



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



JUNE 2021



KNAPSACK

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

"Happy Days Are Here Again," well, sorta. The Board is requesting that future hike leaders include BART for carpooling and as a possible beginning location for hikes as we did before the pandemic. However, please read the details that Jim Baranowski/VP and Thursday Hike Coordinator sent in an groups.io email. Your participation as a CCHC member and hiker will be enhanced if you are vaccinated. In addition to that good news, we will be having a summer luncheon on July 21 at the Spin-A-Yarn in Fremont. Please do your best to attend. It will be most enjoyable to get together. It looks as if we are going to have a summer that may be fraught with wildfires, and we are already in a drought condition. Please be considerate and wise about your water usage. Furthermore, consider leading hikes in cooler parts of the Bay Area; it may be a hot summer. Thank you to Lucy for arranging the summer luncheon. Take care and be well.

Stew Perlman



**A HEARTY WELCOME
 TO OUR
 NEWEST MEMBERS**

Kathleen Cronin of Martinez

Kathleen Fennelly of Alameda

Aristela Wise of Discovery Bay

SAVE THESE DATES

- Wednesday, July 21 Summer Luncheon at Spin-A-Yarn Restaurant in Fremont. Details on Page 2 of this Knapsack. RSVP by July 14
- October 10-14, 2021— Prairie Creek Redwoods State Park. Vaccination and/or testing required. Flyer in April Knapsack
- March 2022— Anza Borrego, details will follow.

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 50 participants

Menu: Buffet lunch, no-host bar

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

Directions: Warm Springs BART, go down es-
calator 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!



The Sky is so blue.

The sun is so warm up high.

I enjoy summer.

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: July 29; August 5, 12, 19, and 26;
September 2, 9, 16, 23, and 30; October 7, 14, and 21; No-
vember 4, 11, 18, and 25; December 2, 9, 16, and 30.

Open Sunday Hikes: July 4, 11, 18, and 25; August 1, 8,
15, 22, and 29; September 5, 12, 19, and 26; October 3, 10,
17, 24, and 31; November 7, 14, 21, 28; December 5, 12, 19,
and 26.

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

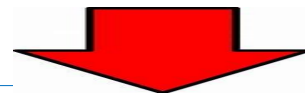
For Sunday hikes contact: Mary Ulrich, 925-876-0803,
mulrich@sbcglobal.net

LET'S KEEP HIKING:

More Sunday hikes are needed!

See relaxed hiking protocols on Page 3.

NOTE: Regarding the hike schedule—check the
CCHC website www.contracostahills.org for up-
dates. Additions/cancellations/modifications will be
indicated in red.



NOW IS YOUR CHANCE! CCHC OPPORTUNITY

After several years, Mary Ulrich will be stepping
back from the position of Sunday Hike Scheduler at
the end of May. Mary will help with scheduling the
3rd quarter, and work with the new scheduler to
complete the 3rd quarter. If you are interested in tak-
ing on this job, please contact Mary, 925-876-0803,
mulrich@sbcglobal.net

GETTING BACK TO (almost) NORMAL

With the COVID picture looking better, CCHC is getting closer to normal as well. Here are new changes for everyone proposing or going on a hike:

BART, Bus and Carpools are back! Go ahead and include public transport and carpooling in your hikes, just like years past. But unvaccinated members will need to make their own arrangements for carpooling.

Sunday Hikes are ON!! But if you want to schedule a hike on a Tuesday, that's ok as well.

Bring your mask, but if you are vaccinated, you won't need to wear it much. You should wear it where required or appropriate. If you are not vaccinated, you must still adhere to all protocols, including masking and distancing.

Bring your Lunch! Distancing is not required if you are vaccinated. Lunch on the hike is good.

Sign-up ahead of time. Right now hike size is somewhat limited, but this will free up as park and county rules relax.

These changes make planning a hike almost the same as before COVID. And these protocols will change further as government and park rules change.

So Hikers, go propose a hike for the summer! On Thursday or SUNDAY! Using BART, busses, or carpools! Contact Jim Baranowski or Mary Ulrich if you would like to propose a hike - there are plenty of slots available for July, August, and September. And everyone enjoy the hikes scheduled through June!

CCHC CONTRIBUTIONS

Continued from May 2021 Knapsack

April 2021—Conservation

Angela Toy	Gary & Jan Stein
Beryl Vonderheid	Kate Steinel
Sonja Wilkin	Sylvia Saunders
Ellen Paisal	Nancy Stout
Lisa Parker	Rose Susoeff
Sue Elliott	

April 2021—General Fund

Sonja Wilkin

THANK YOU!!

CELEBRATE SUMMER SOLSTICE

June 20, 2021

Celebrate Summer...Summer is the annual permission slip to be lazy. To do nothing and have it count for something. To lie in the grass and count the stars. To sit on a branch and study the clouds... or, just maybe, take a hike!





Wild Turkeys - Noël Siver

**Thursday, April 22, 2021
Mt Diablo Wildflowers**

Leaders: Dorothy Bradt & Kathy O'Toole

Twenty-one hikers (two groups) enjoyed a delightful hike on Mt. Diablo. Unfortunately, the mountain already feels dry. There were a variety of wildflowers, but they were sparse due to the low-rain year.

Starting at Regency Trailhead (parking on El Molino) in Clayton, we hiked a bit more than 5 mi. by



Cal. Quail, Rattlesnake!, Chinese Houses, Wind poppy - Noël Siver

hiking
Donner
Creek,
Back



Creek, the Tick Wood Trail, then Heatherington Loop back to Donner Canyon Rd. Within this short hike we found different flowers in different areas. Tick Wood Trail is a meandering trail

with beautiful views of Mt. Diablo. Besides seeing many wild flowers, there were turkeys, and evidence of three rattlesnakes (I only saw one). One kind gentleman warned



us two different times to be careful and pointed out the snakes. After seeing 20 different wild flowers on 4/11/21 around the Globe Lily Trail, I was curious to see how



many we would see this day. We saw and named 33 different wild flowers. The most I have ever seen and kept note of in a day. It was amazing and lots of fun. I hope I can remember HALF of them! This is a partial list of what we saw: Mt. Diablo Globe Tulip, Blow-Wives, Woodland Star, Yerba Santa, Black Sage, Milk Maids, Morning Glory, Virgin's Bower, Common



Yarrow, CA and Wind Poppies, Clarkia, Jeweled Onion, Gold-fields, and the CA Buttercup. It was definitely a successful hunt for wild flowers and enjoyment of the great outdoors. We are so fortunate.

nate.

Thank you, Dorothy and Kathy, for offering us this wonderful hike.

Sue Elliott



Mt. Diablo Globe Lily, Virgin's Bower & Buttercup - Sue Elliott

**Tuesday, April 27, 2021
Diablo Foothills Regional Park
Leaders: Pat McDonald & Celeste Burrows**

The 7 mi, 1000 ft. elevation route with Pat McDonald and Celeste Burrows began in suburban Alamo and quickly ascended to the rolling hills and grasslands of Diablo Foothills. These areas were still partly green but were rapidly browning. Along a ridge we followed the regional Briones to Mt Diablo Trail past the China Wall, an aptly named sandstone formation that resembles the great wall of China. We encountered the Mokelumne Coast to Crest Trail, a longer regional trail that extends from CA's coast to its crest.

From the ridge our panoramic views included Mt Diablo and nearby hills to the east and the Berkeley/Oakland ridgeline far to the west. We descended through a canyon, following the Little Yosemite Trail along a creek and down to Pine Canyon where we found a mix of oak and riparian woodlands.

Walking through Pine Canyon we could see popular climbing rock formations; these were off limits for the season to protect the nesting peregrine falcons there. We climbed back up to the ridges, took in our last views of the surrounding rural scenery and then descended back to Alamo and our cars. This was an excellent route for the season; it was discovered by Pat as featured in a recent EBRPD Trails Challenge guide.

Celeste Burrows

Thursday, April 29, 2021
Secret Stairs, East Bay
Leaders: Lucy Perdichizzi & Celeste Burrows

Meeting at Ashby BART on a sunny day, hikers led by Lucy and Celeste wound through neighborhoods of beautiful homes searching for secret pathways and staircases.



Lovely front yard, Path between homes - Mindy Svorny-Moore; Bromeliads, Lavender - R. Johnson

Who knew there were so many surprises in Berkeley?? In the Elmwood section of southeastern Berkeley, we walked through a small commercial district into a

quiet neighborhood lined with lush gardens and leafy trees. We passed a lovely, elderly craftsman on the way to a plaque describing the Kelsey Ranch. The original owners of the land had planted elm trees that gave the district its name.



We climbed two staircases to Craftsman bungalows designed by Leola Hall, known as the "girl architect of Berkeley". Her homes featured small kitchens and bedrooms, but large public spaces, as she liked to entertain, not cook. Her homes show off bare wood and lots of glass.

Next, winding up Garber Path under a variety of trees, passing stately homes, we were shown homes designed by Henry Gutterson. Garber leads into Monkey Island Park (named for a tree that no longer exists) and onto Tanglewood Road where the homes become



even larger, old and new. Up again, onto long Tanglewood Path between homes to the Claremont Canyon Regional Preserve. The view from the top is worth the climb... incredible views of Golden Gate Bridge and fog rolling in off the bay.



Down we went to the exclusive Claremont area and homes designed by T. Patterson Ross, Julia Morgan (elegant Art Nouveau design). Featured were an art deco window in a home from Edward Seely and a Spanish Colonial designed by Walter Radcliff, Jr. Here, as we wandered, we were delighted to meet long-time CCHC members, Marie and Ray Alberti, who live in the area. Thanks to Lucy and Celeste for guiding us on a lovely walk!

Mindy Svorny-Moore

Sunday, May 2, 2021
Alternative to Lynch Canyon
Leader: Mike Branning

We appreciate our hike leader, Mike, who chose a great alternative hike to the Lynch Canyon. He knew the day before our hike that Lynch Canyon would be closed on the 2nd because of high fire danger. We hiked Ridge Trail in Hiddenbrooke, Vallejo, instead.

Twelve hikers enjoyed ~5-mile hike with ~1000' elevation gain. Blue sky, wild flowers scattered over the transitional green hills. The right time to hike before



the coming California golden summer. Many white yarrow are floating and swinging in the air above the green grass. On narrow trails unfortunate hikers might stumble

into yellow star thistle which can give you quite a sting. From the summit we could see St. Helena, Mt Tam, Tilden Park, Mt. Diablo & clusters of new housing close by. What a fantastic breeze after the steep trails. Mike boosted our adrenaline by bushwhacking the short steep downhill. That was something different.



We had our lunch at the Hiddenbrooke Golf Course Clubhouse. Shady seating by the wisteria. Some hikers have not been hiking

for a while and were excited to hike together again. Things are getting back to normal little by little. Tram brought homemade masks for everyone to choose. Nice COVID



treats. Cám on bạn, Tram. Thank you, Mike & hikers, gathered today. We had fun!
 Sophia Garcia



All hike photos by Sylvia Kwan

Thursday, May 6, 2021
Hercules Bay Trail
Leaders: Rosemary Johnson & Henry Chan

Two groups of eager CCHC hikers regained a sense of normalcy, now that hikes are officially back. Rosemary engineered the experience, leading group #1, with Henry leading group #2.



Like two trains, one behind the other, the hikers chugged through a Victorian-style housing development called Promenade at Hercules Village.

The homes are close replicas of the homes that existed during that era. The electric street lights resemble the gas lights of the day. The power and telephone lines are hidden underground for historic appearance.



The nearby downtown area has new variants of classic architectural styles. Multi-story apartment buildings have shops on the first floors.



There are views of the bay and San Francisco beyond. Train tracks run near downtown and the Bay Trail. Someday, an old-style Amtrak train station will be built there. For now, the trains just roll on by.



The Vallejo ferry was seen in the distance. Red-winged blackbirds twittered from the bulrushes. A large sailboat glided on the water. The upside-



down hull of a small boat rocked gently near the shore.

The hikers came upon the obvious inspiration for the new Victorian homes seen earlier. There were several blocks of stunning, very well-preserved original



Victorians. Then they walked briefly through a tract of large new modern homes. The developer had tried to blend in with the Victorian homes in the area by

tacking on a few odd Victorian trims and accents to the otherwise plain architecture. After a break, the two groups headed back on the Bay Trail. The duck pond at the park was currently occupied by Canada Geese. Some hikers ate lunch at picnic tables, some headed out for Korean food, and others went to a



charming nearby restaurant called "Leila by the Bay."
 Linda Malm

Refugio Creek & marsh close to SF Bay, CCHC on SF Bay Trail, Path back to Duck Pond - Sylvia Kwan; Red-winged blackbird, Great egret, Snowy Egret, Mount Tamalpais from Bay Trail, CA poppies, yellow yarrow - Noël Siver

Tuesday, May 11, 2021
Redwood Regional Park
Leaders: Pat McDonald & Celeste Burrows

Redwood Regional continues to delight. Ten of us, led by Pat MacDonald had a lovely hike. Smartly, all of the uphill was before lunch. And although a modest amount of it was in the sun there was just enough cool and breeze to keep it very pleasant. We started at the main parking lot in the valley and stayed in the south end of the park. Still, we managed to put in over 7 miles. We made it to a wonderful lunch spot a quarter-mile off our route. Surrounded and shaded by oaks, comfortably perched on an excellent set of stone thrones we had a leisurely lunch. Flora was very limited; well, it was abundant but almost no flowers. But sprightly conversation kept us bounding along, or some such adjective, for 7.2 miles and 1150 ft. of up. There certainly was a lot a laughter, for sure among the guys at the front, "who me?" Personally, I was thrilled to meet a couple of people new to me and connect with old buddies, and judging by the smiles at the end, it was a wonderful day for all. Most of the home stretch was on the French Trail, the rather level, pleasant stroll in memory of our founder. It was a very well-chosen route. Here's a kicker...five us were men, half the crew, I don't think that has happened in a month of Sundays.

Mark Petrofsky

Thursday, May 13, 2021
Diablo Foothills Regional Park
Leaders: Karen Arntzen & Patricia Derickson

An early hike on the lower reaches of Mt. Diablo was the perfect way to beat the heat. Nineteen of us wandered up the fairly level Stage Road for 3 miles and then retraced



our steps back, giving us a total of 6 miles. As Barry stated, the hike resembled an accordion at work. Going at our own paces, we spread out on the trail and then periodically came together for water breaks. It was a most peaceful and relaxing way to enjoy what nature had to offer. Domengine sandstone formations, known as Castle Rocks, presented us

with dramatic views all along the way. They provide nesting areas for golden eagles, red-tailed hawks, and peregrine falcons, which evaded us this day. We were treated to many Elegant Clarkias and Ithuriel's Spears by the side of the trail. Of course, there was the ever-present Poison Oak. Don't touch! Cool breezes played in the huge trees



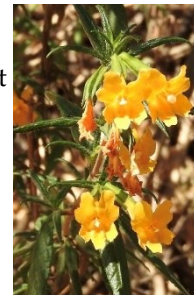
overhead, lizards skittered, birds chirped, and a biggish spider rushed across the road. Was it a Brown Recluse? Yikes! Lunch was enjoyed at Betty Goldstein's memorial picnic table, a former member of CCHC. Remembering that this area was once under water – about 4 million plus years ago, made us feel a part

of the ever-changing and wonderful earth! Thank you, Karen and Patricia!

Diane Cannon



Trailhead, Leaders, Karen & Patricia on return trail, CHHC on Stage Road - Sylvia Kwan; Castle Rock, Buckeye in bloom, Elegant Clarkia, Sticky Monkeyflower - Noël Siver



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•Suzy Mark

Recording Secretary

•Cameron Mitchell

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•Yvonne Moss

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•Gino Bossetto

•Chuck Browne

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•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. 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.