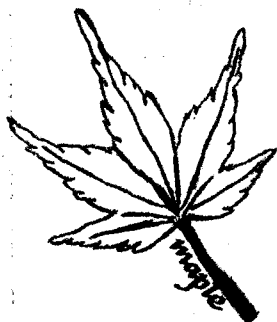


Peninsula Wilderness Club

1980

SEPTEMBER



"I have often thought what a melancholy world this would be without children; and what an inhuman world without the aged." --Coleridge

SALUTATIONS! The summer seems to have slipped by this year, barely pausing long enough to leave her calling card of browned bodies. Hopefully the closing days of August are an indication of the nice weather to follow in September. Several trips are planned this month which promise to offer something for the young and old alike--climbing, hiking, fishing, swimming, taking pictures--the gamut. Hope you can join in!

COMING EVENTS

August 30, 31 - An overnight back-
September 1 pack trip to the High Divide. Fishing, easy scramble climbs, approximately 16 miles round trip. Call Bob or Joan @ 479-4692.

August 30, 31 - Labor Day weekend
September 1 - climb/hike. This multi-purpose trip into the North Cascades is sure to have something to appeal to everyone in the family. For the climbers, Liberty Crack, Liberty Bell and Early Winter Spire are potential objectives. For the hikers, those interested in fishing or photography, the alpine lakes in this area are bound to be able to keep you occupied. The plan is to meet at the Lone Fir campground east of Washington Pass on Hiway 20. For information on carpooling, details etc. call Steve at 373-3737 or Dale at 377-9042 or Nancy at 692-4679.

September 6 and 7. Dale Boyle is planning a family-type overnight back-pack trip. The destination will depend somewhat on the weather--potentials including: Indian Henry's campground, Moose Lake and Eastern Washington. For information call 377-9042.

September 8. The regular monthly meeting will be held at Olympic College, Room Art 103, at 7:30 p.m. Business to be taken care of at this meeting will include the nomination of officers for the upcoming October election. Entertainment for this evening will be a slide presentation by Doug Vercoe, a club member, on his past trips to Africa. The subject matter will vary from the wildlife and landscapes to the varying cultures to shots of his climb on Mt. Kilimanjaro (19,565'). It definitely sounds exciting--don't miss it!

The Novice Rock Climber

by Bruce Middleton

The beginning rock climber, or "rock hugger" as he is called, is indeed a sight to behold! He comes in a dizzying variety of shapes and sizes---but always has that certain twinkle in his eyes.

Even to the untrained eye, the novice climber is easily spotted---something to do with style. Of course, being lowered by a rope to ground-level zero while "huggy-bearing" a four by eight boulder that just couldn't be left behind is a dead giveaway.

Many non climbers are unaware of the ailments suffered by novice climbers through exposure to bare rock. One affliction peculiar to novices is the "God, that's a long way down- trembles". The symptoms include a general weakness in the extremities (mostly noticed in the knees), followed by uncontrollable trembling. Other symptoms include bulging of the eyes, stammering, jerky reflex motor action, white knuckles, loss of facial color and a weak smile.

Another ailment also common to novices is the "limp leg syndrome." A seemingly healthy novice will hike for miles to reach a climbable rock. Upon reaching said rock, however, the novice's legs suddenly fail--leaving the hapless climber only his arms to pull himself upward.

The most dangerous ailment suffered by novices is the ever present "love rock-itis". The onset of this disease is triggered by contact with a "love rock". The novice is driven into a sudden fit of blind passion, all sensory input to the brain is shut off, and only a desire to be one with the "love rock" inhabits the mind. (Note: "Love rocks" should be avoided at times).

These afflictions, as numerous as they may be, like childhood diseases are soon outgrown. As with childhood, however, all must pass through to achieve adulthood.

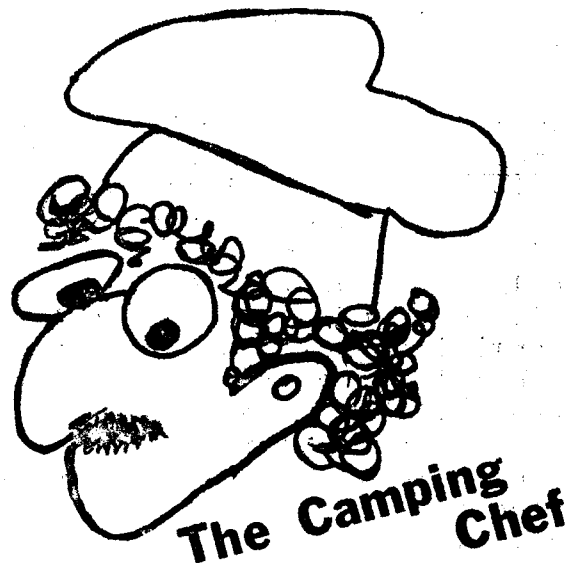
Here are a couple of suggestions from club members for those interested in quick, easy, inexpensive and easy on the back meals.

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"Chuckwagon Charlie" Miller, renown for his gourmet taste in dining out of doors, made several suggestions for transforming the mundane "mug-a-lunch" meals, commonly carried by backpackers, into an epicurean delight.

In addition to an Oriental style "Mug-a-lunch" pack a small can of shrimp and some butter. To prepare, brown the shrimp in the butter and simply add to the already prepared soup. Other variations to such packaged soups include canned chicken and hard-boiled eggs.

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The Camping Chef...

The second recipe comes from Pete Davies and is a viable alternative to the expensive freeze-dried meal.

Beef Stroganoff

Hamburger patty (fried at home & placed in baggie)

Minute Rice

1 pkg. beef stroganoff seasoning mix

butter, salt and pepper

To prepare, bring water to boil (the amount according to instructions of Minute Rice). Crumble hamburger into water and add rice. Cook slightly and then add flavoring mix. Continue cooking according to directions of Minute Rice. Season with butter, salt and pepper.

(Editor's Note: One might take into consideration on this recipe the time of year and weather conditions--regarding unrefrigerated meat)

QUICKLY

Although the film scheduled for last month's meeting failed to arrive on time, the slides shown by club members in it's stead were quite entertaining. Dale Boyle, Jim Groh, Greg Myrick and Bob Shaffer should all be thanked for the time they put into getting their slides together.

There is going to be an officer installation and second anniversary party! The event is tentatively scheduled for sometime during the fourth week of October. Anybody having suggestions or leads on bands and entertainment halls are urged to contact Craig Martin.

September 27 & 28. A bicycle trip to Harrison Hot Springs B.C. Call Hank Moravec @ 876-1211.

Note: Sometime in the month of September the Bike Peddler in Silverdale (692-5650) will be holding a seminar on basic bike maintenance for those interested.

It's easy sitting back in the audience month after month enjoying the entertainment the club has to offer. One tends to forget the hard work that goes into putting each show together--the time and effort and organization. Two club members have done an outstanding job in this area--consistently coming up with new ideas and following through. We owe a great deal of gratitude to Jim Groh, who has taken a temporary leave of absence from the club, and to Bob Shaffer, our current Vice President. You're doing a commendable job!

Officers

President _____	Craig Martin _____	275-6915
Vice President _____	Bob Shaffer _____	479-4692
Treasurer _____	Dale Boyle _____	377-9042
Secretary _____	Joan Jerrett _____	479-4692
Activity Coordinator _____	Jane Fry _____	373-3361
Editor _____	Nancy Dohse _____	692-4679