



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



MAY 2023



KNAPSACK

Co-Editors: Silvia Akinaga, Rosemary Johnson
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PRESIDENT'S MESSAGE

By the time you are reading this message, CCHC would have celebrated its Spring Luncheon at Bar Camino in Walnut Creek. Thank you to Lucy Perdichizzi who generously gave of her volunteer time to put the event together. And talking about volunteering, Silvia Akinaga, our outstanding Knapsack co-editor, is going to resign from this position shortly. She and Rosemary Johnson, the other co-editor, will carefully and kindly instruct you as to the ins and outs of editing the valuable newsletter. In fact, you will not be bound to their methods alone, but will be free to be as creative and innovative as you want. I find it difficult to believe that no one has yet stepped up to fill this most important part of our club. However, on a positive note, I want to thank Liz Howell and Lewis Conner for joining the Website Committee. If you are interested in going on the Overnight Outings Committee's trip in September to the Columbia River Gorge, please email Lynn Vogensen between May 26 - June 9. Keep in mind that the trip is limited to thirty members and you generally need to qualify with points earned as an officer or committee member.

The Board is urging hike leaders to strongly consider looking into establishing a shorter hike within the standard longer hikes where it is feasible. This will allow those hikers for whom the longer distance is a bit too far and thus enable them to enjoy at least part of the hike with others.

Lastly, the Board has decided to change the traditional third Sunday in March for our Annual Meeting to the second Sunday in March. We will certainly let you know, and we are confident that the Garden Center will be available. Competing with the Oakland Marathon on the third Sunday of March necessitated the change.

I hope that everyone is doing well, and as I did not contribute an April President's Message, I want to now thank everyone for their kind get well wishes when I was ill with pneumonia in March and missed the Annual Meeting. I hope to see you on a hike...

Stew Perlman

HEARTY WELCOME TO OUR NEWEST MEMBERS

Jeff Angermann of Oakland
George Anthony & Cheryl Cole of Alameda
Pamela Cross of San Francisco
Leon Glass & Marilyn Melnick of Walnut Creek
Marilyn Langiois of Richmond
Sidney Nazarenko of Benicia
Peter Nurkse of Albany
Juliette Pringle of Richmond
Kathryn Rato of San Francisco
Ryan Stearns of Berkeley
Phyllis Josi of Kentfield
Chris Lam & Lyn Phan of San Leandro



SAVE THIS DATE

September 18-22, 2023: CCHC Outing to Columbia River Gorge & Silver Falls State Park

Sign-ups May 26-June 9, 2023, see flyer on page 4 of this Knapsack.

CALLING ALL HIKERS!!

Please consider leading a hike for summer (July, August, and September). There are 11 free Thursdays, and the Sunday schedule for those months is completely empty! Please sign up to lead hikes for this summer! There are plenty of places to hike in our beautiful Bay Area that are not too hot. Please send your hikes to Jim Baranowski at brnw_th@yahoo.com, including Sunday hikes as Marilyn is out of contact over the next couple of weeks.

Also consider the possibility of offering a shorter hike option if you are planning a long hike, so all our members can get out there. Ideally, the schedule should be a mix of easy short hikes, long challenging hikes, and everything in between. Looking forward to seeing you on the trail,

P.S. Sunday June 26 is an open date as well.

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

MEMBERSHIP REMINDER

If you have yet to renew your membership, see below:

According to our bylaws annual dues of \$25 per person (\$40 for two people living in the same household) **PLUS \$8 IF YOU WISH TO RECEIVE THE KNAPSACK VIA US MAIL**, are supposed to be submitted as of April 1, 2023. So, unless you can say, "My check is in the mail," mail it today! Make check payable to "CCHC" and mail to:

Connie Gee
1121 Brighton Avenue
Albany, CA 94706

*The *Knapsack* is sent to all CCHC members via email, except Honorary Members or those who elect to pay an extra \$8 (to cover mailing costs) when renewing their membership.

Be sure to sign and submit the Contra Costa Hills Club MEMBERSHIP WAIVER AND RELEASE with your membership dues. For a copy of the waiver, go to the CCHC website www.conracostahills.org and click on "Membership Information" or refer to the copy printed in the March 2023 Knapsack.

Bar
camino



Business left over from Annual Meeting: Stew Perlman presents Dorothy Bradt and Jerry Ford with 25 Year Membership Certificates.



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SPRING LUNCHEON 2023

What a treat the spring luncheon was! Bar Camino provided a comfortable atmosphere with a choice of indoor or outdoor seating. A tasty selection of Mexican food and the wonderful CCHC camaraderie made the day. Our thanks and appreciation to Lucy Perdichizzi and Patricia Derickson for all the planning and preparation that made this event possible and to all the generous folks who provided raffle prizes and treats: Georgette Armstrong, Celeste Burrows, Patricia Derickson, Anita Ford, Connie Gee, Lorena Kai, Linda Malm, and Lucy Perdichizzi.



Maureen Bloomberg, Lorena Kai



Lucy Perdichizzi, Rita Poppenk, Celeste Burrows, Dexter Barker



Liz Roberts, Julia Cordell, David Jadeson, Carol Savio



Zygmunt Deutschman, Rosemary Johnson, Suzy Mark, Cameron Mitchell, Mike Branning, Sue Fernstrom, Jon Mark



Connie Gee, Silvia Akinaga, Fran Ternus, Patricia Derickson, Jan Lecklikner, Roberta O'Grady, Lily Ho



Maria Buckmaster, Dorothy Bradt, Patty Parodi, Sonja Wilkin



Photos courtesy of Lorena Kai



Liz Howell, Florence Yokoi



Ed Osada, Yvonne Moss, Maureen Bloomberg

CCHC Outings trip
Columbia River Gorge & Silver Falls State Park
September 18 - 22, 2023
Sign-ups May 26 - June 9, 2023

The Columbia River Gorge is a spectacular river canyon, 80 miles long and up to 4,000 feet deep, that meanders past cliffs, spires and ridges set against nearby peaks of the Pacific Northwest's Cascade Mountain Range.



The CCHC Outings Committee will take *sign-ups May 26 - June 9, 2023* for hiking trip to Columbia River Gorge & Silver River Falls State Park.

On Monday we hike Silver Falls State Park the crown jewel of the Oregon State Parks system taking you on trails through dense forested landscapes along winding creeks circumnavigating waterfalls over, around & behind to the forest floor. 6.5 miles on varied trails to 7 waterfalls.

We will be taking *moderate to strenuous hikes* on Beacon Rock State Park, 1.8 mile with 680' gain. switchbacks, spectacular views. Catherine Creek Trail North 2 miles /383' & South Trail 2 miles flat. A surprise stop - Schriener's Farm, Dallesport & Maryhill Museum.



Dry Creek Falls (see photo) a towering 74' waterfall is the reward at the end of the hike, which is 4.4 miles out & back in the heart of Columbia River Gorge with only a 725' elevation gain. Shaded most of the way perfect for hot summer days. Traverse a forest of Douglas firs, hemlocks, big-leafed maples, lava boulders, the Pacific Coast Trail and wooden bridge to yet another waterfall! Follow us to Wahclella Falls trail traversing Tanner Creek.

Trip leaders are Helen Wong Johe, Ed Osada, Lynne Vogensen, Mindy Svorny-Moore, Liz Howell, Suzy & Jon Mark & Jim Baranowski. Sign up with Lynne Vogensen by email (preferred) at mslynn33@yahoo.com, and only text or call 925-899-4030, if email is not available. Sign up *only during the sign up window* of May 26 - June 9, 2023.

Any attempt to sign up outside of the sign up window will not be valid.

Just a reminder that all CCHC members are invited to sign up for overnight trips. However, members who contribute to club activities will be given priority for selection. See (CCHC Outings Information, Qualifying Criteria of Outings at <https://contracostahills.org/membership.html>)



Thursday, March 23, 2023
Hidden Lakes Ramble
Leaders: Edwin Osaka & Lorena Kai

This Hidden Lakes Park in Martinez turned into a hidden gem. Twenty-three hikers arrived for our 4-mile ramble on a sunny but windy morning. Someone pointed out a Western Bluebird in the parking area. Ed had planned it out beautifully. Initially, we had to forgo the open space



trails because they were so muddy from the recent storms.

We walked through surrounding neighborhoods and then connected to the Contra Costa Canal Trail. It was fun snooping into backyards. One we passed had a fence lined with pinwheels and a wooden giraffe peeking over. We weren't able to see all the hidden lakes but it did turn

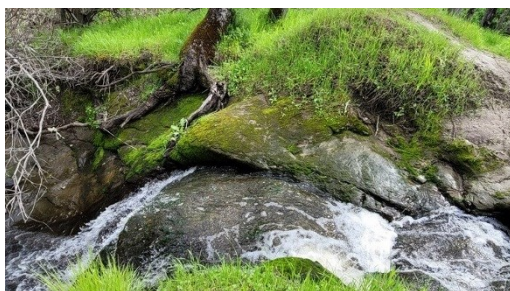


into a nature walk. The trail was a bit muddy and hiking sticks were useful. The surrounding hills were so green and lush. There were bridges to cross and even a running stream. The stream led to a small waterfall, just as Ed promised. We

walked on to a park where we could rest and enjoy a snack. Then, a short walk to where we started.

Georgette Armstrong

Green trail (top of page), Muddy trail with flowers, Mini waterfall—Sylvia Kwan; Fountain in lake — Laurie Lau



Sunday, March 26, 2023
Patwino Worrllaw Kadoi Dihi Open Space, Fairfield
Leaders: Steven & Georgia Chun & Ed Osada

Oh, what a BEAUTIFUL day it was! The sky was blue, the hills were green and the wildflowers were in bloom.

Twenty-three hikers gathered on Rockville Rd. to drive to the gated Solano Land Trust open space.



Our leader shared his knowledge about this park. To begin with, the land was volcanically formed. The early inhabitants were the Patwin tribe. Hence, the new name which translates to: Southern Rock Home of the Patwin people.



We started a loop up the west slope of the volcanic overlay hill where we saw Baby Blue Eyes (actually white) and the yellow Viola, which we were told are rare in Solano County.



The rolling hills were dotted with majestic oaks and more wildflowers. There were views of windmills, Solano Bay and nearby town. On one hilltop Steve pointed out two trees he likened to his friendship with Ed. It was a Coastal Live Oak standing right next to a Valley Oak. They are different but sharing the same space, side by side. He also pointed out a CA Black Oak that is not normal in that area, his family called the Chi tree. I appreciate the analogies.



Looking at nature and relating it to our own lives. On our return loop back, Steve had us stand still, arms-length apart and remain silent for 5 minutes while he recited a tribute to the land we were on. That was truly a moment of spiritual appreciation.

Thank you, Steve, Georgia and Ed, for a wonderful day in nature!

Pam Littlejohn



Gilias, Baby Blue Eyes?, Owl's Clover and Lupine - Laurie Lau; Red Maids, Black Oak - Sylvia Kwan

Thursday, March 30, 2023
Kennedy Grove, El Sobrante
Leaders: Mike Branning & Lily Ho

This beautiful grove of Oak and Eucalyptus was once a site for ranchos and a narrow-gauge railroad that ran between Oakland and Orinda. The park was dedicated in 1967 to honor the late President John F. Kennedy. It had



been only hours since the latest heavy rain, but the sun was shining through the clouds.

Eight hikers joined Mike and Lily for a very challenging hike. We first stopped to marvel at the spillways of San Pablo Reservoir with water roaring by. As Upper Sea

Foam Trail was closed due to storm damage, we decided to tackle Lower Sea Foam Trail. The mud and water going down the trail made this a real challenge. Mud thickened on boots, poles and pants, but we made it to a beautiful viewpoint. Coming down to the Kennedy Creek Trail was even more challenging. From there we followed Black Oak Loop Trail with a stop for



lunch at lovely picnic site. Our return on Black Oak Loop Trail was a pleasure given that the sun was starting to dry out the trail. Our hike was only 3.25 miles (but



seemed much longer due to strenuous conditions) with 675 ft. elevation. We will remember the stunning green hills. Thank you to Mike for finding ways around the storm damaged trails and to Lily who brought delicious cookies.

Roberta O'Grady

San Pablo Reservoir, River runs thru it, Muddy shoes as result, San Pablo Creek, View from Black Oak Trail - Laurie Lau



Thursday, April 6, 2023
San Leandro City History Walk
Leaders: Lily Ho & Darlene Choy

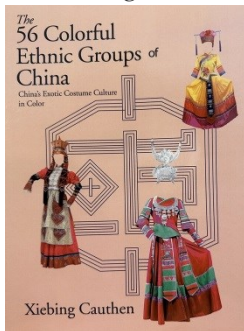
For a sound mind in a sound body, both need to be exercised. Lily and Darlene took the hikers on an educational 3.2-mile tour of historic downtown San Leandro. Darlene surprised Rita and Linda, who did the photos and write-up, with small wooden dolls dressed in regional Chinese costumes. Little did they know the dolls would match some mannequins seen later in a museum. On the tour the hikers saw the historic Casa Peralta, the Daniel & Meta Best home, a blacksmith shop, and much more.



Around noon, the hikers' stomachs started calling out for something substantial. "Buffet Fortuna", a large Chinese restaurant, was perfect. Long buffet tables were full of food. There were appetizers, meat, fish, vegetables, noodles, rice, fruit, pastries. You name it. The fried chicken was amazing. The restaurant was "all you can eat." Many ate that.

After lunch were two museum visits. The first was the Dasen Museum.

The founder of the museum gave an enthusiastic tour. Behind glass cases were dozens of larger-than-life mannequins wearing ethnic costumes from all over China. The fabric colors made your eyes pop. Treats and craft items were given to the hikers. Next stop was the San Leandro History Museum with exhibits



starting with the first Ohlone residents, the Spanish, the Gold Rush, the Portuguese who began farming in the 1860's, the canneries, and the 1930/1940s growth and modernization.



Rita & Linda with dolls—Rita Poppenk; Dasen Museum, Ohlone exhibit, Historical map - Laurie Lau

Some hikers plan to return June 3rd for the Cherry Festival.

See: <https://downtownsanleandro.com/cherryfest/>
 It's just a short walk from the San Leandro BART station. Cherry pie anyone? Or perhaps a return to the Buffet Fortuna for delicious all you can eat Chinese food?

Linda Malm

**Sunday, April 9, 2023
Mt Tam Cataract Falls**

Leaders: Mike Branning, Laurie Lau & Bill Chen

We could not have had a more beautiful day to be on Mt. Tamalpais. It is believed that the mountain rose from the earth's crust, over the action of the San Andreas fault. The subsequent erosion has left the large rocks that we pass on the trail. Eight members and two guests met our leaders, Mike and Laurie, at Pantoll. Bill Chen could not join



us. We began the hike on the Matt Davis Trail, passing through forest. We came out onto the green hillside and joined the Bolinas Ridge Trail.

The views of the ocean, framed by the skyline of San Francisco and the Bolinas Lagoon were spectacular. Along the way we enjoyed the Lupine, Poppies, Baby Blue Eyes, Hounds Tongue and other wildflowers. We followed this trail across a road and continued on the Cataract Trail to Laurel Dell. This was a lovely lunch spot where several families and dogs were enjoying picnics. We took a short trail to view Cataract Falls, at its peak



following the rains. From there we climbed back to Rock Springs. There was one more short hill with another beautiful view of San Francisco and the Bay. Then we returned to Pantoll along Old Mines Trail. Overall, we climbed about 1300 feet and hiked about 8 miles. Many thanks to our leaders for this great hike and the delicious cookies.



Roberta O'Grady

Hillside trail, View of Bolinas Bay, Hikers sing Happy Birthday to Sophia, Cataract Falls, Mini waterfall - all photos by Sylvia Kwan



Thursday, April 13, 2023

**Wetlands Edge Park, Napa River Bay Trail
Leaders: Sophia Garcia & Linda Margossian**

On this sunny morning 27 hikers circled up at Wetlands Edge Park located in American Canyon on the Napa River. The waters and wetlands are an interconnected watershed system draining into the San Francisco Bay.

The walk began on a path dotted with hand painted signs of sayings, similar to haiku, about the beauty of nature. Along the eucalyptus grove birds were singing. Soon we passed a large patch of pink flowers, gilia, so prevalent this time of year. At the little pond across the way two mute swans



were on land, one on a nest, but there were no chicks. They may be named mute swans but they can actually make different sounds. Rosemary, later on, explored another pond and did see three swan chicks!



At the edge of the Napa River, where it widened, we were able to see avocets, peeps, great egret, willets

and more. Yellow flowers like calendulas and buttercup were abundant within the grasses on the hillsides. My favorite was the sun cup. These restored wetlands are home to many species of birds, mammals, and fish.



We took a rest at Glass Beach, so named for all the glass that has washed up here. On our return from our 4.5-mile hike we sat and ate our lunches at the tables, so well



placed near the parking area.

Thank you, Sophia and Linda, for your guidance, snacks, and bird and plant identifications at the Wetlands. How lucky we are that people had the foresight to restore this area for all of us to enjoy.

Dorothy Kaplan



House finch, Red-winged Blackbird, Mute swan on nest, Trail by wild radishes - Ben Hui; Sign, Poppies, Forest trail, Betwixt Bay & marsh - Sylvia Kwan

Sunday, April 16, 2023
Shell Ridge, Walnut Creek
Leader: Mary Ulrich

It was a beautiful, sunny, breezy morning at the foothills of Shell Ridge Open Space where 13 members gathered to begin a delightful 6.2 mile - 1100 feet elevation gain hike



lead by Mary Ulrich. After our meet and greet, and receiving some delicious brownies, we started to climb the Ridge Top Trail which is a gradual climb up providing stunning 360° views. Shell Ridge is Walnut Creek's largest open space and is made up a series of parallel ridges and valleys. Shell Ridge gets its name from the marine fossils left



behind when the ocean waters that once covered it receded. On the trail up there were a couple of options to take less strenuous climbs on the side trails. Along the way we enjoyed a wonderful array of wildflowers which of course included the beautiful



poppies. We continued on Ridge Top Trail and headed towards Borges Ranch which was our lunch stop. Borges Ranch is nestled in the foothills of Mount Diablo at the southeast side of Shell Ridge. It was established in 1899 by Francisco Borges and his



family. It is a great example of an early 20th century Central California cattle ranch. Today many of the original buildings and structures still exist including the Borges family home which is one of seven structures placed on the National Register of Historic Places in 1981. After lunch, as we



headed back on a lower trail, we had a quick peek at the goats and also saw some turtles in a pond. When we got back to the trailhead, we took a group photo. Thanks, Mary, for a wonderful hike.

Teresa Schwanauer

Mary by Redbud tree, Borges Ranch - Sylvia Kwan; Superbloom of poppies, Turtle in pond, Group - Teresa S.

THINGS TO CELEBRATE IN MAY



- May 1: May Day
- May 2: World Tuna Day
- May 5: Cinco de Mayo
- May 8: No Socks Day
- May 10: Root Canal Appreciation Day
- May 14: Dance Like a Chicken Day & Mother's Day
- May 28: Slugs Return from Capistrano Day
- May 29: Memorial Day

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.

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- Cameron Mitchell

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- Lily Ho

- Fran Leighty

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- Rosemary Johnson, minutes

- Mindy Svorny-Moore

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