

# THE YODEL

**AIN'T NO MOUNTAIN HIGH ENOUGH...**

**I**f no one ever took risks,  
Michaelangelo would have painted the  
Sistine floor

Neil Simon  
Playwright

As we begin to bid farewell to Ol' Man Winter and look forward to the freshness of Spring, there is definitely no shortage of things to do with your OSAT friends.

I am so pleased to bring you this issue of the *Yodel* as it is packed, loaded, filled, crammed, jammed, and stuffed full of activities for everyone! I'm talkin' a cholk-full, fun-filled plethora of climbs, hikes, fun-runs, snowboarding, skiing, and rock-scaling adventures!

If you've been feeling trapped by the doldrums of winter, never fear, OSAT is here! As always, OSAT has some very dedicated people who have taken a lot of time and effort to organize activities for EVERYONE to enjoy, no matter what their skill level might be.

A big thanks to our new Activities Coordinators Brian C and Greg A. They have put a lot of work into trying to fill every weekend of the next few months with hikes and climbs. If you are planning an activity, please give them or me a call! Also kudos to the Climbing Committee for their countless hours work towards bringing forth another exciting climbing course for 1997.

Welcome back to the OSAT CASE climbers who attempted Aconcagua in South America. You can bet they will have countless stories to share.

Here are some things to look for in this issue

- ◆ A big fat list of stuff to do on pg.3
- ◆ A great perspective on the Aconcagua climb on pg.7
- ◆ Your chance to buy fabulous OSAT caps attached to the back page.



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

The next deadline for *The Yodel* will be March 28. 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
- ⑤ Notices
- ⑥ Club News/ Feature Articles
- ⑦ 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. (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!

## OSAT's Excellent Adventures...

As you can see, we have an enormous amount of activities in store for everyone. No matter what your skill level is, we think you'll find something fun to do with your fellow OSATers!

**March 5-Wed:** Climbing Course Introductory Lecture  
Leader/Contact: Bob C at 772-2027 or Kim G at 869-8019. Mercer Island Congregational Church.

**March 8-9, Sat-Sun:** 6th Annual Snow Cave Adventure  
As usual it will be at Skyline Ridge. 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 Steven'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. Leader/Contact: Greg A at (hm) 932-4862 or at (wk) 684-3393.

**March 15-Sat:** Climbing Course Lecture. Knots etc.  
Mercer Island Congregational Church.

**March 16-Sun:** St. Patrick's Day (Doug's B-Day!) Dash!  
4 miles or so, easy course, lots of folks, meet @ Larry's market (starting line) Go out for breakfast after the run.

Registration available @ Super Jock & Jill, Fast Lady Sports & various other sites in the Seattle Area. Also, you can get a registration via a way kuhl website, <http://www.ontherun.com>. Leader/Contact: Doug H at 889-2041.

**March 22-Sat:** Silver Peak. Snowshoe or ski this popular destination. Another Snoqualmie favorite. Leader/Contact: Dave N at 752-9214. Limit 12

**March 23-Sun:** Snowboard Lessons Let's shred, dude. Charlie G. is currently teaching snowboard lessons at the Pass and keeps hearing people say, "I'd love to try that", so he thought he'd offer his services to the OSAT gang. Here's the deal... He will provide: Free instructing time. Participants provide: Board/boots, lift ticket, fun attitude Where: Snoqualmie Ski Area - meet at lodge behind lift ticket booth, across from ski lift. 10:00 a.m. until everyone gets tired. Leader/Contact: Charlie G. at 230-0512.

**March 23-Sun:** Mercer Island 1/2 Marathon & 8K (5 miles). Registration available @ Super Jock & Jill, Fast Lady Sports & various other sites in the Seattle Area. Also, you can get a registration via a way kuhl website, <http://www.ontherun.com>. Leader/Contact: Doug H at 889-2041.

**April 2-Wed 6pm:** Climbing Course Lecture Ice Ax arrest. Mercer Island Congregational Church. Leader/Contact: Charlie A at 932-7195

**April 5-6, Sat-Sun:** Mt. St. Helens Traditional weekend for this basic climb. (Lots of OSATers have skied this as well). Could be good viewing of this year's spectacular comet. There are new fees for Mt. St. Helens. Leader/Contact: Brian C at 353-9748. Limit 12

**April 10-Thurs 7pm:** OSAT's 6th Birthday Please join us as we commemorate OSAT at the AA meeting atop West Tiger. Leader/Contact: James B at 271-4734.

**April 15-Tues:** "Outer Space" Rock Climb 5.9/Grade III Sure to be a blast! Leader/Contact: Bob C at 772-2027. Limited space.

**April 19-Sat:** Ice Ax Arrest Field Trip The Climbing Course heads to Mt. Pilchuck for this fun and informative exercise. Leader/Contact: Climbing Course

**April 20-Sun:** Sauk Peak Ice ax experience is needed for this one. Leader/Contact: Rik A at 234-1770.

**April 26-27, Sat-Sun:** Basic Rock Seminar If you've been wanting to learn, here's your chance! Leader/Contact: Bob C at 772-2027. Limited space.

**April 26-28, Sat-Mon:** Scottish Lakes-Skiing Beautiful high country hut in the Chiuwaukum Mountains. Great spring skiing! Price includes transportation in for you and equipment. Leader/Contact: Dave N at 752-9214. You

may also call High Country Adventures for more info at 1-888-944-2267.

**April 27-Sun:** Ice Ax Arrest Field Trip This time its at Steven's Pass. Leader/Contact: Climbing Course

**May 3-Sat:** Mailbox Peak This'll whip you into shape! Leader/Contact: If you are interested in leading this one, please let Greg A at 932-4862 or Brian C at 353-9748 know.

**May 6-Tues:** The Tooth Rock Climb. Leader/Contact: Bob C at 772-2027.

**May 7-Wed 6pm:** Climbing Course Lecture Glacier Travel. Mercer Island Congregational Church. Leader/Contact: Bob C at 772-2027 or Kim G at 869-8019.

**May 10-Sat:** Camp Muir Conditioner On a clear day, this trip through Mt. Rainier's snowfields is quite amazing. Leader/Contact: Bob C at 772-2027.

**May 17-Sat:** Vesper Peak Scramble route. Leader/Contact: Steve S at 838-4287.

**May 17-18, Sat-Sun:** Climbing Course Field Trip. Roped travel/crampon techniques. Location TBD. Leader/Contact: TBD

**May 24-25, Sat-Sun:** Mt. Baker/Coleman Glacier Glacier experience required. Leader/Contact: Greg A at 932-4862.

**May 24-25, Sat-Sun:** The Brothers Snow and scramble. Ice Ax experience required. This is an Olympic classic. Wave to your friends in Seattle. Leader/Contact: Dave N at 752-9214. Limit 8

**May 31-Sat:** Camp Muir Conditioner Leader/Contact: TBD

**June 1-Sun:** Whitehorse This is a good challenge in the North Cascades. Needs Leader. If you are interested in leading this one, please let Greg A at 932-4862 or Brian C at 353-9748 know.

**June 4-Wed 6pm:** Climbing Course Lecture Crevasse Rescue Lecture. Mercer Island Congregational Church. Leader/Contact: Bob C at 772-2027 or Kim G at 869-8019.

**June 7-8, Sat-Sun:** Mt. Adams/South Spur route Crampons and ice ax will be needed for this fabulous climb. Leader/Contact: Steve S at 838-4287 or Greg A at 932-4862.

**June 7-8, Sat-Sun:** Tatoosh Traverse Not for the faint of heart. Steep snow and glacier experience required for this one. You'll need leader's permission to come along on this adventure. Leader/Contact: Charlie A at 932-7195.

**June 14-15, Sat-Sun:** Mt. Rainier Route to be determined by leader. Needs Leader. If you are

interested in leading this one, please let Greg A at 932-4862 or Brian C at 353-9748 know.

**June 21-Sat:** Climbing Course Field Trip Crevasse rescue and prusik techniques learned. Location TBD Leader/Contact: TBD

**June 21-22, Sat-Sun:** Mt. Rainier to Ocean Shores Relay Run. How can something so insane be so much fun!?? Easy - do it with the OSATers!!!! We are attempting to put together 2 teams of 11 people, one serious, competitive (we'll kick the Marine's butts this year, right Dick?) and one comprised of people who just wanna have fun. Leader/Contact: Doug H at 889-2041, or Karen C.

**June 22-Sun:** Camp Muir Conditioner Ever been to 10,000 feet? Now's your chance. Needs Leader. If you are interested in leading this one, please let Greg A at 932-4862 or Brian C at 353-9748 know.

**June 21-23, Sat-Mon:** Glacier Basin (Monte Cristo) Looking for a potpourri of outdoor fun? You'll find snow, scrambles, rock, big peaks and spires...something for everyone! Leader/Contact: Dave N at 752-9214. Limit 12.

**June 28-29, Sat-Sun:** Little Tahoma 3rd annual OSAT trek up this peak that sits on the shoulder of Mt. Rainier. You can even watch the climbers as they make their way up to Rainier's summit. Glacier travel required. Leader/Contact: Dick W at 339-3751.

**June 28-29, Sat-Sun:** Mt. Baker Route to be determined by leader. Needs Leader. If you are interested in leading this one, please let Greg A at 932-4862 or Brian C at 353-9748 know.

**June 9-Wed:** Climbing Course Potluck Dinner Mercer Island Congregational Church. More info on its way...

**June 12-14, Sat-Sun:** <sup>Mon</sup> Mt. Rainier-Climbing Course Disappointment Cleaver Route. Sherpas needed. Leader/Contact: Greg A at 932-4862.

**June 12-14, Sat-Sun:** <sup>Tue</sup> Mt. Rainier-Climbing Course Emmons Route. Leader/Contact: TBD

**June 17-19, Sat-Sun:** <sup>Thu-Sat</sup> Mt. Rainier-Climbing Course Disappointment Cleaver Route. Sherpas needed. Leader/Contact: TBD

**June 17-19, Sat-Sun:** <sup>Thu-Sat</sup> Mt. Rainier-Climbing Course Emmons Route. Leader/Contact: Dick W at 339-3751 or Charlie A at 932-7195.

**Aug. 2-3, Sat-Sun:** Mt. Stone Scramble. Unfortunate name, but nice peak. Beautiful area. We'll camp the more beautifully named "Lake of Angels". Leader/Contact: Dave N at 752-9214. Limit 6.

Tatoosh

Tatoosh  
Gl?

## OSAT GEAR GRAB!

Here is the final scoop on the sale....

It will be on Wed. April 2 at the church on Mercer Island in the big room downstairs. The sale will start at 6 pm. Sellers are asked to be there between 5:30 and 5:45 to set up. The sale will last through the climbing course break, probably around 8:30ish. Robin wants people to bring any equipment, clothes and gear related to outdoor activities. New or used or homemade. Asking 50% sales donation to OSAT, not necessary, may designate what you want it used for. If people have things to sell but don't want to hang around for the evening and are willing to donate the proceeds, she will be happy for them to drop the stuff off to her at the church (as long as it is marked), and she will sell it that night. Also, people are invited to make goodies to eat and sell also. May be a lot of hungry climbers there. Remember, it's time to clean out the old closets to make room for that brand new piece you've been waiting for, also a wonderful way to give back to OSAT. Also, a good time for fellowship with other OSATers you may not have seen in a while. Hope to see you all there. If any questions, e-mail Robin... [lucats@juno.com](mailto:luvcats@juno.com) or Ph: 661-2564



**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 **Doug H (889-2041)** 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)

**FOR SALE**--1 pair of Moonstone zip-off pile pants--men's medium. \$70 or best offer. Booties--Cordura

soles, fiber filled. Men's medium.\$20 obo. Sleeping bag--Northface "Darkstar". -40 degrees. Gortex shell, Polargaurd, HV fill. Weighs 5 lbs,10 oz. \$200 obo. Call **Karen S** if interested at **523-6228**.

**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](mailto: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 **661-2564** or e-mail [lucats@juno.com](mailto:lucats@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](mailto: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 @ [lucats@juno.com](mailto:lucats@juno.com)

**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.

**MOVING SOON?**--Tired of hitting your friends up for a helping hand? Jim Fahey will be happy to do it for you. call him at Jim Fahey Moving. He has 18 years

commercial and residential experience. He can even move the big stuff like pianos. Ph: 206-362-0093

**IF YOUR BODY WEARS OUT, WHERE WILL YOU LIVE NEXT?**--Go see DR. MARK FREDRICH at his new location at: WOODWAY CHIROPRACTIC 20015 Highway 99, Suite A (Corner of 200th SW and Highway 99) Lynnwood, WA 98036 Ph: 771-BACK (771-2225)

(FREE INITIAL CONSULTATION & EXAMINATION FOR ALL OSAT MEMBERS!!)



## 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 March 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 (Upsairs, 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.

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.

### 1997 Climbing Course

by Bob C.--Chairman 1997 Climbing Course

**C**an you believe it was a year ago that we welcomed a new crop of future OSATers and Mt. Rainier climbers? Here it is again. Who knows the adventure we'll find or journeys that will take place. The climbing committee, as always needs your help with the task at hand. This year a few seminars and field trips have been added. Included on page 3 under "OSAT's Excellent Adventures" is all of the Climbing Course lectures and field trips that anyone can participate in.

One doesn't need to be a pro at any of the skills. Participating is the best way to learn and get to know the one another.

As always any OSATer is welcome to attend any seminar and field trip and practice your own skills. I would like to personally invite everyone to opening night. You'll bring inspiration to the newcomer. Also I'd like to take a moment to introduce the committee and praise their hard work preparing for 1997.

**Charlie A.** -Secretary and long standing committee member. Our committee meetings are at his house along with the best pizza in town.

**Kim G.** -Elected unanimously to the position of Vice-Chair and heading up this years mentor program. Kim will be next years chairMAN and has put in long hours to learn her position.

**Dick W.** -Last years chair and infinitely valuable to the committee with his background and understanding.

**Chris N.** -New to the committee this year. Chris bring fresh ideas and also designed the flyer for the upcoming year.

**Jim K.** -Jim is also new to the committee but came in and began contributing right away. He's organized all of the conditioning climbs and hikes.

**Janeth A.** -An invaluable conscious to this committee. Whenever we became confused looking for the answer, she kept us on the track of simplicity.

These and others deserve a hearty thank you (and nomination for service awards at the gratitude dinner).

### Five Years Ago in OSAT

by Rik A.

**1** 992 got under way with the first OSAT meeting in a snowcave atop Skyline Ridge at Steven's Pass. Ten OSATers attended the meeting, although only four earned their snowcave merit badge by spending the night. Thus began yet another OSAT tradition (one which will celebrate its fifth annual rendition March 8 & 9.). Luckily the event was planned for early February, as the winter had an unusually low amount of snow. In early March eleven members drove all the way to Goat Flats trailhead above Mountain Loop Highway and hiked up to Three Fingers. A week later seven summited Merchant Peak. Everyone's climbing calendar was filling up fast, with OSAT events planned for three of every four weekends between February and July!

Running at Green Lake was a regular Tuesday night conditioning activity while awaiting the return of daylight savings time and the Thursday night Tiger meeting.

In February 1992 the first international OSAT climbing trip was organized: Jim, Dave and Steve climbed Popo and attempted Ixta in Mexico. In the process they established a long standing record by having a meeting at 17,000 feet.

Planning for the second OSAT Mt. Rainier climb was well under way, with some changes instituted so Jim wouldn't get arrested for leading a 35 climber group on the mountain. In the meantime, the Feb/Mar 1992 edition of *Climbing* magazine featured a short item on the first climb.

## Off Belay

by Bob C.

### Did You Ever Wonder Why...

Why is "traditional medicine" only a couple of centuries old, and "New Age medicine" thousands of years old?

### A Good Day to Stay Home

On the April Monday following the switch to Daylight Savings Time, there are almost 8% more traffic accidents. The Monday after clocks are set back an hour in October, there's an 8% drop in accidents.

### Just Can't Keep It Off

The Archives of Internal Medicine (June 1996) reported that, 40% of dieter in a commercial weight-loss program had gained back more weight than they lost.

The strongest predictor of maintaining weight loss was regular exercise. The strongest predictor of regaining weight was television watching.

### Make Mine Light

Regular soy sauce contains over 1,000 mg of sodium per tablespoon, whereas light versions contain 600. Recommended maximum daily intake of sodium is 1,800-2,400 mg.

### March is National Nutrition Month

A recent survey by the American Dietetic Association (ADA) asked Americans what five foods they "could not live without." The winners: pizza, pasta, chicken, ice cream and french fries. Most respondents said they recognized the importance of good nutrition, but 65% feared having to give up their favorite food or spending too much time preparing healthful meals. --*Healthy & Natural Journal*

### Favorite TV Show

Men Behaving Badly!! Yeah.....

### Question:

Which queen kept a harem of men in her castle?

### Answer:

Could be you refer to Queen Kahena, a Berber in Northwest Africa. No castle. But she made room on her premises for 400 virile men who elected to hand around. Yeah....

### The Poop About Goop

Being stuck on the 9th pitch of Dreamer enduring another runout friction lead, just one Pocket Rocket (quick energy gel) and we were clear headed and energized for the many rappels to get down. These .75 to 2.25 oz pouches or tubes pack in 20 to 28 grams of carbohydrates and 80 to 133 calories per serving. Consisting of only simple sugars and long chain carbohydrates, gels are designed to be absorbed directly into the bloodstream and provide instant energy. With the addition of electrolytes (such as potassium) in most gels and caffeine in some, they provide a total performance package. Gels have become the carbohydrate of choice in endurance athletes. Remember, you'll be taking the gels while moving; the ease with which you can rip open the pouch and squeeze out the gel (without dribbling half down your chin) is key. Gels can be found in any sports specialty and health food stores. Go get some.

### First Ascents

Terry P.-Pulling hard at Hueco Tanks, El Paso Texas

Shirley R.-Leading out a 5.7+ at Hueco....Hueco Cool

Cort M.-The Rambles WI 4+

Sally C.-Deeping Wall WI 5

Kim G.-Wet Runnings WI 4+

Winton C.-Icy BC WI 4 (1st two pitches)

CASE climbers to the 20,000' club. That's a lot of zero's people! I'm very proud of you're achievement. An adventure of a lifetime, strong team members, and heavy duty altitude.....way kewl

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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### Aconcagua S.P.

by Rik A.

**W**hen I sat down to write about our climb in Argentina, I had a difficult time relating the day-to-day story of the expedition, perhaps because my journal for the climb is up at Camp 2! ("If you can't find it, it must be at Camp 2!") So I'll leave a documentary description to other members of the expedition, to our slide shows, or to the web site. Instead, I'm compelled to share with *Yodel* readers a more philosophical reflection of OSAT CASE '97. Thanks for your prayers, it's good to be home. Rik.

We began every climb day in Argentina with the Serenity Prayer, shoulder to shoulder, arm in arm, boot toes touching: symbols of our togetherness, of our reliance on each other. During our weeks in the Andes, the words took on new meaning.

***God, grant me the serenity...***

Its impossible to go on an undertaking as big as Aconcagua and not come away with important revelations. For me, the most surprising was how little time for serenity I had on the expedition. With rest days planned every 3-4 days, I envisioned laying around, drinking in the beauty, soaking up the grandeur of the central Andes, between the days of hour upon hour of physical effort. The reality is there is always something to be done, even during rest days, be it fetching water, preparing meals, fixing equipment, maintaining health, caring for personal hygiene, socializing with other climbers, or working out decisions within the group. I found but a single moment of quiet contemplation in the entire two weeks of climbing--that moment remains as an anti-symbol of the expedition. On our rest day at the Plaza Argentina base camp I walked out on the moraine overlooking the desolate plain of the upper Relinchos. The stark expanse of nothingness wound slowly and climbed gently toward the eastern abutments of our goal. Ten days later I envied the defeated British glacier climbers who, in searching for something unusual to do when the Polish Glacier became an unrealistic goal, exited the Polish approach route by way of this valley, up and over the southeast shoulder of the mountain and down to the foot of Aconcagua's unimaginable 10,000 ft. south wall. Did it help them cope with not having even slept within a vertical mile of their real goal? Did they find serenity in that silent, lonely valley?

***...to accept the things I cannot change...***

I'm a planner. In the six to eight months leading up to the expedition, never a day passed without Aconcagua entering my thoughts. The only time I've experienced anticipation spread over so great a calendar period was awaiting the birth of our children--and even that anticipation did not consume my idle time as completely as did this climb. I knew my visions of what would happen on the mountain were imperfect, but I also knew the more I played out different scenarios, the better equipped I would be for whatever we faced. And yet, in all those months, I never envisioned not making the summit. We had too many alternatives, too many backups, too much confidence, too many dreams, to entertain the concept of spending four nights 3-1/2 miles above sea level just one hard day's hike from the summit, barely more elevation gain than a Tiger

Mountain, and yet turning down the mountain without that coveted summit photo.

Realization that the dream would be unfulfilled came to us one at a time during the forty hours we spent, five of us in a single tent at 20,300 feet. We talked about our alternatives, aired our frustrations, discussed our favored solution to the situation we found ourselves in, but for the most part we did not share with one another the particular point at which we individually acknowledged that "up" was no longer an option. Some clung to the hope for success longer than others. I spend much of our second night there lying awake thinking of how I would phrase my leadership decision to abandon the mountain, but consensus was reached the next morning without my leadership. The team silently acknowledged that the mountain was in charge. No matter how much we might wish for a different reality, we were not in control. In praying silently or aloud, alone or as a group, we accepted that a Higher Power was determining the fate of OSAT CASE '97, we were there simply to play the roles cast for us.

***...the courage to change the things I can...***

What we really control is our responses; responses to the familiar and expected as well as responses to the unknown and unanticipated. This climb taught me how little you get to know people on weekend climbs, and how much more complex and interesting individuals are when you really live with them for a more extended period. Each of my fellow OSAT CASE '97 climbers taught me new things about themselves, showed me strengths I didn't know they had, skills they hadn't previously shared. We all changed in the way we related to each other. The first of my goals for this trip was to come home safely, the second was that each member return with greater regard for each other than when we left. Happily, both of these goals were met. Our response to things familiar may be the most difficult thing to change. It requires the most courage, because we have defined ourselves to others by our previous responses. We fear that a change may be interpreted as a weakness in our self-definition. I've defined myself as a mountaineer, but the biggest climb I'd been on was less than one week long. I have to redefine myself, and my love of the mountains. I found that the two weeks required to go from 8,000 feet to 20,000 feet required something more than what I have thought of as mountaineering. This doesn't diminish my love for mountaineering, it redefines it. I'll never know if reaching the summit would have left me with the same conclusion, but my response to big mountain mountaineering now is much more cautious than before. My enthusiasm is tempered with the realization that to



take two weeks to climb a mountain, and however long it takes to prepare for such an adventure, may well be an investment I'm not willing to make for the expected payoff, especially when the probability of success hinges on so many things over which I have no control.

*...and the wisdom to know the difference.*

Yes, I am wiser today. But wisdom comes more from a knowledge of what we don't know than from certainty of what we do know. For every piece of knowledge I learned about myself, my companions, the sport, and the mountain, I learned twice again as much about how little I know of each of them. Knowledge, like the mountain, is finite; wisdom, like the mountains, is infinite. "No end is visible, or even conceivable, to this kingdom of adventure."

*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

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|----------|---------------------------------------------------|
| Marina S | Editor                                            |
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| Jason R  | Mailing List/Membership                           |
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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: 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.***



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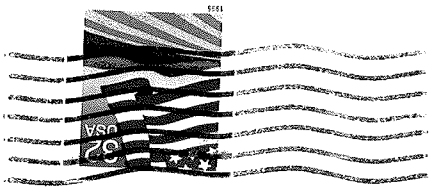
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