



TRAILS

OFFICIAL PUBLICATION OF THE CALIFORNIA ALPINE CLUB

Volume 93

February 2017

No. 1

ST. PATRICK'S DAY DINNER

SATURDAY, MARCH 18

Get your green on for this year's St. Patrick's Day Dinner. **Sondra Schwartz** and **Tim Warden** have teamed up to prepare our corned beef and cabbage dinner. We also have entertainment planned with Irish music performed by Jack Mulcahy. The party starts at 5:00p.m. This event usually sells out so get your reservation in early. Cost is \$22.00 per person. Contact **Valerie Hogan** at valhogan@aol.com to RSVP.

We are still searching for an Event Host and an Overnight Host. If you are a trained Alpine Lodge Host and are willing to help out, please let Valerie know when you RSVP or contact **Dan Larson**, the Event Sponsor at dlarson11@gmail.com.

Dan Larson, Event Sponsor



HAPPY CAMPER AT SLIDE RANCH

Chickens and campers seem to be a good mix! The 2016 CAC Foundation's grant to Slide Ranch on the Marin Coast enabled a class of 25 school kids to participate in Slide Ranch's environmental education programs. Thanks to your generosity the Foundation is able to support organizations in the Tahoe Basin and the San Francisco Bay Area which are working on trail maintenance, environmental restoration, and outdoor youth activities. All donations are tax-deductible and may be sent to P.O. Box 2180, Mill Valley 94942-2180. Thank you!

Arlin Weinberger, CAC Foundation
Board President



Monthly TRAILS Editor ~ Richard Thornton

California Alpine Club - The purpose of the Club is: To explore, enjoy and protect the natural resources of our land, including wildlife, forests and plants, water and scenic values; to support and promote educational programs on these and related subjects; at all times, to protect and as far as we are able, to improve the environment in which we live; and to strengthen a sense of community among our members.

Officers:

President	Jay Gustafson '17	415-381-7261	jaygustafson@yahoo.com
Vice President	Mark Sapiro '17	415-388-8910	mark@msapiro.net
Secretary	Margy Eller '17	415-383-7307	margyeller@gmail.com
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Past President	Jim Nixon '16	650-756-7771	jimnixon2000@yahoo.com

Board of Directors:

	Ann Meneguzzi '17	209-931-3423	tmlann@hotmail.com
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	Candy Barnhill '16	319-631-9110	wheejeepfun_cb@aol.com
	Tim Warden '18	415-453-6595	timothyebdas@yahoo.com
	Dan Larson '19	831-465-9645	dlarson11@gmail.com

Committee Chairpersons:

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Historian (Acting)	Bill Mayers	415-785-3516	whmayers@gmail.com
Membership	Bev Leve	707-539-2802	hikingbev@gmail.com
Outings	Ruth Tretbar	510-593-2115	rtretbar@yahoo.com
	Renee Hamilton	415-686-3966	renee@fallbrook.net
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Publications	Helena Troy (Interim)	415-492-9576	hmtroy@aol.com
Sunshine	Valerie Nelson	831-688-1524	valallen@cruzio.com
Youth Activities	Camille Smith-Balon	831-239-0730	camillecruzfit@gmail.com
Event	Donata Mikulik	707-591-3129	donatabo@hotmail.com
Committee	Sue Karp	414-927-3221	suekarp@prodigy.net
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	Mary Jane McKown	415-383-2774	mjmckown@gmail.com
	Carroll Pearson	408-736-9403	pearsoncmp@aol.com
	Candy Barnhill	319-631-9110	wheejeepfun_cb@aol.com

Alpine Lodge Trustees:

	Tom Coleman '16	707-992-0650	travmcgee@comcast.net
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	Carl Duisberg '17	415-388-1175	carlduisberg@hotmail.com
	Donata Mikulik '19	707-591-3129	donatabo@hotmail.com
	Wendi Olmstead	707-766-8038	wendiolmstead@comcast.net

Alpine Lodge Support:

Alpine Calendar	Donata Mikulik	707-591-3129	donatabo@hotmail.com
Alpine Treasurer	Michael Vaggione	408-865-1781	michaeljv@pacbell.net
Accommodations Reservations		707-591-3129	donatabo@hotmail.com

Coordinators For Alpine Lodge:

Innkeepers	Jana Shober	916-690-1828	shober@csus.edu
Hike Leaders	Jennie Bruyn	415-456-1877	jennielbruynt@outlook.com
	Lenora Young	310-408-8112	lenora_young@me.com
Hikers Weekend	Nuala Caulfield	415-922-6775	ntcaulfield@msn.com

Echo Summit Lodge Trustees:

Chair	Cindy Toran '19	707-321-3262	cktoran@gmail.com
	Nick Gregoratos '18	415-206-9152	nick.gregoratos@gmail.com
	Mary Larkin-Berlinski '17	831-345-6963	mlarkin804@sbcglobal.net
	Bob Henry '17	707-829-3728	clyde33301@comcast.net
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TRAILS is the newsletter of the California Alpine Club. The editorial staff reserves the right to edit all submitted copy.

Monthly Editors: Anita Cabrera, Susan Patrick, Heather Rand, Richard Thornton, John Peterson and Helena Troy.

Contributors this issue: Candy Barnhill, Jennie Bruyn, Nuala Caulfield, Tom Coleman, Eileen Downey, Mary Frey, Jay Gustafson, Bev Leve, Eva Lieben, Anne Meneguzzi, Donata Mikulik, Jim Nixon, Carroll Pearson, Jana Shober, Cindy Toran, Arlin Weinberger and Lenora Young.

PRESIDENT'S MESSAGE

Winter is here. Alpiners at Echo have been posting photos of a lodge nearly buried with the white stuff, while hikers at lower climbs report some of the sweetest music from the crashing streams and water fall on nearby trails. So it's here and time to find your own trail and enjoy the outside messages of winter reporting to the inside of you.

We're all about club here, but the real message is what's working inside you as you move outside, risk a bit, laugh a whole lot, and just be, along your way. Our Sunday Tam Hikes add much to the "clubbiness" of being inside after the outside. There's usually a warm fire and a sweet gnosh to be had in the lodge after an exhilarating hike, and ya know, wherever two or more are gathered ... the stories begin!

So what's your outdoor adventure story about this year? The travel companies are all pushing to get plans locked in ... and so it's in the air. Our Outings Team has been working on a few dates and more importantly, working on a method you can suggest an outing, a trip, a small-to biggish event to a place that you've always wanted to explore. The limiting factors around organizing such events have been 1) qualified leadership, 2) the admin to get it all together, and 3) who would come if I proposed it ... ?

Outings will streamline the process to encourage your thinking about an overnight you've wanted to do, a distant point you've never visited, or a summit you've wanted to conquer. Your job in the process will be to put together what makes sense for you and those with whom you're keen to join, put the adventure to paper (yes, there's a form involved), and get it to the Outings Team to help determine what resources are available to make your trip a reality with the club's help.

Stay tuned for the details ... we're thinking March is our launch month for this process, so begin now to outline and research your ideas ... N.B., Outings need not be designed for a large crowd ... haven't some of your best outdoor adventures been with just a few pals? Your turn, OK?

Jay Gustafson, President

YOGA-ON-THE-MOUNTAIN

Yoga-on-the-Mountain will be offered each Sunday afternoon at 4:00 at Alpine Lodge starting Feb 5 - March 26th as a pilot program sponsored by members who are trained instructors. Thanks go to **Lindsay Rodgers, Jess Weiss, and Mary Cosgrove**. Call 415 381 7261 for questions ... or just show up!

Jay Gustafson, President



MEMBERSHIP REPORT

FEBRUARY 2017

Reinstatement:

Ellen Spitalnik
6457 Hagen Blvd
El Cerrito CA, 94530
510 207-6084
e.spitalnik@yahoo.com
Sponsors: Jay Gustafson and Mal Russell

New Members:

Diane Mickelson
3060 Middle Two Rock Road
Petaluma, CA 94952
707 696-7239
dntmichel@aol.com
Sponsors: Jennie Bruyn and Wendi Olmstead

Shannon and Allan Gomes
341 Cornwall Street
San Francisco, CA 94118
415 409 2526
shannonmichaela@gmail.com
Sponsors: Jay Gustafson

Claudia Cravens
2073 Abby Gate Drive
Roseville, CA 95747
916 316-5835
Clod123@comcast.net
Sponsors: Jay Gustafson and Margy Eller

Bev Leve, Membership Chair

We had 72 new members in 2016!!

Correspondence: Please address correspondence concerning this publication to: Jay Gustafson 402 A Ash St., Mill Valley, CA 94941.

CAC Website: <http://californiaalpineclub.org>

CAC Rosters and Privacy Protection

For CAC Roster, electronic copy either one time or on monthly distribution, request via email from present registrar. CAC Rosters and email distribution lists should be protected from indiscriminate distribution to other than club members and should only be used for CAC club business or personal contact. No solicitation or chain email correspondence.

California Alpine Club



WEBSITE IS AVAILABLE

<http://californiaalpineclub.org>

353 members registered.

Please REGISTER for our website,
if you have not already done so.

— Website Committee

MONTHLY EDITORS

FOR 2016/2017

MONTHLY EDITOR

March - John Peterson
April - To Be Determined
May - Anita Cabrera
June - Susan Patrick

ARTICLE DUE DATE

2/5/17
3/5/17
4/5/17
5/5/17

These are your monthly editors through June 2017. Please send your article(s) to the person listed above for the month indicated and send articles by the corresponding due date.

NEW SUNDAY HIKE LEADER COORDINATORS

Lenora Young and I have taken up the mantle to continue the excellent work Pauline and Jock MacDonald have done on behalf of the Sunday Hike Leader Coordination activity. Theirs are big shoes to fill and we hope to uphold the high standards they have set. Thank you, Pauline and Jock, for your excellent and diligent work benefitting the Alpine Club!

Lenora and I will work in tandem as a team. I will be responsible in "rounding up the members" for hike leader purposes and will communicate that information to Lenora. Lenora will provide computer support in terms of maintaining and transmitting the hike leader schedule to the Trails Publication editor on a monthly basis.

We hold you, our members, in high esteem and welcome you to actively participate in leading a Sunday hike. We need your help in keeping our Hiking Program active and viable! For some added interest, I plan to feature "Guest Hike Leaders" for a few of the slots.

If you have any comments, regarding the Hiking Program, please let Lenora and myself know by email — or give us a call: Jennie Bruyn 415-456-1877; jennielbruyn@outlook.com. Lenora Young: 310-408-8112; Lenora_young@me.com.

Thank you for your interest and input. Many happy trails,

Jennie Bruyn, Hiker Leader Coordinator

Board of Directors and Quarterly Membership Meetings

If you have any questions or wish to have an item on the agenda, contact **Jay Gustafson** at jaygustafson@yahoo.com or call 415-381-7261. Members are welcome at Board meetings.

Jay Gustafson, CAC President

2016/2017 CAC Board Schedule

February 18	2pm – Board
March 18	1:30pm – Nominations
	2pm – Board
April 29	Annual Awards
	2pm – Board
	3pm – Member
	TBD – Dinner

*All meetings are at Alpine and occur on Saturdays

The January and July Member meeting dates can/will be combined with a meal welcoming new members.

ALPINE HIKE LEADER SCHEDULE

OPEN HOUSE EVERY SUNDAY AT ALPINE LODGE

All Hikes are 2B

CAC Sunday	Start Time	Leader	Phone Number
Sunday, January 8	9:30 a.m.	Howard Ortman	415-456-5912
Sunday, January 15	9:30 a.m.	Lynn MacDonald	510-525-3843
Sunday, January 22	9:30 a.m.	Rob Freinkel	415-608-7938
Sunday, January 29	9:30 a.m.	Jennie Bruyn	415-456-1877
Sunday, February 05	9:30 a.m.	Carol Bodtker	415-884-0850
Sunday, February 12	9:30 a.m.	Brian Chan-Guest	415-861-8956
Sunday, February 19	9:30 a.m.	Bill Mayers	415-785-3516
Sunday, February 26	9:30 a.m.	Graham Forder	415-827-4748
Sunday, March 5	9:30 a.m.	Pete Sager	415-472-1275
Sunday, March 12	9:30 a.m.	Robert Freinkel	415-608-7938
Sunday, March 19	9:30 a.m.	Jordan Hermann	510-520-9782
Sunday, March 26	9:30 a.m.	Tom Dewey	510-381-8188

Contact Information for hike leaders:

Hike Leader Coordinator: jennielbruyn@outlook.com

Support: Lenora Young at lenora_young@me.com

Different Hikes for Different Types:

Our Weekly Tradition for Sunday Hiking

Rain Cancels All Hikes!

Our 2B hikes depart from the California Alpine Club (CAC) at 9:30 a.m. These hikes are 7-10 miles long, with an elevation gain of up to 2,000 ft. When there is no leader specified for a given Sunday, the convened hikers at the CAC will decide upon their own route.

A more informal, slower paced hike – designated as 1A – will depart from the CAC at 9:45 a.m. These hikes are typically 5-6 miles long, with an elevation gain of up to 1,000 ft.

Please remember to bring a light lunch (e.g., a sandwich) and at least a liter of water. All hikers should have prior hiking experience and be able to maintain a moderate pace (i.e., approximately two miles per hour). The hikes usually finish at the CAC around 2:00 – 3:00 p.m.

Note: Hike group safety protocols prevail. If you want to hike in front of the leader, please inform the leader. If given permission, you must stop at any intersection or junction and wait for the group. You must also be within earshot in case the group is held up. If you do not follow these steps, we will no longer consider you part of the group.

If you are interested in leading a 2B hike, please contact: Jennie Bruyn at 415-456-1877 or email: jennielbruyn@outlook.com

If you are interested in leading a 1A hike, please contact: Edie Nelson: 831.331.1754

ALPINE LODGE SUNDAY INNKEEPERS

February 5	OPEN
February 12	OPEN
February 19	Cindi Whitehead
February 26	OPEN

March 5	OPEN
March 12	OPEN
March 19	OPEN
March 26	Cindi Whitehead

Hello fellow Alpine Club Members!

I am the Innkeeping Coordinator (recruiter & scheduler) for the Alpine Lodge Sunday Open House. We are in dire need of more volunteers to serve as Sunday innkeepers for February and March (and after that!). Please, would you consider signing up to be the Innkeeper(s) on a Sunday of your choice and selecting one of the dates shown below as OPEN - or any Sunday after that. It is a great way to spend a day at our beautiful Alpine Lodge while at the same time fulfilling a portion of your volunteer responsibilities. You need not be host trained to serve as Innkeeper(s) and I will provide you with a list of brief instructions/suggestions which outline what the Innkeepers traditionally have done. Note that this list is also currently available on our website. Also, if you don't wish to serve alone (you are a new member for example) consider serving together with another member – why not co-innkeep!

Please note that we (Helena Troy actually) update the live link in TRAILS as soon as I get a volunteer. So that may be a great place to start when considering being an innkeeper- find an OPEN date there and then contact me. Please call me to reserve a date or provide feedback (916-690-1828) or better yet, e-mail me at shober@csus.edu

Thank You! Happy Trails To You All!

Jana Shober, Innkeeping Coordinator

AS YOU CAN SEE , WE ARE IN GREAT NEED OF INNKEEPERS for the Sundays in February & March. WON'T YOU PLEASE CHECK YOUR CALENDAR NOW AND SEE IF YOU ARE ABLE TO VOLUNTEER ON ONE OF THE OPEN SUNDAYS?

ALPINE LODGE WORK PARTY SCHEDULE

Time: 9:00 am to 3:00 pm Lunch will be served. Overnight is possible. Please contact the host to RSVP

Jan 28	Tom Coleman	travmcgee@comcast.net	August 12	Tom Coleman	travmcgee@comcast.net
Feb 11	Wendi Olmstead	wendiolmstead@comcast.net	Sept 16	Tom Coleman	travmcgee@comcast.net
Mar 11	Wendi Olmstead	wendiolmstead@comcast.net	Oct 28	Tom Coleman	travmcgee@comcast.net
April	NO WORK PARTY		Nov 11	Garrett Hill	garrett@x2nsat.com
May 13	Carl Duisberg	carlduisberg@hotmail.com	Dec 2	Garrett Hill	garrett@x2nsat.com
June 24	Donata Mikulik	donatabo@hotmail.com			
July 8	Donata Mikulik	donatabo@hotmail.com			

Tom Coleman, Alpine Trustee

CAC EVENTS AND VOLUNTEERS

Many of you offer to help with events at Alpine Lodge every year, but we would love to have help from other members and especially new members. Helping with some aspect of an event is a great way to meet people and make new friends. We always have lots of fun. The tasks are divided into groups, so that many hands can make light work.

The chart shows the major tasks for the planned events for the next few months. We need to fill these task assignments with volunteers. It is a wonderful way to help your Club and to have a fun time working with new friends. Please contact the host or the BoD Sponsor to sign up. Contact information for BoD Sponsors is on page 2. Host information can be found on the Alpine Lodge Events and Host Calendar page or on our website under Calendar.

Website at californiaalpineclub.org MEMBERS>QUICK LINKS>CAC EVENTS shows the planning for the coming 12 to 18 months. You can see the names of other people who have signed up to help since TRAILS was published.

Social Activities Committee

Calendar of Social Events for Volunteering	BOD Sponsor	Event Hosts	RSVPs Accounts	Head Chef	Kitchen Helpers	Table Setup & Decorations	Name Tags & Place Cards	Cleanup Supervisor	Clean Up Helpers	Overnight Host
1/21/17 Qtrly Mtg New Members Luncheon	Candy Barnhill	Candy Barnhill	Candy Barnhill	*Tim Warden	Ken Judy	Decorations: Candy Barnhill	Mary Jane	Candy Barnhill	New Members	Candy B No breakfast
2/18/17 Italian Dinner	N/A	Tim Warden								
3/18/17 St Patrick's Day Dinner	Dan Larson	Diane Budo	Valerie Hogan	Sondra Schwartz, Tim Warden						
4/29/17 Awards Dinner	Candy Barnhill						Mary Jane			
May 28 Memorial Day Potluck	N/A									
July 4th, BBQ 2016 crew	Ann Meneguzzi									
July 22, Qtrly Mtg/New Members Luncheon	Need	Bev Leve	Bev Leve						New Members	
Sept 2017 Labor Day Potluck	N/A									
10/21/17 Qtrly Mtg & Dinner "Burgers, Brats & BYOB"	Need									



GREETINGS CAC MEMBERS FROM OUTINGS CHAIRPERSON, RENEE HAMILTON

In the upcoming Trails, you will see that your Outings committee is hard at work putting together another exciting year of outdoor adventures with weekend car camping, a base camp in the Sierras, a possible river raft trip and a summer backpack that leads to our own Echo Lodge.

I would like to toss out an action-packed idea, climbing Mt. Shasta. With winter storms bringing record snowfall to our mountains, Mt. Shasta is currently blanketed with a snow pack that is 197% above normal...and it's only January! This will be an ideal year to climb Mt. Shasta, with enough snow to extend the climbing season and still avoid climbing in loose exposed scree. I want to put together a small group to climb the West Face route to the summit. This is a spectacular 3-day route that is appropriate for both first-time and experienced climbers.

Mt. Shasta, continued on page 8



ALPINE CLUB HOST TRAINING

The Alpine Lodge trustees held their Alpine Club Fall Host Training event on November 11th and 12th this year, and it was a great success! We had 22 participants and leaders, including our Club president, **Jay Gustavson**. We met on Friday afternoon and started the event with getting room assignments and lugging stuff to each assigned room.

The participants were: **Tom Coleman, Donata Mikulik, and Wendi Olmstead**, Alpine trustees. New hosts included: **Pia Anderson, Susan Topf, Gail Rigelhaupt, Valerie Hogan, John Mullen, Craig Anderson, Steve Smith, Nancy Emerson, Steve Quarles, Shannon Fagan, Gail DeKellis, Steve Curry, Dianna Klemmick, Vila Rezai, Diane Mickelson, Shelly Fox, Vikki Goldman, Dan Karbosky, Irina Khaimovich** and **Nonie Devens**.

Tom Coleman started off the training with a detailed history of the CAC. Fascinating, going back over 100 years, and all the leaders that we have been lucky enough to have! We then had free time for the rest of the evening. A lovely dinner and dessert were provided, and the trustees also contributed some very nice wine from Cline Winery. Yum!

The breakfast bell rang promptly at 8am. Our bell ringers and table setters were Josh and Zoe Goldman and Viola Mikulik. Thank you to these wonderful young folks!

We did a walk about throughout both the Lodge and the Tam building, showing new hosts how pilots work, how music systems work, how thermostats work...and after 3 hours of 'show and explain', our hosts were really hungry and really ready for a nap!

But alas, there was to be no nap. A lunch of salad, grilled cheese sandwiches and left-over pumpkin pie revived the crew just enough that they were able to attend a lecture presented by Donata Mikulik, Alpine trustee, on all the paperwork that they would have to know and understand in order to host properly. Donata was ably aided by new trustee Wendi Olmstead. Thank you, Wendi, for offering to help the Alpine Lodge as a trustee.

The host training event ended around 3pm on Saturday. Some of the new hosts ended up staying at the Lodge that night, knowing they now had the knowledge to actually run an event. Thank you to all those who have volunteered to learn how to become hosts. You enable the CAC and the Alpine Club to carry on successfully into the future.

Tom Coleman, Alpine Trustee

ALPINE LODGE EVENTS AND HOST CALENDAR

Event Reservations: Contact the host or leader listed. If you must cancel, please alert your host as food preparation is based on reservation count. CHECK THE WEBSITE FOR LATEST UPDATES.

ALPINE LODGE PHONE
415-380-8250
OUTGOING LOCAL CALLS ONLY
NO PAY PHONE

To Schedule an Event: For a private member event or a Club function, please email (preferred method) Donata Mikulik at donatabo@hotmail.com or call 707-591-3129.

FEB 2-5 THU 9AM-SUN 11AM PRIVATE EVENT

Diane Budo 707-823-5553
 heybudo@yahoo.com

FEB 10 FRI 5PM-7PM ONE TAM INITIATIVE RECEPTION

Featuring Cinematographer Gary Yost
 Jay Gustafson 415 453-6595
 jaygustafson@yahoo.com

FEB 11 SAT 9AM-3PM WORK PARTY

Tom Coleman
 travmcgee@comcast.net

FEB 18 SAT 2PM CAC BOARD MEETING

Jay Gustafson 415-381-7261
 jaygustafson@yahoo.com

FEB 18 SAT 6PM ITALIAN FAMILY-STYLE DINNER

Tim Warden 415 453-6595
 380 Riviera Drive
 San Rafael, CA 94901
 timothyebdas@yahoo.com

MAR 3-5 FRI-SUN SCRAPBOOK AND CRAFT WEEKEND

Wendi Olmstead 707-766-8038
 144 Sunrise Parkway
 Petaluma CA 94954
 wendiolmstead@comcast.net

MAR 11 SAT FRIENDS OF MT. TAM ANNUAL MEETING

Sue Karp 415 927-3221
 suekarp@prodigy.net

MAR 18 SAT 2PM CAC BOARD MEETING

Jay Gustafson 415-381-7261
 jaygustafson@yahoo.com

MAR 18 SAT 6PM ST. PATRICK'S DAY DINNER

Dan Larson 831-465-9645
 dlarson11@gmail.com

MAR 25-28 SAT-TUES CA STATE PARK RANGERS ASSN

Ann Meneguzzi 209-373-9844
 tmlann@hotmail.com

MAR 31-APRIL 1 FRI-SAT HONDURAS HIGH SCHOOL STUDENTS

CATRACHOS EN CALIFORNIA
 Daniel Karbousky 707-889-1461
 dkarbousky@gmail.com

APR 1-7 SAT-FRI WILDFLOWER HIKES

Barbara Crockett 650-365-6280
 kc9erfan@sbcglobal.net

APR 7-9 FRI-SUN PRIVATE EVENT

Irina Khaimovich 415 590-1465
 ikhaimovich@gmail.com

APR 14-15 FRI 3PM-SAT 3PM HOST TRAINING

Donata Mikulik 707-591-3129
 donatabo@hotmail.com

APR 21-23 FRI-SUN SIERRA CLUB HAWAII MEETING

510-526-7315
 Jill McIntire
 jillmcin@Lmi.net

APR 29 SAT ANNUAL CAC AWARDS DINNER

Candy Barnhill 319-631-9110
 wheejeepfun_cb@aol.com

SPARKLING LIGHTS AND HAPPY KIDS!

Despite rainy weather outside, the Children's Christmas Party on December 10 was a merry and bright beginning to the holiday season for the families lucky enough to be there. More than 30 kids came that afternoon to play in the festively decorated hall with balloon toys created by the Elf-Lady. All were happy to sing and dance to Music Man Tim Cain's holiday carols and special songs. Even some grown-ups fell under guitar-player Tim's magic spell and danced with the kids!

When jingling sleigh bells signaled that Santa and his gift-laden sacks had finally arrived, the kids ran to greet that jolly old elf. As he pulled parcels from his red sacks, Santa (**Tom Coleman**) assured the kids that more presents would arrive for them on Christmas itself! For the kids, it was a perfect ending to CAC's annual children's party at Alpine Lodge. All those who came to enjoy our holiday celebration helped make it a success.

Thanks to everyone who worked on preparations and cleanup. **Mary Jane McKown's** festive name tags ensured Santa (Tom Coleman) could talk with each child by name. **Cindy Whitehead** made certain all dishes were washed and the kitchen cleaned after the party. Everyone who stayed to help was very generous in giving time and energy to the clean-up.

Without the sponsorship of the CAC BoD and the Alpine Lodge Trustees, this special party could not happen each year. Thank you, Trustees and Board, for supporting the annual Children's Christmas Party. Well done!

Hope to see another fun party for the kids next December.

Mary Frey & Ann Meneguzzi, Your Party Hosts



Photo by Donata Mikulik

"Kids Turn to See Who Gets this Gift from Santa (Tom Coleman)."

2017 OUTINGS IN THE WORKS

The Outings Committee has been hard at work planning exciting opportunities for members (and potential members!) to experience the endless natural beauty that surrounds us here in the Bay Area.

2017 started with a terrific turnout (32 members and friends) January 14 for lunch in downtown San Francisco and an excursion through Yerba Buena Center for the Arts, followed by a CAC Group tour of the Fisher Collection at the San Francisco Museum of Modern Art (SFMOMA), organized by **Vicki Olds**. Look for pictures and tales of their adventure in the March Trails.

April 7-9, **Ernie Castiaux** will lead a 3-day/2 night car camping & hiking trip to Pinnacles National Park, timed to enjoy the magnificent Spring wildflowers that blanket the park at this time of year. Ernie's hikes are rated 2+C, slightly more challenging than the Sunday Alpine Lodge hikes. To register for this trip, contact Ernie at ecastiaux@hotmail.com.

Sandy Borden has offered to organize a half-day river raft trip on the East Fork of the Carson River, Cave Rock to Hangman's Bridge. The East Fork Carson is free-flowing, not dam controlled, so picking a date will be based on weather and snow melt, probably sometime in May. Look for a description and prices in the April Trails. If we're lucky, we'll tie the river trip into a stop at Echo Lodge, depending on availability when the river levels are right for a trip.

Sandy Borden will also lead a three-day backpack trip from Big Meadow to Echo Summit Lodge, July 22-24. Approximately 20 miles start to finish, the route leads through meadows, along creeks and into dense stands of pine, fir and aspen. As we'll be hiking to almost 9000 feet elevation, it's a good idea to go early and acclimate before you start the trek. Why not attend **Mary Cahill's** Wildflower Event at Echo Summit (July 16-22) and then join Sandy at the trailhead? The backpack trip is free, and there will be an opportunity to rest up at Echo for a night before heading home (standard rates apply). Look for more information in the March Trails.

Steven Smith will lead an August base camp trip with mules to carry your camping gear. Destination and dates to be determined. Stay tuned!

And finally, we are hoping to put together a trip to Oregon to experience the total solar eclipse on August 21st. Group sites near Madras, Oregon have all been reserved by the Oregon Parks Service for their own events. However, some of the first come/first served sites will be opened for reservations at some point in the future (date unknown at this writing). If any club members have connections to help us reserve some of these first-come/first served campgrounds, please contact **Renee Hamilton** at renee@fallbrook.net or 415.686.3966. With a once-in-a-lifetime event such as this, we need all the help we can get!

We are working on more outings to engage and thrill our membership, friends and potential members. We are always looking for volunteers with good ideas for destinations. If you don't want take on the challenge of being the sole leader, we can find someone to help with logistics. Please contact Renee Hamilton (renee@fallbrook.net ; 415.686.3966) if you would like to lead, co-lead or support an outing.

Renee Hamilton, Outings Chairperson

Mt. Shasta, continued from page 5

Here is a description from the Shasta Mountain Guides website:

This route is an excellent climb for mountaineers looking for a moderate, less visited climb to Shasta's summit. Our base camp in Hidden Valley 9,200 ft. is spectacular and well positioned for the summit push. A beautiful, more remote climb for those seeking a true Wilderness experience. Comparable technical challenge to Avalanche Gulch and ideal for new and experienced climbers.

Our climb would be late June or early July, depending on availability of dates. The cost would depend on the number of climbers. At this point, I would simply like to know if you would be seriously interested in making this climb. A couple of things that might help you decide one way or the other:

Previous mountaineering experience is not required, but you **MUST** be in excellent physical condition. If you're not in peak condition now, there is time, and there are resources to learn how to train for a climb. We could even plan some increasingly challenging weekend training hikes to support each other in achieving our goal!

Most of the technical equipment needed for the climb can be rented. I will share the equipment list with anyone who requests it.

We would travel with Shasta Mountain Guides, Mt. Shasta's oldest and most respected outfitter.

The cost for the outfitter would be in the range of \$745, depending on the size of the group.

Once we commit as a group, we are committed. A 50% non-refundable deposit is required to reserve the dates. So now's the time to think about it and ask questions.

So what say you? Have you always harbored a secret dream to scale that big, glorious mountain but didn't know anyone crazy enough to join you? Would you like to challenge yourself to climb one of California's highest, most beautiful peaks in the company of your fellow CAC members? If so, please email me at: renee@fallbrook.net. At this point, I'm just trying to gauge your interest in this sort of adventure. If enough of you let me know you would seriously consider climbing this year, I will put together a trip with firm dates and cost, at which point you can make your decision to join this once-in-a-lifetime adventure.

I do look forward to hearing from you! Onward and upward!

Renee Hamilton, Outings Chairperson
Jim Nixon, CAC co-editor

ECHO SUMMIT LODGE HOST SCHEDULE

To make reservations for a session, contact the host listed as early as possible. A deposit (minimum \$15 per person/day) is required to hold a reservation. Private Events are not available to the general CAC membership. Other sessions below are either general hosted events or hosted events with a special theme as described. Contact the host for details.



Phone **Cindy Toran** 707-321-3262
anytime up to 9 PM or e-mail to
cktoran@gmail.com.

Echo Lodge Telephone:
530-659-7274

Downhill skiing five miles
away at Sierra-at-Tahoe,
cross-country skiing and
snowshoeing at our doorstep.

Movies ten miles away, 45-minute drive to
hot springs, roaring fires, socializing, cards,
and games in the lodge. And great food.
The price is right. Bring your camera. How
can you resist?

Winter/Spring Hosts: There are still
openings in the Schedule available for
either hosted or private events. Feb-
May is published below with open dates
through April listed as *Available for Trained
Hosts*; contact Cindy Toran if you want to
schedule any of these open days. Private
Events are available mid-week **Feb-Mar**
and any days **Apr 1-Jun 15**. Give me a
call or send an email to let me know your
preferred times.

Sincerely, Cindy

The next **Echo Lodge Trustees' Meeting:**
Wednesday, February 1st, 5 pm, by
teleconference. Contact Cindy if you
would like to attend.

JAN 29-FEB 3 SUN-FRI **HOSTED EVENT**
Dianna Klemmick 650 520-6183
1235 Howard Ave #3, San Carlos, CA 94070
dklemmick@gmail.com

FEB 3-5 FRI-SUN **HOSTED EVENT**
Sandy Borden & Pete Castelli 530-318-9693
770 Clipper Heights Pl, Auburn, CA 95603
sandynevada@yahoo.com

FEB 5-9 SUN-THURS **PRIVATE EVENT**
Kate Twain 707-996-2325
ktwain@vom.com

FEB 10-12 FRI-SUN **HOSTED EVENT**
Tom Coleman 415-531-4650
32 Live Oak Drive, Petaluma, CA 94952
travmcgee@comcast.net

ECHO SUMMIT LODGE WINTER/SPRING SCHEDULE

FEB 12-16 SUN-THURS **HOSTED EVENT**
Mary & Stefan Berlinski 831-325-6215
P.O. Box 776, Moss Landing, CA 95039
mlarkin804@sbcglobal.net

FEB 16-20 THURS-MON **PRESIDENTS'**
WKND
Nick Gregoratos & Anita Cabrera 510-919-6883
430 Ellsworth St, San Francisco, CA 94110
nick.gregoratos@gmail.com

FEB 20-24 MON-FRI **KIDS/GRANDPARENTS**
SKI WEEK
Kathy & Bill Faherty 707-539-7081
36 Cliffwood Pl, Santa Rosa, CA 95409
kfaherty@mac.com

FEB 24-26 FRI-SUN **HOSTED EVENT**
Richard Thornton 510-918-9001
913 Reddington Ct, Walnut Creek, CA 94596
RGThorn@pacbell.net

FEB 26-MAR 1 SUN-WED **PRIVATE EVENT**
Martha Stewart 831-475-1813
marthannestewart@hotmail.com

MAR 1-5 WED-SUN **HOSTED EVENT**
Karen & Jerry Wagner 707-528-8197
2622 Wawona Dr, Santa Rosa, CA 95405
oldmawagner@gmail.com

MAR 5-10 SUN-FRI **AVAILABLE FOR**
TRAINED HOSTS

MAR 10-13 FRI-MON **HOSTED EVENT**
Amy Pertschuk & Chris Krueger 415-331-6324
45 Plymouth Ave, Mill Valley, CA 94941
amy@kpwest.com

MAR 13-17 MON-FRI **AVAILABLE FOR**
TRAINED HOSTS

MAR 17-19 FRI-SUN **HOSTED EVENT**
Tom Coleman 415-531-4650
32 Live Oak Drive, Petaluma, CA 94952
travmcgee@comcast.net

MAR 19-24 SUN-FRI **AVAILABLE FOR**
TRAINED HOSTS

MAR 24-26 FRI-SUN **SING ON THE SUMMIT**
Come to the Summit to share in the celebration
of song! We will hand out songbooks, and a few
instruments will be available. No musical acumen is
necessary, just a willingness to sing! Shared potluck
dinners for all registered members/guests and
"kid-friendly" finger-fare will be made available by
hosts. Contact Hunter in advance with any dietary
restrictions or song requests.
Hunter Merritt & Craig Anderson 916-873-6253
1217 El Encanto Way, Sacramento, CA 95831
merritt.hunter@gmail.com

MAR 26-31 SUN-FRI **SHARE-THE-LOVE**
MEALS
Lynn Zachreson 831-419-1599
PO Box 1151, Covelo, CA 95428
lynnz@cruzio.com

MAR 31-APR 2 FRI-SUN **PRIVATE EVENT**
Craig Anderson 928-607-3608
Cranders1@gmail.com

APR 2-30 **AVAILABLE FOR**
TRAINED HOSTS

MAY 12-16 FRI-WED **PRIVATE EVENT**
Shirlee Stiles 707-393-1425
s.stiles@att.net

MAY 18-21 THURS-SUN **SPRING WORK &**
FUN PARTY
Contact: Bob Henry 707-829-3728
clyde33301@comcast.net

JUN 2-4 FRI-SUN **HOST APPRECIATION &**
TRAINING
Contact: Cindy Toran 707-321-3262
cktoran@gmail.com

*** Watch for updates in future issues of Trails! ***



ECHO LODGE DIRECTIONS:

Echo Summit Lodge is located at the summit of
Old Meyers Grade above Lake Tahoe, one mile
from U.S. 50 on Johnson Pass Road. To contact
someone at the lodge call 530-659-7274.

TRAILS

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THANKSGIVING DINNER

The Thanksgiving Day celebration at Alpine Lodge was a great success. Thirty-six enthusiastic members and guests gathered for the annual event that was planned, organized, and presented by **Eva Libien** and **Tony Smith**.

Young families, teens, and children joined the older, regular members to make an intergenerational and congenial group. Out eight-year-old youngest guest appropriately delivered the pre-meal blessing. Then we ate. The food was great: plentiful, hot, and delicious.

During dessert we toasted the large donation that was given to the club by John Watts, husband of deceased member Joan Casey. The donation is to be used to erect a memorial bench by the front door. The plaque on the bench will be inscribed with a quote from John Muir, "Go to the mountains and receive their good tidings".

This article would be too long if we listed the many volunteers. Gratitude is due them all for making this event such a success. We volunteers want to thank Eva Libien and Tony Smith for all their hard work in hosting this event.

Eileen Downey

TRAILS NEWSLETTER ALERT

Please email articles for the **March** issue will be **John Peterson** at petersjc@gmail.com. John should receive articles for the March issue no later than February 5. Electronic files are greatly appreciated.

NOTE! Please submit all articles by email. All articles should be prepared in WORD, PAGES or EXCEL and attached to your email as a document rather than being part of the text of your email. In the subject of your email please include the month and TRAILS ARTICLE. For June the subject would be JUNE TRAILS ARTICLE. This will help the monthly editors tremendously.

Digital photographs are appreciated and will be published as space permits. Send photographs to the editor, uncropped, as jpeg attachments to an email message. In the attached email, please state clearly the names of the people in the photo, the date and place of the event, and the title of the corresponding article if applicable. Make sure you have permission from the people in the photos to publish their photos in TRAILS. For photographs in other formats, contact the editor.

The editor for the **April** issue to be determined. Editors are always needed! If you would like to assist with the publishing of TRAILS, please contact **Helena Troy** at hmtroy@aol.com or 415-492-9576.

Helena Troy, Interim Publications Chair