

Regional in Nature

# Activity Guide

SEPTEMBER – OCTOBER 2022

East Bay   
Regional Park District  
*Healthy Parks Healthy People*



It's Calving Season, page 3

Thurgood Marshall Regional Park Update  
See page 4

## INSIDE

- A Cool Tip to Enjoying Parks . . . . . 3
- Ardenwood Harvest Season . . . . . 6
- Vasco Caves Tours . . . . . 8
- Spooky Season/Terrifying Trends . . 10
- Tarantula Season is Upon Us . . . . . 11
- California Tiger Salamanders . . . . . 12
- Meet a Tarantula Interp. Program . . 14
- Arachnid Word Find . . . . . 15

# Contents

- General Manager Message... 3
- Park News ..... 4
- Wildfire Protection ..... 5
- Ardenwood ..... 6
- Big Break ..... 7
- Black Diamond ..... 8
- Coyote Hills ..... 9
- Crab Cove ..... 10
- Del Valle ..... 11
- Mobile Education ..... 12
- Outdoor Recreation ..... 13
- Sunol ..... 14
- Tilden ..... 15
- Volunteer Program ..... 16



General Information  
 1-888-EBPARKS or 1-888-327-2757

Camping and Picnic Reservations...  
 .....1-888-EBPARKS

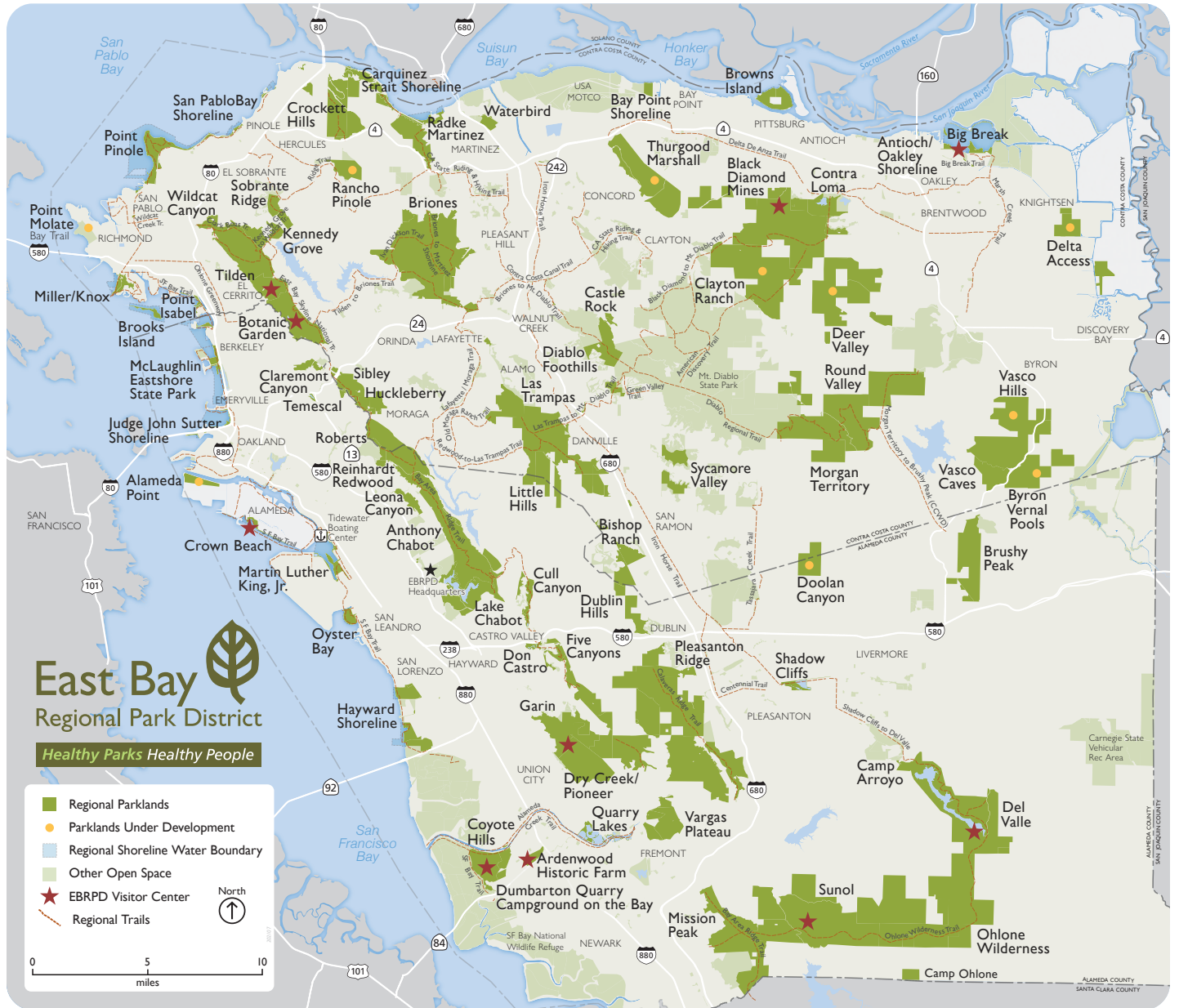
Naturalist and Recreation  
 Programs.....1-888-EBPARKS

TRS Relay Service.....7-1-1

EBRPD Board of Directors

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

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



**East Bay Regional Park District Headquarters**  
 2950 PERALTA OAKS COURT, OAKLAND, CA 94605  
 1-888-EBPARKS OR 1-888-327-2757 (TRS 711)  
**EBPARKS.ORG**



**Regional Parks Membership**  
 ENJOY FREE DAY-USE PARKING, SWIMMING,  
 DOG PASS, AND MORE. 510-544-2220  
**REGIONALPARKSFOUNDATION.ORG**

## Visitor Centers

**Ardenwood Historic Farm, Fremont**  
 510-544-2797, [awvisit@ebparks.org](mailto:awvisit@ebparks.org)

**Big Break Regional Shoreline, Oakland**  
 Big Break Visitor Center at the Delta  
 510-544-3050, [bigbreakvisit@ebparks.org](mailto:bigbreakvisit@ebparks.org)

**Black Diamond Mines Regional Preserve, Antioch**  
 510-544-2750, [bdvisit@ebparks.org](mailto:bdvisit@ebparks.org)

**Coyote Hills Regional Park, Fremont**  
 510-544-3220, [chvisit@ebparks.org](mailto:chvisit@ebparks.org)

**Crown Memorial State Beach, Alameda**  
 Crab Cove Visitor Center and Aquarium  
 510-544-3187, [ccove@ebparks.org](mailto:ccove@ebparks.org)

**Del Valle Regional Park, Livermore**  
 510-544-3146, [svisit@ebparks.org](mailto:svisit@ebparks.org)

**Garin/Dry Creek Pioneer Regional Parks, Hayward**  
 510-544-3220 (Coyote Hills), [chvisit@ebparks.org](mailto:chvisit@ebparks.org)  
 Red Barn open summer Saturdays

**Sunol-Ohlone Regional Wilderness, Sunol**  
 510-544-3249, [svisit@ebparks.org](mailto:svisit@ebparks.org)  
 Open weekends

**Tilden Regional Park, Berkeley**  
 Botanic Garden: 510-544-3169, [bgarden@ebparks.org](mailto:bgarden@ebparks.org)  
 Tilden Nature Area/Environmental Education Center  
 510-544-2233, [tnarea@ebparks.org](mailto:tnarea@ebparks.org)



# PLEASE STAY VIGILANT Addressing Wildfire Risks

A MESSAGE FROM GENERAL MANAGER SABRINA B. LANDRETH



**Due to climate change** and extreme drought, wildfire risks have never been higher in the East Bay. Wildfire protection is now a 365-days-a-year effort for the Park District.

The Park District is also addressing other climate-related challenges that threaten public safety, habitat quality, and recreational access in Regional Parks, including shoreline erosion and flooding from sea level rise, and water quality. Climate change is already reducing beach areas, marshland habitat, and access to open water swimming.

Wildfire risks continue to be our most pressing climate change challenge and remains one of the Park District's top priorities. Our year-round efforts include monitoring fire dangers and weather, maintaining 55 professionally trained full-time and on-call firefighters, maintaining specialized wildland firefighting equipment, and removing flammable vegetation to reduce wildfire risks.

Wildfire safety is especially important in the late fall when the heat of summer has dried out vegetation, and hot, dry Diablo winds come in from the east, creating potentially dangerous fire conditions.

Please be fire safe when visiting your Regional Parks and be aware of fire danger warnings. For more information, visit [ebparks.org/FireRestrictions](http://ebparks.org/FireRestrictions) (or see page 5).



## A Cool Tip to Enjoying Parks

It may be no surprise that one of the most serene and peaceful times to visit Regional Parks is on weekday mornings when crowds are small and parking is plentiful. However, there is one even better option.

According to park rangers, visiting on cool or foggy days is the secret to enjoying quiet time in nature. When it is cool, parks are typically empty and can be even more enjoyable for certain park activities, as long as visitors are prepared with layered clothing. Cooler weather

allows hikers and bikers to cool off by removing layers of clothing, which is especially nice during and after challenging uphill rides and hikes.

While warm weather is known for being a great time to visit a park, cool and foggy weather can sometimes provide an even better experience. The next time you see the temperatures dip or overcast skies, instead of bundling up inside, head to your Regional Parks for some quality quiet time in nature.



Katie Wong

## It's Calving Season

### Do Not Touch or Approach Baby Calves

August to October is calving season in Regional Parks. Be mindful that human interaction can create danger to both calves and people. Here are some tips to keep calves and people safe.

- Admire calves from a distance. Do not approach, touch, or take selfies with calves.
- Do not get between a mother cow and its calf.
- Do not worry if you see a calf by itself. The mother cow is usually nearby and will return.
- Leash up your dog around cattle and keep it away from any calves.

If you believe a calf is in distress, injured, or sick, please report it to park staff at (510) 881-1833.



Shelly Lewis





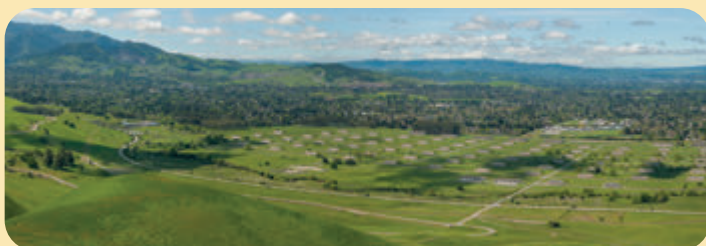
## Thurgood Marshall Regional Park Update

In April 2022, the East Bay Regional Park District officially received ownership of 2,216 acres of the former Concord Naval Weapons Station, which is part of the planned **Thurgood Marshall Regional Park – Home of the Port Chicago 50**. The Park District previously held constructive possession of the property, allowing access for naturalist-led public access programs. The land transfer represents the largest ever public conveyance through the National Park Service.



**Thurgood Marshall**

Tim Grayson for construction of the park's first public access, a new staging area off south Bailey Road in Concord. The Park District plans to open the new staging area in 2024.



From shoreline to parkland, the East Bay Regional Park District is rich with natural beauty. However, the Park District also contains a rich cultural history. Here are just three of the Park District's historic properties.

**Patterson House at Ardenwood Historic Farm** was listed on the National Register of Historic Places (NRHP) in 1985, the same year the Park District began operating the property as a fully functioning, turn-of-the-last-century farm. Home to three generations of the Patterson family, it began as George Patterson's bachelor farmhouse in 1857. The house was expanded with a Queen Anne addition in 1889. Today, costumed docents conduct house tours in keeping with the family's nineteenth-century era.

**Black Diamond Mines**, the site of California's largest coal mining operation, is another NRHP-listed property. Nearly four million tons of coal ("black diamonds") were removed from the 1860s through the turn of the last century. Despite its significant impact on California's economy, coal mining operations ceased due to rising production costs and the exploitation of new energy sources. In the 1920s, mining for sand began at the Hazel-Atlas silica sand mine near the deserted coal mining towns of Nortonville and Somersville. More than 1.8 million tons of sand were mined before mining ended in 1949. Today, tours of the Hazel-Atlas Mine and a new Coal Mine Experience exhibit provide an immersive experience, giving visitors a taste of the park's coal and sand mining eras.



Calli Godley



**Alvarado Park**, located at the northern end of Wildcat Canyon Regional Park, was included in the NRHP in 1992 due to its unique history and depression-era Work Projects Administration (WPA) stonework. Alvarado Park (formerly Grand Canyon Park) was privately owned until 1923 when it was purchased by the city of Richmond. The stone masonry seen today was constructed during Richmond's ownership through various Depression-era work programs. The park was transferred to the Park District in 1985 and is considered a

unique variation on the National Park Service-style of "rustic park architecture." Some remnants of its former buildings remain as extensive stonework, including stone walls, stone light standards, and a beautiful stone arch bridge across Wildcat Creek.





# Wildfire Protection

## Fire Safety in the Parks

Fire Dangers are especially high in late fall as vegetation dries out and Diablo winds come in from the east. Being mindful of fire dangers, warnings, and rules, and reporting fires immediately are the best way visitors can help prevent major wildfires.

### EVERYDAY FIRE DANGER RULES

PLEASE FOLLOW THE EVERYDAY FIRE SAFETY RULES BELOW:

#### “High-Moderate-Low” Fire Danger Rules

- Smoking is prohibited in all Regional Parks, including pipes, cigars, cigarettes, and vaping devices (except for any USDA-approved medication).
- Gasoline-powered generators are prohibited.
- Gas or propane camp stoves and portable barbecues are permissible, WITH THE FOLLOWING CONDITIONS:
  - They must be placed in an area that won’t scorch or burn lawns or tabletops.
  - They must be placed with at least 30 feet from any flammable material such as grass, weeds, brush, or buildings.
- Do not drive or park your vehicle in areas of dry grass. A hot auto exhaust manifold can start a fire, and dragging tow chains can throw sparks that can start a fire.
- If you see smoke or a fire, call 9-1-1. Report its size, direction of burn, and whether any structures or park visitors are in danger. Then leave the area immediately.
- During an emergency, cooperate with any instructions from park rangers, police, firefighters, and other District staff, and do not block access for fire engines and emergency personnel.

### SPECIAL FIRE SAFETY RULES

SPECIAL FIRE SAFETY RULES GO INTO EFFECT DEPENDING ON FIRE WEATHER:

#### “Very High” Fire Danger Rules

- Barbecues and campfires are permitted in designated day-use picnic areas, campgrounds, or developed recreational areas ONLY.
- Gas-fueled camp stoves are permitted, WITH CONDITIONS (see above).

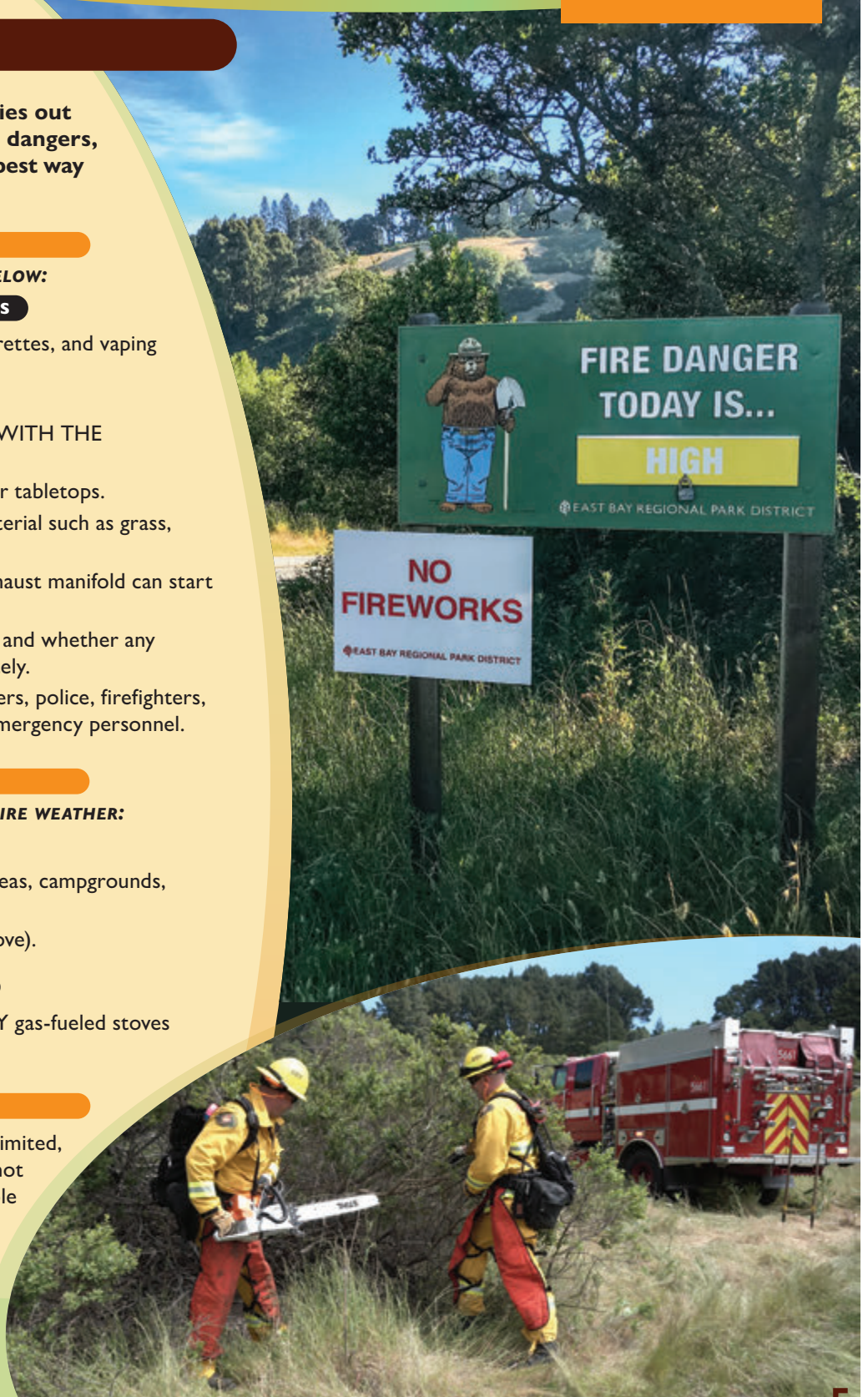
#### “Extreme” Fire Danger Rules

- NO open fires, campfires, or barbecues of any type are allowed. ONLY gas-fueled stoves are permitted, WITH CONDITIONS (see above).

### PARK CLOSURES

In extremely dry and windy weather conditions or when resources are limited, access to Regional Parks may be restricted or even closed entirely. Do not enter closed parks. In an emergency, police and firefighters may be unable to find and evacuate you.

For up-to-date information on fire dangers and park status, visit [ebparks.org/alerts-closures](http://ebparks.org/alerts-closures), or call (510) 881-1833.







# Ardenwood

## HISTORIC FARM

### OUR COMMUNITY

As staff reflects on community this fall, we acknowledge many helping hands. In addition to our dedicated volunteers and docents – who support programs, help maintain and operate farm equipment, keep our gardens looking their best, and more – we also work closely with many organizations, including:

**City of Fremont:** House Manager Rena Kiehn and her dedicated staff and volunteers operate the Patterson House at Ardenwood. Check out their house tours every Thursday, Friday, and Sunday in September and October – or their specialty Saturday tours as listed online.

**Dig Deep Farms:** Part of the Alameda County Deputy

Sheriff's Office program, Dig Deep leases some of Ardenwood's fields for their food justice programs. They also host an annual pumpkin patch.

**Palmdale Estates:** A family company with heart, Palmdale hosts private events at Ardenwood, and runs the Farmyard Café, which is open 11am-4pm every weekend day in September and October.

**S.P.C.R.R.:** The Society for the Preservation of Carter Railroad Resources operates the narrow-gauge train at Ardenwood. Share your love of trains and support S.P.C.R.R. by attending the annual **Rail Fair** – see the Interpretive Programs listing for more information.



Michael Short



Michael Short



### Harvest Season

**F**all brings strong connections to foods and friends. Since time immemorial, fall acorn harvests have brought Indigenous people together. Agricultural harvest traditions began 4000 years ago in Mesopotamia, when communities gathered to celebrate the literal fruits of their labor.

Harvest is more than just a celebration; communities work together to preserve food for winter storage. Fruits like apples get pressed into cider to last through the cold months. Dried grains like corn last for years to come. Spices are gathered and used to enhance the flavors of stored food. Even decorations from wheat, corn, and other crops provide a feeling of warmth in the home.

Join us here at Ardenwood throughout the harvest season to experience and learn more about fall on a farm.



## Ardenwood Interpretive Programs

For a complete list of Ardenwood programs, please visit us online . . . ▶

#### RAIL FAIR

Get your train fix! Your entire family will enjoy train rides, model railroads, historic railroad displays, farmyard activities, and more. There will be live music all three days. This is a fundraiser for the nonprofit Railroad Museum at Ardenwood.

**Sept. 3-5 (Sat–Mon), 10am-4pm**

**Tickets:** \$12/adults, \$10/seniors, \$9/children ages 4-17, ages 3 and under free.



Michael Short

#### BERRY PICKING

Summer's succulent blackberries are ready for picking! Bring your own berry basket and gather a bunch to take home for pies, cobblers and other summertime treats. Meet at the barn.

*Christina Garcia*

**Sept. 11 (Sun), 10:30-11:30am**

#### HARVEST TRADITIONS

Why is fall associated with certain foods, spices, and decorations? Come learn about where these traditions come from and the importance of seasonal foods. You'll even make your own harvest decorations using farm inspirations.

*Jenni Shaw*

**Sept. 11 (Sun), 1:30-2:30pm**

**Sept. 24 (Sun), 11am-noon**



#### APPLE CIDER PRESSING

Help squeeze out the juice with our old-fashioned apple press and discover why this was once the most popular drink in America. Afterwards, taste a sample of this fall favorite.

*Christina Garcia*

**Sept. 18 and 25 (Sun), 1:30-2:30pm**

#### HARVEST FESTIVAL

Enjoy old-time country fun as you help bring in this year's corn crop. Search the field for ears of flint corn or popcorn taking home a portion of what you harvest. Enjoy seasonal activities, cider pressing, old-time music, and historic crafts. Please bring bags to take home your harvested corn.

**Oct. 8-9 (Sat and Sun), 10am-4pm**

**Fee:** \$10/adult, \$8/senior (62+), \$6/child (4-17 yrs.) and free/under 4 years.

#### PUMPKIN PATCH

Dig Deep Farms has been hard at work all year preparing and cultivating the soil on Ardenwood's farmland and will be hosting the annual Pumpkin Patch Festival again! There will be thousands of home-grown pumpkins for sale, as well as food, crafts, and games for the whole family.

**Oct 8-30 (every Sat and Sun), 10am-4pm**

**Fee:** \$2 (12+ yrs.), \$1/child (under 12 yrs.)



# Big Break

## REGIONAL SHORELINE



### BIG BREAK VISITOR CENTER

## The Best Kept Secret in the Delta

**B**link, and you'll miss the quiet town of Oakley, where you can find a gem in the Delta, Big Break Visitor Center. It boasts engaging exhibits highlighting the California Delta as a valuable resource for all Californians. The Visitor Center uses replicas to model how the wetland habitat is a home for plants, animals, and people. Explore multisensory exhibits, watch fish swim in the tank, sketch a critter, crawl through a tunnel, discover the Delta's First People, and so much more. Don't just take our word for it... Come in to experience it all for yourself. We hope to see you soon!



## A Day at Big Break ... Mad Libs Style

Visit the park in person to create your own memories and stories to share.

Yesterday, \_\_\_\_\_ and I went to Big Break Visitor Center. On our way to the park, we saw a \_\_\_\_\_ sitting on a light post. When we arrived at Big Break we saw a \_\_\_\_\_ in the grass. We walked into the visitor center and saw \_\_\_\_\_ plankton swimming with the help of a microscope. There was a \_\_\_\_\_ river otter in the tunnel. Then we \_\_\_\_\_ to the pier. When we \_\_\_\_\_ by the pond we saw \_\_\_\_\_ turtles \_\_\_\_\_ in the sun. At the pier we saw a \_\_\_\_\_ swoop into the water to catch a \_\_\_\_\_.

\_\_\_\_\_ Big Break is a \_\_\_\_\_ place.



## Big Break Interpretive Programs

For a complete list of Big Break programs, please visit us online . . . . . ▶

### RAPTOR BASELINE

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. Meet at a different park on the last Thursday of each month. Join in one or all.

**Sept. 29, 9-11:30am**  
**Oct. 27, 9-11:30am**  
**Drop-in**, no registration required

### BIG BREAK CAMPFIRE

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 campfire (and S'mores of course!) September: Nocturnal Animals. Misti Marsh

**Sept. 8, 6:30-8pm**  
**Drop-in**, no registration required

### DUNE RESTORATION

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

**Oct. 22, 9am**  
**Drop-in**, no registration required



### KAYAKING BIG BREAK

Come ply the welcoming and wondrous waters of the Delta on this beginner (and up) kayak excursion. We'll start off with dry land instruction then paddle our steady and stable craft on a group exploration of this lovely, rich shoreline. Misti Marsh and Wyatt Moore

**Registration required. Fee required.**  
 Visit website for more details.

### WEEKEND PROGRAMS

Join Big Break Interpretive Staff to learn about why the Delta is important to all Californians and discover what you can do to help the Delta.

**Every Saturday and Sunday**  
**Drop-in**, no registration required  
 Visit website for more details.



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



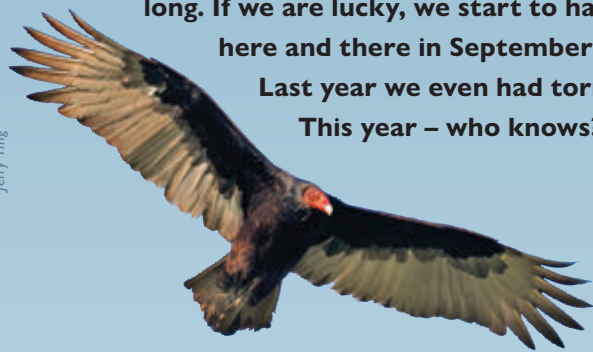
# Black Diamond Mines

REGIONAL PRESERVE

FROM TARANTULAS  
TO TURKEY VULTURES:

## Fall at Black Diamond and Martinez

As you probably know by now – Black Diamond is hot, and it is dry. Most of us just avoid the park all summer long. If we are lucky, we start to have cooler days here and there in September and October. Last year we even had torrential rain. This year – who knows?



Jerry Ting



Jerry Ting



## Surprising Signs of the Season

Male tarantulas wait for the cooler fall evenings to emerge from their underground homes and patrol the park.

Turkey vultures soar along the roads and the hillsides to see if some poor creature has given up the ghost.

Some of the oak trees are bearing acorns, and all the animals who appreciate those nutritious nuts are getting busy with their harvest.

A few of the plants have chosen this unlikely time of year to flower.

Baby snakes are emerging from their eggs to get their first taste of free life on earth at a tricky time of the year.

Fall is a great time to come out to Black Diamond to take in the view of the golden hills or to join a park naturalist for a guided exploration.

### VASCO CAVES TOURS

The wild and windswept land now known as Vasco Caves is sacred to local California Indian communities and a refuge for golden eagles, fairy shrimp, and tiger salamanders. The preserve is accessible only through guided tours. For the first time since 2020, public tours of the preserve will begin in September. Please check online to make reservations and see availability: [ebparks.org/parks/vasco-caves](https://ebparks.org/parks/vasco-caves)



For a complete list of programs, please visit us online . . . . .



[https://apm.activecommunities.com/ebparks/activity\\_search](https://apm.activecommunities.com/ebparks/activity_search)

## Black Diamond and Martinez Interpretive Programs

### OAK BIRDS

Jays, woodpeckers, titmice, nuthatches. All of these birds are up for an acorn, or maybe a thousand, this time of year. Visit with them here at Black Diamond!

**Sept. 11 (Sun.), 9-10am**

Black Diamond Mines

### TARWEED

Miraculous – richly scented tarweed blooms amidst crispy-dry grass, in hard, cracked soil, under the blazing sun. Uniquely tough, justly wondered at and admired – come and learn with us!

**Sept. 4 (Sun.), 9-10:30am**

Black Diamond Mines

### TURKEY VULTURES

Enigmatic. Silent. Social. These companions of our outdoor experience are deeply worthy of appreciation. Come find out why on a stroll through the marshes of Martinez.

**Sept. 18 (Sun.), 9-11am**

Martinez

### TARANTULA TALES

What is that giant spider? It seems to have come out of nowhere. This is an ancient arachnid unlike the spiders we see year-round. Learn what makes them special.

**Oct. 30 (Sun.), 5-7:30pm**

Black Diamond Mines

**Registration required.**



# Coyote Hills REGIONAL PARK



## It's Apple Season!

Apples are from a deciduous tree, meaning they shed their leaves annually and then grow anew every year. The fruits generally mature in late summer to fall, then the trees go dormant in the winter. While apples are not native to North America, they are now cultivated worldwide and are significant in different cultures, traditions, and stories. With thousands of varieties ranging from more tart flavors like the Granny Smith apples to sweeter flavors like Fuji and Red Delicious apples, we use these fruits to make many delicious foods and beverages. With a host of health benefits, it's easy to see why this fruit is so popular.

Did you know there is an Apple Orchard at Garin/Dry Creek Pioneer Regional Park?

The East Bay Regional Park District acquired this land in 1974. It began as a project from Richmond tree surgeon Emil Linquist – looking for a home for his backyard grafted trees and ultimately wanting to establish an orchard with various apples. In 1985 more than 150 of Linquist's trees were initially planted at Garin, about 200 eventually, stretching over 3 acres of 172 known varieties.

## Garin Apple Festival

**Want to learn more about apples?** Join us for our annual Apple Festival on Saturday, September 10, from 11:30am-3:30pm at our neighboring Garin/Dry Creek Pioneer Regional Park in Hayward. We will celebrate the local farming history and tour an antique apple orchard with varieties of apples you won't find anywhere else. Come out and try your hand at making ice cream, play old-fashioned games, create crafts, and join Bob the Blacksmith for a live demonstration. You couldn't "pick" a better festival.



## Coyote Hills Interpretive Programs

For a complete list of Coyote Hills programs, please visit us online ▶

### ETHNOBOTANY GARDEN EXPLORATION

Go on a leisurely walk through our ethnobotany garden to discover native plants and how they are used for food, medicine, and tools by Ohlone Peoples. Roll up your sleeves to create your own potted plant to take home.

**Sept. 18 and 25 (Sun.), 10-11am**

### GATHERING OF OHLONE PEOPLES

Ohlone Peoples knowledge of natural resources and land management skills enabled them to thrive as the First Peoples since time immemorial and who are still here today. In this virtual presentation, several tribes will share their culture, history, traditions, and discuss current involvements.

**Oct. 2 (Sun.), 10am-11:30pm**

### BATS!

Learn about our native bat species and how these creatures of the night thrive. Compare our native bats to those found around the world and then make your own bat craft.

**Oct. 23 and 30 (Sun.), 10-11:30am**



**Pallid bat**

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





# Crab Cove

## VISITOR CENTER AND AQUARIUM

### Spooky Season and Terrifying Trends

The **Spooky Season** has begun, with thrills and chills on land and sea...all throughout the East Bay Regional Parks you will find Mother Nature's spooky decorations.

In September and October, you may notice large, perfectly built spider webs – the quintessential Halloween backdrop. Perhaps you've also done a few double takes when spotting the intimidating owners of these terrific webs – thumb-sized spiders, silently waiting for their next meal.



Ron\_n\_Beths Pics\_Creative Commons

Indeed, the **orb weavers** are out! Over 30 species of these wonderfully spooky spiders are present year-round in the Bay Area, but most aren't noticeable until the fall season. These eight-legged neighbors are finally mature enough to reproduce, so they are looking for mates and trying to pack on the pounds before laying eggs and dying.

Up in the hills of Black Diamond Mines and Sunol, another arachnid is adding to the Halloween décor. Larger than an average human palm and very hairy, **tarantulas** can definitely cause a fright. But don't panic: even though these giant creepy-crawlies are wandering the trails at twilight, they too are just looking for spider love.

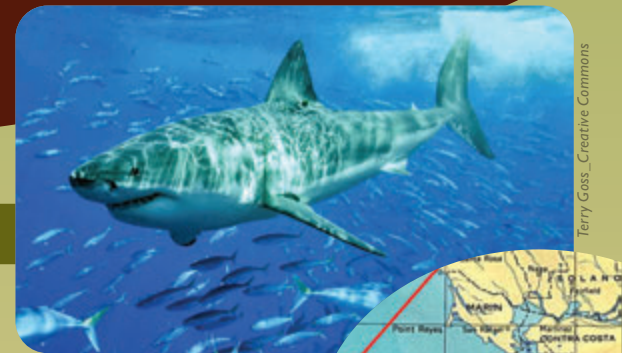


Stonebird\_Creative Commons

Meanwhile, in the dark and damp undergrowth of Wildcat Canyon and Tilden's forests, an eerie glow can be spotted at night. They're **Jack-o'-lanterns**, not spirits, but definitely ghostly. These pumpkin-orange mushrooms are bioluminescent (and toxic, so don't pick them). Although scientists are still debating the purpose of their gleam, it definitely adds to the season's spookiness...

Shifting our gaze out to the coastal waters of the Pacific Ocean, remember that it's **Sharktober** – the white sharks are returning to the **Red Triangle**, the area between Bodega Bay, Point Sur, and

the Farallon Islands.



Terry\_Goss\_Creative Commons



This is a time of heightened encounters between humans and sharks. These fearsome predators are not actually out to get us. Unfortunately, from below, surfboards look dangerously similar to their favorite meals of seals and sea lions...

Spiders and sharks may keep us up at night, but the scariest of the scary this season is actually us – or rather, our plastic trash. Our rogue disposable masks, straws, and cigarette butts have been accumulating and waiting for the first rains to carry them from streets, through creeks and sewage systems, to the waters of the San Francisco Bay. This marine debris, or ocean trash, is truly terrifying: it torments wildlife through entanglement and ingestion, and it's coming for us too... Plastics do not decompose but instead break down into minuscule pieces that we ingest through the food that we eat, the water that we drink, and the air that we breathe.

Luckily, we can stop this terrifying trend. To learn about all things marine debris, join us on the spookiest weekend of the year: we will

celebrate Halloween, catch the Ocean Trash Monsters, and protect the creatures of Crab Cove while having some spooky fun.

**"Crab Cove Creatures and the Ocean Trash Monsters"** is offered October 29 (Sat.) and October 30 (Sun.), 10am-4pm. Drop-in program. For more information, check out this QR code ••••▶



## Crab Cove Interpretive Programs

For a complete list of Crab Cove programs, please visit us online •••••▶





## Spooky, Strange, or Standard?

**A**s we head into spooky season, we wonder if the weather strikes you as strange or standard? The beginning of fall in the East Bay can include days that top 100 degrees, chilly evenings, lots of wind, still days, and sometimes even random rain showers (well, at least we can hope). This time of year can also be very dry, with high fire danger and poor air quality.



Marc Crumpler

**Ridges through the smoke. Check [airnow.gov](http://airnow.gov) for the latest air quality readings.**

Here are a few suggestions on how to enjoy the season while also being safe:

- **Check air quality before heading out.** If it's favorable, come on a naturalist-guided program like our Beginner Birding Walk to spot fall migrants.
- **Stay cool and explore in the evenings.** Enjoy the dark skies with some stargazing on your own or join us for an evening walk to spot a tarantula.
- **What are current fire restrictions?** Know before you go to plan ahead for sharing spooky stories around the wood burning or propane fire.



Tom Lee

**Around the end of September, Jupiter will be brighter than any other time of the year and will be visible all night long.**



Becky Matsubara

**Red-tailed hawks are especially prevalent during the fall.**

## Tarantula Season is Upon Us!

You may see these amorous arachnids out searching for a lovely lady to call their own throughout September and October. Be sure to keep an eye out while driving too, since they aren't always the best at directions you may spot them crossing roads!



B. Witzke

### True or False?

Test your spider know-how with these interesting tidbits:

- 1) All spiders use webs to catch their prey. **True or false?**
- 2) Both male and female tarantulas are moving around in the fall. **True or false?**
- 3) Tarantula burrow openings are about the size of a bottle cap. **True or false?**
- 4) Tarantulas have 8 eyes that can detect light, dark, and motion. **True or false?**
- 5) Most spiders have 4 legs. **True or false?**

**Answers:** 1) False, tarantulas are ground hunters. 2) False, just the males. 3) True. 4) True. 5) False, they have 8 legs.

### Want to See a Tarantula in Person?

Stop by the Del Valle Visitor Center – located on the west side of the park – during weekend hours. Once tarantulas are out and about, we will have one on display throughout their migration season. You can also visit the park on your own (email [DVvisit@ebparks.org](mailto:DVvisit@ebparks.org) if you want location recommendations) or come to a naturalist program to search for tarantulas on an evening walk.

## Del Valle Interpretive Programs

For a complete list of Del Valle programs, please visit us online ▶

### SPOOKY NATURE SCAVENGER HUNT

Stop by the visitor center to pick up a scavenger hunt to search for creepy critters and eerie landscapes nearby. Tell us about your adventure and get a treat. Costumes encouraged!

**Oct. 30** (Sun.), 9:30am-3pm

### FALL BEGINNER BIRDING WALKS

Fall is such an interesting time to look at birds in the park – you'll see summer migrating birds leaving, and the winter birds arriving! Join us for one of our beginner birding walks – no experience necessary! We will have loaner binoculars available, but feel free to bring your own.

**Oct. 9 and 23** (Sun.), 8:30-10am







# Mobile Education

## SPOTLIGHT ON:

### California Tiger Salamanders (*Ambystoma californiense*)

One of the endangered species we work to protect in the parks is the California Tiger Salamander, or CTS. These large, charismatic amphibians can be surprisingly hard

to find in the wild, mostly because of where they live.

The adults, about 5 to 8 inches

long from tip of snout to tip of tail, spend most of their

**California tiger salamander larvae with gills.**

lives underground in Botta's pocket gopher or California ground squirrel burrows. In

the East Bay — where seasonal pools are scarce because of development, mosquito control, and a warming climate — eggs and larvae develop in murky cattle ponds.

#### Unexpected Partnerships

Adult CTS can't dig their own burrows, so small mammals who make underground tunnels are crucial for creating their terrestrial habitat. These tunnels are cool and humid, providing refuge for adult CTS in the hot and dry summer and fall months. Another surprising helper in CTS survival are the cattle who graze in the parks! Cattle ponds provide critical breeding habitat, and grazing is a

big part of the story as well. Grazing significantly reduces the volume of annual non-native grasses in areas where CTS live, which results in lowered fire risk and increased biodiversity.

#### Circle of Life

CTS adults are mostly terrestrial and go to ponds only to breed. Once the rain comes in winter, adults make their way to ponds to mate and lay eggs. Adults leave the pond soon after to return to their upland burrows — they do not stay to protect the eggs. Like most amphibians, CTS go through a complete metamorphosis, so when the eggs hatch, larvae bear little resemblance to the black and yellow-spotted adults. Immature CTS have a long dorsal fin that extends down their back, frilly external gills on the sides of their broad head, and are generally yellow-gray in color. As they grow larger they become one of the top predators in the pond ecosystem, eating just about anything that will fit in their mouths. After they mature around late spring or early summer, they leave the pond to start their terrestrial lives, usually not more than a mile from the pond they were born in (also known as their 'natal pond'). It will take around 2

years, sometimes as long as 4-6 years, to become sexually mature. Once they're ready to breed, they'll return to their natal pond to start the cycle again.

#### CTS and You!

If you ever catch a glimpse of one of these fantastic beasts in the wild, consider yourself very lucky! Populations can be found at Black Diamond Mines, Sunol, Thurgood Marshall, and a number of other parks. A great time to see CTS on the move is after dark during winter, when it's wet out and adults are traveling to ponds to breed. Remember that this species is federally endangered, so it's illegal to hold or collect any of these animals without a special permit. Enjoy with your eyes only!

One way you can help preserve these amazing animals is by not allowing yourself or your pets to enter any cattle ponds, so that local California tiger salamander populations can continue to survive and flourish.



**Wildlife biologist netting for California tiger salamander larvae during a pond survey.**



**Cattle pond where many California tiger salamander larvae live.**



# Outdoor Recreation



## Adult Pole Walking and Pole Hiking

**Expert training** on how to use poles for hiking, walking and outdoor exercise. **CAREFULLY** read the descriptions and then select the class that best suits your physical ability and inclination. A variety of top-quality poles are provided for your use.

### POLE HIKING SKILLS AND TECHNIQUES

#### *Roberts Recreation Area*

Hikers learn strategies for enhancing performance and confidence on the trail. Uphill: Improve power, endurance, posture, upper body strength and spine function. Downhill: Develop skills for feeling safer and preserving joints – Save your knees! Small group, pole basics training session, easy terrain, all level hikers welcome.

**September 20** (Sat.), 9:30am-12:30pm, #45286  
Fee: \$45 (non-res \$51) Registration required.

### POLE WALKING FOR MAINTAINING MOBILITY

#### *Coyote Hills Regional Park*

When pole walking, you'll feel taller and experience profound freedom of movement! Special session for people with mobility challenges. Learn game changing skills that address your issues, reduce fall risk, improve your balance, endurance, walking gait, longevity. Easy pace; short practice, flat pole walk, Butterfly Garden exploration.

**October 20** (Thurs.), 9am-12:30pm, #45287  
Fee: \$55 (non-res \$61) Registration required.

### HIKING WITH POLES: SKILLS + PRACTICE HIKE

#### *Reinhardt Redwood Regional Park*

See September 20 listing for class description: This session includes the same basic poles training PLUS a practice hike (less than 5 miles). Improve confidence, trail performance, stamina and strength. For HIKERS able to manage varied, sometimes steep terrain, narrow trails, uneven stairs.

**October 22** (Sat.), 8:30am-2pm, #45288  
Fee: \$75 (non-res \$83) Registration required.



## Outdoor Recreation Programs

For registration information and a complete list of Outdoor Recreation programs, please visit us online at [ebparks.org/register](http://ebparks.org/register) or call 1-888-327-2757 (1-888-EBPARKS), option 2

## Boating and Kayaking Programs

### BOAT TO BROOKS

#### *Brooks Island*

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.

**October 15** (Sat.), 9:30am-3:30m, #45333  
**October 16** (Sun.), 9:30am-3:30m, #45334  
Fee: \$72 (non-res. \$80) Registration required.

### KAYAKING BIG BREAK

#### *Big Break Regional Shoreline*

Come ply the welcoming and wondrous waters of the Delta on this beginner (and up) kayak excursion. We'll start off with dry land instruction then paddle our steady and stable craft on a group exploration of this lovely, rich shoreline. Adults.

**September 20** (Tues.), 10am-12:30pm, #45340  
Fee: \$30 (non-res. \$34 ) Registration required.

### BIRDING BY KAYAK

#### *Big Break Regional Shoreline*

What better way to bird than by kayaking on the welcoming and wondrous waters of the Delta? We'll start off with dry land instruction then paddle our steady and stable craft on a group exploration of this lush and lovely shoreline. Adults.

**October 18** (Tues.), 9-11:30am, #45342  
Fee: \$30 (non-res \$34) Registration required.

### SUNSET PADDLE

#### *Big Break Regional Shoreline*

Paddle as the light of the setting sun sparkles on the waves. After dry-land instruction, we'll wend our way in our steady and stable tandem kayaks exploring the calm waters of Big Break. Kayaks, instruction, and all associated safety gear provided. Ages 12+yrs.

**October 11** (Tues.), 5-7:30pm, #45344  
Fee: \$30 (non-res \$34) Registration is required.

### KAYAKING FOR FOLKS 50+

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

Learn kayaking skills with your peers at a pace that is right for you. On land we will cover paddling techniques, equipment selection, and boating safety. Then we will practice what you have learned on the water by touring San Leandro Bay by kayak. 50+ yrs.

**October 7** (Wed.), 10am-2pm, #45352  
**October 19** (Wed.), 11am-3pm, #45353  
Fee: \$52 (non-res \$58) Registration is required.

### KAYAKING FOR FOLKS 50+

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

Learn kayaking skills with your peers at a pace that is right for you. On land we will cover paddling techniques, equipment selection, and boating safety. Then we will practice what you have learned on the water by touring San Leandro Bay by kayak. 50+ yrs.

**October 19** (Wed.), 11am-3pm, #45353  
Fee: \$52 (non-res \$58) Registration is required.



Kayakers assemble for the Evening Sunset paddle.





# Sunol Wilderness

REGIONAL PRESERVE

## It's Tarantula Time!

**A**s the summer season comes to an end and the weather begins to cool, East Bay tarantulas start to creep out of their burrows. The lifespan of the desert tarantula, *Aphonopelma iodi*, differs dramatically between male and female. The male tarantula lives anywhere between seven and ten years, while the female tarantula can live to around thirty years!

Tarantulas spotted by visitors are most likely male tarantulas seeking a companion. When the male desert tarantula senses a female tarantula's pheromones, the male lures the female from her burrow by rhythmically tapping their pedipalps, the front-most legs on the arachnid. These motions create vibrations above the female tarantula's burrow, almost like knocking on a door. "Honey, I'm home!" When the female emerges, she raises her fangs and pedipalps, making it difficult for the male to mate. The male tarantula must be prepared to utilize his tibial spurs to ward off the female's fangs. Once the male's safety is ensured, the wild frenzy of tarantula mating takes place!

## Protect the Gentle Giants!

Although desert tarantulas look eerie to some, these creatures tend to be slow-moving, "gentle giants". Tarantulas are the largest spiders in California and typically hide in their burrows far away from human contact. However, as the fall season rolls around, male desert tarantulas creep out of their burrows to find a female. While these arachnids are seeking mates, it is important for us to help keep them safe on their journey. One way we can protect these "gentle giants" is by not touching them. Desert tarantulas are very delicate and touching one can harm the tarantula's exoskeleton. Imagine how fragile you'd be if your bones were on the outside of your body! Likewise, we can follow the posted speed limit in and

around park roadways to allow for safe tarantula crossings.

By doing our part, we can help protect this fascinating species!



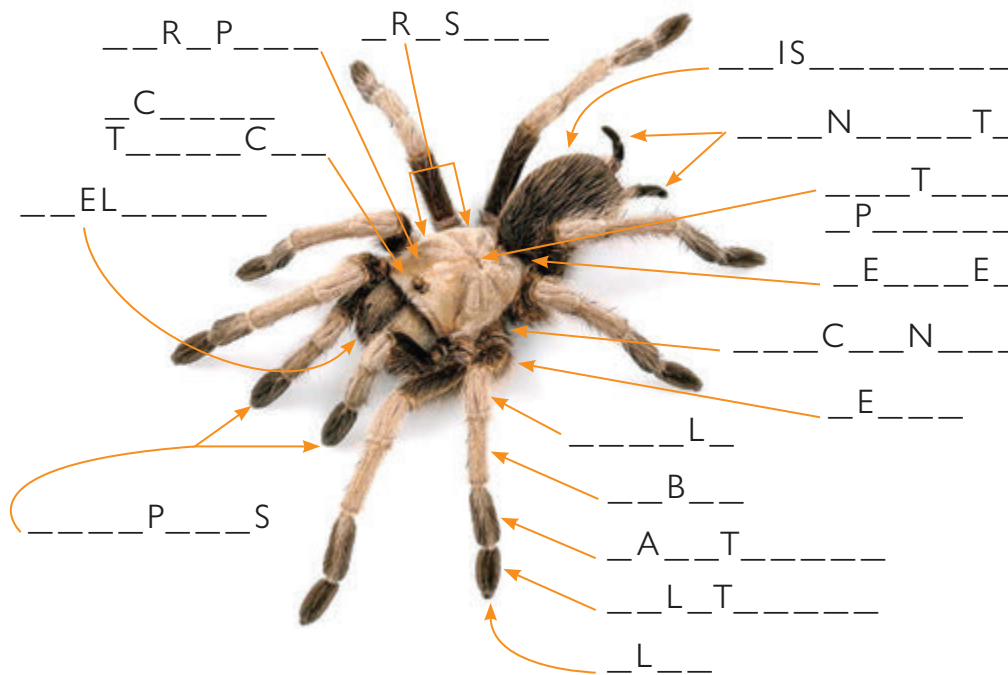
This "Gentle Giant" is out of its burrow exploring Round Valley Regional Preserve in Brentwood.

## Testing Tarantula Anatomy

Tarantulas are very complicated creatures, with eight hairy legs and pedipalps that help males awaken the females in their burrows. Females usually have a stockier body than males and the average tarantula's size can range from three to four inches. Although a tarantula only has two main parts, the opisthosoma and prosoma, each leg is comprised of seven segments.

Test your knowledge of tarantula anatomy. Match the tarantula body part words to the picture:

- |  |  |                                     |                                     |
|--|--|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Basitarsus      | <input type="checkbox"/> Claw            | <input type="checkbox"/> Telotarsus | <input type="checkbox"/> Pedipalps  |
| <input type="checkbox"/> Carapace        | <input type="checkbox"/> Femur           | <input type="checkbox"/> Tibia      | <input type="checkbox"/> Prosoma    |
| <input type="checkbox"/> Central Apodeme | <input type="checkbox"/> Ocular Tubercle | <input type="checkbox"/> Patella    | <input type="checkbox"/> Spinnerets |
| <input type="checkbox"/> Chelicera       | <input type="checkbox"/> Opisthosoma     | <input type="checkbox"/> Pedicel    | <input type="checkbox"/> Trochanter |



## Sunol Interpretive Programs

For a complete list of Sunol programs, please visit us online . . . . .



### MEET A TARANTULA!

**Tarantula Trek**  
October 16 (Sun.), 6:30pm,  
registration required

**Spooky Sunol Open House**  
October 29 (Sat.), 6-8pm,  
drop-in

**Spooky Creature Feature**  
October 30 (Sun.), 10am-  
2pm, drop-in



# Tilden

## NATURE AREA



### Arachnids



**Argiope aurantia, the yellow garden spider, is a large orb-weaver that makes vertical orb-shaped webs.**



**This tiny sheet-web spider in the genus Microlinyphia makes a horizontal sheet-like web between understory plants.**



**The burrow of Calisoga longitarsus, the largest spider in Tilden, showing fresh exuviae (exoskeleton remains). This tarantula relative spends most of its life underground in its burrow.**

#### TILDEN NATURE AREA INTERPRETIVE PROGRAMS

[ebparks.org](http://ebparks.org) • [ebparks.org/parks/tna](http://ebparks.org/parks/tna) • Information: (510) 544-2233

#### AUTUMN ARACHNIDS!

Come on a short walk and search for autumn arachnids! You'll learn why spiders and scorpions are beneficial friends!

Rain cancels. *Trent Pearce*

**October 8, 22 (Sat.) 3-4:30pm.**



### Western Forest Scorpion

They may look fierce, but these special arachnids (hard bodied invertebrate that has two body parts and eight legs) are an important species in our local redwoods and oak woodlands. Active at night, western forest scorpions hunt for various insects and invertebrates that it can easily overpower using its chela, oversized pedipalps that look like claws. To help subdue their prey, a scorpion will use their aculeus, its stinger, to deliver venom. Scorpions help our ecosystem by eating insects and by being food for other animals. Did you know – scorpions can give live birth? Not really, but a female scorpion will hold her fertile eggs inside her body till the babies hatch (nymphs). These nymphs then leave her

body making it appear that she has given birth to live young. This whole process is called viviparity. The nymphs will then stay on the mom's back till they're ready to leave her protection.

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

### Word Find

arachnid  
cephalothorax  
cute  
exoskeleton  
fangs  
legs  
silk  
spider  
spinnerets  
pedipalps  
spiderlings

## WHAT'S HAPPENING AT THE REGIONAL PARKS BOTANIC GARDEN

The Botanic Garden is open 8:30 a.m. to 5 p.m., October – May and 8:30 a.m. to 5:30 p.m., June – September.  
Special events, classes, docent training, and Friends of the Regional Parks Botanic Garden e-newsletter: [nativeplants.org](http://nativeplants.org) or call (510) 544-3169

### FALL PLANT SALE

The Botanic Garden Fall Plant Sale will take place on Sat., Oct. 1. Public sale hours are 10 a.m. to 1:30 p.m. Friends members sale starts at 9 a.m. Friends memberships may be purchased at the door. For a plant list immediately before the sale, visit: [nativeplants.org](http://nativeplants.org)

### WEEKEND AND HOLIDAY TOURS

Docent-led tours are currently being offered every Saturday at 2 p.m. and Sunday at 11 a.m. and 2 p.m. Meet at the Visitor Center. Maximum number of spots is 10 per tour. Rain cancels! Free.

### CALIFORNIA INDIAN USES OF NATIVE PLANTS TOUR

Play the traditional Miwok game of staves, grind acorns, and even wash your hands with soap plant root. See Native American artifacts and the plants used to make them. Learn about plants that were important food sources. Family friendly.  
**November 13 (Sun.), 2-3pm, Free**

### 2023 DOCENT TRAINING

Sign up for the next docent training class beginning in January 2023. Space in this class is limited! Contact us at [BGarden@ebparks.org](mailto:BGarden@ebparks.org) for information on docent programs and/or to get on our preliminary contact list for the 2023 docent training class.

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





# Volunteer PROGRAM

## California Coastal Cleanup Day SEPTEMBER 17, 2022



Join the East Bay Regional Park District to celebrate the 38<sup>th</sup> Annual California Coastal Cleanup Day! We are excited to host shoreline cleanups throughout the Park District and help our shorelines sparkle.

Worried you'll be busy that Saturday? You can still clean the shore from your front door as part of our Neighborhood Coastal Cleanup ANY day in September! Trash from inland areas flows downstream to the coast, so cleaning up neighborhood trash prevents marine debris.

No matter how you participate, you can earn some Park District volunteer hours and help with statewide goals for the day! Learn more about how to participate from our web page: [ebparks.org/events/coastal-cleanup-day](http://ebparks.org/events/coastal-cleanup-day)

### CleanSwell App

Did you know that you can join a global movement to help keep our beaches clean and contribute to scientific knowledge?! The Ocean Conservancy's CleanSwell App is an amazing tool that allows you to let scientists and advocates around the world tackle ocean trash at a global scale.

Volunteers at the Regional Parks pick up extraordinary amounts of trash each year. By tracking what kind of trash is being found, and where, it allows researchers and policy makers to better understand trends in waste products. Tracking trash on the CleanSwell app updates the Ocean Conservancy's global ocean trash database. Anytime, anywhere, you can use CleanSwell to see the impact you've had on our waterways and get involved in the fight against litter.

### With CleanSwell you can:

- Record everything you collect and share with scientists and policymakers around the world. You can also share with friends and family!
- Become an ocean advocate with action alerts and helpful blogs in the Action Center.
- See your overall impact on the ocean with a complete historical record of your cleanup efforts including weight of trash collected, location (if enabled), and distance cleared.

Consider downloading CleanSwell today and using it for our upcoming Coastal Cleanup Day!

**EBRPD VOLUNTEER SERVICES**  
[volunteers@ebparks.org](mailto:volunteers@ebparks.org) | (510) 544-2229

## East Bay Regional Park District

Healthy Parks Healthy People

2950 Peralta Oaks Court  
Oakland, CA 94605-0381  
[ebparks.org](http://ebparks.org)

## DOC QUACK VOLUNTEER PROGRAMS

**REGISTRATION:** [ebparks.org](http://ebparks.org) or 1-(888)-327-2757, option 2

**INFORMATION:** [ebparks.org/about/getinvolved/volunteer/quack](http://ebparks.org/about/getinvolved/volunteer/quack) or (510) 544-2233

### CALIFORNIA BLACK RAIL HABITAT HELPERS (#45672) AT POINT PINOLE REGIONAL SHORELINE, RICHMOND

During this hands-on activity, you'll 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 with this project.

Parent participation is required.

**Sign-up deadline:** Sept. 23

**October 1 (Sat.); 9:30am to 11:30am**..... "Doc Quack", Wildlife Biologist



### RAIL RESCUE RANGERS (#45693)

**AT ELSIE ROEMER BIRD SANCTUARY/CROWN MEMORIAL STATE BEACH, ALAMEDA**

During this hands-on adventure you'll 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 for rails. Physical labor is involved with this project. By participating, you'll earn your "Rail Rescue Ranger" patch. All ages welcome and parent participation is required.

**Sign-up deadline:** Oct. 7

**October 15 (Sat.); 9:30am to 11:30am**..... "Doc Quack", Wildlife Biologist

