

Berkeley's PATHS

A Newsletter of the Berkeley Path Wanderers Association, February 2004 Vol. 7 No. 1

Berkeley Path Wanderers Association is a grassroots volunteer group of community members who have come together to increase public awareness of the City of Berkeley's pathways. BPWA hopes to accomplish this goal through volunteer-led path walks, identification and accurate mapping of Berkeley's complete path network, and eventual restoration of paths that have been blocked or obscured.

Meetings **Live Oak Park Rec. Center** 7-9 pm **1301 Shattuck Ave** (unless noted)

- Feb 19 General Meeting**
Everybody Walks by Justine Kaplan;
Letterboxing by Barbara Roberts
- Mar 18 Board Meeting**
- Apr 15 General Meeting**
Urban Birds by Alan Kaplan

Path Walks **RAIN OR SHINE** Saturdays at 10:00 am (allow 2-3 hours)

- Feb 14** Town & Gown Interstices Revisited
Jim Sharp 841-7271
Meet at La Loma Avenue and Virginia Street
- Mar 6** Urban-Wildland Interfaces: Links between the city and adjacent parks
Paul Grunland (510) 526-8001
Meet at Park Gate and Shasta Road at the fountain, just east of Grizzly Peak Blvd.
- Apr 17** Ghost Campus: UC that once was
Bruce Goodell (510) 843-5356
Meet at Sather Gate. It's Cal Day, too!
- May 22** From (Space) Tower to Town
Steve Geller (510) 849-4115
Meet at the Space Sciences Bldg above Lawrence Hall of Science, off Centennial Dr

First Wednesday Walks Saturdays at 10:00 am (allow 2-3 hours)

- Mar 3 & Apr 7** meet at the Marin Circle led by Jacque
- May 5** meet at the reservoir at Spruce and Grizzly Peak led by Paul Grunland 526-8001

Feb. 19th Talk: Paths and Keeping Fit, Plus, Introducing Letter Boxing

Justine Kaplan, coordinator of Berkeley's Active Choices and Everybody Walks programs will discuss the programs' goals of helping us lead long and healthy lives. The programs are a part of Berkeley's Division of Public Health. It is the city's effort at decreasing chronic diseases like diabetes, bone and joint ailments, and heart failure.

BPWA chair Jacque Ensign's First Wednesday walks have become a staple of Everybody Walks, a program encouraging us all to, literally, take a few extra steps for health.

Active Choices offers six months of "coaching" to relatively inactive people over 50 who live, work, or play in Berkeley. This new three-year program funded with a major grant from the Robert Wood Johnson Foundation. The aim is to overcome barriers that keep people from

becoming and staying active, Kaplan explains. The "coach" will explore the individuals' interests, abilities, needs, and schedules, and help put together a program that works. The key may be finding transportation or companions, or figuring out what kinds of exercise work given physical limitations and needs, Kaplan said. Active Choices also aims at letting people know about new findings on exercise and health, she said.

The talk will be at 7 pm at the Live Oak Park Recreation Center, 1301 Shattuck, Berkeley. Everyone is welcome.

What's Letter Boxing?

Letter boxing started among walkers in England who stride along miles of paths and who like a little entertainment along the way. *continued on back*

Feb 14th Walk: Town & Gown Interstices Revisited

On Saturday, February 14 at 10 am, please join Northside resident Jim Sharp for a special Valentine's Day tribute to the pathways and attractions of Daley's Scenic Park and UC Berkeley's rapidly evolving Northeast Quadrant. Berkeley Landmarks website creator Daniella

Thompson and other experts on the local heritage will join us.

We will meet three blocks north of the UC campus at the top of the steps which connect La Loma Avenue with Virginia Street. Plan for about a two hour exploration of stairs, hills, and off-pavement surfaces.



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

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Please renew your membership so
that we can continue our work.
Donations are welcome.



Saluting Seating

BPWA wants to salute the generous Berkeley homeowners who put out seating for tired path wanderers and other walkers. An outstanding example is this memorial bench at 1328 Walnut St. We are putting together a photo collection of these imaginative and beautiful resting places — and just plain functional ones. Can you send addresses of examples you have seen? Send a note to BPWA at 1442A Walnut St., #269, Berkeley 94709; or email board member Susan Schwartz at susanschwa@aol.com.

Berkeley Paths in Stories and Photos

At our last meeting, members and friends swapped stories and lore about the paths. Now BPWA has a place on the web for sharing stories and photographs of Berkeley paths. Take a look!

Go to www.BerkeleyPaths.org, click Path Stories. Then click on the name of a path in the right column to view what people have contributed thus far.

Add your observations by clicking on



Letter Boxing *continued*

Barbara Robben, longtime BPWA member, surprised the past Everybody Walks in Berkeley group with her own Letter Boxing game. The entertainment involves notebooks, some ink stamps and pads, and secretly-placed plastic cannisters, hidden along various Berkeley pathways. Walkers have to open the cannisters and stamp their notebook-like passports



with the stair's representative stamp. Then, replace the kit and rehide the cannister. The goal: to see how many of the 136 paths in Berkeley walkers have trod. Just review your path passport to verify.



Come hear Barbara talk more about Letter Boxing at our February 19th General meeting.

Bird Life in the City: Our April 15th Talk

What birds are we likely to see as we wander paths? When and where is it easiest to see birds in the city? Why do some birds flourish in cities, while others vanish? How can we encourage bird life in cities, and do some efforts risk more harm than good?

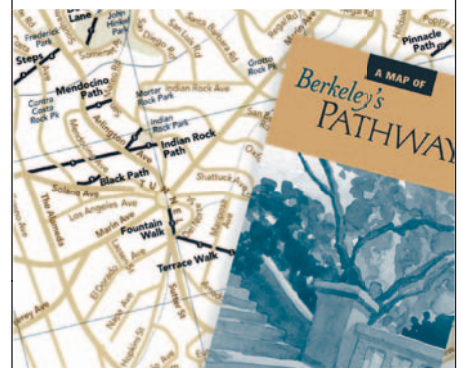
Alan Kaplan, Tilden Park Naturalist and BPWA Board Member, will speak on birds in the city at Berkeley Path Wanderers' April 15 general meeting, 7 pm at Live Oak Recreation Center, 1301 Shattuck, Berkeley.

Many know Kaplan from his more than 30-year career with East Bay Regional Parks. With a masters degree in entomology and hobbies that range from aikido to Scottish folk dancing, he is interested in everything and loves to pass on his knowledge. At Tilden Regional Park, besides frequent bird walks, he offers programs ranging from tiny soil organisms to the stars, and ancient nature myths to the most recent findings of science.

Order Notecards or a Map

Purchase a map or some notecards at our General Meetings or at one of our walks. Or, purchase by mail. Maps cost \$5.36 (\$3.95 for members). A set of 4 notecards cost \$6.50. Send a self-addressed, stamped business envelope with 60 cent postage for either a map or a set of notecards. Make checks payable to:

**Berkeley Path Wanderers Association
1442A Walnut Street, #269**



www.berkeleypaths.org

Stay in the Email Loop Please email Lisa Frieden, lisafr@comcast.net, to receive email alerts about upcoming walks, meetings, and other BPWA-related activities.

If you have any concerns about path issues please call Jacque at 524-4715.

Annual membership in Berkeley Path Wanderers Association is \$5.00 per household **due January 1st** of each year. Donations are always welcome. Benefits include newsletter, and BPWA mailings. Mail form with check or money order, payable to:
**BPWA, Berkeley Partners for Parks
1442A Walnut St., #269, Berkeley, CA 94709**
(BPWA is a member of Berkeley Partners for Parks, a 501(c)(3) tax-exempt organization.)

BPWA Membership Form **Please print**

Name _____

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City _____

Zip _____

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