



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



November 2022



KNAPSACK

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PRESIDENT'S MESSAGE:

Now that it is approaching Election Day, don't forget to exercise your precious right to vote. When you do vote, you may want to consider what representatives and propositions you decide to select will protect the environment. Let's face it, tough choices need to be made.

By the time you read this message, the trip to San Luis Obispo arranged by the Overnight Outings Committee has occurred. Let's hope that went well for everyone who participated. Furthermore, please note the cost, date, time and place for the CCHC Holiday Luncheon. It has gotten more expensive the past couple of years with fewer restaurants that can accommodate our Club. However, the generosity of members who have given to the Luncheon Fund to help keep the cost more reasonable is greatly appreciated. If you have not helped in the past and are financially able, please consider making a contribution.

Finally, Audrey and I want to wish everyone and their loved ones a **HAPPY THANKSGIVING**.

See you on the trail,
 Stew Perlman

A HEARTY WELCOME TO OUR NEWEST MEMBERS



Marita O'Reilly of Walnut Creek
Sharon Walters of Clayton
Aaron Soo-Hoo of Alameda

SAVE THIS DATE

- Monday December 12 -Holiday Luncheon, see page 2 for details

**Happy
 Thanksgiving!**

HOLIDAY LUNCHEON
HONG KONG EAST OCEAN RESTAURANT
EMERYVILLE

Monday, December 12, 2022

Let's celebrate this festive season!



Time: 11:30 to 2:30

Location: Hong Kong East Ocean Restaurant
3199 Powell Street, Emeryville Marina
This is an upscale Chinese restaurant
with sweeping Bay views.

Maximum: 60 guests, members have priority

Menu: A variety of typical meat, seafood and vegetarian dishes, served at the table for sharing and a dessert that's sure to please.

Cost: \$49 members (subsidized thanks to generous donations)
\$63 guests

Directions: Exit MacArthur BART, turn left and take the free Emery-Go-Round Shell/Powell(NOT Hollis) shuttle to the end. Restaurant is a few steps away. For those driving there's lots of free parking.

R.S.V.P. by Wednesday, December 7

Checks made out to CCHC and mailed to:
Lucy Perdichizzi
6 Captain Drive, Unit 235
Emeryville, CA 94608
lucyperd@sbcglobal.net (preferred) or text
to 510-410-1285

Happy Holidays to all!



I'm making a list
But I'm not checking it twice
There's an app for that

**THE OUTINGS COMMITTEE WELCOMES
YOUR IDEAS**

Do you have a great idea for an outings adventure but aren't sure how to make it come to fruition? Well, the Outings Committee is always looking for new ideas and new places to explore. Our job is to support anyone who has an idea and wants to turn it into a terrific experience for our club members! You don't even have to be a member of the committee. Come up with a where and we'll help you with the how. Reach out to any committee member about your idea and we will help you with choosing a team and picking a date. We will explain the scouting process and support you up to and even during the actual outing. We are there for YOU!



Many 1st Quarter 2023 hikes for both Sundays and Thursdays remain open – dates listed below. Your hike schedulers welcome suggestions.

Sundays: Jan. 1; Feb. 5, 19, and 26; Mar. 5

Thursdays: Jan. 5, 19, and 26; Feb. 2, 9, 16, and 23; March 2, 9, 23, and 30.

If you would like to lead a hike on one of these dates, please get the description in as soon as possible.

**OPEN HIKE DATES
APRIL TO JUNE 2023**

The deadline for submission of hike descriptions is January 31, 2023.

Open Thursday Hikes: April 6, 13, 20, and 27; May 4, 11, 18, and 25; June 1, 8, 15, 22, and 29.

Open Sunday Hikes: April 2, 9, 16, and 23; May 21, and 28; June 4, 11, and 25.

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

For Sunday hikes contact: Marilyn Vihman: 510-708-3853, marilyn.vihman@york.ac.uk

IN THE HIKERS' FOOTSTEPS



Thursday, September 22, 2022 Pinole Creek and Pinole Old Town Walk Leaders: Noël Siver, Lucy Perdichizzi & Jan Proudfoot

A lively group of hikers began the stroll along the creek trail running behind the bowling alley into downtown Pinole. The creek is about 11 miles long and in 2016 Pinole began a project to create a fish ladder allowing steelhead trout a clear path to their spawning habitat. However, this elusive fish has never been sighted on a number of



walks along the creek by a native Pinolean. In down-

town we viewed St. Joseph's Church, originally built in 1881; a mural of Pinole American Hotel along with scenes of the bay and Fernandez mansion; historic buildings including Pythian Castle and Bank of Pinole (1915) with its neoclassical structure which will soon re-open, after many other lives, as a café. Along our way we are treated to a view of the Pinole Historical Society Mural depicting homes of the original Indian settlers, Mexican land grant ranches, Fernandez Mansion and turn of the century homes.

Quinan Street, named after Capt. Wm Russell Quinan who was superintendent of the California Powder Works Plant, is home to houses reflecting Queen Anne, Italianate & Neoclassic architectural styles, some quite colorful. Originally one-story structures, many have been elevated to provide additional living space. Continuing onto Ten-



nant St, we sight the Fernandez Mansion, built in 1894 by Portuguese immigrant trader Bernardo Fernandez for his family. The mansion represents 19th century architecture along with Queen Anne & Northern Italian elements. On to Bayfront Park for a brief stop to soothe one's



soul as we listen to the gentle lapping of the tide, resisting the urge to wade into the water's edge. A ring-billed gull is sighted nearby. Lunch is had at Fernandez Park which provides picnic tables, 2 playgrounds, baseball field, basketball court, etc. for the community.



Hikers enjoy view at Bayfront Park (header), American Hotel mural, Noël at Historical Society mural, Fernandez mansion, Along the Bay Trail - Ben (Kwong Fei) Hui

Thank you, Noël, for the informative hike and, Lucy and Jan, for snacks and your gentle re-direction.

Helen Wong Johe

Sunday, September 25, 2022 Fernandez Ranch, Hercules Leaders: Mike Branning & Julia Cordell

We are so lucky to have this lovely area available for our hiking "needs"! John Muir Land Trust first acquired Fernandez Ranch in 2005 from the Fernandez family, who had farmed here since the 1800s. Over the years, since that acquisition, many trails have been put in through the hills and canyons; some even by our dedicated leader, Mike. However, he states that he only worked on trails in shaded areas! True or false? You choose.

Now, on to the hike. After a description of all the steep hills we would

encounter, and fortified with Julia's yummy snacks, our group of 23 enthusiastically headed up the first incline. The sun was brightly shining, temperatures warm, but accompanied by a breeze now and then. We made our way up and down the rolling hills which were dotted with huge oaks and an occasional cow. Canyons offered





much appreciated shade. There were beautiful panoramic views at the top of Rodeo, Hercules, Mt. Tam, Tilden, Sibley, Mt. Diablo, Franklin Ridge, and countless rolling hills. Trails we fol-

lowed were Windmill, Woodland, Canyon Loop, Franklin Ridge, Woodrat, and back to Windmill for a total of 1,000 feet gain/loss. Six miles brought us back to picnic tables at old foundations of a mid-century dairy farm operation.



Biggs oaks & a view, Hills, Group photo - Lorena Kai

After some friendly banter about this beautiful hike, we headed back to, oh no, traffic!!! Thank you, Mike and Julia, for this moment of freedom from the trappings of civilization.

Diane Cannon

Thursday, September 29, 2022
San Francisco Sign Hill
Leaders: Colette Cussary, Diane Cannon
& Fran Leighty

Fifteen hikers met our leaders at South San Francisco BART, where we boarded a free shuttle to the Sign Hill Trailhead at Ridgeview Ct. and Carnelian Rd. We welcomed a guest, Ina Soo-Hoo's son, Aaron. The hill that holds this spectacular sign, 'South San Francisco, The Industrial City', is part of the San Bruno Mountains. The sign was completed in 1929. We learned the word 'Anamorphosis' which tells us that the sign has the appearance of straight sized type, when the letters actually vary in size from 48 to 65 ft. This was necessary due to the contour of the hillside. The sign honors the history of South San Francisco, called the 'Smoke Stack Capital of the Peninsula', home to meat packing and steel ship building. We followed the Ridge, Letters and Seubert Grove trails, taking us past spectacular 'Christmas Tree' of lights strung from a pole. From there we came close to the actual letters of the sign which are white washed, cement blocks. The views of the Bay were beautiful on this

lovely clear day. The trail descending from the sign was somewhat challenging, but the switchbacks were helpful. Some of our trail was lost as we passed workmen cutting down trees, but a good climb brought us back to our starting point. Lunch was at the beautiful Orange Memorial Park. On our way to the park, we had one last view of the sign. After lunch, we picked up the shuttle for the ride back to South San Francisco BART. This ended our 4.4-mile hike with about 400 ft. gain and loss. Three of the group walked further along Mission and El Camino Real for an additional 1.6 miles to the Colma BART station to view the beautiful setting of the cemetery and historic buildings. Thank you to our three leaders for introducing us to Sign Hill, its spectacular views and fascinating history.

Roberta O'Grady

Sunday, October 2, 2022
Point Bonita Lighthouse, Marin Headlands
Leaders: Amy Huang, (scouted hike—Sue Lai & Jan Lecklikner)

Seventeen hikers circled up at Marin Headlands Visitor Center to begin walking along the north side of Rodeo Lagoon, while spotting playful otters and Canada Geese. Then through the woods to view the skeletal remains of a 72-foot, 80-ton blue whale which beached and died at Fort Funston in 1988, was buried there in the sand and then 10 years later dug up and brought to its present location. We crossed Rodeo Beach to the narrow and steep path to get up to the Batteries Loop Trail, so named as this area is host to four wartime battery remains from the Civil War era. Of particular interest was climbing Smith-Guthrie because of the view from the top. The coyote brush on the paths was sending out its fluffy seeds. Lunch was all the way down to South Rodeo Beach, a



good choice as by now it was warm and sunny. Kayakers were also enjoying these calm waters. Back up the stairs to Mendell Trail, to Point Bonita Trail, and the lighthouse. On the approach to the lighthouse, you walk through a tunnel from 1877 carved out

of the rock. Then you cross a suspension bridge. If you are afraid of heights, and none of us were, it is a little frightening. The views of San Francisco, etc. are incredible.



Whale carcass, Colorful trail, Lunch - Suchi Lee; Colorful beach - Lois Switzer; more pix on page 6

After viewing bird island from above, we had to navigate the steep, narrow path again, but also now spotting at least 30 pelicans in the lagoon. This day was filled with history, scenic views, and nature. Thank you, Amy, for your leadership

and commentary, and to Joanne for her support to Amy.

Dorothy Kaplan

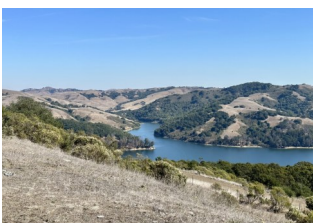


Thursday October 6, 2022

Nimitz Way / Tilden

Leaders: Diane Cannon & Jo Anne Schultz

Fourteen of us met at the Inspiration Point staging area of Tilden Park where Jo Anne distributed protein bars. The morning fog dissipated as Diane led us north on the Nimitz Way trail, which is paved thanks to the military requiring transport to the various NIKE missile sites along the trail. After a short distance through a canopied stretch of the trail, we reached the bench dedicated to George V. Halloran, former President of CCHC, where the requisite group photo was taken. We continued north into Wildcat Canyon Park towards our intended lunch spot, the foundation of a former NIKE radar installation (a relic of the Cold War). Jo Anne briefed us on the history of this and the other NIKE sites that once encircled the Bay Area. Since this was an out and back walk, no shade at this spot convinced some of the hikers to go back along the trail to find a shady spot for lunch. The remaining lunchers enjoyed a slight breeze and beautiful views, including Mt. Tam and Mt. Diablo, before returning to our starting point. Some wildlife seen: Northern Harrier, coyote, bluebirds at a nesting box. A large, flourishing yellow lupine was a highlight of the return trek. Thanks to Diane and Jo Anne for offering this hike and educating us about some interesting Cold War history in our own backyard.



San Pablo Reservoir —Laurie Lau

Linda Margossian

Sunday, October 9, 2022

Rockridge, Elmwood, Claremont Loop

Leaders: Lois Switzer & Amy Tiekou

Twelve of us were greeted with sunny blue skies this morning for a 7-mile walk through beautiful, immaculate neighborhoods of Rockridge and Berkeley Hills. Photos simply do not show how amazing the views. The ripe persimmons hanging over the sidewalk begged to be picked, but unless there is someone to ask permission, I keep my hands off. Flowers blooming everywhere. Of special notice were Camellias, Hydrangeas, Impatiens and White Japanese Anemone. One garden had chickens and many artfully placed pottery and assortment of cups strung along a fence. Yes, there were stairways. Lots of steps. We were warned in advance. Lunch was in Willard Park where we found the bathroom locked. Turned out to be a good thing, as we found our way back to the bathroom stop of the morning near Peet's Coffee shop, and who did we run into but Ray and Marie Alberti. Ray and Marie were once very active in the club. Marie was Membership Secretary for many years and they led many hikes in this area, some of them ending in their backyard for ice cream. They remain members and attend luncheons but no longer hike. Peet's Coffee is near where they live and they come here often. Leading a city hike is not like a park hike where you have a map showing the trails. You have city streets, traffic and this one had stairways with all the twists and turns. Lois did an amazing job, not getting lost once! A wonderful hike.

Dorothy Bradt

Thursday, October 13, 2022

Half Moon Bay to Princeton

Leader: Sets Amman

After carpooling from Hayward BART to Half Moon Bay, fourteen of us rounded up at Francis Beach in Half Moon Bay State Park. After cutting through the campground and RV park, we joined the Coastal Trail that would eventually take us to Princeton-by-the-Sea. A long pedestrian bridge took us across Pilarcitos Creek, past Sea Horse Ranch, where we encountered a group of equestrians out for a beach ride. As we passed through Venice, Elmar and Dunes beaches we saw numerous volunteers clearing invasive plants along the trail. The first part of the hike wound its way through coastal bushes ranging from lupine, chickweed, Indian paintbrush to yellow beach primrose. Then we passed through a grove of cypress trees to walk along the bluff above the beach. A washed-out bridge at Miramar Beach took us on a half-mile detour up to Highway 1 and back. Our leader then

took us onto the beach until we reached Surfers Beach and Pillar Point. Our lunch break was at Princeton where the group separated; some to Barbara's Fishtrap, some to Half Moon Bay Brewing, and others that brought their lunch sat at tables along the sea wall. The afternoon trip was another four miles along the Coastal Trail back to our starting point at Francis Beach.

Jerry Ford



Look closely at tents on the Headlands. Fair?



Point Bonita Lighthouse, Marin Headlands and SF across the ocean - Lois Switzer
Golden Gate Bridge & SF Downtown - Suchi Lee

From Oct. 2 hike



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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.