

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

MONTHLY MEETING MONDAY, 11 JULY; POT LUCK PICNIC AT ILLAHEE STATE PARK

Sorry, no guest speaker available for the July meeting. We plan to have the club's annual pot luck picnic at Illahee State Park for our July meeting. This will be a no host dinner, bring a main dish, salad, dessert, or whatever and your own eating and drinking utensils. Time 6:00 PM to 9:00 PM.

Congratulations to Linda Hahn, who won this month's door prize, a stainless steel cook set. Door prizes are a monthly contribution of the Mt. Constance Mountain Shoppe. Thank you Mt. Constance!!!

This month's newsletter is brought you to by Jim Luddon. Clint is away this month with the National Guard and will be back next month, and I'll be gone for the month of July.

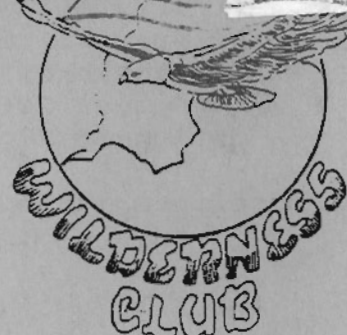
Be on the lookout for the new FWC Telephone Directory. It should be in the mail soon?!

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PENINSULA WILDERNESS CLUB
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Broad Wagon 1880s
25 USA



UPCOMING ACTIVITIES:

DAY CLIMB IN THE OLYMPICS 9 JULY: This will be a class three climb starting on the Lake Constance Trail up to "C141." Call Charlie at 697-1876.

TUBAL CAIN AND DUNGENESS TRAIL LOOP, 9-10 JULY: An overnight loop trail within the Olympic National Park. A 17-1/2 mile loop with 3500 ft elevation gain. Camp at Camp Mystery. It may sound difficult, but Doug states that it is not. Call D. Savage at 692-5933.

DAY HIKE, TO UPPER LENA LAKE: 16 JULY: The trail up to Lower Lena is fairly easy. Going on to Upper Lena is a bit stiffer, but is worth it. Elevation gain is about 4,000 feet. Definitely an all day trip. Call Clint at 377-3087.

WHITE WATER RAFTING SUIATTLE RIVER, 17 JULY: A white water raft trip down the Suiattle River. Cost is \$50.00, pay by July meeting. Call Bruce Lott at 373-4903 for more info.

POINT OF THE ARCHES, 29-31 JULY: Call Lynn Howat at 598-3087 for details.

MOUNT ADAMS DOG (SOUTHERN) ROUTE, 30-31 JULY: This the route even dogs can and do climb. Humans are expected to bring ice ax and crampons. The elevation gain is from 5,000 feet to 12,000 feet and very demanding physically. Call Doug at 692-5933 for more information.

YAKIMA FAMILY FLOAT TRIP, 30-31: For those of you who have no desire to go climb a mountain or visit the wet Pacific Coast: here's a fun, easy, sunny, no white water float down the Yakima River. This is becoming an annual club event. Call Ted Wiles at 857-6221 for more information.

FIRST AID CLASSES OFFERED

A knowledge of first aid and CPR training are very important to the backpacker. In July and August the Red Cross is offering both classes in the Kitsap-Mason County area. CPR classes will be:

- * July 6; 6 to 10; at Red Cross Office, adult CPR; (4-hour version, must have read workbook prior to class).
- * July 11 and 13; 6 to 10, at Red Cross Office, adult CPR; babies and children welcomed.
- * August 1 and 3; 6 to 10, at Red Cross Office, adult CPR; babies and children welcomed.
- * August 15 and 17; 6 to 10, at Red Cross Office, adult CPR.

The schedule for multimedia standard first aid classes:

- * July 9; 8:30 to 4:30 at Red Cross Office.
- * July 16; 8:30 to 4:30 at Kitsap County Bank, Port Orchard.
- * July 23; 8:30 to 4:30 at North Kitsap Parks Dept..
- * August 6; 8:30 to 4:30 at Red Cross Office.
- * August 20; 8:30 to 4:30 at Meadowdale Fire Station.
- * August 27; 8:30 to 4:30 at Red Cross Office.

For more information, call 373-3761.

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MT. ST. HELENS II By Clint Porter

23 May 1988

Although I had been unable to complete the climb with Mac McDowell's group on 7 May because of no snow shoes, I was still determined to do it. Despite registration season with its usual bureaucratic hassle now upon me, I decided to go ahead with it. When I called about reservations, I was told that all the weekends were taken through June, but I could probably get a weekday. So I mailed in my registration for Monday the 23d. But, the Friday before that, Ranger Ray called me to say that all the preregistrations for Monday were taken, but, if I stopped by Jack's Grocery and Restaurant after 11 AM the day before my climb, I could probably get a day permit. Jack's is located on the right side of State 503, about eight or nine miles before you get to Cougar.

Well I set out on the expedition under threatening skies which gradually turned to rain. Sure enough though, as Ranger Ray had predicted, there was Jack's, and, sure enough, Jack had a spot for me. Apparently, Jack is allocated to issue permits for up to 30 people a day on a first come, first served basis. Jack does this purely as a public service, although he probably hopes you will try his ice cream, which is pretty good. (Note: If you check in at Jack's, you check out there as well. He has the check out rosters outside for your convenience if you come down late.)

I could not believe the changes a mere two weeks had made. Mac's expedition had had to hike through two miles of snow just to get to the trail head. I was able to all the way up to the trail head on clear road. The mountain itself had greatly changed as well. Whereas before, the mountain had been completely covered with a deep blanket of snow, now there were large areas of barren rock. I knew that this time, if the weather cleared enough to make the climb possible in the morning, I would have no need of the skis I had brought.

Monday morning looked good, with a clear view of the mountain all the way to the top. I started out a 6 AM and quickly joined up with a group from Pendleton, Oregon; Bruce, Miki, Larry, and Sunshine (a four legged adventuress.) We turned out to be a group that fit in well, and complemented each other. Larry had made the climb before, giving the rest of us that extra bit of assurance of knowing where we were going. Sunshine usually took the lead. We stayed on the snow fields, now hard and firm, and made good progress. From time to time, small rocks from the rocky outcroppings would fall past us causing us some concern. Although one of the other groups used crampons, we did not. Another group did take skis to the top but they looked like they were an unusually competent bunch of skiers. Afterwards, they told me that they had taken their share of spills coming down.

The weather proved to be ideal, with just enough of a thin cloud cover to cut off the worst effects of the sun. The clouds below us came and went, sometimes sailing east, and sometimes being pushed back west. We had some concerns about being caught in a localized shower, but that never materialized.

Our group made the rim at noon. There is only one way to express the experience of coming to the edge and looking over and down into pit below, AWESOME. It is almost unreal, looking down into empty space, where a mountain used to be; and looks like it really ought to still be there. Down below you can see the smoking rocky bulge of the newly reforming cone. Off in the distance, Adams and Rainier still stand majestically. Hopefully they will continue to do so, at least for a few more weekends. We stayed on the rim about 45 minutes until the cold and bitter winds turned our thoughts toward a descent to warmer climes.

We glissaded most of the way down. With the snow softening up under the afternoon sun, it was fast and easy. For Sunshine, however, it was a perplexing experience. She would follow after her master, Larry, for a while, and then stop and sit on her haunches, apparently trying to figure out how he did that. Eventually she developed her own system for tackling the steepest slopes, just charge on down pell mell. She never fell and seemed to enjoy herself despite the fact that the snow got up into her pads causing some discomfort. Unfortunately, she did display some rather bad manners by barking at the skiers.

We made it back to the trail head at 3:15 PM, regretfully, all too soon it seemed, because there I had to say "good-bye" to my new found friends.

WILDERNESS WATER by Doug Savage

Water is one of the most precious wilderness resources we have. Besides supporting the life of the wild flora and fauna in the back country, it also provides campers with their means of survival. It's no accident that almost all established camps are in areas near a good water supply. Without water, backpacking becomes a real test of survival. Fortunately, most areas of the Olympics and Cascades contain an abundance of water. Even in dry summer months, run-off from melting snow fields and glaciers keeps the streams flowing. A backpacker is an alien to this naturally balanced environment, and as a visitor he or she must take precautions not to disturb the environment by introducing harmful chemicals or waste. The following is a list of guide-lines that can help you become a more conscientious backpacker.

- * Whenever possible, clean-up dishes, pots, pans, clothes and yourself without using soap. If you need soap use the biodegradable type. For personal hygiene, use moist towelettes in lieu of soap. Always wash at least 100 feet away from a water source. Pour the soapy water and food particles on well drained absorbent ground.
- * Human and animal waste potentially are the most harmful form of pollution. Whenever possible, use established latrines. Where no latrine is available, use a stick or trowel to dig a 6"-8" deep cat hole, deposit waste and T.P., then replace the soil and mulch. The waste will naturally decompose in about 6 weeks without affecting the environment. When at lower elevations urinate on rocky areas and not on the soil or vegetation. Deer and mountain goats will destroy the soil where urine is present.
- * Garbage is another potential source of pollution. Don't bury or burn garbage, always carry it out. Just carry an extra plastic bag in your pack and use it as a garbage sack.
- * Waste disposal at high altitudes poses a unique problem. The bacteria and fungus which helps decompose waste at lower elevations do not live above the alpine belt. Use established latrines whenever possible. If nature calls, get well off the trail. Try to avoid contaminating snow by using rocky areas. Leave the area uncovered. This allows the waste to decompose faster and other hikers won't inadvertently uncover the new latrine. In areas of high traffic, carry double plastic bags and carry the waste out.