

Regional in Nature

Activity Guide



September – October 2018

East Bay
Regional Park District

Healthy Parks Healthy People



Photo: C. Godley

Park District reduces fire fuels in the East Bay Hills.
See “Wildfire Prevention More Important Than Ever” page 2.

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General Information/Free Brochure
1-888-EBPARKS or 1-888-327-2757
Camping & Picnic Reservations

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



Wildfire Prevention More Important Than Ever

A MESSAGE FROM GENERAL MANAGER ROBERT E. DOYLE



We are at the peak of Fire Season, a time of year when we need to be vigilant and make sure we are as prepared as possible.

This year, as with every year, the East Bay Regional Park District is committed to keeping Regional Parks safe, which includes working to reduce fire fuels in the East Bay Hills. Thinning and removing hazardous vegetation is critical to preventing small fires from becoming large disasters and giving firefighters a fighting chance.

Each year the Park District thins and removes hazardous vegetation on over 1,000 acres to reduce fire risks – much of that thanks to residents in western Alameda and Contra Costa counties who voted in 2004 to support regional park

services with additional local funding. The Park District also recently received additional fire hazard reduction funding from FEMA.

The Park District has been busy over the past year gearing up for fire season with various prevention and preparation efforts. Six Fire Hazard Reduction Crews have been hard at work in East Bay Hills removing brush and thinning trees at 40 target sites.

Goats have also been hard at work reducing fire hazards. This year, the Park District has had three herds of goats moving from site to site to reduce fire hazards.

The North Bay fires were a tragic reminder of just how damaging fires can be to life, property, and the environment. We must all continue to focus on preventing fires, both through reducing fire fuels and preventing ignition.

See you in your Regional Parks!



Park District Board Places **No-Tax-Increase** Extension Measure on November 2018 Ballot

On June 5, 2018, the East Bay Regional Park District Board of Directors voted unanimously to place an extension measure on the November 2018 ballot to continue local, voter-approved funding in western Alameda and Contra Costa counties – **with no increase in taxes.**

Over the past year, the Park District has received extensive input from the community about park and open space needs in western Alameda and Contra Costa counties, including wildfire prevention, public access, safe parks and trails, and enhancement and maintenance of natural habitat.

If approved by voters, the No-Tax-Increase Extension Measure would continue existing Measure CC funding for Regional Parks in the cities of Oakland, Berkeley, Richmond, Alameda, San Pablo, El Cerrito, Albany, Emeryville, and Piedmont. Measure CC is an existing \$12/year (\$1/month) parcel tax.

Black Rail Returns to Point Pinole Regional Shoreline

Thanks to its myriad of habitats, the East Bay Regional Park District's Point Pinole Regional Shoreline in Richmond is home to over 100 species of birds. However, the population of one species, the California Black Rail, has declined significantly due in part to deteriorating habitat over the years. A little bigger than a mouse, the California Black Rail is the smallest rail in North America and is listed as a California threatened species.

Over the past few years, the Park District's Wildlife Volunteer Program has restored and improved much of the marshlands at Point Pinole leading to the return of the once displaced California Black Rail. Since 2004, volunteers have donated 10,000 hours to improve Black Rail habitat.





Regional Parks Foundation Memberships Now Available at Local REI Stores

Becoming a Regional Parks Foundation member has never been easier!

Regional Parks Foundation memberships can now be purchased at REI stores in Berkeley, Concord, Dublin, Fremont, and San Francisco.

Membership benefits include free unlimited day-use parking, free swimming during swim season, a free annual dog pass for up to 3 dogs, camping discounts, and free admission to the Park District's popular Ardenwood Historic Farm on non-event days. Members also receive a personalized Regional Parks Foundation Membership Card.



Memberships can also now be purchased at select District parks and visitor centers (parking kiosks and point of sale locations), including Contra Loma, Roberts, Lake Chabot, Shadow Cliffs, Quarry Lakes, Sunol, Coyote Hills, Tilden, Del Valle, and Ardenwood.

Park District Receives Award for Legacy of Innovation

The East Bay Regional Park District was recently named the 2018 Legacy Award Winner by East Bay Economic Development Alliance for its history of innovation.

The East Bay Regional Park District has been innovating ever since its founding in 1934 in the depths of the Great Depression. In fact, it was during this difficult financial time that leaders in Oakland and Berkeley came together to do the unthinkable: campaign for a tax to fund the creation of a new park system – the very first of many innovations by the East Bay Regional Park District.

Today, the Park District is the largest regional park agency in the nation with 73 parks on over 121,000 acres of open space, and is a model of park management and environmental conservation.

MEET THE “BAY WATER TRAIL”

Most Bay Area trails are for hiking, jogging, or biking, but the water-based San Francisco Bay Area Water Trail provides so much more. Extending into the bay, the trail, along with its official trailheads, landing sites, and boat launches, offers opportunities for non-motorized watercraft like kayaking, stand-up paddling, canoeing, rowing, kite boarding and wind surfing along the shoreline.

The “Bay Water Trail” provides access to the San Francisco Bay’s 450-square miles of water – the largest single open space in the Bay Area.

East Bay Regional Park District has seven official sites

connecting with the Bay Water Trail: Ferry Point Beach and Keller Beach at Miller/Knox in Richmond, Big Break in Oakley, Albany Beach at McLaughlin Eastshore State Park, Crown Beach and Encinal Beach in Alameda, and Tidewater at Martin Luther King Jr. Shoreline in Oakland.

Soon Point Isabel in Richmond will be added to that list with a new kayak and windsurfing launch area. The project is currently in the design stage with completion expected by the end of the year. Point Isabel is a popular windsurfing spot because of ideal wind direction and regularity. For more information on the Bay Water Trail visit: SFBayWaterTrail.org.



PARK DISTRICT RECEIVES “Certificate of Excellence” FOR TRANSPARENCY

On June 5, 2018, the Special District Leadership Foundation awarded the East Bay Regional Park District a Transparency Certificate of Excellence. The Special District Leadership Foundation is an independent, non-profit organization formed to promote good governance and best practices among California’s special districts.



The Special District Leadership Foundation created the District Transparency Certificate of Excellence program to promote transparency in operations and governance and provide special districts an opportunity to showcase their efforts in transparency.

The “Certificate of Excellence” is a testament to the District’s commitment to transparency and open government and provides objective, third-party validation that best practices for transparency are in place at the East Bay Regional Park District.

KAYAKING / BOATING



Learn kayaking skills with your peers at a pace that is right for you.

BROOKS ISLAND ADVENTURE

Brooks Island Naturalist/Recreation Staff

10am-4pm, Sat, Sep 8 #22582; Oct 13 #22584;

Sun, Sep 9 #22583; Oct 14 #22585

This trip is a short paddle in stable, two-person kayaks across sheltered Bay water with spectacular views of San Francisco. Paddle along Brooks Island preserve shoreline, then come ashore to enjoy a naturalist guided two-mile hike around the island which is normally closed to visitors. Adult registration/participation required with registered children (16-17yrs.)

Registration is required.

Fee: \$85 (non-res. \$95)

KAYAKING FOR FOLKS 50+

Various Parks Recreation Staff
MLK Jr. Shoreline, 11am-3pm, Thu, Sep 20 #22605;

Big Break, 10am-2pm, Thu, Oct 25 #22612

Learn kayaking skills with your peers at a pace that is right for you. Includes paddling techniques, equipment selection, and safety guidelines. Then practise what you have learned.

Registration is required.

Fee: \$52 (non-res. \$58)

SUNSET AND FULL MOON PADDLE

Big Break Naturalist/Recreation Staff
5:30-8pm, Mon, Sep 24 #22650; 4:30-

7pm, Oct 22 #22651

Paddle as the light of the setting sun and the rising moon sparkles on the waves. After dry-land instruction, we will wend our way in steady and stable tandem kayaks. Adult registration/participation required with registered children (8-16yrs.).

Registration is required.

Fee: \$30 (non-res. \$34)

BIG BREAK END-TO-END PADDLE

Big Break Naturalist/Recreation Staff
9-12:00am, Sun, Sep 30 #22545

Come ply the welcoming and wondrous waters of the Delta on this longer kayak excursion. We will start off with dry land instruction then paddle our craft on a group exploration of this lovely, rich shoreline from end-to-end. Adult registration/participation required with registered children (ages 8-16yrs.)

Registration is required.

Fee: \$35 (non-res. \$39)

BIRDING BY KAYAK

Big Break Cat Taylor/Recreation Staff
9:00-11:30am, Sun, Oct 7 #22652

What better way to see birds than by kayaking on the wondrous waters of the Delta? We will begin with dry-land instruction then go on a group birding exploration. Adult registration/participation required with registered children (ages 8-16yrs.)

Registration is required.

Fee: \$30 (non-res. \$34)

people can share one llama, or reserve your own. Adult participation required for ages 8-17yrs (adult registers).

Registration is required.

Fee: \$80 per llama - 4 llamas max. per class (non-res. \$88)

PET FIRST AID/CPR

MLK, Jr. Shoreline Peter Pay
9am-1pm, Sat, Oct 27 #22339

Learn how to save a pet's life during an emergency, minimize a pet's trauma after injury and safely transport an injured pet

to the veterinary clinic. This program focuses on basic first aid, including wounds, fractures, choking, cardiac emergency and snake bites. Booklet and certificate included in fee. 12+yrs. Registration is required.

Fee: \$50 (non-res. \$56)

FLY-FISHING INTRODUCTION

Tilden Fish First!

7am-1pm, Sun, Sep 9 #22366;

Oct 14 #22370

This exciting and informative day is geared toward the beginning angler. Spend three hours at Lake Anza practicing casting with a certified fly-casting instructor. Then enjoy two and one-half hours of classroom instruction where you will be introduced to knots, fly selection, reading the water, and more.

12+yrs.

Registration is required.

Fee: \$60 (non-res. \$66)

ARCHERY - INTRODUCTION

Roberts Redwood Bowmen
10am-12pm, Sat, Sep 15 #22644;

Oct 20 #22647

1:30-3:30pm, Sat, Sep 15 #22646;

Oct 20 #22648

Gain 90 minutes of archery coaching and practise at an outdoor range, with all equipment provided. Designed for the beginner, the class starts with 30 minutes of classroom instruction. 8+yrs. Adult supervision required for children (8-13yrs.)

Registration is required.

Fee: \$50 (non-res. \$56)

INTRODUCTION TO SALT WATER FISHING

MLK, Jr. Shoreline Recreation staff
6-8pm, Wed, Sep 19 #22232

This class is perfect for anyone interested in getting started with the sport of salt water fishing. Participants will learn the basics including knot tying and rigging, gear and bait selection, and casting techniques. A valid California fishing license is required. Gear provided.

Registration is required.

Fee: \$19 (non-res. \$21)

MY FIRST FISH!

Quarry Lakes Recreation staff
5-7pm, Wed, Oct 3 #22266

Come out to the lake and participate in this fun 'derby style' class where youth will have a chance to catch their first fish! Class participants will learn basic techniques of fishing, include casting, bait selection, and knot tying. Ages 5-12yrs. Participants must be accompanied by an adult. No guarantee participants will catch a fish. Registration is required.

Registration is required.

Fee: \$15 (non-res. \$17)

SUNKEN SHIPS & FLOWER POTS

Big Break Cat Taylor/Recreation Staff
1-3:30pm, Sun, Oct 7 #22653

Explore the shipwrecks from yester-year and learn how nature has put them to good use! There will be dry-land instructions before we go out in tandem kayaks. Adult registration/participation required with registered children (8-16yrs.)

Registration is required.

Fee: \$30 (non-res. \$34)

POLE WALKING & POLE HIKING

Learning how to use poles helps walkers & hikers improve endurance, posture, balance, confidence and strength and enhances their enjoyment of the outdoors all year long. All levels focus on learning anatomically-optimal techniques to achieve desired performance while learning how to avoid joint stress or strain. Carefully select the class that suits your physical ability and inclination. **A variety of top quality poles are provided at all seminars.** Beautiful hiking locations are based on the season/weather. Mobility class locations offer indoor training and lovely/easy pole walks for practice.

HIKING POLES: SKILLS & TECHNIQUES PLUS HIKE

Tilden Jayah Faye Paley
8:30am-3pm, Sat, Sep 29 #22402

Experience everything in the Basic Skills & Techniques morning class plus enjoy a lovely practise hike. Learn individualized strategies for improving your trail performance and confidence. "Test drive" quality pole models; learn which poles fit you and will help you achieve your goals. Hike is approx. 4 miles.

Registration is required.

Fee: \$65 (non-res. \$73)

HIKING POLES: BASIC SKILLS & TECHNIQUES

Kennedy Grove Jayah Faye Paley
8:30am-1:30pm, Thu, Oct 11 #22426

Comprehensive session helps hikers learn poles, trail and body skills. Beginner to experienced hikers learn techniques without the additional challenge of an afternoon practise hike. Uphill: Improve power, endurance, spine function. Downhill: Develop skills for feeling safer and preserving joints - Save your knees!

Registration is required.

Fee: \$55 (non-res. \$61)

RECREATION

LLAMAS – MYSTICS OF ANDES

Redwood LAMAS Outfitters
11am-2:30pm, Sat, Oct 6 #22640; Oct 27 #22641

The Quechua Andeans refer to llamas as 'Speechless Brothers.' Learn how to groom, feed, lead and interact positively with these specially trained llamas, under the guidance of Geo, a 'Llama Michie,' with over 25 years experience. Up to three

BOAT TO BROOKS ABOARD

DELPHINUS

Brooks Island Dolphin Charters/
Interpretive Staff
8am-3pm, Sat, Oct 20 #22311; Sun, Oct 21
#22318

Join us for a relaxed, narrated boat ride to Brooks Island. Once anchored near the shoreline, participants will be ferried (by skiff) to the island to enjoy a naturalist-guided, two-mile hike around this beautiful preserve. Hot coffee, hot chocolate and tea are provided. Ages 12+yrs. Registration is required. Fee: \$72 (non-res. \$80)

ARDENWOOD

Ardenwood is open Tues-Sun from 10am-4pm. House tours are available by reservation only (call (510) 791-4196). Admission fees apply. For program and fee info: (510) 544-2797, awvisit@ebparks.org.

ANIMAL FEEDING

Ardenwood Interpretive Staff
3pm, Thu through Sun
Check for eggs and feed the livestock. Learn all the animals' favorite foods as we help tuck them in for the evening. Meet at the Chicken Coop.

TRAIN RIDES

Ardenwood Railroad Museum
Various times, Thu, Fri & Sun
Railroads once connected many of the farms with towns in the East Bay. Today they still run around the farm. Journey past rows of crops and through eucalyptus groves as you travel back in time. Check the daily schedule and meet the train at Ardenwood Station or Deer Park.

PATTERSON HOUSE TOURS

Ardenwood Patterson House Docents
Various times, Every Thu-Sun
Tour the beautifully restored Patterson House Museum. Discover the history of this 19-room Queen Anne Victorian farmhouse, listed on the National Register of Historic Places, which operates as a museum of local history and Victorian life. Tours are led by docents dressed in 19th century clothing and take about 45 minutes. Check for tickets at the Train Station upon arrival. Special 15 minute tours for children 6 and under offered Thursdays and Fridays at 2:30pm, Saturdays and Sundays at 11:30am.

TODDLER TIME

Ardenwood Interpretive Staff
10:30-11:45am, Wed, Sep 5, 26, Oct 3, 24
Bring the tots out for an exciting morning at the farm. Hear a story, do some chores, and meet some farm friends. Little ones will enjoy a variety of activities at their own pace. We'll meet rain or shine!

GARDEN CHORES FOR KIDS

Ardenwood Interpretive Staff
10:30-11:30am, Sat, Sep 8, 22
Our garden has been growing all summer. Lend a hand weeding, watering and planting healthy vegetables. Discover the secrets of heirloom vegetables. We might even taste a few!

ROPE MAKING & HAY HOISTING

Ardenwood Interpretive Staff
12:30-1:30pm, Sat, Sep 8, 29; Noon-1pm,
Sun, Oct 7
Make rope with our antique machine, and then see how lots of rope plus a few pulleys make hoisting hay bales into the barn loft a cinch.

CORN MOSAICS

Ardenwood Interpretive Staff
1:30-2:30pm, Sat, Sep 8; 11am-noon, Sat,
Oct 6

Learn how to turn our autumn-harvested Indian corn into a fun craft for the whole family! Use the rainbow of colored kernels to make your own mosaic.

MEET THE FARMER: DIRT MADE MY LUNCH

Ardenwood Pia Loft & Aris Curtis
10:30-11:30am, Sun, Sep 9
Meet our farmer as we explore the wonders of dirt: learn how healthy soils provide nourishing food while we experiment and have fun with mud in our vegetable garden.



RAIL FAIR AT ARDENWOOD

Ardenwood Railroad Museum
10am-4pm, Sat-Mon, Sep 1, 2 & 3
Bring the family to the 19th annual RAIL FAIR featuring 1890 steam locomotive Cortez Mining Co #1. Enjoy steam train rides, model trains of all types and sizes, early day gas engines, and more trains! There's also live music, a tour of the Patterson House, the Hobo Game, and other farm games for children. Special activities for children under 6 years old. Food available at the Farmyard Café. Activities spread throughout the farm so bring hats & sunscreen. Admission: \$13/adult (18+), \$9/child (3-17), under 3 are free. All activities are included with the price of admission. Tickets are sold in advance at spcrr.org and Eventbrite.com, or can be bought at the entrance (cash and credit cards accepted).

Registration information – register beginning July 31

www.ebparks.org/register or 1-888-327-2757 (1-888-EBPARKS), option 2

COOKING IN THE COUNTRY

KITCHEN

Ardenwood Interpretive Staff
11am-1pm, Sun, Sep 9, 16, 30, Oct 7, 28
Stop by our outdoor farm kitchen and take a tasty step back in time! Discover how to cook with a wood-burning stove and sample the special of the day, be it savory or sweet. Pick up a historic recipe to try at home.

RABBIT RENDEZVOUS

Ardenwood Pia Loft
12:30-1pm, Sun, Sep 9
Hop on over for a warm welcome from some of the farm's furriest residents. Learn why rabbits are great hoppers and how they use their long ears to sense danger.

CHICKENS AND THEIR EGGS

Ardenwood Marianne Beacham
10:30-11:30am, Sat, Sep 15, 29
Chickens lay different colored eggs! Want to know why? Meet at the chicken coop to learn egg-cellent facts about chickens and their eggs. Dye your own egg to take home.

FUN WITH FELTING

Ardenwood Mindy Castle & Interpretive Staff
11:30am-12:30pm, Sat, Sep 15; 1:30-2:30pm, Sun, Sep 30
Have some good, clean fun as we learn how felt is made from sheep's wool, and then make a felt toy to take home.

APPLE CIDER PRESSING

Ardenwood Mindy Castle & Christina Garcia
1:30-2pm, Sat, Sep 15; 11:30am-12:30pm,
Sun, Oct 28
Come help squeeze the juice from apples and discover how long people have enjoyed this as a tasty fruit treat! Afterwards, we'll taste a sample of our hard work.

VICTORIAN TABLE TOP GAMES

Ardenwood Interpretive Staff
2-3pm, Sat, Sep 15, 29
Ready for some old-fashioned fun? Challenge your family and friends to a game of ball and cup, tops, or Jacob's Ladder as you delve into our box of games from days-gone-by.

MEET THE FARMER: WHAT'S THE BUZZ ABOUT BEES?

Ardenwood Pia Loft and Aris Curtis
10:30-11:30am, Sun, Sep 16
Join our team as we explore the wonderful world of fruits and vegetables and discover why bees are a farmer's best friend.



HARVEST FESTIVAL HPHP

Ardenwood Interpretive Staff
10am-4pm, Sat & Sun, Oct 13 #22694,
Oct 14 #22695
Ticket sales begin Aug 1.
Enjoy old-time country fun as you help bring in this year's crop of corn. Wander through a 5-acre field searching for ears of Indian corn and popcorn, and take home a portion of what you harvest. Outside the field, enjoy magic shows, cider pressing, old-time music and historic crafts. Ride a narrow gauge train, visit the pumpkin patch and learn what late nineteenth century life was like on a tour of the beautifully restored farmhouse. Please bring your own bags to take home your harvest. Fee: \$10/ adult, \$8/senior (62+), \$6/child (4-17 yrs.) and free under 4 years. Avoid the line by purchasing advance tickets at the farm or at ebparks.org. Free parking. Registration is required.

FARMYARD STORY TIME

Ardenwood Pia Loft
12:30-1:30pm, Sun, Sep 16
The Little Red Hen, the Billy Goats Gruff and other farm friends are waiting to meet you! Join the story circle for classic barnyard tales before visiting the main characters.

STILT WALKERS

Ardenwood Interpretive Staff
2-2:30pm, Sun, Sept 16
Want to be taller? Improve your balance? Give stilts a try. It's fun. Guess why farmers used these fun tools in the past.

BASKET MAKING

Ardenwood Marlene Gallegos
11:30am-12:30pm, Sat, Sep 22
Learn of the various materials that baskets can be made of, and then weave your very own basket to take home!

BEGINNING EMBROIDERY

Ardenwood Mindy Castle
1:30-2:30pm, Sat, Sep 22
Victorians loved to embroider, and you will too! Learn some basic embroidery stitches and you will be able to decorate all sorts of cloth objects. Training materials supplied.

GORGEOUS GOATS &

Ardenwood Interpretive Staff
2-2:30pm, Sat, Sep 22

Discover why goats are a farmyard mainstay. Lend a hand grooming our nannies and give them a snack as you learn all about these gentle farm friends.

MEET THE FARMER: GROWING A GREEN THUMB

Ardenwood Pia Loft & Aris Curtis
10:30-11:30am, Sun, Sep 23

Growing food is fun! Join us in our vegetable garden for hands-on practice while our farmer teaches us the tricks of the trade. Beginners and experts alike will have a great time growing their green thumb.

HENS LAY EGGS &

Ardenwood Interpretive Staff
Noon-12:30pm, Sun, Sep 23

Bring the little ones to the farm to meet the chickens. We'll listen to a story, see what a hen's feathers feel like, and search the coop for eggs.

WE ALL SCREAM FOR ICE CREAM! &

Ardenwood Pia Loft
1-2pm, Sun, Sep 23

Put together some ice, salt, cream, sugar, and a little muscle power to learn how we make delicious old-fashioned ice cream.



A program in partnership with . . .

KAISER PERMANENTE **thrive**

TRAILS CHALLENGE & FREE

We challenge you to complete 5 featured trails by December 1, 2018. The guidebook features trails for all fitness levels as well as tips for new trail users. Go "green" by downloading the guidebook at ebparks.org – print only what you need.

Go to <http://www.ebparks.org/TC> for more information, and to use the **AllTrails app**.

A commemorative pin will be sent (while supplies last) once you complete the Challenge and return your Trail Log to Reservations. Kaiser Permanente is a major sponsor of this program.



OLD-FASHIONED FUN: FARMYARD GAMES

Ardenwood Interpretive Staff
1:30-2:30pm, Sun, Sep 9, Oct 7

Life on a farm wasn't all work and no play. Join us for some old-fashioned fun! Old-fashioned pastimes once included stilt walking, running with tubers (potato-spoon race), testing your strength (tug-o-war) and hopping like a bunny (sack races). Join the fun and test your skills!

2-3pm, Sat, Oct 20
Try your hand at classic American pastimes including stilts, tug-of-war and the potato-spoon race.

CHORES FOR LITTLE FARMERS: WAKE UP THE FARM &

Ardenwood Interpretive Staff
10:30-11am, Sat, Oct 20;
Sun, Sep 30, Oct 7, 21, 28;

Rise and shine little farmers! Say "Good morning!" to the sheep and goats. We'll start with a story, and you can then lend a hand to prepare a morning treat for the farm animals.

GARDEN BUG SAFARI

Ardenwood Pia Loft
Noon-1pm, Sun, Sep 30

Discover the mysterious world of bugs as we explore our vegetable garden. We will observe these tiny farmers at work and tell their stories through arts and crafts.

MEET THE CHICKENS

Ardenwood Interpretive Staff
10:30-11am, Sat, Oct 6

Where do the chickens live? Find out where they lay their eggs, how they sleep, and much more! Meet at the Chicken Coop.

FELTED PUMPKINS &

Ardenwood Mindy Castle
1:30-2:30pm, Sat, Oct 6

Create some felted fall fun and decorate your home with woolly little pumpkins!

BIRDING THE FARM

Ardenwood Christina Garcia
7:30-9:30am, Tue, Oct 16 and 8-9:30am,
Sun, Oct 21

Fall migration is here! Let's look for winter residents and those passing through this urban refuge. No admission fee.

PUMPKIN SURPRISE! &

Ardenwood Mindy Castle
11am-noon, Sat, Oct 20

Join us in the Country Kitchen for a taste of the season's delicious orange gourd! If you want to know what's cookin', you'll have to come and see!

CLOTHESPIN DOLLS &

Ardenwood Mindy Castle
1-2pm, Sat, Oct 20

Create and dress up your own darling doll. We'll make them out of clothespins just the way they did more than 100 years ago. Meet at the Granary.

MASK MAKING &

Ardenwood Max Cade
11:30am-12:30, Sun, Oct 21

Don't have a costume for Halloween? Stop on by the farm and craft a personal paper mask.

CORN HUSK DOLLS &

Ardenwood Christina Garcia
1:30-2:30pm, Sun, Oct 21, 28

Craft your own folk art doll of colorful husks gleaned from the field. Corn silk hair, a twig broom or an acorn cap will add individual character to your creation.

HALLOWEEN HIJINKS

Ardenwood Mindy Castle
11am-3pm, Sat, Oct 27

Pumpkins, spiders, and old-fashioned fun! Celebrate this bewitching holiday with festive activities. 11am – puppet show (three 10 min shows); Noon – apple cider pressing; 1pm – Halloween crafts; 2pm – Halloween games.

BIG BREAK

Big Break Visitor Center at the Delta is open Wed-Sun, 10am to 4pm. Info: (510)544-3050 or email BigBreakVisit@ebparks.org.

DELTA DISCOVERIES &

Big Break Interpretive Staff
11am-2pm, Every Sat & Sun

Discover the wonders of the Delta through hands-on arts and crafts activities! Each week we explore different wetland wonders.

TESTING THE WATER &

Big Break Interpretive Staff
9-10am, Every Sat & Sun

Track the health of the Delta! Using state of the art instruments, we'll test for dissolved oxygen, pH, conductivity, and more. Our results go into a regional database for use by researchers, scientists and water managers.

BEAVERS IN THE SLOUGH

Big Break Interpretive Staff
2-3pm Sun, Sep 2

Flat tail, orange teeth and stinkier than a skunk! Let's explore the life and times of North America's largest rodent.

BIG BREAK LITTLES

Big Break Cat Taylor
10-11am, Tue, Sep 4, Mon, Oct 1, Tue,
Oct 2

Bring the little ones out to explore nature. In September we'll explore the natural world and in October we'll discover wild creepers and crawlers. 1-5yrs

CITIZEN SCIENCE - BIRDING THREE CREEKS



Northern Flicker at Big Break, Oakley.

Big Break Cat Taylor
9-11am, Sun, Sep 16

Let's identify and record birds found along the Three Creeks Restoration area of Marsh Creek. All birding levels welcome! Bring binoculars, we'll have some to loan.

COFFEE TALK & DELTA NEWS

Big Break Interpretive Staff
8:30-9am, Wed, Sep 5, Oct 3

From tunnels to research projects, farming to fish stocks, the Delta is always in the news. Stop by the Visitor Center on the first Wednesday of each month for coffee and discussion of science and events shaping the region.

WATERCOLOR LANDSCAPE

Big Break Interpretive Staff
2-3pm, Sat, Sep 8

Step back in time: how could you capture a landscape without a camera or a phone? Let's take in the scenery and get creative with watercolor paints.

CAMPFIRE PROGRAMS: SECOND SUNDAYS CAMPFIRE

Big Break Cat Taylor
6:30-8pm, Sun, Sep 9

Gather the family for an evening in the park! Bring a picnic dinner to enjoy before the festivities begin! We'll explore the wonders of Big Break through activities and a family campfire (and s'mores of course!)

BIG BREAK HISTORY

Big Break Interpretive Staff
2-3pm, Sun, Sep 16

Explore the past's presence while we follow the shoreline's timeline: river to wetland, homeland to farmland, and flood to park.

PLANKTON PLUNGE

Big Break Interpretive Staff
2-3pm, Sat, Sep 22

Collect and identify some of the smallest creatures of the Delta: plankton. Examine their habits and learn the vital role they play in our ecosystem.

CITIZEN SCIENCE - BATWATCH!

Big Break Cat Taylor
6-8:30pm, Sun, Sep 23

Bats at Big Break? Let's find out which bats call this place home as we monitor a foraging

ing location. Bring a flashlight and portable chair. Dress in dark, quiet clothing.

REDUCE, REUSE, RECYCLE

Big Break Interpretive Staff
2-3pm, Sun, Sep 30
Love your planet by recycling! Come find fun ways to reuse common household items, as well as some hints for recycling and reducing waste.

SCAT TRACK FEVER

Big Break Interpretive Staff
2-3pm, Sat, Oct 6
What animals roam our wetlands? Catch "scat track fever" and find out through the clues they leave behind.

LISTEN LIKE AN OWL

Big Break Interpretive Staff
2-3pm, Sat, Oct 13
Let's trek our trails to discover how these nocturnal predators find food at night!

SOLAR VIEWING THAT'S OUT OF THIS WORLD

Big Break Cat Taylor
2-5pm, Sun, Oct 14
Observe the star at the center of our solar system. We'll explore our sun, the most important source of energy for life on Earth. Co-hosted with Mount Diablo Astronomical Society.

STARRY STARRY NIGHT

Big Break Cat Taylor
6:30-8:15pm, Sun, Oct 14
Learn to navigate the autumn skies and perhaps spy a shooting star from the Orionids meteor shower! Bring flashlight, blanket or reclining camp chair (optional).

MAMMALS OF THE MARSH

Big Break Interpretive Staff
2-3pm, Sat, Oct 20
Discover some of the Delta's furry cuties: river otters, beavers, minks, and more. Explore their similarities, differences, and adaptations to the unique habitat they call home.

OH BATS!

Big Break Interpretive Staff
2-3pm, Sun, Oct 28
For the month of Halloween, let's learn about these fascinating, flying, furry creatures.

BLACK DIAMOND

Greathouse Visitor Center is open 10am-4:30pm, weekends March through November. Info: (510) 544-2750 or bdvisit@ebparks.org. Programs meet in parking lot at south end of Somersville Road unless otherwise noted. Parking Fee: \$5

HAZEL-ATLAS SILICA-SAND MINE TOUR ^{SP}

Black Diamond Interpretive Staff
Various times, weekends, Mar-Nov
Explore the recently extended underground tour route on a 1-hour, guided,

small-group tour. Must be 7+ years old. Reservation tours offered at 10am (only for groups of 10-15), as well as 11am and 2pm. First-come, first-served tours offered at noon and 3pm. Additional first-come, first-served tours may be offered, when demand is high and staffing permits. Reserve in advance online or by phone. Day-of ticket sales available only at Greathouse Visitor Center, where tours begin. Fee: \$5.

LABOR DAY WEEKEND MINE TOURS ^{SP}

Black Diamond Interpretive Staff
11am-3pm Sat, Sep 1, Sun, Sep 2, & Mon Sep 3
Take a one-hour underground tour of the Hazel-Atlas mine. Tours start between 11am and 3pm. Tickets available on a first-come, first-served basis at the Visitor Center. Must be age 7 or older; parent participation required.

NIGHTCRAWLERS ^{CP}

Black Diamond Kevin Dixon
7-10:30pm, Sat, Sep 1 #22349
Hike up canyons and traverse high ridges in the west end of the park -- after dark. Somewhat strenuous. (10+yrs). Registration is required.

MINE OPEN HOUSE ^{SP}



Young explorers examine the map of the mine tour route at a Mine Open House.

Black Diamond Interpretive Staff
Noon-4:30pm, Sun, Sep 16
Check out the extended mine tour route (ages 7+ only) on a free self-guided tour starting at Hazel-Atlas Portal and ending on the lower level at Greathouse Portal. Activities for younger kids are above ground. (7+yrs).

TINY NATURE ^{SP}

Black Diamond Eddie Willis
Noon-2pm, Sun, Sep 23
Using microscopes and magnifiers, explore the tiniest parts of the park as we gather and examine the wondrous bits of nature around us. Meet in the upper parking lot.

SPIDER SENSES ^{SP}

Black Diamond Virginia Delgado
11:30am-12:30pm, Sat, Sep 29
See what true spider senses are all about. Learn how the tiniest arachnids defy gravity with their webs and how much venom a black widow carries (4+yrs). Meet in the upper parking lot.

REGIONAL PARKS BOTANIC GARDEN

The Botanic Garden is open 8:30am-5pm, Oct-May; 8:30am-5:30pm Jun-Sep. Info: (510)544-3169. See www.nativeplants.org for information about docent training, special events and classes, and to sign up for our e-newsletter.

DOCENT-LED GARDEN TOURS

2pm, Sat; 11am & 2pm, Sun
Meet at the Botanic Garden Visitor Center. Rain cancels!

GARDEN OPEN HOUSE

3:30pm-5:30pm, Sat, Sep 8
A special opportunity to tour the Botanic Garden and hear from volunteers, docents, friends, and staff about California's spectacular plant diversity, natural history, and ethnobotany.

CLASSES THROUGH THE FRIENDS OF THE REGIONAL PARKS BOTANIC GARDEN

10am-2pm, Sun, Sep 9 to 30
Learning Fall and Summer Native Plant Families
9:30am-12:30pm, Thu, Sep 13 Design a Native Garden; 9am-12pm, Sat, Sep 15

2018 FALL SALE OF CALIFORNIA NATIVE PLANTS

10am-3pm, Sat, Oct 6
Public Plant Sale at the Regional Parks Botanic Garden in Tilden Regional Park.
Friends Member's Only Plant Sale
9am-10am, Sat, Oct 6
Friends memberships can be purchased the morning of the plant sale, starting at 8:30am at the entrance to the plant sale.



The Public Plant Sale begins at 10am on Oct 6. Friends Member's Only Plant Sale starts at 9am.

Info: www.nativeplants.org.

TARANTULA TALES ^{SP}

Black Diamond Eddie Willis
1-3pm, Sun, Sep 30
They're just big love bugs! Meet Harry, our resident tarantula, and discover why he and his brothers are roaming the hills this season. Meet in the upper parking lot.

EVENING CEMETERY HIKE ^{SP}

Black Diamond Eddie Willis
5-7pm, Sun, Oct 21
Long ago, miners left their mark on these hills. Take a hike to historic Rose Hill Cem-

etry to learn their tales of spirit, heroism, tragedy, and endurance. Meet in the upper parking lot.

FAMILY-FRIENDLY POLLINATION TOUR

2-3pm Sun, Oct 21
Join us at the Regional Parks Botanic Garden for a special family-friendly tour, California Indian Uses of Native Plants. On this tour, you'll play the traditional Miwok game of staves, grind acorns, and even wash your hands with soap root. You will see Native American artifacts and the plants used to make them, as well as learn about plants that are important food sources. This is a docent led family-friendly tour. Rain cancels!

erty to learn their tales of spirit, heroism, tragedy, and endurance. Meet in the upper parking lot.

CREEPY CRITTERS ^{SP}

Black Diamond Eddie Willis
Noon-4pm, Sun, Oct 28
Learn why some of the "creepiest" critters of the park aren't so creepy, and make a fun craft to take home: Snakes (noon), Bats (1pm), Owls (2pm), Tarantulas (3pm). Meet in the upper parking lot.

Healthy Parks Healthy People: Bay Area

Monthly activities and outings that provide safe, low-impact physical activity and improve health and well-being of all Bay Area residents, through regular use and enjoyment of the Regional Parks. Look for **HPHP**.



September 2018

S	M	T	W	T	F	S
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9	10	11	12	13	14	15
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23	24	25	26	27	28	29
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1

Anthony Chabot: Campfire Programs
Ardenwood: Rail Fair, Patterson House Tours, Animal Feeding

Big Break: Testing The Water, Delta Discoveries

Black Diamond: Labor Day Weekend Mine Tours, Nightcrawlers

Coyote Hills: Stories Under an Oak, Bird Walk, Discovery Days

Crab Cove: Fish Festival, Family Nature Fun- Fish Fun, Fish Feeding Time

Del Valle: Night with a Naturalist Campfire, Scenic Boat Tour, Lakeside Cup of Joe, Beach Blast, Patio Play

Sunol: Wild Wonders, Critter Crafts

Tilden Nature Area: Farm Chores For Littles

2

Ardenwood: Rail Fair, Train Rides, Patterson House Tours, Animal Feeding

Big Break: Testing The Water, Delta Discoveries, Beavers in the Slough

Black Diamond: Hazel Atlas Mine Tours, Group Tours, Labor Day Weekend Tours

Coyote Hills: "Snakes, Sstories and Sspirals", Discovery Days

Crab Cove: Sunday Stroll

Crown Beach: Family Nature Fun, Fish Feeding Time

Del Valle: Scenic Boat Tour, Lakeside Cup of Joe, Snake Feedings, Beach Blast, Patio Play

Sunol: Wild Wonders, Critter Crafts

Tilden Nature Area: Talk With The Animals, Reptile Roundup, We All Scream for Ice Cream!

3

Ardenwood: Rail Fair

Black Diamond: Labor Day Weekend Mine Tours

Coyote Hills: Labor Day Fun!

Crab Cove: Labor Day Open House, Family Nature Fun, Fish Feeding Time

Del Valle: Scenic Boat Tour, Lakeside Cup of Joe, Beach Blast

Tilden Nature Area: Labor Day Open House

4

Big Break: Big Break Littles

Briones: The Over-The-Hills Gang

Crown Beach: Hikes for Tykes

5

Ardenwood: Toddler Time

Big Break: Coffee Talk & Delta News

Lake Chabot: Wednesday Walks

6

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

7

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

8

Ardenwood: Garden Chores For Kids, Patterson House Tours, Rope Making & Hay Hoisting, Corn Mosaics, Animal Feeding

Big Break: Testing The Water, Delta Discoveries, Watercolor Landscape

Black Diamond: Hazel Atlas Mine Tours

Briones: Welcome to Autumn Walks Brooks Island: Kayaking

Coyote Hills: Discovery Days

Crab Cove: Nature Party, Family Nature Fun, Fish Feeding Time

Del Valle: Beach Blast, Patio Play

Garin: Apple Festival

Sunol: Wild Wonders, Critter Crafts, Sunol at Sunset

Tilden Nature Area: Farm Chores For Littles, Nature Ramble

9

Ardenwood: Train Rides, Meet The Farmer, Cooking In The Country Kitchen, Patterson House Tours, Rabbit Rendezvous, Old-Fashioned Fun, Animal Feeding

Big Break: Testing The Water, Delta Discoveries, Second Sundays Campfire

Black Diamond: Hazel Atlas Mine Tours

Brooks Island: Kayaking

Coyote Hills: Skills of the Past, Discovery Days, Volunteer Day: Gathering Tule

Crab Cove: Family Nature Fun, Fish Feeding Time

Del Valle: Snake Feedings, Beach Blast, Patio Play

Leona Canyon: Oldest East Bay Redwood

Sunol: Wild Wonders, Critter Crafts

Tilden: Fly-Fishing Introduction

Tilden Nature Area: Talk With The Animals

10

Sunol: Outdoor Discoveries: Cool California

11

Crab Cove: Sea Squirts, Bird Walk

Hayward Shoreline: Weekday Bird Walk

13

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

14

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

15

Alameda: Coastal Cleanup 2018

Ardenwood: Chicken And Their Eggs, Fun With Felting, Patterson House Tours, Apple Cider Pressing, Victorian Table Top Games, Animal Feeding

Big Break: Coastal Cleanup 2018, Testing The Water, Delta Discoveries

Black Diamond: Hazel Atlas Mine Tours

Coyote Hills: Discovery Days, Stories Under an Oak

Crab Cove: Family Nature Fun, Fish Feeding Time

Crown Beach: Wildlife Volunteers, Coastal Cleanup 2018

Del Valle: Coastal Cleanup 2018, Beach

Blast, Patio Play, Stargazing

Hayward Shoreline: Coastal Cleanup 2018

MLKing Jr. Shoreline: Coastal Cleanup 2018

Point Isabel: Coastal Cleanup 2018

Point Pinole: Wildlife Volunteers, Coastal Cleanup 2018

Radke Martinez: Coastal Cleanup 2018

Roberts: Archery Introduction

Sunol: Wild Wonders, Critter Crafts

Tilden Nature Area: Farm Chores For Littles

16

Ardenwood: Train Rides, Meet The Farmer, Cooking In The Country Kitchen, Patterson House Tours, Farmyard Story Time, Stilt Walkers, Animal Feeding

Big Break: Citizen Science, Testing The Water, Delta Discoveries, Big Break History

Black Diamond: Mine Open House

Coyote Hills: Discovery Days

Crab Cove: Alameda Wildlife, Nature Party, Family Nature Fun, Fish Feeding Time

Del Valle: Park 'n Play, Snake Feedings, Beach Blast, Meet a Tarantula, Patio Play, Tarantula Trek

Sunol: Wild Wonders, Critter Crafts

Tilden Nature Area: Talk With The Animals, Wax: It's the Bee's Knees!, Meet the Chickens

Sunol: Wild Wonders, Critter Crafts

Tilden Nature Area: Talk With The Animals, Wax: It's the Bee's Knees!, Meet the Chickens

17

Point Pinole: Monday Birding

Shadow Cliffs: Lakeside Littles

18

Cull Canyon: Hikes for Tykes

Wildcat Canyon: The Over-The-Hills Gang

19

Crab Cove: Talk Like A Pirate Day

MLKing Jr. Shoreline: Introduction to Salt Water Fishing

Pleasanton Ridge: Wednesday Walks

20

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

Crown Beach: Third Thursdays at the Beach

MLKing Jr. Shoreline: Kayaking for Folks 50+

21

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

Briones: Equinox Walk

22

Ardenwood: Garden Chores For Kids, Patterson House Tours, Basket Making, Beginning Embroidery, Gorgeous Goats, Animal Feeding

Big Break: Testing The Water, Delta Discoveries, Plankton Plunge

Black Diamond: Hazel Atlas Mine Tours

Coyote Hills: Discovery Days, Ohlone Village Site Tour

Crab Cove: Family Nature Fun, Fish Feeding Time

Cull Canyon: Saturday Stroll

Del Valle: Patio Play

Garin: Canine Capers Walk

Sunol: Wild Wonders, Critter Crafts

Tilden Nature Area: Farm Chores For Littles, Welcome to Autumn Walks, Fun with Felt

23

Ardenwood: Train Rides, Meet The Farmer,

Patterson House Tours, Hens Lay Eggs, We All Scream For Ice Cream!, Animal Feeding

Big Break: Testing The Water, Delta Discoveries, Volunteers Resoring the Dunes!, Citizen Science - Batwatch!

Black Diamond: Tiny Nature, Hazel Atlas Mine Tours

Coyote Hills: Tule House Construction, Discovery Days

Crab Cove: Nature Party, Family Nature Fun, Fish Feeding Time

Del Valle: Snake Feedings, Patio Play

Sibley: Who Built the Sibley Labyrinth?

Sunol: Wild Wonders, Critter Crafts, Meet a Tarantula

Tilden Nature Area: Talk With The Animals, Chores for Little Gardeners, Apple Cider Pressing

24

Big Break: Sunset and Full Moon Paddle

Point Pinole: Monday Birding

Sunol: Outdoor Discoveries: Tarantulas!

25

Alameda Creek Trail: Weekday Bird Walk

Crab Cove: Sea Squirts

Garin: Weekday Bird Walk

26

Ardenwood: Toddler Time

27

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

28

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

29

Ardenwood: Chicken And Their Eggs, Patterson House Tours, Rope Making & Hay Hoisting, Victorian Table Top Games, Animal Feeding

Big Break: Testing The Water, Delta Discoveries

Black Diamond: Spider Senses, Hazel Atlas Mine Tours

Briones: Welcome to Autumn Walks

Coyote Hills: Volunteer Day, Discovery Days, Cart of Curiosities

Crab Cove: Nature Party, Family Nature Fun, Fish Feeding Time

Del Valle: Patio Play

MLKing Jr. Shoreline: All Abilities Day, Birding With Multiple Senses

Round Valley: Picnic Walk

Shadow Cliffs: All Abilities Day

Sunol: Wild Wonders, Critter Crafts

Tilden: Hiking Poles: Skills & Techniques Plus Hike

Tilden Nature Area: Farm Chores For Littles, Sensory Hike

30

Ardenwood: Train Rides, Wake Up The Farm, Cooking In The Country Kitchen, Patterson House Tours, Garden Bug Safari, Fun With Felting, Animal Feeding

Big Break: Testing The Water, Delta Discoveries, "Reduce, Reuse, Recycle", End-To-End Paddle

Black Diamond: Tarantula Tales, Hazel Atlas Mine Tours

Coyote Hills: Skills of the Past, Discovery Days

Crab Cove: Nature Party, Family Nature Fun, Fish Feeding Time

Regional in Nature



Del Valle: Snake Feedings, Meet a Tarantula, Patio Play

Sunol: Wild Wonders, Critter Crafts, Tarantula Trek

Tilden Nature Area: Talk With The Animals, Jewel Lake Goat Walk, Felting Fun

1

Big Break: Big Break Littles

Tilden: Monday Birding-Inspiration Point

2

Big Break: Big Break Littles

Redwood: Hikes for Tykes

3

Ardenwood: Toddler Time

Big Break: Coffee Talk & Delta News

Quarry Lakes: My First Fish!

Sibley: Wednesday Walks: Sibley to Redwood

4

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

5

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

6

Ardenwood: Meet The Chickens, Corn Mosaics, Patterson House Tours, Felted Pumpkins, Animal Feeding

Big Break: Testing The Water, Delta Discoveries, Scat Track Fever

Black Diamond: Hazel Atlas Mine Tours

Coyote Hills: Discovery Days, Skills of the Past: Cordage Making

Crab Cove: Nature Party, Family Nature Fun- Bay Day, Fish Feeding Time

MLKing Jr. Shoreline: Saturday Stroll

Morgan Territory: Morgan Morning

Redwood: Llamas - Mystics of Andes

Sunol: Wild Wonders, Critter Crafts

Tilden Nature Area: Farm Chores For Littles, Spider Safaris

7

Ardenwood: Train Rides, Wake Up The Farm, Cooking In The Country Kitchen, Patterson House Tours, Rope Making & Hay Hoisting, Old-Fashioned Fun, Animal Feeding

Big Break: Testing The Water, Delta Discoveries, Birding by Kayak, Sunken Ships & Flowerpots Kayak

Black Diamond: Hazel Atlas Mine Tours

Coyote Hills: 25th Gathering of Ohlone Peoples, Discovery Days

Crab Cove: Nature Party, Family Nature Fun, Fish Feeding Time

Las Trampas: Radical Raptors, Family Photography Walk

Point Pinole: Sunset Photography Series

Sunol: Wild Wonders, Critter Crafts

Tilden Nature Area: Talk With The Animals, Spiderology

8

Sunol: Outdoor Discoveries

Tilden Nature Area: Monday Birding

9

Crab Cove: Sea Squirts - Food Chain Frenzy

Kennedy Grove: The Over-The-Hills Gang

Vargas Plateau: Weekday Bird Walk

11

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

Kennedy Grove: Hiking Poles: Basic Skills & Techniques

12

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

13

Ardenwood: Harvest Festival, Patterson House Tours, Animal Feeding

Big Break: Testing The Water, Delta Discoveries, Listen Like an Owl

Black Diamond: Hazel Atlas Mine Tours

Brooks Island: Kayaking

Coyote Hills: Skills of the Past, Discovery Days

Crab Cove: Nature Party, Family Nature Fun, Fish Feeding Time

Sunol: Wild Wonders, Critter Crafts, Arachnophilia!

Tilden Nature Area: Farm Chores For Littles, Happy Harvest, Jewel Lake Nature Walk

14

Ardenwood: Harvest Festival, Train Rides, Patterson House Tours, Animal Feeding

Big Break: Testing The Water, Delta Discoveries, Solar Viewing That's Out of This World, Starry Starry Night

Black Diamond: Hazel Atlas Mine Tours

Brooks Island: Kayaking

Coyote Hills: Discovery Days

Crab Cove: Family Nature Fun, Fish Feeding Time

Del Valle: Park 'n Play

Point Pinole: Sunset Photography Series

Sunol: Wild Wonders, Critter Crafts

Tilden: Fly-Fishing Introduction

Tilden Nature Area: Talk With The Animals, Snakes are Cute!

15

Miller/Knox: Monday Birding

Shadow Cliffs: Lakeside Littles

16

Ardenwood: Birding The Farm

Roberts: Hikes for Tykes

17

Coyote Hills: All Abilities Day

18

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

Crown Beach: Third Thursdays at the Beach

19

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

20

Ardenwood: Good Morning Farm, Pumpkin Surprise!, Patterson House Tours,

Clothespin Dolls, Farmyard Games, Animal Feeding

Big Break: Testing The Water, Delta Discoveries, Mammals of the Marsh

Black Diamond: Hazel Atlas Mine Tours

Briones: Spider Safaris

Brooks Island: Boat to Brooks Aboard Delphinus

Coyote Hills: Ohlone Village Site Tour, Discovery Days

Crab Cove: Native Plant Gardening, Nature Party, Family Nature Fun, Fish Feeding Time

Redwood: Llamas - Mystics of Andes

Roberts: Archery Introduction

Sunol: Wild Wonders, Critter Crafts

Tilden Nature Area: Farm Chores For Littles

21

Ardenwood: Birding The Farm, Train Rides, Chores For Little Farmers, Mask Making, Patterson House Tours, Corn Husk Dolls, Animal Feeding

Big Break: Testing The Water, Delta Discoveries

Black Diamond: Evening Cemetery Hike, Hazel Atlas Mine Tours

Brooks Island: Boat to Brooks Aboard Delphinus

Brushy Peak: Vasco Caves Regional Preserve Tour

Coyote Hills: Discovery Days

Crab Cove: Nature Party, Family Nature Fun, Fish Feeding Time

Sunol: Wild Wonders, Critter Crafts, Sunol History Hike

Tilden Nature Area: Talk With The Animals

22

Big Break: Sunset and Full Moon Paddle

Briones: Monday Birding

Sunol: Outdoor Discoveries

23

Crab Cove: Sea Squirts: Creepy Crawlies

Sibley: The Over-The-Hills Gang

24

Ardenwood: Toddler Time

Tilden: Wednesday Walks

25

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

Big Break: Kayaking for Folks 50+

Morgan Territory: Thursday Birding

26

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

Coyote Hills: Halloween Twilight Hike

27

Ardenwood: Halloween Hijinks, Patterson House Tours, Animal Feeding

Big Break: Testing The Water, Delta Discoveries

Black Diamond: Hazel Atlas Mine Tours

Coyote Hills: Skills of the Past, Discovery Days

Crab Cove: Family Nature Fun, Fish Feeding Time

MLKing Jr. Shoreline: Pet First Aid & CPR

Redwood: Howloweenie Roast In The Redwoods

Sunol: Wild Wonders, Critter Crafts

October 2018

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21	22	23	24	25	26	27
28	29	30	31			

Tilden Nature Area: Farm Chores For Littles, Predators of the Forest and Meadow

28

Ardenwood: Train Rides, Wake Up The Farm, Cooking In The Country Kitchen, Apple Cider Pressing, Patterson House Tours, Corn Husk Dolls, Animal Feeding

Big Break: Delta Discoveries, Testing The Water, Oh Bats!

Black Diamond: Creepy Critters, Hazel Atlas Mine Tours

Brushy Peak: Heading South - Hawk Migration

Coyote Hills: Ohlone Village Site Tour, Discovery Days

Crab Cove: Family Nature Fun, Fish Feeding Time

Temescal: Sunday Stroll - Lake Temescal

San Pablo Bay: Sunset Photography Series- Lone Tree Point

Sunol: Wild Wonders, Critter Crafts, All Hallows Hike

Tilden Nature Area: Talk With The Animals, Jewel the Lake

29

Coyote Hills: Coyote Cubs: Halloween Hijinks

Crockett Hills: Monday Birding

30

Encinal Beach: Hikes for Tykes

31

Diablo Foothills: Wednesday Walks



Bird Walks

Bird Walk, Coyote Hills, Sep 1, page 10.

Thursday Birding: Raptor Baseline, Various Parks, Oct 25, page 13.

Weekday Bird Walk, Various Parks, Sep 11, 25, Oct 9, 23, page 12.

Radical Raptors, Las Trampas, Oct 7, page 13

Monday Birding, Various Parks, Sep 17, 24, Oct 1, 8, 15, 22, 29, page 13.

Heading South: Hawk Migration, Brushy Peak, Oct 28, page 13

COYOTE HILLS

Coyote Hills Visitor Center is open Wed-Sun, 10am-4pm. Info: (510) 544-3220 or chvisit@ebparks.org.

DISCOVERY DAYS

Coyote Hills Interpretive Staff
10:30am-3:30pm, Every Sat & Sun
Enhance your park adventure with hands-on exploration or crafts the whole family will enjoy. Come at 10:30am for an introduction to the topic of the week, or, participate at your own pace.

BIRD WALK

Coyote Hills Kristina Parkison
2-4pm, Sat, Sep 1
The Bay Area bursts with bird life! New and experienced birders alike join us as we discover patterns of behavior, migration, and habitat. 8+yrs.

SSNAKES, SSTORIES & SSPIRALS

Coyote Hills Dino Labiste
10am-noon & 1:30-3:30pm, Sun, Sep 2
Meet the snakes that make Coyote Hills their home. Learn about their unique adaptations and how these slithering reptiles have become part of our folklore. Create a snake spiral craft to take home.

LABOR DAY FUN!

Coyote Hills Dino Labiste
10am-noon & 1:30-3:30pm, Mon, Sep 3
Celebrate the holiday by playing old-fashioned games. We'll have a sack race, egg relays, tug-of-war, kick-the-can and other exciting activities. Have a picnic and join in on the fun!

STORIES UNDER AN OAK

Coyote Hills Interpretive Staff
10:30-11:30am Sat, Sep 1 & Sep 15
Settle in for story time under the canopy of a majestic oak.

VOLUNTEER DAY:

GATHERING TULE

Coyote Hills Dino Labiste
1:30-3:30pm, Sun, Sep 9
Learn about the Tuibun Ohlone culture, as we help gather tule for Coyote Hills' reconstructed tule house. We'll provide gloves, tools, and a presentation about tule's cultural and environmental significance.
12+yrs. Info: (510) 544-3220.

OHLONE VILLAGE SITE TOUR

Coyote Hills Kristina Parkison
1:30-3:30pm Sat, Sep 22
10am-noon & 1:30-3:30pm Sat, Oct 20
10am-noon & 1:30-3:30pm Sun, Oct 28

25th ANNUAL GATHERING OF OHLONE PEOPLES

Coyote Hills Interpretive Staff
10am-4pm, Sun, Oct 7
Ohlones from several tribes will share their culture, including music, song, dance, and stories. They'll discuss contemporary cultural involvements, and demonstrate basket, jewelry, soaproot brush, and dogbane string making. Visit a more than two-thousand-year-old village site, play an Ohlone game, try making fire without matches, or make a miniature tule boat. Taste native plant teas, manzanita cider and, in the afternoon, acorn soup cooked with heated stones in a basket. Parent participation is required.
Info: (510) 544-3220.



Humaya dancer at previous Ohlone Gathering.

ALL ABILITIES DAY

Coyote Hills Interpretive Staff
9am-3pm, Wed, Oct 17
Explore nature your own way, at your pace. This program is inclusive for all abilities, offering something for everyone! Travel along paved trails to visit stations to touch fur, listen to birds, draw wildlife, sit on benches to scan the water, or paint the view. Drop in anytime between 9am and 3pm. Indoor and outdoor options, wheelchair accessible.

COYOTE CUBS: HALLOWEEN HIJINKS

Coyote Hills Francis Mendoza
10:30-11:30am, Mon, Oct 29
Get your preschooler out and into nature! We'll play games, explore the park, and do craft-work related to the theme of the day (wear your costume – no Native American or culturally-appropriated costumes please). Parent/caregiver participation required. 3-5 yrs.

CRAB COVE

Crab Cove Visitor Center is open Wed-Sun, 10am-5pm, and offers aquariums and exhibits about San Francisco Bay. For information about naturalist programs or other activities, call (510) 544-3187, or ccove@ebparks.org.



Photo: Jerry Ting

SEA SQUIRTS

Crown Beach Interpretive Staff
10:30-11:45am, Tue, **Sep 11** #22342
Sea-ing Stars and Urchins; **Sep 25** #22344 Whooh goes there? Owls! **Oct 9** #22345 Food Chain Frenzy; **Oct 23** #22346 Creepy Crawlies. Share a morning of shoreline fun with your pre-school age child. We'll play games, explore nature, share stories, and do a craft related to the theme of the day! Please no older or younger siblings (exception: infants). 3-5 years. Fee: \$5 (\$7 non-res.)
Registration is required.

LABOR DAY OPEN HOUSE

Crab Cove Interpretive Staff
10am-4pm, Mon, Sep 3
Enjoy a day of fun at the shoreline! 11am: Songs and Stories by the Shore; 2pm: Family Nature Fun – Fish Fun; 3pm: Fish Feeding. Also meet our gopher snake and box turtle, follow our self-guided history trail,

SKILLS OF THE PAST

TWINED BASKET

Coyote Hills Dino Labiste
#22600
Sep 9 (10am-noon) Gather tule.
Sep 16 (9am-4:30pm) Tule and bulrush were used by California Natives for various utilitarian items, like mats, boats, thatched houses, as well as baskets. What makes these versatile marsh plants so unique? Learn more as we create a twined basket.
Fee: \$15 (non-res. \$17).
Registration is required.

FIRE MAKING

Coyote Hills Dino Labiste
9:30am-12:30pm & 1:30am-4:30pm, Sun, Sep 30 #22469
Ever wondered how fire was created before matches or a lighter? Unravel the secrets of fire-by-friction, fire-by-percussion and fire-by-compression. Discover the techniques used to produce a glowing ember as we practice our fire making skills through hands-on activities. 16+yrs.
Registration is required.

CORDAGE MAKING

Coyote Hills Dino Labiste
1:30-4pm, Sat, Oct 6 #22477
The ability to twist, twine or braid fibers into cordage allowed indigenous cultures to tie their world together.

Learn the various techniques of gathering, preparation, extracting and plying plant materials to create cordage. Practice the efficient method of leg rolling plant fibers. 9+yrs.
Registration is required.

ACORN PROCESSING

Coyote Hills Dino Labiste
10am-3:30pm, Sat, Oct 13 #22497
Acorns were, and still are, a nutritious food of California Native Americans. Participate in the techniques of acorn processing. Stone tools, as well as modern tools, will be used to shell, pound, leach, and cook the acorns into a delicious meal.
Fee: \$5 (non-res: \$7). Registration is required.

SHELL PENDANT AND

BEADS

Coyote Hills Dino Labiste
10am-3pm, Sat, Oct 27 #22524
Plants and shells were made into indigenous necklaces for adornment. Make pine nut & clam shell beads, create an abalone pendant and twist string from dogbane fibers. Use a pump drill to make the pendant hole. Utilizing past technology, we'll make a very unique necklace. 16+yrs. Parent participation is required. Fee: \$10 (non-res. \$12)
Registration is required.

make a nature craft, and watch a nature movie in the Old Wharf Classroom.

FAMILY NATURE FUN

Crab Cove Interpretive Staff
2-3pm, Every Sat & Sun

The tides roll in and out making each day a chance to discover something new. Our shoreline is bursting with bird life and other signs of the season. Come explore with us and have fun with family-friendly activities.

FISH FEEDING TIME

Crab Cove Interpretive Staff
3-3:30pm, Every Sat & Sun

Learn about Bay creatures and get a good view of our crabs, flounder, perch, pipefish and more – while they eat. It's like a dive in the Bay without getting wet.

ALAMEDA WILDLIFE

Crab Cove Michael Charnofsky
9:30-11:30am, Sun, Sept 16

Alameda has great wildlife. On this 3-mile walk we'll view a seal colony, discuss wildlife conservation issues, and learn where to look for the unexpected. Binoculars available to borrow.

TALK LIKE A PIRATE DAY

Crab Cove Interpretive Staff
3:30-4:30pm, Wed, Sep 19

Ahoy Mates! Be you lookin' to find a treasure? Ay? Stop by the Salty Center to celebrate the day! Grog (cider), crafts, and buried treasure await!

DEL VALLE

All programs meet outside the Del Valle Visitor Center unless otherwise noted. Info: (510) 544-3146 or dvvisit@ebparks.org.

LAKESIDE CUP OF JOE

Del Valle Interpretive Staff
9-10am, Sat & Sun, Sep 1, 2

Wander over to the Visitor Center for a free cup of coffee and find out what's happening around the park. How's the fishing, what wildlife has been seen, and what's planned for the weekend?

PATIO PLAY

Del Valle Interpretive Staff
4-4:30pm, every Sat & Sun in Sep
Discover the wonders of the lake and land through games, activities, and crafts.

DEL VALLE SNAKE FEEDINGS

DEL VALLE CAMPFIRE

Del Valle Interpretive Staff
8-9pm, Sat, Sep 1
Campground Amphitheater - The evening glow gives way to the roaring fire, as families gather along the creek side. We will discover the wonders of the park, and this camping tradition, on Saturday night of Labor Day weekend.

CRAB COVE FISH FESTIVAL

Crab Cove Interpretive Staff

10am-4pm, Sat, Sep 1

Join us for a day of fish fun with fishing lessons, games, activities, fish prints, crafts, and a Fish-on-a-Bicycle Parade!

10am-4pm: Mobile Fish Exhibit – drop by to see the fish of the East Bay!

11am & 2pm: Behind the Scenes Aquarium Tour

10am-Noon & 1-4pm: Fishing – 1-hour lessons (gear provided). Sign up at the Fishing Trailer

Noon-12:30pm: Fish on a Bicycle Parade – Dress up your bike or yourself as a fish, and join us on a loop around the festival. Prizes for the best decorated bikes!

12:30-1pm: Fish Bike Rack Ribbon Cutting Ceremony

2-3pm: Family Nature Fun – Explore the finned, gilled, glorious underwater world with games and crafts

3-3:30pm: Fish Feeding – Find out what's on the menu for the residents of the visitor center aquariums.



Kids enjoy fishing lessons, games and crafts.

Del Valle Interpretive Staff

11-11:30am, every Sun in Sep

Meet our resident gopher snake, Julius Squeezer, for an up-close and personal visit. If he is hungry, we'll be able to feed him his lunch.

LAKE DEL VALLE SCENIC BOAT TOUR

Del Valle Interpretive Staff

1-2:30pm, Sat, Sun, Mon, Sep 1 to 3

Catch cool breezes as you explore the lake the easy way - by boat. Find out about the creatures below, above, and on land while you hear the history of the area. Bring a jacket and binoculars, if you have them. Purchase tickets at the marina beginning at 6am, or at the Visitor Center.

BEACH BLAST

Del Valle Interpretive Staff

1-1:15pm, 3-3:15pm, 5-5:15pm, every Sat & Sun, Sep 1 to 16

The whistle blows; lifeguards clear the water for a 15-minute swim break. Join us for a beach side nature break! We will have games, animals, and more to explore before the whistle blows again!

MEET A TARANTULA

Del Valle Ashley Grenier

2-3pm, Sun, Sep 16, 30

As summer turns to fall tarantulas make an appearance searching for love in the parks. Drop by the visitor center to meet a tarantula up close and hear about their amorous adventures.

PARK 'N PLAY

Del Valle Ashley Grenier

10am - noon, Sun, Sep 16, Oct 14

Let's play in the park! Bring your family and friends out for some fresh air, nature games, and wildlife exploration rain or shine.

TARANTULA TREK

Del Valle Ashley Adams

6-8pm, Sun, Sep 16

As summer turns to fall these amazing arachnids long for love. Join us as we hike in search of our fuzzy friends roving for romance. Bring a flashlight.

STARGAZING AT DEL VALLE

Del Valle Constance Taylor

7:30-9pm, Sat, Sep 15

Arroyo Road staging area - Be dazzled by the constellations of the summer sky! See star clusters, nebulae - Tri-Valley Stargazers will be there with telescopes. Bring flashlights and dress in layers.

SUNOL

Unless otherwise noted, all programs meet at the Sunol Visitor Center, open week-ends 10am-4pm. Info: (510) 544-3249 or svisit@ebparks.org.

OUTDOOR DISCOVERIES

Sunol Ashley Adams

10:30am-12pm, Mon, Sep 10, 24, Oct 8, 22

Come explore the world around you in this hands-on preschool and home school nature series! We will discover, adventure, and create in the outdoor classroom of Sunol. 4-8yrs.

Sep 10: Cool California #22206; Sep 24: Tarantulas! #22208; Oct 8: Indigenous Peoples #22211; Oct 22: Creepy Crawlies #22215.

Registration is required.

WILD WONDERS

Sunol Interpretive Staff

11am-12pm, every Sat & Sun in Sep & Oct
Wildness awaits! Discover the wonders of the wilderness through games, activities, and explorations. Great for families of all ages.

CRITTER CRAFTS

Sunol Interpretive Staff

12-3pm, every Sat & Sun in Sep & Oct

Get crafty, like a fox, as we learn all about the animal of the week. Stick around after our Wild Wonders program, or stop by after your hike.

SUNOL AT SUNSET

Sunol Constance Taylor

6:45-9pm, Sat, Sep 8

Experience Sunol in the evening! We'll start by looking for bats coming out to begin their night time feasting, and then take a walk to explore as night falls.

MEET A TARANTULA

Sunol Ashley Grenier

2-3pm, Sun, Sep 23

As summer turns to fall tarantulas make an appearance searching for love in the parks. Drop by the visitor center to meet a tarantula up close and hear about their amorous adventures.

TARANTULA TREK

Sunol Ashley Adams

6-8pm, Sun, Sep 30

As summer turns to fall these amazing arachnids long for love. Join us as we hike in search of our fuzzy friends roving for romance. Bring a flashlight.

ARACHNOPHILIA!

Sunol Constance Taylor

5-7pm, Sat, Oct 13

Celebrate spiders during tarantula season! We'll search for different types of spiders and observe our eight-legged friends in action while we are out on an evening stroll.

HISTORY HIKE

Sunol Ashley Adams

1-3:30pm, Sun, Oct 21

From a mysterious barn on the hill to the footprints of cabins below, search for signs of the past on a moderate 3-mile journey through the hills and history of Sunol.

ALL HALLOWS HIKE

Sunol Ashley Adams

6-8pm, Sun, Oct 28

Discover the history of this beloved holiday and search for some of its not so creepy mascots in Sunol! This family friendly hike will be all treat, no tricks, ending with a campfire!

COWBOY HOOTENANNY

Sunol Interpretive Staff

11-4pm, Sat, Oct 20

Grab your boots and brush off your hats for our annual shindig celebrating the pioneers and cowboys of Sunol! Music, dancing, pioneer games and skills, and more await you at this family event.

TILDEN NATURE AREA

The Environmental Education Center is open Tue-Sun, 10am-4:30pm. The Little Farm is open daily. Info: (510) 544-2233 or tnarea@ebparks.org.

FARM CHORES FOR LITTLES

Tilden Nature Area Interpretive Staff
10:30-11am, Every Sat in Sep & Oct
Little children will enjoy taking care of the little animals at the Little Farm. Meet at the rabbit hutch for a variety of age-appropriate activities.

TALK WITH THE ANIMALS ♿



Children learning how to take care of animals.

Tilden Nature Area Interpretive Staff
11-11:30am, Every Sun in Sep & Oct
Get up close and personal with the animals that call the Little Farm and Nature Area home. Learn how they move, how they find their food, and how they keep safe from predators. A different animal will be featured each week. Meet in the classroom at the Little Farm.

REPTILE ROUNDUP ♿

Tilden Nature Area Jenna Scimeca
1-2pm, Sun, Sep 2
Do snakes blink? Can turtles remove their shells? Find out the answers and more as we meet our in-house reptiles!

WE ALL SCREAM FOR ICE CREAM! ♿

Tilden Nature Area Jenna Scimeca
3-4pm, Sun, Sep 2
Put together some ice, salt, cream, sugar, and a little muscle power to learn how we make delicious old-fashioned ice cream. Meet at the visitor center.

LABOR DAY OPEN HOUSE ♿

Tilden Nature Area Interpretive Staff
11-3:00pm, Mon, Sep 3
Come one, come all! Enjoy crafts, games and more.

NATURE RAMBLE

Tilden Nature Area Trail Gail
2-3pm, Sat, Sep 8
Come explore the Nature Area with a naturalist. We'll take a walk down to the lake and around looking for signs of the local wildlife.

WAX: IT'S THE BEE'S KNEES!

Tilden Nature Area Jenna Scimeca
1-2pm, Sun, Sep 16

What's the buzz about bees? Beeswax! This secretion of waxiness is important to both bees and humans. Illuminate your mind as you make a candle and sample local honey. Meet at the Little Farm.

MEET THE CHICKENS ♿

Tilden Nature Area Jenna Scimeca
3:30-4:30pm, Sun, Sep 16
Check out our coop full of chickens! Discover why they peck at the ground and learn where they like to perch. Then grind some corn and feed them a snack.

FUN WITH FELT

Tilden Nature Area Trail Gail
2-3pm, Sat, Sep 22
Stop by the farm and make a felted creation. We'll use wool, soap and our own energy to make a unique piece. Come get your hands wet while learning about wool.

CHORES FOR LITTLE GARDENERS

Tilden Nature Area Jenna Scimeca
1-2pm, Sun, Sep 23
Lend a hand weeding, watering and planting our healthy vegetables. We might even taste a few! Meet at the Kids' Garden.

APPLE CIDER PRESSING ♿

Tilden Nature Area Jenna Scimeca
3-4pm, Sun, Sep 23
Come help squeeze the juice from apples and discover why this was once the most popular drink in America. Afterwards, taste a sample of our hard work.

SENSORY HIKE

Tilden Nature Area Trail Gail
2-3pm, Sat, Sep 29
Awaken your five senses and your imagination while you explore and experiment outdoors.

FELTING FUN ♿

Tilden Nature Area Jenna Scimeca
1-2pm, Sun, Sep 30
Come find out how we can turn sheep's wool into cloth! Practise your hand at wet felting and make your own felted creation.

JEWEL LAKE GOAT WALK

Tilden Nature Area Jenna Scimeca
3:30-4:30pm, Sun, Sep 30
Join us as we take our goats out on the trail to stretch their legs and see new sights! This short walk will start and end at the Little Farm.

SPIDEROLOGY

Tilden Nature Area Anthony Fisher
1-2:30pm, Sun, Oct 7
Meet a very large spider and head into the wild to find some other living examples of these fascinating creatures.

HAPPY HARVEST ♿

Tilden Nature Area Brianna Contaxis-Tucker
1-2pm, Sat, Oct 13
Celebrate the season by visiting the garden and tasting the fall bounty. Make leaf prints and nature gifts to take home.



Turtles basking in the sun at Jewel Lake.

JEWEL LAKE NATURE WALK

Tilden Nature Area Trent Pearce
3-4pm, Sat, Oct 13
Take a leisurely walk around Jewel Lake and learn about the plants, animals, and fungi that make their home here. This 2 mile walk is mostly flat, but not stroller friendly.

SNAKES ARE CUTE!

Tilden Nature Area Anthony Fisher
1-2 pm, Sun, Oct 14
Look ma! No hands! What is life like for the belly-walkers? We examine snakes, their adaptations and their place in the human experience.

PREDATORS OF THE FOREST AND MEADOW ♿

Tilden Nature Area Brianna Contaxis-Tucker
2-3pm, Sat, Oct 27
Nighttime moon-glow and early morning light is time for watchful eyes and prowling. The darkness will come alive as we explore where creatures hide and lurk.

JEWEL THE LAKE

Tilden Nature Area Anthony Fisher
1-2 pm, Sun, Oct 28
An easy walk to the lake and a bit of exploration of its waters. Who's in there?

OTHER PARKS

WEEKDAY BIRD WALK (SP)

Various Parks Kristina Parkison & Francis Mendoza
Share your enthusiasm for bird life on a tranquil walk through various Bay Area parklands! All levels of birding experience welcome. Bring water, sunscreen, and binoculars or scopes.
7:30-9:30am, Tue, **Sep 11**, Hayward Shoreline Interpretive Center (4901 Breakwater Ave.). **Sep 25**: Garin (meet at Cardin Lane Staging Area), **Oct 9**: Vargas Plateau Regional Park. **Oct 23**: Alameda Creek (meet at Niles Staging Area).
12+yrs. Info: (510) 544-3220.

CAMPFIRE PROGRAMS ♿

Anthony Chabot Interpretive Staff
8-9pm, Sat, Sep 1
Campground Amphitheater - FREE! Join us for after-dark fun on our last campfire of the season. Learn about the parks and nearby nature through games, songs, photos and stories around an old-fashioned

campfire. Even non-campers are welcome to join us for the program! Dress warm. Info: (510) 544-3187.

THE OVER-THE-HILLS GANG

Various Parks Trail Gail
10am-12:30pm, Tue, Sep, 4 & 18, Oct, 9 & 23

Hikers 55 years and older interested in nature study, history, fitness, and fun are invited to join this series of monthly excursions exploring the Regional Parks.
Sep 4: Briones, Bear Creek Staging Area – Up and down, with a creek crossing;
Sep 18: Wildcat Canyon, Alvarado Staging Area – The past may surprise you; **Oct 9**: Kennedy Grove, Parking Lot – Mostly shady with hills; **Oct 23**: Sibley Volcanic Preserve, Skyline Blvd – How many labyrinths can you find?

WELCOME TO AUTUMN WALKS

Various Parks Trail Gail
9am-noon, Sat, Sep, 8, 22 & 29
From rolling hills to shady canyons, we'll look for signs of fall. We'll leave the city behind and surround ourselves with open space in every direction. Wear hiking shoes and bring a snack to share. 8+yrs.
Sep 8: Briones, Alhambra Staging Area; **Sep 22**: Tilden Nature Area: Environmental Education Center; **Sep 29**: Briones, Bear Creek Staging Area.

THE OLDEST EAST BAY REDWOOD

Leona Canyon Michael Charnofsky
9:30am-12:30pm, Sun, Sep 9
Canyon Oaks Dr - Hike five miles through a beautiful stream-carved canyon and then to Oakland's Leona Heights Park with a view of five bridges. Get a glimpse above the only "old growth" East Bay redwood, and learn about logging history. No bathrooms available.
9+yrs. Info: (510) 544-3187.

HILLS OF SOLACE - A EUGENE O'NEILL FESTIVAL HIKE

Las Trampas Interpretive Staff
9am-12pm, Sun, Sep 9
Discover the legacy of playwright Eugene O'Neill and the peaceful hills of Las Trampas that inspired him, as we hike from Front Street Park in downtown Danville along the Ironhorse Trail and into Las Trampas to the Eugene O'Neill National Historic site – a hidden National Park Service gem. Information and Registration, www.eugeneoneill.org.

LAKESIDE LITTLES (SP)

Shadow Cliffs Ashley Grenier
10-11am, Mon, Sep 17, Oct 15
Bring your little ones and discover nature. We'll explore a trail, look at bugs, search for birds, and much more. Let's get outside! Parent/caregiver participation required. (1-5yrs.)
Info: (510) 544-3249.

CANINE CAPERS WALK ^{SP}

Garin Kristina Parkison
9-11am, Sat, Sep 22 #22590

The restorative effect of spending time outdoors with a friend, furry or otherwise, is well-known! Join this monthly adventure to nurture our inner and outer-selves by exploring and learning about the natural world around us as we hike park trails. (8+yrs.) Parent participation is required. Registration is required.

PSL WALK! ^{SP}

Shadow Cliffs Ashley Adams
9-10:30am, Sun, Sep 23

Nothing says autumn quite like a pumpkin spice latte! Search for seasonal signs while enjoying your warm beverages on a walk from Starbucks on Bernal and Stanley to the Arroyo Del Valle. Purchase your lattes and join us to head out towards the park from there! Bonus points if you bring your own trail mug! Info: (510) 544-3249.

WHO BUILT THE SIBLEY LABYRINTH?

Sibley Helena Mazzariello & Michael Charnofsky

10am-1pm: Sun, Sept 23 #22441
Main Staging Area - In 1989 she built the Sibley labyrinth "as a gift to the world." On a 3-mile hike, join us with Helena Mazzariello, original builder, as she unravels mysteries and myths about labyrinths, their spiritual properties, and how she (secretly) created ours. 10+ years. Registration is required.

ROUND VALLEY PICNIC WALK

Round Valley Kevin Dixon
9am-1pm, Sat, Sep 29

Explore the natural beauty of this peaceful valley, an East Bay gathering place for thousands of years. Bring lunch for a picnic. (8+yrs.) Info: (510) 544-2750.

ALL ABILITIES DAY ^{SP}

Shadow Cliffs Interpretive Staff
12-3pm, Sat, Sep 29

Explore nature your way, at your pace. This program is inclusive for all abilities and offers something for everyone! Travel along wheelchair-friendly trails to stations and activities. Info: (510) 544-3249.

ALL ABILITIES BIRDING

MLK Jr. Shoreline Interpretive Staff
10am-noon, Sat, Sept 29 # 22480

Come learn about the variety and function of bird structures by touching and viewing skulls and taxidermy specimens as well as listening to bird calls. Then take what you've learned out on the flat, paved trail to identify birds that call this area home. We meet in the Arrowhead Marsh Parking Lot.

Binoculars and birding guides provided. Info: (510) 544-3176.

Registration is required.

GARIN APPLE FESTIVAL ^{SP}

Garin Kristina Parkison
Noon-4pm, Sat, Sept 8
Celebrate the area's farming and pioneer past during this year's Apple Festival! Garin is home to an antique apple orchard with varieties of apples you won't find anywhere else! Try your hand at hand-cranking ice cream or pressing apple cider, and then taste the "fruit" of your labor. Music, dancing, crafts, and old-fashioned games make this event fun for the whole family!
Info: (510) 544-3220.



Garin has an antique apple orchard with varieties of apples you won't find anywhere else.

MONDAY BIRDING

Various Parks Anthony Fisher
9am-noon, Mon, Sep 17, 24. Oct 1, 8, 15, 22, 29

Birding for all!

Sep 17: Point Pinole, Atlas Road Bridge. Flat; Sep 24: Dotson Family Marsh, flat; Oct 1: Inspiration Point, flat-ish; Oct 8: Tilden Nature Area; Oct 15: Miller Knox, flat. Meet in the first parking lot after tunnel; Oct 22: Briones Rd. Staging Area, hills; Oct 29: Crockett Hills, Crockett Ranch Staging Area. Hills.

BRIONES EQUINOX WALK

Briones Trail Gail
9am-noon, Fri, Sep, 21

With the sun directly over the equator, the amount of daylight and dark are equal. We'll go in search of the signs of fall. Alhambra Staging Area. 8+yrs

SPIDER SAFARIS

Various Parks Trent Pearce
3-4:30pm, Sat, Oct, 6 & 20
Search for autumn arachnids! Heavy rain cancels.

Oct. 6: Tilden Nature Area; Oct. 20: Briones Regional Park, Bear Creek Staging Area; Parking fees may apply.

MORGAN MORNING

Morgan Territory Kevin Dixon
8am-1pm, Sat, Oct 6

Stretch your legs on trails that wind through shaded valleys and high ridges. Diverse oaks provide shady spaces for reflection. Strenuous. (12+yrs.) Info: (510) 544-2750.

RADICAL RAPTORS OF LAS TRAMPAS

Las Trampas Ashley Adams
10am-12pm, Sun, Oct 7

Step into the wilderness and discover the radical birds with sharp beaks, powerful grips, and keen eyesight. We'll watch, as they soar above, and ponder our connection to these majestic animals. Meet at Bollinger staging area. Info: (510) 544-3249.

FAMILY PHOTOGRAPHY WALK

Las Trampas Ashley Grenier
1:30-3pm, Sun, Oct 7

Ever wondered how your child views the world? Hand over the camera to them as we walk Bollinger Creek Trail and discover what they can spy with their little eye. Meet at Bollinger staging area. Info: (510) 544-3249.

SUNSET PHOTOGRAPHY SERIES

Various Parks Anthony Fisher
5-7:30pm, Sun, Oct 7, 14 & 28

Bring camera and tripod (or phone if that is what you have) and capture the soul of the park under the (hopefully) colorful skies of October. Some wading and scrambling possible.

Oct 7: Point Pinole, Atlas Rd. Bridge; Oct

14: Point Pinole, Dotson Family Marsh;

Oct 28: San Pablo Bay, Lone Tree Point.

Meet in the parking lot on San Pablo Ave.

VASCO CAVES REGIONAL PRESERVE TOUR

Vasco Caves Interpretive Staff
9am-2pm, Sun, Oct 21 #22452

Hike 2.5 miles through windswept land which is sacred to local California Indian communities and a refuge for golden eagles, fairy shrimp, and tiger salamanders. The Preserve is only accessible through guided tours. This tour will begin at Brushy Peak Regional Preserve, meet at Brushy Peak Staging Area. (10+yrs). Registration is Required.

MONARCH BUTTERFLIES

Alameda Main Library Susan Ramos & Mia Monroe

1-2:30pm, Sun, Oct 21

Learn the latest about monarch migration and how you can help, in your own backyard & beyond. We will be training monarch count volunteers in November. Info: (510) 544-3187.

THURSDAY BIRDING: RAPTOR BASELINE

Various Parks Mike Moran
9-11:30am, Oct 25 #22203

Morgan Territory - The morning (eastern) side of Mount Diablo hosts a magnificent array of birds of prey; hawks, falcons, eagles. Help us document their variety and numbers in this fun, social, citizen science research project. No experience necessary - we'll teach you how to identify these birds. We'll meet at a different park on the

last Thursday of each month (Except Sep & Nov). Join in for one or all. Registration is required.

HOWLOWEENIE ROAST IN THE REDWOODS

Redwood Interpretive Staff
7-9:30pm, Sat Oct 27 #22456

Canyon Meadow - Join in this strolling story about Slugderella. Will Slugderella be stuck cleaning the forest floor or will her forest friends help her make it to the ball? After arriving at the campfire we will make a craft, eat some tasty treats, sing a few songs, and listen to stories. Bring your own hot dogs for roasting, or pack your dinner. We'll provide the s'mores. Fee: \$5 (\$7 non-res.) Info: (510) 544-3187. Registration is required.

HEADING SOUTH: HAWK MIGRATION

Brushy Peak Ashley Grenier
10am-12pm, Sun, Oct 28

Autumn marks the annual hawk migration in the East Bay. What hawks and other birds of prey are stopping through on their way south for the winter? Meet at Laughlin Road staging area. Info: (510) 544-3249.

VOLUNTEER

FRENCH BROOM REMOVAL/ RESTORATION PROJECT

Redwood Staff
9am-1pm, 1st Sat of the month.
9:30am-1:30pm, 2nd Sun of the month.
Help remove invasive French Broom at various locations in the park. Tools, protective equipment and snacks will be provided. Please call (510) 544-3127 or email redwood@ebparks.org to confirm meeting location as this can vary from month to month. Rain cancels the event.

INVASIVE SPECIES REMOVAL/ HABITAT RESTORATION

Huckleberry, Sibley
9:30am- Sat, Sep 8, Oct 13: Huckleberry
9am- Sun, Sep 16, Oct 21: Sibley
Monthly weeding sessions to help protect native plants against invasive species displacement. Tools provided. Info: (510) 544-3112. sibley@ebparks.org.

WILDLIFE VOLUNTEERS CALIFORNIA BLACK RAIL HABITAT HELPERS

Point Pinole Doc Quack
9am-11:30am Sat, Sep 15 #22333
Help create habitat for the State threatened California black rail. We will remove non-native plants, pick up trash, clear debris from clogged channels to improve tidal water cycling, and plant wildlife friendly vegetation which restores nesting habitat for the California black rail. By participating, you'll earn your "Black Rail Habitat Helper" patch. Physical labor is involved

HIKES FOR TYKES **HPHP**

Various Parks Interpretive Staff
10:30-11:45am, Tue, Sep 4, 18 &
Oct 2, 16, 30

Enjoy some nature before naptime with your young child! Join a naturalist over hill and dale to explore the fabulous flora and fauna of the Regional Parks. Tools for exploration will be provided. Hikes average about one mile. Bring a snack. Strollers are not recommended. See www.ebparks.org/parks/maps for maps and directions. Info: (510) 544-3187.

Sep 4: Elsie Roemer Bird Sanctuary Crown Beach (meet at overlook platform near the intersection of Shoreline and Broadway.)

Sep 18: Cull Canyon (Parking Lot Entrance)

Oct 2: Redwood Regional Park (Trudeau Staging Area)

Oct 16: Roberts Regional Recreation Area (Redwood Bowl)

Oct 30: Encinal Beach (Alameda)



COASTAL CLEANUP 2018

Various Parks Staff
8:30am-noon, Sat, Sep 15
Join us for the 34th Annual Coastal Cleanup. Park District staff and volunteers will pick up litter and recyclables from shoreline parks, lakes, and along creeks in Alameda and Contra Costa Counties. An adult should accompany children under 16 years old. "Go Green" and reduce the amount of waste. Please bring a refillable water bottle, a bucket for trash, hat and gloves. All volunteers

should wear close-toed shoes, appropriate layered clothing and bring sunscreen. The District will provide snacks, water, and trash bags.

Alameda - Encinal Boat Ramp # 22194; Big Break # 22197; Crown Beach # 22176; Del Valle # 22177; Hayward Shoreline # 22182; MLKing, Jr. # 22187; Point Isabel # 22188; Point Pinole # 22190; Radke Martinez # 22183. Info: (510) 544-2229.

Registration is required.



Photo: Jerry W Britton

"I Think I've Got It Framed." Walking with grandad at Black Diamond Mines.

WEDNESDAY WALKS

Various Parks Interpretive Staff
9:30am - 1pm

Discover the natural and human history of our beautiful parklands, explore new trails and improve your health with a friendly walking group. Wear sturdy footwear, bring water and dress for the weather. Heavy rain cancels.

Sep 5 - Lake Chabot, led by Susan Ramos. Hike one of the trails highlighted in this year's Trails Challenge! Four-mile moderate loop up Indian Cove Trail & back along Cameron & the shady East Shore. Parking fees apply. Bring water. Info: (510) 544-3187.

Sep 19 - Pleasanton Ridge, led by Christina Garcia. Explore part of Sinbad Creek canyon from this park's newest access point near the old Alviso Adobe. Up to 7 strenuous miles of hiking up and over the ridge. Meet at Castleridge Staging Area.

Oct 3 - Sibley to Redwood, led by Susan Ramos. Hike about six hilly miles along a portion of the beautiful National Skyline Trail from Sibley through Huckleberry to Redwood and back. Some sections are strenuous. Bring water. Info: (510) 544-3187.

Oct 24 - Tilden Regional Park, Inspiration Point, led by Trail Gail. Come on this mostly flat hike for a change, with inspiring views of the area. 8+yrs.

Oct 31 - Diablo Foothills, led by Christina Garcia. Travel through oak-studded grasslands on the gently rolling foothills of Mt. Diablo as we climb over Shell Ridge and along lovely Pine Creek. This moderately-strenuous hike covers 6 miles. Meet at Livorna Road Staging area. No Dogs, please. Note: No water or restrooms are available at the staging area.

with this project. Location: 5551 Giant Highway, Richmond. Parent participation is required. Deadline to sign-up is Sep 7. Recommended: Outdoor clothing (long pants), hiking boots or waterproof boots-knee high (close-toed, waterproof footwear), gloves, hats, water, and sunscreen. Registration is required.

RAIL RESCUE RANGERS

Crown Beach Elsie Roemer Bird Sanctuary Doc Quack

1:30-4pm, Sat, Sep 15 #22306

Help create habitat for the federally and state endangered Ridgway's Rail. We will remove non-native plants, pick up trash, and plant wildlife friendly vegetation which will restore the upland areas of the Roemer Bird Sanctuary. Physical labor is involved with this project. By participating, you'll earn your "Rail Rescue Ranger" patch. Meet at the Marsh Overlook. Parent participation is required.

Deadline to sign-up is Sep 7.

Recommended: Outdoor clothing (long pants), hiking boots (close-toed footwear), gloves, hats, water, and sunscreen. Registration is required.

THIRD THURSDAYS IN THE GARDEN

Crown Beach Staff

10am-noon & 1-3pm, Thu Sep 20 & Oct 18

Volunteers are needed in our Demonstration Garden to help with maintenance - weeding, pruning, mulching, and other projects. One-time or on-going help welcome. Attend

one or both sessions. Meet at the bathhouse by Otis entrance. Wear long pants, closed-toe shoes, hat, and bring a water bottle. Children 12 and under must be accompanied by an adult. Info: (510) 544-3187.

VOLUNTEERS RESTORING THE DUNES!

Big Break Cat Taylor
2-4pm, Sun, Sep 23

Help restore a small piece of the dunes as we battle invasives and re-establish native plants! Bring water, work gloves, hat, dress for the weather and prepare for general grubbiness.

VOLUNTEER DAY:

OHLONE VILLAGE SITE

Coyote Hills Kristina Parkison
9-11am, Sat, Sep 29 #22462

Learn about Ohlone cultures as we help care for a more than 2,000-year-old village site. Volunteer to clean, weed, and renew the structures and site. We'll provide snacks, water, gloves, tools and a presentation about the village site's historical and cultural significance. 12+yrs. Registration is required.

NATIVE PLANT GARDENING

Crab Cove Michael Charnofsky
9:30am-12:30pm, Sat, Oct 20 #22603

Fall is a wonderful time to plant California natives and beautify our wildlife-friendly gardens. Spend the morning planting, weeding, pruning, and mulching; choose your favorite work. Snacks and refreshments served, tools provided. Community Service hours available. Heavy rain cancels. 8+ yrs. Registration is required.

SATURDAY & SUNDAY STROLLS **HPHP**

Various Parks Interpretive Staff
10am-noon, Sat, Sept 22 & Oct 6; Sun, Sept 2 & Oct 28

Wake up and walk into nature. Each week we will explore a different park and nature's wonders within. Hikes range from one to five miles. Great for families. Dogs welcome on most hikes. See www.ebparks.org/parks for maps and directions. Info: (510) 544-3187.

Sun, Sept 2: Crown Beach (Crab Cove): Observe marine mammals and views of San Francisco, and discuss human history as we walk 4 flat miles to the U.S.S. Hornet and back.

Sat, Sept 22: Cull Canyon (Parking Lot Entrance): Enjoy shaded trails, shallow creek crossings and ridge-top breezes during this short 2.25-mile walk up and around Cull Canyon on a hike featured in this year's Trails Challenge!

Sat, Oct 6: MLK Regional Shoreline (Tidewater): Experience beautiful bay views and abundant water fowl on a 3.5 mile flat walk.

Sun, Oct 28: Lake Temescal (North Entrance) We'll take a double loop around the lake-one high, one low, about 2 miles round trip.

VISITOR CENTERS

ARDENWOOD

34600 Ardenwood Blvd.
Fremont, CA
(510) 544-2797

BIG BREAK

69 Big Break Road
Oakley, CA
(510) 544-3050

BLACK DIAMOND MINES

5175 Somersville Road
Antioch, CA
(510) 544-2750

BOTANIC GARDEN

Tilden Regional Park
Berkeley, CA
(510) 544-3169

COYOTE HILLS

8000 Patterson Ranch Rd.
Fremont, CA
(510) 544-3220

CRAB COVE

1252 McKay Avenue
Alameda, CA
(510) 544-3187

DEL VALLE

7000 Del Valle Road
Livermore, CA
(510) 544-3146 summer weekends
only; 544-3249

GARIN

1320 Garin Avenue
Hayward, CA
(510) 544-3220

SUNOL-OHLONE

P.O. Box 82 (on Geary Road)
Sunol, CA
(510) 544-3249

TILDEN NATURE AREA

Environmental Education
Center (EEC) at Tilden
Regional Park
Berkeley, CA
(510) 544-2233

SWIM FACILITIES

1-888-327-2757, option 3

LAKE ANZA

Tilden Regional Park
Berkeley, CA | ext. 4563

CASTLE ROCK

1700 Castle Rock Road
Walnut Creek, CA | ext. 4515

CONTRA LOMA

1200 Frederickson Lane
Antioch, CA | ext. 4518

CULL CANYON

18627 Cull Canyon Road
Castro Valley, CA | ext. 4523

DEL VALLE

7000 Del Valle Road
Livermore, CA | ext. 4524

DON CASTRO

22400 Woodroe Ave.
Hayward, CA | ext. 4527

QUARRY LAKES

2100 Isherwood Way
Fremont, CA | ext. 4552

ROBERTS POOL

10570 Skyline Blvd.
Oakland, CA | ext. 4555

SHADOW CLIFFS

2500 Stanley Blvd.
Pleasanton, CA | ext. 4557

LAKE TEMESCAL

6502 Broadway Terrace
Oakland, CA | ext. 4561

How to Register • Fee Payment

Many programs do not require registration. Simply join the instructor at the location indicated in the program description. Call the phone number listed for further information.

For programs that indicate "Registration is required," register by calling 1-888-EBPARKS (1-888-327-2757), option 2, or by calling the number listed.



ONLINE registration is available if the program title displays this symbol: Go to www.ebparksonline.org. When registering online, use the course code printed next to the program date(s).



WALK-IN: Come to the District Headquarters between 8:30am and 5pm Mondays through Fridays. We are located at 2950 Peralta Oaks Court in Oakland, next to the Dunsmuir House and south of the Oakland Zoo off I-580. See map below.



BY PHONE: Phone registration requires a VISA or Mastercard. The Reservations Office is open between 8:30am-4:00pm Mondays through Fridays (closed weekends and holidays). Call 1-888-EBPARKS (327-2757) and select option 2. TRS Relay for the Hearing Impaired: 7-1-1.



BY MAIL: Call the Reservations Office at 1-888-EBPARKS (327-2757) option 2, to request a mail-in registration form. Registration is payable by check only up to 15 days before the program.

FEE PAYMENT: Fees must be paid in full at the time of registration. Fees may be paid by money order, VISA, Mastercard, cash, or pre-printed check for walk-in registration. Make checks payable to **EBRPD**. Programs registered in the parks may be paid for by check up until the day of the program if space is available. Returned checks will be charged a \$25 Returned Check charge. **Non-resident fees** apply to anyone living outside Alameda or Contra Costa counties. Parking or park entrance fees may be charged depending on program time and location. Ardenwood entrance fees vary depending on the event or activity. Confirm all fees when registering for a program.

CREDIT CARDS:

VISA and Mastercard are accepted for all fee programs except those that are registered at a park. Call the phone number in program description for info.

CANCELLATION POLICY: REFUNDS/TRANSFERS: Refunds or transfers will be processed for programs canceled because registration is below the minimum enrollment at the cutoff date, or if a program is canceled due to inclement weather or instructor illness. Please allow up to three weeks for receipt of refund. **CANCELLATION POLICY:** At least five business days advance notice is necessary for a full refund. Failure to notify the Reservations Office at least five business days in advance of your cancellation will result in forfeiture of the program fee. The Reservations Office is open Monday through Friday. The last day to cancel a Saturday or Sunday program is the prior Monday.



ASSEMBLYMEMBER BILL QUIRK Walk and Talk Town Hall

Saturday, October 6, 2018
10 a.m. to 2 p.m.



Meeting Location: Ardenwood Historic Farm, Fremont

Join Assembly Member Bill Quirk and an EBRPD naturalist on a 1-mile walk through Ardenwood Historic Farm. Light refreshments will be served.



SUNOL REGIONAL WILDERNESS

Cowboy Hootenanny



A Free
Event

Saturday, Oct. 20
11 a.m. to 4 p.m.

- Hands on Ranching Activities
- Folk and Bluegrass Music
- Bring a Picnic

Parking: \$5 • 1895 Geary Road, Sunol, CA

East Bay
Regional Park District

GARIN APPLE FESTIVAL

Saturday, Sept. 8
Noon to 4 p.m.

Celebrate our farming heritage

- Apple cider
- Unique apple varieties
- Music
- Old-Fashioned Games
- Dancing

Event is **free** with a \$5 parking fee.

Info: ebparks.org/activities

GARIN/DRY CREEK
PIONEER REGIONAL PARK,
HAYWARD



East Bay
Regional Park District



CALIFORNIA Coastal Cleanup

Saturday, September 15
8:30 a.m. to noon

Volunteers Needed!
Various Parks

Information: (510) 544-2515
or ebparks.org

Registration
required.
See page 14.

East Bay
Regional Park District

East Bay
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Healthy Parks Healthy People

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

Thank You!

Prop 68 Passed by California Voters –
\$2.83 Billion to be Invested
in Parks Statewide.



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