



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

FIRST CLASS MAIL

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



AUGUST 2021



KNAPSACK

Co-Editors: Silvia Akinaga, Rosemary Johnson
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President's Message:

The CCHC Summer Luncheon was a beautiful event. Truly, I, along with everyone else, was most happy to see fifty-eight attendees on July 21st as we gathered at Fremont's Spin A Yarn Restaurant. First of all, it was a welcome change for me to have to travel about two miles to arrive at the venue. And that pretty much goes for those of us who live in or near the southern end of Alameda County. However, don't get me wrong, I am always up to travel farther distances for a CCHC event or hike. Once again, I want to thank Lucy for being the lead person who made the important contacts for the luncheon to happen. In addition, thank you to Patricia, Reyanne, Anita, and Audrey for their valuable assistance. I can assure you that dealing with restauranteurs is not exactly seamless by any means. Lucy was most generous as she provided the door prizes, while Anita made the beautiful candy favors. Considering how the pandemic has kept club members apart for seventeen months, the Summer Luncheon was a most welcome gathering.

For those of you who did not see Liz's creative and exciting 100th Anniversary Celebration and CCHC Historic Book, you definitely should check it out. There will be more about that in the coming weeks.

The pandemic is not exactly going away. And if the Delta Variant continues, please be assured that the Board will follow the best advice from our local public health officials to stay safe and healthy. Remember, each and every one of you who hikes with the Club needs to be responsible to yourself and to others. You should be vaccinated. And if you are not, you should not be hiking with us. At this time, we are trusting that you are going to do the right thing.

Lastly, I want to thank those of you who generously made a donation to the Conservation Committee for the apricot jam. Continue to enjoy the summer and stay well.

Stew Perlman

100th Anniversary Photobook

A 77-page, 11 x 14 photobook has been created commemorating the 100th anniversary of the Contra Costa Hills Club.

The book includes photographs taken at the Anniversary luncheon, fundraising events, special hikes and events, etc.

E-mail Liz Howell at CCHC.photobook@gmail.com for a link to the Shutterfly website if you'd like to take a look at the contents of the book.

The cost per book will be approximately \$100. There will be a charge of approximately \$5.00 for shipping if you are unable to arrange to pick up the book.

If you are interested in having a copy of the photobook, e-mail your request to Liz Howell at CCHC.photobook@gmail.com by September 1, 2021.



COVID-19 GUIDE FOR CCHC HIKES

We are (almost) back to normal again, especially if you are vaccinated! Hike protocols are (almost) the same as before the pandemic. Except for the following:



BRING A MASK—if you are vaccinated, you may not need it, but take one, just in case.

SIGN UP AHEAD OF TIME—All hikes require a sign-up! Contact the hike leader beforehand. Hike limits and transit schedules are expected to be changing all summer, and the hike leader can give you the latest scoop when you sign up.

IF YOU ARE UNVACCINATED—Identify yourself! You will still have to wear a mask and maintain social distancing, and will probably have to form your own carpools. You can still infect the vaccinated in the group, even if it will be a mild infection.

OPEN HIKE DATES

There are many dates to choose from. *Please submit your hike as soon as possible*—detailed descriptions are optional as the times are so unsettled.

Open Thursday Hikes: October 14; November 4, 11, 18, and 25; December 9, 16, and 30.

Open Sunday Hikes: October 3, 10, 17, 24, and 31; November 7, 14, 21, 28, and 30; December 5, 12, 19, and 26.

For Thursday hikes contact:

Jim Baranowski, 925-577-1022, Brnw_th@yahoo.com

For Sunday hikes contact: Until the Sunday Hike Scheduler position is filled, you may contact either Jim Baranowski 925-577-1022, Brnw_th@yahoo.com or Mary Ulrich, 925-876-0803, mulrich@sbcglobal.net to schedule a Sunday Hike.



**A HEARTY WELCOME
TO OUR
NEWEST MEMBER
& Returning Members**



Karin Rawlins of Berkeley

Welcome Back:

Julia Cordell of Hercules
Nolan Fong of Concord

Recognize any of these hikers?

Here is a brief look back at a few outings and trips CCHC hikers have enjoyed during the past few years.



Cold day at Logan Pass
Glacier National Park 2013



Rainy Day—Sundial
Bridge Trip 2013



Taking a break—Pacific
Northwest 2015



Balancing Act—Lakes Basin
2018

Hitting the Sea! - Channel Islands
2015



Are we lost? Lakes Basin 2018

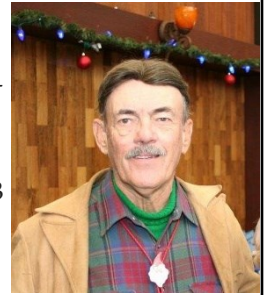
Checking out the tree—
Calaveras Big Trees 2016



JERRY WHITE

September 12, 1940 to June 25, 2021

Jerry White passed away from heart disease at Tiffany Court Assisted Living on June 25, 2021 after twenty-eight years of a full, happy life with Fran Leighty. Both were active CCHC members; Fran joined in 2003 and Jerry in 2005. Jerry enjoyed many hikes and outings with the club.



Jerry worked forty years for ATT-Pacific Telephone as a communications technician. After retirement, he and Fran enjoyed twenty years of enjoyable trips to visit their families as well as taking a number of interesting foreign trips.

He is survived by Fran and his sister Marietta Sheffield of Redding, nephew Kelly Sheffield, niece Kate Guzowski and her husband Eric and their two children, Everett and Kit.

Jerry will be missed by all of us.



The memorial service will be at 11 a.m., Wednesday, August 25th at Hull's Walnut Creek Chapel, 1139 Saranap Ave., Walnut Creek, CA 94595. Reception follows service. If you plan to attend, please send an RSVP to Fran Leighty, cchcleighty@gmail.com or phone 925-944-9068.

A bell is no bell till you ring it,
A song is no song till you sing it.
And love in your heart wasn't put there to stay--
Love isn't love
Till you give it away...

The above Oscar Hammerstein II quote is from the play *Sound of Music* as recorded in the book *Something Wonderful* by Todd S. Purdum.



Ferry to SF seen from Middle Harbor, - Noël Siver

**Tuesday, June 22, 2021
Reinhardt Redwood Regional Park
Leaders: Pat McDonald & Evelyn Boetes**

We climbed up and up, through redwoods and ferns, until we reached the ridge in Reinhardt Redwood Regional Park. Fifteen hikers met in Canyon Meadows for presumably a 6-mile trail. Pat McDonald chose this hike from the Park District's Trails Challenge 2021. Six miles turned into 8+ miles and 1000+ elevation gain. No one complained



because it was drop dead gorgeous inside the redwood forest.

Throughout the day, hikers kept commenting on how serene and

lovely the redwoods were, and how lucky we were to live so close to such regal beauty. We said a thank you to Harold French, founder of CCHC, for his efforts to preserve this pristine beauty for us to enjoy one hundred years later.

The 28-year-old Trails Challenge offers 20 diverse trails each year ranging from easy to challenging. The Healthy Park's Healthy People (HHP) movement underscores the connection between a healthy green environment and community health. "While we continue to navigate the challenges of COVID-19, one thing has become very clear. PARKS ARE ESSENTIAL." - Trails Challenge 2021 Guide. Reinhardt Redwood Regional Park contains the largest natural stand of coast redwood in the East Bay. The serene, beautiful landscapes of these forests are unmatched in the region. This combination of trails was rated "moderate." We walked the Stream, Tres Sendas, French, and Orchard Trails. After hours in the peacefulness of the redwoods, we emerged into a madrone forest and slowly back to our present-day realities.

Jan Lecklikner



**Thursday, June 24, 2021
Middle Harbor Shoreline Park, Oakland
Leaders: Beryl Vonderheid & Roberta O'Grady**

The next time you find yourself meandering around the Port of Oakland, be sure to check out one of its best kept secrets -- Middle Harbor Shoreline Park. Beryl and Roberta led the hikers into a new world with major industry on one side and views of San Francisco across the bay. The Park was hidden, at first, by the active seaport and large container cranes that looked like robotic dinosaurs.

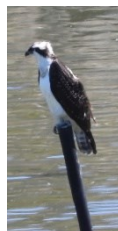
Container trucks lined up for blocks waiting to unload. Some honked their horns. As the containers are loaded onto ships, they lock together like Lego pieces in a colorful stack. Old containers can be repurposed as housing.



Shoreline Park was the former site of the Oakland Naval Supply Depot. After WWII the Depot was transferred to the Port of Oakland. The port's Vision 2000 Program gave public access to the park area. As a habitat restoration and ecological preserve, the 38-acre park sustains both birds and sea life. Encircling the harbor basin were more than two miles of pathways.

Some hikers had lunch in a three-story observation tower. Telescopes were available. Others lunched below on the grass for a more down-to-earth view. Either way, it was great: the sun was shining; the temperature ideal; fluffy white clouds off to the side; and San Francisco across the bay was almost posing for panoramic photos. On top of this, the leaders and hikers were some of the nicest people around. It was a perfect day.

Linda Malm



Lunch near water and shipping cranes, Osprey, Brown Pelicans - Noël Siver; 20 CCHC hikers enjoying The City and Bay views - Sylvia Kwan



Thursday, July 1, 2021
Redwood Regional Park to Huckleberry Preserve
Leaders: Sophia Garcia & Chee Yan Ong

Huckleberry Preserve seems like an extension of Reinhardt Redwood Park, but it has some unique features that are noted in the Interpretive Panels along the way. Sixteen members, one guest and our two leaders started off at Skyline Gate, going down the Stream Trail to Phillips Loop. This route, a good climb, takes us back to East Ridge, and from there we picked up the Skyline National Trail. We had the pleasure of passing a herd of goats and sheep hard at work keeping brush under control along



the hillsides. When we reached the intersection of Pinehurst and Skyline Blvd., we noted Regional Park

Firefighters who took time to pose with our group for a photo. Later, we encountered a park volunteer who was doing an amazing job clearing brush. We followed Upper Huckleberry Trail. As the fog lifted, we had a great view of Mt Diablo. Our lunch stop was at Huckleberry Staging Area. The return to Skyline



Gate was also by the Upper Huckleberry Trail, stopping briefly to note the different Manzanita plants, Bay Laurel trees and fern species described on the Interpretive Panels. There were many 'ups and downs' along the way to make a great 5-mile hike. Thank you, Sofia and Chee Yan, for planning this beautiful day and for the granola bars.

Roberta O'Grady

Sophia leads hikers, beautiful Manzanita, EBRPD Fire Truck 5675 Crew, Fire Crew with CCHC hikers - Sylvia Kwan



Thursday, July 8, 2021
Redwood Regional Park & Roberts Recreational Area
Leaders: Sophia Garcia & Jan Lecklikner

Twenty-seven hikers, in two groups, had a mAHvelous day to hike through the redwoods and the endangered Pallid Manzanita with a chance for old and new friends to get together again to enjoy each other's company. This



particular Manzanita only occurs naturally in Huckleberry Ridge in

Alameda County and Sobrante Ridge in Contra Costa County There is a small out-planted population in Tilden Regional Park in Contra Costa County.

The 4.5 mi. hike turned into 3.82 mi. even with a couple wrong direction corrections. The trails were mostly shaded by the beautiful canopy and ranged from dry smooth

boulders to mud from the fog that was caught by the redwoods. A couple sections were



posted with CAUTION ROUGH TRAILS signs.

We shared the trail with multiple dog walkers with packs



of many interesting types of dogs; all friendly and well-mannered.

Twenty-three of us had our lunch break towards the end of the hike at the Anna Costa Picnic Area in the Redwood Bowl.

Rita Poppenk & Dexter Barker

Crossing through closed Pals Camp, Graham Trail, West Ridge Trail, Lunch at Redwood Bowl - all photos by Sylvia Kwan



Thursday July 15, 2021
Picturesque Piedmont: Rockridge to MacArthur
Leader: Lucy Perdichizzi

Say you were a hiker who just won a bundle in the lottery. You're hiking in the posh, hilly neighborhoods of Piedmont. You have this one day to select the house of your dreams. Would it be a two-story Craftsman with several redwoods out front? Perhaps a Tudor mansion with a view of the bay? Or would you be just as happy with a snug one-story bungalow with a carefree front yard full of artfully planted succulents?



Lucy led a happy group on a hike that kept getting more scenic. As they went up the hills, the houses kept getting bigger. Some

homes were designed by famous architects such as Julia Morgan. They found many paths and stairways between the houses -- originally built as shortcuts to the old Key



System streetcars. The group scattered around Dracena Park for lunch, on benches spaced around a circular walkway. The playground was full of children and their nannies. One man using a walker circled the park with his caretaker. Then, there were plenty more hilly streets to climb. Lucy inspired the group with these words, "Going uphill is just like going downhill -- only in

reverse. Just pretend you are going down this hill, even though you are going up, and it will seem much easier."

So, who wants ice cream? Fenton's Ice Creamery was the last stop before returning to BART and the end of a lovely hike.

There's no telling if any hikers bought lottery tickets before

or after the hike, but if they did, and if they won, a home in Piedmont would be a great way to spend some money.

Linda Malm



Thru the neighborhood, Down the stairs, Into Dracena Park - all photos by Sylvia Kwan

Sunday, July 18, 2021
Marin Muni Water District, N. Fairfax
Leader: Mark Petrovsky & Mark Detterman

This hike was originally scheduled for July 11 but was

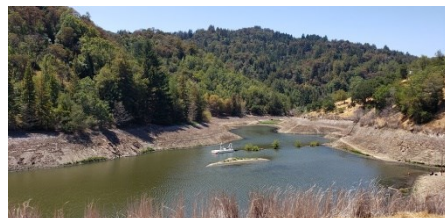


postponed due to a forecast of high temperatures. So, Mark P. and Mark D. rescheduled the hike for this date.

Four hikers joined them for this loop hike around Phoenix Lake where we walked across grassy hills and into redwood, oak and madrone forested areas. We covered about 9 miles and had about a 900 ft. elevation gain on this hike that started about 10:10 a.m. and ended about 3:40 p.m.. We had lunch about 2:30 p.m. at Five Corners Trails Junction where we sat on rocks or steps on one trail. A doe and two fawns leapt across a nearby trail as we ate lunch. Some of us guessed the temperature could have been 80 degrees and agreed this was a strenuous hike on trails many of us had not walked before. We were grateful for the shady sections of the many trails we hiked. Because our leaders were geologists, we learned a little

about greywacke, chert and sandstone.

Luckily there were two occasions along the trail where we could refill our water bottles at Marin Muni Water District blue spigots.



Thanks to Mark P. and Mark D. for this invigorating hike in Marin County! Let's do it again next Spring!



Fran Leighty

Mark Petrovsky leading, Low water level at Phoenix Lake, View of Mt. Tam from the trail, Along a sunny part, Filling water (Marks in white & blue) - all photos by Sylvia Kwan



Mark Petrovsky leading, Low water level at Phoenix Lake, View of Mt. Tam from the trail, Along a sunny part, Filling water (Marks in white & blue) - all photos by Sylvia Kwan



Tuesday, July 20, 2021
Joaquin Miller and Redwood Parks
Leaders: Celeste Burrows & Pat McDonald

It was a cool and sunny day to walk beneath the beautiful redwoods of Reinhardt Redwood Regional Park and Joaquin Miller Park, with a climb along the Serpentine Prairie. Nine hikers joined our leaders at the Redwood Bowl Staging Area and then crossed into Joaquin Miller Park by the entrance to the Horse Arena. We picked up



the Fern Ravine Trail which took us to Sequoia Bayview. This trail crosses Skyline Blvd. Here, we left Joaquin Miller Park and were back in Redwood Park on the Dunn Trail. This trail is named for Austin Dunn, one of the



Regional Parks respected workers when the parks were just created in the 1930's. He died in 1949 while attempting to rescue a fellow worker in an electrical accident. From there we picked up the Golden Spike Trail which has some challenging climbs, connected to the Tate Trail and onto West Ridge. Along the way we spotted a raven resting in a tree, and we had great views of Mt. Diablo. Lunch was in a



shady, cool, rocky outcrop under the redwoods, along the West Ridge Trail. We had a rest stop at Redwood Bowl and visited the



exhibit on the Old Growth Redwoods which includes the moss-covered stump of one of the ancient trees. Many thanks to our leaders for delicious snacks and for this special day in the redwoods.

Roberta O'Grady



Co-leader Pat McD eavesdropping on the men, Rattlesnake grass, Hikers at Redwood exhibit - Rita Poppenk; Leader Celeste discussing Bay Area Ridge Trail, Fern Ravine Trail, Serpentine Prairie, Back to Redwood Bowl - Sylvia Kwan



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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