

**November 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: One of Mount Rainier's most inspirational climbs with Jerry Elfendahl

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

It's a story of what people can do if given a chance, an adventure in human spirit on The Mountain, and a Native American blessing.

In 1981, during the United Nation's International Year of Disabled Persons, eleven disabled people accepted the challenge of climbing Mount Rainier. Team included seven blind, two deaf, an epileptic and an amputee.



**MAP: Monthly Activity Planning Meeting**

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

Host: Doug and Barb Savage

Phone: 360-994-0003

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

**Monthly Potluck**

No monthly potlucks during months of November and December.

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.

11/19/2022	Newberry Hill Heritage Park Hike	Cathie Strand	714-328-6697	
11/27/2022	Snowshoe: Hurricane Ridge	Doug Savage	360-994-0003	<a href="mailto:thehiker@comcast.net">thehiker@comcast.net</a>
12/2/2022	Hike Mt. Walker	Stevo Pavkovic	360-813-2743	<a href="mailto:stevoandlisa@gmail.com">stevoandlisa@gmail.com</a>
12/3/2022	Big Creek Hike	Jayson and Dorothy Shoecraft	360-265-7851	<a href="mailto:Dorothyhs@wavecable.com">Dorothyhs@wavecable.com</a>
12/4/2022	Green Mountain Hike	Doug Savage	360-994-0003	<a href="mailto:thehiker@comcast.net">thehiker@comcast.net</a>
12/10/2022	Hike Slab Camp to Grey Wolf River	John Howard	360-516-0222	<a href="mailto:jmhoward60@outlook.com">jmhoward60@outlook.com</a>
12/14/2022	MAP Meeting	Barb Savage	360-994-0003	<a href="mailto:thehiker@comcast.net">thehiker@comcast.net</a>
12/17/2022	Green Mt. Annual Winter Solstice (close enough) Hike	Jay Thompson		<a href="mailto:jaythom1@hotmail.com">jaythom1@hotmail.com</a>
12/28/2022	Snowshoe Mt. Rainier	Doug Savage	360-994-0003	<a href="mailto:thehiker@comcast.net">thehiker@comcast.net</a>

**About PWC Activities and Outings:**

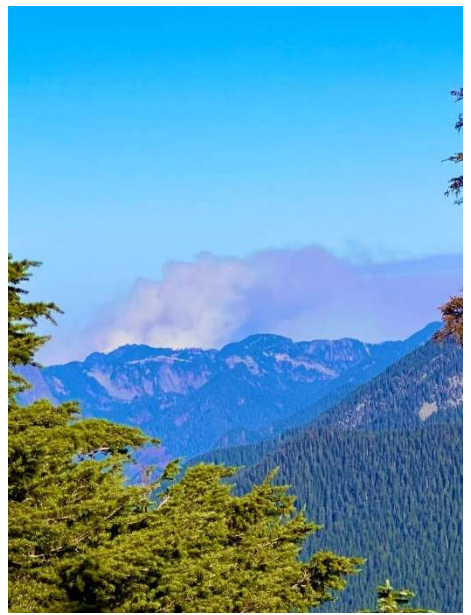
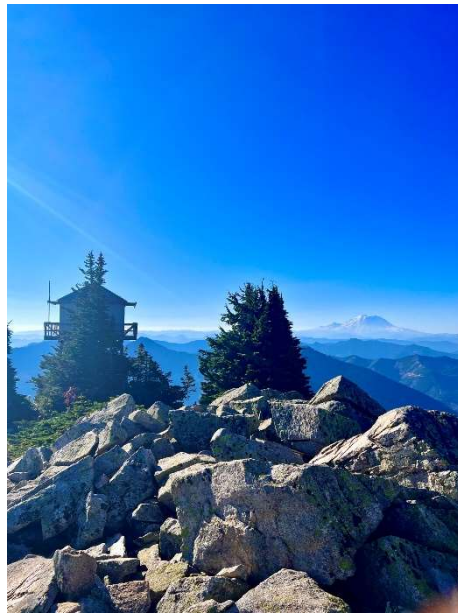
- PWC outings and other activities are open to everyone. If you enjoy our club and what we do, please become a member! For \$25 a year, your membership helps pay the bills and keeps the club moving forward.
- As a courtesy to the sponsor of the outing you are joining, please call with cancellations or 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!***

**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.

**Granite Mountain:** 8.6 miles roundtrip; elevation gain 3,800 ft. The astounding views from the summit of the Granite Mountain trail come at a price. A nearly-1000-feet-of-elevation-gain-per-mile price. But views of pointed Kaleetan Peak, deep blue Crystal Lake, the climber-dotted Tooth, and Mount Rainier dominating the skyline to the south make it all worth it.

Note that while Granite Mountain is a popular summer route, in winter the way to the summit is considerably more dangerous. Have avalanche awareness training and proper gear for a winter outing here.

WTA Pro Tip: The Granite Mountain Lookout can accommodate a relatively small number of people. During the summer and especially on weekends, Granite Mountain can have as many as 100 hikers at its summit, so please be courteous to fellow hikers and limit your time spent exploring the lookout if there is a ranger at the summit who has opened it to the public. If there is no ranger or volunteer to staff it, the lookout is closed to the public. ([wta.org](http://wta.org))



Photos by Kristy Kane

**North Fork Skokomish:** Hiking through a lowland forest river valley, the North Fork Skokomish Trail leads through the thick Olympic forest to subalpine meadows with unbelievable views of the heart of the craggy, snow-capped Olympic Range.

The trail is 15.2 miles between Staircase Ranger Station and its junction with the Duckabush River trail. Camps dot the trail, so day hikes or overnight trips of varying lengths are possible.

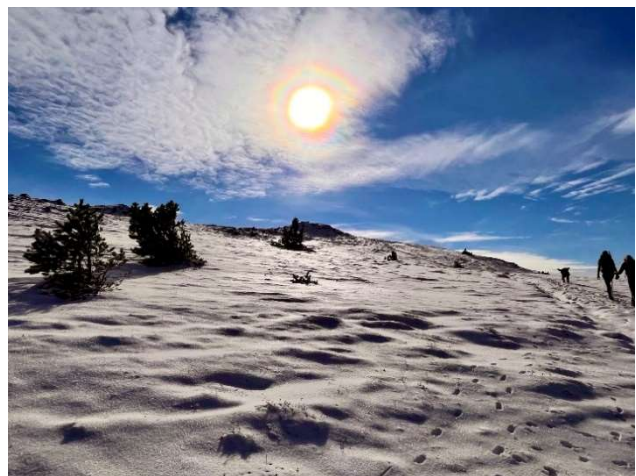
The most scenic section of this trail is the route to First Divide, where you find the gorgeous mountain views in a small pass, 4,688 feet high. The hike to the First Divide is 13.1 miles from the Staircase trailhead. First Divide is a good destination for day hikers looking for lots of miles, or overnights. Past First Divide, it's only 2.9 miles downhill to the Duckabush River Trail, or just one mile to Home Sweet Home camp. (wta.org)



Photos by Dorothy Shoecraft

**Mount Townsend:** 8 miles roundtrip; elevation gain 3,010 ft. Is Mount Townsend popular because there are four trails to the top? Or are there four trails to the top because Mount Townsend is so popular? Let's just agree it's a popular hike and that there are many reasons for it.

Townsend offers rhododendrons in May and June, wildflowers in June through August, then berries in August and September and fall colors in, well, fall. Add in old growth, some tucked away waterfalls, and a windswept, alpine turtleback summit with views north across the Strait and San Juans, west and south into and along the Olympics and east across the Sound to the Cascades, and you've got the perfect year-round hike. No wonder it is popular. (wta.org)



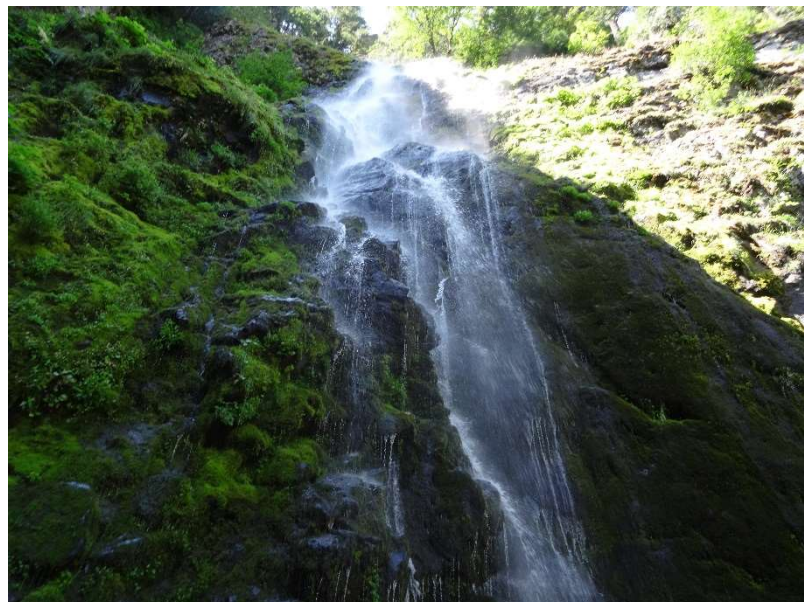
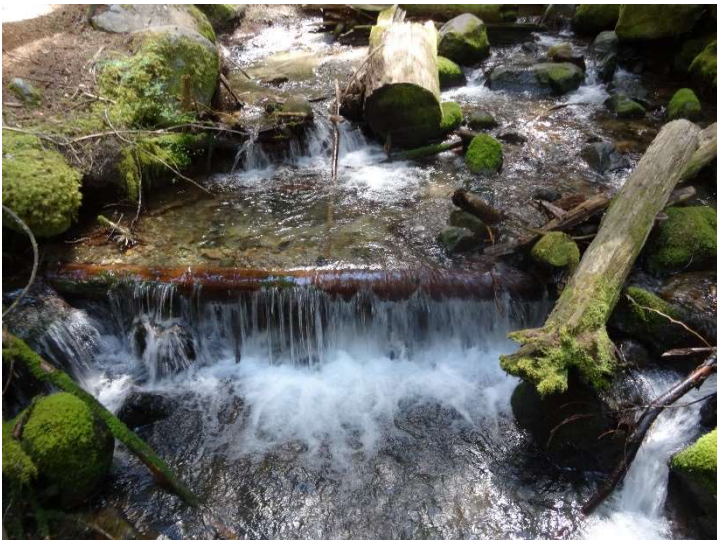
Photos by Kristy Kane

**Skookum Flats:** 7.8 miles roundrip, elevation gain 300 ft. Choose between a shorter or longer river walk through old-growth forest to a 250-foot cascading waterfall.

The Skookum Flats Trail meanders alongside the White River between the Dalles and Silver Springs Campgrounds, just outside the northeast entrance of Mount Rainier National Park. As the name suggests, Skookum Flats involves little in the way of elevation gain, taking hikers on a gentle tour through old-growth forest, past mossy rocks and fallen trees, with plenty of river views.

If you opt for the shorter, 4.2-mile hike with just 100 feet of elevation gain, begin from the trailhead on FR 73 just beyond the bridge. Once you're on the trail, head south, following the river upstream. If you're after a longer hike, start from the trailhead on FR 7160 and begin your hike northward, heading downstream. From either direction, the trail is wide and mostly free of rocks and roots, making it an ideal outing for all abilities.

When the sound of rushing water begins to overpower the noise of the river, catch glimpses of Skookum Falls through the trees as you approach Skookum Creek - this will be 2.1 miles for the shorter trail option and 3.9 miles for the longer. Just across the water, a sign points uphill with the simple word "Falls." The boot path up to the base of Skookum Falls is rough, and spray from the falls can make the path slick. Use caution if you choose to get a closer look. The falls puts on the best show when it's flowing in full force, usually in late spring and early summer. (wta.org)



Photos by Margaret Poshusta

**Sunshine Trips 2022:** All of the 2022 Sunshine Trips were well attended.

- April. The year started with City of Rocks and Canyonlands. Much hiking in temperatures in the mid 70's.
- June. Cateldo, Idaho had sunny skies and mild temperatures. This was the year of the moose with sightings every day.
- July. Lava Lakes with cool nights and warm to very warm days. Nothing but sunny weather and no bugs. Hiking, biking, and kayaking on the local lakes.
- September. Peterson Prairie USFS campground near Mt. Adams. Hiking and biking with sunny skies and no real bug problems. Cool at night and warm during the day.
- October. The fall bike trip started for Tony Abruzzo and Bob Brown at Steam Boat Rock State Park to break up the drive. The official trip started at Curlew Lake State Park, then Lincoln Rock State Park, and ended up at Big Pines BLM campground. Nothing but sunny days! Mostly bike riding with a little hiking. There was also a dam tour.

If anyone has trip ideas, please call Bob at 360-507-8620 or Tony at 360-871-5754.



Photos from Facebook

## Trail Maintenance by John Jurgens

**Big Creek.** The MRTC crew went up on Big Creek and worked on the last problem left over from last winter's storm. Branch Creek bridge took a direct hit from a tree and lost the handrails on one end. MRTC had been waiting for material as well as the time to get it fixed. They tore out all of the damaged material and installed a new post and some of the 4 x 4 handrails-- the bridge is now useable. They hope to get the rest of the 4 x 4 rails cut up and installed in the next few weeks.



Before



After



## How to go Backpacking in the Rain (rei.com)

Into each life, some rain must fall. If you're a backpacker with the right mindset, this can make the woods a more beautiful place: crisper, cleaner and calmer. Heavy rainfall can also present some special challenges, though, if you're not prepared.

Gearing Up: When rain is a distinct possibility, it's wise to adjust your gear list. Take a closer look at your clothing, including outerwear and footwear. You also want to assess the rain-readiness of both your pack and tent.

### Clothing Strategies:

- **Absolutely no cotton.** This is especially true in next-to-skin layers because cotton doesn't wick sweat away from your skin and it takes a long time to dry. In soggy conditions, that means you'll get chilled and become more susceptible to hypothermia. Go with wool, nylon or polyester clothing instead.
- **Evaluate your rainwear.** A soft shell alone won't be enough. You need a hard shell for full waterproof protection. Because rainwear brands update technology often, an upgrade is worth considering.
- **Renew your rainwear's Durable Water Repellent (DWR).** If you think your current rainwear needs replacing, first check to see if raindrops bead up and roll off. If not, there's a good chance that renewing its DWR coating can restore performance.
- **Evaluate your footwear.** Waterproof options work well in colder conditions, keeping your feet warmer and drier initially; nonwaterproof mesh footwear works well in milder conditions, draining and drying more quickly if you land in a puddle or creek. With either option you need deep lug soles to deal with mud and superior traction to deal with slippery rocks and logs.
- **Pack more substantial camp shoes.** You want camp shoes that will be secure underfoot, so you can wear them around a muddy camp or to wade across a high creek. Then you can change to your still-dry trail boots on the other side.
- **Go with gaiters or rain pants.** If you forgo rain pants in favor of greater breathability, then you should pack gaiters to shield your socks and the tops of your footwear from rain. You'll also need an extra pair of dry pants.
- **Take a rain hat.** In addition to avoiding cotton, look at hats with a wide brim or long bill to keep your face (and glasses) drier.
- **Bolster your dry clothing stash.** Extra clothing is already one of the Ten Essentials. Never skimp on the amount of extra clothes you pack when rain is in the forecast. Bringing extra clothing that you only use for sleeping helps ensure you'll always be dry and warm in your sleeping bag.
- **Bring blister supplies.** Moisture makes feet more susceptible to blisters. So, in addition to making sure you have multiple pairs of wool or synthetic hiking socks, you should double-check the blister-treatment items in your first-aid kit.

Extra Pack Protection: Though many packs are made of waterproof material, their seams aren't sealed. In addition, all of the places that make gear accessible to you—like a top lid or an open stash pocket—also make it accessible to precipitation. Even zippers that are water resistant or covered with a flap can let water sneak in eventually.

Added protection options for your pack include the following:

- **Pack rain cover.** Some packs come with one, or you can buy a cover sized to fit your pack. If you're willing to listen to it flapping in the wind, you can also adapt a trash bag by cutting slits for shoulder straps.
- **Pack liner(s).** You can use a trash-compactor bag, buy a special pack liner or use several smaller plastic bags for key gear. Your main pack and exterior pockets can get soaked eventually, making your load heavier. Your essential gear, though, will remain dry.
- **Lightweight dry sacks.** These can be used like the smaller plastic bags noted above. In addition, even if you have a pack cover or liner, you should use dry bags for your most vulnerable gear. Using one as a sleeping-bag stuff sack is smart, especially if you have a down bag. Storing food in a dry bag not only protects it from moisture, it also provides a handy top handle when you hang it up to prevent bears and rodents from getting to it.
- **Waterproof gadget cases.** You can put things like your cellphone or expensive digital camera in a plastic bag or dry bag. Getting a specially designed waterproof case, though, will provide even better protection.

Trail Hazards. A significant storm system can create added dangers and health concerns. If you're on the lookout for them, you can take steps to avoid unwanted complications.

- **Slippery surfaces.** Even if your footwear has great traction, you still need to tread extra carefully on muddy slopes, slimy rocks and rain-slickened logs.
- **Trekking poles** are a huge help, and can be your best friend on a rainy hike.
- **Swollen creeks.** Water will be running faster and higher, requiring extra care on every crossing. Unbuckle your hip belt before you cross, so you can easily get free of your pack if you slip and fall into a fast-moving current.
- **Flash floods.** If you'll be in canyon country, check the forecasts ahead of time and keep an eye out for quickly accessible higher ground.
- **Hypothermia.** Learn to recognize the early symptoms, which include shivering and confusion, because it can creep up on you in cool, rainy weather. Wear wool or synthetic clothes because they continue to insulate even when damp. Change into dry clothing when you are no longer moving.
- **Dehydration.** It's easy to forget to hydrate when you're in the middle of a downpour. Be sure to drink and eat even though it may be inconvenient; if rain discourages stops, drink and snack while you're hiking.

Campsite Tactics. Most of the following tips are from our How to Set Up a Tent article:

- **Seek higher, drier ground.** You'll have less moisture in the air to form condensation inside the tent as temperatures drop.
- **Look for sites under trees.** They create a warmer, more protected microclimate that will produce lower levels of condensation.
- **Avoid sites under damaged limbs or trees.** A strong gust can bring them down on top of you.
- **Avoid camping in low areas between high areas.** Rain can channel through and pool when a storm blows in.
- **Orient doors away from the wind.** You'll prevent rain from blowing in.

Pitching Tips. When the rain is coming down sideways, speed counts. Beyond general pitching tips, here are some rainy-day strategies for ensuring that your tent is well set up:

- **Practice at home.** It lets you double-check that all the parts are there and helps you develop into a quick-pitch artist.
- **Use a footprint.** As the ground gets more and more sodden, you'll be glad you took the time to lay down this extra layer of protection.
- **Be wary of the fly-first pitch.** Though some tents offer this option, it often takes longer than the standard tent-first pitch.
- **Recruit rainfly holders.** You'll get less rainfall on the main tent if hiking pals or people camping nearby hold the fly over your tent while you pitch it.
- **Tighten it up and guy it out.** Though it's tempting to dive in as soon as the tent is minimally in place, your rainfly needs to be rock-solid first.
- **Become a vent master.** If your fly has vents, use them to prevent condensation buildup. Open them wide and check them often to be sure they aren't letting in rain. Open vents in opposing pairs, rather than all at once, in order to create flow-through ventilation.

Drying Out. When the weather gods conspire to hit you with seemingly endless days of unrelenting rain, it's important to make the most of each and every opportunity to dry yourself out.

- **Preserve a dry set of camp clothes.** Keep them in a dry bag and don't open it until you're inside your tent. Dry clothes will do wonders for your comfort level and your mental health.
- **Switch to dry clothes during the day, too.** A midday change to dry pants or socks or base layers bolsters your spirit and deters hypothermia.
- **Seize weather windows.** Dry gear is more important than making time. Halt immediately, set out your wet stuff and let the sun work its magic. (Utility cord can double as a clothesline.) Laying over an extra day to fully dry out after a storm break is also wise, especially if more wet stuff is on the way.
- **Dry out gear at home.** It's essential that you completely dry out gear after every trip. Failure to do so causes mildew and mold to grow, ultimately ruining your gear. Always make sure your gear is completely dry before you put it away.

**Next month:** Cold weather hiking.

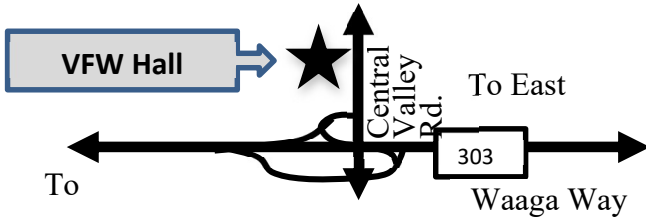
## Club News

### 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) 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 [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/>
- 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](mailto:cmountaindave@aol.com) and 360-871-5577

### PWC Officers and Staff

President.....	Doug Savage.....	360-994-0003
Vice President.....	Tony Abruzzo.....	
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



"I'LL NEVER TAKE YOU BACKPACKING AGAIN."

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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