

July 21, 2022
Peninsula
Wilderness Club

RENNWICKE

The Peninsula Wilderness Club meets on the first Wednesday of every month at 7 pm at the VFW Hall at 9981 Central Valley Rd, Bremerton, WA. The public is cordially invited.

The PWC Presents: Howard Shapiro, Co-Editor of Crossing Paths – A Pacific Crest Trailside Reader

Wednesday, August 3, 2022, at 7:00 pm – 9:00 pm
VFW Post 4992
9981 Central Valley Road
Bremerton, WA 98311

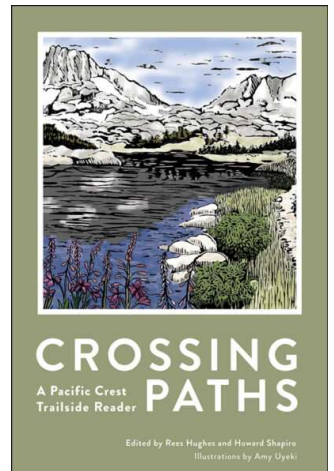
In this new volume, *Crossing Paths, A Pacific Crest Trailside Reader*, stories emphasize those written by a wide-range of hikers over the past decade from up and down the west coast and across the United States as well as England and France. Mountaineers Books is publishing *Crossing Paths*. In May of 2022, *Crossing Paths* was featured in the print edition of *Publishers Weekly*.

The stories in *Crossing Paths* strive to reflect the totality of the trail experience. They include some excerpts from published PCT memoirs, stories selected from the 1,400 posts from our website pctrailsidereader.com since 2011, and many more solicited contributions. The preface of 65 stories was written by Liz Bergeron, the Executive Director of the Pacific Crest Trail Association (PCTA), and an introduction and conclusion by the editors. The content benefits from the richness of real experiences on the trail from the typical to the unusual. This includes stories of challenging water crossings, fighting through snow in October, encounters with animals, as well as a world class cellist performing along his way north, marrying a fellow hiker the author first met just 100 miles earlier, and an epic winter thru-hike. Contributions also examine the impact of the changing climate (perennial fires, dying forests) and technology (smart phones and apps like Guthook) on the PCT experience. There is humor, pathos, courage, and wisdom throughout the collection.

The past decade has seen a tremendous growth in the interest in and the usage of the PCT. In 2019, the PCTA issued nearly 8,000 long-distance PCT permits, a four-fold increase from 2013. When the *Readers* were published, there were 158 recorded finishers. In 2019, that number was 963. Certainly, the profile of the trail has been buoyed by Cheryl Strayed's book (2012) and movie (2014), *Wild*, but growth in interest in the PCT has continued for many reasons.

Rees Hughes co-edited the first volumes from 2011 with another editor who has since moved on to other pursuits. Both Rees and I have completed the Pacific Crest Trail and are longtime hiking partners. This collection, among many things, is a labor of love for a national treasure that is the Pacific Crest Trail. For the past six years we have worked together managing the pctrailsidereader.com website.

We both are, as we did with the original books, contributing our royalties to the Pacific Crest Trail Association. In return, the PCTA has agreed to support marketing the book and assisted with our efforts to successfully enlist several high-profile authors like Cheryl Strayed and Nicholas Kristof to contribute pieces to the collection.



MAP: Monthly Activity Planning Meeting

Wednesday, August 10, 2022, 7:00 pm – 8:30 pm

Host: Peter Kalmar

Phone: 360-286-0328

Help schedule PWC events and outings, and discuss club business. All are invited. BYOB and snacks to share are always welcome.

Monthly Potluck

Friday, July 29, 2022, 6:30 p.m.

Host: John and Marti Howard

Phone: 360-516-0222; E-mail jmhoward60@outlook.com

Potlucks are a great way to meet others and learn more about the club. Host provides dessert; guests bring an entrée or side dish and drinks to share.

Events and Activities

Visit the PWC calendar at <http://www.pwckitsap.org/events-calendar/> for activities, trips, and updates. Please use the RSVP feature on the calendar if interested in a trip.

	Rock Climbing (every Tue)	Doug Terry	360-550-7911	672terry@gmail.com
	Morning Hikes with Eve (every Wed)	Eve Gilluly	206-304-4664	evgilluly@gmail.com
	Green Mtn Hike and Social (every Thur)	Various PWC Hosts		RSVP on PWC Site
7/23/2022	Backpack the Ozette	Jill Hawes	360-649-5902	hikerjill1@hotmail.com
7/24/2022	Mount Townsend Hike	Doug Savage	360-994-0003	thehiker@comcast.net
7/25/2022	Day Hike Switch Back Trail to Lake Angeles	Doug Terry	360-550-7911	672terry@gmail.com
7/29/2022	Monthly Potluck	John Howard	360-516-0222	jmhoward60@outlook.com
7/30/2022	Grand Ridge Trail	Doug Savage	360-994-0003	thehiker@comcast.net
8/4/2022	Copper Mtn – East Peak from Mt Ellinor T/H via Bear Camp	John Howard	360-516-0222	jmhoward60@outlook.com
8/6/2022	Tour de Lavender Bike Ride	Deborah Borgen	360-207-9712	debnborg@gmail.com
8/9/2022	Hike 5050 Pass	Doug Savage	360-994-0003	thehiker@comcast.net
8/10/2022	MAP Meeting	Peter Kalmar	360-286-0328	
8/14/2022	Little River Trail	Doug Savage	360-994-0003	thehiker@comcast.net
8/15/2022	Mt Ellinor T/H to Mt Rose – via Bear Camp	John Howard	360-516-0222	jmhoward60@outlook.com
8/20/2022	Putvin Trail to St Peters Gate	Doug Savage	360-994-0003	thehiker@comcast.net
8/26/2022	Monthly Potluck	Emily Grice	206-842-7883	emilykgrice@gmail.com
8/27/2022	Hike & Climb the Fricaba Traverse	Doug Savage	360-994-0003	thehiker@comcast.net
9/11/2022	Sunshine Trip: USFS Peterson Prairie	Bob Brown	360-569-2878	skipatrol10@hotmail.com

About PWC Activities and Outings:

- PWC outings and other activities are open to everyone. If you enjoy our club and what we do, please become a member! For \$25 a year, your membership helps pay the bills and keeps the club moving forward.
- As a courtesy to the sponsor of the outing you are joining, please call with cancellations or requests at least two days in advance for single-day outings, and as soon as possible for overnight outings. This allows the sponsor time to make alternate plans should a trip need to be canceled or changed for any reason.
- Please leave pets at home unless the trip is specifically listed as welcoming them.
- **Carpool and Ride Sharing.** We strongly encourage carpooling and ridesharing to reduce impact to trailheads, minimize our environmental footprint, and reduce costs. Please be considerate of your drivers, including situations when you ride with different drivers in each direction. The amount you contribute to your driver should reflect the distance driven, the cost of gas, tolls, and parking fees.
- **Safety First!** For liability reasons, trip sponsors should not be considered instructors or leaders. If you are unsure of your ability to participate in an activity, discuss the trip thoroughly with the sponsor, but the responsibility for your safety is yours. Each participant is responsible for their own comfort, safety and route finding. **Always carry the 10 essentials!**

Note: Please feel free to send trip photos, trip reports, or any other suggestions/changes that you would like to see in the Penwicle to Margaret Poshusta (Marg8733@comcast.net) so that they may be included in the newsletter. Thank you.

Sun Lakes/Dry Falls: All kinds of recreation await visitors to Sun Lakes in Washington's North Central region. These mostly natural lakes all share a common origin, having formed in the ancient river gorge of the Columbia River. Scientists believe the Grand Coulee Gorge was cut through the surrounding plateau by the rupture of the ice dam holding back huge glacial Lake Missoula about 20,000 years ago. The massive flow of water scoured away the top layers of soil down to bedrock and flowed into the Pacific near Portland at depths nearing 400 feet. When it was all over-a process taking a few thousand years-the 900-foot-wide gorge held several pockets of water at the bottom of the new valley.

Sun Lakes is the perfect spot for a central Washington vacation. Campgrounds and resorts are numerous along the many lakes. Fishing, swimming, boating, paddling, hiking and horseback riding keep visitors coming back to this most unusual gorge. From Dry Falls to Soap Lake, you'll find activities and scenic wonders that will delight the senses and challenge your physical limits. (<https://lakelubbers.com/lake/sun-lakes-washington-usa/>)

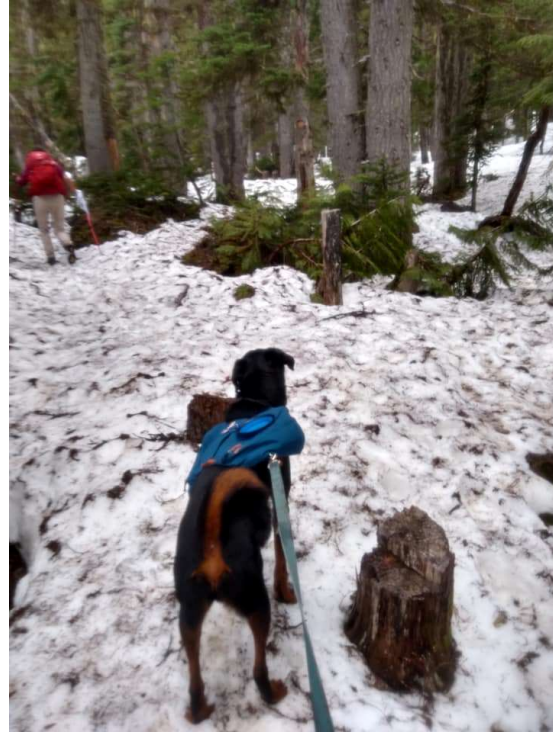
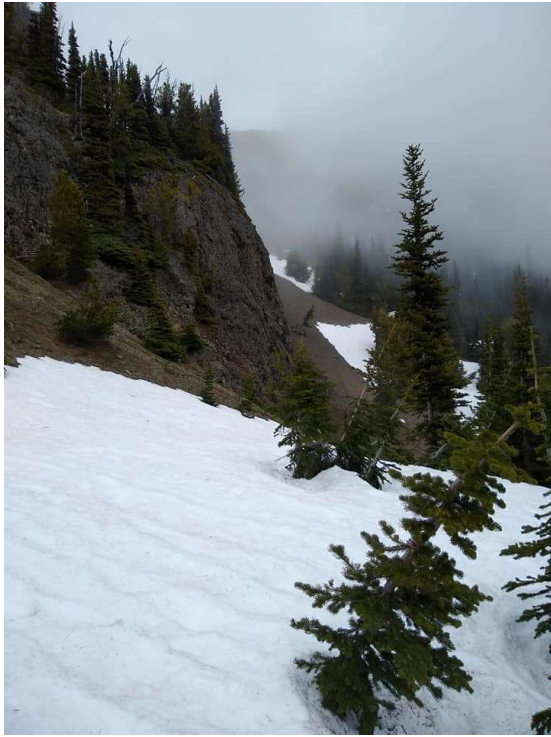


Photos by Emily Grice

Marmot Pass: 11.5 miles roundtrip, elevation gain 3,489 ft. Don't leave Marmot Pass / Upper Big Quilcene off your list of must do hikes on the Olympic Peninsula, and don't be scared off by the nearly 3,500 feet of elevation gain in a little over 6.25 miles. The trail is in great condition and the longest section of steeper trail is only three-quarters of a mile.

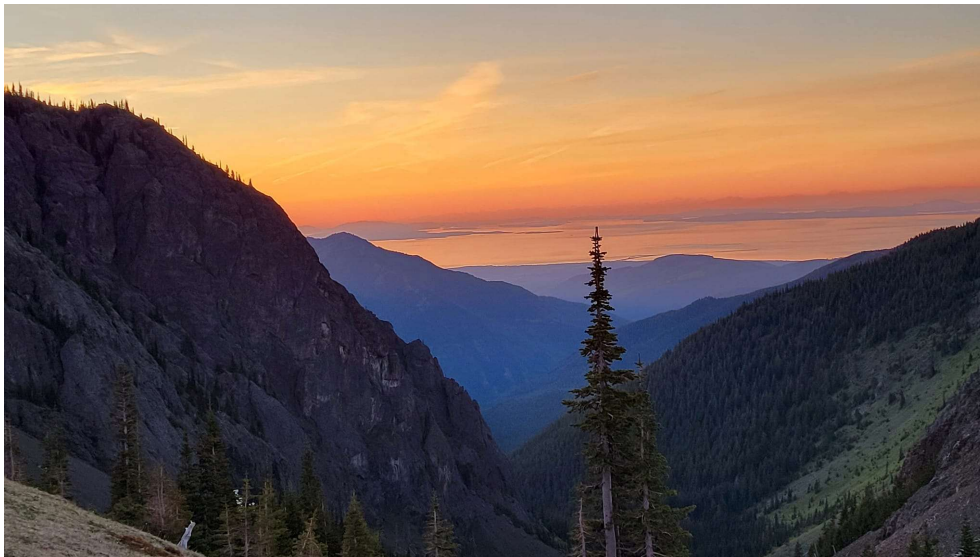
The trail starts out rolling through forest for the first mile and a half. The small, steep sections are balanced out by level parts perfect for built-in water or snack breaks. After about 3.5 miles, the trail's grade increases, and you will hike steeply for about three-quarters of a mile and then the rest is gentle to the pass.

You start in mysterious forest and hike for 2.5 miles through enormous cedars and hemlocks, old-growth standing silently while the Big Quilcene River babbles along beside you. At Shelter Rock Camp at 3600 feet of elevation, you'll leave the river and begin climbing to Camp Mystery, found at about 5,300 feet, 4.5 miles in. Past Camp Mystery you'll hike through a meadow and then up another rise to a second meadow that gives you the view of your goal—the pass. (wta.org)



Photos by Cathie Strand

Hawk Peak: 10.94 miles roundtrip, elevation gain 3,314 ft. Access to Hawk Peak was reached via the Tubal Cain Trail and Tull Canyon Trail. You will pass a miner's tunnel as well as the remains of an Air Force B-17 that crashed in 1952 during a blinding snowstorm. Once you have passed the site of the Tull City cabin remnants, you'll proceed for another mile to the remains of the old Tull City Hotel. From this point, a well-developed way trail continues to Hawk Peak. (Olympic Mountains Trail Guide)



Photos by Kevin Buyer and Kristy Kane

Upper Dungeness to Camp Handy: 6.8 miles roundtrip, elevation gain 600 ft. The Upper Dungeness River trail is an easy stroll along a roaring river and among towering trees. It's great for all ages (as long as the trail is snow- and ice-free), and the shelter at Camp Handy is a welcome and dry lunch destination on rainy days. The trail parallels the river during most of the journey, always within earshot and often in view. (wta.org)



Photos by Margaret Poshusta

Sunshine trip to Cataldo, Idaho: Cataldo lies on the southeast banks of the Coeur d'Alene River and Interstate 90 passes the south side of the community. PWC members camped at the CDC River RV Riverfront Campground and enjoyed The Trail of the Coeur d'Alenes and the Hiawatha Scenic Bike Trail. There is also nearby hiking and kayaking, as well as excellent wildlife photography! (Wikipedia.org and PWCKitsap.org))



L-R Jerry, Bob, Jon, Ronna, Tony, Jeff, Cheryl and Bri

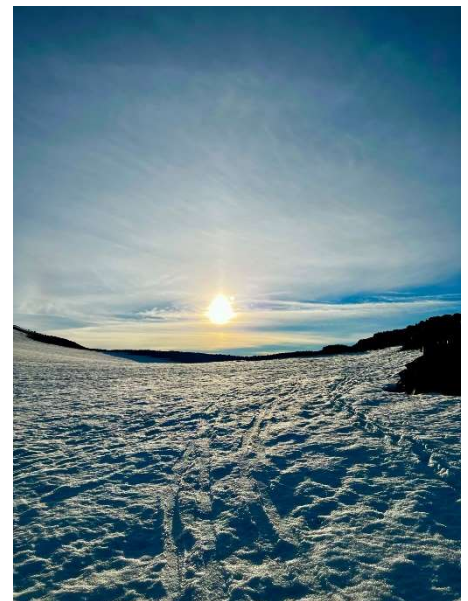
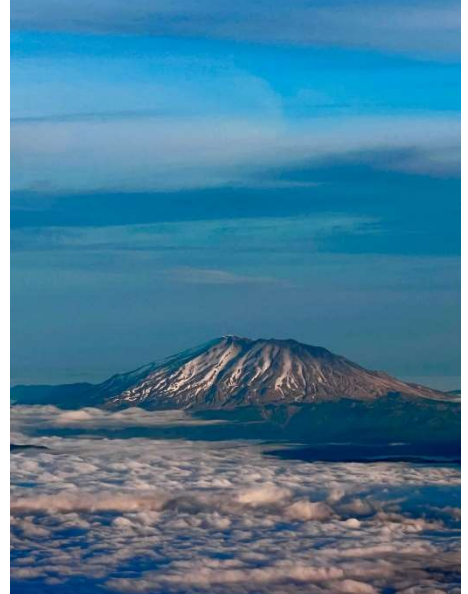
Photos by Sue DeArman

PWC Annual Picnic at Raab Park



Photos by Peter Kalmar

Mt. Adams South Climb Trail: 12 miles roundtrip, elevation gain 6,700 ft. The South Climb (or Lunch Counter Approach) of Mount Adams is the one that requires the least amount of technical expertise. However, ice axes, trekking poles, and crampons or micro-spikes (depending on the season) are required to summit. Hikers who put this investment in will be rewarded with stunning views on a clear day, as well as the satisfaction of having made it up one of Washington's five volcanoes. (wta.org)



Photos by Kristy Kane

Tidbits of information:

Ticks (<https://doh.wa.gov/community-and-environment/pests/ticks>):

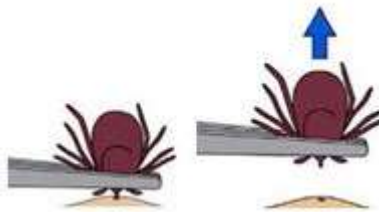
Ticks are small blood-feeding parasites and some species can transmit diseases to people. Some species perch on the edge of low-lying vegetation and grab onto animals and people as they brush past. Once aboard, ticks crawl to find a good spot to feed, then burrow their mouthparts into the skin for a blood meal. Their bodies slowly enlarge to accommodate the amount of blood ingested. Ticks feed anywhere from several minutes to several days depending on their species, life stage, and type of host.

In the Pacific Northwest, relatively few tick-borne disease cases are reported each year in comparison to other regions of the United States. In Washington, the tick-borne diseases known to be acquired include: babesiosis, Lyme disease, Rocky Mountain spotted fever, tick-borne relapsing fever, tick paralysis, and tularemia.

Your best defense against tick-borne infections is to reduce exposure to ticks.

- **Know where to expect ticks.** Many ticks live in grassy, brushy, or wooded areas. When possible, avoid wooded and brushy areas with tall grass and leaf litter. Walk in the center of trails, particularly in spring and summer when ticks feed.
- **Wear appropriate clothing.** When in tick habitats, wear light-colored, tightly woven long pants and long-sleeve shirt. Tuck your pant legs into socks or boots, and your shirt into your pants. This helps keep ticks on the outside of your clothing where you can spot them more easily.
- **Use tick repellent** when necessary, and carefully follow instructions on the label. Apply an EPA-registered repellent effective against ticks, such as those containing DEET, to clothes and exposed skin, and permethrin to clothes and gear. Take care when applying repellent on children.
- **Check clothing, gear, and pets** after being in potential tick habitats. Ticks can hitch a ride into your home on clothing and pets, then attach to you or a family member later. Carefully examine coats, camping gear, and daypacks. Don't forget your dog.
- **Shower soon after being outdoors.** Showering within two hours of being in tick habitat can reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tick-borne diseases. Showering can wash off unattached ticks and it is a good opportunity to do a tick check.
- **Check your body and your child's thoroughly for ticks.** Carefully inspect areas in and around the hair, head, neck, ears, under arms, inside the belly button, around the waist, between the legs, and behind the knees. Ticks can be very small before they feed—look for what may appear like a new freckle or speck of dirt. Continue checking for two to three days after returning from areas with ticks.

Avoid folklore remedies to remove a tick. Hot matches or coating the tick's body with petroleum jelly, soap, or nail polish do little to encourage a tick to detach from skin. In fact, they may make matters worse by irritating the tick and causing it to release additional saliva, increasing the chance of transmitting disease. Your goal is to remove the tick as soon as possible. Do not wait for it to detach. Follow these steps on how to safely remove a tick.



- Use fine-tipped tweezers to grasp the tick as close to the skin surface as possible.
- Pull upward with steady, even pressure. Avoid removing the tick with bare hands. Don't twist or jerk the tick; this may cause the mouthparts to break off and remain in the skin. If this happens, remove the mouthparts with clean tweezers. If you are unable to remove the mouth easily, leave it alone and let the skin heal.
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.
- If you develop a rash, fever, or flu-like illness within several weeks of removing the tick, see your healthcare provider. Tell the healthcare provider about your recent tick bite, when the bite occurred and where you most likely acquired the tick. If possible, save the tick for identification.

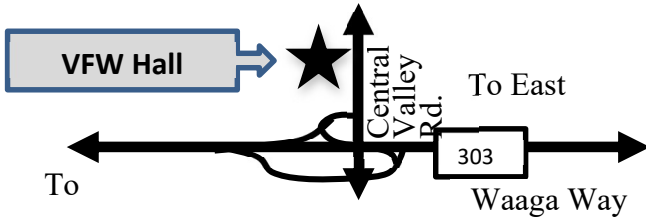
Club News

PWC Online... <http://www.pwckitsap.org/>

Go to the website to find upcoming trips, trip reports, photos, a discussion forum, and more!

PWC General Meeting

The PWC General Meeting is held the first Wednesday of each month at 7:00 p.m. at the VFW Hall at 9981 Central Valley Road in Bremerton WA.



WELCOME FRIENDS!!! If you are a guest or new member, please introduce yourself and ask for help, or look for someone who can answer questions and point out members who share your interests. However, to really get to know us – come to a potluck or go on an outing with us!

Sponsor an Outing!

If you are a club member and interested in leading an outing, let us know about it so we can post it! Even if you list your trip in other forums, including it as a PWC event helps connect people and groups, and helps the club stay active. To sponsor an outing, come to a MAP meeting to discuss your trip, or fill out the form on our website, or email or call the info to our Calendar Editor, Christine Plepys, at c_plepys@yahoo.com and 859-240-2704 or Emily Grice at emilykgrice@gmail.com and 206-842-7883, or to our Webmaster, Jay Thompson, at pwcadmin@pwckitsap.org and 360-307-0037.

We Need Your House!

The club's Monthly Activities Planning (MAP) meetings and potluck dinners are held at a member's home. If you can handle a small home invasion, please contact the Calendar Editor, Emily Grice at emilykgrice@gmail.com and 206-842-7883.

PENWICLE Submissions

Email your PENWICLE submission by the deadline to ensure it is included in the next issue. *Please send calendar entries in advance (see "Sponsor an Outing!" on this page), and for other PENWICLE submissions, send an email to the Webmaster, Jay Thompson, at pwcadmin@pwckitsap.org*

Your Trip Photos Wanted!

Do you have some great PWC trip pictures you'd like to share? Each month we need your photos to share during the PWC General Meeting slide show and in the PENWICLE. Contact Jay Thompson (jaythom1@hotmail.com), our Dropbox manager, to find out how!

Club Business

Email, Address or Phone Number Changes

Send changes to the PWC Treasurer, Marti Howard at:

Peninsula Wilderness Club
P.O. Box 323
Bremerton, WA 98337-0070

Joining/Renewing your Membership

To join or renew, please see the form on the back of this newsletter. PWC members receive a discount on select merchandise or services at the following businesses (check with vendor for details):

- Ajax Café, Port Hadlock, <http://www.ajaxcafe.com/>
- Back of Beyond, Bainbridge Is., <http://www.tothebackofbeyond.com>
- Commander's Beach House Bed and Breakfast, Port Townsend <http://www.commandersbeachhouse.com/>
- Wilderrest and The Gear Stash, Bainbridge Island <http://wilderrestoutdoorstore.com>
- Olympic Outdoor Center, Port Gamble <http://www.olympicoutdoorcenter.com/>
- Poulsbo Running, Poulsbo, <http://www.poulsborunning.com>
- The Quick Fix, Port Orchard, cmountaindave@aol.com and 360-871-5577

PWC Officers and Staff

President.....	Doug Savage.....	360-994-0003
Vice President.....	Samuel Canfield.....	360-649-6949
Secretary.....	Megan Thompson.....	360-871-6014
Treasurer.....	Marti Howard.....	360-620-2991
President Emeritus.....	Paul Gervais.....	360-710-6363
Members at Large.....	Christine Plepys.....	859-240-2704
	Jenny Lymangrover.....	
	Peter Kalmar.....	360-286-0328
Entertainment.....	Jay Thompson.....	360-307-0037
Annual Picnic.....	Samuel Canfield.....	360-649-6949
Refreshments.....	Tina Fox.....	
Membership Database.....	Marti Howard.....	360-620-2991
Webmaster.....	Jay Thompson.....	360-307-0037
Calendar Editor.....	Christine Plepys.....	859-240-2704
Dropbox Manager.....	Jay Thompson.....	360-307-0037
PWC Historian.....	Margaret Poshusta.....	360-692-0126
PENWICLE Editor.....	Margaret Poshusta.....	360-692-0126



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

Dues are \$25 per household per year. Bring dues to a PWC General meeting, or 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: _____

For new members – how did you hear about us? _____

(Please print clearly)

NOTE: New members will receive the PENWICLE newsletter by email, or can download a copy via the PWC website.

Check here if you do NOT wish any information to be included in the membership list distributed to members.

JUNE 2020 - Time Dated Material
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