



TRAILS

OFFICIAL PUBLICATION OF THE CALIFORNIA ALPINE CLUB

Volume 90

July/August 2014

No. 6

CACF BUSY AWARDING CONSERVATION GRANTS AND FUNDRAISING FOR NEXT GRANTS

The Foundation board met May 11 to consider the grant requests received this year. Awards totaling \$13,550 were made to the following:

Pacific Crest Trail Association: \$2,000 to support a three-day training session on trail maintenance.

Tahoe Rim Trail Association: \$2,000 to support volunteer workdays with tools and equipment.

Eldorado National Forest Interpretative Association: \$1,950 for tools and training for two crews.

Tahoe Institute for Natural Science: \$1500 to purchase 35 pairs of snowshoes for outdoor education programs.

Slide Ranch: \$2,000 to bring 25 children to the ranch to hike, explore, plant and harvest food.

Pt. Reyes National Seashore Association: \$1,500 for tarp shelters for the children's summer camp program.

Friends of Corte Madera Creek Watershed: \$1,600 plants and supplies for its habitat restoration project with White Hill Middle School.

Marin Audubon Society: \$1,000 towards the purchase of wetlands adjacent to the Corte Madera Ecological Preserve.

We welcome your suggestions of organizations who may have projects in need of funding. These groups must be in the SF Bay Area or in the Tahoe region and support our goals of conservation or environmental education.

We also always welcome donations. A big thank you to those who made a donation with their club dues! You are an important part of our funding.

— Arlin Weinberger, CACF President

SAVE SEPT 21!

Fall Music and Wine Fundraiser for the
CAC Foundation

Watch for details in upcoming *Trails!*



The CAC Foundation has supported the Clem Miller Environmental Education Center summer camp at Pt. Reyes for the past four years with grants to purchase equipment such as tarps, backpacks, water bottles and sleeping bags. Here, backpackers walk along Limantour Beach at sunset.

ECHO BIRDING AND HIKING EVENT BENEFITS FOUNDATION

This annual event, held June 4 - 8, brought both birders and hikers to Echo Lodge for **Karen** and **Jerry Wagner's** hospitality and support for the club's Foundation. On Saturday night, Foundation board member **Bill Meneguzzi**, with the help of his sister Anne, cooked a wonderful dinner for 27 with **Beryl Kay** creating the salad assisted by **Allen Utterback**. Very few leftovers!

Our after-dinner speaker was Mary Bennington, executive director of the Tahoe Rim Trail Association, one of the four Tahoe area groups receiving grants this year. Listening to her descriptions of the 165-mile-long trail gave us new ideas about where to hike, although no one seemed ready to tackle a "thru-hike". One CAC member, **Bruce Friend**, completed the entire 165 miles in 2009.

In keeping with recent tradition, Foundation members **Arlin Weinberger** and **Beryl Kay** provided Sunday breakfast for the group before the clean-up began and everyone left for home.

To Karen and Jerry and all who attended, a big thank you for all your support!

— Arlin Weinberger, CACF President

Monthly TRAILS Editor ~ Mae Harms

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	Jim Nixon	650-756-7771	jimnixon2000@yahoo.com
Vice President	Graham Forder	415-827-4748	gjfo99@yahoo.com
Secretary	Douglas Evans	415-282-0901	devans.sf@gmail.com
Treasurer	Bill Mayers	415-785-3516	whmayers@aol.com
Registrar	Torie Beedle	484-894-5230	registrar.cac@gmail.com

Board of Directors:	Helena Troy	415-492-9576	hmtroy@aol.com,
	Margy Eller	415-383-7307	margyeller@gmail.com
	Ann Meneguzzi	209-931-3423	tmlann@hotmail.com
Past President	John Hannum	707-525-8108	JRHannum@sbcglobal.net
	Gene Kendrick	510-557-5821	gene.kendrick2013@comcast.net

Committee Chairpersons:

Education	OPEN		
Finance	Carroll Pearson	408-736-9403	pearsoncmp@aol.com
Historian	OPEN		
Membership	Bev Leve	707-539-2802	bevron@sbcglobal.net
Outings	Carlos Miranda	916-446-1161	carlosandlori@gmail.com
Parliamentarian	OPEN		
Publications	Susan Patrick	360-943-6439	susandpatrick43@gmail.com
Sunshine	Valerie Nelson	831-688-1524	valallen@cruzio.com
Social Activities	Eva Libien	415-383-5184	elibien@yahoo.com
Youth Activities	OPEN		

Alpine Lodge Trustees:

Alpine Chair	Jay Gustafson '16	415-381-7261	jaygustafson@yahoo.com
	Dan Larson '15	831-465-9645	dlarson11@gmail.com
	Russ Toran '17	707-321-3845	toranski@aol.com
	Eddie Nelson '17	831-423-5576	edieforsyth@hotmail.com
	OPEN		

Alpine Lodge Support:

Alpine Calendar	Tony Smith	650-207-1619	joanne-tony@sbcglobal.net
Alpine Treasurer	Michael Vaggione	408-865-1781	michaeljv@pacbell.net
Accommodations Reservations		415-381-4975	

Coordinators For Alpine Lodge:

Sunday Innkeepers	Jana Shober	916-690-1828	shober@csus.edu
Hike Leaders	Pauline MacDonald	415-381-2870	luddite48@comcast.net
Hikers Wkend	Nuala Caulfield	415-922-6772	ntcaulfield@msn.com

Echo Summit Lodge Trustees:

Chair	Cindy Toran '16	707-321-3262	cktoran@gmail.com
	Mary Larkin-Berlinski '17	831-345-6963	mlarkin804@sbcglobal.net
	Kurt Eichstaedt '15	707-591-3391	kurteichstaedt@yahoo.com
	Bob Henry '17	707-829-3728	clyde33301@comcast.net
Treasurer	Diane Ryan '16	707-823-3187	echo.lodge.treasurer@comcast.net

CAC Foundation Directors

CACF			
President	Arlin Weinberger	415-444-0611	acwein@earthlink.net
	Bill Meneguzzi	916-213-3246	bill.meneguzzi@gmail.com
	Beryl Kay	415-922-6155	berylkay@berylkay.com
	Allen Utterback	831-688-1524	valallen@cruzio.com
	Rose Chen	415-271-3280	rose.chen@gmail.com
	Mary Cosgrove	415-381-7261	wilddoveis@gmail.com

TRAILS is the newsletter of the California Alpine Club. The editorial staff reserves the right to edit all submitted copy.

Monthly Editors: Jackie Avery, Anita Cabrera, Mae Harms, Susan Patrick, Bob Sturm, Richard Thornton and Helena Troy.

Submission Editors: September 2014: Mae Harms, maeharms@mindspring.com
October 2014: Richard Thornton, rgthorn@pacbell.net

Contributors this issue: Tom Coleman, Margy Eller, Mae Harms, Adrianna La Flamme, Jim Nixon, Cindy Toren, and Arlin Weinberger.

PRESIDENT'S MESSAGE

Hello Everyone,

I suppose with summer in full swing there are many adventures on your schedule. Some are new and some long-established. I hope that whatever they are you take pleasure in them. Jan and I always look forward to our annual trips with our grandson Diego. This year we began during spring break with a trip to Dinosaur National Monument in Utah. We begin our summer by enjoying a few nights at a motel in Murphy's, where Diego first timidly jumped into our arms in the pool, now he is an accomplished swimmer. We mix our adventures and include enjoying the caves underground and at local wineries, then a trip (or two) to that special restaurant which serves dinosaur shaped chicken tenders. Then it's off to camping at Calaveras Big Trees. In August it's a week at Echo, with family and friends. I really love family traditions. I hope you are as fortunate as I am.

One tradition I always enjoy is hearing stories and being around older friends and family. This year the Club is sponsoring a special get-together. Our club is here today because lots of members...living and dead...who worked hard to keep it going and move it forward. The Board is planning a gathering of the men and women who were our leaders in the 20th Century...Trustees, Officers, Board and Committee members who did their service prior to the year 2000. The event, a hosted luncheon, will be on Wednesday, Sept. 17 at Alpine Lodge. These club "pioneers" will have an opportunity to reflect on some of the interesting things that happened while they were in office. These memories will be captured on video and put on the website. Past president, **Bob Hanson** is chair for the event. Present board members will cater the event.

In October the Board and Trustees will have an organized weekend get-together at Alpine. We will discuss current and future plans for the club. There will be more on this later.

— Jim Nixon, President



MEMBERSHIP REPORT

JUNE 2014

Charles Johnstone
78 Spring Lane
Fairfax, CA 94930
415 785-7264
thestone10@comcast.net

sponsors: Mary Jane McKown and Maureen
Johnstone



— **Bev Leve, Membership Chair**

FREQUENTLY ASKED QUESTIONS

How did the CAC Foundation get its start?

Ten years ago the foundation was established by an endowment from late club member Henry Hillman of Corte Madera, and was incorporated as a non-profit in 2004. The interest from the original \$50,000 is not what it used to be and we rely on CAC member donations to supplement the interest. Two annual events plus the donations made with your membership dues help us continue to provide grants to conservation and environmental education groups.

Correspondence: Please address correspondence concerning this publication to:

Jim Nixon, 50 Seacrest Court, Daly City, CA 94015.

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

CAC Rosters and Privacy Protection

For CAC Roster, electronic copy either one time or on monthly distribution, request via email from Stefan Berlinski at Alpineregistrar@att.net. 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.

CAC BY-LAW REVISION UPDATE

As mentioned by Jim in the last edition of TRAILS, at the April 26 Annual Meeting the membership approved Phase 1 of proposed changes to the By-Laws.

At the July Meeting the membership will be asked to approve Phase 2. The most important part of Phase 2 is a revision of the Classes of Membership, and specifically (sources in parenthesis):

Senior Member and Senior Joint – Member(s) must have at least 12 months regular/joint membership before applying (Bev Leve).

Child – deleted because it adds no value as any child is eligible to come to a club event (at child rates). (Ann Meneguzzi).

Family – deleted for simplification. Family Membership is the same as Regular (or Joint) (Stefan Berlinski).

Student upper age range extended to 26 versus 22 (suggested by many).

Life and Joint Life – no longer available

Associate – makes it clear that the right to offset daily membership dues in up to three events against the Entrance Fee is limited to twelve months from the first event. (Bev Leve)

A document detailing these revisions will be emailed to members shortly. Members who would like to receive a copy in the mail should email me or call me at 415 827 4748.

Graham Forder, Vice President

BOARD OF DIRECTORS AND QUARTERLY MEMBERSHIP MEETINGS

SUNDAY, JULY 20 —Mill Valley Golf Clubhouse
Board Meeting 2pm
Quarterly Meeting 3pm (By-Laws voting)
Potluck Dinner to follow

AUGUST No Meetings

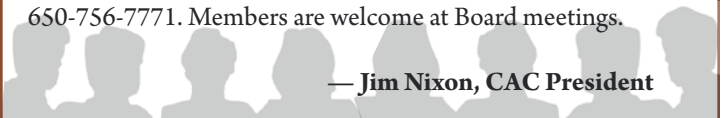
SATURDAY, SEPTEMBER 20 —Alpine Lodge
Board Meeting 2pm

SATURDAY, OCTOBER 18 —Alpine Lodge
Board Meeting 2pm
Membership Meeting 3pm
(By-Laws to be voted on and dinner to follow)

SATURDAY, NOVEMBER 22 —Alpine Lodge
Board Meeting, 2pm

If you have any questions or wish to have an item on the agenda, contact Jim Nixon at jimnixon2000@yahoo.com or call 650-756-7771. Members are welcome at Board meetings.

— **Jim Nixon, CAC President**



ALPINE HIKE LEADER SCHEDULE OPEN HOUSE EVERY SUNDAY AT ALPINE LODGE

Sunday July 6	9:30 am	Open	
Sunday July 13	9:30 am	Pauline MacDonald	415-381-2870
Sunday July 20	9:30 am	Anne Good	510-526-6792
Sunday July 27	9:30 am	Margy Eller	415-383-7307
Sunday August 3	9:30 am	Carol Bodtker	415-884-0850
Sunday August 10	9:30 am	Howard Ortman	415-456-5912
Sunday August 17	9:30 am	Hardy Dawainis	415-461-4431
Sunday August 24	9:30 am	Rob Freinkel	415-608-7938
Sunday August 31	9:30 am	Open	
Sunday September 7	9:30 AM	Ann Good	510-526-6792
Sunday September 14	9:30 AM	Pete Sager	415-472-1275
Sunday September 21	9:30 AM	Open	
Sunday September 28	9:30 AM	Bill Mayers	415-785-3516

Hike Coordinator: Pauline MacDonald, at 415-381-2870 or luddite48@comcast.net

IMPORTANT! RAIN CANCELS

ALL SUNDAY 2B HIKES DEPART FROM THE ALPINE CLUB AT 9:30 AM SHARP.
SUNDAY 2B HIKES ARE 7-10 MILES AND UP TO 2000 FT. ELEVATION GAIN.
ALTERNATE LEVELS OF SUNDAY HIKES ARE SOMETIMES OFFERED IN ADDITION TO THE 2B HIKE AND MAY HAVE A DIFFERENT START TIME. CHECK THE SCHEDULE.
IF YOU WOULD LIKE TO LEAD A HIKE CURRENTLY SHOWN AS OPEN, PLEASE CALL PAULINE MACDONALD (415-381-2870)
NOTES: All hikes initially convene at the Alpine Club; however hikes may then reconvene at a trailhead of hike leader's choice. All hikers should have prior hiking experience and be able to hike at a moderate pace (i.e., approx. 2 miles per hour). If you hike in front of the leader and are not at the stated destination when the leader arrives, the leader will consider you no longer on the hike.

LEADERS: YOU ARE RESPONSIBLE FOR FINDING A REPLACEMENT IF YOU CANNOT LEAD THE DAY OF YOUR SCHEDULED HIKE.

ALPINE LODGE SUNDAY INNKEEPERS

2014

July 6	Candy Barnhill
July 13	Kay Gillis
July 20	Nuala Caulfield
July 27	Cindi Whitehead
August 3	Susan Head
August 10	Cindi Whitehead
August 17	Jill Denney
August 24	OPEN
August 31	Mary Ann Bernard (conditional)
September 7	OPEN
September 14	OPEN
September 21	OPEN
September 28	OPEN

Please note: If scheduled innkeepers must cancel, they should do their best to find a replacement for their absence and, they should also notify the hike leader scheduled for that Sunday (contact info. in TRAILS) that there will be no innkeeper that day.

Also, if an Innkeeper expects to leave early (before all the hikers are scheduled to return or have returned) he/she should let the Hike Leader know in advance and provide the key combination so as NOT to lock out hikers returning later from the hike. In this case (but no other) it is OK to give out the Innkeepers Combination.

Calling all fellow Alpine Club members! Sunday Innkeepers carry on our gracious tradition of hospitality. Enjoy a leisurely Sunday at our beautiful Alpine Lodge greeting guests and hikers, and share the club experience! Many thanks to our existing volunteers but more innkeepers are needed. Volunteering as innkeeper also is one great way to fulfill our yearly volunteer activity. Please contact **Jana Shober**, Innkeeping Coordinator at shober@csus.edu or at 916-690-1828 (e-mail preferred).

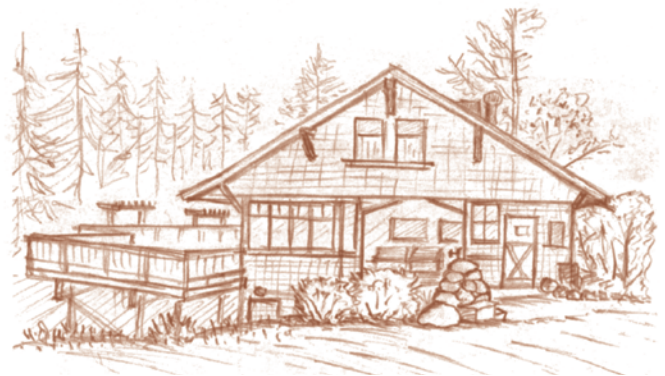
— **Jana Shober, Innkeeping Coordinator**

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

SATURDAY	JULY 5	Jay Gustafson 415-381-7261 jaygustafson@yahoo.com
Q3 Weekend Work Party		
THURSDAY	AUG 7	Details to follow

— **Dan Larson, Chair Alpine Lodge**



ALPINE LODGE EVENTS

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

To view the LATEST Alpine Event Calendar:
GO TO <http://CALALPINECLUB.ORG>
 Click the Members heading. Enter your CAC user ID and password. Get them from any CAC leadership individual.

To Schedule an Event: For a private member event or a Club function, please leave a message with your request, name, email, and phone number at 415-381-4975. A volunteer will contact you and assist you in booking the event.

EVERY SUNDAY OPEN HOUSE

Alpine Lodge is open every Sunday from 9:30 am to 4 pm. A trained innkeeper greets members with coffee and snacks and is available to show the Lodge to prospective members. See Sunday innkeepers list and the Alpine Hike Leaders list in TRAILS.

JULY 4 FRI INDEPENDENCE DAY PARTY
 Eva Lieben
 415-383-5184 elibien@yahoo.com
 overnight optional.

JULY 5 SAT WORK PARTY
 Jay Gustafson 9am to 3 pm
 415-382-7261 jaygustafson@yahoo.com

JULY 5-6 SAT SUN SPONTANEOUS OVERNIGHTS

JULY 6-12 SUN-SAT SIERRA CLUB FAMILY SERVICE TRIP

JULY 13-19 SUN-SAT PRIVATE EVENT, FAMILY REUNION

JULY 19 SAT SIERRA CLUB LEADERS OVERNIGHT

JULY 20 SUN LEADERSHIP MEETING
Mill Valley Golf Clubhouse. Not at Alpine Lodge.
 Board of Directors 2pm, Quarterly (By-Laws voting) 3pm, Potluck Dinner to follow. See article on pg 6.

JULY 20-26 SUN-SAT SIERRA CLUB YOGA AND HIKING

JULY 27-AUG 3 SUN-SUN PRIVATE EVENT,

AUG 4-6 MON-WED ROSSMOOR & CAC HIKERS

Tony Smith
 650-207-1619 or joanne-tony@sbcglobal.net
 out by 10am Wed

AUG 7 THUR WORK PARTY

AUG 8-9 FRI-SAT PRIVATE EVENT
 E. Spitalnik Out at noon.

AUG 15-16 FRI-SAT PRIVATE EVENT
 Erin Neff

AUG 22-23 FRI-SAT PRIVATE EVENT
 Graham Forder

AUG 30 SAT PRIVATE EVENT

SEP 4 THUR WORK PARTY

ALPINE LODGE PHONE # 415-380-8250
OUTGOING LOCAL CALLS ONLY;
NO PAY PHONE
WIFI NOW AVAILABLE

SEP 5-7 FRI-SUN YOGA/HIKING/GAMES WEEKEND

See Article below for details.

SEP 10-13 WED-SAT PRIVATE EVENT

SEP 17 WED MEMBERS LUNCH
 Host Bob Hanson

SEP 19-20 FRI-SAT PRIVATE EVENT COASTWALK OVERNIGHT

SEP 20 SAT LEADERSHIP MEETING
 Board of Directors 2pm

SEP 26-28 FRI-SUN CRAFTING FOR MEMBERS AND FRIENDS
 See article next column for details and reservation information.

OCT 2 THU WORK PARTY WITH RUSS TORAN

OCT 2-4 TH-SAT CLUB FUTURE LEADERSHIP; OVERNIGHT AT LODGE

OCT 17-18 FRI-SAT FALL HOST TRAINING WITH JAY GUSTAFSON

OCT 19 SUN BOARD AT 2, QUARTERLY AT 3, DINNER AFTER.

NOV 8 SAT WEEKEND WORK PARTY WITH JAY GUSTAFSON

NOV 14-16 FRI-SUN PRIVATE EVENT

RELAX AND ENJOY AT ALPINE LODGE: Noon to Noon September 26 – 28

Come by yourself or bring a friend who might be interested in joining CAC. Those who want to engage in crafting of all sorts spread out their projects on the big green tables on the porch. We love to get ideas from each other. Some come to hike, read or stroll in the garden. The beds are available, if you just want to nap. Don't think only women are invited. Children who are old enough and interested in crafts are encouraged to attend with a parent or a granny. Men are invited.

Coffee and tea are always available. You bring you own food. If the weather is nice we gather on the deck for lunch and more conversation .

Please reserve for day only use or overnights with **Mary Jane McKwon** by Email (mjmkown@gmail.com) or Phone(415 383 2774).

Cost for members for the whole weekend is \$42, \$21 per night. Day use only is \$3 per day. Guests of members is \$62 for the entire weekend, \$31 per night and \$6 per day for day use only.

I love to get together with members and meet new friends. Please make you reservations with Mary Jane. We are looking forward to seeing you.

— Mae Harms, Trails Editor

YOGA/HIKING/GAMES WEEKEND AT ALPINE LODGE

Beginning 4 pm on Friday, Sept 5 until Sunday, Sept 7 bring your yoga and hiking gear as well as your favorite games. Cost is \$102 for non members and \$82 for members for two nights lodging and all meals. All meals will be vegetarian starting with happy hour on Friday night and ending with breakfast on Sunday morning. BYOB. Please make reservations with **Lori Sondheim** or **Carlos Miranda**. Checks are to be made out to either Lori or Carlos and sent to 1041 3rd Avenue, Sacramento, CA 95818.

Please include the names of all participants. Phone number is 916-446-1161 or 916-402-8288; e-mail is carlosandlori@gmail.com. First come, first served as space is limited. Hope you can make it!

— Lori Sondheim, Event Host

IMPORTANT UPCOMING MEMBERSHIP MEETING & FREE OLD FASHIONED POTLUCK

When: Sunday July 20th
Where: Mill Valley Golf Clubhouse,
267 Buena Vista Avenue
Time: Board Mtg. 2pm,
Membership Mtg. 3pm,
Social Hour 5pm, Dinner around 6pm

BRING YOUR OWN LIBATION AND/OR
BEVERAGE PLUS SOME TO SHARE!

Potluck Plan :

Last name starting with A-H : Bring main dish
to share with 6-8 people.

Last name starting with I-P : Bring desserts to
share with 4-5 people.

Last name starting with Q-Z: Bring appetizers
for 6-8 people.

Most important:

The MV Clubhouse has only a stove, oven,
refrigerator and sink. We need to supply everything
else so BRING YOUR OWN SERVING
UTENSILS!! There are tables and chairs. The club
will provide knives/forks/spoons, table cloths, glasses
etc.

In addition to being a fun get together you and
the Board will be voting on updates to our By-Laws.
There needs to be at least 30 members to conduct the
meeting.

I look forward to having a wonderful turnout.
I hope to see you there.

Please RSVP to Board Member, **Margy Eller** at
margyeller@gmail.com or 415-383-7307 or contact if
you have questions.

Thank you,

— Margy Eller

*Spring 2014 Echo Lodge Host Training,
photo by Mary Cosgrove.*

ECHO LODGE SPRING 2014 HOST TRAINING

Was this really Host Training or an ad hoc Work Party at Echo Summit Lodge? We were so fortunate to have a dedicated group of CAC volunteers for the May 30-June 1 weekend of appreciation for our seasoned hosts and training and camaraderie for special CAC folks who plan to host at Echo Summit Lodge.

At the same event, however, several folks were also busy with projects normally performed at a work party. For instance, in the final cleanup **Isabel Lenssen, Mary Cahill** and **Yudith Segev** took a leap beyond the usual chore to “spring clean” the entry vestibule, including organizing items and judicious tossing of old unused stuff. Bob Henry built and installed a back on the new bench under the pines near the small far shed with a beautiful view of Lake Tahoe, complete with footstools (rounds of wood). **Richard Thornton** and **Bob** also assembled metal racks for the new storage space and organized the contents and repaired a leaky kitchen faucet. Bob installed a newly fabricated pegboard in the kitchen. Richard also replaced the lights in bedrooms with LED fixtures. All the beds were made up with newly-laundered bedding in the new 1st floor dorm. What an improvement with the new bath!

Kitchen queen **Edie Nelson** again planned meals and cooked for the group aided by ESL Treasurer **Diane Ryan** and others. Many folks were busy copying Edie’s coveted recipes, her meringue with fresh strawberry dessert and pear frittata. We really appreciate Edie’s tasty meals!

Thanks to all the graduates of the 2014 Spring Host Training & Appreciation:

Jennie Bruyn, Dianna Klemmick, Alma Fletcher, Helga Campbell, Carolyn & Fred Williams, Mary Cahill, Sandy Chappelle, Jay Gustafson & Mary Cosgrove, Maureen Smith, Vicki Olds, Lindsay Rodgers, Bill Jones, Rose Chen, Paul & Ellen Kolarik, Jerry & Karen Wagner, Jim & Margaret Ballou, Susan Wilson, Yudith Segev, and Isabel Lenssen.

Fall 2014 Host Appreciation and Training has not yet been definitely scheduled but will likely be in early November. You too can enjoy this special weekend hosted by Echo Trustees and then move on to giving a special gift to fellow CAC members by hosting a session at Echo Summit Lodge.

— Cindy Toran, Echo Lodge Trustee



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** at 707-321-3262 until 7:30pm or email to cktoran@gmail.com.
Echo Lodge Telephone 530-659-7274

The new fantastic ADA bath is finished at last and the 1st floor dorm has been transformed with 4 bunk beds. Paper products are now in the new storage space (old bathroom) accessible from the laundry/freezer entryway. Holiday decoration bins have been moved to the basement. Take a look at these new improvements the next time you visit Echo Lodge.

ESL Trained Hosts: It's not too early to sign up for your favorite time in the Winter 2015 schedule. We are especially looking for host(s) for the Thanksgiving and Christmas/New Year's holiday times. Let me know if you can help with these special occasions. Enjoy your summer!

Note: I will be traveling July 23-August 16th so responses to e-mail may be somewhat delayed and I will not have phone contact.

Sincerely, Cindy

The next **Echo Lodge Trustees'** Meeting will be Tuesday, July 8th, 5:30 pm, by teleconference. Contact Cindy Toran at 707-321-3262 if you would like to attend.

Problems or Concerns about Echo Summit Lodge? Contact Cindy Toran at 707-321-3262 or cktoran@gmail.com. Discussions will, of course, be kept confidential.

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.

ECHO SUMMIT LODGE SUMMER SCHEDULE:

JUN 29-JUL 3 SUN-THURS AVAILABLE FOR TRAINED HOSTS

JUL 3-6 THURS-SUN 4TH OF JULY
Shirlee Stiles 707-393-1425
2478 Copperfield Court, Santa Rosa, CA 95401
s.stiles@att.net

JUL 6-9 SUN-WED HOSTED EVENT
Edie Nelson 831-423-5576
140 Archer Dr, Santa Cruz, CA 95060
edieforsyth@hotmail.com

JUL 9-13 WED-SUN COOP MEALS
Art Ewart & Kathleen O'Dea 707-481-2432
2360 Dominic Drive, Novato, CA 94947
artewart@gmail.com

JUL 13-17 SUN-THURS SUMMER HIKING
Bruce and Diane Friend 510-654-4218
6124 Chabot Road, Oakland, CA 94618
bifedf@comcast.net

JUL 17-24 THURS-THURS COOP MEALS
Emily & John Lockett 707-576-0948
2927 Midway Dr, Santa Rosa, CA 95405
auntem@sonic.net

JUL 24-27 THURS-SUN HOSTED EVENT
Lillian Young & Genie/Tim Frye 650-588-5689
3650 Sneath Ln, San Bruno, CA 94066
lcyou@sbcglobal.net

JUL 27- AUG 3 SUN-SUN COOP MEALS, HIKING, BIKING & KAYAKING
Mary Cahill & Bill Jones 530-798-9601
422 Lamarque Ct., Grass Valley, CA 95945
A_childs_view@yahoo.com

AUG 3-7 SUN-THUR HOSTED EVENT
Carolyn & Fred Williams 916-899-1289
P.O. Box 2, Pilot Hill, CA 95664
carolynandfred@hotmail.com

AUG 7-10 THUR-SUN HOSTED EVENT
Shelly Navine & Bob Henry 707-829-3728
1286 Hurlbut Ave, Sebastapol, CA 95472
clyde33301@comcast.net

AUG 10-15 SUN-FRI COOP MEALS
Jim Nixon & Jan McCulloch 650-756-7771
50 Seacrest Ct, Daly City, CA 94015
jimnixon2000@yahoo.com

AUG 15-17 FRI-SUN TRAIL CLEARING WKND
Tom Coleman 415-531-4650
travmcgee@comcast.net

AUG 17-21 MON-THURS SENIOR VAN/ CARPOOL WEEK (limit 18)

Edie Nelson
Mary Cahill 530-798-9601
422 Lamarque Ct, Grass Valley, CA 95945
a_childs_view@yahoo.com
See Article page 10 for details.

AUG 21-24 THURS-SUN FWOC MEETING
Tom Coleman, CAC Host 415-531-4650
travmcgee@comcast.net

AUG 24-29 SUN-FRI AVAILABLE FOR TRAINED HOSTS

AUG 29-SEP 3 FRI-WED LABOR DAY WKND +
Kathy & Bill Faherty 707-539-7081
5420 Gates Rd, Santa Rosa, CA 95404
kfaherty@icloud.com

SEP 3-7 WED-SUN BIKE & HIKE/ COOP MEALS

Jim Ballou 415 884-0878
17 Josefa Ct, Novato, CA 94949
jrball321@gmail.com
Rani Devadasan 415 382-0343
ranidevadasan@hotmail.com

SEP 7-12 SUN- FRI PRIVATE EVENT
Arnold Champagne & Jennie Bruyn 415 282-1704

SEP 18-21 THURS-SUN FALL FUN & WORK PARTY

Kurt Eichstaedt 707-874-2556
kurteichstaedt@yahoo.com

SEP 26-28 FRI-SUN PRIVATE EVENT
Lee Yamada 831-662-2320

OCT 16-19 THURS-SUN HOSTED EVENT
Lynn Garric 707-539-3826
5400 Alpine Rd, Santa Rosa, CA 95404
cransac@sonic.net

OCT 19-25 SUN-SAT FALL COLORS HIKES
Lin Mangiante & Barbara Crockett 650-697-7403
424 Hazel Ave, Millbrae, CA 94030
foxtails@pacbell.net

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



SPRING WORK/PLAY PARTY

The 2014 Spring Work/Play Party was held on May 15-18 this year. The work party was supervised by **Tom Coleman** and **Kurt Eichstaedt**, and greatly helped by trustees **Mary Larkin** and **Bob Henry**. **Edie Nelson** was our chef extraordinaire.

We started Wednesday afternoon stripping and waxing the marmoleum floors in the dining room and kitchen. We were able to completely organize the pantry and wooden iceboxes. Much post-bathroom remodel clean-up was accomplished, along with copious dusting...it's in the construction By-Laws: dust gets every where! Thanks **Isabel Lennsen**, **Sandra Chappelle**, **Jeri Merrill**, **Karen Wagner** and **Lorraine McKey**. All bedding got a trip to the laundromat, and **John Hills** and **Cheri Burau** did a yeoman job vacuuming and 'Rug-Doctoring' all the carpeting throughout the Lodge.

We cleaned out a winter's worth of debris from the large shed, and then **Nick Gregoratos** spray-painted the outside of the shed with the barn red. **Jerri**, **Lorraine**, **Mary Cahill** and **Jerry Heucke** were given brushes, rollers, ladders and words of encouragement, and asked to paint all the barn red on three sides of the Lodge. After six years, the red had badly faded. The trustees were going to hire a painting contractor to do this job, but since such a beautiful job was done by our hard-working volunteers, we were able to save quite a bit of money!

Masami Takesue, **Nick Zacherson** and **Art Ewart** reorganized the men's dorm. There are now 4 sets of bunk beds, so you can put eight people in the dorm. We also put down a sub floor and new linoleum in what

is now our new storage room. It used to be the old men's dorm bathroom. Thanks Bob and Nick!

Bob Henry, **Mary Larkin**, **Allen Utterback**, **Jon Burau**, **Charlie Smith**, **Fred Olsen**, **Jerry Wagner** and **Gary Pryde** worked outside. We 'rounded' two flat beds of 30'-40' logs, split half the rounds, and left fire wood and rounds out in the fresh air to dry for the summer. The lower shed got cleaned. There was an issue with the foundation on the S/W corner of the big shed. Nick and Fred built a wooden form, installed rebar, and poured about 20 sixty lb. sacks of concrete, helping to strengthen the foundation.

A great time we had indeed. **Edie's** cooking was, as usual, fantastic! The weather cooperated all work party; no snow at all for the first time in years! And only one busted rib!!

Most importantly, **Reuven Segev's** bench is back out on the metal deck, waiting to help you rest your tired body!

I had a lot of folks tell me that though they couldn't make it to the SWP, they'd be rarin' to go at the FWP, 9/18-9/21. I can't wait for all of them to contact me!! Hey, if you haven't been up to the Lodge for a work party, sharing in our great times, why?? We sure do miss you! Please contact me as soon as you can, because we're going to fill up fast! E-mail travmcgee@comcast.net.

Thanks to my great volunteers and greater friends,

— **Tom Coleman**, Echo Host

AUGUST 2014 PACIFIC TRAIL-CLEARING PROJECT WITH THE PCTA AUGUST 15-18

Bob Hanson had a great idea way back in 1996. Invite folks other than CAC members to help with our annual trail-clearing project. He was also a member of the Pacific Crest Trail Association, a group of volunteers who help keep the entire PCT clean and clear. That's right, from Mexico to Canada!

Bob submitted a request for volunteers to the PCTA newsletter. I was a member of the PCTA at the time. So was **Janet Mullins**, an esteemed former Alpine trustee. I saw the article and volunteered to come to Echo for the weekend, where my life was changed. Opened the front door, looked out the Great Room windows at Lake Tahoe, and promptly fell in love with the 'ol girl.

Eighteen years later, we're still doing trail-clearing projects. After all, the Pacific Crest Trail is a living thing, and needs constant care and attention. We've invited members of the PCTA to come join us this year, as we did back in '96. The Northern California PCTA volunteer leader, Justin Kooyman, and I will be leading 20-25 eager trail-clearers out on the PCT August 15-18 this year. All volunteers will be under the direction of the US Forest Service, led by ranger Jon Erickson and his crew. Jon is also a member of the CAC,

Next year, we also hope to include Tahoe Rim Trail volunteers!! Our hope is that, as I did 18 years ago, we might just persuade a few PCTA folks to come join the CAC, and be a part of the wonder that is Echo Lodge.

I have room for a limited number of CAC volunteers. Perfect opportunity to fulfill your yearly volunteer obligation! We will gather on Friday afternoon @ 4pm, work Saturday after breakfast, clean up and enjoy the Lodge Saturday evening, and go home Sunday morning. Whew!!

If you're interested, please e-mail **Tom Coleman** at travmcgee@comcast.net.

— **Tom Coleman**, Echo Host



Photo by Barbara Hills

THE TOGETHERNESS OF IT ALL.

I just booked a weekend for our family to go up to Echo Lodge in August. Lovely. It's such a special place, and we always come back refreshed and reconnected to ourselves, and to each other.

There is something unique about the evenings at Echo Lodge, that sweet stretch of time after dinner when people gather in the living room to play games and read. Last time I was there, our youngest son Sebastian, 10, learned to play scrabble with the grown ups. I remember watching the group play, feeling happy and nourished. "Where else does this still happen?" I asked myself. "Where else do we stop our busy lives long enough to engage in play. To learn new games with new friends and to let the elders pass on their wisdom and special tricks for landing on a triple letter score."

The next evening there was a gaggle of teens and kids playing a board game together which involved peals of laughter every 30 seconds, much chat and teasing and total immersion. They lost track of time in the hilarity of this new game.

Here was real connection and fun.

I make no apology for my whole-hearted support of the Echo Lodge's no wifi policy. Protecting this stance I believe is one of the wisest and most forward thinking moves they have made. Without this policy I believe that the magical evenings would devolve into a group of people all individually connected into their separate wireless devices - like a Starbucks cafe - all connected to people other than those right in front of them in the room.

In a world that insists on our right to plug into technology anytime anywhere, I think it is sheer brilliance that the Echo Trustees carefully preserve a place that is truly a retreat from our habit of perpetual business. Wonderful that here we can unwind and turn our attention back to our fellow human beings.

In her recent book "Alone, Together," researcher Sherri Turkle chronicles the rise of iPhones and mobile wireless devices and demonstrates the correlating rise of depression among young people that accompanies it. The human soul longs for meaningful connection she says, and right now, we are being seduced into thinking that our hundreds of remote connections will satisfy that urge. Sadly they don't. We may be connected but we are still alone (For those who are interested Sheri Turkle's Ted talk is at http://www.ted.com/talks/sherry_turkle_alone_together).

How great then that Echo Lodge creates a haven where the options are simplified. Here by holding out against wireless connection we are given the opportunity to reconnect to ourselves, to our families and to our fellow human beings. And for this I am deeply grateful.

— Rachel Gaunt, CAC Member

A TRIP TO TAHOE

By Adriana La Flamme

"Hurray," I shouted as I ran down to the car with my luggage in my hand. My amazing family and I were on our way to Tahoe for our first trip to Echo Summit Lodge, and I was so excited. When we arrived I was already planning and figuring out what exciting activity we would do first.

We quickly decided that we would first go to Lake Tahoe and swim on the beach. The cold water of Lake Tahoe was as clear as glass. I was able to see super far down in the cold water. My dad dared me to swim out to the floating boundary where swimmers are not allowed to swim past. I swam there and it felt great to accomplish!

While my brothers were building an awesome sand castle, I was still swimming in the cold water of Lake Tahoe. My dad called me a fish. As we were making our way up the winding road we stopped to look at a huge waterfall. The area was rocky and had a fallen tree that we climbed. I looked off the steep edge while being pulled away, for my dad and his girlfriend, Erika, had butterflies in their stomachs.

Finally the fun trip came to an end. We went home with many memories of good times with family and friends. The Lodge itself was the hardest to say goodbye to. When we got home everyone was smiling at the everlasting memories we made, knowing that there are many more to make.

Adriana's father read the above during her school's fifth grade Open House



Adriana and Anthony La Flamme, sister and brother. Adriana is in front of Anthony.

TRAILS

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SENIOR WEEK RETURNS TO ECHO SUMMIT LODGE AUGUST 17-21

Back in 1997, **Ray Sommer** organized the first senior week at Echo. The purpose was to bring up members who would otherwise not be able to enjoy our lodge. A bus was rented and picked up passengers at SF opera house with a second stop in Marin. When I called Ray for some history, he laughed and said the first year the bus went up with fewer but returned with 52 people! Several cars drove people to various activities. Ray and Elisabeth organized hiking drop offs, trips to Wally's and Markleeville hot springs, and Ray's car went to the casinos. In the evening members and guests played lots of Kings in the Corner and activities including making angels out of gold paper and reindeer out of corks (sounds like winter). In subsequent years the bus took the form of 8 passenger vans. Senior week cost \$200 and continued for 10 years! There must be quite a few stories from these popular gatherings.

Senior week is returning this summer with hosts **Edie Nelson** and **Mary Cahill**. Sign up early as it will be limited to 18.

See Echo calendar for details.

— Submitted by CAC Member **Mary Martin**, Santa Cruz

TRAILS NEWSLETTER ALERT

Please email articles for the **September 2014** issue of TRAILS to editor **Mae Harms** at maeharms@mindspring.com. Mae should receive articles for the September issue no later than August 5th. Electronic files are greatly appreciated.

Digital photographs are appreciated and will be published as space permits. Send photographs to the editor, uncropped, as jpeg attachments to an e-mail message. In the attached e-mail, 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 **October 2014** issue of TRAILS will be **Richard Thornton** at rgthorn@pacbell.net. Editors are always needed! If you would like to assist with the publishing of TRAILS, please contact Susan D. Patrick at susandpatrick43@gmail.com. or 360-943-6439.

— **Susan D. Patrick**, Publications Chair