



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 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: *Food for the Season: Spaghetti con Colatura*

Food for thought: *Feast of Seven Fishes*

Welcome New Members

LOOK AT WHAT WE'VE BEEN DOING

Hike/Activity Reports:

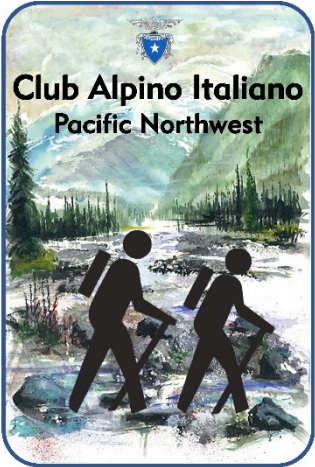
Dinner at Casa Italiana

Notes from the field:

Damiano's Farm

Hiking the Alta Via 2

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 “As of April 19, the CDC order requiring masks on public transportation and at transportation hubs is no longer in effect.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)
December-9	Saturday	Holiday Afternoon Party	Bev Riter

Watch for the 2024 Calendar!

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

Calling all bakers! Italian bake sale. Donate a plate of cookies, brownies, or other baked goods.

Seattle Perugia Sister City: News

Local News:

November Snowfall in Puget Sound



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Brothers peak, center, part of the Olympic Mountain range, is the background for fall colors Tuesday in Seattle. Phinney Ridge separates Green Lake in the foreground and Puget Sound in the background. (Ken Lambert / The Seattle Times) Nov. 17, 2023

[Bronka Sundstrom, Holocaust survivor and avid hiker, the oldest woman to climb Mount Rainier](#)
[Grizzlies once roamed the Cascades; some people want them to return](#)

Thinking of Food: Spaghetti with *Colatura di Alici*: Food for the Season (with a nod to ancient Rome—by Dave Coder



The first time I visited Amalfi, I had a simple pasta dish that was characteristic of this part of coastal Campania. It is simple to make but contains a complex ingredient produced in this part of Italy. That is, *colatura di alici*, a sauce made from fermented, salted anchovies. Though eating anchovies seem to divide the world into two distinct groups, they have a long-standing history on the coast of central Italy going back to Roman times. Millennia ago, Romans made a sauce of salted fish known as "garum". It was used as a seasoning in Rome and throughout the Mediterranean. Over the centuries, this culinary tradition was preserved and evolved in the coastal villages of southern Italy, with Cetara (just East of Amalfi) emerging as a primary producer of this flavorful elixir. The name "*colatura*" is derived from the Latin word "*colare*," meaning to strain or drip, which aptly describes the its production.

Making *colatura di alici* is a meticulous and time-honored craft. Anchovies are caught fresh during the peak fishing season. These small, silvery fish are cleaned, layered with sea salt in wooden barrels, and left to ferment for several months. The slow fermentation process results in a concentrated, amber-colored liquid that is extracted by carefully pressing the salted anchovies. The resulting elixir is then filtered and aged in chestnut barrels, allowing its flavors to mature and deepen. Small amounts of the sauce drizzled on grilled vegetables or especially in pasta provide a big umami hit of flavor. Combined with other typically local products, lemons and red peppers, the flavor profile with transport you to the Amalfi Coast and remind you if its maritime heritage as one of the four maritime republics of Italy.



A good recipe for *spaghetti con colatura* is the following:

- 600 grams spaghetti
- 4 tablespoons of extra virgin olive oil
- ¼ cup cold water
- 6 tablespoons *colatura di alici* (amount will vary—it's salty!)
- 1 clove of garlic, sliced
- ¼ cup roughly chopped flat-leaf parsley
- ¼ cup dry breadcrumbs, toasted and lightly seasoned with salt & pepper
- Optionally: zest of ½ lemon; red pepper flakes.

Serves 6 as a first course.

Cook spaghetti in unsalted water (the sauce is salty) until *al dente*. Meanwhile, in a large bowl, combine the olive oil, *colatura*, garlic, and 3 tablespoons of parsley and mix; add pepper flakes and lemon zest if using. Slowly add cold water and whisk until emulsified.

Add spaghetti directly from the pot, dripping some water into the bowl containing the sauce; add about ¼ cup of the pasta water and toss vigorously to combine. Add remaining parsley and breadcrumbs and toss again. Check for seasoning, adding more *colatura* to your taste. Plate, sprinkle with chopped parsley and enjoy. Imagine you're sitting at a restaurant overlooking the Gulf of Salerno.

Food for Thought: The Feast of the Seven Fishes: A Culinary Celebration of Christmas Eve
—by Dave Coder



The Feast of the Seven Fishes, also known as *La Vigilia* or *Festa dei Sette Pesci*, is an Italian American tradition celebrated on Christmas Eve. This culinary extravaganza is a homage to the Italian Catholic tradition of abstaining from meat on this holy night and embracing an abundant array of seafood dishes.

The origins of the Feast of the Seven Fishes can be traced back to Southern Italy, where the number seven is often associated with completeness and perfection. The feast is a nod to the Roman Catholic practice of observing a meatless fast on Christmas Eve, a vigil leading up

to the celebratory feast of Christmas Day. The number seven reflects the biblical significance of perfection, as seen in the seven sacraments or the seven days of creation.

The culinary aspect of the Feast of the Seven Fishes is a spectacle of flavors, textures, and traditions. Families prepare a variety of seafood dishes, Popular choices include *baccalà*, smelts, shrimp, calamari, clams, mussels, and anchovies.

While the Feast of the Seven Fishes remains deeply rooted in tradition, it has also evolved over time. The essence of the celebration, however, remains unchanged — a joyous gathering to commemorate the spirit of Christmas Eve.



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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.

LOOK AT WHAT WE'VE BEEN DOING

Hike reports

CAI – PNW – Italian Heritage Family Dinner, Sunday, October 26, 2023

—by Clarence Elstad and Toni Williams



After shopping around for a good Italian Restaurant to have traditional Sunday Dinner as a group, we decided to join Casa Italiana at their Italian Cultural Center in Burien, WA for their 'Italian Heritage Family Dinner'.

The menu included the following:
Ravioli, mostaccioli, pork roast, meatballs, Italian salad, rolls, and dessert of Spumoni ice cream with either some biscotti or

Italian cookies. (Some even had seconds!)

There was also an espresso bar and a no-host-bar for beer, wine, prosecco, San Pellegrino, sparkling soda, and water.

It was a meal where 24 CAI-PNW Members all joined together for a great dinner and conversation along with many other diners from the community. It was suggested by several members that we do this more often. (I guess we all just love to eat)

It was a great turnout of members, and we want to thank everyone who attended and made it such a successful outing.

We can't wait until our next dining experience together!



Notes from the field:

Damiano's Farm in the Garfagnana—by Bev Riter

[This was a planned visit during the exchange with CAI-Pisa for the trail dedication to the memory of Francesco. It was rained out at the time.]



While in Tuscany last September, the weather was favorable to visit Damiano's farm. (It would not have been good to do a year ago with all the rain we had - the road getting there was interesting!) From Gorfigliano, we drove to the valley, then up a steep road to the hamlet of Castagnola. We parked our car and got in Damiano's 4WD. The *comune* has actually "improved" the road because they consider it a fire road. After a mile or so, we arrived at the top of the mountain with a beautiful view of the valley and villages below. In one photo you can view Piazza al Serchio.



Damiano has about 50 sheep and a few goats. One photo shows a 2-day old lamb that still had a hard time walking. Note CAI trails go through the property. He continues to produce cheese and grows farro in some of the fields. He hires two guards and has two dogs to watch over his sheep and farm.



It was a delight to spend an afternoon at his farm on the mountaintop! Thought you'd like to view a sample of the photos, since we couldn't go there last year because of the rain.



Hiking the Alta Via 2 in the Dolomites—by Rob and Jill Hart



We successfully used our CAI memberships for discounts at almost all the *rifugios* that we stayed at along the Alta Via 2 trail. Membership also allows a discount with certain trams and access to the mountains. It was awesome to present the tiny passports when they were needed.

Our trip was difficult - but so beautiful and rewarding!



CAI-PNW Officers - 2023

President: Toni Williams, hikernw@yahoo.com

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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!



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. January 25th is the deadline for the February 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.