

September 2022

Peninsula
Wilderness Club

PENNSICL

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: A virtual vacation with adventurer and author, Wendy Hinman

Wednesday, October 5, 2022, at 7:00 pm – 9:00 pm
VFW Post 4992
9981 Central Valley Road
Bremerton, WA 98311

Wendy Hinman is an adventurer, speaker, and the award-winning author of two books: *Tightwads on the Loose* and *Sea Trials: Around the World with Duct Tape and Bailing Wire*.

Tightwads on the Loose tells the story of her 34,000-mile voyage aboard a 31-foot sailboat with her husband. It has been called a “cult classic,” admired for its unaffected style and refreshing humor, and named a Readers Favorite. *Sea Trials* details the harrowing round-the-world voyage of a family who must overcome a shipwreck, gun boats, mines, thieves, scurvy and hunger to achieve their dream. It’s a timeless story of grit and resilience. *Sea Trials* was named a Kirkus best book as well as a Foreword Review best book. As the Kirkus starred review describes, “her engaging narrative succeeds in capturing the thrills and frustrations of this intrepid family. Taking in remarkably far-flung destinations such as Christmas Island and the New Hebrides, this exhilarating book should appeal to any would-be explorer. Highly readable and sufficiently evocative to sense the scent of sea air in the pages.”



MAP: Monthly Activity Planning Meeting

Wednesday, October 12, 2022, 7:00 pm – 8:30 pm
 Host: Doug Terry
 Phone: 360-550-7911; E-mail: 672terry@gmail.com
 Help schedule PWC events and outings, and discuss club business. All are invited. BYOB and snacks to share are always welcome.

Monthly Potluck

No September potluck

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	evgilluly@gmail.com
	Green Mtn Hike and Social (every Thur, through October 6)	Various PWC Hosts		RSVP on PWC Site
9/24/2022	Notch Pass Day Hike	Doug Savage	360-994-0003	thehiker@comcast.net
9/30/2022	Ingalls Lake – Tamarack Color Change	John Howard	360-516-0222	jmhoward60@outlook.com
10/9/2022	Sunshine Trip: Curlew State Park (Oct 9-14 and Big Pines Campground (Oct 14-16)	Bob Brown	360-569-2878	skipatrol10@hotmail.com
10/9/2022	Boulder Shelter Hike	Doug Terry	360-550-7911	672terry@gmail.com
10/11/2022	Backpack the High Divide	Doug Terry	360-550-7911	672terry@gmail.com
10/12/2022	MAP Meeting	Doug Terry	360-550-7911	672terry@gmail.com
10/15/2022	Grand Park (Mt Rainier) - via Lake Eleanor	John Howard	360-516-0222	jmhoward60@outlook.com
10/21/2022	Green Mountain Hike	Stevo Pavkovic	360-813-2743	stevoandlisa@gmail.com
10/22/2022	North Fork Skokomish	Jayson and Dorothy Shoecraft	360-265-7851	Dorothyhs@wavecable.com
10/29/2022	Illahee Preserve	Cathie Strand	714-328-6697	
11/6/2022	Tunnel Creek hike	Doug Savage	360-994-0003	thehiker@comcast.net
11/12/2022	Mt. Townsend	Doug Terry	360-550-7911	672terry@gmail.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!**

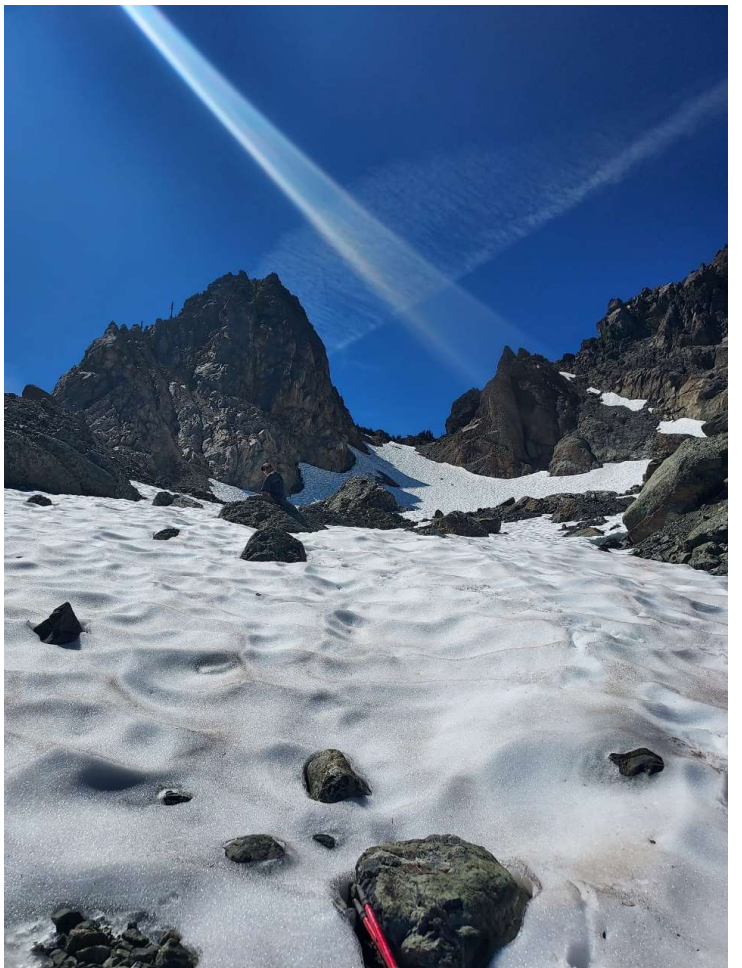
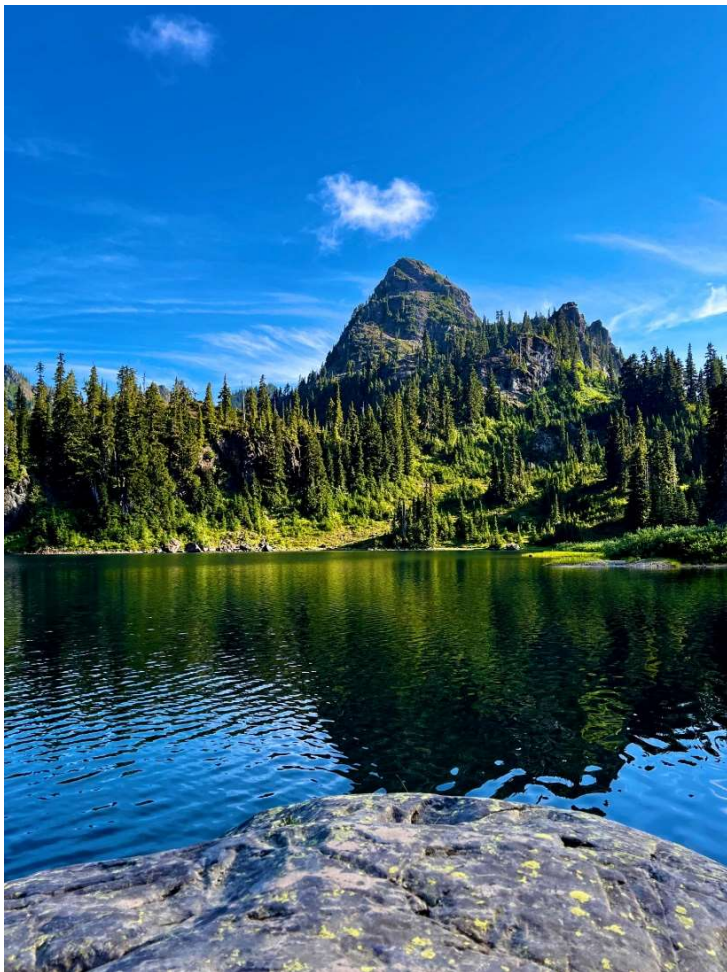
Note: Please feel free to send trip photos, trip reports, or any other suggestions/changes that you would like to see in the Penwicle to Margaret Poshusta (Marg8733@comcast.net) so that they may be included in the newsletter. Thank you.

Palouse to Cascades Trail Snoqualmie Pass to North Bend: This section of the trail is 30.18 miles. The Palouse to Cascades State Park Trail (PTCT) stretches 289 miles across Washington from Cedar Falls near North Bend to the Idaho border south of Spokane. It is a rail trail that passes through a 2.3-mile-long tunnel, crosses over the Columbia River, over the land scoured by the Ice Age Floods and through the wheat fields of the Palouse region of Washington. (<https://www.palousetocascadestrail.org>)



Photos by Jay Thompson

Upper Lena to Scout Lake Stone Ponds to St. Peters Gate to Lake of the Angels Putvin Trail:



Photos by Kristy Kane

Fricaba Traverse: From the Mt. Fricaba summit, one has a commanding view of some of the most rugged terrain in the Olympic Mountains. Views include Mt. Deception and The Needles, Mt. Constance, Mt. Stone, Mt. Mystery and the Mystery Glacier. As if all those were not enough, Mt. Deception was kind enough to be positioned far enough north to give a view of the monarch of the range -- Mt. Olympus. All this, and the fact that it is a fairly easy scramble, make it an ideal objective for beginner mountaineers.

Fricaba is composed mostly of extremely shattered shale which is common to this area. The rock erodes easily and helps lend to its' somewhat rounded shape. This also makes for a lot of scree around the base which can make for tedious uphill walking. (summitpost.org)



Photos by Doug Terry

Eagle Creek to Twister Falls: 13 miles roundtrip; elevation gain 1,100 ft. This hike is one of the most storied day trips in the Pacific Northwest. You'll encounter eight major waterfalls along Eagle Creek and its tributaries, with lots of smaller and seasonal falls in-between. The trail in many sections was blasted out of the basalt cliff faces by the 1915 crews that constructed it in conjunction with the work on the Historic Columbia River Highway. There are six sections where cable handrails will give you a sense of security as you pass above vertical drops.

The 2017 Eagle Creek Fire burned hot in this section of the gorge, so you will be constantly reminded of that conflagration. In addition, two bridges, the Fern Creek Bridge and the High Bridge, had to be replaced because of fire damage. As you enter the Mark O. Hatfield Wilderness, you'll encounter larger stands of intact canopy where the fire was less intense. (oregonhikers.org)



Photos by Margaret Poshusta

Toleak (pronounced “toe-lee-ack”) Point: If you’re looking to explore some of Olympic National Park’s rugged coastline, hike to Toleak Point from Third Beach. It’s a moderately challenging trail that travels along beaches and across steep headlands. The area around Toleak Point is dotted with dozens of offshore islands and sea stacks, making it really picturesque. Plus, there are ah-mazing sunsets! You can hike there and back in a full day, but you should make it a backpacking trip and stay the night. The Toleak Point area isn’t as popular as the easier Ozette Loop or Shi Shi Beach hikes, which means you’ll experience more solitude.

However, you will have to work a bit harder for that solitude by climbing up ropes and carefully planning for the tides. There’s enough challenging terrain to make it a bit of an adventure, without it being too hard to be enjoyable. And the scenery... oh the scenery. (happiestoutdoors.ca/toleak-point)



Photos by Jill Hawes

“Me and You and a Dog named Beau”
~Lessons from my first big hike, and hiking with a dog~
by Cathie Strand

Beau and I joined 3 women to hike section J of the PCT over 6 days, starting August 9th. We ended early, but had a great learning experience and adventure. I should preface this by saying I have gone on many day hikes with the PWC, some of them as long as 12-14 miles, and I have gone on one 1-night backpacking hike prior to this hike.

Day 1:

I carried a pack weighing at least 45#, including my and Beau's food for 7 days. The trail began at Snoqualmie Pass, and went uphill steadily for at least 5-6 miles. I felt like I had been in a gym for 3 hours, doing squats the whole time! I tried to keep up with the women who carried about 20# less, and were more seasoned backpackers. I walked as fast as I could, and took shorter breaks than I needed. After 3 hours, I was ready to throw up, my mouth felt cotton-dry, and I knew I needed to sit and rest where I was. We were still quite a ways from a water source, and I was running low on water. The women came back and offered to carry some of my gear for a while, and a trail angel search and rescue guy came by, talked with me, and gave me 1 ½ liters of his water. Beau and I were able to continue on! By camp that evening, I felt fine, just tired. I took longer than the other women to set up my tent and to break camp the next morning (EVERY evening and morning :P). We went to bed at 8:30, exhausted, and planned to break camp by 7:00 am. My fitbit said I had walked 35k steps / 15 miles, but the trail guide said it was 12 miles.

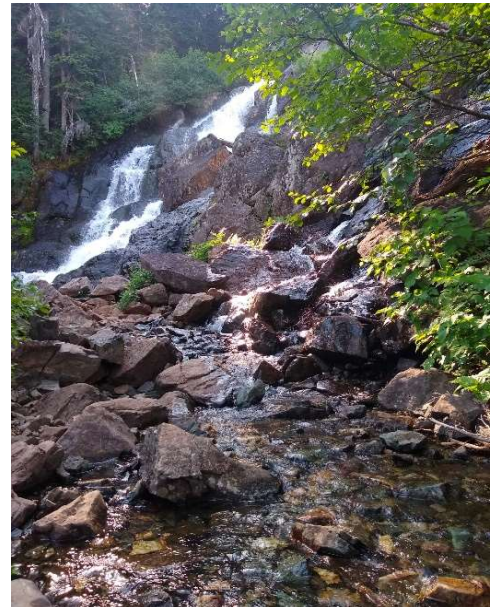


Note: When camping with a dog, the dog should be fed well away from the campsite, because they are messy eaters, and we don't want to give bears a reason to visit us. I fed Beau at each of our meal times to hopefully keep him fueled up for the work. This almost doubled my time needed for chores. I also needed to keep him on a leash and supervised while setting up and breaking down, which also added time. And then, being far less experienced, I am still working on developing my systems for packing, which also means I take longer. = I require patience.

Day 2:

Broke camp and headed out by 7:30 am. We walked about 2.5 hours with a water stop at a small lake. L. started feeling poorly around 10 am and thought about leaving the hike. S. remained with her while she sat and waited for it to pass, and, after discussing it as a group, Deb and I continued on. We walked across lots of boulder fields and scree. Saw lots of wildflowers such as fireweed, yarrow, lupine, and others that I'm sure L. could have named, ... blueberries, and thimbleberries near the rivers, none quite ripe yet. It became difficult to lift my pack on or to stand up. My hips, feet, and back hurt, and were tired. We took more frequent and longer breaks through the afternoon. By the time we reached camp, it was hard to move around, even without the pack. I walked with the same hunched, rocking gait I had when the pack was on. I took some Aleve, and gave Beau an aspirin. Beau had made frequent stops through the afternoon to lay in the shade, and I wasn't sure if it was just from the heat (being a black dog), or exhaustion. We were both very ready to go to bed around 7:30 pm. L. and S. sent message via hikers that they would be joining us, but would camp for the night at Delate Falls, about 2 miles back from us. Fitbit said I walked 40k steps / 18 miles. Trail guide said we walked 12 miles.





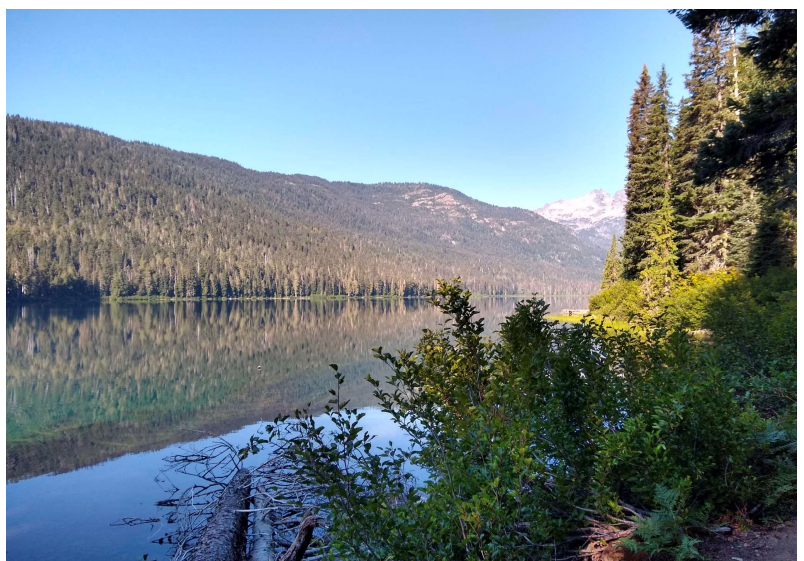
Day 3:

(Written with no light, because the battery had died in my headlamp and I didn't feel like digging around for a flashlight.) S. and L. rejoined us in the morning and we crossed Lemah Creek together. Beau made it across, even through a deep area, and did such a happy "I did a big brave thing!" dance afterward! By 10 am, Beau developed diarrhea with blood in it, so I decided we should get off the trail and get him to a vet or home. It would take 20 miles and 2 more days to achieve that. Thankfully, Imodium AD seemed to do the job after a couple of doses, and Beau ate and drank readily all day. Tidy, our ride, was finally reached in the evening via InReach and said he would meet us the next day at the Salmon la Sac trailhead. Fitbit said I walked 45k steps / 20.3 miles. Trail guide said it was 12 miles.

Day 4:

We parted company with S. & L. in the morning, and Deborah and I walked 10 miles starting near Waptus Lake and River. Beau walked across a wide river! (Have I mentioned he HATES getting wet?!) I was still in pain with each step up, and Beau stopped for shade breaks frequently once it warmed up midday.

It was so beautiful near the lake! And the river near the trailhead was nice and cold, and deep. We encountered a group of horses while we were resting at a water spot... that was exciting for Beau! We reached the trailhead around 3:00 and washed up a little while we waited for Tidy to get to us. We might have been there 20-30 minutes. It was so good to see Tidy! We went to Roslyn for dinner (I got a big salad) and made our way home. We drove the 200 miles home, and finally got to the house around 9 pm. I took a shower and went to bed. I slept like a rock!



Day 5:

Today, I hobble when I walk; my hips do not want to function normally. I've spent the day cleaning, recuperating, and catching up with mail and pictures. Beau has spent almost all day sleeping. I have lost 3#, and my backpack lost 4#. End of day edit: I'm almost walking normally!

Note on Fitbits: These calculate distance based on number of steps * stride length. When hiking with a backpack, or going up or down hill, we generally take smaller steps. It is to be expected that a Fitbit will inaccurately and generously report distance.

Thoughts on gear:

- I think I prefer the bear can to the bear bag. The can could double as a camp chair, which compensates for its extra weight. The bag requires hunting for a place to hang it up high. It is surprising how few branches on trees grow horizontally or upward! And sometimes it is not easy to find a rock to tie on the end of the rope in order to get it over a branch. Of course, the bag is more malleable.
- The self-lighting pocket rocket is a great, lightweight cooking system.
- Water Filter: My Katadyn is easy enough to use, but awkward to store. If I put it in a bottle pocket on the backpack, it falls out. It has no way to hang it to something. Once it is half empty, it can be carried in the hand while holding a hiking pole, but again, it's awkward. I'm also worried it will spring a leak, and leave me high and dry... literally.
- Putting an air mattress over a NEMO pad is possibly a waste. Mine developed a leak by day 2, and was useless. The air mattress is noisy, too, letting campmates know every time you shift positions.
- The 1-person quarter-dome tent was an ok size for just me, but pretty tight quarters with Beau, a 65# dog. I had to pull my backpack in one night due to potential rain, and it was overcrowded.
- I brought a book to read, and a few pages for Yahtzee, notes, and puzzles. I only used the pages for journaling. I was too tired each evening to engage in pleasant pastimes like reading or games.
- Charger: Worth its weight (about a pound). I was able to keep my phone ready for picture taking. I also felt more secure that I had a lifeline if needed. (Search and Rescue guy said any cell phone could send out a 911 with GPS coordinates.)
- Communication: If I will be doing long hikes often, it would be good to invest in a Garmin InReach or similar emergency communication system, or make sure someone in the group has one.
- First Aide: Glad we had Imodium AD, Aleve, aspirin, moleskin-like material, sunscreen, DEET, mosquito head net (!!), toe pads and toe socks, cleaning wipes, etc. Toe socks in addition to other wool socks really helped, as long as the socks were long enough (the ankle socks caused blisters on the back of my heels within an hour 😞) Squishy toe cots also helped. I'm still likely going to lose my nails on #2 toes. Maybe I should try different lacing techniques.
- I wish I had brought electrolytes my dog could have (i.e., without artificial sweeteners, etc, that could harm him).
- Sanitation: Would like compostable wipes. And no matter that I washed off every evening, and tried to wash my clothes, I still really stank when we got picked up. It would be good to have a clean change of clothes in the picking-up car.

Food:

- With this group's focus on time, it would have been better to have ready-made meals that didn't require boiling water and waiting 15 minutes. Maybe tuna and mayo pouches, dried fruit or granola, cereal with powdered milk, jerky....
- Quick Grits is NOT the same as Instant Grits!!
- Favorite meal: scrambled eggs made with powdered eggs, bacon bits, parmesan cheese, milk powder, and some seasonings. Took a while to get cooked, but so good to have warm, substantial food!

Personal Insights:

- I prefer less intensive hiking where I can take my time to pack up in the mornings without feeling rushed, I can take my time to enjoy being present, and appreciate the sights, sounds, and smells.
- When I try to do things at others' speed or their way, I end up messing up, missing important steps, or hurting myself. It is ok to take the time I need to do things right.
- I will likely stick to 2- or 3-day hikes for a while, and 1- or 2-day hikes with Beau.

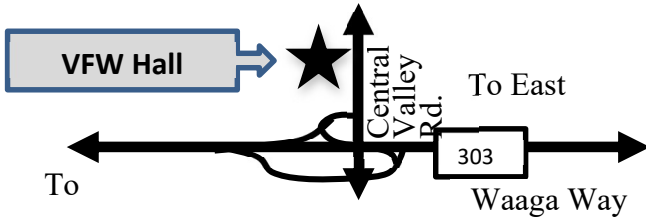
Club News

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 pwadmin@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 or 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 pwadmin@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

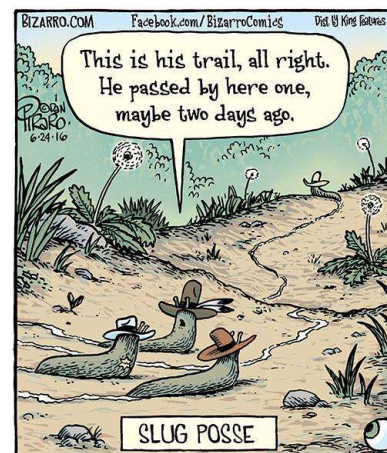
Joining/Renewing your Membership

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/>
- Wilderndest and The Gear Stash, Bainbridge Island <http://wilderndestoutdoorstore.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
Reproduced Using Recycled Paper

