



**THE CONTRA COSTA HILLS CLUB**  
**PO Box 2056, El Cerrito, CA 94530**  
**Website: [www.contracostahills.org](http://www.contracostahills.org)**

FIRST CLASS MAIL

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



**OCTOBER 2021**



# **KNAPSACK**

**Co-Editors: Silvia Akinaga, Rosemary Johnson**  
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## *President's Message:*

Last month I encouraged you to find your happy place or to engage in doing something that brings you joy. There was a plethora of bad news swirling around us at the time. Some things appear to have gotten better. At least the headlines (for those of you who continue to read the newspaper) do seem less intense now. However, as I am writing this, the Sequoia National Park is being threatened with fire. Those of you who have been there will know about the beautiful and grand majestic trees. The base of the General Sherman Tree has been wrapped in a fire-prevention foil to protect it. Let's hope that the fire has subsided and the Giant Sequoias are safe from harm. The Prairie Creek Outing is coming soon, and I wish everyone who is going a safe and happy trip.

On a different note, I have been coming to the CCHC hikes via BART when it has been appropriate. I want to encourage you to use public transportation if you have been reluctant to use it. Our freeways are just as clogged as ever,

perhaps more so because many former BART users are driving their vehicles instead. The riders are masked, the cars and stations are cleaner than ever, and the trains are on time most consistently. Future hike leaders should seriously consider using BART as a starting point to meet or to hike from when possible. It's autumn, so maybe we will be fortunate and begin to experience rain; let's hope we do. See you on the trails...

Submitted by Stew Perlman



**A HEARTY WELCOME  
 TO OUR  
 NEWEST MEMBERS**

**Diane Bloom of Richmond  
 Cathy Kong of Fremont**

**& WELCOME BACK**

**Mimi Wichitsripornkul of Albany**

## SAVE THESE DATES

- Wednesday, December 8, 2021 Holiday Luncheon at Spin A Yarn in Fremont—look for details in November Knapsack
- October 10-14, 2021— Prairie Creek Redwoods State Park. Vaccination and/or testing required. Flyer in April Knapsack
- March 6-11, 2022— Anza Borrego

## ANZA BORREGO



### THE INVITATION TO THIS CCHC OUTING IS ON PAGE 6 OF THIS KNAPSACK

The Anza Borrego flyer is being sent separately along with this Knapsack and is also posted on groups.io

The holidays are coming!  
Get ready to celebrate!

CCHC Holiday luncheon will be held on Wednesday, December 8, at Spin A Yarn in Fremont (outside on the covered patio). Proof of vaccination required. Look for details in the November Knapsack.

### A SPECIAL THANK YOU!

A special thank you to our president, Stew Perlman, for making the delicious apricot jam, offering it for a donation at the summer luncheon, and for giving the money to the Conservation Committee. Thanks also to all who contributed.

The Conservation Committee

### 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 3, 10, 17, and 24; March 3, 10, 17, and 31.

**Open Sunday Hikes:** December 26, January 2, 9, 16, 23, and 30; February 6, 13, 20, and 27; March 6, 13, 20, and 27.

**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

### LAND ACQUISITION – SAVE MT. DIABLO

Thanks to your generosity, the Conservation Committee was able to give an extra \$300 donation to the Save Mt. Diablo



group for a project that was fifteen years in the making. The project will permanently protect 154 acres of critical open space on North Peak, part of Save Mt. Diablo's "Missing Mile." This is a large at-risk open space property in the high peaks area of Mt. Diablo, surrounded on three sides by Mt. Diablo State Park, so protecting this land is very important.

Save Mt. Diablo paid a \$50,000 option payment allowing for two years, until December 31, 2021, to raise \$1.04 million to purchase a perpetual conservation easement on the land. As of September 2021 most of the money has been raised.

This could be the land we walk on some day!

Thanks again,  
The Conservation Committee



**Thursday, August 26, 2021  
Thru the Hills of San Francisco  
Leaders: Suzy & Jon Mark, Liz Howell**

Our tour set out from the Castro and traversed the seven peaks that circle the Castro/Eureka Valley basin. We climbed to Corona Heights Park, named for its crown-shaped chert outcropping, and once a quarry for clay and red rock to make brick. We continued to Buena Vista Park, the city's oldest park, established in 1867, whose views still live up to its name.

Next was Mt Olympus, a small peak at the city's geographic center. Once Adolph Sutro's property, he installed a large Goddess of Liberty statue there, on a 30' base. Visible then from afar, today only the base remains and it is surrounded by trees.



We walked through Corona Heights neighborhood and on to Tank Hill, named for a tank that once stood here storing water from the Laguna Honda reservoir below. Dozens of SF native plants still thrive here. We took a break to enjoy the views: down to Golden Gate Park, and



CCHC Hikers (header), Stairs at Buena Vista Park, descending with view of Cole Valley - Sylvia Kwan

past it to the Presidio, Golden Gate Bridge, and East Peak.

Then, 300 ft. more and we were at Twin Peak's North and South Peaks. From here our

sweeping lunchtime views included most of San Francisco below as well as the surrounding Bay Area counties. Descending back into Eureka Valley our final stop was at Kite Hill, a small neighborhood hilltop park named for its gusty winds.

This was a spectacular tour in 5.5 mi and 950 ft elevation gain. While the route was strenuous, we were well rewarded for our efforts. Thank you, Jon, Suzy, and Liz.

Celeste Burrows

**Thursday, September 2, 2021  
Quirky Berkeley Hike  
Leaders: Noël Siver & Lucy Perdicizzi**

Art, art and more art. Noël led us from Ashy BART to search for the quirky art which makes my hometown such a joy. We started at Ed Roberts Campus, a place for disability rights organizations, to check out the Disability Mural, the first public artwork about the everyday experiences of living with disability.

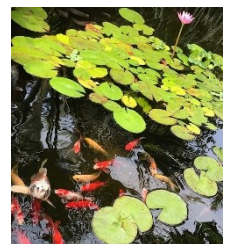
We then began our wander through the residential and commercial streets



of Berkeley once described as "dear old Berkeley at its best." We checked out a succulent garden repair shop mural, the Mark Bulwinkle fence and sculptures at the Dry Garden, a wooden fence carved in the shapes of flowers, the mural at La Peña (a Chilean-American cultural center) and the Starry Plough (quintessential Irish Pub), a balcony cat cage extending out a second story window (with cat), a political pop tableau (Save Water, Shower with A Friend), vegan taxidermy, the Firestorm Community Mural at Rockridge BART and so much more.



We all fell in love with the art garden of Marcia Donahue. Filled with art, bowling balls, koi pond, chickens and a fantastical garden retreat, it was hard to leave. Luckily, this special place, located at 3017 Wheeler, is open to the public every Sunday, 1-5 pm, through the generosity of the artist gardener who walked us through the special place she has created.



The highlight of the day was a visit to the home of Marie and Ray Alberti, legendary leaders of CCHC. They opened their home and garden to us, set up a hand sanitizer station and served us juice, all in the true spirit for which they are known.

Jan Lecklikner

La Pena mural - Sylvia Kwan; Big Feet, Monkey god, Koi Pond - Jan Lecklikner

**Tuesday, September 7, 2021**  
**Hike along the stream at Tilden**  
**Leaders: Sophia Garcia & Pat McDonald**

AQI at Tilden was ~30 on the day of hike. Undoubtedly Autumn blue sky. Redwood & eucalyptus are taller than ever. It's so nice to have Tuesday hikes. We tried an alternative route to differentiate it from an upcoming hike.



Memory, Selby, Lake Anza, to Wildcat Gorge Trail. More than 80% shade, we hiked with the sound of water. There are some challenging rocky & knobby scrambling parts on the trails. We hiked carefully and every one of us was skillful dealing with these parts. The Wildcat Gorge Trail after Lake Anza towards Selby junction has almost always a good amount of water under the dense canopy year-round. Very meditative & peaceful, and your souls easily melt into this Shangri La. Passing California Bay



Photos of group at Lake Anza by Sophia Garcia

arcade, we came into the open eucalyptus ceremonial circle. The Selby Trail goes through several small redwood groves.

When we hike into

these groves, suddenly we are captured by something very special. The redwood tree is one of the most oxygen producing. Sadly, we notice that one of the groves has been turning brown. We hope they'll survive. Good breeze accompanied us all the way. Late lunch under the big maples which will soon be an astonishing yellow hue. Nature is abundant here. Just under 6 miles with ~700' gain. Thank you, Pat, for sweeping & treats. We appreciate the hikers for their good team work and cheerful spirits!

Sophia Garcia

**Thursday September 9, 2021**  
**Bay Farm Island, Alameda**  
**Leaders: Patricia Derickson & Karen Arntzen**

Soft breezes, sunny skies, and magnificent water and city views, resulted in a perfect, mostly flat 5-mile loop hike on a perfect day. Our 31 enthusiastic hikers agreed. One group met at Fruitvale BART and enjoyed beignets from Powderface Coffee. They then took the bus to Harbor Bay Landing Shopping Center on Bay Farm Island where they met the rest of the group.

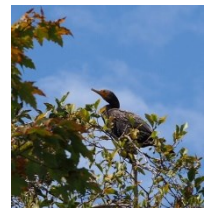


True to its name, Bay Farm Island was both an island in the Bay and farmland. No longer an island, it has become a peninsula due to land reclamation. It is now connected to the mainland of Oakland. As farmland, asparagus was the principal crop; the island was formerly known as Asparagus Island. In addition, the area was the site of large oyster beds which regularly supplied restaurants in San



Francisco.

Today, Bay Farm is home to a golf course, office and retail complexes, and housing developments. There



is a chain of lagoons as well as several community parks, which offer stunning views of the San Francisco skyline and the surrounding bay. (Wikipedia) We experienced these lagoons on the first and last parts of our hike. We first walked north on a shaded composition path alongside a lovely lagoon in a residential neighborhood. There were numerous birds and several charming



small pedestrian bridges. We then turned west and experienced the beautiful

views of San Francisco and the Bay on Shoreline Park. The



pathway here was asphalt as well as dirt. We had lunch at the Ferry Terminal, and then completed the loop by returning to Harbor Bay Landing along another lovely lagoon. Thank you, Pat and Karen, for a wonderful day.

Fran Ternus

CCHC, Great egret in neighborhood, Walking bay trail, Walking lagoon trail - Sylvia Kwan; Double-crested cormorant in tree - Ben Hui

**Sunday, September 12, 2021**  
**Lake Chabot Regional Park, Castro Valley**  
**Leaders: Isabel Rogne and Darlene Choy**

**Thursday September 16, 2021**  
**Benny Bufano Walking Tour-San Francisco**  
**Leaders: Liz Howell, Suzy & Jon Mark**

Eleven of us met at the Bay Fair BART station to make the short drive to Lake Chabot Regional Park. For many of us, it was our first time doing this hike.



When we arrived at 9am, there were already many people at the park.

We couldn't have asked for a better day - the weather was warm with a cool breeze. We hiked in a clockwise direction around the lake and saw

many hikers, runners, bikers, and campers. There was good signage to help keep us on the trail.

Before lunch, we covered 5.5 miles and it included most of the elevation, and



much was shaded. At lunchtime, we took a detour up to the Honker Bay Family Campground which was on a hill, where there were picnic tables and restrooms. It added .2 miles to the trip. After lunch, the 3.5 miles back went quickly as it was mainly flat, although more exposed to

the sunlight.



Lake Chabot is a man-made lake that currently serves as a standby emergency

water supply. The water level was extremely low, but the sunlight glistened off the water beautifully!

Though the hike was moderate, it was a good workout. Thanks to Isabel Rogne and Darlene Choy for organizing and leading the hike. We had a lovely time!

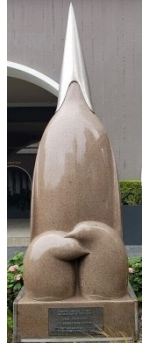
Amy Tieku



Hike leader, Darlene (on left) with Irene, On Columbine Trail, View of lake, Skinny bridge, Mile marker 8.5 almost done - all hike photos by Sylvia Kwan



Were we ever lucky on this hike! First of all, San Francisco lived up to its name as the cool, gray city of love! The day began at the Ferry Building where 25 of us gathered. It was a crisp, over-cast day-perfect for the four-mile stroll through San Francisco. Secondly, we saw six of San Francisco's beloved Benny Bufano's monumental outdoor sculptures. We also visited the Cable Car Museum. Lastly, the hike ended at the Museo Italo Americano at Fort Mason where lively curator Bianca Friundi discussed their current Bufano exhibit which included two more sculptures by the master.



In 1893, at the age of three, Bufano migrated from Italy to the US with his parents. A lifelong admirer of St. Francis of Assisi's peace-loving nature, Bufano moved at 27 to San Francisco because of its connection to St. Francis; he always considered it his home. He created nearly 70 statues of St. Francis throughout his life. He continually worked until his death at his Minna Street studio in 1970 at age of 79. At that time, he was considered one of the most important sculptors in the US.



Bufano's public sculptures we saw were: *The Penguins-Gateway Apts.*; *Sun Yat Sen-St. Mary's Sq.*; *Penguins-Stanford Court*; *St. Francis of Assisi-Fisherman's Wharf*; *Seal & Animal-Maritime Museum*, and *Madonna-Great Meadow Park, Fort Mason*.



We also saw another statue of St. Francis and a sculpture of an elephant at the Museo Italo. A total of 22 of his sculptures are publicly displayed in San Francisco, and 13 in other local public spaces.



We so enjoyed Bufano's soft, playful sculptures. Thank you from all of us for a wonderful day Suzy, Jon and Liz.

Fran Ternus

Photos of Bufano statues and sailboats racing by Alcatraz Island by Sylvia Kwan



## Invitation to CCHC Anza Borrego Desert State Park Outing, March 6-11, 2022

As the largest State Park in CA with 585,930 acres, Anza Borrego SP will offer something for everybody. The Park is named after 18<sup>th</sup> Century Spanish explorer Juan Bautista de Anza and *Borrego*, Spanish word for sheep.



We will start the Outing by meeting first at the SP Visitor Center to get oriented, then head out to the nearby Palm Canyon where hopefully we will see the now endangered Desert Bighorn Sheep. The afternoon will feel cooler in the Slot Canyon, a short drive away, while marveling at what force nature has in carving those honey comb dwellings into geological wonders.

If the winter brings enough rain, wildflowers would be a treat this time of the year. But while not holding our breath for such, there will still be interesting desert flora & cacti in the local community garden and in the wild. On the way to historic town of Julian, we will visit an Old Indian Village Site and see the track of an old Wagon Trail in Box Canyon, which is very close to the southern end of the Pacific Crest Trail. We may even take a dip in the nearby Hot Spring, and enjoy a world class night sky for star gazing.

On last day in the park, after tracking through an unkind trail to the old mine, one will then appreciate the true meaning of "oasis" and "Palm Spring", especially when compared to the view of "Badlands".

Most of the hikes will be 2-4 miles. Temperature will be pleasant 70's.

The first night will be at Temecula, a town about 2 hours from Borrego Springs, where we will stay for the 2<sup>nd</sup> thru 4<sup>th</sup> nights. Some may wish to fly to San Diego and rent a car, which is fine but be sure to get to San Diego the night before. Borrego Spring is 2 hours by car East of San Diego and Outing starts 9 am on Monday, 3/7/22. We will leave Thursday, 3/10 from east part of Park and go to Palm Springs/Lancaster from there. If there is any Poppy wildflower showing in Lancaster, those flying would not be able to see it.



Scouted by: Bill Chen, Lynne Vogensen, Mindy Svorny-Moore, Ed Osada, Lorena Kai, Mark Wang, Yeao Nan Hsieh

**Signup by emailing (Preferred) Lynne Vogensen ([mslynn33@yahoo.com](mailto:mslynn33@yahoo.com)) only during the sign-up window of November 1-11. Any emails received outside of the sign-up window will be wait-listed. If you are unable to email call Lynne at (925) 672-1096 only during the sign-up window.**

**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](mailto:compasros@comcast.net). All other submissions should reach Silvia Akinaga at [sakinec@aol.com](mailto:sakinec@aol.com) by the middle of the month to appear in the following month's issue.

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