

Look for Us at BAHA House Tour May 6

Visit our booth at the annual house tour of the Berkeley Architectural Heritage Association, May 6, 1 p.m. to 5 p.m. This year's tour features houses and gardens (and paths!) nestled among Berkeley's rocks.

BPWA Guided Walks

Walks begin at 10 AM, rain or shine. Allow 2-3 hours. They are free and open to all.

Saturday Walks

April 14 *Spring Wildflower Walk* – Marsh Creek Upper Watershed

Jim Hale - 925 939-4304. To carpool, call 510 549-2908

Enjoy views of Mt. Diablo and wildflowers on a 6-mile loop on trails and fire roads, w/ 500' elev. gain (intermediate level). We'll finish about 2. Bring lunch, liquids. Unsuitable for dogs. Allow 40 min. from Berkeley. Take Hwy.13 to 24 to Walnut Creek. Take 680 So. to 580 East toward Livermore. Take No. Livermore exit, go north on No. Livermore toward Mt. Diablo for less than ¼ mile. Go left onto Morgan Territory Rd. Continue 3+ miles to the top, to Morgan Territory Regional Park/Preserve parking lot.

May 19 *Santa Fe Right-of-Way*

Charlie Bowen 510 540-7223
Charlie_paths@comcast.net

Join us on a level, 5-mile walk to discover art, gardens, creeks, and play areas along this historic rail route, from University Ave north to the lovely Baxter Creek restoration on the Richmond border. Meet at Strawberry Creek Park, Bancroft below Acton. We will return on BART from El Cerrito Del Norte (\$1.40 fare). OK for wheelchairs and strollers, with short detour for 3-block dirt section. (See Right of Way article at right.)

June 23 *Piedmont Centennial Walk*

Ronna Benjamin and Sandy Friedland
ssf@comcast.com

Meet in front of the monument at the edge of Piedmont Park, near the intersection of Highland and Magnolia. This hilly walk with stairways will highlight the history and lovely architecture of this 100-year-old, 1.8 sq. mile city.

Wednesday Walks - Page 2

Berkeley's PATHS

Santa Fe Right of Way Opens for Six Month Trial

by Susan Schwartz

The Santa Fe Right of Way, the old rail corridor that in Berkeley runs north-south, west of Sacramento Street, is now open from University Avenue all the way to McDonald and San Pablo Avenues in Richmond. The



Parks Dept workers open fence on the Santa Fe Right of Way at Lincoln St.

last remaining barrier, a fence just north of Lincoln Street in Berkeley, was opened in March for a six-month trial to assess the impact of the change on nearby neighborhoods. Path Wanderers should be sure to explore this enjoyable, level 4.5-mile route.

Known as the Ohlone Greenway north of North Berkeley BART, this long strip of real estate was once used by an 1880s, narrow-gauge railway that was supposed to run to mining boom towns in the Sierras. Those tracks never got past Orinda, however, and, at the turn of the Century, the

Atchison, Topeka, and Santa Fe Railway — called simply the Santa Fe — bought the right of way in order to extend its tracks from its Point Richmond terminus to Oakland.

As rail traffic declined in the 1960s, the Santa Fe sought in vain to sell the forty-foot wide right of way and, finally, in 1979, virtually gave its property in Berkeley to the city. BART took over the portion north of where the North Berkeley Station now stands. Albany and El Cerrito built pedestrian and bicycle trails under the rails that run through those towns, and a number of creek-restoration and other community projects now dot the route. In Berkeley, the trail is flanked by community gardens and fascinating public art, and Strawberry Creek Park with its pioneer daylighting of Strawberry Creek, was developed in the 1980s in what had been the Santa Fe railroad yard.

More recently, Spiral Gardens opened a nursery and community garden at Sacramento. Berkeley Community Orchard Project will soon begin planting trees between Ward and Carleton Streets; neighbors have turned the block between Carleton and Park into an informal dog park; and Berkeley Youth Alternatives has established a community garden on the block south of Bancroft. At the urging of Berkeley Partners for Parks, the city earlier this year completed a wide bicycle-pedestrian trail from

Continued on Page 3

Focus on Volunteers

Young Path Builder Completes Cedar Path

by Sandy Friedland

When Shifra deBenedictis-Kessner volunteered to build Cedar Path, the most daunting challenge for the then 16-year old was not tackling the stubborn weeds and brush that had obscured the path and the sidewalk at the bottom. Nor was it re-grading the lower portion of the steep little hill the path traverses, nor even working in full sun on the hottest days of the year.

“The hardest part was getting my crew to understand that the work had to be done perfectly,” Shifra recalls. “The whole path depends on each step. There was no reason to put in all the time and effort unless the results were excellent.”

First Wednesday Walks

April 4 Spring Garden Walk

Barbara Robben 510 524-2383

Meet at No. Berkeley Library, Martin Luther King, Jr. Way, near Hopkins St. for a level, easy-paced walk to view gardens, ending at Berkeley Horticultural Nursery.

May 2 Walk Inspired by 1932 Watercolor of Two Paths

Jacque Ensign 510 524-4715

jacqueensign@earthlink.net

Meet at Oakridge Path sign on south edge of John Muir School playground, on Claremont Ave., 1 blk south of Ashby. We will explore the area portrayed in the 1932 watercolor reprinted on back page. Some uphill but at moderate pace.

June 6 Exploring Upper Codornices

Susan Schwartz, President of Friends of Five Creeks 510 848 9358

F5creeks@aol.com

Discover the surprisingly complex upper Codornices Creek watershed and its history. Meet at Berkeley Rose Garden overlook, west side of Euclid Ave. This fairly vigorous walk includes new and old steps and several parks. Susan will also lead this walk at 6:30 pm Mon., June 4 (co-sponsored with Friends of Five Creeks). The sunset walk should return by twilight, but a flashlight is a good idea. For both versions, wear shoes with good traction.

This drive for perfection, along with her perseverance and high energy, were quickly apparent when Shifra began attending BPWA work parties two years ago to complete her community service requirement for school. She continued to show up long after she had logged her hours, impressing all the adult volunteers.

“She was competent, sensible, and cheerful and quickly became a seasoned veteran,” says Charlie Bowen, who leads BPWA’s path building efforts.

Last year Shifra asked Charlie if she could build an entire path as the project for her Girl Scout Gold Award, the highest award a Girl Scout may earn. Charlie was skeptical. “I told her I appreciated her enthusiasm and vision, but she didn’t know how much work a whole path was. I suggested that she tackle just part of an unfinished path.

Shifra listened politely to Charlie’s warnings but still insisted she could handle an entire path. “I really wanted to do something that would make a difference,” says Shifra. Finally, she and Charlie settled on Cedar Path, which was supposed to connect La Loma Avenue and La Verada Road, but never got built.

Charlie thought that adult BPWA volunteers could pitch in to help if needed. But Shifra had her own ideas. She recruited friends and other Scouts, and they began working what would turn out to be 13 Sunday mornings, starting July 9. Her coed crew ranged from three to 20 and installed a total of 76 wooden steps and secured them with rebar.

“I would go crazy running up and down the path trying to keep people busy and making sure everyone did a good job,” says Shifra, who also had to create a new access ramp from the



Shifra deBenedictis-Kessner on the job

sidewalk to the steps.

In the process, she learned far more than how to set and level steps. “Shifra trained and supervised her crew, and they did a high-quality job,” Charlie reports. It’s not trivial to lead a crew on a big job like this, and she rose gracefully to the demands.”

Shifra got lots of encouragement from neighbors of the path and passersby, and the path has been getting heavy use since it was completed in October. For her efforts, Shifra was honored at the BPWA annual meeting last year and has been nominated for a National Young Woman of Distinction Award from the Girl Scouts.

“Those Sunday mornings were really fun AND productive,” says Shifra, now 17. “I miss working on the path. It’s my baby. Isn’t it gorgeous?!”

BPWA Board Meetings

The BPWA Board meets each month (except September and December) on the third Thursday of each month at Music Sources on the Southwest corner of The Alameda and Marin Ave. Observers are welcome to attend. Please enter via the side door at 1842 Marin Ave.

Bird Watch On Your Path Walk

by James Stewart and Ceinwen Carney

Wandering the paths, you can have the company of other two-legged vertebrates — Berkeley’s birds. The path corridors enable you to walk *through* their habitat. If you’re quiet, they are often not alarmed, continue their normal behavior, and allow extended viewing from a few feet.

You won’t usually see them in sustained flight. Instead, they’ll often be nearby on a perch or on the ground. That’s a big advantage: they’ll be holding still, giving you more good practice in naked-eye bird watching. However, they may not hold still for long. So devote the few moments you have to noticing something specific on the bird.

We suggest first looking at the head carefully for distinguishing field marks, such as an obvious eye ring. Then look at the size of the body and the locations of color. Notice the tail length. You’ll likely get several opportunities to observe the same type of bird during one walk to develop your visual memory of that species. Then you can take this memory home to any edition of *Peterson’s Field Guide to Western Birds* to discover what you’ve seen and learn something about it. You will derive more meaning from the picture of the bird thanks to your close observations on the paths.

Here are four birds you’re likely to see on a path walk:

Look down at the path itself to see a California towhee, a brown sparrow



with an orange chin, very visible, often hopping on the hardscape or feeding on seeds in the cracks along brick paths. Another sparrow, the spotted towhee, is harder to find, remaining under brush in the leaf litter lining the path. If you’re able to get a close look, you’ll notice that the towhee has a black head, white spotted back, and white outer tail feathers.

If you are near a creek, look for the black phoebe, a small black bird with a white belly, often found near water. It will be sitting motionless on a branch until it launches out a short distance to catch a flying insect, and then it almost always returns to the same perch. If you’re close and attentive, you can hear the crunch of the insect’s hard shell in the phoebe’s beak.

The curious Western scrub jay may be staring down at you with its white throat and blue head and tail. He will be on an overhead branch, screeching and scolding at your arrival.

Birds are wild, so there’s no sure thing. However, you have a high probability of glimpsing a half dozen differ-

ent songbirds, including these four, on a thirty-minute outing. Bird sightings can be cumulative, so you’ll learn something with every look. If you’re adventuresome, go barefoot: it’ll slow you down. You may be lucky enough to see the red iris on the spotted towhee on your next path walk.

Santa Fe Right of Way Opens

(continued from page 1)

University Avenue to Delaware Street, complete with a special mid-block crossing light at the old Santa Fe Station, now Berkeley Montessori School, on the south side of University Avenue. Planning is underway to open the trail west of the school to connect it to Strawberry Creek Park. And Berkeley Partners for Parks is seeking financing for a master plan for the trail.

The newly opened fence had separated the right of way from basketball courts and a satellite parking lot for BART riders. That fence was installed years ago to discourage crime. Ironically, the resulting cul-de-sac seemed to attract illegal camping. Berkeley Path Wanderers and some neighbors lobbied the Berkeley Parks Commission to install a gate in the fence, but other neighbors protested that removing the fence would increase problems in the area. As a compromise, the Parks Commission voted in December to open the fence for a six-month trial to start when Daylight Savings Time began.

Household memberships in the BPWA are \$5.00 and cover one calendar year. If you can give more, please consider a donation. Benefits include a newsletter and other BPWA mailings.

Please send a check, payable to BPWA, to:

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

BPWA Membership/Donation Form

Please print clearly

Name _____

Address _____ City _____ Zip code _____

E-mail _____ Telephone number _____

I am enclosing \$ _____ for membership new renewal

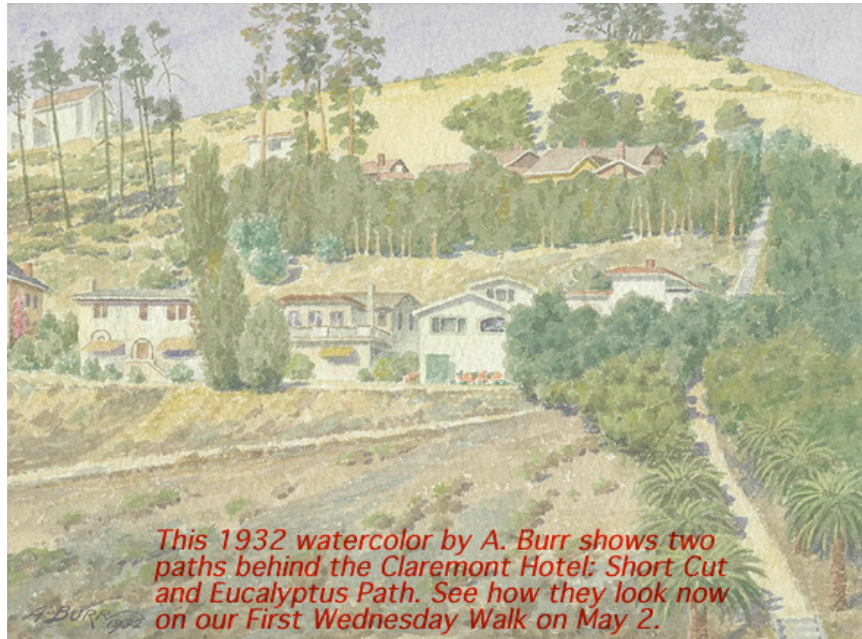
I would like to donate \$ _____ for path building

Berkeley Path Wanderers Association

Spring 2007

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

Berkeley Path Wanderers Association 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.



This 1932 watercolor by A. Burr shows two paths behind the Claremont Hotel: Short Cut and Eucalyptus Path. See how they look now on our First Wednesday Walk on May 2.

Berkeley Path Wanderers Association
1442-A Walnut St. #269
Berkeley, CA 94709

www.berkeleypaths.org

Board Members

SANDY FRIEDLAND, president
WILL SCHIEBER, vice-president/web site
ANNE HENNY, treasurer
MARILYN SIEGEL, secretary/walks coordinator
CHARLIE BOWEN, path building
LORI KOHLSTAEDT, special events
MARY LYNCH, membership/administration
PAUL MAHEU, Boy Scouts liaison
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EMMA MORRIS, past president
COLLEEN NEFF
SUSAN SCHWARTZ, publicity
KEITH SKINNER
JERRY WACHTEL, safety/city liaison
BARBARA WEST

Annual Meeting September 20

BPWA's annual meeting will feature an illustrated talk, *Two Rings Around the Bay*, that will focus on the history and future of the two exciting paths that are being built to encircle the entire San Francisco Bay. Mark your calendar for 7 PM, Sept. 20, at the Hillside Club. Watch for further details in the next newsletter or at www.berkeleypaths.org

BPWA Guided Walks

Walks begin at 10 AM Rain or shine. Allow 2-3 hours. They are free and open to all.

Saturday Walks

Jul 21 Sibley Volcanic Regional Park Ron Sipherd 510 549-2908

Learn about this unusual part of the East Bay Regional Parks District on a 3-mile walk. From Berkeley, take Grizzly Peak Blvd. south until it ends at Skyline. Take Skyline south a short way to park entrance where we will meet. See www.ebparks.org/parks/sibley.htm

Aug 18 Berkeley Parks Centennial – Park History Walk

**Susan Schwartz 510 848-9358
F5creeks@aol.com**

Leading up to the August 25 celebration of the centennial of Berkeley parks, we'll explore the history of several of Berkeley's **nature parks** and the role some of them played in history. Meet at Live Oak Park Recreation Center, 1201 Shattuck. Wear shoes comfortable for two hours of walking including hills and staircases. Bring water and a snack.

Sept. 15 Bay Ridge Trail

Morris Older, Trail Chair, Bay Ridge Trail Council, morrisolder@comcast.net

Meet at Skyline Gate in Redwood Park, just south of intersection of Grizzly Peak and Shepherd Canyon. Learn about the exciting history and future of the Ridge Trail in the East Bay during a 5.3-mile hike. Includes loops in Huckleberry and Redwood Parks and 2 ascents and descents of 2-300 ft. Hikers may choose first half only or longer or shorter loop in Redwood.

Wednesday Walks - Page 2

Berkeley's PATHS

Vol. 10 No. 2

Berkeley Path Wanderers Association

Summer 2007

Glendale Path Ceremony Set For August 5

by Colleen Neff

The public is invited to join the BPWA on Sunday, August 5th to celebrate the official opening of the three-part Glendale Path, a key link between city streets and Tilden Park (more on page 3). Festivities will begin with a free, hands-on workshop on the use of walking sticks, continue with a ribbon cutting ceremony, and conclude with a bring your own picnic lunch back in the park with the BPWA supplying drinks and dessert. (see box on this page).

The walking stick demonstration will be led by fitness expert Jayah Faye Paley. Extra sticks will be available. Advance registration is required. Participants are asked to arrive at 9:45 AM so the class can begin promptly at 10. To reserve a space call Sandy Friedland at 510-655-5773 or email info@berkeleypaths.org. (See www.berkeleypaths.org for more information.)



Lower Section of Glendale Path

The ribbon cutting ceremony will take place at noon. On hand will be Councilwoman Betty Olds, Transportation Planner for Bicycle and Pedestrian Programs, Heath Maddox, and many BPWA board members including Path Building Leader Charlie Bowen. Other dignitaries are expected. The entire list will be posted on the BPWA web site www.berkeleypaths.org.



Site of Ribbon Cutting Ceremony

August 5 Schedule

- 9:45 - Gather at Glendale-LaLoma Park
- 10:00 - Free walking-poles demonstration
- 12:00 - Ribbon Cutting at the base of Glendale Path
- 12:30 - Picnic at the park - BYO food - drinks and dessert courtesy of BPWA

Steps for BPWA Paths only Tiny Part of New Life Millworks' Output

by Marilyn Siegel

Every year BPWA volunteers install approximately 350 three-foot long eucalyptus wood steps to create new paths in the Berkeley hills. Although most path wanderers are grateful for the solid footing, they might appreciate the new steps even more if they knew where the wood had come from. In fact the railroad-tie style steps are made at New Life Millworks in Richmond, an environmentally-conscious business that diverts trees from landfills into the hands of almost anyone who works with wood. Their clients have ranged from city and county agencies to a ukulele builder and include the San Francisco Maritime Museum which contracted the company to custom mill wood for the restoration of the historic ship the C.A. Thayer.

New Life annually processes more than 2,000 tons of trees and re-claimed wood in a variety of species, including pine, redwood, cypress and cedar in addition to eucalyptus.

On a recent visit we saw huge log grapplers inching their way between stacks of eucalyptus logs, immense saws and planers and miscellaneous piles of lumber including one particularly interesting stack of 150-year-old oak and hemlock barn siding and beams from Ohio (complete with adze marks and wooden pegs). At one of the many shops on site workers were sawing headboards for a major motel chain while nearby gigantic drying kilns, converted from 35 ft. refrigerator containers cut in half, stood ready to start the two week process of bringing wood down to the proper moisture content for construction. Trucks, many with the familiar green ecology logo on the side, came and went, dropping off logs and picking up lumber. One huge machine was spitting out mounds of wood chips into a trailer for transport to a wood burning electric generation plant.

Beyond the mill we could see a tidal marsh with the remains of duck blinds and views of China Camp and Point Pinole across the water. It is undeveloped open land that attracts fishermen every year in October when the stripers are running.

The founder and owner of New Life is BPWA board member Paul Maheu. Originally from Connecticut, Paul is the son of a shipwright. He learned about wood and sawmills at a very early age and he has worked as a carpenter. He did a stint with the Conservation Corps, taking crews into the back country around Yosemite and the Trinity Alps to build trails. Later he led a field program for the East Bay Conservation Corps.

Paul got into his present line of work in 1996 when he began the non-profit Urban Tree Mill in Oakland under contract to mill wood for East



Bay Regional Parks. When funding ceased in late in 2004, he founded New Life in its present location, on a property which was formerly an auto wrecking yard.

In March of 2005, a fire that started in an adjacent business spread to the Millworks, consuming everything within 3 ½ hours. Paul rebuilt

Continued on Page 3

First Wednesday Walks

**July 11 New Life Millworks Tour/
Bay Trail Walk in Richmond**
Marilyn Siegel 510 708-6505 Paul Maheu 510 233-7785

Discover where the wooden steps used on Berkeley's paths are milled (See article on this page), followed by a walk on the nearby Bay Trail. From East Bay, take 580 west to Canal St. exit. Go right at end of ramp onto Canal St., which becomes Richmond Pkwy. Go approx. 3 mi. Turn left on Parr, take an immediate right on Garden Track Rd, which will jog left, then turn right when you see Cypress Pallet sign on fence. Go to end of road and someone will direct you to parking.

Aug. 1 Lammass Day Walk
Alan Kaplan 510 526-7609

UCB architecture will be featured on Part 2 of a previous walk. Meet at the Northgate entrance to the campus, intersection of Hearst and Euclid Avenues.

Sept. 5 Stone Pillars of Northbrae
Barbara Robben 510 524-2383

Meet in front of North Berkeley Library, on the Alameda near Hopkins St. Find as many of the 36 pillars in the area as possible while learning their history and present status.

Anatomy of a BPWA Step

Eucalyptus logs are milled into 6 inch X 6 inch X 3 foot sections. Then three holes are drilled into each step for the rebar, which is pounded through the steps to secure them into the ground.

BPWA Board Meetings

The BPWA Board meets on the third Thursday of each month (except in September and November) at Music Sources, 1000 The Alameda (at Marin). Observers are welcome to attend. Please enter via the side door at 1842 Marin Ave.

New Life Millworks - from Page 2
and is busier than ever.

Paul is also a long time leader of Berkeley Boy Scout Troop 19. His scouts have been great workers on many BPWA path building projects.

On July 11, Paul will welcome BPWA Wednesday Walk participants for a behind-the-scene tour of the New Life Millworks. The walk will also include a section of the nearby Bay Trail. (See Wednesday Walks - page 2)



New Life Millworks' Log Grapppler

BPWA Tool Drive

Do you have any old tools you could donate to the BPWA for path building? We could use mattocks, flat bladed shovels and sledge hammers (See our website for a complete list). For tool pick up contact Steve Glaeser at 510-525-1476 or steveglaeser@comcast.net. Please feel free to send a monetary donation marked "tool drive" to BPWA tool drive, 1442A Walnut St. #269,

Gorgeous Glendale Path Worth the Effort

by Charlie Bowen

The recently completed Glendale Path was one of BPWA's most ambitious projects and represented a key partnership between the City, BPWA, and Boy Scouts Troops 4 and 19. Berkeley won a FEMA grant to improve Glendale Path because it is an important access and egress route in case of a fire or other emergency.

Glendale is serene and practical as well as strategically located. It extends from the intersection of Glendale Ave and Campus Dr to the intersection of Fairlawn Dr and Arcade Ave, rising 160 feet along the way. Queens Rd and lower part of Fairlawn Dr divide it into three distinct sections.

Lower Glendale begins with a 33-step cement stairway with a handrail, both built by the City of Berkeley in 2004. Then comes a fairly gentle section with several sets of wooden steps stepping stones and a low boardwalk, constructed as part of three Eagle Scout projects. The steep pitch of the top third of this section posed quite a challenge, requiring several BPWA work parties to lay 63 wooden steps where the City installed a handrail

Middle Glendale Path starts with a short, steep section by a fire hydrant, which required a complicated switch-back stairway that is both beautiful and functional. A gradually sloped section of the path has lovely landscaping completed by a neighbor and leads to Fairlawn Dr.

Upper Glendale features an impressive stairway beside a rocky drop-off that required professional design and construction. BPWA arranged for the architect, and the City Berkeley hired the contractor. Next come a few of BPWA's trademark wood-tie steps, followed by a level section leading to a flight of older cement stairs with native stone trim with an axe head embedded on one corner (see picture page 4). At this point you're only a short block from Grizzly Peak Blvd.

If you haven't yet tried Glendale, the official ribbon cutting on August 5 might be a good time to admire this distinctive path. (See page 1 for details.)

BPWA Map



This attractive and accurate map features all the 135-plus paths of Berkeley and is only \$5.00. It's available for two-day delivery by post from our web site. It's perfect for hikers and other residents and makes a wonderful gift.

Household memberships in the BPWA are \$5.00 and cover one calendar year. If you can give more, please consider a donation. Benefits include a newsletter and other BPWA mailings. You can join or donate on our secure web site:

www.berkeleypaths.org

You may also send us a check, payable to BPWA. Please remit to:

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

BPWA Membership/Donation Form

Please print clearly

Name _____

Address _____ City _____ Zip code _____

E-mail _____ Telephone number _____

I am enclosing \$_____ for membership new renewal

I would like to donate \$_____ for path building

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

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Steps at the top of Glendale Path

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MARILYN SIEGEL, secretary/walks coordinator
CHARLIE BOWEN, path building
STEVE GLAESER
LORI KOHLSTAEDT, special events
MARY LYNCH, membership/administration
PAUL MAHEU, Boy Scouts liaison
DALE MILLER, newsletter editor
EMMA MORRIS, business-sector liaison
COLLEEN NEFF
SUSAN SCHWARTZ, publicity
KEITH SKINNER
JERRY WACHTEL, safety/city liaison
BARBARA WEST

BPWA Guided Walks

Walks begin at 10 a.m. Rain or shine unless otherwise noted. Allow 2-3 hours. They are free and open to all.

Saturday Walks

Sept 15 - Bay Area Ridge Trail

Morris Older
morrisolder@comcast.net

In conjunction with the September 20 BPWA Annual Meeting (see story on right), the Trail Chair of the Bay Area Ridge Trail Council will lead a 5.3 mile hike (shorter options are available) in Huckleberry and Redwood Parks. Participants will learn about the history and future of the Ridge Trail in the East Bay. Meet at Skyline Gate in Redwood Park, just south of the intersection of Skyline Blvd and Shepherd.

Oct 20 - Fall Harvest Walk

Jennifer English, 510 528-3246
Jen_english@yahoo.com

Explore some of Berkeley's community and school gardens to observe the seasonal changes and see what fruits and vegetables are ready for fall harvesting. Flat; moderate pace. Meet at North Berkeley BART, just outside the gates.

Nov 17 - Oakland Paths & Steps

Ronna Benjamin and Sandy Friedland
510 655-5773, ssf@comcast.net

Sample some of the 100+ paths and stairways in Oakland, including the historic Cleveland Cascades, on this hilly walk through the Grand Lake and Trestle Glen neighborhoods. Meet at the entrance to the Morcom Amphitheater of Roses, 700 Jean St, off Grand Ave by Ace Hardware.

Dec. 1 - Upper Claremont Walk

John Steere, President of Berkeley Partners for Parks

510 849-1969, jtsteere@pbsj.com

Discover the trails off Alvarado Road, including Sunset Path, the only path in Berkeley that connects just to other paths, and a secret public open space area off Vicente Road with a magnificent Bay view. John will offer a brief history of the area, including the effects of the 1991 firestorm. Meet at Peet's Coffee on Domingo. Moderate rain cancels; light rain won't.

Wednesday Walks - Page 2

Berkeley's PATHS

Vol. 10 No. 3

Berkeley Path Wanderers Association

Fall 2007

Annual Meeting September 20 to Focus on Bay and Ridge Trails: Monologist Josh Kornbluth to Emcee

Berkeley Path Wanderers Association will present "Two Rings Around the Bay," an illustrated lecture on the San Francisco Bay Trail and the Bay Area Ridge Trail at its annual meeting, Thursday, Sept. 20, at the historic Berkeley Hillside Club. Berkeley monologist Josh Kornbluth will emcee the event, which begins at 7 p.m. and is free and open to the public.

The featured guest speaker will be Bill Long, chairman of the Bay Area Ridge Trail Council and a member of the Bay Trail board of directors. Long will trace the evolution of the two multi-use trails, each of which now extends 300 miles. They pass through urban as well as remote natural areas and represent the cooperative efforts of volunteer activists, nonprofit organizations and public agencies at all levels. Many beautiful natural spaces have been protected and preserved thanks to these collaborations.

Eventually, the Bay Trail will cover 500 miles; the Ridge Trail will be 600 miles long. Both include existing as well as newly constructed trails and are laid out to link with networks of local paths. Long will detail some of the challenges of completing these ambitious projects, including, in the case of the Ridge Trail, negotiating with 75 jurisdictions and 100 private property owners to obtain public access to the planned route.

"The trail through the Crystal Springs Reservoir area on the Peninsula has been a special challenge," says Long, who also serves on the Marin County Park and



Open Space Commission. "That property is controlled by the San Francisco Public Utilities Commission and has been closed to the public for years." After 15 years of "heavy lobbying," he adds, the area is now open to groups. "We still have the goal of opening it to everyone."

A Rhode Island native who moved to the Bay Area in 1969, Long is a chemical engineer who retired from Chevron 15 years ago. Since then, he has devoted himself to environmental activism, beginning with trail and open space projects in Marin County. He joined the Ridge Trail Council in 1994 and the Bay Trail Board a few years later. He led the creation of the Trail Trust, the program to establish the Ridge Trail on private lands. His other major interests are solid waste

Continued on Page 2

First Wednesday Walks

Oct 3 - Kensington/North Berkeley **Barbara West, 510 548-4831** **bbwest@gmail.com**

This hilly, but slow-paced walk explores the paths in the "Olde England" neighborhood of Kensington, where the curvy streets have names like Stratford, Avon, Camelot, and Coventry. The route includes nearby parts of Berkeley that overlook a wild ravine. Meet in front of Semifreddi's Bakery, 372 Colusa Ave, on Colusa Circle.

Nov 7 - Rescuing the Rocks **Susan Schwartz, 510 848-9358** **F5creeks@aol.com**

Learn of the efforts to rescue Berkeley's famous rock parks by cutting back encroaching ivy and protecting and re-establishing native vegetation. Susan Schwartz, head of Friends of Five Creeks, will be joined by Berkeley Parks gardener Pam Boland. Meet at Grotto Rock Park on Santa Barbara Road, just north of Indian Rock Ave.

Dec 5 - Carquinez Bridge/Crockett **Paul Grunland, 510 526 8001**

Take in the sweeping view while crossing the new Carquinez Bridge (Al Zampa Memorial Bridge) and then explore the informal paths in the small town of Crockett. Meet at the new pedestrian path on the north end of the bridge. The walk will end at a small deli adjacent to a park, where wanderers can enjoy an optional lunch together. There are also several opportunities for side trips to the sugar refinery and local museum. Rain cancels this event.

2008 BPWA Board Nominees

First Two Year Term: Linda Bradford and Jennifer English

Second Two Year Term: Charlie Bowen, Lori Kohlstaedt, Dale Miller and Jerry Wachtel

BPWA Board Meetings

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Focus on Volunteers: Lani Rosenthal

Summer Intern Tackles New Map PR

After she read a newspaper feature about Berkeley Path Wanderers Association, college student Lani Rosenthal vowed to complete her community service requirement by building paths during her summer vacation. She had spent her last two summers working with the Student Conservation Association in Yellowstone and Yosemite.

"I was looking for an environmental internship," says Lani, 19, who grew up in Berkeley and now is a sophomore at Whitman College in Walla Walla, WA.

Unfortunately, she fractured her right tibia playing spring rugby, sidelining her both from sports and setting steps on steep hillsides. Fortunately for BPWA, Lani still wanted to volunteer — so long as she could do it from a chair.

"Lani could not have come along at a better time," recalls BPWA president Sandy Friedland, who quickly put Lani to work on the launch of the 4th edition of the Berkeley Pathways Map. "We were lucky to have someone as organized and hard working as she turned out to be."

First Lani updated BPWA records on the 50 stores and organizations that have sold maps. Next she tackled the BPWA media list, which was out of date and incomplete. She compiled a list of 30 Bay Area newspapers and magazines, including some UC-Berkeley publications. She included deadlines, contact information, and the best way to submit press releases.

She admits being a little frustrated spending so much time on the phone. "My past volunteer work had been very hands-on and active, so this was a big change," Lani says. "I couldn't see the results of my work right away — as I did with my trail work — so it felt like I wasn't helping as much."

When the new maps finally arrived last month, Lani helped write the press release. That job entailed interviewing several city officials and boning up on the history of BPWA and Berkeley's path system. Finally, she created mailing labels and assembled press packets.



Lani Rosenthal in action

What did she learn in the 53.5 hours she logged on the project?

"I got a better sense of how many people use and enjoy the maps and how crucial they are for supporting future path-building. Seeing this project all the way through also made me realize that the work I was doing inside on the phone and computer was just as important as being outside working on the trails. I never realized how much effort organizations have to put into publicity if they want to get the word out about themselves or their product."

Annual Meeting - Continued

recycling, water, and sailing on SF Bay.

Special guest Josh Kornbluth will open the evening and is expected to enliven the program with his political humor. He says that his latest monologue, *Citizen Josh*, grew, in part, from his "nagging suspicion that our society's political health depends on the active participation of all its citizens, even ones as habitually passive as myself." Kornbluth has recently abandoned that passivity for his new role as a member of the Berkeley Energy Commission. During curtain calls, he now urges his audiences to reduce their energy consumption.

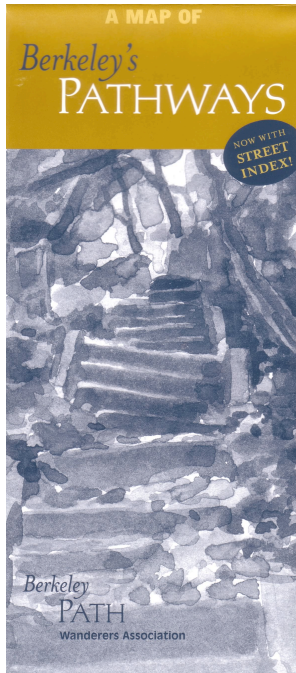
Also on the agenda for the BPWA annual meeting is the election of the board members (see box this page), a treasurer's report, and an update on path building. The Hillside Club is located at 2286 Cedar St.

BPWA Releases New and Improved Path Map with Street Index

Call it Version 2.0. We have added a street index to the new edition of our popular Berkeley Pathways Map, your passport to the public stairways, ramps, and footpaths that crisscross the city. The first major change since the map appeared in 2002, the street index makes it easier to find a local address or navigate through Berkeley's circuitous streets and ubiquitous cul de sacs. The map will also be more useful to UC Berkeley students, new residents, and visitors.

The map also adds five newly completed paths — Cedar, Poppy, Upper Covert, Whitaker, and the three-part Glendale — and includes more paths in East Shore State Park and Strawberry Canyon than did earlier editions. In addition, recently opened sections of the Santa Fe Right of Way are shown, as are other public pedestrian routes that are not part of the official city system, such as those on the UC campus and in lower Tilden Park.

Like the last three editions, this one is printed on durable, water-proof paper in an easy-to-read font. The map shows all the 135 numbered, city-owned paths, distinguishing those that are passable from those that are not. Karen Kemp's beautiful water color of Visalia Steps appears on the cover.



"If your main interest is the path-ways, then the Berkeley Path Wanderers' map is a must-have," says Heath Maddox, the city's Associate Transportation Planner in charge of Bicycle and Pedestrian Programs. He adds that the path-ways can be hard to find on more detailed, smaller scale maps of the city.

The five newly completed paths were among some 50 city-owned right-of-ways that were set aside for pedestrian use in the early 1900s but never built. Path Wanderer volunteers have cleared and installed wooden steps on 22 of the originally plotted paths and are working to complete the others.

"Proceeds from map sales support our path building efforts," notes Map Committee Chair Jacque Ensign, "and the maps help to get more people onto the paths. It's a win-win situation."

The 4.2 earthquake that jolted Berkeley residents awake July 20 reminded hill dwellers that the paths are vital evacuation and access routes in emergencies. When roads were blocked in the 1991 Berkeley-Oakland fire-storm, the paths behind the Claremont Hotel enabled firefighters to reach the blaze. In 2005, the city allocated \$74,000 of a Fire Prevention and

Safety grant from the Federal Emergency Management Agency to build a concrete stairway and railing on the top portion of Glendale Path. It took nearly two more years for Berkeley Path Wanderers and two local Boy Scout troops to finish the rest of the three-part path.

The newest paths are the result of such teamwork. "Volunteers did almost all the work, in cooperation with the City," says Charlie Bowen, BPWA Path-Building Leader. "We are delighted that Berkeley officials support community hands-on involvement. It's a good way to get things accomplished in our era of limited city funds."

The 4th edition of the BPWA map sells for \$6.95 and can be ordered with forms on the Path Wanderers website (www.berkeleypaths.org). It will also be available at our Annual Meeting Sept 20 (see page 1) and the Spice of Life Festival Oct 14. Maps also are sold at local bookstores and shops that sell outdoor gear.

"Walking is the great adventure, the first meditation, a practice of heartiness and soul primary to humankind. Walking is the exact balance between spirit and humility."
- Gary Snyder

Household memberships in the BPWA are \$5.00 and cover one calendar year. If you can give more, please consider a donation. Benefits include a newsletter and other BPWA mailings. You can join or donate by sending a check, payable to BPWA, to:

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

BPWA Membership/Donation Form

Please print clearly

Name _____

Address _____ City _____ Zip code _____

E-mail _____ Telephone number _____

I am enclosing \$_____ for membership new renewal

I would like to donate \$_____ for path building

Berkeley Path Wanderers Association

Fall 2007

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 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.



Path Wanderers, city officials, and neighbors turned out on August 5 to dedicate the three-part Glendale Path

Berkeley Path Wanderers Association
1442-A Walnut St. #269
Berkeley, CA 94709

www.berkeleypaths.org

Board Members

SANDY FRIEDLAND, president
WILL SCHIEBER, vice-president/web site
ANNE HENNY, treasurer
MARILYN SIEGEL, secretary
CHARLIE BOWEN, path building
STEVE GLAESER, path building
LORI KOHLSTAEDT, events
MARY LYNCH, membership/administration
PAUL MAHEU, Boy Scouts liaison
DALE MILLER, newsletter editor
COLLEEN NEFF, events
SUSAN SCHWARTZ, publicity
KEITH SKINNER, walks coordinator
JERRY WACHTEL, safety/city liaison
BARBARA WEST, map administration

BPWA Guided Walks

Walks begin at 10 AM, rain or shine. Allow 2-3 hours unless otherwise noted. They are free and open to all.

Saturday Walks

Jan 5 - New Waterfront Walk

Susan Schwartz 510 848-9358
f5creeks@aol.com

Meet at Shorebird Nature Center in Berkeley to explore the waterfront. Susan, the president of Friends of Five Creeks, will discuss the waterfront's past, how it's being revitalized, the effects of the recent oil spill, and new opportunities for citizen involvement. This walk is level but not suitable for wheelchairs or strollers. The center is a buff-colored building with a roofed terrace at 160 University Ave, on the south side of the street, just before it ends at the Berkeley Pier. Park across the street. AC Transit 9 stops nearby.

Feb 9 - Waterfalls of Berkeley (Co-listed with Greenbelt Alliance)

Bob Johnson rejberk@covad.net

Visit two waterfalls tucked away in the midst of the city. Climb a volcanic rock for a view. Stroll through neighborhoods of historic homes and gardens. See how creeks are incorporated in private yards. Visit and learn the histories of Live Oak Park, Indian Rock Park and Cragmont Park, where we will have lunch. It will be a five-mile walk with a 500 ft. elevation gain. Meet at the Liaison Café, NE corner of Shattuck and Hearst Aves. Bring lunch, liquids, and sturdy shoes. Walk will end at 2:30 p.m.

Mar 15 - Bay Area Ridge Trail

Morris Older 925 254-8943
morrisolder@comcast.net

This five-and-a-half-mile walk from Tilden Park to Huckleberry Botanic Regional Preserve will take us over the top of the Caldecott Tunnel and through Sibley Volcanic Regional Preserve. The route includes one rugged downhill stretch, several smaller up and down sections, and many spectacular views. Bring lunch. Meet at the Upper (overflow) parking lot by the Tilden Park Steam Trains at the intersection of Grizzly Peak Blvd and Lomas Cantadas. Before leaving, we will shuttle a few vehicles to Huckleberry to bring us back. The walk will end no later than 2:00 PM.

Wednesday Walks - Page 2

Berkeley's PATHS

Vol. 10 No. 4

Berkeley Path Wanderers Association

Winter 2007-08

President's Annual Message

- Sandy Friedland

I hope that you've had a chance to explore some of our newest paths during our gentle Fall. BPWA's amazing volunteers have gotten quite expert at clearing steep hillsides and installing wooden steps in just the right places. This year our path builders, under Charlie Bowen's skilled direction, completed Poppy, Shasta, and Whitaker Paths, bringing to 23 the total number of paths that we have added to the system. Several others are underway.

We made great progress on other fronts as well in 2007. In July, we released the 4th edition of our popular Berkeley Pathways map, an easy-to-read guide to all the hidden stairways and picturesque footpaths that add to the quality of life in Berkeley. For the first time, we have included a street index, making the map more useful to visitors, new residents, and UC students. By the end of the year, we will have sold nearly 2000 of the 4th edition map, bringing the total number of maps in circulation to almost 18,000!

We also added a February program to our schedule. Naturalist Jim Hale regaled a full house with tales and pictures of the wildlife in our backyards. And in August, walking stick guru Jayah Paley brought her enthusiasm and gear to a hands-on workshop, held in conjunction with the official opening of the three-part Glendale Path. And, finally, Berkeley monologist Josh Kornbluth injected humor into our Annual Meeting in September, where we learned about the Bay Area Ridge Trail and the Bay Trail from Bill Long, chair of the Bay Area Ridge Trail Council. And, of

BPWA Map



This attractive and accurate map shows all the 135+ paths of Berkeley as well as all the streets. It is printed on sturdy, water resistant paper and is only \$6.95. To order see our web site. It's a wonderful gift for anyone who plans to drive, bike or hike in Berkeley.

course, we continued to offer two free walks a month and publish four newsletters a year.

All these efforts are directed at preserving, publicizing, and extending the path system and encouraging people to walk more. So how can you help us? The most important way is by joining or renewing your membership and encouraging your friends and neighbors to do so. Our dues are still just \$5 a year per household. Joining BPWA is like voting to maintain the paths.

Second, volunteer to help us build paths, plan or lead walks, work at our booth during events, or help with publicity, programs, or map sales. E-mail us at info@berkeleypaths.org if you have time and talents to share.

Third, consider giving our map or a packet of our four beautiful note cards for your holiday gifts. The note cards

Continued on Page 3

First Wednesday Walks

Jan 2 - Lower Strawberry Canyon
Barbara Robben 510 524-2383

Meet on steps to the entrance of International House, 2299 Piedmont Ave, at the top of Bancroft Ave. Culture and history will be featured. Moderate pace. Optional lunch in area afterwards.

Feb 6 - Albany Hill
Susan Schwartz 510 848-9358
F5creeks@aol.com

Meet at Peet's, San Pablo Ave, and Carlson Blvd, El Cerrito, for a loop walk along Cerrito Creek and up Albany Hill, in hopes of seeing wintering Monarch butterflies. Bring water and a snack, dress in layers, and wear hiking shoes or boots with good traction. Be prepared to cross Cerrito Creek on stepping stones if the weather is dry.

Mar 5 - UCB Architecture, Part III
Alan Kaplan 510 526-7609

We will explore the NE campus, from the Mining Circle to Faculty Club. Meet at the Northgate entrance to the campus, intersection of Hearst and Euclid Aves.

BPWA Note Cards



This set of four note cards with envelopes features Rose Walk (above) and three other paths. The cards are gorgeous reproductions of watercolors by Karen Kemp. The set is only \$6.50 and makes a wonderful gift.

BPWA Board Meetings

The BPWA Board meets on the third Thursday of each month (except in September and December) at Music Sources, 1000 The Alameda (at Marin). Observers are welcome to attend. Please enter via the side door at 1842 Marin Ave.

Incoming Board Member Jen English Is Walking Every Street and Path in Berkeley — Really!



Jen English, Ambitious Walker

About two weeks after this newsletter lands in your mailbox, Jen English will finish her one-and-a-half-year, 250-mile project of walking every street and path in Berkeley. Here are excerpts from our recent interview with Jen, who doesn't even own a car.

I knew when I moved to Berkeley that I wanted to do as much walking around as possible to explore my new home. Berkeley's compactness makes it an ideal walking city, and I also found that there were interesting sights to see on every block. I was inspired to make it a formal project after reading a piece in *The New Yorker* about a man who walked every street in Manhattan.

I originally dismissed the idea of recording my experiences online, thinking the world really didn't need another blog. However, after several months of walking and telling people about the project, I realized others might enjoy learning more about the city and/or be encouraged to get out and explore their neighborhoods on foot.

I've written a lot about Berkeley and my walking experiences on my blog: <http://walkingberkeley.wordpress.com>. I've also covered philosophical topics related to walking, like a series entitled Walking Isn't Boring and another on the reasons why people walk.

I haven't paid too much attention to what shoes I wear as long as they're comfortable. In the hilly areas, especially where one might encounter dirt trails, slippery leaves, or steep streets, I usually wear hiking boots or cross-training shoes. I have not used any walking sticks or poles, though I hear that they are useful.

In a couple of cases, I've taken BART across town; but usually I start walking right out my front door. One nice thing about this method is that I walked some streets multiple times -- and I've always managed to see something new.

I've usually walked alone, but my partner Joe sometimes comes along. I haven't walked with friends very often because the process of finding all of the streets, stopping often, and so forth can be tedious. I have, however, had some very nice walks with people who read my blog and wanted to share their Berkeley neighborhood with me.

In fact, this was one of the most rewarding results of my blog. I've gotten many nice comments and email messages from people who live or have lived in Berkeley and enjoyed reading about the city. Additionally, I have corresponded with others who are walking or have walked every street in their town - one from as far away as Australia!

One thing that I learned while I was out walking is how diverse Berkeley really is. For instance I was walking a short stretch of the Ohlone Greenway and spotted a bicycle-powered DJ setup rolling by, a Tibetan Buddhist monk in saffron robes, a *tai chi* practice group, and what appeared to be a senior aerobics class dancing to a boom box set up in the trunk of a car.

I've never felt threatened, but when I walk by myself, I generally stay aware of my surroundings and don't walk much after dark. I try to dress as low-key as possible and carry only water, a snack, a camera, my phone, a map, my ID, and some cash. I write out the directions for each walk on a small sheet of paper to

Continued on Page 3

Native Bees – What’s the Buzz?

- Marilyn Siegel

Dr. Gordon Frankie, a professor of insect biology and a research entomologist in the College of Natural



Resources at UC Berkeley, will speak at the BPWA winter program on Thursday, February 7, at Redwood Gardens (2951

Derby St). Admission is free and the public is welcome.

Dr. Frankie specializes in plant reproductive biology, pollination ecology, and solitary-bee biology in the wild and urban environments of California and Costa Rica. He also heads the Urban Bees Research Project, which documents urban bee diversity and populations throughout California, including bees and their floral hosts in North Berkeley residential and community gardens.



His illustrated talk for BPWA will focus on Berkeley’s native bees. He will discuss whether their population is decreasing and, if so, what are the causes, effects, and possible remedies. Find links to more information about Dr. Frankie’s projects and directions to Redwood Gardens at our web site www.berkeleypaths.org

Jen English - from Page 2

keep in my wallet so that I don't often have to stand around looking at a map and appearing to be lost.

Before I started, I didn't realize there were so many paths. Originally I set out only to walk all of the streets in Berkeley. I was looking around for a good map to use and discovered the Path Wanderers map. I was very excited when I opened the map and saw all of the paths! I immediately revised my goal to include all of them. This was very easy to do because they're clearly marked on the map and easy to read. That's how I learned about the BPWA. I sent in my membership application. At about that same time, Sandy Friedland found my blog and invited me to speak at a board meeting.

I am excited about joining the board. I am very impressed by how much this all-volunteer organization accomplishes and am pleased to be a part of it. I'm still just getting familiar with all of the projects, but I hope I can help even more people to learn about the BPWA and Berkeley's amazing path system.

One of the great things about Berkeley's paths is their appeal to a wide audience. They offer something for people interested in local history, architecture, plants and gardens, photography, exercise, walking as a mode of transportation, places to take children, and much more.

A city that outdistances man's walking powers is a trap for man.
- Arnold Toynbee

President's Message - from Page 1

feature color watercolors of four paths by local artist Karen Kemp. For information on ordering, go to www.berkeleypaths.org.

Finally, include BPWA in your year-end giving. We keep our dues low to attract more members. However, that amount does not cover printing and mailing our newsletters, dues to our parent group, Berkeley Partners for Parks; maintenance of our web site; and supplies for our public meetings and free guided walks. We rely on map sales, small grants, and your generosity to continue to expand and beautify the paths and to invite more people to experience the special pleasure of walking on them.



Farewell to Our Leader

Sandy Friedland is completing her term as president of the BPWA. We're going to miss her strong leadership and energy. We're confident incoming president Lori Kohlstaedt will do an equally great job.

Household memberships in the BPWA are \$5.00 and cover one calendar year. If you can give more, please consider a donation. Benefits include a newsletter and other BPWA mailings and emails. You can join or donate by sending a check, payable to BPWA along with the form, 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 _____

Berkeley Path Wanderers Association

Winter 2007 - 2008

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Dr. Gordon Frankie will speak about Berkeley's native bees at our Winter program. See story - Page 3. (Photo by Susan Schwartz)

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Board Members

SANDY FRIEDLAND, president
WILL SCHIEBER, vice-president/web site
ANNE HENNY, treasurer
MARILYN SIEGEL, secretary/walks
CHARLIE BOWEN, path building
STEVE GLAESER, path building
LORI KOHLSTAEDT, events
MARY LYNCH, membership/administration
PAUL MAHEU, Boy Scouts liaison
DALE MILLER, newsletter editor
COLLEEN NEFF, events
SUSAN SCHWARTZ, publicity
KEITH SKINNER, walks coordinator
JERRY WACHTEL, safety/city liaison
BARBARA WEST, map administration