

MARCH
2007

PEENWICKE

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.

Rails to Trails: A Ride Back in Time

Monday, March 12, 7 pm

Presented by: Karl Erickson & Gary McFarland

Join us as we recount our memorable mountain bike ride linking the old railroad grades from Kingston, WA, to the Montana border. Having ridden the smooth and hard-packed rails-to-trails routes on the western side of the Cascade Mountains, we anticipated the whole route to be a comfortable and leisurely ride along many miles of scenic byways. The reality of it was quite different. It was scenic and rewarding, but it was definitely not the easy cruising we envisioned. It was, in fact, the most difficult 500 miles we had ever ridden.

This is a must-see presentation for anyone having thoughts of riding this historic route and for those who simply enjoy a good story. You will see and hear why this route will reward the persistent mountain bike rider with a rewarding adventure, and you will gain a more realistic appreciation of the obstacles that you will encounter and the equipment that you will need than you can obtain from any guidebook.



Relay For Life

This year's Relay For Life will be June 23-24 at Central Kitsap High School. If you are interested in participating, contact Bethany Cecere at 360-243-8533 or bethany.cecere@comcast.net

Monthly

MAP: Monthly Activity Planning

Thursday, March 8, 7 pm

Contact: Doug Savage, 360-698-9774

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

March Potluck

Friday, March 23, 7 pm

Contact: Paul Dutky & Linda Brown, 360-479-2683

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

| <u>Date</u> | <u>Outing / Meeting</u> <u>Contact</u> | |
|-------------------|---|---|
| Various | Ice Climbing at Icicle Creek | Dale Boyle, dboyle@web-o.net, 360-792-1714 |
| Various Saturdays | Ski Trips | Maureen Kelly, 360-871-5035, and Irene Bach, 360-479-1309 |
| 3/3 | Crystal Mountain VertFest | http://www.orgear.com/home/page/home/vertfest |
| 3/3-4 | XC Ski or Snowshoe to Copper Creek Hut | Doug Savage, 360-698-9774 |
| 3/8 | MAP: Monthly Activity Planning | Doug Savage, 360-698-9774 |
| 3/10-11 | Backpack to Lake Ozette/Cape Alava | Gayla Perini, 360-830-3553 |
| 3/11 | Hike Tunnel Creek Trail | Jill Hawes, 360-275-5402 |
| 3/12 | General Meeting | Tom Rogers, 360-692-2547 |
| 3/17-18 | Hike/Snowshoe/XC Ski & Camp at Baker Hot Springs | Kevin Koski, 360-373-7429 |
| 3/23 | March Potluck | Paul Dutky & Linda Brown, 360-479-2683 |
| 3/24 | Hike Lower Big Quilcene Trail | Doug Savage, 360-698-9774 |
| 3/24-25 | Hike North Cascades Trail | Kevin Koski, 360-373-7429 |
| 3/27-29 | XC Ski Copper Creek Hut to Puyallup Ridge Lookout | Doug Savage, 360-698-9774, and Jon DeArman, 360-697-1352 |

| | S | M | T | W | Th | F | S | | S | M | T | W | Th | F | S |
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| | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | | | | | | | |

A Word about Parking

The February General Meeting was well-attended, and parking at Kitsap Unitarian Universalist Fellowship (KUUF) was tight. There are a few rules to keep in mind when parking at KUUF. On the road coming down the hill into the main (lower) parking lot, parking is only allowed in the marked spaces on the right-hand side. In the upper lot by the childcare facility, please do not park in the spaces reserved for parents picking up their children (these are marked with a sign). Remember that additional parking is available in the field south of the childcare facility. The entrance to the field is between the road sign and the fire hydrant. Please be courteous and honor these rules so KUUF will continue to allow us to use their facility.

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.

Ice Climbing at Icicle Creek

Various Dates

Contact: Dale Boyle, dboyle@web-o.net, 360-792-1714

If you are interested in climbing with Dale anytime this season, give him your contact information, and he will contact you when conditions are suitable for ice climbing. All ability levels are welcome—Dale will gladly teach beginners.

Ski Trips

Various Saturdays

Contact: Maureen Kelly, 360-871-5035, and Irene Bach, 360-479-1309

Maureen and Irene go skiing every other Saturday (subject to Maureen's work schedule). If you are interested in joining them, please call.

Crystal Mountain VertFest

Saturday, March 3

Contact: <http://www.orgear.com/home/page/home/vertfest>

VertFest is a celebration of human-powered adventure in the Cascade Mountains of Washington. It's a chance to get together with people who love a challenge and a day out in the snow. It's about getting some vert and feeling the pull of gravity... a celebration of backcountry VertiCulture. VertFest is an excuse to have some fun whatever you choose to strap to your feet and whatever your pace. Taking place within the Crystal Mountain ski area, VertFest will be the highest profile backcountry celebration in the Pacific Northwest. If you like to go up and down in the mountains by human power and follow it up with good beer, VertFest is for you!

XC Ski or Snowshoe to Copper Creek Hut

Saturday, March 3 - Sunday, March 4

Contact: Doug Savage, 360-698-9774

Cross-country ski or snowshoe to Copper Creek Hut on the MTTA trails. Overnight spaces in the hut are already reserved; however, anyone is welcome to come up to the hut for the day, or winter camp outside the hut.

Backpack to Lake Ozette/Cape Alava

Saturday, March 10 - Sunday, March 11

Contact: Gayla Perini, 360-830-3553

Backpack the Lake Ozette Triangle on the Pacific coast.

Hike Tunnel Creek Trail

Sunday, March 11

Contact: Jill Hawes, 360-275-5402

Join Jill for a hike to Fifty-Fifty Pass on the Tunnel Creek Trail. Enjoy a spectacular view of Mount Constance on the approach to the Pass. The hike is 8.2 miles round trip with 2450 feet of elevation gain.

Hike/Snowshoe/XC Ski & Camp at Baker Hot Springs

Saturday, March 17 - Sunday, March 18 (*note date change*)

Contact: Kevin Koski, 360-373-7429

Depending on the snow conditions, the trip will be 5 miles or less. Elevation gain is not too much. We will camp at the hot springs. Note of caution: I think the hot springs are not that hot, just lukewarm. I was unable to find an average temperature on the Internet.

Hike Lower Big Quilcene Trail

Saturday, March 24

Contact: Doug Savage, 360-698-9774

Hike 12 miles round trip with 1200 feet of elevation gain along the Big Quilcene River. This is an out-and-back hike, so you can make it shorter if you like. Dogs are welcome.

Hike North Cascades Trail

Saturday, March 24 - Sunday, March 25

Contact: Kevin Koski, 360-373-7429

This will be a car camping trip. We will be staying in the campground near the North Cascades National Park Visitor Center. Plan is to drive up early on Saturday and hike the 2.6-mile Pyramid Lake Trail. This may be a snowshoe. Have a campfire Saturday night and share food and beers, then hike a different trail in the vicinity on Sunday that we all chose on Saturday night!



Outings

XC Ski Copper Creek Hut to Puyallup Ridge Lookout

Tuesday, March 27 - Thursday, March 29 (*note date change*)
Contact: Doug Savage, 360-698-9774, and Jon DeArman, 360-697-1352

Cross-country ski to Copper Creek Hut on the MTTA trails. Spend Tuesday night at Copper Creek, then ski to the Puyallup Ridge Lookout. Spend Wednesday night winter camping outside the Lookout. Ski 10 miles back to the trailhead on Thursday.

Windsurf at Bonaire

Monday, March 26 - Friday, April 6
Contact: Dale Boyle, dboyle@web-o.net, 360-792-1714

Windsurf at Bonaire, an island off the coast of Venezuela. Dale will give free windsurfing lessons to anyone who joins this trip.

Mount Ellinor Ice Axe Practice

Saturday, March 31
Contact: Doug Savage, 360-698-9774

This climb is Doug's annual ice axe practicing trip. Enjoy spectacular views from the summit at 5944 feet before glissading down the Chute.

Climb Mount Hood

Saturday, April 7 - Sunday, April 8
Contact: Doug Savage, 360-698-9774

Climb Mount Hood via the south route. In case of inclement weather, alternate weekends are 4/14-15 or 4/21-22.

Climb Mount Walker

Saturday, April 14
Contact: Ann Richey, 360-792-0483

Stretch your legs with a 4-mile round trip hike to the summit of Mount Walker.

Hike Pyramid Mountain

Sunday, April 15
Contact: Erin Hennings, 360-621-6961

Enjoy views of the northern Olympics — including Lake Crescent, Lake Sutherland and Storm King — and the Strait of Juan de Fuca. At the summit, you'll see a cabin that was used as an aircraft lookout during World War II. The trail is 7 miles round trip with 2400 feet of elevation gain.

Snow Camp at Ptarmigan Ridge

Saturday, April 21 - Sunday, April 22
Contact: Brian Steely, 360-297-3825

We meet at the upper lodge parking lot of Mt. Baker Ski Area. From there, we head up toward Artist Point and then traverse across the side of Table Mountain. The campsite is on a plateau just beyond the traverse. Bring headlamps for night skiing. In the morning, ski your heart out or sit back with your coffee and take in the awesome surroundings.

Olympic Coastal Cleanup

Saturday, April 21 - Sunday, April 22
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.

Backpack the Grand Canyon

Sunday, April 22 - Monday, May 7
Contact: Dave Boyde, 360-692-9325, theboyde@aol.com

I am once again heading to the Grand Canyon for my annual pilgrimage. The route this year will be in the eastern section of the canyon and then back along the Tonto Trail to Phantom Ranch. The area is very isolated with several difficult sections that will entail route finding, climbing down dry falls, scaling a cliff and descending a steep talus slope. Total backpacking mileage is about 80 with 35 or more miles of optional day hikes and exploration. The permit is for a maximum group size of 11. There are currently 5-7 openings. There will be several meetings to discuss the route, hazards, equipment and transportation.

Snowshoe Mount Townsend

Saturday, April 28
Contact: Karla Piecuch, 360-598-3601 and Doug Savage, 360-698-9774

Snowshoe to the summit at 6280 feet. Details will be determined closer to the trip, when we'll have a better idea of what conditions to expect.

Grand Canyon Dory Trip

Tuesday, May 8 - Tuesday, May 22
Contact: David Cossa, 360-871-5577

David Cossa will be doing a trip down the Grand Canyon in wooden dories with a commercial outfit. If you are interested, call 1-800-544-2691 to make a reservation.

Backpack Baker Lake Trail

Saturday, May 26 - Monday, May 28
Contact: Kevin Koski, 360-373-7429

Details will be determined closer to the date of the trip. Call Kevin if you're interested.

Climb Mount Saint Helens

Friday, June 1 - Saturday, June 2
Contact: Doug Savage, 360-698-9774

Doug has a permit for a limited number of climbers to ascend Mount Saint Helens. The plan is to drive down Friday after work and spend the night at Climbers' Bivouac, then climb to the rim on Saturday. Because the permit requires pre-payment, reservations will be granted to the first climbers to pay their portion of the permit fee to Doug.

Outings

Climb Mount Baker

Saturday, June 16 - Sunday, June 17
Contact: Doug Savage, 360-698-9774

Climb to the summit of Mount Baker at 10,781 feet. This is a technical climb—crevasse rescue skills are required. In case of inclement weather, the alternate weekend is June 23-24.

San Juan Mountains

Monday, June 25 - Saturday, June 30
Contact: David Cossa, 360-871-5577

I am planning a six-day trip to the San Juan Mountains of Colorado. The trip includes flying to Albuquerque, driving to Durango, and taking the Durango-Silverton narrow gauge railroad to a trailhead inaccessible by car. From there, it is 6 miles with 3000 feet of elevation gain to a basin nestled high in the rugged, massive and remote San Juan Mountains. From the basin camp at 10,500 feet, the options are many. I will be ascending three of Colorado's 54 14,000-foot peaks. After three nights at base camp, the trip will be reversed, arriving back in Seattle on the evening of the sixth day.

Glacier National Park

Late July (exact dates TBA)
Contact: David Cossa, 360-871-5577

A six-day trip to Glacier National Park to Gunsight Lake and ascend Mount Jackson. It'll be 7 miles to base camp. Look for more info in future Penwicks.

Repeat of the Press Party Mistake

Late August (exact dates TBA)
Contact: David Cossa, 360-871-5577

We'll go up the Elwha and Goldie Rivers and to the summit of Mount Dana. Then we'll go down to the Elwha at Chicago Camp and back out. This will be a six-day trip. Look for more info in future Penwicks.

Sierra Trip

Mid/Late September (exact dates TBA)
Contact: David Cossa, 360-871-5577

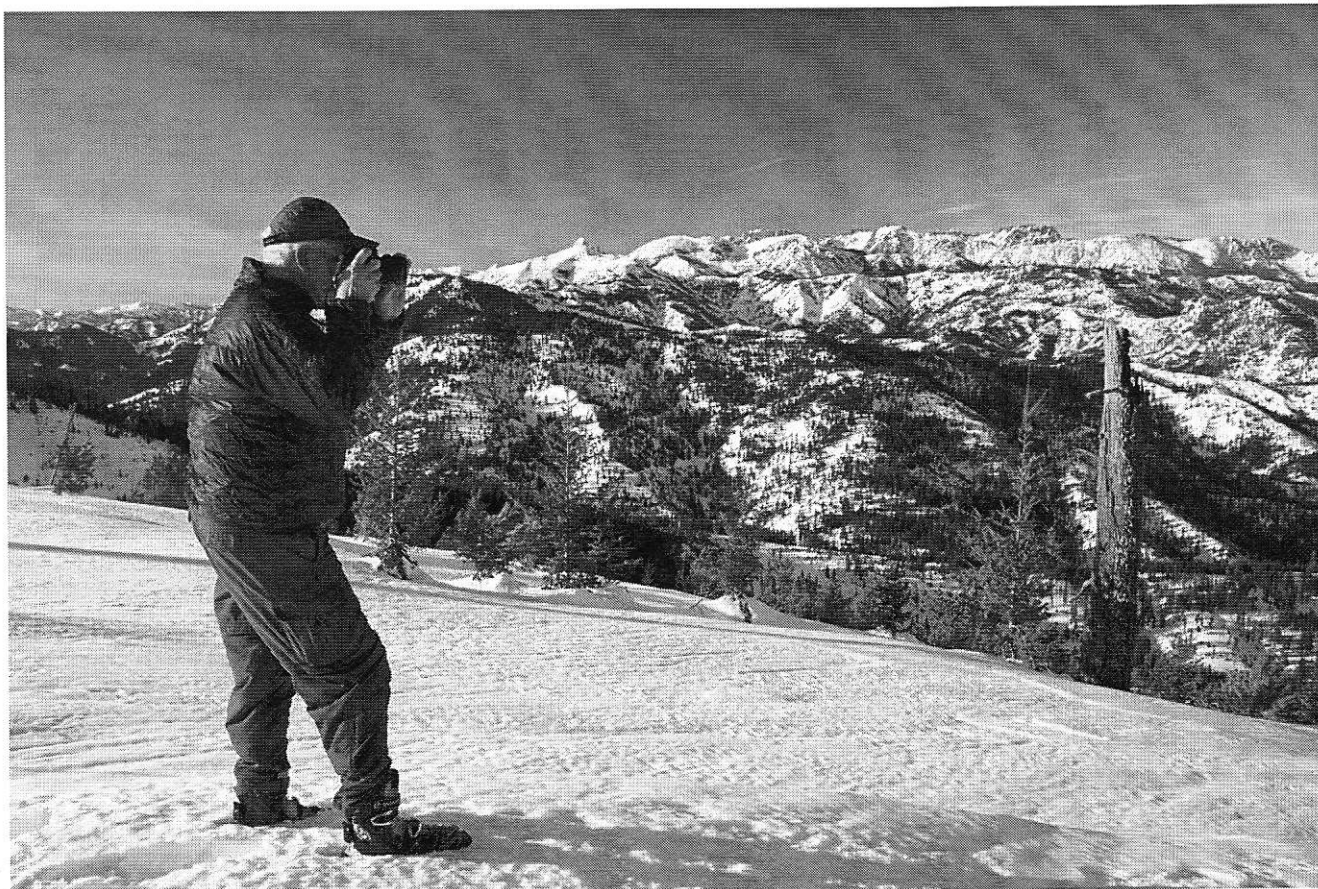
Six-day Sierra trip. Backpack in 7 miles from Tioga Pass in Yosemite to base camp at upper Marie Lake below Mount Lyell. Ascend Mount Lyell, fish, or read a book. The choice is yours! Look for more info in future Penwicks.

New England Leaf Peeping/High Points Trip

October (exact dates TBA)
Contact: David Cossa, 360-871-5577

Fly to Boston and drive around New England bagging state high points and ogling leaves. Look for more info in future Penwicks.

Photo taken at Blewett Pass, courtesy of Jon DeArman



Bad Things Happen in Threes

Submitted by David Cossa

It was the summer of 1983, early in my mountaineering career. "What's the name of this here mountain again?" said the ornery-looking 80-year-old woman as she hiked on the trail to Chephren Lake. "Mount Chephren," was the reply. The "skeeters" (as she called them) were bitin' pretty bad. "You mean Sufferin'?" she joked, "'cause we're sufferin' pretty good."

"Got that one right," I thought as I passed three 80-somethings on the trail during my return from a 14-hour climb of the mountain named for a pyramid in Egypt. I had nearly been killed three different times during the descent.

This was my second time here. The previous summer I had attempted a climb, but had run out of time. I made the mistake of using a 60-year-old climbing description. The snowfields along one side of Chephren Lake were no longer there, and I had wasted much time bushwhacking through the thick brush that had replaced them. This time, I knew what to expect and was able to save hours by hiking on the other side of the lake.

I won't bore you with the details of the ascent. It was basically a lot of steep slopes, some Class 3-4 pitches and long: 7000 feet of elevation gain long. I was surprised when I signed into the summit register to find that Chephren, a major peak right along the Ice Field Parkway in Alberta, had been climbed only a handful of times over the last 25 years. Perhaps others had made the same mistake with the brush. The view, needless to say, was quite panoramic with a 7000-foot exposure on its northeast side.

The time came as usual for the inevitable descent. I made the decision to take a different route down in an effort to save some time. Traveling down on moderate snow slopes is always faster than descending talus and steep grassy slopes. I had spotted one such snow slope during the ascent that I thought would do the trick. As I approached it, I noticed what appeared to be a minor schrund (a sort of crevasse) in the middle of it.

When I reached the base of the last Class 3 rock pitch, I gingerly stepped out onto a snowfield, a transition I have made hundreds of times in my mountaineering efforts. About a foot of open space separated the snow from the rock, something not unusual at all. This time, my weight caused the snow to collapse into an undercut cavern. The edge of the collapse was perhaps three feet in front of me and extended to my sides for many feet. My immediate (and I do mean IMMEDIATE) reaction was to push up and fall forward with all my might. I was just barely able to catch the lip of uncollapsed snow with my chest and slammed my ice axe into it, my lower torso and legs dangling in air. I pulled up on the ice axe with such adrenaline that I slid down slope for yards. Meanwhile, the collapsed snow fell 30-some feet into the cavern with a tremendous KATHUNK! I probably would have been crushed (or at least busted up in the fall) by the large mass of snow if I had gone in with it. I literally shook it off and went on (like, what other choice does one have?)

Next, I approached the side of the main snowfield I planned to travel down. I noticed that it was much larger than it had appeared from far above. From my vantage point, I could no longer see the schrund in its middle. The snow was icy but blanketed with pebble-sized rock debris. This gave it good traction, much like sand on a snow-covered road. Or so I thought. After traversing around 100 yards towards the middle, I was shocked to see that the now visible schrund was also proportionally larger than it had appeared. Much larger! I changed direction and started down towards the schrund. As I got within 20 feet I saw to my dismay that it was about five feet across. I decided to turn around, but at that very moment, my feet slid out from under me and I fell onto the ice, once again slamming my ice axe into the slope. This time, it went in about a quarter of an inch. My life flashed before my eyes, probably because I was certain that I was about to slide into the gaping crevasse only yards away.

So there I was, pinned to an icy slope, my ice axe barely scratching the surface. There was only one thing I could do. At the count of three, I abruptly pushed myself to a vertical position, hoping against hope that friction from my boots would keep me from sliding. They held. I immediately and frantically hacked at the ice with my axe to chop an indentation and stepped into it. It seemed too awkward, too long and too dangerous to retrace my steps, so I chopped a series of steps down to the edge of the schrund and peered down. It was so deep I could not see the bottom. The opposite lip was five feet across from me and about 15 feet down. I felt I had no option but to jump it. I carefully chopped out a platform from which to launch and wondered about the hardness of the snow I was about to jump down on. Would I break my ankles when I hit it? (Assuming, of course, that I made it across.) It took a while to gain the courage but I finally counted to three again and jumped. I fell in slow motion and barely cleared the gap, sinking up to my thighs in, luckily, soft snow. I was now physically and emotionally drained but filled with a sense of relief. "Thank God that's over," I thought to myself. The rest of the down-climb will surely be uneventful. I started off once again down the snowfield recounting my close calls when I suddenly fell into a hidden crevasse. My arms shot out and arrested my fall, my feet once again dangling in midair. Right about then I lost it. I dug myself out in a panic, and stood up thinking, "It's trying to KILL me, the mountain's trying to KILL me!" Since there was no way to know where more hidden crevasses might lie, I just picked a direction at random and ran for it. Eventually I reached the side of the snowfield and returned to Chephren Lake the way I had come up, something I should have done to begin with.

Many years later, I still have bad dreams about "Sufferin'." I incorporated my near misfortunes into a new consciousness of how alert - consciously and unconsciously - to danger I had to be if I hoped to not have a repetition of my misjudgments, and to never take ANYTHING for granted in mountaineering, especially appearances.

As for my guardian angel, I think she complained big time about all the overtime!

Club News

Welcome to New Members

The PWC welcomes the following new members: Kim & Dominique Ragains, Richard & Stephanie Satter, Valerie Swinnerton, and Vicki James.

Door Prize Winner

At the February meeting, Al Lindstrum won a titanium kettle.

Meeting Refreshments

Thanks to everyone who brought treats to the February 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, Barbara Hager, at 360-692-5121.

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 & 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



For Sale

Garmont plastic three-pin XC ski boots, size 6-1/2 to 7, \$125.00. Call Maureen Kelly at 360-871-5035.

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 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 Rogers..... 360-692-2547 |
| Vice President: | Greg Myrick..... 360-649-1648 |
| Secretary: | Barbara Hager 360-692-5121 |
| Treasurer: | Jill Hawes..... 360-275-5402 |
| Board of Directors: | Dale Boyle..... 360-792-1714 |
| | Venita Goodrich ... 360-698-9774 |
| | Brian Steely 360-297-3825 |
| | Joe Weigel..... 360-479-5116 |
| Entertainment: | Greg Myrick..... 360-649-1648 |
| Events: | Doug Savage 360-698-9774 |
| Refreshments: | Bethany Cecere 360-243-8533 |
| Scrapbook: | Barbara Hager 360-692-5121 |
| Membership Coordinator: | Venita Goodrich ... 360-698-9774 |
| Website Editor: | Erin Hennings 360-621-6961 |
| Penwicle Editor: | Steve Dikowski 360-692-8386 |
| Penwicle Proofreader: | |

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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