

THE YODEL



Volume 8, Issue 10

Keep climbing mountains and don't slip!

November 1999

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ONE STEP AT

A TIME

(OSAT)

MISSION:

"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."

Jenny G. does the PCT

By Jenny G.

As some of you know, last summer (May 1, 1998) I began a 2,650 mile adventure along the Pacific Crest Trail starting at the Mexican Border. The idea was to walk all the way to the Canadian border by the time the October snow hit.

Spending 5 1/2 months on the trail carrying an average of 30 pounds on my back and covering about 22 miles per day, I finished 2,350 miles before hitting the first snow. I hiked with 2 different people and saw some of the most beautiful country including the rugged cascades of Washington and Oregon, the northern Sierras, the Mojave desert, and the dry southern California mountains.

The only part missing was the high Sierras. Due to the heavy winter storms we were unable to trek through the 10 feet of snow still left over.

Given my stubborn personality, I found that I had to go back and complete the whole trail or I wouldn't be happy. This past August, I took

off with my boyfriend Jerome and we headed for Tuolumne Meadows in Yosemite on Aug. 3. I have found the high Sierras to be one of the most breathtaking places I have ever seen. The trail averages 10,000 ft. in elevation passing by crystal blue lakes and snowmelt streams before climbing 2,000 ft. over rugged granite, switch-backing up to a narrow ridge before plunging down the other side. Many of the 7 passes we crossed left us wondering "how in the world they could possibly build a trail over this ridge?"

The narrow, rocky trail disappeared into the sheer walls of granite. Forrester Pass, at 13,200 ft., is the highest point on the entire PCT. It left us in amazement at the deep valley winding far below on one side and the vast, lifeless Bighorn Plateau spread toward the horizon seen through a narrow avalanche chute on the other side.

One of our side trips was to climb Mt. Whitney. We took a much needed layover day at Guitar Lake with the

flanks of the mountain watching over us. It is a beautiful mountain although given the other mountains around it, it does not seem as tall as dominant Mt. Rainier. We began our climb at 6 am and we reached the summit register and shelter at 845. We were hardly alone as this is one of the most popular and easily accessible mountains to climb.

By 1030 there were about 100 people enjoying the view on the wide summit. We ate our breakfast, sat and enjoyed a 360 degree view, then made our way back to Guitar Lake. Jackets were optional as it was a beautiful sunny warm day at 14,400 ft.

The country south of Mt. Whitney was hardly worth mentioning, but I feel that I have to at least set the mood. Picture 100 degree weather, cactus for shade, water sources every 15 miles, biting flies, sweat, dry country, and did I mention the biting flies? It was not the way I wanted to finish the trail, but the motivation of seeing the highway at Walker Pass

signaling the end of our trip pushed me through this unsightly terrain. We did spend our last night out with a beautiful sunset, a skyful of stars and the lights of nearby Ridgecrest far below. All told, Jerome and I hiked 300 miles, finishing on Aug. 21. I feel great that I have completed my goal of backpacking the entire Pacific Crest Trail (2,650 miles). It really showed me that I can accomplish anything I want to do. These past two summers have been the most incredible summers for me. Having summited 3 mountains (Rainier, Glacier Peak and Whitney) and finishing the PCT, I have seen and learned A LOT, and met a lot of GREAT people that I will never forget. I am grateful to all the wonderful people in OSAT who have taught me a lot about myself and my abilities. So, for now, "whatever the struggle, continue the climb. It may be only one step to the summit".

PLACE YOUR VOTE! It is time once again to vote for the Board of Trusted Servants. Please choose one name from the list below, and then cut along the dotted lines (or just rip off the bottom of the *Yodel*) and mail this ballot to: Patty F.L. 1132 58th Street NW, Seattle, WA 98107.

1999 BOTS ballot

SELECT ONE:

[] Charlie Arvidson
[] Meredyth Given

[] Bob Lewis
[] Mike Robb

Neither Lost nor Forgotten

By Joseph H.

The day was Saturday 9/18/99. It was summer....yes, that's right....summer had finally arrived. The team, comprised of Rik A., Joseph H., Kathy H., Terry K., Nancy T., Dick W., and Meredyth G., was all excited about the promised sunny 70 degree day. We were not disappointed! It was Truly Glorious. Forgotten will never be forgotten in my memory. I suggest — do yourself a favor: do this climb!

This is how we did it. We followed the Perry Creek trail – a 10 mile round trip. The summit is at 6005', Class 2/3 (easy scrambling - but tough on the ankles - good full shank climbing boots recom-

mended - hiking boots you'll be very uncomfortable that last 1 mile to the summit) From trailhead to summit is 5 hour excursion. Located off Mt. Loop Hwy near Dickerman Mt. Turn off not far past Ice Caves (toward Barlow Pass), but turn left....Trail head (2100') at end of well defined oldest dirt/gravel road. Ignore the newer road.

We arrived there at the trailhead around 8AM and were off around 8:30. Dick W. and Meredyth G. confirmed that they were going up only to near the ridge line then they were off to do Mount Stirlaguamish. The leader kept getting farther and farther ahead of me, the pace being torrid (being a snail myself, anything faster than a slug's pace is torrid). So I made a

command decision to take up the *back* and make sure all was well back here.

I could never figure out why the breaks were so short, nor why everyone kept encouraging me to take the lead. I finally did once, pushed myself too much, and after a short distance (that seemed like 5,000' - ha!), I again found myself safely at the rear. Later we regrouped at the ridge line, took a long, long, welcome break (I had missed the good-byes when Dick W. and Meredyth G. turned off). We then continued onward. You know, it has always baffled me how much easier it is to walk along a relatively flat ridgeline, than it is coming up to it... oh well!

It wasn't long when we all came to this magnificent meadow which opened up

about one mile from the summit of Forgotten. Mt Baker was in plain view to the north; northeast Glacier Peak; southeast the Stewart Range; and south Mt Rainier. Closest to us, in fact surrounding us, was a cluster of peaks that seemed so close you could almost reach out and touch any one of them. GLORIOUS seems an understatement.

We didn't linger long. The trail beyond the meadow was ill-defined. We had read Becky and his recommendation took us down 30', a traverse for around 200' and up and over to the far side of the ridge, and from there to the ridge connection leading to the summit. The near side trail faintly continued its traverse as we went up and over to the far

(Continued on page 4)

Yodel Staff

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How to Contribute

Deadline for December Yodel: November 19, 1999

Via Email: yodel@osat.org

Via FAX: (by arrangement)

You are **strongly** encouraged to submit your contributions via electronic mail. If you can't do this, contact Bill for mailing instructions.

Quote of the Month: *All men dream: but not equally. Those who dream by night in the dusty recesses of their minds wake in the day to find that it was vanity: but the dreamers of the day are dangerous men, for they may act their dreams with open eyes, to make it possible.*

—T.E. Lawrence, [The Seven Pillars of Wisdom](#)

Five Years Ago in OSAT

by Rik A

Here, with installment # 25 -- the saga continues!

The 1994 car camp was held in good weather -- I believe the last such weather at the Mountain Loop location for this event! Over 50 attended. We shared the Red Bridge campground with some "candidates for one or more of our programs", but that didn't get in the way of four meetings: one each on gratitude, relationships, spirituality, and Mt. Dickerman! The Dickerman hike fielded a 4 year old Eric N, and this may have been Riley K's (age 3) first campout. One memorable OSAT moment, imitated but never topped to my knowledge, occurred on the summit of Dickerman. Before the meeting got started, someone asked an innocent passer-by to take a picture of our group with the pennant. Little did he know he soon would be demonstrating his photographic abilities with ELEVEN cameras laid out in a row on the ground. Other objectives that weekend included the ice caves, Monte Cristo

town site, Del Campo, Goat Lake, Pilchuck, and Lake 22. Who says we gotta stick together?

A couple of weeks later 16 summited St. Helens (the last time I'll go up in the fall!) for a memorable meeting, capped off with the launch of the Linda Z memorial balloon. She had just left for SE Asia for God-knew-how-long before we would see her again.

OSAT was well represented at a Lake Annette trail work party sponsored by Washington Trails Association -- our first participation in this worthwhile giving back to the trails we use. We all left our marks in little improvements, many of which are still there today for us and others to enjoy.

In November, Rik and Lisa were elected to join Steve S, Dave N, and Doug H on the BOTS. Retiring members Bob C and Dave B were thanked for their leadership throughout the first full terms of the club administrative body.

Montani semper liberi!

OSAT QUICK-REFERENCE

Board of Trusted Servants (BOTS)

Bill L. 206-789-8758 *wlink14fun@aol.com*
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Tracy M. 425-204-0168 *coachmahan@aol.com*
Dick W. 425-339-3751
Charlie A. (206) 932-7195 *pine@seanet.com*

12-Step Meeting Coordinators

Tino S. 253-826-1464
Nancy M. 425-747-2763
Bill L. 206-789-8758 *wlink14fun@aol.com*

Contact People

Activities: Brian C. 425-353-9748 *bc8025@aol.com*
Activities Hotline: Rob G. 206-824-7972 *osatvoice@aol.com*
Equipment: Grant 206-525-9199
Finance: Charlie A. 206-932-7195
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Hotline Follow-up: Patty H. 206-784-9947
Library: Rik A. 206-232-8908 *rik.anderson@boeing.com*
OSAT East Coast: John H. 617-641-3423
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Service: Dave W. 425-869-0460
Yodel: Bill A. 206-729-1887 *yodel@osat.org*
Webmaster David C. (Dax) 206-623-7857 *webmaster@osat.org*

OSAT Club Meeting: No regular meeting in November or December. Monthly OSAT club meetings are held the second Wednesday of the month at 7:30pm. We meet at the Congregational Church of Mercer Island, located at 4545 Island Crest Way (take the Island Crest Way exit from I-90, the church is 1.6 miles south of the freeway, on the right. The meeting is held in classroom #1, upstairs on the north end of the building. **Go to THE GRATITUDE DINNER this month (see p. 5) and the Holiday Party in Dec. (p. 5)**

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 to use the cable line trail, or in the upper parking lot to use the regular trail (recommended for first-timers). **Note: Call Tino for info on the Thursday night meeting — it switched to the Issaquah IHOP when Daylight Savings Time goes into effect in late October.**

Thursday Contact: Tino S. **Sunday Contact:** Mark S.

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 @ 7 pm

Location: Take I-5 to Northgate, take the Northgate Way exit, and head west. Keep going past Hwy 99. When you cross Greenwood, Northgate Way changes to Holman Rd. A block or two later, look for QFC, and travel through the parking lot. You'll find 100th and 6th. Park near there at the Carkeek Park trailhead parking lot. The group meets there at 7 pm and 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: Bill L.

OSAT Telephone Numbers

There are two main phone numbers for OSAT - a general information number, good for new members, and an Activities Hotline Number, where members can get up-to-the-minute activity information, as well as leave their own trip announcements.

GENERAL INFORMATION:

(206) 236-9674

ACTIVITIES HOTLINE:

(206) 236-4777 (Use passcode 39)

When you call the hotline, enter passcode 39. Then type: **7** to play messages or **5** to record a new message.

LISTENING: While listening, press **7** to replay current message, **5** to keep current message and listen to the next message. *Never erase hotline entries when you call to listen!*

RECORDING: Press **2** to record your message. When you are done, press **#** to pause the recording. After pausing you may press **2** to add more, or **5** to keep the recording you just made.

Handling the OSAT E-List: Tips guaranteed to help you use the OSAT Email list effectively:

UNSUBSCRIBING:

Send a blank email to: **osat-unsubscribe@egroups.com**

SUBSCRIBING:

Send a blank email to: **osat-subscribe@egroups.com**

POSTING: (Use discretion: remember we ALL get the email.) Send your message to: **osat@egroups.com**

“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

Forgotten, continued

side. The going for me was too much to continue beyond the ridge.... Nobody wanted me to go back — in fact all my team members begged me to continue, but I insisted. I was firm and persistent. I finally prevailed after the team considered it for about 8 seconds (ha). It was agreed that I would go back to the meadow and take a nap — and I did. NO NO NO I did not climb alone — Terry decided to join me.

[Editor's note: While our friend Joseph kicks back, Rik, A. will take us to the summit]

Terry K and Joseph declared they would rather bag some rays than bag a peak, and returned to the ridge-top pond for a bird's eye view of the afternoon. Kathy H, Nancy T, and Rik continued. We'd Forgotten the challenge of trying not to knock rocks loose while side-hilling unstable talus. Once on the north side, an Class 2-3 scramble took us quickly to the top, even allowing for extra clamoring here and there to avoid the easy heather slopes and tune up nearly Forgotten scramble skills.

A fellow we met on top took the "more brushy" winter route around the east side of the peak, but joined us on our return route and declared we had taken the route-less-traveled, perhaps Forgotten by those more intent on the goal than the journey. It seems over time the winter route has become the summer route, and vice versa -- put a note in your Beckey.

[Editor's note: We now return you to Joseph's narrative...]

At the meadow, I took off my boots and soaked my feet in a small pool. It was cool and refreshing....just what the doctor ordered. I dried off and took a nap for about 35 minutes, ate lunch, and spent the rest of the time exploring with Terry.....(Terry was obviously having a good time playing with his new digital cameral). We finally saw the team on the summit in the distance and new they would be back soon. The experience of that meadow was sooooo relaxing, soooo

very soothing, sooo mellowing, I wasn't sure I wanted them back so soon. But the team showed their heads at the meadow almost to the minute as Rik predicted. Nancy took off her boots and soaked her feet and I could see the thankful look on her face after she finished.

They had met a couple of other climbers at the summit, one joined them in there descent, the other chose to return the way he had gone up (The faint trail on the near side that continues to the near side ridge 3/4 of a mile beyond our ridge crossing choice). Later we discussed the probability that Becky's advise surely was meant for a snow ascent, as at this time of year, when you might expect to see some kind of trail, there was nothing. They made their own trail (BW-2). So be warned — it is not to be Forgotten — if snow, consider the far side ridge route (Becky's), if there is no snow, consider the near side faint trail.

The hike out was comfortable. I didn't mind being at the front. I found my voice and chattered away all the way out. We met Dick and Meredith at the trail head, chirped awhile, and regrouped in Granite Falls for a fine meal. We had left Nancy at the Ranger station at Verlot — she decided to stay overnight and enjoy more of the summer. The rest of us returned to the parking lot at Frontier Village, gave and received out hugs, said our goodbyes, and went on our way. Well that is just about it. Again it was Glorious.....Oh wait....One more thing.....The reason I'm writing this and not Nancy is because she agreed to let me; but only.....only after she made me.....yes she maaaade me agree to let her organize and present a fully choreographed, male and female, skit at the annual OSAT Gratitude banquet. (And of course I'll be in it)..and.....this is not to be Forgotten.....

OSAT Traditions

- 1) Every OSAT activity has a designated leader. The leader makes the decision as to who is qualified for the activity. This decision must be based on principles and not personalities.
- 2) Alcohol and illegal drugs are not allowed on any OSAT activity.
- 3) Party members are not to separate from the group without prior permission of the activity leader.
- 4) An OSAT leader should have completed a MOFA course or ensure that at least one participant in the activity has done so.
- 5) When in a wilderness area, each party member will carry the 10 essentials.
- 6) Outdoor activities start with the Serenity Prayer while holding hands in a circle.
- 7) Each OSAT glacier climb will have at least two rope teams that include a person with crevasse rescue training.
- 8) Anyone can volunteer to lead an activity, even a technical climb. As leader, you should be certain that everyone on that activity has signed a Release and Indemnity Agreement. As a participant, you may want to "qualify" your leader.
- 9) Party size for OSAT activities will adhere to the rules of the appropriate jurisdiction.

OSAT HOLIDAY PARTY!

Submitted by Charlie A.

This year's Holiday Party will be held at Charlie and Janyth Arvidson's Home in West Seattle at 6:00pm on Dec.11...

Address 1540 Palm Ave. S. W., Seattle, 98116
Tel: (206) 932-7195

As in the Past, it should be a FUN EVENING.... Pot Luck.....Progressive Gift Exchange.....Christmas Caroling.....and, we are told, Santa Just Might Come Again....(If we are all good little OSATers.)

| | | |
|------------|-------|-----------------------|
| Pot Luck - | A - D | Salad |
| | D - L | Dessert |
| | M - R | Hot Dish |
| | S - Z | Bread/Rolls/Chips/etc |

Gift Exchange - Bring a gift that is under \$15.00.

Come and spend a Holiday Evening with your fellow members of OSAT!

1999 OSAT EVENT CALENDAR

Hey! C'mon guys! Call! the trips don't lead themselves-



Want to lead a trip? Call/Email it to us and we'll list it: yodel@osat.org

Thanksgiving morning 11/25: Mount Si Meet at new trail parking lot at 8:00am and be ready to work up an appetite in this traditional OSAT event. Contact Bill A. for more info (206) 729-1887

Y2K Glacier Climbing Course is Coming!!!

submitted by Will A, Course Chairman

Can you believe it: OSAT climbing course number TEN! The committee had its first meeting, and the planning is full speed ahead.

THE REGISTRATION DESK IS NOW OPEN: We are implementing recommendations from the 1999 course (summarized in last month's *Yodel*. This means a few changes. The course is being strictly limited to the first 40 who register. We are registering students before the beginning of the classes. We will not be promoting the course in public as has been done in the past. Please make the course availability known at meetings. You may want to copy the registration and club membership forms (both of which are in this *Yodel*) to provide to people who are interested (please note that both forms are two sided).

VOLUNTEERS: As always, the climb course is a huge club effort, there is something for everyone to do. Volunteers need not be on the committee; here are some tasks we need help with:

- If you have been through the course and would like to share your knowledge one-on-one with a student, call Sally C or email her at bagsers@msn.com to BE A MENTOR.
- Set up and run a COMPASS COURSE -- a new outing (probably in March) is being added to the syllabus this year. Contact Will A if your willing and able to set it up or to help find the lost students during the workshop!
- If you'd like to lead TRAINING/CONDITIONING HIKES, call Jim K or email him at jimkeffe@accessone.com. (By the way, we will be taking attendance at conditioners this year)
- In February we will need the usual group of enthusiasts to show off their PACKS filled as if ready for a Rainier climb, to share your tips, experiences, and neat stuff with the greenhorns. This is in conjunction with KNOT TYING practice.
- LECTURERS are always needed -- please let us know if you'd like to share your knowledge and experience with the class: anything from describing your last climb up Rainier to how to set up a crevasse rescue to making freeze-dried taste like home made.

Obviously there are too many jobs for us to have to solicit

Tuesday Fun Run! Join us Tuesday evenings @ 6:30 for a scenic run along Lake Washington (Mt. Rainier visible on a clear day). Variety of running/walking levels can enjoy a series of flat or if you prefer stairs "yeah baby" paths. Contact Susan & Grant E. 206-721-5868 or meet at the Mt. Baker playground swings.

GREENLAKE RUN!

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 (425) 271-5116** or **Dick W (425) 339-3751** for info.

OSAT 1999 Gratitude Dinner

Submitted by Dave W. & Doug H.

It's that time of year again! Time for Feasting and Fellowship (not necessarily in that order!)

The annual gala event will be held on Saturday November 20th. The location is the Community Church of Issaquah.

| | |
|--------|---|
| 5:30pm | DOORS OPEN |
| 6:00pm | COMMENCEMENT PRAYER |
| 6:15pm | LET'S EAT |
| 6:30pm | PROGRAM BEGINS |
| | NEW BOTS MEMBERS ANNOUNCED |
| | CLIMB COURSE CERTIFICATES AWARDED |
| | BOTS AWARD FOR OUTSTANDING SERVICE AND MUCH MORE! |
| 9:30pm | CLEAN UP! |

As this is a potluck, here are the particulars. If your last name begins with:

| | |
|-------|---|
| A - D | Side Dish (Rice, Potato, Stuffing, Veggies) |
| E - L | Main Dish |
| M - S | Dessert |
| T - Z | Salads and/or Breads |

The church is located at 205 Mountain Park Blvd. S.W.

If you are coming from Seattle/Bellevue, take I-90 to Front Street exit. Follow exit to the right. Go through town until you get to Sunset. Take a right at the light. Follow to the next light. Go through the light (wait till it turns green) and Sunset turns into Mountain Park Blvd. The church is located approx. 1/8 of a mile up the hill on the left.

If you took the climbing course this year, please plan on attending, as you will be recognized! Dave W. promises a fun evening of Fellowship and Gratitude (plus some fantastic grub!)

help one volunteer at a time, so please step forward and sign-up. Give Sally C, Rik A, Bill L, or Will A a call or email us at course@osat.org.

ROPE SEGMENTS: Last year Doug H obtained sufficient retired ropes to provide most students with a piece to practice knots with. Few of them were returned. Students from last year are urged to return the ropes to Rik, Sally, Will, or Charlie A. If you are replacing a worn and dangerous rope, please donate it to the committee to be cut up for students.

STUDENTS: Get your application (and OSAT membership for 2000) submitted right away! All registration is in advance this year. A copy of the necessary paperwork is published in this issue of the *Yodel*.

The Yodel

P.O. Box 6461
Lynnwood, WA 98036-6461

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Ph: 425-277-8943

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OSAT MARKETPLACE

Advertising in this column is free for all OSAT members. To keep your ad in subsequent issues, you **must** notify the Yodel of your renewal prior to deadline. Send the *Yodel* your personals, gear swap offers, and situations wanted. 50 word limit.

OSAT Climbers and Adventure Lovers! May I assist your travel planning? I offer my services as a full time travel agent to help get you to the peaks, the shores and the cities. Events available: Honolulu convention in November Women's International in February, Sober Club Med in February. Call me! Janice B at 425-646-8200.

Massage Time! Call Meredith Given, licensed massage therapist to work on you in your home for Relaxation, Chronic Pain & Injury Treatment. (425) 438-6829

MOVING SOON? Call Jim Fahey Moving! 18 Years commercial and residential experience. Need help moving a piano? Jim's your man! Ph:425-787-7888 jimfahey@apl.washington.edu

NUTRITIONAL CONSULTATION WITH A NATUROPATHIC PHYSICIAN. Dr. Craig Baldwin will teach you the basics of optimal nutrition to help you improve your energy, vitality and stamina. 30 min. initial consultation \$25 for OSAT members. Call for appt: 206.860.7896 Clinic location: BODY CONSCIOUS at 605 29th Ave. East Seattle, WA 98112.

FOR SALE: Aromatherapy Eye Pillows \$15, Serenity Bath Salts \$12/20 oz. great for after a long hike. Cedar Sox 100% cotton/cedarwood - pull odor and moisture out of the smelliest hiking boots... \$12.00/pair. \$3.00 s/h. Great gifts! Call AWAKENING SPIRITS (206) 767-9339

LOVE OR FIGHT? All good conflicts end in embrace. Counseling can help get you there. Rich H.MA MFT(206) 547-2756

You need a personal coach! If you need help getting in shape, changing your eating habits for good... If you want to gain more strength with free weights... If you just need a **very** motivated workout partner to keep you moving or get you conditioned for a big climb — call me — Tracy Mahan, Personal Coach, (425) 204-0168

IF YOUR BODY WEARS OUT, WHERE WILL YOU LIVE NEXT? Go see Dr. Mark Fredrich at his new location: Woodway Chiropractic, 20015 Highway 99, Suite A Lynnwood, WA 98036 Ph: 425-771-BACK (425-771-2225) FREE INITIAL CONSULTATION AND EXAMINATION FOR ALL OSAT MEMBERS

SUPPORT SIGN-LANG. ON TIGER: Beautiful 20" handmade bead necklaces on sale for only \$10. All money is donated to interpreters for Tiger Mt. meeting once a month. Please call David "Dax" Ching (206) 623-7857 or email dax@oz.net for more information.

Cool Gear for Sale! North Face Snowshoe sleeping bag, long, 5 degree bag \$125. Thermarest long \$25. Large gore-tex bibs. full zip. large \$75 — Ron Doughty @ 206-367-1993

[Editor's Note: Due to a failure somewhere in the Internet, Bob C.'s Off Belay article did not reach us in time for normal inclusion, although he sent it with plenty of time in advance. We are including the article as an extra supplement, along with an article from Rik A. that was originally planned for December. *Please* -- in the future, if **anyone** writes an article that *absolutely, positively* has to get into the *Yodel* -do yourself and us a favor: use the phone to confirm we received your article.]

Off Belay

Run Lola Run.....

One of my favorite months has to be November. Gratitude meetings and dinners usually personify the month with friends and family gathering to celebrate our wonderful gift of recovery. Thanksgiving brings a special warmth as one of the last true holidays unblemished from commercialism. November is also THE month for running, namely the Seattle Half/Full Marathon. The event has long been an OSAT tradition since our founder Jim H. encouraged us outside of climbing. So I joined the wave of enthusiasm and ran the half marathon. Astonishment crossing (not crawling) the finishing line thinking that an entire marathon was ridiculous, the idea of going "all the way" was inconceivable. Now years later remembering the words of Jim, I took one look at the race packet and said "why not?" and signed up for the entire 26.1 mile race. Of course in early September with three months to prepare, confidence lead me to a great training regime. I scoured through the pages of running publications and inquired at local running groups for advice. Much of it came down to running on a consistent basis and gradual mileage increases. Sounds simple. Well, a few weeks to go and an upcoming long run (18 miles) I've begun to realize...26.1 miles is a long freaking way! What the hell was I thinking? The commitment to the endeavor is stronger than the will to quit, so I will do my best. The goal is to explore the unknown and God willing finish. This feels similar to an expedition or recovery, all I need to focus on is the journey. I pray everyone finds a journey worth their time and effort. Peace and Love. KCM&DS

Favorite Runs

- 6.2 miles around Magnolia. Remarkable views of Puget Sound.
- 3.4 miles around outer Greenlake. Best chick watching place.
- 12 miles or longer Marymore Park. Bar none best place for distance.

Air or Anchors

The rock climbing at Smith Rock this fall has been fast and furious. Anchors means the climber made it all the way to the top without falling, and Air means they fell off on lead catching time in space!

- Joe E-AIR-25 foot fall (whipper) on "Powder up the Nose" 5.10d Cocaine Gully.
- Bob C-ANCHORS-redpointing "Kings of Rap" 5.12d.
- Charlie B (Porn Star)-ANCHORS- "Chicken McNuggets" 5.10b Cocaine Gully
- Brian C-AIR-"Moondance" 5.11b Dihedrals
- Kathy H.-ALL ANCHORS-Peanut Brittle 5.8 R ** Bolts Lichen It 5.7 *** Bolts Spiderman 5.7 **** Super Slab 5.6**** Sunset Slab 5.9 **** Bolts Five Gallon Buckets 5.8
- Shirley R-ANCHORS-as she lead all those pitches for her and Kathy!
- Jim B-ANCHORS-"Fred on Air" 5.10b Phoenix Buttress

Must do Rad climb of the month

Zebra-Zion connection. 5.10a. Morning Glory Wall, Smith Rock.

Yodel Supplement: Rik A.'s Email Annals

Someone who went on a Mountaineers climb posed the following question upon return:
"How steep does a snow slope have to be before you consider fixing a line? The snow slopes on (peak name) were very steep with a killer runout. I got across it just fine but was definitely "on edge" the whole time."

I'm sure there are lots of answers to this question. Here are three possible answers -- hopefully you will craft your own after considering these:

ANSWER 1:

If anyone in the party wants it, the line goes in.

If anyone wants to rope up, rope up.

If anyone is unhappy with an anchor, back it up (some more) until they are happy.

ANSWER 2:

It depends on too many factors to generalize with slope angle:

- how hard the snow is
- what consistency
- risk of avalanche
- risk of snow/ice/rock fall from above
- what you have for anchors (natural and pro)
- what individual capabilities are in the party
- crampons or not
- runout distance, topography, and condition
- strength and experience of individuals in the party

Don't generalize nor use steepness as the only criteria. Sometimes there's a need or desire to protect 35 degrees, other times its safe without on up to 55-60 degrees. It difficult to believe anyone in their right mind would go unprotected beyond 60 degrees unless the consequences of a slip or fall were small. But that leaves a vast range in which judgement is required, not a rule of thumb.

ANSWER 3:

"Climb if you will, but remember that courage and strength are naught without prudence, and that a momentary negligence can end the happiness of a lifetime. Do nothing in haste; look well to each step; and from the beginning think what may be the end." (These are the last lines in "Scrambles Amongst the Alps" by Edward Whymper, who did some incredible 19th century mountaineering, and died at age 71.)

Hopefully people will share the fact that they are "on edge", or others can figure it out by being observant enough. Mountaineering does not need to be and should not be an "on edge" sport.

Keep climbing mountains, with a view to the future!

-- Rik