FEBRUARY
2006

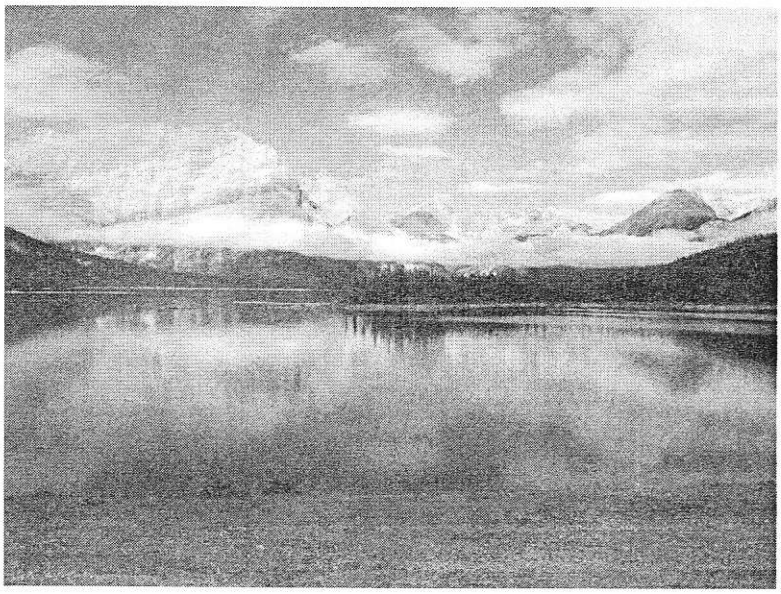
PENWICLE

Peninsula Wilderness Club meets on the second Monday of every month at 7 pm at the Kitsap Unitarian Universalist Fellowship on Perry Avenue in East Bremerton. The public is cordially invited.

Canadian Rockies

Monday, February 13, 7 pm
Presented by: Mark and Gayla Perini

Mark and Gayla Perini have shared a love for the Canadian Rockies ever since their first trip into the backcountry exploring routes to various Canadian Alpine Huts. Although the Cascade Mountains are close, and the Olympic Mountains are closer still, the journey north is well worth the high price of Canadian gas. Their trips have taken them to Jasper, Mt. Robson, Waterton Lakes, Mt. Assiniboine, Lake Louise, Banff, Kananaskis Country, and many other spectacular areas. Their activities in the Canadian Rockies have included hiking, backpacking, flying, lodging in backcountry chalets, and horseback riding. Come enjoy the photographic splendor recorded on their trips since 1992.



Adventure Reading Group

Gayla Perini is starting an adventure reading group. If you are interested in joining, contact Gayla at 360-830-3553.

NordicTrack for Sale

NordicTrack Pro Skier for sale, to make room for exercise bike. Rarely used, excellent condition, asking $270 (half of original price). Contact Nancy Merson, 206-780-2675.

Monthly

MAP: Monthly Activity Planning

Thursday, February 9, 7 pm
Contact: Rick and Vicki Fleming, 360-779-2275

Discuss club business and help schedule outings at the home of Rick and Vicki in Poulsbo.

February Potluck

Friday, February 24, 6:30 pm
Contact: John and Barbara Hager, 360-692-5121

Come visit with fellow PWCers at the home of John and Barbara in Bremerton. Bring an entrée or side dish to share. As hosts, John and Barbara will provide the dessert.

Date	Outing / Meeting	Contact
2/4	Snowshoe Klahhane Ridge	Laura Rightmyer, 360-297-3816
2/4-5	Snow Caves and Igloos at Paradise	Tom Rogers, 360-692-2547
2/5	XC Ski Edith Creek Basin	Doug Savage, 360-698-9774
2/9	MAP: Monthly Activity Planning	Rick & Vicki Fleming, 360-779-2275
2/11	XC Ski Reflection Lake/Lake Louise	John Knott, 360-792-2440
2/11	Climb Preacher Mountain	Kevin Koski, 360-373-7429
2/12	Ski Tyler Peak	Kevin Koski, 360-373-7429
2/13	General Meeting	Tom Rogers, 360-692-2547
2/17-20	Winterfest	Tom Rogers, 360-692-2547
2/24	February Potluck	John & Barbara Hager, 360-692-5121
2/25-26	XC Ski or Snowshoe to Snowbowl Hut	Doug Savage, 360-698-9774
2/25-26	Snow Camp at Snowbowl Hut	Jon DeArman, 360-697-1352
2/26	Ride the Chilly Hilly	http://www.cascade.org
2/26-3/11	Backpack in the Grand Canyon	David Boyde, 360-692-9325

FEBRUARY	S	M	T	W	Th	F	S
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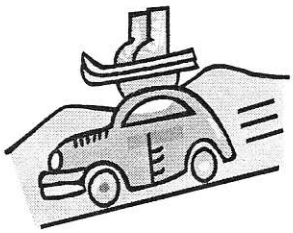
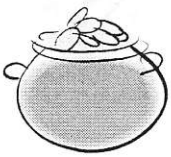




Outings

A Word About Outings

All PWC outings and other activities are open to anyone, but if you enjoy our company and what we do, we would like you to become a member.

The persons sponsoring trips should not be considered instructors or leaders. If you are unsure of your abilities, discuss the trip thoroughly with the organizer. Each participant is responsible for his or her own comfort and safety on any outing. Always carry the 10 essentials.

Pet Policy

Please leave pets at home when attending PWC outings unless the trip is specifically listed as welcoming them.

Please Call Early

As a courtesy to the sponsor of an outing in which you are interested, please try to call at least two days before the trip for single-day outings, and as soon as possible for overnight outings. This allows the sponsor time to make necessary arrangements, or alternate plans should a trip be canceled for some reason. Your consideration will be greatly appreciated.

Snowshoe Klahhane Ridge

Saturday, February 4
Contact: Laura Rightmyer, 360-297-3816

Snowshoe Klahhane Ridge and enjoy the great views! Location subject to change if weather looks questionable.

Snow Caves and Igloos

Saturday, February 4 – Sunday, February 5
Contact: Tom Rogers, 360-692-2547

Learn how to build a snow cave or igloo at Mt. Rainier. You have the option of spending the night in your creation or staying at the inn at Longmire.

XC Ski Edith Creek Basin

Sunday, February 5
Contact: Doug Savage, 360-698-9774

A beginner XC ski to Edith Creek Basin at Paradise.

XC Ski Reflection Lake/Lake Louise

Saturday, February 11
Contact: John Knott, 360-792-2440

Ski from turnout above Narada Falls to Lake Louise (east of Reflection Lakes), about two miles in with an easy grade. For those with advanced telemark skills, there is an option to do an advanced telemark descent from Reflection Lakes, 400 feet down to Lake Louise, across the lake, and then do a short climb to the road to meet the rest of the skiers who will be doing the road route.

Climb Preacher Mountain

Saturday, February 11
Contact: Kevin Koski, 360-373-7429

A sporting bushwhack up Preacher Mountain (5924 feet) in the Cascades. Bring your snowshoes!

Ski Tyler Peak

Sunday, February 12
Contact: Kevin Koski, 360-373-7429

Climb Tyler Peak (6364 feet) in the north Olympics and ski down.

Winterfest 2006

Friday, February 17 - Monday, February 20
Contact: Tom Rogers, 360-692-2547

We have reserved the entire Snoqualmie Lodge for Winterfest 2006. Snoqualmie has great cross country skiing and snowshoeing, discounted lift tickets for the downhill areas, and the lodge provides inner tubes for the groomed tubing slope -- and if there's no snow we can always hike, bike, and party. Sign up now; you don't have to be a Mountaineer! There are sleeping accommodations for 49. Cost will be $70 for the weekend. That includes lodging for Friday, Saturday, and Sunday, breakfast Saturday, Sunday and Monday morning, and dinner Saturday and Sunday evening. You can sign up for individual nights at $20 for Friday and $25 each for Saturday or Sunday, but people attending the whole weekend will get preference if we fill the place up.

XC Ski or Snowshoe to Snowbowl Hut

Saturday, February 25 – Sunday, February 26
Contact: Doug Savage, 360-698-9774

Cross-country ski or snowshoe on the MTTA trails. If you missed the chance to spend the night at Snowbowl Hut, and you aren't interested in snow camping (see trip listed below), this is still a great day trip!

Snow Camp at Snowbowl Hut

Saturday, February 25 – Sunday, February 26
Contact: Jon DeArman, 360-697-1352

Cross-country ski or snowshoe to Snowbowl Hut, then pitch your tent for a night in the snow! Enjoy the camaraderie of the PWCers staying at Snowbowl, and take advantage of the kitchen and outhouse facilities of the hut.

Ride the Chilly Hilly

Sunday, February 26
Contact: www.cascade.org

Cycle 33 miles, with 2675 feet of hill climb, around Bainbridge Island. Hot cider and baked goods are provided. Proceeds help local charities.

Backpack in the Grand Canyon

February 26 - March 11, 2006
Contact: David Boyde, 360-692-9325 or theboyde@aol.com

A 14-day trek through the heart of Grand Canyon, Arizona. The route begins at Grandview Point and descends the Grandview Trail to Horseshoe Mesa, Cave of the Domes and Hance Canyon. We will then continue west on the Tonto Plateau along the Tonto Trail, descending to Bright Angel Campground and Phantom Ranch. The next leg of the journey takes us to Clear Creek and Obi Canyons. We will then head back to Bright Angel. After this, we head up the North Kaibab Trail to Cottonwood Campground, where we will explore various side canyons. The final ascent out of Grand Canyon is via the Bright Angel Trail.

Ski Blue Mountain

Saturday, March 4 – Sunday, March 5
Contact: Kevin Koski, 360-373-7429

Ski Blue Mountain (6007 feet) in the north Olympics.

Avalanche Awareness/Rescue Training

Saturday, March 11
Contact: Pam Sargent, 360-697-5545

Location TBD. Learn how to use an avalanche beacon. A mandatory indoor training session will take place on a weeknight before this outdoor session.

XC Ski or Snowshoe to High Hut

Saturday, March 18 – Sunday, March 19
Contact: Doug Savage, 360-698-9774

Cross-country ski or snowshoe on the MTTA trails. If you missed the chance to spend the night at High Hut, this is still a great day trip!

Ice Axe Refresher at Mt. Ellinor

Saturday, March 25
Contact: Doug Savage, 360-698-9774

Do a short climb to the summit of Mt. Ellinor, then glissade down the chute, using your ice axe to arrest.

Climb Mt. Hood

Friday, March 31 - Sunday, April 2
Contact: Doug Savage, 360-698-9774

Climb Mt. Hood. In case of inclement weather, alternate dates are the weekends of April 7-9 and April 14-16.

Olympic Coastal Cleanup

Saturday, April 22 - Sunday, April 23
Contact: Jan Klippert, JPKlippert@aol.com, 206-364-2689

Join hundreds of volunteers who will be collecting and removing marine debris from Washington coast beaches. For details, check out the website olympiccoastcleanup.us or contact Jan Klippert.

Ski Elfin Lakes

Friday, April 21 – Sunday, April 23
Contact: Greg Myrick, 360-297-2775

An intermediate/advanced hut skiing trip in Garibaldi Provincial Park, British Columbia.

Ski Ruth Mountain in a Dress

Friday, May 12 – Sunday, May 14
Contact: Kevin Koski, 360-373-7429

Celebrate Mother's Day by skiing Ruth Mountain in a dress!

Bivouac at Anvil Rock

Saturday, June 3 - Sunday, June 4
Contact: John Knott, 360-792-2440

Bivouac at Anvil Rock below Camp Muir and ski or walk down the next day.

Relay for Life

Saturday, June 24 – Sunday, June 25
Contact: Bethany Cecere, 360-377-2408

Participate in a 24-hour walking relay to raise money for the American Cancer Society. A planning meeting will be held March 13 at 6 pm, before the PWC general meeting.

Ross Lake Cabin

Saturday, June 24 – Sunday, June 25
Contact: Gayla Perini, 360-830-3553

Enjoy the weekend at Gayla's cabin at Ross Lake in the north Cascades.

Climb Mt. Rainier

Thursday, July 13 - Saturday, July 15
Contact: Doug Savage, 360-698-9774

Climb Mt. Rainier. Contact Doug for details.

Ride the Courage Classic

Saturday, August 5 - Monday, August 7
Contact: Pam Sargent, 360-697-5545

A challenging bicycle tour to support the Rotary Endowment for the Intervention and Prevention of Child Abuse and Neglect. www.courageclassic.com

Backpack Upper Lena Lake to First Divide

Sunday, August 13 - Saturday, August 19
Contact: John Knott, 360-792-2440

Traverse from Upper Lena Lake to First Divide via St. Peter's Gate, Lake of the Angels, Hagen Lakes and Elk Basin.

Tweedsmuir Provincial Park Adventure

August 2006
Contact: Kevin Koski, 360-373-7429

Kayak, canoe, hike, and climb in Tweedsmuir Provincial Park in British Columbia.

Hiking the Appalachian Trail

Introductory Note by Tom Banks

On September 26, 2005, Marvin Venable and I began a 7½ week journey on the Appalachian Trail (AT). I met Marvin in May 2004 while I was in the middle of my AT hike through Vermont and New Hampshire. Marvin, 20 years my senior, had already covered several hundred miles hiking north, solo, from Delaware Water Gap near the Pennsylvania/New Jersey border. After meeting in central Vermont, our hikes coincided for 10 days. We hit it off well enough to keep in contact and decide to plan another section of the AT together, this time walking southbound from Harpers Ferry, West Virginia. We benefited from the mild weather that is the hallmark of autumn. Temperatures started off with upper 70s and ended around 10 degrees. We usually stayed overnight in the free backcountry shelters found at frequent intervals along the Appalachian Trail (AT). We also tented, and variously stayed in hammocks, hostels, motels, private homes, and bed and breakfast establishments not far from the trail route. Such is the way of AT hiking. We proceeded at a moderate pace, usually walking about 12 miles a day, with a low of 3 miles per day and a high of 21. We took a rest, shower, and resupply day about once a week, and sometimes took several days off in a row. We covered close to 500 miles in 7½ weeks, ending near the southern border of Virginia in the town of Damascus.

For me, hiking the AT is an unparalleled joy, and in spite of the occasional and unavoidable ache, pain, or complaint, is a "gift that keeps on giving." The rhythm of hiking sets in after a very few days, and taking care of one's daily desires for food, water, shelter and scenery leave little room for care about other matters. Conversations with self, one's hiking partner, other hikers, and town folk, fill the hours quite nicely. Hiking 1½ to 2½ miles per hour leaves plenty of time for all that. For me, it's 800 miles down, about 1375 miles to go. A work in progress: I like that.

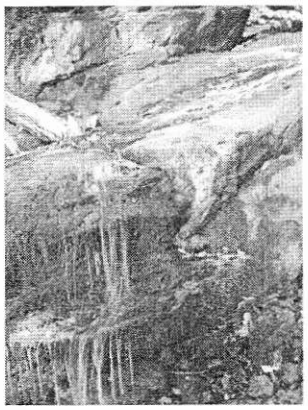
Marvin's journal, excerpted below, tells some stories of the journey. Enjoy.

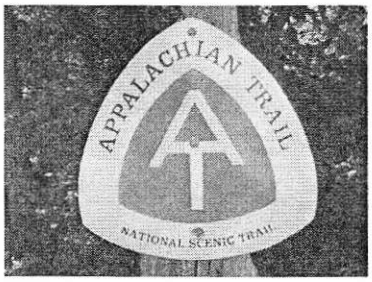
Fri/Sat, Oct. 28-29. I purchased a new sleeping bag in Daleville, but after one night in it at the Lambert Meadows shelter, I knew I had made a mistake--I froze my buns off. The next day I walked out onto Route 311 and hitched a ride back to Daleville and returned the bag to the outfitter, Outdoor Trails. Mark Futrell, the owner, helped me select another, warmer bag and after sleeping in it one night in below freezing temperatures, I was beyond satisfied: the Western Mountaineering Alpine Lite bag is a 6'6" long, 900-fill down, 20-degree bag that cost me more than some cars I've owned, but it keeps me warm--so be it. I'm happy. My other cold weather bags are destined for grand kids or eBay.

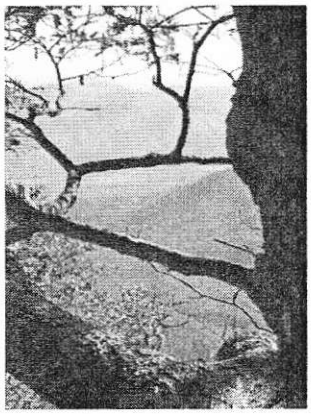
The last two days were serene hiking days. Walking alone at my own pace with no schedule to keep was very relaxing. I camped out under my tarp for two nights which added to my feeling of being apart from convention. Friday night I camped by a beautiful stream and spent the night warm and toasty in my new bag.

Saturday morning I walked a short distance off the trail to get some groceries and to make phone calls (no cell signal, but pay phone was available). One of the calls was to Tom's voice mail. I left my itinerary with him in case he decides to get back on the trail. Afterward, I lingered in the grocery store drinking coffee, and I did not resume hiking until noon. It was late afternoon when I walked into the Pickle Branch shelter where I found 7-8 college boys camped there for the weekend. I had no desire to bunk with them in a 6-man shelter, and I retraced my steps until I found a soft level spot to pitch my tarp. I'm writing this section while lying on a nice cushion of leaves under my sleeping pad, cozy as I can be in my new Tiffany bag. Life is good.

[Editor's Note: Marvin, trail name Bearmeat, posted his journal online. To read his blog and see pictures, go to http://morningbird.typepad.com/bearmeat/]







Photos courtesy of Marvin Venable

Recipe Corner

Tom's High Mileage Rotini

Contributed by Tom Rogers

When I'm thru-hiking one of the long trails and making 20+ mile days, I need dinners that provide complex carbohydrates for tomorrow's fuel, and protein to repair today's damage. They must have a high calorie to weight ratio, require only a few cups of water to hydrate and cook, and give me a sense of satisfied fullness after I'm done. Finally, they must be storable for up to several months in a resupply box in the back room of a backcountry post office, and be compact and tough enough to be squashed into a food bag for several more days on trail. Oh, and they have to taste good!

My pasta of choice on trail is rotini. The shape is compact and strong, so a meal-sized bag doesn't take up too much volume, and it's essentially non-crushable. It has a high surface area to volume ratio, so it cooks as fast as spaghetti. It has lots of complex carbohydrates. And the spiral shape holds lots of sauce and won't stick to the pot.

I dehydrate my sauce into a leather before the trip. I use a generic (cheap) meat sauce, and add lots of spices and parmesan cheese for flavor prior to dehydrating. 13 ounces of sauce dehydrates to 2 ounces of leather (one trail serving).

For protein, I cut up a few sticks of my homemade jerky and add it to the pot. To balance my nutrients and provide some good fat, I also add up to an ounce of olive oil.

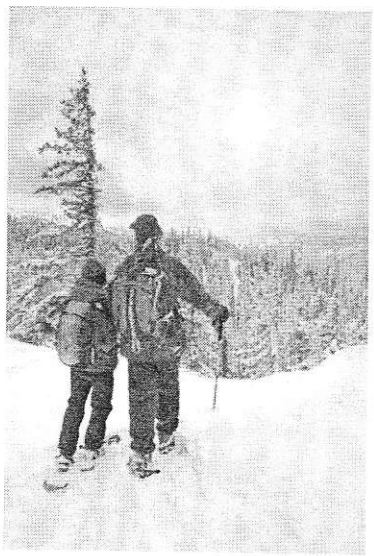
Preparation is easy. Put a little over two cups of water in the pot and start heating it up. Rip up the sauce leather and add it immediately. Add the jerky as well. The sauce and jerky will rehydrate as the water heats to boiling. Once the water is hot, add five ounces of pasta and the olive oil, and turn down the flame. Simmer, stirring occasionally. You need a stove that will simmer. I use a Snowpeak cartridge and it simmers with a flame you can hardly see. After about eight minutes, turn off the stove and let the pasta continue to cook covered, until it has cooled enough to eat. It should be just past al dente and the sauce will be quite rich and thick (since the pasta has absorbed a lot of the water).

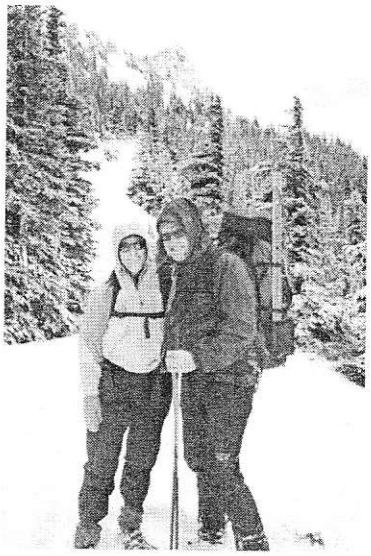
Voila, a nutritious 1000+ calorie entrée, rich in carbs, protein, and fat.

Enjoy with your favorite beverage and clean the pot with a piece of plain bagel.

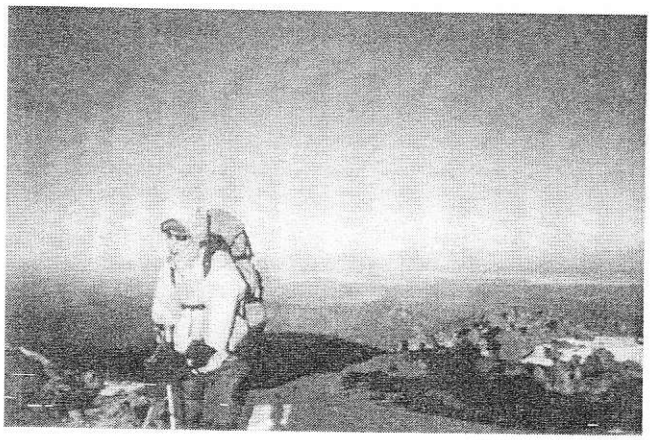
Photos

Photos from the trip to Steeple Rock on January 8, courtesy of Don Paulson





Mt. Townsend, courtesy of Maria McGuire



Club News

PWC Welcomes New Members...
James Lee and Maria Cook.

January Door Prize Winner
At the January meeting, Gail Gross won a monocular.

Jon's Minute
Thanks to Jon DeArman for talking about yo-yo packs at the January meeting.

Thanks for the Treats!
Thanks to everyone that brought goodies to the January meeting. Contact Doug Savage @ 360-698-9774 if you would like to bring snacks to the next meeting.

We Need You!
Each month the club's MAP meeting and potluck dinner are in need of volunteer hosts willing to share their home for an evening. If you can handle a small home invasion, please contact the club secretary, Gayla Perini, at 360-830-3553.

Sponsor an Outing
We are always looking for people to sponsor outings for the PWC. If you are planning a trip, let us know about it! Come to the MAP meeting the Thursday before the General Meeting to discuss your plan for a trip. You can submit trip descriptions to the PENWICLE by contacting Erin Hennings at penwicle@hotmail.com or 360-621-6961. Planning a last minute outing? No problem - post your trip on the PWC website by filling out the form at http://www.pwckitsap.org/

Trip Reports Wanted
Do you have a great story to share about a recent trip? Erin Hennings is looking for trip reports to print in the PENWICLE. Please send trip reports and photos to Erin at penwicle@hotmail.com

Recipes Wanted
Send your favorite recipes for backpacking, day trips and après ski to Erin at penwicle@hotmail.com

Scrapbook Photos Wanted
Bethany Cecere, our Scrapbook Editor, is looking for photos of PWC activities. Please include your name, details of the trip (date and location), people and places in the pictures and whether you need the pictures back. Electronic photos are welcome, too. Contact Bethany Cecere, 360-377-2408, bethany.cecere@comcast.net

Update Your Email Address
Does the PWC have your current email address? If not, contact Vicki Fleming, Membership Coordinator, to update your email address and other contact information. Vicki can be reached at 360-779-2275 or two.marmots@comcast.net

Club Business

Joining the PWC or Membership Renewal
The PWC General Meeting is held the second Monday of each month, 7 pm, at the Kitsap Unitarian Universalist Fellowship in East Bremerton. To join or renew, please see form on back of newsletter. Receive a discount on select merchandise or services at the following businesses with your PWC membership, but check with vendor for details:

- Olympic Outdoor Center, Poulsbo
- Vertical World Climbing Gym, Bremerton
- Silverdale Cyclery, Silverdale
- Commander's Beach House Bed and Breakfast, Port Townsend
- Ajax Café, Port Hadlock

New members will receive a membership card with their New Membership packet. All members can pick up a card at the monthly meeting.

Address Changes and Member Address-Phone List
Address changes should be sent to Vicki Fleming at Peninsula Wilderness Club, P.O. Box 323, Bremerton, WA 98337-0070, email or two.marmots@comcast.net, or call 360-779-2275. Members should also contact Vicki if they wish to receive a new membership directory.

PENWICLE Submissions
Submissions to the PENWICLE must be received by the Friday after the General Meeting to insure a place in the next issue. Contact Erin Hennings at penwicle@hotmail.com or 360-621-6961.

PWC Online...www.pwckitsap.org
Please contact Venita Goodrich at 360-698-9774 for inquiries regarding the PWC website. Submissions to the editor of the PENWICLE will be sent to the website, unless requested otherwise.

Officers & Staff

President:	Tom Rogers	360-692-2547
Vice President:	Greg Myrick	360-297-2775
Secretary:	Gayla Perini	360-830-3553
Treasurer:	Jill Hawes	360-275-5402
Board of Directors:	Barbara Hager	360-692-5121
	Tom Leurquin	206-842-5906
	Dean Huffman	360-307-7280
Entertainment:	Joe Weigel	360-871-0291
Events:	Greg Myrick	360-297-2775
Refreshments:	Doug Savage	360-698-9774
Scrapbook:	Bethany Cecere	360-377-2408
Membership Coordinator:	Vicki Fleming	360-779-2275
Website Editor:	Venita Goodrich	360-698-9774
Penwicle Editor:	Erin Hennings	360-621-6961
Penwicle Proofreader:	Steve Dikowski	360-692-8386

PWC **Join or Renew Membership** PWC

The Peninsula Wilderness Club is an informal organization for persons interested in active outdoor pursuits. Main activities include hiking, backpacking, mountain climbing, rock climbing, and skiing. All outings, from casual hikes to technical mountain sports, are initiated by individual members. These members are volunteers who generously offer to make minimal arrangements so an outing can take place. They do not accept responsibility for the safety or care of any participant. The PWC does not conduct instructional programs and members are expected to have whatever clothing, equipment, skills, and physical conditioning are appropriate for the outing they wish to join. Members are expected to practice responsible environmental stewardship and must accept that there are dangers and a risk of injury in most outdoor activities.

Dues are $25 per household per year. Send a check or money order to:
Peninsula Wilderness Club, P.O. Box 323, Bremerton, WA 98337-0070

Please check if: New Member(s) ☐ Renewing Member(s) ☐ Change of Address ☐

Name(s): _____

Mailing Address: _____

City, State, Zip: _____

Telephone: _____ E-mail: _____

(Please print clearly)

☐ Check here if you wish to receive the newsletter as an Adobe PDF document by e-mail **instead of** a printed copy.

☐ Check here if you **do not** wish any information to be included in the list distributed to members.

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