



**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**



**FEBRUARY 2022**



# KNAPSACK

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

## *PRESIDENT'S MESSAGE:*

The Board wants to thank you for recognizing the importance of adhering to hike protocols as the omicron variant affects all of us, particularly our scheduled hikes. It has been a bit of a whirlwind the past two years trying to determine what are the best ways to maintain our hiking schedule while we navigate the best practices to keep us safe and healthy. I hope that by the time you receive my President's Message that the omicron variant will have declined significantly.

This month the Club will celebrate its 102nd anniversary. At this time, it is possible that our Annual Meeting may be virtual. The Board recently approved the purchase of a new navigational device to replace a non-working Garmin, and we are looking into expanding our groups.io platform to accommodate more members.

As we enter into the third year of COVID-19, let us stay optimistic as many epidemiologists are predicting that the combination of the vaccinated and already COVID-infected will end the pandemic as it becomes endemic. In the meantime, stay well, wear your KN95 or N95 masks on our hikes, socially distance as best you can, avoid car-pooling unless there is complete agreement between the driver and the passenger, and do not prepare to eat lunch together unless everyone is comfortable doing so. It will get better...

Stew Perlman

## **NOMINEES FOR 2022-2023 OFFICERS**

The Nominating Committee, composed of Cameron Mitchell (Chair), Dorothy Bradt, Reyanne Freeman, Lily Ho, and Fran Leighty, proposes the following members for 2022-2023 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 virtual?/in person? (to be decided) Annual Meeting on March 20. Details will follow once arrangements have been finalized.

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**  
**Mindy Svorny-Moore**  
**Fran Ternus**

## OPEN HIKE DATES

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

**Open Thursday Hikes:** June 23 and 30.

**Open Sunday Hikes:** June 12 and 19.

### For Thursday hikes contact:

Jim Baranowski, 925-577-1022, Brnw\_th@yahoo.com

### For Sunday hikes contact:

Fran Leighty, 925-944-9068, cchcleighty@gmail.com

## A HEARTY WELCOME TO OUR NEWEST MEMBER



*Angus Powelson of Berkeley*

## SAVE THESE DATES

- March 6-11, 2022—Anza Borrego—Flyer sent with October Knapsack.
- March 20—Annual Meeting



It is wise not to rely on the printed hike schedule in these uncertain times. Check the schedule on the CCHC website [www.contracostahills.org](http://www.contracostahills.org) where changes/updates are indicated in red.



## THE FBI INVESTIGATES THE KNAPSACK

For many decades—prior to the use of computers—the *Knapsack* was produced using a mimeograph machine, also known as a stencil duplicator. There were several steps involved in the production of the newsletter by the members of the *Knapsack* staff. Consequently, in the 1940s the staff of the *Knapsack* was larger than it is today. Back then there was one editor, two reporters, a typist who produced the stencils, two people who ran off the pages of each issue using the mimeograph machine at the club's office, a number of members who got together to assemble each issue, and a person who mailed the *Knapsack*. Members of the *Knapsack* staff all had day jobs so they performed the various tasks involved in producing the newsletter in the evenings, at lunchtime, and on Saturdays.

While scanning old issues of the *Knapsack*, Noël Siver came across an amusing story in the March 1947 issue.

"It's a good thing the club has a valid receipt for the last mimeograph paper we purchased or else one or all three of the Three Musketeers who work at the Naval Supply Depot would now be in Alcatraz at least.

It all started when Esmond [Milsner] took the February issue of the *Knapsack*, in its raw state, to the Base and gave it to Jim Bowers to take home so the Assembly Committee could work on it at the Bowers' home. When Jim put the package in his car at noontime, it aroused the suspicion of two F.B.I. men who immediately made an investigation.

No sooner had Jim made himself comfortable in his car, when suddenly the two G-men stepped from behind some bushes and wanted to know how come. After many questions, they knew that the package contained only mimeographed sheets, the paper was not Navy property, and that the mimeographing was not done on the Base. Howard Hirstel became an innocent bystander when he joined Jim at noon, for by eating with such a suspicious character, he too came under a rapid-fire questioning that took three visits to complete.



Between visits to Howard, the 'Hoover Boys' hunted down Esmond, and after much devious questioning, determined that he actually had brought the package into the Base. And so the February issue was put into the mails with its reputation for excitement every month still intact."

~Submitted by Noël Siver

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

**February Reminder \*\*\* 2022 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, 2022.

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 2021 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 2022

**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,  
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 included herewith and also on the CCHC website [www.contracostahills.org](http://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](mailto: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.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



**Thursday December 23, 2021  
Lafayette Reservoir - Seed Bell Hike  
Leaders: Patricia Derickson, Sylvia Kwan &  
Georgette Armstrong**

The sky was angry, my friends. Rain pelted down on the hikers until they reached the reservoir. Then, it stopped. It was a Christmas miracle. But how long would it last? Sylvia led the hikers on the wet but walkable paved trail. Runoff created small waterfalls on the hillsides that streamed across the trail. Water dripped from the trees. Large white pelicans floated on the reservoir.



The youngest hiker in the group was Kora, Diane's little granddaughter. She scampered along and kept up with the pack. The hikers arrived at a certain tree where seed bells are hung for the birds during the holiday season. Several seed bells were successfully hung on high branches to the applause of the group. The rain was still holding off.



Kora helps Diane hang seed bell - Rita Poppenk  
Around reservoir (header), group, Jan hangs her  
seed bell, Patricia receives roses, Folks enjoying  
party put on by Patricia & Georgette- Sylvia Kwan

The hikers knew something special was waiting at the end of the trail. The hike organizers had prepared



tables of treats under an overhang outside the ranger station. As they rounded the corner of the building, there it all was -- hot chocolate, hot cider, and homemade breads of date-nut, banana, and apple. There were colorful candies, brownies, fudge, and "Moose Munch" popcorn. Pa-



tricia's wonderful gingerbread men were smiling, and so was everyone else. Patricia was presented with a thank-you card and a bouquet of red roses. The rain never returned as long as the group was there.

Linda Malm

**Thursday, December 30, 2021  
San Francisco Crosstown Trails  
Leaders: Jan Lecklikner, Jon & Suzy Mark  
**CANCELLED due to leader's Covid-19 exposure****

**Thursday, January 6, 2022  
Inspiration Point to Wildcat Peak  
Leader: Mary Ulrich**

So, we met, on time, at Inspiration Point. It was soaked in—visibility at times was less than 20 feet. Hike leader Mary Ulrich had us circle up and count off. We were 16. Nolan and Angus offered to lead. Noël volunteered to sweep.

We hiked along the paved Nimitz Way trying to peer through the fog to-



ward the San Pablo Reservoir that we knew was on our right and hoping for views of Tilden Park and Berkeley on our left.

We turned left onto the Conlon Trail and hiked up to the point





where there would normally have been a panoramic view of Berkeley and

the San Francisco Bay. The fog failed to lift in a meaningful way, so the stop was brief, and we returned. The views were dismal—gray everywhere.

Even Sylvia admitted that she took far fewer photos than usual. After all, the most colorful



Nimitz Way, Dorothy Kaplan standing in a ring of mushrooms, Large fungus, No view from trail, Standing about aimlessly in the fog - photos by Sylvia Kwan

things we saw were the many mushrooms that had sprouted after the recent rains. My tracker said we hiked 5.67 miles.

Thank you, Mary, for the hike and snacks.

Angus Powelson

**Sunday, January 9, 2022**

**Top of Tam**

**Leaders: Sophia Garcia & Dorothy Bradt**

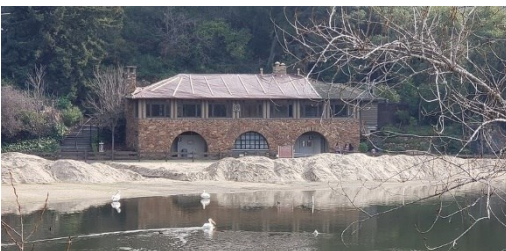
**CANCELLED due to Covid concerns**

**Thursday, January 13, 2022**

**Rockridge Bart to Lake Temescal & Return**

**Leaders: Fran Leighty & Larry Johnstone**

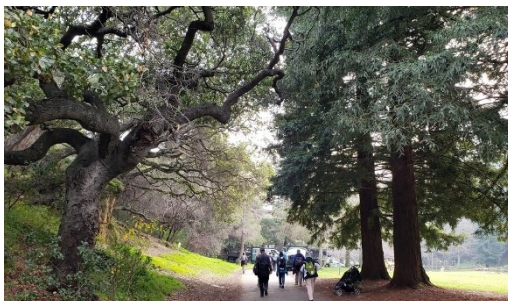
Seventeen folks arrived at Rockridge, despite the current Covid upsurge. The day was clear and mild to accommodate our over



four-mile easy hike. We could enjoy the large beautiful homes in the area and ambled in the

Oakland Hills. We passed the impressive campus of the

College Prep private school on Broadway, where tuition is a mere \$50,000 a year. Soon we arrived at the



urban oasis of Temescal Recreation Park. It was open to the public in 1936 as one of the district's first three parks.

The stone building overlooking the lake was constructed in 1940 by the WPA.

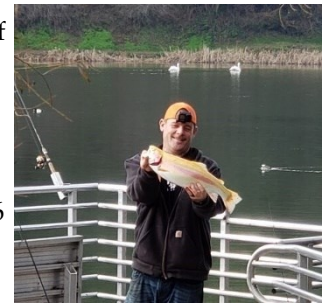
There were picnic areas and families enjoying the day with their kids. There were also men fishing (ready to reel in some trout). Improvements were in evidence in picnic areas and the beach.

Let us not forget our feathered friends. We saw white pelicans, cormorants, mallards and buffleheads, just to name a few. On leaving the lake we saw a lone heron.

We made our way back to the BART station

early afternoon. Many thanks to Fran and Larry.

Georgette Armstrong



Beach House with pelicans swimming in the lake, Lovely trail, Restored waterfall, Fisherman with trout, Lake view - Sylvia Kwan

**Sunday, January 16, 2022**

**Berkeley Campus to Strawberry Canyon**

**Leaders: Julia Cordell & David Jadeson**

Strawberry Canyon is the site of the principal water course, Strawberry Creek, running through Berkeley. It



rises in the Coast Range Mountains. After it exits the campus, it is carried under-

ground to the Bay. Nine hikers met our leaders at Berkeley Espresso Coffee Shop at the corner of Hearst and Shattuck. From there we entered the campus, walking past the School of Public Health, Life Sciences and the Library among many other university buildings.





We arrived at Gayley Road at the Greek Theater and Memorial Stadium. From there, we turned up Centennial to reach the Fire Road in Strawberry Canyon. This was our path to enjoy the forest that is being protected and enhanced by the University of California's envi-



ronmental education and restoration projects. There are beautiful views along the way of Lawrence Hall of Science, the Campanile and out to the Bay. The trail ends at Panoramic Way which is the beginning of a



lovely walk past Arts & Crafts homes. The architects of this neighborhood are noted in a plaque. We enjoyed going down Arden Path, part stairway and path, onto Mosswood Lane and another set of steps. These took us to the Bancroft Steps and on down to the campus.



Some of us returned to Berkeley Espresso Coffee Shop for

lunch. Thank you, Julia and David, for a



beautiful hike and for the delicious chocolates that David brought for treats.

Sather Gate, Campanile (on previous page), Group by International House, Fire Road, Arden Path steps, Panoramic Hill house, Sunny thought sundial - Sylvia Kwan

Roberta O'Grady

## EAST BAY REGIONAL PARKS TRAILS CHALLENGE 2022

Now is the time to join the 29<sup>th</sup> annual Trails Challenge. Downloadable guidebooks are available online. Free printed guidebooks and T-shirts are available (starting Saturday, January 22) at participating Visitor Centers, while supplies last. The guidebook includes 20 detailed trail descriptions available for all levels of fitness, from easy to challenging. This FREE program is sponsored by the Regional Parks Foundation, Kaiser Permanente, and East Bay Regional Park District.

To find out more google Trails Challenge 2022.



**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.

## OFFICERS & COMMITTEES 2020—2021

### 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

•Gino Bossetto

•Mike Branning

•Chuck Browne

•Anita Ford

•Mindy Svorny-Moore

### Hiking Schedule

•Fran Leighty, **Sunday Chair**

•Jim Baranowski, **Thursday Chair**

### Hiking Schedule Editor

•Noël Siver

### Knapsack Editors

•Silvia Akinaga

•Rosemary Johnson

### Knapsack Mailing

•Agnes Chen

### Knapsack Printing

•Fred Mock

### Extracurricular Coordinator

•Lois Switzer

### Nominating Committee

•Cameron Mitchell, Chair

•Dorothy Bradt

•Reyanne Freeman

•Lily Ho

•Fran Leighty

### Social Committee

•Lucy Perdichizzi, Chair

•Patricia Derickson

•Reyanne Freeman

### Overnight Outings Committee

•Ed Osada, Chair

•Bill Chen

•Helen Wong Johe

•Rosemary Johnson, minutes

•Mindy Svorny-Moore

•Lynne Vogensen

•James Watson

### Conservation Committee

•Beryl Vonderheid, Chair

•Barbara Mow

•Sylvia Saunders

•Jo Anne Schultz

•Kate Steinel

•Nancy Stout

### Audit Committee

•April McMahon

•Linda Margossian

•Herb Yonge

### Historian

•Yvonne Moss

### Website Group

•Gino Bossetto

•Chuck Browne

•JJ Libbon

•Fred Mock