

August 17,  
2022

Peninsula  
Wilderness Club

PEENWICKE

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: Kevin Koski and the Four Corners Loop

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



From March to September 2021, Kevin Koski (known as the Animal) hiked 2,485 miles in a circle traveling through New Mexico, Arizona, Utah, and Colorado with the four corners at the center. This journey was the culmination of three years of route planning in an effort to develop a new hiking route for long distance hikers. The Animal calls this hike the "Four Corners Loop, or FCL. Kevin hiked the CDT in 2004, and the PCT in 2014, and has hiked across the Cascades from the wet side to dry side five times just completing the 227-mile-long Sasquatch Traverse. Please come to the September 7th PWC meeting to immerse yourself in his experience. The evening will either leave you longing for more or you will leave exhausted by his feat.



**MAP: Monthly Activity Planning Meeting**

Wednesday, September 14, 2022, 7:00 pm – 8:30 pm

Host: Cathie Strand

Phone: 714-328-6697

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

**Monthly Potluck**

Friday, August 26, 2022, 6:30 p.m.

Host: Emily Grice

Phone: 206-842-7883; E-mail: emilykgrice@gmail.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.

	Morning Hikes with Eve (every Wed)	Eve Gilluly	206-304-4664	<a href="mailto:evegilluly@gmail.com">evegilluly@gmail.com</a>
	Green Mtn Hike and Social (every Thur)	Various PWC Hosts		RSVP on PWC Site
8/19/2022	Pacific Crest Trail Festival	Brian Hawkins	360-362-3026	<a href="mailto:akflyer130@gmail.com">akflyer130@gmail.com</a>
8/20/2022	Putvin Trail to St Peters Gate	Doug Savage	360-994-0003	<a href="mailto:thehiker@comcast.net">thehiker@comcast.net</a>
8/24/2022	Backpack in the Buckhorn Wilderness	Haley Seely		<a href="mailto:hikinghomeonp@gmail.com">hikinghomeonp@gmail.com</a>
8/24/2022	Mirror Lake Overnight (Pacific Crest Trail)	Brian Hawkins	360-362-3026	<a href="mailto:akflyer130@gmail.com">akflyer130@gmail.com</a>
8/26/2022	Monthly Potluck	Emily Grice	206-842-7883	<a href="mailto:emilykgrice@gmail.com">emilykgrice@gmail.com</a>
8/27/2022	Hike & Climb the Fricaba Traverse	Doug Savage	360-994-0003	<a href="mailto:thehiker@comcast.net">thehiker@comcast.net</a>
9/3/2022	Overnight Hike South Snyder Jackson Trail	Doug Savage	360-994-0003	<a href="mailto:thehiker@comcast.net">thehiker@comcast.net</a>
9/10/2022	Mount Tyler to Mount Baldy Traverse	Doug Savage	360-994-0003	<a href="mailto:thehiker@comcast.net">thehiker@comcast.net</a>
9/11/2022	Sunshine Trip: USFS Peterson Prairie	Bob Brown	360-569-2878	<a href="mailto:skipatrol10@hotmail.com">skipatrol10@hotmail.com</a>
9/14/2022	MAP Meeting	Cathie Strand	714-328-6697	
9/16/2022	Backpack Goat Rocks	Doug Terry	360-550-7911	<a href="mailto:672terry@gmail.com">672terry@gmail.com</a>
10/9/2022	Sunshine Trip: Curlew State Park (Oct 9-14) and Big Pines Campground (Oct 14-16)	Bob Brown	360-569-2878	<a href="mailto:skipatrol10@hotmail.com">skipatrol10@hotmail.com</a>

**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!**

## Board Nominations in September!

It's September, and the PWC is looking for a few good candidates to run the club. If you are interested, all positions are open to any active members. Most current board members are willing to run for their positions again, but there are a few exceptions:

**President:** As most of you know Doug Savage has been recovering from throat cancer and a related stroke which has caused aphasia. It is very difficult for him to communicate and he has chosen to step down.

**Vice President:** Samuel Canfield has started a new company, Olympic Tree Service, and a new life with his new bride Mary Joy. Most, if not all, of his spare time is taken, and he has chosen to step down.

**Member at Large:** Christine Plepys has been a Member at Large for 3 years and is willing to step down if somebody is interested in the position. She will retain inputting information in the PWC Calendar.

For those interested in the duties of the President, Vice President, or any position please contact me (Doug Savage; 360-994-0003; E-mail: [thehiker@comcast.net](mailto:thehiker@comcast.net)) for a synopsis of the duties. Also, before nominating someone else, please ask the person first.



**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](mailto:Marg8733@comcast.net)) so that they may be included in the newsletter. Thank you.

**Appleton Pass:** 15.4 miles roundtrip; elevation gain 3,230 ft. The trail offers some rewarding diversions along the way, but much of the payoff is in the last 1.5 miles with sweeping views as one ascends the meadows and traverses the switchbacks to Appleton Pass. Plan for an early start to your day in order to enjoy lunch, and perhaps even a restorative nap, at Appleton Pass. (wta.org)



Photos by Kristy Kane

**Grand Ridge:** 15 miles roundtrip; elevation gain 3,100 ft. Grand Ridge is the highest continuous trail in the Olympic Mountains. On a clear day it is among the most beautiful places in Washington; the 360-degree view includes the interior of the Olympics, the Strait of Juan de Fuca, Canada, and the Cascades.

However, on a cloudy day the ridge can be moody and mysterious or downright treacherous, depending on the weather. Storms develop quickly, with winds racing over the ridge top. Fog and precipitation may obscure visibility. Prepare for varying conditions no matter when you hike Grand Ridge. And always bring plenty of water; none exists along the way.

Grand Ridge is accessible both from Deer Park and Obstruction Point, so if arrangements are made, the ridge can be thru-hiked in one direction. (wta.org)

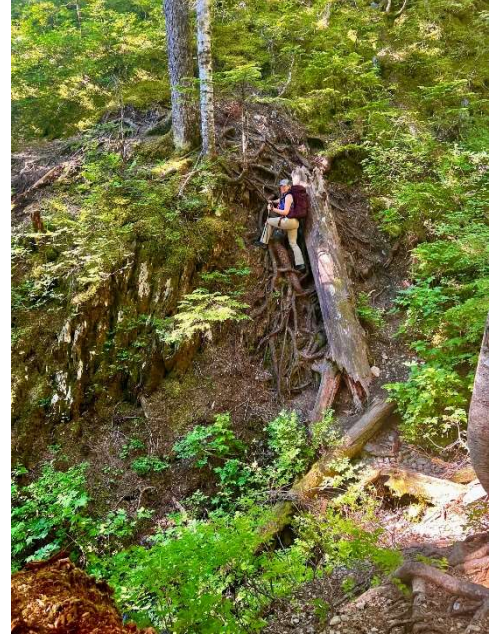


Photos by Jay Thompson

**Mildred Lakes:** 9 miles roundtrip; elevation gain 2,300 ft. If you're looking for solitude, you'll find it on this out-of-the-way gem in the Olympic National Forest.

You'll also find challenge. The path leading to Mildred Lakes was established by hikers and fishermen over the years, and never officially constructed. It is not maintained; in fact, it's little more than a root-strewn climb to the lakes. While it is comparatively well-established to Huckleberry Creek, beyond that it becomes steep and difficult to follow.

Be sure to have a map, compass, and route-finding skills, as well as stamina. The elevation gain on this trail is frustrating; it climbs up steeply, then plunges downhill only to climb again and finally down to the lakes. Because of the primitive characteristics of this trail, it is strongly recommended that boots with high tops be worn when hiking this trail. (wta.org)



Photos by Kristy Kane

**Berkeley Park:** 7.7 miles roundtrip; elevation gain 1,700 ft. Here's a hike that takes you through a stark landscape to a stunningly lush one. Berkeley Park is a flower-filled utopia where creeks chatter, pikas squeak, marmots lounge, and you can soak in all in just a few miles from the Sunrise Visitor Center.

Where you begin descending is the top of Berkeley Park. The first section of the park is a lush green slope, where marmots sun on rocks, creeks tumble from higher sources, and wildflowers thrive.

Enjoy the surroundings here, or continue on to Berkeley Camp, found at the base of Berkeley Park, about a mile away. This is one of many established campsites in the park, but you do need a pre-reserved permit to stay here. Lunch, however, is a great way of spending time in the valley before packing your things and heading out the way you came. (wta.org)



Photos by Margaret Poshusta

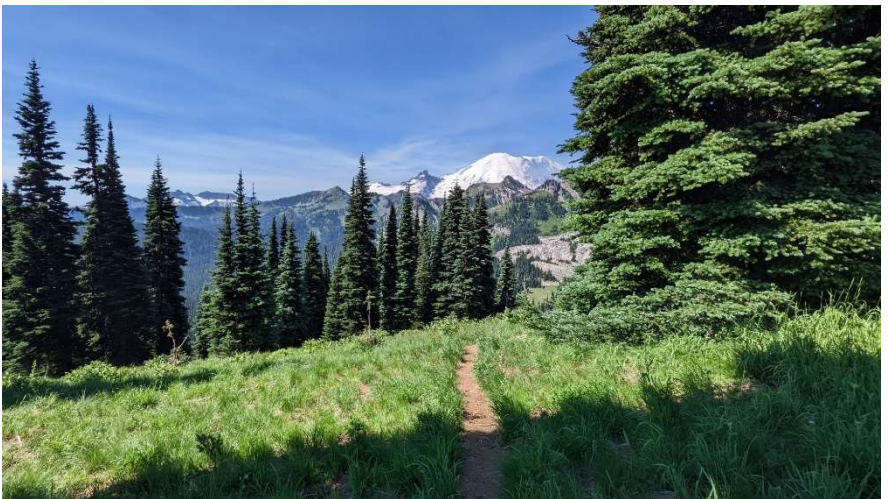
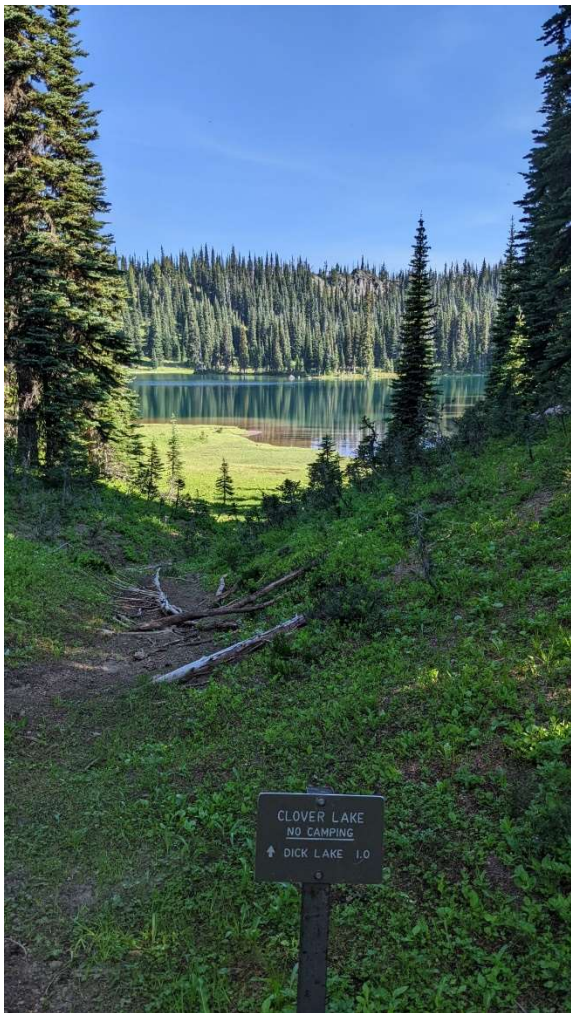
**Upper Palisades to Hidden Lake and Bear Point:** 7 miles roundtrip; elevation gain 1,800 ft. Seven lakes, seas of wildflowers, summer huckleberries, a bevy of wildlife and a good chance of quiet solitude await you on this seven-mile out-and-back hike. What more could you ask for?

While the throngs of summer visitors are heading to the end of the road at Sunrise Point, pull off into the corner viewpoint parking area near the top. The trail starts across the road and heads downhill to Sunrise Lake, the first of many you'll encounter.

The real gem is the 0.5-mile side trip to Hidden Lake—you will not be disappointed! In the morning light the reflections of the Upper Palisades rocks and Marcus Peak are a sight to behold—and you just might have this place all to yourself. Camping is not permitted here, but you can take a dip in the lake or scramble up Marcus Peak for higher vistas.

After you've had your fill at Hidden Lake, return to the main trail and continue to Upper Palisades Lake, less than a mile farther.

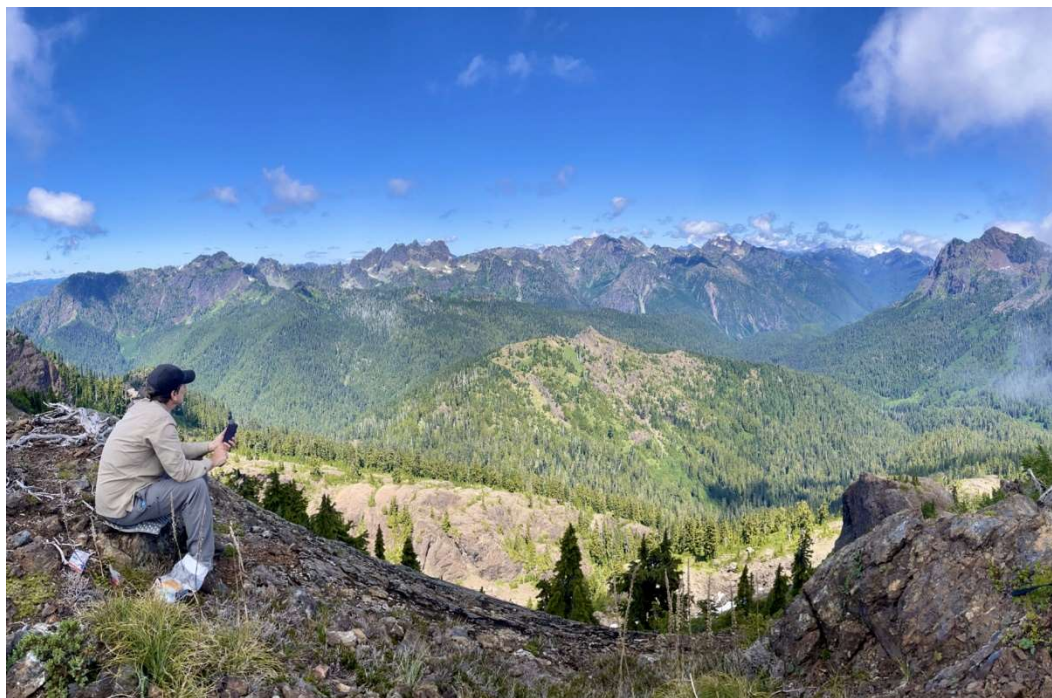
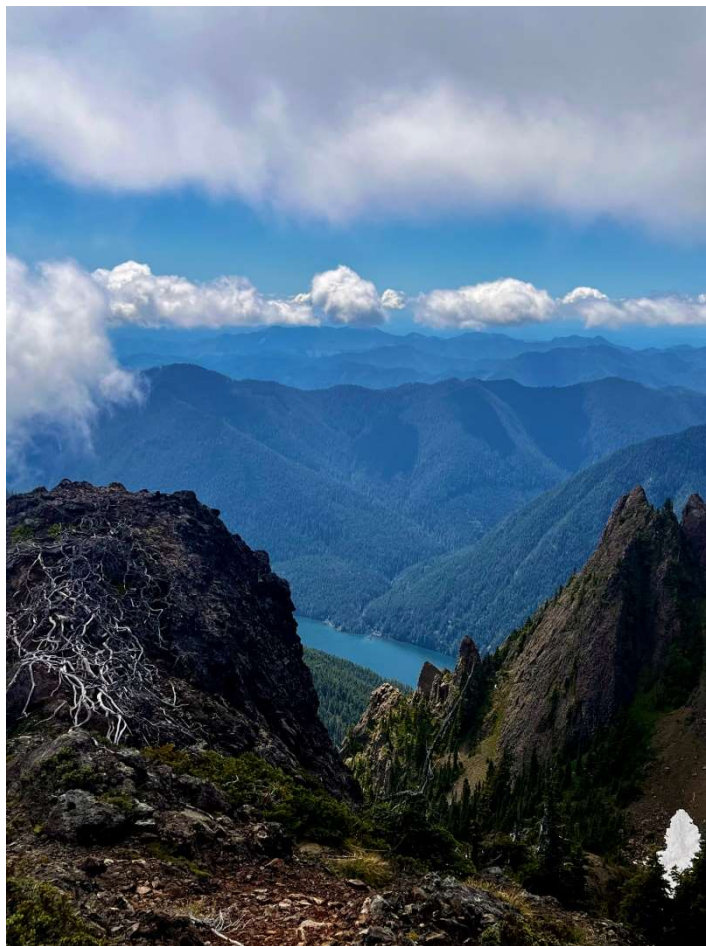
If you wish to proceed farther, scramble up to Brown's Peak from Upper Palisades Lake to see some big views of Mount Rainier, Mount Adams, and the Enchantments Range. (wta.org)



Photos by Jay Thompson



**Copper Mtn – East Peak from Mt Ellinor TH via Bear Camp:** A moderate, 8-mile scramble with 2,800 feet elevation gain. This hike will take you along a historical trail and up the seldom-climbed east side of Copper Mountain. (mountaineers.org)



Photos by Kristy Kane

## Tidbits of information:

Poison Ivy and Other Plants: What You Should Know (<https://www.webmd.com/allergies/ss/slideshow-poison-plants>):

Poison ivy, poison oak, and poison sumac grow in wooded or marshy areas throughout North America. The plants aren't really poisonous. They have a sticky, long-lasting oil called urushiol that causes an itchy, blistering rash after it touches your skin. Even slight contact, like brushing up against the leaves, can leave the oil behind. Poison ivy and poison oak grow as vines or shrubs. Poison sumac is a shrub or tree.

Poison ivy is the only one that always has three leaves, one on each side and one in the center. They're shiny with smooth or slightly notched edges. Poison oak looks similar, but the leaves are larger and more rounded like an oak leaf. They have a textured, hairy surface. There may be groups of three, five, or seven leaves. Poison sumac leaves grow in clusters of seven to 13 leaves, with one by itself at the end.

The rash forms within 24 to 72 hours of contact, depending on where the plant touched you. It usually peaks within a week, but can last as long as 3 weeks. A rash from poison ivy, oak, or sumac looks like patches or streaks of red, raised blisters. The rash doesn't usually spread unless urushiol is still in contact with your skin.

It's usually safe to breathe where poison plants grow. Don't burn poison ivy, oak, or sumac. Particles of urushiol remain in the smoke and can aggravate your eyes, nose, and respiratory tract, and can land on the skin. Be careful -- urushiol remains active, even on dead plants. You may need to see a doctor if you breathe the smoke.

Urushiol begins to stick within minutes. If you know you've made contact with poison ivy, oak, or sumac, wash the area with lukewarm water and soap ASAP. If there's no water, rubbing alcohol or alcohol wipes can remove it. Keep the area cool, dry, and clean. Wash your clothes and clean your boots or shoes.

Once a rash appears, keep it clean, dry, and cool. Calamine lotion, diphenhydramine, or hydrocortisone can help control itching. Cool compresses or baths with baking soda or oatmeal can also soothe the rash. Don't scratch. It won't spread the rash, but can cause scars or infection. Your doctor may suggest other treatments for your symptoms.

If someone in your household has poison ivy, oak, or sumac, you can't catch it from them, even if you come into contact with the blisters. Just because you've never had a rash from one of these plants doesn't mean you're in the clear. Most people -- about 85% -- are allergic to urushiol. You can be affected by it at any age.

See your doctor if the rash is close to your eyes or is widespread over your body. If needed, they can prescribe medications you take by mouth that will help with swelling and itching. Head to the emergency room if you have severe reactions in addition to the rash, like nausea, fever, shortness of breath, extreme soreness at the rash site, or swollen lymph nodes. Call 911 if you have any trouble breathing or feel faint.

A dog's or a cat's fur usually protects its skin from urushiol. But it can stay on the fur and rub off on you. If your pet explores areas where these plants are found, bathe them with soap and cool water. Be sure to wear gloves.



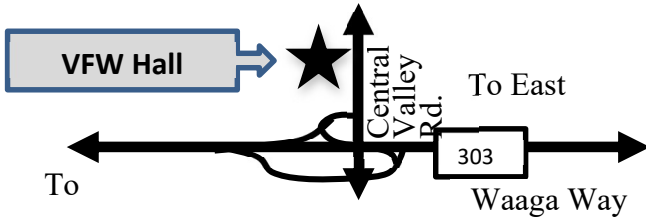
## Club News

### 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](mailto:c_plepys@yahoo.com) and 859-240-2704 or Emily Grice at [emilykgrice@gmail.com](mailto:emilykgrice@gmail.com) and 206-842-7883, or to our Webmaster, Jay Thompson, at [pwcadmin@pwckitsap.org](mailto: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](mailto: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](mailto: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](mailto: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/>
- Wilderness and The Gear Stash, Bainbridge Island <http://wildernessoutdoorstore.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](mailto: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.

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