



Hikanbyke Highlights

MEMBERSHIP POLICY

Regular member (hard mailed newsletter) **\$22/year**. **Green member** (on-line newsletter) **\$10/year**.

NOTE – hardcopy newsletter cost may vary as printing/mailling costs increase

To submit events for the next issue of the newsletter:

Deadline for next issue: December 24.

By E-mail:

DLsavard at gmail dot com.

Include: Event title and description; date and time of event; rating and level of effort; meeting place and directions; contact person, phone number and/or EMAIL; and whether rain cancels. Include car pool location, time and any other pertinent information.

Membership

To receive the Hikanbyke newsletter or to renew your membership, fill out the membership application at the back of this newsletter and forward with your check.

Please advise Charlie Uhlman -cju2 at sbcglobal dot net of any changes to your email. If your email is current in our database you will receive a reminder when your subscription is about to expire

Unless specifically invited by the event leader, no animals are permitted on events.

Hikanbyke Web Site:
<https://hikanbyke.org/>

Visit our website for club information, club policies, photos from events, and a "condensed" version of the activity schedule and more.

STATEMENT OF PURPOSE

We are a non-profit group of friends, dedicated to sharing the enjoyment of activities, such as biking, hiking, skiing, jogging, dining and camping, in a supportive, non-threatening atmosphere. Hikanbyke membership is open to everyone.

Club Coordinators

Membership / Missing Newsletters:

Charlie Uhlman (925) 370-1123
Email: cju2 at sbcglobal dot net

Special Events:

Rebecca Mallon (925) 933-8033
Email: rmallon2 at AOL dot com

Treasurer:

Niels Povlsen (510) 375-1521
Email: Hikanbyke at gmail dot com

Newsletter Compiler:

Diane Savard (925) 864-7141
Email DLsavard at gmail dot com

Club Historian

Joanne Lagerstrom (925) 922-1462
JRLager at gmail dot com



Event leader Information:

Event Leaders are encouraged to carry a **mobile phone** in case of an emergency. When signing the Waiver, it is critical that you list your EMERGENCY telephone number, not your home phone number. If something happens on the event, we need to reach a family member or friend.

EMAIL LIST: Hikanbyke maintains an ANNOUNCEMENT EMAIL LIST primarily for notification of ad hoc events, changes to listed events, special notifications, and limited other uses (see the rules on our website). This email list is open to all Hikanbyke members – but the list is self-managed, which means you must subscribe yourself, un-subscribe yourself when you wish to leave the list and update your email if you change your email!

For more help and to read our policy, visit our website:

<https://www.hikanbyke.org/>

TO SUBSCRIBE to the list, simply send an email to Hikanbyke+subscribe@googlegroups.com What is in the subject or body of the email is irrelevant. You should receive a confirmation email which you need to reply to in order to complete the process.

Once you are subscribed, you may post to the list.

TO POST A MESSAGE, send an email to Hikanbyke@googlegroups.com You should review our policy before posting as non-compliant emails will not post, and violations of the policy will result in being banned from the list.

TO UNSUBSCRIBE from the list, send an email to Hikanbyke+unsubscribe@googlegroups.com You should receive a confirmation email.

Bicycle Ride Rating System

<u>GRADE</u>	<u>PACE</u>
1-Flat	L-Leisurely: 10 MPH or less, with frequent stops
2-Gentle	T-Touring: 10-13 MPH, regroup stops
3-Rolling	M-Moderate: 13-16 MPH, occasional regroup
4-Some Steep	B-Brisk: faster pace may not regroup
5-Steep Hills	

Pace rating is average on level ground. Example: a bike ride rated a 3T25 = Rolling Hills, Touring Pace, 25 mile route. Helmets are REQUIRED for ALL rides!

Hike Grading System

<u>GRADE</u>	<u>Climb</u>
1-up to 6 miles	A-Less than 1,000 ft.
2-6 to 10 miles	B-1,000 to 2,000 ft.
3-10 to 15 miles	C-2,000 to 3,000 ft.
4-15+ miles	D-Over 3,000 ft.

Example: a hike rated 2B would be 6 to 10 miles, with a 1,000 to 2,000 ft. climb. Hiking boots are **HIGHLY** recommended.

EDITOR'S CORNER

September -October Thank You

Thanks to the September & October event leaders. As Fall and Winter months approach, the number of events always slows down. But we have a "new" leader - Donita England! A member for many years - she moved away; she has returned; and now leads Monday hikes. I hope all of us can support her! Thanks to Pat Perez who posted ALL the fall concerts at Todos Santos Plaza.

Donita England	Nancy Nolte
Lynne Harris	JoAnne Lagerstrom
Pat Perez	Arleen Sakamoto
Ken Karda	John Murrell
Diane Savard	Rebecca Mallon
Dick Duker	Niels Povlsen
Blanche Korfmacher	

Membership Position Available

If you enjoy working with computers, programs and have a little time on your hands, have we got a solution for you: Hikanbyke is looking for someone to handle the membership responsibilities. If you are interested, contact Charlie at cju2 at sbcglobal dot net or 925-324-2731

Upcoming Events

H&B Annual Picnics 2023

May? September?

Because we skipped a Holiday Party in December we will plan 2 picnics in 2023. Maybe May & September. If you have a favorite - where you like to return? Let me know. Rankin Park in Martinez, Miller Knox in Richmond, Hidden Valley in Martinez were most recent. Was it the ride, the hike, the park setting that was special? Maybe you have a new site to recommend.

DL.Savard@gmail.com

November Events

On-going Monday Hikes

Mondays 10:00 AM
Donita England 925 339 2234
Hikers! Join me and other Hike and Bikers as we hike on Mondays. Look for updates and notices via email. Goal is to keep the hikes to 3-5 miles with little elevation gain. We will meet at the trailhead at 10 am. Call or text if you have questions.

Tuesday Walk and Talk Event

Every Tuesday at 9:15 am
Leaders: Joanne Lagerstrom, Nancy Nolte, and Lynne Harris
Come join us for an hour of walking along the Lafayette-Moraga Trail. It's a great way to start your day. We meet at the parking lot just to the right of Olympic and Pleasant Hill Road (the circle intersection where Pleasant Hill T's into Olympic Blvd.) We leave right at 9:15 to walk out for 30 minutes or so before returning to our cars. For more information, call Joanne at 925-922-1462. We expect everyone who participates will follow the county's health department's requirements for wearing masks and social distancing.

East Bay Wednesday Rides

Rides generally start at Heather Farm Park at **10:00 AM** November through June. Rides are posted on the Hikanbyke Google groups. For specific ride information, contact Trish thewison@att.net, (925-212-7047) or Joan joanmfriedman@aol.com (925-216-7833)

Lafayette Reservoir Walk

NEW WINTER START TIME

Friday November 4 9:30 am
Meet near the flagpole in the parking lot. Either display the Annual Pass available for purchase at the park office or pay \$1.50/hour at the pay station. Allow 1.5 hours for the 2.7 mile walk on the paved path. After the walk we meet downtown for drinks, treats, and more conversation. Current Covid restrictions do not require masks outdoors. At the annual club policy meeting 2/2/2022 it was decided that proof of vaccine is required to participate in H&B events.

Rebecca rmallon2@aol.com

Sunday Afternoon Piano Concert in El Sobrante

November 6 2:00 PM
Our next piano concert features Lluis Coloma who lives in Barcelona and will be in town to perform at the International Boogie Woogie Festival at the SF Jazz Center on November 13th. But he'll play at our concert first. Lluis is considered a master of boogie woogie and blues and plays at festivals and venues across Europe and the USA. He offers original music and a repertoire and his performances are intense and energetic. Blanche Korfmacher is hosting this event. We serve sandwiches and other goodies at the intermission. *Advanced registration is required.* The cost of the concert is \$25.00 to cover the musician fee and refreshments. To register call John at 510-223-9587 to check on available seats. Then send a check with your e-mail address to John Ulrich, 4184 Garden Lane, El Sobrante, Ca.94803. The concert is held at this address. Parking is available in driveways on the property or in the street. Register ASAP as seating is limited. Arrive early concert begins promptly at 2PM. For more information, call or text Blanche Korfmacher at 415 265-3387.

Book Group Discussion and PotLuck

Thursday, November 10 Noon
Pat 925-735-8064
John Grisham set Calico Joe in the summer of 1973 when Joe Castle became the boy wonder of baseball, the greatest rookie anyone had ever seen. He dazzled Cub fans as he hit

home run after home run and shattering all rookie records. He quickly became the idol of every baseball fan including Paul Tracy, the young son of hard-partying and hard-throwing Mets pitcher, Warren Tracy. One pitch would change all three lives forever. Call for directions

Lafayette Reservoir Walk

NEW WINTER START TIME

Friday November 11 9:30 am
Meet near the flagpole in the parking lot. Either display the Annual Pass available for purchase at the park office or pay \$1.50/hour at the pay station. Allow 1.5 hours for the 2.7 mile walk on the paved path. After the walk we meet downtown for drinks, treats, and more conversation. Current Covid restrictions do not require masks outdoors. At the annual club policy meeting 2/2/2022 it was decided that proof of vaccine is required to participate in H&B events.

Rebecca rmallon2@aol.com

Opera at the Ballpark

Friday Nov 11 5:30PM

Let's meet for early entry to this year's SF Opera live simulcast of La Traviata, (one of Verdi's best!), at the SF Giants Oracle Ballpark. It will be a long evening, as we will meet at the Ferry Building, at 5:30, to walk along the Waterfront to the Ballpark. I have advanced seating admission to allow nine guests with me. (You may also go on-line to get your own free early-entry passes). I always make a bee-line for box seats just behind First Base, to enjoy the superb audio & HD simulcast. If you get your own pass, but want to meet us at the Ferry Building, please let me know, as we will be leaving promptly at 5:40 to start our walk to the Ballpark For all entry details, please see

<https://www.sfopera.com/seasons/opera-at-the-ballpark/> Many of the food concessions will be open, & we can also bring in our own dinners, (no unsealed beverage containers allowed, even water). It is really a fun night, with 15,000+ or more silently appreciating the performance. The opera starts at 7:30, & ends at 10:30; we will then have a group walking back to BART together, along a more functional way - 3rd St, securing our return BART seats. Please email me

to make your "dibs" on one of my ten early-entry allotments. I do stay till the end; it is three hours long, (including two intermissions). Be sure to bring your down jackets, and/or a lap blanket, too! RAIN CANCELS; call me if in doubt.

Debbie Frederick,
debbie254@comcast.net; Cell (510) 882-1500

Lafayette Reservoir Walk

NEW WINTER START TIME

Friday November 18 9:30 am
Meet near the flagpole in the parking lot. Either display the Annual Pass available for purchase at the park office or pay \$1.50/hour at the pay station. Allow 1.5 hours for the 2.7 mile walk on the paved path. After the walk we meet downtown for drinks, treats, and more conversation. Current Covid restrictions do not require masks outdoors. At the annual club policy meeting 2/2/2022 it was decided that proof of vaccine is required to participate in H&B events.

Rebecca rmallon2@aol.com

Pot Luck and Singalong

Saturday, November 19 6.30 PM

Montclair District, Oakland
John Murrell (510) 339-1263
John and the gang are once again hosting another of the popular potluck musical evenings at John's house in the Montclair district of Oakland. Song books will be provided which include over 450 songs of all genres, country, folk, rock, blues etc. Don't worry if your voice is not that great, we are here to have fun. You will be able to pick from any of the songs in our books. Bring a potluck dish to share and the beverage of your choice if you plan to join the potluck. If your last name begins with A-K bring an entree, L-T bring a salad, U-Z bring desert, and your own beverages. If you are not sure what to bring, entrees are always a good choice. Also a musical instrument if you have one. Please note that there will be a three dollar charge to cover the cost of paying for professional cleanup help after the event, and for plates, cutlery and glasses, and song books. If you would like to be removed from this email posting, please advise. Directions. 6175 Snake Rd, Oakland. Take the Highway 13 exit toward

Hayward from Highway 24 if you are coming from the Walnut Creek-Berkeley area. Go about three miles and exit at Park Bl and turn left to Mountain Bl, go left again on Mountain Bl about three blocks and turn right onto Snake Rd at the light. From Hayward, take Hwy 580 to Hwy 13, exit at Park Rd & turn left onto Mountain Bl. Be careful, Snake Rd makes a sharp left turn a short distance (200 yards) up the hill. If you see a fire station, you have missed the turn. The house is 1/2 mile up on the left opposite Drake.

Thanksgiving Day

CHANGED LOCATION Point

Pinole Regional Park

Thursday November 24 10:00 AM
Niels Povlsen (510) 375-1521
Heighten your appetite for turkey dinner with a 1-2 hour walk in Point Pinole Regional Park. The journey is as scenic as the destination at Point Pinole Regional Shoreline, a 2,315-acre parkland right next to densely populated Pinole, Richmond, and San Pablo. Trails lead through breezy meadows, through aromatic eucalyptus woods, and along bluffs and beaches on San Pablo Bay. There are beautiful views of Mt. Tamalpais, the Marin shoreline, and San Pablo Bay with its sailboat and shipping traffic. Stay out of the way of the cooks & begin the holiday with friends. DIRECTIONS: GPS Address is [3000 Atlas Road, Richmond, CA 94806](https://www.google.com/maps/place/3000+Atlas+Road,+Richmond,+CA+94806). Take Richmond Parkway exit from Highway 80 turn South turn right at Atlas Road. Park entrance is at the end of Atlas Road. Plenty of free parking. Make sure you go to the newer entrance, not the original one. The address is key.

Lafayette Reservoir Walk

NEW WINTER START TIME

Friday November 25 9:30 am
Meet near the flagpole in the parking lot. Either display the Annual Pass available for purchase at the park office or pay \$1.50/hour at the pay station. Allow 1.5 hours for the 2.7 mile walk on the paved path. After the walk we meet downtown for drinks, treats, and more conversation. Current Covid restrictions do not require masks outdoors. At the annual club policy meeting 2/2/2022 it was decided that

proof of vaccine is required to participate in H&B events.

Rebecca rmallon2@aol.com

December Events

On-going Monday Hikes

Mondays 10:00 AM
Donita England 925 339 2234
Hikers! Join me and other Hike and Bikers as we hike on Mondays. Look for updates and notices via email. Goal is to keep the hikes to 3-5 miles with little elevation gain. We will meet at the trailhead at 10 am. Call or text if you have questions.

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Lafayette Reservoir Walk

NEW WINTER START TIME
Friday December 2 9:30 am
Meet near the flagpole in the parking lot. Either display the Annual Pass available for purchase at the park office or pay \$1.50/hour at the pay station. Allow 1.5 hours for the 2.7 mile walk on the paved path. After the walk we meet downtown for drinks, treats, and more conversation. Current Covid restrictions do not require masks

outdoors. At the annual club policy meeting 2/2/2022 it was decided that proof of vaccine is required to participate in H&B events.

Rebecca rmallon2@aol.com

Niels' 80th Birthday Party

Saturday Dec. 3 5:30-10 PM
Old Time HikanByke members will remember when we were celebrating members turning 50. Now it's time to celebrate our octogenarians. You may be surprised to learn how many of us there are. This will be our traditional HikanByke potluck at my Point Richmond clubhouse in Point Richmond, the location of HikanByke's first holiday party, which coincidentally also fell on my birthday, December 3.

Niels 'Annual' Holiday Party

Saturday Dec. 3 5:30-10:00PM
There has been much discussion about reviving the 'Annual' or 'Semi-Annual' H&B Holiday Party held at Sycamore Clubhouse in Danville. Because of the pandemic we had no party the past 2 years. Then when restrictions were loosened it might have been possible to revive the tradition. When the question went to members, there was not a rousing response to have the party Dec. 10. Some members and some party chair persons who assume HUGE responsibilities to make the party a success are reluctant to go forward with this party when Niels will celebrate his very own party the week before. Isn't every birthday an Annual Event? Yes. And 80 is a SPECIAL one. So hope to see you there.

Book Group Discussion, Potluck, Tree Trimming and Book Exchange

Thursday, December 8 6:30 PM
Gretchen 510-530-3557
Michel Montaigne's The Complete Essays was written by one of the most influential figures of the Renaissance who single handedly popularized the essay as a literary form. If you plan to participate in the book exchange be sure to bring a wrapped book you think someone would enjoy reading. Call for directions.

Lafayette Reservoir Walk

NEW WINTER START TIME
Friday December 9 9:30 am
Meet near the flagpole in the parking lot. Either display the Annual Pass available for purchase at the park office or pay \$1.50/hour at the pay station. Allow 1.5 hours for the 2.7 mile walk on the paved path. After the walk we meet downtown for drinks, treats, and more conversation. Current Covid restrictions do not require masks outdoors. At the annual club policy meeting 2/2/2022 it was decided that proof of vaccine is required to participate in H&B events.
Rebecca rmallon2@aol.com

H&B Annual Holiday Party

Saturday Dec 10 6:00-10:00 PM
CANCELED
This event is canceled for 2022, postponed until 2023 (when Niels will only be 81) Please read the Dec. 3 Future Events for details of his birthday celebration. Niels will celebrate that big birthday #80 Dec. 3. That's a BIG mile stone so hope to see you there.

Lafayette Reservoir Walk

NEW WINTER START TIME
Friday December 16 9:30 am
Meet near the flagpole in the parking lot. Either display the Annual Pass available for purchase at the park office or pay \$1.50/hour at the pay station. Allow 1.5 hours for the 2.7 mile walk on the paved path. After the walk we meet downtown for drinks, treats, and more conversation. Current Covid restrictions do not require masks outdoors. At the annual club policy meeting 2/2/2022 it was decided that proof of vaccine is required to participate in H&B events.
Rebecca rmallon2@aol.com

Lafayette Reservoir Walk

NEW WINTER START TIME
Friday December 23 9:30 am
Meet near the flagpole in the parking lot. Either display the Annual Pass available for purchase at the park office or pay \$1.50/hour at the pay station. Allow 1.5 hours for the 2.7 mile walk on the paved path. After the walk we meet downtown for drinks, treats, and more conversation. Current Covid restrictions do not require masks

outdoors. At the annual club policy meeting 2/2/2022 it was decided that proof of vaccine is required to participate in H&B events.

Rebecca rmallon2@aol.com

Lafayette Reservoir Christmas

Day Walk

Sunday December 25 11:00 AM
Niels Povlsen [\(510\) 375-1521](tel:(510)375-1521)

You have opened your presents, played with your toys, and now need some way to pass the time until Christmas dinner. Join friends for a leisurely winter's walk around the Lafayette Reservoir. Bring snacks & drinks to share. Weather permitting; we will have holiday cheer at the picnic tables at the reservoir. Don't forget what to do after you open your gifts. PLEASE NOTE: If possible do not park at the meters at the Reservoir - the 2 hours allowed is just not long enough. Instead continue on Mt Diablo Blvd toward downtown Lafayette and park on Village Ct. It's the first right turn as you leave the Reservoir heading toward Lafayette. Park along Village Ct and I will make regular sweeps starting around 10:30 am to take people back up to the Reservoir. Of course, if you want a little extra exercise, you could walk up to the Reservoir!

Christmas Day Open House

Sunday, December 25 2:00 p.m.
Carla den Dulk 209.988.4265

Stop in at my house for turkey soup and dessert anytime between 2 PM and 6 PM to celebrate the holidays. No RSVP necessary everybody's welcome, vaccinations are required Call for specific driving directions and gate code.

Lafayette Reservoir Walk

NEW WINTER START TIME

Friday December 30 9:30 am
Meet near the flagpole in the parking lot. Either display the Annual Pass available for purchase at the park office or pay \$1.50/hour at the pay station. Allow 1.5 hours for the 2.7 mile walk on the paved path. After the walk we meet downtown for drinks, treats, and more conversation. Current Covid restrictions do not require masks outdoors. At the annual club policy meeting 2/2/2022 it was decided that

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Rebecca rmallon2@aol.com

New Year's Day Marina

Green/Crissy Field San Francisco

Bay Walk

Sunday January 1 10:30 AM
Niels Povlsen (510) 375-1521
Start the New Year the right way with your friends with some (not too much) exercise. Meet across the street from Safeway in the Marina Green parking lot for a leisurely walk along San Francisco Bay. We'll wander through Crissy Field to Fort Point returning through the Presidio with a stop at the Log Cabin, where we'll share snacks and perhaps say a toast to our good fortune of having such wonderful friends. We will continue the walk through the Presidio back to our cars. Bring food/drink to share.

**A Happy
New
Year!**

HIKANBYKE MEMBERSHIP and RENEWAL APPLICATION

Hikanbyke is a non-profit group of friends, dedicated to sharing the enjoyment of activities, such as biking, hiking, skiing, jogging, dining, camping, and social events in a supportive non-threatening atmosphere. Membership in Hikanbyke is open to all. To become a member and receive our bi-monthly newsletter, complete the application below along with a check or money order payable to Hikanbyke. Mail with completed application to:

Hikanbyke Membership; 125 Lees Place; Martinez, CA 94553.

Please check one: New Membership Renewal (for renewals, only list any information that has changed)

Name: _____

Mailing Address: _____

City/State: _____ Zip: _____

Primary Phone: () _____ Other Phone: () _____

Internet email address: _____

Membership Includes 6 issues per year plus annual member directory, please check type desired.
Multiple year memberships are accepted, please include correct amount.

Regular (paper, mailed) = \$22/Yr.

Green (email delivery) = \$10/Yr. * An email address is required

Hikanbyke distributes a member directory to its members yearly. Your address is not included. May we:
include your Primary Phone Number? Yes No Your Email Address? Yes No

I enjoy the following: Hiking/Walking Cycling Camping Backpacking DH Skiing XC Ski

Tennis Running Other (please specify) _____

Hikanbyke
1201 Brickyard Way, #111
Point Richmond. CA 94801

Place stamp
here

Do NOT send renewals to above address



Address Correction Requested

Check the **expiration date** on your mailing label
If within 3 months, please **renew promptly**.