DECEMBER 2015

Happy Hiking Holidays from CAI-PNW!

Our mission is to promote and organize hiking and cultural exchanges in the Italian mountains as well as other mountains of the world.

This newsletter and other info is published on our web site: cai-pnw.com
And visit us on Facebook CAI-PNW

WHAT ARE WE GOING TO DO?

December 12 - Annual Holiday Party

LOOK AT WHAT WE’VE BEEN DOING

November 14 - Carkeek Park salmon return hike

WHAT’s ON THE HORIZON?

Peru Trip March 5 - 18, 2016
Croatia! September 26-October 9, 2016
You can help to fill in our 2016 Calendar of Outing and Events
Norway & Crete 2017 - potential trips in the works

NEWS & FEATURED ARTICLES

Sadly, we are going to need a new Coordinator and Treasurer!
Meet New Member, Mary Walker
CAI membership time!
Nick Stellino’s E-Cookbook
2015 CAI-PNW Officers- Continuing and Outgoing

WHAT ARE WE GOING TO DO?

December 12 - Annual Holiday Party at Casa di Gini Harmon

This is not our usual hike, but rather a virtual hike via the shared photos of members. The Potluck, if past years are any indication, will be scrumptde-licious.
Please RSVP through <paperlesspost@paperlesspost.com> or contact Norizan Paterra
norizan@norizan.com
November 14 - Carkeek Park salmon return hike
On Saturday, November 14, a dozen hardy (and soggy) CAI hikers descended the urban forest trail that follows Pipers Creek into the heart of Seattle's Carkeek Park. The usually docile creek at times roared with the abundance of rainwater it has been collecting lately. Our hopes of watching the chum salmon returning seemed to be dashed by the depth and murky condition of the water. We stopped at several of the spots where the fish are usually seen at this time of year, but caught only a glimpse of a fish or two. Eventually we emerged from the forest and swamp just in time for the rain to let up as we crossed the bridge over the railroad tracks and walked down to the beach. Then we retraced our route, again often stopping along the creek, just in case the fish decided to make a showing. And they did! Multiple chum were seen both splashing and resting as they made their way upstream. The trip was thus declared a success, and we then ascended the trail to reach the dry interiors of our cars.

the leaves AND the salmon were brilliant

Diane Clifford
**WHAT’s ON THE HORIZON?**

**Peru Outing Updates**
The Peru trip has some changes because of the elimination of an overnight bus ride which added a day to the outing. Because of this change the updated price per person for double is $1712 and single $1981. This cost does not include the flight from Cusco to Lima expected to be about $135-160. The contact for participation in this well-planned, exciting adventure is Norizan Paterra.

norizan@norizan.com

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### Peru March 5th - 18th 2016

<table>
<thead>
<tr>
<th>Day</th>
<th>Place</th>
<th>Transportation</th>
<th>Hotel</th>
<th>Meals Included</th>
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<tbody>
<tr>
<td>M05</td>
<td>Lima</td>
<td></td>
<td>Hotel Las Palmas</td>
<td>Breakfast</td>
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<tr>
<td>M06</td>
<td>7am. Transfer Lima – Ica (C.del Sur ) 12 Midday: Arrival Visit :Bodegas (Wineries) ; Regional Museum of Luren, Huacachina Oasis and Sandboarding(optional).</td>
<td>Bus, small plane</td>
<td>Hotel in Ica La Hostería Suiza</td>
<td>Breakfast</td>
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<tr>
<td>M07</td>
<td>6am. Approx. Boat excursion to Ballestas Islands also known as the &quot;Galapagos of Peru&quot;. 2 pm. Transfer Ica – Nasca (overnight)</td>
<td>Bus, boat</td>
<td>Hotel in Nasca Hotel La Hacienda</td>
<td>Meals not included</td>
</tr>
<tr>
<td>M08</td>
<td>8 am Short Flight over Mysterious Nazca Lines. 1:30 pm Transfer Nasca -Arequipa 10 pm. Arrival to the &quot;White City&quot; of Arequipa.</td>
<td>Small Plane, Bus</td>
<td>Hotel in Arequipa Casa de Avila or Casa de mi Abuela</td>
<td>Breakfast</td>
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<tr>
<td>M09</td>
<td>Fullday Arequipa: Tour in the White City: Santa Catalina Monastery, Church and Cloisters of Jesuit Company, Yanawar View Point and other interesting places.</td>
<td>On foot</td>
<td>Casa de Avila or Casa de mi Abuela</td>
<td>Breakfast</td>
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<tr>
<td>M10</td>
<td>7:30 am. Departure : Arequipa – Colca Canyon/Chivay 12 hrs. Canocota Canyon Path(Hiking for 3 hrs up to La Calera Hot Spring) On the way Arequipa - Colca Canyon: visit Pampas Cañahuas and Patapampa.</td>
<td>Bus, hike</td>
<td>Lodge in Chivay Pozo del Cielo,Chivay</td>
<td>Breakfast, Lunch</td>
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ANNOUNCING! CAI-PNW’s Trip to Croatia, September 26 - October 9, 2016!

A SUMMARY OF THE ITINERARY FOR AN OUTING THAT INCLUDES HIKING ADVENTURES AND CULTURAL EXPERIENCES:


**Plitvice National Park** – Hike in Starigrad-Paklenica National Park. Spend a full day at Croatia’s biggest single natural attraction, walking on paths between the beautiful 16 lakes and many waterfalls in Plitvice National park, a UNESCO World Heritage Site.

**Trogir/Sibenik** – Explore a medieval village and the Dalmatian Islands. Hike in Krka National Park.

**Dubrovnik** – Walk Dubrovnik’s city walls and explore the Old Town. Possible day trip to a near-by island.

Other hikes and cultural experiences are possible and will be determined by the group’s interests.

**PRICE:** Approximately $1750 per person for double bed occupancy; $1950 per person for single bed occupancy. Price includes lodging in B&Bs, villas and apartments, transportation by city bus and tram, chartered bus and local ferries; breakfasts with some lunches and dinners. Also included are park and attraction entry fees for group activities. Fee is based on current rates and may fluctuate up or down. Deposit of $1000.00 due to CAI-PNW Treasurer by December 31, 2015. Balance due by May 15, 2016.

**NOT INCLUDED:** Transportation to Zagreb and from Dubrovnik, drinks, entrance fees/tours outside the trip itinerary and items of a personal nature.

**CANCELLATION POLICY:** Cancellation policy is a refund minus any non-recoverable expenses.

**NUMBER OF PARTICIPANTS:** 12 TO 16 individuals; CAI membership required

**INTERESTED?** Contact Bev Riter at beverlyriter@gmail.com or Steve Johnson at bevandsteve@hotmail.com by December 15, 2015.

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**Call for Second-Saturday Event Volunteers**

Diane Clifford, our Events Council Member asks for your help in filling out the 2016 CAI-PNW calendar. To those of you who have signed-up so far, thank you, and please send in your hike idea ASAP. Diane wants to have this calendar ready by the Holiday Party.

If you have enjoyed one of our international outings or our 2nd Saturday events, PLEASE give back to keep CAI-PNW alive and well! There are three blank months. You can volunteer by contacting Diane at dianelclifford@gmail.com. If you’d like ideas of where to hike, contact our trails advisor, Helga Byhre at helgahiker60@gmail.com.

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**2016 CAI-PNW Calendar of Activities (Draft)**

Jan 9: Steve Johnson urban hike near I-90
Feb 13: Elena Bianco birding in Skagit

**March 5th - March 17th 2016 - Peru Trip**

A 12-day trip visiting Nasca, Ballesta Islands, Arequipa, Colca Canyon, Lake Titicaca, Cuzco, Sacred Valley and Machu Picchu. Minimal hikes of 3 hours or less each way in Colca Canyon, Taquile Island and Sacred Valley.

Contact: Norizan Paterra norizan@norizan.com

Mar 12: Dianne Hoff

Apr: 9: ?
May 14: John Burnett
June 11: Ron Riter
July 9: Toni Williams
Aug 13: Norizan Paterra
Sept 10: Ida Callahan blueberry hike

September 26 - October 9 Croatia Trip
Hike in Medvednica Nature Reserve near Zagreb, Risnjak National Park and Ucka Nature Park near Opatija/Lovran, Plitvice and Krka National Parks, explore Dubrovnik, and many other cultural sites in Croatia.
Contacts: Bev Riter at beverlyriter@gmail.com or Steve Johnson at bevandsteve@hotmail.com by December 15, 2015.

Oct 8: ?
Nov 12: ?
Dec 10: Steve Johnson holiday party

And Now, Ladies and Gentlemen, 2017 and beyond!
Anyone for Hiking in Norway? How about Crete?

These are two areas that our International Exchange Liaison, Francesco Greco, has been envisioning and laying the international groundwork and local contacts for. All we need is enthusiastic leaders, to coordinate with Francesco, for each of the destinations to become a reality. The dates and even the years will be determined by the leaders involved as well as the Council.

Norway - late Spring, summer or early Fall of 2017?: I, Francesco, have been in communication with Vibeke Clausen and Pernille Rod Larsen of the Norwegian Trekking Organization (DNT). DNT has more than 250,000 members. They have a great system of routes in the mountains with marked tracks between 500 nice cabins of different levels with nice prices. Most of the cabins are small (5-30 beds) where to sleep, and make our meals. In some of them we can buy canned or dried food for cooking on gas. Fifty of the cabins are nearly hotels where the food is served, but with simple rooms and bathrooms. I have always wanted to hike in Norway and now, all we need to make this adventure a reality, is for one of you readers, who shares my enthusiasm for such an outing, to volunteer to work with me in coordinating from the stateside.

Crete - Spring or Fall of 2017: Cam and I have already scouted out some of Creta as a possible CAI-PNW outing destination during our 6-month sojourn in Greece last year. We visited the Hania Section of the EOS Club (Greek Mountaineering Club of Hania) and received a warm welcome. The Hania Section covers the most important mountaineering area of the island. We also have a contact, Cristina Vaglini, who is an Italian friend of ours and is now the Director of the Computing Department of the University of Heraklion in Greece. She is a very good climber and has both hiking and cultural knowledge of Crete. She is available to help us in communicating with the EOS of Heraklion on the island of Crete to plan our adventures.

A 2-week experience on Crete would incorporate hiking, sun, Greek food and best of all, incredible cultural sites. Please contact me if you share a passion for archaeological sites mixed in with your hikes.

Either one of these adventures could result in an exchange with CAI-PNW similar to what we have done in the past. (The most recent such Exchange was with ARCI hiking club of Milano.) The Crete hikers, however, felt that they could not afford to travel so far, but might enjoy an exchange with CAI-Pisa in Italy. At this time nothing has been discussed with CAI-Pisa about such an exchange. For those of you who may not have experienced an exchange, it is when one country guides and even hosts a visiting group of hikers and afterwards there is reciprocity in the other country’s area of expertise.
Cam and I cannot make these trips happen without a leader for each, to work with us. There have been excellent first-time trip coordinators in the past, such as Gail McClary who initiated and organized the CAI-PNW side of the very successful 2-week Dolomiti/Tuscany trip. Another first-timer was Norizan Paterra when she initiated and organized the Outing to Cyprus. The members of the CAI-PNW Council have each been heavily involved in one or more of these excursions. In order to keep offering these unique and not-so-expensive experiences we need more non-Council members to step forward to help. If you have enjoyed the volunteer work done for a trip with CAI-PNW previously, it’s your turn to make it happen for others. Please contact me, Francesco Greco, at francescoandcam@hotmail.com ASAP. I need to get feedback from you who are interested as participants and/or volunteers within the next month or the trip ideas will have to be dropped.

Francesco Greco

NEWS & FEATURED ARTICLES

Norizan, Our Energetic Coordinator Is Retiring - After Only 5 Years!

Much as we all hate to see her pass the baton, we understand that 5 years is a generous amount of time to serve and that each of the only two previous Coordinators served for 5 years. Most significantly, how can we compete for time with a new grandchild? Norizan has brought increased organization and new vitality to our relatively young organization. I could and we all will be singing her praises for many years. Her shoes will be hard to fill, but fill them we must! We also will be losing our Treasurer Frank Paterra who’s time in office has brought transparency and efficiency to the non-profit financial part of our activities. The Council members and the planners and leaders of our outings are all volunteers. The handling of the expenses needs to facilitate, not burden, what we do.

So, this is a call for volunteers and/or suggestions for a new CAI-PNW Coordinator and a new Treasurer. The Council Members ask that you consider this seriously and send your suggestions to them via our email address: caipnw@gmail.com A good thing for anyone thinking about taking on this role is that Norizan will be staying on the Council as past Coordinator in an advisory capacity for the next year.

Meet Mary Walker, new member and participant in the recent Dolomite/Tuscany Outing
I was born in Iowa and married an Oregonian. We have lived in the West ever since. We have 3 sons and 6 grandchildren. One son, a missionary in Nepal, has taken me on several treks. Another son met me in New Zealand for a week of hiking. I have been thankful to substitute teach in Marysville, WA so I can pay for these outings. When I am home I usually help with the church youth group. I have generally taken them backpacking in the summer. Mt. Baker Railroad Grade is our favorite.

My friend, Joanie Pryor, had told me about the CAI hiking trips and made me want to join the group.

**Nick Stellino’s E-Cookbook**
Hope you all took advantage of Nick’s free e-cookbook download at <http://www.nickstellino.com/Store/Download/15APT0421.aspx>. This was a limited offer before the cookbook was to go on sale and may have expired by now. It was in response to our involvement over the years in Festa Italiana. Nick is the PBS celebrity chef that presents for Festa Italiana. Thank you Nick for this colorful e-book of Italian recipes and thanks to member Joel Patience who made us aware of it.

**Membership Time**
Flo and John Burnett remind us that it’s time to renew your membership! It’s also the time for joining as new members, especially if you are participating in one of our international outings next year. You will be receiving reminder by email and Flo will be collecting checks for renewal and new members at the Holiday Party. Contact: flosown@hotmail.com

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**CAI-PNW Officers - 2015**

Coordinator: Norizan Paterra (OUTGOING)
Treasurer: Frank Paterra (OUTGOING)
Membership Coordinators: Flo & John Burnett
Newsletter/Communications: Cam Bradley
Events Coordinator: Diane Clifford
Web Master: Ron Riter
Secretary: Toni Williams
International Exchange Liaison       Francesco Greco
International Exchange Co-coordinator Steve Johnson
Liaison with Dante & other Italian organizations Ida Caldognetto
Liaison with The Mountaineers         Dianne Hoff

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CAI website in Italy: www.cai.it

from the newsletter editor: Please submit material for the newsletter one week in advance of the
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submit to caipnw@gmail.com

e-mail preferences: If your email address has changed or you no longer wish to receive CAI-PNW
mailings, please notify me at the above address.

Obrigada Grazie,
Cam Bradley, editor at large, publishing from Lisboa, Portugal.