

THE PENINSULA WILDERNESS CLUB MEETS THE SECOND MONDAY OF EVERY MONTH AT 7:30PM AT THE KITSAP UNITARIAN FELLOWSHIP CHURCH ON PARRY AVE. AT RIDDELL RD. IN EAST BREMERTON.

The October 13th meeting is election time again. Nominations for all offices can be submitted or just volunteer yourself.

Anyone wishing to help the club can do so in many ways:

1. Public relations - Keeping the Bremerton Sun informed about our meetings and making publicity fliers.

2. Entertainment - Finding people to show slides, films, things of interest.

3. Newsletter - Help with editing, posting, mailing, gathering information. Anyone can submit stories for the newsletter.

4. Club outings - Ideas and planning for club day and weekend trips, hikes, swims, kayak trips, ski trips.

5. Club training - Informal presentations, i.e., basic survival, hypothermia, compass reading, etc.

The capability is there for the PWC to fulfill many of our needs. But, of course, like anything else, it will be only as good as we, as a club, make it. If you have any interest in helping in any way, please speak out.

INFORMATION REQUESTED:

Wendy McClure would like to hear from someone who has done the Appleton Pass to Cat Basin Traverse. Call 779-3820.

<u>OFFICERS</u>			*	<u>NEWSLETTER STAFF</u>	
PRESIDENT	Jim Groh	779-5421	*	Sue Ladd	479-8683
VICE PRES	Jim Luddon	373-0431	*	Clint Porter	377-3087
SECRETARY	Kathy Thomas	830-4456	*	Alice Savage	638-2597
TREASURER	David Ladd	479-8683	*		

PENINSULA WILDERNESS CLUB
P.O. BOX 323
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-TIME DATED MATERIAL-

OCTOBER 1986

MOUNTAINEERING COLLECTION
OLYMPIC COLLEGE LIBRARY

By Kathy Thomas

George W. Martin Collection, Olympic College Library, Room 304

The George W. Martin Room was dedicated April 1, 1966 to house the Martin Mountaineering Collection. George Martin initiated the mountaineering and campcraft classes at Olympic College, making Olympic College the first institution of higher learning in the United States to offer such classes for college credit. Mr. Martin, born in 1901, was an author, educator, photographer, map maker, and climber. He climbed Mt. Olympus 30 to 40 times and hiked over 3,000 miles.

There are over 900 volumes in the Martin Collection. Many of the books were printed in the 1920's, '30's, and '40's. The collection also includes up to date information on ice and rock climbing, fishing, camping, log cabin building, tales of mountain adventure, ecology, conservation, first aid, and much more. There is information on the Alps, Himalayas, Canada, Mt. Everest, Antarctica, Tetons....There are copies of the American Alpine Journal dating from 1863 to 1981; the Mountaineers from 1908 to 1977. You will find Sierra Club Bulletins, Off Belay, The Footsore books, and all the editions of "Freedom of the Hills".

James Whittaker, Supreme Court Justice William O. Douglas, and Interior Secretary Stewart Udall are among contributors to the collection.

Anyone can request the key for Room 304 on the mezzanine during the Olympic College Library hours. All you need is a driver's license to check out books from the George W. Martin Collection.

ESAR

By Kathy Thomas

Kitsap County Explorer Search & Rescue, Post 9703, is one of eight ESAR units in the state. It has been in existence since 1978. The Post is a co-ed group registered with the Boy Scouts of America and the Department of Emergency Management.

ESAR is for 13 year olds and up that are interested in service to the community and outdoor activities. Certified members may be called to go anywhere in the state for search and rescue operations.

To become ESAR certified, the members go through a challenging training program that includes map and compass, first aid, simulated search operations, snow survival training, and more.

ESAR Post 9703 meets the first Tuesday of each month, at 7:30 P.M. The meeting place is the Boy Scout Building (Votin Hall), south side of the Holy Trinity Church, 4215 Pine Road, in East Bremerton.

There is usually one other scheduled outing per month for training or fun. Contact Larry or Kathy Thomas, 830-4456. Volunteers and assistance needed!

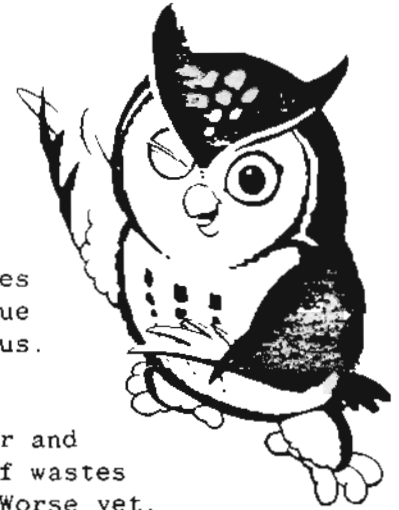
MONTHLY MEETING MONDAY, OCTOBER 13 7:30 PM THE SUBJECT IS LLAMAS

For you animal lovers, we have a real treat in store for you this month. Kit Niemann will be giving us a live demonstration on the use of llamas as pack animals. Afterwards, we have a 22 minute scenic film about cross country skiing in the Rocky Mountains.

SURVIVAL TIPS

F A T I G U E

Fatigue is a term of many meanings, but it is basically used to describe those changes of performance that take place over a period of time during which some part of the body mechanism gets overloaded. By recognizing fatigue you will be more able to deal with it.



MUSCLE FATIGUE:

Tolerable muscle fatigue is good for the total body. It thrives on work. It uses work to improve itself. Only when the fatigue stage turns toward the exhaustion stage does it become dangerous. In the exhaustion stage the body has a surplus of detrimental waste products and a serious deficit of available and usable energy. Thick blood cannot rid the body of toxins in the liver and kidneys and lymphatic system. If it cannot clean the blood of wastes it cannot pick up fresh food fuel from the small intestines. Worse yet, it cannot filter thru the microscopic filtering system in the lungs to rid the blood of carbon dioxide so it can reload with fresh oxygen needed in the cells and muscles.

Muscle fatigue means that you have used muscles so fast and so long that you have altered the blood flow system in the body by an overabundance of waste in the blood, overworking the cleansing system, creating a buildup of wastes in the circulatory systems which starves the living cells and muscles.

When you rest you can get rid of 30% of the waste buildup in your blood in the first 5 to 7 minutes of the rest stop. But in the next 15 minutes you get rid of only about 5 % more. The best method of preventing a buildup of by-products is to travel slower, giving the body a chance to assimilate these as you travel. Only sleep does a thorough job.

The amount of available energy will be determined by what and when you eat. Foods eaten at night furnish tomorrow's energy; those eaten in the morning give afternoon energy; and lunch at noon helps put up the camp at night. Carbohydrates offer the best ready energy on the trail.

MENTAL FATIGUE:

Causes inattention, carelessness, loss of judgement and reasoning. Generally results from the monotony of uninteresting travel or confinement because of weather. Combat the drudgery of following the seemingly endless footprints, ect, by having a realistic goal.

EMOTIONAL FATIGUE:

Causes deterioration of normal habits and attitudes. Some people travel too fast, others travel too slow. Each wishes to travel in his personal comfort zone. Each wants the other to change his pace. Eventually the unhappy ones vent their feelings. Each suffers emotional fatigue that could jeopardize the team's behavior, attitude, and the outcome of the mission. When a small group is traveling together, little things become big things. Emotions become tense because of the exasperation over the stupidity of others. Mistakes will happen. People are different; they have different

attitudes, values, and habits. Each has his own personality and behavioral patterns which must be compensated for by the group.

SENSORY FATIGUE:

Causes disruption of the senses of hot, cold, alertness to danger ect. Some people are attuned to noise. Without it they become uneasy. To others, silence is the blessing they search for. However, the steady noise of incessant wind, high pitched tone of a whistle ect., wear on the sensory nerves. Such fatigue affects attitudes, habits and personal values. Hunters, searching for the elusive deer, begin to see horns where no horns are. Numbness of skin or fatigue within the extremities of the nerve system disrupts the body's warning and defense mechanisms. Without the feeling and sensory reactions to heat and cold, we may burn hands on hot pots or freeze flesh without realizing it.

SURVIVAL IS APPROXIMATELY 100% MENTAL BECAUSE THE MIND CONTROLS THE BODY, ITS ACTIONS AND REASONING.

THE SWAMP IN THE DESERT

Part II

By Roger Gray

Karen and I returned to the Columbia Basin in Central Washington the weekend of May 23 for another thrilling adventure on the Winchester Wasteway. Faithful readers will remember that last year we canoed the swamp in the desert. This year we took another couple and two cars. We left one car at Potholes State Park on Potholes Reservoir. Then we drove back to where I-90 crosses the Wasteway and launched. The Wasteway has about a 3 knot current. We drifted peacefully all Friday afternoon, entertained by muskrat, beaver, cows, and an apparently unlimited variety of blackbirds. That night we camped where the Wasteway emerges from the swamp, entertained by coyote song.

My Peak One peaked as I was cooking dinner and went out in a blaze of glory. I administered the coup de grace by flinging it into the swamp.

Saturday morning we resumed our float, on the listen for two reputed waterfalls. At the first waterfall (only about three feet high) were about thirty other canoe people enjoying a picnic at the portage. We arrived at a possible takeout point at a foot bridge in mid-afternoon. With 20-20 hindsight I realize we should have taken out there. Up to that point the float had been an idyll. Below the foot bridge the pace quickens abruptly. By the time we had made this interesting discovery it was too late. On we plunged, Karen telling me at every hairpin high-speed turn that we should have taken out, as if I didn't know that already. We managed against all odds, defying every law of physics, to remain afloat for almost an hour, until, in fact, the very last rapid-cum-180-degree turn. Then a dead tree hanging over the stream grabbed the canoe and turned it upside down in the twinkling of an eye, dumping us unceremoniously into the water. I grabbed the canoe and shoved it into an eddy while Karen took off downstream after the paddles. She retrieved one of them, too. Otherwise we would be there yet. With help from our companions we bailed out the canoe, retrieved most of the gear, and got launched again. Another hundred yards brought us to the big falls, about a thirty footer, around which we portaged, of course, and below that the reservoir and calm water. A two mile paddle on the lake and we were back at the state park and car.