



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 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: *Growing Olives in the PNW*

Food for thought: A 6th Century Church in Perugia

Welcome New Members

LOOK AT WHAT WE'VE BEEN DOING

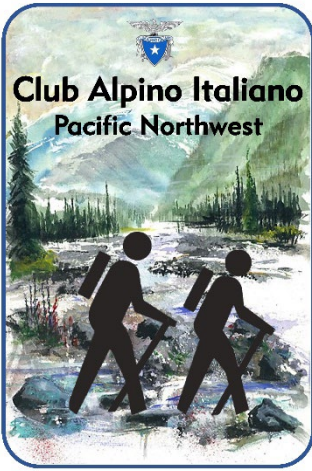
Hike/Activity Reports:

Bridle Trails Hike

Wenatchee/Leavenworth Hikes

Pass Lake 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 “As of April 19, the CDC order requiring masks on public transportation and at transportation hubs is no longer in effect.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 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)
June-10	Saturday	Heilman Valley Hike	Bart Pestarino
June-14	Wednesday	Middle Fork – Snoqualmie River	Gerlinde Gruber
June-23	Friday	WTA Trail Work Party	Kendra Wanzenried
July 11-13	Tuesday-Thursday	Bend Hikes	Linda Blevins & Kevin Day
July-22	Saturday	Picnic	Toni Williams & Clarence Elstad
Aug 5-19	Saturday-Saturday	Italians Visit	Clarence Elstad
September-13	Wednesday	Hike	Joanie Pryor
September-23	Saturday	Festa Italiana – Seattle	Kendra Wanzenried
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

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: Growing Olives in the Pacific Northwest—

By Heather Stoven, OSU Extension Horticulturist, Yamhill County Extension

A small commercial olive industry is taking root in Oregon as well as a couple other PNW regions such as Salt Spring Island B.C. Interest from farmers and gardeners alike stems from our increasingly dry and balmy summers, feeling more truly Mediterranean in recent years. Amongst the commercial grower pioneers are wine grape growers, who recognize that locally grown and milled olive oil can complement their wines. In addition, some growers are interested in producing a healthy product that fits with the beneficial Mediterranean diets many Americans are now turning to.



Oregon olive orchard

The earliest commercial olive growers in Oregon started planting around 20 years ago. Even through interest increases annually, the industry is still small, at less than 50 growers. Most olive orchards are between one and five acres, but some are larger in size and up to 20 acres. Primarily, olives are grown in Oregon's mid-Willamette Valley, but there are also olives grown in southern Oregon.

There are a few major challenges for olive growers in the Pacific Northwest, but the primary issue is cold winter temperatures. Olives are native to Asia Minor, which has a warmer climate than ours. Today olives are grown in Mediterranean climates both the northern and southern hemispheres between 30° and 45° latitude. These climates have moderate winters and warm, dry summers. The

Pacific Northwest is reminiscent of this; however, our winter temperatures are colder than typical olive growing regions, as we are located near 45°N. Other olive growing regions near this latitude such as Lake Garda, Italy, have warmer microclimates with significantly more heat units (3,272 annual growing degree days) compared to the mid-Willamette Valley (Salem, OR, 2,437 annual growing degree days). Temperatures below 20°F typically cause branch damage to olives, with temperatures below 10°F typically resulting in tree death. Often Oregon winter temperatures west of the Cascades do not reach these levels, but occasional cold spells have led to major olive tree losses in the past.

Olive growers in Oregon often plant a wide selection of olive cultivars on their properties in hopes that they can find the cultivar which will survive cold temperatures and produce the best olives in our relatively northern climate. The information from growers regarding their most successful trees is helpful, however often these trees are planted on different sites or are of different ages, so it is challenging to compare cultivars directly and truly know which are best adapted. The most commonly planted cultivars in Oregon at this time are Arbequina, Frantoio, Leccino and Pendolino, however dozens more cultivars are planted in orchards. The Olive Farm in Salt Spring Island has Leccino, Maurino and Frantoio planted.

After inquiries and requests from Oregon olive growers to investigate this new crop, the Olea project began at Oregon State University in 2017. Currently the OSU research team consists of Heather Stoven, Neil Bell, and Hayley White. Initially the team looked at propagation of olives as well as timing and size



North Willamette Research and Extension Center olive plot

of trees to transplant in Oregon. During the last two years the team has focused on a cold-hardiness trial planted in 2021, which aims to determine which cultivars are best suited to surviving our cool Oregon winters.

The cold hardiness trial, located at OSU's North Willamette Research and Extension Center in Aurora, OR, consists of 118 different cultivars of olives, most of which were collected as cuttings from the Agricultural Research Service Germplasm Repository in Davis, California. The cultivars are



Winter cold damage

replicated 4 times and are randomized, which allows for us to control for variability within the plot such as differences in soils, slope, pest pressure, etc. Using this design, and trees of the same age, we can compare the cultivar traits more directly. Throughout the trial we will be collecting data on plant size, flowering, fruit, and yield characteristics as well as any damage from winter cold.

Information regarding which cultivars to plant is one of the top questions received from potential and current olive growers. Determining which cultivars will survive the cold best, while producing quality fruit will provide important guidance to the industry.

The climate in Oregon, while challenging, also gives the oils produced here beneficial qualities. Oregon olives are typically harvested before full ripeness due to our climate. This produces oils that are higher in polyphenols, which add to the oil's pungency and add increased health benefits such as blood pressure management, promotion of good circulation and reduction in chronic inflammation. Olive oils produced in this region are also high quality. Oils milled at Durant Olive Mill, in Dayton Oregon, have earned awards eight consecutive years at the [NYIOOC World Olive Oil Competition](#). Some of Durant's winning olive oils are supplemented with olives from California, but Oregon grown estate oil has also won gold at the competition.

The olive industry in our region continues to grow despite the numerous unknowns which come with growing a new crop. The positives of growing olives, such as their tolerance for heat and drought, and the high-quality oils produced, are offsetting some of the risks such as cold winter temperatures and potentially lower fruit set. Additionally, a new pest to Oregon, the emerald ash borer beetle, which has been found to feed on olives, could bring an additional test for the industry. However, olive growers in the PNW have been on the forefront of many challenges and have persevered despite the risks, always facing their challenges head on as true pioneers do.

Selecting supermarket olive oil: tips on buying a good oil.

Part is reading the label—that tiny dot matrix print will tell you country origin and perhaps harvest date. Deciphering labels: dot matrix print code: a recent class action suit.

Food for Thought: An Early Church in Perugia— By Beverly Paladeni Riter

A circular building dating to the 5th and 6th century, originally a pagan temple now serves as a Christian Church, one of the oldest in Italy. Located on a hill above the Porta Sant'Angelo or northern gate in Perugia, it overlooks the *centro storico* of the city. Its name, *Tempio di San Michele Arcangelo*, indicates it was dedicated to the Archangel Michael, a saint revered by the local people. This circular design is also seen in other ancient churches in Italy.



As with many ancient buildings, its structure has been altered throughout the centuries. In 1479 it was even used as a fort. A major restoration in 1948 reopened twelve windows below the dome, revealed impressive frescoes, and other works of art.

During the excavation, several cinerary urns from the Etruscan era were discovered. Some scholars believe that it was built over a Roman temple which was built over Etruscan buildings. Nonetheless, it is very old!

Eight columns are arranged to the north, south, east, and west, while another eight are in between. These columns are dated

between the end of the first century BC and the 4th century AD and came from at least four separate buildings. Originally, four chapels surrounded the central part of the building, but now only two remain. This gave the building the shape of a Greek cross.

The floor is decorated with various tombstones, bearing the coats of arms of carpenters, blacksmiths, mason, potters, and other craft guilds. Symbols of the Knights Templar can be seen inside the church.

When in Perugia, you might want to get in a good up-hill hike and visit the *Tempio di San Michele Arcangelo*!



Welcome New Members! —by Flo Burnett

Spring has sprung in the Pacific Northwest, so our local members have been revisiting favorite trails together under skies both sunny and cloudy, while our membership roster continues to grow. Not only have 5 former members rejoined after lengthy lapses, but we've also added 15 new members, many of them local. CAI-PNW now boasts 106 members, 60 of them within range of our local activities.

Our rejoining former members are:

James Stiles.....Federal Way, WA
Dianne Hoff.....Federal Way, WA
Sheri Rowe.....Anacortes, WA
Daryl Clark.....Seattle, WA
Laura Enstrom.....Seattle, WA

Our newest members are:

Jesse Sloman.....Brooklyn, NY
Lauren Dickey.....Brooklyn, NY
Deirdre Morris.....Driggs, ID
Christian Sunoo.....Kailua, HI
Robin Yeager.....Kailua, HI
David Hill.....Portland, OR
William Hurst.....Seattle, WA
Vincenzo Lalli.....Seattle, WA
James Hill.....San Francisco, CA
Danielle Pestarino.....Anacortes, WA
Sarah Kaiser.....Tetonia, ID
Carl Ljungholm.....Fresno, CA
Raina Tilden.....Fresno, CA
Anna Veraldi.....Seattle, WA
Robert Renouard.....Seattle, WA

If you didn't renew in March, your 2022 membership expired on March 31, 2022.

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 Flo Burnett, 13343 - 175th Ave. NE, Redmond, WA 98052-2120.

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

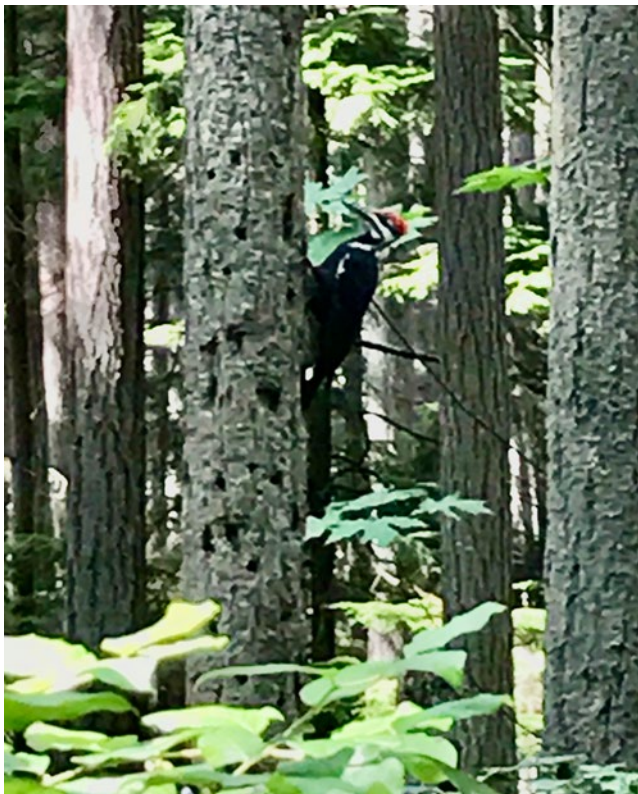
Bridle Trails Hike, April 12, 2023— By Kendra Wanzenreid

After so many days of rain, rain, rain we were ever so happy to have a sunny dry day for our hike in Bridle Trails State Park. As you can see in the lunch photo, we enjoyed the sun. The day was special, too, because it was John's 81st birthday! Flo brought her famous energy bars for the celebration. Cam invited a guest, Elaine Moreen, on this hike.



She is to the left of John at the table. Elaine helped several of us with iPhone technicalities. Next to Elaine is Ida, across from her is Flo, then Gerlinde and Cam.

We hiked a little more than three miles taking a combo of the Trillium and Raven loop trails. There were a few Trillium along the old growth forest. We noted the Italian in the name: "tri" for "threes" as the petals, leaves, stigmas are all in threes. Some of the trees



were full of holes - oblong for the Pileated woodpeckers. This one was seen on the trail previously. Only a couple of horses and riders were encountered. We are grateful to them for supporting the initial idea of preserving the area as a State Park and for helping to maintain it to this day.



Wenatchee /Leavenworth Hikes, May 9-11, 2023— By Karen Kornher

Fourteen west side CAI members were able to come over for three days of fabulous hiking in the Wenatchee Foothills and the Leavenworth area. The first afternoon hike was

in the Sage Hills area, including Coyote Canyon. The wildflowers were bursting out all over. Everyone retired to Karen's house after the hike for a wonderful dinner of tacos followed by an incredible tart created by Gerlinde.

The following day took us to the Horse Lake trailhead, where we enjoyed a loop around a few of the many trails in

the area. Again, the hills were alive with a plethora of flowers. After the hike, dinner included a delectable Italian meal in Leavenworth prepared by Bev Riter.

The last day, the group hiked in the Ski Hill area in Leavenworth prior to returning to the west side. A good time was had by many.



Pass Lake Loop - Deception Pass State Park June 10, 2023— By Kendra Wanzenried

It was a misty Pacific Northwest day however the weather did not deter seven CAI PNW members & a combo of Il Punto Seattle members and Canadian family & friends of Danielle & Bart Pestarino’s from a great day on this beautiful forest walk. The Trail is filled with old growth giants and a plethora of sword ferns.



Starting south on the Bowman Bay Rosario Beach Trail it was a steady uphill climb. Arriving at the top, we were rewarded with two eagles perched high up in the trees! Continuing on and eventually crossing Rosario Road, the Trail continues through the lush forested woods on the West Pass Lake Loop.

The forested route heads up the hill along Pass

Lake Loop, then north to the abandoned homestead site on Ginnett Tursi Hill with a log cabin and a small copper mine. Not wanting to be late for the potluck organized by Il Punto Seattle, we opted to forego the Ginnett Tursi Trail and headed back on the East Pass Lake Loop following the full length of Pass Lake.



The potluck was truly a feast with a variety of homemade appetizers, salads, focaccia bread, barbecued beef, pork, chicken, salmon, homemade chili and delectable desserts!

Again, many thanks to Bart Pestarino for organizing this 2nd Annual joint hike/potluck with CAI – PNW and Il Punto Seattle!

When visiting Deception Pass State Park be sure to visit the Civilian Conservation Corps (CCC) Interpretive Center. It tells the story of "Roosevelt's Tree Army." During the Great Depression, the CCC was created in 1933 as part of Franklin D. Roosevelt's "New Deal," a series of public works projects designed to put the nation's unemployed back to work.



CAI-PNW Officers - 2023

President: Toni Williams, hikernw@yahoo.com

Secretary: Sylvia Shiroyama, sashiro@aol.com

Treasurer: Gerlinde Gruber, ivogruber@comcast.net

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web site: cai-pnw.org *email:* caipnw@gmail.com

CAI-Pisa: www.caipisa.it

CAI website in Italy: www.cai.it



Treats?

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!

From the newsletter assistant editor:

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