

Berkeley's PATHS

Vol. 15 No. 3

Berkeley Path Wanderers Association

Fall 2012

BPWA Annual Meeting Oct. 18: Featuring Rails-To-Trails Conservancy – Healthy Places for Healthy People

— Keith Skinner

The Berkeley Path Wanderers Association is as much about people as it is about paths. This year's Annual Meeting should offer a combination of both. Paths invite exploration, connect communities and offer respite from the noise and bustle of our urban lives. While BPWA works diligently on local path projects, Rails-To-Trails Conservancy (RTC) works at a national level to transform abandoned rail lines into useable pedestrian paths and bikeways. Steve Schweigerdt, RTC Trail Development Manager, will be our featured speaker this year.

The National Trails System Act was signed into law in 1968 but it was nearly 18 years before RTC arrived on the scene to take advantage of that legislation and begin laying the groundwork for a national trail network. Since 1986, RTC has worked with state and federal legislators to refine rail-trail legislation. RTC has now grown to more than 150,000 members and has constructed 20,000 miles of pathways. They have managed their exponential growth by working closely with local organizations on projects such as the Santa Fe Right-Of-Way in Berkeley, the Richmond Greenway, the Cross Alameda



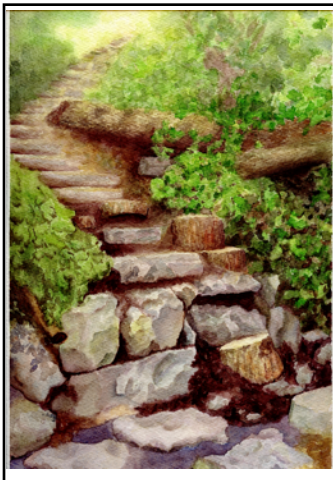
—Photo Courtesy of Rails-to-Trails Conservancy

The Santa Fe Right-of-Way rail corridor is now linked to Berkeley's bike and pedestrian pathways

Trail, and the San Francisco's Mission Creek Bikeway to name a few.

Steve will discuss the Urban Pathways Initiative and how RTC is working with local groups to entice more people to the public paths and enlighten planners and developers about designing city infrastructure for alternative means of transportation. Steve will also update us on exciting new trails in the works in Northern California including the East Bay Green Transportation Initiative, Napa Vine Trail, and a granddaddy trail near Mt. Shasta.

Along with the featured presentation, we'll introduce the BPWA Board, publicly thank our many volunteers, and provide an update of our progress with path development and maintenance over the past year. So please join us on October 18 at 7 p.m. at the Hillside Club, 2286 Cedar St. (between Spruce & Arch). The latest edition of the Berkeley Pathways map along with tee shirts, caps, notecards, posters and books will be on sale. Light refreshments will be served after the presentation. We look forward to seeing you there.



AUCTION! This beautiful, vibrantly colored watercolor by artist Kathy Goss is featured on the cover of our latest edition of the Berkeley's Pathways map. The painting will be auctioned at the Annual Meeting. Bring your checkbook!

BPWA Walks

Walks last 2-3 hours unless otherwise noted. They are free and open to all. Note the revised walk descriptions which indicate the difficulty of terrain and the pace of the walk:

DIFFICULTY

EASY: Smooth trail or pavement.

MEDIUM EASY: Some uneven surface, moderate hills.

MEDIUM: Some difficult terrain such as hills or stairs.

MEDIUM DIFFICULT: Rough surface and/or steep inclines.

DIFFICULT: Rough trail, steep hills, strenuous stretches. Only for those in good physical condition.

PACE

FAST: a vigorous pace of at least 3 mph

MODERATELY FAST: 2-3 mph

MODERATE: 1-2 mph

LEISURELY: 1 mph or less

Questions about the walks? Write to walks@berkeleypaths.org. Please plan ahead since last-minute questions may be missed.

Oct 3, Wednesday – Blake Garden – 10:00 a.m.

Leaders: Blake Garden Staff. Meeting Place: 70 Rincon Road, Kensington

Transit: AC bus #7

Attention gardeners and plant lovers! Explore one of our hidden treasures on a tour of Blake Garden, the teaching and research garden of UC Berkeley's Department of Landscape Architecture and Environmental Planning. On this docent-led walk, we will stroll along the pathways of this 10.6 acre organic garden, home of nearly 1,500 plant species. The grounds also contain numerous examples of sustainable gardening practices including four types of composting, rainwater harvesting and honey-bee hives. **RAIN CANCELS. Well-behaved dogs on leashes permitted. Please RSVP to walks@berkeleypaths.org for head count.**

Level: MEDIUM EASY • Pace: LEISURELY

Oct 6, Saturday – 3rd Annual Long Walk: BART to BART – 9:00 a.m.

Leader: Mary Lynch. Meeting Place: Orinda BART station [Catch 8:40 train from Rockridge]

We will begin at the Orinda BART station and cross the East Bay hills enjoying magnificent views as we head up the Orinda trailhead to the Tilden Park steam trains. Pack plenty of water, sunscreen and a lunch to enjoy midway. The day will end mid-afternoon at the Rockridge BART station. **No dogs, please.**

Level: DIFFICULT • Pace: MODERATELY FAST

(Walks are continued on page 2)



CLIP AND SAVE

(Walks continued)

November 7, Wednesday – Coffee Constitutional – 10 a.m.

Leader: Jacque Ensign. Meeting Place: Peet's Coffee, inside the Downtown Berkeley BART, 2160 Shattuck Avenue. Transit: BART, or numerous AC buses including #1, #7 & #18
Accompany us on this low-impact, leisurely morning walk. We'll meet underground in the Downtown BART station Peet's Coffee and stroll up Center Street. We will continue through the UC Berkeley campus and along Strawberry Creek. RAIN CANCELS. **No dogs, please.**
Level: EASY • Pace: LEISURELY

November 10, Saturday – Berkeley Literary Walk – 1 p.m.

Leader: Andrew David King. Meeting Place: Corner of Addison and Milvia Streets, downtown Berkeley. Transit: BART, or numerous AC Transit buses including #1, #7 & #18
Join us on this theme walk exploring Berkeley's rich literary past. Sights will include the Poetry Walk, Poetry Garden, notable past and present book stores, as well as former residences and gathering places of local poets and authors. RAIN CANCELS. **Well-behaved dogs on leashes permitted.**
Level: EASY • Pace: LEISURELY

December 5, Wednesday – North End Winter Walk – 10 a.m.

Leader: Keith Skinner. Meeting Place: Mortar Park, Indian Rock Ave. & San Diego Rd. Transit: AC buses #7 and #67
We'll explore some of the less visited paths in the northern end of town. The first part of the walk will be steady and, occasionally, steep climbing but we'll have great views on some very attractive paths on the return. HEAVY RAIN CANCELS. **Well-behaved dogs on leashes welcome.**
Level: MEDIUM DIFFICULT • Pace: MODERATE

Jan 1, Tuesday – Stepping Into the New Year – 2 p.m.

Leader: Glen Lindwall. Meeting Place: SW corner of The Arlington & Coventry Rd., Kensington (at bus stop). Transit: AC #7 bus
Get off on the right foot in the new year, or walk off lingering remnants of the old one as we cover the high ground along the Berkeley/Kensington border on the first afternoon of 2013. We will cover some of the same territory as last year's New Year's walk including the walk along the edge of Tilden Park and sliding the slide in Dorothy Bolte Park (optional). The pace will be moderate but there will be many stairs. RAIN CANCELS. **Well-behaved dogs on leashes permitted.**
Level: MEDIUM DIFFICULT • Pace: MODERATE

Don Kreiss: BPWA's stair building guru

—Glen Lindwall

The Path Wanderers have been fortunate to find outstanding suppliers for the materials we need for our path-building. For instance, we get our steps from Bernie Lenhoff at Green Waste Recycle Yard. The steps are cut from Blue Gum Eucalyptus salvaged from people's back yards, the "urban forest". It works well as landscape timber in contact with the ground since it is highly rot resistant and the steps should last at least twenty years. It is also the cheapest possible timber that there is.

The steps are held in place by driving lengths of rebar through the two holes that have been drilled in the wood at the recycle yard. Rebar, or reinforcing steel bar, is normally used to increase tensile strength in poured concrete, but is also perfect for our needs.

When we needed a new source of rebar for our steps a few years ago, we were delighted that we got more than just a good price. Don Kreiss, owner of Don Kreiss Rebar, has significantly improved the rebar for our use. He cuts the rebar in a way that results in a point on one end and carefully avoids leaving any burrs, making driving the bars much easier. He has also arranged it so that he can get one extra piece out of each 20 foot length of rebar, eliminating the waste we formerly had. Not only that, but Don actually sells us rebar below his cost: Don is an avid mountain biker and loves to encourage access to trails and stairs.



Steve Glaeser (left) and Don Kreiss laying the base lumber for the stairs

Some paths need more than eucalyptus steps. Our most recently completed path, La Loma Path, had a steep section at the top where our standard steps were not adequate. Master path-builder Charlie Bowen sent out pleas for help with designing and building a set of stairs in that top section, a task that the Path Wanderers had never previously faced. The stairs were designed for us back in 2006 by Matthew Armour. When actual construction began, Don Kreiss came through again, volunteering his time and expertise to teach the Path Wanderers how to build a stairway.

Don taught us how to break the process into modules that can be worked out independently, since even minor calculation errors can cause serious problems when building stairs. Don sought out the best deal on the lumber we needed and taught us tricks like painting cut ends with a copper based wood preservative to make the wood last longer. Then he dove in to the hands-on construction, leading the way with everything from carpentry to pouring the concrete that anchors the steps. Don kept the crew laughing with his upbeat personality combined with his can-do attitude.



—Photo, Steve Glaeser

Pouring the concrete foundation for the stairs on La Loma Path

Contacting BPWA

Walks: walks@berkeleypaths.org
General: info@berkeleypaths.org

BPWA Board Meetings

The BPWA Board meets on the third Thursday of each month, except April, Oct, and Dec. Meetings are at 7 p.m. at Live Oak Community Center in Live Oak Park. Board meetings are open to all.

Featured Walk: Exploring Berkeley's Literary Legacy

—Lynn Deregowski

Walking the streets of Berkeley, one cannot help but notice that it is a hotbed of creativity and imagination. From the colorful fashion statements of the residents to the unconventional art displayed in many front yards, self-expression is everywhere. It is therefore no wonder that Berkeley has been a place of inspiration for numerous authors and poets. On November 10 join the BPWA as we explore the neighborhoods of Berkeley's resident writers. [See walk listings for details]

Our tour of Berkeley will be led by UC Berkeley English and Philosophy student Andrew David King. King became interested in this subject when researching the correspondence between Lawrence Ferlinghetti and others about the obscenity trial involving Allen Ginsberg's *Howl*. He has since published an article on the local writing scene as part of Ploughshares magazine's Literary Boroughs series.

"Berkeley's literary life is restless and mercurial, but the university and the city's art-friendly disposition have consistently drawn some of the greatest writers of the past century to the East Bay," says King. "Much of this history is hard to find, but is carried forward by the authors who live and work there today."

Ginsberg wrote sections of *Howl* in a

cottage behind 1624 Milvia Street. The structure has unfortunately been demolished, but across the street the Poetry Garden was created to honor the creative legacy of Berkeley poets and poet publications.

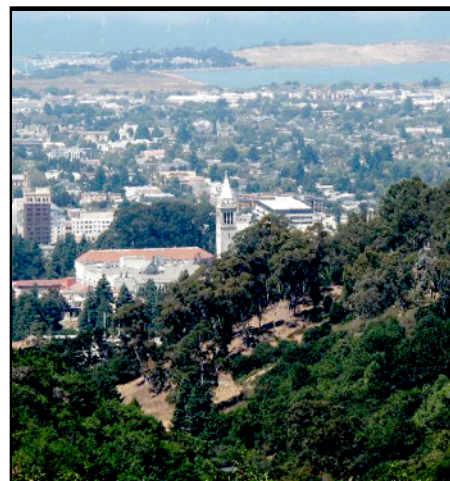
The Poetry Garden will be a stop on the tour. We'll also visit the former residences of poet Jack Spicer and writer Jack London. There will be a visit to the site of poet Bern Porter's old bookstore and the Poetry Wall downtown. King will also discuss of some of the authors who graduated from Berkeley High School, including Philip K. Dick, Ursula K. Le Guin and Thornton Wilder.

Walk leader King is a staff blogger for The Kenyon Review where he writes articles and hosts interviews about poetry. More information on King can be found at his blog: andrewdavidking.wordpress.com.



—Photo, Lynn Deregowski

The Iron Gate to the Alan Ginsburg Poetry Garden



—Photo, Mary Lynch

Enjoy views like this on the 3rd Annual BPWA Long Walk

Pack a lunch, water, and plenty of sun screen and join our walk from Orinda BART to Rockridge BART on Oct. 6. See walk listings for details.

Sunday Streets is coming to Berkeley!

October 14th, 2012, 11a.m. – 4p.m.
Shattuck Avenue will be closed through downtown Berkeley for 17 blocks from Rose Street to Haste Street.

Open Streets initiatives temporarily close streets to automobile traffic, so that people may use them for walking, bicycling, dancing, playing, and socializing. The many activities will include a Kids' Bike Rodeo, Free Bike Repair, a Climbing Wall, and, of course, the Berkeley Path Wanders Association booth (between Rose and Vine)! For a full list of activities and more information see: <http://www.sundaystreetsberkeley.com> <http://openstreetsproject.org/>

Tax-deductible household memberships in the BPWA are \$5.00 and cover one calendar year. Benefits include a newsletter and other BPWA mailings and emails. If you can give more, please consider a donation. You can join or donate online at www.berkeleypaths.org or by sending this form and a check, payable to our fiscal parent BPPF (Berkeley Partners for Parks) to:

BPWA
1442-A Walnut Street - #269
Berkeley, CA 94709

BPWA Membership/Donation Form

Please print clearly

Name _____

Address _____

E-mail _____

Telephone Number (optional) _____

I am enclosing \$5 for membership new renewal

I am also enclosing a donation of _____

I am interested in volunteering

Please make checks payable to our fiscal parent, Berkeley Partners for Parks (BPPF)

Berkeley Path Wanderers Association *Fall 2012*

Dedicated to the creation, preservation, and restoration of public paths, steps, and walkways in Berkeley for the use and enjoyment of all.

The Berkeley Path Wanderers Association, an affiliate of Berkeley Partners for Parks, is a volunteer group of community members who have come together to increase public awareness of the city of Berkeley's pathways. Our activities include guided path walks, the mapping of Berkeley's path network, the building of paths that are proposed, and the restoration of those that need maintenance.



VOTE FOR CHARLIE!

If you've joined any of the BPWA path building work parties over the past ten years, you probably know Charlie Bowen. She is the capable and dedicated head of our path building program. Her leadership has been crucial in BPWA's success at opening thirty paths that were not accessible when we began in the late '90s.

We are delighted to announce that Charlie is one of three finalists for the Bay Area's Cox Conserves Heroes program. She is competing for a grant of up to \$10,000 that would go to the Path Wanderers. The winner will be chosen through an online public vote. Anyone, anywhere can vote! We hope you will cast your vote for Charlie. Get your grandmother, your niece, your co-workers and everyone you know to vote. Hurry! Voting ends September 24.

You can see a video featuring Charlie, and cast your vote:

Just Google "Cox Conserves Charlie," choose the first hit, and click on the "vote for a hero" box at the top of the page. There you can view the video and vote.

[Or go directly to the web site at

<http://www.coxconservesheroes.com/san-francisco-bay-area/vote.aspx>]

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Berkeley, CA 94709

www.berkeleypaths.org

Board Members

KEITH SKINNER, president
MARTY CAMPBELL, membership/correspondence
LYNN DEREGOWSKI, walks
SANDY FRIEDLAND, map sales committee chair
LORI KOHLSTAEDT, treasurer/archivist
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JANE LEVY, external events
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EMMA MORRIS, walks/volunteer coordinator
BETSY MUELLER, sales, path maintenance
CHRIS STERBA, secretary
ELSA TRANTER, external events
JAZ ZAITLIN, internal events coordinator, e-newsletter

Avoid the year-end rush. Renew your membership now if you see "Mem 12" by your name. "Mem 13" means you have another year on your membership.