



## 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.*

**June 2022**

*This newsletter and other information are published on our web site: [cai-pnw.com](http://cai-pnw.com)*

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Travel To Italy: September 2022

### **NEWS & FEATURED ARTICLES**

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Wenatchee Area Hikes  
Heybrook Lookout Hike

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 “As of April 19, the CDC order requiring masks on public transportation and at transportation hubs is no longer in effect.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

## 2022 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

Date	Activity	Hike Leader
Wednesday, July 13, 2022	Kayaking	Kendra Wanzenried
Saturday, July 23, 2022	20th Anniversary Celebration Picnic	Toni Williams
Wednesday, August 10, 2022	Chain Lakes Loop	Toni Williams
Wednesday, September 14, 2022	Trail Bike Ride	Sylvia Shiroyama
Sunday, September 25, 2022	Francesco Trail Dedication - Tuscany	Bev Riter
Monday, September 26, 2022	Hikes & other activities Garfagnana	Bev Riter
Wednesday, October 12, 2022	Nisqually National Wildlife Refuge	Ida Callahan
Wednesday, November 9, 2022	Issaquah Alps	Gerlinda Gruber
Saturday, December 10, 2022	Holiday Party	Volunteer Needed

**Sunday, September 25, 2022, Dedication of Trail 181 in Memory of Francesco Greco.** CAI-Pisa and CAI-PNW will be joining together to hike on and dedicate Trail 181 near *Pizzo d'Uccello* in the Garfagnana, (north of Lucca and Pisa) to the memory of Francesco Greco, who was instrumental in founding CAI-PNW. CAI-Pisa will work on improving and signposting the trail, which includes replacing the worn steel cables with galvanized steel chain. Funds from CAI-PNW along with funds from the Francesco Greco Memorial Fund have been sent to help cover some of the expenses of this work. We had planned for this to happen in 2020, but we had to cancel due to the pandemic. Although you may not have signed up, all CAI members are welcome to take part in this hike/dedication event. However, you will need to plan for your own lodging and transportation while in Italy.



**Monday, September 26 through Sunday, October 2, 2022.** Hikes and other activities are planned in the Alpi Apuane in the Garfagnana and the Pisa areas. Moderate hikes will be led by a CAI-Pisa hike leader, whose food and lodging expense will be shared by our participants. Easy walks, cultural, and historical discoveries will be available for those not wanting to go on the more strenuous hikes.

**From our colleagues at CAI-Pisa.**

Members from CAI Pisa spent a "Working day for Francesco Greco Path n°181" that was organized on Sunday, May 22 in Val Serenaia. "We were about 15 people, from Pisa Sezione, we spent all day enjoying the place, our friendship and with the purpose of planning the best ceremony on 25th September 22! We did a good job on the paths that arrive up on 181. We changed some old chains to make the paths safer, we spent some good time to think about you, our loved American members, ready to meet you and to have a nice time together!"

Contact Beverly Riter at [beverlyriter@gmail.com](mailto:beverlyriter@gmail.com) for further information.

**Plan to renew your CAI-PNW Membership for 2022**

The year 2022, is the 20<sup>th</sup> anniversary of the founding of CAI-PNW, a subsection of CAI-Pisa. There are discounts for those renewing and for multiple members in a family. Remember the benefits of being a member:

- Joining others in the Seattle area for monthly hikes and other activities
- Opportunity to lead hikes and other outdoor activities
- Making friends in the USA as well as in Italy for joint hiking and cultural activities
- Joining us for trips and exchanges in Italy and other countries
- Visiting and hiking affordably in Italy
- Staying in *rifugi* in Italy, many with discounts
- Utilizing reciprocal relationships for benefits in clubs in other countries such as Germany, France, Spain, Austria and Switzerland
- Having accident insurance while on CAI sponsored hikes in Europe
- Mountaineering rescue insurance in the mountains in Italy and other European countries

Details of membership are on [the CAI-PNW website](#).

## 20<sup>th</sup> Anniversary of CAI-PNW Picnic:

Hello CAI - PNW Members!

We are looking forward to seeing you at the **CAI – PNW 20th - Year Celebration at Mukilteo Lighthouse Park on Saturday, July 23, 2022.**

### Activities for the day:

1. Start your day off at 9:00 AM discovering Old Town Mukilteo with Clarence Elstad!

Explore the Pioneer Cemetery which is on the Washington State Historic Register, the historic 1906 Mukilteo Lighthouse surrounded by Mukilteo State Park created in the 1950's, the new Ferry Terminal with Native-inspired architecture and interior artwork, the Waterfront Park east of the Ferry Terminal, a short walk through Japanese Gulch and a small park honoring the Japanese who lived in Mukilteo.

The total length of the hike is approximately 1.8 miles, elevation gain 140 feet.

Return to Clarence's house to wrap up the outing.

**Bring:** water, snacks, rain gear

Please RSVP to Clarence Elstad **ONLY** if you plan to attend both the hike & barbecue picnic lunch by June 20<sup>th</sup>

[celstad@gmail.com](mailto:celstad@gmail.com)

### 2. Barbecue Potluck Lunch & Program at Mukilteo Lighthouse Park 11:30 AM – 2:00 PM

Join chef, Bart Pestarino, for the barbecue picnic lunch.

CAI will provide hamburgers, Impossible Burgers, buns, plates, napkins, and utensils.

Kendra will contact CAI- PNW members who have RSVP'd with both Clarence and her for the barbecue lunch with a list of additional food items needed for the potluck picnic.

We want to have an accurate count for those who plan to attend the barbecue to purchase the correct amount of food.

**➔ If you plan to only attend the Barbecue Picnic Lunch**

**RSVP: Kendra Wanzanried by June 17<sup>th</sup>**

[klwanzie2@gmail.com](mailto:klwanzie2@gmail.com)

425-218-1021

## **Other activities:**

### **Dante Alighieri Society of Seattle**

Dante Alighieri Society of Seattle has resumed in person meetings. Their website is [danteseattle.org](http://danteseattle.org).

### **Festa Italiana: Fellini Springtime: The Federico Fellini Centennial Film Series**

Ten films on nine nights in Italian with English subtitles

**Casa Italiana: Vespa Festa 2022** June 25<sup>th</sup>. Food, beer and wine garden, music, raffle for Vespa!

### **Seattle Perugia Sister City: From Il Grifone - Seattle-Perugia Sister City Association News**

#### **SPSCA Awards 2022 Scholarships to the University for Foreigners**

After a two-year absence due to the pandemic, SPSCA was very excited to once again solicit applications in March for scholarships to the University for Foreigners in Perugia. We were very pleased with the high caliber of applicants and as always, selecting the recipients was a challenging process for our Scholarship Committee.

Our four recipients were all very enthusiastic and demonstrated an interest in, and commitment to, advancing their Italian language skills. They all exhibited a strong desire to immerse themselves in the culture and experience what the city and region have to offer. In addition, they presented their own personal and compelling commitment to support our organization's ongoing mission. Congratulations to our 2022 scholars: Lily Kinyon, Carla Mackey, Thorn Michaels and Dianne Riter. We look forward to sharing their experiences with you in future newsletters once they have completed their one-month of study.

We thank Kent Bakke, former CEO of La Marzocco, for his support of our Scholarship program this year. And we extend a special thanks to Emanuele Bizzarri and Caffè Umbria for their long-time support and commitment to this program and to the SPSCA. We are also grateful to the University for Foreigners for their collaboration and partnership in making this opportunity available through the scholarships they provide to us.

Note that CAI-PNW member, Dianne Riter (daughter of Ron and Bev Riter) and a dual US/Italian citizen, was chosen to receive the 2022 scholarship to study the Italian Language in Perugia.

## Thinking of Food

### *Salumi: A Seattle Salumeria* —by David Coder



For those who braved the lines at the hole-in-the-wall deli on 3<sup>rd</sup> Ave. South across the street from Seattle Lighting, you were rewarded with a superb selection of Italian salumi. Once you got close to front door, you could see some of the products hanging over the sandwich line and get whiffs of the day's offerings. On Tuesdays, you might see Marilyn Batali rolling gnocchi on an old marble slab—available one day only. Once you made the hard decision of what eat, you would pay at the end of the line and make your way to the back where you'd squeeze into a communal table. Wine was available by the glass—a simple Montepulciano d'Abruzzo was common; you'd keep track of the number of glasses you drank and pay on the way out. Perhaps you might take an order some salumi to go—excellent *finocchiona* and *soppressata* were always available, the lamb *prosciutto* was an outlier and did not appeal to everyone.

Salumi, the retirement project of Armandino Batali is another example of Italian food in Seattle. Old-time Seattle residents may recognize names such as Merlino (Batali's grandfather), Desimone, and Rossellini—all contributors to good things to eat in Puget Sound.



Batali grew up in Seattle and as a Boeing engineer, spent years in Spain and Italy. In retirement, he decided to recreate the tastes he grew up with and enjoyed abroad. After time spent with some of the best butchers in Italy, he created a modest menu and started Salumi. It became an immediate hit as lines out the door attested. The menu grew carefully as proper curing rooms expanded. (At one time, you



could buy a fresh ham to cure and make your own prosciutto.) After 15 years, they sold the business to daughter, Gina, and son-in-law, Brian D'Amato. Following a successful run of 8 years, Gina and Brian decided to retire and find new buyers. Mutual friends found Clara Veniard and Martinique Grigg who were looking for a new venture. With the blessing of Marilyn Batali who was convinced their family business was in good hands, Salumi majority ownership changed again in 2017. Veniard and Grigg built an expanded curing and production space and found a new location for a Salumi a few blocks away in Pioneer Square—400

Occidental Ave. South. A new brand, Coro Foods, was launched just as the pandemic was taking hold. Adding some novel flavors and eye-popping packaging, they made the new products their own. Fortune was kind, and the business has weathered the downturn well. As with Fast Penny Spirits noted in last month's newsletter, Coro Foods is also a women-owned business. Like friends in Italy, consider some sticks of salumi in your backpack for snacks on the trail.

## Food for Thought

### The Villa d'Ozio: A Roman Villa Unearthed—by David Coder



Last autumn following my visit to Pisa, I spent several days on the Amalfi Coast. A surprising find was the recently opened archeological museum in



Positano that includes the restored Roman Villa d'Ozio and the medieval crypt (hypogeum) both of which lie beneath the oratory of the Church of SS. Maria Assunta.

The excavation project had the challenging goal of making an exhibit space within the excavated crypt and villa while preserving the spaces and objects found. The exhibit would bring a better awareness of local history while promoting tourism for the region. The project began almost 20 years ago. After years of meticulous excavations, precise structural reinforcements, restoration of the frescos and furnishings (bronze, ceramic, etc.) and the completion of the suspended walkways and stairs in stainless steel and tempered glass, the public can now access the medieval hypogeum and see beneath it “a corner of the most beautiful and ancient house in Positano”.

The church began as a Benedictine monastery that allegedly dates from the 9<sup>th</sup> century. Although the abbey was very important, Antonio Acciappaccia, the last abbot, and his monks left the monastery in the mid-15<sup>th</sup> Century perhaps fearing the raids of the pirates from Cilento. The church began to decay but was rebuilt at the beginning of the 18<sup>th</sup> century, with most of work performed between 1777-1783.

Although the Benedictine monks seemed unaware that their church was built on top of the ruins of a Roman villa destroyed during the eruption of Vesuvius in 79 CE, parts of the crypt include Roman columns. There is some mention of Roman artifacts when the church was rebuilt in the 18<sup>th</sup> Century.

The crypt was devoted to the burial of Benedictine monks. Not unusual in Southern Italy, the deceased monks were seated in stone chairs with a system of drains, and once decomposition was finished, the bones were placed in an adjacent ossuary. After the church was abandoned, the space was largely forgotten and filled with debris. During the restoration, many of the stone seats were rebuilt.





Excavations went down some 11 meters where various strata include the tufa and other volcanic soils deposited after the eruption of Mount Vesuvius. Only a part of the Roman villa has been excavated—a corner formed by two walls of the banquet room, or *triclinium*. The volcanic soils helped preserve the mosaic flooring and wall paintings in the Pompeian style.

One painting, a fanciful seahorse or *hippocampus*, was chosen as the logo for the museum. (Note that perspective *did* exist in Western painting prior to the Renaissance.)

The discovery of this richly appointed villa shows that the ancient Romans also appreciated the seaside on the Amalfi Coast.

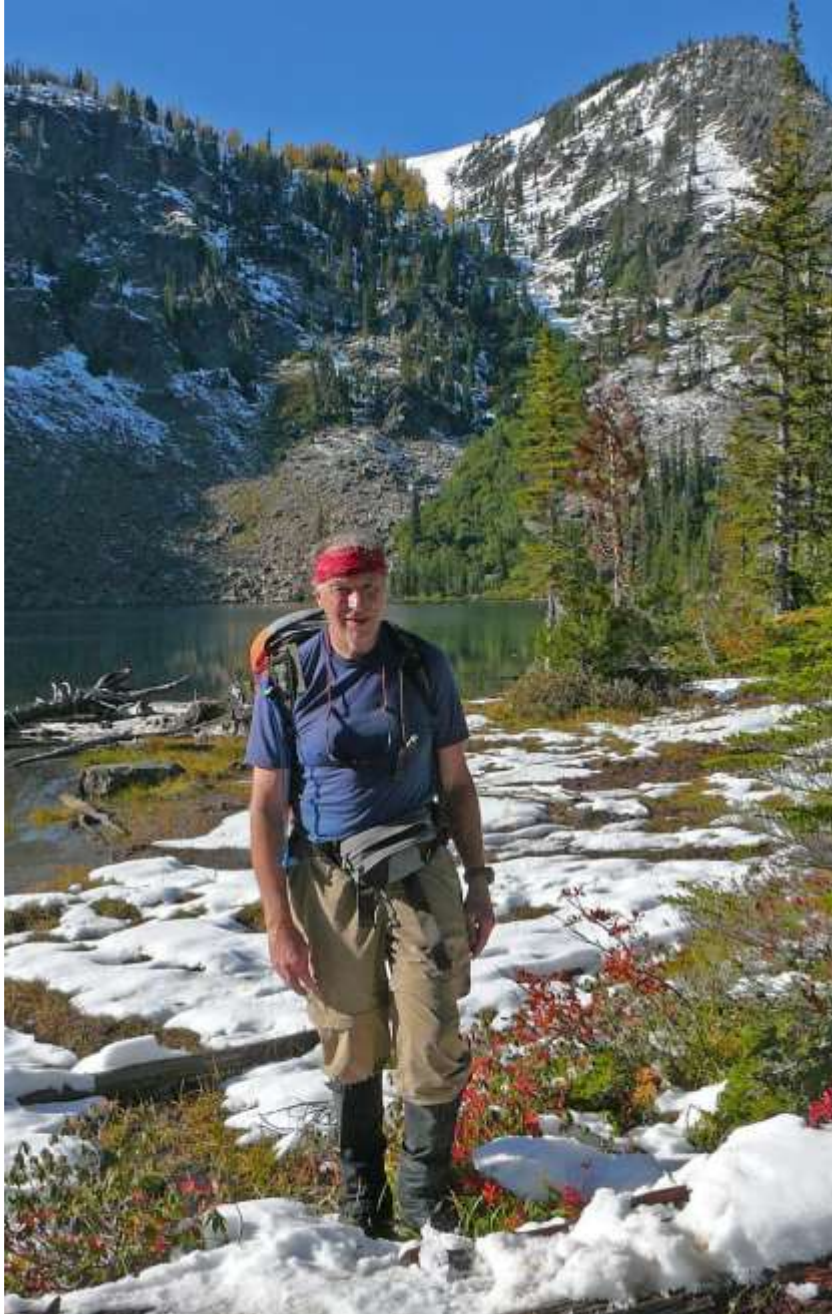
Details and other images of the exhibit are on the web: [Marpositano Museum](#). For more examples of paintings from Roman Pompeii, there's a great online exhibit at NY: [Pompeii in Color](#)





## ***In memory: Ron Riter***

Ron was born on June 24, 1942, in Idaho Springs, CO to Ernest and LaNelle Riter. While working as a construction carpenter building the Army's Camp Hale, Ernie received a telegram that he had a son.



Beginning at age four, Ron enjoyed going to “work” with his dad, helping him pull electrical wires. In 1955 the Riter family moved to Moses Lake, WA where Ron's Dad established Moses Lake Electric. He graduated from Walla Walla University in 1965 with a major in Engineering Physics. He attended graduate school at the University of Missouri in Rolla for a year, then began work at Conductron-Missouri where he did programming on radio navigation systems for the 737 simulator.

Since Conductron sent Ron to work at Boeing in Seattle, he thought he would simply transfer to The Boeing Company. Because of this, his deferment from the military draft was discontinued. An unwelcome letter from Uncle Sam required him to report to Fort Lewis and then Fort Sam Houston in Texas at the end of January 1968. Because most of the Army recruits were being sent to Vietnam, Ron and Bev decided to marry in March, rather than June, at the end of Ron's Basic Training. Ron, later trained as a medic, they moved to Takoma Park, MD (at the edge of Washington, DC) where Ron worked in the Army's Medical Biomechanical Research Laboratory and Bev taught nursing at a nearby college.

Ron was honorably discharged in January 1970, after serving his two

years in the Army. The Boeing Company was required to re-hire him, so the growing family moved to Bellevue, WA. Unbeknown to them, Boeing and many other companies were laying many workers off. Fortunately, being low on the totem pole, Ron was able to keep his job in flight simulator engineering. Ron had various jobs at The Boeing Company, from Flight Crew Training Design Engineer to Senior Principal Engineer. The Boeing Company sent the family to England for a year. While there, Ron provided on-site Boeing expert technical support to the GEC Marconi Avionics Company, the supplier chosen to design and build the 777 Primary Flight Computer system. Since Ron's next job with Boeing would be in Everett, they moved there in 1993. After retiring with 31 years working for Boeing, Ron worked as a consulting engineer for a few years.

Having grown up in the country and close to nature, Bev introduced Ron to the mountains and their beauty. Backpacking soon became their weekend activity, in the sun, rain, and even snow. Ron so enjoyed the outdoors, he passed Bev's level of expertise and endurance. For their many hikes and backpacking trips, Ron attached the baby backpack on top of the extension bar on his pack. Ron routinely packed about 75 pounds for their weekend treks. The youngest child got to "ride along" on hikes on the Pacific Crest Trail from Canada on several sections south in Washington and around Mt. Hood. For more rugged adventures, Ron joined The Everett Mountaineers where he especially enjoyed teaching snowshoeing and navigation.

Ron was committed to helping under-privileged children. While living in Carnation, Ron volunteered on the King County Foster Care Review Board for many years. After moving to Everett, he became involved with The Snohomish County Children's Commission.

While living in Maryland, Bev showed Ron highlights of Europe that she had previously explored during the summer of 1966. This included her ancestral villages of Roggio and Gorfigliano, in the mountains north of Lucca and Pisa, Italy where they have since visited many times.

Later, Ron and Bev joined the newly formed Club Alpino Italiano (CAI). This led to participation in many trips and exchanges to Italy and other countries. After retirement, Ron and Bev continued to have many travel adventures around the world. In July of 2018, while on a CAI hiking trip in Iceland, Ron became ill and had to be airlifted to the hospital in Reykjavik. With the diagnosis of glioblastoma, the deadliest brain cancer with the usual life expectancy of no more than 12-15 months, once back home, he immediately had surgery. The many radiation treatments and chemo drugs gave him over three good years until recurrence in the fall of 2021.

He passed away at home on May 6, 2022, leaving his wife of 54 years, Beverly Paladeni Riter, three children and their spouses, four grandchildren, a sister, and many other relatives and friends in the Pacific Northwest, in other states, and in countries around the world.

## **Welcome New Members!** by Flo Burnett

CAI-PNW Membership Applications continue to arrive at an unprecedented rate. Instead of our typical 12 to 14 new members each year, we've already added 49 in 2022, most of them planning to hike in Italy. We look forward to their trip reports and photos!

Our 27 newest members are:

Steve and Karen Bell, Tierra Verde, FL  
Christopher Ko and Nancy Park, Fullerton, CA  
Ernest Mannella, Burlington, NC  
Vance Barron, Jr., Greensboro, NC  
Laura Aldrich, Royalston, MA  
David S. Marshall, Seattle, WA  
Sue Jones, Atlanta, GA  
Stephen and Amy Odefey, Waterbury, VT  
Jane Mulan Xia, NYC, NY  
Kellie Lind, Denver, CO  
Kelsey Jones, Denver, CO  
Danielle Mead, Aurora, CO  
Mike and Jessica Kim, Yorba Linda, CA  
Aune Erickson, Athol, MA  
Kim and Scott Tennican, Seattle, WA  
Mattias Sullivan and Stephanie Jackson, Denver, CA  
Alexander Nereson and Andrew Racz, Santa Cruz, CA  
Ian Bailey, Columbia Falls, MT  
Jong and Sung Lim of Whittier, CA

## LOOK AT WHAT WE'VE BEEN DOING

### Ebey's Landing Hike—Wednesday, April 27, 2022—by Joanie Pryor

On Wednesday, April 27th, 10 CAI members including Sam & Sylvia Shiroyama, John & Flo Burnett, Kendra Wanzenried, Mary Morgan, Gerlinde Gruber, Joanie Pryor, Derek Brown, and Ida Callahan walked from Rosehill Community Center in old town Mukilteo to the Mukilteo-Clinton ferry. We walked on the 9:30AM boat and were whisked across Possession Sound to Clinton where we caught the Island Transit #1 N (northbound) bus. After a 30-minute ride up Whidbey Island, we disembarked the bus at Sherman Road. Just a short walk north on the Kettles Trail which parallels Highway 20, we turned to our left and wandered southwest through forest on the Kettles Spur Trail, skirted the Prairie, and headed toward the Prairie Overlook trailhead.



After a short respite and use of the most convenient restroom, we headed down the Prairie Overlook trail passing by Sarah & Jacob Ebey's house and their blockhouse. The blockhouse had been built to ward off attacks by the local, Indigenous folks who, apparently, had an issue with their land being overtaken by settlers. The views as one walks toward the Strait of San Juan De Fuca are outstanding and vast; unobstructed as you look toward the Olympic Mountains. To the south is a vast prairie that stretches to another Ebey house at the edge of another forest.

When we reached the Bluff, we turned right which took us high above the beach for about a mile. There were wildflowers, seabirds, rustling grasses, and an eagle that sat perched atop an old snag. We dropped down to the beach and found a suitable log to sit on and have lunch after which we walked on the beach to where we could again access the Prairie Bluff

Overlook trail. We ended our hike taking the Pratt loop through the prairie, the trees, and back to Highway 20 where we caught the bus. This was the only snafu – we got on the wrong bus!!!! After a delightful tour off the beaten path of Whidbey Island, we were dropped where we could catch the 'right' bus (#1 SB) back to Clinton and the ferry.

As often happens in our lovely Northwest, the weather turned out to be just what we needed and wanted – mostly clear skies with big, puffy clouds and sun to warm our souls. This trip was different than most CAI hikes here in the Northwest and reminiscent of some of our trips in Italy as we used two modes of public transportation. Everybody seemed to enjoy themselves, liked the idea of using public transportation although initially there was some skepticism, and talk about planning more trips of this kind. Excluding driving to Mukilteo, the only cost for the hike was our ferry fare!! I think it safe to say fun was had by all.



## Wenatchee Foothills Report—May 10-12, 2022—by Karen Kornher

Three west side CAI members were able to come over for some fabulous hiking in the Wenatchee Foothills, including Kendra Wanzenried, Gerlinde Gruber, and Cam Bradley to join hike leader Karen Kornher.



The first afternoon hike was in the Sage Hills area, including Coyote Canyon. The wildflowers were busting out all over. The women were swooning. Gerlinde was in charge of identification, and she got so tired of identifying the multiple species that she threw the book at the flowers. Kendra was concerned that Gerlinde had damaged the pistils and stamens of said flowers, to which Gerlinde replied that they appeared to have no trouble reproducing.

The women retired to Karen's house after the hike for a wonderful dinner of barbecued chicken and salad, followed by an incredible tart created by Gerlinde. We all had enough energy left to work on a CAI-PNW Tik-Tok dancing routine.

The following day took us to the Saddle Rock trailhead, where we enjoyed an exciting loop across two ridges, and through an abandoned gold mine. Again, the hills were alive with a plethora of flowers. After the hike, dinner included delectable hamburgers followed by another incredible dessert from Gerlinde.

No energy was left for dancing.

The last day, we drove to the Horse Lake trailhead and did a loop including Burt's Trail, and a part of Glacier View Trail. Unfortunately, the clouds obscured Glacier Peak, but again, the flowers were incredibly abundant.



The west side women were amazed about many things on these hikes. First and foremost, the incredible floral displays. Second, they were very much surprised that there were so few people on the trails. I explained that it was Tuesday, but that did not seem to satisfy. The third, and to me, most interesting insight was that they could see where the trail went and views in all directions. There were not trees everywhere blocking the views, as they are accustomed to.



## Heybrook Lookout Hike Report—Saturday, June 4, 2022— by Cam Bradley

Heybrook Lookout is a short (2.6-mile roundtrip), rocky and moderately steep (850-foot gain) hike through a fern and moss covered forest to a fun, lookout with great views of Mt. Index and the nearby mountains.



Gabielle Popoff Orsi, hike leader, and Jim Orsi spent the night before the hike in the one-room “cabin” atop the lookout.

Although Cam Bradley was the only CAI-PNW member available to join Gabrielle and Jim for the hike, the day was very enjoyable! It was a perfect bluebird day with sunny skies after many days of rain!



## CAI-PNW Officers - 2022

President: Toni Williams, [hikernw@yahoo.com](mailto:hikernw@yahoo.com)

Secretary: Sylvia Shiroyama, [sashiro@aol.com](mailto:sashiro@aol.com)

Treasurer: Gerlinde Gruber, [ivogruber@comcast.net](mailto:ivogruber@comcast.net)

Membership: Flo Burnett, [flosown@hotmail.com](mailto:flosown@hotmail.com) and John Burnett, [johnsb42@hotmail.com](mailto:johnsb42@hotmail.com)

Local Events: Kendra Wanzenried, [klwanzie2@gmail.com](mailto:klwanzie2@gmail.com)

International Trips: Clarence Elstad, [celstad@gmail.com](mailto:celstad@gmail.com)

Website: Jim Orsi, [jim.orsi@gmail.com](mailto:jim.orsi@gmail.com)

At-Large Member – Communications: David Coder, [DaveCoder@gmail.com](mailto:DaveCoder@gmail.com)

At-Large Member – Italian Organizations: Joel Patience, [joelpatience@hotmail.com](mailto:joelpatience@hotmail.com)

Past President: Beverly Riter, [beverlyriter@gmail.com](mailto:beverlyriter@gmail.com)

*web site:* [cai-pnw.com](http://cai-pnw.com) *email:* [caipnw@gmail.com](mailto:caipnw@gmail.com)

**CAI-Pisa:** [www.caipisa.it](http://www.caipisa.it) *CAI website in Italy:* [www.cai.it](http://www.cai.it)

### **From the newsletter editor:**

Please send material for the newsletter one week in advance of the 1st of every other month publishing date. July 20th is the next Newsletter deadline. Please send to [caipnw@gmail.com](mailto: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.