

OSAT Newsletters and Yodels – 1995

This file contains copies of Yodel newsletters sent out to club members during 1995. Terri Steele was editor of the Yodel until mid-year, when Marina Sandsmark took over the duties.

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OSAT YODEL

ONE STEP AT A TIME (OSAT)

JANUARY 5, 1995

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: February 8, 1995

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

Regular 12-Step Meetings:

Thursday evenings at 7:30 PM - Issaquah IHOP Many members are still climbing Tiger Mountain prior to this meeting; however, an indoor setting seems more appropriate for the meeting during these few months that we live in the darkness. For more information contact: Ivar S. (776-7213)

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. Contact Steve or Francy S. 838-4287

CLUB NEWS

OSAT Business Meeting Highlights (November 9, 1994) Submitted by Lisa R.

OLD BUSINESS: Charlie A. has been named and accepted the position as Chairman of the Climbing Course.

STANDING COMMITTEE REPORTS: **Hotline:** Continues to run well; problems with new members leaving messages on the current activities line has been cleared up. **Equipment:** has \$203.00 in account; still looking for snowshoes. There will be an equipment meeting soon. **Treasury:** OSAT has a total of \$2117.31 in its account.

NEW BUSINESS: The Christmas Party will be at Charlie A's on December 3rd. The idea of creating the position of Secretary for the business meeting was discussed. After much debate about why we should have a secretary and how the position should be filled, the motion was tabled and will be sent to the BOTS for a recommendation. Rik A. reported that several OSAT members participated in the Lake Annette Trail Maintenance. A good time was reported from all. Scott is trying to set up an OSAT Night Skiing event. More to come about this later. Rik A. mentioned that a person from "Climbing Magazine" would like to write an article about OSAT from the perspective of climbing in recovery, and the relationship between the two. There was much discussion about promoting the club, collecting money for membership, and protecting one's anonymity, and how the article would fit into the club's mission. A motion was made, seconded, and passed to send this issue on to Jim H. The issue of how to get more people to attend the business meeting was brought up. A phone tree was suggested as well as other promotional activities such as slide shows, having greeters or people to do refreshments. Scott presented the design for the Denali Climb T-Shirt. The motion was seconded and passed. Tom gave a slide show of some of his past climbing endeavors.

The meeting adjourned at 9:00PM.

(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

Mount Ventoux, France Submitted by Mike M.

Mount Ventoux is a bald humpbacked massif over 20 km across. It is the northern boundary stone of Provence in the south of France. At 1,909 m (6,262 ft) it is the dominant feature of the Provencal landscape. The summit provides an immense panorama of the Rhone Valley north, the Vaucluse Plateau south, and the Barronnes Plateau east. For centuries it has been considered a holy place and the home of the winds. There is evidence of unknown peoples on the mountain before the Celts or the Romans arrived. Medieval Christians tried to exorcise the evil source of the winds.

Traveling east from the village of Bedoin about four kilometers, I find a small sign marking the beginning of the Ste. Colombe (SC) route to the summit. The beginning elevation is 400m. A ten kilometer walk in four hours will yield the view from the top. I begin at 2:25 in the afternoon, carrying a light pack with the ten essentials and a few extraneous items. The temperature is a perfect seventy degrees with clear skies. The lower slopes are well treed and selectively logged; nothing in height to compare to the Pacific Northwest and certainly nothing resembling a clear cut. For the first 600 meters of elevation gain the forest provides a fantastic display of fall color. The path is easy on the feet.

By 1100 meters the trees have thinned considerably and the footing has changed to rock. Like most of the Grandes Randonnees, long distance trails of France, this SC trail is fairly well marked. In spite of this advantage, I manage to take a wrong fork and find myself on the GR 4 heading west. Consulting the map, I discover my errant route will eventually reconnect with the intended objective, but with a considerable time penalty. Reluctantly, I back track to the point of my original sin, and proceed with plan A. Forty-five minutes is the price of my folly.

The angle of ascent continues to increase. At 1350 m there is only scrub and rock. The infamous wind has begun to fulfill its reputation. Something in the back of my few remaining brain cells triggers the translation of vent meaning wind. By 1500 m I am quite pleased to be wearing my polar fleece jacket, rain gear and hat. Hands are curled in jacket pockets as a substitution for gloves. Pack is almost weightless, since I have eaten all my food, drunk most of my water and am wearing all my clothes.

The ol "vent" is relentless. When it really starts to blow down the mountain and across the Luberon, the French call it the Mistral. They say it goes for days and is the cause of bizarre behavior. French courts have even allowed murderers the defense of being deranged by the Mistral. I hope today is not the beginning of the Mistral.

At 1700 m the rocks are large enough to turn a well booted ankle but not of sufficient size to provide unobstructed footing. Watching the rocks is a welcome diversion from the wind. For the last 300 m, the summit is deceptively within touching distance, not unlike the last hour to the summit of other large round top mountains. At exactly 6:25pm I reach what appears to be the highest point of ground. Exactly four hours, including my unplanned excursion. It is Tuesday the fourth of October 1994. I am pleased with myself and take in the vast expanse of valley below. All the pain is gone. Exhilaration. Meditation.

According to historian Jacob Burckhart, the Italian poet Petrarch lived in this area for several years. In 1336, Petrarch and his brother climbed Mount Ventoux. This was the first recorded instance of anyone doing such an odd thing simply for pleasure. As I stand on this ancient birthplace of mountaineering, I am awed to have completed my pilgrimage.

The Tooth 10/08/94 Submitted by Shirley R.

This trip was inspired by Robin K., who completed her first alpine rock climb. She was accompanied by Pete S., who completed his first climb of the Tooth. Rope leaders were Shirley R., doing her first rope lead of the Tooth, and Bob C, on his 6th climb of the Tooth, who was trip leader. The climb went well. Bob & Robin reached the summit in speedy fashion, while Shirley & Pete climbed "slow and steady." The weather was something special: One of those magical autumn days of '94 (fall palette, perfect temperature, blue sky, panoramic view). Unfortunately, Robin forgot her boots, but she made the best of it and did the approach and climb in cross-training shoes (hard on the ankles in the boulder field!) I think that my rope leading went okay, except next time I will belay differently on the last pitch (the catwalk), and might carry coils on the easiest pitch. Looking forward to doing it again!

what I came away with wasn't disappointment, but a fullness and a feeling of satisfaction and a big smile recalling Shirley R's infectious, unbridled joy, at the conditions for their summit attempt.

Popocatepetl and Iztaccihuatl, Mexico Contributed by Terri St.

This definitely was not a climbing trip that made me feel like a big macho mountain mama. The climbing that we did was not technically difficult (or even challenging), but staying upright at 17,900' was more challenging than I had anticipated. It was hour after hour of pressure breathing -- concentrating on counting breaths and taking steps, so that I wouldn't fall asleep. However, having my ego taken down a few pegs is not altogether a bad thing! I believe it helped me to savor the things that I usually am too focused on summit and performance to see. I saw brilliant colors in the snow and ice, reminiscent of a long ago psychedelic experience. I got angry, I was sad, and I was ecstatically happy. I was there, and I was alive, and I was feeling this experience with every pore in my body.

I think one of the highlights of my trip was staying at the lodge at Tlamacas. It is a climbers Mecca. I met climbers from all over the world, Germany, Austria, France, Mexico, and even many from the United States. Several stand out in my memory, Hans from Austria who Parasailed from the summit of Popo to Ameca Meca. Two other Austrian boys who spent hours telling me stories about their climbing and skiing adventures back home. The French climber who gave us water (too late to prevent Montezumas Revenge-Unfortunately). The three Outward bound guides from North Carolina. The Ice Climbing Renegades from New Hampshire; A guided party from "Summits", Peter Whittaker's guide service; and last but definitely not least, Peter Athans, four time Mt Everest climber, who served Jim and I pancakes and Cappuccino's one morning in the lodge.

The volcanoes were beautiful, and I am really pleased that I reached this new altitude record for myself, 17,900'. I do have to say in all honesty, that I was overjoyed when it was time to go home. Vacations always sound so wonderful until you are thrown out of your comfort zone for an extended period of time. And, although I did enjoy attending the AA Meeting in Taxco (boy, are there ever a lot of meeting halls in Mexico!), I am ever so glad to be back home where I understand more than just a few words of what people are saying. Thank you OSAT and thank you Jim for this opportunity to grow.

"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*****

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. Call Bob Mx (825-3516) or Jim h (641-7983) or Dick W (339-3751) for more information.

DOWNHILL SKIING AT STEVENS PASS!!!!

Well, I only have to ski 4 more times till I've made my season pass worth while. I've skied with a few OSATers up at Stevens Pass and am always looking for people to ski with. There are some new things at Stevens 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 Stevens 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 or Wednesday Evenings 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. THINK SNOW!!!! Call Terri St. 743-5190.

SKIING AT SNOQUALMIE PASS

I'll be going nite skiing again this year at the Snoqualamie Pass areas. Monday Nights. Telemark, Down Hill, Boarding. It's all the same, fun and fellowship!! Call Dave N at 752-9214

Kings Peak, Utah

Late July/early August -- share driving to the High Uintas Wilderness in northeastern Utah for a 4 or 5 day alpine hike and campout, including taking the OSAT pennant to the highest summit in Utah.

ALL WOMENS CLIMB OF MT RAINIER

July 1995: An all-woman OSAT Mt. Rainier Climb is being considered. This would be a "first" for OSAT women! The itinerary would probably be Paradise to Camp Muir or Ingraham Flats the first day, summit and return to camp the second day, back to Paradise the third day, and at least one 12-step meeting. Call Shirley R. if you are female and might be interested in the above. 688-1624

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 BULLETIN BOARD

Advertising is free for all OSAT members. If you would like to submit a business card and/or a short message, I will print it here for you.

Laura I. - Fee is \$50 per hour. 10% discount for OSAT members

Laura I. Israhel

M A S S A G E T H E R A P Y

By Appointment
206.542.4117

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.

- 1/14/95 Snowshoe trip to Lake Annette. A fun trail, easy to moderate in difficulty: 3-1/2 miles one way, 1700 ft elevation gain. This year we will actually take our snowshoes! An alternate destination will be chosen if snow conditions are considered unsafe. Shirley R. 688-1624
- 1/15 - 16/95 Copper Creek Hut - Ski in and spend the night in a comfortable hut. This is our third year. Limit 11. Sign up ASAP.
- 1/22/95 Sunday, Little Mt. Si., Conditioner. Meet @ TH 9AM - 5 miles. Joseph H. 241-6378
- 1/28-29/95 Mount Hood - Probably 1-2 weeks after OSAT Stevens Pass Snow cave trip. A true winter ascent attempt, featuring a snow-cave overnight near the top of the Palmer lift. No summit guarantee, but a great winter climbing experience! Any takers? My first preference is January 28-29. If we're snowed out, we can ski instead! Dave N. 752-9214
- 2/04/95 Cross Country ski trip for beginners. Fun and fellowship on skinny skis. No Limit. Sign up starts 1/21/95 Dave N. 752-9214
- 2/05/95 Mt. Si Conditioner. Meet @ TH 9AM 8 Miles. Joseph H. 241-6378
- 2/19/95 Granite Mountain Conditioner. 8-1/2 Miles Meet TH 8AM. Joseph H. 241-6378
- 3/05/95 McClellan's Butte. Conditioner. 9 Miles. Meet TH 8AM Joseph H. 241-6378
- 3/08/95 CC seminar - Camp Long
- 3/19/95 Eagle/Chutla. MRNP. Call Joseph H. for details. 241-6378
- 4/02/95 Mt. Si. Conditioner. Meet @ TH 9AM - 8 Miles Joseph H. 241-6378
- 4/12/95 CC Seminar - Camp Long
- 4/16/95 W. Tiger Conditioner. (Meeting) Meet @ TH 8am. Joseph H. 241-6378
- 4/22/95 CC (Climbing Course) Field Trip. - Ice Axe Arrest - Stevens Pass.
- 4/29/95 Mt. Ruth. Ski Mountaineering Trip near Mt. Baker. Experienced only. Pieps. Limit 5. Signup starts 4/15. Dave N. 752-9214
- 4/29/95 Sauk Mountain. (above Concrete) - short (2.1 mile) but strenuous day hike. Carpools will depart from I-5/65th (near Greenlake) Park & Ride at 7:30am. This is a repeat of a memorable OSAT climb in perfect conditions. Ice axe arrest experience required for the 1000 feet of continuous 45 degree snow slope. Rik A. 232-8908
- 4/30/95 CC Field Trip - Ice Axe Arrest - Mt. Pilchuck
- 5/03/95 CC Seminar - Camp Long
- 5/07/95 The Tooth. Experienced Rock. Call Joseph H. for details 241-6378
- 5/20/95 CC Field Trip - Roped Travel - Mt Rainier
- 5/21/95 CC Field Trip - Conditioner - Camp Muir
- 5/20-21/95 Mt. Shuksan. Beautiful Peak. Xtra fun on skis via the Sulphide Glacier. Backcountry ski experience, plus basic mountaineering experience. Limit 5. Sign up starts 5/6. Dave N. 752-9214
- 5/21/95 Guye Peak. Experienced Rock (Back on the Horse). Call Joseph H. for details. 241-6378.
- 5/27/95 CC Field Trip - Conditioning - Granite Mountain.
- 6/04/95 Camp Muir. Conditioner. Call Joseph H. for details 241-6378
- 6/10/95 CC Field Trip - Crevasse Rescue - Alpental or Crystal Mountain
- 6/11/95 CC Field Trip - Conditioning - Alpental or Crystal Mountain
- 6/17-18/95 Mt. Baker, Coleman Glacier. Call Joseph H. for details. 241-6378
- 6/23-24/95 Mt. Anderson, W. Pk Hydrographic center of the Olympics. Massive Peak. Basic Mountaineer. Limit 7. Dave N. Signup starts 6/3
- 6/24-25/95 Mt. Adams, Mazama Glacier route (east of standard South Spur route) Great warm up for Rainier. Rik A. 232-8908
- 7/1-4/95 Bearsbreast Mountain. Beautiful climb in a beautiful alpine lakes setting. Approach via middle fork Snoqualmie trail. Rock Experience. Limit 5. Sign up starts 6/17. Dave N. 752-9214
- 7/1-2/95 Mt. Ruth, MRNP. Call Joseph H. for details. 241-6378
- 7/30-31/95 Mt Ruth (MRNP) Call Joseph H for details 241-6378
- MAY? Tatoosh Traverse (MRNP -4 days) May?? Rik A. 232-8908
- APR/MAY? McClellans Butte. Rik A. 232-8908
- JULY? Mt. Rainier, Emmons Glacier. Two day climb. 2nd attempt to get my daughters on the summit. 9 OSATers. Rik A.
- JULY/95 All woman OSAT climb of Mt. Rainier. DC Route. Call Shirley R.
- JUL/AUG Kings Peak, Utah. 4-5 days. Highest peak in Utah. Rik A. 232-8908
- 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.

OSAT YODEL

ONE STEP AT A TIME (OSAT)
P.O. Box 6461
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March 10, 1995

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: April 5, 1995
Location: Sunset Elementary School, Issaquah, 7:00 pm

Regular 12-Step Meetings:

Thursday evenings at 7:30 PM - UNTIL MARCH 30, 1995 Issaquah IHOP Many members are still climbing Tiger Mountain prior to this meeting; however, an indoor setting seems more appropriate for the meeting during these few months that we live in the darkness. For more information contact: Ivar S. (776-7213)

Tiger Mountain Meeting - Thursdays 7:15 pm BEGINNING APRIL 6, 1995

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. (776-7213) 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).

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. Contact Steve or Franci S. 838-4287

Meadowdale Beach Park Meeting - Mondays 6:30 pm (BEGINNING APRIL 3, 1995)

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 6:30 pm. Driving directions: Take the 164th St. exit off Interstate 5. Go west on 164th. The road will continue straight for a ways and then turns sharply to the left (and becomes 44th Ave W.). Turn right at the first light beyond the sharp left turn (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

CLUB NEWS

OSAT Business Meeting Highlights (November 9, 1994) Submitted by Rik A.

With many members off to Africa, only 4 attended the meeting: Dave N (Chairman *pro tem*, Rik, Ken M, and Bill B) Moved-seconded-and passed that November meeting minutes be accepted as published in the *Yodel*.

OLD BUSINESS: By-Laws: Were mailed to both current and past members, together with a letter from the BOTS and a combined membership form/by-laws ballot. The closing of balloting on the by-laws will be concurrent with the due date for membership dues: April 1. **Hotline message:** Has been revised in response to comments received last month. **Meeting protocol:** The BOTS will adhere more strictly to the protocol accepted last year, which has been incorporated in the proposed by-laws.

STANDING COMMITTEE REPORTS: BOTS: Doug H was elected chairperson for 1995. The need for meeting "program" topics was discussed; Rik will try to set programs for the next two (March and April) meetings. **Finance:** No report - Treasurer in Africa. **Property:** Rik called Tim, who reported that rotation of the club equipment to new custodians would not be completed until after the next *Yodel* is published, therefore, the list of equipment will not be published until the April issue. **Communications:** Jim's flyer was reviewed and one error discovered--club membership is now only \$12 since the initiation fee has been discontinued. **Service:** No report -- off to Africa. **Safety-Leadership:** No report--NOT in Africa! **Activities:** Washington Trails Association has asked OSAT to consider organizing another trail maintenance work party. Rik will place a notice in the *Yodel*. **Climbing Course:** Dates have been adjusted and a firm activities schedule established. Location of seminars will remain at Camp Long. **NEW BUSINESS: Meeting Location:** The Sunset School is NOT available for June, July, and August business meetings (other than outside in the playground). BOTS must determine location and advise the club. Ken will reserve the school for regular meetings beginning September when the reservations open. No TV/VCR is available for the club meeting. If anyone has access to one which could be used at meetings, we could have some climbing videos for meeting programs. Please let a BOTS member know.

OSAT Club "Business" Meetings Contributed by Rik A

One of the tough executive decisions the BOTS made last year was to switch locations of the monthly meetings. Kudos to Ken M for finding a better location, better facilities, and CHEAPER--the Sunset Elementary School. The downside is we are unable to use the building (inside) June thru August AND we were unable to get a consistent Wednesday night. Sooooo...the meetings are the second Wednesdays at 7PM, EXCEPT April and May, when they will be held on the FIRST WEDNESDAY. Please make a note of it, and come out to welcome new members and support the volunteers who do the leg work of keeping your club running smoothly.

The BOTS is attempting to assure BRIEF business meeting followed by an INTERESTING sharing of experiences, slide show, videos, native dance exhibitions, whatever! So far this year we have had Jim H's stimulating snow cave lecture and Dave N's primer on avoiding and (if you fail that) surviving an avalanche. Right now the future meetings and programs planned are:

April 5 Kilimanjaro slide show and store-telling competition

May 3 ANYBODY GOT AN IDEA? PLEASE CALL A BOTS MEMBER.

Location? Take the I-90 exit for Newport Way - W Lk Sammamish Pkwy SE (between Eastgate and Issaquah), the school is north (toward Lake Sammamish) less than one block from the interchange.

1995 OSAT CLIMBING COURSE

Course Objective: Provide a course of instruction for members of OSAT to acquire the necessary skills, knowledge and experience to successfully participate in a safe ascent (and descent) of Mt. Rainier.

This year we plan to have most, if not all, students attempt Rainier on the same day. We believe this will help to focus the class more on the rewards of the journey and of the fellowship rather than on the achievement of reaching the summit.

Who can take the course?

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 prayer at the start of an activity; and generally supporting one another). As a group, we have decided that we don't 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.

The OSAT Climbing Course Committee 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.

Course Schedule

Note: Students are expected to attend each of the activities listed below, except only one ice axe arrest practice and only one Camp Muir conditioner is required. The OSAT tradition is to allow absences (with good excuses) if the material can be made up in some way.

Wednesday evening seminars at Camp Long in West Seattle will be on **March 15th, April 12th, and May 10th**. (Two of these have changed since the last Yodel). The seminars will start promptly at 7pm. At the first seminar, you should bring \$10 (for course materials) and be prepared to join OSAT (another \$12) if you are not already a member. You will be given a course handout at the first session.

FIELD TRIPS

- 4/22/95 – (Sat) Ice Axe Arrest Practice at Stevens Pass, Dick W (Field Trip Leader)
- 4/30/95 – (Sun) Ice Axe Arrest Practice at Mt. Pilchuck, Shirley R
- 5/20/95 – (Sat) Roped Travel Practice at Mt. Rainier National Park. Jim H.
- 5/21/95 – (Sun) Camp Muir Hike and Meeting. Charlie A.
- 6/04/95 – (Sun) Camp Muir Hike and Meeting. Winton C.
- 6/10/95 – (Sat) Prusiking and Z-Pulley Practice, at Alpental or Crystal Mtn. Bob C.
- 6/24-25/95 – (Sat-Sun) Mt Adams conditioner. Several routes. Rik A. and Steve S.

Target Summit Day via 3 routes (D.C., Sherman, and Kautz Glacier) is **Monday, July 10th**. Alternate day is **July 17th**, if necessary. Cross out both of these long weekends on your calendars.

Questions? Feel free to call anybody on the 1995 OSAT Climbing Course Committee:

Charlie A (Chair)	932-7195	Shirley R.	668-1624
Bob C.	228-1005	Joseph H.	241-6378
Sally C.	897-9353	Winton C.	862-4895
Dick W.	339-3751	Jim H.	641-7983

Attention: Experienced OSAT Climbers

As many of you know, the field trips have always been a fun time for everyone. Lots of fellowship and exercise plus some great meetings. This year, OSAT again needs your help. Let the field trip leaders know you plan to help instruct (or want to participate for review) and mark your calendars now.

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 Interstate 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 a half a mile. Look for a small sign saying "Camp Long" and turn left. Park in the parking lot. The seminars will be inside the main building near the entrance.

Next Club Meeting: April 5, 1995
Location: Sunset Elementary School, Issaquah, 7:00 pm

Club Tradition

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*****

Attitude, not Altitude Submitted by Hillary A.

My face burned, my fingers froze, I couldn't breathe well, my body couldn't move, and I thought this was the greatest experience of my life. People often find themselves in less than desirable situations. When people psychologically trick themselves into having a great mental attitude they can change the effect of the situation on them. In war, people convince themselves to remain emotionless when killing the enemy, and to focus on keeping a strong mental attitude, so the death of many is not as devastating. I have not been involved in a war, but last summer I faced one of the hardest challenges of my life. I battled Mount Rainier's extreme conditions, where my attitude toward the situation was high and low which affected my performance immensely and made all the difference in the outcome of the experience.

Before the actual climb, I had to do some training. A couple of times when my father and I went skiing, we would find a steep, empty hill, get out our ice axes, and begin practicing the arrest stop and "roping in". The arrest position is used in the event that you slip and fall. My father demonstrated how to hold the ice axe and how the position looks, then he asked me to try it. At first it felt awkward. My father told me to lay down on the snow, and to let my body slide down the hill. He told me to get my face buried in the wet, sloppy snow and see how quickly I could stop myself. When I started sliding, I felt my hands slipping and I couldn't stop very quickly. After a few tries, I finally was able to stop myself as soon as I started sliding. I got very wet and cold practicing ice axe arrest, but I found out why it was necessary a couple of weeks later on a practice climb of Pinnacle Peak near Mt. Rainier. An icy step gave way under my boot, and I used my ice axe to stop my slide down the slope. If I didn't know how to use the ice, I probably would have slid all the way down into some rocks.

The last part of training was climbing the five hour ascent from Paradise to Camp Muir. My father arranged for us to climb with some of his climbing friends (OSATers) who were making the entire climb that weekend. I helped carry some of their food and supplies. Even though at times it got boring, I decided I wanted to do the climb from Paradise to Camp Muir as a "Sherpa" again the next two weekends. The extra two climbs helped get me in shape for the climb, both mentally and physically. When the time came to actually start our attempt, my mind and body were ready to go because I knew how to pace myself and knew that I could make the climb.

Finally, the big day came. I woke up that morning and immediately adrenaline started pumping through my veins. My sister and I laughed and joked all morning long. My sister helped cheer me up because she was encouraging and comforting throughout the climb. During the entire time we were climbing Mt. Rainier, I couldn't have been happier. I was thinking about poses I wanted to do for pictures on the summit. For two days we climbed, and my attitude helped push me up the mountain. When I thought happy thoughts, my steps got lighter. On the third day, we awoke at 12:00 a.m. to start climbing toward the summit. My sister was not able to go any further; her asthma had become too severe and one of the men in our party agreed to stay with her. It was almost pitch black outside when we started climbing, and the weather was windy and very cold. The section we were climbing was almost a 45 degree angle. Each step took a lot of time because I had to cautiously dig my ice axe and crampons into the ice. My lungs burned because of the altitude and the amount of energy it was taking to make each step. My legs cramped and hurt from the incline. The fierce conditions I was fighting never affected my attitude because I focused on my happiness, instead of how difficult the climb was. I was so happy that I was going to be on the summit that day. The wind, cold, darkness, and steepness of the mountain made the climb more exhilarating and thrilling because I was fighting the extremes, and was winning.

When we reached the top of Disappointment Cleaver, the weather had become so bad that any skin that was exposed became cold and blistered from the wind and cold. The sun was up by now, but we could not tell because it was snowing. My dad, who was the climb leader, decided that it was too dangerous for us to go any further. I was devastated. After all the climbing I had just done, I wasn't going to reach the summit. The dream of standing on top of Mt. Rainier with a big smile began to disappear from my mind and I started thinking about how much I hated the weather. As we sat there eating frozen granola bars and frozen cheese, waiting for a break in the weather to start climbing down, my stomach started to hurt. I had a headache and my fingers and toes started to freeze. I told my dad how I was feeling and he said it was probably "altitude sickness". I think it was attitude sickness. Until this point, I never felt sick during the climb. Now, as my attitude about the climb sickened with my thoughts of defeat, so did my body. The break in the weather never came, so we began the climb down. The wind now beat against my face and I tried to cover as much of my skin as possible. The entire climb down, I repeated to myself the parts of my body that hurt. Every time I thought about how much I hurt, I would hurt more. When we reached camp, my toes were numb and my stomach was churning. The snow half-buried our tents. We packed up camp as fast as we could. I didn't mention anything to anyone, but at that point I felt so sick, I wanted to sit down, go to sleep, and climb down later on. My sister was breathing better than before, and I was glad she was healthier, but at this point I was feeling like throwing up. On our descent, our friend Bob, myself, and my dad brought up the rear on a rope, in that order. The three of us were each about 50 feet apart. The wind and snow covered Bob's tracks and prevented me from seeing him. Some of the time I just followed the rope and hoped I was still in his tracks. I thought about my toes, and how they were probably frostbitten. I thought about my face and lips being blistered. After a little while, my head hurt from the cold. Every now and then, my mind would begin to wander. I would remember parts of the trail from the day before where crevasses, huge cracks in the glacier, were the width of a house and only a hundred feet from where I was standing. One false step and I would be gone forever. My fear of death would keep my mind occupied for a moment, until a gust of wind would catch me and I would have to focus on my balance and steps. We were not moving very fast and it felt like an eternity resisting the wind and snow. I saw a piece of red tape buried in one of Bob's tracks, and being environmentally conscious, I picked it up. My toes cracked inside my boots because it was so cold. My nose ran, but even if I had tissue, I did not have time to get it out and blow my nose. I held on as tight as I could to my ice axe and the piece of garbage, despite the fact I could not feel my fingers. My eyes squinted from the glare of the snow, even though I was wearing glacier glasses. My headache was worse, and I thought I was going to throw up. My throat was sore from breathing the cold air heavily. I kept thinking how miserable I was. I didn't think it would ever end. Finally, we reached Camp Muir, a permanent base camp with shacks and port-a-potties. It took us only a few hours to climb down from our previous camp, but my misery and pain made the climb seem to take forever.

I do not think I have ever been so happy to see a port-a-potty. In addition to my illness, I had had to go to the bathroom since the start of the climb down from Disappointment Cleaver. Our group was exhausted. Inside one of the shacks, we met a couple of climbers who said that RMI, a group of guides whom people pay to take them to the summit of Rainier, tried to summit that day also, but had only made it to just below Disappointment Cleaver. That made me proud because we had made it higher on the mountain than anybody else that day. I was also proud that I had survived and did not fall into one of those crevasses. After half an hour, we went outside to climb down. The weather below Camp Muir was sunny and beautiful. My sister and I glissaded as far as we could. The sun felt good and my stomach no longer hurt as much. My headache had gone away. My fingers and toes thawed. I was glad I did not have to make the long, tiring climb to the summit and I was going to be able to go to sleep earlier that evening. As my attitude toward the climb got better, my body began to hurt less. It took about an hour and a half to get to the car, a trip which usually takes 2 to 3 hours. My sister and I were moving very fast because our spirits were high. When we got to the car, my lips and face were wind burnt, my toes were blistered, and my muscles ached so much I could barely walk. I just wanted to go to sleep, but my sister and I were laughing and I was happy again despite all the pain.

The climb was a once in a lifetime experience, but my attitude during the climb was what made it so memorable. Without my good, understanding attitude at the beginning, I would have never made it through the training. Without my dream of reaching the summit, I never would have made it to Disappointment Cleaver with harsh elements, or it could have been boring or frightening. My disappointment, because we were not going to summit, made the down climb one of the longest, scariest, and most miserable climbing experiences I've ever had. If I wasn't so upset, the climb down would not have been so depressing. Finally, my pride and renewed attitude made my illness and misery go away. My good attitude also made the climb down from Camp Muir to Paradise pass quickly, which could have been boring. Despite my disappointment, I'm planning on climbing Mount Rainier again next summer, and, hopefully, reaching the summit.

(Hillary is a Junior at Mercer Island High School and also the daughter of our own Rik A.)

Lake Annette Snowshoe Trip, 01/21/95 Submitted by Shirley R.

Eleven OSAT members & friends I& 1 dog (China) made it to the lake. Parking was a bit of a challenge, but we managed, and even got out afterwards. Newcomers Ed and Sandy, on their first snowshoe trip, deserve special congratulations! Allison was on her first snowshoe trip as well, although I never would have guessed. Weatherwise there was hardly a cloud in the sky, but there was a biting wind at the lake. The lake was snow-covered, and its surrounding peaks (Silver, Tinkham, and Abiel) bright and clear. After a chilly lunch, we headed down, with fine views of Humpback Mountain as well as Granite Mountain and its lookout across I-90. The final bridge over Humpback Creek with its cascading waterfall was crossed, and this trip was over. It was nice to get the fresh air and exercise, to repeat an "old favorite" hike, and to be with OSAT friends

Little Mt. Si - 01/22/95 Contributed by Joseph H

A pleasant day with the sun shining bright. A good conditioner. Susan W and Joseph H to the top at a nice leisurely pace. Congrats to Susan. Her first time to the top.

Big Mt. Si - 02/05/95 Contributed by Joseph H

Nice conditioner, leisurely pace, enjoyable sunshine, great company. Six hours round trip, a perfect pace. Susan W and Joseph H to the vista lookout together. Congrats to Susan, her first time Mt. Si. Joseph to top of haystack on clean dry rock. A stop in North Bend for a late lunch before departing for home. A great day!

Big Mt Si - 02/17/95 Contributed by Joseph H

Changed from Granite Mountain because of Avalanche danger, Rodney B and Joseph H spent an enjoyable 5 hours of fellowshiping and managed to avoid the heavy rains until just after reaching the haystack. A downpour caused an early exit. The down climb off of the haystack was very dicey, but even in the rain, boot traction was good. None the less we both breathed a sigh of relief after returning safely to the trail below. A good snack in North Bend ended this very enjoyable conditioner.

Fourth Annual Snowcave AA Meeting Contributed by Rik A

Snow conditions were perfect for nearly twenty OSAT hikers who worked their way up Skyline Ridge above Stevens Pass for the fourth annual winter ritual, the AA Meeting in a Snowcave, January 28. As word spreads about how much fun this event is, attendance grows every year. A short (1200 vertical foot) hike brought us high on the crest of the ridge well before noon. The camp site is located in a sheltered ravine with nearby panoramic views of the ski area and the pass.

Unlike last year, snow was plentiful. We dug two cozy smaller caves and one giant hall. The large cave easily accommodated the fifteen meeting attendees, and provided commodious facilities for five of the overnights. It was roomy enough that Winton forgot his claustrophobia and eschewed his tent, which flapped outside in the wind that blew most of the night unnoticed by the OSATers burrowed in for the night. A dozen of the hikers earned their OSAT snowcave merit badges by spending the night. In addition, several others came along Saturday to flop around on snowshoes or skis, dig snowcaves, and participate in the meeting before turned from mountaineers to mutineers and headed back to the cars before darkness.

Master outdoorsman and architect Tom (Frank Lloyd) M. designed and constructed an igloo for himself and Leah. After nightfall they hosted the snowcavers for a fireworks show launched from their kitchen area, which also featured a dura-flame-log fire--Tom really does things in style!

The return trip Sunday morning, through 4-6 inches of fresh snow, got us back to the Dutch Cup in time for lunch, and home in plenty of time to unpack before the Super Bowl Kickoff. In addition to Tom and Leah, the other overnights were Justin, Rik, Terri P, Winton, Patty, Jim V, Larry, Deb, Jim H and Shirley.

Trail Maintenance - 1995 Contributed by Rik A

Last October six OSATers volunteered one Saturday to the Washington Trails Association (WTA) trail maintenance program. We worked on the Annette Lake trail, learned a lot, and had a good time. I just received the following note from Greg Ball, Executive Director of WTA.

"We are working on our schedule for 1995 Trail Maintenance Work Parties and wondered if we could count on OSAT for a one-day work party sometime during the summer. We can accommodate up to 25 people and if you have a favorite trail you'd like to work on we can probably deal with that also.

"The Forest Service trail maintenance budget has been reduced 30% for 1995. North Bend will not have a trail crew during the summer. Most of the maintenance that will be done will be by volunteers. We are hoping that groups like yours will help out by contributing a one-day work party. As last year we will supply crew leaders, tools, hard hats, etc.

"Give me a call and we can discuss dates if your group is willing to help us out.

"We enjoyed having you last year and hope to see you again this year."

I hope that this year OSAT will be able to field a larger work party. One thing we learned last year was that trail maintenance is NOT a male-only activity--about half of our crew was women although no OSAT women participated. Another thing we learned was that trail work can be fun as well as fulfilling. Ask any of those who participated (Rik, Doug, Ken, Dave B, Tim and Winton) for their opinion. I am willing to coordinate this activity for OSAT, but I would appreciate hearing your expressions of willingness to join the work party and any preferences regarding date and/or trail before I commit to WTA.

Historian's Report - OSAT 1994 Contributed by The OSAT Pennant

The fourth calendar year in OSAT's history has passed, and it is with pride that I now fulfill my responsibility with a short report on my 1994 exploits as your club historian. Bear in mind this is but one point of view, and I do not purport to be covering everything that happened in OSAT, only some of the highlight events in which I was honored to be a part.

Since my unfurling on Mt. Si last March, I've had the pleasure of accompanying OSAT climbers to the summits of more than twenty peaks. Five of these are over 10,000 ft high: Rainier, Adams, and Little Tahoma; Granite Peak in Montana and Jefferson in Oregon; and the rest run the gamut from the obscure, such as Pineapple Peak (I still don't have a picture, Joseph) to the noteworthy, such as St. Helens and Olympus. I've seen the glory of sparkling summit days when the entire Cascade Range stretched out before us, as on Sauk Mountain or Mt. Watson, and I've been atop summits where we had to have a knowledgeable OSAT climb leader to know we were at the summit, such as Mt. Stuart and Granite Mountain! Some of the climbs had as few as two climbers, while there are three or four pictures in my scrapbook with more than 25 OSAT climbers in them! Although I've been forgotten on occasion, for example I didn't get out of Rik's pack on the summit of Anderson Butte, more often I am there fluttering in the breeze attached to someone's ice axe. My presence has created something of a burden on innocent bystanders on more than one occasion: for example atop both Mt. Dickerman and Mt. St. Helens some poor stranger was confronted with a veritable plethora of OSAT cameras to record the event (and my bright, shiny face) for posterity!

It's not just summit celebrations I've participated in. I acted as the OSAT team baton on the Rainier-to-Oceanshores relay race (anyone have a picture of this for my scrapbook?), accompanied the family hike to Wallace Falls, shared in the joy of Jim and Annie's wedding atop Tiger Mtn, bid farewell to our friend Linda Z at Cucinal! Cucinal, and helped out on the WTA Annette Lake Trail work party. Whew! All-in-all, 1994 was a very busy and very good year!

1995 promises to be even more exciting. I've got my passport ready for my first overseas OSAT expedition, to Africa, and have plans for visiting many more Cascade peaks as well as participating in climbing course events and revisiting the big snowcone with as many graduates as possible. If you are planning an OSAT event, please include me in your plans. I'm not very heavy, but I add an extra sense of accomplishment to a summit celebration and a splash of color to your summit photo. Contact Rik to find out my current location. He can also tell you how to get a chance to view my scrapbook, which now contains nearly 40 pages of OSAT memorabilia!

Keep Climbing Mountains...and Don't Slip!!

"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*****

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. Call Bob Mx (825-3516) or Jim H (641-7983) or Dick W (339-3751) for more information.

LAST CHANCE FOR DOWNHILL SKIING AT STEVENS PASS!!!!

It has been a wonderful season and I am happy to report that I have not sustained any major injuries this season either!!! The weekend of April 8-9 is the last weekend that the lifts will run at Stevens. I have stayed at the Mountaineers lodge almost every weekend during the past season, and plan to be there for the farewell bash as well. Spring skiing is some of my favorite, it seems to make me a little more daring when the sun is out and the snow is soft. If you want to come up and enjoy some good skiing along with some OSAT fellowship, give me a call. THINK SNOW!!!! Call Terri St. 743-5190.

MOUNTAIN NAVIGATION SEMINAR

A seminar on Mountain Navigation / Map Reading / Compass Handling is being planned for sometime in March 1995. After Kili. It will be on a week night at Charlie A's home.

Interested? Contact Charlie A (WK) 344-2811 (HM) 932-7195

Mountain Monikers - Mt. Si Contributed by Rik A.

This is the first installment of what may become a new feature column depending on reader reaction. The intent of this series is to provide OSATers with a bit of appreciation for the history of mountains we climb.

Everyone who reads Fred B. knows that Mt. Si was named for a pioneer named Josiah Something—but as you've trudged up the four miles, have you ever thirsted for more info about ol' Si? Well, whether you have or not, here are some tidbits about Mr. Josiah Merritt.

Josiah and his wife had started a family of three children in Ohio when, in 1849, the lure gold in California drew him away to seek his fortune in the West. He still had gold fever seven years later when the Caribou rush brought him to the Northwest. After determining that his future was not in precious metals, Josiah settled in the Snoqualmie Valley. The spot he chose was at the foot of what became known, in 1862, as "Uncle Si's Mountain." It seems likely that the "uncle" appellation was one of local endearment rather than from an actual nephew's reference, since Si supposedly did not communicate with his family back in Ohio from the time he left them for the gold fields until 1872. Incredibly, so the story goes, he then returned to Ohio and persuaded his wife and the one child who was still living with her to come back west with him. For some reason (perhaps he told them his house was filled with the fruits of 23 years in the gold fields!) they returned with him. Not surprisingly, Mrs. Merritt didn't stay for long. We don't know if it was disappointment, the rainy Northwest, family disputes, or a better offer, but Josiah's wife soon returned to Ohio.

SOLICITATION FOR NEWSLETTER INPUT

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 NEXT NEWSLETTER : APRIL 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.

FOR SALE: One pick-up type bike rack. Yakima. Holds two bikes. \$60.00 One older Folbot type Kayak. still floats. \$50.00 Call Dave N. 752-9214

TATOOSH TRAVERSE

(Mt. Rainier NP) - 4-day (Thu-Sun, or maybe Memorial Day Fri-Mon) snow trip in May. Objective is up to a dozen peaks stretching from Tatoosh Peak to Eagle Peak on the skyline south of Paradise. Max 12 climbers. I suspect we won't get 12 to sign up for all 4 days, so we'll take some sign ups for rendezvousing for the last two days of the trip, considering safe partial-party size requirements. Charlie A has talked me into extending this to the FULL traverse, beginning near Packwood. Dates will be set to accommodate maximum participation, so call now and establish your preference. Rik A.

McClellans Butte

April or May -- This day hike is about the same elevation gain as Mt. Si, but a more interesting conditioning climb with about 1200 ft up an avalanche gully to the spectacular point high above I-90.

One session of ice axe arrest practice required to participate. I will schedule the climb after the Tatoosh Traverse is set.

Kings Peak, Utah

Late July/early August -- share driving to the High Uintas Wilderness in northeastern Utah for a 4 or 5 day alpine hike and campout, including taking the OSAT pennant to the highest summit in Utah.

FIRST ALL WOMAN OSAT CLIMB OF MT RAINIER

There has been a lot of interest in this climb, so it has been planned and scheduled: for July 19, 20, and 21, 1995, Wed - Fri. The itinerary will be: Stay at Paradise Lodge on Tuesday night for acclimatization (rooms have already been reserved), go to Ingraham Flats on Wednesday and set up camp, go to summit and back to camp on Thursday (followed by R&R), then break camp and return to cars on Friday. One or more 12-step meetings will be included. Interested and committed women are invited to sign up (see schedule of activities). Veterans of the Mt. Rainier summit on previous OSAT climbs are especially welcomed. None of us has any experience climbing with just women, so it will be an adventure in more ways than one!

I wouldn't "touch" leading this climb if there were not enough experienced women participants -- but so far the response among experienced OSAT women climbers has been - marvelous! My motto is "If this climb is meant to happen, it will." I think that is a version of "turning it over." Maybe each year, OSAT women can have a climb of a different major peak! At any rate, for now, it's time to start doing some more serious physical conditioning, otherwise taking good care of our health, and concerning ourselves with important dates (OSAT climbing course events, for example...an excellent way to review or learn mountaineering skills). Shirley R

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.

We are in need of a volunteer to take over the responsibility of the OSAT activities hotline. If you are interested, please contact Joseph H.

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

WALK ON THE WILD SIDE Submitted by Betsy C

The Walk on the Wild Side. Support Wild Salmon 16 month coast to coast hike from Seattle to Delaware begins April 1, 1995. The goals of the project are to raise funds for local non-profit groups who do salmon restoration and to educate others and become more educated about watershed protection nationally. The other goals are to camp out for 485 nights, meet some new and interesting folks, quit our jobs, and go to new meetings in about fifteen different states!

We only have a few more weeks by the time you get this to raise funds. Please buy a great T-shirt to support our cause. We have two T-Shirts:

- o A WWS fish logo T-Shirt -- in green and red on the back of a white 100% cotton T-Shirt.....OR
- o A Haida Indian design in traditional red/black on the front of a 100% cotton T-Shirt, designed by my friend Ralph B, a Haida Indian carver.

They are only \$12.00. Call me if interested at 789-6165. Thanks and please come see us off on April 1st!!! Betsy C. 789-6165.

Saturday Serenity Hikes Contributed by Jim H.

In 1995, OSAT plans to have at least one "Serenity Hike" every Saturday, starting in May. This will be an outing for up to 12 OSAT-ers toward a (relatively) easy destination for the purposes of having a

12-step meeting. Maybe a picnic, too. Newcomers welcome. Focus will be more on Serenity and Fellowship and less on speed and making a summit.

The plan is to have a monthly "coordinator" whose name will be published in the Yodel. The coordinator will recruit hike leaders for their month's Saturdays and be able to direct interested people to the appropriate hike.

The initial hikes are expected to be very easy (e.g. Wallace Falls, Little Si, Big Four Ice Caves). Something that almost everybody can do. Later in the year, depending upon interest, the hikes may get a little longer (Lake Annette, Goat Flat). Sometimes the decision about where to go may be made at the designated meeting place.

We need hike leaders. **THIS IS A GREAT OPPORTUNITY FOR SERVICE.** Most of us feel that these hikes will be VERY popular, if we can just get them organized. If you would like to participate in getting this started or if you just want more information, call Jim H (641-7983) after March 15th. We will try to have a kick-off planning meeting sometime in April, probably just before or after the regular club meeting.

OSAT BULLETIN BOARD

Advertising is free for all OSAT members. If you would like to submit a business card and/or a short message, I will print it here for you.

ROOMMATE WANTED

Available March 1, 1995. Seeking a clean & sober roommate to share a nice 2 bedroom / 2 bathroom apartment. Apartment has fireplace, pull size washer & dryers, all appliances. Also includes free tanning, pool, outdoor whirlpool and clubhouse. ****only 60 miles to Crystal Mountain parking lot!!

I am a 34 yo female attending GRCC to change careers. I would love to share the apartment with my equal. Not a person a whole generation apart. Thanks. Serious student. 7 years clean & sober. Love to ski, kayak, walk, hike, and bike.

Please call Jennie at 931-0347

Laura I. - Fee is \$50 per hour. 10% discount for OSAT members

Laura I. Israhel

M A S S A G E T H E R A P Y

By Appointment
206.542.4117

SINGLES NEWSLETTER CATERS TO THOSE WHO LIKE THE OUTDOORS

(for release anytime 1994)

Outdoors Singles Network (OSN), a bi-monthly newsletter for outdoor-loving singles ages 19 to 90, is celebrating its fifth anniversary. Published by Kathleen Menke of McCall, Idaho, OSN reaches out to singles across the nation, in Canada, and overseas who have a strong interest in outdoor-oriented activities and in meeting new friends with similar interests. Subscribers include hikers, bikers, people who like hunting and fishing, rafters, kayakers, canoers, surfers, skiers, photographers, sailors, beach-combers, dog-sledders, adventurers, and travelers. The newsletter features personal ads placed by singles seeking penpals, tripmates, new friends, and personal relationships.

At least four couples have met and married through the service. The first couple, a woman from Grand Junction, Colorado and a man from Ft. Collins, Colorado have been married for three years and now live in Idaho Falls, Idaho. Another couple, a fisherman from Alaska and a woman from Alberta, Canada, ultimately settled in Washington on Bainbridge Island. A woman from Nevada and a man from California, billing themselves a desert/mountain mix tied the knot at Ariza Borrego Desert State Park in California last fall and graced their wedding invitations with a wildflower and an aspen leaf. Most recently a man from Idaho and a woman from Germany have married and are currently living in McCall.

OSN serves the national arena, but caters strongly to people of the Northwest. Outdoor Singles Network is part of Menke's freelance writing and photography business, Crystal Images. Menke's work has been published in many regional and national publications including Alaska Outdoors, Aspen Magazine, Colorado Life, Idaho Wildlife, and High Country News. Menke also has a strong interest in water resources and fisheries, and publishes a second newsletter, Idaho's Sockeye Scene, which updates readers quarterly on Idaho's progress toward salmon recovery with a particular focus on threatened and endangered Snake River salmon.

Menke started OSN in 1989 with a set of free ads given to single friends across the nation, and a shoe-string budget for advertising in a few national publications. The idea caught on. Five years later, OSN continues to grow and attract new members. OSN currently reaches several thousand new singles each year. "The fact that many people write letters of appreciation and choose to renew their memberships, tells me the endeavor has been worthwhile," Menke said. A unique characteristic of OSN is that it prints addresses directly and charges no forwarding fees. Members can subscribe and write to whomever they want whenever they want at no extra charge and with no delay. The newsletter has an upbeat style, contains positive environmental news, and features illustrations from regional wildlife artists.




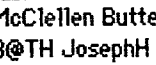

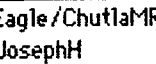
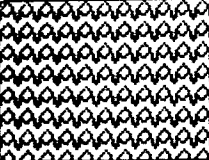
Ads placed with OSN come from a wide variety of outdoor-loving singles, from university students to seniors. Recent entries include a 6'1", 30-year old adventurous male from Washington looking for a woman to share rock-climbing, windsurfing, hiking, and canoeing interests, and a 5'10", 47-year old female from Montana "full of adventure, life, and curiosity about what's over the next hill."

A one-year subscription to OSN costs \$35. Personal ads are \$15 for members, \$25 for non-members. A first-time subscriber can place an ad for \$7 at the time of subscription. To receive a free flyer with information on subscribing and placing an ad, write OSN, PO Box 2031, McCall ID 83638.



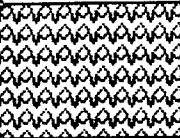

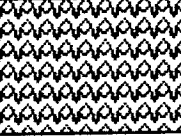
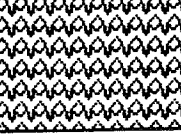




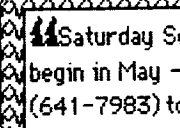
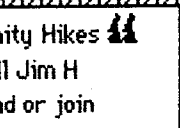

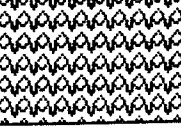


8', 400# male; brown hair with silver tips; playful, Teddy bear type; seeking outdoor-loving female who likes wrestling and bear hugs. Photos appreciated. Mac

March 1995 OSAT Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Trip Leader Phone #s Dave N 206-752-9214 Joseph H 241-6878 Tom C 217-9329 Rik A 282-8908				Issaquah IHOP 7:30 meeting		
			1	2	3	4
 Tiger 10am Mtg  McClellen Butte 8@TH JosephH			Business Meeting - Sunset Elem Issaq	Issaquah IHOP 7:30 meeting		
5	6	7	8	9	10	11
TigerMt 10am Mtg			CC - Intro Seminar Camp Long ★	BOTS IHOP 6:00 Issaquah IHOP 7:30 meeting		
12	13	14	15	16	17	18
 Tiger 10am Mtg  Eagle/ChutlaMRNP JosephH				Issaquah IHOP 7:30 meeting		
19	20	21	22	23	24	25
TigerMt 10am Mtg				Issaquah IHOP 7:30 meeting		
26	27	28	29	30	31	

April 1995 OSAT Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						 MtStHelens JimH
						1
TigerMt 10am Mtg MtStHelens JimH Mt Si 8@TH JosephH			Business Meeting - Sunset Elem Issaq 7pm	Tiger Mtn Mtg		
2	3	4	5	6	7	8
Tiger Mtn 10am Mtg			CC - MOFA - Camp Long 7pm ★	BOTS IHOP 6:00 Tiger Mtn Mtg		 MtRainier Gib Ledges JimH
9	10	11	12	13	14	15
TigerMt 10am Mtg MtRainier Gib Ledges JimH				Tiger Mtn Mtg		CC - Stevens Pass Cowboy Mountain Ice Axe Arrest ★
16	17	18	19	20	21	22
Tiger Mtn 10am Mtg				Tiger Mtn Mtg		SaukMt Rik  MtRuth Skiing DaveN
23	24	25	26	27	28	29
TigerMt 10am Mtg CC-Ice Axe★ Pilchuck Shirley R						Keep Climbing Mountains... and Don't Slip
30						

Check the "Yodel" Activities Hotline (236-0674 ext 1) or attend a meeting for updates!

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.

- 4/1-2/95** Mt. St. Helens. Must have ice axe arrest experience. Limit 12. Signup starts March 15. Jim H.
4/12/95 CC Seminar - Camp Long
4/15-16/95 Sat/Sun Mt. Rainier, Gib Ledges. For experienced Rainier climbers in good shape and comfortable with steep snow and ice. Limit 6. Sign up starts March 15. Jim H
4/22/95 CC (Climbing Course) Field Trip. - Ice Axe Arrest - Stevens Pass.
4/29/95 Mt. Ruth. Ski Mountaineering Trip near Mt. Baker. Experienced only. Pieps. Limit 5. Signup starts 4/15. Dave N. 752-9214
4/29/95 Sauk Mountain. (above Concrete) - short (2.1 mile) but strenuous day hike. Carpools will depart from I-5/65th (near Greenlake) Park & Ride at 7:30am. This is a repeat of a memorable OSAT climb in perfect conditions. Ice axe arrest experience required for the 1000 feet of continuous 45 degree snow slope. Rik A. 232-8908
4/30/95 CC Field Trip - Ice Axe Arrest - Mt. Pilchuck
5/03/95 CC Seminar - Camp Long
5/6-7/95 Sat/Sun The Brothers (South Peak) Must have ice axe arrest experience. Limit 12. Sign up starts April 20. Jim H
5/20/95 CC Field Trip - Roped Travel - Mt. Rainier
5/21/95 CC Field Trip -- Conditioner - Camp Muir
5/20-21/95 Mt. Shuksan. Beautiful Peak. Xtra fun on skis via the Sulphide Glacier. Backcountry ski experience, plus basic mountaineering experience. Limit 5. Sign up starts 5/6. Dave N. 752-9214
5/25/95 (Thu) The Tooth. Great beginning rock climb. Limit depends upon number of rope leaders. Sign up starts May 1. Jim H.
5/27/95 CC Field Trip -- Conditioning - Granite Mountain.
6/2-4/95 (Fri-Sun) Rainier - Tahoma Glacier. Start from a low elevation. Meet at noon Fri. at park entrance and hike to 5,000'. To high camp (9500') on Saturday. To summit and Camp Muir on Sunday in time for the meeting. This is a "carry-over". Limit 9. Sign up starts May 1. Jim H. 641-7983
6/10/95 CC Field Trip -- Crevasse Rescue -- Alpentel or Crystal Mountain
6/11/95 CC Field Trip -- Conditioning -- Alpentel or Crystal Mountain
6/23-24/95 Mt. Anderson, W. Pk Hydrographic center of the Olympics. Massive Peak. Basic Mountaineer. Limit 7. Dave N. Signup starts 6/3
6/24-25/95 Mt. Adams, Mazama Glacier route (east of standard South Spur route) Great warm up for Rainier. Rik A. 232-8908 Experience. Limit 5. Sign up starts 6/17. Dave N. 752-9214
7/19-21/95 **First All Woman OSAT Mt. Rainier Climb** Sign up opened with the announcement of the climb in the last Yodel. Limit 12. Call Shirley R (688-1624) if you want to be placed on the alternate list. (Yes, it's already full!)
8/11-13/95 (Fri/Sun) Mt. Triumph. This is supposed to be a classic alpine rock climb along an exposed ridge. Third day is to enjoy the views. Limit 6. Sign up starts May 1. Jim H. 641-7983.
MAY? Tatoosh Traverse (MRNP -4 days) May?? Rik A. 232-8908
APR/MAY? McClellans Butte. Rik A. 232-8908
JULY? Mt. Rainier, Emmons Glacier. Two day climb. 2nd attempt to get my daughters on the summit. 9 OSATers. Rik A.
JUL/AUG Kings Peak, Utah. 4-5 days. Highest peak in Utah. Rik A. 232-8908
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: Rik A. 232-8908, Lisa R. 228-8003, Steve S. 838-4287, Dave N. 752-9214, Doug H., 644-6330

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., 644-6330, 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, (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 _____

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)
P.O. Box 6461
Lynnwood, WA 98036
(206) 236-9674

May 3, 1995

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: June 14, 1995
Location: Sunset Elementary School, Issaquah, 7:00 pm

Regular 12-Step Meetings:

Tiger Mountain Meeting - Thursdays 7:15 pm

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. (776-7213) 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).

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. Contact Winton C. 862-4895. If anyone is interested in alternating the secretary duties for this meeting, please contact Winton.

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. or Jana 744-1047.

Meadowdale Beach Park 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 6:30 pm. Driving directions: Take the 164th St. exit off Interstate 5. Go west on 164th. The road will continue straight for a ways and then turns sharply to the left (and becomes 44th Ave W.). Turn right at the first light beyond the sharp left turn (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

CLUB NEWS

Message from the BOTS Submitted by Doug H

Happy Spring fellow OSATers! Another season of hiking, climbing and fellowship is upon us! The Climbing Course is in full swing, the activity calendar is filling up, and the cash registers are singing the sound of new equipment purchases!

We would like to extend a hearty welcome to our newcomers, and say hello to all renewing members. We hope to see all of you at some point this year at a climb, hike or just somewhere.

Keep Climbing Mountains & Don't Slip!

Rik, Lisa, Dave, Steve & Doug (aka THE BOTS)

March Business Meeting Submitted by Lisa L.

Rik called the meeting to order at 7:00 pm. The February business meeting minutes have not yet been published and therefore cannot be accepted.

Old Business None -- the February business meeting was a short one and there was no business remaining from that meeting. June, July and August business meetings -- no location or date yet. The April meeting will be on the 1st Wednesday of the month (April 5th) due to scheduling problems at Sunset Elementary School. **Standing Committee Reports: BOTS** -- Rik A. -- No February BOTS meeting due to the fact that several BOTS members were in Africa. **Finance** -- Dave B -- A lot of money has come in from new members/renewals. Still need to get the \$200 of equipment committee money from Tim R. Deposit of \$300 for the ski hut came back. Jim H. fronted the money for postage for the last Yodel mailing and has not been reimbursed yet. **Equipment** -- Tim R. -- Would like to have a list of OSAT equipment published in the next yodel. Tim is working on this. (*I have seen nothing -- can't publish it if you don't send it to me! - Ed.*) **Communications** -- Lisa L. / Pam -- Debba has been doing the call back from the hot line while Lisa was in Africa. Kathleen took over updating the hot line message while Pam was in Africa. The yodel should be out on Friday March 17th. **Service** -- Steve S -- Steve would like help on setting up a November gratitude dinner. He would like to do this on an annual basis. He is soliciting for assistance. **Membership** -- Teresa -- 6 new members and 24 renewals since the mailing of renewal notices. Dues are considered late after April 1st. Results of the balloting on the by-laws will be tabulated and reported after April 1st. **Marketing** -- Teresa -- Still trying to get rid of 1994 T-shirts. Decals are available. **Activities** -- Joseph H. Schedules of activities are available. Jim H. -- organizing the car camp retreat. -- Washington trails association thanked us for our help last year and would like to know if we have a preference for a weekend of trail maintenance this year. Any weekend after Labor Day was suggested. **Climbing Course** -- Charlie A. -- Course schedule has been published. **New Business:** The OSAT ad did not appear in this month's Mountaineer magazine. Teresa will make sure it gets back in there. Meeting was closed at 7:25 pm. Sally presented a slide show of her trek in Nepal. This was an excellent slide show.

April 5 Business Meeting Submitted by Lisa L.

7:00 pm, Meeting was called to order by Lisa L. **Old Business:** Rik has sent a letter to Terri on behalf of the BOTS outlining the expectations of the BOTS regarding the Yodel -- no new information yet. **Standing Committees: BOTS** -- Doug H. -- Nothing new to report. **Finance** -- Dave B -- We have about the same amount of money as last month. Tim R. has been notified and will be returning the \$200 for snowshoes. **Property & Equipment** -- Since Tim R. will be gone until June, he has offered to step down as committee chair. Ivar has offered to take over. **Communications** -- The chair for the upcoming business meeting will notify Pam as to upcoming events that can be posted on the hotline. **Service** -- Ken has contacted Lakeside and Residence XII and has given them information about OSAT. **Membership** -- Teresa F -- 2 new members and 8 renewals. The cut-off for dues was April 1st. Dues are now late. **Safety/Leadership** -- Teri P -- Since releases eventually go to Teresa F, Teri will no longer be collecting them. **Activities** -- No activities report from Joseph. Dave N. will contact Joseph for more information.

Climbing Course -- No new information. **New Business:** Tradition limiting party size to 12 is on hold until the BOTS reviews more information. Having entertainment portion of business meeting during the 1st hour and the business in the second hour M-S-P. Ken has spoken with Cascade Design -- When we do service for their group, we will receive an outdoor gift for our service to give away or raffle off. Good work Ken! Teresa F turned over the By-Law ballots to the BOTS. A letter will be sent out to all who have not paid dues, letting them know that if they do not pay their dues, they will not receive a Yodel. The meeting was closed. Doug H. gave a wonderful slide show of the Kilimanjaro trip!

OSAT Club "Business" Meetings Contributed by Rik A
Location? Take the I-90 exit for Newport Way - W Lk Sammamish Pkwy SE (between Eastgate and Issaquah), the school is north (toward Lake Sammamish) less than one block from the interchange.

1995 OSAT CLIMBING COURSE

Course Objective: Provide a course of instruction for members of OSAT to acquire the necessary skills, knowledge and experience to successfully participate in a safe ascent (and descent) of Mt. Rainier.

This year we plan to have most, if not all, students attempt Rainier on the same day. We believe this will help to focus the class more on the rewards of the journey and of the fellowship rather than on the achievement of reaching the summit.

Who can take the course?

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 prayer at the start of an activity; and generally supporting one another). As a group, we have decided that we don't 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.

The OSAT Climbing Course Committee 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.

Course Schedule

Note: Students are expected to attend each of the activities listed below, except only one ice axe arrest practice and only one Camp Muir conditioner is required. The OSAT tradition is to allow absences (with good excuses) if the material can be made up in some way.

Wednesday evening seminars at Camp Long in West Seattle will be on **March 15th, April 12th, and May 10th**. (Two of these have changed since the last Yodel). The seminars will start promptly at 7pm. At the first seminar, you should bring \$10 (for course materials) and be prepared to join OSAT (another \$12) if you are not already a member. You will be given a course handout at the first session.

FIELD TRIPS

5/20/95 -- (Sat) Roped Travel Practice at Mt. Rainier National Park. Winton C.
5/21/95 -- (Sun) Camp Muir Hike and Meeting. Charlie A.
6/04/95 -- (Sun) Camp Muir Hike and Meeting. Winton C.
6/10/95 -- (Sat) Prusiking and Z-Pulley Practice, at Alpentel or Crystal Mtn. Bob C.
6/24-25/95 -- (Sat-Sun) Mt Adams conditioner. Several routes. Rik A. and Steve S.

Target Summit Day via 3 routes (D.C., Sherman, and Kautz Glacier) is Monday, July 10th. Alternate day is July 17th, if necessary. Cross out both of these long weekends on your calendars.

Questions? Feel free to call anybody on the 1995 OSAT Climbing Course Committee:

Charlie A (Chair)	932-7195	Shirley R.	668-1624
Bob C.	228-1005	Joseph H.	241-6378
Sally C.	897-9353	Winton C.	862-4895
Dick W.	339-3751	Jim H.	641-7983

Attention: Experienced OSAT Climbers

As many of you know, the field trips have always been a fun time for everyone. Lots of fellowship and exercise plus some great meetings. This year, OSAT again needs your help. Let the field trip leaders know you plan to help instruct (or want to participate for review) and mark your calendars now.

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 Interstate 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 a half a mile. Look for a small sign saying "Camp Long" and turn left. Park in the parking lot. The seminars will be inside the main building near the entrance.

<p>Next Club Meeting: June 14, 1995 Location: Sunset Elementary School, Issaquah, 7:00 pm</p>

OSAT Tradition Regarding Maximum Party-size for Climbs Contributed by Rik A

The following is published in response to discussions at the April club meeting. It includes a draft for a proposed club tradition. The suggested procedure (pending BOTS approval) is (1) publish in the *Yodel* for comments, (2) distribute at the May business meeting for 10-15 minutes of discussion at that time, (3) report on comments received and changes to proposal at the June business meeting, and (4) publish a final proposal in the following *Yodel* as a proposed amendment (addition to Article VIII Section 2 of the By-Laws) to be voted upon in accordance with Article VII. If you are unable to participate in the May 3 club meeting discussion, please provide your comments to any member of the BOTS.

FACTS:

- * A previous version of the following was presented and discussed at two OSAT business meetings in Fall 1994. The subject was tabled pending adoption of the club by-laws including the then-current set of club traditions. The proposal that follows this recitation of facts reflects the general sense of those discussions.

- * One of the reasons cited by some for having a maximum party-size tradition is that it demonstrates OSAT's commitment to the "spirit of conservation, preservation and ecology" aspect of our Mission Statement.

- * OSAT Traditions as currently published do NOT include a statement regarding maximum party size, but many members consider that there is a tradition that club climbs are limited to 12 based on discussions at 1993/94 meetings.

- * Several aspects of the supposed tradition are less clear or rigorous:

- Does it apply to all climbs? Or only those in National Parks or wilderness areas?

- What about multiple route expeditions?

- Do sherpas count in determining the maximum?

- * The Mt Adams climb in June 1994 had more than 12 climbers. The Mt. Stewart climb was planned as a multiple (3) route climb, but was consolidated to a single party of 14 at the trailhead and at base camp. These two OSAT trips definitely violated the USFS regulation regarding party size.

- * Gary Paull, Wilderness Manager for Mt. Baker-Snoqualmie National Forest, indicated that:

- (1) the limit of 12 (8 in the Enchantments) is in effect for both traveling together and setting up camp. Paull said idea of climbing multiple routes on the same mountain sounded interesting, but indicated that groups rendezvousing would be considered to be traveling together if they were hiking within a mile of one another, or camped within 1/4 mile of one another, this makes a group joint descent impractical.

- (2) no distinction would be made between climbers and sherpas. The USFS regulation on wilderness party size provides for a \$50 per person fine.

USFS regulations regarding non-wilderness areas:

- (3) In non-wilderness areas there is no actual regulation, but the National Forests informally request notification of plans for party sizes in excess of 25. For example, the Mount St. Helens National Volcanic Monument administered by the USFS is not a designated wilderness area, and although the total number of back-country visitors is controlled, party size is not.

- * A Mt. Rainier National Park climbing ranger indicated that:

- (1) there is no problem with "sherpas" providing support to a climb if they are not camping with the climbing party, even if the climbers + sherpas number more than 12.
- (2) There is no problem with multiple parties taking different ascent routes, meeting on the summit and descending together, provided no camp either on the ascent or descent includes more than 12 climbers.

PROPOSED OSAT TRADITION Regarding Party Size:

1. Party size for OSAT activities will adhere to the rules of the appropriate jurisdiction.
2. 'Party size' for OSAT activities is defined as the number of persons (members or not) who leave the trailhead under OSAT leadership and intend to attain the objective of the climb, regardless of how many leaders or sub-groups are designated and different routes are used to attain the objective.
3. 'Party size' does not include sherpas. 'Sherpas' are defined as people climbing with the primary climbing party who:
 - (a) do not plan to attain the objective of the climb, AND
 - (b) climb for one day (no overnight) of a multiple day climb, OR camp at a location different than the main party and rendezvous with the party during one day of the party's climb, AND
 - (c) carry group equipment which will be used by members of the party. One-day climbs cannot have sherpas."
4. "Leaders of OSAT activities are responsible for adhering to the club tradition regarding maximum party size. OSAT activities leaders who violate this tradition will be asked to refrain from organizing and leading club wilderness activities.

Club Traditions

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.

Contributed by Kim G

Spring creeps cautiously into the Northwest. A few hours of sun followed by days of torrential rain. But today feels like Spring. The sun's out and I can smell the new season in the air. Restless as a hibernating bear waking from a long slumber. I wander out for my first creaky hike up Tiger. A long winter break makes the heart grow fonder, and I'm excited to start. There will be no new surprises on this trail but like an old friend, it is constant and always there. OSAT friends gather at the bottom. Familiar cars are nestled nose to fender and nose to fender. It's going to be a good day. Slowly at first, our steps search for footing that seems unsure but we're happy and laugh puffs of breath in the cool morning moisture. Early foliage bears its greenery as birds on trees patiently wait for warmer days.

Deep mud baths suck on our boots as we continue our climb. This climb is good. Life is good. Was it really only 1 year ago that I took this route and started by path toward sobriety. By the grace of God, I've found on this single route what life was meant to be... friends, nature, pain, healing and love all rolled into OSAT.

As we continue, our paces spread us out. Friendly voices carry greetings to those passing. The sweat drips into the trail and thirst is a gnawing ache. It isn't always easy, but the friends make it better.

The Top never comes soon enough but like a promise shares a secret of beauty and scenery that many shall never feel. There's our sentinel Mt. Rainier standing guard over the valleys, the welcoming, the Olympics.

Bear hugs and laughs and hellos fill the air. Thank you God for this tiny hill where life and you converge! Thanks for the people and paths you've set upon our Earth and most of all God, thanks for OSAT.

Keep Climbing Mountains and don't Slip.

ACTIVITY REPORTS

OSAT Goes to Africa Contributed by Jim H.

Jom-bo. Hah-bar-e. Ma-zur-e. Poe-lee poe-lee Kil-a-man-jar-o. These are standard greetings that trekkers use on the trail to the highest mountain in Africa.

(Accompanied by smiles. Sometimes the smile of the African native seems to come from the depth of the soul. Sort of like the famous smile of the Fiji islander. Also used by certain suntanned, slender females with brown hair found on beaches in Southern California. Or so I've been told.)

Montana talks about their Big Sky, but it's nothing compared with Africa's BIG SKY. Gentle dawns and lingering sunsets. Renewal fare for another day with the basics. Gather food, mend the shelter, tend the herds, and the children. Africa has a melody. Haunting, perhaps disappearing.

Proud Masai warriors walking in the distance. Straight up, decked in red, spear in hand. They do not note the intrusion of the passing van. Neither do the animals. They stalk their kills and life goes on. Another sunset and so forth.

The children, though, look once at parents then extend the hand, palm up. They have been despoiled. They want more. They want whatever it is these strangers have. Strangers, who point small black boxes at them and sometimes give them gifts.

Back to the hike. From the gate (6000'), we stroll through pleasant jungle to the Mandara Huts (9000'). Did you see any monkeys? Isn't this great? Tea and cookies are served. We walk a short distance and have a meeting at a nearby crater, a pleasant bowl of a valley carved years ago by forces long gone. We learn the routine. We wait, talk, eat, talk, walk, relax. Then talk some more. Then mess with our stuff, maybe read a while or talk with someone else. Or take another picture. Then early to bed.

On the second day, we try to stay together. We climb out of the jungle onto a sloping high plain. First views of the great mountain. Time for snacks and pictures and elevated moods. Finally off again, but then it rains. It rains HARD. The trail becomes a river. Rain gear goes on. Some of us almost run to the next hut and warmth. So much for staying together.

The Horombo Huts (12200') are on a high shelf and sometimes above the clouds. Almost a small village. Beer and coke for sale at the ranger hut. See Kilimanjaro. See Mawenzi. Now you don't. Clouds swirl in and out again. Two nights at this place. More talking and waiting. At the table ready to eat. Here comes the food. It looks good, so we applaud. Our porters beam. They are happy, if we are happy.

This is fun. Fifteen friendly faces plus lots of interesting strangers. T-shirt trades. Pictures. Brief conversations. Strolls in the fresh air. More of the same routine. Another meeting.

Surprise. Doug's luggage arrives. never seen him so happy.

Win-luck, our head guide, becomes a legend. Everybody tells each other about him. "No problem", he says, and somehow it isn't. He joins our morning Serenity Prayer circle. Later, he tells us we got good weather on our summit day because of this daily prayer.

The Kibo Hut (15400') is colder and not quite so nice. The air is thinner and colder. The dining room is crowded, so our food is served in our sleeping quarters. Cramped. Now we are getting excited (nervous) about the climb. Win-luck insists we split into two parties of eight. We make the assignments. Already, I feel incomplete.

An incident and a group meeting, but resolution alludes us. So we try to sleep. Summit day in the morning. Early in the morning.

Our first group of eight follow the bright moon and reach the rim (18700') at 5:40am. The sun is not up yet. It is VERY cold. We had left at 1:20 am. A good time. In fact, why DID we go so fast? Must either put on pile pants or keep moving. We decide to leave immediately for Uhuru Point, the highest spot in Africa.

This was a true mountaineering experience. A one mile up and down clockwise walk along the crater rim. Steep snow on both sides. A vast crater filled with snow on our right and rivers of ice flowing into the clouds on our left. Hard to breathe, but everything a delight. Jagged ice cliffs in the distance. Around a high point, the route passes

close to some hanging, clear icicles. I notice the sun is up. Another rise. Beautiful. I take baby steps. Thanks Steve, for walking back here with me. More baby steps. Why is Win-Luck resting? He looks ill. He is ill. Now he starts again. We must be almost there, just over that rise. No, the next rise. Wonder how the other group is doing. Hope they're okay. Not much further now. More beautiful ice and rock everywhere. I'll make it, one baby step at a time.

And I do. All eight of us do. Thanks, God. Hugs, pictures, smiles, a circle prayer, and then we're out-a-here.

Five of the other group make Gilman's Point on the crater rim, which like Rainier, qualifies as the summit. Everyone gets down safely, which makes it a successful climb.

The next day on the last few miles of our trek, we take a side trail, which is a mile longer, but more interesting. Waterfalls, hanging vines, beautiful plants and flowers. Everybody lingers. Even after six days and five nights without a shower, nobody is in a hurry for this to end. Sights and feelings not soon forgotten.

These are a few of my favorite things about our African adventure.

OSAT-ers (in approximate order of commitment to the trip): Steve S, Britt S, Jim H, Pam G, Mike S, Doug H, Hoot and Nancy H, Bob M, Lisa T, Francy S, Charlie A, CC C, Robert T, Bill L, and Cherie G.

Many thanks to OSAT and the many OSAT-ers who bought Kili T-shirts. Also, special thanks to Susan R, Terri P, Kathleen S, and Mike M who were with us there in more than spirit.

Sunny Silver Peak Contributed by Rik A.

Ken M and Rik A packed snowshoes and headed up the beautifully maintained Lake Annette Trail near Snoqualmie Summit in late March to take advantage of the great spring climbing conditions. We stopped briefly to fine-tune one of the drainage structures we had engineered last October as part of a Washington Trails Association work party with several other OSATers, and then continued up to the snow, which we reached about half way to the lake.

We didn't find enough snow to warrant the snowshoes, and the tracks we followed above the trail about a half mile before the lake soon quit in an evident failed attempt to negotiate the rather treacherous conditions through the trees. The 4-6 inches of new snow laid atop a persistent crust of ice, and the side-slope we were traversing was 30-35 degrees steep. Spotting an avalanche gully a few yards ahead, we gingerly continued, wishing we'd brought crampons instead of snowshoes. Ken tested Rik's theory that if we stayed close enough to the trees, any slip would be stopped before we reached terminal velocity. Imagine one of those cartoons in which Wily Coyote slips down the side of a mesa leaving a string of fingernail scratches, and you have a good picture of Ken headed toward a three-foot-diameter Douglas Fir.

When we reached the lower reaches of the open slopes, we were rewarded with fine conditions for kicking steps toward the summit ridge. Just as we were leaving a rest spot part of the way up the slope, a second pair of climbers emerged from the woods in our tracks. By the time we were about two-thirds of the way up the slope, they caught us and took over step-kicking duties. We crested the summit ridge before noon, and the views of the Snoqualmie Pass peaks were perfect. Ken was uncertain of completing the ridge without his ice axe (he brought ski poles for the expected snowshoeing), but conditions permitted forgiveness for this oversight, and in half an hour we were soaking up rays and views from the top.

The descent offered a fine 800-1000 foot glissade with conditions good enough that Ken could participate with ski poles in lieu of ice axe. We each created 10-20 foot "bow waves" of snow in front of us, and even the most timid glissader would have been comfortable.

I've been part way up the slopes of talus on the west side of Silver, and now having tried the climb earlier in the season, I would say its much more pleasant as a snow climb.

Montani semper liberi!

Eight OSATers Walk the Plank Contributed by Rik

Tom M invited attendees at the Thursday night IHOP meeting to Mt. Si the following Saturday to see Smokey Bear and help out the Department of Natural Resources carry lumber up to "Snag Flats". DNR is building a plank walkway across the muddy section of the trail, and had a truckload of 250 waterlogged 6 foot 2x6s to haul up. Smokey was smart enough to heed the weather report and stayed in hibernation, but the rest of DNR was there in force with a tent shelter and plenty of goodies. The "local musicians" mentioned in the flyer turned out to be a solo bagpiper!

John, Steve, and Larry joined Tom as the early bird OSAT contingent. Rik, Ken, and Jim showed up an hour or two later. The new doctor from Northern Exposure was supposed to make an appearance, but even Rik got tired of waiting in the rather threatening weather. As the second three were dropping their loads two miles up the trail, Dave N showed up with what proved to be plank number 100--altogether OSAT can be proud of the part these eight folks played in this worthy activity. After pictures were taken with the OSAT Pennant, Ken and Rik continued up the trail and eventually met the early birds as they were descending from the summit where they had experienced a brief snow flurry.

Those of you who missed the fun will have an opportunity in the late summer or early fall to help out on another trail maintenance project. Contact Rik A (232-8908) if you are interested in working on a Washington Trails Association work party--we'd like to get about 15 OSAT members out for that event this year.

Trail Maintenance - 1995 Contributed by Rik A

Last October six OSATers volunteered one Saturday to work with the Washington Trails Association (WTA) trail maintenance program. We worked on the Annette Lake trail, learned a lot, and had a good time. WTA has again asked for our help, and based on positive indications at several meetings I have advised them that we will again

field a work party for a Saturday in September (9/9, 9/16, or 9/23). My goal is to sign up 15-20 OSATers for this service project this year.

OSAT women please note: trail maintenance is NOT a male-only activity--about half of the crew we worked on last year was women, although no OSAT women participated. We know you're going for the glory with this year's all-woman Rainier climb--how about joining us for a little grubbing in the mud.

Trail work can be fun as well as fulfilling. Ask any of those who participated (Rik, Doug, Ken, Dave B, Tim and Winton) for their opinion. I would appreciate hearing your expressions of willingness to join the work party, and will let you know through the *Yodel* as soon as we nail down a trail and date with WTA.

Mountain Monikers - Mt. St. Helens Contributed by Rik A

This is one in a series of short articles intended to provide OSATers a notion of the history behind mountains we climb. Sent any comments, suggestions, or requests to Rik.

A scan of the list of major peaks in the Washington Cascades reveals that peaks named in honor of people are dominated by pioneers, miners, and among the really big ones, American politicians, civil war heroes and the British friends, sponsors, and crew of Captain George Vancouver. To the uninitiated, the male domination of this list seems broken by Mt. St. Helens; but alas, it too is named in honor of a man, the British Ambassador to Spain at the time of Vancouver's expedition. The good ambassador's title, the earl or duke or something of St. Helens, referred to the parliamentary borough of Saint Helens in Lancashire England, near Liverpool. Women's names for geographic landmarks in Washington, it seems, are reserved primarily for lakes. It is left the Freudians among you to discern any implications.

However, women of OSAT, do not despair. If we go back to the age before Captain George and the crew of the *Columbia* came through honoring themselves and their (male) friends with the names of mountains, we find that the Indians referred to Mt. St. Helens as Loo-wit-lat-Kla, (also written Lawala Clough), now typically shortened to Loo-wit. She was the goddess keeper of fire, similar to Madam Pele of Hawaiian legend. The Indian story of Loo-wit has important para-historical significance for northwestern mountaineers and geographers.

Long ago, it seems, a great battle among the gods raged across the Columbia River. Wy'east (now known to us as Mt. Hood, named for another of Vancouver's friends) and his brother Pah-to (Mt. Adams) fought bitterly for the affection of the beautiful Loo-wit. The great god-mountains alternately spewed smoke and fire at one another in an attempt to both impress Loo-wit and strike fear in each other. At that time there was a huge natural stone bridge that spanned the mighty river of the west, The Bridge of the Gods. During one period when Pah-to was sleeping, Wy'east crossed the Bridge of the Gods and visited Loo-wit, inviting her to cross back to his side of the river. When Pah-to awoke and discovered Wy'east's entreaty, his rage was so great he caused the earth to tremble until the Bridge of the Gods tumbled into the river so Wy'east could never again cross to the north side. When the bridge fell, it created the great Columbia Falls, which were a prime salmon fishing spot for the Indians until Bonneville Dam flooded them in the 1930s. Naturally enough, Loo-wit had the last word. Although she never revealed whom she favored between her two suitors, there are some who say her raging explosion in May of 1980 was actually an attempt to fill the Columbia with enough muddy debris that she could quickly wade across the mighty river to the handsome Wy'east before the debris was washed away leaving the somewhat more pudgy Pah-to alone on the Washington shore.

"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*****

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. Call Bob Mx (825-3516) or Jim H (641-7983) or Dick W (339-3751) for more information.

Hugging is Healthy Contributed by Pam G.

It helps the body's immune system, it keeps you healthier, it reduces stress, it cures depression, it induces sleep, it's invigorating, it's rejuvenating, it has no unpleasant side effects, and hugging is nothing less than a miracle drug.

Hugging is all natural: It is organic, naturally sweet, no pesticides, no preservatives, no artificial ingredients, and 100% wholesome.

Hugging is practically perfect: There are no movable parts, no batteries to go dead, no periodic check-ups, low-energy consumption, high energy yield, inflation proof, non-fattening, no monthly payments, theft proof, non-taxable, non-polluting, and of course, fully returnable.

TATOOSH TRAVERSE May 26 - 29, 1995

(Mt. Rainier NP) - 4-day snow trip in May. Objective is up to a dozen peaks stretching from Tatoosh Peak to Eagle Peak on the skyline south of Paradise. Max 12 climbers. I suspect we won't get 12 to sign up for all 4 days, so we'll take some sign ups for rendezvousing for the last two days of the trip, considering safe partial-party size requirements. Charlie A has talked me into extending this to the FULL traverse, beginning near Packwood. Dates will be set to accommodate maximum participation, so call now and establish your preference. Rik A.

Kings Peak, Utah

Late July/early August -- share driving to the High Uintas Wilderness in northeastern Utah for a 4 or 5 day alpine hike and camp-out, including taking the OSAT pennant to the highest summit in Utah.

Rik A. 232-8908 / 234-1770

FIRST ALL WOMAN OSAT CLIMB OF MT RAINIER

There has been a lot of interest in this climb, so it has been planned and scheduled: for July 19, 20, and 21, 1995, Wed - Fri. The itinerary will be: Stay at Paradise Lodge on Tuesday night for acclimatization (rooms have already been reserved), go to Ingraham Flats on Wednesday and set up camp, go to summit and back to camp on Thursday (followed by R&R), then break camp and return to cars on Friday. One or more 12-step meetings will be included. Interested and committed women are invited to sign up (see schedule of activities). Veterans of the Mt. Rainier summit on previous OSAT climbs are especially welcomed. None of us has any experience climbing with just women, so it will be an adventure in more ways than one!

I wouldn't "touch" leading this climb if there were not enough experienced women participants -- but so far the response among experienced OSAT women climbers has been - marvelous! My motto is "If this climb is meant to happen, it will." I think that is a version of "turning it over." Maybe each year, OSAT women can have a climb of a different major peak! At any rate, for now, it's time to start doing some more serious physical conditioning, otherwise taking good care of our health, and concerning ourselves with important dates (OSAT climbing course events, for example...an excellent way to review or learn mountaineering skills). Shirley R

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.

We are in need of a volunteer to take over the responsibility of the OSAT activities hotline. If you are interested, please contact Joseph H.

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

Man Seeks Woman and Tent Partner

Intelligent, witty, caring, confident, 52 YO former business executive now an aspiring writer and experienced mountain climber seeks STR with NS, ND, self-sufficient, compassionate, HWP, lady who enjoys travel, the outdoors, and spiritual growth. Belaying skills, glacier travel experience, and willingness to finance a Himalayan expedition are strong pluses. Write OSAT - #P001, PO Box 6461, Lynnwood, WA 98036. (Photo and copy of bank statement are optional)

Abbreviations:

YO: Year Old

STR: Short Term Relationship

NS: Non-smoking

ND: Non-drinker/drug user

HWP: Height & weight are proportional

Saturday Serenity Hikes Contributed by Jim H.

In 1995, OSAT plans to have at least one "Serenity Hike" every Saturday, starting in May. This will be an outing for up to 12 OSAT-ers toward a (relatively) easy destination for the purposes of having a 12-step meeting. Maybe a picnic, too. Newcomers welcome. Focus will be more on Serenity and Fellowship and less on speed and making a summit.

The plan is to have a monthly "coordinator" whose name will be published in the Yodel. The coordinator will recruit hike leaders for their month's Saturdays and be able to direct interested people to the appropriate hike.

The initial hikes are expected to be very easy (e.g. Wallace Falls, Little Si, Big Four Ice Caves). Something that almost everybody can do. Later in the year, depending upon interest, the hikes may get a little longer (Lake Annette, Goat Flat). Sometimes the decision about where to go may be made at the designated meeting place.

We need hike leaders. **THIS IS A GREAT OPPORTUNITY FOR SERVICE.** Most of us feel that these hikes will be VERY popular, if we can just get them organized. If you would like to participate in getting this started or if you just want more information, call Jim H (641-7983) after March 15th. We will try to have a kick-off planning meeting at the May business meeting, probably just before or after the regular club meeting.

Dear Friends:

I have made the decision to resign as editor of the Yodel, effective immediately. Following is a letter that was written by the BOTS which outlines the requirements for publishing the Yodel. Just in case you have jumped on the "Newsletter Sucks" bandwagon, I feel that I should not take this action without a brief explanation of my reasons. Having been a member of OSAT since the very first meeting 4+ years ago, and being a meticulous pack-rat, I have every single back issue of the Yodel (and its predecessor "the newsletter"). I can tell you a few things about the prior publication schedule of the club newsletter. Historically, it was not uncommon to have periods of 2 to 3 months between mailings, particularly during the slower winter months. I have been publishing the newsletter for just over 1 year now, and my publication schedule has carried on in the tradition that was left by Jim when he resigned this position. It is really hard for me to believe that the numerous volunteer hours I have put into this project are appreciated, when it is pointed out that I am failing to meet up to expectations. What expectations I wonder? Who made up this schedule and neglected to inform me before I "failed" to meet with your expectations? Who else is willing to give up 30 + hours of their life each and every time a newsletter needs to be published? If you are comparing the OSAT newsletter to the Mountaineer Bulletin, I might point out that the publication deadline for the Mountaineer is well over 1 month in advance, and the publication is produced by a paid staff. Up to this point, I have donated more hours to OSAT than most (BOTS members included), and I am not willing to give away any more of my life in order to adhere to the policy being set by the BOTS. If you are interested in volunteering to publish the Yodel, please contact one of the BOTS members listed on the attached letter. The attached letter outlines very succinctly the expectations of the BOTS for the publication of the newsletter. I can tell you that there are more hours involved than you might imagine, and that there is very little glory and more than just a little bit of criticism. This is a remarkable service opportunity as well as an opportunity to practice these principles in all of our affairs. I feel that I have had enough practice and should pass the honors on to the next unsuspecting victim...I mean volunteer! Thanks - Terri S. KCMDS

Terri S

OSAT Board of Trusted Servants

P.O. Box 6461

Lynnwood WA 98036

(206) 236-9674

Keep Climbing Mountains...and Don't Slip!



Monday, March 27, 1995

Dear Terri,

The Board of Trusted Servants is working this year to establish operating procedures for OSAT, to assure the continued health of the organization. The first step in that process was getting the By-Laws written and accepted by the membership. The second step is to establish guidelines and expectations for various volunteer functions within the club, beyond the requirements set up in the By-Laws, to assure the smooth operation of OSAT and to provide for responsibilities being passed from one volunteer to the next effeciently and with a minimum of misunderstanding.

Among our first concerns in this regard is the *Fodel*. Terri, we sincerely appreciate the work you are doing on the *Fodel*, but frankly the frequency of publication has not met our expectations, nor the expectations of other club members. We are distressed that the newsletter has slipped from the 6 week cycle which was maintained through last August to a 10+ week cycle for the last three issues. We know (and see in the product) your high standard for the quality of the content in the *Fodel*. However, we feel the need for an even higher standard on regularity and frequency of communication via the newsletter. We think this is important to the long-term well-being of the club, since less than half of the membership attends either climbing club events or OSAT AA meetings on a regular basis.

We have drafted the following set of guidelines for the *Fodel*/which reflect not only our own expectations but, we believe, those of the membership:

1. The newsletter should be published and mailed at least every six weeks. Accordingly, content deadlines will be no more than six weeks after one another, and mailing should occur within one week after the content deadline.
2. Each issue should include, at a minimum:
 - * message from the BOTS
 - * minutes from any club business meeting(s) since the last issue
 - * phone contact list for various club volunteers
 - * calendar of planned activities
 - * membership application form
 - * notice of meetings scheduled prior to the next deadline

3. Additional content, such as activity reports, articles, inspirational messages, advertisements, etc., is at the discretion of the editor.
4. The editor is urged to solicit from other members' help with the actual printing, addressing, and/or mailing of the newsletter.
5. The editor is urged to find a back-up assistant editor who could be available to complete the compilation of an issue as necessary to assure that publication and mailing deadlines are met, and who can take over the editor position when needed.

Since you are only the second editor of the *Foxe*, we would appreciate your comments and suggestions for improvements to these guidelines. But more importantly Terri, we need an indication from you that you are willing to meet these guidelines or pass the editorial responsibility to someone else, in which case we will help find that someone.

Again, Terri, we sincerely thank you for your efforts, and hope you understand that we are trying to fulfill our responsibilities to keep OSAT healthy and successful in fulfilling its mission.

Keep Climbing Mountains...and Don't Slip!!

The OSAT Board of Servants:

Rik A	232-8908
Doug H	644-6330
Dave N	752-9214
Steve S	838-4287
Lisa T	486-1338

OSAT BULLETIN BOARD

Advertising is free for all OSAT members. If you would like to submit a business card and/or a short message, I will print it here for you.

Laara J. Israhel M A S S A G E T H E R A P Y

By Appointment
206.542.4117

Laura I. - Fee is \$50 per hour. 10% discount for OSAT members

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.

- 5/6-7/95 Sat/Sun The Brothers (South Peak) Must have ice axe arrest experience. Limit 12. Sign up starts April 20. Charlie A.
5/10/95 CC Seminar - Camp Long
5/20/95 CC Field Trip - Roped Travel - Mt Rainier
5/21/95 CC Field Trip - Conditioner - Camp Muir
5/20-21/95 Mt. Shuksan. Beautiful Peak. Xtra fun on skis via the Sulphide Glacier. Basic mountaineering experience. Limit 8. Sign starts 5/6. Dave N. 752-9214
5/26-29/95 Tatoosh Traverse. Contact Rik A. 232-8908 (May be able to accommodate some climbers who can only participate either Saturday, Sunday, or Monday.)
5/27/95 CC Field Trip - Conditioning - Granite Mountain.
6/2-4/95 (Fri-Sun) Rainier - Tahoma Glacier. Start from a low elevation. Meet at noon Fri. at park entrance and hike to 5,000'. To high camp (9500') on Saturday. To summit and Camp Muir on Sunday in time for the meeting. This is a "carry-over". Limit 9. Sign up starts May 1. Jim H. 641-7983
6/10/95 CC Field Trip - Crevasse Rescue - Alpentel or Crystal Mountain
6/11/95 CC Field Trip - Conditioning - Alpentel or Crystal Mountain
6/23-25/95 Mt. Anderson, W. Pk Hydrographic center of the Olympics. Massive Peak. Basic Mountaineer. Limit 7. Dave N. Signup starts 6/3
6/24-25/95 Mt. Adams, Mazama Glacier route (east of standard South Spur route) Great warm up for Rainier. Rik A. 232-8908 Experience. Limit 5. Sign up starts 6/17. Dave N. 752-9214
7/1-4/95 Bears Breast Mountain, via middle fork Snoqualmie. Rock Climb. Limit 8. Sign up starts 6/17 Dave N 752-9214
7/19-21/95 **First All Woman OSAT Mt. Rainier Climb** Sign up opened with the announcement of the climb in the last Yodel. Limit 12. Call Shirley R (688-1624) if you want to be placed on the alternate list. (Yes, it's already full!)
7/29-30/95 El Dorado. Beautiful Area. Glacier Travel Experience Required. Limit 12. Priority given to women willing to carry light packs. Jim H. Sign up starts June 1st. Jim H.
8/11-13/95 (Fri/Sun) Mt. Triumph. This is supposed to be a classic alpine rock climb along an exposed ridge. Third day is to enjoy the views. Limit 6. Sign up starts May 1. Jim H. 641-7983.
MAY? Tatoosh Traverse (MRNP -4 days) May?? Rik A. 232-8908
JULY? Mt. Rainier, Emmons Glacier. Two day climb. 2nd attempt to get my daughters on the summit. 9 OSATers. Rik A.
JUL/AUG Kings Peak, Utah. 4-5 days. Highest peak in Utah. Rik A. 232-8908

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: Rik A. 232-8908, Lisa R. 228-8003, Steve S. 838-4287, Dave N. 752-9214, Doug H., 644-6330

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, Terri St. 743-5190, Winton C. 862-4895, Ivar 776-7213

Communications Committee: (Newsletter)
(Membership) Teresa F. 353-8154

(Hotline) Pam G. 742-4274, (Hotline Follow-up) Lisa L. 228-8003,

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 _____

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!

SINGLES NEWSLETTER CATERS TO THOSE WHO LIKE THE OUTDOORS

Outdoors Singles Network (OSN), a bi-monthly newsletter for outdoor-loving singles ages 19 to 90, is entering its sixth year of service. Published by Kathleen Menke of McCall, Idaho, OSN reaches out to singles across the nation, in Canada, and overseas who have a strong interest in outdoor-oriented activities and in meeting new friends with similar interests. Subscribers include hikers, bikers, walkers, people who like hunting and fishing, rafters, kayakers, canoers, surfers, skiers, photographers, sailors, beach-combers, dog-sledders, adventurers, and travelers. The newsletter features personal ads placed by singles seeking penpals, tripmates, new friends, and personal relationships.

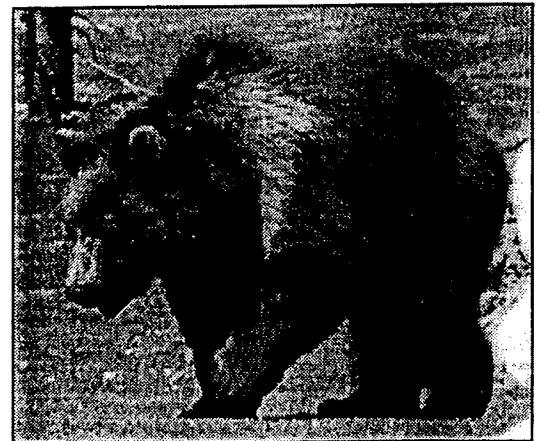
At least four couples have met and married through the service. The first couple, a woman from Grand Junction, Colorado and a man from Ft. Collins, Colorado have been married for three years and now live in Idaho Falls, Idaho. Another couple, a fisherman from Alaska and a woman from Alberta, Canada, ultimately settled in Washington on Bainbridge Island. A woman from Nevada and a man from California, billing themselves a desert/mountain mix tied the knot at Ariza Borrego Desert State Park in California last fall and graced their wedding invitations with a wildflower and an aspen leaf. Most recently a man from Idaho and a woman from Germany have married and are currently living in McCall.

OSN serves the national arena, but has a strong Northwest flavor. Outdoor Singles Network is part of Menke's freelance writing and photography business, Crystal Images. Menke's work has been published in many regional and national publications including Alaska Outdoors, Aspen Magazine, Colorado Life, Idaho Wildlife, Pacific Fishing, and High Country News. Menke also has a strong interest in water resources and fisheries, and publishes a second newsletter, Idaho's Salmon Scene, which updates readers quarterly on progress of Snake River salmon and steelhead recovery efforts.

Menke started OSN in 1989 with a set of free ads given to single friends across the nation, and a shoe-string budget for advertising in a few national publications. The idea and OSN's popular open format caught on. With an aggressive advertising plan, OSN continues to grow and attract new members. OSN currently reaches several thousand new singles each year. "The fact that many people write letters of appreciation and choose to renew their memberships, tells me the endeavor has been worthwhile," Menke said. Members report making many new lifelong friends and embarking on many new adventures with contacts made through OSN. A unique characteristic of OSN is that it prints addresses directly and charges no forwarding fees. Members can subscribe and write to whomever they want whenever they want at no extra charge and with no delay. The newsletter has an upbeat style, contains positive environmental news, and features illustrations/photographs/articles from outdoor artists/writers.

















Ads placed with OSN come from a wide variety of outdoor-loving singles, from university students to seniors. Recent entries include a 6'1", 30-year old adventurous male from Washington looking for a woman to share rock-climbing, windsurfing, hiking, and canoeing interests, and a 5'10", 47-year old female from Montana "full of adventure, life, and curiosity about what's over the next hill."

A one-year subscription to OSN costs \$35. Personal ads are \$15 for members, \$25 for non-members. A first-time subscriber can place an ad for \$7 at the time of subscription. To receive a free flyer with information on subscribing and placing an ad, write OSN, PO Box 2031, McCall ID 83638 or call 208-634-3909.





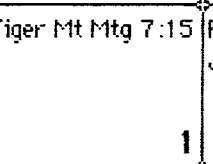
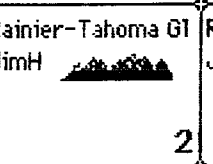
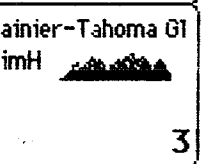
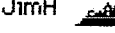





8', 400# male; brown hair with silver tips; playful, Teddy bear type; seeking outdoor-loving female who likes wrestling and bear hugs. Photos appreciated. Mac

May 1995 OSAT Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Tiger Mt Mtg 7:15 Brothers  7	Meadowdale Beach Mtg 6:30pm 1	2	Business Mtg - Sunset Elem Issaq 7pm 3	Tiger Mt Mtg 7:15 4	OSAT Denali '95 Expedition Departs  5	Serenity Hike  Brothers  6
Tiger Mt 10am Mtg Brothers  7	Meadowdale Beach Mtg 6:30pm 8	9	Climbing Course Camp Long 7pm Roped travel ★ 10	BOTS IHOP 6:00 Tiger Mt Mtg 7:15 11	12	Serenity Hike  13
Tiger Mtn 10am Mtg 14	Meadowdale Beach Mtg 6:30pm 15	16	17	Tiger Mt Mtg 7:15 18	19	Serenity Hike  Rope Trvl MRNP ★ Shuksan Ski Mtnrg DaveN 20
Tiger Mt 10am Mtg ★Camp Muir ChaA Shuksan Ski DaveN  21	Meadowdale Beach Mtg 6:30pm 22	23	24	Tiger Mt Mtg 7:15 The Tooth - JimH  25	Tattosh Traverse MRNP - Rik  26	Serenity Hike  Tattosh Travs MRNP RikA ★Granite Mtn 27
Tiger Mt 10am Mtg Tattosh Traverse MRNP Rik 28	Meadowdale Beach Mtg 6:30pm Tattosh Trav- Rik  29	30	31			

June 1995 OSAT Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Tiger Mt Mtg 7:15 JimH 1	 Tiger Mt Mtg 7:15 JimH 2	 Tiger Mt Mtg 7:15 JimH 3	 Tiger Mt Mtg 7:15 JimH 4	 Tiger Mt Mtg 7:15 JimH 5	 Tiger Mt Mtg 7:15 JimH 6	 Tiger Mt Mtg 7:15 JimH 7
Tiger 10am Mtg Rainier-Tahoma GI JimH  4	Meadowdale Beach Mtg 6:30pm 5	6	7	Tiger Mt Mtg 7:15 8	9	★ - Crevasse Rescue Alpentel or Crystal Mtn 10
Tiger 10am Mtg ★ Crevasse Res Alpentel or Crystal Mtn 11	Meadowdale Beach Mtg 6:30pm 12	13	14	BOTS IHOP 6:00 Tiger Mt Mtg 7:15 15	16	17
Tiger 10am Mtg 18	Meadowdale Beach Mtg 6:30pm 19	20	21	Tiger Mt Mtg 7:15 22	Mt Anderson-ONP DaveN  23	Adams ★ SSpur Mazama Glacr Rik Mt Anderson DaveN 24
Tiger 10am Mtg Adams CC SSpur-Mazma Gla Rik  25	Meadowdale Beach Mtg 6:30pm 26	27	28	Tiger Mt Mtg 7:15 29	30	Keep Climbing Mountains... and Don't Slip 

Check the "Model" Activities Hotline (236-0674 ext 1) or attend a meeting for updates!

Tom Downey

Scott Hall

Jim Hinkhouse

**Loving friends, knowledgeable teachers, and trusted companions,
all three.**

Given the recent, sudden passing of our friends, and the overwhelming need for all of us to share our thoughts as personally as possible to each other, this issue of the OSAT *Yodel* contains no personal messages. Such messages and other thoughts that members wish to share with each other in printed form will be collected and provided in a special Remembrance and Healing Issue of *Yodel*, coming out in about six weeks. If you would like to help with this project, please contact the editor, Marina S., at 776-7213, or write to her at 22810 - 55th Ave. W., Mountlake Terrace, WA 98043. In the meantime, the following thoughts from three non-OSAT members are offered for you to consider.

"Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends--this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives... To be helpful is our only aim."

from Chapter 7 of the Big Book (the 12th Step)
"Working with Others"- Bill W

Ode "An die Freude" (Ode to Joy)

Joy, bright spark of divinity, Daughter of Elysium,
Fire-inspired we tread thy sanctuary.
Thy magic power re-unites all that custom has divided,
All men become brothers under the sway of thy gentle wings.

Whoever has created an abiding friendship,
Or has won a true and loving wife,
All who can call at least one soul theirs, join in our song of praise;
But any who cannot must creep tearfully away from our circle.

All creatures drink of joy at nature's breast.
Just and unjust alike taste of her gift;
She gave us kisses and the fruit of the vine, a tried friend to the end.
Even the worm can feel contentment, and the cherub stands before God!

Gladly, like the heavenly bodies which He set on their courses
Through the splendor of the firmament;
Thus, brothers, you should run your race, as a hero going to conquest.

You millions, I embrace you. This kiss is for all the world!
Brothers, above the starry canopy there must dwell a loving Father.
Do you fall in worship, you millions? World, do you know your Creator?
Seek Him in the heavens! Above the stars must He dwell.

Friedrich von Schiller

"They fail, and they alone, who have not striven." T.B.Aldrich

The OSAT Yodel

June 14, 1995

Keep climbing mountains...and don't slip!

1.

ONE STEP AT A TIME (OSAT) is an outdoor club for members and friends of 12-step recovery programs. Our mission is "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."

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Greetings

If you read the last issue of the *OSAT Yodel*, you are aware that the editorship of the *Yodel* is changing. This transition issue was produced by the BOTS (Board of Trusted Servants), with help from Marina S. Beginning with the next issue, Marina S. and Anne B. will take over the editorship and distribution duties.

One way you can show your appreciation to Marina for taking on this duty is to provide her material for the *Yodel*. Submittals in any form are welcome: hand written, computer diskette (either Macintosh or IBM-compatible), or printed. Send articles to Marina at 22810 55th Ave W, Mountlake Terrace, WA 98043. The editorial deadline for the next issue is July 19, for a cover date of July 26. The next issue will be dedicated to Jimmy, Scott and Tom. Please feel free to contribute your thoughts and stories to this very special collector's edition of the *Yodel*.

12-Step Meetings

Tiger Mountain

Time: Thursdays @ 7:15 pm & Sundays @ 10:00 am

Location: The Tiger Mountain Trailhead is on the south (right) side of the High Point Way Exit (1st exit east of Issaquah) off I-90. Make a reverse U-turn onto the road parallel with the Interstate. Park as close as possible to the west end of the road.

Contact: Thursdays - Ivar S 776-7213
Sundays - Winton C862-4895

Notes: Newcomers should not try to find this meeting alone. We meet in the trees just below the summit of West Tiger 3. The hike gains 2,000 feet in less than 3 miles. Bring warm clothes and a flashlight for the evening meeting. Call Winton if you are interested in alternating secretary duties for the Sunday meeting.

Lake 22

Time: Sundays @ 4 pm

Location: Drive through Granite Falls (North and east of Everett via Rtes. 2, 204, 9, and 92) 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 on the right side of the road.

Contact: Dick or Jana H 774-1047

Notes: A great hike with beautiful waterfalls and lovely old growth forest. Easier than Tiger Mountain. The hike takes about 1.5 hours.

Meadowdale Beach Park

Time: Mondays @ 6:30 pm

Location: Take 164th St. exit off I-5. Go west on 164th, which turns sharply left and becomes 44th Ave. W. Turn right at the first light beyond the sharp left onto 168th St. SW. Proceed west across Highway 99 until you reach 52nd Ave W.. Turn right (north) on 52nd Ave. W, then (following signs to Meadowdale Beach County Park) turn left onto 160th SW, right onto 56th Ave. W, and left onto 156th SW to the parking lot. Hike 1.25 miles downhill to the meeting (and beach). Meet at the covered picnic shelter.

Contact: Terri St. 743-5190

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2.

Echos

The Yodel is always in need of contributions from members. You don't have to be writing about some harrowing alpine adventure to be of interest to your fellow members--and you don't even have to be original. If you run across a thought you find inspirational, why not share it with your OSAT friends?

Another Addiction

"I had better admit right away that walking can in the end become an addiction, and that it is then as deadly in its fashion as heroin or television or the stock exchange. But even in this final stage, it remains a delectable madness, very good for sanity, and I recommend it with passion." Colin Fletcher, *The Complete Walker III*

Notices

Advertising in this column is free for all OSAT members. All advertisements will run for one issue. To keep advertisements in subsequent issues, you must contact the editor, prior to deadline (every 6 weeks). Send your personals, gear swap offers, and situations wanted (e.g. "will belay for food") to the Yodel via the OSAT P.O. box.

Equipment Sale: Scott Hall's climbing and skiing equipment and gear will be sold on Tuesday, June 27 at 7:30 at Pam G.'s house at 5216 81st Pl SW #2. Mukilteo, WA. Ph: 742-4274. ALL PROCEEDS WILL BE DONATED to Scott's mom, Doris.

Are you feeling REALLY sore after a long week-end in the mountains (or even after lounging all day on your couch)? Visit Dr. Mark Fredrich at the Hagen Chiropractic Center at 19713 Scriber Lake Road, Lynnwood, WA 98036. Or call him at (206) 672-1822. You may also fax him a scetch of you in misery, at (206) 744-0996.

Volunteers Phone Numbers

OSAT works because its members work! The following are among those who work make OSAT what it is, by taking a specific responsibility. When you see these individuals, let them know how you feel about the job they are doing, its the only pay they get!

The health of a volunteer organization is measured, in part, by the eagerness of the membership to participate in running its affairs. The BOTS is striving to rotate responsibilities among those who wish to help. If you have an interest in serving the club in any capacity, please contact a member of the BOTS or any of the other volunteers.

Board of Trusted Servants (BOTS)

Rik A.....232-8908 Lisa T.... 486-1338
Doug H....664-6330 Steve S...838-4287
Dave N.....752-9214

12-Step Meeting Coordinators

Dick H.....863-0109 Terri St....743-5190
Winton C.862-4895 Ivar S.....776-7213

Contact Persons

Activities.....Joseph H.....241-6378
Activities Hotline..Rob G.....824-7972
Avalanches.....Paul C.....782-7297
Bicycling..... Todd F.....832-4812
Equipment.....Ivar S.....776-7213
Finances.....Dave B.....353-8154
Hotline Message....Pam G.....742-4274
Hotline follow-up..Deb. K.....789-4787
Kayaking.....Carol P.....486-2745
Membership.....Teresa F.....353-8154
Newsletter.....Marina S.....776-7213
OSAT North.....Dick H.....863-0109
OSAT East Coast...John H.....(617) 641-3423
Rock Climbing.....Anne G.....874-9771
Running.....Bob Mx.....828-3526
Safety.....Terri P.....759-9415
Service.....Steve S.....838-4287

Coming Events

Activity Hotline Instructions

For additional activities information not available at the time of publication, or to add new activities to the calendar, call the activities hotline: Dial the OSAT Hotline, 236-9674, and press "1" after the membership message begins. Rob G is

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Keep climbing mountains...and don't slip!

3.

encouraging callers to leave input and ideas regarding hikes and other OSAT activities. Feel free to utilize the "Activities" portion of the hotline as a forum for your ideas. Rob says he'll add your input, so give it a try!

ALL-WOMAN MT. RAINIER CLIMB-- NEWS

Contributed by Shirley R.

The first all woman OSAT Mt. Rainier climb will take place on July 19-21, 1995, as planned. Rope leaders are Teresa S., Herta H., Diane J., and Shirley R. The climb has been full for some time, but there may be cancellations, so call Shirley if you want to be on the climb. Participants will stay in the Paradise Lodge the night of July 18th for acclimatization.

In honor of Jim H., we are encouraging OSAT men to participate with us as "sherpas" and companions as far as Camp Muir. We will leave the Paradise parking lot at around 8:00 a.m. on Wednesday, July 19th. We will be coming down from Camp Muir probably late or mid-morning on Friday July 21st. Our summit day, July 20th, is the 5th anniversary of the very first OSAT Mt. Rainier summit day, a climb which was envisioned, organized and led by Jim H. Two rope leaders on the all-woman climb were on the original OSAT Mt. Rainier climb (Terri St. and Shirley). In addition to celebrating that anniversary, of course we will be celebrating the reality of women's recovery and what it means in our lives.

CALLING ALL "SHERPA'S"

Great opportunity for conditioning-- to carry a little extra weight up to Camp Muir and to provide a service for the summit climbers. Current climbs we need for include:

Sunday, July 9th, Paradise Parking Lot (two OSAT climbing source climbs will depart around 8 a.m.)

Wednesday, July 19th, Paradise Parking Lot--the Women's Climb will depart around 8 a.m. Male or female sherpas are welcome as far as Camp Muir!

Saturday Serenity Hikes

The first two Serenity Hikes were very serene. No one showed up for the first one, and the two who came to the second one arranged with the leader beforehand to continue to a scramble summit after the meeting.

Do you want easy (3-400 feet/mile) short (2-4 mile) hikes to destinations of serenity for a quiet meeting? If so, you're going to have to (1) participate and (2) help lead these activities.

Dave N is the coordinator for June hikes, and we don't yet have coordinators for July or August. We have a hotline to help disseminate the information. Coordinators are not (necessarily) the hike leaders, they take responsibility for finding leaders.

OSAT Trail Work Party September 16

Okay, hikers and climbers, here's an opportunity to give something back to the wilderness.

WTA has asked us to sponsor one project on Saturday, September 16. The trail will be identified at a later date. Please mark your calendar, and call Rik A (232-8908) so he can tell WTA how many Pulaskis and McClouds to bring.

Wear your heavy boots and bring work gloves, long sleeve shirt, and jeans (yes, this one time you can wear cotton-denim in the wilderness!). Your climbing helmet will be acceptable cranial protection, or you can use one of the WTA's green beanies.

Participants in previous WTA work parties can attest to the educational, spiritual, and physical benefits of trail maintenance. Last fall we worked on Lake Annette Trail, and June 4 the Lake 22 gang spruced up "their" trail.

As an added incentive to join this fun (!), Ken M has arranged with Cascade Designs to provide one of their products as a "trailhead prize" (nee "door prize"). Thanks, Ken. And thanks to all who have shared in this responsibility in the past.

GOING UP?

A list of currently scheduled climbs...

OSAT CLIMBING COURSE CLIMBS:

July 8-10: Mt. Rainier--Emmons Route. Bob C.--leader.

July 9-10: Mt. Rainier--Kautz Glacier Route. Charlie A.--leader

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Keep climbing mountains...and don't slip!

4.

July 9-10: Mt. Rainier--Disappointment Cleaver Route. Shirley R.--leader. (note: this climb was originally to be led by Jim H. who will be greatly missed).

OTHER CLIMBS:

June 23-25: Mt. Anderson--W. Peak Hydrographic center of the Olympics. Massive Peak. Basic Mountaineer. Limit 7. Dave N.--leader Ph: 752-9214

June 24-25: Mt. Adams--Mazama Glacier Route. (east of standard South Spur route). Great warm-up for Rainier. Limit 5. sign-up starts June 17. Rik A.--leader Ph:232-8908

July 1-4: Bears Breast Mountain. Via middle fork Snoqualmie. **ROCK CLIMB.** Limit 8. sign up starts June 17. Dave N.--leader Ph: 752-9214

July 8: The Tooth--South Face. **ROCK CLIMB.** Limit 3. Jim B.--leader Ph: 874-9771.

July 19-21: Mt. Rainier--*First All Women's Climb!* Disappointment Cleaver Route. Limit 12. Climb may already be full, but call to be placed on alternate list. Shirley R.--leader Ph: 688-1624

July 22: Lunden Peak **ROCK CLIMB.** Limit 3. Jim B.--leader Ph: 874-9771.

"UP IN THE AIR" CLIMBS

These are the climbs that Jim H. was set to lead. If anyone has information on who will take over, or if you would like to lead, PLEASE make the neccessary arrangements, then put the updated info, i.e whether the climb is still on, and who will lead, on the OSAT Hotline at 236-9674.

July 29-30: El Dorado--Beautiful Area. *Glacier travel experience required.* Needs leader.

August 11-13: Mt. Triumph--is supposed to be a classic alpine rock climb along an exposed ridge. Third day is to enjoy the views. Needs leader.

On-Going Activities

RUNNERS UNITE: We are still running at Greenlake on Wednesday nights. 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 than retire to the Honeybear Bakery for healthy food and fellowship. Call Bob Mx (825-3516) or Dick W (339-3751) for more info.

"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.

The OSAT Yodel

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Keep climbing mountains...and don't slip!

5.

OSAT Membership Application/Renewal Form

**ONE STEP AT A TIME (OSAT): AN OUTDOOR CLUB FOR MEMBERS AND FRIENDS OF
TWELVE-STEP RECOVERY PROGRAMS - SINCE 1991**

Essential Information: Name _____

Address _____

City/State/Zip _____

Day Phone/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 number deleted from roster
- ☐ Special instructions as follows: _____

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 or to help finance club activities. In respect of Tradition Six, OSAT Climbing Club finances and property are separate and distinct from funds held by any OSAT 12-Step groups.

ONE YEAR DUES - \$12.00 BEFORE SEPT./\$6.00 AFTER SEPT.	\$ _____
ONE YEAR COUPLES DUES (SAME MAILING ADDRESS) \$18.00\$	_____
T-SHIRTS \$11.00 EACH (SPECIFY COLOR, Available in	\$ _____
FUSCHIA, BLACK, FOREST GREEN, MOSS GREEN)	
STICKER (FOR BUMPER, WINDOW, OR EQUIPMENT) \$2EA 2/\$3\$	_____
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**

THE YODEL

MEMORIAL ISSUE

In Remembrance...

This issue of the Yodel is dedicated to the memories of our good friends and mentors Jim Hinkhouse, Scott Hall, and Tom Downey, who perished tragically in a mountain climbing accident on Mt. McKinley in late May.

The past two months have been a very difficult time for most of us. For many, it may very well be the toughest challenge we have faced yet during our period of sobriety. One thing is certain: OSAT has come together like a family and stuck together through this crisis. It is testimony to the vision that Jim Hinkhouse had when he first envisioned this group, the way we all came together and weathered the storm, and now continue in his footsteps. What an amazing miracle!

This month's Yodel is exceptionally large, due to the many contributions we received. All contributions that were turned in have been printed. We are sorry if you wished to contribute, but did not have the opportunity to do so. Please send them to The Yodel, and we will make sure they make the next issue, tentatively scheduled for late August.

This past month also saw many OSAT Climbing Course Graduates reach the summit of Mt. Rainier for the first time. Congratulations to all who made it, and all who tried! You all have reason to be proud of yourselves, and even more reasons to be grateful for your sobriety and a loving higher power. The first annual OSAT Women's Climb also took place, with a few people summiting. Many things were learned as well, and we will read more on that next issue. Another OSAT milestone!

Lastly, The Yodel has a new look! Our staff would greatly appreciate your comments and ideas. Consider The Yodel a "work in progress", kind of like our sobriety. It will never be perfect, but



*KEEP CLIMBING MOUNTAINS...AND
DON'T SLIP!*

it will always continue to improve and change, with your help!

ONE STEP AT A TIME (OSAT) is an outdoor club for members and friends of 12-step recovery programs. Our mission is "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."

What's Inside...

- ② Reflections
- ⑥ Echoes
- ⑨ 12-Step Mtngs / Phone #'s
- ⑩ Activities and Climbs
- ⑪ Notices / Membership Info.

Reflections

Although it can be difficult to put into words all of the feelings and emotions one experiences at a time of tragedy and loss, I would personally like to thank you all for your contributions to this special issue of *The Yodel*. The following thoughts, memories and poems will hopefully let us all come to know three extraordinary men just a little bit better. I have my own special memories of Jim, Scott and Tom, but I too have trouble with expressing all that I want to say. So, I now "give the floor" so to speak, to all of you.

Marina S., Editor

A note from the Downey family:

Dear OSATers-

Thank you all so much for the lovely flowers and for all of your kind thoughts, words and support during this difficult time.

And more especially, thank you for being there for Tom. I know that recovery was one of the most difficult, demanding climbs he ever made--and thanks to your support, he summited!

-- Colleen and family

Words of thanks from Scott's mother, Doris:

Dear friends-

Thank you so very much for the beautiful arrangement. There was a delightful variety-even Queen Ann's lace which we both enjoyed.

Especially thank you for the personal support and comfort given me and his sister, Dianne during this difficult time.

Many of you have given so much of yourselves. I can understand how Scott considered you all family. I learned much about Scott that I didn't know. Thank you, his many friends, for bringing out the best in Scott.

-- Sincerely yours, Doris Hall

A poem contributed by Shirley R., in remembrance of Jim Hinkhouse.

"Why Not?"

*Have you ever noticed
How the question "Why?"
Is a way to clip your wings
When you want to fly?*

*"Why should I live something new?"
"Should I even try?"
And you're trapped in the labyrinth
Of the question "Why?"*

*"Why?" Because, Because, Because. . ."
It goes on and on,
Tangled up in a web of reasons
While your life flows by.*

*Well, we've got an alternative
One we've all forgot.
When you ask yourself, "Why should I. . .?"
". . . Why not?"*

*Why not live something new?
Why not climb a tree?
Why not live a mystery?
Why not let yourself be?*

*You are free to fly!
Free to live, free to die!
You are free to be who you are
Who you are is free, that's who you really are.
Why not? Why not?*

*If you've got a good reason
Not to swim or fly,
Trust your body to tell you so
Without asking, "Why?"*

*Simply look around you,
Is there danger there?
Or are all those monsters
Merely made up out of air?*

*You are free to fly!
Free to live, free to die!
You are free to be who you are
Who you are is free, that's who you really are.
Why not? Why not?*

by Paul Rebillot

Reflections

Jim H, Scott H, and Tom D,

I look to the mountains,
From whence cometh my strength--Issiah

Tom Morgan

I only climbed with Jimmy once, but that memory left a lasting impression on me. We were on the Fisher chimney route on Mt. Shuksan and it was as though he had found something magical. His exuberance and dedication to the students he led will stay with me as long as I continue to climb.

Scott Stimpson

I sent this quote with Scott along with instructions "not to open below 14,000 feet." I'm glad that I did.

"One part of climbing is just being in the mountains; another is feeling the pleasure of movement; another part is having an adventure; another part is discovering the best truth about yourself. This The Path of The Mountain. Just being on your path. For one person the proper path is being a philosopher. For another person its being a worker. For me its staying in touch with the mountains and climbing. This is the way I find the most of life and the most truth about myself. My understanding of life is definitely shaped by Mountaineering." (Excerpted from 'Interview with Voytek Kurtyka' in Beyond Risk: Conversations with Climbers, by Nick O'Connell).

Dave B

Scott, Jim and Tom,

I'm sorry that you are gone. I know that your spirits will push me up the trails and follow me down the tracks I turn. Thanks Scott for the Easter Eggs and the bushwhack through the trees. Thanks Tom for following your dreams and hiking up Tiger and sharing it with me. Thanks Jim for talking so much about safety and having respect for the mountains. I will remember to have fun and be safe!

Ciel

Tom and I were assigned to a rope together for an intermediate course climb of Liberty Bell. We got along great and felt quite comfortable with each other right off the bat. I had a hard time with one spot and took a lot of time. He was very patient and non-judgmental, which I much appreciated. The rest of the climb went fine, and we enjoyed a sociable stroll on the trail back to the cars while the hotshots raced ahead.

Dale Flynn

I remember the weekend Jim taught me to climb. I went home that Sunday night believing I could climb over any obstacle. That was what Jimmy taught me. When I heard he died I prayed to God that I would live like Jimmy - happy, caring, free, a leader, a friend to all, a teacher, an encourager.

Eileen O'Malley-Hanna

Jimmy Hinkhouse,

A profound spiritual inspiration.

Chris S

Scott - pulling a pizza and Kentucky Fried Chicken out of his pack on the summit of Olympus; his kindness and attention to another climber whose heels were butchered by blisters. Jim - on the way up Shuksan, nearly passed out from the heat and surrounded by mosquitoes; his wild joy on every climb and his fearlessness.

Kathy O'Toole

I'll bet I was on the first (or close to it) hike Jim went on - long before his involvement in AA and Mountaineers. It was a hike to Lake Serene with his first wife, Sheila, two other couples including myself and my husband, our combined six children between 10 and 5 years old, and Jim's short-legged dog, Farful. Sheila picked the hike - only 1200 feet in 3 miles - sounded good for a family outing - what a ragtag bunch! Straight uphill, climbing hanging onto tree roots. And I was bringing up the rear - except for Jim, who was "baby-sitting" me. On the way back down, Farful fell off a cliff and my husband scrambled down to rescue him. A mountaineer's nightmare of the way to conduct a hike, for sure, but an experience we talked about for years. Don's and my best wishes and condolences to all his family and friends.

Sandi (Gunderson) McQuirk

Reflections

Jim - Thank you for bringing OSAT to life and giving a new way of life to so many. Thank you for all your encouragement when I ran the marathon in 1993. Scott and Tom - I did not know you as well as Jim, but I will miss seeing you in the mountains and at meetings. None of you will be forgotten - we are on the same trail and will be climbing always.

Karen S

By knowing Jim for just a short time, I got to know myself just a little bit better. Jim taught me that it was OK to be myself and allow myself to say "job well done." If ever I knew respect for an individual, I knew it for Jim. He will be missed not only in my heart, but in a part of me I never knew I possessed. Thank you Jim.

Chris N

Tom - Thanks for looking out for me on my first Rainier climb two years ago. You made a lasting impression on me during those three days, and I'm really sorry we never had a chance to climb together again. Scott - You were too young to leave us. I have many great memories of you, and thanks for the lawn chair and broomsticks when I hurt my knee. Thanks also for helping me up the rope on my first prussik practice. Jim - You have been a major influence in my life. Running into you and OSAT four years ago on Pilchuck is proof positive of a higher power in action. I am grateful to you for so many things. Most of all, I'll miss the genuine sincerity and eternal optimism in your voice as you would greet me at the end of a grueling hike or climb with the sound of "All Right Ivar!!!," just like you did with everyone. You always made me feel so strong. I think you were the best teacher I ever had. I will try to live by your example.

Ivar Sandsmark

I did not have the honor of knowing Tom or Scott but I know I will get to know them from those that did. I met Jim about three years ago when I first got sober. Jim inspired me to begin climbing by talking me into joining the mountaineers. This has been one of the biggest parts in my sobriety. My mother told me she prayed that God would put men in my life that would be a positive influence. I believe Jim was one of those men. Jim will be in my heart forever. For this I am grateful.

Rodney B

Jimmy Hinkhouse - A man who took the time to get to know every new person in OSAT. A man who showed me unconditional acceptance and had patience with me when I was afraid - encouraging me each step of the way. I will never forget this man who touched my life as a father figure - who was truly interested in who I was and who led a prayer to heal my mother on Easter Morning, the day of rebirth and new beginnings. Thank you Jim Hinkhouse for the miracles of your faith in the mountains as a healing source and for your faith in all of us whose lives you've deeply touched.

Linda S

Jimmy Hinkhouse - April 29, 1995 - You walked down from Whitehorse with me after my knee injury. You gave up your own summit bid to ensure my safety. You reminded me to take my pain relief, but it was truly your conversation and camaraderie that sustained me that day. Thanks man - miss you.

James Leonard

Jimmy - you were one of the first faces I saw when I came to OSAT one year ago; kind eyes and warm smile and many conversations about your experiences that you said I too could have if I truly wanted them. Scott - I came to know you through a summer of Tiger Mt. meetings; another happy smile and warm heart. Tom - I'm not sure if we ever met but I feel I will always know you. Keep climbing mountains and don't slip!

Karen S

The last time I read the promises I thought of Jim and how he is an example of promises realized. Now, I suspect I will always think of Jim when I read the promises.

Paul K

I always learned more from Jim than just what he was trying to show me. Among other things, I learned a little about patience and calm persistence. Thanks Jim.

Anonymous

Reflections

Jim, Scott and Tom,

Please be my Guardian Angels. I still need you in my life.

Stephen J. Klaas

I will always remember the unconditional acceptance and friendship from Jim, even though I was not directly involved with OSAT. I will forever remember the spirit of calmness and love that Jim extended to me and my family. I'll miss you Jim.

Larry Fidler

Jimmy - I'm new to OSAT, I have a real sloppy attitude about the outdoors because I was raised on a small farm and I got to spend a lot of my youth outside. As a result I have not as much respect for the 10 essentials as I have for common sense. In my one conversation with Jim, that is what came through in that love of outdoors was more important than everything else.

David Ray

God, grant me the Serenity to accept the things I cannot change, the Courage to change the things I can, and the Wisdom to know the difference.

Thank You, Jimmy

For the books you loaned me and the jokes you told me

For that smile of yours that gave me such joy

For falling in love with me at all those different elevations

For reminders about the value of going slow, even when everyone else went fast

For your continual patience with me except when I hiked all the way out of Peggy's Pond without my pack

For your willingness to resolve our conflicts and not let them become a burden in our friendship

For telling me I was beautiful, when no one but you could appreciate how I looked

For our first conversation on the telephone, and the subsequent meetings in preparation for the first OSAT climb of Mt. Rainier

For the great discovery that we had so much in common with our age (both born in August), our AA birthdays on the 21st of the month in the same year, the ages of our grandchildren and our love of the out of doors

For the times you took me to Port Townsend to spend time with your daughter, son-in-law and grandchildren

For the many mountains I climbed because I had a crush on you, and you talked so much

For carrying my pack just to get me up the mountain

For being even more than a friend

For walking around Greenlake in the dark with me

For the generous way in which you gave your time and energy to the creation and continuation of OSAT

For teaching me about mountaineering in a way that made it possible for me to increase my confidence and believe in who I am

For holding my hand so many times, but especially when I had surgery, and I really needed you to be there

For loving my children and grandchildren

For teaching me that I could even run a road race

For your willingness to let me be wherever I was in my emotional life, but still providing support

For staying up all night with me while we did the relay races

For being my "date" on many occasions

For calling me almost everyday after I was fired from my job

For leaving your children and grandchildren for me to love and have in my life

For leaving me the knowledge that you loved me and wanted to be a part of my life

For letting me take you to the airport when you left for Alaska so that I can still feel you in the car and hear you talking, and telling me more stories

For leaving me your memory about the four days you spent with Joshua and Ryan, so I could tell Kym what a wonderful, happy time you had

For reaching out to me in your own time of emotional need

Reflections

For teaching me about the magic and spirituality of the mountains

For sharing your own spirituality and helping mine grow

For treating me to a skydive on our Fiftieth Birthdays

For going to AA meetings with me, and always telling me how much you received from hearing me talk

For all the memories of time spent with you

And even for the memory of what might have been.

I love you, Jim

Karen E. (Parkes) Christensen

The Vast Structure of Recollection

by Rik A

(In a panic to tape an early report of the tragedy, Holly started the VCR with whatever tape was in the machine. When I viewed it, I found she had taped over one of my Northern Exposure tapes. Immediately following the news segment concerning Denali, Chris Stevens of KBHR radio comes on and reads the following, while three Indians paddle a canoe through the mist with the body of Pierre, the French explorer who was frozen in the glacier for nearly 200 years and recently discovered, still encased in ice)

"When, from the long distant past, nothing persists;
After the people are dead, after things are broken and scattered;
Still alone, more persistent, more faithful, the smell and taste of things remain
Poised a long long time, like souls, ready to remind us,
Waiting, hoping for their moment amid the ruins of all the rest.
And there, faltering in the tiny, almost impalpable drop of their essence:
The vast structure of recollection."

Remembrance of Things Past

by Marcel Proust

My recollections of Tom are misty. (Steve had to remind me that he was on the first OSAT "slow climb" of Rainier in 1993.) The OSAT fellowship grew so rapidly that far flung acquaintances experienced the joy of each other's

presence much too infrequently. My clearest memory of Tom is of the precise moment I met him three years ago,

at Stevens Pass before an ice axe arrest practice. So strong is the bond established by men like Tom, that our mutual friends had introduced us long before we actually stood next to one another, and the look in his eyes in that instant said to me "Another bright spot--what a pleasure it is to meet you. Our friends say you're ok to climb with, and that's good enough for me." The sincerity of his "thank yous" at Seatac on May 5 said the bonds across the Cascades had grown despite the separation--bonds based on mutual friendships, and the vast structure of recollection.

Memorial Day Weekends are going to have a whole new meaning for the rest of all of our lives. One of my memories of Scott dates from Memorial Day Weekend 1993: an attempt on the Tahoma Glacier. Scott related how much difficulty he had getting to the climb due to car problems. I don't recall the specifics, but the image of one of the options he considered is as clear as if it actually happened. He discarded the idea of hitchhiking because of the remote likelihood somebody would pick up a stranger of his imposing stature together with his huge pack filled for a three day climb. So he considered driving his paving company dump truck all the way to Mt. Rainier!! The incongruous image of Scott's huge truck at the Fish Creek trailhead makes me chuckle every time I think of West Side Road, whether passing it on the way to Longmire or glancing at it on a map. In the vast structure of recollection, the difference between truth and imagination is blurred, unimportant.

For the six years since our Mt. Hood Leuthold Couloir climb, my enduring memory was refreshed every time I put on my gaiters and saw the crampon slash I put in them after Jim had shouted "Great steps, Rik", pumping me with an adrenalin overload. It wasn't until after Jim died that the truly important recollection of that climb came to me. It arrived by way of three angels: my daughter, a non-climbing friend of Jim's, and a priest helped me piece together a truth about Jim. As Vanessa recalled: "He always knew just how far back to be; not too close so you knew you were doing it on your own, but not so far that you felt alone." The vast structure of recollection hit me like a freight train.

Jim once told me of a BCC writing teacher's favorable reaction to a phrase he wrote, "a Sound of Music descent," a phrase with immediate meaning to most of the people on the globe in the latter half of the 20th Century. If I can be so bold as to add to the vast structure of recollection, here's a suggestion: whenever you're looking down on a high hanging meadow, or open a book to the picture of one, or stand in awe at Paradise; remember Tom, remember Scott, remember Jim, and think of a Sound of Music descent.

Echoes

The Yodel is always in need of contrubutions. You don't have to be writing about some harrowing adventure to be of interest to your fellow members. We'd love hear about your climbs, thoughts or otherwise. If you have a story you'd like to tell, or run across a thought you find inspirational, why not share it with your OSAT friends?

~~~~~

### The Sisters Volcanoes, Oregon

May 26-28, 1995

by Pam G.

**Climbers included Hoot H, Robert T, Bob M, Lisa L, Larry and Pam G.**

Climb leader Hoot H's goal is to climb all the volcanoes in the Cascade Range over 10,000 feet. The Three Sisters had been on his "list" for some time, and I was honored to be on his climb and part of his dream.

The Memorial Weekend drive was a long one--reaching the town of Sisters after 11pm, Friday. We finally camped at the city campground after driving around in the dark for 1/2 hour trying to locate it. We were tired and frustrated but had some laughs as Bob drove through bushes, trees and over curbs, putting Lisa's car through a 4-wheel test. The entrance seemed to be hidden, but maybe we were too tired to see the signs, who knows.

The next day, we awoke to the aroma of breakfast, as Robert had brought his "kitchen". He filled our belly's with one of his famous breakfasts, consisting of sausage, eggs, blueberry pancakes, and other goodies. I always know I'm going to eat well when I climb with Robert!

Blessed with perfect weather, my wild and crazy climbing companions and I trudged the four and a half hours to base camp at 6,500'. This was a new challange for me--the heaviest pack I've ever carried and no sherpas!!! As I struggled with the haul, Robert offered to help carry my pack the last 500 feet. I graciously refused, determined to take those last steps, one step at a time. It was so

empowering for me to reach base camp with all that weight!--Thanks God!

Our view from base-camp of the Sister's Wilderness was one of the most gorgeous I've seen in the cascades. It's been described as the "Garden of Eden", and I could see why.

We set up camp, at a good meal, and prepared our gear for the morning. Hoot's plan was to awake at 3am (geez, I hate mornings!), attempt the "Narley North Sis", then traverse over and climb the "Middle Sis". The "North Sis" is known to have dangerous rock fall, very vertical, and lots of exposure. It is not climbed near as much as the other sisters, and I was feeling some major fear about attempting the "Narley North". But, I knew I was with experienced climbers and friends and that we wouldn't do anything too dangerous.

At about 6pm, on Saturday, Robert borrowed Bob's new cell-phone to see if the airwaves would carry his voice home to Marsha. I glanced over and saw Robert talking, but then he suddenly fell to his knees. He screamed "not all three of them!" At that moment we feared something had possibly happened to his grandchildren.

His grandkids were fine, but we were to find out that the shocking news was to be the deaths of our three friends, Tom, Jimmy, and Scotty who had been climbing Denali, and had been expected to return home the next day. Marsha was quite reluctant to tell Robert this devastating news while we were on our climb. Looking back, I feel grateful to have been with my close friends when we learned of the accident.

How could these very experienced climbers had died in an accident?? We were all shocked, devastated, and wanted answers. We weren't quite sure what to do, being so far from our other OSAT friends. Should we pack up and go home? We sat in stunned silence, crying and wondering what had happened. Somehow, God gave us the strength to have an AA meeting, at last enabling us to verbalize the emotions we were feeling.

My first reaction was to get off this mountain and head home to Seattle to be with the rest of you. We took a group conscience and decided that Tom, Jimmy and Scotty would have wanted us to climb. In fact we knew they would be pissed if we didn't.

Being too emotionally exhausted to attempt the original 3am call to the "Narley North Sis", we chose to climb the "Middle Sister", at whatever

## Echoes

time we awoke. It was only a 4000' gain and not near as technical as the "N.N.S."

At 5am, we were awake, after very little sleep, but the beautiful sunrise made it worth getting up. We were blessed with another perfect day to climb. Lisa chose to stay at camp, but joined us in a Serenity prayer and wished us a safe journey.

As we climbed, heaps and heaps of mountains came into view--The Sisters, Broken Top, The Brother, The Husband, Bachelor and many, many more. It was absolutely awesome. Our spirits were high as we focused on the climb. At 8am, we stopped for a snack in the warm sun. We rested, then roped up in preparation for travel across the glacier. I was so happy we had chosen to go ahead and climb.

Very few climbers were on the mountain, as we hit the summit by 11am. I had never seen such intense beauty in the Cascades! We hugged and cried and took photos of one another on the summit. As we kicked back to enjoy the view, we dedicated this climb of the Middle Sister to our friends on Denali--it felt like the right thing to do.

Someday, we'll climb those other Sisters, to help complete Hoot's dream. But on this day, we were successful in remembering that it's not the summit, but the journey that takes you there.

Keep climbing mountains, and don't slip.

\*\*\*\*\*

### **Twelve Tips for Climbing a Mountain and Healing Your Life**

Anonymous Contributor

- 1) No matter where you go, there will be bugs.
- 2) The only way to get there is one step at a time.
- 3) Watch for footprints and take heart, knowing that others have been there ahead of you.
- 4) There is more than one way to get there, but sometimes there will be only one foothold you can depend on.

5) Sometimes it will be boring. Keep going.

6) Sometimes it will be scary. Keep going.

7) Sometimes you will get tired. Stop and rest.

8) Sometimes you will not know which way to go. Look around, then give it your best shot. You can always go back and try again.

9) It's not as hard as it looks. It's also not as easy as it looks.

10) As you go, you will gain skill and confidence. But keep your concentration up. There are many things that can make you slip. A slip can not only undermine your confidence, it can be dangerous.

11) Wherever you go, you will create change and you will be changed.

12) When you get to the top, enjoy the view, then get ready to climb the next one.

### **Mt. Adams-Mazama Glacier**

**June 24-25**

**by Rik A**

**Climbers included Rik, Anne B, Ivar S, Winton, Bill L, Ciel S, Ken M, Larry A, Linda S, Rod B, Terri P**

Eleven showed up at the trailhead on a glorious weekend with virtually unlimited visibility and perfect snow conditions for climbing. (One no-show cheated someone on the waitlist from a fabulous weekend.) The road above Morrison Creek was its usual (I'm told) horrid condition, but thanks to OSATers with 4WD we were treated to a bumpy ride rather than a long walk to within a mile of the trailhead.

We left the trailhead about 11am, the same time as the OSAT South Spur group under Steve S's leadership. All had lunch together at the timberline before saying our "good-byes" and "good lucks". The east-side climbers headed for South Butte, where we roped up to cross onto the Yakima Indian Reservation and the Gotchen and lower Mazama Glaciers. The first half of this section was below the rather menacing east wall of Suksdorf Ridge, which littered the glacier with washing-machine-size boulders for which our helmets would provide scant protection. But since there was little elevation gain, we were able to move quickly past, and on to the Sunrise (Mazama Saddle) Camp, which we had to ourselves. Indeed, the entire east side of the mountain was ours. Long after the sun dipped below Suksdorf Ridge, we watched it illuminate Hood, Jefferson, and the Three Sisters to the south.

## Echoes

Sunday morning we left the camp at 5:05 (a near on-time departure! - congratulations) and headed up the glacier. After considering the options for the upper 600 feet of the glacier, we elected to catch the ridge at about 10,300 feet rather than chance dangerous conditions on the steeper section of the glacier. While a couple of South Spur climbers and their dog wandered aimlessly (and ropelessly) out onto the glacier below us, we exited to the rocks. This involved the only tricky part of the route we picked, but the frozen snow yielded reasonable 4-inch deep steps as we rounded the final steep section between bergshrunds, and the entire party reached the rocks without incident.

From there we gazed west across and down the South Spur anthill and Lunch Counter tent city--every able-bodied climber in region was trudging up the route. We checked our rear-view mirrors and carefully merged into the traffic up to the 12,276 foot objective. Our timing was near perfect, as both OSAT groups were on schedule, and we all were soon exchanging hugs and high-fives on the summit: OSAT groups on both routes were 100% successful!

*Montani semper liberi!*

~~~~~

12-step meetings

Tiger Mountain

Time: Thursdays @ 7:15 pm & Sundays @ 10:00 am

Location: The Tiger Mountain Trailhead is on the south (right) side of the High Point Way Exit (1st exit east of Issaquah) off I-90. Make a reverse U-turn onto the road parallel with the Interstate. Park as close as possible to the west end of the road.

Contact: Thursdays - Ivar S 776-7213
Sundays - Winton C 862-4895

Notes: Newcomers should not try to find this meeting alone. We meet in the trees just below the summit of West Tiger 3. The hike gains 2,000 feet in less than 3 miles. Bring warm clothes and a flashlight for the evening meeting. Call Winton if you are interested in alternating secretary duties for the Sunday meeting.

Lake 22

Time: Sundays @ 4 pm

Location: Drive through Granite Falls (North and east of Everett via Rtes. 2, 204, 9, and 92) 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 on the right side of the road.

Contact: Dick or Jana H 774-1047

Notes: A great hike with beautiful waterfalls and lovely old growth forest. Easier than Tiger Mountain. The hike takes about 1.5 hours.

Meadowdale Beach Park

Time: Mondays @ 6:30 pm

Location: Take 164th St. exit off I-5. Go west on 164th, which turns sharply left and becomes 44th Ave. W. Turn right at the first light beyond the sharp left onto 168th St. SW. Proceed west across Highway 99 until you reach 52nd Ave W.. Turn right (north) on 52nd Ave. W, then (following signs to Meadowdale Beach County Park) turn left onto 160th SW, right onto 56th Ave. W, and left onto 156th SW to the parking lot. Hike 1.25 miles downhill to the meeting (and beach). Meet at the covered picnic shelter.

Contact: Terri St. 743-5190

Volunteers Phone Numbers

OSAT works because its members work! The following are among those who work make OSAT what it is, by taking a specific responsibility. When you see these individuals, let them know how you feel about the job they are doing, its the only pay they get!

The health of a volunteer organization is measured, in part, by the eagerness of the membership to participate in running its affairs. The BOTS is striving to rotate responsibilities among those who wish to help. If you have an interest in serving the club in any capacity, please contact a member of the BOTS or any of the other volunteers.

Board of Trusted Servants (BOTS)

Rik A.....232-8908 Lisa T.... 486-1338
Doug H664-6330 Steve S....838-4287
Dave N752-9214

12-Step Meeting Coordinators

Dick H.....863-0109 Terri St....743-5190
Winton C ...862-4895 Ivar S.....776-7213

Contact Persons

Activities Hotline..Rob G.....824-7972

Avalanches.....	Paul C.....	782-7297
Bicycling.....	Todd F.....	832-4812
Equipment.....	Ivar S.....	776-7213
Finances.....	Dave B.....	353-8154
Hotline Message.....	Pam G.....	742-4274
Hotline follow-up....	Deb K.....	789-4787
Kayaking.....	Carol P.....	486-2745
Membership.....	Teresa F.....	353-8154
Newsletter.....	Marina S.....	776-7213
OSAT North.....	Dick H.....	863-0109
OSAT East Coast.....	John H.....	(617) 641-3423
Rock Climbing.....	Anne G.....	874-9771
Running.....	Bob Mx.....	828-3526
Safety.....	Terri P.....	759-9415
Service.....	Steve S.....	838-4287

Activities Hotline Instructions

For additional activities information not available at the time of publication, or to add new activities to the calendar, call the activities hotline: Dial the OSAT Hotline, **236-9674**, and press "1" after the membership message begins. Rob G is encouraging callers to leave info about upcoming climbs or other activities, and so far, there has been some great participation. So, the next time you get a last-minute urge to hit the trail, give the "Activity Hotline" a call!

Current and Future Activities

RUNNERS UNITE!

We are still running at Greenlake on **Wednesday nights**. 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 (ack!) and then retire to the Honeybear Bakery for healthy food and fellowship. Call **Bob Mx (825-3516)** or **Dick W (339-3751)** for more into.

THE OSAT ANNUAL CAR CAMP!!

It's time once again to pack up your tent and bring your favorite ghost story! **THE 4TH ANNUAL OSAT CAR CAMP** is coming up **Sept. 29, 30 and Oct. 1**. at the

Martin Creek Campground right off the Mountain Loop Highway. (more info is on the way) This is a great opportunity to relax, relate and rejuvenate! There will be lots of meetings, hikes, and fun for families and kids of all ages. Call **Pam G** for more information at **742-4274**.

OSAT Trail Work Party September 16

Okay, hikers and climbers, here's an opportunity to give something back to the wilderness.

WTA has asked us to sponsor one project on **Saturday, September 16**. The trail will be identified at a later date. Please mark your calendar, and call **Rik A (232-8908)** so he can tell WTA how many Pulaskis and McClouds to bring. Wear your heavy boots and bring work gloves, long sleeve shirt, and jeans (yes, this one time you can wear cotton-denim in the wilderness!). Your climbing helmet will be acceptable cranial protection, or you can use one of the WTA's green beanies. Participants in previous WTA work parties can attest to the educational, spiritual, and physical benefits of trail maintenance. Last fall we worked on Lake Annette Trail, and June 4 the Lake 22 gang spruced up "their" trail. As an added incentive to join this fun (?!), Ken M has arranged with Cascade Designs to provide one of their products as a "trailhead prize" (nee "door prize"). Thanks, Ken. And thanks to all who have shared in this responsibility in the past.

GOING UP?

A list of currently scheduled climbs.....

(please note: if you submit information about leading a climb, be sure to include the date, the place, experience required, if any, the limit, your name, and your phone number.)

July 29-30: El Dorado--*glacier travel and steep snow experience required*. Limit 6. Chuck T--Leader
Ph: 522-7208.

August 5-6: Mt. Baker--Park Glacier Head Wall route--*glacier travel experience required*. Walt --Leader
Ph: 745-8413.

August 12-13: Mt. Rainier--Kautz Glacier--*experienced climbers only*--it will involve some ice climbing. Limit 6.
Jim B.--Leader Ph: 874-9771.

August 19-20: Mt. Triumph--North West Ridge. *Rock Climb--experienced climbers only.* Limit 4. Jim B.--Leader. Ph: 874-9771.

August 12-14: Mt. Ranier--Emmons Glacier. Limit 12. Charlie A --leader. Ph: 932-7195.

August 19: Kaleetan Peak, Alpine Lakes Wilderness. Meet at the North Bend McDonalds at 7am. Chuck T--leader Ph: 522-7208.

August 19-20: Sport Rock Climb Week-end in Vantage. A great opportunity to learn to rock-climb. You will be car-camping. Limit 12. Bob C.--leader. Ph: 228-1005.

August 26-27: Slone Peak climb. Steve S.--leader Ph: 838-4287 or 473-7474.

September 1-4: Dome Peak-8920 ft.--*glacier experience required.* Its a Friday-Monday climb. Expect to go 14 miles on first day to camp. Limit 6. Chuck T--Leader. Ph: 522-7208.

September 2: Rock Climbing fieldtrip planned. Another great chance to learn about Rock. Location To Be Determined. Jim B.--Leader Ph: 874-9771.

December 17: Mt. Hood Winter Climb. Sign-up begins November 1. Limit 12. Bob C.--Leader Ph: 228-1005.

Notices

Advertising in this column is free for all OSAT members. All advertisements will run for one issue. To keep your ad in subsequent issues, you must contact Marina, prior to deadline (every 6 weeks). Send your personals, gear swap offers, and situations wanted (e.g. "will belay for food") to the Yodel, via the OSAT P.O. BOX. or to Marina S. directly at 22810 55th Ave. W., Mountlake Terrace, WA 98043.

Aluminum Drafting Table for sale. \$100 or best offer. Please contact Doris Hall for information. Ph: 360-691-6203.

OSAT T-shirts! We still have some of last year's design left. Color and sizes are limited. A great deal, though, at \$5.00 each! Call Teresa F. for info. Ph: 353-8154.

BRING OUT THE ARTIST IN YOURSELF... OSAT wants you! It's time for a new design to adorn our bodies with. OSAT is soliciting designs for a combination of Memorial shirt for Tom, Scott and Jimmy, and OSAT yearly shirt. If you are interested in giving your artistic side a try, submit your sketches to Teresa F. ASAP (or by Aug. 15). Ph: 353-8154.

A BIG THANKS! Jennifer P. would like to thank all those who helped her hobble off of Tiger Mountain a couple Thursdays ago. The members of OSAT come through for each other again, lending a helping hand and some great fellowship in a very painful time of need.

Thoughts from BOTS

A message from Doug H., Board of Trusted Servants (BOTS)

Griefings fellow OSAT'ers. First of all, I would like to express my personal grafitude for the way all of us came together as a family during this last month and a half. As always, its a shame that it takes tragedy to find out how close we can all be, but I am nonetheless grateful for all of us.

By the time this hits the press, the OSAT climbing course will have compleeted it's Mt. Rainier climb, and we should have had the 1st all women's climb of Mt. Rainier as well! What an accomplishment!

As we move through the summer, there are still more activiefies to participate in, more fellowship for the giving (and faking). I'm looking forward to seeing as many of you as I can, both on the trail, on summifs and wherever we go! It was great to see how well represented OSAT was at the 60th AA Convention in San Diego! A great time was had by all!

From a club perspective, things seem to be going fairly smooth. The biggest concern lafely has been the adoption of a club fradifion on party size.

Don't forget, nominations for BOTS elections are going to be coming up by the time the Annual Car-Camp rolls around. there are 3 posifions open, and believe me, if is a great opporfunity. Also, I believe that Dave. B is looking fo hand off the Treasurer's posifion.

On the personal side, over the last couple of months, I haven't been getting out on the trail much, or been getting much regular exercise at all. It's interesting to see how much a part of my recovery that exercise has become. Meaning that without it as a part of my life, I have really felt myself getting (going) off-center. So here I go, committing to whomever reads this that I will exercise (hiking, climbing, running, whatever it takes) to get myself and keep myself as centered as possible. Thanks OSAT for giving me this gift of my recovery, this gift to my life.

Keep Climbing Mountains and Don't Slip!

Notes from June BOTS meeting

The issue of the OSAT party size has been tabled for further discussion.

Service--Steve S reported that the gratitude dinner is tentatively scheduled for November 11th at the Kennydale Hall. If you would like to help with this, please contact him.

Membership--88 forms were mailed to OSAT members who had not paid their dues, encouraging them to do so. There were 24 renewals and 5 new members for the months of May/June.

Communications--The new editorship of the Yodel was discussed. It is requested that anyone with input, stories or info contact Marina or Anne B.

The hotline seems to be doing well. Anyone with upcoming activities that did not make it into the Yodel are encouraged to call Rob with the info and he will update the activities hotline. Contact Pam G for general hotline info.

New Business:

OSAT HOTLINE--The question was brought up as to what info should appear on the OSAT hotline. This arises from the fact that several news agencies called the numbers of the people on the hotline to gain more information about the climbers who perished on Mt. McKinley. It was decided that whether or not people's names and numbers appear on the hotline, in regard to meetings or activities is an AA issue, and each AA meeting should take a group conscience to decide whose name and number, if any will be on the hotline.

Information for newcomers--The idea of sending a one page informative letter to prospective newcomers was brought up. This letter would contain all pertinent info in regards to meetings and activities as well as numbers to contact. The letter will be geared more toward newcomers and the info they require in regards to the club. A release form and an application will be included in the mailing. This new format will decrease the amount of material being mailed and should help to make things clearer for newcomers. Thank you Doug H for creating this new format.

Bulk Mailing--The idea of bulk mailing for the Yodel was brought up. Cliff will be discussing the matter with the Yodel editors to determine if it will save the group money.

OSAT Publicist--The incidence with the news media calling people on the OSAT hotline and requests for Straight Talk radio also on the hotline raised the issue of having an OSAT publicist through which all these types of requests would be channeled. This will help eliminate individuals making decisions for the group. It was

suggested that Karen C. have this position. Doug H will speak with her about it.

The second and last of the Mt Everest expedition T-shirts was raffled off after the meeting. Teresa F was the lucky winner.

Echoes from OSAT East

We are very excited to bring you news and stories from OSAT on the East coast!!

Mount Greylock

Highest mountain in Massachusetts (3487 ft)

by John Hagg

This hike would have been much easier if I had read the directions more carefully. The book said the trail started at the State Park Campground, but I started 6 miles away (adding 12 miles to the hike) at the State Park Visitor Center. I make a mental note of how lousy the map was and started following the blue triangles marking the trail. There is a road to the summit and the trail crosses it several times. The road had been closed for the winter and wouldn't open til mid May, but I came across a couple park rangers working on the road. They gave me a map and showed me where I was on the trail but I didn't check the scale. I should have checked after they asked me if I was spending the night on the summit. I did see that I had two other peaks to climb before I got to Greylock. It was a beautiful day and I saw some white-tail deer near the trail. The last two miles, I was on a section of the Appalachian Trail (which runs from Canada to Georgia). There is a high stone tower on top which is a War Memorial. I guess visitors can go up the tower in summer when the park is open. It was a clear day and to the east I could see Wachusett Mountain in central Mass., where the Elevate Your Sobriety group meets on Sunday morning. To the northeast, New Hampshire, North--the green mountains of Vermont. A short distance west was New York and Connecticut to the south. I made it back before dark. Glad I had my REI jungle juice, the place was loaded with black flies. Back home I nursed my blisters, but was back on the trail the next week.

+++++

Wachusett Mountain

Central Massachusetts - The first "Elevate your Sobriety Meeting" - by Deb

It was a grey, drizzling and rather cold and unpromising day - sort of like my own mother. Distant. Unknowable, but definitely a force in my life, my makeup, my beauty. So I said yes, as I was taught. We left our little nucleus, our brick tit at

Echoes from OSAT East

7:30 am. Four of us - unsure, slightly uncomfortable but safe because we had something in common - not just AA, not just years of hopelessness and misery, not just John's car.

When we reached the base there was time to stretch, yawn, pee, separate and breath. The mountain was there - like a loaf of bread - I can do that, I thought to myself. I am not alone.

The hike itself was steep, rocky, hard. I broke into a sweat. John did too. May lagged behind - after two liver transplants I would too. May had something I wanted, not her liver, a state of mind, clarity. It wasn't a race - the competition was over 15 years ago for me. Alcohol won.

At the top the sun was out. At 9:00 we sat in a circle and felt the reward. Great Spirit, self, relief, companion, call it many names all over the world, but it comes - after the hike on top of MT Watchusett inside your mind, your heart in time. It helps to do it.

YODEL STAFF

Marina S	Editor
Ivar S	Contributing Editor
Anne B	Circulation
Deb K	Asst. Circulation
Teresa F	Mailing List
Dave B	Asst. Mailing List

We appreciate any and all contributions! Without your input, there would be no Yodel! Please continue sending your trip reports, stories, thoughts, and ideas. Also, if you have a computer, we would greatly appreciate your stories sent to us on computer disk. The Yodel is published using Microsoft Word 6.0, however, your disks can be converted from previous versions of Word, as well as Word Perfect, for IBM as well as Macintosh. Be sure and send a hard copy along with your disk just to be sure, and as always, make sure you have a backup! Please send all submittals to: Marina S., 22810 - 55th Ave. W., Mountlake Terrace, WA 98043. And, for you really up-to-date types, send us your submissions via Cyberspace to: 74557.1717@compuserve.com. See you next issue!

Ed.

"The relationship of height to spirituality is not merely metaphorical, it is physical reality. The most spiritual people of this planet live in the highest places. So do the most spiritual flowers...I call the high and light aspects of my being spirit and the dark and heavy aspect soul. Soul is at home in the deep shadowed valleys. Spirit is a land of high, white peaks and glittering jewel-like lakes and flowers...People need to climb the mountain not simply because it is there, but because the soulful divinity needs to be mated with spirit."

The 14th Dalai Lama of Tibet.

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# THE YODEL

## WELCOME TO AUTUMN

**S**ummer is passing, and soon we'll breathe in cool, crisp air as colors transform all around us. Mother Nature will once again dip into her palate and create beautiful and bold hues to splash across a new canvas.

The coming of a new season is always a remarkable time. It's a time of rebirth and change. A time of reflection, but also a time to look forward. Okay, I'm starting to sound like The Byrds singing "Turn Turn Turn". I do, however, really enjoy the passing of one season into another, I always have.

This past summer was a very difficult time for most of us, with the passing of three very dear friends. The members of OSAT came through for each other, though, providing much needed fellowship and support, for which I am personally thankful. As we move forward, Jimmy H, Scott H, and Tom D will remain in our hearts, and will hopefully guide us to new heights.

As you read through this issue, you'll see a lot of things happening with the club. First, it's important to point out, that at the *September 7th Tiger Mountain meeting, it was decided among the group to change the meeting time from 7:15 to 7:00 pm*, due to how dark it is getting to be. The meeting will still be one hour, ending @ 8:00 pm. This change will only be until the meeting is moved to IHOP at the end of October.

As you can see, this issue of *The Yodel* is stuffed full of new information and great stories of summer climbs and activities. I really appreciate the contributions we've had for this issue, and encourage you to keep sending your trip reports, thoughts, notices, personals, and any information you think club members might find useful.

As was mentioned in the previous issue, *The Yodel* is a "work in progress". We will always welcome your suggestions and ideas, so that we may continue to improve the look, style and "readability" of this newsletter.

Have a great Autumn!--Marina S, Ed.



KEEP CLIMBING MOUNTAINS...AND  
DON'T SLIP!

**ONE STEP AT A TIME (OSAT)** is an outdoor club for members and friends of 12-step recovery programs. Our mission is "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."

## What's Inside...

- ② 12-Step Mtngs / Phone #'s
- ③ Activities and Climbs
- ③ Notices
- ④ Climbing Club News
- ⑥ Echoes



## 12-step meetings

### Tiger Mountain

Time: Thursdays @ 7:00 pm & Sundays @ 10:00 am

Location: The Tiger Mountain Trailhead is on the south (right) side of the High Point Way Exit (1st exit east of Issaquah) off I-90. Make a reverse U-turn onto the road parallel with the Interstate. Park as close as possible to the west end of the road.

Contact: Thursdays - Jim K 558-4301  
Sundays - Winton C 862-4895

Notes: Newcomers should not try to find this meeting alone. We meet in the trees just below the summit of West Tiger 3. The hike gains 2,000 feet in less than 3 miles. Bring warm clothes and a flashlight for the evening meeting. Call Winton if you are interested in alternating secretary duties for the Sunday meeting.

### Lake 22

Time: Sundays @ 4 pm

Location: Drive through Granite Falls (North and east of Everett via Rtes. 2, 204, 9, and 92) 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 on the right side of the road.

Contact: Dick or Jana H 744-1047

Notes: A great hike with beautiful waterfalls and lovely old growth forest. Easier than Tiger Mountain. The hike takes about 1.5 hours.

### Meadowdale Beach Park

Time: Mondays @ 6:30 pm

Location: Take 164th St. exit off I-5. Go west on 164th, which turns sharply left and becomes 44th Ave. W. Turn right at the first light beyond the sharp left onto 168th St. SW. Proceed west across Highway 99 until you reach 52nd Ave W.. Turn right (north) on 52nd Ave. W, then (following signs to Meadowdale Beach County Park) turn left onto 160th SW, right onto 56th Ave. W, and left onto 156th SW to the parking lot. Hike 1.25 miles downhill to the meeting (and beach). Meet at the covered picnic shelter.

Contact: Terri St. 743-5190

782-8858?

## Volunteers Phone Numbers

OSAT works because its members work! The following are among those who work make OSAT what it is, by taking a specific responsibility. When you see these individuals, let them know how you feel about the job they are doing, its the only pay they get!

The health of a volunteer organization is measured, in part, by the eagerness of the membership to participate in running its affairs. The BOTS is striving to rotate responsibilities among those who wish to help. If you have an interest in serving the club in any capacity, please contact a member of the BOTS or any of the other volunteers.

### Board of Trusted Servants (BOTS)

Rik A.....232-8908 Lisa L....735-4039  
Doug H.....889-2041 Steve S...838-4287  
Dave N.....752-9214

### 12-Step Meeting Coordinators

Dick H.....659-9072 Terri St....743-5190  
Winton C ...862-4895 Jim K.....558-3856

### Contact Persons

Activities Hotline..Rob G.....824-7972  
Avalanches.....Paul C.....782-7297  
Bicycling.....Todd F.....832-4812  
Equipment.....Ivar S.....776-7213  
Finances.....Dave B.....353-8154  
Hotline Message....Pam G.....742-4274  
Hotline follow-up.... Deb K.....789-4787  
Kayaking.....Carol P.....486-2745  
Membership.....Teresa F.....353-8154  
Newsletter.....Marina S.....776-7213  
OSAT North.....Dick H.....744-1047  
OSAT East Coast...John H.....(617) 641-3423  
Rock Climbing.....Anne G.....874-9771  
Running.....Bob Mx.....825-3526  
Safety.....Terri P.....759-9415  
Service.....Steve S.....838-4287

### Activities Hotline Instructions

For additional activities information not available at the time of publication, or to add new activities to the calendar, call the activities hotline: Dial the OSAT Hotline, **236-9674**, and **press "1"** after the membership message begins. Rob G is encouraging callers to leave info about upcoming climbs or other activities, and so far, there has been some great participation. So, the next time you get a last-minute urge to hit the trail, give the "Activity Hotline" a call!

## Current and Future Activities

### WTA TRAIL WORK PARTY!

Washington Trails Association has selected McClellan Butte as the trail maintenance project for Saturday, September 16: OSAT DAY for WTA! Men, women, and children are all welcome. The picture in a recent *Seattle Times* story on WTA trail work parties showed three kids, the oldest of whom was 8 years old, carrying a 12-foot log! Come on, OSATers, these folks (and our trails) need your help!!

As an added incentive, if we get a minimum number of OSAT volunteers, Cascade Designs has donated one of their products as a "trailhead prize", thanks to Ken M. But don't come for the prize, or the WTA Coke and cookies, or the traditional OSAT fellowship: come because its the right thing to do.

McClellan is one of my personal favorites for early spring conditioning, and I'd greatly appreciate your help in improving the trail. Parking at the trailhead is somewhat limited, so let's meet at North Bend McDonald's at 7:30, or be at the trailhead located at I-90 exit 42 at 8 o'clock. PLEASE CALL RIK (234-1770) if you plan to attend, so we can give WTA an idea of how many tools to bring for us. But don't let not calling Rik be your excuse for not coming (that triple negative means "Be there, even if you don't call!").

**N.W. AIDS WALK--** Britt will be participating in this event, and he would love for you to join him! If you want to stamp-out AIDS, here's your chance to help. The N.W. AIDS Walk, is **Sunday, September 24th**. It starts at Memorial Stadium in the Seattle Center. You do need to be registered to participate. So the next time you're grabbing that double-tall/skinny/no foam at Starbucks, ask about a registration form, or call **Britt at 277-8209**.

**BOO!** Halloween is just around the corner, and Terry P., has graciously offered her crypt, er, new home for a "Halloween / Housewarming" party, on **Saturday, October 28th**. As in traditional OSAT style, it will be potluck. Start planning your most outrageous costume, and hop on your broom to Terry's. If you need directions, call her at **759-9415**. (Her address, by the way, is 612 N. Monroe St, in Tacoma).

**GREENLAKE AWAITS YOU!**--If you love running, walking, rollerblading, or any other form of exercise, we meet at Greenlake every **Wednesday**, at **5:30 pm** near the drinking fountains near the boathouse (on the south and slightly west side of the lake). After one, two, or even three (ugh!) laps around, we retire to the Honeybear Bakery for healthy (or fattening, your choice) food and fellowship. Call **Bob Mx (825-3516)** or **Dick W (339-3751)** for more info.

### GOING UP?

A list of currently scheduled climbs.....

(please note: if you submit information about leading a climb, be sure to include the date, the place, experience required, if any, the limit, your name, and your phone number.)

**September 23:** Mt. Persis--Scramble. Limit 12. Meet at the Dutch Cup restaurant in Sultan at 8:30am. Tom M.--Leader Ph: 481-3374.

**October 14-15:** Ice Climbing--The Nisqually glacier on Mt. Rainier. Charlie A. and Bob C.--Leaders. Ph: (Charlie) 932-7195 and (Bob) 228-1005.

**December 17:** Mt. Hood Winter Climb. Sign-up begins November 1. Limit 12. Bob C.--Leader Ph: 228-1005

Cancel  
Snow!

## Notices

Advertising in this column is free for all OSAT members. All advertisements will run for one issue. To keep your ad in subsequent issues, you must contact Marina, prior to deadline (every 6 weeks). Send your personals, gear swap offers, and situations wanted (e.g. "will belay for food") to the Yodel, via the OSAT P.O. BOX. or to Marina S. directly at 22810 55th Ave. W., Mountlake Terrace, WA 98043.

**A CALL FOR ARCHIVES CONTRIBUTIONS!**--A while back, Doug H., accepted an invitation to put together an OSAT archives. Well, so far, he's got the storage boxes, but not much in the way of content. If anyone has any photos, or other momento's that you would like to donate (or loan), please help us out! Contact **Doug H., 889-2041**.

**OSAT ORPHANS--** Are you looking for some friends to share Thanksgiving day with? If you are alone and interested in a fun Turkey dinner on Turkey day, call **Pam G at 742-4274**.

## Notices

**MOUNTAINEERS GEAR GRAB**--Pam G is looking for volunteers to help sell the rest of Scott Hall's climbing equipment. The *Gear Grab* is Wednesday, October 18 at the Seattle Mountaineers club house. For more info, contact Pam at 742-4274, or call 284-8484.

**OSAT T-shirts!** We still have some of last year's design left. Color and sizes are limited. A great deal, though, at \$5.00 each! Call Teresa F. for info. Ph: 353-8154.

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**OH, MY ACHING BODY, YOU SAY?**--Dr. Mark Fredrich can help you with all your chiropractic needs--ring him up at the Hagen Chiropractic center in Lynnwood. Ph: 712-9686.

### AAC MEMBERSHIP

The American Alpine Club (AAC) has changed membership policies in recent years, and has initiated a membership campaign. In the past, membership required a climbing resume, a statement of what you have done for the sport of mountaineering, and identification of two current members familiar with your mountaineering ability. Now membership is open to anyone who has climbed for two or more years.

AAC membership benefits include a copy of the annual *American Alpine Journal* (the premier documentation of the sport), the annual *Accidents in North American Mountaineering*, free and automatic insurance for rescues and evacuations resulting from hiking, climbing, or backcountry skiing, and access to the largest mountaineering library in the U.S. (over 17,000 volumes). Membership also supports advocacy on climbers' access and other mountaineering issues, expedition and research support.

Regular membership costs \$65.00 per year. The current membership campaign includes Intro Dues for members of associated clubs (such as Seattle Mountaineers) of \$40.00 and current AAC members can

get referral credits for new members. If you are interested in finding out more about AAC, please contact Rik Anderson, 234-1770.

## Thoughts from BOTS

A message from Doug H., Board of Trusted Servants (BOTS)

Jambo, OSATers!

I hope this edition of the *Yodel* finds you all doing well. It's been a good summer so far. Balaclava's off to the climbing course committee and all the students for a successful coarse! The message that I've received from all is "What a journey!" We've got autumn upon us and lots to look forward to. The car camp, a gratitude dinner, a great Halloween party, etc. I hope to see you all at as many of those events as possible.

Well, so far I'm doing O.K., with getting out and exercising. I've been doing the OSAT Greenlake thing, Thursday nights on Tiger, running on LWB in Kirkland, and I even took a day off work for a Mt. Si hike. Feels great!

See Ya, Doug H.

## Climbing Club News

### Program & Business Meetings

On September 13, the monthly club meetings return to our school-year location at the Sunset Elementary School in Issaquah. The school is located immediately northwest of the West Lake Sammamish Parkway Exit (Exit 13) from I-90, the first exit east of the Eastgate area. Meetings are held at 7pm on the second Wednesday of the month.

We now have the program first, followed by the business meeting. On September 13, Charlie G will share slides from his cross-country bike trip. Sounds like serious

## Climbing Club News

bottom conditioning! The October 9 program will be Al Errington's presentation on mountain search and rescue. Al has LOTS of experience in this field—Rik A found his name as a rescue team leader in a ten year old issue of *Accidents in North American Mountaineering*, and Teresa says he has some great stories.

### Minutes - August Program & Business Meeting

The meeting was held at Mercer Island Library. The first order of business, in accordance with the new standard agenda, was the program which consisted of Rainier climb reports, particularly for the 1995 Climbing Class climbs. Patty reported on the successful DC climb led by Greg A, which was 100% successful and placed the OSAT summit register in the box at Register Rock July 16. This was followed by slide shows for the Kautz (Rik A), Emmons (Bob C) and Women's Climbs (Shirley R), all of which were successful.

The business portion of the meeting was chaired by Lisa L. Meetings will resume at the regular (Sunset Elementary School) location September 13. The program will be a slide show by Charlie G of his cross-country bike trip. The October program will be Al Errington's presentation on mountain search and rescue. The Dave B's treasurer report indicated the loss of \$120 from the Rainier-to-Ocean Shores Relay due to three no shows. Pre-orders are being taken by Teresa for the new T-shirt. The club balance is about \$2000. BOTS chairman Doug H reported that, as previously agreed, there was no BOTS meeting in July or August. Ivar reported that as equipment chair he bought set of snowshoes, and still has \$125.00 (not reported in the balance above) in the equipment fund. It was suggested he purchase another set of crampons. Ivar will publish a list of all the club equipment and its current location in the next *Yodel*. Marina was given kudos for the new *Yodel* format. Doug is looking into getting a world-wide-web page for OSAT.

Rob G reported that Annie reserved Martin Creek Campground (on Mountain Loop Highway above Red Bridge) for the annual car camp/retreat Sept. 29-Oct. 1. [NOTE: this was subsequently changed—the retreat will now be at Red Bridge Campground.] He needs someone with a truck to help bring firewood from Des Moines. Anyone planning climbs, hikes, or camp events for the weekend should contact Rob to coordinate schedules, either through the Activities Hotline or at home (B24-7972).

The climbing course committee is preparing a report, but a preview indicates they are pleased with some changes made this year in

how the course was structured and the Rainier graduation climbs organized. Tom Morgan has indicated interest in being the course chairman next year.

Rik presented material on organizing OSAT as a non-profit corporation and applying for tax-exempt status. It was moved, seconded, and passed (MSP) that the BOTS file the necessary forms to incorporate, that the BOTS be designated as the Board of Directors, that Doug Hutton be designated "Registered Agent" for the corporation, that the Articles of Incorporation be approved as drafted, and that the state and IRS filing fees be paid. Dave B reported that we have received an employer identification number, another pre-requisite for this process.

The subject of the service award was discussed briefly. MSP that the nominations for the service award and the BOTS (three open positions) both be opened from now through the car camp. BOTS nominations should be made to current BOTS members, service award nominations to the service committee (Steve S.)

In accordance with (resurrected) club tradition, Lisa was given an ovation for her skillful chairing of the meeting.

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### Greetings from the OSAT Equipment Committeel by Ivar S.

As most of you know, OSAT has lots of mountain climbing equipment available for use by its members, free of charge. Ice axes, snowshoes, packs, helmets, etc.

As Equipment Committee Chairman, my job is to maintain the equipment, and keep track of which members have which pieces of equipment in their possession, so that when the need arises, we can quickly distribute the equipment to those groups or individuals who need to borrow it.

When I took over this position last spring, I was given a list of persons who have equipment. This list is very much outdated. Some on the list have long since passed on the equipment to someone else. At this time, I am putting together a database of OSAT members who currently are in possession of OSAT equipment, and I need you to call me and let me know what equipment you have. I will keep the database updated, so that we know who has what, etc.

If you do borrow OSAT equipment, it is requested that you return it to me if you won't be using it again in the near future. Otherwise, you may keep it in your possession until someone else is in need of said equipment. I will provide names and phone numbers of people with equipment to those that are looking to borrow. This way, everyone will have equal access to OSAT equipment that needs it.

I would very much appreciate the return of equipment from those individuals who have been "sitting" on it for a

long time. One OSAT member recently returned a pair of crampons that had been in his closet for two years. This person is now free from the psychological burden he placed on himself and enjoys much better Karma. Hoggling equipment can be hazardous to your sobriety and serenity.

Here is a partial listing of OSAT members with equipment. This is only a partial list: Ivar / Crampons, Ice Axe, Snowshoes.... Rachel / Ice Axe, Pack, Helmet... Ken M. / Snowshoes... Winton / Ice Axe, other stuff... There's lots of other people with equipment. Let's call me at (206) 776-7213 and inform me as to what you have and what your current usage is.

I still have in my possession \$125 towards the purchase of more equipment. Should any of you be aware of "good deals" out there, like used equipment, etc., please let me know, so we can consider it for the club. Also, if any of you have used equipment you would like to donate, by all means do so!

So long for this month, and hey! Let's be careful out there.....

#### **INCORPORATING O.S.A.T. AS A TAX-EXEMPT, NON-PROFIT ORGANIZATION**

At the August Program & Business meeting, OSAT took an important step in formal organization, by voting to incorporate as a non-profit organization. The following Q&A was presented prior to taking this step to explain why we are doing this. Please direct any questions or comments to Rik A.

#### **Why should OSAT formally incorporate? What are the benefits?**

If OSAT gets tax-exempt status, then donations to OSAT (above the dues amount) whether in cash or in kind (e.g. climbing equipment) will be tax deductible for those members and friends who itemize donations. The family of Jim Hinkhouse has indicated their intent to donate Jim's library to the club; incorporating will provide tax benefits to the estate and/or heirs. Out-of-pocket expenses such as mileage to attend BOTS and business meetings and lead the climbing class also may be deductible ("Consult your tax advisor" as they say!)

#### **What does incorporating as a non-profit organization involve?**

Two steps: 1) incorporate as a nonprofit corporation through the Secretary of State of Washington, and 2) apply for recognition of exemption under Section 501(c)(3) of the Internal Revenue Code. We also

need an employer identification number, which Dave B has obtained.

#### **How much does it cost?**

Incorporation as a nonprofit club costs \$30.

Obtaining a ruling on an application for IRS exemption costs \$150.

#### **What are the requirements to maintain the status once we get it?**

For the state, the \$10 annual fee accompanies an annual report on who the current board members are, and maintenance of a "Registered Agent" and "Registered Office Address". The latter must be a street address, not a PO Box.

For the IRS, an exempt organization having gross receipts less than \$25,000 is exempt from filing annual information returns.

Articles of Incorporation were adopted and signed by twelve members at the August meeting, and are being forwarded to the Washington Secretary of State for certification. When certified, they will be published in the *Yodel*.

## **Echoes**

The *Yodel* always welcomes your thoughts, anecdotes, stories, and of course accounts of your thrilling climbs and activities. Anytime you feel like sharing your experiences, or run across a thought you find inspirational, why not share it with your OSAT friends?

#### **The Feathers / Leavenworth**

**Labor Day Week-end, 1995**

**by Ivar S.**

**Climbers were Ivar, Marina, & Jim and Anne B.**

This weekend has always been traditionally spent in Ellensburg by yours truly, the one weekend a year when I wear a cowboy hat and silver belt buckle larger than my head, smoke a redwood-tree sized cigar, and reduce my IQ to that of a chipmunk. Yeeehaa.... This year, thank God, things were different!

After much contemplation, Jim and Annie B. decided to scrap their planned weekend at Smith Rock in Oregon, and instead spend it with Marina and myself, so we could all have fun rock climbing together! What fools, we thought....

We kicked off our trip with a rough and rugged, mountaineers-style breakfast at Mitzels in North Bend. Lucky for us, our waiter was the Employee Of The Month, so we had extra-dorky service. As expected, Marina and Ivar's bill was twice as high as Jim and Annie's. Those weanies just don't know how to eat... Several power-mochas, high-five's, and bowel-movements later, we finally hit the road!

The Feathers, near The Gorge in George, is truly an awesome spectacle. Marina and I were both reminded of Stonehenge, and other natural phenomena. Its amazing what diversity we have in the state of Washington. On one side of the state, lush rainforests, jagged peaks, and volcanoes. On the other, desert coulees, sage brush, and the Colombia river. Who could ask for anything more? Well, actually, Jim and I both wished there was a Starbucks nearby...

Rock-climbing at The Feathers is about as good as it gets. Even for beginners like Marina and myself, it was a lot of fun, with plenty of challenging, vertical faces to explore. My toughest climb of the day was a slightly overhanging 5.8. I'll never forget that feeling of victory as I somehow managed to move beyond a real tough spot that cleared the way to the summit of the rock. On every climb, as in daily life, there is always a "crux" move that determines whether you reach your goal or give up and turn back. I think that is what I enjoy most about climbing. Overcoming the obstacles and convincing myself that I have what it takes to push beyond my own limitations.

Jim and Annie got to demonstrate their great skills, and climbed some pretty tough routes. It was fun and inspiring to watch them. Even though they are both skinny, in way better shape, and much better climbers than us, they're still actually OK to hang around with. We really enjoyed climbing with them, and learned a lot from them as well. We had a really great day, and only one close call when a big rock was kicked loose by someone other than Annie and Jim, that landed right between Annie and myself. But we won't say who it was, since that person was really sorry about it.

That evening we all drove to Ellensburg and enjoyed a meal fit for a court jester. Actually, it was pretty good, although Annie had to chew out the waitress for having the audacity to put gravy on her mashed potatoes. "I would never put anything like that on my mashed potatoes" Annie said, upon which Jim reminded Annie that the waitress was not a mind reader, unlike Dionne Warwick at The Psychotic Friends Network. You'd a thought they'd put chocolate syrup on her taters they way Annie was carryin' on, and hollerin', and thangs. After dinner, we all went and bought Espresso's at a gas station. That's the difference between Seattle and Ellensburg. In Seattle, we combine Espresso with Books and Computers. In Ellensburg, its Espresso, Gas, and Beef Jerky.

Our next task was to set up camp for the evening. Marina and I wanted to wimp out and actually sleep in a tent, outdoors and stuff, but Jim quickly convinced us that if we were any kind of mountain climbers at all, we'd share a motel room with him and Annie. Good thinking, from the more-experienced climber.

Well, who'd a thought that it would prove to be a difficult task to find a motel room in Ellensburg, on a Saturday night, on Labor Day Weekend, during the Ellensburg Rodeo, their biggest event of the year, at 9pm in the evening? Jeeezz.

Next stop, state park in Vantage... Full... Can you imagine that? Now what?... Oh, hey! Ivar and Marina have a motor club card, with discounts and privileges at KOA, right down the road in beautiful Vantage! We're saved! Yippee.... KOA did indeed have room for us, and we eagerly paid the \$15 per car so we could quickly find our peaceful, tranquil spot down by the swishing shores of the Columbia river.....

The only thing that was swishing at KOA was the beer in the steins of the 5000 or so Neanderthal campers, boaters, concert goers, geezers, serial killers, and politicians, that were congregated on this 20' x 20' plot of wilted weeds and oil-stained gravel pit they call a campsite. I'd rather spend a month in low-overhead Burien than 2 minutes in this dump. I've seen more wide open spaces in a sardine can. Downtown Renton is more nature-like. This place was to serenity what the Bite of Seattle is to solitude. Jim and I looked at each other and said "@#!&\*)!&\*+!^\*#!#&@\*"..... We got the hell outa there, that's what we did.

In the end, we went back to The Feathers and camped. No matter where you go, there you are. As it turned out, it wasn't such a bad spot after all, with a million stars in the sky, the light evening breeze rolling off the bluffs of The Columbia, the chirping of a thousand crickets in the brush, and the BOOM-CHOP-A-BOOM-CHAKA-THUMP-THUMP-THUMP-YEA-BABY-I-LOVE YOU-CHAKA-BOOM-CHING-TWANG from the friggin' 500 watt stereo in the camp nearby, which was populated by under-age concert-going partying climber bum idiots with obviously no respect for the outdoors, or other people for that matter. If this is you, we know who you are. We got revenge the next day though, when one of them climbed to the top of a rock, untied without anchoring so she could thread the rope through the bolts, then forgot how to tie a friggin' figure-eight knot. HA HA HA! Who are these people, and who said they could climb in our state? They ought to go BACK TO CALIFORNIA is what they oughta do...

Sunday was great. We swam the Columbia river (Brrrrrrrr, baby), drove to Leavenworth, where Jim and Annie executed perfect climbs of Classic Crack, a climb that is considered to be a, er, classic crack. Marina and I taped every inch of our hands, and made it up at least a

foot or so, before realizing that this was not to be for today. We settled for Bruce's Boulder, did some 5.8 - 5.9 stuff, you know, piece of cake stuff, and called it quits. Then we went home.

All in all, a wonderful weekend spent with two wonderful people. Not a single argument, spat, fight, or brawl was had. Just fun with friends and the spirit of OSAT along for the ride. We all look forward to our next trip out there!

### Kautz Glacier, Mt. Rainier

July, 1995

By Charlie A

**Climbers:** Charlie A (leader), Dick W, Rich P, Robert T, Rik, and first-timers Ciel S, Rachel, Jason, Scott, Dave, and Mark

Great weather, Great climb, & Great group to do it with. 7 hours from Paradise parking lot to 9,400 ft (and Beckey says that ain't bad—particularly in HOT weather) A few more hours on Sunday to get to Camp Hazard at 11,400 with a restful late afternoon & Great Meeting before taking a "nap" until 12:30 wake up call with the OSAT yodel. A bit of a delay saw a late departure for the summit but we made it in 5 hours (Beckey time is 5-7 hours)

Wasn't it a thrill to see our fellow OSATers from the Emmons Glacier route waiting for us? Lots of hugs & "Great job..."

The down climb thru the chute was a thrill & a challenge but we all made it safely.

What a glissade from Camp Hazard down. Charlie A discovered a hole in his shorts from the glissade. ("Photo op", Ciel said.)

Couldn't help but hear it said more than once on the way home, "Can't believe I was on the top of Mt. Rainier." You bet you did, OSATER.

### Mt. Rainier, Emmons Glacier

July, 1995

by Bob C

Party on!! We had a great week-end. This was the best as an OSATER. We spent three days on the snow, surrounded by crevasses, getting to know one another. The friendships and camaraderie were truly spiritual. Who would've believed getting two parties on the summit at the same time, from different routes?!

I'll remember—Alex "pack-humping" upon arrival at base camp (a true base camp). The "spiritual" Joe L, at the Saturday night meeting. My friend Gary from Portland. The primitive communication of Fred L. on the summit. Putting moleskin on Karen's heels at 12,300 feet (yes,

Karen, as a beginner, those "little " holes scared me). Being with Sally. My friend Kim. The OSAT sculpture. Rick had three weeks clean. Lance carried a grocery store. Presenting Larry's 4 year coin at 14,410 feet. Bridget slept like a log. The smile on Eric's face "I want to do this again!" Bill gaining confidence in his feet. Winton, we seem to get to know each other more and more.

Thanks everyone for a wonderful time. This was a special experience. Climbs like this make it worth being a climb leader, and mostly an OSATER!!

### "A Birthday on Baker"

by Pam G.

July 22-23, 1995

**Climbers included** Greg A, leader, Steve S, Patty H, David L, Winton C, Pam G, and "the legendary" Tom M

Great grits in Bellingham, but once again, it was too dang early

Trying to wake up. Lattes to get us up the Heliotrope

Fog, fear, where's the route?

Sunbreaks get us to basecamp at the Black Buttes

Camping about the clouds

We wait for Tom—he's doing a 1 day summit (what an animal)

Hundreds of huge crevasses and snow bridges

More fog, more wind, and yes, more wind

High spirits climb to the summit

Happy Birthday songs to Steve on the summit

Steve is looking good for his age

I pray I will look that good

A long haul back to the cars

Greg has brought the Birthday cake

Steve is surprised

We sing again and head for more grits

We thank god

Greg is back with us at OSAT

Keep Climbing Mountains

and Don't Slip

### First OSAT All-Woman Mt. Rainier Climb

by Shirley R

July 19-21, 1995

Slides of the trip were shown at the August OSAT business meeting. Thanks to all the women who participated, and thanks to our sherpa. Thanks for all the offers of equipment to borrow, and thanks for the encouragement and support that we received prior to the climb, as well as afterwards. In brief, 10 women participated, and 3 summited, including 1 first-timer. 4 others reached their all-time high altitude, which was the top of Disappointment Cleaver. Though we didn't reach all of our goals for the trip, I am grateful for what we were able to do, and for having a safe climb.

~~~~~  
El Dorado

July 29, 1995

by Chuck T

Climbers included Rod, Walt, and Chuck

Rod, Walt and I picked up three overnight permits for Bostin Basin. The forecast at the station read, "Freezing level 7,000 feet. Rain and snow showers probable." It didn't look good, but there was a small patch of blue overhead. That was all we needed, and off we went. Driving up the Cascade River Road, it didn't get any better. By the time we got to the trailhead, it was definitely raining. We sat in the truck looking out the window. The rain stopped after 5 minutes, and there was our little patch of blue sky. It was just the time and encouragement we needed to don our packs, and we were off.

Finding the trail and crossing the river on a log was the easy part. Then the trail got steep, and for the next four hours, we were in the mist as we climbed higher and higher- first through the forest, followed by route-finding up a boulder field. The last 700 feet to camp was wet and muddy. The rain was now a steady drizzle. I was wondering when (or if) the weather would break. At 5,400 feet, we reached the first place to camp. We looked around for anything that would shelter us from the weather, since all we had were bivvy sacks. Well, after an hour and a half of poking around larger boulders looking for a dry spot and not finding one, we opted to be out in the open, and climbed into our sacks. The remainder of Saturday evening was spent resting in our bivvies, hoping for a clear sky, come morning.

After sleeping through my 4:00 am alarm and awaking at 6:00, I opened my sack to see that we were still in the fog, although it hadn't rained since 7:00 pm, the night before. With all that work getting up there, I knew I didn't want to give up without trying for the summit, so I told Rod and Walt I was going up. Rod said, "Let's go!" Walt, however, went back to sleep.

By 9:00 am, Rod and I were at 7,400 feet, in the sunshine, with the summit in sight—only 1,500 feet to go. A little over an hour later, we donned our crampons and rope for the summit ridge. Soon, we were on top. A great day with beautiful views. About 500 feet down, on our descent, we ran into Pete and Robin. Pete was leading a climb for the mountaineers. It was a nice surprise seeing both of them! Good job by all!

Keep Climbing Mountains and Don't Slip!

"And if all the flowers and leaves and green things and birds and wild creatures danced past at once, what a crowd it would be! I'm sure they'd dance and sing and flute and that would be the wafts of music."

Burnett

~~~~~  
*God, grant me the Serenity to accept the things I cannot change.*

*The Courage to change the things I can,*

*And the Wisdom to know the difference*



**YODEL STAFF**

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We appreciate any and all contributions! Without your input, there would be no Yodel! Please continue sending your trip reports, stories, thoughts, and ideas. Also, if you have a computer, we would greatly appreciate your stories sent to us on computer disk. The Yodel is published using Microsoft Word 6.0, however, your disks can be converted from previous versions of Word, as well as Word Perfect. Make sure your disk is formatted for IBM. Be sure and send a hard copy along with your disk just to be sure, and as always, make sure you have a backup! Please send all submittals to: Marina S., 22810 - 55th Ave. W., Mountlake Terrace, WA 98043. And, for you really up-to-date types, send us your submission via Cyberspace to: 74557.1717@compuserve.com. See you next issue!

*Ed.*

**'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.**

~~~~~

THE YODEL

HAPPY HALLOWEEN!!!

I was padding around my house recently, in sweats and slippers, and realized, that I could see my breath. I honestly hadn't noticed how cold it had been getting in the house. I slowly breathed in, and then back out, and sure enough, there it was. A small white cloud of steam that seemed to spell the words "turn on the heat, you cheapskate!". I guess the fact that my toes were turning blue, my teeth were chattering, and my nose was numb hadn't alerted me to the fact that the winter months are basically here. So, I finally broke down, and turned the dial on the thermostat until I heard that familiar click. As I did this, I looked at the temperature. It said "48 degrees"! What?! Even our cat Gracie and dog, Chip were in the corner rubbing their paws together, plotting ways to exact revenge on me for letting the water in their dishes freeze in the kitchen. (Having to pull Chip's tongue from the bottom of his bowl was not pretty.) Anyway, as I pictured my mother, looking on in horror, I continued to turn the dial until the "whoosh" of the furnace kicked in. 10 minutes later, the temperature read "92 degrees". AHHHHHH, perfect.

Welcome to another edition of *The Yodel*. Once again, I would like to thank everyone for their participation, input and suggestions. I have spoken to many people recently in both the Climbing Club and the 12-Step meetings, and a few issues have come up that need *everyone's* attention.

First, *The Yodel* is a great way of reaching everyone in OSAT, therefore it is important to actually *read* it. There is always a mass amount of information regarding upcoming activities, climbs, and changes in meetings. *The Yodel* offers a great opportunity to communicate and share, so please read the whole thing.

Second, I've been asked to bring up the issue of allowing dogs at the 12-Step meetings. Many people have been complaining that meetings are being disrupted by dogs that are not being controlled by their owners. Several suggestions have been made, from urging restraint, to banning dogs all together. After speaking to many "old-timers" in OSAT, the consensus is that it is up to each 12-Step meeting to decide what the rules will be, *for that meeting*. Therefore, it has been strongly recommended that the issue be brought up by anyone concerned about this matter. Then, a group conscience should be taken as to whether dogs will be allowed, and what the rules will be. Whatever the decision, it should be stated



KEEP CLIMBING MOUNTAINS...AND
DON'T SLIP!

at the beginning of each and every meeting, perhaps with pre-ambles. Hopefully, a resolution can be reached soon.

I am hoping to have the next issue of *The Yodel* out around the 28th of November, which would make the deadline for contributions on the 27th. Thanks again to everyone for their help! Have a fun and happy Halloween, and we'll see you at the Gratitude Dinner! --Marina S., Ed.

ONE STEP AT A TIME (OSAT) is an outdoor club for members and friends of 12-step recovery programs. Our mission is "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."

What's Inside...

- ② 12-Step Mtngs / Phone #'s
- ③ Activities and Climbs
- ③ Notices
- ④ BOTS/Climbing Club News
- ⑤ Echoes

12~step meetings

Tiger Mountain

PLEASE NOTE: Starting November 2nd, the **Thursday night meeting** will take place at the IHOP in Issaquah @ 7:30pm. This will only be until the time change again in April. Then it's back to the mountain. (Take I-90, heading east, take Exit 15, turn left, and you can't miss it). Some die-hards do the hike first, then meet the rest of us at IHOP for the meeting!

Time: Sundays @ 10:00 am

Location: The Tiger Mountain Trailhead is on the south (right) side of the High Point Way Exit (1st exit east of Issaquah) off I-90. Make a reverse U-turn onto the road parallel with the Interstate. Park as close as possible to the west end of the road.

Contact: Thursdays - Jim K 558-4301
Sundays - Winton C 862-4895

Notes: Newcomers should not try to find this meeting alone. We meet in the trees just below the summit of West Tiger 3. The hike gains 2,000 feet in less than 3 miles. Bring warm clothes and a flashlight for the evening meeting.

Lake 22

Time: Sundays @ 4 pm

Location: Drive through Granite Falls (North and east of Everett via Rtes. 2, 204, 9, and 92) 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 on the right side of the road.

Notes: A great hike with beautiful waterfalls and lovely old growth forest. Easier than Tiger Mountain. The hike takes about 1.5 hours.

Contact: Dick or Jana H 744-1047

CARKEEK PARK

PLEASE NOTE: This used to be the Meadowdale Beach meeting, but it has changed to Carkeek Park for the winter.

Time: Mondays @ 7pm

Location: Take I-5 to Northgate, take the Northgate Way exit, and head west. Keep going past Hwy 99. When you cross Greenwood, N.gate Way changes to Holman Rd. A block or two later, look for Art's Foods, and travel thru the parking lot. You'll find 100th and 6th. Park near there, or in Art's parking lot. The group meets at 7pm in the parking lot, then walks down together into the park.

Notes: This park has a beautiful view of the Sound. Be sure to dress very warmly, and bring candle lanterns and headlamps, as it is dark and usually cold.

Contact: Terri St. 782-8858

Volunteers Phone Numbers

OSAT works because its members work! The following are among those who work make OSAT what it is, by taking a specific responsibility. When you see these individuals, let them know how you feel about the job they are doing, its the only pay they get!

The health of a volunteer organization is measured, in part, by the eagerness of the membership to participate in running its affairs. The BOTS is striving to rotate responsibilities among those who wish to help. If you have an interest in serving the club in any capacity, please contact a member of the BOTS or any of the other volunteers.

Board of Trusted Servants (BOTS)

Rik A.....232-8908 Lisa L.....735-4039
Doug H889-2041 Steve S...838-4287
Dave N752-9214

12-Step Meeting Coordinators

Dick H.....659-9072 Terri St....743-5190
Winton C ...862-4895 Jim K.....558-3856

Contact Persons

Activities Hotline..Rob G.....824-7972
Avalanches.....Paul C.....782-7297
Bicycling.....Todd F.....832-4812
Equipment.....Ivar S.....776-7213
Finances.....Dave B.....353-8154
Hotline Message....Pam G.....742-4274
Hotline follow-up.... Deb K.....789-4787
Kayaking.....Carol P.....486-2745
Membership.....Teresa F.....353-8154
Newsletter.....Marina S.....776-7213
OSAT North.....Dick H.....744-1047
OSAT East Coast...John H.....(617) 641-3423
Rock Climbing.....Anne G.....874-9771
Running.....Bob Mx.....825-3516
Safety.....Terri P.....759-9415
Service.....Steve S.....838-4287

Activities Hotline Instructions

For additional activities information not available at the time of publication, or to add new activities to the calendar, call the activities hotline: Dial the

OSAT Hotline, **236-9674**, and press **"1"** after the membership message begins. Rob G is encouraging callers to leave info about upcoming climbs or other activities, and so far, there has been some great participation. So, the next time you get a last-minute urge to hit the trail, or have a party give the "Activity Hotline" a call!

Current and Future Activities

IT'S HALLOWEEN, LET'S HAVE A

PARTY!! Detailed information is on the flier enclosed with this issue of *The Yodel*. It'll be at Terry P.'s on Saturday, October 28th.

GRATITUDE DINNER--This is a great chance for all of us to come together and give thanks to our group members, OSAT, and our HP. Mark your calendar on **Saturday, November 11th**. The dinner will be done in the usual OSAT way...Potluck! So if your last name falls in the A-M part of the alphabet, please bring a hot dish or salad. And N-Z is asked to bring dessert. The dinner will be held at **Community Baptist Church in Issaquah**, at 5pm. Coffee will be provided.

Directions: Take I-90 East to Exit 17. Take a right onto Front St., and head thru town to Sunset St., turn right and go past fish hatchery. You will come to Mt. Peak Blvd. Go up the hill, the church is on the left, after condominiums. Please call **Dave N. at 754-9214** for more information. We hope to see everyone there!

FA LA LA LA LA, LA LA

LA...ATTENTION OSAT WOMEN!--It's the **First Annual Ornament Exchange Party!** Make your own ornament or buy one to exchange as we get together for fun, food, and fellowship among our OSAT sisters. Pam G will be hosting, and asks that you bring hors-d'oeuvres. The time and date will be announced in the next issue of *The Yodel*.

RUN, FORREST, RUN!--If you love running, walking, rollerblading, or any other form of exercise, we meet at Greenlake every **Wednesday**, at **5:30 pm** near the drinking fountains near the boathouse (on the south and slightly west side of the lake). After one, two, or even three (ugh!) laps around, we retire to the Honeybear Bakery for healthy (or fattening, your choice) food and fellowship. Call **Bob Mx (825-3516)** or **Dick W (339-3751)** for more info.

RUNNERS UNITE

The following is a list of upcoming fun-runs that some of your fellow OSAT runners will be participating in. The rest of us will be cheering them on...If you would like more info on any of the races, call Bob MX at 825-3516 or Dick W at 339-3751.

October 28: (Saturday) Roman Meal Winter Glove Run in Tacoma. You have your choice of 5 k, 10 k, and 1mile. Starts at 9am.

November 12: (Sunday) Pratt and Chew Holiday Classic in Seattle. This one is 4 miles. Starts at 9am.

November 25: (Saturday) Seattle Marathon and Half Marathon. Starts at 8am.

December 3: (Sunday) Jingle Bell Run in Seattle. This one is a 5 k. Starts at ?

GOING UP?

A list of currently scheduled climbs.....

(please note: if you submit information about leading a climb, be sure to include the date, the place, experience required, if any, the limit, your name, and your phone number.)

November 23: The Annual OSAT Thanksgiving Day Hike!!! Please join us as we head up Mt. Si on this day of gratitude. This is tradition that has special meaning for many of us in OSAT, and we hope you can be there! Meet in the main parking lot of Si at 7:30 am. Shirley R.--Leader Ph: 688-1624

December 17: Mt. Hood Winter Climb. Sign-up begins November 1. Limit 12. Bob C.--Leader Ph: 228-1005

Notices

Advertising in this column is free for all OSAT members. All advertisements will run for one issue. To keep your ad in subsequent issues, you must contact Marina, prior to deadline. Send your personals, gear swap offers, and situations wanted (e.g. "will belay for food") to the Yodel, via the OSAT P.O. BOX. or to Marina S. directly at 22810 55th Ave. W., Mountlake Terrace, WA 98043.

Notices

FOUND: It seems Cinderella has lost her glass slippers...well actually, one pair of women's size 8 silver LA Gear tennies and one pair of child size 12, black and green Spaulding. Both pair found very wet at the Red Bridge campground. Call **Rik A** to claim them before he gets too attached to those silver ones. His number is **234-1770**.

THANK YOU!! Pam G would like to thank all the people that helped with Scott Hall's equipment sale at the Mountaineers Sale that took place October 18th. She thanks Jim K, James and especially Kim G for being such an outrageous sales woman. The sale was a success, and all the proceeds will go to Doris Hall. Greg Child's slide show was the highlight of the day.

OSAT ORPHANS-- Are you looking for some friends to share Thanksgiving day with? If you are alone and interested in a fun Turkey dinner on Turkey day, call Pam G at **742-4274**.

JINGLE BELLS, BATMAN SMELLS...--Got your attention? Good! How would you like to make someone's holiday season special? Kim G would like to start organizing Christmas Caroling for the elderly. If this sounds fun to you (and it will be), please let her know if you would be interested. The plan is to go either the week of Dec. 4 or Dec 11, on a week-night, depending what's convenient for everyone. We'll practice one night, then head to a rest-home or retirement center, and give 'em a show! She'd like to start organizing now, so let her know if you're interested! Call Kim G at **869-8019**.

RIVER RAFTING!--Would any one be interested in a river rafting trip? When? Around Memorial Day weekend. Where? The Methow River. How Much? around \$60.00 per person, camping @ Alta Lake State Park (or wherever you wish) How Many? A group of 12 would be great, but the outfitter sez they can handle more! Contact Doug H. **889-2041**.

OSAT T-shirts! We still have some of last year's design left. Color and sizes are limited. A great deal, though, at \$5.00 each! Call Teresa F. for info. **Ph: 353-8154**.

A CALL FOR ARCHIVES CONTRIBUTIONS!--A while back, Doug H., accepted an invitation to put together an OSAT archives. Well, so far, he's got the storage boxes, but not much in the way of content. If anyone has any photos, or other memento's that you would like to donate (or loan), please help us out! Contact Doug H., **889-2041**.

Oi, this cold weather is makin' my joints and muscles ache! Dr. Mark Fredrich can help you with all your

chiropractic needs--ring him up at the Hagen
Chiropractic center in Lynnwood. **Ph: 712-9686**.

Thoughts from BOTS

A message from Doug H., Board of Trusted Servants

Greetings OSAT'ers

I hope this issue of the Yodel finds all of you in good health & spirits. And for those who aren't, I hope you get better soon. I had taken a fall from the ranks of the healthy about a month ago, my back condition flared up again and had me hospitalized for a couple of days.

It never ceases to amaze me how much of a connection there is between physical and emotional health. In the week or so after I got out of the hospital (by the way, a big thanks to Ken M. & John R. for haulin' my butt home!) I was pretty depressed. As of this writing, I'm feeling much better, out exercising again, and looking forward to Thanksgiving on Mt. Si.

On the club front, I believe the framework is in place for the continued well-being of our club. I hope that from here on out that we can continue to be a fellowship of people who get out there and support each other and carry the message of goodwill and recovery to those who want it.

Thanks for the opportunity to serve!

Doug H.

Climbing Club News

And the Nominees are...

As you may have heard, three new positions are open on the Board of Trusted Servants (BOTS). Nominations were taken until the first week-end of October at the Car Camp, and now the voting will commence. You may have noticed the ballot enclosed with this issue of *The Yodel*. Please take the time to cast your vote, and get it in the mail as soon as you can. Please show your support to OSAT and BOTS by participating in the election process.

Here is the list of nominees (not in any particular order).

Robert T.

Marina S.

Bill L.

Rob G.

Kim G.

Minutes -September 13 and October 11 Program & Business Meetings

Here is a quick run-down...(I have combined the info from both meetings—Ed.)

GENERAL BUSINESS: No club meeting will be held for November or December. BOTS will resume meeting in January.

**Final nominations for the BOTS elections were taken at the Oct. meeting; a ballot for the BOTS election will be mailed to all paid members.

**T-shirts are almost ready for sale this year. Two colors will be available, white and ash with an all new design.

**Dave provided a set of the last year-and-a half monthly reports to Rik for developing our application for 501(3)(c) status with the IRS. The state has our incorporation application, but will probably take another month plus for processing.

**Dave reported at the September meeting that there was \$723 in the General fund, \$1080 in the Operating fund, and \$135 (+ \$120 in equipment chairman's possession) in the equipment fund. by the October meeting, however, it seems the Operating fund is getting a little low, but other wise we are doing okay.

CLIMBING COURSE: Shirley R. has volunteered to lead the climbing course in 1996.

MEMBERSHIP: It was reported at the Sept. meeting that there were 16 new members and 1 renewal / At the October meeting, it was reported that there were 10 new members.

**Teresa F. has turned her Membership position over to Jason R.

PROGRAMS: Many thanks to Chris for showing slides from his epic bike journey across the country at the Sept. meeting. Thanks to two potential new members who live close to Sunset and were able to provide a projector. (The other one broke down). Thanks to Al Errington from Seattle Mountain Rescue for his presentation on Search and Rescue and safety in the wilderness at the Oct. meeting.

~~~~~  
*Over the past couple of years, a potential tradition regarding party size for OSAT hiking and climbing activities has been discussed at several business meetings, and a draft was published in the Yodel for comment. The draft has been changed in response to comments received, and it was moved-seconded-and-passed at the July meeting that the draft tradition be presented to the membership for a vote.*

### OSAT TRADITION Regarding Party Size:

1. Party size for OSAT activities will adhere to the rules of the appropriate jurisdiction.

2. 'Party size' for OSAT activities is defined as the number of persons (members or not) who leave the trailhead under OSAT leadership and intend to attain the objective of the climb, regardless of how many leaders or sub-groups are designated. Parties traveling separate routes to and from the same objective under separate leadership are considered separate parties where their route and camp plans conform to the interpretation of the appropriate jurisdiction.

3. 'Party size' does not include sherpas unless so considered by the appropriate jurisdiction. 'Sherpas' are defined as people climbing with the primary climbing party who:

(a) do not plan to attain the objective of the climb, AND

(b) climb for one day (no overnight) of a multiple day climb, OR camp at a location different than the main party and rendezvous with the party during one day of the party's climb, AND

(c) carry group equipment which will be used by members of the party. One-day climbs cannot have sherpas."

4. Climb leaders are responsible for adhering to the party size limit.

### Greetings from the OSAT Equipment Committee! by Ivar S.

Here is a partial listing of OSAT members with equipment: Ivar / Crampons, Ice Ax, Snowshoes....Rachel / Ice Ax, Pack, Helmet...Ken M. / Snowshoes...Winton / Ice Ax, other stuff...There's lots of other people with equipment. Please call me at (206) 776-7213 and inform me as to what you have and what your current usage is. We are trying desperately to get all the equipment together to take a proper inventory!

If any of you have used equipment you would like to donate, by all means do so!

## Echoes

*The Yodel* always welcomes your thoughts, anecdotes, stories, and of course accounts of your thrilling climbs and activities. Anytime you feel like sharing your experiences, or run across a thought you find inspirational, why not share it with you OSAT friends?

~~~~~  
"I...am glad to touch the living rock again and dip my head in high mountain sky"

John Muir

Echoes

"force majeure"

by Marina S.

Autumn has arrived like a big bully. It has pushed it's way past Summer, with it's rain and wind and fallen leaves. Summer has been made to wait, standing on the sidelines, like a bench-warmer waiting for it's big chance in the game. Summer has nothing to worry about, though, it'll get it's chance next year, it always does.

In the meantime, we'll raise the esteem of the tough-one known as Autumn, and it's even bigger friend, Winter, by embracing them, rather than scorning them. We'll welcome them with steaming cups of hot chocolate and roaring fires. We'll accept the gifts that Winter has brought, such as the nicely groomed ski slopes, and the beautifully decorated mountain peaks. Secretly, though, we'll be wishing they'd go back home, like an annoying houseguest, who has stayed too long. When Winter has finally gotten the message, it'll retreat until the following year, plotting it's return, with Autumn leading the way.

Summer's guardian, Spring will come with it's mop and broom, cleaning up the mess left behind. It'll dust off the "welcome mat", and open the door for Summer. Summer will once again have a chance to make a good impression and keep it's head up until Autumn and Winter make their way back in....

Red Mountain

October 7, 1995

by Pam G

Climbers: Greg A, Charlie A, Bob C (Everett), Roy, Teresa F, Dave B, Kim G, and Pam G

I love fall climbing, and this gorgeous day was no exception. I was blessed with good friends, mini-meetings, lots of laughter, thick forests, waterfalls, brilliant colors of red and orange, and heaps of fat, juicy blueberries. What a delightful day to be in the mountains with my OSAT buds. Charlie claimed to be "out of shape", but he left us in the dust (or dew, I should say). Next time I've gotta remember to put some rocks in that guy's pack!

Old Fred Becky wasn't joking when he wrote that the last 1000' were a "constant angle of about 40 degrees"! But it was a fun, challenging scramble to the summit with stunning views of the Cascade Range. On the descent, Greg joked, "don't get dead on red!"

On our return to the parking lot, we were pleasantly surprised to see Chuck "the Chuckster" emerge from the

trailhead. He'd been climbing up on Mt. Thompson. We all joined together for a prayer of gratitude—another safe climb on another perfect day! KCM & DS

"Thoughts"

by Bob C.

Ever wonder how many of life's problems were pondered while walking or running around Greenlake? How about the hike up Tiger? Or the slog up Si? Why do the solutions seem so clear and simple on the summit?

The pathways to answers become a maze of hurdles, hoops and obstacles. The problems seem to creep back in like monsters on a midnight stroll. Created by fear, procrastination, and pride. Fog sets down. "It is darkest before dawn".

during the journey, there's a reminder: That courage from faith in a Higher Power is the solution. Those monsters are just imaginary. Back at the summit, everything is clear again. Acceptance, Tolerance, Patience, Faith, and Gratitude are the trails of life. We can only take them one day at a time.

Mt. Pugh

(Car Camp Phase II)

October 1, 1995

by Dick W.

By the time I arrived at Red Bridge campground Saturday afternoon, the majority of the Phase I OSATers had abandoned the campground in search of higher and dryer ground. Nevertheless, a few more people arrived on Saturday, with at least one brave family (new to the OSAT experience) had braved the elements and stayed over for more abuse. (Definite OSAT material!)

The weather cleared somewhat and we had a great meeting around a wonderful campfire attended by Robert, Ralph, Charlie, Rik, Charlie2, Carol, Dan & family and Scott & family. (Chuck and Susan had come and gone).

Sunday AM started with a light rain, which subsided as four of us began the 5,200' hike up Mt. Pugh. Climbers included myself, Charlie A, Dave B (who drove back after bailing on Saturday), and Rik A. We actually got some partial clearing and ran into a dusting of snow at about 4,200'. The snow made for a beautiful early winter setting. Above Stujack Pass, Rik spotted what appeared to be a mountain goat. Interestingly, the mountain goat had a camera and began taking pictures of us. Well, low and behold, it wasn't a mountain goat, but—you guessed it—Dave N who bravely assumed we would follow thru on our commitment to ascend Mt. Pugh. He was eagerly awaiting our arrival. The five of us continued onto the summit. The inch of snow on the

Echoes

rock made for some interesting scrambling, but it was actually quite safe! We enjoyed a short time on the summit— but the clouds limited the normally great views. It took us about 4 hours to reach the top and about 2 and a half to get back to the parking lot. We made a stop at Frontier Village for some chow and more fellowship and finished off another enjoyable OSAT outing!

Ode to Billy G. by Rik A

{Gothic Peak and Gothic Basin, 3 miles east of Monte Cristo, "honors William Gothic, an early prospector" according to Fred B.}

Ol' Billy prob'ly got here on a burro or a train.
I bet he climbed the hills 'round here, an ol' goat gone insane.
Perhaps he trudged these very steps, up past the firs and falls,
And came upon a wond'rous sight: the lake and its high walls.

He wasn't climbing mountains, for he only wanted gold,
And of the beauty of the place, ne'er living soul he told.
But Pete and Robin heard the call: Rik said "You're plenty strong,
The Basin its so gorgeous, and the hike it's not too long."

And thus on campout weekend, this fine trio headed out
'tho rain was in the forecast, in the air, and on the snout!
Rain drenched the Friday OSAT group, and rain was yet to come,
But they weren't going to sit around like some ol' lazy bum.

The trail, oh it was fearsome, with swift water pouring down,
Every creek was o'er its banks, flowin' fast and turnin' brown.
We waded 'cross the torrents, and straight up the trail as well,
This hike was quickly changing to the spawning run from hell.

When water wasn't flowing o'er our boots and gaiter tops
We'd grab a bunch of munchies during frequent vista stops;

Through the rain and fog, 'twas clear, the beauty all around us,
While back in camp the OSAT folks were on the homeward bus.

Then Foggy Lake portrayed its name and downward we did turn
The surf was up, on Gothic Trail, and on it we did learn:
The weather doesn't matter when your soaked down to the skin
Good friends is all you need to keep the warmth of love within.

Ol' miner Bill ne'er found that strike that woulda' made him rich
Perhaps because he called his ass a mean ol' sonabitch;
But even William Gothic, totin' tools and half insane,
He prob'ly never climbed up there in unrelenting rain!

Mt. Persis

September 23, 1995

by Tom M.

Climbers included Tom M, Dick W, Jim, Bill, Roy, Tamar and Leah

The day started with the group meeting at the Dutch Cup in Sultan. The first stop of the nature trip was the salmon hatchery between Startup and Gold Bar to watch the salmon returning to spawn. The hike up Persis was great—the colors were beautiful, the weather was fantastic (a breeze when we needed it most!). The views were outstanding (Everett-Seattle-Rainier-Olympus_Glacier Peak-Baker-Three Fingers-Mt. Index), and the wildlife was active. We spotted two deer, as well as two eagles soaring above us. Roy and Bill enjoyed a swim in one of the ponds near the summit. To finish this adventurous day, several of us stopped at Tom M.'s to watch a video of Jim H.'s visit to Gold Bar school in March 1995.

P.S. Atta Boy Awards to all who helped with the trail maintenance on Tiger Mt. on Sept 24, 1995!!

Light Turnout for WTA Fun

The weather was great, and companionship warm, but only five OSATers showed up of the McClellan Butte trail work party organized by Washington Trail Association. At the beginning of the summer we fielded a larger crew for a Lake 22 work party, so we told the WTA people that in future years it might be best for us to focus on that trail, since OSAT uses it so much we feel more

obligation to aid in its care. After a full day of cutting back the brush from the rugged trail up McClellan's east slope, the OSAT crew headed down successful in the #2 and #3 goals of the party (have fun and get a little work done.) One of us tripped and bumped a knee, almost blowing the first goal (be safe), but we considered the day a success and pitied everyone who didn't show up. In attendance were Pam, Jim K, Chris, Rik and Jim. Thanks!

God, grant me the Serenity to accept the things I cannot change.

The Courage to change the things I can.

And the Wisdom to know the difference

YODEL STAFF

Marina S	Editor
Ivar S	Contributing Editor
Anne B	Circulation
Deb K	Asst. Circulation
Teresa F	Mailing List
Dave B	Asst. Mailing List

We appreciate any and all contributions! Without your input, there would be no Yodel! Please continue sending your trip reports, stories, thoughts, and ideas. Also, if you have a computer, we would greatly appreciate your stories sent to us on computer disk. The Yodel is published using Microsoft Word 6.0, however, your disks can be converted from previous versions of Word, as well as Word Perfect. Make sure your disk is formatted for IBM. Be sure and send a hard copy along with your disk just to be sure, and as always, make sure you have a backup! Please send all submittals to: Marina S., 22810 - 55th Ave. W., Mountlake Terrace, WA 98043. And, for you really up-to-date types, send us your submissions via Cyberspace to: 74557.1717@compuserve.com. See you next issue!

Ed.

'The relationship of height to spirituality is not merely metaphorical, it is physical reality. The most spiritual people of this planet live in the highest places. So do the most spiritual flowers...I call the high and light aspects of my being spirit and the dark and heavy aspect soul. Soul is at home in the deep shadowed valleys. Spirit is a land of high, white peaks and glittering jewel-like lakes and flowers...People need to climb the mountain not simply because it is there, but because the soulful divinity needs to be mated with spirit.'

The 14th Dalai Lama of Tibet.

~~~~~

OSAT

OSAT

OSAT

PARTY — PARTY — PARTY

BOO!  
Costumes Halloween & House Warming

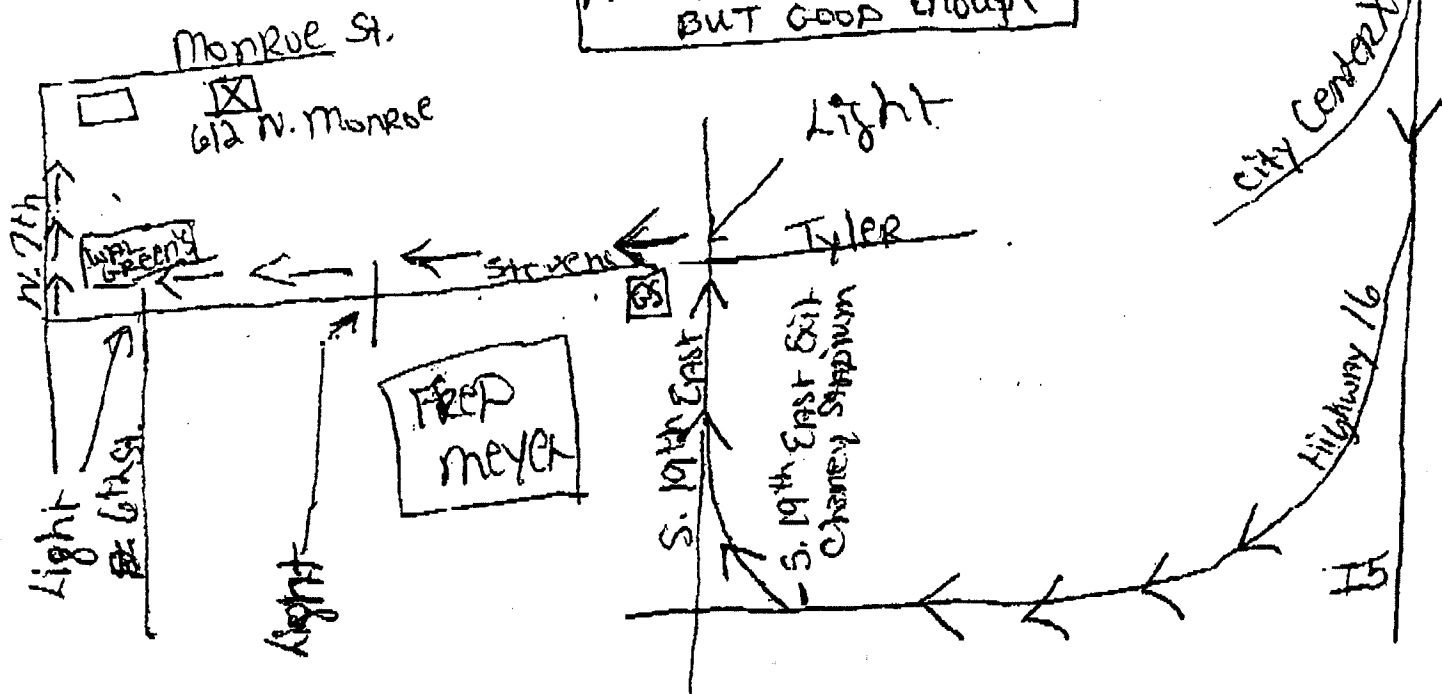
Where: Terry P's House  
612 N. Monroe St  
TACOMA  
Phone: (206) 759-9415

SATURDAY  
Oct 28th  
6:00pm - 10:00pm

POTLUCK POTLUCK POTLUCK  
coffee & Punch Provided

TAKE I5 to Tacoma  
TAKE Highway 16 Exit  
TAKE Cheney Stadium Exit  
TAKE S. 19th St. East Exit  
AT First Light Turn Left  
GO Through two lights  
TURN Right onto N. 7th  
GO 2 1/2 Blocks to Monroe  
TURN RIGHT - PARK Anywhere

NOT DRAWN to SCALE  
BUT GOOD enough



**The OSAT Yodel**  
**P.O. Box 6461**  
**Lynnwood WA 98036**  
**(206) 236-9674**  
*Keep Climbing Mountains*  
*...and Don't Slip!*

3900R  
Rik Anderson  
5655 East Mercer Way  
Mercer Island, WA 98040



# OSAT Membership Application/Renewal Form

**ONE STEP AT A TIME (OSAT):** An outdoor club for members and friends of  
twelve-step recovery programs--since 1991

**Essential Information:** Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Day/Evening phone \_\_\_\_\_

**Listing in the OSAT roster (the list distributed to members only):**

**Pleas mark one of the following**

I wish to have my full name, address & phone listed \_\_\_\_\_

I wish to have only my first name, last initial, and phone \_\_\_\_\_

I wish to have my address deleted from roster \_\_\_\_\_

I wish to have my phone number deleted from roster \_\_\_\_\_

Special instructions as follows: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

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 or to help finance club activities. In respect of Tradition Six, OSAT Climbing Club finances and property are separate and distinct from funds held by any OSAT 12-step groups.

**ONE YEAR DUES--\$12.00 before September / \$6.00 after September** \$ \_\_\_\_\_

**ONE YEAR COUPLES DUES--(same mailing address)--\$18.00** \$ \_\_\_\_\_

**T-SHIRTS \$15.00 each** \$ \_\_\_\_\_

**STICKER (for bumper, window, or equipment!)- \$2.00ea, 2/ \$3.00** \$ \_\_\_\_\_

**DONATION WITHOUT RESTRICTION** \$ \_\_\_\_\_

**DONATION FOR PROPERTY/EQUIPMENT ONLY** \$ \_\_\_\_\_

**TOTAL (please enclose)** \$ \_\_\_\_\_

**Please make your checks payable to OSAT  
Mail your check along with this form to:**

**OSAT--Membership  
PO BOX 6461  
Lynnwood, Wa 98036**

4.10

# THE YODEL

## HAPPY HOLIDAYS

**N**ature is not only what is visible to the eye--it shows the inner images of the soul--the images on the back side of the eyes.

--Edvard Munch

Its hard to believe, but the Holidays are upon us already! I hope everyone had a bountiful Thanksgiving--I heard there was a good turn-out for the annual OSAT climb up Mt. Si on Thanksgiving day in spite of the buckets of rain that drenched everyone from head to toe!

Once again, there has been a tremendous amount of participation among OSATers who have chosen to contribute to *The Yodel*. As I'm sure you know, this newsletter is an excellent means of communication for everyone involved in OSAT. Its really great to see people taking advantage of the opportunity to get the word out about upcoming events, climbs, changes in the club, and of course personal reflections.

As editor of *The Yodel* for the past few months, I've really come to appreciate all of the work that is involved in putting this thing together, as well as getting it out in a timely manner. Hopefully, this issue will reach you before the holiday party at Charlie's. If it doesn't, I do sincerely apologize for missing my self-imposed deadline!

In this issue, you will notice a flyer concerning the upcoming *President's Weekend Hut Ski*. This is not the only flyer I received to include in *The Yodel*, as I did receive 2 others regarding upcoming activities. The reason why I've included this flyer is because the leader had already spent money on sending me over 125 copies to put with *The Yodel*. In the future, I think it will be less costly and less bulky if we try to avoid putting flyers in *The Yodel*. I think I can just as easily print the necessary information about the event in the appropriate section, including all of the specifics and directions.



**KEEP CLIMBING MOUNTAINS...AND  
DON'T SLIP!**

I hope everyone has a great holiday season!--Marina S.,  
Editor

**ONE STEP AT A TIME (OSAT) is an outdoor club for members and friends of 12-step recovery programs. Our mission is "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."**

## What's Inside...

- ② 12-Step Mtngs / Phone #'s
- ③ Activities and Climbs
- ④ Notices
- ⑤ Echoes
- ⑥ Climbing Club News

## 12~step meetings

### Tiger Mountain

**PLEASE NOTE:** Starting November 2nd, the Thursday night meeting will take place at the IHOP in Issaquah @ 7:30pm. This will only be until the time change again in April. Then it's back to the mountain. (Take I-90, heading east, take Exit 15, turn left, and you can't miss it). Some die-hards do the hike first, then meet the rest of us at IHOP for the meeting!

Time: Sundays @ 10:00 am

Location: The Tiger Mountain Trailhead is on the south (right) side of the High Point Way Exit (1st exit east of Issaquah) off I-90. Make a reverse U-turn onto the road parallel with the Interstate. Park as close as possible to the west end of the road.

Contact: Thursdays - Jim K 558-4301  
Sundays - Winton C 862-4895

Notes: Newcomers should not try to find this meeting alone. We meet in the trees just below the summit of West Tiger 3. The hike gains 2,000 feet in less than 3 miles. Bring warm clothes and a flashlight for the evening meeting.

### Lake 22

Time: Sundays @ 2 pm

Location: Drive through Granite Falls (North and east of Everett via Rtes. 2, 204, 9, and 92) 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 on the right side of the road.

Notes: A great hike with beautiful waterfalls and lovely old growth forest. Easier than Tiger Mountain. The hike takes about 1.5 hours.

Contact: (this meeting may need new chair for the winter)

### CARKEEK PARK

**PLEASE NOTE:** This used to be the Meadowdale Beach meeting, but it has changed to Carkeek Park for the winter.

Time: Mondays @ 7pm

Location: Take I-5 to Northgate, take the Northgate Way exit, and head west. Keep going past Hwy 99. When you cross Greenwood, N.gate Way changes to Holman Rd. A block or two later, look for Art's Foods, and travel thru the parking lot. You'll find 100th and 6th. Park near there, or in Art's parking lot. The group meets at 7pm in the parking lot, then walks down together into the park.

Notes: This park has a beautiful view of the Sound. Be sure to dress very warmly, and bring candle lanterns and headlamps, as it is dark and usually cold.

Contact: Terri St. 782-8858

## Volunteers Phone Numbers

OSAT works because its members work! The following are among those who work make OSAT what it is, by taking a specific responsibility. When you see these individuals, let them know how you feel about the job they are doing, its the only pay they get!

The health of a volunteer organization is measured, in part, by the eagerness of the membership to participate in running its affairs. The BOTS is striving to rotate responsibilities among those who wish to help. If you have an interest in serving the club in any capacity, please contact a member of the BOTS or any of the other volunteers.

### Board of Trusted Servants (BOTS)

|                     |                      |
|---------------------|----------------------|
| Rik A.....232-8908  | Lisa L.....735-4039  |
| Doug H.....889-2041 | Steve S.....838-4287 |
| Dave N.....752-9214 |                      |

### 12-Step Meeting Coordinators

|                     |                       |
|---------------------|-----------------------|
| Dick H.....659-9072 | Terri St.....782-8858 |
| Winton C...862-4895 | Jim K.....558-4301    |

### Contact Persons

|                                    |          |
|------------------------------------|----------|
| Activities Hotline..Rob G.....     | 824-7972 |
| Avalanches.....Paul C.....         | 782-7297 |
| Bicycling.....Todd F.....          | 832-4812 |
| Equipment.....Ivar S.....          | 776-7213 |
| Finances.....Dave B.....           | 353-8154 |
| Hotline Message....Pam G.....      | 742-4274 |
| Hotline follow-up....Deb K.....    | 789-4787 |
| Kayaking.....Carol P.....          | 486-2745 |
| Membership.....Teresa F.....       | 353-8154 |
| Newsletter.....Marina S.....       | 776-7213 |
| OSAT North.....Dick H.....         | 744-1047 |
| OSAT East Coast...John H.....(617) | 641-3423 |
| Running.....Bob Mx.....            | 825-3516 |
| Safety.....Terri P.....            | 759-9415 |
| Service.....Steve S.....           | 838-4287 |

### Activities Hotline Instructions

For additional activities information not available at the time of publication, or to add new activities to the calendar, call the activities hotline: Dial the OSAT Hotline, 236-9674, and press "1" after the

membership message begins. Rob G is encouraging callers to leave info about upcoming climbs or other activities, and so far, there has been some great participation. So, the next time you get a last-minute urge to hit the trail, or have a party give the "Activity Hotline" a call!

## Current and Future Activities

**HOLIDAY PARTY--** Santa invites you to join in on some more OSAT fun! Once again, Charlie A will be hosting the Holiday Party at his home in West Seattle on **Saturday, December 2nd**. A progressive gift exchange is planned, so please bring a gift (under \$20.00)! Also, bring your favorite dish, as it will be a potluck style. The party starts at 6 (p.m., not a.m., or Charlie might not let you in) and is really easy to find. Directions are as follows: **Take the West Seattle Freeway (the Spokane St exit off I-5), take the Admiral Way exit and follow to California Avenue. Turn right on California, and head north for about 6 blocks, and look for Palm street. Turn right onto Palm (it'll start to curve to the left). The address is 1540 Palm SW. Please call Charlie A if you need more info at 932-7195.**

### WOMEN'S ORNAMENT EXCHANGE

**PARTY!!!--**Fun, Food, Festivities, Fellowship at **Pam G's** house on **December 19** at 6:30 p.m. Please bring your favorite hors-d'oeuvres and an ornament (homemade or purchased) to exchange. And most important, don't forget to bring yourself! How do I get there you ask? Well...go Northbound on I-5 and take exit 189--(West 526 Mukilteo/Whidbey Island exit). go for 5 miles on 526 to the bottom of the hill and take a right on Mukilteo speedway (you'll see 7-11, Taco Time, and BP). Take the 1st left onto 81st Pl. S.W. (just past Alf's Pizza) Go 1/2 block, and as the street begins to crest, look to the left for the dark brown 4-plex townhouses with double car garages. The address is 5216 81st Pl. S.W. #2. Questions? Call Pam at 742-4274.

**ESSENTIAL PEACEMAKING--**(An exploration of communication for Men and Women)

Lela D and Paul C are putting together a workshop on cross gender communications. (No, that's not a disease.) It's a workshop on understanding each other. Participation is limited to 12. Participants will be balanced in terms of number of men and women. Singles and/or couples are welcome. We are considering doing this the first weekend of January, Saturday the 6th, in a cabin near Mt. Pilchuck. We might make it an

overnight with some outdoor activity on Sunday. Minimal costs. Our cost for food and a gift to the cabin owner. Let **Lela (364-7960)** dawkinsl@seattleu.edu or **Paul (782-7297)** seapwc@halcyon.com know of your interest or of your questions.

**SNOW CAVE MEETING--**Expert mountaineer and igloo architect Tom M has volunteered to lead the 1996 snow cave trip. This OSAT tradition provides many members their first experience with snow shoes, snow camping, and the world's only regularly scheduled (this is the fifth annual) 12-step meeting in a snow cave! A short, easy winter hike, no experience necessary! Last year our large meeting cave accommodated fifteen. The January 10 club meeting will feature a snow camping seminar to help get beginners prepared to earn your snow cave merit badge! Call Rik (234-1770) or Tom (481-3374) for details. (also listed in "Going Up?" section)

**LET'S SKI SNOQUALMIE!--**If you can't get enough of a good thing, then why not ski all winter? Join OSAT (One Swish at a Time) on **Wednesday** nights for some downhill excitement! You can Alpine, Snowboard, or Telemark, whatever floats your boat. Call **Dave N** for more info at **752-9214**.

**RUN, FORREST, RUN!!--**If you love running, walking, rollerblading, or any other form of exercise, we meet at Greenlake every **Wednesday**, at **5:30 pm** near the drinking fountains near the boathouse (on the south and slightly west side of the lake). After one, two, or even three (ugh!) laps around, we retire to the Honeybear Bakery for healthy (or fattening, your choice) food and fellowship. Call **Bob Mx (825-3516)** or **Dick W (339-3751)** for more info.

### GOING UP? OR HEADING DOWN?

A list of currently scheduled climbs and skiing activities for the winter!

(please note: if you submit information about leading a climb or ski trip, be sure to include the date, the place, experience required if any, the limit, your name, and your phone number.)

**December 17: Mt. Hood Winter Climb.** Sign-up begins November 1. Limit 12. Bob C.--Leader Ph: 228-1005

**January 1: Ring in the New Year.** Meet in big parking lot at 7:30. Back in time to see the Rose Bowl. Rik A

**January 14: Snowshoe trip on Guye Peak.** Experience necessary--ability to walk. Limit 12. Dave N.--Leader Ph: 752-9214.

**February 17-18: Mount Hood.** (bad-weather postponement date: February 24-25) Snowcave near top of Palmer ski lift. Glacier experience required, snow cave merit badge helpful. Rik A--Leader Ph: 234-1770.

of Palmer ski lift. Glacier experience required, snow cave merit badge helpful. Rik A--Leader Ph: 234-1770.

**February 17-19: 4th annual Presidents Day Ski Hut Weekend.** Basic cross-country skills needed, or you can snowshoe. 4 miles one way. Limit 8. Dave N.--Leader Ph: 752-9214.

**March 2-3: The Annual OSAT Snow Cave and Igloo Adventure!** Skyline ridge near Steven's pass. Bring warm clothes, shovel, snow saws, stoves & warm sleeping bag. Group will meet at the Dutch Cup in Sultan at 7:30 a.m. Or at the old gas station at the Steven's Pass parking area at 9:00a.m. Limit ? Tom M.--Leader Ph: 481-3374. (Please call for details and permission to attend)

**March 9: McClellan's Butte.** Snowshoe or bring tools and climb the chute. This type of experience necessary. Limit 12. Dave N.--Leader. Ph: 752-9214.

**April 6-7: Mt. St. Helens.** Climb or ski. Basic Mountaineering experience required. Limit 12. Dave N.--Leader Ph: 752-9214.

**April 27: McClellan's Butte.** North Gully. Max. four, comfortable on steep snow/ice. Rik A--Leader Ph: 234-1770.

**June 29-30: Little Tahoma.** JDH memorial climb to a beautiful view overlooking the east-side Rainier routes. Glacier climb with rock scramble. Rik A--Leader Ph: 234-1770.

**You pick the date: Tatoosh Traverse.** 3 or 4 days. I'll sign up, but after three unsuccessful attempts to organize this climb, I won't try to lead again! Rik A.

## Notices

Advertising in this column is free for all OSAT members. All advertisements will run for one issue. To keep your ad in subsequent issues, you must contact Marina, prior to deadline. Send your personals, gear swap offers, and situations wanted (e.g. "will-belay for food") to the Yodel, via the OSAT P.O. BOX. or to Marina S. directly at 22810 55th Ave. W., Mountlake Terrace, WA 98043.

**JINGLE BELLS, BATMAN SMELLS....**--Got your attention? Good! How would you like to make someone's holiday season special? Kim G would like to start organizing Christmas Caroling for the elderly. If this sounds fun to you (and it will be), please let her know if you would be interested. The plan is to go either the week of Dec. 4 or Dec 11, on a week-night, depending what's convenient for everyone. We'll practice one night, then head to a rest-home or retirement center, and give 'em a show! She'd like to start organizing now, so let her know if you're interested! Call Kim G at 869-8019.

**GRATEFUL (a message from Dave N)--** I am very grateful for everyone who helped with and took part in OSAT's first gratitude dinner. It was a wonderful time and the food was the best.

I would like to express, once again, great thanks to those four who were awarded this year's service awards-- Dick W., Charlie A., Bob C., and Terri S.

**IT'S A BIRD, IT'S A PLANE--** Well, actually it's a bird, Two of 'em in fact. Pete has a male and female pair of cockateils for sale with cage, nestbox. asking \$150.00. **Call Pete** if interested at **661-2564** or flame him, I mean e-mail him at **pstap1954@aol.com**

**FOUND:** At the OSAT Gratitude dinner- a package of pictures of OSAT Mt. Rainier climb, Emmons glacier. Perhaps Bob C's? Maybe Sally's? If you want to claim them, call Dave N at 752-9214.

**THANKS OSATers WHO CHEERED ON THE EAGLES!--**Hoover and Nancy would like to thank all the OSATers who braved the chilly fall air on Oct. 27 to watch the Cleveland Eagles battle O'Dea in their last regular season game. Even though the Eagles lost, it was quite a defensive display. You guys were great to come out for the game, and also to buy the hats! They looked sharp in the stands. Way to go Greg for fitting into that 1973 Cleveland letter jacket! Thanks for the support, it means a lot to Hoot and Nancy and also to the players. we'll try to get the 1996 schedule in the Yodel to give you plenty of time to plan your high school football game attendance!

**WANT TO BE A HERO?** Al Errington provided a terrific presentation to the October meeting concerning safe climbing and mountain rescue. I talked to Al after the meeting, and he subsequently sent me a copy of the application for joining Seattle Mountain Rescue which he asked I make available to anyone who is interested. Please call if you would like a copy. Rik A 234-1770.

**RIVER RAFTING!--**Would any one be interested in a river rafting trip? When? Around Memorial Day weekend. Where? The Methow River. How Much? around \$60.00 per person, camping @ Alta Lake State Park (or wherever you wish) How Many? A group of 12 would be great, but the outfitter sez they can handle more! Contact **Doug H. 889-2041.**

**A CALL FOR ARCHIVES CONTRIBUTIONS!--**A while back, Doug H., accepted an invitation to put together an OSAT archives. Well, so far, he's got the storage boxes, but not much in the way of content. If anyone has any photos, or other memento's that you would like to donate (or loan ), please help us out! Contact **Doug H., 889-2041.**

**Oi, this cold weather is makin' my joints and muscles ache!** Dr. Mark Fredrich can help you with all your chiropractic needs--ring him up at the Hagen Chiropractic center in Lynnwood. **Ph: 712-9686.**



## Echoes

*The Yodel* always welcomes your thoughts, anecdotes, stories, and of course accounts of your thrilling climbs and activities. Anytime you feel like sharing your experiences, or run across a thought you find inspirational, why not share it with you OSAT friends?

### *An OSAT Christmas*

*by Rik A*

'Twas the night before Christmas and all  
through the tent,

not a creature was stirring, not lady nor gent.

No stockings were hung, they all were on feet  
keeping toes from freezing in the snow and  
the sleet;

And I and my tentmate and Jim in his skivvies  
had just settled down in our down and our  
bivvies.

The wind it was bitter, no moon was in sight  
but plenty of snow was around us that night.

After hours of tossing, we'd finally dropped  
and dozed off unconscious of what Santa Claus  
brought.

We dreamed of new ropes, of Goretex and  
backpacks,  
of stoves and altimeters and pro' for our racks.

When out on the snow there arose such a  
clatter

I sprang from my bivvie to see what was the  
matter.

I peeked out the zipper to espy the old elf:  
his gear was so funky I laughed to myself!

His parka and snowpants and cap were all red,

trimmed with fur white like ermine and he  
seemed overfed.

He had lots to do and went straight to his task.

Good thing for him he carried no flask!

Goodies galore he spread 'round the tree.

Surprises awaited our next morning glee.

He hopped on his sled; to his team gave a  
whistle,

and took off through the sky like an astronaut  
missile.

"On Tiger, on Rainier, on belay and Mt. Si,  
Go OSAT, Keep Climbing and reach for the  
sky."

And I heard him exclaim as he searched for a  
rhyme

"Merry Christmas to all and to all a good  
climb!"

### *"Rock on, dude"*

*by Bob C*

What a grand year for rock climbing! The season  
started off shaky from the training to do big mountains,  
but a lot of hard work enabled us (my talented and lovely  
partner Miss Sally) to put up some outstanding lines.

The first trip was to Joshua tree Monument in southern  
California. We stayed four or five days. A park fee of  
\$5.00 covers entrance and camping for two weeks. Your  
friction climbing will definitely improve here. Bring lots  
of courage to run-out pitches. Anyone care to join us  
next year? Maybe Sally will take me next time around  
my birthday (April) when the weather is great. WAY  
FUN!

Next up was a trip to Squamish B.C. We stayed at the  
climbers campground (free) and ate an occasional meal  
in town to make this a destination anytime. I  
recommend the 5.7\*\*\*\*Diedra. Seven pitches of  
sustained lieback, dicey friction and long run-out. A nail  
biter is Mercy Me 5.8\*\*\*\*. Bring QD's, two ropes, and  
plenty of courage. Too much fun. Shannon Falls, Little  
Smoke Bluffs, The Flake, The Apron, Burgers and Fries  
are just a few areas we found with climbs from 5.5-5.10.  
Just don't forget your rack.

Leavonworth. Need I say more? Three more trips to  
Outerspace 5.9\*\*\*\*\*grade III. The best bang for any

buck. Clamshell Cave is 20 min. off the road with nice climbs of 5.5 to 5.8. This area is often overlooked by the jockeys because of the stroll in, but does offer relief from the hot sun and two fun "cube" routes. Of course the standard for crack climbing at 8-mile rock is Classic Crack 5.8\*\*\*flanked by two other gems.

Climbers of all levels come to Leavenworth to sharpen their gear placing skills. Beginners hang at Bruce's Boulder and Barney's Rubble. Icicle Buttress has a number of moderate routes that you can bail to easier lines just in case. A number of smaller crags with hard climbs can be top-roped, such as Alphabet Rock, Z-Crack 5.10\*\*, and Jaws of Life 5.11\*\*.

Our next destination heads to a current favorite, Peshastin Pinnacles! The soft sandstone friction climbing here is outstanding. On the Grand Central Tower are two climbs not to be missed: West Face 5.8\*\*\*and Lightning Crack 5.8+\*\*\*\*. At the Austrian Slab is Slender Thread 5.9\*\*\*. An invigorating line with the first bolt some twenty-five feet high. On to Sickle Slab where Testicle Fortitude 5.9\*\*and Windward Direct 5.8\*\*\* (the better of the two) are found. Be sure to follow the book closely. For the beginning friction climber sunset Slab is the place to hang. Starting at 5.4, one can try other routes and work on powering up the friction. For the gear heads, besides Lightning Crack, there's Vertigo (you may get the feeling), A Crack, The Tunnel, Porpoise, Empire State, and some others—just look for them.

There is so much to explore here and many other places. How about a trip to Idaho for the City of Rocks area? There's Devil's Tower in Wyoming, Skaha, and the Buggaboos in British Columbia, Red Rocks in Las Vegas, and of course, (pause and pay tribute)Yosemite. I can't wait to go there. The thought alone makes me quiver.

If you're interested in joining us along the way, feel free to call or ask. I enjoy finding new places, new routes of all difficulties, as it helps me to be a better all-around climber and leader. Step out and find the edges of the mind and body, to discover your limits. I don't think there really are any limits. Keep climbing mountains and don't slip. Godspeed to you till we meet again.

## Climbing Club News

### OSAT, Inc.?

Actually, no. In a curious twist of the law, as a nonprofit corporation OSAT is prohibited from including "Inc." or "Incorporated" or "Corporation" in its name. However, as of August 16 OSAT is

officially a Washington non-profit corporation, #601-656-635. We received certification from the Secretary of State in October, and have now applied to the IRS for 501(c)(3) status which will make contributions to the climbing club tax-deductible.

The following are articles of incorporation approved and signed at the August club meeting. If you have any questions or comments, please call Rik A.

### NONPROFIT CORPORATION/ARTICLES OF INCORPORATION

The undersigned hereby adopt the following Articles of Incorporation for the purpose of forming a corporation under the nonprofit laws of the State of Washington, RCW 24.03:

**Article I - Name** - The name of the corporation shall be One Step At a Time.

**Article II - Term** - The term of existence for this corporation shall be perpetual.

**Article III - Purpose** - The purposes for which the corporation is organized are exclusively charitable and educational. The primary purpose is 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.

**Article IV - Limitations** - No part of the net earnings of the corporation shall inure to the benefit of, or be distributable to its members, trustees, officers, or other private persons, except that the corporation shall be authorized and empowered to reimburse reasonable expenses incurred and to make payments and distributions in furtherance of the purposes set forth in Article III above. No substantial part of the activities of the corporation shall be the carrying on of propaganda, or otherwise attempting to influence legislation, and the corporation shall not participate in, or intervene in any political campaign on behalf of or in opposition to any candidate for public office. Notwithstanding any other provision of these articles, the corporation shall not carry on any other activities not permitted to be carried on (a) by a corporation exempt from federal income tax under section 501(c)(3) of the Internal Revenue Code or the corresponding section of any future federal tax code, or (b) by a corporation, contributions to which are deductible under section 170(c)(2) of the Internal Revenue Code, or the corresponding section of any future federal tax code.

**Article V - Registered Agent** - The name of the Registered Agent of the corporation is {Doug H}. The street address of the Registered Office, which is also the address of the Registered Agent, is {Doug's address}.

**Article VI - Board of Directors** - There shall be five (5) directors serving as the Board of Directors of the corporation. Their successors shall be the same persons elected under the by-laws of the organization as the "Board of Trusted Servants." The names and addresses of the members of the initial Board of Directors are as follows:

{Rik A, Doug H, Lisa L, Dave N, Steve S}

**Article VII - Dissolution** - In the event of dissolution of the corporation, the net assets of the corporation are to be distributed for one or more exempt purposes similar to those under which it is established herein, within the meaning of section 501(c)(3) of the United States Internal Revenue Code, or the corresponding section of any future federal tax code. Any such assets not disposed of shall be disposed of by a Court of Competent Jurisdiction of the county in which the principal office of the corporation is then located, exclusively for such purposes or to such organization or

organizations, as said Court shall determine, which are organized and operated exclusively for such purposes.

**Article VIII - Incorporators** - The name and address of each incorporator is as follows:

{Dick W, Patty H, Lisa L, Doug H, Rob G, Marina S, Ivar S, Rik A, Dave B, Dave N, Fred L, Steve S}

**IN WITNESS WHEREOF** each incorporator affixed his/her signature this 9th day of August, 1995.

{signatures of the above-named individuals}

#### Consent to Appointment as Registered Agent

I, {Doug H}, hereby consent to serve as Registered Agent in the state of Washington for the corporation herein named. I understand that as agent for the corporation, it will be my responsibility to accept Service of Process in the name of the corporation, to forward all mail to the corporation; and to immediately notify the Office of the Secretary of State in the event of my resignation or of any change in the Registered Office address of the corporation for which I am agent.

Date 9 August, 1995 s/ {Doug H}

#### Minutes - May Club Meeting

*{In the chaos of last May & June, I failed to type up the May minutes for publication in The Yodel. This came to my attention as I was looking for documentation of the by-laws election results to include with our IRS application for tax deductible status. - Rik A}*

The May 3 meeting was called to order by Doug H. The mailing to previous members who had not renewed went out, and 24 new members were added. The financial balance was \$2552.21. by-laws balloting ended April 1 when renewal dues were due; the by-laws were adopted by a vote of 30-1. The climbing course reported an enrollment of 37 students. Ivar is taking over as equipment chairman, and Rob G has volunteered to handle the activities hotline. Rik A will attempt to get the Mercer Island Library for July and August meetings. Discussion of the party size tradition was tabled until the June meeting. A few serenity hikes were scheduled.

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God, grant me the Serenity to accept the things I cannot change,

The Courage to change the things I can,

And the Wisdom to know the difference

YODEL STAFF

Marina S
Ivar S
Anne B
Deb K
Teresa F
Dave B

Editor
Contributing Editor
Circulation
Asst. Circulation
Mailing List
Asst. Mailing List

We appreciate any and all contributions! Without your input, there would be no Yodel! Please continue sending your trip reports, stories, thoughts, and ideas. Also, if you have a computer, we would greatly appreciate your stories sent to us on computer disk. The Yodel is published using Microsoft Word 6.0, however, your disks can be converted from previous versions of Word, as well as Word Perfect. Make sure your disk is formatted for IBM. Be sure and send a hard copy along with your disk just to be sure, and as always, make sure you have a backup! Please send all submittals to: Marina S., 22810 - 55th Ave. W., Mountlake Terrace, WA 98043. And, for you really up-to-date types, send us your submissions via Cyberspace to: 74557.1717@compuserve.com. See you next issue!

Ed.

'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.