



## 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.*

**October 2022**

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

### **WHAT ARE WE GOING TO DO?**

2022 Calendar of Outings and Events

### **NEWS & FEATURED ARTICLES**

Dedication of Trail 181 in Memory of Francesco Greco.

Thinking of Food: *Panigacci/Testaroli—Simple food from the Lunigiana*

Food for thought: *Regatta delle Repubbliche Marinare*

### **Welcome New Members**

### **LOOK AT WHAT WE'VE BEEN DOING**

Hike/Activity Reports:

Perry Creek Falls

Centennial Trail bike ride

### **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 “As of April 19, the CDC order requiring masks on public transportation and at transportation hubs is no longer in effect.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 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. Note that in a press conference September 8, 2022, Gov. Inslee noted that all restrictions will be lifted October 31<sup>st</sup>. 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, October 12, 2022	Nisqually National Wildlife Refuge	Ida Callahan
Wednesday, November 9, 2022	Issaquah Alps	Gerlinda Gruber
Saturday, December 10, 2022	Holiday Party	Camille DiClerico

**Sunday, September 25, 2022, Dedication of Trail 181 in Memory of Francesco Greco.**

After two years delay due to the Covid pandemic, CAI-PNW members traveled to Italy to meet with our friends in CAI-Pisa to dedicate the Trail 181 in memory of Francesco Greco. (While this will be a very brief summary, we'll have a detailed report in November.)



CAI-PNW members Bev Riter, Cam Bradley, Flo and John Burnett, Clarence Elstad, Toni Williams and Dave Coder met CAI-Pisa members Sandro Subissi and Giovanni Bertini in Pisa and drove to the village of Gorfigliano in the Garfagnana. Dianne Riter and Rick Hill followed later.

We had comfortable rooms in the *agriturismo, La Calamaia*, in Gorfigliano.

Despite the weather—often cloudy threatening rain, sometimes enticingly clearing (sound like Seattle?)—the hike and trail dedication on Sunday 25 September was quite a success. Cam, joined by Francesco's children and grandchildren were present. A very substantial lunch at Refugio Donegani followed the plaque placement.

Given the weather, there were fewer hikes, but we saw lots of the sites of Gorfigliano, Garmolazzo, Casola, and Roggio. Hikers in Campocatino enjoyed views of marble quarries and an old hermitage. We visited several local restaurants for wonderful

seasonal foods of the region. Visits to Castelnuovo di Garfagnana as well as Barga gave us looks at larger towns in the area.

Upon our return to Pisa, our hosts at CAI-Pisa met us at the CAI-Pisa offices where we saw photos of the trail inauguration as well as presentation of photos of earlier visits.

The next two days our hosts showed us familiar as well as new sights in Pisa, hikes in the Monte Pisani and a visit to the Certosa of Calci. Finally, there was an elegant dinner at Villa Poschi where we thanked our hosts for organizing a wonderful visit.

You can see [a collection of some photos](#)—without annotation at this point. For more information, click on the photo and click the button.



## **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. 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](#).

## **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).

**Casa Italiana:** [Current events](#)

**Seattle Perugia Sister City:** [News](#): Seattle Sister Cities Win International Title!

## Thinking of Food

### *Panigacci and Testaroli: Traditional foods of the Lunigiana*—by David Coder

One of Francesco's favorites was the *panigacci* served in a small hillside restaurant in Aulla. While in the province of Massa-Carrara, the town is in the area that divides Tuscany from Liguria—the Lunigiana. The name of the region may derive from Luni, a pre-Roman seaport at the mouth of the Magra River, or a reference to the moon. In any event, the *Lunigiana* is

influenced by the adjacent regions of Tuscany and Liguria. Typical dishes of the region include *panigacci* and *testaroli*.

*Panigacci*—literally, ugly bread—are made on concave ceramic discs—*testi*—heated over a wood fire. The ingredients could not be simpler: flour, water

(about 1:1) and a pinch of salt made into a thin batter. Ladled onto hot *testi* that are stacked up, the *panigacci* cook quickly. Traditionally, they should remain whole. The uneven char and a bit of soot give the name. They are served with salumi and cheeses and are delicious!



In contrast, *testaroli* are more like a crepe. Found at the top of the Magra River valley in Pontremoli, they are cooked in a cast iron pot with a lid. Then, they are cut into rhomboid shapes, boiled in water for a few minutes and served with pesto, ragù, etc. Now, would it be heresy to take panigacci, boil them for few minutes and serve with a sauce? Of course not, you'll find them served this way and they're delicious. Your choice.



If you want to make *testaroli* yourself, you can [try this recipe](#). Making *panigacci* at home is more of a challenge. The smokey, crisp disks of dough can best be appreciated your next trip to the region.

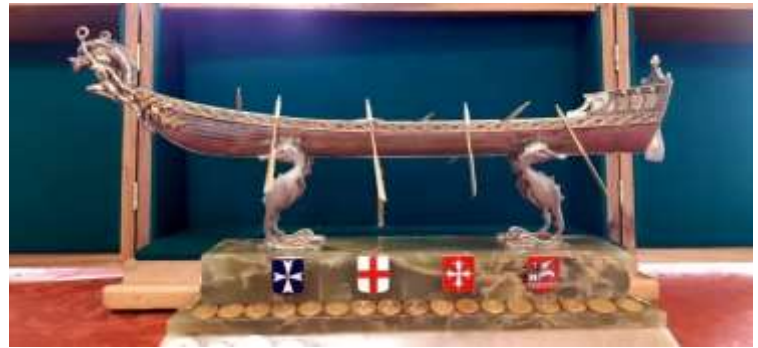
## Food for Thought

*Regatta delle Antiche Repubbliche Marinare* —by David Coder

The flag of the Italian Navy shows a bit of the country’s history. Superimposed on the tricolor are the symbols of the four maritime republics: Venice, Genoa, Amalfi, and Pisa. (The civilian maritime flag differs by lacking the crown and the Venetian lion carries a book rather than a sword.) From the 10<sup>th</sup> to the 18<sup>th</sup> centuries, each republic had a significant or dominant role in the commerce and history of the Mediterranean and the countries that border the sea. To protect their commercial interests, they had significant military forces. Given the nature of the Mediterranean—relatively calm waters unlike the open oceans—many of the naval vessels were galleys. That is, rowed vessels often with several ranks of oars, which could also carry sails to propel the ship when winds were favorable. But in war, the oars provided great maneuverability. Active since Roman times, galleys built in the *arsenale* of Venice were sophisticated naval vessels and protected the island republic. Genoa has a large natural harbor that could accommodate their ships. Pisa, up the Arno from the sea, has a substantial harbor at the mouth of the river—the Marina di Pisa. Amalfi, however, lacks large harbors, but the enterprising *Amalfitani* excavated galleries back into the hillsides where galleys could be stored and pulled on rollers to launch on the beach.



While the republics are now at peace and part of a unified Italian Republic, the ancient competition among them is still present. Not a naval battle but a more sedate rowing competition to take place on a rotating basis in the waters of each of the cities. In the late 40’s a Pisan, Mirro Chiaverini, proposed the idea to the municipalities of the other three cities and the idea was agreed in 1955. A trophy is awarded for the win.



### Boats & Oars

The original boat, called a “*galeone*”, was designed and built by the shipwrights of the Cooperativa Gondolieri di Venezia shipyards in 1956. The choice fell on this galley-like craft, one of the many designs proposed by the Citizens’ Committees, because it was well suited to historical reenactments and along the lines of the ancient ceremonial galleys. The standard weight and measurements of the hull and the related tolerances were also set.

The vessel is designed for 8 rowers plus a coxswain, with benches for fixed seat rowing. The hull is divided into eight sections, one for each rower, with a seat, a foot stretcher on which to lock their feet in place, and the oarlocks on the gunwale rotating to offer an efficient rowing stroke. In short, it’s a long cry from the sleek lines of the fast and light craft of modern international rowing. While the keynote race is among crews of 8 men, there are now a women’s crews as well.



The first regatta took place in Pisa in 1956. Since then, every year in turn, it is repeated on the sea off Amalfi, Genoa, or on the Arno of Pisa and on to the Venetian lagoon. There have been extraordinary competitions in Turin, on the Po, for the first centenary of the unification of Italy, in Monte Carlo, for the 500th anniversary of the birth of the Principality of Monaco, and in London, on the Thames.



The event, which takes place annually on the first Sunday of June, is preceded by an historical parade, during which costumed figures recall moments and characters from the history of each Republic.

While the pandemic prevented the regatta in 2020, this year, there were two events: the first in Amalfi in June and the second in Pisa this September.

Amalfi won the June competition, and Genoa won in September.



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

Our 2022 membership enrollment season has ended on a very high note, 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. We can count many doctors, nurses, lawyers, engineers, farmers, consultants, builders, and business owners among our membership, but our biggest group consists of students and educators.

All memberships are valid through March 31, 2023 and are eligible for renewal after our Annual Meeting which will be held in January or February. At that meeting, which is open to all members, our fees will be established for the upcoming year, and you will be contacted and encouraged to renew.

Our newest members include:

- Jacob Freake of Somerville, MA
- Arolyn Conwill of Somerville, MA
- Peter Ekern of Edmonds, WA
- Barbara Ekern of Edmonds, WA



# LOOK AT WHAT WE'VE BEEN DOING

## Centennial Trail Bike Ride, Wednesday, August 24, 2022—by Sylvia Shiroyama

Four CAI-PNW members met at the new official Centennial Trailhead (2<sup>nd</sup> & Lincoln) in Snohomish. It's a bit south of the original beginning of the trail if you have ridden or walked it in the past. The target destination was 11+ miles north to Lake Cassidy, north of Lake Stevens area and 60<sup>th</sup> St NE. The trail is relatively flat but had a very slight incline to our destination and just enough so that the decline made a quick trip back. Fortunately, the trail traffic was light. It was a beautiful sunny summer day, warm but not hot. So, all the elements of a perfect fun light ride.



Our 4 riders were Toni Williams, Clarence Elstad, Kendra Wanzenried, and leader Sylvia Shiroyama. Everyone remembered their essential helmets, reviewed safe group riding practices and headed north.

Toni and Clarence, having some mechanical problems with a bike, went back a bit early for a cold beer while Kendra and Sylvia reached the lake, enjoyed a peaceful lunch at Lake Cassidy and saw the donkeys on the way back. At the lake, they met a nice group of 4 senior women heading south to the Trailhead from the north end of the trail at the Red Barn just to have lunch in Snohomish and return for a round trip ride of 60 miles.



If you couldn't make it and would like to enjoy a simple and safe ride, check out the Centennial Trail on your own. It has many options for entry points, beautiful rural views along the way, and beer and great food options in Snohomish. It's a good place to give your bike and equipment a shakeout ride and inspire you to get that bike out of the garage and back to enjoy a beautiful day outside.



## Perry Creek Falls Hike– Wednesday, August 10, 2022—by Toni Williams

My original plan was to lead a hike to the Chain Lakes at Mt. Baker, but the lingering snow made me change the hike to something closer and snow free. I chose Perry Creek Falls off the Mountain Loop



Highway. Gerlinde, Kendra, Joanie, Derek and Clarence joined me for a leisurely hike up to the falls.

Our hike began at around 10am under cloudy skies and moderate temperatures. Gerlinde brought and shared with us a wonderful, sweet treat to help propel us up the trail. The new trail connector from the Mt. Dickerman parking lot was new to most of us, but was minimal in elevation gain, so it was a nice way to stretch our legs and get into a rhythm.

As we reached the original trail, the elevation gain increased, and the scenery changed from old forest growth to magical stretches of moss-covered boulders and trees. I kept looking for a hobbit to appear! There were plenty of flowers, plants, trees and berries for Gerlinde and Joanie to identify for us. The slopes surrounding us were shrouded in clouds, but here and there we would spot misty waterfalls cascading down the slopes.

Our pace was steady and perfect for chatting as we moved toward our destination. At around 12:30pm we arrived at the falls and were not disappointed. What a great spot to stop and refuel with plenty of rock seating. As we hiked back, the clouds lifted some and the slopes and falls opened up a bit. The trail was as interesting and beautiful hiking down as it had been hiking up. We arrived back at the trailhead around 3:30pm having hiked 6.6 miles. What a great day with a great group of people. I'm just sorry more people didn't join us.



## 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's publishing date. December 1<sup>st</sup> 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.