



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

FIRST CLASS MAIL

## FINAL EDITION

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



**OCTOBER 2023**



# KNAPSACK

**Co-Editors: Silvia Akinaga, Rosemary Johnson**  
**Circulation: Agnes Chen**  
**Printing: Courtesy of Fred Mock**

### *PRESIDENT'S MESSAGE:*

Dear CCHC:

Yes, this will be the last edition of our excellent and informative newsletter unless a member or two members decide to step up and co-edit Knapsack. The President's Message will, however, be emailed to you through the valued members of the Website Committee or it will be sent through groups.io. In addition, important CCHC information will be sent to you as well either through groups.io. or the Website Committee using the MailChimp platform. For those of you who will want to do a hike write up, this can be accomplished by the individual volunteering and using groups.io. to submit it to the club members with an email address. The board will discuss these matters and let you all know what is going to be the best and most efficient protocol. The Website Committee should not be responsible to email the hike write ups; that's not what they signed up for considering there would be eight to ten write ups to have to consider each month. Those members who do not have a computer will be sent important information with mailed postcards to be done by our generous Connie Gee, Membership Secretary.

Most importantly, I want to express my deepest appreciation to Silvia Akinaga and Rosemary Johnson for being our co-editors of Knapsack for many years. Their work and creativity have done our club proud. Surely, they and the Knapsack will be missed. So, when you see them let them know how much you appreciate their commitment to CCHC.

Lastly, a quick reminder to do your best to include BART pick ups for your hikes and to be honest and fair - know what you need to pay the driver when you are a passenger.

See you on the trails,  
 Stew Perlman



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

**Martha Navarro of Bay Point  
Jolanta Piekarski of Concord**

***& WELCOME BACK***

"Michael" Moontalk Chung of San Francisco  
 Kate Steinel of El Cerrito  
 Barbara Sullivan of Castro Valley

**HOLIDAY LUNCHEON  
MONA LISA MARE E MONTI  
NORTH BEACH  
SAN FRANCISCO**

Wednesday, December 6, 2023



It's time for holiday cheer with an Italian flair!

**Where:** Mona Lisa Mare e Monti,  
414 Columbus Avenue, San Francisco

**Time:** 11:30-2:30

**Maximum:** 65



**Menu:** 2 antipasti, choice of 8 Italian specialties, to be ordered on site, including three vegetarian options; specialty dessert; coffee/tea/iced tea

**Cost:** \$ 40 members  
(subsidized thanks to generous donations)  
\$ 52 guests

**Directions:** Powell Street BART, transfer to T-Line Central Subway to Washington Street (last stop), then short walk to restaurant.

**Other options:** walk through Stockton Street Tunnel to Columbus (about 1 mile).  
Or take 30-Stockton bus to Columbus.

**Street parking** is limited and metered. The least expensive garage is Portsmouth Square Garage, 733 Kearny, \$4/hour. Walk one-half mile to restaurant.

**IMPORTANT:** **there are two Mona Lisa restaurants, under same ownership, across from each other on Columbus. Be sure to go to Mona Lisa Mare e Monti!**

**R.S.V.P. by Wednesday, November 29**

Please make checks out to CCHC and mail to:

Lucy Perdichizzi  
6 Captain Drive, Unit 235  
Emeryville, CA 94608

Questions?:

[lucyperd@sbcglobal.net](mailto:lucyperd@sbcglobal.net) (preferred)  
or text to 510-410-1285

**Hope to see you there!**



**SAVE THESE DATES**

- **Wednesday, December 6:** Holiday Luncheon at Mona Lisa Mare e Monti in North Beach.
- **April 7-11, 2024:** CCHC Outing to Chico's Bidwell Park/North Table Mountain Ecological Preserve See flyer in this Knapsack..

**FROM THE CONSERVATION COMMITTEE:**  
The following article is from the World Wildlife Fund.

**GOOD NEWS!**

Fishing gear is a deadly threat for the critically endangered Irrawaddy dolphin. Today a pinger, a small acoustic device – supported by WWF – about the size of a banana is proving effective as a deterrent. Attached to a gillnet, it emits a pulsing noise that annoys the dolphins but doesn't harm them.



Dolphins steer clear of the nets, deterred from trying to snatch fish, and stay safe in their habitat. And in turn, fishers' nets sustain less damage. Pingers benefit both dolphins and fishers' livelihoods – a study supported by WWF showed dolphin bycatch was reduced by 100% and all participating fishers kept using the devices after the trial ended.



**OPEN HIKE DATES  
JANUARY TO MARCH, 2024**

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

**Open Thursday Hikes:** January 4, and 25; February 1, 8, 15, 22, and 29; March 7, 14, 21, and 28.

**Open Sunday Hikes:** January 7, 14, and 28; February 4, 11, and 25; March 3, 10, 17, 24, and 31.

**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

## Chico's Bidwell Park and North Table Mountain April 7-11, 2024 Sign-ups December 3-15, 2023

The original inhabitants of what is now Chico were the Mechoopda Maidu. The City of Chico was founded in 1860 by General John Bidwell, a member of one of the first wagon trains to reach California. The Bidwells donated the land which would become Chico State University. Luckily for us, Anne Bidwell donated 1,900 acres along Big Chico Creek that would become the city's Bidwell Park. One of the hikes will be along Big Chico Creek.



Chico is roughly 150 miles and three hours from the Bay Area.

**Sunday:** On the way up, we will drive to Black Butte Lake. Have our lunch at the picnic area and take a 3.3 mile, 600 ft vertical hike along the lake. Then we drive about 35 miles to our lodging located near downtown Chico.



**Monday:** We will all hike the Anne Bidwell trail and explore the heart of Bidwell Park.

**Tuesday:** We drive to North Table Mountain Ecological Preserve. Each person will need a permit. This is a unique environment that has fields of wildflowers. The soil is volcanic and not conducive to most grasses. This gives the flowers a heads up. We offer two hikes. We start together and hike to Phantom Falls. Mostly flat, but a couple short steep sections. One group will head back to the start (4 mi, 400 ft) and the other group will take a longer route to see Ravine Falls and Beatson Falls (7 mi, 800 ft).





**Wednesday:** The group splits up. The harder hike will start at 10-mile Trailhead on Deer Creek Hwy. It is a 6 mi, 1500 vertical hike. Those not going on the harder hike can hike Lower Bidwell Park and its beautiful riparian habitat (3 mi, 500 ft). Then, optionally, explore historic downtown Chico.



**Thursday:** We head home. There is an optional hard hike at UC Davis's Stebbens Cold Canyon Ecological Preserve near Winters (5 mi, 1500 ft). People who don't want to do the hard section, which is at the end, can do an out and back. Optionally you can explore the town of Winters and drive back on scenic Pleasants Valley Rd, or drive directly home from Chico.

Trip leaders are Edwin Osada, Lynne Vogensen, Yeao-Nan Hsieh and Jan Lecklikner. Sign up with Lynne Vogensen by email (preferred) at [mslynn33@yahoo.com](mailto:mslynn33@yahoo.com) and only text or call 925-899-4030 if email is not available. Sign up only during the sign-up window of December 3-15, 2023. Any attempt to sign up outside of the window will not be valid.

Just a reminder that all CCHC members are invited to sign up for overnight trips. However, members who contribute to club activities will be given priority for selection. See CCHC Outings Information, Qualifying Criteria for Outings at <http://contracostahills.org>.

# IN THE HIKERS' FOOTSTEPS



View of Mt Tam from Albany Bulb - Sylvia Kwan

## Thursday, August 17, 2023 El Cerrito to Albany Bulb Leader: Connie Gee

Connie Gee started the hike by telling us the history of The Bulb. The Bulb was originally a landfill. Then it became a haven for the homeless. Now the Bulb is known for its artwork featuring nature and victims of society. These artworks are made out of many different media.



We took off from El Cerrito Plaza Bart Station to walk a one-way hike, ending up at North Berkeley BART Station. Plenty

of Naked Ladies flowers to look at, plus gorgeous views of San Francisco. The Bulb has also become a favorite for dog walkers and on any given day you will see plenty of dogs. Here are some dogs that are afraid of getting COVID. Actually, they are wearing masks for protection against thorns.



After lunch the rest of the hike was walking the streets of Albany and Berkeley. The destination was a vegan ice cream shop and North Berkeley BART Station.

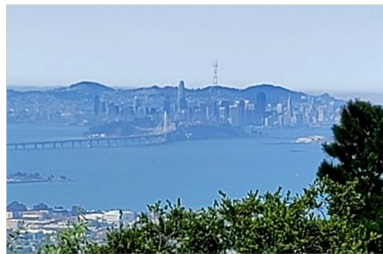
Thanks, Connie, for a great hike.  
Julia Cordell

Egret sculpture, Trail into Eastshore Regional Park, Group in front of iconic metal sculpture - Sylvia Kwan; Dogs with net masks - Julia Cordell



## Sunday, August 20, 2023 Berkeley Stairways and a Little Bit of Tilden Leader: Lois Switzer

Five hikers joined our leader at the corner of Euclid and Eunice for a hike through a most beautiful neighborhood of Berkeley homes, connected by challenging stairways. We first followed the path through Oak Street Park and onto Tamalpais Trail. This led us to two sets of stairs called Covert, on to Whittaker Stevenson and Stoddard Stairs, followed by Scott Newhall Path. (Scott Newhall, 1914-1992, was a well-known columnist and editor of the San Francisco Chronicle.) All the stairways and paths were lined with interesting plants and flowers. We had glimpses of the lovely homes that bordered the



stairways and magnificent trees. At every step up we had the most beautiful views of San Francisco Bay and the city beyond. We arrived at Grizzly Peak Blvd. and entered Tilden Park off

of Hill Road. Here we enjoyed a hike overlooking the golf course, along the Selby Trail to the Redwood Trail. We followed the Redwood Trail to a shady lunch spot near Laurel Picnic Area. We returned to the Selby Trail via Grizzly Peak Trail and followed the Atlas, Columbia and Glendale Stairways down to Glendale-La Loma Park. Rose Path led us back to our starting point on Euclid Avenue. Our hike was about 6.5 miles and 1200 ft. of climbing. Thank



Covert Path, View of the City, Redwood Trail - Sylvia Kwan

you, Lois, for a wonderful hike and for delicious cookies.  
Roberta O'Grady



**Thursday August 24, 2023**  
**Berkeley Campus to Strawberry Canyon**  
**Leaders: Julia Cordell & David Jadeson**

Hikers started arriving early at Berkeley Express Coffee Shop, anticipating a great day in Berkeley. David passed around several bags of Ghirardelli chocolate squares. Julia led the group to the Cal Campus to begin the hike. Students were circulating on the paths and quads. A few wore bright costumes -- others wore traditional student attire. There was a stop at the Faculty Club -- meetings were going on in large rooms, and buffet tables were being set up for later meals.

The hikers made their way toward the football stadium, then headed up Strawberry Canyon. They passed a rugby field, baseball diamond, and swimming pool. A wide dirt



trail led upward through a forested area. Across the canyon they

spotted Lawrence Berkeley National Lab. At a fork in the trail, six bold hikers took the challenge to tackle a steep slope for the view. The others remained below in the shade, chatting and relaxing as their fellow hikers chugged up the hill. When the six hikers later descended, they were greeted with applause and admiration.

Next was a series of staircases going down through a beautiful Berkeley neighborhood, passing by several frat houses. There was another rest stop at the International House. Then, the group took a left on Shattuck and headed to Little Plearn Thai Restaurant. A long table soon filled with hungry hikers. Large plates of food were set down. There were many happy faces. Two thumbs up!



Linda Malm  
 Julia leads hikers up Strawberry Canyon, Group photo, Orchard Lane, Hungry hikers at lunch - Sylvia Kwan

**Thursday, August 31, 2023**  
**Point Pinole Regional Shoreline**  
**Leaders: Karen Arntzen & Patricia Derickson**

The cool wind at Point Pinole was a welcoming omen to a wonderful hike. Eighteen hikers led by Karen and Patricia



took us across the Rheem Creek Bridge and through Dotson Family Marsh land donated by this family to the EBRPD. Initially, we traveled on an asphalt trail and across a long concrete

bridge and then headed north on a dirt trail adjacent to San Pablo Bay. Soon, we were hiking through an expansive eucalyptus grove that kindly shaded us. A few



miles along the hike, a 900-foot fishing pier greeted us known as Old Wharf, where ships once busily worked.

The area had information panels telling us about the robust activity and the powder companies that produced an estimated two billion pounds of dynamite for use in mining, railroad building and road construction from 1881-1960. We stopped for lunch in another grove



and were joined

by Nolan. After we finished our lunch, we continued on and realized that the breeze had subsided but it would return. Along the way, we had the pleasure of coming upon a cluster of naked ladies; a welcome sight against the yellow-brown summer grass parched from the sun. Next, we were traveling on the Sobrante Trail and heading to the parking lot where we had begun. Thank you to Karen and Patricia for the goodies and outstanding weather and hike.



Stew Perlman

Karen leads hikers across bridge over creek, Hikers view story board near pier, Great egret, Naked Ladies in blood, Bay Trail Sylvia Kwan





**Sunday, September 3, 2023**  
**Top of El Cerrito and Kensington**  
**Leaders: Lois Switzer & Amy Tiekü**

Today was a great day for a hike. The weather was nice with some overcast clouds in the sky. There was a big show-up for the Arlington and Kensington hike. The walk started at the trail behind the Arlington tennis courts. The hiking trail was easy to hike because it was flat with hardly any obstacles on the path.



As we hiked through the Arlington Hills, we had views of Tilden Park with Wildcat Canyon Road.

Since the views were beautiful, I stopped to take a couple of pictures. We hiked up a few streets in the Arlington neighborhood and had a nice view of the Kensington neighborhood. As we walked through a couple of streets in Ken-

sington, we came across the Ye Olde Trail. The Ye Ole Trail



seemed like a good trail to hike and the group liked it. It was another trail that had few obstacles in the way. However, the trail did have a fork in the road with one trail going up to a smoother path. The downhill path had a few obstacles like logs and stones in the middle of the path. The hike was about 5 miles from the start and back again.



Uphill section, Lois speaking to the troops - Sylvia Kwan;  
 View of the hillsides - Ryan Stearns

We stopped at a park in Kensington for lunch. The park had a grassy field and benches where you could sit to eat your lunch.

There was a beautiful view of the Bay Area from the park. After lunch, we started back on the trail to the Arlington tennis courts. The group got back at 2 PM and everyone headed home. All in all, it was a nice day for a hike through Arlington and Kensington neighborhoods.

Ryan Stearns

**Thursday, September 7, 2023**  
**Picturesque Piedmont**  
**Leader: Lucy Perdichizzi**

Beautiful weather and beautiful surroundings awaited 32 hikers on the five-mile exploration of Piedmont. After leaving Rockridge BART, we headed down College Avenue. We enjoyed passing the chi chi shops and restaurants lining the street. One shop even had an open window with a large white furry dog lying down observing the passersby.

There were some hilly areas and stairs to challenge us while walking through the pristine neighborhoods. Lucy had promised a redwood forest which we came to when entering Dracena Park. Once the site of a rock quarry, it is now a lovely area of paths through the redwoods, leading to the park to have our lunch. Dog walkers with their charges we're enjoying the path also. Part of the walk was under a charming wooden structure called Storyteller Bridge. During lunch, we could watch the children in the sanded play area on swings and slides.

After lunch we made our way to Fenton's ice cream shop. Some hikers chose to forego this option and went on to the BART station. Yours truly scarfed down a hot fudge sundae. It was the perfect ending to the perfect day.

Georgette Armstrong

Unfortunately no pix of this hike were submitted

**IMPORTANT INFORMATION**



Groups.io

This month I hope to add all CCHC members that are not currently signed up for this on-line message group. Since the Knapsack will be no more, I hope members will post the write up of hikes there. Hike photos are already uploaded there. Once I add you, you will need to add a password to your account to complete your addition. If you don't want to join, just don't complete this step. However, it will be valuable not only for hike narratives and pix but also to receive notices of the latest hike schedule updates.

Please consider joining in. You will not be overburdened with emails. Very few go out – not even one per day, maybe only one or two in a week. Of course, you can always delete them.

Be part of the CCHC community!  
 Rosemary Johnson, Moderator



**Sunday, September 10, 2023**  
**Miller/Knox Park, Richmond**  
**Leaders: Mike Branning & Laurie Lau**

This Sunday was a great day for a hike at the Miller-Knox Regional Park located in Richmond. Twenty-six hikers showed up for the trek. The weather was nice and it was not too hot. We hiked along the Old Country Trail. There



were a few hills to climb along the trail, but the hills were not too steep for

the group. Along the path, there were some beautiful native plants to look at and take pictures of the shrubbery. As the group hiked along the Old Country Trail, we en-



joyed some beautiful views of the Richmond Marina. It was a good thing that the weather was nice and clear on Sunday, so that the group could see a clear view of the Harbor. We stopped to look at condos with green roofs and a dock full

of boats. Then we stopped by a view of the Rosey the Riveter Museum. The group stopped and listened to Mike as he explained the history of the Richmond loading docks and the Rosey the Riveter Museum. He explained the Richmond Marina was used to build tanks throughout World War II.



Hillside trail with view of Richmond Harbor, Hikers enjoy a view from the top, Brickyard Cove, Water break - Sylva Kwan

After Mike gave his tutorial on the Richmond Marina, we hiked down a cement path and then made a left turn on to another dirt trail.

This dirt trail led us to the picnic area,

where we stopped and had lunch. After the group finished eating lunch, we walked down the hill and we stopped by a beach. We followed the trail from the beach and it took us back to the parking lot of Miller-Knox Park. All in all, it was a perfect Sunday for a hike.

Ryan Stearns

**Thursday, September 14, 2023**  
**Round Valley Regional Park**  
**Leaders: Colette Cussary & Diane Cannon**

We set a record for the least number of hikers – only 4 of us! We blamed this on soaring temperatures. So, we took



off early and were done by 1:30, when it was 86 degrees! Lots of water breaks! The trail was unusually quiet, because of the lack of people. We could hear every twittering bird in the trees and

every ground squirrel scurrying in the dry grass. It was

nature at its finest. Colette almost stepped on a baby tarantula, which blended so well with the dirt. Shapes of dead trees took the form of Burning Man, a crocodile, a horse, and a stick figure with huge eyes. Were we hallucinating because of the heat? No! We were just a creative



group!

Lunch was enjoyed at the picnic area under spreading Valley Oaks. A gentle



breeze accompanied us as we trekked back to the trailhead. There, we rewarded ourselves with a well-deserved bottle of ice-cold water.

Diane Cannon

Intrepid 4, Tarantula, Jr. Burning Man, Dog/Horse/Mt. Lion? - Diane Cannon



**Sunday, September 17, 2023**  
**Mt Umunhum**  
**Leaders: Harry Fong & Cathy Kong**

Up, up, up we drove to Mount Umunhum which is part of the Sierra Azul Open Space Preserve near San Jose. Many of us 10 hikers had never heard of it before...and its name means "hummingbird" in Ohlone languages. This place has an interesting history. It was sacred to local native people for thousands of years, home to the New Almaden Quicksilver mining operation, and was part of the Almaden Air Force Station from 1957-1980. Military





servicemen and their families lived there, and there was even a bowling alley and swimming pool! The site was cleaned up and opened to public in 2017. The radar tower still stands at the top at 3486 feet.

Our original plan was to park at Bald Mountain

Parking Lot at 2200 feet, climb up to the summit and back down; however, parking was so limited that we decided on the reverse. It was a total of about 8 miles, with many switchbacks and plenty of



shade and cool breezes. Highlights of the hike were: breathtaking 360-degree views over the valley with Mount Hamilton in the distance, native plants such as Manzanita trees, a hummingbird, hawks, and an abandoned VW Bug at the bottom of a ravine!

It's always fun to hike a new trail. Many thanks to Harry Fong, our leader!

Amy Tieku



Group - Amy Tieku; Water Break, Up the trail, At summit - Harry Fong

## THAT'S ALL FOLKS!!

This is the final Knapsack. The club will find a way to make needed information available to the membership. Perhaps, at some time in the future, one or two energetic members will create a new version of the newsletter, but for now it is time to say farewell.

We wish to express our thanks to all who have contributed so much to this publication: those who have penned writeups of our glorious hikes, the photographers that beautifully captured so many of our hiking adventures, everyone who contributed articles, the wonderful group of proofreaders (Ray & Marie Alberti, Linda Margossian, Stew & Audrey Perlman, Lois Switzer) who kept us on our toes, Fred Mock who generously printed the Knapsack. Agnes Chen who did the mailing, Connie Gee who provided the mailing labels Sue Lai/Website Committee who recently took over emailing the Knapsack. This was indeed a group effort and we relied on all of you so much and are indebted to you for all your efforts.

Knapsack Editors  
Silvia Akinaga and Rosemary Johnson

CCHC Board currently meets via Zoom on the second Friday of each month. CCHC members should contact Stew Perlman with any concerns so that they can be discussed at the meeting.

Conservation Committee meets monthly. Conservation issues should be addressed to Beryl Vonderheid.

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