



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



February 2023



KNAPSACK

Co-Editors: Silvia Akinaga, Rosemary Johnson
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PRESIDENT'S MESSAGE:

I hope by now the rain has subsided and whatever precipitation we get in the near future will be spread out over the next few months. It was sure nice to see the recent return of sunshine as we get back to a more normal weather pattern as well as we get back to our hikes. If you are a hike leader, please check to see if the locations you have planned to hike are indeed open. And if the locations are closed, perhaps you could select another place to hike.

The Club is still looking for someone to take on the task of Knapsack Editor. Silvia Akinaga has been doing this for a long time. As we can all agree, she and Rosemary Johnson have been doing a most excellent job in providing us with a monthly Knapsack. And you can be sure that Silvia and Rosemary will train you to continue a most important part of CCHC.

I am sorry that those of you who receive a hard-copy of the Knapsack did not get the January edition. There was a failed printer involved, which I hope has been replaced. So, with the return of sun and dry weather, I encourage you to get your hiking shoes and hiking clothes back on and hit the trails.

Stew Perlman

NOMINEES FOR 2023-2024 OFFICERS

The Nominating Committee, composed of Cameron Mitchell (Chair), Dorothy Bradt, Reyanne Freeman, Lily Ho, and Fran Leighty, proposes the following members for 2023-2024 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 on March 19, 2023.

President: **Stew Perlman**

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Corresponding Secretary: **Patricia Derickson**

Membership Secretary: **Connie Gee**

Directors: **Mike Branning**

Helen Johe

Rosemary Johnson

Suzy Mark

Fran Ternus

ANNUAL MEETING SPEAKER

The speaker for our Annual Meeting on **March 19** will be Joseph O'Connor. Mr. O'Connor's degree is from The State University of New York in Ecology and Physiology. In graduate school he had a job as caretaker and trail walker on a 5,000 acre preserve. He was with the Department of Environmental Health Sciences at New York University focusing on the study of Marine Life in Chesapeake Bay, the Hudson River and Atlantic Ocean.

Joe is retired now and lives in Alameda. He will be talking about his walks, always with a camera, along a three-quarter-mile stretch of Alameda Shoreline which has been restored after being the anchorage for Alaska Clippers, a fish cannery, and Bethlehem Ship Yard during World War I and II. The shoreline has been bulldozed and rebuilt and is now a Research Park and site of luxury condos. But it teems with algae, plants, fungi, clams, worms and crustaceans, fish, birds and mammals. As was famously said by Dr. Ian Malcolm in Jurassic, 'Life Will Find A Way'. So we will get behind Joe's camera and take a closer look at life in the Alameda Estuary.

Roberta O'Grady

IT'S THAT TIME OF YEAR AGAIN!

CCHC MEMBERSHIP DUES ARE DUE ON APRIL 1
Look for membership forms in the March Knapsack

KNAPSACK EDITOR

We are still seeking a new editor or two for the Knapsack. If you are interested in finding out what this job is all about contact Silvia Akinaga sakinec@aol.com or Rosemary Johnson compasros@comcast.net or Stew Perlman stewiep@aol.com We will be glad to answer any questions you may have, or you might want to chat with one of us at the Annual Meeting in March.



Happy
Valentines
Day

HEARTY WELCOME TO OUR NEWEST MEMBERS



**Robert Fellows of Lafayette
Marsha Maslan of Kensington**

SAVE THESE DATES

- **Sunday March 19, 2023— Annual Meeting**
- **April 2-5, 2023 CCHC Trip to Pinnacles National Park.** Details in December Knapsack



LEAD A HIKE!!



OPEN HIKE DATES—APRIL, MAY & JUNE

The following 2nd quarter hikes remain open. If you can lead a hike on one of these dates, please get your description in to Jim or Marilyn as soon as possible.

Thursdays: June 1, 22, and 29.

Sundays: April 2, and 9; May 28; June 4, 11, and 25.

OPEN HIKE DATES JULY TO SEPTEMBER 2023

The deadline for submission of hike descriptions is April 30, 2023.

Open Thursday Hikes: July 6, 13, 20, and 27; August 3, 10, 17, 24, and 31; September 7, 14, 21, and 28.

Open Sunday Hikes: July 2, 9, 16, and 23; August 6, 13, 20, and 27; September 3, 10, 17, and 24.

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

IN THE HIKERS' FOOTSTEPS



Sunday, December 18, 2022 Redwood Regional Park Loop from Skyline Gate Leaders: Sue Lai & Jan Lecklikner

In 2019, Redwood Park was renamed Reinhardt Redwood Regional Park in honor of Dr. Aurelia Henry Reinhardt, President of Mills College, and one of five Park District first Board of Directors in 1934. Redwood trees cover this part of the Oakland hills. Our leader, Sue Lai, took us into



Group, headed uphill - Laurie Lau;
Sun streaming thru the redwoods - Tram Huynh

a grove to experience the beauty of the trees. Although second growth, due to the lumbering industry of the 19th century, they provide a lush cover to the many hiking

trails in the park. Twelve hikers joined our leaders at Skyline Gate and descended Stream Trail following the creek at the bottom of the canyon. We

hoped to see Lady Bugs in winter dormancy along this path, but very few were there. From Stream Trail, we ascended Fern Trail and then joined French Trail. As most know, this trail was named for Harold French who founded Contra Costa Hills Club in 1920. (See Noël Siver's, Harold French 'A Press Agent for the Hills' 2020) This trail has some challenging



climbs and went up to Redwood Peak Trail. More climbing led to Redwood Peak, a rocky outcrop and high point in the park. We then followed West Ridge Trail to our lunch spot at Redwood Bowl. Our return was along West



Ridge Trail with lovely views of forests and hills below. We hiked a little over 8 miles with 1900 ft. of climbing. Thank you, Sue and Jan, for a lovely day in the Redwoods.

Roberta O'Grady

Thursday, December 22, 2022 Lafayette Reservoir

Leaders: Patricia & Nidhi Derickson, Georgette Armstrong & Diane Barde

While hikers were gathering at Lafayette BART to meet Patricia, others were heading directly to the Lafayette Reservoir. Nidhi,

Georgette and Diane were busy setting up for the after-hike display of cookies, banana nut and pumpkin spice loaves, gingerbread men cookies, hot chocolate, hot



Hike leaders: Sylvia, Diane, Georgette, Patricia & Nidhi

tea, delicate sandwiches of cucumber and cream cheese

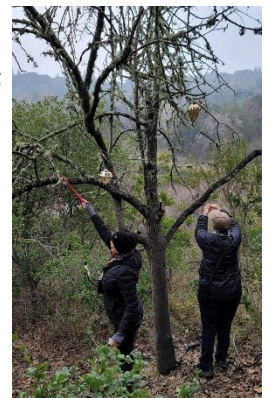
with the crusts cut off. However, before we could in-



dulge, we hiked three miles around the reservoir. We came upon the tree where we traditionally place birdseed bells and other trin-

kets. Unfortunately, the tree now resembles Charlie Brown's. We sang "We Wish You a Merry Christmas" at that time and continued on our hike joyfully ready to fill our bellies with our lunch and the delicious goodies. Thank you to the four wonderful women for their generosity and holiday spirit. HAPPY HOLIDAYS!

Stew Perlman



Group in header pic, Starting on trail, Nidhi & Jan hanging seed bells, Party on the deck after hike - all photos by Sylvia Kwan

Sunday, December 25, 2022

Christmas Day

No hike scheduled



Thursday, December 29, 2022

Coyote Hills, Fremont

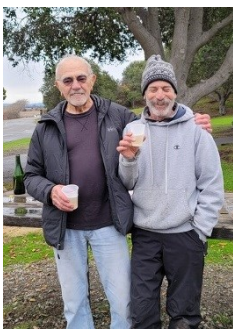
Leaders: Beryl Vonderheid & Roberta O'Grady

Although it had rained through the night and into the early morning, sixteen hopeful hikers ventured to Coyote Hills once it was reported that the rain had ceased. We gathered at the Chochenyo Trail, where Roberta O'Grady



reminded us that the trail name is from the language of the park's

First Peoples. Coyote Hills - Mayyan Saatosikma - is the ancestral homeland of the Tuibun Ohlone peoples, who have thrived with the land and spoke the Chochenyo language since time immemorial. We began our four+ mile hike as we headed west along the trail, where we observed deer, egrets, mallards, shovelers, turkey vultures, and even a few humans. The trail took us to Muskrat and D.U.S.T. Trails, as we hiked along the ubiquitous cattails, then to Alameda Creek Trail which put us on firm blacktop. Although we were now heading toward the southeast end of the San Francisco Bay, we never ventured to it. We next headed south to Bayview Trail to Lizard Rock



Trail and onto Chochenyo Trail and to the Visitor Center. We were hungry by now and sat down to enjoy our lunch. It being so close to New Year's Eve, we celebrated with sparkling wine and sparkling apple cider with a toast to the Club and to 2023. Stew Perlman and Frank Martin had a few kind

words to express their sincere love for the Club, its friendship, and enriching experiences. Furthermore, there were chocolates and assorted goodies to sample. After we satiated ourselves, we departed while wishing everyone a Healthy and Happy New Year. A



Bayview Trail boardwalk, Great Egret, Toast by Frank & Stew - Sylvia Kwan; Great Blue Heron - Rita Poppenk; Arch into Nectar Garden - Laurie Lau

sincere thank you to Beryl & Roberta, and yours truly for wishing the rain away.

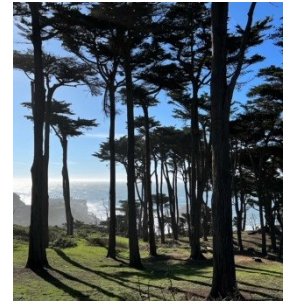
Stew Perlman

Sunday, January 1, 2023

Ocean Beach to Sea Cliff

Leaders: JoAnne Schultz & Liz Howell

It was a glorious way to celebrate the first day of the new year with a walk in San Francisco from the start of Ocean Beach, past the Cliff House, through the forests of Land's End and down the mosaic stairs created by Aileen Barr. After three days of rain, everything sparkled, washed clean. The beach and trails were shared with happy people walking their dogs, fishing, or swimming(!). The prior rain made the trail muddy in parts but, with the collective effort of shared hands and poles, we made it safely through the rough spots.



There was a mudslide from the hill across the street from the Cliff House which blocked the road already closed for Sunday. Walkers and cyclists simply moved

around the slide. Each beautiful view had us pausing, stunned by what we were seeing. It was 6 miles of drop-dead gorgeous sights at every step of our walk. Fifteen



hikers, 5.43 miles (thank you Strava). We all kept remarking how

lucky we are to live here; how perfect the weather was for New Year's Day. A great way to start 2023. So many superlatives. It was that kind of day. Thank you, Liz Howell and JoAnne Schultz!

Jan Lecklikner

Forest, Mosaic stairs, GGate Bridge - Jan Lecklikner; Group - Sylvia Kwan



Thursday, January 5, 2023
Emeryville Marina
Leaders: Lucy Perdichizzi
Hike cancelled due to rain

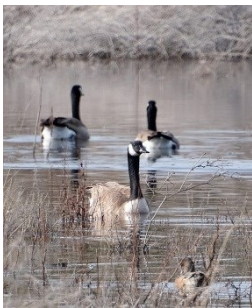
Sunday, January 8, 2023
Top of Tam

Leaders: Sophia Garcia & Dorothy Bradt
Cancelled due to park closure

Thursday, January 12, 2023
Anthony Chabot Regional Park Trails
Leaders: Wanda Fong, Ellen Chen & Sharon Wang
Cancelled due to park closure

Substitute Hike
Thursday, January 12, 2023
Berkeley Marina
Leader: Rosemary Johnson

This hike, as created at almost the last minute by Rosemary, was a substitute for a rainout hike. The original hike would have had too much mud and the park was closed. So, the Brickyard Cove at Berkeley Marina was a safer and cleaner alternative.



Brickyard Cove just became public last March and got its name from landfill companies dumping bricks there. It is connected to the Bay Trail and is part of McLaughlin Eastshore State Park. One can get plenty of walking done.

There were 16 people who attended this hike and saw plenty of birds and ducks on our route. I never realized that birds are descended from dinosaurs, which I learned today. Above on the left are geese and ducks, and on the right is a Great Blue Heron.

Another interesting view is a statue called 'Guardian' by Fredric Fierstein.



The people on this hike were very appreciative that they could finally get in the fresh air and get some walking in.

Thanks, Rosemary, for getting us out and about. Thanks to Sharon Wang for the photos.

Julia Cordell



Canada geese and a duck, Great Blue Heron, "Guardian" Hikers - Sharon Wang

Sunday, January 15, 2023
Downtown Berkeley to the Berkeley Rose Garden
Leaders: Julia Cordell & David Jadeson

It took courage not to cancel this hike. Our leaders deserve thanks for taking advantage of a few dry hours in between rain storms to lead us on a beautiful walk through the Berkeley Hills and a visit to the Berkeley Rose Garden.



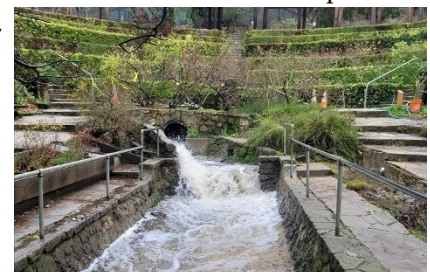
Strawberry Canyon was not included as the current storms would have made it too muddy. Eight hikers joined our leaders at the Berkeley Express Coffee Shop at Shattuck and Hearst Streets. From there we walked along Shattuck to Cedar and on to Oxford enjoying the shops. From Oxford we started up the hill on Rose to Euclid, viewing beautiful homes along the way. They represent Craftsman, Mission Style, Gothic Revival and Beaux Arts and reminded us all of the architecture of Bernard Maybeck. The Berkeley Rose Garden was a beautiful rest stop. It is a terraced amphitheater, bisected by Codornices Creek which we noted was like a waterfall, bursting from its channel into a pond. This creek was



Group, Berkeley Rose Garden, Codornices Creek; (next page) Lunch after hike - Sylvia Kwan

Cedar and on to Oxford enjoying the shops. From Oxford we started up the hill on Rose to Euclid, viewing beautiful homes along the way. They represent Craftsman, Mission Style, Gothic Revival and Beaux Arts and reminded us all of the architecture of Bernard Maybeck. The Berkeley Rose Garden was a beautiful rest stop. It is a terraced amphitheater, bisected by Codornices Creek which we noted was like a waterfall, bursting from its channel into a pond. This creek was

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named by the Spanish and means quails. The garden was opened in 1937 and is the work of the California State Relief Association and the Works Progress Administration. We had great views of the Bay. We returned to downtown Berkeley, through the University of California Campus. Our leaders led us to a great Thai restaurant where we enjoyed lunch. Thank you, Julia and David, for a beautiful walk and the delicious chocolate treats.

Roberta O'Grady

Thursday, January 19, 2023
Marsh Creek Regional Trail (Oakley to Brentwood)
Leader: Diane Cannon



Twenty hearty walkers gathered at Marsh Creek Regional Trailhead. Immediately the consensus was it was way colder than most had anticipated!! We quickly circled up to count and share names, and to sing 'Happy Birthday' to our leader Diane Cannon who was celebrating her birthday the

next day. We then formed new carpools to drive to Oakley where we would begin our almost 8-mile walk back to the trailhead in Brentwood. The skies looked dramatic and threatening and the wind picked up, but we warmed up as we walked along the fast-flowing creek. There were many bird sightings including Blue Heron and Egrets. We passed a fish ladder where salmon would be coming later in the year. About 3 1/2 miles in, we took a side trip to use restrooms at McDonald's and several walkers purchased coffee to help warm up. At about 4 1/2 miles we stopped at a park for lunch. Almost immediately the sun broke out and the remainder of the walk was much warmer. The big treat in store for us at the end of the walk was a visit to Diane's home where she had set up a selection of hot fudge sundae toppings including sprinkles, mini chocolate chips in different flavors, cookies, chopped



nuts, fresh fruit and, of course, whipped cream with a maraschino cherry to put on top. She had set up tables and chairs and we all enjoyed making our own hot fudge sundaes. What a special treat! Of course, we broke out into another chorus of 'Happy Birthday' for the birthday girl whose granddaughter Kora had joined us. Thank you, Diane, for such a fun walk and treat. We all hope you enjoyed a wonderful birthday.

Teresa Schwanauer

Bundled up hikers, Marsh Creek, Walking along the creek trail. Diane & Kora, Yummy sundae - Teresa Schwanauer

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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•Jim Baranowski, **Thursday Chair**

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