



**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



January 2023

**HAPPY  
 NEW  
 YEAR**

**KNAPSACK**

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

**PRESIDENT'S MESSAGE:**

Now that the Holiday Season is slowly coming to a close and all you need to do is return gifts that you don't need or like, take advantage of post-holiday sales, and pay a few bills, you should be able to return to a calmer life. I hope everyone did indeed have a good celebration.

The Overnight Outings Committee has made a significant suggestion and request that is inclusive and creative. The committee is looking to the club members to make suggestions as to where they would like to see the club go as an Overnight Outings trip in 2024. However, what is important to consider is that the committee is looking for more active participation as to the planning and organizing of the trip. You are being asked to scout the location, assist in making the necessary lodging reservations, participate in the Zoom planning sessions and attend the outing. The committee members will help you in all facets to make the trip successful. I hope that by now some of you have contacted the Outings Committee with interest and enthusiasm.

I was away during the Holiday Luncheon and I hope that everyone had a good time and enjoyed not only the food but the opportunity to see members that no longer hike or you just haven't seen lately. Let's hope that 2023 presents us with a kinder, optimistic, and gentler world.

Happy New Year,  
 Stew Perlman



*A HEARTY WELCOME TO OUR  
 NEWEST MEMBER*

*Patrick Alexander of Pleasant Hill*

**SAVE THIS DATE**

- April 2-5, 2023 CCHC Trip to Pinnacles National Park. Details in December Knapsack, page 4, Sign-ups open January 3-17, 2023

May the new year bless you with health, wealth, and happiness.

**CCHC WANTS YOU!!!**

The board is seeking 1 or 2 Knapsack Editors. Interested? Check out the job description on the CCHC website ([www.contracostahills.org](http://www.contracostahills.org)), click on Membership, then Job Descriptions and Committees. scroll down to Knapsack Editor. Please contact Silvia Akinaga [sa-kinec@aol.com](mailto:sakinec@aol.com) or Rosemary Johnson [com-pasros@comcast.net](mailto:com-pasros@comcast.net) or Stew Perlman [stewiep@aol.com](mailto:stewiep@aol.com) if you have any questions or would like to find out more about the editing process. We look forward to hearing from you!

## OPEN HIKE DATES APRIL TO JUNE 2023

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

**Open Thursday Hikes:** May 25; June 1, 8, 15, 22, and 29.

**Open Sunday Hikes:** April 2 and 9; May 28; June 4, 11, and 25.

**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

## Check Out the New Conservation items on the CCHC Website!

There is new updated information about Conservation on the CCHC website.

The **Conservation** tab presents an overview of the work of the Conservation Committee.



If you are curious as to the specifics of the Conservation Committee, then check out the **Membership** tab and scroll down to Club Organization and click on Job Descriptions and Committees. This will bring up a document of all of CCHC's Job Descriptions and Committees, so you'll need to scroll down some more to get to CONSERVATION COMMITTEE. Here you'll be able to see the Committee's Purpose, Membership, Source of Funds, Conservation Fund Recipients and more.

A very brief summary of the Club's commitment to conservation can be found on the **Membership / About** tab.



## HOLIDAY LUNCHEON DECEMBER 12, 2022

On a cool, crystal-clear day fifty cheerful folks gathered for the annual Holiday Luncheon held this year at Hong Kong East Ocean Restaurant in Emeryville. As always, it



was good to see familiar smiling faces and share season's greetings. Wonderful to chat with friends and enjoy views of the bay. Our meal was a tasty variety of Chinese dishes; there was something to please everyone. And then, of course the raf-



fle! Many prizes were handed out and the appreciative smiles of the lucky winners were nice to see.



Our thanks go to Lucy Perdichizzi, Patricia Derickson, and Reyanne Freeman for all the planning that went into making this event happen.... And also, to those who generously donated prizes for the raffle and See's candy for our enjoyment!



Photos courtesy of Laurie Lau

## 2022 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 2022. The 2022 **Hike Leader of the Year** plaque was awarded to **FRAN LEIGHTY** who led 17 hikes! Congratulations, Fran!

Illustrious runners-up were recognized with attractive certificates: **Diane Cannon** with 13 hikes, and **Patricia Derickson** with 11 hikes. Tied for "writing up" the most hikes in 2022 were **Linda Malm** and **Roberta O'Grady**, who wrote up 13 each. And recognized for taking the most photos was **Sylvia Kwan**. Thank you, all!

And a big **Thank You** to all members who led or co-led a hike in 2022. Without you, there would be no CCHC! Also, to those who wrote up a hike or submitted photos. Without you, there would be no Knap-sack newsletter! We hope this inspires others to experience the satisfaction of leading or co-leading a hike for the club in 2023.

Happy Trails in the New Year!  
Karen Arntzen



Linda Malm, Roberts O'Grady, Patricia Derickson, Fran Leighty.  
Photo by Karen Arntzen.

### CCHC CONTRIBUTIONS

The Contra Costa Hills Club Officers and Board extend their thanks to the following members who have made contributions to the club from May 2022 to November 2022



#### May 2022

**Contributions - Conservation**

*In Memory of Betty Thornally*

Darlene Choy

*In Memory of Cynthia Uriosre*

Anita & Jerry Ford

**Contribution - Spring Luncheon**

Anita & Jerry Ford

#### June 2022

**Contributions - Conservation**

The Fremont Five BBQ

*In Memory of Emily Babath*

Darlene Choy

Connie Gee

**Contribution - Spring Luncheon**

The Fremont Five BBQ

#### July 2022

**Contributions - Conservation**

*In Memory of Betty Thornally*

Irene Dunn

*In Memory of Emily Babath*

Irene Dunn

*In Memory of Vers Lis*

*(Sierra Club member)*

Irene Dunn

*In Memory of Barbara Elkins*

Beryl Vonderheid

**Contributions - Spring Luncheon**

Marie & Ray Alberti

Yvonne Moss

**Contributions - Holiday Luncheon**

Zyg Deutschman

Sue Fernstrom

#### August 2022

**Contribution - Conservation**

Stew Perlman

**Contribution - Holiday Luncheon**

Stew Perlman

#### September 2022

**Contributions - Holiday Luncheon**

David Jadeson

Rose Susoeff

#### October - 2022

**Contribution - General Fund**

Aaron Soo-Hoo

#### November 2022

**Contribution - Conservation**

Stew Perlman

**Contribution - Holiday Luncheon**

Stew Perlman



# IN THE HIKERS' FOOTSTEPS



See next page

## Sunday, November 13, 2022 Macedo Ranch, Alamo: Wall Point & Pine Canyon Leaders: Diane Cannon & Colette Cussary

A glorious autumnal morning greeted 19 hearty hikers ready to start this 'strenuous' 7.7-mile hike with over 1800 ft. elev. gain. We met at Macedo Ranch Staging Area in Mount Diablo State Park in Alamo. After meet and greet we began our climb. Along the way we saw beautiful fall colors on the trees below us. About 1 1/2 miles into the



hike we stopped to see who would recognize the "HI" sign on a fence. At this time of year there were few flowers; the overall landscape was

dried shrubbery and grass. The climbing continued and breaks to drink water and catch our breath were welcome. Some 360° views were spectacular the higher we climbed. We didn't see any wildlife but were constantly standing aside to allow speedy cyclists to rush past us on their way down the hills. Eventually we hit the 4-mile mark and had already climbed over 1500 ft. We made our way to the lunch stop at Barbecue Terrace Camp where the break was most welcome. From this point we



had a long downhill portion and were sometimes nestled in trees which had brilliant fall colors. The last 1 1/2 miles of the hike involved two more climbs before the trail back to the

parking lot. A big thank you to Diane Cannon for leading this challenging hike and to Sophia who was the most helpful sweep (and I know as I was in the back on all the climbs).



Teresa

Fall color, HI, group pic - Teresa Schwanauer;  
Junction on BBQ Terrace Trail - Laurie Lau

## Thursday, November 17, 2022 Alameda: English Homes Leaders: Beryl Vonderheid & Roberta O'Grady

Twenty-eight walkers met at Franklin Park, where monarchs fluttered among the redwood trees. We began our walk in the Fernside district, named after A. A. Cohn's ornate mansion, which was destroyed by fire in 1897. Our route included Gibbons Street,

named for Cohn's wife. As we walked along colorful tree-lined streets, we were treated to views of charming English homes, of which there are over 3,000: Tudor homes characterized by deeply pitched, gabled roofs, decorative half-timbering, exposed wood frame-



work; Victorian homes characterized by ornate gables, bay windows, decorative woodwork; English cottages characterized by wood beams, gabled roofs, leaded-glass windows, beautiful gardens. Oh my! At Broadway we



Victorian, Tudor, French-style home -Laurie Lau

came upon a huge apartment building, originally the Alameda Hotel that once hosted theater performances. Here, five-year-old Roberta had watched her lovely mother perform. We walked by the columned Alameda High School, a most elaborate high school! It

looked more like a college campus. Lunch was enjoyed at Franklin Park under gigantic cedar trees. Then Beryl announced they had saved the best for last. What could top what we had already seen? It was a "Little English Village" called Stonehenge. Built 1927-1931, it took up an entire block and was so quaint, we were all ready to move in! So, four miles later, and full of new information, we boarded respective buses back to the mainland. Thanks, Beryl and Roberta, for this wonderful day in the Bay!



Diane Cannon



**Sunday, November 20, 2022**  
**Top of The World (East Bay)**  
**Leader: Bill Chen & Yvonne Van-Chen**

Early morning cold and windy weather didn't change 18 hikers' minds. We circled up around 9:30 a.m. next to Inspiration Point parking where it was not too windy. We hiked Curran Trail, Seaview Trail, (which is a part of Skyline National Trail, Bay Area Ridge Trail and Anza Trail), sloped and rocky didn't discourage us from conquering this trail, and warmed our bodies until we arrived at view point. Under the blue sky, Bay Bridge, city of San Francisco, Golden Gate Bridge and San Rafael Bridge in view, when we turned around to the other side, San Pablo Dam and Mountain Diablo in front of us, and a big circle stone



Page 4 header: Bay view, Brooks Island, Mt. Tam - Laurie Lau; Reservoirs to the East - Sylvia Kwan  
 This page photos - Sylvia Kwan

labyrinth lay on the ground. Warm sunshine, great sea view,

us enjoyable break and replenished power to finished the rocky slope trail. Two hikers took group pictures. We vanquished the top of the world (East Bay) and arrived Steam Train Station picnic area for lunch. We sat under the sun to keep warm and felt very comfortable. After lunch, we hiked down rocky Vollmer Peak, Lupine Trail and hiked up Quarry Trail, some part of that trail still had sea view. At the mountain grass slope color changed light gray to green, the young grasses grow up secretly below the dry long grasses, that let us know rainy season arrived. When we crossed by Lower Big Spring Trail, we hiked trail shortcuts to Seaview Trail and had a last break sitting on bench to enjoy the Richmond view. We finished the 6 miles hike around 2:30 pm. Thank you, Bill Chen and Yvonne Van-Chen, for a spectacular hike.



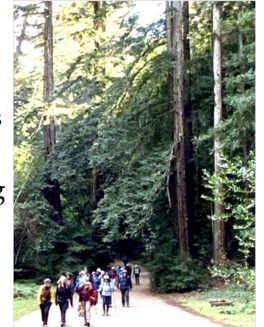
Miu Wan



**Thursday, November 24, 2022**  
**No hike offered**  
**HAPPY TURKEY DAY!**

**Sunday, November 27, 2022**  
**Reinhardt Redwood Regional Park**  
**Leaders: Jamie Watson & Bill Chen**

Twenty-seven club members met Jamie and Bill to hike in EBRPD Redwood Park. This 1,833-acre park, located a few miles from downtown Oakland, contains the largest natural grove of coast redwoods (*Sequoia sempervirens*) in the East Bay. Miles of trails wind through third-generation redwood groves giving little evidence of the park's logging past. In the mid-1880s an enormous old-growth redwood forest was leveled to supply building materials for the San Francisco Bay Area. We can imagine the forest's grandeur before aggressive logging. In 2019, the park was renamed in honor of Dr. Aurelia Henry Reinhardt, president of Mills



College, who was elected to the park District's first Board of Directors in 1934. The park also contains other evergreens, chaparral, and grasslands. Deer, squirrels, and raccoons are common wildlife here. Those with a keen eye might spot a rare golden eagle or an Alameda striped racer. A unique strain of rainbow trout

migrates seasonally up Redwood Creek. From Canyon Meadow Staging Area, we hiked Stream Trail for @2 miles, we passed through the Orchard, Play Area, Old Church, Big Bend Meadow and Trail's End. When we arrived at the creek habitat area, Jamie asked us to keep quiet for 15 minutes. We saw lots of ladybugs there. In turn, we hiked Tres Sendas, Starflower and Madrone Trails until we finally reached West Ridge Trail. We had lunch in Redwood Bowl. On our return we took a detour from West Ridge onto Baccharis Trail then back to West Ridge. We turned onto Bridle Trail to reach Stream Trail, heading east back to our starting point.



Hikers small by redwoods, Dead leaves like gold - Suchi Lee; Jamie gives thoughtful quotes, ladybugs - Laurie Lee



The whole hike is over 6 miles and 1000+ feet elevation gain. It is a little tough for some, but the views are beautiful. I truly enjoyed the hike.

Yeao-Nan Hsieh





**Thursday, December 1**  
**Art Along the Ohlone Greenway**  
**Leaders: Lois Switzer & Helen Johe**  
**CANCELLED Due to Threat of Rain**

**Sunday, December 4, 2022**  
**My Favorite Things in Albany & North Berkeley**  
**Leaders: Lois Switzer & Kathleen Fennelly**

It turned out to be a beautiful December's day to go hiking, after the storm the day before made the air crystal clear. Nine of us circled up waiting to find out what Lois's favorite things in Berkeley/Albany are. As we were leaving North Berkeley BART Station, we walked by a mural that shows the history of Berkeley. I think that many cities are having murals showing their his-

tory. One of the first sightings of Lois's favorite things was a neat looking house we called the Mermaid and Blue-Plate House. Another house was a blue mosaic home with an arch way and steps showing beautiful pieces of art work. Lois's very favorite is the house with the funicular and interesting art structures around it. The three favorite book libraries were very special to look at. One was built in shape of a railroad truck



Mosaic house, Bear family sculpture, Rail car and Swiss cheese free libraries - Laurie Lau

clear. Nine of us circled up waiting to find out what Lois's favorite things in Berkeley/Albany are. As we were leaving North Berkeley BART Station, we walked by a mural that shows the history of Berkeley. I think that many cities are having murals showing their his-

on top of a rail track; the next one was to resemble Swiss cheese by having wholes carved out in the wood; and the last one had succulents growing on top of the library. All were very original, creative book libraries.

Just before a promised surprise, we saw a yard that had wooden statues of bears. They looked pretty life-like. The surprise came a few minutes later which was a house with metal birds on the roof. When you step a few yards away it is easy to imagine them flying away.

We all thanked Lois and Kathleen for a wonderful and interesting hike.

Julia Cordell



**Thursday, December 8, 2022**  
**San Franciscan Holiday Hike**  
**Leaders: Sets Amann & Carol Savio**

The celebration of Christmas in San Francisco is especially enjoyed at night when the holiday lights come on. Our



leaders led us on a walk that featured the most beautiful of the lighted trees and street decorations and the special San Francisco Glow Lighted Art, projected onto certain buildings. Thirteen members, including one guest, met our leaders at the Ferry Building. We were all prepared with umbrellas and ponchos as a light rain was falling. It was still daylight as we walked along the Embarcadero to Pier 39. As we were admiring our first outdoor Christmas tree, the lights came on and the sky grew dark. We walked along Columbus Avenue to a delightful restaurant, Piazza Pellegrini, where Sets had arranged for a delicious dinner.



We were right by Washington Square and could enjoy the lights from Sts. Peter and Paul Cathedral. After dinner we continued on through Chinatown and down to Union Square, enjoying the strings of lights above the streets

and the giant Christmas Tree in Union Square. We stopped at the St. Francis Hotel to see their beautiful gingerbread house. At the suggestion of Rosemary Johnson, we



Umbrellas out on Embarcadero, Pier 39 tree, CCHC at Union Square, SF Glow building -Sylvia Kwan; Festive lanterns on Chinatown street - Laurie Lau



ended our walk on Market St. near Bush Street Plaza to see the spectacular projection of lighted art on the tall buildings in the area. The glowing shapes and colors were amazing. Many thanks to Sets and Carol for this delightful Holiday Hike.

Roberta O'Grady



**Sunday, December 11, 2022  
Contra Loma Regional Park  
Leaders: Diane Cannon & Miu Wan**

Should we go? Should we cancel? What a decision! It had rained all day and night the day before. Rain was forecast for the afternoon of the hike. The trails were sure to be muddy. Some sections would be steep and slippery. So,



we modified the hike to eliminate muddy sections and hills. We only had seven takers, ready to brave the elements. Just before starting out, the sun broke through and blue skies reigned for most of the day. Fluffy clouds, heavy with rain, dotted

the horizons all around us, but held off. We took the graveled Stewartville Trail all the way to the Townsite. No mud here. A fun side trip was 200 feet into a prospect tunnel, where we marveled at the furry quartz veins that had been dug in the 1860s. At Stewartville



Townsite, a vote was taken: Should we take the same trail back? Or should we continue up the Wall to Ridge Trail and chance the mud that was sure to be there? Because this group is tough and adventuresome, and because Roberta said "Go!", up we went! So, we slogged through



Hearty group, Prospect tunnel, Diane in the lead, Ridge Trail - Laurie Lau

the mud gaining about 800 ft. of elevation. Reaching the top, we had a lunch break, where Colette poured us hot cups of Yerba Buena tea. It went perfectly with the yummy cookies Miu had brought. Our return trip was along the Ridge Trail with views of the valley we had just hiked in one direc-

tion, and views of Pittsburg, Antioch, Rio Vista, and the Delta in the other direction. We rejoined Stewartville Trail to make our way back. The final count: 7 1/2 miles, 1358' elevation gain. We had only eliminat-

ed one hilly section! Such fun hiking with a group that is ready for anything! Thanks!  
Diane Cannon



**Thursday, December 15, 2022  
Sierra Point, Oyster Point & City of Stars, Brisbane  
Leaders: Jan Proudfoot & Fran Leighty**

A group of 21 hikers met in Brisbane (some drove; others took BART, then the bus) at 1pm so we could see the lovely holiday stars on homes in Brisbane after dark.



We walked on the San Francisco Bay Trail along Sierra Point and Oyster Point. It was a beautiful hike mostly along the water. The Bay Trail is a planned 500-mile walking and cycling path around the entire San Francisco Bay, running through nine Bay Area counties, 47 cities, and across seven toll bridges.



Along the way informational boards discussed the history and present use of both Oyster Point and Sierra Point.

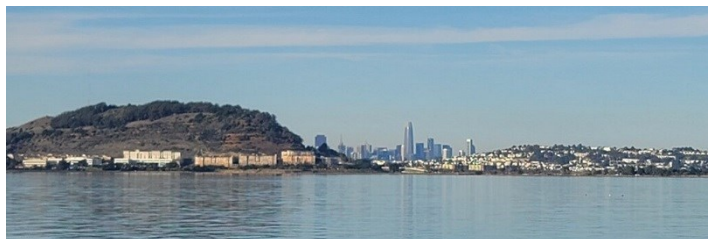
Oyster Point originally consisted of tidal marshlands, upland soils and bedrock. From 1956 to 1970 it was a massive landfill, and the volume of waste filled at Oyster



Point was said to cover a football field almost to the height of the Empire State Building. The landfill was closed in 1970, and remediation efforts were completed in the 1990s. It has been developed and is currently a marina, ferry terminal, yacht club, hotel, office space, and open space.

Sierra Point is all fill, reclaimed from San Francisco Bay behind dikes. It has also been developed, similarly to Oyster Point, with office buildings and a marina. Both areas now have lovely walking and biking paths, and many bird and wildlife viewing spots.

Sierra Point is all fill, reclaimed from San Francisco Bay behind dikes. It has also been developed, similarly to Oyster Point, with office buildings and a marina. Both areas now have lovely walking and biking paths, and many bird and wildlife viewing spots.







Several members went to dinner and then viewed the lights and stars on the homes in Brisbane. This tradition started in 1939 and has developed into such a tradition that residents are given free stars and lights by the local businesses. It was a lovely afternoon and evening. Thank you, Jan and Fran.

Fran Ternus

On previous page: Big CCHC group, Information panel on channel, Refuse art, View of San Francisco in the distance, Above: Brisbane house with lighted star - all photos by Sylvia Kwan

### Additional Hike Photographs



From Canyon Meadows hike: Fall Color & Sole Hiker on Stream Trail—Laurie Lau



From Albany/Berkeley Favorite Things: View of GGB from Rose Garden, Small mosaics, Marine mammal house—Laurie Lau



From SF Holiday Hike: Tree from St. Francis Hotel - Sylvia Kwan

From Sierra Point: Sierra Pt Marina—Sylvia Kwan



### OFFICERS & COMMITTEES 2022—2023

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#### Corresponding Secretary

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- Chuck Browne

- Rosemary Johnson

- Mindy Svorny-Moore

- Fran Ternus

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- Jim Baranowski, **Thursday Chair**

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- Noël Siver

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- Rosemary Johnson

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- Agnes Chen

#### Knapsack Printing

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- Lois Switzer

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- Dorothy Bradt

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- Lily Ho

- Fran Leighty

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- Reyanne Freeman

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- Bill Chen

- Helen Wong Johe

- Rosemary Johnson, minutes

- Mindy Svorny-Moore

- Lynne Vogensen

- James Watson

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- Barbara Mow

- Sylvia Saunders

- Jo Anne Schultz

- Kate Steinel

- Nancy Stout

- Lois Switzer

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- Herb Yonge

#### Historian

- Yvonne Moss

#### Website Group

- Chuck Browne

- Sue Lai

- JJ Libbon

- Fred Mock

**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.