

Penwicle

Peninsula Wilderness Club Events

November 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 November 8th

Olympic National Park

Olympic National Park Ranger, Steve Chaffe will be talking about various issues of the Olympic National Park that may be effecting all of us. Steve will be bringing us up to date on the potential dam removal on the Skokomish and Elwha rivers. He will also talk about becoming a volunteer in the park and how people can become involved, and he will also discuss a little bit about the goats situation

Editors Note : On page 7, there is a wonderful story by Roger Gray of a volunteer revegetation project that he did this summer in the Olympic National Park.

Upcoming PWC Events

Little River Day Hike

SATURDAY, NOVEMBER 6TH; Joe Weigel will be hiking the south branch of the Little River. This is an intermediate level day hike of 8.1 miles and 4000' of elevation gain. Joe is looking for someone to swap cars and take the hike as a decent. For more information, Joe can be reached at 871-0291.

Wagonwheel Lake Day Hike

THURSDAY, NOVEMBER 11TH; Bill Boleau will be doing a day hike to Wagonwheel Lake. This hike, which begins at the Staircase Ranger Station, climbs 3000' in 3 miles, will offer a good workout for anyone. If Interested, Bill can be reached at 692-1389.

Griff Creek Day Hike

SATURDAY, NOVEMBER 13TH; Doug Savage will be doing a day on the Griff Creek trail near the Elwha. This is a 5.6 mile round trip hike with about 3000' of elevation gain. The hike will take everyone through a lot of beautiful Old Growth forest. If interested, Doug can be reached at 698-9774.

Dungeness Spit Day Hike

SATURDAY NOVEMBER 13TH; Join Dave Cossa for a day hike out the Dungeness Spit. This is a great beach hike of about 6 miles out to the lighthouse. This tends to be a sunny hike even when its raining everywhere else. If interested, Dave can be reached at 871-5577.

- PWC Events Continued next page -

Ozette Lake to Shi Shi Beach

NOVEMBER 13TH - 14TH. Join Bill Boleau for an overnight trip on the beach. Bill's plans are to hike out from the Ozette Lake Trail to the coast, and then up towards Shi Shi beach. For more information, Bill can be reached at 692-1389.

Skiing at Whistler/Blackcomb

NOVEMBER 24TH - 28TH. Spend Thanksgiving weekend on the snowy slopes of Beautiful British Columbia. Chris Hildebrand is looking to get a group of people together for 4 days of downhill skiing at Whistler/Blackcomb ski resort. If interested, Chris can be reached at 377-6779. Please Contact Chris before November 10th so arrangements can be made.

Monthly Potluck

FRIDAY, NOVEMBER 19Th. This month's potluck will be held at the home of Charlie Pomfret in East Bremerton. This wonderful social event will begin at 6:30, and will include an evening of good food and wonderful conversation. Please RSVP if you plan to attend, so that the host plan accordingly. Charlie can be reached at 479-7820.

Reflection Lakes on Skis

SUNDAY, DECEMBER 12TH; Doug Savage will be doing a cross country ski trip from Paradise to Reflection Lakes on Mt. Rainier. This is a great beginners trip for a day to get started on the ski season. If interested, contact Doug at 698-9774.

X-Ski at Hurricane Ridge

SUNDAY, JANUARY 9TH, Join Lynn Howatt for a day of cross country skiing at Hurricane Ridge. Skiing for all levels will be available. If interested, Lynn can be reached at 598-3087.

Reflection Lakes Campout

JANUARY 15 - 17TH, "Shared bodily warmth is the key to cold winter survival". Doug Savage is sponsoring a 3 day overnight campout at Reflection Lakes on Mt. Rainier. Come for a day, two days or stick out 3 days. There will be cross country skiing during the day, and conversation of the tropics during the evenings. If Interested, Doug can be reached at 698-9774.

New Officers

The October meeting brought new changes to the PWC with the election of officers for the next year.

Dan Kirshbaum - President.
Helen Shwartz - Vice President-
Barbara Krell - Secretary-

This - and - That

New Members

The PWC, extends a warm welcome to the following new members.

Michael Dunn
Gary and Ellen Goodwin
Irena Reynolds
Jim and Beth Rohling

October Door Prize

Congratulations to Gaye White, she will be sitting comfortably in her new Therma Rest Chair, while everyone else is scrambling for the nearest log. Many thanks to Judd and the Mt. Constance Mountain Shoppe for donating each months door prize.

PWC Phone List

The PWC currently putting together a phone and address list of all the members. This has proven to be a very useful list in the past for people trying to organize trips and get in touch with other club members.

The plan is to use the current newsletter mailing list to compile a new list of everyones name, phone number and address. If you DO NOT want your name or phone number or address on this list please contact Brian at 698-9774 and inform him of the change. We will try and get the list out by January of 1994.

Rainier Weather Info

Want a continuous half hour update on the temperature at Mt. Rainer. There is a Ham radio transmitter located at the Crystal Mtn. ski resort at an elevation of 6,872 ft. The transmitter is owned by Mike Dunn and reports outside temperature at 19 and 49 minutes after the hour, and can usually be received in the Kitsap County area. The frequency is 145.49 MHz. If anyone would like more information on receiving this signal, call mike at 476-0022.

PWC Profile

By Helen Shwartz

Judy Guttormsen won a backpack when she was 15 and has been an avid backcountry woman ever since. The first thing she wants to do when her infant, Kelsey, is weaned, is to go on a week long backpack to "The Enchantments, Wonderland Trail,,, anywhere".

Judy grew up hunting, fishing and camping in Colorado with parents who encouraged outdoor activities. She was in the U.S. Forest service for a time and is now a landscape architect. She and husband Randy Grunigen met on snowshoes doing a survey -- he also worked for the USFS.

Now Judy hikes, bikes and canoes in addition to backpacking. She heard about PWC while reading about the club newsletter in the library. After joining, she began writing a column herself called the Conservation Corner. She and Randy also help prepare the Penwicle for mailing and welcome other volunteers to their Poulsbo home every other month. Judy and Randy have two children, Jenn, 4, and Kelsey, 6 months.



First Aid and CPR Classes

By Patty Kirshbaum

As a hiker and climber, I can tell you from personal experience how important it is to know First Aid and CPR when you're out on the trail. Since I work for the American Red Cross, several people have asked me when classes are and how they can sign up. All you need to do is call the local chapter at 377-3761 and ask for a schedule of First Aid and CPR courses. Classes offered include: Standard First Aid, a 1-day, 8 hour class giving you both a first aid and an adult CPR certificate; Community First Aid and Safety, a 2 - day, 10 hour course giving you certificates for first aid, infant and child CPR, and adult CPR; Adult CPR only; Infant and Child CPR only; CPR for the Professional Rescuer; HIV/AIDS Education; and Preventing Disease Transmission.

The Mountaineering Oriented First Aid (MOFA) course is a 30 hour course and is available in Seattle. To register for the course, call the Mountaineers at (206) 284-8484.



Trip Reports

MINK LAKE TRAIL

By Steve Vittori

Teresa, Dennis and I recently hiked the Mink Lake Trail. We began at Sol Duc Hot Springs, traveled 4.3 miles to its end at the Bogachiel Trail, and returned by the same route. The trail was moderately rocky for much of the way, with a steady climb to Mink Lake. Past Mink Lake and Intermittent Lake, switchbacks completed the last mile or so.

Mink Lake was a brief walk from the main trail. A small shelter and a sitting log made a good munch stop in both directions. We saw a few hikers paused at the lake, but no one was camped at the few sites. The lake is home to trout, but none offered to make themselves lunch.

Our fauna and flora highlights were a big bounding buck in the brush near the upper end of the trail, and abundant and tart blueberries. Once the switchbacks started, the thick woods opened into a few small meadows which surrounded the trail.

We sampled short lengths of the Bogachiel Trail both east and west from the end of the Mink Lake Trail. This trail along Little (or Low) Divide was quite level and free of rocks. The clouds blocked any view south of the ridge. We lunched for a half-hour and left in mid-November, or so it seemed from the wind-and-rain-and-cloud-induced chill, brrr...

The trail down demanded careful stepping over the wet rocks. That ordered a complete stop for a safe look around. The sky soon cleared and cheerful sunshine greeted us back in the parking lot.

VOLUNTEERING IN THE PARK

By Roger Gray

When Wendy McClure announced at the September meeting that DNP was recruiting volunteers for the revegetation project in the Seven Lakes Basin, I decided to look into it. I called Park headquarters and got the information, and on a Friday in late September, Bill Boileau and I drove to the Sol Duc trailhead and set out for No Name Lake. (Whoever named that lake had a flair for paradox.) We got into the "reveg" camp just before dark and were greeted by the crew chief, Bill, and two summer volunteers. The Seven Lakes Basin has had hard use for many years, with numerous trails around the lakes. This year's work centered around No Name and Morganroth Lakes. We spent the next few days at stoop labor, digging up the hard packed earth, mixing in peat and manure, and planting partridge foot and showy sedge. The work was hard, but it was rewarding.

I took off work early enough to do some fishing and was rewarded with some magnificent rainbows up to eighteen inches. Bill and I had a couple of fish dinners, fried with onions. You can't get a fresher fish dinner than that. The crew chief, Bill, and Matt, the greenhouse manager who came up to relieve Bill for a few days off, were the only paid staff there. We were joined by three volunteer summer rangers who had finished their ranger duties, two young women who had been there working most of the summer, an engineer from Seattle, a woman landscaper from Olympia, and, on Monday, Wendy came in. The week before, there had

been a dozen Sierra Club members there working. They actually paid money to join this group! But they had their own cook. The weather was mostly gorgeous but cold. It rained Monday morning, and I took the afternoon off to hike to Lake No. 8. Bill Boileau had to go back to work on the swing shift Monday, so he left that morning. I left Wednesday to hike over to Heart Lake, and came out Thursday.

Karen says that when I get back from a trip to the mountains I always say, "That was the most beautiful country I ever saw". But the Seven Lakes Basin has to be some of the best scenery in the world. The Park staffers are so positive and upbeat and energetic, and the volunteers such nice people, that the hard work was actually fun. It was one of the most rewarding weeks I've spent in a long time. I highly recommend this program to all club members. Next year the Park reveg project will focus on Lake Constance.

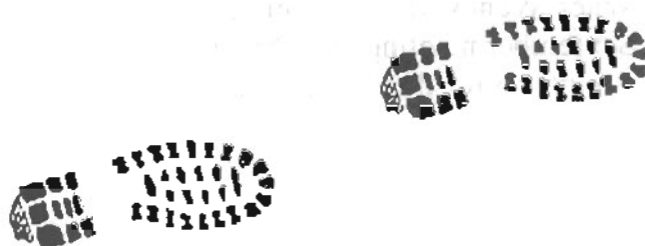
Foot Injury and Prevention Class

NOVEMBER 17, 1993, 7-9 p.m.

Kitsap Physical Therapy and Sports Rehabilitation is sponsoring a FREE, Seminar on COMMON FOOT INJURIES: TREATMENT & PREVENTION.

Featured speaker is Dr. Genuit, a podiatrist specializing in sports medicine. Seminar will be held at Kitsap Physical Therapy Clinic on the corner of

of Bond Rd & Hwy 305 at North Kitsap Medical Center, suite 106. Seating is limited so RSVP would be appreciated. Phone 779-3764 or 842-6288 for more information.



Club Officers

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Secretary.....Barbara Krell779-3620
Treasurer.....Kevin Kilbridge....871-2537

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