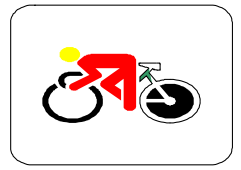


May - June 2023



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/ mailing costs increase

To submit events for the next issue of the newsletter:

Deadline for next issue: June 22

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:

Rita Poulsen (925) 671-9354

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

Webmaster

Andi Myers Andi at Myers-clan 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

January February Thank You

Thanks to the January February event leaders who found the time to lead an event.

Donita England	Nancy Nolte
Lynne Harris	JoAnne Lagerstrom
Diane Savard	Joan Friedman
Trish Hewison	Niels Povlsen
Don Acamo	Debbie Frederick
MaryAnn Acamo	Arleen Sakamoto
Ken Karda	Patty Manger
Roland Flamme	John Murrell
Stan Wong	Valerie Suzawa
Sheri Rupe	

News from Joanne and Andrea

Dear Friends,

At Hikanbyke's last annual meeting, it was decided to put our information about the people on our Memorial List on our website. We have been working on this since February, and it is now ready for you to see the pictures and the information we have about each of our former members who have died. Please go to the Hikanbyke website, www.hikanbyke.org, and find the Obituaries link. Because your screen may look different on each of the devices and browsers, look around a

bit. For example, you might find it on the far right of the menu and under the "More" button or in a different location.

We recognize that we don't have much information or a great picture of each of the folks on the Memorial list, so if you do, please send it to Joanne at jrlager@gmail.com. We would appreciate any additional information, especially if you know something or have a sharper photo of any of the people.

Thank you,
Joanne Lagerstrom and Andrea Myers

Help Us Update the Website

If you lead an event you can submit photos and/or a write up to our Webmaster, Andi Myers (email on first page) and she will post it on our website.

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@sbcglobal.net or 925-324-2731

Upcoming Events

Lafayette Reservoir Summer Evenings Stroll

July 27	7:30 p.m.
August 24	7:00 p.m.
Carla den Dulk.	209-988-4265

Get out of the heat, come to Lafayette reservoir for a cool evening stroll. Meet near the flagpole in the parking lot. If you don't have an annual pass, there are meters, \$1.50 per hour, allow 1.5 hours. After the walk we'll gather at my house, a short drive away, for dessert and beverage. If you want, skip the walk and come for dessert, call and let me know so I can give you the gate code.

The Hikanbyke Car Camping

Group has a trip planned for Fallen Leaf Lake near South Lake Tahoe - August 7-11 (4 nights - Mon - Fri)

Fallen Leaf Campground is situated on the north shore of Fallen Leaf Lake and adjacent to Taylor Creek. The south shore of Lake Tahoe is less than a mile away. The campsites are nestled among towering native pine, cedar, fir and aspen. Guests only need to walk a short distance to Fallen Leaf Lake. Registration costs \$50. Campers will be responsible with others for providing one evening meal (plan on spending up to \$40 for dinner food that you buy) and for providing their own breakfasts, lunches and happy hours. Campfire at night. 25 person limit. If you'd like to sign up for the wait list, please email Dave Sutton at davesutn@comcast.net

SAVE THE DATE - Dec 2, 2023

Mark your calendar for our Holiday party. We voted at the Policy Meeting to have a potluck party like we had last year at the Brickyard Cove Clubhouse in Point Richmond.. It is a great way to kick off the season with friends. It's a great price (free), great listening music, great food (you provide) and drinks (BYOB). As usual, committees welcome your help - decorating and set up, and cleanup. More information will be included with a flyer in the future newsletter. Questions?? Contact Diane at (925) 864-7141.

May 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 Google Groups as they won't be every week. 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.

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

Friday May 5 9:00 am
Patty Manger 925-286-6501

Note the time change!

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.

Bring Back the Natives Garden Tour

Maria Lawrence
olympusfinancial@hotmail.com
Join me for a Bring Back the Natives garden tour on Sunday, May 7th. It is a self-drive event but we can carpool. We can choose the homes we would like to see and go at our own pace. The event is put on by East Bay Municipal District. Registration is required by EBMUD in order to attend. If you are interested in coming to the open homes in Danville, Alamo and Walnut Creek area, please email me to arrange a time to carpool.

Homestead Park Hike/ Happy Hour

Wednesday May 10 4:00 PM
MaryAnn & Don 925 899 5030

Join us for a hike in Howe Homestead Park followed by a happy hour potluck. We will gather at 4pm, hike at 4:30 (totaling 1 hour) with beautiful views of Mt. Diablo. For those not wishing to hike, you can hang out at the happy hour table with Don. Bring your own drink and appetizer to share. Table cloth will be provided. Homestead Park is located at 2950 Walnut Blvd, Walnut Creek,

94596, (corner of Homestead Ave and Walnut Blvd) Picnic tables are located behind the ranger station, across from the bathroom.

Bookgroup Discussion and Potluck

Thursday, May 11 Noon
Nancy 925--930-0133
Nita Prose's "The Maid" is a murder mystery set in a luxury hotel. Molly is autistic and obsessive-compulsive. She believes most people are open and honest, but her lack of understanding of human behavior leads to her being easily manipulated. One day while cleaning a suite she discovers a body and, unfortunately, her oddities contribute to her becoming the lead suspect in a murder. Call for directions

Lafayette Reservoir Walk

Friday May 12 9:00 am
Patty Manger 925-286-6501

Note the time change!

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.

Lafayette Reservoir Walk

Friday May 19 9:00 am
Patty Manger 925-286-6501

Note the time change!

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.

Mt. Wanda Hike (2.4 miles 544 elevation gain)

Sunday May 21 10:00 a.m.
Diane Savard (925) 864-7141
Enjoy this 2.4-mile out-and-back trail near The John Muir National Historic site in Martinez. Generally considered an easy route, it takes an average of 1 h 15 min to complete. This route takes us to the summits of Mount Wanda and Mount Helen within the John Muir National Historic Site. We'll begin at the trailhead for

Mount Wanda off of Franklin Canyon Road. Park in the Park and Ride. No bathrooms at the trail head.

Rebecca Mallon Memorial Picnic

May 21 2 days after her birthday
We have reserved the Olive Grove site at Rankin Park, Martinez. Activities begin around 9 am. I'll be there to take care of your coolers until you return at NOON when we'll share a potluck picnic. Bring a salad, side dish or dessert to share and bring your own drink. There's plenty of shade. Would a couple of you step up to lead a hike and a bike ride prior to lunch? The event is Free.
Directions: Heading north on 680 exit Marina Vista. TL Waterfront Rd Continue on Marina Vista then TR on Bellerresa Ave TR on Buckley St TR Glenn Drive. The park is on right From Hiway 4 turn north on Alhambra Blvd. TR on Talbot TL on Buckley TR at Glenn. Park is on Right Contact information: Rita Poulsen LNDNFOX at Comcast.net

Lafayette Reservoir Walk

Friday May 26 9:00 am
Patty Manger 925-286-6501

Note the time change!

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.

Bike Ride Local – With Friends – Coffee

Saturday May 27, 2023 @ 10:00 AM
Enjoy great views and fine company. This ride is ~ 20 +/- miles with some rolling hills, leisurely paced. Takes place both on the road and on paved trails. From Heather Farms (Walnut Creek) to Moraga Commons, with coffee nearby. Bring water, helmets (mandatory) and money (for coffee). You will need to be in reasonably good bike shape for this ride
Rain cancels / call leader by 9:00 AM ride day if in doubt.
Meet at Heather Farms parking lot on North San Carlos Drive, Walnut Creek. Off Ygnacio Valley Road, make 1st right into the parking lot after stop sign. This is a co-listed event. Leaders: David Weiner, 925-

382-3381, Roland Flamme 925-686-9153.

Pot Luck and Singalong

Saturday May 27 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. Today we will be featuring Simon and Garfunkel. 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 (300 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

Memorial Day BBQ Picnic

Heather Farm Park, Walnut Creek

May 29, Monday, 12 noon
Patrick Perez (925) 915-9554
patrick.perez.g4@gmail.com
Join us for this great BBQ picnic. I will have an area reserved for our group. We will be in the area that is near the San Carlos Drive parking lot. It will be easy to walk to the

picnic site from where you park. I will have blue balloons and a Beachcomber banner to mark the location. I will have my cell phone with me in case you get lost. I will provide the coals, utensils, lemonade and hot dogs to grill. Bring your grill item, and beverage of choice. If you need to go to a store to purchase your food or beverage, there is a shopping center on the corner of Ygnacio Valley Road and San Carlos Drive. They have a great variety of food items and supplies for the picnic. I will have 1 table in the shade to keep your food cool. If it is warm that day, bring a swimsuit for the pool nearby. There is a beautiful rose garden on the west side of the pond to enjoy as well. Directions: The park is located on North San Carlos Drive which intersects with Ygnacio Valley Road. Our location will be on the corner of Heather Drive and North San Carlos Drive. Our location will be next to the swimming pool parking lot. However, it will be easier to park across from our site that is more ample parking and is closer.

Lafayette Reservoir Summer Evenings Stroll

May 30 Tuesday. 7:00 pm
Carla den Dulk. 209-988-4265
Get out of the heat, come to Lafayette reservoir for a cool evening stroll. Meet near the flagpole in the parking lot. If you don't have an annual pass, there are meters, \$1.50 per hour, allow 1.5 hours. After the walk we'll gather at my house, a short drive away, for dessert and beverage. If you want, skip the walk and come for dessert, call and let me know so I can give you the gate code.

June 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 Google Groups as they won't be every week. 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.

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

Friday June 2 9:00 am
Patty Manger 925-286-6501
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.

Point Pinole Regional Park Walk

Sunday June 4 10:00 AM
Diane Savard (925)-864-7141
Please join me for a 1-2 hour walk in Point Pinole Regional Park. The journey is as scenic as the destination at Point Pinole Regional Shoreline on San Pablo Bay. There are beautiful views of Mt. Tamalpais, the Marin shoreline, and San Pablo Bay with its sailboat and shipping traffic. 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.

Bookgroup Discussion and Potluck

Thursday June 8 Noon
Pat 925-735-8064
Michael Shaata "The Killer Angels" tells the dramatic story of the battle for America's destiny --Gettysburg. In four bloody and courageous days two armies fought for two conflicting dreams. One fought for freedom and to preserve the union, the other for a way of life. Far more than rifles and bullets were carried into battle. There were memories. There were promises. There was love. And far more than men fell on those Pennsylvania fields. Bright futures, untested innocence, and pristine beauty were also casualties. Call for directions

Woodminster Summer Musical (Gypsy)

Thursday June 8 7:00 pm (pot Luck
MaryAnn & Don 925 899 5030
Join us for the musical Gypsy and pot luck dinner before the show at the Woodminster Theater. The theater is located at 3540 Sanborn Drive, Oakland. (Joaquin Miller Park)
This is half price night. More information about ticket prices and times will be sent out prior to opening night on our google web site.

Lafayette Reservoir Walk

Friday June 9 9:00 am
Patty Manger 925-286-6501
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.

Lafayette Reservoir Walk

Friday June 16 9:00 am
Patty Manger 925-286-6501
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.

Lafayette Reservoir Walk

Friday June 23 9:00 am
Patty Manger 925-286-6501
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.

Lafayette Reservoir Summer Evenings Stroll

Wednesday June 28. 7:30 pm
Carla den Dulk. 209-988-4265
Get out of the heat, come to Lafayette reservoir for a cool evening stroll. Meet near the flagpole in the parking lot. If you don't have an annual pass, there are meters, \$1.50 per hour, allow 1.5 hours. After the walk we'll gather at my house, a short drive away, for dessert and beverage. If you want, skip the walk and come for dessert, call and let me know so I can give you the gate code.

Lafayette Reservoir Walk

Friday June 30 9:00 am
Patty Manger 925-286-6501
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.

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**.