

Regional in Nature

Activity Guide

SEPTEMBER – OCTOBER 2020

East Bay 
Regional Park District
Healthy Parks Healthy People



Check Our Website for Information
on Reopenings - Camping,
Boating, and Fishing.

Digital Learning During COVID-19.
See page 2.



Plan for a New Park Approved.
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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

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



Continuing Our Mission IN COVID TIMES

A MESSAGE FROM
GENERAL MANAGER
ROBERT E. DOYLE



Continuing Our Mission in COVID Times:

COVID-19 has challenged parks throughout the nation. While many businesses and government

agencies have closed or slowed down operations, parks have been busier than ever.

The Park District has met this challenge and continued its mission and vision of *providing open space, parks, trails, safe and healthful recreation, environmental education, and opportunities for the East Bay's growing and diverse community to experience nature close to home.*



Remaining Open During COVID-19:

Most Regional Parks have remained open for outdoor recreation, with a limited few closed because their primary functions, such as picnicking and swimming, are prohibited by local health agencies. During COVID-19, over 99 percent of the Park District's 125,000 acres of parklands, 55 miles of shoreline, and 1,300 miles of recreational trails remain accessible for walking, hiking, biking, and horseback riding.



Digital Learning:

During COVID-19, the Park District's naturalists, who typically provide programs at visitor centers or in the parks, have been bringing their classes and activities to audiences online through virtual and digital platforms, including virtual park tours, creature feature videos, and field study videos.

Denouncing Racism and Affirming the Right to Feel Safe and Welcome in Regional Parks:

On Tuesday, June 16, 2020, the Park District Board approved a resolution denouncing racism and reiterating the District's commitment to ensuring safe and welcoming outdoor spaces for Black, Indigenous, and People of Color, free of racism, discrimination, and threat of violence.

Parks are essential to our quality of life and our physical and mental health.

Rest assured that during these challenging times, we remain focused and committed to the District's mission and vision.

You can help keep parks open and safe by wearing a mask around others, following all park rules, and packing out your trash. Please do your part to help keep yourself, others, and our staff safe.



COVID-19 Park and Community Survey We Need Your Feedback!

The Park District's parks and trails have seen an unprecedented surge in visitation during COVID-19. Access to the outdoors has proven to be highly important for the mental and physical health of East Bay residents. A scientific survey of Alameda and Contra Costa county residents recently conducted by the Park District showed that many believe that Regional Parks are an essential service. Ninety-six percent agreed that keeping Regional Parks and trails open during the pandemic is important.

The Park District is now conducting an online survey to gather public feedback on park usage and challenges during the pandemic, and priorities for the Park District after the pandemic.

Share your views and thoughts by participating TODAY!
Visit ebparks.org/COVID-19Survey to fill out the survey.

COVID-19 Park and Trail Updates

During COVID-19, the Park District has kept parks open as much as possible for outdoor recreation – an essential activity expressly permitted by state and local health orders. For many, parks have been vital to maintaining physical, mental, and spiritual health.

The Park District is developing plans to reopen additional facilities. For up-to-date information on park status and reopenings, visit ebparks.org/COVID-19.

Land Use Plan Approved for New Regional Park in Diablo Valley

On July 7, 2020, the Park District Board of Directors unanimously approved the final land use plan and environmental analysis for a new 2,540-plus-acre Regional Park at the former Concord Naval Weapons Station. The Park District received possession of 2,216 acres in July 2019, with an additional 327 acres transferring at a later date.

Approval of the land use plan is the culmination of decades of community advocacy and partnership between the Park District, U.S. Navy, National Park Service, City of Concord, and Save Mount Diablo. The plan provides for public access, preserves natural habitat, and honors the unique natural and human history of the land.

Planned visitor facilities and public access improvements include a joint visitor center with the National Park Service highlighting the history of the Diablo Valley and the Port Chicago explosion, miles of trails for hiking, biking and viewing, and park staging areas.



The final plan also utilizes existing developed buildings and areas to the greatest extent possible, protecting nearly 95 percent of the land permanently as open space and natural habitat.

Public access is expected to come first to the southern portions of the new park south of Bailey Road.

Bald Eagles Thriving in Regional Parks

In April, a Park District wildlife biologist observed that three bald eagle nesting pairs had successfully produced a total of four eaglets. The nesting pairs at Del Valle and Ardenwood produced one fledgling each, and the Lake Chabot pair produced two fledglings (a male and a female). By late May, the eaglets were about 50-60 percent of adult size, and all took their first flights by early July. Access to the areas around the nests is restricted to protect the birds from disturbance, but visitors may use binoculars and scopes and view the nests from a distance.



**Ardenwood nesting pair (left to right):
father, chick, and mother.**

Amazing Manzanita

Just as diversity is important in the human community, it also matters in the plant community. In California, one plant that thrives in diverse environments is the manzanita, which can be found in sandy beaches, hillsides, clay soils, rocky soils, and even mountainous areas.

While exploring your East Bay Regional Parks, you may have been intrigued by this tree/shrub's appearance, most noticeable for its unusually red, twisty bark that is smooth to the touch.



If you happen to be hiking during the hot summer season, take a moment to relax under a manzanita and feel its red bark. You will notice it is smooth and cool to the touch.

The bark is the secret to the manzanita's survival, as it peels off to protect itself from fungus and parasites. It is also protected by tannins in its leaves that, when eaten, leave the mouth dry, and taste bitter and unappealing.

Manzanita has an interesting history in California. Native peoples used this plant for many purposes, including harvesting its berries to make a delicious cider-like tea.

Harvesting berries in the parks is prohibited today, but if you harvest manzanita berries at home, you may find that they taste slightly like a sweet and tart green apple. After all, the name manzanita translates to "little apple" in Spanish.



Wildfire Protection

EAST BAY REGIONAL PARK DISTRICT

Be Fire Safe in Regional Parks

As summer gradually turns into fall, East Bay Regional Parks and other public wildlands are entering the most dangerous time of the year – the September-October peak fire season.

This is because the heat of summer has dried out the vegetation, and the rains of winter have not yet arrived. Add to this the seasonal hot, dry Diablo winds blowing from the east, and there's potential for disastrous wildfires.

It's sad but true that many wildfires originate with people, intentionally or otherwise. Fireworks are a frequent culprit.

The Park District Fire Department is prepared for fire season. The department has 16 full-time firefighters and another 34 fully trained on-call staff who are available when needed.

Additionally, District firefighters and police have mutual aid agreements with the California Department of Forestry and Fire Protection (CAL FIRE), the California Office of Emergency Services, and every fire department within Alameda and Contra Costa counties.

Fire headquarters are at Station 1 in Tilden Regional Park near Berkeley. Seven other stations throughout the District are staffed as circumstances demand. All have engines and other equipment in place. During the fire season, District firefighters and park rangers are always on the alert for potential fires.

Park visitors can provide critical help in preventing wildfires by being alert and following some easy, common-sense, every-day fire-safe rules:

- 1 All smoking is prohibited in the Regional Parks. This includes pipes, cigars, and cigarettes.
- 2 Vapor devices that release gas, particles or vapors into the air (“vaping”) are also prohibited, except for any USDA-approved medication.
- 3 Gasoline-powered generators are prohibited.
- 4 Do not drive or park your vehicle on dry grass areas. The heat from a vehicle's undercarriage exhaust system can ignite a wildfire. Low-hanging chains that drag and create sparks can do the same.
- 5 When COVID-19-related restrictions are lifted, do not light an open outdoor fire on park property, except in park equipment designed for that purpose, such as barbecue stands and fire pits. On extreme fire days, no open fires or barbecues of any kind are allowed.
- 6 Be sure that all burning fuel such as wood or charcoal is completely extinguished, then dispose of it in the concrete ash receptacles designed for that purpose. Do not discard coals in regular garbage cans or refuse bins.

If you see a fire while hiking or riding in the Regional Parks, report it immediately by calling 9-1-1. If possible, tell the dispatcher the location

of the fire, its size, direction in which it is burning, and whether any structures are threatened. Of course, your own personal safety is paramount and takes precedent over detailed reporting, so leave the area immediately if the fire is near.

Fire prevention should extend to your home as well, especially if you live in a neighborhood next to open space. The CAL FIRE website, readyforwildfire.com, has lots of information on wildfire preparedness and an evacuation checklist.

The idea is to create a defensible space to slow the spread of fire and enable firefighters to make a stand. So the first 30 feet from your home should be “lean, clean and green,” devoid of dead plants, grass, weeds and overgrown brush. From 30 to 100 feet out, your property should have short-mowed grass, and spacing between grass, shrubs and trees.

In the event of fire, the three top tips are:

- Obey all evacuation orders
- Leave immediately if you feel threatened
- Avoid blocking access for fire engines and emergency personnel.

In the best circumstances, all these precautions will prove unnecessary. But the old proverb is true: an ounce of prevention is worth a pound of cure. With these measures in mind, we can all hope for a safe, enjoyable and fire-free fall, while being well prepared for any emergencies that may occur.



4 Be alert and follow fire-safe rules.



Regional Park District firefighters perform annual maintenance on weather stations.



Wildfire Protection

EAST BAY REGIONAL PARK DISTRICT



Wildfire Protection Legislative Update

Responsible for management of some 125,000 acres of parklands and open space, the East Bay Regional Park District is strongly committed to wildfire prevention and safety.

With the new pattern of hot, dry weather conditions resulting in longer and more intense fire seasons, additional funding is necessary to prepare for potentially catastrophic fires.

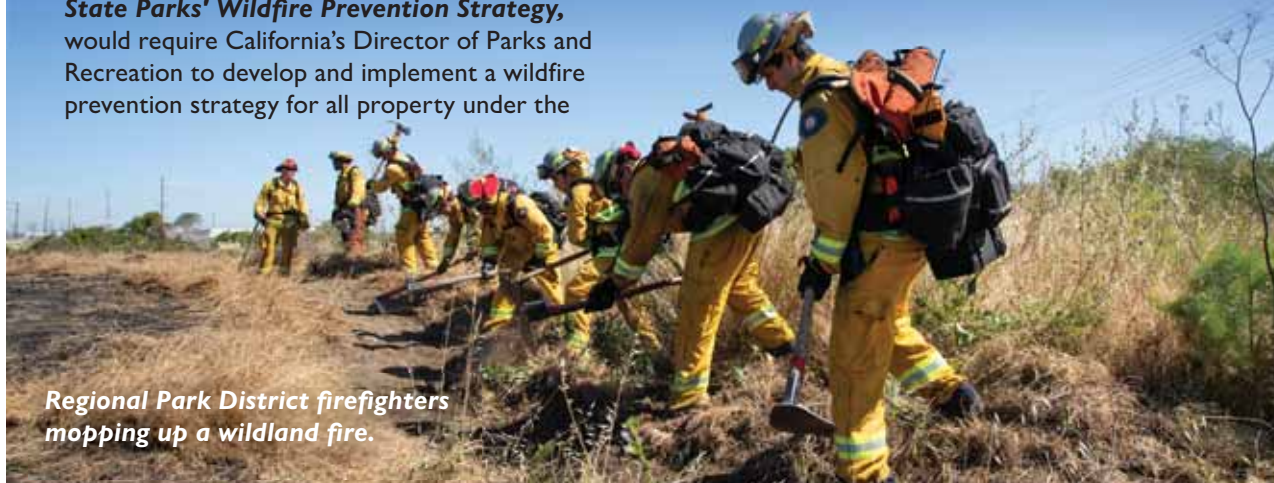
Park District staff is in constant contact with state and national representatives who are introducing bills to secure funding for this purpose. Here are some of the efforts in progress:



- **Senator Kamala Harris and Representative Jared Huffman have introduced Senate Bill 2882 and H.R. 5091 – the Wildfire Defense Act.** It would expand a grant program within the Federal Emergency Management Agency, setting aside \$1 billion each year for better infrastructure, and land use and evacuation route planning in fire-prone communities.
- **Assembly Bill 2076 (Bigelow R-O’Neals), the State Parks’ Wildfire Prevention Strategy,** would require California’s Director of Parks and Recreation to develop and implement a wildfire prevention strategy for all property under the

department’s jurisdiction that is in a high fire hazard zone. This would likely include Del Valle Regional Park, Mount Diablo State Park, and Marsh Creek State Park.

- **Assembly Bill 3074 (Friedman D-Glendale), Wildfire Ember Resistant Zones.** The bill would strengthen California’s defensible space laws, adding a requirement for a five-foot “ember-resistant zone” around homes in high fire risk areas.
- **Assembly Bill 3164 (Friedman D-Glendale), Wildland Urban Interface Wildfire Risk Model.** This bill would require CAL FIRE, in consultation with an advisory group, to develop a wildfire risk model to identify areas with the highest risk to property and health. This would help communities prioritize the use of wildfire hazard mitigation funds.
- **H.R. 6546 (Neguse, D-Colorado), Wildfire and Community Health Response Act of 2020.** This bill would require the Departments of Agriculture and Interior to submit a report to Congress about their efforts to mitigate wildfire risk during the COVID-19 pandemic.
- **Senate Bill 3684 (Wyden, D-Oregon), 21st Century Conservation Corps for Our Health and Our Jobs Act.** The bill would provide billions of dollars in funding for a variety of programs addressing the impacts of COVID-19 on health, the economy, and wildland firefighting. The legislation supports funding and employment opportunities for wildfire hazard mitigation.



Regional Park District firefighters mopping up a wildland fire.

Fire Danger Rules

“Very High” Fire Danger Rules

- Once COVID-19-related restrictions are lifted, barbecues and campfires are only permitted in designated day-use picnic areas, campgrounds, or developed recreational areas.
- Gas-fueled camp stoves are permitted, but with conditions.



“Extreme” Fire Danger Rules

- No open fires, campfires, or barbecues of any type are allowed.
- ONLY gas-fueled stoves are allowed.

Park Closures

On rare occasions, Regional Parks may close under two circumstances:

- The Fire Department has limited resources to fight a fire.
- The National Weather Service declares a Red Flag Warning, signifying a likelihood of severe lightning storms or hot, dry winds from the east (“Diablo Winds”).

For up-to-date information on fire danger and rules, visit ebparks.org/firewarninginfo, or call (510) 881-1833.



Ardenwood HISTORIC FARM

Every year, Ardenwood's corn crop supports educational programs about farming, while also providing yummy food for humans and animals.

MAIZE MAZE
Start

Corn is pollinated by the wind, but many other common crops need insects in order to make the fruits or veggies we like to eat. A healthy farm or garden has a good balance of bugs, but sometimes one kind will become a pest and do damage to the plants. Such appears to be the case of the cucumber beetle, given this wanted ad:

WANTED



Diabrotica undecimpunctata

a.k.a. **Western Spotted Cucumber Beetle**

DESCRIPTION: 1/4" long; greenish yellow with black spots on wing covers.

WANTED FOR: chewing holes in plant leaves; consuming entire flowers; feeding on germinating seeds.

KNOWN ASSOCIATES: bacterial wilt and cucumber mosaic virus.

VICTIMS: members of cucurbit family including cucumbers, melons, pumpkins, and squash. Other victims include beans, corn, beets, potatoes, and tomatoes.

*** If located, protect potential victims by planting tansy, nasturtiums, or other cucurbit plants as repellants or trap plants. Please also alert one of the following: assassin bug brigade, parasitic wasp squad, tachinid fly force. ***

CORN DELIGHTS from Around the World

Corn stalks are a familiar sight

at farms all over the world. At Ardenwood, we primarily grow two types - popcorn and Indian corn, or "maize."

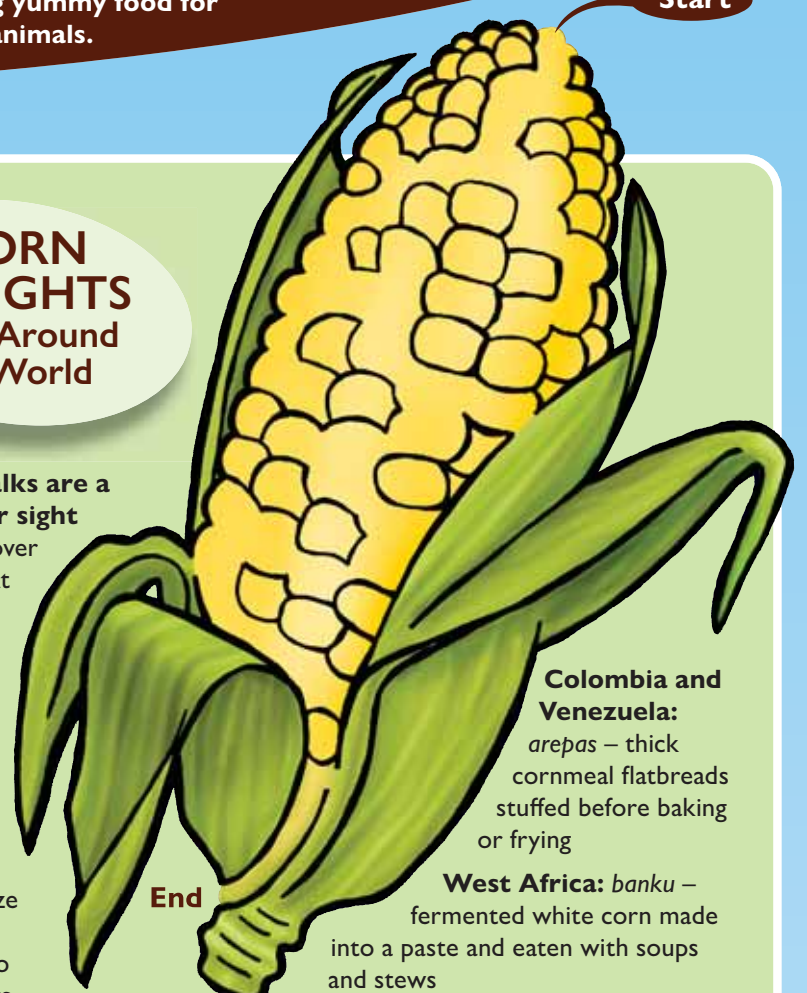
From its origins in Mexico, maize cultivation has spread to many corners of the world, and this starchy corn has become a staple food for many people, and a special treat for others. Maize is usually processed into cornmeal or corn flour before cooking and can be made into a variety of delicious dishes.

Below are just some of the mouth-watering international uses of maize.

USA: cornbread, grits, cornflakes

Mexico: tamales, enchiladas, chips with salsa

El Salvador: pupusas - filled cornmeal flatbreads now common throughout Central America



End

Colombia and Venezuela: arepas - thick cornmeal flatbreads stuffed before baking or frying

West Africa: banku - fermented white corn made into a paste and eaten with soups and stews

East and South Africa: ugali, nshima, pap - cornmeal pudding made into balls served with stews

India and Pakistan: Makki di roti - flat cornbread often eaten with curried greens in Punjab

China: wotou - steamed corn buns common in the north, corn congee (porridge)

Philippines: binaki (pintos) - a sweet, tamale-like corn cake wrapped in leaves and steamed

Southern and Eastern Europe: Polenta, mamaliga - thick cornmeal pudding

Do you have a favorite maize-based dish?

We'd love to hear about it! Send your recipe to us at Ardenwoodnaturalist@ebparks.org

Big Break

REGIONAL SHORELINE



A Slough by Any Other Name

Heading out along the trail leading to the Delta Discovery Experience (DDX) for some fishing on the pier, birding, kayaking, biking or just hanging out with friends and family, folks often stop to look at “the pond.” Turtles sun-bathe along the edge. Herons stand statue-still waiting for a fish lunch to swim within reach. An otter, two, three, now four may roll through the water on their way to the shore to disappear into the reeds.

“The pond” is really part of a slough, or water way. This horseshoe-shaped slough connects to the waters of Big Break near the kayak launch and along the Levee Top Trail. That’s right, the DDX is an island!

Prior to the park’s development in the early 2000s, this slough was unrecognizable, narrowed and hidden by invasive Himalayan blackberries (great for berry cobbler, not for wildlife).

Park construction had impacts we needed to mitigate by improving Delta habitat. Since 97 percent of Delta wetlands have been reclaimed for farming and development since 1850, that seemed like the perfect habitat to target.

We removed the blackberries, widened the slough with a gradual slope (now “The Pond”) and unclogged parts of “the horseshoe” to allow the tides to enrich this new freshwater wetland. As a “passive” restoration project, we did not plant any

plants. We counted instead on the processes now in place to do the “landscaping.”

Did it work? Well, although not proof positive, the very first day water flowed into the “pond,” a couple of American white pelicans paid a quick visit. Soon sprouts and shoots of tules, cattails and willows (all wetland plants) followed.

Today it’s hard to imagine this thriving wetland’s improbable history. Though small when compared with hundreds of square miles of lost historical wetlands, this project provides great promise for habitat restoration projects throughout the Delta.



“The Pond” under construction in July 2010.



“The Pond” today.

Take a Walk on the Wild(er) Side

Big Break Regional Shoreline is a beautifully developed park. With the Delta Map, pier, kayak launch, and paved paths, there is a lot to enjoy in a relatively small area. We also have a wilder side:

The Levee Top Trail.

This 1/3-mile single-track trail accesses wonderful habitat, so please keep pets and bikes away to help protect wildlife and ensure plenty of room for hikers.

You’ll find the trailhead along the road to the pier, just 100 yards past the pond on the right.

Once you leave the pavement look for animal tracks, especially after rain. River otters, raccoons, foxes, beavers, coyotes, and even a bobcat have left their footprints here. See how many side trails they’ve made going this way and that through the grass.

The edges of wetlands are often identified by the plants growing there, even when the ground is dry. This trail separates perennial, freshwater wetlands of willows, tules, cattails, and Yerba mansa, from seasonal pickleweed marshes fed by rains and tides.

Remember, lowering your voice and keeping your distance as you pass barn owl and bat boxes improves their chances of success!

A slight rise signals you have reached “the levee.” Notice any trails down into the water? Orange-y scat (poop), flattened grass or odd patches of moist dirt along the way? All signs you are sharing river otter habitat!

You’ll soon lose sight of the Visitor Center and neighborhood homes behind some trees. With tule marshes in front of you and a willow thicket

behind, and perhaps even

a view of the distant Sierra Nevada mountains, you are surrounded by Delta wetlands.

The trail carries you to the paved Big Break Regional Trail. Head left for a quick look from the bridge, or turn right to go back to the parking lot.

Though the Levee Top Trail is only 1/3-mile, it transports you to a different world.





Black Diamond Mines

REGIONAL PRESERVE

Tell Us Your Story

at #MyBlackDiamondMines

We all have stories that connect us to our public lands: personal stories, family stories, and stories that are still being created. The staff at Black Diamond Mines want to hear about how you and your family connect to this park we all love. Share your Black Diamond Mines story on social media during September and October for a

free giveaway! Share a trail selfie or photo of yourself in the park and use hashtag #MyBlackDiamondMines to enter your name in a raffle to win some Black Diamond Mines swag.



Photo: Calfi Goodley

How to Win...

1. Take a photo of yourself at Black Diamond Mines Regional Preserve
2. Your photo must show that you are on the trail in the background (as seen in the photo to the left).
3. Post photo on your social media platform with #MyBlackDiamondMines
4. Have fun!

We will notify the winner(s) by November 4 at noon and share their photo on our page!

Note: To enter the raffle, all picture posts must have settings set as public so we can see your photos.



Traveling Companions • Turkey Vultures

When going for a walk in the park, we often traverse narrow trails up canyons or along ridgelines alone, and like it that way. But, of course, we are never really alone in nature. There are the plants we pass along the way, wrens and sparrows talking among themselves in the bushes, and in almost any park, on almost any day, silvery-dark, broad-winged birds circling above and effortlessly cruising the ridgelines. If you spend time outside in the Bay Area, you may already know the turkey vulture (Latin name *Cathartes aura*; Spanish *zopilote cabecirrojo*, *aura cabecirrojo*, *jote*).

Cathartes means “purifier,” and they are scavengers, carrion-eaters, dining on dead

things – sometimes rotting, putrid carcasses. With their powerful digestive juices and strong immune systems, “vultures can eat an animal that has died from anthrax or cholera. They will not contract botulism, rabies, or salmonella from carcasses...” (Teresa Ely: “Project Zopilote” Golden Gate National Parks Conservancy.) They have a tremendously keen sense of smell that leads them to even tiny meals like mice.

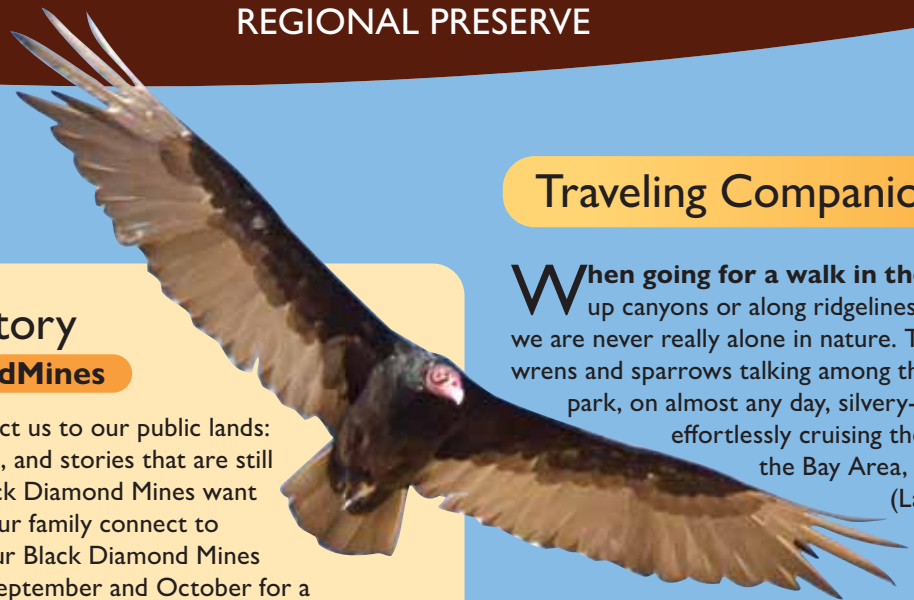
Of course, there is much more to turkey vultures than their essential role as decomposers, as cleansers of the environment. They soar superbly, riding air currents for hours without flapping, conserving energy for days sometimes, until they find their next food. Outside of breeding season, they often gather in large groups to roost, and travel together. Look for their beautiful courtship flights and displays as pairs bond in late winter and early spring.

Katie Fallon writes in her ode to this fascinating, perhaps endearing being:

“A turkey vulture is a perfect creature... On six-foot wings it floats above our daily lives, waiting for the inevitable moment that will come to each of us, to every living thing... Waits and wanders on its great wing sails... Watching a soaring turkey vulture is like meditation.”

From *Vulture: The Private Life of an Unloved Bird*

Part of the joy of taking a walk in a park is discovering something new, but familiar events, like the passage of a turkey vulture, make the park feel like home.





Preparing and Cooking Acorn

THE OLD AND NEW WAY

Acorn is a traditional food, lovingly prepared and eaten by Native Californians, including Ohlone, Bay Miwok and Northern Valley Yokut people here in the East Bay since time immemorial.

Here is a **step-by-step guide** to prepare and cook acorn using old and new ways:

1. Crack the acorn shell with a hammer stone while it sits on a flat cracking stone. Peel the shell off and don't let any acorn meat fall on to the ground; if it does, return it to the land.
2. Winnow the red skin off with a winnowing basket while outdoors, to let the breeze take away the skin. Remove the rest of the skin with a sharp paring knife, making sure to get inside the folds.
3. Pound the acorn meat into a fine flour using a pestle and mortar.
4. Sift the big pieces out with a sifting basket or modern kitchen sifter. Continue pounding until you have a fine, soft acorn flour. **New way:** use a coffee grinder to turn acorn meat into a fine flour, intermittently pulsing the grinder.
5. Leach the tannic acid out by laying the flour out on a cheesecloth evenly, then gently running water over it for half an hour. **Old way:** put redwood or incense cedar leaves above the flour to evenly distribute the water and add flavor.
6. Dry the leached acorn flour in the air for two days, while fluffing it with a fork to increase the surface area for drying.
7. Cook acorn with water in a water-tight basket with a hot stone (basalt or soapstone) from the fire. **New way:** cook in a pot over the stovetop, letting it boil to a simmer for 15 minutes.

Let the acorn sit and cool, then enjoy with your friends and family! Coyote Hills naturalists and Ohlone people today prepare, cook and share acorn during the Gathering of Ohlone Peoples, which normally happens on the first Sunday in October. **NOTE:** Please remember, collecting is not allowed in the Regional Parks.





Crab Cove

VISITOR CENTER AND AQUARIUM



Photo: Daniel L. Rienschiele

Symbolic Fencing Helps Threatened Snowy Plovers

Every year threatened Snowy Plovers return to Crown Beach to feed and rest along the shore. Once these tiny shorebirds have arrived, usually between September and October, the District installs fencing to alert park visitors and protect the birds. The special fencing is considered “symbolic,” since the birds don’t always stay within the actual fence boundaries.

Snowy Plovers feed on invertebrates in the seaweed and along the shore, fattening up for the winter. Disturbance burns their fuel reserves and

causes the plovers to become less fit and able to withstand the pressure of raising young in the spring. Fencing is put up to keep people out and keep the birds from constantly flying and burning calories.

Dogs are not allowed on the beach. They can be walked on leash on the pathway along Shoreline Drive or taken to nearby Washington Dog Park. In the spring, usually between March and April, the Snowy Plovers depart for quieter nesting beaches and the temporary fencing will be removed.

Fall Cleaning: Keep Shorelines Clean From Home!

September brings a whole lot of fun to our parks: bird migrations, the fall equinox, and best of all, Coastal Cleanup Day. While this year’s event will be asking people to **Clean the Shore from your own Front Door**, you can still feel connected to our shorelines with this great info and fun activities!

Coastal Cleanup Day was started by the Ocean Conservancy over 30 years ago with the goal to collect and document marine debris, or ocean trash (learn more on the last page). It grew to be the world’s largest,

one-day volunteer effort to clean up our oceans and has encouraged over 12 million people to volunteer and prevent 220 million pounds of trash from escaping into our waterways.

We need oceans to be trash-free because they provide us with the food we eat, the air we breathe, and they are home to 15 percent of our planet’s species.

Unfortunately, trash is everywhere: eight million metric tons of plastic flow into the ocean every year (that’s the equivalent of one dump truck full of plastic every minute, every hour, every day going into the ocean) and plastic does not break down. The consequences are bad... many animals get entangled, hurt and some even eat plastic trash and get sick.

Here are two activities you can do at home to learn about ocean trash...

Entangle yourself – with a rubber band:

1. Imagine that your hand is your favorite ocean animal.



2. Put a rubber band around your thumb and twist it.
3. Place the other end of the rubber band around your pinkie.
4. Make sure the rubber band is across the back of your hand.
5. You are now an entangled version of your favorite ocean animal.
6. Try to escape without using your other hand, rubbing your hand against something, or biting.
7. How does this make you feel? Are you still able to fly or swim? Can you catch food?

Look for a yummy jellyfish – or is it a plastic bag?

1. Imagine that you are a hungry sea turtle who wants to eat jellyfish for dinner.
2. Fill a big jar with water.
3. Add a piece of transparent plastic bag.
4. Close the jar with a lid.
5. Move the jar slowly.
6. Compare what you see with the picture (to the left) of a jelly fish.
7. Would it be easy to confuse the plastic bag and the jellyfish if you were swimming under water?

This year, we need to avoid our usual big Coastal Cleanup gatherings so we invite you to join the cleanup festivities and stay safe by getting your fall cleaning on, right in your own neighborhood—pick up trash before it reaches the coast. To learn more, check out coastal.ca.gov. Thank you and have fun!



Fishing Trivia!

How well do you know your Del Valle fish facts? Do you fancy yourself an angler? How many of these answers do you know?! (Answers below)

1. In 2019, the heaviest fish caught at Del Valle was a striped bass. How many striped bass were caught that were 20 pounds or more? How much do you think the heaviest one weighed?
2. How many trout does the East Bay Regional Park District allow anglers to keep each day?
3. The Park District regularly restocks which two species of fish in Lake Del Valle?

Answers: 1. Four fish were 20+ lbs. and the heaviest was 30 lbs. 2. Up to five fish 3. Rainbow trout and channel catfish.



Before the Lake

Before construction of the dam was completed in 1968, there was no lake at Del Valle. Instead, a seasonal creek called the Arroyo Valle wended its way through the valley. This creek still flows through the campground into the lake today.



Arroyo Valle, circa 1950. Photo courtesy of Livermore Heritage Guild



Match the hills in this recent picture with the one from the 1950s. How has the scene changed since then?

Have a Backyard Campfire

1. **Bundle up** – You'll need a hat, sweatshirt or jacket, pants, thick socks, and cozy shoes.
2. **Set up a tent** – To really feel like you're camping at the lake, set up your tent with cozy blankets and pillows. Don't forget a flashlight!
3. **Build a fire** – No fire pit, no problem. Make a circle with rocks, add sticks to the center, cut out red, orange, and yellow paper to look like flames. Feel the warmth of your family and friends around you.
4. **Food over the fire** – Can you poke a stick in it and cook it? Wrap it in foil and let it bake? If you don't have an open flame to cook with, you can use a BBQ grill.
5. **Enjoy s'mores** – You'll need graham crackers, marshmallows, and chocolate. Indoor s'mores are ready in 3-5 minutes in the oven at 400 degrees F.
6. **Sing songs, play games, and tell stories** – The options are limitless as you recount memories and sing together.



Photo: CJ Handy

This campfire favorite is done as a sing-song chant that repeats over and over. The real fun comes from adding new actions after each time through!

A Roosta Sha

(Done in a sing song chant, no melody)

THE CHORUS:

A roosta sha, a roosta sha, a roosta sha sha-hey
A roosta sha, a roosta sha, a roosta sha sha-hey

LEADER MOTIONS AND SAYS:

Thumbs up!

ALL MIRROR THE MOTION THEN CHANT THE CHORUS

LEADER WILL INTRODUCE THE NEXT MOTION

i.e., Thumbs up, Knees Together, Elbows Back, Chin Up, Bottom Back, Tongue Out

Repeat the chant while adding each motion until you are doing all of them at the same time. See if you can think of more funny actions to add!

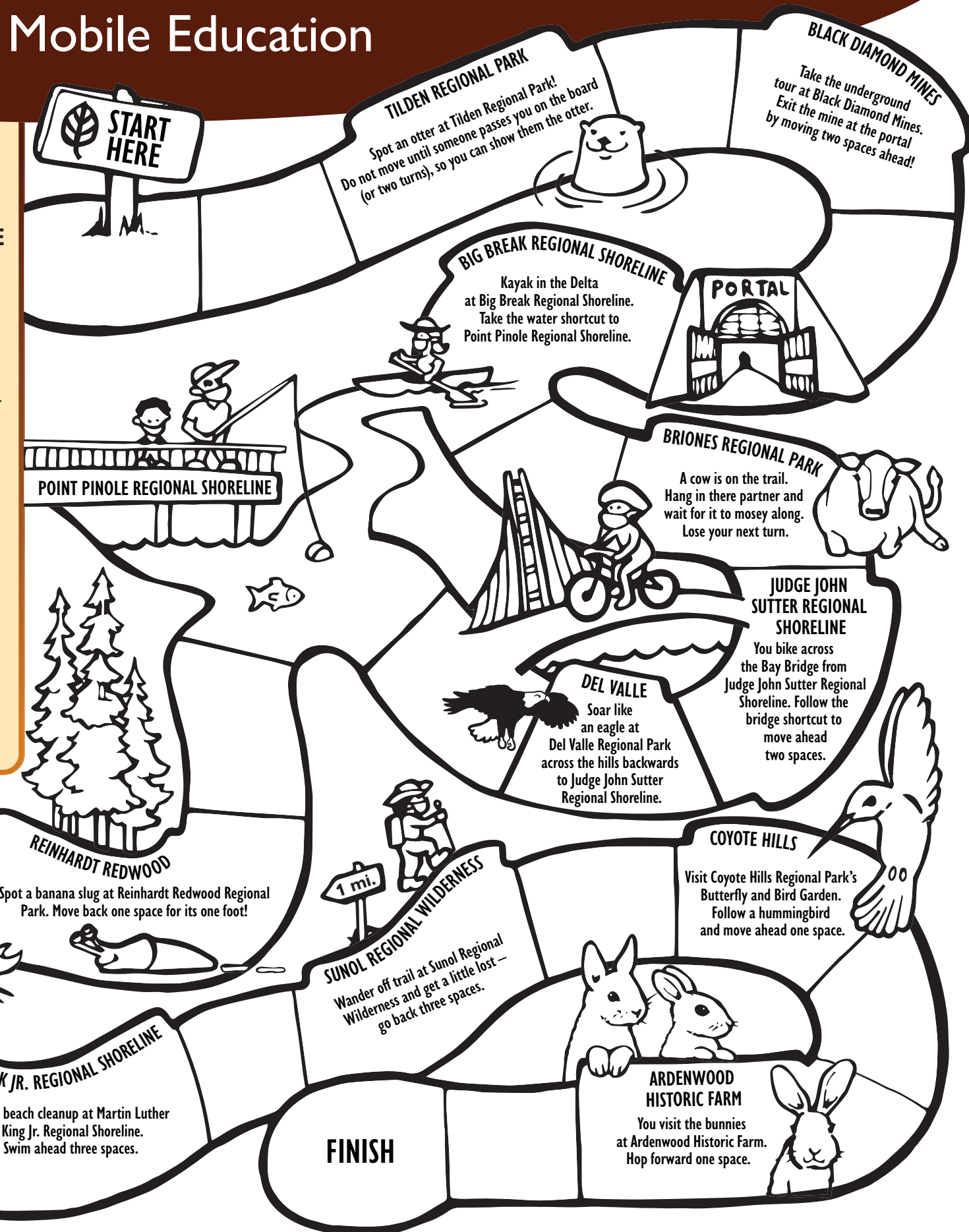
Mobile Education



PARKS CHALLENGE Board Game and Coloring Page

How to Play:

1. Each player must find a small object to use as a place marker on the game page. Pebbles or dried leaves will work but return all found objects back to nature!
2. Use a die, or six pennies. Players take turns dropping the objects to see how many spaces to move. If you use pennies, count only the heads as one move each.
3. Follow the directions on the spaces you land on (not every space will have instructions).
4. The first player to complete the Parks Challenge wins!



Outdoor Recreation



START

Help the bucket of water find its way to safely extinguish the campfire!



END

Manage Fire Responsibly!

Managing fire safely is a key principle of the Leave No Trace program, which the Outdoor Recreation Unit practices diligently.

When people think of camping, they invariably think of having a campfire. What would camping be without tales told around the fire and s'mores for dessert? However, with wildfire season and camping season coinciding in California, exercising extra caution around this activity is crucial to limiting the spread of fires in our already stressed out system.



Here are some pro-tips to facilitate a safe and responsible campfire experience:

- **Provide** adult supervision for young people when having a campfire. Talk to your children about the dangers of fires. Create boundaries with designated play spaces for children well away from the campfire.
- **Resist** the urge to bring wood from home on your camping trip. Buy it where you burn it! Moving firewood can spread invasive species. And always get the necessary permits if required.
- **NEVER** leave a fire unattended!
- **Store** wood and other fuel sources away from fire.
- **Think** twice before starting a fire on a windy day!
- **Always** use an existing fire ring, never create your own (unless in case of an emergency).
- **Thoroughly** extinguish all fires. Utilize the drown and stir method. Eighty percent of child camp fire injuries are due to day-old embers not extinguished properly!



Drown



Stir



Feel



Campfires need your undivided attention to keep everyone safe, including our frontline workers like Akin Lee, who risk their lives to keep all of us out of harm's way.



Sunol Wilderness

REGIONAL PRESERVE

With miles of trails connecting several open space parks, Sunol truly is a wild place that is great for research and reflection. Use these pages to explore from home and record what you find on your next visit.

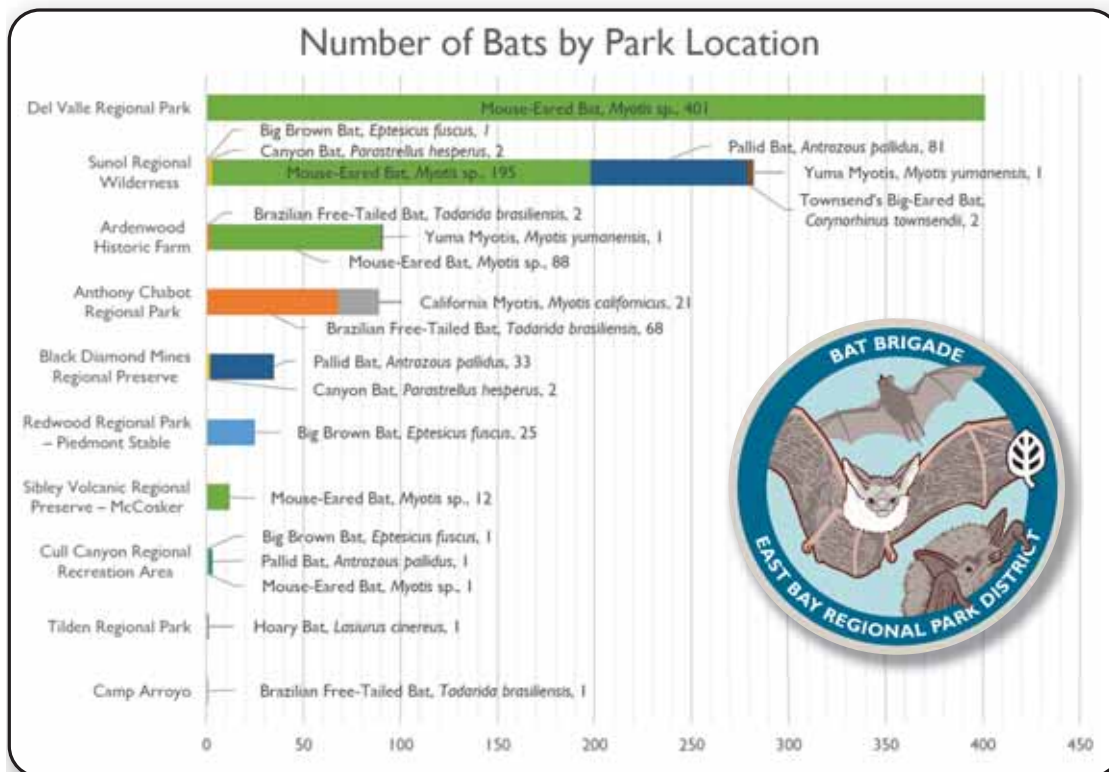
Data Detective • Use Your Bat Detection Skills!

Park District biologists often count animals to understand more about their populations. Unless you're in the park late in the day or at night, you may never see a bat, but they are out there. It's important to know how they're doing because they do so many great things for humans – like eating tons of insects!

This graph shows the number of bats present in the East Bay Regional Park District by location and species. Bats that could not be identified by genus or species were excluded from the results.

Use the graph below from the *Bat Distribution and Abundance in the East Bay Regional Park District Study* to answer the following questions:

1. How many different species of bats were found at Sunol?
- 2a. Which species at Sunol were seen the most?
b. How many were there?
3. Sunol had the most different kinds of bats found. Which park had the second most different kinds of bats found?
4. Bonus: True or False – Bats are flying rodents.



Answers: 1. Six, 2a. Mouse-eared bat, *Myotis* sp. 2b. 195; 3. Ardenwood Historic Farm and Cull Canyon Regional Recreation Area both had three; 4. False, bats are mammals but they are more closely related to humans than to mice and rats.

Sunol Biologist & Botanist Studies



A **Remote Camera Carnivore Study** was done over a three-year period in the Sunol and Ohlone Wilderness Areas. So far the study has given us a glimpse into the lives of some elusive animals, and it has shown us that remote areas of the parks are an oasis for these carnivores. The study is ongoing with more cameras being installed. The study was done by Wildlife Biologist Steve Bobzien.

A **Study of Movement Pattern and Habitat** of the western pond turtle (a species of special concern), found it has a healthy population at Sunol. This type of study allows us to understand how we can continue to successfully protect these turtles in other parks. The study was done by Park District Wildlife Biologists David Riensche and Doug Bell.



An **Air Pollution Study** conducted by Park District Botanist Michele Hammond showed the affects it has on the soils and native wildflowers in the park – like the prairie mallow flower pictured here. You'll find one of the best displays of native wildflowers in the Bay Area during springtime in Sunol.



Tilden

NATURE AREA



GIGGLES FROM THE COW BARN

FILL IN THE BLANKS TO FIND THE ANSWERS TO THESE SILLY RIDDLES:

What do you call a cow
who's just given birth?

D _ -C _ _ F-i _ t d

Answer: De-CALF-inated

What did the bull
grow on his face?

A MOO- ta _ e

Answer: A MOO-stache

What's a cow's favorite
party game?

MOO- _ _ al C a _ s

Answer: MOO-sical Chairs

WORD SEARCH:

Things at Jewel Lake

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

BENCH
BOARDWALK
BRIDGE
CATTAILS
DOGWOOD
DRAGONFLY

DUCKS
EGRET
FROG
LAKE
OTTER
PACKRAT

SPILLWAY
TULE
TURTLES
WATER
WILLOW

Photo: Marty Lycan



What's Growing in the Kid's Garden?

Leafy green chard is on the menu for today! With a lovely earthy flavor, chard is a colorful vegetable with dark green leaves and crunchy stalks that can be red, yellow or white. A great way to eat chard is in a frittata, an Italian egg-based dish that's like a quiche except without a dough crust.

Simple Chard Frittata

- 1 bunch chard
- 6 eggs
- $\frac{3}{4}$ cup milk
- 1 cup grated Monterey jack cheese
- 4 oz. chèvre (French goat cheese)
- 2 tsp. granulated onion
- 1 tsp. powdered garlic
- 2 Tbsp. olive oil
- Salt
- Pepper

Step 1: Preheat oven to 350° and grease an 8-inch pie dish

Step 2: In a medium sized bowl crack 6 eggs and mix with $\frac{3}{4}$ cup milk. Season with pepper and mix in grated Monterey jack cheese and set aside

Step 3: Rehydrate granulated onion and powdered garlic together by mixing them together in a small bowl with 2 Tbsp. water and set aside

Step 4: Wash chard and separate stems from leaves

Step 5: Thinly slice stems and rough chop leaves so they are about 1-inch rectangles

Step 6: Heat a skillet with olive oil and sauté chard stems till they become pale in color (about 8 minutes). Add a pinch of salt and pepper and the rehydrated onion and garlic

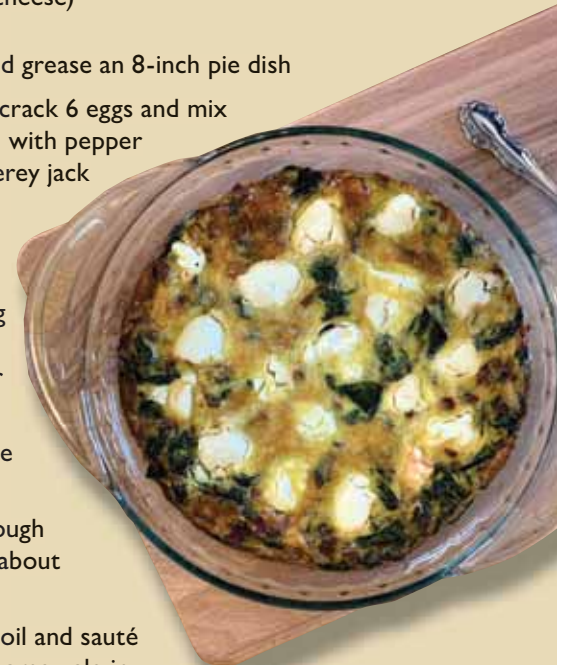
Step 7: Add the chopped chard leaves and cook until wilted and no water is in the pan

Step 8: Spread the cooked chard mixture into the greased pie dish

Step 9: Pour the egg mixture evenly over the chard

Step 10: Top the frittata as much as you like with spoonfuls of chèvre

Step 11: Bake for about 40 minutes or until the center of the frittata is set





Volunteer PROGRAM

Clean-Up the Shore From Your Own Front Door

September is Coastal Clean-up Month, and this year we are going to clean the shores starting from our own front doors! Because of COVID-19, we are all staying home more and a big Coastal Clean-up event is simply not safe this year. However, if we start the clean-up in our own neighborhoods, trash won't travel through storm drains, creeks, and rivers to become marine pollution. Let's help clean the shores by cleaning up our neighborhoods and local areas first!

What is Marine Debris?

Marine debris is any trash or litter that ends up in a marine environment. Most of it is plastic that doesn't breakdown and is especially harmful to marine life. Marine debris is everywhere—it's a global pollution problem that impacts people and wildlife alike.

While many people think fishing and shipping industries create the most ocean pollution, 80 percent of marine debris is from land-based sources—like litter dropped by people, industrial discharges, and garbage management (ill-fitting trash can lids, etc., etc.)



Photo: Caili Godfrey

• Use/Buy Less Stuff

Think carefully about your purchases. Consider borrowing items, buying things used, or looking for items with less packaging. Avoid plastics when possible, and look for products made from sustainable materials.

Volunteers at Martin Luther King Jr. Regional Shoreline participate in Coastal Cleanup.

East Bay 
Regional Park District

Healthy Parks Healthy People

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

• Get Reusable Items to Avoid Single Use Materials

Water bottles, straws, utensils, and shopping bags are all available reusable items. Make a “kit” you keep with you to avoid throwing away more trash—pick ones you like best!

• Avoid Micro-Plastics

Micro-plastics are very small pieces of plastic that pollute the environment. They are not a specific kind of plastic, but rather fragments so small they pass through water treatment plant filtration systems. Some personal

care products use tiny microbeads or small bits of plastic as exfoliates—look for plastic listed in the ingredients (words including polypropylene or polyethylene). Another way to avoid micro-plastics is to choose natural over synthetic fibers when buying clothing. If you do have synthetic materials, try to wash them less often or by hand instead of using a washing machine.



Everyone can participate in Coastal Cleanup by cleaning up at home.

Have fun and remember, safety first. Thank you for your efforts to make our community shine! For more info and ideas, visit our partners at the California Coastal Commission (coastal.ca.gov).