



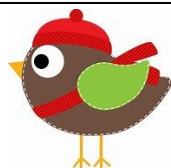
**THE CONTRA COSTA HILLS CLUB**  
**PO Box 2056, El Cerrito, CA 94530**  
**Website: [www.contracostahills.org](http://www.contracostahills.org)**

FIRST CLASS MAIL

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



**December 2022**



# **KNAPSACK**

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

## PRESIDENT'S MESSAGE:

By now, you have probably finished your Thanksgiving Meal leftovers and perhaps ready to move on to the Holiday Season. In any event, I hope you had an enjoyable time shared with family, friends, or watching a plethora of sporting events. In case you have not sent in your check for the Holiday Luncheon, please remember to take care of it. Thank you to Lucy Perdichizzi for arranging the annual event.

I want to thank the Conservation Committee for the upcoming improvements to the Club's website as it relates to conservation issues. We are a hiking and social club, but preserving and improving our environment is an integral part of who we are. And thank you to those of you who have generously donated to the Social Committee to help keep the luncheon price a bit more reasonable.

Please enjoy the Holiday Season as you prepare for the customs, traditions, and rituals

you and your family celebrate. It is a time to be grateful and don't let the increasing commercial "noise" overwhelm you. Get outdoors and join your fellow hikers for a time to reflect, to converse, and to move.

Stay well,  
 Stew Perlman

*Happy Holidays*

## **SAVE THIS DATE**

- **Monday December 12 -Holiday Luncheon,**  
 Details in November Knapsack

**RSVP BY DECEMBER 7** to  
 Lucy Perdichizzi  
 6 Captain Drive, Unit 235  
 Emeryville, CA 94608  
[lucyperd@sbcglobal.net](mailto:lucyperd@sbcglobal.net)  
 (preferred) or text to  
 to 510-410-1285



## A MESSAGE FROM NOMINATING COMMITTEE CHAIR CAMERON MITCHELL OPEN POSITIONS FOR 2023

The Nominating Committee and the Board is seeking volunteers to serve in open positions beginning in 2023, after the March Annual meeting. Three important positions remain available for your participation. We need a Director, which is an elected position, as well as two volunteer positions: Knapsack Editor, and an additional member for the Website Group which maintains our website. The slate of Board officers are announced at the January Board meeting per club bylaws. We are hoping to have all positions filled by mid-December.

**DIRECTOR:** Assist the Board as needed. Attend monthly meetings, participate in discussions, and help decide the Board's actions. The position can be filled by an experienced member or a new member who is interested in the administrative side of CCHC.

**KNAPSACK EDITOR:** A team of two members shares production tasks. One person assumes responsibility for hike write-ups and hike photos. The other person primarily does page layout, manages requests for printing submissions relevant to the general membership, prints humorous or interesting quips when space allows - just to name a few examples. They use MS Publisher and share the work in process with each other and recognize the value to the club of fresh ideas and ways of doing things. If you are interested, look at the job description on the CCHC website ([www.contracostahills.org](http://www.contracostahills.org)), click on Membership, then Job Descriptions and scroll down to Knapsack Editor. Please contact either Silvia Akinaga [sakinec@aol.com](mailto:sakinec@aol.com) or Rosemary Johnson [compasros@comcast.net](mailto:compasros@comcast.net) if you have any questions or would like to find out more about the editing process. Both current editors are willing to work with whoever volunteers to take up this position to help get them started.

**WEBSITE GROUP MEMBER:** The CCHC website consists of four members with the computer skills to make updates, corrections, and improvements at the request of the Board as needed. One member is moving away. Someone to fill that vacancy is needed. They create a schedule with designated blocks of time when a member assumes primary responsibilities.

We know our hikers, new and old, have skills and talents to support the club organization in many ways. We would love to hear from you!

The club website includes descriptions of all board positions and committees under the Membership tab. If you are interested in volunteering or have questions, please contact Nominating Committee Chair, Cameron Mitchell at 510-725-9598 or President, Stew Perlman at [stewiep@aol.com](mailto:stewiep@aol.com) or 510-999-1706

### OPEN HIKE DATES APRIL TO JUNE 2023

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

**Open Thursday Hikes:** April 13, 20, and 27; May 4, 11, 18, and 25; June 1, 8, 15, 22, and 29.

**Open Sunday Hikes:** April 9, 16, and 23; May 21, and 28; June 4, 11, and 25.

**For Thursday hikes contact:** Jim Baranowski, 925-577-1022, [Brnw\\_th@yahoo.com](mailto:Brnw_th@yahoo.com)

**For Sunday hikes contact: Marilyn Vihman:** 510-708-3853, [marilyn.vihman@york.ac.uk](mailto:marilyn.vihman@york.ac.uk)

**Two 1st Quarter 2023 Thursday hikes remain open – March 31 and 30. Your hike schedulers welcome suggestions.**

**If you would like to lead a hike on one of these dates, please get the description in as soon as possible.**



# San Luis Obispo Overnight Outing

Leaders: Ed Osada, Lorena Kai, Lynne Vogensen, Jamie Watson, Rosemary Johnson & Helen Johe



## Monday, October 17, 2022

### Point Buchon Trail



A sunny Fall Day awaited the 25 CCHC hikers who gathered at Montana de Oro (Mountain of Gold) State Park in San Luis Obispo. Helen Johe, Lynne Vogensen, and Jamie Watson led hikers for six miles on the Point Buchon Trail overlooking the ocean. The Point Buchon coastline is a Marine Protected Area and home to many species of marine wildlife, including seals spotted frolicking in the waves. Flocks of brown pelicans dived and fished near the beach. Monarch Butter-



flies were in abundance.

Afterwards, hikers visited the El Moro Elfin Forest Natural Area - a 90-acre preserve overlooking Morro Bay and featuring Pygmy Oak trees.

Karen Arntzen

SLO Leaders, Arch, Elfin Forest boardwalk - Karen Arntzen  
Coon Creek Beach, Brown pelicans - Noël Siver



## Tuesday, October 18, 2022

### Felsman Loop & Bishop's Peak

Day Two of our trip, 25 hikers met at the base of Bishop's Peak, off of Patricia Drive. It is the tallest of the Nine Sisters volcanic morros stretching across SLO. The iconic mountain has a rocky crown shaped like a bishop's miter. Here the group broke off into two. Eleven hiked the Felsman Loop Trail that traversed the hill along a wide dirt trail that passed in and out of shaded forests along the way. It clocked in at approximately 2.8 miles with a 565-ft elevation gain.



The second group of 14 continued to climb up the rocky single-track Summit Trail consisting of approximately another 2 miles of switchbacks. The trail to the 1559-ft summit provided extraordinary panoramic views over the city and nearby peaks. The southern sun-exposed mountainside was especially demanding with the temperature reaching 83 degrees by end of day, but was rewarding to get to the top! The occasional breezes along the way, water and the shaded oak forest back at the bottom were our greatly appreciated amenities. That hike kicked my #### but I'm glad that I did it!

Pam Littlejohn



Bishop's Peak - Karen Arntzen; Felsman Loop hikers in shady grove - Noël Siver

## Wednesday, October 19, 2022

### Coon Creek Canyon Loop

This hike was shortened due to heat. However, 15 of us braved the 3.5 mile, 500' gain/loss trail, and were rewarded with lovely scenery and a nice ocean breeze. We passed many sedimentary rock formations and had fun identifying countless flowers, plants, and trees along the way. Jo Anne regaled us with her imitation of the musical wren tit. Very impressive, indeed! Hills marched away to the east, while ocean views followed us from the west as we made our way to the top. Then we zig-zagged down, down, down into cool, shad-



Coon Creek Canyon - Lynne Vogensen



ed Coon Creek Canyon. Crossing a bridge or two, we passed horsetail ferns, blackberries and, our favorite, poison oak! We came out of the canyon in bright sunlight, but found a lovely, huge bay tree to enjoy lunch under. Its spreading branches provided enough seats for each of us. Since the day was still young, we all took off to explore more of the San Luis Obispo area. Thanks, Ed and Lynne, for a great hike. Diane Cannon

### Wednesday, October 19<sup>th</sup>

### Bluff Trail

Seven hikers chose to do an out and back 3- or 4-mile hike on the Bluff Trail. In high eighty-degree weather, the flat path

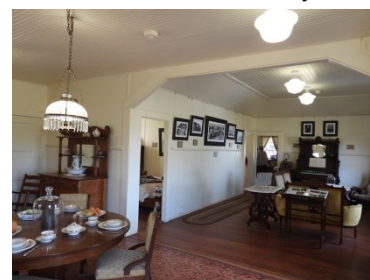


that closely followed the shoreline offered ocean views with an occasional welcome cooling marine breeze. Pelicans and other birds searched for tidbits in the waves. Three surfers enjoyed the breaking 4–5-foot waves. Small groups of dolphins roamed the surface of the water bobbing in and out to our delight.

On land, Monarch Butterflies fluttered in and out of coyote brush flowers on their migration to Pismo Beach. Brown lizards scurried across the path to the base of protective bushes. The geographical formations below the bluff were beautiful multi-layers of beige and brown rock. The strong surf had carved out inlets, one with a tunnel for water to pool within a

large hole. Beauty surrounded us in the rock of the bluffs and the roiling surf below.

Several of us backtracked to Spooner Ranch House for lunch on its porch in the shade. The museum is unique in that patrons are allowed to gently touch all the antique furnishings rather than just observe from a doorway. Cameron Mitchell



Surf & rocks, Museum interior - Noël Siver

## CCHC Outings trip Pinnacles National Park April 2-5, 2023

*Sign-ups open Jan. 3-17, 2023*



The CCHC Outings Committee will take sign-ups **January 3-17, 2023** for a hiking trip to Pinnacles National Park in the spring.

Pinnacles is a scenic national park located near Hollister. As described on its website [www.nps.gov/pinn/index.htm](http://www.nps.gov/pinn/index.htm) “Some 23 million years ago multiple volcanoes erupted, flowed, and slid to form what would become Pinnacles National Park. What remains is a unique landscape. Travelers journey through chaparral, oak woodlands, and canyon bottoms. Hikers enter rare talus caves and emerge to towering rock spires teeming with life: prairie and peregrine falcons, golden eagles, and the inspiring California condor.”

A Sunday hike at Coyote Lake-Harvey Bear Ranch County Park in San Martin is planned for a pre-check-in option. A short 3.3 miles, 300’ elev. gain warm-up.

We will be taking *moderate to strenuous* hikes on Old Pinnacles Trail to Balconies Cave (5.3 miles out & back, 500 ft. elev. gain), High Peaks-Condor Gulch Loop (5.6 miles, elev. gain 1,600 ft), and Bench Trail to South Wilderness Trail (5.2 miles out & back, 200 ft elevation gain). A group dinner is planned for Tuesday evening.

Trip leaders are Dorothy Bradt, Lynne Vogensen, Diane Cannon and Rosemary Johnson. Sign up by texting (preferred) or calling Lynne at 925-899-4030 *only during the sign-up window* of **January 3-17, 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 for Outings at <https://contracostahills.org/membership.html>)





# IN THE HIKERS' FOOTSTEPS



## Sunday, October 20, 2022 Aquatic Park to the Presidio, Part II Leaders: Fran Leighty & Dorothy Bradt

## Sunday, October 23, 2022 Briones Regional Park Leader: Mark Petrofsky

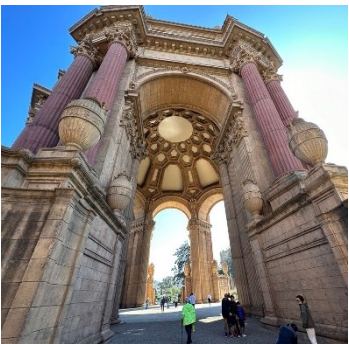
While three hikers left our hiking group the rest of us continued on our way to the beautiful and historic Palace of Fine Arts. We found two benches near the grand dome and sat down to eat our lunch. After we satiated ourselves, we crossed the busy street that led us to the Presidio. We strolled through the Industrial Light and Magic campus



where Fran directed us to the statues of Mui-bridge and Farnsworth, the inventors of cinema and television respectively. Then we headed to Starbucks and on to the bus stop to catch the #45 to return to Market Street and BART to return home.



One could not have asked for more lovely weather. San Francisco has had its problems lately, but a hike along the SF Bay is a sure way to be reminded of its beauty and incredible views. Thank you to Fran and Dorothy for a splendid hike.



In the Maritime Museum, Wave organ, Black Point Historic Garden, Palace of Fine Arts - all photos by Laurie Lau

Bay view from BPH Garden (header)  
Stew Perlman

This beautiful park is named for the widow of Felipe Briones, Maria, who petitioned Governor Alvarado in 1842 for a grant to the land that they occupied. In 1870 the land was sold, and in 1909 the Peoples Water Company, now East Bay Municipal Utility District, purchased the land for watershed protection.



Briones Park was established in 1967. Seven hikers met our leader at the Bear Creek Staging Area. We followed the Seaborg Trail, where we spotted a wood rat's nest, up to Briones Crest Trail. We climbed approximately 1433 ft. feet over the day and were rewarded with lovely views of Mt. Diablo and the Berkeley Hills, and, in the distance, Mt. Tamalpais.



Mt. Diablo from Seaborg Trail, Benicia from Briones Crest Trail, Seven intrepid hikers - Laurie Lau

We followed Briones Crest Trail to Table Top where we could view Walnut Creek, Martinez and the Benicia

Bridge. Table Top Trail took us back to Briones Crest Trail. Here we found a pleasant lunch spot under some magnificent oaks just off the trail. Our descent was by Old Briones Road, for a total of approximately 6.2 miles. There were cows grazing along Old Briones Road with an interesting sign near their pasture. They are brought to the park, with a lease until 2060, to reduce the risk of fire.

They also encourage the growth of native grasses and flowers. We thank Mark for this challenging hike, and we enjoyed all his delicious treats.



Roberta O'Grady



Thursday, October 27, 2022

Catered Lunch

Leaders: Patricia & Nidhi Derickson, Karen Arntzen and Diane Barde

Twenty-nine hikers circled up at Pleasant Hill BART, then Karen led us across I-680 and up Oak Park to the new Pleasant Hill Library. When completed recently, more than 3000 visitors attended the grand opening. We were



given 15 minutes to explore the facility then proceeded up hill to the Contra Costa Canal Trail. A short detour on

Boyd Road took us to Karen's house where we were treated to refreshing lemonade. Half of the group gathered on the Arntzen patio while others climbed the stairs to their meditation garden, set in the tall trees. Karen and Val had the house decorated for Halloween, including a life-size skeleton relaxing on a chaise lounge on the patio. We returned to the canal trail and headed North and eventually found our way to Patricia's house where we joined about ten others that went directly to the catered lunch. The leaders graciously provided Togo's sandwiches, cookies, chips and drinks. This event is always popular because we see members who no longer hike with us, like Ron and Sara Van Dette. The hike ended up being slightly more than four miles.



Jan Proudfoot looks happy to explore the new Pleasant Hill Library, exotic Bolivian begonia in Karen's garden - Laurie Lau

Jerry Ford



Bundled hikers, Carquinez Strait and Bridge, Fall color against the blue water & sky - Helen Johe

Sunday, October 30, 2022

Benicia to Glen Cove, Vallejo

Leaders: Diane Cannon & Robin Dean

A well-bundled group of chatty hikers, fortified by cookies provided by Robin, left the water's edge of 9th Street Park heading to Matthew Turner Shipyard Park, passing Halloween-



decorated homes and interesting new construction. Upon arrival at the entrance to the park, Roberta shared a brief history of

Matthew Turner Shipyards and a connection with her shipbuilding ancestors of the late 1800s. Walking along the Bay Trail and Bay Ridge Trail enjoying the views of the strait, hikers soon shed layers of clothing as the sun chased away the chill. An egret, sailboat, cargo-towing tug, cormorant and ducks swimming were sighted as we



perambulated to Benicia State Recreation Area. Shortly after our arrival, we were treated to the silent efforts of our budding balladeer and her impromptu lyricist as she sat under the tall Toyon tree. Surely, we will hear more in the future.

High above the strait with views of the Carquinez Bridge, Fran pointed out Eckley Pier across the way where she has led hikes that many have enjoyed. Onward we trod to Glen Cove, making way for cyclists, we passed signs of Fall with splotches of red on the landscape (not poison oak I hope). At Glen Cove, hikers stopped for a well-earned lunch break as hiking/walking, chatting and scanning the horizon is hard work. The restful ambiance of the shimmering water, sunning ducks on the rocks, warmth of a shaded picnic table and interesting conversation was hard to leave as we packed up to begin our journey back.

It was a great 9-10-mile hike on a perfect day suited to our fast and not so fast hikers! Thank you to our leaders.

Helen Johe



Thursday, November 3, 2022

San Francisco Hike

Leaders: Kathleen Clarkson & Fran Leighty

The hike began in front of the Santana mural at 24th Street and Mission. The sun was bright, the temperature pleasantly cool. Kathleen showed the hikers more murals on 24th Street, and down Balmy Alley. On Harrison Street



community organizers were offering Covid testing. They also organize the annual Carnival Parade and Festival coming up on May 27-28, 2023. Next was a big treat -- hiker Julia initiated an invitation into the studio of artist Sirron Norris. He gave a talk about the effect of the pandemic on public art. Norris also teaches art classes for young people. [www.sirronnorris.com](http://www.sirronnorris.com).

Kathleen and Fran took the hikers to the Potrero Hill and Dogpatch neighborhoods. The name Dogpatch is said to come from either the "dog fennel" plant, or possibly from dogs that formerly



roved in the area. The revitalized neighborhoods have become nice places to live. There are Victorian homes among modern apartment buildings with views of the bay and downtown skyline.

Another big treat was arranged by hiker Jamie -- a tour of the renovated 1917 office building of Bethlehem Steel -- currently occupied by "Restoration Hardware" -- an upscale furniture store and restaurant. The employees dressed like models, and the restaurant customers looked like movie extras. The hikers wore their usual hiking regalia. A video of the building can be seen at <https://rh.com/sanfrancisco>. At the end of "Angel Alley" they came upon the headquarters of the Hell's Angels. This time, the hikers were not invited inside. They headed back to BART along the waterfront. They passed yacht clubs, Chase Center, Oracle Park, and ended at the Ferry Building. It was a wonderful day.



Various Mission murals - Laurie Lau

Linda Malm

Sunday, Nov 6, 2022

Belvedere Stairways

Leaders: Lois Switzer & Linda Margossian

Seven brave souls went on the strenuous stairway hike on Belvedere Island. The day was beautiful, all cleaned up by the recent rain, and not too cold. Wonderful bay views



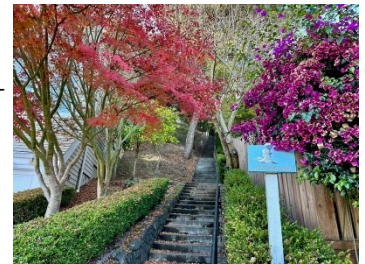
were had from various sides of the island. Flowers were still showing their colors, and various pumpkins and gourds in different colors and sizes decorated many porches, adding a very autumnal feel. The well-maintained stairways all had handrails to help the walkers going up and down. The stairways were announced with beautiful wooden



painted signs with different themes; sometimes boats, sometimes animals like raccoons or foxes, and sometimes with flowers. There were hidden charms along every path - like a carved bear in a tree that many saw.

Never before had we seen so many personal funiculars concentrated in one area. The houses, while mostly new, reminded hikers of houses in France or Italy.

Lunch was in the Community Park, and only then did the wind pick up and cause it to get cold. Big thanks to co-leader Linda Margossian who led an additional optional hike after lunch for about half the hikers. This walk went along West Shore Road where the houses on the



west side of the street still attracted attention, especially the ones on pilings with their boats suspended nearby ready to be lowered into the water. They provided a stark contrast to the steep cliffs across the street on the east side.

Lois Switzer

7th is the photographer, lower Woodland Lane, upper Woodland Lane, SF skyline over a garden gate, Tiburon Yacht Club - Laurie Lau





**Thursday, November 10, 2022**  
**Martinez History Tour & Marina Loop**  
**Leaders: Yvonne Moss & Sylvia Kwan**

Yvonne grew up in Martinez so she had a lot to share with the hikers. The water on the Carquinez Straight was smooth, the day cool and sunny. Martinez began as a ferry landing on the Mexican land grant of Don Ignacio Martinez. With the gold rush in 1849, Martinez became a boom town where people gathered before crossing the



straight toward the gold fields. The hikers saw one of the old steam-powered trains that ran through Martinez between 1878 and the 1950's. Martinez became known for fishing, and shipping grain and fruit. Shell Oil built refineries near the waterway. Martinez became the administrative seat and commercial center for the East Bay. However, in 1962 the building of the Benicia Bridge, and the skirting of highways 680 and 4 around Martinez,

threatened to isolate the town.

Instead, the community spirit of Martinez made it into the fascinating town it is today. It is still the seat of Contra Costa County. Amtrak has a depot there. The John Muir Mansion and Martinez Museum, which the hikers visited, are open to all. Bocce ball is very popular in Martinez. There is a marina for boaters. Historic buildings currently house antique stores, restaurants, an upcoming brewery, and attorneys' offices near the county courthouse. Near Starbucks, there



were colorful murals by the creek, memorializing local high school students who died. The hikers learned that Joe DiMaggio was born in Martinez, but moved to San Francisco as a young child. They also learned that the drink "Martini" originated in Martinez. The original 1874 recipe used gin, vermouth, and bitters. James Bond sometimes preferred a vodka version called a "Vesper." See: <https://www.thespruceeats.com/vesper-martini-recipe-760130> ...Shaken? Stirred? You decide.

Linda Malm

Martinez Museum. Historic mural in Post Office, modern mural at a coffee shop, portions of panoramic Mario Alfro II mural (probably in the wrong order) - Photos by Laurie Lau



**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 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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**Treasurer**

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**Hiking Schedule Editor**

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•Reyanne Freeman

•Lily Ho

•Fran Leighty

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•Reyanne Freeman

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