



THE CONTRA COSTA HILLS CLUB
PO Box 2056, El Cerrito, CA 94530
Website: www.contracostahills.org

FIRST CLASS MAIL

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



MARCH 2020



KNAPSACK

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

PRESIDENT'S MESSAGE:

As the Contra Costa Hills Club enters into the first year of its second century, we hope that the Club continues to inspire and to enrich its members with hikes, outings, luncheons, extracurricular activities and a shared love of nature. The 21st century will be a challenge as we must deal with the threat of climate change. There will be hikes that we presently go on that will no longer be able to be hiked. The Club will need to continue to generously give to organizations that will protect our environment and to encourage all of us to make donations and to be involved in groups that will advance the health of our planet. The 100th Anniversary Celebration was most wonderful. For those of you in attendance, I hope that you inferred from my BART story that the randomness of my meeting three CCHC members can evolve into a friendship that ultimately is a key ingredient to what binds us to each other and what sustains the Club. The enjoyment and love of the outdoors and urban landscapes, our desire to care for the environment, along with our camaraderie, will keep us moving through the 21st century. It was a privilege and an honor to serve as president this past year. And we want to thank Fran Leighty for her years of dedication as she leaves the Board, and we all wish Rob Deutchman, our website master, and Vicky Deutchman, the very best as they head east to their new home. Lastly, I hope to see you at the Annual Meeting on March 15. Details are included in the Knapsack.

Stew Perlman

**100TH ANNUAL MEETING
 LAKESIDE PARK GARDEN CENTER
 SUNDAY, MARCH 15, 2020**

Location:	666 Bellevue Avenue, Oakland. Walk from 19th Street BART down 19th St., left on Harrison, right on Grand Avenue, and follow the road into the main entrance of the park. Just past children's Fairyland you will see the Garden Center on your left. There is ample parking (\$5.00 fee) for those who choose to drive.
10:00 AM	Hike around Lake Merritt. Enjoy the birds.
11:30 AM	Return to the Garden Center.
11:45 AM	Lunch. (Bring a bag lunch. Board members will supply beverages and cookies.)
12:00 NOON	Guest Speaker: Gregory Crouch Author of <i>Enduring Patagonia</i>
12:50 PM	Business Meeting: <ul style="list-style-type: none"> • Introduction of Outgoing Board of Directors • Reports • Election of Officers (see February <i>Knapsack</i>)
2:00 PM	Adjournment



FROM THE CONSERVATION COMMITTEE

EL CERRITO TRAIL TREKKERS

Dave Weinstein founded the El Cerrito Trail Trekkers in 2009 in order to build, maintain, publicize and use the urban trails of the city. The Trekkers advocate for increased public open space by sponsoring activities that involve trails, hikes, festivals and other public actions. They teamed with the city and other groups to purchase an 8-acre parcel of land that forms a bridge between the North and South Hillside Nature Areas so that it now is protected forever from development. We donated \$200 at the time of this purchase and continue to take many hikes on this beautiful hillside. The Trekkers and the National Park Service's Rivers and Trails Program recently collaborated to create a useful map that shows publicly owned paths that are in general use, and paths that currently are impassable in El Cerrito.



The Trekkers often go on vigorous (or modest) strolls to enjoy panoramic views, lovely homes and/or hidden wildlife pathways. The public is invited to join them on many of these hikes and see exactly what this interesting group has accomplished right in the middle of a large urban area.

OPEN HIKE DATES FOR JULY to SEPTEMBER, 2020

The deadline for submission of hike descriptions is April 30, 2020.

Open Thursdays: July 2, 9, 16, 23, and 30; August 13, 20, and 27; September 3, 10, 17, and 24

Open Sundays: July 5, 12, 19, and 26; August 2, 9, 16, 23, and 30; September 6, 13, 20, and 27

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

SAVE THESE DATES

- March 15, 2020— Annual Meeting
- April 5-8, 2020 Asilomar— see flyer in October Knapsack
- September 4-7, 2020 - Oakland Feather River Family Camp - see flyer in February Knapsack
- December 9, 2020—Holiday Luncheon

DUES ARE DUE - APRIL 1, 2020

CCHC's Annual Dues:

\$25 per person (email version of *Knapsack* and quarterly hike schedule), 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.

\$33 per person (mailed print version of *Knapsack* and quarterly hike schedule), or \$20 per person for two or more people receiving one *Knapsack* and one hike schedule at the same address, plus \$8 to cover mailing expenses. For example, the cost of membership for two people at the same address would be \$48.

Make your check payable to CCHC. You can bring it to the Annual Meeting on March 15 or you can mail it to the Membership Secretary:

Connie Gee
1121 Brighton Avenue
Albany, CA 94706

If you wish to contribute to the Conservation Committee, you can add any additional amount to your annual dues and mark your check "Dues plus Conservation."

These past three years have been very hard for the environment. The rest of this year also looks bleak.

Please consider giving a little extra money to the Conservation Committee with your dues.

**Thank you,
Conservation Committee**

Only Irish coffee provides, in a single glass, all four essential food groups: Alcohol, Caffeine, Sugar, and Fat.



HAPPY ST. PATRICK'S DAY!

The 100th ANNIVERSARY CELEBRATION

120 Contra Costa Hills Club members and guests attended the 100th Anniversary Celebration held on Saturday, February 22, 2020. One hundred years ago that day Harold French and his followers had just begun a legendary 'hike' that continues strong today.



What an exciting day it was. Friends came from all corners of the Bay Area and even further. Some casual, some dressed 'To a T' and even some pulled out their favorite clothes from the 1920's! The tables were set with the best finery and photoflashes were popping everywhere. Many guests were seen in the 'Model T' car and others danced their time away (in the photo booths).

We had several dignitaries in attendance that helped us to celebrate the day. John French and Jennifer Kovacevich, Harold French's grandson and great-granddaughter, honored us with their friendly presence. They were delighted and even surprised by both our guest speakers: 'John Muir' and Noël Silver. Frank Helling, re-enacting John Muir, regaled us with his many adventures and even read from a letter penned by our very own Harold French, how amazing that their paths had crossed so many years ago. Noël, CCHC member, provided us with her talk titled: "Harold French: Founding the Contra Costa Hills Club." She started by talking about the summer of 1882 when the seeds were first sown, goes on to 1892 when he first climbed Mount Tamalpais, she talked about what had taken place in his life as of 1904, and then concentrates on events in the period between mid-November 1913 and February 22, 1920, the date of the founding of our club. Everyone thoroughly enjoyed both Frank and Noël.



Top: James French, Harold French's grandson.
Long term members: David Armstrong and Pat Croft (both center) with spouses; Sue Armstrong (left) and Dave Croft (right)

Two of our longest-term members also joined us with their spouses. David Armstrong (Sue) was our first junior member that joined in 1950, and Pat Croft (Dave) was our second long-term and junior member joining in 1956. It was a special treat to meet them and help to bring back memories of their time with CCHC.

Zio Fraedo's of Vallejo outdid themselves with their wonderful food and great service, and Steve Austin entertained us with his voice and guitar music all the way from San Jose.

We've ended one century and now it is the beginning of our next 100 years. What will it bring to all of our friends close and far, in thoughts and on the trails? Who knows what history will be written about us and who we are today. I see another book in the making.

Thank you to all that attended the 100th Anniversary event, and to those that supported the making of the celebration throughout the year. We received many volunteer hours, many donations and lots of energy and creativity to make this happen. We are a team, a village and most importantly a wonderful hiking club. Thank you.



Jennifer Kovacevich and James French (Harold French's great granddaughter and grandson) and Frank Helling a.k.a. John Muir

Sue Elliott

IN THE HIKERS' FOOTSTEPS



Sunday, January 19, 2020

Cayuga Playground

Leaders: Althea Wong & Pat McDonald

Sixteen hikers gathered @Balboa Station where Althea led us to the K line, a new area for many. Traversing city streets, then nipping down an almost hidden alley, we began our tour of Urbano St., site of the old Ingleside Race Track (horses; cars), a 1-mile oval path. A star magnolia was spotted on the way to the giant sundial @Ingleside Terrace, a visually pleasing park with seats & Grecian urns. Hooray, there was just enough sun to cast a shadow on the dial! Continuing, we appreciated the varied architecture including a house with a turret, a raised pseudo-portcullis and a chain-supported wooden drawbridge to defend against invaders.



Along the way to Brooks Park, hippopotami and pink flamingoes were espied before we began the climb to a panoramic view of the Lake Merced area, golf courses and the ocean with incoming surf. At Lakeview & Ashton, we ascended the rock gaining a 360 degree view of SW San Francisco. Luckily there was no wind! Crossing over I-280, we lunched @Cayuga Playground after viewing the 50+ woodcarvings by Demetrio Braceros,



City view (header), Althea behind wooden sculpture, Excelsior mural — Ben (Kwong Fei) Hui

who transformed a wasteland into an appealing community park. At Kenny Alley in the Excelsior we came upon

min-cacti gardens leading to the mosaic waterfall stairs, which we ascended. Several murals were highlighted on our route back to BART including a Fishbowl View of the Excelsior 52 (bus) and an unusual depiction of Washington on the Delaware.

Thanks to Althea, Pat M and Rose for an interesting hike and delicious earthquake cookies!

Helen Wong Johe

Thursday, January 23, 2020

Mission Bay/Potrero Hill with Brewery Tour

Leaders: Jim Baranowski & Lois Switzer

It was a beautiful day with great weather when 31 of us met in front of the Ferry Building. We proceeded along the waterfront towards Potrero Hill. While passing the large bow and arrow sculpture, we wondered why it was pointed into the ground. Then we saw the white building which looks like someone had twisted it around. Next came three immense tents framing a courtyard behind 8-foot-high fences. That assemblage shares a triangular block with a parking lot and a 23-story condominium tower. It is San Francisco's new Navigation Center with 200 beds.



Then, we passed Oracle Park where construction is going to make the new bullpen. We walked by the house boats

where Rosemary knows friends who live there. We continued past UCSF and Channel 185. Then to the new Chase Center. At Park Lab Gardens there are food trucks and a miniature golf course. We walked over the freeway and looked down at the Railroad Tunnel. We ate lunch at Jackson Park and watched the children in the park.

After lunch some had a tour at Anchor Steam Brewery, some had a beer at the Tap Room, some visited St. Gregory of NYSSA Episcopal Church seeing the Dancing Saints, and some took the bus back to BART. Some walked back to BART stopping at Dandelion Chocolate Shop and then on to the



Main Library to see the Rosie the Riveter Exhibit and the picture of CCHC member Jessie Santos.

Sue Fernstrom

Fight of iconic bldgs., Houseboat channel, Inside Anchor Steam Brewery, Saint Gregory's — Fred Mock

Sunday, January 26, 2020
San Francisco Crosstown Trail, Sections 2, 4 & 5
Leaders: Amy Huang & Susie Huang

Thirteen hikers, including one guest, Jamie, joined our leaders at Glen Park BART station to enjoy part of the 17-mile hike "to unite San Francisco" (New York Times,



Nov. 24, 2019). Even though this is a hike in an urban setting, the route is mostly dirt trails. Our first climb was in Glen Park Canyon, where the trail goes near Islais Creek. This

was once the site of The Giant Powder Company. In 1922 it became a park. The name "Gum Tree Girls Trail" is named for the large grove of eucalyptus. We then followed the trail leading to Laguna Honda Hospital which was founded in 1866 as an "Alms House." Today it is a beautiful structure devoted to skilled nursing and rehabilitation.



There we came to a small farm complete with a few goats, sheep, and pigs, and beautiful gardens which must be of great pleasure to the residents. From there we made our way to Golden Gate Park by way of Forest Hills, climbing some steps and enjoying the beautiful homes. Lunch was at the bandstand where some decided to end the hike. Seven of us continued on, following the path along Park Presidio. We joined Lobos Creek Trail at the Presidio which took us to Baker Beach and a lovely view of the bay just outside the Golden Gate Bridge. Our last trail was Land's End, which we approached passing the beautiful homes of Sea Cliff. The view of the



ocean from this trail was lit by the sun beginning to set in the west; a beautiful ending to this challenging hike of almost 14 miles.

Thank you, Amy and Susie, for leading us and bringing delicious cookies, chocolate covered almonds and other treats.

Roberta O'Grady



Glen Canyon Trail, Farm sign, Modern St. Francis, thru lush foliage — Sylvia Kwan,; Farm animals — Teresa Schwanauer

Thursday, January 30, 2020
Larkspur - Corte Madera Trails
Leaders: Liz Howell, Linda Margossian & Jo Anne Schultz

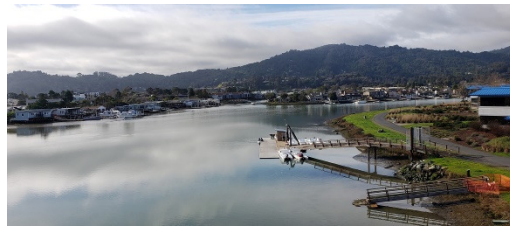
Most of the group started from the Ferry Building in San Francisco, where we caught a Golden Gate Ferry to Larkspur Landing. It was a foggy, but scenic ride past Angel Island, Tiburon and San Quentin. In Larkspur we were met by hikers that drove. Thirty-



two of us headed west toward Corte Madera. Our first stop was at an eclectic collection of folk art titled "Rancho Shazam". The art spanned several buildings and included everything from a 10-foot-tall pencil, two versions of the tin man, and a bicycle sculpture. Our route took us along tree-lined paths to Town Park where Jo Anne shared a tin of cookies. We walked a portion of the abandoned Northwest-



ern-Pacific Railroad right-of-way and took a group photo in front of the Baltimore Park substation that helped supply power for the electric trains that once ran there. After winding through some quiet



Ferry in fog, Rancho Shazam, CCHC — Ben Hui; Larkspur Landing, Drawbridge — Sylvia Kwan

neighborhoods of Larkspur, we



found our way to Dolliver Park for lunch in a redwood grove. After walking the main

street of Larkspur, we crossed Corte Madera Creek and made our way to Sir Francis Drake Boulevard and the ferry terminal. We boarded the "Mendocino" for a pleasant sunny ride back to the city. One of the highlights of the day was meeting the longest-term member of our club - Dave Armstrong. He has been a member since 1952.



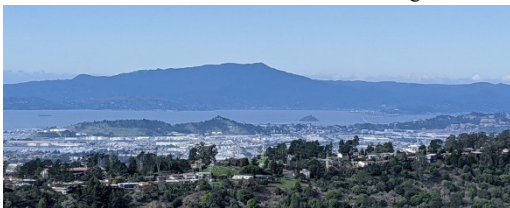
Jerry Ford

Sunday, February 2, 2020
Inspiration Point to Wildcat Peak
Leaders: Mary Ulrich & Patricia Derickson

Wool caps, gloves and scarves were the fashion accessories of choice for today's hike along the ridge in Tilden Park. Chilly and windy weather kept the 18 hikers moving at a rapid pace with Mary in the lead and Patricia as the sweep. Within a mile on the Nimitz Trail, we reached the CCHC bench dedicated to past president George V. Halloran where a group picture was taken with views of Golden Gate Bridge and



Bench plaque, At Peace Grove, View of Mt. Tam, View East from Wildcat Peak — Sharon Wang



the Marin hills in the background. Many areas adjacent to the trail have been cleared of

brush and trees. The newly planted saplings will provide shade for the next generation of hikers. About two miles in on the Nimitz we reached the Wildcat Peak Trail, a short, steep trek to the top. Too early and windy for lunch, we enjoyed a snack from Patricia, then were led in a sing-a-long by Ben "The Happy Wanderer" Hui (who knew?). Celeste suggested a short extension taking us to the Conlon Trail for a short distance before meeting the Nimitz. We high-tailed it back along the Nimitz to the Inspiration Point parking lot in plenty of time for those who wanted to watch their sports event of choice. Thanks to Patricia for the treats and to both Mary and Patricia for a super 5-mile hike for a Super Sunday.



Linda Margossian

Thursday, February 6, 2020
Fremont - Sabrecat Trail
Leaders: Jerry Ford, Frank Martin & Stew Perlman

The hikers were greeted like VIPs at Fremont BART by Jerry, Frank, and Stew. They were ushered to their (almost) private bus taking them to the Irvington Cemetery where Frank's 30-year boss, Jim Griffin, gave a talk at

his large family plot. The group later saw Jim's nearby historic home, the Ir-



vington Monument, and the ruins of the Gallegos-Palmdale Winery. The area was affected by earthquakes, but the old downtown district (called "The Corners") still has many surviving brick buildings. In 1956, the townships of Irvington, Centerville, Mission San Jose, Niles, and Warm Springs were incorporated into the city of Fremont. Fremont is part of what is called the "Tri-City Area" (Fremont, Newark, and Union City).



The hikers crossed a bridge over railroad and BART tracks. Frank showed photos of old Irvington. They trekked up Sabercat Canyon --

named for the extinct Pleistocene predator with long front teeth. An AFL football team and SF youth hockey club also adopted the name. Spelled various ways, and once called a "saber-toothed tiger" -- its fossils



Jim Griffin (with folder). Monument, Fremont Blvd., @Sabercat Historical Park — Sylvia Kwan

have been found in the canyon, along with giant sloths and woolly mammoths. Lunch was atop a hill in a local park. Daffodils were already blooming. Frank shared his home-made brownies. He added a secret ingredient -- TLC (tender loving care) which made the hikers euphoric.

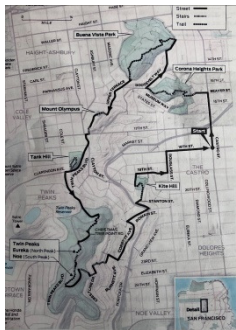


Next was a visit to the local history museum. Docents explained large aerial photos from 1949 and 1960. The museum contained antiques of daily living including a doctor's horse buggy, clothing, and kitchenware. Jerry, Frank, Stew and J.J. (AKA: "The Fremont Four") arranged special car shuttles back to BART for the grateful hikers. CCHC is full of the nicest and most fun people around.

Linda Malm

Sunday, February 9, 2020
Chabot Space & Science Center and
Huckleberry Botanic Preserve
Leaders: Dorothy Bradt & Sophia Garcia
CANCELLED DUE TO HIGH WINDS

Thursday, February 13, 2020
Through the Hills of San Francisco
Leaders: Suzy and Jon Mark & Liz Howell



Twenty-six hikers met at the corner of Market & Castro Streets on a cool, grey San Francisco morning to explore seven of the City's many hills. Suzy and John mapped out our 5-mile route and off we went to Corona Heights Park and the Randall Museum. Tasty cookies and treats were served for an energy boost.

Sweeping vistas of the Bay laid before us including old landmarks like St. Ignatius Church, Temple Emanu-El, Alfred Clarke Mansion as well as new icons, Salesforce Tower and Chase Center. Onward to Buena Vista Park above Haight Ashbury and a tip of the hat to Alfred Hitchcock's film "Vertigo", and old



St. Joseph's Hospital. Lots of steep hills and stairs for a 500' elevation gain. Mount Olympus built by Adolph Sutro hosted our own Statue of Liberty at the end of the 19th Century. Only the plinth remains. Meandering through well-kept Victorian and Edwardian neighborhoods, we came upon a brick mansion decorated in hearts for Valentine's Day! Only in San Francisco. Tank



Hike map — Jim Herlihy; Rock-framed view, Hikers at Mt. Olympus, Suzy & Jon at themed home — Ben Hui

Hill was our next stop and formerly a key part of the City's water supply before the Hetch-Hetchy system was created.

Up the steep slopes of Twin Peaks our

band of hikers climbed for a welcome lunch break. We enjoyed the sweeping views from the Golden Gate Bridge over to the East Bay and down the Peninsula. But the chill wind reminded us that winter still has five weeks to run. Refreshed, we began the final leg of our hike.



Kite Hill, named for its gusty winds was the last of the seven hills. Heading back to Market and Castro, we thanked Jon, Suzy & Liz for a brisk hike and fascinating history lesson!

Catherine & Jim Herlihy

Sunday, February 16, 2020
Berkeley Stairway Workout
Leader: Lois Switzer & Jo Browne

Under blue skies and sunshine, 27 Club members and 3

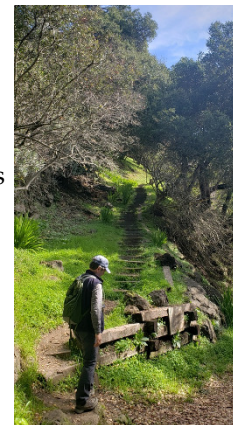


guests set out through UC Berkeley Campus. Our hike through the campus took us up many steps and into Berkeley's

Pathways. The Berkeley Path Wanderers Association has a map with the stairs listed. They also work to preserve and restore these walkways.



There were homes in the Berkeley hills before everyone drove cars. There were rail lines and trolleys, but people needed a way to get to the transit stops. The steps were built for this purpose. We walked through lovely neighborhoods with amazing views. We had lunch at



Glendale La Loma Park. We walked up and down 900+ steps. What a workout, but worth it. Thank you, Lois Switzer, for leading this hike and thank you, Jo Browne, for stepping in as co-leader.



Dorothy Bradt



UCB Campus, Tamalpais Path, Starting Covert Path, Garden at Stoddard Path, going down Glendale Path — Sylvia Kwan

CCHC 100th ANNIVERSARY CELEBRATION



Patricia Derickson and Lucy Perdichizzi



Current & Past Presidents: L to R Kathy O'Toole, Stew Perlman (present), Roberta O'Grady, Frank Martin, Fran Leighty, Mahendar Chima and Dorothy Bradt, Patricia Derickson, Phyllis Faircloth.



Lois Switzer



Steve Austin



Ben Hui



Bill & Yvonne Chen



Connie Gee, Sylvia Saunders, Rosalie Kingston

Photos courtesy of Sylvia Kwan, Ben Hui and Sue Elliott

▶ CHECK THESE OUT:

100th ANNIVERSARY VIDEO produced by Teresa Schwanauer:
<https://drive.google.com/file/d/1JKoM-F-abYwzqymek0w5JPVLQ5cXUb4N/view?usp=sharing>

PARK IT, in the Times:
<http://eastbaytimes.ca.newsmemory.com/?publink=037e81c22>

The Officers and Board of the Contra Costa Hills Club meet on the second Friday of each month at 10 a.m. in the El Cerrito Royale, 6510 Gladys Avenue, El Cerrito. The Conservation Committee meets in the same location on the first Monday of each month at 10 a.m. Members are welcome to attend either meeting.

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 2019—2020

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•Stew Perlman

Vice-President

•James Baranowski

Treasurer

•Suzy Mark

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•Cameron Mitchell

Membership Secretary

•Connie Gee

Corresponding Secretary

•Patricia Derickson

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•Robert Deutschman

•Anita Ford

•Fran Leighty

•Lois Switzer

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•Jim Baranowski, **Thursday Chair**

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•Rosemary Johnson

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•Grace MacNeill, Chair

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Knapsack Printing

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•Lois Switzer

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•Reyanne Freeman

•Lily Ho

•Liz Howell

•Frank Martin

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•Reyanne Freeman

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•Dorothy Bradt

•Bill Chen

•Helen Wong Johe

•Rosemary Johnson, minutes

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