



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



NOVEMBER 2021



KNAPSACK

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

President's Message:

I was fortunate enough to get to go on the CCHC outing to Prairie Creek State Park and other nearby beautiful environs. Humboldt County is a wonderful place to enjoy great hiking, spectacular ocean views, majestic Redwoods, grand beaches, interesting visitor centers, attractive small towns, and surprisingly good restaurants. However, what might have been the highlight equal to all of the above, was the friendship and camaraderie that ensued. We all shared stories, reminisced, saved the world, and perhaps got to appreciate each other and the Club a bit more. I am grateful to those members who organized the trip, drove us to the variety of places we visited, led the hikes, and took care of all it takes to make the outing a success. It was a memorable experience.

On another note: we will need a new Board of Director and someone to join the Nominating Committee to serve from April 2022 to March 2023. Please contact me or Cameron Mitchell if you want to help in keeping the Club vital and strong.

Stew Perlman



**A HEARTY WELCOME
 TO OUR
 NEWEST MEMBER**

Nadine White of Lathrop

& Welcome Back

Joye Wilson of San Lorenzo

HOLIDAY LUNCHEON
at
SPIN A YARN RESTAURANT
Wednesday, December 8, 2021

It's time once again for mistletoe
and holly



Location: Spin A Yarn Restaurant
(outside on a covered heated patio)
45915 Warm Springs Boulevard
Fremont, CA 94539

Time: 11:30-2:30

Cost: \$35 members; \$48 guests

Menu: A lovely and varied buffet.
No-host bar available



Directions: from Warm Springs/South Fremont
BART, go down escalator to street level, walk
straight ahead across the wide parking lot to
Warm Springs Blvd. Turn right and walk .5
mile. For those driving, there's lots of free
parking.

**Proof of vaccination will be required at
check-in**

**RSVP with Checks must be received no later
than Friday, December 3.**

Make checks out to CCHC and mail to:

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

found with friends and food -
sated with autumn's colors
laughter falls like rain

~Haiku by Brian Johnston

SAVE THESE DATES

- Wednesday, December 8, 2021 Holiday Luncheon at Spin A Yarn in Fremont
- March 6-11, 2022—Anza Borrego—Flyer sent with October Knapsack. Signups November 1-11, signup information on Page 6 of October Knapsack.

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: January 6, 13, 20, and 27; February 10, and 17; March 3, 10, and 31; April 7 and 14; May 5, 12, 19, and 26; June 2, 9, 16, 23, and 30.

Open Sunday Hikes: January 16 and 30; February 6, and 13; March 6; May 8, 15, 22, and 29; June 5, 12, 19, and 26.

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

CHECK THE HIKE SCHEDULE ON THE CCHC WEBSITE www.ContraCostaHills.org before deciding to go on a hike: Changes and updates to the original schedule are highlighted in **RED.**



CCHC Outing to Northern Redwoods in Sue–Meg State Park, Redwoods National & State Park and Prairie Creek Redwoods State Park

Sunday, October 10

Thirty-two hikers in 15 cars made their way to the Best Western in Arcata, CA to meet up for our hikes the following days. Our first planning meeting was a Happy Hour. Ed was able to consolidate us into just 9 cars for travel to the parks. We lined



up each morning in the driveway there before heading out.

Lynne, logistics guru, on the left; Ed our head honcho on the right

Sunday & Monday photos by Sylvia Kwan, unless otherwise noted



We stopped at the Visitor's Center on the way out. We then drove to Trinidad and walked out on the wharf and saw the lighthouse. Some hiked the Trinidad Head Loop. Many of us stopped and had

along the ocean bluffs. Some hiked down to Wedding Rock on the way back. It was a fun day of hiking.



Wedding Rock from Rim Trail - Rosemary Johnson

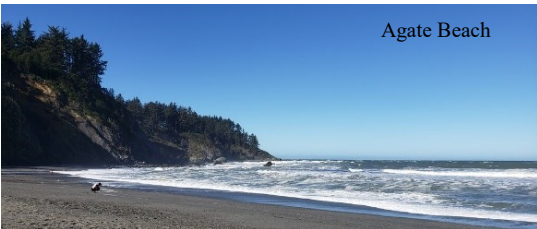


a delicious dinner at the Trinidad Bay Eatery and Gallery before driving back to Arcata.

Monday, Sue-Meg State Park

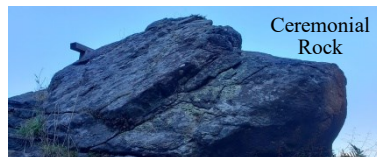
Sue Fernstrom

We caravanned in our carpools to Patrick's Point State Park, recently renamed Sue-Meg State Park. Our first stop from the Rim Trail was straight down the hill for a beautiful view from a platform at Mussel Rock. Then right back up to the trail. We travelled from there to Agate Beach. Many hiked down and



Agate Beach

found rocks which they brought back with them. A little later most climbed the stairs to the top of Ceremonial Rock. From there the group hiked to Sumeg Village for lunch. The Yurok people have lived in the area for generations.



Ceremonial Rock

The temperate climate and abundant wildlife of the North Coast promoted a culturally rich way of life that continues today. Yurok built villages of redwood planks along the coast and major waterways. At lunch we were able to visit a recreated village, climb into buildings, inspect



lodges and ceremonial sites.



Houses, sunken living room, sweat lodge



As we left, we went through the Native Plant Garden. We then completed the loop

Tuesday, Tall Trees Grove

Teresa Schwanauer

Tuesday, we visited the Tall Trees Grove (with permits, as only 50 parties are allowed to enter each day in order to protect the

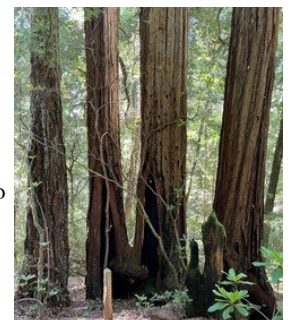
area). We had to open a locked gate using the secret combination on the permits, then it was 6-mile drive down a dusty, rocky, windy gravel logging road to the parking lot.

We began our 800 feet descent down to the alluvial floodplain of Redwood Creek. This ancient grove has plenty of water, good soil, and protection from winter winds and, as a result, has many redwood trees that exceed 350 feet in



height. The area is shaded by towering canopies of redwood trees. It was a peaceful hike down, clambering under fallen trees

in places and passing through fallen trees that had been cut to make a path. The serenity away from the noise of any roads was mystical and every turn offered incredible views of these giant trees towering above us. The grove itself is located on a thin strip of flat land alongside Redwood Creek (which had no water). It was an exceptionally beautiful place with its own unique look. Magnificent. We walked around the one-mile loop and then stopped to have our lunch break before we began the hike back up to the cars.



Trees over trail, 4 big redwoods - Teresa Schwanauer; Doorway tree - Sylvia Kwan



We then drove to view the "Big Tree which lived up to its name. This old growth giant has a circumference of 74 feet, height 286 feet and is estimated to be 1,500 years old. On our drive home several cars got to see some Elk which made a perfect ending to a wonderful day.



Lunch literally on the trail. LOL



Wednesday, Prairie Creek St. Park Diane Cannon

You shall walk where only the wind has walked before
And when all music is stilled
You shall hear the singing of the stream
And enter the living shelter of the forest

John Glascock Baldwin

Wowee-wow-wow!! A fabulous day of hiking! Our first delight was narrow Fern Canyon. The steep 50-foot, fern-covered cliffs reached toward the sky, while the sun filtered gently down the canyon walls. Sounds of distant birds and breaking ocean waves could be heard. The beauty and solitude captivated us as we carefully picked our way over



logs and through the softly flowing stream. After less than 1/2 mile, stairs led us up out of the canyon to another world of wonders. Joining others in our group, we took these trails: Fern Canyon, James Irvine, Clintonia, & Miner's Ridge. They led us through beautiful forests of huge red-

woods, spruces, hemlocks, firs. ferns, sorrels, Giant Trilliums, & mushrooms dotted the forest floor. Fifteen bridges spanned gently flowing streams and waterfalls. Spiritual quietness and peace were everywhere. Sigh! It was 5.5 miles of perfection!



Fern Canyon was beautiful but had many obstacles for those who took stream route

Later that evening

Hikers enjoyed a farewell dinner at Shamus T. Bones.



Everyone enjoyed great food and great CCHC camaraderie!

Lorena was very excited to get a leader gift. Ed and Lynne have their gifts in front of them. (Below) Bill, Yvonne & Yeao-nan show theirs.

Dinner photos - Sylvia Kwan



Thank you, leaders for sharing this world with us!!



Yeao-nan led since Ed was unable to hike, Many wild mushrooms this one as big as a dinner plate, lush green world



Photos by Sylvia Kwan



Ellen, Wanda, Angie & Sharon. Angie presented the gifts the others had planned.



Jeff Carlock's car - Sylvia Kwan

**Thursday, September 23, 2021
Quirky Berkeley Northwest
Leaders: Noël Siver & Peter Nurkse**

It felt good for the hikers to immerse themselves in quirkiness. Noël and Peter led 33 happy people on what seemed like a walking cocktail party -- minus the alcohol. Along with seeing unusual outdoor art, they learned local history. The art was slightly strange, even outlandish -- all in a very good way.



Would you consider any of the following at your home? How about a mailbox that would look nice at the Munster's mansion; a large metal gecko climbing the house;



huge eagle head statue; piggy weather vane and windmill; mural of Obama waving from an upper window; large insects made from old car parts; turtle on a surfboard; statues made from hat visors found on the beach; garage door



mural with deer; a man painted dangling from a porch ledge; zebra mural and matching car; purple poodle dog statue? Did you know that the first LSD bust in 1965 was on Virginia Street? McGee Avenue was named for an early farmer. Posen Avenue was named after a character in a play. Monterey Avenue was a former commuter train line. The highlight of the day was a front yard with a small pond, a bridge, and a ceramic alligator. It was a surprise to everyone when the owner, ceramic artist Theresa Lipton, came out and invited everyone to explore her backyard and look into her workshops. Going home on BART, there were some quirky people on board. Imagine that! It was a wonderfully quirky day.



Connie Bleu-Gohlke

Cat mailbox, Obama & Peter thumbs up, 50th Anniversary bench - Sylvia Kwan; Eagle, Theresa's Boa - Rita Poppenk

Linda Malm

**Thursday, September 30, 2021
Inspiration Point to Lake Anza
Leaders: Rosemary Johnson & Jo Browne**

What a turnout! Twenty-five hikers met at Inspiration Point for a Thursday adventure at Tilden Regional Park. The temperatures were slated to be on the warm side, so we shucked layers right away. With blue skies, we took off. Our route took us down Meadows Canyon Trail in the cooler part of the morning. Then along Wildcat Gorge Trail under cover of oaks and bays to a steep ascent up to beautiful Lake Anza. The pretty green algae along the shore of the sparkling blue lake made a lovely picture, but beware! It's poisonous at this time of the year! So rather than taking a dip, we gingerly made our way over rocks and roots along the east side of the lake. Then we continued through a lovely forest of eucalyptus, redwoods, oaks, bays, blackberries, and, my favorite, poison oak along Mineral Springs, Wildcat Gorge, and Selby Trails. We lunched at Orchard Picnic Area, which provided us with brand new "sparkling bathrooms", a quote from Rosemary. After a nice rest and full of energy, we made the last push back to Inspiration Point along Curran Trail. We had hiked 5 miles and made an elevation gain and loss of 800'. Ah, what a great day spending time enjoying nature with good friends. Thank you, Rosemary and Jo.



Diane Cannon



Lake Anza Trail - Dorothy Bradt; Rosemary on rock, Trail under the trees - Rita Poppenk

Sunday, October 3, 2021
Downtown Berkeley to U. C. Botanical Garden
Leaders: Dorothy Kaplan & Fran Leighty

We could not have had a more beautiful day for a special experience, viewing and learning about the remarkable collection of plants at the U. C. Berkeley Botanical Garden. Fourteen hikers joined our leaders, Dorothy and Fran, at Downtown Berkeley BART where we began our climb through campus, passing Valley Life Sciences and Doe Library among other campus buildings, crossing Gayley Road and following Stadium Rim Way. We continued on Centennial Drive to the



Botanical Garden. There we met the Director, Dr. Lewis Feldman. He greeted us with a treat of fresh-cut watermelon which he served at Oak Knoll Picnic Area. From there he led us to the Redwood Grove. This beautiful grove was planted by the WPA in the 1930's, and the height of such young redwoods is amazing. Along the way he told us of the garden's history, starting on the campus in the 1890's and moving in the early twentieth century to Strawberry Canyon. The garden is divided into



Garden entrance, huge plants at start - Roland Hebert; Leaders with Dr. Feldman, Pond with water lilies and stone lantern - Dorothy Bradt

regions of the world. Some highlights were a rhododendron from Bhutan that towered over us, Cycads with stout, woody trunks and large, stiff branches that were food for dinosaurs.

We saw a Dawn Redwood from China, and a Chinese Herb Garden. We had lunch back at Oak Knoll Picnic Area, and enjoyed cookies from Dorothy and Fran. We returned to BART by way of a dirt path overlooking Strawberry Canyon Recreation Area, continued on Bancroft to Channing and back through the Eucalyptus Grove to the West Gate. After enjoying the Fall colors and plants of the garden, we all hoped Dorothy and Fran would take us back for the spring flowers. Thank you to our leaders for such an inspiring day.



Roberta O'Grady

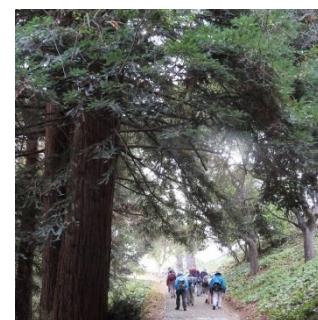
Thursday October 7, 2021
El Cerrito and Richmond Hills
Leaders: Jo Anne Schultz & Mary Huang

Who knew that there is a wild, untamed forest in the middle of El Cerrito? We 23 lucky CCHC hikers now know. On this beautiful, breezy, sunny day, we met at BART and began the 4.5 mile up and down hike on the BART trail until we came to Canyon Trail Park. There we saw Native American made indentations in the large rocks called cupules, or cupstones, which are rock art motifs. We continued up through the majestic redwood trees in the park to the Mira Vista steps and then to the Arlington. We ate lunch on a hillside field with expansive views of the Bay. We returned to BART via Poinsett Park.



On the way home, we had two amazing treats. One was the many lovely Storybook homes on the route. The Storybook style is a nod toward Hollywood design commonly called Fairytale or Hansel and Gretel. While there is no specific definition of Storybook style, the main factor is a sense of playfulness and whimsy. Most seemed snapped out of a craggy old-world village with intentionally uneven roofs, lots of cobblestone, doors and windows which look mismatched and odd-shaped. The style took a foothold in California during the 1920s-1930's.

The other was the surprise appearance of former CCHC member, the glorious 98-year-old Jessie Santos. She was out walking a hill that she wanted to make sure she could climb for her 99th birthday! Fellow hikers reminisced about her spectacular 86th birthday party in Shanghai; others remembered the 1983 newspaper article about the club featuring her. She was lively, vital and fun - an inspiration to us all. Thank you, Jo Anne and Mary, for a fabulous day!



Canyon Park Trail, Jesse Santos with leader Jo Anne - Ben (Kwong Fei) Hui; Rosemary pointing out cupules, Under the redwoods - Noël Siver

Fran Ternus

Sunday, October 10, 2021
Wildcat Canyon and San Pablo Ridge Loop
Leaders: Amy Tiekü & Lois Switzer

Wildcat Canyon has a complex history. It was a site of a Native American village at the time of the arrival of the Spanish. It was then parceled out as land grants. The East Bay Municipal Utility District brought water to the East Bay in the mid 1920's. The southern part of the canyon became Tilden Park in 1935, leaving the northern part to private interests. It was not until 1976 that the land be-



View of San Pablo Reservoir - Amy Tiekü; Group picture - Linda Margossian

came one of the East Bay Regional Parks. Nine hikers joined our leaders at Alvarado Park in Richmond, the start of our hike. This Park was transferred to the Regional Park District in 1985. As we started our hike, our leaders pointed out the site of a Sanitarium. Dr. Belgium, who ran the sanitarium, has his name changed to Belgum, on our first trail leading to San Pablo Ridge Trail. This is a hike with some challenging climbs, but the views were



beautiful. At the top of the San Pablo Ridge Trail are Nike missile sites. From there we followed the Nimitz Trail named for Admiral Chester Nimitz where we spotted a Great Blue Heron. We went on to Havey Canyon Trail. This was a slow descent among beautiful oaks to our lunch spot on the Wildcat Creek Trail. Our leaders had found one of the few picnic tables in the park where we had a rest after our climb and enjoyed the snacks brought by our leaders. We followed the Wildcat Creek Trail back to our starting point at Alvarado Park. This was a great hike, and we thank our leaders.

Roberta O'Grady

Thursday, October 14, 2021
San Francisco Tiled Stairways
Leaders: Suzy & Jon Mark, Jim Baranowski, Liz Howell

Twenty-one hikers and leaders gathered at Forest Hills MUNI station hoping for a pleasant hike and good weather, and were rewarded with both. We first wound

through Forest Hills neighborhood admiring fine houses and gardens. The highlights were three Arts and Crafts homes by Bernard Maybeck, a



famous architect from last century. Over his career he designed over 150 buildings in California, including the Palace of Fine Arts, the Swedenborgian Church, and planning the UC Berkeley campus.

A bonus was seeing Willie Mays' old house before heading into the adjoining higher, but less exclusive, Golden



Maybeck house, N. from GG Heights, Ferris wheel in GGP, 16th Ave Steps, Hidden Garden steps - Noël Siver

Gate Heights neighborhood. The whole area is held up by Ribbon Chert, being old seafloor buried, squeezed, and

thrust up as part of the

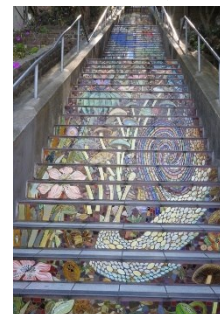
Marin Headlands nappe of the Franciscan Formation. It makes hills offering spectacular views of the city, the Gate, the Pacific, and our route to the Ferris Wheel in Golden Gate Park. Along the way, we walked down both the magical Moraga (or 16th Ave) and whimsical Hidden Garden tile steps. We could enjoy these neighborhood projects because we walked DOWN, turning around



frequently and taking more pictures at the bottom.

More photos on page 8

Reaching GG Park, we headed along Stowe Lake to the Music Concourse, where we were met by James French, grandson of our founder Howard French. It was wonderful to visit with James, who was in good form. After lunch, our leaders rode the Ferris Wheel, while the rest of us scattered to Muni stops for the ride home. I clocked 5.8 miles, 585' up. A big THANK YOU to Jon and Suzy Mark for a great hike, essentially sharing their neighborhood with us on a fine day.



Jim Baranowski

Sunday, October 17, 2021

Mission Peak, Fremont

Leaders: Yeao-Nan Hsieh, Mark Wang, (Sue Elliott & Bill Chen)

Ten hikers started uphill to Mission Peak at Sunol on a cool, autumnal day. The first part of the hike was single track and relatively steep. The thought of hiking 10.5 miles round



trip and 2200 feet elevation gain was daunting, but we put on our brave faces and one foot in front of the other. On one stop, we noticed many acorns wedged firmly in a tree. The woodpeckers must have worked hard to secure them so



tightly. Our walk through the Ohlone Wilderness was beautiful, with trees changing colors and the trail covered with fallen leaves. We all had our permits ready to show a Park Ranger if asked. As we continued upwards, the winds picked up and it became cooler. We finally reached the Eagle Creek Backpack Camp where we enjoyed our lunch. Seven of the ten hikers then made the half mile climb up to the summit of Mission Peak. It is the northern summit on a ridge that includes Mount Allison and Monument Peak. Mission Peak has symbolic importance, and is depicted on the logo of the City of Fremont. It was extremely windy at the summit but we posed by the pole on top for a group photo and hoped we wouldn't be blown off the rocks. At 2,517 feet, Mission Peak towers over the southern arm of the San Francisco Bay. It offers a 360-degree panorama that extends from San Jose to Mount Tamalpais. We then



began our return downward hike to Sunol, picking up the three hikers at the Camp on our way. We had a sighting of four deer towards the end. Thank you to Yeao-nan Hsieh and Mark Wang for leading this challenging and beautiful hike.

Teresa Schwanauer
Narrative and photos



Close ups of the sun and moon sections of 16th Ave. stairs



Close ups of sections of the Hidden Garden stairs

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.

OFFICERS & COMMITTEES 2020—2021

President

•Stew Perlman

Vice-President

•James Baranowski

Treasurer

•Suzy Mark

Recording Secretary

•Cameron Mitchell

Membership Secretary

•Connie Gee

Corresponding Secretary

•Patricia Derickson

Board of Directors

•Gino Bossetto

•Mike Branning

•Chuck Browne

•Anita Ford

•Mindy Svorny-Moore

Hiking Schedule

•Fran Leighty, **Sunday Chair**

•Jim Baranowski, **Thursday Chair**

Hiking Schedule Editor

•Noël Siver

Knapsack Editors

•Silvia Akinaga

•Rosemary Johnson

Knapsack Mailing

•Agnes Chen

Knapsack Printing

•Fred Mock

Extracurricular Coordinator

•Lois Switzer

Nominating Committee

•Cameron Mitchell, Chair

•Reyanne Freeman

•Lily Ho

•Liz Howell

•Fran Leighty

Social Committee

•Lucy Perdichizzi, Chair

•Patricia Derickson

•Reyanne Freeman

Overnight Outings Committee

•Ed Osada, Chair

•Bill Chen

•Helen Wong Johe

•Rosemary Johnson, minutes

•Mindy Svorny-Moore

•Lynne Vogensen

•James Watson

Conservation Committee

•Beryl Vonderheid, Chair

•Barbara Mow

•Sylvia Saunders

•Jo Anne Schultz

•Kate Steinel

•Nancy Stout

Audit Committee

•April McMahon

•Linda Margossian

•Herb Yonge

Historian

•Yvonne Moss

Website Group

•Gino Bossetto

•Chuck Browne

•JJ Libbon

•Fred Mock