

January  
2023  
Peninsula  
Wilderness Club

PENNSICL E

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: Mushroom Wonderland, with Aaron Hilliard

Wednesday, February 1, 2023, at 7:00 pm – 9:00 pm  
VFW Post 4992  
9981 Central Valley Road  
Bremerton, WA 98311

Aaron Hilliard is the Vice President of the Kitsap Peninsula Mycological Society, Mycologist, and creator of the Youtube channel, Mushroom Wonderland. Aaron was born and raised in the Puget Sound basin in South Kitsap county where he has wandered the forests discovering and studying Mushrooms. An avid hiker, backpacker, mountain biker, snowboarder, and sailor, Aaron loves to do all things outdoors and hunting, identifying and studying mushrooms is such a great excuse to get into the wilderness. Aaron will be sharing about some of the amazing mushrooms you may encounter on your hikes.



Please RSVP, either by contacting the host or using the electronic calendar, so the host knows how many people to expect.

**MAP: Monthly Activity Planning Meeting**

Wednesday, February 8, 2023, 7:00 pm – 8:30 pm  
 Host: Christine Plepys  
 Phone: 859-240-2704; E-mail: c\_plepys@yahoo.com  
 Help schedule PWC events and outings, and discuss club business. All are invited. BYOB and snacks to share are always welcome.

**Monthly Potluck**

Friday, January 27, 2023, 6:30 pm  
 Host: Cathie Strong  
 Phone: 714-328-6697  
 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.

1/20/2023	Mount Walker	Stevo Pavkovic	360-813-2743	stevoandlisa@gmail.com
1/21/2023	Ski or Snowshoe to Copper Creek Hut MTTA	Doug Savage	360-994-0003	thehiker@comcast.net
1/23/2023	Elk Lodge – Mazama	Tom Banks	508-579-2521	rangertwb@aol.com
1/27/2023	Mt. Rose	Barbara Ablitt		bjablitt@comcast.net
1/27/2023	Monthly Potluck (Please RSVP)	Cathie Strand	714-328-6697	
1/29/2023	Dosewallips Hike	Greg Myrick	360-649-1648	gmyrick49@gmail.com
2/3/2023	Mt. Elinor	John Howard	360-516-0222	howiejm60@gmail.com
2/4/2023	Ski or Snowshoe to Snowbowl Hut - MTTA	Doug Savage	360-994-0003	thehiker@comcast.net
2/8/2023	MAP Meeting (Please RSVP)	Christine Plepys	859-240-2704	c_plepys@yahoo.com
2/11/2023	Mount Si (Old Trail)	Stevo Pavkovic	360-813-2743	stevoandlisa@gmail.com
2/12/2023	Elk Lodge in Mazama	Emily Grice	206-669-0817	emilykgrice@gmail.com
2/12/2023	Hike the Dosewallips	Doug Savage	360-994-0003	thehiker@comcast.net
2/17/2023	Winterfest	Kanita Sellers	757-235-0594	
2/24/2023	Mount Walker	Stevo Pavkovic	360-813-2743	stevoandlisa@gmail.com
2/24/2023	Monthly Potluck (Please RSVP)	Peter Kalmer	360-286-0328	
2/25/2023	Ski or Snowshoe to the Yurt Hut - MTTA	Doug Savage	360-994-0003	thehiker@comcast.net
2/26/2023	Chilly Hilly Bike Ride	Jackie Lovely	360-649-4361	lovely.jackie67@yahoo.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](mailto:Marg8733@comcast.net)) so that they may be included in the newsletter. Thank you.

**Fort Worden State Park:** The Washington State Parks and Recreation Commission acquired most of Fort Worden on September 30, 1971, when the state closed the juvenile treatment center. The 433-acre Fort Worden State Park was opened on August 18, 1973. Today the 2.1 miles of sandy beaches and high bluffs attract residents from around the region to the multi-use recreation facility.

The extensive system of large, abandoned artillery batteries are available for exploration (closed at dusk). The state park includes the Puget Sound Coast Artillery Museum, a balloon hangar which was used for observation balloons, three 3-inch anti-aircraft gun emplacements (no guns remain), and several restored quarters on Officers'/NCO Row available for vacation rentals. The Point Wilson Lighthouse is also located here.

The Commanding Officer's Quarters on Officers' Row has been restored to reflect the early 20th century Victorian period, and is open in the summer for tours.

The 1982 film "An Officer and a Gentleman" at Fort Worden, as well as the 2002 film "The Ring".

Goddard College's Port Townsend campus hosts several of its program residencies at Fort Worden in the former base hospital building.

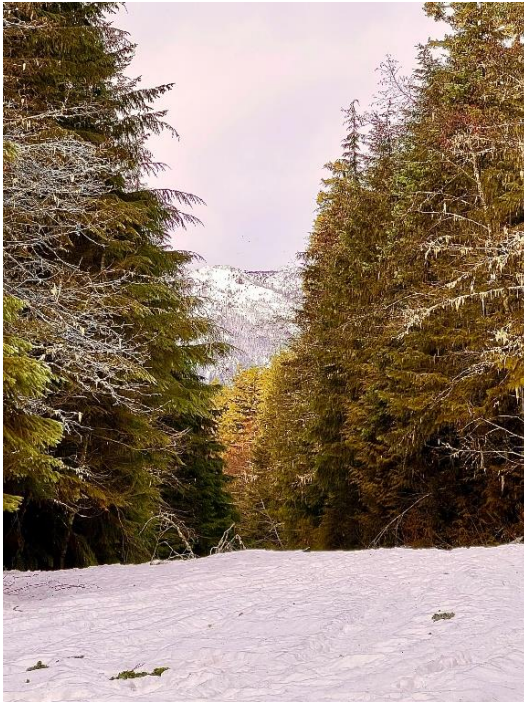
One notable feature of the park is the 2,000,000-gallon underground cistern, originally built to hold water for fire-fighting in the event that the fort was attacked and put to the torch. The cistern was drained in the 1950s when the fort was decommissioned, leaving an underground space more than 200 feet in diameter and 14 feet deep. This huge subterranean chamber has an acoustical reverberation time of around 45 seconds, and once attracted the interest of various musicians and recording artists.

As of 2014, the cistern is sealed shut and closed to all public access indefinitely. ([wikipedia.org/wiki/Fort\\_Worden](http://wikipedia.org/wiki/Fort_Worden))



Photo by Steven Osburn

**Notch Pass:** 8.6 miles roundtrip; elevation gain 2,700 ft. Believed to be a former Native American trading route through the Olympics, this historic trail was rebuilt by the Civilian Conservation Corps (the CCC) in the 1930s. It was relocated in the early 2000s, and to this day, it is a popular WTA volunteer work party site. The route now goes through a notch easily spied from Highway 101 in the Quilcene Range, climbing steeply to the notch and then traversing the hillside. (wta.org)



Photos by Kristy Kane

**Gold Creek Davis Trail:** 4 miles roundtrip; elevation gain 120 ft. This trail is in Green Mountain State Forest, a dynamic working forest that is certainly a land of many uses. The trails are open to hikers, mountain bikers and horseback riders. Logging operations happen occasionally and can cause trail closures or reroutes. (wta.org)



Photos by Margaret Poshusta

## **NOTICES:**

Club History has been updated and can be found on the PWC Website.

**\*\*PWC Members\*\***

Have you moved or changed your contact information since you became a member? We would like to make sure our membership list is up to date, so if you're not sure, send an email to [marti.howard@outlook.com](mailto:marti.howard@outlook.com) with your current address, phone number, best e-mail address and roster publishing choices (i.e., phone, e-mail, both, none).

**Historical Photos.** Below are a few of the historical photos that were recently scanned. Margaret Poshusta will bring the remaining historical photos to the next general meeting, so people can look at them and take whichever ones they'd like to keep.



# How to Choose Snowshoes (rei.com)

To choose the right snowshoes, you'll want to factor in three simple things:

- **Have an idea of where you plan to go:** Snowshoes are generally designed for flat, rolling or mountain terrain, so where you go will help determine what you'll buy.
- **Have an estimate of how much you (and your gear) weigh:** Snowshoe specs should list the overall weight (total load) they can support.
- **Try to anticipate the type of snow you'll be moving across:** If you have a choice of sizes and will be on dry, fluffy snow (powder), consider a larger size; if you'll be on a hard-packed snowshoe trail, you can go with a smaller size.

## **Know Where You Plan to Go—Snowshoe Type by Terrain**

Most snowshoes fall into three categories: flat terrain, rolling terrain and mountain terrain. A few models are designed specifically for trail-running, fitness or climbing.

### **1) Flat Terrain Snowshoes**

Designed for casual users, this type of snowshoe typically has:

- A lower price
- Simple binding system
- Modest traction features
- No heel lift (for steep slopes)

### **2) Rolling Terrain Snowshoes**

Designed to handle terrain ranging from flat to moderately sloped—but not steep or icy conditions—this type of snowshoe typically has:

- A moderate price
- Moderately aggressive crampons for traction
- Sturdy, easily adjusted binding system
- A heel lift (for steep slopes) in many (but not all) styles

### **3) Mountain Terrain Snowshoes**

Designed to handle steep and/or icy terrain, this type of snowshoe typically has:

- A high-end price
- An aggressive crampon system for traction
- A sophisticated binding system that can accept beefier boots
- A heel lift (for steep slopes) in most styles

## **Snowshoe Sizing**

### **Snowshoe Sizing by Load**

A heavier person (include your pack weight) requires more snowshoe surface area, which means a larger (longer) size, in order to have the right amount of flotation.

Each snowshoe should list a recommended load. Some models come in one size; in which case you simply need to verify that your maximum load is below that one size's maximum load. Many snowshoe models, though, come in more than one size so that you can more closely match the maximum load to your situation.

## Snowshoe Sizing by Conditions

If your choice of snowshoes is between different models, or between different sizes of the same model, consider going with the larger or smaller one (greater or lesser maximum load) based on the following types of snow conditions:

- **Powder snow** calls for bigger (longer) snowshoes to stay afloat than you would need on dense snow.
- **Compact, wet snow and packed trails** can be traveled over while wearing smaller snowshoes; smaller snowshoes make it easier to travel on brushy or narrow trails.
- **Steep (but not powdery) slopes and icy terrain** are easier to negotiate if you're wearing smaller snowshoes.

When in doubt get the smallest size that will support your weight. As long as you have adequate flotation, smaller snowshoes will be much easier to handle.

**Snowshoe tails:** This innovative MSR accessory allows you to attach a 5- to 6-inch extension onto certain MSR snowshoe models in order to have more flotation in dry snow conditions.

## Snowshoes for Women, Men and Kids

Many, but not all, snowshoes are unisex. Women's snowshoes are narrower than unisex or men's models (based on general population data) and available in size ranges that include smaller sizes. The bindings might also fit smaller boot sizes. Other than that, though, you'll find no significant differences based on gender.

**Kids' snowshoes:** Models for young ages are intended for casual snow play, while older kids' models offer similar technical features to adult snowshoes. Like adult snowshoes, those for kids also have weight ranges that allow you to choose the correct size for your child.

## Understanding Snowshoe Materials



**Aluminum-frame snowshoes** are light and strong, and typically feature supportive decking material attached to the frame. The decking can be made of plastic, coated nylon, urethane, PVC-coated polyester or synthetic rubber.

**Composite snowshoes** feature a hard decking material that also forms the outer frame. On hard-packed snow, they are a little "noisier" than other materials.

**EVA foam snowshoes** are a recent innovation. Walking in them is super quiet; the foam helps keep your feet warm and it flexes as you stride. The integrated grip area on the bottom doesn't provide as much traction as integrated crampons on other snowshoes. If you're a dog owner, though, consider that foam snowshoes aren't likely to elicit a yelp if you accidentally step on the tail of your furry trail companion.



## Understanding Snowshoe Bindings

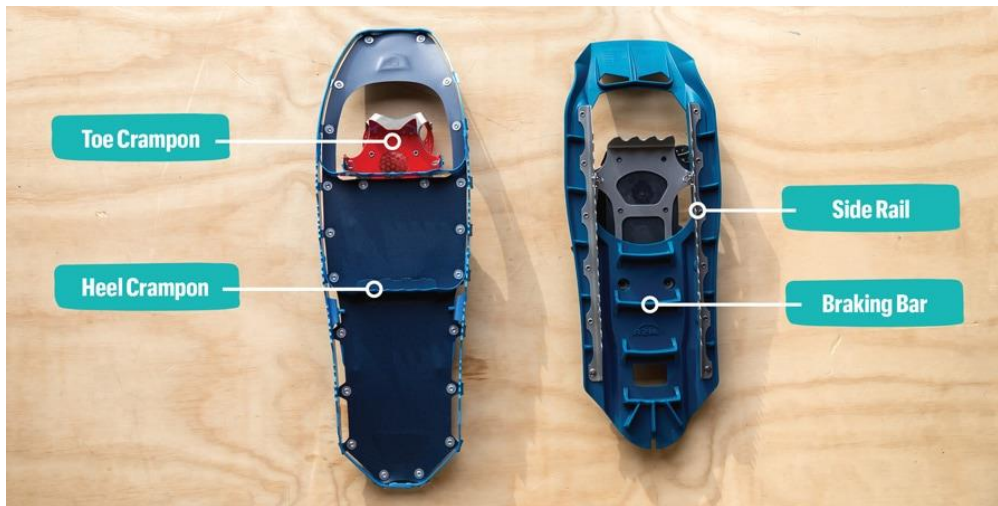


**Rotating (or floating) bindings** on many models pivot at the point near the balls of your feet. Models that pivot well reduce leg fatigue when climbing, shed powdery snow well and allow you to kick steps on steep slopes

**Fixed bindings** on some snowshoes attach the full length of your foot to the deck, which typically flexes a little to make up for the lack of a pivot. For climbing and deep powder travel, they are less efficient than snowshoes with pivoting bindings. On flat and hard-packed terrain, though, fixed bindings allow a more natural walking movement.

**Binding closures** range from basic nylon straps to ratcheting cable systems. Any closure can work; more advanced systems adjust and tighten quickly and easily.

## Understanding Snowshoe Traction and Climbing Features



Snowshoes for flat terrain offer moderate amounts of traction, while models made for icy, mountainous terrain have more aggressive crampons and cleats. As snowshoe designs evolve, the placement and shape of traction features is becoming more varied:

**Toe or instep crampons** are on the undersides of the bindings, so they pivot with your feet and dig in as you climb. This is the primary source of traction on most snowshoes.

**Heel crampons** would be roughly as far back as the heel of your boots, located on the underside of the decking.

*Snowshoes are not an alternative to crampons you attach to mountaineering boots—mountaineering crampons offer much greater traction.*

**Side rails** (also called **traction bars**) under the decking provide lateral stability and reduce side-slipping as you cross slopes.

**Braking bars** under composite-deck snowshoes help prevent backsliding on slopes.



**Heel lifts:** Also known as climbing bars (or Televators on some brands), these wire bails can be flipped up under your heels to relieve calf strain and save energy on steep uphill sections. They can be flipped down and out of the way when not being used.

### **Snowshoeing Footwear**

Snowshoe bindings accept a variety of footwear, from hiking boots to snowboard boots. Generally, any winter boot can work, but the key is having one that is comfortable for walking, mile after mile. Waterproof boots are a wise choice. Really warm boots might feel a little too toasty, though, on a long, hard snowshoe tour.

**Gaiters** are a smart accessory to wear because they help keep snow out of your boot tops. (Even snowshoeing on a packed trail can involve moments when you have to step off the trail.)

**Next month:** Bailey Range Trip Report by Jill Hawes

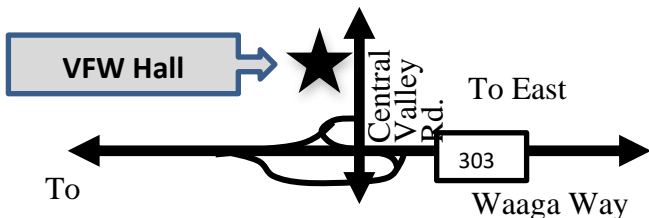
## Club News

### 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 [pwadmin@pwckitsap.org](mailto: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](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 [pwadmin@pwckitsap.org](mailto: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](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

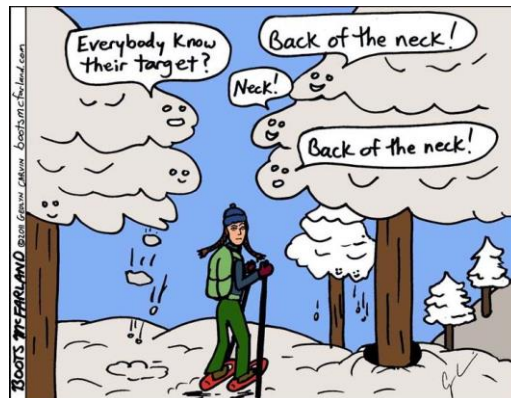
### Joining/Renewing your Membership

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

Co-Presidents.....	Erin Hennings.....	360-621-6961
	Stevo Pavkovic.....	360-813-2743
	Cathie Strand.....	714-328-6697
Vice President.....	Tony Abruzzo.....	360-871-5754
Secretary.....	Megan Thompson.....	360-871-6014
Treasurer.....	Marti Howard.....	360-620-2991
President Emeritus.....	Doug Savage.....	360-994-0003
Members at Large.....	Truett DuPuis.....	
	Peter Kalmar.....	360-286-0328
	Jenny Lymangrover.....	408-203-2277
Entertainment.....	Jay Thompson.....	360-307-0037
Annual Picnic.....	Tony Abruzzo.....	360-871-5754
Refreshments.....	Tina Fox.....	360-648-0424
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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