

THE YODEL

SUMMERTIME!

In beauty I walk
 To the direction of the rising sun
 In beauty, I walk
 To the direction traveling with the sun
 In Beauty, I walk
 To the direction of the setting sun
 In beauty, I walk...all around me, my land is beauty
 In beauty, I walk

Navajo (Yebechi) chant

Summer is just around the corner. I can almost see it. It is waiting patiently in the wings, preparing for its big entrance. It has given us a taste of what's to come, with a few warm, sunny days here and there. It seems to be saying, "I know you've missed me old friend, and I'll be there shortly". Although we try to push Summer onto the stage early by saying that Memorial Day is the "Unofficial start of Summer", it comes when it's good and ready. But Summer doesn't make a grand entrance. It eases itself into our consciousness. It enters with the chorus, without fanfare. It begins with a couple days of cloudless skies. Then steps to back. Gradually, summer will become the star of the show. It will dazzle us with its warm rays, azure skies, peaceful breezes.

I always look forward to Summer's subtle performance here in the Northwest, even if once in a while it goes over the top with some very scorching or very soggy days (well, even Summer has some uneven performances).

As we wait for Summer's official entrance, you can read up on various club happenings: Visit OSAT climbers via Cyberspace (pg. 5)...What's your favorite hiking recipe (pg. 5)...How can we get connected (pg. 7)...



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

The next deadline for *The Yodel* will be July 11. 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
- ⑦ Off Belay / Echoes

12~step meetings

Tiger Mountain

Time: Thursdays @ 7:15 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 "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!

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 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 28-89, 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 Sitkum Glacier route. Plan is to summit Sunday, hard core can return home Sunday night, but some of us will spend a second night at Boulder Basin or Kennedy Hot Springs and come out Monday. Standard Route. 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



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--Nordic Track Classic, x-cntry ski trainer: excellent condition \$175- 2. Powerglide x-cntry ski trainer: good condition \$50-3. Climbing wall panels 4'x4' with texture, features, and t-nuts \$25 apiece or \$20 for 5 or more. 2'x4' \$15 contact **Robb W. at 781-0929** or drumgoat@aol.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 leather climbing boots. Crampon compatible, men's size 13, used only 1 season. \$145 obo **GORETEX JACKET** - REI jacket w/zip-out down liner, removable hood, pitzipts. Emerald green, men's large. \$80 obo. **DOWN BOOTIES** - Stay warm on the glacier. Blue, XL. \$15 obo. **Charlie G., 425-702-1876, Charles Goodrich@Boeing.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, 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 @ lucvats@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 7:30 PM. The next meeting will be held June 11. 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.

Please note that the Club Meetings have been changed to 7:30 until Fall. Also note that due to the climbs planned for Mt. Rainier, there will be no July Club Meeting.

Thank You Klev Schoening

by Roy O on behalf of BOTS

Klev Schoening gave a slide presentation of his successful ascent of Mt. Everest on May 10, 1996. Klev was a member of the late Scott Fischer's Mountain Madness Climb. The photos and narration were excellent and thoroughly enjoyed by all who attended the meeting. A BIG OSAT Thanks to Klev.

Gear Grab a Success

by Robin K

The 1997 Gear Sale went very well. We made \$340.50!!! Much thanks to all who had items to sell and to those who got some fantastic deals buying. Mike R won the \$25.00 REI raffle ticket. Way to go!! Everyone seemed to enjoy the food and drink also. We also had several people who contributed \$\$ over and

above the call of duty. Thanks again to all who participated and hopefully we can have this as an annual event, to benefit the newcomers, the old-timers, and OSAT!

Virtual Expedition

by Marina S

OSATers invade South America in 1997! Earlier this year, several OSATers went to Argentina to climb Aconcagua, some went to Peru and Bolivia to climb a couple well known peaks and now two more have gone down to the southern hemisphere to enjoy the peaks of Peru and various points beyond.

Bob C. and Winton C. are zig zagging South America and are reporting their adventures via the Internet! Jim B. is working hard at arranging diary entries and pictures from Bob and Winton. Here is the URL:

<http://home.sprynet.com/sprynet/jimbl/bobwin.htm>

OSAT E-mail Directory

by Rik A

I have compiled a personal file html page directory with over 30 e-mail addresses of OSAT members. I am willing to (1) share the directory with anyone OSAT member who wants it and (2) maintain it and put it up as a web page, pending approval of those whose names would be included.

If you have an e-mail address and did not receive an e-mail from me earlier this month concerning this directory and the Aconcagua photos web page, that means I don't know your e-mail address. If you would like to be on this directory, please send me an e-mail (rik.anderson@boeing.com) and also PLEASE LET ME KNOW if you:

(1) would consent to having your email address on a page linked to OSAT

(2) would consent to having your email address on an unlinked web page, the URL of which has only been made available to OSAT members (you could have a bookmark to it, for example), or

(3) would rather not have your email address on either of the above mentioned possible web pages, but would like to receive OSAT related messages from me..

Montani semper liberi!

Camp Kitchen

by Tracy M

As I participate on the various climbing course hikes and field trips I am amazed at the care and preparation taken by group members in the "pack

lunches" that turn up. Power Bars aside, there are some pretty fabulous homemade feasts that make their way along the trail. On our most recent attempt to hike to camp Muir we were diverted because of weather but we did an alternate hike which ended with a group lunch. I noticed people sharing food and "recipes". Luann G shared her eggplant and red pepper sauté' in a whole wheat tortilla wrap and described how she made it, and even where to get the "good" whole wheat tortillas at the best price.

Chris F wowed everyone with his shoyu toasted almonds. Patty F makes vegetable wraps with sweet potatoes by the batch and freezes them for quick grabs when the sun comes out and an impromptu hike is in order. I won't soon forget my first hike up to Mt. Si where I packed my lunch early in the morning before I was very hungry or very awake. It was a peanut butter sandwich that shifted around in my pack during the hike and got pretty squished. When we got to our lovely lunch spot and look out I was really hungry and sat there with my pathetic excuse for a lunch while the more seasoned hiking gourmands pulled out wonderful and enticing delicacies.

No more soggy peanut butter smashes for me, I vowed! An idea came up, and we'd like to toss it out and see what comes back! Patty and I would like to do a "Camp Kitchen" section in the Yodel where we can share great food ideas with the whole group. We'd like to ask people to send in their favorite recipes for nutritious and easily packed meals and snax and we will feature them in the Yodel. If we get enough positive feedback from people, we would like to put together an OSAT cookbook.

So send in your favorite hiking/camping recipe to:

Tracy M, 410 N. 67th Seattle, WA 98103 or e-mail it to tracymann@compuserve.com

Spreading of Jimmy Hinkhouse's Ashes

by Karen C

Since May 1996, Jimmy's ashes have been placed at the following locations:

1. Tiger Mountain- November 26, 1995-Installation of Memorial Plaque. Placed by Terri Steele and Rik Anderson
2. Mount Baker- May 1996-Placed by Steve Sawyer
3. Little Tahoma- June 23, 1996-To commemorate Jim's annual climb of this peak. Placed by Rik Anderson
4. Enchantments Lakes (three places)-September 1996-One of Jim's favorite places-Placed by Dick Wright

5. Burgundy Spire-Summer 1996-A place Jim always wanted to climb. Placed by Shirley Rogers
6. Mount Rainier- Summer 1997-Placed by Dick Wright
7. Mount Adams- Summer 1997-Placed by Shirley Rogers
8. Rainier to Pacific Relay Race (Mt. Rainier and Ocean Shores-June 21, 1997-Placed by Karen Christensen and Dick Wright

If you are aware of any other locations, please let me know. Karen C 782-1873

Five Years Ago in OSAT

by Rik A

During OSAT's second summer, the Thursday night Tiger Mountain AA meeting became so popular, with usually at least 40 people attending, that it was decided to add a Tuesday evening meeting. Anne G (now Anne B!) joined Steve S in coordinating these meetings. In July, a new Lake 22 AA meeting was initiated in a driving rainstorm by seven hearty OSAT-North-ers. Dick H and Teresa H coordinators, this meeting quickly grew in popularity due in part to the fantastic, and very spiritual setting. Jim and several other OSATers also started a Union Club Meeting in Renton.

As Jimmy moved apartments, his old personal phone number which had doubled as the OSAT phone, became a dedicated OSAT line. In addition to linking people seeking information with those providing it, the recording began to be used as an activity information line. Thus, the OSAT hot line was born. In July, Jim also began the practice of publishing "Current Club Traditions" in the newsletter.

A couple of June Rainier climbs attempted the DC route. Five of nine climbers summited on one trip, while the other had to abort from Camp Muir in snow in poor visibility, with Greg taking the compass bearings and leading the way.

At the beginning of the summer, OSAT mourned the passing of a member of the first OSAT Rainier climb, John Codling. John had made a name for himself for having gotten lost on his first Mt. Si climb. Jim accepted responsibility for having gone ahead and leaving John and a companion, both unfamiliar with the trail, to descend in the darkness by themselves. John's honesty, work ethic, willingness to help others, and positive outlook even when facing the health consequences of his smoking endeared him to his fellow climbers "Hiking up

the trail, smiling, with his red cheeks radiating joy and friendship."

OSAT harriers initiated another tradition that second summer, fielding a team for the Ashford to Oceanshores Relay Race which completed the course of over 160 miles in less than 20 hours. The team included current members Dick W, Dave B, and Paul C, and were supported by Karen.

Meanwhile, OSAT climbers were busy adding to their skills by completing various Mountaineers courses. A Mountaineer scramble up Wahpenayo led by Jim included Shirley, Charlie A, Dick W, and Mike D. A week later Jim and Shirley were joined by Greg A and Dave N on a climb up Chimney Rock, and a Granite Mountain hike in the rain included many OSATers who are active to this day--"all made it to the summit and back without drowning. Barely."

Off Belay

by Bob C.

Heat Related Illness

Your water bottle could be your most important piece of protection.

Heat related illness—a continuum of disorders that range from heat exhaustion to heat stroke—has plagued mankind throughout history. In 24 BC the Roman army was annihilated by heat; in 1743, a heat wave killed 11,000 in Peking. In the US today, over 4000 people die of heat stroke annually. Heat stroke is the second-most-common cause of death among competitive athletes; only spinal injuries claim more lives.

Every athlete is at risk for heat related illness through the stress that activity in hot environments puts on his/her body. But climbers face a double whammy. Not only does the reflective surface of the climbing environment—snow, ice, rock—increase the heat the body feels, weakness, lack of coordination and poor judgment—can lead to accidents and heatstroke.

A quart of prevention. Drinking lots of fluids is the most important way to prevent heat illness. Drink before, during and after all climbs, even if you don't feel thirsty. Thirst always lags behind dehydration—by the time your brain tells you you're thirsty, you are already three to five percent dehydrated—enough to make a difference in your performance.

Before climbing, drink at least one quart of fluid; drink at least one cup after each pitch, and follow with another quart at the end of your climbing. You can tell if you are getting dehydrated by looking at the color of your urine. If it is not "gin clear," then it's likely that you have fallen behind on your fluid needs. Full fluid restoration does not

usually occur until six to eight hours after exertion. Drink up!! -By Eric A. Weiss, MD

Wise and Wherefores

- Believe in miracles but don't depend on them.
- When you hear a kind word spoken about a friend, tell him so.
- Never order barbecue in a restaurant where all the chairs match.
- Spoil your spouse, not your children.
- Never make fun of people who speak broken English. It means they know another language.
- Remember, it's not your job to get people to like you; it's your job to like people.
- To help your children turn out well, spend twice as much time with them and half as much money.
- Remember that the only dumb question is one you wanted to ask but didn't.

In The Zone

To all those who made there first trip up to Camp Muir-10,000'!!!!

Bill L.-The Tooth 5.4**

Winton C-Gumby 5.10b***

Robert T, Janyth A, Charlie A, & Dick W,-Huayna Potosi 20,075' & Illimani 21,219' YEAH!

Muchas Gracias

Senorita Lisa y Senior Roberto.-Los Cosettets. Puetho hablo castayana un poco!

Next time lets talk about the art of lead rock climbing!!!! Look up my expedition in the Peruvian Andies through Jim B's home page.

New e-mail address—rkiceclimb@aol.com (msn really sucks butt)

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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**Becoming Connected to Each  
 Other**

by Arthur W

One of the problems we addicts face is our tendency to isolate. Fortunately we are encouraged by those with more sobriety to reach out and make connections with others, reducing our isolation. A recent sequence of events demonstrated how this can work.

During a conversation about helpfulness, my wife said she had a confession to make. I was surprised because she has never used the word "confession" before. I listened with interest. (She hikes two or three days a week, often alone, and prides herself on her self-sufficiency).

Well, she explained that this past winter, when she returned to her car after a day hike near Issaquah, she got her car stuck in the snow. She hadn't told me about this incident fearing that I might worry, or worse, give some advice.

After trying unsuccessfully for several minutes to move her vehicle, she saw some people across the road working in their yard. She walked over and inquired if they had a shovel she could borrow. They didn't have a shovel, but they agreed to help by pushing her out by hand. After some minutes of difficulty this was accomplished. When my wife expressed her appreciation, one of the helpers made a telling comment. He said he was from Minnesota and back there its never a question of whether you'll get help from strangers. Everyone back there simply helps. He said that out here in the Northwest that's not true.

I nodded my head in agreement with that opinion. I know that when confronted face to face with a request for help, most times I find people here to be quite willing to assist. But I've heard of folks having trouble getting help when broke down with auto or boat. We don't seem as strongly connected here to others as some people are in other parts of the country.

My wife and I discussed this further; and we decided that we should make a conscious effort to reach out more to those in need. the following day I was launching my kayak with my brother-in-law at the Everett public boat launch. A boater was having trouble getting his heavy boat up the slippery ramp. He asked for a hand. My brother-in-law and I had just had a conversation about becoming connected to others. We agreed to help him out, a simple task requiring perhaps 15 minutes.

The next day my wife and I were on our way toward North Bend when we noticed a car ahead on the side of I-90 with steam pouring from the hood. I looked over at my wife and asked, "Should we?" She uncharacteristically interrupted her journey to the trailhead, pulled off the freeway, drove through the steam and stopped just ahead of the disabled car. I went back and inquired whether we could give the man a lift. He thought a moment, and then said that a ride to work in Snoqualmie would be great. Soon we were headed up the highway. He related that as he had

peered through his windshield into the steam and saw our car pull over, it was like the "vision of an angel". We all laughed.

After dropping him off, we preceded to a place near Rattlesnake Reservoir, south of North Bend. Our intention was to hike the short trail from the railroad grade east to Cedar Butte and then go cross-country up the west ridge of Mt. Washington. The weather was clear. Once earlier we had begun this trip only to be foiled by poor visibility. On this day our plan went well. Most of the ridge had a faint but useful track to follow. One section about three quarters the way up was choked with blow down. We crawled under and over this for perhaps a quarter mile. It took over 5 hours to reach the summit. Though we only used our snowshoes for the last half mile, we were glad to have them. At the summit we were pleased but tired scramblers. Neither of us relished the idea of climbing back down that one ridge. We decided to take the regular trail down the north side of the mountain.

But that would leave us about 5 miles of railroad grade to walk in order to reach our car. We mused over the possibility of getting a ride. Being LATE Sunday afternoon, I had my doubts. Few hikers would still be out, or so I thought. We make the comparatively easy descent of the trail. When we arrived at the parking lot, glory be, there were some hikers who had just returned from their outing. We told them of our desire for ride back to our car near Rattlesnake Reservoir. Without hesitation we were offered a place under the canopy of their pick-up. Were we ever thankful to be whisked magically back to our car!

We pondered how our connection to the fellow on I-90 that same morning seemed to make our request for help much easier. We saw how helping another made asking for help ( a big issue for many of us) a more likely option. Being connected takes some effort at first, but know that is makes the trail easier in the long run.

## The Brothers

by Kim G

Leader: Dave N. Followers: Merry, Ciel, Dave B., Julie P., Rob, Kerry, Kim

Our goal...the south peak of The Brothers...nestled in the majestic Olympic mountains amid some of the heaviest rainfall in the lower 48. Were we nervous? Nah. People who are insane are never nervous. Our adventure began at the trail head at a respectable 1 pm (it was suppose to noonish but the leader had to have a wonderful brunch on his way over). Packs loaded, gray skies overhead and determination in our hearts we set out for the base camp 6 miles in. We hit Lena Lake at 3 miles and life was wonderful..and then the rain began. Were we nervous? Nah. Soggy people don't know they're miserable until they're dry...which



would be days. We continued through the drizzling coolness amid some of the most spectacular pathways in the West. Bridges crossed and re-crossed an amazing river that would suddenly shoot underground and pop up again meters away. Moss hung from everything including slow moving ground creatures. I think some grew between my toes.

Boy, the trail seemed to go on forever...Where was our camp site? Ciel informed us Dave N. had gone back to find Dave B., who unknowingly had wandered up the trail to Upper Lena Lake. I think he hit the state border before he turned around. Meanwhile, back at the rest of the pack, we just continued to climb....hour...after hour...after hour. Suddenly, it was very apparent the trail disappeared. Were we nervous? Nah. We weren't really off track, just route challenged. We fought through the branches and undergrowth and just as we decided to head back suddenly Dave N. appeared. Yep, you guessed it, we missed our turnoff a few hundred meters back.

We set in for a night of peaceful slumber...after Ciel ate all the camp food. Dawn was clear and sunny. Excellent. Rob and friend decided to stay in camp to rest some wounded feet. The rest of us took off. We clambered over roots and hit snow within the hour. Above we could see our steep destination. It was a good vertical challenge with a couple of scrambles along the way. Finally we were on top. Four hours and WOW...this is what it's all about. Mucho pictures, mucho food, mucho fun. Clouds began to set in and we scampered down through low visibility and a great glissade. What a great time.

Our hike out was inevitably long...with feet screaming for soft ground the last mile I was pretty sure that they would go on strike any minute. But no, they held on to the very last. Dave N. doled out the much anticipated diet Pepsi and we cheered to a wonderful climb and fellowship. We're talking serious fun here.

KCMDS

## Camp Muir Conditioner

by Ron D

**A**h the beautiful Kona coast. The soft tropic breeze. The multicolored fish swimming with abandon through the coral fans--ah-hey wait a minute. Sorry wrong trip. Back to the reality of the Northwest and arguably one of its' great attractions; that being Mount Rainier. The second great attraction being OSAT members on the "great snow mountain" and herein lies this update. Aspirants to sharing in the mountains' grandeur met a varying times. Some entered the park on Friday the 9th and camped over night after brief salutations and fellowship at Sunshine Point campground. A perfect night held us in her hands as the constellations danced their way across the heavens and promised a settled day to climb. Having an early date with the impending dawn I drove to Paradise to witness

the birth of a splendid day. As the fire lit the Tatoosh range breakfast was boiled and hearty welcomes were had all round for those would be climbers bivvied in the lot that night. The requisite male bonding jokes punctuated a pleasant unhurried preparation for the day's activities. OSAT members began to arrive for the morning confab and sign in. We soon had some thirty members "juiced up" ( not that kind of juice) and ready to hit the slopes. Since some were on tighter schedules than others we left in three different groups after the Serenity circle thing. There being nineteen feet of snow in the parking area there was little lead in to the snow slope. The trail being well established we set out at various differing paces with the precursor that although this is a conditioner it is not a race, take care of each other and above all have some fun. One member had to turn back before Panorama Point due to coughing up lung cookies due to a cold.

Before he left he transferred the Jiffy Pop to me. The day unfolded as cloudless with a slight down slope breeze to wick the perspiration away. The snow conditions were quite firm with consolidation of the pack due to a few days settled weather. And so we set to making our way slowly to 10,000 plus feet. Sun screen, Gatorade, fine banter, rest steps, and finding " your pace" became our tasks. This was punctuated with turning around to view the magnificent scene unfolding around us for each step of altitude gained. There is Adams, Hood, St. Helens and the parking lot now so far distant. We have entered another realm and it holds us in awe of the beauty and power which surrounds us. We focus on the immediate, breathe-step-step-breathe.

Soon we are at the last snow field as we see the stone buildings erected with intent to weather the winter storms and provide shelter from the mountain's worst. But the sun is with us and we have received a reprieve from the weather gods. We are almost becalmed at Muir with just a hint of a breeze. We await our entire party as we brew up and pass the goodies around. Coffee is made as well as the popcorn and the recovery meeting has begun. We congratulate each other on a job well done and share our thoughts on our own paths in recovery. It is time to leave. One of our party is ill with a combination of things which makes our descent a judicious one. We arrive at Paradise after some attempted/successful glissades and a bit of post holing. Awaiting the last off the mountain people gather to speak of the moment and how it has affected them. We speak in glowing terms of the mountain, the climb, the beauty which surrounds us etc. But inevitably our discussion turns to the one factor which outdistanced the others in making this a memorable day. It is the people we have shared this day with. As I look back upon this climb I wish to say thank you to OSAT for the opportunity to give something back and to all of you who were there. You are the reason this day was special. We could not have done it without you.

"As long as I live, I'll hear waterfalls and birds sing. I'll interpret the rocks, learn the language of flood, storm,

and avalanche. I'll acquaint myself with the glaciers and wild gardens, and get as near to the heart of the world as I can". *John Muir*

## The Adventures of Carlos, Juanita, Roberto and Ricardo

by 'Ricardo' W

Charlie 'Carlos' A, Janyth 'Juanita' A, Robert 'Roberto' T and Dick 'Ricardo' W recently returned from a wonderful 3 week adventure in South America. Our travels took us through 2 countries (Peru And Bolivia) and included some exciting train rides, bus rides and boat rides and eventually got us to the summits of 2 beautiful mountains the high Andes of Bolivia. Huayna Potosie (19,800') and Illamani (21,200').

The trip also included a visit to the ancient Inca ruins of Machu Picchu in Peru and a hike around the Island of the sun on Lake Titicaca in Bolivia; just some of the many highlights.

We had the services of a local guide and porters on both climbs and also pack horses to help get us to base camp on Illamani. Huayna Potosie was a 3 day trip which was followed by one rest day. Followed by the Illamani climb, which was a 4 day trip. Juanita (the only member of the party with actual live functioning brain cells) decided not to accompany us on the Illamani outing but was able to hitch a ride with our transportation and be there to greet us with goodies when we came off the mountain. Juanita and Carlos served as our interpreters and Juanita was our restaurant and shopping guide.

My personal thanks to Carlos and Juanita for all their efforts in putting the trip together and their efforts to learn the language so we could function in a different culture (with the exception of one surprise meal)! And also to Roberto for being such a good traveling companion (okay, so I'm getting a little carried away). Actually, spending 24 hours a day for 23 days with Robert (Roberto) T was an experience that I would highly recommend to any and all OSATers who might someday get that opportunity.

Although I was ready to throw Roberto's camera into lake Titicaca early in the trip, I know I'll be happy I didn't when I get the opportunity to examine the 576 slides (that's right, 16 rolls-35 exposures each) taken with said camera. Hopefully we'll be able to eliminate a few prior to the OSAT club slide show.

One interesting side-light of the trip was when we flipped on the TV in our hotel room in La Paz (Bolivia) and there before our eyes was the Sonics vs Houston playoff game with spanish announcers--it was kind of weird--like maybe we really hadn't gotten away after all.

Anyway, for me the climbing was the highlight of the trip. We had excellent weather and the routes were in great

shape. There were no particular technical difficulties other than dealing with the altitude and we all seemed to handle that well. And to be able to do it with fellow OSATers, well, its a trip I won't soon forget.

*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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|----------|---------------------------------------------------|
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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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