

# THE YODEL

**A NEW YEAR, A NEW PERSPECTIVE...**

**N**o matter how rightly the body may be chained to the wheel of daily duties, the spirit is free...to bear itself away from noise and vexation into the secret places of the mountains

Frank Bolles

It's 1997, and what a year its been already! I'd like to take advantage of being the editor for a moment and get personal. I'd like to welcome my and Ivar's daughter to the world and to OSAT, Karine. As many of our friends in OSAT know, Karine was due on December 26th, but decided to wait out the snow storm, thank goodness! Instead, she was born on January 4th. Ivar and I would like to thank everyone for the phone calls, cards, and e-mails of congratulations.

We really look forward to introducing Karine to the fun and fellowship that OSAT has to offer. Whether its hiking up Tiger Mountain to enjoy a beautiful sunset and 12-step meeting, cross-country skiing on pristine snow, or joining OSATers at Greenlake, we know there will always be something enjoyable to do with OSAT.

And now onto other news...word has it that the OSAT CASE climbers made it to South America safely, and were headed to the trailhead on January 21st to start their ascent of Aconcagua. We all wish them a safe and fulfilling climb. Hopefully, I'll have a full account of the climb by next issue.

If you've checked out the OSAT web-page lately, you may have noticed the link to GORP (Greater Outdoor Recreation Pages). They have contacted us, would like to print some of our articles and features from the *Yodel* on their page. If you would prefer to *not* have your contributions included, please contact a BOTS member.

But wait, there's more...

- ◆ New info on the OSAT Gear Grab (pg.3).
- ◆ Annual OSAT Snow Cave Adventure (pg.3).
- ◆ Membership fees are due (pg.4).



**KEEP CLIMBING MOUNTAINS...AND DON'T SLIP!**

The next publishing date for *The Yodel* will be February 21. KCM & DS--Marina S., Editor

E-Mail: [sandsmar@sprynet.com](mailto:sandsmar@sprynet.com)

**ONE STEP AT A TIME (OSAT) is an outdoor club for members and friends of 12-step recovery programs. Our mission is "To provide a clean and sober environment for members and friends of 12-step recovery groups to participate in outdoor and social events in the spirit of conservation, preservation, and ecology."**

## What's Inside...

- ② 12-Step Mtngs / Phone #'s
- ③ Activities and Climbs
- ③ Notices
- ④ Club News/ Feature Articles
- ⑤ Off Belay / Echoes

## 12-step meetings

### Tiger Mountain

**NOTE:** During winter and early spring, this meeting will take place at the IHOP in Issaquah. The meeting will be @ 7:30pm until the time change again in April. Then it's back to the mountain. (To find IHOP take I-90, heading east, take Exit 15, turn left, and you can't miss it). Some die-hards do the hike first, then meet the rest of us at IHOP for the meeting!

Time: Thursdays @ 7:30 pm at IHOP (until April, then the meeting will be at IHOP at @ 7pm) & Sundays @ 10:00 am

Location: The Tiger Mountain Trailhead is on the south (right) side of the High Point Way Exit (1st exit east of Issaquah) off I-90. Make a reverse U-turn onto the road parallel with the Interstate. Park as close as possible to the west end of the road.

Contact: Thursdays - James B 271-4734  
Sundays - Roy 525-0510

Notes: Newcomers should not try to find this meeting alone. We meet in the trees just below the summit of West Tiger 3. The hike gains 2,000 feet in less than 3 miles. Bring warm clothes and a flashlight for the evening meeting.

### Carkeek Park

Time: Mondays @ 7pm

Location: Take I-5 to Northgate, take the Northgate Way exit, and head west. Keep going past Hwy 99. When you cross Greenwood, N.gate Way changes to Holman Rd. A block or two later, look for Art's Foods, and travel thru the parking lot. You'll find 100th and 6th. Park near there, or in Art's parking lot. The group meets at 7pm in the parking lot, then walks down together into the park.

Notes: This park has a beautiful view of the Sound. Be sure to dress very warmly, and bring candle lanterns and headlamps, as it is dark and usually cold.

Contact: Terri St. 782-8858

### Lake 22

**Please note: Walt can no longer chair this meeting. Therefore, it is on hold until someone can be found to take over. Thanks to Walt for his time!**

Time: Sundays @ 1pm

Location: Drive through Granite Falls (North and east of Everett via Rtes. 2, 204, 9, and 92) and turn left onto the Mountain Loop Highway. The trailhead is about 15 miles from Granite Falls. There is a parking lot and hiker sign on the right side of the road.

Notes: A great hike with beautiful waterfalls and lovely old growth forest. Easier than Tiger Mountain. The hike takes about 1.5 hours.

Contact: Walt Q 745-8413

## OSAT Web Page

Grab your surf board, OSAT is on the 'net! We now have an address on the World Wide Web thanks to the efforts of some very dedicated OSAT techno-wizards!

We're on the World Wide Web at the following URL (address): <http://users.aol.com/osat1996>

## Volunteers Phone Numbers

OSAT works because its members work! The following are among those who work make OSAT what it is, by taking a specific responsibility. When you see these individuals, let them know how you feel about the job they are doing, its the only pay they get!

The health of a volunteer organization is measured, in part, by the eagerness of the membership to participate in running its affairs. The BOTS is striving to rotate responsibilities among those who wish to help. If you have an interest in serving the club in any capacity, please contact a member of the BOTS or any of the other volunteers.

### Board of Trusted Servants (BOTS)

Kim G.....869-8019 Chris N....706-3242  
Marina S.....776-7213 Robert T.. 850-0805  
Roy O.....525-0510

### 12-Step Meeting Coordinators

Terri St.....782-8858 Roy O.....525-0510  
James B.....271-4734 Walt Q.....745-8413

### Contact Persons

Activities Coordinator....Brian C.....353-9748  
Activities Hotline.....Rob G.....824-7972

Equipment.....	Ivar S.....	776-7213
Finances.....	Charlie A.....	932-7195
Hotline Message.....	Pam G.....	742-4274
Hotline Follow-up.....	Karen S.....	?
Membership.....	Jason R.....	242-7980
Newsletter.....	Marina S.....	776-7213
OSAT East Coast.....	John H.....	(617) 641-3423
Running.....	Bob Mx.....	825-3516
Service.....	Steve S.....	838-4287
Webmaster.....	Chris N.....	706-3242

### Activities Hotline Instructions

For additional activities information not available at the time of publication, or to add new activities to the calendar, call the activities hotline: Dial the OSAT Hotline, **236-9674**, and press "1" after the membership message begins. Rob G is encouraging callers to leave info about upcoming climbs or other activities. So, the next time you get a last-minute urge to hit the trail, or have a party give the "Activity Hotline" a call!

## Current and Future Activities

### 33rd Annual International A.A. Women's Conference

The Language of the Heart Will Be Spoken Here - February 13-16, 1997 at the Chicago Marriott Downtown. Registration is \$20.00. Can you think of any better reason to go to Chicago? The best airfare price is with Frontier Airlines for \$187.00 via Denver. I've got a Marriott hotel room if a fellow OSATER wants to share. Call Ciel S. at 523-0580 or email at [cielsky@wolfenet.com](mailto:cielsky@wolfenet.com)

### The Annual OSAT Snow Cave Adventure!

As usual it will be at Skyline Ridge. The dates are **March 8 and 9, 1997**. The meeting time will be 7:00 a.m. at the Dutch Cup in Sultan. Or meet at 8:30 a.m. at the Northeast corner of the Staven's Pass ski area parking lot (across the highway from Steven's Pass ski area). Tell the parking attendant you will be staying overnight. The trailhead is next to the small electric substation.

Contact Greg A for info. (Hm) 932-4862 or (Wk) 664-3393.

### OSAT GEAR GRAB!

In conjunction with the climbing course, we will be having an OSAT Gear Grab on **April 2nd**. It's time to go through all your equipment and clothes and weed out what you don't use anymore, to make it available for the newcomers, or anyone else. Gather any climbing, hiking, backpacking, running, kayaking, paragliding, skiing, or other outdoor gear, clothes and accessories that you don't need, use or want anymore so they may be put into service with another person, to use. This is a wonderful opportunity to give back to OSAT. It has even been suggested that people who sell items donate half of their proceeds to OSAT! (but only if you want to :) ) Of course, you may designate how you want the money spent. The exact time will be known for the next yodel. Any questions, please call Robin at 661-2564, or, e-mail her at [lucvata@juno.com](mailto:lucvata@juno.com)



**RUN FOR FUN (or pain!)** -- If you love running, walking, rollerblading, or any other form of exercise, we meet at Greenlake every **Wednesday, at 5:30 pm** near the drinking fountains near the boathouse (on the south and slightly west side of the lake). After one, two, or even three (ugh!) laps around, we retire to the Honeybear Bakery for healthy (or fattening, your choice) food and fellowship. Call **Bob Mx (625-3516)** or **Dick W (339-3751)** for more info.



## Notices

Advertising in this column is free for all OSAT members. To keep your ad in subsequent issues, you must contact Marina, prior to deadline. Send your personals, gear swap offers, and situations wanted (e.g. "will belay for food") to the *Yodel*, Marina S. at 22810 55th Ave. W., Mountlake Terrace, WA 98043 or e-mail me at [sandsmar@sprynet.com](mailto:sandsmar@sprynet.com)

**HOUSE FOR RENT**--Linda S. needs to rent out her 2-bedroom, West Seattle home for 6 months so she can go on her lifelong dream trip traveling in Central and South America. Please spread the word to responsible cat loving friends you might be interested in renting her furnished home (cat included) from mid February to mid August. Rent is \$630/mo plus utilities. There is a separate garage which could be used for storage or for a shop. Please contact Linda at 935-0419 if interested!!

**LOST**--Silver ring with AA circled triangle design. Lost on Dorothy Lake Trail during a rescue last July. Call Debby R at 481-7418

**LOVE TO SKI?**--I'm on the lookout for either downhill or backcountry ski buddies on Mondays and Tuesdays or night skiing for downhill. If you're into making turns, call Ciel S. at 523-0580 or email at cielsky@wolfenet.com

**WANTED**-- A pair of size 8 1/2 to 9 Men's tele boots. If you know where to find some, call Robin at 681-2564 or e-mail luvcats@juno.com

**KAYAKING PARTNERS**--Looking for other OSAT members who have an interest in Sea Kayaking or White Water. Please contact Paul C. at 782-7297 or seapwc@halcyon.com

**LOVE SHOULDN'T HURT!!** -- Are you or someone you know in a relationship that you may have wondered is emotionally, physically, sexually, or socially abusive? You need to know, It Doesn't Have To Be That Way! You can feel safe that this will be a CONFIDENTIAL matter for you. If you'd like information, phone numbers, and resources in the King County area, call Robin @ 206-661-2564, or e-mail @ luvcats@juno.com

**OSAT Pennant**--The OSAT pennant disappeared several months ago. Also, someone has the OSAT scrapbook as well. We would like to recover it, if at all possible, so if you have any clue as to where these items are, please call Rik at 234-1770. (We promise not to hang you by your toenails if you come forward ;0 )

**OSAT T-SHIRTS**--They come in three lovely colors: Ash with blue/green print, white with neon print, and navy with white print. They have the new OSAT design (by James B) on the front and all have a commemorative OSAT climbers insignia on the left sleeve in memory of Tom, Scott and Jimmy. They look very sharp, and we know you'll be askin' for more than one! They are available in Med., large, X-large and XX-large. Price is \$15.00, so please call Joan S at 277-8943 to get yours! If you'd like to write to her the address is: 15816 SE 169th Pl., Renton, WA 98058.



**PLANNING A TRIP?**--Are you thinking of flying somewhere soon, taking a ski trip to Colorado, going on a cruise or a climbing expedition? Bob M and Lisa L are now certified independent travel agents. They can now book flights, organize activities, arrange rental cars and hotels. etc. All at the best available rates! This service is available to you with one easy phone call and at no cost to you (other than the cost of your trip, of course!) for more information, contact Lisa L or Bob M at (206) 735-4039.



## Climbing Club News

Monthly OSAT club meetings are held on the second Wednesday of the month at 7 PM. The next meeting will be held February 12. We meet at the Congregational Church of Mercer Island, located at 4545 Island Crest Way (take the Island Crest exit from I-90, the church is about 1.6 miles south of the freeway, on the right. The meeting is held in classroom #1 (Upstairs, north end of hall).

The BOTS is committed to keeping the "business" portion of the meeting as short as possible, so we can concentrate on welcoming new members and enjoying the scheduled entertainment. At the February meeting, Paul C. will present information on avalanches. Also, Greg A will give detailed info on the upcoming annual OSAT Snowcave Adventure.

Within the requirements of the by-laws, Club business will be discussed and acted upon at the BOTS meetings. Business requiring general membership participation will be brought to the Club meetings. Minutes of the BOTS meeting and Club meeting will (hopefully) be published jointly in the following Yodel.

## Membership Dues

**H**ey folks, its that time once again--\$12.00 membership dues are due January 1st. If you don't renew by April 1st, you will be dropped from the mailing list. To tell if you've renewed or not, look at the number above your name on the mailing

label of your Yodel. If there is an "A", you are renewed for 1997, if there is a "Q", you need to renew. A reminder letter will be sent out the 1st of March to those who haven't yet renewed. (Look for the membership form attached to the back of this issue of the Yodel).

Also, if there is a "R" next to your "A" or "Q", we have a record of you signing a "Release and Indemnity Agreement". IF THERE IS NO "R", PLEASE SIGN AND RETURN THE FORM ON THE BACK OF THE ATTACHED MEMBERSHIP FORM. This form is required for all members who wish to participate in all OSAT activities.

## Off Belay

by Bob C

Destination: Lillooet BC.

Ever read a climbing book or magazine that stated the climber was moving up a WI something or the other? That WI stands for Water Ice!!! Prity Kul, eh? (Canadian for Pretty Cool, huh?). The art or more appropriately the nerve to climb up, over, and around frozen water falls. Some of the ice axes needed are called Predator, Piranha, Pulsar, X-15, Black Prophet & Quasar. Crampons named Footfangs, Rambo & Monopionts. (Sounds like a evil cartoon). With an ice dagger in each hand a person could actually hack his/her way up one of these frozen works of beauty. Having summoned the courage to drag myself up one, we packed up the Party wagon, (Kim G's Outback) and headed North to Lillooet British Columbia. Lillooet is the epicenter of the finest and certainly the most reliable winter ice routes in the Northwest coast area. The routes are Prity Phat Eh? The hit list should begin by crossing the frozen Crown Lake to a three-tiered "designer ice climb" named Icy BC. The first tier can be broken in two pitches. The first and middle tier go WI 4 with the upper pitch at WI5.

Way out there. There are two other routes in this area and all can be top roped. Next for the aspiring lead climber can head to Honeyman Falls WI 3. With a killer short approach, just get the right driving directions. The Rambles WI 2-4 is another great place. Solid ice and good pro make this another good "first lead" area.

When staying in Lillooet the Mile-O-Motel was a great place to dry out and warm up. The prices are very reasonable, and the people are very friendly. Beware of the hoity toity restaurant-motel places. They give bad beta. They totally turned us in the wrong direction. The best place to garner good driving beta is to hit any local yokel breakfast truck stop looking place where you can find a big named Al. He'll know.

Fer good grub-check out Muggs & Juggs. Located at the far end of the main drag of town, they served a superb

stuffed cabbage rolls and peroggies. The "Frunion" half onion ring half french fry basket is to die for after a day of hacking the blue ice.

Chill Baby

Let's do it! February 23-"Chilly Hilly" bicycle ride around Bainbridge Island. The official start of the bicycle riding season. 31 miles in what should be terrible conditions. Cool :- ) I'm signed up-hey R U? I've got some registrations if interested.

Hasta La Vista Baby

Go kick some Aconcagua ass CASE climbers. May the wind be at your back. Follow your instincts and your heart. Our prayers and thoughts will be with you all the way back home!

Buanos Dias Baby

Marina and Ivar's new baby girl Karine. Welcome to our family. And I promise never to forget her name again! Love Ya

OUCH!! Dammit

Long layoffs between workouts or "getting back" into shape can mean injuries. My Chiropractor Dr. Corrie Pollard a.k.a. The Amazon Lady recommends R.I.C.E. That's Rest when an injury occurs to reduce further injury. Ice applied to an injury reduces swelling. Compression by wrapping or taping the area reduces swelling and gives extra support to the injured tissue. (compression applies primarily to the extremities). Elevation of the injured body part above the level of the heart. She goes on to say "The most versatile piece of home therapy equipment you can own is a gel pack"

and finally...

YOU'VE GOT TO DO THIS BITCHEN CLIMB-Chair Peak via North Face. Cool =)

e-mail me-smalltcu@msn.com

## Echoes

*The Yodel* always welcomes your thoughts, anecdotes, stories, and of course accounts of your thrilling climbs and activities. Anytime you feel like sharing your experiences, or run across a thought you find inspirational, why not share it with your OSAT friends?

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## Mt. Si -New Year's Day

Neither flood nor rain nor gloom of pre-dawn will keep dedicated OSAT hikers from their appointed traditions. In spite of what Steve Pool reported as 2.9 inches of rain at North Bend on New Years

Day, twelve hearty OSATers welcomed 1997 with a trudge up the familiar trail. The deluge turned the lower section of the trail into a stream, and much of the rest of the hike was on the same "compact snow and ice" being reported on roads throughout Seattle this holiday season. Although several folks arrived after most had started up, and not everyone saw everyone else due to some using the old trail shortcut at the top, it was an excellent turnout given the record-breaking wet weather. The more-or-less constant drizzle let up near the top, and there were even patches of blue sky, as we changed into our dry clothes, drank warm coffee and cocoa, and headed down.

## Mt. Teneriffe

by Shirley R

**O**n Dec. 21, I met OSAT'ers at N. Bend McDonalds at 7a.m. The group turned out to be a fun a capable one. There was Roy and Bill, hard-core Aconcagua trainees ( who are now in S. America), and Dena, recovering from the flu, but always energetic in the mountains. ( Ooo, I thought, I may have trouble keeping up. haven't been hiking much lately). At the logging road trailhead, we switchbacked up and into the snow. I broke trail until I floundered, then turned it over to Roy. He broke trail (with his heavy training pack) for some time. Then Bill took his turn (with his big pack). They were all asking me why the road was going to the left when our summit was visible far off to the right, why we hadn't worn snowshoes, and other such questions that people like to ask the leader. At that time I doubted we would make the summit, because of the deep snow and the length of the trip, but I underestimated the determination of the group! Near the end of the logging road, Dena then took her turn breaking trail, and we embarked up the ridge off road. We encountered a lone snowshoer who had come up the Mt. Si trail and traversed over from Si, and was now coming down from the Teneriffe summit. He was very fit, moved fast, and knew the best route. We followed his tracks up the ridge.

We got to the summit at approximately our turn-around time. It was a winter wonderland, with views of the back of Mt. Si, Mailbox Peak, and others. Fluffy, beautiful, sparkly snow, with windrift off a small cornice on the summit ridge. Last time I was here, it had been mossy, wet, partially snow-covered rock!

We descended out of the wind, had a short lunch, and headed down. We got to the cars soon before dark. We had done over 4000 vertical feet, in deep snow, and about 14 miles. Good thing we had met at 7 a.m.! We had had a really fun day, plus had that feeling of

accomplishment that comes from making our summit goal. Anyone want to snowshoe with me from Si to Teneriffe? No avalanche danger, must be in good shape and start early!

## Mt. Hood

by Kim G

**B**ob referred to it as freight train wind. Whatever the name, the blowing just wouldn't quit. There the three of us were, Bob, Sally and myself, huddled in the tent on Mt. Hood. What had started out on Saturday as a spectacular hike to our base camp for an assault on the mountain early the next morning, was turning into a survival game with the mountain.

The intermittent blowing was now full force at 11 p.m. My Walrus tent was making a sturdy attempt at withstanding the gales but Sally, Bob and I had to prop

up the windward side with our backs. This would begin the hour ritual that would give new meaning to a "pain in the neck". Surprisingly, I didn't feel in a lot of peril. We couldn't talk much and tried to catch a catnap between neck

cramps. Pieces of wind whipped chunks of snow battered our backs against the tent. Our only hope would be the wind would let up with the sun.

No such luck. As I peeked out at the lightening sky, the wind just seemed to get worse. Although the skies were blue above the horizon, the wind was whipping snow into a white-out condition. Not a lot of options in this scenario. We were just thankful that we weren't higher on the mountain where we knew other climbers were camped.

Fine, silty snow had filtered into the tent and heavy frost was starting to collect on the inside of the tent. It just wasn't made for these conditions. I watched the 7 a.m. sun beat down on the tent and the poles bend into positions that were sure to snap them at any moment. I guess the summit attempt was out of the question.

We discussed our options: 1) run down to the chair lift some 300 yards away and see if we could find shelter, 2) pack up and get out or 3) wait a while longer. Our minds were made up when a voice yelled through the roar from outside. A climber from higher up was asking us how we were. They had just left the saddle and were heading down. As they left, we all at once had to get the hell out of Dodge.

Stepping into the wind was a shock. Immediately ice formed on my eyelashes and my eyes were starting to freeze shut. Standing was an ordeal. We stuffed what we could into our packs. The Walrus collapsed and I fondly gazed at it for the last time. It went down with style. There was no way we could spend the time to take it with us. Items flew off into the wind.

***"I doubted we would make the summit... but I underestimated the determination of the group"***

There went a helmet...a picket...my new shovel. Bummer. Sally and Bob's stove was a goner as were numerous other items.

We crept feet by feet. Inch by inch. I'd lose Sally and Bob in the blowing snow and would suddenly feel the wind throw me down. I just couldn't lose those guys. We found the chair lift none too soon. Our plan was to follow it down as it wavered in and out of sight above the sheets of driven snow. By this time we knew we had to keep moving or risk serious frost bite or worst.

I felt weak from trying to balance and falling and getting up consistently in the wind but I knew, just knew that with only a two hour walk separating us from the bottom, I wasn't about to stop now.

Standing wasn't easy so we glissaded across the ice. As we descended, the wind didn't let up and somewhere along the way it stole my sleeping bag. Damn. Soon, the driving snow stopped which made life a little easier. We could see the hut down the way and knew we were going to make it.

2 hours later we staggered into the warm area of the hut. There were no crowds to welcome us...no one clapping us on the back to congratulate our descent. We were safe. Several hundred dollars lighter in equipment but safe. We gathered our meager belongings and shuffled to the car and home.

We discussed what we had learned and what we would do differently next time. And we knew that no one would understand what we had been through and there would be no medals for us that day. But a bond between us three formed because the mountain had tested us and despite our wounds and losses...we had beaten her at this game, this time.

## Mt. Challenger, North Cascades

Aug. 22-25, 1996

(better late than never!)

by Shirley R

Chuck gets the credit for inspiring this trip and recruiting climbers. We ended up with the four of us: chuck T, rod B, dick W and me. Because of the length of the trip, we needed a minimum of 3-1/2 days. Chuck and Rod got the permit and started up the trail, and Dick and I started later. We then met on the trail near our assigned camp spot, Copper Creek. This was the easy day, a total of about 7 miles, over Hannegan Pass and down the other side.

On Friday morning, we got an early start and beat our butts down the trail, anxious to get somewhere! Rod and

I were so anxious that we missed the turnoff, which was hidden behind a tree. Chuck, who had the beta from the ranger station, knew to look for it when you first start hearing the river. Good job, Chuck. we soon encountered a group of 4 coming out. No, they didn't make the main summit. Bad weather, and Imperfect impasse took too much time and energy. OK. We crossed the river, and switchbacked up onto Easy Ridge. Once on top, spectacular views unfolded. We walked along the ridge and set up camp near its end. the forecast was for clear, hot weather, so we had brought bivvie sacks, not tents. There was snow on the N. side to melt for water.

Saturday was summit day. We got up early and dropped off the ridge, crossing a large

basin over to Imperfect Impasse. This was an intimidating, deep, rugged gully/wash. We sized it up and carefully negotiated it (4th class), whew. Going way around it would have taken a lot of time and energy. Rod and I had taken one route and Chuck & Dick had taken another. We reconvened on the other side en route to Perfect Pass. We went uphill as fast as we could, knowing that at Perfect Pass we would be into high beautiful country, and nearer our destination.

After a much needed break, we roped up for the glacier. The glacier was big, not very steep, somewhat crevassed, and we did a rising traverse across it, passing beneath the lower rock summits of Challenger on the way. The scale in this area is BIG, i.e., big arrays of big rock spires, big glaciers, and big valleys in every direction. And we, minuscule humans.

We neared the summit, ascending a gentle "knife edge ridge" of glacier to the rock. There was a wilderness education group on the summit, so we waited for them to rappel down. They were on a two-week excursion. Mostly teenagers, some very scared of the rappel. Rod and I prepared to do the summit block. He belayed while I led. There were 2 solid fixed pitons. and I also places one stopper. Past the 5.7 move and on the summit block, I made a bombproof anchor and belayed Rod up. We crossed the summit block and found the summit register, ceremoniously adding OSAT and our names. We had been so blessed to have perfectly clear weather for this climb. I was so joyful to be on the summit, one that so easily could have evaded us. We could see whole new arrays of peaks and valleys and glaciers from this vantage point, as well as the ones we had seen before. I knew then that I would need to come back this place.

Rod & I rappelled down, and the 4 of us roped up to descend the glacier. It would be a long trip back to our camp on Easy Ridge, and we would make it about 8 p.m. We were very tired. Dick made hot water and I brought snow to melt. We would leave around 6:30 a.m. tomorrow to get back to the cars. There would be long downs & ups and many miles. I carried a rope all the

***"The wind didn't let up and somewhere along the way it stole my sleeping bag"***

way out, since that was the deal. We had tried to split up the group gear so that everyone carried their share.

Back at Hannegan Pass, the flies were awful. Only a few miles back to the parking lot. Dick and I met there and headed down. I became energized by some Mountaineer friends on the trail who were returning from doing Ruth and Icy Mountains. At the parking lot, I moved my hot car to the shade, and took a creek bath. Rod didn't make it, as he was feeling well. Months later we realized he was having his first attack of kidney stones. He ended up spending the night on the trail up by Hannegan Pass, with Chuck waiting in the parking lot. Dick and I left, having to work the next day. We all regret any bad feelings or misjudgments, and are grateful Rod is well now.

Dick said that although he climb lost some points on the way out (!) it was his favorite climb ever! Chuck thinks he might like to try it from a different route, or do neighboring Lena Peak. For me, the climb was outstanding in terms of memorability, remoteness, sheer beauty, variety, and overall physical and mental challenge. Climbing with a small group of friends who are also very good climbers made it even more special.

*God, grant me the Serenity*

*to accept the things I cannot change,*

*The Courage to change the things I can,*

*And the Wisdom to know the difference*

### YODEL STAFF

|          |                                                   |
|----------|---------------------------------------------------|
| Marina S | Editor                                            |
| Ivar S   | Personal Slave to Editor and technical consultant |
| Anne B   | Circulation                                       |
| Jason R  | Mailing List/Membership                           |
| Chris N  | Webmaster                                         |

We appreciate any and all contributions! Without your input, there would be no Yodel! Please continue sending your trip reports, stories, thoughts, and ideas.

Also, if you have a computer, we would greatly appreciate your stories sent to us on computer disk. The Yodel is published using Microsoft Word 6.0, however, your disks can be converted from previous versions of Word, as well as Word Perfect. Make sure your disk is formatted for IBM. Be sure and send a hard copy along with your disk just to be sure, and as always, make sure you have a backup! Please send all submittals to: Marina S., 22810 - 55th Ave. W., Mountlake Terrace, WA 98043. And, for you really up-to-date types, send us your submissions via Cyberspace to: sandsmark@compuserve.com. Or if you like to send file attachments with your e-mail, send it to : sandsmar@sprynet.com. (please note that the "k" in our name is intentionally missing). See you next issue!

*Ed.*

**'The relationship of height to spirituality is not merely metaphorical, it is physical reality. The most spiritual people of this planet live in the highest places. So do the most spiritual flowers...I call the high and light aspects of my being spirit and the dark and heavy aspect soul. Soul is at home in the deep shadowed valleys. Spirit is a land of high, white peaks and glittering jewel-like lakes and flowers...People need to climb the mountain not simply because it is there, but because the soulful divinity needs to be mated with spirit.'**

**The 14th Dalai Lama of Tibet.**



**OSAT Membership Application/Renewal Form**

**One Step At A Time (OSAT): An Outdoor Club for Members  
and Friends of Twelve Step Recovery Programs - Since 1991**

Essential Information: Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
Day Phone/Evening Phone \_\_\_\_\_

Listing in the OSAT Roster (The list distributed to members):

\_\_\_\_\_ I wish to have to have my full name, address & phone listed  
\_\_\_\_\_ I wish to have my first name, last initial, address & phone listed  
\_\_\_\_\_ I wish to have my name and phone number only listed  
\_\_\_\_\_ I wish to have my name only on the roster  
\_\_\_\_\_ I want no listing on the roster

Special Instructions \_\_\_\_\_

OSAT has dues to pay for costs associated with the newsletter, telephone hotline, mailing costs, etc. OSAT also accepts donations to help fund equipment purchases or to help finance club activities. OSAT is a tax exempt non-profit organization under IRS section 501 (c) (3). Donations of cash or equipment in excess of dues amount are tax deductible. In respect to Tradition 6 of AA, OSAT club property and finances are kept separate from the funds and property of any OSAT 12 step group.

**One Year Dues - \$12.00 Before September/\$6.00 after  
September**

\$ \_\_\_\_\_

**One Year Couples Dues (Sharing the same address) - \$18.00**

\$ \_\_\_\_\_

**T-Shirts - \$15.00 Each (Specify S, M, L, XL)**

\$ \_\_\_\_\_

**Sticker (for window, bumper, or equipment) 1 for \$2.00, 2 for  
\$3.00, 3 for \$4.00**

\$ \_\_\_\_\_

**Donation for Property/Equipment**

\$ \_\_\_\_\_

**Unrestricted Donation**

\$ \_\_\_\_\_

**Total (Please Enclose)**

\$ \_\_\_\_\_

Please Make Your Check Payable to: OSAT  
Please mail your check along with this form to:  
OSAT - Membership  
P.O. Box 6461  
Lynnwood, WA 98036

**PLEASE BE SURE TO FILL OUT THE LIABILITY FORM ON THE REVERSE  
SIDE OF THIS APPLICATION**

Optional Information

Sex \_\_\_\_\_ Birthdate \_\_\_\_\_

Recovery Birthdate(s) (if appropriate) \_\_\_\_\_

How did you find out about OSAT? \_\_\_\_\_

Referring member (if any) \_\_\_\_\_

Interests : What is your level of interest in any of the activities listed below? Please check off accordingly.

|                    | Level of Interest |       |       |
|--------------------|-------------------|-------|-------|
|                    | None              | Some  | Lots  |
| Hiking             | _____             | _____ | _____ |
| Scrambling         | _____             | _____ | _____ |
| Climbing (Glacier) | _____             | _____ | _____ |
| Climbing (Rock)    | _____             | _____ | _____ |
| Backpacking        | _____             | _____ | _____ |
| Car Camping        | _____             | _____ | _____ |
| Backcountry Skiing | _____             | _____ | _____ |
| Alpine Skiing      | _____             | _____ | _____ |
| Snowshoeing        | _____             | _____ | _____ |
| Bicycling          | _____             | _____ | _____ |
| Running            | _____             | _____ | _____ |
| Walking            | _____             | _____ | _____ |
| Kayaking           | _____             | _____ | _____ |
| Outdoor Meetings   | _____             | _____ | _____ |
| Family Outings     | _____             | _____ | _____ |
| Other (Describe)   | _____             | _____ | _____ |

**IMPORTANT NOTICE TO ALL OSAT MEMBERS** All Current and/or new members of OSAT who wish to participate in all OSAT activities will be **REQUIRED** to sign and submit a release and indemnity agreement (below). This form must be returned.

**RELEASE AND INDEMNITY AGREEMENT**

I, (print name) \_\_\_\_\_ hereby state that I wish to participate in courses and/or activities offered by ONE STEP AT A TIME (HEREIN REFERRED TO AS OSAT), a non-profit organization. I recognize that any outdoor activity may involve certain dangers, including but not limited to the hazards of traveling in mountainous terrain, accidents or illness in remote places, forces of nature, and the actions of participants and other persons. I fully recognize that mountain climbing and other activities offered by OSAT are VERY DANGEROUS, and participation involves risks and dangers that may result in SERIOUS INJURY, PARALYSIS, DISABILITY or DEATH. I further understand and agree that without some program providing protection to it's leaders, OSAT would not be able to offer it's courses and activities.

Moreover, I also hereby state that I fully understand that OSAT leaders, instructors and members are NOT experts, have never considered themselves experts and do not ever expect to ever become experts in the future. Therefore, I understand that any course of instruction that I may receive from OSAT is NOT "expert" instruction. I have this understanding even though I may have heard or read otherwise.

In consideration of and as part payment for the right to participate in the activities offered by OSAT, I hereby release OSAT and it's members from any and all liability, claims and causes of action arising out of or in any way connected with my participation in any activities offered by OSAT. I do this even if losses and damages arising from these activities are caused or alleged to be caused in whole or in part by the negligence of OSAT leaders or members. I personally assume all risks in connection with these activities, and further agree to indemnify OSAT, and it's members from all liability, claims and causes of action which may arise from my participation in OSAT activities. The terms of this agreement shall serve as a release and indemnity agreement for my heirs, personal representatives, and for all members of my family, including minors. (Parents or Legal Guardian must sign for all persons under (18) years of age.)

**I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS RELEASE AND INDEMNITY AGREEMENT BY READING IT BEFORE I HAVE SIGNED IT.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent or Guardian \_\_\_\_\_