



**THE CONTRA COSTA HILLS CLUB**  
**PO Box 2056, El Cerrito, CA 94530**  
**Website: [www.contracostahills.org](http://www.contracostahills.org)**

FIRST CLASS MAIL

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



**APRIL 2020**



# KNAPSACK

**Co-Editors: Silvia Akinaga, Rosemary Johnson**  
**Circulation: Grace MacNeill, Chair; Agnes Chen**  
**Printing: Courtesy of Fred Mock**

## PRESIDENT'S MESSAGE:

It is approximately three weeks from the time I wrote this until the time you have received the April Knapsack. All of us are hopeful that the coronavirus crisis has gotten better. But it is probable that the situation may have gotten worse. I am sorry that the board felt compelled to cancel the Annual Meeting, but we wisely thought that it was better to err on the side of caution than to risk exposure to someone who may have been affected and not know it. In fact, in the very short time I asked the board to vote, two members changed their minds from wanting to have the meeting to canceling the meeting. The coronavirus became more prevalent very quickly. On a more positive note, the weather has been incredibly nice inviting all of us to get fresh air, stretch our legs, and feel the warmth of the sun and the friendship of CCHC hikers. Life can be most precarious, and the randomness unsettling. However, let's hope for the best as the spring season is upon us. As soon as we recognize that it is safe to have an Annual Meeting, we will let everyone know. Furthermore, we will make the appointment of the CCHC Board nominees official at that time. Nonetheless, I have invited Gino Bossetto and Chuck Browne to join the board as our new board

members. Lastly, we extend our most heartfelt gratitude to Rob and Fran for their generosity, support, and insight as they leave the board. They will be missed.

Be well,  
 Stew Perlman

Dear CCHC Members:

If you have not heard, Governor Gavin Newsom and our county public health officials have essentially made a decision for our club. **All hikes and social gatherings are canceled through April.** Thank you for all your comments regarding this most unusual situation. Please stay well and follow the protocols that have been told to us. Let's hope that we are able to end this crisis soon so we can all get back to our normal daily lives. If you have any questions, please do not hesitate to call or email me. Details related to the government's actions are available online.

With hope and good wishes,

Stew Perlman - President  
 Jim Baranowski - Vice President, Thursday hike scheduler  
 Mary Ulrich - Sunday hike scheduler



From the Conservation Committee

## SOLANO LAND TRUST

Solano Land Trust protects about 12,000 acres of rangeland and open space and 9,000 acres of agricultural (private) lands. The natural parks owned and managed by the Trust emphasize programs for children and families, and at this time are planning new trails, picnic areas ("cattle safe") and easier access. The Trust commits to acquiring and maintaining open spaces for all to enjoy. As an example, in 2021 Rockville Trails Preserve, previously approved for development of 365 homes, was saved for the community and is being readied to open to the public as the newest natural park.

Two of the Land Trust's goals are particularly inspiring:

1. Host field trips for hundreds of school age kids
2. Foster the next generation of conservation leaders

CCHC hikers realize the future of our parks and public lands depend on the love of nature being encouraged and sustained by our successors.

CCHC donates \$100 annually to the Solano Land Trust.



## SAVE THESE DATES

- April 5-8, 2020 Asilomar, **CANCELLED** 😞
- September 4-7, 2020—Oakland Feather River Family Camp, **KEEP YOUR FINGERS CROSSED!**
- December 9, 2020 - Holiday Luncheon, **HOPEFULLY!**

## OPEN HIKE DATES FOR JULY to SEPTEMBER, 2020

The deadline for submission of hike descriptions is April 30, 2020.

**Open Thursdays:** July 2, 9, 16, 23, and 30; August 13, 20, and 27; September 3, 10, 17, and 24.

**Open Sundays:** July 5, 12, 19, and 26; August 2, 9, 16, 23, and 30; September 6, 20, and 27.

**For Thursday hikes contact:** Jim Baranowski , 925-577-1022, Brnw\_th@yahoo.com

**For Sunday hikes contact:** Mary Ulrich, 925- 937-2932, cchcsundays@gmail.com

## MISSING YOUR HIKING BUDDIES?

I invite you to join them on [CCHChikers@groups.io](mailto:CCHChikers@groups.io). First, go to [www.groups.io](http://www.groups.io). Make a free subscription (an account). Then click Create or Find a Group. Enter CCHC\* and CCHChikers should come up in the list. Click on it and request to join. Then you can send emails to the address above, share photos by posting albums (but please don't just attach them to email) and post documents in the files section. Whatever you can share with others, who are also missing the enjoyment of hearing from our friends on our walks, would be great.

Group Moderator: Rosemary Johnson. If questions, contact me at [compasros@comcast.net](mailto:compasros@comcast.net).

## CCHC HIKE STATISTICS \*

### THURSDAY HIKES \*\*

YEAR	# HIKES	# HIKERS	AVER. # PER HIKE	
2019	49	1700	34.7	2 Hikes Cancelled: Rain & No July 4 Hike
2018	50	1435	28.7	1 Hike Cancelled: Rain
2017	49	1374	28.0	2 Hikes Cancelled: 1 Rain/1 Smoke
2016	47	1391	29.8	2 Hikes Cancelled
2015	51	1444	28.3	



\* Statistics do not include CCHC trips or Annual Meeting

\*\*Statistics for 2017, 2018, and 2019 are based on calendar year.

\*\*Statistics for 2015 and 2016 are December thru November.

### SUNDAY HIKES \*\*

YEAR	# HIKES	# HIKERS	AVER. # PER HIKE	
2019	43	802	18.7	8 Hikes Cancelled: 6 Rain/1 Mud/1 Fire
2018	49	776	15.8	2 Hikes Cancelled: Smoke
2017	48	667	13.9	5 Hikes Cancelled: 1 Rain/3 Heat/1 Smoke
2016	41	699	17.0	8 Hikes Cancelled
2015	48	815	17.0	



# IN THE HIKERS' FOOTSTEPS



**Thursday, February 20, 2020**

**Alameda Creek**

**Leaders: Roberta O'Grady & Ellen Paisal**

A beautiful morning for a hike, forty-two hikers on the trail enjoying the day.

Union City BART is a great example of the preferred urban village design adjacent to the BART Transit Village. So much easier when planned at the same time.

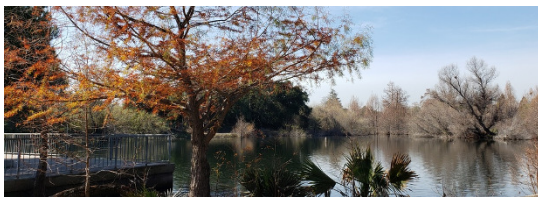
Our walk to the creek took us to another illustration of old and new: there are still farms across the street from the houses of



suburbia. The Lotus Temple of Meditation is another newcomer~ one of 30+ in Fremont. Lots of little surprises in the area.

The town of Niles reminds me still of the little Contra Costa town where I grew up, except, unlike Walnut Creek, much of Niles is still small, quaint and quiet.

The walk along Alameda Creek was lovely as always, even though water levels are



Niles hills (header) — Ben Hui; Alameda Creek, pond in Niles Community Park at lunch - Sylvia Kwan

low. There were lots of ducks and a great blue heron to enjoy. Water is always calming and we enjoyed lunch down by the pond and at the upper tables closer to the creek.

A very nice day indeed.

Ellen Larson Paisal

**Sunday, February 23, 2020**

**South Mount Diablo Loop thru Curry Canyon Ranch**

**Leaders: Mark Petrofsky, Mary Ulrich & Dorothy Bradt**

Under gray skies and brisk temperatures, 21 hardy hikers met at the Old Finley Road entrance about 9.30 am. Mark and Mary had mapped out two options: a longer 12.6-

mile route and a shorter 8-miler. We set out together at 10 am encountering two large flocks of turkeys and hiked until 12:45pm when the group split.

Old Finley Road leads into Morgan Territory Regional Preserve. We took Oyster Pt. Trail with its canopy of trees and bushes. The first two hours consisted of a challenging ascent along winding trails where our hiking sticks came in very handy! Blue skies replaced overcast as we climbed steadily.



Green hills — Jim Herlihy; Long road, Shady trail — Teresa Schwanauer

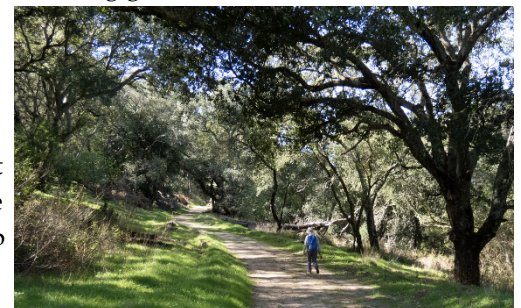
Our elevation gain was 2750' altogether. After ascending to more open terrain, we entered Mt. Diablo State Park where we enjoyed expansive views over the southeast flank of the mountain and beyond.



Our leaders brought tasty snacks which provided a welcome energy boost. We stopped at an open area for a water break, to relax, shed layers and enjoy the scenery. Nine hikers began their descent back to

the parking lot. The remaining twelve continued their ascent and stopped for lunch at 1:30pm at a shaded clearing with large boulders. Refreshed, we pushed on, enjoying uninterrupted views of the double pyramid of Mount Diablo from its southern flank.

Hiking across the rolling green hills of Save Mt. Diablo Property, with its herd of friendly cows, was a case of saving the best for last in spite of a long, steep descent! We certainly felt



we had earned it thanks to Mark and Mary!

Jim & Catherine Herlihy



Thursday, February 27, 2020

A Date with Tony Bennett (Alas, not in Person)

Leader: Lucy Perdichizzi

There was no morning fog in the air, but the group of 32 didn't care as we gathered in the shadow of the Hyatt for a hike honoring Tony Bennett and his City by the Bay. We managed to circle up and get organized despite the hub-bub at the foot of Market Street, and had a pleasant walk

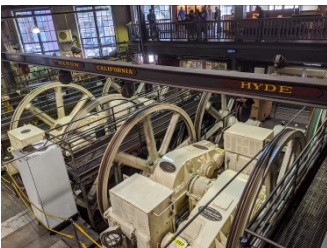


up California with the cable cars going halfway to the stars. In the rarified air of Nob Hill at the top, we sang a perfectly terrible version of 'I Left My Heart' at his statue in front of the Fairmont Hotel. Then, along Ma-

son to the Cable Car Museum which never ceases to fascinate, while Nolan shot hoops at the Betty Ong Rec Center across the street. Down Jackson into a vibrant Chinatown (and its produce) and north on Stockton and Columbus and Little Italy, appropriate for this hike. But no time to stop for bok choy, noodles, or café and cannoli, the 'Best



(climb) is Yet to Come' as we go up Lombard and its twisty block at the top of Russian Hill. Then down Hyde (with the cable cars) to lunch at Aquatic Park or Fisherman's Wharf. After lunch, some hikers did it right and took the cable car back to BART. The rest of us went



through the tourist ghetto of Fisherman's Wharf to visit the sea lions on Pier 39. Then back to BART along the Embarcadero, instead of 'The Sunny Side of the Street' (with Tony and Willie), we took the shady side of the street due to the warm day. After hidden parks and about 84 crossing lights,



all red, we were back where we started, 5.3 miles and 535' climb later. 'Here's to the Lady' Lucy for her whimsical narration and hike through a wonderful city.

Jim Baranowski

Tony Bennett Statue — Sylvia Kwan; all other hike photos — Jim Baranowski

Sunday, March 1, 2020

Upper/Lower Rim Hikes, Lafayette Reservoir

Leaders: Patricia & Nidhi Derickson, Fran Leighty

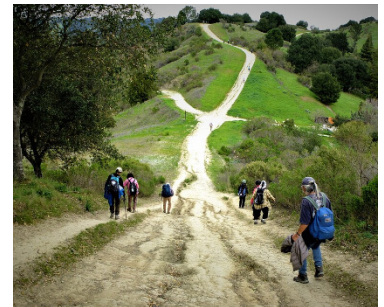
Lafayette Reservoir was completed in 1933 and was opened for recreation in 1966. It is managed by the East Bay Municipal Utility District, welcoming hikers, picnickers and children in playgrounds. Our group of 21 hikers



joined our two leaders for either a short (2.7 miles) or longer hike (4.7 miles)

to enjoy the beauty of the hills and oak trees, still very green in spite of the absence of rain for a month. Some of the hikers met at Lafayette BART and walked the mile to the park, meeting those who drove. There we enjoyed

Patricia's delicious muffins before starting our hike. Two hikers chose the short hike, led by Fran Leighty and the rest of us followed Nidhi Derickson on the Upper Rim Trail. This trail had some steep climbs and very steep

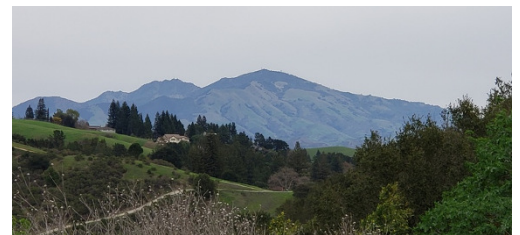


downhills, but we were rewarded with beautiful views of the hills surrounding Lafayette. The trail is actually a



wide, unpaved road which was a blessing going down the steep hills. The road was so dry that no one slipped, and the cool breezes were also welcome on

the mostly open trail. Our overall gain was about 1200 ft. We all met for a late lunch at a playground near the reservoir. David Derickson, Patricia's grandson, was there to serve us all delicious cookies. Those



who walked back to BART completed about 7 miles.

Thank you, Patricia, Nidhi and David, for making this day very special and challenging.

Roberta O'Grady



Steep downhill — Ben Hui; Reservoir view, Hills with trail, Mount Diablo vista, Leaders: Fran, Patricia & Nidhi with David and Tram Huynh— Sylvia Kwan



**Thursday March 5, 2020**

**SF Coastal Trail – Cliff House to Golden Gate Bridge  
Leader: Mary Harcos Johnson**

The Land’s End Visitor Center of the Golden Gate National Recreation Area (GGNRA) was the meeting point for 26 eager hikers who were not deterred by gray skies, to walk the western edge of San Francisco. After we had circled up for the count, Mary shared her home-baked treats with us which gave us a mid-morning sugar boost to start the hike.

Our first stop was a memorial to the USS San Francisco which saw service at Guadalcanal in WW II. A section of the bullet riddled bridge was salvaged to serve as the memorial. Her skipper, Admiral O’Callaghan, was the sole US admiral killed in action in WWII.

The trail rises high above the approaches to the Golden Gate where many ships ran aground in the 19<sup>th</sup> Century. We wended our way along the path with filtered views of the Golden Gate Bridge, passing by an oceanside path to a secluded labyrinth which offers a place for peaceful reflection.



After climbing a steep hill, we emerged into Lincoln Park Golf Course and turned right onto Camino del Mar and the Seacliff neighborhood. It was one grand house after another but Robin Williams’ former residence was the standout. We recalled his comic genius which we still miss. Windswept Baker Beach was our next destination where we stopped for a welcome lunch break.

Trudging through the sand dunes, we approached the Golden Gate Bridge through long-abandoned batteries which housed anti-aircraft guns that protected the Bridge. Today, only the massive concrete emplacements remain. We enjoyed expansive views from a little visited angle south of the bridge.



Our five-mile trek ended at the GG Bridge Welcome Center, where we boarded our buses for the ride home. Thank you, Mary!



View from Coastal Trail, Robin Williams home — Sylvia Kwan; Batteries & GG Bridge — Teresa Schwanauer

Catherine & Jim Herlihy

**Sunday, March 8, 2020**

**Round Valley Regional Preserve  
Leaders: Diane Cannon & Dorothy Bradt**

Twenty-five hikers gathered at the trailhead at Round Valley Regional Preserve. After greetings, introduction to a guest from Montana, hand sanitizer (thank you for being so thoughtful, Patricia Derickson) and snacks of nuts and home-made cookies (thank you both, Diane Cannon and Dorothy Bradt), we set off on a long uphill climb!! The trails were covered with cows and calves who patiently looked at us as we wandered up the trails. We en-



joyed the melody of the meadowlarks chirping to us. The first four miles were almost continuous uphill (close to 1,000 ft elevation) but when we arrived at the top of the ridge we were treated to some amazing views. The weather decided to play games, first cloud, then a light drizzle, then a little heavier rain then the sun warmed us up. This weather pattern continued throughout our hike, as ponchos were put on and off but other than



most of us getting our boots a little muddy, everyone was grateful that we didn’t encounter a downpour. Before lunch we began searching the bedrock and were rewarded by finding grinding mortars. They were bowl-like hollows, where Indian tribe members ground the seeds of acorns into flour, and with water, rinsed out the bitter taste. We enjoyed a lunch break and then headed

down, back to the trailhead (with a few steep uphill here and there). The spring flowers were beginning to pop out in some areas. Almost 9 1/2 miles and over 1,000 feet elevation we returned to the trailhead, tired but happy. Thank you,



Amazing vista, Mortars, Ithuriel’s spears, CCHC lunch bunch — all photos Teresa S.

Diane and Dorothy, for leading this beautiful hike.

Teresa Schwanauer



**Thursday, March 12, 2020**  
**Toast to Harold French at his gravesite**  
**Leaders: Dorothy Bradt & Noël Siver**

The hike had barely started when the group walked by a stalled van in the middle lane near Rockridge Market Hall. No sign of a driver, but a police car had pulled up. Down the street, they came upon several fire trucks and emergency vehicles blocking the area.



View from Millionaire's Row, Noël gesturing while Liz inspects tombstone, Nolan at Al Davis burial site — Sylvia Kwan; Connie placing flowers at HF grave, Dorothy leading toast to HF, CCHC — Ben Hui

A man said, "Whatever you do, don't light a match. There's a huge gas leak here." Quickly, the group detoured, heading toward their goal: visiting Chapel of Memories Columbarium Mausoleum; St. Mary's Cemetery; Chapel of the Chimes; and Mountain View Cemetery. Spring-like weather made these beautiful settings sparkle.



Noël spoke at various places such

as the burial sites of blues guitarist John Lee Hooker, and sports legend Al Davis. They saw the architecture of Julia Morgan at the Chapel of the Chimes. On "Millionaire Row" were private crypts of the wealthy, including the Ghirardelli family of chocolate manufacturing fame.

Before lunch the hikers sought out a very special grave -- that of Harold French (March 11, 1878 - October 2, 1962) the founder of our club. It was on a hill with a beautiful view of the cemeteries below, the skyline of downtown Oakland, and the hills across the bay.

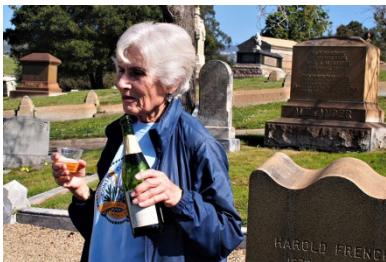


Dorothy gave a toast and the hikers raised glasses of bubbly to Harold French (sparkling cider) on this day after his birthday. Leaving the cemeteries, they met the developer of "Anthony Associates" who told the group about the brand new, but historic looking homes being built outside the cemetery gates -- replicas of home styles from various old neighborhoods all around Oakland.



What could end the day better than ice-cream at Fenton's? Hikers celebrated the end of a great hike. On the way back to BART, the stalled van had been removed, and the gas leak had been fixed. It was a good day.

Linda Malm



The Officers and Board of the Contra Costa Hills Club meet on the second Friday of each month at 10 a.m. in the El Cerrito Royale, 6510 Gladys Avenue, El Cerrito. The Conservation Committee meets in the same location on the first Monday of each month at 10 a.m. Members are welcome to attend either meeting.

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](mailto:compasros@comcast.net). All other submissions should reach Silvia Akinaga at [sakinec@aol.com](mailto:sakinec@aol.com) by the middle of the month to appear in the following month's issue.

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•Suzy Mark

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•Cameron Mitchell

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•Jim Baranowski, **Thursday Chair**

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