

OSAT Newsletters and Yodels – 1994

This file contains copies of Yodel newsletters sent out to club members during 1994. Previously, Jim Hinkhouse sent out the newsletter, which became the “OSAT Yodel” in May, 1993. In early 1994 Terri Steele became the editor of the Yodel

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OSAT YODEL

ONE STEP AT A TIME (OSAT)

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

February 25, 1994

(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 and Night 641-7983)
(See last page for other phone numbers)

**Next Club Meeting: Wednesday, March 2nd, 7pm, Sterlings Heights Cabana, Factoria.
Special entertainment? Slides on OSAT Alpine Outings - by Tingley.**

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

Hello friends! The Board of Servants has its work cut out for it. During the next several months, we will be contemplating a mission statement for OSAT, meeting protocol, bylaws, etc. It is my hope, that we can accomplish these things without unleashing total chaos. (Big grin) All kidding aside, we do have a lot of work to do. Your input and support are necessary to see the organizational changes succeed. Thank you to all who are making an effort to keep OSAT successful.

As daylight savings time rapidly approaches, I am anticipating a lot of fun and fellowship with you as we all venture back into the mountains. (I know, I know, some of you stay out all year long!!!) There are many wonderful trips planned, and I look forward to a climbing season full of sharing and caring with friends - both new and old. Keep climbing mountains and don't slip. (To the ski addicts) Keep carving turns and don't skid!

Respectfully Submitted... Terri S.

Regular 12- Step Meetings:

Thursday evenings at 7:30pm at IHOP in Issaquah (until end of March). 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.

Thursday evenings at 7:30pm at the base of Tiger Mountain (month of March only). This meeting will be held at the new visitor center at the base of Tiger Mountain. Besides rest rooms, there is a covered area with several benches and a speaker's podium. We are considering having our meetings here next winter instead of indoors. John S. (244-2961) will chair the meetings. See directions below.

Thursday evenings at 7:15 pm at the top of Tiger Mountain. These meetings will resume on April 7th. At the first meeting, expect a big celebration. OSAT is three years old!

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.

With the resumption of daylight savings time, expect the meeting at **Meadowdale Beach Park in Lynnwood** to resume (probably on Mondays) and likewise the one in **Enumclaw**, where they are considering changing to a different (outdoor) location. For information, call Terri St. about Meadowdale and Bob Mx about Enumclaw.

1994 OSAT Climbing Course

Enclosed with this newsletter is our flyer on the OSAT climbing course. Make copies and distribute them freely. Or if you don't have easy access to a good copy machine, give me a call and I'll send you as many copies as you can use.

Our plan is to place them in the outdoor stores (e.g. REI, Marmot, Wilderness, Swallows Nest, etc.). Look for them there, and if you don't find any, take the responsibility to put some there.

Do you have to be a member of OSAT to take the climbing course? Yes, of course. Do you have to be a regular member of a 12 step group? No, not really - but you do have to be willing to follow the traditions of OSAT (which include: no alcohol or illegal drugs on any outing; serenity prayers at the start of the activity; and generally supporting one another). As a group, we have decided that we don't really want people to join OSAT simply because it is a cheap way to climb Rainier. Friends and relatives are another matter. We like to climb with them and share our sobriety.

Course Schedule:

March 9th (Wed) 7pm, Camp Long, Training and Conditioning Seminar
April 6th (Wed) 7pm, Camp Long, Glacier Travel Seminar
April 16th (Sat) All day, Stevens Ski Area, Ice Axe Arrest Practice
May 1st (Sun) All day, Mt. Pilchuk, Ice Axe Arrest Practice
May 14th (Sat) All day, Pinnacle Basin, MRNP, Team Arrest, Belays, Anchors
May 15th (Sun) All day, conditioning hike to Camp Muir
May 21st (Sat) Granite Mountain conditioning Hike
June 7th (Tue) 5:30pm (or as soon as you can get there) Camp Long, Prusiking and Crevasse Rescue Seminar

You must attend (and satisfactorily complete) at least one Ice Axe Arrest Practice and one (of the "course") conditioning hikes. In addition, you are expected to attend the other seminars and the Team Arrest, Belays, Anchors field trip. Satisfactorily completing the climbing course qualifies you for many club climbs, including climbs of Mt. Rainier. See the **Upcoming Activities** section. The climbs of Rainier leaving July 9th and July 30th are specifically designed for climbing course participants. Some of the other Rainier climbs may also take a few first-timers.

OSAT reserves the right to qualify participants for technical climbing activities. You must be in the proper physical and mental condition, and be able to demonstrate the necessary knowledge and skills. Decisions regarding participation will be based upon principles and not personalities.

Directions to Camp Long: Camp Long is a Seattle city park located in West Seattle. The entrance is at 35th Avenue S.W. and S.W. Dawson St. It can be reached by taking the Spokane St. exit (163) from Interstate 5. Go west up the hill into West Seattle. Turn left at 35th Ave S.W. (light, left turn lane, near a Shakey's Pizza) and proceed south to S.W. Dawson St. about half a mile. Look for a small sign saying Camp Long and turn left. Park in the parking lot. The first two seminars will be inside the building.

Questions?

Call anybody on the OSAT Climbing Course Committee:

| | | | |
|----------------|-----------|------------|----------|
| Bob C. (Chair) | 228-1005; | Shirley R. | 641-7983 |
| Charlie A | 932-7195 | Jim B | 874-9771 |

***** Club News *****

OSAT Club Meeting Highlights (January 5, 1994):

The Safety / Leadership committee will consist of Greg A, Paul C, Jim H, Terri P, Joseph H, and Joe C. This is the only committee for which membership is not strictly on a volunteer basis.

Committee Reports:**Equipment:** Old clothing that has been donated to the club will be given to GoodWill or some other needy organization. A list of people with "stuff" to loan will be distributed and published in the Yodel; **Finance:** \$2600+ in checking account of which \$428 is in the equipment fund; **Safety/Leadership:** There have been 2 applicants to the Leader's List; **Service:** There was a memorial service on Tiger Mountain for OSAT-er Terry Sisson, who died in early December; **Climbing Course:** The course outline is complete. March 9th is the opener; a flyer is still needed; **Marketing:** Tim is going to work T-shirts; we are in the mountaineer bulletin for a year.

New Business: There was a group consciousness (GC) to move the club meeting to a night separate from the AA

meeting. Also, a GC approved \$402 for Dave N. to reserve huts for an OSAT outing for a Tahoma Ski Hut on President's Weekend in February (spots were immediately filled after the meeting). This will be repaid to the club. Joseph plans to lead a 4 day slow climb of Rainier on July 16-19. Tom M suggested that OSAT should do a 1 day climb for balance.

The meeting below was held at the Sterling Heights Cabana at Factoria. Because this newsletter was late, an attempt was made to notify everyone about the meeting via telephone. Our apologies if you were not contacted. The next club meeting (March 2nd) will also be held in Factoria. Directions: From Seattle, go west on Interstate 90 and take the Richards Road exit (just past the 405 exits). Go to the light and turn right. Go the second light and turn left onto 38th Ave. Go up the hill and into the apartment complex. The cabana is above the office next to the swimming pool. Do not park in a numbered space. Additional parking (plus exercise) is available in street in front of the complex.

OSAT Club Meeting Highlights (February 9, 1994):

The highlights of previous meeting was read and approved. Jim H. presented two proposals for club consideration; (1) additional organizational responsibilities for the B.O.S. - essentially to develop Club By-Laws. and (2) a Meeting Protocol - rules designed to keep the monthly club meeting moving quickly. Copies of both of these were distributed at the meeting. Input about these proposals should be given to any BOS member. A group consciousness about them will be made at the next meeting.

Committee Reports: Finance: We had \$52 income since last meeting. We paid \$402 for the ski hut deposit. We are now caught up with our answering service. We are considering a new checking account set up as a business or club. 1994 dues will be solicited in later newsletter and be due around May 1st. Equipment: We will purchase 2 ice axes as already approved, but our lending policy for "major" club equipment will be simplified. Essentially, major items will be "loaned" to deserving members for a year. These people, along with a list of other members who have equipment they are willing to loan (but not give away), will be published. We will also have an equipment auction sometime this spring. Communications: The newsletter is in the works; a computer conversion problem has delayed publishing an updated roster; Tim asked for volunteers to make up follow up calls to people who have contacted the hotline, been sent information, but never joined. Service: Jim V is in contact with Lakeside regarding OSAT supplying a regular speaker on its activities. Marketing/Membership: The flyer for the Climbing Course is complete. Many other plans have been made. New T-shirts should be available in 30 to 45 days. Safety/Leadership: The Climbing Course curriculum was approved. No action has been taken on the Leader's List. Climbing Course: Class details still need to be worked out. Effort will be made to accommodate people with schedule conflicts. They will need volunteers to help on the instruction. Activities: Jim H passed out a preliminary list of activities. Joseph H will become Chairperson for this committee.

Special Announcements: Some OSAT-ers are running at GreenLake on Wednesday nights. Call Bob Mx or Jim H. for info. Announcements were made about spring plans for 12-step meetings. Greg A and Joseph H. are planning to run in the Vancouver Marathon in May.

**Next Club Meeting: Wednesday, March 2nd, 7pm, Sterlings Heights Cabana, Factoria.
Special entertainment? Slides on OSAT Alpine Outings - by Tingley.**

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.

. An OSAT leader should have completed a MOFA (mountain oriented first aide) course or ensure that at least one participant in the activity that has done so. (Underlined, since it was inadvertently omitted last time)

. 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 while holding hands in a circle. (Sometimes they also end with prayer.)

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

Have I missed some? Please comment if I have.

LEADING AN ACTIVITY (Jim H)

Apparently, this is our tradition regarding "leading" an activity: Anyone can volunteer to lead any activity - even a technical climb. As leader, you should be certain that everyone on that activity has signed a Release and Indemnity Agreement. (In the state of Washington, this should protect you from anything except gross negligence.) You are also expected to always have the activity you are leading follow OSAT traditions.

(As a leader, you may also want to increase the liability coverage in your homeowners or renters insurance policy.)

As a participant, you may want to "qualify" your leader. Do you know him or her? What is their technical experience? Who else has signed up for the activity? Who recommends this person?

We will probably not develop a list of leaders that are deemed qualified to lead technical climbs or activities. This avoids the "pain" of developing qualifications and/or making judgments about someone's qualifications.

For the record, I have climbed with everyone that is leading activities on the schedule below, and am very willing to do so in the future.

*** Activity Reports ***

New Years Day 1994 - Mt. Si Climb (Linda Z)

What a great day for a climb! The people, the weather, the mountain - all looking good and feeling fine. Seventeen OSAT members made it to the top this year - no spills, no chills, no fears, no tears. After last year's "ice climb" I was delighted to find myself walking with my dearest friends through a very enchanted forest. There was a mist in the air that caught the light through the trees and held it and gave it substance. You could feel the trees breathing and see their breadth. We were guests in a fairytale place: "Mt. Sigh."

The mountain spirits were smiling on us as we made our ascent. The climb was easy and made all the more pleasant by intermittent meetings with OSAT members on the trail. As people reached the top, they gathered in the "breakfast nook" just below the haystack. By the time I got there (after three hours) Susan and others had already climbed the haystack and returned to await our arrival. Congratulations Susan!

This was Susan's first hike up Mt. Si. I remember my first time, last year. I was really amazed to find myself among the few and the brave who climbed Mt. Si on New Year's Day. (Steve and Francy talked me into it!) It was not an easy trip for anyone involved - there was lots of ice on most of the trail, and plenty of snow further up. It seemed to me like we made our way up a million switchbacks. The higher we got, the icier it got and the more skittish I got. I slipped a few times - nothing serious, but a little scary. Francy took the front and Steve came up behind. Sometimes he stood on the downhill side as I took my baby steps up the trail - at one point, after slipping on the ice, I couldn't get my footing back at all, so I crawled across the icy patch! When we finally reached the top, I cried. Tears of relief, for sure - but, I also knew that the only way out was down - I wanted to be lifted off by helicopter! Greg and Chuck joined Steve and Francy to get me down the mountain in one piece. One step at a time!

I'm so grateful for the changes I've experienced this year. My fears have decreased and my self confidence has increased. The challenge of this year's hike, for me, was not to reach the top - after all, this was my third time on the mountain! The challenge was to keep up with the others and enjoy the experience. Until OSAT, a ride into the country was a return to nature; a walk around Greenlake was a hike. I always loved the woods and views of mountains, but I really never expected to do any climbing. I never expected to catch a view from a mountaintop!

Next year, I'll get up there in two hours. I'm actually looking forward to it!

Mt. Forgotten (Shirley A)

Remembered will be this January 29 outing, in which Dick W., Charlie A., Jim H. and I found no snow at the trailhead and went on to make the summit. We reminisced about past winter and spring attempts thwarted by deep snow or bad weather. We also reminisced about our climbing trip to Ecuador, which the 4 of us had made just over a year ago. (The reminiscing took our minds off of the switchbacks.) Once on the ridge, we surveyed the peak and agreed on a strategy: cross to the left of the connecting ridge, traverse to a gully, climb the gully, go for the summit. Jim had a tale of previously climbing the peak that way, and thought it a nice route. It did look more appealing today than the way Dick and I had each previously climbed it - traversing around to the right to a flat area and then ascending to the summit. Therefore, we dropped off our ridge, crossed the connecting ridge, dropped down and traversed, and climbed the steep gully, each taking a turn kicking steps, and made the summit long before our turn-around time! Not that speed is all that important - but in the winter it is sometimes a surprise when a "worthy" summit is actually reached! The weather was warm and sunny, and we basked and ate our lunches and played name-the-surrounding-peaks. We

left our perch at the pre-appointed time and got to the cars just a hair after dark, happy to have had another joyous day in the mountains. Elevation gain ~ 4900', length ~10 miles, trip time ~12 hours. Perry Creek Trailhead, Mountain Loop Highway.

Next Club Meeting: Wednesday, March 2nd, 7pm, Sterlings Heights Cabana, Factoria

***** 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. In fact, there should be a bunch of us at the St. Patrick's Day Dash (March 13th) and Mercer Island Half Marathon or 8k (March 27th). We are also planning to run again in the Mt. Rainier to Oceanshores Relay in July - maybe even have two teams!

If you have an interest in doing more running with fellow OSAT-ers call Bob Mx or Dick W. In particular, we are looking for interest in relays on April 10th and April 24th (see Schedule below)

Family Outings

We already have a couple of activities planned that are ok for the entire family (or almost so). In particular, on March 26th, we plan a hike to Wallace Falls (see Schedule) and to car camp at our annual OSAT retreat in late September. We would like to do others. Give Joseph H a call if you are willing to lead an easy hike, suitable for anyone in the family.

Quote of the Month (submitted by Dave N) "Each of us must climb to the peaks of our own aspiration to discover the true meaning of our existence. It starts with an idea and is followed by the motivation to see it through. A step at a time, placing one foot in front of the other, we will reach the summit of the tallest mountain." Rob Schouten

Reminder: **Enchantment reservations** should be requested before the end of February. Call the Leavenworth Ranger Station for details on how to apply: (509) 782-1413

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 is schedule for early April. Please give me your input ASAP.

Rock Climbing - A Slightly Biased View (Jim H)

Missy is a new member of OSAT. She is athletic, energetic, and very young. Of course at my age, most people appear to be young. But I think Missy is even younger than my daughter, which makes her "very" young - less than 28 years. Recently, I overheard someone telling her that she should try rock climbing. She said she definitely wanted to do so.

So at the first opportunity, I asked her if she understood the difference between "sports" rock climbing and "alpine" rock climbing. She didn't. I asked her if she wanted me to explain it to her. She did. I thought for a while. This was important. It would be a shame for her to start her climbing career on the wrong foot (so to speak). Finally, I very slowly began my explanation...

"Sports rock climbing is when you and your climbing partners get up in the morning, usually several hours after sunrise, and drive to a rock wall that is close to the road. There you usually find numerous other "climbers", many of whom are smoking and drinking beer and occasionally making disgusting bodily noises. The wall may only be 100 feet or so high and there sometimes is a path that goes around the side to the top of the wall so you can drop a safety rope to the bottom. If you must actually climb for a few feet without protection, then there will probably be artificial bolts conveniently placed, so that you can easily attach a "quick draw" for safety. When a "route" becomes available (which may take a while), you remove most of your clothes and then climb (and fall) until you either give up on the route or make it to the top. Upper body strength helps a lot. So does the physique of a gymnast. You may spend most of the day on one "pitch", or you may do several "routes" the same day, alternating with your belay partner. If you have an accident (i.e. scrape your body), then you hop into a car and someone drives you to an emergency room. On the way home, you stop for food and drink. After you get home, you call a few friends to tell them that you climbed a pitch that is rated 5.17F or whatever.

"On the other hand, alpine rock climbing is when you and your friends get up before dawn, and drive to the start of a trail that usually begins in beautiful, dense forest. There may be no other cars in the parking lot. In fact, where you are going, people are very scarce. You may see a deer, or a goat, but not a person the entire day. You then hike several miles up the trail in the early morning light and achieve an "aerobic" high as endorphins saturate your hard working body. (You have to hike fast to keep warm). Finally you break into alpine country and the meadows, flowers, and bubbly brooks create images not seen by most contemporary humans. Finally you get a glimpse of the summit - your objective for the day. As you leave the trail, you may notice there is steep rock ahead. This makes you a little nervous, but you are high with anticipation. On the way, you may have to use an ice axe to negotiate some steep snow. Finally, you come to a near vertical rock pitch. If necessary, you use a rope and are belayed, but the leader rarely falls. You climb with a pack, because you need the extra gear in case of an accident. Strong legs are essential. Eventually you reach the summit. There, you can see forever and you feel more Serenity than you thought possible. The descent is fun and exciting, as you try to reach your car (or the trail) before darkness falls. On the way home, you stop for food and drink. After you get home, you listen to love messages that your friends have left on your recorder."

Missy listened carefully and when I finished, she seemed very thoughtful. She had a look of incredulity about her. Finally, I admitted I might be slightly biased - that actually I'd never really done much "sports" climbing. She smiled. "I thought so". A week later I heard that Missy had joined the Vertical Club. Maybe I need more meetings.

"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

Miscellaneous Stuff (Jim H)

Congratulations and welcome back to Bob C and Joe C who recently left some OSAT business cards on the highest point in the Western Hemisphere. (Mt. Aconcagua in Argentina - over 22,800')... Before Bob left, he led a very successful OSAT climb of Mt. Hood on December 18th. Other participants on that December day were Sally, Matt, Connie, Mike S, Jim B, Anne G, Chuck T, Chris M, Charlie A, Pete and Dave N....The OSAT Holiday Party and Potluck was a success, despite some scheduling conflicts. About 40 OSAT-ers showed up at John and Kim's friendly home on Military Road for good food, lots of laughs and cheer. Not one fight! No loud arguments! No cigarette burns in the carpet. But lots of Serenity. Thanks again, Kim and John... Snowcaving was a big success again this year. Earning merit badges (by staying overnight in their cave) were Steve, Francy, Linda Z, Chuck T, Ken M, Rik, Terri P, yours truly, Pam, Missy, Greg A, and Tom M. Helping build our caves were Joseph and Bob Mc. Thanks Steve for hauling up the sled so we could have barbecued chicken. (What-a-guy!) Plus - espresso and fresh baked strawberry/rhubarb pie complements of Greg - and fireworks supplied by Tom. Truly a memorable weekend...During a 21-day vacation in Mexico, Shirley and I successfully reached the summit of Ixta (17200') and Popo (17800'), but decided to turn back on Orizaba (18,400') because of the only bad weather of the trip - at around 17,200'. We also enjoyed our extra time - at Vera Cruz and other out of the way places...Kilimanjaro plans continue. We have recommendations on 3 travel agents and we are going to give them an RFP next week. Our next planning meeting is on March 13th, 7pm at the Factoria Cabana. (Note date change). Joseph is our new Activities Chairperson and says he will be "bugging" you to commit to lead (at least) one activity this year. Surprise him by calling him first!...Plans are shaping up for our third annual Mt. Rainier to Oceanshore Relay. This year it starts in the Paradise parking lot, adding one additional runner, which makes 12 to a team. This is fun and inspiring beyond words. There is something very special about running all night, supporting your teammates and being supported, becoming physically exhausted and sleep deprived, then joyously holding hands with your teammates as you cross the finish line together. Then its food, attempts at sleep, maybe a meeting, but for sure some walks along the beach. Ask anyone who has done this before. (i.e. me, Dick W, Dave B, Diane, Bob Mx, Connie, Tom D, Harold, Paul C, Robert T, Mike D) Interested? Give Karen P a call. It would be great to get two teams this year!... I have committed to lead at least a half dozen scrambles/climbs for the Mountaineers this year - most of them during the week. Please sign up for them, if you are a mountaineer and have the pre-requisite...Didn't Jim Mac do a great job on our flyer? The words about a "typical climb" were mostly his, which he did from memories of climbs 30 years ago. Is climbing Mt. Rainier a memorable experience or what? Jim is also going to try to put this publication in a more read-able format. Maybe even a picture or two...As a Hood substitute on February 12th (bad weather!), some of us did the first (known) ascent of Mt. Teneriffe. Hardly compares, but OSAT outings are always fun. Participating were me, Shirley, Dick, Diane, Dave B, Rik, and Ken M... Running at Greenlake on Wednesday night is fun, but most of us go for the Honeybear Bakery experience - only wholesome food is sold there, of course. Really...

**Next Club Meeting: Wednesday, March 2nd, 7pm, Sterlings Heights Cabana, Factoria.
Special entertainment? Slides on OSAT Alpine Outings - by Tingley.**

Upcoming Activities:

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. Dave N.

Downhill Skiing - Stevens Pass: Also on Tuesday evenings. Carpool from Lynnwood @ 4:30 pm or Monroe @ 5:00pm. I will be going many weekends as well. Interested? Terri St.

Feb 26-27: Waterfall Climbing - CANCELLED; Two reasons: (1) poor ice as of earlier this month; (2) Tom D. and others are going to Banff for three days of the very serious stuff. Give Tom a call if you'd like to tag along.

March 2: OSAT Club Business Meeting at Sterling Heights Cabana in Factoria. 7pm. Directions above. Terri St.

March 5-6: Mt. St. Helens. Camp overnight in snow. Snowshoes (or skis), ice axe, and crampons required. Must be in good condition. Over a mile of elevation gain. Jim H. Postponed from Feb 26-27th.

March 6: Big Climb. Benefit the Leukemia Society; Climb the Columbia Tower; 69 flights, 19 stairs/flight = 1311 stairs, 788 vertical feet. 2nd annual OSAT participation. For information, call them at 628-0777 or the Big Climb Hotline at 628-8550 or call Dave B, OSAT coordinator for the Big Climb.

March 9 Climbing Course Seminar - 7pm at Camp Long in West Seattle.

March 13: St. Patrick's Day Dash. About 4 miles, downtown Seattle. This is a big event. Brunch after the race. Must register in advance. Bob Mx

March 13: Next meeting on Kilimanjaro Expedition. Factoria. 7pm. Jim H

March 19: Mt. Ellinor, a beautiful scramble to a great viewpoint. 2500' gain. Ice axe required. Joseph H

March 26: Second Annual Family Hike to Wallace Falls and Meeting. This is an easy one, about 3 miles and 1200' gain. Carpool: Meet at Bothell Park n Ride at 7:30am or Dutchcup at Sultan at 8:30am or trailhead about 9. Jim H

March 27: Mercer Island Half Marathon. Also an 8K. Bob Mx

April 2: The Tooth. Must have some rock climbing experience. 2,700' gain. Joseph H.

April 6 Climbing Course Seminar - 7pm at Camp Long.

April 9: Rock Climbing for Beginners. Might be a limit. Bob C

April 9-10: Climb of North Peak of Brothers, possible traverse, must be experienced and in shape. (Jim H)

April 10 WSU 100K Relay. Bob Mx

April 13. OSAT Club Business Meeting - probably at 7pm at Factoria.

April 16: Climbing Course - Ice Axe Practice - Stevens Ski Area.

April 23: Sauk Mtn (above Concrete). A short (2.1 miles) but strenuous day hike up what Fred Beckey calls "a small but remarkable summit" through steep alpine meadows to views of Baker, Shuksan, and the confluence of the Skagit and Sauk rivers 5300' below. Suitable for strong hikers. Rik A.

April 24: Falls to Gasworks Connection, 75K Relay Race (Bob Mx)

April 30: Whitehorse. Experienced climbers in EXCELLENT shape. Over 6,000' gain. Jim H.

May 1: Climbing Course - Ice Axe Practice - Mt. Pilchuk

May 7-9: Tatoosh Traverse. The objective is the dozen peaks stretching from Boundary Peak to Eagle Peak on the skyline south of Paradise. Max of 12 (experienced) climbers. Preference given to those making all 3 days. Rik A.

May 10-11: Monte Cristo. Steep snow, some rock, great views. 4000'+ gain. Call leader for details. Joseph H

May 14 Climbing Course - Roped Travel Field Trip- Pinnacle Basin, MRNP

May 15-16 Baker / Boulder Glacier. Experienced glacier climbers. Limit of 12. Charlie A

May 15 Camp Muir Meeting

May 16 Rainier / Gib Ledges. Limit of 6. Experienced climbers. Descend via Ingraham. SIGNUP BEGINS on April 30th. Jim H.

May 21 Climbing Course Conditioner - Granite Mountain

May 21-23 Glacier Peak / Scimitar Glacier. Experienced climbers. Probably descend via Sitkum. Tom C

May 25 The Tooth. A beginning rock climb, but must have some rock climbing experience. Up to 2 more lead climbers would be nice. May be a limit. Jim H.

May 28-30 Rock Climbing at Smith Rock in Oregon near Bend. Bob C

May 28-30 Mt. Stuart from Three Directions - assuming we get a leader for each direction. West Ridge and North Ridge are Grade II Rock climbs. West Ridge is mostly a routefinding problem, lots of (unroped) class 4 with one short mid class 5 pitch. North Ridge (which is in "The 50 Classic Climbs of North America") is several class 5 pitches and much exposure. The Cascadian Colour (from the south) route should be mostly a fun snow scramble (ice axe, crampons). Everyone descends the south route and stays at a nice campsite next to Ingalls Creek for a leisure return on Monday or maybe bag Ingalls on the way out. Jim H.

June 4-5 Mt. Adams - South Spur Route. Requires ice axe and crampons, but no ropes. Should be a great glissade. This would be a great conditioner for beginners planning to do Rainier. Steve S.

June 4-5 Rainier / Tahoma Glacier. Limit of 12. Must be in very good shape and feel comfortable with very steep snow. SIGNUP BEGINS on April 30th. Hike to about 5,000' on Friday night. Camp at about 9,500' on Saturday night. Summit and return on Sunday. Jim H.

June 7 Climbing Course Seminar - Camp Long in West Seattle. Start at 6pm or earlier.

June 11. McClellan Butte, hike the trail or scramble via a shortcut. A good conditioner - more elevation gain than SI.

May be a limit. Rik A.

June 11-12 Mt. Adams - Adams Glacier. Max of 6. Some ice climbing experience required. SIGNUP BEGINS on April 30th. Descent via North Ridge. Should be prepared to stay until Monday. Jim H.

June 25: Guye Peak. Must have some rock climbing experience. Joseph H.

June 26 Camp Muir Meeting

June 27 Rainier / DC Route - This is the first annual June Gratitude Birthday Climb. Preference given to those having a recovery (or belly button) birthday in June. Limit of 12. SIGNUP BEGINS ASAP. Jim H.

July 3-4-5: Mt Rainier, Muir/Ingraham Route. This will be an attempt to put 3 generations of Andersons (Rik, his father, and one or both of his daughters) on the summit. Rik would be happy to share this climb with up to 8 OSAT climbers, which could include some first-timers looking for a more relaxed pace. SIGNUP BEGINS ASAP. Rik A.

July 9-10 Rainier / Emmons. Limit of 12. SIGNUP BEGINS June 3rd. Bob C.

July 9-10 Little Tahoma. This will be the first OSAT attempt at this peak - the third highest in the state. Experienced glacier climbers. Some rock scrambling. Limit of 12. SIGNUP BEGINS June 3rd. Jim H.

July 15-16 Mt. Rainier to Oceanshores Relay (Karen P)

July 18-21. Mt. Rainier / DC Route. For really casual folks - a four day climb. 1st day to Pebble Creek to acclimate; 2nd day to Camp Muir; 3rd day to Ingraham Flats; 4rd is summit and descent day; SIGNUP BEGINS June 3rd. Joseph H.

July 30-31-1 Rainier in 3 days, probably DC route. Another climb for Climbing Course participants. Limit of 12. SIGNUP BEGINS June 3rd. Charlie A.

August 2-3 Sloan Peak / Corkscrew Route. A pleasant alpine climb for experienced people in reasonably good shape. 5,000' elevation gain. Beautiful views of Glacier Peak. Cross a glacier, then a rock scramble. Jim H.

August 6-8: Mt. Rainier. Route TBD. Another climb for Climbing Course participants. Joseph H.

August 13-14: Mt. Watson / Anderson Butte (east of Baker Lake). Mt. Watson is a class 3-4 scramble, Anderson Butte is a walkup. Camp at one of the several lakes in the area. Beautiful views and meadows. An easy weekend, only 3-4 miles per day. Limit of 12. SIGNUP BEGINS June 10th. Rik A.

August 14: Camp Muir Meeting

August 18-21 All 3 peaks of Olympus. Experienced glacier climbers. Hike about 12 miles on Thursday. Will camp on Snow Dome (weather permitting) Friday night. Do three summits on Saturday. SIGNUP BEGINS ASAP. Jim H

September 3-4: Mt. Shuksan / Sulfide Glacier Route. Beautiful climb to one of the most photogenic peaks in the world. Glacier experience + Class 3 rock climb to summit. Joseph H.

Sept 17 Camp Muir Meeting

Sept 24-25 Annual OSAT Retreat. Car Camp on Mountain Loop Highway. Hikes/climbs will be scheduled. Campfire meetings. Bring the family. Leader/organizer TBD.

February, 1995 - Mt. Kilimanjaro. Next planning meeting is March 6th. Jim H.

A 1995 A Denali Climb is being planned. Bob C.

A 1995 Seattle to San Diego Relay Race is being planned. 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. | 825-351 |
| 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: | Bob Mx | 825-3516 |
| OSAT North: | Dick H. | 659-9072 |
| | Teresa B. | 353-8154 |
| Activity Leader: | Tom M. | 481-3374 |
| | John H. | 439-7938 |

Activity Leaders:

| | |
|-------------|----------|
| Tom M | 481-3374 |
| John H | 439-7938 |
| Tom D (509) | 754-4976 |
| Rik A | 232-8908 |
| Tom C | 217-9329 |
| Dick W | 339-3751 |

OSAT YODEL

ONE STEP AT A TIME (OSAT)
P.O. Box 6461
Lynnwood, WA 98036
(206) 236-9674

APRIL 21, 1994

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

Approved at the April Business Meeting: OSAT's Mission Statement: To provide a clean and sober environment for members and friends of 12-step recovery groups to participate in outdoor and social events in the spirit of conservation, preservation, and ecology.

"Keep climbing mountains, and don't slip"...Greetings from Terri St. ... (Day and Night 743-5190)
(See last page for other phone numbers)

Next Club Meeting: May 11, 1994, 7:00 pm

Location: Mercer Island Library--4400 88th St. SE, Mercer Island

A message from the Board of Servants...

Hello my friends! Spring is here. The cold and dark rains of winter have given way to the colors, smells and warmth of the new season! The outdoors is calling. Hooray, it's climbing season! New routes to explore and retracing old ones too. Comrades reunited and new friendships to be made.

This is the forum our club offers. To myself and many others, 12-step meetings on a summit or a rendezvous at the Appleseed is just a small part of what makes up OSAT's character. Our club provides a wonderful opportunity to combine true fellowship and personal growth in a majestic setting. What a remarkable gift!

OSAT is in the process of administrative change. The pains of growth are being experienced with courage, open eyes, and faith in a Higher Power. To me, risk now has another meaning. There lies a comfort and an understanding that is like no other, it comes from the support of every OSAT member. I am indebted in love and service.

Come join us for a day hike or a weekend trip. Rediscover the magic that is OSAT. Enjoy the fruits. Keep climbing mountains my friends and please don't slip.

Bob C., Board of Servants member

Regular 12-Step Meetings:

Thursday evenings at 7:15 pm at the top of Tiger Mountain. Newcomers should not try to find this meeting alone. 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 Doug H. for more information.

To find Tiger Mountain: Take the High Point Way Exit off 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, 6:30 pm.

Hike 1.25 miles downhill to the meeting (and beach). Meet at the covered picnic shelter at the Meadowdale Beach County Park in Lynnwood on Monday nights at 6:30pm.. Driving directions: Take the 164th St. exit off Interstate 5. Go west on 164th. At the Y (Sign says Welcome to Lynnwood), stay to the left. (You don't actually leave the main road, but after the sharp turn, you are traveling South on 44th.) Turn right (West) on 168th St. SW. Cross Highway 99, and proceed west until you reach 52nd Ave West. Turn right (North) on 52nd. Then (following signs to Meadowdale Beach County Park) turn left on 160th SW, then right on 56th Ave W., then left onto 156th SW. Follow 156th SW into the parking lot. Questions? Call Terri St.

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.

Lake 22 Meeting - Sundays 2:30pm. 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 miles from Granite Falls. (There is a parking lot and hiker sign -- right side of road.) The hike takes about 1.5 hours.

As of the date of this publication, I have not received any information regarding an outdoor meeting in **Enumclaw**. For more information, contact Bob Mx.

1994 OSAT Climbing Course

Climbing Course Intro....Contributed by Bob C.

Many questions and lots of excitement were among the ingredients for the March 9th Climbing Course Seminar. About 35 new students gathered at Camp Long. Many veteran OSATers came by to support our newest members. Special thanks to the Climbing Course Committee members for your time and effort.

Word has it that students and instructors have been seen leaving the Mt. Si trailhead around 9am on Saturdays, with a meeting at the base of the haystack.

A new lecture has been added to the climbing course schedule -- PLEASE MAKE A NOTE OF THIS!!!
*****NEW***** Tuesday, May 3, 1994, 7pm - at Camp Long in the main building. *****NEW*****

Course Schedule

May 1st (Sun) All day, Mt. Pilchuck, Ice Axe Arrest Practice

May 3rd (Tues) 7pm, Camp Long, Knots and Prusiks ** NEW ADDITION TO SCHEDULE******

May 14th (Sat) All day, Pinnacle Basin, MRNP, Team Arrest, Belays, Anchors

May 15th (Sun) All day, conditioning hike to Camp Muir, MRNP

May 21st (Sat) Granite Mountain conditioning hike

June 7th (Tue) 5:30 pm (or as soon as you can get there) Camp Long, Prusiking and Crevasse Rescue Seminar

You must attend (and satisfactorily complete) at least one Ice Axe Arrest Practice and one (of the "course") conditioning hikes. In addition, you are expected to attend the other seminars and the Team Arrest, Belays, and Anchors field trip. Satisfactorily completing the climbing course qualifies you for many club climbs, including climbs of Mt. Rainier. See the **Upcoming Activities** section for details. The climbs of Rainier leaving July 9th and July 30th are specifically designed for climbing course participants. Some of the other Rainier climbs may also take a few first-timers.

OSAT reserves the right to qualify participants for technical climbing activities. You must be in the proper physical and mental condition, and be able to demonstrate the necessary knowledge and skills. Decisions regarding participation will be based upon principles and not personalities.

Directions to Camp Long: Camp Long is a Seattle City Park located in West Seattle. The entrance is at 35th Avenue SW and SW Dawson St. It can be reached by taking the Spokane St. exit (163) from I-5. Go west up the hill into West Seattle. Turn left at 35th Ave SW (light, left turn lane, near a Shakey's Pizza) and proceed south to SW Dawson St. -- about half a mile. Look for a small sign that reads "Camp Long" and turn left. Park in the parking lot. The first 3 seminars will be held inside the building.

Questions?

Call anybody on the OSAT Climbing Course Committee:

| | | | |
|----------------|----------|------------|----------|
| Bob C. (Chair) | 228-1005 | Shirley R. | 641-7983 |
| Charlie A. | 932-7195 | Joseph H. | 241-6378 |

*****CLUB NEWS*****

OSAT Club Meeting Highlights (March 2, 1994):

Old Business There was discussion about two proposals that were introduced at the prior club meeting and reviewed/modified by the BOS. Each proposal was slightly amended prior to taking a group consciousness. The approved forms of the proposals are as follows:

Organizational Proposal The BOS will have the responsibility to develop, and submit to the full membership for approval, the following:

1. A statement on the mission (purpose and objectives) of OSAT.
2. Traditions to ensure that the mission of OSAT is achieved.
3. Club by-laws that can be used to incorporate OSAT as a non-profit corporation.
4. Amendments and changes to the above as required.

For at least the rest of 1994, the BOS will meet monthly in the week prior to the Club meeting. The time and place for this meeting will be determined by the BOS Chair, who will make a reasonable effort to accommodate the schedules of the BOS members. However, if a conflict arises so that a BOS member cannot attend this meeting, then they are expected to send a substitute with full voting privileges.

If a member of the BOS misses this meeting (without sending a substitute) for two consecutive meetings, then that position is automatically considered vacant and an election would be held to fill the position as soon as possible.

This rule is also proposed for the attendance of Committee Chairs at Club Meetings, except that vacancies can be filled by the BOS without an election.

Members of the BOS must attend Club Meetings or send a substitute.

The club by-laws will be submitted to the membership for approval no later than the October Club meeting.

OSAT Club Meeting Protocol

Club Meetings will always be conducted at a spiritual level and based upon principles and not personalities. Club issues will normally be resolved by small groups of concerned knowledgeable members at committee meetings.

The club meeting will be facilitated by the BOS chair (or designee) who will also develop the agenda (with appropriate time limits) using the standard Meeting Agenda Outline. In what follows, the facilitator will be referred to as the Chair.

Talking (and crosstalking) not recognized by the Chair (or designated speaker) is strongly discouraged. This tradition will be announced at the beginning of each Club Meeting.

Each Club Meeting will open with a Serenity Prayer and close in the usual manner.

The Meeting Highlights will be recorded by the Communications Chair or its designee. These "highlights" will include major committee announcements, group consciousness outcomes (i.e., votes), special announcements, and new business referred to committee. The Meeting Highlights will be published in the OSAT Yodel and/or read at the next club meeting.

Most "Old Business" items will involve a specific proposal. Time available for general discussion on "Old Business" items will be limited as indicated in the agenda. If this limit is reached, there will be a vote on whether to continue discussion. If a majority of those present vote to continue discussion, then the chair will decide when and where such discussion will continue.

Reports of committees (including subcommittees of the Activity Committee) are expected to be three minutes or less. If this is not sufficient time (e.g., a specific proposal is to be discussed and/or voted upon), then the committee chair should request in advance an additional time allocation from the Chair.

Unscheduled special announcements can be made from the floor, if there is time available. These announcements should be limited to one minute or less. Very important announcements or those requiring more than one minute, should be submitted in advance to the Chair for inclusion on the agenda.

If more than one minute of discussion or explanation is anticipated for a new business item, then it should be submitted in advance to the Chair for inclusion on the agenda. In any case, most new issues will be referred by the Chair to a standing or (possibly new) ad hoc committee for consideration and disposition.

In the above three items, "advance" means at least 24 hours.

The Chair has the authority (and responsibility) to "cut-off" people if they exceed their allocated time limit. This is a tough job, but somebody has to do it. Therefore, just before the closing, there will be a round of applause for the Chair.

Committee Reports: *BOS:* Will rotate club meeting facilitation; approved the activity leadership tradition as documented by Jim H. in the last newsletter. *FINANCE:* OSAT has approximately \$2,300 in the bank. *PROPERTY AND EQUIPMENT:* An auction will be held prior to the next club meeting (MAY?) Bring your old, but usable gear. *COMMUNICATIONS:* There should be another newsletter soon. Tim can still use hotline follow-up help. *SERVICE:* A new 12 step meeting will start in March at the Tiger Mountain visitors center, 7:15 pm on Thursdays.

MEMBERSHIP/MARKETING: The flyer (climbing course) should not have included the word "expert." We need to develop another release form to specifically deny being "experts." **SAFETY:** Terry P. will chair this committee and is soliciting volunteers to serve on the committee. **ACTIVITIES:** Joseph is challenging everyone to lead at least one activity in 1994. **CLIMBING COURSE:** Please call someone on the committee if you can help.

There were no meeting highlights available by publication deadline for the April Club Meeting.
Next Club Meeting: May 11, 1994, 7pm, Mercer Island Library, 4400 88th St. SW, Mercer Island

Club Traditions

Back by popular demand: OSAT's traditions:

. Every OSAT activity has a designated leader. The leader makes the decision as to who is qualified for the activity. This decision must be based on principles and not personalities.

. 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.

. An OSAT leader should have completed a MOFA (mountain oriented first aid) course or ensure that at least one participant in the activity has done so.

. 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 while holding hands in a circle (Sometimes they also end with prayer.)

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

*****ACTIVITY REPORTS*****

A Short Legend and a New Tradition for OSAT (RIK A)

On March 10, Joseph led the OSAT Mt. Ellinor climb up a new eastside route that begins just outside North Bend. He wisely relocated the Ellinor climb to Ellinor's boyfriend, Si, when the forecast for the Olympics was moderate to high avalanche danger. Thanks to several feet of new snow Wednesday-Friday. Four climbers from the Ellinor trip, Joseph H, Chuck T, Susan, and Rik A had just completed the serenity prayer in the Mt. Si parking lot when Jim B, Annie G, and Pete S drove up. So why a big write-up in the Yodel for a hike up Mt. Si? Well, it WAS an adventure. There was lots of snow in the gully up to the haystack, but most of the group elected to give it a try. The combination of Rik's crampons, Joseph's rope and runners, and Pete's harness and 'biners, and everyone's patience, perseverance and support, managed to get 6 of the group to the upper ridge, and three to the summit! And it was good that we did.

As we approached the summit, we saw a small red flag hanging limply on its staff, as there was barely a breath of wind. Imagine their surprise as Chuck, Joseph, and Rik reached the summit. Rik went over to the flag, held it out, and shouted "Eureka! Check this out!!!" The bright red pennant was adorned with a climber leading a rope up a snowfield, and the letters O, S, A, T trailing off to the horizon. Thus begins a new tradition for OSAT! After taking the obligatory summit pictures, the ensign was retrieved and brought home. It is now THE CLUB PENNANT.

Pictures of mountaineers atop summits, ice axes held aloft festooned with expeditionary banners, have become classic images of mountaineering. Now they're a classic part of OSAT, too! As the Ellinor/Si trip returned, we discussed how the Pennant could become a new OSAT tradition. There is no formal office of "Club Historian", but the Pennant seems eager to serve in that role. Here's the concept: Any OSAT climb can take The Pennant along to help record the event. A scrap book will be maintained, recording The Pennant's exploits for posterity. Although the Pennant obviously prefers summit pictures, it recognizes that these are not always possible. In cases where all of a climb's participants are not available at one time on the summit, a few alternative shots will do. The Pennant will even accept parking lot pictures for its scrap book in the event everyone leaves their camera in the car!

It is the responsibility of the climb leader to make certain The Pennant gets to the next OSAT climb to fulfill its role as OSAT Historian. In cases where multiple OSAT events are scheduled on the same date, The Pennant prefers first to go on a climb to a peak it has not previously visited, and gives next preference to the climb with the largest number of OSAT participants (The Pennant is gregarious, but it is a mountaineer first!)

Whoever takes a climb's official pennant picture is responsible for getting a copy to the custodian of The Pennant's scrap book. Each page in The Pennant's scrap book will chronicle an OSAT climb, and might also include excerpts from the Yodel article chronicling the climb, or some other appropriate memento (i.e., a matchbook cover from the Dutch Cup!?) as well as summit pictures. ALSO—photos from OSAT climbs and other events preceding the

arrival of The Pennant, or events which The Pennant is unable to attend due to scheduling conflicts, may be included in the scrapbook. Rik A will begin accumulating records of The Pennant's exploits, and will start sharing its scrap book at OSAT events soon.

Montani semper liberi - Rik A

The Tooth, Saturday, April 2, 1994 (Joseph H)

April 2 was a fine, fine morning with good prospects for improving weather. With avalanche conditions at Moderate to Low, Chris and I were soon surprised to see at least one avalanche that wasn't paying attention to the avalanche reports. Chris and I met at the Issaquah P&R at 5am, the skies were in that twilight between dawn and daylight. We packed into one car and enjoyed fellowship on the way to the Alpental upper parking area. The weather looked even better in the full daylight with the clouds hovering around the 5,000' level. The weather report indicated the next front was coming in late Sunday, and this day gave every indication of clearing off. Later, to our dismay, it did not, and route finding became an issue. At 6:10am, with snow shoes on after only a short distance, we followed the creek NW up the valley. It was slow going. The weather was warm and the snow was soft and deep. The clouds continued to hover at the base of the surrounding mountain tops around 5,000'. We arrived at Source Lake at 8am, and we stopped to take a long look at what was ahead of us. The lake was almost completely covered by snow; the breaks gave the appearance of crevasses. Looking around the snow bowl, we could see the aftermath of plenty of avalanche activity. I counted evidence of six major and over a dozen minor movements. We looked at the route options and decided to go on in stages. In the first stage, the most direct route up a snow finger (gully), we moved to the tongue of what appeared to be an old avalanche. The plan was to check the slide; if it was old and stable, we would use it; if it was unstable, we would re-think our plan. It was stable, so we continued up. Moving upward became more and more difficult as the snow deepened. At about the 4,500' level, our attention was suddenly attracted to a loud rumble below and somewhat north (left) of us. An avalanche was in full movement. It was substantial and lasted about two full minutes (so much for avalanche reports). Chris insisted that he was having fun; he was excited to see his first avalanche. I was beginning to worry about the slope we were climbing. My concern was lessened when I was reminded that this slope had already settled after earlier movement. We moved on and reached the upper snow bowl (late summer climbers know this as the boulder field). I fully expected the mountain tops to be clear of most clouds, but this had not happened. It was now 11am. We took a break, looked long at the map, and decided to look for the East facing snow chute and use it to go directly to Pineapple Pass. The clouds were in and out, but they never did allow us a look at the mountain itself. I finally steered us up a gully I believed to be the entrance to Pineapple Pass. It was certainly steep enough, but it was wrong. We found ourselves on the top of the little peak immediately south of Pineapple Pass and, of course, south of The Tooth. We had our summit for the day. It was now 12:10pm. To get to Pineapple Pass, the start of the rock climb, would not take around 1 to 1 and 1/2 hours. The rock climb itself would take another 2 to 2 and 1/2 hours, and we would be climbing into the clouds and their dampness. I judged this to be too dangerous, and although I believe we could have done it successfully, the thought of getting out with our lamps in the dark was just not appealing. We ate, drank, took some OSAT Pennant summit pictures, and came home. The glissading went very well on the steep and soft snow. As a result, we got back to the cars surprisingly fast, 3pm. Oh, Chris insisted on naming the peak we had achieved. Thus, Pineapple Peak becomes part of the OSAT historical records. First ascent (to our knowledge) Chris S and Joseph H. We ate at a restaurant on the pass and started home about 4:15 pm. A light rain fell on us as we left the parking lot. We made a wise decision leaving the mountain when we did.

Little Mt. Si, Sunday, April 3, 1994 (Joseph H)

The OSAT pennant went two for two on this weekend. Pineapple Peak yesterday and Little Mt. Si today. The mountain travelers were Christian, Mary and Joseph H. (A certain religious ring to these beautiful names). Originally we planned to do big Si, but because of the rain and my suspicious recovery after yesterday, we decided Little Si was perfect. Mary led the way and with her outstanding routefinding, we found ourselves safely on the summit around noon. As we reached the top, it stopped raining. We put on some dry clothes, drank some water, snacked, took pictures, and came off the mountain, again with Mary leading the way.

HISTORICAL (HYSTERICAL?) PERSPECTIVE

Mt Rainier -- via Ingraham Direct -- June 30 - July 1, 1991 (Terri St.)

As I packed and repacked my backpack, trying to fit 6000 cubic inches of stuff into 4800 cubic inches of backpack, I worry. Will I make it? Will I hold everybody back? Will I get hurt? Will I be strong enough? Will I get altitude sickness? Will I forget something? Will the weather be bad? Will everyone see my weaknesses?

I am following every piece of advice that anyone who looked relatively intelligent cared to spout off. Some of which is conflicting...oh well. I have a headache. I am trying to quit caffeine all at once, to eliminate the added

dehydration that it causes. With the headache I feel, it may not be worth it. I am drinking gallons of water to guard against dehydration on the mountain. I am scared, and I am excited.

As we pull into the National Park, the weather worsens. It is raining (drizzling actually). My hopes for making the summit are waning. I am cranky and I want to isolate from the people in the group. I try to be friendly and not let my feelings show. I am sure that I am just being over sensitive.

We set up our preliminary camp at cougar Rock and wait for the rest of our party. We eat dinner and bed down for the night...we have a big day tomorrow. For most people, it will be their first experience using an ice axe, crampons, practicing arrest, belays, etc. . I continue to drink lots of water...about half a gallon during the night. We wake up in the morning and prepare to get wet. The weather is still crummy. My head aches due to caffeine withdrawal. I am getting nervous. I put my pack together and we leave for the paradise parking lot. I broke down and drank 1 cup of coffee. I feel much better.

Once we arrive at Paradise, we separate into our small groups (classes) and proceed to wait. I am getting cranky and nervous. One of our party breaks the group's anonymity to another group of people in the parking lot. My patience is really at a minimum. I didn't hit anyone, but I don't think I look very happy.

I am watching all of the very different personalities gathered here. Some of these people really scare me. Don't they realize that this is serious? I of course begin making judgments about people and making a mental note of those with whom I would rather not be tied to on a glacier. I am having second thoughts about the climb.

As our training session progresses (finally), it becomes very apparent that our instructor knows little more about these subjects than we do. I am feeling guilty, as I had asked to be removed from another instructor's group because of a personality thing...in observing that group, I found that they were actually being taught quite well. Sometimes maybe it is worth it to be uncomfortable. Oh well, I suppose if some group were to have a less than qualified instructor, ours was better than most...most of us had received previous training in ice axe arrest and snow travel.

We are all soaking wet. It is raining, and miserable, and cold. Our instructor seems content to sit on his pack and stuff his face. Nobody else's group is just sitting. We worked for such a long time on self arrest (which we already knew) and listened to our instructor quibble about how high we had our butt in the air, or about how far apart our legs were. It was my understanding that the important thing was to stop...not to have your butt 32.5 inches off the ground and to have your legs 43.7 inches apart. We are standing around. My feet are getting cold. everything is getting wet; now I understand why Jim told us to buy a pack cover. The backpack weighs a lot less when it is not soaking wet.

We finally start moving. We decide to rope up and practice traveling roped, rope management, boot axe belay, etc. Our instructor has only one (and not the Texas style) foot prusik and does not know how to attach it to the climbing rope. When we are finished with this, we go back and sit down again. Our instructor asks us if we want to practice group arrest. The general consensus is no, so we sit.

Jim finally comes by with his group of students. Our fearless leader indicates to Jim that we need to go back in to camp because I am becoming hypothermic Aaaaargh!!! So, back to camp we go. I am grumbling and cursing under my breath. My ego has been seriously injured. I do not think I like my instructor very much at all. I try to be nice, I do understand that he is to go to the summit with us tomorrow.

We went back to camp. They had a fire going. I was desperately trying to dry out my clothes for the next day's activity. Steve S's friend Francy (*they are married now!!!*) had sent spaghetti with him for the group. We all carb loaded on spaghetti and bread and salad. I eat until I think I will burst. I continue to drink lots of water. No more coffee.

Jim tries to hold a lecture/mini-demonstration regarding the Z-pulley system for crevasse rescue. My attention span is at a deficit. I cannot concentrate, nor do I follow much of anything he is saying. I decide to go to bed. The rest of the group stays up for a meeting, and I tried to sleep. My head hurts some, so I drink more water. I think I drank about a quart and a half during the night.

At that evening meeting, there was much talk about not attempting the summit on the following day, as the weather conditions did not look great. People did not want to work so hard and not be able to see anything when they got to the top...I am getting really discouraged. I want to at least try. No matter what, I want to try. Jim says that as long as two other people want to go, he will go. With that I felt somewhat comforted. Yet, at the same time I was scared. What if Jim makes the effort to go with me and everyone else decides to stay, and then I can't cut it? What if we decide to go and then don't make it because of me?

I drifted off into a restless sleep. Dreaming of crevasses, dreaming of glory, dreaming of success. Affirmations...I am getting stronger with every step...the weather will be perfect...the altitude will not affect me...I am getting stronger with every step...I am getting stronger with every step...

When we woke up in the morning, it was a mad scramble to get everything packed and ready to go...what do I take?, what do I leave? As I stepped out of the tent, I look skyward and notice "patches of blue." I am so excited that I can hardly be contained. The weather report at the ranger station is good. We are going for it!!!! Jim tells me that many people the night before were talking about not going. He asked me how I would have felt about that. I told

him that I wanted to try no matter what. I also told him that I was glad I had gone to bed, as all this pessimism could really drag a person down.

The general plan was for the large group (approx. 20 OSATers) to climb to Camp Muir and have a meeting there. Then eight of us, Jim H, Steven K, Robert T, Steve S, John R, Oscar M, Bob Mo, and myself were to set up camp in preparation for a summit attempt the next morning.

On the way to Camp Muir, one person had a tremendous amount of trouble carrying the weight in his pack, and he also had trouble keeping up with the group. I am convinced that Jim will tell him to stay in camp and this will all work out...without getting into great detail...we finally made it to Camp Muir...*(this paragraph has been edited due to the mature nature of the original dialog!)*...our party experienced severe fractures in the group's cohesiveness. Harsh words were said. At this point, I want to go home. I want to be anywhere but here. I am starting to feel very uncomfortable about climbing with this group. I went and hid behind the outhouses and cried. After much discussion and jockeying for political position, things begin to smooth out to the extent that the hostility was not so obvious, but you could tell that there was still considerable animosity between several party members. Why do I feel like crying at higher elevations? I want to go home.

We ate our dehydrated meals, melted our water for the next day, and prepared to try to get some sleep. Midnight was not that far away. As I lay down in my sleeping bag, trying to sleep, my head throbbed. Is this the altitude, or is it the lack of caffeine? Hard to tell which. Take some Advil. Try to sleep, it's no use. I will not sleep this night. I toss and turn, waiting for it to be time to get up.

Finally, I hear the guides (RMI) preparing to take their charges up the mountain. They are barking orders, you need to have this and this and this in your pack...blah, blah, blah...I begin to get a little anxious, excited and scared stiff at the same time. It is now time for us to get up. I get dressed, eat my poptarts, and try to get my headlamp to work. It is apparently shorted out. I did not realize that lithium batteries carry twice the voltage of regular batteries and that I needed to modify my headlamp to require half as many batteries when using lithiums.

It is incredibly warm out. I put on my crampons with little trouble. I walk over to the outhouse (what a luxury!). The view downward was like looking down on a cotton candy world. White fluffy clouds grew out of the mountain below and continued for as far as the eye could see. The stars and the moon were brighter than I had ever seen them before, and they felt so close.

When I got back to camp, I looked up towards the climbing route and was met with an incredible sight. One long steady chain of lights moving up the mountain side. I will never forget this. I felt like crying. Not because I was scared or anxious, but because I was in awe. It all felt so incredible, I felt so lucky to be a part of this, to be a witness to it all. I couldn't believe I was actually able to participate in such an awe inspiring event.

It took a long time for everyone to get ready to leave. It felt like I was standing around for a long time. My feet began to get very cold (looking back, I probably had my boots laced too tightly). Steven K and Oscar decided not to go on to the summit...Robert T had turned around below Camp Muir with a knee injury. I told Robert I would yodel for him from the summit. Steve S, John R, and I formed one rope team, and Jim H and Bob Mo. formed a second rope team. We then had a nasty argument about which way to tie the prusik slings onto the rope...I want to go home.

We began climbing in the dark. I could see the headlamps up ahead of me going up the mountain and then disappearing into the darkness. As we are climbing, I can see the outline of crevasses in the shadows. I think I am grateful that it is not light outside and that I cannot see how deep they are, or how close.

We stopped to rest and eat...I remember thinking I am not tired, I want to keep going...I am determined now and I am strong...I want to keep moving...but, I rely on the experience of our leader. I rest and eat and drink. We continue climbing...step, step, plant, step, step, plant, step, step, plant...allowing our crampons to bite into the frozen snow with each step before we put our weight on that foot.

We reached a very steep section of snow and ice. It was no longer possible to simply walk up the slope. We began to swing our ice axe picks over our heads into the ice and pull ourselves up the hill. Sometimes flat footing with our crampons, sometimes front pointing. I really did not know what to do. I was deathly afraid that I would slip and fall. At this point I became convinced that I could not do this. There is no way that I could pull myself up this huge mountain with my arms, nor could I feel this out of control for much longer. I wanted to give up...more than anything I wanted to turn around. I began doing this snort/cry...half crying and trying not to hyperventilate. In a near state of panic, I started to get mad. How many people before you have climbed this mountain and done so easily? Are you going to just give up and ruin this for everyone else? What about your kids? What will they think if you quit? Are you going to run away from this like you've run away from everything else that has presented a challenge in your life? NO...NO...NO...DAMN IT. This @\$#@ mountain is not going to beat me. I am getting stronger with every step...I am getting stronger with every step...I am getting stronger with every step...

It was only a short distance before the slope leveled out, and gratefully, we were not to encounter any more difficult terrain. Once I had fallen back into rhythm, we noticed that the sun was coming up. Looking back on our climbing route, seeing Little Tahoma highlighted in the first glimmers of the new day, the snow sparkling brightly all around us...it's not difficult to understand why one endures the sometimes painful and shaky moments of climbing. To experience all of this. Being in high places is very spiritual. I had the definite knowledge that I was not doing this

alone. John R, God bless him, was having some trouble with his tendons...I did not want to ask for a break, but I was so very grateful to take one.

We stopped to take another long break. We had been climbing for about 4 hours. Jim asked how we were feeling. I said I was getting stronger with every step (I lied). He nodded his head and said, well, I think we can all make it to the summit. We are about half way there. **Half -way there...only half-way there????** Four more hours? I didn't know if I could do it. In fact, I was pretty sure I couldn't. But I didn't say so. Bob Mo. wasn't feeling too good. He kept falling asleep. I was too concerned about my own stability to be too worried about him.

We kept plugging along. Rest-step after rest-step after rest-step. Hour after hour, we kept going. The mountain appeared to be getting bigger instead of smaller. I didn't know if we would ever get there. At this point I did not care. Not too much existed beyond my breathing / stepping / rhythm. Self-hypnosis...I am getting stronger with every step...I am getting stronger with every step. I tried to go to the bathroom once. I couldn't do it. The wind was very strong. How do you relax enough to pee when you have 30mph winds blowing up your backside? Not to mention the fact that I'm tied to a bunch of guys who are trying to act like I'm not squatting here on this damn mountain trying to pee?

Jim came up alongside of our rope team. He said that we were not too far from the summit. Bob was still not feeling too well. He told us to go ahead and that they would follow. We kept climbing. Step, step, breathe...step, step, breathe...step, step, breathe. I had stopped thinking about the summit a long time ago. I did not care. My rhythm was broken. I looked up and saw Steve standing still. He said, "Terri, do you want to be the first one?" For just a moment, I didn't understand what he was saying. I looked up again, and he was grinning. Oh my God! Are we there? I walked up a few more feet and found myself standing on the crater rim. I was completely overcome with emotion. My stomach and my heart jumped into my throat all at once. My eyes filled with tears. I couldn't talk. By this time, John R had joined us on the crater rim. The three of us hugged and cried and hugged and cried. Time kind of stood still. I don't know how long we were overcome with emotion; it doesn't really matter. It was one of the most powerful experiences of my life. I am no longer the same person that I was when I left the Paradise parking lot the morning before.

Before long, we were joined by Jim H and Bob Mo. Bob was not feeling well at all. We took a vote on whether to go to the summit register or to get Bob down. Of course we all voted to go back down. I took a few seconds to turn and face Mt Adams and let out with a jubilant yodel for Robert. The climb to the summit was over, however, we still had a lot of climbing to do before the day was finished. John R was now on the front of my rope and he and I got just a little testy over the proper rate of speed for our descent. We were incredibly lucky to have an uneventful descent, as we were the last people on the mountain that day. Just as we were leaving Ingraham flats and descending back onto the Cowlitz glacier, a huge slide let loose. Very powerful and very frightening. I felt very small.

We drug ourselves back into camp, quickly tore down our tents and loaded our backpacks, and we were once again trail bound. I was not in very good shape at all. The guys kept offering to take some weight out of my pack. This of course just made me mad. (How stupid! Alcoholics and their EGOS!) Just a few hours later found us back at the Paradise parking lot. It was around 7pm. Needless to say, this had been one very long day.

(This was my very first climbing experience. 3 weeks later I climbed Mt. Rainier on the Emmons Glacier. In 1992, I graduated from the Mountaineers basic climbing course. I am currently a second-year student in the Mountaineers Intermediate climbing course. I have since climbed many more peaks, learned many more lessons, and made many new friends...It all started with my OSAT climb)

"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

Notices, Personals, and other Stuff

MOFA – Mountaineering Oriented First Aid (Joseph H)

The second MOFA class, based on committed students, is scheduled for November 1994. Attendance at all class sessions is required. Mountaineering Oriented First Aid (MOFA) is a 30 hour first aid course for the wilderness (back country) traveler. The course meets the requirements for the American Red Cross (ARC) Standard First Aid course with 24 hours of additional wilderness (back country) first aid training. As a volunteer instructor, I am certified by the ARC. Attendance at all class sessions is required.

The course fee is \$40.00 for OSAT members and \$45.00 for non-members. The tentative plan is open to hold either two (2) weekend sessions, or a Tuesday/Thursday evening class lasting five weeks. In either case, the class is 30 total hours. A minimum of 10 committed (\$\$\$\$ talks) students will be required to schedule the class. D (decision) day for this class is September 30th (need 10 committed students by this date), no later. Committed means the money is in my hands. Sign up begins August 1, 1994. If the class does not happen for any reason, all tuitions will be refunded. Interested parties should contact Joseph H. 241-6378.

Running

Some OSATers are still occasionally running at Greenlake on Wednesday evenings starting around 5:30pm. Then we go to the Honeybear bakery afterwards. Some of us also occasionally run in races. We are planning to run again in the Mt. Rainier to Oceanshores Relay in July - maybe even have two teams!

If you have an interest in doing more running with fellow OSAT-ers, call Bob Mx or Dick W.

Family Outings

We already have a couple of activities planned that are OK for the entire family (or almost so). Give Joseph H a call if you are willing to lead an easy hike, suitable for anyone in the family.

SOLICITATION FOR NEWSLETTER INPUT

I will publish almost anything in this newsletter. Trip reports are wonderful, but testimonials, personals, want-ads, quotations, cartoons, etc are all acceptable. Send all of your submissions to me and I will put it in the next newsletter. I will check for spelling and sometimes I will correct obvious grammatical oversights. Here is a chance to let folks know what you're up to and see your writing in print.

DEADLINE FOR SUBMISSIONS FOR MAY NEWSLETTER : MAY 20, 1994

MAIL SUBMISSIONS TO: OSAT NEWSLETTER C/O TERRI ST., 5210 168TH ST SW #16, LYNNWOOD, WA 98037. OR CALL IN INFORMATION TO (206) 743-5190.

ACTIVITY LEADERS NEEDED!!!!!!

As the Chairman of the Activities Committee, Joseph H. is actively soliciting leadership for various activities. Indoor activities as well as outdoor activities. What are you as an OSAT member willing to do? Will you promote? Will you lead? Joseph is recruiting activities coordinators for the following events: Hiking, Photography, Singles, Youth, Bicycling, Snow Shoeing, Back Country Skiing, Field Trips and/or Seminars, Sailing, MOFA, river Rafting, Bowling, Golf, etc.....

Please call Joseph H with your support (206) 241-6378 (Anytime!)

1994 OSAT T-SHIRTS

1994 OSAT T-shirts are now available. Don't miss out, I expect these to go fast. The cost for each shirt is \$13.00. Colors available include Fuschia, Black, Forest Green, and Moss Green. To order your T-shirt, contact Dave B. at 353-8154 or Linda Z at 733-9864.

OSAT FORUM / LETTERS TO THE EDITOR

This is your chance to be heard. I will print anything within reason. If you have an opinion, this is your opportunity to share with the club.

Dear OSAT Yodel:

I, John S. did not resign as Equipment Committee Chairman.

At the March OSAT business meeting, I said that I felt it would be a good idea for all members of the club to participate in the equipment committee process. The idea was that we would publish in the YODEL a list of members with equipment they were willing to lend to other members. This was merely a suggestion that I made to the group.

Somehow, some people inferred from this, that I was resigning as Equipment Committee Chairman. I was not able to attend the April business meeting, and my absence was apparently used as evidence that I had resigned. At this business meeting I was replaced by another OSAT member. This is in direct violation of the proposed by-laws of OSAT.

I might add, that no current OSAT Board member has contacted me to advise me of the above proceedings. In any event, I will graciously step aside, so the remaining BOS members can rule the best they can. I wish the new Equipment Committee Chairman luck in his new position, and I'll just keep climbing mountains.

John S.

Dear OSAT Yodel:

It is with mixed emotions that I submit my resignation from the OSAT Board of Servants. I thank you all for the support and encouragement that I have received. I believe I have gained from the experience.

A series of events have transpired which reduce my ability to be effective as a Board member. In all fairness to you (Members of OSAT) and to myself, I must step down. I have accepted a position where I believe I can be more

valuable to the group. In publishing the OSAT Yodel, I have my work cut out for me. As this issue draws to a close, I look forward to seeing input from many more members in future issues. Again, thank you all for your support.

Thank you all for the card and the encouraging words. I am healing quite remarkably after my collision with a very large tree. No, OSAT does not stand for "Oh Shit A Tree" - Keep Climbing Mountains and Don't slip!
Respectfully, Terri St.

Climbers Glossary

In his introductory remarks to participants in this year's OSAT Climbing Course, Bob C. mentioned that one of the things newcomers to the sport will have to put up with, is a certain amount of "climberspeak". Well, not to worry, Neophyte; we present here a short glossary to help you understand some of the gobbledygook of our sport.

animal - someone who loves and/or is good at climbing, a term of respect

arrest - stop sliding by forcing the pick of the ice axe into the snow, ice or heather

beaner - a "rock" headed for your head

belay - protect a fellow climber from an "objective danger" by securing oneself to the terrain and always-keeping-your-brake-hand-on-the-rope-no-matter-what while being pelted with "beaners," freezing half to death, and distracted by mountain scenery

biner - short for "carabiner" (not to be confused with the homonym "beaner")

bushwhacking - a variation of the sport involving hacking through brambles, crawling up or down overgrown gullies, and sloshing down streams to get from where you didn't want to be to where you should have been

buy a rope - stepping on a rope while wearing "crampons"; a convenient way to procure a badly damaged rope while paying the full retail new rope price to the previous owner

carabiner - a piece of climbing hardware, called a snap link by the British, which is used to connect one thing (i.e., a rope) to another thing (i.e., a climber) without having to trust your knot tying skills

crampons - a set of steel spikes attached to boots to facilitate climbing on ice or hard snow and which aid in providing heat transfer from one's feet to the mountain

escape, exit, or retreat route - a descent line or trail taken when the planned route proves to be beyond your ability or you discover you are "off route" and too scared, tired, or confused to go back the way you came; sometimes involves bushwhacking.

exposure - touching terra firma but feeling like you're at 40,000 feet without an airplane

falling - something no one in OSAT does; when heard as an exclamation (as in "FAAAAALLING!!") the term means you should assume the arrest position pronto and then pray that the perpetrator is on someone else's rope

mountain - a topographic feature with the magnetic power to draw humans toward it

objective danger - a hazard of climbing which cannot be avoided, but for which climbers rely on skill, special techniques, prayer, experience, and the help of fellow climbers to minimize risk. Examples: avalanches, "rock" fall, crevasses, "exposure"

off-route - an authoritative-sounding synonym for lost

rock - usually shouted as a warning, as in "ROCK!", or "ROCK, ROCK, ROCK" (climbers believe their companions have difficulty understanding), or "ROCK, ROCK, ROCK.....sorry" when the offending projectile leaps unexplainably from beneath your boot to become a "beaner" headed toward your companions

rock climbing - a sport engaged in by arachnids and relatives thereto

slog - hiking up a glacier, particularly under a hot sun on a windless day

traverse - traveling from one trail, route, or summit to another, without the benefit of a trail between them; frequently involves traveling "off-route" and "bushwhacking"

Montani semper liberi - Rik A

Upcoming Activities:

For additional activities information, or to add an activity that was not included with this publication, call the activities hotline 241-6378 (Joseph H). This recording will have all last minute activities that are not listed here. You may also leave information about new activities that are not listed here.

April 23: Sauk Mt (above Concrete). A short (2.1 miles) but strenuous day hike up what Fred Beckey calls "a small but remarkable summit" through steep alpine meadows to views of Baker, Shuksan, and the confluence of the Skagit and Sauk rivers 5300' below. Suitable for strong hikers. Car pools depart 1-5 / 65th Park n Ride (near Green Lake) at 7:30 a.m. Rik A.

April 24: Falls to Gasworks Connections, 75K Relay Race. Bob Mx.

April 30: Whitehorse. Experienced climbers in EXCELLENT shape. Over 6,000' gain. Jim H.

May 1: Climbing Course - Ice Axe Practice - Mt. Pilchuk. Charlie A. and Shirley R.

May 3: Climbing Course Seminar - 7pm at Camp Long in West Seattle

May 7-9: Tatoosh Traverse. The objective is the dozen peaks stretching from Boundary Peak to Eagle Peak on the skylines south of Paradise. Max of 12 (experienced) climbers. Preference given to those making all 3 days. Rik A.

May 10-11: Monte Cristo. Steep snow, some rock, great views. 4000' + gain. Details. Joseph H.

May 14: Climbing Course - Roped Travel Field Trip - Pinnacle Basin, MRNP. Joseph H and Jim B.

May 14-15: Baker/Boulder Glacier. Experienced glacier climbers. Limit of 12. Charlie A. and Robert T.

May 15: Camp Muir Meeting.

May 16: Mt Rainier / Gib Ledges. Limit of 6. Experienced climbers. Descend via Ingraham. SIGNUP BEGINS 9AM 4/29. Jim H.

May 21: Off road 10K run. 1000' gain (and loss). Near Ephrata. Bicycle same route next day. Tom D.

May 21: Climbing Course Conditioner - Granite Mountain.

May 21-23: Glacier Peak / Scimitar Glacier. Experienced climbers. Probable descent via Sitkum. Tom C.

May 28-30: Rock Climbing at Smith Rock in Oregon near Bend. Bob C.

May 28-30: Mt. Stuart from three directions - assuming we get a leader for each direction. West Ridge and North Ridge are Grade II rock climbs. West Ridge is mostly a route finding problem, lots of (unroped) class 4 with one short mid class 5 pitch. North Ridge (which is in "The 50 Classic Climbs of North America") is several class 5 pitches and much exposure. The Cascadian Couloir (from the south) route should be mostly a fun snow scramble (ice axe, crampons). Everyone descends the south route and stays at a nice campsite next to Ingalls Creek for a leisurely return on Monday or maybe bag Ingalls on the way out. Jim H.

June 1: The Tooth. Rescheduled from May 25. (Midweek). A beginning rock climb, but must have some rock climbing experience. Up to 2 more lead climbers would be nice. May be a limit. Jim H.

June 4-5: Rainier / Tahoma Glacier. Limit 12. Must be in very good shape and feel comfortable with very steep snow. SIGNUP BEGINS APRIL 30TH. Hike to about 5,000' on Friday night. Camp at about 9,500' on Saturday night. Summit and return on Sunday. Jim H.

June 7: Climbing Course Seminar - Camp Long in West Seattle - Start at 6pm or earlier. Bob C.

June 11: McClellan Butte. Hike trail or scramble via shortcut. Good conditioner - more elevation gain than Mt Si. May be limit. Rik A.

June 11-12: (Rescheduled from June 4-5) Mt Adams - South Spur Route. Requires ice axe and crampons, but no ropes. Should be a great glissade. This would be a great conditioner for beginners planning to do Rainier. Steve S.

June 11-12: Mt Adams - Adams Glacier. Max of 6. Some ice climbing experience required. SIGNUP BEGINS on April 30th. Descent via North Ridge. Should be prepared to stay until Monday. Jim H.

June 25: Guye Peak. Must have some rock climbing experience. Joseph H.

June 26: Camp Muir Meeting.

June 27: Mt. Rainier / DC Route - This is the first annual June Gratitude Birthday Climb. Preference given to those having a recovery (or belly button) birthday in June. Limit of 12. SIGNUP BEGINS ASAP. Jim H.

July 1-15: Bicycle Trip, Seattle to San Francisco. Travel along the coast. Moderate pace. Joe C. 930-2375

July 3-4-5: Mt Rainier, Muir / Ingraham Route. This will be an attempt to put 3 generations of Andersons (Rik, his father, and one or both of his daughters) on the summit. Rik would be happy to share this climb with up to 8 OSAT climbers, which could include some first-timers looking for a more relaxed pace. SIGNUP BEGINS ASAP. Rik A.

July 9-10: Mt. Rainier / Emmons. Climbing Course Students. Limit 12. SIGNUP BEGINS June 3. Bob C.

July 9-10: Little Tahoma. This will be the first OSAT attempt at this peak - the third highest in the state. Experienced glacier climbers. Some rock scrambling. Limit of 12. SIGNUP June 3.

July 15-16: Mt. Rainier to Oceanshores Relay. Karen P.

July 18-21: Mt Rainier / DC Route. This is a "Climb high Sleep low" climb to minimize the negative effects altitude can have on the body. 1st day to Pebble Creek; set up camp, climb to Muir and return to camp to sleep. 2nd day to Camp Muir; set up camp, climb to Ingraham Flats and return to camp to sleep. 3rd day to Ingraham Flats; set up camp, climb to top of Cleaver, return to camp to sleep. 4th day is summit and descent day. SIGNUP BEGINS June 3. Joseph H.

July 31 - August 1: Mt. Rainier / DC Route. Climbing Course Students. Limit 12. SIGNUP BEGINS June 3. Charlie A and Shirley R.

August 2-3: Shuksan or Baker or Sloan or whatever. Experienced glacier climbers. Jim H.

August 6-8: Mt Rainier / Emmons. Climbing Course Students. Limit 12. SIGNUP BEGINS June 3. Joseph H.

August 13-14: Mt Watson / Anderson Butte (east of Baker Lake). Mt Watson is a class 3-4 scramble, Anderson Butte is a walk-up. Camp at one of the several lakes in the area. Beautiful views and meadows. An easy weekend, only 3-4 miles per day. Limit of 12. SIGNUP BEGINS June 10. Rik A.

August 14: Camp Muir Meeting.

August 18-21: All 3 peaks of Olympus. Experienced glacier climbers. Hike about 12 miles on Thursday. Will camp on Snow Dome (weather permitting) Friday night. Do three summits on Saturday. SIGNUP BEGINS ASAP. Jim H.

September 3-4: Mt Shuksan / Sulfide Glacier Route. Beautiful climb to one of the most photogenic peaks in the world. Glacier experience + Class 3 rock climb to summit. Joseph H.

September 17: Camp Muir Meeting.

September 24-25: Annual OSAT Retreat. Car Camp on Mountain Loop Highway. Hikes / climbs will be scheduled. Campfire meetings. Bring the family. Leader / organizer TBD.

October 1-4: Chiwawa AND Bonanza Traverse. Limit. Can sign up to do one or both, but preference given to those signing up for both. Chiwawa requires ice experience. Bonanza "Can you deal with exposure?" Plan to do Chiwawa first. Leader Tom C.

February, 1995: Mt Kilimanjaro. Jim H

1995: A Denali (Mt. McKinley) expedition climb is being planned. Bob C.

1995: Seattle to San Diego Relay Race is being planned. Jim H.

For additional activities information not available at the time of this publication, or to add additional activities, call the activities hotline 241-6378 (Joseph H). This recording will have all last minute activities not listed here.

Important OSAT Phone Numbers

Board of Servants: Bob C. 228-1005, Dave B. 353-8154, Steve S. 838-4287

Activity Leaders: Joseph H. 241-6378, Tom D. (509) 754-4976, Rik A. 232-8908, Tom C. 217-9329, Dick W. 339-3751, Charlie A., 932-7195, Robert T. 850-0805, Jim B. 874-9771, Shirley R., 641-7983, Jim H. 641-7983, Tom M. 481-3374, John H. 439-7976, Steve S. 838-4287, Bob C. 228-1005, Joe C. 772-5249

12-Step Meetings: Doug H. 863-0109, Dick H., 353-8154, Linda Z. 723-9864, John H. 439-7976, Terri St. 743-5190

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

Communications Committee: (Newsletter) Terri St. 743-5190, (Hotline) Pam G. 742-4274, (Hotline Follow-up) Tim R. 735-5777 and Linda Z. 723-9864, (Membership) Teresa F. 353-8154

Other Important Numbers: (Safety Committee) Terri P. 759-9415, (Bicycling) Todd F. 832-4812, (Kayaking) Carol P. 486-2745, (Rock Climbing) Anne G. 874-9771, (Winter Travel) Greg A. 932-4862, (Avalanches) Paul C. 782-7297, (Running) Bob Mx. 825-3526 (OSAT North) Dick H. 353-8154, (Service Committee) Steve S. 838-4287, Jim V. 228-4685

OSAT YODEL

ONE STEP AT A TIME (OSAT)

JUNE 5, 1994

P.O. Box 6461

Lynnwood, WA 98036

(206) 236-9674

OSAT — an outdoor club for members and friends of twelve step recoveries programs. *OSAT's Mission Statement: To provide a clean and sober environment for members and friends of 12-step recovery groups to participate in outdoor and social events in the spirit of conservation, preservation, and ecology.*

"Keep climbing mountains, and don't slip"...Greetings from Terri St. ... (Day and Night 743-5190)

(See last page for other phone numbers)

Next Club Meeting: June 8, 1994, 7:00 pm
Location: Pavilion at the Base of Tiger Mountain

A message from the Board of Servants...

Dear Osaters: Hello again! This letter finds us on the brink of Summer, with an entire schedule of events. There is much progress to report. The business meetings are running very smooth. The adherence to protocol and respect of others are paying great dividends. Again, progress does have its growing pains and challenges.

I would like to personally thank those who understand and support the Board of Servants. Our duties are not easy. We cannot fix problems with hammer and nails. But, with our commitment and understanding of the membership, we can move in the direction of our mission.

Climbs are filing up fast, meaning OSAT is alive and well. The sun is shining, so send in those trip narratives so that we know how to "keep climbing mountains and don't slip."

Yours truly, Bob C., Board of Servants member

Regular 12-Step Meetings:

Thursday evenings at 7:15 pm at the top of Tiger Mountain. Newcomers should not try to find this meeting alone. 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 Doug H. for more information.

To find Tiger Mountain: Take the High Point Way Exit off 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, 6:30 pm.

Hike 1.25 miles downhill to the meeting (and beach). Meet at the covered picnic shelter at the Meadowdale Beach County Park in Lynnwood on Monday nights at 6:30pm.. Driving directions: Take the 164th St. exit off Interstate 5. Go west on 164th. At the Y (Sign says Welcome to Lynnwood), stay to the left. (You don't actually leave the main road, but after the sharp turn, you are traveling South on 44th.) Turn right (West) on 168th St. SW. Cross Highway 99, and proceed west until you reach 52nd Ave West. Turn right (North) on 52nd. Then (following signs to Meadowdale Beach County Park) turn left on 160th SW, then right on 56th Ave W., then left onto 156th SW. Follow 156th SW into the parking lot. Questions? Call Terri St.

Tuesday Step Study - West Tiger Mountain 3 - Tuesdays, 7:15 pm.

Bring your 12 x 12 Books for a study meeting of the 12 steps. Meet in the trees just before the summit of West Tiger 3. Driving Directions are the same as for the Thursday evening meeting. For more information, contact Terri P. 759-9415.

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 John H.

Lake 22 Meeting - Sundays 4:00pm. This meeting will continue at Lake 22 as long as weather permits. Call Dick H. or Teresa B. 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 miles from Granite Falls. (There is a parking lot and hiker sign -- right side of road.) The hike takes about 1.5 hours.

1994 OSAT Mt. Rainier Climbing Course

Recent Course Events....Contributed by Shirley R.

1. Seminar #3, Camp Long Building: On May 3rd, the climbing course students purchased webbing and perlon for their prusik loops and chest harnesses, and these were cut according to height. Instruction was provided and students were helped in constructing their own prusik loops and chest harnesses. Knots in general were reviewed, including the re-woven figure-8 and the bowline knot for tying in, the prusik knot, the water knot for the chest harness, and the figure-8, the single and double fisherman's, and overhand knot used to make the prusiks. Some time was also spent discussing conditioning for the Mt. Rainier climbs and what to expect for the climbs and the upcoming field trips.

2. Field Trip #1 at Stevens Pass on Sat. 4/16 and at Mt. Pilchuck on Sun. 5/1: These ice axe arrest field trips were both blessed by beautiful weather. There were 24-25 participants and over 10 OSAT volunteer instructors for each of the field trips. There was a 12-step meeting on each of the summits (Cowboy Mountain; Mt. Pilchuck).

3. Field Trip #2 at Mt. Rainier on May 14-15: The roped travel field trip was held above Paradise, as Pinnacle Basin was not yet accessible. Camping was at Sunshine Point Campground (spaces were found for all)!. Students practiced individual and team ice axe arrests, cramponing, belaying, and roped travel. Due to whiteout conditions, the group Camp Muir hike was called off on Sunday morning. 25 climbing course students participated in the field trip, along with 12 OSAT volunteer instructors.

4. Granite Mountain Conditioning Hike: On May 21st, 19 OSATers showed up at Granite Mountain for the 4-mile, 3800-ft. gain, conditioning hike, which all completed with relative ease. We had summit group photos with the OSAT banner and a get-together at Mitzel's afterwards. Granite Mountain was its usual charming self, even though the surrounding peaks were invisible in the clouds. We followed the trail when possible, to minimize our impact, and then ascended snow on the north side of the east ridge to the summit rocks.

UPCOMING COURSE EVENTS

1. Crevasse rescue seminar, Camp Long. Tuesday, June 7th 5:30 pm or as soon as you can get there. Participants should meet outside the building to check in. Bring seat harness, prusik loops, helmet (if you have one), and a pack (be prepared to be outdoors for several hours). Each student will prusik up a climbing rope at the towers, and will observe simulated crevasse rescue demonstration on the lawn. Should be very instructive as well as fun! This is a very important field trip to attend if you plan to do a Mt. Rainier climb with OSAT this year.

2. Keep up the good work with your conditioning programs!

3. MT. RAINIER CLIMBS!!!!!!

OSAT reserves the right to qualify participants for technical climbing activities. You must be in the proper physical and mental condition, and be able to demonstrate the necessary knowledge and skills. Decisions regarding participation will be based upon principles and not personalities.

Directions to Camp Long: Camp Long is a Seattle City Park located in West Seattle. The entrance is at 35th Avenue SW and SW Dawson St. It can be reached by taking the Spokane St. exit (163) from I-5. Go west up the hill into West Seattle. Turn left at 35th Ave SW (light, left turn lane, near a Shakey's Pizza) and proceed south to SW Dawson St. -- about half a mile. Look for a small sign that reads "Camp Long" and turn left. Park in the parking lot.

Questions? Call anybody on the OSAT Climbing Course Committee:

| | | | |
|----------------|----------|------------|----------|
| Bob C. (Chair) | 228-1005 | Shirley R. | 641-7983 |
| Charlie A. | 932-7195 | Joseph H. | 241-6378 |

*****CLUB NEWS*****

OSAT Club Meeting Highlights (April, 1994): Submitted by Bob C.

1) Announce resignation of two Board of Servants Members

2) Nominations for open positions are:

A) Dave N.

B) Rik A (Declined)

- C) Joseph C
 - D) Joe C
 - E) Doug H
 - F) Susan R
 - G) Shirley R (Declined)
- 3) Teresa B. assumes responsibility for incoming mail
 - 4) Approval of obtaining a PO Box in Lynnwood by next business meeting.
 - 5) Approval of scheduling OSAT club business meeting on 2nd Wednesday of each month.
 - 6) OSAT Mission Statement passed.

COMMITTEE REPORTS:

Equipment - Tim R is named as new Chair, as report given the committee should be dissolved. Agree that action needs to be taken. Tim will purchase two ice axes, pre-approved in past business meeting. **Service** - Jim V -- not much being done. **Safety** - Terri P, Chair, will arrange a system of reporting accident response. Also be in charge of release forms. **Climbing Course** - Shirley R reported - over 40 students - going well. Need volunteers to help with futures outings.

NEW BUSINESS:

Shirley R suggested an annual service award -- given to service committee to handle.

Jim V. asked that traditions be obtained, written, and published by Board of Servants. Motion accepted by Meeting attendees.

Tim R passed coffee, tea, and hot water duties to Rick, Christian, and Pam.

OSAT Club Meeting Highlights (May 11, 1994): Submitted by Rik A.

Dave B called the meeting to order at the Mercer Island Library. Fifteen OSAT members attended.

PREVIOUS MEETING'S HIGHLIGHTS were orally reviewed, as they've not yet been published. BOS election procedures established at the meeting were reviewed and the OSAT Mission Statement was adopted. The Chair expressed chagrin concerning the misunderstandings regarding the equipment committee. The Chair accepted a suggestion from the floor that approval of the April Meeting Highlights be postponed until after they are published in the *YODEL*. MSP (moved-seconded-passed) that Highlights for the March 2 meeting which were in the April 21 *YODEL* be approved as published.

OLD BUSINESS: By-laws from BOEALPS, Fellowship Hall, and Oxford House are being obtained as a resource for the BOS in drafting OSAT by-laws. Work on the draft is pending filling the vacant BOS positions. **BOS Election** was completed in accordance with the established procedure. Members present but not voting by mail, submitted written ballots prior to the final tally. Prior to announcing results, the floor questioned the validity of the election, given that the name of a nominee who declined nomination appeared on the ballot. MSP to accept the election results in spite of the ballot error. **DAVE N and DOUG H were elected to the BOS.** (applause in appreciation of their willingness to serve.) There is still no permanent **Business Meeting Location**; sites identified, either cost money, or may not be booked more than one meeting in advance. Mercer Island Library is unavailable for the June 8 meeting-- **location will have to be identified by the BOS and provided on the hotline and in the Yodel.** **T-shirt sales** have grossed about \$900 and the additional XXLs have arrived. People who have paid but not crossed paths with Dave B should make arrangements to pick up their shirts. **Telephone listing** costs \$5 set-up plus \$1/month = \$17 for the first year. Listings in other directories would be at additional charge, but directory assistance is available from all locations. MSP to list OSAT in Seattle Yellow Pages and Directory Assistance.

STANDING COMMITTEE REPORTS: The **BOS** received 2 proposals from Joseph H, which were scheduled as New Business. The post office box is now in operation and working well. A healthy **Financial Report** was reported as a result of lots of renewals, new members, T-shirt sales, and the return of the cross country lodge deposit. Balance in three accounts is \$2702.50--an itemized report is available from Dave B. **Club Equipment** now consists of 1 pack, 2 shovels, 4 ice axes, 1 practice rope (history unknown), 1 glacier rope, and 2 pairs of snowshoes. A listing of locations for these, as well as member-owned equipment available for loan, will appear in the *Yodel* (*I need copy in order to print this!* - Ed.) Quantity discount for group purchases is being investigated. The **Communications Hotline** now features Pam and continues to operate well. A **Service** award for the club is under investigation. **Membership** stands at 66 paid in 1994, including 11 new members. The **Safety** committee continues to receive new releases, and is coordinating with Membership to establish procedures for tracking them. The **Activities** hotline is up and running (see New Business). The **Historian's** scrapbook, "The Adventures of the OSAT Pennant," was displayed at the meeting. The **Climbing Course** held its 3rd seminar, dealing with prusiks, ropes, knots, and slings. Ice axe arrest training was provided to 50 participants over two glorious days at Stevens & Pilchuck. Roped travel at MRNP is next. The committee extends thanks to all the folks who've helped with the seminars and field trips.

ANNOUNCEMENTS: Tom D is organizing a 10K run in Euphrata. The club now has dueling step meetings every Tuesday night: a 12-Step Study at Tiger Mt. leaves the parking area at 5:30, and the 394-Step Conditioning continues at Capitol Hill.

NEW BUSINESS: The BOS is soliciting ideas for **business meeting activities, events, presentations**. Please call you favorite BOS member to either volunteer yourself or suggest someone else. The issue of **mailing list confidentiality**, raised at the April meeting, was discussed. The sense of the discussions was the BOS should propose a mailing list policy, which should include providing confidentiality options on future membership forms, providing first name/last initial/city/phone lists without address, and include a confidentiality notice on the list. Two items of new business from Joseph were tabled so he could personally present them at a future business meeting: **suggested revisions to the mission statement** and an **activities list issue**. The **Activities Hotline** has proven so successful that it has become something of a burden on Joseph's home phone. MSP that Dave B look into a second service line or "press 1 for activities" option on the existing line, and implement at a cost no greater than the current general hotline. The need for current releases should be mentioned on the activities hotline when it is implemented. The meeting adjourned (applause for Dave for his deft handling of a full agenda) and Bob C showed his fabulous Three Amigos on Denali pix.

Next Club Meeting: June 8, 1994, 7pm, Pavilion at Base of Tiger Mountain
Navigation Seminar by Shirley R. Following the Meeting...Bring a Map and Compass

Club Traditions

Back by popular demand: OSAT's traditions:

- . Every OSAT activity has a designated leader. The leader makes the decision as to who is qualified for the activity. This decision must be based on principles and not personalities.
- . 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.
- . An OSAT leader should have completed a MOFA (mountain oriented first aid) course or ensure that at least one participant in the activity has done so.
- . 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 while holding hands in a circle (Sometimes they also end with prayer.)
- . Each OSAT glacier climb will have at least two rope teams that include a person with crevasse rescue training.

LEADING AN ACTIVITY (Jim H)

Apparently, this is our tradition regarding "leading" an activity: Anyone can volunteer to lead any activity - even a technical climb. As leader, you should be certain that everyone on that activity has signed a Release and Indemnity Agreement. (In the state of Washington, this should protect you from anything except gross negligence.) You are also expected to always have the activity you are leading follow OSAT traditions.

(As a leader, you may also want to increase the liability coverage in your homeowners or renters insurance policy.)

As a participant, you may want to "qualify" your leader. Do you know him or her? What is their technical experience? Who else has signed up for the activity? Who recommends this person?

We will probably not develop a list of leaders that are deemed qualified to lead technical climbs or activities. This avoids the "pain" of developing qualifications and/or making judgments about someone's qualifications.

*****ACTIVITY REPORTS*****

April 9, 1994 - Beginning Rock - Contributed by Bob C.

Bill L, Christen P, Ken M, Chris S, Missy (Mellissa), Susan (Totally Rad) R, all became belay qualified "bolt babies." Instructors for this day of "clip-n-go" were, "the lady of a million belays" Terri P, The Chuckster, and "Mr." bolt baby, Matt S. Two guests, Helen (who's Helen?) and Allison (Mustang Sally's sister) made this Saturday way too much fun.

OSAT Success on Sauk Mt. - Contributed by Rik A.

A dozen OSATers persevered through a week of typical spring weather forecasts ("rain," "thundershowers," etc.) to awaken to bright blue skies Saturday April 23 for the drive up to concrete. The Sauk Mountain Road is well marked

and in good condition, and snow on the road didn't stop us until about 3700 feet, where we began a two mile trek up the remainder of the road to the base of the bowls. Sauk is the prominent sawtooth ridge visible on the North Cascades Highway from Burlington to Concrete, and it lived up to its reputation as a fine hike, even though we were too early for all but the most hearty wildflowers. The 1000 feet of 45 degree snow gave members of the party the opportunity to kick steps in near perfect conditions (not too deep, but usually soft enough to get our boots in well past the instep), and the opportunity to experience the exposure of steep snow with no safe runout. After reaching the summit ridge, the traverse of its east side offered magnificent views of the Picket Range and the Eldorado/Forbidden Peak area. A short (10 foot), steep rock section, brought us to the final snow slope and success – views of the Twin Sisters Range, Baker, and Shuksan to the west and north, the entire spectrum of the North Cascades to the east, and Glacier, the Monte Cristo group and Whitehorse (an OSAT destination the following weekend) to the south. On the way down, high on the main slope, Robin demonstrated the value of the self-belay-with-wrist-strap when she slipped out of a plunge-step. If there was any doubt, seeing her hang there, attached to the side of the mountain by a thin piece of webbing tied to a well-placed ice axe, convinced us it was too steep and not soft enough for a safe glissade. Carefully working our way down the slope simply added to our time to enjoy the views of the Skagit Valley, as well as providing valuable experience on how to safely get down a mountain. A short, easy bushwhack (BW1) down an avalanche gully brought us back to the road within a few hundred yards of the cars. The victory celebration was held in the "Duke" Wayne memorial banquet room of Concrete's Mt. Baker Cafe, recipient of the coveted "Dead Fly" award, with a 3 foot wooden trophy of a fly clutching a lily to prove it.

Climbers: Rik (leader), Dave & Teresa, Steve & Francie, Bob, Lisa, Christian, Chris S, Robin, Terri P, and Ann G.

Granite, Snow & Fog Contributed by Rik A.

The OSAT banner flew in the light breeze below the Granite Mountain lookout April 24. The avalanche gully route was only about half full of snow, and most of the slope above the timber was bare ground. From the time we reached the gully, visibility was limited to about 50 yards. On the summit, the climb leader painted glorious mental images of all the surrounding Cascade peaks as his fellow climbers peered into the frozen mist. Snow accumulations on the lee of the ridges provided decent plunge stepping and glissading down. Sometimes we climb just for the exhilaration of the effort, the warmth of companionship, and the views into our own thoughts! *Montani semper liberi!*

Climbers: Rik, Hillary (Rik's daughter), DS, and Ken

Do You Believe in Outer Space? Contributed by Bob C.

April 24, 1994. Countdown; five, four, three, two, lift-off. Joe C. and Bob C. race at light speed to station Leavenworth. Upon arrival, an alien sighting of Terri St... Jet packs fueled by Folgers, all systems go... The adventure crossing the stratosphere by the most shaky of logs; there is no turning back. The "Race" begins. Upper Atmosphere is in sight. Dammit, those @\$# Cardacians get in the way! Our right flank is blocked by Rombulens. A "caramel" charge, sends us to the dark outer world. There, the travelers umbilical connects them spiritually to "step out" into the stars. Frictioning to the most beautiful crack and up, up, up, to the end of "Outer Space." A happy and pleasant re-entry to ground zero, finds our travelers back at space ship "Escort," and another encounter with Alien Terri St. (weird.) So now, do you believe in "Outer Space"? III 5.9 ****

OSAT Women "Hit" (ouch!) The Rocks Contributed by Terri St.

April 28, 1994, found four OSAT women in Leavenworth for a great day of play and fellowship. We began the day by practicing and testing our leading ability at Roto-Wall. After a couple of hours, we had "been there, done that" and decided to move on down the road to Icicle Buttress. We set off on the R&D route. The climbing was fun and plenty exciting for me. The weather was gorgeous and the scenery beautiful. We were very nearly finished with the route when I fell out of the "crux" crack. This would not merit a write-up with the following exception: I was not held by my belay. A 15-20 foot fall found me landing on my tailbone on a ledge (thank-God!!!) directly below me. One of the most common mistakes made in a belay set-up is to let go of the climbing rope with your braking hand. If your climber takes a fall, and it is not held immediately, the forces generated by that fall can send the climbing rope zooming through your belay device at 40-50 miles per hour. It is almost impossible to regain control of the rope at this point. It is also a very important part of selecting a belay quality anchor, to anticipate the forces, and direction of said forces, generated during a fall. After all is said and done, I feel very lucky. I have only a nagging pain in the rear and a slightly injured psyche. We are all still friends and we are all still climbing...and I think we are all a lot more cautious and hopefully a little wiser.

Monte Cristo, Elevation 7136 Anonymous Contribution

Joseph H led an enjoyable climb up to Monte Cristo Peak on May 10th and 11th. We left Barrow Pass (Elev 2351) at about 10:30. Tom C, Chris S, Christian P, Ken M and Joseph H started the 4 mile walk on a gravel road passing many marks of historical mining up to the recent past. We passed through the town of Monte Cristo with a sign indicating its historical significance and the criminal prosecution for removal of artifacts. We went through the "old" town of Monte Cristo with the markers of the various cabin sites along the trail. Having passed through Monte

Cristo, Joseph and Ken stopped for lunch about 1/2 mile below the falls, while the other three went up to the falls to eat lunch. After eating, the two groups joined, and started a climb from 2800 feet (Monte Cristo) to 4300 foot Glacier Basin. The trail was badly washed out with many trees and boughs across the trail and many rocks in the trail. The last part coming into Glacier Basin was soft mushy snow, resulting in many incidents of "postholing".

The scenery is beautiful in this area, as it is to me anywhere outside of the city, and it got more vertical and snowy as we arrived at Glacier Basin. We were surrounded by Foggy Peak 6810', Cadet Peak 7186', Keyes Peak 7227', Columbia Peak 7172', and the Wilmon Peaks. After setting up camp, digging a seating/cooking pit and another member digging an overkill kitchen/cooking area, Joseph practiced rope travel skills with Ken, Chris, and Christian.

Several avalanches awakened us during the night, and two were seen during our second day also. After waking at 4:30 am on Wednesday, we set off at 5:45 am for the col just north of Monte Cristo Peak and soaked in a view of Glacier Peak as well as too many other peaks for this Cascade rookie to know. Up to this point, the climb was uneventful...trudging upwards, in excellent snow for upward mobility. After traversing the back side of the peak to find a way up, the "climbing" started. Joseph climbed up and set up an anchor for prusiking up the rope for the first 30 feet or so. After we got up, the rope was left there, and a class 4 scramble was to begin. Up a steep stretch of snow onto a ledge. I realized I was in an element of "exposure" I was not familiar with and after "crying" for getting myself into this, I said that I was scared and uncomfortable, and I would wait for the others here after they summited. Joseph asked what was wrong, and after conversation, said he would set up a belay at any area I felt I needed it. After getting a rope onto me, I felt more sure of my balance and was able to more easily ascend the rock and snow the others scrambled up so quickly before me.

The summit was crumbly, but a sight for sore eyes and a highlight of my life. The positive reinforcement I got from Joseph for what I thought was "wimping out" was appreciated and noted as a trait I find running through OSAT. The long walk out was just that – a long walk out. Followed by all you can eat fish and chips in Granite Falls.

Thank you Joseph and Tom, you two gave me something no one can take away – another step toward confidence and trust in myself, others and especially my Higher Power who works through others.

Headly Pass - Vesper Peak, Sunday May 22, 1994 Contributed by Pam G.

What a superb day for a climb! Our fearless leader, Steve S., brought us sunshine, sweeping views, smiles and silly songs. My gratitude level was incredibly high even at the start of the day. The group consisted of Steve, Francy, Tim R, his daughter Shawna, Charlie, Dias, Ken m, Winton C, Ivar S, myself (Pam), and our mascot - Metro. Charlie was an enthusiastic bundle of energy, savagely kicking steps for us at high speed. Meanwhile, Metro tested them out for us along the way (to his delight and our dismay). He was covering them back up with snow, but don't tell Charlie!!!

We reached "Deadly Pass" (as Francy called it) and stopped for a snack. We chatted with a lone climber who told us tales of the early morning bear on Sperry Peak and to keep a good lookout for them. That really boosted my adrenaline – I love that feeling of adventure, risk and fear all rolled into one!! We asked him to take a photo, he laughed at a few of our sick jokes, and then he was off on a long glissade down the mountain.

An hour later, at the summit, I was full of awe, joy, and an overwhelming gratitude. I was thanking my HP for helping me find OSAT and putting these wonderful people in my life. I never had a clue how wonderful sobriety could be. This mountain climbing is getting into my blood and circulating...

We basked in the sunshine and gawked at the views. Tim R invented an interesting new drink on Vesper Peak – Rag Wool Tea – while Winton shared his Starbucks. I personally will be sticking to the Starbucks – thanks anyway Tim! We met another climber at the top (he was afraid we were the "Mountaineers"). We assured him we were not. He stuck around longer than the last guy, but still joked about needing to "get down off the mountain". Maybe our sick humor didn't offend him as quickly, huh?

We started to prepare for the glissade down and my adrenaline started pumping again. I was feeling like a kid on Christmas morning. God, I love this! I was a "wild woman" on that glissade – it seemed to last forever. My jaw still hurts from laughing so loud and hard. My friends all have childish grins glued to their faces. There was to be no disappointment on this mountain today.

Tim lent his rainpants to Shawna and he glissaded in his shorts ...brrrrrr... He was kind enough to show me the huge strawberry on his left cheek. I got a lovely photo that will definitely work for "the Men of OSAT Calendar". Poor Metro's paws were getting pink at this point from being on the snow for so long. He was trying to jump onto Tim's lap as he was glissading – never a dull moment!

At the end of the day at the trailhead, I looked back up to "Deadly Pass" and our route on the descent. I feel privileged to be a part of this mountain today. Is this what they mean by "Freedom of the Hills?"

At the parking lot, Tim belted out a snappy tune on his harmonica while I danced an OSAT jig. It's no wonder those other climbers looked at us as though we were crazy. If we weren't all crazy, we would go insane!

The Tooth, June 1, 1994 Contributed by Terri St.

As we made our way on the trail towards Source Lake, it is raining/sleeting. We pulled off the trail into trees several times, hoping to wait out the weather. Much to our chagrin, it seemed as though the moment we left the trees, it

would start raining/snowing again. Just above Source Lake, as we left the trail for snow, the weather showed signs of clearing. Up above us, we could see the basin between Deny Mountain and the Tooth. The sunshine was sparkling off of the snow. My spirits were rising. Just as we were reaching the col South of Pineapple Pass, it started raining/snowing again. We sat under the trees for a few moments and noticed how wet the rocks were. We decided to go ahead and venture to Pineapple Pass to "check it out". Shortly after our arrival, it began snowing. It was actually snowing pretty hard at one point. We decided that since we were already there, we would try to wait out the weather. Terri P and I began performing "ancient, ritual, sun-dances". Jim joined in, harmonizing with his belly, and Ivar just laughed. This was, of course, accompanied by much joy and laughter. None of us really wanted to make the decision to turn around, so Jim finally said, let's just do it.

Jim led Ivar on the first rope, and I led Terri P on the second rope. The climb was really a lot of fun and enjoyed by all of us. I barely noticed the snowflakes flying past me during my first pitch. Thankfully they did not persist; the weather cleared and brilliant sunshine was with us for the rest of the day (Sun-dances work!!!). We danced across the famous "Catwalk" and spent several minutes signing the summit register and taking whacky photos.

Unfortunately, all of that waiting for the weather, was putting us a little short of time. We did one double rope rappel, being careful to remember which rope to pull down when we were finished. Unfortunately, we did not count on the knot getting jammed in a notch right at the beginning of the rappel. "Here He Comes to Save The Day!" Hero, Jim H. bravely prusiks back up the entire double-rope rappel route and clears the knot from the notch. (How many people get to climb the "Catwalk" twice in one day?). Once safely off the rock climb, we enjoyed simultaneous plunge stepping and singing...a few short glissades...and some great views as our climb ended in the Alpentel parking lot...9pm...just short of darkness...whew!!! Dinner and fellowship at Mitzels...a great day with great friends!

Climbers: Jim H. (leader), Ivar S, Terri St., and Terri P.

"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

Notices, Personals, and other Stuff

MOFA -- Mountaineering Oriented First Aid (Joseph H)

The second MOFA class, based on committed students, is scheduled for November 1994. Attendance at all class sessions is required. Mountaineering Oriented First Aid (MOFA) is a 30 hour first aid course for the wilderness (back country) traveler. The course meets the requirements for the American Red Cross (ARC) Standard First Aid course with 24 hours of additional wilderness (back country) first aid training. As a volunteer instructor, I am certified by the ARC. Attendance at all class sessions is required.

The course fee is \$40.00 for OSAT members and \$45.00 for non-members. The tentative plan is open to hold either two (2) weekend sessions, or a Tuesday/Thursday evening class lasting five weeks. In either case, the class is 30 total hours. A minimum of 10 committed (\$\$\$\$ talks) students will be required to schedule the class. D (decision) day for this class is September 30th (need 10 committed students by this date), no later. Committed means the money is in my hands. Sign up begins August 1, 1994. If the class does not happen for any reason, all tuitions will be refunded. Interested parties should contact Joseph H. 241-6378.

Running

Some OSATers are still occasionally running at Greenlake on Wednesday evenings starting around 5:30pm. Then we go to the Honeybear bakery afterwards. Some of us also occasionally run in races. We are planning to run again in the Mt. Rainier to Oceanshores Relay in July -- maybe even have two teams!

If you have an interest in doing more running with fellow OSAT-ers, call Bob Mx or Dick W.

Family Outings

We already have a couple of activities planned that are OK for the entire family (or almost so). Give Joseph H a call if you are willing to lead an easy hike, suitable for anyone in the family.

SOLICITATION FOR NEWSLETTER INPUT

Thank you all for your wonderful contributions for this month's Yodel. This is your club, we want to hear from you!!!! I will publish almost anything in this newsletter. Trip reports are wonderful, but testimonials, personals,

want-ads, quotations, cartoons, etc are all acceptable. Send all of your submissions to me and I will put them in the next newsletter. I will check for spelling and sometimes I will correct obvious grammatical oversights. Here is a chance to let folks know what you're up to and see your writing in print.

DEADLINE FOR SUBMISSIONS FOR MAY NEWSLETTER : JULY 5, 1994

MAIL SUBMISSIONS TO: OSAT NEWSLETTER C/O TERRI ST., 5210 168TH ST SW #16, LYNNWOOD, WA 98037. OR CALL IN INFORMATION TO (206) 743-5190.

ACTIVITY LEADERS NEEDED!!!!!!

As the Chairman of the Activities Committee, Joseph H. is actively soliciting leadership for various activities. Indoor activities as well as outdoor activities. What are you as an OSAT member willing to do? Will you promote? Will you lead? Joseph is recruiting activities coordinators for the following events: Hiking, Photography, Singles, Youth, Bicycling, Snow Shoeing, Back Country Skiing, Field Trips and/or Seminars, Sailing, MOFA, river Rafting, Bowling, Golf, etc.....

Please call Joseph H with your support (206) 241-6378 (Anytime!)

1994 OSAT T-SHIRTS

1994 OSAT T-shirts are now available. Don't miss out, I expect these to go fast. The cost for each shirt is \$13.00. Colors available include Fuschia, Black, Forest Green, and Moss Green. To order your T-shirt, contact Dave B. at 353-8154.

WOMEN OF OSAT AT THE OCEAN

A weekend at the ocean is in the planning stages for sometime in August, after the Rainier climbs are completed. If you have any ideas, suggestions, or are just interested in going, please contact Robin K. at 562-7293. Should be a fun opportunity to really get to know other OSAT women!

OSAT FORUM / LETTERS TO THE EDITOR

This is your chance to be heard. I will print anything within reason. If you have an opinion, this is your opportunity to share with the club.

Dear OSAT Yodel:

REMEMBER YOUR FELLOW CLIMBERS!!!

With many OSAT trips filling up fast, climb leaders are finding they maintain a wait list for some of their planned adventures. If anything interferes with your ability to participate in a climb you've signed up for, please let your leader know immediately so your other club members can take advantage of your misfortune. If you are a "maybe", talk to your leader and work out a fallback plan so valuable climb positions don't go unused. Through the conscientious attention to this courtesy, I was able to maintain a full Sauk Mountain climb in spite of a 33% turn over in the climber list during the last week before the climb. Thanks folks. Please keep up this great demonstration of consideration for your friends!

Montani semper liberi! - Rik A

Dear OSAT Yodel:

Here is a quote from Mallory:

"If you cannot understand that there is something in man which responds to the challenge of this mountain and goes to meet it, that the struggle is the struggle of life itself upward and forever upward, then you won't see why we go...what we get from this adventure is just sheer joy....that is what life means and what life is for."

Ken M.

Upcoming Activities:

For additional activities information, or to add an activity that was not included with this publication, call the activities hotline 241-6378 (Joseph H). This recording will have all last minute activities that are not listed here. You may also leave information about new activities that are not listed here.

June 4-5: Rainier / Tahoma Glacier. Limit 12. Must be in very good shape and feel comfortable with very steep snow. SIGNUP BEGINS APRIL 30TH. Hike to about 5,000' on Friday night. Camp at about 9,500' on Saturday night. Summit and return on Sunday. Jim H.

June 7: Climbing Course Seminar - Camp Long in West Seattle - Start at 6pm or earlier. Bob C.

June 11: McClellan Butte. Hike trail or scramble via shortcut. Good conditioner - more elevation gain than Mt Si. May be limit. Rik A.

June 11-12: (Rescheduled from June 4-5) Mt Adams - South Spur Route. Requires ice axe and crampons, but no ropes. Should be a great glissade. This would be a great conditioner for beginners planning to do Rainier. Steve S.

June 11-12: Mt Adams - Adams Glacier. Max of 6. Some ice climbing experience required. SIGNUP BEGINS on April 30th. Descent via North Ridge. Should be prepared to stay until Monday. Jim H.

June 18: Yellow Jacket Tower, limit 6. Some rock climbing experience required. SIGNUP OPENS 5/30/94. Anne G.

June 25: Guye Peak. Must have some rock climbing experience. Joseph H

June 25-26: Mt. Baker, Coleman Glacier, limit 12. SIGNUP OPENS 6/6/94. Anne G.

June 26: Camp Muir Meeting.

June 27: Mt. Rainier / DC Route - This is the first annual June Gratitude Birthday Climb. Preference given to those having a recovery (or belly button) birthday in June. Limit of 12. SIGNUP BEGINS ASAP. Jim H.

July 1-15: Bicycle Trip, Seattle to San Francisco. Travel along the coast. Moderate pace. Joe C. 930-2375

July 2-4: Rock Climbing at either Smith Rocks, Oregon, or Squamish, BC. Must have rock experience. Call leader for details. Anne G.

July 3-4-5: Mt Rainier, Muir / Ingraham Route. This will be an attempt to put 3 generations of Andersons (Rik, his father, and one or both of his daughters) on the summit. Rik would be happy to share this climb with up to 8 OSAT climbers, which could include some first-timers looking for a more relaxed pace. SIGNUP BEGINS ASAP. Rik A. *****FULL*****FULL*****FULL*****FULL*****

July 9-10: Mt. Rainier / Emmons. Climbing Course Students. Limit 12. SIGNUP BEGINS June 3. Bob C.

July 9-10: Little Tahoma. This will be the first OSAT attempt at this peak - the third highest in the state. Experienced glacier climbers. Some rock scrambling. Limit of 12. SIGNUP June 3.

July 9-10: Brothers, Basic, limit 12. SIGNUP opens 6/17/94. Anne G.

July 15-16: Mt. Rainier to Oceanshores Relay. Karen P.

July 18-21: Mt Rainier / DC Route. This is a "Climb high Sleep low" climb to minimize the negative effects altitude can have on the body. 1st day to Pebble Creek; set up camp, climb to Muir and return to camp to sleep. 2nd day to Camp Muir; set up camp, climb to Ingraham Flats and return to camp to sleep. 3rd day to Ingraham Flats; set up camp, climb to top of Cleaver, return to camp to sleep. 4th day is summit and descent day. SIGNUP BEGINS June 3. Joseph H.

July 31 - August 1: Mt. Rainier / DC Route. Climbing Course Students Limit 12. SIGNUP BEGINS June 3. Charlie A and Shirley R.

August 2-3: Shuksan or Baker or Sloan or whatever. Experienced glacier climbers. Jim H.

August 6-8: Mt Rainier / Emmons. Climbing Course Students Limit 12. SIGNUP BEGINS June 3. Joseph H.

August 13-14: Mt Watson / Anderson Butte (east of Baker Lake). Mt Watson is a class 3-4 scramble, Anderson Butte is a walk-up. Camp at one of the several lakes in the area. Beautiful views and meadows. An easy weekend, only 3-4 miles per day. Limit of 12. SIGNUP BEGINS June 10. Rik A.

August 14: Camp Muir Meeting.

August 18-21: All 3 peaks of Olympus. Experienced glacier climbers. Hike about 12 miles on Thursday. Will camp on Snow Dome (weather permitting) Friday night. Do three summits on Saturday. SIGNUP BEGINS ASAP. Jim H.

August ???: Women of OSAT at the Ocean - Retreat. Contact: Robin K 562-7293

September 3-4: Mt Shuksan / Sulfide Glacier Route. Beautiful climb to one of the most photogenic peaks in the world. Glacier experience + Class 3 rock climb to summit. Joseph H.

September 17: Camp Muir Meeting.

September 24-25: Annual OSAT Retreat. Car Camp on Mountain Loop Highway. Hikes / climbs will be scheduled. Campfire meetings. Bring the family. Leader / organizer TBD.

September 28-29: Mt. St. Helens, From the Bottom (Ape Cave) to the Top. Has permits for 6, needs 4 more people. Preference to anyone who has done some of St. Helens before. Contact: Percy M. 742-2131

October 1-4: Chiwawa AND Bonanza Traverse. Limit. Can sign up to do one or both, but preference given to those signing up for both. Chiwawa requires ice experience. Bonanza "Can you deal with exposure?" Plan to do Chiwawa first. Leader Tom C.

February, 1995: Mt Kilimanjaro. Jim H

1995: A Denali (Mt. McKinley) expedition climb is being planned. Bob C.

1995: Seattle to San Diego Relay Race is being planned. Jim H.

For additional activities information not available at the time of this publication, or to add additional activities, call the activities hotline 241-6378 (Joseph H). This recording will have all last minute activities not listed here.

Important OSAT Phone Numbers

Board of Servants: Bob C. 228-1005, Dave B. 353-8154, Steve S. 838-4287, Dave N. 752-9214, Doug H., 863-0109

Activity Leaders: Joseph H. 241-6378, Tom D. (509) 754-4976, Rik A. 232-8908, Tom C. 217-9329, Dick W. 339-3751, Charlie A., 932-7195, Robert T. 850-0805, Jim B. 874-9771, Shirley R., 641-7983, Jim H. 641-7983, Tom M. 481-3374, John H. 439-7976, Steve S. 838-4287, Bob C. 228-1005, Joe C. 772-5249

12-Step Meetings: Doug H. 863-0109, Dick H., 353-8154, Linda Z. 723-9864, John H. 439-7976, Terri St. 743-5190

Advisory Committee: Anne G. 874-9771, Bob Mx. 825-3516, Dave N. 752-9214, Doug H., 863-0109, John s. 244-2961, Joseph H. 241-6378, Terri P. 759-9415

Communications Committee: (Newsletter) Terri St. 743-5190, (Hotline) Pam G. 742-4274, (Hotline Follow-up) Tim R. 735-5777 and Linda Z. 723-9864, (Membership) Teresa F. 353-8154

Other Important Numbers: (Safety Committee) Terri P. 759-9415, (Bicycling) Todd F. 832-4812, (Kayaking) Carol P. 486-2745, (Rock Climbing) Anne G. 874-9771, (Winter Travel) Greg A. 932-4862, (Avalanches) Paul C. 782-7297, (Running) Bob Mx. 825-3526 (OSAT North) Dick H. 353-8154, (Service Committee) Steve S. 838-428

HERE IS ANOTHER OPPORTUNITY FOR YOU TO DO SO!!!

OSAT MEMBERSHIP RENEWAL/APPLICATION

ESSENTIAL INFORMATION:

NAME _____

ADDRESS _____

DAY/EVE PHONE _____

ONE TIME INITIATION FEE \$12.00 (RECOMMENDED) / \$1.00 (MINIMUM) \$ _____
ONE YEAR DUES - \$12.00 BEFORE SEPT. / \$6.00 AFTER SEPT. \$ _____
ONE YEAR COUPLES DUES (SAME MAILING ADDRESS) \$18.00 \$ _____
T-SHIRTS - \$13.00 EA (SPECIFY COLOR) _____ \$ _____
 (FUSCHIA, BLACK, FOREST GREEN, MOSS GREEN)
DONATION WITHOUT RESTRICTION \$ _____
DONATION FOR PROPERTY/EQUIPMENT \$ _____
TOTAL (PLEASE ENCLOSE) \$ _____

KEEP CLIMBING MOUNTAINS AND DON'T SLIP!

OSAT YODEL

ONE STEP AT A TIME (OSAT)
P.O. Box 6461
Lynnwood, WA 98036
(206) 236-9674

JULY 12, 1994

OSAT -- an outdoor club for members and friends of twelve step recoveries programs. OSAT's Mission Statement: To provide a clean and sober environment for members and friends of 12-step recovery groups to participate in outdoor and social events in the spirit of conservation, preservation, and ecology.
"Keep climbing mountains, and don't slip"...Greetings from Terri St. ... (Day and Night 743-5190)
(See last page for other phone numbers)

Next Club Meeting: August 10, 1994
Location: Contact Bob C. for Location and Time 228-1005

A message from the Board of Servants...

Hello Again: While planning adventure to Mt. Rainier, I began to wonder if others enjoyed the process as I do. The planning, research, phone calls, packing, fellowship, the journey, the summit (sometimes), the return, also the feeling of physical exercise, meditation, and new things learned.

I've overheard from time to time, "Get me off this rock." How about the dreaded long slog or speed ascents. Do they really like this stuff? Climbing helps me deal with life's hardships. Life helps me to understand the meaning of climbing. I love it, and I love OSAT.

Bob C., Chairperson, BOS

Regular 12-Step Meetings:

Thursday evenings at 7:15 PM at the top of Tiger Mountain. Newcomers should not try to find this meeting alone. 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 Doug H. for more information. 863-0109

To find Tiger Mountain: Take the High Point Way Exit off 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, 6:30 pm.

Hike 1.25 miles downhill to the meeting (and beach). Meet at the covered picnic shelter at the Meadowdale Beach County Park in Lynnwood on Monday nights at 6:30pm.. Driving directions: Take the 164th St. exit off Interstate 5. Go west on 164th. At the Y (Sign says Welcome to Lynnwood), stay to the left. (You don't actually leave the main road, but after the sharp turn, you are traveling South on 44th.) Turn right (West) on 168th St. SW. Cross Highway 99, and proceed west until you reach 52nd Ave West. Turn right (North) on 52nd. Then (following signs to Meadowdale Beach County Park) turn left on 160th SW, then right on 56th Ave W., then left onto 156th SW. Follow 156th SW into the parking lot. Questions? Call Terri St. 743-5190

Tuesday Step Study - West Tiger Mountain 3 - Tuesdays, 7:15 pm.

Bring your 12 x 12 Books for a study meeting of the 12 steps. Meet in the trees just before the summit of West Tiger 3. Driving Directions are the same as for the Thursday evening meeting. For more information, contact Terri P. 759-9415.

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. New Secretary Needed!!!! (Thanks to John H. who is preparing to move back East)

Lake 22 Meeting - Sundays 4:00pm. A great hike with beautiful waterfalls and lovely old growth forest. Easier than Tiger Mountain. 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 miles from Granite Falls. (There is a parking lot and hi er sign -- right side of road.) The hike takes about 1.5 hours. For more information call Dick H. 744-104 ' or Teresa B. 353-8154

1994 OSAT Mt. Rainier Climbing Course

Congratulations to all those who completed the 1994 OSAT Climbs Course. Those who successfully completed this course are now "more technically qualified" in all OSAT climbing activities (Subject to OSAT Traditions), and specifically eligible for OSAT Mt. Rainier climbs (For which this climbing course is focused). Please direct any questions to the Climbs Course Committee Chairperson, Bob C. 228-1005. Tremendous thanks go out to all of those instructors who gave up their time to contribute instructional skill at the various events; success was guaranteed by your commitment to being of service to OSAT. This list of graduates follows:

| | | | | | |
|-------------|----------|---------|----------|-----------|---------|
| Bill L | Dave R | Kim G | Marina S | Randy H | Russ B |
| Chris S | Gerald S | Lance K | Nancy P | Rich P | Seth J |
| Christian P | Ivar S | Larry I | Pam G | Richard H | Steve S |
| D.S. P | Ken M | Lisa T | Peder H | Robln K | Susan R |
| Toby J | Winton C | David R | | | |

*****CLUB NEWS*****

| |
|---|
| <p align="center">Next Club Meeting: August 10, 1994 Location: Contact Bob C for more information 228-1005</p> |
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Club Traditions

Back by popular demand: OSAT's traditions:

- . Every OSAT activity has a designated leader. The leader makes the decision as to who is qualified for the activity. This decision must be based on principles and not personalities.
- . 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.
- . An OSAT leader should have completed a MOFA (mountain oriented first aid) course or ensure that at least one participant in the activity has done so.

. 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 while holding hands in a circle (Sometimes they also end with prayer.)

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

LEADING AN ACTIVITY (Jim H)

Apparently, this is our tradition regarding "leading" an activity: Anyone can volunteer to lead any activity - even a technical climb. As leader, you should be certain that everyone on that activity has signed a Release and Indemnity Agreement. (In the state of Washington, this should protect you from anything except gross negligence.) You are also expected to always have the activity you are leading follow OSAT traditions.

(As a leader, you may also want to increase the liability coverage in your homeowners or renters insurance policy.)

As a participant, you may want to "qualify" your leader. Do you know him or her? What is their technical experience? Who else has signed up for the activity? Who recommends this person?

We will probably not develop a list of leaders that are deemed qualified to lead technical climbs or activities. This avoids the "pain" of developing qualifications and/or making judgments about someone's qualifications.

ACTIVITY REPORTS

Smith Rock Revived - Contributed by Dave N.

Four of us, Jim B, Annie G, Matt S, and self, revived this canceled trip to help soften the cancellation of my Stuart climb. Smith Rock is a beautiful formation of reddish rock looking similar to something from the southwest, but is near Bend in central Oregon.

We all found each other Saturday morning and climbed for three days. We climbed many routes from 5.6 to 5.10d on both sides of the formation. Personal favorites were the classic "Spiderman," and the first pitch of "Tammy Bakkers Face," my first 5.9 lead.

The climbing was fun and athletic and well protected by bolts on most of the climbs. While taking away some of the fear factor, they allowed one to push limits.

While pushing his limits on a 5.10 something, Jim B. took an exciting whipper over a small roof, which caused him to let out a whoop of glee! Some of the other highlights of the trip were seeing Lynn Hill, one of the worlds best climbers, a woman climbing blindfolded, watching geese shoot the rapids on the Crooked River, hearing about Jim and Annie's tent flying up in the air eight feet in a whirlwind, and mostly the fun, laughter, and fellowship of friends in recovery.

Personally, it was very powerful medicine. I was able to climb at a much higher level than I had hoped thanks to the encouragement by all, and I was able to participate and be a part of a small group of friends. The last time I was at Smith was six or seven years ago and I was very sick. Physically, emotionally, spiritually and there wasn't much climbing or laughter happening for me. It was very different this time.

Mt Stuart from Three Directions - Contributed by Ken M

After meeting at the Issaquah Park & Ride on Saturday morning of the Memorial Day weekend, and having breakfast at the Sunset Cafe in CleElum, the motley group of fourteen wanderers set off toward yonder mountain.

We took the long way to Long's Pass and dropped into a beautiful valley on the south edge of Mt Stuart, with Ingalls Creek cascading down the middle. Bushwhacking to the other side of the creek to the trail, we moved east to set up camp at the base of the Cascadian Couloir. The mountain was covered in clouds, but the leaders determined the routes for the next day.

I heard comments by several people, that the campfire meeting we had Saturday night was the best they had attended. It was a good meeting I will always remember.

Sunday morning was thought (or hoped) to be fairly clear, but after raining all night, now was blowing lightly in camp. Half of the group decided to head back to the cars. Six of the seven left over, headed up the Cascadian Couloir for an exciting wind and snow blown 6 hour scramble/climb over "The Greatest Mass of exposed Granite in the World."

Steep snow, boulders, rocky traverses, and blow-me-over wind, made this a climb to remember. Those that summited were Jim H, Rik A (The Leaders), Bill L, Chris S, Rich P, and Ken M. Chris S donated his sunglasses to the Gods, hoping for a safe climb down; and after 4 hours time, passing a hearty group or two tenting on a ridge, and a solo Mountaineer preparing for his next day, we were back in camp. Shirley R had some firewood collected for our "white-man fire". Thanks Shirley. Monday was a beautiful day where we could see where we had been the day before.

I was pretty excited, so in passing a group coming up, hello's were exchanged and I said, "We did the Summit!" A few people got a kick out of that. So did I.

I didn't realize until later, that I was more exposed on this climb than on Monte Cristo, but I felt more secure with my ability on this trip than I had then. I again, would like to express my gratitude to the club for giving me a place to reach a better understanding of my Higher Power.

We never did meet the other parties ascending from the other two directions, maybe Jim knows where they were.

McClellan's Butte, June 19, 1994 - Anonymous Contribution

Gorgeous day, great group of people, Steve - our fearless leader, 9:30 start time...beautiful terrain of almost endless variety, streams, waterfalls. Hey Pete, the group majority vote is next time, don't change behind the bushes, let's see those legs. Traversing snow fields, don't fall into the pond....two men with guns — wildlife agents or poachers? Marina and Ivar, our first 2 mountain animals to summit. Lots of exposure, Terri P, Bill L and Robin K all came down the rock with no hands...way to go. But, hey Terri, did you also go up with no hands? Bill L was scoping out his launching pad for his paraglider next time. Steve and Francy renewed their wedding vows, did you see that kiss afterwards?! Thankfully, Pete S was our expert map and compass reader...where was Mt. Kent? Down by 5:30, safe and sound, off to Mitzels. Isn't this the good life?

Mt. Rainier - June Birthday Gratitude Climb, June 26-27, 1994 - Contributed by Pam G.

Gratitude is a wonderful feeling. It's something I didn't learn or understand until connecting with OSAT. Was that really me climbing Mt. Rainier, or was it a dream? I had no idea my sobriety could take me to such heights. I'm still high on gratitude.

Even with 3 months training and completing OSAT's Rainier Climbing Course, the odds were against me reaching the summit, but turning my will and my life over to the care of God, was my answer to the equation.

I'd recently been diagnosed with neuroma's in both feet, an excruciating, painful experience many of my fellow climbing buddies have surrendered to. All my conservative options to correct the problem had been exhausted – surgery was looming ahead. It was a difficult decision to ask for the cortisone shots (again) 2 days before the climb. Especially when my podiatrist could offer me no guarantees of speed, endurance, or a lesser degree of pain. What the heck, nobody promised me any guarantees in this lifetime – GO FOR IT – WHAT HAVE YOU GOT TO LOSE!!

Last month, an OSAT friend told me to throw out all expectations of summitting. He tried to instill in my brain that this climb is not just about summitting, but the importance of the climb lies in giving each other moral support, the fellowship, camaraderie and the love shared between us all. It became clear to me that I would not be here were I not clean & sober.

It's been raining all night at Cougar Rock Campground, and Terri St. (my mentor and tent mate) and I are driving to Paradise to meet our climbing party and Sherpas. Terri talks about the last two failed attempts on this mountain (due to weather conditions) and about how different she feels inside about this climb. Her intuition tells her the weather will break for us. Her intuition is stronger than we will summit. I try to think positive and believe her.

As we put on our gear in the parking lot, it's cold, windy, and wet. The 1 or 2 hours of sleep I had is not sufficient, and I struggle to be cheerful. I notice the parking lot is filling up with OSATERS. These are not just our climbing party, but heaps and heaps of Sherpas!!! They are coming out of the woodwork!! It's so exciting to have their support!! I begin to feel that grateful feeling. My sponsor is here cheering me as well. She's so wonderful.

Winton has offered to take most of my gear up to Camp Muir (providing my feet allow me to get that far). I am honored and blessed to have such a friend. Terri and I pawn a few items off on Scotty and give him grief for not bringing his LARGE pack (just joking Scott!!).

The climb to Muir was not bad – my feet were holding up well. I just need to remember, I am powerless and the outcome of this is not up to me. I am prepared to turn back at any time – but the need to do so never arises.

We see climbers descending who couldn't get near the summit due to outrageously high winds. They say it is blowing like hell at Camp Muir. Then, we get word that the sun has broken through at 9,000' – everyone is yipping and hollering with joy. The sun breaks out, and I am truly grateful. The latest weather report has changed for tomorrow, it's supposed to clear up for our climb!!

We have an emotional AA meeting at Camp Muir (27 of us basking in the sun) ahhhh....it's a good life... As the Sherpas prepare to descend, I start to panic. I don't want my friends to leave me. The reality of climbing this mountain is beginning to set in. We all give hugs and thanks and love and best wishes...and they're off.

Terri and I go back to camp to boil water for the climb. We eat and try to organize gear. It seems to take forever to boil water. I want at least 3 quarts for the climb – I went through 3 just to get to Muir. My poor little peanut bladder is getting a serious workout. I accept the fact that I will not sleep before the climb – I have to get rid of the 10 gallons of water I've drank in the last 2 days. Francy comes by to tell Terri and I of her “pee in the bottle tent trick.” Wow!! What a concept! We are happy to try her hot tip and set up our own porta potta. Too bad it didn't fly Francy – I hiked up to the smelly ole shitcan of a porta potta twice in the next hour – oh well!

I do not remember sleeping. At 12 am, Terri shakes me and says, “hey, let's go knock this sucker off Pam!” Is this the climbing lingo for “Get your butt outta the sack, we're climbing a mountain today?” I hate getting up in the morning. I hate to talk to people in the morning. I hate to eat in the morning, and I just plain hate mornings!! AND it's 12 am – what am I doing on this @#\$(* mountain at this time of the morning?? I want to go home and get some serious sleep!!

I now progress into my “stressed out mode.” I worry if my crampons will stay on, will I bring enough clothes, will I remember how to tie in properly, will I remember to self arrest if I fall, will I get altitude sickness, will I get too fatigued, will my feet hurt and have to turn my rope team around, will I have to pee too many times, will I have to take a dump and be one of the “Modesty on the Mountain Mamas,” will I, will I, what if, what if – GET A GRIP PAM!!! All the fears I've had over this mountain in the last 3 months have been rolled into this moment and are creating intense pain. Help me God, I can't do this alone.

The moon was full, stars bright, no wind, with balmy temperatures. All the factors adding up to getting me here today have turned positive – this is no coincidence that I am here. The steady stream of headlamps moving up the mountain (and behind me) are an awesome sight. We are climbing quickly and I'm getting tired already. Jim H (my trip leader) wants to get ahead of RMI and the Everett Mountaineer parties. In that first hour, I manage to rip a hole in my rainpants with my crampons and keep tripping on my pants. At the first break, I “sew up” the hole with the extra duct tape I had put on my ice axe. Whoever gave me that tip on the duct tape – thank you!

I lost track of time, but it seemed like hours that we climbed in the dark. I watched the sunrise next to Glacier Peak and light up the sky behind us. It's so beautiful -- is this a dream?

Terri St. (my rope leader) and Robert (my rope sweep) are incredibly supportive. Terri keeps asking me if I'm pressure breathing and how I'm doing. Robert offers to carry one of my water bottles and my food. They are constantly saying, "way to go Pam, you can do this, hang in there, you're doing great!" I can never thank them enough -- it keeps me going. Robert is yodeling his famous yodel, while Terri chimes in with her Arriba, Arriba! I feel so much love and respect for them -- here comes that gratitude feeling again. I feel they are truly concerned about my feet and want to do everything in their power to help me reach the summit.

At 13,200' I have terrible abdominal cramps (I have to take a dump) and my feet are screaming in pain. My eyes keep welling up with tears and I'm trying to carry on but realize I can't go anymore. I tell Terri, and she tries to comfort me, but it's too late. I sit down crying and start to hyperventilate -- it's all over now -- I'm going to have to turn back.

Terri doesn't want to give up on me yet -- she's calling up to Jim. Tim is also having a problem with a blister and needs to apply moleskin. Jim yells down to me, "We're at 13,200' -- nobody turns around this close, come on, you can't give up now. You know, there's a difference between pain and injury." Somehow his comment triggered immediate anger inside me. I wanted to find a way to work through my injuries and problems and @#\$%&, I was gonna show that @#\$%&!!!!

Diane is sitting on the mountain next to me watching me get pissed off. "Somebody give me some ibuprofen," I yell. (I had taken all my drugs already.) Diane, you tell him I'll see his ass on the summit!!!

Terri says we can stop in a few short feet and tend to our injuries. I'll be damned if I'm giving up now!! We regroup, Terri and Robert give me a pep talk. I take massive amounts of ibuprofen and learn the modesty lesson on the mountain by relieving myself being roped up. All I could do was pray. Terri gave me some string cheese and I felt rejuvenated -- this is the hot ticket!!

We continue to climb and Terri tells me to lean back into my spirit. I get a 2nd wind, change my rest step technique a little, and seem to get a rhythm down. Robert is yelling 300 feet to go Pam, can you see the Crater? "No, I don't see the @#\$%# Crater Robert, where the hell did God put the @#\$%# Crater?" "Robert, are you sure it's God's will for me to be on this mountain today?" "Absolutely," Robert says.

My heart is beating so fast it is scaring me. The adrenaline is flowing, and the next thing I know, Terri is standing on the Crater Rim waiting for me with open arms. My emotions are boiling over and we hug and I tell her I love her. I am crying happy, joyous tears uncontrollably. Robert joins us and we hug together laughing. Jimmy and Steve walk over to hug and congratulate us. Francy comes over and takes photos of me and my rope team. Terri asks if I want to take the 20 minute walk over to sign the summit register. I am so fatigued and delirious, but I'll be damned if I'm comin all this way and not sign in. We see Winton on the way, and he hugs and congratulates me as I congratulate him. It's his first time on the Mt. Rainier summit too. We are on top of the world and it's been a wild ride. We laugh and take more photos of us signing the register. This is the greatest accomplishment I've achieved in my whole life and I have more tears of triumph. Then Terri, Robert, Winton, and I go on about 5 more minutes to the true summit. Oh my God, the view is incredible and so clear. Mt. Adams is staring me in the face, while Mt. Hood, Mt. Jefferson, and Mt. St. Helens loom in the distance. It is warm and there is barely a breeze. We take more goofy photos and I borrow another climber's ice axe. I hold the ice axe over my head in all my glory -- this one's for my podiatrist (he demanded a photo). We spend about an hour on the summit and my Mountain Mama Rope Leader wants to start the descent. The snow is getting soft and she feels it will take us longer to get down (my feet are always worse on the descent).

We see Ivar, Marina, and Tim heading for the register -- Yes!! We all made the summit today with the help of each other and our Higher Powers. I am overwhelmed with gratitude once again on the June Gratitude Birthday climb.

Thank you for protecting me and my friends today God, you worked overtime.

2nd Annual Mt. Rainier Slow Climb - Contributed by Rik A.

The 1994 OSAT Slow Climb (standard route in 3 days) left the Paradise parking lot in the fog with 10 climbers and 8 sherpas July 3. As we broke out into the sun, wisps of blowing snow on the summit confirming the reports the previous day: 45 mph summit winds and 30 mph at Muir. But conditions on the snowfield were beautiful, and the sunbathing at Muir proved to be ideal as the winds dropped to just the slight breeze necessary to keep from overheating on the Camp Muir helipad. We thanked our sherpas with Fourth of July flags and watermelon (sherpas are great!) and set up camp on the Cowlitz side, fearing a return of the wind.

We awoke the next morning to a beautiful Fourth of July. Although clouds obscured everything below 6000 feet, the climbing conditions were perfect. Our goal was to leave Muir by 11 a.m., but our eager party was roped up and away fifteen minutes early. Two hours later, we were establishing Camp II on the Ingraham Glacier, which we had to ourselves after two successful parties broke camp upon their return.

The cloud tops rose most of the day, finally obscuring Little Tahoma and our camp intermittently in late afternoon, and spindrift blew for much of the early evening. But temperatures stayed reasonable and the wind was not a problem—we awoke at midnight with the cloud tops back down somewhat, little wind, and the summit in sight! An unfortunate injury at Camp Muir spoiled Doug's summit chance, and Vanessa encountered asthma problems which Dave graciously agreed to monitor while the remaining seven in the party began a summit attempt at 2:15. We made good headway up the cleaver behind Chuck's lead. By about 3:30, we were 600 feet above camp. We saw RMI come around the Cathedral Gap corner, but shortly after they stopped near Camp II, the wind picked up, and blowing snow obscured the view. The entire team reached the top of Disappointment Cleaver by 4:45, demonstrating the strength and ability to reach the summit in appropriate conditions. However, the rope leaders were unanimous in choosing descent and the cleaver lived up to its name; the conditions, and especially the fact they seemed to be getting worse rather than better, dictated discretion. Although visibility never dropped below a rope length, the risk that it might was judged to be too high. Bob McG led the retreat back to camp, where the team showed exceptional discipline and dispatch in breaking camp amid blowing snow and deteriorating conditions. "Radar" Dave B led the way down the Ingraham and across the Cowlitz. We breathed a sigh of relief as Camp Muir came into view (from about 100 yards!) after five hours of climbing in adverse conditions. Another welcome sight came when we saw that the weather was clearing on the snowfield below. From that moment on, we simply basked in the glory of having reached 1000 feet higher on the Mountain than the pros (RMI) did that day! *Montani semper liberi!* ~ Rik

Climbers: Rik A (leader), Hillary A**, Vanessa A*, Chuck T (rope leader), Susan R**, Randy H**, Dave B (rope & MOFA leader), Nancy P**, Bob McG*, Doug H* (**first Rainier attempt, *attempt at first Rainier summit)
THANKS AGAIN to our Sherpas: Steve S, Francys S, Ken M, Rick H, Bob Mx & friend, Terri S, and Mark F.

Little Tahoma - Contributed by Jim H.

OSAT made it to the third highest spot in the state on its first try. Even the last 12 feet!

It was a great trip. First, a delightful hike to Summerland Shelter followed by a silly conversation with a young female ranger. (We promised NOT to walk on the meadows, but we wouldn't refrain from doing so "just for her" like she requested.)

We found a wonderful campsite just below Meany Crest — lots of bivvy sites on soft dirt with rock windbreaks, plus running water nearby. (Wish we could have bottled it!)

Our 3:20 a.m. start got us to the summit by 8 a.m.. The last part of the Whitman Glacier was deliciously steep. The loose rock was tolerable, but the exposed ridge along the last 12 feet was solid rock. We didn't need the rope that Fred advised in his latest guide. (note: his first edition called it class 2 instead of class 3 and didn't mention the need for a rope at all. Of course, the older edition also rates the Tooth class 4. Wonder what this means?)

We watched the ants go up and down the Emmons and Ingraham. Dozens, maybe hundreds of them, all in a row. Earlier we had seen some headlamps around DC. From the summit, we could see tents at Camp Muir, Ingraham Flats, and Emmons Flats (above Schurman Hut). In fact, I've never seen it so clear. Even Mt. Jefferson in Oregon was very apparent. It was great viewing.

The descent was new and different and very enjoyable. Long empty snowfields on massive ridges above deep valleys. The only people we saw on the route were two guys that started up late in the day.

Also we saw some frolicking goats on Goat Island Mountain. (Real goats, that is. Not the OSAT variety).

When I checked out and told the ranger that everyone made the summit, I was asked: "Even the last 12 feet?" I laughed. The idea of even hesitating on such a fine day so close to the summit was laughable.

We think Little T does not deserve its bad reputation. It was great to be so high and not surrounded by hordes of people. The climb is slightly more strenuous than Baker. The loose rock at the top however, does suggest that 6 climbers is probably a max.

Climbers: Jim H, Shirley R, Rik A, Charlie A, Dave N, and Rod.

"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

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

MOFA — Mountaineering Oriented First Aid (Joseph H)

The second MOFA class, based on committed students, is scheduled for November 1994. Attendance at all class sessions is required. Mountaineering Oriented First Aid (MOFA) is a 30 hour first aid course for the wilderness

(back country) traveler. The course meets the requirements for the American Red Cross (ARC) Standard First Aid course with 24 hours of additional wilderness (back country) first aid training. As a volunteer instructor, I am certified by the ARC. Attendance at all class sessions is required.

The course fee is \$40.00 for OSAT members and \$45.00 for non-members. The tentative plan is open to hold either two (2) weekend sessions, or a Tuesday/Thursday evening class lasting five weeks. In either case, the class is 30 total hours. A minimum of 10 committed (\$\$\$\$ talks) students will be required to schedule the class. D (decision) day for this class is September 30th (need 10 committed students by this date), no later. Committed means the money is in my hands. Sign up begins August 1, 1994. If the class does not happen for any reason, all tuitions will be refunded. Interested parties should contact Joseph H. 241-6378.

Running

Some OSATers are still occasionally running at Greenlake on Wednesday evenings starting around 5:30pm. Then we go to the Honeybear bakery afterwards. Some of us also occasionally run in races.

If you have an interest in doing more running with fellow OSAT-ers, call Bob Mx or Dick W.

Family Outings

We already have a couple of activities planned that are OK for the entire family (or almost so). Give Joseph H a call if you are willing to lead an easy hike, suitable for anyone in the family.

SOLICITATION FOR NEWSLETTER INPUT

Thank you all for your wonderful contributions for this month's Yodel. This is your club, we want to hear from you!!!! I will publish almost anything in this newsletter. Trip reports are wonderful, but testimonials, personals, want-ads, quotations, cartoons, etc are all acceptable. Send all of your submissions to me and I will put them in the next newsletter. I will check for spelling and sometimes I will correct obvious grammatical oversights. Here is a chance to let folks know what you're up to and see your writing in print.

DEADLINE FOR SUBMISSIONS FOR AUGUST NEWSLETTER : AUGUST 10, 1994

MAIL SUBMISSIONS TO: OSAT NEWSLETTER C/O TERRI ST., 5210 168TH ST SW #16, LYNNWOOD, WA 98037. OR CALL IN INFORMATION TO (206) 743-5190.

ACTIVITY LEADERS NEEDED!!!!!!

As the Chairman of the Activities Committee, Joseph H. is actively soliciting leadership for various activities. Indoor activities as well as outdoor activities. What are you as an OSAT member willing to do? Will you promote? Will you lead? Joseph is recruiting activities coordinators for the following events: Hiking, Photography, Singles, Youth, Bicycling, Snow Shoeing, Back Country Skiing, Field Trips and/or Seminars, Sailing, MOFA, river Rafting, Bowling, Golf, etc.....

Please call Joseph H with your support (206) 241-6378 (Anytime!)

1994 OSAT T-SHIRTS

1994 OSAT T-shirts are still available. Don't miss out! The cost for each shirt is \$13.00. Colors available include Fuschia, Black, Forest Green, and Moss Green. To order your T-shirt, contact Dave B. at 353-8154.

WOMEN OF OSAT AT THE OCEAN - AUGUST 12-13-14, 1994

Women's retreat...Fellowship...Back-Country Camping...Day Hiking...By the Ocean. Retreat is near Rialto Beach in LaPush. This retreat will feature Linda Z. who is willing to give an introductory class in Thai Massage. Sign Up as soon as possible, or by August 5th at the latest. There may be a limit, so sign up ASAP! If you have any ideas, suggestions, or are just interested in going, please contact Robin K. at 562-7293. Should be a fun opportunity to really get to know other OSAT women!

MT SI / KILIMANJARO BREAKFAST SCHEDULED!!!!!!

Help support the OSAT-ers going to Mt. Kilimanjaro next February. Also, have a fun time and get some aerobic exercise.

East breakfast at the top of Mt. Si.

9 a.m. to Noon

Saturday, August 6, 1994.

Eggs, pancakes, bacon, coffee and orange juice. All for a \$5 donation. Tell your friends. Profits will be used to defray cost of having the first 12 step meeting high on the slopes of the highest mountain in Africa. (We'll even let you help further by carrying food and/or gear to the top. Call Bob M. 735-2748 for further information)

ALL NATURAL INSECT REPELLENT

Anyone interested in buying an all natural insect repellent? Contains NO DEET, smells wonderful and works on mosquitos, black flies, etc. etc. I used it in the jungles in Costa Rica – no kidding, it works if you work it!!

CALL PAM G. 742-4274

OSAT INJURED RESERVES

Our prayers and best wishes go out to the following members who have been temporarily “benched” due to injuries:

Tom M. who suffered a broken leg on Guye Peak.

Dick H (Spiritual), who recently underwent surgery for a herniated disk in his back.

Joseph H. who suffered a dislocated ankle on Guye Peak.

Smiles, prayers, and happy thoughts to you all. We hope for a speedy recovery and return to the outdoor activities that we all love.

REQUEST FOR SUPPORT!!!!!!

During the last week in July, I am planning to hike the Wonderland Trail around Mt. Rainier. This is a 93 mile backpack trip. Even though I like to think I'm a big macho Mountain Mama, I could use some support for this trip. There are several points where the trail crosses the road. I would really appreciate a meeting, a fresh vegetable, a cheeseburger?...etc. If anyone is interested in crossing my path during the last week in July, please contact me and I will give you my itinerary. Keep Climbing Mountains and Don't Slip Terri St. 743-5190.

OSAT FORUM / LETTERS TO THE EDITOR

This is your chance to be heard. I will print anything within reason. If you have an opinion, this is your opportunity to share with the club.

Dear OSAT Yodel:

I am writing this letter in praise of SHERPAS!!!! I can't tell you how much it means to have your friends and fellow club members turn out and offer both physical and emotional support to the various climbs sponsored by OSAT. I have been on both ends of this Sherpa deal, and I can tell you that it means so very much to a climber to have that support and encouragement. In recovery, it has been a struggle for me to learn how to receive from other people. To allow other people to help me in this area, has opened the door for me to accept help in other areas of my life. On the other side of the coin, what a delight it is to be able to offer support to our fellow climbers!!! No longer am I in this world merely to see what I can get out of it. To be able to give just a little bit, unconditionally, has really helped to soften my heart. I think SHERPAS are just one of the wonderful ways that OSAT differs from the mountaineers and other climbing clubs. Unconditional love, support, encouragement...these are all benefits of recovery. Thank you all. Anonymous.

Dear OSAT Yodel:

I am writing this letter to appeal to all dog owners who bring their animals to OSAT AA Meetings. In the past several months there have been several instances where animals have created significant disruptions to the OSAT meetings. I understand the desire to bring your animals into this wonderful setting, but please ask yourself this question: Would you bring your dog to an indoor meeting and allow him/her to bark, lick, fight, growl, knock-over, etc., etc., etc. I am not saying that dogs don't belong on trails; I am merely requesting that any animals brought to an AA meeting be held under tighter control. If you have a difficult animal to control, then perhaps the best time to take that animal on the trail would be other than to an AA meeting. Thank you for your consideration in this matter.

Anonymous

Upcoming Activities:

For additional activities information, or to add an activity that was not included with this publication, call the activities hotline 241-6378 (Joseph H). This recording will have all last minute activities that are not listed here. You may also leave information about new activities that are not listed here.

July 16: Camp Muir Meeting. Bob C. 228-1005

July 18-21: Mt Rainier / DC Route. 1st day to Pebble Creek; set up camp. 2nd day to Camp Muir; set up camp. 3rd day to Ingraham Flats. 4th day is summit and descent day. SIGNUP BEGINS June 3. Kathy O.

July 31 - August 1: Mt. Rainier / DC Route. Climbing Course Students Limit 12. SIGNUP BEGINS June 3. Charlie A and Shirley R.

August 6: Mt. Si / Kilimanjaro Breakfast - 9am - 12 noon. Contact Bob M. 735-2748

August 6-7: So. Early Winter Spires & Kangaroo Temple. Basic Rock experience. Limit. Bob C. 228-1005

August 6-8: Mt Rainier / Emmons. Climbing Course Students Limit 12. SIGNUP BEGINS June 3.

August 10-11: Sloan Peak. Experienced glacier climbers. Jim H

August 13-14: Mt Watson / Anderson Butte (east of Baker Lake). Mt Watson is a class 3-4 scramble, Anderson Butte is a walk-up. Camp at one of the several lakes in the area. Beautiful views and meadows. An easy weekend, only 3-4 miles per day. Limit of 12. SIGNUP BEGINS June 10. Rik A.

August 12-13-14: Women of OSAT at the Ocean -- Retreat. SIGNUP ASAP - MAY BE A LIMIT - Contact Robin K. 562-7293

August 14: Camp Muir Meeting.

August 18-21: All 3 peaks of Olympus. Experienced glacier climbers. Hike about 12 miles on Thursday. Will camp on Snow Dome (weather permitting) Friday night. Do three summits on Saturday. SIGNUP BEGINS ASAP. Jim H.

August 20: The Tooth, Basic Rock experience. Limit. Bob C.

August 21: Ingalls Peak, Basic Rock experience. Limit. Bob C.

September 3-4-5: Glacier Peak. Limit 12. Bob C.

September 3-4: Mt Shuksan / Sulfide Glacier Route. Beautiful climb to one of the most photogenic peaks in the world. Glacier experience + Class 3 rock climb to summit. Joseph H.

September 17: Camp Muir Meeting.

September 17: Climbers Reunion. Bring your slides/photos/potluck. Sally C. 897-9353

September 24-25: Annual OSAT Retreat. Car Camp on Mountain Loop Highway. Hikes / climbs will be scheduled. Campfire meetings. Bring the family. Leader / organizer TBD.

September 28-29: Mt. St. Helens, From the Bottom (Ape Cave) to the Top. Has permits for 6, needs 4 more people. Preference to anyone who has done some of St. Helens before. Contact: Percy M. 742-2131

October 1-4: Chiwawa AND Bonanza Traverse. Limit. Can sign up to do one or both, but preference given to those signing up for both. Chiwawa requires ice experience. Bonanza "Can you deal with exposure?" Plan to do Chiwawa first. Leader Tom C.

February, 1995: Mt Kilimanjaro. Jim H

1995: A Denali (Mt. McKinley) expedition climb is being planned. Bob C.

1995: Seattle to San Diego Relay Race is being planned. Jim H.

For additional activities information not available at the time of this publication, or to add additional activities, call the activities hotline 241-6378 (Joseph H). This recording will have all last minute activities not listed here.

Important OSAT Phone Numbers

Board of Servants: Bob C. 228-1005, Dave B. 353-8154, Steve S. 838-4287, Dave N. 752-9214, Doug H., 863-0109

Activity Leaders: Joseph H. 241-6378, Tom D. (509) 754-4976, Rik A. 232-8908, Tom C. 217-9329, Dick W. 339-3751, Charlie A., 932-7195, Robert T. 850-0805, Jim B. 874-9771, Jim H. 641-7983, Tom M. 481-3374, Steve S. 838-4287, Bob C. 228-1005, Joe C. 772-5249

12-Step Meetings: Doug H. 863-0109, Dick H., 744-1047, Linda Z. 723-9864, Terri St. 743-5190

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

Communications Committee: (Newsletter) Terri St. 743-5190, (Hotline) Pam G. 742-4274, (Hotline Follow-up) Tim R. 735-5777 and Linda Z. 723-9864, (Membership) Teresa F. 353-8154

Other Important Numbers: (Safety Committee) Terri P. 759-9415, (Bicycling) Todd F. 832-4812, (Kayaking) Carol P. 486-2745, (Rock Climbing) Anne G. 874-9771, (Avalanches) Paul C. 782-7297, (Running) Bob Mx. 828-3526 (OSAT North) Dick H. 744-1047, (Service Committee) Steve S. 838-4287

HERE IS ANOTHER OPPORTUNITY FOR YOU TO DO \$O!!!

KEEP CLIMBING MOUNTAINS AND DON'T SLIP!

OSAT YODEL

ONE STEP AT A TIME (OSAT)

AUGUST 18, 1994

P.O. Box 6461

Lynnwood, WA 98036

(206) 236-9674

OSAT - an outdoor club for members and friends of twelve step recovery programs. *OSAT's Mission Statement: To provide a clean and sober environment for members and friends of 12-step recovery groups to participate in outdoor and social events in the spirit of conservation, preservation, and ecology.*

"Keep climbing mountains, and don't slip"...Greetings from Terri St. ... (Day and Night 743-5190)

(See last page for other phone numbers)

Next Club Meeting: September 14, 1994

Location: Kennydale Memorial Hall, 7:00 pm

Regular 12-Step Meetings:

Thursday evenings at 7:15 PM at the top of Tiger Mountain. Newcomers should not try to find this meeting alone. 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 Ivar S. for more information. 776-7213

To find Tiger Mountain: Take the High Point Way Exit off 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, 6:30 pm.

This meeting is alive and well. On a recent, rainy, Monday Evening, there were 8 of us in attendance. It really is a beautiful spot to have a meeting. Thank you to all the OSAT members who are supporting it!!!! Hike 1.25 miles downhill to the meeting (and beach). Meet at the covered picnic shelter at the Meadowdale Beach County Park in Lynnwood on Monday nights at 6:30pm.. Driving directions: Take the 164th St. exit off Interstate 5. Go west on 164th. At the Y (Sign says Welcome to Lynnwood), stay to the left. (You don't actually leave the main road, but after the sharp turn, you are traveling South on 44th.) Turn right (West) on 168th St. SW. Cross Highway 99, and proceed west until you reach 52nd Ave West. Turn right (North) on 52nd. Then (following signs to Meadowdale Beach County Park) turn left on 160th SW, then right on 56th Ave W., then left onto 156th SW. Follow 156th SW into the parking lot. Questions? Call Terri St. 743-5190

Tuesday Step Study - West Tiger Mountain 3 - Tuesdays, 7:15 pm.

Bring your 12 x 12 Books for a study meeting of the 12 steps. Meet in the trees just before the summit of West Tiger 3. Driving Directions are the same as for the Thursday evening meeting. For more information, contact Terri P. 759-9415.

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. New Secretary Needed!!!! (Volunteers may contact any BOS member to volunteer! - - We need to fill this position quickly, as there have been several Sundays go by without an official Secretary to run the meeting)

Lake 22 Meeting - Sundays 4:00pm. A great hike with beautiful waterfalls and lovely old growth forest. Easier than Tiger Mountain. 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 miles from Granite Falls. (There is a parking lot and hiker sign -- right side of road.) The hike takes about 1.5 hours. For more information call Dick H. 744-1047 or Teresa B. 353-8154

1995 OSAT Mt. Rainier Climbing Course

Volunteers are needed to form the Climbing Course Committee for 1995. This is a very time consuming, yet rewarding job. Any interested persons should contact the BOS for more information.

*****CLUB NEWS*****

OSAT Business Meeting Highlights (July 13, 1994) Submitted by Rik A

Dave N called the meeting to order at 7PM at the Kennydale Memorial Hall. BOS members distributed meeting favors in appreciation of the eleven members who attended.

JUNE MEETING HIGHLIGHTS had not yet been published and thus, approval was postponed to the next meeting.

OLD BUSINESS: The **Revision to the Mission Statement** previously proposed was discussed. M-S-P (moved-seconded-passed) that the old Mission Statement be retained. The **Second Telephone Line** has been installed for use as an activities hotline, and Joseph and Pam have been briefed as to procedures. **Meeting Location** was discussed. The Kennydale Memorial Hall costs \$25 per hour, but offers a consistent location which was felt to be important to improving business meeting attendance. M-S-P to book Kennydale Memorial for August and September. Tim volunteered to continue to pursue less costly alternatives. The **Yodel publication schedule** will continue as is (approximately once per 6 weeks) rather than try to coordinate publication with the meeting schedule. Teresa reported that the **Membership roster** now had 168 names, but only 86 have paid 1994 dues. **Yodel** mailing labels will be coded to include membership number, "N" to indicate dues paid, and "R" to indicate a release is on file. This will be explained in a notice in the **Yodel**. M-S-P that the July issue of the **Yodel** will be the last issue provided to persons on the roster who have not paid 1994 dues. The membership committee will send a letter to those who have not paid, explaining that the membership dues only cover production and mailing costs of the newsletter, which are no longer subsidized by outside organizations as they have been in the past. A first draft of the **By-Laws** has been prepared and the BOS will consider distribution for comments at the next regular business meeting. Dave N reported that **Decals** can be obtained for \$1.50 - 2.00 each, and suggested we use the T-shirt design, as the artwork is available in the format required. M-S-P to pursue buying 200+ decals to be sold to members at a slight (e.g., \$.50) profit.

STANDING COMMITTEE REPORTS: The **BOS** added "T" for "trusted" to their title, hence, **BOTS**. Lots of time and effort is being expended, and lots of things are getting accomplished as a result. Dave B reported a healthy **Financial** situation, with a balance in three accounts of \$2137 and \$480 due to be returned by the relay runners – an itemized report is available from Dave. Pam is doing well with the **Communications Hotline** which now includes "press 1 for Activities Update." Tim has appreciated the opportunity to do the Hotline follow-up calls, and is willing to share in the fun and fulfillment if anyone would like to join him. **Membership** committee reminds activity leaders to check on releases at the beginning of events. All leaders should have a supply of release forms, which can be obtained from Terri P. Tim reports that the **Equipment** committee is looking into purchasing a number of crampons at bargain prices, for resale to club members. A new ice axe was added to the club equipment. Anyone needing equipment should look into the club before renting – there are lots of members willing to share items such as tents and helmets. Lisa volunteered her expertise to work with Terri P on **Safety** to set up an OSAT rescue response procedure. There was no **Service** report.

AD HOC COMMITTEE REPORTS: Bob C reported that graduates from the 1994 **Climbing Course** are beginning to attain the summit of Rainier, and a reunion/celebration/potluck/photo-swap at the end of the season is being considered.

NEW BUSINESS: A large inventory of **OSAT T-Shirts** is available, and all sales from now on represent profit to the club. Activity leaders are urged to take a few on consignment from Dave and Teresa B. to sell at their activity. The membership **application form** will be revised to offer the option of not being published on the roster (first name, initial, town and phone number). M-S-P that the **initiation fee**, which has been confusing and was originally established to create a positive club cash balance, be rescinded – new members will now pay the same dues as renewals. The possibility of paying for the hotline with a 1-900-number was discussed, but the sense of the meeting was that there were more negatives than positives to this idea.

ANNOUNCEMENT: The OSAT Kilimanjaro Climb will sponsor a fund raiser breakfast on Mt. Si August 6 – come on up and support the first OSAT expedition to the eastern hemisphere!

The meeting adjourned at 9PM. The need for more attendance was evident in the fact that no one remembered to initiate the traditional applause for the chair in appreciation for running the meeting. We closed in the usual manner.

OSAT Business Meeting Highlights (August 10, 1994) Submitted by Rik A

Doug H called the meeting to order at 7pm at the Kennydale Memorial Hall. BOTS members distributed meeting favors in appreciation of the ten members who attended.

JUNE and JULY MEETINGS' HIGHLIGHTS have not yet been published and thus approval was postponed to the next meeting.

OLD BUSINESS: Ken M reported on his investigation into a **permanent meeting location**. The Kennydale Memorial Hall costs \$25 per hour, but Ken found that Issaquah school facilities are available for \$5-10 per hour, and could offer a consistent location which was felt to be important to improving business meeting attendance. M-S-P (moved-seconded-passed) that Ken book a room at the school near the I-90/Newport Way exit in Issaquah for meetings, beginning with the October 12 meeting, since we already have the Kennydale hall for September 14. **OSAT decals** have been produced under the leadership of Dave N. M-S-P to price the decals 1 for \$2 or 2 for \$3. Dave will handle sales. A first draft of the **By-Laws** was available and some written comments provided, but discussion was postponed til the end of the meeting, and time subsequently proved to be unavailable for discussion at this meeting. Teresa Suggested that the **T-Shirt** supply is being liquidated at a discount, since all costs have now been covered. M-S-P to sell remaining T-shirts for \$11 each; people who previously purchased one, can buy 2 for \$11 (\$5.50 each!) The **Revised Membership Application** should be in the next *Yodel*.

STANDING COMMITTEE REPORTS: Tim reported that the **Equipment** committee is looking for proposals from members for equipment needed, and is considering an equipment raffle as an Equipment Fund raiser to bring out more members for the first business meeting at the new permanent meeting location in October. The **Communications** Hotline "press 1 for Activities Update" feature is working well. Lisa will do the Hotline follow-up calls, accepting Tim's offer to share in the fun and fulfillment. Dave B reported the **Financial** situation has improved, with the return of \$480 from the relay runners; the balance in three accounts is about \$2600, and an itemized report is available from Dave. **Membership** committee sent 78 delinquent notices, and 21 new and renewing members paid in the last month, bringing total paid membership to more than 100. About 50+ names of members and friends who did not pay 1994 dues, will be dropped from the next *Yodel* distribution. **Activities** hotline will be described in the *Yodel*. Joseph requested that 1994 activities be identified by December, and he is looking for an assistant for 1995 so he can retire at the end of that year.

AD HOC COMMITTEE REPORTS: Bob C reported that 20+ of the graduates from the 1994 climbing course have attained the summit of Rainier. A final report by the organizers is being prepared, to provide a resource to the 1995 course organizers. This year's course leaders are ready to assist anyone who steps up to lead the 1995 course. Joseph H is planning a **MOFA** course for October/November, and will look into using the new club permanent meeting location in Issaquah.

NEW BUSINESS: Dave N introduced the issue of **fund raising by particular climbs** by OSAT members, using the OSAT name in promotion and T-shirts for example. There ensued a spirited and frank discussion of many facets of the issue, including a discussion of the club tradition regarding a maximum of 12 members on a climb. It was proposed that groups organizing specific activities and wishing to do fund raising for that specific activity which will use the OSAT name, should bring their proposal to the club business meeting for discussion. This provides a means of discussing potential conflicts, e.g., dueling T-shirt sales! Rik will work with Ken M and Bob C on a proposal for clarifying the tradition regarding a maximum of 12 on a climb. Ken M indicated he would like to organize an OSAT general fund raiser **Mt. Si breakfast** in September. Dave indicated nominations are open for the service award, which will probably be presented at the **Retreat**, which is still in need of a leader/organizer. Bob C. suggested that the club show its support for the Kilimanjaro climb with a financial grant. M-S-P OSAT provide \$100 for the group administrative expenses incurred for the 1995 OSAT Kilimanjaro Expedition.

The meeting adjourned at 8:45 pm. The need for more attendance was evident in the fact that for the second consecutive meeting, no one remembered to initiate the traditional applause for the chair in appreciation for running the meeting. We closed in the usual manner.

Next Club Meeting: September 14, 1994
Location: Kennydale Memorial Hall, 7:00 pm

Club Traditions

Back by popular demand: OSAT's traditions:

- . Every OSAT activity has a designated leader. The leader makes the decision as to who is qualified for the activity. This decision must be based on principles and not personalities.
- . 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.
- . An OSAT leader should have completed a MOFA (mountain oriented first aid) course or ensure that at least one participant in the activity has done so.

. 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 while holding hands in a circle (Sometimes they also end with prayer.)

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

LEADING AN ACTIVITY (Jim H)

Apparently, this is our tradition regarding "leading" an activity: Anyone can volunteer to lead any activity - even a technical climb. As leader, you should be certain that everyone on that activity has signed a Release and Indemnity Agreement. (In the state of Washington, this should protect you from anything except gross negligence.) You are also expected to always have the activity you are leading follow OSAT traditions.

(As a leader, you may also want to increase the liability coverage in your homeowners or renters insurance policy.)

As a participant, you may want to "qualify" your leader. Do you know him or her? What is their technical experience? Who else has signed up for the activity? Who recommends this person?

We will probably not develop a list of leaders that are deemed qualified to lead technical climbs or activities. This avoids the "pain" of developing qualifications and/or making judgments about someone's qualifications.

*****ACTIVITY REPORTS*****

The Guye Peak Traverse, 6/29/94 - Contributed by Joseph H.

It was cloudy at the start of this climb. Four of us started off at 8:30 am from the trail head near the Alpentel Ski area and continued traversing until we crossed the climbers trail leading to the North summit. We used this trail and reached the summit about 11:30 am. Of course, by noon, the clouds gave way to sunshine and a beautiful view of the entire area. We enjoyed a long lunch rest, played "Name that mountain," and after contemplating a traverse to the South summit, decided to head home. The walk off was enjoyable, the company great, and the team all expressed a certain satisfaction in succeeding to the summit. Thanks go to Ken M for walking that extra mile to bring back the transportation from the trail head to the Alpentel Parking lot. (Some leader had left his keys at the wrong pick up point). Dinner at the Snoqualmie Pancake House and with full tummy and car keys, we went home. A fine climb with a strong team. (Climbing team: Joseph H, Joe K, Ken M, and Bob McG)

The Guye Peak Oops!!! July 9, 1994 - Contributed by Joseph H

For this climb of Guye Peak, Terry P and I agreed to an informal pace. The weather was beautiful in the mid 70's. It was a perfect day. Little did we know then, how both of our skills would be tested to their limits. I had scouted the route the previous day and found a more direct and simple approach to the base of this 4 pitch class 5.2 rock climb of the NW gully. We started off at 8:30 am and reached the base without any trouble about 10:30 am. The first (5.0) and second pitch went without any problem. **The third pitch did not.** Terry and I took a short break to snack and water up. She set up the belay and I led off. This pitch is a 5.2. Having been here twice before, I was quite familiar with its difficulties. I started up. The rest is history. I fell about 12/13 feet and dislocated my right ankle. The dislocation also caused a tear of the skin covering the ankle (9 stitches). I could go into detail of how this happened, but the bottom line is "Mountains are dangerous, accidents happen. As climbers, we do the very best we can to prevent them, but in the end...accidents do happen." I blew the move and paid the price. But, unlike two of the four climbers on Mt Hood recently, I did not have to pay the ultimate price. They lost their lives. I dislocated an ankle. The rest of this climb will always have a special place in my memory because of one very talented lady...Terry P. She was magnificent. Before the end of the next 24 hours, I was to learn how very strong and talented this lady is when challenged with the stresses, hazards, safety and rescue of this 10 year rookie. Thank you Terry for being there.

From the moment I yelled "Falling!", Terry's strength of character proved to be the glue which brought her and later me, to safety. With her belay in full break position, I came to a comfortable stop after having hit the ledge that did the damage. Terry held me till I pulled myself near her and safety. Terry's eyes were in complete focus. I rifled my pack, got my first aid kit to her, and within minutes she had bandaged my ankle. She replaced the rock shoe with my climbing boot and tied it tight. We agreed this was the best splint for now. We made our plan quickly. One belay, three rappels, and 2 hours later, we gathered ourselves in a safe place in the trees away from the frequent rock fall danger from above. Terry verified my pulse at 104 (It had been as high as 120). We agreed I could go no further, and she would go out for help. Briefly, we talked of the route, and at about 7:30 pm off she went.

After a sleepless but comfortable night, I decided something was wrong. I thought for sure a rescuer would join me during the night. This did not happen, so at daybreak, I decided to attempt to get out. I packed up, stood up, and when I weighted the bad foot, absolutely knew, I wasn't going anywhere. It wasn't long afterward when I heard noises near by. Hooray! Rescuers, I thought. No. It was Terry returning from her bivy higher on the mountain. She had gotten off route, but found a comfortable cave to spend her sleepless night. ("Sleepless On The Mountain." Maybe a good movie title??) Cheerful and joking, Terry and I went over the route in more detail, and off she went again. It was around 7:30 am. By 11:30 am, the first of many rescuers ("Angels In the Mountains." An alternate movie title??) arrived. My pulse quickly returned to normal. I was in good shape. (Safe at last....Safe at last.....!!!!)

In all, a total of twelve rescuers (there were 20 more standing by) lowered me 600 feet in a litter to be picked up by the helicopter and hauled off to Harborview Hospital. I arrived at the emergency room at Harborview at 4:30 pm. No one believed the ankle was not broken. (Secretly I thought it was shattered, but I teased the Dr saying, "It might not be broken. Let's wait for the x-rays." Later he was to ask, "You didn't truly believe it wasn't broken, did you?" I confessed, "No! But, you never know." We laughed. I was very happy.) Just before she left to go home, Terry was even told it was broken. It was confirmed to be a dislocation. (Which had relocated itself on my move to safety next to Terry.) I spent the night in the hospital and thanks to Jim H, was home around 4:30 pm. I've been recovering ever since. The Dr says four more weeks in a cast with crutches. I don't believe him. My guess is more like two more. I use the crutches only part time now.

Finally, everyone needs to know that "I'll be back." Yes, I have grown an even higher level of respect for the mountains. The message for me on this climb is...to "Keep Climbing Mountains and...DON'T SLIP." What I'll bring back to the mountains with me is an added respect, especially when repeating a familiar route. Oh! Yes, I've started planning for my return to Guye Peak...Tom M has promised to help me up...No. It's not a macho thing. I'm simply getting back onto the horse. Lastly, Terry, I still owe you a climb. Thank you OSAT for making it possible for Terry P to be in my life and on that mountain that day. Thank you very much. (NOTE: This was not an OSAT sponsored climb.) Joseph H 241-6378.

Mt Rainier - Emmons Glacier July 9-10, 1994 - Contributed by Bob C.

Get crazy! We had a (wind) blast on the upper Emmons Glacier, July 9-10. Hoot led Mike and Robin. Scott H. led Charlie and "The Basic One" Christian. Bob C (leader) had Ken M and Winton. I cannot express my gratitude to the rope leaders or how proud I am of these students in just a paragraph. They battled 50 mph steady winds, freezing temperatures, and all kinds of personal fear and frustrations to summit the grand mountain. All nine stood, (some could only sit), at Washington's highest point with gusts to 80 mph, and a collective smile. No one will forget the amazing "No crampon" ascent by Charlie, or the belay from Scott. If you would care for a lesson of the "Horizontal Hurl," see Winton.

1994 Mt. Rainier to Ocean Shores Relay - An Anonymous Relay Runner

Following one of the primary principles upon which the AA program was founded, the author of this account wishes to remain anonymous. Let it simply be said, that the author is, in fact, one of the participants of this curious event, and let it be the job of the reader to determine from whose perspective this account has been recorded...

On July 15, 1994, 12 intrepid OSAT warriors set out for Mt. Rainier, not to climb the mountain for a change, but to compete in the Annual Mt. Rainier to Ocean Shores Relay. This was the 3rd consecutive year OSAT has fielded a team and several of the participants were competing for the 3rd time.

This year's participants were: Van 1: Jim H, Dick W, Frank B, Bob Mx, Mike D and Michael of Elbe. Van 2: Jane L, Connie P, Paul C, James C, Tom D and Harold C. (For some reason all the over 50 crowd was put in van 1?) Also along, was team president, general manager, coach, business manager, and provider of good snacks, Karen P., also assisting as a volunteer was Tim R.

There was some added excitement this year by the addition of about 20 miles to the course, one additional team member, moving the starting area from Ashford to Paradise, and having the 1st leg and much of the second leg run on trails.

Jim H had the honor of running the first leg which dropped over 2,00 feet of elevation. The old guy only fell once, but made a terrific athletic shoulder tuck and roll move, sprang to his feet, and continued on his way with only minor cuts and bruises on his knees (in addition to a slightly wounded ego).

Michael of Elbe was assigned leg 6, so that he could run through the streets of his home town, inspired by the thousands of cheering spectators lining the streets of Elbe -- Well, there were at least 2 or 3 unsuspecting tourists with puzzled looks on their faces as they stared at the 51 year old half naked man running down the middle of the road.

Perhaps the most dramatic incident occurred during leg 26, run by OSAT team member, Dick W. An all women's team from the Los Angeles Police Department had been steadily gaining on team OSAT since starting one hour later. At about the 2.5 mile mark of this grueling 5.5 mile leg, LAPD team member, Marcella Sandy pulled even with Dick. Having been instructed by teammates not to let the LA cops get by, Dick reached down for that little extra, only to

discover that he'd already been running on empty since the beginning of the leg. Never-the-less, he managed to quicken his pace ever so slightly, and the 2 fierce competitors fought stride for stride for the next 2 miles. Being some 25 years the LAPD members senior, and lacking her physical prowess, Dick (the cagey old veteran) resorted to trickery and deceit. He first used various methods of distraction such as getting all the possible personal information about this young woman that she was willing to divulge. However, her pace never wavered. When he informed her that he had lived in Seattle for 25 years and her reply was – "wow, that's as long as I've been alive!" – he was even more determined to maintain his pace. It also became clear to him that as is the case with many people in her profession, she seemed to be lacking a sense of humor, so that avenue of distraction also failed him.

With about 100 meters to go to the exchange point, she burst into a final sprint thinking she would leave him in the dust, but somehow, he found another gear and managed to not quite let her break loose, but he couldn't find enough reserve to catch her and she hit the exchange point ahead by approximately the length of a moderate erection. Although this particular unit of measure is seldom used to describe margins of victory in events of this type, in this instance it was quite appropriate. (how could the author be aware of such intimate details?)

Anyway, in the succeeding legs, the LAPD team managed to gradually increase their lead over team OSAT. However, with a brilliant finishing leg by Harold C, team OSAT accomplished their goal by finishing the 176 miles, in just under 24 hours and more importantly, a wonderful time was had by all! Thanks to all team members for their contribution to another successful OSAT experience. Thanks in particular to Karen and Tim for their volunteer work and great support! Wait til next year, LAPD!

Rainier to the Pacific Relay (Another Perspective!!!) Contributed by Jane L

This is the first time this particular runner had ever done something like this, and let me say I had a blast!! I'm definitely going to do this again next year, and I'm even thinking about that Seattle to San Diego relay!! On behalf of the group, I can honestly say we all had a great time. Surprisingly few sore muscles, but a lot of odd conversations driven by sleep-deprivation. Jim H, Dick W, Bob Mx, Frank B, Mike H, and Mike D kept pacc (for a while) with a team of women police officers from LA, and Paul C, Jim C (who came from Ventura, CA just to be on our team!), Connie P, Tom D, Harold C, and yours truly, encountered another recovery team towards the end of the race (the "Bonecrushing Juggernauts"). Karen P and Tim R provided outstanding support in the form of exceptional organization, cheering and FOOD!!! Muchas gracias! I am proud to report that the team finished just under 24 hours, faster than last year. The asphalt was smokin!!

The Trip - Mt. Rainier Climb 7/16/94 - Contributed by Kim G

It was fear & passion that drove my body up that mountain. It was love and belief that carried my soul up her side.

For She stood there magnificent...so ominous. Quietly hugging the earth as a silent sentinel would, waiting...watching.

It was fear of failure that pushed my ego with each step. It was my friend's care and compassion that gave me the desire to breath, step-by-step.

Forbidding she was. I had flown by her many a time. But now, ...God now...her strength, her very nature. She effortlessly sleeps as I hang to her with my line.

In the end, it wasn't the goal that filled my senses with awe. It was her force, her strength and God created it all. "Here I am!" my soul screamed. "I am alive, I am here! I am thankful!" my heart cried.

She patiently stands, no different since I left. She hugs the earth and spins with its axis. All of me loves her and thanks her for life.

God created this mountain. God created a teacher of life.

The Wonderland Trail, July 25 - 30, 1994 - Contributed by Terri St. (For Yodel)

I have come to the conclusion that I am either really tough or really stupid....what the hey, maybe I'm a little bit of both! During this six day period, I have come to a much better understanding of myself and the Universe that surrounds me...or maybe I don't understand anything at all...maybe it's the same thing? Ninety three miles and 20,000 ft of elevation gain in six days...or as Jimmy says, 5 days, 2 hours, and 38 minutes....but who's counting!

I walked the trail alone, but I was never really alone. I saw things that opened up my heart and my mind to experience the incredible wonder and beauty of the Universe. I walked through many challenges both of body and of spirit...having come through, forever changed, on the other side. I learned that if my body, mind, and spirit are mated, that I can totally rely on my higher power and the Universe to meet my needs and to hear my cries for help. On this trip I re-discovered my softer side. In finding this part of myself, I have gained strength. My softness does not make me weak; it makes me stronger.

I have gained a perspective, while on the trail, that will follow me back into the real world...or did I just leave the real world? I have a much keener understanding of what is important to me. I have more confidence to take risks to fulfill my dreams. I have a new respect for life in all of its manifestations. I have a rock-solid faith that all of my needs will be met. I believe that I am traveling a path designed for me...I believe in the rightness of that path, and I

am no longer paralyzed by fear (at least not today!); afraid to explore the many places that it might lead. This is something I have needed to do for a long time. It felt very right to walk this trail alone.

My adventures on the trail were many. I encountered the most breathtaking views of mountains and wildflowers that I have ever seen. I was nearly swept away while crossing a flooded river. I met a very large bear who was not afraid of me. I struggled with blisters both on my feet and on my body. I suffered digestive upset, hallucinations, fear, loneliness, and fatigue. On the other hand, I was blessed with Salmon berries, cold creeks to splash my feet in, God Beams shining through the trees, sun sparkling off the ice like diamonds, kind words from fellow travelers, the energy shots I received from folks at home, dear, dear friends who came to meet me on the trail, and a closer relationship with myself and with my God.

Why did I do it? Many people have asked me this question. In all honesty, the notion of the trip was partially EGO driven. However, there was not much ego left at the trails end. Did I get everything I expected from the trip? I got everything and so much more. Now here's the tough one, Would I do it again? You bet I would. Although, I think I would take 8 days...it would eliminate that "Ego" driven speed element, and allow for a much more enjoyable trip. It occurred to me several times along the trail, "If you really love this mountain and feel a spiritual connection to her, then you must hike this trail." Any takers for 1995?

Mt Rainier, Disappointment Cleaver, July 31-Aug 1, 1994 Contributed by Shirley R.

This was another successful OSAT climb of Mt. Rainier via the DC route. This climb was led by Shirley R and Charlie A. Dick W was the third rope leader. Students who achieved the summit included: Gerald S and Peder H. Congratulations to the students for a safe and successful climb.

 "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

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

MOFA -- Mountaineering Oriented First Aid (Joseph H)

Mountaineering Oriented First Aid (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 24 hours of additional wilderness focused first aid training. As a volunteer instructor, I am certified by the ARC. Attendance at all class sessions is required. The course fee is \$40.00 for OSAT members and \$45.00 for non-members. If cancellation is made prior to the Thursday preceding the class start date, a refund of the MOFA fee will be paid in full, minus a \$5.00 administration fee. There are neither refunds nor transfers for no-shows and drop-outs.

Registration: To register, mail the MOFA Registration Form and your payment to OSAT, c/o Joseph H., 15440 65th Ave. S., #217, Tukwila, WA 98188 (241-6378) You will receive a confirmation call or postcard confirming your enrollment. There is NO telephone sign up.

| MOFA COURSE SCHEDULE | | | |
|-----------------------------|------------------------------|----------------------|-----------------------------|
| OSAT Std MOFA 101 | Dates: Tentative/Nov. | Location: TBD | Sign-up: Immediately |

| MOFA Registration Form | |
|---|---|
| MOFA Courses are open to members of OSAT and to the general public. To register, complete this form and mail it to OSAT, c/o Joseph H., 15140 65th Ave S #217, Tukwila, WA 98188. For additional information, call Joseph 241-6378 between 7:30 am and 11:00 pm, Monday through Sunday. | |
| Name _____ | Phone _____ OSAT Member? Yes _____ No _____ |
| Street Address: _____ | |
| City / State / Zip: _____ | |
| There is a class size limit. Receipt of completed registration will assure you of a place in the class on a first come, first served basis. All registrations received after the class is full, will be placed on the waiting list. | |
| Make checks payable to OSAT. \$40.00 for members. \$45.00 for non-members | |
| Signature _____ | Date _____ |

NOTICE: WE NEED A LOCATION FOR OUR MOFA CLASS...PLEASE HELP! CALL JOSEPH H.

Running

Some OSATers are still occasionally running at Greenlake on Wednesday evenings starting around 5:30pm. Then we go to the Honeybear bakery afterwards. Some of us also occasionally run in races.

If you have an interest in doing more running with fellow OSAT-ers, call Bob Mx or Dick W.

SOLICITATION FOR NEWSLETTER INPUT

Thank you all for your wonderful contributions for this month's Yodel. This is your club, we want to hear from you!!!! I will publish almost anything in this newsletter. However, I will not change the content of your submissions; If you wish to present a particular image, then please edit your own content before you submit it for publication. Trip reports are wonderful, but testimonials, personals, want-ads, quotations, cartoons, etc are all acceptable. Send all of your submissions to me and I will put them in the next newsletter. I will check for spelling and sometimes I will correct obvious grammatical oversights. Here is a chance to let folks know what you're up to and see your writing in print.

DEADLINE FOR SUBMISSIONS FOR AUGUST NEWSLETTER : SEPTEMBER 20, 1994

MAIL SUBMISSIONS TO: OSAT NEWSLETTER C/O TERRI ST., 5210 168TH ST SW #16, LYNNWOOD, WA 98037. OR CALL IN INFORMATION TO (206) 743-5190.

ACTIVITY LEADERS - SCHEDULING ALERT FOR 1995 CLIMBING SEASON!!!!!!

The climbing season is changing. I strongly advise all those planning to lead activities in 1995 to schedule them as early as possible so the activities can be added to the schedule in the YODEL. This will help members in scheduling their calendars also. I'm planning to submit mine no later than December 1, 1994. I encourage you to do the same. Please send your 1995 activities schedule to Joseph H. 15140 65th Ave S. #217, Tukwila, WA 98188 or call 241-6378. Thank you.

NOTICE: 1995 will be my last year as Activities Committee Chairperson. Anyone interested in accepting the position, is welcome and encouraged to work with me during the year. Joseph H.

1994 OSAT T-SHIRTS- BIG BIG FIRE SALE!!!!!!

Well, there really wasn't a fire, just lots of T-Shirts. 1994 OSAT T-shirts are still available in all sizes and colors. If you haven't purchased a 1994 "Limited Edition" T-Shirt, you may now purchase one for the incredibly reasonable price of only \$11.00 each. If you were at the top of the list, and you already purchased a 1994 T-Shirt, you may now purchase a quantity of 2 for the sum of \$11.00 (that's only \$5.50 each). Don't miss out! Colors available include Fuschia, Black, Forest Green, and Moss Green. To order your T-shirt, contact Dave B. at 353-8154.

WOMEN OF OSAT AT THE OCEAN - 1995

The 1994 retreat was such a whopping success, that I would love to see another one planned for next year. Perhaps even a women's get-together once a month? Anyone interested? Any volunteers to organize? Maybe a different person could organize a get-together each month? If anyone has any input, please call me (Terri S) and I will publish the results in the next Yodel! I am looking forward to Robin's account of our retreat...this should appear in the September Yodel. Thank you Robin for doing an EXCELLENT job organizing this event!!!

SECOND ANNUAL OSAT FUNDRAISER BREAKFAST!!!!!!

East breakfast at the top of Mt. Si.

9 a.m. to Noon

Saturday, November ??, 1994

Pancake breakfast on Mt. Si. Tell your friends. Profits will be deposited into the OSAT General Fund. Decisions on distribution of funds will be made at a subsequent business meeting. (We'll even let you help further by carrying food and/or gear to the top. Call Ken M. for further information) **342-0574**

ALL NATURAL INSECT REPELLENT

Anyone interested in buying an all natural insect repellent? Contains **NO DEET**, smells wonderful and works on mosquitos, black flies, etc. etc. I used it in the jungles in Costa Rica - no kidding, it works if you work it!!

CALL PAM G. 742-4274

OSAT INJURED RESERVES

Our prayers and best wishes go out to the following members who have been temporarily "benched" due to injuries: Please remember our fellow climbers with cards, phone calls, and prayers....

Tom M. who suffered a broken leg on Guye Peak....Still in a cast...but getting feisty!

Dick H (Spiritual), who recently underwent surgery for a herniated disk in his back...Attending Beach Mtg!!!

Joseph H. who suffered a dislocated ankle on Guye Peak....Still Recovering.

Pam G, who recently underwent surgery to remove neuromas from both feet.

Kathy O., who suffered a broken foot on Liberty Bell. 927-7267

Smiles, prayers, and happy thoughts to you all. We hope for a speedy recovery and return to the outdoor activities that we all love.

OSAT CURRENT ACTIVITIES HOTLINE

There may be some confusion about the use of the Current Activities Hot Line... Hopefully the following will clarify: The OSAT Hot Line (General info, new members, etc) is 236-9674. The Current Activities Hotline is reached by dialing the same number (236-9674) and then dialing a 1 on your touch-tone telephone.

The OSAT Hot Line is for new members, meeting info.

The Current Activities Hotline is for member use, and allows members to add an activity or receive information regarding the latest activity updates.

If you have any questions regarding the OSAT Hotlines, please call Joseph H 241-6378.

OSAT SERVICE AWARD - 1994

The BOTS is currently soliciting nominations for the 1994 OSAT Service Award.

Please send your nominations to OSAT, PO Box 6461, Lynnwood, WA 98036

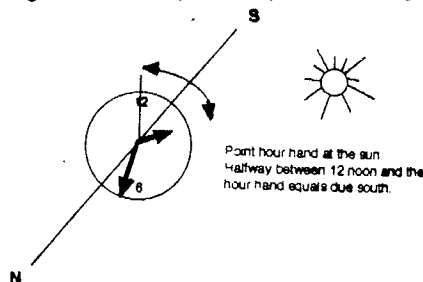
1994 OSAT REUNION - SEPTEMBER 23, 24, 25, 1994

Yes folks, it is time once again to gather together and share stories of our cumulative adventures, share fellowship, hike together, laugh together, and share our experience, strength, and hope with each other. This retreat is being held at **RED BRIDGE CAMP GROUND** on the Mountain Loop Highway. This campground is past Verlot and before the Big Four Ice-Caves. There will be camp fire meetings at 8pm on Friday and Saturday Evenings. There may be noon meetings scheduled for those on our injured reserve list, or those just wishing to relax and enjoy fellowship. Any and all help will be appreciated. If you would like to know how you can help, please contact Jim H 641-7983

A POOR PERSON'S COMPASS

If you are one of those traditionalists who still uses an analog watch (i.e. one with hands and a face), you can easily find north whenever the sun is visible. Simply point the hour hand of your watch at the sun. This is more easily achieved with a small straight twig, placed upright on the watch face, which will cast a linear shadow.

"The halfway point between the hour hand and 12 o'clock will now indicate roughly south. If you're on daylight savings time, you'll need to subtract one hour from the actual time. This system works for the northern hemisphere and is more accurate at higher latitudes (i.e., away from the equator) where the sun is closer to the horizon during the day."



OSAT WEDDING BELLS CHIME!!!!

Congratulations to Annie G and Jim B who plan to be married on Tiger Mountain, Thursday August 25, 1994. Just prior to the regular AA Meeting. (7:00pm) Best wishes to you both!!

ATTITUDE

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is attitude...I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our attitudes."

OSAT FORUM / LETTERS TO THE EDITOR

This is your chance to be heard. I will print anything within reason. If you have an opinion, this is your opportunity to share with the club.

THANKS:

Thank you for all of your love, help, and support both before and after my foot surgery. The rides to and from the hospital, to meetings, the phone calls, cards, flowers, Granitas, etc. etc. really helped for a speedy recovery. I've chunked the crutches and hope to see ya all on the Mountain real soon.

Thanks again, you know who you are. KCMDS!

Love, Hugs, and Kisses,

Pam G

Dear OSATers:

It is with a warm heart that I thank all OSAT for your support of me during my recovery. I believe it's because of your warm hearts that I have come along the road to recovery much sooner than my Doctor thought.

The words are difficult to find to fully express how I feel about all of you. The family I never had as a child, the brother, the sister. That place where understanding, support, and genuine love is always present. I feel loved, supported, and fortunate to know OSAT and be a part of this family.

Thank you for your phone calls, your cards, your letters, and your visits, and all your warmth and encouragement. God has blessed me. See you all very soon.

I am with Love,

Joseph H

Upcoming Activities:

For additional activities information, or to add an activity that was not included with this publication, call the activities hotline 236-9674 PLUS "1" FROM YOUR TOUCH TONE TELEPHONE. This recording will have all last minute activities that are not listed here. You may also leave information about new activities that are not listed here.

August 27-28 Canoe Trip. Float Trip on the Skykomish. Tom M. 481-3374

September 3-4-5: Glacier Peak. Limit 12. Bob C.

September 3-4: Mt Shuksan / Sulphide Glacier Route. Beautiful climb to one of the most photogenic peaks in the world. Glacier experience + Class 3 rock climb to summit.

September 10: Camp Muir Meeting. NOTE: NEW DATE - POSSIBLE SHERPA OPPTY - CALL JIM H 641-7983

September 17: Climbers Reunion. Bring your slides/photos/potluck. Sally C. 897-9353

September 23-24-25: Annual OSAT Retreat. Car Camp on Mountain Loop Highway. RED BRIDGE CAMPGROUND. EVENING CAMPFIRE MEETINGS AT 8:00 PM ON FRIDAY AND SATURDAY NIGHT. Hikes / climbs will be scheduled. Bring the family. NOTE: THIS IS LINDA Z'S FAREWELL TO OSAT BEFORE HER ASIAN ADVENTURE BEGINS. FOR MORE INFORMATION CONTACT THE LEADER: JIM H 641-7983.

September 28-29: Mt. St. Helens, From the Bottom (Ape Cave) to the Top. Has permits for 6, needs 4 more people. Preference to anyone who has done some of St. Helens before. Contact: Percy M. 742-2131

October 1-4: Chiwawa AND Bonanza Traverse. Limit. Can sign up to do one or both, but preference given to those signing up for both. Chiwawa requires ice experience. Bonanza "Can you deal with exposure?" Plan to do Chiwawa first. Leader Tom C.

October 22-23: Ice Climbing Seminar. Leaders: Charlie A and Bob C.

February, 1995: Mt Kilimanjaro. Jim H

1995: A Denali (Mt. McKinley) expedition climb is being planned. Bob C.

For additional activities information not available at the time of this publication, or to add additional activities, call the activities hotline 236-9674 AND PRESS "1" FROM YOUR TOUCH TONE PHONE. This recording will have all last minute activities not listed here.

Important OSAT Phone Numbers

Board of Servants: Bob C. 228-1005, Dave B. 353-8154, Steve S. 838-4287, Dave N. 752-9214, Doug H., 863-0109

Activity Leaders: Joseph H. 241-6378, Tom D. (509) 754-4976, Rik A. 232-8908, Tom C. 217-9329, Dick W. 339-3751, Charlie A., 932-7195, Robert T. 850-0805, Jim B. 874-9771, Jim H. 641-7983, Tom M. 481-3374, Steve S. 838-4287, Bob C. 228-1005, Joe C. 772-5249

12-Step Meetings: Doug H. 863-0109, Dick H., 744-1047, Linda Z. 723-9864, Terri St. 743-5190

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

Communications Committee: (Newsletter) Terri St. 743-5190, (Hotline) Pam G. 742-4274, (Hotline Follow-up) Tim R. 735-5777 and Linda Z. 723-9864, (Membership) Teresa F. 353-8154

Other Important Numbers: (Safety Committee) Terri P. 759-9415, (Bicycling) Todd F. 832-4812, (Kayaking) Carol P. 486-2745, (Rock Climbing) Anne G. 874-9771, (Avalanches) Paul C. 782-7297, (Running) Bob Mx. 828-3526 (OSAT North) Dick H. 744-1047, (Service Committee) Steve S. 838-4287

OSAT MEMBERSHIP RENEWAL/APPLICATION

ONE STEP AT A TIME (OSAT), AN OUTDOOR CLUB FOR MEMBERS AND FRIENDS OF
TWELVE STEP RECOVERY PROGRAMS - SINCE 1991
PO. BOX 6461, LYNNWOOD, WA 98036.....(206) 236-9674

ESSENTIAL INFORMATION: NAME _____
ADDRESS _____

DAY/EVE PHONE _____

LISTING IN THE OSAT ROSTER (THE LIST DISTRIBUTED TO MEMBERS):

I WISH TO HAVE MY FULL NAME, ADDRESS & PHONE LISTED _____

I WISH TO HAVE MY FIRST NAME, LAST INITIAL LISTED _____

I WISH TO HAVE MY ADDRESS DELETED FROM ROSTER _____

I WISH TO HAVE MY PHONE # DELETED FROM ROSTER _____

SPECIAL INSTRUCTIONS AS FOLLOWS: _____

FINANCES:

OSAT has dues and fees to pay for and help recover costs associated with the newsletter, telephone hotline, mailing costs, etc. OSAT also accepts donations to help fund equipment purchases, toward property, or to help finance various club activities.

| | |
|---|----------|
| ONE YEAR DUES - \$12.00 BEFORE SEPT. / \$6.00 AFTER SEPT. | \$ _____ |
| ONE YEAR COUPLES DUES (SAME MAILING ADDRESS) \$18.00 | \$ _____ |
| T-SHIRTS - \$11.00 EA (SPECIFY COLOR) _____ (FUSCHIA, BLACK, FOREST GREEN, MOSS GREEN) | \$ _____ |
| DONATION WITHOUT RESTRICTION | \$ _____ |
| DONATION FOR PROPERTY/EQUIPMENT | \$ _____ |
| TOTAL (PLEASE ENCLOSE) | \$ _____ |

MAKE YOUR CHECKS PAYABLE TO: OSAT
MAIL YOUR CHECK ALONG WITH THIS FORM TO:
OSAT - MEMBERSHIP
PO BOX 6461
LYNNWOOD, WA 98036

KEEP CLIMBING MOUNTAINS AND DON'T SLIP!

OSAT YODEL

ONE STEP AT A TIME (OSAT)

OCTOBER 23, 1994

P.O. Box 6461

Lynnwood, WA 98036

(206) 236-9674

OSAT -- an outdoor club for members and friends of twelve step recovery programs. *OSAT's Mission Statement: To provide a clean and sober environment for members and friends of 12-step recovery groups to participate in outdoor and social events in the spirit of conservation, preservation, and ecology.*

"Keep climbing mountains, and don't slip"...Greetings from Terri St. ... (Day and Night 743-5190)

(See last page for other phone numbers)

Next Club Meeting: November 9, 1994

Location: Sunset Elementary School, 4229 180th SE, Issaquah, 7:00 pm

A Message from the Board of Trusted Servants:

Where Were You?

Hello OSAT -- The bite in the air says fall is here. Ending another season of hiking and climbing. Is that all? Where were you in the fall of 1993? I was at an OSAT Business meeting when Jim proposed this, Board of Servants! (HUH?) What was this, we asked. Where would we go? What would we do? How are we going to do that?

By phone, I was told of the nomination and was soon elected (whoa). Everything is in overdrive (EEK). A trip to Aconcagua didn't help. We struggled, made mistakes. Feelings were hurt from time to time. (Again, pain is the touchstone to growth). In the end, we stayed together. Becoming stronger, through hardship.

Thank God a club banner can represent us on the great African expedition. It represents (to me) we are alive and thriving. A prayer of safety, serenity, and a happy return to all.

The fall of 1994. what a year. I've been stuck in a blizzard with an OSATer. Top of the Western Hemisphere. On, in, and around Momma Rainier with many. Hikes, sport rock, alpine, and peaks. All with the help of the best people in the world....OSATers.

End of Season? NOT!!! Just the beginning. Where were you in the Fall of 1994?

Love and Service, Bob C., Chairman, BOTS

Regular 12-Step Meetings:

Thursday evenings at 7:30pm Issaquah, IHOP Darkness has come upon us once again with the return to Standard Time. Our regular Thursday Evening Meeting will continue throughout the winter at the Issaquah IHOP (International House of Pancakes). Many OSAT members will continue to climb up and down Tiger Mountain prior to the meeting. Call Ivar S for more information.

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. Newcomers should not try to find this meeting alone. Bring warm clothes The hike gains 2,000 feet in less than 3 miles.

To find Tiger Mountain: Take the High Point Way Exit off 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). Contact Steve or Francy S. 838-4287

Meadowdale Park Beach Meeting - In Hiatus until Spring of 1995

As darkness approaches at an earlier and earlier hour, some not so friendly park rangers have made it necessary to postpone this meeting until next spring. I want to personally thank everyone who turned out this year to support this meeting. Until next year, thank you and KCMDS!

CLUB NEWS

OSAT Business Meeting Highlights (September 14, 1994) Submitted by Rik A

Bob C called the meeting to order at 7:10 PM at the Kennydale Memorial Hall. BOTS members distributed meeting favors in appreciation of the ten members who attended.

JULY AND AUGUST MEETINGS' HIGHLIGHTS were approved as published in the *Yodel*.

OLD BUSINESS: Ken M reported new information on investigation into a **Permanent meeting location**. The Sunset Elementary (Issaquah) school facilities which Ken was previously authorized to reserve, were not available for October, and are not consistently available for second Wednesdays. M-S-P (moved-seconded-passed) that Ken book a room at the school (near the I-90/Newport Way exit in Issaquah) for meetings as follows: November 9, Dec 7, Jan 11, Feb 8, and Mar 8. Rik reported on research undertaken regarding a possible party size tradition for the club M-S-P to table the proposal to adopt a tradition.

STANDING COMMITTEE REPORTS: Joseph needs leaders to advise him of their 1995 Activities. He is also still looking for a facility to provide an OSAT MOFA course. Teresa reported that 2 new and 4 renewals were added to the Membership roles. About 60 people who did not respond to the request to become paying members have been dropped from *Yodel* distribution. Doug reported for Tim that the Equipment Committee is looking for additional snowshoes, and that all but about \$3 of the equipment fund has been spent. It was suggested that the Equipment committee obtain OSAT decals from Dave N to place on club equipment as appropriate. Dave B reported the Treasury stands at \$1083.43 in the general fund, \$3.31 in the equipment fund, and \$1325.13 in the operating fund, for a total of \$2672.97.

NEW BUSINESS: Nominations were opened for the two two-year BOTS positions which will become vacant in 1995. Five nominations were made, and additional nominations will be accepted at the annual OSAT retreat. A vote was taken by secret ballot for the annual OSAT Service Award; the winner is to be announced at the retreat. The meeting adjourned at 8:45PM. Attendees provided the traditional applause for the chair in appreciation for running the meeting. We closed in the usual manner.

OSAT Business Meeting Highlights (October 12, 1994) Submitted by Rik A

Dave B called the meeting to order with a serenity prayer at 7:15pm at the Kennydale Memorial Hall. BOTS members distributed meeting favors in appreciation to the twelve members who attended.

SEPTEMBER MEETINGS' HIGHLIGHTS were distributed, but not approved as they were not yet published in the *Yodel*.

OLD BUSINESS: BOTS meetings have been moved to the Thursday of the week following the regular monthly business meeting. Joseph needs leaders to advise him of their 1995 Activities, and announced that the OSAT MOFA course is being postponed until after the Kilimanjaro climbers return. The hotline continues to operate well. Teresa reported that 2 new and 4 renewals were added to the Membership roles. The Communications committee reported that Steve has a new supply of OSAT business cards. Tim reported that the Equipment committee is looking for additional snowshoes, and that the report last month that the equipment fund was down to \$3, did not include the \$200 he is holding for that purpose. He is also considering raffles at the meetings to raise equipment funds. Dave B reported the Treasury stands at a total of \$2318.20 not including the \$200. Dave N expressed gratitude to Steve S for his work on the 1994 OSAT service award. Jim H presented a comprehensive set of suggestions for the 1995 climbing course, and it was announced that Charlie A. has submitted an application to the BOTS to lead said course, pending expressions of adequate instructor volunteer support.

NEW BUSINESS: Activity leaders are reminded to notify Terri St. of activities to assure publication in the *Yodel*. The Halloween Costume Party and potluck will be at Kim's (5901 159th Court NE, in Redmond), and Charlie A will host the December 3 Christmas Party. Dave N reported that patches would cost \$260 for 100 printed (not sewn) patches — idea is tabled. Ideas for meeting programs to entice membership attendance were discussed—watch the *Yodel*—and plan to go to the next meeting! Ken suggested looking into a disadvantaged youth service project, and was encouraged to investigate and make a proposal.

The meeting adjourned at 8:05 pm. Attendees provided the traditional applause for the chair in appreciation for running the meeting. We closed in the usual manner.

PROPOSED BY-LAWS One Step at A Time (OSAT)

Article I Name and Organization

Section 1. The organization shall be know as One Step at A Time., and by the acronym OSAT.

Article II Board of Trusted Servants (BOTS)

Section 1. OSAT shall be overseen by a Board of Trusted Servants (BOTS) consisting of five (5) members.

Section 2.

A. There shall be a Chairperson who will preside at all club and special meetings, or may appoint another BOTS member to preside in their stead.

B. The chair shall be chosen from within the BOTS and will serve for a term of 1 year.

C. The remaining four (4) positions' terms shall be for two (2) years.

D. The chair shall call special meetings as needed.

E. Subsequent to their term expiration, the prior Chairperson shall serve one (1) year as a non-voting member of the BOTS.

Section 3. The four other servants shall, in conjunction with the chair, assure that the mission, traditions, by-laws, and general well being of OSAT be perpetuated.

Section 4. The BOTS shall meet once a month, unless through a majority agreement to less or more.

Article III Meetings

Section 1. Club meetings shall be held on a regularly scheduled basis every month.

Section 2. Special meeting shall be called as provided for in Article II, Sec. 2, D.

Section 3. All meetings shall be governed by the OSAT meeting protocol as provided for in Article VIII, Sec. 2.

Article IV Standing Committees

Section 1. Membership

A. The membership committee shall maintain a current list of all OSAT Members.

B. The membership committee shall maintain a current supply of OSAT flyers and business cards.

Section 2. Treasury

A. The chair of the treasury committee shall be known as the treasurer.

B. The treasurer will be appointed with the approval of the BOTS and the general membership.

C. The treasurer shall maintain club bank account(s) and financial records.

D. The treasurer shall collect and distribute club funds as necessary.

E. The treasurer will have authority for disbursement of up to \$200.00 (Two Hundred dollars). For disbursement of \$201.00 to \$400.00, BOTS approval is required. Any expenditure exceeding \$400.00 shall require general membership approval.

F. The treasurer shall provide financial information at regularly scheduled club meetings.

Section 3. Equipment

A. The equipment committee shall be responsible for maintaining all club owned equipment.

B. The equipment committee shall purchase equipment as necessary, or as approved by the BOTS and/or general membership.

C. The equipment committee shall make equipment inventory known to all members, bi-annually through the club newsletter.

D. The equipment committee shall oversee the disbursement of all club equipment in a fair and equitable manner.

Section 4. Climbing Course

A. The climbing course committee chair shall be appointed by the BOTS.

B. The climbing course shall be responsible for development of climbing course curriculum.

C. The climbing course committee shall schedule field trips and seminars necessary for climbing course completion.

D. The climbing course committee shall provide instruction and instructors to complete the climbing course.

E. The climbing course committee shall set the determined prerequisites for participation in the OSAT climbing course.

Section 5. Activities

A. The activities committee shall coordinate all club activities.

B. The activities committee shall maintain the calendar of events in the Yodel and on the OSAT hotline.

C. The activities committee shall solicit activities ideas and activity leaders from amongst the membership.

Section 6. Communication

A. The communications committee shall be responsible for the OSAT Hotline and Directory listing.

B. The communications committee shall be responsible for fulfilling the Hotline commitment to follow up with more information.

C. The communications committee shall be responsible for publication and distribution of the club newsletter. (The Yodel).

Section 7. Safety

A. The safety committee shall maintain club indemnity and liability release forms.

B. The safety committee shall track safety related issues within the club, and make that information available to all members.

C. Provide access or information about Mountaineering First Aid (MOFA) training to all members.

D. Maintain records of all MOFA certified members.

Section 8. Service

- A. The service committee shall be responsible for carrying the OSAT message to interested individuals or groups.
- B. The service committee shall oversee service related awards within the club.

Article V Amendments

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

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

Section 3. An amendment to these By-Laws shall pass by a simple majority vote at a general meeting.

Article VI Membership

Section 1. Membership in OSAT shall be open to members and friends of twelve step recovery groups without regard to race, creed, sex, sexual orientation, color, age or dysfunction.

Section 2. Dues shall be determined by the BOTS, and be payable January 1 and will be considered past due April 1.

Section 3. Persons who are eligible for membership, but have not paid dues will be considered guests for OSAT activities. In order to participate in any OSAT activity, and OSAT club indemnity and liability release form must be completed.

Article VII Elections

Section 1. The positions on the BOTS shall be filled by election from the general membership.

Section 2. Nominations for the BOTS shall be made from the general membership.

Section 3. To be eligible for the BOTS, or to vote in an election, a person must be a member in good standing of OSAT.

Section 4. All elections shall be by secret ballot.

Article VIII General Provisions

Section 1. Property or equipment purchased for OSAT with OSAT funds, or given to OSAT shall not be considered the property of any individual member or committee, but shall be known as club property.

A. As club Property it shall be entrusted to the custodial care of the equipment committee chair, as provided for in article IV, section 3.

Section 2. (Reserved for OSAT Meeting Protocol as published in the April 21, 1994 Yodel.)

Section 3. (Reserved for the OSAT Traditions.)

Next Club Meeting: November 9, 1994

Location: Sunset Elementary School, Issaquah, 7:00 pm

Club Traditions

Back by popular demand: OSAT's traditions:

- . Every OSAT activity has a designated leader. The leader makes the decision as to who is qualified for the activity. This decision must be based on principles and not personalities.
- . 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.
- . An OSAT leader should have completed a MOFA (mountain oriented first aid) course or ensure that at least one participant in the activity has done so.

. 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 while holding hands in a circle (Sometimes they also end with prayer.)

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

LEADING AN ACTIVITY (Jim H)

Apparently, this is our tradition regarding "leading" an activity: Anyone can volunteer to lead any activity - even a technical climb. As leader, you should be certain that everyone on that activity has signed a Release and Indemnity Agreement. (In the state of Washington, this should protect you from anything except gross negligence.) You are also expected to always have the activity you are leading follow OSAT traditions.

(As a leader, you may also want to increase the liability coverage in your homeowners or renters insurance policy.)

As a participant, you may want to "qualify" your leader. Do you know him or her? What is their technical experience? Who else has signed up for the activity? Who recommends this person?

We will probably not develop a list of leaders that are deemed qualified to lead technical climbs or activities. This avoids the "pain" of developing qualifications and/or making judgments about someone's qualifications.

ACTIVITY REPORTS

Annie and Jim tie a different kind of Knot! - Contributed by Jim H.

On August 25, on Tiger Mountain, Anne G and Jim B, long time OSAT members, repeated marriage vows to each other surrounded by nearly 50 other OSAT-ers on the summit of Tiger Mountain, prior to the regular Thursday night meeting.

Just the memory of that wonderful occasion brings tears to the eyes of this reporter.

It was a beautiful (and legal) ceremony conducted by OSAT-er Steve S. The weather cooperated by producing a beautiful, bright sunset to drive away a few cleansing raindrops that had swirled around just prior to the event. In addition to the usual ring, a carabiner and prusik loop were used in the ceremony to symbolize their commitment. After the traditional kiss, the beaming couple walked down an aisle formed by the raised ski poles of their fellow OSAT-ers.

Annie and Jim first met at a Tiger Mountain meeting. Annie was on the first OSAT climb of Mt. Rainier in 1991 and Jim served a long stint as chair of the Thursday night meeting. Both are currently avid rock climbers and Tacoma Mountaineer Intermediate Students.

Guests included Anne's brother from Portland and several of Jim and Annie's non-OSAT friends. Anne's mother and Anne's sponsor were at the parking lot to give their support to her (very long) wedding march.

Two weeks later, the newly married couple journeyed back east to repeat the vows in front of family and friends (who couldn't have hiked up Tiger anyway). I understand that afterwards they showed the video of the real ceremony and that it was a big hit.

Congratulations from all of us. Our thoughts and prayers will be with both of you always.

The Joys of Self-Unemployment - Contributed by Jim H.

As many of you know, I quit my job early this year and haven't done an honest days work (whatever that is) since February 25th. It has been an interesting year for me. The plan was to write an inspirational book related to the beginnings of OSAT. That's still the plan. So what have I been doing?

I'd like to believe that I've been learning about a new way of living and thinking. Maybe this is true. But mostly, I've been climbing. And hiking. And playing.

A few of my adventures have already been mentioned in this publication: Pam wrote about her pleasant experiences during a delightful ascent of Rainier, Ken reported our surprising success on Mt. Stuart in bad weather, Jane and someone anonymous told some tales about the Rainier to Ocean Shores Relay, Terri documented her impressions of an OSAT climb of the Tooth. Also, I contributed a brief note about our successful climb of Little Tahoma.

But these were only a few of the highlights of my sojourn from work. Here are a few more:

Mt Stuart (May 21) Clear blue sky and the mountain to ourselves. Furtive glances upwards at a spectacular "cliff" of ice. But we find unpleasant conditions – variable depth of soft snow over ice. Up we go, over and around crevasses. We pass the ice cliff easily on the left. Slowly the weather changes. Rain, snow, fog. Our world becomes the inside of a slow-moving, white bubble. Too steep to turn around. The gully seems endless! Tiny snowballs hit our helmets. Feet slip away. Arms become tired from self-belay. Hours slip by. Then, only a huge cornice is between us and the rocky ridge. Can we get around it? We must. Tom leads a difficult, mixed pitch that combines both rock and ice techniques. It takes ninety minutes, but we are safe. Ten hours of climbing. We rest on a block of granite and eat and drink. Later we find the easy descent route. The sky clears for the evening alpenglow. It is glorious. We are back to our camp before dark. Beat up again, but elated.

(Jim H and Tom C)

Mt Jefferson (July 27) This is a Cascade volcano, located in Oregon south of Mt. Hood and sometime visible from Mt. Rainier. The Whitewater Glacier route is on reservation land and we were told "no way, white man," or something like that when we asked permission to cross it. Now what? The southern routes are described as unpleasant – too dirty and loose. So, like good AA's, we decided to attempt the most difficult route on the mountain!

We had a good look at the Jefferson Glacier from our campsite. Wow. Steep snow or ice for a couple thousand feet, then two giant bergshrunds to cross. It looked almost vertical. Like straight up and down. Scary. Funny stomach pains. To make matters worse, if we make it off the ice, we then have to traverse a "knife-edged" rock ridge – rated class 5 in our guidebook. All this before the infamous pyramid of rotten rock at the summit, which even the

Mazamas declared unclimbable until well into this century. Furthermore, we had no protection of any kind -- no pickets, no ice screws, no chocks or cams. Just one 9mm glacier rope and a few runners....

But we made it, with a little help from a strange solo climber that showed us the route and kicked reasonably good steps on the glacier. We finally caught up to him below the pyramid. He was planning to descend a steep gully onto the Whitewater Glacier. He said nobody ever worried about crossing the reservation. He also told us he never bothers with the summit pyramid anymore -- it is just too rotten.

(By the way, the ridge traverse was over-rated -- exposed, but easy. More like easy class 4.)

The rotten summit pyramid was frightening. It was like climbing a pile of books (or boxes of breakfast cereal). The worst rock I've ever seen. And steep. Happily, it improved as you got closer to the summit.

Jefferson doesn't get climbed very often. The summit notebook started in 1986 and it was only half full -- even though many elated summitters had filled entire pages. We were happy and pleased with ourselves. Not only had we successfully climbed an intermediate route without any protection, we had done so in the good time of 6 hours.

But we didn't want to go back the way we came. No longer worried about arrows, we decided to descend via the Whitewater. This turned out to be a very long route: wrong initial gully; no rappel anchor; climbing back to the Red Saddle; blood in the snow; starting south instead of north, backing down forever with cold hands; endless scree traverses; ascending a glacier at sunset while reciting the Serenity Prayer; not enough headlamps; descending 1000 feet of very loose scree in total darkness; finally finding a trail; accidentally stumbling into our camp just before midnight.

A long day, we had left our camp at dawn (5am) and departed the summit around noon.
(Jim H, with Charlie A and Hoot)

Bonanza (July 19) - The highest, non-volcanic peak in the state, almost 100 feet higher than Mt. Stuart. What a delightful climb! And, we did it in good time and good style! We went up via the talus cone above Holden Lake and returned via the traverse to Holden Pass. We encountered no difficulties. We did not need the rope for the rock portion of the climb, which was dry and mostly solid with lots of different possible routes. Just plain fun on this day. But it was quite steep and everywhere downward sloping, so a descent would be nasty in icy or wet conditions -- which explains the many runners that had been left around questionable anchors. Everywhere were beautiful views of beautiful objects of nature -- icefalls, waterfalls, spires, rock walls, flowers of all colors, heather, trees of all shapes, lakes and rivulets, and so on. A deer wandered through our camp as we ate dinner. We saw no people above the lake. Can it get any better than this?

(Jim H with Dave N)

Thompson (August 7) Leave the trailhead at 7:00am. Arrive base of west ridge about 11:30am. Nervous, as always. Put on harness and tie into the rope. I lead the first pitch. It goes well. Then Shirley. And so forth. A small problem arises on the sixth pitch. I forget about the false summit. I tell Shirley to go left around the corner and then up. She does, but it is not the route. "Up" turns out to be steep, rotten rock. I refuse to follow it and question her sanity for leading it. Loudly. I unrope and climb a different route. A few minutes later, we are on the summit making up... It is now about 3pm. A thunderstorm finally gets over us and we start getting wet. So does the rock. We very carefully downclimb the east ridge. The hike out is nice because the long traverse before and after the Kendall Katwalk is just above the clouds. Back at the car at 7:30 pm. This was the first time Shirley and I had "swung" leads. A big event. A good day. (Jim H with Shirley R)

Sloan (August 11) Amazingly, everyone except one person canceled at the last moment for this delightful alpine climb of the Corkscrew Route up Sloan. A fun log crossing, a hike through the trees past a nice waterfall, then into some meadows and our campsite. The insects were a minor annoyance to me, which means they would have driven normal people to become crazier than usual. In the morning, it was up through the heather and slabs to the glacier, across the glacier with great views of Glacier Peak and the Monte Cristo summits, around and up and around and up, etc. on ledges and heather, then some easy exposed scrambling to the top of one of my favorite mountains. We had the mountain to ourselves, of course, since it was a weekday.

(Jim H with Herta)

Olympus (August 20) The trail is like a sidewalk and the short mile in the dark goes very fast. Soon we are on the edge of the Blue Glacier. It is a few minutes before dawn and fog hangs in the air in big bunches. It is cold and wet and dark, but our bodies tingle from the exertion.

We take a short break and put on our crampons. We decide not to rope together, since there are no hidden crevasses on the Blue at this time of the year. It is a little eerie. We seem all alone on a big mountain. In fact, this is what we are -- we are all alone on a very big mountain. And we can't see very far. I get out the map and compass and decide on a bearing to follow. There is not much talking. Finally everyone is ready. I look at my compass, point my ice axe, assert something dramatic (but forgettable), and together we plunge into the mist.

The Blue Glacier is usually interesting and fun to cross. Water squirts through and around broken blue ice. Shapes, hues, patterns, colors abound and vie for attention. Crampons barely scratch the solid ice. But it is nearly level, so if you slip, you just fall down and you wouldn't slide away. The cracks and mounds and crevasses and slivers of water are easy to miss. Jump. Skip. Hop. Long step. Short step. On and on, one becomes mentally entranced by the endless variety in God's creativity while being physically refreshed by the cool air rising from the ice.

But on this day, it is dark and dreary. The broken floor stretches on and on. Only the mist looms ahead, even though the sun should now be above the horizon. Once I stop to check my compass, but we had not drifted from our bearing. Onward finds more of the same. Someone finally notices a huge black shape in the sky. Probably, the outline of the ridge. A few steps further and even I can see it. The images grow sharper and I start to recognize features. I know where we are. The first part of the journey is complete.

We remove our crampons and scramble up heather and rock for several hundred meters. I haven't been up this route before and it is exciting to wonder where it will come out. The sky seems a little brighter. We take a short break in a pretty spot that is probably rarely seen by humans. We eat some food. All three summits in this weather seem very unlikely, but we may be able to get to the highest.

In a few minutes we are ascending the steep snow slope to the snow dome, roped together and following old steps. The sky continues to brighten. Then, just as we reach the great snow plateau, we find ourselves in bright sunlight. We are above the clouds! It is glorious!

The journey from this point to the false summit is as good as it can get. Billowing white clouds below us; snow and ice in all its shades of white, black and brown rock, and baby blue sky – above and beside us. The body is strong and powerful, functioning at its highest possible level. Clothes, wind, and sun create heat and cold that touch the skin in delicious, ever-changing mixtures. Thoughts are replaced by feelings of the ever-present, overwhelming NOW. Time fades, and the scene becomes a still, black and white photo, forever etched in the memory.

Two hours of this and we are at the false summit. Then the cloud rises and we climb the rock pitch to the summit in a fog. We can't see anything – not Mt. Rainier, not the Pacific Ocean, not even a nearby peak or even twenty feet below the one we are on. (The summit register provides proof that we are at the highest point.) Plans to even do the middle peak are discarded. We must direct all our attention to getting safely back to our camp.

But for me these two hours by themselves were worth the trip – 45 miles of hiking, and over 7,000 ft of elevation gain. Other highlights and thoughts: We saw a bear, many deer, and a goat. We were able to again scout the route to the other two summits and to Mt. Tom. We were the only people to summit that day and I doubt if anybody made it the day before or day after. We stayed dry in bivi sacks (in the trees at Glacier Meadows) even though it rained both nights. Taking two days to get to base camp makes the entire climb (almost) easy.

(Jim H with Charlie A, Ken M, Pete S, Rodney B)

Mountaineer Outings. This summer I led many successful climbs and scrambles for the Seattle Mountaineers – most of which included other OSAT-ers: Red Mountain in a fog (Apr 21: Mike D, Lela). Through a mist and past a slippery slab to the top of Merchant (April 27; Joseph, Herta). Through beautiful Indian Henry's hunting grounds to Copper & Iron (May 10; Francy, Lela, Herta, Terri St., Mike D); An enjoyable climb of the Tooth (May 11); An easy ascent of Chair Peak (May 25; Herta); Several log crossings, then fun snow scramble to Hawkins followed by a quick rock scramble up Esmerelda (June 8; Francy); An almost all OSAT rock climb of Ingalls (June 9; Terri St, Tom D, Mike D, Percie); A wet, foggy ascent of Chickamin (July 2; Shirley); A pleasant weekday stroll up Baker via Coleman Glacier (July 13; Terri St, Percie); A delightful climb up Shuksan via the interesting Fishers' Chimney route. This was on a very hot weekend that ended with a cooling thunderstorm. It was especially enjoyable for me because my rope partner was a visiting climber from New Zealand. In the parking lot after the climb, one student showed great potential for becoming a serious climber. Exhausted, barely able to stand unassisted, retching from nausea, shivering and almost hypothermic, he managed to thank me for leading the climb and say with real sincerity that "it was a great climb, I really enjoyed it!" (July 24; Tom C). It was worth Mountaineer Intermediate Rock credit, but it was all OSAT-ers on a climb of the West Face of Sloan. It must have gone well, because we were back in our cars in good health before dark. (Aug 14; Shirley, Charlie A, Tom D). The bears conspired to thwart my plans for the Cruiser, so we did the Tooth instead. (I couldn't get a camping permit, because there was no ranger on duty that night to verify that I hung all food out of the reach of the bears). (Aug 17; Charlie A)

Other Stuff: There were several spur-of-the moment weekday outings with other OSAT-ers: I taught ice axe skills to three beautiful people (Pam, Linda Z, and Kathleen) on Pilchuck on April 19th. On May 3rd, Terri and I joined John and Kim S. on a pleasant stroll to Camp Muir. On May 6th, Kathleen and I made a delightful snow scramble of Silver Peak in bright spring sunlight. On July 7th, Terri St. and I scrambled up Red and then traversed to Lundin via its east ridge past the memorials. Then to prove how macho we could be, we climbed down the west ridge basic route without using a rope. Unfortunately, we then descended into the brush of Commonwealth Basin (a mistake - we should have traversed to Snoqualmie and Guye). Saw a bear there, though, running away like it should. I also successfully soloed the Brothers on Mar 29 and Echo & Observation on Sept 20.

The weather and/or conditions kept the summit area safe on a few occasions: For the second time, our Brothers Traverse attempt didn't even make the north Brother (April 24; Robert, Dick, Charlie). A wet and snowy attempt at Whitehorse failed because of dangerous avalanche conditions (Apr 30; Hoot, Dick, Steve, Joe K, Connie, Sally, Charlie, Dave N, Matt, Chuck & Susan). Rainier by the Tahoma Glacier or any other route just wasn't in the cards on this day (June 4; Scott, Andrew). A thunderstorm stopped us just after the first pitch on the Tooth (June 17, Steve). Strange snow conditions above Disappointment Cleaver on Rainier turned RMI and us around (June 20; Herta, Joe, Chris, Christian, Russ, Herta). Drizzly weather made breakfast look better than the rock on the Tooth (Aug 5; Hoot, Steve, Terri St). An all night rainstorm stifled our motivation to attempt an ice climb of Chiwawa (Sept 13; Tom D, Harold).

Actually, there is more. Shirley and I went to Montana in late August where with Rik A, we made a successful ascent of Granite Peak, the highest mountain in Montana. Then Shirley and I went to the Tetons (sort of a climbers' heaven) and attempted the Grand Teton via the Exum route. But it started snowing just before we got to the rope up point. So it goes.

Aren't you glad to know that some of your taxes were so well spent?

OSAT Successfully Retreats - Contributed by Jim H.

Car camping at its finest. Well, almost anyway. The campground was crowded with other people -- some of them candidates for one or more of our programs -- and there was no running water. Next year, we'll try to reserve something better just for ourselves...

But it was well attended--probably over 50 people in all. Lots of meetings. Friday night there was a big meeting around a campfire. The subject was gratitude. (That's an easy one). Saturday night there were even more people at a "relationships" meeting. (A much harder subject!) Sunday morning there was a "spirituality" meeting and a few of us finished the weekend at Lake 22. Squeezed in for eleven of us was a meeting on top of Mt. Dickerman around noon on Saturday.

Besides Dickerman, there were hikes to the ice caves, strolls toward Monte Cristo, a scramble up Del Campo, and even an "aerobic hour" walk/run early on Sunday morning. Too early it seems, since it was only sparsely attended. But those that made it, liked it. (Hold hands, recite the Serenity Prayer, then 3-2-1-GO, and we all leave together in the same direction. At exactly 30 minutes, each of us yodels, turns around and heads back to the starting line. Most people should finish at the same time. "Young" Karen and yours truly made the trip in one hour and 3 seconds. It was fun and a good way to get you thinking spiritually on a Sunday morning.)

Youngest child in attendance (belly button terms) was Riley K (age 3+). Youngest to make it to the top of a mountain was Eric N (age 4-). Next year, there should be even more children since two soon-to-be mothers were at the retreat. Maybe I'll invite my grandsons.

OSAT Car Camp Retreat @ Red Bridge Campground (Another Perspective) - Contributed by Doug H.

OSAT held its annual family car camping retreat at Red Bridge campground on the Mountain Loop highway outside of Granite Falls on September 22, 23, 24. This recovering drunk wasn't able to arrive until Saturday morning, so for those of you who weren't there, take my word for it, everyone said it was great!

Upon my arrival Saturday, I was warmly greeted by Dave & Eric N. who were getting ready for their first father/son assault of Mt. Dickerman. After driving through the campground and finding a spot to pitch my tent, I accepted an invitation to hike to Goat Lake. What a fine bunch to go with, Lisa T, Karen P, Terry P, Steve & Francy S.. Goat Lake was an easy 5.3 mile hike, with an elevation gain of 1,300 feet or so. Perfect for a stroll through the woods, especially on a day as beautiful as was granted us. I hiked the first mile or so with the pack, then the middle 3 by myself. One of the many benefits which OSAT has allowed me is the meditation time I get on the trail. I waited for the rest of the group at around the 4.5 mile point, and finished the hike with Terri, Lisa & Francy (what a life, huh?). The lake had a lot of dead wood & windfall in it, a few campsites around it & some gorgeous peaks surrounding it all. A peak which looked especially interesting to me was Foggy Peak, which had a huge snow field beneath it. We all sat in the shade of the trees eating our lunches and soaking in the beauty.

Arriving back at camp, (after Lisa & I darn near got lost on the way back), we found even more OSATer's had arrived. Many hiked to Mt. Dickerman, Terri S, Brandon S, and Ken M had done Mt. Pilchuck, and Joseph H & Tom M along with assorted children and grandchildren had visited the Ice Caves.

Soon after we all fed ourselves, we gathered around the campfire for a meeting where the main topic was relationships. What a beautiful meeting it was. As I alluded to previously, OSAT has given me innumerable benefits. The feeling of sitting around a campfire with a group of warm (from the inside out) people is an experience that is hard to match.

Sunday morning brought a rather interesting wake up call from Jim H. Somehow, I just have never been able to get used to the idea of getting up at 8:00am and go running for an hour. Not that it's bad, but it's a tough one for me

to handle. Needless to say, I elected for a little bit more sleep, followed by some wandering & chatting around the campsite. After the meeting on spirituality, it was sadly time to pack up and leave.

Weekends like this are what recovery and OSAT are all about to me. There isn't a day that goes by that I don't think a pleasant thought about my experiences with this truly extraordinary fellowship of the spirit. Thank you all for a wonderful time.

Mt. St. Helens, Oct. 8, 1994 - Contributed by Doug H.

Just a short write up on the October 8 climb of Mt. St. Helens. In a word, fantastic. Personally, it was my 2nd time up this Mt. this year. What a stark contrast! The last time up, we had to snowshoe from the snow park to high camp (4,100') and wear crampons to the summit. This time, proper equipment included a bandanna to keep from breathing in all of the dust.

After spending the night at the climbers bivouac, we set out for the summit on Saturday morning. The weather was beautiful, as were all of my companions. If I forget anyone, I'm sorry! Bob M, Lisa T, Jim H, Jimmy? (from Tacoma, new to OSAT), Rik A, Kathleen S, Kim G, Pam G, Dave B, Steve S, Francy S, Charlie A, Robert T, (the Yodel Bros), Marina S, & some guy they called "Shark-Butt". Also in another group was Karen (?) who joined us for a meeting at the crater rim.

The view into the crater was awe inspiring! To think that in another millennium, the lava dome will be another peak which our descendants will summit.

Oh, by the way, the OSAT pennant was unfurled for the 1st time on this mountain! What a great time that was had by all! Kathleen, going through what you went through to get to the summit was inspirational to say the least. We are all proud of you!

"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

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

******* OSAT HALLOWEEN PARTY -- OCTOBER 31, 1994 - 6:30PM**

Costumes Required!!! Bring an appetizers and yourself. Party is at Kim G's house in Redmond. 869-8019

OSAT CHRISTMAS PARTY -- DECEMBER 3, 1994 6:30PM

Christmas party at Charlie A.'s home in West Seattle. Potluck dinner. Bring 1 gift per person attending for a gift exchange. Contact: Pam G. 742-4274 or Kim G 869-8019

NOTICE!!!!---CANCELED---CANCELED---CANCELED---CANCELED

MOFA -- Mountaineering Oriented First Aid (Joseph H)

The MOFA Class has been canceled until a suitable location for the class can be located.

NOTICE: WE NEED A LOCATION FOR OUR MOFA CLASS...PLEASE HELP! CALL JOSEPH H.

Put Your Back Into It!!

As you've wandered the Cascades, has it ever occurred to you that the trails which provide access to and through wilderness areas are in need of repair? Some people's attitude is "My tax dollars should be keeping the trails in good condition", while others complain "If we fix the trails it will just bring more people into 'our' wilderness." If, on the other hand, you feel privileged to wander the mountains and seek a way to share your thanks for the opportunity to commune with nature, there is a way you can legally leave your mark on the wilderness. Gary Paul, Wilderness Manager of Mt. Baker-Snoqualmie National Forest, recently told me that the "adopt-a-trail" approach is fading out, but the National Forest is now working with the Washington Trails Association to coordinate volunteer trail work parties. Greg Ball at WTA tells me they have two projects planned next month: the Annette Lake trail October 15 and Gold Creek trail October 29. I would be interested in working on one of these, but would find it even more enjoyable to share the fulfillment with others from OSAT. If you would like to expend some sweat fixing a trail rather than traveling over it, please give me a call. Rik A 232-8908

Montani semper liberi!

Runners Unite

We are still running at Greenlake on Wednesday nights and plan to do so all autumn and winter. We meet at 5:30pm near the drinking fountains near the Boathouse (south, slightly west side of the lake), run one, two, or three laps, and then retire to the Honeybear Bakery for healthy food and fellowship.

At least some of us are considering running in the following road races. Usually, we meet before the race and afterwards go together somewhere for some refreshment or nourishment and fellowship. Call Bob Mx (825-3516) or Jim H (641-7983) or Dick W (339-3751) for more information. (Entry fee includes T-shirt, unless otherwise specified).

Sunday, November 6th, Toys for Tots, 10am; on I-5 Express Lanes this year instead of Sandpoint; 10 miles or 5K. run or walk; \$15 pre, \$20 day of race (DOR)

Sunday, November 13th, Pratt and Chew Holiday Classic, 9am, Gasworks Park, Seattle; 4 miles; \$15 pre, \$20 DOR

Saturday, November 26th, Seattle Marathon and Half Marathon

***** DOWNHILL SKIING AT STEVEN'S PASS!!!!

Finally, finally, finally....it is almost time for the snow to fly at my favorite ski areas! As soon as the ski areas open (Thanksgiving if we're lucky), I will be making several weekly trips to Steven's Pass. I would love the company of some crazy OSAT skiers....and even some not so crazy OSAT skiers! So, wax your boards, sharpen your edges, start doing your sit-ups, lunges, and leg lifts and get psyched up for an awesome ski season. There are some new things at Steven's Pass this year that you should be aware of!!!! Night skiing on Monday through Thursday (5-10pm) (Holidays Excluded) will be going for the very reasonable cost of \$10.00 per skier this year. Also new at Steven's pass, night skiing has been expanded to include two runs off of the Tye-Mill Chair. As of this date, my plans are to go up on Tuesday Evenings (Same as last year) and most Fridays, Saturdays, and Sundays. If you are not a Mountaineer member and would like to stay at the Mountaineers lodge on a weekend, let me know (eek -- a month in advance) and I will make reservations for you as a guest. I will be in Mexico until just before Thanksgiving, so if we have an early season, you'll have to start without me! Until then, think SNOW!!!! Call Terri St. 743-5190.

***** SOLICITATION FOR NEWSLETTER INPUT

If you were wondering why it took so long to publish this edition of the Yodel, it is because as of the input deadline, I had absolutely nothing new to put in this newsletter. Thanks to all of you who scrambled to get last minute submissions in to keep this an interesting little paper to read! This is your club, we want to hear from you!!!! I will publish almost anything in this newsletter. However, I will not change the content of your submissions; If you wish to present a particular image, then please edit your own content before you submit it for publication. Trip reports are wonderful, but testimonials, personals, want-ads, quotations, cartoons, etc are all acceptable. Send all of your submissions to me and I will put them in the next newsletter. I will check for spelling and sometimes I will correct obvious grammatical oversights. Here is a chance to let folks know what you're up to and see your writing in print.

DEADLINE FOR SUBMISSIONS FOR NEXT NEWSLETTER : NOVEMBER 26, 1994

MAIL SUBMISSIONS TO: OSAT NEWSLETTER C/O TERRI ST., 5210 168TH ST SW #16, LYNNWOOD, WA 98037. OR CALL IN INFORMATION TO (206) 743-5190.

***** ACTIVITY LEADERS - SCHEDULING ALERT FOR 1995 CLIMBING SEASON!!!!!!

The climbing season is changing. I strongly advise all those planning to lead activities in 1995 to schedule them as early as possible so the activities can be added to the schedule in the YODEL. This will help members in scheduling their calendars also. I'm planning to submit mine no later than December 1, 1994. I encourage you to do the same. Please send your 1995 activities schedule to Joseph H. 15140 65th Ave S. #217, Tukwila, WA 98188 or call 241-6378. Thank you.

NOTICE: 1995 will be my last year as Activities Committee Chairperson. Anyone interested in accepting the position, is welcome and encouraged to work with me during the year. Joseph H.

***** 1994 OSAT T-SHIRTS- BIG BIG FIRE SALE!!!!!!

Well, there really wasn't a fire, just lots of T-Shirts. 1994 OSAT T-shirts are still available in all sizes and colors. If you haven't purchased a 1994 "Limited Edition" T-Shirt, you may now purchase one for the incredibly reasonable price of only \$11.00 each. If you were at the top of the list, and you already purchased a 1994 T-Shirt, you may now purchase a quantity of 2 for the sum of \$11.00 (that's only \$5.50 each). Don't miss out! Colors available include Fuschia, Black, Forest Green, and Moss Green. To order your T-shirt, contact Dave B. at 353-8154.

Killi-T-Shirts

Help support your fellow OSAT-ers as they venture to climb the highest peak in Africa. Mt. Kilimanjaro. T-shirts are currently available for sale and the proceeds go to support the expedition. (These may one day be a collectors item, due to the unique spelling of Kilimanjaro). If you would like to help support this expedition by purchasing a T-shirt, contact Steve S. 838-4287

ROSTER PUBLICATION

OSAT intends to publish a membership roster before the holiday season. The roster will include your first name, last initial, city and phone numbers. If you do not want your name to be included/published, please call Teresa F at 353-8154.

ADDRESS CHANGES

We are having quite a few Yodels returned because members have moved and left no forwarding address. Please call Teresa F. at 353-8154 with new address and phone number.

OSAT CURRENT ACTIVITIES HOTLINE

There may be some confusion about the use of the Current Activities Hot Line... Hopefully the following will clarify: The OSAT Hot Line (General info, new members, etc) is 236-9674. The Current Activities Hotline is reached by dialing the same number (236-9674) and then dialing a 1 on your touch-tone telephone.

The **OSAT Hot Line** is for new members, meeting info.

The **Current Activities Hotline** is for member use, and allows members to add an activity or receive information regarding the latest activity updates.

If you have any questions regarding the OSAT Hotlines, please call Joseph H 241-6378.

Upcoming Activities:

For additional activities information , or to add an activity that was not included with this publication, call the activities hotline 236-9674 PLUS "1" FROM YOUR TOUCH TONE TELEPHONE. This recording will have all last minute activities that are not listed here. You may also leave information about new activities that are not listed here.

October 29-30: Ice Climbing Seminar. Leaders: Charlie A and Bob C.

October 31: OSAT Halloween Costume Party. 6:30 pm, contact: Kim G.

November 6: Toys for Tots, 5K or 10K, 10am. Jim H: 641-7983, Bob Mx: 825-3516, or Dick W 339-3751

November 13: Pratt and Chew Holiday Classic , 4 mile fun run, 9am. Jim H: 641-7983, Bob Mx: 825-3516, or Dick W: 339-3751

November 24: Fourth Annual OSAT Thanksgiving Day hike up Mt. Si. Meet at the new trailhead (big parking lot) for a big circle Serenity Prayer Start at 7:30am. Jim H

November 26: Seattle Marathon and Half Marathon

December 3: OSAT Christmas Party. Charlie A.

December 10: Mt Hood (Weather Permitting). Charlie A

February, 1995: Mt Kilimanjaro. Jim H

1995: A Denali (Mt. McKinley) expedition climb is being planned. Bob C.

For additional activities information not available at the time of this publication, or to add additional activities, call the activities hotline 236-9674 AND PRESS "1" FROM YOUR TOUCH TONE PHONE This recording will have all last minute activities not listed here.

Important OSAT Phone Numbers

Board of Servants: Bob C. 228-1005, Dave B. 353-8154, Steve S. 838-4287, Dave N. 752-9214, Doug H., 863-0109

Activity Leaders: Joseph H. 241-6378, Tom D. (509) 754-4976, Rik A. 232-8908, Tom C. 217-9329, Dick W. 339-3751, Charlie A. 932-7195, Robert T. 850-0805, Jim B. 874-9771, Jim H. 641-7983, Tom M. 481-3374, Steve S. 838-4287, Bob C. 228-1005, Joe C 772-5249

12-Step Meetings: Doug H. 863-0109, Dick H., 744-1047, Linda Z. 723-9864, Terri St. 743-5190

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

Communications Committee: (Newsletter) Terri St. 743-5190, (Hotline) Pam G. 742-4274, (Hotline Follow-up) Tim R. 735-5777 and Linda Z. 723-9864, (Membership) Teresa F. 353-8154

Other Important Numbers: (Safety Committee) Terri P. 759-9415, (Bicycling) Todd F. 832-4812, (Kayaking) Carol P. 486-2745, (Rock Climbing) Anne G. 874-9771, (Avalanches) Paul C. 782-7297, (Running) Bob Mx. 828-3526 (OSAT North) Dick H. 744-1047, (Service Committee) Steve S. 838-4287

BOARD OF TRUSTED SERVANTS OPENINGS: OFFICIAL BALLOT

There are currently two positions on the BOTS up for renewal. These terms will be for two years. Please return your ballot ASAP to:

**OSAT BALLOT
PO BOX 6461
LYNNWOOD, WA 98036**

The nominations are:

LISA T _____

ROBIN K Declined the nomination

RICK A _____

BILL L _____

SHIRLEY R Declined the nomination
