



**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**  
**102 YEARS OF**  
**CONSERVATION—COMPANIONSHIP—HIKING**



**August 2022**



# **KNAPSACK**

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

## **PRESIDENT'S MESSAGE:**

This past June and July a number of our members who have been traveling overseas and in America have come down with COVID. Fortunately, they are all recovered and doing well. So, if you are going to be venturing abroad or to other regions of the States, please take necessary precautions to at least minimize your risks as best as possible.

The Presidio Tunnel Tops are finally open to the public. Another wonderful site in San Francisco to explore. In fact, by the time you are reading this you may have been there already. And another place that you may have been to is Oakland's Duende Spanish Restaurant for our Summer Luncheon. Thank you to all who came and enjoyed the paella and company. And a special thank you to Lucy for arranging the event.

Lastly, and as of this writing, we need a Sunday Hike Coordinator. There are members who I am sure can successfully fulfill this most valua-

ble position or it can be shared with another person. Jim Baranowski and Fran Leighty will assist you in learning what you will need to do. No Sunday Coordinator. No Sunday Hikes. Maybe it's time YOU did something for the Club!

Stay well,  
 Stew Perlman

## **A HEARTY WELCOME TO OUR NEWEST MEMBERS**



*Cary Hellman of Walnut Creek*

*Carol Tse of Castro Valley*

## **SAVE THIS DATE**

- Sunday October 16—Thursday October 20—San Luis Obispo outing

**URGENT!** We need a person or two to step up and become our Sunday Hikes Coordinator(s). Fran Leighty, who has been an incredibly valuable member, has resigned from the position. If we do not have a Sunday Hikes Coordinator, we will have no hikes on Sunday. It's that simple. Fran and Jim Baranowski, our Thursday Hikes Coordinator, will be most helpful to assist you.

To find out more about the Hike Scheduler position, go to the CCHC website [www.contracostahills.org](http://www.contracostahills.org) Under the Membership tab, click on Club Organization / Job Descriptions.

### OPEN THURSDAY HIKE DATES JANUARY TO MARCH 2023

The deadline for submission of hike descriptions is October 31, 2022.

At this time there are three open 2022 4th quarter Thursday hikes open—November 24 and December 1 and 29. If you would like to lead a hike on one of these dates, please get the description in as soon as possible.

**Open Thursday Hikes:** January 5, 12, 19, and 26; February 2, 9, 16, and 23; March 2, 9, 16, 23, and 30.

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

Check the on-line version of the Hike Schedule ([www.contracostahills.org](http://www.contracostahills.org)) for updates to the printed hike schedule—changes will be indicated in **RED**.

### What is hiking like?



Hiking is a bit like life: The journey only requires you to put one foot in front of the other...again and again and again. And if you allow yourself the opportunity to be present throughout the entirety of the trek, you will witness beauty every step of the way. ~ *author unknown*

### HIKING QUOTES

Hiking side effects include sweating, euphoria and general awesomeness.



I don't get it. The trail looked so flat on the map.

The closer you are to nature, the further you are from idiots.

The hill looked hard at first, but I got over it.

Hiking makes me forget to check my phone.

It's all fun and games until you hear a twig snap behind you.

### THANK YOU! THANK YOU! THANK YOU!



A huge THANK YOU to Stew Perlman, our president, for making apricot jam and giving half of the proceeds to the Conservation Committee.

Also, a big thank you to all of you who gave to the Conservation Committee with your membership dues. We really appreciate it.

Keep in mind that you can give to the Conservation Committee any time during the year. You give to us and we give to others. It is a Win-Win situation

Thanks,

Beryl Vonderheid,  
Conservation Committee Chair

# IN THE HIKERS' FOOTSTEPS



View from Immigration Station - Sylvia Kwan

## Sunday, June 19, 2022 Angel Island (Ferry from SF) Leaders: Patricia Derickson & Laurie Lau

Ayala Cove on Angel Island State Park was the start for 27 eager CCHC hikers on a glorious 70's!, Sunday. The group circled the Island under the able leadership of Patricia Derickson and Laurie Lau. The Visitor's Center gave an informative overview of the Island's inhabitants, beginning with Native Americans over 3,000 years ago! Ken Walker talked about the history, and Jim Baranowski some geology.



Angel Island was used as a military installation by the Spanish long before used for this purpose by the US during the Civil War. Ken shared insights on many buildings, some open to visitors, primarily from the WW II period. Along the way, views of the Golden Gate Bridge, San Francisco, and Alcatraz were spectacular!

Our first stop Camp Reynolds, Nike missile site area (decommissioned 1960), then on to Fort McDowell where, from the 19th century through WW II, thousands of soldiers were deployed from this area. Our lunch site overlooked views of the East Bay.

Our final stop was the Immigration Station that began in the 1880's as a quarantine station. Later, 1910- 1940, this was used, notoriously, for the detention of Asian immigrants, primarily Chinese, before being allowed onto the mainland. Now it is a museum. A dedicated Memory Wall of names of Asians detainees, and a large copper bell to ring, are reminders of this somber local history.

In the end, we had walked a loop of approximately 6 mi., with 300 ft. elevation gain!

Carol Savio



Ken (in shorts) addressing the masses, Immigrant Heritage Wall - Sylvia Kwan

## Thursday, June 23, 2022 Inspiration Point to Tilden Botanic Garden Leaders: Jo and Chuck Browne & Dorothy Kaplan

Fourteen hikers circled up at Inspiration Point, Tilden. We headed up Seaview Trail passing poppies, clarkia, and monkeyflower. At the high point, 1,630 feet, was a labyrinth made of small stones. This was a welcome rest stop with views of San Francisco and the bridges. Then we took Upper Big Springs Trail going down and providing some shade.



Our goal was to reach the Tilden Botanical Garden by noon as we wanted to locate the CCHC legacy (a grove of redwoods)

before lunch. The now tall redwoods were planted as seedlings on Arbor Day, March 10, 1946 by the CCHC president and some members. The event was recorded in the March, 1946 Knapsack. A small sign is at the grove: TREES PLANTED BY MEMBERS of the CONTRA COSTA HILLS CLUB in 1946.



Hikers at grove, plaque, Jo leading on Seaview Trail - Sylvia Kwan

The garden is lovely with many paths and all California native plants. For lunch we found shade under the trees on the lawn of the Brazilian Room and heard the song, identified by Rosemary Johnson, of a Swainson's Thrush.

Returning, we took Quarry Trail, Lower Big Springs Trail, and finally Seaview Trail back to Inspiration Point. There was trekking up and down but the highlight was the tall sequoias, planted 76 years ago, by our own CCHC members. Thank you, Jo, Chuck, and Dorothy, for finding this treasure. A special thanks to Henry Chan for your calm nature and special talent of bringing up the rear.

Dorothy Kaplan

Sunday, June 26, 2022

**San Francisco, Land's End to Legion of Honor  
Leaders: Amy Tiekou, Miu Wan & Ching Chiu**

Ten enthusiastic hikers met in the parking lot of the Land's End Lookout ready to explore the Golden Gate National Park along San Francisco's rocky shoreline. This part of the city has been described as the city's wilderness next door. The weather was slightly foggy but not too dense so the views of the ocean were spectacular.



The first set of stairs brought us down to the remains of the Sutro Baths. These historic baths

have always intrigued me knowing that this grand structure actually existed. We also explored a mini cave where we could hear the crashing of the waves pounding the exterior cliffs. The second set of stairs led us to Mile Rock Beach.

We proceeded along the Coastal Trail



enjoying the plentiful green natural landscaping. The trees showed off their resilience to the weather conditions of this area being shaped in many unique configurations by the wind and fog. There were many historic landmarks along the way with well-done signage to educate all those that were interested. I even spotted a pod of dolphins at one of the lookout spots!

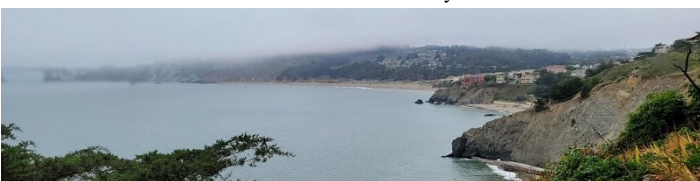
We had lunch on the grounds of the Legion of Honor where we could also enjoy several of their outdoor sculptures. Then off we went to see the beautifully painted Lincoln Stairs and to walk through Fort Miley.



There we could see the Golden Gate Bridge better with the fog having been lifted somewhat. Thank you, Amy, Miu and Ching, for leading this glorious hike!

Pam Littlejohn

Sutro Baths & Cliff House, Hikers at Mile Rock Beach, Lincoln Stairs, View of China Beach & Sea Cliff from Coastal Trail - Sylvia Kwan



Thursday, June 30, 2022

**Oakland Estuary  
Leaders: Roberta O'Grady, Beryl Vonderheid & Patricia Derickson**

An overcast Summer morning greeted 22 of us who circled up in Fruitvale Plaza. Unfortunately, one of our leaders, Roberta, had to skip this one due to covid, but Patricia stepped in to co-lead with Beryl. We walked west on Fruitvale to Chapman St., then wound our way through Jingtowntown. The name came from Portuguese immigrant workers



in the area that jingled coins in their pockets

to show off their good fortune. Our journey took us past the White Elephant Sale warehouse with numerous murals painted on its walls. A turn on Derby St. took us past the "Oakland Riviera" mural; a block long collection of



paintings and mosaics. From there we doubled back to Glascock St. where we passed eclectic

art ranging from the rear half of a '48 Cadillac mounted on a wall, to a collection of Old-West memorabilia. We continued across 29th S. to Embarcadero St. at Union Point Basin. At Union Point Park we marveled at the "Sigame" sculpture by Scott Donahue. It's dedicated to 20 strong women, historical and present day, with roots in Oakland. The statue itself is a composite of different women. We left Embarcadero at Quinn's Lighthouse. The 1890 lighthouse was moved downstream on a barge and is now a restaurant. The trail passes several beautifully restored Victorian homes as it winds along the waterfront. We stopped to watch a kayak training



Jingtowntown murals, Car art, Youth kayaking class - Sylvia Kwan

class then continued on the Bay Trail. Our next stop was at the new Port of Oakland building at Brooklyn Basin. The building has shops, plans for a restaurant/bar and is surrounded by new high-rise condos. From there we followed Oak Street to our finish at the Lake Merritt BART station.

Jerry Ford

**Sunday, July 3, 2022**  
**Shady Trails at Tilden**  
**Leaders: Sophia Garcia, Collette Cussary, Miu Wan & Ching Chiu**

Tilden Regional Park was created from the first land purchased by the East Bay Regional Park District in 1936. It is named for Charles Lee Tilden, an attorney who served on the Board of the Regional Park District. It was Ohlone tribal land and later farmed before becoming a park. Twelve members joined our four leaders at the Island



Parking Lot which leads onto the Selby Trail. Tilden is described as a 'wilderness experience, close to a city', and this is a

good description of the trails that we followed on this beautiful hike. Shortly after going along the Selby Trail, we encountered a herd of goats which were working on vegetation reduction on behalf of the park. Two dogs let us know not to bother the goats at work. We soon came to the Grizzly Peak Trail above the valley, and continued on through the Redwoods and past many lovely wildflowers in bloom. We followed this trail to South Park Drive and crossed the road to the Vollmer Peak Trail. This trail, also lined with magnificent trees, took us down to our lunch spot at Laurel. This was a moment to sing Happy Birthday to Patricia Derickson and share delicious chocolate covered nuts. We continued on the Redwood Trail. The morning fog had lifted, and we could enjoy the views of the park below and surrounding hills. We rejoined the Selby Trail, noted the goats still at work on behalf the park, and returned to Island Parking Lot. Many thanks to our leaders for this challenging and beautiful 6-mile hike.



Roberta O'Grady

Goats, Group - Sophia Garcia;

Clarkia, Matilija Poppy (Fried egg), Wild Rose - Collette Cussary

**Thursday, July 7, 2022**  
**East Avenue Park, Hayward**  
**Leaders: Sharon Wang, Wanda Fong & Yolanda Gonzalez**

Today started cool and cloudy. Twenty hikers including the leaders, Wanda, Sharon and Yoli, met at East Avenue Park. Wanda explained what "Greenbelt" meant. If you don't know, it means an area of woods, parks or open land surrounding a city. To begin, the hike to the trail DOWN



was .3 miles. This trail is beautifully shaded with old Redwoods and Eucalyptus trees with peeling bark. Hiking among these giant trees makes it hard to believe the city streets are less than a couple of miles away.

Signs warned of "Mountain Lions" but we didn't come across any type of animal, except dogs with their humans.



Only heard birds welcoming us to their

homes. This is such a tranquil trail that it transports you to a magical place. A hidden gem.

As we continued, the sun made its appearance through the trees' branches. Flowers that we saw were Forget Me Nots, Elderberry, Honeysuckle, Oceanspray and Monkeyflower. Sharon pointed out a Hazelnut tree and it had a baby hazelnut growing. Never expected to see that type of tree while hiking. Saw different types of fruit like, Cherry Plums, Oregon Grapes, Kumquats and tasted some juicy blackberries. It's fascinating how much you learn during a hike.

We encountered a couple creek crossings so prepare to rock hop or get wet in shallow water. We took our lunch/snack break near the end of the hike where there was seating. There we took our group picture and headed back on the trail.

This moderately challenging route was 4.9 miles, 827' elevation gain. Fresh air, exercise, exploring, being with nature and enjoying good company was the way to hike. Thanks to everyone who came. It was so much fun!

Yoli Gonzalez



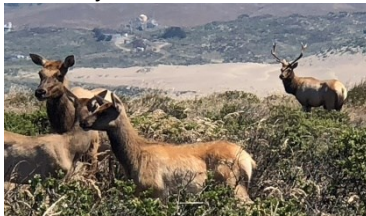
Wanda in lead, Bridge crossing, Group - Sylvia Kwan

**Sunday, July 10, 2022**  
**Point Reyes: Tomales Point**  
**Leaders: Dorothy Bradt & Fran Leighty**

We were greeted by a nice, cool breeze and intermittent fog at the restroom stop at Abbotts Lagoon, where we spotted quail perched on wooden fence posts bordering a meadow. We met our group of 17 hikers at the Historic Pierce Point Ranch, established in 1858 and once the finest producer of butter in California. Two tule elk made an appearance before we even left the parking lot!



We set off on a 9+ mile hike of flat paths and gentle hills (616') with views of the blue ocean, on our left, where gentle waves lapped at the cliffs. Temperatures remained cool all day, while the rest of the Bay Area sweltered. As we started, two groups of tule elk grazed on a distant ridge. On our right, we caught striking glimpses of Tomales Bay. We saw two more groups of elk next to the trail: a lone elk bull guarding his large group of cows and their calves; and later a separate group of bachelor males. Those antlers are truly majestic.



The optional part of the hike consisted of sand dunes covered with tall wild pea bushes where the trail somewhat disappeared. The fog had rolled in and the way was even more obscured. By listening to the surf, we blindly made our way to a cliff with a foggy view of the Pacific far below. We heard later that Angus, Colette, Ching and Miu successfully found the path to the actual Tomales Point, not far from where we turned around!



Back at the parking lot, Wanda delighted us with tea and coffee while Patricia treated us to delicious banana bread. Thank you, Dorothy and Fran, for bringing us to an uncommonly beautiful location to enjoy nature and good company.

Laurie Lau

Pierce Point Ranch - Sylvia Kwan; Tule Elk, Ocean view with yellow lupine, Rolling hills (dunes?) - Laurie Lau



**Thursday, July 14, 2022**  
**San Francisco Crosstown Trail, Segments 4 & 5**  
**Leaders: Suzy & Jon Mark and Jan Lecklikner**

We began this hike at Andronico's on Irving Street. After a short walk to the Lincoln Avenue entrance to Golden Gate Park, 20 of us rounded up. A trail led us to the arched Rustic Bridge over Stow Lake and Strawberry Hill. We circled the hill clockwise then crossed the Roman Bridge to the perimeter road and boat house. From there a dirt trail leads to JFK Drive where we took advantage of the new pedestrian-only street.



We passed through the Rose Garden and across Fulton to another dirt trail that paralleled Presidio Parkway all the way to our lunch stop at Mountain Lake. From the park we crossed Presidio Parkway, passed briefly through a residential area to reach Lobos Creek Valley Trail. That trail is dirt on the hill, descends into the valley where it becomes sand, and eventually turns into a boardwalk.

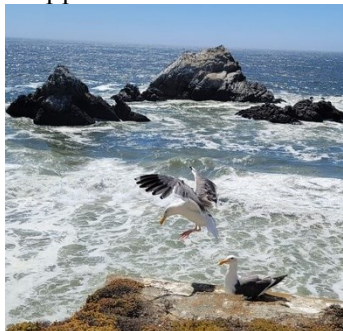


Storyboards along the trail tell the history of the area and the restoration of the natural dune ecosystem. The trail ends up on Baker Beach. From the beach we climbed stairs to the Seacliff area where our next rest stop was a small park dedicated to Robin Williams' parents and in-laws. A couple blocks later the road dead ends and Land's End Trail begins. It led us into the Golden Gate National Recreation Area. The trail was the railbed of Adolph Sutro's steam train in the 1800s and winds through a cypress forest, 200 feet above the ocean shoreline below. It offers panoramic views of the Marin Headlands, the Golden Gate Bridge and the beaches below. We stopped several times to watch the hawks, ravens and shorebirds. The 7-mile hike ended at the visitor center at the Sutro Baths ruins.

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Jerry Ford

Stone bridge, Roses, Lobos Valley Trail - Ben Hui; Gulls at Land's End - Sylvia Kwan

**Sunday July 17, 2022**  
**Bay Farm Island, Alameda**  
**Leaders: Patricia Derickson & Robin Dean**

To get to the "Venice of the Bay Area" take the High Street Bridge to Alameda, then the Bay Farm Island Bridge to the canal neighborhood of Harbor Bay Isle. There are water-



front homes with views of the bay -- others have backyards right on the canals with private docks.

Patricia passed out delicious homemade carrot cake muffins. She and Robin switched roles and Robin took the lead. The hikers walked along the perimeter of Bay Farm Island and saw the main island of Alameda across the slough. Although it was a sunny day, gray fog was seen on the opposite side of the bay. San Francisco and the Bay Bridge appeared as mysterious silhouettes. Ground squirrels were scampering across the grassy areas -- in and out of their holes. Brown Pelicans circled in formation, or perched like statues on the wooden pilings of the commuter ferry dock.

The hikers had lunch either on benches facing San Francisco, or inside the windowed shelter near the ferry. The Oakland Airport was close-by, and planes climbed into the sky above them. The hike resumed, and the group walked by a low-rise business park including Abbott Labs. Then they headed back into the canal neighborhood and saw many birds. There were Green Herons, as well as a Great Blue Heron; Snowy Egrets, as well as the larger Great Egrets. There were egret nests high up in the trees. A broken green-colored eggshell was found on the path. A couple of in-line skaters passed by on the road. People were walking their dogs. The hikers were talking and laughing as they walked. There was a cool breeze from the bay.



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Brown Pelicans, CCHC Group, Green Heron, Egrets in nest, Broken shell (hopefully after hatching) - Ben Hui

Linda Malm



White-stemmed Clarkia (Tilden Botanic Garden) - Sylvia Kwan; Fuchsia blossoms (Golden Gate Park) - Ben Hui; California Golden Poppies and yellow lupine (Point Reyes) - 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](mailto:compasros@comcast.net). All other submissions should reach Sylvia 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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