



TRAILS

OFFICIAL PUBLICATION OF THE CALIFORNIA ALPINE CLUB

Volume 94

December 2018/January 2019

No. 10

LOOK AT THOSE BACKPACKS!



Those packs are on the backs of students participating in the Point Reyes National Seashore Association's outings program. The CAC Foundation helped to buy these backpacks along with sleeping bags, so that all of the kids, regardless of income, were prepared for an amazing adventure.

The Point Reyes' programs involve thousands of youth, but since 70% rely on financial support, most can't afford to buy gear

PROGRESS ON NEW SECTION OF TRAIL AT ECHO SUMMIT

In late September Echo Summit Lodge was again the center of a trail-clearing weekend with about 25 individuals pitching in. Under the supervision of the Forest Service, members of the CAC, the Tahoe Rim Trail Association, and the Pacific Crest Trail Association formed three teams that went out to make trail improvements.

One group cut back the perennial brushy overgrowth from Lower Echo Lake to Johnson Pass Road. Another team did some grading and built steps on the South Side of Highway 50 where the trail parallels the road. The third group began working on the long desired re-route of the Pacific Crest Trail/Tahoe Rim Trail moving it away from Highway 50 (to the South) and from Adventure Mountain (to the West).

PROGRESS continued on page 9



Tom Coleman receives award from the US Forest Service for over 1000 hours of service. From left: Hannah Dunton (CAC/PCTA), Tom Coleman, Connor Swift (PCTA), and Jerry Heitzler (TRTA).

BACKPACK continued on page 8

CAC HOLIDAY PARTY AT ALPINE LODGE DECEMBER 15

The holidays are upon us and now is the time to mark your calendar and send a check for the *Holiday Prime Rib Dinner* at Alpine lodge. On the menu will be wedge salad with blue cheese dressing, prime rib, steamed vegetables, and German butterball potatoes and dessert.

Cost for the dinner is \$22 for members and \$25 for non members. Overnight stay with Continental Breakfast for \$25. Additional \$10 for non members. Please make checks payable to **Mae Harms** and mail to 5941 Garden Park Dr., Garden Valley, CA. 95633.

Reservations must be received by Dec.11. Happy hour begins at 5 pm with music, singing and dinner at 6 pm.

We are in need of volunteers for overnight host, decorating, clean up, and serving. Volunteers can contact **Tim Warden** at 510-773-4034, or timothyebdas@yahoo.com.

**Happy Holidays to all,
Timothy Warden, Event Coordinator**

Monthly TRAILS Editor ~ Lenora Young

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 '19	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 '20	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@icloud.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	OPEN		
Nominating Committee	Jim Nixon - Chair	650-756-7771	jimnixon2000@yahoo.com
Awards Committee	Jim Nixon - Chair	650-756-7771	jimnixon2000@yahoo.com

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
(pro tem)	Jon Bethhauser '21	415-845-0454	betthausen@gmail.com

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	cktoran@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:

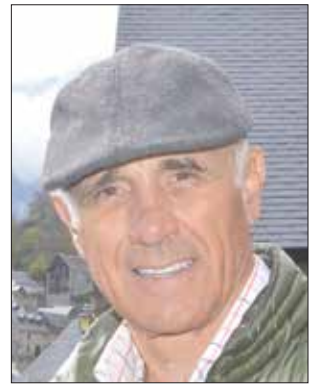
President	Arlin Weinberger	415-722-6101	arlinw43@gmail.com
	Beryl Kay	415-922-6155	berylkay@berylkay.com
	Mary Cosgrove	415-381-7261	wilddoveis@gmail.com
	Bruce Friend	510-654-4218	bifedf@comcast.net
	Jodi Ravel	510-868-4361	jodi.ravel@gmail.com
	Roger Funston	702-882-1931	rogerfunston@yahoo.com

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

Monthly Editors: Tierney Berlinski, Nancy Carlisle, Nicole Freeling, Vikki Goldman, Susan Patrick, Lillian Schroth, Helena Troy, Lenora Young.

PRESIDENT'S MESSAGE

This edition of TRAILS covers the busy months of December AND January, which makes this column not so current. What I can report on is the energy of things I am privy to from members, how there are pockets of energy and action going on which serves us all but -- not widely known in this 105 year old hiking club.



Let me be remedial for a minute here. Our club is made of members who love the outdoors, express that in contribution and give-back, and spend healthy parts of their time on the mountain or out and away from the day-by-day "civilized" parts. Many see the lodges as a focus of continued contribution and as points of gathering and celebrating, and thus the places which require the most volunteer effort. But the club is more than its lodges, just ask those who've returned from a day hike or a three day weekend on some exotic "Outings" venture.

So the remedial point here is that for each us, there is a responsibility to give back to the club... and that expression may be through means which do not involve the lodges, though lodge Trustees encourage all members, who can, to join work parties during the year.

So what are these "other means?" and how do we affect such "give-back?"

Here's the genius in all this - it's a "bottom-up" program club. Leadership is not engaged in creating something new for the club; its responsibility is to encourage and assist members who choose to make the effort for something. We are a member-driven-club. You are the fire-makers.

So **Renee Hamilton** and **Ernie Castieux** chose to do just that by initiating outings activities "themselves" and then chose to incorporate that energy into more activities which formed and became the "Outings Committee," a group which had been languishing for some time. Renee and Ernie focused on the weekend potential and created the "Saturday Sorties" which offers day adventure. **Mary Larkin-Berlinski** upped her input with more offerings as she saw others would assist in the admin/organization of longer trips to places beyond the weekends. This story is just getting started, or re-started.

The inference is clear: the club exists for its members and leadership is mandated to encourage members to express, offer and participate in matters of adventure and contribution. The club has an expectation of a once annual contribution from each member as a volunteer; this has been part of the membership pledge and renewal process for years. But many think it's a request to come to the lodge and do laboring tasks, to keep the place going... this is a narrow view of service, but very prevalent.

As "busy lives" is the deferral-de jour for most of us, and the realization that I (we) may not be able to manage the heavy lifting assumed for Lodge maintenance, many members simply remain "unavailable." To examine that

continued on page 8

MEMBERSHIP REPORT OCTOBER 2018

Reinstatement

Alice and Marcus Cato Santa Cruz, CA
Sponsors: Nancy Bisio and Jerry Wagner

New Members

Laura Atkins and Mitch Varhula Berkeley, CA
Sponsors: Tom Coleman and Jodi Ravel

Deborah Benson Fairfax, CA

Sponsors: Shirlee Stiles and Nancy Bisio

Edina Bohanec Crockett, CA

Sponsors: Donata Mikulik and Patty Montmorency

Carolyn Greene Santa Rosa, CA

Sponsors: Geri Gottbrath and Gordon Berg

Ted Maren Mill Valley, CA

Sponsors: Sarah Davis and Donata Mikulik

Kara O'Malley Richmond, CA

Sponsors: Tim Warden and Marina Rosa

Bev Leve, Membership Chair

A MESSAGE TO OUR EDITORIAL COMMUNITY

As this year comes to an end, we would like to express our appreciation for our past, present and future editors of TRAILS:

Tierney Berlinski, Angela Blackwell, Pat Boyd, Anita Cabrera, Nancy Carlisle, Nicole Freeling, Vikki Goldman, Mae Harms, Susan Patrick, John Peterson, Heather Rand, Richard Thornton and Helena Troy.

Without your unwavering support, we would not have such a wonderful community-building newsletter.

**Carroll Pearson, Publications Chair Emeritus
Lenora Young, Publications Chair**

thank you!

TRAILS EDITOR SCHEDULE

The February 2019 issue will be edited by **Helena Troy**: hmtroy@aol.com or 415-492-9576. Helena should receive articles no later than January 5, 2019.

The March, 2019 issue will be edited by **Nancy Carlisle**: nancyleecarlisle@gmail.com or 415 382-2098. Nancy should receive articles no later than February 5, 2019.

Lenora Young, Publications Chair

BOARD OF DIRECTORS AND QUARTERLY MEMBERS' MEETINGS

Meetings are important and hikes are fun. Leadership rarely misses the chance to get in a hike before or after the meetings. C'mon and join us. Discussions happen on hikes and you're invited!

Jay Gustafson, CAC President

All meetings are at Alpine and occur on Saturday:

December 2018	No Meeting
January 26, 2019	1-2 pm Member's Quarterly Meeting (Lunch 12-1 pm, \$10)
January 26, 2019	2-3 pm Board of Directors Meeting
February 16, 2019	2-3 pm CAC Board of Directors Meeting
March 16, 2019	2-3 pm CAC Board of Directors Meeting

Candy Barnhill, Secretary
wheejeepfun_cb@aol.com or 319-631-9110

PROPOSED BY-LAWS CHANGE

The Board, at its *July 21, meeting*, approved consideration of changing our by-laws to allow **up to** seven trustees at each lodge. Current language requires five trustees. **Trustee chairs** at Alpine and Echo Lodge (**Tom Coleman and Cindy Toran**) support the language change.

Here is the current language:

Article VI - Lodge Trustees Section 1 - Number of Trustees

There shall be five Trustees to manage Alpine Lodge and five Trustees to manage Echo Summit Lodge. Should the Club acquire any other lodges, five Trustees shall manage each.

Proposed language:

Article VI - Lodge Trustees Section 1 - Number of Trustees

There shall **be a minimum of** five Trustees **and a maximum of seven Trustees** to manage Alpine Lodge and **a minimum of** five Trustees **and a maximum of seven Trustees** to manage Echo Summit Lodge. Should the Club acquire any other lodges, **the same minimum and maximums apply**. Trustees shall manage each lodge

The change does not require additional trustees be added.

A vote by a quorum of 30 of our members is required to change our by-laws. **Membership meeting on January 26, 2019**, starts at 1pm and is preceded by lunch for members. Please plan to attend for this important vote.

If you have comments about this by-law change, please contact Jim Nixon at jimnixon2000@yahoo.com or any other member of the CAC leadership.

Jim Nixon, Past President and Former Echo Trustee

ALL MEMBERS LUNCH AND MEETING

January 26, 2019

Lunch at 12 pm

Cost is \$10 for members.

No cost for new members (who joined as of July 1, 2018).

Quarterly Meeting at 1 pm.

RSVP to Candy Barnhill at 319.631.9110

Candy Barnhill, Secretary

ALPINE HIKE LEADER SCHEDULE OPEN HOUSE EVERY SUNDAY AT ALPINE LODGE

All Hikes are 2B

Hike Leader Coordinator: jennielbruyn@outlook.com

Support: Lenora Young (lenora_young@me.com)

2018 Dates	Start Time	Leader	Phone Number
December 2	9:30 am	Jerry Freedman (Guest)	415-383-1270
December 9	9:30 am	Robert Freinkel	415-608-7938
December 16	9:30 am	Marcia Paulson	530-401-8464
December 23	9:30 am	Alana Koch	415-331-7246
December 30	9:30 am	Pat Ernsberger	415-383-3921

2019 Dates	Start Time	Leader	Phone Number
January 1 (Tuesday)	9:30 am	Carol Bodtker Traditional Top O' Tam Hike	415-884-0850
January 6	9:30 am	Mark Sapiro	415-515-8120
January 13	9:30 am	Brian Chan (Guest)	415-861-8956
January 20	9:30 am	David Levin and Tom Post (Guest)	415-637-4138

Special 2B Hike with CAC, Tourist Club and Sierra Clubs
– Social after hike at Tourist Club.

January 27	9:30 am	Robert Freinkel	415-608-7938
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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.

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

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

ALPINE LODGE SUNDAY INNKEEPERS

Current Status of Innkeepers December 2018 – January 2019

Hello fellow Alpine Club Members!

I am the Innkeeping Coordinator (recruiter & scheduler) for the Alpine Lodge Sunday Open House. We are always in need of more volunteers to serve as Sunday innkeepers! 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 - and have fun while serving your club!

Please note that the best place to start when considering being an innkeeper is on our website - find an OPEN date there - and then contact me. This is because by the time TRAILS comes out, the status of Innkeepers (covered Sundays) may have changed – open dates may have changed.

Jana Shober, Innkeeping Coordinator

December 2	Elena Rodriguez & John Whitmarsh
December 9	Cindi Whitehead & Alice Lissa Lehman
December 16	Jana and John Shober
December 23	Cindi Whitehead
December 30	Nuala Caulfield

January 6	Elena Rodriguez & John Whitmarsh
January 13	Cindi Whitehead
January 20	Jennie Bruyn
January 27	OPEN

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.

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

December 1	Tom Coleman
January 5	Tom Coleman
February 2	Tom Coleman

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.

DEC 1 SAT 9AM-3PM WORK PARTY
Tom Coleman travmcgee@comcast.net

DEC 7-9 FRI-SUN CHILDREN'S CHRISTMAS OVERNIGHTS
Donata Mikulik 707-591 3129
donatabo@hotmail.com

DEC 8 SAT 1-4PM CHILDREN'S CHRISTMAS PARTY
Mary Frey 415-492-2510
100 Thorndale Drive, Apt #251
San Rafael, CA, 94903
Marymaryhiker@aol.com

DEC 11 TUES TUESDAY HIKERS PRIVATE LUNCHEON
Lynn MacDonald lynnmac46@gmail.com

DEC 15 SAT CAC HOLIDAY DINNER
Timothy Warden timothyebdas@yahoo.com

DEC 18 TUES TUESDAY HIKERS' HOLIDAY GATHERING
Paul McKown
mjmckown@gmail.com

DEC 19 WED WEDNESDAY HIKERS LUNCHEON
Hardy Dawainis hdawainis@comcast.net

DEC 21 FRI PRIVATE SOLSTICE GATHERING
Jay Gustafson jaygustafson@yahoo.com

DEC 22-24 SAT-MON MEMBER OVERNIGHT
Cindi Whitehead
tamangel36@comcast.net

DEC 28-31 FRI-MON HIKERS WEEKEND
Bev Leve and Nancy MacDonald 707 539-2802
hikingbev@gmail.com
macdonan77@hotmail.com

JAN 1 TUESDAY HIKERS SOUP N SALAD
Amy Pertschuk amy@kpwest.com

JAN 3 THU ONETAM RETREAT
Sue Gardner
SGardner@ParksConservancy.org

JAN 5 SAT 9-3PM WORK PARTY
Tom Coleman travmcgee@comcast.net

JAN 12-13 SAT-SUN MEMBER OVERNIGHT
Cindi Whitehead
tamangel36@comcast.net

JAN 18-21 FRI-MON SCRAPBOOK & CRAFT WEEKEND
Wendi Olmstead wendiolmstead@comcast.net
1444 Sunrise Parkway 707-766-8038
Petaluma, CA 94954

JAN 24 THU ONETAM RETREAT
Sue Gardner SGardner@ParksConservancy.org

JAN 26 SAT LUNCH MEETING; MEMBER MEETING; BOARD MEETING
Candy Barnhill wheejeepfun_cb@aol.com

FEB 2 SAT 9AM-3PM WORK PARTY
Tom Coleman travmcgee@comcast.net

FEB 16 SAT 2-3 PM BOARD MEETING
wheejeepfun_cb@aol.com

MAR 2 SAT 9AM-3PM WORK PARTY
Axel Schmitt azschmitt007@hotmail.com

MAR 9 SAT 8AM-5PM FRIENDS OF MT. TAM ANNUAL MEETING
Sue Karp suekarp@prodigy.net

MAR 16 SAT 2-3 PM BOARD MEETING
wheejeepfun_cb@aol.com

MAR 16 SAT 5PM-9PM ST. PATRICK'S DAY DINNER
Nancy Emerson QEH4@sbcglobal.net

MAR 29-31 FRI-SUN SCRAPBOOK & CRAFT WEEKEND
Wendi Olmstead wendiolmstead@comcast.net
1444 Sunrise Parkway 707-766-8038 land line
Petaluma, CA 94954

APR 6-8 SAT-MON CSPRA RETREAT
Ann Meneguzzi/Cindi Whitehead
209-373-9844 tmlann@hotmail.com

APR 12-13 FRI-SAT HOST TRAINING
Donata Mikulik donatabo@hotmail.com

APR 19-21 FRI-SUN PASSOVER PRIVATE EVENT
Amy Pertschuk amy@kpwest.com

APR 27 SAT ANNUAL CAC AWARDS DINNER
TBD

MAY 3-5 FRI-SUN WOMENSQUEST PRIVATE EVENT
MaryAnn Bernard
mary_ann_bernard@hotmail.com

A few Alpine Lodge reminders; direct any questions to Alpine Trustees:

- Be sure to check the thermostat is off before departing.
- Be sure to lock all doors upon departure, especially the South door.
- Do not block the North driveway AT ANY TIME. A 12-foot clearance is required to allow neighbor and emergency access.
- Saturday overnight guests do not have a checkout time—they are welcome to enjoy the lodge all day Sunday.
- Unplugging the coffee pot is not necessary and it can be left just as at Echo Lodge (it takes at least 20 minutes to heat up).
- Dishes should be put away, not left to dry after departure.
- The laundry bag has been replaced by a laundry basket under the microwave counter.
- Basement key is on a hook in the pantry.
- Please continue to email any shopping or work party tasks to the scheduler donatabo@hotmail.com.
- Members can pay for their guests and not have the associate dues for overnights; teens age 12-18 can be charged at half price for youth-oriented club events upon arrangement with the scheduler.
- Make all check payments to 'ALPINE LODGE.' All payments should be sent to Donata Mikulik 2037 W. Hearn Ave., Santa Rosa, CA 95407.
- Alpine Lodge is looking for volunteers to support lodge improvements and work parties. Email Donata Mikulik at donatabo@hotmail.com if you are interested.

HIKERS' SOUP AND SALAD – JANUARY 1, 2019

It's a tradition! Join us for the annual CAC Hikers' Soup & Salad on New Year's Day, January 1, 2019. We plan to start the day at 9:30 a.m. with a hike led by Carol Bodtker to the top of Mount Tam (East Peak) where we will celebrate. Then we return to the CAC Lodge for Happy Hour. After all the hikers have returned to the Lodge we will have Soup & Salad about 2:30 pm. This is a fun day.

The cost is \$10 for members, and \$12 for guests. We will need some volunteers to help set the tables, and to clean up afterwards. For reservations email Amy Pertschuk at amy@kpwest.com or call 415-686-5990. Please send your check to Amy Pertschuk at 45 Plymouth Ave. Mill Valley CA 94941.

Amy Pertschuk, Event Coordinator



INTO THE GREAT OUTDOORS

A note from your Outings Committee: Due to excessive last-minute cancellations on the 2018 outings, the Outings Committee has made a policy that, unless otherwise noted in the trip description, all outing deposits become non-refundable two weeks prior to the trip's departure. There can be no exceptions.

Here are the upcoming confirmed trips and hikes. For more complete information, please refer to the *Into the Great Outdoors* e-bulletin that will be sent December 15 and January 15.

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 teeming with life around the 1:04 p.m. low tide. Look for more information in the Outings e-bulletin that will be sent on October 15.

Dec 8-9: Christmas in the Adobes (of Monterey). The weekend in Monterey is now full and registrations have closed. To join the waitlist, please contact **Rani Devadasan** at putri0525@aol.com or 415-497-5568, and send a deposit of \$50 to Rani at 1225 Denlyn St., Novato CA 94947. To confirmed participant, tickets to visit the adobes have been purchased and deposits are now non-refundable unless your space can be filled.

Jan 12, 2019: SATURDAY SORTIE Ernie Castiaux will lead a 2B hike among the redwood and oak forests of Redwood Regional Park. Our trail will take us from the historic marker where trout taken from this creek were first named Rainbow Trout through secondary growth Coast Redwoods to beautiful vista points. We'll then follow the Tres Sendas and Stream Trails where thousands of ladybugs spend the winter. A more complete description is available in the Outings e-bulletin as well as on Meetup.com (meetup.com/CAC-outings). Ernie can be reached at ecastiaux@hotmail.com or 510-909-3301.

Jan 18-20: 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. We have blocked 5 rooms at the Grass Valley Courtyard Suites at a special rate of \$140 plus tax that includes breakfast and an evening reception. Mary and friends will organize a series of hikes and walks to add to your experience during this wonderful weekend. Learn more about the film festival and secure tickets at www.wildandscenicfilmfestival.org. For more information, contact Mary Cahill at 530-798-9601 or a_childs_view@yahoo.com.

Mar 23 (and May 4-5): In collaboration with the Sierra Club, CAC has scheduled a beginner backpacking class and field outing. Designed for those with little or no backpacking experience, the course consists of an all-day class and a weekend overnight outing where you will put into use the skills that you learned. The cost is \$110. The class will be held on March 23 at Nature Bridge in the Marin Headlands. The overnight weekend will be at Sky Camp in Point Reyes on May 4-5. Additional summer Alpine Club backpack outings are being planned for both beginners and experienced backpackers. To register or for additional information, contact Ernie Castiaux at ecastiaux@hotmail.com.

Mar 27-31: The four-night camping trip to Death Valley with **Mary Larkin-Berlinski** is now full. The cost is \$100 plus a vehicle entry fee to the park of \$20-30 per vehicle. To join the waitlist, please send a \$50 deposit to Mary Larkin Berlinski, PO Box 776, Moss Landing, CA 95039. For further information, contact Mary at: mlarkin804@sbcglobal.net or 831-345-6963.

May 4-5: Participants in the March 23 Beginner Backpacking class will put their newly learned skills to use during an overnight backpacking trip to Sky Camp at Point Reyes (see Mar 23).

May 17-20: The long weekend at the Point Cabrillo Light Station is now full. The cost for lodging is \$120/night/room (queen bed) and all three nights must be booked. Meals (3B/3L/2D plus happy hour snacks) are included at \$50/person. To join the waitlist, please send a deposit of \$150 to Renee Hamilton, 1 McIntosh Court, Novato, CA 94949. Deposits, less a \$15 cancellation fee, are refundable until April 1, 2019. Final payment is due April 1, 2019 and is non-refundable unless your place can be filled. PayPal (rdmhamilton@gmail.com) is also accepted for payment. For further information, contact Renee at 415-686-3966, or rdmhamilton@gmail.com.

Jul 12-14: NEW! Dog owners and dog lovers are welcome to join **Renee Hamilton** and **Cody** for a return to Kidd Lake Campground. The spacious, shaded group campsite is ideal for hounds and humans and the region is studded with lakes and wilderness trails where dogs can hike off leash. The cost is \$75 and includes campsite rental and all meals from Friday night through Sunday sack lunch. For more information, please contact Renee at rdmhamilton@gmail.com or 415.686.3966.

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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 cktoran@gmail.com. Echo Lodge Telephone: 530-659-7274

The winter season is upon us and Echo Lodge is a perfect home base for snow play-- skiing, snowshoeing, sledding, good ol' snow ball competition, and warming by the fire! We have enthusiastic Hosts ready to take your reservations. Call them while they still have room available, so you can enjoy winter in the Sierra at our wonderful lodge! Happy Holidays!

Winter/Spring Hosts: There is still one prime February weekend (Feb 15-17) and plenty of mid-week open time on the Echo calendar, marked as **Available for Trained Hosts** in the schedule below. Hosted Events are first priority but Private Events are also available mid-week Jan-Mar and any days Apr-Jun. Send an e-mail to let me know your preferred times. I will do my best to accommodate your requests.

Sincerely, Cindy

The next **Echo Lodge Trustees' Meeting:** Wednesday, December 12th, 5 pm, by teleconference. Contact Cindy if you would like to attend.

ECHO LODGE FALL/WINTER SCHEDULE

NOV 30-DEC 2 FRI-SUN Jim Louchis jlouchis@sbcglobal.net	PRIVATE EVENT 925-787-8201	JAN 17-21 THURS-MON Jay Gosuico, Mark Cooper & Jay Gustafson 3028 Handel Way, Sacramento, CA 95826 outsidejay@gmail.com	SERIOUS SKI/ SNOWBOARD WKND 916-710-3390	FEB 22-25 FRI-MON Eliah Gilfenbaum 747 61st St, Oakland, CA 94609 eliahg@gmail.com	FAMILY SKI WKND - COOP MEALS 202-679-0765
DEC 2-7	AVAILABLE FOR TRAINED HOSTS	JAN 21-23 MON-WED	AVAILABLE FOR TRAINED HOSTS	FEB 25-MAR 1 MON-FRI	AVAILABLE FOR TRAINED HOSTS
DEC 7-10 FRI-MON Carolyn Williams wildflowersbycarolyn@hotmail.com	PRIVATE EVENT 916-677-9224	JAN 23-27 WED-SUN Mary Larkin-Berlinski P.O. Box 776, Moss Landing, CA 95039 mlarkin804@sbcglobal.net	HOSTED EVENT -WINTER RETREAT 831-345-6963	MAR 1-3 FRI-SUN	MUSIC ON THE MOUNTAIN
DEC 10-14	AVAILABLE FOR TRAINED HOSTS	JAN 27-31 SUN-THURS	AVAILABLE FOR TRAINED HOSTS	Come up to Echo Friday or Saturday to sing and play music and enjoy the company of members and friends! Bring an instrument if you have one, or borrow a guitar and sing a tune with us! Co-op meals (Hosts will buy food, expect cooks to step up for prep) and kids will be welcomed. CAUTION: it may be noisy! Hunter & Lori Merritt 916-873-6253 1217 El Encanto Way, Sacramento, CA 95831 merritt.hunter@gmail.com	
DEC 14-16 FRI-SUN Craig Anderson Cranders1@gmail.com	PRIVATE EVENT 928-607-3608	JAN 31-FEB 3 THURS-SUN Laura & Ken Patera 1312 Coloma Way, Woodland, CA 95695 laura.patera@yahoo.com	HOSTED EVENT 530-315-6101	MAR 3-7 SUN-THURS	AVAILABLE FOR TRAINED HOSTS
DEC 16-20	AVAILABLE FOR TRAINED HOSTS	FEB 3-7 SUN-THURS Kate Twain ktwain@vom.com	PRIVATE EVENT 707-694-9130	MAR 7-11 THURS-MON	SERIOUS SKI/ SNOWBOARD WKND
DEC 20-24 THURS-MON Richard Thornton 317 Paloma Ave, San Rafael, CA 94901 richard@thorntonpartners.us	HOSTED EVENT 510-918-9001	FEB 8-10 FRI-SUN Craig Anderson 9635 Appalachian Dr, Sacramento, CA 95827 Cranders1@gmail.com	FAMILY SNOW PLAY WEEKEND 928-607-3608	Jay Gosuico, Mark Cooper & Jay Gustafson 916-710-3390 3028 Handel Way, Sacramento, CA 95826 outsidejay@gmail.com	
DEC 24-28 MON-FRI Debe Taylor & Sandy Borden 13705 Retrac Way, Grass Valley, CA 95949 debe@kjt.us	CHRISTMAS CHEER 530-559-4250	FEB 10-15 SUN-FRI Nick Gregoratos & Anita Cabrera 430 Ellsworth St, San Francisco, CA 94110 nick.gregoratos@gmail.com	HOSTED EVENT 510-919-6883	MAR 11-13 MON-WED	AVAILABLE FOR TRAINED HOSTS
DEC 28-JAN 3 FRI-THURS	AVAILABLE FOR TRAINED HOSTS	FEB 15-17 FRI-SUN	AVAILABLE FOR TRAINED HOSTS	MAR 13-17 WED-SUN	CO-HOSTED WAGNER FAMILY
JAN 3-6 THURS-SUN Sylvie Langbehn Shawn 4626 Geranium Place, Oakland, CA 94619 slangbehn@gmail.com	HOSTED EVENT 707-756-2638	FEB 17-22 SUN-FRI Amy Pertschuk & Chris Krueger 45 Plymouth Ave, Mill Valley, CA 94941 amy@kpwest.com	COOP MEALS 415-686-5990	Karen, Jerry, Caspar & Brooke Wagner 707-528-8197 2622 Wawona Dr, Santa Rosa, CA 95405 oldmawagner@gmail.com	
JAN 6-13 SUN-SUN Shelly Navine & Bob Henry 1286 Hurlbut Ave, Sebastopol, CA 95472 shelly.navine@gmail.com	COOP MEALS 707-829-3728	MAR 17-20 SUN-WED	AVAILABLE FOR TRAINED HOSTS	MAR 20-25 WED-MON	FAMILIES SKI WKND
JAN 13-17 SUN-THURS	AVAILABLE FOR TRAINED HOSTS	Donata Mikulik 707-591-3129 2037 W. Hearn, Santa Rosa, CA 95407 donatabo@hotmail.com			

Aug 11-16: NEW! Due to the outstanding response to the August 18 mule-pack trip, **Mary Larkin-Berlinksi** has opened a second mule-pack trip to Piute Lake, co-hosted by **Renee Hamilton**. 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 or 831-345-6963.

Aug 18-23: This mule-pack trip to Piute Lake is now full. 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. To join the waitlist, please contact Mary at mlarkin804@sbcglobal.net or 831-345-6963.

Sep 8-13: Get ready to soak up the beauty of the famed Willamette River Water Trail on a four-day canoe trip through forests, meadows and parks. This trip, organized by **Mary Larkin-Berlinksi** and **Bob (Dr. Outdoors) Hanson**, is in the very early stages of development, but is estimated to cost \$225/person not including transportation to Oregon or lodging before and after the canoe trip. Stay tuned for more details as they develop.

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 15th of each month. See you on the trail!

Renée Hamilton, Outings Committee Co-Chair
(rdmhamilton@gmail.com; 415-686-3966)

Ernie Castiaux, Outings Committee Co-Chair
(ecastiaux@hotmail.com; 510-909-3301)

HOW ARE YOU VOLUNTEERING THIS YEAR?

Our all-volunteer club depends on the generosity, time and talents of members to maintain our two amazing lodges, sponsor a full calendar of outdoor and social events, manage the functions of the organization and carry out the mission of our foundation. Yet we struggle to match the skills and availability of members with the needs of the organization. After many conversations with members and leaders, we are ready to implement some new strategies to facilitate this match.

In future *TRAILS*, look for regular articles that highlight upcoming opportunities for you to volunteer. And on the CAC website, we are refreshing the [Volunteer page](#) with more information and easy ways to choose the opportunities that match your skills and interests.

Take a look at the web page soon and send us your feedback—Do you like the direction we're taking? Are the instructions clear? Do you have some other ideas? And while you're on the page, use one of the forms to Volunteer!

**Nancy Emerson, Board Member and
Volunteer Coordinator**

reluctance further, leadership will become proactive before the end of the year and be in contact with each member to determine how the club may serve each better, and of course ask, "well, are you able to help with that?"

Much may be learned, and much gained. We anticipate many will want to join in those projects just gaining form and shape; many will want to be a part of something still finding expression; and all will want their voices heard.

On the 2019 renewal forms there will be another way to give back. That is your annual contribution to the CAC Foundation (CACF) funding their program of supporting (with small donations) worthy environmental groups doing great work in the Tahoe and the Marin County Regions. Check this out on our web site, on the "About" tab, top left.

And a final note: some of you are seniors who have made contributions for years to this club. You are encouraged to continue thru participating in our events, bringing us your gifts of stories and recollections, and enriching our lives about your time as active players in this club. We treasure your value..

Jay Gustafson, President

NOMINATIONS AND AWARDS

It is not too early to be thinking about recommendations for leadership roles in our Club. I am the chair of the Nominations and the Awards committees again this year and would like your recommendations.

Nominations for next year's slate of leadership is due at the Board of Directors' meeting in March of 2019 and award candidates must be ready for recommendation to the board at the same meeting. Long lead-time is needed to vet candidates and in the case of awards, be sure that they can attend the April 27, 2019 Awards Dinner.

According to our by-laws, our president cannot participate in the nominations process. If you are interested or have members you would like to recommend for leadership positions, please send them to the Nominations Committee. Contact **Jim Nixon** at jimnixon2000@yahoo.com or 650-756-7771.

We always need a cadre of people who might be interested in a position for the future. Many times replacements are needed in the middle of terms. Look in *Trails* to see those in leadership whose terms are up in 2019. In many cases, they will offer to continue serving the Club, but sometimes they are ready to retire or moved on to another area of service to CAC. The website californiaalpineclub.org Members>Club Leadership shows most of the job descriptions.

Jim Nixon, Past President

BACKPACKS continued from page 1

for the trips. Our 2018 grant paid for 29 new REI sleeping bags, so that everyone was prepared and warm for what may have been their first time sleeping under the stars.

This is just one small example how your generous donation to the CAC Foundation helps to connect more people to the wonders of the outdoors. Thank you for your support!

Arlin Weinberger, CAC Foundation Chair

This re-route has been under evaluation for many years and finally has the go ahead. The new route is flagged and tread work is now beginning much to the joy of backcountry enthusiasts. When completed in a few years, this change will reduce the visual and noise distractions presented by the highway and the winter play area, thus improving the wilderness experience for hikers and horseback riders. For those familiar with the area, some of the new trail will follow or be near the marked Pony Express route with a ridge separating it from Highway 50.

Our guests enjoyed their unparalleled accommodations at the Lodge; hosted by Hannah Dunton, and Dianne and Jerry Schweickert. All are enthusiastically looking forward to next year's event.

Highlight of the weekend was a Saturday evening ceremony made by Forest Service Rangers to honor Tom Coleman's years of dedication to the cause of backcountry trail improvements. Retired Forest Service Ranger (and former CAC member) Jon Erickson presented Tom Coleman with a commendation for exemplary contributions signed by the Head of the U.S. Forest Service. In addition, there was a gold-painted full-size rock bar that was signed by all the attendees. Tom was speechless, for a while at least.

Due to the generosity of the Echo Summit Lodge Trustees who granted free use of the facility, the CAC is cementing a solid relationship with the other major trail supporters and benefactors in the Echo Lakes area.

Jerry Schweickert, Event Coordinator

CALLING ALL CAC MEMBERS!! WE NEED YOUR HELP!

CAC has four social events in December and January, all at the Alpine Lodge, that need volunteers! Each of the events needs a team of several club members for set up (put up tables and chairs, decorate, set the tables), clean up (wash dishes, put away food, sweep floors, etc.) and cooking assistance (chop, stir, set out the food, make coffee, serve dessert, etc.)

Some events may also need administrative help (taking reservations and payments.) You can help make these events a success, maybe get to know some new members, AND meet your 2018 volunteer commitment.

The upcoming events are:

- Children's Holiday Party December 8 event from 1-4 pm (Ann Meneguzzi and Mary Frey are the hosts)
- CAC Holiday Party December 15 event starting at 5 pm (Tim Warden is the host/chef)
- New Year's Day Hikers' Soup and Salad January event after hiking starts at 3:30 pm (Amy Pertschuk is the host)
- Members' Meeting Lunch January 26, starts at noon (Candy Barnhill is the host).

Please contact the volunteer coordinator, Nancy Emerson, at qeh4@sbcglobal.net to learn more about these jobs and to sign up!

Nancy Emerson, Board Member and Volunteer Coordinator

BACK BY POPULAR DEMAND!!



CAC CAPS \$10

Available at CAC Events
or contact:

Hardy Dawainis at 415-461-4431
or hdawainis@comcast.net

OR

Melanie Facen at 415-492-0470
or mfacen@sbcglobal.net

The \$10 donation will cover the cost
and help CAC!

DISCUSSION AND ACTION ON REQUEST TO CHANGE BY-LAWS

The Board has received a request from the CAC Foundation, for the CAC Board, on an ongoing basis to make an annual contribution to the CACF. This contribution would come from revenue generated by annual membership dues.

Our current by-laws restrict allocation of dues to "the support of the lodges, program services, Club publications, and administrative support."

Discussion and membership input will determine whether there should be a change in the by-laws and if so, the language. This announcement begins the process.

Jim Nixon Past President and Former Echo Trustee

ECHO LODGE – ENTRY ETIQUETTE

If you are a CAC member just stopping by Echo Summit Lodge (i.e., you are not part of the group staying at the lodge) please be courteous to the folks staying there by ringing the doorbell as if you were visiting a friend or neighbor.

Even if you know the front door combination, it is only common courtesy to the host and occupants to ring the bell and wait for them to greet you at the door. You may then chat and state the reason you would like to enter the lodge that they have reserved for a particular time period.

I am sure they will show you a warm welcome. On the other hand, if you enter simply because you are a CAC member, they will be startled and wary and more likely feel you are intruding on their stay at Echo Lodge.

Thank you,

Cindy Toran, Echo Lodge Trustee

TRAILS

issued monthly by the

California Alpine Club

Founded in 1913 - Incorporated in 1936

P.O. Box 2180

Mill Valley CA 94942-2180

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FIRST CLASS
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on the TRAILS...

Mt. Tam in December

In the spirit of the holidays,
we take this opportunity to thank all
of our wonderful 2018 Hike Leaders,
and all of our Sunday hikers.

Happy Holidays to all,

Jennie Bruyn, Hike Leader Coordinator
Lenora Young, Support



Photo Credit: Ken Goltara, Fall, 2018