.
- 6 Lunch Pails** – Hint: These buckets protected miner's food.
- 5 Pickaxes** – Hint: A coal miner's primary tool.
- 2 Kids** – Hint: these young boys worked underground too!
- 1 Dog** – Hint: dogs were one of many pets found in the towns.

## Deeper Look: A Miner's Lunch Pail

**A**fter working underground for hours on end, miners could easily work up an appetite. There were certainly no fast food or delivery services in the mid-1800s which means miners had to bring their own lunches. These odd, shaped buckets that served as their lunch pails were a miner's way of survival and were practical in design. The metal exterior helped protect their food from being squished by rubble or from accidentally being kicked while the miners worked in claustrophobic conditions. The metal also helped prevent vermin such as rats from eating their lunch. Inside these special lunch pails, you will find three compartments stacked on top of each other, perfect for keeping food warm in those chilly tunnels. Plus, extra compartments meant additional space for food, just in case of an unfortunate event took place where they were stuck underground for a longer amount of time!



## Creativity Blooms

A Haiku is a three-line poem with the first line having five syllables, the second seven syllables, and the last line five syllables. Take a moment and imagine your favorite part of nature, then try your hand at creating a springtime haiku.

### Example:

*The Arrival of Spring*  
*Peaceful, rolling hills*  
*Colors splash across the land*  
*Spring brings a bounty*

### Your Haiku:

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# Coyote Hills

## REGIONAL PARK



### Fantastic Foxes

The gray fox lives quietly in the willow runs of Coyote Hills, making a living off the bounty of the park by taking advantage of their unique adaptations. This small omnivore (three feet long and weighing 10-15 lbs.) fills its belly with rodents, rabbits, insects, small reptiles, and fruit. Two of the gray foxes most unique adaptations are its semi-retractable claws and ability to climb trees – something not seen in any other canine. Semi-retractable claws help to keep the claws sharp and allows the fox to climb trees, sometimes up to 18 feet high! They can also rotate their forelegs, assisting with the physical demands of climbing.

Gray foxes have relatively short legs, but they are built for speed and can run up to 20 mph. However, their usual hunting strategy is to use their highly camouflaged fur to help them hide in shrubs and trees, either to get a jump on fast prey like mice, voles and rabbits, or to avoid predators like coyotes and great horned owls.

Generally solitary, gray foxes do mate for life, selecting a partner and meeting up each year to raise a new litter of kits, which are born in the spring. Dad and mom help support these kits until they are able to hunt on their own at about four months of age. The kits usually stick with their parents until sexual maturity at 10 months old. Sometimes, they will even hang around and help raise the next litter!

The lifespan of foxes is 16 years. Their greatest threat is loss of habitat. Generally shy, gray foxes don't like to be near humans if possible, but if pushed out of their usually preferred habitats of forested or wooded areas, they will go into farmland and urban areas, making them vulnerable to dangers like cars and pesticides. Feeding wild foxes also puts them at risk as human food doesn't provide the necessary nutrients and diminishes their natural fear of people.

If you go for an early morning walk and encounter one of our resident foxes, consider yourself lucky that you just met the most unique canine there is!



Photo: Jerry Ting



Photo: Jerry Ting



Photo: Susan Young

### Flamingo in Fremont?

If you've spent any time birding Coyote Hills in the 2010s, you might have noticed an odd sighting in the salt ponds adjacent to the hills. A peculiar, pink non-resident with tremendously long legs and a bill adapted to scooping up the brine shrimp that accumulate in the highly saline ponds: a Chilean Flamingo. It's been seen over the past decade not only in Fremont, but also along the east bay shoreline in Eden Landing, the Hayward Shoreline and nearby Don Edwards National Wildlife Refuge. Many have speculated that it may have escaped a local zoo, but neither the Oakland nor San Francisco Zoo have any flamingos missing from their collections. It is most likely an escapee from a private collection since it isn't banded, indicating it wouldn't have made its way accidentally from Chile, nearly 6,000 miles away. Wherever its origin, please enjoy watching Fernando, who some local birders have affectionately named it, from afar so he can continue to live his life out here in the San Francisco Bay happily.



Photo: Jan Morishita



# Crab Cove

## VISITOR CENTER AND AQUARIUM

### Spring is for Flowers, Lizards, and Ticks... Oh My!

WITH SPRING'S ARRIVAL, WE OWE GRATITUDE TO THE LITTLE BLUE BELLIES THAT CALL THE EAST BAY PARKS HOME

**Springtime** is the season of renewal and growth: the warmer weather invites the wildflowers to bloom, the insects to buzz, and the western fence lizards to emerge from brumination. These palm-sized reptiles have spent the colder winter months hiding lethargically under rocks, logs, and soil. They are now ready to gorge themselves on creepy crawlies and find love.

Western fence lizards, also called blue bellies because of the markings on the side of their abdomens, are the most commonly seen lizards in the Bay Area. Keep an eye out while hiking in the East Bay Regional Park District and you will often notice them sunning on paths, rocks, and fence posts. They range from tan to black, have sharply pointed scales, and the males can be seen doing "push-ups" to show off to potential mates.

Despite being inconspicuous, these little lizards have many extraordinary adaptations: they have a "quick release" tail and a third eye on the back of their head to help them escape from hungry predators. And, most notably, western fence lizards can cure ticks of Lyme disease.

This wonderful superpower is good news for California hikers. With the emergence of spring, tick nymphs (or teenagers) are on

the prowl and looking for hosts to feed on.



Because they are no bigger than a poppy seed, these tiny parasites are difficult to spot and can spend more time on a human host, increasing

the probability of transferring Lyme disease if they are carriers. Luckily, these ticks also love to feed on western fence lizards. If the ticks were infected with the Lyme disease bacterium, a protein in the lizards' blood will cure the little blood suckers. With more blue bellies around, we see fewer cases of Lyme disease.

So how do you get a western fence lizard to move in? Make your outdoor space inviting by providing shelter and food to these helpful little reptiles. Large rocks and broken terracotta pottery can be used to hide and bask in the sun, while native plants and fallen leaves attract tasty insects like caterpillars, beetles, and grasshoppers.

And remember to thank a blue belly next time you see one on the trail.

Happy spring hiking!

Photo: Gary Nafis

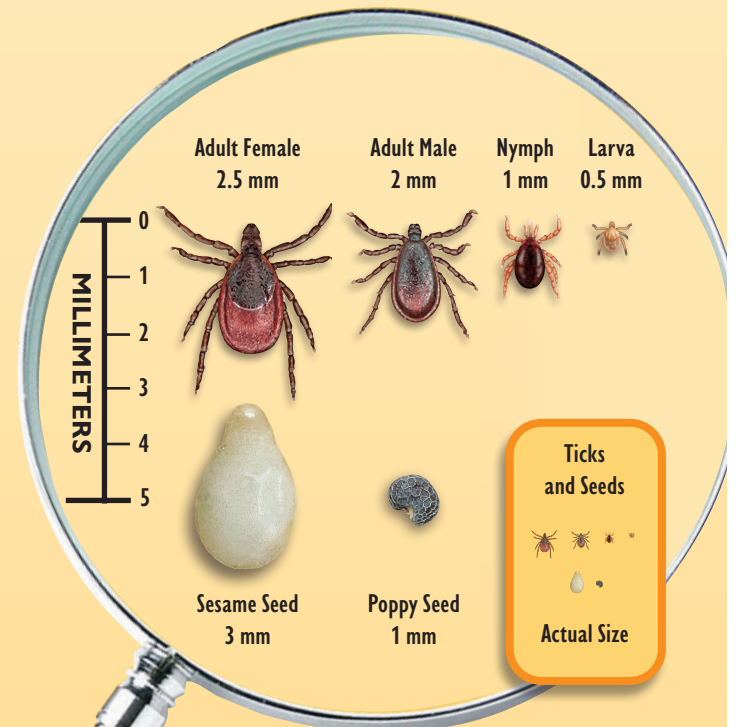
Photo: Cary Bass



### Found a Tick?

Despite help from blue bellies, California ticks do still pose a year-round hazard in California. To avoid getting bit, hikers can use insect repellent, tuck pants into boots, wear long sleeves, and shower after exploring parkland. But what should you do if a tick has managed to get past all of these barriers and bore its mouth into your skin? Don't panic and follow the steps below:

- Remove the tick with pointy tweezers by sliding the tweezers between your skin and the tick's mouth and pulling straight up (you can also use your fingers – make sure to cover them with a tissue).
- Tape the tick to a Post-it or index card. Make a note of the time, date, and location you were in when you found the tick.
- Clean the bite area with antiseptic or soap and water.
- Monitor for symptoms for at least 30 days. Go to [bayarealyme.org](http://bayarealyme.org) for more information.



### Make a Trail-Ready Tick Kit

Prepare an easy to grab, easy to use tick kit with the following items:

- A pair of tweezers
- Alcohol swabs
- Index cards or Post-it notes
- A Sharpie pen
- Clear tape
- A plastic/Ziploc bag

# Del Valle REGIONAL PARK



## INTRODUCING THE

## New Del Valle Visitor Center

### THE PARK DISTRICT'S FIRST BILINGUAL VISITOR CENTER

**M**any park visitors head straight to the lake's east shore for fishing, barbecuing, and swimming, but there is so much more to see. On the lake's west shore you'll find the Del Valle Visitor Center – and this year it is new and improved! The new visitor center, when it reopens, features interactive and state-of-the-art exhibits that tell the story of the natural and cultural history of Del Valle. Here are some behind the scenes photos of what you can expect to find inside. We hope to see you there soon!



**Oak Tree Exhibit:** As you enter through large sliding glass doors you'll be greeted with a valley oak tree model and replica picnic area with beautifully crafted models of common animals found nearby.



**The Balancing Act:** "A Water Management Challenge" is an immersive game where you control the water level of the lake.



**What's Your Wingspan?:** Measure up to a bald eagle in the new Visitor Center.



Photo: Jerry Ting

## Meet the Cliff Swallow

These long-distance migratory birds call Del Valle home for part of the year. They build colonies with thousands of nests on rocks and caves. You can find them flitting along the shoreline or nestled in gourd-shaped mud nests underneath various concrete structures at Del Valle.

# Mobile Education



## Celebrate Earth Day

April 22 marks the 51<sup>st</sup> anniversary of Earth Day! Show the earth you care by simply changing some of your everyday habits. Focus on the three R's, which we rank in order of importance as **Reduce, Reuse, Recycle**.



**Reduce** waste, that's simple. Reduce the number of trips you take in a car, the pairs of shoes you own, or your electricity or water usage. All of these actions take little effort and have big impacts on the earth.

**Reuse** and repurpose objects. Glass jars can turn into storage containers, food scraps can turn into compost, and toilet paper rolls can turn into a fun craft project!

**Recycling** means more than just putting things in the right trash can. If you can, purchase products that are made from recycled materials. Or try upcycling, which means turning trash into treasure!

## Earth Jokes!

- Why did the leaf go to the doctor?  
– *It was feeling green.*
- What's the difference between weather and climate?  
– *You can't weather a tree, but you can climate.*
- What did the ground say to the earthquake?  
– *You crack me up!*
- Why couldn't the flower ride it's bike?  
– *It lost its petals.*
- Why are frogs so happy?  
– *They eat whatever bugs them.*
- What did the summer say to the spring?  
– *Help! I'm going to fall!*

## BOOK RECOMMENDATIONS FOR KIDS

- *Junk Collector School* by Adam Dahlin
- *One Plastic Bag: Isatou Ceesay and the Recycling Women of the Gambia* by Miranda Paul

## Make Your Own Recycled Paper Chain

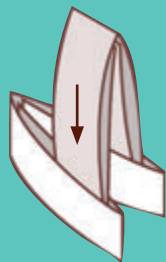
You Need: Recycled paper cut into 1 x 10 inch rectangles.

### STEP 1



Fold and unfold the rectangle in half lengthwise to find the central line. Then fold each end to the central line and fold again at the center to make a paper chain link. Fold a second paper chain link.

### STEP 2



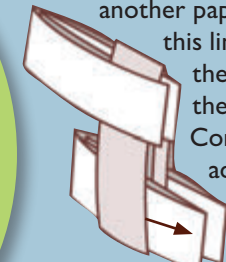
Take the two folded paper chain links and lower the loops of one folded link through the two holes of the second link.

### STEP 3



Push the link down to the bottom of the V shape.

### STEP 4



As you did in step one, fold another paper chain link. Slip this link's loops through the two holes of the second link. Continue making and adding links to your chain working in a zig-zag pattern. Continue for as long as you want your paper chain to be!

# Outdoor Recreation



## Fish Plantings in Lakes AND Anglers' Edge Resource

- East Bay Regional Park District Lakes are stocked year-round.
- October through May rainbow trout are planted.
- June through September channel catfish are planted.

For information about stocking in the lakes and fishing in your EBRPD parks, please visit

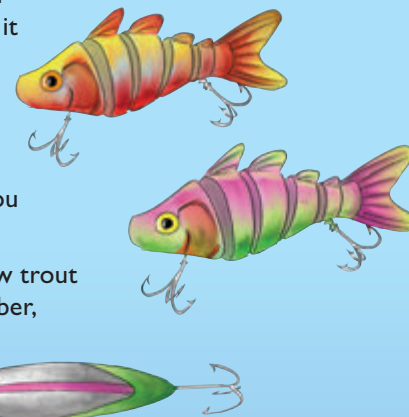
**Anglers' Edge** on our website at [ebparks.org/activities/fishing/anglersedge](http://ebparks.org/activities/fishing/anglersedge)

## Baits, Lures, and Rigs

**Baits:** Trout love artificial baits like power bait, especially the planted ones. Vibrant colors like chartreuse, rainbow, and pink work well but it all depends on what the trout are keen on that day. There are many recipes online to make up your own cheesy trout dough baits and they work great! Live baits like Mini night crawlers and red worms are always a great choice too.

**Lures:** Jigs, spinners, and spoons. Bring a few colors that flutter so you will have what the trout are biting on that day.

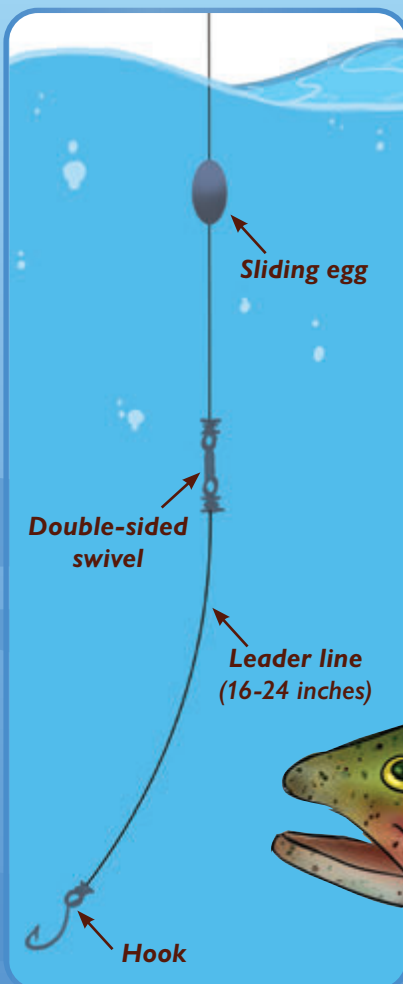
**Rigs:** There are so many rigs that you can set up to fish with but a few trout rigs you can look up online that are great to start with are slider, bobber, and drop shot rigs.



## Tips and Tricks

- Peak season for Rainbow trout is January to February and October to December.
- Trout eat insects, so being out when the insects are out will help you lure a fish! If you wear sunscreen or bug spray, do not get it on your tackle, fish do not like the smell.
- Trout like cooler water temperatures which are regulated by the season.
- If you are fishing in a lake, trout stay close to shore so they can feed on insects and they hang around in weedbeds that are shallow and provide protection.
- Trout also tend to stay in deeper waters during the summer months to be in a cooler climate and will feed in the early morning before the heat.
- By altering your fishing trips during these seasons, you can take advantage and increase your odds by fishing during their natural feeding habits and times, thus increasing your catch.

Illustrations: Mik-L Borens





# Sunol Wilderness

## REGIONAL PRESERVE

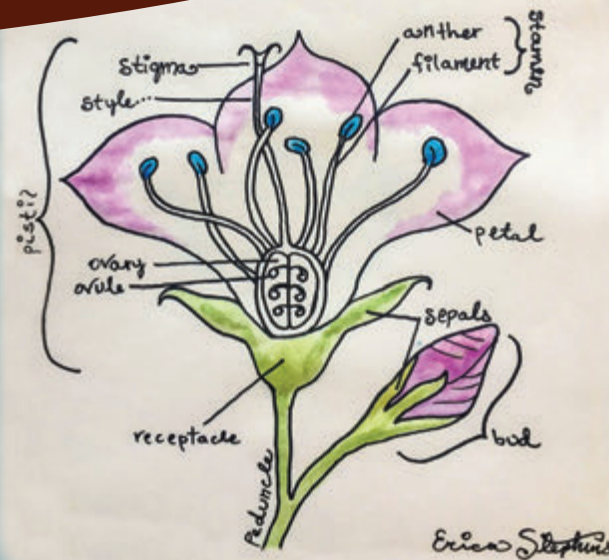
### Make A Filter-Fly!

#### What You Need:

- Coffee Filter
- Washable Markers
- Spray Bottle
- Clothes Pin
- Pipe Cleaner

#### Instructions:

Flatten the coffee filter and color it with markers however you like. Fold it up like an accordion and stuff the middle of the filter into the clothespin. Open up the wings and mist with water. Add the antennae by wrapping the pipe cleaner around the top and curling the ends. Draw a face and now your filter-fly is ready to help pollinate!



## Virtual Wildflower Season

### EVENT CALENDAR

**Follow us** @SunolRegionalWilderness on Facebook for virtual programs and events. Celebrate spring by checking out a new video each Friday (see topics below) and be on the lookout for live programs on weekends.

- March 26 ..... Wildflower Dissection
- April 2 ..... Seed Starters
- April 9 ..... Attraction to Flowers
- April 16 ..... Wildflower Watercolors
- April 23 ..... Fire and Flowers
- April 30 ..... Felt Flowers

**Join via Zoom or watch live** on our Sunol Regional Wilderness Facebook page for new topics each month!

Friday, March 19 . . . Butterflies and Flowers . . . 9 am

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

### Take a Wildflower Hike

<b>Explore the Valley Floor</b>	<b>Easy Hike</b>	Stroll the valley loop for fields of flowers. Begin at the gravel overflow lot as take in the sights of Johnny jump-ups and mule's ears.
<b>Adventure into the Hills</b>	<b>Moderate Hike</b>	Take the Canyon View Trail to Little Yosemite for mariposa lilies, goldfields, poppies, and more!
<b>Wildflower Wonder</b>	<b>Challenging Hike</b>	Grab a wilderness permit and hike the Ohlone Trail from Sunol towards Mission Peak for a bounty of blooms.



# Tilden

## NATURE AREA



**Goldfields**  
*Lasthenia californica*  
Briones Regional Park



**Miniature lupine**  
*Lupinus bicolor* – Wildcat Peak,  
Tilden Nature Area



**Mount Diablo buckwheat**  
*Eriogonum truncatum*  
Regional Parks Botanic  
Garden Area



**Western columbine**  
*Aquilegia formosa*  
Briones Regional Park



**Pacific starflower**  
*Lysimachia latifolia*  
Tilden Nature Area

**Search for Spring Blooms!**  
**TILDEN AND BRIONES**  
Spring is the time to explore and look for flowers, and here are some great places to check out.

**Briones – Alhambra Staging Area:** Take the small Orchard Trail to Briones Road and Alhambra Creek to return.

**Tilden – Steam Trains overflow lot:** Walk the paved Seaview Trail to Vollmer Peak and back again. Expect exceptional views of Briones and San Pablo Reservoirs, with plenty of flowers along the way.

Plan on a hilly hike for these flower adventures!

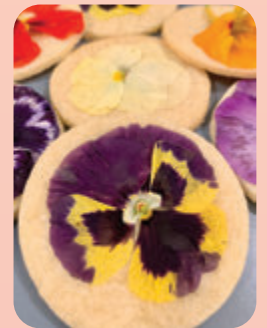
## EDIBLE Flower Cookies

Celebrate Spring with these colorful and fun shortbread cookies topped with real flowers! Edible flowers can be found in the grocery store produce section, typically next to the fresh herbs.

### Ingredients

Makes 2 servings

- 24 edible flowers
- 1 cup (2 sticks) unsalted butter, softened
- ½ cup granulated sugar
- 2 cups all purpose flour
- 1 tbsp vanilla extract
- ½ tsp salt



### Steps

1. Put the sugar, butter, and vanilla extract in a bowl and use your hands to mix until you have a sandy paste.
2. Add the flour and salt, and using your hands, mix until the dough comes together into a sandy mixture with small lumps.
3. Turn the crumbly dough out onto a floured surface and bring together into a smooth flat disk. Wrap in plastic and refrigerate until chilled, about 30 minutes.
4. While the dough is chilling, remove the stems from the flowers, and place them on a large sheet of parchment paper. Place another sheet on top, and then weigh it down with a baking tray topped with a heavy book. Let the flowers press for 30 minutes.
5. Preheat the oven to 350°F
6. On a floured surface, gently roll out the dough to 1/4 inch thickness and cut out circles with a 3 inch cookie cutter.
7. Bake for 8-10 minutes. Keep the cookies light in color to help showcase your flowers.
8. Remove the tray from the oven and gently press the flattened flowers onto the hot cookies, pressing very lightly.
9. Let the cookies cool and enjoy! Store cookies in an airtight container in the fridge.

*Recipe adapted from theviewfromgreatisland.com*

**REGIONAL PARKS BOTANIC GARDEN:** Visit by reservation only. Reserve at [EBParks.org](http://EBParks.org) or by calling Reservations at (888) 327-2757. See [nativeplants.org](http://nativeplants.org) or call (510) 544-3169 for additional information.

**ONLINE PLANT SALE/CURBSIDE PICKUP:** For a plant list, purchasing, and pick-up, see [nativeplants.org](http://nativeplants.org). Additional information (510) 544-3169, Monday through Friday from 8:30 am to 4 pm. All plant sales are final. No in-person viewing of plants before purchasing.

See [ebparks.org/rin](http://ebparks.org/rin) for upcoming programs. **15**

## Word Search

SPRING IS IN THE AIR

BABY	GREEN
BIRDS	GROW
BLOOM	HATCH
BLOSSOM	HIKE
BULB	NEST
EGG	POLLEN
EQUINOX	SPRING
FLOWER	TREE

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



# Volunteer PROGRAM

## Restore Our Earth

EARTH DAY CELEBRATION: APRIL 22

We are so lucky to call our Earth home, but it needs our help to thrive! Every year on April 22, more than a billion people celebrate Earth Day to protect the planet from things like pollution and deforestation. There are lots of things we can do to help on Earth Day: picking up litter, growing plants, composting food scraps, and looking for ways to reduce our impacts. Every little thing contributes to making our world a happier, healthier place to live.

*“The greatest threat to our planet is the belief that someone else will save it.”  
– Robert Swan*

## Take an Earth Day Quiz

Did you know that every year the Earth Day Network chooses a theme for Earth Day? Earth Day 2021's theme is “Restore Our Earth.” Test your knowledge with the fun Earth Day inspired quiz below!

1. What things can you do to help reduce your impact on the Earth?  
A: Buy less stuff and avoid plastic  
B: Lower your thermostat in winter and raise it in summer  
C: Drive less  
D: All of the above
2. What uses the most energy in an average US household each year?  
A: Lights  
B: Heating and air conditioning  
C: Refrigeration  
D: Water heaters
3. True or False: Earth Day is a global movement observed in over 191 countries.
4. How can you change the way you eat to help reduce your impact on the Earth?  
A: Eat food that is local  
B: Reduce the amount of meat and dairy you eat (meatless Mondays!)  
C: Compost leftover scraps  
D: All of the above
5. Which of the following is not considered to be a source of renewable energy?  
A: Hydropower  
B: Wind  
C: Natural gas  
D: Solar

East Bay   
Regional Park District

Healthy Parks Healthy People

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

6. True or False: In 1970, did students at San Jose State purchase a brand-new car and bury it 12 feet deep in the center of campus?
7. More than half of the breathable oxygen in the world comes from where?  
A: Forests  
B: Oceans  
C: Flowering plants  
D: Clouds
8. How much of the world's oxygen is produced by just the Amazon Rainforest?  
A: 1%  
B: 5%  
C: 10%  
D: 20%
9. Americans constitute less than five percent of the world's total population. How much of the world's energy do North Americans consume?  
A: 6%  
B: 13%  
C: 24%  
D: 20%
10. True or False: Earth Day is the one and only day during the year that you should care about the environment and act to protect it.

### Answers:

1-E; 2-B; 3-True; 4-D. Each day you forgo meat and dairy you can reduce your carbon footprint by 8 pounds; 5-C; 6-True; 7-B, Oceans and mostly their tiny plants called phytoplankton; 8-D, 20% (that's one in five breaths!) is produced in the Amazon Rainforest alone; 9-C; 10-False. Every day is a good day to think about the planet! Remember, simply reducing your overall consumption is the greatest act you can do for our planet.