



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.*

August 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
CAI-Padova Exchange

NEWS & FEATURED ARTICLES

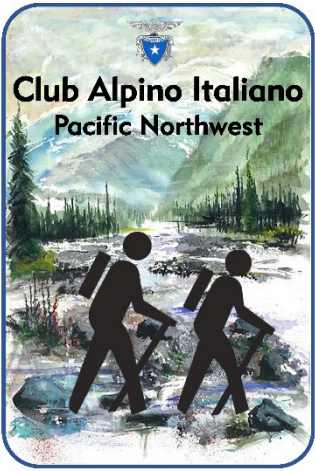
Thinking of Food: *Too hot outside? Make Sorbetto!*
Food for thought: *Ospedale degli Innocenti*

Welcome New Members

LOOK AT WHAT WE'VE BEEN DOING

Hike/Activity Reports:
Middle Fork – Snoqualmie River
WTA Trail Work Party
Bend Hikes
Annual Picnic
Francesco and Trail #181—by Alessandro Subissi

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 “As of April 19, the CDC order requiring masks on public transportation and at transportation hubs is no longer in effect.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)
Aug 5-19	Saturday-Saturday	Italians Visit from Padova	Clarence Elstad
September-13	Wednesday	Hike	Joanie Pryor
October-11	Wednesday	Carkeek Park	Ida Callahan
November-8	Wednesday	Italian Dinner Out	Toni Williams & Clarence Elstad
December-9	Saturday	Holiday Afternoon Party	Bev Riter

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

The day-by-day itinerary is listed below. The hosts for the visiting Italians, drivers for the excursions and assistants in the kitchens have been identified. We could use a few hike leaders or sweeps. Now we would like to invite our members to join us for any of the events or activities. Please note that each person is responsible for their lodging, transportation, and meals.

CAI-PNW will be cooking dinners many of the evenings. If you would like to attend, there is a \$10 cost to member, RSVP is requested. If you plan to join us for any of the hikes, please let us know.

Please RSVP: celstad@gmail.com

Sunday, August 6

Walking tour of Seattle 10:00 am meet at Kerry Park (2nd Ave West and 211 West Highlands Dr.)

Leader: Kathy Biever

PLEASE RSVP BY THURSDAY, AUGUST 3 TO KATHY BIEVER eskay39@comcast.net

Welcome Potluck Dinner 5:00 PM

Leader: Bev Riter

PLEASE RSVP BY TUESDAY, AUGUST 1 TO BEV RITER beverlyriter@gmail.com

Driving directions will be sent in a separate email.

Monday, August 7

Mount Rainier national park

2:30 pm Panorama Point loop hike

7:00 pm dinner at Lazy Bear Creekside Cabin

Tuesday, August 8

10:00 am meet at Longmire Lodge

hike options: Rampart Ridge 4.6-mile loop, 1339' gain, 2.5 hrs.

Carter Falls/Madcap Falls 2.2-mile roundtrip, 500' gain, 2 hrs.

2:00 pm tour Longmire Museum

6:00 pm dinner at Lazy Bear Creekside Cabin

Wednesday, August 9

10:30 am meet at Reflection Lake

hike options: Scramble Pinnacle Peak or to saddle 2.5-mile roundtrip, 1050' gain, 2.5 hrs.

Hike around Reflection Lake 3 mile loop, 400' gain, 2 hrs.

7:00 pm dinner at Lazy Bear Creekside Cabin

Thursday, August 10

Return to Seattle

Friday, August 11

Olympic National Park

8:10 am Meet at Kingston Ferry in Edmonds (catch the 8:50 am ferry)

11:30 am tour Sequim Museum & arts and lunch

6:00 pm dinner at rental in Port Angeles

Saturday, August 12

9:00 am drive to Olympic National Park Visitors Center visitors

10:00 am Dungeness Spit hike 10 mile roundtrip, 3 hours 137' gain,
or Hurricane Ridge if open

4:00 pm arrive at rental

6:30 pm dinner at Gordy's Pizza & Pasta in Port Angeles (360-457-5056) dinner at your expense

Sunday, August 13

9:30 am arrive at Hoh Rainforest Visitors Center

12:30 pm drive to La Push and hike First and Second beach

4:30 pm arrive at rental

6:30 pm dinner at rental

Monday, August 14

10:00 am drive to Lake Crescent and hike Marymere Falls 2 mile round trip and lunch

1:00 pm drive to Kingston ferry to return to Seattle

Tuesday, August 15

Visit the North Cascades, stay in Twisp

9:00 am depart Everett

11:00 am Washington Pass overlook and lunch

1:30 pm hike Cutthroat Lake 3.6 roundtrip, 400' gain, 2.5 hrs.

5:00 pm arrive at Idle-a-While motel in Twisp

6:30 pm BBQ at motel

Wednesday, August 16

8:30 am depart motel for Mazama

9:30 am hike options: Goat Peak outlook 3.7 mile roundtrip, 1400' gain, 3 hrs.

Patterson Lake trail 3.2 mile roundtrip ,350' gain, 2.5 hrs.

1:00pm stop at Mazama General Store

2:00 pm walking tour of Winthrop and museum

3:30 pm stop by brew pub in Winthrop or Twisp

5:00 pm arrive back at motel

6:30 pm dinner out at La Fonda Lopez (509-997-0247) dinner at your expense

Thursday, August 17

9:30 am depart Twisp leave for Leavenworth

11:30 am visit Leavenworth and have lunch

12:30 pm depart for Everett

Friday, August 18

Free day to explore.

5:00 pm Farewell potluck dinner at clarence's 1125 2nd St. Mukilteo, WA

PLEASE RSVP CLARENCE celstad@gmail.com by Tuesday, August 15

The above is the planned itinerary, but we all know things change as circumstances arise, so there might be tweaks here and there.

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

Giant Ferragosto festa at Casa Aug 12! Ferragosto is a huge annual Italian public holiday on August 15 where each year, most Italian businesses close and everyone goes to the beach!

Seattle Perugia Sister City: News

Local News

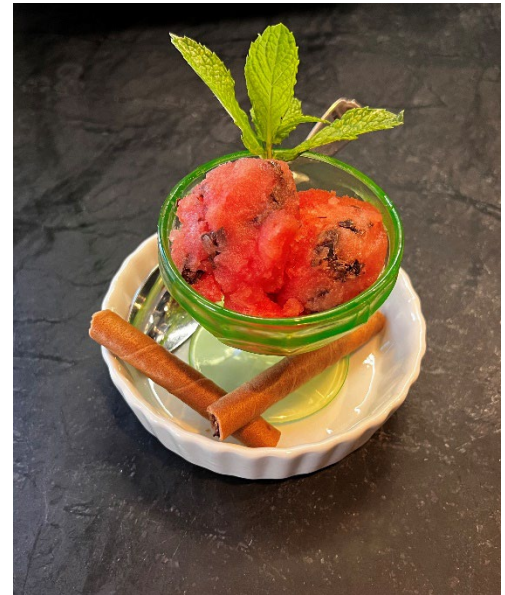
One last climb: WA hiker becomes oldest woman to summit Mount Rainier

78-year-old Ashford resident Rose Vanderhoof climbed Mount Rainier for the ninth and last time earlier this month. We hear from her and her climbing group about the journey.

Thinking of Food: Too hot outside? Make *Sorbetto*! —by Dave Coder

While the Pacific Northwest west of the Cascades has avoided triple digit temperatures, there's always next month! But summer is always a time of warm weather and ripe fruits. So why not a frozen dessert?

I recall decades ago an amazing *sorbetto* that I enjoyed on a hot summer day in Rome—dark pink watermelon sorbetto with the 'seeds' added back as bits of dark chocolate. Delicious! In contrast to *gelato* (that contains milk and eggs), *sorbetto* is very easy to put together with fresh fruit, water, sugar and perhaps some other flavorings. It does, however, take time to freeze adequately; an ice cream maker simplifies the process, but you can get by without one. But you do want to have the ripest and the most flavorful fruit. Watermelon is juicy—there is no need to add water.



Watermelon sorbetto

Makes about 1 liter; the number of servings is up to you!

Ingredients:

- watermelon cubes, 1kg; seeds removed if not a seedless melon.
- granulated sugar, 175g
- juice of 1 lemon
- 1/3 Cup dark chocolate, chopped (and sieved to remove powder and tiny bits) into pieces—the size of watermelon seeds



Add watermelon cubes, sugar, and lemon juice to a blender; divide into halves if blender capacity is less than a liter. Puree until sugar is completely dissolved. Cool in the refrigerator until very cold.

Pour into bucket of the ice cream freezer and run for 20-30 minutes (according to freezer directions). You should have a soft granular slush. Pour into a freezer container, and fold in the chocolate 'seeds'. Cover and let rest in freezer until firm.



Again, you don't need an ice cream freezer. Pour the watermelon puree into a freezer container, cover, and place in the freezer of the refrigerator. Mix at least 4-5 times (about every hour) with a fork; this makes the large crystalline particles break down. After the last mixing when it looks slushy, fold in the chocolate bits, and then let it rest for several hours or overnight to firm.

Food for Thought: *Ospedale degli Innocenti*, Care for Abandoned Children

By Beverly Paladeni Riter (visited the Museum in December 2022)

Founded in 1419, the *Ospedale degli Innocenti* (Hospital of the Innocents, or the Foundling Hospital) in Firenze was a charity institution that cared for abandoned and orphaned children for almost six centuries. Originally, when left off, babies were placed in a concave stone basin located in the portico of the building. Later, it was replaced by a *ruota*, a rotating wheel or door through which babies were deposited anonymously at any time of the day or night. Babies were wet nursed until they could be weaned. The *Ospedale* had two kinds of wet-nurses: those who were in-house and those who raised the children in their own homes. (Families in my ancestral villages of Gorfigliano and Roggio in the Garfagnana in Northern Tuscany took in some of these children.)



In 1791, the in-house wet nurses were replaced by unmarried mothers from a hospice for unmarried expectant mothers. The *ruota* was abandoned in 1875 because they felt too many legitimate children were placed in the



Ospedale's care. After this time, babies were left in a special delivery office.

When registering the children, a wet-nurse recorded the type of swaddling and any objects and messages left with the child. Parents often left small items such as coins, rings, hair clips, buttons, fabric pieces; sometimes one half of an item so they could identify their child if they were to return for them.

The *Ospedale* “welcomes, nourishes, dresses, and educates for work all the boys and girls who are brought there for whatever reason and by whomsoever.” Benedetto Varchi, *History of Florence*, 1547. In past centuries (and still in some countries today), babies were wrapped tightly in swaddling clothes which was thought to protect them and make their bones grow strong and straight. Therefore, the “babe in swaddling clothes” became the symbol of the *Ospedale degli Innocenti*.



When older, the boys were taught reading and writing, and were allowed to live there until they turned 18 years of age. Girls were taught sewing and cooking, and when old enough, they had the choice of getting married, remaining single (for the time being), or becoming a nun. Those wanting to marry were given dowries. Older girls not wanting to get married or become a nun, were trained for manual labor, sometimes being placed to work for noble families.

Each year the number of newborn babies left at the *Ospedale* rapidly increased. In 1749 it took in around 500 babies; in 1765, almost 700; in 1767 it took in 1,057 babies. By 1768 it was supporting over 3,000 children at a time. By 1873, the number of children cared for was 2,318. During this last half of the 18th century, there were around 1,000 new admissions every year. The year

1875 saw many changes, with the hospital becoming an orphanage, installation of electricity, arrival of hot and cold running water, new sanitation, and a new kitchen that was a model institution for that time.

As today, fraudulent activities sometimes went on centuries ago, even at a charitable for children. In the case of this charity, some of the wet nurses abandoned their own children by leaving them off at the foundling hospital. Then, they got “paid” for breast feeding their own children! In the 16th century, the hospital suffered from debt because the administrators overdrawed money, sometimes going into their own pockets.



The foundling hospital, designed by Filippo Brunelleschi is on the SE side of the *Piazza della SS Annunziata*--you'll remember that he designed the challenging dome of the Florence Duomo--was constructed in several phases with financing from the wealthy Silk Guild of Florence. Today, the gallery exhibits several works by important artists. Now a museum, the former *Ospedale degli Innocenti* is open every day for visitors. The next time you're in Firenze and want an educational and sobering experience, consider visiting this well-designed museum.

In the 10 spandrels over the columns of the loggia are the blue and white glazed terracotta “*bambini*” from the workshop of *Luca della Robbia*. All are different and were placed sometime after the building was finished. One *bambino* forms the basis of the logo of the American Academy of Pediatrics.



Welcome New Members!

Congratulations to our newest members!

Andrew Inglis and Cynthia Inglis, Lake Forrest Park, WA
Michael Boltwood and Janet Boltwood, Snoqualmie, WA
David Finkel, Sunnyvale, CA
Christopher Brookes and JoAnn Brookes, Suquamish, WA

If you didn't renew in March, your 2022 membership expired on March 31, 2022.
You can renew until September 30th.

To renew:

1. print and complete the forms (see <https://cai-pnw.org/membership>)
2. write your check to CAI-PNW, add a SASE
3. mail to Toni Williams, 1125 2nd St, Unit B, Mukilteo, WA 98275

Annual fees are unchanged from 2022; *ordinario* (first person in a household) \$44, *familiare* (additional household members) \$24 each.

LOOK AT WHAT WE'VE BEEN DOING

Hike reports

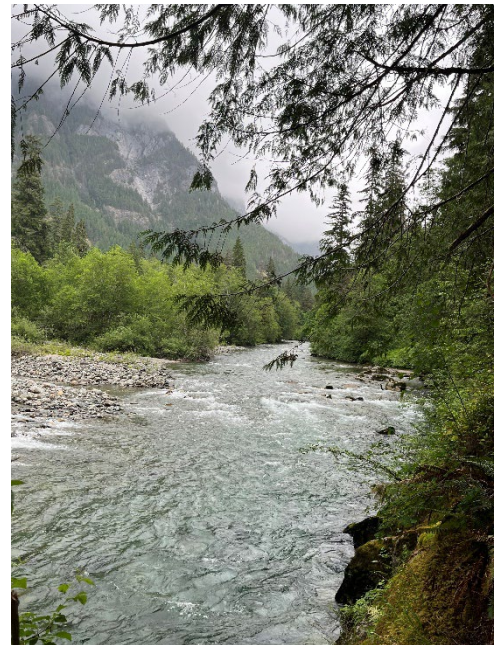
Middle Fork Snoqualmie River, Wednesday, June 14, 2023—by Kendra Wanzenried



Ten PNW - CAI members met at the Middle Fork Snoqualmie River Trail head and were immediately treated with Flo Burnett's delicious hiker bars! With full bellies we were ready to hit the trail!

The Middle Fork of the Snoqualmie River near North Bend, WA is a scenic and tranquil trail. The trail starts off crossing a beautiful arched beam cable bridge below the confluence of the Middle Fork Snoqualmie and Taylor Rivers. Heading left after the bridge the trail heads deep into the quiet forest. The silence is broken only by the river.

The Trail continues upstream between the river and overhanging cliffs. The prominent knob is known by locals as Stegosaurus Butte. Anticipating forging across the river at mile 3, we discovered the river crossing was dried up which made a perfect picnic spot with a variety of huge boulders to sit on. This was the turnaround point for the hike.



Another beautiful hiking day in the Pacific Northwest! We are so spoiled having two amazing bakers in the group as Gerlinde surprised us with her scrumptious rhubarb bars at the end of the hike. Now fortified and relaxed, we were ready to hit the road for our journey back home! Thanks to both Flo and Gerlinde!

Trail Work Party - Washington Trails Association, Friday, June 23, 2023—by Joanie Pryor



On a bright sunny day on Friday the 23rd of June, eleven of us rendezvoused at the trailhead for Lake Serene/Bridal Veil Falls just off Hwy 2 before crossing the Skykomish River at Index. Five CAI members, Clarence Elstad, Toni Williams, Kendra Wanzenried, Derek Brown, and Joanie Pryor joined Crew Leader, Josh Orendorf and Assistant Crew Leader, Brandon Tigner of Washington Trails Association (WTA), and Jordan to work on the Bridal Veil Falls Trail continuing work previously started on a rock staircase. We were also joined by Gina, Tracey, and Natasha, for all of whom this was their first experience doing trail work. The rest of us, except Kendra, had prior experience working on trails ranging for Toni's over 200

projects, Derek's 100, don't remember Clarence's, and Joanie's 15.

We were graced with perfect conditions: a warm sunny day, shade the whole day long, beautiful views up and down the trail, delicious salmonberries for the picking, appreciative comments from the myriad of hikers who passed along, gracious, curious, hard-working teammates, and terrific crew leaders. I don't think we could have asked for a more perfect day.

Below is Josh's description of what we accomplished. Clarence & Brandon were on the rock bar most of the time moving HUGE rocks. I mean HUGE rocks about t/3 the size of a 50-gallon barrel. Joanie helped a little with this work as well as visualizing best rock placement, setting side rocks and adding fill. Natasha worked on excavating the space in front of the staircase to make a 'landing' area. Toni & Kendra dug out fill material and transported it to the work site. I believe Derek, Tracey, Jordan, and Gina helped Josh set up a zip line that would be used to transport fill material to the site from up the trail a bit and from an abandoned mine up the hill a bit.



From Josh: “We started the day by getting to know each other a little better with an ice breaker card game at the trailhead, and then hiked an hour up to the work site. I was definitely winded after that, but all seemed in good spirits! After a tool orientation, some of us set out to set up a rope zip line system to carry rock fill material down the trail. It took some adjustments, but right before lunch we pulled great tension on the line making it ready to haul buckets of fill all afternoon. The rest of the crew focused on continuing our rock staircase and was able to set a fourth stone, which we



all know is no fast or easy feat! The best part of the day for me was seeing the pride and enjoyment I saw on folks faces who got to do something new or a bit out of their comfort zone! Thank you for all your efforts, and for bringing joy to our community. I hope to see you all out on the trails again soon.”

Bend Hikes: Tumalo Creek, Tumalo Falls, Lava Island Deschutes River, Green Lakes

Tumalo Creek – Bend, Oregon July 10, 2023—by Cam Bradley

It was a long drive for most of us from the Pacific Northwest. Kendra, George, Patrick and Jackie Callahan had arrived a day early; Clarence and Toni arrived later in the afternoon. About 4:00PM



Kevin and Linda led us on a peaceful walk along the Tumalo Creek. There were 11 of us including the late arrivals: Cam, Diane and her dog, Bacchus, Gerlinde, Ida, and Joanie. (See us on a bridge. A sign said it was “Supported by Grants”. Posts would offer more reliable support - ha-ha!) We hiked about 1.5 miles up the trail. Linda, Gerlinde and Cam turned back to set-up for dinner (enchiladas). The others continued to a meadow and then planned to return by walking back to Kevin and Linda’s house.

We had an added adventure getting Gerlinde’s car back to the house. It is a complex route, so she was to follow Linda, but somehow took off following another car! The

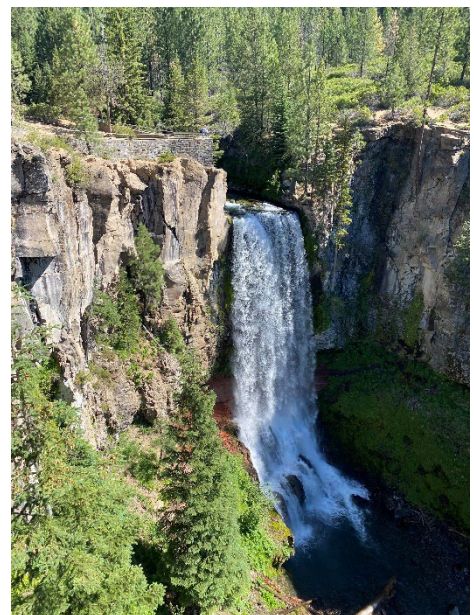
mistaken car was going very fast! Linda and Cam followed, honking and waving arms to get her attention. After a considerable chase, Gerlinde realized that something was wrong and stopped. We had a good laugh. Thereafter, Linda put a bright ribbon on the lead car.

Tumalo Falls – Bend, Oregon July 11, 2023—by Toni Williams



On Tuesday, July 11, our group consisting of Kevin, Joanie, Patrick, Katie, Clarence, Gerlinde and Toni drove to the Tumalo Falls trailhead in hopes of nabbing parking spots at a popular trailhead and we were lucky enough to nab two newly vacated parking spaces. The trail was busy as we hiked up to the base of Tumalo Falls, but within a mile and a few more waterfalls, we had a few hikers and mountain bikers cross our path. The trail slowly ascended

towards our lunch destination of Happy Valley with at least 11 more falls. The trail offered plenty of tree cover that kept us comfortable until we arrived at Happy Valley, our final destination and lunch spot. We were hungry, as were the mosquitos, so out came the bug repellent. The hike was an out and back of almost 8 miles and an elevation gain of 1200 feet. What a beautiful day spent hiking and catching up with friends.



Lava Island Deschutes River– Bend, Oregon July 11, 2023—Kendra Wanzenried

What a fun adventure Linda, Cam, Ida, Diane, George and I had on the Lava Island Hike. It was more than just a hike! We cheered on the whitewater rafters as they were hootin' and hollerin' on the way down the Deschutes River...a perfect day to be on the water. The birds were chirping, the wildflowers were beautiful...what more could we have asked for! On the way back, we were entertained by two young men swinging high over the Deschutes River up on a rope & doing flips before landing in the river! Oh, to be young! Another highlight was the osprey tucked high up in the tree at the end of the hike! On the way home we stopped at Benham Falls. What a great day filled with Mother Nature's beauty, friends and great weather!



Green Lakes Hike – Bend, Oregon July 12, 2023—by Patrick Callahan



On the 3rd day of the CAI-PNW visit to Bend, Oregon, 11 members hiked the popular Green Lakes trail. It is so popular that this year a permitting system was enacted. Special thanks to Kevin and Linda for getting the permits and hosting. If you were thinking of skipping the permit, forget about it. There was a ranger at the trailhead checking for them. The Green Lakes trail is in the Three Sisters Wilderness of Oregon's central Cascade Mountains. It is an 8.4 mile out and back hike with 1,150 feet of elevation. The trail follows Fall Creek past several waterfalls and the edge of a lava flow, where obsidian rock can be seen. After crossing 3 log bridges and a few

snow packs, the trail comes to an open meadow, where the lakes are found. From here there are spectacular views of 3 Mountains, South Sister, Broken Top, and, in a certain spot, Mt. Bachelor (ski resort). As it is with large groups, not everyone hikes at the same speed. After a few miles, we split into a fast group and a casual group. The casual group never made it to the top but did enjoy the scenery and found a wonderful lunch spot with views of Broken Top. The faster group was slowed down by a bridge that was broken (technically closed) and only one person at a time crossed. Each person was expected to do a yoga tree pose in the middle of the bridge before crossing. Some were pretty good; others cheated and used their poles. There were some good laughs as I mostly failed at it. As it turned out, both groups made it back to the trailhead within 10 minutes of each other. No need to shuffle car passengers, which was a discussion when the group split-up. Afterwards, we had our final dinner of the trip at Kevin and Linda's and enjoyed each other's company.



Annual Picnic July 22, 2023—by Toni Williams

The picnic began at 4:30 PM and the sun was still shining bright, but with plenty of umbrellas and some shade trees and a bit of a breeze, everyone stayed cool. 22 people attended, including many of our original members and three new members. I had planned the buffet line with the knowledge of what people were bringing, but there was so much more. What a wonderful selection of food: Clarence grilled sausages and Impossible burgers to go along with appetizers, many fresh salads, homemade bread, onion tart, a bounty of desserts and not to forget the condiments including homemade sauerkraut. There were plenty of great conversations and good memories shared. I am already looking forward to next year.



Trail 181 Named after Francesco Greco—by *Alessandro Subissi*

[published in the *Notiziario CAI-Pisa Anno XL, no. 2, 2022*; translated by DMC and MS Word]

CAI Pisa was founded in 1926 by leading figures. Among these include: Giacomo Pontecorvo (founder of the textile industry in Pisa), Rodolfo Giannotti (pioneer of Italian speleologists) and others of similar value. The presidents were, among others, Stefano Vezzoso (Director of the Banca Commerciale Italiana), Ezio Tongiorgi (geologist and naturalist of the University of Pisa) and Angelo Nerli (doctor, now chairman Honorarium made important contributions to the exploration of the Apuan Alps). Let's talk now about Francesco Greco, who has never been president or mountaineer dedicated to the highest degrees, but simply a lover of the mountains, and in particular, of the Apuan Alps.

My family moved from Milan to Pisa in 1976. We were already enrolled in the CAI, we immediately went to enroll in the Pisa section and the first person we met was Francesco.

Since then, almost every Sunday we went to the Apuan Alps with him and a small group of faithful followers. Francesco was our undisputed leader for his great passion and deep knowledge of the Apuan Alps. He called himself "*Homo Apuanus*". From the beginning he declared that he wanted to write a book about these mountains and did so after retiring. The walks were always beautiful. The whole thing lasted about ten years. Francesco worked at IBM, in the mid-eighties he was transferred to London for several years, then to Milan where he ended his IBM career.

After retirement he moved to Seattle. He loved America where he had been frequently for business, and for various reasons Seattle was an ideal location for him. The state of Washington has three National Parks, the most interesting for us is that of Mount Rainier, a stratovolcano 4392 m high. In the United States there is no single mountain association, rather each state does it on its own. Washington's state association, the Mountaineers, has 15,000 members, ranking third in the U.S.

Let's go back to Francesco. Washington state offers a large number of mountains, national parks and protected areas in general. With his wife Cam he immediately joined a group of Americans, traveling with them the most interesting routes. He organized for them several trips to Italy to visit the beauties of our country and its mountains. In 1998 he organized with considerable success the first visit to the state of Washington of about thirty CAI members of Pisa, led by Angelo Nerli. He continued to make proselytes for the Italian mountains, gathering around him a group of American mountain lovers who in 2002 formed a subsection of the CAI Pisa called "CAI Pacific Northwest" which has been growing over time (138 members this year). The Pisa Section is justifiably proud, there are no other sections or subsections of the CAI outside the Italian territory.

The merits of this success are due to a large extent to the vision of Francesco. He invented the "exchange model" between hikers from different countries. The exchange achieves two purposes. First, it significantly reduces the cost of travel, second, more important, allows you to walk in the mountains of a foreign country together with new friends who know them very well and to see these places with their own eyes. So we of CAI Pisa we were able to visit as guests in the mountains of Washington, Nevada, Utah and Arizona, and then in Japan, New Zealand, Australia and Israel. I refer to those in which I participated, surely there were others. We have always hosted groups of mountaineers from these countries, brought mainly to the Apuan Alps, but also to the Dolomites and other Italian mountains. We have made friends in all these countries that in many cases still last after more than 20 years. We owe all these experiences to Francesco. Therefore it was decided shortly after his death (May 2019) to honor his memory by dedicating an important path among those that are under the protection of the association. Path 181 has been chosen, which offers splendid views of Pizzo d'Uccello, Pisanino, Cavallo and the whole Val Serenaia.

We immediately began fundraising that lasted for several months, first of all involving members of the CAI of Pisa and the Subsection of Seattle (USA). Other associations that had participated in Francesco's initiatives were also involved: the ARCI Cime Tempestose club in Milan, the Bushwalking Club in Brisbane (Australia) and the Over Forties Tramping Club in Christchurch (New Zealand). The decision was made. The path would have been restored and embellished in the spring of 2020, then inaugurated and dedicated to Francis in September 2020 in the presence of the friends of the CAI of Pisa and the subsection. The COVID 19 pandemic halted the project for two years. Finally this year we made it and on September 25th, despite bad weather and unfortunate coincidence with the political elections, the inauguration of the path dedicated to Francis took place in the presence of his children, Caterina and Giuseppe, and his wife, Cam. About fifty people participated. Among them nine members of the Seattle subsection and several friends of Francesco from Milan, Padua and Trieste.



The new plaque along path 181

Dear Francesco, your great love for the mountains and the Apuan Alps in particular, your strong personality and ability to bring together people from different countries and cultures have been fully recognized. You deserve to be remembered in the "golden book" of CAI Pisa.

CAI-PNW Officers - 2023

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!



Woof!

From the assistant editor:

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