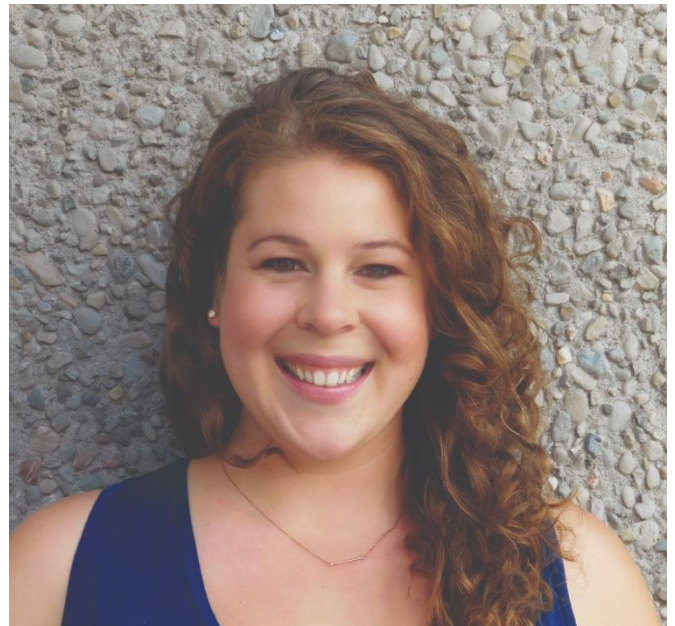
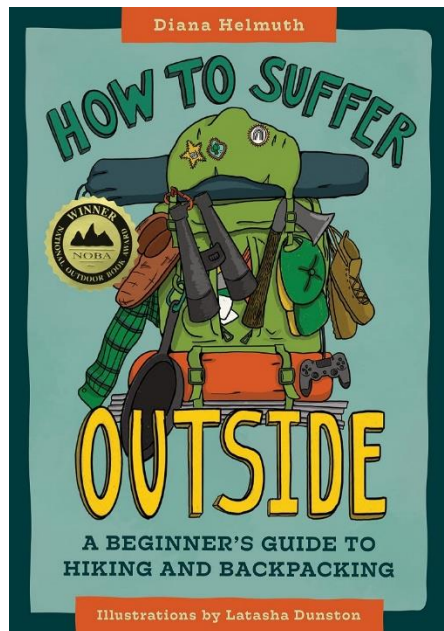


The PWC Presents: Diana Helmuth – How to Suffer Outside: A Beginner’s Guide to Hiking and Backpacking

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

Part critique of modern hiking culture and part how-to guide, *How to Suffer Outside* is for anyone who wants to hit the trail without breaking the bank. Diana Helmuth offers real advice, opinionated but accessible and based on in-the-field experiences. She wins readers’ hearts and trust through a blend of self-deprecating humor and good-natured heckling of both seasoned backpackers and urbanites who romanticize being outdoorsy, plus a helpful dose of the actual advice a novice needs to get started. Featuring illustrations by artist Latasha Dunston, each chapter focuses on a critical topic: gear, food, hygiene, clothing, and more, along with useful checklists and resources. Humorous, philosophical, and practical, *How to Suffer Outside* teaches casual walkers, hikers, and campers of all stripes how to venture outdoors with confidence.

About the author: DIANA HELMUTH has been in love with backpacking since she was a teenager and has hiked extensively throughout the western US, Europe, and Chile. She studied cultural anthropology at the University of California– Berkeley and the American University in Cairo. When she’s not on the trail or writing, she builds things in startup land and produces the occasional podcast. *How to Suffer Outside* is her first book.



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, June 14, 2023, 7:00 pm – 8:30 pm
 Host: John and Anna Marie Jurgens
 Phone: 360-876-3554; E-mail: annamarieljurgens@msn.com
 Help schedule PWC events and outings, and discuss club business. All are invited. BYOB and snacks to share are always welcome.

Monthly Potluck at Dosewallips State Park

Saturday, May 20, 2023, 5:00 pm – 8:30 pm
 Host: Kathy Weigel
 Phone: 360-731-2169; E-mail: kmweigel@comcast.net
 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
5/18/2023	Dosewallips Campout	Emily Grice	206-669-0817	emilykgrice@gmail.com
5/20/2023	Monthly Potluck	Kathy Weigel	360-731-2169	kmweigel@comcast.net
5/26/2023	Blue Mountain Day Hike	Stevo Pavkovic	360-813-2743	stevoandlisa@gmail.com
5/27/2023	Heather Creek Day Hike Backpack	Doug Terry	360-550-7911	672terry@gmail.com
6/3/2023	Day Hike to Camp Muir	Doug Savage	360-994-0003	thehiker@comcast.net
6/4/2023	Elwha Revegetation Tour	John and Anna Marie Jurgens	360-876-3554	annamarieljurgens@msn.com
6/9/2023	Granite Mountain	Barbara Ablitt		bjablitt@comcast.net
6/10/2023	Overnight Hike to Marmot Pass	Doug Savage	360-994-0003	thehiker@comcast.net
6/11/2023	Sunshine Trip: Cataldo Idaho	Tony Abruzzo	360-871-5754	abruzzo1945@gmail.com
6/14/2023	MAP Meeting	John and Anna Marie Jurgens	360-876-3554	annamarieljurgens@msn.com
6/18/2023	Sun Lakes and Dry Falls State Park: Car Camping and Day Hiking	Emily Grice	206-669-0817	emilykgrice@gmail.com
6/23/2023	Monthly Potluck	Lynn Howat	360-598-3087	lynn.howat@gmail.com
6/24/2023	Hawks Peak Backpack	Mike Natucci	253-405-8140	mikenatucci@gmail.com
7/3/2023	Backpack Overnight to the summit of Mt. Townsend	Doug Savage	360-994-0003	thehiker@comcast.net
7/6/2023	Oregon Coast Trail Section #2 Hike	Brian Hawkins	360-362-3026	akflyer130@gmail.com
7/7/2023	Climb Mt Adams to the Summit	Doug Savage	360-994-0003	thehiker@comcast.net

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.

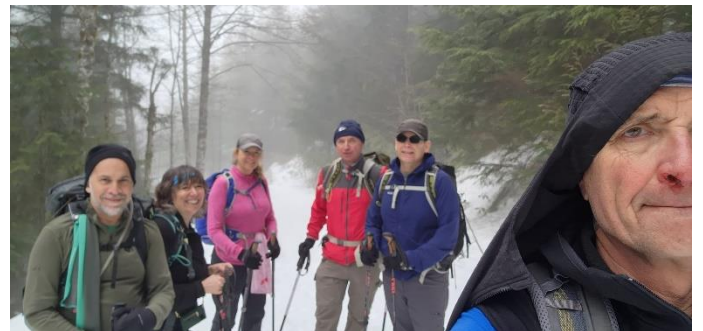
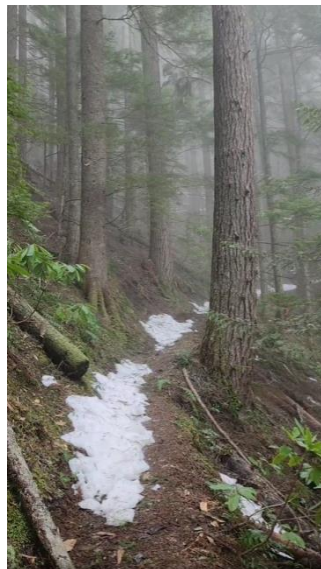
Port Gamble Bike Ride:



Photos by Christine Plepys

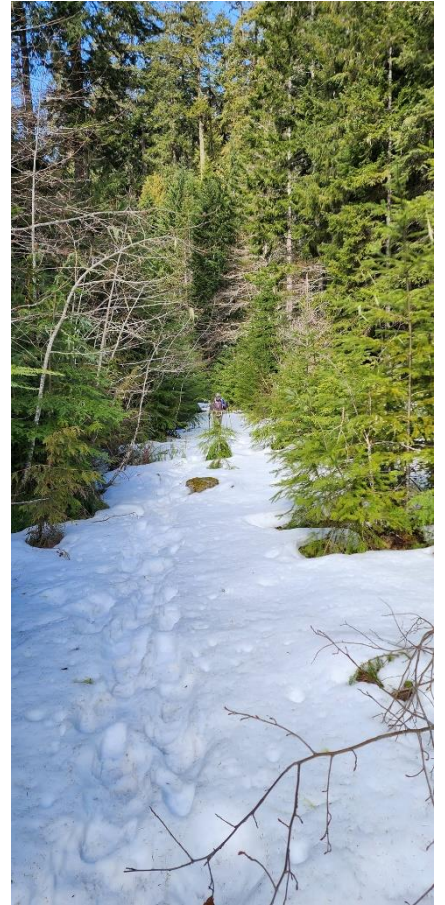
Elbo Creek: 9.6 miles roundtrip, elevation gain 2,880 feet. This steep but shady trail features a rhododendron forest, and numerous saprophytic plants. At the end, it connects to a Forest Service road, allowing for additional wandering, to find views of Hood Canal and more.

The Elbo Creek trail was originally an extension of the Rainbow trail built by the Civilian Conservation Corps (CCC). The trail began beside Elbo Creek, and passed by the former Rainbow Camp Guard Station. WTA worked for several seasons to restore this trail. The current trailhead picks up the trail along Rocky Brook Road, and Elbo Creek is never seen. So, despite the name, this is a dry trail; bring your own water. (wta.org)



Photos by Doug Terry

Dosewallips River Road: 13 miles roundtrip, elevation gain 1,200 feet. The Dosewallips River Road is the gateway to the eastern Olympic Mountains and it penetrates one of the deepest canyons in Olympic National Park. Now closed to vehicles, the old road bed allows hikers to explore true wilderness at a gentle grade. Backpackers, peak baggers, and horseback riders take advantage of the easy access to the trails beyond the road's end. (wta.org)



Photos by Doug Terry

Lena Lake Trail: The Mount Rose Trail Crew worked on improving the Lena Lake trail. They're hoping the cedar logs that were put in place near the third switchback will keep hikers from cutting the trail, preventing erosion and destruction of vegetation. They also moved a lot of rock to improve the trail and drainage. (Linda Anderson-Carnahan)



Photos by Linda Anderson-Carnahan

Prosser Bike Ride:



Photos by Kristy Kane

Capital Reef: Capitol Reef encompasses the Waterpocket Fold, a warp in the Earth's crust that is 65 million years old. It is the largest exposed monocline in North America. In this fold, newer and older layers of earth folded over each other in an S-shape. This warp, probably caused by the same colliding continental plates that created the Rocky Mountains, has weathered and eroded over millennia to expose layers of rock and fossils. The park is filled with brilliantly colored sandstone cliffs, gleaming white domes, and contrasting layers of stone and earth.

The area was named for a line of white domes and cliffs of Navajo Sandstone, each of which looks somewhat like the United States Capitol building.

The park is filled with canyons, cliffs, towers, domes, and arches. The Fremont River has cut canyons through parts of the Waterpocket Fold, but most of the park is arid desert. Hundreds of miles of trails and unpaved roads lead into the equally scenic backcountry. (wikipedia.org/wiki/Capitol_Reef_National_Park)



Photos by Kristy Kane and Barbra Savage

Tin Mine: 4 miles roundtrip, elevation gain 600 feet. Tin Mine is a nice year-round hike that features history and is kid-friendly. There are also lots of beaver ponds along the way and seasonal cascades as well. If you do choose to explore the mine then you need boots as the mine has standing water year-round. The mine goes back about 400 feet, with really cool stalactites and wooden posts supporting the mine tunnel. This mine dates back to 1895. (wta.org)



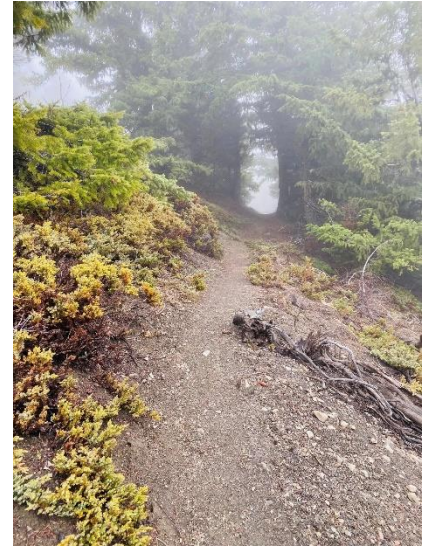
Photos by Cathie Strand

Mailbox Peak: 9.4 miles roundtrip, elevation gain 4,000 feet. The old trail up Mailbox Peak was the stuff of legend. It inspired potential Rainier climbers, challenged adventurous day hikers, and occasionally Mother Nature used the trail to bite back. The number of injuries and rescues on the old trail, as well as terrible erosion caused by the masses of daily visitors, prompted the Department of Natural Resources to create a new trail to the top. While still relatively steep, this new route, built in part by WTA volunteers, offers a safer way for folks to attain the summit of this formidable peak. (wta.org)



Photos by Kristy Kane

Deer Ridge: 9.8 miles roundtrip, elevation gain 2,800 feet. Hike through a tunnel of rhododendron blooms and second-growth forest to views of the Olympic Peninsula interior and a carpet of wildflowers. Hike this route in the early summer and you may be lucky enough to see Deer Park with no cars, since the road to Deer Park often doesn't open until late in the season. (wta.org)



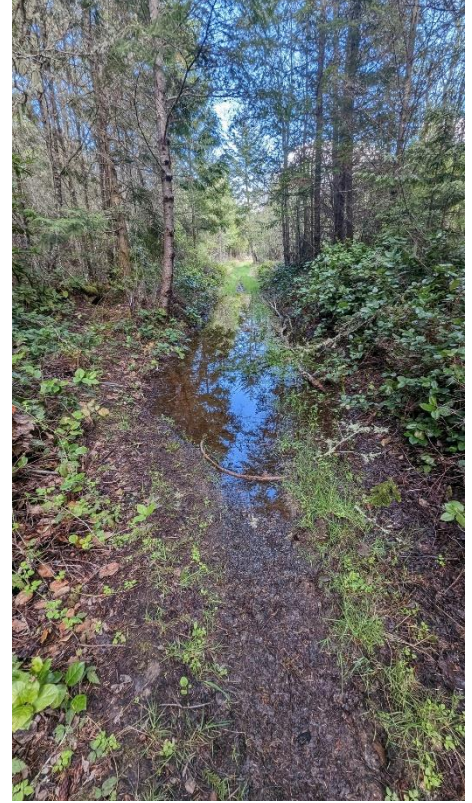
Photos by Stevo Pavkovic

Canyonlands: Explore a wilderness of countless canyons and fantastically formed buttes carved by the Colorado River and its tributaries. Rivers divide the park into four districts: Island in the Sky, The Needles, The Maze, and the rivers themselves. These areas share a primitive desert atmosphere, but each offers different opportunities for sightseeing and adventure. Canyonlands has hundreds of miles of hiking trails which explore the park's natural and cultural features. (nps.gov)



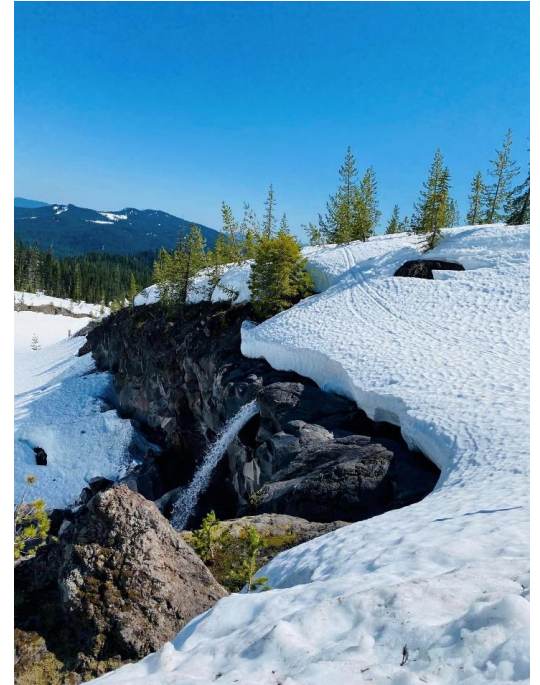
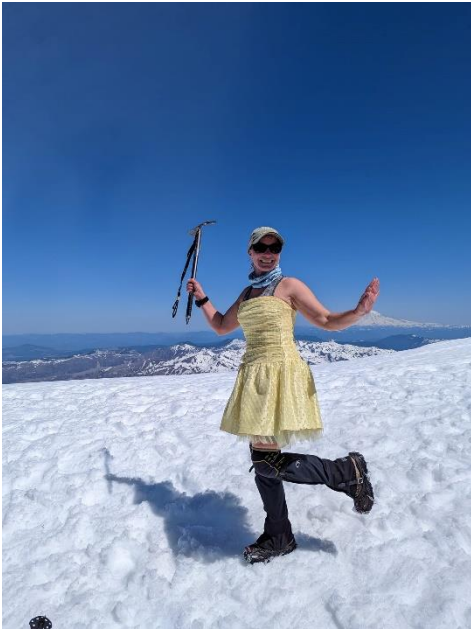
Photos by Bob Brown

Miller Peninsula State Park: Miller Peninsula State Park is a 2,800-acre day-use park on Washington's scenic Olympus Peninsula. This park property has miles of hiking trails through lush coastal forest with views of Discovery Bay and the Strait of Juan De Fuca. (parks.wa.gov)



Photos by Jay Thompson

Mt. Saint Helens Climb:



Photos by Robyn Denson and Stevo Pavkovic

Olympic Discovery Trail: Starting in the Victorian seaport of Port Townsend, and ending on the shores of the Pacific Ocean, the ODT 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. (olympicdiscoverytrail.org)



Photos by Christine Plepys

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.

Hiking for Beginners (hikingguy.com)

Leave No Trace.

Whatever you do or don't do, please have respect for the hike and other hikers. In a nutshell that means:

- Don't litter or throw fruit peels.
- Don't leave the official trail.
- Don't disturb the environment around you (breaking branches, etc.).
- Be considerate of other hikers (no loud music, etc.)

Pick a Hike for Beginners.

If you choose a hike that's too tough, you will suffer.

The biggest mistake beginners make is overdoing it. They pick a hike that's either too long or has too much climbing. If you're just starting out, pick a hike under 5 miles with minimal climbing. If you want to do a longer hike, make a training plan in advance. Do an extra mile or two each week and build up to your target distance.

Don't forget to look at the total climbing on your hike. A flat 5 miles is much different than 5 miles straight uphill.

There are a ton of great resources to find a trail.

You're going to want to get familiar with the hike before you go. Read the trail guide, know what to expect, where the turns are, and how long it should take you. You don't have to memorize anything. You should just have a good idea of what to expect.

Pick Hiking Gear for Beginners.

The nice thing about beginning hiking is that you don't really need any special gear; you can probably get away with things you already have.

Let's start with clothing. A typical mistake hiking beginners make is wearing jeans and regular clothes, which will get heavy and chafe if they get sweaty or wet. Wear wicking workout clothes, which are designed for being active. Long pants or tights are good for making sure your legs don't get scraped up on bushes along the trail. Likewise, long sleeve shirts will protect you from the elements, but you can roll up the sleeves when it's hot.

Shoes are also important. A good pair of sneakers or trail runners is usually your best bet. If you have an old pair of hiking boots in your closet, it might be better to leave them behind if you haven't worn them in a while, they could cause blisters.

Next on the list would be a backpack, water (bring more than you need), snacks, and extra layers. Be prepared for rain, or for the temperature to go up or down.

Understand Your Map.

Don't just rely on a smartphone app to know where you are. You need a paper map too.

Understanding where you are and where you are going is key to enjoying your hike. A combination of electronic navigation and paper is a good route for hiking beginners.

To start, print out the hiking guide and map. If it's raining, throw them in a Zip-Lock bag. Read over the guide, study the map, and have a good idea of what to expect.

Load a GPX file onto a GPS device. A GPS can pinpoint your location using satellites. The good news is that most smartphones have GPS built in these days. The bad news is that most smartphones are easy to drop, shatter, get wet, etc. so you can't rely on them. But they are good to have a backup.

An easy way for a hiking beginner to do it is by downloading an app such as GaiaGPS or AllTrails. These apps have many hikes already shared and loaded by other hikers.

When you use an app, you'll also want to make sure you download the maps for offline use. This ensures that you have the map even when you don't have a cell phone connection. And here's one last tip. Put your phone in flight mode before you hike. When a phone goes out of cell tower range, it drains a ton of battery by searching for a signal. Putting it in flight mode (with GPS or location services on) saves your battery.

So how should a hiking beginner use the GPS? Use it as a backup. Try to use your guide and maps to navigate, and then confirm your location by making sure you're on the GPX line on your app.

Time is Right.

First, it is highly recommended that you start your hike as early as possible. The later you leave it, the more crowds there will be. Conversely, if you're scared to hike alone and want other people on the trail, leave at a popular time. It might be harder to park, etc. but you'll have company.

Second, check the weather. If you're hiking to a mountain top, check the conditions on the mountain.

Last, check the park website and Twitter feed before you go. Sometimes parks and trails get closed for whatever reason. Nothing like driving to a hike only to find out that it's closed.

Two-Minute Prep Session.

Don't show up to the trail only to find that you need a permit. Do your homework.

Every hike requires a little prep work, even if it just takes a few minutes.

A few trails require a permit. If you're not sure whether you need one, a call to the park office will clear it up. They're often free and obtainable before your hike.

And this might seem like common sense, but you need to check the weather before your hike. If the weather looks bad, wet, crazy, you should do the hike on another day. And be aware that the weather conditions on mountains can be drastically different than the closest town.

It doesn't hurt to give the park a call before you leave as well. Just call, tell them what hike you're doing, and ask if all the trails are open. Sometimes trail work or bad weather can change conditions. If you can't get through to a human, check the park's Twitter feed for closure information.

Tell Someone.

Here's another great tip that's easy and could save your life. At the very least, tell someone where and when you'll be hiking. It can be as simple as sending a text message with the hike webpage and note that you'll be back at a certain time. If something bad happens, this will increase your chances of being found dramatically.

If you get an InReach device, you can even leave a breadcrumb trail of where you are hiking so that friends and family are able to follow in real-time.

Hiking is Not a Race.

Remember the story about the turtle and hare? In hiking, steady is better than quick. Beginners often start a hike with a really fast pace, only to blow up later. Conserve your energy, especially on a long hike. You never know what situation you'll have to use your energy on later. For example, if you get lost or take a long trail, you'll need energy to correct it. It's a matter of safety. Plan on finishing with some juice in your tank.

Likewise, if you're hiking in a group, stay with the group. If you're hiking together, stay together. If you do decide to split up in groups, plan on intervals (such as trail junctions) where the group will reform. There's nothing worse than not knowing where some of your group is on the trail. It's a sure-fire way to not make it to your destination or turn a day hike into a night hike.

Hiking at a comfortable pace is also a great way just to soak it all in. Enjoy the outdoors, enjoy the fresh air, keep your eyes open for wildlife, and have fun.

Watch Your Feet.

Most rattlesnake bites occur when they're unintentionally stepped on. They blend in well with a dirt trail. Not something to actively worry about, but a very good reason to pay attention to your feet.

This one might sound obvious but you'd be surprised at the number of people who need to be rescued because of a twisted ankle. The biggest risk you generally have on an easy hike is stepping in the wrong place. This could mean twisting your ankle, slipping on a rock, tripping on a root, or worse, stepping on some poisonous wildlife. Just be conscious of where you are walking, especially if you are chatting, tired, or wearing headphones.

Don't Fear Getting Lost.

If you think you're lost, the first thing you need to do is stop. Take a look at your guide and see if anything sounds or looks familiar. If not, just backtrack until your surrounding match what's described in your guide.

Getting lost hiking is something that happens to the best of us all the time, and is not a big deal. Backtracking solves the problem 99% of the time.

However, if you backtrack for a while and still don't recognize anything, stop. See if you have a cell phone signal and try calling 911. You can also try texting to 911, which is available in some areas. If you have a GPS rescue beacon, now's the time to hit the button. You can also try yelling HELP at regular intervals. If you are in an area that's open, hang any bright clothing for aircraft and spell out HELP with sticks and rocks on the ground. If you're cold, simply piling dead leaves on top of you will keep you warm. People have lasted 7-10 days without water, 60-70 without food. Again, a GPS rescue beacon is a wise investment.

Learn Hiking Etiquette for Beginners.

Here are some tips on how not to be a bozo out on the trail.

- A hiker going uphill has the right of way, unless they stop to catch their breath. If you're on a flat section, just be courteous and move to the side allowing the hiker(s) to pass.
- If someone is hiking up behind you, stop and let them pass.
- Say a simple "hello" when you pass other hikers. On more remote trails, or when hikers are few and far between, a quick chat about what conditions to expect is pretty common. However, if you don't feel comfortable around another hiker, just keep moving and play it safe.
- If you're with a friend or group of hikers, keep conversations down so that the hiker who is 100 yards behind you (that you can't see) doesn't have to hear about how bad your work week was. And if you're talking loudly on your cell phone, just expect other hikers to consider you a jerk.
- Music is okay if you use headphones. Music is not okay when you play it from your phone's speaker. People hike to connect with nature, not the Billboard pop charts.
- Keep your dog "Leashed Dogs Allowed" and under control. Some people have a legitimate fear of them, especially larger ones. Respect other hikers right to enjoy the trail without fear.
- Stay on the trail. Sometimes you will see short cuts. Unless they are official trails, stay off of them. Same goes for puddles and mud. The proper thing is to go through puddles (wear hiking boots), and not widen the trail by going around them. This helps protect the fragile habit around the trail.
- Take your trash out with you. Stuff wrappers in your back pocket. Just because a banana peel can decompose does not give you a reason to leave it on the trail--banana peels take about a month to decompose.
- Yield to bikes and horses. Technically bikers are supposed to yield to hikers, but usually bikes are moving quickly and it's easy enough to stop and let them pass. When it comes to horses, that one is pretty much common sense, just step to the side and let them pass.

Share Your Experience.

First, let someone know that you're back and safe.

Then share your pictures on social media. The more folks that are outside enjoying the outdoors, the more support and awareness there is. Use popular hashtags like #hiking, #hike, #trailchat, #hikerchat, and #52hikechallenge to connect with other hikers. Make hiking a habit and see your life improve.

If you have questions or want to meet other hikers, search Facebook or Reddit for hiking groups in an area near you.

Next month: How to Pack a Backpack

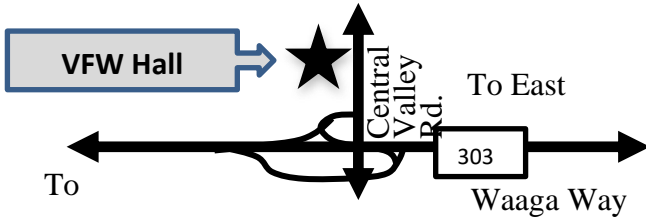
Club News

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

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 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/>
- 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 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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