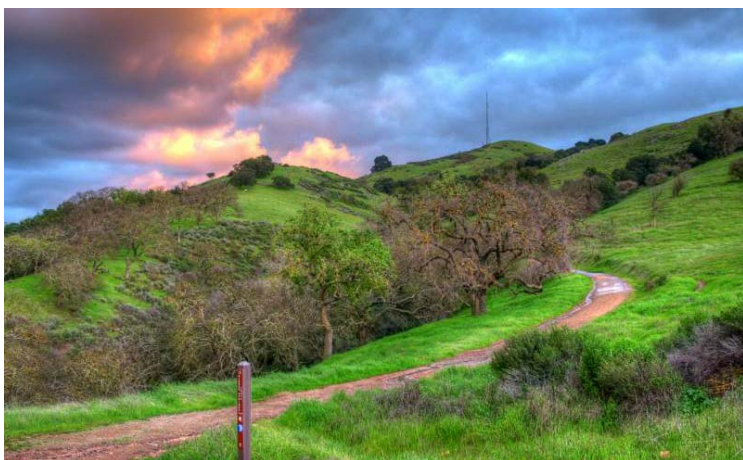


FRIENDS OF SANTA TERESA PARK



The Hidden Springs Trail leading to Coyote Peak

Bernal Barn Restoration

The Bernal-Gulnac-Joice Ranch in the Santa Teresa Historic Area has two barns. They are known as the West Barn and East Barn. The West Barn was restored and opened to the public in 2002. It is heavily used for its historical displays and for 4-H interpretive events. The East Barn was in worse shape and was not restored then. While the barn had a certain picturesque quality as a rustic historic ruin, it was unusable. It was in very poor condition and unsafe. The whole area was fenced off, and access was restricted. The siding was deteriorated. Large parts of the roof were missing or had fallen down. Studies were done by consultants on ways to restore the barn. Two alternatives were considered. One was to reinforce the barn in place, keeping as much historic wood material as possible. The other was to salvage the siding, demolish the structure, reconstruct it with new materials conforming to the exterior configuration of the barn, and reapply the historic siding. Initially, the *Continued on page 4*



The restored West Barn (left) and the East Barn (right) before restoration.

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Meetings: 7:00 pm, 1st Thursday of each month.
Upper Clubhouse/Banquet Facility, Santa Teresa Golf Club
260 Bernal Road, San Jose, CA

Website: <http://www.stpfriends.org>

Officers:

- Mike Boulland, President
- Kitty Monahan, Vice President
- Ronald Horii, Secretary, Webmaster, Newsletter Editor
- Mario Blaum, Treasurer



Councilmember Ash Kalra, Mike Boulland, Ranger Eric Goodrich, and Kitty Monahan with FOSTP's anniversary cookie.

FOSTP Celebrates 20th Anniversary

The Friends of Santa Teresa Park invited the public to join them in celebrating their 20th year of volunteer service to Santa Teresa Park and neighborhood. The event took place at the Santa Teresa Library on March 24, 2012 from 10 am to 12 pm.

The Friends of Santa Teresa Park (FOSTP) is a volunteer service organization that began in 1992 to help preserve several historic homes and other park sites in the park that border Almaden Valley and Santa Teresa neighborhoods. FOSTP's mission is "To promote civic improvement, charitable, educational and social activities in the Santa Teresa County Park community, and to perpetuate and maintain the historic and picturesque background of the Rancho Santa Teresa historic areas."

Event activities included a spring wildflower identification presentation about the local park flowers and local hiking trail information, wild animal tracking displays, children's rancho day crafts, and *Continued on page 2*

About Us

The Friends of Santa Teresa Park (FOSTP) is a volunteer organization based in San Jose whose purpose is to support Santa Teresa County Park. We are a diverse group with a wide range of interests. Our members include equestrians, hikers, runners, mountain bikers, historians, teachers, photographers, trail crew leaders, geocachers, 4H and scout leaders, and concerned members of the community. We serve as an interface between the community and the parks department. We report on problems and concerns in the park and recommend changes and improvements to the park. We help out with trail maintenance and park events. If you are interested in helping out at the park or just want to know what's going on, you are welcome to join us. See our website for more information.

FOSTP Celebrates 20th Anniversary cont'd

creating wildflower cards. Historian Paul Bernal provided displays of his family history and collection of early Californio soldier uniforms. Children could dress up like Spanish soldiers.

Families listened to music by the Tenor Band at the coffee bar. They later viewed a self-guided photo display in the auditorium showing the Past, Present, and Future of Santa Teresa Park exhibit, as well as scenic park photography by Ron Horii. This offered viewers a chance to learn more about the unique natural sites in the park where they could take their families on an inexpensive family adventure hike.

Jorge and Debra Porras, representing Boy Scout Troop 227, had a display and slideshow showing Boy Scout activities and projects. There have been many projects, including Eagle Scout projects, at Santa Teresa Park. The Santa Clara County Parks and Recreation Department had a display on the County Parks, along with animal pelts, skulls, and tracks.

San Jose City Councilmember Ash Kalra and County Parks Senior Ranger Eric Goodrich addressed the crowd and congratulated FOSTP on their anniversary. FOSTP president Mike Boulland talked about the history of the organization. A large anniversary cookie was cut up and shared with the visitors.

For pictures of the library celebration, see:
<http://www.stpfriends.org/FOSTP-Anniversary/STL-03-24-12.html>

Plans to return Cross Country Track to Santa Teresa Park
By Mike Boulland

Recently, Bernal Cross County Track Coach, Roxanne Koopman, has asked the Friends of Santa Teresa Park for help in getting the local Bernal Intermediate School track meet to be held at Santa Teresa Park. FOSTP members were delighted to help as the cross country course at Santa Teresa Park has a long tradition as a popular route.

In the past, the Women's Cross Country Track team from Santa Clara University held many of their workout practices and meets on the trails around the upper Pueblo Picnic area. Names as "Hernia Hill" and "Heart Attack Hill" were given to various steep sections of the course. The college course soon earned the reputation as one of the toughest in their league. As a result, the Santa Clara University Cross Country team was always one of the lead teams of their era.

In the early 1990's, FOSTP worked with coaches from S.J.'s Bellarmine High School, Bernal Intermediate School, San Jose Councilmember Pat Dando, and the Santa Clara County Parks Department to develop a new cross country course in Santa Teresa Park. With the help of County Park Planner Mark Frederick, the course was laid out using the upper Pueblo field. The course was designed so that coaches could send their assistant coaches to observe the whole race on top of the center hill while their runners ran around it. This gave the assistants an excellent observation viewpoint. The assistants could time their runners' performances at various stages of the race, but more important was the safety factor. They could spot any runner in trouble instantly so help and first aid could be sent immediately.

The coaches wanted a course designed that would help their teams get ready for the challenge of running in the championship meets, where the courses would have a series of switchbacked climbs. They felt that many of the local schools were located on the flat valley floor, and their runners were used to running on level ground. Having the Santa Teresa course designed with some moderate hills gave their runners a home-field advantage. Practice on the course helped their runners to understand how to pace themselves before they got to the championship courses designed with steep switchback hill climbs.

In 1992, a new two-mile course design was approved and then built by FOSTP volunteers, local Boy Scouts, park staff, and Senior Ranger Eric Goodrich. The new course had a wonderful open meadow start



The Cross Country route followed the Pueblo Trail around the Pueblo Area

that headed southwest towards the Almaden Valley along the Fortini Trail and had the runners turn only left all the way back around to the hill passing the overlook parking lot on Bernal Road. Once on top, the finish line could be seen below in the middle of the Pueblo horse corral in the distance. Parents and visitors had an excellent view of the runners for half the course, and as the runners headed to the finished line, their excitement increased, and cheering could be heard getting louder and louder.

The course was designed to give the runners a challenge with its surprising hill climbs, long downhill speed runs, and safe finish in the round corral. The new course again earned back Santa Teresa's reputation as one of the best in the area. The course location was popular with the local San Jose schools because of its central location relative to all county league schools.

Practice at Santa Teresa Park allowed the coaches to vary their runner workouts. For example, the gradual Fortini trail down to the Almaden Valley built their runners' speed by giving them a gradual fast down run to the valley, but on the return trip, the route became tougher as the slope increased. Coaches liked the gradual run uphill because it built up their runners' stamina and strength. On the other hand, Santa Teresa Park has alternative trails that have steep climbs. Coaches could use the steep Mine Hill Trail on alternative workout practice days as a total body workout for strength and endurance.

Cross country running starting in school was often the first time many young boys and girls got a chance to use the park trails and to be out in nature. It was here where these runners learned to love the outdoors, nature, and the sport. Many learned to love the freedom of running down a narrow trail or running faster than the wind. Professional runners call this a "runner's high." Once hooked on running, youngsters had an inexpensive sport that they could enjoy for a lifetime.

In the past decade or so, schools stopped using Santa Teresa Park for cross country training and meets for various reasons. Parking fees and available parking was one. Trail conditions was another. These are issues that need to be addressed to restore cross country to the park.

The members of FOSTP are in full support of seeing middle school students running on the trails in the park. It is our feeling that having the local venue in our area will help keep middle school students active in a healthy life style and give them a low-cost after-school activity. FOSTP members are excited about someday seeing the realization of Santa Teresa Park's Master Plan goal to have the park's trails being used by local schools. We look forward to working with the local schools, coaches, and park staff to come up with a plan for bringing cross country back to the park. We invite the public to come to our meetings to help with the planning.

South Bay Ridge Trail Ramble

The Bay Area Ridge Trail is a 550+-mile network of trails ringing the Bay Area, mostly along its ridgetops. 335 miles have been dedicated so far. Santa Clara County has the most completed (and uncompleted) miles of trails along the Ridge Trail Route. One of the longest, most challenging, and diverse trail segments runs through the South Bay. On May 19, 2012, the Bay Area Ridge Trail Council held the first-ever South Bay Ridge Ramble. It included Ridge Trail segments starting at Lexington Reservoir County Park, going up and over the steep Sierra Azul Open Space Preserve, through Almaden Quicksilver County Park, along the Los Alamitos Creek and Calero Creek Trails, and ending at Santa Teresa County Park. The event was open to hikers, bicyclists, and equestrians. These were the options, as listed:

- Family Ramble. A moderate 3.4 mile loop through Santa Teresa County Park. Make the loop on your own, or participate in a geocaching excursion sponsored by REI!
- Mining Ramble. You will be transported to Hicks Road, then hike, bike or ride 8.75 miles back to Santa Teresa through historic Almaden Quicksilver County Park. See New Almaden's mercury mining history!
- Extreme Scramble. You will be transported to Lexington Reservoir, then hike, bike or ride 20.5 miles back to Santa Teresa through the beautiful Sierra Azul Open Space and historic Almaden Quicksilver County Park. Visit 2999 ft Mt. El Sombroso, with amazing views of the entire Bay Area!
- Want more? Visit 1155 ft Coyote Peak in Santa Teresa Park - another 3.4 miles!



Families listen to geocaching instructions in Santa Teresa's Pueblo Area. Steve Wood from REI led the class, with help from experienced geocachers. They hiked the Mine, Stile Ranch, Fortini Trail loop.

Report from Joel Gartland, volunteer coordinator for the Bay Area Ridge Trail Council:

We had 45 bikers do the Extreme Hike from Lexington, about 50 do the Mining Ramble from Hicks, and about 15 do the Family Geocaching Ramble. We only had a handful of riders, so we had about 115 people total participating (we had an extremely low no-show rate). A committee of 6 (Sam Drake, Mike Flaughner, Kitty Monaban, Janice Frasier, and myself) started planning about a year ahead of time, but others joined closer to event day. On event day, we had about 40 volunteers to staff rest stops, guide & sweep the outings and provide radio communications support. Feedback was very positive. Plans for next year are still being discussed. We are considering moving the event date into April to avoid the heat, but then we have more potential for rain.

If you would like to help with the next Ramble (or other Ridge Trail events, including trail maintenance and community outreach), contact the Council's Volunteer Coordinator at volunteer@ridgetrail.org. The Council is especially seeking help to promote the Ramble, and to secure sponsorship to offset the costs of transportation, food, printing, and other expenses.

FOSTP members helped at the event. Woody Collins followed the hikers to make sure they did not get lost. Sam Drake manned an aid station in the Sierra Azul OSP. Ron Horii took pictures at Santa Teresa's Pueblo Area, which was the main staging and finishing area. Kitty Monaban organized the rest station at Almaden Quicksilver. Here is what she remembers about the event:

This Bay Area Ridge Trail event went very smoothly. We lost no one, had no accidents, except for a few sore feet tended to by Dr. Pantiga at the great rest stop at Jacque Ridge at Almaden Quicksilver County Park.

Volunteers helped with lunches, directions, encouragement, and happy faces for those rugged hikers who had just climbed over Sierra Azul, through Mid-Pen's preserve, down Wood Rd. and into AQ Park--10 miles. They now had 10 more miles to go through AQ Park, 4.6 miles to the Mockingbird rest stop, where volunteers gave them food and drink and more encouragement for the next 5 miles to Santa Teresa County Park where the event ended. Generally, Bay Area Ridge Trail Rambles end, and everyone leaves immediately. However, with the South Bay Ramble, when the hikers, equestrians, and bikers got to Santa Teresa on this day, they stayed for hours talking to friends and really enjoying the rest of the day. How great is that!

Remarks written by participants: What did you like the best about the Ramble? Volunteers, wonderful country, friendly people, excellent volunteers. Beautiful day and wonderful folks helping at the rest stops!! on and on. The volunteers loved the day, and we will do it again.

Upcoming Ridge Trail events

Wed. Aug 29 - Mon. Sept. 3: East Bay Hills Thru-hike & Ride, Hayward to Martinez.

Sat. Sept. 22: Tour de Fat; Golden Gate Park, San Francisco.

Sat. Nov. 3: REI - Ridge Trail Service Day, trail work parties all around the Bay Area.

Contact:

Joel Gartland

Volunteer Coordinator, Bay Area Ridge Trail Council

Phone: (415) 561-2595

E-mail: volunteer@ridgetrail.org

Website: www.ridgetrail.org

Facebook page: www.facebook.com/ridgetrail

Santa Teresa Park Spring-Summer 2012 events

Saturday March 24, 2012, Healthy Trails Hike, Santa Teresa

Saturday March 24, 2012, Nature Journaling Hike, Santa Teresa

Saturday, April 7, Healthy Trails Bilingual (Spanish) Challenge Hike, Santa Teresa

Thursday, April 12, Healthy Trails Stroller Hike and Toddler Trek, Santa Teresa

Sunday, April 22, Wildflowers Galore!, Santa Teresa

Saturday, May 12: Park Beautification - Bernal Ranch

Saturday, May 19, 2012. South Bay Ridge Ramble.

Saturday, May 19, Frog and Lizard Night, Santa Teresa's Historic Bernal Ranch

Saturday, May 26, Wash Day And Old Time Games - Santa Teresa's Historic Bernal Ranch,

Sunday, June 3, Introduction to Geocaching, Santa Teresa

Saturday, June 30: Trail Day - Rocky Ridge Trail at Santa Teresa.

Saturday, July 21, August 11, Wash Day And Old Time Games, Santa Teresa's Historic Bernal Ranch, 1:30pm-3:30pm

Saturday, July 28, Family Fandango, Santa Teresa's Historic Bernal Ranch, 5:00pm-8:00pm.

Saturday, August 11, Micro-Zoology Night, Santa Teresa's Historic Bernal Ranch, 7:30pm-10:00pm

Healthy Trails 3

The Healthy Trails program is a fitness challenge. Participants register for the program and receive a guidebook listing trails in the County Parks. They can take the trails by foot, bike, wheelchair, or horse. They log the trails, and once they have done five, they fill in a form, submit, and receive a completion gift. The third edition of the Healthy Trails program has been released. It lists eight easy routes, seven moderate routes, and seven strenuous routes. Two of the trail routes are in Santa Teresa Park. The easy one starts at the Bernal-Gulnac-Joice Ranch and follows the Joice Trail to the Norred Trail to its end at the Mine Trail, then returns. The total length is 1.8 miles out and back. The only steep part is the short ascent along the Joice Trail for 100 yards until it meets the start of the Norred Trail. The Norred Trail runs relatively flat along the hillside. It provides views of the Santa Teresa neighborhood and reaches the historic Buck Norred Ranch site, currently the home of the County Parks' Special Projects group.

The second trail in Santa Teresa is strenuous. It is only three miles, but has some very steep sections. It starts at the Hidden Springs Trailhead in the Pueblo Area and climbs uphill to the Ridge Trail. The Ridge goes up and down, passing through shady forests, and reaches the Boundary Trail. The Boundary Trail runs along the boundary of the park and goes nearly straight up the hill. It has some very steep sections. Take it slowly. Finally, it reaches the high point of the park at 1155 feet, Coyote Peak. Coyote Peak has benches and panoramic views. On clear days, you can see Mt. Tamalpais to the north and San Benito County to the south. From there, the trail is all downhill, down the Coyote Peak and Hidden Springs Trails.

See the County Parks website at <http://www.parkhere.org> and click on the link for the Healthy Trails Third Edition for more details. You can sign up online. You can also register for Healthy Trails 1 and 2, which have different trail routes.



View of sunset from the Norred Trail, a new Healthy Trails route.

County Supervisor Wasserman Recognizes County Park Volunteers

On August 7, 2012 at the Santa Clara County Board of Supervisors meeting, FOSTP board members Mike Boulland and Kitty Monahan have been asked by Supervisor Mike Wasserman to accept a Volunteer Recognition Award on behalf of all county park volunteers and organizations. The award recognizes how much the County Supervisors and residents appreciate the excellent dedicated work that is donated by the various county volunteers and their groups. FOSTP is honored to be recognized as one of the groups receiving the awards.

Bernal Barn Restoration - cont'd

first option chosen, but due to the deteriorated condition of the barn, the second option was ultimately selected. One problem was that there was a large coast live oak tree, mature, but not historic, growing right next to the left rear corner of the barn. The contractors said that it would interfere with the barn restoration. Design choices were to cut down the tree, move the tree, or move the barn. Staff chose to move the barn. First, the barn was dismantled, the siding was saved and marked, and the foundation was removed. Then, a new foundation was built, a safe distance from the oak tree. Another issue to solve was what to use for the roofing material to keep an historic look. The barn was originally a mixture of wood shingles and sheet metal. The west barn had a sheet metal roof. The decision was to put fire-safe wood shingles on the roof. After the foundation was finished, a wooden framework was constructed, then covered with plywood. This made the barn much stronger and more weather-resistant than the original barn. The usable original redwood siding planks were attached to the new exterior plywood. New wood was used where the original wood was too badly deteriorated to reuse. The wood siding is cosmetic and not structural. Finally, the question was how to paint the exterior. The choices were conventional modern paint, which is easier to apply and



The east barn, fully restored, with the animal pen on the right.

requires less maintenance, or whitewash, which is historically more accurate. The final decision was to use whitewash. One addition, which was in line with the barn's intended use of housing animals, was the animal pen. The pen is a wooden frame covered with heavy wire mesh, attached to the right front corner of the barn. Inside, the barn is divided into three sections at three different levels, since the foundation was built on a slight slope like the original barn. The right and center sections have concrete floors. The right side, which will be used for animals, has a drainage system in the floor. The left section has a hard-packed dirt floor. Part of the barn will be used by 4-H to house animals. The barn isn't open yet, but the grounds around the outside of the barn are accessible. For more pictures and news, see:

<http://www.stpfriends.org/BGJ-Barn-Restoration/Barn.html>
4-H: http://cesantaclara.ucdavis.edu/Youth_Development/

CAP 26 Grant

We are proud to announce that the City of San Jose awarded a \$400 Community Action and Pride Grant to the Friends of Santa Teresa Park for the coming 2012-2013 fiscal year. This continues our 20-year partnership with the City of San Jose to provide service for the local community. We were greatly honored and surprised this year that our request would be granted despite the city's budget cuts.

The FOSTP board members appreciate and recognize the support and commitment that the City of San Jose gives our organization to continue our work to help make Santa Teresa Park "a gem" and important community resource in the Santa Teresa/Blossom Valley/Almaden Valley neighborhoods.