

AUGUST  
2005

# PEENWICKE

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.

## Diving Around the World

Monday, August 8, 7 pm

Presented by: Dennis Balduf

The oceans cover nearly seventy percent of the Earth's surface, yet most who live nearby or visit rarely venture past the shoreline. What lies beyond is a watery world filled with fascinating creatures living their lives hidden from view, except by those who take the plunge. PWC member

Dennis Balduf will give a slide presentation showing the

great variety of life found in the oceans around the world. Dennis has been scuba-

diving for 22 years in locations such as the Hood Canal and Neah Bay in Washington;

Monterey Bay, California; Hawaii; the Philippine Islands; the Galapagos Islands of

Ecuador; and the Cayman Islands in the Caribbean Sea.



## Rock On!

By: Jill Hawes

Memorial Day weekend, myself, Laura & Joey met Dale Boyle and Ann Richey at Mission Ridge Canyon near Wenatchee for a weekend of exploring and rock climbing. Mission Ridge is a five-mile canyon full of sandstone formations with names like White Castle, Eyeball Rock, Stegosaurus and Batwing. After being treated to a killer breakfast of blueberry pancakes, we headed up to Ridge Tower which Dale and Ann had worked on the previous day. The trail led through clumps of balsam root, lupine and mariposa lilies to the base of a newly-bolted route with a very distinctive feature. After a couple of top roped climbs, Laura led and I followed. One of the perks of leading is that you get to name the route. Our next climb was Woodlot, a 2 pitch 5.4. We were pretty baked and beat by this point, so we called it good and headed for Gustav's in Leavenworth for refreshments. Dale is planning to put out a guide book for this area in the next few years and there are lots of routes that are unbolted and unclimbed. So whether you are a neophyte or a seasoned rock climber, contact Dale at [dboyle@web-o.net](mailto:dboyle@web-o.net). He has more weekends planned for the summer and would love to have your help.



# Monthly

## MAP: Monthly Activity Planning

Thursday, August 4, 7 pm  
Contact: Paul Dutky, 360-479-2683

Discuss club business and help schedule outings at the home of Paul Dutky in Bremerton.

## August Potluck

Friday, August 19, 6:30 pm  
Contact: Rick & Vicki Fleming, 360-779-2275

Rick & Vicki Fleming will host this month's club potluck dinner at their home in Poulsbo. As hosts they provide the dessert and guests bring a dish to pass.

Date	Outing / Meeting	Contact	Page
8/4	MAP: Monthly Activity Planning	Paul Dutky, 360-479-2683	2
8/6	Hike to 50/50 Pass	Chris Warmedahl, 360-895-7719 or Debb Legg, 360-908-3221	3
8/6 - 8/10	Climb South & Middle Sisters	Doug Savage, 360-698-9774	3
8/8	General Meeting	Molly Deardorff, 360-373-0114	1
8/10	Hike on Mount Ellinor	Rick Fleming, 360-779-2275	3
8/13	Hike to Spray Park	Chris Warmedahl, 360-895-7719 or Debb Legg, 360-908-3221	3
8/19	Potluck Dinner	Rick & Vicki Fleming, 360-779-2275	2
8/19 - 8/21	Weekend at Baker Lodge	The Mountaineers	3
8/20 - 8/21	Backpack to Hidden Lake	Doug Savage, 360-698-9774	3
8/27	Hike the Jefferson Ridge Trail	Molly Deardorff, 360-373-0114	3
8/27 - 8/28	Backpack to Heather Creek	Doug Savage, 360-698-9774	3
8/30	Hike the Elwha River Trail	Rick Fleming, 360-779-2275	3
8/31 - 9/6	Backpack the Hoh River Trail	Joan Edwards, 360-509-5297	3

A U G U S T	S	M	T	W	Th	F	S
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S E P T E M B E R	S	M	T	W	Th	F	S
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	25	26	27	28	29	30	

## 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, discuss the trip thoroughly with the organizer. Each participant is responsible for his or her own comfort and safety on any outing. Please always carry the 10 essentials.

### Pet Policy

Please leave pets at home when attending PWC outings unless the trip is specifically listed as welcoming them.

### Please Call Early

As a courtesy to the sponsor of an outing in which you are interested, please try to call at least two days before the trip for single-day outings, and as soon as possible for overnight outings. This allows the sponsor time to make necessary arrangements, or alternate plans should a trip be canceled for some reason. Your consideration will be greatly appreciated.

**August 20 & 21, 2005**

**Come Have Fun In The Sun At Snow  
Bowl Hut**

**Celebrate 15 Years of Volunteerism on  
the Mount Tahoma Trail System**

We will be providing a great dinner Saturday evening.

Stay Overnight at your favorite Ski Hut.

Meet old friends, and make new friends.

Take a hike or ride your bike.

Anybody interested in doing a little hut improvement work is invited. The work is not very demanding and dinner and an evening of good food and drink will take up most of your time. We will meet at the Ashford Fire Hall at 10 a.m. Saturday morning, August 20<sup>th</sup>. Spend the day or stay overnight! Don't worry about your skill level regarding the hut improvement work, we provide OJT.

This summer we have been remodeling the old wood storage rooms at Snow Bowl and Copper Creek Huts. This work will allow us to increase the number of guests at each of these huts by two people. For safety reasons we have installed electric lighting (powered by solar panels) to replace most of the propane lights in the huts. Kitchen improvements are being made and general clean up around the huts is taking place. The snowmobile shed just above

the 1 Road Snow-Park is getting a metal roof to shed snow and a general appearance cleanup. Any help you can provide will be most appreciated and if you cannot make it on August 20<sup>th</sup>, give us a call, as you might be able to help on another weekend.

Checkout:

<http://www.livejournal.com/community/mttafriends/>  
for some photos of the July work party.

The huts in August are a great place to spend the night, star watching can't get much better, and photography opportunities are numerous. So bring your sleeping bag, a camera if you have one, and any musical instruments. Plan on having a Great Time! Don't Forget Your Friends!

Please respond to this e-mail if you can attend, ([mtta@skimtta.com](mailto:mtta@skimtta.com)) we need to be able to plan on purchasing food and drink. If you have any questions feel free to contact Bob or Judy at 360-569-2878 evenings. Or Tony Abruzzo at 360-871-5754



# Outings

## Hike to 50/50 Pass

Saturday, August 6

Contact: Chris Warmedahl, 360-895-7719 or Debb Legg, 360-908-3221

Join Chris and Debb for a hike to 50/50 Pass.

## Climb South & Middle Sisters

Saturday, August 6 - Wednesday, August 10

Contact : Doug Savage, 360-698-9774

Climb the southern and central peaks of the Three Sisters group, a cluster of three volcanic peaks located in central Oregon. South Sister (10,358 ft.) and Middle Sister (10,056 ft.) are the third and fifth highest peaks in Oregon.

## Hike on Mount Ellinor

Wednesday, August 10

Contact: Rick Fleming, 360-779-2275

Hike the Mount Ellinor Trail. Mount Ellinor is located in the southeast corner of the Olympics near Lake Cushman. This 5.6 mile round trip hike starts at 2,800 feet elevation and climbs steeply up to the top of Mount Ellinor at elevation 5,944. The views from the summit are wonderful.

## Hike to Spray Park

Saturday, August 13

Contact: Chris Warmedahl, 360-895-7719 or Debb Legg, 360-908-3221

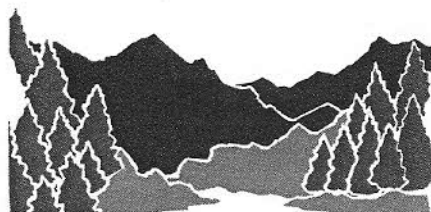
Join Chris and Debb for a hike to Spray Park at the northwest corner of Mount Rainier.

## Weekend at Baker Lodge

Friday, August 19 - Sunday, August 21

Contact: (see below)

All outdoor loving people (including children) on the Kitsap and Olympic Peninsula are invited to the Mountaineers' Baker Lodge for a weekend of general outdoor knocking about. The Kitsap Branch of the Mountaineers is striving to fill the lodge with people from the Peninsula and hope to see the lodge full of Peninsula locals. The lodge is located near the Mount Baker ski lifts and has instant access to numerous hiking trails in the area that represent a broad range in difficulty. Further information about the lodge and its rates are available on the internet at: <http://www.mountaineers.org/lodge/baker/index.html>. Arrangements are similar to Snoqualmie and a sleeping bag and pillow case are needed. Mountaineer membership is not required to stay at the lodge but they do get a discount. Reservations are made by calling (800) 573-8484 or (206) 284-8484. Kitsap Branch's contact is Kathy Parker, (360) 265-2167. Hope to see you there!



## Backpack to Hidden Lake

Saturday, August 20 - Sunday, August 21

Contact: Doug Savage, 360-698-9774

Hike to Hidden Lake over Mt. Baldy and down. Sunday we will scramble up Mt. Greywolf.

## Hike the Jefferson Ridge Trail

Saturday, August 27

Contact: Molly Deardorff 360-373-0114

Hike the Jefferson Ridge Trail. This is a 5.6 mile round-trip hike that climbs 2,830 feet to the site of a former fire lookout on the ridge.

## Backpack to Heather Creek

Saturday, August 27 - Sunday, August 28

Contact: Doug Savage, 360-698-9774

Overnight to Heather Creek, about 5 miles with 1,500 feet of elevation gain. Sunday we will hike to a spectacular hidden valley at the base of Mt. Mystery.

## Hike the Elwha River Trail

Tuesday, August 30

Contact: Rick Fleming, 360-779-2275

Hike the Elwha River Trail. This approximately 9-mile round-trip hike to Lillian River Camp is very moderate with less than 400 feet of elevation gain. A number of short side trips are available along the way.

## Backpack the Hoh River Trail

Wednesday, August 31 - Tuesday, September 6

Contact: Joan Edwards, 360-509-5297

Drive to Hoh Ranger Station Wednesday afternoon. Thursday morning, start a five-day, 34-mile round-trip, backpack on the Hoh River Trail to the base of Mount Olympus. Camp the second and third nights at Elk Lake with a day hike up to Glacier Meadow for close-up views of the glaciers.

## Backpack / Climb Cathedral Peak

Thursday, September 1 - Tuesday, September 6

Contact: Kevin Koski, 360-373-7429

Backpack to, then climb, Cathedral Peak located deep in the Pasayten Wilderness. Drive to trailhead Thursday night (9/1). For climbers: An 8,601-foot peak. Lots of rock climbing to choose from, all levels. Will climb in teams of two. Must have gear and leading experience. For backpackers: Trail is about 42 miles round trip with awesome scenery!

## Hike the Lake Mills Trail

Saturday, September 10

Contact: Steve Vittori, 253-858-8191

Hike the Lake Mills Trail near Glines Canyon Dam on the Elwha River. Four miles round trip.

# Outings

## Bike the John Wayne Trail

Saturday, September 24  
Contact: Rick Fleming, 360-779-2275

Ride on the John Wayne Bike Trail. This a railroad grade trip for those of us that are not Lance Armstrong. We will ride from west of Snoqualmie Pass, through the 2-plus mile-long tunnel, along Lake Kechellus, and end at the town of Easton. This very scenic trail is compact gravel and travels over trestles and through gorges in the heart of the mountains. An optional car camp at Lake Easton State Park will be on Saturday night.



## Backpack the Chelan Summit Trail

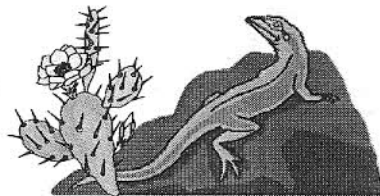
Friday, October 7 - Tuesday, October 11  
Contact: Kevin Koski, 360-373-7429

The Chelan Summit Trail sits atop the ridges along the north-east side of Lake Chelan. Ride the ferry to the trailhead, then backpack 38 miles with views across the deep trench of Lake Chelan to the main range of the Cascades where the larch and other trees should be changing to their bright autumn colors.

## Backpack in the Grand Canyon

Spring 2006  
Contact: David Boyde, 360-692-9325 or theboyde@aol.com

Once again, I am planning a journey to explore the Grand Canyon. I am in the planning phase at this point, so I have not decided upon the exact route or dates. I currently have 10 different itineraries under consideration, ranging from 10-day, 85-mile routes to 14-day, 150-mile routes. Any of these routes are very strenuous and demanding, but the scenery and experience are totally awesome. I am looking at starting between late March and late April of 2006. If interested, the routes and dates are very flexible until the permit request is submitted. The permit request will be sent in on November 1 for a March start date and December 1 for an April start date. Permits are selected randomly, so the exact route will not be known until mid-November or mid-December. Once the route is finalized by the permit, the only change possible is the number of people. Group size is limited to 6, unless I have 6 committed (i.e. permit fee paid) when I request the permit. In that case, I can request a group permit for up to 12 people. The permit fee is \$10, plus \$5 (per person) for each night camped below the rim. If interested in going, contact me before October 30.



## Outdoor News

### Hood Canal Bridge Closures

The Hood Canal Bridge will be temporarily closed for two 3-day periods in August. If you're planning to travel to or from destinations on the northern Olympic Peninsula (such as Port Townsend, Sequim, Port Angeles or Olympic National Park) during these closures you will need to plan accordingly. Information is available on the internet at <http://www.wsdot.wa.gov/Projects/SR104HoodCanalBridgeEast/threedayclosures.htm>.

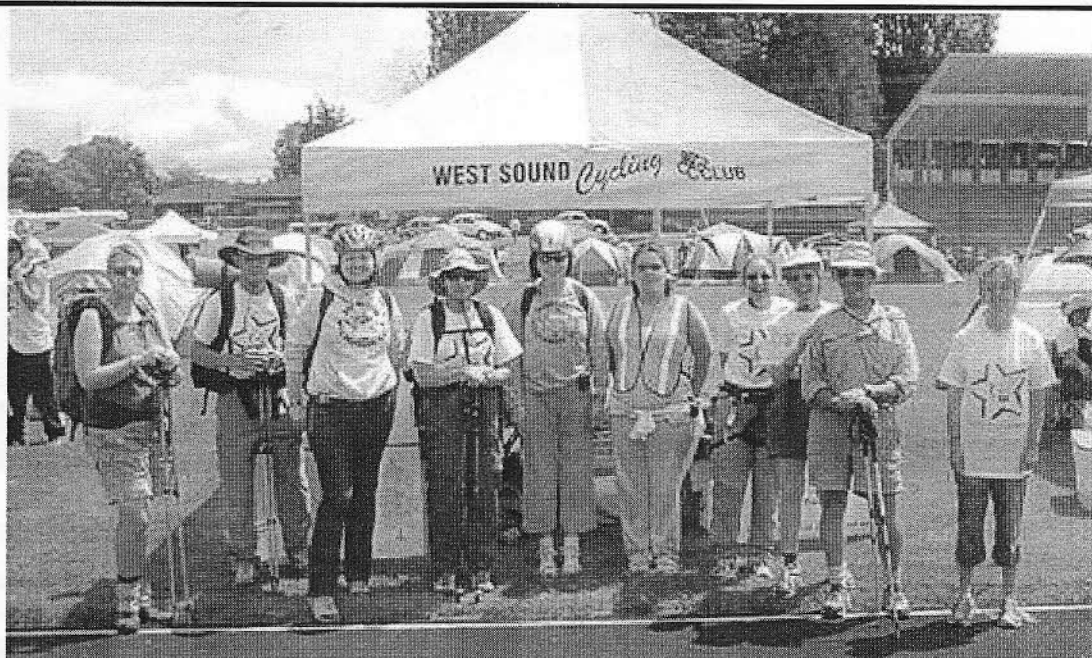
The first closure period is from Thursday, August 11, 8 pm until Monday, August 15, 4 am.  
The second closure period is from Sunday, August 21, 8 pm until Thursday, August 25, 4 am.

### Youngest Person to Summit the Continents' Highest Peaks

Danielle Fisher, a 20-year old from Skagit County, Washington, became the youngest person to climb the highest peaks on each of the seven continents after she reached the 29,035-foot summit of Mount Everest on June 2, 2005. The "Seven Summits" have become a coveted achievement by mountaineers, with fewer than 200 people known to have climbed all seven peaks. This achievement is even more incredible for Danielle since she only started climbing five years ago at the age of 15 when her father took her on a climb of Mount Baker. She then spent the next few months climbing other mountains and was hooked on the sport after she reached the top of Mount Rainier. Over the course of the past two years, she had climbed six of the continents' highest peaks, and just completed her "Seven Summits" goal with the climb of Mount Everest in June. Below are the peaks Danielle climbed in order by height.

<u>Peak</u>	<u>Height in meters (feet)</u>	<u>Continent, Country</u>
Everest	8,850 m (29,035 ft)	Asia, Nepal / Tibet
Aconcagua	6,962 m (22,841 ft)	South America, Argentina
McKinley	6,193 m (20,320 ft)	North America, United States
Kilimanjaro	5,895 m (19,340 ft)	Africa, Tanzania
Elbrus	5,633 m (18,481 ft)	Europe, Russia
Vinson	4,897 m (16,066 ft)	Antarctica
Kosciuszko	2,228 m (7,310 ft)	Australia

Note: Australia has long been considered the seventh continent with Mount Kosciuszko being its highest peak. However, many geography experts now view Australia as part of the larger continental formation of Oceania. From that perspective, the 4,884-meter (16,023 ft) Mount Puncak Jaya (Carstensz Pyramid) in Indonesia is the highest mountain on the Oceanic continent. Some climbers have climbed both peaks just to be sure either way.



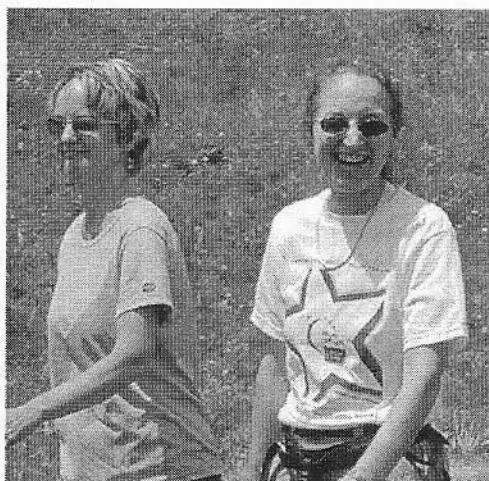
## Relay for Life

By: Cathy Palzkill

Eleven PWCers went on an outing of a different sort June 25 and 26 when they participated in the Central Kitsap Relay for Life. PWCers Tom Rogers, Molly Deardorff, Kathy Weigel, Bethany Cecere, Irene Bach, Wille Klinger, John & Barbara Hager, Kevin & Gail Gross, and Cathy Palzkill were joined by Janet Gatlin, Lisa Bodenberger and Dawn Doran as they walked the track at Bremerton High School in the annual event to support cancer research and programs of the American Cancer Society. Relay for Life also honors and remembers those whose lives have been forever changed by the disease. Team members raised donations from family, co-workers, friends and fellow PWCers before the event and ran a children's game for additional donations during the event. Cathy Palzkill, Team Captain of the 2005 PWC Relay Team, said the "rookie" team did great, earning \$1,442 in donations as of the end of the relay Sunday afternoon. (Donations made to team members up until July 25 were counted for this year's Relay for Life; donations received after July 25 will be counted for next year's Relay for Life.) A total of over \$145,000 was taken in by over 50 teams by the end of the event Sunday afternoon.

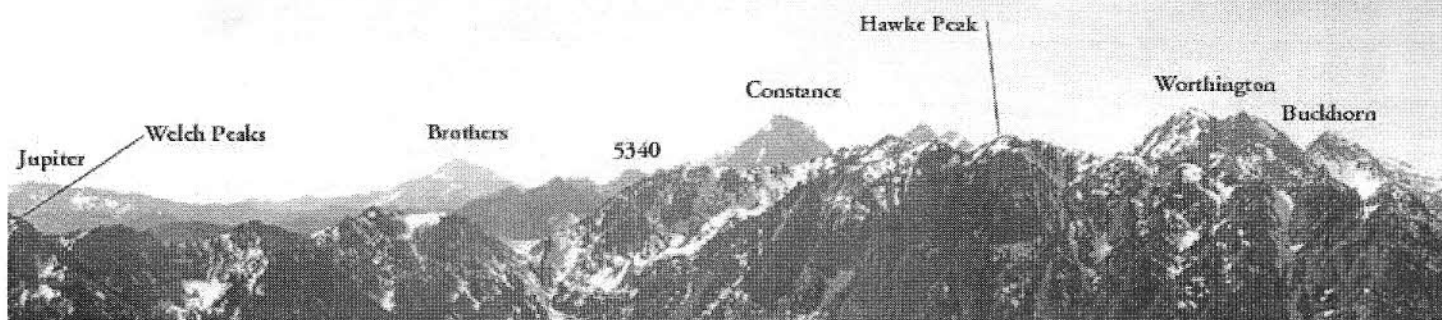
Tom Rogers walked a total of 200 laps of the track or 50 miles during the 24 hour event. Other team members walked shifts of 1-2 hours from noon Saturday until noon on Sunday. Other highlights of the annual event included the initial cancer "survivors" lap and the luminary ceremony Saturday night. Paper bag lanterns or luminaria marked with the names of those whose lives have been touched by cancer lined the entire track. Walkers silently circled the track in the dark with only the light of the lantern candles while the names were read.

One out of 100 Americans participates in a Relay for Life each year. This year 11 members and their 3 recruits ably represented Peninsula Wilderness Club in the Central Kitsap/Bremerton Relay for Life. Thanks to all the other PWC members who made donations and helped the team reach their goal.





## OLYMPICS - SOUTH FROM MT TOWNSEND



### Mount Townsend (March 14, 2005)

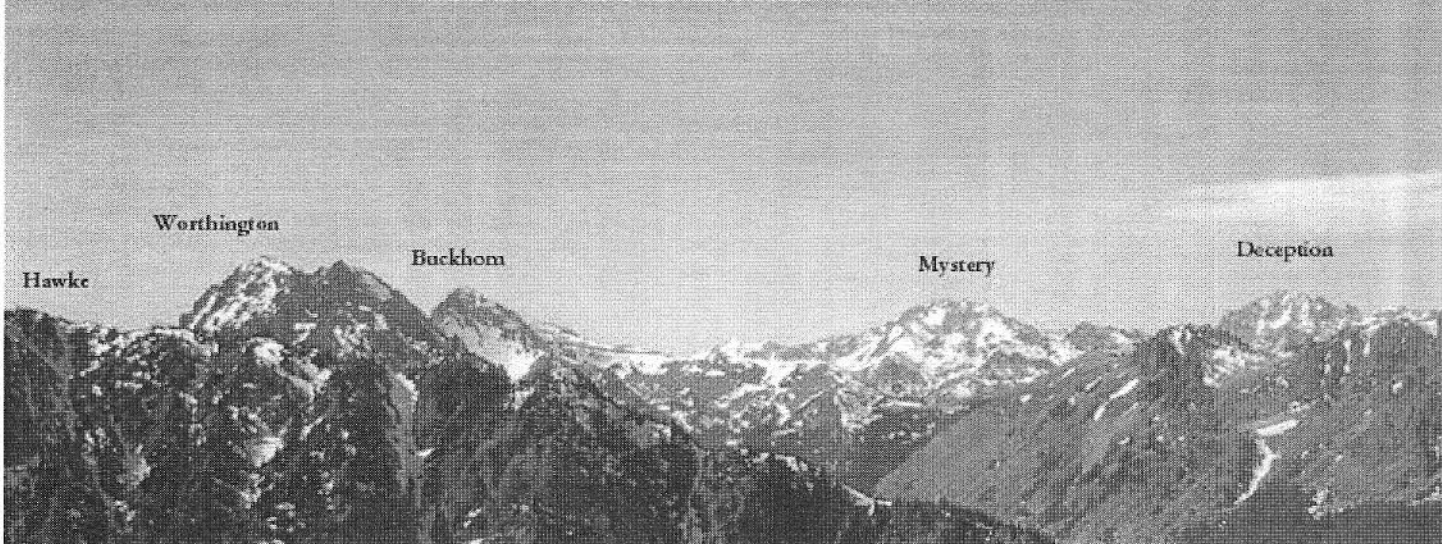
By: The Monday Hikers

It was a perfect hike on a perfect day! The Little Quilcene Trail is challenging in its steepness and the early going especially provides even fit hikers a little test of their stamina. But what rewards await the eye even before reaching the summit. A short downward diversion at the intersection of the Little Quilcene Trail with the Mt. Townsend Trail leads to a rocky clearing and a sudden magnificent preview of the impressive Buckhorn Range stretching out to the southwest. The view was spellbinding, the massive peaks just capped with snow, stark against a dark blue cloudless sky. For a moment speechless, then "ohs" and "ahs" and "see there, the two Buckhorn Peaks, and that must be Warrior!" Maps are pulled from packs, stream valleys are identified, the faint line of trails and roads are named, it seems as if these sights are being seen for the first time, again. The early group must be urged back to the trail. The second group is met and urged to see the preview.

But there is more work to be done. Some danger as sporadic icy sections call for close attention and cheat us from fully enjoying the increasingly alpine surroundings; tortured silvery husks of firs, sculptures of upturned gnarly roots, staged midst the sparse stately formations of more determined cousins. Huge dark boulders and rock-skirted outcrops complicate the scene. It is a constant discipline to monitor the trail ahead for roots and rocks. We are soon in the open and the many peaks off our right shoulder slowly assume new poses as we progress toward the summit. Finally reaching the broad ridge between Townsend's north and south peaks expansive views explode on every side --- the peaks that accompanied us on our ascent now form only a portion of our kingdom. New peaks and valleys spread out in waves to the south and west, Hood Canal and the lowlands show to the east while the straits and Canada can be glimpsed to the north. Such is life at the top of the world!

We decide to stop for much needed rest and sustenance on the north peak. We situated ourselves on the lee side of the peak, protected from the light breeze slipping up the mountain from the east. It takes a few minutes for eyes used now to boundless landscapes to refocus on tiny yellow flowers just emerging, clumps of purple blooms anchored here and there among the rocks, and boulders blotched with bright orange and leafy black lichens. More attention now to the close-in, less to the far-out, succulents poking up through the shells of last year's bloom. Cameras click. Nature. We end our day having been humbled by her grandeur and thrilled by her diversity.

## OLYMPICS - SOUTHWEST FROM MT TOWNSEND





## Club News

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### PWC Welcomes New Member...

Maryanne Sears.

### General Meeting Refreshments

Please consider bringing a snack to share at the August General Meeting. For information regarding refreshments, please contact Jill Hawes, 360-275-5402

### Officer & Board Member Nominations

Nominations for PWC Officers and Board Members will be taken at the September General Meeting. A number of Officers and Board Members will not be serving in the next year and replacements need to be nominated.

### Olympic Nat'l Park Trail Worker Survey

As many of you know, Olympic National Park is making changes to the volunteer benefits. Currently, for 16 hours of work you receive both an annual park entrance pass and a backcountry permit. Starting in 2006, we will no longer be able to work 16 hours for a backcountry permit. Although they have not decided on a policy, they are looking at having us work up to 16 hours to receive an entrance fee pass and up to 40 hours to receive a backcountry permit.

However, they have not decided anything yet and they are willing to listen to feedback from groups about how we might like to see things run. Although we enjoy working and maintaining this park we all love, we would like to reap some benefits as well. In turn, they get free work from us. We want to maintain this relationship as a win-win situation.

Please, if you have an opinion about how you would like this to be run, please write an email about it. Write the email as if you were writing to Michael Smithson, Chief of Resource Education, Olympic National Park, and I will forward all these to him. The park's fiscal year ends soon, so it is important to get our comments in as soon as possible to be considered. Please send your messages to the club's email address, [penwicle@hotmail.com](mailto:penwicle@hotmail.com), by August 5.

It would also be helpful if anyone who sponsored a trail maintenance trip could provide me with an estimate of how many people-hours we volunteered to the park in 2004 and how many you have done so far in 2005.

Thank you, I'm looking forward to hearing from you.  
Molly Deardorff

### Memo from the June Potluck

We left the potluck in June with someone else's serving spoon and would like ours back. It is a heavy stainless steel non-slotted serving spoon by Towle with a traditional shell design at the end. We will gladly bring you the spoon we came home with! Thanks, Brian Steely and Cris Craig  
email: [brianandcris@centurytel.net](mailto:brianandcris@centurytel.net)

### We Need You!

Each month the club's MAP meeting and potluck dinner are in need of volunteer hosts willing to share their home for an evening. If you can handle a small home invasion, please contact the club secretary, Kathy Weigel, at 360-871-0291.

## Club Business

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### 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 discount on select merchandise or services at the following businesses with your PWC membership, but check with vendor for details:

- Olympic Outdoor Center, Poulsbo
- Vertical World Climbing Gym, Bremerton
- Silverdale Cyclery, Silverdale
- Commander's Beach House Bed and Breakfast, Port Townsend

New members will receive a membership card with their New Membership packet. All members can pick up a card at the monthly meeting.

### Has Your Membership Expired?

Check for your membership expiration date on the address label of your latest issue of the PENWICLE. Members that receive their newsletter electronically will receive an e-mail reminder.

### Address Changes and Member Address-Phone List

Address changes should be sent to Vicki Fleming at Peninsula Wilderness Club, P.O. Box 323, Bremerton, WA 98337-0070 or call 360-779-2275. Members should also contact Vicki if they wish to receive a new membership directory.

### PENWICLE Submissions

Submissions to the PENWICLE must be received by the Friday after the General Meeting to insure a place in the next issue. Contact Tom Broszeit at [penwicle@hotmail.com](mailto:penwicle@hotmail.com) or 360-613-9573.

### PWC Online...[www.pwckitsap.org](http://www.pwckitsap.org)

Please contact Venita Goodrich at 360-698-9774 for inquiries regarding the PWC website. Submissions to the editor of the PENWICLE will be sent to the website, unless requested otherwise.

### Officers & Staff

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President:	Molly Deardorff... 360-373-0114
Vice President:	Rick Fleming ..... 360-779-2275
Secretary:	Kathy Weigel ..... 360-871-0291
Treasurer:	Joan Edwards ..... 360-509-5297
Board of Directors:	Barney Bernhard .. 360-479-3679
	Tom Leurquin ..... 206-842-5906
	Tom Rogers ..... 360-692-2547
Entertainment:	Joe Weigel ..... 360-871-0291
Events:	Rick Fleming ..... 360-779-2275
Refreshments:	Jill Hawes ..... 360-275-5402
Scrapbook:	Linda Fourier ..... 360-698-3005
Membership Coordinator:	Vicki Fleming ..... 360-779-2275
Website Editor:	Venita Goodrich... 360-698-9774
Penwicle Editor:	Tom Broszeit ..... 360-613-9573
Proofreader:	Steve Dikowski .... 360-692-8386

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: \_\_\_\_\_ (optional)      E-mail: \_\_\_\_\_ (required if receiving newsletter by e-mail, otherwise optional)

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☐ Check here if you wish to receive the newsletter as an Adobe PDF document by e-mail **instead of** a printed copy.

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