

The Yodel



Volume 10, Issue 3

Keep climbing mountains and don't slip!

AUGUST 2001

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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.”

Glacier Climbing Course Report

I cannot believe that we have finished all of the lectures and field trips for the Glacier Climbing Course. The last field trip, crevasse rescue, was on June 9th at Alpentel. Brian C. led the field trip and did an incredible job. On all accounts it was a successful field trip, everyone returned down safe, I think people learned a few things and I believe all had fun.

Mia missed her graduation so she could be with us that day. I truly appreciate that she chose to be with us that day and share her celebration w70ith us. A few Osaters (and you know who you are) set up a graduation celebration at the bottom of where the practice area was so she could glissade down to her Osat Graduation. The celebration included a graduation cap that Bruce made out of something similar to a purple shag rug. It was a very inspiring cap and I believe Bruce missed his calling as a designer. The celebration also included carrot cake that amazingly was still in one piece after our Class 4 bushwacking approach (nice job Dick) and some martinelli's. I am continually amazed and grateful for

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Membership Update

Membership in the club is strong. For May and June we welcomed 15 new members to bring our membership up to 226. We still need to send out the last reminder to folks who didn't renew so this number may climb next month. I will be handing over the membership soon to Art K. I really have enjoyed doing it, but it is time to pass it on.

When it is official we will let you know. *Bob L*

Service Position Open!

Ever wondered how great it is to do a service for OSAT? Well now you can get involved and get all the rewards that OSATcan offer you in being part of the Service Committee. The Service Committee plans the annual Car Camp and the gratitude dinner. Contact any of the BOTS for more information.

What do you write in summit registers?

By Shirley R.

Although some are simply satisfied to document their name and date, others try to send a message in these little records of personal accomplishment. Some report on the weather or route conditions, some indicate how they feel physically or spiritually, others send messages personal or political. Many OSATers probably have adopted “Keep climbing mountains, and don't slip” as their communication to the unknown future climbers who peruse registers while waiting for slower companions.

(con't page 2)

Shastafarians

By Scott H

After weeks of preparation, research, and mental and physical preparation – we found ourselves at the top of California's 7th highest peak, and 2nd tallest Cascade Volcano at an impressive 14,162 feet! That's only 249 feet shorter than our locally visited Mt Rainier! It was a windy and very cold day, but not even close to the weather that we would encounter on Mt Rainier if we summit this July.

As we found ourselves getting further and further south, we noticed how much hotter it really was in other parts of the states! By the time we went over the last highway pass and got our first sights on the giant Mt Shasta looming over the valley, we were totally hydrated (stopped at every single rest stop to fill up water containers) and ready to climb! As we pulled into Shasta City, we learned that it was the celebration of the summer solstice, and warned by locals that there could be some real strange

folks up at the trailheads and along the trails. Mt Shasta is so unique, with Shastina at 12,330 feet on its flanks, and the summit registering in at 14,162 feet.

We spent the night at the trailhead of Bunny Flats at 6800 feet, which is the general area for climbers to start to ascend the Avalanche Gulch route, which is the most common route, especially with the dry season that they had. There were not that many folks around us, and we found ourselves being the loudest and the most unique of the crowd. With guitar and pick, I



Reaching the Summit Plateau on Mt Shasta, California

(Continued on page 6)

Many entities express their mottoes in Latin or some other language to provide a sense of ancient heritage. Given that OSAT plays in the mountains of the Pacific Northwest, I thought it would be entertaining to translate the club the motto into Chinook Jargon. While researching local geographic names, I became fascinated searching through resources on the web and learning more about Chinook, a pidgin language that developed as European cultures began communicating and trading with the Northwest native peoples.

The history behind "Keep climbing mountains, and don't slip" is available on the OSAT web site at <http://www.osat.org/traditions.html#motto>. One of the translation challenges is the double meaning associated with "...and don't slip." The equivalent of "fall down" was considered, as were a couple of options meaning "to forget", one the literal equivalent of "to sell or leave ones heart, will, or mind," and the other to "stop knowing". The online help of some Chinook Jargon enthusiasts led to a better interpretation of the double meaning of "don't slip": the Chinook verb "tsee pie", which means "to miss a mark, mistake one's path, make a blunder or error." So here it is, for one of you peak-baggers out there who is searching for a stamp of individuality to leave atop the Cascades: "**Kwahnesum klatawa saghale la monti hyiu, pe wake tsee pie.**"

Literally "Persevere to go up the mountain many, and no blunder"

I am also uncertain what the best translation would be of the word "Keep" in the sense of "to continue on a course or not deviate from", and the best negative to use for "don't".

I'd suggest here perhaps using tsee pie in some fashion, as it implies getting lost as well as making a mistake:

Tsee'pie, v. Kalapaya. To miss a mark; to mistake one's road; to make a blunder in speaking; to err or blunder. Tsee pie way-hut, to take the wrong road. (from Gibbs)

ENGLISH: "Keep Climbing Mountains, and Don't Slip"
CHINOOK (?):

"Kwahnesum klatawa saghale la monti hyiu, pe wake tsee pie."

Literally "Persevere to go up the mountain many, and no blunder"

"Kwahnesum klatawa saghale la monti hyiu, pe wake mamook whim"

OR

"Kwahnesum klatawa saghale la monti hyiu, pe wake mahsh tumtum"

OR

"Kwahnesum klatawa saghale la monti hyiu, pe wake kopet kumtuks"

References from Shaw (<http://www.geocities.com/Athens/Delphi/6460/shawvoc.htm>) for translating to Chinook jargon

kwanesum mamook. Persevere, Persist,

Kwahnesum, always.

Mamook, action; to work; to make; to do

klatawa saghalie - Climb

Klatawa - to go

Saghale - above, up

La monti - a mountain

Hyiu - much. (to make plural)

Pe - and; but

Wake - no not.

mamook whim - Fall, fall down;

Mamook, action; to work; to make; to do

whim - down

mahsh tumtum; kopet kumtuks - Forget, to,

Mahsh, to sell; to leave.

Tumtum, the heart; will; mind

Kopet, to stop; leave off.

Kumtuks, to know

Tsee pie, v. Kalapaya. To miss a mark; to mistake one's road; to make a blunder in speaking; to err or blunder. Tsee pie way-hut, to take the wrong road. (from Gibbs)

From the BOTS

We hope this edition of the Yodel finds everyone well and in good spirits. The climbing season is upon us and with no club meeting in July or September we tend to get a little spread out over the summer. If you have any concerns you would like addressed feel free to contact any one of us.

In response to Doug's letter in the last Yodel we have been addressing some of his concerns and would like to share some of them with you. After hearing a fair amount of feedback on the idea of having some sort of club "inventory" we are looking to have something put together to happen sometime in the fall. There is a separate article in this Yodel in regards to this issue.

Although we don't feel that the mission statement or purpose of OSAT has changed since its conception, we have been in the process of reviewing our by-laws as well as a FAQ sheet that was put together a few years back. We are planning on revising these to reflect the current state of the club. Some of this could be great discussion material for an "inventory".

We looked at the issue of usage of the Yahoo!Groups. After much discussion we came to a decision that the membership as a whole does a good job of moderating that forum and we didn't feel it necessary at this time to censor or control user privileges. There is a set of guidelines for usage of the forum that goes out when a new member joins the OSAT Yahoo!Group. These are now listed as a stand alone document in the files section of the OSAT Yahoo!Groups website.

To make us as accessible as possible we have secured a public meeting place for our BOTS meetings. We meet the third Monday of the month at the Fremont Baptist Church. The meeting room is upstairs in room 304. As with all OSAT meetings it is open to anyone to attend. If you have a specific topic you want to address please contact Bob L ahead of time so we can get you on the agenda.

Until next time...

Your Board of Trusted Servants

OSAT QUICK-REFERENCE

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Service:	CONTACT BOTS PERSON		bots@osat.org
Yodel:	Scott H	425-346-9302	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. 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 @ 7:30 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 Rick B for info on the Thursday night meeting — it switched to the Issaquah IHOP for Daylight Savings Time. The meetings resume on the mountain the first Thursday after DST ends in April.**

Thursday Contact: Rick B Sunday Contact: Art K

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. If you drive, you can park down by the beach and the meeting starts when the walkers get there, usually around 7:20pm.

Contact: Bill L.

OSAT Telephone Numbers

There are two main phone numbers for OSAT...a general info number where you can leave a message to have a person follow up with your questions and an Activities Hotline number where you can find out where the OSAT meetings are held, the contact people's numbers for those meetings and also be able to leave a message for follow up with a member.

General Information Number

206.236.9674

Activities Hotline Number

206.236.5848

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

BOTS Election

There are two people running for the BOTS position that was left open by Charlie A's resignation. The term for this position is up at the end of the year. The two candidates are Nancy T and Will A. Vote for one either via email (send to jrlewis@u.washington.edu) or snail mail (2840 Eastlake Ave E, Apt 304, Seattle, WA 98102) Voting is open until the August club meeting.

Leadership Committee

We have been approached with a request that a leadership committee be formed. We have discussed this and decided to put this out to the membership for approval. At its onset the purpose of the leadership committee will be to provide support to members in leadership roles and members wanting more experience in the area of leadership. The initial focus of the committee will be to provide opportunities for developing leadership skills in areas such as conflict resolution, group communication skills, and outdoor group safety. We are submitting a motion to membership which will be voted on at the August club meeting. The motion is as follows:

We move to add a new section to Article IV Standing Committees

Section 10. Leadership

A. The leadership committee shall provide opportunities for enhancing leadership skills by providing a curriculum in areas such as conflict resolution, group communication skills, and outdoor group safety.

If this motion is approved the BOTS will entertain nominations for this committee from the general membership.

For those of you who are not aware of how amendments to the by-laws can be made here is the section regarding amendments:

Article VII Amendments

Section 1. An amendment to the by-laws may be proposed by any member in good standing.

Section 2. Written notice of a proposed amendment shall be submitted to the BOTS and to the Communications committee for publication in the club newsletter.

Section 3. A proposed amendment to these by-laws shall pass by a single majority vote at a general meeting, at least 2

weeks subsequent to publication of said proposed amendment in the club newsletter.

The BOTS

LEADERSHIP PANEL DISCUSSION: HIGHLIGHTS

At the February OSAT meeting there was a panel discussion on the topic of leadership. Charlie A interviewed two climb leaders: Jeff Martin, a senior guide for Rainier Mountaineering Inc.; and Grace Parker, Seattle Mountaineers Climb Leader of the Year Award recipient in 1998. The climb leaders were chosen from outside OSAT in order to give a broader perspective to the topic of leadership.

WHAT IS YOUR PERSONAL PHILOSOPHY OF LEADERSHIP?

Grace: The climb leader is like a coach who brings individuals together to work as a team. Also the climb leader is like a visionary who sets goals for the climb - such as having fun, making the summit, but most of all, safety comes first in terms of goals. As a leader I try to emphasize my strongest skills and compensate for any weak areas. A leader must have the skills to handle an emergency situation if one arises. A leader must be able to make the tough decisions that sometimes have to be made on a climb. Also, it helps to have an assistant leader you know you can rely on.

Jeff: Leadership is very complex, but it breaks down into two areas: knowing your environment and making sound decisions. Knowing the environment comes from experience. Knowing what to expect when snow or weather conditions change, for example, and knowing how people may react. The decision-making process is ongoing and a team can get into trouble by a series of small errors - there doesn't have to be one big error. All decisions relate to safety and it is the leader's responsibility to evaluate the situation as it changes and make decisions that maintain the safety of the group.

WHAT IF YOU HAVE SLOW PEOPLE AND FAST PEOPLE ON A CLIMB ?

Grace: It is always necessary to keep people together on a climb for safety reasons. It is helpful to have some kind of qualifier such as hiking Mt. Si in a certain amount of time. Getting an early start is important so that you can go a moderate speed and still reach your goal, also have enough time to deal with unusual situations, for example, if someone has to be taken back to the trailhead because of illness.

Jeff: On Mt. Rainier we keep our rope teams within 20 minutes of each other for safety reasons. We maintain a moderate speed and take a break every hour in a safe place. If a rope team is lagging behind more than 20 minutes, we find out the cause and deal with it. If we have extra guides we may send a person back if we are not far from base camp. If we are above the cleaver this would be rare. If there is a safe place we might leave someone in a sleeping bag to wait. Other causes of delays might be crampon problems which we would be able to fix at the break.

IN ORDER TO LEAD A TRIP DO YOU HAVE TO HAVE PREVIOUSLY DONE IT YOURSELF?

Grace: No, not necessarily, but you need to do your homework - read guides such as Fred Beckey's Cascade Alpine Guides, Nelson & Potterfield's Selected Climbs, Mountaineer guides, etc. Have the maps and talk to people who have done it.

Jeff: Also talk to the locals about what conditions are like. Don't be afraid to turn around if you have problems finding the route. On a glacier climb it is helpful to put out wands to mark the way the day before if the route is hard to follow.

THANKS TO THE LEADERS WHO PARTICIPATED IN THE PANEL DISCUSSION AND TO EVERYONE WHO ATTENDED.

OSAT 4th Step

It has been said that any business that does not perform a periodic inventory will fail. This may be true in our personal lives as well. So how about a group such as ours?

There has been some discussion about performing a group inventory for O.S.A.T. and we would like to hear the memberships thoughts on this as well as volunteers to set it up and chair it. Please send any ideas and/or commitment to Dave Shifler, shiftyd1@juon.com, 425-557-9931.

10th Anniversary Edition

We are working on putting together a 10th anniversary edition. We want everyone to submit a story or just a couple of lines of how OSAT and the people in it have touched your life. If you aren't a writer send a photo. Included in with the new will be gems from old Yodels. Get your submissions in soon so we can have it out sometime in September. Electronic submissions are preferred and can be sent to yodel@osat.org. Contact Scott H for non-electronic submissions.



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 August Yodel: July 20, 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 Scott H for mailing instructions.

Y2K OSAT EVENT CALENDAR



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

REGULAR OSAT EVENTS:

Dinner and a Movie: Third Friday of every month. Call Bob L. for details 206-543-8142

Aug. 5, Sun.: North Twin Sister, West Ridge. Rock scrambling at its best. Mountain bike approach on logging road. Strong scramblers, glacier climbing course graduates or lead rock climbing course graduates can sign up. Limit 8. Shirley R. and Dick W. Sign up with Dick at (425)339-3751 or dgrandpaw@aol.com.

Aug. 25-26: Intermediate Rock Climbing in the North Cascades, Washington Pass area. Cutthroat SE Buttress. Leading Cutthroat will be on Saturday and will be led by Shirley R. and Sean W. Please call Shirley to sign up, (425) 957-7975. Reference: Beckey guide.

Sept 15-16 Hinkhouse Peak Weekend

Leader Group Effort. For peak info call Rik A 206.232.8908 Nestled in the resplendent Washington Pass region of the North Cascades, Hinkhouse Peak is a Must Have for summit-baggers, sand-baggers, rock climbers and SI-OSATer's one and all. It's about a 4 hour drive to this distinguishable piece of heaven so we would like to offer up a few events as the Hinkhouse Peak itself is about a 2 hour hike so there should be plenty of time to do other activities (or not.) You may just want to relax and enjoy the fellowship. Bill L has graciously offered to lead up a rock climb in the area as well (TBA) and there are many other rock climbs, peaks and trails in the area that we need leaders for. Please step forward and offer your skills for this jamming, joy-filled weekend of fun and fellowship. Come and appreciate the monument and tribute for the man who gave us OSAT! We could also use more volunteers to help with coordinating the events and arranging camp sites. Please contact Lori U at 425.430.8738

Notify Leader immediately if you are unable to make the event after signup. There may be a waiting list. Respect OSAT Traditions on all events. This is posted monthly in your yodel. Observe OSAT safety policies on all events. Let's go play!!

Sept 21-23 Annual OSAT Car Camp

The annual OSAT car camp is going to be held at the Bridge Creek Campground on the Icicle Road just outside of Leavenworth. It will be at the group site. A good time to be had by all. More info next month.

began to play the summer solstice song, (we created on the way down there) and then had it choreographed by Bruce M. It was a type of tribal/retarded scenario, but we had the most fun, but I believe that the surrounding campers thought we must have been doing a lot more than just drinking Gatorade! It then got carried a little too far after Dick B thought that pillowcases were tribal headpieces, and I spun my headlamp in the dark as they danced to the tribal beat. You had to be there is all I can say.

We got an early start in the morning and packed our bags after leaving the cars. It was a warm morning and we knew it was going to much hotter, so we all mentally prepared ourselves for some demanding work ahead.

The trail then started to gain a little elevation as we headed into Horse Camp. This was our first stop, and where we could get fresh water from the spring. That was some of the best water I have ever had! The Horse Camp is a small building made of stone that houses the Sierra Club. From here we headed up the Olberman's Causeway, which is a trail of large rocks and stones that were built by the original caretaker over the course of ten years! After about .5 miles, we started climb the gradual ascent of switchback after switchback in gravel and dirt which got us above the tree line. We finally reached the 50/50 camp, which is the first base camp that lies right around 9000 feet or so, but we trudged on and finally got on the snowfield, which was a true relief! This portion of the climb has a nickname as well, which is Standstill Hill. Seems very similar to the Muir snowfield on Mt Rainier! We finally reached Helen Lake Base Camp at 10,400 feet sometime that afternoon, and grabbed the first few sites that we saw that had cairn shelters and a fantastic view that faced south into the valley of Shasta City. If we turned the other way, we had a fantastic view of the Avalanche Gulch route, as well as the Red Banks, but you are never able to see the actual summit. So we boiled water for the next 4-5 hours and got prepared for the summit push the next morning. We decided as a group that we would try and be one of the first groups up, so we set a time of 2am to wake up, and 3am to start walking.

2am came quite quickly, but we all slept

quite well due to the warmer weather than what we are used to, so we got ready and prepared for the summit assault. We started walking at 315am and noticed that there were a few other groups ahead of us already. We made our way towards the Red Banks which is a large groups of red colored rock formations that give access to Misery Hill via varied width chutes, etc. The chute we ascended was only about 20 feet wide, and seemed like about a 40-degree angle. By the time we reached the top of the Red Banks we were at 12,800 feet, with just a little further to go, but we still had to get past "Misery Hill". We reached the plateau just before Misery Hill and regrouped inside a small rock shelter that barely kept the 40+ mph winds off of us. It was very cold at this point, even though the sun was trying to poke out of some clouds. I did notice that Joseph was trying to actually climb inside of his backpack to stay warm! We started to ascend the scree covered switchbacks up Misery Hill, fighting the full forced winds all the way to the Summit Plateau.

What a feeling! The Summit pinnacle was in view and not that far away! Dick and Joseph were just ahead of me and Alison was just getting up on the plateau behind me. I saw a major photo op with Dick and Joseph ahead of me as they made their way towards the summit pinnacle, so I took out the camera and snapped the image. Before I knew it I was crying and laughing at the same time. In a few minutes I was going to conquer this mystical, yet awe-inspiring mountain that has taken a long time to prepare for. It was one of the best feelings I have had in the mountains up until this point. We re-grouped at the bottom of the pinnacle and headed up the steep scree/ice slope to the summit. At the last few feet before the summit, Dick asked Alison if she would lead us to the top, and a few moments later we were standing at the summit at 14,162 feet! The summit was void of snow, and we all grouped together and took pictures, ate food, and drank water. We decided to hang out just below the summit at a small area where we could get some sun, and wait for the snow to soften up for the glissade down.

The descent was quite safe, and the snow was still quite hard, with large sun cups that made for easy plunge stepping. Right before the Red Banks we put our cram-

pons back on and descended through the Red Banks one at a time. It started to look like a circus on the route at this point, as there were people up here that did not belong. Some folks had on College sweatshirts; some had crampons that barely stayed on their boots, and some had ice axes that were twice the height of themselves. There were many groups on the side of the route that were sleeping, throwing up, or just trying to catch their breath! As we descended through the Red Banks we noticed that Dick was off to the side of the route nursing an injury. It turned out that he post holed and then lost his balance and stabbed the back of his leg with his other crampon! Alison came down right after that and helped him butterfly it back together and safely prepare it for the descent. It was not too bad, and Dick wound up getting stitches in Shasta City after we got down.

The glissade chute was obvious, as it got to be 1-2 feet in depth at times on the route! The conditions were still icy, but I decided to take the first stab at it, since no one else on the mountain was. It was real fun because we passed dozens of people on their way down that were plunge stepping the whole way, which must have been a lot of work compared to the path we chose. I found myself going to fast and it was time to self arrest, my pick grabbed the ice and I stopped quite quickly as I lunged in with all my weight. As I got up from the arrest position, I found my boots slipping from underneath me and I started to slide down the chute helplessly without my ice axe, as it was still plunged into the icy hill. My mind was telling me just how much trouble I was in because there was going to be no way for me to arrest without an axe as I gained speed down this chute towards whatever run out there might be below. At the last moment, I felt a hard tug on my wrist and I had stopped! I looked up and noticed that my ice axe leash was the only thing holding me. At this time I was hoping that the knot I tied on the axe was a good one, but didn't know how long it would hold. My leash was too long for me to actually grab the shaft of the axe and feet were just slipping from beneath me. I started to kick steps in the side of the chute to somehow give me some sort of balance to keep from (*con't page 7*)

(Continued from page 1)

all of the people that make this thing called recovery such a great joy.

The climbs are scheduled for July 18, 19, 20 and July 22, 23, and 24. The climb leaders are Bill L. (1st trip-Emmons, Ralph L. (1st Trip-DC Route), Chris N. (2nd Trip-Emmons) and Brian C. (2nd Trip-DC Route). I humbly thank them on behalf of the students and Osat for being so willing to give back.

The next Glacier Climbing Committee Meeting will July 30th. At this meeting, we will be making recommendations to submit to next years Glacier Climbing Course Committee. If you would like to make recommendations for next year, let it be either negative or positive, please feel free to call or email me. I would love to hear from each and everyone of you.

Thank you for letting me give back!!!!!!



Some students and instructors from the Glacier Climbing Course 2001—Camp Muir

From the Librarian.....

July is "Mount Rainier Month" for OSAT's Hinkhouse Memorial Library. During OSAT's 10th Year Anniversary we'd like to encourage donations of new or used books with much ado about Mt. Rainier. Although the Library has a pretty good selection already, we have few of the recently published works and many of our older titles now have had updated editions. Also we'd like to obtain multiple copies of the most popular tomes. Go to the following Internet link for suggested titles: <http://www.gonorthwest.com/Store/Books/wa/rainier.htm>

Donations of books can be sent directly to the Library's current location at:

OSAT: Hinkhouse Memorial Library
c/o Robert D. Engle
108 2nd Ave S.

Suite 307
Kirkland, WA 98033

Feel free to write an inscription or dedication in the book you are donating. Cash donation should be made directly to OSAT and sent to:

One Step at a Time (OSAT)

Post Office Box 6461

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website: OSAT.org : *Rob Engle—OSAT Librarian*

The Safety Corner by Dave N

Warning! Warning!

Don Goodman presents at the club meeting

It was my pleasure, and that of about 25 other OSAT'ers, to have Don Goodman share some of his experience with us at the Club Meeting. He did this with a lot of humor and audience participation. His talk was enhanced with the use of a easy to read handout titled "The Alpine Environment and Human Response". It was broken down into three sections - "The Alpine Environment", "Human Response" and "The Master Warnings/Caution Panel". It's impossible to do justice to the total package that Don delivered in a short article but I'll try.

The key element was audience participation and the folks there were great about throwing out ideas and offering up some great responses. Don handled everyone's opinions and ideas with finesse, validating each persons input.

In general what I got out of the talk was that one needs to be totally aware of all of the various aspects that one comes in contact with. That not only includes the natural aspects such as route, rockfall, weather, etc., but just as importantly, the human aspects. This means things as How am I feeling?, ego, party strengths and weaknesses, how much am I willing to risk?, etc. All of those factors must be managed and analyzed from before the start of an outing and certainly during an outing.

This all leads to the final aspect - "The Master Warning/Caution Panel". This is the most important part of a persons arsenal of climbing tools. Developing and using this one tool can help one to avoid so much heartache it is hard to believe. It is developing a second sense about things that will set off warning lights/bells that will help you to decide whether or not you should go on. The hard part is that you will make mistakes along the way. Hopefully they will be "giveaways" and you or someone else won't have to pay too big of a price to gain the necessary experience. I don't know how much of this comes naturally but I do know that you can develop it with practice and, most importantly, experience.

The first step to gaining some of that experience would be to attend one of Don's talks.

Shastafarians(con't from page 6)

sliding if the axe did come out of the hill. I could not see anyone as well because the chute was so deep, so I finally got stable and was able to pull myself out of the chute. I saw the rest of the group coming down the hill at this point, and told them of what had just happened. The snow started to soften up below, so we were able to have a much safer glissade down to base camp.

We got to out shelters and passed out on the rocks. Tracy and Bruce were on their way up from Horse Camp, and they had empty packs to help us carry stuff down! That was the second best news we had heard all day (Best news being the summit). I was completely exhausted by the time we got down to the trailhead, and excited to get a shower and a bed. What a perfect way to complete the perfect summit! - *Scott H*

The Yodel

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