

Regional in Nature Activity Guide

MAY – JUNE 2021

East Bay
Regional Park District
Healthy Parks Healthy People

Visit ebparks.org for up-to-date
information on parks and activities.



Preparing for the 2021 Fire Season.
See page 4.

Expanding a SF Bay Trail Connection.
See page 2.

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East Bay
Regional Park District

Healthy Parks Healthy People

ebparks.org

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



New General Manager Takes the Helm

SABRINA LANDRETH JOINS PARK DISTRICT AS FIRST FEMALE GENERAL MANAGER



On Tuesday, March 2, 2021, the East Bay Regional Park District's Board of Directors appointed Sabrina Landreth as General Manager – the first female appointed in the Park District's 87-year history. General manager Landreth's first day was March 15, 2021.

Ms. Landreth has deep roots in the East Bay as a fifth generation native. She has held the top executive leadership positions managing the cities of Oakland and Emeryville and has a master's degree in public policy from UC Berkeley. Landreth received her B.S. from the Massachusetts Institute of Technology (MIT).

"The Board is thrilled to have Sabrina join and lead the Park District," said Board President Dee Rosario. "She has all the right elements of urban public sector leadership experience and understands the diversity of the East Bay communities we serve."

As City Administrator of Oakland from 2015 to 2020, Ms. Landreth is credited with strong fiscal management and developing a capital improvement program that included community equity goals. She created the first municipal Department of Race and Equity in California, which has become which has become a model throughout the United States. Her previous leadership in the public sector includes serving as the City Manager of Emeryville from 2012 to 2015 and in various state agencies.

"I am honored to join such a respected organization," said Landreth. "I look forward to bringing a fresh perspective, continuing to build upon the great work the District does to improve the quality of life for our East Bay community, while adhering to its social and environmental responsibilities."

Ms. Landreth succeeded Robert Doyle, who retired as General Manager at the end of 2020 after an illustrious 47-year career with the Park District.

"She has all the right elements of urban public sector leadership experience and understands the diversity of the East Bay communities we serve."

– EBRPD Board President Dee Rosario

Park District Expanding SF Bay Trail Connection in Rodeo

In Rodeo, along the San Pablo Shoreline, lies the little-known Lone Tree Point, a small beach and shoreline access point named after – you guessed it – a large lone tree along the shoreline. Lone Tree Point is owned by the Park District and currently under construction for major public access upgrades, including additional parking, a restroom, picnic area improvements, and a new half-mile SF Bay Trail extension with a 200-foot bridge structure over protected riparian habitat.

The half-mile Bay Trail segment is an important step toward creating an eventual 30-mile continuous segment from Rodeo to Oakland. After the Lone Tree Point

extension is complete, only two gaps will remain – one near the Hercules Intermodal Transit Station and the other between Point Pinole and Wilson Point.

The Lone Tree Point project costs \$3.9 million and received funding from the Park District's Measure WW, San Francisco Bay Restoration Authority's Measure

AA, California Coastal Conservancy Bay Trail Funds, California Transportation Fund for Clean Air, California Urban Greening-Cap & Trade Funds, and Contra Costa County Transportation Authority Measure J grant funds.

The project is due to be completed in early summer 2021!





**Judge John Sutter
Regional Shoreline**



Bay Trail at Albany Beach



**San Pablo Bay
Regional Shoreline**



**Brickyard construction
project at McLaughlin
Eastshore State Park**

Shoreline Renaissance

**55 MILES OF EAST BAY SHORELINE ACCESSIBLE
THANKS TO THE PARK DISTRICT AND COMMUNITY**

Many people don't realize that 11 regional parks are located along the shoreline bringing public access to the San Francisco Bay. Over the past 50 years, the East Bay's shoreline has seen a vast transformation from industrial and railroad use to public parklands accessible by all, especially disadvantaged communities that live nearby. This great "Shoreline Renaissance" has been the result of extraordinary vision, hard work, and dogged determination by community leaders in the East Bay and public agencies like the East Bay Regional Park District.

For generations, the shoreline was a bustling industrial zone, reaching its heights during World War II when shipyards, railyards, and landfills dominated the landscape.

But after the war, the shipyards shut down, and the rail yards eventually followed. The East Bay's shorelines became an abandoned and deteriorating wasteland closed off from the public. Gorgeous views were blocked by piles of garbage and fill, as beaches became refuse dumps before Save the Bay was founded and stopped such dumping into the SF Bay.

"The only public access to Richmond's shoreline was 64 feet back in 1964," says Bruce Beyaert, a longtime parks and trails advocate and resident from Richmond.

Today, thanks to thousands of community advocates led by some important visionaries, including Oakland's Judge John Sutter and Berkeley's Silvia McLaughlin (now deceased), the East Bay shoreline of the SF Bay is not only protected but now accessible for recreation.

Of the 55 miles of East Bay shoreline operated by the Park District, 30 miles are mostly contiguous with few gaps, except in Oakland from High Street to Jack London Square. The promise of a new Oakland A's baseball stadium at the former Howard Terminal in the Port of Oakland will open up the waterfront to the public even further at a spot only seen by container ship staff and longshoremen offloading goods. And the newly opened Judge John Sutter shoreline park at the foot of the Bay Bridge connects the Bay Bridge Trail to Emeryville.

However, turning a few feet of public access into miles of shoreline parks and trails alive with nature and open to all was not an overnight success. The Park District has been working on acquiring bits and pieces of parcels along the shoreline for the past 50 years, slowly but surely stitching together beautiful destinations available by walking, biking, automobile, or public transit. It has taken years of community advocacy, legislation, legal actions, regional planning, and, ultimately, much funding. Today, these parks provide an urban oasis for nearby communities to access parks and nature close to home – a significant social and environmental achievement.

Later this year the Park District will open the Berkeley Brickyard (behind the Seabreeze Café) at the entrance to McLaughlin Eastshore State Park with new shoreline trails, parking and restrooms.



View a TV feature story by longtime broadcaster Doug McConnell showcasing the magnificent views of the East Bay shoreline, from Hayward to Richmond, that the public now enjoys. Go to NBCOpenRoad.com

SWIM FACILITIES REOPEN Memorial Day Weekend

After a year of lake closures due to COVID-19, we are pleased to reopen regional park swimming facilities on Saturday, May 29 of Memorial Day Weekend. Regrettably, Shadow Cliffs' swim facility will remain closed due to low water levels until further notice.

To adhere to health department COVID-19 requirements, swim facilities will allow limited capacity with **RESERVATIONS REQUIRED**. Visitors must make reservations prior to arriving at the swim facility. Payment will not be accepted at the swim gate.

The Park District's guarded swim facilities include Castle Rock Pool, Contra Loma Swim Lagoon, Cull Canyon Swim Complex, Del Valle Swimming Beaches, Don Castro Swim Lagoon, Quarry Lakes Swim Beach, Roberts Pool Complex, Shadow Cliffs Swim Beach, Temescal Swim Beach, and Tilden Lake Anza.

Always visit ebparks.org PRIOR to your visit for up-to-date information on the status of the Park District's swim facilities. Reopening may be affected by low water levels and blue-green algae toxins.



East Bay Regional Park District SHORELINE PARKS

- Hayward Regional Shoreline, *Hayward*
- Oyster Bay Regional Shoreline, *San Leandro*
- Martin Luther King Jr. Regional Shoreline, *Oakland*
- Crown Memorial State Beach, *Alameda*
- Judge John Sutter Regional Shoreline, *Oakland*
- McLaughlin Eastshore State Park, *Emeryville, Berkeley, Albany, and Richmond*
- Point Isabel Regional Shoreline, *Richmond*
- Miller/Knox Regional Shoreline, *Richmond*
- Point Pinole Regional Shorelines, *Richmond*
- Carquinez Strait Regional Shoreline, *Martinez and Crockett*
- Radke Martinez Regional Shoreline, *Martinez*
- Bay Point Regional Shoreline, *Pittsburg*
- Big Break Regional Shoreline, *Oakley*



Wildfire Protection

EAST BAY REGIONAL PARK DISTRICT



PREPARING FOR 2021 FIRE SEASON

Although the relatively dry winter is typically a prelude to a potentially dangerous fire season in the East Bay Regional Park District, there is some good news.

The SCU Lightning Complex Fire of 2020, which included five regional parks, burned less intensely in many areas due to fire-savvy land management practices, including cattle grazing and trail and fire road vegetation maintenance.

According to Park District ecologists and biologists, as a result, wildlife had time to burrow or escape to safer areas, and seedlings survived for future regrowth. So the wildlands are recovering more quickly than expected.

The Park District has 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.

When wildfire does strike, Park District Fire Chief Aileen Theile leads a department of 16 full-time firefighters and some 34 on-call staff – District employees with other primary occupations, but who are also fully trained firefighters available when needed.

An important component of the fire department is an 11-member fuels reduction crew. This crew works throughout the year to enhance fire safety by clearing brush away from trails, trimming trees to remove ladder fuels, and piling the resulting vegetation for disposal by burning “strategically and where appropriate.”

Park District Fire headquarters are at Tilden Regional Park near Berkeley.

Seven other stations throughout the District are staffed as circumstances demand. All have engines and other equipment in place.

A dispatch center operates 24 hours per day in support of the District’s firefighters and police. During a fire, the District’s two police helicopters serve as observation platforms to determine fire location and speed, and best access for ground crews. The helicopters are equipped with Bambi buckets to fight fire from above with 125-gallon water drops.

There are major ways in which the public can help the District reduce fire hazards. It should be noted that smoking, including vaping, is not permitted in the regional parks or regional trails. And during any emergency, park visitors need to cooperate with all instructions from firefighters, police, or park rangers.

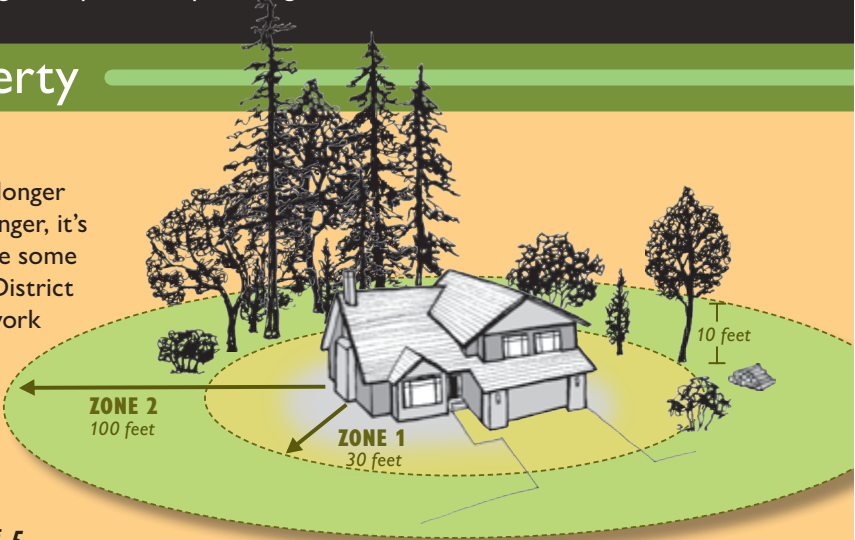
- What the East Bay Regional Park District does:**
- Maintains a professional fire department with more than 50 full-time and on-call firefighters, eight fire stations, and special wildland firefighting equipment.
 - Clears heavy brush and thins dense forests.
 - Uses grazing cattle, sheep, and goats to reduce the open space fuel load.
 - Removes hazardous trees.
 - Partners with more than 25 local and state agencies, including CAL FIRE and EBMUD.
 - Provides mutual aid to other public agencies, including use of Park District helicopters.

Fireproofing Your Property



The 1991 Oakland Firestorm

Wildfire is no longer a seasonal danger, it’s year-round. Here are some ways that the Park District and the public can work together to prevent the spread of fire between open space and adjacent neighborhoods:



CONTINUED ON PAGE 5

Wildfire Protection

EAST BAY REGIONAL PARK DISTRICT



Sudden Tree Dieback a Major Concern

Along with some other public agencies in the Bay Area, the East Bay Regional Park District is experiencing a troubling onset of tree mortality and dieback, first noticed in October of 2020.

Trees most affected are eucalyptus, manzanita, acacia, bay, and pines. The dieback has also been observed in the Midpeninsula Regional Open Space District, Marin County, San Mateo County Parks, and local East Bay cities.

Regional parks most impacted are Reinhardt Redwood Regional Park in Oakland, Tilden Regional Park near Berkeley, and especially Anthony Chabot in Oakland, because of its extensive eucalyptus

groves. In total, some 1,000 acres are affected in the Regional Parks, all within State Responsibility Areas (SRAs).

The cause is not fully understood, but is believed to be primarily due to recent drought, followed by a couple of wet years, then drought again, all related to climate change.

The Park District has created a Tree Mortality Task Force including staff from the General Manager's Office, Fire, Stewardship and Operations departments. The Task Force is developing a plan to strategize and treat some of the affected areas in the regional parks.

Because of the serious implications for wildfire protection, the Park District Fire and Stewardship departments are partnering with researchers, scientists, and foresters with the United States Forest Service, California Department of Food and Agriculture, UC Berkeley, and CAL FIRE resource management in Sacramento to study the causes. Fire Chief Aileen Theile is the District's lead on the project.

The General Manager's Office is leading the effort to raise awareness with Governor Newsom and state legislators, seeking urgent financial support to eradicate this additional fire threat in the East Bay Hills.



CONTINUED FROM PAGE 4

WHAT YOU CAN DO TO HELP — DIVIDE YOUR PROPERTY INTO TWO ZONES:

ZONE 1 — "30 feet of lean, clean, and green."

- Remove all dead plants, grass, and weeds.
- Remove dead or dry leaves and pine needles from your yard, roof, and rain gutters.
- Remove branches that hang over your roof and keep dead branches 10 feet away from your chimney.
- Relocate woodpiles to Zone 2.
- Trim trees regularly to keep branches at least 10 feet from other trees.
- Remove vegetation and items that could catch fire from around and under decks.
- Fire-harden your home. Install fine wire mesh over roof, eaves, and foundation vents.

ZONE 2 — 30 to 100 feet of reduced fuel.

- Mow grass to a maximum height of 4 inches. Never mow on a hot, windy or red flag day.
- Create horizontal spacing between trees and shrubs.
- Plant fire resistant native plants.
- Create vertical spacing between grass, shrubs, and trees. Trim trees 10 feet from the ground and 6 feet from other plants. This eliminates the vertical "fire ladder." Large trees do not need to be removed if the plants beneath them are removed.



Ardenwood

HISTORIC FARM

HAYLOFTS ALLOW FOR THE SAFE, DRY STORAGE OF HAY. BUT HOW TO GET A HEAVY BALE TO THE TOP LEVEL OF A LARGE BARN? POINT YOUR SMARTPHONE'S CAMERA AT THIS QR CODE TO WATCH A 1-MINUTE DEMONSTRATION OF OUR BLOCK AND TACKLE PULLEY SYSTEM.



Make Your Own Pulley

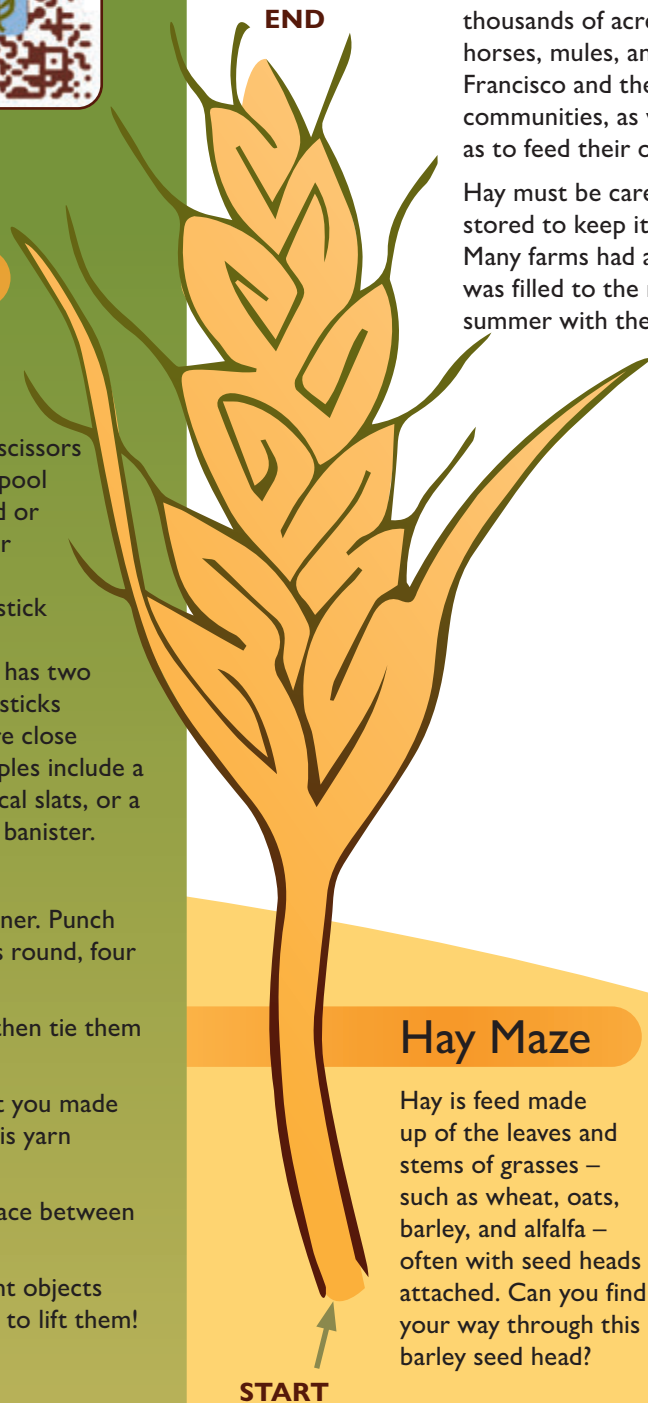


Materials

- ☐ Hole punch or scissors
- ☐ Empty ribbon spool
- ☐ Small cardboard or plastic container
- ☐ Yarn
- ☐ Pencil or small stick
- ☐ Tape
- ☐ Something that has two sturdy, vertical sticks or poles that are close together. Examples include a chair with vertical slats, or a stairway with a banister.

Instructions

1. Punch holes around the edges of the container. Punch three holes spread evenly if the container is round, four if it is rectangular.
2. Tie 5-inch lengths of yarn onto each hole, then tie them together above container.
3. Tie a long length of yarn onto the knot that you made when attaching the smaller pieces. Wind this yarn around the empty ribbon spool.
4. Thread the pencil through the spool and place between the vertical sticks. Tape the pencil in place.
5. Pull down on the string. Try putting different objects into the container and notice how easy it is to lift them!



Hay!

Before the advent of gas-powered engines in the early 1900s, draft animals pulled wagons, buggies, and streetcars. Farmers in southern Alameda County grew thousands of acres of hay to fuel horses, mules, and oxen in San Francisco and the surrounding communities, as well as to feed their own livestock.

Hay must be carefully cut, dried, and stored to keep it from deteriorating. Many farms had a large barn that was filled to the rafters in the early summer with the year's hay crop.

Huge outdoor haystacks minimized the surface area exposed to the elements.

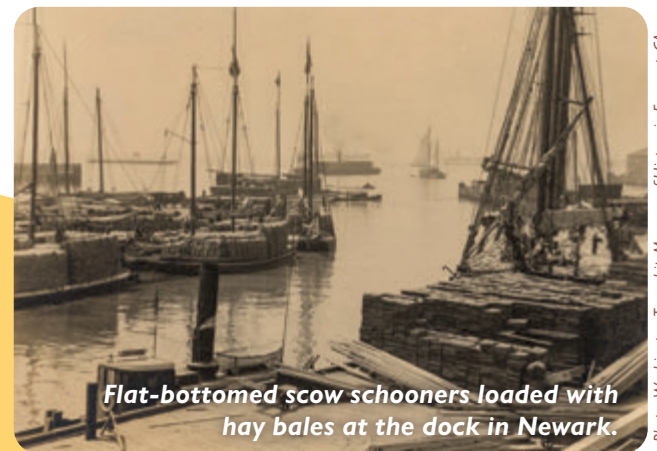
In the mid-1800s, horse-drawn mowers and rakes replaced farm laborers with sickles and scythes at harvest time. Late in the century, mechanical hay balers compressed the hay, making storage and transportation more efficient.

Although hay production has changed over time, it continues to be an important crop in California. Here at Ardenwood Historic Farm, we grow oat and wheat for hay.



Farm workers create a huge haystack with a hay derrick.

Photo: Library of Congress



Flat-bottomed scow schooners loaded with hay bales at the dock in Newark.

Photo: Washington Township Museum of History in Fremont, CA



Hay Maze

Hay is feed made up of the leaves and stems of grasses – such as wheat, oats, barley, and alfalfa – often with seed heads attached. Can you find your way through this barley seed head?



BIG BREAK'S

May Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1 MAY DAY 
2	3 NATIONAL SUN DAY 	4 BIRD DAY 	5	6	7 SPACE DAY 	8
9	10	11	12 KITE DAY 	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

Big Break

REGIONAL SHORELINE



Catch This Catfish Recipe

Recipe ingredients

- ☐ 1 pound catfish fillets cut into 3-inch pieces
- ☐ 1 ½ cups whole buttermilk
- ☐ 1 cup yellow cornmeal
- ☐ 1 cup all purpose flour
- ☐ 1 tablespoon kosher salt
- ☐ 1 teaspoon black pepper
- ☐ 1 teaspoon paprika
- ☐ 1/8 teaspoon cayenne pepper
- ☐ Canola oil, for frying
- ☐ Lemon wedges for serving




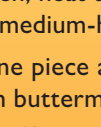
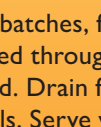
Steps

- 1:** Place fish and buttermilk in a large zip-lock plastic bag. Seal, removing as much air as possible. Refrigerate 1 hour.
- 2:** Stir together cornmeal, flour, salt, pepper, paprika, and cayenne pepper in a shallow dish. Pour oil to a depth of 2 inches in a large Dutch oven; heat to 350 degrees Fahrenheit over medium-high flame.
- 3:** Working with one piece at a time, remove fish from buttermilk, and dredge in cornmeal mixture.
- 4:** Working in two batches, fry fish until golden brown and cooked through, about 5 minutes, turning as needed. Drain fish on a plate lined with paper towels. Serve with lemon wedges.



BIG BREAK'S

June Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 DINOSAUR DAY 	2	3	4	5
6 WORLD ENVIRONMENT DAY 	7	8	9	10	11	12
13	14	15	16	17	18 NATIONAL PICNIC DAY 	19 JUNETEENTH 
20	21	22	23	24	25	26
27	28	29	30 METEOR DAY 	1	2	3

Take the Big Break Activity Challenge

AND RAFFLE BLANKET GIVE-A-WAY

Complete at least **five activities** from either our May or June Calendar. Submit your photos to us via **Facebook** or our email **bigbreakvisit@ebparks.org** by June 30 to be entered into a raffle. Randomly selected participants will win a prize!

A Reel JOKE

Q: Why did the catfish have trouble sleeping?



A: The bass next door was too loud.



Black Diamond Mines

REGIONAL PRESERVE

Honoring the Past as We Look to the Future

This Memorial Day we are honoring the men and women of the military who have sacrificed not only in service of the country, but also to move our society into a more just future. The history of the former Concord Naval Weapons Station and Port Chicago Naval Magazine represents an important part of the ongoing movement for civil rights and social justice.

Following the explosion, surviving African American sailors did not receive the bereavement leave given to the white officers. Instead, they were ordered back to work loading munitions. Many of them refused out of fear for their lives because there was no change in work safety conditions or further training. Ultimately, 50 of them were court-martialed and charged

with mutiny following this refusal to load munitions.

The trial that followed, which was the largest in U.S. Naval history, brought to light the Jim Crow practices and racial prejudice in the Navy. Thurgood Marshall, Chief Counsel for the NAACP Legal and Educational Defense Fund, stated that the trial was "Not 50 men on trial for mutiny. This is the Navy on trial for its vicious policy toward

Negroes." Marshall held press conferences outside the courthouse, and later appealed the guilty verdict for the Port Chicago 50. Unfortunately, the Navy upheld the original verdict and those convictions still stand today.

Marshall's efforts focused public attention on the mutiny trial, and his appeal, though unsuccessful, caught the attention of President Harry Truman. The stage was set for desegregation within the Navy, and soon all branches of the armed services were officially desegregated through President



Loading munitions. Photo courtesy NPS

Truman's Executive Order 9981 in 1948. This achievement served as a major catalyst for the burgeoning social justice efforts of the 1950s and '60s in the U.S., now widely referred to as the Civil Rights Movement.

Thanks to the sacrifices of the African American sailors who worked and died at Port Chicago Naval Magazine, the military took its first steps to undoing structural biases for all men and women taking the oath to protect our constitution. In 2013, the armed services removed the long-standing ban on women serving in combat. Today, the work of equality for all continues across all segments of society, including within our public lands. We honor the memory of all those who have sacrificed in the name of justice and equity.

As we design the future joint visitor center, as well as programs that will serve Port Chicago Naval Magazine National Memorial and the new Concord Hills Regional Park, we are committed to speaking truth to this history and honoring the men and women who have sacrificed working towards the ideals of this nation.



Sailors marching at Mare Island. Photo courtesy NPS

Today, looking back at the disaster that occurred on July 17, 1944, we recognize it as an early event in the civil rights movement. 320 men lost their lives and 390 more were injured in a munitions explosion at Port Chicago Naval Magazine during World War II. At Port Chicago, sailors were segregated and only African Americans loaded the munitions onto the ships. They received little or no training to do so. White officers encouraged the African American sailors to work at unreasonably fast rates, and often placed bets to see whose team could load the fastest.

Visit Concord Hills Regional Park in Virtual Reality

To experience the new park in virtual reality:

1. Download the Timelooper App onto a tablet or smartphone from the Apple App Store or Google Play Store.
2. Once Timelooper is downloaded onto your device, follow the steps on the screen to find East Bay Regional Park District in the San Francisco Bay section of the app.



Coyote Hills

REGIONAL PARK



The Beauty of Bird Boxes

You've probably seen them before, perched atop fences running along fields, nailed high up on a tree near a stream, or set high on a post in a park...I'm talking about nest boxes! These valuable pieces of real estate help vulnerable cavity-nesting birds maintain a presence in their natural habitat by replacing the wooden fence posts and dead and dying trees they used to use. For example, Western Bluebirds love a good wooden fence post to use as a cavity nest, but as humans began replacing the old wooden poles with longer lasting metal fence posts, this opportunity dwindled. Many birds love taking over cavities made by woodpeckers, but some prefer naturally formed cavities in old, weak trees. These old trees pose a risk to humans, so they are often removed in the name of public safety. This loss of this critical habitat puts these birds at risk. However, by putting up bird boxes, we can mitigate this loss and gain an opportunity to learn valuable information about cavity nesting birds like tree swallows, house wrens, kestrels, wood ducks and more.

If you're wondering how you can help, you can visit nestwatch.org and read about the different types of nest boxes, and other requirements, different bird species need and see if your backyard is suitable for some boxes. If you don't have a backyard, or a suitable place to mount some boxes at your home, you can still contribute by volunteering to monitor bird boxes

Monitoring bird boxes gives community scientists, such as yourselves, an opportunity to contribute real data to scientists studying birds and bird behavior. When you fill out your Nestwatch forms and enter the data online, scientists can use that data in their individual studies, and you are contributing to nationwide data collections. This information can support action to save critical habitat for our feathered friends. So, if you love birds and want a meaningful way to help them, check out nestwatch.org and build a bird a home!



Bluebird on a nesting box.



Eggs and chick in a nesting box.



Swallow on a nesting box.

See ebparks.org/rin for upcoming programs.



Crab Cove

VISITOR CENTER AND AQUARIUM

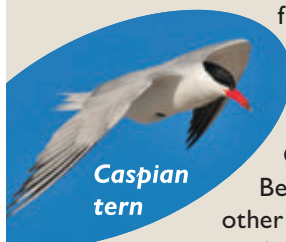
Least Terns in the East Bay



During nesting season, California least terns bring much of their catch back to their chicks.

Photo: Jerry Ting

One of the most entertaining birding experiences around the San Francisco Bay is watching terns (and pelicans) plunge-diving into the water to grab fish! You might think that hunting in this energy-intensive manner would be dangerous. But these birds have specially-shaped skulls and beaks that protect their heads from the impact.



Caspian tern



Elegant terns



Forster's tern

In the spring and summer, watch for four species of terns hunting around Crab Cove and Encinal Beach in Alameda, and along other shorelines of the bay. The large, gull-sized **Caspian tern** develops a bright red beak and bellows a loud, raspy call. The medium-sized **elegant tern** is expanding its breeding range northward as the oceans warm. The common and medium-sized **Forster's tern** is the only species that stays here throughout the whole year. The **California least tern "CLT"** (*Sterna antillarum browni*), an endangered species, is heavily influenced by people's management of land.

The smallest tern in North America, with a wingspan of only 20 inches, the CLT historically nested on beaches in Central, Southern and Baja California. People developed, introduced predators to, or recreate on most of the former least tern nesting sites! Least terns, therefore, were declared an endangered species in 1970 when there were only 225 pairs left in the state, a decline mostly caused by loss of nesting sites. (The federally-threatened snowy plover has a similar story.) Imagine how surprising it was when endangered least terns started to nest on concrete just next to an active runway at the former Naval Air Station in Alameda.



Photo: Rick Lewis

Parents watching over their chick at the nest colony in Alameda.

On land that is currently owned by the Veterans Affairs Department and slated to become part of a wildlife refuge, the nesting colony in Alameda has become the most productive in all of Central/Northern California! In recent years more than 300 pairs have used the site. Over decades, the U.S. Fish and Wildlife Service, with the help of Friends of the Alameda Wildlife Refuge, has covered the 9.75 acre nesting area with a thin layer of gravel, large shells, and other materials that help CLT camouflage while providing some shade. Volunteers pull weeds in the winter and watch for predators during the nesting season, which is between April and July. Only once per year can the general public observe the nesting terns from a bus during Crab Cove's Return of the Terns program; hopefully the opportunity will return in 2022.

Just 15 miles to the southeast (as a tern flies), there is another nesting colony of least terns at the Hayward Regional Shoreline on a small island in the Bay. Perhaps some of the birds from the Alameda site have contributed to its significant growth in recent years. For much more information about the management of this colony, including what volunteers have done, go to: ebparks.org/TernTownCaseStudy

Humans caused least terns to become endangered, and biologists have been crucial to helping some populations recover! When exploring Bay Area shorelines, don't forget to watch for terns fluttering in the air while searching below with their keen eyesight, and then plunge-diving into the water to catch a meal.

Other Interesting Least Tern Facts

At the Crab Cove mudflat at low tide, least terns sometimes hunt by skimming: flying fast and low, they stick their beak into puddles of water to catch small, well-camouflaged gobies (fish) that are left behind in puddles.

It's not known exactly where least terns migrate for the winter, perhaps because they spend all/most of the time over the ocean, assumedly off the coast of Mexico and Central America.

An adult least tern, preparing to plunge-dive into the water, has a bright yellow beak and a white triangle on the front of its black head.



Photo: Jerry Ting

Photos above courtesy: Jerry Ting, Roger Nymaster, and Davor Desanovic

Photo: Jerry Ting



A California least tern just before impact in a plunge-dive.

Del Valle

REGIONAL PARK



Summer: A Study of Contrasts

Del Valle in early summer is a study of contrasts. We have said goodbye to many of our birds that overwinter here, and welcomed back others that return for the warmer months. The grasses are turning golden, yet the trees still hold on to their green leaves with fervor. The days may be cool and breezy or a hot summer day – or maybe one day will have both! Come visit and explore the contrasts that Del Valle offers.



California Grasslands: Green to Gold and Back Again

This summer, you may notice the Del Valle grasslands turning from green to gold. Is this normal or is something wrong?

California grasslands contain a wide range of plant species, including introduced grasses from Europe as well as native wildflowers and bunch grasses. Whether introduced or native, these plants have adapted to California's Mediterranean climate, where rain falls almost exclusively in winter and early spring. In the dry summers, grasslands naturally turn gold...so yes, the color change is perfectly normal.

While the general timing of rain is predictable, the quantity is not! As a result, grassland plants have an adaptation called seed-banking that helps them make it through the dry periods. Seeds dropped by several generations of a plant will remain viable in the soil until the right conditions to sprout occur. So even if one generation of an annual grass dies back, there are plenty of seeds to take its place when the time to green up arrives. Native perennial grasses are slower growing than the annuals, but can live a long time – purple needle grass, our state grass, can have roots that extend 20 feet and can live over 100 years!

Welcome Back! Until Next Time!

May is the month when many returning migrant species begin setting up shop at Del Valle to breed for the summer while others leave until their fall or winter return. It is also a great time to look for migrant species that stop by for only a few days to refuel before they breed further north.

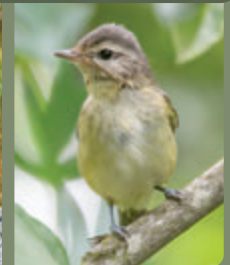
RETURNING MIGRANTS



Ash-throated
flycatcher



Green heron



Warbling vireo

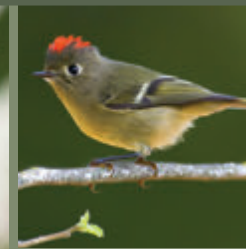
LEAVING MIGRANTS



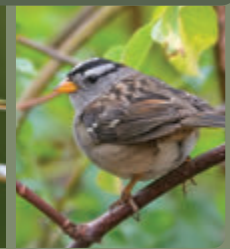
Bufflehead



Hermit thrush



White-crowned
sparrow



Ruby-crowned
kinglet

Photos courtesy: Jerry Ting, Becky Matsubara, Lee Greengrass

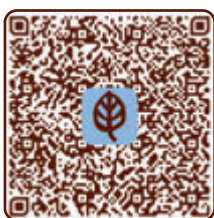
These Hills Have Some History

Decades ago, located at what is now the bottom of Lake Del Valle, was the heart and center of a cattle ranching operation that has spanned over 125 years and at its greatest extent eclipsed 10,000 acres. In the years since the land was converted into a park and reservoir, grazing has continued but has been adapted in accordance with new insights into rangeland and environmental sciences. The Angus and Angus-cross cattle you can find in the park today consume large quantities of

grass, preventing the build up of dead plant material, or “thatch.” In doing so, they reduce wildfire risks and allow space for native plants to grow, and promote biodiversity in these newly altered California grasslands.



Virtual Event Calendar



Follow us @DelVallePark on Facebook for virtual programs and events. To see all virtual programs offered by the Del Valle and Sunol Interpretive team, check out EBParksOnline.org or use this QR code.

Night with a Naturalist: Virtual Campfire

The evening glow gives way to the (virtual) roaring fire, as families gather together. Discover the wonders of the park and this camping tradition safely from home.

Sunday, May 30 at 7:30 p.m.
Saturday, June 19 at 7:30 p.m.

Coffee Talk

Grab a cup of coffee and join a naturalist-led Zoom call for a unique opportunity to chat, learn about recent park updates, and more.

Programs begin at 10 a.m.:
Saturday, May 8; Sunday, May 16;
Sunday, June 6; and Saturday, June 19



Mobile Education



Design the Mobile Visitor Center and Fill the Fish Tank!

The Mobile Visitor Center and Mobile Fish Exhibit travel to schools and community organizations across Alameda and Contra Costa counties. The Mobile Visitor Center provides hands-on learning opportunities and the Mobile Fish Exhibit, a 26-foot-long aquarium on wheels, offers an up-close, memorable experience

with fish from our lakes, bringing the East Bay Regional Parks to you!

While we haven't been able to pop around town for the parades, festivals, school assemblies, summer camps and community events like we're used to, we want you to help us put the fun of Mobile Education in YOUR hands.

It's your chance to fill the fish tank! What would you include in the Mobile Fish Exhibit? What animals would you want to see?

How would you design the outside of the Mobile Visitor Center? What parks, animals and plants would you want to make sure are on the van?

Outdoor Recreation



Main line
12-20 lb. →

← Slip Sinker Catfish Rig

Sliding egg
or banker sinker
0.5-1.5 oz. →

A **rig** is the fishing tackle you use to display your bait or lure and will change depending on the type of fish you are trying to catch. We start stocking the lakes with Channel Catfish in June so here is a basic rig you can use to catch them!

Double-sided
swivel →

Leader line
8-12 lb. →

Hook size:
size 6-8 circle
and bait
holder hook →



← **Bait: STINKY!** Chicken livers, cheese and blood dough baits, large night crawlers, anchovies, or shad. Lures can be used too, but catfish love smelly baits, spray them with an attractant.

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

Plan a Fishing Trip

TO **YOUR** EAST BAY REGIONAL PARK TODAY!

Where are you going? Grab a park map or research the place online ahead of time, if able. If it is an EBRPD park, we will have pertinent information to plan your trip – visit ebparks.org/activities/fishing for more information about fishing in your parks.

What are you fishing for? This will determine where and when you are going, and what tackle and bait you might need.

When are you going fishing? The season and time of year will also determine what you are fishing for. The time of day you go to fish matters, too. It is great to target fish during their natural eating times and habits.

Do you need a fishing license? In the state of California most lakes and fishing locations require a fishing license for all folks 16 and older. For more information on purchasing a license and fishing regulations, please visit wildlife.ca.gov/Licensing/Fishing.

Who are you fishing with? Is the location accessible for everyone you are bringing? Look for park accessibility and handicap access labels on the website or park map. If you are bringing children, have you prepared for this?

Why are you going fishing? Are you fishing for fun or teaching someone? Make sure you address licensing and bring everything you need for your trip.

Packing all your tackle and gear. You never need as much as you think. A few hooks, weights, swivels, leader lines, pliers, and lures/bait will go a long way. Plan out the fishing rigs you want to use and make sure you know the knots to tie them up. There are many fishing rigs and knot tutorials that you can research and learn online prior to your trip.

Personal needs and safety equipment. Pack enough food and water for everyone. Bring sunscreen or barriers like a hat, sunglasses, and bug spray, layers for warmth or rain, closed toed shoes, first aid kit, a bag to pack out trash, a face covering, and a radio or cell phone in case of an emergency. If there is no service, is there a pay phone nearby or do you know where the ranger station is?

Let someone know where you are going. Make a plan. Let someone know when and where you are going for your trip. Have fun and be safe!



Channel catfish



Sunol Wilderness

REGIONAL PRESERVE

Summer in Sunol

Do your part to protect the park.
Sunol's critters and creekside ecosystems depend on you.



Photo: Jerry Ting

Keep Alameda Creek Wild!

Animals of Sunol rely on the park's water resources for their survival. Remember to look for 'no swimming' signs in the park and stay out of the creek in areas like Little Yosemite in order to help preserve crucial wildlife habitat.



Photo: David Desautels

Amphibians like this frog as well as salamanders and other species spend most of their lives in and around Alameda Creek.

Photo: David Desautels

Virtual Event Calendar

EVENT CALENDAR

Follow us @SunolRegionalWilderness on Facebook for virtual programs and events. Don't have a Facebook account? Discover our naturalist event activity site by visiting our website: ebparks.org

Wild Wonders

Wildness awaits! Discover the wonders of the wilderness through explorations and activities. Great for families and all ages.

May 8, 16LIVE at 2 p.m.

June 12, 20LIVE at 2 p.m.

Upcoming Nature Journaling Workshops



Nature Journaling Workshops

Join on Zoom or watch live on Facebook to discover new journaling topics each month!

May 15LIVE at 9 a.m.

June 12LIVE at 9 a.m.

ebparks.org/activities

Ways to Beat the Heat While Protecting Wildlife

- ☐ Visit the park in the morning to avoid the hotter times of day.
- ☐ Bring more water than you think you'll need.
- ☐ Hike a less steep path like the Shady Glen or Canyon View Trails starting at the bridge by the visitor center and continuing either left or right down the trail.
- ☐ Take a folding chair and art/journal supplies to spend some time observing nature and relaxing in the park.

How sunscreen chemicals enter our environment:



Here are a few ways to protect ourselves and our waterways:

Consider sunscreen without chemicals that can harm marine life, seek shade between 10 am & 2 pm, and use Ultraviolet Protection Factor (UPF) sunwear.



Seek shade



Umbrella



Sun hat



Sunscreen



UV Sun glasses



Sun shirt



Leggings



oceanservice.noaa.gov/sunscreen

Revised Sep. 2020

Tilden

NATURE AREA



Strawberry Ice Cream ... in a Bag

Summer is almost here and nothing rings in the sunny, hot weather better than ice cream! This easy recipe is made with jam, eliminating the need for adding extra sugar.

Ingredients

Makes 2 servings

- ☐ 3 Tbsp strawberry jam
- ☐ 1 cup heavy whipping cream
- ☐ 1/8 tsp vanilla extract
- ☐ Sliced fresh strawberries as a topping

Equipment

- 1 quart-sized Ziploc freezer bag
- 1 gallon-sized Ziploc freezer bag
- 1 cup rock salt
- Lots of ice
- Oven mitts or gloves (it's going to get cold!)

Steps

1. In a bowl, mix together the heavy whipping cream and jam.
2. Pour the mixture into the quart sized Ziploc bag and seal it.
3. In the gallon sized Ziploc bag, add ice cubes (filling the bag halfway), rock salt AND the sealed quart sized bag of ice cream mixture.
4. Using gloves or oven mitts shake the bag until the mixture hardens to your liking--it usually takes about 20 minutes. Grab a sibling or your parents to help out and take turns tossing and mixing the bag!



Feathered Inspiration

A large hawk with broad wings and a fan-shaped tail carves an endlessly blue sky. Waves of warm air carry the fragrance of drying grasses as they rise. Forming invisible columns, this lighter than air air, is exploited by our hunter who is held aloft with nary a flap, circling, observing, and with only minor flight-feather corrections. "I wish I could fly!" a child might think, staring up with hope and imagination. "I could go anywhere!"

— Naturalist Anthony Fisher



Photo: Anthony Fisher

Summer Time WORD SEARCH

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

MOTHER
FATHER
CELEBRATION
FLOWER
FOX
TERN
BACKPACKING
SKUNK
INSECTS
HIKING
GRADUATION
VACATION



Volunteer PROGRAM

Field Trip!

PARKS EXPRESS TRANSPORTATION PROGRAM

Did you know the Park District has a transportation program? Because of COVID our Parks Express Program is suspended at this time, but we can't wait to get buses back into the parks! Join us to learn a bit about our transportation program at the East Bay Regional Park District.



The Parks Express Transportation Program provides low-cost transportation for qualified groups to any of our East Bay Parks. It is available to eligible schools and groups to help those who serve children from low-income families, senior groups, and people with disabilities enjoy our parks.

The District has been helping transport people to our parks for almost 40 years! The program started with a focus on summer-only transportation but expanded over the years to provide school field trips to naturalist's

East Bay 
Regional Park District

Healthy Parks Healthy People

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

environmental education programs as well as self-guided trips. This is the Parks Express' main objective today! The District is always looking to engage with our community and is proud to offer this valuable service.

While the Parks Express Program is currently suspended due to COVID-19, we look forward to serving our communities again soon. Learn more about park transportation and find the application materials here: ebparks.org/iwantto/apply/transportation_parks_express.htm

In the meantime, have some fun with the following bus related activity!

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

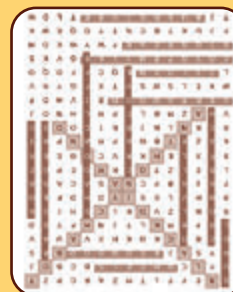


Word Search

Popular Field Trip Destinations

Can you find all 16 words in this word search?
They may be horizontal, diagonal, or backwards!

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> ANTHONYCHABOT | <input type="checkbox"/> ROBERTS |
| <input type="checkbox"/> ARDENWOOD | <input type="checkbox"/> SHADOWCLIFFS |
| <input type="checkbox"/> BIGBREAK | <input type="checkbox"/> SUNOL |
| <input type="checkbox"/> BLACKDIAMOND | <input type="checkbox"/> TILDEN |
| <input type="checkbox"/> COYOTEHILLS | |
| <input type="checkbox"/> CRABCOVE | Bonus Words: |
| <input type="checkbox"/> CROWNBEACH | <input type="checkbox"/> BUSDRIVER |
| <input type="checkbox"/> DELVALLE | <input type="checkbox"/> PASSENGERS |
| <input type="checkbox"/> REDWOOD | <input type="checkbox"/> WHEELS |



Word Search Answers

