



TRAILS

OFFICIAL PUBLICATION OF THE CALIFORNIA ALPINE CLUB

Volume 95

February 2019

No. 1



Jennie serves the thirsty hikers a glass of bubbly

Photo Credit: Fred Bernard

TRADITIONAL NEW YEARS HIKE ON MT. TAM AND SOUP AND SALAD LUNCH

There seems to be a healthy demand for social gatherings at Alpine Lodge. Following the extraordinary success of the Thanksgiving and Holiday dinners, Alpine Lodge was full, once again, on January 1 when over 60 CAC members, friends, and family came together to celebrate at the traditional New Year's Day soup and salad lunch.

To work up an appetite, thirty intrepid hikers headed out under clear skies at 9:30am with **Carol Bodtker** taking the lead on a beautiful and challenging route from Alpine to the top of the mountain. There they were treated to spectacular views from the ocean to the East Bay as they toasted the New Year with a glass of champagne graciously provided (once again) by member **Jennie Bruyn**.

So many members to thank for making this year's event a huge success, from **Jim Nixon** who sent out the email notices, to **Tony Smith** who volunteered to host a New Years Eve overnight, and to **Renee Hamilton** and the **Bernard, Poisson, Castelli, Readings, Pearlman, Burns, Atkins** and **Varhula** families and guests who rang in the New Year at Alpine on Dec 31 and

helped with setup and cleanup. **Melanie Facen** tended bar. The cooks, **Jennie Bruyn** and **Tim Warden**, rose to the occasion, providing a plentiful meal for the ever-expanding number of attendees.

It was such a pleasure to see the lodge serving this fantastic multi-generational crowd. A very special thanks to the families that included over a dozen members 15 and under, the next generation of CAC members. Here's to more shared memories at Alpine in 2019!

Amy Pertschuk, Board Member

ST. PATRICK'S DAY DINNER SATURDAY, MARCH 17, 2018

It's March, and that means it's time for the annual St. Patrick's Day Dinner at the Alpine Lodge! Get your "green on" to join the party on Saturday, March 17.

This popular annual event will feature a convivial social hour beginning at 5pm, followed by the traditional corned beef with cabbage, carrots and potatoes. If that's not enough, we'll have old-fashioned apple pie for dessert and great musical entertainment. Chef **Tim Warden**, assisted by **Sondra Schwartz**, will prepare the meal. The special price this year is \$18 for adults with children under 12 FREE! So families, we hope to see you there!

We're also hosting overnight stays at Alpine Lodge on Friday, March 16 and Saturday, March 17 to make it easy to attend and maybe take a Saturday or Sunday hike. (Thanks to **Nancy Carlisle** and **Steve Vishrup** for sharing host duties!)

ST. PATRICK'S DAY continued on page 3

Monthly TRAILS Editor ~ Helena Troy

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
OPEN		
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	Steve Quarles	415-233-1141	steve.quarles@sbcglobal.net
Membership	Bev Leve	707-539-2802	hikingbev@hotmail.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	betthausser@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
Supporter	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	707-479-3328	swas40@comcast.net

CAC Foundation Directors:

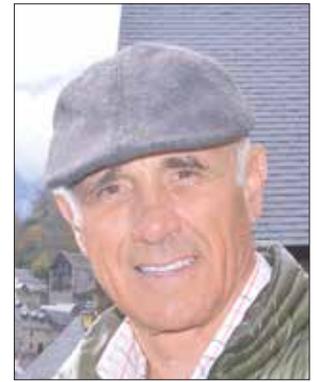
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	Beryl Kay	415-922-6155	berylkay@berylkay.com
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	Bruce Friend	510-654-4218	bifedf@comcast.net
	Jodi Ravel	510-868-4361	jodi.ravel@gmail.com
	Roger Funston	702-882-1931	rogerfunston@yahoo.com

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

A sunny day's hike up Tam got the New Year going for some 30+ Alpiners, others were reveling in the clear-blue at Echo with new snow near perfection, while all of us red-arrow-heads woke to the realization that, yep, the calendar flip happened, and the old is now the new, and the new... well the new is what we make of it.



More than the generic handshakes and rote good wishes, many of us woke to the sense that this year personally may be more than the chaos of the social eithers. Matters of health, family and friends, money and finance all begin their flag waving, the priority demand, the rattle ... as the sweet, soft voice in the background whispers, "hey, get your boots on and move out on the trail... It all gets sorted out up there."

And so we do, we begin this year, 2019, with a promise to get out there, and often we make the first effort early (as so many did at Alpine on January 1). And then what...?

The suggestion is to get the calendars out and make the self-promises to make it to church (the trail/ the mountain) more consistently this year than ever, and.... While the truth is, the commitment gets voiced, the practice gets compromised for reasons beyond our control, non? "Hey, I wanted to hike that trail, but..."

So how to shift this?

Alpiners have built in assets in their club... it's the members... the pals new and forever, the gang who enjoy church as much as you, the faces and stories which we haven't yet welcomed. It's the members that make the church, and the trails? ... well, the trails are always there, but less, so less without the members. And the shift?

That comes with something combined with that commitment to "getting-out-there-again," it's called membership; it's the sense of giving-to-get that this club has modeled for more than a century... every day, whether on the trail or behind a computer screen... there's much to give... and receive.

Here's a story you've heard yourself I'm sure. A newish member shows up for something at the lodge, and you see her enter with a knowing smile on her face... she bee-lines right over to you and gushes, "ya know, recently every time I walk in here, I get this deeper feeling of 'this is my place; this time we spend together here, it's like no other place in my week, and I miss it when I'm not around'... or something similar.

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MEMBERSHIP REPORT FEBRUARY 2019

Jamie Goodspeed
So. Lake Tahoe, CA
Sponsors: Jerry Schweickert and Hannah Dunton

Fred Klammt
Plymouth, CA
Sponsors: Jerry Schweickert and Tom Coleman

Patricia Rojas
Mill Valley, CA
Sponsors: Marina Rose and Sarah Davis

Reinstatement
Jean Kramer and Dennis Slaughter
Oakland, CA
Sponsors: Bob Smith and Jennie Bruyn

Bev Leve, Membership Chair

BOARD OF DIRECTORS AND QUARTERLY MEMBERS' MEETINGS

Hikes are fun and meetings are important. 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:

February 16, 2019	2-3 pm CAC Board of Directors Meeting
March 16, 2019	1:30 pm Nominations Meeting
March 16, 2019	2-3 pm CAC Board of Directors Meeting
April 27, 2019	2-3 pm CAC Board of Directors Meeting
April 27, 2019	3-4 pm Members Quarterly Meeting
April 27, 2019	5:30 pm Annual Awards Dinner

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

ST. PATRICK'S DAY continued from page 1

The party will be a success with your help. We need your appetizer for the social hour, and you can earn your annual volunteer activity credit by helping chef Tim prepare the meal, or help **Steve Quarles** with set-up and clean-up.

RSVP to **Nancy Emerson** at qeh4@sbcglobal.net or call 415-383-4149. Tell me the number of adults and children attending, whether you'll be bringing an appetizer, and if you can volunteer for any of the jobs. Please send a check for the cost of the meal to Nancy at 517 Montford Avenue, Mill Valley, CA 94941 or use my PayPal.me account at [Paypal.me/nemerson474](https://www.paypal.me/nemerson474).

Nancy Emerson, Event Coordinator

TRAILS EDITOR SCHEDULE

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

The April issue will be edited by **Susan Patrick**, susandpatrick@msn.com, or 360-943-6439. Susan should receive articles no later than March 5.

Lenora Young, Publications Chair

CAC FINANCIAL REPORT

For your information, the annual Financial Report is now available on the Club website. .

Carroll Pearson, Finance Chairperson

LET'S KEEP A GOOD THING GOING!

Here's a place you can donate to and know that 100 percent of your money is going directly to local organizations: **The CAC Foundation**. No overhead or expenses at all. We've been helping places in Marin such as Slide Ranch and the Marin Audubon Society for many years as well as the Pacific Crest Trail Association and several others in the Tahoe area. To see the full list, go to our webpage <https://www.californiaalpineclub.org/cac-foundation>.

Soon you'll receive your membership renewal notice. Please remember to add whatever you can to support the Foundation. This is our main source of funds and we want to be able to continue our good work in 2019.

Thank you! CACF Board

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)

2019 Dates	Start Time	Leader	Phone Number
February 3	9:30 am	Madelyn Misite	510-381-8185
February 10	9:30 am	Pete & Judy Sager	415-472-1275
February 17	9:30 am	David Levin	415-637-4138
February 24	9:30 am	Graham Forder	415-827-4748
March 3	9:30 am	Bebe Birnbaum (Guest)	415-328-3905
March 10	9:30 am	Mark Sapiro	415-515-8120
March 17	9:30 am	Tom Dewey	510-381-8188
March 24	9:30 am	Rani Devadasan	415-497-5568
March 31	9:30 am	Robert Freinkel	415-608-7938

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

February 3	Mae Harms	March 3	Fred Klammt
February 10	Open	March 10	Patty & Gerry Montmorency
February 17	Nuala Caulfield	March 17	Nuala Caulfield
February 24	Nancy Emerson	March 24	Gayle Dekellis
		March 31	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

February 2	Tom Coleman	travmcgee@comcast.net
March 2	Axel Schmitt	azschmitt007@hotmail.com
May 25	Donata Mikulik	donatabo@hotmail.com

ALPINE LODGE EVENTS AND HOST CALENDAR

<p>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.</p>	<p>ALPINE LODGE PHONE 415-380-8250 OUTGOING LOCAL CALLS ONLY NO PAY PHONE</p>	<p>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.</p>
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FEB 2 SAT 9AM-3PM **WORK PARTY**
Tom Coleman travmcgee@comcast.net

FEB 2-3 SAT-SUN **PRIVATE EVENT**
Nathan Fisher nathanfisher@gmail.com

FEB 5 TUE 5-9PM **PRIVATE EVENT**
Russ Mabardy rmabardy@comcast.net

FEB 7 THU 11-9PM **ONETAM MEETING**
Jaimie Baxter JBaxter@ParksConservancy.org

FEB 16 SAT 2-4PM **BOARD MEETING**
Jay Gustafson jaygustafson@yahoo.com

FEB 19-22 TUE-FRI **MEMBER OVERNIGHT**
Marcia Paulson mpaulson@garlic.com

FEB 22-24 FRI-SUN **HIKERS WEEKEND**
Host needed. jaygustafson@yahoo.com

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

MAR 5 TUE 5-9PM **PRIVATE EVENT**
Mark Cooper markhlcre@gmail.com

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

MAR 8-10 FRI-SUN **PRIVATE EVENT**
Daniel Karbousky dkarbousky@gmail.com

MAR 16 SAT 2-4PM **BOARD MEETING**
Jay Gustafson jaygustafson@yahoo.com

MAR 16 SAT 5PM-9PM **ST. PATRICK'S DAY DINNER**
Nancy Emerson QE4H@sbcglobal.net

MAR 22-24 FRI-SUN **HIKERS WEEKEND**
Host needed. jaygustafson@yahoo.com

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 9 TUE 5-9PM **PRIVATE EVENT**
Jay Gustafson jaygustafson@yahoo.com

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

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

APR 26-28 FRI-SUN **HIKERS WEEKEND**
Host needed. jaygustafson@yahoo.com

APR 27 SAT **ANNUAL CAC AWARDS DINNER**
TBD

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

MAY 7 TUE 5-9PM **PRIVATE EVENT**
Russ Mabardy rmabardy@comcast.net

MAY 10-12 FRI-SUN **SCRAPBOOK & CRAFT WEEKEND**
Wendi Olmstead wendiolmstead@comcast.net
1444 Sunrise Parkway 707-766-8038 land line
Petaluma, CA 94954

MAY 17-19 FRI-SUN **HIKERS WEEKEND**
Hunter Merritt merritt.hunter@gmail.com

MAY 18 SAT 2PM **MT. PLAY HIKE & PERFORMANCE**
Hunter Merritt merritt.hunter@gmail.com

MAY 18 SAT 2-4PM **BOARD MEETING**
Jay Gustafson jaygustafson@yahoo.com

MAY 25 SAT 9AM-3PM **WORK PARTY**
Donata Mikulik donatabo@hotmail.com

ALPINE LODGE NOTES:

- 2nd floor fireplace is working properly with on/off remote. Please do not use the black box attached to the floor.
- Check the thermostat is OFF before departing.
- Do not block the North driveway AT ANY TIME. A 12-foot clearance is required to allow neighbor and emergency access.
- Please continue to email any shopping or work party tasks to the scheduler donatabo@hotmail.com.
- 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.

PRESIDENTS MESSAGE

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It's called ownership... that sense of being a red-arrow-head, knowing others of the same, and keeping it going for another year going on another hundred. Sorting it out becomes a bit easier when you employ these assets in concert with others, and your club has much to offer you. You'll be seeing your annual renewal forms later this month or early March. We'll be asking lots of questions of you, so as to pair your assets with others. Club programming has lots of spots for your contribution, your ownership.

This may be the shift you were thinking of that morning last month when the calendar and the chaos emerged, and you decided to go to church more consistently...

See ya on mountain,

Jay Gustafson, President

INTO THE GREAT OUTDOORS

A note from your Outings Committee: Many of our adventures fill almost as soon as we publicize the event. So first, thank you for your enthusiastic response to our outings! If the trip you want to attend is already full, we encourage you to send your deposit and join the waitlist. Cancellations do occur and we are frequently able to confirm most if not all members on the waitlist.

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 February 15.

Feb 2 Saturday Sortie: Celebrate Ground Hog Day with a walk in Deer Park with Madeleine Pearce. We will hike approximately 8.5 miles through meadows and wooded areas and enjoy beautiful views. After lunch, we will walk around Phoenix Lake before looping back to the Deer Park trailhead. The hike will begin at 9:30 a.m. From Fairfax take Bolinas Road, left on Porteous Avenue to the Deer Park trailhead parking area at the end of the road. More information is on the CAC Outings meetup site: <https://www.meetup.com/CAC-Outings>. Or contact **Ernie Castiaux** at ecastiaux@hotmail.com.

Feb 23 Saturday Sortie: Following the cancellation of our November Sortie to the Presidio, we have rescheduled this popular hike. Join **Ernie Castiaux** on a walk through the Presidio of San Francisco. In an 8-mile loop through forests and Pacific overlooks, we will immerse ourselves in the 200+ year history of this historic military facility. Trail highlights include the overlook at Immigrant Point, the National Cemetery, Crissy Field, and views of the Bay, Pacific Ocean, and the Golden Gate Bridge. The hike will begin at 9:30 am at the Presidio Visitor Center located at 210 Lincoln Blvd. There is a coffee shop next door at the Presidio transit center for those arriving early. For more information and to sign up, go to the CAC Outings Meetup site: <http://www.meetup.com/CAC-Outings>. Or contact Ernie Castiaux at ecastiaux@hotmail.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 outdoor skills that you learned. The cost is \$110 per adult or \$55 for ages 12-22. The class will be held on March 23 at Nature Bridge conference center in the Marin Headlands. **Ernie Castiaux** will co-lead an overnight backpacking trip to Sky Camp in Point Reyes on May 4-5. Early registration is recommended as space is limited and the class usually fills quickly. Additional California Alpine Club backpack summer outings are being planned for both beginners and experienced backpackers. To register, download the application at <https://www.sierraclub.org/san-francisco-bay/activities>. Please contact Ernie Castiaux at ecastiaux@hotmail.com for additional information.

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 **Renée 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 Renée at 415-686-3966, or rdmhamilton@gmail.com.

Jul 12-14: NEW! Dog owners and dog lovers are welcome to join **Renée 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 Renée at rdmhamilton@gmail.com or 415.686.3966.

Aug 11-16 and Aug 18-23: Both mule-pack trips are now full. The cost of each trip 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 on each trip is limited to 15. To join the waitlist for either departure, please contact **Mary Larkin-Berlinski** at mlarkin804@sbcglobal.net or 831-345-6963.

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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

Downhill skiing five miles away at Sierra-at-Tahoe, cross-country skiing and snowshoeing at our doorstep. Movies ten miles away, 45-minute drive to hot springs, roaring fires, socializing, cards, and games in the lodge. And great food. The price is right. Bring your camera. How can you resist?

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

Sincerely, Cindy

The next **Echo Lodge Trustees' Meeting:** Not set as of publication date. Contact Cindy for schedule.

ECHO LODGE FALL/WINTER SCHEDULE

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 1-3 FRI-SUN 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 1217 El Encanto Way, Sacramento, CA 95831 merritt.hunter@gmail.com	MUSIC ON THE MOUNTAIN 916-873-6253	MAR 25-APR 4 (includes a weekend) AVAILABLE FOR TRAINED HOSTS
FEB 3-7 SUN-THURS Kate Twain ktwain@vom.com	PRIVATE EVENT 707694-9130	MAR 3-7 SUN-THURS AVAILABLE FOR TRAINED HOSTS		APR 4-7 THURS-SUN Rex & Suzanne Rolle 378 W. Weimar Cross Rd, Colfax, CA 95713 suzanne@graceyoga.com
FEB 8-10 FRI-SUN Craig Anderson 9635 Appalachian Dr, Sacramento, CA 95827 Cranders1@gmail.com	FAMILY SNOW PLAY WEEKEND 928-607-3608	MAR 7-11 THURS-MON Jay Gosuico, Mark Cooper & Jay Gustafson 3028 Handel Way, Sacramento, CA 95826 outsidejay@gmail.com	SERIOUS SKI/ SNOWBOARD WKND 916-710-3390	APR 7-30 AVAILABLE FOR TRAINED HOSTS
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		MAY 3-5 FRI-SUN Contact: Cindy Toran 707-321-3262 CKTORAN@GMAIL.COM
FEB 15-17 FRI-SUN Edie Nelson 177 Mark Twain Ave, San Rafael, CA 94903 edieforsyth@hotmail.com	HOSTED EVENT 831-331-1754	MAR 13-17 WED-SUN Karen, Jerry, Caspar & Brooke Wagner 2622 Wawona Dr, Santa Rosa, CA 95405 oldmawagner@gmail.com	CO-HOSTED WAGNER FAMILY 707-528-8197	MAY 16-19 THURS-SUN Contact: Bob Henry Clyde33301@comcast.net
FEB 17-22 SUN-FRI Amy Pertschuk & Chris Krueger 45 Plymouth Ave, Mill Valley, CA 94941 amy@kpwest.com	COOP MEALS 415-686-5990	MAR 17-20 SUN-WED AVAILABLE FOR TRAINED HOSTS		MAY 22-26 WED-SUN HOSTED EVENT Start your Memorial Day weekend getaway with this trip hosted by four hikers who like wine and wildflowers. We invite our guests to stop by one of the many wineries on Camino Road just outside Placerville to bring a local bottle to share with an appetizer. We will also host a pick-a-hike each day. Reservations no later than May 10. Check payment holds reservation. Hosted meals. Feney Matthews & Kathleen Nemetz 510 414-3573 721 Hilldale Ave, Berkeley, CA 94708 feney1@gmail.com
FEB 22-25 FRI-MON Elijah Gilfenbaum 747 61st St, Oakland, CA 94609 eliahg@gmail.com	FAMILY SKI WKND - COOP MEALS 202-679-0765	MAR 20-25 WED-MON Donata Mikulik 2037 W. Hearn, Santa Rosa, CA 95407 donatabo@hotmail.com	FAMILIES SKI WKND 707-591-3129	
FEB 25-MAR 1 MON-FRI	AVAILABLE FOR TRAINED HOSTS			Watch for updates in future issues of Trails!

THANKSGIVING AT ALPINE LODGE

We had a wonderful gathering of 38 members, family members and guests on Thanksgiving day. Serving and dinner tables were decked out in colorful autumn attire and the assortment of dishes to complement the star of the day, the turkey, was varied and plentiful.

Special thanks to the carvers, the bartenders, and all the many helpers who made this delightful event such a success. Tony Smith was the host for the overnight, but the hike planned for the following day was cancelled due to the welcomed rain.

Eva Libien, Host

A MERRY AND BRIGHT PARTY!

The sun was shining for CAC's December 8 Children's Christmas Party at Alpine Lodge. Sunny weather meant kids could play outside. To see some of the boys and girls on our deck having fun with balloon toys created by the Christmas Elf was a treat. Inside the Hall kids and grown-ups were merry as we all enjoyed the brightly shining Christmas tree and a delicious buffet. Lots of happy chatter and laughter meant the party was success! The holiday season got a super start for the families lucky enough to be there. Inside the festively decorated hall kids scampered about while playing with the Elf-Lady's colorful balloon creations. All were happy to sing and dance to Music Man Tim Cain's holiday carols and special songs. Even some grown-ups fell under guitar-player Tim's magic spell and danced with the kids!

When jingling sleigh bells signaled that Santa Arturo was coming with his gift-laden sacks, Tim played Feliz Navidad in welcome. Santa danced-in to this special tune as the kids ran to greet the jolly old elf. Santa Arturo gave out presents from his red sacks but also assured the kids that more presents would arrive for them on Christmas itself! For the kids, it was a perfect ending to CAC's annual children's party at Alpine Lodge. All those who came to enjoy our holiday celebration helped make it a success.

Thanks to everyone who worked on preparations and cleanup. **Cindy Whitehead** made certain all dishes were washed and the kitchen cleaned after the party. **Donata Mikulik** hosted overnights for the weekend and saw to the final party cleanup. Everyone who stayed to help was very generous in giving time and energy to the clean-up.

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

Mary Frey & Ann Meneguzzi, Your Party Hosts

HOW ARE YOU VOLUNTEERING THIS YEAR?

It's a New Year, full of promise and resolutions! Have you made a resolution to fulfill your 2019 volunteer commitment to the California Alpine Club?

As always, we have plenty of opportunities for members to choose from. This month, our "Top Three" opportunities highlight a special Club need, as well as two long-standing jobs.

1. Alpine Lodge construction pro: Someone who knows how to deal with Marin county officials to help Alpine get permits for the bathroom remodel in the Tam building. The plans have already been submitted. Contact Trustee **Tom Coleman** at travmcgeee@comcast.net.
2. Sunday Innkeepers at Alpine Lodge, especially for Sundays in February and March. No need to be host-trained as there is a detailed instruction booklet to guide you! Contact **Jana Shober** at shober@csus.edu.
3. Events Committee Chair and members to organize various social activities and events at Alpine Lodge. This role can be duty-and time-flexible as defined by the Committee. Contact President **Jay Gustafson** at jay-gustafson@yahoo.com.

Want to know about other ways you can volunteer? Contact **Nancy Emerson** at qeh4@sbcglobal.net for more information.

Jump in and help out your California Alpine Club! Send that email today!

Nancy Emerson, Board Member

INTO THE GREAT OUTDOOR

continued from page 6

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-Berlinski** and **Bob (Dr. Outdoors) Hanson**, still has openings. The cost of \$400/person includes meals from Sunday lunch through Friday lunch, canoe rentals, river fees, shuttle fees and two nights' hotel accommodations (shared occupancy). Cost does not include transportation to Oregon, Saturday or Friday dinners. To sign up, send a \$100 deposit to Mary Larkin-Berlinski, PO Box 776, Moss Landing, CA 95039. For information, contact Mary at mlarkin804@sbcglobal.net or 831-345-6963.

As a reminder, all outing deposits or payments become non-refundable two weeks prior to a trip's departure, unless otherwise noted in the trip description.

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)



Photo Credit: Tom Coleman

DECEMBER 1 WORK PARTY THE BEST, FUNNEST WORK PARTY OF THEM ALL

The day started out windy and rainy, but by the time the 35 (Yes! Another record) volunteers arrived and started working a rainbow announced that we would have a lovely day after all. The sunny skies provided great relief for all the folks who became part of the weed-pulling crew. **Jay Gustafson** and his gang were also relieved, as they were crawling around the Tam roof cleaning all the gutters; they were OSHA approved, firmly buckled into harnesses and ropes.

There was a large contingency of Christmas decorators led by the inimitable **Melanie Facen**, who knows where all the Christmas decorations are hidden! **Shelly Navine, Kate Twain, Carolyn Watson** (a new signee, and good friend of mine) and many others made the Alpine Lodge a Christmas Wonderland. I'm sure that Santa Claus felt right home entering Alpine this year.

Jon Betthausen, Rex Rolle and crew fixed doors at Tam. **Lutz Heinrich** attempted to clean up all the bushes with a hedge-trimmer, but unfortunately the extension cord got in the way and suffered a plug decapitation! He was upset by this turn of events until told that everybody cuts through a cord at least once; it's part of the hedge trimming initiation.

My dear friend **Bob Henry** fixed the Memorial Bench at the entry, shifting it over just a little to the left, so it is now centered properly. Thanks Bob! It looks so much better.

Rugs were vacuumed, furniture was dusted, windows were made shiny and clean and the pantry was organized. We even had 3 volunteers, Erin, Jessica and Bob paint the two bathrooms upstairs at the Lodge! A great

job, done in one day!! There's no one like a volunteer when you need to have a job done properly and quickly!

Tim Warden and the kitchen crew provided sustenance. We had a fabulous hot soup, with a green salad and warm sour dough baguettes with melting cheese! A feast for kings and queens!

As the work party finished up, and tools were cleaned and put away, and ladders were folded up, I had to wonder at how lucky we all were to have been a part of such a wondrous event.

And I hoped that many of these folks would also show up on January 5, when I'll need to take down all these decorations!!
Volunteers not mentioned:

Tawni Stober-Hill, JoAnne Stone, Karen Halberg, Patricia McGinty, Richard Boyden, Terri Lyde, Heide Coleman, Keeyla Meadows, Gisela Liess, Tom Thompson, Hildegard Wersig, Robert Sturm, Julianna Sistik, Mellisa Ladrech, Frangille Morrissette, Huda Nassoli, Dorothee Buth, Sara Poisson, Mila Johansen, Erin Korff, Craig Dahl, Bob Harlow and finally, **Ann Meneguzzi**.

Tom Coleman, Alpine Lodge Trustee

TRAILS

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on the TRAILS...

This photo of a Hummingbird was taken at the West Point Inn on Mt. Tam. These birds, who have the highest metabolism of all the animals, are one of the many beautiful sightings we hikers share. Their diet of mosquitoes, fruit flies, gnats, aphids, spiders and the nectar of flowers they drink, supports their metabolism -- which in turn enables the rapid beating of their wings during hovering and flight. The average lifespan for some North American species is 3-5 years.

Jennie Bruyn, Hike Leader Coordinator
Lenora Young, Support



"Hummingbird at West Point Inn"

Photo Credit: Ken Goltara, 2018