

**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**  
**102 YEARS OF**  
**CONSERVATION—COMPANIONSHIP—HIKING**



**October 2022**



# **KNAPSACK**

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

Now that we have survived the extreme heat wave that occurred for several days in September, let's hope that this month will be cooler and more seasonal and comfortable. During the past few weeks, the California legislature has passed a variety of mandates to help mitigate the threat of climate change. Considering the state's positive influence on recognizing the danger of increasingly greater threats to our planet and human civilization because of climate change, hopefully other states will also be encouraged to pass effective legislation as well. Later this month, there will be an Overnight Outing in San Luis Obispo. Let's wish them the very best as they hike and explore our beautiful Central Coast.

This month's Board Meeting is particularly important in that all committee members need to decide if they will continue to serve in their present position. I will contact the committee chairpersons through an email and/or text to remind you to ask each of your committee members of their decision. Remember, you all serve through March 2023 and you will be asked if you will continue to serve from March 2023 - March 2024. Thank you for your val-

ued volunteering. If you are uncertain of your decision, no worries. We have time to eventually put it all together except for the Nominating Committee, which according to the CCHC By-Laws is to be in place in October.

Enjoy the month of October and get out there.

See you on the trails,  
 Stew Perlman

## **A HEARTY WELCOME TO OUR NEWEST MEMBERS**

Qingyun "Ina" Soo-Hoo of Alameda

Mary D. Ghidella of El Cerrito



## **SAVE THIS DATE**

- Sunday October 16—Thursday October 20—San Luis Obispo outing



**SUGGESTED CARPOOL RATES**  
**SEE PAGE 2**

## SUGGESTED CARPOOL RATES – SEPTEMBER 9, 2022

Gas prices have increased along with the cost of maintenance and insurance for cars. To address the changing costs of driving a car the board is suggesting a per mile charge for carpools based on the GSA privately owned vehicle reimbursement rate. As of July 1, 2022 it is \$.625 per mile. By using this rate as our basis, we can adjust the rate as needed. The new rate will be adjusted each quarter and published within the quarterly schedule.

Each passenger would pay per this formula... rounded to make calculations easier. The formula is the GSA rate (rounded to an easily divisible number) and divided by the total number of occupants in the car, including the driver.

For CCHC purposes, the GSA rate is rounded to \$.60/mile. Then each passenger pays their split of the \$.60 per mile.

Total Occupants	Each Passenger pays per mile
Driver + 1 (2 total)	\$0.30
Driver + 2 (3 total)	\$0.20
Driver + 3 (4 total)	\$0.15
Driver + 4 (5 total)	\$0.12

This is a suggested rate per mile, and is up to the discretion of the carpool driver. In addition to the mileage, riders are also expected to share in bridge tolls and entrance fees.

### OPEN HIKE DATES JANUARY TO MARCH 2023

The deadline for submission of hike descriptions is October 31, 2022.

At this time there are two open 2022 4th quarter Sunday hikes open—October 16 and December 25; and one Thursday hike—October 6. If you would like to lead a hike on one of these dates, please get the description in as soon as possible.

**Open Thursday Hikes:** January 5, 12, 19, and 26; February 2, 9, 16, and 23; March 2, 9, 23, and 30.

**Open Sunday Hikes:** January 1, 8, and 29; February 5, 19, and 26; March 5, and 26.

**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

Check the on-line version of the Hike Schedule ([www.contracostahills.org](http://www.contracostahills.org)) for updates - changes will be indicated in **RED**.

- ◇ Look deep into nature and you will understand everything better." - Albert Einstein
- ◇ "Hiking is not escapism; it's realism. The people who choose to spend time outdoors are not running away from anything; we are returning to where we belong." - Jennifer Pharr Davis, Appalachian Trail Record Holder
- ◇ "After a day's walk, everything has twice its usual value." - G.M. Trevelyan
- ◇ "Me thinks that the moment my legs begin to move, my thoughts begin to flow." - Henry David Thoreau
- ◇ "Of all the paths you take in life, make sure a few of them are dirt." - John Muir





**Sunday, August 21, 2022**  
**Tilden Park Meadows Playfield to**  
**Steam Trains Loop**  
**Leaders: Amy Tieku & Sophia Garcia**

Lone Oak parking lot was pretty much taken by 10:00 am. The weather was still cool when we began to hike. Meadow Canyon is always a good introduction to warm up, gently accumulating elevation gain. This is one of the most popular trails at Tilden Park. All creatures big and small congregate here. We enjoyed great views on both sides of Seaview Trail: awe-striking Mt Diablo on one



side and half of San Francisco in the clouds on the other side. Family photo at the stone circle.

At the junction of Upper Big Spring on Seaview, we separated into two groups. Amy led the longer route, stopping by Steam Train for lunch. Amy said that they decided to sit at a bench right where people were onboarding the train, and it was fun to see the parents, babies and



kids get so excited to ride the train! Then they took Volmer Peak, Lower Big Springs, Wild-

cat Gorge to parking lot, ~ 9.5 miles ~ 1600' elevation gain. Sophia led the shorter version: Upper Big Springs, Lower Big Springs, lunch break under the pine trees, then Meadow Canyon brought hikers back to the parking lot. ~ 7.5 miles with ~ 1350' elevation gain. Not many wild



flowers but deep scent of California bay and eucalyptus, and a cool breeze under the canopy, was welcome to us. Today's route might be familiar to many hikers, but different weather, views, hikers and conversations always give us another experience. Every hike is a wonderful hike. Thank you hike leaders and hikers for sharing a good time and treats. See you next time!

Sophia Garcia

All hike photos by Sylvia Kwan

**Thursday, August 25, 2022**  
**Section 3, Crosstown Trail**  
**Leaders: Suzy Mark, Jon Mark, Jan Lecklikner**

The San Francisco Crosstown Trail was officially opened on June 1, 2019. We owe this trail to the encouragement of volunteers working with the City to make this trail a reality. Twenty-one hikers, including one new member and a guest, joined our three leaders at Forest Hill Muni Station for a 4 1/2-mile hike on Section 3 of the trail. We first walked to Midtown Terrace Playground for a restroom stop which allowed us to enjoy the beautiful murals along Laguna Honda Blvd. and to pass a lovely church that Mary Johnson told us was where she was married. We continued into Forest Hill, noting the stunning



Bernard Maybeck-designed house, 14th Ave. outcrop - Laurie Lau; 15th Ave. steps - Sylvia Kwan

Arts and Crafts home designed by Bernard Maybeck. This was the home of Kent Nagano, the conductor of the Berkeley Symphony from 1978 to 2009. Mark and Suzy had the pleasure of touring the home when it was for sale.

They shared photos of the interior. Our next stop was Golden Gate Heights where we could enjoy the approximately 150 tiled steps in this neighborhood. The colors and patterns cannot be appreciated until one descends the steps and looks back. Then we







16th Ave Stairs - Sylvia Kwan

climbed the wooden steps to Grandview Park for splendid views of the Sunset and north. The neighbors call this park Turtle Hill. The rocks that make up this hill are Franciscan Chert from the sea floor. We enjoyed another set of tile steps, the 16th Avenue Hidden Garden Stairway, looking back at the colorful tiles.

We followed 16th Avenue to Judah and on into Golden Gate Park for lunch. Another group went to a restaurant. Thank you, Suzy, Mark and Jan, for this hike on a beautiful section of the Crosstown Trail

Roberta O'Grady

**Sunday, August 28, 2022  
Presidio and Baker Beach Loop  
Leaders: Robin Dean & Amy Tiekou**

It started out an overcast morning in San Francisco. Sixteen of us met at the Presidio Golf Course parking lot. Robin, inspired by other leaders arranged a quiz, based on a little history of the area she had found. We left the Golf Course and proceeded past Mountain Lake and the



Presidio Landmark Apartments which used to

be a military hospital. There is a 600-plot burial ground at the site which got covered up in the 1950's during construction. There were no placards, so we could only speculate where it was.

Soon the terrain got sandy as we proceeded to Baker Beach where we passed a youth group doing coastal cleanup. We lunched at a picnic area adjacent to the beach. After lunch, we hiked through Battery Chamberlin and on to the Presidio Coastal Trail. About half the group hiked the 400 or so stairs down to the beach and back up. By now the sun was shining brilliantly and there were great views of the Golden Gate! Next, we hiked through Fort Scott past various military buildings and lavish military



tary



homes. Eventually we arrived at All hike photos - Sylvia Kwan the San Francisco National Cemetery. There are 30,000 Americans laid to rest here, including Civil War generals, Medal of Honor recipients, Buffalo Soldiers, a Union spy, and many soldiers and sailors who died in the Pacific Theater.

The last leg of the hike was an easy trail back to the Presidio Golf Course parking lot. Many of us had never been on this hike before. Thanks to Robin for finding this route on All Trails!

Angus Powelson

**Thursday, September 1, 2022  
Rock Parks of Berkeley  
Leaders: Mike Branning & Laurie Lau**

Under a clear blue sky with comfortable weather, twenty hikers gathered at the El Cerrito Plaza BART to soon embark on a kick butt hike through the Berkeley Hills lead by our fearless leader, Mike Branning, while Laurie Lau not only swept, but provided us with her delicious Cowboy cookies. We first walked along the Ohlone Greenway on level ground before we started to climb meandering

our way past a variety of modest homes. El Paseo Path was the first of our ascent then past grand homes south along The Alameda to Yosemite Steps and



Mike on Indian Rock, artwork on Pinnacle Path, Vine Way, Berkeley Rose Garden - Laurie Lau

stopped at Frederick Mini Park. We continued to beautiful John Hinkel Park and then to Indian Rock Park, a popular spot for rock climbers who have left their marks on the rocks with white climbing chalk.



Then on to Grotto Rock Park for a brief rest and to take in a glorious view of San Francisco. We continued along Easter Way and lunch at Cragmont Rock Park. Once we were refreshed, we continued on Pinnacle Path to Remillard Park





to Keeler Path and finally downward. More paths followed: Sterling, Martinez, and Tamalpais. Finally, we reached the Berkeley Rose Garden and followed Euclid Av-



enue to UC Berkeley and the BART Station on Shattuck. A wonderful hike climbing 8,500 feet into the Berkeley Hills. (So, I exaggerate a bit). Thank you to Mike and Laurie.

Stew Perlman

**Thursday, September 8, 2022**

**Quirky Berkeley – Northeast**

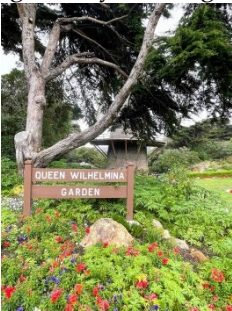
**Leaders: Noël Siver, Kathleen Fennelly & Lily Ho**  
**Cancelled due to extreme heat**

**Sunday, September 11, 2022**

**Lakes in Golden Gate Park**

**Leaders: Colette Cussary & Diane Cannon**

Leaders Colette and Diane sought out nine lakes in Golden Gate Park. The hikers spent the day immersed in greenery which gave a feeling of peace and renewal. It



was a nice escape from the recent heat wave. People were having picnic celebrations in the meadows. Canines were leading their owners along the paths. A small boy was riding on his father's back like a little jockey. Early in the hike they visited old windmills that used to supply water to the park.

The Dutch Windmill and Murphy Windmill are now historical landmarks. Queen Wilhelmina of the Netherlands donated funds for the Dutch Windmill in 1902, and the flower garden next to it was named for her. It was like they were hiking far from civilization. When they came upon a lake, it was like discovering a hidden gem. They saw Mallard Ducks, and a Great Blue Heron perched in a tree. They passed a field with several bison, and a paddock of horses. Lunch was beside Metson Lake where some sat at the base of a huge



Monterey Cypress. They hiked up Strawberry Hill in the middle of Stow Lake with views of San Francisco which had a supernatural beauty of its own. They went to Lloyd Lake where there

was a marble portico from a Nob Hill mansion destroyed in the 1906 earthquake. The hikers stopped for a group photo, entwined in the branches of an Australian Tea Tree. The tree was named by Captain Cook, the great Pacific explorer.

Linda Malm

Queen Wilhelmina Garden. Great Blue Heron, Metson Lake, Group - Teresa Schwanauer



**Thursday, September 15, 2022**

**Benicia Downtown to Mathew Turner Park and Back**  
**Leaders: Patricia Derickson & Karen Arntzen**

Benicia is named for Doña Benicia, the wife of General Mariano Vallejo. It was incorporated in 1850 and served as the capitol of California from 1853-1854. Its location on the Bay made it an important transfer point by ferry before the bridges were built. It was an end point for the



Pony Express, a route to the gold fields for the Forty-niners and was an important site for boat building. Twenty-two members met our leaders, Patricia and Karen, at the 1st St. Pier. We were joined by Pat Cuthbertson, Karen's sister, who lives in Benicia and shared stories and historical facts about the city. We followed the Bay Trail, enjoying the view of the Bay and hills. Our first stop was





to admire the statue, Neptune's Daughter, a young girl holding a pelican, sculpted by Lisa Rinerston of Benicia in 2019. We encountered a flock of turkey vultures who, we found, were feeding on a dead sturgeon. We stopped at Commodore Jones Point. He was the founder of the Naval Academy and a hero of the War of 1812. As Commander of the Pacific Fleet, he landed in Monterey in 1842. Southamptton Bay is named for his ship. Our farthest point was at Matthew Turner Park, the site of a shipyard where

Matthew Turner built 228 seagoing wooden schooners between 1882 and 1918. On our return along the shore, we enjoyed the sight of monarch butterflies. Thank you, Patricia, Karen and Pat, for this beautiful hike and opportunity to learn some San Francisco Bay history.

Roberta O'Grady



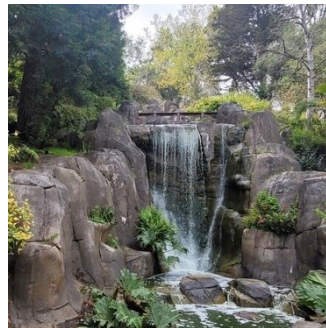
View of Benicia beach access and Carquinez hills, Poseidon's Daughter, Bay Trail - Sylvia Kwan

**Sunday, September 18, 2022**  
**Briones Regional Park**  
**Leader: Mark Petrofsky**  
**CANCELLED due to rain forecast**



View of park Ferris Wheel and Cityscape, Colorful flora. Child's bird ID sign - Teresa Schwanauer; Hutchinson Falls at Stow Lake - Sylvia Kwan

**Additional Golden Gate Park photos**



**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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