



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.*

December 2022

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

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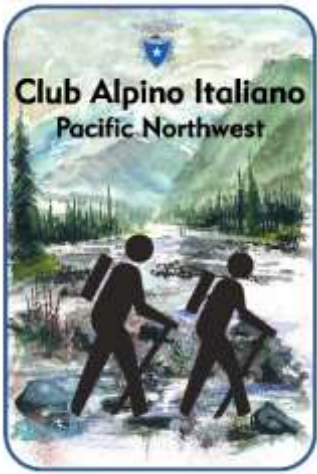
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CAI-PNW Officers

* Note 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!



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 “As of April 19, the CDC order requiring masks on public transportation and at transportation hubs is no longer in effect.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	Activity	Leader(s)
11-Jan	Bowling	Kendra Wanzenried
8-Feb	Hike	Cam Bradley & Derek Brown
9-11 May	Wenatchee/Leavenworth hikes	Karen Kornher & Bev Riter
11-13 July	Bend hikes	Linda Blevins & Kevin Day
22-Jul	Picnic	Toni Williams & Clarence Elstad
23-Sep	Festa Italiana – Seattle	
9-Dec	Holiday Afternoon Party	Bev Riter

Other activities:

Dante Alighieri Society of Seattle

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

Casa Italiana: [Current events](#)

Seattle Perugia Sister City: [News](#)

Thinking of Food

Panettone: Dolci per Natale—by David Coder



Among the numerous sweets that appear in Italy at the end of the year, one always come to mind: *panettone*. While Italy has many regions and traditions, this confection can be found in many regions. There are many available in US from shops that sell high-end Italian imports to the local Trader Joe's. While they may all have their place, searching out one of the *panettone* from Milan—it's city of origin—is worth the effort. The pastry was first mentioned in a manuscript from the 1470s, written by a preceptor in Milan's House of Sforza. The ingredients include flour, eggs, butter, raisins and candied citrus peel. There are many variants including chocolate. The quality of the panettone is related to the quality of the ingredients and the long time needed to bake it. For panettone made according to the DOP

regulation, the entire process takes some 40 hours. Searching out a good panettone can be daunting, but look for brands including Bonifanti, Pave, Balocco, Galup, or le Tre Marie.

How do you know what is a good panettone? The appearance provides many clues: It is a tall, domed loaf with a dark brown crust; that looks like a giant cupcake in its paper baking pan. But you need to taste it. The texture should be soft and delicate, the color dark yellow, and the candied citrus not dried and rubbery. According to Iginio Massari —of Pasticceria Veneto—the dark yellow color shows the quality of the eggs—ones with dark yellow yolks.



Panettone is traditionally served plain, accompanied by a glass of sparkling wine like Prosecco or Asti Spumante. But Italians also dress it up by serving it with pistachio or almond creams or mascarpone cheese whipped with sweet liqueur. Panettone has zero preservatives, but thanks to the natural yeast, stays fresh for months so it's common for Italians to keep several boxes of panettone to enjoy well into the Spring as it makes a great base for many delicious treats including bread pudding and French toast. Once a slice is taken from the loaf, I've never seen one get moldy. But that may relate to how good it is—it disappears quickly!

Food for Thought

La Befana and Scacciaguai: Spirits for the seasons—by David Coder



At this time of the year—nearing the winter solstice—there is a focus on traditions and festivities. Of course, in Italy children are aware *la Befana*, the witch who brings gifts for good children on the feast of the Epiphany. (If you're not so good, you'll get a lump of coal.)

But another folkloric image we saw on our visit to Tuscany

was the *scacciaguai*. There is a small bas-relief sculpture in the outside wall of the restaurant (of the same name) where we had lunch in Barga. According to [Margherita Paolinella](#) “this sculpture is a tiny lucky charm for [Barga] ... According to the legend, putting your index finger and pinkie at the face's eyes and your thumb on its mouth is the perfect ritual to drive away (in Italian *scacciare*) every trouble (in Italian *guai*): that's why this sculpture is known in Italian as the Scacciaguai!”

And the image is seen in different forms and in other parts of the Garfagnana as well. [In San Pellegrino in Alpe there is ethnographic museum of the Garfagnana.](#) On display is carved stone hearth surround, replete with faces. In the center of the hearth, at the apex of the mantle, is what appears to be a religious figure (a tonsured monk?) holding a sacred text. In this form and location, it appears to be a protective talisman for the kitchen. Similar figures were common in villages in the area protecting water, fields, livestock, etc.

Scacciaguai is probably a generic name for



all of these figures--to chase away (or dispel) trouble. This brings up back to *la Befana*. She is sometimes referred to as *scacciaguai*, with her symbolic trouble-sweeping broom. If you have luck (or have been good this year), you'll find presents in your stocking.

Welcome New Members! by Flo Burnett

We end the year with the largest membership numbers ever for CAI-PNW with more than twice as many members as any previous year. While nearly half of our 138 members live in Washington State, our vocations are as widespread as our postal addresses.

With 2023 on the horizon, we've already had numerous inquiries about joining CAI-PNW or renewing your membership. Apparently, many of you are spending these long, dark wintry days planning future adventures. Happily, your 2022 memberships remain in effect through March 31, 2023.

CAI-PNW is looking forward, too, with many activities already planned, and are now awaiting the arrival of our 2023 *bolini*. We will notify all current members before memberships expire, likely in February, after we receive our new *bolini* and have determined what our fees will be.

LOOK AT WHAT WE'VE BEEN DOING

Billy Frank Jr. Nisqually National Wildlife Refuge Report, October 12, 2022

—by Ida Callahan

While most major estuaries in the state have been filled, dredged or developed, Nisqually River's has been set aside for wildlife. Billy Frank Jr. was a Nisqually Native American, fisherman and a recipient of the Presidential Medal of Freedom. He dedicated his life to ensuring that future generations were surrounded by abundant, healthy, natural resources.



For an October day it was perfect... sunny, warm and no wind! Five CAI members and two guests encountered a group of birdwatchers with their long scopes pointing out wildlife to us. We saw several varieties of birds including an eagle perched high up on a tree.

There is a choice of trails to choose from; we decided on the Nisqually Estuary Boardwalk Trail. It's 4.5 miles round trip. The

Nisqually Refuge offers a complete ecosystem of wildlife, especially migratory birds, as well as ducks, geese, and beavers. The Refuge is the end of their seasonal journey and a place to spend the winter.



The Refuge is open all year with a partial closure of the Boardwalk beginning October 15th.



St. Edward Park Hike—November 9, 2022—by Kendra Wanzenried

What a lovely sunny, cold, crisp November day it was to be out hiking! Seven CAI members (Cam Bradley, Ida Callahan, Toni Williams, Flo & John Burnett, Derek Brown, Kendra Wanzenried) and one guest (Anna Watt) enjoyed the vibrant Fall colors and the beautiful views of Lake Washington. Life is definitely better in hiking boots!



The area at St. Edward Park offers more than just hiking! This historic 316-acre state park has playground facilities for children, picnic areas, trails for mountain bikers and fields for sports teams as well...a true PNW gem!

Following the hike, we toured the Lodge which has 84 guest rooms, a restaurant, two bars, event space and works of art by local artists throughout the property. The hallway upstairs was already filled with beautifully decorated Christmas trees. It was another great CAI-PNW outing!



Dolomiti Alta Via 2, August 27-September 9—by Peter Ekern



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We very much enjoyed the hike! The *rifugi* were superb, each with their own personality and strengths. We made arrangements three weeks prior to the trip, and because of this found ourselves mostly in the dormitories. If arrangements were made earlier, say several months ahead of time, a person would probably be able to get private rooms. So that might be something I would do differently, although the dormitories were in themselves comfortable, and I had no real complaint with them.

The first day of the hike was a 6,200-foot climb out of Brixen (Bressanone) and to be truthful, not all that panoramic or interesting. We did hike it but found that

many along the trail had opted for the gondola out of St. Andreas, saving perhaps 4,000 feet. That would be something I would do differently as well, as not only was it not all that interesting, but there were trail closures, and they were not well marked and thus we found ourselves bushwhacking at times.



We also started the hike with scant via ferrata gear. We had the lanyards but wanting to keep the weight down skipped on helmets and just carried webbing which we could fashion into harnesses. In Val Gardena, after a bit of via ferrata, we headed into the town of Selva and procured helmets and climbing

harnesses. As some of the pictures show, there are some significant via ferrata routes. And at the very least, one should definitely bring belaying gloves or leather palmed gloves to protect the hands on the steel cables.



[Peter and Barbara Ekern of Edmonds, met and hiked with Jacob Freake and Arolyn Conwill, other CAI - PNW members from Sommerville, MA. [More spectacular photos](#) are available online.]

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's publishing date. February 1st is the next Newsletter deadline. 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.