



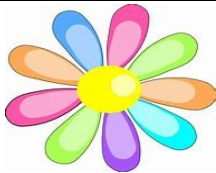
THE CONTRA COSTA HILLS CLUB
PO Box 2056, El Cerrito, CA 94530
Website: www.contracostahills.org

FIRST CLASS MAIL

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



MAY 2022



KNAPSACK

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

As we move into May and say goodbye to an April that included measurable rain and record-breaking heat, there is very good news to report for the Bay Area. There is 700 million dollars from state and federal funds to expand parks and open space over the next decade, protect redwood groves, restore Native American sanctuary sites, and slow the planet's warming by protecting natural areas and biodiversity. In light of the violence we are seeing around the world, I wanted to at least report life affirming, positive news.

Those of you who have been saddened by the global and domestic events we see each night on our televisions, cellphones, listened to on the radio, or read in newspapers and magazines, it is comforting to join your fellow hikers and get respite usually on a Thursday or Sunday hike. There is nothing quite like communing with nature or enjoying an urban jaunt as well.

Take care and see you out on the trails or sidewalks.

Stew Perlman

A HEARTY WELCOME TO OUR NEWEST MEMBERS



Harry Fong of Moraga

Yolanda Gonzalez of Castro Valley

Denise Boland & Hayden Leadford of Fremont

Robin Dean of Oakland

David Au-Yeung of Richmond

Gail Pohlman of Lafayette

Elizabeth Johnke of Oakland

Dori Sanchez of Concord

Marilena Tamburello of Berkeley

Merri Weinger of Berkeley

Pamela Cowart of Alameda

**OPEN HIKE DATES
JULY TO SEPTEMBER 2022**

URGENT—Please submit 3rd quarter descriptions as soon as possible. The deadline for submission of hike descriptions for the 4rd quarter is July 31, 2022.

Open Thursday Hikes: July 21 and 28; August 4, 11, and 18; September 1, 8, 15, and 22; October 13 and 20; November 3, 10, 17, and 24; December 1, 8, 15 and 29.

Open Sunday Hikes: July 3, 17, 24, and 31; August 7, 14, 21, and 28; September 4, and 11; October 2, 9, 16, and 23; 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!!**

CELEBRATE MAY DAY—May 1, 2022

May Day is one of the four ancient Celtic cross-quarter days, making it an astronomical holiday as it falls between the March equinox and June solstice. Originating from its Celtic name, “Belthane,” Beltane was a spring celebration that included dancing, singing, special bonfires, and house doors and animals would be decorated with yellow May flowers and ribbons.



SAVE THESE DATES

- Wednesday, July 27- Summer Luncheon - look for information in June Knapsack.
- Sunday October 16—Thursday October 20—San Luis Obispo outing—flyer included as an insert in this Knapsack.

**ELIZABETH “BETTY” SERRAO THORNALLY
1921 - 2022**

Elizabeth Serrao Thornally, age 100 years old, died on Sunday, March 20. She was unusual in that she was born, lived and died in the city of Oakland, CA.



Betty graduated from St. Elizabeth’s High School in 1939 and in 1944 married her high school sweetheart, Ed Thornally. The couple settled in Oakland and raised four children, two boys and two girls: Sondra (deceased), Randy, Marcy and Brad (Marianne). After the children finished college, she went to Merritt College and received her A.A. degree.

In 1980 a daughter gave her a CCHC membership as a birthday gift. Her first hike with the club was at Lake Elizabeth, and, since that was her first name, she took it as a good omen. It was a good fit, she took to hiking and became very active in the club. She led hikes, arranged outings, and served in various club positions including vice president and was president from 1996 to 2001. She gave up the job as president at the age of 80.

She enjoyed travelling, and seeing other places. Between trips and hiking she did volunteer work, mostly at Corpus Christi Grammar School. She was so valuable they eventually put her on the payroll and she became the school librarian.

Betty is survived by her children Randy, Marcy and Brad as well as five grandsons and two great-



grandsons. She was buried in the family vault at Holy Sepulchre Cemetery.

The full obituary appeared in the Contra Costa Times on April 10, 2022.

*gone from the woods
the bird I knew
by sight and song*

Author unknown

Anza Borrego Desert State Park Outing Monday, March 7 to Friday, March 11, 2022

Leaders: Bill & Yvonne Chen, Lynne Vogensen, Ed Osada, Lorena Kai, Mindy Svorny-Moore, Yeao-Nan Hsieh, Mark Wang

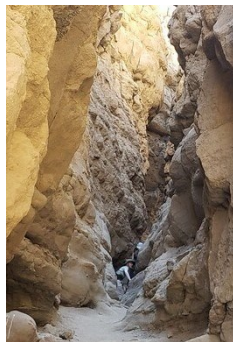
Monday, March 7

A delightful day with perfect weather. First stop was at the Visitor's Center where we watched an excellent film that highlighted the geology and seasonal change in the park. Next, we took a 3-mile hike on the Borrego Palm Canyon Trail. Highlights were the many varieties of desert blooms, especially the dramatic ocotillo, and the sparkling rocks and boulders that winked at us as we gingerly made our way up the 750' gain path. Our lunch destination was a cool oasis in the canyon of giant palms and a trickling stream. Ah, relaxation! On the way



back, we "quiet walked", hoping to view the endangered big horn sheep. Apparently, the 28 of us weren't quiet enough! Our last adventure of the day was a hike through Slots Canyon to the Honey Combs. We squeezed through tight fissures as we meandered down the lovely half-mile canyon. Out in the open, we proceeded to the Honey Combs, hillsides of holes sculpted in the rocks by wind and rain over the eons.

Diane Cannon



Photos by Sylvia Kwan unless otherwise noted

Tuesday, March 8

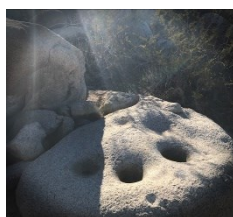
Day 2 began at the nearby Borrego Desert Nature Center garden learning about desert vegetation.



Then, 23 caravanned to Alcoholic Pass Trail; on the way, passing a commercial citrus grove. Who would have guessed that there is a 70+ year history of agribusiness in a desert valley! Historically, Alcoholic Pass connected settlements in

Coyote Canyon and Clark Valley, but today's trail only climbs 2+ miles to an "End of Trail" sign.

Afterwards, we headed to Julian, 40 miles away, for "leisure time" and its famous apple pies. Mine Wash, a pre-historic settlement, was next. A chal-



Jo Browne

lenge for drivers in sedans, the rocky, uneven 2-mile access road leads to interesting rocks to climb and historical morteros to view.

Jo & Chuck Browne

Tuesday night, March 8

Borrego Springs is the first International Dark Sky Community. Sixteen stargazers were able to enjoy the dark skies of Borrego Springs with Astronomer Dr. Randolph Baron. He had a large optic mirror telescope and an electronic sensor telescope. He discussed Polaris, the north star as well as myths and legends of the star and its constellation. We saw nebulas Flame and Orion, which are clouds of dust and gas, tens to hundreds of light-years across. The telescopes brought us to two galaxies colliding, contrasting double stars (one blue and one gold) and a magnificent double star named Caster. Despite the cold, many were excited to stay beyond the two hours. We thank Dr. Randolph Baron for this wonderful opportunity. He can be reached at desertastronomy.wordpress.com



Lorena Kai

Wednesday, March 9

Wednesday started with a drive to Box Canyon. The Box Canyon wash was used by wagons to traverse the area. A short hike into the wash revealed nice vegetation and interesting rock formations.

Next, onward to Carrizo Badlands Overlook. Deposition of many millions of years ago began to erode exposing the different layers with subtle differences in shading.

Next stop was Mountain Palm

Springs Campground to hike to a series of palm oases.

We had lunch under the palm trees. One group enjoyed the hot springs at Aqua Caliente County Park.

The second group of about 8 hikers continued on the trail to the Elephant trees. These grow in Arizona and northern Mexico, but



Outings leaders at Box Cyn



(continued on page 8) Anza Borrego is



View from Bernal Heights - Sylvia Kwan

Tuesday, March 22, 2022

**Spring Equinox, Redwood Park to Huckleberry Preserve
Leaders: Sophia Garcia & Dorothy Bradt**

Total of 8.03 miles with 2744' gain, 2591' descent. It was a beautiful spring day with lots of sunshine. On arrival, trip leader Sophia noted that the intended trail was closed. She quickly did some reconnaissance and found an alternative. While she did that someone was distributing homemade cookies from Sophia.



First, we did a longish loop through redwoods, down into a deep canyon and back up to

the parking lot. We passed two creeks with water and lots and lots of flowers.

At that point a few people with prior obligations departed. The remainder then hiked to the Huckleberry Preserve where we lunched. There were tables amidst oaks and bays. This was a mostly flat loop.



Angus Powelson



Trail closure, Under the Redwoods, Suncups, Giant Trillium, CCHC group - all hike photos by Angus Powelson



Thursday March 24, 2022

**Bernal Heights, SF
Leaders: Kathleen Clarkson & Fran Leighty**

The perfect weather made everyone happy. Kathleen's carefully planned route including bright colored murals, two hills, and expansive views of San Francisco made it even better. They all met in the Mission District in front of a huge mural of the band Santana. Palm trees shimmered in the sunlight. At a nearby bakery someone bought a delicious bun called a "rollo de canela" in Spanish. The group visited a playground with an enormous snake sculpture



covered in mosaics. Next, they spent some time inside a store looking at art-work. Then a must-see was

Balmy Alley -- both sides of the alley were covered in murals. To see some for yourself, check out <https://www.precitaeyes.org>

Near Precita Park, Kathleen showed the hikers a mural on an elementary school building. Children out for recess were shrieking with excitement. Next was the ascent to Bernal Heights with incredible 360-degree views of San Francisco. The group then had lunch at Holly Park and afterward were treated to a special viewing of art in front of the home of artist Colette Crutcher. Finally, there was an "optional ice cream stop" (mandatory for some) at Mitchell's Ice Cream. A stroll through Juri Commons Park, a former railroad line, led the hikers back to BART.



Linda Malm

View from Bernal Heights (header), Santana mural, Balmy Alley mural, Collette Crutcher mosaic - Sylvia Kwan; Mural on school building - Rosemary Johnson



Sunday, March 27, 2022
Barnabe Peak Loop, Samuel P. Taylor State Park
Leaders: Sue Elliott & Jo Anne Schultz

Sixteen brave hikers (one from Walla Walla, Washington) under the expert guidance of Sue Elliott and Jo Anne Schultz



braved the Marin County cool air with rain gear, beanies and gloves. Our goal was to reach Barnabe Peak at 1400+ feet. Starting out at Devil's Gulch onto Bill's Trail, we walked along the shallow creek to Stairstep Falls. No sight of the falls but we heard water.

Bill's Trail in the late morning was drizzly with fog. Several healthy ferns lined the banks of our path. Milkmaids, Houndstongue and Giant Trilliums were just emerging.

Due to a fallen tree on Bill's Trail, we had to backtrack and take Barnabe Trail to the



peak. Not only was it a strenuous uphill climb, there were very strong gusts of wind. Although windy, we saw beautiful vistas



of pines and green rolling hills. We passed a game camera and announced we were CCHC hikers! The headwinds became stronger and more intense as we reached the cell tower at Barnabe Peak. If we didn't brace ourselves with our poles, we surely could have toppled over with winds up to 25 mph and wind gusts of 29 mph. We were all lucky that the projected rain was after our walk. Pleased that we hiked 6.25 miles in 55-degree weather, but more pleased to get into our warm cars.



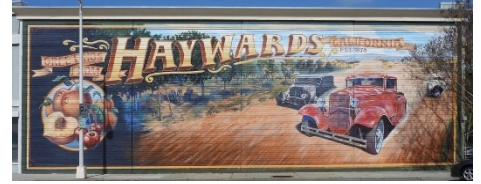
Lorena Kai



Vista, Giant Trillium and Milkmaid (in upper left corner), Iris - Lois Switzer; Banana slug, Taylor gravestones - Jo Anne Schultz; Happy hikers - Lorena Kai

Thursday, March 31, 2022
Castro Valley to Hayward
Leaders: Jerry Ford, Frank Martin & Stew Perlman

This was a beautiful and historic walk, through neighborhoods of Hayward new to many of us. Twenty-three hikers joined our leaders, Jerry and Stew at Castro Valley BART. We missed Frank who also planned the hike, but was unable to join us. We walked along Redwood Road to Grove Street.



There we turned right to Carlos Bee Park, named for a former Mayor of Hayward. This

was the beginning of a lovely walk near San Lorenzo Creek. Scouts of the Portola Expedition, 1769-1770, camped at this creek. Our first stop was at the Japanese



Garden which was designed along traditional Japanese lines in 1980. We walked along paths and stopped at elegant covered platforms to enjoy the views.

Many trees were in blossom. We visited the 9/11 Memorial. Black marble columns are arranged to represent each building that was lost on that day. The memorial also commemorates citizens of Hayward who lost their lives in war da-



ting back to the Spanish American War. While walking through downtown Hayward we could enjoy the murals which were started in 2009. They depict the city environment, with such names as

Hayward mural, Jerry Ford (left) at Japanese Garden, Blooming trees - Noël Siver; Path in Carlos Bee Park - Sylvia Kwan

Hayward Gateway, Greetings from Hayward and Hayward Streetscape. One is a tribute to Hollywood with photographs of famous stars. We ended our walk at Heritage Plaza for lunch followed by a short walk past the new City Hall and return via Hayward BART. Thank you to Jerry, Frank and Stew for such an interesting day.

Roberta O'Grady

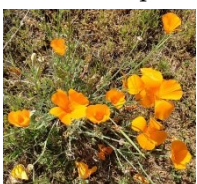
Sunday April 3, 2022
Clayton to Black Diamond Mines
Leaders: Fran Leighty, Jo & Chuck Browne

A very warm day for twenty-eight hikers meeting at The Grove to begin our hike. As we started up to the top, we were stopped suddenly by a loud whistle. Lynn wanted our attention on information about poison oak. Good to



know. Also, good to know: it's snake season. The views of windmills, green hills,

and mustard weeds covering the hillsides were great. Wild flowers were abundant: Vetch, Larkspur, Poppies, Red Owl's Clover, reddish purple Lupine, yellow Lupine, Ithuriel's Spear, Blow Wives, Sagebrush, Yarrow. Also,



Manzanitas and flying Meadowlarks. With very little shade we welcomed the bit of winds that came through as we continued up.

Finally reaching the top and the entrance to Black Diamond Mines Regional Park, we

headed to Jim's Place for our lunch. Jim's Place is a small cave where someone long ago had taken shelter. Some

say he had set up a bar business there. As we were lunching, one of our hikers presented us with chocolate chip cookies with the ingredient of crickets! Many hikers enjoyed the protein



delight. Rested and full we headed back to The Grove ending with 7.51 miles, 1171' elevation gain. Thanks to the leaders for this great hike!

<https://www.alltrails.com/explore/recording/clayton-to-black-diamond-c78c347>

Wanda Fong

Hills covered in wild mustard, Golden Poppies, Lunch spot above Jim's Place cave - Sylvia Kwan; Red Owl's Clover, Mustard, Buttercups - Noël Siver; Hikers on trail - Rita Poppenk



Thursday, April 7, 2022
Marsh Creek Regional Trail, Brentwood
Leaders: Diane Cannon & Sylvia Kwan

What a day for a hike! Temperatures predicted in the 90s, causing changes to the hike! An accident on Highway 4, rerouting traffic to the trailhead! So, a late start! Nine of the most dedicated people alive met for a stroll along lovely Marsh Creek Trail. Huge cottonwoods filled the air with their seeds and provided cover in the a.m. from the rising temperatures. Beautiful California Golden



Poppies lined the trail in a revegetation area. We followed the paved trail through neighborhoods and along the mostly dry creek for 3 miles to Sungold Park for lunch.

After relaxing in the cool for a spell, it was time for the 3-mile return trek in 85 degree weather. We sweated, took



many breaks, walked slower, drank often, and cursed getting talked into doing such a fool thing! But

we kept going with the promise of hot fudge sundaes and root beer floats at the end. Arriving back at Diane's, we fell into an exhausted heap and enjoyed our cool refreshments. Revived, we headed back to our cars with memories of the "Sizzler" hike.

Diane Cannon

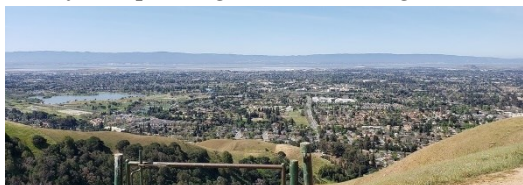


Trail along Balfour Road, Huge tree provides some shade, Kora's (Diane's granddaughter) welcome heart chalk drawing, Hikers in front of Diane's with chalk heart - all photos by Sylvia Kwan



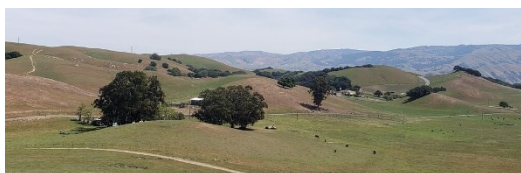
Sunday, April 10, 2022
Vargas Plateau - Fremont
Leaders: Diane Cannon, Fran Leighty

Twenty hikers met at the trailhead parking lot for a hike before the rain. We were warned about possible snakes, and the one-and-only restroom at the trailhead while waiting for some hikers to find parking outside the already full parking lot. We also signed the birthday card



for Sophia without her knowledge. Much like the rest of the area, this land

was originally the home for Tuibun and Causen people – both are Ohlone speaking tribes - until 1772, when they were dislocated by the arrival of Spanish expeditions. In 1909 it was purchased by Antonio Francisco Vargas and his brother, and used for cattle ranching. The Park District started acquiring the land in 1993 and in subsequent years.



The terrain is open and without shade throughout, but with panoramic views of the South Bay, Lake Elizabeth, Quarry Lake and Mission Peak. We didn't see any snakes, but did see cat's-eyes and milk thistles dotting the trails, along with some poppies, blue-eyed dicks, miner's lettuce, sanicle, and a single sun cup. On a stretch of stone outcrops we also spotted an acorn mortar hole, a remnant of a bygone era.



View of Fremont from Cliff Trail, Vista of green hills, Group - Sylvia Kwan

We had a snack break at the 3-mile mark with a view of the Bay and whipping winds. Before starting again, we presented Sophia with the card and sang the birthday song. We voted to do a loop instead of out-and-back when the leaders offered us a choice after lunch, which gave us a total of 6 miles, 6 inclines, and an elevation gain of 827 feet. Thanks to our leaders, Diane and Fran, for a delightful hike!

Sharon Wang

Thursday, April 14, 2022
Diablo Foothills Regional Park
Leaders: Karen Arntzen & Patricia Derickson

Seventeen hikers joined Patricia Derickson for this lovely hike along the Stage Road Trail in the shadow of Castle Rock. We regret that Karen Arntzen could not join us. We expected a light rain and wore our rain gear, but the light rain was never more than a light mist. Castle Rock is described as one of the “dramatic East Bay landforms”, a ridge linking the park to Mt. Diablo State Park. Castle Rock is also home to Peregrine Falcons who nest there.



The birds' nesting season is protected during

Along Stage Coach Road, Creek crossing - Sylvia Kwan; Hikers enjoying a break - Rita Poppenk

this time of year by closing the rock formations to hikers and climbers from Feb. 1 to August 1. However, we had a splendid view of the rocks from Stage Road Trail. We crossed four creeks as we made our way about two miles along the trail. The low water in the creeks made crossing easy, but it was a reminder of our



scant rainfall for the year. Our lunch stop was at a picnic table dedicated to one of our CCHC members, Betty Goldstein, who died several years ago. She is remembered by many of us as being so knowledgeable about the



wildflowers of our parks and identifying many for us along the trail. The wildflowers were in abundance along our trail. During our lunch stop, Yvonne Moss led a small

group up Little Yosemite Trail to see the waterfall. Again, the absent waterfall was a reminder of our drought. However the trail is beautiful, lined by the rocky creek and great trees. We returned along the Stage Road Trail, passing a sign that announced that this is the 100th year of Mt. Diablo State Park. Thank you, Patricia, for such an enjoyable 4-mile walk in such a beautiful park.

Roberta O'Grady

the only spot in California where they grow. We only saw two at our destination. This group did 3 miles and 800 ft vertical.

Ed Osada

Thursday, March 10

At 8:30 we headed to Galleta Meadows to view Ricardo Breceda's Iron Sculptures.



They are huge with richly detailed hair, feathers and scales. We stopped to look at turtles, mammoths, camels, the Jeep and, my favorite, the Sea Dragon 15 ft. high

and 350 ft long. Dennis Avery, wealthy landowner, paid to have these sculptures scattered over his vast property.

On to Calcite Mine. Calcite was used in WW2. It is white and somewhat translucent. We found many small pieces. The dirt road was easy



Calcite Mine Trail - Sylvia Kwan

grade most of the way. The wind picked up around lunch. I thought I was going to be blown off the rock I was standing on at one point. We found shelter near a honeycomb cliff to have lunch. Magnificent rock formations, including a slot canyon half the



Sea dragon, Slot canyon - Noël Siver

way up, where some of the group stopped, deciding it was far enough. Views were dramatic 'till the wind blowing sand later obscured the distance. Many thanks to leaders Mark Wang, Bill Chen & Lynne Vogensen.

Dorothy Bradt

Friday, March 11

Seventeen hikers left Lancaster and drove to Antelope Valley California Poppy Reserve. Following a quick look at Jane S. Pinheiro Interpretative Center, we hiked up Lightning Bolt Trail to views of hillsides covered in blooms. We also stopped at the Kitanemuk Vista Point.

Though there was not enough rain to create a superbloom this year, we did see lots of California poppies, also fiddlenecks, goldfields, red stem filaree, popcorn flower, blue dicks, and lacy phacelia among others.

From the poppy reserve, 14 of us continued toward Arvin in Kern County. Seven miles east of Arvin, is the Arvin Cross, an iron cross that is a site of local pilgrimage on Easter Sundays. We saw hillsides of California poppies and blue lupine. The color contrast was stunning. Closer inspection revealed fiddlenecks, popcorn flower, blue dicks, Davy's gillias, and owl's clover.

Thank you, Bill Chen, for taking us to those wonderful locations.

Noël Siver



Poppies & lupines - Noël Siver

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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