



Hikanbyke Highlights

MEMBERSHIP POLICY

Regular member (hard mailed newsletter) **\$32/year**. **Green member** (on-line newsletter) **\$20/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: August 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 fastmail dot fm

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, unsubscribe 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. Just hit reply and send. Do NOT click on the blue box "Join This Group".

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

May June Thank You

Thanks to the May June event leaders who found the time to lead an event.

Nancy Nolte	JoAnne Lagerstrom
MaryAnn Acamo	Don Acamo
Catrla Den Dulk	Diane Savard
Dick Duker	Cary Hellman
John/Dayna Hannum	David Leherer

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 at sbcglobal dot net or 925-324-2731

H&B Happy Helpers

Diane Savard	(925) 864-7141
Carla den Dulk	(209) 988-4365

Joanne Lagerstrom	(925) 922-1462
Helen Herzberg	(510) 909-1863
Debbie Frederick	(510) 882-1500
Arleen Sakamoto	(415) 279-6248
Marie Lawrence	(925) 820-3804
Patrick Perez	(925) 917-6460

Upcoming Events

Car-camping Trips

There are two car-camping trips with four nights at Portola Redwoods (Aug 07-11) and three nights at Spring Lake, Santa Rosa (Sep 05-08) Cost is \$50 for Portola and \$60 for Spring Lake. Each trip includes additional \$40 for a group dinner participation. Email trip-leader for more information: Emma Yee emmayeexzy@hotmail.com for Portola Redwoods and Joanne Lee thethinker56@hotmail.com for Spring Lake, Santa Rosa. Reserve each trip with \$50/\$60 payment per person. All payments become non-refundable one month prior to first day of trip. A waiting list will be created when reservation reaches the limit. Participants are encouraged to carpool because of limited parking; it also allows people without cars to participate and helps reduce carbon footprint.

Book Group

Thursday, September 18 we will meet at the Nolte home, 205 Linda Lane, Pleasant Hill (925) 998-2807 at NOON to talk about the nonfiction book by Kevin Fagan, a retired award-winning journalist for the SF Chronicle. The book is The Lost and the Found: A True Story of Homelessness, Found Family, and Second Chances. A congress woman said the following about the book. "The most authentic account of homelessness by an author who literally slept next to his subjects on the cold pavement of San Francisco."

Trip to Virginia City, NV

Mon to Wed, October 13-15
Richard Duker

Join us for an interesting 2-night, 3-day stay in Virginia City, NV. Meeting in Virginia City on Monday, October 13 at 1 pm, we will tour the area on foot. Over the three days we will ride the Virginia & Truckee Railroad, tour a mine, visit a Silver King mansion,

visit museums, walk to the Silver Terrace Cemetery, hike to Gold Hill (1 mile each way), and relax in the Bucket of Blood Saloon in the evening. Our motel is in the middle of town, so a short walk to the sights. Meals will be at local restaurants; no camping or cooking needed. Limited to 12 people. After our stay, you might wish to stay an extra day or two at Lake Tahoe, Genoa, or Reno on the way home (or arrive the day before as I will). For questions and to sign up, email D. Duker at dduker2001@yahoo.com. Roommates/carpools can be an option.

Book Group

Thursday, October 16 we will come together at the home of Sandy Filson, 568 Burns Circle, San Ramon (925) 828-8718 at NOON to review the book Endurance: A Year in Space, A Lifetime of Discovery, by Scott Kelly. The author is the identical twin brother of Mark both of whom were astronauts. Scott Kelly's memoir tells of his spending a record-breaking year aboard the International Space Station.

July Events

Tuesday Walk and Talk Event

Every Tuesday at 9:15 am
Joanne Lagerstrom & Nancy Nolte
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.

Concert and Fireworks

Friday July 4 7:00 p.m.
Maria Lawrence 925-820-3804
Join me for a free concert and fireworks on Friday July 4th at Moraga Commons Band Shell. Parking is available west side of Moraga Road between St. Mary's Road and Moraga Center Shopping Center. Music starts at 7 PM by THE HOUSE ROCKERS. They are a 10 piece Rock & Soul band from Northern California that plays the

greatest songs ever recorded. With a wailing 5 piece horn section and rock solid rhythm section, we bring the timeless classics and today's hits to life. They are known for high energy, set lists that fuses rock, blues, funk, 60's soul and R & B. From the music of The Rolling Stones to Bruno Mars, Earth, Wind & Fire to Cee Lo Green, Stevie Wonder to Bruce Springsteen, Hall & Oates to the Beatles and Van Morrison Fireworks at Moraga County Club start at 9:30PM (estimated). Call me if you plan to come so I can be on the lookout for you.

Fireworks in Pleasant Hill

July 4 7:30 p.m.
Nancy Garcia (925) 708-9587
Let's meet at my house to enjoy a glass of wine or bite of dessert and walk over to the College Park playing field to see the fireworks the evening of July 4. They put on a nice show lasting about 20 minutes; the event is about an 11-minute walk from my place. I'll be ready to greet guests at 7:30 and we'll walk over at 8:25 pm. RSVP by July 3: (925) 708-9587

Lafayette Reservoir Walk

July 11 at 9:00 am
No official walk on July 4th!
Carla den Dulk 209-988-4265
Cary Hellman 925-202-9177
Meet in the parking lot just west of the flag pole. Either display the Annual Pass available for purchase at the park office or pay \$3.00 for 1.5 hours for the 2.7 mile walk on the paved path. (The hourly rate for metered parking is \$2.00/hr with a 2-hr max.) After the walk, we sometimes meet downtown for drinks, treats, and more conversation.

Sonoma American Country Concert and Dinner

Sunday July 13 2pm - 5pm
Don & MaryAnn Acamo, 925-899-5030
Join us for a day in Sonoma Plaza Amphitheater located at 403 1st Street, East, Sonoma. We will be set up to the left of the Amphitheater. Bring a chair, snacks to share and beverage. Be there at 12 pm and enjoy a history walk with MaryAnn or shop around the plaza. Country Concert starts at 2pm to 4pm and

features, Ren Geisick. After the concert will walk over to our favorite Mexican Restaurant for dinner. Let us know if you're coming

SF Walk along the Waterfront

Monday July 14 10:00 a.m.
Diane Savard (925) 864-7141
Join me in front of the Lands End Visitor Center at 680 Point Lobos Avenue San Francisco for a leisurely 3 mile walk along the waterfront. You can park in the Ranger Station parking lot or across the street from the tiny restaurant. Make sure you do not have anything showing in your car as this is a spot known for smash and grab. Afterwards, we can discuss going to lunch on the Great Highway.

Lafayette Reservoir Walk

July 18 at 9:00 am
Carla den Dulk 209-988-4265
Cary Hellman 925-202-9177
Meet in the parking lot just west of the flag pole. Either display the Annual Pass available for purchase at the park office or pay \$3.00 for 1.5 hours for the 2.7 mile walk on the paved path. (The hourly rate for metered parking is \$2.00/hr with a 2-hr max.) After the walk, we sometimes meet downtown for drinks, treats, and more conversation.

Book Group

Thursday, July 24
We will meet at the home of Gretchen Hayes, 4360 Terra Bella Way, Oakland, (510) 530-3557 at NOON to discuss the book The Frozen River by Ariel Lawhon. This is an historical fiction novel based on the diary of Martha Ballard, an 18th century midwife in Maine.

Lafayette Reservoir Walk

July 25 at 9:00 am
Carla den Dulk 209-988-4265
Cary Hellman 925-202-9177
Meet in the parking lot just west of the flag pole. Either display the Annual Pass available for purchase at the park office or pay \$3.00 for 1.5 hours for the 2.7 mile walk on the paved path. (The hourly rate for metered parking is \$2.00/hr with a 2-hr max.) After the walk, we sometimes meet downtown for

drinks, treats, and more conversation.

Concert

Friday July 25 at 6:30 p.m.
Maria Lawrence 925-820-3804
Join me for a free concert in Livorna Park and Miranda Avenue (which is on Livorna Road from 680 freeway) on Friday July 25. Music starts at 6:30. Music provided by Sun Kings [The Sun Kings - A Beatles Tribute as Nature Intended](#) Call me if you plan to come so I can be on the lookout for you.

August Events

Lafayette Reservoir Walk

August 1 at 9:00 am
Carla den Dulk 209-988-4265
Cary Hellman 925-202-9177
Meet in the parking lot just west of the flag pole. Either display the Annual Pass available for purchase at the park office or pay \$3.00 for 1.5 hours for the 2.7 mile walk on the paved path. (The hourly rate for metered parking is \$2.00/hr with a 2-hr max.) After the walk, we sometimes meet downtown for drinks, treats, and more conversation.

Tuesday Walk and Talk Event

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Joanne Lagerstrom & Nancy Nolte
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.

A Day at the Beach

Wednesday August 6 8:30 am
Don & MaryAnn 925-899-5030
We will meet at our home at 8:30 am to go on an event from the past with a little twist. Our first stop will be the Depot Cafe and Book Store in Mill Valley. We will spend time on the patio having coffee and reminiscing. We will then journey to Pantoll Station where you will have the option of hiking down the 3 1/2 miles

to Stinson Beach or riding down. Bring a lunch or buy. Plenty of time for leisure and walking along beach like old times. Please let us know if you would like to join us or if you're willing to be a driver if needed.

Car-camping Trip

Join us for four nights at Portola Redwoods (Aug 07-11). Cost is \$50 for Portola. Each trip includes additional \$40 for a group dinner participation. Email trip-leader for more information: Emma Yee emmayeexzy@hotmail.com for Portola Redwoods. Reserve the trip with \$50/\$60 payment per person. All payments become non-refundable one month prior to first day of trip. A waiting list will be created when reservation reaches the limit. Participants are encouraged to carpool because of limited parking; it also allows people without cars to participate and helps reduce carbon footprint.

Lafayette Reservoir Walk

August 8 at 9:00 am

Carla den Dulk 209-988-4265

Cary Hellman 925-202-9177

Meet in the parking lot just west of the flag pole. Either display the Annual Pass available for purchase at the park office or pay \$3.00 for 1.5 hours for the 2.7 mile walk on the paved path. (The hourly rate for metered parking is \$2.00/hr with a 2-hr max.) After the walk, we sometimes meet downtown for drinks, treats, and more conversation.

Lafayette Reservoir Walk

August 15 at 9:00 am

Carla den Dulk 209-988-4265

Cary Hellman 925-202-9177

Meet in the parking lot just west of the flag pole. Either display the Annual Pass available for purchase at the park office or pay \$3.00 for 1.5 hours for the 2.7 mile walk on the paved path. (The hourly rate for metered parking is \$2.00/hr with a 2-hr max.) After the walk, we sometimes meet downtown for drinks, treats, and more conversation.

Mare Island (A Two-Part Hike)

Monday August 18 10:00 a.m.

Diane Savard (925) 864-7141
Hike Summary: Part 1 - 3.7 miles, 0 elevation gain. Part 2 - 1 mile, 150 ft elevation gain

This is a two-part hike. Part 1 will take us along the San Pablo Bay on the west side of Mare Island. An easy 3.7 miles out and back trail with views of the bay, Point Pinole, Napa, Sonoma, Marin and the Carquinez bridge. Also, there are many birds to see. Next, part two, we drive to the Mare Island Preserve on the south end of the island. As we drive to the preserve we will witness some of Mare Island's naval history, housing for the officers, including Commandant's mansion, bunkers built to protect staff and their families in case of nuclear attack, historic St. Peter's Chapel, famous for its Tiffany windows and more.

Once we arrive at the preserve parking lot, we will then hike up to a metal sculpture dedicated to the ships and ship builders working on Mare Island called the "Spirit Ship". We will then tour the cemetery, the oldest naval cemetery on the west coast has been designated as a National Historic Landmark. It has three Congressional Medal of Honor recipients — James Cooney, Alexander Parker and William Halford. Anna Arnold Key Turner, the daughter of Francis Scott Key, is also buried there. She had eleven children with her husband David. She served as one of Vallejo's first public school teachers and died in 1884. ...



In World War I, Mare Island set a record when the destroyer USS Ward was built in seventeen and a half days. During the Second World War, Mare Island built 17 submarines, 31 destroyer escorts, and more than 300 landing craft. Its final vehicle was the USS Drum, a nuclear-powered attack submarine in 1970.



Toward the front of the cemetery lie six other Russian sailors, who died during the Civil War era. They'd served on the Bogatyr, flagship of Admiral A.A. Popov's Pacific Squadron, which visited the Bay Area at the invitation of President Abraham Lincoln in 1863. Lincoln was seeking international support to counter the French and British fleets gathering behind the Confederacy. While the Russians were in San Francisco, fire broke out in the Financial District. The six Russian sailors died fighting the blaze. The original markers, paid for by their shipmates, were probably wooden crosses. The US Navy purchased more permanent markers for them in the 19th century, but those had become illegible over the years. The Mare Island Cemetery made the news in April 2011 after the Russian Consulate voluntarily replaced the worn headstones of the Russian sextet with granite crosses copied from the crew of the Lena. Unfortunately, because the cemetery is a National Historical Landmark, it is illegal to change it in any way. While the Russian Consul-General had applied for the appropriate permits, they had not been signed by the time the replacement work was done.

The director of the nonprofit Mare Island Heritage Trust, Myrna Hayes, pushed for criminal charges to be filed against the Russian Consulate for vandalism. Apparently an uneasy peace has been reached, because the new monuments continue to stand.

Bring water (1-2 liters) and snacks. Boots or sturdy hiking shoes are recommended. Because the area is exposed, sunscreen and a hat are highly recommended. Dress/layer for changing weather, e.g., wind. Poles optional, but for this hike not likely

needed. Outhouses are located at both trailhead parking lots.

Driving Directions: I-680 north to I-780 west thru Benicia to Curtola Pkwy, Vallejo (\$Toll). Continue on Curtola Pkwy past the ferry terminal (Curtola will become Mare Island Way). Continue on Mare Island Way to the Mare Island Causeway, turn left. Continue on the causeway to Azuar Drive, turn left. Continue on Azuar Drive 0.3 miles to Dump Road (Dump Road/A Street), turn right. Continue on Dump Rd to the San Pablo Trail parking lot, GPS: 38.10093, -122.2852

Part Two – From the San Pablo Bay Trail parking lot: Head east on Dump Rd/A St to Azuar Drive turn right. Continue on Azuar Dr to the end 670 O'Hara Ct, the Mare Island Preserve parking lot, GPS: 38.08128, -122.25640

Book Group

Thursday, August 21 we will convene at the home of Pat Baran, 2209 Tahiti Dr., San Ramon, (925)735-8064 at NOON to talk about the historical fiction novel by Ann Napolitano, Hello Beautiful. It is a drama about four sisters, two of which fall in love with the same man causing the family to split apart for 25 years.

Lafayette Reservoir Walk

August 22 at **9:00 am**

Carla den Dulk 209-988-4265

Cary Hellman 925-202-9177

Meet in the parking lot just west of the flag pole. Either display the Annual Pass available for purchase at the park office or pay \$3.00 for 1.5 hours for the 2.7 mile walk on the paved path. (The hourly rate for metered parking is \$2.00/hr with a 2-hr max.) After the walk, we sometimes meet downtown for drinks, treats, and more conversation.

Lafayette Reservoir Walk

August 29 at **9:00 am**

Carla den Dulk 209-988-4265

Cary Hellman 925-202-9177

Meet in the parking lot just west of the flag pole. Either display the Annual Pass available for purchase at the park office or pay \$3.00 for

1.5 hours for the 2.7 mile walk on the paved path. (The hourly rate for metered parking is \$2.00/hr with a 2-hr max.) After the walk, we sometimes 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) = \$32/Yr. ☐

Green (email delivery) = \$20/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**.