

THE YODEL

TAKE IT EASY

There is truth and purity in natural things and our contact with them refreshes the spirit. Let us keep the contact gentle and respectful, for nature is the greenhouse of our soul.

Mort Walker "Beetle Bailey"

A few days ago, my husband Ivar and I decided to see if our 4 month old daughter Karine would fit in our "Kelty Kids" backpack (courtesy of our awesome OSAT friends). We had tried putting her in there at three months, and naturally, she was completely enveloped by the mammoth frame. This time, she fit beautifully, and seems to be able to hold her head up and look around. As each of us tried on the backpack, I began to realize that she will be seeing all of our favorite day hikes with fresh eyes. Everything we will be doing with her this summer will be a her first for her. That sounds like such a simple and obvious concept, but I started to think about what a sense of wonder it must be. She'll get to experience sky-high trees, babbling brooks and open meadows with the innocent curiosity that only a child seems to muster. I look forward to shedding some of the mental trappings of adulthood and just squishing my toes in the mud!

Of course OSAT has many opportunities for you to join us in a retreat back to childhood! Whether its day hikes you're looking for, or overnight adventures, you've come to the right place!

Here are some things to look for in this issue:

- Calling all sherpas! Here's your chance to help out fellow climbers (pg.3)
- Bob C and Winton C to leave for S. America. follow their trip on the web! (pg.6)
- Hey kids! Last chance for OSAT hats. Get your order in today! (pg. 5)
- Guess who's coming to dinner? Well, actually its the Club Meeting and he's a world-class climber. (pg.5)



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

The next deadline for *The Yodel* will be June 6. KCM & DS--Marina S., Editor

E-Mail: 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
- ④ Notices
- ⑤ Club News/ Feature Articles
- ⑥ Off Belay / Echoes

12-step meetings

Tiger Mountain

Time: Thursdays @ 7:00 pm & 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.....Grant.....525-9199
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..... Doug H..... 889-2041
 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 "4" 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!

May 10-Sat: Camp Muir Conditioner On a clear day, this trip through Mt. Rainier's snowfield is quite amazing. Leader/Contact: TBD

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. Because of the large class size this will be split into different sites on the same weekend. Shirley will be leading a group at Alpentel and Winton will be leading a group at Steven's Pass. Instructors are needed. Sign up to teach at the next climbing course seminar, or call Shirley at 957-7975.

May 24-25, Sat-Sun: **THIS CLIMB IS FULL** 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: Bob C at 772-2027.

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 8-Sun: Mt. Jupiter: Climbing course conditioning hike, on the Olympic Peninsula. 14 miles round trip, 3600 feet elevation gain. Splendid panoramas if weather is clear. Ice axe required. Leader/Contact: Call Shirley at 957-7975 if you want to sign up or cancel. Currently there is only one spot left. Strict party limit of 12.

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 21-22, Sat-Sun: Eldorado Peak Glacier and rope experience needed. Limit 8. Leader/Contact: Chuck T at 522-7208

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.

July 5-7-Sat-Mon: Glacier Peak Standard Route. Summit on Sunday, the 6th, then head down on the 7th. Glacier experience required. Leader/Contact: Rik A at 234-1770 or email Rik/Anderson@PSS.Boeing.com. Limit 12

July 6-Sun: Mt. Persis Full day of scrambling near Mt. Index! Good conditioner for the Rainier climbs. Great views of all the Cascade mountains. Meet at the Dutch Cup Restaurant at the East end of Sultan @ 8AM. Leader/Contact: Roy O days (206) 362-9062, evenings (206) 525-0510. Limit 12.

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

July 12-14, Sat-Sun: Mt. Rainier-Climbing Course Disappointment Cleaver Route. Sherpas needed. Leader/Contact: Greg A at 932-4862.

July 12-14, Sat-Sun: Mt. Rainier-Climbing Course Emmons Route. Sherpas needed. Leader/Contact: Dave N at 752-9214

July 17-19, Sat-Sun: Mt. Rainier-Climbing Course Disappointment Cleaver Route. Rope leaders and Sherpas needed. Leader/Contact: Robert T at 850-0805

July 17-19, Sat-Sun: Mt. Rainier-Climbing Course Emmons Route. Sherpas needed. Leader/Contact: Dick W at 339-3751 or Charlie A at 932-7195.

July 19-21, Sat-Mon: Mt. Rainier -Climbing Course Disappointment Cleaver Route. Sherpas needed. Leader/Contact: TBD

July 19-21, Sat-Mon: Mt. Rainier -Climbing Course Emmons Route. Sherpas needed. Leader/Contact: Shirley at 957-7975.

NOTE: If needed, there will be a Rainier climb scheduled for July 26-28. Details to follow

July 19-27 or July 26-Aug. 3: Ptarmigan Traverse experienced climbers are invited to chose which week to do this world famous climbing adventure! Trip length and summits flexible. Leader/Contact: Chuck t at 522-7208. Limit 6

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.

Aug. 2-3, Sat-Sun: Mt. Shuksan Sulfide Glacier Route. Glacier experience required. Leader/Contact: Rik A at 234-1770 or e-mail Rik/Anderson@PSS.Boeing.com

INSTRUCTORS NEEDED FOR ROPED TRAVEL FIELD TRIP

May 17-18, 1997

The Climbing Course needs volunteers to help out. It should be lots of fun, good chance for instructors to review skills, get to know new OSATers and opportunity for those of you in the Mountaineers to show off what you've learned! We will be snow camping on Saturday night, but if you are only available to teach for one day, you can sign up for either Saturday or Sunday. Please call Shirley R at 957-7975 to sign up if you would like to help.



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

FOR SALE-- All of the following gear has been taken only to the finest places and remains in excellent condition: Northface VE-25, 3 person tent (built for REI) \$250./ Lowe Contour IV internal frame pack \$100./ Jansport external frame pack \$100. / Slumberjack +15 degree synthetic fill mummy sleeping bag \$75. / REI -20 degree expedition mummy sleeping bag \$150./ Kelty Moraine internal frame pack \$50. / First Need water filter

\$25. Make this stuff your own and go create more good memories with it. **Ron D** at **807-7764**.

FOR SALE-- Dolt cordura hanging garment bag. Dusty rose color with black nylon shoulder strap. Folds with 3 outer zippered compartments. New. \$30.00. Black Samsonite hard case "carry-on" suitcase with "pivot ease" wheel system and internal pull up extension handle. 14X8X22". \$80.00. Water-ski gloves: Heat Wave Extreme Team size M, Jobe World Wide size M. \$9.00 ea. Call **Tracy M** at **781-4891**

FOR SALE-- Climbing Boots - Scarpa Fabiano leather climbing boots. Crampon compatible, men's size 13, used only 1 season. \$295 new, \$145 obo GoreTex Jacket - REI jacket w/zip-out down liner, removable hood, pitzips. Emerald green, men's large. **Charlie G** at **230-0512**.

FOR SALE-- King size mattress and boxsprings \$75.00. King brass headboard and frame \$250.00. IBM Typewriter \$50.00. All in excellent condition. **Karen C** at **782-1873**.

FOR SALE-- Just in time for the season! Walrus "Lite Star" backpacking tent. 4.5 lbs, flysheet with vestibule, and custom footprint. Used only 2 times! \$150.00. Call **Dave N** at **752-9214**.

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, Polarguard, HV fill. Weighs 5 lbs, 10 oz. \$200 obo. Call **Karen S** if interested at **523-6228**.

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 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: **206-787-7888** or e-mail at **jimfahey@apl.washington.edu**

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 7:15 PM. The next meeting will be held **May 14**. 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.

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.

Klev Schoening

O SAT is pleased to welcome world-class climber Klev Schoening to May's Climbing Club meeting, May 14th. As you may know, Schoening was on Scott Fisher's ill-fated 1996 expedition of Mt. Everest. Schoening did manage to summit, and will be sharing

his experience with OSAT. If you haven't been to a club meeting in a while, you won't want to miss this one!

OSAT Hats

by Allen S

Some of you are familiar with the continuing hat saga, but for those who aren't, here's the deal.

At a BOTS meeting it was decided that the initial investment to order the hats would absorb too much of the available funds (No doubt). So the plan has been to gather orders and payments before placing the initial order in an effort to cover most of that investment. We need more than 50 hat orders to cover half of the cost. *Without these orders, there will be no OSAT hats, at least in the near future.*

A word about the hats: As a frequent hat wearer, I appreciate a hat that fits comfortably, looks sharp and wears well. I found all that in a hat but there was a catch. It sported the logo of a beverage company known primarily for its ales and lagers. To wear the hat was to catch some flack. Albeit good spirited fun, the hat had to go. As I said, appreciating a fine hat, I looked in the band of said hat and called the hat company, yadda-yadda-yadda, and thus, with their help, have positioned within our reach an extraordinary hat, not only because it is well built, but because it says OSAT right across the front! Wow, it, it, it excites me so!

If you are a hat wearer, or know one with whom you wish to strengthen relations, you need this hat! However, the disheartening fact is that **as of May 2, we have received 12 hat orders, leaving us at least 38 orders short.** If you want a hat, don't think you can wait to "check 'em out" and then order. Without at least 38 more orders none of us will see this hat: not you, not me, and not anyone out there who may need to get to know OSAT.

This could be your last chance. The deadline is May 31. If we don't have enough orders by then, no hats will be ordered and I'll begin sending money back. We need to get the order in so the hats will be back for summer.

It's a very good deal for such a fine hat: \$10.00 or \$12.00, depending on your choice of fabric. For specifics, see attached order form. You might want to do that and send off the order **NOW**. You may then return and finish reading the rest of this, yet another entertaining Volume of, *The Yodel*.

Adios Amigos

by Marina S

Bob C and Winton C are heading to Peru and other parts of South America for some serious altitude. They'll be leaving June 4th for 7 weeks of traversing and climbing all over the map.

Rumor has it that a web page will be dedicated to following their adventures. As soon as we get the details as to what the URL is, we'll pass it on! Keep tuned..

Five Years Ago in OSAT

by Rik A

As the Thursday night meeting moved back to Tiger Mountain in April, it was noted that the meeting was held there during its first season rain or shine. Although we were ready to adjourn to JB's (now IHOP) "in case of VERY inclement weather", it never happened during that first year. (Does anyone recall it ever being moved due to weather?) In those days a brief "club meeting" usually preceded the AA meeting atop Tiger. Steve and Karen were in charge of the meeting then. Some of the attendees regrouped at JB's afterward for food and more fellowship.

On April 1 (1992) ten members held a club business meeting at Walt Q's work. A number of important decisions were made and ideas discussed. An initiation fee of \$12 and annual dues of \$12 were approved, and it was decided to have a membership card. A policy that expenditures over \$50 required group approval was adopted. Francy S was in charge of finances in those days. (The initiation fee was dropped some years later, and the expenditure limit raised when the BOTS was established.) There were over 140 names on the mailing list in May newsletter (of whom 25 are on the recently published list).

Interest in the climbing course demanded a second ice ax arrest outing to Steven's Pass in May, which, like the earlier trip, was highlighted by the 12-step meeting atop Cowboy Mountain. Six climbers responded to Jim's "must be in VERY good shape" challenge and summited Whitehorse (6000 foot vertical in 6.5 hours). Later in May five summited Shuksan with good weather, a good meeting, and a scare from a falling boulder.

The Memorial Day Weekend hike to Camp Muir was, indeed, memorable. Here's the newsletter report in full: "24 OSAT-ers made it to Camp Muir in good time on a warm (hot) day. It was a special time, a magical day. Some of my memories? Sitting together in the snow facing south, throwing snowballs at the camera buffs who ventured out to snap a group photo; asking Francy if "balance in one life" was the same as "cross-training"; watching JR proudly hike the last few yards to the

meeting; waiting forever to be served at the restaurant and not caring."

The quotation from The 14th Dalai Lama of Tibet first appeared in the March 25 1992 newsletter. Jim H was first exposed to the quotation about the spirituality of mountains from the Dalai Lama in a drama concerning mountaineering. He made the effort to get the full text of the quote, and began including it in the club newsletter. The quotation has become a cherished tradition of OSAT, reminding us why mountains and mountaineering are important in our lives.

Off Belay

by Bob C.

Destination: Smith Rock

Dude, how about climbing at the sport climbing destination in the USA? Dude-Smith Rock. Without a doubt Smith is a major worldwide climbing Mecca. Located in the high desert of Central Oregon (Orygun), Smith is actually a State Park. Way Kewl. The biggest surprise for many first-time visitors is Smith's unique beauty. The Crooked River winds it way through the canyon of multi-colored cliffs and spires. The aroma of Sage Brush under typically blue warm skies makes Smith the place. Dude..... Smith ROCKS!!!

OK what about the climbing? Dude-first about ethics. At Smith it's OK to ask someone to put up a top rope. Hangdogging, and redpointing are accepted and encouraged practices. "Dude on belay"-any hit list should begin with Super slab 5.6, Spiderman 5.7, Bunnyface 5.7. These are the starting points to anyone's pilgrimage. For the beginning leader the Cinnamon Slab area has many routes from 5.5-5.8. Moonshine Dihedral at 5.9 is the test piece for the under 5.10 climber. Moving up the scale. Any 5.10b in the park is worth doing.

These climbs are usually open because so many people are either climbing well below or above this range. Don't miss Double Trouble, Bar-B-Q the Pope, or Screaming Yellow Zonkers! But Smith is definitely defined by the harder climbs. On any given day in the spring one could see many of the world class sport climbers there. Andy DeKlerk (a local climber) recently sent Scareface at 5.14a. GET OUT! Word has it that Chris Sharma the best US sport climber is there now trying to put up all the hard lines. No need to be intimidated by these anomalies. Ask someone to put your rope up for a hard top rope and they will gladly oblige.

"Dude what about a place to sleep" Smith has the best car camping bivvy area around. For only a few dollars you can spread out your tent and take a hot shower! Yeah. But for the more hearty camper there is always room in Redmond at any motel. They are generally pretty cheap and comfy. For a posh and party time rent

a resort room outside of town and split the cost with a few friends.

"Dude I'm hungry" If Chicken Fajitas at the bivvy area is not your style. The Italian restaurant in Redmond is primo! The Mazatlan serves Mexican, and the Sun Spot is absolutely the best local café food. Breakfast and good coffee! Grab your quick draws and go climb!

First Ascents

Anita S.-Vertigo 5.8 **

Wendy P-Lightning Crack 5.9*** (heinous)

Chris N-West Face 5.8****(redpoint)

Roy O-The Tunnel 5.6****

Carol S-The Gully 5.1**

Shirley R-Pioneer Route on Monkey Face 5.7 A1*****

Sally C-Gumby 5.10b****(redpoint)

Joe C-Screaming Yellow Zonkers 5.10b****

Quotes

"Hey I lost my crotch bag" —Cort M. half way up Vertigo at Peshastin Pinnacles.

"They went among the mountains, not to impose or lay hold, but to conquer that part of one's self which can be mastered. The most perfect satisfaction is reserved for those who risk all merely so that they shall not come short of their own ambitions"— Maurice Herzog-after the first ascent of Annapurna.

Saddle Up

The STP is coming soon. So it's time to straddle your bike and pedal some miles. Understand Jim B. will be attempting to ride the course in ONE day. OUCH... can you say pain in the ass. Good luck Jim. Vashon Island is a great ride. About 50 miles and just a few hills.

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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## You Might Be a Mountain Climber If You...

by John N Meyer

{Reprinted from *The American Alpine News*, April 1997}

You might be a mountain climber if you...

...have ever frozen your lips to an ice screw while blowing an ice plug at your partner

...own a \$75 dress suit and a \$1000 Gore-Tex suit.

...have ever used an ice ax to chop weeds in the garden.

...have ever had a Mexican bus driver open his window because of the way you smelled.

...have more summit pictures than wedding pictures.

...have ever had icicles hanging from any part of your face.

...can pronounce Popocatepetl correctly more than once in a row.

...have fallen so far that you ran out of adrenaline before you ran out of rope.

...say "Namaste" instead of "Hello".

...like the smell of burning yak dung

...hear the name "Hillary" and think of Everest instead of the White House.

*submitted for your entertainment by Rik A*

***"I wasn't sure if the word  
"dude" could be used more  
between two grown men...I  
found myself referring to my  
boss on Monday as 'Dude'"***

Day two was action time. Climb like monkeys we did. Despite a windy day, the sun tried to keep us warm. Who were these awesome students who just learned to climb. As I tried to scratch up a route I gave up in frustration and who comes in to COMPLETE the route on her second day of climbing: ANITA. WOWEE. A true wonder.

Roy and Wendy were awesome as they scaled and descended heights they had never anticipated. Carol and Cliff mastered slabs and caught a few tan lines as they relished the forgotten sun.

It was great to hear the students work out the lingo of climbing. I've never heard some one refer to their climbing harnesses as a "saddle". Now that's an interesting thought. Then of course there's the veteran climbers who've made up entire vocabularies out there in the wilds. Cort, for instance, was climbing a particular difficult route when he reached for his chalk bag and yelled in despair, "Where's my crotch bag?!" Left at the bottom of the climb...or was he referring to something else? I wasn't sure if the word "dude" could be used more than between two grown men we know as Bob and Joe. "Hey Dude" or "Duuuuuuuude" or "Yo Dude" or "Heinous dude". I found myself referring to my boss on Monday as "Dude". Of course he didn't dare correct me after he took one look at my hands. I guess he thought better of getting into a fight with someone who has hands that look like they've been connecting to someone's face in an alley brawl.

At days end on Sunday we headed to Leavenworth and a bite to eat. Tired and full we scattered to the roads and headed home. God, what a great time. Can't wait to lose more skin next time.

KCMDS

## Blood on the Rock

*By Kim G*

**B**e one with the rock the great climbers say....well hell, after the weekend at Peshastin Pinnacles, I am one with the rock. I've left skin, blood and guts on most routes. I clung so tightly to walls that I'm not just "one with the rock", I'm married to the sucker. My hands currently look like a blender took a liking to them and all of this in the name of fun. And fun we had.

Led by the ever popular Bob C., several hardy instructors took a load of OSAT students up to Peshastin Pinnacles to show them the "ropes" of friction climbing. Heading up the instructor's list were Sally C., Joe, Shirley, Cort, Terri and several tag along helpers like Merry, Chris and myself. Some might call us the great belay slaves.

Day one was spent in the splendor of learning the very basics of belaying, climbing and knots with Bob, Sally and Joe. That evening was way fun. We're talking camping near Easton Lake, watching the men (men mind you) cook up the fajitas for dinner. The bonfire and deserts put a wonderful cap on the evening. Did I really see Sally eat that much desert? A great meeting was held around the campfire and then off to the tents.

## Bandera Conditioning Hike

April 6, 1997

*by Shirley R*

One problem after another:

1. Party limit of 12, and 28 people show up at McDonalds to do the hike! I encourage some of those who hadn't signed up to do Mt. Si or Tiger instead.
2. Lots of people without ice axes, and we'll need them for sure.
3. Road blocked by avalanche debris and huge snowbank. Have to park 2-1/2 miles from trailhead (5 extra miles! Just what we need!).
4. "Trail" is more like an obstacle course! We're talking major bushwhack.



5. Steep hard snow, and the students haven't had ice axe practice yet. Those without axes turn back as a group. Pragmatically, the students learn to do ice axe belays!
  6. After breaking out of trees, snow is soft and deep. *Major* postholing. Like, falling in to your armpits if you're really unlucky! Those willing and able, take their turn breaking trail.
  7. Possible avalanche danger? Not high, but we minimize it by choice of route.
  8. We gain the ridge crest, great vistas, but are a mile or so from the true summit. Oh, well. Let's call this the summit! *No problem.*
  9. I've forgotten my hot thermos, but voila - some folks had brought stoves, and I bummed some hot water (thanks, John) while the 17 of us ate, talked and enjoyed the vistas: from Mailbox to Kaleetan to Silver to Mt. Rainier, peaks everywhere! It was very clear, with few clouds and no rain, which was a blessing.
  10. I give warnings about sitting glissade (On this partially melted slope you could easily hit a rock or get impaled on a branch) but most everyone did it anyway.
- We re-grouped at the "trail," where there was much laughing and cheering - it was a great day despite the obstacles. Then to cars and Mitzel's. The group had tremendous spirit, including those who struggled more with the route. Thanks to Jim K. for his fine assistance in leading the hike.

## Mt. St. Helens

April 5~6, 1997

by Grant?

Climbers: Grant, Ron, Dave W, Bill L, Pattey, Michelle, Pete, Chuck, Rod, Carrie, Brian

**W**e all met at Jacks for food and permits. the sun was out and it was looking to be a great weekend. After fighting the snowmobilers for parking at the trailhead, we were off. We had a nice snowshoe trip to camp.

That night at the meeting the sky was spectacular. Is that the comet? I think we say the UFO trailing the comet. Hundreds of stars...mars was a beautiful orange glow. It was a great meeting.

The alarm went off at 5:30 am. time to go? But first we had to discuss the logging operation (snoring?) going on in camp. Ron, Bill and Dave thought it was Pattey and Michelle, who thought it was Pete and Chuck, who thought it was Rod and Carrie, who thought it was Grant. who thought it was everyone else. And for some reason, Brian slept through the whole thing. After breakfast, we were off!

Sunny day, but windy. Heading for the summit was tough. 60-70 mph winds were whipping at us, but we would not be turned away. The 70 degree ice wall slowed us down since we didn't have ice tools, but we did finally make it to the summit never-the-less. We had to lash ourselves to the top so we would not get blown off! The views were great, however, and all in all we had fabulous week-end.

p.s. Bring earplugs next time!

## Socked in on Suak Mountain

April 20th 1997 and

Peshastin Pinnacles

April 26th & 27th 1997

By Cliff L

**I**t was a very overcast morning when Cathy H. and I left the Bothell Park & Ride, But the weather man promised it would clear. We met up with Rik A., Rob W., & Bob L. in Concrete. We were able to drive only to 2700' where we were meet by rain. It was snow by the time we got above 3000'.

By 1:30 we had got to 4750' and decide to turn back because of time. After fifteen minutes of down climbing the promised sun showed up and let us have some great glissades.

*Peshastin Pinnacles:*

Many Thanks to Bob C. and all who came to help us beginners learn. It was a great time, good friends, and fantastic climbing. Looking forward to the next time.

Thanks much from Anita, Cliff L., Carol S., Roy O., Wendy P.

*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*

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*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.*