

THE YODEL



Volume 9, Issue 4

Keep climbing mountains and don't slip!

June, 2000

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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."

Shut That Monkey Up!

OSAT Does Monkey Face

By Sean W.

There is a subspecies within the greater OSAT climber genus known more specifically as rock-climbers. Members of this fascinating order are easily distinguishable by the peculiar white chalk on their fingertips and the way in which they communicate using unfamiliar guttural noises. Long an admirer of Jane Goodall's research I found myself intrigued by the mannerisms of these rock-climbers and their penchant for exposed heights. So at first opportunity I leapt at the chance to further acquaint myself with them in order to study their ways and become familiar with their odd habits. Happily, I was accepted into their small and somewhat dysfunctional group; which luckily (or perhaps not), enables me to relate to you the following strange tale.....

It was round about March or early April that I began hearing much gibbering and jabbering amongst some of them about some climb called Monkey Face. Later research revealed the climb to be at Smith Rock, Oregon's premier climbing area. The Climbers Guide to Smith Rock describes it simply: "The most remarkable chunk of stone at Smith is the 350-foot spire of Monkey Face,

the four-sided pinnacle bears a striking resemblance to a grinning monkey, complete with mouth, nose and eyes". I quickly invited myself along and was soon making the long pilgrimage to 'The Mecca'!

The morning of April 22nd was partly sunny but with a cold wind blowing intermittently. Our small band consisted of Bob C, Joe E, Meredith E and myself. We hiked the mile or so out to Monkey Face which came into view as we surmounted a ridge about halfway there, it was immediately apparent to me that the Monkey was indeed a powerful entity. We scrambled up and around the northeast side gaining nearly half the total elevation of the spire. Next we traversed a short 4th class ledge to a spot where we geared up with Bob leading Meredyth's rope while Joe led the rope I followed. Bob and Meredyth soon climbed up and around a corner out of sight, I then belayed Joe as he too climbed up and quickly disappeared. I was now alone and as I looked around at the cold stone walls I imagined that I was trespassing in a mysterious place, a place holy to monkeys, angry malicious monkeys! Luckily for me, Joe soon had me on belay and I climbed away to safety.

The first two pitches were

relatively easy mid fifth class climbing that ended at bomber bolt anchors at a ledge called Bohn Street. The guidebook gives the impression that this ledge is huge but I considered it a merely comfortable ledge as long as I didn't look down and I imagined I was somewhere else like in line for a latte at Starbucks. At least it was in the sun, though the wind blew cold there and since I was last in line, by the time I jumarrd off I had started to shiver a little. Joe led the next pitch up an aider bolt ladder, which he did by clipping ladders made of webbing called etriers up a closely placed line of fixed bolts in the rock. This pitch rated A1, is overhung and goes free at 5.13+ but has never been free climbed. The bolt ladder ends at the Monkeys mouth. Joe climbed into the mouth, rigged an anchor and put Bob on belay. Next Bob jumarrd up using ascenders and cleaned the protection from the bolt ladder that Joe had placed while Meredyth and I froze on Bohn Street.

Since Bob cleaned the bolt ladder he enjoyed the security of his body being close into the rock. This was not the case for Meredyth and me. The ascenders were lowered from above and Meredyth got herself rigged to the

(Continued on page 2)

OSAT TREASURER'S REPORT

Submitted by C. J. Arvidson, Treasurer, 4/7/00
 Three Months ending 3/24/00

BUDGET 2000

BEGINNING BALANCE		1,275.00
INCOME		
	24-Mar-00	
Memberships/Climbing Course	1,335.00	4,000.00
T-shirts/ hats/Bumper Stickers/ etc.	134.00	1,000.00
Donations	145.00	600.00
Calendars	180.00	900.00
Misc. Climbing Gym	130.00	100.00
TOTAL INCOME	1,976.00	6,600.00
EXPENSES		
Yodel	331.00	2,500.00
Postage/supplies	88.00	350.00
Telephone	97.00	390.00
Car Camp - Year 2000	0.00	200.00
Rock Lead Course	25.00	325.00
Print Rosters	0.00	100.00
Glacier Travel Course - Church	0.00	100.00
Club Meetings - Church	0.00	500.00
Social - Climbing Gym	250.00	250.00
Web Site	0.00	60.00
Gratitude Dinner	0.00	400.00
Repka Memorial	0.00	400.00
Calendar Printing	0.00	900.00
Misc.	15.00	125.00
TOTAL EXPENSES	806.00	6,600.00
ENDING BALANCE - 3/24/00	2,445.00	
ENDING BALANCE - 12/31/00		1,275.00

Letter from Arizona: Patty's Havasupai trip

Submitted by Patty H.

First, thanks to all of you who answered my plea for OSAT news from home. I have really enjoyed and appreciated all the news and thoughts. I'm not sure at all what my plans are for the near, more less the far, future. Just playing it by ear. I've really enjoyed missing out on winter this year - enjoying the sun - doing some traveling.

I've started hiking with some people at the post office where I recently started working part-time as a substitute mail carrier. Strange job but there's something about it I like - haven't really figured out what it is yet. Anyway....

I lucked out and got in on a trip that has been planned for quite awhile to a place called Havasupai - at the far west end of the Grand Canyon. This is land that belongs to the Havasupai Indians and their village is about 8 miles into the canyon. Interesting place - everything there came in by foot, mule or helicopter. In fact I almost got pulled back up the canyon by one of those mules who didn't follow his buddies running along but cut around the rock I was hiding behind. He hooked something on my pack and was pulling me backwards until the strap that got caught broke and I was free - a bit freaky. When we went through the village I got a delicious piece of frybread to munch on as I trudged the rest of the way to our campsite. This area is known for the turquoise pools and waterfalls

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(Monkey...Continued from page 1)
 rope hanging down from the Monkeys mouth. Since Bob had cleaned the bolt ladder, the rope was no longer attached to the wall and as soon as Meredyth began to climb she would swing off the ledge into space. I tried to minimize any pendulum effect by holding on to Meredyth's trailing rope and kind of easing her out there. This arrangement was made safer because she was tied into a second rope, which was belayed from above. Meredyth jumarrd up the rope just as the professional

photographers that she had hired arrived to record her heroic ascent,(actually tourists had hiked to a nearby ridge and were snapping photos from across the void). And heroic it was, as she slowly ascended while swinging and spinning in the void, god knows how many feet above the sinister rocks below.
 When Meredyth got up into the side of the monkeys mouth the ascenders were lowered to me. I tore down the anchors and got tied into the ascenders, next I unclipped my daisy-chain

and put my second foot into the foot prusik and swung out into space. I love my life very much so I have no idea why I did this except that I wanted to get off that ledge because ever since Meredyth had jumarrd off I had been thinking I was hearing and seeing monkeys. Not ordinary monkeys but the kind you don't even want to think about. . Suspended above the abyss I ascended for about two hours(actually two minutes) and realized that due to rope stretch I had just got back to where I started. Since there was only one

option at this point I continued up and forgot that I was cold. At the edge of the mouth I got hold of an etrier hanging down and used it to get myself up into the Monkeys mouth. The monkeys mouth is a deep secure pocket kind of ledge with fixed bolt anchors. Unfortunately it was not only situated so that it bore the full force of the wind but it was also shaded so it was very cold.

Bob had already exited the other side of the mouth to lead the crux pitch up the

(Continued on page 4)

OSAT QUICK-REFERENCE

Board of Trusted Servants (BOTS)

Meredyth 425-252-9131 *merjoe@gte.net*
Dick W. 425-339-3751 *dgrandpaw@aol.com*
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Charlie A. 206-932-7195 *pine@seanet.com*
Mike R. *mikerobb@aol.com*

12-Step Meeting Coordinators

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Nancy M. 425-747-2763
Bill L. 206-789-8758 *wlink14fun@aol.com*

Contact People

Activities: Brian C. 425-353-9748
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Equipment: Grant 206-721-5868 *bearpaws9@aol.com*
Finance: Charlie A. 206-932-7195
Hotline Message: Merry O. Unlisted *mo7climb@earthlink.net*
Hotline Follow-up: Patty H. 206-784-9947
Library: Rik A. 206-232-8908 *rik@osat.org*
OSAT East Coast: John H. 617-641-3423
Running: Doug H. 425-271-5116 *dougn sue@aa.net*
Safety: Ron D. 206 367-1993 *Rydee@juno.com*
Service: Grant & Susan E 206-721-5868 *bearpaws9@aol.com*
Yodel: Bill A. 206-729-1887 *yodel@osat.org*
Webmaster David C. (Dax) 206-623-7857 *webmaster@osat.org*

OSAT Club Meeting: 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.

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 Karen for info on the Thursday night**

Thursday Contact: Karen C. Sunday Contact: Nancy M.

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

(Havasupai...Continued from page 2)

of Havasu Creek, fed by a big spring that starts about 2 miles up canyon from the village. All along the crystal clear creek is like a green oasis - big cottonwoods and some very tropical-looking plants. The village is in a wide spot in the canyon with crops planted and irrigated by the creek water. It is surrounded by towering red cliffs with amazing formations. Our campground was about two-and-a-half miles from the village - down the stream past some wonderful waterfalls. About a quarter mile from our campsite was Havasu Falls which we didn't waste much time getting back to in our swim suits to check it out. The falls are 100 feet high so make a pretty good roar and lots of white water flying around. The water wasn't warm but the day was so it felt really good to go in. We tried to get as close to under the falls as we could but that power didn't let us too close - just pushed me right back. Then there are these pools stepping down out of the main pool. One was just like a powerful jacuzzi - but not warm.

Our campground was in a beautiful red rock canyon with that amazing stream running through it. The next day we headed down canyon a bit further to the next waterfall. This one, Moony, is 200 feet high and the "trail" down to the bottom reminded me of the ladders on Three Fingers with a couple semi-vertical caves (through the travertine of the falls), chains and metal spikes for hand holds - in addition to the ladders. I've never seen anything like it - 150 feet of it! Then back up to Havasu Falls to cool off again. And early to bed for the walk out the next day. Beautiful, beautiful setting.

Sure glad OSAT gave me the confidence to go do something like this even with people I don't know very well. I would have hated to miss it. Thanks. I'll keep climbing mountains (or down into canyons) and won't slip. (Going to a few meetings to help with that part!)

(Monkey...Continued from page 2)

side of the Monkey's head, while Meredyth sat anchored in the middle of the mouth and belayed him. Joe was sitting on the edge of the mouth and had been belaying me with a backup rope while I jum-marred the main rope, he had been in the mouth the longest and was getting close to hypothermic. When I looked at him he had the deranged look of a crazed monkey, he kept saying how cold he was and that he had been in the mouth of the Monkey for two hours. I had little compassion for him because I was cold again also, and my cold was worse than his cold because it was my cold and I could feel my cold much more acutely than his cold.

Through the howling gale I heard Bob yell "Off belay", Meredyth yell "Belay off", Bob yell "On belay" and Meredyth yell "Climbing". I looked up from the spaghetti pile of rope I was mismanaging to see her calmly making the insane move out of the east side of the Monkey's mouth, then she disappeared. The place Bob and Meredyth had just moved through was the crux of the entire climb and is known as Panic Point. The guidebook describes "the nauseating exposure of the step out over the eerie void as the most exciting 5.7 pitch you'll ever do"! Meredyth had seemed so calm, perhaps I was paranoid, but I suspected she had made a deal with the Monkey.

Joe was now delusional with the cold and yammering profusely. Either the Monkey had got to him or his brain had froze. I had the spaghetti flaked and Joe on belay, he approached the frozen corner of the Monkey's mouth and clipped an unseen bolt with his right hand while underclinging with his left. He made the required move and was gone out of sight.

Alone in the frigid mouth of the Monkey, terrified and frozen I

slowly payed rope through my belay device. In the howling wind I imagined I heard the voices of thousands of angry monkeys, each one screaming at me in its own indecipherable monkey language. After a thousand frozen years I heard Joe yell off belay. Soon I cleaned the anchor and was at Panic Point ready to make the move that would deliver me from the icy orifice. Underclinging with my left hand I reached up with my right to unclip the first bolt. Next I tentatively stepped down onto a toehold the size of a bottle cap and reached up for the fingerclings above. I was now completely out of the mouth and onto the Monkey's head, magically there was no wind here, only warm sunshine. After several moves and cleaning a few draws I reached a cleft between a boulder resting a few feet down from the top. I walked over the boulder, across another cleft and then climbed ten more feet to where Joe was belaying me at the anchor bolts. From there I scrambled to the top to high five Bob and Meredyth who was lying in the sunshine out of the wind. Joe came up and we all cheered the Monkey by scratching our armpits and making primate noises before gathering to embrace for a serenity prayer.

The rappel down was a long one with mostly free air. First we rappelled to some bolts just above the Monkey's mouth. Once there we set up a double rope rappel to the ground, nearly 200 feet down. A couple of steps down the vertical face and the rest is air baby!

Oooh, Oooh, Ahhh, Ahhh, Ahhh!

Y2K OSAT EVENT CALENDAR



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

Jun 17-18: *Eldorado*, leader: Tim M. 206-282-8497

Jun 23-25: *Tahoma Glacier*: Rik A. 206-232-8908 (Rainier exp. Required, seeking sherpas)

Jul 22: *Rachel Lake*: Roy O. 425.778.6273 Family special! Great Alpine lakes day hike for families. Round trip ~8 miles mostly flat until the last 1/2 mile.

Jun 25-27: *Mt. Rainier*, leader: Doug H. 425-271-5116 (DC route, limit 12, priority to unsummitted '99 students)

Jul 1-3: *South Sister/Broketop (Oregon)*, leader: Rik A. 206-232-8908

Jul 8-9: *Sahale*, leader Ralph 206-783-6345 (lim. 9)

Jul 20-23: *Mt. Challenger*, leader Dave N. 253-752-9214

Aug. 12-13: *Mt. Curtis-Gilbert (Goat Rocks area)*, leader Rik A. 206-232-8908

Aug 19: *Garfield*, leader: Ralph 206-783-6345 (lim 4, leader permission)

Aug 19-27: *Wonderland Trail*, Bill A. 206-729-1887 (join for all or part of this cool 95.2 mile hike) STILL ROOM!

Sep 2-3: *Mt. Anderson (Olympics)*, leader

Sep 4-10: *Across the Olympics Adventure*, leader: Dave N. 253-752-9214

Oct TBD: *Hinkhouse Peak*, leader: Rik A. 206-232-8908

Oct TBD: *Yellowjacket Tower (rock climb)*, leader Doug H. 425-271-5116

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.

CALLING ALL RUNNERS!!

For those of you who love running, unbeatable camaraderie, and just a little torture, mark your calendars for this year's

"Rainier to Ocean Shores Relay"

July 14 & 15, 2000

Contact **Jane L.** at janel@gettyonline.com or **Karen C.** at karencsea@earthlink.net for more information.



Yodel Staff

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How to Contribute

The deadline for July Yodel: June. 25, 2000

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.

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.

The Yodel

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

SUPPORT OSAT IN STYLE:



\$15.00!
OSAT
T-SHIRTS
They come in various colors and sizes!
Price is \$15. Please contact Dick W.
Ph: 425-339-3751

Mailing
Address
Goes
Here

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.

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

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.

REI New Star Back Pack Size L with 5122 cubic inch capacity. Complete ladder system for easy adjustment. Internal frame. 3 years old, however, this pack has never been used. Perfect for Mount Rainier climbs. Blue/black. \$75.00 firm. Call Teresa F @ 425/353-8154 or email ttflynn@whoever.com

COUPLES COUNSELING: Individual couples and groups, help with anxiety, depression, and relationship issues. Rich Hammons MA CMFT. (206) 418-1150.

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

FOR SALE: Aromatherapy Eye Pillows \$13, Serenity Bath Salts \$6/20 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