# SEPTEMBER 2006

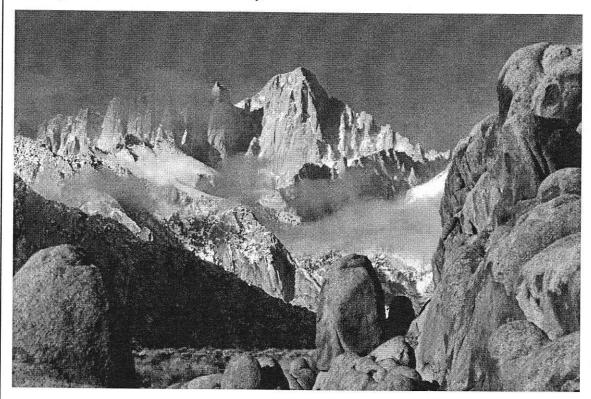


# From Yosemite to the Owens Valley: a Look at Sierra Nevada Natural History, Geology, Hiking and Climbing

Monday, September 11, 7 pm Presented by: Tom Campbell

This will be a 40-minute presentation of mountains, rocks, plants, birds, trails and climbs. Beginning with the Sierra foothills near Yosemite Valley, we will move east and take a quick look at some of the features that attract people to these mountains. The John Muir trail begins in Tuolumne Meadows, where John Muir once wrote: "In general views, all the immense round landscape seems raw and lifeless as a quarry, yet the most charming flowers were found rejoicing in countless nooks and garden-like patches everywhere."

Tom Campbell is a retired professor of biology and is not likely to return to California unless it involves visiting the High Sierra. The photo is a view of Mt. Whitney in the background and Alabama Hills in the foreground, taken from the Owens Valley.



# Fire Update

The Bear Gulch fire north of Lake Cushman continues to burn. Party Rock, Staircase, North Fork Skokomish River, Wagon Wheel, Staircase Rapids, Dry Creek and Mount Rose trails are closed. The Mount Ellinor trail is smoky and is not recommended for hikers. If you are planning a trip to this area, be sure to check for road and trail closures. For current information, including a web cam, go to http://www.fs.fed.us/r6/olympic/

## **PWC Officer & Board Elections**

At the September General Meeting, nominations will be accepted for PWC Officers and Board of Directors. Elections will be held at the October General Meeting. Positions include: President, Vice President, Secretary, Treasurer, and three members for the Board of Directors. If you are interested in filling a position, feel free to contact a current officer to learn more about their duties.

## **New Membership Coordinator**

Barbara Hager is taking over as our new Membership Coordinator. Barbara replaces Vicki Fleming, who served in the position for four years. Barbara can be reached by email at greenthumb@telebyte. com, or you can call her at 360-692-5121. Thanks to Vicki for her service, and thanks to Barbara for taking on her new duties!

## MAP: Monthly Activity Planning

Thursday, September 7, 7 pm

Contact: Venita Goodrich, 360-698-9774

Discuss club business and help schedule outings at Venita's house in Bremerton.

<u>Date</u> Various	Outing / Meeting Climb at Mission Creek Canyon
9/1-4	Backpack Goat Rocks Wilderness
9/7	MAP: Monthly Activity Planning
9/9-10	Backpack to Heather Creek
9/11	General Meeting
9/16	Hike Lower Dungeness Trail
9/20	Climb Mt. St. Helens
9/22	September Potluck
9/23	Hike Iron Goat Trail
9/24	Climb Mt. Muller

## September Potluck

Friday, September 22, 6:30 pm

Contact: Kevin & Gail Gross, 360-307-9022

Visit with fellow PWCers at Kevin & Gail's home in Bremerton. Bring an entrée or side dish to share. As hosts, Kevin & Gail will provide the dessert.

#### Contact

Dale Boyle, dboyle@web-o.net

Joan Edwards, 360-509-5297, or Barney

Bernhard, 360-479-3679

Venita Goodrich, 360-698-9774

Venita Goodrich, 360-698-9774

Tom Rogers, 360-692-2547

Dean Huffman, 360-779-6393

Doug Savage, 360-698-9774

Kevin & Gail Gross, 360-307-9022

Barney Bernhard, 360-479-3679, or John

& Barbara Hager, 360-692-5121

Doug Savage, 360-698-9774

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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.

## Climb at Mission Creek Canyon

Various Dates

Contact: Dale Boyle, dboyle@web-o.net

We will be climbing in Mission Creek Canyon (near Cashmere, WA) starting in early May and continuing until the rains start (late Sept - early Oct.) with the goal of finishing the field work necessary to begin producing a guide of the area. Naturally, we will be focused on new routes, but this does not exclude beginners or climbers of limited experience. Hiking to the routes usually is on the order of 10 minutes. This could be the last season before the first edition of the guide. I believe there will be more than one edition, but the next one will be quite a few years in the future. Due to my somewhat irregular work schedule at the hospital, I generally notify climbers that want to play in the canyon via e-mail as much in advance as I can. If you want to be on this climbers e-mail list, please zap me a note. I encourage those that are not interested in the structured nature of the fieldwork to try out the Canyon on your own. It is roughly 8 miles long with something for everyone (including single track bike riders). Blueberry pancakes are usually provided for those camping near us on Sunday morning. We usually camp just across from Powder Monkey Slab on Friday night.

#### Getting to Mission Creek Canyon:

Drive to Cashmere, WA, which is located off Highway 2 between Leavenworth and Wenatchee. Cashmere has three exits from the highway, two of which have traffic lights. You want the middle exit, which is controlled by the west light: Aplets Way. (The east-most exit and traffic light has services: gas, groceries, fast food, etc.) Follow Aplets Way straight through town until it turns right (Note: just south of the RR tracks the name changes to Division St. on the signs). Follow the right turn. On your right is Vale Elementary school. At the end of the school (before the bridge), find Mission Creek Road on the left (south).

Follow Mission Creek Road until it "T"s with Binder Road. Go right (west) and find Mission Creek Road again on your left (south) in about a block. Follow Mission Creek Road until the "T" at the end of the blacktop (7.2 miles from Highway 2). Turn left (east) on dirt road. Forest Service controlled land begins in 0.4 miles (sign on right about care with campfires). Contact Dale for a detailed description of the climbing area.

## **Backpack Goat Rocks Wilderness**

Friday, September 1 - Monday, September 4 Contact: Joan Edwards, 360-509-5297, and Barney Bernhard, 360-479-3679

Hike the 13-mile Goat Ridge Loop with 1900 feet of elevation gain (21 miles south of Packwood). Spend Thursday night near Packwood. Hike in through Snowgrass on Friday and Saturday. Optional side trips on Sunday to Cispus Basin or Elk Pass and/or Goat Lake. Hike out Monday.



## **Backpack to Heather Creek**

Saturday, September 9 - Sunday, September 10 Contact: Venita Goodrich, 360-698-9774

Join Venita for an easy to moderate overnight hike to Heather Creek, a tributary of the Dungeness River. The hike in is about 4 miles, with 700 feet of elevation. Side trips to the end of trail (at the base of Mt. Mystery and Mt. Fricaba), to the eastern slopes of Royal Basin, or to Boulder Shelter are possibilities.

# **Hike Lower Dungeness Trail**

Saturday, September 16

Contact: Dean Huffman, 360-779-6393

This is a dog-friendly hike on the "trail of surprises." This hike will be 5.8 miles if someone parks at the other end of the trail, or 11.6 miles out and back, with 800 feet of elevation gain. Meet at the Port Townsend Visitors' Center at 8 am.

#### Climb Mt. St. Helens

Wednesday, September 20 Contact: Doug Savage, 360-698-9774

Mt. St. Helens is open for climbing! Avoid the crowds by joining Doug for a weekday hike. Spend Tuesday night car camping, then climb on Wednesday. We'll climb via the Monitor Ridge Route, the most popular route, which gains 4500 feet of elevation in 5 miles. The crater rim is at 8365 feet.

# **Outings**

#### Hike Iron Goat Trail

Saturday, September 23

Contact: Barney Bernhard, 360-479-3679, or John & Barbara

Hager, 360-692-5121

This popular, very well maintained trail follows the 2% rail-road grade of the Great Northern Railway. The hike exposes the rich history where man and nature collided, producing the largest avalanche disaster in North American history. Reader board displays along the trail show the engineering challenges of the northern-most cross-continental rail line during its time. The 6-mile key exchange hike is wheelchair accessible. Note: The hiker looking for greater mileage distance has the option of hiking the full 12 miles.

#### Climb Mt. Muller

Sunday, September 24

Contact: Doug Savage, 360-698-9774

Hike a 13-mile loop with 2750 feet of elevation gain. Enjoy the views from the summit of Mt. Muller and Panorama Point.

## Rock Climbing at Exit 38

Friday, October 6

Contact: Tom Campbell, 360-297-0031,

tomrcampbell@gmail.com

Sport climbing in the Snoqualmie area east of Seattle. We will seek the moderate 5.5 to 5.10 climbs, but there are lots of harder ones if desired. We can carpool from Bainbridge or Bremerton.



## **Rock Climbing at Peshastin Pinnacles**

Friday, October 6 - Monday, October 9 Contact: Bill Boileau, 360-981-8975

Spend the days climbing Peshastin Pinnacles and the evenings enjoying Oktoberfest in Leavenworth. Camp at Wenatchee County Park. Come for the extended weekend, or just for a day.

#### Hike Moose Lake/Grand Pass

Saturday, October 7

Contact: Tom Leurquin, 206-842-5906

The fall colors should be out for this beautiful hike that has something for everyone: ridgeline hiking, alpine lakes, and forest. I may turn this into a backpack, since this is such a beautiful area and the full moon is on Saturday. The Moose Lake hike is 8.2 miles roundtrip and 1500 feet of elevation gain. Extending this to Grand Pass would make it 11 miles and 3000 feet of elevation gain.

## Car Camping at Fort Flagler

Saturday, October 7 - Monday, October 9 Contact: Joe & Kathy Weigel, 360-479-5116

Come spend the night or come up Saturday for a walk on the beach and exploration of old gun emplacements & bunkers. Bring a flashlight or headlamp!! Camping is first come, first served. No reservations.

## Natural History Hike at Mt. Zion

Sunday, October 8

Contact: Tom Campbell, 360-297-0031,

tomrcampbell@gmail.com

Tree identification will be the main emphasis, and we'll also identify some dominant shrubs and ferns. Bring binoculars if desired. We will hopefully identify some birds—both residents and fall migrants. Slow pace will be necessary.



## Climb Mt. Beljica

Saturday, October 14

Contact: Jill Hawes, 360-275-5402

Enjoy the fall colors of Mt. Rainier & peer into the crevasses of the Tahoma Glacier from Mt. Beljica, elevation 5478 feet. This is a 4-mile roundtrip hike with an elevation gain of 1300 feet. We'll continue on to Gobblers Knob another 1.5 miles and eat somewhere good on the journey home. Check out Green Trails map Mt. Rainier West #269 to see where we'll be.

# Hike Klahhane Ridge/PJ Lake

Saturday, October 21

Contact: Tom Leurquin, 206-842-5906

This is a double-header hike--it's World Series time, so "let's hike two!" Klahhane Ridge is 4.6 miles and 2050 feet of elevation gain and PJ Lake is 1.8 miles and 900 feet of elevation gain. Come for one or both.

#### MTTA Annual Fall Gala

Saturday, November 4, 2-6 pm

Contact: Erin Hennings, 360-621-6961

Mount Tahoma Trails Association has North America's largest no-fee, hut-to-hut trail system. MTTA begins accepting reservations for the winter season at the Gala, and by the end of the afternoon, nearly all the weekend reservations are taken. Last year, the PWC was able to reserve three weekends in the huts, thanks to PWC members who attended the Gala. If you are interested in skiing or snowshoeing the MTTA trails this winter, join us for the Gala at the Seattle REI. Attendees get first picks on the weekends the PWC reserves. For more information, go to http://www.skimtta.com/

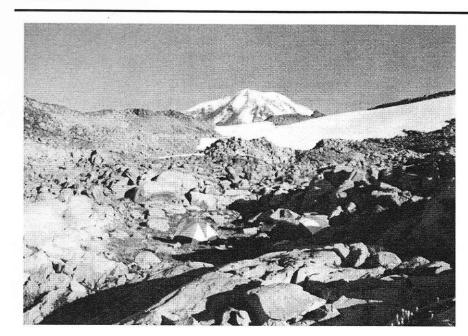
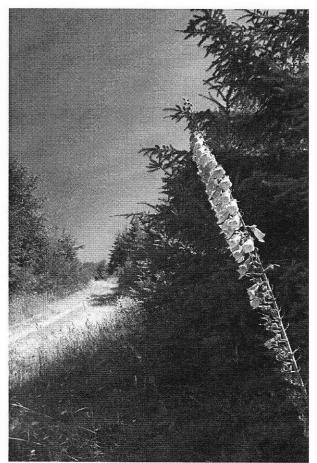
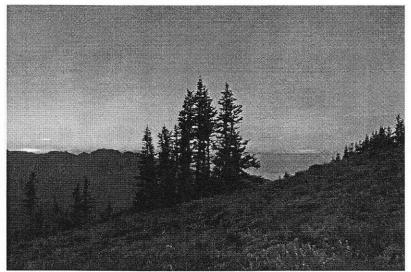


Photo courtesy of Emily Grice

Photos courtesy of Jon DeArman







#### Mount Elbrus: Second of Seven Summits

Submitted by Dan Froese

During every climb, one seems to meet climbers who love to talk about their exploits of other climbs, peaks and expeditions they've been on. Mount Kilimanjaro was no different. What was different was that peak is one of the seven summits. That club needs little introduction. In 1985, Dick Bass became the first person to scale the highest peak of each continent. With that, a new standard of achievement was born. To this date, more people have climbed Mount Everest than completed the seven summits. During the fall of 2003, Bob Dormaier and I linked up to climb Kilimanjaro, my quest for the highest peak in Africa, my home continent. While at the mid-camp at 13,000 feet, I ran into the leader of a Venezuelan team. He had completed six summits to date and this would be his seventh. I had never heard of the concept and so after he filled me in, I returned to do some research and read Dick Bass' account. That is when I heard of Mount Elbrus. I had long wanted to visit Russia and felt an opportunity existed here to bag another major world peak at the same time. By now, Bob and I had become a regular climbing team with Kilimanjaro, Orizaba and Ararat all behind us in addition to several local climbs. When the topic came up, it didn't take him long to have the sign made up: "ELBRUS 06."

After ensuring a good level of fitness with several local climbs, we felt prepared for this 18,500-foot peak. At the end of June, we boarded a flight for New York and then left for Moscow with Aeroflot, fortunately in a 767. That was the end of comfort. Arriving in Moscow brought us to a different world. This is a huge city of 10 million people that initially felt very European. However, everything was falling apart. Buildings and cars were all dilapidated. Nothing was being maintained. I was amazed that the coal plants providing electricity for the city were working. Our hotel at least had a flush toilet; from then on,

it was a hole in the ground and aim carefully. After unpacking, we took the metro to Red Square and stood where previously, tanks and rockets had paraded before the Politburo standing on Lenin's tomb. Within sight of St. Basil's Cathedral and its colorful domes stands a McDonald's. What change has occurred.

The following morning the adventure began. Once again, we flew with Aeroflot to Mineral Vody in the southern Caucasus. The difference now was a Tupoley TU-134, not a Boeing. A hole in the ceiling allowed one to see wiring within the fuselage. Nothing on the console above worked. When the three-hour flight ended with a fast and heavy landing, all the occupants clapped. I imagine they were as relieved to land safely as I was. Our greeting party included Yuri, our lead guide for the entire trip. The group starting to assemble would eventually number 12 with climbers from the US, Canada, Norway, the former East Germany and England. We all squeezed into a van and drove four hours to the town of Cheget at 8800 feet. The air was noticeably thinner with both heart rate and breathing quickening. After settling into the "hotel," we got to meet the entire team, eat and get some sleep. The following day started the process of acclimatization with a chair lift ride and then hike to 12,000 feet and the summit of Mount Cheget. Across the valley was the independent state of Georgia just to our south. With Chechnya not far away, they kept a close watch on us. On our journey in, we had to register with the local police in this "sensitive" area. Army patrols were evident and anti-aircraft guns still placed within the valley.

(continued on page 7)



# Trip Report

(continued from page 6)

European climbing is a little different as we found the next day. Rather than carrying our heavy packs to base camp, we took a series of three chair lifts from Cheget to "The Barrels" at 12,000 feet. Here stood six huge barrels, each housing six climbers. In addition, there was a kitchen/dining area and the expected hole-in-the-floor toilet. After enduring one session in the latter, we commandeered a five-liter "pee-bottle" to avoid a visit during the night. The barrels were great in providing shelter and warmth during the nightly storms. Our cook, Vera, was phenomenal in keeping the entire camp well-fed and happy. On summit day, she was up at 3 am ladling out porridge, her prescription for summit success. Once we had settled in, Yuri took us for another "hike" to the Rocks Pastuhova at 15,000 feet.

The following day was our rest day, so what did we do? Well yes, we went hiking again, this time to the Diesel Huts with a mere 1500 foot gain to practice ice axe arrest and prove to the now four guides that we knew what we were doing. So far this year 12 people had died on the mountain from either exposure or falls. They obviously didn't want us included in that figure. Once again, Russian climbing was a little different. There was no mountain rescue. Here it was called mountain retrieval; of the bodies that is. The rest of the day was spent relaxing and during the evening meal, the guides outlined the following day. As we had already climbed to 15,000 feet, we all elected to hire a snow cat to take us back to that level. With such a short acclimatization period and a potential 6500-foot summit day at altitude, we felt that was excessive and would significantly lessen our chance of summit success. That proved to be a very good decision.

The alarms set for 2 am went off far too early, but by 3 am we had dressed, eaten and boarded the snow cat. During the 45-minute ride up I was amazed at our good fortune with the weather. The entire week had been cloudy with rain or snow each night. As I looked up, I could only see stars. Accordingly, the cold was intense despite multiple layers including down. The long trudge started by 4 am. Those climbers will know well the step, breathe, step routine, and that continued on upwards in the dark. I lost sensation of all my toes within 30 minutes despite plastic boots. Fingers would tolerate very little time out of the gloves. Fortunately, the sun came up with orange streaking across the horizon and below us vast mountains and glaciers; a photographer's dream. As the ascent continued, it went from one step and one breath to one step and two breaths. Finally, we broached the Saddle at 17,000 feet for rest, hydration and M&M's. The Saddle lies between West and East Summits with the former being the higher by 20 feet so that is where we headed. Once again, the ascent, the rest step and the climbing mantra as the body started to tire. Bob, ahead of me, was enjoying Boston on his MP3. I already have one ordered for the next trip.

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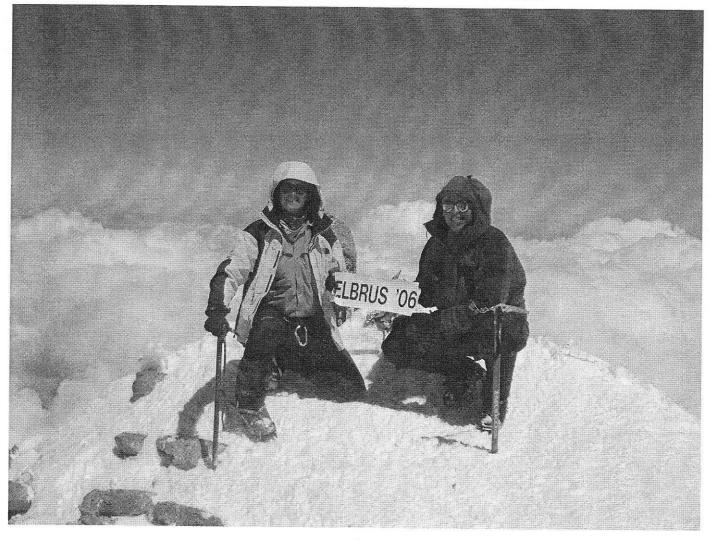
# Trip Report

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From the Saddle, the ascent occurred diagonally across the north face of the West Summit at a fairly steep angle. This is where the mind takes over and tells the legs to keep pushing. As we crested a short plateau and saw the summit block ahead of us, all the pain seemed to vanish. Bob and I both stood on the summit at 11:30 am and, as usual, all the training and preparation was worth it. We had our second summit; the date was July 4th. The "ELBRUS 06" sign was unfurled and as the pictures snapped, we started talking about Aconcagua, that being the 22,300-foot high peak of South America. We are looking to mount an expedition there in January of 2008, hopefully for our third summit. Several of the team already had that peak and, as on Kilimanjaro, information was shared about outfitters and guide services to help us plan. One of our team members was particularly interesting: Daniel Griffiths, a 55-year-old guide from British Columbia. He had already completed Everest and Denali in the last month, and with Elbrus behind him, still had four summits to go for a new record of all seven inside of six months. We wish him good luck in this endeavor.

The down climb was anti-climactic but the beds, warm food and coffee went down like a charm. I was most pleased to feel my toes again by the "Rocks" and happy to see them still pink at base camp. The following day we took the cable cars back down to where the air felt thick again and the heart slowed. That evening we received our certificates for the highest peak in Europe during a raucous party with the team and guides. We had booked our trip with Pilgrim Tours in Moscow and they pulled off the entire trip, which involved a lot of paperwork, without a hitch. Every aspect of the trip: the transportation, food, guides and accommodation were excellent. One had to remember that this was truly a Third World country; this is what overseas expeditions are all about.

The trip home was long but after surviving another Aeroflot flight, only tiring. After 24 hours of travel, we arrived back at SeaTac at 2:30 am Sunday to relieved families. Once again, I would like to thank Bob Dormaier for being such a stellar travel and climbing companion. His wife, Melanie, also deserves a special thanks for letting him make this trip over the holiday week. My fiancée, Karlene, has been especially supportive of this quest and to her I am deeply grateful. Now that I'm home it is back to the computer to start searching for the guides up Aconcagua and the perpetual conditioning for the high peaks of the world. Next year we are planning a trip to Iran and Mount Damanvand, the highest peak in the Middle East. With the tension between Israel and Lebanon, we'll see if that one gets pulled off. I'll let you know in the Penwicle.



## Club News

#### **Door Prize Winner**

At the August meeting, Megan Thompson won a Dromlite hydration system.

#### Meeting Refreshments

Thanks to everyone who brought treats to the August 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 lastminute outing? No problem - post your trip on the PWC website by filling out the form at http://www.pwckitsap.org/

#### **Trip Reports & Photos 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. Trip reports can be all text, all photos, or any combination of the two. There are no length requirements. Please send trip reports and photos 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, 360-243-8533, bethany.cecere@comcast.net

#### **Update Your Email Address**

Does the PWC have your current email address? If not, contact Barbara Hager, Membership Coordinator, to update your email address and other contact information. Barbara can be reached at 360-692-5121 or greenthumb@telebyte.com



#### 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
- Kitsap Sports, Silverdale
- Poulsbo Running, Poulsbo (NEW!)

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 Barbara Hager at Peninsula Wilderness Club, P.O. Box 323, Bremerton, WA 98337-0070, or email greenthumb@telebyte.com, or call 360-692-5121. Members should also contact Barbara 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 Rogers360-692-2547
Vice President:	Greg Myrick360-297-2775
Secretary:	Gayla Perini360-830-3553
Treasurer:	Jill Hawes360-275-5402
Board of Directors:	Barbara Hager 360-692-5121
	Tom Leurquin206-842-5906
	Dean Huffman 360-779-6393
Entertainment:	Joe Weigel360-479-5116
Events:	Greg Myrick360-297-2775
Refreshments:	Doug Savage 360-698-9774
Scrapbook:	Bethany Cecere 360-243-8533
Membership Coordinator:	Barbara Hager 360-692-5121
Website Editor:	Venita Goodrich360-698-9774
Penwicle Editor:	Erin Hennings 360-621-6961
Penwicle Proofreader:	Steve Dikowski 360-692-8386

PWC	Join or Renew Membership	PWC
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Peninsul P.O. Box Bremertor