



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



JULY 2021



KNAPSACK

Co-Editors: Silvia Akinaga, Rosemary Johnson
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President's Message:

As we enter July and are about to celebrate Independence Day, let us be grateful for our independence from the pandemic. At least, mostly independent. Remember that wearing masks is required if you use public transportation. Now that we are using carpools again, you cannot ride with other hikers if you are not vaccinated. That has been established by the Board. We ask you to be honest about getting your vaccination. Do not put other hikers at risk.

I hope that many of you are looking forward to the Summer Luncheon to be held at Fremont's Spin-A-Yarn Restaurant. I encourage you to take BART to the Warm Springs/South Fremont Station; it is about one-half mile from the restaurant. Simply head south along Osgood Blvd. Besides, it's a pleasant trip through Fremont. And if you drive, please try to carpool. The restaurant is easily reached by taking 680 or 880. There is plenty of parking.

As of this writing, June 15, the Club is still in need of a Sunday Hike Scheduler. Mary Ulrich and Jim Baranowski are there to guide you. If it helps, you may share the position with another person and you

can limit your service to one year. If we do not find a scheduler, there will be NO CCHC SUNDAY HIKES. We are only as strong as the willingness of the members to volunteer. I will even share my salary with you if necessary. Oh, I just remembered, I don't get paid. If you are a usual Sunday hiker, how about stepping up. The Club needs you.

I look forward to celebrating with you on July 21.

Stew Perlman



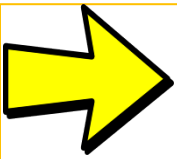
A HEARTY WELCOME TO OUR NEWEST MEMBERS

Suzanne M. Bittrolff of Alameda

Larry Johnstone of Pleasanton

Linda Lewis of Benicia

Patricia Wai of Livermore



The summer luncheon is quickly filling up. All further reservations **MUST** be made by email **BEFORE** mailing check. You will receive a return email either to confirm your reservation or to let you know that you are on a waiting list.



SUMMER LUNCHEON

**Spin-A-Yarn Restaurant, Fremont
Wednesday, July 21, 2021**

Come celebrate the reopening of California with a summer luncheon:

Where: Spin-A-Yarn, 45915 Warm Springs Blvd., Fremont, *outside on a covered patio*

Time: 11:30 to 2:30

Maximum 60 participants

Menu: Buffet lunch, no-host bar

Cost: \$32 members (subsidized thanks to generous donations)
\$45 guests

Directions: Warm Springs BART, go down escalator to street level, walk straight ahead across the wide parking lot to Warm Springs Blvd, turn right and walk .5 mile. There is also plenty of free parking at the restaurant.

R.S.V.P. by July 14

Checks made out to CCHC and mailed to:

Lucy Perdichizzi

6 Captain Drive, Unit 235

Emeryville, CA 94608

lucyperd@sbcglobal.net (preferred) or text to 510-410-1285

Hope to see you there!

CCHChikers@Groups.io

If you haven't yet signed up to join our group site, please consider it. You will be able to share information on hikes and other outings, enjoy many more hike photos than can be shared in the Knapsack and have access to updated hike schedules and membership roster.

The group is restricted to CCHC members only so you must receive an invitation to join or have your request to join on the site approved by the moderator. Send an email to compasros@comcast.net and I will send an invitation. The invitation comes from the site not my personal email so if you don't see it within a few days, check your spam folder.

Rosemary Johnson, Knapsack co-editor and groups moderator

CCHC OPPORTUNITY

After several years, Mary Ulrich is stepping back from the position of Sunday Hike Scheduler. Mary will help with scheduling the next quarter. If you are interested in taking on this job, please contact Mary, 925-876-0803, mulrich@sbcglobal.net

If we do not find a scheduler, there will be NO CCHC SUNDAY HIKES.



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: October 14; November 4, 11, 18, and 25; December 2, 9, 16, and 30.

Open Sunday Hikes: September 5; October 3, 10, 17, 24, and 31; November 7, 14, 21, 28, and 30; December 5, 12, 19, and 26.

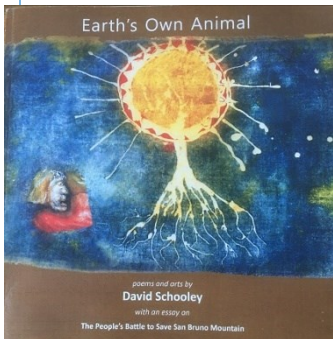
For Thursday hikes contact: Jim Baranowski, 925-577-1022, Brnw_th@yahoo.com

For Sunday hikes contact: Mary Ulrich, 925-876-0803, mulrich@sbcglobal.net

SAVE THESE DATES

- Wednesday July 21, 2021 Summer Luncheon, see page 2 this Knapsack
- October 10-14, 2021— Prairie Creek Redwoods State Park. Vaccination and/or testing required. Flyer in April Knapsack
- March 2022— Anza Borrego

EARTH'S OWN ANIMAL



The Conservation Committee has received a complimentary copy of "Earth's Own Animal" from the San Bruno Mountain Watch. Authored by David Schooley, one of the group's founders, the book contains poetry by Schooley, artwork by many collaborators, copies

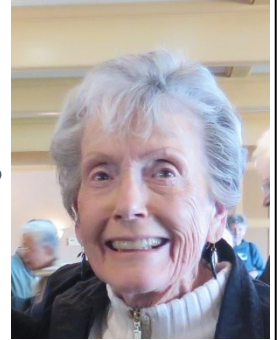
of news items documenting the struggle to get state park status in 1978, and articles about continued efforts to keep the rest of the mountain wild. Page 238 is dedicated to Cristina Dockter who was the Contra Costa Hills Club president in 1988. Born in Mexico, she immigrated to California, lived close to the mountain for forty years and, with other club members, worked to save the mountain from development. The book has been added to the club's bookcase containing the Historian's Books. If you would like to borrow it, please email Jo Anne Schultz at joschultz@gmail.com.

Christina Dockter was born in Mexico, immigrated to California, and settled for forty years in a section of Daly City close to the Mountain. She was an ardent environmentalist, hiked the mountain often and knew it well. Along with the Committee to Save San Bruno Mountain, she fought to save and protect the mountain. In her backyard she cultivated a garden of native plants and remained an active and beloved presence in the community into her 90's.

Phyllis Lorraine (Prestin) Faircloth

July 27, 1929 – May 25, 2021

Phyllis Lorraine (Prestin) Faircloth, 91, a resident of Walnut Creek, died on May 25 following an extended illness. Born in Los Angeles, she grew up in San Diego and graduated from Herbert Hoover High School. She married George Robert Faircloth in 1949. She is survived by her children: George (Toni), Gloria (Roy), Mike (Barbara) and Tim (Jane); seven grandchildren Mark, Forrest, Caitlin, Kris, Vicente, Monica, Patrick and Caroline; and ten great-grandchildren. She was preceded in death by her husband George. Phyllis was an avid reader, community volunteer, hiker and world traveler, having visited five continents and climbed the steps of the Eiffel Tower at age 82. Phyllis leaves behind a legacy of humor, love and compassion and she will be sorely missed. No services are planned at this time. (obituary/East Bay Times)



Phyllis joined the CCHC in 1999 and was a cheerful, active hiker, who added much to the camaraderie of the group. She also served as a CCHC president for two years (2007 and 2008). A loss to the club, she will be missed.



From the Conservation Committee...

Thank You! Thank You! Thank You!

To all the wonderful Contra Costa Hills Club members who gave an extra donation to Conservation this year.

We would like you to know how much we appreciate it.





IN THE HIKERS' FOOTSTEPS

View of Oakland from Piedmont - JanLecklikner

Tuesday, May 18, 2021 Lafayette Reservoir Leaders: Nidhi Derickson & Patricia Derickson

Built in 1933, this reservoir has been a standby drinking water for EB-MUD. Used for hiking, boating, fishing, picnics, lots of dog walking and a runway for a plane. On



View of reservoir from trail, Cardiac Hill (careful stepping to get down, but better than going up), Leader, Nidhi (left), made it easy, Route from All Trails—Sharon Wang

March 12,

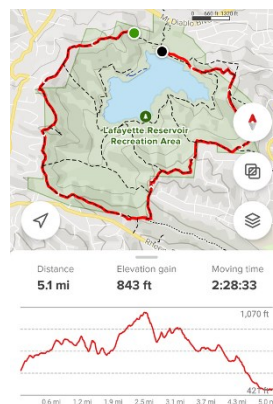
2021 the pilot of a small 2-seater plane ran out of gas and made an emergency landing nearby on the property of EBMUD. Luckily, no one was hurt and no damages to the reservoir.

With the spectacular view, 12 of us hikers trekked along the strenuous upper rim with its 19 hills including cardiac hill. Along the way we saw many flowers



many holes in its trunk). Birds included Scrub Jays, circling Turkey Vultures, Dark-eyed Juncos and, heard buzzing but never seen, Spotted Towhees. Perfect weather, great leaders and wonderful to see everyone again, we finished with 5-miles, 971 elevation gain.

Wanda Fong



Unfortunately no pix from Donner Canyon hike, so more Lafayette: Blooming buckeye, Mt. Diablo view - Sharon Wang

Thursday, May 20, 2021 Clayton – The Grove to Donner Canyon Leaders: Diane Cannon & Fran Leighty

On May 20, seventeen hikers set out from “The Grove” in lovely, downtown Clayton for a “lollipop” hike from town to wildness and return. For us urbanites, the all-day free parking in the town center was a thrill itself. We headed into the wilderness at the Regency Trailhead and then along the Donner Canyon Road. We were all concerned about potential hot weather but the hiking gods blessed us with perfect low-60’s temperature. We climbed steadily through grasslands and oaks until we reached the big “up.” Some members decided to enjoy the bench under shady oak trees to watch the squirrels, wild turkeys and other hikers. The intrepid among us started up the 500-foot climb. There, the landscape changed to chaparral. We did a loop off of Donner Canyon Road on the Tick Wood and Back Creek trails. To our delight, there was an abundance of different species of butterflies in this riparian environment. There were wildflowers remaining, including sticky monkeyflower and elegant clarkia.

We joined our fellow hikers for lunch under the oak trees and then headed back to “downtown” Clayton via the Bruce Lee (not the actor but a local resident with a passion for trails) Trail. In all, we guesstimate that we hiked 7+ miles.

Thank you to hike leaders, Diane Cannon and Fran Leighty, with an extra assist from Dorothy Bradt.

Jan Lecklikner

Tuesday, May 25, 2021
Piedmont Stairs
Leaders: Althea Wong & Pat McDonald

It was a perfect Spring Day for our group to tackle 500 stairs in Piedmont, which included both the ups and downs much to our collective relief. Althea Wong had scouted out two sets of bathrooms AND free all-day parking. For these efforts alone, she gets 5 stars.



In the neighborhood, up the many stairs, at the site of Sulphur Springs Grotto - Sylvia Kwan; Children with bubble machine - Jan Lecklikner

We started at Dracena Park and walked up, and then some more up. In the Roaring Twenties, Piedmont was known as the "City of Millionaires" because there were

more millionaires per square mile than in any city in the US, many of whom were people who fled San Francisco after the 1906 earthquake. The gardens we passed were beautifully designed and filled with blooming flowers. Hidden among the grand houses were stair-



ways that, ultimately, wound up to Scenic Avenue and stunning vistas.



We passed through Piedmont Park which was filled with children, a bubble machine and one boy who wanted to play soccer with us hikers.

The land was once owned by Don Luis Peralta as part of his 14,330 acres (Presumably land stolen from the Ohlone). Walter Blair then purchased land for \$1.25 an acre, built a dairy, a quarry (now Dracena Park), a hotel in Piedmont Park and even a 75-acre amusement park.



James Gamble named the area for the Italian word for "foot of the mountain." There were once 600 mulberry trees for silk cocoons and a silk factory. We visited the Sulphur Springs site where people came to drink the mineral water for their health. As we climbed further, we saw the site of Jack London's home and met the current owner.

Great cardio, views and friends.

Jan Lecklikner

Thursday, May 27, 2021
Point Pinole - Atlas Road Staging Area
Leader: Rosemary Johnson

Point Pinole was the site of four dynamite companies from 1881-1960. Much earlier, the Huchiun-Aguasto tribe lived there, later were Mexican cattle ranches. Following California statehood, it was the site of Chinese and Croatian fishing villages and small farms. In 1973 the land was purchased and opened to the public. The Dotson Family had a habitat restoration project named after them for their environmental work.



Rosemary took the hikers on trails created originally as tramway grades for the factories. They walked past golden fields of grass and eucalyptus forests. The trees were planted during the time of the dynamite companies to buffer against potential explosions. Today, park workers with a backhoe were digging a new kayak launch ramp to allow high tide accessibility to the existing boat-in campground. Nearby were bayou-like areas in the



Rosemary (on rt) led 19 hikers, China Cove, Cliffside trail to Cook's Point - Sylvia Kwan; Osprey nest on old pier, Jelly fish, Great Egret - Noël Siver

marshes. There was a new pier with the remains of an old pier beside it. Seen at low tide were hollow cement

reef balls that encourage oyster breeding to improve the water environment. Oysters are also eaten by a shore bird, aptly named Black Oystercatcher.

Controlled burns were taking place, and plenty of firetrucks were on-hand. The hikers were near the smoke for only a brief time. A small bi-winged plane was meandering around the sky. A ferry went by. A jelly-fish had washed up on the beach. An old explosives powder press (looking somewhat like a cannon) was on display. While the dynamite companies are long gone, there are now large Amazon and UPS warehouses in the area adjacent to the park. The hikers returned to the picnic area and had lunch under enormous umbrellas.



In the background were the golden fields of grass and eucalyptus forests. It was a good day.



Linda Malm

Tuesday, June 1, 2021
Tilden Park
Leaders: Anne Herrick & Mary Ulrich

Twelve hikers met Anne and Mary at Little Farm in Tilden Park on a surprisingly cool (54°F), cloudy morning. (Some from east county where temps were in the 90's the previous day were underdressed.) After circle up and snacks, we hiked uphill on single-track Laurel Canyon Trail. The trail is thru the woods, with poison oak on the sides. At one point a wild turkey led Anne, our leader, for a bit. As we hiked the clouds swept in and out and we were sprinkled with water from the trees. After @1/2 mile we reached the paved Nimitz Way which we followed through a eucalyptus grove until we reached the cutoff for Wildcat Peak.



San Pablo Reservoir thru the fog, Trail bend with Indian Paintbrush - Mary Ulrich; Bridge crossing - Rita Poppenk; Anne leading hikers - Sylvia Kwan



This goes by the Berkeley Peace Grove. Hikers stopped to read the commemorative plaques. Onward to the last steep portion which took us to Wildcat Peak. On a clear day this

affords a 360° view of the Bay Area – SF, Mt. Tam, Mt Diablo, San Pablo Reservoir, and more. Today was very overcast with glimpses of the reservoir as clouds moved by. After a brief pause, we headed down as it was too cool and windy (and early) for lunch.



The trail down (Wildcat Peak Trail) was also single track, but somewhat wider. We were treated to many wild flowers – some native, some not – sweet peas, Indian paintbrush, sticky monkeyflower, buckeyes, and more. Normally this trail has a gorgeous view – not today, but it had an allure of its own with the mists rolling in and out. After @4 miles we ended back at Little Farm. Several of us stayed around



and enjoyed lunch together – until we got too cold!! Overall, @4 miles with 600+ elevation. Thanks to Anne for offering this hike. So nice to see fellow hikers again!

Mary Ulrich

Thursday, June 3, 2021
Hap Magee Park to O’Neill House in Danville
Leaders: Evelyn Boetes & Jim Baranowski

Twenty-three hikers circled at Hap Magee Ranch Park in Danville on a beautiful spring morning on June 3, 2021. After the usual announcements, welcoming new hikers, and sharing goodies brought by Patricia Derickson, Evelyn gave a brief history of O’Neill’s successes in playwriting: 4 Pulitzer Prizes, followed by 1936 Nobel Prize for literature. With the Nobel Prize reward money Eugene and his wife Carlotta acquired 100+ acres of land and built Tao House. Tao House was declared a National Historic Landmark in 1971, National Historic Site in 1976, and managed by National Park Service since 1980. At the start of the trail, Jim’s fast group decided they wanted to be the slow group, so they stood aside and ushered the new fast group led by Evelyn, through to the tune of 'Rocky'. The new slow group then continued up the trail and around the Tao house at a languid pace.



On the National Historic Site, we walked around the Tao House, the courtyard area with historic pathways, 19th century barn (the only structure pre-dating O’Neill era),



O’Neill’s beloved Dalmatian, Blemie’s, grave site, and the swimming pool.



When we walked to the swimming pool, we ran into Keith, a National Park Service employee, an arborist. Our fearless leader, Evelyn, asked him if he had any interesting stories about the pool. He told the story of one of the 3 redwood trees behind the bathhouse, breaking off and falling into



Hikers, Blemie’s headstone - Sylvia Kwan; View of historic barn, Mount Diablo in the distance - Noël Siver

the pool, but leaving the bathhouse untouched.

Thank you, Evelyn and Jim. The stats of the hike from All Trails on Jim’s phone are: Out and back distance 4.29 mi, 617’ total elevation gain, 499’ of the gain on the way up to the Tao house.

Suresh Gadad

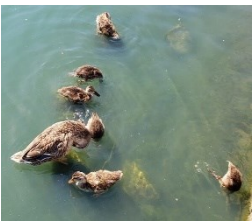
Thursday, June 10, 2021

**Heather Farm to Civic Park on Iron Horse Trail
Leaders: Karen Arntzen & Patricia Derickson**

Nineteen of us met at a bustling Heather Farm Park to begin our 5-mile walk. The parking lot was almost full



with families enjoying the swim center and playground. How great to see life getting back to normal! The weather was perfect; not too hot and a nice breeze. The Park was so beautiful as we walked around the ponds, avoiding the goose poo as we went. We got a close up of a momma mallard and her brood of ducklings. Soon we were on the Contra Costa Canal



Trail and made our way to the Iron Horse Trail. We got a peek at some of the lush backyards. One even had their own vineyard. As we walked along, we saw a group performing what seemed to be tai chi with large folding fans, all in unison. When we reached Civic Park, we were at our halfway point. We could enjoy a snack and a rest before we headed back to our starting point. As we got back to Heather Farm, we walked through the beautiful Rose Garden and completed our day. Many thanks to Karen and Patricia.



Georgette Armstrong



Around the pond, Ducklings, Iron Horse Trail, Rose Garden, CCHC hikers in garden - Sylvia Kwan



Sunday, June 13, 2021

**Cull Canyon Regional Park, Castro Valley
Leaders: Isabel Rogne & Darlene Choy**

Nine hikers met at the parking lot of Cull Canyon Regional Park in Castro Valley to embark on an out-and-back six-mile hike. It was good to see familiar faces again after the past year of COVID non-participation. And I actually met two new club members (to me, anyhow) – our fearless leader, Isabel, and Amy. It's so nice that our club remains strong and continues to attract new members!

The hike followed along Cull Canyon Creek in mostly shaded conditions and began with a slow, gradual ascent. The day was scheduled to be another warm



Darlene, Tram, Henry, Patrick, Amy, Pam & Isabel; Creek crossing, Vista, Darlene sweeps as they walk through green forest - Sylvia Kwan

to hot one so the shade was much appreciated. The creek was mostly dry, except for a few areas, making all the cross-overs a piece of cake. Forget needing to keep our balance in check and walking on the rocks or logs; just walk on through the minor mud like Tram did!



Darlene's app reported the elevation gain to be 1089 ft once we reached the top of the climb. We stopped briefly for a snack in the shade in a flat area just outside the Columbia residential area. The views along the way to the top were a little hazy but still amazing to the south. We could even see as far as the bay at one stop. And despite the dry conditions, we were able to enjoy quite a few surviving sticky monkeyflowers along the way.



The descent went quicker and the group became much more widely spaced. Darlene and Isabel had discussed a possible lunch together in the swimming/picnic area at the end of the

hike, but most of us decided to head home when we reached the end. Thank you, Isabel and Darlene, for leading. It was nice to hike with the group again!

Pam Littlejohn

Thursday, June 17, 2021
Inspiration Point to Lake Anza
Leader: Rosemary Johnson
Canceled due to extreme heat

Sunday, June 20, 2021
El Cerrito Kensington Loop
Leader: Lois Switzer

Ten hikers joined Lois at Huber Park in El Cerrito. Lois came prepared with a key for restrooms in EC parks and a Stop sign to wave at drivers as we crossed busy Moeser



Lane. We took a long stairway path up to the Arlington, but that wasn't the end of our climb. We walked up to Camp Herms, a Boy Scout camp where Rich Sandvick had camped when he was a boy. We took camp trails up higher to connect with Ye Olde School Trail in Kensington.

From there

we were able to look down on Wildcat Canyon but dense fog precluded us from viewing SF Bay. Although this was the "flat" section of the hike, it turned out to be simply less steep. It was the nature trail portion of our walk. Eventually, the trail met Grizzly Peak Boulevard at its end or beginning, depending on your point of view. We took a gradual,



winding route back to our starting point with two stops along the way. The first was unplanned and accidental, literally. Jo Anne Schultz tripped on some uneven pavement which her nose met with on the way down. Fortunately, a neighbor happened to drive up just then. He readily



Sidewalk Museum, Camp Herms, Up the trail, Fog in Wildcat Canyon, EMT help, Lunch - Sylvia Kwan

offered assistance by calling the local fire department EMT. After they assessed that her nose wasn't broken and the bleeding had stopped, they departed and we continued. The second stop was at Kensington Park for lunch.



Several people had offered to leave to drive a car back to the park to take Jo Anne home, if necessary. No need! Jo Anne finished the hike with the rest of us – what a trooper!



Eventually what went up did come down. We walked 6.65 miles with 1182 feet of elevation gain. Thanks, Lois, for a new hike for most everyone there.

Rosemary Johnson



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•Suzy Mark

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•Cameron Mitchell

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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.