



# PENINSULA WILDERNESS CLUB



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*June 1989*

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PWC meets on the second Monday of every month at 7:30 PM at the Kitsap Unitarian Fellowship Church on Perry Avenue in East Bremerton. The public is cordially invited.

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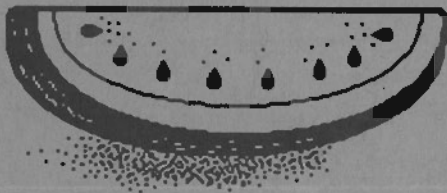
## June 12th Meeting

**J** The guest speaker for this Month's meeting will be Bremerton Sun Feature Writer and outdoor enthusiast, Seabury Blair. He will be speaking about his hiking experiences in the Olympics. Seabury will also tell us about his plans to retrace the 100 year old Press Expedition route across the Olympics.

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## Upcoming Activities

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### **Special Picnic Planned**

To celebrate the Club's ten year anniversary, the regular monthly meeting for July will be a picnic at Illahee State Park. Doug Savage has volunteered to help coordinate the big event by serving as a point of contact. At last month's meeting, it was decided that fried chicken and soft drinks will be provided courtesy of PWC, and that

other dishes will be potluck style. Any suggestions you might have for refreshments or entertainment would be appreciated. If you are interested in helping out or have a suggestion, please contact Doug at 479-8460.

**June 17:** Looking for an easy day hike with some beautiful scenery and maybe even a few surprises? Join Doug Savage on a hike to Tubal-Cain Mines and Tull Canyon. You'll be treated to an exceptional display of Rhododendron blossoms, turn of the century mining relics, and one other interesting surprise. Give Doug a call at 479-8460 if you're interested.

The PWC membership extends a warm welcome to new club member Barbara Willis. If you are interested in joining the Peninsula Wilderness Club, the membership dues are only 12 dollars a year for an individual or family. This entitles you to a 10% discount at Mount Constance Mountain Shoppe, a copy of our monthly newsletter, and a shot at the door prize each month. To join just come to our next monthly meeting and sign up.

# Giardia

By Don Paulson

Meredith is an experienced back country traveller, and now he is a believer. Even though he used iodine tablets to purify his water before he drank it, he and one of his partners still contracted Giardiasis on a recent week long ocean hike between Ozette and LaPush. Two other members of the party were treated for the disease when they suspected that they too were infected with the parasite.

Meredith recovered quickly, missing only a few days of work, because he went to his doctor as soon as symptoms appeared. Looking back, he isn't exactly certain how he and his partner got the disease.

When using water purification tablets, there are a number of things that can go wrong. Meredith admits that they may not have allowed enough time for the tablets to act on the water before they drank it. Generally, the colder the water, the longer the waiting period between treating and drinking. Carefully read and follow the directions for the particular tablets you are using. Also, check the label to assure that the expiration date has not passed.



Meredith also suspects that "contaminated" utensils may have contributed to the problem. They often used a cup to dip water from shallow streams to fill their water bottles, and later drank treated water from the same cup. Another area to be careful of is on the threads of the water bottle and cap. Always loosen the cap while treating the water and allow the treated water to flood the threaded area around the cap. Other mistakes include washing and rinsing dishes or brushing teeth with untreated water.

Meredith indicated that it's easy to get lazy or careless, especially when you're hot and thirsty, "But" he says, "I'm sure going to be a lot more careful in the future."

P.S.

More about Giardia in next month's newsletter.

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## Door Prize Winner

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Congratulations to PWC member **Lynn Howat**. Lynn was lucky enough to win last month's door prize. The prize, donated by Mount Constance Mountain Shoppe, was a Dry Bag by Cascade Designs. How appropriate considering that the entertainment for the evening was about sea kayaking.

## Mt Bretherton - April 29 - 30, 1989

Trip report by Brian Miller

Setting a leisurely pace, Doug Vaught and I strolled up the Lena Lakes trail on a beautiful Saturday morning. In spite of having packs we made good time to the lower lake. The trail to the upper lake would have a lot of snow which would slow us down so we didn't linger. I had most of the route memorized from an attempt three weeks earlier. This was a tremendous advantage further up where the trail was obscured under snow and the markers scarce. The last bit of snow free trail was the first steep ridge following a clearing (if that means anything to you guys). Four hours after leaving the lower lake, the upper lake was ours.

The next morning the crunch of hard snow under our crampons filled us with joy and confidence as we headed up Mt. Bretherton via Milk Lake. The avalanche basin was still in shadows so we made good time to the col on the south end. At the top of the basin we discussed our options: ascend the rocky ridge to the summit, descend to the other side and climb the broad snow slope to the top, or stay on the north side of the ridge and wade through steep slushy snow. The rock looked exposed and loose, a dicey prospect with out ropes. So Doug and I went down over hard snow the south face. From there the climb was straight forward with an optional scramble on the low angled portion of the ridge top. From the summit

while dining on bagels and cream cheese, we beheld the Cascade volcanos and the local Olympic peaks.

We enjoyed a glissade down the south face then crossed over the ridge using vegetation holds to swim over a large shrub that attempted to block our way. We deemed the basin to be relatively safe and glissaded that slope too. Mt Lena could have been climbed in the same day but we decided that a character building grind through soft snow up a less impressive peak would be anticlimactic.

If you like snow travel, either mountain this time of year is a worthy adventure to be had.

Conditions: Sunny, warm. Snow approximately 6 ft. deep at upper lake. Upper Lake and Milk Lake - thick ice.

Thanks, Brian, for the great trip report. We appreciate you sharing your adventure with us.

We are interested in hearing about your outdoor adventure also. You can submit your trip report to me at the next monthly meeting or by mailing it to the address below.



Don Paulson  
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Silverdale, Wa. 98383

# The Castle



By  
Jay Dee  
4-29-89

**R**ecently Bill and I planned to climb several peaks in the Tatoosh Range. The weather was superb; bright sunshine, cloudless blue sky, gusty breeze. Leaving the Narada Falls parking lot we postholed up to the Stevens Canyon Road where we had to dodge the cat and snowblower (the road is being opened for the summer droves). Once clear of the ravenous machinery we strapped on the old boards and skied to Reflection Lakes.

Icy conditions dictated early attachment of skins for the upward slog. Our route was up the tree-lined ridge east of the large snow bowl; Our plan was to climb The Castle and Pinnacle Peak. We climbed the Castle's south east route and worked our way along the ridge to the summit. The view was splendid. After the obligatory

summit pictures we found several soft rocks to rest on while we enjoyed lunch. In the distance above the Paradise River Valley we could see the Olympic College Mountaineering students digging snow caves. Looked like fun.

We decided rather than attempt Pinnacle (we were running late) we would down climb and ski the bowl back down to Reflection Lakes. The fantastic snow conditions permitted this intermediate telemarker to link continuous turns through the entire bowl. What a blast!

The trip was complete after we went to the Visitors Center, looked southward at our telltale tracks, and revelled.

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## Mount Rainier facilities closed for remodeling

The Henry M. Jackson Visitor's Center (Paradise) at Mount Rainier is presently closed for remodeling. However, the lower level which contains restrooms, showers, and a first aid station is open. The Park Service tells us that the center will re-open June 11th of this year. The Paradise Lodge is currently open. Food service

and gifts are available. Sunrise will open in July.

Longmire, on the other hand, is closed for remodeling and will remain closed until next year.

P.S. The Ice Caves are open.

Walt May 8, 1989

# Hiking with Kids

by Denis Stenwick

I have been hiking off and on over the past twenty plus years. Only recently have my two oldest kids gone on "real" backpacking trips. Overnight trips in the 8 to 10 mile range have only occurred in the past two years. Before that, day hikes and car camping gave them an appreciation for the outdoors. My two oldest are a girl 13 years and a boy 10 years, both able hikers.

Being a fair weather hiker, I watch the barometer and listen to the weather report - when all looks good we head for the mountains. Last September was such a time. We hiked to Appleton Pass on one of the year's hottest days! My son became quite ill in early evening with much vomiting which I believe was heat illness. All turned out fine, but it made me think more about kids and hiking. I purchased a couple of books about health. "The Pocket Doctor" published by the Mountaineers is one that provides a great deal of information in a small book.

The June issue of "Backpacker" magazine contained numerous pages on hiking and traveling with kids. The best information, and the information I learned the hard way, is to let the kids set the pace. Additionally, be sure they don't "over do" and become exhausted. This may strain one's patience a bit, but allow extra time and it may surprise you how much more

there is to see than just what's at the end of the trail. The kids will enjoy the hike and the wilderness all the more.

## More on Hiking with Kids

by DP

Some of my fondest childhood memories are of hiking trips with my father. Here are a few tips that will help your child have fond memories of his or her own. Start by working hard to keep the trip enjoyable for your child. For toddlers, this can be done by varying the activities often to avoid boredom. Encouraging older children to participate in trip planning, map reading, and keeping track of progress will make the trip more fun for the both of you. Selecting trips with easy footing is important because until adolescence, a child's sense of balance is still developing. Be ready to reach out your hand in a hurry. Limiting your child's pack weight to 25% of body weight will also be a big help to them.

As Denis found out, until puberty, children are more vulnerable to heat stress than adults. Remind your child to drink water often. Carefully select trips that are within your child's abilities. You can begin to judge your child's hiking capabilities by taking walks together around your neighborhood. Don't risk pushing your child beyond his or her endurance for this definitely does not make fond memories.

## ~ The Prez Sez ~

Having just returned from Barkley Sound and the Broken Group Islands, I thought this would be a good time to impart some deep thinking on you all. This ended up being a wonderful six day kayaking trip. For Sharon and I, it was a magical place; a place that we thoroughly enjoyed. I was left with a deep feeling that there are so many places to go and things to see. A quote by Teddy Roosevelt seemed appropriate:

*"Far better it is to dare mighty things, to win glorious triumphs, even though checkered by failure,*

*than to rank with those poor spirits who neither enjoy much nor suffer much because they live in the gray twilight that knows not victory or defeat."*

*Theodore Roosevelt.*

Not meaning to get philosophical or having it appear as though I've dropped of the deep end, the Broken Group is a beautiful place that is just waiting to be enjoyed. We hope to have a trip report in the next newsletter.

See Ya,  
Skip

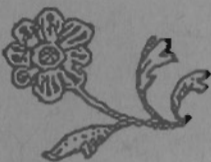
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*June 1989 - TIME DATED MATERIAL -*