

The PWC Presents: A goat gotta go hiking, so come learn how to plan awesome trips using CalTopo by Kevin Koski

Wednesday, April 3, 2024, at 7:00 pm – 9:00 pm
VFW Post 4992
9981 Central Valley Road
Bremerton, WA 98311

Have you ever struggled with developing your own multi day backpacking trip? In the modern day of cell phones, how can mapping tools be used to create your own adventure? These questions and the ones that pop into your head during the meeting will be answered. Come and partake in the ways Kevin Koski uses the mapping program CalTopo for developing long trips.

Kevin will show examples that encompass the six times he has walked from the West to the East side of the Cascades, exploring the mountains and features of CalTopo. Visuals will be provided showing the tools and these will be coupled with beautiful mountain pictures showing a smattering of what I call my backyard "The Cascade Range."

So hike your own hike, plan your own hike because today's modern software makes it simple and easy.



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, April 10, 2024, 7:00 pm – 8:30 pm
 Host: Tony Abruzzo
 Phone: 360-871-5754; E-mail: abruzzo1945@gmail.com
 Help schedule PWC events and outings, and discuss club business. All are invited. BYOB and snacks to share are always welcome.

Monthly Potluck

Friday, March 29, 2024, 6:30 – 8:30 pm
 Host: Margaret Poshusta
 Phone: 360-692-0126; E-mail: Marg8733@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.

	Weekly Hike (every Wednesday)	Emily Grice	206-669-0817	emilykgrice@gmail.com
	Green Mountain Hike and Social (every Thursday)	Various Sponsors		
3/29/2024	Monthly Potluck	Margaret Poshusta	360-692-0126	marg8733@comcast.net
3/30/2024	Mt. Elinor Climb	Doug Savage	360-994-0003	thehiker@comcast.net
3/30/2024	Dungeness Spit Hike	Jill Hawes	360-277-6790	hikerjill1@hotmail.com
4/5/2024	Duckabush to 5 Mile Camp	John Howard	360-516-0222	howiejm60@gmail.com
4/7/2024	Hike Deer Ridge & Blue Mountain	Erin Hennings	360-621-6961	erinhennings@yahoo.com
4/8/2024	Total Solar Eclipse Meetup in Big Bend Nat'l Park	Pat Kerber	360-471-1661	prkerber@gmail.com
4/10/2024	MAP Meeting	Tony Abruzzo	360-871-5754	abruzzo1945@gmail.com
4/12/2024	Barb's Birthday Bike Ride	Barb Savage	360-981-3077	
4/12/2024	Little River & upwards to Hurricane Hill	John Howard	360-516-0222	howiejm60@gmail.com
4/19/2024	Canyonlands "Sunshine trip Rendezvous"	Brian Hawkins	360-362-3026	akflyer130@gmail.com
4/20/2024	Mt Ellinor Climb	John Howard	360-516-0222	howiejm60@gmail.com
4/20/2024	Camp Pleasant – Backpacking	Kanita Sellers	757-235-0594	
4/21/2024	Sunshine Trip: Canyonlands Nat'l Park	Tony Abruzzo	360-871-5754	abruzzo1945@gmail.com
4/21/2024	Heart of the Hills and South of the Lake	Emily Grice	206-669-0817	emilykgrice@gmail.com
4/26/2024	Monthly Potluck	Doug Terry	360-550-7911	672terry@gmail.com
4/27/2024	Copper Mountain	John Howard	360-516-0222	howiejm60@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!**

Please ensure that you update the events calendar on the PWC website within one week after the MAP Meeting.

Thank you.

Climbing Mount St. Helens:

If you are interested in climbing Mount St. Helens on Mother's Day weekend (May 11 or 12), please contact Doug Savage @ (360) 994-0003. He will be applying for permits on April 1.



Tony and Bob's Sunshine planned trips for 2024:

Canyonlands NP UT: Group site Apr 21 - 28

Bell Bay FS campground ID: Group site 14 Jun - 17 Jun

Calado RV park ID: Jun 18 - 20

Lava Lakes FS campground OR: Jul 20 -27

Upper Payette Lake State Park Group site ID: Aug 28 – Sep 4

Hill City (rent VRBO home) (10 people) SD: SEP date TBD

Steamboat Rock/Curlew Lake/Lincoln Rock State Park WA: Oct 6 - 26

For further information, call Tony (360) 328-8821 or Bob (253) 719-3098.



Be a PWC Host - who me? yes, you!

MAP meetings only need seating for about 6 to 12, and Potlucks...FUN potlucks are another matter! You will need to provide a dessert (does not have to be your own making) as well as plates/utensils/beverage cups for an average of 15 people. Now, is that asking too much? Enjoy having like-minded folks at your house. Contact Emily Grice @ (206) 669-0817.



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.

Ranger Hole and Interroren Trails: The kiosk was replaced with one that is in much better shape. MRTC also installed a new top on the picnic table.



Before



After



Before



After

Photos by John Jurgens

Lake Angeles: 7.4 miles roundtrip, elevation gain 2,350 ft. Over thousands of years, glaciers have carved away at the Olympics, leaving behind smoothed rocks, sharp ridges and lake-filled basins such as that of Lake Angeles in Olympic National Park. This teardrop-shaped 20-acre lake, filling a deep glacial cirque, is one of the largest alpine lakes in the Olympics. At the center of the lake, an island sits amid the emerald waters as cascades stream down the surrounding rocky walls, making for an idyllic hiking getaway.

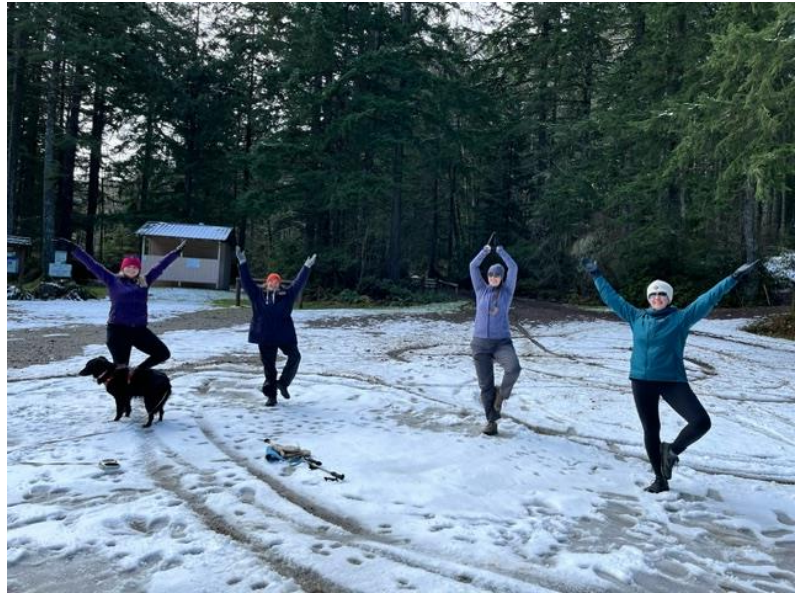
Just a few miles from Olympic's Heart O' the Hills Campground, the Lake Angeles Trail steadily climbs 2,300 feet in 3.5 miles. The well-worn path starts on a moderate grade and travels through shaded second-growth forest. Uniform rows of dense hemlock are evidence of a fire that swept through the area more than a century ago. Ferns and fungi dot the landscape. Early-season blooms include trillium and Indian-pipe.

Arriving at the lake, views of Klahhane Ridge and Mount Angeles tower high overhead. Several campsites exist at the north end of the lake, inviting you to spend the night. (Permits required. Visit the Wilderness Information Center in Port Angeles.) Please note, no campfires allowed. Spend your day basking in the scenery, or continue another 3 miles (and another 1,800 feet of elevation gain) to the Klahhane Ridge–Heather Park–Switchback junction. (wta.org)



Photos by Erin Hennings and Amanda Piesik

Wildcat Hike and Yoga:

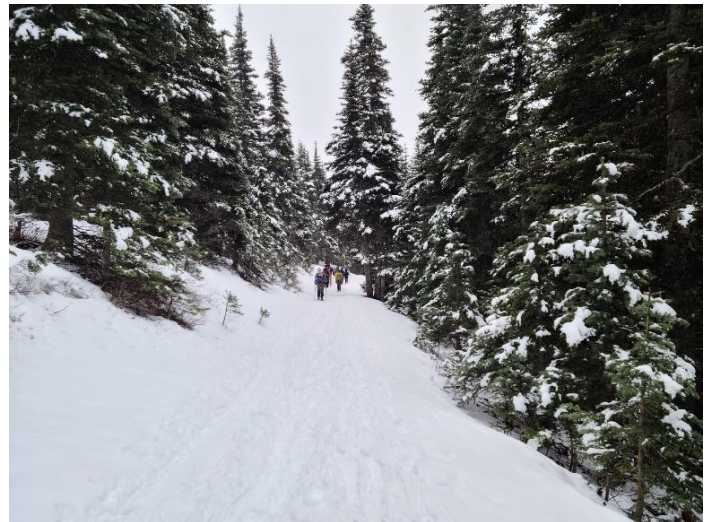


Photos by Sandy Bochonok

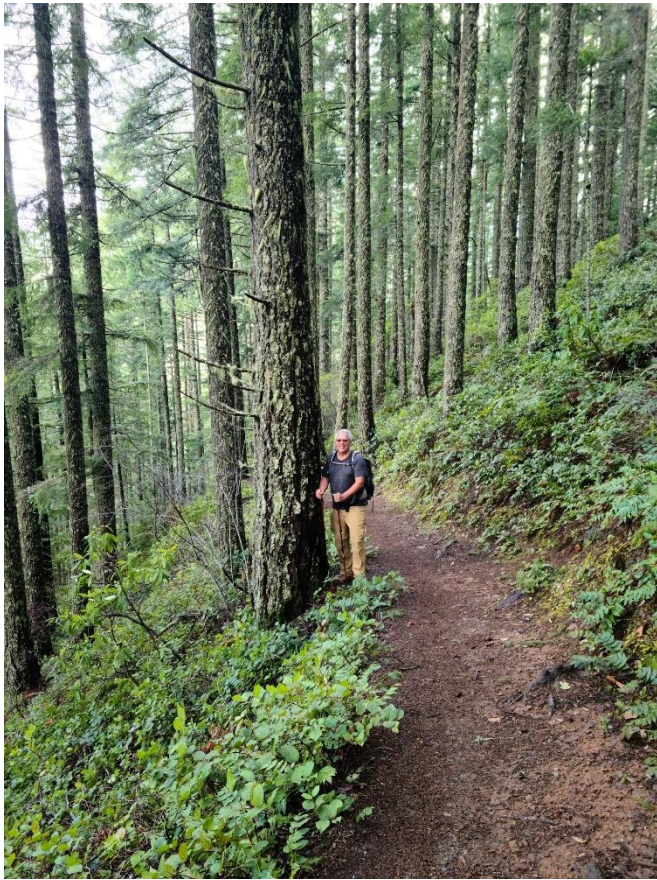
Snowshoe to Hurricane Hill: 6 miles roundtrip, elevation gain 800 ft. Whether you're an expert or a first-timer, Hurricane Ridge in Olympic National Park is one of the most spectacular places to snowshoe in Washington state; and on clear days you'll be treated to bird's-eye views of Mount Olympus in all her winter splendor. Beginners can wander the lower-level ridge lines and meadows, while more advanced--or ambitious--snowshoers can go for Hurricane Hill. One thing to note, the road to access this trailhead is closed during the week in winter. (wta.org)



Photos by Doug Savage



Mount Walker:



Photos by Doug Savage

Snowshoeing Footwear: Tips for Choosing your Boot (snowshoemag.com)

Protecting your feet while snowshoeing is critical. A shoe that doesn't protect our feet can not only ruin your outing and mood, but it can impact your safety in the cold.

But, selecting a shoe to wear for snowshoeing can be confusing since there are so many options available on the market. The good news is that you may not need to buy a brand new pair of boots for your outing and can use a pair you already own. For example, four-season boots or running shoes could work fine for snowshoeing, depending on the weather. The key is that your snowshoeing footwear keeps your feet warm, dry, and comfortable.



FOOTWEAR FEATURES:

The footwear features you look for when snowshoeing have some overlap with those recommended for hiking. Though, there are a few differences. For example, the temperature where you live can make a significant difference in footwear selection, but layering your footwear can help.

Though footwear is a matter of preference, here are a few features to keep in mind for your feet to stay warm, dry, and comfortable.

Waterproof

When looking for new snowshoeing footwear, the first thing is to ensure they are waterproof. Because you're dealing with snow, wet feet are the last thing you want on an outing. In fact, damp or cold feet can lead to safety concerns.

To avoid wet feet, look for waterproof boots containing membranes that keep water out and let sweat escape. Typically, nylon and synthetic uppers dry faster than leather.

If you don't have any boots or shoes that are waterproof, you can always treat your current shoes with sprays or waxes to make them more water-resistant.

Textured Heel

Ensure your shoes have some visible notch or protrusion on the back of the heel where the heel strap of the snowshoe binding can rest so that it does not repeatedly slip off when snowshoeing. Boots with rounded heel areas can sometimes cause the binding to slip (depending on the type of binding).

Tight Lacing

Additionally, check the lacing on the shoe or boot to ensure it stays tight and keeps your foot secure for the duration of your outing. Nothing is more frustrating than having your laces come untied while snowshoeing. Ideally, the lacing should also be doable with gloves.

Shoe Height

The cut of the shoe (high, mid, low) and level of ankle support is a matter of preference since your snowshoe binding should provide stability and security.

However, if you choose to snowshoe in mid or low-cut hiking boots, it's recommended to wear gaiters over your boot, so you don't get snow in your shoes while snowshoeing.

Traction (or Lack Thereof)

While on your outings, the snowshoe, not your boot or shoe, provides traction.

For this reason, you can use light or winter hiking boots, Canadian leather moccasins, or old running shoes for your snowshoe boots (you no longer need the thick comfortable midsole as the snow is soft). You can even use tennis shoes if you cover or spray them with water-repellent fabric (like Nikwax's Fabric and Leather Proof).

Lightweight

If possible, try to get by with a light shoe or boot when snowshoeing. Do not negate the advantage you get with a new pair of high-tech and lightweight snowshoes by wearing heavy boots. Snowshoeing is a highly aerobic activity that produces heat. So, the extra insulation provided by some winter boots may not be needed, depending on your body's temperature and outside temperature.

Instead, think about what would be best to wear if you covered your chosen distance without snowshoes. Except for extreme conditions, footwear that flexes at the ball of the foot is best.

If your feet tend to get cold, solid nylon uppers on the shoe are warmer than mesh. You can also look for Thinsulate, which adds warmth to the shoe or layer your footwear. Each person has different needs regarding heat. So, try to purchase the lightest weight footwear that will suit your specific need but not weigh you down.

Layer Your Footwear

When choosing your snowshoeing footwear, consider using a larger, half-to-full boot or shoe to accommodate another layer of insulating socks. Tight shoes will restrict circulation and lead to cold feet.

Instead, try to use the layering concept for your feet as you use it with other snowshoe clothing. You want a lightweight and adaptable system for various conditions and uses. You will not need all layers for all situations. To determine what's best for you, bring layers with you that you add or remove as required depending on your temperature.

Everyone has different metabolic rates, blood flow patterns, and resistance to cold. So, you have to pick something that suits you best.

For example, use the layers that you need for the intensity, duration, and weather conditions of that day, and it all weighs less and is just as warm as big thick pair of boots on cold days. Following is an example listed inside to out:

- Pair of thin polypropylene liner socks (like these)
- Water-resistant socks, like those made of neoprene (like these) or merino wool blends (like these) – avoid cotton socks since they will soak in moisture when wet
- Running shoe or light hiking boot
- Stretchy neoprene cycling over bootie
- Gaiter or supergaiter (like this one)
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You may not need all these layers, but you can mix and match these as needed.

OVERALL:

Footwear choice for snowshoeing is truly a matter of preference. However, this article shares some features to consider when making your choice, including waterproofing, heel design, tight lacing, shoe height, traction (or lack thereof), and lightweight.

If your shoe has these features or protects your foot by keeping them warm, dry, and comfortable, you may not need to purchase a new pair of boots for snowshoeing. In fact, an old comfortable pair of shoes/boots you already own may work best. Old shoes you already own can require no additional expense. As mentioned, the worn tread should not be an issue since your snowshoe provides traction. Plus, old stretched-out shoes accommodate another pair of socks well and are broken in, so they will flex well in the cold. Finally, the uppers already conform to your feet, and there are probably limited tight spots.

Next month: Passes and permits for hiking

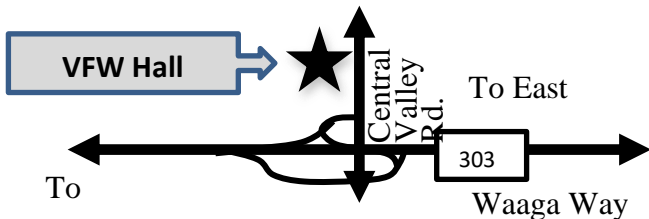
Club News

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!

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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.....	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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