



# TRAILS

OFFICIAL PUBLICATION OF THE CALIFORNIA ALPINE CLUB

Volume 95

December 2019/January 2020

No. 10



*Photo courtesy CAC: The Alpine Lodge in its holiday splendor*

## HOLIDAY PARTY AT ALPINE LODGE

The holidays are almost here! Make plans to join us for a beloved holiday tradition, the Holiday Prime Rib Dinner at Alpine Lodge, to be held Saturday December 14. The deadline to RSVP is December 9; with a limit of 70 members and guests, this dinner will be a sellout. The evening kicks off with happy hour at 5pm and a holiday sing along around the piano, followed by dinner at 6pm. The menu is wedge salad with homemade blue cheese dressing, slow roasted prime rib cut to your order, seasonal vegetables, baked potatoes, sourdough French bread, apple pie and ice cream.

Cost for the dinner is \$27.50 for members and \$32.50 for non-members. Include names of guests, members and/or non-members, and a check made payable to **Mae Harms** and mail to her: 5941 Garden Park Drive, Garden Valley, CA 95633-9514. Email Mae at [Maeharms76@hotmail.com](mailto:Maeharms76@hotmail.com) or call 530-333-1058.

Calling volunteers for: overnight hosting, setup (3), serving (5) and cleanup (6). To volunteer, please contact Jay Gustafson at 415-381-7261 or email [jaygustafson@yahoo.com](mailto:jaygustafson@yahoo.com).

Happy holidays to all!

**Jay Gustafson and Tim Warden, Event Sponsors**

## PRESIDENT'S MESSAGE



We've dodged another fire season, with a warning reminder near Alpine Lodge – a fire, which was quickly contained with the most awesome aerial display I've ever seen. Picture the ridge just on the ocean side of Muir Woods in flames, with an offshore wind pushing the smoke and burn direction out to sea, just missing our friends at Slide Ranch. The loping, big jet tanker made three runs and was last seen lumbering off past Tam's East Point... remarkable.

I'm looking at the December and January calendar noting some great opportunities to get out on the winter trails on Tam and in the Sierras. Here are some highlights to consider: The kids' holiday party is the whole weekend, December 6-8. You may want to be a kid again yourself and bring a young one up to Alpine for some joys and giggles. Then there's the annual Alpine Lodge holiday party on Saturday, December 14, filled with good cheer and hearty good food thanks to chef Tim and crew. At the end of January (yep, we're already into 2020 by then) the New Members' Lunch weekend, along with the Members' quarterly meeting is back, on Saturday, Jan 25. The latter is always memorable with new member questions finally answered and new faces/names connected to the CAC family. Whether you are planning to be a kid for a few hours this season, or a serious, experienced member sharing the ropes, join us to come and play!

Last but not least, our members' Club wear program has officially launched on the website! Thanks to all who gave us feedback on what they wanted to see. Please know that our selection was based on quality and value first; the application of sewn embroidery discretely applied to each item was a must. Other products may be considered in the future based on level of interest. To visit the site, sign in as a member, go to the Members Community Center & News section, then scroll down and look for CAC Clubwear under the Quick Links box. Or you can go directly to <https://alpinehikingclub.aimsarter.com>.

For the season's greeting – please know that I speak for CAC leadership in sincerely expressing our gratitude for the great attitude and contribution of all members in this Club. Each of us find our joys in serving, but mostly in serving with you. Thank you.

**Jay Gustafson, President**

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

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

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### Monthly TRAILS Editor ~ Nicole Freeling

**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 '22	209-373-9844	tmlann@hotmail.com
Secretary	Candy Barnhill '22	319-631-9110	wheejeepfun_cb@aol.com
Treasurer	Jeff Grimshaw '22	707-484-0003	jeffrey.w.grimshaw@gmail.com
Registrar	Mark Sapiro '20	415-388-8910	mark@msapiro.net

#### Board of Directors:

	Nancy Emerson '22	415-640-4149	qeh4@sbcglobal.net
	Anne Kirwan, pro tem	415-290-6677	anejkirwan@yahoo.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
Past President	Jim Nixon	650-756-7771	jimnixon2000@yahoo.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@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	Nancy Carlisle	415-382-2098	nancyleecarlisle@gmail.com
Sunshine	Mary Cosgrove	415-381-7261	wilddoveis@gmail.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:

Chair	Tom Coleman '22	707-992-0650	travmcgee@comcast.net
	Axel Schmitt '20	925-577-0202	azschmitt007@hotmail.com
	Donata Mikulik '22	707-591-3129	donatabo@hotmail.com
	Wendi Olmstead '20	707-766-8038	wendiolmstead@comcast.net
	Jon Bethausser '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
Support	Madelyn Misite	510-381-8188	Madelynmisite@gmail.com
Hikers Weekend	OPEN		

#### Echo Summit Lodge Trustees:

Chair	Cindy Toran '22	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
	Michael Vaggione	408-865-1781	michaeljv@pacbell.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, Nathan Fisher, Nicole Freeling,

## MEMBERSHIP REPORT DECEMBER 2019

Hilary Beardsley  
San Francisco, CA  
Sponsors: Sue Gardner and Jaimie Baxter

Debbie Cahoon  
Novato, CA  
Sponsors: Nancy Carlisle and Jennie Bruyn

Marc and Kimberly Commandatore  
Sacramento, CA  
Sponsors: Bob Henry and Mary Larkin-Berlinski

Gabriela Dunn  
Sausalito, CA  
Sponsors: Sue Gardner and Jaimie Baxter

Laura and Michael Fleischhauer, Emma and Evan  
Morgan Hill, CA  
Sponsors: Tom Coleman and Margy Eller

David Guadagnini  
Sunnyvale, CA  
Sponsors: Jamie Goodspeed and Hannah Dunton

Brennen Overstreet  
Cameron Park, CA  
Sponsors: Bob Henry and Nick Gregoratos

Pat Purcell  
San Francisco, CA  
Sponsors: Lillian Young and Janice McCulloch

Richard Schneider  
San Rafael  
Sponsors: Karen Ulring and Susan Fenton-Olsen

**Bev Leve, Membership Chair**

### TRAILS EDITOR SCHEDULE

The February issue will be edited by **Tierney Berlinski**, [berlinski@gmail.com](mailto:berlinski@gmail.com), or 831-566-9463. Tierney should receive articles no later than February 5.

The editor for the March issue will be **Nathan Fisher**, [nathanfisher@gmail.com](mailto:nathanfisher@gmail.com), or 650-468-6266. Nathan should receive articles no later than March 5.

**Nancy Carlisle, Publications Chair**

## CAC BOARD OF DIRECTORS AND QUARTERLY MEMBERS' MEETINGS

Members are welcome at Board and Members' meetings to give your input about our lodges. We have a number of items to discuss at the January 25 Members' meeting so please mark your calendar to join us for the meeting and lunch. Members' meetings are held on Saturdays at Alpine lodge.

Dec. 2019	No meetings
Jan 25, 2020	12pm Members luncheon
Jan 25, 2020	1pm CAC Quarterly Members meeting
Jan 25, 2020	2pm (or so) CAC Board of Directors meeting
Feb 15, 2020	12pm CAC Board of Directors meeting

**Jay Gustafson, CAC President and Candy Barnhill, Secretary**

## *In Memoriam*

**LYDA K. DICUS**

**APRIL 2, 1931-OCTOBER 25, 2019**

Longtime CAC member **Lyda Dicus** passed away peacefully surrounded by family following a year of illness as a result of a stroke. Lyda, who was a resident of Rossmoor in Walnut Creek, grew up in Tennessee, where she earned a degree in piano performance from Lambeth College. After moving to California in the 1970s, she served as an administrator for United Camps, Conferences and Retreats before ending her career as manager of Westminster Retreat in Alamo.

Lyda was a dedicated environmentalist and supporter of many causes for peace and justice. She is survived by her husband of 33 years, **Bob Hanson** and four children; Lee Ann Steinmetz of San Rafael, Laura Dicus of Poulsbo, Washington, Julie Batsel of Vallejo and Jack Batsel of Butte, Montana, as well as four grandchildren and one great-granddaughter.

A celebration of her life will be held at 3pm on December 14 at the Mt. Diablo Unitarian Church, 55 Eckley Lane, Walnut Creek. Donations in her honor may be made to The California Alpine Club, to the church or to UNICEF, 125 Maiden Lane, New York City 10038.



*Photo credit: Mary Cosgrove  
CAC remembers Lyda Dicus*

## A MESSAGE OF THANKS

To our California Alpine Club Family,  
A heartfelt thank you for your prayers, help, and support during the illness and passing of longtime Club member Ray Sommer. Serving the California Alpine Club was not only Ray's calling but his passion. His passion is a part of our family, and the CAC is a place we call home. We wish to thank you for the coming together as a family that Ray loved so dearly.

**Dorette Sommer-Franks**

## ALPINE HIKE LEADER SCHEDULE

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

Hike Leader Coordinator: jennielbruyn@outlook.com  
Support: Madelyn Misite: Madelynmisite@gmail.com

2019	Start Time	Leader	Phone
Dec 1	9:30 am	Graham Forder	415-827-4748
Dec 8	9:30 am	David Levin	415-637-4138
Dec 15	9:30 am	Mark Sapiro	415-515-8120
Dec 22	9:30 am	Robert Freinkel	415-608-7938
Dec 29	9:30 am	Richard Boyden	510-847-6889
2020 Jan 1	Wed	NEW YEAR'S Top of Tam Celebratory Hike	
		Carol Bodtker	415-884-0850
Jan 5	9:30am	Fred Waldman and Kimberlee Sorem	415-342-1759
Jan 12	9:30am	Alana Koch	415-377-6849
Jan 19	9:30am	Mark Sapiro	415-515-8120
Jan 26	9:30am	Rani Devadasan	415-497-5568

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

*"How beautifully leaves grow old. How full of light and color are their last days."*

- John Burroughs, Naturalist (1837 - 1921)

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 9:30AM. 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 9:45AM. 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 2–3PM.

**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.

## HIKING ACTIVITIES PROGRAM UPDATE

I warmly welcome **Madelyn Misite** and **Rani Devadasan** into our CAC Hiking Activities Program. Madelyn will help produce the Hike Leader Schedule and inspirational quote every month. Rani will assist to submit photos and captions for the monthly "On the TRAILS" article. I welcome both with a huge thank you for their spirit of volunteerism.

A special thanks to **Lenora Young**, who has transitioned out of her responsibilities, for her support of the program, over the past two years. Many happy trails to all!

**Jennie Bruyn, Coordinator, CAC Hiking Activities Program**

## ALPINE LODGE WORK PARTY SCHEDULE

Time: 9am to 3pm Lunch will be served.

Overnight is possible. Please contact the host to RSVP.

December 5 Tom Coleman travmcgee@comcast.net

## ALPINE LODGE SUNDAY INNKEEPERS

See our website for the most updated OPEN dates. This is a great way to spend a day at our beautiful Alpine Lodge while at the same time fulfilling a portion of your important volunteer responsibilities. No training necessary. For those new to Innkeeping, I will provide you with a list of brief instructions/suggestions that outline Innkeeper responsibilities. (Let me know if you require them).

Please note: If scheduled Innkeepers must cancel, they should do their best to find a replacement for their absence and, they should also notify me (Innkeeping coordinator) so that the hikers and hike leader can be notified in advance that there will be no Innkeeper that day.

Please contact Jana Shober, Innkeeping coordinator at shober@csus.edu or at 916-690-1828 (e-mail preferred) to sign up or if you have any questions.

December	1	OPEN	January	5	OPEN
	8	Bonnie Herzog		12	Susan Head
	15	OPEN		19	OPEN
	22	OPEN		26	OPEN
	29	Bonnie Herzog			

As you can see, we desperately need Innkeepers- you may consider signing up to co-innkeep. Please check your calendars and sign up! Thank you all for your continued service to our club!

# 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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## DEC 1-5 AVAILABLE TO TRAINED HOSTS

**DEC 5 THU 9AM-3PM** WORK PARTY (CHRISTMAS)  
Tom Coleman travmcgee@comcast.net

**DEC 5-6 THU-FRI** MEMBER OVERNIGHT  
Martha & Dennis Stewart margostew@icloud.com

**DEC 6-8 FRI-SUN** CHILDREN'S CHRISTMAS PARTY WEEKEND  
Donata Mikulik 707-591-3129 donatabo@hotmail.com

**DEC 7 SAT 12-4PM** CHILDREN'S CHRISTMAS PARTY  
Donata Mikulik 707-591-3129 donatabo@hotmail.com

**DEC 10 TUES 9-3 PM** HIKERS LUNCH  
Mary Jane McKown mjmkown@gmail.com

**DEC 10 TUES 5-9PM** PRIVATE EVENT  
Mark Cooper markchcre@gmail.com

**DEC 14 SAT 5-10PM** CAC HOLIDAY PARTY  
Jay Gustafson jaygustafson@yahoo.com

**DEC 17 TUES 9AM-3PM** TUES HIKERS LUNCH  
Lynn MacDonald lynnmac46@gmail.com

**DEC 18 WED 9AM-3PM** WED HIKERS LUNCH  
Hardy Dawainis hdawainis@comcast.net

**DEC 20 -DEC 21 FRI-SAT** ONE TAM EVENT  
Jaimie Baxter JBaxter@ParksConservancy.org

**DEC 21 SAT 4-10PM** PRIVATE EVENT  
Jay Gustafson jaygustafson@yahoo.com

**DEC 22-24 SUN-TUES** PRIVATE EVENT  
Stephen Branz stephen.branz@sjsu.edu

**DEC 27-29 FRI-SUN** HIKERS WEEKEND  
Bev Leve hikingbev@gmail.com

**JAN 4 SAT 9AM-3PM** WORK PARTY  
Tom Coleman travmcgee@comcast.net

**JAN 11 SAT 10AM-1PM** PRIVATE EVENT  
Nonie Devens

**JAN 17-20 FRI-MON** SCRAPBOOKING & OPEN ACTIVITIES -JOIN THE FUN  
Wendi Olmstead 707-766-8038 land line wendiolmstead@comcast.net  
1444 Sunrise Parkway, Petaluma, CA 94954

**JAN 25 SAT** NEW MEMBERS EVENT, MEMBER MEETING, BOARD MEETING  
Candy Barnhill wheejeepfun\_cb@aol.com

**FEB 1-2 SAT-SUN** PRIVATE EVENT  
Hunter Merritt merritt.hunter@gmail.com

## FEB 8-9 SAT-SUN

Jodi Ravel jodi.ravel@gmail.com

**FEB 15 2PM** CAC BOARD MEETING  
Candy Barnhill wheejeepfun\_cb@aol.com

**MAR 14 SAT 8AM-5PM** FRIENDS OF MT TAM PRIVATE MEETING  
Sue Karp suekarp@prodigy.net

**MAR 21 SAT 2PM** CAC BOARD MEETING  
Candy Barnhill wheejeepfun\_cb@aol.com

**MAR 24-26 TUE-THUR** PRIVATE ONETAM EVENT  
Hilary Beardsley beardsley@ParksConservancy.org

**MAR 27-29 FRI-SUN** SCRAPBOOKING & OPEN ACTIVITIES - JOIN THE FUN  
Wendi Olmstead 707-766-8038 land line wendiolmstead@comcast.net  
1444 Sunrise Parkway Petaluma, CA 94954

## ALPINE LODGE REMINDERS:

- Please respect the new 'Do Not Disturb' sign at the stairwell when overnights may still be sleeping or not appropriate for visitors, including for hikers and innkeepers. The restroom in the hall and basement are ALWAYS available for restroom use.
- Please follow Alpine Lodge parking policy posted at Alpine Lodge. North spaces and the first 2 tandem spaces are for overnights. The 3 South tandem spaces and remaining single spaces are for Sunday hikers. **If you double park someone in, leave a note on your dash and keys inside the lodge in the desk drawer or on bulletin board.**
- Make all check payments to 'ALPINE LODGE.' And send to Donata Mikulik 2037 W. Hearn Ave., Santa Rosa, CA 95407. Checks written to CAC will be shredded and a new check will be requested. Include an event form with each check.
- Please make sure doors are locked upon departure, and leave the lodge well-cleaned - the work party performs maintenance on the lodge not cleaning.

## CAC CLUBWEAR DEBUT

We are pleased to announce the launch of the CAC logo-wear website! We now work with a full service embroidery and merchandising company, and we are very excited! Looking for a stylish way to show your club spirit? Look no further!

As a CAC member you can select specific items and they will be shipped to your door. Know that your order will be produced with other CAC member orders and sent on a three-or four-week basis. We believe this option is the simplest, cheapest, and highest quality. Shipping is a flat \$15 for all orders. To save on shipping, consider a group order with CAC friends.

Visit the 'Members Community Center & News' section of the website, scroll down, look for the 'CAC Clubwear' headline section under the 'Quick Links' box and click on the link there: [alpinehikingclub.aimsmarter.com](http://alpinehikingclub.aimsmarter.com).

Jay Gustafson, President

## INTO THE GREAT OUTDOORS

**May 8-10, 2020:** A new trip in development is a three-day canoe trip on the beautiful Eel River with **Bob Hanson**. This was a popular and fun outing in 2017, when the water was high and swift after a wet winter. Who knows what kind of river awaits after this year's rains? High water or low, we can promise a beautiful river meandering among forests of redwood and oak. There is no outfitter for this section of the river, so paddlers will need to transport their own canoe or rent one at River's Edge in Healdsburg. We will work on a group rate from the rental company for this adventure. Stay tuned for more information as we work out the details.

**June 13-19, 2020:** Stunning scenery, days of easy floating and wild whitewater paddling, and even some hiking are all on the calendar during this six-day rafting adventure in Utah's magnificent Cataract Canyon. Our host is **Mary Larkin-Berlinski** and our outfitter, OARS, will fully support the trip, providing experienced guides, all river equipment and of course, delicious and wholesome camp food. The approximate cost is \$1,600-\$1,800 plus travel and lodging (Note: there will be a 10% discount if 16 participants register for this trip). To register, please contact OARS directly. The coordinator is Carrie Aronson at 209-753-4786 or [carriea@OARS.com](mailto:carriea@OARS.com). Please contact Mary Larkin-Berlinski if you have additional questions about the trip at [mlarkin804@sbcglobal.net](mailto:mlarkin804@sbcglobal.net).

**June 22-27, 2020:** Relax and leave the world behind on a canoe excursion on the quiet waters of the Green River through Labyrinth Canyon. Magnificent steep red canyon walls, smooth water, wildlife, and solitude are just some of what we'll experience while paddling in this area. The canyon grows deeper with every twist of the river. Cliff walls rise sharply from the river's edge displaying a rainbow of colors with the changing light of the day and breathtaking fiery sunsets. Trip cost is estimated at \$500 per person plus travel and lodging. This trip is limited to 14 or 16 participants. More details will be published in the November Outings e-bulletin.

**August 9-14, 2020:** Our 2020 mule pack trip will head into the Cora Lakes Basin in the Western Sierras, South of Yosemite. We will meet for dinner and spend Sunday night at the Minaret's Pack Station bunkhouse, then hit the trail Monday morning and hike approximately four miles to Cora Lake. There, we'll enjoy 4 days of hiking, fishing and enjoying the vistas. With numerous hiking options and stunning scenery, this trip, hosted by **Mary Larkin-Berlinski**, is sure to fill quickly and there will not be a second departure. Trip cost is \$675 and includes one night (with dinner and breakfast) at the pack station, packer fees, and all meals through Friday lunch. To sign up, please send a \$200 per person deposit to Mary Larkin-Berlinski, at PO Box 776, Moss Landing, CA 95039-0776. For questions, contact Mary at [mlarkin804@sbcglobal.com](mailto:mlarkin804@sbcglobal.com), or 831-345-6963.

**August 17-23, 2020:** One of the largest high-elevation meadows in the Sierra Nevada, Tuolumne Meadows at 8,600 feet will be our destination for four night nights of camping and five days of hiking Yosemite National Park. **Mary Larkin-Berlinski** is still working out the details so stay tuned for further information in the November Outings Bulletin. The cost is estimated at \$150 per person and the trip will be limited to 22 participants.

**September 20-24, 2020:** Are you interested in a 2020 trip to view fall colors in Great Basin National Park and Nevada's Ruby Mountains? Would you like to see the longest caves and oldest trees in the world, the bristlecone pines? Join **Mary Ann Bernard** for what promises to be a stunningly beautiful, fascinating and fun adventure. Ride the scenic Amtrak "party" train to Elko and enjoy three nights at the "boutique" Stargazer Inn just steps away from the park. Next door, Kerouacs restaurant offers gourmet meals (not included in trip price). Two more nights are spent in Elko, NV at a highly rated casino hotel with bar/restaurant/pool. There is more to this trip than can be placed in Trails, so look for a special announcement with full details in November. In the meantime, contact Mary Ann Bernard at [mary\\_ann\\_bernard@hotmail.com](mailto:mary_ann_bernard@hotmail.com) if you have questions or would like further details.

Don't know much about Great Basin National Park? You're not alone; this is one of our country's least-visited parks. To whet your interest, check out the New York Times article: <https://www.nytimes.com/2018/07/16/travel/great-basin-national-parks-least-visited.html>.

The breadth and depth of our club's outings depend on you, the members of the Club. We are always looking for new destinations to explore and Club members to help with the planning and execution. If you have an idea for an outing, let us know! If you are willing to help organize future outings, please contact Ernie or Renee (contact information below). You can contribute by managing the registrations of a future trip, or meal planning and food purchasing. In other words, you can take on part of the leadership without being responsible for the entire outing. As the saying goes, many hands make light work... and that goes for outings too!

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*Unless otherwise noted in the trip description, all outing deposits or payments become non-refundable three weeks prior to the trip's departure.*

*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!*

**Renée 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.

Phone **Cindy Toran** 707-321-3262 up to 9pm or email [cktoran@gmail.com](mailto: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 fights, 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 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 January to March, and any days April to June. Send an e-mail to let me know your preferred times. I will do my best to accommodate your requests.

The next Echo Lodge Trustees’ Meeting: Tuesday, January 7, 2020, 5 pm, by teleconference. Contact Cindy if you would like to attend.

## ECHO LODGE FALL/WINTER SCHEDULE

<b>DEC 13-16 FRI-MON</b> Brooke & Caspar Wagner 831-227-7770 1132 Foothill St, Redwood City, CA 94061	<b>HOSTED EVENT</b> <a href="mailto:brookelwagner@gmail.com">brookelwagner@gmail.com</a>	<b>JAN 31-FEB 4 FRI-TUES</b> Families, backcountry skiers, vegetarians, and all are welcome Scott Stoller 510-725-0159 210 Fairlawn Dr, Berkeley, CA 94708	<b>HOSTED EVENT</b> <a href="mailto:scott@wholehealing.net">scott@wholehealing.net</a>
<b>DEC 16-19 MON-THURS</b> Joel Blackwell 916-277-4884 147 Buena Vista Ave, Corte Madera, CA 94925	<b>HOSTED EVENT</b> <a href="mailto:grassrootsguy@joelblackwell.com">grassrootsguy@joelblackwell.com</a>	<b>FEB 4-11 TUES-TUES</b> Nick Gregoratos 510-919-6883 430 Ellsworth St, San Francisco, CA 94110	<b>HOSTED EVENT'</b> <a href="mailto:nick.gregoratos@gmail.com">nick.gregoratos@gmail.com</a>
<b>DEC 19-23 THUR-MON</b>	<b>AVAILABLE FOR TRAINED HOSTS</b>	<b>FEB 11-13 TUES-THURS</b>	<b>AVAILABLE FOR TRAINED HOSTS</b>
<b>DEC 23-27 MON-FRI</b> Kathleen O'Dea & Art Ewart 415-246-6441 2360 Dominic Dr, Novato, CA 94947	<b>HOSTED HOLIDAY TIME</b> <a href="mailto:kathleensodea@gmail.com">kathleensodea@gmail.com</a>	<b>FEB 13-19 THURS-WED</b> Patty & Chris Dunhill 650 537-7646 452 Griffin Ave, Pacifica, CA 94044	<b>HOSTED EVENT</b> <a href="mailto:pattyzdunhill@yahoo.com">pattyzdunhill@yahoo.com</a>
<b>DEC 27-JAN 2 FRI-THURS</b> Patty & Chris Dunhill 650-537-7646 452 Griffin Ave, Pacifica, CA 94044	<b>HAPPY NEW YEAR!</b> <a href="mailto:pattyzdunhill@yahoo.com">pattyzdunhill@yahoo.com</a>	<b>FEB 19-23 WED-SUN</b> Eliah Gilfenbaum 202-679-0765 747 61st St, Oakland, CA 94609	<b>HOSTED EVENT</b> <a href="mailto:eliahg@gmail.com">eliahg@gmail.com</a>
<b>JAN 2-7 THURS-TUES</b> Jay Gustafson, Mark Cooper & Jay Gosuico 402A Ash St, Mill Valley, CA 94941	<b>SERIOUS SKI/SNOWBOARD WKND</b> 415-381-7261 <a href="mailto:jaygustafson@yahoo.com">jaygustafson@yahoo.com</a>	<b>FEB 23-MAR 1 SUN-SUN</b> Shelly Navine & Bob Henry 707-217-7600 1286 Hurlbut Ave, Sebastopol, CA 95472	<b>COOP MEALS</b> <a href="mailto:shelly.navine@gmail.com">shelly.navine@gmail.com</a>
<b>JAN 7-10 TUES-FRI</b>	<b>AVAILABLE FOR TRAINED HOSTS</b>	<b>MAR 1-3 SUN-TUES</b>	<b>AVAILABLE FOR TRAINED HOSTS</b>
<b>JAN 10-12 FRI-SUN</b> Hunter Merritt 916-873-6253 1217 El Encanto Way, Sacramento, CA 95831	<b>FAMILY SKI WKND</b> <a href="mailto:merritt.hunter@gmail.com">merritt.hunter@gmail.com</a>	<b>MAR 3-10 TUES-TUES</b> Jay Gustafson, Mark Cooper & Jay Gosuico 402A Ash St, Mill Valley, CA 94941	<b>SERIOUS SKI/SNOWBOARD WKND</b> 415-381-7261 <a href="mailto:jaygustafson@yahoo.com">jaygustafson@yahoo.com</a>
<b>JAN 12-17 MON-FRI</b>	<b>AVAILABLE FOR TRAINED HOSTS</b>	<b>MAR 10-13 TUES-FRI</b>	<b>AVAILABLE FOR TRAINED HOSTS</b>
<b>JAN 17-20 FRI-MON</b> Patty and Chris Dunhill 650-537-7646 452 Griffin Ave, Pacifica, CA 94044	<b>HOSTED EVENT</b> <a href="mailto:pattyzdunhill@yahoo.com">pattyzdunhill@yahoo.com</a>	<b>MAR 13-18 FRI-WED</b> Donata Mikulik 707-591-3129 2037 W. Hearn, Santa Rosa, CA 95407	<b>KIDS &amp; FAMILY SNOW PLAY</b> <a href="mailto:donatabo@hotmail.com">donatabo@hotmail.com</a>
<b>JAN 21-26 TUES-SUN</b> Mary Larkin-Berlinski 831-345-6963 P.O. Box 776, Moss Landing, CA 95039	<b>HOSTED EVENT-WINTER RETREAT</b> <a href="mailto:mlarkin804@sbcglobal.net">mlarkin804@sbcglobal.net</a>	<b>WED MAR 19-22 THURS-SUN</b> Mary Larkin-Berlinski 831-345-181 P.O. Box 776, Moss Landing, CA 95039	<b>HOSTED EVENT</b> <a href="mailto:mlarkin804@sbcglobal.net">mlarkin804@sbcglobal.net</a>
<b>JAN 26-31 SUN-FRI</b> Kate Twain 707-694-9130	<b>PRIVATE EVENT</b> <a href="mailto:ktwain@vom.com">ktwain@vom.com</a>	<b>WED MAR 22-25 SUN-WED</b> Martha Stewart & Lynn Zacherson 121 Sacramento Ave, Santa Cruz, CA 95060	<b>HOSTED EVENT</b> 831-475-1813 <a href="mailto:margostew@gmail.com">margostew@gmail.com</a>

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

## ECUADOR EXPLORERS ROLL WITH THE ADVENTURE

We expected adventure on the CAC trip to Ecuador, but our troupe of explorers found themselves confronting the unexpected from the minute the plane touched down. As we arrived at the Quito airport, anti-government protests were erupting to challenge the government's removal of fuel subsidies. By the next day, with roads blocked and businesses shut down as a result of the protests, 13 CAC members and friends realized that we were not going to be visiting Quito as planned.

Luckily our local guides were on top of the situation and, for the next week, found great accommodations and destinations for us. We hiked high in the Andes, going from 11,000 feet to 12,300. We rode horses, hiked to spectacular waterfalls, met llamas on trails, and saw amazing plants and flowers.

We descended to 2,700 feet in Amazonia where we stayed in thatched-roof cottages and were treated to a demonstration of local music, dances and Capoeira, a martial art that combines dance, acrobatics and music.

After a day of uncertainty, we found out (yes, WiFi is almost everywhere) that the protests had ended and we could go on to Cuenca, a beautiful colonial-era city, where we stayed in the historic section and were able to visit El Cajas National Park.

Along the way, we witnessed the aftermath of the demonstrations – victory rallies, remnants of huge roadblocks, long lines at gas stations and traffic gridlock near towns.

Thanks to our tour operator and guides, we were completely safe and had an adventure we'll be talking about for a long time.

**Arlin Weinberger**



*Photo credit: Arlin Weinberger*

*Top: Ruth Tretbar with a typical feature of the lush landscape*

*Bottom: Fellow hikers on the trail*

## MEMBERS' LUNCH AND QUARTERLY MEETING JANUARY 25, 2020

On Saturday January 25, new and current members are invited to Alpine Lodge for a roundtable Q&A with Lodge Trustees, Committee Chairs and CAC Board members. The day's activities will be:

- 11am – 12pm Roundtable Q&A
- 12pm – 12:50pm Members' Lunch
- 1pm Quarterly Members' meeting
- 2pm Group tidy of lodge
- 2pm CAC Board of Directors meeting

Come for the Q&A, for lunch and/or the Members' meeting. Don't miss this opportunity to mingle with new and old friends, get the latest updates on Alpine and Echo lodges and enjoy great food. Our guest chefs are busily preparing a delectable menu to be shared in a future e-communication. Lunch is \$10 for members. New members who have joined the CAC since July 1, 2019 will be our guests dining gratis. RSVP to **Candy Barnhill**, [wheejeepfun\\_cb@aol.com](mailto:wheejeepfun_cb@aol.com).

The January quarterly membership meeting will cover agenda items for both the October and January membership meetings. We hope you will join us, and if you know of any former members who no longer receive *TRAILS*, please invite them to join us too. A quorum of 30 members is needed to conduct official business at a membership meeting.

Volunteer helping hands will make quick work of the few tasks that need tending. Don't be shy; your few minutes of helping-hand time will be greatly appreciated.

**Candy Barnhill, Event Coordinator**



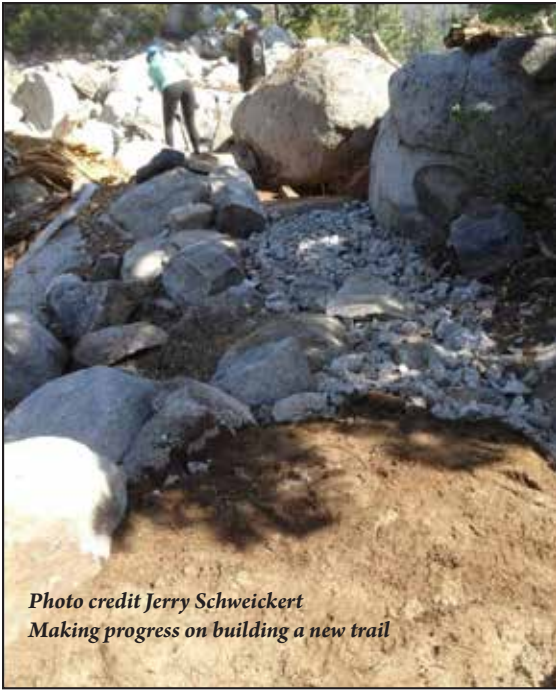


Photo credit Jerry Schweickert  
Making progress on building a new trail

## JOINT WORK PARTY MAKES MAJOR IMPROVEMENTS TO TAHOE TRAILS

Blessed with great weather in early October, the annual work party hosted by the CAC on the Pacific Crest Trail/Tahoe Rim Trail exceeded everyone's expectations. Along with the great work we did on the trail itself, we continued to build relationships with the Pacific Crest Trail Association, the Tahoe Rim Trail Association, and the Forest Service. Staff members from the different organizations directed the work crews, and they reported that the weekend was awesome in all respects.

Thirty-one individuals contributed a combined total of 311 hours of work on the trail and an additional 133 hours of travel and planning time. Most of the volunteers were busy building new trail for the PCT/TRT 1.4 mile re-route to avoid being near Highway 50 and the Adventure Mountain parking area. (See page 9 of the October issue of TRAILS for more information about how the CAC is supporting building this section of trail.)

On the trail, we installed three new rock steps; built additional linear feet of supporting rock wall; adjusted a portion of a rock wall (one very large rock) to allow better clearance for pack animals to get by; and engineered a new shallow stream ford at the beginning of the reroute. All this involved hauling boulders, crushing rock, and dumping dirt; it was strenuous work.

Another group headed over to Echo Lake where the continuously aggressive undergrowth has become overgrowth and is overtaking the trail. Although last year's work party cut back vegetation to a width of 36-48" or more, we found again this year that these healthy plants keep intruding into the trail, so in many places one could hardly walk by without brushing against them. The day's task was a serious attempt to discipline the unruly offenders, especially the invasive silver thorn.

The Echo Summit Lodge Trustees allowed use of the facility at no charge to all guests. Hospitality and meals at the Echo Summit Lodge were provided by **Hannah Dunton** and **Dianne and Jerry Schweickert**. As usual, the new visitors were in jaw-dropping awe of the accommodations, friendly meal service and of course, the view.

**Jerry Schweickert**

## TO JOIN OUTINGS, JOIN MEETUP

All members who attend the club's various outings are requested to please join [meetup.com](http://meetup.com) and sign up for your outings on the CAC meetup site (<http://meetup.com/CAC-outings/members>). By signing up on the [meetup.com](http://meetup.com) site, the leader can better plan his or her event. More importantly, should a last-minute change be necessary, the leader can easily notify all members of any changes in the schedule, weather expectations, the routes, road closures en route to the outings, etc. If you wish to carpool to the event, you can easily find out who else is going so that you can organize your transportation. Remember, it is not the trip leader's responsibility to ensure you have a ride if you wish to carpool.

This is a private meetup site, so non-members do not have access to any information about the events or the participants. To join [meetup.com](http://meetup.com), go to <http://meetup.com/CAC-Outings>. Request to join the group and your request will be sent to **Ernie Castiaux**, who will verify your membership and accept you into the group. Your Outings Committee appreciates your helping us to simplify communications by using this site!

**Renée Hamilton, Outings Committee Co-Chair**  
**Ernie Castiaux, Outings Committee Co-Chair**

## 'TIS THE SEASON FOR GIVING

Lots of people put off making charitable donations until year end. Are you one of them?

The CAC Foundation depends on contributions from the Club's members to fund the grants we give each year to small environmental and conservation groups near our lodges.

We just heard from the Pacific Crest Trail Association, thanking us for helping fund their Tahoe Trail Skills College, which trained 33 volunteers this year. As one participant put it:

"This was my first time out with the PCTA. I was very impressed by the staff, instructors, and level of professionalism."

We want to continue our support of such organizations and with your donations, we can. Please give generously. Make your check out to CACF, Box 2180, Mill Valley CA 94942. Thank you!

**Arlin Weinberger, Chair**  
**Beryl Kay, Mary Cosgrove,**  
**Bruce Friend, Jody Ravel**

*These volunteers learned their skills funded by a CAC Foundation grant.*



# TRAILS

issued monthly by the

## **California Alpine Club**

Founded in 1913 - Incorporated in 1936

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Mill Valley CA 94942-2180

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## on the TRAILS...

Holiday greetings and a big thank you to our CAC Hike Leaders for 2019. Their knowledge of the trails on Mt. Tam, awareness of hikers' abilities, and infinite patience all help to make this program a resounding success.

Pictured left to right: Erik Bodtker (Emeritus), Tim Warden, Robert Freinkel, Richard Boyden, Mark Sapiro, Ellen Burkhart, David Levin, Pete Sager, Jerry Freedman, Alana Koch, Fred Waldman, Jennie Bruyn, Tom Dewey, Graham Forder, Madelyn Misite, Carol Bodtker, Rani Devadasan

Not pictured: Bebe Birnbaum, Margy Eller, Paul McKown, Judy Sager, John Eller, Lynn MacDonald, Pat Ernsberger, Marcia Paulson

**Jennie Bruyn, Coordinator,  
CAC Hiking Activities Program  
Lenora Young, Support**



*Photo Credit: Lenora Young, October 3, 2019*