

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: Tami Asars – Fall Color Hikes: Washington

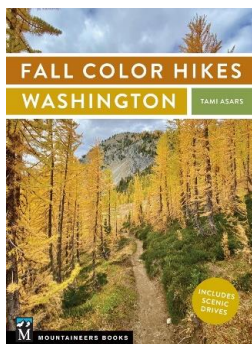
Wednesday, September 6, 2023, at 7:00 pm – 9:00 pm
VFW Post 4992
9981 Central Valley Road
Bremerton, WA 98311

Washington State is a vision in autumn! Join Mountaineers Books author Tami Asars (www.tamiasars.com), as she shares some of her favorite hikes and scenic drives from her new book, *Fall Color Hikes: Washington*. Learn about fall foliage and gather tips for staying warm and safe as you explore the shorter days during this magical time of year. Along with trail suggestions, Tami will also share a few tricks on photography to capture the perfect images as the seasons change.

After the presentation, pick up your signed copy of the guidebook (cash only, please).

BIO:

Tami Asars is the author of five hiking guides, including *Hiking the Wonderland Trail* and *Hiking the Pacific Crest Trail: Washington*, *Day Hiking Mount Adams and Goat Rocks*, *Day Hiking Mount Rainier*, and *Fall Color Hikes: Washington*. She's a Triple Crown hiker, meaning she has hiked the entirety of the Pacific Crest Trail, the Continental Divide Trail and the Appalachian Trail along with many others. She's also a contributor for outdoor publications and online hiking resources. Her work has appeared in several magazines, including *Alaska Airlines*, *City Dog*, *Washington Trails*, and *Washington Magazine*.



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, September 13, 2023, 7:00 pm – 8:30 pm
 Host: Peter Kalmer
 Phone: 360-286-0328
 Help schedule PWC events and outings, and discuss club business. All are invited. BYOB and snacks to share are always welcome.

Monthly Potluck

Friday, August 25, 2023, 6:30 pm – 9:00 pm
 Host: Greg Myrick and Lauren Roman
 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
8/23/2023	Weekly Hike	Emily Grice	206-669-0817	emilykgrice@gmail.com
8/25/2023	Monthly Potluck	Greg Myrick	360-649-1648	gmyrick49@gmail.com
9/1/2023	Shelton Rail Ride	John and Anna Marie Jurgens	360-876-3554	annamarieljurgens@msn.com
9/2/2023	Overnight Hike South Snyder Jackson Trail	Doug Savage	360-994-0003	thehiker@comcast.net
9/8/2023	Victoria on a budget	Doug Terry	360-550-7911	672terry@gmail.com
9/9/2023	Day Hike Obstruction Point to Grand Pass	Doug Savage	360-994-0003	thehiker@comcast.net
9/9/2023	MTTA Work Party	Tony Abruzzo	360-871-5754	abruzzo1945@gmail.com
9/13/2023	MAP Meeting	Peter Kalmer	360-286-0328	
9/16/2023	Hike North Fork Skokomish	Jayson and Dorothy Shoecraft	360-265-7851	Dorothyhs@wavecable.com
9/21/2023	Camino Presentation at REI Silverdale	Brian Hawkins	360-362-3026	akflyer130@gmail.com
9/22/2023	Prosser Balloon Festival Kayaking and/or Wineries	Stevo Pavkovic	360-813-2743	stevoandlisa@gmail.com
9/23/2023	Overnight Hike TBD	Doug Savage	360-994-0003	thehiker@comcast.net
9/30/2023	Dosewallips River Road Trail	Stevo Pavkovic	360-813-2743	stevoandlisa@gmail.com
10/1/2023	Sunshine Trip: Eastern WA (DATES TBD)	Tony Abruzzo	360-871-5754	abruzzo1945@gmail.com
10/7/2023	Umtanum Falls and Black Canyon	Jay Thompson	360-509-9918	jaythom1@hotmail.com
10/8/2023	Hike to Pete Lake	Emily Grice	206-669-0817	emilykgrice@gmail.com
10/14/2023	MTTA Work Party	Tony Abruzzo	360-871-5754	abruzzo1945@gmail.com

About PWC Activities and Outings:

- PWC outings and other activities are open to everyone. If you enjoy our club and what we do, please become a member! For \$25 a year, your membership helps pay the bills and keeps the club moving forward.
- As a courtesy to the sponsor of the outing you are joining, please call with cancellations or requests at least two days in advance for single-day outings, and as soon as possible for overnight outings. This allows the sponsor time to make alternate plans should a trip need to be canceled or changed for any reason.
- Please leave pets at home unless the trip is specifically listed as welcoming them.
- **Carpool and Ride Sharing.** We strongly encourage carpooling and ridesharing to reduce impact to trailheads, minimize our environmental footprint, and reduce costs. Please be considerate of your drivers, including situations when you ride with different drivers in each direction. The amount you contribute to your driver should reflect the distance driven, the cost of gas, tolls, and parking fees.
- **Safety First!** For liability reasons, trip sponsors should not be considered instructors or leaders. If you are unsure of your ability to participate in an activity, discuss the trip thoroughly with the sponsor, but the responsibility for your safety is yours. Each participant is responsible for their own comfort, safety and route finding. **Always carry the 10 essentials!**

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

In Memory of Eve Gilluly: Eve was a longtime member of PWC and lead the weekly Wednesday hikes. She will be sadly missed.

By her brother, Gene Gilluly:

Today, Evi started her next adventure.

She flew away leaving her pain behind.

Off on her next hike leading another group of like-minded friends.

She touched so many lives and left a legacy to those she got to know.

Our family carries her fun-loving spirit in our hearts. Bon voyage!

She is the rainbow, butterfly, or sunset that you stop to admire.



Pasayten Wilderness: 6.4 miles roundtrip, elevation gain 3,500 ft. Pasayten Wilderness encompasses 531,000 acres, skirting more than 50 miles of Canada's border and encompassing the crest of the Cascades. The Wilderness encompasses almost 150 peaks over 7,500 feet in elevation, 160 or more bodies of water, and at least as many waterways, some turbulent enough to have carved sharp canyons with sheer walls. More than 600 miles of trails provide access to the Wilderness, many of them deceptively gentle at the start and become progressively labor-intensive as they climb up multiple switchbacks into the higher elevations. The Pacific Crest Trail (PCT) crosses the area north-south for about 32 miles. (fs.usda.gov)



Photos by Sandie Bateman Kneib

Third Burroughs: 9 miles roundtrip, elevation gain 2,500 ft. Burroughs Mountain has been described as a mountain against a mountain. It offers one of the most dramatic views of Washington's largest volcano. If you're tempted by the swell of Third Burroughs, do it! It's worth it if you have gas in the tank after hiking to Second Burroughs. Roundtrip, you're looking another three miles (nine miles total for a full hike to Third Burroughs; it's six for Second). And you add 1,155 feet more cumulative elevation gain to your trip. (wta.org)



Photos by Behrang Asgharian

Noble Knob: 5 miles roundtrip, elevation gain 950 ft. This hike up to a former lookout site provides spectacular views of Mount Rainier and the surrounding landscape. For the minimal elevation gain and quick tromp up to this former fire lookout, the payoff is huge. Gaze out in all directions, to wildflower-studded meadows, alpine lakes and snow-capped peaks. Here, you'll find some of the best views of Mount Rainier around. (wta.org)



Photos by Margaret Poshusta

Green Mountain Crème Brulee: Creme brulee was provided by Truett Dupuis, Doug Savage, and Cathie Strand.



Photos by Behrang Asgharian and Robyn Denson

MRTC Mt. Ellinor Trail Maintenance:**



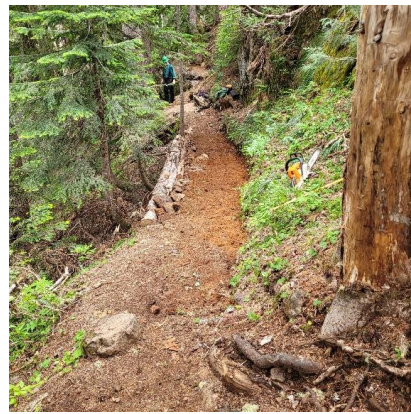
Before



After



Before



After

New bench overlook with great view looking down the length of Lake Cushman.



Photos by John Jurgens

****Please join the “Mount Rose Trail Crew” Facebook group. John Jurgens would like to use this group to spread the word about the work that MRTC does and get reports on the trails they maintain.**

Sunshine Trip, Bend OR:



Photos by Bob Brown and Steve Osburn

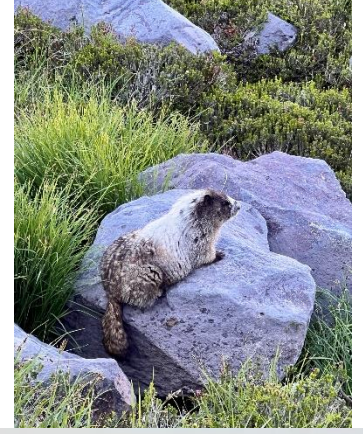
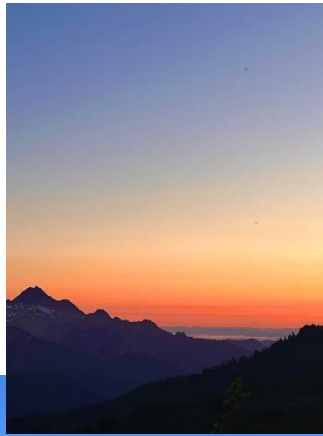
Little River Trail: 10 miles roundtrip, elevation gain 5,650 ft. Enjoy this delightful trail in Olympic National Park. You'll climb 8 miles up from a valley and end at the Hurricane Hill Trail. Begin at 1100 feet and hike up, down, and all around as the trail ambles down to a lovely little river. You'll cross many well-built bridges, with plenty of photo opportunities. This hike has some historical significance, too. Look for a metal spiral, a slinky-looking structure that once supported wooden water pipes. The trail winds around large basalt outcroppings, which can hide caves with overhanging ferns and mosses. (wta.org)



Photos by Stevo Pavkovic, Doug Savage, Cathie Strand, and Jay Thompson

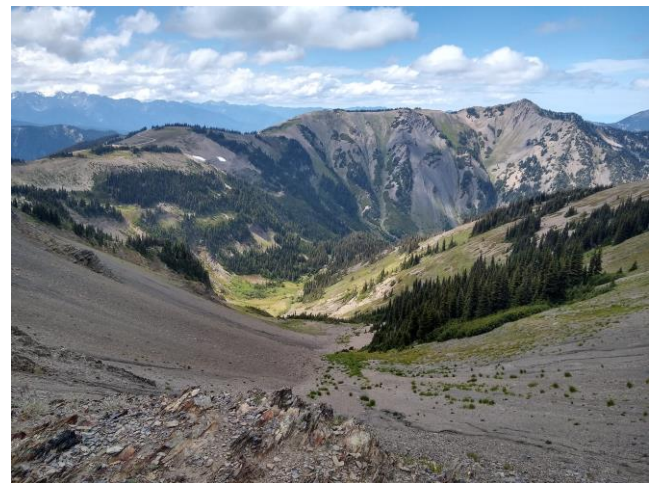
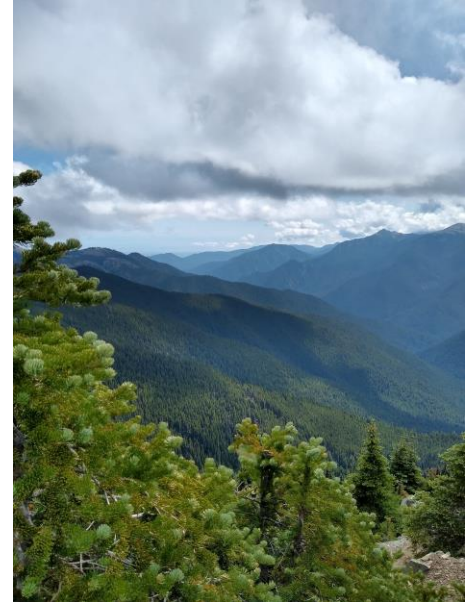
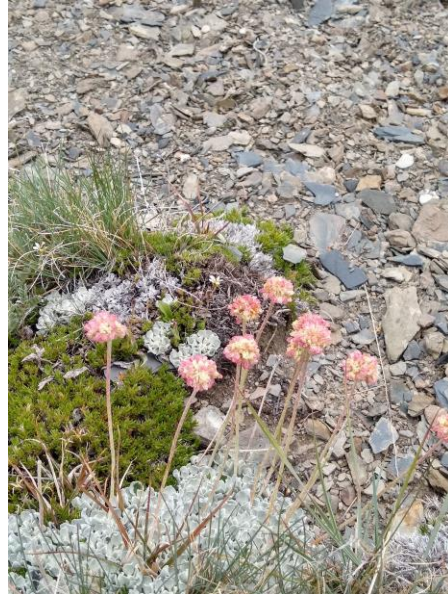
Mt. Baker Climb: Mount Baker has the second-most thermally active crater in the Cascade Range after Mount St. Helens. Mount Baker is the youngest volcano in the Mount Baker volcanic field. After Mount Rainier, Mount Baker has the heaviest glacier cover of the Cascade Range volcanoes; the volume of snow and ice on Mount Baker is greater than that of all the other Cascades volcanoes (except Rainier) combined. It is also one of the snowiest places in the world; in 1999, Mount Baker Ski Area, set the world record for recorded snowfall in a single season—1,140 in.

The mountain is perpetually snow-capped and mantled with an extensive network of creeping glaciers. Baker's summit, called Grant Peak, is actually a 1,300-foot-deep mound of ice, which hides a massive volcanic crater. Directly to the south is a smaller and younger crater, which is currently a center of periodic steam eruptions. Sherman Crater is only partially ice-filled and the rim's pinnacle, known as Sherman Peak, reaches an elevation of approximately 10,160 feet. (fs.usda.gov and wikipedia.org)



Photos by Kristy Kane

Deer Park / Obstruction Point / Grand Pass: The Deer Park Trail stretches 7.45 miles, making it the highest stretch of maintained trail in Olympic National Park. The Deer Park Trail passes through open tundra over Badger Valley and Grand Valley for nearly five miles before dropping through subalpine meadows and forests to Deer Park. En route you'll have rangy views that extend from the Strait of Juan de Fuca to Blue Mountain, the Needles of Royal Basin, the Bailey Range and Mt Olympus. (protrails.com)



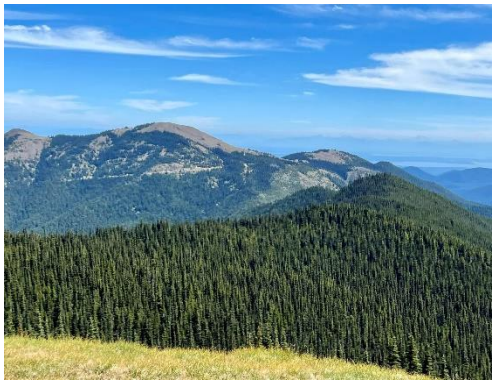
Photos by Robyn Denson and Cathie Strand

Bogachiel Peak and High Divide Trail Loop: Bogachiel Peak is located high on a ridge called the High Divide in Olympic National Park. The summit boasts spectacular views across the Hoh Valley of Mount Olympus and the Blue Glacier. Until mid-July or sometimes later, an ice axe is usually necessary to travel up and around Bogachiel Peak, along the High Divide, and into the basin. Although it stands at a fairly low elevation of 5,474 feet it has a distinctly alpine flavor and boasts one of the most classic views in Washington state. To the south lies the Mount Olympus massif across the Hoh River valley. In the east is Mount Carrie and the Burke Range noted as some of the most remote areas in Washington. You can see the Pacific Ocean to the west and the Hurricane Ridge area to the north. Directly below the summit to the north is the beautiful Seven Lakes Basin which is a must visit place in late summer. Bogachiel Peak has 499 feet of prominence so it also stands proudly as the highest point on the High Divide. (summitpost.org)



Photos by Behrang Asgharian

Deer Park to Maiden Peak: 7.2 miles roundtrip, elevation gain 2,100 ft. The eastern part of the Grand Ridge trail can be accessed from Deer Park as a day hike and has a charm all of its own — forested slopes carpeted with avalanche lilies in spring, wildflower meadows, and great views of the Strait of Juan de Fuca, Mount Baker, Glacier Peak, the Cascades, and the Olympic mountains. There is no water on the trail, and a large part of the trail is exposed, so bring plenty of water. (wta.org)



Photos by Christine Plepys

MTTA, An Overview

Mount Tahoma Trails Association (MTTA) is an all-volunteer cross-country ski system comprised of four huts:

- Copper Creek (14 guests).
- Bruni's Snow Bowl (14 guests).
- High Hut (8 guests).
- The Yurt (6 guests).

Each hut is reached by groomed trails, is heated, contains a full kitchen, water and vault toilets. In addition to the cost associated with the Huts, MTTA is responsible for the maintenance of the grooming equipment and snowmobiles, road plowing, maintenance on the huts, pumping the toilets, and anything else that arises.

Reservations for the winter season start at the Gala, which is held the first Saturday in November. The winter season runs from December 1st to March 15th.

The reservations are given out at the Gala by raffle. Each raffle ticket costs \$10. Like any raffle, you can buy multiple tickets. The more tickets we buy, the more our chances of winning the dates we want. If you want to go to one hut by yourself, at a minimum you need to donate \$10 to the raffle. If you want 2 bunks you need to donate \$20. If you want to take 5 people to one hut you need to donate \$50 to the raffle. The PWC usually donates between \$2000 to \$2500 dollars to the raffle. Generally, we shoot for 4 to 5 huts, depending on demand.

In addition to the raffle, there is a \$15 fee (which goes to MTTA) per person per night for the hut, plus the cost for food (dinner and breakfast). Food cost is usually about \$15 and cooked and served family style.

How to secure a place in a MTTA hut

We need 4 to 6 PWCers to attend the Gala. These people will work together to choose which huts we go to and what dates we go. They will apply the \$10 that PWC members have donated for the Gala to each hut slot and date that is chosen. The people who go to the Gala get the 1st opportunity to choose their huts.

2nd Tier is the people who donate money for the huts. I take the money they donate, and divide it by the number of bunks they want, and assign you points. As an example, if you donate \$500 and want 2 bunks at one hut, you get 250 points. If you donate \$100 and want 2 slots at two different huts, you get 25 points. People who give \$10 for one hut get 10 points. I then work my way down the list, highest to lowest.

3rd Tier is the hut spaces that are left after all the people who donated raffle money have chosen.

If you accept a hut date and cannot go, we will try to fill the hut for you, or you can fill it yourself. If we are unable to fill the slot, you are still responsible for the \$15 hut fee, as this was already paid out of pocket by someone.

Doug Savage

NOTICES:

Remember to RSVP when attending potlucks, MAP meetings, and trips.

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. Thank you.

Blister Prevention and Care (rei.com)

The first blister probably occurred shortly after the first humans strapped something on their feet to protect them from primeval terrain. Today, the lowly foot blister has evolved into one of the most common injuries to hikers. The good news is that our knowledge about them has also evolved.

There are three keys to dealing with blisters:

1. **Know what causes blisters:** Pressure, heat and moisture are all culprits.
2. **Prevent blisters from forming:** Get good-fitting boots; wear a thin liner sock under your hiking socks and take care of any hot spots right away, covering them with a padded blister bandage, Moleskin or tape.
3. **Care for blisters before they worsen:** Cut a blister-size hole in a piece of blister padding and protect it with that; avoid draining if possible and dress it like a wound if it pops.

What Causes Blisters

Blisters can be caused by burns, allergies, skin conditions or even spider bites, but the most common culprit is friction. When you have enough friction in a focused spot, cell damage occurs. The serum (fluid) inside a blister helps protect and heal the damaged tissue. Red fluid found in a blood blister simply means that capillaries in the area of the blister have also been damaged.

Several factors make blisters more likely to happen:

- **Pressure:** A tight spot in your boot or a wrinkle in your sock can create a friction pressure point.
- **Direct friction:** Any place where a shearing force grabs the skin and slides can cause a blister. That might happen inside your boot heel or inside a glove where you grip the shaft of a trail tool. Eventually the epidermis (upper skin layer) separates and fluid enters the space, causing a blister.
- **Moisture:** Moist (sweatier) skin is softer skin, which is more susceptible to damage when friction occurs.

How to Prevent Blisters

Preventing blisters is all about awareness and vigilance. Once you know the factors that up your odds of getting blisters, your goal is to monitor and minimize those factors.

To prevent blisters, follow these guidelines:

1. **Make sure your boots fit and are broken in properly:** To avoid pressure points, slippage or both, the foundation of blister prevention is getting the right fit when you buy your boots. And the inaugural voyage shouldn't be the major backpacking trip that inspired you to get them.
2. **Wear proper socks:** When hiking, the number one rule is to avoid cotton, which retains moisture. Go with synthetic or wool instead and make sure they fit properly (too big and you can have wrinkles; too small and you can create pressure points and sock slippage). You might also want to do the following:
3. **Wear liner socks:** These add a protective layer between skin and your primary hiking socks and can help wick away moisture. Double socks can perform the same function.
4. **Change to dry socks:** Fresh socks get your feet back to the same low moisture level you had at the beginning of your hike. They can also come in handy if your socks get soaked during a stream crossing.
5. **Deal with hot spots quickly:** Pay close attention to how your feet feel as you hike. The minute you sense an uncomfortable spot, stop and take your boots and socks off. If the area is even slightly red, then dry it off and apply your preferred form of protection. Many companies sell blister kits that include a range of products for both treatment and prevention. Blister prevention kits might include:
 - **Tape:** Studies suggest that inexpensive "tear-to-size" paper surgeon's tape is effective and has a gentle adhesive; kinetic tapes also work very well; cloth and synthetic medical tapes are additional options, as is duct tape in a pinch.
 - **Blister bandages with pads and gels:** Products like 2nd Skin can be used on both hot spots for prevention and for blister treatment.
 - **Moleskin:** The classic cut-to-size blister-coverage product is durable and sticks well; similar products do the same thing but go by different names.

How to Treat a Blister

To treat a blister, try one of the following options:

Molefoam with a doughnut hole: Cut a large enough hole for the blister; then the surrounding foam should keep your sock from rubbing and further irritating the area. For extra protection, you can add a layer of Moleskin or tape over everything.

Blister bandages with pads and gels: These add a protective layer to prevent a blister from getting worse. Pads provide cushioning; gels soothe the area by cooling it off.

Drain the blister, if necessary: In general, refrain from opening a blister to release the fluid: You're creating a chance for infection and you're removing the protection and healing that the serum provides. However, to drain a large blister that's too painful to leave undrained, follow the steps below. If your blister pops on its own, then follow steps 4 and 5:

1. Wash the blister and surrounding area with antibiotic soap.
2. Sterilize your needle with alcohol or heat.
3. Insert the needle near the base of the blister.
4. Dress the blister like you would a wound, using antibiotic ointment and gauze or a Band-Aid.
5. Cut and place Molefoam with a doughnut hole around the area to prevent further irritation; for added protection, fill the hole with antibiotic ointment or a blister pad, then add a layer of tape over the top.

While it's rare for a blister to get infected, it's important to keep a close eye on it. Evacuate to get medical care if the following symptoms develop: redness, pain, pus or red streaks traveling toward the nearest lymph node.

Next month: How to build a hiker first aid kit

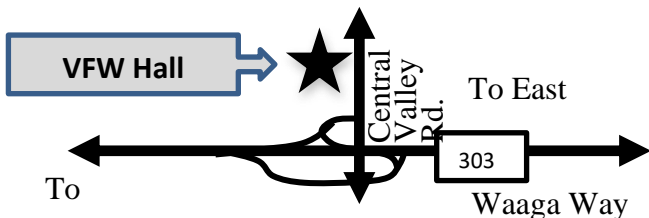
Club News

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 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 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*

Your Trip Photos Wanted!

Do you have some great PWC trip pictures you'd like to share? Each month we need your photos to share during the PWC General Meeting slide show and in the PENWICLE. Contact Jay Thompson (jaythom1@hotmail.com), our Dropbox manager, to find out how!

Club Business

Email, Address or Phone Number Changes

Send changes to the PWC Treasurer, Marti Howard at:

Peninsula Wilderness Club
P.O. Box 323
Bremerton, WA 98337-0070

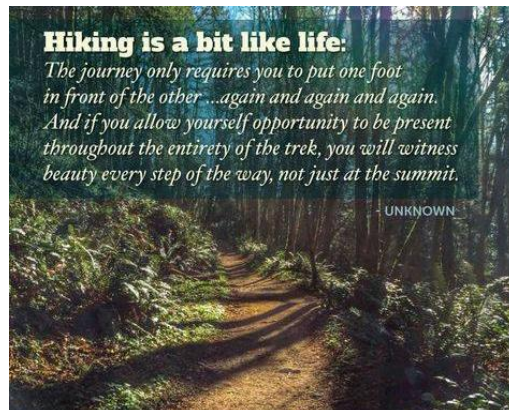
Joining/Renewing your Membership

To join or renew, please see the form on the back of this newsletter. PWC members receive a discount on select merchandise or services at the following businesses (check with vendor for details):

- Ajax Café, Port Hadlock, <http://www.ajaxcafe.com/>
- Back of Beyond, Bainbridge Is., <http://www.tothebackofbeyond.com>
- Commander's Beach House Bed and Breakfast, Port Townsend <http://www.commandersbeachhouse.com/>
- Wilderndest and The Gear Stash, Bainbridge Island <http://wilderndestoutdoorstore.com>
- Olympic Outdoor Center, Port Gamble <http://www.olympicoutdoorcenter.com/>
- Poulsbo Running, Poulsbo, <http://www.poulsborunning.com>
- The Quick Fix, Port Orchard, cmountaindave@aol.com and 360-871-5577

PWC Officers and Staff

Co-Presidents.....	Erin Hennings.....	360-621-6961
	Stevio 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.

JUNE 2020 - Time Dated Material
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