

## OSAT Newsletters and Yodels – 1993

This file contains copies of newsletters sent by Jim Hinkhouse during 1993, the third year of the existence of the One Step at a Time outdoor club. Beginning with the May newsletter, the previously untitled document bore “OSAT Yodel” as a masthead.

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**ONE STEP AT A TIME (OSAT)**

January 28, 1993

3819 130th Lane SE, Apt E-5

Bellevue, WA 98006

(206) 362-4689

An outdoor club for members and friends of twelve step recovery programs.

"Keep climbing mountains, and don't slip in between."

Greetings from Jim H...

**CURRENT COMMITTEES / PEOPLE TO CALL** (night #/ day #)

Service: Steve S (838-4287)  
 Communication: Jim H (641-7983/234-1522)  
 Activities/Information Hotline: Linda Z (723-9864)  
 Finance: Dave B (353-8154/965-1249)  
 Equipment: John S (244-2961)  
 Winter Travel: Greg A (932-4862/684-3393)  
 Climbing: Greg A or Jim H  
 Running: Dick W (339-3751/435-5571 x1107)  
 Relay Races: Michael H (492-3016)  
 Bicycling: Todd F. (832-4812/832-4490)  
 Canoeing: Carol K (243-8055)  
 Family Outings: Paul C (782-7297/389-8008)  
 Social: Karen P (782-1873/363-0031)  
 OSAT North: Dick H (659-9072) or Teresa (653-1211)

If you want to help out on a committee, please contact Jim H or the appropriate person listed above.

**MEETINGS**

The 7:30 pm Thursday evening OSAT (open) meeting is temporarily being held at Cascade Gardens in Issaquah (on Gilman Blvd near QFC). This is because JB's is closed for remodeling. (It's about to become an International House of Pancakes - IHOP, for short). We plan to move back to IHOP sometime in February. Call the OSAT Hotline for the latest information about this meeting. (We had almost 30 people for January's birthday night, the second Thursday of the month.)

Some of us are hiking to the top of Tiger Mountain prior to the meeting. This is a new experience, but definitely not for faint hearts or shaky legs. Sometimes the trail is very icy. Sometimes the wind is blowing ferociously at the summit. But other times it is beautiful - especially after a fresh snowfall and/or when the air is clear and the lights below are visible. We now usually go up and down via the "Kelly Cutoff", which starts (steeply) from the parking lot, about in the middle of the turnaround circle and merges with the standard route just below the first steep section, where the "switchbacks" begin. (This saves at least 10 minutes each way).

The Sunday 10am meeting on Tiger Mountain appears to be surviving the winter. There were 16 people at the January 10th meeting, which had to be one of the coldest meetings in history. (That's in terms of external temperature; personal feelings toward the fellowship and each other were very warm at the meeting.) Some of us really enjoy this meeting and try to make it regardless of the weather. The plan is for the meeting to continue (at least) until early April. Because of other commitments, yours truly will be missing some Sundays (see OSAT schedule below). Therefore, you may want to bring a Big Book and be prepared to start the meeting

yourself.

The OSAT North people are now meeting at noon on Sundays at the Granite High School parking lot, and then deciding where to have their meeting - usually someplace off the Mountain Loop Highway. Bring your cross country skis.

## **FINANCES & MEMBERSHIP**

Roughly, about 60 people have paid us something since mid last year. Roughly, we have about \$400 in unallocated funds. Last October, we earned something like \$180 on a quickly organized equipment auction to ourselves at a business meeting). Our current plan, is to solicit the 1993 dues (\$12) in March or April. This year, we hope to issue an annual membership card as people pay their dues.

The club also allocated money for 2 pair of snowshoes (and bindings) that will be available for loaning soon.

The club also paid the deposit on an overnight ski hut for 8 persons. (See SCHEDULE below). The club may also have to pay something up front for the T-Shirts (see CLUB NEWS below).

We expect to earn considerable money from another equipment auction to be held in early April and possibly from a trail run to be held later in the summer (if we get a volunteer to organize it).

What will we do with all this money? Come to a Business meeting and find out. Seriously, our VoiceMail Hotline and our mailing costs are not inconsequential. Hopefully, our dues will cover these plus copy costs plus magazine notices about the club. This will allow our other income (including donations) to go to purchase club equipment, special "scholarships" for deserving members in early sobriety, and/or anything else the membership decides at future club meetings.

## **CLUB NEWS**

### **Business Meetings**

We have been having an OSAT club business meeting at 7pm on the first Wednesday of each month at the Office/Cabana next to the swimming pool of Sterling Heights Apartment (at address of club above). These have been well attended and there have been many lively discussions on club related issues and business. In December, we also had a great slide show on Greg A's climb of Denali. Old and prospective new members are encouraged to attend. Call me (Jim H) for directions if necessary.

Our plan is to limit the business meeting to one hour and then have some sort of special attraction. On February 3rd, Jim & Shirley will present a slide show on their adventures in Ecuador over the holidays. At the following two club meetings, Greg A will conduct one hour seminars - on Trip Preparation and Leadership (March 3rd) and Glacier Travel (April 7th).

### **Hotline and New Members**

Reminder: OSAT's telephone number (362-4689) is now being used for the latest information about meeting changes and upcoming activities (in addition to taking messages from prospective new members).

Linda Z not only makes the recordings with the latest information, but she also has designed an information sheet which she mails to prospective new members. Thanks Linda.

### T-Shirts (Ash or Teal)

With plenty of discussion, the colors, designs, sizes and price of our first official OSAT T-Shirt were determined at recent club meetings. Six dozen have been ordered in two colors: Ash (a dirty white) and Teal (a clean green) and in three sizes: Large (50%); Extra-Large (30%) and Medium (20%). The T-Shirts will be cotton and may shrink slightly. There will have an emblem or logo of "O.S.A.T." superimposed over a mountain range (ala our business card) on the front of the shirt. You may order/reserve T-shirts by calling the OSAT Hotline and leaving the pertinent information about sizes and colors. The price will be \$13 each. We will try to have them available at business and Thursday night meetings. We are considering taking mail orders (probably for \$14).

The unit cost of these shirts is around \$7. The extra money we make (assuming we sell enough, of course) will be used for OSAT equipment and/or scholarships.

### Equipment Auction

ON APRIL 21ST BRING YOUR OLD, BUT GOOD CLOTHES AND EQUIPMENT FOR AN AUCTION TO OURSELVES.

We can raise lots of money this way. Already, we have two pair of good boots, a pack, and one pair of rock shoes. We also have miscellaneous clothes, bottles, etc. Call John S. if you want to unload the equipment NOW. Otherwise, start saving it up for the April 21st.

We will try to have this outdoors on a Wednesday evening at some central location. (Ideas?) Details in our next newsletter.

(What will the money be used for? Buying new equipment to be used by new members who are having some short term financial problems.)

Actually, this will be lots of fun. Plan on laughing a lot.

### Running & Races

Some of us run at Greenlake on Tuesday evenings. We meet at about 5:45 at the drinking fountain next to the rest rooms at the south, slightly west side of the lake. Afterwards we usually go to the Honeybear bakery for more fellowship. Call Jim or Dick to see who is running that night.

Some of us will run in the Mercer Island Half Marathon on March 28th. (There is an 8k - about 5 miles - at the same place and time). The race begins at 1pm, so we may meet in the morning for juice together and again afterwards for who knows what.

For variety sake, why not defect from the Tiger Mountain Meeting on March 7th and walk up stairs instead. See SCHEDULE below for this date.

If you have a race you plan to enter and want some company, then let me know in advance and we will put something in the next newsletter or update.

### Mt. Rainier to OceanShores Relay Race

The race is June 11-12th this year. We want to enter at least one team (11 persons + 2 support people to help with the race). Last year we had a great time. We need to get our reservations in soon and we need commitments.

Each person runs 3 legs. Each leg is about 5 miles. At least one of the legs is in the dark. We start near the entrance to Mount Rainier National Park sometime between 4 and 8 pm. We arrive at Oceanshores about 20 to 24 hours later. Logistics is a serious matter. We need two vans and coordination.

Please be aware that it costs \$35/runner to enter. If we need to rent vans, then it may cost as much as \$25/person additional. (You get a T-Shirt, of course).

Please express your level of interest to me or Michael or Paul C (782-7297) as soon as possible.

(This year there will also be "walker teams", of 7 or 11 persons, on a 100 mile course with 22 legs...)

#### Equinox Meeting and Potluck

Celebrate the beginning of spring on Sunday, March 28th at Laara's house in Seattle with OSAT friends and family. Laara lives at 212 NW 176th Pl and her number is 542-4117. Let's start at about 3pm, just time enough to get home from the Tiger Mountain meeting and change clothes. Greg A says he will bring his juicer and be the (juice) bartender! More details and directions in the February and March update letters. (Laara tells me she has a room available for rent. Call her if you are interested.)

#### Enchantment Lakes Reservations

The Enchantment Lakes (about 15 miles southwest of Leavenworth) is such a special spot that a reservation is required. From June 15th through October 15th, only 20 people per day are allowed to enter the area with an overnight permit. Reservations for 14 of these people can be obtained in advance (the others, plus any advance reservations that have not been picked up in person, are assigned daily via a lottery system). Advance reservations costs \$1 per person per day. Applications for advance reservations must be made through the mail. Those received with a postmark before February 25th will not be accepted. Others are assigned on a first-come first-served basis. A check must accompany the application. This year some (NEW) special rules apply: the party size limit is 8 persons and only one reservation per person is allowed.

I will send in an application for 6 persons for 5 days. (\$30) Choices: August 25-29th, then August 24-28th, then August 23-27th. There is no guarantee that I will get any of these. If I do, they will be available for other OSAT club members and I will put a notice in some future newsletter. Some preference may be given to those wanting to do some rock climbing.

I urge other OSAT members to apply for advance reservations on or around the same dates as the above. If you really want to see the Enchantments, then your best chance is to get your own reservation. It would be great if we could get overlapping dates. Why not 14 OSAT-ers entering on Tuesday, Wednesday and Thursday, each for 5 or more days? Why that would mean that on Friday there would be 42 of us in this magical mountain paradise!

The application for an advance reservation is enclosed in this newsletter. (You may make a copy). If you have questions about this, please call me. (And please be aware that this is not an EASY backpacking trip. However, I must think the effort is worth it, since I've visited them for the last 8 consecutive years.)

#### Three Amigos to attempt Denali.

OSAT-ers Bob C and Joe C are joining a friend to become the Three Amigos on a climb of Denali

this June. (For Denali, or officially Mt. McKinley, the park service requires that you provide a unique name to simplify communication in case of emergency. Greg A's party a few years ago were known as "Climbers In Search of Elvis".)

The Three Amigos are planning to attempt a more technical route than the standard West buttress route. They are now busily preparing - physically, mentally, and financially for the expedition, which is expected to take about 4 weeks.

I understand they have T-Shirts for sale and if they raise enough money, they hope to make slides for a presentation to juveniles on the general subject of positive alternatives to drug use. Sounds like a good cause to me. Maybe they'll give us the same slide show.

I know everyone in OSAT joins me in wishing them the best and will be thinking of them during their expedition. At our next club meeting, I will recommend that we make a small donation to them as a token of our support.

(As part of their expedition planning, Bob and Joe have some special "deals" with some equipment manufacturers that they are willing to share with OSAT members. Essentially, they can get a 40% discount from Sherpa - the premier snowshoe provider -, Mountain Safety Research (MSR), who make stoves, cookware, fuel bottles, and climbing pickets, and Outdoor Research that make gloves, gators and other essentials. Unfortunately, they have a time limit on this which may have expired by the time you get this newsletter. But call Bob anyway. His number is 228-1005.)

### Bicycling

A few OSAT-ers are avid bicyclers, while others are of the occasional variety. Todd F. is one of the former and has agreed to be the focal point for 1993 OSAT bicycling activities.

In particular, he will be riding in the Bainbridge Island CHILLY HILLY on February 28th, along with 4,000 other enthusiasts. This well known event is a real favorite of some. (ferries full of bicyclists usually get some press coverage). If you are interested, give Todd a call - soon, since the registration forms must be postmarked by February 4th. If you can't make this event, but are interested in some future fellowship while bicycling, I know Todd would like to hear from you. His numbers are: (day) 832-4490; (night) 832-4812.

### Mountaineer Scrambles

For those of you who are Mountaineers and have passed (or are taking) the Basic or Alpine Scramble class, please sign up for one or all of the 3 scrambles I have committed to lead for the Mountaineers this year: Florence Peak (April 25th); Mt. Baring (October 2nd); Kendall Peak (November 6th).

### Special Climbing Seminars Planned

This spring and summer Greg and I plan to offer some special technical climbing seminars, usually on weekday evenings. In particular, we will offer training on belaying and rappelling. These are primarily intended for members who have experience in glacier travel, but not in rock climbing, i.e. for OSAT members, who for one reason or another, are unable to take the Mountaineer's Basic Climbing Course. Class sizes may be limited. More details in future newsletters.

1993 Flyer on OSAT will be available soon.

At the last club meeting, we reviewed a draft of a flyer that we plan to distribute to halls, friends, meetings, and treatment centers. It is similar to last year's flyer (i.e. picture of Rainier on top), but with more words about the club. We will have copies available at the next club meeting (February 3rd) and will include one with next month's news update. Call the Hotline (after February 3rd) if you want us to mail you some copies for distribution.

#### OSAT Slide Show and Presentations

We have made a couple of presentations to treatment centers.

We usually start with a few minutes about why we think mountaineering can help one's recovery and prevent relapses and then talk about our personal experiences. We also show some slides on our climbs of Rainier and then answer questions.

We would like to do more of these. We are willing to speak to almost any kind of group, so feel free to volunteer our services. Also, let us know if you want to participate in these activities or borrow our slides. (Jim, Steve, & Karen)

#### 1993 Climbing Course and Mt. Rainier Climbs

We plan to provide a mini-course on glacier climbing so that new (and old) members can have the opportunity to climb Mt. Rainier.

Like the last two years, we will begin with a kickoff meeting at Bellevue Community College (March 17th, at Room J-126 at their Upper Campus on 148th) on Training and Conditioning. All novice climbers who want to climb Rainier (or do any technical climbing) with OSAT in 1993 are expected to attend this session.

The "course" will include at least two additional Wednesday evening seminars, plus three one-day field trips:

- . Ice Axe Field Trip
- . Roped Travel Field Trip
- . Hike to Camp Muir with a full pack

I have (tentatively) reserved the following days for the field trips:

Saturday, March 27th: Ice Axe Seminar (Pilchuk or Stevens)

Sunday, April 11th: (same as above)

Sunday, May 2nd: (same as above)

Saturday, June 5th: Roped Travel Seminar at MRNP

Sunday, June 6th: Camp Muir Hike and Meeting

Saturday, June 26th: Roped Travel Seminar at MRNP

Sunday, June 27th: Camp Muir Hike and Meeting

Experienced climbers are strongly encouraged to attend these sessions either for review or for service (helping to instruct the beginners).

More information will be available at the March 17th kickoff meeting. (You may tell me now if you plan to take the course or attend the field trips).

#### ACTIVITY REPORTS

Almost every weekend finds OSAT-ers in the mountains, and what follows are brief reports on only a few of these occasions. Others would like to hear about your adventures, so please start

writing down some of the highlights and send them to me. We will correct obvious spelling and grammar errors and can type very fast.

(Also, testimonials, contemplations, ramblings, etc. about how mountaineering helps your sobriety or about any other aspect of your recovery that is even remotely related to outdoor activities - would be welcomed.)

Scenic Hots Springs - October 17th and November 21st. Tom M led some OSAT-ers to this special spot near Stevens Pass. They enjoyed themselves and even met some other program people, who just coincidentally happened to be there.

Del Campo Peak. Saturday. October 24th Dick W agreed to lead this scramble which is near Monte Cristo. Steve, Dave N, Heidi, and I joined him. Unfortunately, it rained the entire time and we couldn't see any of the gorgeous views. We kept hoping we would get above the clouds and break into sunshine. We didn't. But we did make the summit and return safely to the cars. It was a great conditioner and there was some good conversations. (Dave knows a lot about wild mushrooms.)

Kaleetan - Friday October 30th. Six enthusiastic OSAT members made an attempt on the 6259' Snoqualmie area peak despite the iffy weather forecast and a late start (someone overslept). However, 5 miles and 3000' later, it was decided to turn around when the thin layer of snow made the steep rock and heather very slick. A snowstorm descended on us as we made our way down the ridge back to Melakwa Lake, but it was short-lived and more beautiful than threatening. Talk turned to skiing, the holidays and another Friday get-together in 2 weeks for a trail trip. The Kaleetan group consisted of Walt, Steve, Heidi, John S, Chuck and myself. (Shirley).

Seattle - Saturday. October 31st. Over 15 OSAT-ers, mostly in costume, showed up for a Halloween Potluck Celebration at Karen's house. Best costume had to be Heidi's, who was completely unrecognizable as a black witch. But that's my opinion. In any case, there was lots of laughter and sobriety.

Talapus-Olallie Lake Trail - Friday. November 13th. Chuck, Walt, Steve, and Shirley explored this trail and were blessed by the first sunny day in almost 3 weeks! Views of Mt. Rainier, Bandera, Mt. Defiance, and several lakes were seen as we traversed under the summit of Pratt Mtn. We then dropped into the basin by Rainbow Lake, ate lunch, and basked in the sun. It was a lovely day, and we got an excellent workout breaking trail in the sometimes knee-deep snow. (Shirley)

Three Fingers Trail - November 7th Shirley, Chuck, Bob C and myself hiked for an hour up this trail in a driving rainstorm. We took a break at the shelter behind Saddle Lake and decided we'd had enough fun for one day. Others (who we shall not name) decided that it was more appropriate to drive all the way up to the trailhead and not leave their cars and just drive back home. Strange.

Toys for Tots - Saturday. November 14th A bunch of us ran either 5k or 10k on a warm November Day at Sandpoint in Seattle for a good cause. Then we went to Karen's for a potluck and a meeting. It was a good day.

Annual Thanksgiving Hike up Mt. Si (November 28th). Wow, about 25 OSAT-ers formed a big circle at 8am in the Mt. Si parking lot for the customary Serenity Prayer start. There were more OSAT-ers there that morning than there were other people. Up high the trail was icy, the wind was strong, and the going slow. Even so, spirits were high and most everyone made it to the summit area. This is a great way to burn calories in anticipation of too much pie and other trimmings. Also, it makes 2 years in a row for good views and snowy conditions, which is much better than the three prior years (pre-OSAT) that I made in the rain.



Seattle Marathon & Half Marathon, November 30th. Four OSAT-ers (me, Bob C, Heidi, Karen S) thought the half-marathon (13.1 miles) would be enough fun for a day. However, while riding together on a bus from the finish line to the starting line, Bob noted that it was a really long bus ride. This tempered our enthusiasm somewhat, but we started anyway and (finally) reached the finish with the support of Karen P, Steve S, Dave B, and Hoot. Then we walked back a mile or so to cheer the real fun-seekers of the day - Greg A and Anne G who were running their first complete marathon. (26+ miles, from Marymore Park in Redmond to Husky Stadium!). And here came Greg...Running strong, glad to see us, but even more glad to see the finish line. He finished almost right on his target for time... And then came Anne, looking a little tired (might be an understatement), but still moving and determined to finish. And she did, accomplishing her goal, too.

Congratulations to Greg and Anne for their significant achievement - truly a celebration of their sobriety.

Annette Lake - Saturday, November 28th. Terry from Tacoma joined Walt, Chuck, and Shirley for a pleasant winter hike up to Annette Lake. The snow was deeper than expected, but we arrived at the lake in good spirits in about 3 hours. We were particularly happy that we weren't running in the marathon or half-marathon that day. On the way down, we encountered JR, who correctly observed that it would be easier with snowshoes! Oh, well. We had a pretty good day anyway and were back in North Bend by mid-afternoon. (Shirley)

Mt.Hood - Saturday, December 5th. Sometimes there are days when everything seems right, when it's exciting just to be alive, and you know without a doubt that God loves you and wants you to be happy and make it to the summit.

The day breaks clear and calm. It is still cold, but the 50 mph winds of the day before are gone. We are at the Timberline parking lot; the mountain and our route is spread out before us. We are ready. Finally. Serenity Prayer Time. The climb begins an hour late - at 7am. There is me, Shirley, Dick, Diane, Bob C, Robert, Charlie, Chuck, and Steve. It is deliciously cold. The snow is firm, validating (luckily) my decision not to bring snowshoes. The air is clean. As the sun begins to rise, the views are magical and deceptive. How can that mountain be 5000' above us? Why will it take us six or more hours to get there? It is so close and so beautiful. Our party is strong - some more than others, but we are all at the top of the Palmer chairlift (2500', half of the gain) in 2 hours 15 minutes. Now we can look back and see Jefferson, the Sisters, and something even far south of that. Soon we are off again. Bob had paved the way to our break; now it is Steve who tirelessly and continuously kicks good steps in knee deep snow. Then it is Dick and Diane and Shirley and Bob again. Spirits are high. It is exciting. What would the Hogback be like? Would the bergshrund come into play? What about the Pearly Gates? Surprisingly we are alone - no Oregon climbers and from the lack of tracks, there hasn't been for several days. (A lone skier later catches up to us and since we are there, decides to go to the summit with us). The sky is clear, but we place wands anyway. There is a short icy stretch and we decide to put on crampons - before we needed them for a change. Finally we are at the Hogback. The smell of sulfur is strong. We take a break. The going is slower now, because we are over 10,000' and some of us feel the thinner air. The bergshrund (the gap between the glacier and the mountain) is clearly filled with snow and safe to cross. We start up the steep gully that leads to the summit. The snow becomes deeper, but Bob forges ahead. The going is slower now. Halfway up the gully, while Diane is leading, we encounter a stretch of steep, hard ice. This makes us pause for a while. About 50' higher, there is snow again. We set up an anchor there and attach a rope for those who may want to use it. (Everybody uses it on the way down, including yours truly. At the dinner afterwards, the group chips in to reimburse me for the picket I left - another new OSAT tradition!). Soon we are at the summit. Some quick high fives, some photos, some glances at Adams, St.Helens, and Rainier to the north and we are ready to

descend. The wind is now kicking up. Clouds are starting to form. On the way down, we look back at the mountain and find it hidden in the clouds. The mist follows us down. It is complete darkness by the time we are back at the Timberline parking lot -overflowing, of course, with Saturday night skiers.

It took us about 6 hours 45 minutes for the ascent and about 3 hours to descend. It was a glorious day. We finished as a group at a restaurant in Sandy. I've almost forgotten the terrible drive through Portland, where the freeway was like glass and traffic moved at 5 mph and then the long drive home. One of us even made the Tiger Mountain Meeting the next day - still high from the Hood experience.

X-Mas Party - Saturday, December 12. About 45 OSAT-ers gathered at Charlie A's beautiful home in West Seattle for a potluck and progressive gift exchange. What a wonderful time! Everybody talking at once, milling about, eating, laughing, reminiscing, hugging, crying, joking, feeling, and living - sober. Can't remember a cocktail party where I had so much fun. Of course, this party I could remember.

The highlight of the evening for me personally was being presented a sculpture of the top 7,000' of Mt. Rainier, hand created by OSAT-er Phil H and mounted on thick plate glass. An engraving reads: "1st Annual Service Award, Presented to Jim Hinkhouse, Founder OSAT". Thanks again, Phil. Thanks OSAT.

Icicle Ridge - Saturday, December 19th. Greg A led seven others (Terri from Tacoma, Terri S, Diane J, Chuck, Scott, Anne, and MI Jim) to the top of this ridge (4,000'+), which is near Leavenworth. This required snowshoes in addition to strong legs and healthy lungs. I am told the temperature was about 13 degrees that day on the ridge.

Snoqualmie area - Friday, December 25th. I am told that Steve and Francy were joined by several OSAT-ers this year for their traditional Christmas cross country ski outing - and that a good time was had by all.

Mt. Si - Friday, January 1st. OSAT started 1992 on Mt. Pilchuk, but this turned out to be too difficult this year. So Si was chosen to celebrate the beginning of 1993. I have been told many horror stories about the icy conditions that were encountered by the 15 or so OSAT-ers that successfully made it to the summit area. (Chuck even made the top of the Haystack!). One Mt. Rainier veteran even told me that Si on this day was much more dangerous than anything he had done before! But I was also told that there was a temperature inversion and that on the summit, it was actually warm and that the visibility was extreme. Apparently, some lingered on top for hours. Maybe they needed to get up the courage to descend the icy trail. In any case, it was another successful OSAT kick-off of a new year. (Actually, some members fell so many times on the way down, they probably felt they had been kicked - and you know where!).

Note: Taking (and wearing) crampons on Si in the wintertime is considered acceptable (even smart) behavior.

Skyline Ridge - January 23-24th. Greg led 11 other OSAT-ers on snowshoes up some deep snow to the top of this ridge, which is just across the valley from the Stevens Pass ski area. Then he supervised the building of three wonderful snow caves and then chaired a meeting in one of them. (Thanks, Greg) Steve, Francy, Pete, and Carol P could only stay for the meeting, but Greg, myself, John R, Anne, MI Jim, Chuck, Tom, and Coleen earned our merit badges by spending the night. Actually, it was warm and cozy. The next day, though, we just barely got home because of road closures due to avalanches. Everyone enjoyed themselves.

RESERVATION APPLICATION FOR PERMIT TO  
ENCHANTMENTS, STUART LAKE, COLCHUCK LK,  
SNOW LAKES AREAS  
PERMITS REQUIRED - JUNE 15 to OCTOBER 15

NOTE: This application is only necessary if you want to try to reserve a specific date. All permits for day use and some overnight use on a first-come, first-served basis can be obtained at the Leavenworth Ranger Station on the day of your trip.

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ STATE: \_\_\_\_\_  
ZIP: \_\_\_\_\_  
PHONE WHERE YOU CAN BE REACHED: ( ) \_\_\_\_\_  
NUMBER OF PEOPLE IN PARTY (INCLUDING SELF) \_\_\_\_\_

Please indicate below your first, second, and third choices for dates you plan to enter and exit the area.

CHOICE	ENTER DATE	EXIT DATE
FIRST	_____	_____
SECOND	_____	_____
THIRD	_____	_____

Please refer to the map on this application when answering questions below.

FIRST AREA YOU WILL TRAVEL THROUGH - CIRCLE ONE OF FOLLOWING NUMBERS: 1 2 3 4

LAST AREA YOU WILL TRAVEL THROUGH - CIRCLE ONE OF FOLLOWING NUMBERS: 1 2 3 4

AREAS WHERE YOU WILL BE CAMPING - CIRCLE AS MANY OF FOLLOWING AS APPLICABLE  
AREA 1 AREA 2 AREA 3 AREA 4

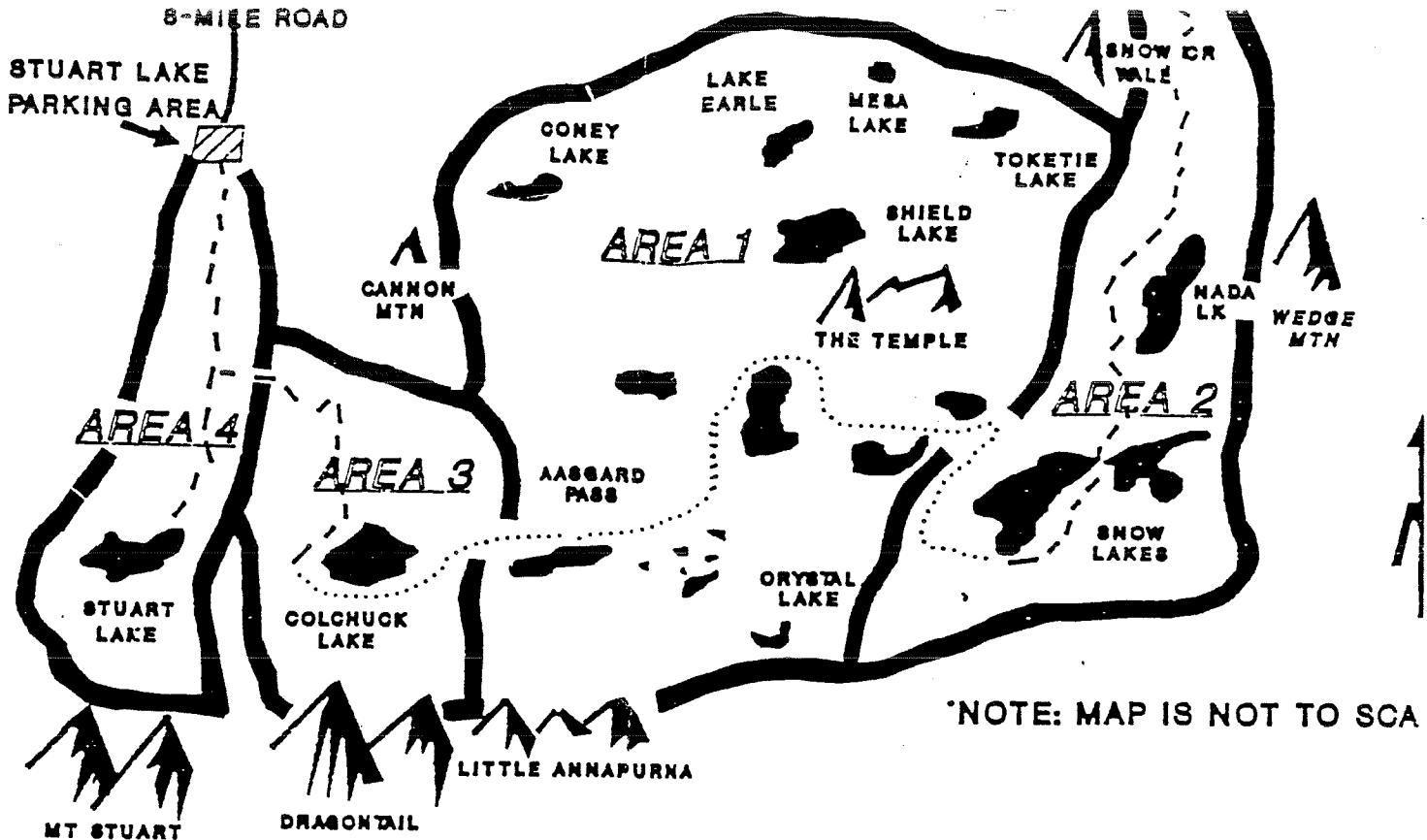
Applications received prior to <sup>Feb 25</sup> ~~March 1~~ will be rejected.

MAIL APPLICATION TO: Leavenworth Ranger Station  
600 Sherbourne  
Leavenworth, WA 98826

BE SURE TO INCLUDE: Fee of \$1.00 per person per day with this application. Checks should be made payable to "USDA, Forest Service".  
This fee is non-refundable if reservation is made. If reservation is rejected, the fee will be returned. You will receive written confirmation of acceptance or rejection of your application.

DOGS ARE NOT ALLOWED IN THE PERMIT AREA

 Forest Service · USDA  
Pacific Northwest Region



## **SCHEDULE:**

. **February 3rd** (Wed) OSAT Club Business Meeting at 7:00pm at Sterling Heights Apartments Cabana in Factoria (at the club address; call Jim H for directions, if necessary). Jim & Shirley's slides of Ecuador.

. **February 13th** (Sat) Hike to Wallace Falls. This is an easy one, something for everybody. (About 6 miles r.t. and 1500' gain) Leave Bothell Park n Ride at 8am and DutchCup at Sultan at 9am. Jim H.

. **February 14-15th** (SunMon) - Overnight Ski Tour. Sleep in a Hut. West of Mt. Rainier. Limit of 8. This might be full, but call Dave N (752-9214) in case of late dropouts.

. **February 20-21st** (SatSun) - Mt. Rainier attempt via Gibraltar Ledges. Must be experienced and in excellent condition. Contact Jim H. soon for more information, if you are interested. (Alternate date is March 13-14th in case of bad weather.

. **February 28th** (Sun) Chilly Hilly Bicycle Classic. Contact Todd F.

. **March 3rd** (Wed) OSAT Club Business Meeting at 7:00pm at Sterling Heights Apartments Cabana in Factoria (at the club address; call Jim H for directions, if necessary). Greg A on Leadership and Trip Preparation.

. **March 7th** (Sun) Big Climb for Leukemia. Climb to the top of the tallest building west of the Mississippi (Columbia Seafirst Center, Seattle). 69 flights of stairs, 1311 steps. Prizes for fast times. A good cause. Maybe a meeting afterwards. \$15 before March 1st. Entry forms available at the club meeting or call Jim H for more details.

. **March 17th** (Wed) Equipment and Conditioning Seminar at BCC (Room J-126, Upper Campus). Jim H.

. **March 20-21st** (SatSun). Third Annual attempt at Mt. St. Helens. This year there will be lots of snow. Must be experienced in winter travel. Meet early Saturday morning for a leisurely 3-4 hour drive. Then hike on snowshoes or skis to about 3600' and camp. Summit on Sunday and return. Contact Jim H or Karen S (634-2849)

. **March 27th** (Sat): Ice Axe Seminar at Pilchuk or Stevens

. **March 28th** (Sun): Mercer Island Half Marathon. See Mercer Island the scenic way. Lots of crowd support. Meet before and afterwards go to Laara's (below). Dick W.

. **March 28th** (Sun): Equinox Meeting and Potluck, 3pm at Laara's house in Seattle. Her number is 542-4117

. **April 3-4th** (SatSun): Third annual OSAT Brothers Expedition. Climb a prominent Olympic Peak. About 6000' gain, but in two days. Ice axe experience required. Jim H.

. **April 7th** (Wed) OSAT Club Business Meeting at 7:00pm at Sterling Heights Apartments Cabana in Factoria (at the club address; call Jim H for directions, if necessary). Greg A on Glacier Travel.

. **April 8th** (Thursday). Thursday evening meeting returns to Tiger Mountain. It's also the second Thursday of the month. Birthday night. OSAT's BIRTHDAY NIGHT! (Two years old!).

Don't miss the celebration.

. **April 11th** (Sun): Ice Axe Seminar at Pilchuk or Stevens

. **April 17-18th**. Mt. Baker via Coleman Glacier. Must be experienced. May have to limit number of climbers. Greg A.

. **April 21st** (Wed). Equipment Auction. Place TBD

. **May 2nd** (Sun) Ice Axe Seminar at Pilchuk or Stevens

. **May 5th** (Wed) OSAT Club Business Meeting

. **May 8-9th** (Sat/Sun) Mt. Stuart via the Cascadian Couloir. The highest non-volcanic mountain in the state. Ice Axe experience required. Jim H.

. **May 16th** (Sun) Camp Muir Hike and Meeting. Leader TBD

. **May 28-31st** (Fri-Mon). Mt. Rainier via Tahoma Glacier. Must be experienced. Plan is to bicycle/hike the closed West Side road for 12 miles on Friday then hike 2-3 miles on trail to set up camp 1 at Klapatche park. On Saturday, establish Camp 2 at 9500' on lower glacier. On Sunday, make ascent and return to Camp 2. On Monday (holiday), hike back to cars. Tahoma Glacier Route is supposedly a little more technical than standard routes, but not dangerous this early in season. Min of 4 climbers; max of 12 (including sherpas). Contact Jim H. by May 1st.

. **June 5th** (Sat) Rope Travel Seminar at MRNP.

. **June 6th** (Sun) Camp Muir Hike and Meeting.

. **June 11-12th** (Fri-Sat) Mt. Rainier to Oceanshores Relay Race. Michael H or Jim H or Paul C

. **June 19th** (Sat) Camp Muir Hike and Meeting. Leader TBD

. **Mid June**. Climb the Matterhorn and/or some other Swiss Peak. For more details write Pfc. Heidi Wade, whose current address is 92nd CMO CO Box 842, Unit 26129, APO AE 09031. (I'm told a regular stamp works).

. **June 26th** (Sat) Roped Travel Seminar at MRNP

. **June 27th** (Sun) Camp Muir Meeting

. **June 28th** (Mon) Climb of Rainier via DC Route. Jim H

. **July 18-19th** (Sun/Mon) Climb of Rainier via Emmons. Jim H

. **July 24-26th** (Sat-Mon) Mt. Olympus. Greg A

. **August 1-8th** (Sun-Sun) Ptarmigan Traverse. Jim H is soliciting interest in this classic traverse. Must be very experienced. Lots of glacier travel and class 3 rock climbing. Some peak bagging. Limit of 6.

. **Week ending August 28th** (Sun). Enchantments. (See above)

. **September 4-6th** (Sat-Mon) climb and/or backpack TBD

. **September 25-26th** (Sat/Sun) 1993 OSAT Reunion/Car Camp in the Granite Falls/Monte Cristo Area. Something for everybody.

. A 1995 Denali Climb is still under consideration.

. A 1995 Seattle to San Diego Relay Race is being planned.

**KEEP CLIMBING MOUNTAINS**

## **OSAT NEWS UPDATE      March 12, 1993**

**ONE STEP AT A TIME (OSAT)** 3819 130th Lane SE, Apt E-5, Bellevue, WA 98006... Hotline Number: (206) 362-4689 ...Greetings from Jim H... (Day: 234-1522; Night: 641-7983)

### **WEEKLY 12 STEP MEETINGS**

- .Thursday night at 7:30pm: Through April 1st, at the Cabana at Jim H's apartment in Factoria. Call him for directions. After April 1st, it's back to Tiger Mountain.
- .Sunday morning at 10am on Tiger Mountain.
- .Sunday afternoon at Lake 22. For now, meet at Granite Fall High School parking lot at noon.

For latest information about meetings, call the OSAT Hotline (362-4689)

### **OSAT BUSINESS MEETING**

We have an OSAT club business meeting at 7pm on the first Wednesday of each month at the Sterling Heights Cabana in Factoria. (Call Jim H for directions). In addition to regular "business", we have some sort of a special attraction. For example, on April 7th, Greg A will lead a discussion on safe Glacier Travel. On May 5th, Karen S, an OSAT-er and professional photographer, will present the best of her alpine slides. Usually 20 to 30 OSAT-ers attend this meeting. New members and potential new members are encouraged to attend.

### **OSAT EQUIPMENT AUCTION - APRIL 21ST**

Dig into your closets and garages for old, but usable outdoor equipment and clothes. Ask your friends and neighbors to do the same. Then bring the booty to Coulon Park in Renton (Southeast corner of Lake Washington) on Wednesday, April 21st. We will start setting up at about 6:00pm at the shelter just north of Ivar's. We will number the more valuable items. The auction itself will start sharply at 7:00pm.

This will be a good opportunity for new members to save money on startup equipment. Already we have several pairs of good boots, a pack, and one pair of rock shoes. We also have miscellaneous clothes, bottles, etc.

The club should make lots of money from your donations. What will the money be used for? Primarily to buy equipment to loan to members who have financial problems.

Actually, this will be lots of fun. Plan on laughing a lot.

### **EQUINOX MEETING AND POTLUCK**

Celebrate the beginning of spring on Sunday, March 28th at Laara's house in Seattle with OSAT friends and family. Laara lives at 212 NW 176th Pl and her number is 542-4117. Let's start at about 3pm, just time enough to get home from the Tiger Mountain meeting and change clothes. Greg A says he will bring his juicer and be the (juice) bartender!

Bring salad, main course, or dessert plus something to drink or ingredients for the juicer.

Directions: Go to north Seattle on I-5 to 175th exit. Go west to Aurora (Hwy 99) and turn right. Go north to 185th (Fred Meyer) and turn left. Go to Dayton (less than .5 miles; light & left turn lane) turn left. At Y-fork, bear right. At stop sign (175th), turn right. Go 1 block (1st NW), then turn right. Go 1 block to 176th. Look for wands.

### **BICYCLING ACTIVITIES** by Todd F (832-4812)

I want to get a couple of bike rides listed in the next newsletter update. I have copies of some of the registration forms which I can send or fax to interested parties (after I get back from vacation - around April 1st) or they can pick them up at local area bike shops:

**Sunday, April 18 - Daffodil Classic.** Sponsored by the Tacoma Wheelmen. This is a personal favorite 'warm up' ride through my own stomping grounds. The ride starts at the part in Orting and offers 20, 50, or 100 mile loops going through places like Kapowsin, Ohop, Electron, Johnson's Corner and South Prairie. Cost is \$7 (pre-registered) or \$10 (day of ride)

**Saturday, May 15** - Historical Lewis County Bicycle Ride. Sponsored by Broken Spokes in Chehalis. I've not been on this one, but it looks like fun. Starts at the Lewis County Historical Museum in Chehalis and has loops of 17, 46, 72, and 100 miles. \$8 (pre) or \$10 (dor).

**Saturday June 5** - Pioneer Century. Sponsored by Portland Wheelman TC. I've never ridden past Portland on the STP so this ride looks like a good opportunity to explore some of the Oregon countryside. Starts at the Clackamas county Fairgrounds in Canby, Oregon and offers loops of 31, 62, and 100 miles. Cost is \$13 (pre) or \$15 (dor).

**Saturday & Sunday, July 17-18** Seattle to Portland Bicycle Classic! Sponsored by the Cascade Bicycle Club. This is a fairly easy 200 mile 2-day ride with lots of rest stops with good munchies. A heck of a lot of fun to ride through the Kent valley early in the morning with 10,000 other cyclists! I think it would be great to get a bunch of OSATers to do this one; we can set up for the night at the park in Centralia and have a meeting! Like the Chilly Hilly, there is a deadline for registration (May 1) and a limit of 10,000 riders. You'll want to register ASAP for this one. Cost is \$50.

I'll plan some rides for later in the summer too, but this seems enough future tripping for now...

#### **MT. RAINIER TO OCEANSHORES RELAY RACE**

The race is June 11-12th this year. We would like to enter two teams this year. Each team consists of 11 runners + 2 support people to help with the race. We also need vans. Cost is \$35 to enter, plus share of gas and van expense. Jim H or Karen P (782-1873) has the signup forms. **WE NEED YOUR COMMITMENT (and money) NOW!**

#### **1993 CLIMBING COURSE AND MT. RAINIER CLIMBS**

The kickoff seminar will be at Bellevue Community College (March 17th, at Room J-126 at their Upper Campus at the northeast corner of the intersection of S.E. 148th and 22nd Avenue) on Training and Conditioning. Novice climbers who want to climb Rainier (or do any technical climbing) with OSAT in 1993 are expected to attend this session.

7 P.M.

More information on the course will be available at the seminar.

#### **FAMILY ACTIVITIES**

This summer we plan to sponsor more activities that are appropriate for the entire family. "Family hikes" will generally be less than 5 miles round trip and 1,500' elevation gain and will include a 12-step meeting. Family "car-camps" will usually be at a campground (small fee) and will include family hikes and activities, more difficult hikes or scrambles or climbs and campfire meetings. Something for everybody!

#### **MEMBERSHIP RENEWAL**

If you want to keep receiving this newsletter and be able to participate guilt-free in OSAT club activities, then please complete the enclosed membership renewal (and T-shirt order) form and return to us (with money) ASAP, but no later than April 15th.

#### **CLIMBING CLASSES**

Dick W, Diane, Dave B, and Scott are taking the Basic Climbing Course from the Everett Branch of the Mountaineers. Terri P, MI Jim, and Matt are enrolled in the same class at the Tacoma Branch. Terri St, Charlie A, and Bob C are new enrollees in Seattle's Intermediate Climbing Course and Anne G is now a Tacoma Intermediate. All this training and experience is great for OSAT! Hope they still have some time for us.

#### **NEXT NEWSLETTER**

Our next newsletter is scheduled for shortly after May 1st. Please consider writing about your experience, strength and hope, as it relates to OSAT and/or your recovery. We will print trip descriptions, personal testimonials, or even advertisements for companionship. Poetry would be nice. In our next issue, we plan to print Anne G's account of her first climb of Rainier.

Also, we need volunteers to lead some of the activities listed in the schedule below. Or choose your own activity to lead and let me know before May 1st.

## CURRENT SCHEDULE:

- . **March 17th** (Wed) Equipment and Conditioning Seminar at BCC (Room J-126, Upper Campus). Jim H.
- . **March 20-21st** (SatSun). Third Annual attempt at Mt. St. Helens. Winter travel experience required. Contact Jim H or Karen S (634-2849)
- . **March 21st** (Sun) Family day in the snow at Paradise, MRNP. Sledding, inner tubing, fun for all ages. Bob C (228-1005)
- . **March 27th** (Sat): Ice Axe Seminar Stevens Pass (Skyline Ridge). Jim H.
- . **March 28th** (Sun): Mercer Island Half Marathon. Afterwards go to Laara's potluck. Dick W (339-3751)
- . **March 28th** (Sun): Equinox Meeting and Potluck, 3pm at Laara's house in Seattle. Her number is 542-4117
- . **April 3-4th** (SatSun): Third annual OSAT Brothers Expedition. Climb a prominent Olympic Peak. About 6000' gain, but in two days. Ice axe experience required. Jim H.
- . **April 7th** (Wed) OSAT Club Business Meeting at 7:00pm at Sterling Heights Apartments Cabana in Factoria. Greg A on Glacier Travel.
- . **April 8th** (Thursday). Thursday evening meeting returns to Tiger Mountain. It's also the second Thursday of the month. Birthday night. OSAT's BIRTHDAY NIGHT! (Two years old!). Don't miss the celebration.
- . **April 11th** (Sun): Ice Axe Seminar at Mt. Pilchuk.
- . **April 17th** (Sat): Family Hike to Heather Lake.
- . **April 18th** (Sun): Daffodil Bicycle Classic. Todd F
- . **April 21st** (Wed). Equipment Auction. Coulon Park, Renton.
- . **April 24th** (Sat) Ice Axe Seminar at Stevens Pass Ski Area
- . **April 30th** (Fri) Last day for input to next newsletter.
- . **May 1-2** (SatSun) Mt. Baker via Coleman Glacier. Must be experienced. May have to limit number of climbers. (Rescheduled from April 17-18th). Greg A (932-4862)
- . **May 5th** (Wed) OSAT Club Business Meeting at 7:00pm at Sterling Heights Apartments Cabana in Factoria (at the club address; call Jim H for directions, if necessary). Karen S will present the best of her alpine slides.
- . **May 8-9th** (SatSun) Mt. Stuart via the Cascadian Coulour. The highest non-volcanic mountain in the state. Ice Axe experience required. Jim H.
- . **May 15th** (Sat) Historic Lewis County Bicycle Ride. Todd F
- . **May 16th** (Sun) Camp Muir Hike and Meeting.
- . **May 22nd** (Sat) Family hike to Lake Annette.
- . **May 28-31st** (Fri-Mon). Mt. Rainier via Tahoma Glacier. Must be experienced. More technical than standard routes, but not dangerous this early in season. Max of 12 (including sherpas). Contact Jim H. by May 1st.
- . **June 2nd** (Wed) OSAT Club Business Meeting at 7:00pm at Factoria, followed by Glacier Travel and Crevasse Rescue Seminar those taking Climbing Course. for
- . **June 5th** (Sat) Pioneer Century Bicycle Classic. Todd F.
- . **June 5-6** (SatSun) Family Car Camp at Cougar Rock Campground at MRNP. Roped Travel Seminar (Sat); Camp Muir . hike and meeting (Sun); other activities TBD. Jim H.
- . **June 9th** (Wed) TENTATIVE. Evening field trip at Camp Long in West Seattle for those taking Climbing Course.
- . **June 11-12th** (Fri-Sat) Mt. Rainier to Oceanshores Relay Race. Jim H or Karen P
- . ~~June 11th (Sat) Family Hike and Meeting.~~
- . **June 14th** (Mon) Poetry reading at sunset at the base of the Haystack on Mt. Si. Bring your favorite poem to share. Also your sleeping bag. Optional shower at Factoria before work on Tuesday morning. Jim H or Steve S (838-4287)
- . **Mid June.** Climb the Matterhorn and/or some other Swiss Peak. For more details write Pfc. Heidi Wade, whose current address is 92nd CMO CO Box 842, Unit 26129, APO AE 09031.
- . **June 19th** (Sat) Family Hike, place TBD.



- . **June 26th** (Sat) Roped Travel Seminar
- . **June 27th** (Sun) Camp Muir Hike and Meeting
- . **June 28th** (Mon) Climb of Rainier via DC Route. Jim H
- . **July 7th** (Wed) OSAT Club Business Meeting at 7:00pm
- . **July 10-11** (Sat-Sun) Car Camp and day hikes/scrambles in the Monte Cristo area. Karen S (634-2849)
- . **July 11-13th** (SunTue) Slow climb of Rainier. Jim H
- . **July 17-18th** (SatSun) STP Bicycle Classic. Todd F
- . **July 18-19th** (SunMon) Climb of Rainier via Emmons.
- . **July 24-26th** (Sat-Mon) Mt. Olympus. Greg A (932-4862)
- . **August 1-8th** (Sun-Sun) The Ptarmigan Traverse. Must be experienced. Limit of 6. Jim H.
- . **August 7-8.** (SatSun) Family car camp and hike. TBD
- . **August 15th** (Sun) Camp Muir Meeting
- . **August 25-29th** (Wed-Sun). We have some Enchantment permits. A beautiful spot. Jim H or Karen P (782-1873)
- . **September 4-6th** (Sat-Mon) climb and/or backpack TBD
- . **September 18th** (Sat) Camp Muir Meeting
- . **September 25-26th** (SatSun) 1993 OSAT Reunion/Car Camp in the Granite Falls/Monte Cristo Area. Something for everybody.
- . A 1995 Denali Climb is still under consideration.
- . A 1995 Seattle to San Diego Relay Race is being planned.

## **KEEP CLIMBING MOUNTAINS**

"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

## OSAT YODEL

**ONE STEP AT A TIME (OSAT)**  
3819 130th Lane SE, Apt E-5  
Bellevue, WA 98006

**May 18, 1993**

(206) 362-4689 soon to be (206) 236-9674

**An outdoor club for members and friends of twelve step recovery programs.**

**\*Keep climbing mountains, and don't slip\***

Greetings from Jim H...

For your convenience, the list of "important phone numbers" is on last two pages along with the current schedule, so you can tear off that page and put it in a convenient place. Our next newsletter (mostly an updated schedule) is planned for about July 1st. Your inputs (i.e. the information about activities you would like to lead) should be sent to me by June 30th.

As always, feel free to call me if you have any questions, comments, complaints, etc. about this newsletter. My numbers are: 234-1522 (day) 641-7983(night). (How do you like the new banner and the name?)  
.....

### **12- Step Meetings:**

#### **Tiger Mountain Meeting - Thursdays 7:15 pm near summit of West Tiger 3.**

On April 8th, the meeting on top of Tiger Mountain resumed amidst great joy and celebration (and rain). Over 35 members attended. We even had a large, decorated cake - compliments of Dave N who somehow managed to get it to the summit unharmed. This is a great meeting and attendance has been good. Starbucks coffee and hot water is available this year...

You may have heard that the trail is closed. This is not exactly true. They do have a barricade and "closed" sign on the regular route, but essentially this is to warn people that some of the trail is under repair. There is no fine for ignoring the sign and barricade. In fact the route that many of us now take (climber's path directly up from the parking lot, then bear left slightly at the power lines, then follow old cat track up to where it intersects with the regular route) has no signs whatsoever.

But newcomers should not try to find the meeting alone. Consequently, at our May club meeting, we agreed that an experienced OSAT-er will be a the trailhead at 5:30pm to lead first-timers (or whom-ever) up to the meeting (via the regular, less steep route). Look for the person with the "OSAT" T-Shirt. Bring warm clothes and a flashlight. The hike gains 2,000 feet in less than 3 miles and you normally won't get down before dark.

To find Tiger Mountain: Take the High Point Way Exit off of Interstate 90 (first exit East of Issaquah). Then make a reverse U-turn onto a road parallel with the Interstate. Park as close as you can to the end of the road (the trailhead).

**\*\*\*\*Warning:** There have been more theft problems at the trailhead. Consequently, we urge you NOT to leave any valuables in cars or leave anything valuable showing. Anyway, we plan to start posting volunteers to patrol the parking lot during the meeting - armed with a mobile phone only. Looks like our club may need a Sergeant-at-Arms to organize this. Until then, if you are willing to volunteer for patrol duty, be at the trailhead at 5:45pm and we will draw lots.

#### **Meadowdale Park Beach Meeting - Mondays 6:30pm.** \*\*\*\*\*NEW\*\*\*\*\*

What a great idea! Hike 1.25 miles downhill to the meeting (and beach). Meet at the covered picnic shelter at the Meadowdale County Beach Park in Lynnwood on Monday nights at 6:30pm. Water and honey buckets are available. After the meeting, hike 1.25 miles uphill to the cars. Running opportunities for those who want more exercise - or just enjoy the views and fellowship. Driving directions: Take the 164th St. exit off Interstate I-5. Go west on 164th to 52nd Ave West and turn right onto 52nd. Then (following signs to Meadowdale County Beach Park) turn left on 160th SW, then right on 56th Ave W, then left onto 156th SW, then follow road into parking lot. Questions? Call Terri St

(Editor's note: We need something like this for South Puget Sound OSAT-ers! Anybody have any ideas? How about something around Puyallup? All we need to get started is somebody (or several somebodies) to make a commitment that at least one person will be present to chair the meeting AND a suitable outdoor site...)

#### **Lake 22 Meeting - Sundays 4pm.**

The OSAT-North folks are resuming their meetings at the usual time. This is a very nice family hike to a beautiful lake. It is about 2.5 miles and gains 1400'. There are some beautiful waterfalls on the lower trail. As of this date there is some snow around the lake, but it should be gone soon. Call Dick or Theresa for further information.

Granite Falls is north and east of Everett. Drive through downtown Granite Falls and turn left onto the Mountain Loop Highway. The trailhead is about 15 or so miles from Granite Falls. (There is a parking lot and hiker sign- right side of road). This is about a mile past the turnoff to Mt. Pilchuck which is about a mile past the Verlot Ranger Station. The hike takes about 1.5 hours.

### Tiger Mountain - Sundays around 10am

Believe it or not, this meeting continued throughout the winter. In fact, there were about 15 of us one Sunday morning when the temperature was about 20 degrees F. Crampons were worn on several occasions. However, there is not a regular chairperson for this meeting. (Volunteer?). So take a big book. Ask others at the summit if they are friends of Bill W. And, if you can't get a meeting started, at least you got some exercise!. We will continue to ask about interest in this meeting at the Thursday night meeting...

### Camp Muir and other Meetings

Many of us think of OSAT as a spiritual adventure. An OSAT outing always begins and ends with a prayer. If the weather cooperates and if there is time to safely do so, there is a regular meeting. Sometimes the meeting is a planned part of the outing. This is particularly true for the Family Hikes and Camp Muir Hikes (see schedule below). In fact, the Camp Muir Meetings (there have been six prior to this year) have all been VERY inspirational. We plan to have about a half dozen this year.

### Special Group Preamble

At our April Club meeting, we decided to recommend to the OSAT AA group that they read the following at every 12-step meeting. A group conscience at the next meeting agreed and we have started doing so. It is to be read at OSAT AA meetings after the reading of the Traditions.

*This is an open meeting of the One Step at a Time AA Group. This AA group is distinct and separate from the outdoor club of the same name, although many of our members also belong to that club. Anyone attending this meeting is welcome to share about what is happening in their life. Remember, we follow the AA tradition of anonymity - what you see and hear at these meetings should not be discussed outside of these meetings.*

*Most of our members are outdoor enthusiasts and we often share about our outside interests, because of their importance to our sobriety. We recommend attendance at other 12 step meetings where there is more discussion about the individual steps to recovery.*

*Our format is very simple. After the opening, we welcome newcomers to our meeting, observe important recovery dates, and allow special announcements for the good of AA only. Then the meeting is opened for sharing. No one is called on. We do not pass it along and there is no crosstalk. The meeting ends when everyone with a desire to share has done so or when a predetermined time has elapsed. We close in the usual manner, followed by "Keep Climbing Mountains - and don't slip".*

We welcome comments and/or suggestions about the above.

### Club Meetings

On the first Wednesday evening of each month, we have an OSAT Club Meeting at the Cabana (next to the swimming pool) of the Sterling Heights Apartment in Factoria (same as club address above). From Seattle, take Richards Road Exit from Interstate 90 (first exit just east of 405 interchange), turn right at light, then go to 38th and turn left (second light). From Interstate 405, take Coal Creek Parkway (Factoria) exit, go less than a mile to a light, turn left and go up then down the hill into Factoria business district. Turn right at 38th. On 38th go east up the hill into the apartment complex. Park in a non-numbered spot or on the street just before apartments (this is safe and will give you a little exercise). The meeting starts at 7:00pm.

The meetings have been well attended and are a good way to meet some of the "regulars". We discuss club business for about an hour and then try to have some special attraction. We try to leave by no later than 9:00pm.

Upcoming business to discuss? Development of by-laws and election of officers or trustees or directors. (Yes, we are getting big enough for this AND yours truly would like a little less to do). Other club business includes planning of special activities, development of club policy/traditions, and use of funds allocated for property and equipment.

### Special Attractions:

June 2nd: For climbers, Glacier Travel by Greg A; Plans for Camp Long by Jim H.

For non-climbers, discuss plans for Family Activities and Car Camps.  
July 7th: Robert and Charlie will teach Yodeling. Prize awarded to best novice yodeler (as determined by judges).  
August 4th: TBD - maybe a first aid discussion; maybe another slide show...

Also, starting at the June meeting we will have a mini-auction of currently available club equipment AND any new donations. The Club Meeting is also a good time to volunteer for service work!

## **Mt. Si Alternatives**

They closed the main trail to Mt. Si. Something about repairs. The parking lot entrance has a big sturdy (locked) gate. There are signs. Worse, they give tickets to cars parked on the road. What can one do? Don't drink over it. Here are some alternatives:

1. Take the Old Trail. Most of us like it better anyway. Here's how: At the bridge, turn left immediately into a parking lot. If it's full, forget it and go somewhere else. (On Sunday, May 2nd at 9am, it was only half full - room for 8 or 10 more cars. The trick is to go early. Later in the day, it fills up with sports climbers going to Little Si). Otherwise, park and walk west along the road for about 300 meters until you come to a little sign saying Little Si Trail. Go up the trail, which turns into an old road. After a quarter mile or so, take a small branching trail that goes to the left. In about 100 yards it intersects with a bigger trail and you must turn left or right. If you go left, then you will immediately cross a bridge and eventually get to Little Si (a fun little hike). Go right instead. In about 100 meters you come to another trail branching to the left. Take it - it goes to the top of Big Si. Although it intersects a few old roads and trails, you should be ok if you always follow the most heavily used tread. At about 3,000' elevation it "touches" the new (regular) trail. (Remember this spot!) Finally, at about the treeline, it intersects with the regular trail. (Remember this spot, too). Be careful on the way down or you will find yourself in the parking lot under construction - two miles from your car!

2. Take logging roads up the "back side" of Si. Drive 1 mile past the entrance of the regular trail (3 miles from the bridge). There is a school bus turn-around (with a sign preceding it) that can be used to park about a dozen cars. There is a locked gate in front of a dirt/gravel road. Go up the road about 0.8 miles. At a Y take the left fork. Go another 3 miles or so to about 4,000' where there is another Y. Taking the left fork will soon get you very close to Si. You should be able to see the Haystack easily at this point (to the west) and pick a trail that will get you there. If you go right, you eventually get to a saddle that overlooks a lake. Leave the road at this point and go Southeast up a ridge. Eventually you will get to the summit of Mt. Teneriffe (4,788' or 600' higher than Si). On May 2nd, there was snow above about 4,000', but this should be gone soon.

3. Go somewhere else. Here are some fine hikes just past North Bend with easy access from Interstate 90:  
**McClellan Butte**: Take Exit 42, go right 0.3 miles to trailhead on right. Park as close as you can. You will run into snow until mid June, but trail should be well traveled by now. Optional last part to summit may look exposed; for a serious variation leave trail after switchbacks end (about 4,000') and go straight up one of the gulleys. 3800' gain. About 9 miles r.t. Harder than Si.

**Bandera**: Take Exit 42, go under the freeway, turn left onto road 9030. Go 1 mile and take left fork onto road 9031. Go another 3 miles or so to the end of road (some construction in progress). Hike up old roadbed, don't take the trail that goes left to some lake at about a mile. Trail finally leaves roadbed and begins to gain elevation. May be snow on nidgetop until June. Good views of the freeway. 3,000' gain. About 7 miles. Easier than Si, except when snowcovered.

**Granite Mtn**: Take Exit 47, turn left and go across freeway. Then turn left and go to road end. Hike up trail one mile and take side trail that branches sharply to the right. Follow this until it disappears in snow and then head for the summit (which has a lookout, which is usually closed). This is also a good winter climb (but don't cross gulley, instead bear left and go up ridge), but snowshoes and/or crampons are usually needed. Should be ok almost to the summit by June 1st. 3700' gain about 7 miles r.t. Harder than Si.

## **Activities:**

Some new, some old. But they all sound like fun. I know some of you OSAT-ers get depressed over the fact that you can't attend all OSAT activities. Think of it as a growth experience.

Did you know that there were places in this state where you can find crystals on the ground that would cost you money at street fairs? Well, it's true. I personally know of one such place in the Olympics. Maybe Steve S knows of another one on the Middle Fork of the Snoqualmie. In any case, on May 22nd, that's where he proposes to lead a **Crystal Mining Expedition**. He'll even stay overnight if people want to. Mark your calendar and give Steve a call for the details. (838-4287). On this same day, Dave N plans to **paddle to Blake Island** and stay overnight. He would like the company of some other experienced paddlers. Give him a call (752-9214). Terri St will lead an overnight **family backpack to Goat Lake** on June 12-13th. The hike is 5 miles short, but almost flat except for the last half mile which gains 800'. Should be suitable for older children. Strong, single, people with extra room in their pack are strongly encouraged to attend also. This is a pretty spot (near Monte Cristo) and it should be a fun time.

Terri will also lead another family backpack on the Fourth of July weekend. Give her a call about either of these outings. On the same weekend (July 3-5), Karen S. will lead a 3-day expedition to the summit of Mt. Adams via the south spur route. Ice axe and crampons are required, but ropes and harnesses are not necessary. This is a major volcano, almost as high as Rainier, so you must be in good shape. The third day is to allow time for a wide-awake drive home. There should be time for a couple of great meetings in a spectacular setting. Call Karen for more information. Also, Karen, with some help from Walt Q, will be leading a set of hikes and/or scrambles in the Monte Cristo area on the July 10-11th weekend. Included in this will be an overnight car camp. Should be lots of fun. More about this in the next newsletter (late June). Tim R has volunteered to lead a family hike to Lake Annette on June 19th, which I think is his daughter's birthday, who may also be on the hike! This hike is about 3 miles and 1500' gain and a lovely spot for a luncheon meeting. On the weekend of June 26th and 27th, we will have our traditional practice weekend at Cougar Rock Campground at MRNP. This year we are encouraging everyone to bring their families and we will try to organize some day activities for everyone. For a change of pace (?), after work (or whatever) on Monday, June 14th, (weather cooperating) bring your favorite poem and your sleeping bag (or flashlight) for a poetry reading on top of Mt. Si. Interested? Call Jim H or Steve S. Some of us love Mt. Si. After the regular trail is re-opened - probably in late August - we are planning a fund-raising breakfast on top of Mt. Si. This should be great fun. Robert is chief organizer and also chief cook. Who says climbers don't eat breakfast? More info in next newsletter. OSAT will have an entry in the Ashford to Oceanshores Relay (June 11-12), where each of 11 runners will do about 5 miles 3 times. Lots of fun. We still need runners and helpers. Call Karen P, if you are interested. Sometime this summer, we may well have our very own special class on Mountain Oriented First Aid (MOFA). How is this possible? One of our new members - Joseph H - is a certified MOFA instructor! This summer, we will also have at least one Camp Muir Meeting per month planned, starting Sunday, May 16th (the 7th one in history!). Check the schedule or call Jim H. In fact, all of our meetings are open - invite your family and friends to hike along with you, even if they don't want or need a meeting! (Late in the year, we will invite all family members to hike part of the way to Muir - through the meadows and flowers above Paradise - and maybe have a simultaneous meeting at a lower altitude...

## T-Shirts

We have sold over 40 of the six dozen T-shirts we ordered, so we have now recovered our costs. Any future sales are profits to the club. Some of you have ordered and paid for T-shirts, but not received them. That's because we are too cheap to mail them to you. So come to a club meeting. Or come to Tiger Mountain. I have your T-shirt in large ziplock baggie in the trunk of my car. If this is not possible, then call me and we will arrange something!

And we have more for sale. Only a couple Extra-Large sizes, but still lots of mediums and large of both teal and ash. Get them while they last. The price is \$13. It may go up.

## Climbing Class & Mt. Rainier Climbs

. We have had 3 ice axe arrest field trips, attended by respectively 9, 19, and 19 OSAT-ers. Even though the weather was not very cooperative, everyone told me that they enjoyed the outings AND learned a lot.

. 13 of the above were "rookies": Teresa, John Sc., Doug H, Sally, Ivar, Chris, Tim, Britt, Mike, Shannon, Carol, Cece, and Bridget. Others were reviewing/practicing/teaching. Many thanks to the experienced climbers that helped out - especially Greg for his expertise and leadership.

. Some rookie OSAT-ers who would like to climb Rainier this year were unable to attend any of these field trips. Please let me (Jim H) know ASAP if you are still interested, because we may have a make-up opportunity. Those that attended ice axe arrest practice last year, but didn't participate in a climb last year, but are still interested in doing so, should also call me.

. For those taking the climbing course who want to climb Mt. Rainier this year, the following is required:

- . attend the club meeting on June 2nd, 7pm, Factoria, see directions above under Club Meetings.
- . attend the Prusiking Field Trip at Camp Long in West Seattle on June 9th. Directions available at June 2nd meeting.
- . attend a Roped Travel Seminar at Mount Rainier National Park (MRNP) on June 5th or June 26th.
- . satisfactorily hike to Camp Muir with an appropriately heavy pack.
- . signup with the leader for one of the Mount Rainier climbs listed in the schedule: June 27-28, July 11-13 (for slow climbers), July 17-19, or August 1-2. Other climbs may be scheduled. Sign up ASAP.
- . you must purchase or obtain the equipment mentioned at the beginning seminar and listed in the handout. We will supply cord and webbing for the prusik loops and chest harness at cost (about \$9).

. As always, we need experienced climbers to help us instruct. Also, people who climbed last year and want to climb again this year are strongly encouraged to attend some or all of these activities to refresh their memories.

Please let me know if you can help me out - in advance, if possible!

. A note about signup: Our tradition is that a leader must base the decision about who can participate in a particular climb on principles rather than personalities. Party size on climbs is usually limited to a maximum of 12 and sometimes to a fewer number for safety reasons. However, on a technical climb, there must be at least a minimum level of experience on the climb and sometimes "compatibility" is a safety issue. In any case, for technical climbs it

is more than just being in good enough physical shape. For example, if 10 "rookies" and only one experienced climber wanted to sign up for a particular Mt. Rainier climb that I was leading, then I would have to refuse to let some of the "rookies" participate in that particular climb. The ratio of "rookies" to experienced climbers is not fixed, since it depends upon the abilities of the "rookie" and the experienced climber. Some may have climbed Mt. Rainer and therefore is no longer a "rookie", but still may not know enough to lead others safely.

Please call me, if you have any questions or concerns. Meanwhile, keep getting in shape by hiking uphill with a pack as often as you can.

### **Finances & Membership**

We now appear to be financially solvent. We should even have some money to buy some club equipment later this year. A treasurer's report:

Estimated Income:	
Money in bank	\$1,200
Cash & checks to be deposited:	270
Estimated future receipts	
20 old members finally pay	240
20 more T-shirt sales	260
Total Estimated future receipts	500 (1)
	TOTAL \$1,970
Estimated Expenses (through March, 1994)	
Reserve fees collected for the relay race	210
Newsletter Expenses (6 issues x \$150)	900
Hotline Expense	250
Marketing Expenses	200
Reserve & Miscellaneous	410 (2)
	TOTAL \$1,970

(1) does not include potential receipts from equipment auctions, other donations and fundraising events, or dues and fees from new members. The latter is expected to pay for additional newsletter costs and marketing expenses that result from a larger organization.

(2) Some of this has been committed via donations to Property and Equipment purchases.

(NOTE: The money from the AA group is entirely separate from the club money and this report. However, FYI that money is used to pay for the coffee, coins and birthday goodies and excess money is appropriately allocated.)

**Membership:** As of May 11th, there are 72 fully paid-up OSAT-ers. (You will soon be getting your membership card, if you haven't already. Try to use it for discounts at Outdoor Stores. If you get a discount, please tell me about it and I will advertise it in the next newsletter.) I estimate there are about 30 other active OSAT-ers that have not yet paid their 1993 dues. They should be very careful during thunder and lightning storms. Also, I fully expect that we may get quite a few new members after it stops raining on Thursday nights.

### **Running, Bicycling, Paddling, Etc.**

Many of our runners are also climbers. This has made it difficult to get a lot of things going this time of the year. Occasionally a few of us make it to GreenLake on Tuesday nights and this is great fellowship. But we need somebody to organize our runners, set up some regular fun runs and select a few road races to put in the schedule. There is clearly a new need for a running club for 12 step people. Maybe there already is one and we just need to find it! This is a good service opportunity for somebody...

Todd F is our bicycling chairperson and he already has some activities scheduled (Pioneer Century in Portland on June 5th; STP on July 17-18th) and plans to do more later this summer. Give Todd a call. (832-4812)

Are you a Kayak-er or Whitewater raft-er or canoe-er? I bet these activities would be even more fun with other program people. So send me a notice on what you like to do and I will put in the next newsletter.

### **New Hotline Number (236-9674)**

Sometime in July our regular hotline number (362-4689) will be totally replaced by a new number (236-9674). In fact, our new number will be used for "what's going on at OSAT" starting on May 24th. The reason for the change? The new number has more options AND costs less. Why wait until July? It will take about that long for us to change our classified listings and to circulate new OSAT business cards.

During the first four months of this year, we had over 50 people leave their names and addresses through our hotline. Some of them have even become paying members. Others have called and learned some things about our club by listening to Linda Z's soothing voice. Eventually, we hope more people will use the Hotline to find out the latest plans for outings and activities.

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## **Equipment**

Our equipment auction at Coulon Park on April 22nd was a lot of fun for those attending - especially with our very own professional auctioneer (OSAT-er Britt S). We also raised \$140 (to be used for buying club equipment). However, the attendance was poor (about 15 members) and only one of our pairs of boots were the right size for anyone needing boots.

So here is what we propose to do in the future: At any club meeting, a member may bring donated items to be auctioned to those club members in attendance. Also our existing equipment (including several pairs of boots will be available for fitting and auction - at some predetermined minimum bid - say \$10 for boots or rock shoes, less for less valuable items).

We have a committee working on the best way to loan and track club equipment. At the moment the club owns two pair of snowshoes. One pair is going with Bob C to Denali. (Good Luck - Bob and Joel). The other is available for club members. Contact Steve S.

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## **Anne's First Mt. Rainier Ascent**

*<Editor's preface: OSAT and the Tiger Mountain meetings began during preparation for an AA ascent of Mt. Rainier in 1991. Participants of that climb were later asked to document their experiences in order to help members who might make the climb in later years. This was Anne G's response, printed here for the first time.>*

This is a brief description of my adventure up Mt. Rainier. On Thursday, I drove to the base of the mountain and camped out by the cars. On early Friday morning, about 7:30am, we got ready to head up to Camp Schurman which is about 9,500 feet. The hike on Friday was up vegetated terrain for the first 3 hours or so.

Once we hit the base of the snow fields we teamed up and roped into groups of 3 or 4 people. I was roped with Paul C. and Robert T. We were the last team to start up the rest of the way to Camp Schurman.

We went at a slow pace. After about 2 hours, my 50 lb pack began to feel way too heavy. I later learned that a pack should be no more than 1/3 of one's body weight. I weigh 120 lbs. That means I should really only carry a 40 lb pack to be as comfortable as the fellows weighing in at 165 who carry a 55 lb pack. I still don't know how to carry all of the bare minimums with only 40 lbs allowed for my weight!

Paul, Robert, and I became separated from the rest of the group as a result of taking too much time during breaks and walking too slowly. Robert was anxious to get going, so we let him unrope and go on ahead. Paul and I then hiked alone. I was scared. We were hiking next to crevasses on a couple of occasions. I felt it was getting late and that we didn't know how much further we actually had to go, nor where we had to go! It was a really big emotional ordeal for me. Fatigue and fear of not reaching my goal on schedule were both factors that affected my strength and endurance.

We finally made it to Camp Schurman at about 5:00pm. We camped on a glacier with crevasses around us. It was like a tent city up there. The view was amazing. We slept from 8:00pm until about 11:30pm or longer. I got started on a team with Jim, the main leader, and Shirley. We were the sweep team, so I was on the last team again. We were held up for 2 hours by people getting altitude sickness, a sprained ankle, blisters, headaches, ad infinitum having to re-rope and head down.

Finally, we got going at a pace where my muscles could get warm and stay warm. I was nauseous half of the time and hungry half of the time. No matter how much I ate, I still felt hungry or nauseous. It was difficult to eat and unflavored, melted snow still didn't seem drinkable. We made it to 13,000 feet and I was really tired. I took a lot of little breaks, did pressure breathing and used the rest step all the rest of the way to the top. I kept thinking that after we got over the next ridge we would be there. The experience was emotionally draining.

I was about 50 feet from the top when I really got dizzy, disoriented and very weak. The wind was at least 30 mph and gusty and I almost fell on a few occasions. At the top of the mountain I collapsed. Jim put more clothing on me, forced me to eat candy bars, and drink. He slapped me to get me out of my disoriented state. (When he apologized afterwards, I laughed about it.) There were about 5 other guys right there for me. It was incredible how supportive everybody was.

I was forced onto the next rope team down. The trip back to base camp took about 4 hours or so. We received a nice reception from those who did not make it to the top or who had already come down. I immediately went to bed. It was about 6:00 pm. Some of the people were leaving to go the rest of the way down to their cars that night.

Saturday evening, we had winds gusting to about 50 mph or so. My side of the tent was completely indented by the wind. I was scared and it was hard to sleep. It felt like we were the only ones on the whole mountain. Fortunately, our tent anchors were secure. Amazingly, at 2:30am in the morning there were people hiking up the mountain even with all that wind!!!

We got up the next morning at 7:00 or so and said the serenity prayer as a group. Bob gave me a 10 year (birthday) coin and passed it around for everybody to say something. I would have cried but I was too dehydrated. We then headed down the rest of the mountain from Camp Schurman. I was careless and got sunburned.

We glissaded down the snow fields all roped up. I think we got going at least 40 mph in the sitting glissade position. That was definitely the icing on the cake for me. We whooped and hollered.

We got back to the cars in about 2 more hours after getting off the snow at Glacier Basin. Hiking in plastic boots on the ground made my feet really tender. Some people also brought light boots for hiking on regular dirt.

Next time, I'd like to put on about 5-10 more lbs of muscle before trying it again, bring a high energy drink, or cranberry juice (Steve S. lent me some to drink, and I thought it tasted absolutely delicious on top of the mountain). I would also take at least 4 apples, although I don't normally care for apples. I will also not take so much gorp. It got old really quickly. String cheese was given to me and that tasted like Gods gift and also some sugar wafers (yum).

Food was the most important factor for me on the trip. It really made a big difference in not feeling nauseous and having more energy. I would have done much differently, if I had brought more foods like the above mentioned.

I am definitely looking forward to doing more of this.

Love, Anne G, August 7, 1991

*<Editor's postscript: Anne has certainly done more of this. In 1992, not only did she complete the Mountaineer's Basic Climbing Course, she also climbed Adams, Rainier, Sloan, Shuksan, and Glacier Peak. She is currently enrolled in the Mountaineer's Intermediate program.>*

## **Fellowship on Skis** (Dave N)

All I wanted to do was go hut skiing - invite a few people to share the experience and have some fun. Instead I was the leader! This meant responsibility - for the reservations, making more phone calls than I like, and worrying about doing things right.

Eight of us - me, Chuck T., Kathy O, Bob Mx, Jim H, Laara I, David and Joan, met at the Bunkhouse in Ashford on Valentines Day. We drove to the snowpark and walked and skied the 4.5 miles and 2000' up the road just ahead of a minor weather system - with me scurrying around like a hen with a brood. We reached the hut with wind howling and clouds growing darker. Inside the hut was snug, friendly, and warm. We spent the time talking and settling in, enjoying the views.

The next morning was beautiful and clear. From the front windows, Mt. Rainier was brilliant in the early sun. Adams & St. Helens were visible from outside. After a leisurely breakfast we packed to leave. The two inches of new snow helped the crustier snow underneath and made it easier skiing down.

The trip was fun, not too strenuous, and a success, I think. I'm afraid I may have been too casual in some things. For example, skier's ability and backcountry knowhow, too. My attitude had been, "its only 4.5 miles. We're going to a hut, what could happen?"

Shortly after, the skier story in Colorado broke!

## **Quote of the Month**

(Tom M sent us this - a quote by Ned Gillette, adventurer and former Olympic skier)

"...We developed a plan that reduced risk. To me, life is fullest when I try new things. I love that giddy feeling when I bite off more than I can chew, then chew it successfully. That means facing, then dispelling, the fear of the unknown.



I want to maximize my potential and, in so doing, inspire others to see through their dreams.

"If life is to have meaning, it's essential to carve out your own niche, to become special. Special things happen to special people. Expeditions are not all pure pleasure. Climbing, skiing and ocean voyages to remote corners of the world are often so gnarly and so scary that you wish you'd never left home. But eventually the sun shines again. You must be an optimist. *People are adventurous in direct proportion to their shortness of memory.*"

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### Free Outdoor Portraits

Well almost anyway. You provide film and processing. Transportation negotiable. You suggest location, but I can also provide suggestions for photo settings (Mountain Loop Hiway, Mt. Pilchuck, Greenlake, Discovery Park, Whidbey Island, Paradise, Deception Pass to name only a few). I am available evenings and some days during the week and on weekends. This is a unique opportunity to see yourself and have others see you in your element - the outdoors in all it's moods and seasons. Offer ends July 15, 1993.

Karen S. (206) 634-2849 (leave message)

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### Trip Report (Shirley R)

Mauna Loa, Big Island of Hawaii, March 29, 1993

I hiked the 7.5 mile, 3400' gain, route to Pu'u'Ula'ula Rest House, the "Camp Muir" of Mauna Loa, at elevation 10,035'. I did not try for the summit (13,679') this time, but hope to do so next year. In the guest register, I wrote my name, comments, and "First Annual OSAT hike on Mauna Loa". The hike itself was very pleasant - the weather was perfect (warm and breezy) and the lava formations interesting to hike over. The route was marked by "ahu" (cairns), as it was mostly over rock. At my destination, Pu'u'Ula'ula, I had a nice view of neighboring Mauna Kea (13,796'), which I would also like to climb next year. Both are non-technical, but strenuous, as well as having the altitude factor. After these climbs, there's always snorkeling or relaxing on the beach... a winter experience not possible in the Pacific N.W.

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### All the Volcanos

On May 16th, Greg A led myself and 4 other OSAT-ers to the top of Mt. Baker via the Boulder Glacier. This was a spur-of-the-moment climb, partially a makeup of an earlier cancellation due to weather. It went fantastic. The route is from the east side and features spectacular views of Shuksan and the North Cascades. The approach and climb was a little longer (and maybe a little more technical) than the normal routes, but it was well worth the extra trouble. We had the glacier to ourselves!

Greg almost literally carried us to the top - both by kicking most of the steps and by his expert routefinding through the crevasse fields. In places, the snow was very deep and the slope very steep. Through it all was the bright sun. All of us got sunburned behind the knees and most of us elsewhere as well. Yet the summit was cold and windy, so we didn't stay for long. (The only people we encountered the entire weekend were a half dozen climbers on the summit who were slowly descending - far to the west).

This concludes first OSAT ascents of the Washington state volcanos (Rainier and Adams in 1991; Glacier Peak in 1992; St. Helens and Baker this year). Who made all the climbs? Only yours truly and Robert T. - who also made the first OSAT ascents of Tiger Mountain and the Brothers. Others on Baker were Charlie A, Chuck T, and Rik.

Mt. St. Helens went on schedule (March 20-21st). We had decided to go despite the weather forecast, which was for stormy weather. This scared away all the other climbers and skiers, so we had the mountain to ourselves. Then the weather turned out BEAUTIFUL - so warm that one layer of polypro sufficed at base camp after the climb. It was a great weekend. Participants were: Karen S (co-leader), Tom M, Chuck, Robert, Pete, Walt, Joseph, Steve and Francy.

Finally, although it wasn't an OSAT climb, I was lucky enough to follow Tom M (another OSAT-er) up Rainier on February 7th via the Gibraltar Ledges route. It was my first attempt at a winter ascent of Rainier and the weather was unbelievably warm. A week later, OSAT-ers Joe C and Bob C had much more excitement on the descent of another successful climb on the same route, when a snowbridge collapsed, leaving Joe and Bob separated by a gaping crevasse - even though they were still roped together! They along with their amigo Ken will be leaving for Denali on May 20th, where they hope to have the highest ever AA meeting. So do we. Our thoughts and prayers will be with them.

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## **Important Phone Numbers (Day # / Night #)**

### **Committee Chairpeople:**

Service: Steve S (838-4287)  
Communication: Jim H (641-7983/234-1522)  
Activities/Information Hotline: Linda Z (723-9864)  
Finance: Dave B (353-8154/294-2651)  
Equipment: John S (244-2961)  
Climbing: Greg A (932-4862/684-3393)  
Running: Dick W (339-3751/435-5571 x1107)  
Bicycling: Todd F (832-4812/832-4490)  
Family Outings: Paul C (782-7297/389-8008)  
Relay Races & Social: Karen P (782-1873/361-7423)  
OSAT North: Dick H (659-9072) or Teresa (353-8154)

### **Activity Leaders:**

Karen S (634-2849)  
Terri St (743-5190/774-5554 x315)  
Joseph H. (241-6378/931-3465)  
Dave N (752-9214)  
Tim R (735-5777/838-8900)

## **CURRENT SCHEDULE:**

- . **May 15th** (Sat) Historic Lewis County Bicycle Ride. Todd F
- . **May 16th** (Sun) Camp Muir Hike and Meeting. Bob C.
- . **May 22nd** (Sat) Family Crystal Mining Expedition - Steve S.
- . **May 22-23** (SatSun) Paddle to Blake Island - Dave N.
- . **May 29-June 1st**(Sat-Tue). Mt. Rainier via Tahoma Glacier. Experienced climbers only. May be full. Jim H.
- . **May 29-30** (SatSun). Mt. Baker via Coleman Glacier. Makeup for earlier cancelled climb of Baker. May be full. Greg A.
- . **June 2nd** (Wed) OSAT Club Business Meeting at 7:00pm at Factoria, followed by Glacier Travel and Crevasse Rescue Seminar for those taking Climbing Course.
- . **June 5th** (Sat) Pioneer Century Bicycle Classic. Todd F.
- . **June 5th** (Sat) Roped Travel Seminar at MRNP. Jim H
- . **June 6th** (Sun) Camp Muir Hike and Meeting. Jim H
- . **June 9th** (Wed) Evening field trip at Camp Long in West Seattle
- . **June 11-12th** (Fri-Sat) Mt. Rainier to Oceanshores Relay Race. Karen P
- . **June 12th** (Sat) Camp Muir hike and meeting. Leader TBD
- . **June 12-13th** (SatSun) Family backpack to Goat Lake. Terri St.
- . **June 14th** (Mon) Poetry reading at sunset on Mt. Si. Jim H or Steve S
- . **Mid June.** Climb the Matterhorn and/or some other Swiss Peak. For details, write Pfc. Heidi Wade, 92nd CMO CO Box 842, Unit 26129, APO AE 09031.
- . **June 19th** (Sat) Family Hike to Annette Lake. Tim R.
- . **June 26th** (Sat) Roped Travel Seminar. Joseph H.
- . **June 26-27th** (SatSun) Family Campout at Cougar Rock Campground at MRNP. Day hikes will be planned. Leader(s) TBD
- . **June 27th** (Sun) Camp Muir Hike and Meeting. Jim H.
- . **June 27-28th** (SunMon) Climb of Rainier via DC Route. Terri St.
- . **June 30th** (Wed) Last day for input to next newsletter
- . **July 3-5th** (SatMon) Mt. Adams, South Spur Route, Karen S.
- . **July 3-5th** (SatMon) Family backpack. TBD. Terri St.
- . **July 7th** (Wed) OSAT Club Business Meeting at 7:00pm
- . **July 10-11** (Sat-Sun) Car Camp and day hikes/scrambles in the Monte Cristo area. Karen S or Walt Q
- . **July 11-13th** (SunTue) Slow climb of Rainier. Jim H
- . **July 17-18th** (SatSun) STP Bicycle Classic. Todd F
- . **July 18-19th** (SunMon) Climb of Rainier via Emmons. Greg A. Limit of 8.
- . **July 24-26th** (Sat-Mon) Mt. Olympus. Greg A (932-4862) \*\*\* FULL \*\*\*
- . **August 1-2** (SunMon) Mt. Rainier Climb, Emmons Glacier - Jim H.
- . **August 4th** (Wed) OSAT Club Business Meeting at 7:00pm

- . **August** - (tbd - Ptarmigan Traverse - limit of 6. Must be experienced. Jim H.
- . **August 7-8.** (SatSun) Family car camp and hike. TBD
- . **August 15th** (Sun) Camp Muir Meeting
- . **August 25-29th** (Wed-Sun). We still have some Enchantment permits. A beautiful spot. Jim H or Karen P
- . **September 4-6th** (Sat-Mon) climb and/or backpack TBD
- . **September 9th** (Wed) Club Business Meeting
- . **September 18th** (Sat) Camp Muir Meeting
- . **September 25-26th** (SatSun) 1993 OSAT Reunion/Car Camp in the Granite Falls/Monte Cristo Area. Something for everybody.
- . A 1995 Denali Climb is still under consideration.
- . A 1995 Seattle to San Diego Relay Race is being planned.

## **KEEP CLIMBING MOUNTAINS**

"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

## OSAT YODEL

**ONE STEP AT A TIME (OSAT)**  
3819 130th Lane SE, Apt E-5  
Bellevue, WA 98006

**July 9, 1993 -**  
(206) 236-9674

**OSAT - an outdoor club for members and friends of twelve step recovery programs.**  
"Keep climbing mountains, and don't slip" ... Greetings from Jim H...

For your convenience, the list of "important phone numbers" is on last two pages along with the current schedule, so you can tear off that page and put it in a convenient place.

As always, feel free to call me if you have any questions, comments, complaints, etc. about this newsletter. My numbers are: 234-1522 (day) 641-7983(night).

### **Regular 12- Step Meetings:**

**\*\*\*NEW\*\*\* Pete Mountain Meeting - Enumclaw, Wednesday 7pm:** This meeting started about a month ago and has been going great. Pete Mountain is about a 1,000' hike (steep) on a good trail - just right for a good aerobic workout! Directions: Go through Enumclaw towards Mt. Rainer (Sunrise side). Just past the big Safeway turn right. Go about a mile, turn left, then about a half mile and turn right. Go to the base of the mountain to the trailhead. Call Bob Mx or Kathy O for better directions.

**Tiger Mountain Meeting - Tuesdays and Thursdays 7:15 pm near summit of West Tiger 3.**

We have had more than 60 people attending the Thursday meeting. The Tuesday meeting, which we have only July through September, is more intimate - we had 9 at the first meeting. Newcomers should not try to find this meeting alone - look for a person with an "OSAT" T-Shirt. Bring warm clothes and a flashlight. The hike gains 2,000 feet in less than 3 miles and you may not get down before dark. Call Jim H. or Tim R for more information.

To find Tiger Mountain: Take the High Point Way Exit off of Interstate 90 (first exit East of Issaquah). Then make a reverse U-turn onto a road parallel with the Interstate. Park as close as you can to the end of the road (the trailhead).

**Meadowdale Park Beach Meeting - Mondays, 6:30pm.**

Hike 1.25 miles downhill to the meeting (and beach). Meet at the covered picnic shelter at the Meadowdale County Beach Park in Lynnwood on Monday nights at 6:30pm. Driving directions: Take the 164th St. exit off Interstate I-5. Go west on 164th (changes names) to 52nd Ave West and turn right onto 52nd. Then (following signs to Meadowdale County Beach Park) turn left on 160th SW, then right on 56th Ave W, then left onto 156th SW, then follow road into parking lot. Questions? Call Terri St

**Lake 22 Meeting - Sundays 4pm.** This is a very nice family hike to a beautiful lake - about 2.5 miles and 1400' gain. Call Dick H. Directions: Granite Falls is north and east of Everett. Drive through downtown Granite Falls and turn left onto the Mountain Loop Highway. The trailhead is about 15 or so miles from Granite Falls. (There is a parking lot and hiker sign- right side of road). This is about a mile past the turnoff to Mt. Pilchuck which is about a mile past the Verlot Ranger Station. The hike takes about 1.5 hours.

**Tiger Mountain - Sundays around 10am** This meeting has been happening every week and attendance is on the increase. Call John H or Linda Z. See directions above.

**Camp Muir Meetings at Mount Rainier National Park:** We have two more of these scheduled - Sunday, August 15th and Saturday, September 18th. They will be at 2pm and are normally VERY inspirational.. Call Jim H.

### **Club Meetings**

On the first Wednesday evening of each month, we have an OSAT Club Meeting at the Cabana (next to the swimming pool) of the Sterling Heights Apartment in Factoria (same as club address above). From Seattle, take Richards Road Exit from Interstate 90 (first exit just east of 405 interchange), turn right at light, then go to 38th and turn left (second light). From Interstate 405, take Coal Creek Parkway (Factoria) exit, go less than a mile to a light, turn left and go up then down the hill into Factoria business district. Turn right at 38th. On 38th go east up the hill into the apartment complex. Park in a non-numbered spot or on the street just before apartments (this is safe and will give you a little exercise). The meeting starts at 7:00pm.

The meetings have been well attended and are a good way to meet some of the "regulars". We discuss club business for about an hour and then try to have some special attraction. We try to leave by no later than 9:00pm.

## Recent Club Business

At our June meeting, we discussed the problem of equal access to OSAT sponsored activities. Some climbs were "full", before they were even put in the newsletter. We also decided that we would not "stretch" the rule regarding a limit of 12 in wilderness areas. Registering as two separate parties violates the letter, if not the spirit of the law and would only lead to OSAT developing a bad reputation or getting fined. Consequently, we agreed that their will be a beginning signup date for official OSAT activities that have a limit on the number of participants. After that date, the leader must take qualified OSAT members in the order that they sign up - except for insuring that there is sufficient experience in the party. For example, he may decide that he only has "room" for 3 rookies on a particular climb. Then the fourth rookie to call may be put on the wait list even though the overall limit has not yet been reached. Also, for safety reasons, the leader has the option to restrict the number to fewer than 12. At this meeting, there was also much discussion on the need to have an OSAT Leaders List for technical climbs.

At our July meeting, several OSAT traditions were proposed. A group consciousness about them will be taken at the August meeting. If you have some suggestions/criticisms/questions about them, please let me know in advance of the club meeting if possible, so we can be sure to allocate time to resolve any possible issues.

Proposed Traditions:

- . On an OSAT glacier climb, there will be at least two rope teams of two or more climbers and there will be at least two rope leaders who have had crevasse rescue training.

- . On a technical climb (requires ice axe, crampons, and/or rope), the leader will be on the OSAT Technical Leader List.

- . On each technical climb, there will be at least two persons with MOFA trainings.

- . General Qualifications for being on the OSAT Technical Leader's List:

- . Mountaineer's Basic Climbing Course or Equivalent

- . proven ability to organize and lead activities

- . safety consciousness (MOFA training suffices)

- . self-awareness of abilities

- . at least 1 year of sobriety.

- . have the confidence of the OSAT Climbing Committee.

- . The OSAT Climbing Committee (Greg and Jim H, for now) will jointly develop a list of OSAT members that can be on the Leader List if they so choose.

- . Those not on the above list can apply to the climbing committee to be on the list by submitting an application listing their experience and qualifications. If they are rejected, they will be told what they have to do in order to be on the list and they will have the right of appeal (to the Board of Servants, see below).

- . The Climbing Committee membership (beyond Greg and Jim H) will be determined by the Climbing Committee. Those on the Leaders List are not automatically on the Climbing Committee (and vice versa). People interested in being on the Climbing Committee should contact current members of the committee.

- . We may also develop a Leader's List for non-technical climbing activities. For now, any OSAT member can organize and lead non-technical activities as long as they ensure that all participants sign the waiver.

\*\*\*\*\*

Also at the July meeting, I presented a plan for the future organization of OSAT and it was modified slightly. Here is what we agreed to:

There will be a Board of Servants (BOS) consisting of 6 people:

Chair

Last Year's Chair (Jim H)

North

South

At-Large #1

At-Large #2

To avoid ties, the position of last year's Chair will be non-voting.

Board positions are staggered two year terms. This year we will flip a coin to make North or South a one year term.

The BOS will determine by-laws, committee makeup's, etc. soon after elected. A member of the BOS may also be a chair of a committee. Current committees and their chairs continue as is until directed otherwise by the BOS.

The Chair of the BOS will chair BOS and club meetings and be responsible for ensuring the continued viability of OSAT.

The BOS will recommend actions to be voted on by the full club membership.

It is expected that the BOS will meet monthly, separately from the monthly club meeting.

Every paid-up OSAT member will get a chance to vote on the officers. (Ballots will be mailed, if necessary).

After this year, the BOS will appoint a nominating committee. For now, you can contact me regarding a) your level of interest in being on the Board, and/or b) your thoughts on qualified candidates. We will have open nominations at our August 4th meeting.

We want nominations to be agreed upon by the September 1st club meeting, when we will have campaign speeches. Votes will be mailed and tabulated prior to the October 6th club meeting.

This transition to a board is important to me for obvious reasons. Please let me know if you have any questions, comments, suggestions, etc.

(A joke at the meeting: Eventually, political parties may be created. There might be a Conservative Rock party, for example. Or, a coalition may form between the Liberal Kayakers and the Moderate Backpackers, etc.)

Also, it was agreed at this meeting that the club could purchase two ice axes.

T-Shirt's remaining: about 5 medium teal and 5 large ash (\$13 each - I usually have them at the Thursday Tiger Mountain Meeting - where I also have those paid for but not picked up...).

As of this date, we have 84 paid members and about 30 unpaid. If we think you have paid your dues for 1993, then your mailing label has a code following your name that contains the letter F. If it does not have that letter, and if you don't pay before September 15th, then 1) you will not be eligible to vote in the fall election and 2) you may not get future newsletters.

We will be switching to our new Hotline number very soon. It is 236-9674. Please make the change on your OSAT business cards. (We need to get some new cards printed!).

Douglas H. has a flyer on the Tiger Mountain Meeting that is suitable for passing out at meetings. He may also have one for Wednesday's Pete Mtn Meeting. See him for copies.

We are hereby soliciting trip reports, testimonials, poems, whatever, for the next newsletter which will be published sometime in early September - say by September 1st.

Our very own MOFA (Mountain Oriented First Aide) course will be taught by Joseph H. ( a certified MOFA instructor and OSAT member!) in Federal Way starting Tuesday evening, October 12th, and continuing Thursday and Tuesday evenings until November 9th. You get CPR and First Aid Certification plus MOFA certification - required for all Mountaineer climbing courses. This is a great course and highly recommended by everyone who has ever taken it. It is time consuming, but worth it. There is also a cost - about \$35-\$45 for materials. Ten OSAT-ers have already signed up, but there is room for 5 more. If you pass the course, you get a card that is good for 3 years. I am taking it again, because I let my card lapse and I need a current card to graduate from the Mountaineers.

## KEEP CLIMBING MOUNTAINS

"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

## **Important Phone Numbers (Day # / Night #)**

### **Committee Chairpeople and Activity Leaders:**

Service: Steve S (838-4287)	Tim R (735-5777/838-8900)
Communication: Jim H (641-7983/234-1522)	Terri St (743-5190/774-5554 x315)
Activities/Information Hotline: Linda Z (723-9864)	Joseph H. (241-6378/931-3465)
Finance: Dave B (353-8154/294-2651)	Dave N (752-9214)
Equipment: John S (244-2961)	Tim R (735-5777/838-8900)
Climbing: Greg A (932-4862/684-3393)	Shirley R. (641-7983)
Bicycling: Todd F (832-4812/832-4490)	Terri P (759-9415/874-0710)
Social: Karen P (782-1873/361-7423)	Douglas H. (863-0109/931-2353)
Family Outings: Paul C (782-7297/389-8008)	Carol P (486-2745/487-8200)
OSAT North: Dick H (659-9072) or Teresa (353-8154)	Bob Mx (825-3516)
Kathy O (825-3516) Anne G. (874-9771)	John H. (439-7938)
Robert T. (850-0805)	

## **CURRENT SCHEDULE:**

- . **July 10-12th** (SunTue) Slow climb of Rainier. Jim H \*\*\* FULL \*\*\*
- . **July 17-18th** (SatSun) STP Bicycle Classic. Todd F
- . **July 17th** (Sat) Scramble Kaleetan (near Snoqualmie Pass). Name is an indian word for "arrow". Near Melakwa (indian word for "mosquito") Lake, Not nearly as steep as it looks! Off trail scrambling; may need an ice axe. About 10 miles r.t. and 4,000' gain. Limit of 8. SIGNUP ASAP. Shirley R.
- . **July 18-19th** (SunMon) Rainier via Emmons. Greg A \*\*\* FULL \*\*\*
- . **July 24-26th** (Sat-Mon) Mt. Olympus. Greg A (932-4862) \*\*\* FULL \*\*\*
- . **July 29th** (Thu) Poetry Reading Group on Tiger Mountain - 7:15 One of the groups at the AA meeting this night (and on August 26th) will be devoted to poetry lovers. To attend this group, you must bring a poem (not necessarily written by you) and be prepared to read your poem and explain why it is or was important to your recovery or spiritual growth. Call Steve S for more information.
- . **July 31-Aug 2** (Fri-Sun) Hike 2 steep miles (about 4,000' gain) to pretty Lake Constance. OSAT has reservations for 8 people to camp there on Friday and Saturday night. Then wander the high country or, if you have some climbing experience, ascend Mt. Constance (very visible from Seattle) - about 3,000' additional gain. Limit of 8 - SIGNUP BEGINS July 16th. Dave N.
- . **August 1st** (Sun) Family hike to Glacier Basin. Accompany some of the climbers part way to the Glacier from White River Campground. Up to 4 miles each way and 2,000' gain. - no limit - Joseph H.
- . **August 1-2** (SunMon) Mt. Rainier Climb, Emmons Glacier - \*\*\*Full \*\*\* (but at this moment the waiting list is empty and there may be cancellations) Jim H.
- . **August 4th** (Wed) OSAT Club Business Meeting at 7:00pm
- . **August 6-7** (FriSat) Family car camp and hike. Ipsut Creek Campground. On Saturday, hike 7 miles r.t., 1500' gain, optional crossing of a suspension bridge to a closeup look of the Carbon Glacier. This is a great family outing. A seminar on glaciers and how they formed. A limited baby-sitting service might be available at the campground. Limit TBD. SIGNUP ASAP. Contact John S.
- . **August 7th** - (Sat) Hike to the top of a bare mountain. Pretty flowers, great views, great company - Granite Mountain near Snoqualmie Pass. Limit of 12. SIGNUP BEGINS July 16th. Terri P.
- . **August 7-8** (SatSun) Climb of Glacier Peak, Sitkum Route. Must have glacier experience. Limit of 12. SIGNUP BEGINS July 16th. Charlie A and Robert T.
- . **August 15th** (Sun) Camp Muir Meeting. 4660' gain in about 4 miles, much on snow. Great views. No limit. Jim H.
- . **August 15-16th** (SunMon) Mt. Rainier via DC. For experienced climbers only.

Limit of 12. SIGNUP BEGINS July 23th. Jim H.

. **August 18th** (Wed evening ) Roll Practice for beginning Kayak-ers. Always wanted to try this sport? Can't think of a more supportive environment to do so. Limit TBD. SIGNUP BEGINS ASAP. Carol P.

. **August 21st** (Sat) First Annual Mt. Si Breakfast. Breakfast on top of Mt. Si, starting early Saturday morning (say, 9am or so). This is a fund-raiser and we need volunteers to cook, carry, serve, etc. This will be great fun. More details to be worked out at the next club meetings. But mark your calendar and tell your friends. Donations will be accepted - probably \$5 for non-members will be the recommendation. Menu plans include scrambled eggs, bacon, and hotcakes. Call Robert T for more details.

. **August 26th** (Thu) Poetry Reading Group. See July 29th.,

. **August 25-29th** (Wed-Sun). We still have some Enchantment permits. A beautiful spot. Limit of 12. SIGNUP ASAP Karen P.

. **September 4-7th** (Sat-Tue) Backpack to Royal Basin in the Olympics. About 12 miles r.t. and 2,500' gain. A beautiful spot and lots to do nearby. Scramble up Deception, the Olympics second highest peak or go rock climbing on the Needles. Or just lie around, reflect, and share at meetings. Limit of 12. SIGNUP BEGINS August 6th. Dave N

. **September 4-6th** (Sat-Mon) Smith Rocks (near Bend, Oregon) Rock Climbing. This is one of the world's formmost rock climbing area. Has the first 5.15 route, but some easier stuff. Drive down Friday night. May be a limit. SIGNUP ASAP. Anne G.

. **September 9th** (Wed) Club Business Meeting

. **September 10-12th** (Fri-Sun)- Go Sea Kayaking and watch the whales. I'm told you don't need to learn how to roll for this type of fun. May be a limit. May be a cost. SIGNUP ASAP - Linda Z

. **September 11-12th** - Easy backpack to Summit Lake - women only and suitable for beginning backpackers. This was a big hit two years ago. Limit of 12. SIGNUP BEGINS August 6th. Kathy O.

. **September 18th** (Sat) Camp Muir Meeting. Last chance for this meeting in 1993. We may also have a meeting part way at Pebble Creek for family members and friends that are not hard core. No Limit. Jim H.

. **September 25-26th** (SatSun) 1993 OSAT Reunion/Car Camp in the Granite Falls/Monte Cristo Area. Something for everybody. Hikes/scrambles/climbs will be planned. Campfire meetings. Bring the family. More details next newsletter.

. **Oct 9-11th** Beach Camping at Cape Alava. Easy hike. Sunset meetings around a campfire. May be a limit. SIGNUP BEGINS Sept 4th. Dave N.

. **October 12th.** First MOFA Class. See above. Limit of 15. SIGNUP ASAP Joseph H.

. **November** - Third Annual 5K or 10K Run for Toys for Tots at Sand Point Naval Station and then go to a potluck meeting afterwards. Then, on the Saturday after Thanksgiving run in the Seattle Marathon or Half Marathon with other OSAT-ers. Some training runs are being planned. Bob Mx.

. **February, 1995** - Mt. Kilimanjaro - Limit of 15. SIGNUP ASAP. Steve S.

. A 1995 Denali Climb is still under consideration.

. A 1995 Seattle to San Diego Relay Race is being planned.



## OSAT YODEL

ONE STEP AT A TIME (OSAT)  
3819 130th Lane SE, Apt E-5  
Bellevue, WA 98006

September 15, 1993 -  
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OSAT - an outdoor club for members and friends of twelve step recovery programs.  
"Keep climbing mountains, and don't slip" ... Greetings from Jim H...

For your convenience, the list of "important phone numbers" is on last page along with the current schedule, so you can tear off that page and put it in a convenient place.

As always, feel free to call me if you have any questions, comments, complaints, etc. about this newsletter. My numbers are: 234-1522 (day) 641-7983(night).

### Regular 12- Step Meetings:

#### Tiger Mountain Meeting - Thursdays 7:15 pm near summit of West Tiger 3.

This is a very popular meeting. Earlier in the summer, there were a few meetings where over 60 people showed up. We were starting to worry about the ecological implications. Lately, however, the size has been more reasonable - around 30. This meeting will continue until the end of daylight savings time (late October). Then the meeting will move to IHOP in Issaquah and start at 8pm, or possibly at 8:30 or later the first Thursday of each month (see Club Business below). Even when it moves indoors, some of us will go quickly up and down the mountain before the meeting. (Wouldn't seem right to have a meeting without first working up a sweat!).

Newcomers should not try to find this meeting alone - look for a person with an "OSAT" T-Shirt. Bring warm clothes and a flashlight. The hike gains 2,000 feet in less than 3 miles and you will not get down before dark. Call Doug H.

To find Tiger Mountain: Take the High Point Way Exit off of Interstate 90 (first exit East of Issaquah). Then make a reverse U-turn onto a road parallel with the Interstate. Park as close as you can to the end of the road (the trailhead).

Lake 22 Meeting - Sundays 4pm. This meeting will continue as long as weather permits. It is about 2.5 miles and 1400' gain. Call Dick H. Directions: Granite Falls is north and east of Everett. Drive through downtown Granite Falls and turn left onto the Mountain Loop Highway. The trailhead is about 15 or so miles from Granite Falls. (There is a parking lot and hiker sign- right side of road). This is about a mile past the turnoff to Mt. Pilchuck which is about a mile past the Verlot Ranger Station. The hike takes about 1.5 hours. September 26th will be a BIG meeting, because of the OSAT retreat (below).

Tiger Mountain - Sundays around 10am This meeting has been happening most weeks and attendance should improve since weekend trips are less likely during the winter and some members will need an outdoor meeting when the Thursday meeting starts meeting indoors in late October.. Call John H or Linda Z. See directions above.

Meadowdale Park Beach Meeting (Mon) and the Enumclaw Mt. Pete Meeting (Wed) are suspended until next spring.

### \*\*\* Club News \*\*\*

#### Election of the Board of Servants (BOS)

Nominated to be on the Board of Servants are: Dave B, Bob C, Ann G, Joseph H, Doug H, Bob Mx, Dave N, Karen P, Terry P, Steve S, John St, and Terri S. All 12 of these people are committed to keeping OSAT alive and well for another year. At the last club meeting, 9 of them gave campaign speeches. (The missing 3 had very good excuses).

Paid-up members will get to vote for 5. Ballots will be counted by Shirley and yours truly on October 1st. The top 5 vote-getters will comprise the Board of Servants and they will meet to elect a chair.. The other seven will automatically be members of the Advisory Board (whatever that means).

If you didn't receive your ballot at the club meeting (and you have paid your dues!), there should be one enclosed with this newsletter. Return the ballot to Shirley at the club address before October 1st. (This is a secret ballot. The number on your ballot is only to control against duplicates and is not tied to your name in any way).

This is pretty exciting stuff for me. I will have a much smaller role in the club - which I feel will ultimately be very good

for the club. I plan to continue with the newsletter for a few months (but am looking for someone to take it over next spring) and also to support the club by leading some activities. But the B.O.S. will have the responsibility of keeping it going...instead of me!

## **Club Meetings**

Our next OSAT Club Meeting will be on Wednesday, October 6th at the Cabana (next to the swimming pool) of the Sterling Heights Apartment in Factoria (same as club address above). From Seattle, take Richards Road Exit from Interstate 90 (first exit just east of 405 interchange), turn right at light, then go to 38th and turn left (second light). From Interstate 405, take Coal Creek Parkway (Factoria) exit, go less than a mile to a light, turn left and go up then down the hill into Factoria business district. Turn right at 38th. On 38th go east up the hill into the apartment complex. Park in a non-numbered spot or on the street just before apartments (this is safe and will give you a little exercise). The meeting starts at 7:00pm.

For this meeting:

1. Installation of the new B.O.S.

2. **"Kayaking, Rafting, and Hiking in the Grand Canyon"**, a slide show by Carol P.

At our last meeting, we decided that future monthly Club Meetings, will be on the first Thursday night prior to the AA meeting at IHOP in Issaquah. The club meeting will start at 7:00pm and the start of the AA meeting will be deferred until the end of the Club Meeting - usually about 8:30pm.

## **OSAT Retreat (September 24-26)**

This year's retreat will be a car camp at Red Bridge Campground on the Mountain Loop Highway (around 20 miles or so from Granite Falls on the way to Monte Cristo). This is something that everyone can enjoy. Family, friends, kids, grandchildren, etc. are all welcome. There is much to do in the area, including many hikes appropriate for children and those not in top climbing shape. Here are some of the planned activities:

Friday night 9pm: Meeting around a campfire.

Saturday:

Serious Hikers: Hike to Headlee Pass or beyond (i.e. Vesper) on the Sunrise Mine Trail.

Scramblers: Scramble (off trail hiking) to the top of Vesper or Sperry or both. Fine Views.

Climbers: Climb the North(?) Face of Vesper (Grade II, Class 5.8) or a technical route on Sperry.

Family Hikers: hike to Big 4 Ice Caves (1+ mile) or to the old townsite of Monte Cristo (4+ miles along a road suitable for bicycles)

(I will plan to leave the campground to go to Vesper at about 8:30am. Climbers should probably leave earlier. Times for other activities will be arranged at the campground Saturday morning.)

Saturday night at 8pm: Another meeting around a campfire

Sunday: 7am Breakfast meeting (if there is interest)

Hike to top of Mt. Pilchuk (leave about 9am)

Family Hike to Lake 22. Should leave about 2pm to arrive at about 4pm in time for the meeting.

Mt. Pilchuk to Lake 22 Traverse (for experienced climbers only; we will take ropes, but not harnesses.

May be a limit - signup with Jim H).

Other activities may be arranged during the weekend.

If you have questions about car camping or these activities, feel free to give me a call. People are urged to bring extra tents if they have them. Also bring firewood. This should be fun!

## **Running**

Fall seems to be the running season for OSAT. Maybe its because fall is not a particularly good time to be in the mountains. Someday maybe we will have a year round contingent of dedicated runners. That would be nice. In any case, here are the plans we have thus far:

**Wednesday evenings at Greenlake.** Meet at 5:30pm at drinking fountain/rest room just west of the bleachers at the south end of the lake. One, two, or three laps, then more fellowship at the Honeybear Bakery. If you are late, run counter clockwise. Walking is ok. This will start on September 22nd.

**Toys for Tots, Saturday, November 6th,** 10k or 5k run or walk at Sandpoint Naval Station in NE Seattle. Third annual Potluck Meeting afterwards. Good cause; good fellowship. Jim H.

**Seattle Marathon or Half-Marathon,** Saturday, November 27th. Come and support the runners. Training runs for this are being scheduled. Call Bob Mx or Joseph H.

Jingle Bell Run. Sunday December 5th. 5k run or jog. This is a happening. Breakfast afterwards.

### Upcoming Outdoor Activities

In addition to the OSAT retreat later this month, there are some other planned outdoor activities. Tom M. will lead a hike to Persis on October 9th and to Dickerman on November 6th. Both of these are great conditioning hikes that travel through pleasant alpine meadows to a summit with great views. (Views depend upon the weather, of course; I've been to the top of Persis three times, but still haven't seen anything. But for sure, I'm going to try again - after all, the fellowship alone will make it worthwhile!)...On October 9-11, Dave N. is leading a family backpack to Cape Alava on the Peninsula. This is an easy hike and should be a great time...Yours truly is planning a hike through the Enchantments for the weekend of October 16-17th, weather permitting. The larch should have turned golden by then and a permit is not necessary after the 15th. Must be in excellent shape. Climbing optional... Bob C. is organizing a seminar on Ice Climbing on November 13th. This is a great opportunity for someone with glacier (and crampon) experience to improve their skills. (Will OSAT be climbing frozen waterfalls this winter?)... Also, Bob will lead the 3rd annual winter assault on Mt. Hood on December 18th, and he has plans for a Gib Ledges attempt on Rainier in February. Both of these latter climbs require excellent conditioning and winter mountaineering experience. (Anybody like to organize a downhill ski outing on the same day at Mt. Hood? The climb starts from the ski parking lot at Timberline...)...Of course, we will again have our Thanksgiving outing on Mt. Si. Last year, we had about 25 for this. It is a great way to reduce guilt from eating too much later in the day...No doubt, New Years Day will see OSAT-ers on Mt. Si (and also Mt. Pilchuk if conditions permit)... On December 4th Tom M. will lead another outing to Scenics Hot Springs near Stevens Pass. Bring towel and swim suit. May be some snow on the ground. This is an easy hike, but is not for children because of potential nudity...Finally on January 22nd, we will have our third annual MEETING IN A SNOWCAVE. Some OSAT-ers will even sleep overnight in it. More about this in future newsletters.

There will no doubt be other OSAT activities this fall - some will be organized at the Thursday night meeting. If you want to lead an activity, give me a call and I'll put it in the next newsletter (late October).

### Parties

Halloween Costume Party. Saturday evening October 30th. Last year we had about 15 people in costume and there were many, many laughs. Potluck. Probably at Karen's house.

Holiday Season Party. Saturday evening, December 11th. Progressive gift exchange. This year dancing has been requested. We are still looking for a place to have it - maybe a community hall or a school cafeteria. Any ideas?

Mark your calendar and call Karen P for more information.

### OSAT Mountaineering Oriented First Aid (MOFA) (Joseph H))

MOFA is a 30 hour first aid course for the wilderness traveler. The course meets the requirements for the American Red Cross (ARC) Standard First Aid course with 22 hours of additional wilderness focused first aid training. The volunteer instructors are certified by the ARC. Attendance at all class sessions is required.

The course fee is \$35 for OSAT members and \$40 for non-members. There are neither refunds nor transfers for no-shows and drop-outs.

Registration: Mail fee, check or money order, to Joseph J. Hanshaw JR, 15140 65th Ave S #217, Tukwila, WA 98188. Fee must arrive no later than Friday, October 1, 1993 to guarantee a place in the class. Class size is limited to 15. Any waiting list person not confirmed into the class will receive full refund. Registration will be on a first come, first serve basis.

Class Details:	COURSE	DATES	LOCATION
	Standard MOFA	10/12 - 11/02/93	Federal Way, WA
	OSAT #0011093	Tu/Th, 7-10 pm	see directions below

Please address any questions to Joseph Hanshaw (H) 241-3678 (W) 931-3122. See ya in class!

Directions (mostly by Terri P, whose employer is supplying the facility - thanks, Terri!):

1. Take Hwy 167 south to Hwy 18 and then go west. Take Weyerhaeuser Way exit and go north. At a Y, veer to the left (this becomes 336th; you should go past a lake on the left). Keep going through the light on Pacific Hwy and take a right at the following light, which will be 9th ave. Take first left (8th ave) and go to stop sign. Look straight ahead at a large brown building. This is the Olympic office center. Use the south entry door and follow signs.

2. Take I-5 to 320th St. exit, turn right and proceed west into downtown Federal Way. Turn left at Pacific Hwy South

(light, left turn lane). Go through several lights about a mile to 336th and turn right. Take another right at the following light, which will be 9th ave. See above. Good luck!

## Club Traditions

Most of our members should already know our traditions, but here they are again:

- . 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 upon principles and not personalities.
- . Alcohol and illegal drugs are not allowed on any OSAT activity.
- . Party members are not to separate from the group without prior permission of the activity leader.
- . When in a wilderness area, each party member will carry the 10 essentials, which are:

1. Map	5. Extra Clothing	8. Knife
2. Compass	6. Sunglasses	9. Waterproof Matches
3. Flashlight (or headlamp)	7. First-Aid Kit	10. Candle or fire starter
4. Extra Food		
- . Outdoor activities usually start with a Serenity Prayer and if convenient, they end with a Lord's Prayer.
- . Each OSAT glacier climb will have at least two rope teams that include a person with crevasse rescue training.

Have I missed some? Please comment if I have.

## \*\*\* Activity Reports \*\*\*

### Camp Muir Meeting # 7 (May 16th, Bob C.)

Fourteen OSAT-ers met at Paradise for a conditioning hike to Camp Muir. After Mike was appointed MOFA leader, we headed for the trees to say the Serenity Prayer. This was my first time as an OSAT hike leader and just days before the trip to Denali. The 1st Camp Muir meeting of '93 was very inspiring. Attending were: Kim, "Betty" Carol P., Francie, Steve, John R., Britt, Mike, "Mustang" Sally, Pete, Ivar, and yours truly. Francie dubbed the OSAT snowshoes good luck and all signed the Big Book I took to McKinley. Just a few hundred feet down, we ran into Douglas and Ken. Their great effort was only stopped by our turnaround time. Soon JR was in view and the headcount was complete. More fun and fellowship followed at the Huckleberry Inn as Ivar squashed Bob as checker champ!

### Camp Muir Meeting #8 (June 6th)

This was the day after a Roped Travel Field trip in Pinnacle Basin in the Tatoosh Range. Over a dozen of us started off with the customary SP at the usual spot about .25 miles from the parking lot. We broke out of the clouds around Pebble Creek and the entire hike up was very warm - make that very HOT. The meeting started on time. Then the clouds moved upwards and we lost our views. While the meeting progressed, it started to drizzle and by the time we got back to the parking lot, it was a rainy, miserable, cold day. But it was a good meeting and an education about how fast the weather can change on Rainier. As always, we enjoyed good fellowship on the way home.

## The Adventures of Jim and Shirley

Park Lakes, July 3-5: This was Shirley's weekend. She gets to be leader, decide where to go, and make all the important decisions (when & where to take a break, what time to leave, etc.)

Under threatening skies, we hiked 6 miles from the Mineral Creek Trailhead to Upper Park Lake. Cold, but no rain. What a beautiful spot! We pitched our tent and strolled up to the Pacific Crest Trail (PCT), which was still blocked by snow in places. On Sunday we were going to try for Chickamin Peak. If that went, we would try Three Queens on Monday. A route to that peak was very obvious from our viewpoint on the PCT. Fortunately, the tallest peak was the middle "queen" and it didn't look too difficult.

The weather on Sunday morning was encouraging. We hiked to the PCT, went left for a few hundred yards and then headed cross country to the northwest. This took us down some (relatively) steep snowslopes to lovely, lonely Glacier Lake. After a break, Shirley found the route. We crossed a boulder field, ascended a snow field and traversed along some ledges. Then another snowfield. By now the weather had deteriorated and we were in a thick fog. We could only see a few dozen yards. We kept going up, of course.

Finally, we made the crest of a ridge. On the other side, the terrain sloped sharply downward. So we had to turn left or right. Shirley said we should go to the right. I disagreed. I said left, the exact opposite direction! This can happen in these conditions and it is very bothersome.

Later, our altimeter had as at over 7,000', but we were clearly not on the correct route or very close to the summit. So

we bagged it. Mountains are not much fun when you can't see. Fortunately, we could follow our tracks in the snow to get back to the trail and our camp.

We decided we would only try Three Queens on Monday, if the weather was clear. It wasn't. So we packed up and hiked out. However, the trip was certainly not a waste, since it introduced us to a beautiful area to which we will certainly return. And Shirley did a good job leading!

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**Mt. Baker, June 19th:** A pasta dinner, a motel reservation, and mentally ready. We are going to try Baker in a day. Fred says 8 hours. Sometimes we beat Fred; sometimes we don't.

It is Saturday morning 3:45am next to our car at the trailhead. Coffee, hot chocolate, oatmeal. Fill the water bottles. Pack our packs. Wait for first light. Hold hands and do the Serenity Prayer, then we are off. It is 4:30am.

A party of four pass us. They are younger. Probably going for the summit too. The sun comes up. A clear day. Am more tired than expected. We maintain a steady pace. Soon we are above the treeline. Much less snow than last time. Now up along the ridge with views of the mountain.

Rest, drink, and eat, then rope up (put on harnesses and tie into the rope). We had caught up briefly with the party of four. There are other climbers roping up who have camped next to the glacier. Now we are off again. We set a steady pace.

There is something magic about glacier travel, especially when roped only with a close friend who is willing to move at your speed. Stomp. Stomp. Stomp. The great thing about Baker is the low elevation. I never feel the lack of oxygen except right at the summit. The sun is up, but the air is still cool. The heart beats steadily. Endorphins saturate my body. Stronger and stronger. I tell myself "with each step, I feel stronger and stronger" and I do. Om Mani Padme Hum. The aura of God surrounds me; the power of God is within me. Step. Step. Step.

It just doesn't get any better than this...

A short break. We are making slightly more than 1,000' an hour. That means 7 hours. It's great not being held up by anyone. Higher and higher. We take a longer break at the saddle. We talk to a couple who had started from Black Buttes. They seem more tired than us. We strap our crampons on. We don't really need them, but they'll make it more pleasant. We are not tired. We feel good. The summit is right there. It is glorious. Soon we are off again.

Towards the top, we must slow for a while. The group of men ahead of us are tiring. But it is steep and we are close to the top, so we don't leave the path to pass them. Finally, we are on the summit plateau. They speed up. Now we just have a near-level stroll to the true summit. The wind is blowing hard. Suddenly, it is very cold. I don't have enough clothes on, but I don't want to stop. Soon we are on the summit. We hold hands. We say the Lord's Prayer. It is beautiful, but cold. As usual, the views are magnificent.

On the descent, we stop to watch someone take off with a para-glider. What a rush that must be. Surprisingly, he is wearing his crampons. We wonder why. Did he forget? We take our time on the descent. Lower down, we meet hoardes of climbers hiking with full packs to their base camp, including a Mountaineer party with some people we know. We get to tell them we had made the summit from the trailhead.

We are back at 4:30pm - 7.5 hours to the top; 12 hours round trip. We are elated. We eat at the Italian restaurant in Glacier. We feel good. As we drive to our motel in Bellingham, we start making plans for Sunday (below)..

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**North Twin Sister, June 20th (the next day):** This had been my first technical climb with the Mountaineers back in 1988. I recall that we hadn't roped up and there was a great glissade almost from the summit to our cars. Shirley had attempted it a month ago on a Mountaineer Club Climb, but was turned back because of poor weather.

Unlike 5 years ago, there was now a 3 mile hike on an old logging road just to get to the trailhead. But there were views of the peak, very picturesque - red rock with patches of white snow. Ahead was a large party - probably Mountaineers. Would they be a problem?

They weren't. They didn't follow the ridge and got off route immediately. We stayed on the ridge crest and were soon hundreds of yards higher than they.

North Twin has great rock. The climb is rated class 4, but the holds are so solid and numerous that most people, including us, do not rope for the ascent. It is exposed, however. In several places a slip would mean a quick elevation loss of 500' or more. Several times, I thought about the descent and how scary it would be climbing (and looking) down.

Shirley had said we didn't need ice axes. She was wrong. True, it was too late for the good glissade, but with ice axes, we could have descended a snow gully directly towards our cars. So it goes.

Just before the summit, we meet an elderly couple who are coming down. We exchange pleasantries. It is a fine day. We linger on the summit for almost an hour. Still no mountaineer party. Then we start down and meet the first of them. I know the leader. He says they have divided into fast and slow groups. The remainder of the party are still working their way slowly upwards. I think about the problems getting around them and the exposure. I decide to start down a (dusty, dirty, rock) gully to the east.

Shirley and I argue. She wants to go down the ridge. I think the gully is safer. She finally relents, reluctantly. I am in a no-win situation. The gully won't be pleasant, but for the most part, a fall here would only mean injury and not death. But we don't fall. Half way down we find a picket laying in the open - obviously left by a party descending from a winter attempt. Finally we are at the base of the mountain - unfortunately, the wrong side of the mountain!

I think Shirley thought we were lost. We weren't. I find a trail that takes us to a logging road going our direction. Not the right logging road, though. It is a dead end. We have to cross a clearcut to get back to the right road. It is very hot and we are very tired. We play silly games while we hike to make the time pass quicker and after a good dinner in Acme, we are ok again. We are pleased with the weekend. And very tired.

\*\*\*\*\*  
**Lemah Mountain, August 7-8:** The guidebook says something like: a way trail north of the Lemah Creek crossing ascends through brush and slabs to a small lake and a beautiful waterfall in a secluded valley. From camp in basin, ascend the ice gully (use crampons) to the 5500' level. Exit steeply to the south through rocks and scoured slabs onto the upper glacier. Ascend to the notch between Lemah 2 and Lemah 3. Then climb class 3 rock to the summit.

Lemah is the indian word for "finger". There are 5 peaks, roughly like the spacing and proportion of the fingers of a hand. Shirley and Terri had noticed them on their PCT trail hike last year. The guidebook calls them the "the spiny, metaphorphic fangs of Lemah".

So, Pete Lake trail (4 miles), then to the PCT (2 miles), then to the Lemah creek crossing (1 mile). I am breaking in new leather climbing boots. Fortunately, I take my light hiking boots and I put them on. We leave the nice trail as the book says. We find a (faint) way trail. We follow it. It gets fainter. After about a half mile, it disappears into brush. We keep going. We find a marsh. There is no place to camp. We traverse in thick brush, just above a marshy bog. Bugs. More bugs. Through the branches, we see a beautiful waterfall. We keep going. Finally, we are out of the trees and brush into an open area. It is the secluded valley. We see the ice gully. We are there.

But there is a problem. There is no place to camp - not even a bivy sight. Finally, we find a relatively flat spot next to the bubbly brook. We remove the big rocks and pitch our tent.

On Sunday, we awake in a cloud. Is it to be Chickamin all over again? We had already decided to ascend the gully just for the cramponing experience. Happily, as we do so the fog lifts and we find ourselves in bright sunshine. At about the 5500' level, we see a route up out of the gully and we take it. Where is the glacier? We start up some ramps, climb a short class 4 pitch and finally are on snow again. Now the problem is to find the right chute. We look at Fred's pictures. It's hard to tell for sure, but we guess right. Now we are high - around 6500', approaching the actual crest of the Cascades. There was a feeling that nobody had been there for a long time. The feeling was soon validated. We were only the 2nd party to sign the register this year - it only averages 3 or 4 parties a year.

The views from the summit were spectacular. Mountains in all directions. To the north was Chimney Rock which we had climbed with Greg and Dave last year. To the east was Stuart. To the south were the Snoqualmie peaks - Thompson, Huckleberry, Chickamin, Three Queens, etc. I was even able to pick out Garfield to the west. Rainier, Adams, Glacier and Baker loomed in the distance. We hated to leave.

Our altimeter was very useful in finding a new route back to the ice gully. Unfortunately, our attempt to avoid the bushwacking back to the PCT was unsuccessful. Instead, we managed to miss the half mile of actual trail. Only the elation from our successful climb carried us. But the hike from Pete Lake to the trailhead was almost unbearable. Normally, if you keep moving, the bugs won't bother you. Not here, not at dusk anyway. They would continually buzz your ears, no matter how fast you went. And we went very fast...

### **Rainier Slow Climb (July 10-12, Rik A.)**

A thin overcast at Paradise greeted 12 OSAT climbers and several sherpas, but soon the 1993 "Slow Climb" broke into clear skies and a beautiful view of the mountain. Kudos to the sherpas who carried ropes and tents to Muir helping this three-day climb. We set up on the snowfield which required considerable tent platform digging, but afforded great views and kept us away from the crowd on the Cowlitz side of the camp. After dinner some of us scrambled up the little ridge east of Muir to the memorial dedicated to Janie Diepenbrock, who died with Willi Unsoeld

in an avalanche below Cadaver Gap: "Here's to banana slugs and high places" (!?) A reminder that the mountain can be unkind.

Most of us stirred during the night as we heard climbing parties leave. It was fairly cold, but lucky us in our comfy sleeping bags! - we were sleeping in 'til 9am! The next day we moved camp to Ingraham Flats, where the wind tunnel was in operation and fog built up. We had a good selection of ready-made tent platforms, but the bergshrund rest room was a hard hat area due to rock fall. It was windy and the fog changed to fine spindrift after dinner. We hit the sack early to rest for the Monday a.m. summit push. By 9 p.m. the wind let up somewhat and the troublesome cloud which came over the top of the mountain at dinner time was gone - it was going to be a clear summit day!

12:30 wake ups got us on the trail at 2:30. Two or three rope groups from Muir joined us on the Ingraham direct route, but RMI decided to break trail up Disappointment Cleaver. We reached the top of the cleaver just after dawn, ahead of RMI and took a rest break before passing the rather threatening seracs to get to the upper portion of the glacier. We were making a reasonable 600 vertical feet per hour, but were forced to take a couple of long breaks after three of our ropes lost a tacking duel with RMI between 12,500' and 13,000'. During the second of these Tom's and Rik's rope fell back further as Rik repaired Chris' crampon, which had lost the screw holding the front portion to the rear (having the strap buckles on his instep rather than the outside of the boot may have contributed to this failure - novices take note!) Nevertheless, by 10 a.m. we were hugging each other at the crater rim, in bright sun and light breeze. After summit cookies the party trudged across the crater to Columbia Crest and glory!

The hike down provided two lessons worth remembering. One minor crevasse crossing involved a jump down of about 2 feet. CC's jump was clean but she failed to compensate for the quick grab of the crampons, and fell headfirst downhill ("arrest"). Jumping with crampons is a skill not covered in training - novices should be warned that they must anticipate the quick stop on landing to avoid losing balance on the landing. The route was well wanded and tracked. At one 18-inch opening I protected my rope mates as they leapt across, and then followed. As I landed on (what I thought was) the far side, my ice axe and right hand poked through into the void! ("scramble-scramble to stabile location!") I looked around to assess what had happened and saw the trap I'd nearly fallen into. Although an old track crossed where our rope team did, a wand twenty feet further along the gap marked the more recent, safer crossing point. Another reason to remember the Donner Party warning: "Don't take no cutoffs!" Watch the wands and use them.

Rope Teams: (\*=first time to Rainier's summit)

Jim H - Francy\* - Steve; Rik - CC\* - Shirley; Tom D - Chris - Jeff\*; Hoot - Ivar\* - Mike.

Sherpas: (Thanks again from members of the OSAT 1993 Slow Climb) John S (head sherpa), Douglas R, Steve K, Paul C, Bill Cheri.

## The OSAT Rainier Climbs

There were 3 official OSAT climbs of Rainier this year. The first, labeled the "slow" climb because it was planned to take 3 days, was a complete success. (See Rik's writeup above.)

On the second climb, August 1-2, our route was White River Campground - Glacier Basin - (rope up) Inter Glacier - loose rock - lower Emmons Glacier - Camp Schurman (camp, cook, try to sleep, awake in the dark, rope up) - Emmons Glacier - summit. This route is a little more strenuous - longer and more elevation gain. Nine of our party of twelve made the summit. They were: Charlie A, John Sc, Scott, Dick W, Diane, Pete, Chuck, Mike S, and yours truly. Tim and Doug decided they had enough fun before the summit was reached. First Rik graciously accompanied Doug back to camp and later we made a switch for Tim. (Two members of another party of three wanted to turn back. We interviewed each other and agreed to exchange Tim for an employee of the Vertical Club who was making his first Rainier ascent...) This was a successful climb and everybody had a memorable experience. We also had sherpa support to the edge of Glacier Basin (thanks Ken, Bob, Marie, Karen, Steve, and Francy!).

On the final climb (August 15-16th), we had (at least) two exciting moments. In the early morning light, I carelessly led two of our three rope teams across an abandoned snowbridge before noticing the route had changed to an end run of the (large) crevasse. The bridge was narrow (about a foot) and not very thick (maybe two feet), but it was frozen solid. Exciting - good for an adrenaline rush for most of us. Later, after reaching the rim in about 7.5 hours from Muir (pretty good time for such a large party), we found the summit in a cloud. There were absolutely no views, but this didn't seem to matter to this very enthusiastic group. They stayed on top for almost 2 hours. (The other exciting moment? On the way down we had to jump a crevasse after descending a short, steep slope that bordered another crevasse. The jump-off place was a block of ice that was suspect, but this wasn't obvious until after you were safely across. On the way up, the steep slope had been mostly frozen and there were good solid steps to use. On the way down, the snow was soft, our crampons were "balling-up", and the going was treacherous...)

Surprisingly, the direct Ingraham route was still open, although there had been an avalanche early Sunday morning that turned hoardes of climbers back. (We had met them on the way to Muir). We were the first to go through the

debris the next day. RMI was using the Disappointment Cleaver route, which is what we used for our descent. The second hazard mentioned above was above the merger of the two routes and I was told they would change to a long traverse to the Emmons within the next few days. Actually, this was a little late in the year for a climb with so many beginners.

Climbers were me, Carol P (see her writeup below), Britt, Scott (rope leader - who we talked into climbing Rainier for the third week in a row), Chris G, Bill, Matt (rope leader), Connie, and Sherie. Bob C and Sally stayed at Muir, because at departure time Sally was nauseated - probably from the altitude. (She recovered in the morning - in fact, they stuck around to welcome us back!).

We also had a great Camp Muir Meeting(#9). Giving us sherpa support were Brynn, Paul, Steve, Francy, John H, Retta, and Pam. (Thanks again - your physical and emotional support was much appreciated!)

For over a dozen OSAT-ers the climb of Rainier was the culmination of our OSAT Climbing Course that began back in March. It was another good year - no serious accidents, many successes, and many lessons - truly, a spiritual adventure. May our HP continue to bless us.

### **Mt. Constance (7743', July 31-Aug 1, Shirley R).**

When you look at the Olympics from Seattle, this is the highest point you see! As you can imagine, the view from the summit of Constance is magnificent (Mt. Baker, Mt. Rainier, Mt. Olympus, Mt. Stuart, Seattle, Puget Sound, etc., etc.) Our OSAT group of two (Leader-Dave N; Shirley R) was joined by Adrian, the ranger stationed at Lake Constance, for this enjoyable climb. On the first day, we had traveled the unique trail to Lake Constance (2 miles, 3350' gain, 2+ hr). The trail is steep, but not treacherous or boring, and it suddenly puts you right at the lake (elev. 4650'). We were fortunate to get a good campsite (there aren't many) and in addition had perfect weather for both days, as well as a full moon (lucky for Shirley, who forgot her flashlight). On the day of the climb we got a fairly early start, as the guidebook says to allow 7 hr from lake to summit. We moved fairly steadily, taking several breaks, and made the summit in just 3-1/4 hr (therefore, it is reasonable to climb Mt. C. from the trailhead in one day). Route: We took the south chute from Avalanche Canyon, and the "terrible traverse" (snow) - see climbing guide to the Olympics for details. Black "pillow lava" is abundant in the Mt. C. area. Much of the route is scree (helmets, please!); and higher up are snow patches requiring ice axes. The 60' summit block is pleasant, class 3. The four of us (a solo climber had joined our group) spent about 2 hr on the sunny summit before heading down. Time to camp was 2+ hr (lots of opportunity to practice glissading on snow and scree). Time from camp to trailhead was about 1-1/2 hr. Permits are required to camp at the lake. (Shirley R).

### **Ipsut Creek Car Camp (John S.)**

On August 7-8, I had the privilege of leading my first OSAT sanctioned event! No, it was not an assault of K-2. It was a car camp and family hike at Ipsut Creek Campground. Although the turnout was small, only one other family including mine, we had a great time cooking out, sleeping under the stars, and walking up the Carbon River Glacier to get a closeup glimpse of a glacier. The kids especially liked crossing the suspension bridge! The kids were also treated to a very boring seminar on glacier composition presented by yours truly. Next year I would like to lead this car camp again only we'll make it much earlier in the year, probably around April or May as August is just too crowded with campers. Joseph H is spreading a rumor that he was trying to find us at the campground to join in on the fun, but we never saw him. Maybe next time, I'll give him the real date!

### **The Tooth (Bob C.)**

On Sunday, August 8, 1993, myself (Bob "Mr. Protection" C), "Mustang" Sally C, Annie "I sure did learn a lot" G, and Britt "I'm just glad to be here" S set off at 5:30 am - yes, it was early - to Snoqualmie Pass to climb "the Tooth". The air was cool and the clouds blocked the view of our goal. At the base of the Tooth, the sun was breaking through, making the hike enjoyable and the "right" gully a little interesting. Annie and I worked on our placement skills and noticed our abilities in lead climbing are similar. Britt and Sally followed in the "knee-est" way. Our early start, sure paid off - the first to summit that day and by the time our rope was unjammed, Britt was sunbathing in underwear. Eating at the IHOP in Issaquah, we all agreed that this was too much fun and we will be back again soon.

### **My trip to Mt. Rainier (August 15-16th, Carol P)**

We climbed Mt. Rainier by the Ingraham Glacier route. We had beautiful weather at Camp Muir, and a pleasant late afternoon preparing for the climb. The rest of the trip went smoothly and safely, including a couple of exciting crevasse crossings. I found the trip up and back as rewarding as reaching the summit. I could write pages describing the trip, but mainly want to share some spiritual things I learned:

1. When a door opens, walk through it. Trust my HP to take care of me and provide me with all that I need. "Feel the fear and do it anyway." My footwork will be enough.
2. One step at a time. When I was tired, I would think only about the next step and about placing my crampons and



ice axe carefully. Before long I'd be back in a rhythm and going steadily.

3. Stay in the moment. Once in a while, I'd want to worry about work, but I couldn't afford to. It took much of my concentration to move ahead safely. If I had spent time worrying, it really would have been a waste of time (it turned out that what I wanted to worry about went smoothly anyway). More importantly, I would have jeopardized the safety of the group.

4. I can't do it alone, I don't have to and it's even better doing it together. We had lots of sherpa help, which made the trip to Camp Muir considerably easier, and left us more fresh for the continued climb. The company was great. For a while I felt badly that I didn't carry more stuff, but then I found out that others had had help on their climbs, and then they returned the favor by helping us.

5. By staying sober (and doing the steps), my life will be beyond my wildest dreams. I never thought that I could climb a glaciated peak. But I did and am really happy about it.

Thank you to all that have helped me along the way.

### **Mt. Si Breakfast (August 21st)**

This was REALLY fun! We didn't take a count, but I think almost 30 OSAT-ers showed up for breakfast - and, we probably served breakfast (or juice and coffee) to another 15-20 VERY surprised hikers. Robert did a great job organizing. The menu included bacon, scrambled eggs, blueberry pancakes, coffee and orange or grapefruit juice. \$5 donations were accepted for the complete breakfast and the club earned about a \$100. Clearly, we learned two important things: (1) we need at least one more two-burner stove and (2) if we want to make a lot of money by serving strangers then we should start later and bring more food. Most summertime Mt. Si hikers don't even start hiking until after 9:00am and we were out of food by about 10:00am - before most of them even get to the top.

Some OSAT-ers did the haystack during setup. Afterwards about 15 of us went to summit - including Linda Z and Laara for the first time. What a supportive way to be introduced to climbing rock! They were virtually surrounded by experienced climbers for both the ascent and descent. (Before the descent, on the very tippy-top of the mountain, we joined hands for a Lord's Prayer - puts a lump just to think about it...)

This was so much fun that many of us didn't want it to end. We lingered around the parking lot. The picture of the surprised hikers looking at us eating breakfast; us yelling at them to come on down and join us; their hesitancy, then finally (usually) their decision to join us to see what was going on (while we applauded their decision) will be indelibly imprinted in our memories for many years. It was also good marketing. Many of the strangers were very interested in who we were - and we passed out some marketing literature. I don't know if we signed up anybody, but I think we made a good impression - of fun-loving outdoor types who care about the environment. (And isn't that what we are?).

Just wait til next year.

### **Kayaking (Carol P)**

The beginner's kayak session was held at the powerhouse below Snoqualmie Falls on August 22nd. We began with the Serenity Prayer. Six students (Bill S, Bill L, Britt S, CC, Chris M, and Greg C) were ably helped by seven instructors which included OSAT members Kim C and Sally C. The students did wet exits, followed by wet exits after counting to ten while upside down (to develop "composure"). Then they worked on hip snaps, bow rolls and extended paddle rolls. After these lessons, which were all done in a quiet eddy at the side of the river, we did some practice with paddle strokes, and some of the students went out into the current, crossing the river by the "ferrying" technique. Finally, we paddled downstream through two rapids to the take out. The session was considered a success by all who participated!

### **Enchantment Lakes (August 25-29, Mike S.)**

The Enchantment Lakes are a phenomenon of nature that offer pleasure and fun for a wide range of outdoor enthusiasts. From the grizzled veteran Walt (for some reason I keep wanting to call this man "Ironweed") to the not-so-grizzled novice CC (she borrowed a backpack and a sleeping bag, but brought plenty of her own marshmallows) there is truly something for everybody in this alpine playground of lakes, streams, and meadows.

The group that embarked on our five-day trip consisted of myself, Walt Q, CC, Kathy O., and Ken M., but after three days we were joined by Connie P. and Matt S. who hiked up via a different route with permits we stashed for them at the trailhead. Opting for the more gradual of two possible routes, our original group of five started from the Snow Lakes trailhead on Icicle Creek Road. Despite a minor fender-bender near the Snow Lakes parking lot, we had a pleasant start at about 10:00 on Wednesday morning. Our group was traveling heavy, (we carried four tents for the five people and Ken alone had enough equipment to have opened a backpacker's surplus), so we hiked slowly up the series of switchbacks that wound past Nada Lakes and under the Snow Creek Wall. We arrived at the junction between Upper and Lower Snow Lakes at about 4:00, and mostly because I was tired, we set up camp and decided to continue on in the morning. Our night at Snow Lake was clear and cold, and we lit a campfire (this is legal at Snow Lake though not in the Enchantment Lakes) and had our AA meeting round it.

When we woke the next morning there was frost on the tents, but the sun was shining, and it promised to be a great day, so we had our breakfast and broke camp and began the last leg of our journey upward. The last two miles of the trail are very steep, but we were well rested, and without much trouble we crested the shoulder at the lower end of Lake Vivianne. After wandering upward to the edge of Lake Leprechaun, we managed to find a campsite that looked like it would support us all, and there we made our home for the next three days.

Of those next three days, there is too much to tell all at once, and because we were not always together, I can't account for everybody anyway. But I know that we caught a lot of fish, we scrambled around, we ate well and often, we took lots of pictures, we hiked to the top of Little Annapurna as a group. Kathy, Walt, and I attempted to climb Prusik Peak (if not for Walt and I wanting to leave, Kathy would still be there), we communed with the mountain goats and other wildlife, we had another meeting, we grew a lot closer, and we had a great time. I think the group hike with Connie and Matt up Little Annapurna was the high point of the whole trip.

When Sunday arrived and we broke camp and hiked out, I wasn't ready to leave so soon. It wasn't that the day snuck up on me, but it surprised me when it got there, and I felt a little remorse about returning to civilization after spending so short a time in the Enchantment Lakes. I suppose there will be other trips and other summers, but I'd like to thank OSAT and the group that went this year for making this trip and this summer very memorable for me.

\*\*\*\*\*  
**\*\*\* Notices, Personals, and other Stuff \*\*\***  
\*\*\*\*\*

**Do Geese Know Something We Don't ? (Linda Z)**

If anyone's ever accused you of being a "birdbrain", you can thank them for the compliment. Look what we can learn from the goose:

FACT: As each goose flaps its wings, it creates an uplift for the bird following. By flying in a "V" formation, the whole flock increases the flying range by 71% over one bird flying alone.

LESSON: People who share a common direction and a sense of community get where they're going more easily and more quickly because they're traveling on each other's trust.

FACT: Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to fly alone, and quickly gets back into formation to take advantage of the lifting power of the bird immediately in front.

LESSON: If we have as much sense as a goose, we'll stay in formation as those ahead and we'll be willing to accept their help. We'll also be willing to help those following behind.

FACT: These geese in formation honk from behind to encourage those up front to keep up their speed.

LESSON: We need to make sure our honking from behind is encouragement and not for some other reason.

(Editor's note to climbers: doesn't this sound a lot like taking turns kicking steps in the snow?)  
\*\*\*\*\*

**A Solicitation for Support (CC C)**

OSAT-ers Laara and CC are both graduates of Powerful Choices, a self-defense and empowerment course. On October 30th, there will be a "mug-a-thon" to raise support for future courses. They invite all OSAT-ers to come and share the thrill and excitement of witnessing how the perspective of a victim can be surrendered and replaced by the perspective of a survivor. Your physical and financial support is solicited. For more information, feel free to contact either of them at a meeting or call CC at 720-6139 or Laara at 542-4117 (leave a message).  
\*\*\*\*\*

**Wilderness Ethics**

Of course we want the wilderness to be available to our grandchildren. None of us would choose to cause permanent damage to the environment. But what is permanent? What is damage? If left to individual interpretation, we might get a wide variation in response to these questions. Below is what the Mountaineers have decided is ethical behavior in the wilderness. Some of it is still subject to interpretation, but it seems a good start. Should OSAT also try to operate according to these principles?

**Wilderness Ethics: The Eight Principles**

1. Stay on established trails; do not cut switchbacks. When travelling cross country, tread lightly to minimize damage to vegetation and soil slopes.
2. Camp in established campsites whenever possible. Do not camp in fragile meadows. Camp on snow or rock when away from established campsites.
3. Properly dispose of human waste away from water, trails and campsites.
4. Use a campstove instead of building a fire.
5. Wash well away from camps and water sources. Properly dispose of waste water; avoid the use of non-biodegradable soap.
6. Leave flowers, rocks, and other natural features undisturbed.

7. Keep wildlife healthy and self-reliant by not feeding them. Leave pets at home.
8. Pack out all party litter plus a share of that left by others.

### A Climbing Code

The subject of principles reminded me of the Mountaineer's "Climbing Code". In their words (Freedom of the Hills, Fifth Edition, 1992): "It is not inflexible doctrine, but it has proven to be a sound guide to practices that minimize risk". Here it is:

- \* A climbing party of three is the minimum, unless adequate prearranged support is available. On glaciers, a minimum of two rope teams is recommended.
- \* Rope up on all exposed places and for all glacier. Anchor all belays.
- \* Keep the party together, and obey the leader or majority rule.
- \* Never climb beyond your ability and knowledge.
- \* Never let judgment be overruled by desire when choosing the route or deciding whether to turn back.
- \* Carry the necessary clothing, food, and equipment at all times.
- \* Leave the trip schedule with a responsible person.
- \* Follow the precepts of sound mountaineering as set forth in textbooks of recognized merit.
- \* Behave at all times in a manner that reflects favorably upon mountaineering.

Should OSAT always try to follow this code? This might be a good discussion topic at a future Club Meeting.

### When does one get too old to climb?

"...the last two years have taken a bite out of me. Up until that time I was perfectly satisfied, although I'm still getting around. I don't mean I can't go. I just don't like getting tired. You know where I feel it most is in the legs. Well, I'm eighty-eight. That's up there. I believe I was doing fine at eighty-five. Then at eight-six it began to crowd me. At eight-seven it was more so. I'm beginning to think there comes an end to getting up in the mountains. Well, you may not have to stop, but you have to accept the fact that you can't do certain things. But I think getting out in the mountains is the best form of exercise. Walking is good, but climbing is better".

Harold Engles, as quoted in Cascade Voices (Cloudcap, 1992).

### Thoughts about Commitment (Tim R)

Unless one is committed,  
there is hesitancy, the chance to draw back  
always ineffectiveness.  
Concerning all acts of initiative (and creation),  
there is one elementary truth,  
the ignorance of which kills countless ideas  
and splendid plans:  
that the moment one definitely commits oneself,  
then Providence moves too.  
All sorts of things occur to help one  
that would never otherwise have occurred.

A whole stream of events issues from the decision,  
raising in one's favour all manner  
of unforeseen incidents and meetings  
and material assistance,  
which no man could have dreamt  
would have come his way.

I have learned a deep respect  
for one of Goethe's couplets:  
"Whatever you can do, or dream you can, begin it.  
Boldness has genius, power and magic in it."

W.H. Murray, The Scottish Himalayan Expedition (Dent & Sons Ltd., 1951)

### Solicitation for Newsletter Input

We will publish almost anything in this newsletter. We especially like Trip Reports, but testimonials, advertisements, inspirational quotations, etc. are all acceptable. For a trip report, it's best to write it up as soon as you can after the event. Send it to me and I will put it in the next newsletter. I usually check for spelling and occasionally correct obvious grammatical oversights. I prefer computer files (IBM Word is best format), but will take scribbles on the back of envelopes. Here is a chance to see your writing in print!

Our next newsletter (mainly a schedule of events only) is planned for late October. The next BIG newsletter (like this one) is scheduled for mid-November - so get your input for this to me by November 15th.

### **\*\*\* Tidbits \*\*\***

Annie G led a bunch of OSAT-ers to Smith Rock (near Bend, Oregon) on Labor Day Weekend. Word was that it was HOT! , but there were showers at the campground...I was so jealous of Shirley climbing Constance (see above) that I had to go do it myself on September 11th... This year 7 OSAT-ers took the Mountaineers Basic Climbing Course and most will graduate, although a few are still hustling for climbs. Dave B, Scott H, Dick W., and Diane J. took the

course in Everett, while Terri P, Jim B, and Matt S. took in Tacoma. Also, Charlie A, Terri St. and Anne G. got in a good first year start in the Mountaineer's Intermediate Program...After October 15th, you don't need a permit for the Enchantments. Some of us are thinking about giving it a try on the weekend of the 16-17th, if for nothing more than a "hike through" to see the golden larch... On September 11th, Terri St. got caught in a lightning storm while on top of Mt. Pilchuk. She reported hailstones the size of grapes that gave her bumps on her head. The storm lasted 45 minutes or more - weird and scary, but she survived it...On August 8th, Charlie, Robert and Dick W did Glacier Peak in a new way. On Friday evening they hiked in and camped at the base of the ridge to Boulder Basin (on the PCT) On Saturday, they made it from there to the summit and back. This got them home by early afternoon Sunday... Longer summit day climbs with a lighter pack seems to be "in" this year. We met a party of two who did the summit of Rainier directly from White River Campground, then descended in the moonlight - passing us as we were just starting up from Emmons Flat. They looked tired...We still have some T-Shirt's remaining: 5 medium teal and 2 large ash (\$13 each - I usually have them at the Thursday Tiger Mountain Meeting - where I also have those paid for but not yet picked up...)...On July 11th, we expected to see Charlie, Robert, Jim B. and Annie coming down from Rainier, since they had plans to camp at Ingraham Flats the night before we did. But they were told that area was full and the only way they could climb Rainier was via the Kautz Glacier route. So they did. First time for Jim. Congrats... For those of you that haven't heard - Bridget C made a quick descent of Mt. Adams earlier this summer - by helicopter! But the last I saw her she was recovering nicely and giving us all a lesson on "turning it over"...Anybody noticed that OSAT is becoming a matchmaking service? I've lost count of couples that have met through OSAT. Not surprising. Recovery and mountaineering are a pretty strong combination of matching interests...Shirley just got her bicycle in running condition again - the one she rode across country on. Wonder what it means?...Dave N. led a strong group into Royal Basin on Labor Day weekend: Shirley & I, Chuck, Charlie, Dick, Diane and Diane's son Nathan. It was a beautiful area. On Sunday, Dave, Charlie, and Chuck did the "perverse traverse" from the summit of Martin Peak to the summit of Johnson Peak, while the rest of us assaulted Clark Mountain (class 3 only - not requiring a rope, unlike Johnson peak). We yodeled at each other while we were on Clark and they were on Martin. A memorable trip to a place that I definitely want to go back to. Maybe next year... Our OSAT expedition to Olympus certainly deserves more of a writeup, but I'm running out of time. In short: it was a complete success (at least it was for those who didn't get blisters). Everybody made the summit - and we were the only ones to do so that day. The climb is hard on the feet. About 15 miles each of the 3 days and on the middle day, we gained about 5500' of elevation (and crossed glaciers, and climbed some rock). There were some bad cases of blisters, but there was very little complaining. Climbers were: me & Shirley; Charlie A, Kathy O, & Chuck T; Scott, Matt, and Steve K; Bob C, Sally, and Terri St. Next year maybe we can take a few more days and do some of the other peaks in the area...Outdoor Singles Network, established bi-monthly newsletter, ages 19-90, 1-year/\$35, trial issue and info/\$7, OSN-O, PO Box 2031, McCall ID 83638...Keep Washington Green (this organization needs help - contact Charlie A. for information).

## **KEEP CLIMBING MOUNTAINS**

**"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**

### **Important Phone Numbers** (Day # / Night #)

#### **Committee Chairpeople and Activity Leaders:**

Service: Steve S (838-4287)	Tim R (735-5777/838-8900)
Communication: Jim H (641-7983/234-1522)	Terri St (743-5190/774-5554 x315)
Activities/Information Hotline: Linda Z (723-9864)	Anne G. (874-9771)
Finance: Dave B (353-8154/294-2651)	Dave N (752-9214)
Equipment: John S (244-2961)	Bob C (228-1005)
Climbing: Greg A (932-4862/684-3393)	Tom M (481-3374)
Bicycling: Todd F (832-4812/832-4490)	Terri P (759-9415/874-0710)
Running: Bob Mx (825-3516) or	Joseph H (241-6378/931-3465)
Social: Karen P (782-1873/361-7423)	Douglas H. (863-0109/931-2353)
Family Outings: Paul C (782-7297/389-8008)	Carol P (486-2745/487-8200)
OSAT North: Dick H (659-9072) or Teresa (353-8154)	John H. (439-7938)

**Signup Procedure:** Call the leader as soon as possible after the sign-in date to state your interest and (if appropriate) to find out if you have the necessary experience and qualifications. (If there is no sign up date, then you should call ASAP; there may be a limit even though one is not specified). The leader will let you know about your signup status and the times/places/equipment needs, etc.

### **CURRENT SCHEDULE:**

- . **September 24-26th** (SatSun) 1993 OSAT Reunion/Car Camp at Red Bridge Campground near Granite Falls. Details above. Jim H.
- . **Oct 6th.** Club Meeting at Factoria (directions above) 7pm
- . **Oct 9th** Mt. Persis. Tom M.
- . **Oct 9-11th** Beach Camping at Cape Alava. Easy hike. Sunset meetings around a campfire. May be a limit. Dave N.
- . **October 12th.** First MOFA Class. See above. Joseph H.
- . **October 16-17th.** Hike through the Enchantments. Jim H.
- . **October 30th.** Hike - place TBD. Jim H
- . **October 30th.** Halloween Costume Party. Karen P.
- . **November 4th.** (Thursday) Club Meeting at IHOP in Issaquah
- . **November 6th.** Mt. Dickerman - SIGNUP October 15th. Tom M
- . **November 6th.** Third Annual 5k or 10k run or walk for Toys for Tots at Sand Point Naval Station, then a potluck afterwards. Jim H.
- . **November 13th** - Ice Climbing Seminar on the Lower Nisqually (MRNP). Bob C. May be a limit. Bob C.
- . **November 25th** - Third Annual Mt. Si Thanksgiving Hike. At the new trail. Serenity Prayer in parking lot at 7:45am. Up and down fast, then food. Jim H.
- . **November 27th-** Seattle Marathon or Half Marathon. Bob Mx or Joseph H.
- . **December 2nd** - Club Meeting at IHOP in Issaquah
- . **December 4th.** Scenic Hots Springs - Tom M
- . **December 5th.** Jingle Bell Run, Seattle Bob Mx
- . **December 11th.** Holiday Season Party - Place and time TBD. Karen P.
- . **December 18th.** Mt. Hood. 6am start. This was great fun last year. Must have glacier experience and be in good shape. Limit of 12. SIGNUP ASAP. Bob C.
- . **January 22-23** - 3rd Annual MEETING IN A SNOW CAVE.
- . **mid - February.** Climb of Rainier via Gib Ledges. Winter Climbing experience needed. May be a limit. Signup in January. Bob C.
- . **February, 1995** - Mt. Kilimanjaro - Limit of 15. SIGNUP ASAP. Steve S.
- . A 1995 Denali Climb is still under consideration.
- . A 1995 Seattle to San Diego Relay Race is being planned.

## OSAT YODEL

**ONE STEP AT A TIME (OSAT)**  
3819 130th Lane SE, Apt E-5  
Bellevue, WA 98006

October 21, 1993 (Jim H is 15 on this date!)  
(206) 236-9674

**OSAT - an outdoor club for members and friends of twelve step recovery programs.**  
"Keep climbing mountains, and don't slip" ... Greetings from Jim H... (Day: 234-1522; Night 641-7983)

\*\*\*\*\*  
*A message from Terri S, the new BOS Chairperson...*

### **OSAT NEEDS YOU!**

*Do you enjoy combining outdoor activities with recovery? Does it seem like a miracle that such opportunities exist? Is it important to you that OSAT continues as a club? If you answered yes to any of the above questions, here is your opportunity to be a part of the miracle that is OSAT.*

*As individuals members, your involvement is essential to the continued viability of OSAT as a group. Please commit yourself to attend the monthly OSAT club business meetings. These meetings will be held the first Thursday of the month at Issaquah at 6:30pm. The next meeting will be on November 4th.*

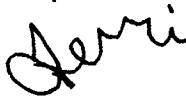
*Important items for consideration at the next meeting include voting on mission statements and duties for the following committees:*

**SERVICE  
SAFETY/LEADERSHIP  
CLIMBING COURSE  
ACTIVITIES  
COMMUNICATION  
FINANCE  
MARKETING/MEMBERSHIP**

*The Board of Servants (BOS) is actively recruiting volunteers to serve on all of the above committees. If you have any particular area of expertise or if you just want to get more involved, please attend this meeting to find out how you can help. (If you can't attend this meeting, but still want to serve, then give me a call at home (743-5190) or at work (774-5554 Ext 315)).*

*On behalf of the OSAT BOS. I would like to thank you for your support in electing us as your trusted servants. We are committed to give our time and energy to ensure the continued success of OSAT as a club and to provide continuing opportunities for the pursuit of outdoor activities in a recovery environment. It is an honor and a privilege to serve you.*

*Respectfully submitted, Terri S.*



\*\*\*\*\*  
**Regular 12- Step Meetings:**

**Thursday evenings at 8pm at IHOP in Issaquah.** This is our regular weekly meeting - moved indoors when there is no daylight savings time. (October 28th will be the last outdoor meeting). Some of us still do a quick hike up and down Tiger in the dark (and rain and snow and mud) before the meeting. Call Doug H for further information. To find IHOP, go east on Interstate 90, take the first Issaquah Exit (Lake Sammamish / Renton exit), go across the freeway (north) toward Lake Sammamish to the first light. Turn left, then turn left again and you are there. We have a private room reserved starting at 7pm. (On the first Thursday, there will be an OSAT club meeting preceding the AA meeting, starting at 6:30pm).

**Tiger Mountain Meeting - Sundays around 10am.** This meeting usually happens regardless of the weather. We meet in the trees just before the summit (of West Tiger 3). For more information call Linda Z or John H. To find Tiger Mountain: Take the High Point Way Exit off of Interstate 90 (first exit East of Issaquah). Then make a reverse U-turn onto a road parallel with the Interstate. Park as close as you can to the end of the road (the trailhead).

**Lake 22 Meeting - Sundays 2pm.** This meeting will continue at Lake 22 as long as weather permits. When the snow gets too deep the destination may change and skis may be required. Call Dick H. Directions: Granite Falls is north and east of Everett. Drive through downtown Granite Falls and turn left onto the Mountain Loop Highway. The trailhead is about 15 or so miles from Granite Falls. (There is a parking lot and hiker sign- right side of road). This is about a mile past the turnoff to Mt. Pilchuck which is about a mile past the Verlot Ranger Station. The hike takes about 1.5 hours.

## **CLUB NEWS**

We have a new Board of Servants (B.O.S.). It was a close election. Forty-five ballots were cast and the top vote getter only received 28. The B.O.S. had their first meeting on October 10th, and decided that Terri S. would be the Chair. The B.O.S. for 1994 (in alphabetical order) are:

Bob C.  
Dave B.  
Karen P.  
Steve S.  
Terri S. (Chair).

Give them a call to congratulate them and pledge your support. Their numbers are below.

Other news: A club roster is available from yours truly. The roster, sorted by first name, contains last names, addresses, and phone numbers for all paid up members (a total of 117 as of this date)... We got a letter from Heidi. She writes: "Please tell everyone hello and - No matter where you go, there you are. (So come visit.)". That's in Germany. Let me know if you want her address... Dave B and Teresa recently went for a hike in Zion Park near Las Vegas. But that wasn't the reason for their trip. Congratulations and Best Wishes!...The first ever OSAT MOFA (Mountain Oriented First Aide) is in full swing - Tuesdays and Thursday nights. Great for the participants to learn important things in such a supportive environment, but some of us do miss Tiger Mountain....

Submit trip reports, testimonials, stories, lies, inspirational thoughts, poems, quotations, jokes, ideas, personals, or whatever by November 19th for the next BIG newsletter, planned for late November.

## **Important Upcoming Activities:**

**Halloween Party on October 30th** - see enclosed flyer.

**First Club Meeting** with the new BOS at IHOP on November 4th. (See Message from the BOS Chair above).

**Ice Climbing Seminar** (two days) on November 6th and 7th. Find out what is meant by "french technique". Note date change. Bob C.

**Mt. Dickerman** - November 6th. - for who that don't aspire to climb waterfalls, this a great way to keep in condition - Tom M.

**Three Fingers Lookout** - November 13th. Maybe we'll make it this year. Weather permitting. Jim H.

Start **Thanksgiving on Mt. Si.** with a big circle Serenity Prayer in the parking lot at 7:45am. Optional hike to summit follows. Jim H.

Seattle **Marathon or Half-Marathon** - Run in something or just come support the OSAT-ers that do. Bob Mx.

**Holiday Season Party** on December 11th. Mark your calendars. Karen P.

**Meeting in a Snow Cave** - January 22nd. Learn to build a snowcave (and maybe even an Igloo this year), then have a meeting. Optional overnight. Jim H.

## **KEEP CLIMBING MOUNTAINS**

## Important Phone Numbers (Home#)

### Board of Servants:

Bob C.	228-1005
Dave B.	353-8154
Karen P.	782-1873
Steve S.	838-4287
Terri S. (Chair)	743-5190

### Advisory Committee:

Anne G.	874-9771
Bob Mx.	825-3516
Dave N.	752-9214
Doug H.	863-0109
Jim H.	641-7983
John S.	244-2961
Joseph H.	241-6378
Terri P.	759-9415

### Other important numbers:

Hotline:	Linda Z.	723-9864
Hotline Followup:	Tim R.	735-5777
Bicycling:	Todd F.	832-4812
Kayaking:	Carol P.	486-2745
Avalanches:	Paul C.	782-7297
OSAT North:	Dick H.	659-9072
	Teresa B.	353-8154
Activity Leader:	Tom M.	481-3374
	John H.	439-7938

## CURRENT SCHEDULE:

.. **October 30th.** Hike/scramble - Snoqualmie Mountain (plus an optional traverse to Guye Peak). Ascend steep climber's trail to good viewpoint. OK for rookies in reasonably good shape. Jim H.

. **October 30th.** Halloween Costume Party at Steve & Francy (see Flyer)

. **November 4th.** (Thursday) Club Meeting at IHOP in Issaquah. 6:30 p.m.

. **November 6th.** Mt. Dickerman - a nice hike to a great viewpoint. Tom M

. **November 6-7th.** Ice Climbing Seminar on the Lower Nisqually (MRNP).

SIGNUP ASAP.

. **November 6th.** Third Annual 5k or 10k run or walk for Toys for Tots at Sand Point Naval Station, then a potluck afterwards. Karen P.

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. **November 25th** - Third Annual Mt. Si Thanksgiving Hike. Serenity Prayer in parking lot (new trail) at 7:45am. Up and down fast, then whatever.

Crampons/winter clothing may be necessary. Jim H.

. **November 27th-** Seattle Marathon or Half Marathon. Bob Mx or Joseph H.

. **December 2nd** - Club Meeting at IHOP in Issaquah

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. **mid - February.** Climb of Rainier via Gib Ledges. Winter Climbing experience needed. May be a limit. Signup in January. Bob C.

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3819 130th Lane SE, Apt E-5  
Bellevue, WA 98006

December 2, 1993

(206) 236-9674

**OSAT - an outdoor club for members and friends of twelve step recovery programs.**

"Keep climbing mountains, and don't slip" ... Greetings from Jim H... (Day: 234-1522; Night 641-7983)  
(See last page for other phone numbers)

.....  
*A message from Terri S, the BOS Chairperson...*

*Greetings. I would like to take this opportunity to tell you what we (the Board of Servants) have been up to. As of this date, we have met twice privately and have held one OSAT monthly business meeting. We elected (well, okay, we drew cards) a chairperson (myself), and we voted (okay, we drew cards again) to determine which positions would be two year terms and which would be one year terms. The two years terms will be filled by Karen P, Steve S, and myself. The one year terms will be held by Bob C and Dave B.*

*You may be asking yourselves questions such as: What is this Board of Servants all about? Why do we need a Board of Servants? Why do we need committees? Will my voice still be heard? Why can't we leave things the way they always were?*

*Let me see if I can help. We have determined that the Board of Servants is an organizational body only. We do not make decisions for the group. We bring issues and agenda items to the monthly OSAT business meeting for input and approval by the membership. In answer to your question, YES your voice will be heard.*

*Jim H has devoted innumerable hours during the last three years to the organization of OSAT as a club. In fairness to Jim and to be responsible to ourselves, we must divide the workload. The Board of Servants and the committees will attempt to perform the duties that Jim has up to this point handled solo. It is time OSAT become self supporting in labor as well as in funding. As much as we (folks on the way to recovery) try to fight change, sometimes it is necessary. You can contribute your time to help ensure the continued success of OSAT as a club.*

*I would like to extend my thanks to those of you who attended the November business meeting. Your support and encouragement are greatly appreciated. During the business meeting the membership approved the roles and responsibilities for eight committees. These descriptions and a list of committee volunteers are on page x of this newsletter. Feel free to contact me or anyone on these committees if you want to help out.*

*Keep Climbing Mountains...Respectfully Submitted... Terri S.*

.....  
**Regular 12- Step Meetings:**

**Thursday evenings at 8pm at IHOP in Issaquah.** This is our regular weekly meeting. Some of us do a quick hike up and down Tiger in the dark (and rain and snow and mud) before the meeting. Call Doug H for further information. To find IHOP, go east on Interstate 90, take the first Issaquah Exit (Lake Sammamish / Renton exit), go across the freeway (north) toward Lake Sammamish to the first light. Turn left, then turn left again and you are there. We have a private room reserved starting at 7pm. (On the first Thursday, there will be an OSAT club meeting preceding the AA meeting, starting at 6:30pm).

**Tiger Mountain Meeting - Sundays around 10am.** This meeting usually happens regardless of the weather. (10 in attendance on 11/29; 5 made it on 11/22 despite a wind and rainstorm!). We meet in the trees just before the summit of West Tiger 3. For more information call Linda Z or John H. To find Tiger Mountain: Take the High Point Way Exit off of Interstate 90 -the first exit East of Issaquah. Then make a reverse U-turn onto a road parallel with the Interstate. Park as close as you can to the end of the road.

**Lake 22 Meeting - Sundays 2:30pm.** This meeting will continue at Lake 22 as long as weather permits. (Note time change). When the snow gets too deep, the destination may change and skis may be required. Call Dick H. Directions: Granite Falls is north and east of Everett. Drive through downtown Granite Falls and turn left onto the Mountain Loop Highway. The trailhead is about 15 or so miles from Granite Falls. (There is a parking lot and hiker sign- right side of road). The hike takes about 1.5 hours.

## **Important Upcoming Activities:**

### **Third Annual Holiday Season Party December 11th**

This will be at John and Kim S's this year. Last year everyone had a great time. Potluck. Gift exchange. See enclosed flyer for more details. Karen P.

### **Third Annual Winter Climb of Mount Hood - December 18th**

I've heard that the climb being led by Bob C on this date is already full. But give him a call, because there are often last minute dropouts - especially in wintertime. Also, Tom D is planning an outing for this weekend.

### **Beginner Telemark Ski Lessons**

On Tuesday evenings, after Snoqualmie Summit opens weeknights, let's meet at the ticket window at 6:00pm for three to four hours of telemark instruction and practice. Lift ticket, metal edged "tele" skis, suitable boots and runaway strap required. Remember "I'm not an instructor". For more information, call Dave N.

### **Downhill Skiing - Stevens Pass**

Let's do this weekly beginning very soon on Tuesday evenings. Lift tickets are \$12.00 Carpool from Lynnwood @ 4:30 pm or Monroe @ 5:00pm. I will be going many weekends as well. Any interest in staying at the Mountaineer Lodge? Which dates? Also, a highly qualified instructor (Pernie W) has agreed to conduct an introductory seminar if there is sufficient interest. Interested? For additional information, contact: Terri St. 743-5190.

### **Third Annual New Years Day Outing (Mt. Si)**

Two years ago because of the low snowpack, we were able to do Mt. Pilchuck. It was delightful - I was there. Last year, the club did Mt. Si. Although I was in South America, I feel like I was there, because I've heard so much about that day from so many people. In summary: ICE, SLIP, BRUISE...(repeat). This year bring crampons (if necessary - sometimes on Jan 1st, it is almost snowfree). Meet at the trailhead at 8:30am. Leaders: Steve and Franci 838-4287.

### **Club Meetings - January 6th and February 3rd.**

At IHOP in Issaquah at 6:30pm before the regular 12-step meeting. There will be some special attraction on each of these nights (e.g. fascinating speakers, slide shows, etc.). Also, there will be important club business addressed - opportunities to volunteer for service and a chance to exercise your voting rights. Probably even a few laughs. Certainly a chance to make plans for wintertime adventures with others in the fellowship.

### **Snowshoe Trips - January 15th and January 29**

Tom D. leads snowshoe trips for the Mountaineers and now he is also going to lead some for OSAT. Time and places to be determined. One of these may be for overnight. Give him a call:

### **Third Annual Meeting in a Snow Cave - January 22nd**

Learn to build a snowcave and maybe even an Igloo this year. Then have a meeting in a BIG snow cave. Optionally stay overnight in a snow cave. (You only get your merit badge if you do). This has been a big hit the last two years. Learn an important wilderness skill; this may qualify you for other outings (see below). Skyline Ridge at Stevens Pass. Leader: Greg A.

### **Mt. Hood (February 12th)**

For those of us who couldn't make it in December. (Assuming reasonably good weather). Limit of 12. Jim H.

### **Winter Expeditions - Presidents' Weekend - February 19-21**

- (1) Ski or snowshoe to Grand Park in Mount Rainier National Park. Two nights of camping in a winter paradise. 21 miles round trip. Lots to do and see. Winter mountaineering experience required. Leaders: Bob Mx and Kathy O.
  - (2) Climb Mt. Rainier via Gibraltar Ledges Route. For experienced climbers. Leader: Bob C
- This will be hard on some OSAT-ers, but participation in both of these activities is just not possible!

### **Waterfall Climbing - February 26-27th.**

Did you know we had OSAT-ers across the mountains? Well, we do, and they (Tom D, Paul D, and Harold C) have invited those of us who ice climb to come on over and do some waterfalls. Leave after work on Friday, climb all day Saturday, and return on Sunday. They say they can put us all up indoors somewhere. But bring a sleeping bag. They would like to know how many to expect. Leader: Tom D. (509) 754-4976 or sign up with Jim H. who will try to coordinate carpooling from this side of the mountains.

### **1994 OSAT Climbing Course**

This is in the planning stage. Will consist of necessary and sufficient training and conditioning for a safe climb of Mt. Rainier. More in next newsletter.

### **Other 1994 Outings**

These are on my wish list for OSAT outings next year. Any interest?

- Fourth Annual Mt. St. Helens Attempt (March)
- North Peak of Brothers and/or Brothers Traverse (April)
- Mt. Stuart (from several directions) (May)
- Mt. Rainier, Tahoma Glacier (June)

Little Tahoma (July)  
all three Summits of Olympus (Aug)  
Challenger or Bonanza (Sept)

**February, 1995** - Mt. Kilimanjaro - Limit of 15. SIGNUP ASAP. Steve S.  
A 1995 Denali Climb is still under consideration.  
A 1995 Seattle to San Diego Relay Race is being planned.

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**\*\*\* Club News \*\*\***  
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**Committee Roles and Responsibilities and Current Membership**

This was passed at the November 4th Board of Servants Meeting. Volunteers are still needed for many of the committees. If you are interested, contact the first name listed or anyone on the B.O.S.

**Activities Committee:**

Roles and Responsibilities: (1) Meet and/or conduct business as necessary to prepare a report for presentation at the monthly OSAT Club business meeting; (2) Serve as an activity focal point - a name and telephone number to leave on the OSAT Hotline to contact regarding current activities; (3) Solicit activity leaders; (4) Organize parties and potluck/meetings; (5) Develop monthly activity schedule for submission to Communications Committee for inclusion in the OSAT newsletter.

Volunteers: Terri S. 774-5554x315 / 743-5190 (eve)

**Equipment Committee**

Roles and Responsibilities: (1) Meet and/or conduct business as necessary to prepare a report for presentation at the monthly OSAT Club business meeting; (2) Accepts, stores, and purchases equipment for OSAT; (3) Develops rules and a system for member use of equipment; (4) Submits an inventory and check-out procedures to the Communications Committee each month for publication in the OSAT newsletter; (5) Organizes end-of-year equipment auction.

Volunteers: John S. 244-2961; Kathleen S. 232-5495; Ken M 881-0733 / 392-0574 (eve)

**Communications Committee**

Roles and Responsibilities: (1) Meet and/or conduct business as necessary to prepare a report for presentation at the monthly OSAT Club business meeting; (2) Maintains computerized membership roster: (a) Track signed indemnity agreements; (b) Track dues/membership status; (c) Update and circulate roster quarterly; (3) Generate mailing labels as needed for newsletter, special mailings, etc.; (4) Write and prepare newsletter for mailing; (5) Maintain telephone hot-line: (a) Update voice mail message weekly or bi-weekly or as required; (b) Gather new inquiries left on voice mail weekly; (c) Mail prepared info packages to new inquiries; (d) Place "call-backs" after information has been mailed

Volunteers: Jim H 234-1522 / 641-7983 (eve); Shirley R 641-7983; Linda Z 649-7094 / 547-3581 (eve); Tim R 838-8900 / 735-5777 (eve)

Note: We still need a volunteer to photocopy finished newsletters and organize a mailing work party.

**Finance Committee**

Roles and Responsibilities: (1) Meet and/or conduct business as necessary to prepare a report for presentation at the monthly OSAT Club business meeting; (2) Develops policy regarding dues and/or fees for membership; (3) Develops rules for accepting donations and/or spending money; (4) Maintains OSAT club checking account and writes checks for expenses; (5) Prepares a monthly Financial Statement delineating income and expenditures; (6) Develops an annual budget and alerts the membership to any necessary adjustments.

Volunteers: Dave B 294-2651 / 353-8154 (eve); Teresa F 486-8559 / 353-8154 (eve);

**Safety/Leadership Committee**

Roles and Responsibilities: (1) Meet and/or conduct business as necessary to prepare a report for presentation at the monthly OSAT Club business meeting; (2) Review and approve any technical course curriculum prior to beginning of class; (3) Determine leadership standards for various activities - both technical and non-technical; (4) Establish criteria for participation in various activities; (5) Review all accidents/incidents. Prepare a report/analysis for membership

Volunteers: Greg A 684-3393 / 932-4862 (eve); Paul C 389-8008 / 236-5242 (eve); Jim H 234-1522 / 641-7983 (eve); Terri P 874-0710 / 759-9415 (eve)

**Climbing Course Committee**

Roles and Responsibilities: (1) Meet and/or conduct business as necessary to prepare a report for presentation at the monthly OSAT club business meeting; (2) Develop curriculum for Climbing Course - submit curriculum to

Safety/Leadership Committee for approval. (3) Develop and implement a schedule for the Climbing Course - submit schedule to Communications Committee for inclusion in the OSAT newsletter; (4) Recruit instructors for field trips and/or lectures; (5) Notify Safety/Leadership Committee of any unsafe practices and/or safety concerns for review and/or corrective action;

Volunteers: Bob C 224-2400 / 228-1005 (eve); Charlie A 227-4744 / 932-7195 (eve); Shirley R 641-7983; Jim B 382-7336 / 874-9771 (eve); Kathleen S 232-5495;

### **Membership/Marketing Committee**

Roles and Responsibilities: (1) Meet and/or conduct business as necessary to prepare a report for presentation at the monthly OSAT Club business meeting; (2) Solicits new memberships; (3) Develops flyers and plans for distribution of the same re: club meetings, special events, etc.; (4) Maintains supply of OSAT Club business cards / Membership cards; (5) Responsible for advertisements and/or press releases in various magazines, i.e. Mountaineer Bulletin, Signpost, Pack-n-Paddle, etc.; (6) Submit new memberships to Communications Committee for addition to roster and to the Service Committee for follow up; (7) Fundraising.

Volunteers: Karen P 361-7423 / 782-1873 (eve)

### **Service Committee**

Roles and Responsibilities: (1) Meet and/or conduct business as necessary to prepare a report for presentation at the monthly OSAT Club business meeting; (2) Schedule and recruit speakers for Treatment Center visits; (3) Provides a liaison between OSAT and 12-Step Meetings; (4) Nurtures OSAT spirituality; (5) Responsible for finding ways that OSAT membership can be of service to the community; (6) Greeting Card Brigade

Volunteers: Steve S. 473-7474 / 838-4287 (eve)

### **Club Traditions**

Most of our members should already know our traditions, but here they are again:

. 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 upon principles and not personalities.

. Alcohol and illegal drugs are not allowed on any OSAT activity.

. Party members are not to separate from the group without prior permission of the activity leader.

. When in a wilderness area, each party member will carry the 10 essentials, which are:

- |                             |                   |                            |
|-----------------------------|-------------------|----------------------------|
| 1. Map                      | 5. Extra Clothing | 8. Knife                   |
| 2. Compass                  | 6. Sunglasses     | 9. Waterproof Matches      |
| 3. Flashlight (or headlamp) | 7. First-Aid Kit  | 10. Candle or fire starter |
| 4. Extra Food               |                   |                            |

. Outdoor activities usually start with a Serenity Prayer and if convenient, they end with a Lord's Prayer.

. Each OSAT glacier climb will have at least two rope teams that each include a person with crevasse rescue training.

Have a missed some? Please comment if I have.

### **Membership**

OSAT continues to grow. Since our roster was published (at the time of last newsletter), we have 9 new paid-up members: Joe L (Issaquah, 392-0891), Cherie G (Bellevue, 643-3441), John O (Lynnwood, 742-6592), George H. (Manzanita, Oregon), Darlene P (Seattle, 525-0468), Susan G (North Bend, 831-6228), Melissa F (Seattle, 767-7188), Cindy M (Seattle, 527-1407) and Priscilla M (Lynnwood, 742-2131, who actually joined last August, but somehow I managed to not get her on our roster or mailing list. Sorry again, Priscilla.)

This brings our total (official) membership to 127 as of this date. I know there are others who believe they are members, but have not actually paid any dues this year. So it goes. Also, there are some changes. Frank V. (who ran in the Rainier to Oceanshores Relay, has moved back east. He sends his regards. Sandi B. is now living in Denver but is staying in touch and may someday return. Her number in Denver is (303) 331-9695. CC has been transferred to Anchorage, but hopes to continue to layover occasionally in Seattle. Her number in Alaska is (907) 266-4274.

(The roster mentioned above, which is sorted by first name and includes last names and addresses is available upon request from yours truly).

### **Finances**

A formal, reporting system is being planned, but this the following should suffice for now. Our efforts at fundraising (T-shirts, Mt. Si breakfast, donations) combined with our inability to decide what equipment to buy has created a very healthy balance in our club checking account (at least \$2,000). Some of this, we need to reserve for next year. But this should leave something to buy some club equipment (2 ice axes has already been approved; other possibilities: more snowshoes; avalanche beacons; large tent; CB radios...)

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**\*\*\* Activity Reports \*\*\***  
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**OSAT Camp Muir Meeting #10 (Sept 18, John S)**

Camp Muir meeting #10 appeared to be a rousing success! Although we got started a little later than expected, (yours truly didn't arrive until 7:45) we still started hiking about 8:15. The weather was positively gorgeous, bright sun, little wind, and cool temperatures. Since we had a large group, we split up into a number of smaller groups. The first group was led by myself followed by Joseph H, John H, and Steve S. We recited the Serenity Prayer a short way up the trail then began the climb to Camp Muir. The first thing I learned was how difficult it is to keep track of everyone! We are all individuals and we all seem to hike at a different pace. Some start strong then slow down, others tend to pick up steam after a few hours, and a few adopt a moderate pace and maintain it seemingly forever.

The first group arrived at Camp Muir at 1:00. This was the first Muir hike for most of them so it was really an admirable performance. We started the meeting at 2:00 (a good meeting starts on time!) and more hikers continued to arrive until nearly 3:00. The award of achievement has to go to Kim T. She started out with the first group and finally made it to the meeting a little after 3:00 just before the Lord's Prayer! It was then we learned she was only 8 days sober! When I was 8 days sober I couldn't make it to the Paradise parking lot!

We started down about 3:30 and encountered a cloud bank near Pebble Creek. The weather turned cold and I was finally able to justify carrying all that cold weather gear!

Overall 29 people signed in at Camp Muir and I believe everyone who started out made it all the way. More importantly, they all made it down! Including OSAT, eleven different AA groups were represented at the meeting coming from all parts of the Puget Sound region. Perhaps next year we can have many more Camp Muir meetings as they are becoming more and more popular.

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**MOFA Class (Tuesday and Thursday Forever)**

For the uninitiated, MOFA is short for Mountain Oriented First Aid and refers to a specific class taught by volunteers through the auspices of the American Red Cross. It is different than most regular first aid classes which assume that you can call 911 and get experts on the scene quickly. The class is a requirement for most Mountaineer Climbing Courses and is highly recommended (maybe necessary) if you want to lead official OSAT technical activities. (In addition to a MOFA card - good for 3 years - , you also receive CPR and First Aid cards good for 1 year).

Joseph H, our very own MOFA instructor, organized a class just for us. It started October 10th and was held at the facilities of Whittall and Associates in Federal Way - where OSAT-er Terri P. works. This course runs for 3 hours a night, twice a week for over five weeks! There is a written final examination, plus lots of practicals which are evaluated. It is also fun - especially if all the members are in the fellowship!

Graduating were: Rik A, Paul C, Bob M, John R, Doug H, Lela D, Tim R, Dave N, Bill L, John and Kim S, Sally C, Bob Mx, Chuck T, Francy S, and yours truly.

Many thanks to Joseph and Terri (who found out at the last moment that she had to be present at all times for liability reasons) and Greg A (who volunteered to play a victim in the final checkout). Also to Bob Mx who supplied several mannequins for the CPR practice.

Joseph says he will teach this class again for OSAT in 1994. It is highly recommended. Ask any of the graduates.

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**Ice Climbing Seminar (November 6-7)**

**A Change in Attitude (Shirley R)**

We spent two days on the Nisqually glacier, practicing different ice techniques with excellent leadership, teaching, and guidance provided by Joe C, Bob C, Charlie A, and Justin D. I found that my quads were not prepared for going up 45-degree ice slopes backwards using French technique (...back to the gym for backwards stair-stepping...) However, I also found that frontpointing up 20' or so of vertical ice with the appropriate equipment was possible without having monster biceps - it was more of a coordination thing. We were top-roped for the vertical part, "just in case." We learned to place ice screws; practiced different methods of utilizing ice tools; tried out different types of ice tools and screws; and played follow-the-leader. My attitude towards ice climbing has changed - it now actually seems like a reasonable, interesting and fun thing to do (as opposed to cold, slippery, treacherous, and maniacal)!

The other students in the seminar were Matt, Connie, Sally, Chuck, and Dave N. The fellowship of the weekend was a special part of it. Those of us staying at the campground on Saturday night had one of those cozy campfire

meetings, and on Sunday evening most of us gathered at the Wild Berry to chow down and tell stories, before heading home.

### Waves of Ice (Dave N)

The day started with instruction, demo, and top rope practice on a small vertical face. Then the fun began! I was put with Matt and "Ice Tool" (Joe, the teacher), for a session of follow the leader. Joe led out and up a sloping wave of ice like a surfer looking for a ride. He proceeded to take us up to the crest of a frozen wave and down the trough. Running and leaping from crest to crest. Climbing bulging pitches. Angling up across the foamy front of one sweeping serac, yawning trough below. A final beautiful traverse on the clear ice of a big breaker left us on the calmer swells leading back to the beach. Much thanks to our teachers Bob, Joe, and Charlie for their patience, humor, and teaching.

### West Ridge of the North Twin Sister (Paul C)

Everything about this climb was magical, even the name. West Ridge of the North Twin Sister. I got interested in this area by reading Beckey. He talks about a number of easy class 5 climbs south along this range. I wanted to take a look at the area. Of this one, he says: "This is a splendid climb, hard to equal in its difficulty rating: the rock is superb." (He understates the pleasure.)

The first time that I tried this with Tanya, we failed to take the fork off of FS Road 38 and ended up on a nice hike up a new USFS trail to Elbow Lake. The trail is built for donkeys and children. Flat and wide with lots of switch backs. Even in the clouds we got a nice view of the glacier on the back side of the South Twin Sister, and wow, the color of the rock, gorgeous. A hail storm, thunderstorm got us down before we made it to the lake or to the pass that must be just ahead on the old trail. We tried coming in from the South across Scott Paper land but access is closed for some reason, fear of Eco-Terrorists. Maybe when it gets bang-bang time again, it will be reopened.

The next time, I found the road that forks off of 38 and drops down to a bridge across the Nooksak. I followed the road until the first real right. Before long I was at the Tank Traps. This is a series of ditches meant to thwart access but with only a little difficulty I plowed through with a 4 wheel drive truck. High clearance required. You can walk or ride a bike from here.

The trail head itself is marked by a couple of huge logs. You walk up a logging road through clearcuts to the climbers trail. It's off to the left when you come to a fork about 45 minutes up. You can just wack bushes but look for it and you will find it. I found it on descent. It will save time to find it on ascent.

On Oct 10, Rik Anderson and I did this trip with his daughter, Hilary who is 14. Now to be fair, Hilary is an athlete, without a trace of whine. It's a trip that you should be in shape for or as a conditioner. It heads up a steep trail and keeps getting steeper. The rock is very abrasive. Bring leather gloves that you can afford to trash. You may want to have covering for arms and legs. Your skin may get abraded but your boots will stick. We went on a superb fall day with lots of sun, a nice breeze but moderate temps. You are in the sun on the ridge most of the time. If you do it in the Summer it will be wicked hot. I think this is a winter, spring, fall trip.

We left Seattle, 65th Park and Ride at 0500. We left the trail head at 0830, so it is a bit of a ride. The Beckey description (Pg 41, Vol 3) is easy enough to follow. The route is distinctive. In retrospect, it's hard to believe we questioned it. We took the Northerly alternative after the 7 pine trees (to the left) and had some difficulty finding the correct broken exposed chimney. Another more experienced party stayed to the right at the trees and sped by us. The alternative is more exposed but no doubt more pleasant. We got stuck and pulled out a rope. As we searched for an anchor, we found the correct upward chimney/gully. After reaching the ridge, it's a short level walk to the summit. Be prepared for a spectacular view of Baker and the South Twin Sister.

After a leisurely lunch, we descended by the route we had come up. Rik demonstrated superb route finding skills on the descent. You will want to keep your eyes open on the way up to be sure to find the way down. We didn't need a rope but you might want to consider that along with some runners/rack. It will help with your conditioning. In the spring, you can probably glissade a good portion of the North Slope. The walk back down the ridge was tough on the knees and took longer than the ascent. Jim H. as he indicated took the Southerly route down to the saddle. Another party was also descending that route.

The descent was much less pleasant because we were tired and it seemed to be a different mountain. We got off to the left after the "crag drop-off". We had ascended a bit more to the right. We ended up sliding down dirty gullies for awhile. When we got back to the logging road, Hilary took off at a skip. Maybe, she didn't find it as hard as the old men with the old knees. What a pleasure it was to climb with such wonderful partners.

We also explored a cabin in the Dailey Prairie that someone has been rehabing. It might be nice place to spend the weekend if we wanted to do some more explorations in the area. There are bunks and the roof and the door have

been repaired. I wonder what it might be like to head in for a winter camp on skis with a snow mobile.

I would still like to explore further down the range. There are a number of easy class 5 climbs and scrambles. The North side of the ridge is a wilderness area. I don't think there are many visitors except for the North Twin. This is superb rock because of its friction coefficient, color and its just solid stuff. Take a look at Beckey. Anyone else interested? Call Paul Campbell (782-7297).

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## **Further Adventures of Jim and Shirley**

### **Persis-Index Traverse (October 10th)**

Only Retta K, Shirley and I signed up for Tom M's hike up Persis on October 9th. Too bad, since it was a beautiful day with great views and great company. Shirley and I were especially excited, since we had decided to try the traverse to Index on the following day. Neither of us had ever been to the top of the main peak of Index even though it is not really a technical climb. (This has happened twice: I tell someone that I'm now into mountain climbing. They ask: "What have you climbed around here?" I say "pick a mountain". They say: "Have you climbed Index?")

Tom pointed out the route to us - essentially the southeast ridge from the summit of Persis intersected with the southwest ridge of the main peak of Index. He warned us that it would be necessary to drop down off the first ridge farther than we may want.

We camped next to a small lake that was very near to the summit of Persis. We had the mountain to ourselves. It was a pleasant afternoon and evening, especially when the wind died. We had plenty of time to relax. We read books and took a nap. I experimented at dinner - adding some canned Spam to noodles. Later, the lack of a moon made the stars seem much brighter than usual...

We left our camp at first light. We didn't know how long it would take to get there and back. Routefinding was the main problem. I took along my scramble rope (100' of 6mm perlon), but we hoped not to have to use it (and we didn't.) First we descended a boulder field. (Fun). Then we sometimes found a trail that led across downsloping meadows broken by more boulders.. But Tom was right. We did stay too high on the first ridge and had to backtrack and drop down even further. The trick is to bear right until you come to a hidden lake and then head up the proverbial obvious gully to a notch in the second ridge. There - much to our surprise - we found several more tiny lakes. A very pretty spot. After a break we traversed close to the ridgeline in some trees, finally finding a bootpath. This was "Sound of Music" time. We were on a high ridge walk, with Highway 2 and the town of Index far, far below us. From the low point on this ridge we stayed to the left as we started to ascend to the main peak of Index. In some places there was a trail. In other places, there was some (at most) class 3 scrambling. It took us just over 4 hours to complete the traverse.

A young man had camped near the summit and was just leaving. He had come in by a southern route that was closer, but required lots of driving on logging roads. He said that there were only about 10 parties to sign the register this year. Surprisingly, he was right. It just isn't climbed that often. From the summit, you can look almost straight down to Lake Serene, several thousand feet below.

It took us under 4 hours to make the return trip. Again, our altimeter proved valuable. I was traversing downward on the ridge below the notch above the obvious gully. Shirley thought we were already too low and my altimeter validated her suspicion. We corrected and saved ourselves a lot of grief. The rest of trip back was uneventful. In fact, we even enjoyed the final boulder field below our camp. As we packed up, a lone backpacker arrived - the second and last person we saw that day until back in civilization.

We were back to our car before dark. It had been a very good day. Some final thoughts: the entire traverse could probably be done in one long day. Also, it may be easier when the high country is still snowbound - like mid May.

### **Enchantment Lakes (October 16th)**

Extensive winter vacation plans and a fear of financial insecurity were the two main reasons I cancelled my August Enchantment Lakes plans. But it was a true Indian summer. Memories of the larch in October kept coming back, haunting me. Must I break a string of eight consecutive years of visiting this hallowed ground? Maybe not. Why not a walk through with a light pack? There would surely be enough time - probably less effort than Baker in a day, which we had done easily in June. Shirley agreed; we would do it, on October 16th when no permit was needed.

Mike S, Joe L, and Doug H decided to take two days so they could get in some fishing. This worked out nicely for us, because it let us do a car exchange. They picked us up Friday night at the Snow Creek Trailhead and started up the Stuart/Colchuk trail that night - leaving the keys to their truck with us.

We started at 7:25am under clearing skies. It was cold, but just right for hiking. It was my first time on this trail with a

light pack, so it seemed to go by quickly. In about an hour we passed the camp where our OSAT friends were just beginning to stir. By 9:15, we were at Lake Colchuck, where we lingered to gaze upwards at Aasgard Pass, Dragontail, and Colchuck Peak. The views were dramatic. We noticed snow up high.

After a short break, we skirted the lake, hopped the boulders, and headed upward toward the infamous Aasgard Pass - over 2200' gain in less than a mile. Now the body really started to warm up. The going was easy - many choices on where to go - numerous trails ground into the rocks by tired boots - and many cairns some of which were probably created by tired hikers looking for a reason to pause and rest. Up and up. The green waters of Colchuck started to drop below us. I thought of the first few times I had been there. I would stop every five or six steps to rest and catch my breath and let my heart slow down. Yes, that was with a heavy pack and was when I was still smoking. It was a terrible ordeal that took lots of time and commitment - and pain. Now I felt fine, although I could barely keep up with Shirley. About half way up I stopped for a drink and a short break, but she kept going. ("I'm enjoying this too much to stop", she yelled down to me). A few minutes later she surprised a goat, a wild goat that bolted away - not the kind you find in the lower Enchantments that hang around and wait for you to make some salt - the kind I find bothersome and wish would be removed. (I think animals that live in the wilderness should be wild and afraid of people!)

By 11:15, we are both at the top of Aasgard. Shirley had been there for almost 10 minutes. She was talking with three other OSAT-ers (Joseph H, Tom M, and Chuck T) who had hiked up from a bivvy at Colchuck, hoping to do Prusik. But they decided the weather was too inclement. They were thinking of ascending the snow to Dragontail, but did not have crampons and only one ice axe. There were a couple of inches of fresh snow and it was cold. We quickly put on two more layers. For awhile coming up the pass, the sun tried to break through and we thought maybe the weather would break. For a brief moment, a rainbow had appeared below us, superimposed over the sparkling lake. But now we were in a cloud. We talked briefly with our friends. They would probably head down. We told them we expected to be at Snow Creek Trailhead sometime around 5:00pm. We parted, moving in opposite directions, all of us anxious to get warm again.

Surprisingly, we counted five tents in the Upper Enchantments. It was even more of a surprise to find no tracks below the tents. Fortunately, I know the route well. We carefully worked our way down to the upper lakes of the Lower Enchantments. The weather here was milder, so we stopped to eat lunch. It was very near a place where we had camped for three days two years ago.

At 12:30, we left the main trail and started up toward Prusik Pass. We had decided to go out by the Toketie High Route. We couldn't help noticing that Prusik Peak looked very "climb-able" - just a little snow on north side ledges. I think we could have easily been up and down before dark - especially since we had climbed it two years ago and the route (or at least the difficult parts) were now forever imprinted in my memory.

The area approaching and around Shield Lake may be my favorite spot in the state. The short larch trees are like old friends - I talk to them and they seem to answer me. I recognize familiar granite benches and boulders. The fall colors are everywhere. Above are cliffs and peaks and below is the sparkling lake that I know is home to thousands of beautiful, healthy trout. We reach the lakeshore too soon, but the walk on the plush, grassy meadow around the lake is also a delight. Here is where I have camped on many occasions. There was no one there, of course. And there was no snow and no wind. We didn't talk much. I pointed out the lagoon where last year Robert, Charlie, and I each hooked a fish on our first cast. As we passed Earle Lake, I noticed that the trail from Tamarack Basin was still visible. We decided to traverse the granite slabs on the east of Mesa Lake rather than follow the trail which stays to the west. For a few seconds, I thought we may have made a mistake, because some of the sloping granite was wet. But the rock was not as smooth as it looked and there were solid placements for our hiking boots. We got a small thrill from the exposure. Soon we were at the little tarn above Mesa Lake, where we stopped to look at the high valley that leads to Toketie Lake. Shirley said it was a pretty spot and I agreed.

I very much enjoy this route, although I don't think it gets much traffic. You do have to be careful - it is rough terrain and the trail is hard to follow in places. Just beyond Toketie Lake, it is crucial to find the cairns on the slabs above the creek. From there a climbers' trail drops 3000' feet in a great hurry - it just doesn't fool much with switchbacks. We surprised a backpacker at the campsite where we crossed Snow Creek to join the regular trail. He asked if we were lost. Without running, we were at the Snow Creek trailhead by 5:05 p.m. Because of the arrangements we had made, our car was waiting for us. We were tired, but not wasted. It didn't take us long to retrieve Doug's truck and get into town for something to eat. With more daylight and more warmth, we would have taken more time, maybe enough to lounge around the lakes and even catch a few fish. Maybe next year.

### **West Ridge of the South Twin Sister (Paul C)**

October 30, 1993; Paul C and Kathy O

This climb is adjacent to the West Ridge of the North Twin Sister which is the normal Alpine climb. We wanted to try this other peak and get a look at some of the other climbs in the area. Beckey shows a number of other peaks in this range which are moderate fifth and fourth class.



ore but encountered a large number of gravel trucks descending about every two minutes. back out of their way. We went past the normal trailhead and stayed left until we came to a We had good views of the South side of the ridge and of Skookum Peak. We headed back to a and began to walk up the ridge on a logging road. I'm getting ahead of myself, but the correct start rther North, but this worked as you shall see.

we needed to start bushwhacking to the ridge. Occasionally we imagined we saw a boot print or a wasn't bad just steep and sometimes obscure. We hit the rock and the West Ridge in about 2 ws of the Sound, Olympics, San Juans and an interesting Flaptop mountain in Canada. We started er a lunch and noticed a gully coming up from the North out of the basin. In fact there were several of y made it up to about the 2nd of 5 false summits on the ridge before we needed to turn for home. A were all the encouragement we needed.

a winter, spring, summer climb out of the basin might avoid the walk we had up the ridge, but then again o the basin may not be a bargain either. We descended on scree from the ridge to the basin which is ight be a nice place to bivvy but the trail up was wicked. The descent of the North Twin looks mighty steep ndered about doing the North/South Traverse and being able to glissade a good part of the route. On the rom the basin, we found some orange survey tape which we followed. It made life easier but it seems to en set in the winter. Please bring some brush cutters and/or a small saw to help improve some semblance of The route gets pretty wild in places. Watch for two orange tapes on a tree to mark a turn across a stream. n avoid a crossing by going a little further down stream. Someone has played with the tapes so that we ed the same stream 3 times in about 5 minutes through some of the wildest brush imaginable. We speculated ctive Alcoholics were involved.

ally, you get dumped in an old logging yard with few markings. Maybe you should bring some tape too, this ns to white tape after awhile. Kathy wished she had safety glasses because of the branches on the overgrown gging road. The semblance of a trail if you find it will bring you out to the road where we found white tape marked O:54,55,56,57 south of the North Twin Trailhead. Try to do this in the spring. Start real early, bring survey tape, gardening tools, brush cutters, eye glasses and skip the rope and pro. We didn't get that far but the rock was of the same quality as for the North and we suspect from the description it is unnecessary.

### Snoqualmie and Guye (October 30th)

Eleven OSAT-ers made this outing on a fine, fall day. The trail up to the saddle from the Alpentel parking lot is steep, but a few of our group made a contest out of it. Zoom, they were gone and out of there. I only saw briefly on the entire ascent and then they were so far away I wasn't sure who they were. But finally, we all made it. Signing the register beside me were Shirley, Jim B, Ivar, Retta, Marvin, Elizabeth, Tim, Charlie W, Bill L, and Rik. After lunch and a prayer we started down. A few of the group headed for the cars, while the rest of us started for Guye. After some brush bashing because of (my) poor route-finding we finally found the trail. Onwards, upwards to the North Peak, which was fairly easy. However, the route to the South Peak (the highest) was a little exposed. Nevertheless, Jim B, Bill, Shirley and I did it anyway. A great day all around.

### Halloween Party

There were almost 40 people at the 2nd annual OSAT Halloween Costume Party. The costumes just keep getting better and better. Food was good too. Thanks Steve and Francy for hosting.

### Three Fingers (November 13th)

This was OSAT's third try at this objective and it turned out to be a charm. Of course, we've never tried it during the easiest season. Two years ago in March, we just ran out of time. Last year, there was just too much precipitation to call it fun. This year, we were mostly worried about darkness. After all, it's over 7 miles each way with over 4,000' of gain. So worried was I about the time, that I left our meeting spot (Frontier Village at Lake Stevens) at 6:05am. There were nine of us there at the time. Unfortunately, 4 others arrived shortly thereafter. More on this later.

It rained during the drive to the trailhead, but it had stopped before we started hiking at just after 7:30am. There were nine of us: me, Shirley, Jim B, Pete, Bill, Greg, Walt, Charlie W, and Dave B. We hiked at a steady pace. It was cold and windy at Goat Flat, so our break was very short. Soon, we were at Camp Saddle (sometimes called Tin Can Gap), where we could see the glacier and lookout, but it was even colder. But we kept on. There was only a few inches of snow, but there were no tracks ahead of us. It was obvious how to get past the moat/ridge area. Then we found a route down a steep gully. Then, up again, traversing, then switchbacking. Now - finally - we were above the clouds. Steep rock, snowfields, billowing clouds all around us. "It's like we're in the Himalayas" said Bill - and he was right.

Just before we reached the summit, we were caught by Matt and Connie. They had came late, met Dick and Diane,

who had came at 6:06am and just couldn't believe I would leave so early. They thought I may have called off the climb. So they ate breakfast and waited for us at until 7:30! (Matt and Connie catching us made me feel my age! - but then again, I don't know if I ever could have hiked it that fast). The ladders were covered with snow. The ledge between the second and third ladder was covered with ice. It made you be careful. The rope on the slab was a welcome sight. Then we were inside the (restored) lookout. It's just amazing that it was ever built - let alone restored! Surprisingly, we found an OSAT business card by the register. It had a number on it that we didn't recognize. We left it there along with a pile of cards with our regular hotline number. (Later we found out that it was Dave N - who had did the climb the day before! This meant that it had snowed the night before, since we saw no sign of recent activity on the last part of the trail).

We were back to the cars before 5:00pm without using our headlamps. The blue sky followed us all the way down. It had been a great day. Some of us topped it off at our favorite Lake Stevens restuarant.

### **Thanksgiving on Mt. Si**

There were almost 20 OSAT-ers at the first Serenity Prayer start - another 5 or 6 for the second (or so I was told). It was a beautiful day to do Si. There was snow the entire way, but the trail was not hard packed. So most of us did not put on the crampons we had brought. The gully up the haystack to the very top looked a little treacherous and turned most of us around. The only exceptions to this (to my knowledge) were Dave N and Rik A who managed to get the very best view despite the conditions. Good job, guys!

What a great way to start Thanksgiving day. I never understand why the parking lot is not full on this day.

### **\*\*\* Notices, Personals, and other Stuff \*\*\***

### **Running**

Some of us are still occasionally running at Greenlake on Wednesday evenings starting around 5:30. Then we go to the Honeybear bakery afterwards. Some of us also run in races occasionally. We need someone to get these activities more organized. Volunteer?

### **1994 Mountaineer Climbing Courses**

OSAT-ers interested in learning about technical climbing may want to take the Mountaineer Basic Climbing Course (if they have the time and money). Last year about 8 OSAT-ers graduated from this course. In addition to Seattle, it's also offered by the Tacoma and Everett Branches of the Mountaineers. Contact the Mountaineers (or me) for further information. These courses are limited in size and you should enroll before mid December to guarantee a spot.

### **Anybody for a Hike? (Betsy C)**

Dear Jim ... It said in the newsletter that if we wanted to add a small blurb to send it off to you. To make a ten year very long story short, I am planning on walking **across America in March, 1995**. The American Hiking Society has just connected a national trail from Point Reyes, California to the coast of Maryland. Its 4900 miles and hits towns, a few large cities, and lots of backcountry. They wanted to make "The American Discovery Trail" accessible to all...I am looking for people who would want to hike portion(s) of the trail with me. I am looking forward to meeting lots of different folks and visiting different meetings while in towns. I will be hiking for one year so if anyone is interested in joining me they can call me at 789-6165...If you know of any other sober groups like OSAT in the rest of the country, please let me know... I can't think of any better way to spend a year and it would be great to do it with fellow AA's. You know when I first got sober back in N.Y. my first sponsor said to me that things would happen in sobriety that I couldn't even imagine in my wildest dreams. Well this has been a dream of mine for 10 years with the exception that I'm not sitting on a bar stool in a smoky bar pontificating on my trip across the country but am actually going to do it...Thanks for your help. Hope to see you sometime this winter. Happy Hiking... Betsy

### **Thank You (Tom M)**

Dear OSAT ... I'd like to especially thank Greg A, Ivar S, Charles W, Paul T, and Jim H for helping with the Tiger Mountain rescue on Thursday, October 28, 1993. I realize how many man-hours are involved and the hours lost in sleep and at work. It made me be aware - again- that one must be prepared when hiking or climbing. We shouldn't take anything for granted, even on a simple, evening hike one needs to carry the ten essentials. A little extra weight was worth a lot when it was needed. Thanks to the OSAT members that stayed with me - it made the evening more entertaining and eased the pain. Sincerely yours, Tom M.

[Editor's note: This accident happened after the year's last Thursday night Tiger Mountain meeting. Tom badly re-injured a knee and needed assistance to get down the mountain. Ironically, the meeting was sparsely attended that night because 16 OSAT-ers were at a MOFA class (see above). The incident leaves me with two heavy thoughts: (1) If this can happen to Tom, then it can happen to anyone and (as he says) we should ALWAYS be prepared; (2) OSAT as a club may want to organize an automatic club response to accidents involving OSAT members.]

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### Confessions of a Recovering Gear Addict (Anonymous)

In the title to this article, I say recovering - well, maybe in remission. I own at least one and often two of everything I need. Need? Well, I've bought a bit of gear in my time.

I thought that maybe I could pass on a couple of tips. There may be some other recovering gear freaks that might find my stories of use. Take what you need and leave the rest.

#### Water Bottles

Look at the wide mouthed Nalgene Lexan bottles, about \$5.50/qt. They are unbreakable and you can pour boiling water into them if you are melting snow or purifying water. The boiling water bottles are a nice addition to your sleeping bag, especially for cold toes. You might also consider Lexan screw top, bowl-like containers. They are a nice place to mix freeze dried stuff and boiling water. I stick that into my sleeping bag also, to let it kind of cook. I don't have the food getting cold or spilling on the ground.

#### Headlamp

My trusty headlamp had cracked and then it started to act erratic. It was time to buy a new one. I had had this one for over 5 years and figured there must be something better and newer out there. My first trip to REI was a disappointment. The models I wanted to look at were out of stock due in real soon now, sure. I bought the light weight greenie that carries a couple of AA's. It was nice but I was concerned about using it in cold weather. I missed my old standby the Lithium Cell, red with the black rubber head band. Swallow's Nest tried to push the little Petzel and they even had a model that had an alkaline battery in a pouch that I could put under my clothes, but missed my old standby. I went back to REI and now they tried to sell me the old standby but with 4 AA's. I wanted the real thing. Now, it turns out there is a combo that uses the lithium cell or the AA's. For cold weather usage, under 35 F, I think you want the Lithium version. The Headlamp is \$17 and the battery is about \$24. I know that's steep, but I think they last longer. I know they last longer.

Turns out they repair them now. They have a lifetime warranty, just pay \$4 shipping and handling. They use an Easter Seal workshop in Connecticut to do the repairs. I bought a new one and I sent the old one back east. Today, the old standby was returned good as new. Now I got two of them.

#### Avalanche Beacons

If you are thinking about buying an avalanche beacon, get one of the dual frequency versions like the Ortovox. Dual frequencies will work now and on Jan 1, 1996 when the U.S. switches to the international frequency 457KHz. You probably don't need any of the visual attachments. Don't let anyone give you a super deal on a 2275 Hz beacon like the Peips. That frequency is obsolete and potentially dangerous. The 457 KHz only beacons should not be used until 1996.

Hope these hints have helped. There should be about \$300 worth of ideas here. Keep climbing and spending. Think about how big the REI dividend check will be and you may benefit Easter Seals too.... The GEAR ADDICT.

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### Solicitation for Newsletter Input

We will publish almost anything in this newsletter. We especially like Trip Reports, but testimonials, advertisements, inspirational quotations, etc. are all acceptable. For a trip report, it's best to write it up as soon as you can after the event. Send it to me and I will put it in the next newsletter. I usually check for spelling and occasionally correct obvious grammatical oversights. I prefer computer files (IBM Word is best format), but will take scribbles on the back of envelopes. Here is a chance to see your writing in print!

Our next newsletter (mainly a schedule of events only) is planned for mid January. The next BIG newsletter (like this one) is scheduled for early-March. Please give me your input for each of these ASAP.

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### **KEEP CLIMBING MOUNTAINS**

**"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**

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## Important Phone Numbers (Home#)

### Board of Servants:

Bob C.	228-1005
Dave B.	353-8154
Karen P.	782-1873
Steve S.	838-4287
Terri S. (Chair)	743-5190

### Advisory Committee:

Anne G.	874-9771
Bob Mx.	825-3516
Dave N.	752-9214
Doug H.	863-0109
Jim H.	641-7983
John S.	244-2961
Joseph H.	241-6378
Terri P.	759-9415

### Other important numbers:

Hotline:	Linda Z.	723-9864
Hotline Followup:	Tim R.	735-5777
Bicycling:	Todd F.	832-4812
Kayaking:	Carol P.	486-2745
Winter Travel:	Greg A.	932-4862
Avalanches:	Paul C.	782-7297
Running:	Jim H. (temp)	641-7983
OSAT North:	Dick H.	659-9072
	Teresa B.	353-8154
Activity Leader:	Tom M.	481-3374
	John H.	439-7938
	Tom D.	(509) 754-4976