



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 2022

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

WHAT ARE WE GOING TO DO?

2022 Calendar of Outings and Events
Travel To Italy: September 2022

NEWS & FEATURED ARTICLES

Annual Meeting: Renew your CAI-PNW Membership
Thinking of Food: *Amaricano: An Amaro Made in Seattle*
Food for thought: Fast Food in Pompeii
Sunflowers for Ukraine

Welcome New Members

LOOK AT WHAT WE'VE BEEN DOING

Hike/Activity Reports:
Urban Hike
Lost Lake Hike
Snowshoeing Hyak
Indian Shy Bear Quarry Loop

CAI-PNW Officers



WHAT ARE WE GOING TO DO?

Current Guidelines for Outdoor Activities:

Washington state no longer requires masking for outdoor activities. “Even though masks are no longer required in many places, individuals may want to continue to wear a mask for added protection against COVID-19, including those who are immunocompromised, those living with someone immunocompromised, or simply those who may just feel safer wearing a mask. Everyone should assess their own personal risk when making this decision.” However, anyone with symptoms of COVID or reason to quarantine should not take part in any CAI-PNW activity. We will follow the guidelines as established by our State. For current guidelines see the [Washington State Department of Health](#).

2022 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

Date/s	Activity	Name
Wednesday, April 27, 2022	Hike (TBD)	Joanie Pryor
May 10 – 12, 2022	Wenatchee Area Hikes Overnight 5/10 & 5/11	Karen Kornher
Friday, 6/10 & Saturday, 6/11, 2022	Deception Pass Hikes Overnight 6/10/2022	Bart Pestarino
Wednesday, July 13, 2022	Kayaking	Kendra Wanzenried
Saturday, July 23, 2022	20th Year Celebration Picnic Lighthouse Park - Mukilteo	Toni Williams
Wednesday, August 24, 2022	Centennial Trail Bike Ride	Sylvia Shiroyama
Sunday, September 25, 2022 September 26 – October 2, 2022	Francesco Trail Dedication – Tuscany Hikes & Other Activities Garfagnana Area of Tuscany & Pisa Area	Bev Riter
Wednesday, October 12, 2022	Nisqually National Wildlife Refuge	Ida Callahan

Wednesday, November 9, 2022

Issaquah Alps

Gerlinde Gruber

Saturday, December 10, 2022

Holiday Party

Volunteer Needed

Annual General Assembly 2022

Details of the General Assembly are on [the CAI-PNW website](#). (Note: you must login as a member, then select meeting notes.)

Plan to renew your CAI-PNW Membership for 2022

The year 2022, is the 20th anniversary of the founding of CAI-PNW, a subsection of CAI-Pisa. There are discounts for those renewing and for multiple members in a family. Remember the benefits of being a member:

- Joining others in the Seattle area for monthly hikes and other activities
- Opportunity to lead hikes and other outdoor activities
- Making friends in the USA as well as in Italy for joint hiking and cultural activities
- Joining us for trips and exchanges in Italy and other countries
- Visiting and hiking affordably in Italy
- Staying in *rifugi* in Italy, many with discounts
- Utilizing reciprocal relationships for benefits in clubs in other countries such as Germany, France, Spain, Austria and Switzerland
- Having accident insurance while on CAI sponsored hikes in Europe
- Mountaineering rescue insurance in the mountains in Italy and other European countries

Details of membership are on [the CAI-PNW website](#).

Other activities:

Dante Alighieri Society of Seattle

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

Seattle Perugia Sister City

Upcoming event: [SPSC Italian Ceramics & Linens Sale April 23rd](#).

One-Day Sale: Hundreds of Deruta Ceramics and Umbrian Linens

The Seattle-Perugia Sister City Association invites you to a one-day public fundraising sale.

Date: Saturday, April 23, 2022

Time: 11:00 a.m. to 2:00 p.m

Place: Lake Forest Park Civic Club

Address: 17301 Beach Dr NE, Lake Forest Park, WA 98155

Caffè Umbria will sell espresso drinks in the morning. All sales will benefit association programs including the upcoming joint art exhibit, The Migration Project, and Scholarships to study Italian in Perugia.

Thinking of Food

Amaro Made in Seattle: Amaricano—by David Coder

While Seattle has a long Italian heritage and residents have been able to enjoy Italian foods (both imported and local) as well as restaurants, some Italian culinary delights were long overlooked by local producers. One is the tradition of ending an evening meal with a *digestivo*--in particular, an *amaro*. *Amaro* probably developed as medicinal concoctions. That is, an alcohol extract of herbs, flowers, bark, and other aromatic ingredients that may have medicinal properties. (The alcohol likely was derived from *grappa*--another example of thrift in winemaking. Why let all those pressed grapes go to waste?



Ferment it a second time and distill the wine to make a brandy.) Making a *digestivo* at home is still a common practice in Italy. Like many home-made products, some are better than others. I've had some, well, *interesting* concoctions from slightly murky bottles still with fronds of various herbs within. In contrast to these homemade *amaro*, currently there are some 400 *amaro* made in Italy that highlight regional herbs and ingredients; only a handful are available in the US. Locally, you can find producers of brandy and grappa (the grappa di Nebbiolo distilled for Peter Dow's Cavatappi Winery was memorable.) However, an *amaro* was lacking until some ten years ago when several distilleries began producing a range of *amaro* using local ingredients. Standouts include: BroVo Spirits, Letter Press Distillery, Highside Distilling, and

Sidetrack Distillery. Though the pandemic was not kind to many restaurants and other businesses, one new distillery started business two years ago. Jamie Hunt and Holly Robinson bravely opened Fast Penny Spirits during the summer of 2020. (There is a something to say about the antiviral properties of *amaro*—at least superficially.) Fast Penny Spirits stands out from the pack by its use of locally sourced ingredients including wines, saffron, hops, hazelnuts, and black truffles. Moreover, the owners strive to operate a sustainable business and give back 3% of bottle sales to support women in business, the community, and industry. Given the location on the ship canal, I suggest that after a day of kayaking on Lake Union or biking the Ship Canal Trail, you could stop by the distillery for a tasting (weekends noon to 5PM; Friday 4 to 9 PM.)

Food for Thought

Fast Food in Pompeii

Recent discoveries in Pompeii have highlighted other aspects of life in Pompeii around the time of the infamous eruptions of Vesuvius. Among them is the unearthing of a restaurant or better a fast food court.



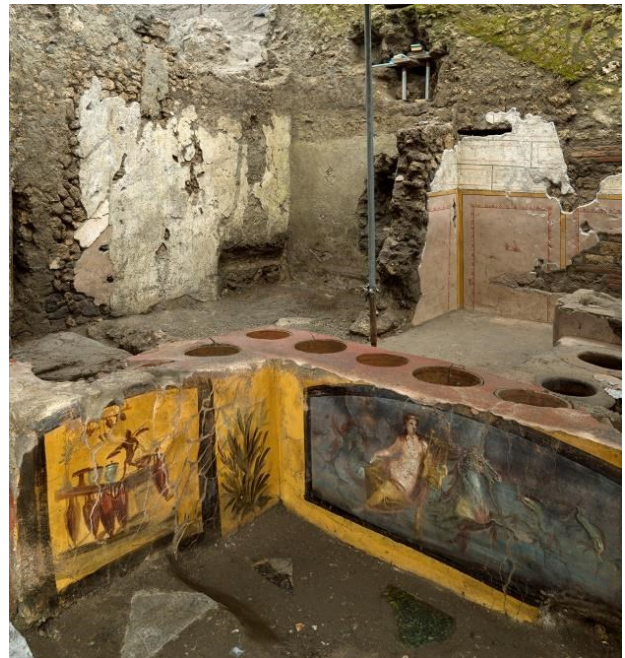
“Archaeologists studying the Roman city of Pompeii recently discovered a *thermopolium*—a kind of ancient fast food restaurant—and it is now open to the public.

Visitors won’t be able to try the Roman delicacies that would have been served at the original restaurant—since this is a society that thought honey-roasted rodents raised in jars were a delicacy—but they will be able to see the establishment’s colorful fresco paintings.

One artwork seemingly features ingredients that would have been prepared at the *thermopolium*, such as a rooster, while another shows a scene from mythology, with a Nereid riding a seahorse.”

It seems that many of the illustrations were not just artwork, but perhaps a menu of the foods offered.

Details and other illustrations of the excavations and the findings of the archeologists are online at the [website of the archeological park in Pompeii.](#)



Sunflowers for *Ukraine!*



During the month of April, Seeds from Italy will be donating all proceeds from every purchase of sunflower seeds to CARE's emergency Ukrainian Crisis Fund. The fund has a goal of providing immediate support for 4 million people. Donations will go toward providing Ukrainians with water, food, supplies, hygiene kits, immediate support and aid, and cash. CARE notes that it prioritizes supporting women, girls, families, and elderly.

The sunflower is the national flower of Ukraine. There are several varieties of sunflowers to choose from giant to dwarf, red to yellow to multicolor. People, pollinators, and birds all enjoy sunflowers. It's a small effort to help the people of Ukraine. You can order at the website for [Seeds from Italy](#).

Welcome New Members! by Flo Burnett

It's a very atypical year for CAI-PNW Membership, as we usually welcome about 12 - 14 new members each year. However, we've already gained 22 new members in 2022.

Our newest members are:

David, Sally, Peter, and Annie Wise of Lititz, PA
Adam E., Kellie, Adam M., and Lucy Wirth of Moose, WY
Sojung Jang and Shin Max Kim of Fullerton, CA
Derek Brown of Lake Forest Park, WA
Mary Morgan of Sumner, WA

LOOK AT WHAT WE'VE BEEN DOING

Urban Hike- Capitol Hill to Husky Stadium--February 12, 2022—by Steve Johnson



It was a beautiful day for a hike on the second Saturday of February. Ten members (Derek Brown, Gerlinde Gruber, Kendra Wanzanried, Ida Callahan, Cam Bradley, Diane Clifford, Sylvia Shiroyama, Sam Shiroyama, Clarence Elstad, Toni Williams) of CAI-PNW met the leader, Steve Johnson, near the Capitol Hill light rail station. We grabbed a bite to eat and some coffee at Kitanda before heading north towards Volunteer Park. We passed some marvelous old mansions on the way up to the park. A group picture was taken at the Volunteer Park Black Sun sculpture before we started down the other side of the hill. We passed a very busy Volunteer Park Cafe on our way to Interlake Park. A forested path led us through the canyon steeply down into the Montlake neighborhood, where we caught a path under the freeway to the

Montlake Bridge. A short walk from there and we were at the University of Washington Light Rail Station. Some of us continued on the train up to our cars parked at the Northgate Station. It was a very nice walk of about 3.1 miles.



Lost Lake Hike— February 9, 2022—by Clarence Elstad

Tucked away atop Chuckanut Mountain is a place named Lost Lake. The south trail to the lake leads through a recovering forest of big leaf maple, alder, Douglas fir, and Western hemlock, meandering 4.5



miles to a riparian hideout, providing waterfalls, old growth timber, and year-round hiking to those who want to make the journey. Finding your way to Lost Lake can be one of four routes that vary widely in terrain, views, and elevation profile. One of those is the South Lost Lake Trail, which in turn has two options for starting the hike. One starts close to the entrance to Larrabee State Park and the other starts from the Lost Lake (formerly Clayton Beach) parking area. We started the hike at 10 am, leaving directly from the parking area, following a service road. (This road was

uphill all the way for 2.2 miles) We passed a cascading waterfall at 0.8 miles; (about 80 feet high) then we came across a spot where the road had lost about half its width due to a slide. We continued on for the remaining 1.2 miles before turning right at the sign for the beginning of the Lost Lake Trailhead.

The Lost Lake hiking trail follows the route of an old logging road in a southeasterly direction for 1.25 miles, steadily gaining elevation with occasional switchbacks. Along this segment, we ascend to a high point of 1650 feet with views of Samish Bay. Then we started to descend, and came to a sign at a junction, indicating that the route to Lost Lake is to the left. (Someone decided to add another .8 miles by going right, rather than left to this awesome *lookout over the bay and also a nasty clear-cut to the North*) We then hiked back to the signpost and took the correct trail to the left towards the lake. We continued in a northerly direction 0.6 miles to a small waterfall, and then the junction with the Rock Trail, on our left. Continuing straight ahead; the lake is located approximately 0.6 miles beyond. As you pass red cedars and hemlocks, marvel at old growth, and stare at the rock walls to your left. We came across two crews from WTA removing some of the downed trees across the trail. After we reached the lake, at 1200 feet of elevation, we continued upward again briefly and reached the junction with the North Lost Lake Trail. We then went right and hiked along the East side of the lake to a large rock that



offers clear views of the lake. We enjoyed a break here for lunch and a calm quiet time, except for a crow that was welcoming us to this special place. This is a great place to eat among the evergreen encircled waters.

After a brief lunch, we started our hike back to our original starting point at the parking lot. We hiked about 9.8 miles and must have done 1900 feet of elevation. (We made the hike longer than it needed to be.) We arrived back at the parking lot at 4:30 PM--a very long hike.

On our way home we stopped at Taylor's Shellfish Farms along Chuckanut Drive and picked up some fresh mussels, shrimp and smoked oysters to enjoy at home. Then we finished the hike by sitting down for a great fried oyster basket and burger dinner at the Conway Tavern. Oh, what a finish to a great day with friends exploring the outdoors!



Hikers included: Sylvia Shiroyama, Kendra Wanzenried, Toni Williams. Clarence Elstad, hike leader.

Snowshoeing – Snoqualmie Pass-Hyak - March 9, 2022—by George Whyel

On a crisp but sunny day, four CAI adventurous Snowshoers (Sylvia and Sam Shiroyama, Kendra Wanzenried, George Whyel, leader) left the Silver Fir Lodge at Snoqualmie Pass headed for the Hut at Grand Junction-- a distance of approximately 2 miles with elevation gain of about 900 ft.



The route follows a forested trail opening to alpine ski slopes to Nordic trails. During the week the Hyak lift does not operate so we had the place to ourselves.

Eventually reaching the Hut we stopped to hydrate and snack. The hut serves as a ski patrol center and is equipped with a wood burning stove and room for about 8-10 persons. A sani can is conveniently located there as well. The Hut also serves as a jumping off point for Nordic skiers taking the 8-mile Mt. Catherine Loop ending at the Milwaukee Lodge, a former train station.

After snacking in the Hut, we headed back to the Silver Fir Lodge taking the White Rabbit Trail to intersect an alpine ski run and ending at the Lodge. The total distance was 4.8 miles with a run time of 3 hours 10 minutes.

A great day in the Mountains!



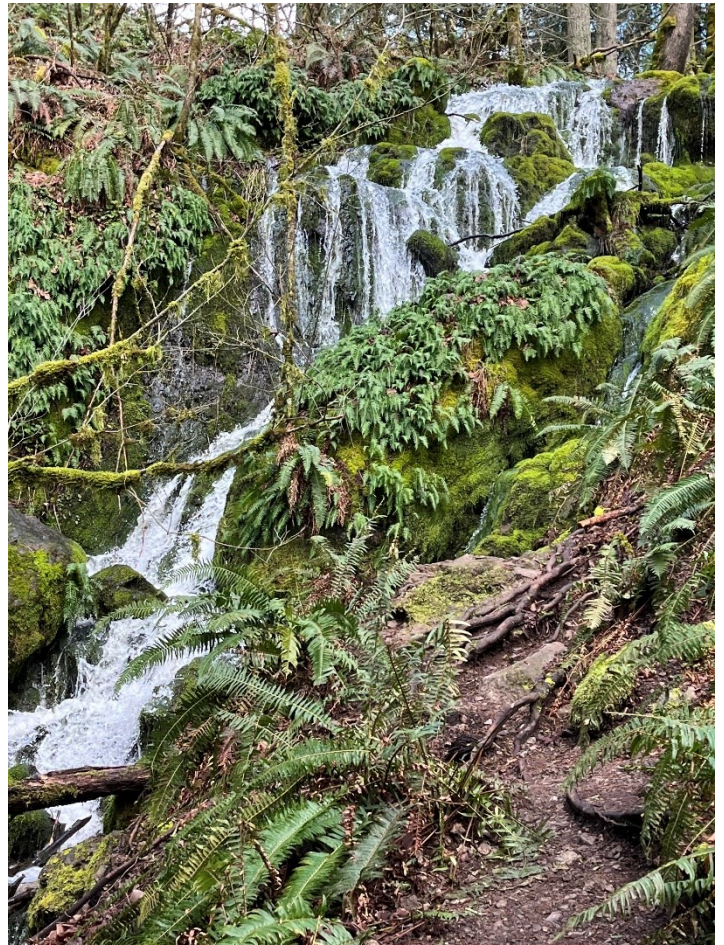
Indian Shy Bear Loop – March 12, 2022—by Kendra Wazenreid



It turned out to be a beautiful sunny day on Saturday for our hike. On Friday, the weather prediction for Saturday was 80% rain...we definitely lucked out...the rain came once we arrived home. Trekkers for the hike included: Cam Bradley, Gerlinde Gruber, Joanie Pryor, Mary Morgan (new member) and Kendra Wazenreid, hike leader.

We started our hike on Licorice Fern Trail... weaving our way along the trail in the lush forest, crossing a bridge and continuing on to Indian Trail. Before heading up the Shy Bear Trail, we took a side trip to Far Country Falls - a beautiful, many-tiered waterfall on the west side of Cougar Mountain. Following Shy Bear Trail, we stopped at Far Country Lookout which was the perfect place to enjoy the view of greater Seattle and the Olympics, hydrate and grab a snack before continuing up to Deceiver Trail.

Deceiver Trail has some ups and downs but for the most part is fairly level. We found the perfect log in the woods to sit on and enjoy our lunch. On our way back down Shy Bear, it was fun to see a Douglas Squirrel leaping through the forest and to hear the sweet sounds of a northern flicker bird. It was another great CAI-PNW outing!



2022 Calendar

Padua Exchange–August, 2022

The exchange with CAI- Padua this summer has been postponed. More to come.

CAI-PNW to Tuscany September/October 2022

Sunday, September 25, 2022, Dedication of Trail 181 in Memory of Francesco Greco. CAI-Pisa and CAI-PNW will be joining together to hike on and dedicate Trail 181 near *Pizzo d'Uccello* in the Garfagnana, (north of Lucca and Pisa) to the memory of Francesco Greco, who was instrumental in founding CAI-PNW. CAI-Pisa will work on improving and signposting the trail, which includes replacing the worn steel cables with galvanized steel chain. Funds from CAI-PNW along with funds from the Francesco Greco Memorial Fund have been sent to help cover some of the expenses of this work. We had planned for this to happen in 2020, but we had to cancel due to the pandemic. Although you may not have signed up, all CAI members are welcome to take part in this hike/dedication event. However, you will need to plan for your own lodging and transportation while in Italy.

Monday, September 26 through Sunday, October 2, 2022. Hikes and other activities are planned in the Alpi Apuane in the Garfagnana and the Pisa areas. Moderate hikes will be led by a CAI-Pisa hike leader, whose food and lodging expense will be shared by our participants. Easy walks, cultural, and historical discoveries will be available for those not wanting to go on the more strenuous hikes.

Contact Beverly Riter at beverlyriter@gmail.com for further information.

CAI-PNW Officers - 2022

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From the newsletter editor:

Please send material for the newsletter one week in advance of the 1st of every other month publishing date. May 20th is the next Newsletter deadline. Please send to caipnw@gmail.com

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