



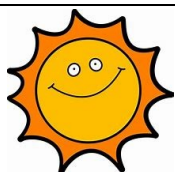
**THE CONTRA COSTA HILLS CLUB**  
**PO Box 2056, El Cerrito, CA 94530**  
**Website: [www.contracostahills.org](http://www.contracostahills.org)**

FIRST CLASS MAIL

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



**JUNE 2022**



# KNAPSACK

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

## PRESIDENT'S MESSAGE:

As we move into June and anticipate an increasingly hot and dry summer, please remember to use your precious water more prudently, use sunscreen liberally, and lead hikes in cooler parts of the Bay. I am pretty sure that, like me, you have been receiving more mail than usual in the way of candidates asking for your vote this June primary election. Although we are not a political organization, conservation is important to all of us. So, you might consider that factor when you vote.

I want to welcome Rosemary Johnson as the newest Director on our Board of Directors. Furthermore, the Club is in need of someone to join the Website Committee. Remember, we are only as strong as our volunteers. So, if you have solid computer skills, please help us in an important position that you will share with three other members: Fred, Chuck, and J.J.

Be safe and stay well,

Stew Perlman

## A HEARTY WELCOME TO OUR NEWEST MEMBERS



Colette Cussary of Concord  
 Judy Proller of Oakland

## SAVE THESE DATES

- Wednesday, July 27- Summer Luncheon at Duende Spanish Restaurant, Oakland—see details on page 2 of this Knapsack
- Sunday October 16—Thursday October 20—San Luis Obispo outing—flyer included as an insert in May Knapsack.

## San Luis Obispo Outing

October 16-20, 2022  
 (see flyer sent with May Knapsack)

Sign ups June 5-18  
 Contact Lynne Vogensen  
[mslynne33@yahoo.com](mailto:mslynne33@yahoo.com)

Sign ups before 6/5 will be discarded,  
 after 6/18 will be put on a waiting list

## OPEN HIKE DATES OCTOBER TO DECEMBER 2022

The deadline for submission of hike descriptions for the 4rd quarter is July 31, 2022. There are three 3rd quarter Sunday hikes open, two in July and one in September — if you can lead a hike on one of these days, please get your description in as soon as possible.

**Open Thursday Hikes:** October 13 and 20; November 3, 10, 17, and 24; December 1, 8, 15 and 29.

**Open Sunday Hikes:** July 24, and 31; September 4, October 2, 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!!**

### EMILY SABATH 1924 – April 16, 2022

Emily Sabath, a resident of San Francisco, passed away peacefully in her sleep on April 16<sup>th</sup> at the age of 98.



She joined CCHC in 1975. At a walk with the City College of SF, she met two women from CCHC who told her, "If you like to walk, you should join our club!" Emily was in her early 50's and was smitten. A hiker was born! She had many new adventures for herself after being a stay-at-home mom. She found a new freedom to explore the Bay Area and meet and make many new friends. Besides exploring the East Bay, she went on bus trips with the club. Soon she was leading hikes along SF Ocean Beach up to the hang-gliding spot on the cliffs. Emily really cherished the friendships she made with the club and the warm welcome she received when she joined so many years ago. She lived a full and active life in her later years and much was due to CCHC and the many great friends she made on the hikes.



Emily is survived by three children, Barbara, MaryAnn, and William Sabath.

Remembrance by Barbara Sabath



## SUMMER LUNCHEON

### DUENDE SPANISH RESTAURANT, OAKLAND

Wednesday, July 27, 2022

It's time to celebrate summer with a festive luncheon!

**Where:** Duende Spanish Restaurant, 468 19<sup>th</sup> Street, Oakland—Just one block from 19th Street BART

**Time:** 11:30 to 2:30

**Maximum:** 60 guests, members have priority

**Menu:** Patatas bravas, salad, paella (vegetarian available), turrón and house-made cookies, coffee/tea/iced tea

Soft drinks, beer, wine, cocktails available for purchase

**Cost:** \$43 members (subsidized thanks to generous donations)  
\$50 guests

**Directions:** one block from 19<sup>th</sup> Street BART

**R.S.V.P. by July 20 - Please indicate if you require vegetarian paella**

Checks made out to CCHC and mailed to:

Lucy Perdichizzi  
6 Captain Drive, Unit 235  
Emeryville, CA 94608  
[lucyperd@sbcglobal.net](mailto:lucyperd@sbcglobal.net) (preferred) or  
text to 510-410-1285



**Hope to see you there!**

CELEBRATE SUMMER SOLSTICE JUNE 21!

Smell the sea  
and feel the sky.  
Let your soul and spirit fly.  
~Van Morrison

# CCHC CONTRIBUTIONS

The Contra Costa Hills Club Officers and Board extend their thanks to the following members  
Who have generously made contributions to the club from December 2021 through April 2022

## December 2021

### Contributions - Conservation

Stew & Audrey Perlman

*In Memory of Helen MacGregor*  
Sylvia Saunders

*In Memory of Phyllis Faircloth*  
Sylvia Saunders

*In Memory of Frank Belvin*  
Sylvia Saunders

### Contributions - Holiday Luncheon

Barbara Wightman  
David Jadeson  
Mike Branning  
Stew & Audrey Perlman  
Susie & Jeffery Tom

## January 2022

### Contribution - General Fund

James Watson

*In Memory of Phyllis Faircloth*  
Catherine Herlihy

### Contribution - Spring Luncheon

Haruko Nagaishi

February 2022  
no activity

## March 2022

### Contribution - Conservation

Anita & Jerry Ford

### Contribution - Spring Luncheon

Anita & Jerry Ford  
David Jadeson



## April 2022

### Contributions - Conservation

Silvia Akinaga  
Doug & Georgette Armstrong  
Dexter Barker & Rita Poppenk  
Gene & Rae Cecchettini  
Connie Gee  
Linda Margossian  
Frank Martin  
Fred Mock  
Roberta O'Grady  
Ellen Paisal  
Sonja Wilkin  
Diane Barde  
Mike Branning  
Steven & Georgia Chun  
Robin Dean  
Mary & William Huang  
Suzy & Jon Mark  
Kate Steinel  
Nancy Stout  
Lois Switzer  
Beryl Vonderheid  
Mui Wan

*In Memory of Betty Thornally*  
Darlene Choy

### Contributions - General Fund

Marie & Ray Alberti  
Ellen Chen  
Ching Chiu  
Sophia Garcia  
Eva Jung  
Dorothy Kaplan  
Lisa Parker  
Gary & Jana Stein  
Rose Susoeff  
Susie Tom  
Florence Yokoi

### Contributions - Holiday Luncheon

Doug & Georgette Armstrong

*In Memory of Grace MacNeill*  
Cameron Mitchell

*In Memory of Betty Thornally*  
Patricia Derickson

### Contributions - Spring Luncheon

Patricia Derickson  
Lucy Perdichizzi



# IN THE HIKERS' FOOTSTEPS



**Sunday, April 17, 2022**

**Sibley Volcanic Reg. Preserve to Steam Train  
Leaders: Sophia Garcia, Miu Wan & Ching Chiu**

Fifteen of us met for this beautiful walk within the Sibley preserve. It was a little muddy, especially near the start, but otherwise the walk was quite straightforward (7.5 miles with ~ 1000' elevation gain) and the weather was perfect. We carefully made two road crossings, passed behind the Berkeley Hills Water Tower and emerged from the forest to where the steam trains set out. After lunch we walked back the same way, with a few of us



adding a brief extra walk from the parking lot to see the 100-year-remember bench that the club placed under the trees in February 2020 (just in time for a group celebration that would otherwise have had to wait at least two years). For most of the way we were shaded by large trees that gave way now and then to lovely clear views over the Bay, in one direction, and over to Mt. Diablo, in the other.

We were often accompanied by bird song and many types of wildflowers were on view: red columbine, woodland stars, Chinese houses, wild flax, poppies, lupine, checker bloom, and cow's parsnip...and more! (If, like me, you don't recognize many flowers...look them up! They're all easy to find on-line.)



Photos by Marilyn Vihman

Marilyn Vihman

**Thursday, April 21, 2022**

**Fernandez Ranch (Hercules)  
Leaders: Mike Branning & Fran Leighty**

At first, we were lucky 13 hikers but a 14th person arrived after we circled up. After the usual announcements we took off up the Black Phoebe Trail, named after the bird that frequents the area. I don't remember seeing any Black Phoebes on the trail at the time. We did see a coyote in the distance.

This is also the best time of year to see wild flowers.

What I found especially fascinating was

seeing trees looking like couples growing in pairs. Their roots would be overlapping with each other, like touching hands. I have been told that roots do actually talk to



each other and it seemed that way looking at those roots. Mike took us up some hills to see some spectacular views of the Vallejo area and the Bay. However, some people didn't want to do anymore climbing after that and headed for the trailhead to have lunch.

Thank you, Mike and Fran, for another beautiful hike with wildflowers and views.

Julia Cordell



Photos (including header at top of page) by Sylvia Kwan

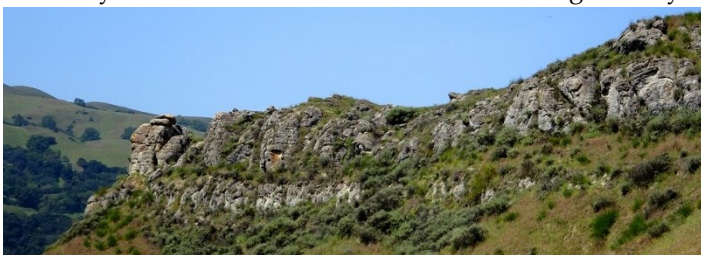


**Tuesday, April 26, 2022**  
**Flag Hill in Sunol Regional Wilderness**  
**Leaders: Althea Wong & Pat McDonald**

Hailing from the far and near reaches of Oakland, Concord, Livermore, Pleasanton, and elsewhere, six hearty walkers found this five-mile hike well worth the



drive. Althea ably led the group, as her co-leader had a last-minute engagement. First, tackling the occasionally steep trail to the top of Flag Hill, we were rewarded with sunny skies, temperate weather, minimal wind, and expansive views of Sunol-Ohlone Regional Wilderness and beyond. Not only did we examine the *fossiliferous* sandstone outcrops at the top, we learned a new vocabulary word. From there we descended to High Valley



Camp for lunch. According to the East Bay Regional Parks brochure/map, the park has been ranched continuously since the 1860s, evidenced by the few cattle we passed on the way. At our lunch spot, further evidence of this were the picturesque windmill and an old barn dating from the 1930's. After lunch we continued our descent along the mostly tree-covered Cave Rocks Road, Indian Joe Creek Trail, and Canyon View Trail. The creek, which we



crossed a few times, was dry, dashing our hopes for a splashy creek crossing. The wildflowers, however, did not disappoint. Throughout the hike we encountered Fairy Lanterns, Mule Ears, Clarkia, Ithuriel's Spear, Blue-Eyed Grass, and ubiquitous California Poppies. We encountered squirrels and gophers, and four hikers even caught

a glimpse of a King Snake. This hiker, for one, looks forward to returning to explore more of this wonderful park!

Robin Dean



Althea - Robin Dean; Sandstone wall, Pond, Owl's Clover, Windmill - Althea Wong

**Thursday, April 28, 2022**  
**Hap Magee Ranch Park to Eugene O'Neill**  
**Historic Site, Danville**  
**Leaders: Fran Leighty & Suresh Gadad**

This hike was a blend of springtime suburbia, natural habitats and historic sites. We started at Hap Magee Ranch Park in Danville, a former summer camp for San Francisco orphans, then a cattle ranch. (See <https://museumsrv.org/post-1303/>.) We crossed over San Ramon Creek to the Iron Horse Regional Trail, a paved greenbelt biking and walking trail. Under a canopy of trees, we saw and heard a blend of man and nature: redwood fences along rows of redwood trees, backyards with swimming pools, and spring grasses with sounds of lawn mowers, leaf blowers and construction workers. Nature didn't disappoint as many yards had poppies, irises, roses and several varieties of blooming shrubs. Remnants of walnut orchards dotted the route.



At Del Amigo Road we headed west towards Las Trampas Park. Through the gate on Kuss Road, we began the ascent up to the Eugene O'Neill National Historic Site. Behind us were gorgeous views of Mount Diablo and in front of us the Trampas Ridge.

America's only Nobel Prize winning playwright, Eugene O'Neill wrote his final and most memorable plays from the Tao House. The barn interior has an intimate theater setting. Anyone interested in a tour can call 925-228-8860 x6422 or look online at <https://www.nps.gov/euon/planyourvisit/permits-and-reservations.htm>.

In 1940, O'Neill's dog Blemie passed away and near his grave is a sign with Blemie's Last Will and Testament. (See <https://www.trivia-library.com/b/famous-last-will-and-testament-eugene-o-neill-dog.htm>.) Nearby was a small herd of young cattle, and half a dozen turkey vultures airing their wings.

We had lunch at the tree-shaded picnic tables before retracing our steps back to our starting point. Our trackers showed about 5.6 miles, a little over 3 hours with an elevation gain of 420'.

Katy Untch



Ellen & Fran, Lunch time - Sylvia Kwan; Tao House with flowers - Katy Untch



**Sunday, May 1, 2022**  
**Dublin Hills Regional Park**  
**Leaders: Dorothy Bradt & Diane Cannon**

Dublin Hills Regional Park overlooks the city of Dublin and the hills beyond. Sixteen members and four guests joined our leader, Dorothy Bradt. We missed Diane Cannon who could not make it. Ching Chiu graciously served as our rear leader for this beautiful hike. We met at the Martin Canyon Creek Trail which took us through a forest of oaks, climbing gently into an immense open space with great views and lovely wild flowers. We climbed to a rocky ridge and proceeded on to part of the Donlon Canyon Loop Trail. We overlooked a large housing development which makes one appreciate even more the East Bay Regional Parks that saved the Dublin Hills



from complete development. We followed the Calaveras Ridge Regional Trail down to a lovely lunch spot at the Donlon Point Staging Area. From there, we followed the Calaveras Ridge Trail back to Martin Canyon Creek and another lovely walk through the giant oaks. Here, a fawn came racing past us, and we hope it found its mother. Overall, our climbing was about 1000 ft. in 6 miles. Thank you, Dorothy and Diane. We enjoyed delicious cookies and appreciated the opportunity to hike in this lovely park.

Roberta O'Grady



Oak woodland, Fairy lanterns, Wind poppies, Woodland stars - Sophia Garcia

**Thursday, May 5, 2022**  
**Pacific Heights to Palace of Fine Arts, SF**  
**Leaders: Diane Cannon & Fran Leighty**

The lyrics from the song by the band Journey -- "When the lights go down in the City" -- came to mind as the hikers ascended to the Pacific Heights neighborhood. San Francisco is one of the best cities in the world, and Pacific Heights is its crown jewel. Historic Victorian mansions and other classic styles, made of brick and stone, are set against a natural backdrop as the "sun shines on the bay." There are numerous embassies in the area. Since it was Cinco de



Mayo, traditional live music was playing. Diane showed the hikers the homes of writer Danielle Steel and Senator Diane Feinstein. They learned that Charles H. Gough, a former milkman, later Chair of the SF Land Commission, named Gough Street after himself and named Octavia Street after his sister. Fran took the group up to Alta Vista Park for lunch, while Diane waited with those who wanted to buy coffee. The park has superb panoramic views of the City. A large semi-circular bench accommodated almost the entire group. After lunch the hikers descended the Lyon

Street Steps and entered the grounds of the Palace of Fine Arts, built in 1915 for the Panama-Pacific International Exposition. Roberta O'Grady's family business had once been at this very location. For the 1980's restoration of the Maybeck structure, Roberta opted to donate on behalf of "W.F. Stone and Son, Wooden Boat Builders, 1853-1970" which is listed at the site. The pond in front was full of swans, ducks, and turtles. The group then took the bus back to BART, passing interesting storefronts along Union Street and Stockton Street in Chinatown.



Linda Malm



Mariachis at Flood Mansion, Heart at Lyon St. Stairs, CCHC hikers. Palace of Fine Arts - Sylvia Kwan



Sunday, May 8, 2022

Glen Canyon Park to Diamond Heights, SF  
Leaders: Fran Leighty, Ching Chiu, Miu Wan & Sylvia Kwan

Fourteen met at Glen Park station to explore part of San Francisco some of us hardly knew. We began in Glen Park, peering in at the beautiful timber-frame Sunnyside Conservatory, where a reception was being organized.



The gardens there and in adjacent Joost/Baden minipark were full of lovely blooms. (We got the scent of rain...Two or three umbrellas went up for a short while to ward off the drizzle, which created a lovely aroma mixing with the Eucalyptus leaves we were walking over.) Then off to Glen Canyon Park, where we

stopped to admire Charles Sowers' sculpture, *Solar Totems* (2017): reclaimed redwood logs each fitted with a lens facing south, so the sun burns a line in the log...The lens is moved a little each day, recording how sunny intervals have alternated with fog or cloud. Glen Canyon's trails range from easy to challenging – we had some of each, getting a chance to exercise our stairs-climbing skills. We then walked through a nursery featuring kale, artichoke, and other vegetables as



Sunnyside Conservatory, *Solar Totems* - Marilyn Vihman; Little Red Hen Comm. Garden, Billy Goat Hill stairs - Sylvia Kwan

well as stunning flowers I can't name. We had a leisurely lunch

at Christopher Playground and returned through Noe Valley with charming Victorian houses and some appealing shops and restaurants to 24<sup>th</sup> St BART. The views

from Billy Goat Hill Park on the downhill trek were outstanding, with downtown high-rises off to the left, the Bay Bridge dimly visible to the right and in the foreground a bushy hill with tall grasses and wooden steps (no railings: no Berkeley Path Wanderers there, apparently!). It was about five miles and ca. 550' elevation gain. We thank Fran, Ching, Miu and Sylvia for a very enjoyable outing!



Marilyn Vihman

Tuesday, May 10, 2022

Cascade Open Space Preserve  
Leaders: Mark Petrofsky & Mark Detterman  
**Cancelled due to lack of participants**

Thursday, May 12, 2022

Section 1 SF Crosstown Trail  
Leaders: Jan Lecklikner & Mindy Svorny-Moore

The first of a five-part series, the SF Crosstown Trail begins where the Beatles and SF Giants once played at the former Candlestick Park. The stadium has been razed and the area is now Candlestick Point State Recreation Area. It



has a long pier with dozens of people fishing. Jan led the hikers through a tunnel under the freeway.

They emerged in a housing development called "Little Hollywood."

The 1920's homes resemble the larger ones in the Hollywood Hills. Next was Leland Avenue, the charming old main street of Visitacion Valley. After picking up coffee, all went to an outdoor area to enjoy Mindy's "crunchewy" homemade cookies. Jan then took



the group uphill on the Visitacion Valley Greenway -- a long narrow park made of formerly vacant lots that "stair-step" the hill diagonally. The Trust for Public Land acquired the lots



and built the greenway. At the top of the hill was McLaren Park. A 2.7-mile loop around the perimeter of the park, "Philosopher's Way", has stone markers meant to inspire contemplation. A group of young people were climbing in the trees, wearing helmets and harnesses. It was part of "Outward Bound," an outdoor youth

and built the greenway.

At the top of the hill was McLaren Park. A 2.7-mile loop around the perimeter of the park, "Philosopher's Way", has stone markers meant to inspire contemplation. A group of young people were climbing in the trees, wearing helmets and harnesses. It was part of "Outward Bound," an outdoor youth



Fishing pier, CCHC group, Visitacion Valley Greenway, Philosopher's Way musing station with great view, Hikers in McLaren Park (next page) - photos by Sylvia Kwan





education program. The hikers had lunch at picnic tables in a grove of trees. Later they visited the "Jerry Garcia Amphitheater" named for the famed Grateful Dead member. They crossed the freeway on a pedestrian bridge. Cars were zooming by underneath their feet. The hike ended at Glen Park BART. What will the next segment of the SF Crosstown Trail reveal?

ment of the SF Crosstown Trail reveal?

Linda Malm

**Sunday, May 15, 2022**  
**Black Diamond Mines Regional Preserve**  
**Leaders: Dorothy Bradt & Lynne Vogensen**

It was a very warm day for our 6.3-mile loop hike in the Black Diamond Mines Preserve. As we started up Stewartville Trail, we were pleased to feel the breeze that would help us survive this gorgeous sunny day. Our leader, Dorothy Bradt and her co-



leader, Lynne Vogensen, showed great leadership with Lynne in the lead and Dorothy as the sweep. We saw many turkey vultures, some blue belly lizards, wild turkeys, butterflies, and a random cow in the distance, but, luckily, we did not come across any rattlesnakes. The hike was definitely challenging with the warm weather, but quite fulfilling with the beautiful panoramic views. We were treated to an explo-

ration of Prospect Tunnel (1860) where we were allowed to go in 200 feet of the 400-foot tunnel. After having lunch at the Star Mine Group Camp Site, we continued on the Star Mine Trail about a quarter of a mile to the Star Mine Tunnel. This barred tunnel once served as the entrance to one of the last active coal mines in the area. At this point we had to make a difficult decision (maybe not so difficult for some) to continue on around the Star Mine Loop for even more beautiful vistas before heading back to the cars via the Corcoran Mine Trail, or to simply head back after lunch directly. A vote was taken and sanity won out. The Star Mine Trail would have added a VERY challenging extra hour, and after heading up the challenging Corcoran Trail, we were even more grateful for the decision we made. Back at the parking lot we met one of the rangers who shared some Black Diamond Mines information. While five of us headed home tired and happy after the challenging day, Angus (what a trooper!) decided to take a side trip up to the Roseville Cemetery. Thanks to the leaders for this great hike!



Text and photos by Angus Powelson

**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.

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**Treasurer**

•Suzy Mark

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•Chuck Browne

•Rosemary Johnson

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•Fran Ternus

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•Lynne Vogensen **Sunday Co-Chair**

•Jim Baranowski, **Thursday Chair**

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