



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

FIRST CLASS MAIL

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



July 2022



KNAPSACK

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

It was most gratifying to see many of you at the Fremont BBQ Picnic earlier in June. Thank you for your generous donations of \$387.50 and one 20 cent Singaporean coin. The money is evenly divided between the Conservation and Social Committees.

Later this month, July 27th, the Club will be having a Summer Luncheon in Oakland at Duende Spanish Restaurant. I hope to see you there as well. Just bring your appetite and good cheer.

Now that it is summer and expected warmer temperatures, please remember to bring your water bottles, sunscreen, sunglasses, and hat when you are out and about and hiking. The latest scientific research has shown that when it is 88 degrees hot with 100% humidity you can be in danger of heat stroke. So do your best to stay well and be aware of the day's temperature and humidity.

Enjoy your summer trips.

Stew Perlman



A HEARTY WELCOME TO OUR NEWEST MEMBERS



Hal Goodell of Rio Vista

Laurie Lau of Fremont

Claora Styron of San Francisco

SAVE THESE DATES

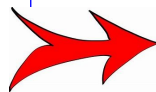
- Wednesday, July 27- Summer Luncheon at Duende Spanish Restaurant, Oakland — details in June Knapsack.
- Sunday October 16—Thursday October 20—San Luis Obispo outing



SUMMER LUNCHEON



It is not too late to sign up! RSVP by July 20.
Contact Lucy Perdichizzi if you would like to attend: lucyperd@sbcglobal.net (preferred) or text to 510-410-1285



Luncheon attendees — please be prepared to show proof of vaccination!

OPEN HIKE DATES OCTOBER TO DECEMBER 2022

The deadline for submission of hike descriptions for the 4th quarter is July 31, 2022.

Open Thursday Hikes: October 20; November 3 and 24; December 1, 15 and 29.

Open Sunday Hikes: October 9 and 16; November 6, 20, and 27; December 4, 18, and 25.

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 *or* Lynne Vogensen, 925-672-1096, msLynne33@yahoo.com

If we don't get hike leaders to sign up, we won't have hikes!! Step up to the plate and lead a hike!!

It is a good idea to check the on-line version of the Hike Schedule (www.contracostahills.org) before deciding to go on a hike. Any changes/additions/cancellations/updates to the printed schedule will be indicated in **RED**.



From the Conservation Committee....

The following article appeared in the Save Mount Diablo Newsletter:

CEMEX Agrees to Donate 101 Acres to Mount Diablo State Park

After six years of advocacy by Save Mount Diablo, CEMEX USA has announced their intent to donate 101 acres of undeveloped land that are expected to become part of Mount Diablo State Park. The tract of land that is intended to be donated features beautiful chaparral and oak trees and lies adjacent to Mitchell Canyon. The land includes habitat for many species, such as the threatened Alameda whipsnake. A portion of the popular Black Point Trail also runs through the property. All contribute to a high conservation value for the community!

The Website Group Has A New Member!

Sue Lai has joined Chuck Browne, Fred Mock, and J. J. Libbon on this important committee. Welcome Sue!

BOOK RECOMMENDATION FROM JOANNA PACE



On the May Pacific Heights hike, led by Fran and Diane, I came upon a brand-new copy of a book of Mary Oliver's essays, *Upstream*, in a Little Free Library. What a find! I recommend the book, and any of Oliver's poetry books to CCHC hikers. She would have enjoyed CCHC, I think. She loved the outdoors and wrote almost exclusively based on the inspiration and wisdom she received from being in nature. Members are perhaps familiar with one of her most famous poems, *Wild Geese*.

I find the statement below captures a sentiment that CCHC hikers seem to personify. I am happy to share the book with anyone who wants to borrow it.

~ Joanna K. Pace

"I would say that there exist a thousand unbreakable links between each of us and everything else, and that our dignity and our chances are one. The farthest star and the mud at our feet are a family; and there is no decency or sense in honoring one thing, or a few things, and then closing the list. The pine tree, the leopard, the Platte River, and ourselves – we are at risk together. We are each other's destiny."
~From the essay "Winter Hours" in *Upstream*, by Mary Oliver.

Many of the organizers of the Fremont BBQ Picnic—Suzy Mark, JJ Libbon, Anita Ford, Jon Mark, Sylvia Kwan, & Frank Martin (See page 6 for story)





Thursday, May 19, 2022
Section 2 of the SF Crosstown Trail
Leaders: Jan Lecklikner, Suzy Mark & Jon Mark

Outside Glen Park BART station pigeons nested in the overhang. Several policemen spoke to a homeless man. Hikers who gathered there were in good spirits. Some



had done the previous section of this hike and wanted to see more. They headed out to see the Burnside Mural with scenes of the canyon. Arriving at Glen Canyon Park, Jan led the group on a trail with low hanging trees. Mid-century modern homes supported by tall cement columns jutted out from the canyon edge. A dog barked from a balcony. At the top of the trail was Ruth Asawa SF School of the Arts which Jon and Suzy's daughter had attended. Up the street Jan showed everyone where she had worked for nine years. They headed

toward Twin Peaks then turned left. Homes on Panorama Drive had views of the ocean. Near Laguna Honda Hospital they took a dirt trail down a forested ravine. Water



Mural (header), Jan in lead, Steep Ravine Trail (in city), Lunch time - Sylvia Kwan

tanks were covered with colorful graffiti. Volunteers had cleared the land, filled it with native plants, and created meandering paths. One trail was nick-named "Bedpan Alley" due to occasional sightings of such rusted objects missed in the clean-up of the area. The group saw a fenced area that used to be filled with animals. Cyclists passed on the trail. Lunch was at a playground/picnic area with many active children. Some hikers ate later at a restaurant with Jan. Suzy and Jon offered a choice of one



last uphill jaunt or taking MUNI home.
 Linda Malm

Sunday, May 22, 2022
Alum Rock Park, San Jose
Leaders: Althea Wong & Jan Lecklikner

Thirteen hikers met at the Eagle Rock parking lot in Alum Rock Park on Sunday, May 22nd at 10:00am; all able to find a spot readily which was a nice start. We were all hoping the record-high heat of the previous week



would not affect our day's adventure. It started with Althea giving us a brief history of the park which was really quite interesting, especially since there is so much history there. For example, it is the oldest municipal park in California and there isn't any "alum" in the park! The trails chosen kept us mostly in the shade, climbing up through oak woodlands and down fern-clad switchbacks. On top of the hill, butterflies were abundant. There were many sets of two, which Colette shared with us that they were "hill-topping", or mating. There were at least three different varieties. And our flower-spotters found many to share their knowledge. The ones I remember and/or wrote down are: buckeye, sticky monkeyflower, coyote mint and even Mariposa lilies.

The trail back followed along Penitencia Creek, which sadly was mostly dry, but still had some trickles of water here and there.

And still very pretty. We were able to see the



Group photo, Lunch at Penitencia Creek - Sylvia Kwan

remains of some of the mineral springs, which were once quite the draw for the park. We, as a team, decided not to do an additional loop our leaders offered for additional mileage due to the temperature becoming quite warm. We all had a lovely day. Thank you, Althea and Jan!

Pam Littlejohn

Thursday, May 26, 2022

Martinez History Tour and Marina Loop
Leaders: Yvonne Moss, Sylvia Kwan & Fran Leighty

Martinez is named for Don Ignacio Martinez who was granted 17,000 acres by the Mexican Government in 1824.



That was our introduction to our history tour of Martinez where our leader, Yvonne Moss, grew up. The town grew into an important commercial center beginning with the Gold Rush. People needed a port to cross the straits to reach the gold fields. Eleven hikers joined our three leaders to begin our history walk at the old train depot

(1877) which will become a museum. From there we visited many old buildings which were originally places for prize fights, dance halls and theater performances. We visited the Plaza Murals which remembers a teen who was killed by a train as she reached for her phone on the tracks. We were surprised to learn that Martinis were first invented here. There is a plaque to commemorate this. Then we stopped at a lovely Victorian cottage, The Borland Home, which is now a museum.



Here there is a model of the Schooner Forester. This ship was built in 1900 in Alameda and transported lumber. The ship burned in 1975

and the remains can be seen from the Regional Shoreline Trail. We ended this lovely and informative day walking the Regional Shoreline on the Pickleweed Trail, around the Duck Pond, and past the old Ferry Terminal. Thank you to Yvonne, Sylvia and Fran for such an interesting walk through history.

Roberta O'Grady

Ferry plaque, Martinez Hist. Museum, Bridge over marsh, CCHC -S. Kwan



Sunday, May 29, 2022

Mt. Sutro Open Space & Part of Golden Gate Park
Ellen Paisal, Kathleen Fennelly & Suzanne Bittrolff

After a tough news week, a hardy band of 19 hikers met at the Ferry Building for restrooms then caught the N-Judah streetcar to UCSF Med Center at Hillway Street.

Up, up, up, we climbed through eucalyptus trees, coffeeberry bushes with bright red berries and all sorts of flora. The Rotary Club has chosen this forest as a project and is removing non-native trees and replanting other areas. It is a breath of fresh air to find this oasis in the city. We were sustained on the hike with Kathleen's cookies, Ellen's gummy bears and chocolate-covered coffee beans!



We arrived at Aldea House for lunch and restrooms, and met Tracy (a German Shepherd) who entertained us catching his Frisbee and

tennis ball while Sylvia Kwan and Marilyn Vihman entertained us playing ping pong! We headed topside for lunch and met Honey Bun (a cat on a leash) whose owner took our group photograph with Mt. Sutro tower in the background. Marilyn shared facts about Ishi, the last known member of the Yahi tribe, who spent the last years of his life at UCSF.

We wound our way down Edgewood Street past the French Consulate and lovely homes to arrive at Kezar Stadium which was



closed, but we found our way around it to Golden Gate Park and the Aids Grove, a lovely, peaceful place. We mourned for those impacted by that epidemic as we do for the 19 students and 2 teachers who were slain in Uvalde, Texas by a teenager with an AR-15.

We are so grateful to our hike leaders for connecting us with nature and providing a respite from an all-too-



common occurrence in this country.

Patricia Derickson

Leaders Ellen & Kathleen, Historic Trail, Walking by French Consulate, Aids Memorial Grove - Sylvia Kwan

Thursday, June 2, 2022

**Nancy Boyd Memorial Park to Mt. Wanda, Martinez
Leaders: Fran Leighty, Miu Wan & Sylvia Kwan**

It was a lovely clear morning when eleven hikers met up at Nancy Boyd Park to learn about her Peace Corps legacy, and traverse residential streets and a busy road to reach the Mt. Wanda trailhead. Unfortunately, there was



some confusion about the earlier time change (which did not appear in red on the website) causing three hikers to miss the group, although we did meet them on the trail later.

The earlier start time featured a cool breeze, which helped with the steep climb up Mt. Wanda where the views of the Carquinez Straits and the Benicia Bridge were highlights. Then back down to the John Muir Historic National Park for an orientation



by Ranger Wendy and lunch. Other than listening to the songs of birds there was not much wildlife spotted, although a passing hiker did have his pet goat "Tom" hiking with him!

A safer route back to the park was discovered under the freeway along Alhambra Way and should be noted for future reference. Thank you, leaders, for a very enjoyable day!

Karen Arntzen



Gathering at Nancy Boyd Memorial - Sylvia Kwan; View of Benicia Bridge, back down the trail, Ranger Wendy at relief map of Mt Wanda, John Muir House National Historic Site - Karen Arntzen



Sunday, June 5, 2022

**Contra Loma Regional Park, Antioch
Leaders: Peggy Cotie, Miu Wan & Ching Chiu**

Despite the threatening-looking skies with small bursts of blue skies woven in, not a drop of much-needed (and forecasted) rain fell during this delightful 7.2



mile, 1250 ft elevation gain hike in Contra Loma Regional Park in Antioch. We started off circling up with nine members but unfortunately two dropped out less than a couple of miles into hike due to

not feeling well. The weather was muggy but thankfully a gentle breeze kept us cool most of the hike. We saw a

long garter snake at the very beginning of the hike that quickly nuzzled its way into the dry brush upon sensing our arrival. The first three and a half miles were a climb up with magnificent views of the Sacramento-San Joaquin River Delta. The hills were golden and a stark reminder of the fire danger due to the California drought. We reached the ridge and wandered along enjoying the scenic views on both sides of the trail. Slowly we began our descent



enjoying the scenic views on both sides of the trail. Slowly we began our descent

into the valley and enjoyed our packed lunches at Stewartville Backpack

Camp. Then we continued along our loop and joined up with the starting trail. The sun had broken through and it was a little on the warm side with little shade. Thanks to Peggy, Miu and Ching for leading this splendid hike.



Teresa Schwanauer

Remaining group, Garter Snake, Delta view, View of hills - Teresa Schwanauer

Thursday, June 9, 2022
Lake Elizabeth Hike and Picnic
Leaders: Jerry Ford, Sylvia Kwan, Frank Martin,
Stew Perlman & JJ Libbon

While hikers gathered at Fremont BART Station for a pleasant one-mile walk to Central Park/Lake Elizabeth, others came by vehicle to ultimately meet up at the picnic site. After the large circle up of more than 50 of us, most



of the picnickers took a leisurely two-mile hike around the lake as the BBQ heated up in preparation to cook



hamburgers, hot dogs, tilapia, portobello mushrooms and bell peppers. In addition to the main dishes, there were a variety of salads, drinks, desserts, and Frank Martin's incredibly delicious chili. It had been three years since Jerry Ford, Frank Martin, JJ Libbon, and myself had been able to arrange for the Fremont Picnic. So, it was especially grand to do it once again and to see familiar faces and meet new members at the event. Except for the extraordinary number of Canada geese and their "gifts" the picnic appeared to be a success. I hope everyone returned home with a fuller stomach and a smile on their faces.



Stew Perlman

Huge circle of hikers, Beautiful view across the lake, Cooks at work (Jon Mark, Steve Langford, JJ Libbon, Peggy Kruger, Stew Perlman, Jerry Ford), Many enjoying the good food & the great camaraderie - photos Sylvia Kwan



Sunday, June 12, 2022
Bear Valley to Coast
Leaders: Patricia Derickson & Fran Leighty

After the heat wave, the cool Bear Valley Trail was a blessing at Point Reyes. Shaded riparian trail was well guarded by Coast Live Oak, Douglas Fir, California Bay and Tanoak with vivid green ferns. Healing water sounds from the creek on the right side then the left side alternately.



Abundant water seeping through the rocks, small cascades here & there. And what bird songs echoing high into the sky! This morning was particularly misty, with scattered diamond twinkles everywhere. Smell of deep forest earth. Buckeye bearing bountiful flowers, and Red Elderberry illuminating brilliant ruby hue along the trail.



Butterflies weave through wildflowers; Field Bindweed (looks like morning glory), Clarkia, Common Mon-keyflower, Aster & Ever-lasting Pea. Every ele-

ment was so alive and peaceful. We reflected on the fact that varieties of flora & fauna live together harmoniously, especially considering this difficult time in the Sapiens world. Usually, many hikers and backpackers are on this trail, but we had less traffic today which gave us the chance to enjoy nature more. Forest opened up into coastal grassland with Coyote Brush, Sagebrush & Willow towards our lunch spot. Mist transformed into dense fog, then sprinkles. We sat on a beautiful cliff looking down on the ocean with a massive rock in front covered by cormorants. Lunch time was restful. Today we soaked up the treasure of Bear Valley Trail.



Thank you, Patricia & Fran, for reminding us about this treasure & for the treats. 8 miles with a lovely horizontal out & back.

Sophia Garcia



Photos - Sylvia Kwan

Thursday, June 16, 2022
City of Brisbane
Leaders: Jan Proudfoot & Fran Leighty

Our journey began on #292 Sam Trans bus as it wound down Mission St. through southern San Francisco along Bayshore Blvd. where many of us had not traveled before.



Until there were cries of “oh, we were here”, as we crossed Leland Ave. in Visitation Valley evoking memories of a recent Crosstown Trails hike. Soon after, the 7 Mile House Bar and Grill was espied by a hiker who had seen it featured on Check, Please! (KQED). Formerly known as the 7 Mile House, it has existed since the early 1900’s during which it earned a “less-than-savory reputation”.

We began our hike in downtown Brisbane called “The City of the Stars” due to a tradition of illuminated stars on homes and businesses during the holiday season. These stars appear to remain in place year long. However, stars are also evident on city streets. Called to our attention were the Walking Star medallions embedded into sidewalks



indicating the walking route to elementary and middle schools. How cool! Soon we began to cross paths with decorated fire hydrants. Donald Duck, an octopus, a dog, a bear... some with antennae, others not. Can you guess why?

As we traversed Brisbane, we began to climb and climb and climb, rewarding us with views of Brisbane Lagoon, the SF skyline and a backdrop of San Bruno Mountain. Up and down, we went passing homes of eclectic design, some modern, some old (vintage?), ending up at the new library where we were fortunate enough to have



lunch in the garden area before heading out on the 2.5-mile Crocker Park Recreation Trail which used to be the Southern Pacific Rail Lines.

Thanks to Jan and Fran for introducing us to a part of the Bay Area many had not thought to explore.

Helen Johe

Bus stop in SF, Brisbane Star Route, Plug Preserve, Costanoan hut at Brisbane Library, Group photo - 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.

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