



Club Alpino Italiano – Pacific Northwest

*Our mission is to promote the knowledge, study, protection and enjoyment
of the mountains, the natural environment and cultures
especially of the Pacific Northwest and Italy.*

April 2024

This newsletter and other information are published on our web site: cai-pnw.org

WHAT ARE WE GOING TO DO?

2024 Calendar of Outings and Events

NEWS & FEATURED ARTICLES

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Food for thought: Fava beans: Culinary delight, symbol of rebirth and mortality, but a potentially toxic food

In memoriam: Sandro Subissi

Welcome New Members

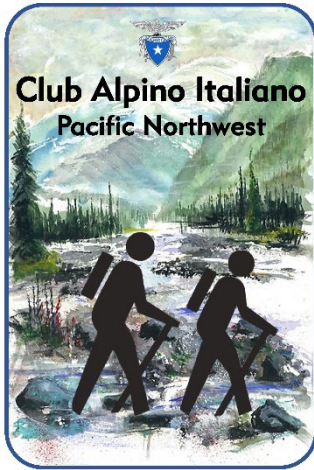
Renewals open; paying on-line!

CAI-PNW T-shirts!

LOOK AT WHAT WE'VE BEEN DOING

Hike/Activity Reports

CAI-PNW Officers



WHAT ARE WE GOING TO DO?



2024 CAI-PNW Calendar of Activities

Details of hikes and activities are provided by the organizer and emailed to members and friends. We offer hikes and other activities on most second Wednesdays and some Saturdays. More will be added. There are still a couple of days without activities. Consider a favorite hike and volunteer to lead. Contact Kendra (klwanzie2@gmail.com) for more details.

Day/Date	Activity	Leader/s
Wednesday, April 3	Ballard Locks, Troll Frankie Feetsplinter & Beyond	Kathy Biever
Saturday, April 27	Ebey's Landing	Joanie Pryor
Wednesday, May 8	Top of Queen Anne & Little Free Libraries Plus	Kathy Biever
Saturday, May 25	Memorial Day Weekend - no CAI activity	
Saturday, June 8	Deception Pass Hike & Potluck	Bart Pestarino
Wednesday, June 12	Hike: TBD	Gerlinde Gruber
Saturday, June 29	Volunteer Needed	
Monday, July 8-11	Portland, Oregon Area Hikes	Patrick & Jackie Callahan
Saturday, July 27	Waterfront Hike & Picnic	Colleen Norcott, Toni Williams, Clarence Elstad
Wednesday, August 14	Hike	Joanie Pryor
Saturday, August 31	Labor Day Weekend – no CAI activity	
Wednesday, September 11	O.O Denney Park & Big Finn Hill	Cam Bradley
Saturday, September 28	Hike	George Whyel
Saturday, September 28	Festa Italiana - Seattle; Grape Stomp	Kendra Wanzenried
Wednesday, October 9	Hike	Vincenzo Lalli
Saturday, October 26	Volunteer Needed	
Wednesday, November 13	Bowling	Kendra Wanzenried
Saturday, November 30	Thanksgiving weekend – no CAI activity	
Saturday, December 14	CAI Afternoon Holiday Party	Ann Vess & Steve Johnson
Tuesday, December 31	Goodbye 2024 – Hello 2025! Hike & Coffee	Kendra Wanzenried

Other activities and news:

Dante Alighieri Society of Seattle

Dante Alighieri Society of Seattle has resumed in person meetings. Their website is danteseattle.org

Casa Italiana: Current events

Classic Italian Film Festival Feb 28 to Apr 14



Seattle Perugia Sister City: News

Local News:

Lou Whittaker, legendary mountaineer and Rainier guide, dead at 95

6 waterfall hikes to take this spring in WA

Walk-up permits for Enchantments now require a smartphone



Thinking of Food: *Pasta Primavera*—by Dave Coder

Springtime suggests foods that are available at their freshest. Pasta primavera is a dish that takes advantage of this bounty. As there are many recipes, use whatever spring vegetables available—the freshest in your market or garden. (OK, so it's too early for your garden to produce fresh produce: Frozen works. Moreover, frozen artichokes and fava beans are much quicker to prepare.)

Here's one take without cream that comes together quickly. Fresh egg noodles are great, but it works with any pasta you may have on hand. The addition of lemon zest at the end gives a brightness that suggests, well, spring! A dollop of fresh pesto wouldn't be out of place either.

Pasta Primavera

Ingredients: (4 substantial servings)

- 1 cup small green beans, trimmed to 2–3-inch lengths
- 1 cup young asparagus, ends snapped, trimmed like the green beans
- $\frac{3}{4}$ cup fava beans
- $\frac{3}{4}$ cup fresh English peas
- $\frac{1}{2}$ lb. artichoke hearts, sliced
- 2 tablespoons unsalted butter
- 2 garlic cloves, minced
- $\frac{3}{4}$ tsp. kosher salt, more as needed
- Freshly ground black pepper, as needed
- 12 oz. fettuccine or tagliatelle, fresh or dried
- $\frac{2}{3}$ cup freshly grated pecorino Romano
- 4 Tbs. finely chopped parsley
- Zest of 1 lemon



Directions:

1. Bring a large pot of salted water to a boil over medium-high heat.
2. Successively, blanch the green beans, asparagus, fava beans, and peas about 3 minutes each; plunge into ice water to retain color. When cool, slip the thick skin off the fava beans. Drain the blanched vegetables.
3. Melt butter in a large skillet over medium-high heat. Add artichoke hearts and cook until lightly browned—5 minutes. Add green beans, favas, asparagus, and English peas. Cook until vegetables are barely tender (but

not too soft) about 2 minutes. Stir in garlic and cook for 1 minute more. Season with salt and pepper; set aside.

4. Drop pasta into boiling water and cook until *al dente* (1 to 3 minutes for fresh pasta, more for dried pasta). Keep about $\frac{3}{4}$ C of the pasta water.
5. Using tongs, transfer pasta to skillet with vegetables and toss to mix. Add pecorino, and enough pasta water to make a creamy sauce.
6. Add the parsley and lemon zest and toss. Serve with grated pecorino.



A crisp white wine is a good complement. I had a Verdicchio di Matelica from Le Marche; a Falanghina from Campania, or a Frascati from Lazio would work as well. *Buon appetito!*

Food for Thought: *Fava beans: Culinary delight, symbols of rebirth and mortality, and a potentially toxic food*—by Dave Coder

Springtime is a season for fresh vegetables. Young fava beans are a delight with pecorino cheese, and a cold bottle of Frascati wine. Fava beans, *Vicia faba*, played a significant role in ancient Roman cuisine and culture. (The common bean, *Phaseolus vulgaris*, are post-Columbian). Originating from the Mediterranean region, fava beans were cultivated by ancient civilizations for thousands of years before the rise of Rome. In ancient Rome, fava beans held both culinary and symbolic importance, shaping various aspects of Roman life, including agriculture, diet, and even religious practices.

Fava beans were among the staple crops cultivated by Roman farmers due to their ability to thrive in a variety of soil conditions and climates owing in part to their nitrogen-fixing properties. This made them valuable for improving soil fertility, contributing to the success of crop rotations in Roman agriculture.

Beyond their culinary uses, fava beans held symbolic meanings in ancient Roman culture. They were associated with fertility, prosperity, and rebirth, making them a common feature in religious rituals and ceremonies. Fava beans were offered as sacrifices to the gods during agricultural festivals, such as the *Ludi Florales* (Floral Games), to ensure bountiful harvests and divine blessings upon the fields. Additionally, fava beans were believed to have protective qualities, warding off evil spirits and bringing good luck to households when hung over doorways or incorporated into amulets.

But they also had a dark side. In his seminal book published in 1891, “The Science of Cooking and the Art of Eating Well,” the Italian writer and food historian, *Pellegrino Artusi*, speaks at length about the fava bean. Artusi tells us that fava beans were once used to commemorate the dead, a custom rooted in antiquity:

“...fava beans were used as offerings to the Fates, Pluto and Persephone, and were well known for their use in ceremonial and superstitious rites. The ancient Egyptians abstained from eating them and would neither plant nor touch them with their hand, and their priests would not even fix their gaze on these legumes for fear of conjuring up something vile. Fava, especially the black variety, were considered funerary offerings, believed to contain the souls of the departed, and shaped like the doors of hell.

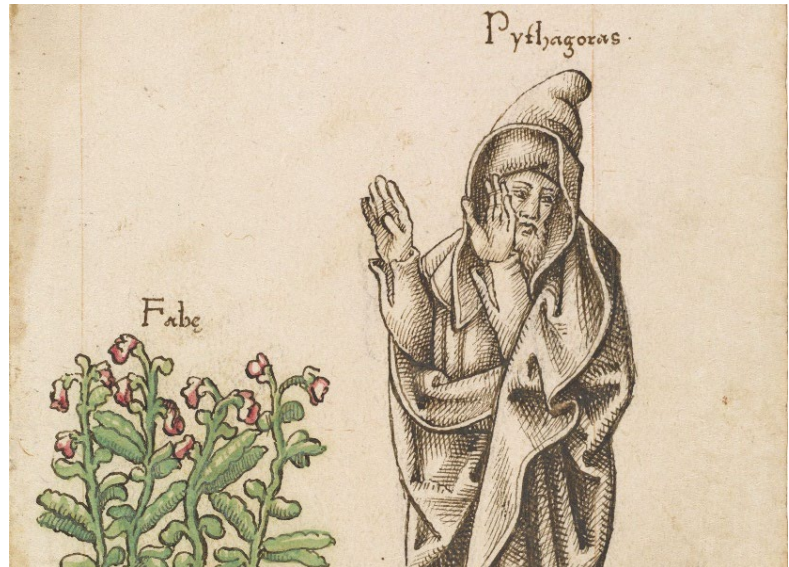
Supposedly, the custom of making offerings of fava beans to the dead is one of the reasons that led Pythagoras to order his followers to avoid them. Another was to keep them from becoming entangled in affairs of state, since fava beans were used to cast ballots in elections.”



Perhaps one reason Pythagoras advocated not eating fava beans is their toxicity for some when eaten raw. The bean has the lectins—vicine and convicine—proteins that bind to particular sugars on red blood cell surfaces resulting in cell damage. Removing the lectins from the cell surface requires an enzyme (another protein that eases chemical reactions) glucose-6-phosphate dehydrogenase (G6PD).

Individuals lacking sufficient G6PD can suffer from favism. This condition makes their red blood

cells vulnerable to destruction when exposed to fava bean lectins. While eating fava beans may cause problems for those with favism, the enzyme deficiency may provide some protection against uncomplicated cases of malaria since the malarial parasite has a harder time invading red blood cells. (This is like the protective effect of sickle cell anemia against malaria.) Favism is found mostly in individuals of Mediterranean, African, and Southeast Asian descent, and it predominantly affects males. Fortunately, cooking fava beans destroys the toxin.



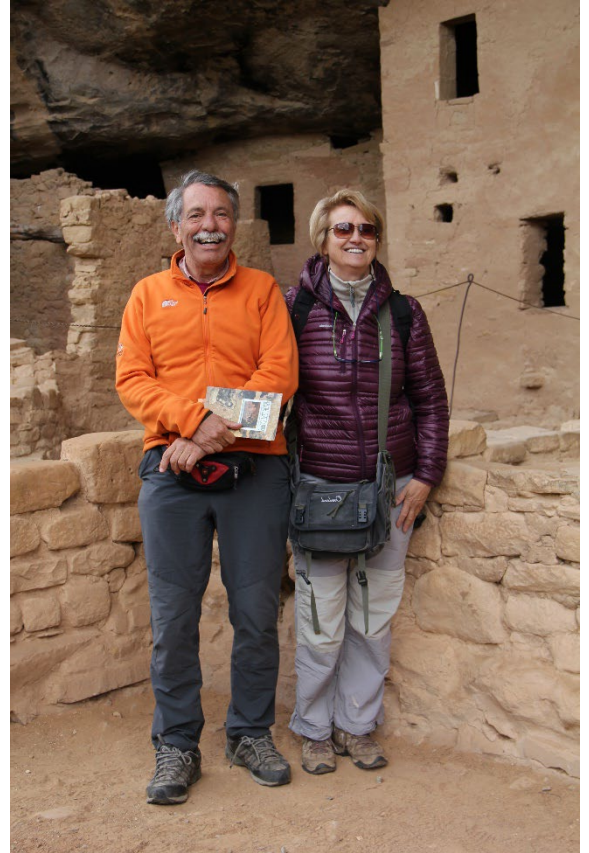
Primavera, Sandro Botticelli

Sandro—In the Memory and Gratitude of CAI-PNW

Our beloved and long-time friend, Sandro Subissi has passed to his rest. After a valiant struggle with pneumonia, he died on February 15, 2024. A service to honor this remarkable man was held on Wednesday, February 21 at the parish church in Calci. CAI-PNW will contribute to the family's choice of charity in Sandro's memory.

CAI-Pacific Northwest hikers and those on exchanges all over the world remember Sandro and his enthusiastic and fun-loving presence. Francesco Greco and Sandro were hiking friends through CAI-Pisa long before the Pacific Northwest subsection was formed. Sandro and Walter Bencivelli were the first participants and enthusiastic proponents of the hiking exchange idea.

As the liaison between CAI-PNW and CAI-Pisa for many years, Sandro made numerous hiking adventures happen for many of us. His participation in the 2003 exchange to the PNW, resulted in lasting friendships with many in the U.S. Later in 2015, he inspired several CAI-Pisa members to join members of CAI-PNW on a 3-week trip in the American Southwest where the group explored and hiked in many parks and monuments. Without hesitation, Sandro would excitedly join CAI-PNW members for hikes and gatherings in Tuscany, whether it be for an organized group or for a family gathering. He enjoyed stimulating conversation and the sharing of ideas. With generosity, he and Piera opened their home and warmly hosted CAI-PNW members on numerous occasions.



Finally, it is Sandro—friendly, fun, loving, smiling and always supportive—that we remember and will miss.

At the memorial for Sandro, his children, Sara and Lorenzo paid tribute to their late father:

" Dear family and friends,

First and foremost, we want to thank everyone for being here today, supporting us with warmth and affection during this difficult time. We also want to express our sincere gratitude to all the staff in the intensive care unit and to those who showed their affection by calling the hospital to inquire about Dad's condition during his hospitalization. Your presence and support mean a lot to us in this time of sorrow and farewell.

Today, as we gather to bid our father Sandro farewell, our hearts are filled with memories and our spirits are weighed down by grief. However, even amidst our sadness, we find comfort in celebrating the extraordinary life he lived.

Our father was a man of boundless enthusiasm, a true source of energy that ignited the hearts of those around him. Whether pursuing his hobbies or embracing new challenges, his enthusiasm knew no bounds. His zest for life was contagious and lit up every room he entered.

One of the extraordinary qualities that defined our father was his insatiable curiosity. He had a great thirst for knowledge and a genuine interest in understanding the world around him. From delving into the beauties of art and literature to exploring the wonders of nature, his curiosity knew no

bounds. He approached every experience with an open mind and a willingness to learn, leaving behind a legacy of intellectual curiosity that we should all cherish.

What truly set our father apart was the breadth of his interests. He was a man of many passions, each pursued with dedication and commitment. His wide range of interests was a testament to his rich and vibrant personality, enriching the lives of all who knew him. He was particularly connected to our region and our town, Calci, which he adopted nearly 40 years ago. From the Certosa and its natural history museum to the hills of Monte Pisano, he felt at home.

He had the rare ability to connect with people from diverse backgrounds, finding common interests and points of contact with each of them, establishing strong and lasting bonds. Moreover, the bond he built with our mother, with whom he recently celebrated their golden wedding anniversary, is an example of perseverance and dedication that will continue to inspire us.

But above all, our father's greatest passion was his love for life itself. He faced each day with unwavering optimism and a deep appreciation for the beauty and wonder that surrounded him. His boundless energy, insatiable curiosity, and diverse interests were a reflection of his profound love for the world and all its possibilities.

As we bid farewell to our father today, let us remember him not with sadness but with gratitude for the joy and inspiration he brought into our lives. May his enthusiasm, curiosity, and passion be a guiding light for all of us, inspiring us to embrace life with the same fervor with which he did.

And now, as we prepare to say goodbye to my father, I commit to carrying forward his extraordinary spirit and enthusiasm. I know it won't be easy, but I promise to give my best so that our children can feel his presence beside us, constantly inspired by the love and passion he always poured into life.

Rest in peace, Dad. Your spirit will live on in our hearts forever.

Your children, Sara and Lorenzo"

Other photos of Sandro in the field are collected in [an album here](#).

Welcome New Members!

We're now in 2024 and following our annual meeting on March 2nd, we approved new membership rates and new members can apply in 2024.

Details of applications for membership and renewal are on our [website](#).

If you have a PayPal account, you can pay the annual membership fees online by [selecting the appropriate product from the Membership store](#), adding it to the shopping cart, and checking out.

Note that you still need to send in signed membership and waiver forms, and a stamped/addressed return envelope for your *tessera* (booklet) if a new member, or *bollino* (annual stamp) if renewing.

Thanks to all who became new members and renewed for 2024. We now number 119 members.

Welcome to our new members:

Sandra Baker Tucson, AZ
Seth Baker Tucson, AZ s
Marta Colozzi Seattle, WA
Cara Fox Vancouver, BC
James McClelland, Bellingham, WA
Seong Noh, Bellingham, WA
Bryan Weber, Vancouver, BC

Club Alpino Italiano - Pacific Northwest

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INDIVIDUAL (Ordinario) Membership
\$45.00

SPOUSE/PARTNER (Familiare)
Membership
from \$25.00

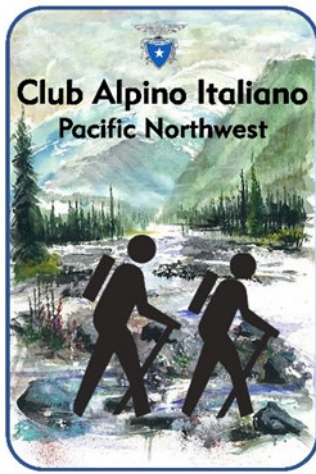
Renewal Select Membership Type

Add To Cart Add To Cart

Click on cart to pay



CAI-PNW T-shirts!



A few years ago, there was interest in developing a logo for CAI-PNW. Joel Patience donated a very nice watercolor of a mountain creek with stylized stick figure hikers crossing the creek. With some tweaks of the figures and text, the addition of a blue border and the CAI logo, we arrived at a logo that was adopted.

And when you have a logo, there was immediate talk of putting it on a t-shirt. The first was shown at the annual picnic a couple of years ago. Variants were created including a posterized version of the logo to increase the print longevity after multiple wash cycles. In addition, a round figure incorporating the CAI logo with our name was done for the front.



You can now order the t-shirt of your choice. An on-line vendor, Zazzle, makes it easy to order the shirt—size and style are up to you. As a commercial site for artists, there's a royalty to the artist that will be passed on to CAI-PNW. To order, click on the link below each illustration.

To the left is a design with the original watercolor on a dark background; the back is blank. Below are designs with the round CAI logo on the front and the posterized logo on the back. Either short sleeve or long sleeve shirts are available.

[Link for dark short sleeve, front logo only.](#)



[Link for dark short sleeve front and back logos.](#)



[Link for long sleeve.; front and back logos.](#)

LOOK AT WHAT WE'VE BEEN DOING

Hike reports

Lincoln Park Troll hike, February 14, 2024—by Cam Bradley

It was a LOVELY Valentines Day hike for the 13 of us, including two new members, Cindy and Andy. (The weather was especially appreciated when there was snow on the ground and rain the very day after!) We looped through the park and then enjoyed the forest-framed Sound views along the bluff trail. Derek led an energetic group up to Solstice Park where there is an astrolabe (a big earthen sundial) used to make astronomical measurements.

Everyone then descended the stairs to the beach “Whale Trail”. No whales were spotted, but we did find the musician Bruun Idun troll. He/she plays a fanciful wind instrument. While there we took a group photo with “well wishes” signs to send to our dear friend and former liaison with CAI-Pisa and CAI-PNW, Sandro Subissi. (Read more about the late Sandro in this NewsIthe Sound. Bev had made heart cookies for all, Kendra ate a heart shaped sandwich and Cam had her hard-boiled egg decorated with hearts.





Here we are in front of one of the more than 120 giant trolls built by Danish artist, Thomas Dambo, hidden in 17 countries. His message for people living on this planet:

“We should treasure it as the treasure that it is.”

Andy, Clarence, Cindy, John, Toni, Colleen, Ida, Gerlinde, Cam, Flo, Derek, Bev, and Kendra - behind the camera.

Urban Walk, March 20, 2024 Uptown and Belltown—by Kathy Biever

The walk started at Met Market in Uptown to Myrtle Edwards Park to Olympic Sculpture Park to the Red Popsicle to the Amazon Spheres. We walked under the Monorail to and through Seattle Center, ending back at Met Market. Good time had by all.

Those Club Alpino Italiano Pacific Northwest members on the walk:
Kathy Biever, leader, Gerlinde Gruber, Flo and John Burnett, Sylvia and Sam Shiroyama



On August 21, 1964 The Beatles performed in Seattle. No hotels would house them because of bad reputation of bands being hard on the furniture! The decision-maker at the then 2-year-old Edgewater Inn, seeing this as a marketing opportunity, invited them to stay at the Edgewater. And the rest is history. Next to the lobby is a gallery of all the celebrities who have stayed at the Edgewater. Here is the iconic photo of the Beatles fishing out of their Room 272.





L. Group in front of Red Popsicle in front of the Blanchard Building. Red Popsicle is not by Claes Oldenburg, but rather by Catherine Mayer, wife of Martin Selig, who owns the Blanchard Building. Trivia, huh. R. Gerlinda & Flo sitting with sculpture “He” and Sam & Sylvia with “She”.



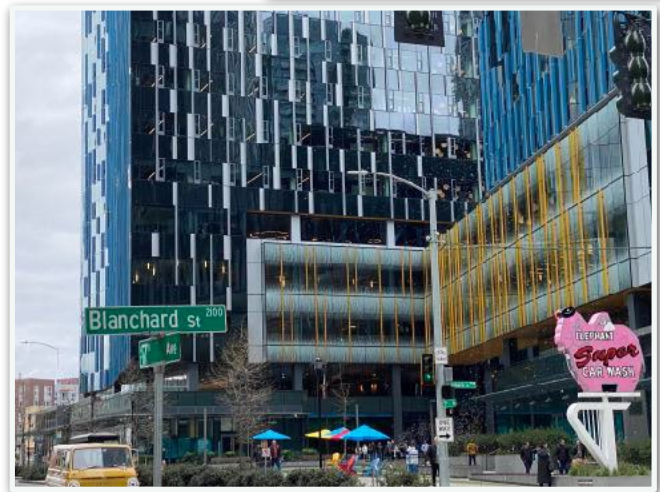
Artist Louise Bourgeois created Father and Son (notice “Son” right next to Space Needle), And the Eye Benches and huge Spiders (the latter not in Sculpture Park.) FYI There’s a free wonderful full-length documentary on You Tube called **Louise Bourgeois: The Spider, the Mistress, and the Tangerine**.



Free bananas Monday to Friday at Amazon Spheres, not only for Amazonians for anyone in the community. Remember to put the peels in the compost can labeled “Compost is a-PEEL-ing”. One photo of us enjoying cookies and bananas, another of Flo showing us her earrings beaded by her granddaughter. And the last two, just photos of fun places in Seattle.



Hope you Enjoyed. -
Kathy



Redmond Ridge Loop Trail 30 March (report delayed until next newsletter)

CAI-PNW Officers - 2024

President: Toni Williams, hikernw@yahoo.com

Secretary: Sylvia Shiroyama, sashiro@aol.com

Treasurer: Gerlinde Gruber, ivogruber@comcast.net

Membership: Flo Burnett, flosown@hotmail.com and John Burnett, johnsb42@hotmail.com

Local Events: Kendra Wanzenried, klwanzie2@gmail.com

International Trips: Clarence Elstad, celstad@gmail.com

Website: Jim Orsi, jim.orsi@gmail.com

At-Large Member – Communications: David Coder, DaveCoder@gmail.com

At-Large Member – Italian Organizations: Joel Patience, joelpatience@hotmail.com

At-Large Member: Becky Morgan, beckygmorgan@hotmail.com

web site: cai-pnw.org *email:* caipnw@gmail.com

CAI-Pisa: www.caipisa.it

CAI website in Italy: www.cai.it

From the editor:

If you have any hiking reports foreign or domestic, you'd like to have in the newsletter, please send them to me including where, what worked/didn't work, would you do it again, and include photos—a picture *is* worth a thousand words!



Arf!

From the assistant editor, Otis the Pembroke Corgi:

Please send material for the newsletter one week in advance of the 1st of every other month's publishing date. May 25th is the deadline for the June newsletter. Please send to caipnw@gmail.com

Email preferences: If your email address has changed or you no longer wish to receive CAI-PNW mailings, please let me know at the above address.