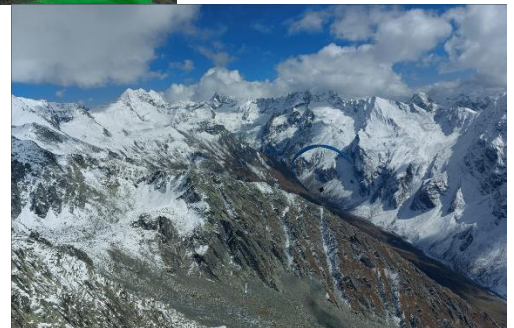
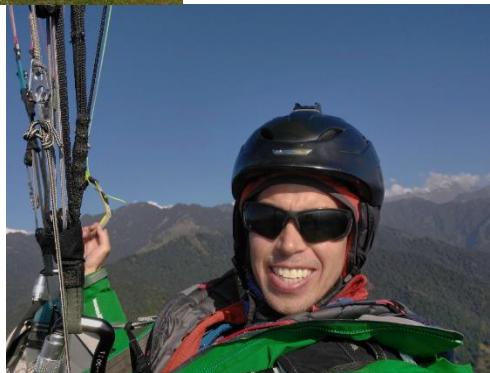


## The PWC Presents: Steven Nichols – Backpacking Through the Sky: A Himalayan Paragliding Adventure

Wednesday, May 3, 2023, at 7:00 pm – 9:00 pm  
VFW Post 4992  
9981 Central Valley Road  
Bremerton, WA 98311

Come learn how a paraglider works and what it's like to fly through the Indian Himalayas! Steven has been flying for four years, and this past fall he got the chance to travel to Bir, India with 10 friends and paraglide for two weeks. He flew for hours covering over 100 kilometers without an engine, and on several days carried camping gear for a Vol-Biv adventure.



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, May 10, 2023, 7:00 pm – 8:30 pm  
 Host: Diane Iverson and Paul Dutky  
 Phone: 360-710-8189; E-mail: pdutky@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 and Annual Board Meeting**

Friday, April 28, 2023, 6:30 pm – 8:30 pm  
 Host: John and Marti Howard  
 Phone: 360-620-2991; E-mail: jandmh@outlook.com  
 Potlucks are a great way to meet others and learn more about the club. Host provides dessert; guests bring an entrée or side dish and drinks to share.

**Events and Activities**

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

	Green Mtn Hike and Social (every Thur)	Various PWC Hosts		RSVP on PWC site
4/23/2023	Day Hike Kloshe Nanitch	Doug Savage	360-994-0003	thehiker@comcast.net
4/23/2023	Newberry Hill Heritage Park	Cathie Strand	714-328-6697	
4/28/2023	Monthly Potluck and Annual Board Meeting	Marti Howard	360-620-2991	jandmh@outlook.com
4/29/2023	Mount Storm King	Kanita Sellers	757-235-0594	
4/30/2023	Tin Mine Trail	Cathie Strand	714-328-6697	
5/5/2023	Mt Townsend	Barbara Ablitt		bjablitt@comcast.net;
5/6/2023	Mailbox Peak	Stevo Pavkovic	360-813-2743	stevoandlisa@gmail.com
5/7/2023	Bike the Spruce Railroad Trail: Lake Crescent	Kanita Sellers	757-235-0594	
5/10/2023	MAP Meeting	Diane Iverson and Paul Dutky	360-710-8189	pdutky@gmail.com
5/13/2023	Climb Mount St. Helens	Doug Savage	360-994-0003	thehiker@comcast.net
5/13/2023	Bike the Olympic Discovery Trail	Charlie Pomfret	360-479-7820	pomfret80@yahoo.com
5/14/2023	Ziplining	John and Anna Marie Jurgens	360-876-3554	annamarieljurgens@msn.com
5/16/2023	Palouse-Cascade State Park Bike Trail (East Section)	Brian Hawkins	360-362-3026	akflyer130@gmail.com
5/18/2023	Dosewallips Campout	Emily Grice	206-669-0817	emilykgrice@gmail.com
5/20/2023	Dosewallips Hike	Emily Grice	206-669-0817	emilykgrice@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!**

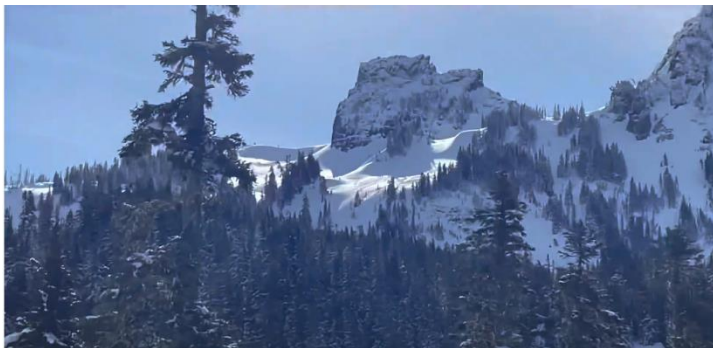
**Note:** Please feel free to send trip photos, trip reports, or any other suggestions/changes that you would like to see in the Penwicle to Margaret Poshusta ([Marg8733@comcast.net](mailto:Marg8733@comcast.net)) so that they may be included in the newsletter. Thank you.

**Mount Walker:** 4 miles roundtrip; elevation gain 2,000 ft.



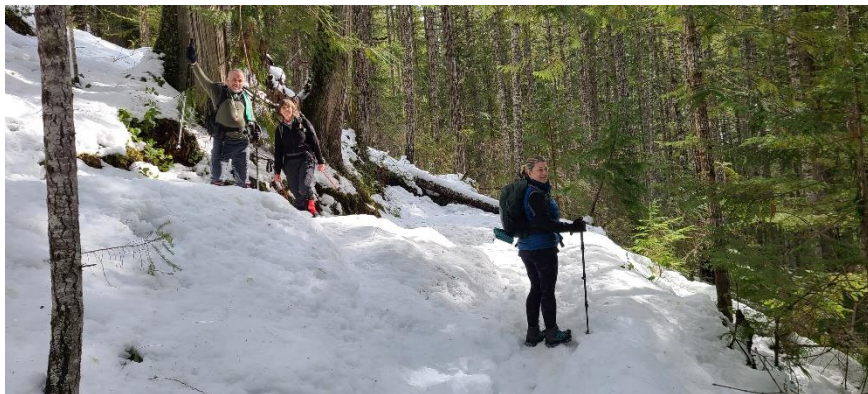
Photos by Christine Plepys, Stevo Pavkovic, Doug Savage, Robyn Denson, and Peter Kalmar

**Tatoosh Range - The Castle:** Behrang and his friend did this hike in deep snow without snowshoes. Tatoosh is a beautiful range in Mt. Rainier National Park that is normally ignored by hikers in winter and that makes it very unique and tranquil. Usually, people go up there either in skis or snowshoes. We used mountaineering boots, gaiters, and crampons and went from the Narada Falls parking lot to a saddle at 6300 ft by the Castle peak. Amazing day and a fantastic workout in deep snow. Also, we tested our new winter gear. (Behrang Asgharian)



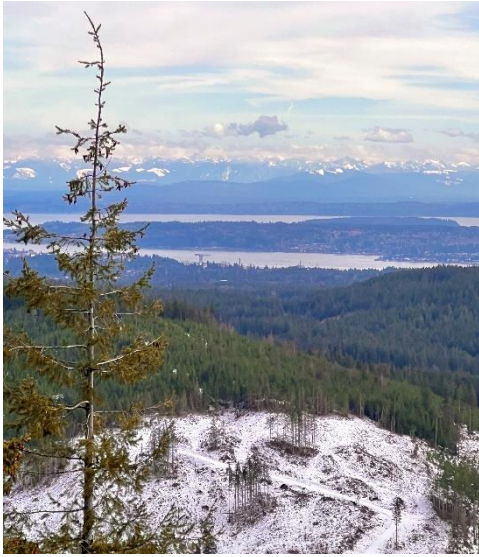
Photos by Behrang Asgharian

**Lower Lena Lake:** 7.2 miles roundtrip, elevation gain 1,300 ft. The hike to Lena Lake is doable for nearly every type of hiker. A wide-path switchbacks gently at first and then just a little more steeply uphill through old- and second-growth forest to a large lake ringed by silent sentinels--huge old-growth fir trees that keep watch over day hikers and campers who elect to stay overnight at this wilderness refuge. (wta.org)



Photos by Doug Savage

**Tin Mine:** 5 miles roundtrip, elevation gain 564 ft. Discover this 5.0-mile loop trail near Bremerton, Washington. Generally considered a moderately challenging route. This is a popular trail for hiking and running, but you can still enjoy some solitude during quieter times of day. The best times to visit this trail are April through October. Dogs are welcome, but must be on a leash. (alltrails.com)



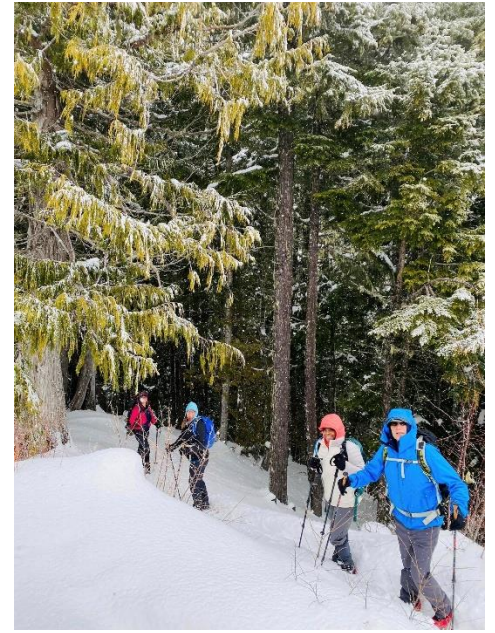
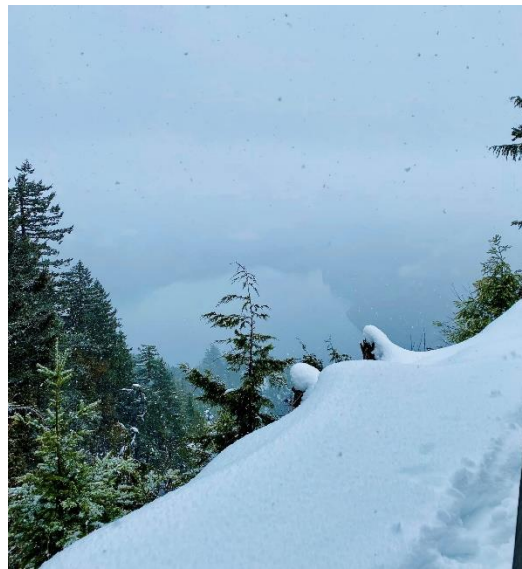
Photos by Kristy Kane

**Port Gamble Forest Heritage Park:** Planting trees to diversify the thinned and logged forest for the future generations of trees.



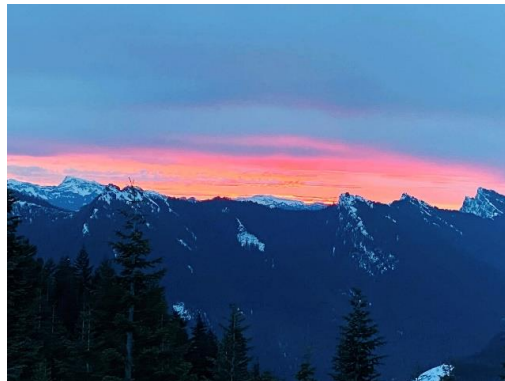
Photos by Christine Plepys

**Pyramid Mountain:** 6.8 miles roundrip, elevation gain 2,400 ft. When it is hot and dry, escape to this shaded hike through old-growth forest, culminating with views of Washington's second-deepest lake and its surroundings. The top is occupied by a former lookout structure. This cabin was built during World War II, not as a fire lookout, but rather for the purpose of spotting enemy aircraft. Trees have grown tall enough to restrict the views from the top, but you can still see a lot of Lake Crescent, at 596 feet deep, second only to Lake Chelan in this state. (wta.org)



Photos by Stevo Pavkovic and Doug Savage

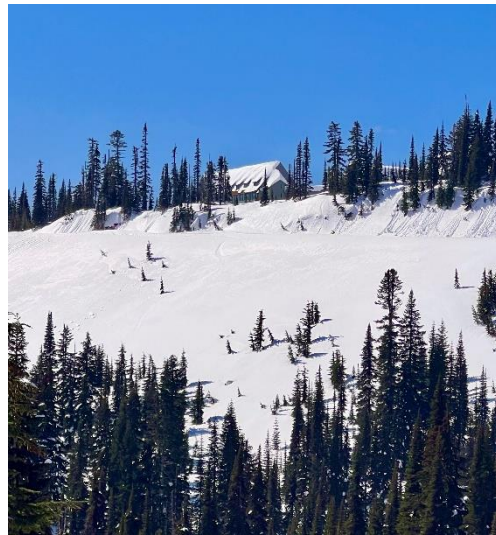
**High Hut:** High Hut is perched on a ridge top at 4,760 feet, offering a spectacular 360° view of Mount Rainier, Mt. Adams, and Mt. St. Helens. This is a strenuous 4-mile hike on a sustained moderate to steep grade trail. (skimtta.org/high-hut)



Photos by Stevo Pavkovic



**Paradise Snowshoe:**



Photos by Kristy Kane

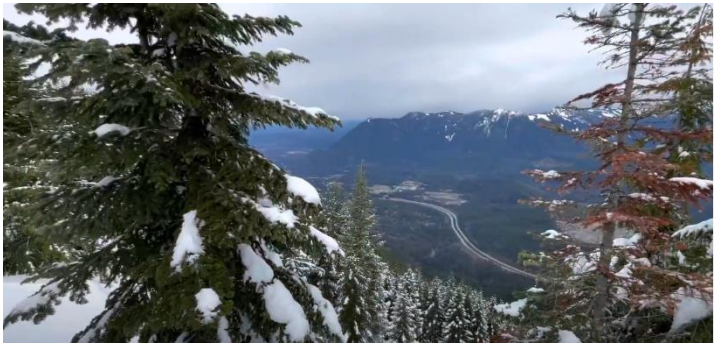
**Discovery Trail:** Starting in the Victorian seaport of Port Townsend, and ending on the shores of the Pacific Ocean, the Olympic Discovery Trail is filled with views of snow-capped peaks, ocean vistas, fast flowing rivers and pristine lakes, and everywhere the majestic forests of the Pacific Northwest. The 135-mile ODT is composed of road and multi-use path. Today, more than half of the ODT route is on non-motorized paths with more added every year. ([olympicdiscoverytrail.org](http://olympicdiscoverytrail.org))



Photos by Dorothy Shoecraft



**Mt. Washington:** 8.5 miles roundtrip, elevation gain 3,250 ft. This easy-access day hike delivers comparable—if not superior—panoramic views and lung-busting switchbacks to Mount Si, with significantly less foot traffic. From the top, take in views of the peaks surrounding you, but be sure to look down at Chester Morse Lake and Masonry Pool. It's amazing to realize that these two lakes are what help keep the megalopolis of Puget Sound hydrated. (wta.org)



Photos by Behrang Asgharian

## **NOTICES:**

Goodies are always accepted for the monthly general meeting. You can show off your baking skills or stop at the grocery store; either is greatly appreciated. It has been rather scarce lately. Thank you.

Please RSVP if you plan to attend a MAP meeting or the monthly potluck, either by contacting the host or using the electronic calendar, so the host knows how many people to expect.

**\*\*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).

## The Ten Essentials (rei.com)

Packing the “Ten Essentials” whenever you step into the backcountry, even on day hikes, is a good habit. True, on a routine trip you may use only a few of them or none at all. It’s when something goes awry that you’ll truly appreciate the value of carrying these items that could be essential to your survival.

The original Ten Essentials list was assembled in the 1930s by The Mountaineers, a Seattle-based organization for climbers and outdoor adventurers, to help people be prepared for emergency situations in the outdoors. Back then, the list included a map, compass, sunglasses and sunscreen, extra clothing, headlamp/flashlight, first-aid supplies, fire starter, matches, knife and extra food.

Over the years, the list has evolved to a “systems” approach rather than including individual items. Here’s what it looks like today:

### Updated Ten Essential Systems

1. **Navigation:** map, compass, altimeter, GPS device, personal locator beacon (PLB) or satellite messenger
2. **Headlamp** plus extra batteries
3. **Sun protection:** sunglasses, sun-protective clothes and sunscreen
4. **First aid** including foot care and insect repellent (as needed)
5. **Knife** plus a gear repair kit
6. **Fire** matches, lighter, tinder and/or stove
7. **Shelter** carried at all times (can be a light emergency bivy)
8. **Extra food:** Beyond the minimum expectation
9. **Extra water:** Beyond the minimum expectation
10. **Extra clothes:** Beyond the minimum expectation

The exact items from each system that you take can be tailored to the trip you’re taking. For example, on a short-day hike that’s easy to navigate you might choose to take a map, compass and PLB, but leave your GPS and altimeter behind. On a longer, more complex outing, you might decide you want all those tools to help you find your way. When deciding what to bring, consider factors like weather, difficulty, duration, and distance from help.

Continue reading below for more information about each of the Ten Essential systems.

### 1. Navigation

Contemporary navigation tools include five essentials for traveling in the backcountry: a map, compass, altimeter watch, GPS device and personal locator beacon (PLB). Here’s more detail:

- **Map:** A topographic map should accompany you on any trip that involves anything more than a short, impossible-to-miss footpath or frequently visited nature trail.
- **Compass:** A compass, combined with map-reading knowledge, is a vital tool if you become disoriented in the backcountry. Many smartphones, GPS devices and watches include electronic compasses, but it’s wise to also carry a standard baseplate compass because it weighs next to nothing and does not rely on batteries, making it an indispensable backup.

Note: A compass equipped with a sighting mirror can also be used to flash sunlight to a helicopter or rescuer during an emergency.

- **GPS device:** A GPS device allows you to accurately find your location on a digital map. Those designed specifically for outdoor travel are often built rugged and weatherproof. Another popular option is to use a smartphone with a GPS app, but consider that most phones are more fragile so you’ll likely need to protect it with a case. Whichever you choose, keep in mind that these gadgets run on batteries, so you’ll need to monitor your battery power and possibly carry extra batteries.
- **Altimeter watch:** This is a worthwhile navigational extra to consider bringing along. It uses a barometric sensor to measure air pressure and/or GPS data to provide a close estimate of your elevation. This info helps you track your progress and determine your location on a map.

- **Personal locator beacon (PLB) or satellite messenger:** These gadgets can be used to alert emergency personnel if you need help in the backcountry. When activated in an emergency, they will determine your position using GPS and send a message via government or commercial satellites. A PLB or satellite messenger can be a nice backup to have in case something goes awry, and they will work in remote locations where a cell phone cannot be counted on to have a signal.

## 2. Headlamp

Being able to find your way through the wilderness at night is essential, so you always need to have a light source with you. A headlamp is the preferred choice of most backcountry travelers because it keeps your hands free for all types of tasks, whether that's cooking dinner or holding trekking poles. Always carry extra batteries.

## 3. Sun Protection

Always pack with you and wear sunglasses, sun-protection clothing and sunscreen. Not doing so can result in sunburn and/or snow blindness in the short term and potentially premature skin aging, skin cancer and cataracts in the long term.

- **Sunglasses:** Quality sunglasses are indispensable in the outdoors to protect your eyes from potentially damaging radiation. If you're planning prolonged travel on snow or ice, you'll need extra-dark glacier glasses. All sunglasses sold at REI block 100 percent of ultraviolet light (UVA and UVB)—a key function of quality lenses. UVB rays, the rays that can burn your skin, have been linked to the development of cataracts. Groups should carry at least one pair of spare sunglasses in case someone loses theirs or forgets to bring them.
- **Sunscreen:** Spending long hours outdoors can expose you to ultraviolet rays, the cause of sunburn, premature skin aging and skin cancer. Wearing sunscreen is recommended to help limit your exposure to UV. When selecting a sunscreen, health experts advise choosing:
  - A formula that offers a sun protection factor (SPF) of at least 15, though SPF 30 is recommended for extended outdoor activity.
  - A formula that blocks both UVA and UVB rays.

Apply the sunscreen generously and thoroughly to all exposed skin. UV rays can reflect off of snow and water so don't forget to get spots like the underside of your chin and nose. Depending on many factors (time of day, sweat and more), you should reapply as often as every two hours. And don't overlook SPF-rated lip balm.

- **Sun-protection clothing:** Clothing can be an effective way of blocking UV rays from reaching your skin without having to slather on sunscreen (you'll still need sunscreen for any exposed skin, like your face, neck and hands). Many lightweight, synthetic pieces of clothing come with an ultraviolet protection factor (UPF) rating to indicate how effective the pieces are against UVA and UVB light. A hat, preferably one with a full brim, is a key accessory for sun protection.

## 4. First Aid

It's vital to carry and know how to use the items in a first-aid kit. Pre-assembled first-aid kits take the guesswork out of building your own, though many people personalize these kits to suit individual needs. Any kit should include treatments for blisters, adhesive bandages of various sizes, several gauze pads, adhesive tape, disinfecting ointment, over-the-counter pain medication, pen and paper. Nitrile gloves should also be included.

The length of your trip and the number of people involved will impact the contents of your kit. It's also a good idea to carry some sort of compact guide to dealing with medical emergencies.

## 5. Knife

Knives are handy for gear repair, food preparation, first aid, making kindling or other emergency needs, making them an essential for every outing. Every adult in your group should carry a knife.

A basic knife may have only a single foldout blade; more elaborate knives and multitools include things like one or two flathead screwdrivers, a can opener and/or a pair of foldout scissors. The more complex your needs (if, for example, you are leading an inexperienced group), the more options you may want in your knife or tool.

In addition to a knife, a small gear repair kit can get you out of a bind in the backcountry (and the more remote you are, the more important your kit becomes). Common items include duct tape, cordage, fabric repair tape, zip ties, safety pins and repair parts for a water filter, tent poles, stove, sleeping pad, crampons, snowshoes and skis.

## **6. Fire**

In case of an emergency, you need to have reliable supplies with you for starting and maintaining a fire. For many people, this is a disposable butane lighter, but matches are also suitable so long as they are waterproof or stored in a waterproof container. Convenience-store matchbooks are often too flimsy and poorly constructed to be trusted for wilderness use.

Firestarter, as the name implies, is an element that helps you jump-start a fire and is indispensable in wet conditions. The ideal firestarter ignites quickly and sustains heat for more than a few seconds. Options include dry tinder tucked away in a plastic bag, candles, priming paste, heat “nuggets” (chipped-wood clusters soaked in resin) and even lint trappings from a household clothes dryer.

For outings where firewood is not available, such as trips above tree line and/or on snow, a stove is recommended as an emergency heat and water source.

## **7. Emergency Shelter**

Always carry some type of emergency shelter to protect you from wind and rain in case you get stranded or injured on the trail. Options include an ultralight tarp, a bivy sack, an emergency space blanket (which packs small and weighs just ounces) or even a large plastic trash bag. It's important to understand that your tent is only your emergency shelter if you have it with you at all times (a tent left behind at your camp is not sufficient).

## **8. Extra Food**

Always pack at least an extra day's worth of food in case something causes your trip to go long (such as an injury or bad weather). It's a good idea to pack items that don't require cooking and that have a long shelf life. Things like extra energy bars, nuts, dried fruits or jerky are good.

If you're going on a long multiday trek or a winter adventure, consider bringing along more than a one-day supply.

## **9. Extra Water**

It's crucial to carry enough water for your outing and have some method of treating water while you're out there, whether that's with a filter/purifier, chemical treatment or a stove for melting snow. When determining how much water to carry exactly, consider that most people need about a half-liter per hour during moderate activity in moderate temperatures. You may need to carry more than that depending on factors like the outside temperature, altitude, level of exertion or an emergency.

As a starting point, always carry at least one water bottle or a collapsible water reservoir. When beginning a hike, fill up your bottle or reservoir from a potable water source.

## **10. Extra Clothes**

Conditions can abruptly turn wet, windy or chilly in the backcountry or an injury can result in an unplanned night out, so it's necessary to carry extra clothes beyond those required for your trip.

When deciding what to bring, think about what you would need to survive a long, inactive period out in the elements. Common options include a layer of underwear (tops and bottoms), an insulating hat or balaclava, extra socks, extra gloves and a synthetic jacket or vest. For winter outings, bring insulation for your upper body and legs.

**Next month:** Hiking for Beginners

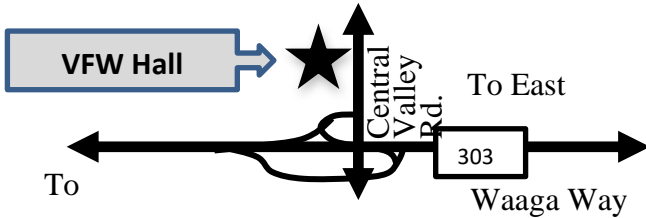
## Club News

### 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 206-669-0817, 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 206-669-0817.

### 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/>
- Wilderrest and The Gear Stash, Bainbridge Island <http://wilderrestoutdoorstore.com>
- Olympic Outdoor Center, Port Gamble <http://www.olympicoutdoorcenter.com/>
- Poulsbo Running, Poulsbo, <http://www.poulsborunning.com>
- The Quick Fix, Port Orchard, [cmountaindave@aol.com](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.....	360-473-6126
Treasurer.....	Marti Howard.....	360-620-2991
President Emeritus.....	Doug Savage.....	360-994-0003
Members at Large.....	Truett DuPuis.....	253-358-0242
	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.....	360-649-0424
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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