

November  
2023  
Peninsula  
Wilderness Club

# PENNSYLVANIA

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: Adventures in Scotland

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

Join Trinka Olson and Barbra and Doug Savage for their adventures and tours in Scotland. The trip includes Glasgow, the West Highlands Way hike, the Isle of Skye and Edinburgh.



**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, December 13, 2023, 7:00 pm – 8:30 pm  
 Host: Barb Savage  
 Phone: 360-981-3077  
 Help schedule PWC events and outings, and discuss club business. All are invited. BYOB and snacks to share are always welcome.

**Monthly Potluck**

No Potlucks for the months of November and December  
 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.

	Weekly Hike (every Wed)	Emily Grice	206-669-0817	emilykgrice@gmail.com
11/24/2023	Burn your Turkey Lite Day Hike	Doug Terry	360-550-7911	672terry@gmail.com
11/25/2023	Burn your Turkey - Tidee's last real USA hike for the year?!	Doug Terry	360-550-7911	672terry@gmail.com
11/26/2023	Hike Illahee Preserve	Doug Savage	360-994-0003	thehiker@comcast.net
12/1/2023	Mount Walker	Stevo Pavkovic	360-813-2743	stevoandlisa@gmail.com
12/2/2023	2024 Sunshine Trip Planning	Tony Abruzzo	360-871-5754	abruzzo1945@gmail.com
12/9/2023	Hike - TBD on location	Barbara Ablitt		bjablitt@comcast.net
12/10/2023	Lower Big Quilcene River Trail	Stevo Pavkovic	360-813-2743	stevoandlisa@gmail.com
12/16/2023	Alderbrook Resort Trails	Stevo Pavkovic	360-813-2743	stevoandlisa@gmail.com
12/23/2023	Green Mt. Annual Winter Solstice (close enough) Hike	Jay Thompson	360-509-9918	jaythom1@hotmail.com
12/30/2023	Day Hike to Heather Park	Doug Savage	360-994-0003	thehiker@comcast.net
1/1/2024	Fort Worden Beach Hike	Erin Hennings	360-621-6961	erinhennings@yahoo.com

**About PWC Activities and Outings:**

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

**MTTA Information:**

There are several spots open at Copper Creek on the following dates:  
 January 20 – 21 and February 17 – 18.

If you would like to be placed on a waiting list for:  
 Snow Bowl, January 6 – 7 or High Hut, March 16 – 17.

Please contact Doug Savage at 360-994-0003.



**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.

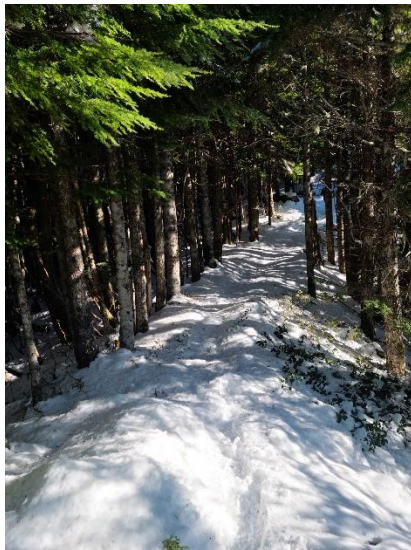
**Stephen Lake, Bailey Range:**



Photos by John Howard



**Mount Muller:** 12.7 miles roundtrip, elevation gain 3,350 ft. Mount Muller offers breathtaking views from a breathtaking trail -- it's a steep climb, but those who make it to the lofty ridgeline are rewarded with a panorama that includes the Strait of Juan de Fuca, massive Mount Olympus, and sapphire, sparkling Lake Crescent. (wta.org)



Photos by Stevo Pavkovic and Doug Savage



**MRTC Trail Maintenance:**

Murhut Falls. Added a bumper log and a few steps.



Copper Creek: Removal of huge tree from trail.



Photos by John Jurgens



**Newberry Hill Heritage Park:** Elevation gain 250 ft. This little gem of a park is located in Kitsap County, at the west end of Newberry Hill Road right before the T to Seabeck Highway. Hikers, equestrians, and mountain bikers can all enjoy the nearly 13 miles of trails here. There are a variety of access points, but the parking area just outside of Klahowya Secondary School offers access to the small northwest quadrant, as well as the larger southeast section. (wta.org)



Photos by Bob Combs

**Davis Trail/Tin Mine Loop:** 5 miles roundtrip, elevation gain 564 ft. This trail is in Green Mountain State Forest, a dynamic working forest that is certainly a land of many uses. The trails are open to hikers, mountain bikers and horseback riders. Logging operations happen occasionally and can cause trail closures or reroutes. (wta.org)



Photos by Peter Kalmar and Doug Savage

## How to Choose and Use Gaiters (rei.com)

Snow, water, dirt and pebbles have a way of sneaking into even the most waterproof of boots. To prevent this, put on some gaiters. Gaiters cover the vulnerable tops of your footwear to fully protect your feet from the elements.

Gaiter shopping is not complicated. This article will educate you on the different types of gaiters and help you choose the right ones based on the kind of trip you have planned, what conditions you're likely to encounter, and what features you need. It also includes tips for putting gaiters on correctly and getting the best performance out of your gaiters.

### Types of Gaiters:

All gaiters have the same basic purpose: to keep stuff out of your boots. But the best type of gaiters for you depends on the kinds of trips you have planned and the weather and trail conditions you expect.

The main uses/types of gaiters include:

- **Hiking:** Gaiters for hiking are typically lightweight and breathable, and offer basic protection against rocks, grit and light rain while on mild-weather excursions. Some are fully waterproof for protection against rain and snow. Hiking gaiters are often used for everything from short day hikes to multiday backpacking trips.
- **Mountaineering:** Gaiters for mountaineering provide heavy-duty protection and some added insulation for extended trips in harsh conditions. Most feature a waterproof, breathable fabric for protection against rain and snow. In addition to mountaineering, these gaiters are frequently used for ice climbing, backcountry skiing, cross-country skiing, and snowshoeing.
- **Trail running:** Gaiters for trail running are usually very lightweight and compact. Their main purpose is to keep debris out of your shoes while you're on the trail. They are typically not waterproof. Some ultralight hikers and thru-hikers who wear trail-running shoes will use these gaiters.

As you narrow your focus on a type of gaiter, remember that there is overlap between the different types. For example, mountaineering gaiters can be used for hiking, and in some cases may be the appropriate choice for where you're going and what the conditions are. Also, the uses of gaiters are not limited to hiking, mountaineering and trail running. If you have a need for keeping water, snow and/or debris out of your boots, find gaiters that offer the level of protection you need.

### Gaiter Height:



The appropriate gaiter height depends mostly on how much protection you need. Generally, for use in snow or when you're heading off trail, you'll want a taller gaiter for more coverage. Shorter gaiters are good for trail running and light hiking. It's worth noting that taller gaiters are generally hotter than shorter ones because they restrict airflow more—keep this in mind as you think about what conditions you're likely to use gaiters in.



Here are the three primary options for gaiter heights:

- **Over-the-ankle:** These low gaiters are primarily designed for trail-running or summertime hiking where the goal is to keep pebbles and other trail debris out of your shoes and boots.
- **Mid-calf:** These gaiters are usually about 8-to-12-inches tall. These are best for less-than-extreme conditions when you just need to keep trail debris and rain out of your boots.
- **Knee:** These are typically around 15-to-18-inches tall and are designed for rugged conditions such as hiking through deep snow and wet brush or in bad weather.

### **Gaiter Sizing:**

Getting the right size gaiters is important. When gaiters don't fit well, they can let water, snow and debris into your footwear and they can be uncomfortable to wear. Fortunately, getting the right size is straightforward.

Most gaiter styles come in sizes that are aligned with boot/shoe sizes. For example, most REI gaiters are sized like this:

<b>Gaiter Sizes</b>				
	<b>Small</b>	<b>Medium</b>	<b>Large</b>	<b>Extra Large</b>
<b>U.S Men's Shoe Size</b>	5 – 7	6 – 9	8 – 11	10 – 13
<b>U.S. Women's Shoe Size</b>	6.5 – 8.5	7.5 – 10.5	9.5 – 10.5	

Your primary goal when sizing gaiters is to achieve the best possible seal around your boots/shoes to keep debris out. Ideally, they also fit comfortably snug around your legs and calves. When trying gaiters on, do so with the boots or shoes you plan to wear them with.

**Sizing tips for hiking/mountaineering gaiters:** When you try hiking or mountaineering gaiters on to confirm they fit correctly, look at how closely the gaiters fit around your boots. There shouldn't be obvious loose areas or openings for moisture to get in. Also, pay attention to how the gaiters fit around your legs and calves. If you have larger calves, you can use the hook-and-loop entry system to adjust the fit—you don't need to overlap the hook-and-loop fastener all the way. Generally, a half-inch of overlap is sufficient. Really large boots, like mountaineering boots or snowboard boots, may require you to size up.

**Sizing tips for running gaiters:** When trying on running gaiters, look closely at how they are designed to attach to your shoes. Some have hook-and-loop patches that connect to your shoes at the heels (provided your shoes also have hook-and-loop patches on them). Others have instep straps like hiking/mountaineering gaiters. When you put them on, pay attention to how the gaiters feel around your ankles and lower shins to determine whether they will rub and cause discomfort. When sized correctly, running gaiters should be snug but not uncomfortable, and they should stay securely attached to your shoes without riding up.



## Gaiter Features:



**Waterproof:** Gaiters for mountaineering and snow sports are typically made with a waterproof, breathable material to keep moisture from snow and glaciers out of your boots. If you'll be tromping through wet or snowy conditions, look for waterproof gaiters.

**Insect repellent:** Occasionally, you'll find gaiters that are treated with an insect repellent to help keep mosquitoes, ticks and other biting insects away. This can be helpful for hiking and backpacking in areas known to be buggy.

**Abrasion-resistant fabric:** Some gaiters include rugged abrasion-resistant nylon on the lower portion. It's designed to withstand the abrasion of ice, rocks and the occasional nick from crampon points.

**Soft-shell fabric:** Soft-shell fabric offers flexibility and stretch as well as excellent weather protection.

**Coated nylon:** Basic gaiters are very light and are usually made with polyurethane-coated nylon. If a short, day hike or fast-packing through talus, sand or wet brush is on your agenda, this type of fabric will work just fine.

**Entry system:** Gaiters for hiking and mountaineering are usually opened and secured by long strips of hook-and-loop fastener (VELCRO® brand or similar) down the fronts of the gaiters.

**Top closures:** Basic gaiters are typically cinched with toggles and elasticized drawcords; some models feature a dedicated top strap with cam buckle.

**Instep straps:** These secure the lower edge of your gaiters around your boots' insteps. Basic gaiters come with simple lace straps. Premium gaiters feature beefier leather/synthetic straps for extra durability.

**Lace hooks:** Offered on some styles, these let you attach your boot laces to your gaiters for added security.

## **How to Put Gaiters On:**

Gaiters aren't particularly complicated. That said, we've seen them put on every which way. So, whether you're getting ready for a hike or going to a store to try gaiters, follow these steps for wearing them correctly. (Note: These instructions are for most styles of hiking/mountaineering gaiters. Not all gaiters have the same features and, therefore, may not follow these steps exactly.)

1. **Position the gaiters so the hook-and-loop closures are in front:** As you step into the gaiters, the fabric should wrap around behind your legs and the openings should be in front.
2. **Place the instep strap buckles to the outside:** Put the gaiters on so that the buckles on the instep straps are to the outside of your feet. If you place them on the inside, you may accidentally kick the buckles while walking. Also, make sure the instep straps run through the instep areas of your boots or shoes.
3. **Adjust the instep straps:** On some gaiters, particularly those with internal instep straps, you need to adjust the instep straps to the appropriate length first before completely putting the gaiters on. Gaiters with external instep straps can be adjusted after they are on and you have closed the hook-and-loop fasteners in step 5. Either way, the goal is to snug the straps up so that the bottoms of the gaiters make a nice tight seal around your boots or shoes. If you're using the same footwear with your gaiters every time, you should only have to adjust the instep straps once.
4. **Engage the lace hooks:** On gaiters that have lace hooks, try to hook the laces as far down on your boots as you can reasonably reach. On bigger boots, like those for mountaineering, you probably won't be able to reach all the way to the laces closest to the toes.
5. **Close the hook-and-loop closures:** Secure the long strips of hook-and-loop fastener that run down the fronts of the gaiters together. If you have large calves, you don't need to overlap the fastener all the way—a half-inch overlap is sufficient.
6. **Snug the top closures:** You don't need to overtighten the straps at the tops of the gaiters. Just snug them up so the gaiters won't slip down your legs. Overtightening will be uncomfortable.
7. **Secure other closures:** Some gaiters have snaps or other styles of closures at the top and/or bottom to keep the gaiters from loosening up. Secure these before heading out.

Tip: In a downpour, try wearing your gaiters underneath your rain pants to create a shingled effect that effectively sheds rain. If you wear your gaiters over your pants, rain can run down your pants, underneath the gaiters and into your boots.

**Next month:** Winter Camping Basics

## **NOTICES:**

Kanita Sellers has recently offered to take over the role of Program Coordinator. She is replacing Jay Thompson, who is stepping away from the position after many years. If you have any ideas or points of contact for possible guest speakers for the club, please contact Kanita by calling or texting 757-235-0594 or e-mailing @ [ksellers04@gmail.com](mailto:ksellers04@gmail.com)

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



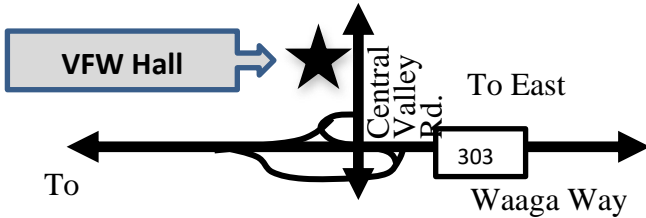
## Club News

### 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 [pwadmin@pwckitsap.org](mailto:pwadmin@pwckitsap.org) and 360-307-0037.

### We Need Your House!

The club's Monthly Activities Planning (MAP) meetings and potluck dinners are held at a member's home. If you can handle a small home invasion, please contact the Calendar Editor, Emily Grice at [emilykgrice@gmail.com](mailto:emilykgrice@gmail.com) or 206-669-0817.

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

### Your Trip Photos Wanted!

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

## Club Business

### Email, Address or Phone Number Changes

Send changes to the PWC Treasurer, Marti Howard at:

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

### Joining/Renewing your Membership

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

- Ajax Café, Port Hadlock, <http://www.ajaxcafe.com/>
- Back of Beyond, Bainbridge Is., <http://www.tothebackofbeyond.com>
- Commander's Beach House Bed and Breakfast, Port Townsend <http://www.commandersbeachhouse.com/>
- 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.....	Barbara Ablitt.....	253-225-9350
	Truett DuPuis.....	253-358-0242
	Amanda Piesik.....	701-770-2698
Program Coordinator.....	Kanita Sellers.....	757-235-0594
Annual Picnic.....	Tony Abruzzo.....	360-871-5754
Refreshments.....	Tina Fox.....	360-649-0424
	Sandy Bochonok.....	360-620-7777
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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