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Peninsula Wilderness Club Events

August 1993

Peninsula Wilderness Club 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.

Meeting August 9th

PWC Cook - off

The August 9th meeting will be your chance to enter your favorite backpacking meal in the PWC Cook-off. Two hundred dollars worth of Mount Constance Mountain Shoppe gift certificates will be awarded for the best entries. Judges will rate the entries as to taste, weight, nutritional value, and ease of preparation/cleanup. Join the fun and sample some great backcountry dishes.

For more details on the prizes and categories, see page 3.

Upcoming PWC Events

Mount Deception

AUGUST 7-8TH; Doug Savage will be climbing Mt. Deception from Royal Basin. It is about 8 miles into Royal Basin, where camp will be made. The climb of Mt. Deception is a class 2. Doug welcomes climbers, as well as, backpackers, who would like to hike into the Royal Basin area but would rather spend Sunday morning exploring the basin than scaling the peak. If you would like to join Doug, call 698-9774.

9 Days on The Baily Range

AUGUST 7 - 15TH; David Delmendo would like to invite 4 PWC'ers to enjoy this 9 day trip through the Baily Range in the Olympic Mountains with him and a friend. They will enter at Sol Duc on the 7th and exit at Whiskey Bend on the 15th. The currently planned route of travel will go from Sol Duc to Heart Lake, Cat Walk, Cream Lake, Mt. Ferry, to Queets Basin via Ber Pass. From Queets Basin they will go back to Mt. Ferry, Ludden Peak, Dodger Pt. Long Ridge Trail and exit at Whiskey Bend. If Interested, please call David at 871-0254. Please respond early enough to allow for pre-planning.

Interested Members Meeting

THURSDAY, AUGUST 12TH; This month the interested members meeting will be held at the home of Barbra Krell near Poulsbo. This is great opportunity to get to know a few of the club members, and also find out what is happening in the club. The meeting is at 7:00 pm. For more information and directions to Barb's home, call 779-3620.

- PWC Events Continued next page-

Beginners Rock Climbing

SATURDAY, AUGUST 14TH; Roger Gray will be sponsoring another beginners rock climbing class at Green Mountain. The first class was a great success, and Roger would like to accommodate more novices with an introduction to the basics of belaying and climbing. For more information, call Roger at 373-6642.

Day Hike to the Big Hump

SUNDAY, AUGUST 15TH; Join Steve Vittori on a day hike to the Big Hump located along the Duckabush Trail. This is an easy hike with only 1200ft. of elevation gain in 3.5 miles. The Big Hump, which was actually formed by the Duckabush Glacier during the last Ice Age, has some interesting geological formations. For more information, Steve can be reached at 377-1869.

Lake Mary Backpack

AUGUST 20-22ND; Join Lynn Howatt on a 3 day backpacking trip to Lake Mary, and explore the area surrounding Icicle Ridge, Ladies Pass, Cape Horn and Lake Edna. The gain to Lake Mary is 3300 ft in 8 miles. This area has been described as one of the loveliest parts of the Alpine Lakes area. The area is near Leavenworth, off the Icicle Creek Trail. If interested, call Lynn Howatt at 598-3087.

Appelton Pass Overnight

AUGUST 28-29TH; Join Joyce Kimmel for a two day back pack to Appelton Pass. The hike is 7 miles with an elevation gain of 3400ft. Joyce is also considering a climb of Mt. Appelton if there is enough interest. Joyce can be reached at 876-1497.

Last of the Unclimbed Peaks

MID AUGUST - Dave Cossa will be doing a nine day backpack trip to a remote corner of the olympics where there are several unnamed peaks that may be unclimbed. Dave can be reached at 871-5577.

Mount Constance

SEPTEMBER 4-5-6TH, Dave Cossa will be going up Mount Constance via Lake Constance. This is fairly technical climb, so it is preferred that everyone has had some climbing experience or had completed a course such as the Olympic College Mountaineering class. For more information, contact Dave at 871-5577.

Elwha River Loop

SEPTEMBER 4-8TH; Joe Weigel will be doing a 5 day backpack loop in the Olympics. The trek will begin at Whiskey Bend, with a hike up the Elwha, (including a crossing of the Elwha). There will be day hikes to Dodger Point, Ludden Peak and other areas near by. The return trip will be out the Long Ridge Trail. For more information, Joe can be reached at 871-0291.

Beginners Ice Climbing Class

SEPTEMBER 18-19TH; Dale Boyle will be offering a beginning ice climbing class on the Nisqually Glacier of Mt. Rainier. This will be a great opportunity to learn proper belaying techniques, walking and climbing on ice, and safety on the ice. The two day event will involve overnight camping at the Cougar Campground. For more information, Dale can be reached at 792-1714.

PWC Cook-off

The PWC-Cook-off will have two categories of entries; 1) Camp Meals such as breakfasts and dinners, and 2) Trail Foods such as lunches and snacks. Prizes for each category will be gift certificates for the Mount Constance Mountain Shoppe; \$50 for 1st place, \$35 for 2nd, \$15 for 3rd, and \$5 for 4th place. Judd from the Mountain Shoppe donated 1/2 the prize money and the rest came from the club treasury. Thank you Judd for your generous donation.

You can prepare your entry at the church, in which case you'll need to bring your stove (the kitchen has two stoves), pots, and utensils, or you can prepare your entry ahead of time. You can enter as many entries as you like in either or both categories. Make a large enough serving for the three judges and for sampling by other PWCrs.

Make a copy of your recipe listing ingredients and directions for preparation, so that other people can have the opportunity to copy your work.

Both Camp Meals and Trail Foods will be given a maximum of 10 points for each of the following attributes: taste, weight, nutritional value, and ease of preparation and cleanup. The entry with the most total points is the winner. Judges will be looking for the perfect meal: an entry that tastes heavenly, is light as a feather, gives you tons of energy, and takes mere seconds of preparation and clean-up.

Missing A Dish?

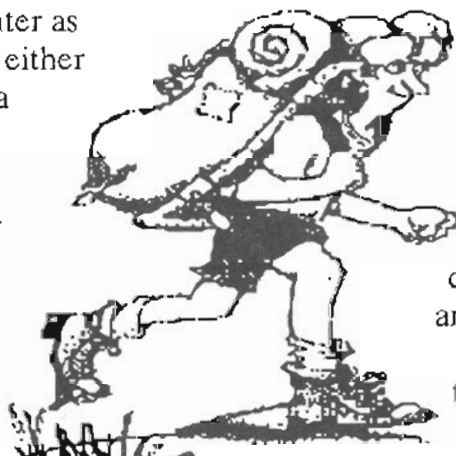
An extra corning dish was found at the end of the July picnic. If you are missing this, it can be reclaimed by calling Teresa Miller at 698-9774.

PWC STORIES

Butter'n Egg Money

by Roger Gray

My wife and I were on our way to a backpacking trip in the North Cascades, when we stopped in Darrington to get a bottle of snake bite remedy. For some reason I had a big pocket full of change, and I laid it out on the counter. Standing there talking with the proprietor who was a gray eminence, grizzled, hirsute, wearing calked boots, blue cotton britches, gray stripped shirt, and red suspenders. He eyed the hoard of coin and drawled in a tarheel accent, "Unh hunh, ah see ya robbed the kiddies' piggy bank." I said, "No, that's Ma's butter'n egg money." He said, "Ohh saay, ah never thoughta thaat."



Mt. Constance, Next Time

by Wendy McClure

Barb and I wanted to try a new trek in the Olympics, so we decided to check out an approach to Mt. Constance with the intent of only going as far as we could without doing any real climbing. We hiked to Tunnel Creek Shelter, then, staying to the right of the creek, followed a trail and thin ribbon markers up through the timber (a false start brought us to a very trashy campsite where we bagged what we could - did leave the rebar- and stashed it to haul out on our return). Our enthusiasm for exploring new territory was dampened by increasing & lowering clouds but we pushed on eventually reaching a small pond and beyond to a basin farther up, which still had snow patches. A few glimpses through the blowing fog revealed some impressive rock walls but then the weather really closed in, and it started getting darker as it can only do at 2 in the afternoon, I started getting wimpy about not being able to see the ribbon markers and finding our way back, so we headed down. Once back on the "real" trail and confidence restored, we started making plans to return in a few weeks in better weather - to really see the scenery & flowers. We have two questions about the area, we hope someone can answer for us.

1. At one end of the upper basin a number of good-sized trees had been obviously sawed down a few years ago and left lying about. Why was this done in such a remote area?

2. Why was this route described in the second edition of the Climbers Guide to the Olympic Mountains yet only used in part in the third edition to describe an approach to Destroyer and not shown on the map? If anyone could provide an answer, I can be reached at 779-3820.

Mt. Adams

by Barbara Krell

Mt. Adams is a long way from Bremerton, but neither washboard roads nor detours kept us from camp at Trout Lake. A cheerful campfire was a welcome beacon at 10 pm Friday night. Next morning the last 5 mile part of the drive to the trailhead was the "road from hell." Even though my car didn't bottom out, I cringed at every ditch and ridge we lurched across. I think the trail would have been easier to drive.

We camped at 7,800 ft. Tents were battened down behind rock walls as protection from the almost constant wind. Dave French and Pam Sargent took an evening stroll up to the false summit on slopes turned icy. Pam's tent was the only one not flopping in the wind that night.

Dave Cossa, Chris and Tore Bell left early and raced to the summit, getting back to camp around 11 am. The sun continued along with the wind. The first very steep pitch off the false summit was still icy. I didn't know which was worse, plunge- stepping or glissading. After a speedy, icy start, I found self-arrest works if you keep at it long enough! After that it was fun. Sue did a flip-flop that Doug claims is the 2nd most spectacular he has ever seen. Lower down glissading was better. We had beautiful sunshine all the way out, only found rain on the long drive home.



A Beach Hike

by Roger Gray

In mid-March four of us, Rhonda, Alen, Bill, and I hiked the beach from Third Beach, near La Push, to Oil City for three days. I always thought La Push an odd name for a town, so I looked it up in Washington State Place Names by James W. Phillips: "an infusion of the French term la bouche, meaning, "mouth," into the Chinook jargon, and descriptive of the town's position at the mouth of the Quillayute River As for Oil City, who knows? No oil, no city.

We camped the first night in the remains of the Coast Guard cabin at Toleak Point. This was once a fine cabin with a cast iron stove, a sleeping loft with ladder, a porch, and a back entry room. The stove is now gone, rusted out no doubt. Campers have built fires on the cement block where the stove formerly rested, a dangerous practice. The entry room is gone as is the porch, and the loft is unavailable because some intrepid wilderness traveler has used the ladder for firewood. The Park Service is no longer destroying these wilderness shelters, just letting hikers and the elements to the job. We camped the second night at the shelter on Mosquito Creek, which is suffering a fate similar to the C.G. cabin.

Usually this time of year, late Winter, hikers can expect a winter storm, high winds, a downpour or two, to gain practice in survival camping and for enhanced beachcombing. As it turned out, the weather was balmy. Like Camelot it rained on at night. We were lollygagging in shirt sleeves and shorts, sunbathing on the beach.

"Ah, well," as the fox said to the Little Prince, "nothing's perfect." Maybe next year.

Heat Loss of the Body

by Brian Schladelzky

The following is a section from the pamphlet distributed by the Mountain Rescue Association on Fatigue and Exhaustion. This section describes the various ways in which the body can lose heat (energy), and some of the ways in which the amount of heat loss can be reduced. The statistics on how fast the body can lose heat is quite amazing, thus attesting to the importance of staying warm and dry.

Radiation is the leading cause of heat loss. An unprotected head may lose up to 50% of the body's total heat production at 40 degrees Fahrenheit.

*** If your feet are cold, put on a hat. ***

Conduction - Contact with anything cooler than skin temperature contributes to heat loss.

*** Don't sit or lie on the cold ground. ***

Convection - The primary function of clothing is to retain a layer of radiated warm air close to the body. Any cooler air passing the body tends to remove this warm air. The faster the wind (exchange of air), the greater the body heat loss.

*** Always carry instant Body Shelter for protection from wind and wetness. ***

Evaporation of sweat from the skin and respiratory moisture also contribute to heat loss.

*** Slow down -- Don't sweat ***

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Respiration - Inhaling cool air and exhaling warm air account for a significant heat loss.

** Preheat air - Breathe through a scarf. **

Wind Chill - When the wind increases, even moderate temperatures become intolerable for body heat maintenance without body shelter.

** Put on some type of body shelter. **

Water Chill - Wet clothing can extract heat from your body 240 times as fast as dry clothing.

** Wear wool - warm even when wet. **



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