



A facility of
Hayward
Area
Recreation &
Park District

UPCOMING EVENTS AT THE SHORELINE

MARCH

- **Birding: Down Peri-scope!**

Sat. Mar. 17, 9:30am-12:30pm

APRIL

- **Plein Air @ the Shore**

Sun. Apr. 8, 10:00am-12:00pm

MAY

- **Feeding Frenzy**

Sun. May 27, 2:00pm-3:00pm

See inside for program details.

SCHOOL FIELD TRIPS

We conduct hands-on wetland education programs for local schoolchildren. Call 510-670-7270 to talk with the naturalist staff about reservations.

INFO & HOURS

We are open to the public every Friday, Saturday, and Sunday from 10am to 5pm.

4901 Breakwater Avenue
Hayward, CA 94545
telephone: 510-670-7270
email: shoreline@haywardrec.org

on the web:
HAYWARDREC.ORG

Everybody Outdoors

BY CHRISTINE CARDOSI

My college biology classmate stood there explaining to me, “So living in South America from ages 5 to 15, and watching my herpetologist parents conduct research and identify new species of frogs deep in the rainforest, I always knew I was meant to be outdoors.” Okay, so this wasn’t exactly what he said, but he had the assuredness to go with such a statement, as if he had a special inborn right to these pursuits. He had a calling to nature, had grown up knee-deep in formative and unique outdoor experiences, and as a kid been nurtured by adult role-models who also had a love and knowledge of the outdoors that they were readily able and willing to pass on. It intimidated me. It made me question if I was welcome, if this place was for me. It was the same feeling I’d later get self-consciously assembling the tent my first time car-camping, or feeling so out of place walking into a surplus store by myself to try and buy a backpacking pack.

This isn’t to say I didn’t have my own childhood experiences that led to a love of nature and the outdoors. But they seemed more mundane and day-to-day, such as homemade terrariums from empty peanut butter jars, where a leaf and a stick decorated a caught spider’s new home (and later catching flies in the backyard to unsuccessfully feed these spiders). I think these simple childhood experiences were the ordinary, everyday seeds that would lead to a continued passion for the outdoors.

Yet for many this isn’t enough. Most children love learning about animals, catching bugs, playing wild in the outdoors; they beg their parents for a menagerie of pets, imagine themselves roughing it and living on their own in tree houses of their own making. This comes through in other ways as well, like imaginary play or stories with

talking animals and plants, a magical connection to nature. So why, when so many children have this seemingly inherent and universal love of nature, isn’t there a bigger and more diverse population of adults in the outdoors?

The reasons are varied, many, and intersectional, and for some can be hard to imagine if it differs from one’s own personal experience.

Even if interest from childhood remains, there are barriers still as adults

Exposure and outdoor opportunities can taper off as children get older, especially for urban or low-income communities. Children can lack an adult role-model to foster a continuing love of nature. Children, and later adults, who don’t see themselves represented in the outdoors can then believe that the outdoors is not for them. Outdoor Foundation’s 2017 Outdoor Recreation Participation Report found that only 27% of outdoor participants in the US were people of color. If we don’t see a diverse representation of hikers on the trails, models selling us camping equipment, or rangers, naturalists, conservationists, and environmentalists in our outdoor spaces, how easily the underlying message becomes “you and your kind are not welcome here.”

Even if interest from childhood remains, there are barriers still as adults. Increases to park fees that make national parks no longer accessible to low-income families. Lack of means to travel or reach these natural treasures. Outdoor spaces or interpretation that do not consider people with disabilities. Cultural and historical reasons and fears that make spending freetime in the outdoors an absurd proposition. Legitimate

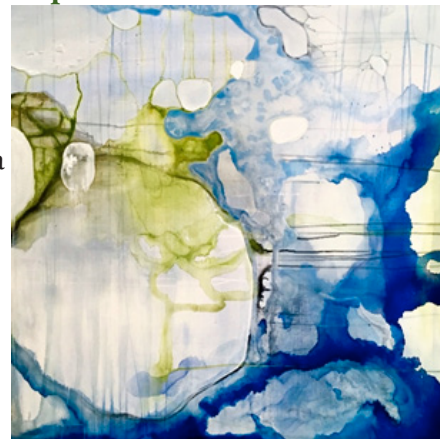
Particulate

Artist: Kimberly D'Adamo Green and Dr. Jim Hobbs

ON EXHIBIT APRIL 21, 2018 - JULY 8, 2018

Reception Saturday, April 21, 2:00pm-4:00pm

A dialogue between a scientist and an artist about the restoration of the industrial salt ponds of the South Bay, explores the return of wildlife to areas of the Bay previously too salty to sustain native flora and fauna. On display will be photos of the restoration and monitoring work being done by Dr. Jim Hobb's Lab of the Department of Wildlife, Fish and Conservation Biology at UC Davis, and paintings by Kimberley D'Adamo Green inspired by the estuary in flux.



The Interpretive Center has a large exhibit space with vaulted ceilings and moveable display panels. We are always interested in any form of art exhibit that highlights local wildlife, wetland or Bay ecology, or any theme in keeping with our goal of educating and inspiring

the public. If you are an artist interested in holding an art show at the Hayward Shoreline Interpretive Center, please contact the Supervising Naturalist, Adrienne De Ponte at 510-670-7270.

CREATURE FEATURE:

Isopod

Have you ever noticed a “roly poly” crawling through some dead leaves, or under a log? Some of these segmented dirt lovers are a kind of millipede, while others are a kind of crustacean called isopods. There are over 4000 species of isopods, living in a wide range of habitats, from the deep ocean to estuaries and freshwater streams – as well as moist soils and leaf litter. Many isopod species are detritivores, digesting dead plant and animal matter and recycling the nutrients. Others are parasites, draining energy from fish and crustaceans.

Our isopod *Synidotea laevidorsalis* is probably originally from Asia, but it has called the San Francisco Bay home for a while – at least since 1897. Although they can swim quite well, these cosmopolitan crustaceans, like many invasive species, have taken advantage of maritime trade routes. Scientists have documented them living in shallow estuaries on both coasts of the United States, as well as in South America, Europe, and Australia. In the San Francisco Bay they tolerate a range of salinity levels from the briny tidal marshes of the South Bay to the more brackish tule marshes of Suisun (although they avoid completely fresh water). You can identify them by their flattened, oval bodies, their two long antennae, their seven body segments, their seven pairs of clinging legs, and their mottled brownish coloration. Females grow up to 16 millimeters, while males reach 25 millimeters.

Synidotea moved to the Bay with some friends. They typically dwell amongst colonies of tiny sea anemone-like creatures called hydroids, which likely came from Asia as well. These hydroids accumulate on rocks, shells, and plants, but also on boats, wharves, and industrial equipment. *Synidotea*, as detritivores, like to munch on rotting wood pilings, and are sometimes considered a nuisance. They are, however, a food source for local fish species (including Chinook salmon, starry flounder, staghorn sculpin, white sturgeon, and young striped bass) and diving ducks.

-Kyle Bloomster



VITAL STATS:

Isopod

COMMON NAME:

Isopod

SCIENTIFIC NAME:

Synidotea laevidorsalis

RANGE: In shallow estuarine habitats, from Puget Sound to San Francisco Bay

DIET: Polychaetes, bryozoans, isopods, algae, carrion

LENGTH: 16-25mm

HOW TO OBSERVE: Look for the hydroid form on rocks, shells, and wharves. Look for the “roly poly” form under rocks during low tide times.

NEWS AND NOTES

IT'S BAYCAMP TIME!

With Bay Camp, your child will get up close and personal with the bayshore's birds, plants, bugs, and other crawly critters. Meeting birds and bugs, searching for life in the mud, playing games, this week long summer camp will be a scientific voyage of discovery. Ages 3-14. Please see our website for dates and pricing information.

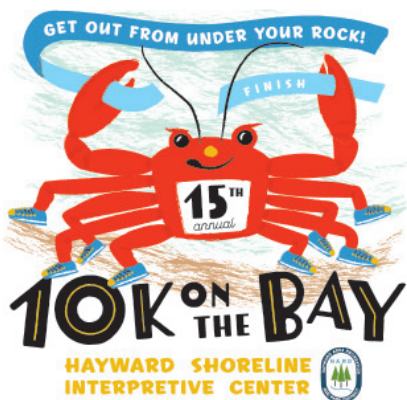
IT'S FISHING CAMP TIME!

Calling all anglers! Our shoreline is home to many unique fish; have your child come out and join us as we catch (and release) some of them. Over five days they will learn about the basics of fishing (knot-tying, casting, landing a catch, etc.). Through hands-on exploration, crafts, and activities, they will learn about the amazing diversity off life off our coast. All fishing equipment provided. Ages 6-13. Please see our website for dates and pricing information.



15TH ANNUAL 10K ON THE BAY

Dust off those running shoes and join us out on the trail! This year's 10K on the Bay is Sunday, August 26, 2018.



spotlight program: Spring 2018

Earth Day Shoreline Trash Takers



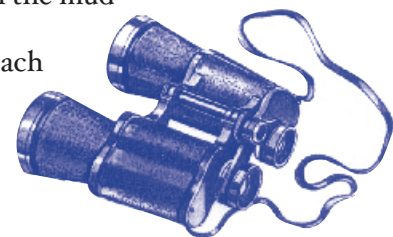
This Earth Day, April 22, come celebrate this beautiful planet we call home, and join other volunteers as we clean up our beloved Shoreline. Come see how we are all connected to the natural resources of this planet, and do your part to leave the Shoreline better than you found it. Gloves and trashbags will be provided. Bring some sunscreen, a waterbottle, and most importantly an excitement to make a difference.

Sun, Apr. 22, 11:00am - 1:00pm. All ages.

THIS WINTER, wildlife of all kinds was seen in the marsh. Notable sightings include:

- **GREAT BLUE HERON** continually hanging out close to the Interpretive Center
- **AMERICAN KESTREL** perching on the wires
- **WHITE CROWNED SPARROWS** flitting around in the fresh water marsh
- **ALEUTIAN GEESE (300+)** at West Winton feeding on grass
- **RED TAILED HAWK** perched on the fence by the bridge
- **EURASIAN WIGEON** paddling around in the water
- **WHITE TAILED KITE** 'kiting' above the marsh
- **NORTHERN SHOVELERS** swimming around in groups
- **BUFFLEHEADS** scooting around in the water
- **BLACKTAILED JACKRABBIT** jumping away from birders
- **TURKEY VULCHERS** feeding on carion
- **EASTERN MUD SNAILS** digging into the mud
- **TOPSMELT** caught by school program attendees (and put back)
- **YELLOW SHORE CRABS** scurrying in the mud
- **GREAT EGRET** catching fish
- **YELLOWFIN GOBY** rescued from beach and put back into the Bay

winter sightings





H.S.I.C. STAFF

Adrienne De Ponte	Superv. Naturalist	Zoey Moran	Student Aide
Ann Graham	Senior Naturalist	Karen Nguyen	Student Aide
Lauren Porter	Director of Animal Care	Dominic Miller	Student Aide
		Randy Gates	Contributing Naturalist
Christine Cardosi	Naturalist		
Kyle Bloomster	Naturalist		

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Nature FROM PAGE 1

concerns of threats to personal safety from others. Fear of judgment, a lack of self-confidence, feeling one doesn't have the "permission" to be there. The list goes on and on.

So "I didn't catch and identify new species of glass frogs as an infant in Ecuador, so what business do I have here" could instead be: "I don't have the right gear for hiking, or the money to afford the gear, so I couldn't just hit the trails," or, "I feel unwelcome and physically threatened in those spaces, so I shouldn't go there," and, "My family never did any of this outdoors stuff, so there's no way I could get into it now."

Fortunately, there are people and organizations on many fronts fighting for access to the outdoors for all: Latino Outdoors, OUT There Adventures, Outdoor Afro, and Avarna Group to name a few. Free nature centers and special discounted park passes for low-income families are other ways institutions work towards inclusivity. The efforts of organizations and programs like these, and support and awareness from people like you, are what we need to tear down these barriers. Dedicated to fostering diversity, inclusion, and equity in the outdoors, these organizations create access points and empower communities by connecting them to nature and outdoor experi-

ences. From meet-ups for inclusive hikes to Instagram hashtags showcasing underrepresented groups at their nature-tackling finest, they're changing the landscape.

The outdoors is for everybody. No one should be barred from experiencing the comforting quiet and solitude of a hike through the woods, the relief of getting up a challenging summit and being rewarded with a breathtaking view, or witnessing a mesmerizing murmuration as thousands of birds fly in unison over the marsh. We must continue to fight, advocate, self-evaluate, challenge, and work towards making that a reality.