



# TRAILS

OFFICIAL PUBLICATION OF THE CALIFORNIA ALPINE CLUB

Volume 94

September 2018

No. 7

## ALPINE LODGE HIKE, BBQ AND POT LUCK SEPTEMBER 3, 2018

Meet at the lodge for a moderate 10 am hike led by **Mark Sapiro** or an easy leaderless 11 am hike followed by a BBQ and Potluck. Happy hour at 3pm BBQ and pot luck at 4pm. If you don't want to hike, just come to the BBQ and pot luck.

Cost is \$14 for members and \$16 for guests.

The BBQ will feature chicken, veggie burgers, sausage and fish burgers. You will provide the pot luck dishes. Those with last names beginning with A- H bring appetizers. Names from I - Q bring salad, R-Z bring dessert. BYOB or donations for wine and soft drinks.

Please send your check made out to **Eva Libien** and send it to **Tracy Mazza** at 73 Liberty St., San Francisco, CA 94110. Her email address is [tracymazza@mac.com](mailto:tracymazza@mac.com). Phone: 415-860-9510.

Volunteers are needed for setup and clean up, especially folks to grill. Please call or email Tracy to volunteer. You can also write how you will help on your check.

P.S. Please respond by August 28th.

P.S.S. **Tony Smith** will host an overnight on Sept. 2. Cost for members is \$21 and nonmembers \$31. Dinner is open kitchen (i.e., bring your own). Light breakfast is \$5. Please make out check to Eva Libien and send to Tracy.

**Eva Libien and Tracy Mazza, Event Coordinators**

## THREE-CLUB HIKE AND OPEN HOUSE SATURDAY, SEPTEMBER 29

We will host a three-club hike and BBQ for our mountain neighbors,

The Tourist and West Point Inn clubs, at 3:00 PM on **Saturday, September 29**. Join us for a BBQ, socializing and exchange of ideas, as we all have the same love of the mountain and the desire to keep it healthy. Each club encourages members, officers and committee members to partake in this special first-time event.

At 11:30, a hike will be lead from the Alpine Club to the Tourist Club for lunch or snacks and return prior to the BBQ. The beautiful Bavarian inspired buildings of the Tourist Club are a delight to visit and tour. The West Point Inn is also organizing a hike to the Tourist Club. Mark your calendar for September 29th.

We must limit the number of members to 25 for this event and the cost is 10.00 for the BBQ and 5.00 for refreshments. Contact Tim Warden at [Timothyebdas@yahoo.com](mailto:Timothyebdas@yahoo.com). Mail your checks to 380 Riviera Dr. San Rafael Calif. 94901

Volunteers are requested to bring appetizers and side dishes, and clean up.

Let's make the Alpine Club shine.

— **Timothy Warden, Event Coordinator**

## ALPINE ENDURANCE CHALLENGE OCTOBER 26 TO 28

Join CAC hosts and avid trail running enthusiasts, **Duane and Dorette Franks**, along with super co-host **Lisa Lampert**, for an epic weekend that prepares runners in "peak" time for the Northface Endurance Challenge, San Francisco (Nov. 17, 2018). This all-inclusive weekend comes with lodging, meals, baggage transportation to and from CAC from downtown Mill Valley, guest speakers, 3 glorious and inspiring days of trail running, including a costume run and contest, along with some fun giveaways!

Runs will be self-supported and last between 90 minutes and 5 hours. This training camp is not recommended for beginning runners.

Contact: Dorette Franks at [dorette@trifiniti.com](mailto:dorette@trifiniti.com) for more information.

Cost: \$200\*

\*This is a non profit event. Revenue covers event costs (including lodging and meals) and benefits the CAC.

**Dorette Franks**

## Monthly TRAILS Editor ~ Vikki Goldman

**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 '20	415-381-7261	jaygustafson@yahoo.com
Vice President	Ann Meneguzzi '19	209-373-9844	tmlann@hotmail.com
Secretary	Candy Barnhill '20	319-631-9110	wheejeepfun_cb@aol.com
Treasurer	Jeff Grimshaw '19	707-484-0003	jeffrey.w.grimshaw@gmail.com
Registrar	Mark Sapiro '20	415-388-8910	mark@msapiro.net
Past President	Jim Nixon	650-756-7771	jimnixon2000@yahoo.com

### Board of Directors:

	Nancy Emerson '19	415-640-4149	qeh4@sbcglobal.net
	Pete Castelli '19	510-525-5225	petecastelli@gmail.com
	Dan Larson '19	831-465-9645	dlarson11@gmail.com
	Tim Warden '20	415-453-6595	timothyebdas@yahoo.com
	Amy Pertschuk '20	415-686-5990	amy@kpwest.com

### Committee Chairpersons:

Finance	Carroll Pearson	408-736-9403	pearsoncmp@aol.com
Historian (Acting)	Bill Mayers	415-785-3516	whmayers@gmail.com
Membership	Bev Leve	707-539-2802	hikingbev@gmail.com
Outings	Ernie Castiaux	510-909-3301	ECastiaux@hotmail.com
	Renee Hamilton	415-686-3966	renee@fallbrook.net
Website	Margy Eller	415-383-7307	margyeller@gmail.com
Parliamentarian	OPEN		
Publications	Lenora Young	310-408-8112	lenora_young@me.com
Sunshine	Mary Cosgrove	415-381-7261	wilddoveis@gmail.com.com
Youth Activities	Camille Smith-Balon	831-239-0730	camillecruzfit@gmail.com
Event Committee	Sue Karp	414-927-3221	suekarp@prodigy.net
	Eddie Nelson	831-331-1754	edieforsyth@hotmail.com
	Mary Jane McKown	415-383-2774	mjmckown@gmail.com
	Carroll Pearson	408-736-9403	pearsoncmp@aol.com
	Candy Barnhill '20	319-631-9110	wheejeepfun_cb@aol.com
	Line Shanks	415-686-1799	lineshanks@comcast.net

### Alpine Lodge Trustees:

	Tom Coleman '19	707-992-0650	travmcgee@comcast.net
	Axel Schmitt '20	925-577-0202	azschmitt007@hotmail.com
	Donata Mikulik '19	707-591-3129	donatabo@hotmail.com
	Wendi Olmstead '20	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	jennielbruyn@outlook.com
	Lenora Young	310 408-8112	lenora_young@me.com
Hikers Weekend	OPEN		

### Echo Summit Lodge Trustees:

Chair	Cindy Toran '19	707-321-3262	ctoran@gmail.com
	Nick Gregoratos '21	415-206-9152	nick.gregoratos@gmail.com
	Mary Larkin-Berlinski '20	831-345-6963	mlarkin804@sbcglobal.net
	Bob Henry '20	707-829-3728	clyde33301@comcast.net
	Susette Stickel-Rufer '21	707-766-7078	swas40@comcast.net

### CAC Foundation Directors:

President	Arlin Weinberger	415-444-0611	acwein@earthlink.net
	Beryl Kay	415-922-6155	berylkay@berylkay.com
	Mary Cosgrove	415-381-7261	wilddoveis@gmail.com
	Bruce Friend	510-654-4218	bifedf@comcast.net

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

**Monthly Editors:** Vikki Goldman, Susan Patrick, Heather Rand, John Peterson, Helena Troy, Lillian Schroth, Nicole Freeling and Lenora Young.

**Contributors this issue:** Candy Barnhill, Jennie Bruyn, Nancy Carlisle, Mary Cahill, Ernie Castiaux, Mary Cosgrove, Nancy Emerson, Ken Goltara, Jay Gustafson, Renee Hamilton, Bev Leve, Eva Libien, Curtis Lomax, Ann Meneguzzi, Donata Mikulik, Carroll Pearson, Tony Smith, Cindy Toran, Arlin Weinberger, Lenora Young.

## President's Message

I received three texts from members this summer saying roughly the same thing. It was something to the effect of "just spent a great afternoon on the trail and afternoon/evening with other 'new-friend' members at Alpine, what a blessing..."

Was that you?

As your President I get lots of feedback and the best of these are those one-liners gushing about the joys of community and new friendships made on the trail, the mountain and in the lodge. Sure, we all have our hiking buddies that we count on to get the boots on and go when conditions are right. But the prospect of making new friends, hearing new stories, enjoying unexpected glasses of wine and a nosh together... These seem to freshen our days and outlook!

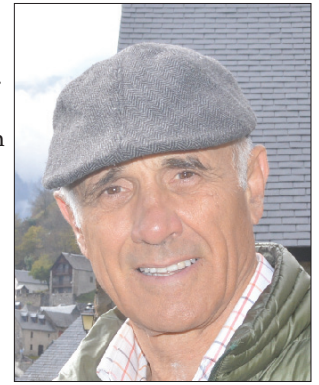
I make note of this, not in trite reflection of how great we are but in a deep sense of wonder, knowing that these have been my experiences too and how sweetly we are blessed at to have this in our lives.

Extending that feeling, let me mention that your club was well-represented at the FWOC.org (OK, google it), meeting last month in Los Altos. **Ann Meneguzzi** and **Susan McCarthy** led a group of CAC'ers connecting with a number of other West Coast outdoor (think hiking) clubs, focusing on collective action to protect our parks and environs. If ya've read the purpose of the Club recently... this is right in line with what our members have been doing for decades. We expect to hear from other member clubs looking for reciprocal activity, including a generous investment in friendship making, issue activism... and of course, a chance to hike some new trails and introduce others to some we know. Stay tuned!

Then, moving it even closer to home, know that your club along with the other "lodge" clubs on Tam are planning a joint hike day, enabling members of each organization to visit one another's facilities, meet new faces, and hike together on Tam for the day, before adjourning to Alpine for a BBQ and connection-fest! Are you in? It's on September 29. See article within this newsletter and the club will e-blast details soon.

With great hiking months ahead of us this autumn, let us hear from you, your ideas for new adventure, and particularly, your "gushy connections" notes... all are welcome.

See ya on the trail!



**Jay Gustafson, President**

# MEMBERSHIP REPORT

August 2018

John Aeschbach  
San Francisco, CA

Sponsors: Ursula Dupree and Melanie Facen

Jim Louchis  
Clayton, CA

Sponsors: Karen Patera and Donata Mikulik

Chuck and Ellen Moody  
Sacramento, CA

Sponsors: Stefan Berlinski and Masami Takesue

Magdalena (Maggie) Naef and Bill Vandervoort  
Vallejo, CA

Sponsors: Stefan Berlinski and Nick Gregoratos

Tracy Pepper  
Grass Valley, CA

Sponsors: Mary Cahill and Jay Gustafson

Deb Turner  
Sebastopol, CA

Sponsors: Stephen High and Sarah Davis



Bev Leve

## Save the Date

### CAC HOLIDAY PARTY DECEMBER 15

December 15 is the CAC Holiday Party  
Slow roasted prime rib dinner  
Host needed (cook has been recruited)  
Please contact Timothy Warden at  
[timothyebdas@yahoo.com](mailto:timothyebdas@yahoo.com)

## TRAILS NEWSLETTER ALERT

Please email articles for the October issue to **Nicole Freeling**: [Nicole.rebecca22@gmail.com](mailto:Nicole.rebecca22@gmail.com) at 415 577-9383. Nicole should receive the articles no later than September 5. The editor for the November issue is **Heather Rand**: [hrand@att.net](mailto:hrand@att.net) at 916-230-6066. Heather should receive the articles no later than October 5.

## 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](mailto:jaygustafson@yahoo.com) or call 415-381-7261. Members are welcome at Board meetings.

**Jay Gustafson, CAC President**

Sept 15	Board of Directors Meeting @ Alpine	2-3pm
Oct 20	Board of Directors Meeting @Alpine	2-3 pm
	Quarterly Members Meeting @ Alpine	3-4 pm

Meetings are important, hikes are fun ... leadership rarely misses the chance to get a hike in before or after meetings...c'mon and join in...discussions happen on hikes... you're invited!

\*All meetings are at Alpine and occur on Saturdays. The January and July Member meeting dates may be combined with a meal welcoming new members.

## HOW YOUR DONATIONS HELPED

Eleven organizations opened mail from the CAC Foundation this summer and were happy to find checks supporting their projects. Here's where our grant money went this year:

### In Marin:

**Marin Audubon Society:** To help acquire wetlands at Black Point

**Slide Ranch:** To provide outdoor education for a class of 25 low-income children

**Pt Reyes National Seashore Association:** To purchase 25 sleeping bags for youth outdoor programs

**Friends of Corte Madera Creek Watershed:** To purchase water quality monitoring equipment.

**Watershed Alliance of Marin:** For creek surveys and advocacy work

**Federation of Western Outdoor Clubs:** To support its August conference

### In Tahoe:

**Pacific Crest Trail Association:** To support the Tahoe Trail Skills College

**Tahoe Rim Trail Association:** For trail projects in Desolation Wilderness

**Tahoe Institute for Natural Science:** For outdoor education supplies and vehicle maintenance

**Center for Sierra Nevada Conservation:** To restore National Forest lands damaged by off-road vehicles

**Eldorado National Forest Interpretive Association:** For signage to protect Wright's Lake shoreline.

To those of you who donated to the Foundation, many thanks. Your money has gone to organizations that will help to protect our environment and connect young people to the outdoors.

If you haven't donated yet, it's very easy now. Thanks to our board member Mary Cosgrove, there is a handy "donate" button on the Foundation page on the CAC website.

**Arlin Weinberger, CAC Foundation Chair**



## ALPINE HIKE LEADER SCHEDULE

OPEN HOUSE EVERY SUNDAY AT ALPINE LODGE  
All Hikes are 2B

Sunday	Start Time	Leader	Phone Number
September 2	9:30 am	Tim Warden	530-773-4034
September 9	9:30 am	Graham Forder	415-827-4748
September 16	9:30 am	Mark Sapiro	415-515-8120
September 23	9:30 am	David Levin	415-637-4138
September 30	9:30 am	Margrit Gonzalez (Guest)	415-472-4270
October 7	9:30 am	Lynn MacDonald	510-525-3843
October 14	9:30 am	Brian Chan (Guest)	415-861-8956
October 21	9:30 am	Robert Freinkel	415-608-7938
October 28	9:30 am	Rani Davadasan	415-497-5568

Contact Information for Hike Leaders:

Coordinator: Jennie Bruyn at [jennielbruyn@outlook.com](mailto:jennielbruyn@outlook.com)  
Support: Lenora Young at [lenora\\_young@me.com](mailto:lenora_young@me.com)

**Note: If a Hike Leader is unable to lead their designated hike, they must find a replacement and notify Jennie Bruyn.**

Different Hikes for Different Types:  
Our Weekly Tradition for Sunday Hiking  
*Rain Cancels All Hikes!*

Our 2B hikes depart from the California Alpine Club 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 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](mailto:jennielbruyn@outlook.com)

If you are interested in leading a 1A hike, please contact Edie Nelson at 831-331-1754

## ALPINE LODGE SUNDAY INNKEEPERS

Hello fellow Alpine Club Members!

I am the Innkeeping Coordinator (recruiter & scheduler) for the Alpine Lodge Sunday Open House. We always need more volunteers to serve as Sunday innkeepers! Please, consider signing up to be the Innkeeper(s) on a Sunday of your choice by 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 do not need to be host trained to serve as Innkeeper. I will provide you with a list of brief instructions/suggestions outlining what Innkeepers have done traditionally. Note that this list is also available on our website. If you don't want to serve alone, consider serving together with another member. Co-inkeep and have fun while serving your club!

Please note that the best place to start when considering innkeeping is on our website. Find an OPEN date there - and then contact me. By time TRAILS comes out, covered Sundays and open dates may have changed. Please call me to reserve a date or provide feedback at 916-690-1828 or better yet, e-mail me at [shober@csus.edu](mailto:shober@csus.edu)

Thank You! Happy Trails To You All!

— Jana Shober, Innkeeping Coordinator

September 2	Fred Turner & Mary Ann Bernard
September 9	OPEN
September 16	Lissa Lehmann
September 23	Jennie Bruyn
September 30	OPEN

October 7	OPEN
October 14	Ursula Pedersen
October 21	OPEN
October 28	Lisa Lampert & Dorette Franks

*Correspondence:* Please address correspondence concerning this publication to: Jay Gustafason 402 A Ash St., Mill Valley, CA 94941.  
CAC Website: <http://californiaalpineclub.org>

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## 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

9/22	Jon Betthausen
10/13	Wendi Olmstead
12/1	Tom Coleman

**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.

**SEPT 1 SAT 6-10PM BIOLUMINESCENCE KAYAK TOUR**

Mary Ann Bernard  
mary\_ann\_bernard@hotmail.com

**SEPT 7-9 FRI-SUN SCRAPBOOK & CRAFT WEEKEND**

Wendi Olmstead 707-766-8038 land line  
1444 Sunrise Parkway  
Petaluma, CA 94954  
wendiolmstead@comcast.net

**SEPT 12-14 TUE-THU ONETAM RETREAT**

Sue Gardener  
SGardner@ParksConservancy.org

**SEPT 14-16 FRI-SUN HIKERS WEEKEND**

Host Needed!  
jaygustafson@yahoo.com

**SEPT 15 SAT 2PM CAC BOARD MEETING**

Jay Gustafson  
jaygustafson@yahoo.com

**SEPT 21 FRI ALL DAY ONETAM RETREAT**

Sue Gardener  
SGardner@ParksConservancy.org

**SEPT 22 SAT 9AM-3PM ALPINE WORK PARTY**

Jon Betthausen  
betthausen@gmail.com

**OCT 5-6 FRI-SAT MEMBER OVERNIGHT**

Camille Smith Ballon  
camillecruzfit@gmail.com

**OCT 6-7 SAT-SUN PRIVATE EVENT**

Mary Jane McKown  
mjmckown@gmail.com

**OCT 13 SAT 9AM-3PM ALPINE WORK PARTY**

Wendi Olmstead 707-766-8038  
wendiolmstead@comcast.net

**OCT 13-14 FRI-SAT MT TAM ASTRONOMY NIGHT**

Youth & Families event  
Camille Smith Ballon  
camillecruzfit@gmail.com

**OCT 19-21 FRI-SUN HIKERS WEEKEND**

Host Needed!  
jaygustafson@yahoo.com

**OCT 20 SAT 2PM CAC BOARD MEETING**

Jay Gustafson  
jaygustafson@yahoo.com

**OCT 26-28 FRI-SUN ALPINE ENDURANCE CHALLENGE**

Duane Franks  
duane@trifiniti.com  
See online calendar for more information

**NOV 2-4 FRI-SUN SCRAPBOOK & CRAFT WEEKEND**

Wendi Olmstead 707-766-8038 land line  
1444 Sunrise Parkway  
Petaluma, CA 94954  
wendiolmstead@comcast.net

**NOV 2-4 FRI-SUN HIKERS WEEKEND**

Wendi Olmstead 707-766-8038 land line  
1444 Sunrise Parkway  
Petaluma, CA 94954  
wendiolmstead@comcast.net

**NOV 16-17 FRI 4PM- SAT 3PM HOST TRAINING**

Donata Mikulik  
donatabo@hotmail.com

**DEC 1 SAT 9AM-3PM WORK PARTY**

Tom Coleman  
travmcgee@comcast.net  
Make all Alpine Lodge check payments to 'Alpine Lodge.'

## VOLUNTEERS NEEDED FOR HIKERS' WEEKENDS – CALLING ALL ALPINE HOSTS!

One weekend a month, CAC has set aside Alpine Lodge for a "Hikers' Weekend," an open, spontaneous, event. The Club reserves a weekend each month for members, friends, families and reciprocals (ie other FWOC clubs) to come enjoy Mt. Tam in the Alpiner spirit.

Members haven't been familiar with this idea, so here is an explanation:

- 1.) Host is listed online in the members only section of the calendar with their email/text/phone. Interested attendees RSVP to the host for bed count and the code.
- 2.) Attendees bring a check for overnight fees and provide their own food/beverages etc. and share meals together or have on their own.
- 3.) Attendees also bring toiletries, pillow case, sleeping bag (sheets ok too) and of course - hiking shoes/boots!
- 4.) CAC members are responsible for non-CAC guests. Hosts are not meant to be tour-guides or baby-sitters and would be free to enjoy their time on the mountain as well.
- 5.) if you still have questions – come to a quarterly members' meeting and let's build this program together!

**Jay Gustafson**

Alpine Lodge is looking for volunteers to support lodge improvements, as well as a 5th trustee. Email Donata Mikulik donatabo@hotmail.com before September 18th if you are interested.

## INTO THE GREAT OUTDOORS

Here are the upcoming confirmed trips and hikes. Please refer to the *Into the Great Outdoors* e-bulletin that will be sent on September 15 for sign-up information and outings in the works.

**Sep 2:** The **bioluminescence kayak trip** on Tomales Bay, co-sponsored by **Renée Hamilton Hamilton** and **Mary Ann Bernard** is sold out. Mary Ann is hosting at Alpine Lodge September 1 and 2 for kayak participants (and other members) who want to get a head start on the annual Labor Day hike and potluck barbecue on September 3. To save your space at Alpine Lodge, please contact Mary Ann Bernard at 510-908-4858. Standard fees apply.

**Sep 15 SATURDAY SORTIE:** Explore Berkeley's Hidden Paths and Stairs with **Karen Ulring**. This 2B hike begins at 10:00 a.m. on September 15th. We will start our adventure at the corner of Bay View and Euclid Avenues across from the Berkeley Rose Garden and have lunch at Tilden Park. A complete description can be found on MeetUp.com ([www.meetup.com/CAC-Outings](http://www.meetup.com/CAC-Outings)).

**Sep 17-21: The 4-night/5-day canoe trip of the Upper Missouri River with Bob "Dr. Outdoors" Hanson is full.** To join the waitlist, please send a \$100.00 deposit to Renee Hamilton, 1 McIntosh Court, Novato, CA 94949 (Tel: 415-686-3966). Your check will not be deposited until you are confirmed on the trip.

**Oct 5-7:** Join **Renée Hamilton and Ernie Castiaux** for an exploration of **Mendocino's Van Damme State Park**, which offers a scenic beach, a lush fern-filled forest and year-round camping. This park has something for everyone: easy, moderate and strenuous hiking trails, redwoods, a beach and protected coves for kayaking and the famed pygmy forest. Of all the park system's units along the Mendocino coast, Van Damme is perhaps the richest in terms of historical resources connected with the redwood lumber industry. Trip cost of \$75 includes campsite and all meals from Friday dinner through Sunday lunch. For information, contact Renee Hamilton at 415-686-3966 or [rdmhamilton@gmail.com](mailto:rdmhamilton@gmail.com). To join this outing, please send payment of \$75 to Renee Hamilton at 1 McIntosh Court, Novato, CA 94949. Payment via PayPal is also accepted.

**Dec 2:** Join **Renée Hamilton** for a day trip to **Natural Bridges State Park** in Santa Cruz during the peak season of the Monarch Butterflies. The day begins with a docent-led tour at 11:00 a.m. to learn about the life cycle of these amazing and beautiful insects. After a potluck picnic lunch, continue to the nearby tide pools that promise to be teaming with life around the 1:04 p.m. low tide. Look for more information in the Outings e-bulletin that will be sent on May 15.

### **Dec 8-9: Christmas in the Adobes (of Monterey).**

Return to the days of Alta California and see Monterey's historic adobes splendidly decorated for the season with welcoming, candle-lit luminarias at each entrance. Enjoy festive music, living history portrayals, and the warm spirit of this year's 34th annual celebration. Cost is \$50.00 and will cover the Adobes tour ticket, happy hour on the 8th and a sack lunch on the 9th. A group motel rate has been secured and you will be provided information so you can make reservations individually. For information contact **Rani Devadasan** at [putri0525@aol.com](mailto:putri0525@aol.com) or 415-497-5568. To reserve a spot please send a deposit of \$50 to Rani Devadasan, 1225 Denlyn St., Novato CA 94947.

**Jan 18-20, 2019:** Join **Mary Cahill** for a very special weekend in Nevada City during the **Wild & Scenic Film Festival**. Experience the adrenaline of adventures films from around the world and learn how individuals and communities are taking action. The Wild & Scenic Film Festival will leave you feeling inspired and motivated to make a difference in your community and your world. There will also be opportunities for area hikes to explore the beauty of the Nevada City environs. This trip is in development, so stay tuned for details in future e-bulletins.

**Mar 27-31:** Join **Mary Larkin-Berlinski** for a weekend of car-camping and exploring the mystifying and eerily beautiful landscapes of **Death Valley**. This trip is in the very early stages of development and a description will follow, but we want you to save the date. Cost is estimated to be \$100 per person. For more information, contact Mary at [mlarkin804@sbcglobal.net](mailto:mlarkin804@sbcglobal.net) or 831-345-6963.

**April 2019: Ernie Castiaux** will lead a 2-night/3-day easy **backpacking trip in Big Basin State Park**. This is a great destination for beginner backpackers, as the hike to our overnight destination, Sunset Trail Camp, is only 6 miles. We'll spend two nights there, allowing for beautiful day hikes in one of our state's most beautiful redwood parks. Ernie has chosen April to take advantage of peak water in the park's myriad waterfalls. Reservations will be made in January, at which time we can lock in a weekend date.

**Aug 18-23 (Tentative Dates):** **Mary Larkin-Berlinski** will lead our annual **mule-pack trip**, this time to beautiful Lake Genevieve in the Desolation Wilderness. The cost is estimated to be \$400, which includes the wilderness permit, mule outfitters to carry our gear out and back, and all meals including Sunday night prior to meeting the outfitters Monday morning. Group size is limited to 15. For more information, contact Mary at [mlarkin804@sbcglobal.net](mailto:mlarkin804@sbcglobal.net) or 831-345-6963.

**September:** **Mary Larkin-Berlinski** is also working on an **8-day Grand Canyon whitewater raft trip** that includes a hike in and carpool back to the South Rim. The cost will be approximately \$2900 plus air fare. This trip is in development and the dates are not yet confirmed. Stay tuned for more information.

For more information about the Saturday Sorties and new trips in the works, be sure to take a look at the Outings e-bulletin that arrives in your email in-box on or around the 15<sup>th</sup> of each month. See you on the trail!

**Renee Hamilton, Outings Committee Co-Chair** ([rdmhamilton@gmail.com](mailto:rdmhamilton@gmail.com); 415-686-3966)  
**Ernie Castiaux, Outings Committee Co-Chair** ([ecastiaux@hotmail.com](mailto:ecastiaux@hotmail.com); 510-909-3301)

# 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.

Contact: **Cindy Toran** 707-321-3262 up to 9pm or email to [cktoran@gmail.com](mailto:cktoran@gmail.com). Echo Lodge Telephone: 530-659-7274

**Winter Hosts:** It is prime time to plan your Winter/Spring 2019 host events at Echo Lodge. Private Events are also available mid-week Jan-Mar and any days Apr-Jun as well as October 1-December 19, excluding Thanksgiving week. Note: We are especially looking for host(s) for the **Thanksgiving** holiday time in November. Let me know if you can help with this special occasion. Give me a call or send an e-mail to let me know your preferred times in Winter. The schedule through Feb 2019 is published below. As you can see, there are few confirmed host bookings. Also, our next **Host Appreciation & Training session is September 14-16**. If you need to renew your training, as required every 3 years, or would like to become a trained host, please contact me.

**All CAC Members:** As always we have a LOT of work to do at the **Fall Work Party** to get the lodge ready for the coming snow season. The festivities start on Thursday, Sept. 20 and end on Sunday, Sept. 23. We could sure use your help and it will be a lot of fun! Contact Trustee Mary Larkin-Berlinski, [mlarkin804@sbcglobal.net](mailto:mlarkin804@sbcglobal.net), 831-345-6963.

The next **Echo Lodge Trustees' Meeting:** Monday, October 8 at 5 pm, by teleconference. Contact Cindy if you would like to attend.

Sincerely, Cindy

## ECHO LODGE FALL SCHEDULE

<b>SEP 1-3</b>	<i>AVAILABLE FOR TRAINED HOSTS</i>	<b>OCT 4-8 THURS-MON</b> John & Barbara Hills <a href="mailto:eyeski-2@sbcglobal.net">eyeski-2@sbcglobal.net</a>	<b>PRIVATE EVENT</b> 530-400-2516	<b>NOV 11-30</b>	<i>AVAILABLE FOR TRAINED HOSTS</i>
<b>SEP 3-7</b>	<i>AVAILABLE FOR TRAINED HOSTS</i>	<b>OCT 8-18</b>	<i>AVAILABLE FOR TRAINED HOSTS</i>	<b>DEC 1-31</b>	<i>AVAILABLE FOR TRAINED HOSTS</i>
<b>SEP 7-11 FRI-TUES</b> Emily & John Lockett <a href="mailto:auntem@sonic.net">auntem@sonic.net</a>	<b>PRIVATE EVENT</b> 707-576-0948	<b>OCT 18-21 THURS-SUN</b> Nick Gregoratos <a href="mailto:nick.gregoratos@gmail.com">nick.gregoratos@gmail.com</a>	<b>PRIVATE EVENT</b> 510-919-6883	<b>JAN 3-6 THURS-SUN</b> Sylvie Langbehn Shawn 4626 Geranium Place, Oakland, CA 94619 <a href="mailto:slangbehn@gmail.com">slangbehn@gmail.com</a>	<b>HOSTED EVENT</b> 707-756-2638
<b>SEP 14-16 FRI-SUN</b> Contact: Cindy Toran <a href="mailto:cktoran@gmail.com">cktoran@gmail.com</a>	<b>HOST APPRECIATION &amp; TRAINING</b> 707-321-3262	<b>OCT 21-28 SUN-SUN</b> Sandy Finegan & Barbara Crockett 2136 Broderick St Apt 12, San Francisco, CA 94115 <a href="mailto:sfmcnw@earthlink.net">sfmcnw@earthlink.net</a>	<b>FALL COLOR HIKES</b> 415-845-4695	<b>FEB 3-7 SUN-THURS</b> Kate Twain <a href="mailto:ktwain@vcom.com">ktwain@vcom.com</a>	<b>PRIVATE EVENT</b> 707-694-9130
<b>SEP 20-23 THURS-SUN</b> Contact: Mary Larkin-Berlinski <a href="mailto:mlarkin804@sbcglobal.net">mlarkin804@sbcglobal.net</a>	<b>FALL WORK &amp; FUN PARTY</b> 831-345-6963	<b>OCT 28-31</b>	<i>AVAILABLE FOR TRAINED HOSTS</i>	*** Watch for updates in future issues of Trails! ***	
<b>SEP 28-30 FRI-SUN</b> Jerry Schweickert <a href="mailto:gjschweickert@gmail.com">gjschweickert@gmail.com</a>	<b>TRAIL CLEARING WEEKEND</b> 925-373-6813	<b>NOV 1-8</b> John Watanabe <a href="mailto:johnswatanabe@gmail.com">johnswatanabe@gmail.com</a>	<b>PRIVATE EVENT</b> 707-815-6390		
<b>OCT 1-4</b>	<i>AVAILABLE FOR TRAINED HOSTS</i>	<b>NOV 8-11</b> Lynn Garric & Cindy Toran <a href="mailto:cktoran@gmail.com">cktoran@gmail.com</a>	<b>PRIVATE EVENT</b> 707-321-3262		

### 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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## on the TRAILS...

Margy Eller led the group on a hike from Rock Spring to the Cataract Trail, where we had lunch at the base of this magnificent waterfall.

If you look closely at the photo, you'll see the figure of a hiker who climbed down a steep rock cliff to contemplate the beauty and grandeur of nature. This was taken shortly after one of the big rainfalls in March, 2018.

**Jennie Bruyn, Hike Leader Coordinator**  
**Lenora Young, Support**

*Photo Credit: Ken Goltara*

