

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



AUGUST 2023



KNAPSACK

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

PRESIDENT'S MESSAGE:

For about a year, I have almost pleaded for a CCHC member or two to volunteer to replace Silvia as one of two of our excellent co-editors for the Knapsack. Well, NO ONE has stepped forward. Rosemary, too, would like to see her position filled as well by a new person. The Board has decided after much thought and consternation to terminate the Knapsack after the October edition. It pains me to have to inform you of this, but Silvia is stepping down after many years of commitment and service and Rosemary wants to leave as well after many years of service and commitment.

If you are surprised by this decision, remember that I have stated that we are only as strong as the willingness of our members to do the volunteer work. So, October will see the last Knapsack because NO ONE has volunteered to continue its long and valued history. What will follow will be determined once we know if anyone is going to be moved by this outcome. For those of you who receive a hardcopy, a portion of your \$8.00 will be refunded to you. And for those of you who do not have email, I apologize. We will see what happens in response to the Board's decision. Again, I regret

having to do this, but without co-editors there cannot be a Knapsack. And the Board is tired of having to ask the membership for a person and now two to take over. It's your Club, you can determine the Knapsack's fate by what you choose to do or not to do.

Dear CCHC Members who do not have email: I want to let you know that besides my apology to you in the formal President's Message, you will not be forgotten. The Board will have a plan to get the necessary information to you. I suspect that we can use texts, snail mail, telephone calls, alerts through CCHC friends who do have email. Whatever is relevant to the situation, you will be kept up to date.

Stew Perlman

SAVE THESE DATES

- **September 18-22, 2023: CCHC Outing to Columbia River Gorge & Silver Falls State Park.** For details see flyer in the May Knapsack or on the CCHC website www.contracostahills.org under Hike Schedules, Outings.
- **Wednesday, December 6:** Holiday Luncheon at Mona Lisa Mare e Monti in North Beach. More information will follow.



A HEARTY WELCOME TO OUR NEWEST MEMBERS

Linda Vida of Martinez
Shahla Varrall of Berkeley

OPEN HIKE DATES JANUARY TO MARCH, 2024

The deadline for submission of hike descriptions is October 31, 2023.

Open Thursday Hikes: January 4, 11, 18, and 25; February 1, 8, 15, 22, and 29; March 7, 14, 21, and 28.

Open Sunday Hikes: January 7, 14, and 28; February 4, 11, and 25; March 3, 10, 17, 24, and 31.

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



FROM THE CONSERVATION COMMITTEE:



There are over two dozen nonprofit environmental organizations that CCHC supports through donations to Conservation. One of these is the Solano Land Trust. A few CCHC members were privileged to have had a docent led tour of the Patwino Worrta Kodoi Dihi Open Space Park (pronounced Put.win.no War.klaw Kaw.doy De.he) by Steven Chun in March 2023. It was a magical day when Steven led us through the beautiful volcanic formed land that had multiple wildflowers in bloom and gave a dedication to the Patwin people. This Park has been 10 years in the making and is available for visits currently only by reservation with a docent. However, after its funding goal is met it will be a public park open to all with miles of trails which include an already dedicated section of the Bay Area Ridge Trail. CCHC is contributing towards this goal.



THE KNAPSACK DAYS ARE NUMBERED!!

Volunteer(s) needed to take on the co-editor position for monthly Knapsack. Unfortunately, if no one steps forward, the final edition of the Knapsack will be October 2023. If you are interested, please contact one of the current editors: Silvia Akinaga sakinec@aol.com or 510-237-0851 or Rosemary Johnson compasros@comcast.net or 510-948-8385 who will be glad to answer any questions you may have and will work with new editors as they transition into the editor position. As a bonus CCHC will pay for software needed for this position.



OK, WHAT IS THERE TO DO IN AUGUST?

If you are wondering...following is a selection of things to do and celebrate this month. My favorites are Aug. 3, 6, 10, 15 and 27 but surely you will find a few days that will make you smile.

- August 1:** National Mountain Climbing Day
- August 2:** Dinosaurs Day,
- August 3:** National Watermelon Day
- August 4:** National Chocolate Chip Cookie Day
- August 6:** Wiggle Your Toes Day
- August 8:** International Cat Day
- August 10:** National Lazy Day
- August 11:** Play in the Sand Day
- August 13:** International Left Handers Day
- August 15:** Chant at the Moon Day
- August 17:** National Black Cat Appreciation Day
- August 19:** Orville Wright's Birthday
- August 20:** National Lemonade Day,
- August 22:** National Senior Citizens Day
- August 24:** Strange Music Day,
- August 26:** National Cherry Popsicle Day
- August 27:** National Just Because Day
- August 30:** National Toasted Marshmallow Day
- August 31:** National Trail Mix Day

CCHC CONTRIBUTIONS

The Contra Costa Hills Club Officers and board extend their thanks to the following members who have generously made contributions to the club since those listed in the January 2023 Knapsack

December 2022

Holiday Luncheon

Ray & Marie Alberti
Connie Gee

January 2023

Conservation

Lois Switzer
Barbara Mow

February 2023

Conservation

Beryl Vonderheid

March 2023

Spring Luncheon

Anita & Jerry Ford

Conservation

Anita & Jerry Ford

April 2023

General Fund

Marie & Ray Alberti
Dexter Barker & Rita Poppenk
Mike Branning & Susan Hilgendorf
Gene & Rae Cecchetti
Ching Chiu
Liz Parker
Fran Ternus
Angela Toy
Florence Yokoi
Joye Wilson
Phyllis Josi

Conservation

In Memory of Carol Matthews

Doug & Georgette Armstrong
Darlene Choy
Jo Anne Schultz

Conservation

Silvia Akinaga
Doug & Georgette Armstrong
Kathleen Fennelly
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Tsunfeng (Mary) & William Huang
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Roberta O'Grady
Stew & Audrey Perlman
Sylvia Saunders
Carol Savio
Beryl Vonderheid
Miu Wan
Sonja Wilkin
Phyllis Josi

Holiday Luncheon

Doug & Georgette Armstrong
Dexter Barker & Rita Poppenk
Patricia Derickson
Stew & Audrey Perlman
Kathy O'Toole & Herb Yonge
Miu Wan
Phyllis Josi

Spring Luncheon

Dexter Barker & Rita Poppenk
David Jadeson

Spring Luncheon continued

:Yvonne Moss
Kathy O'Toole & Herb Yonge
Lucy Perdichizzi
Stew & Audrey Perlman
Carol Savio

May 2023

General Fund

Diane Barde

Conservation

Sue Elliott
Susan Ginsky
Dorothy Kaplan

June 2023

Holiday Luncheon

David Jadeson
Jerry Ford, Frank Martin
& Stew Perlman

Spring Luncheon

David Jadeson
Jerry Ford, Frank Martin
& Stew Perlman

Conservation

Jerry Ford, Frank Martin
& Stew Perlman



IN THE HIKERS' FOOTSTEPS



View of Bay Bridge—Sylvia Kwan

Thursday, June 15, 2023

Annual Picnic

Leaders: Jerry Ford, Sylvia Kwan, Frank Martin, Stew Perlman & J.J. Libbon

Before many of you had awakened, Frank, Jerry & Anita, Jon & Suzy, Sylvia K., Sets, Steve Landon and I were setting up the picnic site at Fremont's Central Park/Lake Elizabeth for the arrival of ~eighty CCHC members and friends who would later indulge themselves with a variety of deliciousness. After most of the picnickers arrived from a one-mile hike from Fremont BART Station,



we gathered in our traditional circle and soon set off in two separate hikes. Jerry led the hike around the lake and Muskrat Trail, and Sets led the shorter trip around Lake Elizabeth. Of course, by the time the hikers arrived back at the picnic site with an appetite, there were hamburgers,



tilapia, hotdogs, portobello mushrooms and bell

peppers to enjoy. Also potato salad provided by Anita; fruit salads prepared by Sets and Audrey; hot links brought by Dexter; coffee by Wanda; chocolate cake baked by Patricia and other dessert-like items. Thanks for your generous donations which go to the Conservation and Social Committees. It was another CCHC event most worthy of a dedicated and valuable organization.

Stew Perlman

Hike circle - Laurie Lau; Party time, Picnic organizers - Sylvia Kwan



Sunday, June 18, 2023

Summer Solstice Hike at Tilden

Leaders: Sophia Garcia & Collette Cussary

On Sunday, Father's Day, 20 hikers circled up eager to walk the trails in Tilden Regional Park. For a change, it was a sunny and cool morning. We shared Sophia's cake, our morning treat, and began our hike on the Selby Trail, near the Brazil Building, until we reached Grizzly Peak Trail. A few spring flowers were still in bloom such as monkeyflower, poppy, euphorbia, Ithuriel's spear, and now plenty of different grasses, poison oak, and hemlock.



After heading up and connecting with a fire road, we crossed South Park Drive to get on Vollmer Peak Trail which eventually took us down to Laurel Picnic Area, our lunch destination. Finding that this spot had been reserved, we picked a grassy area off to the



side to enjoy lunch. Then, we were off again by way of Golf Course Trail, so

named because it is near the Tilden Park Golf Course, but one cannot see it, you only hear the sound of balls being hit. We connected with the Redwood Trail which is so beautiful to be able to walk under the trees and on soft ground. Finally, we got back onto the Selby Trail and to our cars. This 6-mile hike was so well chosen with its varied terrain. It was named



"Summer Solstice Hike" because summer solstice, the longest day of the year and first day of summer, was to occur 3 days later. Thank you, Sophia and Colette, for planning and leading this hike. It was a lovely day.

Dorothy Kaplan

Matilija poppy - Sylvia Kwan; Wild rose, Lunch spot, Under the redwoods - Laurie Lau

Thursday, June 22, 2023
Downtown Berkeley to Berkeley Rose Garden Loop
Leaders: Lois Switzer & Angus Powelson

We started downtown at the BART station. Wandered up through campus. Visited the Hearst Mining Building. We



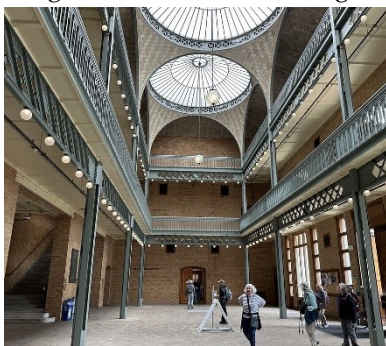
were then lucky enough to visit the mine that is adjacent to the building- we able to view through a locked gate.



Later, on our walks we met this cute couple.



We then climbed up a bit. We passed the Bernard Maybeck collection of homes.



Then arrived at the Rose Garden, where lunches were enjoyed. After the hike, a group of about 8 souls got permission to break off to visit the historic

Cheese Board and bought goods there. No photos exist of that event. The cheeses were good.

Angus Powelson



Hearst Mining Bldg., Lois at the door, Interior, Rose Garden - Laurie Lau; Cute couple, Maybeck house - Angus Powelson; Group picture - Sylvia Kwan



Sunday June 25, 2023
Briones Regional Park
Leaders: Colette Cussary and Diane Cannon

On a beautiful day with a cool breeze, we met at Alhambra Creek Staging area in Briones Regional Park.

On this outing we welcomed a new member to the CCHC, Marsha Maslan. Marsha has hiked a lot in the North Bay with friends so we're excited to have her hiking with CCHC. We were also joined by Arti, who was visiting California from Oregon and because she misses this area so much wanted to join us on a hike.



We started earlier than usual to try and get 9 miles with an elevation gain of 1900' in before it became too hot, and we accomplished our goal! We started our hike next to the creek surrounded by trees giving us plenty of shade and lots of tree roots to carefully step over. We then continued to a clearing that opened



up to a meadow where we followed a single-track path to a surprise.

Ahead of us we saw intertwined

branches about three feet high making a circular protected barrier around a secret labyrinth. After a few quiet moments enjoying walking the labyrinth we continued up the creek and on to Mott's Peak for the "high" point of the day and the best views ever. Lunch was at Maud Whalen



camping area where there was shade and picnic tables and we watched barn swallows swoop in and out of a covered building and Diane make bubbles from her bubble stick.

On the hike back we enjoyed seeing the Sindi-cich and Maricich Lagoons still full of water, and on Orchard Trail watching two labs jumping in and out of a pond retrieving sticks and cooling off.



Diane & Pam carefully crossing creek, Walking a labyrinth, Stunning view, Lagoon - Laurie Lau

Collette Cussary

Thursday, June 29, 2023
Westlake/Lake Merced/Fort Funston
Leaders: Jan Proudfoot & Fran Leighty

Jan gave a history of the Westlake district of Daly City, developed by Henry Doelger in 1947. There are assorted home-styles, each painted differently, with individual embellishments. Photos and video at: <https://www.kqed.org/news/11882379/how-daly-city-became-one-of-the-most-densely-populated-cities-in-the-country>. Jan and Fran led the group to see the homes. The coastal weather was a delight to hikers who came from hotter inland areas.



Here are some highlights of the hike: The site of the 1859 duel between Justice Terry and Senator Broderick; Beniamino Bufano statues "Penguin's Prayer" and "Peace"; rest stop at a large senior center; lunch at picnic tables under trees near the lake; shots heard from a police department gun range, tall stairway at Fort Funston; ocean views from a deck surrounding a WWII bunker; hang-gliders being prepared for flight. Then, some of the group opted for an earlier bus back to BART. Others continued along the lake and saw a new boat launch; watched high schoolers loading a racing boat onto a rack; checked out Harding Park Golf Club House; saw lots of golfers on the greens. They met a "character" wearing a mock Super Bowl ring; crossed a bridge for a beautiful view of the lake; saw an equestrian statue with Juan Bautista de Anza; then caught a bus back to Balboa BART.



Special items: A five-year-old girl gave free hugs to Stew and Patricia; the people at the senior center were helpful and kind; the hikers met "Hoku" an Akita dog. Sylvia asked a man to take the group photo — he turned out to be a professional film-maker!

Linda Malm



Westlake homes - Laurie Lau; "Penguin's Prayer", steep beach stairs, group photo - Sylvia Kwan

Sunday, July 2, 2023
Shade and Riparian Habitat Hike
Leaders: Sophia Garcia & Marilyn Vihman

Today was a great day for a hike. The Contra Costa Hills Club group showed up at The Little Farm parking lot and the group seemed excited about the walk around Tilden Park and Lake Anza. Lake Anza is approximately 800 ft. in elevation. We walked along the path close to the Nature Center and stopped at Jewel Lake for some pictures. Jewel Lake had been built in 1921 and due to the drought was dry up until last winter's rains. We proceeded to walk around Jewel Lake and spotted some turtles resting on a log and heard birds chirping their songs.



We hiked around Lake Anza and the shrubbery along the hiking trail was very green, not a dry bush in sight. We saw some beautiful flowers along the hiking trail. I informed the hiking group about an old car wreckage that once was in the ravine near the hiking trail. However, the old car wreckage was no longer there which is a good sign. The stream ravine along the Lake Anza Trail looked very peaceful and tranquil to watch. I stuck my finger in the water of the stream and the water was very cool.



While I was talking to Laurie on the hike through the Lake Anza Trail, she spotted an interesting piece of nature art along the trail. There was a rock shaped like a dinosaur egg glued to a tree along the Lake Anza Trail.



After lunch, we headed back to the Little Farm. The weather was nice and the air had a cool breeze around the Tilden Park area. All in all, it was a beautiful day of hiking at Tilden Park.

Ryan Stearns

Little Farm animals, Lake Anza swim area - Laurie Lau; Crossing Wildcat Stream, Group photos - Sophia Garcia



Thursday July 6, 2023
San Francisco, Chinatown to the Presidio
Leader: Kathryn Rato

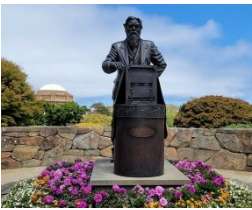
Sunday, July 9, 2023
Berkeley Elmwood District
Leader: Lucy Perdichizzi

Kathryn met hikers at Hallidie Plaza near the cable cars. She wore a red hat donated by Sylvia, so she was easy to spot in a crowd. Kathleen volunteered to sweep. They



headed toward Chinatown and went by tantalizing bakeries, butcher shops, and restaurants.

In North Beach there were more temptations with an Italian flair. Uphill they went, then down along the streets of Cow Hollow, heading toward the Presidio. Near the Lucasfilm building



were statues of pioneers in motion pictures (Eadweard Muybridge) and television (Philo Farnsworth). There was a statue of Yoda from Star Wars. Lunch was by a pond with a water fountain, plenty of benches, and lots of friendly ducks. Later they started up the famous Lyon Street Stairs. They



passed the home of Dianne Feinstein with a decorated heart statue in the front yard. Kathryn



took the group through a three-block part of Pacific Heights known as "Billionaire's Row." Sunshine broke through the clouds and the views below were spectacular: Fisherman's Wharf, Ghirardelli Square, Alcatraz, and Marin across the bay. There were major restoration projects going on



Artwork at Rose Pak Station; Statues of Muybridge and Farnsworth, Yoda Fountain, View of Alcatraz & Angel Islands - Sylvia Kwan

throughout the wealthy neighborhood. Huge trucks, crews on rooftops, pieces torn out of walls so large you could see through to the bay below. The hikers ended up at Nancy Pelosi's house.

There were two police cars on guard outside. Another decorated heart statue was in front of the house, similar to Feinstein's. No matter how many times you visit San Francisco, there is always something new to discover.

Linda Malm

A cheerful group of twenty-two met at Ashby BART, walked up Ashby to College Avenue and officially began our hike through Berkeley's Elmwood District, east of College and north and south of Ashby. The name comes from Elmwood Park, a tract of land with elm trees, developed in 1905. Notables who once lived around here are Bill and Hillary Clinton, Eldridge Cleaver, and the Unibomber. In this district are many craftsman homes designed by Julia Morgan, Bernard Maybeck, William Wurster, and Leola Hall. Leola Hall, one of a few women architects and an outspoken suffragist, has at least ten of her designs in Elmwood of which we saw one.

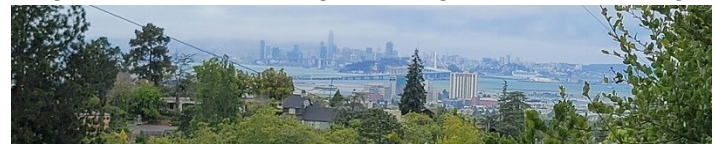


The first climb (51 steps) was up Pine Path to Avalon Avenue. Then Avalon Path went down to Palm Court. On our way to Garber Path, (50 steps), we passed a large



house in which Karen (one of our hikers) had lived years ago, built the fence and planted the now very large redwood in the yard. Garber Path came out to very large homes with beautiful front gardens with flowering plants.

Going around Monkey Island we headed up to busy Claremont Blvd. and, with the help of Sylvia stopping traffic, we crossed safely. More beautiful, large homes to see as we got to Tanglewood Path, a long



David descending one of stairways, Julia checking a Little Library, View of the City, Tanglewood home - Sylvia Kwan

sloping path leading up to the entrance of Claremont Canyon Regional Park and a view of San Francisco and Golden Gate Bridge.



Our final path, Oak Knoll, descended back to Russell St. and then to Ashby and College. Most of us walked to Whole Foods and ate lunch seated at the outdoor tables. Thank you, Lucy, for planning and leading this hike. You opened our eyes to the beauty of Berkeley's Elmwood.

Dorothy Kaplan

**Thursday, July 13, 2023
Alameda Architecture**

Leaders: Roberta O'Grady, Jan Proudfoot & Ina Soo-Hoo

Under blue skies, a mild cool breeze and comfortable temperatures, twenty-four hikers gathered at Jean Sweeney Park for what would be a most informative hike through several Alameda neighborhoods looking at a variety of homes built in the late 19th century and early 20th century. Ina Soo-Hoo was our narrator as she told us about the



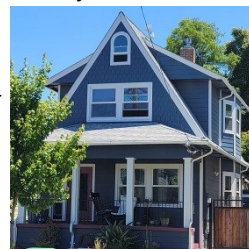
different architectural styles that each house displayed. She let us know about the features of the homes we stopped to view, along with when they were built and how much they cost. We saw homes that were built from 1878-79 to early 20th century. There were houses that were



Italianate, Eastlake, Queen Anne, Dutch Colonial, Italian Renaissance, English Manor House, Colonial Revival, Carpenter Gothic. We even came upon Roberta O'Grady's former home that had been transformed from when she lived there. Many of the homes



were graced with colorful, attractive gardens while a few needed major repairs. We had lunch in shady Franklin Park before we continued onto the



second half of the hike. Fortunately, there was no quiz at the end of the journey as there was so much to absorb. We want to thank Jan Proudfoot for providing the information that Ina presented and Roberta for also leading. Imagine if you lived back then, all you needed was \$2500 for the more



modest abodes. However, the grand Manor House with an enormous lot would have cost more. Alameda neighborhoods are truly a Bay Area gem.



Stew Perlman

Queen Anne with tower, Italianate, CCHC viewing a row of fancy homes, "Cottage", High basement, Roberta's old home, Hikers learning about Bay Area history and architecture from Ina on the left- 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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