



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



JULY 2020



KNAPSACK

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

As the Bay Area slowly opens the economy, we are experiencing more coronavirus cases. This was predicted by the epidemiologists as there is more population contact in addition to there being more lab tests to confirm COVID - 19 cases.

The board and other members have been establishing sensible and health conscious hiking guidelines as the pandemic evolves. It is a very fluid situation as the public health officials determine what is best for our region. Please do your best to stay in touch with your CCHC groups.io email account and general membership notices from the club to update you as the pandemic affects our hiking schedule. The board at its last meeting approved \$1500 for the Conservation Committee to help assist a variety of organizations who fight to preserve our planet. May 2020 was the hottest May ever recorded. On a more positive note, BART now extends to Milpitas and Berryessa/North San Jose, which opens up the Bay Area to more hiking options via public transportation.

Lastly, it would be remiss of me not to acknowledge that the past few weeks have seen another kind of pandemic affect society in a most profound and

hopefully transforming way - the killing of George Floyd while in custody of Minneapolis Police. As a hiking club, we are essentially non-political, but we are all affected by the racism that continues to erode our society. I hope that each of you in your own way has done whatever you think is appropriate to work toward a more just and peaceful nation and world. I hope that everyone is doing their best to stay healthy, engaged, and optimistic. We will get through this...

Stew Perlman

OPEN HIKE DATES FOR OCTOBER to DECEMBER, 2020

The deadline for submission of hike descriptions is July 31, 2020

Open Thursdays: October 1, 22 and 29; November 5, 12, 19, and 26; December 3, 10, 24, and 31.

Open Sundays: October 4, and 11; November 1, 15, 22 and 29; December 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

GUIDELINES FOR HIKING DURING THE PANDEMIC

Guidelines will change as the pandemic evolves.

- Hikes should be shorter in distance - bathroom facilities may not be open in some parks
- Ten hikers maximum including the leader and co-leader. However, Alameda County is allowing up to 12 people to gather in what they describe as "social bubbles." Multiple hikes may be arranged to accommodate more than 10 hikers or 12 hikers in Alameda County
- No snacks to minimize contact
- Wear face coverings
- To minimize contact, be prepared to use you own pen to sign waivers, and try to minimize its contact.
- Socially distance - circle up, hiking, lunch, etc.
- As far as public transportation and carpools that depends on your discretion. Know the bus and BART schedule. As for carpooling, it is possible that there may be a driver and one passenger to sit in the back of the vehicle; however, that depends on your comfort level. Larger vehicles may be able to accommodate more than one passenger.
- Call the hike leader to secure your place on the hike.
- Leaders need to know what the protocols are as they relate to the county and to the location of the hikes.

SAVE THIS DATE

- December 9, 2020 - Holiday Luncheon, **HOPEFULLY!**

NOTE: August 2-7 Sierra Nevada Extracurricular Hiking Trip has been **CANCELLED.**

"When you have worn out your shoes, the strength of the shoe leather has passed into the fiber of your body. I measure your health by the number of shoes and hats and clothes that you have worn out".

~ Ralph Waldo Emerson, philosopher/poet

Submitted by Sue Elliott

OUTINGS COMMITTEE NEWS:



After six years as our club's Outings Committee Chairperson, Karen Arntzen will be resigning and passing the leadership to Ed Osada. On behalf of the club, I want to thank Karen for her dedication and extend our best wishes to Ed. We all know how trying these past few months have been. However, the Outings Committee has planned to have a trip next March 2021 in Anza Borrego and then at Prairie Creek the following October. Let's hope that we get to realize these exciting events.

~ Stew Perlman



From the Conservation Committee:

NATIONAL PARKS CONSERVATION ASSOCIATION

The National Park Service started on August 25, 1916. Stephan Mather and Robert Sterling Yard, who worked for the Park Service, wanted an independent agency devoted to educating the American people and moving them to protect their national parks. This would be an agency outside of government and unhampered by politics and routine. The National Parks Association (today the National Parks Conservation Association) was started in the spring of 1919. Robert Sterling Yard left the Park Service to become the executive secretary of the Association. He was the only staff member for nearly a quarter of a century.

The NPCA's first issue was protecting the starving elk in Yellowstone from being slaughtered by hunters upon crossing park boundaries in search of food.

Over the years, NPCA has become the outspoken defender of the people's parks and the wildlife within them against the constant and, just now, the very dangerous assaults of commercial interests. Our annual donation is \$200.



IN THE HIKERS' FOOTSTEPS

San Pablo Dam from Lower Seafoam Trail, Kennedy Grove RA - R. Johnson



A Walk to the Post Office

I start from home, past a tree shaded portion of Foothill Boulevard. I walk past a park with many different kinds of flowers. then past and around a retirement home. The building is new, but the parking lot is surrounded by red-wood trees. A joy to walk past. As I get closer to the post office, I pass St. Elizabeth's campus. The green grass, picnic tables, and trees remind me of CCHC hikes and picnic lunches. Then after the high school we come to the Franciscan



Fathers home. This is built like an early Spanish mission.

Now we are finally at the post office.

Going back, I pass many beautiful homes and gardens. The roses - white, pink, red, yellow - are especially lovely this time of year.



Photos of post office & library by Nathan Ramos—Beryl's son-in-law, who kindly e-mailed write up & pix to me for Beryl

I arrive home and still feel like walking, so I go in the opposite direction down to the library (not open). The Library is a handsome Andrew Carnegie building. Then home again and I have walked three miles. What do you see in your neighborhood?

Beryl Vonderheid



Charming shrine of many cultures on Laurel Loop Trail, Kennedy Grove Rec. Area— Rosemary Johnson

Thursday, June 18, 2020

Richmond/San Rafael Bridge View Hike Leaders: Mike Branning & Jo Anne Schultz

It was a hot day for a hike, but twelve masked, curious, and intrepid hikers circled up at the Richmond Plunge to



check out a new portion of the Bay Trail that crosses the Richmond/San Rafael Bridge. Originally scheduled to cross the entire bridge, it was modified to be an out-and-back due to bus restrictions for a return trip. We walked through the cute town of Point Richmond

and onto the bike/pedestrian path alongside the freeway and then a mile or so onto the bridge, where we had views of the bay, East Brother Light Station, the old ferry piers, and a ship passing below us. Cooling bay breezes helped a bit, as we retraced our steps back to shore. Then, onto Point Molate Beach Park for some shade and lunch. At the entrance to the park, we were treated to an osprey on his/her nest atop a nearby telephone pole. A number of families were swimming in the bay here. Brrrr.



After lunch, another trek to return to Point Richmond, where Starbucks and other shops were

Mike pointing to bridge trail on map, Hikers on bridge, Osprey on nest at Point Molate Beach — Noel Siver; View of Point San Pablo, Pt. Molate, Beach and Pt. Orient from bridge - Rosemary Johnson

enticing us to come in to enjoy something cool. An interesting hike of over 7 miles.



Maybe it can be scheduled in the fall or spring as originally planned.

Mike Branning

It's a Beautiful Way Through our Neighborhood

Georgia and Steven Chun

When things got scary, confusing and overwhelming during the early days of The Pandemic many of us, ourselves included, yearned for a sense of certainty, a sense of simple anchors during complex and anxious times. For us that sense of security and calm has always been linked to nature ... the world of outdoors.

Advised to 'shelter in place', we were still allowed to go outside to exercise ... and so we did with a bit of hesitancy at first then soon after out of urgency. Meanwhile our hiking club cancelled hikes, parks and trails closed, open space closed. And so, as did many others, we stayed simple, and we stayed local ... we walked the neighborhood, our neighborhood. The air cleared; the spring flowers were out.

It's a beautiful day in this neighborhood.

A neighborly day in this beauty wood.

Won't you be my neighbor?

A few weeks of shelter in place advanced to a month, then two. We were forced to cancel our spring ritual of a walking vacation abroad and had to shift gears. But we steadfastly refused to give up walking outdoors.

Years ago, we read a blog about a mountaineer who, upon having his Mt. Everest trip cancelled, walked every street in his city instead. A bit over trained, nevertheless, he simply repurposed himself for a different goal. Then there's Matt Green, who's famous for walking every street of the 5 boroughs of New York City. We had mumbled about walking every street in our town, Vacaville CA, in years past but were never committed enough, always having other "outside" things to do.

Now we found ourselves adjusting to this 'new normal'. Heck, we're going to be at this for a while so we should finally take on the goal of walking our town and our neighborhoods. Now is as good a time as any. And so we jumped in, both of us, with both feet. So far simpler has indeed been just as good, if not better.

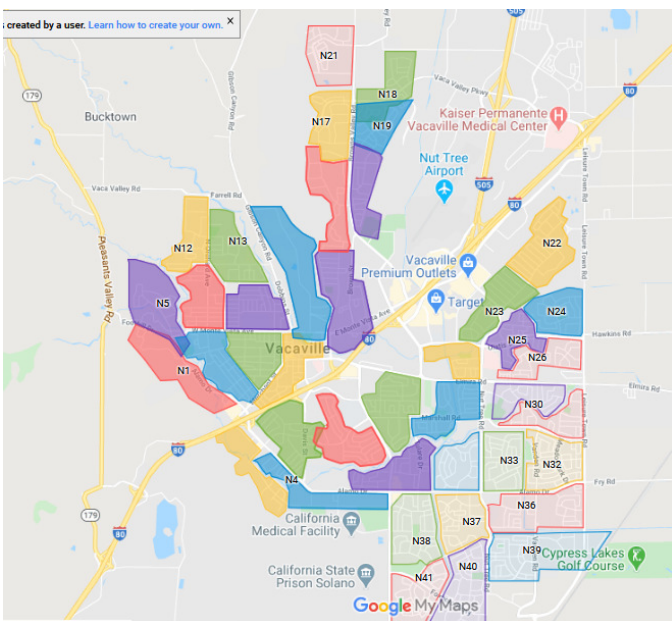
Our urban landscape has become our new nature and our purpose is now to hike every street in every neighborhood in Vacaville. The busy boulevards, main intersections and commercial districts are not included, but every front yard and green space we can find is being explored, seen and much appreciated. Thank you to our neighbors for making this so. As of today, June 5, 2020, we have hiked 24 of 41 segments ... our goal is to do all 41 by the end of July and we'll follow-up with another entry at that time.

We're here: bit.ly/WalkAllVaca (Google bit.ly/WalkAllVaca to access the map)

To use the Map, toggle a box in the left sidebar to open/close the map layers showing the neighborhoods and hiking routes. Clicking on a route or neighborhood opens up a link to more detailed information about mileage, elevation, etc. and downloadable files to use your favorite navigational app.

Steven: sjoc51@comcast.net

Georgia: gchun@comcast.net



Screenshot of Steve's map from bit.ly/WalkAllVaca



Cow by windmill at Fernandez Ranch, Yellow Mariposa Lily - R. Johnson

A Year or So Later in North Berkeley

The 2020 “Shelter in Place” life in North Berkeley of Jo and Chuck Browne has included reminders of past CCHC hikes. A delightful addition to the Little Free Library network, found at Oxford and Vine, brings to mind the June 2019 hike of Jan Lecklikner and Haruko Nagiashi that visited the “Little Libraries of North Berkeley”.



A recent hike that Jo and Chuck Browne took with Lois Switzer in the Berkeley Hills is a reminder of the October 2019 “Bear Tour” that Lois led with Sylvia Kwan and Suresh Gadad in search of bears on the UC Berkeley campus. On the recent hike, Lois, Jo and Chuck had another bear encounter; this time on Grizzly Peak Boulevard near Shasta Road, not so far from the campus.



*Submitted by Jo Browne
Photos by Chuck Browne*

Surprises on a Kensington – North Berkeley Hike

On June 5, 2020, Lois Switzer, Jo and Chuck Browne, and Angela and Henry Chan hiked a 3+ mile loop around Kensington and North Berkeley that took them on the Ye Olde School Trail in Kensington, passed Summit Reservoir and Dorothy Bolte Park in North Berkeley, and through neighborhoods of both communities. The neighborhoods presented interesting architectures and unexpected encounters.

In Berkeley, on Cragmont Avenue, they were surprised by two military vehicles parked in front of a house that had two black banners hanging on the balcony with the messages: “Not My President”, and “Unite Defy Reject Resist.”



Sculptures greeted the hikers in front of the home of artist Seka Buldan on Spruce Avenue near Dorothy Bolte Park.



Information on the artist can be found at <https://www.berkeleyside.com/2015/07/14/how-quirky-is-Berkeley-buldan-sekas-ceramic-friends>.

*Submitted by Jo Browne
Photos by Chuck Browne*

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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