

# Hikanbyke Highlights

## Next Event Planning & Potluck

**Date:** Tuesday Dec. 15 6:30 PM

**Place:** Kathy's Home

**Directions:** Call (925) 426-2412

**Deadline** for next issue: Dec. 19

**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:** Tuesday Dec. 29 6:30 PM

**Place:** Champa's home

**Directions:** Call (925) 933-9049

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, and a "condensed" version of the activity 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

### Special Activities Coordinator

Rebecca Mallon (925) 933-8033

Rmallon2 at aol dot com

### 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



## 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](mailto:Hikanbyke+subscribe@googlegroups.com)

To post a message, send an email to

[Hikanbyke@googlegroups.com](mailto:Hikanbyke@googlegroups.com)

To unsubscribe, send email to

[Hikanbyke+unsubscribe@googlegroups.com](mailto: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](mailto:HB-Classified+subscribe@googlegroups.com)

To post, send an email to:

[HB-Classified@googlegroups.com](mailto: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](mailto:HB-blog+subscribe@googlegroups.com)

To post, send an email to

[HB-blog@googlegroups.com](mailto: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**

### Picnic Wrap up

Hikanbyke officially got it's start at a picnic in Moraga. So that is what we celebrate each year. The 16th Annual Hikanbyke Picnic has come and gone with lots of activity before the potluck, good food provided by all the attendees and lots of fun catching up with friends we may not have seen for months. We had more pre-picnic events than ever before and the promise of a couple of new events for next year. The weather cooperated so people lingered into mid-afternoon. Thanks to everyone who participated. Watch future newsletters for a date set for the 17th annual picnic.

### September-October Leaders

Heading into Fall and we need more leaders and more events as the days get shorter and cooler. Hiking, biking, eating, playing with a buddy is more fun. But here's who we need to give a high-five to for leading an event for the past newsletter.

Robert Bradley Rick Edmondson  
Trish Hewison Rebecca Mallon  
Susan Platt Niels Povlsen  
Champa Kripalani Charlie Uhlman  
Stan Wong Lorraine Kent

Toni Hessler Maggie Davis  
Carol Wong Roland Flamme  
Pat Baran Rose Azalde  
Ann Lindner Joyce Sauer  
Perry Dobson Frank Nottle  
John Murrell Janet Pape  
Stan Preftokis Joan Maramonte  
David Lehrer Claudia Collins  
Joel Lipkin Madeline Crandal  
Joan Friedman David Weiner  
Liz Redon Sheri Rupe  
Robin Yancey Orrel Lanter  
Marlene Hanson Rita Liston  
Bob Livsey

\*\*\* Congratulations to **Lorraine Kent** for leading sufficient events to earn a free membership. \*\*\*

## **UPCOMING EVENTS**

### Annual Holiday Party

Saturday, Dec. 5 7-11 PM  
Rebecca Mallon (925) 933-8033  
Same location, same entertainment, same great food and company. See description in body of the newsletter.

### DISNEYLAND

January 2010  
MaryAnn & Don  
dacamo55 at [hotmail.com](mailto:dacamo55@hotmail.com)  
"A PLACE WHERE DREAMS COME TRUE FOR SENIORS TOO"  
We are looking for people of interest to put together a group trip to Disneyland & Knott Berry Farm sometime during January. "Let's celebrate getting older by staying younger" This will be a mid-week trip of 3 or 4 nights. We will cut cost by car pooling and getting a group rate at one of the many hotels in the area. I haven't been to Disneyland since I was a kid, about 3 years ago. It was in January. The weather was great and crowds were small. I was able to go on 28 rides in one day and I was a big kid. This will be a hoot with a bunch of Hikanbykers. We already have 17 people with interest so if you would like to get on the list, email me your name and phone number. We will have a group meeting in the near future to discuss prices, dates hotels, etc.

### Hikanbyke Annual Policy Meeting

Sunday January 10 4:00 PM  
Maggie's (925) 837-8699  
[Maggie.Davis@wellpoint.com](mailto:Maggie.Davis@wellpoint.com)

Every year in January the club has a policy meeting. Join us for a discussion of club issues. Topics in the past have been both frivolous and serious. We have talked about dues, dogs, donations, incentives for leaders, married v.s single memberships. A financial report for the year will be available and a report on the club picnic and holiday party will be given. If you have an item to place on the agenda please send to [cju@sbcglobal.net](mailto:cju@sbcglobal.net). If you do place an item on the agenda, you must attend the meeting to discuss it. This is **NOT** a potluck. The club will provide light snacks and drinks. Location: 121 Sonora Avenue Danville.

## **November-December Events**

### Mixed Doubles Tennis in Walnut Creek

Robert (925) 335-0950  
**Every Wednesday** at 1:30 PM  
**Every Thursday** at 9:00 AM  
Call Robert for further information.

### Lake Merritt Walk & Dinner

Wednesday November 4 6:30 PM  
Niels (510) 375-1521  
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.

### Lafayette Reservoir Walk

Thursday Nov. 5 9:30 AM  
Rebecca (925) 933-8033  
It's darker and cooler so let's set the start time back a bit. The paved lower trail is 2.7 miles clockwise, and takes an hour to complete. Meet at the flagpole with quarters to feed the meter. Or walk up from the residential area at the bottom allowing an extra 15 minutes. Call before 9 AM day of event if you want a ride from that neighborhood lot. We always continue socializing at a local coffee spot. Rain cancels? Call to confirm.

### **Potluck and Dance Antioch**

Saturday November 7

6:30 to 11:30 p.m.

David (510) 763-1070

[david.lehrer@sbcglobal.net](mailto:david.lehrer@sbcglobal.net)

Lori (925) 413-5976

[lcpullen@comcast.net](mailto: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 homebuyer and is excited to share his home with us and hold our potluck and dance party at his place. Please bring a potluck item to share and a beverage of your choice. There is \$10 cover charge for the live band. **Directions:** 5046 Nortonville Way, Antioch 94531: Take highway 4 towards Antioch, exit on Lone Tree Way, go about 1.5 miles and take a right-turn on Golf Course Rd., then go another .5 miles and take a right-turn on Frederickson Lane and the first left-turn on Stewartville Dr., then a right-turn on Judsonville Dr. and the first right turn on Nortonville Way and look for my house on the right-hand side of the street, that is 5046 Nortonville Way, Antioch. Randall's home phone is (925) 303-2092

### **Koffee Klatch**

Monday November 9 9:00 AM

Rose (925) 930-9407

Ann (925) 938-9172

Let's return to Il Fornaio in WC and this seems to be the favorite meeting spot for all of you who attend. For the next three gatherings, it will be there at Il Fornaio -- easy parking and tasty goodies...

### **Lafayette Reservoir Walk**

Friday Nov. 13 9:30 AM

Rebecca (925) 933-8033

Feel Lucky? It's Friday the 13th. Join us at the reservoir. It's dark and cool so we'll start a little later. The paved lower trail is 2.7 miles clockwise and takes an hour to complete. Meet at

the flagpole with quarters to feed the meter. Or walk up from the residential area at the bottom allowing an extra 15 minutes. Call before 9 AM day of event if you want a ride from that neighborhood lot. We always continue socializing at a local coffee spot. Rain cancels? Call to confirm.

### **Alhambra Valley Ride – 2.5T30**

Saturday November 14 9:30 AM

Charlie (925) 370-1123

[cju2@sbcglobal.net](mailto:cju2@sbcglobal.net)

Stan (925) 686-2046

[swong522@sbcglobal.net](mailto:swong522@sbcglobal.net)

Today we take a 3 hour ride through peaceful Alhambra Valley (Pig Farm Hill the easy way). Continuing through Pinole to Crockett for a coffee stop at the Valona Cafe where we will decide our route back: via Cummins Skyway/Franklin Canyon or via the Carquinez Scenic Hwy. Meet at the Franklin Cyn park & ride. Directions: Hwy 4 to the Alhambra Ave. exit. Go South for 1/16 mile to the park & ride. If the lot is full, park along Franklin Cyn. Rd. No facilities at the start

### **Mines Road, 50 miles/4.5 hours/pace 1/level B/hills D**

Sunday November 15 10:00 AM

Helen (510) 537-9109 or

[hherzberg@earthlink.net](mailto:hherzberg@earthlink.net)

Mines Road is quiet & scenic - and a great workout. No water or toilets at ride start, and no water or food along the way, so come prepared. We plan on lunch and rest at the roadhouse at the junction of San Antonio Valley Road and Del Puerto Road. This is a simple out-and-back, so pick your pace, and distance. I lead from the rear, so just cruise & enjoy the scenery. Great climbs too. Possible ranch rest stop for the weary - warm up & relax. Start: Meet at the junction of Mines Road and the spur that goes to Del Valle Reservoir. Take 580 EAST to Livermore. Take the North Livermore Avenue exit; head SOUTH, and stay on North Livermore Ave. for a mile or so. North Livermore Avenue becomes Tesla Road; at the Stone Ridge Winery make a RIGHT onto Mines Road toward Del Valle Regional Park. Stay on Mines Road for another couple of miles (2-3), then bear left at the intersection with Del Valle Road. There is a wide shoulder

about 100 yards to the right of the intersection for parking. Co-listed with Golden Gate Cyclists.

### **SF City Guides Walk - Chinatown**

Monday November 16 1:30 PM

Rose (925) 930-9407

Rebecca (925) 933-8033

Explore colorful alleys and side streets--the essence of Chinatown--home for family associations, sewing shops, community organizations and churches. See shops selling Chinese medicinal herbs, gold jewelry and vegetables. The fortune cookie factory possibly will be another stop. We plan going earlier so we can have lunch and join the tour at 1:30. We will take BART (time to be determined later). After lunch (also to be determined later but if anyone has a suggestion, please let us know) we will meet on the Washington Street side of the upper level of Portsmouth Square (Kearny & Clay), near the elevator. Public transportation MUNI lines 1, 20, 45. Since there is a limit of 10 people for the tour, please call to save a spot no later than November 12.

### **Lafayette Reservoir Walk**

Wednesday Nov. 18 9:30 AM

Rebecca (925) 933-8033

Heavy rain cancels so call to confirm. The paved lower trail is 2.7 miles clockwise and takes an hour to complete. Meet at the flagpole with quarters to feed the meter. Or walk up from the residential area at the bottom allowing an extra 15 minutes. Call before 9 AM day of event if you want a ride from that neighborhood lot. We always continue socializing at a local coffee spot.

### **SAN FRANCISCO SYMPHONY REHEARSAL AND LUNCH**

Wednesday November 18 8:30 AM

Ariane (925) 284-9738

I have a "soft spot" for this particular rehearsal. Over the years, I have developed a real admiration for the talents and achievements of Alexander Barantschik as a conductor and violonist. I am looking forward to the "all Bach" program he offers: Bach Brandenburg Concertos #3, #4, #5, Bach Orchestral Suite #1, and J.C Bach's Symphonia in B flat major. As usual: the cost is \$20. This is open seating. The Box Office opens at 8:30 AM, please arrive

earlier if you want a good seat, it is a well attended event. We try to be in the 6-8 row of the Left side of the Orchestra counting from the stage, come join us. Drop your coat to reserve a seat and meet us in the Hall for coffee (\$1) and free donuts. There is a lecture from 9- 9:30AM ; don't miss it, it is always witty and instructive. The rehearsal takes place from 10AM-12PM. We regroup outside the Hall, in front of the Box Office, and walk to a nearby bistro for a friendly lunch( optional). For additional info, call Ariane (925)284-9738 or e-mail [agfranc@comcast.net](mailto:agfranc@comcast.net)  
Directions: The easiest is to take BART to San Francisco Civic Center, go 3 blocks past City Hall to Van Ness Ave. The Davies Hall where the SFSR takes place is at 201 Van Ness, San Francisco.

### **Book Group Discussion and Pot Luck**

Thursday November 19 6:30 PM  
Jean 510-534-5686  
Frank 925-930-0133  
In James Lee Burke's Bitterroot Billy Bob Holland has come to Montana's Bitterroot Valley to help an old friend in need. But against the rugged, wide-open vistas, it is Billy Bob who is targeted for big trouble. Wyatt Dixon, a prison parolee, believes the former Texas Ranger caused his imprisonment and his sister's death - - and he is intent on exacting a deadly revenge. But Billy Bob, tormented by the mistakes of his past, will be a formidable opponent as he, too, sets out to make things -- all things -- right.  
Directions:

### **Pot Luck and Sing-Along**

Saturday November 21 6.30 PM  
Montclair District, Oakland  
John 510- 339-1263  
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 singalongs 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. When in doubt, an entree is always a good choice. Also bring a musical instrument if you have one, We have song books. Directions; 6175 Snake Rd, Oakland. Take the Highway 13 exit toward Hayward from Highway 24 if you are coming from the Walnut Creek-Berkeley area. Go about three miles and exit at Park Bl and turn left to Mountain Bl, go left again on Mountain Bl about three blocks and turn right onto Snake Rd at the light. From Hayward, take Hwy 580 to Hwy 13, exit at Park Rd & turn left onto Mountain Bl. Be careful, Snake Rd makes a sharp left turn a short distance (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.

### **King Canyon Loop 2B**

Sunday November 22 9:30 AM  
Liz (cell) (925) 683-6516  
[lizzymag@appliedinstrumentation.com](mailto:lizzymag@appliedinstrumentation.com)

This is an EBMUD trail with leader having a permit. The hike is 7 miles and will take 3 or less hours. This loop combines the George Wagon Trail with part of the Rocky Ridge Trail, explores two narrow canyons at the northern end of Upper San Leandro Reservoir. There will be many ups and downs, and parts of this route have steep ground and parts are muddy in wet weather, but rain does NOT cancel. We will do a side-trip over to Rancho Laguna Park for lunch. **Directions:** From Highway 24 in Orinda, take the Orinda/Moraga exit and go southeast on Camino Pablo which soon becomes Moraga Way-4.6 miles to Canyon Rd. Turn right, and go 1.1 miles to EBMUD's Valle Vista parking area, on the left. Bathroom facilities at trailhead.

### **Koffee Klatch**

Monday November 23 9:00 AM  
Rose (925) 930-9407  
Ann (925) 938-9172  
We are returning to our very favorite restaurant for coffee -- Il Fornaio in downtown Walnut Creek. Plenty of free parking in back of the restaurant.

### **Indigenous People's Sunrise Gathering**

Thursday November 26 5:30 AM

Debbie 510 882-1500  
The Indigenous People's Sunrise Gathering, is a commemoration of the 1969-71 occupation of Alcatraz by the "Indians of All Tribes." This event has been happening ever since 1974; and, as per an SF Gate article on last year's event: ""You're out there in the dark, having a prayer of thanks for a bountiful harvest and the sun is coming up over the bay. It is very beautiful and spiritually powerful." This will be the 40th anniversary of the takeover of the former prison island by a group of Indian activists. One of the current National Park Rangers recently stated that the ceremony, this year, is expected to be particularly moving & special. You should purchase your event/boat ticket in advance (on the web at [www.alcatrazcruises.com/](http://www.alcatrazcruises.com/), or by calling 415 981-7625, \$14.00 per person round trip). There will likely be upwards of 4,000 persons there, & the event may sell out. We will meet at San Francisco Pier 33, on the Embarcadero, just short of Pier 39, for the boat departing at 5:30 AM. The even starts about 6:30, & we will be back to The Embarcadero by ~9:15AM; w/ an optional Pier 39 group breakfast possible afterwards. Please note, I will confirm this as a Hikanbyke event by Nov 8, thru our Goggle email group, & help those going to self-arrange carpools.

### **Thanksgiving Day Strawberry Canyon Walk**

Thursday November 26 10:00 AM  
Niels (510) 375-1521  
Heighten your appetite for turkey dinner with a brisk 2 to 3 hour walk in Strawberry Canyon above UC Berkeley. Enjoy the fall colors - stay out of the way of the cooks & begin the holiday with friends. Meet at trailhead off Centennial Drive above UC Berkeley Stadium.

### **Helen's Annual "Orphans" Thanksgiving Dinner**

Thursday November 26. 5:00 p.m.  
No family ? No problem. Time to gather with friends & feast. This is a potluck; I'll cook the turkey and guests will help by bringing side dishes & dessert. Space limits us to 10-12 people at my Castro Valley home. Please RSVP to Helen at 510-537-9109 or [hherzberg@earthlink.net](mailto:hherzberg@earthlink.net). I'll let you

know the address etc. later. And to keep the cook sane, no last minute flakes, pastry or otherwise!

### Evening of Social Bridge

Saturday  
November 28 at  
7:00 PM

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



RSVP by

Wednesday, Nov. 25<sup>th</sup>. Contact Rita  
or Bob at (415) 442-1230 for details.  
Bring beverage or snack to share.

### Lake Merritt Walk & Dinner

Tuesday December 3 6:30 PM  
Niels (510) 375-1521

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.

### Shell Ridge 2B Hike

Saturday December 5 10:00 AM  
Lorraine 707.649.2445  
(eve)

Join your H&B friends for a leisurely-  
paced hike in Shell Ridge  
Recreational Area (Walnut Creek).  
We will gather at 9:50 AM hitting the  
trailhead 10AM sharp. The hike is a  
gentle 6-7 miles with rolling hills  
taking approximately 2 ½ hours. This  
will limber us up for the holiday party  
that evening! Please wear layered  
clothing and hiking boots. Bring  
plenty of water and a few snacks.  
Heavy rain cancels. DIRECTIONS:  
From N. Main St in Walnut Creek,  
head East on Ygnacio Valley Rd. 0.7  
mi., Right onto Homestead Ave. 0.2  
mi., Left onto Marshall Dr. to end.

### Annual Holiday Party

Saturday Dec. 5 7-11 PM  
Rebecca 925-933-8033

Same location, same entertainment,  
same great food and company. The  
party in our new venue with live  
music was a sell out last year.  
Reserve early to guarantee your spot  
because it is possible that no one will  
be admitted at the door. It's a great  
way to start the holiday celebrating.  
To put on this big event, the  
committees (decorations, greeters,  
bar tending, food prep and serving,  
cleanup) need your help before,

during, and after the party. See the  
attached flyer for more details or  
contact Rebecca Mallon at  
[rmallon2@aol.com](mailto:rmallon2@aol.com) with questions or  
to sign up to help.

### Matt Davis and Steep Ravine Hike 2B

Sunday December 6 9:30 AM  
Liz 925-683-6516

We will meet at the Pantoll Ranger  
station for this hike at the parking lot  
on the left. There is a parking fee  
unless you find parking across the  
street on the right. We will be at  
Stinson Beach for lunch and  
hopefully enjoy a little winter  
sunshine. We will see a redwood  
canyon and part of the Dipsea Trail.  
This is an 8 miles hike with an  
elevation gain of 1500 feet. Bring  
lunch or buy at Stinson Beach.

**Directions:** From the east bay take  
hwy 101 south, and exit at East  
Blithedale, left on Camino Alto, left  
on Miller Ave. Right on Shoreline  
hwy (2.5m), right on Panoramic Hwy  
(5.2m) to Pantoll Ranger Station and  
parking lot.

### BERKELEY COMMUNITY CHORUS AND ORCHESTRA

Sunday December 6 4:30 PM  
Ariane (925) 284-9738

To "kick in" the Holiday Season , the  
BCCO and its outstanding 180 plus  
chorus, soloists , orchestra, and  
Arlene Sagan, conductor, will  
present two Masterworks : Schubert  
Mass # 6 in E-Flat Major, and  
Mendelssohn's  
"Verleih uns Frieden" .Once you hear  
them, you become addicted and  
want to hear every performance! The  
program is free, but donations are  
greatly appreciated.. It takes place at  
Saint Joseph The Worker church,  
1640 Addison, Berkeley. It is open  
seating and usually very well  
attended, come early!.You may want  
to bring something to seat on the  
wooden benches. After the  
performance, we walk to University  
Ave to share a meal at a little french  
restaurant we have enjoyed last  
year. (This is optional)..  
Directions: take 24 to 13 North  
(Ashby) for 2.9 miles, turn ( Right) on  
Martin Luther King Jr, then (Left) on  
Addison. The church is four blocks  
down at 1640. Parking is on the side  
or back of the church, and mainly on  
the street .Come early! You also can

take BART to Downtown Berkeley,  
walk to University , turn (Left) on  
University and walk down or take the  
bus to (Left) on Mc Gee,)and one  
block to Addison. It takes about 10  
minutes. Look for the church golden  
spike at 1640 Addison.  
Please, call or e-mail  
[agfranc@comcast.net](mailto:agfranc@comcast.net) if you need  
more info.f

### Lafayette Reservoir Walk

Tuesday Dec. 8 9:30 AM  
Rebecca (925) 933-8033

Heavy rain cancels. Call to confirm.  
The paved lower trail is 2.7 miles  
clockwise and takes an hour to  
complete. Meet at the flagpole with  
quarters to feed the meter. Or walk  
up from the residential area at the  
bottom allowing an extra 15 minutes.  
Call before 9 AM day of event if you  
want a ride from that neighborhood  
lot. We always continue socializing at  
a local coffee spot.

### Holiday Luncheon in San Francisco

Tuesday December 9 12:30 PM  
Rose (925 930-9407)  
Ann (925 938-9172)

Join us for a remarkable day in the  
city. We will board the Walnut Creek  
Bart train in Walnut Creek (hour to  
be determined later) and get off at  
the Embarcadero Station. We will  
then stroll to Delancey Street for  
lunch.. After lunch we will walk over  
to the Ferry Building and enjoy some  
browsing time. Our next adventure  
can take us to Pier 39, Fisherman  
Wharf or head into downtown SF's  
Union Square. Public transportation  
is probably the easiest way to get  
there. There is so much to see and  
do in all of these places, so let's  
explore. Once in Union Square we  
can enjoy the Christmas decorations,  
and maybe stop in one of those  
famous bars for some Christmas  
Cheer so let's plan on meeting at  
4:30 at the Gold Dust Lounge (247  
Powell Street)It's quite a funky place  
and we hope you can join us. This is  
an RSVP event and you must reply  
no later than Thursday, December 3  
with your menu choice. The  
restaurant asks that we give them  
one week's notice. Please select  
from the following: 1/2 Rotisserie  
Rosemary Garlic Chicken or  
Barbecue Chicken served w/Organic  
Field Greens w/Balsamic Vinaigrette

Grilled Filet of Salmon w/Light Soy Glaze served w/Organic Field Greens w/Balsamic Vinaigrette (VEG) Pasta Primavera: Angel Hair Pasta in a Light Red Sauce w/Fresh tomatoes, Garlic, Basil & Asparagus All entrees are served w/homemade Soup Du Jour Served w/assorted Housemade Flat Breads & Butter and Vanilla Ice Cream Price for this delicious lunch is \$14.95, (please have cash) plus tax & tip -- we are rounding it out to an even \$20. Beverages are extra. PLEASE RSVP TO ROSE NO LATER THAN THURSDAY DECEMBER 3

### **Castle Rock/Diablo Foothills hike - 1.5A-B**

Saturday December 12 09:15 AM  
Charlie (925) 370-1123  
[cju2@sbcglobal.net](mailto:cju2@sbcglobal.net)  
Stan Wong (925) 686-2046  
[swong522@sbcglobal.net](mailto:swong522@sbcglobal.net)  
Join us for a not-too-hilly walk through Pine Creek Valley, past Castle Rock to Pine Pond (or a little beyond) and back. The trail crosses Pine Creek several times and although usually dry, it may have some water in it if there have been recent rains. This should be about 6 miles r/t, back shortly after noon. Directions: From Walnut Creek, follow Ygnacio Valley Road East to Walnut Avenue. Turn right on Walnut and go to the roundabout at the end, and turn right on [what becomes] Castle Rock Road. Stay on Castle Rock and follow the signs to the regional park. Park and meet outside of the gate, there is ample parking along the roadside. We will pass by facilities as we go through the park.

### **Koffee Klatch**

Monday December 14 9:00 AM  
Rose (925) 930-9407  
Ann (925) 938-9172  
Let's return to our favorite restaurant in downtown Walnut Creek -- Il Fornaio. Plenty of free parking in back of the restaurant.

### **Event Planning Meeting**

Tuesday December 15 6:30 PM  
**Place:** Kathy's home  
**Location:** Pleasanton  
(925) 426-2412  
[KETuggle@comcast.net](mailto:KETuggle@comcast.net)

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.

### **Book Group Discussion and Pot Luck**

Thursday December 17 6:30 PM  
Gretchen 510-530-3557  
Frank 925-930-0133  
Stendahl's *The Red and the Black*, set in provincial French town and Paris, tells the story of Julian Soral, a handsome and brilliant young tutor who is both hero and villain. Cold, opportunistic, and uncompromising with others-- including his influential mistress -- he follows his lust for power and wealth. At the same time he is tortured by uncontrollable passions, and by the military and religious forces -- and enigmatic "Red" and "Black" -- that dominate French society in the years following the Revolution. If you wish to participate in the annual book exchange, please bring one or two wrapped books. Directions: From 24 West get onto 13 East toward Hayward. Take Redwood Rd. exit. Turn left at the light and you will be on Redwood Rd., heading up the hill. Go 8/10ths of a mile and make a U-turn at Serena Circle and head back down the hill on Redwood Rd. Go 1/10th of a mile and turn onto Terrabella Way. Drive all the way to the back of the complex. At the water tank the road curves to the left. From the Warren Freeway ( 13 North ) toward Berkeley take Carson St.- Redwood Rd. exit. After the stop sign continue straight on Mountain Blvd. In a few blocks turn right onto Redwood Rd. and follow the directions above. 4360 Terrabella Way, Oakland.

### **Evening of Social Bridge**

Saturday  
December 19 at  
7:00 PM  
If you play bridge, come join us for a friendly card game.  
RSVP by  
Wednesday, Dec. 16<sup>th</sup>. Contact Rita



or Bob at (415) 442-1230 for details. Bring beverage or snack to share.

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

Sunday December 20 10:00 AM  
Niels (510) 375-1521  
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](http://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.

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

Thursday December 24 Noon  
Niels (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 Pomegranate in Walnut Creek. The 20 or so people who joined us for dinner last year found both the food & service 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**

Friday December 25 11:00 AM  
Niels (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!

**Koffee Klatch**

Monday December 28 9:00 AM  
Rose (925) 930-9407  
Ann (925) 938-9172  
Let's return to Il Fornaio -- this seems to be our favorite coffee place to meet and mingle. The holidays have passed so let's enjoy getting together.

**Newsletter Mailing & Potluck**

Thursday December 29 6:30 PM  
**Place:** Champa's  
**Directions:** Call (925) 933-9049  
**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.

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

Friday January 1 10:30 AM  
Niels (510) 375-1521  
Meet across the street from Safeway in the Marina Green parking lot for a leisurely walk along San Francisco

**A Happy  
New  
Year!**

Bay. We'll wander through Crissy Field and on to Fort Point where we'll share a snack 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**

**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.**

**Regular** Membership (hard mailed newsletter) is \$20 per year (6 issues).

**Green** membership (emailed newsletter) is \$10 per year (6 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 \_\_\_\$20 (Regular) \_\_\_\$10. (Green – email address required)

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

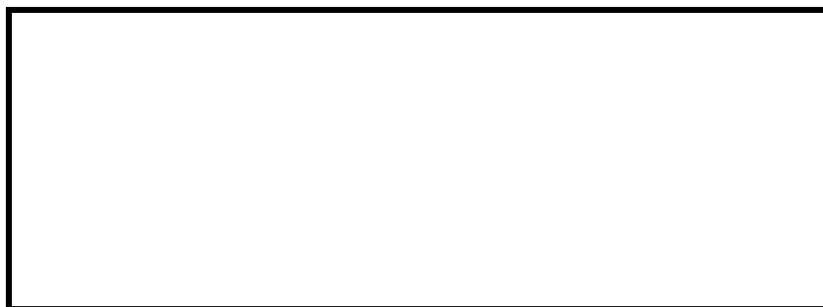
Publish Primary phone number? Yes\_\_\_ No \_\_\_ Publish Email address? Yes\_\_\_ No\_\_\_

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**

Check the **expiration date** on your mailing label  
If within 3 months, please **renew promptly**.  
November December 2009