

PENWICKE

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.

August 1997

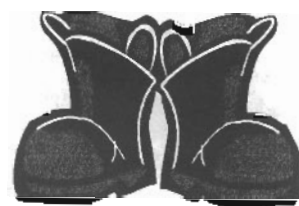
*Monday
Meeting
August 11th*

Latest in Outdoor Gear

LEE MARTIN from Mt. Constance Mountain Shoppe will present the latest in outdoor gear and recreation technology. It has been three years since Lee last made this presentation—come see what has changed.

You can expect to see and learn about the latest in GPS, boots, sleeping bags, fabrics, and other items.

Lee will answer your questions and demonstrate equipment. And don't forget PWC members get a 10% discount at Mt. Constance Mountain Shoppe.



Visit *PENWICKE* on the web: <http://kendaco.telebyte.com/~bcripe>

THIS MONTH'S OUTINGS

Aurora Ridge to Eagle Lakes

SATURDAY, AUGUST 2nd; Steve Vittori will be leading an 11 mile RT day hike on the Aurora Ridge trail near Lake Crescent in Olympic National Park. Contact Steve at 377-1869 for details.

Goat Rocks Backpacking

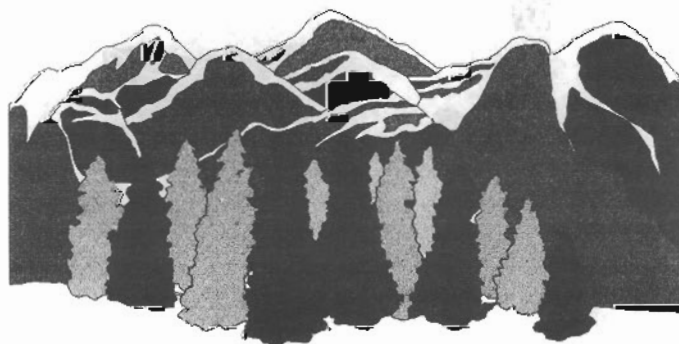
FRIDAY – SUNDAY, AUGUST 8th–10th; Lynn Howat and Joyce Kimmel are co-sponsoring this trip to the Cascades. Contact Lynn at 598-3087 for details.

Wind River Range, Wyoming

AUGUST 9 – 17/16 – 24 (TBD); Dave Cossa is planning a trip to the Wind River Range in Wyoming. The trip's focus will be on climbing Gannet Peak, the highest point in the state, via a 23 mile long glacier trail. The Wind Rivers are a high, stepped mesa with over 1300 stocked lakes between 9500 feet and 11,500 feet. Large areas of tundra make the area like the Tibet of North America. Accomplished fishermen are most welcome. A second week in the area is an option. Contact Dave at 871-5577.

Lake of the Angels

FRIDAY – SUNDAY, AUGUST 15–17th; John will repeat and extend this trip with side trips, possibly to climb Mt. Skokomish. Call John at 792-2440 for details.



Deer Ridge to Slab Camp

SATURDAY, AUGUST 16th; Join Paul Mertel and Steve Vittori on a day hike along the Deer Ridge Trail. This trail offers views of the upper Graywolf and Cameron Creek watersheds and the Needles, Baldy, and Glacier Peak in the Cascades. Contact Steve at 377-1869 for more details. (Paul is in the process of moving and will not have a telephone for a while.)



MTA Work Party

SATURDAY, AUGUST 16th; Tony Abruzzo will be working on the trails and would like some help. A BBQ is possible in the evening after the work is done. Spend the night and ride your mountain bike or hike the trails. Give Tony a call at 871-5754 for more information. These work parties are regularly held on the third weekend in July, August, and September.

Sams River Overnighter

SATURDAY & SUNDAY, AUGUST 23 & 24th; Chris Hildebrand has scheduled an overnight backpacking trip along the Sams River, a tributary of the Queets River in the southwestern portion of Olympic National Park. The river forms the boundary between the park and national forest and the trail crosses it several times. Contact Chris at 895-1983 for details.

COMING IN SEPTEMBER & BEYOND

West Fork of the Dosewallips

SATURDAY, SEPTEMBER 6th; Steve Vittori will be doing a day hike on the Dosewallips to Big Timber Camp and back. A round trip of about 8 miles. Contact Steve at 377-1869 to sign up for this hike.

Kayak outing to Blake Island

TUESDAY, SEPTEMBER 9th; Enjoy an evening paddle to Blake Island from Southworth. Weather permitting, we'll paddle the mile over to Blake Island and have a quick picnic and then return as the sun sets over the Olympics. Contact Diana & Bert Cripe at 895-4299.

Headwaters of the Queets

SATURDAY - SUNDAY, SEPTEMBER 6 - 14th; David Del Mendo and Roger Gray are planning a trip into the central Olympics to explore the Headwaters of the Queets River. This trip will include off trail scrambling and glacier travel therefore basic mountaineering and ice axe skills are required to participate. Contact Roger at 373-6642 for details.



MTTA Work Party

SATURDAY, SEPTEMBER 20th; Tony Abruzzo will be working on the trails and would like some help. A BBQ is possible in the evening after the work is done. Spend the night and ride your mountain bike or hike the trails. Give Tony a call at 871-5754 for more information. These work parties are regularly held on the third weekend in July, August, and September.

Santa Fe Trail by Bicycle

SEPT. 14th thru OCT 3rd; Join Russ Hallsted as he bicycles the historical Santa Fe Trail. This will be 1096 miles of road biking along the Northern Trail Route, eastbound from Santa Fe, New Mexico to New Franklin, Missouri. Have fun while learning the trail's history and contribution to the western expansion of our country's growth. Contact Russ at 871-3774 for specifics.

Mildred Lakes Overnighter

SATURDAY & SUNDAY, SEPTEMBER 20 - 21st; Joe Weigel and Chris Hildebrand are co-sponsoring this trip of about 5.5 miles (one way) with an elevation gain of approximately 2300 feet. Contact Joe at 871-0291 or Chris at 895-1983 for details.



Something to think about:

SOMEDAY, if you are lucky, you will be old and your body feeble but your mind will still be sharp with desire to pursue. Will you have memories of the pursuit of your dreams or regrets that you failed to pursue opportunities and face challenges?

Announcements:

Volunteer Opportunities:

Volunteers for the 1997 West Coast Sea Kayak Symposium

The 1997 West Coast Sea Kayak Symposium is Rapidly approaching. This year's symposium, set for Friday Sept. 19th through Sunday Sept. 21 st, promises to be the best ever. We're expecting over 1,500 participants in 1997. To pull off such a large event we need your members' help. By volunteering to help staff the symposium your members will receive:

- Free Registration (\$98.00 this year)
- A limited edition Staff T-shirt

We are asking for a work commitment of only 8 hours in exchange for the opportunity to attend the largest Sea Kayaking event of its kind at no charge!! We need approximately 100 volunteers this year. Interested members of your organization should contact:

Ted Brown, Volunteer Coordinator
7310 Latona Ave NE
Seattle, WA 98115
206-528-2498
e-mail: tedshred@delphi.com



Club's Twentieth Anniversary

NEXT year the club will be twenty. Many people have come and gone. What is known about the club's history by most of the current members? I suspect very little.

I would like to publish some special editions of the *PEN-WICKE*. But I need some help from those of you who have been around for awhile, and from someone willing to help compile what written and oral history we have available. We have copies of many, not all, previous newsletters. The photo albums have much to tell also.

WOULD someone be willing to assist with organizing what we do have into a document that can be made available to all? No special skills are needed - just a desire to contribute to this special occasion. Give me a call at 895-4299, send e-mail, or whatever. — Bert Cripe



Club Officer Election Time Soon!

OCTOBER will be here before we know it and once again we will be searching for people willing to contribute a little extra. Nominations will be announced in October; elections are held in November, and the new officers assume their positions in January. Don't be intimidated-no experience is necessary. These positions take some energy and enthusiasm, but you might be surprised at the rewards you receive in return for your efforts.

Give: this some thought-the more you contribute, the more you receive.

GET INVOLVED!

For Sale:

An Easy Rider TSL-1 decked canoe with sail kit and dagger board. Call Lyle Sorenson at 377-6868. Asking \$800.00

Want to Trade:

A practically new Black Diamond 80 cm Ice Axe for a shorter one (70 cm). Contact Chas Pauly at 385-6901

Partner Wanted

Tim Rossitor is looking for weekday partners to do mountain biking, alpine hiking, rock climbing, etc. Contact him at 779-4450.



PENWICLE

SCHEDULE PAGE



Date	Trip	Point of Contact	Page
Aug. 2	Aurora Ridge	Steve Vittori 377-1869	2
Aug. 8 - 10	Goat Rocks	Lynn Howat 598-3087	2
Aug. 9-17/16-24	Wind River	Dave Cossa 871-5577	2
Aug. 15 - 17	Lake of the Angels	John Knott 792-2440	2
Aug. 16	Deer Ridge	Steve Vittori 377-1869	2
Aug. 16	MTTA work party	Tony Abruzzo 871-5754	2
Aug. 23 - 24	Sams River	Chris Hildebrand 895-1983	2
Sept. 6	West Fork of Dosewallips	Steve Vittori 377-1869	3
Sept. 9	Blake Island	Bert Cripe 895-4299	3
Sept. 6-14	Queets	Roger Gray 373-6642	3
Sept. 14 - Oct 3	Santa Fe Trail by bicycle	Russ Hallsted 871-3774	3
Sept. 20	MTTA work party	Tony Abruzzo 871-5754	3
Sept. 20	Mildred Lakes	Joe Weigel 871-0291 & Chris Hildebrand 895-1983	3

Potluck Social Meeting:

Friday, August 22nd;

The Potluck Dinner will be hosted by John Knott at his home in Manette. Call John at 792-2440 for directions and to RSVP. Bring a dish to share and stories to tell. New members are especially welcome and encouraged to join in.

Interested Members Meeting:

Thursday, August 14th, 7:00 p.m.;

Steve Vittori will host the Interested Members Meeting in August. Combine socializing with club business and trip planning. This is a great chance to get to know members one-on-one. Call Steve at 377-1869 for directions.

Newsletter Folding...

A small group of PWCers meet to prepare the newsletter for mailing. Call Doug Savage at 698-9774 for specific location and time or if you would like to volunteer to help.

OFFICERS & STAFF

President:	Steve Vittori	377-1869
Vice Pres:	Chris Hildebrand	895-1983
Secretary:	Lyn Lund	377-7067
Treasurer:	Kevin Kilbridge	871-2537
Entertainment:	Joe Weigel	871-0291
Refreshments:	Dawn Vokali	377-5103
Clean-Up:	Diana Cripe	895-4299
New Members:	Bert Cripe	895-4299
Scrap Book:	Kathy Ryan	876-9672
Penwicle:		
Editor	Bert Cripe	895-4299
Assembling:	Joyce Kimmel	

No Door Prize in July. No door prize was awarded at the picnic, as is the custom. Remember all members are eligible to enter the door prize drawing in August. Simply write your name on an entry slip and deposit it in the bowl.

RECIPE OF THE MONTH:

PROVIDED BY CAROL COBB

GOURMET GORP

- 2 C. granola (from a cereal box)
- 1 C. peanut butter M & M's
- 1 C. Craisins (dried cranberries)
- 1 C. cashews or almonds or mix of nuts



Pour everything into a ziploc bag and shake it up (after closing the bag). Its ready for the trail!

CAUSES OF ACCIDENTS

"In the last 20 years more people were involved in mountaineering accidents in Washington, California, Wyoming, and Colorado than all other states combined. Statistics indicate that although most of these accidents involved people with little or no mountaineering experience (two to one), those who were constantly in the mountains were far more likely to see or be involved in one. Those accidents most likely occurred on rock, rather than snow (two to one), where an individual either slipped or a rock fell on him. Rarely (less than 10% of combined incidents) was the accident caused by avalanche, medical illness, and improper

rappe! or improper use of belay. Evidence indicates that most accidents don't just happen - they are caused. Neglect, lack of technical knowledge or common sense, or physical or mental fatigue are all precipitating factors. Experience tells us it is far better to be prepared for an accident than to simply climb without the realization of the problems that can occur after an accident. Guidelines like the Mountaineers' "Climbing Code" (see references; *Mountaineering: The Freedom of the Hills*) assist the climber in defining safe practices, but, in the long run, do not substitute for years of experience, knowledge and mature judgment."

Quote from "Mountaineering First Aid"

Play it Safe—Tips for Safety

Nature's power and unpredictability make the outdoors awe-inspiring. The very things that attract those who love the outdoors also demand respect and complete preparation. Here are some tips for handling all that nature might throw your way during any outdoor adventure.

KNOW WHAT TO DO IF YOU GET LOST

- Stay calm and stay put. Panic can lead to mistakes that make the situation worse.
- Stop and evaluate the situation. A few minutes of calm reflection will often solve the problem.
- Don't split up. The person who goes for help is often the last one found.
- Make yourself easy to find. Blow a whistle, bang pots and pans, and put on your Day-GLOW T-shirt. At night, tie a chem-light to a line and twirl it in a circle above your head. It can be seen for miles and circles of light do not naturally occur.

BE READY TO COPE WITH BAD WEATHER

- Check conditions before you leave, including seasonal patterns and day-to-day forecasts.
- Pack clothing for the worst possible conditions.
- Stay informed about weather through the trip, by either listening to a weather radio or using basic forecasting skills.
- Keep a keen eye on the trail. Heavy rain and snow can obscure trail signs and landmarks.
- Stay dry. A water-proof backpack cover is a good idea, as is an extra layer of protection around important items like sleeping bags, matches, and food.
- Protect your feet from rain by wearing water-resistant or waterproof footwear.
- In high winds, avoid hiking along exposed ridges and walking beneath trees or rock faces.
- Keep an eye on overhead branches and the possibility of falling debris.
- In hot conditions, maintain relaxed hiking pace, rest frequently, stay hydrated, and keep to the shade when possible. For information on recognizing and treating heatstroke, refer to a standard first-aid manual.
- When temperatures drop stay warm, well hydrated and fed, and out of the wind. For information on recognizing and treating hypothermia, refer to a standard first-aid manual.
- When lightning approaches, stop immediately and seek shelter. Descend to lower ground from high, exposed areas. Find a dry spot to limit the chance of ground conduction. Don't huddle under solitary trees or a small grouping of trees. A large group of trees is usually safe. Stay as far away from metal as possible, taking off backpacks, belts, knives and so on. Tents with metal poles should not be set up if you are out in the open with no trees around.

Trip Report:

Denali (We did It !!)

By Bruce Kittredge

6/4, 9 p.m.

The summit was almost windless, with clear skies all around except for low clouds in some valleys. We were the last of about 25 that day to reach the summit. No headache or AMS symptoms! We went slow, drank tons of water, ate three *Snickers* and one *Milky Way* that day! Twenty days from basecamp to summit, 3 days down to "Kahiltna Hilton" basecamp! We waited two days for clear weather before the flight to Talkeetna and tons of Pizza, beer, and a shower!!! We waited 8 days at 14,200 feet before going up. High winds, 3 feet of snow and -9° F in the tent at night. Lots of reading and talking about pizza. Tons of patience required for this peak! More later.

From a post card.



Wanted: Trip Reports and Stories

Trip reports and stories help make the *Penwile* more enjoyable and humanize the club. Many members, for one reason or another, do not make it to the meetings. They miss the verbal accounts given there. By submitting only a few lines about your outdoor activities you help to give meaning and personality to the publication. Your words may inspire someone else to retrace your steps or get off their duff and take a trip of their own design.

PLEASE take a few minutes after each of your outings to simply jot down a brief description of your experience and share it with the rest of us. It can go a long way to improve both the publication and the club.

SEE submission information on the back page.

Editor's Notes:

Member's E-Mail List!

Members may submit their E-mail address to:

bcripe@kendaco.telebyte.com

I'll send the latest e-mail list back to you & provide updates as needed.



New Members in July:

Lone Hansen & Paul Axelrod and Sally & Philip Conrad

Newsletter Contributions

Send articles, trip reports, stories, announcements, etc to:

Bert Cripe, 2398 Jefferson Ave. SE, Port Orchard, WA 98366; e-mail; or phone 895-4299.

To Change your Address or Phone Number

Notify Jim Luddon at 165 NW Alta Drive; Bremerton, WA 98310. Or, change your address at the time you pay your annual dues.

Membership List Updates

The membership roster changes every month due to the addition of new members. It is neither practical nor affordable to print new membership lists each month. The solution is to periodically get an update to the list. The update is available by e-mail, US Mail via a SASE, or at an Interested Members Meeting from me. Contact me in advance to have one available for you at the Interested Members Meeting.

PENWICKE

Peninsula Wilderness Club
P.O. Box 323
Bremerton, WA 98337-0070



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