



**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**  
**103 YEARS OF**  
**CONSERVATION—COMPANIONSHIP—HIKING**



**JULY 2023**



# **KNAPSACK**

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

***PRESIDENT'S MESSAGE:***

As we enter into summer, I hope that many of you have plans to venture far and wide on your journey. And for those of you sticking closer to home, there are many wonderful places to visit as you have already discovered. I am sure that there are new locations you have been thinking about going to but just haven't gotten to yet. When you are heading out for the day don't forget to protect yourself with sunblock and a wide brim hat.

I want to thank those of you who attended the Fremont Picnic and helping to make it a most enjoyable day. It's always a delight to see many of you gathered in a park setting seeing familiar faces and catching up with members we don't see as often. I hope many of you are able to make it to the July hikes.

Take care and have a Happy Fourth of July Independence Day.

Stew Perlman



***A HEARTY WELCOME TO  
 OUR NEWEST MEMBERS***

***WELCOME BACK!***

***Terry Strathman of Berkeley***  
***Joyce Wong of Berkeley***



**SAVE THIS DATE**

**September 18-22, 2023: CCHC Outing to Columbia River Gorge & Silver Falls State Park**  
 For details see flyer in May Knapsack or on the CCHC website [www.contracostahills.org](http://www.contracostahills.org) under Hike Schedules, Outings

## OPEN HIKE DATES OCTOBER TO DECEMBER, 2023

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

**Open Thursday Hikes:** October 12 and 19; November 2, 9, 16, 23, and 30; December 7, 14, and 28.

**Open Sunday Hikes:** October 1, 8, 22, and 29; November 5, 12, and 26; December 3, 10, 24, and 31.

**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



### *FROM THE CONSERVATION COMMITTEE:*

#### *Good News!*

In February the Park District was notified that it will receive a \$7 million grant from the California State Coastal Conservancy (CSCC) for the purchase of the 768-acre Finley Road Ranch property located at the mouth of Riggs Canyon off Finley Road at the western edge of Morgan Territory Regional Preserve and the southern edge of Mount Diablo State Park.

The Finley Road Ranch property includes a flat, accessible area for a potential staging area that would provide access to the property and significantly improve public access to the Park District's Morgan Territory Regional Preserve and the adjacent Mount Diablo State Park.



*Note: The above article is reprinted from the East Bay Parks May-June Newsletter.*

## CCHC VOLUNTEER OPPORTUNITY

Join the Knapsack team! We are looking for a new editor (or two!). What is it all about? Check out the job description on the CCHC website ([www.contracostahills.org](http://www.contracostahills.org)) click on Membership / Club Organization / Job Descriptions and page down to Knapsack Editor (page 7) or contact Silvia Akinaga at [sakinec@aol.com](mailto:sakinec@aol.com) or Rosemary Johnson at [compasros@comcast.net](mailto:compasros@comcast.net). We would love to hear from you! Note: The Knapsack is produced utilizing Microsoft Publisher; CCHC will reimburse the new editor(s) for costs to acquire this software.

Interested in a Zoom meeting to discuss the editing position? If so, are there any specific questions or tasks you would like covered? Please let us know (contact information above)

Knapsack Editors

## Love of Country

"You have to love a nation that celebrates its independence every July 4, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness.

... Erma Bombeck



- "Independence is a heady draft, and if you drink it in your youth, it can have the same effect on the brain as young wine does. It does not matter that its taste is not always appealing. It is addictive and with each drink you want more." ~ Maya Angelou
- "Patriotism is supporting your country all the time and your government when it deserves it." ~ Mark Twain
- "I think of a hero as someone who understands the degree of responsibility that comes with his freedom." ~ Bob Dylan



**Thursday, May 18, 2023**

**Berkeley Marina, McLaughlin East Shore Park,  
Caesar Chavez Park**

**Leaders: Carol Savio & Beth Jonhke**

‘Waste Land into Wet Land’ was the sign as we entered McLaughlin Park. The area that had been a dump but was restored in 2022 as Brickyard Cove, McLaughlin and Cesar Chavez Parks. Twenty-three members and two guests joined two leaders at Brickyard Cove, just south of University Avenue. Here we enjoyed wildflowers and views of the Bay and Sea Francisco. It was overcast most of the morning, but it did not block our views. McLaughlin Park is named for Sylvia McLaughlin, one of the three women who formed ‘Save the Bay’, the organization dedicated to stopping the filling of SF Bay. We followed pleasant trails, enjoying Mustard, Poppies and Red Valerian. As we passed by ponds, our leader noted a Western



Grebe and some Buffleheads. The trail took us to Caesar Chavez Park. We noted a large tower which, we were told, vented methane gas out of the ground, a reminder of waste still left from the dump. Caesar Chavez Park

honors the Founder of the United Farmworkers of America. The park also honors Dolores Huerta, co-founder of United Farmworkers. A circle of rocks represents the four virtues of the Chavez Movement; Determination, Courage, Hope and Tolerance. Celeste Burrows described the Solar Calendar, constructed by Santiago Casal, which shows the position of the sun by casting a shadow as the sun moves across the sky. Our last stop was the Berkeley Marina, home to many boats, where we enjoyed lunch. Thank you, Carol and Beth, for a beautiful walk through this rescued land bordering San Francisco Bay.

Roberta O’Grady

SF view (header), Valerian, Salsify, Five Spot, Celeste at calendar - Laurie Lau



**Sunday, May 21, 2023**

**Back Creek Wildflowers, Mt. Diablo State Park  
Leaders: Dorothy Bradt and Mary Ulrich**

It was a warm, sunny day when 15 hikers met at El Molino Drive in Clayton for a hike in Mt. Diablo State Park. The hike was ~ 6 miles with ~ 600 feet elev. gain. The trails were Back Creek, Tickwood, Heatherington, and Donner Canyon. The wildflowers did not disappoint. There were large expanses of Ithuriel’s Spears - their purple color contrasting brilliantly against the green of the hills. Globe Lilies were abundant. Other species seen: Mariposa Lily, Sticky Monkeyflower, Blue Dicks, Black Sage, Bindweed, Mustard, Ornamental Onion, Yarrow, Woolly Sunflower, California Poppies, Blue-eyed grass, Blow Wives, Bellardia.



The very wet winter season has taken its toll on the trails. At one point we hiked under an enormous tree that had fallen across Back Creek Trail. The trail had completely washed out at another point requiring a tricky creek crossing and bypass. Several other creek crossings that made us glad we had our poles (as forewarned). A few muddy spots along one trail attracted swallowtail butterflies that found something there that they really liked!



One upside of the heavy rains was the sounds of the babbling creeks. Both Back Creek and Donner Creek were rushing right along. Lunch was in the shade along the banks of Donner Creek. There was something very pleasant about that running water after several dry years.



Globe lilies, Blow Wives, Wine-cup Clarkia - Laurie Lau; Swallowtail butterflies, Fallen tree - Mary Ulrich

Something very pleasant about that running water after several dry years.

An added bonus after the hike – ice cream at the Sip ‘N Sweet Shop in Clayton. Thanks to the leaders and to all of the hikers for a most enjoyable day.

Mary Ulrich

**Thursday, May 25, 2023**  
**Anthony Chabot Regional Park**  
**Leaders: Wanda Fong, Ellen Chen & Sharon Wang**

On an overcast Thursday morning, 16 hikers gathered to circle up at the Brandon Trail. This out and back hike was a moderate 5.5 miles with 902' elevation.

Anthony Chabot Park consists of 3,304 acres with a year-round public campground and 70 miles of hiking and riding trails. For those who didn't know, including myself, Lake Chabot Park and Anthony Chabot Park are two separate parks adjacent to each other. For those who fish, Lake Chabot is stocked with trout and catfish. There is a marina, cafe and bait & tackle shop. You can also rent



canoes and boats. When we arrived at

the park, we saw the golf course had considerable damage due to the strong winter storms. Some areas of the golf course had been flooded with 3-4 feet of water. Anthony Chabot Park had to be closed due to mudslides and

downed trees and branches. We hiked past huge cracks on the trail and saw many areas of erosion. Then we saw them! The beautiful, green rolling hills, views all the way to Coyote Hills Regional Park in Fremont and the glistening, serene Lake Chabot. We stopped at a



lovely spot at Honker's Bay overlooking Lake Chabot. As I sat there eating my lunch, I observed everyone chatting away and enjoying each other's company. Thank you,



Wanda Fong, for introducing me to this wonderful group of friends.

After lunch, we began down the trail. My favorite part of a hike is trying to identify the different flowers and plants. That's when I call to Sharon Wang to help me.



There were winecup clarkia, flannel bush, rattlesnake grass and ocean spray.

Thank you to our leaders and for Sharon Wang for providing snacks.

Yoli Gonzalez

Green hills around the golf course, Honker's Bay, Chinese Houses, Narrow-leaf Mule's Ear - Laurie Lau; Happy group of hikers -Yoli Gonzalez



**Sunday, May 28, 2023**  
**Stinson Beach and Mt Tam**  
**Leaders: Mike Branning & Laurie Lau**

On Sunday, May 28th, twenty-one enthusiastic hikers circled up at Stinson Beach. It was overcast yet warm and muggy. We were warned by our fearless leader that the Steep Ravine Trail was going to be all up to the top and that proved to be true. But oh, what a beautiful hike as we walked through redwood forest along Webb Creek! There were ferns of many varieties in the deepest color of green I've ever seen. There was also an abundance of wildflowers tucked in and around them; the lavender forget-me-nots my favorite.



The trail had a 1400 ft elevation gain with periodic stairs, five bridges and even a newly replaced ladder at one part. The sight and sound of the creek's water cascading over the rocks was a pleasure to the senses making it all worthwhile. We reached the top and had lunch at the Pan Toll picnic tables. And yes, we had fresh watermelon waiting for us that Patricia left at the Ranger Station for us.

After lunch, we returned via the Old Mine and Dipsea Trails. Along this stretch, Mike shared a little secret watering hole built in 1917. The fog now shrouded over the tall redwood trees as we descended this trail with many sets of stairs.



Just as we could see Stinson Beach the group split up, so that those that wanted to could see some old stomping grounds from Mike's childhood. There we saw four bunkers tucked in the hillside and an amazing view of Rocky Point. The hike schedule said 7 miles. The eleven of us that added on, maybe, another mile; my iPhone said 10..... Thank you, Mike and Laurie, for leading such a delightful hike!



Thank you, Mike and Laurie, for leading such a delightful hike!

Pam Littlejohn



Forget-me-nots, Pacific Starflower, Steep Ravine, Mike's great grandparents' cottage (now B&B), Rocky Point - Laurie Lau; CCHC at cottage in 1920 - unknown

**Thursday, June 1, 2023**  
**Twin Ponds Loop, Shell Ridge, Walnut Creek**  
**Leaders: Mary Ulrich & Karen Long**

The clouds parted to reveal a bright blue sky and sunny day with light breezes. Perfect for hiking on June 1<sup>st</sup> the Twin Ponds Loop, part of the Shell Ridge area in Walnut Creek. Nineteen hikers met at Hanna Grove (Bob's Pond



at Borges Ranch) for a four+ mile trek with 500 ft. elevation up and down a few good hills, many on a single track. The group was treated to a variety of



wildflowers continuing to bloom. I was especially intrigued by the wild orchids (sorry I don't remember the exact variety). Did you know wild orchids grow in



all parts of the world, except Antarctica? Orchids are the largest family of angiosperms (flowering plants) with about twenty thousand species. The two ponds we

passed surprisingly still contained water. There was an enthusiastic search for turtles. Raptors were soaring overhead and song birds were heard trilling along the trails. Lunch at Bob's Pond was



enjoyed under shady trees. Thanks, Mary and Karen, for planning and scouting an excellent hike.

Liz Roberts



Mariposa Lilies, Blooming Prickly Pear Cactus, Chamomiles, Blooming Buckeye tree, Oak, Bullfrog Pond - Laurie Lau



**Sunday, June 4, 2023**  
**Tomales Point Trail**  
**Leaders: Amy Tiekou & Robin Dean**

Snuggling into the car in late afternoon, Jo Anne was murmuring, "Lost in the Lupine"... the best title for today's hike.

We were so lucky that this hike was rescheduled today from last Feb. After ~3 miles hike, we entered the unmaintained trail and field



covered by wildflowers as far as our eyes could see. Silky fog was waving through tall brassica and yellow bush lupine labyrinth. We were lost in an otherworldly wild-flowered Shangri-la. Glancing at the waterscape from the corner of our eyes, we tried to stick with the right trail. Tomales Bay, Bodega Bay & Pacific Ocean were behind the fog. Intoxicated by fragrance, careless walking might bring you to the edge of the bluff (& your



life!). Bluff has been fragile, eroding here & there. Late start encouraged us not to spend time taking pictures too often, but countless unforgettable pictures stored in our



minds. Lunch on the cliff facing the Pacific Ocean. What a blue! This clear blue ocean gave us a moment of hope for healing our Blue Planet, the most precious one. Finishing our hike, we encountered majestic antlers, the Tule Elk (Native Californian, almost extinguished by 1870, a protected species since 1970, their population is >4000 by now.) grazing the grasses on the hillside.

As a part of Phillip Burton Wilderness, we respect the rule of no trace left behind. Wilderness belongs to everyone. Thank you, Amy & Robin, for planning this memorable hike, and for treats.



9.5 miles, 1177' elevation gain. A smoother paved Pierce Point Road would be more than welcome in the future.

Sophia Garcia



"Lost in Lupine" on the bluff, Close up of Lupine and Brassica, Cliffs, Tomales Point, Tule Elk - all photos by Laurie Lau

**Thursday, June 8, 2023**  
**Chinatown Murals & Francisco Park**  
**Leaders: Liz Howell & Barbara Mow**

A big turnout of 33 met at the Ferry Building for the 6-mile hike to enjoy numerous murals in Chinatown. The weather was perfect! Some murals were commissioned to



combat the graffiti problem. Neighborhoods were busy with the daily life of residents and visitors. Markets displayed produce, meats, fish and even ducks hanging in the window. There were numerous restaurants and

souvenir shops. All was abuzz.

The first mural we saw on Jackson St. was a reminder of the International Hotel, where Asians fought against urban renewal and eviction. A very large Buddha was displayed in another by artist Ozmo.

Walking along, we saw an apartment building covered with the most beautiful turquoise painting. Such awe-inspiring art celebrating Chinese history and culture was evident around every corner.



Dragons and Lion Dance were popular themes. The dragon represents strength and power, and has been part of Chinese culture for centuries. A mural on Stockton by Bing Yuen denotes pictures of residents' past



memories. Two murals were an homage to the famous martial arts actor, Bruce Lee. His roots lie in the area with a saying, "Be Like Water." A

more curious artwork contained a sort of monkey man and a swine with the name Notorious PIG. An impressive mosaic on Wentworth was created by Chinatown youth to express their aspirations for the future. On to Zodiac



Station with a large display of the Chinese zodiac made up of hundreds of traditional red envelopes.

We walked to Francisco Park for lunch and enjoyed the impressive bay view. Some of us flaked out after lunch and took a bus to BART. Others enjoyed the Embarcadero back to our starting point. Thanks to Liz and Barbara for a wonderful day.

Georgette Armstrong

Above mural photos by Sylvia Kwan  
 More photos on page 7.

**Sunday, June 11, 2023**  
**Upper Rockridge to Temescal Loop**  
**Leaders: Lois Switzer & Kathleen Fennelly**

Lois and Kathleen led the group on an invigorating hike in Upper Rockridge with lots of stairs going all the way to the top. The beautiful old homes, gardens, and views of

the bay just got better the higher they went. There were some newer houses in stark modern styles, covered in stucco -- built after the Oakland Hills Firestorm of 1991.



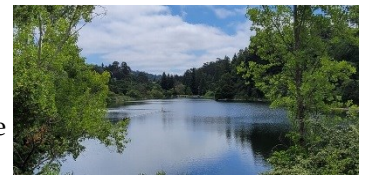
There are still some vacant lots. You can see where a driveway had been, but the house that had once been there hasn't been replaced.



The hikers descended to Lake Temescal for lunch. People were using binoculars to see something across the lake in the tall trees. It was a bald

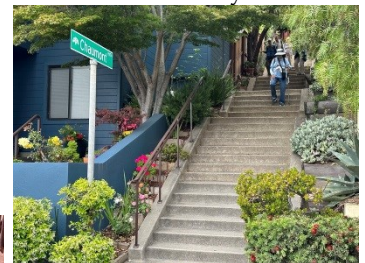
eagle, which is rare to see in this area. One man with a telephoto lens had been waiting 45 minutes to snap the perfect photo.

The group returned via the Temescal Loop Trail. Once back in the Upper Rockridge neighborhood, they came



upon the rocky ridge that gives the area its name. An enormous boulder took up almost the entire front yard of one home. The owners had made the best of this geologic feature and mounted life-like statues of three mountain goats on the rock. Two people on the hike (usually Thursday hikers) were proud of themselves when they realized they had completed a true Sunday hike.

Linda Malm



Classic home, Chaumont steps - Laurie Lau;  
 Flowery neighborhood street, Lake Temescal,  
 Gondo Path, Hike leader Kathleen smelling  
 the roses - Sylvia Kwan





Children Mural; Many faces of Chinese Culture, Zodiac of red envelopes, Francisco Park, Mosaic of dragons - Laurie Lau



PIG mural, Dragon dancers, Grant Avenue, Chinese gods mural, Fanciful Chinese landscape on City Lights Bookstore - Sylvia Kwan



**OFFICERS & COMMITTEES 2023-2024**

**President**

• Stew Perlman

**Vice-President**

• James Baranowski

**Treasurer**

• Cameron Mitchell

**Recording Secretary**

• Mindy Svorney-Moore

**Membership Secretary**

• Connie Gee

**Corresponding Secretary**

• Patricia Derickson

**Board of Directors**

• Mike Branning

• Helen Johe

• Rosemary Johnson

• Suzy Mark

• Fran Ternus

**Hiking Schedule**

• Marilyn Vihman, **Sunday Chair**

• Jim Baranowski, **Thursday Chair**

**Hiking Schedule Editor**

• Noël Siver

**Knapsack Editors**

• Silvia Akinaga

• Rosemary Johnson

**Knapsack Mailing**

• Agnes Chen

**Knapsack Printing**

• Fred Mock

**Extracurricular Coordinator**

• Lois Switzer

**Nominating Committee**

• Cameron Mitchell, Chair

• Dorothy Bradt

• Reyanne Freeman

• Lily Ho

• Fran Leighty

**Social Committee**

• Lucy Perdichizzi, Chair

• Patricia Derickson

• Reyanne Freeman

**Overnight Outings Committee**

• Ed Osada, Chair

• Bill Chen

• Helen Wong Johe

• Rosemary Johnson, minutes

• Mindy Svorny-Moore

• Lynne Vogensen

• James Watson

**Conservation Committee**

• Beryl Vonderheid, Chair

• Barbara Mow

• Sylvia Saunders

• Jo Anne Schultz

• Lois Switzer

**Audit Committee**

• April McMahon

• Linda Margossian

• Herb Yonge

**Historian**

• Yvonne Moss

**Website Group**

• Lewis Connor

• Liz Howell

• Sue Lai

• 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.