



December 2018



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 14.

By E-mail:

friedmanjm43@gmail.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), or download from <http://www.hikanbyke.org/MembershipPrint.pdf> 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:

<http://www.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:

Joan Friedman (925) 937-0233
Email: friedmanjm43 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, 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:

<http://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.

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 THANK YOUs!

Thanks to the leaders in November. Weather is changing; Daylight is changing. But we still want to get out and do things. So we need all you leaders to encourage us and cheer us on.

Diane Savard	Jon Heinson
Pat Perez	Dick Duker
Rebecca Mallon	Don Acamo
MaryAnn Acamo	Frank Nolte
Trish Hewison	Joan Friedman
Nancy Nolte	Joann Lagerstrom
Rose Azalde	Jerry Gulick
Dave Weiner	Roland Flamme
Niels Povlsen	

Future Events

New Year's Day Marina Green/Crissy Field San Francisco Bay Walk

Tuesday, Jan 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. If you don't want to carry your dish, come ½ hour early and Diane will take your dish to the Log Cabin.

San Francisco Symphony Rehearsal

Thursday, January 31 8:10 AM
David Weiner 925-382-3381
Roland Flamme 925-808-9524
Bringing back a tradition that Hikanbyke has done in the past. The SF Symphony is having an open rehearsal on Thursday, January 31. It's a wonderful morning with an informative pre-rehearsal lecture on BEETHOVEN'S PASTORAL SYMPHONY (see below) for 30 minutes before the rehearsal. Then you get to hear the entire orchestra "tune up" for the full performance later in the day. General admission tix are just \$30 (bought morning of event) plus add \$1 for all the coffee and donuts you want prior to the lecture. Afterwards, we may pick a local place to enjoy lunch together. This event is "Bartable", a 4 block walk from Civic Center Station. What you must do: You buy your own tix at the box office the morning of the rehearsal. Be at the ticket office by 8:10 AM. We will try to get seats together, not guaranteed. I will email instructions to you but you must email me first that you are going (DanvilleDave at MSN dot Com). Co-leader Roland Flamme. Invite your friends. I have invited more than one group to join us.

Annual H&B Policy Meeting & Potluck

Tuesday, February 12 6:00 PM
Place: John and Dana Hannum
1022 Dunhill Court, Danville 94506
Tel. 925-648-2338
Join us for our annual H&B policy meeting. Topics to be discussed will include financial report, special events report, calendar report, charities. If you have a topic you

must be present to discuss it. Send an advance email regarding what topic you would like to discuss to Niels or Rebecca. You can only vote if you are a member. Questions? Call Rebecca at 925-323-3579. Please bring a potluck item to share and folding chairs, if you have extras.

December Events

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).
Joan joanmfriedman@aol.com (925-216-7833)

One Hour Walk and Talk

Tuesdays 9:15 AM

Nancy Nolte, Lynne Harris and/or Joanne Lagerstrom, 925-335-0950
Join us and a few other folks who have been walking on Tuesday mornings on the Iron Horse Trail. We meet at the parking lot just west of the Olympic Blvd. and Pleasant Hill intersection (the new round about) for a short walk west—30 minutes out and 30 minutes back. If you are joining us for the first time, please give Joanne a call to let her know you are coming.

NOTE: No meeting on Dec. 25 or Jan 1

H&B Annual Holiday Party -

Saturday, Dec. 1 6:30-10:30 PM
Sycamore Club House, Danville
Another great party to start the holiday season at our favorite venue. Music, drinks, appetizers and a buffet for 1 great price. See the attached flyer for details. Questions?? Rebecca rmallon2@aol.com

After Holiday Party Breakfast

Sunday, Dec 2 8:30 - 10:30 AM
Pleasant Hill Senior Center
Don & MaryAnn Acamo: 925-899-5030

Let's all get together for the day after the night before, first annual Holiday Breakfast. This will be a nice relaxing time to get back those calories that you lost on the dance floor. Join us

at 9:00 AM for this special breakfast in the company of others. Breakfast will consist of pancakes, French toast, biscuits & gravy, scrambled eggs, sausage, juice, and coffee for only \$5.00. Wow! Located at the Pleasant Hill Senior Center, 233 Gregory Lane, Pleasant Hill.

Lafayette Reservoir Walk

Friday, Dec 7 9:30 AM
Rebecca 925-933-8033 home
925-323-3579 cell

Fall is here. Winter approaching. With luck the colors will stay. Meet near the flagpole to walk 2.7 miles on the paved path. Weather permitting, we go for drinks and treats near Noah's Bagels downtown. RAIN CANCELS. Watch for google group alerts.

Benicia State Park bike ride

2L20

Sunday, Dec 9 9:30 AM
Charlie cju2 at sbcglobal dot net
925-370-1123
Stan swong522 at sbcglobal dot net
925-818-9332

Join us on this approximately 20-mile ride from downtown Martinez across the Benicia bridge out to the end of the State Park to see if anyone is catching any fish today! We will then return through downtown Benicia, stopping for a coffee somewhere along the way.

Directions: Meet at 9:15 in the old train station parking lot (NOT the Amtrak station) on Ferry St. in downtown Martinez. Find your way to Ferry St. in downtown Martinez and turn right into the parking lot just before crossing the train tracks. Snacks optional, helmets required, rain cancels.

Annual Holiday Luncheon

Wednesday, Dec. 12 12:30 PM
Delancey Street Restaurant, SF
Rose Rose9407@hotmail.com
This holiday luncheon in San Francisco has been a popular activity so we hope you will join us for a memorable outing. We plan on meeting outside the Ferry Building at 11:00 AM to walk around and perhaps grab a cup of coffee before we walk to the restaurant--if you do not wish to walk, a streetcar is available.

This year the payment method will be different in that I need for you to mail me your check with menu selection **on or before Monday, December 3**, so I can notify the restaurant of the menu choices. Make check payable to: Rose M. Azalde. My address is 1977 San Miguel Dr., Walnut Creek, CA 94596. The charge is \$37.00, WHICH WILL INCLUDE COFFEE OR TEA, whereas in previous years, an extra fee was charged. Wine and other drinks can be ordered at the bar, not included. Also, cup of homemade Soup of the Day is included along with assorted house made focaccia bread and of course, their delicious homemade dessert. Your choices are:

1/2 Rotisserie Rosemary Garlic Chicken
BBQ Chicken
Grilled Salmon
Kale and Brussel Sprout Salad
Pasta Pesto
Pasta Bolognese

After lunch, we will walk up Market Street, with our first stop being at the Palace Hotel where the decorations are awesome. We can then decide in which direction we want to head.

Looking forward to seeing you on the 12th.

Book Group Discussion and Potluck

Thursday, Dec 13 6:30 PM
Gretchen 510-530-3557
Frank 925-930-0133
The Meditations of Marcus Aurelius is a series of personal writings recording the Roman Emperor's private notes to himself and ideas of stoic philosophy for his own guidance and self-improvement. Stoicism can be a bulwark against the excesses of the holiday season. Call for directions.

Lafayette Reservoir Walk

Friday, Dec 14 9:30 AM
Rebecca 925-933-8033 home
925-323-3579 cell

Fall is here. Winter approaching. With luck the colors will stay. Meet near the flagpole to walk 2.7 miles on the paved path. Weather permitting, we go for drinks and treats near

Noah's Bagels downtown. RAIN CANCELS. Watch for google group alerts.

Christmas Party - Hercules

Saturday, Dec. 15 5:30 PM
Appetizers, 6:00 PM Dinner
Jerry Gulick: (510) 799-7447
ggulick3724@sbcglobal.net
* E-mail Reservations Required by Dec. 13*

Jerry's putting on his 20th annual Christmas party at his house in Hercules. It's always a great time and there'll be lots of Christmas cheer for all. Jerry will cook the main dishes while you provide the side and dessert items. We'll have a gift exchange (don't be a Grinch - value of gift should be \$10.00 or more and new items only. There will also be a special guest appearance by you know who. The first 20 men and women to sign up will be treated to this Christmas delight for just \$10 each. Sign up early as this event always fills up. Reserve your space now so Jerry can plan the food. RSVP by e-mail only
ggulick3724@sbcglobal.net

Pot Luck and Singalong

Saturday, Dec 15 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. Don't worry if your voice is not that great, we are here to have fun. Since Christmas is just around the corner, we will include a few Christmas carols to bring in the Spirit. You are free to pick from any of the songs in our books. You will be accompanied by one or more guitar players to lead the group with tunes chosen.

Bring a potluck dish to share and the beverage of your choice if you plan to join the potluck. Please note, alphabetical order has been changed. If your last name begins with A-I bring an entree, J-R bring a salad, S-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 \$3 charge to cover the cost of paying for professional cleanup help after the event, and for plates, cutlery and glasses, and song books.

Address: 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 St.

Ferry Building to Larkspur Road Ride

Saturday, Dec 16 9:00 AM
33 miles/level A/pace 2/hills B
Niels Povlsen 510-375-1521
Let's start with the ferry ride from the Larkspur Ferry. Ferry leaves at 9:30 AM. Join us for everyone's favorite ride with a bonus. This time we'll start with the ferry ride, meeting at the Larkspur Ferry. The ride will start from the Ferry Building SF at 10:30 AM coinciding with the arrival of the ferry. From the Ferry Bldg. we will bike through Fisherman's Wharf, Crissey Field, up to and over the Golden Gate Bridge, coast down to Sausalito; pedal through Mill Valley; stop for lunch in Tiburon; and, for a bonus, continue around beautiful Paradise Cove to Larkspur Landing. With the ride over we can relax at the Marin Brewing Company for a much-deserved libation before heading home. The ferry cost is \$12.00 (Clipper Card \$7.75/Senior/65+ - \$6.00 cash or clipper card). Helmets are required, bring lunch or buy it in Tiburon & don't forget water. Start: Larkspur Ferry. From the East Bay cross the Richmond San Rafael Bridge, take the 2nd exit to Sir Francis Drake Blvd. Turn left at the 2nd light into the ferry terminal parking. Parking is free.

Joaquin Miller Sequoia Bay View Trail Christmas Eve Walk (2B)

Monday, Dec 24 12:00 Noon
Niels Povlsen 510-375-1521
Attention!! This has become a favorite location for this annual walk. Bring hiking boots, water and snacks. The trails in this beautiful park are perfect for any weather, maybe soggy but never muddy. Afterwards, we will celebrate with dinner at Zen Restaurant in Pleasant Hill. A group of us had lunch there. The food & service were both excellent. Please call if you are joining us, so I can make reservations. Directions: From Highway 13 take the Joaquin Miller Road exit. Head uphill on Joaquin Miller Road to Sanborn Road which is the entrance to the Park. Follow Sanborn Road to the parking lot by the Ranger Station. We'll meet there.

Lafayette Reservoir Christmas Day Walk

Tuesday, Dec 25 11:00 AM
Niels Povlsen 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 10:30am to take people back up to the Reservoir. Of course, if you want a little extra exercise, you could walk up to the Reservoir!

OPEN HOUSE

Tuesday, Dec. 25 2:00-7:00 PM
Carla den Dulk 209-988-4265
Call for the gate code

Merry Christmas! Please stop by my house, 353 Beacon Ridge Lane, Walnut Creek, for a bowl of turkey

soup and dessert anytime between 2 and 7 PM. Join us spreading a little Christmas cheer.

Sky Ranch hike 1A+

Saturday, Dec 29 9:30 AM
Charlie & Ginny cju2 at sbcglobal dot net 925 370 1123
Sheri & Stan swong522 at sbcglobal dot net 925 818 9332
Let's try to get one more in before the end of the year, eh? This morning we are off for a brisk hike up to the Franklin Ridge for a view of the north bay and the delta. Sky Ranch is a part of the Muir Land Trust that is a link in the Bay Ridge Trail. This will be approximately 4 miles with a total elevation gain somewhere around 900'.

Directions: Meet at 09:20 at the trailhead next to the horse stables on Dutra Rd. in Martinez. Take Hwy 4 to Alhambra Ave. exit, head south and immediately turn west on Franklin Canyon Rd. Proceed almost a mile to a left on Dutra Rd. Go through the railroad tunnel and the trailhead is 500' on your left (sign: to Peralta Rd.). Park along the side of the road - do NOT block the stable entrance or park in the stable area. Note, there are no facilities at the trailhead. Hiking time will be about 2.25 hours plus gawking stops! Rain the day of, or in the preceding few days may cancel due to the possibility of really nasty mud on several sections of the trails - I will send an email announcement the day prior.

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

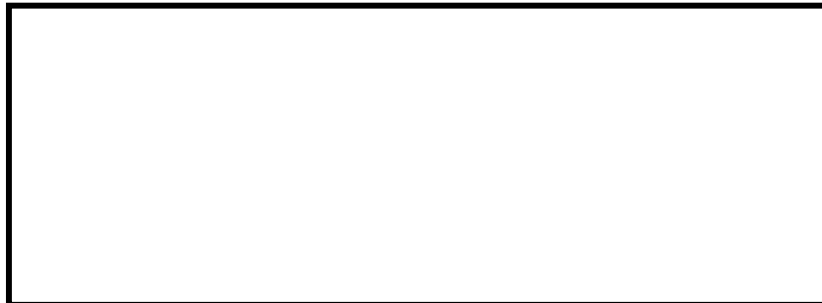
I enjoy the following: Hiking/Walking Cycling Camping Backpacking DH Skiing XC Ski

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**.