




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

FIRST CLASS MAIL

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



FEBRUARY 2020



KNAPSACK

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

PRESIDENT'S MESSAGE:

Although February is the shortest month of the year, perhaps it is the most important for our club in 2020 as we celebrate our 100th Anniversary on the 22nd. As a member of the 100th Anniversary Committee, I am aware of the extraordinary effort that has gone into bringing the upcoming luncheon celebration to fruition. There are a number of people who have been incredible regarding the luncheon, the historic hikes, the bench dedication, and a variety of related activities. I will do my best to acknowledge those club members at the celebratory event itself. We are most fortunate to have dedicated people who care about the club's success, perseverance, and future. By now, you should know the location, time, menu and other criteria regarding the luncheon. One hundred years in existence is truly special, and I hope that you are able to attend the festivities. Happy hiking.....

Stew Perlman

NOMINEES FOR 2020-2021 OFFICERS

The Nominating Committee, composed of Cameron Mitchell (Chair), Reyanne Freeman, Lily Ho, Liz Howell, and Frank Martin, proposes the following members for 2020-2021 officers. Nominations are also welcome from the membership, but be sure to have the proposed person's permission.

Officers will be voted on at the Annual Meeting and those elected will be installed at the Spring Luncheon on April 17 (see March *Knapsack* for luncheon details).

President: **Stew Perlman**

Vice President: **James Baranowski**

Treasurer: **Suzy Mark**

Recording Secretary: **Cameron Mitchell**

Corresponding Secretary: **Patricia Derickson**

Membership Secretary: **Connie Gee**

Directors: **Gino Bossetto**
Mike Branning
Chuck Browne
Anita Ford
Lois Switzer



UPDATED INFORMATION AND SIGN-UP INSTRUCTIONS

PLEASE JOIN US TO CELEBRATE
THE 100TH ANNIVERSARY
of THE CONTRA COSTA HILLS CLUB

SATURDAY, FEBRUARY 22, 2020

11 AM - 3 PM

Zio Fraedo's Restaurant

23 Harbor Way

Vallejo, California

SOCIAL HOUR / GUEST SPEAKERS / BUFFET LUNCH / LIVE MUSIC

RSVP **by email only** to

CCHC_100th_anniversary@yahoo.com

Starting January 17 until February 12, 2020

or until fully subscribed **SPACE IS LIMITED**

Lavish buffet includes appetizers, salads, fruit, beef carving station, chicken, fish, pasta, potatoes, rice, vegetables, dessert, soda/coffee/tea

Members \$ 29 Guests \$ 44

PLEASE RSVP **FIRST** BY EMAIL. When your reservation has been confirmed by return email, SEND CHECK MADE OUT TO **CCHC** TO:

Lucy Perdichizzi
6 Captain Drive, Unit 235
Emeryville, CA 94608

Checks must be postmarked no later than 3 days after you receive your return email confirmation.

RSVP's after maximum has been reached will be advised and put on a waiting list.

Public Transportation: From Del Norte Bart, take Red Line Bus to Vallejo Transit Center. Buses run about every half hour and take less than 25 minutes. Transit Center is one mile from the restaurant; shuttle offered by members from Transit Center.

Plenty of **free parking** for those who wish to drive.

Zio Fraedo's is known for its fine continental cuisine. With sweeping water views and a festive atmosphere, this is sure to be a memorable occasion.

Harold French: A Press Agent for the Hills by Noël Siver will be available for sale during the luncheon.



FROM THE CONSERVATION COMMITTEE

From the current CCHC website: “Few realized the need to set aside some of this land for public parks. None of the early conservation clubs worked to save local lands. Harold French, our founder, understood the need to preserve these lands as open space. With other leaders he founded the Contra Costa Hills Club as a **conservation and hiking club**. In 1934 his dream for the parks was realized. Under his leadership and with the work of our club and others, Tilden, Round-Top (now Sibley) and Temescal became Regional Parks; the system of Regional Parks for Alameda and Contra Costa Counties was established.”

One hundred years later CCHC continues this tradition of conservation by supporting more than two dozen environmental organizations that preserve and protect land and sustain the trails on which we hike. The Conservation Committee researches non-profit organizations and selects those that best fit the interests of our club. A good number of these organizations are small and local, among which are *El Cerrito Trail Trekkers* and *San Bruno Mountain Watch*, while others are large and regional, such as the *East Bay Regional Parks Foundation* and the *Golden Gate National Parks Conservancy*. Some organizations, including *Save the Redwoods League* and the *John Muir Land Trust*, purchase and preserve land for public use. Others, such as *California Oaks Foundation* and the *Marine Mammal Center*, specifically protect flora and fauna that are an integral part of our Bay Area’s ecosystem, while *Earth Justice* takes on polluters and despoilers through litigation.

By its support of these important causes, CCHC presents itself as a **model conservation and hiking organization**. Individual members can also show their commitment to the protection of the environment by making optional donations to the Conservation Committee. Checks should be made out to CCHC, with “Conservation” written in the memo portion of the check.



VICTORIA TRIEMER

Victoria, an El Cerrito resident and CCHC member from 1991 until 2014, passed away shortly after Christmas last year. An active hiker with the club, she also assisted with *Knapsack* mailing. Victoria also enjoyed many hikes along the bay with fellow CCHC hiker Jessie Santos. No services are planned.



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 6, 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, 13, 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

SAVE THESE DATES



- Saturday, February 22, 2020, **CCHC 100th Anniversary Celebration!**
- March 15, 2020—Annual Meeting
- April 5-8, 2020 Asilomar—see flyer in October Knapsack
- September 4-7, 2020 Oakland Feather River Family Camp, see Page 6 of this Knapsack for signup information
- December 9, 2020—Holiday Luncheon

***** CCHC MEMBERSHIP RENEWAL INFORMATION *****

February Reminder * 2020 Membership Dues**

CCHC Membership requires that dues be paid each year by April 1 — the beginning of the CCHC fiscal year. You can send a check (payable to CCHC) to Connie Gee, 1121 Brighton Avenue, Albany, CA 94706 prior to April 1, 2020 or you may bring your check (made out to CCHC) to our annual meeting on March 15.

All members will receive the *Knapsack* and quarterly hiking schedule via email *EXCEPT* for those who request a print edition and add an additional \$8 to their annual dues to cover mailing costs.

Dues:

- **\$25 per person (email version of *Knapsack* and quarterly hike schedule)**, or \$20 per person for two or more people at the same address. The cost for two members at the same address would be \$40.
- **\$33 per person (mailed print version of *Knapsack* and quarterly hike schedule)**, or \$20 per person for two or more people receiving one *Knapsack* and one hike schedule at the same address, plus \$8 to cover mailing expenses. For example, the cost of membership for two people at the same address would be \$48.

Many members enjoy making contributions to CCHC. Checks in excess of dues go into the CCHC General Fund (*Knapsack* mailing, meetings, CCHC luncheon subsidies, and miscellaneous expenses). If you wish to make a donation to Conservation, write a check out to CCHC with “Conservation” written in the memo portion of the check. The Board (upon advice from the Conservation Subcommittee) donates to various organizations that protect and improve places where we hike. A complete list of organizations supported by CCHC gifts in fiscal 2019 will be presented at our annual meeting. Any donations marked “Conservation” will be added to the amount we budget for CCHC gifts to those or other similar organizations.

NOTE: Dues checks will be deposited in April 2020

HONORARY LIFE MEMBERS

Each year, the Board extends Honorary Life Memberships to our friends that have been members of CCHC for 40 or more years. Honorary Life Members pay no dues. Each month they are emailed or mailed the *Knapsack* as a tribute to their longevity!

David Armstrong 1950, Alice Brockman 1975, Dan Brockman 1980, Pat Croft 1956, Helen McGregor 1974, Emily Sabath 1974, Betty Thornally 1980; Honorary Membership James French (Harold’s grandson)



HAS YOUR ADDRESS OR E-MAIL CHANGED?

NAME(S) _____

ADDRESS _____

CITY _____ ZIP _____ PHONE _____ EMAIL _____

Be sure to sign and submit the Contra Costa Hills Club MEMBERSHIP WAIVER AND RELEASE (page 5 of this *Knapsack* or on the CCHC website www.contracostahills.org under Membership Information) with your membership dues.

CHECK HERE FOR MAILED PRINT VERSION OF THE *KNAPSACK* AND HIKING SCHEDULE.
I have added \$8 to my membership dues.

Questions: Connie Gee—1121 Brighton Avenue, Albany, CA 94706, cbgee2014@yahoo.com or 510-528-3421

Contra Costa Hills Club MEMBERSHIP WAIVER AND RELEASE

I, the undersigned, understand that during my membership in the Contra Costa Hills Club ("Club"), and participation in Club activities, I may be exposed to a variety of hazards and risks, known and unknown, which are inherent in hiking activities. These inherent risks include, but are not limited to, the dangers of property damage, serious injury and death ("Injuries") as a consequence of participation in the Club and its activities. I acknowledge that Injuries can occur from trail conditions and other natural causes, or activities of other Club members, hike leaders, animals or third parties.

I acknowledge that a hike description provided by the Club may not exactly describe the hiking conditions, environment, or level of difficulty of a hike, and understand that I may need to exercise extra care for my own person and others around me while participating in a hike or other Club activity. I warrant that I am qualified to participate safely in any Club hike or activity in which I participate.

I understand that during Club activities there may not be rescue or medical facilities or expertise necessary to deal with the Injuries to which I may be exposed. I further understand that while participating in Club activities I may be photographed for Club purposes and agree to allow my likeness to be used for any legitimate purpose by the Club.

I acknowledge that the Club is not responsible to provide transportation to or from any Club activities. I further acknowledge that the Club does not verify the insurance or license of any Club member or other person who voluntarily provides transportation to or from Club activities, and that the Club shall have no responsibility for any risk associated with my travel to and from Club activities.

In consideration for my participation in Club activities, I (on behalf of myself and my successors, heirs and assigns) voluntarily release and agree to hold the Club, its officers, directors, volunteers and agents harmless from any and all liability, claims, damages, injuries or losses which in any way arise from or are connected with my participation in Club activities, except to the extent such Injuries are caused by the gross negligence of the Club, its officers, directors, volunteers or agents. I further agree to hold the Club, its officers, directors, volunteers and agents harmless from any liability claims, damages, injuries or losses caused by my own negligence while a participant in Club activities.

In addition to this Membership Waiver and Release, I warrant that I have read and understand the rules, regulations and guidelines (the "Rules") of the Club and agree to abide by the Rules at all times during my participation in Club activities. **To view the rules, regulations and guidelines go to the Contra Costa Hills Club website, www.contracostahills.org and select "Membership Information" and then select "Rules."**

Name: _____

Signature: _____

Date: _____



Feather River Family Camp, September 4 – 7, 2020

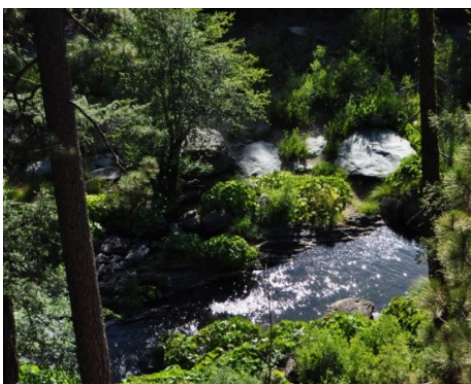
Signups February 22 – March 8

Nearly 100 years ago, the Contra Costa Hills Club's first "annual outing to the Sierra" was organized through the Oakland Recreation Department and held in July 1921 at the Oakland Recreation Camp on the Tuolumne River! Today the city of Oakland's Feather River Family Camp is located on Spanish Creek in Quincy, CA, in the midst of the beautiful Plumas National Forest.

Come join us to celebrate as we continue the 100-year tradition of our amazing club -- hiking and treasuring the Sierra outdoors together! We will be attending the Labor Day Weekend family camp, Sept. 4-7, 2020. We will stay in tent cabins (two per tent) among the trees, and eat together at the dining hall. You can participate in a variety of hikes, swim in the swimming hole, try your hand at archery, play ping-pong or grab a book and relax on the veranda. In addition, we have access to the full range of activities provided by the camp—yoga, arts & crafts, biking, horseback riding, tubing, line dancing, bingo, campfires and more. *There will even be a special celebration for the 100th anniversary of CCHC!*



Sign-ups will open February 22 - March 8. Email (preferred) Mindy Svorny-Moore at MSvorny-Moore@comcast.net or phone (925) 354-5089 during this period only. Total cost per person is \$225, which includes 8 meals. More details regarding registration, roommates, and carpooling will be provided for those who sign up.



All CCHC members are invited to sign up for overnight trips. For this particular anniversary trip, there will NOT be a limit to the number of members accepted.

Hike leaders are: Lynne Vogensen, Mindy Svorny-Moore, and Dorothy Bradt.

HAROLD FRENCH: A PRESS AGENT FOR THE HILLS

Harold French was neither a wealthy man nor a person in a position of power. He did, however, have a gift that he was able to use to his advantage. His gift was the ability to write. His earliest efforts, begun when he was a high school student in San Francisco in the 1890s, consist of eloquent descriptions of hikes to Mount Tamalpais and other destinations in Marin County, to Mount Diablo, to Redwood Peak and Wildcat Canyon in the East Bay, and excursions to the McCloud River in Shasta County, Mark West in Sonoma County, Stockton, and Sacramento.

In 1898, 1899, and 1900 Harold French travelled to the Klondike and Alaska. Letters describing his many experiences there were published in the *San Francisco Bulletin* newspaper.

His diaries for 1904, 1905, and 1906 provide us with intimate glimpses into the life of Harold French as husband, father, employee of the United States Mint in San Francisco, aspiring writer, gardener, and hiker. We get to share his aspirations and resolutions, his triumphs and disappointments. These diaries provide invaluable insights into the character and personality of Harold French. Numerous excerpts are included in his biography.

From 1904 Harold French began to explore writing as a future career option and as an immediate means of supplementing his income. The biography of Harold French is accompanied by an annotated bibliography of his writings. The many articles that he penned over the decades run the gamut from effusive descriptions of the natural environment that he encouraged others to explore and protect; to local history; to biographical sketches of people he admired, including John Muir and Jack London; to technical articles about the work of the US Mint in San Francisco; to exposes of the Department of the Treasury's schemes to do away with the Refining Department at the Mint.

Far greater in number than his published articles are the vast numbers of letters written by Harold French in support of campaigns to preserve unique redwood groves in the hills of the East Bay, for fire prevention measures for the hills, for the expansion of Mount Diablo State Park, and for the conversion of no longer needed watershed lands in the East Bay hills to public parks. He devoted massive amounts of his time and energy to these and other campaigns. From 1920 onward he was able to enlist the aid of the newly formed Contra Costa Hills Club in these efforts. As we celebrate the 100th anniversary of the founding of CCHC, it is fitting that we remain mindful of the dedication of Harold French and continue to support the conservation-related causes for which he fought.



Resource Documents: Harold French's Hiking Journal 1895, Diary & Reading List 1904, Hiking Journal 1892-95



Every year more than 10,000 people participate in this FREE self-guided hiking and bicycling program to explore our regional parks and to keep fit outdoors. Trails Challenge is sponsored by The Regional Parks Foundation, Kaiser Permanente, and East Bay Regional Park District.

The free printed Guidebooks and T-Shirt are available at participating Visitor Centers while supplies last. The Guidebook includes 20 detailed trail descriptions, available for all levels of fitness, from easy to challenging. There are trails open to hikers, bicyclists, dogs, and equestrians, and many are wheelchair accessible.

To complete the challenge, hike five of the 20 trails – or 26.2 miles of trails. You can also submit your log, online or by mail, by December 1, 2020 and receive a commemorative pin, while supplies last. The pins will not be available until late March.

100th Anniversary Corner:



As we move into February and celebrate our 100th Anniversary on February 22, 2020, we can look back at the last 100 years and see how our club has enjoyed so many wonderful hikes and experiences, contributed much to conservation and treasured friendships. We can also look back at the past year and see the club recreate many 1920's hikes, camp again on Mt. Diablo like the club's first overnight outing, revisit the Mountain Play like so many years before. We are fortunate to have our history preserved in many ways and continue to do so thanks to the foresight of our members from the past, today, and going forward. Thank you to all the volunteers over the years that keep us whole and happy. Sue Elliott.

Ilse Eden had the opportunity to speak to three of our members that were at our 75th anniversary luncheon. Hopefully we will see all of them at the 100th celebration.

Three current CCHC "young at heart" members Sylvia Saunders, Jessie Santos and Mich Tashiro attended the 75th anniversary celebration of the CCHC and I asked them about their memories of that time.

Although the three members do not remember details about the celebration, they do remember what attracted them to the Club: The opportunity to explore places in the Bay Area they would not have seen and the culture of support, caring and camaraderie.

Sylvia was on the 75th Anniversary Celebration Committee and designed and printed the program for the event. Tom Saunders, her husband, was the MC at the celebration. At that time there were 246 members, and she thinks that the average age may have been older than now, and that a younger membership ensures survival of the Club.

Sylvia says that the CCHC has been a great experience for her. She participated on both Sundays and Thursdays and led many hikes. The Club introduced her to lots of wonderful places in the Bay area that she had never seen before nor even known about. But above all, she appreciates the Club's culture of caring and friendliness. The goal of the hikes is not only hiking but also social: getting to know each other and forming friendships. We meet and learn from people with varied backgrounds. Hiking with CCHC is beneficial physically, emotionally, and mentally. She expects that the Club will continue to survive and provide all these benefits for many years to come.

Another example given by Mich:

"I have some fond memories of the great hikers in the group. Jim Hofmann in particular was my initiation to the club on one of my first club hikes. Jim led a hike atop Mt. Tam. Coming to a stream, he hopped across and turned to help the lady hikers across. When it was my turn he extended his hand towards me. I suddenly piped up, "It's OK. I can do it myself." I hopped to the rock then suddenly slip-dunked into the stream. Jim said nothing, just gave me his hand to fish me out of the water. "That's a gentleman hiker... I like that... sure glad I joined the club." Since then I have always accepted a helping hand."

Sylvia, Jessie and Mich in their observations echoed the words of Jim Hofmann in a March 21, 1995 article about the Club in the Contra Costa Times: "CCHC provides us with an opportunity for exercise, companionship and to enjoy the beauty of nature in the Bay Area."

These many years later these observations are still true.

Ilse Eden



CCHC 75th Anniversary/Past Presidents: Mary Rainey 1973-78, Thorkild Nielsen 1983, Jim Hofmann 1989-1993, Jim McLaren 1979-1982, Winnie Johnston 1952 & 1961-63, Theresa Kramer 1943, Charlotte Weber 1994, Chearymarie Robertson 1957.



IN THE HIKERS' FOOTSTEPS



Thursday, December 19, 2019

Lafayette Reservoir Bird Seed Bell

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

Under billowy clouds and a peek-a-boo sun, forty-two hikers gathered at Lafayette Reservoir to embark on a three-mile hike around it. Some of us had walked from Lafayette BART, while others arrived by car. After we circled up, we began our trek on wet blacktop spotted with countless fallen leaves. Patricia and Nidhi led the way while Linda Margossian was the sweep. As we have done many times before, we stopped at the traditional "Christmas Tree" and some of us decorated it with seed bells and seed sticks. We sang a couple of traditional Christmas songs and then continued on our way past coyote brush, conifers,



thistle, and a variety of other plants radiantly wet from the recent rain. Finally, we arrived at the "Table of Delight." There was applesauce nut bread, pumpkin bread, date and walnut bread, fudge, chocolates, cocoa, apple cider, candied popcorn, and gingerbread men. After we filled our bellies with all the goodies, it was time to walk off the thousand plus calories we consumed and head home; some to BART and some to their vehicles. As we left, we wished each other a Happy Holiday. Once again, we want to thank Patricia and Nidhi for their generosity and to those who helped make the event most enjoyable and delicious.

thistle, and a variety of other plants radiantly wet from the recent rain. Finally, we arrived at the "Table of Delight." There was applesauce nut bread, pumpkin bread, date and walnut bread, fudge, chocolates, cocoa, apple



Reservoir (top of page), Along the trail, Placing bird seed gifts, Lovely leaders, Enjoying the feast - Sylvia Kwan

cider, candied popcorn, and gingerbread men. After we filled our bellies with all the goodies, it was time to walk off the thousand plus calories we consumed and head home; some to BART and some to their vehicles. As we left, we wished each other a Happy Holiday. Once again, we want to thank Patricia and Nidhi for their generosity and to those who helped make the event most enjoyable and delicious.



Stew Perlman



Sunday, December 22, 2019

Winter Solstice Hike/4 Seasons of French Trail at Reinhardt Redwood Regional Park

Leaders: Sophia Garcia & Sue Elliott

"Winter Solstice" - how beautiful it sounds. We deeply appreciate this non-religious celebration of the seasons in nature. We hiked along the redwood trees; graceful, wise old souls, generously sharing the shade, giving out fresh air, supporting each other physically and providing water to others by intertwining their root systems. They know how to nourish themselves without taking from others. Although redwoods stand silently, they communicate with each other through the air murmuring: "Let's bless these hikers..." They drop heavenly water from their countless needles which capture H2O from the dense fog. We covered the entire French Trail, section by section, approaching from less used trails this year. Each time we enter French Trail, we notice something totally different from other trails. Serenity, thick green air, and peacefulness which bring us closer to the earth. We breathe deeply and admire the surrounding beauty. They said that Harold French used to ride his horse on this trail from Orinda. We carry on his passion for conserving and protecting nature. Many old trees have left their lives over the past several years, lying here and there. Let's plant at least one tree in 2020. We finished the hike skillfully and cheerfully on rocky, slippery trails. Finally, we toasted our founder and Winter Solstice with a potluck feast and a hint of sunshine. ~ 5 miles with 720' elevation gain. Thank you to Sue Elliott for scouting and sweeping. The park is renamed Reinhardt Redwood Regional Park, after one of the five original members of the East Bay Regional Park District Board.



Muddy trail - Sophia Garcia; Feast! - Sharon Wang

Sophia Garcia



Thursday, December 26, 2019

Coyote Hills Regional Park, Fremont

Leaders: Frank Martin, Jerry Ford & Stew Perlman

We had approximately three dozen members and four guests show up for our annual end-of-the-year celebration on a beautiful brisk sunny day at Coyote Hills. As



usual, the festivities were sponsored by Frank Martin, Jerry Ford and President

Stew Perlman. Jerry led us anti-clockwise (thanks to Anne Herrick) around the hills with sweeping views of the South Bay. The wind that so bedeviled us last year was calm today. We saw a great many avocets, cormorants and ruddy

ducks. We took a water break at Dairy Glen and continued on Muskrat Trail. After circumnavigating the hills, Jerry led us onto the



Sunny hike by the bay, Cinnamon teals hiding in the reeds - Sharon Wang; Marshlands, Frank pouring bubbly to appreciative hikers - Ben (Kwong Fei) Hui

boardwalk traversing the marshes where we somehow misplaced Rita and Dexter. The scuttlebutt is that they headed back early to start on the bubbly! It was a 4-mile hike, with an elevation gain of 104 feet. We had a noon lunch at the picnic tables below the Visitor Center with plenty of desserts. Helen's dark chocolate mint cookies were a runaway hit. Several other club members donated coffee, tea, cookies, popcorn, nuts etc. Stew, Jerry and Frank provided See's chocolates, champagne and sparkling



cider. The outing concluded with a heartfelt champagne toast from Frank Martin thanking us for a great 2019 and best wishes for 2020. With that, we headed back to our respective car pools and returned to Union City BART.



JJ Libbon

Sunday, December 29, 2019

Sunol Regional Park

Leaders: Roberta O'Grady & Mary Ulrich
CANCELLED DUE TO RAIN

Thursday, January 2, 2020

Ohlone Greenway in Berkeley and Albany

Leaders: Lois Switzer & Alan Falkowitz

Originally, plans were to build overhead BART tracks through most of Berkeley, with an underground subway only downtown between Shattuck/Derby and Milvia/Hearst streets. Alan told the hikers that in 1963, Berkeley residents launched a bond campaign to assure that BART would run underneath all Berkeley streets.

After granola bars and chocolates were passed around the circle, Lois led the group to the Ohlone Greenway. It's a

linear multi-use park/pathway that runs along an old railroad right-of-way. It starts at Ohlone Park in Berkeley, becomes a bike



Stew eyes fence mural, Lively garden shop - Ben Hui

lane, then resumes northwest through Albany, El Cerrito, and ends in Richmond. It has public art such as metal cows and stools made out of tractor seats. There is a huge mural commemorating local history, from native Ohlone people, cowboys, and old-time Berkeley. The hike went through neighborhoods with Craftsman, California, and Spanish Revival Bungalows built variously from 1905 to 1929. Each house developed its own character over the years: artistic tile risers on porch stairs; yards full of topiary trees; dark-stained carved doors.

It was perfect hiking weather - sunny, cool, but not windy.



One hiker noted that each town had its own color of street signs. There was a dramatic bird sighting. A group of crows (aka "murder" of crows -- like a "gaggle" of geese) was fluttering in the sky, ganging up on a red-tailed hawk that had entered their territory. Nearby was a solitary red-shouldered hawk, oblivious to the ruckus going on, calmly circling and displaying its beautiful feathers. Lunch was at Albany Memorial Park where the large group filled the many picnic tables. Later, the hikers continued through more charming neighborhoods and completed the hike at the starting point. This first hike of 2020 was a great way to start off the new year. Cheers!

Linda Malm

Sunday, January 5, 2020
Annual New Year's Top of Tam
Leader: Darlene Choy

Thirty hikers, including one guest, gathered at the Pantoll Ranger Station parking lot on a sunny day with mild winter temperatures. Though there were no official co-leaders, Mary Ulrich and Anne Herrick agreed to sweep, and Susie Huang agreed to keep track of the middle of the group.

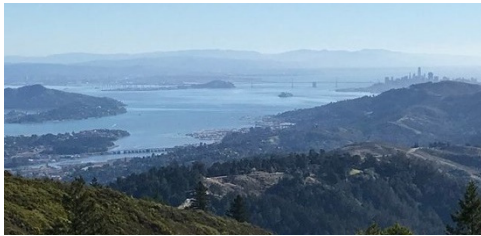
We began by ascending the Easy Grade Trail through mixed woodlands, and where that met the Rock Springs Trail, we came to the Mountain Theater. After climbing about in the curved rows of rough stone seats, and taking group photos, we left on the Rock Springs Trail. We traversed several



bridges over narrow streams, and now broad vistas to the south began

to alternate with the woodland scenes. The bay, the ocean, the Peninsula, and the towers and bridges of San Francisco were visible in varying combinations.

When we came to the Old Railroad Grade Fire Trail, we took a short break at the old, off-the-grid West Point Inn. From the inn we continued on the fire trail, coming to



further woodland scenes and stunning vistas, and eventually reaching the visitor center at the mountain top, East Peak. Some in the group then followed the .7-mile Verna Dunshee Trail that circles the peak, others took the some-



what difficult 0.15-mile trail to the fire lookout at the very top, and others simply enjoyed a scenic lunch. After lunch we made a long easy descent back to the

Pantoll parking lot, following first the Old Railroad Grade Fire Trail and then the Old Stage Trail. In 5.5 hours, we had covered 9.1 mi. with a gain of 1468 ft.

Thank you, Darlene, for a fine day (including the delicious cookies)!

Chuck Browne

CCHC at Mountain Theater, Anna's Hummingbirds at West Point Inn, East Peak fire tower — Teresa Schwanauer; SF & Bay Vista — Chuck Browne



Thursday January 9, 2020
1920's Hike: Alameda Beach
Leaders: Fred Mock, Beryl Vonderheid & Roberta O'Grady

Beryl led with 1920's flair, Roberta held the center together, and Fred swept. Fred also brought his spectacular peanut butter cookies. Kudos Fred. It was chilly but no rain. The hikers saw a sea wall next to a lagoon which

was the original Alameda city limit. The hike went along the beach. A flock of snowy plovers, a threatened species, huddled nearby. There were mallards and coots in a small freshwater lake. Black-necked stilts were sighted in a lagoon, and later a great blue heron.



A naturalist from the East Bay Regional Park District gave a talk to the group outside Crab Cove Visitor Center and Aquarium. The naturalist, Susan, happened to be Beryl's daughter!

There were fish tanks, a WW II memorial, and the Visitor Center with a short film about



Beach walk, Cormorants on wall and gulls & plovers below, Susan Ramos from EBRPD — Fred Mock

"Neptune Beach" -- the "Coney Island of the West" from 1917 to 1939, formerly at this location. This amusement park closed, due not only to the Depression but to the opening of the Bay Bridge and "car culture," so people didn't depend on ferries and trains and sought points of interest further away. The hikers had lunch at the sunny picnic area, and explored the Visitor Center. There were free T-shirts and a guidebook with maps promoting the "2020 Trails Challenge" -- check out www.ebparks.org/tclog for details on how to win a commemorative pin. The hikers continued along the waterfront to a large platform inside a breakwater covered with perhaps 100 wintering harbor seals. They headed back downtown, stopping at an impressive 1920's apartment complex called "Historic Neptune Court" built by the same owners of the Neptune Beach Amusement Park. They passed the site of the former Foster's Freeze. This lovely hike combined natural beauty with 1920's history.



Linda Malm

Sunday, January 12, 2020
Big Break Regional Shoreline, Oakley
Leaders: Diane Cannon & Sylvia Kwan

A chilly, overcast morning greeted twenty-one of us at our meetup at Big Break Regional Shoreline Visitor Center. After our meet and greet, and a short history lesson of the area by Diane Cannon, we had a short period of time to explore the very interesting Visitor Center (and pick up a free T-Shirt for the EBRPD 2020 Trail Challenge). Big Break Regional Shoreline is part of the great 1150-sq.-mi. Sacramento-San Joaquin River Delta. We began by visiting the 3D Delta Map. This map is repainted and updated every few years and sometimes islands have to be removed as they are now underwater. We walked to the small pier and looked out at the large water ex-

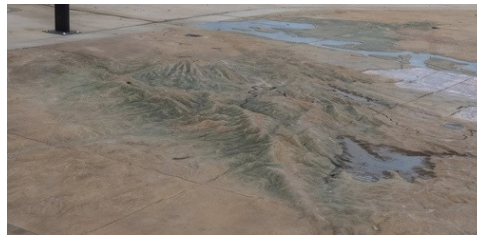
pense. As we continued along the trail from the Visitor Center, we enjoyed views of California's two great rivers as they converge and head west to the ocean, creating the largest estuary on the Pacific Coast. We stopped to look at the many varieties of birds in this area. Shortly after we began to hike, we were all surprised at the wild Citron Melons that were growing along the sidewalks of the path- way. They are generally used as food for cattle



but people make preserves with them also. We meandered along the trail to our lunch stop at Cypress Grove Park. Upon our return to the Visitor Center, we stopped to take a group photo with a clear view of Mt. Diablo in the back- ground. As

the weather was still fairly chilly and windy, we all decided not to stop at the ice cream store but to return to the parking lot. A beautiful, relaxed walk of 8 miles! Thanks, Diane Cannon and Sylvia Kwan, for leading this hike.

Teresa Schwanauer



CCHC hikers, Delta map, multitude of birds, melons all over the trail — Teresa Schwanauer



Thursday, January 16, 2020
CANCELLED DUE TO RAIN



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. 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.

**OFFICERS &
 COMMITTEES 2019—2020**

President

•Stew Perlman

Vice-President

•James Baranowski

Treasurer

•Suzy Mark

Recording Secretary

•Cameron Mitchell

Membership Secretary

•Connie Gee

Corresponding Secretary

•Patricia Derickson

Board of Directors

•Mike Branning

•Robert Deutschman

•Anita Ford

•Fran Leighty

•Lois Switzer

Hiking Schedule

•Mary Ulrich, **Sunday Chair**

•Jim Baranowski, **Thursday Chair**

Hiking Schedule Editor

•Noël Siver

Knapsack Editors

•Silvia Akinaga

•Rosemary Johnson

Knapsack Mailing

•Grace MacNeill, Chair

•Agnes Chen

Knapsack Printing

•Fred Mock

Extracurricular Coordinator

•Lois Switzer

Nominating Committee

•Cameron Mitchell, Chair

•Reyanne Freeman

•Lily Ho

•Liz Howell

•Frank Martin

Social Committee

•Lucy Perdichizzi, Chair

•Patricia Derickson

•Reyanne Freeman

Overnight Outings Committee

•Karen Arntzen, Chair

•Dorothy Bradt

•Bill Chen

•Helen Wong Johe

•Rosemary Johnson, minutes

•Ed Osada

•Mindy Svorny-Moore

•Lynne Vogensen

Conservation Committee

•Beryl Vonderheid, Chair

•Madge Dimmick

•Barbara Mow

•Sylvia Saunders

•Kate Steinel

•Nancy Stout

Audit Committee

•April McMahon

•Linda Margossian

•Herb Yonge

Historian

•Yvonne Moss

Website Group

Rob Deutschman

Suresh Gadad

JJ Libbon

Fred Mock