



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.*

October 2023

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

WHAT ARE WE GOING TO DO?

2023 Calendar of Outings and Events

NEWS & FEATURED ARTICLES

Thinking of Food: *Pasta for All Seasons: An Italian sensibility with ingredients of the PNW*

Food for thought: *Playing with your food: Romanesco and Fibonacci, or P is for Pisa and Phyllotaxis*

Welcome New Members

LOOK AT WHAT WE'VE BEEN DOING

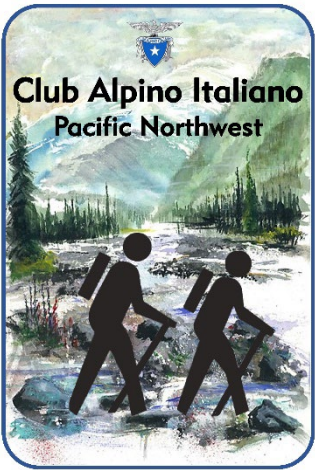
Hike/Activity Reports:

Redmond Watershed Preserve hike.

CAI-Padova Exchange

Notes from the field: *Rifugio Bolzano Revisited*, Glen Strachan

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 “As of April 19, the CDC order requiring masks on public transportation and at transportation hubs is no longer in effect.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](#).

2023 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.

Date(s)	Day(s)	Event	Leader(s)
October-11	Wednesday	Heywood Ridge hike	Ida Callahan
November-8	Wednesday	Italian Dinner Out	Toni Williams & Clarence Elstad
December-9	Saturday	Holiday Afternoon Party	Bev Riter

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

[Italian Heritage Family Dinner October 29 | 3:00pm-7:00pm](#)

Seattle Perugia Sister City: News

Thinking of Food: An Italian sensibility with ingredients of the PNW—by Dave Coder



A characteristic of Italian cuisine is that the cook does not get in the way the ingredients. The best foods are used at their peak of flavor and color—that is, in season and without minimal embellishment. That means there is a change of dishes as the seasons progress and the freshest ingredients become available.

Michela Tartaglia is from Turin in the North but spent summers with her grandmother on a farm near Naples in the South. This exposure to the seasonal, fresh ingredients carries through in the concept of each of the recipes in her recent book from Sasquatch Books.

For us in the Pacific Northwest, you can survey what's available locally each season and find a delicious pasta dish to make at home. If you live near Seattle, you can shop for ingredients in Pike Place Market and buy fresh pasta from her shop, Pasta Casalinga (in the atrium just behind De Laurenti). Likely, you'll want to enjoy a plate of fresh pasta and find inspiration for dishes to make at home.

For autumn:

***Rigatoni con crema di romanESCO, pecorino e bacon croccante* / Rigatoni with Romanesco Puree, Pecorino, and Crunchy Bacon** (p. 106)

“This is an easy, approachable dish that belongs firmly in fall, when *romanesco* is at its best. Rich in vitamins C and K, *romanesco* is not just delicious but also gorgeous with its distinctive texture and bright-green color. I added bacon to this recipe for two reasons: first, it provides a crispy, crunchy topping, and second, it's a fridge staple that many of us have on hand.” *Romanesco* is a variety of cauliflower and is a curious and other-worldly vegetable with its florets forming myriad fractal buds. (See the accompanying article.)



Ingredients (for 4 servings):

- 4 strips bacon*
- 1 medium head *romanesco*, cut into small pieces.
- ¾ cup grated pecorino
- 3 tablespoons extra-virgin olive oil, divided.
- 2 cloves garlic
- 1 to 2 pinches red pepper flakes, or 1 small *peperoncino*, minced.
- Kosher salt and freshly ground black pepper.
- 12 ounces rigatoni pasta



Preheat the oven to 400 degrees F.

On a baking sheet (lined with parchment paper, if you like), place the bacon, and bake for 15 to 18 minutes, or until crispy. Set aside until cool, then cut into ½-inch pieces. [I gently fried the pancetta with a bit of olive oil keeping the pork fat/olive oil.]

In a large pot of boiling salted water, put half the *romanesco*. Cook until soft, 5 to 6 minutes. Using a spider, remove the *romanesco* and set aside. Turn off the heat but keep the pot of water to use later for cooking the pasta.



In a blender, blend the cooked *romanesco*, half the pecorino, and 1 tablespoon of the olive oil until creamy and smooth. [Add pasta water a tablespoon at a time as needed to get a creamy consistency.]

In a medium-large pan over medium heat, warm the remaining 2 tablespoons olive oil [less if you keep the pork fat], the garlic, and red pepper flakes for a minute. Stir in the *romanesco* puree and continue cooking for another couple of minutes. Season with salt and pepper to taste. Turn off the heat but leave the pan on the burner.

Meanwhile, bring the pot of water back to a boil, add the remaining *romanesco* and the rigatoni and cook until *al dente*.

Drain and transfer to the pan. Quickly sauté, adding pasta water as necessary to bind the ingredients.

Plate in four bowls, and finish with the remaining pecorino, the bacon pieces, and a drizzle of oil. *Buon appetito!*

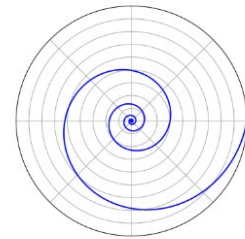
A nice wine pairing was a *Vermentino di Matelica* from Colle Stefano in le Marche; the 2022 is a *Tre Bicchieri* awardee from *Gambero Rosso*.

* As she mentions, you can substitute bacon with *pancetta*, *guanciale* or *speck*. I had pancetta from [Coro Foods](#) (successor to *Salumi*). It's down the hill from Pike Place Market or available by mail.

Food for Thought: Playing with your food: Romanesco and Fibonacci, or P is for Pisa and Phyllotaxis—by Dave Coder



The *romanesco* cauliflower has many growth buds arranged in a spiral pattern approximating a fractal distribution. The spiral is a logarithmic spiral described from nature by Albrecht Dürer in the 13th Century and has fascinated many naturalists and mathematicians since. It's seen in sunflower seed discs and Nautilus and gastropod shells. The arrangement of leaves on stems, or phyllotaxis, is often this spiral. It is the *spira mirabilis* or "miraculous spiral" of the Swiss mathematician, Jacob Bernoulli. A property of the spiral is that as the size of the spiral increases, its shape is unaltered with each successive curve. (Bernoulli wanted the motto, "*Eadem mutata resurgo*"—"Although changed, I shall arise the same." on his tombstone.) This is the property of self-similarity. Self-similarity is a fundamental property of fractals, where a structure or pattern repeats itself at different scales. In other words, when you zoom into a part of a fractal, that part resembles the overall structure. This characteristic remains consistent as you continue to magnify smaller and smaller parts of the fractal.

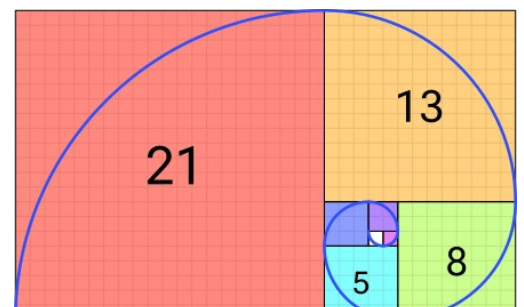


Each *romanesco* bud is composed of a successive series of smaller buds, although the pattern doesn't continue down to infinitely smaller sizes, so it only approximates a fractal. The branched tips of each bud have continuously dividing cells and form a logarithmic spiral. The number of spirals on the head of *romanesco* cauliflower is a Fibonacci number. That is, a number in the sequence known as the Fibonacci sequence, which is a series of numbers where each number is the sum of the two preceding ones—0, 1, 1, 2, 3, 5, 8, 13, 21, and so on.



Sculpture of Fibonacci in the Campo Santo of Pisa; my son is trying to approximate the spiral.

The sequence was a discovery of the 13th-century Pisan mathematician, Leonardo Pisano whose nickname was "*filius Bonacci*" (son of Bonacci), which was shortened to Fibonacci. In his 1202 treatise, *Book of Calculation*, Fibonacci described the numerical sequence that now bears his name. If you divide each number in the sequence by the one that precedes it, the answer will be something that comes closer and closer to 1.618, an irrational number known as the golden ratio (e.g., 5 divided by 3 is 1.666; 13 divided by 8 is 1.625; 21 divided by 13 is 1.615; and so on). And there is a special "golden" logarithmic spiral that grows outward by a factor of the golden ratio for every 90 degrees of rotation, of which a "Fibonacci spiral" is a close approximation.



The Fibonacci spiral: an approximation of the golden spiral created by drawing circular arcs connecting the opposite corners of squares in the Fibonacci tiling.

Spiral illustrations lifted from Wikipedia.

Welcome New Members!

We're now nearing the end of the year and prospective new members can apply in 2024. Thanks to all who became new members and renewed for 2023. We now number 112 members.

Congratulations to our newest members!

Colleen Norcott Everett, WA
Patric Earle Seattle, WA
Lisa Manhart Seattle, WA
William Fleming Seattle, WA
Lukas Rowland Portland, OR
Claire Rowland Portland, OR

LOOK AT WHAT WE'VE BEEN DOING

Hike reports

Redmond Watershed Preserve Wednesday, September 13, 2023—by Kendra Wanzenried

Joanie Pryor was the leader for this hike guiding 12 CAI PNW hikers through an absolutely gorgeous forest.

The Redmond Watershed Preserve is an 800-acre forested space with trails for hiking, horseback riding and mountain biking in Redmond's backyard. This beautiful area is primarily a nature preserve focusing on protecting a variety of habitats including ponds and wetlands.

The hike was a 4.5-mile loop trail starting from the parking lot. We started on the Trillium Trail then continued on the connecting trails and returned on the Siler's Mill Trail.

We are so fortunate in the Pacific Northwest to have so many hidden treasures within the greater Seattle Metropolitan area.



CAI-PNW Exchange with CAI Padua: August 5-19, 2023

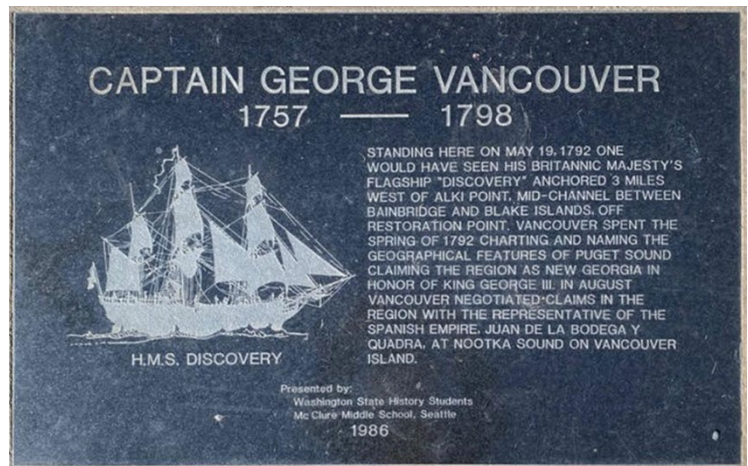
The exchange with CAI-Padova was a grand success. We hosted 10 members from Italy and visited some of the highlights of Washington State. Thanks to all for contributions of time and energy for making a fun time for all. Below are illustrated reports of daily events.

Sunday, August 6 Walking tour of Seattle—by hike leader, Kathy Biever

Thanks for being such a Fun Bunch. I totally enjoyed showing you my Queen Anne neighborhood and Seattle's Waterfront, including our new (relatively - opened 2007) Olympic Sculpture Park. And we enjoyed these parks as well: Kerry Park (where walk started and ended), Parsons Gardens, Betty Bowen Lookout, Kinnear Park, Elliott Bay Trail, Centennial Park, Myrtle Edwards Park. Lunch at Anthony's Fish Bar.



We were 20 strong on the walk. These 19 + the photographer (me).



Kinnear Park. Kendra and Dale at the front of the pack.



Mirca, Donatella, Roberto



Down the steps after crossing on the pedestrian bridge over busy Elliott Avenue and railroad tracks. Mirca & Nicola in front



Gerlinde and Becky in the Rose Garden.



Glen, Kendra, Clarence, Dale point to Keith's and my names on the fence. It was a fund raiser for the Sculpture Park in 2007.



Lunch at Anthony's Fish Bar next to Norwegian Caribbean cruise ship ENCORE. Capacity: 4000 passengers. Yikes! Keith, Clarence, Glen, Kendra



Sylvia and Dale



Donatella, Joel, Annalisa, Nicola, Gerlinde



Mirca, Lodovica, Donatella, Federica



Antonella, Roberto



At the base of the hill where Kerry Park is, there was Keith offering "Uber" service up the steep hill. It is suspected that the three who took him up on his Uber offer, although perfectly able to walk uphill! just wanted to ride in K's convertible. Away Keith and his harem went!

Welcome Potluck Dinner —hosted by Bev Riter



Monday, August 7-10 Mount Rainier National Park by Kendra Wanzenried

Our Italian Exchange proceeded with a visit to Mount Rainier National Park.

Our first stop was Northwest Trek Wildlife Park in Eatonville, WA with over 40 species of native Northwest animals. The Northwest Trek forest is a habitat filled with native woodland and wetland animals. We enjoyed the playful river otters, adorable badgers, splashing beavers, the snowy white owls, eagles, etc. and the bear bridge overlooking the grizzlies and black bears. After enjoying a picnic at the Park, we headed to Mt. Rainier.

Hoping to see Mt. Rainier in all of her glory, we decided to head to Paradise first, however, it was overcast, and the Mountain was not visible. We did a short hike to Myrtle Falls and watched the movie at the Jackson Visitor Center. The time had now come to head to our accommodations at the Lazy Bear Creekside Cabin and Coho Cabins in Ashford just outside of the Park entrance to settle in before dinner.



Tuesday after breakfast we drove to Longmire, the original Park Headquarters. The original 1916 headquarters building now houses a museum offering local history, area information, and a gift shop. Today there were two hike choices...Rampart Ridge or Lake Trail from Paradise to Longmire via Reflection Lake. Highlights after dinner were the Italian child-like excitement in roasting marshmallows and making s'mores plus the Italian campfire songs that followed!

Wednesday we had two choices of hikes: the Skyline Trail to the Golden Gate Cutoff or continuing up to Panorama Point. On a clear day, Panorama Point provides stunning views of the Paradise valley, Mount St. Helens, Mount Adams and even Mount Hood. Sadly, it was overcast, rainy and very windy, so the Mountain was not visible. However, the group was enthusiastic and headed to Panorama Point committed to making it to the top regardless of the outcome! The Italians were amazed to find a small rock building with a toilet at the top of Panorama Point!



Panorama Point



Returning to our cabins to shower, etc., we later met at the main cabin for happy hour followed by a delicious dinner created and prepared by Toni Williams. After each meal the Italian women were a force to be reckoned when it was time to do the dishes. They rocked!

After enjoying breakfast on Thursday, we packed up to head home. Our stop along the way was the Metal Sculpture Park in Ashford. The Park is a random collection of animals, monsters, motorcycle riders, and structures. All materials were found and created by the artist. It's definitely worth a stop!

Friday, August 11-14 Olympic Peninsula by Joel Patience

Our first day visit to Port Angeles had us staying in part - at the Angeles Motel and part at the rental House along the Damn Road. Our first hike was initially in question as "improvements" to the Hurricane Ridge Lodge had backfired. It now lies ruined; burnt to the ground with only the two giant fireplace chimneys remaining.



Ferry from Edmonds to Olympic Peninsula



As traffic is limited up the winding access road, Clarence came up with the idea of our entire group taking public transit to the top to prevent being held in traffic lines. With our backs to the rubble, we were able to enjoy a winding path through the woods and on to the first crest trail. It was complete with lunch and well-placed facilities, arriving in time for the return bus to sea level. A ptarmigan with chicks ran among us. Her job was to distract a local hawk looking for lunch.

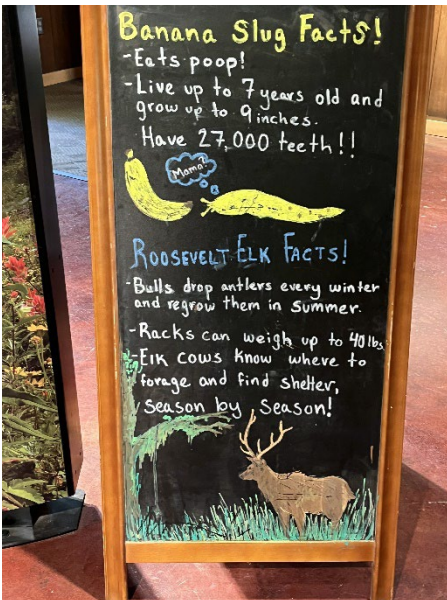


Day 2 Hoh Rain Forest. We were lucky that repairs were underway along the access road to the Hoh. Winter storms had done quite a bit of damage from slides and undercuts from the river.

But the Hoh never lets visitors down. We were able to hike along its trails lined with ferns, giant trees decorated by Mother Nature with long strands of moss and *Oxalis*; our NW version of clustering clover in the rain.



After the “temperate rain forest” it was on to the Washington Coast - Beach 1 near La Push.



Along the way Antonella, Toni and Dale played “auto bingo” to pass the time. They were thrilled to find items unexpected such as sports cars. While we were only on the beach for a few hours, the views were spectacular and a reminder of how violent the storm surges can be in the off seasons. An artist from Bainbridge WA had set up his easel on the beach to paint in oils. Sadly, as soon as they set up a breeze added sand and texture to their work. A local pelican hovered undetected just above the artist just to critique their work.

We enjoyed seeing Bart when exiting the parking lot. And an Italian version of the “long goodbye” took place. This was followed by a coffee and happy snap stop (what the Aussies call photos).

Day 3 Crescent Lake Falls and Beaches

Although cut off in traffic along the way, the entire group reunited at the Storm Ranger Station for a short hike to the falls. Moisture is low this time of year, but we were able to take in some spectacular trees with moss hanging off them. The return hike took us to the beaches at Crescent Lake near the Lodge. The common event was to be entertained by campers doing back flips off the docks and afternoon coffee. Some of our group too waded to cool off.



August 15-17, 2023 – Twisp & Winthrop Areas by Joanie Pryor & Clarence Elstad

We started out going to the Hibulb Cultural Center on the Tulalip Reservation in Marysville. This was an opportunity to see the history, traditional cultural values and spiritual beliefs of the Tulalip Tribes who are the successors to the Snohomish, Snoqualmie, Skykomish tribes and other tribes.

We headed over Hwy 2 to Twisp as Hwy 20 was closed due to the Sourdough and Blue Lake fires. We stopped at Stevens Pass Ski Area for lunch heading on through Wenatchee, north on Hwy 97 to Pateros, and then up the Methow River to the Idle-A-While Motel in Twisp. After settling in and enjoying hors oeuvres of chips and salsa, Clarence and Toni prepared a typical campfire (with no campfire!!!) of hamburgers, hot dogs prepared on the BBQ with all the fixings followed by ice cream.

The next day (August 16) we went to the ranger station to see if the fire would be affecting our hike to Cutthroat Lake and the Washington Pass lookout. The Cutthroat Lake Trail was closed, and the Lookout was to be closed at any time due to a fire near Blue Lake. (Very close to Washington Pass) We decided to do a hike Clarence was familiar with that was West of Mazama a few miles. This trail traversed along

the Methow River. After a nice hike of 6 miles (RT) we took time to dip our toes in a creek to cool off. The temperatures hovered around 100 degrees the 3 days we were on the Eastside.



On the way back, we stopped and walked through Winthrop (The museum was closed.), enjoyed ice cream and/or coffee, and ended with a tour of the North Cascades Smokejumper Base in Winthrop. We were provided with a tour of the plane and the hanger by one of the Jumpers who described their equipment, their primary focus during a fire, and patiently answered questions. I think this was the highlight for the Italians of the Twisp leg of our adventure. They asked many questions and several bought shirts with the smokejumper logos. That evening, we had a delicious dinner at La Fonda Lopez Mexican restaurant. It was an enjoyable way to end the hiking part of our exchange with our Italian friends.



Roberto and Sandro



On August 17 we loaded up for the drive back to the Seattle area with a stop at the Wells Dam along the Columbia River (very nice tourist displays), had our lunch in Leavenworth and a walk around to take in the uniqueness of the town. We stopped at the infamous 59'er Diner for milkshakes which I believe was another gastronomical highlight for our travelers.

The Exchange provided a chance for our Italian friends to see some of the desert of eastern WA. as well as the mountains and

rainforest/pacific beach areas of this vast state. The two weeks of touring were very compact with activities every single day at a quick pace.



Friday, August 18 Farewell potluck dinner Clarence and Toni's



Highlights shared by Toni Williams regarding the food during the Italian Exchange:

Their enjoyment in the biscuits used for the strawberry shortcake and enjoying the leftovers the next morning.

Chips and salsa good... guacamole wonderful!

Being able to share homegrown vegetables.

Mirca having her photo taken holding the supersized bag of popcorn...more than half the bag was eaten before dinner.

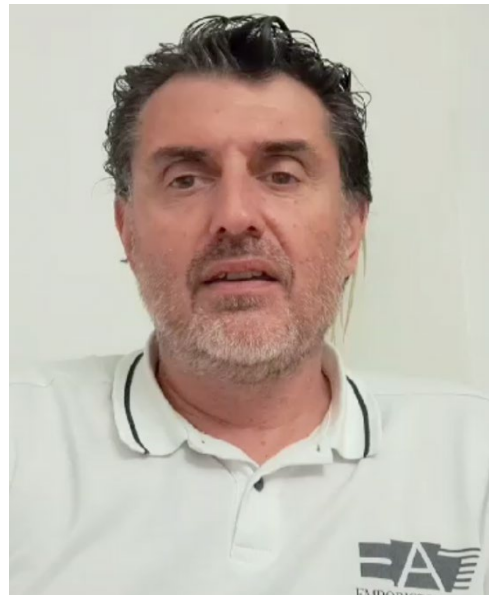
Items not found in Italy: Pam spray oil, plastic bread clips, electric griddles.

I truly enjoyed cooking for a very appreciative group and willingness to experience American cuisine!



A preview of exchanges to come.
click to hear greeting

Antonio Montani is the new General President of the Italian Alpine Club for the three-year period 2022-2025





Glen and Tatiana at Rifugio Bolzano 2023

Notes from the field: *Rifugio Bolzano Revisited*—by Glen

Strachan

Date: 28 August 2023

As part of a trekking adventure through the *Alpe di Siusi – Seiser Alm, Sciliar Massif* region of the Italian Dolomites in July 2023, Glen and Tatiana Strachan stayed at *Rifugio Bolzano*. Glen had previously stayed at *Rifugio Bolzano* in 2009 with Emilio Senesi, Alessandro Subissi, Bruna and a group of ten Australians (see 2023 and 2009 photos). Emilio was the leader of the group that trekked from *Lago Carezza* north to *Rifugio Bolzano* and then to *Alpe di Siusi* and *Val Gardena*.

Glen recalls a strong thunder, lightning, wind, and heavy rainstorm that hit in July 2009 near the high ridge pass of *Cima Di Terrarossa* on the approach to *Rifugio Bolzano*.

Some of us were quite drenched when we reached the *rifugio*. The next day it snowed about six inches in the early morning (near white out conditions), so we were forced to stay at the *rifugio* an extra night. We had clothing drying out all over the *rifugio* from the rain. The views of snow-covered mountain peaks in the *Parco Naturale Dello Sciliar* were spectacular. The next day was gloriously sunny and clear as we walked north over *Sciliar*, had a bite to eat at *Rifugio ProBiner Schwaige*, and followed a steep pathway past many wildflowers down to *Val Gardena*.



Bruna, Sandro, Emilio, and Glen at Rifugio Bolzano 2009



Italians, Australians, and an American at Rifugio Bolzano 2009

After staying at *Rifugio Bolzano* in 2023, Glen and Tatiana trekked several trails eastward through *Parco Natural Dello Sciliar*, around *Sasso Piatto*, to *Passo Sella* and *Sas de Pordoi*. They stayed at *Rifugi Sasso Piatto* and *Des Alpes* and stopped at other *huttes* and *rifugi*. They also stayed at hotel

basecamps in *Selva* and *Ortisei* of *Val Gardena* and day hiked a loop to *Seceda*, *Alpi di Cises*, and by the *Peuz ferrata* junction to *Rifugio Firenze*. The wildflowers were at their peak during the trek and glorious. It looks like Spring comes in July in the Dolomites. Black pines, a relict tree of preglacial origin, grow on large limestone rocks in the forests, wrapping their roots around them along the trail and speckled with wildflowers.



Glen and Tatiana by the Odle/Geisler, Seceda, north of Val Gardena 2023

The second phase of our trip continued along the Italian Riviera on the western coast from *Isola Palmaria/Porto Venere* to the *Cinque Terre* and to the *Portofino* peninsula.



Coastal trail above Vernazza, Cinque Terre National Park

CAI-PNW Officers - 2023

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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!



Treats accepted!

From the assistant editor:

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