



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/ mailing costs increase

To submit events for the next issue of the newsletter:

Deadline for next issue: April 20

By E-mail:

DL Savard 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 and Renewals

Niels Povlsen (510) 375-1521
Email: Hikanbyke at fastmail dot fm

Newsletter Compiler:

Diane Savard (925) 864-7141
Email DL Savard 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. 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

November December Thank You's

Thanks to the November December event leaders who found the time to lead an event.

Nancy Nolte	JoAnne Lagerstrom
Carla Den Dulk	Diane Savard
Cary Hellman	Don Acamo
MaryAnn Acamo	Gretchen Hayes

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

Return To Nevada City

Friday, April 10 - Sunday, April 12
Don & Maryann Acamo
(925) 899-5030

This weekend will begin with a pot-luck happy hour in our room. We will then go to the Off Broad Street play, which always is full of laughter and known for its great desserts. Saturday, we will gather at 9:30 and drive to The Crystal Hermitage Gardens, where 19,000 tulip abound in a most beautiful setting. Saturday night we will get together for an Italian dinner at Cirino's Restaurant in Grass Valley. The weekend will end with a hike along the Buttermilk Bend Trail famous for its spectacular spring wildflowers.

March 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.

Lafayette Reservoir Walk

March 6 9:30 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 March 9 10:00 a.m.
Diane Savard (925) 864-7141
For those driving directly to Mare Island: Meet at 9:50am for a 10:00 am departure from the San Pablo Trail trailhead, Mare Island, Vallejo, CA. GPS: 38.10093, -122.28524

Hike Summary: Part 1 - 3.7 miles, 0 elevation gain. Part 2 - 1 mile, 150 ft elevation gain
Mare Island became the first United States naval base on the West Coast in 1854 and was operational until 1996. The history of Mare Island and service supporting WWI and WWII are very much worth investigating. And what could be more interesting or mysterious than being a submarine port?

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 might 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.

Optional: After the hike, we may visit Mare Island Brewing Co. – Coal Shed Brewery for beer and food.

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 San Pablo Bay Trail gravel road, turn right. Continue to the San Pablo Trail parking lot, GPS: 38.10093, -122.2852

Part Two – From the San Pablo Bay Trail parking lot: Head east 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

Lafayette Reservoir Walk

March 13 9:30 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.

Richmond Ferry to SF Ferry Building for Lunch

Sunday March 15 10:20 Ferry
Diane Savard 925-864-7141
Arrive at the Ferry Terminal by 10:00 a.m. to board the 10:20 ferry to SF. We will enjoy the ride across the bay to the SF Ferry Building arriving at 10:55. We will wander around the various shops and then meet at our agreed upon restaurant, choosing from A16 La Pala for pizza, Delica – Japanese, El Porteno – Empanadas, Hog Island Oyster Company or Gott's – All American Burgers. We will return to Richmond on the 3:30 ferry, arriving to our cars at 4:05. RSVP to 925-864-7141.

Book Group Discussion and Potluck

Thursday, March 19 Noon
Nancy and Frank (925)930-0133
In Karim Dimechkie's The Uproar a white social worker's decision to leave his large, difficult dog with a stranger leads to a public conflict that exposes racial tensions, class divisions, and cracks in his marriage. Call for directions.

Lafayette Reservoir Walk

March 20 9:30 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.

MEATBALL MONDAYS

Monday, March 23, 1 pm
Don and MaryAnn (925) 899-5030.
The Old Spaghetti Factory, has put together a special for \$25.00 for two people. This includes a Platter of Spaghetti with Marinara Sauce and 4 Meat Balls, includes 2 Soups or Salad, Half Decenter of House Wine or 2 Beverages (Soda, Coffee, Tea or Milk) Bread/Butter and 2 Servings of Spumoni Ice Cream. This is a Reservation Event, so Call or Reply to this email by Friday, March 17.

Old Spaghetti Factory, 1955 Mt Diablo, Concord, parking on street.

Lafayette Reservoir Walk

March 27 9:30 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.

April 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.

Lafayette Reservoir Walk

April 3 9:30 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 Discussion and Potluck

Thursday, April 9 Noon
Bea (925)255-3421
Hampton Sides' The Wide Wide Sea offers a complex look at Captain James Cook's final voyage, raising questions about imperialism, cultural clashes, and the legacy of exploration. In the book, key

discussions focus on Cook's shift in character, the inevitability of the fatal conflict in Hawaii, and the contrasting, often misunderstood, interactions between British sailors and indigenous populations. Call for directions.

Lafayette Reservoir Walk

April 10 9:30 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.

WEEKEND IN THE MOTHERLODE

Friday, April 10 to Sunday April 12
Don and MaryAnn (925) 899-5030
Join us for a weekend in the Sierra Foothills. Weekend Highlights: Friday night Happy Hour, Off Broad Street Play Nevada City, Visit The Crystal Hermitage Gardens with over 17,000 Tulips, Italian Dinner at Cirino's, Stroll along The Butter Bend Trail in Yuba River State Park. We will be staying at The Best Western Gold Country Inn, Grass Valley. To reserve a room, call hotel directly at (530) 273-1393, 24 hours cancel notice. The hotel includes full Breakfast, Fridge, Micro Wave, and Hot Tub. After you reserve a room, call me (925) 899-5030 or email me at dacamo55@hotmail.com. We will send details of the trip.

El Cerrito Plaza BART to SF via Ferry Hike 5 Miles

Sunday, April 12 10:00 am
Join us for a walk from the El Cerrito Plaza BART station to the Bay Trail, then along the scenic Bay Trail to the Pt Richmond Ferry (5 miles total), where we will catch the 12:25 ferry to San Francisco. Bring your lunch and we will eat at the park across from the SF Ferry Building. After lunch, we will discuss options for further exploration using buses/street cars, followed by a beer/wine stop. Return is via BART to your car. Be sure to RSVP at dduker2001@yahoo.com to be sure the hike is on.

Bring: Water, lunch, Clipper Card.
Meet: El Cerrito Plaza BART station at 10:00 am. El Cerrito Plaza is the first station after the North Berkeley station as you are traveling north.

Lafayette Reservoir Walk

April 17 9:30 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.

El Cerrito Hike

Saturday April 18 10:00 am
Emma Yee 510-847-0477
Meet at El Cerrito Del Norte BART station by 10am. We start hike at 10:15am, walking through residential area for about 1.5 miles to the Hillside Natural Area. Afterwards, we visit the Recycling Center followed by a walk to Cerrito Vista Park for lunch/restroom. Round trip is less than 5 miles. Limit 10 people. Rain cancels.

Lafayette Reservoir Walk

April 24 9:30 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.

Albany Bulb Art Walk

Saturday April 25 10:00 a.m
Diane Savard (925) 864-7141



The Albany Bulb is a former construction debris landfill on San Francisco Bay where people have been making informal outdoor sculptures and

paintings for decades. Its home to 150 species of birds, huge trees, wildflowers, amazing views, and lots of walking trails.

For decades the dumping of construction debris filled in the marshes and tide flats of the Albany Waterfront. In 1984 the dumping was stopped.

It has since been turned in to a park with art displays built by past residents.

Come join me for this 4-5 mile walk where we will enjoy the beautiful views of SF skyline.

Meet at the parking lot on



the bay side of Gilman Street next to the soccer field and horse barns for the racetrack. We will walk along the shoreline by the racetrack to the Albany Bulb and back.

Bring something to eat for lunch along the way. There are no good bathrooms at the start but there are some not far from the racetrack.

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; 1201 Brickyard Way #111 Richmond, CA 94801.

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

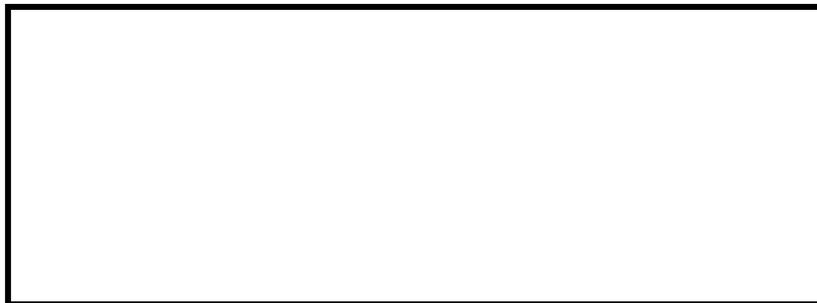
Hikanbyke distributes a member directory to its members yearly. Your address is not included. May we: include your Primary Phone Number? Yes No Your Email Address? Yes No

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



Address Correction Requested

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