

PENINSULA WILDERNESS CLUB

December 1989

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.

Next Meeting December 11th

The entertainment for this month's meeting will be provided by the NORTHWEST RIVERS COUNCIL. A speaker from the COUNCIL will present a slide show complete with music and dual projectors for special effects. NORTHWEST RIVERS COUNCIL speakers travel all over the state with this interesting presentation promoting wild and scenic rivers. It is interesting to note that Washington has only four rivers that are currently protected whereas Oregon has seventy protected rivers. Come to the meeting and learn more about our wild and scenic rivers.

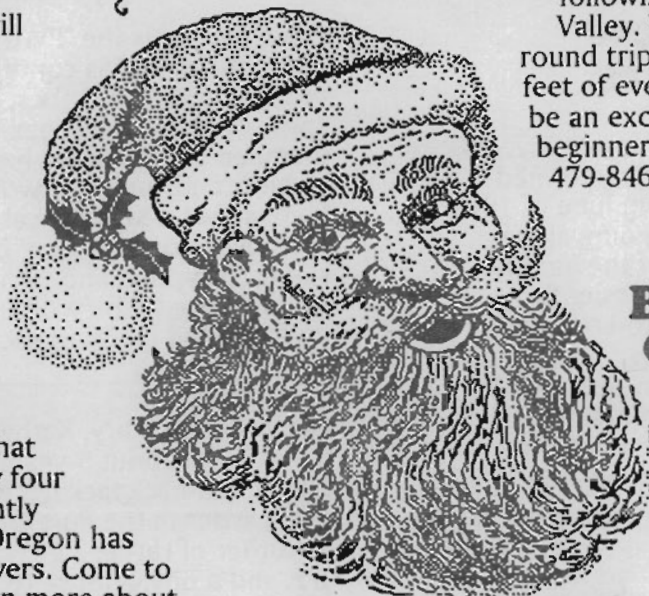
Door Prize Winner

Last month's door prize went to long time PWC member Roger Gray. The prize, which is donated each month by the Mount Constance Mountain Shoppe, was a ski wax kit.

Beginners Cross Country Ski Trip

On Saturday, December 9th, Doug Savage will be leading a cross country ski trip on Cabin Creek Road. This is a scenic but gentle road following the Yakima River Valley. With only 6 miles round trip and with less than 100 feet of elevation gain, this will be an excellent trip for beginners. Contact Doug at 479-8460 for more information.

Best Wishes



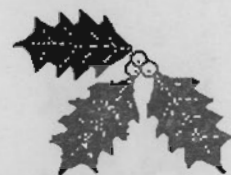
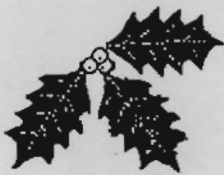
for a

Merry Christmas

Beginners Cross Country Ski Class

On Saturday, January 20th, Dale Boyle will teach a beginners cross-country ski class for PWC members. There is no charge for the class but the size is limited. And to make a good deal even better,

Judd at the Mount Constance Mountain Shoppe will give a 50% discount on ski rentals to those taking the class. Give Dale a call at 692-2656 soon if you are interested. A great deal like this will not last long.



New Officers Elected

Ballots were cast and election results announced at last month's meeting. Charter PWC member Lynn Howatt was introduced as the Club's new President. The position of Vice President went to Doug Savage, and Kathy Weigel will be the Club's new Secretary. Kevin Kilbridge will continue to serve as Treasurer. The new officers will guide PWC through 1990 starting next month.

Meet the New PWC Officers

Lynn Howatt's son, Alex, was just 3 years old when she joined the newly formed Peninsula Wilderness Club in June of 1979. Alex is now 13 and enjoys going along with his mother on some of the easier outings. "I hope to make it easier for members to meet and get to know other people with similar interests," says Lynn, "I think that's the main reason people join our club. For example, parents of small children could get together and plan activities with their children. My son always enjoys outings more when there is someone his age along."

Lynn tells me that one area she will focus on as president is to organize more club sponsored trips, especially trips suitable for beginners. Some of our new members are new to the area and would benefit from other members' knowledge of the area. Lynn will be looking for more ways to share the club members' talent and knowledge with beginners.

Hiking, skiing, and water oriented sports such as diving and kayaking are just some of the activities that Lynn enjoys. She is currently learning how to fly fish, but hasn't mastered the art quite yet. This summer Lynn did a traverse of the Bailey Range in the Olympics.

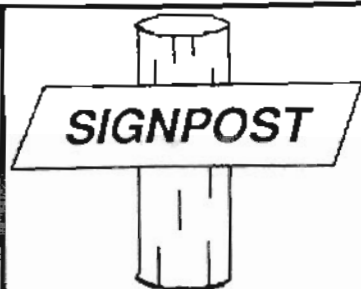
Lynn resides in Suquamish and is employed as a supervisor of Child Protective Service workers. Lynn has been a real asset to the Club. She has previously served as Secretary and Vice President. 1990 promises to be a good year for PWC under Lynn's guidance.

Doug Savage is the "PWC workhorse". His energetic nature is contagious. During his 4 years as a PWC member, Doug has sponsored more outings than any other member. Doug moved here from Richmond Virginia and currently works at the Shipyard as a Mechanical Engineer. His first love is backpacking but also enjoys skiing, bicycling, and photography. Like Lynn, Doug will be working to get people involved and meeting each other.

Our new Secretary, Kathy Weigel, has been a PWC'r for about 5 years. She enjoys day hiking and backpacking. Kathy is a rural mail carrier in the Port Orchard area and is a mother of three; 2 girls, ages 11 and 12 1/2, and a boy, almost 16.

Kevin Kilbridge, has been the PWC Treasurer for the past 3 years replacing David Ladd. His interests include backpacking and cross country skiing. Kevin is employed as a business manager at the Peninsula Lodge, a mental health facility in Bremerton.





Cross-Country SKI Planner

Washington Trails Association/SIGNPOST Magazine

Winter 1989-1990

Ski Through Winter!

With winter arriving, it's time to dust off those skis and start frolicking in the snow. SIGNPOST Magazine has published this cross-country ski planner to give you essential information for a safe and fun cross-country skiing season.

Washington Trails Association publishes SIGNPOST magazine each month to offer trail condition reports, feature articles on trails, and information about how you can help support new trails in Washington and maintain existing ones.

Washington Trails Association is a non-profit membership organization dedicated to preserving and enhancing trail opportunities throughout Washington state. Membership is open to individuals and organizations interested in the protection and creation of trails. For more information, contact the Washington Trails Association, 1305 Fourth Avenue, Suite 518, Seattle, WA 98101, (206) 625-1367.



Try These Ski Tips

Although winter has an enchanting beauty, the harsh conditions of wind, cold and snow can change a peaceful day into a nightmare. You can ensure a safe ski trip by being aware of the hazards of winter and knowing the area, weather, route, and the limitations of your body and equipment.

Before Leaving

Check the weather and snow conditions. Let someone know where you are going—even mark it on a map. Tell them your planned departure and arrival times. Notify them when you return.

Destination

Many ski trails are available in the highlands of Washington. Trails are located in state and national parks and forests, as well as on private property. National Forest District Rangers offer information on specific trails in their districts. Sno-Park parking areas are available near many ski trails in the state. There are also books, including SIGNPOST Magazine, available that offer information about specific trails.

Once you've decided on a trail, make sure you have a map of the area. U.S.

Geological Survey maps can be purchased at outdoor equipment stores. General forest recreation maps are available from the District Ranger, Forest Supervisor or Regional Offices. Outdoor recreation and conservation organizations also have useful maps, which are available from the organizations and outdoor recreation stores.

Clothing and Equipment

Wearing layers of clothing works well for skiing. The layers can be adjusted to conditions. A windbreaker jacket and wind pants keep the chill out. Avoid clothes that are too tight and restrict circulation, especially boots. Remember extra socks and gloves or mittens, a warm cap and the essentials for winter travel. A plastic tarp helps you stay dry for lunch and also can serve as a shelter.

Ski Trails

Many trails are not regularly packed or groomed, which means rocks and stumps may be present. Ski with caution and match trail difficulty to your physical condition and ability. Remember dogs can ruin ski tracks. To be a considerate skier,

leave your pet at home or go to lightly used areas.

Sharing Trails

At some point you may have to share your route with fellow travelers on snowshoes or snowmobiles. Remember that snowmobile operators may not be able to hear you on your skis. Stay on the side of roads, so that the fast-moving snowmobiles can zip down the center.

Essentials for Skiing

1. Extra Clothing
2. Extra Food and Water
3. Sunglasses
4. Knife
5. First Aid Kit
6. Fire Starter
7. Matches (waterproof container)
8. Flashlight (extra batteries, bulb)
9. Map
10. Compass
11. Ski Repair Kit—spare ski tip, screws and binding bail, heavy-duty tape, braided picture wire and heavy string, combination of wrench-pliers-screwdriver

Plan Your Skiing

Before You Go...

Seek Weather Advice

Dept. of Transportation Pass Reports	1-976-ROAD
WA Avalanche/Mountain Weather Report	(206)526-6677
Mt. Rainier National Park Weather Report	(206)569-2211
Olympic National Park Weather Report	(206)452-9235
North Cascade National Park Weather	(206)873-4590
Mt. Hood and Southern WA Snow Report	(503)326-2400

Peninsula



Numbers to call:

Olympic National Park	(206)452-4501
Olympic National Forest	(206)753-9535
Olympic Peninsula Tourism Region	(206)479-3594

Must do trails:

Mount Townsend Viewpoint/Olympic National Forest--Basic
Obstruction Point/Olympic National Park--Intermediate
Hurricane Hill/Olympic National Park--Advanced

Places to eat:

Tannhauser German-American Restaurant, Port Angeles
Oak Table, Sequim

Northwest



Numbers to call:

North Cascades National Park	(206)856-5700
Mount Baker-Snoqualmie National Forest	(206)442-5400
Northwest Tourism Region	(206)293-3832

Must do trails:

Nooksack Falls/Mt. Baker-Snoqualmie National Forest--Basic
Schreibers Meadow/Mt. Baker National Forest--Intermediate
Herman Saddle/Mt. Baker National Forest--Advanced

Places to eat:

Innisfree Restaurant, Glacier
Mountain Song Restaurant, Marblemount

West



Numbers to call:

Mount Baker-Snoqualmie National Forest	(206)442-5400
King County Tourism Region	(206)461-5840

Must do trails:

Big Four/Mt. Baker-Snoqualmie National Forest--Basic
Deer Creek Road/Mt. Baker National Forest--Intermediate
Green Mountain /Mt. Baker National Forest--Advanced

Places to eat:

Mount Si Bakery, North Bend
Pancho's, Gold Bar

South



Numbers to call:

Mount Rainier National Park	(206)569-2211
Gifford Pinchot National Forest	(206)696-7500
WA State Park and Recreation Commission	(206)586-1253
South Puget Sound Tourism Council	(206)627-2836
Southwest Tourism Region	(206)425-1211

Must do trails:

Reflection Lakes/Mount Rainier--Basic
Marble Mountain/Mount St. Helens--Intermediate
Hogback Ridge/White Pass--Intermediate

Places to eat:

The Wild Berry Restaurant, Ashford
Jack's Restaurant, near Cougar

Central



Numbers to call:

Wenatchee National Forest	(509)662-4335
WA State Park and Recreation Commission	(206)586-1253
City of Leavenworth	(509)548-5275
Ellensburg Dept. of Recreation and Leisure	(509)962-9863
South Central Tourism Region	(509)248-2021



WINTER RECIPES



COLD-MORNING WHEAT CEREAL

The dried fruit makes this cereal sweet and the butter helps keep you warm.

- 1 cup cracked wheat or bulgar
- 1/4 cup powdered milk
- 1/2 teaspoon salt
- handful raisins or pitted dates
- handful walnuts
- 2 tablespoons butter
- 4 cups water

Mix wheat, milk, butter, salt, and water. Bring to a boil, then simmer 10 to 15 minutes, stirring occasionally. Add fruit and nuts during last few minutes of cooking. For variety, add chopped dried apples at the beginning of cooking.

FRUIT PEMMICAN

Chewy fruit-nut bars, high in protein and good for eating on the trail or in your tent when it's pocket-food weather.

- 1 cup raisins
- 1/2 cup honey
- 1/2 cup powdered milk
- 1/2 cup wheat germ
- 1/3 cup soy flour
- 1/4 cup each almonds, walnuts, brazils or filberts, whole or chopped.
- 2 tablespoons corn oil
- enough grape or apple juice to make thick batter

Mix all ingredients well. Spread into 8-inch square pan. Bake at 300 degrees for 30 to 40 minutes or until firm. Cut into squares but allow to cool before removing from pan.

VARIATION: add dates or chopped apricots.

FRUITCAKE

Excellent luxury snack for winter outings. Slice thin, wrap individually. Goes a long way.

- 4 1/2 cups whole wheat flour
- 1 pound butter
- 2 cups honey
- 1 tablespoon each cinnamon, cloves, nutmeg, allspice
- 2 teaspoons mace
- 1 teaspoon ginger
- 1 teaspoon salt
- 1/2 cup brandy or apple, orange, prune, or grape juice
- 2 pounds currants
- 2 pounds dates
- 1 1/2 pounds nuts
- 1/2 pound raisins

Cream butter and honey. Add spices and salt and stir well. Add flour alternately with 1/4 cup brandy or fruit juice. Fold in dried fruits and nuts. Line bottoms of 2 oiled loaf pans with a brown paper sack cut into right shape. Oil again and pour in cake batter. Place a shallow pan of water on bottom shelf in oven. Place loaf pans on upper shelf and bake at 250 degrees for 3 to 3 1/2 hours or until done. Remove, cool completely. Wrap loaves in a cheesecloth that has been dipped in brandy or juice, pour 1/4 cup brandy or juice over the top and wrap airtight in foil. You may make this months or only a week before you eat it. You might like to add 1/4 cup brandy every couple of weeks or so or even fruit juice.



For Sale: Frame Packs, JanSport, \$40/\$75. Miscellaneous rock hardware. 830-4746. (Skip).

Letters Needed to Protect Wilderness

A bill which would amend the Wilderness Act to allow bicycles in designated Wilderness has been introduced in the House of Representatives and referred to the House Interior Sub-Committee on National Parks and Public Lands for consideration.

Twenty-five years ago Congress passed the Wilderness Act in order to assure that, among other things, mechanization does not occupy and modify all areas within the United States.

Clearly an amendment to allow mechanized transport such as bicycles into Wilderness will alter the meaning and substance of the Wilderness Act and could open protected wildlands to uses never intended by Congress.

Write to your Congressmen and let them know that you're concerned about any kind of tinkering that would weaken the Wilderness Act.

1st District

Rep. John Miller, 1224 Longworth House Office Building, Washington, D.C. 20515. Phone: 202-225-6311. Seattle office: 2888 Henry M. Jackson Federal Building, 915 2nd Ave., Seattle 98174. Phone 672-4224 or 1-800-4222-5521. Kitsap advocate: Dan Rogers, 437-2605.

6th District

Rep. Norm Dicks, 2429 Rayburn House Office Building Washington, D.C. 20515. Phone 202-225-5916. Bremerton Office: Mary Bowen, Great Northwest Building, Suite 307, 5th and Pacific, Phone 479-4011.

New Members

The number of members in the Peninsula Wilderness Club continues to grow with three new members last month. The PWC membership extends a warm welcome to David and Linda Glasier, and to Lisa Walker.

Correction: The Washington Trails Association telephone number listed in the November PWC Newsletter is outdated. The Proper number is 625-1367.

Officers

President	Lynn Howatt	598-3087
Vice Pres	Doug Savage	479-8460
Secretary	Kathy Weigel	871-0291
Treasurer	Kevin Kilbridge	871-2537

Newsletter staff

Don Paulson	692-5086
Jim Drannan	779-9481
Jim Luddon	373-0431

Peninsula Wilderness Club
P.O.Box 323
Bremerton, Wa. 98310-9998



December 1989 - Time Dated Material -