

The Yodel



Volume 9, Issue 5

Keep climbing mountains and don't slip!

July, 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.”

Mother Baker

Submitted by Bob C.

A few days after our ascent of the evil primate Monkey Face 5.7 A1 in Smith Rock Oregon. Sean W and I began to hear our mother calling, Mother Mt. Baker that is. She said to us "come to see me, boys, climb the North Ridge to my summit bosom." Sean had not been to the mighty mother's flank before and I had been up the standard route but always gotten chased away from the north ridge by bad weather.

The forecast was great and off we went. The rain we were driv-

ing in was not predicted for Saturday but forward we drove. The hike to base camp is just a couple of hours. Nothing noteworthy, just a typical approach: dirt, mud, snow slope, camp. After a jello rehydration enhancer we began to scope the glacier crossing to approach mothers North Ridge. We began to see all paths were cut off by opening crevasses. Our boyish optimism convinced us we had a clear path to the toe of the ridge. Now the North Ridge is described as 70+-degree snow and ice, glacier travel, second ice tool, grade III+.

Okay! Sean began to lead us

onto the glacier, what looked like a path wasn't, the lower Coleman glacier seemed as though someone had taken a steak knife and sliced and diced like Jason on Halloween night. We were two rats making our way through a maze. Cut off many times by collapsed and wafer thin snowbridges, finally making our way to our mothers toe. The ice man took over. I lead us up the initial steep slopes using every kind of steep snow technique, while Sean's calves burned. Sean quickly learned this was going to be one regular climb. As the faces steeped and exposure mounted we worked our way up

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**Trip Report: Mt. Rainier
Ingraham Direct Route,
June 22-24, 2000**

Submitted by Doug H.

It did not dawn on me until somewhere in the middle of this trip that this would be the 1st OSAT attempt of the new millennium on Mt. Rainier. What an honor! A group of nine climbers converged at Paradise on Thursday the 22nd, Don M., Harlan M., Chuck A., Carol J., Fred H., (all 5 going for their 1st summit), Dan K., Wendy N., Brian C., and myself. Joining us for the hike to Camp Muir were Sherpas Dick W., celebrating 10 years of sobriety that day!, Charlie A. and Kit. Bob M. also joined us for a time on the hike.

Our initial itinerary had us going to the Muir Snowfield on Thursday, Ingraham Flats on Friday,

and the summit early Saturday morning.. When we checked in at the Ranger station at Paradise, we found out that there was going to be space for us at Camp Muir on Thursday night. We started out with the traditional serenity prayer, and left around 9:30 am. It turned out to be a fabulous day to go to Camp Muir! The sun was out the whole way, but it never got too hot. Just enough of a breeze to keep us well cooled. We stopped every hour or so for a break, and everyone got to Camp Muir in 6 to 6 1/2 hours in great shape. When we got there, Kit presented me with a bottle of Starbucks Mocha Frappuccino, Add that to your list of things that would taste great on a mountain! We got our camps set up and bid Dick, Charlie & Kit a safe journey home. For the rest of the evening it was as beautiful an evening at Camp

Muir as could be imagined. Thank goodness for Brian's ingenuity! Without him to troubleshoot stoves, a lot of us would have gone hungry that night! This will be the first, but definitely not the last time that I'll say what an excellent bunch of folks on this trip. It was by far an extreme pleasure being in the company of these people!

On Friday, we awoke to a beautiful morning, pleasant temperatures, slight breeze, and breathtaking views of everything! While the majority of the group ate a good breakfast, Brian Wendy and I feasted on Bacon, Potatoes & Scrambled eggs. What a treat! We packed up our camp and headed on out to Ingraham Flats at 10:00 am. The climb to the flats was largely uneventful, though as beautiful as ever.

(Continued on page 4)

Five Years Ago in OSAT

Submitted by Rik A

May 1995 was the watershed moment in the nine years OSAT has existed. The tragic death of its founder, Jimmy Hinkhouse, and two other OSATers, Scott Hall and Tom Downey, tested the strength of our relationships to each other and to the group as a whole. Would OSAT survive without the physical presence of the central personality who brought us together? It was a question that weighed heavily during OSAT's period of mourning. What follows are excerpts from the memorial issue of the Yodel, filled with many tributes and recollections after the loss of the 1995 OSAT Denali Expedition; those in italics are inspirations quoted by friends from other sources.

"I look to the mountains, from whence cometh my strength." Issiah

"I went home...believing I could climb over any obstacle. That was what Jimmy taught me."

"Thank you, Jimmy, for teaching me about the magic and spirituality of the mountains, for sharing your own spirituality and helping mine grow."

"Jim - Thank you for bringing OSAT to life and giving a new way of life to so many. Thank you for all your encouragement...we are on the same trail and will be climbing always."

"Running into Jim and OSAT four years ago on Pilchuck is proof positive of a higher power in action."

"I will always think of Jim when I read the promises."

"This is the way I find the most of life and the most truth about myself. My understanding of life is definitely shaped by mountaineering." Voytek Kurtyka

"By knowing Jim...I got to know myself just a little bit better...He will be missed not only in my heart, but in a part of me I never knew I possessed."

"I know that your spirits will push me up the trails and follow me down the tracks I turn."

"My mother ...prayed that God would put men in my life that would be a positive influence. I believe Jim was one of those men."

"Thank you Jim, for the miracles of your faith in the mountains as a healing source and for your faith in all of us whose lives you've deeply touched."

"His exuberance and dedication to the students he led will stay with me as long as I continue to climb"

"I always learned more from Jim than just what he was trying to show me...I learned a little about patience and calm persistence."

"Jim always knew just how far back to be: not too close, so you knew you were doing it on your own; but not so far back that you felt alone."

"Jim once told me of... a phrase he wrote: 'a Sound of Music descent'whenever you're looking down on a high hanging meadow, or open a book to the picture of one, or stand in awe at Paradise, remember Tom, remember Scott, remember Jim, and think of a Sound of Music descent."

"OSAT has come together like a family and stuck together through this crisis... The way we all came together and weathered the storm and now continue in his footsteps is testimony to the vision that Jim had. What an amazing miracle!"

Montani semper liberi!

OSAT QUICK-REFERENCE

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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

Mother Baker, continued from Page 1

the crux ice section. Definitely 70+ degree ice. Swinging both tools Sean worked up through the pitch, cleaning the ice screws, arriving at the belay looking dog tired. Now we now cut off from any possible decent, we had to reach our mother's bosom in order to get down. Finding our way through a narrow chute,

I turned around to see Sean's helmet hit the ice, immediately sliding down momma's belly. Shrugging his shoulders, his body drooped like a delicate flower in the hot sun, Sean doesn't care at this point. Making a technical traverse using both ice axes like daggers thrust into the diamond glimmering ice we turn the cor-

ner to see yes, oh yes, our mother's summit bosom. Pleased with our effort Mother Baker fills our bodies with joy and energy for the way down. An unforgettable ascent!

Mount Rainier, continued from Page 1

Once we got to Cathedral Gap, the Ingraham Glacier was staring us in the face, along with a bit more than a breeze. We got to our campsites at 11:30, and began working on snow walls and tent platforms. Once that was done, we spent an enjoyable day melting snow, eating, and taking in the spectacular views of Mt. Baker, Glacier Peak, Mt. Stuart, and of course Little Tahoma. As none of us had ever been up the Ingraham direct route, we did a fair amount of studying the route. By all reports and our own observations, it looked good. We could even see the ladder crossing that we'd have to take in the dark of night. We had a meeting that evening around 5:00, taking care of last minute details, as well as a short AA meeting. By this time, the wind was starting to pick up a bit, and I was becoming concerned about our chances to get to the summit. We set a start time of 12:30 am, and off to bed we all went.

Throughout the evening, Brian and I lay sleepless in our tent listening to the wind batter the walls. We began talking about the possibility of abandoning our summit attempt, but we kept our hopes up. One thing that did keep us hopeful was the fact that when we did have to leave the tent during the night the wind didn't feel as bad as it sounded.

At 11:10, Brian and I decided it was time to go! We got up, got our things together, and before we knew it, everyone else was stirring around us. The wind seemed manageable, and all in all not too cold. It always amazes me how these things come together. With the required head lamp problem or two behind us, we set out at 12:40 am, not bad at all. We were the first teams out on the route that morning. We slowly wound our way through Ingraham flats trying to find the trail in a maze of footprints all over the place. Before I knew it, we were at the ladder crossing. Nothing at all like the IMAX film, but nonetheless thrilling! As we made our way slowly up the switchback trail, the wind felt to be getting stronger as we gained altitude. We kept pushing forward. At 3:00 in the morning, we took our first full break. The usual eating, drinking and puking. Seems to happen the same on every climb! We got moving again and kept a steady pace upward. The beginning of the day was starting to appear on the eastern horizon. There were low clouds on the horizon, and the winds were beginning to pick up some more. After another hour and about a 800' gain, we decided to take another break. At this point, we were getting weary of fighting the wind and decided to call it a day. We had one rope team that tried to push on, but they decided that the wind was too much after about 50 feet.

As we descended we began to run into teams coming up, exchanging pleasantries and greetings. Apparently, they found out as we had that the wind was just a bit much on an otherwise beautiful morning on Mt. Rainier. As a moral victory, we did make it further (12,800') than RMI did on that day. The descent was otherwise uneventful, including a spectacular lenticular cloud that formed above and then enveloped Mt. Adams in a short period.

After a well deserved rest at Ingraham flats, we broke camp in the wind (as opposed to breaking wind in the camp, which we also did, but I digress). We made it to Camp Muir first, and then to Moon Rocks where Lori U. met us and took some of our heavy loads. We made it back to Paradise between 2:00 and 3:00, everyone safe and accounted for.

I am extremely grateful for the opportunity to lead this trip. I thought about Jim Hinkhouse a lot while on that mountain. It never ceases to amaze me how much meaning my life has as a result of what he was willing to pass on. I hope to get more opportunities like this in the future. I got to spend 3 days in close quarters with an extraordinary collection of people, learning about each other, our limits, and ourselves, and having a great time doing it. Thank you Jimmy, thank you OSAT, thank you all!

Doug H.

Y2K OSAT EVENT CALENDAR



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

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

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

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

Aug. 26-27: *Mt. Curtis-Gilbert (Goat Rocks area)*, leader Rik A. 206-232-8908

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.



Yodel Staff

If you want an electronic copy of the Yodel, or have a question about your subscription, send email to: memberships@osat.org, (please only send editorial questions to yodel@osat.org)

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THANKS THIS MONTH TO BOB C. WHO IS DOING THE DISTRIBUTION DURING ANNE'S ABSENCE!

Memberships & Mailing List: Bob L.

(206) 878-0855 memberships@osat.org

How to Contribute

The deadline for August Yodel: July 22, 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

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Mailing
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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! Ph: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.

Brand new 8 mil glacier climbing rope. Best Offer. Ablakley@rational.com

FOR SALE: NORTH FACE sleeping bag. Snowshoe long. 0 degree. Light use. \$125 GORTEX BIBS large no holes, no duct tape \$75 — Call Ron at 206-367-1993

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

MAKE HIM CRY? Counseling for guys who can't or won't cry, and those who love them. Rich H. 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

KAYAKS WANTED: We are looking to buy 2 used sea kayaks, not fixed on specific brand but want fiberglass boats pref. w/ rudder. Need 20-22" width with a V-hull ~18' length. This boat would be for me - I'm 5'6"/110lbs. Steve is 5'9" - 170 lbs and needs approx. 22-24" width w/ V hull and ~18' length. We also need accessories. If you have something that might work - we'd love to hear about it. Email Alexandra Taber at yosemite@aa.net