

February
2003

PENINSULA
WILDERNESS
CLIMBERS
PWC

Peninsula Wilderness Club meets on the second Monday of every month at 7 pm at the Kitsap Unitarian Universalist Fellowship on Perry Avenue in East Bremerton. The public is cordially invited.

America's Rooftop—The Sequel

Monday, February 10, 7 pm
Kitsap Unitarian Universalist Fellowship, Bremerton

Wayne Balcom, our speaker in December, returns with his forgotten slides! In a 14-month journey, from 1992 to 1993, Wayne ascended all 50 state high points with the help of rope teams on technical routes. In June–July of 1993, he began a 23-day climb to the 20,320-foot summit of Alaska's Mt. McKinley. His slide presentation will document the climb and journey's end. That pilgrimage made him the 29th person in the world to reach the highest point of land in each of the 50 states. It also gave him a world record that still stands—the only person to reach all 50 high points after age 66.

General Meeting Time Change

A trial proposal to start each General Meeting at 7 pm was agreed to by club members at the January meeting. The new start time will begin in February. If the time change meets with general approval, the change to 7 pm will be made permanent.

The Mountaineers in Kitsap

Kitsap Branch General Meeting
Saturday, February 1, 5 pm
3000 Seabeck Highway, Bremerton

Come and help start the new Kitsap Branch of the Mountaineers! A general meeting will be held to elect interim branch officers, create the branch governing documents, create a petition for presentation to the club's board, and discuss initial activities and branch promotion. For directions, information, and email newsletters, please contact 206-284-6310 or branch@kitsapcabin.org or www.kitsapcabin.org.

Climbers Guide to the Olympics

Olympic Mountain Rescue (OMR), collectively, is the author of the Olympic Climbers Guide. It has been decided, in conjunction with the publisher, The Mountaineers, that a full-on revision of the guide will be undertaken. This fourth edition will contain a rock climbing section and will begin the limited introduction of GPS waypoints.

It is well known that PWC members are very active in the Olympic Mountains. Consequently, OMR feels that PWC members would be excellent sources of information about things that need to be revised, added, or deleted from the guide. Information and field assistance are actively solicited. The deadline is relatively short for an undertaking of this magnitude, so don't hesitate to provide your input. Contacts are listed below.

My personal responsibility in this effort is the section on High Alpine Traverses. I would like to talk to people that have done any of the traverses listed in the guide. In addition, I feel there is a possible traverse, starting at Obstruction Point and ending at Home Sweet Home. I will need help in exploring this route. For high alpine traverses, please contact me, Dale Boyle, at 360-792-1714 or dboyle@web-o.net. Keith Spencer is the chairman of the guide book committee and can direct your comments to the committee person responsible for your comment area. He can be reached at 360-377-1753 or keith.spencer@attbi.com.



President's Message

January is rushing by and we're finally getting enough snow in the mountains for us to enjoy. We can only hope that winter will continue up in the mountains. I know that there are a lot of frustrated skiers out there. A few more feet of snow would make most of us a great deal happier.

I hope those of you who were at the Monday meeting enjoyed Dale & Tina Ingalls' presentation of their two-year sailing odyssey as much as I did. The pictures of sailboats anchoring around South Seas atolls really helped dispel any winter blues. I can't imagine anchoring in the lagoon of Bora Bora for a month straight. What a wonderful experience! I have lot lot of admiration for folks like the Ingalls who can put aside the mundane concerns of everyday life and follow their dreams and take an adventure of a lifetime. That is one of the things that I enjoy most about the people I have met in the PWC. Most of our membership have a real zest for life and are always on an adventure, whether it is a two-week trip in the Bailey Range, climbing in Nepal, or driving the haul road to the North Slope of Alaska. What a pleasure it is to be associated with such folks.

On a more mundane note, your board of directors had its first formal meeting of the term prior to the January General Meeting. Some of the items acted on were:

1. News contained in the PENWICKLE would be put on our website (pwckitsap.org) with the exception of members' addresses, phone numbers, or email addresses. Outings listed on the website will have the sponsor's name only, unless the sponsor requests that their phone or email be listed. A separate printed list of addresses, phone numbers, and emails will be provided to PWC members only. Members of the board were concerned about the privacy of members and decided not to include any contact information on the website.
2. Paul Dutky will be replacing Doug Savage as a member-at-large on the club's board of directors. Doug had asked that he not be on the board if a suitable replacement could be found. Paul has been a longtime member in good standing in the club. The board unanimously approved Paul taking Doug's place.
3. Doug Savage volunteered to coordinate the folding and mailing of the PENWICKLE and the monthly acquisition of door prizes for the general meeting. The board gladly accepted his offer and gave him the responsibility of ensuring that the PENWICKLE is folded and mailed out to the membership in a timely manner.
4. The board decided that the monthly general membership meeting was getting over somewhat late for many members who had to get up to go to work early the next day. Rather than shorten the meeting or program, which all thought to be fine, it was decided to start the meeting at 7 pm rather than 7:30 pm. During the months of May and August, the program portion of the meeting may be delayed so that the setting sun doesn't disrupt the slide shows. If you have any questions or concerns, please feel free to contact me.

Yours in fun and adventure,

Rick Fleming



Let it snow,
let it snow,
let it snow!

Help Wanted: Editor Needed

NEED ONE OR TWO DEDICATED INDIVIDUALS TO EDIT THE PENWICKLE BY JUNE!
Contact Lezlie Cox at 360-479-7853 or Rick Fleming at 360-779-2275.

Outings

A Word About Outings

All PWC outings and other activities are open to anyone, but if you enjoy our company and what we do, we would like you to become a member

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.

Snowshoe at Hurricane Ridge

Saturday, February 1

Contact: Barney Bernhard, 360-479-3679

From majestic, snowy Klahhane Ridge, you can almost see forever. Enjoy snowshoeing or crosscountry skiing this lofty, scenic alpine ridge that connects Hurricane Ridge to 6454-foot Mount Angeles. On a clear day, you can look north across Vancouver Island to the huge coastal range of mainland British Columbia. This is an intermediate outing, having approximately 400 feet of elevation gain in five miles.

Hike Mt. Walker

Saturday, February 8

Contact: Doug Savage, 360-698-9774

Take a winter hike up to the top of Mount Walker near Quilcene. Short, strenuous two-mile hike up.

WTA Trail Maintenance on Notch Pass

Saturday, February 8

Contact: Lezlie Cox, 360-479-7853, or www.wta.org

If the snow stays higher, we will finish Section 2 of Notch Pass Trail near Quilcene. A trail bench needs to be completed through a rock field. If snowed out, we will be doing drainage work at Notch Pass 1 or on Rainbow Canyon Trail. Persons of all skill levels and fitness are welcome.

Snow Cave Construction at Mt. Rainier

Saturday, February 8–Sunday, February 9

Contact: Rick Fleming, 360-779-2275

Join us for a 0.5-mile snowshoe hike above the Paradise area of Mt. Rainier to Home Snow Home, where the group will construct snow caves or quincys and then spend the night in their new abodes. No special skills are required, just the physical ability to do a lot of digging in the snow. Participants will need to be prepared for winter weather conditions.

Winterfest 2003

February 14–17, Stevens Pass

Contact: See Reservations below

Jon DeArman is sponsoring Winterfest 2003 to be held at the Stevens Pass Mountaineers' cabin. The four-story cabin is located at the 4061-foot summit of Stevens Pass, sleeps 55 people, and has a men's, women's, families', and couples' dorm plus kitchen, dining, and living areas.

- Ski from the cabin to the lifts and from the lifts to the cabin.
- XC ski / skate ski / snowshoe 25 miles of groomed trails in Mill Valley.
- Ski / board mountaineering climbs to Skyline Peak, located across the road from the lodge.
- XC ski / snowshoe miles of Forest Service trails in the area. Sno-park pass required at some trailheads.
- Snowshoe Pacific Crest Trail located on ridge above cabin.
- Hike into *scenic hot springs* four miles west of the pass.
- Shop in Leavenworth 20 miles east
- Drink *hot toddies* with Jon and Sue each evening in the Stevens Bar.

COST: \$22 Friday and \$27 Saturday / Sunday nights includes breakfast and dinner. Bring your own lunch. Kitchen available for use includes a microwave. *No alcohol in cabin.* Mountaineers members pay much less

RESERVATION: Jon DeArman's has filled his reservation list. You can still make your own reservation by calling 800-573-8484 on or after January 28.

Hike Snow Creek

Sunday, February 16

Contact: Lezlie Cox, 360-479-7853

This trail was reopened in 2001 as an alternate route to Mt. Zion, but it is not yet listed by the Forest Service website. I have hiked about 1.5 miles in while doing trail maintenance. The first part begins in a doghair forest and is a steady climb up. Since I do not have the specs on this trail, I have estimated by a topo map. The hike is probably four miles up with 2000 feet of elevation gain. By outing date, there may be snow near the top, so snowshoes may be helpful.

Cross-Country Ski to Copper Creek Hut

Saturday, February 22

Contact: Tony Abruzzo, 360-671-5754, or Venita Goodrich, 360-698-9774

Cross-Country ski trip to Mount Tahoma Trail Association's Copper Creek hut! This volunteer organization maintains a cross-country trail system on the flanks of Mt. Rainier.

Outings

WTA Trail Maintenance on Notch Pass

Sunday, February 23

Contact: Lezlie Cox, 360-479-7853, or www.wta.org

Please see WTA outing on Saturday, February 8.

Snowshoe Snoqualmie Pass

Saturday, March 1

Contact: Steve Vittori, 253-858-8191

Enjoy an easy to moderate snowshoe hike of approximately five miles at Snoqualmie Pass.

Cross-country Ski on Cowlitz Rocks

Saturday, March 1

Contact: Doug Savage, 360-698-9774

Day cross-country ski trip on Cowlitz Rocks on Mt. Rainier's eastern side.

Ski/Snowshoe to Snowbowl Hut

Saturday, March 8–Sunday, March 9

Contact: Rick Kohler, 360-697-4912

Ski/snowshoe trip to Mount Tahoma Trails Association's Snowbowl Hut for the night of March 8. There is a maximum of eight people. The \$30 deposit (\$25 refundable) is required by February 10 at the PWC General Meeting.

Cross-country Ski and Camp in Royal Basin

Friday, March 21–Sunday, March 23

Contact: Doug Savage, 360-698-9774, or Brian Steely, 360-297-3825

For expert skiers only. Cross-country ski and camp in Royal Basin. This bit of high country in Olympic National Park consists of several terraces or ice-carved basins, where meadows intermingle with groves of trees, forested knolls, and glacier-polished knobs. Thundering Royal Creek Falls may be in a frozen state of beauty.



Winter Hikes

Below are lower elevation trails suitable for winter or anytime hikes. Most are located in the Olympic National Forest. For further information, call 360-765-2200 or go to www.fs.fed.us/r6/olympic

Dungeness Spit
Duckabush River
Murhut Falls
Sol Duc Falls
Elwha River
The Foothills
Rainbow Canyon
Fallsview Canyon
Gold Creek
Heart O' the Forest
West Fork Dosewallips River
Lower Big Quilcene
Lower Graywolf River
Bogachiel River
Notch Pass
Snow Creek
Deadfall
Spruce Railroad
Lower Lena Lake
Mt. Walker
Pyramid Peak
West Elwha
Elk Lake
Dry Creek
North Fork Skokomish River
South Fork Skokomish River
Lake Quinault Lodge (various loops)
Ozette Loop

McCormick Woods, Port Orchard
Fort Flagler, Marrowstone Island
Fort Worden, Port Townsend
Theler Wetlands, Belfair
Discovery Park, Seattle
Ebey's Landing, Whidbey Island
Banner Forest, Seabeck
Green Mountain, Bremerton
Clear Creek, Silverdale
Nisqually Delta, Olympia

It is a fine thing to be out on the hills alone.
A man can hardly be a beast or a fool alone
on a great mountain.

~ Reverend Francis Kilvert, 1840-1879

Monthly

MAP: Monthly Activity Planning

Thursday, February 6, 7 pm

Contact: Rick & Vicki Fleming, 360-779-2275

Discuss club business and help MAP out the Outing schedule at Rick and Vicki's home in Poulsbo.

February Potluck!

There was no volunteer to host the February Potluck.

PWC Climbers Group

An informal gathering of climbers meets the last Monday of the month (Check calendar for date changes.), 7 pm, at the Silver City Brewing Company, Silverdale. All are welcome to join us for general socializing and discussions about past and future mountaineering excursions. For directions, call Tom Banks at 360-352-4154. For a list of climbers, call Jim Morrison at 360-638-2705 or email jimjuliem@yahoo.com.

February

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23	24	25	26	27	28	29
30	31					

February and March

Date	Outing/Meeting	Contact	Page
2/6	MAP: Monthly Activity Planning	Rick & Vicki Fleming, 360-779-2275	5
2/1	Snowshoe at Hurricane Ridge	Barney Bernhard, 360-479-3679	3
2/6	MAP: Monthly Activity Planning	Rick & Vicki Fleming, 360-779-2275	5
2/8	Hike Mt. Walker	Doug Savage, 360-698-9774	3
2/8	WTA Trail Maintenance on Notch Pass	Lezlie Cox, 360-479-7853	3
2/8-9	Snow Cave Construction at Mt. Rainier	Rick Fleming, 360-779-2275	3
2/10	General Meeting	Rick Fleming, 360-779-2275	1
2/14-17	Winterfest 2003	Jon DeArman, 360-697-1352	3
2/16	Hike Snow Creek	Lezlie Cox, 360-479-7853	3
2/22	Cross-Country Ski to Copper Creek Hut	Tony Abruzzo, 360-671-5754 Venita Goodrich, 360-698-9774	3
2/23	WTA Trail Maintenance on Notch Pass	Lezlie Cox, 360-479-7853	3
2/24	PWC Climbers Group Meeting	Tom Banks, 360-352-4154	5
3/1	Snowshoe Snoqualmie Pass	Steve Vittori, 253-858-8191	4
3/1	Cross-country Ski on Cowlitz Rocks	Doug Savage, 360-698-9774	4
3/8-9	Ski/Snowshoe to Snowbowl Hut	Rick Kohler, 360-697-4912	4
3/21-23	Cross-country Ski and Camp in Royal Basin	Doug Savage, 360-698-9774 Brian Steely, 360-297-3825	4

PWC Welcomes New Members...

Rod Henderson, Rocky McNeil,
Pia VanHanan, David Delmendo

Newsletter Folding

Doug Savage will coordinate the folding and mailing of the *PENWICK* each month. Please contact Doug at 360-698-9774 to help.

January Raffle Winner

Jill Hawes was the lucky winner of a set of synthetic long underwear donated by the Mt. Constance Mountain Shoppe.

FYI

For the latest status on bridges and shelters in Olympic National Park, Debb Legg has provided these helpful websites.

Bridges—<http://www.nps.gov/olymp/press/bridges.htm>
New shelters—<http://www.nps.gov/olymp/press/heavyliftscope.htm>

Magazine Swap

PWC members are invited to bring any outdoor-related magazines (i.e. *Adventure*, *Backpacker*, *Washington Trails*, etc.) they no longer want to the PWC General Meetings to swap for magazines brought by other members. A box will be in the lobby during meetings where you may leave magazines or take one home to read. Please bring only a few issues to trade and not stacks of them from the attic. Enjoy planning your next adventure while reading by the fireplace on these winter nights!

Thanks for the Goodies!

Thank you Bonnie McDaniel, Ellen Schroeder, Vicki Fleming, Jon DeArman, and Doug Savage for the table treats! If you would like to bring munchies to the February meeting, please contact Jill Hawes at 360-275-5402.

Women's Climbing Group

Sue DeArman, 360-697-1352, is the contact person for the Women's Climbing Group, which meets the first and third Sunday of every month, 7–9 pm, at Vertical World in East Bremerton. Beginners welcome!

An Intertidal Workshop

Saturday, February 22, Poulsbo Marine Science Center
Contact: Barb Erickson, 360-779-5549, info@poulsbomsc.org

The Poulsbo Marine Science Center's popular adult workshops continue this winter with "Life on a Rocky Shore," a half-day session at the Center hosted by seasoned marine biology instructor Jon Day.

The four-hour class will highlight our dramatic and beautiful northwest rocky shores and their fascinating residents, all easily viewable during a low tide. Designed for beachcombers, hikers, kayakers, boaters, nature lovers and teachers, the workshop will emphasize lifestyles of common shoreline animals and their adaptations to a tough, ever-changing neighborhood. A field trip to a nearby rocky shore will be scheduled for spring, as an optional add-on for workshop participants.

The "intertidal condominium," horizontal bands of life between high and low tide, will be explained, noting how different marine animals survive in each zone. Coastal geology and its role in habitat selection will be touched upon. Sea stars, urchins, sea cucumbers, hermit crabs, anemones and many other common shoreline creatures will be examined "up close and personal" in the Center's touch trays.

The class is offered February 22 between 9 am and 1 pm. Tuition is \$25. Four clock hours are available to teachers. The last day to register is February 21. For more information and a registration form, contact Barb Erickson at the Center, which is located at 18743 Front Street, downtown Poulsbo.

Have You Expired?

Well PWC certainly hopes not! Check for your membership expiration date on the address label on the back of your latest issue of the *PENWICK*.

PWC Scrapbook!

Share the memories of a great outing! Bring in photos of any event related to PWC, or a recent outdoor excursion. Bring them to the next PWC meeting! The scrapbook will be on display at meetings with a basket for photo donations alongside it. Please provide:

- Three to five photos of a given event
- On the back of each photo include the names of people, location and date of event
- A brief synopsis or description (20 words or so)
- Your permission for that photo to be cropped and permanently donated to the scrapbook
- Place your photos in a ziplock bag or similar

For more information, please contact Linda Fourier at P.O. Box 2521, Silverdale, WA 98383, or 360-698-3005

Club Business

From the Archives...

Is the Water Safe?, PWC newsletter, June 1983

Giardia Lamblia, a protozoan parasite, has caused a great deal of discomfort for some hikers who travel through the backcountry. Giardia infests the intestinal tracts of mammals and humans, producing "explosive" diarrhea, increased gas, loss of appetite, abdominal cramps, bloating, and sometimes nausea. Typically, symptoms appear seven to ten days after infestation but may last or recur for much longer. They range in intensity from mild to acute.

The cystic form of giardia is usually transmitted to people who drink contaminated water. Those clear, cold, free-running mountain streams may not be as safe as they are refreshing. Beware of the possible hidden hazard! Wherever a mammal has fouled a stream or crossed a snowfield, contamination by this parasite is possible. Giardia is resistant to cold and mechanical action of water flowing in a stream.

Little can be done to treat the illness on the trail. Medical help should be sought if it is contracted. The best treatment, however, is *prevention*. The most certain treatment to destroy giardia in raw water is to boil the water at least one minute before drinking it. At high altitudes, you should maintain the boil for three to five minutes for an added margin of safety. Boiling also kills other organisms causing waterborne disease. Chemical disinfectants, such as iodine and chlorine drops, are not considered as sure as heat in killing giardia, which dies immediately at 122° F (50° C).

Wilderness sanitation is also important to prevent transmittal of the parasite. Both human and animal feces can contain the organism. So waste should be buried six to eight inches deep and at least 200 feet away from natural waters. Let nature decompose the matter in a healthy way.

Last year the Mason County Health Department traced cases of giardia to all the following popular sites: Lena Lakes, Duckabush, Dosewallips, Independence Lake, Enchanted Valley, Quinault River and Lake, and the Seven Lakes Basin (Thanks to Rosalie Colton for suggesting this article topic.)

~ Jolene Vrchota



Happy Valentine's Day!

Joining the PWC or Membership Renewal...

The PWC General Meeting is held the second Monday of each month, 7 pm, at the Kitsap Unitarian Universalist Fellowship in East Bremerton. To join or renew, please see form on back of newsletter. Receive a 10% discount at the Mt. Constance Mountain Shoppe, the Ajax Café, and Commander's Beach House Bed and Breakfast with your membership card. New members will receive a card with their New Membership packet. All members can pick up a card at the monthly meeting.

Address Changes and Member Address List...

Address changes should be sent to Tom Broszeit at Peninsula Wilderness Club, P.O. Box 323, Bremerton, WA 98337-0070, or email tomsmai1123@aol.com. Members should also contact Tom if they wish to receive a new membership directory.

PENWICLE...

Submissions to the PENWICLE must be received by the Friday after the General Meeting to insure a place in the next issue. Contact Lezlie Cox at 4219 West View Dr., Bremerton, WA 98310, or at penwicle@hotmail.com

PWC Online...www.pwckitsap.org

Please contact Sandie Morris at 360-792-1321 for inquiries regarding the PWC website. Submissions to the editor of the PENWICLE will be sent to the website.

Officers & Staff

President:	Rick Fleming	360-779-2275
Vice President:	Tom Banks	360-352-4154
Secretary:	Debb Legg	360-908-3221
Treasurer:	Tom Broszeit	360-476-5763
Entertainment:	Joe Weigel	360-871-0291
Events:	Tom Banks	360-352-4154
Refreshments:	Jill Hawes	360-275-5402
Scrapbook:	Linda Fourier	360-698-3005
Membership Database:	Tom Broszeit	360-476-5763
Board of Directors:	Paul Dutky	360-479-2683
	Sarah Armstrong ..	360-377-1360
	Jill Hawes	360-275-5402
PENWICLE Editor:	Lezlie Cox ..	360-479-7853
Reporter:	Vicki Fleming	
Proofreader:	Steve Dikowski	

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 \$25 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: _____ Email: _____

optionaloptional

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



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Peninsula Wilderness Club
P.O. Box 323
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