



**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**



**MARCH 2022**



# KNAPSACK

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

As we enter into the month of March and the official beginning of spring, let us hope that our lives begin to feel a bit more like pre-pandemic normal. The Board will continue to pay close attention to what scientists and authorities advise us to what will be the best protocols to follow regarding our hikes and related CCHC events.

At this time, we are planning to have our Annual Meeting in-person at the Oakland Lakeside Garden Center on March 20th. If this changes, members will be notified by email. If you remember the 2020 Annual meeting was canceled right before it was going to happen as we learned more and more about the now all too familiar coronavirus, its rapid spread and effects on all of us.

This month about thirty of us will be heading to Anza Borrego State Park on an outing. Because many Board and Committee members will be on the outing, our monthly Board meeting will take place on March 4th.

Stay well and hopeful.  
 Stew Perlman

**IN PERSON!!**  
**102ND ANNUAL MEETING**  
**LAKESIDE PARK GARDEN CENTER**  
**SUNDAY, MARCH 20, 2022**

Location: 666 Bellevue Avenue, Oakland. Walk from 19th Street BART down 19th St., left on Harrison, right on Grand Avenue, and follow the road into the main entrance of the park. Just past children's Fairyland you will see the Garden Center on your left. There is ample parking (\$5.00 fee) for those who choose to drive.

**PROOF OF VACCINATION REQUIRED**  
**BRING A MASK**

- 10:00 AM Hike around Lake Merritt. Enjoy the birds.
- 11:30 AM Return to the Garden Center
- 11:45 AM Lunch (Bring a bag lunch)
- 12:00 NOON SPEAKER TBD
- 12:50 PM Business Meeting
  - Introduction of Outgoing Board of Directors
  - Reports
  - Election of Officers (see February *Knapsack*)
- 2:00 PM Adjournment

## OPEN HIKE DATES JULY TO SEPTEMBER 2022

The deadline for submission of hike descriptions for the 3rd quarter is April 30, 2022. There are also a June Thursday hike date still open—please submit description for this as soon as possible.

**Open Thursday Hikes:** June 23; July 21 and 28; August 4, 11, 18, and 25; September 1, 8, 15, 22, and 29.

**Open Sunday Hikes:** July 17, 24, and 31; August 7, 14, 21, and 28; September 4, 11, 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

*Like Sunday Hikes?* Fran Leighty, our Sunday Hike Coordinator, is looking for someone to share this responsibility. If you are interested, please contact Fran or Stew Perlman.

## PORTABLE VOICE AMPLIFIER

**Hike Leaders:** The Club has purchased two PVAs to be used primarily to communicate on urban hikes. If you are leading a hike and have a lot of descriptive comments to share with the group, you may wish to borrow one for your hike. If so, contact Noël Siver or Patricia Derickson.

## HAPPY ST. PATRICK'S DAY



May the luck of the Irish  
Lead to happiest heights  
And the highway you travel  
Be lined with green lights.

Wherever you go and whatever you do,  
May the luck of the Irish be there with you.

WELCOME SPRING, MARCH 20



## SAVE THESE DATES

- March 6-11, 2022—Anza Borrego
- Sunday, March 20—Annual Meeting  
see information on page 1 of this Knapsack
- Wednesday, July 27- Summer Luncheon

## IN MARCH FRIENDS, WINTER ENDS..... BUT WHAT ELSE?

There are a lot of special days in March besides St. Patrick's Day and Spring Equinox; following are a few others you might relate to:

- March 9: Get Over It Day
- March 12: Plant a Flower Day
- March 14: National Pi Day
- March 15: The Ides of March
- March 16: Everything You Do is Right Day
- March 18: Awkward Moments Day
- March 19: Let's Laugh Day
- March 21: National Common Courtesy Day
- March 22: National Goof Off Day
- March 23: National Puppy Day
- March 28: National Black Forest Cake Day

## DUES ARE DUE - APRIL 1, 2022

CCHC's Annual Dues:

\$25 per person (email version of *Knapsack* and quarterly hike schedule), or \$20 per person for two or more people at the same address. The cost for two members at the same address would be \$40.

\$33 per person (mailed print version of *Knapsack* and quarterly hike schedule), or \$20 per person for two or more people receiving one *Knapsack* and one hike schedule at the same address, plus \$8 to cover mailing expenses. For example, the cost of membership for two people at the same address would be \$48.

Make your check payable to CCHC. and mail it to the Membership Secretary:

Connie Gee  
1121 Brighton Avenue  
Albany, CA 94706

If you wish to contribute to the Conservation Committee or to club luncheons, you can add any additional amount to your annual dues and mark your check "Dues plus Conservation" or "Dues plus Spring/Summer Luncheon or Dues plus Holiday Luncheon"

# IN THE HIKERS' FOOTSTEPS



Yacht harbor near Fort Mason - Sylvia Kwan

## Aquatic Park to GGB, San Francisco Thursday, January 20, 2022 Leaders: Fran Leighty & Celeste Burrows

A BART-forced-stop at West Oakland Station to wait for the next train, and a restroom stop at the San Francisco Library, caused me to miss the bus with CCHC hikers. Sylvia Kwan, whom I had followed into the restroom, noticed I was not on the bus so got off to search for me.



CCHC members are THE BEST! When we arrived at Aquatic Park, we made thirteen who gathered with vaccination cards and Hike Leader treats. Our initial view of GGB was

mostly hidden by fog. First stop was up the steps to Black Point Garden at Fort Mason. Next the Community Garden where we saw strawberry plants with berries, Brussel sprouts on stalks, various winter vegetables and daffodils. Birds were abundant, including 3 Telegraph Hill parrots high in the trees. We passed the Yacht Harbor and Marina Green and made a restroom stop. Afterwards we walked through the renovated and enlarged Crissy Field (50 acres to 100 acres) with a tidal marsh extending to the Presidio. This project included Tunnel Tops Park above Doyle Drive.

The Warming Hut was welcoming but instead of lunching nearby we climbed the steps and through a low tunnel to the approach to the bridge. The fog was gone as we enjoyed our late lunch at a lookout facing the Golden Gate Bridge. It was a short climb to the Golden Gate Bridge Welcome Center to catch the #28 bus and then the #38R Geary bus which was crowded as ever. Thank you, Fran and Celeste, for a great hike.

Connie Gee

Hikers by Farallones Marine Sanctuary offices - Sylvia Kwan; Lunch with a view - Rita Poppenk



## Sunday, January 23, 2022 Round Valley Regional Park Leaders: Diane Cannon & Dorothy Bradt

A perfect day for a beautiful hike in Round Valley Regional Preserve led by Diane and Dorothy. After a "meet and greet," and Fran urging people to lead hikes, 23 hikers began the climb, up and up (1,000+ ft elevation gain in <two miles). We stopped along the way to listen to birds and embrace the beauty. The trails had dried out after

recent rains but cow and horse footprints made the path uneven to walk along in some areas. The views were amazing and we encountered many cows in a variety of colors, some still nursing calves. At the summit we



Hillside of mustard, Cow with calf - Teresa S.; Diane reading birthday card, Lunch with a view - Sylvia Kwan



stopped to enjoy views of Round Valley below and also Los Vaqueros, the reservoir and Morgan Territory. We sat along the rocks to eat lunch, while delighting in the views, followed by a group photo.

Then, we broke into song wishing Diane a happy 80th birthday. We meandered down the other side of the hill enjoying mustard fields and a few wildflowers peeking through. The sun was shining but a gentle breeze kept the temperature comfortable. At the bottom the group split



up. Some hikers chose to hike back 1.5 miles to the parking lot while others chose to hike another 4 miles to enjoy Round Valley. Everywhere we looked was green upon green. The trees were beginning to show foliage. A brilliant hike and a delightful surprise to bump into Diane's son and grand-

daughter towards the end of the trail. After about 9 miles/1300 feet elevation, we all drove home tired but happy.

Teresa Schwanauer



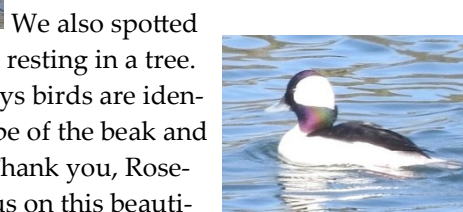
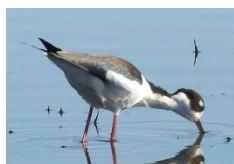


**Thursday, January 27, 2022**  
**Martin Luther King Regional Shoreline**  
**Leader: Rosemary Johnson**

Martin Luther King Regional Shoreline is a 748-acre park protecting the marshland of San Leandro Bay. In 1998 there was a major wetlands restoration project restoring tidal flow which helped in the recolonization of native plants and the return of many species of birds. Our leader led us on a walk that focused on learning to recognize and appreciate the shorebirds wintering in the marsh. Fourteen hikers joined our leader at Damon Slough where Lion Creek and Arroyo Viejo Creek drain into the estuary. This slough is named for Nathaniel Damon who established a boat landing there in 1853. We followed Garretson Point Trail, named for a Tribune reporter who inspired bayland preservation, and went on to San Leandro Creek Trail. Along the way, Rosemary pointed out many shorebirds. A brief list includes American Avocet, Great and Snowy Egrets, Black Crowned Night Heron and a couple White Fronted Geese, not generally found west of the Central Valley. Ducks included Cinnamon and Green-Winged Teals, Common Goldeneye



(its eye is golden), Bufflehead, and Scaup, as well as the more common Canada Geese, Mallards and Coots. We also spotted a Red-tailed Hawk resting in a tree. We learned the ways birds are identified, e.g., the shape of the beak and patterns of color. Thank you, Rosemary, for leading us on this beautiful day with lovely views of the bay, wildflowers along our path, and giving us a chance to learn about the nature of marshland, home to so many species of birds.



Hikers along the trail, Lunch with a view - Sylvia Kwan; American Avocet, Black-necked Stilt, Long-billed Curlew, Bufflehead male duck - Noël Siver



**Thursday, February 3, 2022**  
**Follow the Medallions in San Francisco**  
**Leaders: Fran Ternus & Jan Lecklikner**

The hike followed Barbary Coast Trail medallions placed throughout eastern San Francisco. The first was at the Old Mint on 5<sup>th</sup> Street, where Noël read us an account of how CCHC founder, Harold French, became the hero of the day. He helped to protect the gold from the Great Fires after the Great Earthquake of 1906, which came in handy in rebuilding San Francisco.



Another stop was Hallidie Plaza, named after Andrew Hallidie, who built the first (and last) cable car system in the world. We moved on to Union Square to see the Dewey Monument, a column celebrating Admiral Dewey's victory in the Spanish-American War of 1898. The model for the goddess of victory on top was Alma de Bretteville Spreckels. Nearby a street where prostitutes engaged in their profession in the 1800s now has the ironic name of Maiden Lane.



We entered the famous and first Chinatown in the Americas, where we saw the beautiful tong buildings in the alley, Waverly Place. In Chinatown, young Chinese women were held as prostitutes against their will. Donaldina Cameron was the heroine who freed them in a forty-year struggle.



After a lot of talk of prostitutes, we next visited Old St. Mary's Cathedral, the oldest Catholic church west of the Rockies. Inside we saw some interesting pictures of old San Francisco.



Sample medallion, Jan explaining monument, 2022 Year of the Tiger, Waverly Place, map with black line showing original SF shoreline - all photos by Sylvia Kwan

Another historical area was at Broadway and California Streets. In bars here in the mid-1800s unfortunate men were shanghaied to work on ships. Other points of interest were Coit Tower and Filbert Steps. We continued to the Ferry Terminal to end the hike. Thanks to Jan and Fran's great leadership, no one was "shanghaied," and they greatly increased our knowledge about historical San Francisco.



Julia Cordell



**Sunday, February 6, 2022**  
**Morgan Territory Regional Preserve, Livermore**  
**Leaders: Diane Cannon & Pam Littlejohn**

**Thursday, February 10, 2022**  
**UC Berkeley Bear Tour**  
**Leader: Lois Switzer**

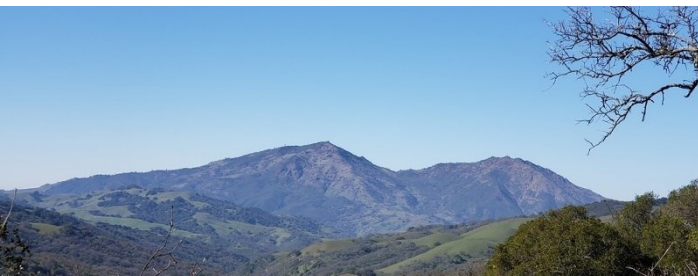
Jan drove Mark and me. The group had mostly arrived when we pulled in. Nolan arrived last - he who often finishes near the front.



The weather was clear, nearly without wind. The views were obscured by low fog, visible below us, hiding some communities. We immediately encountered cows with calves, and paused to watch a calf nurse then carried on. The near peaks were clear, Mt. Diablo was partly visible. The immediate area was lushly green. The haze prevented longer views. The group chatter was always audible. It's a conversation

and a walk, every time. Small white (type unidentified), and yellow flowers (Meadow buttercup) appeared alongside the trail. We lunched at about the halfway point, spread out under a magnificent oak among a scattering of rocks with a view.

The hike was 7 miles and 950 elevation gain and loss according to Jan's Strava. Names: Sylvia, Nolan, Fran, Dorothy, Teresa, Jan, Collette, Ellen, Wanda, Peggy, Roberta, Miu, Ching, Erin, Mark, Pam



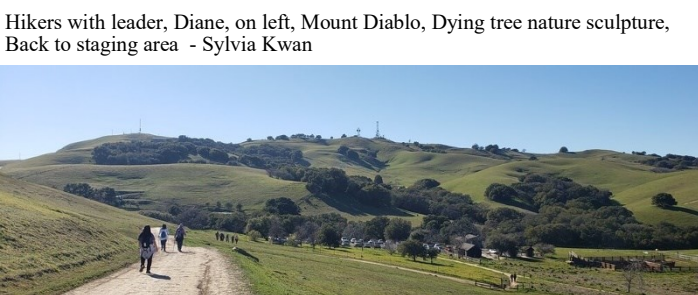
Leaders were Diane Cannon and Pam Littlejohn, the perfect sweep

Angus Powelson

Hikers with leader, Diane, on left, Mount Diablo, Dying tree nature sculpture, Back to staging area - Sylvia Kwan



Hikers with leader, Diane, on left, Mount Diablo, Dying tree nature sculpture, Back to staging area - Sylvia Kwan



Bear hunting isn't allowed on the Cal campus, but bear-spotting is. Yogi and Boo-boo were nowhere to be seen, but there were plenty of bear statues. Lois, an expert guide, led hikers on a photo-safari to discover many versions of the school mascot. Among the hikers were Cal Alumni, former Cal employees, and people who had lived or worked in Berkeley. The day was sunny with a slight breeze coming from the bay.



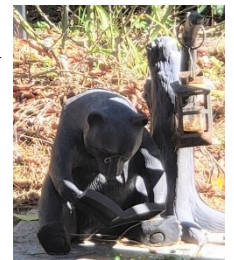
The higher dwelling bears were a challenge to spot. At South Hall, looking closely at the balcony, you could make out a tiny bear statue about the size of a kitten. On another building was a bas-relief of a tree, with a bear face hiding in the leaves.



Less obscure bears were found at ground level including: Strawberry Bear, Topiary Bear, Golden Bear, and Fighting Bear.

There was even a Garden Lamp Bear, just inside the Chancellor's House front gate. To create your own bear tour, check out: <https://bancroft.berkeley.edu/Exhibits/bearinmind/tour/walkingtour.pdf>.

Most everyone went all the way up the Orchard Steps while others waited below. The view of the bay was even better at the top. A highlight of the day was at Witter Rugby Field. The hikers were peering through the gate trying to see a Grizzly statue near the bleachers. The rugby coach came out and let them inside to see the statue and the field better. They walked on the state-of-the-art synthetic playing surface. Fortunately, they didn't get into a scrum. The coach took a photo of the group. Later, the hikers had lunch within ear-shot of the carillon in the campanile. Upon completion of



the tour, the final bear statue was, fittingly, "Graduating Bear." All had a wonderful day in bear country.

Linda Malm

Grizzly Bear, Tiny bear in right circle, Hikers peering at balcony above entrance to view tiny bear, Even the bears at Cal are studious, Hikers crossing Strawberry Creek - Sylvia Kwan



Sunday, February 13, 2022

Top of Tam 2022

Leaders: Sophia Garcia & Dorothy Bradt

We started at Rock Springs parking lot. The approximate distance was 8.4 miles with 1053' elevation gain (1161.4 elevation gain – including the summit hike).

The day was clear, with light winds. Sophia led on the way to the near- summit lunch

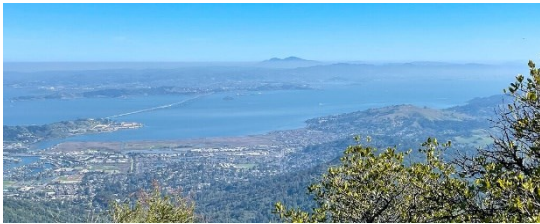
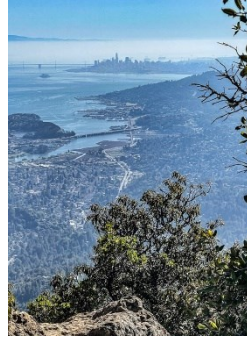


spot. She described the difference between the Indian Paintbrush and Indian Warrior flowers. Her co-leader Dorothy led on the way back, while Sophia was sweep.



All those that summited and a few others were treated to one of Sophia's incredibly tasty and nutritious dark chocolate treats, handmade by her. We could see Mount Diablo, to the east, San Francisco, and a little of the Pacific Coast. Not the clearest of winter days, but great in any case. There were many folks on the trail: cyclists, hikers and runners. It was widely agreed it was a great day for the club.

Angus Powelson

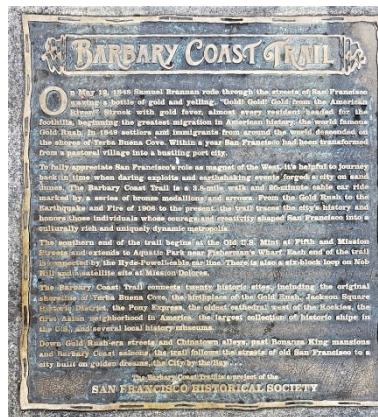


Indian Warrior, Indian Paintbrush, View of SF, View of Mt Diablo in background of bay view, Houndstooth, Teresa at summit, Group - Teresa S.



Daylight Savings Time Begins March 13

SF Historical Society plaque explaining the significance of the locales of the Barbary Coast Trail - Sylvia Kwan (from Feb. 3 hike on page 4)



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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•Cameron Mitchell

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•Jim Baranowski, Thursday Chair

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