

THE YODEL

VOLUME 7, ISSUE 4

JULY 1998

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."

Welcome to the new Yodel!

by Marina S, editor

After much blood, sweat and tears, I present to you the new look for the Yodel.

For a long time now, I have been eager to come up with a fresh design for our

"How do you know when a redhead has been using the computer?"

newsletter, but the previous format was quite limiting. My whole life changed when Ivar (my husband) introduced me to the joys of MS Publisher.

The Armchair Mountaineer

by Rik A

The largest portion of the OSAT Library is books about climbs, climbers, and the history of climbing. Here is a summary of books in the collection cov-

In the beginning stages of using this program, I felt nothing but aggravation and frustration. I had so much to learn, but needed to get the Yodel DONE!

Every time I'd find myself yelling at the computer, I would think about a joke I heard recently. "How do you know when a redhead has been using the computer? You find a hammer imbedded in the monitor". Believe me I came close many-a-time.

I hope you enjoy this premier issue. And of course your comments, suggestions and ideas are always welcome! KCMADS

ering Pacific Northwest climbers and climbing history.

Nineteenth Century Rainier ascents are covered in

(Continued on page 2)



KEEP CLIMBING
MOUNTAINS AND DON'T SLIP

Tiger: Directissimo

by Rik A

On May 19 the DNR held a meeting at the Issaquah Trail Center concerning the "Boeing Cable Line" route up West Tiger. This is the straight-up route from the end of the pavement. It is the route of an underground power line originally installed by Boeing over 10 years ago, and improved by radio station KBSG (Marina!) in the early 1990s. The entire

(Continued on page 2)

Contents

Camp Kitchen

OSAT's Excellent Adventures

12-Step Meeting Locations

OSAT Marketplace

3

4-5

8

9

Tiger Trail News

(Continued from page 1)

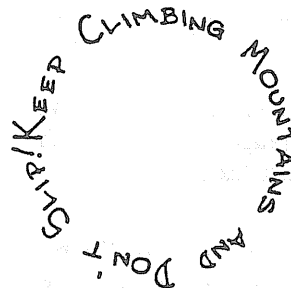
OSAT about a third of the audience.

No, razor wire barricades are not being considered. In fact, the tone of the entire meeting was "what can we do to assure this use on Tiger can continue in the context of the DNR's responsibilities as stewards of the land." One of the focuses is on how to keep people who don't want to be on the trail from wandering onto it by mistake where it crosses with the real West Tiger 3 Trail. Several users expressed the opinion that natural impediments to easy travel on

the route (e.g. windfalls) actually add to the interest and challenge of going up the mountain this way, and do NOT want a manicured stairway for a trail a la Paradise to Panorama Point.

In the future we can expect further meetings, more signs, and some work parties to mitigate some of the obvious adverse impacts this "trail" has had on the land. This may move with typical governmental dispatch (i.e. glacial speed), as DNR does not have a lot of funding for this sort of work. However, the people organizing it are sin-

cere in wanting to work the issues and help the users, and demonstrated their ability to organize a good meeting and logically work through some difficult problems. We will keep you advised as further activity surfaces and opportunities to share your views, ideas, and provide service become evident. Please seize these opportunities to participate.



Armchair Mountaineer cont'd

(Continued from page 1)

and Schullery's "Island in the Sky". Dee Molenaar's classic, "Challenge of Rainier" covers the entire history of the mountain, as well as providing many route descriptions. Also addressing the earlier era are "Koma Kulshan - the Story of Mt. Baker" and "Men, Mules, and Mountains" which is about

O'Neil's Olympic expeditions. I have also enjoyed McNeil's "Mt. Hood", which retells some of the more outlandish climbing activities on this somewhat more accessible summit. More general history of the Washington Cascades is covered in "Last Frontier in the North Cascades" and one of my favorites, "Monte Cristo",

the story of gold mining in that area; were you aware that Everett was founded as a port for the Monte Cristo mines?

Harvey Manning's "High Worlds of the Mountain Climber" brings Pacific Northwest mountaineering into the Twentieth Century. Autobiographical

(Continued on page 3)

First OSAT Ascent of Mt. Garibaldi

by Shirley R

Rik A. (leader), Bill L., Charlie A., Roy O., and myself climbed this magnificent glaciated peak. It is an early season glacier climb (the bergschrund is difficult to cross in late

season), a great conditioner, and beautiful setting, near Whistler/Blackcomb (if you ski) and Squamish (if you rock climb), only 5 hours north of Seattle.

A major challenge was the

long approach to base camp, an estimated 8 miles and 2800' gain not counting the ups and downs, plus breaking trail in crusty snow. Snowmobiles and a big lodge for the snowmobile club were encountered

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Check us out on the Web!
<http://members.aol.com/osat1996/index.html>

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Camp Kitchen

by Tracy M
Ahhh...

This month I'd like to do something a little bit different...I have not been out hiking much because of the surgery, but I have been home sewing and I found some great "recipes" for home made dry bags and stuff sacks that I would like to share with my fellow OSATers... Maybe we could call this one "Camp Threads..."?

Camp Threads...

"Do it yourself Dry Bags" Hi Gear Heads! A bit of surgery has kept me from hiking this month but a nice thing about being stuck at home recovering is the opportunity to get going with the sewing machine! On a recent out-

ing with Jim B, where the weather was wet and cold, Wayne saw that Jim had a complete change of warm dry clothes in a dry bag that he was able to put on while every one else was dripping in their cars. Of course a garbage bag works fine, but how low tech do you want to be? A trip to Seattle Fabrics on 88th and Aurora was all I needed to get the fabric and hardware to make a beautiful and lightweight bag with almost no sewing involved (guys...you can do this!!) They even provide the pattern for free.

The fabric is called 420 denier and it comes in a wide variety of bright colors. There is a sample bag

made up at the store that you can look at. The thing about this fabric is that it adheres to itself when ironed but will not stick to anything else...only to itself. It is completely waterproof and because there are no seams, the fabric will not absorb water through the stitching holes.

I made a few bags to try out some methods and found that if you cut a piece of butcher paper leaving about 3/4 inch allowances on either side, and then put the paper inside the bag, you can iron it together with a nice even edge. It takes about 30 minutes to complete a bag and about \$10.00

(Continued on page 4)

Garibaldi cont'd

on the first part of this route.*

As we lunched on the shady porch of the lodge, a friendly overweight female snowmobiler with beer in hand filled us in on the details of the lodge and the curious Cadillac limo snow cat parked nearby. After lunch we continued up Brohm Ridge. My calves were

screaming, my shoulders aching, but my spirit was happy! Eventually we arrived near our target elevation on the ridge, and camped on the snow near the crest of the ridge at 6300'. We pitched tents including Rik's shiny new dome tent, and soon we were dining on the nearby rocky ridge crest, surrounded by

lovely peaks, and bathed in the warm western sun. At around 7 p.m. we heard avalanche activity from the nearby false summit of Garibaldi, and right in front of us it released the largest avalanche that I have ever seen. We watched as it cascaded some 4000' from the upper cornices, gathering speed

(Continued on page 7)

Armchair Mountaineer cont'd

(Continued from page 2)

books are available for three Washington mountaineers, Rusk's historically significant "Tales of a Western Mountaineer",

Beckey's classic "Challenge of the North Cascades", and Lou Whitaker's recent "Memoirs of a Mountain Guide". We also have an anthology of

about 50 Washington climbers, "Cascade Voices".

Over the years I've found my enjoyment of the

(Continued on page 7)

OSAT'S Excellent Adventures

JULY

July 3 - 5, Fri-Sun: Fourth of July Weekend! Glacier Peak. You need glacier experience for this one. Limit 12. Leader/Contact: Rik A at 425-234-1770

July 3 - 6, Fri-Mon: Mt Shuksan. Hoping to do two routes, Fischer Chimneys to Hells Highway and Fischer Chimneys to the Labor Day route. Both require glacier and rock experience though the first should require no more than scrambling skills on rock. We may split up for these or do them successively depending on who shows and the level of interest. Leader/Contact: C. Robb Worthington rwor-thin@bcc.ctc.edu or 206-680-8959

July 4 - 5, Sat-Sun: Mt. Baker, Coleman Glacier. 10,781 feet of fun. Glacier travel experience required. Limit 8. Leader/Contact: Chris N @ 206-706-3242

July 11-12, Sat-Sun: 1998 STP (Seattle to Portland) Bicycle Classic. The STP is a 200 mile ride usually done in two days, but (Tom Morgan wantabes) masochists can ride it in one day on July 11th. What a great way to train for the Mt Rainier Climbs the following week! I am looking for riders and support team personnel. Leader/Contact: Roy @ H (206) 525-0510 or W (206) 362-9062.

July 11-12, Sat-Sun: Mt. Adams Mazama Glacier Ice Axe & Glacier Experience Required. Limit of 9.

****EXTRA! EXTRA! Need sherpas for climbing course climbs.**
July 15-17; July 22-24 (wed-fri) both DC and Emmons routes**

Please contact Shirley R at 425-957-7975

July 16th-Aug 18th: Huascaran-Cordillera Blanca Peru Looking for trekking/climbing partners for a trip up a big mountain! We'll do some acclimatizing climbs, Yashinka and Pisco perhaps before a summit attempt on Huascaran around the 1st or 2nd of August. From there to Cuzco and on to Macchu Picchu. Trekkers and or climbers welcome. Leader/Contact: C.Robb Worthington rwor-thin@bcc.ctc.edu or 206-680-8959

July 21-Aug 4, : Mt. Olympus Highest in the range. Glacier travel, extreme hiking. Looking for people willing to camp below the summit for some other peak bagging, but that is not a requirement. Limit 12. Leader/Contact: Dave N at 253-752-9214

AUGUST

August 14-15, Fri- Sat: Dragontail Peak, Serpentine Arete: 15 pitches of rock, mostly 4th to mid 5th class, crux is 5.8 crack. Read about it in Beckey or Nelson & Potterfield guides. I have permits for 2 nights at Colchuck Lake, Hike in on Friday, climb on Saturday, hike out on Sunday. Limit 4. Leader/Contact: Shirley R. 425-957-7975.

August 8-9, Sat-Sun: Mt. Thompson. Snoqualmie Pass area. Leader/Contact: Rik A at 425-234-1770

August 15-16, Sat-Sun: High Box Leader/Contact: Roy O at 206-525-0510

August 22-23, Sat-Sun: Silver Star (N. Cascades), Silver Star Glacier Route.

Please send me your favorite recipes and ideas for food to pack!

Tracy-mann@compuserve.com or send them by snail mail to Camp Kitchen, 601 Fullerton Avenue, Seattle, WA 98122 (new address).

Camp Kitchen cont'd

(Continued from page 3)
worth of fabric and hardware. You need velcro, webbing, and a quick release buckle, all available at Seattle Fabrics. There is some sewing required on the top to fasten the hardware to the webbing, and the velcro to the fabric, but other than that, the ironed seams are a cinch and they absolutely will not come apart once they have cooled! Fun Stuff!

Camp Kitchen...
For the climbing course members who are preparing for Mt. Rainier, I'll say

that gourmet eats might not be appropriate. As I found last year, the extra weight, and too much food altogether, was my experience. Above 10,000 feet you tend to lose your appetite and freeze dried meals, quick oatmeal, and top ramen are what I would recommend. Hot, and light to carry, you can't go wrong.

If you are doing a conditioning hike and feel that weight is not important, or if you want a quick cold meal on the way, or a treat at the top, a high energy

food you can take with you is the "Essential Foods" sandwiches. Wholesome, flavorful, and made locally, there are a wide variety of choices, including flavored tortilla wraps with cheddar chipotle, Cuban black bean, rice and vegetable, roasted potato Dijon, sesame teriyaki, and hummus, to name a few. These sandwiches can be found at PCC and QFC stores. They are also available at the Greenwood and Ballard Markets, Town and Country Markets, and Larry's.

(Continued from page 4)
Some Glacier Travel. Limit of 12

SEPTEMBER

Sept. 5-7, Sat-Mon: *Labor Day Weekend!* Boston Basin Leader/
Contact: Rik A at 425-234-1770

Sept. 19-21, Sat-Mon: *The Bandersnatch* A three day loop via upper Lena Lake. Exit down the Putvin Trail. Beautiful alpine country in the Olympics. Must be a strong hiker. Rock climbing skills a must to do the Bandersnatch. Full moon. Limit 6. Leader/Contact: Dave N at 253-752-9214

Introducing sLOSAT!!

Beginning with an easy-going hike to Lake 22 near Granite Falls, sLOSAT offers non-summit oriented serenity hikes for OSAT members and friends who prefer a slower pace. No need to rush during these gentle hikes, chosen for their natural beauty and limited elevation gain. Dave and Teresa will lead the first hike, but more leaders are needed for the future. Please help us fill out this chart. Call Linda Z. for information: (206) 545-7773

Suggested destinations for future hikes

July 5, Sun: Lake 22 Dave & Teresa (425) 353-8154

July 12, Sun: Talapus and Ollalie Lakes Linda & Merry (206) 545-7773

July 17-19, Sun: Lake Quinalt (2-3 day car camp) Bob L. (206) 878-

Climbing Club News

by Chris N

At the May 13th OSAT (One Step At a Time) Club Meeting, an addition to the By-Laws was overwhelmingly approved by the members present. Article 4, Section 10 entitled "Librarian" was brought to a vote by chairperson and Junior BOTS (Broad Of Trusted Servants) member William (Bill) "the linkster" L. Ten members and one visitor was in attendance.

In accordance with the By-Laws, the text of the proposed addition was published in the Yodel last

month, at least two weeks prior to the May 13th vote. Erik (Rik) "a member in good standing" A., Librarian and author of the adopted addition to the By-Laws was quoted as saying, "Wow."

The meeting was opened by Bill "the linkster" L. and proceeded in crisp and lively manner. Committee reports featured Membership Committee person James (Bob) "the e-mail joke master" L. reporting that approximately 120 OSAT members are delinquent in their 1998 dues and will therefore no

0855

Aug 22-23, Sun: Barklay Lake (overnight) Merry & Linda (206) 524-5770

September? Grand Park Dick W. (425) 339-3751

Oct. 3-4, Sat-Sun: Bean Creek Basin (overnight) (206) 524-5770

Date TBA: Annette Lake Linda (206) 545-7773

Date TBA: Hart's Pass (2 day car camp) Dick W (425) 339-3751

Date TBA: Mt. Angeles (Hurricane Ridge) (Terri P.?)

Date (Winter?): Rachel Lake Doug & Susan (425) 271-5116

Date and Leader TBA: Tahoma Creek Trail (Wonderland Suspension Bridge)

Date and Leader TBA: Boulder River Trail

Date and Leader TBA: Wallace Falls

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). Call Doug H (889-2041) or Dick W (339-3751) for more info.

Monthly OSAT club meetings are held on the second Wednesday of the month at 7:30 PM. The next meeting will be held August 12th. Linda Z. will be presenting her slides and experiences from her recent trip to Nepal.

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).

longer receive their copy of the Yodel. Bob "the e-mail master" L. said, "We will send a letter to the delinquent members instead of next month's Yodel."

OSAT Treasurer, Charles (Charlie) "not ready to retire just yet" A. also noted that OSAT's revenue is about \$1000 below last years level mainly due to the delinquent membership renewal fees. Janyth (Janyth) "the ultimate hostess" A. was seen nodding her agreement.

(Continued on page 7)

Five Years Ago in OSAT

by Rik A

The spring and early summer of 1993 marked an explosion of OSAT AA meetings. By July there were six weekly, Tiger on Tuesday and Thursday evenings and Sunday mornings, Meadowdale Park Bach on Mondays, Lake 22 Sunday afternoons, and Pete Mountain in Enumclaw on Wednesday evenings. A group conscience at the meetings resulted in adoption of the OSAT Preamble written in April, and thus the OSAT "wilderness meeting format" and the distinction between the AA groups and the club was formalized.

With the preamble also came the final formulation of the motto "Keep climbing mountains, and don't slip." The newsletter had carried a num-

ber of versions of this saying through the first two years of OSAT's existence, including: "Climb mountains and don't slip"

"Keep climbing mountains and don't drink in between."

"Keep climbing mountains."

"Keep climbing mountains and don't slip in between."

Jim also called for the eventual development of by-laws and election of officers or trustees or directors. "Yes, we are getting big enough for this AND yours truly would like a little less to do" he admitted in the first newsletter to bear the "OSAT Yodel" banner (May 18, 1993).

On May 16th Jim, Greg, Robert, Charlie A, Chuck T, and Rik summited Mt. Baker on the beautiful Boulder Glacier route. This climb con-

cluded the first OSAT ascents of all the Washington state volcanoes. Robert T and Jim had been on all five: Rainier and Adams in 1991, Glacier in 1992, and St. Helen's and Baker in 1993.

The May 1993 Yodel also carried a thrilling account of a first Rainier summit on the first OSAT climb two years before, by Anne G (now B), who received her 10th birthday coin on that climb. After recounting how she felt at different points on the climb (nauseous, hungry, dizzy, disoriented, weak, scared) Anne concluded "I am definitely looking forward to doing more of this". As they say, some of us are sicker than others!

OSAT BRUNCH ON MOUNT SI!

SEPT. 26TH, 1998

The OSAT Mount Si Brunch is back! Mark your calendars for Sept 26th for this fun and delicious event.

Brunch will be served at the picnic area in the trees just below the Mt Si Summit from approx. 10 AM until 1 PM (or later).

Tickets are \$5 and will be available at OSAT events, Twelve Step Meetings around Seattle and at the Mount Si trailhead on the morning of Sept 26th. Those attending the OSAT Brunch should allow at least two hours hiking time depending upon aerobic conditioning.

As always, we are looking for volunteers to sell tickets, advertise the Brunch and of course carry stoves, food and FUN up to Mt Si the morning of Sept 26th.

Volunteer pack mules will meet at the trailhead at 7:30AM. For details and to volunteer, call Roy O. H (206) 525-0510 or W (206) 362-9062.

Annapurna Trek: Part One

by Linda Z

(editors note: This is Part 1 of a series of Linda's Himalayan adventure. We look forward to bringing you the rest of the parts in upcoming Yodels!)

The Annapurna Himal lies to the west of Kathmandu, beyond the town of Pokhara, in Nepal. Within this range (from west to east) are Annapurna South (23,684 ft.), Hinchuli (21,133 ft.), Annapurna I (26,504 ft.), Machhapuchare (22,848 ft.), Annapurna III (24,786 ft.), and 10 miles to the east, Annapurnas IV (24,688 ft.), and II (26,041 ft.). These mountains are quite spread out, with Machhapuchhare and Annapurna South domi-

nating the view as you trek toward their base camps from Pokhara. The Annapurnas are actually separate and distinct, although each is named for the same Indian goddess of the harvest, "Annapurna". Roughly translated, it means "full of sustenance". And you had better be just that, and more, if you want to play in this range!

Having recently come to the Kingdom of Nepal from a filthy and impoverished state in India, I was soooooo ready for the clean, fresh air of the mountains. Flying in, I could see the Himalayan range rising up through the clouds. As the plane made its approach toward Kathmandu

airport, Everest stood out like a stepping stone to heaven. The sight of it started my juices flowing. Too bad OSAT wasn't there to meet me. I missed you!

With mountain-ready energy, I landed in Kathmandu expecting to be surrounded by awesome peaks. I was pretty disappointed to see nothing but smog and clouds surrounding the city. Knowing only that I wanted to trek, I had no idea where to start. I trusted that I could figure it all out when I got there. After two months traveling in India, and three months in SE Asia, I was a confident solo

OSAT BUDGET FOR 1997

INCOME FOR 1997

Member-
ship/Climb-
ing Course 3324

Gear Grab 340

Caps/T-
Shirts, etc 905

Donations/
Misc. 683

TOTAL IN- \$5252
COME

EXPENSES FOR 1997

Yodel 1920

Telephone 390

Postage/Sup- 492
plies

Caps/T-
Shirts 1226

Meeting
Rooms/
Rents,etc 575

TOTAL EX- \$4603
PENSES

NET IN- \$ 649
COME FOR
1997

Armchair cont'd

(Continued from page 3)

mountains enhanced by knowing more about their history and the people who pioneered climbing them. Many is the time I've recounted the story of Edmund Coleman's ice axe, or the Indian legend

of Loo-Wit the fire goddess of St. Helen's. I hope you'll join me in expanding your knowledge about the mountains we climb. Give me a call (206-232-8908) or email me if you'd like to reserve any of the books mentioned above, or any

other in the vast collection of the Hinkhouse Library.

Keep climbing mountains (vicariously), and don't fall asleep!

Club Meeting cont'd

(Continued from page 5)

Charlie "not ready to retire just yet" A.suggested that a meeting of the BOTS & the CPC (Climbing Course Committee) be held to directly contact the delinquent members. Senior BOTS member, Roy (Ray) "equilibrating happens" O. noted that all BOTS & CCC members have ice axes and know how to use them! Any

violent attempts at collection are usually not recommended but accidents do happen.

Chairperson Bill "the linkster" L. continued the meeting agenda and the business portion of the meeting was closed with the Lord's Prayer and-KCM&DS (Keep Climbing Mountains & Don't Slip). In accor-

dance with the OSAT By-Laws, Bill "the linkster" L. was given a hearty round of applause.

Linda (Linda) "Latin American Goddess" S. continued her incredible description of her extended trip to Central and South America, without the aid of distracting, color slides.

Garibaldi cont'd

(Continued from page 3)

and width and volume, flowing like a river, floating, enveloping previous avalanche debris and exploding into the unknown below. We were all impressed that we should get an early start to avoid encountering any such melting action on our climbing route.

Rik announced a 3 a.m. get-up time. After packing for summit day and melting snow for water, we got a short night's sleep, had a hot breakfast, and departed at about 4:20 a.m., without Charlie, who hadn't felt as energetic as usual and decided not to go.

Rik broke trail until we were over the first major crests above camp. Soon after that we reached the edge of the glacier, and we stopped to rope up. Roy led out for a long rising traverse that took us around below the true summit.

At 7:30 a.m. we had a good view of the summit ridge and the bergschrund which extended widely below it. We put on crampons, helmets and wind gear, discussed the route, and then I led up the final 1000'.

We had seen ski tracks coming down over the gaping schrund in a couple of places, but checking it out, crossing there did not seem

wise, so we traversed to the far right and boot-axe belayed each other over a soft but intact snow bridge. Floundering up steep deep snow, we gained the summit ridge, then traversed snow and exposed rock to the true summit - a hard snow mound with a cold wind and a grand view. It was 9 a.m.

We did our summit rituals (the usual), and began our descent. A solo climber whom we had met the day before on skis, was following our tracks to the summit, and hugged the slope to let us pass on the narrow ridge. (I hope h didn't fall

(Continued on page 8)

Garibaldi cont'd

(Continued from page 7)

in a crevasse on his way down, as they were starting to open up).

The only other people we saw were 2 guys skiing up in the hot sun, saying they wished they had started earlier; and a far-away hiker who turned out to be Charlie who was checking on our progress.

Conditions were fairly good for plunge stepping as we headed for camp, but Bill stepped right into a hidden crevasse up to his chest, surprising us all, and fortunately he could climb out.

When we arrived at camp, Charlie had already departed, taking his share of

group gear and leaving what we needed. We rested, hydrated, packed up, and trekked.

4-1/2 hours later, Roy's Grand Cherokee looked like heaven. We proceeded to the town of Squamish for dinner.

Since Rik and Holly were staying in a 2-bedroom condo in Whistler, CA, RO and BL had stayed there on Friday night, but had to work on Monday so headed home after dinner, while I took Rik back to Whistler after the climb and stayed in the spare bedroom Sunday night, as I had Monday off, and checked out Squamish and Vancouver on the way home.

Rik was planning to rest on

Monday and ski on Tuesday. He talked of leading nearby Black Tusk for OSAT in the future.

For further information on the area, A Guide to Climbing and Hiking in S.W. British Columbia, by Fairley, can be found in some local libraries.

*We took snowshoes but didn't use them. For purists, there is a southern approach that avoids the snowmobile area, but the Brohm Ridge route was chosen because walking on snowmobile tracks is easier than breaking trail. Both approaches involve a long hike with ups and downs.

OSAT 12-Step Meeting Locations

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 - Bill L
ph:206-789-8758

Sundays - Dave W
ph:425-869-0460

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.
ph:425-782-8858

Annapurna cont'd

(Continued from page 6)

traveler. But, I didn't yet know how much more challenging it would be to plan the trek than to actually do it.

There were so many trekking services, shops and guides that I was easily overwhelmed. They were all giving me the hustle, which only strengthened my resistance. I didn't know who to trust. Just when my frustration tolerance was really low, I found a meeting!

Aaah, how comforting it was to listen to "How It Works" even to hear it in Nepali! At that meeting I met a woman who worked for the Himalayan Explorer's Club (US based).

She turned me on to a trekking agency that I could trust. They suggested several different routes I could take.

After hearing what they had to offer, I realized that I couldn't afford to go with a professional service. I listened to what they suggested and took the information back to my hotel where I sat down with a map and a trekking guidebook to plan my own excursion.

I narrowed my options by talking to other travelers who had recently returned from trekking. The fact that everyone seemed to be well under forty years old was not a factor I took into account. (I'm over 50!) I learned

about trails of varying lengths and difficulty out of Kathmandu and nearby Pokhara - and flights to several starting points, including Lukla, which would lead me to Mt. Everest. (Too much for me!)

Sherpas and guides could be hired for varying fees from \$5 - \$20/day, for any number of days and any degree of difficulty. I could camp out or stay in tea houses along the way.

I could go alone or with a group. If the spirit moved me, I could hire an expert climbing guide and equipment and head for a Himalayan summit...not likely! (would you trust their ropes?)

to be continued.....

OSAT Marketplace

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

RELATIONSHIPS: If you feel like you are getting your primary addictions under control and want to start working on the relationships in your life, call Rich H, MA, Marriage and Family Therapist at (206) 547-2756

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 Lynwood, WA 98036 Ph: 425-771-BACK (425-771-2225) FREE INITIAL CONSULTATION AND EXAMINATION FOR ALL OSAT MEMBERS

BIKE FOR SALE: 1992 Trek 1200. \$350. 56 cm (22.5 in) Aluminum frame. Fluorescent yellow frame color. Excellent condition. Bottle cage that matches the frame included. On-board trip computer with Total Mileage, Incremental Mileage and Speed. Pedals not included. E-mail Jim Blakely: jimbl@sprynet.com

Best Wishes to Cliff L and his new bride Dora! They were married June 27th, 1998 in Bothell.

I discovered a cook kit under the seat of my van last week. I have no idea how long its been there. I've contacted the likely candidate owners, but no one has claimed it so far. I have this terrible feeling someone asked me after a trip if I'd found a cook kit and I said I hadn't seen it. This may go back as far as the snow cave trip!! If its yours, identify the contents and give me a call!! Rik A at 1-425-234-1770.

WANTED: Climbing/Ski partner to make turns on NW volcanoes and other unnamed (but will be found) descents. Write Ciel Sander, PO Box 175, Albany, OR 97321 or call 541-752-6987. Will ski for food!

CONGRATULATIONS...IT'S A GIRL!

Charlie & Debbie Goodrich have been blessed with a beautiful, healthy baby girl:

Lauren Taylor Goodrich

Born: May 7, 4:17 am

Weight: 8 pounds, 14 ounces

Length: 21.5 inches

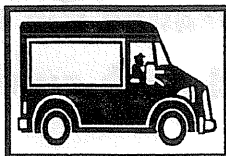
The Baby, Mom and Dad are all great!



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"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."