



Hikanbyke Highlights

DUES INCREASE effective June 1 \$15/year, \$35/3 years. Check your address label to ensure delivery of news letter.

Next Event Planning & Potluck
Date: Tuesday August 11 6:30 PM
Place: Robin's house
Directions: Call (925) 829-8799

Deadline for next issue: August 22
By E-mail: DLSavard@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.

Next Collating Meeting & Potluck
Date: Thursday August 20 6:30 PM
Place: Maggie's home
To submit events for the next issue of the newsletter:

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@sbcglobal.net of any changes to your email. You can send him an e-mail anytime, or note it on the membership renewal form. If your email is current in our member database you will receive a reminder when your subscription is about to expire

Hikanbyke Web Site:
<http://www.hikanbyke.org>

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

STATEMENT OF PURPOSE

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

Club Coordinators

Membership / Missing Newsletters:
Charlie Uhlman (925) 988-6001
Email: cju2 at sbcglobal dot net

Membership Questions & Mailing:
Jeannette Dothee (925) 872-2834
Email: Hyknbyk2 at aol dot com

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

Newsletter Editor:
Diane Savard (925) 864-7141
Email: dlsavard 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.

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

Email lists: Hikanbyke maintains three email lists. These lists are open to all and you may subscribe to any or all lists. You must be subscribed to each list before you can post a message to it. You may also visit the Google Groups website to create a profile, register to email lists, and select delivery options at: <http://groups.google.com/> You must include your name and contact information in every post. For more help and to read our policy, visit our website: <http://www.hikanbyke.org/>

1. H&B ANNOUNCEMENT LIST

This list is for notification of unscheduled events or last minute information. Please review the list policy before using. To subscribe, send an email to Hikanbyke-subscribe@googlegroups.com To post a message, send an email to Hikanbyke@googlegroups.com To unsubscribe, send email to Hikanbyke-unsubscribe@googlegroups.com

2. H&B CLASSIFIED LIST

For-sale items of any type, services (seeking or providing), solicitations for other clubs or organizations, etc. To subscribe send an email to: HB-Classified-subscribe@googlegroups.com To post, send an email to: HB-Classified@googlegroups.com To unsubscribe or change your email, visit the Google Groups website.

3. H&B BLOG/DISCUSSION LIST

This is our discussion list. Rants, raves, gripes, political, personal, religious, - whatever. As long as it's not explicit, hateful, or illegal. "Replying to all" is permissible here. To subscribe, send an email to HB-blog-subscribe@googlegroups.com To post, send an email to HB-blog@googlegroups.com **To unsubscribe or change your email, visit the Google Groups website.**

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

Upcoming Electronic Newsletter

In January a committee was appointed to discuss ways to reduce the newsletter printing and mailing costs. Several alternatives were discussed, but all agreed that some sort of electronic newsletter would be the best way to go. This will save the club money, reduce the cost for members, and save a few trees. All the details have not been worked out yet, but we are considering beginning with the January, 2010 newsletter. Those who opt for electronic delivery will enjoy reduced membership dues. Those who opt for the printed & mailed version will unfortunately have a dues increase. We also discussed privacy issues associated with an electronic newsletter. While it was generally agreed that member's names, addresses, and phone numbers in event listings might be leaked to the internet, we also recognized that this same information is readily available on many internet sites today. More information will be published as the delivery and accounting mechanism is finalized. Please email any comments or suggestions to Charlie Uhlman and Niels Povlsen. Thanks

to the others on the committee: Lorraine Kent, Roland Flamme, Maggie Davis.

DUES INCREASE effective June 1 - \$15/year, \$35/3 years. Check your address label to ensure delivery of news letter.

Thank You Leaders!

The wonderful spring and summer weather brought lots of you outdoors for the May and June events. We have some new leaders hosting the pinochle nights and Celeste Burrows has returned to lead great hikes. We have many members who enjoy the events led by these "regulars" who lead one or event every month. Join them as a co-leader next month and see how easy it is to lead or host your own event.

Robert Bradley	Lorraine Kent
Rebecca Mallon	Rose Azalde
Ann Lindner	Roland Flamme
Niels Povlsen	Rick Edmondson
Trish Hewison	Charlie Uhlman
Stan Wong	John Murrell
Celeste Burrows	Lynn Deckert
Frank Nolte	Rita Liston
Bob Livsey	Don Acamo
MaryAnn Acamo	Stan Preftokis
Dave Weiner	Perry Dobson
Lori Pullen	Liz Redon
Janet Pape	Diane Savard
Robin Yancey	Diane Scofield
Champa Kridalani	Jean Tokarek

The following members accrued sufficient points for upcoming free membership: Robert Bradley, Rick Edmondson, Trish Hewiston, and Joanne Lagerstrom.

Volunteerism and Hikanbyke

Niels
Joan
Champa Kridalani graciously hosted our initial Volunteer meeting on June 15. Our guest speaker was Theresa Hurley, Program Manager of the Volunteer Center of the East Bay. The Volunteer Center's mission is to link people who care to people in need. Theresa discussed the many different ways that Hikanbykers can give back to the community. The Volunteer Center website is www.helpnow.org. The website provides requests from non-profit organizations for volunteer help. Joanne Lagerstrom has been

volunteering with "Fresh Start" which is a respite center in Walnut Creek for homeless and the working poor who are on the edge of being homeless. For more information on Fresh Start, contact Robyn at Fresh Start at (925) 935-8446 or Joanne Lagerstrom, at 925-335-0950. Joanne also tutors homeless youth in Berkeley. If you are interested in helping, please contact Joanne. Joan Friedman volunteers many hours at the Mt. Diablo Peace and Justice Center who would like to set up a community garden. Theresa suggested we contact the Mt. Diablo Interpretive Association who can arrange for projects for groups in the park. Rich McDrew of Mt. Diablo Interpretive Association said that they could tailor an activity for our group such as trail adoption program. As our hikers and bikers use Mt. Diablo Park, we thought this would be an ideal first group activity. Niels and Joan will arrange for a date. Niels will look into getting Hikanbyke T-shirts for volunteers. A future meeting will be scheduled before the end of August to discuss how we can give back to the community. Theresa suggests we can work with kids, get food to hungry people, tackle housing or homelessness, support arts and culture, help keep people healthy, make our schools better, fight Aids, support seniors, protect our environment, etc. Please give this topic some thought.

UPCOMING EVENTS

Carquinez Straights Round Trip Bike Ride - 2.5T37

Saturday September 12 9:30 AM
Charlie cju2@sbcglobal.net
Stan swong522@sbcglobal.net
Trish tayden2001@yahoo.com
For the first time ever, a complete self-powered round trip around the Carquinez from Contra Costa to Solano and back across two different bridges. Our ride begins in Martinez and we bike down river to Crockett. Crossing the Zampa Bridge, we take in the magnificent views. Then making our way up river through Vallejo and Benicia, we will cross the newly opened Benicia Bridge for the first time. The new bike lane is on the west side of the bridge, so the view

will be superb looking down river at Martinez and the straights with the Franklin Ridge in the background. From there it is a short ride back to the train station. There are many opportunities to stop for a snack or lunch. Directions: Meet at 09:15 AM in downtown Martinez at the old Martinez train station, on Ferry Street across from the Hot Dog Station. The old train station is the last building on the right before you cross the railroad tracks into the marina park. There are no time limits on the parking on Saturdays. Notes –The Benicia Bridge Bike lane is scheduled to be opened in late August. If Cal Trans delays the opening past 9/12, this ride will be rescheduled. Co-listed with GGC.

Annual Hikanbyke Potluck Picnic

Sunday September 13 Noon
Again we will be at Pleasant Hill City Park located at Gregory and Cleaveland Rd. The picnic will begin after the hikers, riders, golfers, tennis players return. Last year we had hikes (2 levels) bike rides (2 levels) golf and tennis. Volunteers are needed to lead those activities that can start and end at the picnic site or at a designated off-site location. Those activities start early in the morning before the picnic. Help is also needed for setup and cleanup. All attendees are requested to bring a potluck item to share and beverage of your choice. A BBQ will be available for any item you want to cook. Questions? Contact Rebecca at rmallon2@aol.com

Whale Watch at the Farallon Islands

Robin
Visit our local Galapagos Islands. One day trip to Whale Watch. Take an all day cruise out to the Farallon Islands and get a chance to see Blue Whales, humpback whales, dolphins and a great variety of wild life. This is in the planning stages need an idea of the interest level. Individual tickets (buy them yourself) are \$125. on a week-end or with enough interest, 45 people, we could have a private boat for \$3700.00 which comes out to about \$82. a piece. We are aiming for end of Sept or beginning of October. Please call or e-mail Robin Yancey at

robinmacyan@hotmail.com. Make sure you speak clearly please.

Holiday Party 2009

Saturday December 5, 2009
Rebecca
Put on your dancing shoes and your party clothes! The party will be at Sycamore Clubhouse in Danville. The Fabulous Cruisetones will provide the dance music again. Everyone loved the location and the music last year so we decided to do it again. As usual, the committees will need help before, during and after the party. If you want to participate in decorating, shopping, serving or cleanup, let me know. More details in the next newsletter. Questions? rmallon2@aol.com

Early Announcement for 2010 Clearlake Biking Weekend

April 15-April 18, 2010
Marlene
marlenem516@sbcglobal.net
After many years at Clearlake, the location for this annual biking weekend has been changed to Blue Lakes, which is about 20 minutes northwest of Clearlake. Several of us this past weekend felt that Skylark Shores, and the big cabins in particular, were looking very tired and uncared for. Trish and I stopped at The Lodge at Blue Lakes on our Saturday bike ride, and were very impressed with the location and the looks of the lodge and rooms, as well as the accommodating attitude of the staff. We returned on Sunday prior to leaving and booked rooms for next year. The Lodge is right on Blue Lake (beautiful and clean), with a very nice lawn, a beautiful patio overlooking the lake, clean, newly remodeled rooms, kayaks and a swimming area in the lake. The down side is that it's not walking distance to shops or restaurants, and it will cost about 20% more. We liked it so much we decided to try it for next year and see how we like it. There may be a bar on site by next year. (They have a place for a restaurant and bar.) I'm very excited, after dealing with toilet paper rolls falling off the wall, climbing through windows because keys didn't work and no one in the office, etc., at Skylark Shores. We think you will love the new place. Put it on your calendar!

July - August Events

Mixed Doubles Tennis in Walnut Creek

Robert
Every Wednesday at 1:30 PM
Every Thursday at 9:00 AM (new time)
Call Robert for further information.

East Bay Mid-Week Ride July 1

Every Wednesday 5:45 PM
Rick
Trish
The Wednesday evening rides meet at 5:45 p.m. with a prompt 6:00 p.m. ride start. The location changes each week, and is announced over the e-mail service the day before. Some of the weekly rides are Mt. Diablo, Three Bears, Danville loops, Oakland Hills, etc., and are intended for intermediate-level riders. Look for the e-mail each week.

TGIF

Every Friday 5:30 PM
Susan
Join me and your Hikanbyke friends for a TGIF (Thank Goodness It's Friday) at a local spot in Contra Costa County. The event begins at 5:30 pm each Friday and goes to approximately 8:00 - but you may arrive and depart as your schedule permits. This is a great opportunity to meet new singles, rekindle old friendships, or just hang out with your pals. Eat, drink and be merry! Call Susan or email sdplatt2@stound.net for the location.

The Singing Flag

Friday July 3
Diane
Niels
Join Diane and Niels for the 21st annual "Singing Flag" 4th of July celebration sponsored by the Calvary Temple in Concord (Dave Brubeck Park at 4321 Concord Blvd.). The Singing Flag production is a patriotic salute to America. With a cast & choir of over 150 people, this free event is a family-oriented celebration of our country and its people. Through music, dance and drama, our show includes encore audience favorites, movie and TV spoofs, a celebration of our faith, and a salute to the military. The evening

culminates in a fantastic aerial fireworks show. Either bring your own food and drink or they have a full concessions stand & BBQ--featuring BBQ hamburgers, hot dogs, polish dogs & tri-tip sandwiches. French fries, chicken strips, nachos, corn dogs, popcorn, cotton candy and more. We also have shaved ice and specialty coffees. NO PLASTIC TARPS, ROCKS, BRICKS, or HIGH BACK CHAIRS PLEASE. Diane and Niels will get there early to lay down a tarp and reserve a spot. Please RSVP to one of them so we know how many folks plan to join us.

Preservation Hall Jazz at the Marin County Fair

Sunday July 5 2:00 PM
Roland

Join me at the Marin County Fair on July 5. The great Preservation Hall Jazz band will be performing at 2:00 PM. If interested in call pooling, CALL me.

Stern Grove Symphony /Jazz Festival and Picnic San Francisco

Sunday July 5 12 PM to 5 PM
Ariane

In concert with Nature! 'Tis this time of the year again, where we will stretch in the grass, sample everybody's food, and hear the SF Symphony led by J Gaffigan. The picnic starts at 12 PM. It will be whatever you kind people bring! If you come early, you can visit or hike the grove. There often is a "pre-show" presentation as well. At 2 PM, we are treated to an opening "Inouye jazz" performance with trumpet, bass, percussion and guitar. Then, works from Tchaikovsky, Gershwin and Bernstein. The weather can change very fast, be prepared! Be sure to have a blanket, tarp, or low-back chair to sit on the lawn, a hat and layered clothing. It is hot or cold there, but always enchanting! I shall come early to get my favorite spot! Look for yellow and blue balloons on the grass, left of the seating area as you face the stage. Directions: Stern Grove, San Francisco, is at the corner of Sloat Blvd and 19th. Parking can be a problem. You may want to carpool or take Bart to SF Civic Center, go one flight of stairs to Muni, take K or M to 19th and Sloat, and walk one block to the grove.

If you need more info, please call Ariane or e-mail agfranc@aol.com
See you there! You will love it!

Mt Tam Vistas and Woods

Sunday July 5 10:30 AM
Celeste

This scenic 2B hike explores Tam's west and southern environments. Enjoy dramatic ocean vistas along the Dipsea trail and the deep redwoods and canyons surrounding Muir Woods. Meet at 10:30 AM at the entrance to the Muir Woods overflow parking lot. There is additional roadside parking past this lot. Call for possible carpooling from Emeryville.

New Summer Time for Res Walks

Monday July 6 9:00 AM
Rebecca

Its summer and it could be hot. So let's try an earlier start. The paved lower trail is just 2.7 miles with a little up and down for a workout. It takes about an hour. The parking meters take quarters only - 25 cents for 15 minutes and on July 1 the fine goes up to \$35 so be sure you are covered. If you park in the residential zone at the bottom, allow 15 minutes to walk up. Meet at the flagpole, upper lot, at 9:00 for prompt departure. We always continue socializing at a local coffee shop after. Questions?? Call before 8:45, day of event.

Lake Merritt Walk & Dinner

Tuesday July 7 6:30 PM
Niels

Let's walk around Lake Merritt (3.3 miles) and enjoy an evening in downtown Oakland. Meet in front of Grand Lake Theater. Wear walking shoes & bring \$ for dinner at local restaurant, after our walk.

East Bay Mid-Week Ride

Wednesday July 8 5:45 PM
See write up July 1.

TGIF

Every Friday 5:30 PM
Susan
Wee write up for July 3.

New Summer Time for Res Walks

Friday July 10 9:00 AM
Rebecca

Its summer and it could be hot. So let's try an earlier start. The paved lower trail is just 2.7 miles with a little up and down for a workout. It takes about an hour. The parking meters take quarters only - 25 cents for 15 minutes and on July 1 the fine goes up to \$35 so be sure you are covered. If you park in the residential zone at the bottom, allow 15 minutes to walk up. Meet at the flagpole, upper lot, at 9:00 for prompt departure. We always continue socializing at a local coffee shop after. Questions?? Call before 8:45, day of event.

Brickyard Landing (my place) Bike Ride 42 +/- to Oakland with a Picnic Lunch @ Middle Harbor Shoreline Park

Saturday July 11. 10:00 AM
Niels

Non cyclists are welcome to join us at the park for a picnic lunch around noon. This ride takes us along the Bay Trail starting in Point Richmond, continuing along the Bay in Marina Bay, onward through Berkeley, Emeryville down to Jack London Square in Oakland featuring spectacular views of San Francisco and SF Bay. Most of the ride is either on bike trails or lightly traveled roads. Then we'll discover and explore Oakland's newest park, Middle Harbor Shoreline Park where we'll stop for a picnic lunch. Bring a sandwich & drink. Middle Harbor Shoreline Park (MHSP) is a 38-acre shoreline park built by the Port of Oakland and operated by the East Bay Regional Park District for the community, with more than two miles of pathways encircling Middle Harbor Basin. Views of the bay that have not been available to the public for the past 100 years are now abundant throughout the park. Visitors may use the free viewing binoculars at Pt. Arnold and in the observation tower. There are approximately three miles of pathways that are available for pedestrians and bicyclists to explore the shoreline and inland areas of the park. Non cyclists joining us for lunch should go to www.ebrpd.org for driving directions. Directions for start of bike ride: Hwy. 580 towards the San Rafael Bridge. Exit at Canal St.

Left at bottom of exit to Cutting. Right at light. Left at Garrard. Go through the tunnel. Turn left at Brickyard Cove Road. Left at Brickyard Way. Park in the lot immediately to the right by the tennis courts. Questions? Call Niels.

Potluck and Dance.

Antioch

Saturday July 11 6:30 to 11:30 PM
David david.lehrer@sbcglobal.net
Lori lcpullen@comcast.net
Join us for another Potluck and Dance Party with the Goodtimers! More fun, food and dancing, just like the dance parties at Perry's house, only the swimming pool is "outside" in the backyard. Therefore, think of this event as an extension of Perry's party. In other words, back by popular demand, for your dancing and listening pleasure, are The Goodtimers, a genuine live band who play an infectious blend of rock and roll, swing, country, and lots of other stuff. This party will be held at Randall's newly purchased very spacious home in Antioch. Randall is a first-time home buyer and is excited to share his home with us and hold our potluck and dance party at his place. It will probably be a hot night, therefore please feel free to bring your swimsuit to swim in the pool in the backyard. Please bring a potluck item to share and a beverage of your choice. There is \$10 cover charge for the live band. Directions:.

Stern Grove – Joan Baez

Sunday July 12 2:00 PM
Niels
Diane

The concert starts at 2 PM but the party starts at 9 AM as we enjoy San Francisco's greatest venue for concerts of all kinds. It's a great way to get a little taste of culture. For over fifty years, folk legend Joan Baez has been drawing social consciousness to the ills and joys of the human condition through her poignant lyrics and dominating vocals. Lending her voice to causes all over the world, Baez's works have come to represent the possibilities for impact when talent collides with awareness. The collaboration of four San Francisco area women, Blame Sally represents some of the best of the modern folk pop scene. Their potent poetry set to an eclectic mix of

instrumentation is guaranteed to leave Grove goers wanting more. Meet on one of the terraces behind the main path through the Grove to the left of the stage (facing the stage) from 9 AM on. Mimosas for the early birds. Call me on my cell if you're having trouble finding us. This is a Potluck, so bring food and/or beverage to share. Let your imagination run wild, let's be the envy of all the other attendees (we usually are). Some events have "pre concert talk" at noon and others have a docent lead tour of the Grove at noon. Chairs should be low to the ground and have backs at shoulder height or lower. Dress comfortably and remember to be prepared for the sun or fog! Driving Directions: From the North Bay: Golden Gate Bridge to 19th Avenue/Park Presidio exit. Continue on 19th Avenue. Turn right at Sloat Boulevard. From the South Bay: 280-North to 19th Avenue exit. At the first stoplight, bear right onto Junipero Serra. Turn left at Sloat Boulevard. From the East Bay: Bay Bridge to 101-South to 280-South. Exit at Ocean Avenue and turn right. Bear right onto Junipero Serra. Turn left at Sloat Boulevard. Stern Grove is located at 19th Avenue and Sloat Boulevard in San Francisco. Stern Grove Festival and the City of San Francisco encourage everyone to take public transportation to Stern Grove. There is NO public parking at Stern Grove and street parking is extremely limited. PUBLIC TRANSPORTATION: MUNI metro lines K-Ingleside and M-Oceanview stop only a block away, and MUNI bus lines 23-Monterey and 28-19th Avenue stop right at 19th Avenue and Sloat Boulevard. You can take BART to Civic Center and transfer to MUNI Metro K-Ingleside or M-Oceanview; to Glen Park and transfer to MUNI bus 23-Monterey; to Daly City and transfer to MUNI bus 28-19th Avenue.

Koffee Klatch

Monday July 13 9:00 AM
Rose
Ann
Let's return to Il Fornaio in WC because this seems to be the favorite meeting spot for all of you who attend. these gatherings -- easy parking and tasty goodies. .

San Leandro Marina Walk and Dinner

Monday July 13 6:00 PM sharp
Joyce

Please join me in an easy, flat walk of about three miles, along the shore of San Leandro's Marina area. Directions from hwy 880 take the San Leandro Marina exit and head west towards the Bay. The end of Marina Blvd veers south (left) at the end of the road, continue about 2 miles to the end of the road, past the golf course, parking lot is on the right side. We will meet there and head south across the bridge. This is a loop trail. We will have dinner at El Torito's at the Marina.

New Summer Time for Res Walks

Wednesday July 15 9:00 AM
Rebecca

Its summer and it could be hot. So let's try an earlier start. The paved lower trail is just 2.7 miles with a little up and down for a workout. It takes about an hour. The parking meters take quarters only - 25 cents for 15 minutes and on July 1 the fine goes up to \$35 so be sure you are covered. If you park in the residential zone at the bottom, allow 15 minutes to walk up. Meet at the flagpole, upper lot, at 9:00 for prompt departure. We always continue socializing at a local coffee shop after. Questions?? Call before 8:45, day of event.

East Bay Mid-Week Ride

Wednesday July 15 5:45 PM
See write up July 1.

Book Group Discussion and Potluck

Thursday July 16 6:30 PM
Diane
Frank

Steve Lopez recounts in his The Soloist hearing an inhabitant of Los Angeles' Skid Row playing his heart out on a two-string violin and unearths an extraordinary story about a mysterious Juilliard trained musician. More than thirty years earlier a talented, ambitious, charming student gradually lost his ability to function and was overcome by a mental breakdown. When Lopez finds him, Nathaniel is alone, suspicious of everyone, deeply troubled, but glimmers of brilliance

are still there. Their bond takes tortuous turns as Lopez imagines he can change Nathaniel's life -- finding him lodging, reconnecting him with his family, taking him to Disney Concert Hall. For each triumph, there is a crushing disappointment, yet neither man gives up. In trying to save Nathaniel Lopez finds his own life is profoundly changed. Directions: This is an outdoor even so be prepared for cold weather.

TGIF

Every Friday 5:30 PM
Susan
Wee write up for July 3.

Chagall Exhibit at the Contemporary Jewish Museum

S.F

Saturday July 18 11:00 AM
Ariane
Let's get together and admire the works of Chagall and the artists of the Russian Theater 1919-1949 at the San Francisco CJM. We will meet in front of the Museum at 11 AM, make a stop at the "Cafe on the Square" situated inside the Museum, to enjoy their Kosher food, and on we go to the exhibit! This is a joint event. The admission price is \$10 for adults, \$8 for seniors. Directions: the Museum is located at 736 Mission Street, between 3rd and 4th street: phone # (415)655-7800. Take Bart or Muni Metro line N or T to Montgomery, Market St exit, 3rd street to Mission, walk toward 4th. There is car parking in the Jessie Square garage (also: bicycle racks), on Mission and in the Moscone Center. More info? Call or e-mail agfranc@aol.com

Another Great Wimp Bike Ride

Saturday July 18 10:30 AM
Robert and Joanne

We are going to do another one of our easy rides, only little hills and around 12 miles, on the Iron Horse Trail from Danville to Pleasanton. Meet us in the parking lot behind Amici's in the shopping center at Camino Ramon and Sycamore Valley. Camino Ramon is the frontage road on the east side of 680 at Sycamore Valley. We might eat lunch at Amici's after the ride.

Pot Luck and Sing-along

Saturday July 18 6:30 PM
John

This evening we will continue with some of the newer songs as well as our regular format of popular songs. John and the gang are once again hosting another of the popular potluck sing-alongs at John's house in the Montclair district of Oakland. Don't worry if your voice is not that great, we are here to have fun. Bring a potluck dish to share if you plan to join the potluck. A-L bring an entree, M-S bring a salad, T-Z bring desert, and your own beverages. Also a musical instrument if you have one, we have song books. Directions;

Budweiser to Budweiser Bike Ride

2M30

Sunday July 19 10:00 AM
Roland

Cell (925) -808-9524
Meet me at the Anheuser Busch visiting parking lot for this wonderful ride. We will stop for lunch at the Wooden Winery. Please bring or buy lunch at a local deli. Directions: Take I-680 east, and then exit on State Highway 12. At Abernathy Road turn right, then right on Busch Drive. The parking lot will be on your left. Rain cancels.

Pinochle

Sunday July 19 5:00 PM
Lynn

Please RSVP so I know how many tables to set up. Please bring an appetizer or salad or beverage to share. Directions: Going 680 North, take Ygnacio Valley east and turn left on Cowell Road. Take right on Larwin and an immediate right on South Larwin. Go six streets and make left on Sweet Shrub.

Free Concert in the Park

Sunday July 19 5:30 PM
Maria

Join us for a concert at the San Ramon Central Park (on the corner of Bollinger and Alcosta Blvd. Music will be provided by Aja Vu. Please bring something to share, your beverage of choice, a blanket (or low chair). I will provide the paper goods. I will get there by 5 P. M. and try to get a spot with some shade. Call me if you have any questions

East Bay Mid-Week Ride

Wednesday July 22 5:45 PM
See write up July 1.

TGIF

Every Friday 5:30 PM
Susan
Wee write up for July 3.

Fourth Friday Night Live Music and Outdoor Movie

Friday July 24 Doors open at 6:00PM
Cindi

Admission: \$5. Live music until sunset. Movie starts approx. 8:30 PM. Look for me under the stars and plant down a blanket. Feel free to give me a call so we can say hi or possibly carpool: 510-481-5184
Movie of the Month: The Secret Garden
Dunsmuir Hellman Historic Estate 2960 Peralta Oaks Ct. Oakland. www.dunsmuir.com for directions and additional information. Bring a picnic supper, blanket, and warm jacket and settle in for an evening under the stars. Low-level lawn chairs only. Can get chilly in the East Bay hills. Note: This is not a potluck or organized event. Just a simple come as you can and have a great time on a Friday night.

Pt. Reyes/Bass Lake/Alamere Falls Hike and Potluck w/Dinner to

follow

Saturday July 25 10:30 AM
Niels

Hike, swim and eat we'll do it all on this fairly easy hike along the southern end of Pt. Reyes with panoramic views of the Farrallons and beyond. We'll hike to Alamere Falls, the waterfall that flows into the ocean -- those who wish can scramble down and play on the beach. Then we'll return to Bass Lake for an afternoon swim (the water will be warm enough even for me). The group will decide if we eat at the lake or at the falls. Bring water, Food/drink to share, sunscreen, and swimsuit (optional). After the hike we'll wander to nearby Bolinas for a celebratory drink and dinner. Directions: From East Bay take Richmond/San Rafael Bridge (580W) to Sir Francis Drake turnoff (101S); Stay on Sir Francis Drake to Olema; Turn Left (south) on Hwy 1; Turn right on Horseshoe Hill Road; Turn

right on Mesa Road; Continue to the end of the road.

Dining in the Bay Area

Saturday July 25 TBA
Stan

Join us for a memorable dining adventure at one of the best restaurants in the Bay Area. Call for more information. Due to popularity of this event, it is important to **RSVP** by Sunday night. Call to find out restaurant name.

Evening of Social Bridge

Saturday July
25th at 7:00 PM

If you play bridge, come join us for a friendly card game.

RSVP by

Wednesday, July

22nd. Contact Rita or Bob for details. Bring beverage or snack to share.



Splash Down

July 24, 25, 25 hours enclosed
Robin

Get a group or come on your own to the U.S.S. Hornet. Aircraft carrier museum docked in Alameda at the old Navel Air Station.

They will be hosting the 40th anniversary of the Apollo 11 Splash Down. Buzz Aldrin will be there on Saturday July 25 but festivities are all week-end from July 24-26. Friday evening 6-10 pm and Sat and Sunday 10-5.

Blackhawk Bike Ride 2.5T37

Sunday July 26 9:30 AM

Stan swong522@sbcglobal.net,

Charlie cju2@sbcglobal.net

Our ride today will take us from downtown Walnut Creek over to Blackhawk Plaza using as many "back roads" as possible. After a latte & snack we will continue to Dublin and then return to Walnut Creek using a combination of routes, including a short detour on the Iron Horse Trail to avoid high traffic areas. Rain cancels. Directions: Meet at the Walnut Creek BART and be ready to ride at 09:30.

Koffee Klatch

Monday July 27 9:00 a.m.

Rose

Ann

Let's return to Il Fornaio in Walnut Creek-- favorite restaurant to meet. Free parking.

East Bay Mid-Week Ride

Wednesday July 29 5:45 PM

See write up July 1.

TGIF

Every Friday 5:30 PM

Susan

Wee write up for July 3.

Point Pinole Regional Park

Saturday August 1 10:30 AM

Madeline

Join me for an easy 3.5 mile walk. We can meet at the parking area at 10:30 a.m. Bring picnic lunch and items to share. We can also, walk at Pt. Richmond after lunch for a 2 mile walk along the Bay.

Martinez Loop Bike Ride 3M35

Sunday August 2 9:45 AM

Roland

Join me for this wonderful ride from Heather Farm. We will stop for lunch somewhere in downtown Martinez. Directions: Meet in the last parking lot on your right on San Carlos Drive. Take I-680 to Ygnacio Valley Road. Then east about 2 miles to San Carlos Drive. Turn left to the last parking lot on the right.

New Summer Time for Res Walks

Tuesday August 4 9:00 AM

Rebecca

Its summer and it could be hot. So let's try an earlier start. The paved lower trail is just 2.7 miles with a little up and down for a workout. It takes about an hour. The parking meters take quarters only - 25 cents for 15 minutes and on July 1 the fine goes up to \$35 so be sure you are covered. If you park in the residential zone at the bottom, allow 15 minutes to walk up. Meet at the flagpole, upper lot, at 9:00 for prompt departure. We always continue socializing at a local coffee shop after. Questions?? Call before 8:45, day of event.

Lake Merritt Walk & Dinner

Wednesday August 5 6:30 PM

Niels

Let's walk around Lake Merritt (3.3 miles) and enjoy an evening in downtown Oakland. Meet in front of Grand Lake Theater. Wear walking

shoes & bring \$ for dinner at local restaurant, after our walk.

East Bay Mid-Week Ride

Wednesday August 5 5:45 PM

See write up July 1.

TGIF

Every Friday 5:30 PM

Susan

Wee write up for July 3.

Glenn Ellen Bike Ride 3T 36

Saturday August 8 9:30 AM

Jeannette and Fred

email hyknbyk2@aol.com

Meet at our home in Santa Rosa and ride to Glenn Ellen and beyond to Benzinger Winery for snack stop. Then return to our home for a potluck party on our deck. Call or email for directions and RSVP.

Carquinez Bridge Walk 2A

Saturday August 8 9:30 AM

Lorraine

Join us as we take about a 5-6 mile leisurely stroll. We will start in downtown Crockett; enjoy water views as we cross the Carquinez Bridge and continuing on a short distance. We will reverse the route for the walk back into downtown Crockett. For those interested, we will continue on to a tour through the Crockett Historical Museum (donation requested). Then we can stop at a local café for lunch and/or beverage. There may even be time to explore an antique shop or two. Wear layered clothing, bring water! Meet at 9:20 AM. We will depart 9:30AM sharp! Directions: (No bridge toll for E. Bay folks.) Rt 4 West, exit 5 to Vallejo/Crockett merging onto Cummings Skyway (1.9 mi), R onto Crockett Blvd (2 mi), R onto Pomona St (262 ft). Look for street parking. Meet on the corner of Pomona St and Rolph Ave.

Tilden Tourist Hike

Sunday August 9 10:00 AM

Celeste

Sample Tilden's attractions, all on one scenic 2B hike. We'll visit the Steam Trains, Botanical Garden, Merry-Go-Round, and the Nature Center. Meet at 10 am in the parking lot of the Environmental Education Center (Little Farm) at the northern end of Tilden Park. Dir: From Hwy 24

in Orinda take Camino Pablo exit north, towards Richmond, about 2 mi. Turn left at the light onto Wildcat Canyon Rd. Go about 6 miles, to the end, on Wildcat Canyon Rd and Middle Park Drive, following signs to the EEC/Nature Area/Little Farm. From Berkeley, take Spruce St to the top, cross Grizzly Peak Blvd, bear left down the hill on Canon Drive. Turn left at the bottom, into the EEC parking lot.

Tour de Valleys 2T35

Sunday August 9 10:00 AM
Joel

Let's meet at the 580 Market Place shopping center in Castro Valley for the start of this relaxing ride through several east bay valleys. The ride includes some town and country riding and features a lunch stop in Pleasanton. If you want to start your day off right, come to the meeting place a little early and enjoy your favorite morning drink at Bodi's Java, a friendly coffee shop in the center. [Note: The route includes the Dublin grade (both directions). If you want to bypass this long--but not too steep--climb let the leader know, and we'll arrange to meet you at an alternate starting point in Dublin that cuts the ride length in half.] Bring \$ for lunch and plenty of water. Rain cancels. Directions: From West Bound I-580 - take Castro Valley exit, turn right at traffic light at end of exit ramp, and turn right into 580 Market Place parking lot. Bodi's Java is directly in front of you. From I-580 East Bound take Crow Canyon/Center St exit, turn left at traffic light at end of exit ramp (go over freeway), turn right at first traffic light (Castro Valley Blvd), 580 Market Place entrance is on the right about 1/2 mile from last turn.

San Leandro Marina Walk and Dinner

Monday August 9 6PM sharp
Joyce

Please join me in an easy, flat walk of about three miles, along the shore of San Leandro's Marina area. Directions from hwy 880 take the San Leandro Marina exit and head west towards the Bay. The end of Marina Blvd veers south (left) at the end of the road, continue about 2 miles to the end of the road, past the golf course, parking lot is on the right side. We will meet there and head

south across the bridge. This is a loop trail. We will have dinner at El Torito's at the Marina.

Koffee Klatch

Monday August 10 9:00 AM
Rose

Ann
Let's return to Il Fornaio in WC because this seems to be the favorite meeting spot for all of you who attend. these gatherings -- easy parking and tasty goodies.

Event Planning Meeting & BBQ

Tuesday August 11 5:00 PM

Place: Robin' home

Directions: Call

Time to work up next schedule of events. New Members: interested in co-leading an event? Come and find out how to do it. We'll find an "old" member to help you. Call for directions. Come and bring lots of new ideas for the upcoming new year. **Note change of time for this month only! Also, it's a Potluck BBQ! Bring some meat to bar-b-que or grill some veggies. Also byob and bring a dish to share.**

East Bay Mid-Week Ride

Wednesday August 12 5:45 PM
See write up July 1.

TGIF

Every Friday 5:30 PM
Susan
Wee write up for July 3.

Mt. Diablo Hike

Saturday August 15 10:00 AM
Robert and Joanne
The chaparral covered summit of Black Point offers a truly unique perspective of Central Contra Costa. This will be a leisurely 1B hike. Bring boots, water, light-colored layered clothing and your lunch. We will meet at the end of the paved part of Mitchell Canyon Road, north entrance to the park, near the town of Clayton. Park in the staging area—parking is free.

Marina Green to Larkspur Bike Ride (33 +/- L/T)

Saturday August 15 10:00 AM
Niels

Join us for everyone's favorite ride with a bonus. We'll start at the

Marina Green near Ft Mason, then ride across the Golden Gate; coast down to Sausalito; pedal through Mill Valley; stop for a picnic lunch in Tiburon; and, for a bonus, continue around beautiful Paradise Cove to Larkspur Landing. From there, a much deserved leisurely ferry ride back to San Francisco. The ferry cost is \$7.45 (with Medicare Card \$3.70). Helmets are required, bring lunch or buy it in Tiburon & don't forget water.

Tom Rigney and Flambeau Concert at Chouinard Winery

Sunday August 16 4:30-8:30 PM
Robin

Come join us and dance and listen to the wonderful music of Tom Rigney and Flambeau. Tom plays the electric violin and he and his band of 5 plays Cajun and Zydeco. Talk about beat. Can't sit still. Cost is \$40. Per car. Venue is outside under the trees. There is a dance floor and white table cloths are provided for the picnic tables. Bring food and wine but the wine tasting room is open if you want to taste and buy. Do not wait until the last moment to buy your ticket. I will have room for 4 other people and Niels also plans on going and said he can hold 7. Or arrange your own group. Plan on arriving at least an hour early for a good table. Please rsvp to my e-mail or call 925 829-8799. Chouinard Winery 33853 Palomares Rd Castro Valley 510 582-9900

East Bay Mid-Week Ride

Wednesday August 19 5:45 PM
See write up July 1.

Book Group Discussion and Potluck

Thursday August 20 6:30 PM
Diane

Frank

In Mary Ann Shaffer and Annie Barrows' The Guernsey Literary and Potato Peel Pie Society, a writer looking for her next book subject comes across a letter from a man she has never met, a native of Guernsey, a British Channel Island once occupied by the Nazis. As she and her new correspondent exchange letters, she is drawn into the world of this man and his friends, all members of a literary society

created as an alibi to protect its members from arrest by the Germans. Through their letters she learns about their island, their taste in books, and the powerful, transformative impact of recent German occupation has had on their lives. Directions: follow the directions for the July 16 book group discussion. This one is also in Diane's charming garden.

Newsletter Mailing & Potluck

Thursday August 20 6:30 PM
Aug 20th will also be "Hot Summer Nights" in Danville with the 50's and 60's cars on display from 4-9.

Place: Maggie's house

Directions: Call

Attn: NEW MEMBERS - Please come to the stamping and labeling meeting to meet other members, find out more about the club and socialize. We no longer have to collate the newsletters, so the working part of the meeting takes about 15 minutes, leaving the rest of the time for eating and socializing.

TGIF

Every Friday 5:30 PM
Susan
Wee write up for July 3.

Oakland Hills Bike Ride (3M35)

Saturday August 22 09:30 AM
Stan swong522@sbcglobal.net,
Charlie cju2@sbcglobal.net
Come join us on an invigorating ride up Wildcat Canyon to Inspiration Point, followed by a loop in the hills over to Pinehurst, the down to Moraga and Orinda. We will be finished in time for a nice lunch in Orinda. Directions: Meet at 09:15 at the Orinda Bart. Directions: Take Orinda exit off H/W 24. From West, left at end of ramp and immediate right into Bart entrance, drive left over freeway and park to the far right. From East, take 2nd exit road and right into Bart entrance. Park on West side.

Pinochle

Saturday August 22 6:30 PM
Joan
The monthly pinochle game and potluck will be held in San Leandro. The potluck will have an Italian theme. I can accommodate up to 4 tables (16 people). Call for directions.

Free Concert in the Park

Saturday August 22 6:00 PM
Maria

Please join us for a concert at Oak Hill Park (Stone Valley Road next to Monte Vista H. S.) Music will be provided by Take Two (Pop). This is Danville's last concert for the summer. Please bring something to share, your beverage of choice, a blanket (or low chair). I will provide the paper goods. I will get there by 5:30 P. M. I will go that morning and try to get a spot with some shade. Call me if you have any questions.

Evening of Social Bridge

Saturday August 22nd at 7:00 PM

If you play bridge, come join us for a friendly card game.

RSVP by Wednesday, August 19th. Contact Rita or Bob for details. Bring beverage or snack to share.



Lake Chabot Summer Hike (2A)

Sunday August 23 10:00 AM
Niels

Join Niels for a 9-mi. hike on beautiful Columbine Trail around Beautiful Lake Chabot. This hike is always a summer favorite. And yes you can make it - challenging but definitely doable & absolutely worth it. (Shorter options include 3 ½ or 6 mi. loops, although you must return on your own.). Remember we will partake in one of Hikabyke's famous potluck lunch's midway, so bring food/drink to share. Directions: Meet at the boathouse at Lake Chabot Marina.

Koffee Klatch

Monday August 24 9:00 AM
Rose
Ann
Let's return to Il Foranio in Walnut Creek-- favorite restaurant to meet. Free parking.

Danville Walk and Fish & Chips 1A

Monday August 24 6:00 PM
Barbara
Robin
Join us for a walk on the Iron Horse Trail followed by Dinner at The

Crown in Danville. Park at the lot behind The Crown on Railroad AV between Prospect and Linda Mesa Streets. Meet on the North West corner of Prospect and Railroad AV across from the Railroad Station/Museum for the walk. We will walk North starting promptly at 6:00 PM followed by dinner at the Crown at 7:00 PM. We have reservations in the patio at the rear of the restaurant where you can order fish and chips for \$7.50, which is the Monday night special. The menu also has a variety of chicken, beef and vegetarian food. Directions: From 680 take the Diablo Road exit. Go west on Diablo. At Hartz AV go straight between the buildings into the Clock Tower Parking lot. Park in the middle of the lot. To the south you can see the Train Station where the walk begins. Looking East you will see a cream colored building with iron gates where we will have dinner. By then the new sign may be up which will say The Crown. The Crown is located at 331 Hartz AV. Please RSVP to Barbara no later than August 18 since space is limited. If leaving a message please give your name, the number of people attending and your phone number.

East Bay Mid-Week Ride

Wednesday August 26 5:45 PM
See write up July 1.

Dining in the Bay Area

Thursday August 27 TBA
Stan
Join us for a memorable dining adventure at one of the best restaurants in the Bay Area. Call for more information. Due to popularity of this event, it is important to **RSVP** by Sunday night. Call to find out restaurant name.

TGIF

Every Friday 5:30 PM
Susan
Wee write up for July 3.

HIKANBYKE MEMBERSHIP and RENEWAL APPLICATION

Hikanbyke is a non-profit group of single friends, dedicated to sharing the enjoyment of activities, such as biking, hiking, skiing, jogging, dining and camping, in a supportive, non-threatening atmosphere. If you wish to become a member of Hikanbyke 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.

Membership is \$15 per year (6 issues) or \$35 for 3 years (18 issues).

Name: _____

Mailing Address: _____

City/State: _____ Zip: _____

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

Internet email address *: _____

(*For our database and for special notifications. See newsletter pg. 1 for info. on the Hikanbyke Listserv)

Membership Category: ___ New ___ Renewal _____ \$15 (1 year) _____ \$35. (3 years)

Hikanbyke distributes a directory to its members yearly. Member addresses are private. May we:

Publish Primary phone number? Yes___ No ___ Publish Email address? Yes___ No___

I enjoy the following: Hiking ___ Cycling ___ Camping ___ Backpacking ___ DH Skiing ___ XC Ski ___
Tennis ___ Running ___ Other (specify) _____

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

Place stamp
here

Do NOT send renewals to above address.



Address Correction Requested