



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



SEPTEMBER 2021



KNAPSACK

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

Wildfires, climate change, the delta variant, anti-vaccinators, poor air quality, the California Governor recall election (at a cost of \$215,000,000), etc. It's enough to make you want to pull your hair from your scalp; only I do not have much to pull. However, before you do that and take the next train to Clarksville or want to go back to the "good ole days," take a deep breath (at least on a good AQI day) and head to the beach, a serene mountain lake, take a hike with your CCHC friends or your family, eat out at a favorite restaurant, visit a museum or get together with a friend you haven't seen for a while. I think you get the idea. There really is a lot to be thankful for especially if you can do just some of what I have suggested. The Club will continue to be there for everyone. Today, I went to San Francisco and reacquainted myself with parts of the city I had not been to since before the pandemic. I had a wonderful time walking through North Beach, where Audrey and I once lived eons ago, had a latte and biscotti at an Italian bakery, continued on my way through Pier 39, where I stopped for a while admiring the antics of the sea lions. Then, on to Fisherman's Wharf to Fort Mason, the Marina District, through the Russian Hill District, walked

the edge of the Tenderloin, headed past City Hall, and then hopped on BART at the Civic Center for my return home. It was mostly a sunny day with mild winds. Thank you for indulging me. I hope that everyone is doing well, and I look forward to seeing you on a CCHC hike.

Stew Perlman

A HEARTY WELCOME TO OUR NEWEST MEMBERS



Martin Agran of Oakland
 Miu Wan of Castro Valley
 Judy Young of Union City
 Mary Heller of Oakland
 Ching Chiu of San Ramon

& WELCOME BACK

Stephen & Tania Borostyan of Benicia
 Linda Harvie of Oakland
 Tram Huynh of Concord
 Amelia Marshall of Oakland
 Janet Proudfoot of San Francisco
 Judith Abrams of Alamo

WE HAVE A NEW SUNDAY HIKE SCHEDULER!



Fran

Fran Leighty has volunteered to Chair the Sunday Hike Scheduler position. If you are interested in volunteering to co-chair, please contact Fran at cchcLeighty@gmail.com or 925-944-9068.

And a big *Thank You* to Mary Ulrich who served as Sunday Hike Scheduler since mid-2017!

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



If you are strolling around Lake Elizabeth, you can play follow-the-leader with the geese! Photo by Jerry Ford

HIKING PROTOCOLS DURING COVID

As the pandemic evolves, with more vaccinations but a more transmissible Delta variant, CCHC is modifying its hiking protocols to keep up:

Sign-up ahead of time. It is important that all hikers sign up with their hike leaders ahead of time. Contact information will be posted on the hike schedule. This is to make sure you can be notified of changing conditions both before and after the hike. Some hikes may be size limited.

Bring your mask, and wear it! You should wear it where appropriate, which is most of the time. There are small devices called Turtles that fit in your mask that make breathing much easier. If you are not vaccinated, you must mask at all times and adhere to all distancing protocols.

Bring your Lunch! But avoid crowding together. Space out during the hike.

Transportation: Hikes may include optional public transport or carpooling for the vaccinated. But leaders are encouraged to make sure there is parking available for hikers who would rather not take shared transportation. Unvaccinated members will need to make their own arrangements for carpooling.

Sunday Hikes! But if you want to schedule a hike on a Tuesday, that's ok as well.

Notify us IF: if anyone tests positive after a hike, please contact the hike leader! Hike leader then will contact everyone on the hike and also to groups.io.

Contact Jim Baranowski or our new Sunday coordinator Fran Leighty if you would like to propose a hike. There are a couple of openings between now and the New Year. Hope to see you on the trail, and keep yourself and others healthy and safe at the same time.



SAVE THESE DATES

- October 10-14, 2021— Prairie Creek Redwoods State Park. Vaccination and/or testing required. Flyer in April Knapsack
- March 2022— Anza Borrego

Celebrate Fall Solstice Wednesday, September 22, 2021

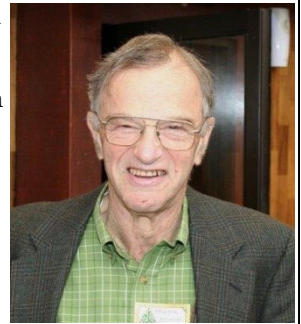


*When the trees their summer splendor
Change to raiment red and gold,
When the summer moon turns mellow,
And the nights are getting cold;
When the squirrels hide their acorns,
And the woodchucks disappear;
Then we know that it is autumn,
Loveliest season of the year.
- Carol L. Riser*

FRANK BELVIN

1933 – July 26, 2021

Frank Belvin passed away in July at the age of 88. He and his wife, Ruth, were CCHC members from 2004 to 2019. An active CCHC member, Frank served on the Board of Directors and also as a member of the Conservation and Audit committees. He was the first club member to hike using a gps. A charming and witty hiking buddy, Frank always had something interesting to say.



He was a graduate of Georgia Institute of Technology and MIT. He played bassoon in the Atlanta Symphony. Our condolences go out to Ruth and the rest of the family. A definite loss, he will be missed.

SUMMER LUNCHEON 2021

It was a treat to gather with our hiking buddies... many that we hadn't seen since the pandemic began! A great venue – at Spin A Yarn we were comfortably seated in a covered outdoor patio and had time to mingle before lining up for the buffet. A tasty selection to choose from: a carving station with prime rib, salmon and egg-plant parmigiana as well as a variety of vegetables, green salad, with fresh fruit and cheesecake for dessert. A large selection of door prizes helped make the event extra festive. Thanks to Lucy Perdichizzi for putting this event together with the assistance of Patricia Derickson and Reyanne Freeman.



All smiles at this table



Liz Howell



Lucy Perdichizzi

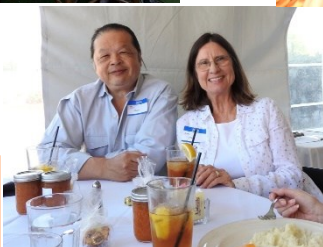


Patricia Derickson



Another happy group

Photos courtesy of Patricia Derickson, Noël Siver, and Teresa Schwanauer



Jon & Suzy Mark



IN THE HIKERS' FOOTSTEPS



View of Stinson Beach - Teresa Schwanauer



Thursday, July 22, 2021
Joaquin Miller Park
Leader: Rosemary Johnson

Twenty-four hikers, including the leader, met near the Joaquin Miller Ranger Station and Community Center to hike the Sunset-Sequoia Bayview-Cinderella loop. All Trails rates this hike as moderate. I'm not sure that all of the CCHC hikers would agree.



Sunset was the main uphill and was done early. The flat Sequoia-Bayview was notable mainly for the number of bicyclists that passed us. One would have thought that it was a weekend day. We did have some views of the Bay. However, trees have grown to obscure most of the view. After a restroom break, we started down the Cinderella Trail. What a misnomer! There is nothing lady-like or magical about this trail. It is steep and eroded in many sections. We hiked 3.25 miles with about 600 feet elevation gain and loss. We skipped about .6 mile that I had planned to do to Lookout Point where there is an expansive Bay view. But with stopping for the bicycles and for a hiker accident, by the time we got to the point where we could either take this detour or instead proceed directly to the meadow and the picnic tables, it was already 12:30 and time for lunch.



Bayview-Sequoia Trail, Rocky Cinderella Trail, Sinawik Trail Bridge - Sylvia Kwan

Despite the obstacles encountered, I believe that it was nice to have a cool, green hike under the redwood trees.

Rosemary Johnson

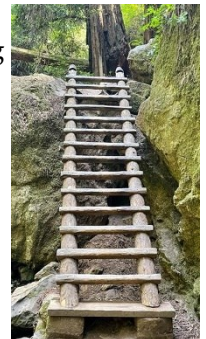
Sunday, July 25, 2021
Stinson Beach and Mt. Tam
Leaders: Bill & Yvonne Chen and Mike Branning

After a long, windy ride up and down Mt. Tam, twenty-one of us gathered in a parking lot by Stinson Beach to meet and greet before a wonderful hike. The clouds were low at start of the hike but quickly disappeared as we



began our climb on the Dipsea Trail. As we transitioned to Steep Ravine

Trail, Mike Branning shared a little of his childhood as he was born in a local house which his grandparents originally owned and is now Stinson Beach Redwood Haus Inn. The trail was stunningly beautiful with canopies of redwood trees providing much needed shade along the trail. There were trickles of water from mountain springs and the soft sound of chirping birds. Shortly after we climbed the famous 'ladder' we arrived close to Pantoll where we had lunch and were greeted by Patricia and Fran. There, we were treated to the sweetest, most delicious, cold watermelon that Patricia served. (Thank you, Patricia, it hit the spot for sure). After lunch we started back to Stinson Beach along the Dipsea Trail and Mike took us to a spring that was dedicated by Tamalpais Conversation Club in 1917. We slowly made our way down the endless steps,



enjoying beauty surrounding us. Thank you to Bill & Yvonne Chen and Mike Branning for organizing this brilliant hike.

Teresa Schwanauer

Group, Ladder, Around a switchback — Teresa Schwanauer

**Thursday, July 29, 2021
Blake Garden, Kensington**

Leaders: Mary Huang, Connie Gee & Lily Ho

We circled at BART and then took off for the Sunset View Cemetery, led by Mary and Connie. Lily didn't walk with us due to an injury. She waited at the Cemetery to intro-



duce our docent. Tom Panas hoped to give us a history lesson on El Cerrito. The first head stone we visited was that of William Rust, a pioneer of El Cerrito. Born in Germany, he became a newspaper editor and historian. Others

buried here: Clement Calhoun Young, Lt. Governor of California in 1927-1931; Robert Culp of "I Spy" who helped bring Bill Crosby to fame. There were many others. The cemetery does look very beautiful. There are a



few man-made sites, like this waterfall and lily pond. Next, we made our way to Blake Garden where we listened to our next docent while eating our lunches. The story starts with Mrs. Harriet Blake dividing 45 acres in the 1920s for her four chil-

dren. Anson and Edwin Blake lived on their properties. Anita Day Blake and her sister, a woman landscape architect student, designed 11.5 acres after Italian villa gardens. There are 1,000+ different plant species in the garden. Milkwood is planted to attract Monarch Butterflies.



The house became the home of the President of the UC system for many years. It now has been unsafe to live in because it is not up to earthquake standards. On a more personal note, Roberta said that she had been to dinner there since she had been friends with a UC President.



After the lecture, we were left to roam around the gardens and to return to BART. This was naturally after

Cemetery, Blake House with reflecting pool - Sylvia Kwan; Cascade - Julia Cordell; Sculpture in Chinese Garden section - Ellen Chen

thanking Lily, Connie and Mary for a beautiful hike.

Julia Cordell

**Sunday, August 1, 2021
Hayward Greenbelt Trail**

Leaders: Sharon Wang, Wanda Fong & Angie Toy

The first day of August was celebrated by nature lovers who wanted to explore and hike the Hayward Greenbelt. Fourteen spirited hikers climbed along the trails that comprised one of the largest recreation districts in the State of California. This Greenbelt included a zoned area with

underdeveloped land surrounding the neighboring urban areas of Hayward, Castro Valley, San Lorenzo, Ashland, and Fairview.



With poles and backpacks ready

for the hike, we traversed some hilly areas filled with packed dirt, rocks and roots, and many with dry leaves. Initially, there was a nice stream/creek alongside the trail which eventually led to dry creeks with no tadpoles. Rock walls high above gave way to lots of big trees and branches with the gravity of the earth holding them up. How do



trees and shrubs grow on rock formations? Ours to wonder! The 7.5-

mile hike demanded that we cross 8 bridges, dry creeks, open plains and paved road ways. We lifted our legs up/down 48 steps and rested when we needed. While all in good form, we gazed at the enormity of nature with all its beautiful flora and fauna: natural tree growth, bird nests and periodic lizards. As we approached the blue sky on this mild sunny Sunday, we could relish in our accomplishment of reaching a little over 1000 feet high. Most of all, these hikers enjoyed talking, sharing, stepping, enjoying the outdoors and getting a good night's rest at the end of the day, knowing that the day's hike was enriching and calming. **(I needed a nap before dinner!)**

48 Steps, Creek crossing, 12 hikers - Sylvia Kwan

CCHC is a hiking group that enjoys nature!

Angela Toy



Thursday, August 5, 2021
UCSF Mission Bay Art Walk
Leaders: Liz Howell & Jo Anne Schultz

Where have all the tourists gone? Who were those 37 masked people with knapsacks in front of the almost empty Ferry Building? Liz and Jo Anne led the group away on an art tour that anyone would envy. Linda Margossian kept the middle together. At Chase Center were



huge mirrored globes. Crossing the bridge near Oracle Park to Mission Bay, signs of growth were everywhere -- men in hard hats, pile drivers pounding, new buildings being framed.

UCSF commissioned about 150 pieces of art scattered around the Mission Bay campus. You can download a brochure from: artcollection.ucsf.edu. Here's a sampling: Four standing figures carved out of a single tree; The shadow of a metal structure spelling the word "HEAL"; At a research building, a kinetic sculpture titled "Hammering Man"; Five red-and-white pendant chandeliers at Genentech Hall; Koret Quad had art that looked like file boxes, plastic chairs cast in bronze, enameled laboratory refrigerators laying on their back; and "Dreamcatcher" -- huge balanced pieces of steel. Some joking hikers tried to persuade Helen to climb

inside a sculpture made of letters of the alphabet. She wisely declined. Lunch was like an international country fair with dozens of food trucks. The



Reflections, Figures - Noël Siver; Houseboats, Marina - Teresa Schwanauer (more on pg, 8)

only thing missing was cotton-candy. On the way back there were houseboats along a canal. Liz heard an ear-splitting squeal from an open garbage can. It was a large rat foraging for food. Later at the marina a red crab was found on the dock. Suzie volunteered to gently drop it back into the bay. There may be few tourists now, but they will return. This day belonged to the hikers, happy to be able to walk seven miles in one of the best cities in the world.



Linda Malm

Sunday, August 8, 2021
Angel Island
Leaders: Mike Branning & Patricia Derickson

It was a very foggy, cool, and breezy day with 12 CCHC hikers boarding the 10:00 AM Tiburon-Angel Island Ferry



for a 20 minute voyage to Angel Island State Park. After

disembarking, at Ayala (Hospital) Cove and circling up, we were serendipitously met by Park Ranger John who gave us a historical background talk. He also discussed recent coyote sightings: they're believed to have recently been introduced within the last 2 to 3 years, probably swimming across Raccoon Strait.



From the dock we proceeded to climb to Mount Carolyn Livermore (elevation 796 feet) where we had lunch. Alas, there were no Bay and San Francisco views because of the dense fog. After lunch we hiked down the Fire Road to the Perimeter Road passing the old U.S. Army serpentinite quarry and rock crushing station, returning to the dock to catch the 3:20 PM ferry. By map and

my Garmin, we hiked about 5.6 miles with an elevation gain of about 790 feet. As a geologist I always enjoy Angel Island hikes. The rocks are quite similar in type and age (metamorphosed about 145 million



CCHC with ranger, Up trail near chert, Plaque on serpentinite boulder - Bill Motzer; Ranger John Clagett, Ayala Cove & Tiburon - Sylvia Kwan

years ago) to those at Ring Mountain Open Space Preserve, in Marin County (home of the rare Tiburon mariposa lily), where we've hiked. On our Angel Island trek,



we observed red radiolarian chert, blue schist, and serpentinite. A good time was had by all and back in Tiburon we thanked Mike and Patricia for a wonderful day.

Bill Motzer

Thursday, August 12, 2021
Alameda South Shore to Crab Cove
Leaders: Patricia Derickson & Pat McDonald

There were two meeting places for this 4-mile walk. Those at Fruitvale BART were treated with beignets from Powder Puff Restaurant. We traveled by bus to South Shore Shopping Center and met the others. There were 18 walkers to enjoy the path along the beach. Alameda was



separated from the City of Oakland in 1904 by dredging a two-mile connecting piece of land; us-

ing all the dirt to form Coast Guard



Island. Then in the late 1950's, all the earth excavated from a hill where the Mormon Temple now stands was used to create the South Shore. It rises only 13 ft. above San Francisco Bay. Although this construction may have led to the founding of Save The Bay, the new land provided Alameda with lovely lagoons and beach along the bay shore. We had



SF Bay Trail, SF in distance, Hikers enter Crab Cove Visitor Center, Exhibits in CCVC, Linda Malm with Trails Challenge bandana - Sylvia Kwan

great views of San Francisco as we walked along Robert Crown State Beach. Robert Crown was a State Assemblyman who campaigned for the preservation of this park. Our goal was Crab Cove, a marine preserve with an interesting Visitors Center. This part of the park was a military base during World War II, and a monument commemorates those who trained there and were lost. A history exhibit about Neptune Beach, called the Coney Island of the West, explains that it closed in the 1930's depression. Other exhibits explain how sea life thrives in the rocky lagoon. This center will protect the life of the cove for years to come. This was our rest and lunch stop. Some left the group to return to BART while others retraced our steps along the beach to enjoy ice cream at South Shore. Thank you, Patricia and Pat, for such a pleasant walk.

Roberta O'Grady



Roberta O'Grady

Sunday August 22, 2021
Point Richmond
Leaders: Noël Siver & Silvia Akinaga

Point Richmond is a hidden treasure. The downtown area is full of historic buildings. The famous Hotel Mac dominates one end of the main street. The BNSF railroad bisects the town, heading into a tunnel in the hillside. The Richmond Plunge, an indoor community pool built in 1926, uses saline water with some chlorine. It is twice the size of an Olympic pool. Noël triumphed over a last-minute challenge to find



open restrooms for the 23 hikers. She simply led the hike in the reverse order. Restrooms appeared like magic. Silvia brought up the rear and made sure no hiker went missing. They walked along the bay to a former ferry terminal. You can walk out



on the pier to view seabirds, bridges, and skylines. There are graffitied cement buildings, now fenced off, that local young people used for parties. While the hikers ate lunch near Keller Beach, people flew kites, boats sailed by, and swimmers with colorful floats bobbed in the water.

On the south side of the ridge, the streets are at levels that allow most homes to have bay views. Architectural designs range from California Modern, to Victorian, to Modern Spanish Revival. The homes with white stucco and red-tiled roofs evoke a feeling of being in an Italian town on the Amalfi coast. There are artistic designs such as the "Lumiere House" which looks like a teepee, a sailboat, and a Mayan temple. Also seen were: a windmill mail box; an abstract metal Tyrannosaurus sculpture with a real horse skull; benches at the overlooks; public stair access to the beach; and the "Wave Garden" with winding cement paths that can be seen by satellite imagery. All in all, an excellent hike and a wonderful day.



Linda Malm



Ferry Point Tunnel, Richmond Natatorium (The Plunge) with historic mural on back wall, Miller-Knox Regional Shoreline from Keller Beach to Ferry Point, Tyrannosaurus sculpture, Nature Conservancy beach access - Sylvia Kwan

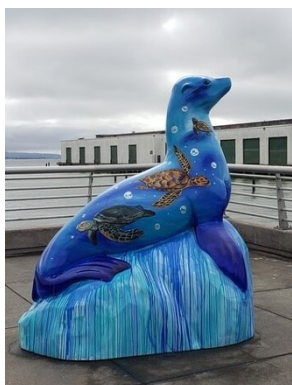
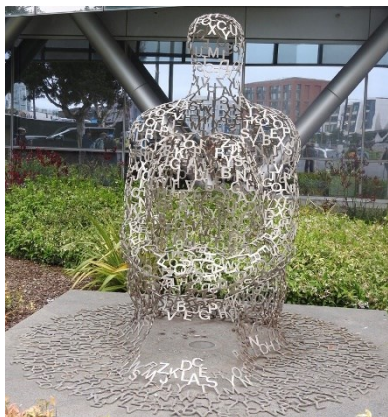
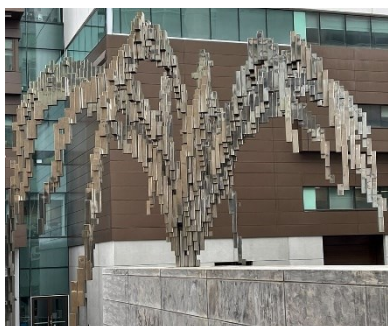


MORE OF MISSON BAY

Ship headed under Bay Bridge, Mosaic at Chase Center, Metal (palm tree or fountain?) sculpture, Selfie in cutout - Teresa Schwanauer

Overflow X 2008 by Jaume Plensa, Hikers walk by multi-colored Sea Lion - Noël Siver

Blue Sea Lion - Sylvia Kwan (one of 13 commemorating invasion of such critters at Pier 39)



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.

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•Jim Baranowski, **Thursday Chair**

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