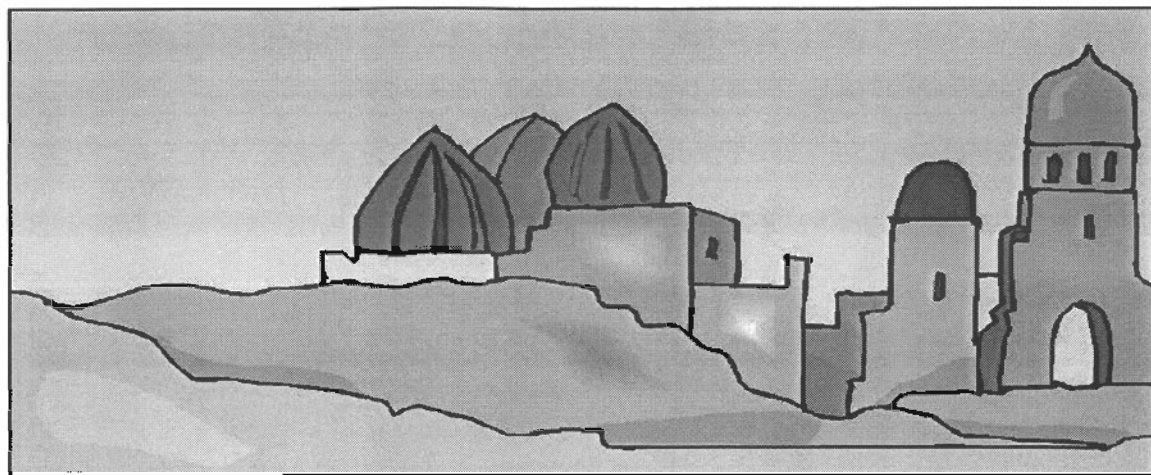


December
2001

WELLINGTON PENINSULA

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.



Travelling East

In 1975 Alan Searle travelled overland from England to Nepal. In the last two thousand years, this was one of the few times this could have been done in relative safety. His slide show will concentrate on that part of his journey from Turkey, through Iran, Afghanistan, Pakistan, Kashmir, India and into Nepal.

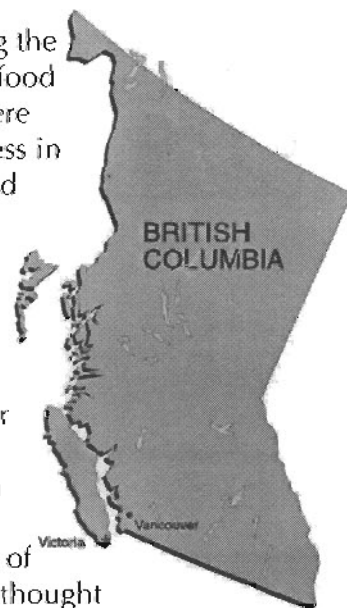
Bella Bella to Bella Bella — A Sea Kayak Adventure

by Paul Dutkv

"Are these clams safe to eat?" Fonda asked. It was a good question, and we didn't have a good answer. Our group of three consisted of Roger Gray, inveterate PWC outdoorsman, Fonda Cloe, a psychiatric nurse specialist, and myself, an experienced whitewater boater who has come to love sea kayaking as well. We had paddled from Bella Bella, on the island studded northwest British Columbia coast, to our small sandy cove several hours before in wind, wave, and wet. The white sand beach, at low tide, was densely packed in places with large, edible, happy looking clams. The exposed intertidal rock was lush with sea life.

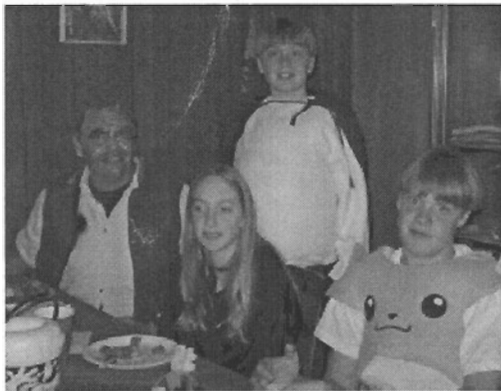
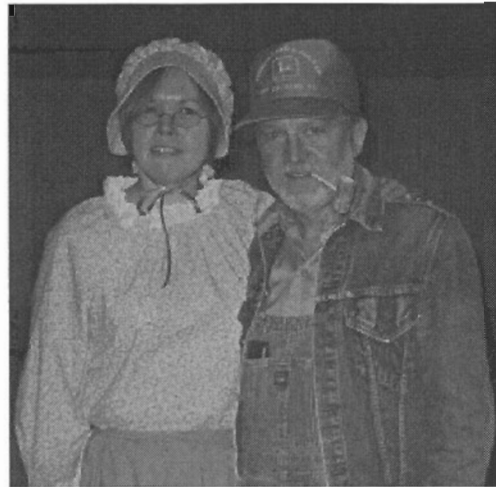
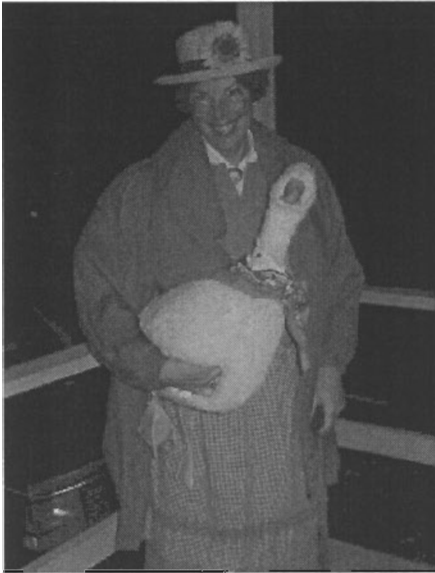
Our recreational map of the mid-BC coast advised not eating the shellfish. We knew the warning had to do with paralytic seafood poisoning (PSP), associated with the occasional red tide. There was, however, a native fishery nearby that did a good business in shellfish. Roger's Heiltsuk Indian friend, Wilma Humchit, had heard nothing important concerning the shellfishery when Roger talked to her the day before on his marine radio. Her boyfriend, Walter Campbell, works with BC fisheries, and regularly sends to them mussels and clams for testing.

Roger weighed in on the "I think they're safe to eat" side. He'd rubbed a sample of mussel and clam on his inner lower lip, and didn't experience any tingling, a sure sign of PSP. Furthermore, he'd just eaten several steamed mussels, which were delicious, he said, and he was still doingx. I found Roger's on-the-scene toxin analysis wanting, but in the spirit of adventure (and blissful ignorance) decided to join in. Fonda thought she was already over her head on this trip. She had little experience in a single sea kayak before this expedition, and had basically made (continued on page 9)

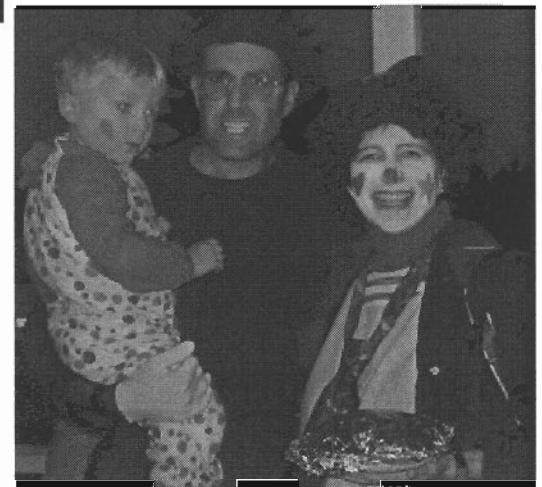


The Monster Mash!

The Halloween party was a success with about 70 people attending! There were some great costumes this year such as the Energizer bunny, a black widow, a cigarette butt, and cave people. (Even the facility manager did an authentic impersonation of a wet blanket; unfortunately, he wasn't pretending!) The blindfolded kids, with an occasional adult, took turns trying to break the piatas with varying degrees of success. We wish to thank all those who worked hard to organize this event - Laura and Ron Croft, Rick Fleming, Alice Savage, and especially P.J. LeTexier for letting us use all her wonderful Halloween decorations to give the rented hall a great Halloween look!



Photos courtesy of Gail and Kevin Gross



Outings

A Word About Outings

The persons sponsoring trips should not be considered instructors or leaders. If you are unsure of your abilities, skill level, or equipment, discuss the trip thoroughly with the organizer. Remember that each participant is responsible for his or her own comfort and safety on any outing. Please always carry the 10 essentials.

Pet Policy...

Because some people may not be as comfortable with your pets as you are, please leave pets at home when attending PWC outings unless the trip is specifically listed as welcoming them.

Hike Vashon Island

Saturday, December 1
Contact: Steve Vittori, 253-858-8191

Hike the beaches and woodlands of Vashon Island in the Point Robinson area, with possible side trips to island parks. The hike will be about 5 to 6 miles. Wear adequate foot gear for rocky portions of beach. Ferry fare is about \$5 per person depending on the number in the carpools.

Cross-Country Ski and Snowshoe

Saturday, December 1
Contact: Barney Bernhard, 360-479-3679

Barney Bernhard is doing a beginners' cross-country ski and snowshoe trip, if you are a novice seeking helpful and friendly instruction, or a skier needing an easy warm-up for the season. The location is to be determined once conditions are better known.

Snowshoe on Mt. Rainier

Sunday, December 2
Contact: Kevin Koski, 360-698-0655

I will be doing a snowshoeing trip from Paradise on Mt. Rainier. Reflection Lakes could be the destination. Please call me for further details.

Urban Hike in Discovery Park, Seattle

Saturday, December 8
Contact: Rick Fleming, 360-779-2275

This hike is easy to moderate on an improved trail in one of Seattle's best urban parks. Discovery Park has forest, fields, and a nice beach in a 5-mile loop trail.

Hike Duckabush

Sunday, December 9
Contact: Ron Croft, 360-779-6250

Huff and puff over Little Hump and Big Hump and down to a scenic lunch spot by the river. This makes a good winter hike of moderate difficulty. Total distance round trip is 10.5 miles with about 2000 feet of elevation gain.

Cross-Country Ski to Copper Creek

Saturday, December 15
Contact: Tony Abruzzo, 360-871-5754

Suitable for beginners, this a cross-country ski trip to the MTTA Copper Creek hut by Mt. Rainier.

Walk Theler Wetlands

Saturday, December 15
Contact: Diana Cripe, 360-895-8213

Easy walk in the Theler Wetlands in Belfair. The trails wander along peaceful waterways and meadows. They are level and well maintained and provide about 4 miles round trip of leisurely walking. Expect to see wintering birds.

Hike Lower Big Quilcene

Saturday, December 29
Contact: Alan Searle, 360-876-3070

This hike begins on an abandoned roadbed now carpeted in grass, and passes through second-growth fir, alder, and maple, following the Big Quilcene River. The trail then contours high above the river and eventually enters a virgin forest, largely Douglas Fir. The trail crosses several streams and the river, with the valley becoming more canyonlike as one hikes in.

Hike Dungeness Spit

New Year's Day, Tuesday, January 1
Contact: Kevin Kilbridge, 360-871-2537

New Year's day hike to the end of the Dungeness Spit located at the mouth of the Dungeness River near Sequim. This 5.5-mile (and growing) curved sand finger into the Strait Juan de Fuca is a saltwater beach walk extraordinaire! Five miles up the spit is the New Dungeness Lighthouse, a fixture since 1857.

Outings

Hike North Fork Skokomish

Saturday, January 5, or Sunday, January 6
Contact: Barney Bernhard, 360-479-3679

This hike is suitable for all hiking levels. The trail begins at the Staircase Ranger Station and continues through majestic stands of virgin forest. Many of the trees are 6–8 feet in diameter, 250+ feet tall, and over 500 years old. Elevation gain for this round-trip hike is less than 1000 feet and mileage will be flexible to fit everyone's ability.

Trail Maintenance on the Lower Graywolf

Saturday, January 12
Contact: Lezlie Cox, 360-479-7853

Washington Trails Association is sponsoring the first, and hopefully not the last, winter trail maintenance party in the Olympics. We will be focusing one Saturday a month on reworking several gully approaches within the first mile of this trail. Prepare for wet and muddy fun. For more info on this trail contact Lezlie; for info on WTA, go to www.wta.org.

Snowshoe Hurricane Ridge

Saturday, January 12
Contact: Steve Vittori, 253-858-8191

This hike is open to beginner and intermediate snowshoers. From the top of Hurricane Ridge, one can snowshoe in a winter wonderland while looking out on the Olympics, Mt. Baker, Strait Juan de Fuca, and Port Angeles below. Hurricane Ridge lies inside the Olympic National Park, so please have money for the park entrance.

Hike Elwha River

Saturday, January 19
Contact: Joe Weigel, 360-871-0291

During the late 1880s the settlers on the Elwha River cut a primitive trail upstream as far as they had taken claims. The Press Expedition extended this route and today the Elwha Trail more or less coincides with the path blazed by these parties. The first 4 miles of the trail are virtually a pedestrian's boulevard—a broad, smooth path through second-growth fir and patches of virgin forest.

Advance Notice

Cross-Country Ski in Methow Valley

Friday, January 18–Monday, January 21, 2002
Contact: Tom Banks, 360-697-7708

East of the Cascades, spectacular Methow Valley is heaven for groomed or ridge climbing cross-country skiing. On Martin Luther King weekend, we will spend three nights at a quiet, hot tub equipped lodge in Mazama, and enjoy cross-country skiing on a wide variety of groomed trails which begin from the lodge's front door. The trails offer skiing for all ability levels, although some stamina is required to get the most from the trail system. Ski rentals and professional lessons are available, for extra cost, from the guide service in Mazama. Cost of lodging for the long weekend will be \$110 to \$160 per person, depending on room occupancy. Last year, a few of us went skiing at night by headlamp! The groomed trails make for marvelous skate skiing or traditional cross-country skiing.

Cross-Country Ski in Yellowstone Park

February 28–March 4, 2002
Contact: Alice Savage, 360-638-2597

This trip is now full; however, there is always the possibility of cancellations, so please call Alice if you wish to be on the waiting list.

Ski Big Mountain

March 3 or 10, 2002 (You help decide the exact dates!)
Contact: Pat Gleason, 360-862-8926, PGZyzz@cs.com

It's time again to prepare for Pat's annual trip to ski the powder of Big Mountain, Montana. This year, he's considering extending the trip by a day. The return train doesn't leave until 9 pm, which will allow five days to enjoy all that the trip offers—alpine and nordic skiing, backcountry snowcat skiing, and side trips to Glacier National Park. Packages are available with or without lift tickets, various room configurations at the slopeside hotel, and coach or sleeper accommodations on the train, with discounts available for seniors and young folks. The "Think Snow" party, as always, will be on board the sleeper car! Tentative dates are Sunday, March 3, through Friday or Saturday, March 8 or 9; or Sunday, March 10 through Friday or Saturday, March 15 or 16. Examples of prices, which include hotel, Amtrak Coach fare, all transfers, and lift tickets, are:

3 Nights/3 Lifts 4 Nights/4 Lifts

ALPINGLOW INN

Two per room:	
\$440 per person	\$546 per person
Four per room:	
\$370 per person	\$448 per person

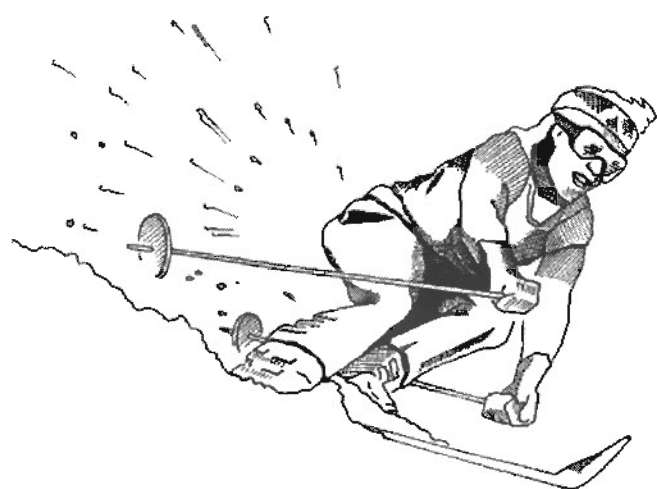
HIBERNATION HOUSE

Two per room:	
\$398 per person	\$485 per person
Four per room:	
\$346 per person	\$415 per person

Alpinglow Inn offers ski in/ski out accommodations, outdoor hot tubs, and its own restaurant (good food, reasonably priced). Room configurations include one king, two queens, one queen and one set of bunks, or one queen and two sets of bunks. At the Hibernation House, all rooms have one queen and one set of bunks. There is an indoor Jacuzzi, and a hot breakfast is included in the price. You can ski into the hotel, but must walk a short distance to the nearest lift.

Add \$114 per person for a standard sleeper room on Amtrak. Upgrades are available at extra cost. All sleeper car accommodations include everything you eat in the dining car.

Help Pat decide (as soon as possible!) whether to plan for 4 or 5 days, whether to depart on the 3rd or the 10th, and whether to book rooms at Alpinglow Inn or Hibernation House. Call now so Pat can get things moving!



Journey to the Himalayas

Mid-May to mid-June, 2002

Contact: Roy C. Smith, 803-604-8228

As a member of PWC, who gets back to Heaven (great Northwest) as often as possible, I would like to challenge some of the members to a trek next summer to the Himalayas—either Annapurna Base Camp or Everest Base Camp; Nepal or Tibet, or both with parts of China, the Great Wall, included.

I have spent a great deal of time in the Far East (Japan, Hong Kong, Taiwan, Philippines, South Korea), but never got to the Himalayas or India. If someone would like to take off for about a month, say mid-May to mid-June, to sightsee, backpack and bum around that part of the world, give me a call in South Carolina. Now is the time to start working on passports, visas, shots, etc.

FOR SALE

Women's size 10 black Mountain Hardware EFX Ultra weather pants. Worn once. \$150. Call Cris Craig or Brian Steely at 360-297-3825.

Monthly

Monthly Activity Planning (formerly IMM)

Thursday, December 6, 7 pm

Contact: Tom Leurquin, 206-842-5906

Discuss club business and help map out the schedule of January's outings. Tom will be hosting this month's meeting at his home on Bainbridge Island.

No Friday Potluck this Month!

Because of the holidays, there will be no PWC potluck this month.

PWC Climbers Group

An informal gathering of climbers meets the last Monday of the month at 7 pm at the Silver City Brewing Company in Silverdale. All are welcome to join us for general socializing and discussions about past and future mountaineering excursions. For directions, call Tom Banks at 360-697-7708. For a list of climbers, call Jim Morrison at 360-638-2705 or email jimjuliem@yahoo.com.

DECEMBER

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JANUARY

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DECEMBER & JANUARY

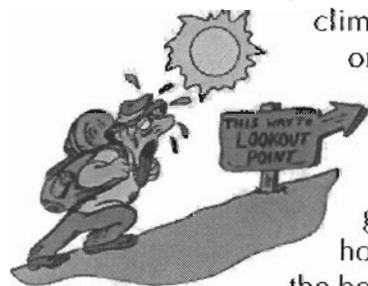


12/1	Hike Vashon Island	Steve Vittori, 253-858-8191	3
12/1	Cross-Country Ski and Snowshoe	Barney Bernhard, 360-479-3679	3
12/2	Snowshoe on Mt. Rainier	Kevin Koski, 360-698-0655	3
12/6	Monthly Activity Planning	Tom Leurquin, 206-842-5906	6
12/8	Urban Hike in Discovery Park	Rick Fleming, 360-779-2275	3
12/9	Hike Duckabush	Ron Croft, 360-779-6250	3
12/10	General Meeting, Unitarian Church	Ron Croft, 360-779-6250	1
12/15	Cross-Country Ski to Copper Creek	Tony Abruzzo, 360-871-5754	3
12/15	Walk Theler Wetlands	Diana Cripe, 360-895-8213	3
12/29	Hike Lower Big Quilcene	Alan Searle, 360-876-3070	3
12/31	PWC Climbers Group Meeting	Tom Banks, 360-697-7708	6
1/1	Hike Dungeness Spit	Kevin Kilbridge, 360-871-2537	3
1/5 or 1/6	Hike North Fork Skokomish	Barney Bernhard, 360-479-3679	4
1/12	Trail Maintenance on Lower Graywolf	Lezlie Cox, 360-479-7853	4
1/12	Snowshoe Hurricane Ridge	Steve Vittori, 253-858-8191	4
1/18 - 1/21	Cross-Country Ski in Methow Valley	Tom Banks, 360-697-7708 206-842-3650	4
1/19	Hike Elwha River	Joe Weigel, 360-871-0291	4

Calories, METs and HDBEs

So I thought it would be easy to figure out the caloric value of each hike. I mean, we can rate it ~~it~~ as Easy, Moderate, Hard, Masochists Only, but what we really want to know is if, for example, we climb Mt. Ellinor with its 2000-foot ascent and 2.5 miles, how many Haagen Dazs Bar Equivalents— HDBEs (290 calories for the Chocolate/Dark Chocolate bar) we have achieved?

I looked on the www, but I really could not find any easy answer to this. I had always thought that if I walked, strolled, or ran a mile, it took me about a 100 calories no matter how I did it, but for those of us who have climbed Mt. Ellinor to claim less than one HDBE for the ascent, and presumably the same on the descent, seemed woefully inadequate recognition.



Several sites on www show that my 100 calories per mile is a very rough approximation. Heavier people can get more credit, which also fits with physiology. The body has about 2000 calories of energy stored as glycogen which is converted into glucose for immediate use. Sixteen hundred is stored in the muscle, and the liver holds the other 400. The glycogen in the muscle is relatively inaccessible to the rest of the body so the liver provides energy to recharge the muscles and the rest of the body.

Marathon runners “hit the wall” at about 20 miles when they have exhausted their glycogen, and their bodies and their brains in particular call out for more.

Not everyone “hits the wall.” If you don’t run as fast, you move more efficiently, your physiology is better adapted, or you take in some carbohydrate, your body has more chance to adapt. Conversely, if you have liver disease or other medical conditions, you may have even less exercise tolerance.

On a long hike or backpack you may use more than 2000 calories, but it is used up at a slower rate and each break, or snack, allows you to go on longer. So, how many calories do you use?

Well, since the www was not particularly helpful, I thought I would go to a more reliable and accessible source. Tom Felix, a member of PWC, previously my daughter’s math teacher, now teaching at OC, answered my email. I asked him if he could help me work out the HDBE of altitude. Assuming that at 175 pounds, I climb 1000 feet, what credit do I achieve?

He replied, given that:

1 Horsepower = 33,000 ft-lbs/min = 746 watts = 2545 BTUs.

1 watt = 3.41 BTUs

1 BTU = 1055 joules = 0.252 kcal

175 lbs = 80 kg Gravity = 9.8 m/s/s. 1000 ft = 305 m

And assuming I gain the 1000 feet in one hour, I will have exerted 175,000 ft-lbs/60 mins, or 2916.7 ft-lbs/min. Using the above figures this translates into 56.7 calories per hour! So much for classical physics and the assumption of 100% efficiency,” was his comment. He suggested that I could wear an insulated wet suit and enclosed heat collection system on the way up and we could calculate how many calories I actually used. I thought that if he jumped off the mountain into a closed-system, theoretical bucket of water, we could see how much it heated up as his potential energy was released. I wondered if horizontal movement could be considered differently from vertical movement, but Tom pointed out that when Watt originally worked out his values, he did it with a horse pulling a bucket of coal vertically. This wouldn’t work. I couldn’t fault his math, but if every 1000 feet was only worth about one fifth of a HDBE, I may as well stay at home.

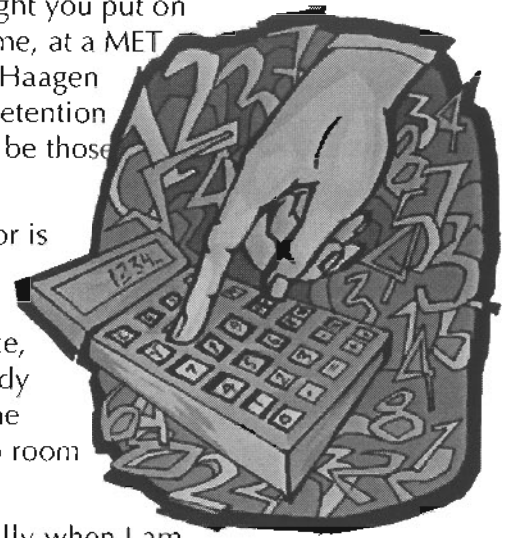
Clearly this required more research and I next looked at www.suite101.com which has several interesting articles including one, “Determine your calories for your favorite Spring activities.” This suggested looking up the METs (Metabolic Activities) for your particular activity. This is all very well, but while the MET for horseback riding (galloping) is 8.2, and running 9 mins/mi is 8.7, no such accuracy applies to hiking, 3 to 7, or for backpacking, 5 to 11.

Using the formula $MET \times 3.5 \times \text{body weight in Kg}/200 = \text{kcal/min}$, (or slightly less accurately $MET \times \text{body weight} = \text{kcal/hr}$, and since the MET figures for hiking and backpacking vary so much this is probably good enough), it suggests rating how hard you think you are working and apply that to the formula *continued on page 8*

Calories, MET's and HDBE's *(continued from page 7)*

The obvious danger here is that you may think you have acquired 6 HDBEs when perhaps you were only gaining 4, act on this information and only find out later that you have been fooling yourself. However, as you can see from the formula you would eventually be using 6 HDBEs since the weight you put on in error would allow you to correct this. If you hiked for 2 hours each time, at a MET of 10, you would only have to put on 29 kilograms (Approximately 500 Haagen Dazs bars - if we assume that one pound of fat is accompanied by the retention of one half pound of bodily fluid) to be in equilibrium again. There may be those among us who think that is worth it.

I am, however, not getting any closer to finding out how much Mt. Ellinor is worth. The same web site had another article on "Assessing your Cardio-vascular Endurance," and had a way of figuring out your VO2 max from a one-mile exercise. I suggest if you are interested in that you visit the site, since although the formula $VO_2 \text{ max (ml/kg/min)} = 132.853 - 0.1692 (\text{body mass in kilograms}) - 0.3877 (\text{age in years}) + 6.315 (\text{gender}) - 3.2649 (\text{time in minutes}) - 0.1565 (\text{heart rate})$ can be written here, there is not enough room to put in the tables to see what the significance of the answer is.



So I still have not answered the question, but what I realized is that usually when I am hiking and going up hill, I can maintain a normal conversation, and at times when it gets steep, I am lucky to grunt out a monosyllable. Presumably this accounts for the variation in the METs for the activities. I thought that maybe the best way to compare this was to activities on the flat. I could probably run 7 miles an hour for an hour and grunt occasionally, and I am going to assume that this is 700 cal/hr. I don't think I could run any faster and keep it up for an hour. I can maintain a conversation at 5 mi/hr. When I climb Mt. Ellinor, it is a mixture of grunts and conversation, perhaps not much conversation, and I hike it in about 2 hours, so I am going to claim it as a 600 cal/hr exercise. However, I started this article wanting to see how much credit I would get from the altitude, and so I should deduct from this the calories I would have used walking for that hour, in this case 1.25 miles or 125 calories, giving me a final value of 475 calories per 1000 feet of ascent.

Tom thought that we should just assume that we use up about 500 calories per hour for strenuous hiking, and I suppose I came to about the same conclusion, so, using the soon to be patented PWC formula, for Mt. Ellinor the calories I would use would be:

5 miles round trip @ 100 cal/mi = 2000 feet @ 475 cal/1000 ft = 1450 calories.

I therefore declare that for a 175 pound person, Mt. Ellinor is nearly worth 5 HDBEs, and in fact if you walk around the car about 10 times at the trail head parking lot is worth 5 HDBEs.

Although I have included time in my calculations, this figure should be the same regardless of speed of ascent. This is only really possible for hikes which have a consistent ascent. If you take the same formula for Mt. Jupiter (3,600-foot ascent and 7 miles) you get a figure of approximately 2300 calories, which does not account for the ups and downs of the trail. If you think you have run a marathon by the time you get to the top, you probably have.

Of course, if I celebrated on the top of Ellinor with 2 Costco muffins and a couple of chocolate bars, I would be in negative HDBE territory, and we already know where that leads to.

Enjoy your hiking.

Alan Searle



Bella Bella to Bella Bella — A Sea Kayak Adventure *(continued from page 1)*

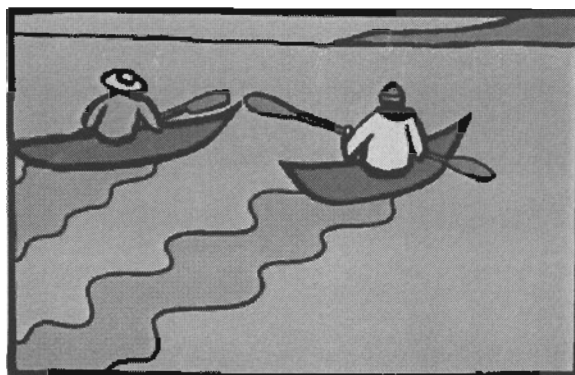
peace with God before leaving Seattle. There were times, earlier in the day, when two to three-foot following seas had rolled over her decks, and her beautiful new 17-foot Cape Horn had briefly wallowed. It was not uncommon for her, when sea-kayaking with Paul, to press on despite mortal fear. In the end, we enthusiastically shared Roger's steamed clams, dipped them in cocktail sauce, and celebrated the successful beginning of our adventure.

Day two dawned with forecasts of rain and southwest gale force winds. Our cove was nicely situated to shelter us, so we stayed put, and dialed back to a more leisurely pace and mood. Roger read, and periodically milked our large rain tarp for fresh water. The early morning was still quiet, and at low tide Fonda could hear the reef.

Women seem to have this advantage over men, in that they periodically throughout the day get down very close to the earth—an especially intimate association for someone like Fonda who can't see very well. This leads to the discovery of beautiful small flowers, tiny eels in the seaweed, and occasionally being sprayed in the behind by irate clams. On this morning she heard the reef. It sounds like a symphony of deflating, squealing balloons, the reed section playing very softly. The percussion section drips, drips, as moisture drains from the seaweed, rocks, and shrinking sea anemones. The high pitched squeals seemed to emanate from clusters of large barnacles, expelling air from inner recesses as they sealed themselves till the next tide.

As the seas and wind assaulted the windward side of our island that afternoon, we had shellfish hors d'oeuvres on the beach. We pitched a few shells into the 8-inch shallows to see what the locals would make of it. First to the scene was a gang of two-inch sculpin, taking lightning nibbles at muscle fibers adhering to the shells. Next came a two-inch black crab, but the fish, in a concerted effort, aimed darting blows at the crab. It withdrew beneath a clam shell, raising pincers in defense. The black crab didn't leave, but couldn't freely feed either. When a hermit crab arrived, six tiny fish barred its way, fanning out with tails toward their cache. The hermit pressed on and managed to climb onto the concave surface of the shell, until violent and repetitive fish strikes knocked it back to the sand. It began a long retreat while the fish took turns striking, crab and their meal. The fish fluidly driving the crab from the field.

High pressure pushed into the for the next week. We awoke to a surface mirror flat. This was a surprise these waters over fifteen years and undiluted sunshine only once begardens of long-stemmed white keels, as did an occasional large



orange flowerings of tubeworms on the sea floor. Sunlit yellow seaweed, beige and red rock prominences, green trees, and deep blue sky reflected off the surface as we passed—a delight to the eyes after two days of gray on gray. We made our way to a small lagoon, an old Indian fishing camp that Wilma had suggested to Roger. The light breeze and wide clear sky made paddling a joy.

The almost hidden narrow passage to the lagoon carved a channel between two islands. The high tide allowed us to paddle onto a flat grassy spit on the northern island in mid-lagoon, where there were several good tent sites. At low tide, the lagoon's water drains away and intertidal sand and rock join both islands. We had again found a great place to camp, and it was the only campsite of the trip where there was adequate room for more than two tents. If our little expedition had been larger, there would have been unhappy campers most nights.

We combined sightseeing and a search for fresh water on our fourth day. Roger needed to replenish his water every third day or so, and we set out toward a likely source. Both Fonda and I carried enough water for the entire nine-day trip. Enroute we found some colorful foot-long sea cucumbers, and floated over a large host of white translucent jellyfish, two to twelve inches across. The jellyfish filled our field of view, and extended from the surface downward, into deep blue indistinctness. Time slows watching jellyfish, the repetitive beating of each disk like an unhurried beating heart...mesmerizing. *(to be continued in January PENWICK)*

toward a rock five feet away, keeping themselves between the idly advanced in v-formation,

mid-BC coast and stayed there dawn still and bright, the sea prise to Roger, who has paddled six separate trips, and seen fore. Launching at low tide, anemones glided by under our purple sun star, and the bright

Club News

PWC Welcomes new members...

Debbie Coleman, Garrett Duckworth, Deborah Thomas, Maria Steinbeisser, Cristel Tift, Sandie Morris, Peggy Braile, Cathy Pazkill, Tamara Stone, Stephen Cain

Annual Board Meeting

The fourth annual PWC board meeting was held on November 14 at the Kitsap Central Library. Twelve members attended. Ron Croft, club president, gave a brief history of board meetings and the procedures. Gail Gross, club treasurer, presented the 2002 budget. The influx of new members this year prompted a lengthy discussion on how best to disseminate information to new members. Tom Broszeit was chosen to act as membership coordinator, specifically as a contact person between new members and the club. Also an increase of membership dues was discussed.

What's in a Word? IMM now MAP

Apparently enough to cause confusion. The IMM or Interested Members' Meeting has been renamed MAP or Monthly Activity Planning. Why? On more than one occasion, new members have mistakenly believed this meeting existed to specifically welcome new members and address their questions. It is hoped that the name "Monthly Activity Planning" more clearly communicates what this meeting is all about. *New members are more than welcome to participate in MAPs.*

This Month's Insert

The insert this month is the fourth and final sheet of our revived New Members' Packet. One side provides a comprehensive checklist for hiking and backpacking in the Northwest that was put together by past president Tom Banks. The flip side includes Tom Weigelt's list of ten essentials, as well as a short suggested reading list and information on local resources for renting outdoor equipment. If there is additional information that you think would be helpful to new members, please contact club secretary, Lori Hudson at 360-697-1281.

Last Month's Door Prize

A snow shovel was won by Mac MacDowell. We thank the Mt. Constance Mountain Shoppe for once again generously supplying the door prize.

Roller Skating in Bremerton

Bremerton Skateland reserves Sunday night, 7-9:30 pm, for adults! Contact Kevin Koski at 360-698-0655 or Skateland at 360-479-7655 for details.

ONP Announces "Perspectives" Series

The third annual "Perspectives" series at the Olympic National Park Visitor Center started on Tuesday, November 13, at 7 pm, and continues on the second Tuesday of each month from November through April. The series explores the diversity of Olympic National Park and the surrounding area. For more information, call the park at 360-565-3138.

Trail Tips and Helpful Hints

- It's time to waterproof boots for winter hiking and snowshoeing. Here's a tip passed on by PWCer Karen Grzybowski: put some Nikwax in a freezer weight plastic bag and nuke it in a microwave to further soften it. It's much easier to work into the leather and boot seams. Thanks, Karen.
- The Carbon River Bridge is now operational on Mt. Rainier.

Address Changes...

Our membership database is only as good as the information received. Delivery of the ENWICL particularly depends on up-to-date addresses. If your address, email, or phone number has changed, please contact Venita Goodrich at vmnotbf@ix.netcom.com or 3661 Hyak Way, Bremerton, WA 98311.

PWC Climbers' Group

In the February 1998 PWC meeting, Craig Martin suggested that it might be beneficial to have special interest groups of members who wish to pursue interests such as climbing. A small group of PWC members who share an interest in climbing continue to meet at the Silver City Brewing Company in Silverdale on the last Monday of the month. Interests vary from technical rock to alpine climbing. People start drifting in about 7 pm (Ask the hostess where you might find the "mountaineering group"). The meetings are very relaxed with no formal structure whatsoever. People report on adventures they have taken or plan to take, and often people hook up and go climbing together. Anyone wishing to fraternize with such a group is most welcome. You can get directions to the meeting place by calling Tom Banks at 360-697-7708 or Jim Morrison at 360-638-2705. There will be a meeting Monday, December 31.

Club Business

"Society speaks and all men listen,
mountains speak and wise men listen."

~John Muir

Ron Rests...

Because of the many submissions this month— many thanks to our contributors, Ron has taken a hiatus to make room for these articles. *Ron Writes...* will return in January.

Have You Expired?

Well PWC certainly hopes not! To check the health of your club membership, look for your membership expiration date on the address label on the back of your latest issue of the *PENWICK*.

MTTA Weekend Trip Drawing

The weekends reserved for PWC use of the Mount Tahoma Trails Association ski huts this winter are SnoBowl in January and High Hut in February. Specific dates as yet unknown. If you are interested in going on one of these overnight trips, sign up for the reservation drawing to be held at the December 10th PWC meeting. If your name is drawn, you will need to give Tony Abruzzo two checks made out to MTTA: \$25 per person deposit returned to you uncashed if you keep your reservation, cashed if you do not; also there is a \$5 per person non-refundable processing fee. If you have any questions, please call Tony Abruzzo at 360-871-5754.

Thanks for the Cookies!

Our thanks for November cookies to Vicki Fleming, Joyce Kimmel, Kathy Weigel, Doug Savage, and Lezlie Cox. Thank you also to several others who added to last month's refreshment table, but didn't divulge their names. We don't know who you are, but everyone enjoyed your contributions. Thank you all! We'll need goodies for the meeting on December 10, so if you are coming and can help in this way, please call Laura Croft at 360-779-6250, or email llcroft@earthlink.net.

Find Your Inner Martha!

Each and every month, the club's MAP and potluck dinner need volunteer hosts with the mostest. If you can handle a small home invasion, please contact club secretary Lori Hudson at 360-697-1281.

Joining the PWC or Membership Renewal...

See back of newsletter for membership form. *PWC members get a 10% discount at The Ajax Café, Mt. Constance Mountain Shoppe, and Commander's Beach House Bed & Breakfast.*

Address Changes...

Contact Venita Goodrich at vmnotbf@ix.netcom.com or 3661 Hyak Way, Bremerton, WA 98311.

PENWICK...

Deadline for articles, trip descriptions, announcements, photos and artwork is the 15th of the month prior to publication. Send to Lezlie Cox, editor, at 4219 West View Dr., Bremerton, WA 98310, or email penwick@hotmail.com.

All are welcome to join the monthly soiree to prepare the newsletter for mailing. To help, contact mailing hosts Joyce Kimmel at 360-876-1497, or Doug Savage at 360-698-9774.

PWC Online...

<http://kendaco.telebyte.com/~bcripe/>

Check out the *PENWICK* online and links to other sites of interest to outdoor enthusiasts. Bert Cripe maintains the club email list and website and can use your photos. Mail photos to 23908 Jefferson Ave. SE, Port Orchard, WA 98366, or email bcripe@telebyte.com.

Officers & Staff

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Secretary:	Lori Hudson	360-697-1281
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	Doug Savage	360-698-9774

PWC

Join or Renew Membership

PWC

The Peninsula Wilderness Club is an informal organization for persons interested in active outdoor pursuits. Main activities include hiking, backpacking, mountain climbing, rock climbing, and skiing. All outings, from casual hikes to technical mountain sports, are initiated by individual members. These members are volunteers who generously offer to make minimal arrangements so an outing can take place. They do not accept responsibility for the safety or care of any participant. The PWC does not conduct instructional programs and members are expected to have whatever clothing, equipment, skills, and physical conditioning are appropriate for the outing they wish to join. Members are expected to practice responsible environmental stewardship and must accept that there are dangers and a risk of injury in most outdoor activities.

Dues are \$18 per household per year. Send a check or money order to:
Peninsula Wilderness Club, P.O. Box 323, Bremerton, WA 98337-0070.

Please check if: New Member(s) ☐ Renewing Member(s) ☐ Change of Address ☐

Name(s): _____

Mailing Address: _____

City, State, Zip: _____

Telephone: _____ optional Email: _____ optional

☐ Check here if you do not wish any information to be included in the list distributed to members.



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