

September
2023
Peninsula
Wilderness Club

PERNACLE

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.

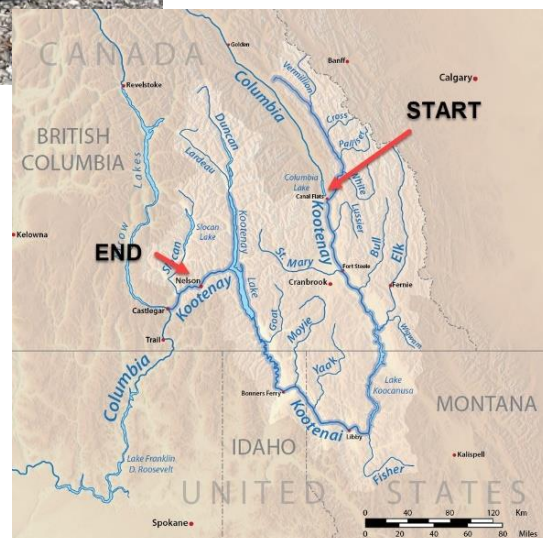
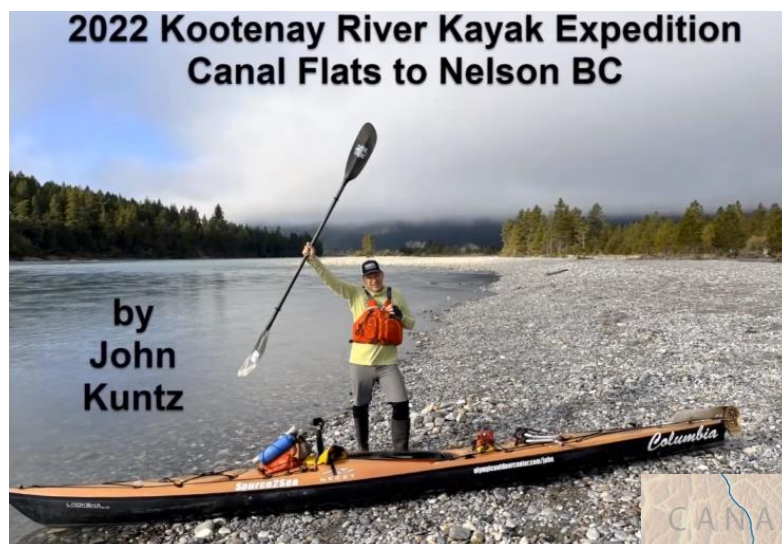
The PWC Presents: John Kuntz – 2022 Kootenay River Expedition

Wednesday, October 4, 2023, at 7:00 pm – 9:00 pm
VFW Post 4992
9981 Central Valley Road
Bremerton, WA 98311

Join us for an evening of high adventure with stunning photos and videos of John Kuntz's 2022 Kootenay River Kayak Expedition. This 21-day, 360-mile, Solo Expedition from Canal Flats to Nelson BC paddling the entire Kootenay river system. Best of all for the adventurer in you, John has spectacular videos as he paddles through the wilds of British Columbia, Northern Montana, and Northern Idaho where he encounters class 3 rapids, long open stretches of Lake Kooconusa behind massive Libby Dam, and abundant wildlife. It's bound to stir the adventurer in you.

Donations accepted for Olympic Outdoor Center Youth Program.

If you can't make it, view entire videos here: <https://youtu.be/fLpEx9B9My0>



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, October 11, 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

No host for September

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 |
|-------------------|---|-----------------------------|--------------|---------------------------|
| | Weekly Hike (every Wed) | Emily Grice | 206-669-0817 | emilykgrice@gmail.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 to Manhattan Meadows | 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 - 10/16/2023 | Sunshine Trip: Northeastern WA | Tony Abruzzo | 360-871-5754 | abruzzo1945@gmail.com |
| 10/7/2023 | Umtanum Falls & 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 |
| 10/9/2023 | Day hike Heather Park via Mt Angeles Trail | Doug Savage | 360-994-0003 | thehiker@comcast.net |
| 10/11/2023 | MAP Meeting | John and Anna Marie Jurgens | 360-876-3554 | annamarieljurgens@msn.com |
| 10/14/2023 | Overnight Hike to Marmot Pass | Doug Savage | 360-994-0003 | thehiker@comcast.net |
| 10/14/2023 | MTTA Work Party | Tony Abruzzo | 360-871-5754 | abruzzo1945@gmail.com |
| 10/21/2023 | Mailbox Peak | Stevo Pavkovic | 360-813-2743 | stevoandlisa@gmail.com |
| 10/22/2023 | Guillemot Cove | Emily Grice | 206-669-0817 | emilykgrice@gmail.com |
| 10/28/2023 | Day Hike Mount Muller | Doug Savage | 360-994-0003 | thehiker@comcast.net |

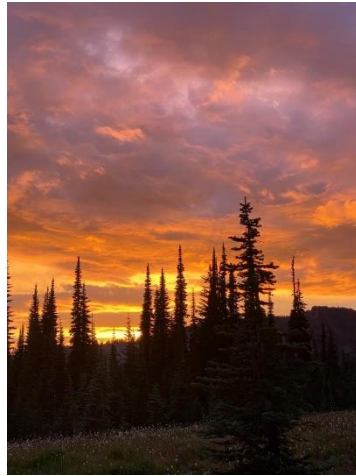
About PWC Activities and Outings:

- 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.

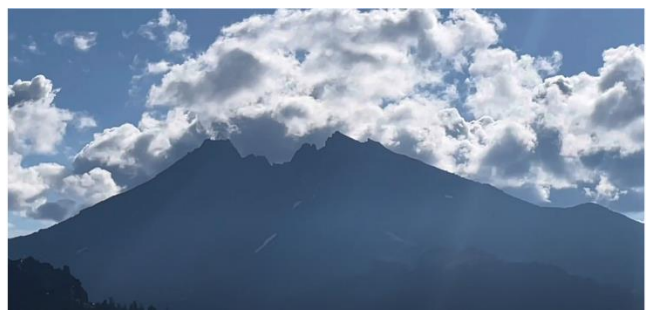
Goat Rocks: Goat Rocks is an extinct stratovolcano in the Cascade Range, located between Mount Rainier and Mount Adams in southern Washington, in the United States. Part of the Cascade Volcanoes, it was formed by the subduction of the Juan de Fuca Plate under the western edge of the North American Plate. The volcano was active from 3.2 million years ago until eruptions ceased between 1 and 0.5 million years ago. Throughout its complex eruptive history, volcanism shifted from silicic explosive eruptions to voluminous, mafic activity.

The volcano and the surrounding Goat Rocks Wilderness, established in 1964, are named after the numerous mountain goats which live in the area. The variable climate of the wilderness area supports a host of wildlife, including marmots, pikas, deer, and elk. Various peaks within the wilderness can be climbed or scrambled, and other activities such as hiking are permitted. The area is rife with minerals and resources, including coal, cobalt, copper, and base metals. (wikipedia.org)



Photos by Doug Terry

South Sister Summit Climb: 5.5 miles roundtrip, elevation gain 4,900 ft. Oregon's third-tallest mountain has a path to its top. Admittedly, the trail up 10,358-foot South Sister is exceedingly steep, long and rugged, but no technical climbing skills are required and the rewards are great. From the summit - a broad, snowy crater with a small lake - you can see half the state. The summit often generates its own little cloud, complete with whiteouts, wind, and a miniature blizzard. (Oregon.com/recreation/hike-south-sister)



Photos by Behrang Asgharian

Mount Washington: 4 miles roundtrip, elevation gain 3,190 ft. A strenuous class 3+ scramble in the Olympic National Forest. One should have appropriate tools for the conditions, route-finding skills, and scrambling skills. Be prepared for exposed class 3 and class 4 ridge walks on the way to the final summit, as well as lots of scree scrambling in the summer season, or avalanche prone snow otherwise. (wta.org)



Photos by Kristy Kane

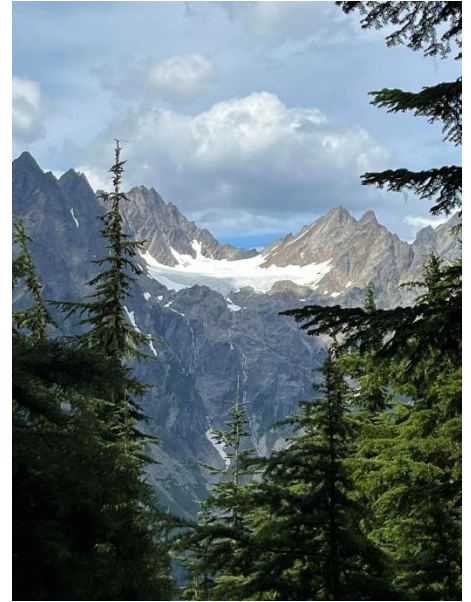


Alderbrook: Lots of options to piece together a hike of up to 5 miles on this forested loop on the slopes above the Hood Canal. (mountaineers.org)



Photos by Cathie Strand

Dosewallips to Staircase: Epic trip in through the Dosewallips and out Staircase. Anderson, O'Neill and First Divide. Anderson Moraine was breathtakingly beautiful. Camp Siberia wins best privy award, Marmot Lake privy is a hard NO. Lacrosse Basin stole the show. (Sandie Bateman Kneib)



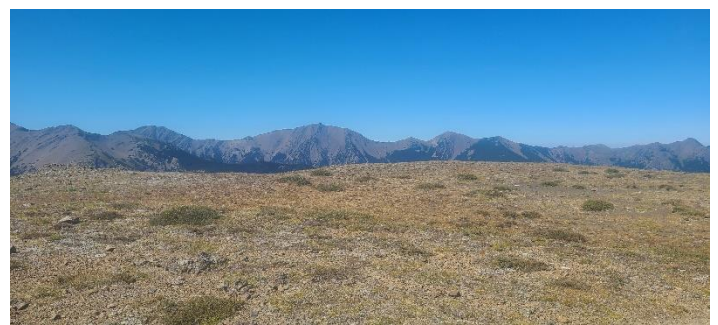
Photos by Sandie Bateman Kneib

Tyler Peak and Mt. Baldy Loop:



Photos by Kevin Buyer

Tubal Cain to Buckhorn Pass:



Photos by Doug Savage

MRTC Big Beef Trail Maintenance at Big Creek:



Photos by John Jurgens

Mt Ellinor: 6.2 miles roundtrip, elevation gain 3,300 ft. Mount Ellinor is the southern-most prominence on the eastern front of the Olympics. This makes its peak easy to point out to your friends when you say, "I was up there." Mount Ellinor also gives you two trailheads to choose from. The lower trailhead at 2,600 feet welcomes you to the ascent with an easy grade at the outset. The route from the upper trailhead at 3,500 feet starts out with a nearly immediate upward jolt. Both routes show off the skill and diligence of the Mount Rose Trail Crew in improving and maintaining the trails. The summit area has 360-degree views and is also popular with salt-seeking mountain goats. (wta.org)



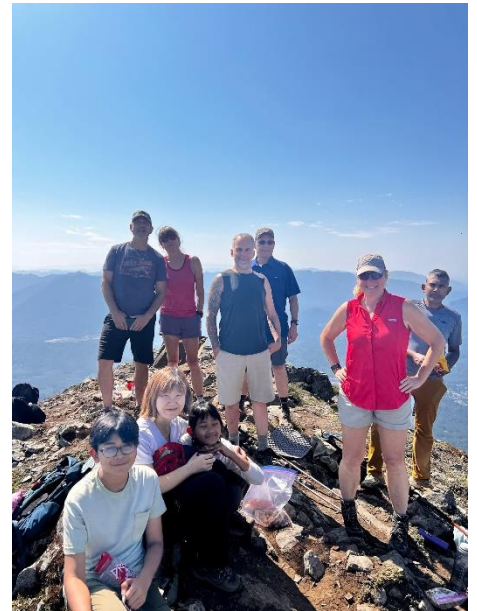
Photos by Stevo Pavkovic

Grand Park @ Mt. Rainier: 8.7 miles roundtrip, elevation gain 1,460 ft. The classic approach (via Sunrise) to this sea of meadows and wildflowers at the base of Mount Rainier is long and tough, putting Grand Park out of reach for most casual day hikers. Instead, try this "backdoor" approach via Lake Eleanor to enjoy this stunning destination. (wta.org)



Photos by Margaret Poshusta

Mt. Teneriffe: 10 miles roundtrip, elevation gain 4,081 ft. A great alternative to Mt. Si to avoid some of the crowd. (hikingproject.com)



Photos by Kristy Kane

Badger Valley, Grand Pass Peak, Moose Peak, Lillian Ridge Loop:



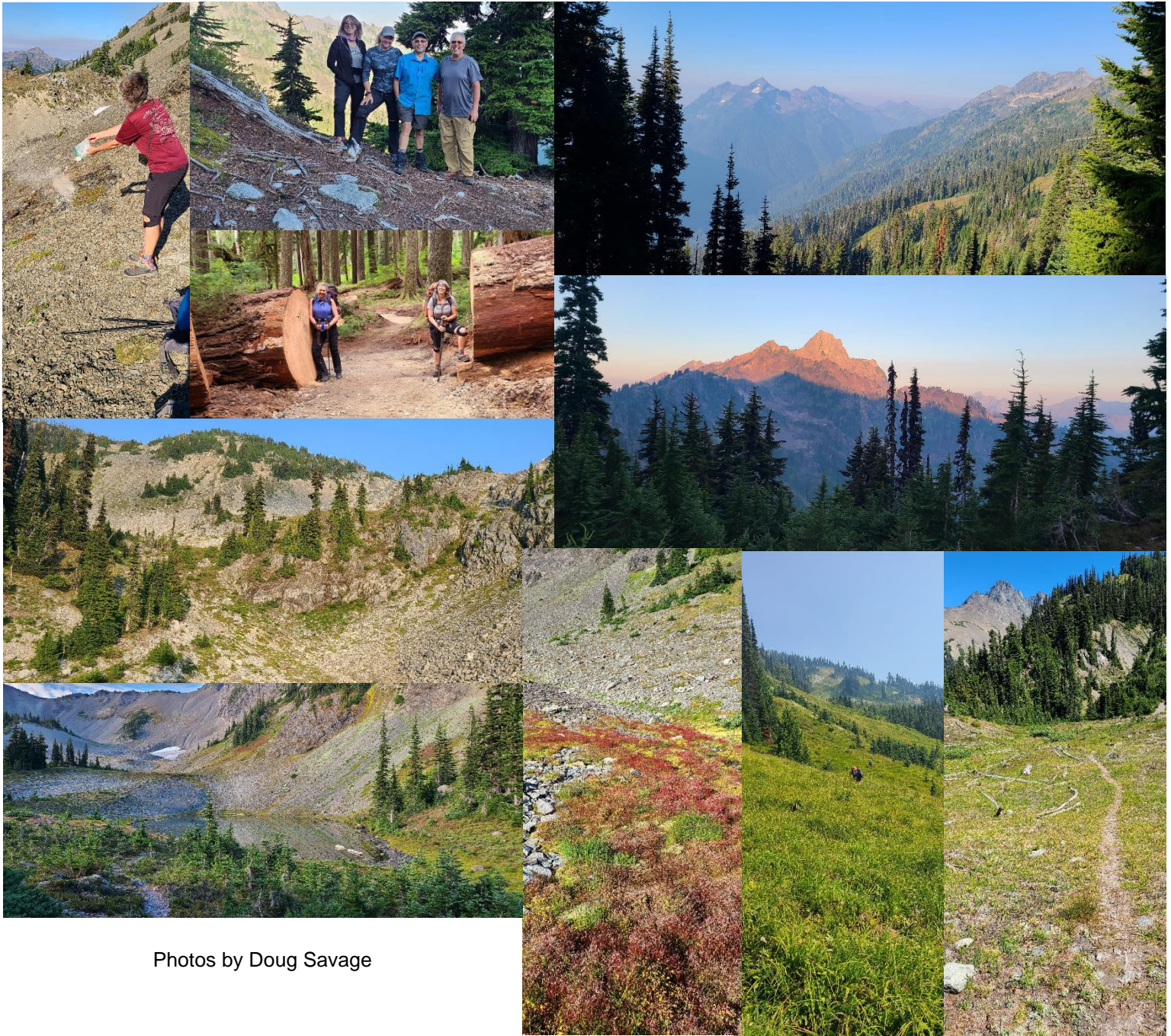
Photos by Jay Thompson

Dry Creek Trail: 15 miles roundtrip, elevation gain 3,600 ft. Per Doug Savage, there was a creek ford and 65 downed trees!



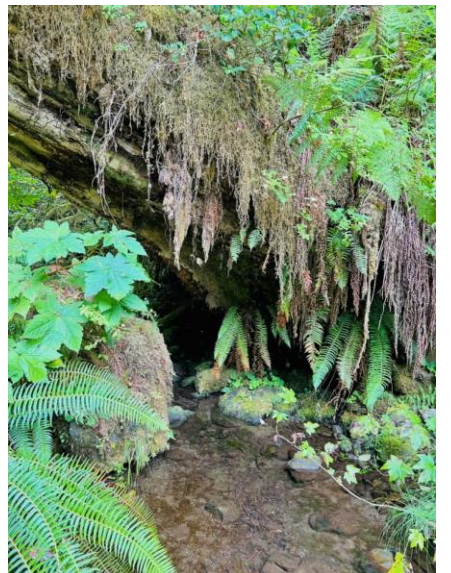
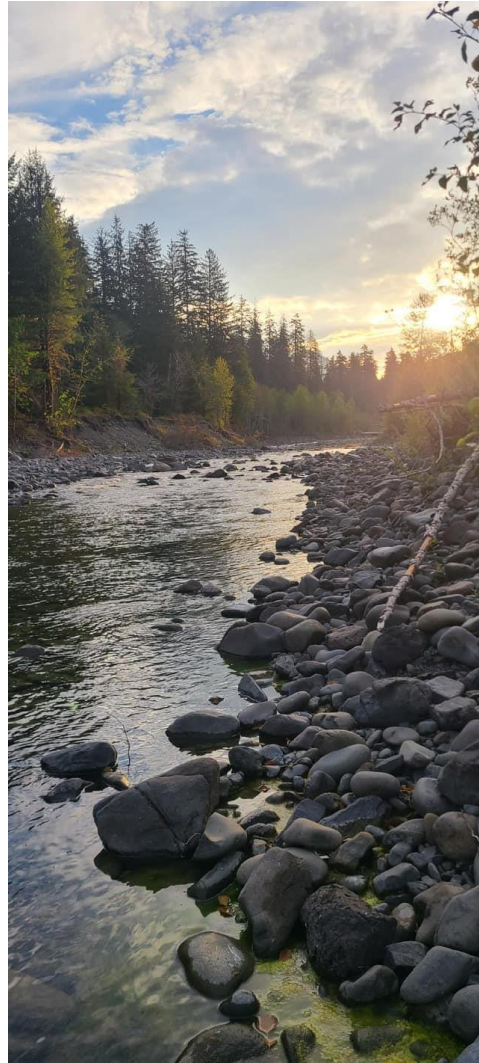
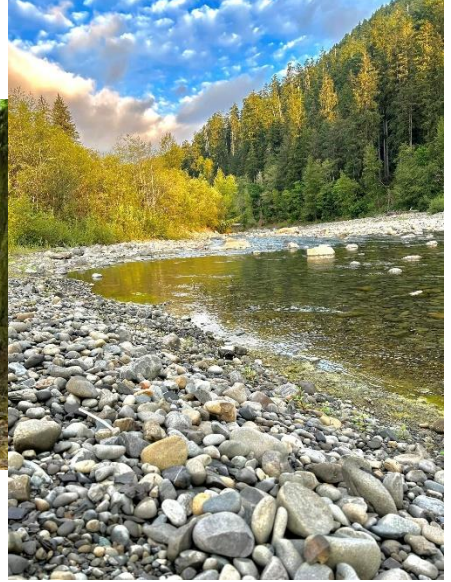
Photos by Stevo Pavkovic and Doug Savage

Graywolf, LaCrosse, 1st Divide:



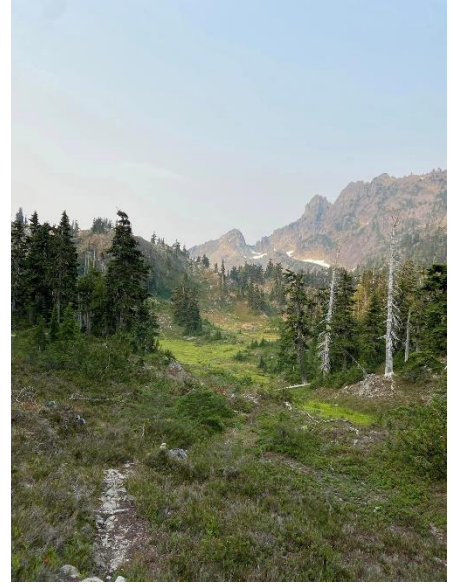
Photos by Doug Savage

South Snider Jackson Primitive Trail: While the Hoh River area can be a busy place, this nearby climb up a ridge is big on solitude and elevation, but short on sprawling views. The forest is full of the area's enormous trees and varied flora. (hike734.com)



Photos by Stevo Pavkovic

St Peter's Gate:



Photos by Sandie Bateman Kneib

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.

How to Build a Hiker First Aid Kit (wta.org)

Do you hike with a first aid kit? And if you carry one, have you taken inventory of it lately?

A first aid kit is one of the Ten Essentials you should always take on a hike, and it's especially important on an overnight backpacking trip. Some of the stuff inside you'll use fairly regularly and should replace often (moleskin for blisters, bandages, aspirin), while others are rarely used but may be critical in an emergency. Each person's kit should vary depending on the medical conditions of the hikers in the party, the length and duration of the trip, and the area you'll be hiking into.

You can purchase prepackaged kits, but you may need to supplement these kits with additional equipment, like any prescription medications you're taking and medications for conditions specific to the hikers in your group (i.e., epinephrine pen for those allergic to bee stings).

Organize and waterproof your kit with small resealable bags and plastic bottles. Label medications. You can also include other commonly used items in your first aid kit: lip balm, sunscreen, insect repellent, multi-use tool, and a small roll of duct tape (which is extremely handy for any and all repairs).

Supply Checklist

This checklist is by no means comprehensive, but an overnight first aid kit may benefit from the following items:

- **Bandages:** Assorted sizes for small cuts, blisters, etc.
- **4-inch closure strips or butterfly closures:** For closing large wounds. 4-inch strips are more effective than butterfly.
- **4-inch by 4-inch sterile dressing pads (5 to 10):** To apply pressure to a wound and stop bleeding.
- **Non-adherent sterile dressing (2 inch by 2 inch):** Use these or Second Skin to cover blisters, burns or lacerations.
- **Gauze roll:** Holds dressing in place.
- **Small roll of 1-inch adhesive tape:** Holds dressings in place.
- **Multi-use tool or knife:** Should include knife, scissors. A scalpel and blade are also useful for first aid.
- **Forceps or tweezers:** For removing splinters, ticks, and removing debris from wounds.
- **Scissors:** Trauma scissors, which have a blunt end to protect the patient, can be used for cutting away clothing from injury, cutting medical tape, etc.
- **Thermometer:** Digital is generally more accurate, but batteries do wear out.
- **Malleable splint:** Lightweight foam-covered aluminum, such as a SAM splint.
- **Irrigation syringe (35 cc):** Used to flush and clean wounds.
- **Suction syringe (65 cc):** Used to clear mouth of fluids when giving CPR.
- **Safety pins:** Can help remove splinters, fasten arm sling, or make a hole in a plastic bag for improvised wound irrigation.
- **Cotton-tip swabs:** For removing foreign objects from eye, or applying antibiotic ointment.
- **Resealable plastic bags:** Many uses, including icing a swollen joint or creating wound irrigation device.
- **ACE, Coban, or other rubberized bandage:** Can be used as outer wrap on splints, wound dressings or support for joint injuries. Be careful not to wrap too tightly.
- **Antiseptic towelettes:** For cleaning small wounds.
- **Cleansing pads with lidocaine:** For cleaning. Includes a topical anesthetic for abrasions, stings, etc.
- **Topical antibiotic ointment:** For application to wounds. Simple Vaseline can also be used in dressing a wound.
- **Moleskin:** Prevents blisters. Cut and apply a section to your foot as soon as you discover a "hot spot." Duct tape also works for this purpose.
- **Povidone Iodine USP 10 percent, 1 oz.:** For preventing infection. Bottled PVD iodine 10 percent solution should be diluted to a ratio of 1 percent or less for flushing wounds.

- **Aloe vera gel:** Found in packets or small bottles for relief of minor burns.
- **Pain relievers, including aspirin and Ibuprofen:** Provides relief for minor aches and pains, reduces fever, helps reduce inflammation of sprains and other injuries.
- **Antihistamines:** For relief of pollen allergies, or to reduce reaction to bites and stings.
- **Imodium 2 mg capsules or tablets:** For relief of diarrhea from intestinal infections.
- **Pepto Bismol or antacid tablets:** For relief from general diarrhea, abdominal upset.
- **After Bite or hydrocortisone cream USP 1 percent:** Relieves skin irritation from bites, poison oak, stings, or allergic reactions.
- **Latex or nitrile gloves:** Protects against blood-borne diseases and infection.
- **CPR micro-shield mask:** A compact flexible barrier with a one-way valve for rescue breathing, which protects user from blood, vomit or saliva.
- **Oral rehydration salts:** Packet of electrolyte salts and glucose for treatment of dehydration, heat exhaustion, or loss of fluids from vomiting or diarrhea.
- **Space bag/blanket:** Lightweight emergency shelter. For treating hypothermia victims.
- **Paper and pencil:** For recording medical data such as body temperature, pulse, time and date of symptoms, injuries, medicines administered, etc. Most repackaged kits include accident report forms.
- **Wilderness First Aid booklet:** Many prepackaged first aid kits contain one

Some of the items above are not commonly found in standard first aid kits (including forceps, CPR masks, trauma scissors, and suction syringes).

Next month: How to choose rainwear

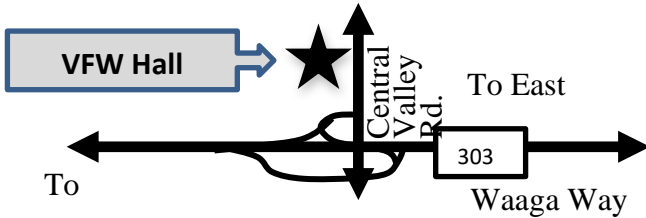
Club News

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/>
- 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 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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