



**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  
 100 YEARS OF  
 CONSERVATION—COMPANIONSHIP—HIKING



**SEPTEMBER 2020**



# KNAPSACK

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

## PRESIDENT'S MESSAGE:

Although we're hardly out of the pandemic, August has at least been a better month for our hikes. I want to thank those of you who have led hikes and those of you who have attended the hikes. For those of you who are considering leading a hike, please contact Jim for Thursday hikes or Mary for Sunday hikes for the months of October, November, and December. The protocols will remain the same as was established for the August and September hikes. We can have more than one group of hikers at a specific location if the numbers necessitate it. In addition, if you as a leader would like to lead a hike in your neck of the woods, please consider doing that and inform Jim or Mary. The Club wants to accommodate as many hikers as possible in a safe and fair manner. It is unlikely that the next quarter will be different regarding the safeguards that have been set in place. Lastly, I want to wish Gay McDaniel the very best as she has moved to Southern California to be closer to her family. By now, we are all too aware of what must be done to slow the spread and to ultimately get back to a more normal life.

Stay well.....  
 Stew Perlman

## SAVE THIS DATE

- December 9, 2020 - Holiday Luncheon, **HOPEFULLY!**



**LET'S KEEP HIKING!!** Many October, November, and December dates remain open. If you can lead a hike, contact Jim or Mary—contact information below.

## OPEN HIKE DATES FOR JANUARY to MARCH, 2021

The deadline for submission of hike descriptions is October 31, 2020.

**Open Thursdays:** January 7, 14, 21, and 28; February 4, 11, 18, and 25; March 4, 11, 18, and 25

**Open Sundays:** January 3, 10, 17, 24, and 31; February 7, 21, and 28; March 7, 14, 21, and 28.

**For Thursday hikes contact:** Jim Baranowski ,  
 925-577-1022, Brnw\_th@yahoo.com

**For Sunday hikes contact:** Mary Ulrich,  
 925-937-2932, cchcsundays@gmail.com

# Election 2020



September 22, 2020 is

## National Voter Registration Day

Whatever your political affiliation, the upcoming election will be an important one for our country. If you are eligible and have not registered to vote, consider doing so. There are websites where you can register online. For those of you who vote absentee/by mail, be sure to vote early. Most cities will also have designated ballot drop-off locations.

### A HEARTY WELCOME TO OUR NEWEST MEMBERS



Angela Toy of Foster City

Inge Schnars of Lafayette

"You're entitled to your own opinion but you're not entitled your own facts."

~ Former US Senator from NY, Patrick Moynihan

**FRIDAY, AUGUST 14, 2020  
REDWOOD REGIONAL PARK  
LEADERS: Pat McDonald & Celeste Burrows  
CANCELLED due to excessive heat**



Book Recommendation by Ron Van Dette

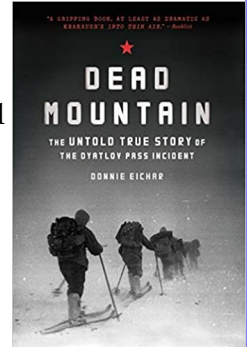
## DEAD MOUNTAIN

The Untold True Story of the Dyatlov Pass Incident

By Donnie Eichar

Historical Nonfiction Bestseller, True Story Book of Survival, Paperback October 21, 2014

The mystery of Dead Mountain: In February 1959, a group of nine experienced hikers in the Russian Ural Mountains died mysteriously on an elevation known as Dead Mountain. Eerie aspects of the mountain climbing incident—unexplained violent injuries, signs that they cut open and fled the tent without proper clothing or shoes, a strange final photograph taken by one of the hikers, and elevated levels of radiation found on some of their clothes—have led to decades of speculation over the true stories and what really happened.



This book is an unusual wilderness story in that it reads like a murder mystery. A true story of the demise of a group of young Russian hikers in 1959 in the Ural Mountains that no one had been able to solve.

Metal sculptures at Albany Bulb - Sylvia Kwan





San Pablo Reservoir by Sylvia Kwan

**Thursday, July 23, 2020  
Pinole Shores & Duck Pond Park Hike  
Leaders: Karen Arntzen & Rosemary Johnson**

The masks in the photo taken by Karen do not reveal the big grins on our faces for completing this five-mile hike. We headed north under cloud cover and encountered a friendly cat who seemed to be the official greeter for the trail. We passed a terraced orchard of many citrus trees where we spied a pair of orioles. We crossed the recently opened bridge that connects Pinole Shores Park to Pinole's Bayfront Park. Leaving the Bay Trail for an inland trail we encountered a wild turkey, a peahen and a brief glimpse of a skunk in the blackberry bushes. Looping back, we found a group of children being instructed in hula hand gestures in Duck Pond Park, where the restrooms were open (yeah!), and a big frog statue in Frog Pad Park. Karen said the restrooms were open in Shoreline Park too if we'd gone that far. We saw a lot new development in Hercules near the site of the proposed Amtrak Station. As we returned to the parking lot, the cat was still performing his duties as official greeter and let us pet him.

I really hope that you are able to gather in small groups and hike during this pandemic. If you'd like to join us, let me know, and I'll add you to my informal list. As always, we maintain social distancing, do not carpool and wear our masks. Pray for reliable vaccine soon!

Patricia Derickson



Masked hikers are: (left to right) Rosemary Johnson, Sue Pedrick (Karen Arntzen's sister), Linda Malm, Diane Barde and Patricia Derickson. Leader Karen Arntzen is taking the photo of hikers on "newish" Bay Trail bridge.

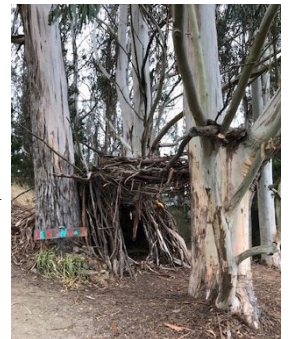
**Wednesday, July 29, 2020  
Motorcycle Hill Trail  
Leader: Lily Ho**

Seven restless hikers gathered to hike El Cerrito's Motorcycle Hill, so named by the Trailtrekkers as a tip of the



hat to the daredevil racers of a bygone era. Ninety years ago, this was the site of the National Motorcycle Hill Climb. Heading upward on a single-track trail we soon encountered a very cozy looking "Shelter In-Place" structure, which we admired but did not enter. Further up, there were nice, but somewhat foggy, views of El Cerrito

and the bay. Crossing Potrero Street, the trail led us up two steep flights of steps and on to city streets for a few blocks where we checked out the lovely homes and gardens before heading back down through the natural area. We made a stop at the Humpty Dumpty house to check out the menagerie of creatures before our final descent. Even with the steps, I'm sure we had an easier time



than those long-ago racers! Such an enjoyable hike with perfect hiking weather. Thanks to Lily Ho for getting us all together.

Silvia Akinaga

Silvia Akinaga caught waiting by Mary Huang; Someone's Shelter in Place, Tiger cubs - Silvia Akinaga; Masked hikers: Mike Branning, Connie Gee, Lois Switzer, Leader Lily Ho, Mary Huang & Silvia taken by Linda Margossian



Thursday, July 23, 2020

San Pablo Reservoir

Leaders: Patricia Derickson & Mike Branning

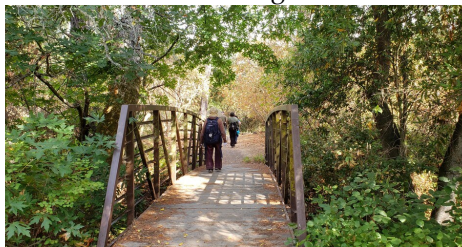
As I hadn't had time to scout this hike and my EBMUD Hike Leader Permit had just expired, I pressed Mike into leading our hearty band of eight through this riparian forest. We met at 8:30 a.m. at the intersection of Camino



Pablo & Bear Creek Roads where there is parking for about ten cars and, wearing masks and social distancing, we proceeded down

Old San Pablo Trail through Coast Live Oaks, Monterey Pines & California Bay trees. We took a slight detour down the Oursan Trail to check out a spot where Mike had done some trail work, and it was still in good order. Continuing our original trail, we looked for some egrets or blue herons that we remembered nesting in the trees

from our previous hikes, but I didn't see anything but some geese sunning themselves on the shoreline. It nourished our



spirits to be out on this lovely shaded path with good friends. The open restrooms at the recreation area were an added bonus! One caution is the abundance of poison oak on this trail. It is everywhere! By starting where we

did, we didn't have to pay \$7 for parking at the boat launch area. It was about 4.6 miles round trip and mostly level. It's possible to purchase or renew one's hiking



pass on-line at [www.ebmud.com](http://www.ebmud.com) as their offices are closed.

Patricia Derickson

Masked hikers: Karen Arntzen, Mike Branning, Linda Malm, Suresh Gadad, Rosemary Johnson, Patricia Derickson & Fran Leighty, Bridge crossing, Picnic area closed but restrooms open, View of channel into reservoir through the trees - all photos by Sylvia Kwan



Monday, August 3, 2020

Tilden/Wildcat

Leader: Celeste Burrows

What a surprise to find the parking lot to the Little Farm area in Tilden blocked off! All of a sudden, the parking directions from Celeste made sense. I suppose EBRPD really wants to discourage folks from picnic areas and the Little Farm was closed. Our little band of Celeste, Pat McDonald, Mike Branning and I started down the Wild-



Peaks, from L to R: Mt Diablo, Las Trampas and Rocky Ridge (I think), Vollmer Peak, Chaparral (behind Vollmer) and Grizzly Peak on the right. - Celeste Burrows

cat Creek Trail and encountered two deer near Jewel Lake. Celeste told

us how it loses most of its water in the summer and the history of the water wars in the early 20th century. We proceeded up Havey Canyon Trail and, because it had been about five months since I'd done any elevation on a hike, I completely missed noticing the bridge that had been installed fairly recently on the trail even though I



walked over it! Other folks in the group were well ahead of me as I whimpered up the trail. We reached Nimitz Way and decided to stop for lunch overlooking San Pablo Reservoir. I think the rest of the group hoped I would stop whimpering if I ate something. Restored, we continued on Nimitz Way to Wildcat Peak Trail and headed down through a ton of poison oak to Sylvan Trail and the Little Farm. It was a lovely hike and Celeste has wonderful stories to share of all the trails she has hiked in Tilden and beyond. She is planning to offer more hikes for CCHC, so be sure to check the CCHC website. We need to keep in shape!

Patricia Derickson

Other photos by Celeste: San Pablo Reservoir from the lunch spot, Horse riders on Loop Road near Nature Area taken from Sylvan Trail



**Thursday, August 6, 2020**  
**New Bay Trail in Albany**  
**Leaders: Stew Perlman & Lois Switzer**

There were nine of us hiking on a gorgeous day, all excited about getting outside after being sheltered in place for so long. We started off by going over the newly constructed bridge connecting us to the trail. There



were plenty of views to be seen since it was a clear day. Seeing San Francisco and Emeryville at the same time was a great sight. It is amazing that just minutes away from Albany it seems like you are in nature like that. One beautiful treat was seeing a bunch of "Naked Ladies" growing in the wild. They were seen just before we hit the heart of the Albany Bulb. Then we saw the art work of metal structures. I think that they are made out of recycled metals since the Bulb used to be a landfill and then occupied by homeless people.



On the Bay side of the trail, looping back to the cars, were stone plaques with pictures of the men of the Black Lives Matter movement. The most visible ones were of George



Floyd and Oscar Grant. There was one plaque that I didn't understand with the words, "Say

Her Name." After researching it on the computer it is in reference to Breonna Tyler who was shot to death at her home in bed by the police. Thank you very much, Lois and Stew, for leading this hike and getting us out of our homes.

Julia Cordell



View of Golden Gate Fields and new Bay Trail Bridge, Naked Lady flowers, View of San Francisco past rotting piers, stone plaques with Black Live Matters portraits - all photos by Sylvia Kwan

**Thursday, August 13, 2020**  
**Lake Elizabeth Hike, Fremont**  
**Leader: Jerry Ford**

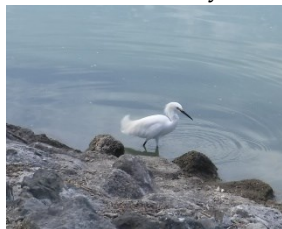
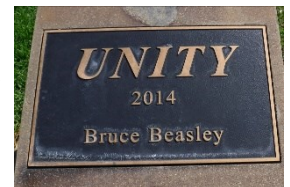
Although it was not the annual Fremont Picnic we have come to enjoy, at least ten of us gathered at Lake Elizabeth for a three-mile hike. The air was warm, the sky blue as we gathered under a big shade tree to welcome those who came to partake in the traditional jaunt around the familiar lake. Only this time there was no barbecue waiting for us as we completed the hike. Because we were all disguised behind our colorful masks, there was a request that I state by name the attendees: Frank, Patricia, Jan, Sets, Darlene, Rita, Dexter, Noel, Jerry, and Stew. Our leader, Jerry, first



took us away from the lake along Paseo Padre Parkway to lengthen the trip a bit. He pointed out to us an

information  
 Can you match the image with the names in the narrative?  
 - Hint: Dexter is taking the photo; Plaques and snowy egret information by Rita Poppenk

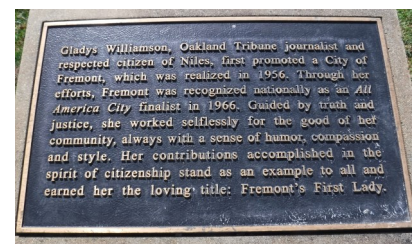
placard describing the lake's "Earthquake Walk," indicating how the lake's proximity to the Hayward Fault has misaligned the street curb immediately opposite the sign. We continued along the Parkway until we stopped at a large and impressive metal sculpture of six rings by Bruce Beasley, who has duplicated the same structure in many other places. We ultimately returned to



the lake and continued in a clockwise direction passing a snowy egret, mallards, squirrels, joggers, walkers, and Canada Geese; one who snatched a tangerine slice from my hand when we were having our lunch. (And he didn't even

eat it). It was especially rewarding to get together, especially since a number of us had not seen each other since the pandemic evolved. I hope that next year we will return to Lake Elizabeth but with a hardy barbecue feast awaiting us after our hike.

Stew Perlman



In this Year of the Pandemic, we miss our Overnight Outings but look forward to many wonderful post-covid trips in the future! Enjoy this lookback at a few recent CCHC trips.



Lassen Volcanic National Park 2017



Glacier National Park 2013



Calaveras Big Trees 2016



Big Sur Scouting Trip 2015



Lakes Basin Recreation Area 2018



Miranda Humboldt Redwoods 2019



**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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