



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



NOVEMBER 2020



KNAPSACK

Co-Editors: Silvia Akinaga, Rosemary Johnson
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PRESIDENT'S MESSAGE:

As we enter into November and approach the Holiday Season, I cannot help but imagine that we are all thinking about how different Thanksgiving will be this year. Many of you will most likely not be traveling to where you may be accustomed to going for your Thanksgiving meal and gathering with friends and family. My guess is that you will be getting together with far fewer people or not getting together with anyone else besides your very immediate family or closest friends. October has been unusually warm and let's hope that cooler more seasonable weather prevails this month. The trees are slowly changing colors; a refreshing reminder of autumn and maybe even rain. I want to wish everyone a very Happy Thanksgiving and safe journeys if indeed you are heading out of the Bay Area. Stay safe, hike to your heart's content, and be well.

Stew Perlman

SAVE THESE DATES

- October 2021— Prairie Creek
- March 2022—Anza Borrego

Information on the above Overnight Outings will appear in future *Knapsacks*.

OPEN HIKE DATES FOR APRIL to JUNE, 2021

The deadline for submission of hike descriptions is January 31, 2021.

Open Thursdays: April 1, 8, 15, 22, and 29; May 6, 13, 20, and 27; June 3, 10, 17, and 24

Open Sundays: April 4, 11, 18, and 25; May 2, 9, 16, 23, and 30; June 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

ALERT! Many January, February, March hike dates remain open. Check Future Hike Sign-Up on the CCHC website (contracostahills.org) and contact Mary or Jim if you can lead a hike on one of these dates.



Happy Thanksgiving! There is ALWAYS, ALWAYS, ALWAYS something to be thankful for! Enjoy the day!

**A HEARTY WELCOME TO OUR
NEWEST MEMBER**



Barry Waldman of Berkeley

SOMETHING TO LOOK FORWARD TO:

Our enthusiastic Social Committee Chair, Lucy Perdichizzi, is busy making plans for our annual CCHC Spring Luncheon in early April 2021. Watch the *Knapsack* for information as details are finalized.



CCHC CONTRIBUTIONS

The Contra Costa Hills Club Officers and Board extend their thanks to the following members who have made contributions to the club from April 2020 to October 2020.

APRIL 2020

Donations to General Fund

- Connie Gee
- Ellen Chen
- Grace MacNeill
- Nancy Stout
- Ray & Marie Alberti

Donations to Conservation

- April McMahon
- Barbara DeNardo
- Barbara Moffat
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Conservation In Memory of Jean Mock

- Beryl Vonderheid
- Susan Ginsky

MAY 2020

Donation to Conservation

Phyllis Faircloth

Conservation in Memory of Norma Martin

- Anita & Jerry Ford
- Stew & Audrey Perlman
- Suzy & Jon Mark

Donation to Spring Luncheon

In memory of Norma Martin

Cameron Mitchell

JUNE 2020

Donation to Conservation

In Memory of Norma Martin

Beryl Vonderheid

JULY 2020

Donation to Conservation

In Memory of Jean Mock

Ilse Eden

AUGUST 2020

Donation to Conservation

In Memory of Norma Martin

Barbara Mow

SEPTEMBER 2020

no donations

OCTOBER 2020

no donations

THANK YOU!!!



AUDIT AT THE PARK!

The nine-page audit report was emailed to the Audit Committee, April McMahon, Herb Yonge, Linda Margossian and Suzy Mark. We then met in June via Zoom to discuss any questions or changes.

April & Suzy met September 23, 2020 in Albany at a park near April McMahon's office. April physically looked over all the monthly reports, payment request forms, bank statements, canceled checks and deposits.

April attended the Board Zoom Meeting, October 9, 2020 and did an audit presentation.



CORRECTION:

My apologies to Gino Bossetto who was incorrectly identified as being on the Huckleberry hike of September 15. The hiker in question was actually James Watson, a new member this year. Sorry, with masks on it's really hard to tell!



COVID TESTING

It has been suggested that it would be good to encourage members to get a COVID-19 test, particularly if you think you have been exposed or if you have likely symptoms. Most counties have free testing available. Go to your county's website to find locations.

The thinking is that this would go a long way to making everyone feel comfortable about hiking together and also to resume carpooling. Some members either don't have a car or don't want to drive and are missing out on potential hike opportunities.

It is up to each member how they feel about this. This is not a requirement to hike.



Artimesia Trail in Laurel Canyon - Isabel Rogne; Bay Bridge Trail map - Patricia Derickson; French Trail, Emeryville Marina & SF Skyline, Bridle Trail - Sylvia Kwan





Thursday, September 24, 2020
Anthony Chabot Regional Park Trails
Leaders: Wanda Fong, Ellen Chen, Sharon Wang

Friday, September 25, 2020
Donlon Point, Dublin
Leaders: Rose Suseoff & Pat McDonald
CANCELED – so hot that no one signed up for it!

With multiple leaders (and help from Pat McDonald), they were able to form two groups and allow 16 hikers to join them on this hike. Although sometimes the groups were fluid, individuals moving back and forth between



them, hikers respected social distance and kept their masks on.

Starting from the Redwood Canyon Golf Course parking lot, we took Brandon Trail upwards @550 feet elevation gain but in 1.5 miles so that the incline was very gradual. It was a wide fire road type of trail with trees lining each side so there was shade available if desired. At the top we had views out to SF Bay.



Header: Circle up, View of golf course and out to SF Bay, Shady intersection with resting hikers, Gorgeous Honker Bay, Biker and hikers on narrow Towhee Trail - all photos by Sylvia Kwan

Then we took a left on Towhee Trail and gradually walked downward to our lunch spot overlooking emerald Honker Bay and an island in Lake Chabot. What a lovely spot!



Heading back on the same trails, we had a slight uphill on Towhee on eucalyptus-shaded trail until a short, exposed area before we reached Brandon Trail again. Then it was literally all downhill to the golf course.



Thanks, Wanda, Ellen and Sharon for planning and executing this most enjoyable, relaxed walk in the woods. And I enjoyed connecting with my CCHC friends.

Rosemary Johnson

Tuesday, September 29, 2020
Strawberry Canyon to Chaparral Peak
LEADERS: Celeste Burrows & Pat McDonald
Too hot for a hike up the canyon
Celeste led some hikers to Albany Bulb instead

Thursday, October 1, 2020
Kennedy Grove to San Pablo Reservoir
Leaders: Mike Branning & Patricia Derickson

Ten masked hikers met up with hike leaders Mike and Patricia at Kennedy Grove on this first day of October.

The hike began with creek crossing (yes, there was water) before entering the East Bay MUD Watershed. We headed toward the Reservoir on the Old San Pablo Road Trail, passing through a section where the goats had obviously been grazing.



Hikers: Angela & Henry Chan, Fran Leighty, Barry Waldman, Mike Branning, Yvonne Moss, Pat McDonald, Rich Sandvick, Patricia Derickson; California Fuschia, Creek crossing—Mary Ulrich

Soon we cut over and down to the Lakeside Trail. This is a spectacular trail, single track, shaded, with great views of the water – some up and down, some downed branches to duck under. After about



2 miles we came to the Recreation Area – boats to rent, picnic areas (roped off), café and visitor center, and restrooms. The reservoir is known as one of the best



fishing spots (license required) in the East Bay and is regularly stocked with trout and catfish. Along the way we saw cormorants, egrets, Canada



geese and other various water birds. We continued along another couple of miles, much of it on the Old San Pablo Trail, to the Boat Launch Facility where we stopped for a socially-distanced lunch. Again, the area was mostly deserted but various clubs had their shells in evidence. On a busy day folks would be launching motor boats, kayaks, canoes and inflatables. Unfortunately, the smoke, which had not been bad in the morning, built up as we hiked back, completing about 8 miles. Our thanks to Mike and Patricia for introducing us to this area.



Rowing shells, Large fungus, Shoreline Trail - all photos by Mary Ulrich

Mary Ulrich

**October 6, 2020
Redwood Regional Park
Leaders: Pat McDonald & Celeste Burrows**

Because of poor air quality, only one hiker, a very new member, Margaret Riley, joined me on my favorite hike - about seven miles of trails surrounded by stately redwood trees. Perhaps more than ever, hiking here brings a



Photo taken by Sylvia Kwan on repeat hike, October 20

feeling of peace and even hopefulness to counter the anxiety many of us feel. As a hiker new to this park, Margaret frequently stopped to announce a 'beauty alert' so that we could hug a tree or appreciate the sunlight coming through the trees.

Now I look for 'beauty alerts' everywhere. I plan to reschedule this hike on a day that I hope will have perfect weather conditions so that all can participate.

Pat McDonald

**Thursday, October 8, 2020
Bay Bridge Trail
Leaders: Rita Poppenk & Dexter Barker**

Eleven hikers assembled at the Bridge Yard, "Oakland's newest event venue," at the foot of the Bay Bridge. As we

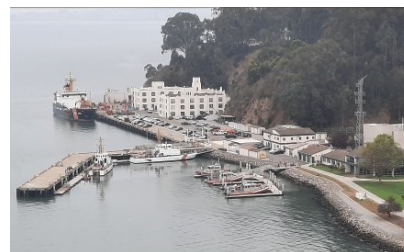


Interior of future Bridge Yard exposition center, View back of Bay Bridge eastern span from Yerba Buena Island - Sylvia Kwan; Hikers: Jan Lecklikner, Rita Poppenk, Noel Siver, Dave Jadeson, Barry Waldman, Celeste Burrows, Dexter Barker, Lucy Perdichizzi, Rosemary Johnson, Sylvia Kwan—Patricia Derickson; Coast Guard Station at YBI - Rosemary Johnson

started up the Bay Bridge Trail, we looked down on the Judge John Sutter Regional Shoreline Park and its visitor



facilities under construction. Across the water to the left was the Port of Oakland and its many ships, and Middle Harbor Shoreline Park. Long views extended to the South



Bay through the fog. Approaching Yerba Buena Island, we enjoyed a unique perspective of our new Bay Bridge up close and of a large Coast Guard facility below us

on the shore. From the construction workers, we learned that many new trails and visitor facilities were starting to be built on these islands now. Thanks, Rita and Dexter, for planning a unique outing and safely guiding our welcome return to fall hiking and socializing.

Celeste Burrows



Tuesday, October 13, 2020
Leona Canyon Open Space Regional Preserve,
Oakland
Leaders: Darlene Choi & Isabel Rogne

Thursday October 15, 2020
Emeryville to Berkeley Loop
Leaders: Lucy Perdichizzi & Celeste Burrows

Lucy and Celeste divided the hikers into two smaller groups, walking five minutes apart.

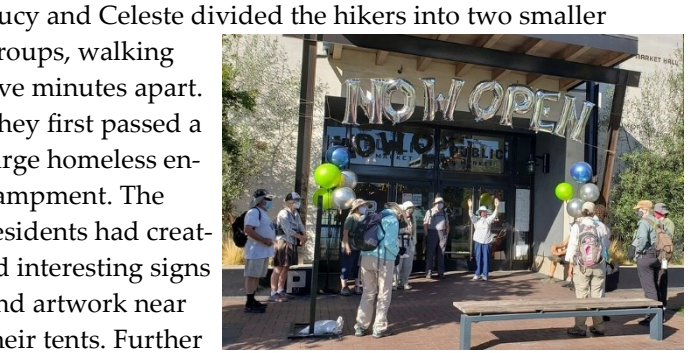
They first passed a large homeless encampment. The residents had created interesting signs and artwork near their tents. Further on was Berkeley Aquatic Park, a long narrow lake ringed

by grass and trees. Two rowers in a racing shell glided swiftly across the lake. Another man was knee deep in the shallows near the disc golf course, fishing out lost discs

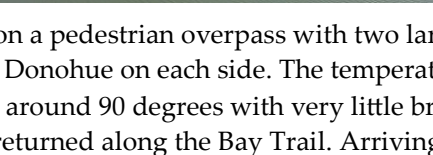
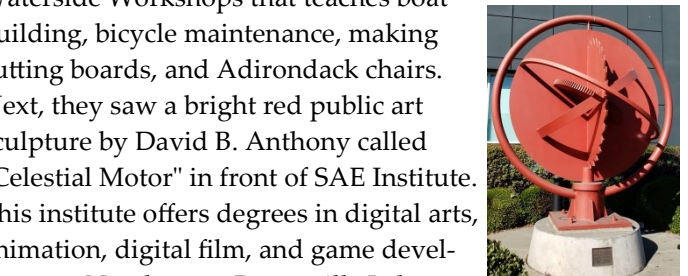
that had overshoot their chain basket targets. Families with small children were enjoying the park. The hikers came upon the Youth Musical Theater

Company, now closed due to the pandemic. There was Waterside Workshops that teaches boat building, bicycle maintenance, making cutting boards, and Adirondack chairs. Next, they saw a bright red public art sculpture by David B. Anthony called "Celestial Motor" in front of SAE Institute. This institute offers degrees in digital arts, animation, digital film, and game development. Nearby was Bonneville Labs, a co-working lab space for researchers in Bio Tech.

The first group of hikers rounded the bend at the northern tip of the Aquatic Park, and waved to the second group on the other side of the lake. They crossed the I-80 Freeway on a pedestrian overpass with two large statues by Scott Donohue on each side. The temperature was hovering around 90 degrees with very little breeze as the hikers returned along the Bay Trail. Arriving back at the Public



Circle up at Emeryville Public Market, Egret at Berkeley Marina, "Celestial Motor", Waterside Waterworks - Sylvia Kwan



Leona Canyon Regional Open Space Preserve is a gem tucked away in Oakland between a residential neighborhood and Merritt College.



Led by Darlene Choy and Isabel Rogne (new member and already leading a hike!) on a 4-mile hike on Tuesday, 10/13/20, 9 hikers headed up the sloping Leona Trail towards Merritt College. The trail follows the Leona Canyon Creek, a riparian home to California newts, deer, coyotes,

skunks, countless birds and insects, ferns, horsetails, alders, and other plants. The vegetation can be found all along the stream banks providing summer shade to keep the pools cool. Consequently, this helps the water retain enough oxygen to support aquatic life. The park is a 290-acre parkland of pristine wooded canyon that accommodates hikers, runners, cyclists, dog walkers and similar activities.



It was a steady climb and the temperature was rising. After cycling back on the Leona Trail, 4.5 hikers tackled the Artemisia Trail going steeply up. The half was for Rosemary who wanted

to go half way up the hill [Editor's note: *which I did, to a conveniently placed bench*]. Four of us declined to climb up the hill in the increasing heat and headed down the Leona Trail. If there is one thing I have learned in this pandemic, there is nothing I need to do, nowhere I really need to go. For me and my three companions, it was a lovely saunter back to the trailhead.

Jan Lecklikner

Park sign, Shady canyon, Isabel and Darlene in the foreground, Sets Amman & Jamie Watson - Jan Lecklikner; Barry Waldman, Celeste Burrows & Pat McDonald - Isabel Rogne





Market food stalls, the second group joined the first for take-out or sack lunches outside.

Lucy and Celeste's hike was a welcome break from the sequestering we've been going through in 2020. We may have to distance and wear masks, but that's OK.

Linda Malm

"Berkeley Big People", Lucy leading group of hikers by bay - Sylvia Kwan;
Celeste (2nd from left) with 2nd group - Patricia Derickson



October 20, 2020
Reinhart Redwood Regional Park
Leaders: Pat McDonald & Celeste Burrows

Pat and Celeste were joined by Sylvia Kwan, Anne Herrick and myself on this repeat of October 6. It is a moderately strenuous hike winding up and down the canyons. However, the sight of majestic redwoods (though only 2nd & 3rd growth), sword ferns, hazelnut trees and huckleberry bushes make the effort worth the while. It was a warm day but the shade provided by these giants kept the temperature reasonable even when exerting oneself on the uphill sections of the trail.



Although the name Coastal Redwoods is apt due to the species growing within a short distance of the ocean, the redwoods in the East Bay Hills are an anomaly. They are made possible by the fog drifting across San Francisco Bay from the Golden Gate. These are a true cloud forest species deriving most of the moisture for



Pat., Celeste & Ann, Rosemary & Celeste,
Lunch Break, Selfie - Sylvia Kwan



their survival from the fog transpiring on its leaves. Due to the differing levels of climbing ability in our group, it was easy to keep socially distanced. Lunch was near dry Redwood Creek where we each had our own log to sit on, except Anne, on the only park



bench nearby. I found another bench on Steam Trail where I rested and urged the others to continue without me since we were near to the end. After arranging to text and call them when I returned, they did depart. I sat for a bit and then walked Stream Trail to my car. I was still stowing my gear when, surprisingly, the other ladies returned having taken the longer, hillier Bridle Trail back to the start. We were happy to see one another and complete our enjoyable day together.

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.

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