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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.”

Keep climbing mountains and don't slip!

Can you name the peak above?



REMEMBER TO GET YOUR DUES PAID TO BE ABLE TO PARTICIPATE IN THIS YEARS EVENTS!

OSAT T-shirt giveaway!

All you have to do is send in a new article to the Yodel and have it be chosen by the editors within the next month. Grand Prize winner will also receive a hat! A total of ten prizes will be awarded, so start typing! You can send your stories via email to: yodel@osat.org, or by arrangement with Scott H. (Fax or Snail Mail)



Smith Rock

By Bob Clarke

September 22-23, 2001

Jim Shultz and Bob Clarke made the drive to Smith Rock State Park located in Central Oregon for a weekend of rock climbing. Many OSAT folks may not understand the appeal of dangling from one's fingertips crawling up vertical rock faces while not trying to fall off. Rock climbing requires an unparalleled combination of physical strength, stamina and mental fortitude. The process of getting tied into the rope, racking gear on your harness, and slipping those snug rubber shoes on while anticipating the climb I totally love. Jim learned how to lead climb in the spring of 2000 during OSAT's Lead Rock Course and has made tremendous progress in his technical rock climbing. This weekend being paired with me, his teacher, we were on a collision course with the harder routes Smith Rock has to offer.

The mere sight of "The Mecca" makes my blood pump faster and finger tips sweat of the anticipated climbing. The scent of sagebrush walking down the

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Mountain

an epic story.....

December 17, 2001

One day I got an idea that it would be a lot of fun to spend the night on the summit of Granite Mountain. I had been up there a few times previously, and knew the route well enough that it would be safe. My friend Ryan and I left the trailhead at around noon and headed up the Pratt Lake Trail to the Granite Mountain junction. There were only 2 others in front of us, so there was a good trail up to the gulch at 3200 feet. I tried to pack light for an overnigher with a 2 man tent and 1 stove each, plus other cold weather gear,



but I can never get it light enough! With the current conditions of the mountain, we had all gear that we would ever need (Snowshoes, Crampons, Ice Axe, Picket) in case of extreme conditions. Once at the gulch there was only one other set of tracks from a solo climber that was about 1000 feet above us, and the hiker behind us did not have snowshoes which made it a slow ascent for him. The line we took crossed the main gulley before it split, then ascended the middle ridgeline (35-45 degree slopes), with the lower portion in some trees. The day was beautiful with blue skies and the sun was warming our backs. We had views from Rainier across to the Pass. At 4000 feet we had to take off the snowshoes and put on the crampons as it was getting icy. At this time my calves were burning pretty bad since I did not have snowshoes like Ryan, which had the heel bail. We decided to go straight for the false summit by shooting for the Pearly Gates of Granite (almost like Mt Hood). It was long and rough, with real icy snow that rarely allowed you to dog in the ice axe for a belay more than an inch, and that freakishly long run out that the route has. Falling with a big pack and crampons is a less than desirable scenario for ice axe arrest. We made it to the false summit and were happy to see the lookout tower just ahead of us. We still had about 1 hour of daylight, so we decided to brave the elements and set up camp right next to the lookout tower on the east side. I spent some time creating a wall barrier of snow inside the framework of one side of the lookout tower to block the wind from our bivouac site. There was virtually no wind and we viewed a beautiful sunset. After dinner we were in our sleeping bags by 615pm, and ready for a good nights sleep. Well, that never happened - we got bombarded by the



storm that came in fast, with 40+mph winds that blasted our tent all night, and snow kept burying a small portion of my side of the tent making it a 1.5 man tent. We did not sleep much that night, but in the morning, we did not know when to leave, since it was whiteout conditions outside. After much contemplation we finally got up around 930am (15 hours later!) to find winds that were knocking us over. We hated the thought of having to break camp, especially after I left the vestibule open after a midnight bathroom break, which buried a lot of our gear. "Time for breakfast?" NAH! let's get off this mountain!" We got our

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OSAT QUICK-REFERENCE

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Contact People

Activities:	Lori U.	425-430-8738	<i>Namaste2b@aol.com</i>
Activities Hotline:	Pat A.		<i>spamulino@yahoo.com</i>
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Library:	Rob E.	206-718-6722	<i>rob@orcahome.com</i>
Membership:	Jane L.		<i>jane.lockwood@gettyimages.com</i>
OSAT East Coast:	John H.	617-641-3423	
Running:	Doug H.	425-271-5116	<i>doungsue@aa.net</i>
Safety:	Dave N.	253-752-9214	<i>offbelay1@juno.com</i>
Service:	Tino/Dick D	253-826-1464	
Yodel:	Scott H.	425-346-9302	<i>yodel@osat.org</i>
Webmaster	David C. (Dax)	206-623-7857	<i>webmaster@osat.org</i>

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 @ 7pm & 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: Contact the hotline 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: Tino Sunday Contact: Tracy 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 @ 7:30 pm Meet at trailhead at 7pm

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: Dave B.

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

SLOSAT *Bike Ride*

On Saturday, October 13, 11 hardy souls gathered for the first SLOSAT beginners' mountain bike ride at Lake Youngs Reservoir, east of Renton.

It was a beautiful day, just a little bit cold, but not rainy. The leaf-covered trail was relatively flat, except for enough "oh-my-gosh!" hills to challenge even the best bike riders. I had plenty of challenges of my own, learning to use a bike with several gears and experiencing riding with toe clips for the first time. I gave up on the clips and used the reverse side of the pedals, so I looked funny, but got going at least.

We started at about 10:30, after unloading the bikes and introducing ourselves. Our leader and organizer, Mike P., also was generous enough to loan his extra mountain bikes so we could all go.

I ended up walking my bike up most of the hills, but Mike's suggestions tips helped me get up one of the longest and most gradual ones without having to walk up any of it. I guess that's the whole idea! Going downhill was fine, except for one long, scary stretch where I rode my brakes because I was afraid of getting out of control. Using the old ski cliché of "look where you want to go" prevented my crashing into trees or fences, or falling off the trail.

Typical of other OSAT events, all the participants encouraged and supported each other, and the experts were patient and gentle, but encouraging, with us neophytes. I think everyone had as good a time as I did. Here's a sample of some of the lessons I learned on this

trip:

- 1. When the leader yells, "runner up" at you, it doesn't mean you're in second place! It means a runner is coming toward you, and you'd better get out of the way!*
- 2. need to buy a whole bunch of cool new bike clothes, so I can look good whether I ride well or not (ha ha).*
- 3. I need to work out more.*
- 4. "Easy" means different things to different people.*
- 5. Encouragement and inspiration cancel out nervousness and fatigue.*
- 6. Toe clips are a good idea, but hard to get used to.*
- 7. Shifting down before you get to the hill is really helpful.*
- 8. I thought I knew how to ride a bike, but I was wrong. It doesn't come right back, but I can learn.*

Well, I was trying for ten lessons, but will have to stop at eight for now. I want to thank Mike for loaning me his bike and being so kind and generous with his instruction, and say hey to all my fellow riders, Lori U., Kathy H., Robin K., Jane P., Sam, John, Rocky, Dean, and Norman.

I hope to see you all at the next ride!

Robyn Smith

THE 2002 GLACIER CLIMBING COURSE COMMITTEE

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Sean W.	425-670-2542	sean.f.walsh@boeing.com

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.



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 or email dougsue@mindspring.com

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 April Yodel:

March 10, 2001

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.

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 206-310-2896

Message from Lori U. our Activities Chair:

More activities will be posted in upcoming yodels. Please respect these following courtesies when signing up for an event. Call leader for sign up and particulars about event (i.e. directions and equipment.)

February

23-24 Snow Caves

Overnighter Led by Brian C. and Sean W.

March

2 Cross country ski day

Leader Pete S. 253.475.5545

23 McClellan's Butte

Leader Rik A. 206.232.8908

Steep snow and ice axe experience required

23/24 Mt Pilchuck Overnighter

Leader Scott H 425.346.9302

Steep snow and ice axe experience required

April

6-7 Lake Ozette coast hike and camp over.

John M. 425.827.2985

6-7 Mt St Helens

Leader Brian C. 425.774.9535

6-7 Mt St Helens

Leader Bill L. 206.789.8758.

Hike up, ski down

11 First night back on top o' Tiger

Party starts at 6pm. Meeting starts at 7pm.

20 Beginning Snowshow

Leader Pete S. 253.475.5545

May

17 The Tooth

Hike and Rock climb.

Leader Sean W. 425.670.2542

Sign up starts March 17. Do not call before then

25-27 Glacier Peak

Russell S. 206.340.7114.

Sign up starts March 25. Do not call before then

25-27 Silver Star and Liberty Bell

Leader Sean W. 425.670.2542

27 Hinkhouse Peak

Leader Rik A. 206.232.8908

Sign up starts March 25. Do not call before then



look at the area and hike around following the Crooked River.

We began slowly by climbing fairly easy routes to warm up our bodies and sharpen our mental pulse. Rock climbing has a ritual of naming routes to express the personality or nature of the route. We scrambled up into Cocaine Gully to access the harder routes. "Chicken McNuggets" 5.10b was up first. Some of the holds actually look like McDonalds chicken mcnuggets. This fun climb we dispatched quickly. Next came "Vomit Launch" 5.11b. This climb is aptly named because of the extreme pain of pumping forearms delivered by this steep climb. Jim is learning how to climb at this level and did well to make it to the top. After a few more climbs we raised the bar further by going up "Blackened" 5.11d on the Phoenix Wall.

This would be Jim's first try to lead a climb at this level. He top roped the climb once and feeling confident he tied into the sharp end. Jim learned a lot that afternoon! The term "mental mush" describes the result of putting himself so far out there, however the benefits will make for strong building blocks. The rest

trail into the canyon (yes down on the way in and up on the way out) to the climbing area makes me feel right at home. This place is so beautiful with high golden walls that people come from all over the world just to

of the day we spent socializing with fellow climbers and I did a few more routes. Sunday we headed off to the infamous Monkey Face area. This tower inexplicably looks like a monkey's head and contains one of the world's hardest climbs, "Just Do It" 5.14c and one of the most exciting rappels. Our chosen route would follow a route directly up the chest and face of the monkey aptly named "Monkey Space" 5.11b. Climbing cracks and some wild corner/chimneys we arrive to a place called Bon Street. A very large ledge some 300' off the ground that could comfortably fit many people. This is where the action begins, traversing directly left now completely exposed my toes grip the rock as my heels stare down the empty monkey space. The

pitch is 5.11a and can be described as sloping widely spaced holds dynamically throwing your body at each one. All this while some hikers sit on a nearby ledge directly across us with a birds eye view eating their basket lunch whispering just

how insane we must be. I'm beginning to agree. The steepest pitch at 5.11b is viciously hard, climbing horizontal then up over the bulging backside of the monkey. On top the sun glistens and smiles are chiseled into our cheeks. The 140' free rappel makes this one of the most exciting short routes in the Northwest. And Smith Rock, the destination my heart yearns for.

- Bob Clarke



packs ready and finally took down the tent and then the conditions worsened even more, we could not see down the route, no landmarks or anything. We were screaming at each other because of the wind and snow even though we were only a few feet apart. This was the scenario I had only seen in movies. We knew that if we went straight down we would eventually hit I-90, and that the gulch traversed at 3200 feet, but how to get there? We descended with our crampons and our ice axes very slowly for the first 1000 feet as winds blew spindrift across the 35-45 degree slope. I lost Ryan a few times in the whiteout, unable to see more than 10 feet or more, while the spindrift pelted our faces. Were we in the gulch? We could not tell, but it was the last place we wanted to be with all the fresh snow that had fallen last night, making avalanche danger much higher. We finally hit tree line and were ecstatic, now all we had to do was get down to the trail. We wound up crossing creeks and other steep terrain that I never remember seeing, but we wound up on the Pratt Lake Trail at 3400 feet. A little of course, but we had made it down safely. Once on the trail we sprinted with our snowshoes through snow and mud to get back to the car. We catapulted ourselves as quickly as possible to North Bend for some Starbucks coffee. It was nice to be back to civilization, even though we were never that far. It was a great learning experience, and I cannot wait to do it again!

Scott H

CALENDAR OF FIELD TRIPS, WORKSHOPS and SEMINARS FOR THE 2002 GLACIER CLIMBING COURSE

Students must attend each of the activities listed below, except only one ice axe training practice, one glacier travel and only one Camp Muir conditioner is required. All students who want to climb Mt. Rainier must attend the following:

Introductory Seminar	February 6 6 – 8:30 pm	Downtown REI
Tying-In/Packs/Personal Care Workshop	February 16 10 am – 3 pm	Congregational Church of MI
Leave No Trace/1st Aid/Navigation Seminar	March 6 6 – 8:30 pm	Downtown REI
Navigation Field Trip	March 9 8 am – Noon	Lincoln Park
Ice Axe Training/Avalanche Seminar	April 36 – 8:30 pm	Downtown REI
Ice Axe Training Field Trip	April 21 All day	Stevens Pass
Ice Axe Training Field Trip	April 27 All day	Mount Pilchuck
Glacier Travel Seminar	May 16 – 8:30 pm	Downtown REI
Glacier Travel Field Trip	May 4 - 5 Overnight	Alpentail
Camp Muir Conditioning Hike	May 5 All day	Mt. Rainier
Camp Muir Conditioning Hike	May 11 All day	Mt. Rainier
Camp Muir Conditioning Hike	May 12 All day	Mt. Rainier
Glacier Travel Field Trip	May 18 – 19 Overnight	Alpentail
Camp Muir Conditioning Hike	May 18 All day	Mt. Rainier
Camp Muir Conditioning Hike	May 25 All day	Mt. Rainier
Crevasse Rescue Seminar	June 5 6 – 8:30 pm	Downtown REI
Crevasse Rescue Field Trip	June 8 – 9 2 days	Mt. Baker
Mt. Rainier Climbs	July 12 - 14 3 days	Mt. Rainier

OSAT TREASURERS REPORT FOR YEAR ENDING 12/31/2001

Beginning Balance 10/11/01	\$ 5,176.86	EXPENSES	
INCOME		Printing Supplies	\$ 373.78
Memberships	\$ 954.00	Postage	\$ 247.41
Sales	\$ 583.00	Telephone/Internet	\$ 194.00
Donations	\$ 230.91	Meeting Rooms	\$ 275.00
Climbing Course	\$ 325.00	T.Shirts/Bandanas	\$ 655.21
		Miscellaneous	\$ 332.42
Total Income	\$ 2,092.91	Total Expenses	(\$ 2,077.82)
		ENDING BALANCE	\$ 5,191.84

The Yodel

P.O. Box 6461
Lynnwood, WA 98036-0461

SUPPORT OSAT IN STYLE:



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Ph: (253) 838-0459

531 2002
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SEATTLE, WA 98109-3358

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.**

Koflach Plastic Boots—Used one season, purchased from REI rental sale. No reasonable offer refused. 4.5 Mens, womens 6.5 Alison H 425-316-0310 or alison@nwog.org

TRAIL BLAZERS--If your body is feeling the aches of conditioning, treat yourself to some bodywork! Massage for injury, soreness & relaxation. Discount to fellow OSATers plus Gift Certificates are available.
Call Nancy Thorpe at (206) 523-0844

Your add could be here!

Contact yodel@osat.org to place an ad and get rid of that extra gear that someone could use!

Pay your Dues! If you have not renewed your membership this year then you will not be able to participate in all the cool stuff that is going to happen this year, and we wouldn't want that!

PHOTO OF THE MONTH

Something new & cool!
Send us your images to yodel@osat.org and we'll have the editors vote for the best one and post it here!



Where: West Ridge of Forbidden

When: August 13, 2001

Who: Bob C, Chuck A, Pete S, Jim B