



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.*

February 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: Carnevale—with an [orange] twist!

Welcome New Members

LOOK AT WHAT WE'VE BEEN DOING

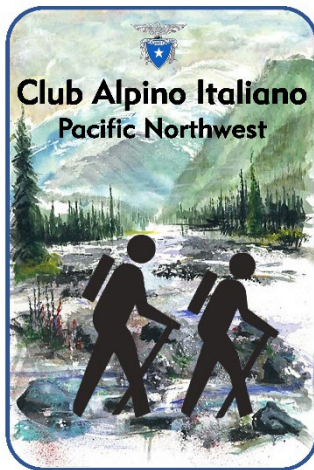
Hike/Activity Reports:

Holiday Party

Troll Stroll

Notes from the field: Alta Via 2 video; Rob Hart

CAI-PNW Officers



WHAT ARE WE GOING TO DO?



Current Guidelines for Outdoor Activities:

Washington state no longer requires masking for outdoor activities. “As of April 19, the CDC order requiring masks on public transportation and at transportation hubs is no longer in effect. However, masks are still an important tool for reducing the transmission of COVID-19, especially with the emergence of more contagious variants.” 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](#).

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.

Day/Date	Activity	Leader/s
Wednesday, February 14	Lincoln Park Troll Hike	Cam Bradley
Saturday, March 2	Annual Membership Meeting	Toni Williams
Wednesday, March 20	Lower Queen Anne, Waterfront, Belltown	Kathy Biever
Saturday, March 30	Hike: TBD	Glen Strachan
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	
Tuesday, December 31	Goodbye 2024 – Hello 2025!	Kendra Wanzenried
	Hike & Coffee	

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:

5 outdoor trips and classes that are good for beginners this winter

25 years ago, Mount Baker got a record-setting 1,140 inches of snow

How Mount Baker's record winter stacks up

During the 1998-1999 snow season, Mount Baker measured a world-record 95 feet (1,140 inches) of snow. Here's how that snowpack measures against other familiar Washington symbols.

The Seattle Great Wheel: **2,100 inches**

Record snowfall at Mount Baker: **1,140 inches**

The tallest Amazon Sphere: **1,140 inches**

18 stacked 2024 Subaru Crosstrek Sports: **1,134 inches**

Hammering Man: **576 inches**

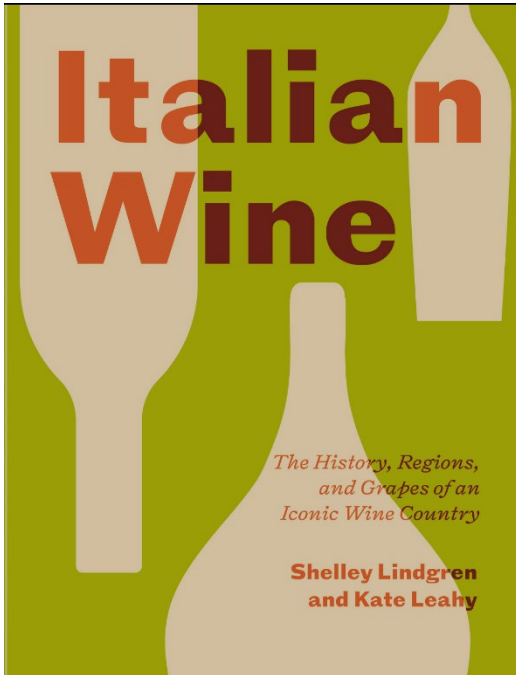
72-inch human

2024 Subaru Crosstrek Sport: **63 inches**

Reporting by SEATTLE TIMES STAFF, graphic by MARK NOWLIN / THE SEATTLE TIMES



Thinking of Food: *Italian Wine: The History, Regions, and Grapes of an Iconic Wine Country.* Shelley Lindgren and Kate Leahy, 10 Speed Press, 2023. —by Dave Coder



The authors are intimately familiar with the wines of Italy. Shelley Lindgren is the owner of several very successful restaurants in the San Francisco Bay area. Her first restaurant, A16, is named after the *autostrada* that runs roughly East from Naples in Campania to Bari in Puglia. Hence, it's known as the *Autostrada dei Due Mari* (the Motorway of the Two Seas) spanning Italy from the Tyrrhenian to the Adriatic. This less visited region of Italy has a culinary and wine history largely unknown in the US. Ms. Lindgren set out to show that Italian food is more than the familiar cuisine of the Italian north. Not surprisingly, the food of the region works well with the wines made from local grapes. As the wine director of A16, she chose a wine list from the region that complements the foods. Many of the wines—much less that grapes—are new to lots of diners. The author's first book (with Nate Appelman), *A16: Food + Wine* provides a background for the inquisitive diner with recipes and wines that round out the meal; the wines are increasingly available in better wine shops in the US.

Italy is a relatively young country, but its regions are ancient and distinct giving rise to a linguistic, culinary, and vinous diversity that persists to varying degrees. After the success of their earlier books, Lindgren and Leahy, expanded their scope to all regions of Italy—much travel, much tasting! The writing of the book was affected by the Covid pandemic. As the restaurants were shut down, Lindgren started an Italian wine club that provided subscribers 3 bottles of wine (red, white, *rosato* or sparkling); sometimes accompanied by a packet of peppers or pasta. Importantly, there was an explanation of the region, the wines, and grapes that was a teaser to chapters in the forthcoming book. The book finally came out last year and received great reviews. [Online, it's available at Amazon.](#)

Their passion for Italian wine shines through making a book that is both educational and a joy to read. They include the 20 vinicultural regions of modern Italy. From the vineyards of Tuscany to the volcanic slopes of Sicily, they transport readers to each wine-growing region, describing the landscapes, traditions, and people behind Italy's wines.

What sets this book apart is its emphasis on the cultural significance of Italian wine. Lindgren and Leahy delve into the intertwined relationship between wine and Italian life, exploring how wine is deeply embedded in the country's history, cuisine, and social rituals. As they observe: “The best part for wine drinkers is that Italian wines have something for everyone, from everyday wines to special occasion wines, from classic styles to natural, to everything in between.”

Food for Thought: Carnevale—with an [orange] twist!—by Dave Coder



February is festival month in Italy, with Carnival celebrations from Venice to Viareggio to Bari with costumes, parades, confetti and much food and wine. In a small town 45 minutes north of Turin, all those elements combine with a strange, citrusy twist — oranges.

Ivrea claims the oldest Carnevale festival in Italy, dating from the 12th century; the current iteration is from the 19th Century. For three days each February, spectators and competitors flock in the thousands to Ivrea for a reenactment of a historical event. Its

Orange Festival turns Ivrea into a raucous battleground with nine neighborhood teams competing for victory. The festival of Ivrea traces its origins back to medieval times, with its roots intertwined with a legendary tale of resistance against oppression. The festival's origin story revolves around a brave young woman named Violetta, who lived during the 12th century in Ivrea.

According to legend, Ivrea was ruled by a tyrant who sought to exercise his *droit du seigneur*, or the right to spend the wedding night with the bride. However, Violetta, a miller's daughter, refused to submit to this unjust decree and instead decapitated the tyrant. Her act of defiance sparked a rebellion among the townspeople, leading to the overthrow of the oppressive ruler.

The Orange Festival commemorates this legendary event through various rituals and reenactments, with the most famous being the Battle of the Oranges. This tradition symbolizes the revolt of the townspeople against their oppressors, with oranges representing the stones thrown by the citizens at the tyrant's soldiers during the uprising. And yes, it takes *days* to clean up the orange pulp!



A complete guide is available [online](#).



STORICO CARNEVALE DI IVREA

Welcome New Members!

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

You'll also receive the meeting announcement in a forthcoming email.

Thanks to all who became new members and renewed for 2023. We now number 112 members.

Annual General Assembly 2024

You are invited to join us for our CAI-PNW Annual General Assembly meeting scheduled for Saturday, March 2, beginning at 1:00pm. It will be held at Spiro's Pizza and Pasta meeting room. The address is 18411 Aurora Ave. North, Shoreline.

We hope that our local members will attend. CAI-PNW will provide a variety of pizzas including a vegetarian option and soft drinks. If you have dietary restrictions, please include that with your RSVP.

Attending the Annual Meeting is the perfect time to renew your membership for 2024. Please let us know if you can attend our Annual Meeting. RSVP to Toni Williams at hikernw@yahoo.com or you may respond to this CAI-PNW email site. We would appreciate your reply by Wednesday, February 28.

LOOK AT WHAT WE'VE BEEN DOING

Hike reports

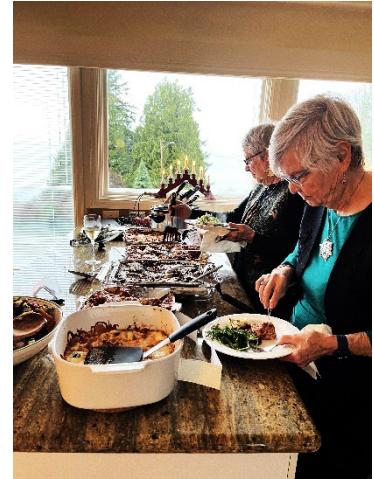
CAI PNW Holiday Party, Saturday, December 9, 2023—by Kendra Wanzenried

A special thank you to Bev Riter for hosting our annual Holiday Party. Christmas was definitely in the air with beautiful holiday decorations throughout her home.

What a perfect way to spend a rainy, cold Pacific Northwest day than with twenty-three CAI friends. It's always a great way to reflect on the memories that were made during the year and to reconnect with others.



We continued the tradition of all homemade food with an Italian focus. The air was filled with the smell of vegetarian & meat lasagnas, gnocchi with meatballs, a variety of salads, and delicious desserts. As always, it was a true feast with the kitchen counter overflowing with an assortment of tasty foods!



This year we collected 26 pounds of canned food to be donated to Northwest Harvest which supports a statewide network of over 400 food banks and meal programs. Thanks to everyone who made this year's Holiday Party a wonderful event!



Troll Stroll on Rainier Trail, Issaquah, Wednesday, January 10, 2024—by Cam Bradley



After weeks of rainy, cloudy weather seven CAI-PNW members trusted the morning’s weather prediction and enjoyed a hike with no rain or wind and even some sun! Flo, John, Derek, Ida, Gerlinde, Kendra and Cam met in the Issaquah Community Center.



We headed up the railroad-grade Rainier trail in search of Jacob Two Tree Troll. What fun to find and stand by this kind-faced troll designed by Thomas Dambo of Denmark and put together on site with Dambo and local volunteers. The natural and recycled materials are all meant to biodegrade in time.

We continued up the Rainier Trail to reach a loop of wooded trails in West Tiger. The first leg of the loop climbed up to meet a Poo Poo Point Trailhead. Looping back on the Wetlands Trail, which skirted Round Lake, and another connector trail gave us a view of Issaquah to Lake Washington and an adventurous 4-mile total hike upon to complete the loop.

Some of us then “put our legs under the table” at the nearby Umi Cafe.

Notes from the field:

Alta Via 2: by Rob Hart

Here is a link to the video I shot while we were hiking in the Dolomites last summer. I know... "oh man, another home movie" but it actually turned out pretty good. All on iPhone.

Alta Via 2 video



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:

Please send material for the newsletter one week in advance of the 1st of every other month's publishing date. March 25th is the deadline for the April 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.