



FIRST CLASS MAIL

CONTRA COSTA HILLS CLUB

CCHC NEWSLETTER – MARCH 2025 ISSUE

Dear Members

Greetings! For our members who have requested mail communication, here is the hike schedule for April-June 2025, a flyer for an excellent overnight outing in June, a short newsletter with updated March hikes, and sign-up/waiver forms for the new club year. Please mail both forms with your check or bring them to the Annual Meeting on March 9. We recommend you consult the club website at <https://contracostahills.org/index.html> for updates and additional information. Also visit our safe section in groups.io for announcements, late updates, as well as pictures and write-ups from past hikes.

Thank you for your support of the club, and see you on the trail.

Pincrest Outing

June 1–5, 2025

Sign up through March 8, 2025



Sunday 6/1/2025—drive to Eproson Park, Twain Harte to use restrooms, group up to drive to Lyons Reservoir for lunch and an easy hike (4215' el.)

Monday 6/2/2025— Moderate hike around Pinecrest Lake (5600'). 4 mi., 400 ft. Optional easy hike after lunch at Fraser Flats. 4 mi, 200 ft., out and back.

Tuesday 6/3/2025— Moderate hike on single track to Camp Lake (7600'). 6 mi, 600 ft. Have lunch and enjoy the peaceful (swimming) lake.

Wednesday 6/4/2025— From Kennedy Meadows camp (6350') hike (moderate+) 5.5 mi, 1000 ft with fantastic views of rushing water and waterfalls on rock-filled trail to the second bridge. Then optional to Relief Reservoir (7250), another 1.5 mi round trip, 400 ft.

Group dinner at Mia's in Cold Springs.

Lodging- We have reserved 5 chalets at Rivers Resort Rentals, each with 2 bathrooms, full kitchens & living rooms, large decks with outside BBQs and seating. The resort is near a creek and has a heated swimming pool. Each chalet has 3-4 bedrooms and can hold from 5 to 7 people with a few single queen rooms (no private bathrooms) and multiple twin bed bedrooms.

Joint or separate chalets can prepare meals or create a nice joint BBQ dinner for several chalet groups. Many of the chalets have connected decks for group dining. There is one planned group dinner.

With our shared expense model, lodging for the four nights will range from about \$260 to \$330. These figures are based on 30 people and 5 chalets. At the end of the sign-up period, based on the number of participants, we will have a more exact cost and you can make your decision.

More outing and hike details at:

<https://contracostahills.org/uploads/1/2/5/7/125710642/pinecrest-savethedate.pdf>

To sign up, please email Lynne Vogensen at mslynne33@yahoo.com between Feb. 15-28, 2025.

To see if you qualify for an outing:

https://contracostahills.org/uploads/1/2/5/7/125710642/qualifying_criteria_for_outings_24-02-24.pdf

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February 9 – Las Trampas Rocky Ridge - the perfect bench view- Marilyn L, Jo Anne, Laurie, Helga, Diane

President's Message:

I hope that everyone is doing well. In case you did not notice, CCHC celebrated its 105th anniversary on February 22nd. Other important dates to keep in mind are the Annual Meeting, March 9th and the Spring Luncheon, April 2nd. Please remember to send your yearly dues to Connie Gee or you can bring your payment to the Annual Meeting. It's been a devastating time for our National Parks and the environment as the present administration continues to cut funds and fires NPS employees or refuses to hire the summer seasonal workers who normally would have been hired by now. I know that we are not a political organization but as a hiking club whose members visit the parks on their own or as part of the club's overnight outings, it behooves me to say something. Furthermore, intelligent and effective policies and projects that combat climate change are being gutted. There are environmental/conservation organizations and politicians doing their best to mitigate and to stop the adverse effects the administration is doing. You can help support their efforts with donations, letters, emails, and protest rallies. By nature, I tend to be optimistic and I know that the pendulum swings. Let's hope for the best and that we will see a better and brighter future for our planet and our country. Stay well.
Gratefully yours, Stew Perlman

NEWS AND EVENTS

Dear Members

Hopefully you will consider giving a donation to the Conservation Committee with your dues payment. Just specify the amount to go to the Conservation Committee. The Conservation Committee donates to 26 organizations. You may give to some of the same organizations, but to do it as a club – our club – is special. You also can give anytime during the year. The more money we get, the more we can give away.

- **Beryl Vonderheid for the Conservation Committee**

Annual Meeting March 9 - come for an enjoyable walk around Lake Merrit followed by refreshments and the annual meeting.

During the meeting the following will be nominated for service to your club:

President - Stew Perlman

Vice President - Jim Baranowski

Treasurer - Cameron Mitchell

Membership Secretary - Connie Gee

Recording Secretary - Mindy Svorny-Moore

Corresponding Secretary - Patricia Derickson

Directors - Mike Branning, Rosemary Johnson, Suzy Mark, Fran Ternus, Helen Wong Johe

Hiking Schedule - Marilyn Vihman, Sunday; Jim Baranowski, Thursday

Hiking Schedule Editor - Noël Siver

Newsletter Mailing - Connie Gee

Newsletter Printing - Fred Mock

Extracurricular Coordinator - Lois Switzer

Groups.io Coordinator - Rosemary Johnson

Nominating Committee - Cameron Mitchell, Chair, Harry Fong, Lily Ho

Social Committee - Lucy Perdichizzi, Chair, Patricia Derickson

Overnight Outings Committee - Edwin Osada, Chair, Bill Chen, Steven Chun, Helen Wong Johe, Angela Toy, Lynne Vogensen

Conservation Committee - Beryl Vonderheid, Chair, Liz Howell, Barbara Mow, Jo Anne Schultz, Lois Switzer, Kate Steinel

Audit Committee - April McMahon, Linda Margossian, Herb Yonge

Historian - Yvonne Moss

Website Group - Lewis Conner, Liz Howell, Sue Lai, Fred Mock

CCHC Overnight Outing PINECREST LAKE and the area around Hwy 108 – June 1–5, 2025 – see the attached flyer. Space is available, signups through March 8!

WELCOME to our new member, Nori Hudson from Albany

OPEN HIKE DATES: Sunday, April 20, May 25, plus all Sundays in June are open. Thursday, June 5 is also open. Contact Marilyn Vihman (Sunday) or Jim Baranowski (Thursday) if you would like to lead a hike, or if you would like some ideas for hikes.

IN THEIR FOOTSTEPS: A full set of write-ups and pictures can be found under CCHChikers on groups.io. Contact Rosemary Johnson with questions.

MT DIABLO STATE PARK, GREEN RANCH SITE, February 16. Leaders: Diane Cannon & Sue Elliott. On Sunday, February 16th, eleven hikers got a break from the rainy weather and drove the windy road up the hill of Mt. Diablo. Diane and Sue had scouted the original proposed hike on Monday and discovered that part of the trail had slipped away, so we were being re-routed. We started at Curry Point and hiked out and back on the Summit Trail with a diversion over to the Green Ranch site for lunch. The Summit Trail was a challenging uphill

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climb on a fire trail. There were several stops along the way, with markers explaining the unique geological features in the park, including the chert and graywacke. A good excuse to catch our breath!

The Green Ranch site, where we stopped for lunch, is quite an interesting part of history on the mountain. All that is left are remnants of the house that once was there – the foundation, chimneys, pool, tennis/basketball courts, and the spectacular view! The family that occupied the house were the Greens and they used it as a summer retreat from 1939 to 1958, where the children learned to swim, hike, and two of the four children, ride horses. The state bought the property in 1965 and demolished it in 1993 as a fire prevention measure after it had been abandoned.

We took the lovely single track Oak Knoll trail back to the Summit Trail. Here we spotted a small purple Pacific hound's tongue and a white milkweed flower, both just barely peeking out from the greenery all around. The views from the mountain at many locations along our way were amazing! Thank you, Diane & Sue, for your due diligence and leading this awesome hike! - Pam Littlejohn



January 30 – Round Valley – Sophia, Collette, Diane, Dexter, Rita

MARCH 2025 HIKES

Sunday, March 2 CHINA WALL, MACEDO RANCH, ALAMO
9:30 Meet at Walnut Creek BART station, where **cars are needed**. Or **10:00** meet at Macedo Ranch Staging Area, 3756 Green Valley Rd., Alamo. Parking fee \$6/\$5 seniors. Restrooms at start/end only. Hike Wall Point Rd, Briones to Mt. Diablo Regional Trail, Buckeye Ravine Trail, Stage Road Trail, and Little Yosemite Trail. The highlight is California's own China Wall! 7 miles with hills. Sticks helpful. Rain/mud cancels. **Drivers/riders call** Diane by 6 p.m. on 3/1.
LEADERS: Diane Cannon 406-465-9873; Colette Cussary

Thursday, March 6 HAP MAGEE RANCH TO DOWNTOWN DANVILLE VIA THE IRON HORSE TRAIL
10:45 Meet at Pleasant Hill BART to **carpool** or **11:15** meet at Hap Magee Ranch Park, 1025 La Gonda Way, Danville (680 south to El Pintado Rd exit). Walk 2 miles to downtown Danville via the Iron Horse Trail. Choose from a variety of great restaurants for lunch. Then visit the San Ramon Valley Museum (opens at 1:00). Return to Hap Magee Ranch Park. Flat, paved, approx. 4-mile hike. Heavy rain cancels. **RSVP** to Karen at karntzen5@gmail.com for a ride from BART.
LEADERS: Karen Arntzen 925-357-0409 and Patricia Derickson 925-876-3278

Sunday, March 9 ANNUAL MEETING
10:00 Meet at Lakeside Park Garden Center at Lake Merritt for a walk around the lake. Around **11:00**, social hour at the Garden Center, followed by the annual meeting. Susan Ramos, Beryl's daughter and naturalist for East Bay Regional Parks at Crab Cove, will be guest speaker. Refreshments served!
NOTE: March 9th is the first day of Daylight Savings Time

Thursday, March 13 CARQUINEZ SCENIC DRIVE
10:00 Meet at Port Costa Staging Area on Carquinez Scenic Drive. **Drivers needed** for BART pick-ups. 4 miles out and back on paved road. **Sign up March 7–12** at compasros@comcast.net (preferred) or call 510-948-8385. Light rain OK, heavy rain cancels.
LEADER: Rosemary Johnson (mobile day of hike) 510-619-5728

Sunday, March 16 "REMEMBERING PAT McDONALD" HIKE
Pat and her friends often hiked at Tilden Park, among other parks, during the pandemic lockdown. We will take the simple route we enjoyed together to honor her, a positively great hiker.
9:00 meet at North Berkeley BART where **cars are needed**. Or **9:30** at Little Farm parking lot, 600 Canon Drive. Berkeley. We hike up to the Wild Cat Peak via Inspiration Point and back, taking various trails. ~ 7.5 miles with ~1000' elevation gain. Treats will be provided at lunchtime. Hikers who would like to join only at lunchtime, please do so. Sticks helpful. Rain/mud cancels. **Hikers, riders, & drivers please email** atelier.sato@gmail.com by 6:00 p.m. on Friday, March 14.
LEADER: Sophia Garcia 510-549-2413

Thursday, March 20 QUARRY LAKES
10:00 Meet at Union City BART (restroom). We will walk from Union City BART to Quarry Lakes (1 mile, paved, flat) and 3 miles around the lake (mostly flat trail). Pot luck lunch! Bring finger foods such as chips & dips, crackers & cheese, small sandwiches, cut up veggies or fruits, egg rolls, lumpia, small empanadas, etc. Let's celebrate the approach of Spring!
LEADERS: Sets Amann setsamann@pacbell.net, 510-909-7734 day of hike only; Jerry Ford 510-921-1739

Sunday, March 23 SUNOL REGIONAL WILDERNESS
9:30 Meet at Sunol Regional Wilderness Parking Lot across from the Visitor Center, 1895 Geary Road, Sunol, CA 94589. Parking fee \$5. Take 680 S to exit Calaveras Rd/Hwy 84, left on Calaveras, left on Geary Rd. Hike 9 mi, 1700' gain. Gorgeous views, wildflowers (hopefully) and 7 creek crossings. Bathrooms at start of trail. **Riders and drivers contact** Marsha by 6 p.m., Friday, 3/21, 510-526-7306. Rain cancels. **LEADERS:** Marsha Maslan 510-526-7306 (LL) and Colette Cussary 925-676-8115 (LL)

Thursday, March 27 SYCAMORE GROVE PARK PLUS OLIVE OIL TASTING, LIVERMORE
8:50 Meet at Dublin/Pleasanton BART station (end of line). As you exit the station, turn right towards Pleasanton (Owens Dr), and meet at the drop-off/pickup area. Or **9:30** meet at Independence Park, 2798 Holmes St., Livermore, at the south parking lot. Walk through Sycamore Grove Park to the historic Olivina Estate for a 1.5-hr. tour of the olive oil farm and mill, plus a tasting. Entrance fee is \$10, but everyone gets a \$10 coupon towards a purchase. See <https://www.theolivina.com>. Continue to lunch, and return. Approx. 7-mile loop on paved and dirt trails, 200' elev. gain. Restrooms at park entrance and lunch. Rain cancels. **Everyone must RSVP** by 3/25 to Althea at moy@wawong.com as **headcount is needed** for Olivina tour. If taking BART, **text** Yoli Gonzalez at 510-206-7354.
LEADERS: Althea Wong 925-487-6469; Yoli Gonzalez 510-206-7354; Carol Tse 510-266-2324

Sunday, March 30 PATWINO WORTLLA KODOI DIHI OPEN SPACE PARK
9:00 Meet at Walnut Creek BART where **cars are needed** or **9:40** at 2061 Rockville Rd, Fairfield, CA 94534. Opened in 2024, a 1500-acre inner coastal range of blue oak and Sonoma volcanic woodland with views of Sierras and Mt. Diablo, and hosts the Doris Klein section of the Bay Area Ridge Trail. Restrooms at park. Parking \$5 cash/card. Hike a 6-7 mi loop with rolling 800-1000' elevation, depending if & where the wildflowers are blooming. Bring lunch and ground tarp. Sticks helpful. Rain cancels. **Riders and drivers please contact Steven** (schun51@gmail.com) by March 28.
LEADERS: Steven Chun 707-761-4392 and Georgia Chun 707-761-3450

Please contact James Baranowski at brnw_th@yahoo.com if you have a comment or contribution. Thank you.

*****CCHC MEMBERSHIP RENEWAL INFORMATION *****

Reminder * 2025 Membership Dues**

CCHC Membership requires that dues be paid each year by April 1 – the beginning of the CCHC fiscal year. You can send a check (payable to CCHC) to Connie Gee, 1121 Brighton Avenue, Albany, CA 94706 prior to April 1, 2025

All members will receive the President’s letter, quarterly Hike Schedule and announcements via email.

DUES:

- \$25 per person or \$20 per person for two or more people at the same address. The cost for two members at the same address would be \$40.
- \$35 per address for printed quarterly Hike Schedule, updates, postage and related expenses. The cost for two members at the same address would be \$50.

Many members enjoy making contributions to CCHC. Checks in excess of the dues go into the CCHC General Fund (meetings, CCHC luncheon subsidies, and miscellaneous expenses). If you wish to make a donation to Conservation, write a check out to CCHC with “Conservation” written in the memo portion of the check. The Board (upon advice from the Conservation Subcommittee) donates to various organizations that protect and improve places where we hike. A complete list of organizations supported by CCHC gifts in fiscal 2024 will be presented at our Annual meeting. Any donations marked “Conservation” will be added to the amount we budget for CCHC gifts to those or other similar organizations.

NOTE: Dues checks will be deposited in April 2025

HONORARY LIFE MEMBERS

Each year the Board extends Honorary Life Memberships to our friends that have been members of CCHC for 40 or more years. Honorary Life Members pay no dues. Each month they receive announcements and updates.

David Armstrong 1950, Alice Brockman 1975, Dan Brockman 1980, Nick Brockman 1983, Pat Croft 1956
Beryl Vonderheid 1984, Honorary Member James French (Harold’s grandson)

HAS YOUR ADDRESS OR E-MAIL CHANGED?

NAME(s) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ E-MAIL _____

Be sure to sign and submit the Contra Costa Hills Club MEMBERSHIP WAIVER AND RELEASE (included herewith and also on the CCHC website www.contracostahills.org under Membership Information) with your membership dues.

_____ CHECK HERE FOR MAILED HIKE SCHEDULE (Add \$10 to membership dues)

QUESTIONS: Connie Gee – 1121 Brighton Ave, Albany, CA 94706; cbgee2014@yahoo.com or

510-528-3421

Contra Costa Hills Club MEMBERSHIP WAIVER AND RELEASE

I, the undersigned, understand that during my membership in the Contra Costa Hills Club ("Club"), and participation in Club activities, I may be exposed to a variety of hazards and risks, known and unknown, which are inherent in hiking activities. These inherent risks include, but are not limited to, the dangers of property damage, serious injury and death ("Injuries") as a consequence of participation in the Club and its activities. I acknowledge that Injuries can occur from trail conditions and other natural causes, or activities of other Club members, hike leaders, animals or third parties.

I acknowledge that a hike description provided by the Club may not exactly describe the hiking conditions, environment, or level of difficulty of a hike, and understand that I may need to exercise extra care for my own person and others around me while participating in a hike or other Club activity. I warrant that I am qualified to participate safely in any Club hike or activity in which I participate. I understand that during Club activities there may not be rescue or medical facilities or expertise necessary to deal with the Injuries to which I may be exposed. I further understand that while participating in Club activities I may be photographed for Club purposes and agree to allow my likeness to be used for any legitimate purpose by the Club.

I acknowledge that the Club is not responsible to provide transportation to or from any Club activities. I further acknowledge that the Club does not verify the insurance or license of any Club member or other person who voluntarily provides transportation to or from Club activities, and that the Club shall have no responsibility for any risk associated with my travel to and from Club activities. In consideration for my participation in Club activities, I (on behalf of myself and my successors, heirs and assigns) voluntarily release and agree to hold the Club, its officers, directors, volunteers and agents harmless from any and all liability, claims, damages, injuries or losses which in any way arise from or are connected with my participation in Club activities, except to the extent such Injuries are caused by the gross negligence of the Club, its officers, directors, volunteers or agents. I further agree to hold the Club, its officers, directors, volunteers and agents harmless from any liability claims, damages, injuries or losses caused by my own negligence while a participant in Club activities.

In addition to this Membership Waiver and Release, I warrant that I have read and understand the rules, regulations and guidelines (the "Rules") of the Club and agree to abide by the Rules at all times during my participation in Club activities.

Name: _____

Signature: _____

Date: _____

Emergency Contact Information: Name _____

Phone Number: _____