



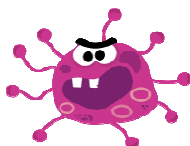
THE CONTRA COSTA HILLS CLUB
PO Box 2056, El Cerrito, CA 94530
Website: www.contracostahills.org

FIRST CLASS MAIL

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



MAY 2020



KNAPSACK

Co-Editors: Silvia Akinaga, Rosemary Johnson
Circulation: Grace MacNeill, Chair; Agnes Chen
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PRESIDENT'S MESSAGE:

Looking back at my April President's Message, it may appear a bit too optimistic in light of what has since transpired the past several weeks. As a hiking club, we are a pretty hardy bunch of seniors who will most definitely prevail. I hope that everyone and your family and friends are doing their best to get through these most unusual times. The April hikes have been canceled and most likely there will be no scheduled hikes to participate in through May. We will follow the advice of our public health officials who will determine what we will do. The board had a virtual meeting on April 10th. And all board members were there as we "zoomed" each other. It was most satisfying to see and or to hear everyone. I want to thank Silvia and Rosemary for keeping the KNAPSACK alive and well even if it's only an email edition. I want to encourage you to consider leading a hike for July, August, and September as I asked in a previous email. And if your hike has been canceled, please think about doing that particular hike for the next quarter if we will be allowed. Life has certainly taken a very strange turn for everyone, but we will get through this ultimately. As I have seen many times by now on television, "Together We Are Better."

Stay well,
 Stew Perlman

MISSING YOUR HIKING BUDDIES?

I invite you to join them on CCHChikers@groups.io. First, go to www.groups.io. Make a free subscription (an account). Then click Create or Find a Group. Enter CCHC* and CCHChikers should come up in the list. Click on it and request to join. Then you can send emails to the address above, share photos by posting albums (but please don't just attach them to email) and post documents in the files section. Whatever you can share with others, who are also missing the enjoyment of hearing from our friends on our walks, would be great.

Group Moderator: Rosemary Johnson. If questions, contact me at compasros@comcast.net.

SAVE THESE DATES

- September 4-7, 2020—Oakland Feather River Family Camp, **KEEP YOUR FINGERS CROSSED!**
- December 9, 2020 - Holiday Luncheon, **HOPEFULLY!**

A NOTE FROM YOUR HIKE SCHEDULERS

Hello Hikers!

Hope you are able to get out in your neighborhood, and are doing well. We know it's frustrating to not be able to go on our group hikes, and it's even more frustrating for hike leaders to prepare for a hike and then not be able to actually host the hike! At least you are saving some money on cookies for the rest of us!

However, we need to plan for the day that the virus is under control and we will be able to return to our hiking schedule. To support that purpose, Mary and Jim plan to keep the proposed hike schedule going, so we are ready when the date comes. However, we are really behind for hike sign-ups for July, August, and September. In particular, July and August are wide open. Please step up and propose a hike for these months. And don't be put off by thinking 'it will be canceled anyway' - you probably don't have to put in the usual amount of work into preparation, just sign up now to cover the date, and prepare when it looks like the hike will actually happen. Likewise, the unfortunate leaders who have had their hikes cancelled can just recycle their hikes!

Thank you for stepping up, and thank you all for supporting the club and being good hiking buddies! Take care.

Jim Baranowski
Mary Ulrich

OPEN HIKE DATES FOR JULY to SEPTEMBER, 2020

Please submit hike descriptions as soon as possible.

Open Thursdays: July 2, 9, 16, 23, and 30

Open Sundays: July 5; August 16, and 30; September 6, 20, and 27.

OPEN HIKE DATES FOR OCTOBER to DECEMBER, 2020

The deadline for submission of hike descriptions is July 31, 2020

Open Thursdays: October 22 and 29; November 5, 12, 19, and 26; December 3, 10, 24, and 31.

Open Sundays: October 4 and 11; November 1, 8, 15, 22 and 29; December 6, 13, 20, and 27.

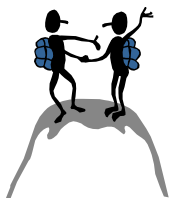
For Thursday hikes contact: Jim Baranowski ,
925-577-1022, Brnw_th@yahoo.com

For Sunday hikes contact: Mary Ulrich,
925-937-2932, cchcsundays@gmail.com

A HEARTY WELCOME to our NEWEST MEMBERS

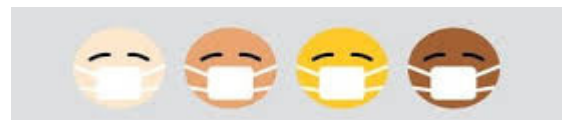
Regis Amann of Union City
Melissa Hill Ford & Sean Ford
of Oakland

James Grass of El Cerrito
Julie Neira of San Leandro
Amy Tieku of Richmond
James Watson of Piedmont
Ming Yu of Fremont



Jessie Santos keeping fit while sheltering-in-place in El Cerrito, photo by Jo Anne Schultz.

Way ahead of the game: Social distancing on Oregon scouting trip a couple of years back, photo by Ed Osada



IN THE HIKERS' FOOTSTEPS



Mt Tam from Crockett Hills — Rosemary Johnson

Alameda Public Shore

My 'hiking' during this time of 'shelter in place' has been along the Alameda Public Shore with friends from my residence. My new home overlooks the estuary on the north side of Alameda. Since my previous home was on the south side and walks were along the Bay, I find I have much to discover here. The walking trail goes past some beautiful houseboats and many sailing and power yachts. We then briefly leave the shore and go around some one-story, old shipping buildings with cement roofs that go down to the water. These were machine shops for the shipyard. The ships could be built on the roofs and then easily launched into the estuary.

The path continues past yacht sales offices and a small restaurant. Then it opens onto beautiful ponds and lawns surrounding condos and apartments. We always enjoy the dogs and their owners playing together. Here we see the usual coots, mallards and Canada geese; on occasion, we have seen snowy egrets, great blue herons, lesser scaup, cormorants, and a ring-necked duck. One day we encountered a pair of Canada geese with their gosling who was imitating mother and learning how to groom its feathers. This part of the Public Shore Trail ends at the Oakland Yacht Club and a wonderful Chinese Restaurant, The Pacific Lighthouse. The walk back to Cardinal Point takes us through Jean Sweeney Open Space Park. This is a new park built on property that once was the route of the Alameda Belt Line. The park is named for Jean Sweeney who was responsible for saving it from development.

Roberta O'Grady

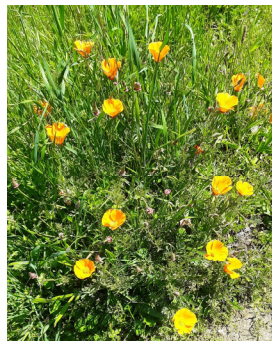


From Sibley Regional Volcanic Preserve - Lois Switzer

Poppies and Labyrinth, Lupines and Eastern view



Carquinez Bridges and California Maritime Academy, Blue-eyed grass, California Poppies — Rosemary Johnson, Crockett Hills, April 14, 2020



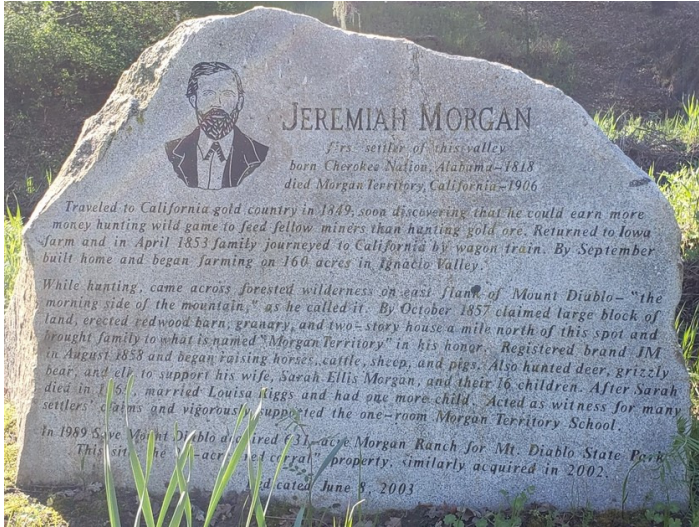
Golden Gate Park

My son Jonathan and I drove across the Bay Bridge, where one drives through toll booths with the promise of a future bill/ticket, to Golden Gate Park. At the Hall of Flowers there is a beautiful display of spring flowers. We walked along the paths, keeping our distance from other walkers and enjoyed seeing children riding their bikes. We wore makeshift masks! A benefit of the virus was the quick ride across the bridge and the peacefulness of nature.

Best wishes for health to all of you,
Ilse Eden

Four Surprise Finds

For years I've wanted to explore the east side of Mt. Diablo State Park using a little used and undeveloped access gate to Mt. Diablo. Taking a short drive, I parked on the side of Morgan Territory Road. Surprise 1, finding the gate. Surprise 2, there was a monument to Jeremiah Morgan, his wife and their 16 children.



The hike started up hill from the git-go in a nice wooded canyon until I emerged in the open with beautiful views to the south. Interestingly, I could not see Mt. Diablo. I had lunch at Bob's Pond. Surprise 3, a picnic table! After lunch it was downhill following Riggs Canyon. Surprise 4, sev-

eral Trillium!



I did not encounter any hikers. I saw a few bikers near the Old Finley Rd area. Missed the Amphitheater Trail, but that leaves another area to explore next time. And did finally see Mt. Diablo on the way back. The hike was 7 miles and a bit over 2000 ft. vertical.

Ed Osada



Morgan Monument, looking towards Mt. Diablo, Giant Trillium —Ed Osada

Wildflower Hike on Mt. Diablo

I am lucky enough to live within walking distance of the park so today I checked up on flowers along the Back Creek, Tickwood, Heatherington and Clayton Oaks Trails. I saw many Chinese house, Mt. Diablo sunflower, fiddleneck and that really short lupine. One of particular



interest was a tree with many vocal woodpeckers. No binoculars with me but they looked like red-headed woodpecker in my field guide at home. Why so many in this particular tree? Were they squabbling over nesting spots? [Editor's note: Red-heads are Eastern; probably Acorn WP who coop-

eratively nest in colonies, not pairs.] Nice to be outside along a babbling brook with green hills and blue sky. Wish you could have been with me.

Dorothy Bradt



Mount Diablo Sunflowers, Lupine, Coast Live Oak with many dead limbs, Acorn Woodpeckers on dead limbs (probably storing acorns) — Dorothy Bradt



Berkeley Stairway Workout

Easter Sunday was the fourth time I've done a modified version (shortened in distance, but not in difficulty) of my Berkeley Stairway Workout walk since the Pandemic started. The walk starts with Tamalpais Stairs and continues on other Berkeley Paths for about 800-900 stair



steps going up. I know the path very well now, and will no longer take the wrong turn-offs. On Grizzly Peak Blvd. I encountered a cute sight on top of a fence post: a teddy bear wearing a bandana. Grizzly Peak is the top of the stairs going up - but the walk continues on Hill St.,

and it is aptly named. I have to walk up it to get to the first path going down, Atlas Path. And it is one that has a bench with a great view of the bay. The magnolia tree is no longer in bloom, but I have sat on the bench to read or enjoy the magnificent bay view.



Bear with bandana mask, Colors on Scott Newhall Path, View from Atlas Path — Lois Switzer

Lois Switzer



Shell Ridge

When the clouds disappeared around noon on Easter Sunday, I went to what has become my sanctuary during the Shelter-in-Place period of our lives. I am fortunate to be able



to walk directly into Shell Ridge from home (via Heather Farm). This area is currently glorious, lush green hills



with an abundance of wildflowers blooming. Once I arrived at the trailhead off Marshall Road, (wearing my Easter hat and mask) I had to make a decision which trail to start on, a steep climb, a gentle stroll along a wide path, a moderate climb or be adventurous and try a new trail. Today the poppies were calling me so I wandered along a trail that takes me to an area plentiful with the beautiful state flower of California. As the afternoon was warm and sunny there were



many others enjoying this area, most social distancing while passing, many wearing masks and for the few that felt they were invisible, I was able to move aside into the lush green grass (and pray I was-



Shell Ridge sign, Teresa in her bunny mask and ears, California Poppies, Lush green trail, View of hills, Collage of Wildflowers — Teresa Schwanauer



n't stepping on a rattlesnake). As I had the afternoon to myself and time was of no consequence, I stopped to sit on rocks at various places and take in the beauty and peace surrounding me. I

listened to music from my phone, Pavarotti, Bocelli and the like, and found my mind completely removed from the real world we are living in today. Stay safe my CCHC friends, I look forward to seeing you all again soon.

Teresa Schwanauer



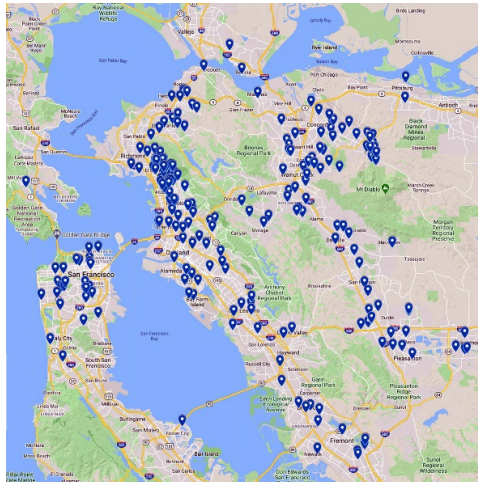
Sign of the Times:
 Susie Huang in her home-made mask — Barbara Mow;
 Barbara Mow and Liz Howell modeling Susie's masks — Susie Huang



Wildcat Marsh looking towards
 Richmond Landfill Loop, Ice
 Plant and poppies along marsh,
 Ice Plant looking good for an
 invasive — Rosemary Johnson



INGENIOUS! Peter Nurkse plots CCHC members addresses on a Google map



Backyard birding
 - Rita Poppenk
 catches a Red-
 breasted Nuthatch



NOTE: The Board and Conservation Committee are currently not physically meeting due to COVID-19 shelter in place orders. The Officers and Board of the Contra Costa Hills Club meet on the second Friday of each month at 10 a.m. in the El Cerrito Royale, 6510 Gladys Avenue, El Cerrito. The Conservation Committee meets in the same location on the first Monday of each month at 10 a.m. Members are welcome to attend either meeting.

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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