

Thanks for reading.

Sierra Club feature documentary, Mindful Walk and Half Moon Bay coast hike. These events and more may also be viewed on our <u>calendar</u>: <u>https://www.sierraclub.org/loma-prieta/Guadalupe-Regional-Group#Calendar</u>

Shawn Britton Guadalupe Regional Group Outings Chair.

grg.outings@lomaprieta.sierraclub.org 408-242-5092

Chapter Newsletter:

http://view.emails.sierraclub.org/? qs=60855efc8af9c7575d618261d3f9df31b16c768eccc27e75e0293b17aa3b8799d4a974cf59a5 e1f5857bf41835e7b19fa5574351dd385e784154d128be72804ca5d0bbf0fe1e92a43362b215bb 2c09e4

Reinventing Power: Americas Renewable Energy Boom

Social & Snacks 7:00-7:30 prior to presentation and discussion

We will show "Reinventing Power: Americas Renewable Energy Boom." A Sierra-Club sponsored movie showing how renewable power is creating jobs, clean energy, and rethinking communities. Supporting clean energy means building a better and more prosperous country.

Discussion after the movie.

Date and Time: Wed, Jul 11, 2018 7:00 PM (Local Time)

Location: 1243 San Tomas Aquino Rd, San Jose, CA 95117, USA Directions

Wunderlich Mindful Walk and Nature Meditation

Develop a sense of care for yourself and the planet through the practice of mindfulness meditation in nature. Meditating outdoors has the potential to heal and strengthen us, reminding us that we too are a part of nature.

A silent mindful walk will lead us up to Alambique Flat, where we will practice walking and sitting meditation under the dappled shade of the redwood trees. There will be time to ask questions and share our experience. Our walk back to the parking lot will provide us with the opportunity to socialize and get to know our fellow hikers-meditators.

This walk and meditation are for beginner and experienced meditators alike. Practicing meditation outdoors is a gentle way to try mindfulness for the first time or reenergize an existing mindfulness practice. Some instruction and guidance will be given.

4.5 miles, 700 feet elevation gain

Date and Time: Mon, Jul 16, 2018 7:00 AM - 6:00 PM (Local Time)

Location: Wunderlich County Park Woodside Rd, Woodside, CA 94062, USA Directions

Evant Organizara

Sigal Wilnai Tzoore <u>stzoore@yahoo.com</u> (650) 815-5109

Bring: Water, snack, comfortable clothes and shoes for hiking, hat, sunscreen.Crazy creek chair, small cushion, or camp chair which you can easily carry for 4.5 miles -- if you prefer not to sit on the ground.

Signup Restrictions: No pets please

Carpool: No host carpool at 6:45am at Woodside Park-and-Ride is encouraged (NOT leader attended).

More info: https://act.sierraclub.org/events/details?formcampaignid=7010Z000002AzYRQA0&

Half Moon Bay New Member Hike and Mapping Party

A easy hike along recreational trails from the Half Moon Bay State Beach to a small beach just south of the Ritz-Carlton hotel. 8 miles, 50 ft elevation change. We will walk along the ocean bluffs and enjoy the view. <u>Optional mapping party details.</u>

Date and Time: Sat, Jul 28, 2018 10:00 AM (Local Time) Location: 18 Kelly St, Half Moon Bay, CA 94019, USA Directions

Event Organizers: Shawn Britton smbritton@comcast.net (408) 242-5092

Linda Barbosa (408) 310-0185

Cost: \$10 parking charge at the state beach.

Bring: Lunch, liquids, sunblock.

Signup Restrictions: No pets please.

Additional Directions: We gather at the trail head on the south side of the Francis Beach parking lot.

Cancellation Policy: Activity is held rain or shine, but may be altered due to inclement weather