



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



APRIL 2021



KNAPSACK

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

Although it's been about a week since we had our Zoom Annual Meeting, I hope that it went well and that those in attendance endorsed the 2021-2022 Board of Directors; otherwise, I am usurping someone's privilege to have the opportunity to write the President's Message. I want to thank everyone for supporting the CCHC Board. We are welcoming Mindy Svorny-Moore as a new Board member as we say goodbye to Lois Switzer who has served the Club admirably. Lois will continue as our Extracurricular Coordinator. As the Bay Area Counties move into more favorable tiers, we will continue to stay at 10 - 12 hikers on Thursday and Sunday hikes. Lunch on all hikes is fine if the hike leader knows that there is enough space to socially distance from each other. Furthermore, Sunday hikes need to be at more remote and less popular locations. As more of us get vaccinated and the pandemic becomes less threatening, the Board will certainly consider adding more hikers. I also want to note that the present Administration is reversing a number of critical environmental regulations and policy that were damaging to our planet. We have been fortunate to be getting some late seasonal rain and snow. Let's hope that this will help mitigate the wildfires we experienced this past summer and fall. Lastly, please send your annual dues to Connie if you have not done so already. Be well and see you on the trails.

Stew Perlman

2021 ANNUAL MEETING **March 21, 2021**

Our 101st Annual Meeting was quite a different experience for the fifty-six members who tuned in via Zoom. In addition to an interesting meeting, participants enjoyed a wonderful opportunity to virtually meet up with hiker buddies, many of whom we haven't seen for a year. Missed was the traditional walk around Lake Merritt and the tasty snacks the board always provides... but that will happen next year!

Kevin Dixon, Acting Supervising Naturalist at Crab Cove, was our guest speaker. His topic, Oaks of the East Bay, was exceptionally informative. Who knew there was such variation? I am sure many listeners are now eager to go out, hug an oak tree and identify it's species. Maybe on a future hike we can do just that. Kevin welcomes inquiries from our group and asked that his email be shared, so here is how to reach him if you have any questions KDixon@ebparks.org He also provided a suggested reading list for those interested in learning more (see end of this article.)

Proceeding with the business meeting, we heard reports from various committee chairpersons. (To view reports, go to the CCHC website, click on More..., and Annual Reports.)



..continued on page 2

Annual Meeting, continued from Page 1....

Recognition of those who have attained membership of 40 years in 2020, Betty Thornally and Dan Brockman and 25 years in 2020, Dorothy Bradt and Richard Bullock.

Officers for 2021- 2022 were elected:

2021-2022 Officers

- President:** Stew Perlman
- Vice President:** Jim Baranowski
- Treasurer:** Suzy Mark
- Recording Secretary:** Cameron Mitchell
- Membership Secretary:** Connie Gee
- Corresponding Secretary:** Patricia Derickson
- Directors:** Mike Branning, Gino Bossetto, Chuck Browne, Anita Ford, Mindy Svorny-Moore

Adjournment

Suggested reading list provided by Kevin Dixon. Many of these are available through the library.

- Oaks of California: Pavlik, Muick and Johnson
- The Life of an Oak: An Intimate Portrait: Keator
- Plants of the East Bay Parks: Keator and Steunenberg
- Flowering Plants and Ferns of Mount Diablo, California: Ertter and Bowerman
- Trees and Shrubs of Mount Diablo: Stuart and Sawyer
- Field Guide to Plant Galls of California and other Western States: Russo

DONATE TODAY!

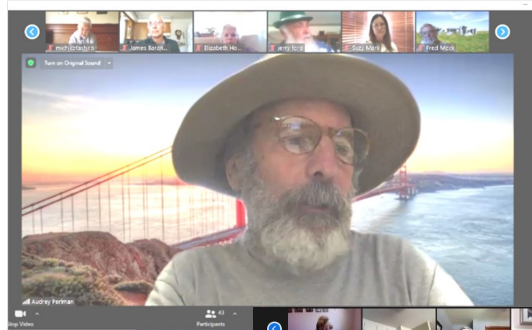
There is now new hope for our environment, but we still need to help buy land, save land, build trails on existing land, etc. Please think about giving a donation to the Conservation Committee with your membership renewal or at any time during the year. No amount is too small or too large.



Thanking you in advance,
The Conservation Committee



Missed the Meeting?? Fortunately, the meeting was recorded so, if you were unable to attend and would like to view the recording, contact Cameron Mitchell CMitch9778@aol.com and she will provide you with a link.



Stew Perlman.
CCHC President



Guest speaker Kevin Dixon, Acting
Supervising Naturalist, Crab Cove



Part of Kevin's slide presentation: A beautiful oak tree and an oak gall wasp.

A huge **Thank You** for all your contributions last year!

The Conservation Committee

Last year the CCHC Conservation Committee donated a total of \$4,100 between 27 different organizations. To view the complete list go to the CCHC website and click on More... and Annual Reports.

SAVE THESE DATES

- October 10-14, 2021— Prairie Creek Redwoods State Park. Vaccination and/or testing required. See Pages 4 and 5 of this *Knapsack*
- March 2022— Anza Borrego

WHAT'S GOING ON WITH THE HIKES?

Whoopie! We are back on the trails again! But with some modifications. We will follow social distancing protocols. Numbers are limited. Bring a mask, maintain your distance and avoid crowded areas. Remember that all hikes are currently limited to 10 hikers including leaders, so contact the leader as directed in the write-up to reserve your spot! Leaders may form several groups of 10 to allow extra hikers. Members have priority for hikes – guests may go on hikes if there are open spots



PLEASE MAKE SURE TO CONSULT THE WEBSITE FOR CHANGES! Hikes may be added, COVID rules may be relaxed. We will update as conditions evolve.



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: April 8; May 20; June 10 and 24; July 1, 8, 15, 22, and 29; August 5, 12, 19, and 26; September 2, 9, 16, 23, and 30.

Open Sunday Hikes: May 30; June 6, 13, 20, and 27; July 4, 11, 18, and 25; August 1, 8, 15, 22, and 29; September 5, 12, 19, and 26.

For Thursday hikes contact: Jim Baranowski, 925-577-1022, Brnw_th@yahoo.com

For Sunday hikes contact: Mary Ulrich, 925-876-0803, mulrich@sbcglobal.net

CCHC 2021 MEMBERSHIP ALERT *

Hi Hiker Friends, if you have yet to renew your membership, see below:

For those who receive a mailed paper copy of the *Knapsack*, look at your mailing address label! CCHC members that have not paid 2021 dues by March 25 will have the message “Membership Expires 4/21,” members who have paid their dues will see the message “Membership Renewed.”

Members who receive the e-*Knapsack*: To avoid disruption in receipt of the *Knapsack*, submit your dues as soon as possible, preferably by April 30.

MEMBERS WHO HAVE TAKEN TIME OFF FROM THE CLUB DURING THE PANDEMIC ARE ENCOURAGED TO REJOIN AT THIS TIME – WE MISS YOU!

According to our bylaws annual dues of \$25 per person (\$40 for two people living in the same household) **PLUS \$8 IF YOU WISH TO RECEIVE THE KNAPSACK VIA US MAIL**, are supposed to be submitted as of April 1, 2021. So, unless you can say, “My check is in the mail,” mail it today! Make check payable to “CCHC” and mail to:

Connie Gee
1121 Brighton Avenue
Albany, CA 94706

*The *Knapsack* is sent to all CCHC members via email, except Honorary Members or those who elect to pay an extra \$8 (to cover mailing costs) when renewing their membership.

Be sure to sign and submit the Contra Costa Hills Club MEMBERSHIP WAIVER AND RELEASE with your membership dues. For a copy of the waiver, go to the CCHC website www.contracostahills.org and click on “Membership Information” or refer to the copy printed in the February 2021 Knapsack.



CCHC OPPORTUNITY

After several years, Mary Ulrich will be stepping back from the position of Sunday Hike Scheduler at the end of May. Mary will help with scheduling the 3rd quarter, and work with the new scheduler to complete the 3rd quarter. If you are interested in taking on this job, please contact Mary, 925-876-0803, mulrich@sbcglobal.net

Prairie Creek, Patrick's Point, and Redwood National Park Outing

October 10-14, 2021
(Signups: March 28-April 3)

We will visit three closely related parks and hike both the Redwood Forests and Ocean Cliffs. The drive up Hwy 101 is beautiful as we pass through wine country and Redwood forest. Start early and take the parallel road, "Avenue of the Giants". A suggested lunch stop is the PEG house in Leggett (great burgers). Lodging will be at the Best Western in Arcata, California.



There is a fair amount of driving including narrow, dirt and gravel roads. These roads are passable with standard passenger cars, but there can be dusty, wet or bumpy sections.

Sunday, October 10, 2021

Drive to Best Western, Arcata. Suggested stops along the "Avenue of the Giants".

5:00 PM Happy Hour and review for Monday

Monday, October 11, 2021

Patrick's Point State Park, Trinidad Head and the hamlet of Trinidad.

9:00 AM Drive to Patrick's Point SP for a 5 mile mostly level stroll. We will take the steps down to Agate Beach (don't get too excited about finding an Agate), inspect native lodges and ceremonial sites, and complete the loop along the ocean bluffs.

Noon Sack lunch at Patrick's Point SP

2:00 PM Drive to Trinidad and hike Trinidad Head

Dine on your own.

Tuesday, October 12, 2021

Redwood National Park and the Tall Trees Grove. Prairie Creek Visitor Center area. We will need permits to visit the Tall Trees Grove that each driver will have gotten about 2 weeks prior.

8:30 AM Drive to the Kuchel Visitor Center in Orick to use the restrooms. Drive a bit to Bald Hills Road to take a dirt road to the Tall Trees Trailhead. It is a great hike to the grove and incidentally we will be close to Hyperion, the world's tallest tree. (Can you spot it?).

Afternoon: Return to Hwy 101 and drive a bit more to the Prairie Creek Visitor Center. After viewing the exhibits, your carpool can explore Newton B. Drury Parkway to stop at the Big Tree Wayside or hike to Trillium Falls (ask if the water is still flowing)

Dine on your own.

Wednesday, October 13, 2021

Prairie Creek State Park. Gold Bluffs, Fern Canyon, James Irving, Clintonia trails.

8:30 AM Drive to the Kuchel Visitor Center to use the facilities then continue to Prairie Creek SP. We drive the narrow and dirt Davison Rd 6 miles to the Gold Bluffs Campground. (Bring your National Parks pass). This is a beautiful 7 mile hike.

7:00 PM Group Dinner

Note: For Tuesday and Wednesday, we may have to split the group with some doing the Wednesday hikes. This is based on getting permits to the Tall Trees Grove.

Thursday, October 14, 2021

Drive home. Visit Old Town Eureka. Option to take Hwy 299 to Redding and then home on I-5.

Signup by emailing (Preferred) Lynne Vogensen (mslynne33@yahoo.com) only during the sign up window of March 28 –April 3. Any emails received outside of the sign-up window will be wait-listed. If you are unable to email call Lynne at (925) 672-1096 only during the sign-up window.

Summary

Day	Destination	Miles	Hikes	Comments
Sunday	Concord to Arcata	300 miles		
Monday	Patrick's Point, Trinidad Head	15 miles loop	5 miles, easy	
Tuesday	Kuchel, Tall Trees, Prairie Creek Visitor Center (Drury Parkway)	65 miles 12 miles dirt	5 miles, moderate	Trillium Falls (2.8 mi, moderate)
Wednesday	Kuchel, Prairie Creek (Fern Canyon)	44 miles 12 miles dirt	7 miles, moderate	Group Dinner
Thursday	Home via Redding to Concord	346 miles		

Background material: The Wild Trees by Richard Preston. www.famousredwoods.com, <http://www.redwoodhikes.com/RNP/Trillium.html>

Leaders: Edwin Osada, Dorothy Bradt, Bill Chen, Yvonne Van Chen, Yeao-Nan Hsieh, Lorena Kai, Lynne Vogensen

Covid Precautions: You must be fully vaccinated or test negative 4 days prior to the outing.



Balancing rocks at Cesar Chavez Park - Noel Siver, 032421

**Thursday, February 18, 2021
Dublin Hills Regional Park
Leader: Rose Susoeff**

On a cool, crisp morning, Rose Susoeff led Karen Arntzen, Dorothy Bradt, Fran Leighty and me on a four-mile trek



Dorothy Bradt, Fran Leighty, Rose Susoeff, Karen Arntzen - taken by Patricia Derickson

through Dublin Hills Regional Park. The views were wonderful! This is where we really missed our birder friends as there were

several birds that were hovering on the brisk winds, but were just a bit too far away to identify without binoculars. We could see Brushy Peak in the distance to the east and San Francisco to the west. It was really like being on the top of the world. It is definitely a hike to do before summer as there is no tree cover, but a lovely, lovely hike right now. It has been such a gift to gather with a few

hiking buddies, mask up, meet up at a trailhead, and let nature work its wonders on our spirits during COVID-19. Until we can



Patricia Derickson, Fran Leighty, Rose Susoeff, Dorothy Bradt - taken by Karen Arntzen

meet again...Happy Trails and Hugs!
Patricia Derickson

**Thursday, March 11, 2021
Coyote Hills Regional Park, Fremont**

The sky was a deep gray as I made my way to the EBRPD's Coyote Hills in Fremont. As I approached the park I was greeted by a field of wild mustard to the south and a Great Blue Heron that stood silently on the edge of the marsh opposite the sea of bright yellow. Soon after I left my vehicle, I headed to the boardwalk that meanders through the marsh filled with Tule reeds, cattails, and birds. Although the sun was not shining today, it was still a delight to see the California poppies with their golden petals tucked tightly ready to burst open once the sun appeared. As I continued on my hike, there was a Red-tailed Hawk floating close to the ground probably looking for its next meal. I continued to observe the bird until it soared higher and then suddenly swooped to the earth. Once it contacted the ground it took off again, but its talons appeared void of any victim. I headed west through the park; its hills greener than they have been this late winter season. I guess the recent rain had finally brought the hills to its familiar seasonal color. The wind was brisk. There were a variety of



Stew didn't have pix from his hike, but here are Poppies (Crockett Hills) - Rosemary Johnson; and Snowy Egret (Central Park in Fremont) - Rita Poppenk

birds resting along the marsh's shoreline, while a Snowy Egret continued to move through the water. Looking east to the Fremont hills, I was surprised to see that snow had accumulated on the higher peaks past Mission Peak. It's hard to believe that the Bay Area's fourth largest city is just a stone throw away

from where I stood. I continued hiking and eventually made my way back to my car and headed to Fremont's Central Park for a walk around Lake Elizabeth. It was a grand day to connect with nature.

Stew Perlman

Thursday, March 11, 2021
Martin Luther King Jr. Regional Shoreline, Arrowhead Marsh
Leader: Rosemary Johnson

It was perfect hiking weather under cloudy skies after the air had been washed clean by overnight storms. Karen Arntzen and I met Rosemary at the trailhead where she gave us a much-needed tutorial on how to use our binoculars. That alone was worth the trip! We ambled along the bay while she described the various shorebirds. This place is a welcomed stopover on the Pacific Flyway and the birds were making good use of it as they migrated through! Some species like it so much they stay all year. We saw more birds than I can remember. Egrets, I remember them, but once you get past three species, I lose track. It was a lovely, level walk of about two miles out and two miles back, and it was a



3 Amigos: Patricia Derickson, Rosemary Johnson & Karen Arntzen with selfie stick At Garretson Pt. with SF in distance

lovely way to spend a morning. A lifetime ago, I remember watching speedboats race up and down the channel. It is so inspiring that this little space has now been preserved for our feathered friends. Maybe we can learn to share the planet.

Patricia Derickson

Note on birds: We saw several species of ducks: Scaup, Ruddy, Goldeneyes, Wigeon as well as familiar Mallards. Some grebes which are water birds like ducks. Stilts, willets and coots. Great and snowy egrets. We also saw Ridgeway's Rails which are generally hard to

spot but at high tide they didn't have as many places to hide. In general, fewer than I had hoped since many species have already migrated back to their summer homes. Only one pair of wigeons, none of the 3 species of teals, no pintails nor shovelers. Also, this was a dry year so one place that is usually a big seasonal pond was just a field.

Rosemary Johnson



Tule elk at Tomales Point, Marin County, Feb 12 Noël Siver



Pink and white Giant Trillium at Tilden Park, Mar 12 - Noël Siver;
 Burgundy Giant Trillium at Joaquin Miller Park, Mar 19 - Rosemary Johnson



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.

OFFICERS & COMMITTEES 2020—2021

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- James Baranowski

Treasurer

- Suzy Mark

Recording Secretary

- Cameron Mitchell

Membership Secretary

- Connie Gee

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- Mike Branning

- Chuck Browne

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- Mindy Svorny-Moore

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- Liz Howell

- Fran Leighty

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