



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

FIRST CLASS MAIL

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



JANUARY 2022



KNAPSACK

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

As 2021 recedes into the past and a new year approaches, I am confident in the belief that we all hope for a promising year of peace, prosperity, and goodwill. However, that sentiment seems to be colliding with a future that appears to be increasingly more difficult to achieve than ever before. The recent global climate conference held many promises, but many scientists know that what was proposed will not be enough to adequately mitigate the harmful effects that continue to beset our planet. Not to mention violent global conflicts, food scarcity, inadequate shelter, poverty, authoritarian regimes, racism, etc. We have been fortunate enough to live and to prosper in the San Francisco Bay Area. No, it has its problems, too, but we are not exactly experiencing the calamitous events at the same level of many people of the world. In fact, we are probably doing considerably better than a great majority of the world's population. And so as 2022 arrives, show gratitude for your good fortune. In some small way, however you express thanks, I implore you to do so. I want to thank those of you who have enriched the Contra Costa Hills Club with your time, effort, and spirit. Without volunteers to take on the variety of tasks we need to sustain the club, we are not a club. Let's con-

tinue to be positive, to recognize that humankind can be triumphant in spite of the odds that are daunting but not necessarily impossible to overcome.

Audrey and I wish all of you a Happy and Healthy New Year.

Stew Perlman



A HEARTY WELCOME TO OUR NEWEST MEMBERS



Marleen Blomberg of Antioch
Marilyn Vihman of Berkeley

SAVE THESE DATES

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

2021 HIKE LEADERS HONORED

The annual CCHC Hike Leaders of the Year awards were presented at the December Holiday Luncheon to members who led or co-led the most hikes in the second half of 2021. (Hikes were shut down due to Covid during the first half.) The 2021 **Hike Leader of the Year** plaque was awarded jointly to **PATRICIA DERICKSON** and **PAT MCDONALD**, who led or co-led 8 hikes each. Congratulations, Patricia and Pat!

Illustrious runners-up were recognized with attractive certificates: **Roberta O'Grady**, 7 hikes; and **Diane Cannon** and **Rosemary Johnson**, tied with 6 hikes each. Congrats to the runners-up! Recognized for "writing up" the most hikes in 2021 was **Linda Malm** who wrote up 7 hikes. And recognized for taking the most photos in 2021 was **Sylvia Kwan**. Thank you, all!



Karen

And a big **Thank You** to all members who led or co-led hikes in 2021. Without you, there would be no CCHC! Also, to those who wrote up a hike or submitted photos during 2021. Without you, there would be no Knapsack newsletter! We hope this inspires others to experience the satisfaction of leading or co-leading a hike for the club in 2022.

Happy Trails in the New Year!
Karen Arntzen



Linda, Roberta, Diane, Rosemary, Patricia, Sylvia, Fran (standing in for Pat McDonald)

HOLIDAY LUNCHEON 2021 AT SPIN A YARN IN FREMONT

It was a grand affair – 60 people attended the Holiday Luncheon. Spirits were high – it was wonderful to get together with hiking buddies and celebrate. Good food, door prizes, hike leaders and others were honored. Thank you Lucy, Patricia, and Reyanne for making this all happen!



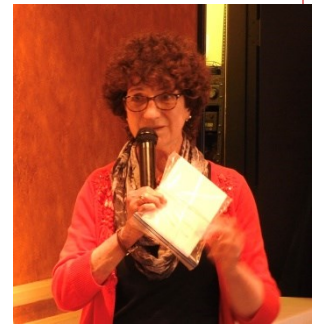
Sign of the times: Patricia Derickson and Reyanne Freeman welcome guests and check vaccination status.



Suzy Mark & Linda Malm



CCHC President
Stew Perlman



Lucy Perdichizzi, Social
Committee Chair



Georgette Armstrong, Sylvia Kwan, Linda Malm.
(rear) Lily Ho



Dorothy Bradt and
Sonja Wilkin

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 16, 23, and 30.

Open Sunday Hikes: January 16 and 30;
February 13; June 5, 12, 19, and 26.

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

HELEN AMES MCGREGOR

Helen McGregor passed away September 4, 2021 at age 90. She lived in Oakland, California and worked for Miller Freeman, Inc, a San Francisco based trade books and business magazine company.

She was an avid reader, a strong hiker (joining CCHC in 1974), and a conservationist. Her favorite hike was hiking to the peak of Mt Tam in Marin County. Special bonus was spotting her favorite Baby Blue Eye blossoms along the trail.

We miss you Helen, but cherish the good times we shared together.

Remembrance by Michi Tashiro



MORE HOLIDAY LUNCHEON PHOTOS:



Social Hour



New member
Suzanne Bittrolff



Raffle ticket winners



Yvonne & Bill Chen



Nolan Fong



Fran Leighty, Patricia Derickson



Sylvia Kwan



Roberta O'Grady walking up to get her certificate.

All Holiday Luncheon photos courtesy of Sylvia Kwan and Noël Siver



Lone Hiker on Franklin Ridge - Sylvia Kwan

Sunday, November 21, 2021
Tennessee Valley to Cove (short hike)
Leader: Patricia Derickson

It was a perfect fall day for a hike! The crisp offshore wind meant we could see forever! Six of us split from the sixteen long hikers and made our way west to Tennessee Cove. It is named for the S.S. Tennessee, which had



Rosemary Johnson, Warren Zwickau, Marilyn Vihman, David Jadesen, and Noël Siver - by Patricia Derickson

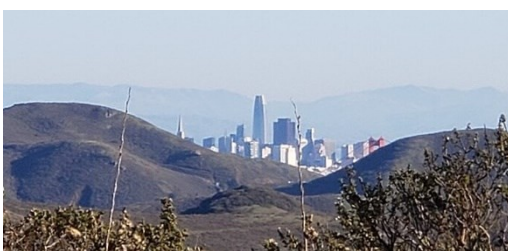
missed the Golden Gate on a foggy Sunday in March 1853 and whose captain decided to run his steamer right up onto the beach rather than collide with possible rocks along the shore. All 550 passengers were safely off-loaded as well as 14 chests of gold before heavy surf broke the ships oak hull to pieces. It's supposed to be visible at low tide. We took our photo in front of

Arch Rock which is no longer an arch as it collapsed on December 29, 2012. A lovely walk with a bit of history to it!

Patricia Derickson

Sunday November 21, 2021
Tennessee Valley to Muir Beach (long hike)
Leaders: Diane Cannon & Dorothy Bradt

Under a brilliant blue sky on Tennessee Valley Trail, we are invigorated to push our way up through the strong blowing wind. Blinding silver waves with a peaking San Francisco skyline between the hills. We kept a good pace to reach the bluff top. On one side is a breathtaking ocean



Cityscape through the hills - Sylvia Kwan

view, the other a manzanita & coyote bush green hill. We could see the Farallon Islands clearly, and sacred

Mount Tamalpais behind us. After our lunch, we hike back via the lovely switch-backed Middle Green Gulch Trail. Approximately, 9 miles & 1700' elevation gain with deep satisfaction. Thank you, Diane and Dorothy, for treats and for leading hikes.

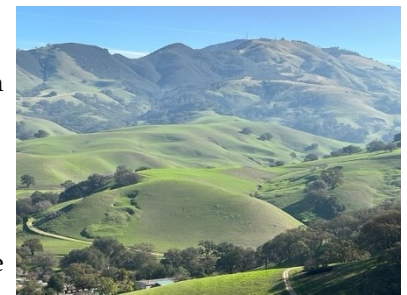


View of Pirate Cove - Marilyn Vihman

Sophia Garcia

Thursday, November 25, 2021
Thanksgiving Potluck at Borges Ranch
Leaders: Bill Motzer & Sophia Garcia

Thanksgiving Day. Temperatures 50s-60s. Sun brightly shining. Grass, greener than green. Huge oaks dotting the rolling hills. Sigh!! Eleven of us met at Borges Ranch, where we hiked Borges Ranch Trail, Castle Rock Trail, Fairy Lantern Trail, and Mokelumne Coast-To-Coast Trail up and down the undulating countryside for 4 miles, gaining and losing 400'. Bill enlightened us to the geological features along the way: Debris flows, unstable soil that was



Green hills, Potluck - Sophia Garcia

in evidence on the far hills, as well as the landslide that caused the rerouting of Castle Rock Trail; Domingine sandstone formations of Castle Rock, where raptors nest in holes in the soft rock. These holes are created by erosion from the slightly acidic rainfall that dissolves the calcium carbonate in the rocks; Mt. Diablo, elevation 3,849', which has gone through constant change over the past 2 ½ million years, uplifting and folding, resulting in the oldest rocks at the summit and the youngest rocks toward the bottom. As the mountain rises, it pushes the younger rocks aside causing them to dip steeply on its flanks. As



much as 12,000 feet of rocks have been eroded in all! Much happening over the eons to create the gorgeous views we see today! Meanwhile, “back at

the Ranch”, musical sounds of nesting red-wing black-birds serenaded us while we settled down to a delightful Thanksgiving feast. We toasted our club, one another, and the day. Thank you, Bill and Sophia, for a peaceful journey through time and good eats!

Diane Cannon

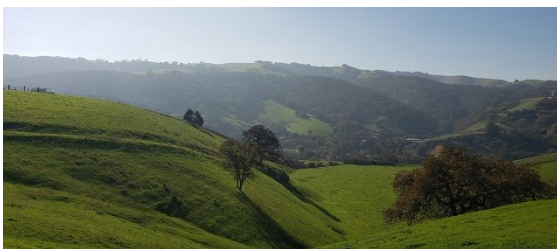
**Sunday, November 28, 2021
Franklin Ridge Trail, Martinez
Leaders: Diane Cannon & Fran Leighty**

Weather was perfect for this 7-mile hike. After the meet and greet at Martinez Regional Shoreline Park, twenty-two energetic hikers headed for the hills. On our way to the trailhead, we passed by many historical buildings and homes that are abundant in Martinez. Prior to the California Gold Rush of 1849, Martinez was part of Mexican territory and was a pastoral valley divided up into Spanish Ranchos. The hills are known locally as Franklin Ridge. Named for Gold Rush pioneer Edward Franklin who came to California from England in 1849, these hills are a delightful way to experience the landscape much as it was a century and a half ago. The discovery of gold, and establishment of Statehood, brought a rush of settlers and prospectors to the region. Across the Carquinez Strait, the city of Benicia became the State Capitol in 1853. As the write up had warned, the first part of the hike was pretty much straight uphill and we were quickly



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Uphill with Benicia Bridge in background - Teresa Schwanauer; View of green hills - Sylvia Kwan; Group - Jamie Watson



Uphill with Benicia Bridge in background - Teresa Schwanauer; View of green hills - Sylvia Kwan; Group - Jamie Watson

shedding our outer layers of clothes. Thankfully the beautiful green hills were a delightful distraction. We stopped for an early lunch and enjoyed the stunning views overlooking the Carquinez Strait despite a little haze. We continued our hike along the Franklin Ridge and then descended very close to the site that preserves the Victorian residence and part of the fruit ranch where the naturalist John Muir lived from 1890 to his death in 1914. While living in Martinez, Muir laid the foundations for the creation of the National Park Service in 1916. We then wandered along the local streets on our way back to Martinez Regional Shoreline. Thank you, Dianne and Fran, for organizing this delightful hike.



Teresa Schwanauer

**Thursday, December 2, 2021
Ardenwood Farm
Leaders: Beryl Vonderheid, Lucy Perdichizzi & Roberta O’Grady**

Seventeen hikers joined Beryl, Lucy and Roberta for a walk through an historic farm which belonged to George Patterson and his wife Clara Hawley Patterson in the late 1800’s. Their Victorian home is the centerpiece of the park. It was our first stop on this lovely walk. Although the interior is shown only on guided tours, we could enjoy the overall beauty of the home as we walked around it. Along the trails in the park, we found many interesting plaques, talking about the history of the land, pointing out the site of an Ohlone Village and the railroad that ran along the north side of the farm. We walked east, near the old railroad and Deer Park Station, noting a great



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deal of cutting down trees in the area of the park called Eastwood. We walked past an open area called Central Field and on to the farm. Here we could enjoy the goats, sheep, hogs and chick-

ens, a chance for visitors to experience farm life. Another interesting attraction in the farm is the Blacksmith's Shop.

The volunteer Blacksmith demonstrated the firing and shaping of metal.

The picnic area in the farm was our lunch spot. Here we were visited by a magnificent Peacock, free to wander among the visitors and enjoy a few



snacks. We could also pick up corn cobs which could be made into popcorn. This was our last stop in this beautiful park. We especially wish to thank our guest hiker, Karen Correia, who had been a volunteer at Ardenwood and



Photos by Noël Siver except Blacksmith by Rita Poppenk

told us many stories about the family and their descendants. The name Ardenwood comes from the play by Shakespeare, As You Like it, which is set in the Forest of Ardenwood. This name

was given to the farm by Clara Hawley Patterson. Thank you, Beryl and Lucy, for planning and leading this lovely, historic walk.

Roberta O'Grady

**Sunday, December 5, 2021
Rose Garden to Tilden Loop**

Leaders: Jo & Chuck Browne and Henry Chan

This walk was limited to 10 hikers but stretched to accommodate 18. As a new member with a British guest, Margaret Deuchar, I felt fortunate to be allowed to join! We started off through Codornices Park and up the formidable Tamalpais steps. I was glad to see that we did not continue up the full set but soon turned off at a private gate to follow a path up the hill under

redwoods. There I created some drama by looking down at my stick instead of at where I was going...and banged my head full tilt against a low branch. This knocked me down and made a cut that began dripping blood. I had ample opportunity to appre-



ciate what a kind, considerate and caring group I had joined as people hastened to stop the bleeding and bandage the cut – and after a few minutes, amid questions as to whether I still remembered who I am and who (most people agree) is president, we resumed the walk. (There were no further ill effects!)

Continuing up the path we came out near the Benner house, built by Wurster, whose firm designed Ghirardelli Square (1960s). Then we went up some steep paths with



Sunny trail - Marilyn Vihman; Sterling Path, Group, Map of hike loop - Sylvia Kwan

steps - North Gate, part of Glendale, and Atlas (ca. 575 steps altogether, including descents). This led us to Selby Trail, which borders the Western edge of Tilden Park. We went down to a



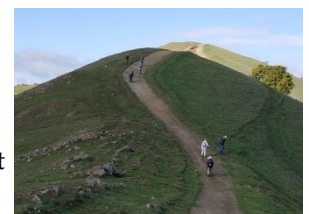
lovely spot with picnic tables and enjoyed our lunch, making an uneventful return on John Muir Path, mainly downhill except for Keeler Path, which is flat. We covered ca. 6 miles in all, returning by 3.

Many thanks to the leaders for a most enjoyable Sunday hike!

Marilyn Vihman

**Thursday, December 9, 2021
Rocky Ridge, Las Trampas Regional Wilderness
Leader: Jim Baranowski**

What a glorious day: cool in the shade, warm in the sun, clouds in the blue sky. Jim Baranowski led seven of us on a Las Trampas tramp. The low angle of the sun reflecting off the green hillsides was special. We headed southwest out of the parking lot as if going to Ramage Peak. When we got to the ridge we headed north along the ridges. At about noon Angus, our newest member, and I were ahead and he said he wanted to stop for a snack on the lee side of the ridge. It turned into a lunch stop for all, sitting on the shell-hash of the Briones Formation. The views were tremendous and the company great





Walking up and down the ridge, Fantastic view, Group (Angus, Angela, Henry, Jim, Nolan, Mark & Fran - Sylvia Kwan

as usual. Angus and I took Jim's suggested side loop and it was very well worth it, just before descending to the parking lot. Jim and Angus saw a White-tailed Kite perched very near the trail; flowers, not, except for a few little lupines bravely blooming. Most of all, the light made the day a wonderment out of about 5 miles and about a thousand feet of climbing.

Mark Petrofsky



Sunday, December 12
Carr Ranch Loop Trail, Moraga
Leaders: Bill & Yvonne Chen, Yeao Nan Hsieh
CANCELED
Due to projected rain

Thursday, December 16, 2021
San Francisco Trails Hike
Leaders: Celeste Burrows (w/Jessica Burrows), Pat McDonald & Althea Wong

Beginning at the nostalgic Forest Hill Muni station, we made our way up into some beautiful tree-lined neighborhoods. This led us to a wonderful quaint trail between homes up into the nature of Edgehill Mountain. Redwoods and eucalyptus on either side, I felt it reminiscent



of Prairie Creek hikes. Due to some wet and extreme mud areas, we headed back down into the neighborhoods of decorated homes, and then proceeded up again towards Mt.

Davidson on a lush trail. The air was clear and crisp which made the view of the city magnificent from the top. Lunch at the Armenian Cross was interrupted when an off-leash Ridgeback hound bounded into our area. It spied Roberta's sandwich and "chomp" had



half of it in its mouth. Roberta relented and let go while the rest of us covered our remaining food. "Oh no!" cried the owners. "He is food motivated". I guess. She had eaten the other half and didn't go hungry. Posed for a group photo with the city behind us. Before



heading back to Muni, part of our group followed a lovely trail through the 150-year-old Laguna Honda Hospital grounds. Great weather after the big storm and a great hike.

Yvonne Moss

December 16, 2021
San Francisco Trails Hike - Part II

As six of the original sixteen hikers said goodbye and headed to the Forest Hill Station to return home, ten of us continued on our way to the Laguna Honda Community Trails System. We began our hike on the Steep Ravine Trail that is located behind the Laguna Honda Hospital and Rehabilitation Facility. Soon we came upon a most unusual red fungus, which was identified as a basket stinkhorn according to a plant app. The trail snakes its way through a variety of plants, trees, including eucalyptus, poison hemlock, and the largest nasturtium leaves I have ever seen. A hawk was perched on a branch where we stopped for a while to observe it. Then it flew away into the blue sky. We continued on slowly descending into the urban ravine. There was a pumpkin patch nearby, where vegetables are grown we were informed by one of the hikers. After a short jaunt heading up the ravine, we came to the Clarendon Knob Trail that took us back to the street right across from the MUNI station. Thank you to Celeste, Pat, and Althea for including this urban forest trail.



Hike photos by Sylvia Kwan

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that took us back to the street right across from the MUNI station. Thank you to Celeste, Pat, and Althea for including this urban forest trail.

Stew Perlman

Sunday, December 19, 2021
Los Vaqueros Reservoir
Leaders: Diane Cannon & Dorothy Bradt

Fourteen hardy hikers gathered at the County Line Staging Area, off Vasco Rd. The drive in was very foggy and the fog was heavy at the meet up. The trails were muddy but not impossible. Weather was cool, but OK for hiking.



On the way up, we encountered a stone enclosure at a hilltop. We speculated that it might have been an ancient sheep enclosure. We passed about 10 cows with their calves down slope in the fog. Just before the top we had to pass through a herd of cows on the trail. We saw hoof prints that we believe

were made by mule deer. Didn't see any hawks or other birds of prey, but there were sparrows and the like.

There was wild mustard in bloom scattered along the way. Lots of small poppies not in bloom on both sides of the trail. The hills are mostly populated with oak trees and the usual invasive wheat and oat grasses.

We lunched for half an hour at a rocky outcrop, near the top of the loop. Lots of exposed rocks with lichen. Many conversations were engaged in and many photos taken.



While we were eating the sun was trying to come out. One of the ladies took out her phone and started playing music and got people dancing. Someone called it a "sun dance". It worked for a minute.



We walked along a ridge for a ways before dropping down back to our cars. On the ridge there was more than three fur-laden predator scats. We stopped once more for another "sun dance", and more photos. The mood was exuberant at the end of the day.



Elevation gain/loss = 853 ft. Total miles= 6.5

Angus Powelson



Foggy hike uphill,
 Foggy lunch spot,
 Wiping mud off boots,
 Happy hikers nonetheless
 - photos by Sylvia Kwan



NOTE: The Board and Conservation Committee are currently not physically meeting due to COVID-19 shelter in place orders. CCHC members should contact Stew Perlman with any concerns so they can be discussed at the meetings. Conservation issues should be addressed to Beryl Vonderheid.

Please submit your hike write-ups of up to 300 words as soon as possible after each hike to Rosemary Johnson at compasros@comcast.net. All other submissions should reach Silvia Akinaga at sakinec@aol.com by the middle of the month to appear in the following month's issue.

OFFICERS & COMMITTEES 2020—2021

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•Jim Baranowski, **Thursday Chair**

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