

## **OSAT Newsletters and Yodels – 1996**

This file contains copies of Yodel newsletters sent out to club members during the first half of 1996.

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# THE YODEL

## A NEW YEAR, A FRESH START

**I** go to Nature to be soothed and healed, and to have my senses put in tune once more

--John Burroughs (1837-1921)  
American naturalist

Welcome to the first edition of *The Yodel* for 1996! A new season of climbing and fellowship is upon us, along with a great opportunity to forge new friendships, as well as rekindle old ones!

As OSAT enters it's fifth year of existence, it is still going strong and gaining new ground every step of the way. Judging by the amount of activities sent to *The Yodel*, it looks as though 1996 is going to be a very busy year, sure to bring a little of something for everyone's interest!

Included inside this issue you will find new information regarding the Climbing Course for 1996, a women's conference in Salt Lake City, lot's (and I mean LOT'S) of climbs for every level of ability, info regarding the BOTS, and a whole lot more.

I hope you'll take the time to read and find out what is going on with your fellow OSATers! I look forward to an exciting year filled with plenty of skiing, snowshoeing, hiking, climbing and of course, meetings.

There are a couple of things to mention off the top: The Lake 22 meeting is in need of someone to commit to keep it going. I've been told that the meeting is on hiatus for the winter, but will need someone to chair come spring (please let me know of any new info regarding this meeting, so that I may print it in *The Yodel*).

Also, Dave B has graciously been serving as treasurer of the Climbing Club for a few years, and would VERY much like to give someone else the opportunity to serve. Why not step forward and give it a try! He'll teach you all you need to know about playing with, uh, I mean responsibly handling the clubs' finances!

And, finally, one of my new year's resolutions is to remember to print publishing dates for upcoming newsletters! So, without further ado...the next Yodel will be published Feb. 19th.



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

Happy 1996, and KCM & DS.--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**
- ⑦ Climbing Club News**

## 12~step meetings

### Tiger Mountain

**PLEASE NOTE:** The Thursday night meeting will take place at the IHOP in Issaquah @ 7:30pm 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 - Roy 525-0510

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: Usually Sundays, but we don't have a anyone to chair for this meeting. Let's try to get it going again this spring!

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: We need someone, *anyone* to commit to keeping this meeting going!

### 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  
Marina S.....776-7213 Robert T.. 850-0805  
Kim G.....869-8019

### 12-Step Meeting Coordinators

Terri St....782-8858 Roy.....525-0510  
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....Doug H.....889-2041  
Kayaking.....Carol P.....486-2745  
Membership.....Jason R.....242-7980  
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

### 1996 CLIMBING COURSE IS ABOUT TO BEGIN!

We know you're out there! The 1996 OSAT Climbing Committee has been busy setting the schedules and dates for this year's climbing course. It's sure to be fun, exciting, and adventurous!

"How can I help?" you ask. Well, the climbing committee is glad you asked, as it needs and wants your help. Here's how you can get involved: They'll need instructors to help during the four field trips and to assist at the lectures. And don't give the excuse that you're not qualified...you've got what it takes! They also need qualified team leaders AND rope leaders for the Rainier Climbs. The dates are as follows:

**Lectures:** March 6, April 3 May 1 Mercer Island Congregational Church. 4545 Island Crest Way

**Field Trip #1:** April 20--Ice Ax arrest--Mt. Pilchuck  
Leader: Shirley

**Field Trip #2:** April 28--Ice Ax Arrest--Steven's Pass  
Leader: Dave N

**Field trip #3:** May 18-19--Roped Travel and Muir Hike--Mt. Rainier Leaders: Charlie A and Dick W

**Field trip #4:** June 1--Crevasse rescue--Alpental (TBD)  
Leader: Bob C

There will be four Rainier climbs this year:

**Emmons route:** July 13, 14 & 15

**DC route:** July 14 & 15

**Emmons route:** July 20, 21 & 22

**DC route:** July 21 & 22

Once again, we NEED Team leaders and Rope leaders! We also need Instructors for all the field trips and classes. So don't wait...Sign up today! Hurry, this offer won't last forever!

Call: Bob C 228-1005 or

Dick W 339-3751 or

Dave N 752-9214 (Tacoma)

### 32ND INTERNATIONAL ALCOHOLICS ANONYMOUS WOMEN'S CONFERENCE

The Language of the Heart will be spoken in Salt Lake City, Utah **February 8-11, 1996.**

There are speaker meetings, banquets, workshops, and around the clock meetings for these 4 days in February. The greatest snow on earth is also available to women who want to experience average February snowfall of 50 inches. Nine ski areas are less than an hour away from the convention center site (ALTA, SNOWBIRD, BRIGHTON, etc.) and are easily reached thanks to exceptional public and private transportation sources and rental cars.

The women's convention is a very big deal, it happens every year, but this is a terrific opportunity to help support your sobriety and your ski sanity (The past two years it was in NYC and Omaha NE). Three years ago I went to the convention in Vancouver, BC and I loved the whole thing. Lots of fellowship, chance to meet women across the country, and feel good to be who we are. I'm going to Salt Lake and if any women in OSAT want to hook up - lets go! Contact Ciel S 523-0580.

For more information: Debbie J. 1-801-966-6022 or Janet M 1-801-273-7225

For travel information: Cruise and Travel Masters 1-800-264-0557  
IAAWC Discount Fares through Delta Airlines Refer to File #F1267  
(As of Dec 29- \$99.10 RT Sea-SLC!)

Hotel Information: Salt Lake City Marriott 1-800-531-0800 For conference rates mention IAAWC

**ACONCAGUA**--What's that, you say? Well, it's the highest mountain in the western hemisphere, and the highest peak in South America. It stands at 23,085 feet, and Greg A and Steve S are in the planning stages of a possible OSAT expedition to this amazing peak in Argentina. They are shooting for February of 1997, so now's the time to get started. The first meeting is planned for March 17 at 6p, with the location to be determined. Please call Greg (932-4862) or Steve (838-4287) for information.

**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 (or waxes your skis). 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.)

**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

**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

**February 18:** *And another X-country ski trip...* Steve S and Francie S invite you to join them up at Snoqualmie! For more info, call Steve S--Leader Ph: 473-7474

**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

**March 16:** *Norse Peak.* Snowshoe/crampon excursion. This peak is 6,900' and is near Crystal Mtn ski area. The elevation gain is 2,900 feet. Beautiful views, including Mt. Rainier from upper part of climb. Should be a great conditioner. Charlie A--Leader Ph: 932-7195

**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

**May 11:** *Vesper Peak.* Meet at the Verlot Ranger station at 8am. Steve S--Leader Ph: 473-7474

**May 25-26:** *Mt. Adams--South Spur Route.* This is an excellent conditioning climb for higher peaks, but does not require roped travel. Limit 12. Steve S--Leader Ph: 473-7474

**June 8-9:** *Mt. Rainier National Park (part of Tatoosh Traverse).* go in at Pinnacle Peak and come out at Longmire. Plan for some steep snow travel. Crampons and snow shoe experience required. Charlie A--Leader Ph: 932-7195

**June 14-16:** *Mt. Rainier--Disappointment Cleaver Route.* This is a three day climb, with the first camp at Camp Muir, then second day will be spent at Ingraham flats, then the summit push. Glacier experience required. *This climb needs rope leaders.* Limit 12. Steve S--Leader Ph: 473-7474

**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--Leader Ph: 234-1770

## 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, Marina S. at 22810 55th Ave. W., Mountlake Terrace, WA 98043 or e-mail me at... 74557,1717@compuserve.com

**SERENITY HIKES--**We would love to see the serenity hikes succeed for this year. For those no familiar with them, a serenity hike is geared towards the newcomer, both to recovery and to hiking. The object is to go on a mild (1,000' or less) hike and have a nice time. We would like to run them from May through September this year. I'm looking for individuals to coordinate them for each month. If interested, please call Doug H., 889-2041.

**TREATMENT CENTERS--**We have had a couple of people go out the past couple of months (not what you think!!) to treatment centers (Mucho Gracias to Pam G., Bob M., Charlie A. & Dick W.). I would like to get a list of people together who would be willing to go out (when requested) and talk about your OSAT experiences. And if anyone has any slides and/or photo's they could donate for these presentations, they would be welcome. Please call Doug H., 889-2041.

**PLANNING A TRIP?--**Are you thinking of flying somewhere soon, taking a ski trip to Colorado, going on a cruise or a climbing expedition? Bob M and Lisa L are

now certified independent travel agents. They can now book flights, organize activities, arrange rental cars and hotels. etc. All at the best available rates! This service is available to you with one easy phone call and at no cost to you (other than the cost of your trip, of course!) for more information, contact Lisa L or Bob M at (206) 735-4039.

**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.

**DOC, IT HURTS WHEN I DO THIS...**Dr. Mark Fredrich can help you with all your chiropractic needs--call him 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?

### "The Guide"

by Kim G

Once, I felt I owned a part of the mountain  
but now, in my wisdom, it is she who owns  
a part of me

In her silence she beckons me  
reaching out, her voice whispers  
softly in my head, tauntingly

The mountains, they hold captive my soul  
lost within their snowy veins

I can almost sense that's where my life's blood flows

A siren song for many, an icy casket she sets aside  
and I casually flirt with her danger, wary of her beauty  
awestruck by her size

For as surely as God made Earth, then the  
mountains is where He resides. And I, a lonely  
traveler, wander His castles through all time

~~~~~  
McLellans Butte

Dec. 16, 1995

by Chris N

Climbers included: Jim K., Kim G., Pam G., Annie B., and Grant.

Although the cancellation of the Mt. Hood climb had been a letdown for some preparing for the climb, there really was no choice but to find an alternative. News of the cancellation reached most of us on the 14th and by that night we had determined to ascend McLellans Butte on the 16th.

The weather for 2 weeks prior to the climb had been typical Northwest winter weather yet Saturday dawned with no precipitation. Although meeting at two different areas, we all arrived at the trailhead ready to take on the snow covered butte.

Gaiters attached and poles at our sides, we ascended through the woods and into the seemingly new snow. The fair weather and a desire to summit fueled us from the beginning (did I mention the caffeine?). Much to our delight, we found that trail had been broken by an unknown party ahead of us. We were never short of gratitude for the fact that we had steps (and postholes) in which to place our eager feet.

Although only two of us had not been to the summit before, none of us could help but marvel at the winter wonderland in which we were traveling. This was especially true for Jim who shot at least a roll and a half of film on the way up. The snow covered landscape was a thing of beauty in the eyes of us all. The trail passed through three chutes, which we traversed one at a time. Except for the times some of us stopped in a chute (!) to admire the view, we kept climbing.

At least as much as our muscles moved us, so did our laughter. There was no shortage of prior-trip tales and



tall stories to relate and keeping up with them kept us together as a group. The summit (so we thought) inspired us through the grey sky as we headed for the summit ridge. Voices, I hear voices.....

Upon reaching the ridge, we came upon our step kickers, a group of 8 Seattle Mountaineers. We took this moment to praise and thank them for making our journey that much easier. We also took this moment to return to them a pair of glacier glasses found along the trail. Of course no one likes to give up a free pair of glacier glasses so their identification was required. Turns out they were prescription glasses as one look through the distorted lenses told us. I thought if I had not been able to return them and had tried them on for the first time when I really needed them, I'd have never seen where I was going. Ahhhh, rigorous honesty prevails!

Once upon the ridge, we determined that the true summit was beyond our Herculean reach, but that did not deter us from traversing the ridge to the first summit. This ridge provided a test for all of us, and along the way there was no shortage of encouraging words, faith inspiring comments, and more pictures taken by Jim and myself. The last 50 feet to the summit gave us all reason to work together and to cheer. The summit provided rewarding views, an opportunity to relax, strip and add layers, eat, take even more pictures, and laugh some more. It was at this time that I knew why I do this stuff!

The trip down was no less rewarding than the ascent. Spectacular scenery in reverse, impromptu glissading, glove launching (by Pam), and more laughter and fellowship. Upon reaching the three chutes previously traversed, we found that two of them had experienced pretty good slides, fortunately in our absence. Needless to say, we found our way across them much more quickly than on the way up (and without stops)!

What trip would be complete without a munch-fest at the end. Mitzels of North Bend was the required pit-stop for 5 of us and again, more laughter and fellowship, not to mention chili, burgers, fries, pie and coffee.

Although Mt. Hood had been called off, I would not have traded this day for any other. A climb like this seems to give me a great opportunity to place routine life aside and live in the glory of the moment. A chance to strengthen friendships, climb, indulge in the fellowship, and laugh a hell of a lot!! It doesn't get much better than that.

Anything is possible if we do it One Step At a Time!

## Mailbox Mountain Hike

12/3/95

by Kim G

**Climbers:** Shirley R (leader), Charlie A, Dick, Tom M, Chuck T, Charlie G and friend, Rich, Hoot, Chris, Jim, Jason, Rick and Kim G

It was a crisp, foreboding morning when the gang met to climb Mailbox Mountain...

We're off driving to the trail head...oops...lost a car or two on the way over but their navigational skills kicked in and they finally showed up. Then it was off to the trail...after a bit of a false start down the wrong path, and upward we went...straight up...and up and up. A gaggle of men set a blistering pace much too fast for a few of us. The temperature began to drop as we neared the summit. Important thoughts flashed through my mind..."was that my lung I just coughed up?"..."where's the chairlift?"...Tom, Jim, Hoot and a few others led the way through knee deep snow. We then attacked the hike up the boulder field. It was a rollicking good time through the snow laden rock field...where surprise holes and slick rocks kept us moving quickly.

Okay, we're on the last stretch. It's just straight up now...how the hell did Hoot bypass us all and get way up there. The wind picks up and bites through every piece of clothing we have. My snout is freezing...my quads are screaming and I'm having fun. We make it! Time for a few quick pictures, sign in on the register that's kept in a mail box at the top (how appropriate)and we're off. I'll follow Hoot...he knows what he's doing. Shirley comments that now the fun starts...going down is now problem at all...little did I know...

That was the last I saw of any civilized trail for the next few hours. It was easy to follow Hoot's path...footsteps in snow...easy as pie. Hey, wait a minute, is this really easier? Now, just one darn minute...this chute is steep as hell and ahhhhhhhhh! Okay, so now I'm down. The worst is over....but wait...what's this...a field of snow and this HUGE prickly Devil's foot or whatever the hell they are...talk about a painful trek. I received needles in places I usually don't talk about. Thank God I'm not alone anymore. Jim, Rich, Charlie A, Chris and Tom catch up...but where are the others? Well the worst part is over...but little did we know.

We continued to follow Hoot's path...then that gave out as the snow gave way to dead trees, huge tree trunks and a f---ing cliff we had to go down. Okay, Charlie and Dick say keep an even altitude and move across the hill... not down... we'll hit the trail sooner or later...yeah, right. No trail, no Hoot, no civilization. Chris asks if anything looks familiar...hell, who had time to look up when I was losing a lung climbing this damn mountain...but hey, I'm still having fun, right? My

muscles begin to whine, then scream, a few have just had a nervous breakdown...but onward we go. Chris says the trees look familiar...I'm positive we're heading the right direction...I have good path karma, ya know.

We powwow...15 minutes more at this and then we're plunging straight down to hit the highway...we'll hitchhike to our cars. At the stroke of 15 minutes, a loud shout goes up...Rich found the trail. All right, hugs all around and we're off. God, I hope the others are okay...we race down...planning a long wait...what about mountain rescue if our friends don't come out? As we round the last bend there are all our friends waiting for us...they came down the right way. Just then, the rain and snow begin to fall...we gathered for eats at Ken's Truck stop. And we all learned a pretty simple lesson...DON'T GET SEPARATED ON THE MOUNTAIN. STAY TOGETHER. We know. Anyhow, it was great and if you decide to do it please keep your eyes peeled for my missing lung.

## Climbing Club News (by Rik A)

**M**onthly OSAT club meetings are held on the second Wednesday of the month at 7 PM. We meet at the Congregational Church of Mercer Island, located at 4545 Island Crest Way (take the Island Crest exit from I-90, the church is about 1.6 miles south of the freeway, on the right. The meeting is held in classroom #1 (Upstairs, north end of hall). The BOTS is committed to keeping the "business" portion of the meeting as short as possible, so we can concentrate on welcoming new members and enjoying the scheduled entertainment.

At the February 14 (Valentine's Day) meeting Dave and Teresa will share slides and stories about their experiences in Scotland last year -- everything but the Scotch!

Within the requirements of the by-laws, Club business will be discussed and acted upon at the BOTS meetings. Business requiring general membership participation will be brought to the Club meetings. Minutes of the BOTS meeting and Club meeting will be published jointly in the following Yodel.

### OSAT Finances

**A**s another year begins, and its time to renew your membership in the OSAT, it may be helpful to review why the outdoor club has dues. The following is a summary of 1995 finances created from Dave B's monthly reports.

#### Income:

Dues

1835

|                     |             |
|---------------------|-------------|
| Contributions       | 1261        |
| Equipment Donations | 132         |
| Sales               | 603         |
| <b>TOTAL INCOME</b> | <b>3831</b> |

#### Expenses:

|                        |             |
|------------------------|-------------|
| Reproduction & Postage | 1194        |
| Phone                  | 358         |
| Meeting Place fees     | 30          |
| Organization           | 70          |
| Merchandise for resale | 40          |
| Events                 | 982         |
| Climbing course        | 279         |
| PR/Thanks/Memorial     | 1081        |
| <b>TOTAL EXPENSES</b>  | <b>4108</b> |

We had to estimate the split between contributions and sales since some monthly reports do not distinguish between them. Most of the material sold (e.g. T-shirts and stickers) was purchased in prior years.

It can be seen that the club has an annual cash flow of around \$4000. Last year the club experienced negative cash flow, primarily due to expenses in conjunction with the memorial. Nearly half of the expenses are related to the Yodel, phone, and meetings. These are the expenses which are covered by dues, and the current level of dues appears adequate for these purposes. The "Events" category are items like the ski trip and relay race for which participants reimburse the club for through "contributions". (Note that such "contributions" will NOT qualify as tax deductible when we get our IRS 501(c)(3) designation.)

The climbing club welcomes all participants in OSAT AA meetings to join, but does not require membership to participate in club activities. As Jimmy put it, "The separation of the [climbing] club and [AA] group is confusing to many members, especially those new to the fellowship... From the very beginning there was concern that an AA climbing group would violate one or more of the AA Traditions... Several old-timers assured [me] that this was to be expected and should be ignored. Apparently, there are a few AA members that will complain about anything that is not specifically suggested in the Big Book and/or does not have the clear authority of precedent and tradition."

If you are out of work, or otherwise in need, and would like to receive the newsletter without paying dues, please contact a member of the BOTS. Contributions by some members in excess of dues (which we hope will become tax deductible this year) make it possible for the club to provide a few complementary memberships.

For the rest of you, kindly use the renewal form in this newsletter to send in your dues. Otherwise, your subscription to *The Yodel* will end April 1. KCM-ADS!



## Thoughts from BOTS

*1995 was an interesting year for OSAT, myself, and all of us. There were some real challenges, sorrow, joy, grief, and just about every other emotion that anyone could think of.*

*It is with a lot of sadness that I write this column for the last time. Being on the BOTS has been an enriching, learning experience for me. I really do believe that how I do anything is how I do everything. I've seen some areas of my character and my life where there is definitely room for improvement and growth. I've also found areas where I've been able to grow while being of service to OSAT.*

*As the new and remaining BOTS members, Robert T., Kim G., Marina S., Lisa L. and Rik A. usher in the new year I can only say that it has been a great pleasure to be involved with all of you, too many to name, and I hope to have the opportunity to serve OSAT in what ever function possible.*

*Keep Climbing Mountains & Don't Slip!!!*

*Doug H.*

~~~~~  
*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         |
| 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.*

# THE YODEL

## IS SPRING HERE YET?

**E**very bird song, wind song, and tremendous storm song of the rocks in the heart of the mountains is our song, our very own, and sings our love

--John Muir (1838-1914)  
American Naturalist

If your idea of exercise this winter has been reaching for the remote, you are probably not alone. It can be tough to want to go out and brave the biting cold of snow, or get drenched in flood-inducing sheets of rain. But spring will be here before you know it, and in the meantime, you can read this issue of *The Yodel* from the comfort and warmth of your couch, picturing your pals out there braving the elements.

You have to admit, though, the thought of sloshing around in mud puddles can be fun, especially if you're with like-minded OSATers who regularly revel in the thought of getting to act like kids again!

Some things to look for in this issue of *The Yodel* include information about the new OSAT T-shirts (I hear they are very sharp!), the publishing of the OSAT preamble contributed by Rik A (I think we've all been to at least one meeting where no one had a copy of the preamble!), and of course newly scheduled climbs.

Whatever you're up for, I'm sure you'll find it in *The Yodel*. Once again, fellow OSATers have contributed all kinds of activities for every level and interest. It just might inspire you to get out and have some fun, whether it's running around Greenlake, hiking up Tiger Mountain, or planning for the Annual Snow Cave and Igloo Adventure!

We always welcome your input to *The Yodel*, whether it's new climbs, personal reflections, or comments regarding content and format. Feel free to contact me anytime, I'd love to hear your ideas (my phone #, address, and e-mail are in the back of every issue)! Next publishing date for *The*



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

*Yodel* will be Mar.25,1996. KCM & DS--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:** The Thursday night meeting will take place at the IHOP in Issaquah @ 7:30pm 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 - Roy           525-0510

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:               Usually Sundays, but we don't have a anyone to chair for this meeting. Let's try to get it going again this spring!

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:       We need someone, *anyone* to commit to keeping this meeting going!

### 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  
Marina S.....776-7213     Robert T.. 850-0805  
Kim G.....869-8019

### 12-Step Meeting Coordinators

Terri St....782-8858       Roy.....525-0510  
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.....Doug H.....889-2041  
Membership.....Jason R.....242-7980  
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

### 1996 CLIMBING COURSE IS ABOUT TO BEGIN!

We know you're out there! The 1996 OSAT Climbing Committee has been busy setting the schedules and dates for this year's climbing course. It's sure to be fun, exciting, and adventurous!

"How can I help?" you ask. Well, the climbing committee is glad you asked, as it needs and wants your help. Here's how you can get involved: They'll need instructors to help during the four field trips and to assist at the lectures. And don't give the excuse that you're not qualified...you've got what it takes! They also need qualified team leaders AND rope leaders for the Rainier Climbs. The dates are as follows:

**Lectures:** March 6, April 3 May 1 Mercer Island Congregational Church. 4545 Island Crest Way

**Field Trip #1:** April 20—Ice Ax arrest—Mt. Pilchuck  
Leader: Shirley

**Field Trip #2:** April 28—Ice Ax Arrest—Steven's Pass  
Leader: Dave N

**Field trip #3:** May 18-19—Roped Travel and Muir Hike—Mt. Rainier Leaders: Charlie A and Dick W

**Field trip #4:** June 1—Crevasse rescue—Alpental (TBD)  
Leader: Bob C

There will be four Rainier climbs this year:

**Emmons route:** July 13, 14 & 15

**DC route:** July 14 & 15

**Emmons route:** July 20, 21 & 22

**DC route:** July 21 & 22

Once again, we NEED Team leaders and Rope leaders! We also need Instructors for all the field trips and classes. So don't wait...Sign up today! Hurry, this offer won't last forever!

Call: Bob C 228-1005 or

Dick W 339-3751 or

Dave N 752-9214 (Tacoma)

**ACONCAGUA**--What's that, you say? Well, it's the highest mountain in the western hemisphere, and the highest peak in South America. It stands at 23,085 feet, and Greg A and Steve S are in the planning stages of a possible OSAT expedition to this amazing peak in Argentina. They are shooting for February of 1997, so now's the time to get started. The first meeting is planned for March 17 at 6p, with the location to be determined. Please call Greg (932-4862) or Steve (838-4287) for information.

**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 (or waxes your skis). 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.)

**Late Feb. or Early March:** *Lake Annette snowshoe trip.* Check the Hotline (236-9674) for details. Optional overnight. Shirley R—Leader

**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

**March 16: Norse Peak.** Snowshoe/crampon excursion. This peak is 6,900' and is near Crystal Mtn ski area. The elevation gain is 2,900 feet. Beautiful views, including Mt. Rainier from upper part of climb. Should be a great conditioner. Charlie A—Leader Ph: 932-7195

**April 11: Tiger Mountain .** OSAT AA Meeting Fifth Birthday Party! By astronomical coincidence, the fifth anniversary falls on a Thursday night. Celebrate!

**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

**Late May or early June: Mt. Jupiter.** Great conditioning hike, and see the wild rhodies in bloom. Its on the Olympic Peninsula! Check the Hotline (236-9674) for details. Shirley R—Leader

**May or June: Crevasse Rescue Practice and Revue—** For intermediate climbers only. Sign up with Shirley R after March 1. This event will take place in May or June (stay tuned for details), at an actual crevasse, with the techniques of the Seattle Mountaineers style being implemented. Some preparation will be required prior to the actual practice day. Must have leader's permission to participate. Shirley R—Leader Ph: 957-7975

**May 11: Vesper Peak.** Meet at the Verlot Ranger station at 8am. Steve S—Leader Ph: 473-7474

**May 25-26: Mt. Adams—South Spur Route.** This is an excellent conditioning climb for higher peaks, but does not require roped travel. Limit 12. Steve S—Leader Ph: 473-7474

**June 8-9: Mt. Rainier National Park (part of Tatoosh Traverse).** go in at Pinnacle Peak and come out at Longmire. Plan for some steep snow travel. Crampons and snow shoe experience required. Charlie A—Leader Ph: 932-7195

**June 14-16: Mt. Rainier—Disappointment Cleaver Route.** This is a three day climb, with the first camp at Camp Muir, then second day will be spent at Ingraham flats, then the summit push. Glacier experience required. *This climb needs rope leaders.* Limit 12. Steve S—Leader Ph: 473-7474

**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

**Sept. 28-29: Mt. Fernow.** Lake Chelan boat to Holden. Scramble. Could be scheduled anytime 9/27-10/2. Rik A - 234-1770

**You pick the date: Rik's wish list.** I'm willing to lead, let me know which interest you, and we'll schedule when we get a quorum: Shuksan (g), Glacier (g), Ingalls (r), Kaleetan (s). Rik A - 234-1770

## 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, Marina S. at 22810 55th Ave. W., Mountlake Terrace, WA 98043 or e-mail me at... 74557.1717@compuserve.com

**NEW FOR '96!!--**The all new OSAT Memorial T-shirts are here at last! We have three new colors: Ash with blue/green print, white with neon print, and navy with white print. They have the new OSAT design (by James B) on the front and all have a commemorative OSAT climbers insignia on the left sleeve in memory of Tom, Scott and Jimmy. They look very sharp, and we know you'll be askin' for more than one! They are available in Med., large, X-large and XX-large. Price is \$15.00, so please call Teresa F at 353-8154 to get yours! (And for all those who prepaid at the memorial service last year, Teresa will be contacting you soon to arrange delivery)

**FREE--**Teresa F says that running gets here all kinds of T-shirts that she doesn't need. At present she has three that are free for the taking. They are brand-spanking new, and all size large. Please call her at 353-8154.

**Looking for a Pain in the Ass?--**The 1996 (STP) Seattle to Portland Cycling Classic is June 22-23. This one of the nation's greatest cycling events. The 197 miles from Seattle to Portland is beautiful and loads of fun. For information and/or an application, call Roy O. @ (206) 362-9062 work, (206) 525-0510 home or e-mail NOWST@aol.com

**SERENITY HIKES--**We would love to see the serenity hikes succeed for this year, For those not familiar with them, a serenity hike is geared towards the newcomer, both to recovery and to hiking. The object is to go on a mild (1,000' or less) hike and have a nice time. We would like to run them from May through September this year. I'm looking for individuals to coordinate them for each month. If interested, please call Doug H., 889-2041.

**TREATMENT CENTERS**--We have had a couple of people go out the past couple of months (not what you think!!) to treatment centers (Mucho Gracias to Pam G., Bob M., Charlie A. & Dick W.). I would like to get a list of people together who would be willing to go out (when requested) and talk about your OSAT experiences. And if anyone has any slides and/or photo's they could donate for these presentations, they would be welcome. Please call Doug H., 889-2041.

**PLANNING A TRIP?**--Are you thinking of flying somewhere soon, taking a ski trip to Colorado, going on a cruise or a climbing expedition? Bob M and Lisa L are now certified independent travel agents. They can now book flights, organize activities, arrange rental cars and hotels. etc. All at the best available rates! This service is available to you with one easy phone call and at no cost to you (other than the cost of your trip, of course!) for more information, contact Lisa L or Bob M at (206) 735-4039.

**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.

**DOC, IT HURTS WHEN I DO THIS...**Dr. Mark Fredrich can help you with all your chiropractic needs--call him 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 your OSAT friends?

### OSAT Pays Homage

contributed by Rik A

*"If there is failure, no bitterness follows. Our respect for the mountains increases. We have not failed; we have only discovered the limits of our own strength and the power of the universe....We stand proud and erect, not broken or sad. We have found a force greater than ourselves. It is a master whom we admire and respect... When we are beaten by the mountain, we bow to it."*

—William O. Douglas, *Of Men and Mountains*, 1950

Six months to the day after the fate of the OSAT Denali '95 Expedition first became known, OSAT members installed a memorial to Jimmy, Scott, and Tom near the Tiger Mountain meeting site. By now most of you have seen, or at least know of, this beautiful tribute to our companions.

The memorial was the result of selfless efforts and contributions by many within and outside OSAT. I would particularly like to acknowledge the leadership provided for this project by Charlie A, Hoot H, and Robert T. Many people helped in the realization of this memorial, carrying water, concrete, forms and tools to the Sunday, November 26 meeting. Those also helped who attended the meeting and provided support and solace through words or presence at this solemn occasion. Thanks also to whomever subsequently provided the small rhododendron planted in the grove near the plaque.

During December someone (OSAT or otherwise) thoughtlessly had a campfire at the meeting site. We have attempted to obliterate traces of this error, lest others misinterpret the scar as an indication this is acceptable practice. Please remember, even as we have left a permanent reminder that this corner of the Tiger summit is OSAT's adopted womb, we are only guests here.

Montani semper liberi!

Mount Hood

2/10/96

by Kim G

**Climbers:** Rik A, Evan, Sharon H, Chris N, Rick E, Jason, Chuck, Roy, Sally, Jim, and Kim G

Mount Hood beckoned. What stood between 13 OSATers and the mountain was washed out roads and some who said it just couldn't be done with all the recent weather. But we persevered.

A gaggle of cars streamed out of Seattle at 7:00 am sharp on February 10. Our excursion included a detour around rain-soaked Chehalis, a few deadends, and Bob C assuring us if we follow the traffic, the route will be



found. Frisbee playing in the middle of the highway was our highlight plus the ever plentiful pit-stops here and there. Not a good sign.

We all fall out of our cars, gear up and sign in. Chuck and Jim had skis while the rest of us did it the old fashioned way...we slogged. I'm pretty sure my pack was the heaviest, what with the kitchen sink, bath towels and various tents attached. Up to the top of the Palmer Lift we climbed. A wild animal was seen on the way up...that was until someone pointed out it was just Chris N leaving the rest of us in the dust as he sped up to the evening camp. Two hours and some minutes later we're there. Rik a has lugged up a 10 billion pound tent that allows a small platoon to camp. Chris N and Jim have similar quarters while the rest of us squeeze into normal tents. Roy proudly shows off his new tent, which fits 1 and a half persons. Chuck is the lucky 1/2 person to share his tent.

The sunset is spectacular and we all feel a certain magic in the air as we assure ourselves that the skies will clear and the wind will drop by morning...which rolls around much too early at 3:00am. No one except Bob has slept. He roars out lists of things to bring. We all grumble and get ready to go. Look at that sky. All the stars are out...it's going to be a GREAT day. Suddenly, a life form shoots out from Roy's tent. It's like witnessing a birthing...but it's only Roy. Late, as usual. Chuck and Sally decide to stay and relax at camp and the rest of us set out with only light from the moon to guide us.

Talk is sporadic and heavy breathing sets in as we make our way up the steep incline to the Hog's Back. Good ice pack allows excellent cramponing and we begin the switchback process as the hill gets steeper. The stars stare down at our progress and the wind let's up. God has brought us a day to behold.

We make it to the Hog's Back in excellent time and the sun begins to rise. Huge walls on each side of our path are covered in Rime Ice and the rising sun's glow backlights the walls. I can't believe I'm lucky enough to be here. My tent mate Sharon giggles at the sights and smiles alight all our faces. Cool. Evan sticks another Tootsie Pop in his mouth. How does he breath with that thing sticking out? We begin the process of scaling up the Hog's Back...a steep incline that leads to a quick ice climb. We all labor up that and set our sights on the Pearly Gates...filled with ice and beauty. A short climb through there and we reach the summit. This is it...look...Mt. Rainier, Mt. Adams, Mt. St. Helens, Mt. Jefferson. What a sight. The sun shines and the wind bits through our clothes...but we don't care...damn-it...we feel a lotta love passing around on that summit. Gary becomes laden with cameras and snaps our photos. A few words of wisdom...some in remembrance of those who have left this world, and some for us who continue the love and tradition going. A massive bear hug by the group and down we head.

Rik A and Gary led the way down the steep Hog's Back, while Bob C patiently helped many down the ice chute.

As I was descending, a shower of ice continued to pelt me. I glance up to see the Evan-man gleefully kicking steps into the ice and creating mini-avalanches onto my head. I shout a few words of caution, but to no avail. Evan is content to create the cascade. Our scramble down to lower levels is most enjoyable. We relax on the way in the sun. As we share our food and laughter, Sharon tosses a Kudos snack bar to Gary...whoa, he misses and the Kudos begins its tumble. Gary half-heartedly chases it only to find that he's tumbling down after the bar...there's no stopping either of them. Two fellow climbers see the commotion and race to save the candy bar...which they did. They decided to save Gary too, who had finally righted himself and casually stood up. He munched on the bar and laughed it off. All that for a Kudos...some of us are sicker than others.

We reach camp...break it down, and head out. I don't remember my pack weighing this much on the way up. Who stuck the bricks, tire irons and weights in here? Slip sliding down the hill is rather thrilling. Chuck bolts on his skis. Rick E, Jason and the rest make it to the car, grab a cup of java and finally haul Jim off the hill. That guy slept the whole way home. Just plain tuckered out.

What a weekend. Our H.P. was with us all, providing wonderful weather, fellowship, and safety. Mucho kudos to our wonderful leaders Bob C (the God) and Gary. Their patience and training is most gratefully accepted. There's not many places on this earth that this can happen. I'm grateful to my program to allow me to be a part of this. Most of all, I'm grateful for those who continue to carry the torch.

KCM&DS

## Climbing Club News (by Rik A)

Monthly OSAT club meetings are held on the second Wednesday of the month at 7 PM. We meet at the Congregational Church of Mercer Island, located at 4545 Island Crest Way (take the Island Crest exit from I-90, the church is about 1.6 miles south of the freeway, on the right. The meeting is held in classroom #1 (Upstairs, north end of hall). The BOTS is committed to keeping the "business" portion of the meeting as short as possible, so we can concentrate on welcoming new members and enjoying the scheduled entertainment.

At the March 13th meeting, Paul C will be offering a presentation on avalanches. He'll talk about the devastating power of an avalanche, safety procedures, and precautions.

Within the requirements of the by-laws, Club business will be discussed and acted upon at the BOTS meetings. Business requiring general membership participation will be brought to the Club meetings. Minutes of the BOTS meeting and Club meeting will be published jointly in the following Yodel.

### OSAT AA Preamble

*I've been to a couple of OSAT AA group meetings recently where no one had a copy of the preamble. The preamble is printed here so more members can keep a copy "in reserve" for those cases where a regular or impromptu OSAT AA meeting (e.g. high on a remote mountain top!) is in need of one.*

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

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

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

**T**he following was offered at the January club meeting as a draft to consider using at club meetings to help newcomers understand more about why we have a club and a group, and how the club operates. After an appropriate period of experimenting with this, I will propose that we formally adopt it. Please provide comments to any member of the BOTS.

### OSAT Club Preamble

This is a regular monthly meeting of the One Step at a Time outdoor club. This outdoor club is distinct and separate from the AA group of the same name, although many of our members also belong to that group. 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."

Most of our members are outdoor enthusiasts and we often share about our outside interests. If you would like to learn more about the importance of these interests to our sobriety, we recommend attendance at one of the regular weekly OSAT AA group meetings.

OSAT is overseen by an elected five-member Board of Trusted Servants which also meets monthly. BOTS meetings are open to the membership, and most club business not requiring advice and consent of the general membership transpires there and in individual committees. As required by our by-laws, monthly club meetings such as this one "proceed in a crisp and lively manner", reporting on the previous BOTS meeting and moving as quickly as possible to the entertainment or special events portion of the agenda. We close in the usual manner, followed by "Keep Climbing Mountains - and don't slip."

### Tax Exempt Status

**T**he Internal Revenue Service granted OSAT tax exempt status under IRS code 501(c)(3) on January 22, 1996. What does this mean to you? For one thing, any contribution to the club "with no consideration received" can be itemized on your tax return as a charitable contribution. The phrase in quotes means annual dues, purchases of T-shirts and other club merchandise, or payments associated with participation in a club event are NOT deductible, but donations to the equipment fund (either in cash or equipment) or donations to the club's general fund qualify. OSAT's organizing date for this purpose is August 16 1995, the date we incorporated as a Washington non-profit corporation.

Remember, 1996 dues must be paid by April to assure you keep getting the Yodel. When you make out that annual dues check, why not add a little extra gift to support OSAT: its tax deductible! Your canceled check is your receipt, unless you specifically request a separate receipt or donate \$250 or more, in which cases we will gladly provide you one!

## OSAT Opportunity

**T**wo seasons ago OSAT provided numerous volunteers for a WTA-sponsored Lake 22 work party. We were somewhat less successful in fielding workers for two subsequent WTA events on other trails.

Just like the adoption of a child, this is not something the club should rush into without full understanding of what it entails and what our commitment to this meeting site is. In past years when winter attendance waned, the meeting operated as a rendezvous at the Granite Falls High School, and I believe was held on some of those occasions on different Mountain Loop Highway trails.

Adoption responsibilities would primarily be providing labor for one or two trail work parties each year. WTA would coordinate the scheduling of these events with OSAT, and provide tools, expert leadership, and notices in Signpost, etc. to solicit volunteers outside of OSAT. Hopefully, by working on the trail we would become more knowledgeable in the continuous maintenance of it as part of our regular use of it, thereby reducing the effort required at periodic work parties. A sign identifying OSAT as the trail's adoptive parents might be installed at the trailhead, presumably at both the Forest Service's and OSAT's option.

If you are an OSAT-North meeting attendee, please discuss this idea with others who attend Lake 22 meetings. Sometime early in the spring, say by the end of April, we should give WTA an indication of whether or not we are interested in pursuing adoption. If you have any specific questions before then, please contact me and I will connect you with WTA.

Montani semper liberi!--Rik A

~~~~~

*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

Editor  
Contributing Editor  
Circulation

Teresa F  
Dave B

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.*

# THE YODEL

## SPRING HAS SPRUNG!



ver the whole land  
Spring thunders down in  
brilliant silence

--Ted Hughes (b. 1930)

English poet

It's finally here. The long awaited coming of Spring! I was outside recently, and realized that it was after 6pm and still fairly light outside! I look forward every year to shedding the dark and dampness of Winter and welcoming Spring with great big open arms!

I think you'll find this issue of *The Yodel* very informative, as it is packed full of new activities and Climbing Club updates. Although I strongly urge you to read *The Yodel* from cover to cover, I'd like to point out some important items appearing in this month's issue:

- \* If you haven't paid your dues for 1996, this will be your *last* newsletter until you renew your membership to the Climbing Club. Please take a moment to fill out the renewal form on the back of the cover page, and mail it in. Of course, in some cases, membership status can be granted by the BOTS for free or reduced amount in cases of financial hardship or other charitable purposes (more info regarding this is inside)!
- \* Mark your calendar! *Thursday, April 11* is the day we take the Thursday night IHOP meeting back to Tiger Mountain. You won't want to miss this one, as we'll be celebrating OSAT's Fifth Birthday that night!
- \* Also in this issue: Updates regarding the Climbing Course, missing OSAT equipment, and the need for a committee to create a library of Jim Hinkhouse's



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

climbing books (donated by his family).

The next publishing date for *The Yodel* will be *April 29th*. KCM & DS--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
- ⑦ Climbing Club News

## 12-step meetings

### Tiger Mountain

**PLEASE NOTE:** The Thursday night meeting will take place at the IHOP in Issaquah @ 7:30 pm until the time change happens April 7th. This means that on Thursday, April 11th, it's back to Tiger Mountain for the meetings which will take place at @7:15 pm until next fall. (Take I-90, heading east, take Exit 15, turn left, and you can't miss it).

**Time:** Thursdays @ 7:15 pm (starting April 11th) & 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 - Roy 525-0510

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

### Carkeek Park

**Time:** Mondays @ 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

### Lake 22

**Time:** Usually Sundays, but we don't have a anyone to chair for this meeting. Let's try to get it going again this spring!

**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:** We need someone, *anyone* to commit to keeping this meeting going!

## 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  
Marina S.....776-7213 Robert T.. 850-0805  
Kim G.....869-8019

### 12-Step Meeting Coordinators

Terri St....782-8858 Roy.....525-0510  
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.....Doug H.....889-2041  
Membership.....Jason R.....242-7980  
Newsletter.....Marina S.....776-7213  
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

### WELCOME TO ALL OUR NEW OSATERS AND CLIMBING COURSE STUDENTS! contributed by Kim G

**T**he 1996 Climbing Course kicked off on March 6th with a shower of excitement and loads of students. The first lecture was attended by more than 60 students and a plethora of OSATers who were all impressed with the information and demonstrations given to the class that evening.

The priority for the evening was to introduce the course, outline the goals, give a quick overview on training, knots and packing. The highlight of the evening was a slide show by Bob Clarke showing last years successful summit with 9 first-time climbers. What an inspiration to us all.

Dick Wright did an excellent job on pulling together the troops for this first lecture. It was apparent at this meeting there are so many of us out there who dream of joining a climbing course that is made up of clean and sober people. As I glanced around the room everyone seemed so excited and couldn't wait to find out more. All ten minutes of my knot presentation was greeted with excitement and glee. Boy, what an easy crowd.

A well-deserved thank-you needs to go out to some people. Sally put together a spectacular layout and notebook for this years class and spent many an hour doing it. Charlie, gee thanks for your wonderful home for our meetings and the pizza is always great. Evan, Bob and Winton for your dedication, help and insight into what makes this program special. Shirley for your hard work. Dick for keeping us together as a group and most of all to Jimmy, who in our hearts helps us carry on a

tradition that refuses to die and thus keeps his spirit with us forever.

Here's to a successful climbing course and season. Remember, keep climbing mountains and don't slip.

**Lectures:** March 6, April 3 May 1 Mercer Island Congregational Church. 4545 Island Crest Way

**Field Trip #1:** April 20--Ice Ax arrest--Mt. Pilchuck  
Leader: Shirley

**Field Trip #2:** April 28--Ice Ax Arrest--Steven's Pass  
Leader: Dave N

**Field trip #3:** May 18-19--Roped Travel and Muir Hike--Mt. Rainier Leaders: Charlie A and Dick W

**Field trip #4:** June 1--Crevasse rescue--Alpental (TBD)  
Leader: Bob C

There will be four Rainier climbs this year:

**Emmons route:** July 13, 14 & 15

**DC route:** July 14 & 15

**Emmons route:** July 20, 21 & 22

**DC route:** July 21 & 22

Once again, we NEED Team leaders and Rope leaders! We also need Instructors for all the field trips and classes. So don't wait...Sign up today! Hurry, this offer won't last forever!

Call: Bob C 228-1005 or

Dick W 339-3751 or

Dave N 752-9214 (Tacoma)

**ACONCAGUA**--What's that, you say? Well, it's the highest mountain in the western hemisphere, and the highest peak in South America. It stands at 23,085 feet, and Greg A and Steve S are in the planning stages of a possible OSAT expedition to this amazing peak in Argentina. They are shooting for February of 1997, so now's the time to get started. Please call Greg A (932-4862) or Steve S (838-4287) for information.

**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?

A list of currently scheduled climbs and 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.)

**April 11: Tiger Mountain .** OSAT AA Meeting Fifth Birthday Party! By astronomical coincidence, the fifth anniversary falls on a Thursday night. Celebrate!

**April 14: Robe Valley Trail Work Party.** This trail is located 7 miles east of Granite Falls on the Mountain Loop Highway. Call Dick W for more information. Ph: 339-3751 or 285-0295 ext. 1107.

**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

**May 26: Mt. Jupiter.** Round trip 14 miles (that's 10 plus 4), 3600 feet elevation gain. For those who want a good workout and to see a different niche of the solar system. Known for its wild rhododendrons, which might be in bloom, and its panoramic views. Go where no OSATer has gone before! Hint: It can be seen on a clear day between the Brothers and Mt. Constance. Tentative date Sunday, May 26th. Limit 12. Sign-up opens May 1. Shirley R—Leader PH: 957-7975.

**May 11: Vesper Peak.** Meet at the Verlot Ranger station at 8am. Steve S—Leader Ph :473-7474

**May 25-26: Mt. Adams—South Spur Route.** This is an excellent conditioning climb for higher peaks, but does not require roped travel. Limit 12. Steve S—Leader Ph: 473-7474

**June 11 & June 23: Intermediate Crevasse Rescue Review:** Tuesday evening, June 11, plus Sunday, June 23rd. For intermediate level climbers who have had previous crevasse rescue training and want a review, and for OSAT climb leaders and/or rope leaders who haven't had crevasse rescue practice in the past. The Thursday evening will be at a Seattle park, and the Sunday seminar will be at a crevasse. We will review, discuss and do the direct pull, Z pulley, C pulley, prussiking, anchor placement. Methods used will be those taught by the Seattle Mountaineers. Limit 12. Shirley R—Leader Ph: 957-7975.

**June 8-9: Mt. Rainier National Park (part of Tatoosh Traverse).** go in at Pinnacle Peak and come out at Longmire. Plan for some steep snow travel. Crampons and snow shoe experience required. Charlie A—Leader Ph: 932-7195

**June 14-16: Mt. Rainier—Disappointment Cleaver Route.** This is a three day climb, with the first camp at Camp Muir, then second day will be spent at Ingraham flats, then the summit push. Glacier experience required. *This climb needs rope leaders.* Limit 12. Steve S—Leader Ph: 473-7474

**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

**Sept. 28-29: Mt. Fernow.** Lake Chelan boat to Holden. Scramble. Could be scheduled anytime 9/27-10/2. Rik A - 234-1770

**You pick the date: Rik's wish list.** I'm willing to lead, let me know which interest you, and we'll schedule when we get a quorum: Shuksan (g), Glacier (g), Ingalls (r), Kaleetan (s). Rik A - 234-1770

## 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, Marina S. at 22810 55th Ave. W., Mountlake Terrace, WA 98043 or e-mail me at... 74557.1717@compuserve.com

**MEMBERSHIP RENEWAL**--Yup, its that time again! If you haven't renewed your dues by April 1st, this newsletter will be your last until you do so. If you have any questions regarding whether you are up-to-date, one thing you can do is look on the mailing label on the front of this newsletter. If the letter "Q" appears above your name, it means you have paid. (If you're wondering what the "R" means, it means we have a signed release form for you on file). If you haven't renewed, it's so very easy. How, do you do it you might ask? Well, you fill out the renewal form on the back of the cover page, and send in your dough! Simple, easy, and relatively painless. Just a quick reminder that the reason we pay dues is help cover the cost of this newsletter (printing, postage, etc). Also, if for some reason, you are unable to pay this time around, please feel free to speak to someone on the BOTS, and they'll be happy to help you out! Remember, ask not what your climbing club can do for you, but what you can do for your climbing club! OK, an obvious rip-off, but hey, whatever works.

**GET READY FOR SPRING!**--It's mountain biking weather. Time to take to the hills! Starting April 1, Joe L. will lead anyone who wants to bike on the trails and off road adventures around Tiger Mountain. All biking enthusiasts should plan to meet at the Issaquah Ski & Cycle at 6pm on April 1 from where we'll ride the trails and plan future trips. Call Joe at 869-0367 for more information. In the famous tradition of OSAT, we'll keep riding mountains and not slip!

**LOST VIDEO TAPE**--A video of the OSAT Memorial for Jim, Tom and Scott was made by Winton. Karen C loaned it to someone, and can't remember who! DO YOU HAVE IT? Please let her know if you have it or know who might. Karen's number is 782-1873.

**NEW FOR '96!!**--The all new OSAT Memorial T-shirts are here at last! We have three new colors: Ash with blue/green print, white with neon print, and navy with white print. They have the new OSAT design (by James B) on the front and all have a commemorative OSAT climbers insignia on the left sleeve in memory of Tom, Scott and Jimmy. They look very sharp, and we know you'll be askin' for more than one! They are available in Med., large, X-large and XX-large. Price is \$15.00, so please call Teresa F at 353-8154 to get yours! (And for all those who prepaid at the memorial service last year, Teresa will be contacting you soon to arrange delivery).

**Wapato Point**--Beach Unit on Lake Chelan. May 30-June 6. \$900.00 (normally rents for \$1190--if you can get a reservation)! 2 bedrooms, sleeps 6, TV's, VCR, Deck with grill and a beautiful uplake view. Phone Rik at 232-8908 or 234 1770.

**Looking for a Pain in the Ass?**--The 1996 (STP) Seattle to Portland Cycling Classic is June 22-23. This one of the nation's greatest cycling events. The 197 miles from Seattle to Portland is beautiful and loads of fun. For information and/or an application, call Roy O. @ (206) 362-9062 work, (206) 525-0510 home or e-mail NOWST@aol.com

**SERENITY HIKE UPDATE**--Thanks for those who responded! Here's what's gonna happen: Doug will kick-off the serenity hikes with a hike to Twin Falls, near Ken's Truck Town below Snoqualmie Pass, the last Saturday in April. He'd like to see at least 2 hikes per month. If you are going to lead a Serenity Hike, call Rob G. to have him put it on the Activities Hotline, as that's where the flyers ask the people to call for info. Advertise the heck out of it at meetings! Please call Doug at 889-2041 with any questions, comments and/or concerns.

**PLANNING A TRIP?**--Are you thinking of flying somewhere soon, taking a ski trip to Colorado, going on a cruise or a climbing expedition? Bob M and Lisa L are now certified independent travel agents. They can now book flights, organize activities, arrange rental cars and hotels. etc. All at the best available rates! This service is available to you with one easy phone call and at no cost to you (other than the cost of your trip, of course!)

for more information, contact Lisa L or Bob M at (206) 735-4039.

**RIVER RAFTING UPDATE**--For those who have contacted Doug H regarding a May River Rafting Trip (and whomever else may be interested). It's looking like the weekend prior to Memorial Day weekend. Those who responded previously, please re-respond, as Doug lost your names & phone #'s during the fire at his condo & subsequent moves. We've got room for 6-8 more people for a rafting trip on the Methow, which is a class III-IV river. We'll camp @ Alta Lake State park, go on a hike and/or climb some rock on Saturday, and do the river on Sunday. Please call Doug at 889-2041 for more info.

**I'VE FALLEN, AND ...**Dr. Mark Fredrich can help you get back up--call him 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 your OSAT friends?

### The OSAT Annual Igloo and Snowcave Outing

March 2-3, 1996

by Leah M

On March 2, a group of OSATers met at Steven's Pass to trek up to Skyline ridge. What a fabulous day--the sun shone AND it was warm! (A lot better than the year before!). Our packs were loaded with snow shovels, saws, and grain scoops! About twenty-four people headed up to work on a mini-city for OSAT. Tom M. built the OSAT sculpture in the middle of the construction. It was quite a sight to see as you approached the area! Some came for a short time--many left about an hour before sunset; some friends carried a chocolate cake with candles to celebrate Leah's 50th and Brandon's 16th birthdays; and Greg had a pie in his pack for dessert after freeze-dried dinner.

Approximately fifteen of us stayed to enjoy the evening events. Tom and Leah had stashed two firelogs the weekend before by their cave for a bonfire. Fireworks were provided with our young, sixteen-year-old friend lighting them off, and a second birthday cake was devoured. We enjoyed the fellowship and the quiet, windless night.

On Sunday morning seven of us hiked out early and met at the Dutch Cup in Sultan to have a hot breakfast. What a way to celebrate!

~~~~~

**Snowshoes to Malakwa Lake  
via Hemlock Pass  
March 22-23  
by Pam G**

**Climbers: Leader - Greg A, Patty H, Rich S, Jason R,  
Charlie W, Pam G**

Jeff Renner forecasted sunshine and we got "buckets" of rain but that didn't deter us from "Another OSAT Adventure." The trip started with a few navigational errors - who moved the darn Denny Creek Trailhead anyway?

Our plan was to travel the 4½ miles to Malakwa Lake, camp, and climb Bryant or Kaleetan Peak the next day. We also hoped to get a glimpse of the great comet, Hyakutake. Greg had his binoculars and a positive attitude that the weather would clear.

The rain turned to snow as we gained elevation and Hemlock Pass proved to be "Steep and Deep." It was a new experience for me to climb such a steep slope with a full pack and snowshoes. After what seemed like many hours of climbing and no sign of Malakwa Lake, the weather started to seriously deteriorate. It was snowing and blowing **BIGTIME** and I am cursing Jeff Renner **BIGTIME**. You never mentioned a storm Jeff!!!

Greg and Rich went to scout a place to camp while the rest of us took shelter under some huge Hemlock trees. I am now fantasizing about a cup of hot soup and a hot water bottle in my sleeping bag. I was grateful to see the guys returning with [good news] of a place to camp out of the wind. Thank you God! We made camp, got warm food in our bellies and dove in our sleeping bags for the night. It was still snowing and blowing and hopes of Hyakutake seemed slim to none.

Many of you know me for having a "peanut bladder," in fact...its a known fact. Its not a new experience for me to be up four or five times a night to take a pee. On about trip #4 around 2am I couldn't help but notice a billion stars in the sky. I thought my imagination was playing a trick on me when I saw a big bright ball with a fiery tail. "Wait a minute, is that normally there? Oh my God, its the Comet!" Am I dreaming? Its so clear! So vivid! So bright! So real!

I jumped back into the tent to tell Greg and he raced out the door before I could finish. Jason had now stopped snoring and was moving about. Rich was yelling "Is it really it?!" So Jason, Greg, Rich and I stood in awe of the comet that won't return for 10,000 years. Patty stuck her head out of the tent ( smart girl - it was bloody cold

out there! ). Charlie refused to get up. He thought we were "toying with him." A little mountain prank maybe? He kept saying it was too cold and we practically had to drag him out. When he finally emerged, Charlie CAME TO BELIEVE and was restored to sanity!!

Once again I was overwhelmed with gratitude. Grateful for God, my sobriety, my OSAT friends, and the willingness to participate in my new life. I was even a little bit grateful for having that "peanut bladder." We will be amazed before we are halfway through. We all felt we'd been given a gift and truly blessed.

When we awoke again it was a glorious, sunny day. OK Jeff Renner, go ahead and take a bow! We drank Starbucks, filled our bellies again, and snowshoe'd off in search of the infamous Malakwa Lake. It was so peaceful and serene, I felt I was dreaming again. We eventually found the lake, had lots of laughs, and chose not to climb another peak. This trip was [all about] memories of new lessons, joy, laughter, trust, and acceptance. It was the journey, not the summit. Its a good life!

Keep Climbing Mountains and Don't Slip!

~~~~~

**In Memory of Jim Hinkhouse, Scott Hall and Tom  
Downey  
by Pam G**

I am standing upon the seashore

A ship at my side spreads her white sails to the morning  
breeze and starts for the blue ocean

She is an object of beauty and strength

I stand and watch her until, at length, she hangs like a speck  
of white cloud

Just where the sea and sky come to mingle with each other

Then someone at my side says "There, she is gone!"

"Gone where?"

Gone from my sight. That is all

She is just as large in mast and hull and span as she was when  
she left my side

She is just as able to bear her load of living freight to her  
destined port

Her diminished size is in me, not in her

And just at the moment when someone at my side says "there,  
she is gone!"

There are other eyes watching her coming and other voices  
ready to take up the glad shout, "here she comes!"

And that is dying.

## Climbing Club News

**M**onthly OSAT club meetings are held on the second Wednesday of the month at 7 PM. We meet at the Congregational Church of Mercer Island, located at 4545 Island Crest Way (take the Island Crest exit from I-90, the church is about 1.6 miles south of the freeway, on the right. The meeting is held in classroom #1 (Upstairs, north end of hall). The BOTS is committed to keeping the "business" portion of the meeting as short as possible, so we can concentrate on welcoming new members and enjoying the scheduled entertainment.

Within the requirements of the by-laws, Club business will be discussed and acted upon at the BOTS meetings. Business requiring general membership participation will be brought to the Club meetings. Minutes of the BOTS meeting and Club meeting will be published jointly in the following Yodel.

At the April 10 meeting, Jeff Martin will share his experiences with leadership skills, and will also talk about high altitude mountaineering.

### Equipment Committee Report by Ivar S

**G**reetings fellow OSATers and welcome to another great climbing season! We're all looking forward to participating at the various field trips and climbs, and reaching new peaks in 1996.

This year brings renewed commitment to make the equipment belonging to OSAT help as many needy climbers as possible. Many OSAT members, including myself, have greatly benefited from the use of club equipment in the past. As we all know, equipment is **EXPENSIVE**, so the ability to borrow what we can't afford makes the difference between participating and not participating for many of us.

In an effort to make better use of club equipment, my new assistant, the honorable Doug H., made the following suggestion: How about letting the Climbing Committee take complete control of the equipment during the climbing course, where it will be needed the most? What a brilliant idea! How come we didn't think of it earlier? Well, it has now been thought of, seconded (Dick W), thirded

(myself), so that's what we'll do. Therefore, all OSAT members who are currently in possession of club equipment are kindly ordered to contact me immediately if you are in possession of the following items: Ropes, Ice Axes, Helmets, Crampons, and Packs. You can reach me by E-Mail at 74557.1717@compuserve.com, or page me at (206) 540-2416. My home number is (206) 776-7213.

It is imperative that you contact me ASAP, so we can make good use of this equipment during this year's climbing course. Also, if you have items you'd like to donate, please contact me and I'll tell you what to do.

The following is a partial listing of OSAT members currently in possession of club equipment:

|          |                           |
|----------|---------------------------|
| Larry A. | 1 Ice Axe                 |
| Winton   | 1 Ice Axe                 |
| Rachel   | 1 Ice Axe                 |
| "        | 1 Helmet                  |
| "        | 1 Pack                    |
| Rod B.   | 1 Pr. Snowshoes           |
| Roy      | 1 Pr. Snowshoes           |
| Ivar     | 1 Pr. Crampons (Strap-On) |

The rest of you we need to hear from right now. We have old lists, but it would be easier if you would just call, no matter what kind of club equipment you have, and let me know. I need to hear from you **NOW**. I would also like to state the following guidelines concerning club equipment:

- 1) In the future, when using club equipment, it is imperative that the Equipment Chairman (myself) be notified right away if you are passing on equipment to another member. We can't keep track of equipment if we don't know who has it.
- 2) If equipment is in need of maintenance (such as one of our snowshoes), I need to know. We can't fix equipment if we don't know its broke.
- 3) If you've been using club equipment for the past year or two, you know what? Your turn is up!
- 4) And lastly, if club equipment is sitting in the back of your closet somewhere, someone else can make better use of it! Let's give ALL OSAT members equal opportunity to use our equipment.

That is all. May the force be with you. Yadda Yadda Yadda. Keep Climbing Mountains and Don't Slip!

## JDH Memorial Library

by Rik A

Jim Hinkhouse had an outstanding book collection focused on his interests. Through the generosity of Jim's family, his library was given to OSAT. Karen C, Dick W, and Rik recently made an initial inventory of the library, which consists of over 270 volumes on mountaineering, sets of *Climbing* and *Summit* magazines, and smaller (but significant) collections of books about recovery and running.

What OSAT needs now is a small group of members who have the time, dedication, creativity, and organizational inventiveness to take these boxes of books and turn them into a club asset. Among the challenges this group must take on are decisions concerning identifying and cataloging the materials, storage place and method, circulation policy and tracking system, replacement or retirement of individual books, and future growth of the collection. Until decisions such as these are discussed, debated, and worked out, the library is just a stack of boxes; afterwards it could become a fabulously rich resource for the club and its members.

Clearly this is a serious challenge, and should not be taken lightly. But if you are interested, do not let your fear of the unknown keep you at the trailhead: there are others who have traveled this route before who are willing to help, but they do not know who you are. Please talk to other members with whom you would like to work on this project, and contact any member of the BOTS so we can bring together a committee to take on this important task.

## Five Years Ago in OSAT

by Rik A

April 11 will be the fifth anniversary of the Tiger Mountain Thursday Night OSAT AA Meeting. This is an incredible milestone for OSAT to celebrate—BE THERE! The handout Jim H distributed at the first meeting of the "1991 AA Mt. Rainier Expedition" March 20, 1991 scheduled a conditioning hike up Tiger for Thursday April 11. By the time the first newsletter went out April 3, it had been suggested that this Thursday night hike be turned into a regular 12-step meeting.

The following April 24 about a dozen people met at Coulon Park in Renton to discuss the structure for an ongoing club. One of the issues was what to call the club. Among the names suggested were:

- Getting High
- Getting High on High
- More than Twelve Steps
- Recovering Alcoholics Mountaineer Society (RAMS)

The group decided to adopt the same name as the Thursday night AA meeting, and the rest, as they say, is history!

Even at this early date, a substantial calendar of activities was scheduled. There were conditioning hikes on Mt. Si every Tuesday, two Pilchuck climbs (one for ice axe practice), a Camp Muir conditioner, and an overnight to Park Butte and two to St Helens planned. Clearly the combination of dedication and foresight got OSAT off to a running start with a full head of steam.

## OSAT Opportunity

Washington Trails Association (WTA) is working with the Forest Service to formalize a trail adoption program as a means of caring for trails. Greg Ball, executive director of WTA, has offered OSAT the opportunity to "adopt" the Lake 22 Trail.

Two seasons ago OSAT provided numerous volunteers for a WTA-sponsored Lake 22 work party. We were somewhat less successful in fielding workers for two subsequent WTA events on other trails.

Just like the adoption of a child, this is not something the club should rush into without full understanding of what it entails and what our commitment to this meeting site is. In past years when winter attendance waned, the meeting operated as a rendezvous at the Granite Falls High School, and I believe was held on some of those occasions on different Mountain Loop Highway trails.

Adoption responsibilities would primarily be providing labor for one or two trail work parties each year. WTA would coordinate the scheduling of these events with OSAT, and provide tools, expert leadership, and notices in Signpost, etc. to solicit volunteers outside of OSAT. Hopefully, by working on the trail we would become more knowledgeable in the continuous maintenance of it as part of our regular use of it, thereby reducing the effort required at periodic work parties. A sign identifying OSAT as the trail's adoptive parents might be installed at the trailhead, presumably at both the Forest Service's and OSAT's option.

If you are an OSAT-North meeting attendee, please discuss this idea with others who attend Lake 22 meetings. Sometime early in the spring, say by the end of April, we should give WTA an indication of whether or not we are interested in pursuing adoption. If you have any specific questions before then, please contact me and I will connect you with WTA.

Montani semper liberi!—Rik A

## Thoughts from BOTS

**A**s you may recall, Doug H regularly contributed to this column to let you know what was going on with your Board of Trusted Servants. Hopefully, we'll continue to have someone from the BOTS keep this particular column going on a continual basis. This time, 'tis moi, yours truly, Marina of the North. Okay, down to business....

At the latest BOTS meeting, which was held at Kim G's house, Sunday, March 17th, several issues were addressed and voted on.

- \* The first item on the agenda was brought forth by Rik A; he said that various people have mentioned interest in having an equipment auction for OSAT, perhaps as a fund-raiser for the club? If you would like to get involved, or organize it, call Rik at 234-1770.
- \* The possibility of organizing Club membership into various levels was discussed and voted on. It was decided that there would *not* be various levels of membership.
- \* Rik drafted and passed out to the BOTS members in attendance, information regarding what the responsibilities of the Membership Committee could or should be.
- \* The BOTS moved to accept the Aconcagua climb as a sanctioned OSAT activity, and that any fundraising planned for the climb by its organizers be presented to the BOTS so as not to conflict with any on-going or planned fundraising efforts for the climbing club itself.

~~~~~

*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

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Contributing Editor  
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Teresa F  
Dave B

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.***



# THE YODEL

## TIPTOE THROUGH THE TULIPS

**W**hen you walk along a country road and notice a little tuft of grass... the next time you pass that way you must stop to see how it is getting along and how much it has grown

--Georgia O'Keefe (1887-1986)

American Painter

If April showers are supposed to bring May flowers, then the florists should be making money hand over fist with all the rain we've seen this spring! I hope as you tiptoe through the tulips that you are keeping dry and having fun.

As OSAT has continued to grow, the effort and input of its members to *The Yodel* has been tremendous! I appreciate all of your contributions and ideas, and always welcome new ones. This *Yodel* is filled from cover to cover with information regarding the club, climbs and great accounts of OSAT adventures. I hope you'll take the time to read up on everything going on in your club.

Here is a sample of some new features and items:

- \* Grab your surf board, OSAT is on the 'net! We now have an address on the World Wide Web thanks to the efforts of some very dedicated OSAT techno-wizards!
- \* Rik A has become quite the club historian. Look for his recap of OSAT adventures of the past five years. He has also included a Denali '95 report for those interested in what it was like there last May.
- \* A new feature called "Mountain Monikers" has been added. Rik A will give you a little background each issue on your favorite mountains.



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

- \* A new equipment list has been printed. Look to see if your name is on it!

The next publishing date for *The Yodel* will be *June 7*. KCM & DS--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
- ⑦ Climbing Club News

## 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 - Jim K           558-4301  
                              Sundays - Roy               525-0510

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

### Carkeek Park

Time:               Mondays @ 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

### Lake 22

Time:               Usually Sundays, but we don't have a anyone to chair for this meeting. Let's try to get it going again this spring!

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: We need someone, *anyone* to commit to keeping this meeting going!

## 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  
Marina S.....776-7213   Robert T.. 850-0805  
Kim G.....869-8019

### 12-Step Meeting Coordinators

Terri St....782-8858       Roy.....525-0510  
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.....Charlie A.....932-7195  
Hotline Message.....Pam G.....742-4274  
Hotline Follow-up.....Doug H.....889-2041  
Membership.....Jason R.....242-7980  
Newsletter.....Marina S.....776-7213  
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

**KITTY CALHOUN GRISSOM**--One of the major American talents in Himalayan and expedition climbing will speak on climbing big mountains around the world on Wednesday, **May 8th, at 7:30 pm** at the Mountaineers Clubhouse. Tickets are \$6.00 for Mountaineer members and \$8.00 for non-Mountaineer members. Tickets available at the Clubhouse Bookstore, or call the Mountaineers at **284-8484** tickets and information. (contributed by Ciel)

**SERENITY HIKES UPDATE--** (*Plea for help*) So far, we've had 1 serenity hike with a grand total of 1 (the leader) in attendance. Doug's had 1 solid volunteer for a May hike (Carol P.) and no one else. With the climbing course activities coming up, Doug won't be available to lead anymore hikes between now & the end of July. Please help make these hikes a success!!

**RIVER RAFTING**--The date is **June 8**, which is a Saturday. We will meet @ 7:00 am at Alta Lake State Park. Let Doug H know how many of you want to camp Friday night at the park (so he can save spots). Cost per person is \$51.00, and **he'll need the money by May 24th**. The cost is for the trip and a wetsuit (thought you won't probably need it)(tee hee).

Please call **Doug @ 889-2041** ASAP to RSVP. So far he has the following commitments: Doug, (2), Jo, Rachel, Heidi (2), Daniel M., Karen C., Brian E. (2). We have openings for 8 more people. He promises it'll be a great time!!!!

**ACONCAGUA**-- it's the highest mountain in the western hemisphere, and the highest peak in South America. It stands at 23,085 feet, and Greg A and Steve S are in the planning stages of an OSAT expedition to this amazing peak in Argentina. They are shooting for January of 1997, so now's the time to get started. Please call **Greg A (932-4862)** or **Steve S (838-4287)** for information.

**OSAT "KNOBBY" CLUB**--It's mountain biking weather. Time to take to the hills! Joe L. will lead anyone who wants to bike on the trails and off road adventures around Grand ridge and Tiger Mountain. All biking enthusiasts should plan to meet at the Issaquah Ski & Cycle at **Monday nights at 6pm** from where we'll ride the trails and plan future trips. Call **Joe at 869-0367**

for more information. In the famous tradition of OSAT, we'll keep riding mountains and not slip!

**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.

### OSAT CLIMBING COURSE SCHEDULE

**Lectures:** May 1-- Mercer Island Congregational Church. 4545 Island Crest Way

**Field Trip #1: RESCHEDULED FOR MAY 4**--Ice Ax arrest--Mt. Pilchuck Leader: Shirley R

**Field trip #3:** May 18-19--Roped Travel and Muir Hike--Mt. Rainier Leaders: Charlie A and Dick W

**Field trip #4:** June 1--Crevasse rescue--Alpental (TBD) Leader: Bob C

There will be four Rainier climbs this year:

**Emmons route:** July 13, 14 & 15

**DC route:** July 14 & 15

**Emmons route:** July 20, 21 & 22

**DC route:** July 21 & 22

Once again, we NEED Team leaders and Rope leaders! We also need Instructors for all the field trips and classes. So don't wait...Sign up today! Hurry, this offer won't last forever!

Call: Bob C 228-1005 or

Dick W 339-3751 or

Dave N 752-9214 (Tacoma)

### GOING UP?

A list of currently scheduled climbs and activities (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.)

**May 5: Mt. Dickerman**--Conditioning hike for Climbing Course. Dick W.--Leader Ph: 339-3751 (Call OSAT hotline for details).

**May 11: Vesper Peak**--Meet at the Verlot Ranger station at 8am. Steve S.--Leader Ph: 473-7474

**May 11: Mailbox Mountain**--Conditioning hike for Climbing Course. Kim G.--Leader Ph: 869-8019 (Call OSAT hotline for details).

**May 12: Tiger Mountain**--For people who are interested in exploring more of Tiger Mtn. park, meet us on Sunday, May 12th at 6:15 to be ready to leave the High Point parking lot at 6:30am. We will be going to the meeting place via Tiger 2 approximately 4 to 5 miles of a beautiful, secluded trail, for a nice variation on the way to the Sunday meeting. Please call with questions. Pete and Robin--Leaders Ph: 206-661-2564.

**May 19: Wallace Falls**--A fun and easy family hike. We will meet at 10:30 AM in front of the restrooms at the trailhead. Please call to confirm. Possibility for a no host cookout following the hike. Carol--Leader Ph: 486-2745 (Call the OSAT hotline for details).

**May 26: Mt. Jupiter**--Round trip 14 miles (that's 10 plus 4), 3600 feet elevation gain. For those who want a good workout and to see a different niche of the solar system. Known for its wild rhododendrons, which might be in bloom, and its panoramic views. Go where no OSATer has gone before! Hint: It can be seen on a clear day between the Brothers and Mt. Constance. Tentative date Sunday, May 26th. Limit 12. Sign-up opens May 1. Shirley R--Leader Ph: 957-7975.

**May 25-26: Mt. Adams**--South Spur Route. This is an excellent conditioning climb for higher peaks, but does not require roped travel. Limit 12. Steve S--Leader Ph: 473-7474.

**June 8: Mt. Si**--Conditioning hike for Climbing Course. Even P--Leader Ph: 789-3136 (call OSAT Hotline for details).

**June 11 & June 23: Intermediate Crevasse Rescue Review**. Tuesday evening, June 11, plus Sunday, June 23rd. For intermediate level climbers who have had previous crevasse rescue training and want a review, and for OSAT climb leaders and/or rope leaders who haven't had crevasse rescue practice in the past. The Thursday evening will be at a Seattle park, and the Sunday seminar will be at a crevasse. We will review, discuss and do the direct pull, Z pulley, C pulley, prussiking, anchor placement. Methods used will be those taught by the Seattle Mountaineers. Limit 12. Shirley R--Leader Ph: 957-7975.

**June 8-9: Mt. Rainier National Park (part of Tatoosh Traverse)**. go in at Pinnacle Peak and come out at Longmire. Plan for some steep snow travel. Crampons and snow shoe experience required. Charlie A--Leader Ph: 932-7195.

**June 15: Granite Mtn**--Conditioning hike for Climbing Course. Winton--Leader Ph: 862-4895 (Call OSAT hotline for details).

**June 14-16: Mt. Rainier**--Disappointment Cleaver Route. This is a three day climb, with the first camp at Camp Muir, then second day will be spent at Ingraham flats, then the summit push. Glacier experience required. *This climb needs rope leaders.* Limit 12. Steve S--Leader Ph: 473-7474

**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

**Sept. 28-29: Mt. Fernow**. Lake Chelan boat to Holden. Scramble. Could be scheduled anytime 9/27-10/2. Rik A - 234-1770

**You pick the date: Rik's wish list.** I'm willing to lead, let me know which interest you, and we'll schedule when we get a quorum: Shuksan (g), Glacier (g), Ingalls (r), Kaleetan (s). Rik A - 234-1770

## 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, Marina S. at 22810 55th Ave. W., Mountlake Terrace, WA 98043 or e-mail me at... 74557.1717@compuserve.com

**OSAT--PLUGGED IN!--** Paul C would like to put together a list of OSAT people that would like to be able to communicate with each other using e-mail. This a list that would be shared amongst us all. We could use it for one to one mail or broadcast. Please contact Paul if you are interested. His e-mail is seapwc@halcyon.com or call him on the thing known as the phone at 782-7297. p.s. AT&T now offers FREE internet access to its customers for 5 hours a month. Call 1-800-WORLDNET.

**EVERYTHING MUST GO!--** You may have hear by now that High Mountain Rendezvous in Issaquah is closing down shop. Everything in the store is discounted approximately 20% or more until June!

**LADIES RING FOUND--** November, 1995, on Tiger Mountain Trail near summit. If you can identify this unique ring, call Sally @ 363-6978 or Roy @ 525-0510 (home) or 362-9062 (work).

**LOST VIDEO TAPE--**A video of the OSAT Memorial for Jim, Tom and Scott was made by Winton. Karen C loaned it to someone, and can't remember who! DO YOU HAVE IT? Please let her know if you have it or know who might. Karen's number is 782-1873.

**SENIOR OLYMPICS--**Daniel M is looking for a sponsor or sponsors to help send him to the Senior Olympics for

1997. He will be competing in the 100, 200, 400 meter races and the long jump. If you are interested in helping him out, call him at 667-9261.

**NEW FOR '96!!**--The all new OSAT Memorial T-shirts are here at last! We have three new colors: Ash with blue/green print, white with neon print, and navy with white print. They have the new OSAT design (by James B) on the front and all have a commemorative OSAT climbers insignia on the left sleeve in memory of Tom, Scott and Jimmy. They look very sharp, and we know you'll be askin' for more than one! They are available in Med., large, X-large and XX-large. Price is \$15.00, so please call Teresa F at 353-8154 to get yours! (And for all those who prepaid at the memorial service last year, Teresa will be contacting you soon to arrange delivery).

**Wapato Point**--Beach Unit on Lake Chelan. May 30-June 6. \$900.00 (normally rents for \$1190--if you can get a reservation)! 2 bedrooms, sleeps 6, TV's, VCR, Deck with grill and a beautiful uplake view. Phone Rik at 232-8908 or 234 1770.

**Looking for a Pain in the Ass?**--The 1996 (STP) Seattle to Portland Cycling Classic is June 22-23. This one of the nation's greatest cycling events. The 197 miles from Seattle to Portland is beautiful and loads of fun. For information and/or an application, call Roy O. @ (206) 362-9062 work, (206) 525-0510 home or e-mail NOWST@aol.com

**PLANNING A TRIP?**--Are you thinking of flying somewhere soon, taking a ski trip to Colorado, going on a cruise or a climbing expedition? Bob M and Lisa L are now certified independent travel agents. They can now book flights, organize activities, arrange rental cars and hotels. etc. All at the best available rates! This service is available to you with one easy phone call and at no cost to you (other than the cost of your trip, of course!) for more information, contact Lisa L or Bob M at (206) 735-4039.

**I'VE FALLEN, AND ...**Dr. Mark Fredrich can help you get back up--call him 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 your OSAT friends?

Happy Birthday OSAT

April 11, 1996

by Kim G

It was a dark and stormy night...so goes the beginning of this story. Its the first outdoor meeting of the season for the Thursday night OSAT meeting. It just so happened to coincide with the 5-year birthday of OSAT. How lucky can a group get. Unfortunately mother nature wasn't cooperating.

Greg and Pam lurked at the parking lot, piling various foods off onto hikers heading up. What a heap of food they brought. Plus, the every popular helium birthday balloon...carried to the top by Christen. Now, if you all recall the night of April 11 you'd probably think a bunch of people would be scared off by the weather...a big no-show...a fat zero in attendance. Well, this isn't any ordinary group of people we're talking about...we're OSATers and there were tons of us at the top of Tiger to celebrate the evening. There were goodies galore to munch on and the best part was watching Dave N. climb into camp with a contraption strapped to his pack that carried in it a huge sheet cake for OSAT. We gathered around and even glimpsed a bit of the sun. Gale force winds at the summit were not even blowing in our little cove of a meeting. Dave N shared the story of how Jimmy passed on the cake responsibilities to him after dropping the OSAT birthday cake last year. With a tearful eye Dave displayed a beautiful cake...soon destroyed by hungry hands. Carrot cake our favorite.

The night ended as we slopped down the hill, full of fellowship and food. Sad in so many ways, as those who meant so much to this birthday weren't there in person to celebrate. But who's to say they weren't there in spirit. In each of our souls burns a flame, a small torch that carries life...for to die is but a phase we pass through as one transitions to the light. Happy Birthday OSAT. Keep Climbing Mountains and Don't Slip.

~~~~~  
Shubert had a horse named Sarah

He drove her to the big parade

And all the time the band was playing

Schubert's Sarah neighed!

--Mike and Carolyn  
~~~~~

Mount St. Helens

April 6, 7, 1996

by Greg A

Gray skies threatened rain showers as we gathered for a quick lunch at Jack's restaurant in the small town of Cougar. This was the beginning of the annual OSAT climb of Mount St. Helens (elevation 8365') on April 6th and 7th, 1996. There were eleven OSAT

climbers in our group. I was hoping for improving weather conditions and a fun weekend of fellowship.

We arrived at the trailhead, changed to our hiking cloths, divided group gear, and shouldered our heavy packs. We had a short group meeting. Our leader, David N selected Brian as first aid leader. We said a serenity prayer and started up the trail. The hike to basecamp at around 3000 feet on the mountain was short and easy. Along the way we met climbers coming out from high on the mountain who told us they came across soggy whiteout conditions and winds strong enough to knock them down. I was hopeful that the weather reporter would be right this weekend. I was hoping for a sunny Easter day.

We set up camp, ate dinner and replenished our water supply for the climb tomorrow. We were glad to meet up with Dick W and Charlie A who had set up their basecamp the previous day a little higher up the mountain. They had made their summit attempt today. However, they turned around short of the summit due to the awful weather conditions. That evening we all had a great outdoor AA meeting under clearing skies and as the first bright stars of the night became visible. It had been a wonderful day and I was grateful that I was here and that we were together at this beautiful setting with a fantastic view.

Five in the morning came all too quickly. I wanted to stay in my warm sieeping bag, happy with my dreams. Fortunately, the skies had cleared and we had a mountain to climb. I ate a small breakfast and drank a couple delicious cups of java. Together we said a serenity prayer and at 6:30 AM we were on our way. The skies were blue, the temperature warm and we were a group of happy climbers.

We stopped by Dick and Charlie's camp on our way up the mountain. Together we said another group serenity prayer. Dick and Charlie wished us a safe trip. We said good bye and again we were back on the trail. Occasionally our boots broke though the soft snow revealing deep dark melted out hollowed caverns below us. Once Pam punched through the soft snow and banged her knee on a rock. She pulled herself out and despite a bloody and sore knee Pam bravely continued up the mountain! Thankfully, Brian did not have a MOFA victim to administer to this weekend.

Soon we were sitting on the summit rim. It surprised me that we made it to the top so quickly. We had spectacular views in all directions. To the north was OSAT's spiritual center piece, Mount Rainier. To the south we saw Mount Hood and other peaks in Oregon. To the east, the broad and massive shoulders of Mount Adams. Far below we saw the steaming, growing lava dome slowly rebuilding Mount St. Helens' summit cone. It was a perfect day. I later learned it was a day of all time record setting temperatures for the region. I was grateful to be sitting on top of Mount St. Helens on Easter morning with Dave N, Rick, Jason, Patty, Rich, Steve, Brian, Roy, Pam, Pete and the Easter Bunny.

On the rim of the volcano we took a few group photos, ate and relaxed. Then we suited up for the glissades down the mountain. We had a fun time glissading back down to base camp. The sun was intense and it was hot. We were a group of tired climbers by the time we made it back down to camp. Quickly and quietly we broke camp and packed our gear. On the way out we stopped at a creek crossing. What had been only a trickle of water the previous day had, in the intense heat, become a gushing, raging river of snow melt today. I had a sunburned nose. I must confess to being tired and a little cranky also. However, I felt fortunate for a great weekend with OSAT friends.

It was Easter, a day for renewal. As I hiked down off Mount St. Helens the fresh spring scents of the cool forest began to reach my senses. I saw new green foliage bursting forth on the trees. Then, I felt hopeful and thankful that my life is also changing and renewing on my journey towards recovery.

#### Poetry by Paul C

(Read aloud with alacrity and childlike abandon, It should be fun.)

Degged with dew, dappled with dew  
Are the groins of the braes that the brook treads  
through,

Wiry heatpacks, flitches of fern,  
and the beadbonny ash that sits over the burn.

What would the world be, once bereft  
Of wet and of wilderness? Let them be left,

O let them be left, wildness and wet;  
Long live the weeds and the wilderness yet.

#### Weekend Drama

April 21, 1996

by Rik A

**T**hursday - Raining. The phone rings; its Shirley: "Hi. We've canceled the ice axe arrest. Avalanche conditions look marginal." Rats. I've been anticipating a day with OSAT's neophytes. "But the web page still has last week's report," I complain. But the weather forecast is marginal, there's been light snow all week, and the wheels are in motion to alert the disappointed students and their eager instructors. And, Mountaineers are going to be at the lookout, cheating us of our meeting site.



Friday - Avalanche hotline: "Moderate danger for Mt. Rainier and Mt. Hood, low elsewhere." Later, voice-mail: "We've canceled Sunday's climb. Avalanche danger, and the weather doesn't look too great." Its been ages since I've gone three weekends without a day in the mountains. I'll do Tiger Sunday morning. Rain or shine.

Friday evening - Weather radio: "20% chance of rain." OSAT hotline: "Pilchuck canceled. Mt. Si conditioner."

Saturday: Beautiful day. "I don't cancel until I get to the trailhead." Snow on the final 50 feet turns scramblers away at the high saddle, but I belay Gary and Rob to the top of the haystack, and enjoy the view as never before. On the way home I stumble into HMR: "Everything must go! 20% off all stock." Sorry to see the shop close, but I buy the pack I need. Got to find a climb to try it out.

Sunday: Whitehorse afterall, but a late start. Do we really have a chance at it? Beckey: "7 hours" At 8:30 we're on the switchbacks. Still in the trees, a distant roar. "Jet?" "No. Avalanche." Ignoring the surveyor tape, we plunge into a class 3 bushwhack at 3000 ft, scramble up a low cliff band, and pick up a week-old set of tracks across the gentle slope, just traceable under 6 inches of settling snow. Lone Tree Pass and the high glacier beckon. Somewhere above, hidden around the corner, a release. "Avalanche!" Chuck sprints for a sapling not big enough for a Christmas tree. I head for the ridge above a gully, glance up to see the mass moving down upon us, and briefly think "Its path may turn toward me, should I have run the other way? No. Its too late. I hope its not too late!" Debris is moving through the gully, too. No safety there. "Ivar, get to the side!" He watches a corner of the 50 yard-wide mass grind to a halt at his feet, losing energy as its countless predecessors had, at the line of small trees in which he stands. Our tracks disappear under the jumble. We look at each other, and in unison declare: "I've had enough." Shortly we are back below the cliff band, enjoying lunch, nervously laughing off the warning and trading dark thoughts. Thank you, God. Shirley is vindicated.

## Mountain Monikers

This is one in a series of short articles intended to provide OSATers some history behind mountains we climb. This month we cover Mt. Adams, the traditional conditioner climb scheduled for May. Sent any comments, suggestions, or requests to Rik.

~~~~~  
In 1839 Hall J. Kelley of Boston formally proposed to the United States House of Representatives Council on Foreign (!) Affairs that the volcanic peaks in the Cascades from St. Helens south be named for all the then-deceased former presidents, thereby expurgating the

names of those nasty British, St. Helens and Hood. Why his proposal didn't include Rainier and Baker is unclear, but it might have been to maintain the presidential sequence within the constraint that Mt. Jefferson in Oregon was named by Lewis & Clark 33 years earlier. Kelley's proposal was as follows:

Current Name	Kelley's "Presidents' Range"
St. Helens	Washington
Hood	Adams
Jefferson	Jefferson
Three Sisters	Madison
Diamond Peak	Monroe
McLoughlin	John Quincy Adams
Shasta	Jackson

At the time, exploration and compilation of information was inadequate to establish that St. Helens and Adams were two mountains. This confusion was partially due to their geographic latitude being similar, and partially due to typical northwest weather affording scant opportunities for lowlanders to see both peaks at once. In any case, Mt. Adams was not included in Kelley's scheme. The proposal didn't get adopted, but while it was being debated, an 1843 book, Farnham's *Travels in the Great Western Prairies*, picked up on Kelley's idea. However, he switched a few things around. Farnham identified St. Helens separately, and referred to Hood as Washington, and thus bumped the name Adams east to the Adams we know today! Farnham also suggested extending the scheme to Baker (Tyler), Olympus (VanBuren), and Rainier (Harrison). Do you suppose there would be the same romance to climbing Mt. William Henry Harrison as there is in climbing Rainier?

Back to Adams, I was distressed to find out when preparing to lead the OSAT climb of the Mazama Glacier last year that it was not named Mazama in honor of what I thought was the Chinook jargon word for mountain goat, but instead was named by the Mazama mountaineering club, honoring themselves! Prior to 1895 it was known as Hell Roaring Glacier, named for the creek that comes from it. I was further distressed more recently to discover that "Mazama" is NOT Chinook jargon, but Spanish, and that even the famed Mt. Mazama (predecessor to Crater Lake) was named by the climbing club for themselves!

## Climbing Club News

Monthly OSAT club meetings are held on the second Wednesday of the month at 7 PM. We meet at the Congregational Church of Mercer Island, located at 4545 Island Crest Way (take the Island Crest exit from I-90, the church is about 1.6 miles south of the freeway, on the right. The meeting is held in classroom #1 (Upstairs, north end of hall). The BOTS is committed to keeping the "business" portion of the meeting as short as possible, so we can concentrate on welcoming new members and enjoying the scheduled entertainment.

Within the requirements of the by-laws, Club business will be discussed and acted upon at the BOTS meetings. Business requiring general membership participation will be brought

to the Club meetings. Minutes of the BOTS meeting and Club meeting will be published jointly in the following Yodel.

At the May 8th meeting, Bob C. will share his slides from his expedition to Aconcagua.

A couple of quick updates regarding the club:

- ◆ BOTS audited the financial balance of the climbing clubs for 1995. Luckily, the books matched!
- ◆ Some volunteers have come forth to organize a library committee for Jim H's books. Thanks to Dick W, Karen C, Dave N, and Chris N

## Climbing Course Update

by Dick Wright

The 1996 OSAT Climbing Course is in full swing. We were forced to postpone our first ice axe arrest field trip originally scheduled on April 20 at Mt. Pilchuck because of potential avalanche conditions. Shirley's good judgment was confirmed by Rik A, Chuck T, and Ivar S, who encountered avalanche conditions on Whitehorse the following day. The field trip has been rescheduled for Saturday May 4, same time and same place as originally scheduled.

We had a successful ice axe arrest field trip at Steven's Pass on Sunday, April 28 lead by Dave Nordstrom. The weather was great and we learned a lot, had a great time and ended the day with a terrific meeting on top of Cowboy Mountain. We descended Cowboy Mountain in a light snow.

May 18 and 19 we will be at Mt. Rainier for the roped travel field trip. Charlie A will be leading the festivities on Saturday and I will be leading a hike to Camp Muir on the 19th. It appears that Cougar Rock campground will not be open, so we will likely be camping at Sunshine Point campground (although there has been some discussion about camping on the snow near Paradise). We will keep you informed. Our final field trip is scheduled for Saturday, June 1 at Alpental (Snoqualmie Pass). This is our crevasse rescue field trip and Bob C will be leading.

We welcome any OSATers to join us on our hike to Camp Muir on Sunday, May 19th. Just show up at the Paradise parking lot by 8:30am and join us for another great Camp Muir meeting at around 2pm!

## Equipment Committee Report

by Ivar S

The following is a listing of OSAT members currently in possession of club equipment. Priority for usage of OSAT equipment is now given to students currently participating in the OSAT Climbing

Course. If you are in need of equipment, contact the people below. If you are listed below as having equipment that is no longer in your possession, please contact me immediately and let me know who you gave the equipment to. If you do pass on equipment to another member, you must also contact me immediately so I can keep a current database of where the equipment is located. If you have any questions, contact me at (206) 776-7213 or page me at (206) 540-2416.

Larry A.	1 Ice Axe
(509) 965-5460	
Winton	1 Ice Axe
(206) 862-4895	
Rachel	1 Ice Axe
(206) 334-3184	
"	1 Helmet
"	
"	1 Pack
"	
Rod B.	1 Pr. Snowshoes
(206) 473-8875	
Roy O.	1 Pr. Snowshoes
(206) 525-0510	
Ivar S.	1 Pr. Crampons (Strap-On)
(206) 776-7213	
Gary C.	1 Ice Axe
(206) 946-6775	
Terry P.	1 Shovel
	(206) 759-9415
Tim R.	1 Shovel
	Missing!
Need Name	1 Glacier Rope
	Missing!
Need Name	1 Practice Rope
	Missing!

That pretty much covers it. We're missing 1 shovel and 2 ropes. If you have any OSAT equipment otherwise not listed here, please call me right away. I appreciate your cooperation and help! Keep climbing mountains and don't slip!

## OSAT goes World-Wide via the Internet!

by Ivar S

Thanks to a few of us geek wanna-be's here in OSAT, we are now officially (actually unofficially) located on the World Wide Web at the following URL (address): <http://users.aol.com/osat1996>. Many thanks to Chris N. for providing the space and getting the ball rolling on this by designing the initial page. We will of course be making lots of additions and changes in the coming months and your input would be much

valued. For those of you equipped with at least a 14.4 modem and a web browser, check out the sight and see what you think. Chris has provided an E-Mail link to post your suggestions and/or comments.

An OSAT web page committee has been formed and to date consists of the following members:

Chris N.	carsonn@aol.com
Doug H.	osatdoug@aol.com
Jim B.	jimbl@sprynet.com
Paul C.	seapwc@halcyon.com
Ivar S.	74557.1717@compuserve.com

This is a brand new venture for OSAT so no real structure or protocol has been established as of yet. Anyone with a burning desire to be a part of the committee should post an E-Mail to one of the addresses listed above. It is the committee's hope and desire to create a truly terrific web site with lots of great information on climbing and outdoor stuff, and also connect with the recovery aspect of what we are doing. We'll eventually have lots of great links to other outdoors related sites, as well as recovery-related sites.

Chris wants to assure everyone that our page so far is strictly a "tester." He wanted to see how it would look after he did the HTML encoding, so we would have a place to start. At our first meeting, we'll try and establish a basic direction for the page, and also discuss a permanent home for the site. So far, the space Chris has provided is free of charge! Its hard to beat that price...

OSAT World-Wide...What an amazing thing! Keep logging on and don't slip!

## Denali '95 Report

by Rik A

*Surfing the Internet I came across a couple of items of interest: the 1995 Denali National Park annual mountaineering summary, and a six page report by a climber who was on the mountain last May. If you'd like a copy of the complete reports, let me know.*

In 1995 1,220 mountaineers registered to climb Mt. McKinley, down from the 1,277 in 1994. A total of 523 (44%) reached the summit, substantially below the historical average summit rate is 52%. The average expedition size was four. Weather in May was largely responsible for the lower rate in 1995. In May, only 29 climbers, about 10% of those registered, attained the summit, fewer than 20 reached the summit before May 26. The summit rate was 58% in June and 64% in July.

Mike Bradley and his climbing companion were on a schedule a several days ahead of the OSAT Expedition. They reached 17K on May 16, rested the following day, but May 18 and 19 were "total whiteout conditions". The 20th started the same, but a few at 17K made an attempt and found the summit plateau to be above the

weather—several were successful. "This day was our one and only chance and we were later to severely regret" not making the attempt.

Three feet of snow fell on May 21, "but the evening was beautiful and filled everyone with awe ...and optimism." The next day "Denali struck. The most hellish storm anyone had ever witnessed.... Four of the eight tents at 17K were irreparably destroyed...[even though] all the tents were originally dug into deep pits and surrounded by what we thought were totally solid ice walls." Bradley describes May 23 (the day OSAT and 12 others started down from 14K) simply as "more of the same." The groups at the high camp were unable to move down until May 26. "Everybody who stays around Denali year after year told us this had been the worst May anyone can remember."

*Montani semper liberi*

## OSAT Pennant 1995 Report

by Rik A

*The OSAT pennant is available for your climb. I am currently seeking photos from the Mailbox Peak climb last December, the snowcave trip, and Norse Peak and St. Helens this spring. The OSAT PENNANT scrapbook is usually available at club meetings and large gatherings other than climbs. If you would like to get the pennant for your climb or the scrapbook to share with others, please call Rik A (234-1770).*

The year 1995 was a rough one for the pennant, as it was for the club. The original pennant was lost in the Denali tragedy. We have a picture of the Denali climbers with the pennant departing at SEATAC, and we're getting (I hope) a copy of one on the Kahiltina.

Following the snow cave trip a year ago, the pennant joined the 16 OSATers on Kilimanjaro, reaching the 19,340 foot summit, and subsequently climbed high on the summit ridge of Mt. Kenya with Charlie, Robert, and Jim. Later in the spring, the pennant worked with seven OSATers to carry planks for the Mt. Si trail improvements, and summited St. Helens in snowy conditions.

A replacement pennant was made in time for two major summit rendezvous. In June, the pennant went with a dozen climbers up Mazama Glacier of Mt. Adams and met another dozen from the South Spur. In July, the climbing class trips up the Emmons and Kautz routes met with the pennant at 14,410! A few days later the first all-women OSAT Rainier climb took not only the OSAT pennant, but also an "OSAT WOMEN" pennant to the top.

In addition to first time (for the pennant) climbs of Sloan, Pugh, and Mailbox (PHOTO???), the pennant joined the OSAT/MTA McClellan Butte Trail work party, the Mt. Si Thanksgiving morning climb (with over 30 OSATers!) and the Tiger/Denali memorial installation.

*Keep Climbing Mountains...and don't slip!*

## Five Years Ago in OSAT

by Rik A

**T**he first OSAT volcano climb was an unsuccessful attempt by seven members on St. Helens in late April of 1991. "The weather turned us around at about 7000', but a good time was had by all." The first successful summit (other than Tiger!) was by twelve members on Mt. Pilchuck the following weekend, and five summited the North Peak of the Brothers on May 11-12, "although we only had about 30 seconds of visibility."

The May 9, 1991 newsletter was the first to bear "One Step at a Time" on the masthead, the club having been christened at an organizational meeting April 24th. The newsletter was distributed at the Tiger Mountain Meeting to save mailing costs, and "business meetings" were planned for the first Thursdays of the month at JB's in Issaquah following the Tiger Mtn AA meeting. It was explained at the Tiger Mountain Meeting that the collection funds were being used to support the club (reproduction and postage), with any excess donated to InterGroup. Therefore, the club had no dues at that time.

There were 85 names on "The Roster" published in the May 1991 newsletter. Jim had been collecting names of interested individuals for several months prior to the first meetings. There is no further club record for nearly 30 of these people, and it's possible they never actually participated in the club or group, or only came to one or two events. As with any group this size, over the years others have drifted (or been plucked) away. Nevertheless, twenty of the people on the first roster are still active in OSAT today, climbing, sharing, and working together with those who have joined since, to keep OSAT as vital and exciting five years from now as it was five years ago.

## Last Call For Lake 22?

by Rik A

**T**here has been an OSAT Sunday afternoon AA meeting at Lake 22 for four years, but it may fade into memory unless someone steps forward to act as a contact person. Please call a member of the BOTS if you have any interest in maintaining this tradition.

WTA has scheduled a work party to clean up the Lake 22 trail on May 19. Perhaps this could be used as the season "kickoff" for the Lake 22 AA meeting, although unfortunately it conflicts with the climbing course hike to Camp Muir. WTA also has offered OSAT the opportunity to adopt the trail. We could adopt it without having a weekly meeting there, but to do this we must have a volunteer to act as a contact for WTA. Rik has organized OSAT participation in three WTA trail work

parties, and can provide information to anyone interested in taking on the Lake 22 project as the telephone contact person. If you are interested in attending meetings or the work party, but are unwilling to take a leadership role, call the hotline for the latest status. If you want to do the trail work (lots of fun, and free food!) call Rik.

We hate to see OSAT AA meetings pass into history, but it has happened before. The OSAT-South meeting held on Pete Mountain Wednesday evenings during 1993 was not revived after the winter suspension, and the Tuesday evening Tiger meeting ran for two summers (in 1994 as a step study meeting).

Montani semper liberi!—Rik A

~~~~~  
*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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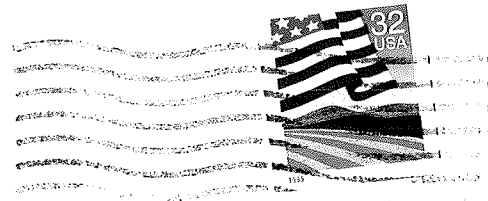
We appreciate any and all contributions! Without your input, there would be no Yodel! Please continue sending your trip reports, stories, thoughts, and ideas. Also, if you have a computer, we would greatly appreciate your stories sent to us on computer disk. The Yodel is published using Microsoft Word 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 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.***

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



390QR  
Rik Anderson  
5655 East Mercer Way  
Mercer Island, WA 98040



# THE YODEL

## A WARM WELCOME TO SUMMER!

**S**lower! Sweet June,  
Each step more slow;  
Linger and loiter as you go;  
Linger a little while to dream,  
Or see yourself in yonder stream,  
Fly not across the summer so.  
Sweet June! Be slow.

--Julia Hay

As we head into summer, it's nice to see so many OSAT activities getting off the ground! I am looking forward to many lazy hikes in the heat of summer, where the reward might be a cool, refreshing lake waiting with open arms to cool a fatigued hiker...or the reward of a lilting breeze at the summit of a strenuous climb...whatever you do this summer, enjoy yourself, and don't slip!

Once again, I'd like to thank everyone for their contributions and input. Anytime you feel inspired to make suggestions regarding *The Yodel*, please feel free to call or write me! And as always, you are encouraged to contribute accounts of your adventures, newly scheduled activities, and of course your profound (or not so profound) thoughts!

Here are a few things to look for in this edition:

- \* Pam G has started organizing the 5th annual OSAT car camp! It is scheduled for the last week-end of September
- \* Rik A has once again taken the time to highlight another mountain in a new feature to *The Yodel* called "Mountain Monikers"
- \* Shirley has recounted OSAT's first ascent of Mt. Jupiter--and look for



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

other accounts of OSAT adventures in this issue too!

The next publishing date for *The Yodel* will be *July 12*. KCM & DS--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
- ④ Echoes
- ⑥ Climbing Club News

## 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 - Jim K           558-4301  
                          Sundays - Roy               525-0510

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

### Carkeek Park

Time:               Mondays @ 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

### Lake 22

Time:               Usually Sundays, but we don't have a anyone to chair for this meeting. Let's try to get it going again this spring!

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: We need someone, *anyone* to commit to keeping this meeting going!

## 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  
Marina S.....776-7213   Robert T.. 850-0805  
Kim G.....869-8019

### 12-Step Meeting Coordinators

Terri St....782-8858      Roy.....525-0510  
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.....Charlie A.....932-7195  
Hotline Message.....Pam G.....742-4274  
Hotline Follow-up.....Doug H.....889-2041  
Membership.....Jason R.....242-7980  
Newsletter.....Marina S.....776-7213  
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

**OSAT 5th ANNUAL CAR CAMP**--This year's Car Camp is scheduled for the weekend of **September 27-29th**. this year we have our OWN campground (yahoo!) reserved at Wiley Creek Campground, 4 miles from Verlot on the Mountain Loop highway. We even have 4 shelters (in case it rains, like last year). Wiley Creek also has camp fire pits and vault toilets. We must take our own garbage though. Load up the car, truck, camper, big wheel, roller skates (whatever mode of transport you have), and join us for Fellowship, Fun and Festivities! **Pam G** is looking for volunteers to lead hikes and activities, and to arrange AA meetings. Please call her with your ideas and/or questions at **742-4274**.

**SERENITY HIKES**--(Plea for help) So far, we've had 1 serenity hike with a grand total of 1 (the leader) in attendance. Doug's had 1 solid volunteer for a May hike (Carol P.) and no one else. With the climbing course activities coming up, Doug won't be available to lead anymore hikes between now & the end of July. Please help make these hikes a success!! Call **Doug** at **881-2041**.

**OSAT "KNOBBY" CLUB**--It's mountain biking weather. Time to take to the hills! Joe L. will lead anyone who wants to bike on the trails and off road adventures around Grand ridge and Tiger Mountain. All biking enthusiasts should plan to meet at the Issaquah Ski & Cycle at **Monday nights at 6pm** from where we'll ride the trails and plan future trips. Call **Joe** at **869-0367** for more information. In the famous tradition of OSAT, we'll keep riding mountains and not slip!

**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.

### OSAT CLIMBING COURSE SCHEDULE

There will be four Rainier climbs this year:

**Emmons route:** July 13,14 &15

*Bob C*

**DC route:** July 14 & 15

**Emmons route:** July 20,21 & 22 *Dick*

**DC route:** July 21 & 22 *Gabe*

Once again, we NEED Team leaders and Rope leaders! We also need Instructors for all the field trips and classes. So don't wait...Sign up today! Hurry, this offer won't last forever!

Call: Bob C 228-1005 or

Dick W 339-3751 or

Dave N 752-9214 (Tacoma)

### GOING UP?

A list of currently scheduled climbs and activities (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.)

**June 11 & June 23:** Intermediate Crevasse Rescue Review. Tuesday evening, June 11, plus Sunday, June 23rd. For intermediate level climbers who have had previous crevasse rescue training and want a review, and for OSAT climb leaders and/or rope leaders who haven't had crevasse rescue practice in the past. The Thursday evening will be at a crevasse. We will review, discuss and do the direct pull, Z pulley, C pulley, prussiking, anchor placement. Methods used will be those taught by the Seattle Mountaineers. Limit 12. Shirley R--Leader Ph: 957-7975.

**June 14-16:** *Mt. Rainier*--Disappointment Cleaver Route. This is a three day climb, with the first camp at Camp Muir, then second day will be spent at Ingraham flats, then the summit push. Glacier experience required. *This climb needs rope leaders*. Limit 12. Steve S--Leader Ph: 473-7474

**June 15:** *Granite Mtn*--Conditioning hike for Climbing Course. Winton--Leader Ph: 862-4895 (Call OSAT hotline for details).

**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

**July 20-22:** *Mt. Rainier--Kautz Glacier*. For experienced climbers unable to get on climbing course graduation climbs as rope leaders. Party may include 2-4 non-OSAT climbers. Rik A--Leader Ph: 234-1770

**Sept. 28-29:** *Mt. Fernow or Bonanza Peak* (choice based on group experience). Lake Chelan boat to

Holden. Could be scheduled anytime 9/27-10/2. Rik A--Leader Ph: 234-1770

**You pick the date:** *Rik's wish list.* I'm willing to lead, let me know which interest you, and we'll schedule when we get a quorum: Shuksan (g), Glacier (g), Ingalls (r), Kaleetan (s). Rik A--Leader Ph: 234-1770

## 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, Marina S. at 22810 55th Ave. W., Mountlake Terrace, WA 98043 or e-mail me at... 74557.1717@compuserve.com

**OSAT--PLUGGED IN!**--Paul C would like to put together a list of OSAT people that would like to be able to communicate with each other using e-mail. This a list that would be shared amongst us all. We could use it for one to one mail or broadcast. Please contact Paul if you are interested. His e-mail is seapwc@halcyon.com or call him on the thing known as the phone at 782-7297. p.s. AT&T now offers FREE internet access to its customers for 5 hours a month. Call 1-800-WORLDNET.

**LADIES RING FOUND**--November, 1995, on Tiger Mountain Trail near summit. If you can identify this unique ring, call Sally @ 363-6978 or Roy @ 525-0510 (home) or 362-9062 (work).

**LOST VIDEO TAPE**--A video of the OSAT Memorial for Jim, Tom and Scott was made by Winton. Karen C loaned it to someone, and can't remember who! DO YOU HAVE IT? Please let her know if you have it or know who might. Karen's number is 782-1873.

**SENIOR OLYMPICS**--Daniel M is looking for a sponsor or sponsors to help send him to the Senior Olympics for 1997. He will be competing in the 100, 200, 400 meter races and the long jump. If you are interested in helping him out, call him at 667-9261.

**NEW FOR '96!!**--The all new OSAT Memorial T-shirts are here at last! We have three new colors: Ash with blue/green print, white with neon print, and navy with white print. They have the new OSAT design (by James B) on the front and all have a commemorative OSAT climbers insignia on the left sleeve in memory of Tom, Scott and Jimmy. They look very sharp, and we know you'll be askin' for more than one! They are available in Med., large, X-large and XX-large. Price is \$15.00, so please call Teresa F at 353-8154 to get yours!

**SPEAKING OF T-SHIRTS**--Teresa has an OSAT service opportunity for you. She needs someone to take over the remaining T-shirt sales. This would be an

excellent opportunity to give back to OSAT. Please contact Teresa F at 353-8154.

**Looking for a Pain in the Ass?**--The 1996 (STP) Seattle to Portland Cycling Classic is June 22-23. This one of the nation's greatest cycling events. The 197 miles from Seattle to Portland is beautiful and loads of fun. For information and/or an application, call Roy O. @ (206) 362-9062 work, (206) 525-0510 home or e-mail NOWST@aol.com

**PLANNING A TRIP?**--Are you thinking of flying somewhere soon, taking a ski trip to Colorado, going on a cruise or a climbing expedition? Bob M and Lisa L are now certified independent travel agents. They can now book flights, organize activities, arrange rental cars and hotels. etc. All at the best available rates! This service is available to you with one easy phone call and at no cost to you (other than the cost of your trip, of course!) for more information, contact Lisa L or Bob M at (206) 735-4039.

**I'VE FALLEN, AND ...**Dr. Mark Fredrich can help you get back up--call him 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 your OSAT friends?

### Catharsis

by Rik A

For a year the image of companions huddled in the false security of a cold crevasse dominated recollection. The fate of pre-monsoon Everesters, particularly Scott Fischer who shared our grief and Rob Hall whose final call led me to research Joseph's teachings, refreshed the memory that hypothermia is a sanguine exit.

Yet still as the first May 23rd came around, the mind sought release, some magic messenger heralding "The next stage of life has begun." The plaque was placed as far from the day we learned as the calendar would allow, but nagging recollections hung on tenaciously, demanding contemplation and offering only emptiness in exchange.

After a season of characteristically depressing rain, Thursday brought partial clearing. I knew not why my boots floated up the trail so lightly, particularly when fears of tears and choked words were realized. Then a baggie with the canisters, then to the summit for a prayer and fellowship, then the sun finally setting over the Olympics, but with light more akin to dawn, and from

the highest rock an arc of particles across the sky. *Montani semper liberi!* We are no longer inhibited by mere recollection, that evening bestowed the cleansing effect of witnessing a pyre and the joy of watching ashes tossed to the wind from a bridge.

Thank you Kym, Aaron, Karen, and Terri who made this celebration possible, and to all who shared the moment.

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### First OSAT Ascent of Mt. Jupiter

May 26, 1996

by Shirley R

**7**.2 miles in, 3600 ft net elevation gain, plus 500 feet for cumulative gain. The day was foggy, temperature perfect, and no rain. We missed the sun by 1 day and the rhododendron blossoms by a couple weeks (go in mid-June?).

Of interest along the route were the unique vegetation and rock of the Olympics, the high snow line on the route (around 5000 ft), and the exotic feeling of not being in the Cascades! The trail was in excellent condition. The first mile switchbacked 1000 feet up to the ridge, and then there were a few miles of gentle ascent and ups and downs along the ridge. At 5 miles we entered the Brothers Wilderness, with 2.2 miles to go. The last mile steepened, switchbacking past pillow lava and picturesque alpine terrain, over some snow, and to the summit block. We caught occasional glimpses of Hood Canal and of snowy landscape to the north, prompting the refrain, "Gotta come back!"

The group made it to the top in 4 hours or less, and after some R&R, descended in 3 hours or less. Participants were Roy, Julie, Kenneth C., Dave M., Kathy H. (students in the 1996 OSAT climbing course); Dena (new to OSAT); and veteran climbers Rik A., Annie G/B., Terry P., Charlie A., Robert T., Dick W., and myself leading the way. The hike went very smoothly, and it was fun to do a new peak, to go to the Olympic mountains, to get some much-needed training, and to be with OSAT friends.

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### Mount Baker via The Easton Glacier 10,778

Memorial Day Weekend

May 25, 26, 1996

by Greg A

**M**emorial Day weekend was quickly approaching when we learned from the ranger at Trout Lake that the road to the South Spur route on Mt. Adams was snow covered. The Easton Glacier on Mount Baker was selected as the alternate climb. The road was open to the trailhead at Schreiber's Meadows.

The Easton glacier usually has a lower avalanche potential because of its grade and southern exposure.

We met for breakfast in Mount Vernon. We arrived at Schreiber's Meadows on Mount Baker at around 9 a.m. We had a short meeting to introduce everyone to each other and selected Lisa as first aid leader. We discussed the route a little and also the possibility of avalanche hazards. OSAT climbers were Steve S, Wendy, Sue, another Steve S, Greg A, Bob and Lisa, Carol, Mary, Jack, Eric and Charlie W.

We started up the trail at about 10 am. Since the weather was deteriorating and it was threatening to rain we made a camp low on the mountain at about 4,700 feet elevation.

After dinner Wendy made a freeze dried apple crisp and offered me some. It tasted OK and I almost ate it all up. Lisa chaired the meeting that evening. We serenaded Wendy with song. We were all in our tents by 9 PM. We had a very long day ahead of us. If conditions were right we had a 6,100 foot day ahead of us tomorrow. A 6,100 foot day is a lot of elevation gain in any mountain climbers book.

We awoke at about 3:30 am to beautiful starry skies and great conditions for climbing. The snow had firmed up during the night. We had a light breakfast and were on our way up the mountain by 4:30 am. We roped up at about 5,700 feet. Bob felt tired and turned around. The first group made the summit at about 2:30 PM. I thought the last rope team comprised of Steve and Steve, Lisa and Sue had turned around but I was happy to see them trudging to the summit dome just as we were about to descend. I knew that Sue was hurting. She had made an incredible, determined effort in making the summit that day. I was very proud to be with OSAT on the top of Mount Baker! We were on top together.

The wind was cold and the sun was intense. We were all tired and cold and wanted to get the hell down the mountain. However, Steve had brought some of Jim H's ash up the mountain and before we all descended we watched as he released the canister of ash to the winds of Mount Baker. Then we slowly and carefully descended. The snow was quickly beginning to soften. I became aware that avalanche conditions would increase as the day progressed. The mountains' crater on our left was steaming, ominously letting us know that we were the only guests of the mountain today. The sun reflecting against the glacier became more intense. We were a happy group of climbers, grateful the mountain had allowed us to the summit. Grateful for a beautiful day.

The snow was very soft and deep and we all postholed to our knees on the way down. The route was a little confusing on the way down the glacier. We strayed from the wanded route we had placed on the way. To the novice climber it may have appeared that I was lost on the Easton Glacier! I knew where we were. I just didn't know where camp was! Thanks to Charlie's great route

finding skills we stumbled into camp sometime before dark. Thank God.

We all decided to pack up and make a dash to civilization that evening/night. I was tired but reluctantly agreed to go out too. I don't think anyone would disagree that we were all very tired. As a leader of climbs and hikes I have learned to always be aware of the get "homeitis" syndrome. Most climbing accidents occur going out, when people are tired and in a hurry to get home. Tired climbers enticed by thoughts of real food in a restaurant and a hot shower and a soft bed at home. Our team narrowly escaped a serious injury accident on the way out. Lisa did a great job as first aid leader.

Thanks to a partial moon lighting our way and Charlie's route finding skills we made it to the cars at about 11:30 PM.. Also, thanks to Bob for giving me food and drink when I really needed it on the way out. After a late dinner at Denny's in Mount Vernon and a long drive south, I made it to my soft bed at around 3 am Monday morning.

#### Vesper Peak

May ?, 1996

by Doug H

Just a quickie to say that Steve & Francie, Ed & Sandy, Walt, Roy, Charlie W., Tom M. (Step Kicker extraordinaire!), and yours truly had a blast climbing Vesper peak.

The morning started out fairly early, Ivar & I meeting @ the Mt. Lake Terrace P & R at 6:45 am. We enjoyed a ride through Granite Falls to the group meeting place @ the Verlot Ranger Station (Best Restrooms north of Seattle!).

We met up with the rest of the troops there and headed out to the trailhead (2,400'). Skies were threatening as we said our serenity prayer and headed through the woods to the creek crossing. From there it was a steady gain to the beginning of the snow field (3,000') that would take us up and over Hedly Pass. The chute going up the pass was steep and with the weather the way is was, it made for a fair amount of post-holing (at least for someone my size).

Once over the Pass (5,200') it was a short traverse and the a steady snow climb to the summit (6,400'). Conditions at the summit were soaked in and windy. We all summited and then retreated to a clear spot @ about 5,000' for a lunch and descent to the cars.

For anyone who has not done this climb, Steve S. swears that on a clear day the view is magnificent! I can't wait to find out.

## Mountain Monikers

This is one in a series of short articles intended to provide OSATers some history behind mountains we climb. This month we cover some Olympic peaks visible from Seattle. Send any comments, suggestions, or requests to Rik.

One of the first successful OSAT summit trips was to The Brothers, the prominent twin peaks across the sound from Seattle. Just think of the unfortunates for whom this peak was named—they were honored by having a mountain named for them, and now the names have fallen into disuse, their memory overwritten by the generic! Perhaps the familial reference will help us all remember that The Brothers, as well as the adjacent Ellinor (to the south) and Constance (to the north) were named for love!

In 1857 the US Coast Survey was busy mapping the Puget Sound shorelines and surrounding area. Capt. George Davidson was in charge of the survey. He was smitten by the beautiful Ellinor Fauntleroy, but alas, what father wants his daughter hooked up with a man of the sea? George needed to impress Robert Fauntleroy, so he went overboard in attaching the family's names to Seattle's western skyline. In addition to naming a peak for his fiancée, he named what we now know as The Brothers for Ellinor's brothers, Arthur (on the north) and Edward (on the South), and Mt. Constance for their sister. To bolster his request for Ellinor's hand, he named his newly commissioned survey ship for her father, and cove we now know as the base for the Vashon/Southworth ferry for the family!

He seems to have left out honoring his future mother-in-law. Nevertheless Robert Fauntleroy was evidently impressed: in 1858 George and Ellinor were married!

## Climbing Club News

Monthly OSAT club meetings are held on the second Wednesday of the month at 7 PM. We meet at the Congregational Church of Mercer Island, located at 4545 Island Crest Way (take the Island Crest exit from I-90, the church is about 1.6 miles south of the freeway, on the right. The meeting is held in classroom #1 (Upstairs, north end of hall). The BOTS is committed to keeping the "business" portion of the meeting as short as possible, so we can concentrate on welcoming new members and enjoying the scheduled entertainment.



Within the requirements of the by-laws, Club business will be discussed and acted upon at the BOTS meetings. Business requiring general membership participation will be brought to the Club meetings. Minutes of the BOTS meeting and Club meeting will be published jointly in the following Yodel.

June's meeting will feature Karen C, who will be sharing slides from Jim, Tom and Scott's Denali climb. the meeting is June 12th.

Please note: There will be no July Club meeting. The next club meeting will be held in August. Scheduled for this meeting will be slides from all of the Mt. Rainier climbs this summer. This is sure to be a great meeting--don't miss it! We will let you know in the next Yodel when the date for the meeting is.

## OSAT First Aid Resources

by Rik A

**M**any of us took Mountaineering Oriented First Aid (MOFA) 2-1/2 years ago--our certification expires this Fall. Who among you is interested in a refresher course? Call me (234-1770). After I find out, I will find out who is interested in organizing a refresher we can take together.

While we're on the subject of first aid, it seems that the club should have an expedition-size first aid kit for large outings such as the climbing course ice axe arrest and roped travel classes, and backcountry trips involving 10 or 12 of us at one time. With the Aconcagua Expedition coming up, we may have a chance to get one donated to the club, if we can find volunteers to identify what we need, determine the possible sources, and make the calls. I will personally embroider the volunteers' names on the case, along with the name of the donor! Call a member of the BOTS if you'd like to serve OSAT in this way.

## OSAT Pennant

by Rik A

**T**he OSAT pennant is available for your climbs! If you are interested in having the Pennant accompany you on your next adventure, please call me at 234-1770. I am currently seeking photos from the Mailbox Peak climb last December, the snowcave trip, Norse Peak, and St. Helens this spring.

The OSAT Pennant scrapbook is usually available at club meetings and large gatherings other than climbs.

## Five Years Ago in OSAT

by Rik A

**T**he newsletter (i.e. Jim) reported that just three months after getting started, "There is something VERY special about having a meeting on a mountaintop after a strenuous hike. Many of us are already very addicted to it!"

The first climb course was in full swing. Paul C led 15 members on a conditioning hike to Camp Muir for the first 12-step meeting at that location. Jim speculated that it was the highest meeting in the history of the state. Prusik training was scheduled for Camp Long, and a roped travel outing at Paradise at the end of June.

Snow climbs of The Brothers, Granite and Dickerman were successful in May, but the planned Memorial Day climb of Baker was canceled due to bad weather. Four members spent the weekend on Ray's Knoll in Glacier Basin above Monte Cristo, but scrubbed climbing plans when they woke up to the sound of avalanches.

The issue of safety was discussed at an informal meeting in early June. It was determined that every activity would have a leader responsible for determining climber ability (physical, skill, equipment) to participate in an event. Each member was responsible for carrying (at least) the "10 essentials", and the possibility of requiring a liability release was also first discussed.

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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

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Contributing Editor  
Circulation  
Mailing List/Membership

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.**