

The Yodel



Volume 9, Issue 6

Keep climbing mountains and don't slip!

September 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.”

Origins of the Dalai Lama Quote*

Submitted by Karen C.

During one of the early years of OSAT Jim Hinkhouse, Karen Christensen . (then Parkes) and Steve Sawyer went to a one man play at ACT Theater. It was about Willy Unsoeld, a well-known local climber. We had a wonderful evening including going out for Thai food.

I had actually been to the play with another OSAT member and thought it was so great I invited Jim

and Steve to go with me again. While reading the program, I came across the quote and showed it to Jim. We both agreed it was wonderful. Jim decided he would include it in the upcoming OSAT newsletter. I don't think it had even been named the Yodel at this point.

I have since passed this quote on to several friends who have traveled to the Himalayas.

** see the bottom right-hand corner of page three...*

FIVE YEARS AGO IN OSAT:

THE OSAT ALL-WOMAN MT. RAINIER CLIMB

Submitted by Shirley R.

In the early days of OSAT there were not that many woman climbers. I was often the only woman on an OSAT climb or the only woman who summited. In January 1995, when Jim H. was leading the OSAT group to Africa and Mt. Kilimanjaro, I began planning an OSAT Mt. Rainier climb consisting only of women.

In the January, 1995 issue of the OSAT Yodel is a notice, “All Woman Climb of Mt. Rainier.” July, 1995. Interested women were instructed to call Shirley R. The climb was put on the OSAT schedule.

Our climb took place on July 19-21, 1995. The weather was clear and hot. The twelve of us hiked to Camp Muir on Wednesday. We continued to Ingraham Flats where we set up camp. The plan was to get an early start on Thursday for the summit, around midnight. This did not happen. We had stove malfunction, crampon malfunctions, a lost contact lens, and some people who wouldn't

get out of bed ! Eventually 11 of us arrived at the top of Disappointment Cleaver (one had stayed in camp). Because we were making such slow progress, the 2 rope leaders decided they wanted to turn back. I decided to continue on with the 2 other climbers I felt were most likely to succeed. We split the party in that fashion. My rope team, then consisting of Herta H., Gail F. and myself, reached the true summit in beautiful clear weather, signed the summit register, and posed for photos with the OSAT pennant (see the OSAT scrapbook). The others went home in a safe and timely manner except for 2 who stayed at Ingraham.

The next morning, we 5 women descended to Camp Muir and then to Paradise.

The overall climb was a success in some ways and not in other ways. In talking with each of the participants afterwards, they all said that they learned a lot. My dream of an all-woman Rainier climb did not play out like I had wanted. However, it was an milestone in OSAT and for each participant.

Snapple's Hiking Wisdom

Submitted by Anonymous Coward.

#77

Carry caps when hiking.

Use to spell “SOS”
message in an emergency.

Sorry, this cap not a winner.

[Editor's note:

Someone sent me a Snapple bottle cap for inclusion in this month's *Yodel*. I have reproduced it faithfully to the left, and present it with no commentary other than the observation that they are best sticking to making iced tea near sea level.]

THE TRIP REPORT PAGE

Washington Pass, July 22-23
Submitted by Shirley R.

I led a trip to Washington Pass for the OSAT Lead Climbing Course. The objective was to gain experience with some mid-5th class alpine rock climbing routes. On Saturday our team of 6 did the South Arête on South Early Winter Spire. The route is 5.4-5.5 and climbs the highest spire at Washington Pass. We hiked down,

spent the night at Klipchuck campground, and went to Winthrop for dinner. It poured rain and hail. On Sunday it was cold and we got an early start and hiked up to Liberty Bell. There was a large guided group ahead of us who had just started the Beckey Route of Liberty Bell. After waiting a couple hours our group decided to try it again some other day and hiked down.

Little Tahoma,
July 15 - 16, 2000
Submitted by Chris N.

Climbers: Brian C., Wendy N., Chris N.

As is always the case in Western Washington, the weekend weather forecast was for clear skies and warm temperatures, so Brian's plan for a trip to the top of the state's third highest peak looked promising.

Our group of three got our permit at White River R.S. and hit the trail shortly after 10 a.m. on Saturday. The trail along the White River

was snow free farther than any of us had ever seen it. A lunch break was mandatory at Summerland meadows, and we then arrived at Meany Crest shortly after 2 p.m. The sun hovered over Mt. Rainier and bathed us in heat as we rested and relaxed at our bivy site.

Once the sun set behind the mountain, we were able to put our sleeping bags to use. Wendy's Sunday morning wake-up call was delayed by Brian and I as we figured that the benefits of snoring outweighed the need to be

(Continued on page 4)

Two Winos at Washington Pass
Submitted by Bob C.

Sean and Bob were at it again climbing the wine spires in the North Cascades. Saturday morning we packing as much coffee into the truck for the drive to Washington Pass. The adventure began grunting up the climbers trail packs loaded down for the weekend. Arriving at Burgundy Col the views were amazing. To the west the high jagged peaks stretched south to north as far as you could see. To the east, the rugged Okanogan mountains painted with trees and clean white granite. Our first objective was Burgundy

Spire, (grade III 5.8) so after a nice cup of coffee we began scrambling up a few hundred feet. The climbing was pleasant and route finding a little weird, neither one of us had been here before. After a small detour we were standing on the small summit block with dusk beginning to arrive. Down we went eight rappels back to the col lickedy split. As the sun set we marveled at the deep orange and green shades behind the endless pointed summits. During the night as Sean slept like the dead I was terrorized by the biggest mouse/rat ever to be discov-

(Continued on page 4)

Tieton River Crack Climbing,
June 10-11
Submitted by Shirley R.

I led a trip to Tieton River for the OSAT Lead Climbing Course. The objective was to gain experience with leading cracks. Everyone led at least several cracks and got practice placing gear, setting up an-

chors, rappelling and belaying, and taping hands. One challenge was keeping a cool head despite all the rattlesnakes in the area. On Saturday night we camped along the river and told stories around the campfire. I had a fun time and hope to lead this trip again for future OSAT Lead Climbing Courses.

Rachel Lake, July 22, 2000
Submitted by Roy O.

My hike to Rachel Lake with my daughter Tatia on my back and my dog Stormi carrying our water bottles was a great success despite the lack OSAT participation.

My neighbor Kristina and her friend William joined me on this hike. The weather looked like rain but once we started out the clouds parted to let the blue sky show through. I keep encouraging my hiking mates by saying, "Only ten more minutes!" In reality, it was a bit further than I had remembered but after two hours we finally reached Rachel Lake. By this time the clouds had moved in and we could barely see the Lake through the mist.

Tatia was happy to get out of the pack and proceed to point out all the neat stuff she found, including a big mud puddle! She was wearing her clean, new sneakers but went ahead anyway and jumped up and down splashing her way through the mud. Since this was her 18 month birthday, I just watched and laughed. Since it was getting a bit cold, we pack up after our 20 minute break and headed back down the trail. Tatia was not happy to be strapped back into the pack, but we were able to distract her by singing songs asking her to do her animal sounds.

A fellow hiker heading down the trail with us was amazed
(Continued on page 4)

Outer Space
Submitted by Kathy H.

Fasten your seat belt. Your next stop is Outer Space...

I'm okay with adventure. No, I love adventure and I was not to be cheated the day Bob took me up to Outer Space. We started up the Snow Creed trailhead early as it was promising to be a hot day. We got off the main trail and were headed to the creek crossing when I saw it...THE LOG. I knew this wasn't the crux of the climb so I was pretty sure I would be in big trouble when it came time to climb Outer Space. Watching Bob as he gracefully walked across this narrow log gave me the idea

that maybe I could do it too. So pocketing my fear I crawled like a slug and safely made it across o); no style points here.

At the base of the rock we stopped for a bite to eat before starting our first of several pitches. I had been given beta on the crux portion of this climb so I began climbing with confidence. I also might add that my confidence was boosted knowing I wouldn't be leading any part of this puppy. The crux is a slight traverse to the right where I had to r-e-a-c-h out to grab a hand hold. It was there just like I was told but there wasn't much footing as far as I could tell. Bob had

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OSAT QUICK-REFERENCE

Board of Trusted Servants (BOTS)

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Contact People

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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. Regular meetings resume in October (we all get together at the Car Camp in September).

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

Bob & Sean Do the Rebel Yell:

(Continued from page 2)

ered. Well I don't like the little rodents so I may be exaggerating. This evil rodent displayed no fear running all over our bivy site at will, eating Sean's mitten, and chewing everything that had a residue of food. The full moon made the creature seem like Godzilla invading Japan. Needless to say I didn't sleep much.

The next morning Sean gleefully skipped around camp after a good night's sleep preparing the morning nectar (coffee) and melts snow for

water. Unknowing of the torment I went through he smiles "MORNING!". Ugh. Off to the next peak, Chianti Spire. The route is known as The Rebel Yell, and for good reason. The climbing is very difficult (grade III 5.10+), this peak is definitely an advanced climb. Following the crampon incident, we made our way to the start. "Holy Moly it looks intimidating." The first crux section lies in a corner, climbing up a crack that is wide enough to slide your entire body in, now shimmy up fifteen feet where the crack narrows just big enough for your

fist to pull over the edge. Keep following this crack where a just hand fits perfectly for another one hundred feet. The intensity stays with you until the real hard section of the route, after climbing over a hard bulge just off the belay, the crack narrows just so your finger tips can wrench into and hold on precariously. Now into a crack four inches wide for twenty feet. This one of the hardest cracks to climb and protect. Best described as a body battle. Put your hand, arm, leg feet, shoulder, head, elbow, knee, hip, butt, into and pressure the sides of this thing

to get to the belay. Wahoo. Watching Sean climb this section from above was exciting, it's amazing what people can accomplish from putting in the effort. More sustained hard climbing lead us to the summit....block. It's about the size of your car floor mat. climbing on top precariously standing and letting out a Rebel Yell WAHOOO as it echoes across the glaciers and jagged peaks.

Kathy scores on Outer Space:

(Continued from page 2)

carefully warned me not to take the protection out until I was past it. No problem Bob; because as I moved past it I lost what little footing I had and hung there dangling on my hand holds until at last catching a foothold. I now know what Tom Cruise must have felt like in Mission Impossible II. My friend, Joe, always says,

'If you're not scared at least once, you're not having fun.' I was having sooooo much fun!

Moving into easier territory we climbed to a ledge and sat to rest, get some water and a bite to eat. Below my dangling feet were the tree tops so very far away. I could have sat there longer enjoying the sunshine and the view but we still had climbing to do. We

climbed the rest of the way quickly as Bob is very efficient. He has done this route on numerous occasions and knows it well. The last pitch was a short knobby section finishing in a scramble and the top. Bob graciously let me go first so I would summit first. I grabbed the huge knobs and moved upwards to the top. Bob Followed and after a moment of taking in the view we scrambled

back to our packs and a well deserved rest.

We were headed back to the trailhead when suddenly I remembered THE LOG. It was odd but as I watched Bob so easily cross the log I realized that the log was nothing compared to the rock we just climbed. So without too much hesitation I crossed STANDING UP! I love climbing! Thanks Bob!!

Tatia & Co. Continue:

(Continued from page 2)

that an 18 month old could say over 70 words and sing so many songs! It must be all that clean, mountain air and her mother's side of the family. That much brilliance does come from my family! Just about the time we got back to

the car, the skies threatened rain again and indeed it rained all the way back home to Lynnwood. We hit the weather just right.

The next family hike with Tatia is scheduled for Sept 16th to Melakwa Lake.

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awake. We then headed out across the Frying Pan Glacier by headlight, trying to beat the heat. After crossing over to the Winthrop Glacier we soon shedded our remaining warm layers.

The climb to the top of the glacier posed no real problems but the sun-cupped surface reminded me of climbing a loooong flight of uneven, snow-covered stairs. Once we were off the glacier and onto the rock, we scrambled the remaining 500 feet to the summit pinnacle.

From there we could see the hoards of people going up and down the Ingraham and

Emmons glaciers as we enjoyed the solitude and views from our airy perch. We even spotted the names of some fellow OSATers in the summit register.

Brian and I had twice attempted this summit and Wendy had been turned back once so we had a slightly greater sense of accomplishment and gratitude at the top. So much so that we decided that on our return drive that a side trip to Sunrise was in order. From there we could view all of the Frying Pan Glacier (aptly named on this particular weekend) as we ingested well deserved ice cream cones. A great way to end a great climb!

Y2K OSAT EVENT CALENDAR



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

Sept. 16th, 2000: Family day hike to Melakwa Lake in the Alpine Lakes. Nine miles round trip with about 2300 feet of elevation gain. To sign up call leader Roy O H# 425.778.6273 - W# 206.362.9062

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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How to Contribute

The deadline for October Yodel: Sept. 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.

[Editor's note: This page was supposed to hold some articles that didn't make it to me for inclusion in this issue. Since we have an even number of pages, and you may want to pull out the Safety Committee's document on the backside of this page, I put some mountain-oriented quotes that someone, probably Rik, emailed me a long time ago for inclusion in the *Yodel*.]

"It isn't the mountains ahead that wear you out, it's the grain of sand in your shoe." — Unknown

"Nobody trips over mountains. It is the small pebble that causes you to stumble. Pass all the pebbles in your path and you will find you have crossed the mountain."
— Unknown

"He's the type who makes mountains out of molehills and then sells climbing equipment." —Ivern Ball

You never conquer a mountain. You stand on the summit a few moments; then the wind blows your footprints away.
— Arlene Blum *Annapurna*, 1980

It is not the mountain we conquer but ourselves. —Edmund Hillary

You don't have to be a fantastic hero to do certain things -- to compete. You can be just an ordinary chap, sufficiently motivated to reach challenging goals.
— Edmund Hillary

From the Safety Committee

Submitted by Ron Doughty, Chair, Safety Committee

Most of you are aware that the OSAT Safety Committee has been working to identify safety issues within the club. Our objective has been to formulate standards that accurately reflect the memberships' needs while preserving the spirit of the organization. After reviewing documents and soliciting input both from members and outside sources the Safety Committee identified four initial areas where safety issues needed to be addressed. Notable was the fact that some safety material was already part of the OSAT structure only in a slightly different format. Other information was derived from experience and standard mountaineering practice. Our intention was not to reinvent safety standards but to adopt and modify standards prevalent in mountaineering and apply them to OSAT. The goal was to present a factual, concise document of basic safety standards to be followed by all participants of sponsored OSAT activities. The Committee feels that communication, preparedness, leadership and responsibility are essential to the safe exercise of OSAT activities. These are the issues defined in the following document. It is the Safety Committee's belief that the following set of safety standards for OSAT activities presents all members with a club-accepted framework that will lessen avoidable risk.

We wish to thank BOTS for their review, suggestions and acceptance of the following document.

1. When is an outing an official OSAT activity?

- 1.1. An official OSAT outing is an activity announced by an OSAT member and uses OSAT channels (e-groups, Yodel, hotline, etc.) to announce the activity.
- 1.2. And/or when it is part of an OSAT course.
- 1.3. And/or when it uses OSAT funds or equipment.

2. Basic equipment to be taken on all OSAT outings

- 2.1. The ten essentials: map, compass, flashlight, extra food, extra clothing, sunglasses, first aid kit, pocket knife, water-proof matches, candle or firestarter.
- 2.2. Appropriate footwear for the activity.
- 2.3. Food.
- 2.4. Appropriate clothing for the activity.
- 2.5. Other equipment as designated by the leader.

3. All participants in OSAT outings shall follow the Safety Standards as adopted by OSAT.

- 3.1. Leader responsibilities
 - 3.1.1. The leader will qualify participants prior to an outing.
 - 3.1.2. The leader shall limit the number of participants for an activity based on safety standards.
 - 3.1.3. The leader shall designate the amount and type of equipment each participant shall have.
 - 3.1.4. The leader is responsible for trip planning.
- 3.2. Participant responsibilities
 - 3.2.1. All participants must have signed an OSAT release form prior to participating in an outing.
 - 3.2.2. All participants will follow the directions of the leader or their designate.
 - 3.2.3. Participants will contact the leader prior to the outing.

Participants in all OSAT outings agree to take responsibility for their actions within the club and to assume responsibility for assessing and controlling risk. Each member of an activity shares in the responsibility for having a safe and enjoyable outing by being prepared with the right equipment, clothing and emergency gear and also bringing the necessary skills, fitness and commitment.

The Yodel

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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.

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.

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