



THE CONTRA COSTA HILLS CLUB
PO Box 2056, El Cerrito, CA 94530
Website: www.contracostahills.org

FIRST CLASS MAIL

Founded February 22nd, 1920
103 YEARS OF
CONSERVATION—COMPANIONSHIP—HIKING



March 2023



KNAPSACK

Co-Editors: Silvia Akinaga, Rosemary Johnson
Circulation: Agnes Chen
Printing: Courtesy of Fred Mock

PRESIDENT'S MESSAGE:

It's always a welcome greeting to March as the weather becomes increasingly warmer and the trees either begin or continue their spring bloom. It's also that time of year for the CCHC Annual Meeting, March 19th. Arrive at the Oakland Garden Center at Lake Merritt at 10:00 a.m. if you plan to walk the lake. Otherwise, please come at your convenience to share time with your fellow members and to have an early lunch or to consume goodies supplied by the Board. Our guest speaker, Joe O'Connor, is scheduled to begin his presentation at 12:00 noon.

By now, those of you who have enjoyed the January and February hikes, have probably observed some of the unfortunate effects from the extraordinary atmospheric river storms last January. If you are interested, you can help with the restoration of some of the harder hit East Bay Regional Parks by contacting their volunteer office.

.....continued on page 2

ALERT! The Oakland Marathon is scheduled for March 19...So expect some problems parking around the lake. Those traveling from the East/Northeast will most likely be OK, but others should consider taking BART to the meeting. Find out more about the marathon Ctrl+Click the following link [Oakland Marathon](#)

**103RD ANNUAL MEETING
 LAKESIDE PARK GARDEN CENTER
 SUNDAY, MARCH 19, 2023**

Location: 666 Bellevue Avenue, Oakland. Walk from 19th Street BART down 19th St., left on Harrison, right on Grand Avenue, and follow the road into the main entrance of the park. Just past children's Fairyland you will see the Garden Center on your left. There is parking (fee) for those who choose to drive. **SEE ALERT this page.**

- 10:00 AM Hike around Lake Merritt. Enjoy the birds.
- 11:30 AM Return to the Garden Center
- 11:45 AM Lunch (Bring a bag lunch)
- 12:00 NOON Speaker: Joseph O'Connor
- 12:50 PM Business Meeting
 - Introduction of Outgoing Board of Directors
 - Reports
 - Election of Officers (see February *Knapsack*)

2:00 PM Adjournment



..... *Presidents Message continued from Page 1*

On another note, we are still looking for those of you who have room to help us store our archival binders. Note, it is time to renew your membership for the Club. Lastly, we are encouraging those of you who have a computer to receive your copy of Knapsack online as opposed to getting a hardcopy mailed to you; the cost of printing is getting more and more costly.

Hope to see you at the Annual Meeting or on a hike. Be well...

Stew Perlman

SAVE THESE DATES

- **Sunday, March 19, 2023 ANNUAL MEETING**
- **April 2-5, 2023 CCHC Trip to Pinnacles National Park.** Details in December Knapsack
- **April 19, 2023 CCHC Spring Luncheon at Bar Camino**

Three 2nd Quarter Sunday hikes remain open: April 2 and June 4 & 25. If you can lead a hike on one of these dates, please get your description in as soon as possible

OPEN HIKE DATES JULY TO SEPTEMBER, 2023

The deadline for submission of hike descriptions is April 30, 2023.

Open Thursday Hikes: July 6, 13, 20, and 27; August 3, 10, 17, 24, and 31; September 7, 14, 21, and 28.

Open Sunday Hikes: July 2, 9, 16 and 23; August 6, 13, 20, and 27; September 3, 10, 17, and 24.

For Thursday hikes contact: Jim Baranowski, 925-577-1022, Brnw_th@yahoo.com

For Sunday hikes contact: Marilyn Vihman: 510-708-3853, marilyn.vihman@york.ac.uk



SPRING LUNCHEON

**BAR CAMINO MEXICAN RESTAURANT,
WALNUT CREEK**

Wednesday, April 19, 2023

It's time to celebrate the return of Spring Luncheons!!

Where: Bar Camino Mexican Restaurant, 1470 N. Broadway, Walnut Creek

Time: 12:00 Noon to 3:00 PM

Maximum: 60 attendees



Menu: A variety of Mexican favorites, served family-style; dessert and one non-alcoholic beverage included. Margaritas, tequila, etc., available for purchase ...Ole!

Cost: \$ 39 members (subsidized thanks to generous donations)
\$ 46 guests

Directions: Easy ½ mile walk from Walnut Creek Bart: head towards Target and follow North Main St to Civic Center, left to North Broadway, right to Bar Camino just past library. For those driving, parking is available at the library or at Broadway Garage.

R.S.V.P. by Thursday, April 13

Please indicate if you wish a vegetarian option.

Checks made out to CCHC and mailed to:

Lucy Perdichizzi

6 Captain Drive, Unit 235

Emeryville, CA 94608

 lucyperd@sbcglobal.net (preferred) or text to 510-410-1285

Hope to see you there!



HAPPY ST. PATRICK'S DAY!

March 17



WELCOME SPRING!

March 20

***** CCHC MEMBERSHIP RENEWAL INFORMATION *****

March Reminder * 2023 Membership Dues**

CCHC Membership requires that dues be paid each year by April 1 — the beginning of the CCHC fiscal year. You can send a check (payable to CCHC) to Connie Gee, 1121 Brighton Avenue, Albany, CA 94706 prior to April 1, 2023.

All members will receive the *Knapsack* and quarterly hiking schedule via email *EXCEPT* for those who request a print edition, who will need to add an additional \$8 to their annual dues to cover mailing costs.

Dues:

- \$25 per person (email version of *Knapsack* and quarterly hike schedule), or \$20 per person for two or more people at the same address. The cost for two members at the same address would be \$40.
- \$33 per person (mailed print version of *Knapsack* and quarterly hike schedule), or \$20 per person for two or more people receiving one *Knapsack* and one hike schedule at the same address, plus \$8 to cover mailing expenses. For example, the cost of membership for two people at the same address would be \$48.

Many members enjoy making contributions to CCHC. Checks in excess of dues go into the CCHC General Fund (*Knapsack* mailing, meetings, CCHC luncheon subsidies, and miscellaneous expenses). If you wish to make a donation to Conservation, write a check out to CCHC with “Conservation” written in the memo portion of the check. The Board (upon advice from the Conservation Subcommittee) donates to various organizations that protect and improve places where we hike. A complete list of organizations supported by CCHC gifts in fiscal 2022 will be presented at our annual meeting. Any donations marked “Conservation” will be added to the amount we budget for CCHC gifts to those or other similar organizations.

NOTE: Dues checks will be deposited in April 2023

HONORARY LIFE MEMBERS

Each year, the Board extends Honorary Life Memberships to our friends that have been members of CCHC for 40 or more years. Honorary Life Members pay no dues. Each month they are emailed or mailed the *Knapsack* as a tribute to their longevity!

David Armstrong 1950, Alice Brockman 1975, Dan Brockman 1980, Pat Croft 1956;
Honorary Membership James French (Harold’s grandson)



HAS YOUR ADDRESS OR E-MAIL CHANGED?

NAME(S) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

Be sure to sign and submit the Contra Costa Hills Club MEMBERSHIP WAIVER AND RELEASE (included herewith and also on the CCHC website www.contracostahills.org under Membership Information) with your membership dues.

CHECK HERE FOR MAILED PRINT VERSION OF THE *KNAPSACK* AND HIKING SCHEDULE.
I have added \$8 to my membership dues.

Questions: Connie Gee—1121 Brighton Avenue, Albany, CA 94706, cbgee2014@yahoo.com or 510-528-3421

Contra Costa Hills Club MEMBERSHIP WAIVER AND RELEASE

I, the undersigned, understand that during my membership in the Contra Costa Hills Club ("Club"), and participation in Club activities, I may be exposed to a variety of hazards and risks, known and unknown, which are inherent in hiking activities. These inherent risks include, but are not limited to, the dangers of property damage, serious injury and death ("Injuries") as a consequence of participation in the Club and its activities. I acknowledge that Injuries can occur from trail conditions and other natural causes, or activities of other Club members, hike leaders, animals or third parties.

I acknowledge that a hike description provided by the Club may not exactly describe the hiking conditions, environment, or level of difficulty of a hike, and understand that I may need to exercise extra care for my own person and others around me while participating in a hike or other Club activity. I warrant that I am qualified to participate safely in any Club hike or activity in which I participate.

I understand that during Club activities there may not be rescue or medical facilities or expertise necessary to deal with the Injuries to which I may be exposed. I further understand that while participating in Club activities I may be photographed for Club purposes and agree to allow my likeness to be used for any legitimate purpose by the Club.

I acknowledge that the Club is not responsible to provide transportation to or from any Club activities. I further acknowledge that the Club does not verify the insurance or license of any Club member or other person who voluntarily provides transportation to or from Club activities, and that the Club shall have no responsibility for any risk associated with my travel to and from Club activities.

In consideration for my participation in Club activities, I (on behalf of myself and my successors, heirs and assigns) voluntarily release and agree to hold the Club, its officers, directors, volunteers and agents harmless from any and all liability, claims, damages, injuries or losses which in any way arise from or are connected with my participation in Club activities, except to the extent such Injuries are caused by the gross negligence of the Club, its officers, directors, volunteers or agents. I further agree to hold the Club, its officers, directors, volunteers and agents harmless from any liability claims, damages, injuries or losses caused by my own negligence while a participant in Club activities.

In addition to this Membership Waiver and Release, I warrant that I have read and understand the rules, regulations and guidelines (the "Rules") of the Club and agree to abide by the Rules at all times during my participation in Club activities.

Name: _____

Signature: _____

Date: _____

IN THE HIKERS' FOOTSTEPS

Snowy Sierra Nevada in distance from Morgan Terr. - Sylvia Kwan



Sunday, January 22, 2023 Morgan Territory, Livermore Leaders: Diane Cannon & Pam Littlejohn

Twelve hikers met at Morgan Territory Staging Area at 10:30 am eager to meet the challenges that recent storms had caused. Diane's thorough pre-hike had discovered the one-lane, windy access road, at one point had been closed. Once on the trails, some were overtaken with mud. So, with slight change of route and Diane's excellent



guidance, we forge onward. We started on Volvon Trail but

altered from there. We went up to where we would've hiked on the Whipsnake Trail into Los Vaqueros Watershed. The gate into the area was closed. We experienced extreme winds on this trail and were happy to get away onto our new route.



Photos by Sylvia Kwan

We were doing a loop and went high enough to be able to see the snow-capped Sierras.

The sky was that clear we were able to see that far away! Also, we could see down to the actual Los Vasqueros Watershed



and the Round Valley Regional Preserve. For our

nature alert hikers, we had sightings of several mushrooms, two bulls (one alone and one with a herd), and Mt. Diablo in the distance. We stopped for lunch at an area with dry rocks to sit on and protected from the howling wind just over the ridge.

The trails were "doable". We had just a few areas of work-arounds when the mud was an issue. All in all, a great day to be out in nature clocking in at 8 miles and 900 ft elev. gain.

Pam Littlejohn

Thursday, January 26, 2023 Quirky Berkeley -- Northeast Leaders: Noël Siver, Connie Gee & Lily Ho

A quirky person, or a quirky thing, could be peculiar, idiosyncratic, or unconventional -- having unique qualities that set them apart from others. The hikers who showed up for this hike were all quirky -- in a very good way. Noël showed them what they were looking for: a shrub with multicolored glass ornaments; larger than life ceramic figures by artist Buldan Seka; a "Giant Orange" juice stand; a rooster made of recycled spoons and knife handles; a Jimi Hendrix mailbox. On Marin Avenue was a skeleton playing saxophone. On Spruce Street were plastic dinosaurs. On Arch Street was a walk-in Buddhist altar.



Lunch was at Live Oak Park at picnic tables beside a creek. Later, full of food, but still craving more quirkiness, they continued on and saw a topiary giraffe, a large peace symbol, and a castle-like apartment complex called Normandy Village, circa 1927.

There were special moments on the hike. A woman invited the group into her garden for a look around. A man gave all the hikers a ride in a red funicular up to his front porch -- the views of the bay were spectacular. On the next block over, another man waved from his window and came down to tell them all about his house. Coincidentally, his house used to belong to the same man with the funicular they just rode in. It was a fabulously quirky day.



Linda Malm

Buldan Seka sculptures- Laurie Lau; Rooster, Jimi Hendrix mailbox, Buddhist altar - Sylvia Kwan

Sunday, January 29, 2023

Brushy Peak, Livermore

Leaders: Sharon Wang, Wanda Fong & Ellen Chen

At the Laughlin Ranch Staging Area of Brushy Peak, sixteen hikers gathered on a very chilly morning who were anxious to begin the hike in order to warm up. As we began the hike, it wasn't long before top layers were being shed as we climbed the sometimes muddy hills. It seems appropriate that in the Year of the Rabbit



we encountered a rabbit on the trail that just stared at us as we passed him not even blinking his eyes. Along the trail was evidence of damage done by the



recent storms including several large crevices in the ground that we carefully avoided. The ponds were full and we saw several mini waterfalls gushing. The sun made an appearance as we proceeded, but at our break spot it disappeared and temperatures began to drop. After a group



photo, we started our descent and had several water crossing and muddy trails to carefully maneuver. The hills were a beautiful shade of green and the dark clouds mingled with the white puffy clouds and it made for some dramatic skies.

During the last 1/2 mile of the almost 5 miles hike (almost 800 ft. elevation gain) we began to feel light sprinkles of rain. When we



arrived back at the trailhead parking lot, Wanda Fong had a wonderful treat for us - hot coffee and tea along with some cookies. It was so welcomed and enjoyed by all. The timing was perfect for as we drove away the skies

opened up and a downpour of rain began. Thanks Sharon, Wanda and Ellen for a delightful and energizing hike.

Teresa Schwanauer

Rabbit, Storm damage, Group, Dramatic view, Wanda's treat - Teresa Schwanauer



Thursday, February 2, 2023

Reinhardt Redwood Regional Park

Leaders: Carol Savio & Laurie Lau

In 2019 the park was renamed in honor of Dr. Aurelia Henry Reinhardt, president of Mills College. Dr. Reinhardt was one of 5 prominent civic leaders elected to the Park District's first Board of Directors in 1934. She probably knew our founder, Harold French. In the 1800s there was an enormous old-growth redwood forest here. It was



leveled to supply building material for the San Francisco Bay Area. The redwoods here are now third generation.

It was shocking to see so many fallen trees, uprooted by the recent rainstorms. The

park has been hard at work removing them from the trails. There was also erosion caused by water as it rushed

down trails. We also spotted Ladybugs. At certain times of each year, they gather to stay warmer and to find mates in the spring. They return to the same spot year after year because of chemical trails left behind by other ladybugs.



There were 29 hikers who walked 7.1 miles, led by Carol Savio and Laurie Lau this day. Thank you, ladies, for a wonderful hike.

Dorothy Bradt



Fallen trees - Rita Poppenk;
Ladybugs - Teresa Schwanauer;
Group, Stream Trail Bridge, Stream Trail - Sylvia Kwan



Sunday, February 5, 2023
Tomales Point Trail
Leaders: Amy Tieku & Robin Dean
CANCELLED due to wind & rain

Thursday, February 9, 2023
Martin Luther King Jr. Regional Shoreline
Leaders: Rosemary Johnson & Sue Fernstrom

An exceptionally gorgeous day during this wet season. Approx. 4-mile birding walk at MLK Jr. Regional Park. This 71-acre salt marsh and seasonal tidal wetland has been protected and restored by many organizations (Golden Gate Audubon, East Bay Regional Park, & more) with tireless effort. We deeply appreciate it!



We walked around New Marsh observing many dabbling ducks and diving ducks on the Estuary.



Dabblers are those ducks that feed by sticking their head underwater and leaving their tails pointing up as they graze on the various greens and invertebrates in the shallows. We saw American Wigeon, Northern Pintail, Northern Shoveler, Blue-wing Teal, Green-wing Teal, Cinnamon Teal.

Diving ducks completely submerge themselves underwater to grab aquatic vegetation from the bottom or chase



Cinnamon teal, Blue-winged teal, Ruddy ducks & Clark's grebes, Western sandpiper, Snowy egret, Willet, Black-necked Stilt - Noël Siver

food, such as fish or invertebrates; Bufflehead, Ruddy, Goldeneye & Scaup.

We also saw American Avocet, Black-necked Stilt, Willet & Grebes. It's hard to digest, identifying all birds we saw today, but once you can do it, it's really fun! Hikers enjoyed socializing in this soft-breeze open air. Rosemary talked about the reason ducks put their bills under their wings, because



their bills are naked without any protection like their waterproof feathers. So, they have to put their bills under their wing to warm up. Voila, energy conservation, but perhaps a vulnerable posture against predator(?). Also, she pointed out the rare sight of Green-wing teals, Blue-wing teals & Cinnamon teals, 3 different Teals together with their partners. Lovely sight.



Thank you, hike leaders, for leading a birding walk and for the treat.
 Sophia Garcia

Sunday, February 12, 2023
Del Valle Regional Park
Leaders: Diane Cannon & Dorothy Bratt

Spring at Del Valle. By 10am the parking lot was full. No roadside parking, if you do, \$40 ticket-ouch! So, some of us had to park at Sycamore Grove Park, adding an extra mile to go back to Arroyo Staging Area. Late start but twelve hikers headed

vigorously to the top of the cliff on the wide gravel trail. From the top, Lake Del Valle stretching its dragon shape under the big blue sky. Swimming & boating in designated areas



in the lake which is a feature of the South Bay Aqueduct. Often a breathtaking blue lake with shimmering silver, it was brownish today, yet still beautiful. After quite a wet



season, we observed some erosion here & there. Inevitably nature is reshaping the landscape.

Up trail near cliff, Washed out trail - Laurie Lau; Reservoir view, Group, Dorothy with heart cookies - Teresa Schwanauer

Green hills are not the beginning, but the end, of Spring

color, a deep green after more than enough precipitation. We hiked in the mountain bike's playground sharing with many bikers. There are not many wild flowers, but we found some blue dicks, buttercup and filaree, curiously close to the ground. Soon we'll find white fairy lantern; that would be lovely. Lunch at the top of East Shore Trail with great open view. We savored Dorothy's valentine



cookies. Del Valle is very attractive, but hard to visit by yourself for some hikers unless it's an organized hike.

We appreciate Diane & Dorothy providing the



opportunity to hike here today. Also, we thank the drivers who organized car-pooling for a difficult parking situation. ~ 9 miles & 1,264' elevation gain.
Sophia Garcia



OFFICERS & COMMITTEES 2022—2023

- President**
- Stew Perlman
- Vice-President**
- James Baranowski
- Treasurer**
- Suzy Mark
- Recording Secretary**
- Cameron Mitchell
- Membership Secretary**
- Connie Gee
- Corresponding Secretary**
- Patricia Derickson
- Board of Directors**
- Mike Branning
- Chuck Browne
- Rosemary Johnson
- Mindy Svorny-Moore
- Fran Ternus
- Hiking Schedule**
- Marilyn Vihman, **Sunday Chair**
- Jim Baranowski, **Thursday Chair**
- Hiking Schedule Editor**
- Noël Siver
- Knapsack Editors**
- Silvia Akinaga
- Rosemary Johnson
- Knapsack Mailing**
- Agnes Chen
- Knapsack Printing**
- Fred Mock
- Extracurricular Coordinator**
- Lois Switzer
- Nominating Committee**
- Cameron Mitchell, Chair
- Dorothy Bradt
- Reyanne Freeman
- Lily Ho
- Fran Leighty
- Social Committee**
- Lucy Perdichizzi, Chair
- Patricia Derickson
- Reyanne Freeman
- Overnight Outings Committee**
- Ed Osada, Chair
- Bill Chen
- Helen Wong Johe
- Rosemary Johnson, minutes
- Mindy Svorny-Moore
- Lynne Vogensen
- James Watson
- Conservation Committee**
- Beryl Vonderheid, Chair
- Barbara Mow
- Sylvia Saunders
- Jo Anne Schultz
- Kate Steinel
- Nancy Stout
- Lois Switzer
- Audit Committee**
- April McMahon
- Linda Margossian
- Herb Yonge
- Historian**
- Yvonne Moss
- Website Group**
- Chuck Browne
- Sue Lai
- JJ Libbon
- Fred Mock

**Thursday, February 16, 2023
West Berkeley Walk**

Leaders: Fran Ternus, Laurie Lau, & Jan Lecklikner

Sylvia was trying to take an action photo of the hikers boarding a bus when Linda, who boarded first, dropped her Clipper Card behind the bus door. All action stopped. Luckily, the card was finally retrieved. They all took off for West Berkeley. With great leaders like Fran, Laurie, and Jan -- it was smooth going from then on out. The group saw: Ur-



ban Adamah, a farm with Jewish traditions; OHOH, a studio/house with an airplane tail embedded in the roof; a restaurant where Jan worked when she first came to Berkeley; Jeronimus Alley with murals; the Delaware Street Historic District with

Victorian houses; a wooden water tower converted to living quarters. The hikers stopped for lunch at Brickyard Cove Park, next to Sea Breeze Cafe. They returned back over I-80 via the pedestrian/bicycle overpass and saw: Aquatic Park with kayakers; Berkeley Animal Services; a biosciences campus under construction. They headed along 4th Street into a mixed commercial/light industrial area. There was



Jeronimus Alley mural, Delaware St. Historic District house, Kayakers in Aquatic Park, group - Sylvia Kwan

Black Squirrel Yarn store, a brewery, and Takara Sake factory. The hikers reminisced about restaurants that have closed: Spenger's, Brennan's, and Hs Lordships. Other things were missing: large statues missing from the pedestrian overpass; homeless encampment missing across from Sea Breeze Cafe; the word

"Betty's" missing from what is now called Ocean View Cafe. Noël was missing too, due to work demands, but her carefully researched hike information served well in her stead. The return bus to BART went smoothly with no Clipper cards dropped or lost.

Linda Malm



NOTE: The Board and Conservation Committee are currently not physically meeting due to COVID-19 shelter in place orders. CCHC members should contact Stew Perlman with any concerns so they can be discussed at the meetings. Conservation issues should be addressed to Beryl Vonderheid.

Please submit your hike write-ups of up to 300 words as soon as possible after each hike to Rosemary Johnson at compasros@comcast.net. All other submissions should reach Silvia Akinaga at sakinec@aol.com by the middle of the month to appear in the following month's issue.