

OSAT Newsletters and Yodels – 1996

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

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THE YODEL

HOT 'NUFF FOR YA?

To those who have not yet learned the secret of true happiness, begin now to study the little things in your own door yard.

--George Washington Carver
American botanist (1864-1943)

Greetings and Salutations fellow OSATers! I hope you are all having a summer filled with lots of climbs, friends and fellowship. Judging from the amount of contributions to this issue of the *Yodel*, it sounds as if finding things to do is not a problem this summer. I am truly impressed by the amount of activities that have been going on, but unfortunately, I haven't been finding out about them until after the fact!

With the *Yodel* only coming out every five weeks, I know that it can be difficult to get the word out regarding last minute activities. That is what the hotline can be used for. But it would be nice to try to get as many climbs, runs, hikes, biking, kayaking (you get the picture) trips planned ahead of time, as possible. That way we can keep the *Yodel* continually filled with things do.

As you may have noticed, this *Yodel* is BIG! Its been a busy summer for everyone with a mission to have fun. Here are some things to look for inside:

- ◆ Are looking for a new kind of thrill? why not try kayaking...check out P.3 for details
- ◆ If you'd like to know how the planning is coming along for the Aconcagua climb and how you can help, Rik A and Ivar S have updates for you on P. 13



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

- ◆ Read news about OSAT in cyberspace! Look for info about our web page on P. 13

The next publishing date for *The Yodel* will be *August 17*.
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
- ③ Notices
- ④ Echoes
- ⑫ Climbing Club News

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

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!

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

HAPPY BIRTHDAY, BABY--Steve S. is celebrating his 50th belly-button b-day AND his 10th A A birthday, and he wants to invite you to party down at his place. The date is **July 27th**--Steve will distribute a map and more details when he gets back from the land of Erin. (Ireland)

WHITEWATER--No, you won't meet Bill and Hillary, but you will have some fun on the water. **Kim C** is offering an *Intro to Whitewater Kayaking* seminar **Sunday, August 4**. Give him a call now if you're interested so he can get an idea of how many unsuspecting, or I mean willing participants he has. His number is **822-3037**.

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**.

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 FOR FUN (or pain!)--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 (and plea for sherpas)

A call for sherpas!! If you'd like to get a good work-out and help your fellow OSAT'ers, why not volunteer to help carry their gear to base camp? They'll love you forever...okay, there is no guarantee of that, but you'll feel like a better person for it, won't you?

The remaining climbs are:

Emmons route: July 20, 21 & 22

DC route: July 21 & 22

Call: **Bob C 228-1005** or

Dick W 339-3751

GOING UP?

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

July 21: Serenity Hike--Lake Dorothy. A great family hike-perfect for your kids! Should be fun and relaxing. **Bob C--Leader Ph: 228-1005**

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**

Aug. 10: Bare Mt.-- This should be a great day hike! Limit 12. **Leader--Doug H Ph: 889-2041**

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. 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 Pennant--The OSAT pennant is available for your climbs! If you are interested in having the Pennant accompany you on your next adventure, please call Rik at 234-1770. He is 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.

Computer Sick?

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Vox/Fax (206)776-7213 Pager: (206)540-2416

E-mail: 74557.1717@compuserve.com

*"If I can't fix your PC, you'll have to
take it somewhere else"*

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.



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?



Conversations

by Kim G

Hear the rustle of trees? Quick, answer back. Discuss how the earth moves and shapes our hearts and grows in the soul.

Rain chatters to an earthbound domain. Sharing wisdom of air and flight and all those things that make a child play.

There's my lover the wind. Pushing against my lips and hair and rushing into my eyes. Sometimes so gentle, so sensual.

To day and then night. Revolutions and evolutions of time. Taking its toll on the armor I wear. Breaking down my elements until I wash into time.

I shall make my visit upon the earth well worth my life, until its my end. And then, she'll open her arms and accept my soul.

It will be then that I understand the words of the rustling trees and chattering rain and will converse with God, as a friend might on the porch, on a cool summer eve.

Baker Lake Kayak Trip

June 8th and 9th, 1996

by Greg A

OSAT is an outdoor club for not only mountain climbers but now there are some who have discovered the joy of sea kayaking. This trip was the idea of Heidi (the artist Heidi). I think there are three Heidi's in OSAT now! Other OSAT members who went along were Charlie W., Susan C., Lonnie M., Judy, Chris, Brad, and Heidi's son Isaac. Also, we had our Kayak instructors from the Seattle Mountaineers kayak club, including Linda, Gill, Erik, Patty, and Jordy. Sorry if I forget anyone.

We reserved a group camp on Baker Lake and went exploring the lake on sea kayaks from there. Some of us took a side trip to Baker Hot Springs for a soak. It is a very nice hot spring. At night we were invited over to a neighboring camp to enjoy a family playing blue grass music. They were really good and some of us went over to their camp to enjoy their music. What a special treat their performance was! Later we all joined around our campfire and had a meeting and roasted marshmallows. Thanks to Brad we had plenty of firewood for our campfire.

Sunday, Charlie and I cooked breakfast for the whole group. Then we went kayaking again. Later in the afternoon we packed up our things and loaded up the cars and as we were driving out of the campground it started pouring down rain! I heard that there are OSAT members planning a Kayak trip and campout to Blake Island in August or September. Stay tuned to the OSAT hotline.

Tatoosh Traverse, Rainier Nat'l Park

June 8th & 9th, 1996

By Roy O

Climbers: Charlie A, Rik A, Robert T, Dick W, Bob M & Roy O

Two, Four, Six, Eight....These are more than just even numbers. They are: TWO beautiful days, FOUR long years in planning, SIX hearty climbers and EIGHT spectacular peaks. This climb was conceived and christened the Tatoosh Traverse by Rik A four years ago; it is a up & down, zigzag route through most of the Tatoosh Range, the prominent subrange directly south of Mt. Rainier.

Our weekend adventure started with a seven AM meeting at Longmire. After a brief car shuffle, we started from Reflection Lake on the Steven's Canyon Road and began our climb up toward The Castle (6440 ft). We all had a chance to kick steps in the soft snow under the hot, morning sun. Bob M, not wanting to take the 'easier, softer way', led us up a steep slope to the base of The Castle. Once on top, Rik A pulled out his trusty camera for the first and soon to be familiar summit photo. Our decent from the steep and rocky Castle left my heart beating and knees knocking. But thanks to the encouragement of the older (Yikes!) and wiser (???) OSAT elite, I was ready for more. ONE down, seven to go!

Next up was Pinnacle Peak (6562 ft). Thanks have to go to Robert T for his 100 lbs. (exaggeration) pack. He found nearly all the post holes for the rest of us to avoid! After lunch at the base of Pinnacle, we discovered that we were no longer alone. Nearly a dozen climbers were on this route. Another quick summit scramble led us to a crowded summit with an incredible view of Rainier. Bob M, Charlie A and Dick W commented that Rainier was blocking their view toward the north! DOS!

We left the crowds behind and set out for Plummer Peak (6370 ft). This easy climb was the setting for yet another round of Rik's summit photos. THREE and counting. Denman Peak (6006 ft) was the runt of this eight mountain litter, but once again we marveled at the massive, south face of Rainier. More photo opportunities. FOUR!

By dinner time, Charlie was pushing us on to the base of Lane Peak (6012 ft) where we set up camp. Our after-dinner walk ended up on the Lane summit. Thanks to Rik A for carrying my cellular phone. We both had a chance to make quick calls home. So much for getting away from it all! Numero CINCO.

We woke to a clearing sky on Sunday morning. Our sights were now set on the gully. Rik A led us towards a precarious ledge which yielded the Dick W variation and the Robert T summit yell, while Charlie A and I sought out the Beckey route. We didn't have any luck finding the 'easy' route but once again with encouragement from above (This time my Higher Powers were Charlie A & Dick W) I eventually found the summit. SIX down two to go!

On our way toward Chutna Peak (est 6000+ ft) Charlie A led us in an OSAT cheer when we came upon Bob M's OSAT mark in the snow. According to Beckey, Chutna is an Indian term meaning "rock". Of course, plenty of

loose rock all over this Tatoosh Range. Many more summit shots. SEVEN!

Finally, Eagle Peak (5958 ft) was a short scramble away. What a triumph! Summit Cookies and a final summit shot for Rik A's slide show. NUMERO OCHO!

The Tatoosh OSATers exited the mountains near the Longmire Park Inn and did another car shuffle. What a surprise to find a clever note from Bob M. on Charlie's camper and a short note from Bob & Lisa who spotted Robert T's Pick-up parked at Reflection Lake. While we gathered for dinner and studied the Park map, we savored the EIGHT summits and discussed our past and future climbs. Stay turned for more!

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

Mount Rainier (Elevation 14,411)

June 14-15, 1996

By Greg A

On Friday, June 14, 1996 seven OSAT climbers met in the parking lot at Paradise on Mount Rainier to attempt to climb to the summit of Washington's tallest volcano. This was the first OSAT climbing course climb of Rainier this year. The climb was led by Steve Sawyer. The team was composed of Rob, Gary C., Charlie W., Kurt, Pete, and me.

The weather was good all weekend, however it was windy and cool on Saturday. The plan was to wake up about midnight to get an early start on Saturday, summit day. I set my alarm, it went off and woke me up, and I went back to sleep. I usually am pretty good about getting excited about climbing and getting up. "Waaaaaake up, waaaaaake up, waaaaaake up", our fearless leader Steve shouted at about 1:00 AM. I think he must have woke up everyone at Camp Muir. This was a very serious wake up call and we all got the message and were out of our warm, cozy, sleeping bags, pronto.

I led the first rope team of Charlie and Kurt. Steve followed with Rob, Gary, and Pete on his rope. We made it up and through the Cathedral gap. Near the Ingraham glacier we waited for Steve's rope to join us. However, Rob had a crampon problem and it took a long time for them meet up with us. It was cold and windy. I was sweaty and the wind and darkness blew right through me. I was freezing cold, close to being hypothermic, not happy, and developing some major resentments about having to wait in the cold, icy, darkness.

Steve decided to take Rob and Gary back to Camp Muir. Pete tied into my rope and we were able to continue on up the Ingraham Direct route to the top of the Disappointment cleaver. The four of us summited later that morning. The rim of the crater of Mt. Rainier was cold and windy. We were tired. We tried to get one of us to go over to sign the register. There were no volunteers and we were too tired to force someone to go.

We rested for a short time on the rim and descended via the snow route on Disappointment Cleaver.

We had a great dinner at the Greasy Spoon Restaurant (forgot the real name) in Enumclaw. The tattooed waitress was very nice to us and gave us some extra fries.

Charlie did Tiger Mountain Sunday morning.

Mt. Daniel

June 15-16, 1996

by Kim G

Leader: Bob C. Climbers: Charlie A., Sally, Kim, Chris, Julie, Kathy H., Carol, Merry, Kenneth, Wendy, Stacie, Ed and Sandy.

Two words to explain this trip: Wow & eeee. It was the best of times and it was the hardest of times but above all it was a great time. It was a wild ride into the trail head and forging the rivers was the highlight of the road trip. The trail wandered through beautiful babbling brooks which turned to raging rivers as we ascended. Snow started fairly early on the trail and soon we were forging through unknown territory. Bob's leadership made it all look easy. Soon, we could see the majestic peak of "Cathedral Rock" rising up in the distance. Our camp sight was around the back of this huge rock formation. And basically, that's when the fun began.

Now picture this if you dare: Small people, dwarfed by the land that surrounds us and carrying on our backs HUGE, I repeat, Huge packs. Some HUGER than others. We're talking some serious weight on people's backs. I'm pretty sure Ed brought enough food for us all and from the back Wendy looked like a pack with two short legs sticking out of the bottom. What in the heck is in that thing? And then we arrive at what one might call a drop-off traverse along the base wall of Cathedral Rock. Add a few people suffering from severe foot blisters and you've got yourself one rollicking good time.

But we made it and cheered as we arrived in base camp at Peggy's Pond after 6 hours of hiking. Wow-eeeeee. The good news is that we had a great evening. Beautiful sights, weather and sunset. The bad news is several climbers had to stay behind for our next morning's summit attempt due to various illnesses.

At the crack of dawn-no, let me say at the crack of 2:00 @#%&^% a.m. Kim leaped out of bed like a gazelle and woke the entire camp with a rendition of Julie Andrews "Sound of Music". Kenneth assured us that it wasn't him snoring away during the night. No way, no how. It must have been a grizzly bear or some wild animal sleeping nearby. Kenneth's tentmate Chris laughed at the explanation and vowed to carry earplugs next trip.

We were on the trail at 4:00 a.m. Wendy blazed ahead of the group. Who put the Wheaties in that girl's

breakfast? We were going to put bricks in her pack just to slow her down. Kathy was so excited to be there that she asked me to pinch her to make sure it all was real. As the morning sun rose, we were blessed with a beautiful sight of jagged peaks surrounding us as we climbed. We roped at the bottom of a steep glacier traverse and made our way up the side.

At the top of the second steep glacier traverse we saw that a huge cornice and very steep traverse would keep this big group from attempting the summit that day. Disappointing for sure but as we circled around we viewed what was a glorious sight. Julie laughed and smiled. I think she could of gone on all day. What an animal. Kenneth-the man who never had set foot in the woods before, was a true natural and was awesome to watch as he plunged down the mountain. Sandy passed snacks around, hoping to lighten her pack and said she was happy with the attempt. Charlie was already thinking about making it back in time for the Sonics game.

We plunged down, packed up and headed out. Would this trail never end. Hours later we were at the trail head exhausted, happy and best of all safe. Personally, my feet may never be the same. But what a time we had. We all earned the ins-and-outs of carrying heavy packs; we learned what to expect on snow and we learned about helping each other. And that's what it's all about.

Thanks Bob for an excellent climb. You made the route-finding look easy. Thanks all you students. You made life so much fun that weekend and thanks God for your beautiful inspiration and landscaping.

Keep climbing mountains and don't slip.

OSAT Hits the Road!!

Seattle To Portland Bicycle Classic

June 22-23, 1996

by Chris N

2 days, 4 OSATers, 8 wheels, 27 bagels, 34 bananas, 194 miles.

The 17th Annual Seattle to Portland Bicycle Classic (STP) welcomed its first "official" OSAT team (Roy O., Winton C., Allen S., and myself) this year. We all set out on June 22 to prove that butts in lycra can get just as sore as feet in wool. The Kingdome parking lot was our "trailhead" for this journey and at about 7:30 a.m. we rolled out towards Vader, our R&R spot for the night, 118 miles closer to Portland. After riding the first 10 miles we had all determined that our bike seats weren't THAT hard, kinda like new boots that feel great while walking around the store.

Saturday loomed cloudy and cool, great weather for riding, not so great for stopping. But, can you say FOOD stop? Legs in constant circular motion require constant circular food (bagels, cookies etc...) so we were happy to

indulge. The STP offers riders plenty of refreshments and support, something that makes towns like Tukwila, Yelm, and Goble seem like ideal places to pull over. Our group was always moving south although not always as a group. "Hey, was that Roy that just passed me?", "Was that Winton standing behind that shrub?", "Have I seen any sign of our group in the last 20 miles?" Not uncommon questions when riding with 9996 other cyclists. But, the STP truly imitates life. Sure enough, 4 other OSATers (Terri, Leah, Darcy, & Karen) were spotted along the route. At food stops. Imagine that.

Remember the one about telling God your plans? Well, he must've had a good laugh when we got to the "West Vader Mall", our overnight stop. "CLOSED" the sign read, "proceed 1/2 mile south to Vader Elementary". No one there. But, Roy had the backup plan in place. We just had to ride another 3 miles (over the dreaded Vader Hill!) to a "real" campground. Allen, in the sweep position, kinda missed the turn to the campground, and proceeded an extra 8 miles towards Castle Rock. We just don't think he was tired yet.

Isn't the sound of rain on your tent relaxing? Not after pedaling for 7 hours the previous day. We awoke Sunday to a soggy landscape but nothing failing. Isn't the sound of rain on your helmet relaxing? NO! But its no deterrent either. By the time we hit Lexington (Mile 140), we were drenched but smiling (it was a food stop). Winton and I found the espresso stop a half mile later and the skies soon cleared (as well as our heads), but that was just the calm before the storm. At about the 160 mile mark, all hell broke loose. I'm talking about the kind of rain that causes cars to pull over. Any OSATers pull over? Not a chance! We all reached the summit (Portland State U.) safely with tales of bravery in the face of a monsoon, and tales of another challenge confronted and overcome.

The STP proved to be a challenge for all of us, a challenge we were glad to face together. For this June weekend, OSAT wandered off the trail and onto the streets. Many thanks must be given to Roy O. for his dedication to organizing this OSAT event, and to he and his friend JoAnne for their hard work in rider support.

All in all, 194 miles isn't so far when you have the fellowship, support, and humor of fellow OSAT members. For those who missed this year's STP, start training now. You won't want to miss the next one.

Camp Muir Conditioner

June 23, 1996

By Linda S

Awakening on a blustery Sunday morning at 4:30 a.m. I wondered whether the climb to Camp Muir would indeed be done. Determined to fulfill my commitment to others who wanted to climb because they'd missed the climbing course conditioner or

because they are total animals wanting another workout, I drove to meet Gene J. (a friend) and Heidi B. to carpool the trip from Seattle to Rainier. I'd talked with Carol and Dennis W. earlier in the week and they were planning to be there!! Heidi, Gene and I left a very dark and rainy Seattle hoping to find clear blue skies and sunshine further south. The clouds parted and closed several times on the drive down. When we arrived (about 1/2 hour later than anticipated!) Carol, Dennis, Chrissy and John were milling about wondering if we were going to call it off and maybe just go for coffee?

We mutually decided coffee was certain, and the climb was too, at least for a ways despite the rain, clouds covering the mountain and the dismal looking day. Hugs were shared with Rik A. and Bob in the parking lot. They'd showed up for the advanced Crevasse Rescue class Shirley R. was leading. (That course was decidedly canceled because of the weather). Camp Muir hikers spirits were up, ready to see what lay ahead and go as far as we were comfortable.

We hit the trail around 9:00. Our party enjoyed breaks and brief chats with Shirley R. and Rik A. as they were on their way to take down Shirley's camp at 7000'. It's always nice to see you guys!!

John stormed ahead, but we caught up to him just after a steep traverse below the turn off to Muir at the intersection with the trail to. We pow-wow'd at this point checking in with how every one was doing and what the group conscience was about proceeding on. General consensus was to go another 1000' elevation and take another group conscience at that point. John was not sure he would continue all the way and decided at the next check in to descend on his own.

At Pebble Creek we fueled up, drank water and got warmer clothes on. It was cold and really wet. Carol, Dennis, Heidi, Gene, Chrissy and I were all game for continuing on and agreed to stay within eyesight as the cloud cover was dense and visibility was pretty darn low. We trudged on. I placed wands between those placed by RMI because visibility was that poor. (I was later very grateful for having done so!)

Another 1000 feet and the clouds parted for just long enough to show us how close we were to the majestic mother mountain! She beckoned us on and gave us clear hope that we could make it to Camp Muir. Then the clouds blanketed her again and she was gone (higher power or what?). The group spread out at respective paces, paring off in twos; Carol and Chrissy in the lead, Gene and Dennis next and Heidi and I taking up the rear. At this point it was clear that different paces and the need to keep warm meant we would not be all within eyesight. Pairing off in twos worked well this way.

There was another cloud break at about 9000' and Heidi and I could see the awesome blue crevasse striations of the lovely Nisqually glacier. Gibraltar rock loomed in all its grandeur above. Camp Muir was oh so close. The clouds engulfed us once more and shortly after we

encountered Gene, Dennis, Carol and Chrissy on their way down. They'd waited awhile and had gotten super cold. We parted ways agreeing to meet Gene at the lodge. Heidi and I continued, determined to make our summit too.

When we arrived the sky was clear, clouds swirling above. We ate heartily, drank and sunscreened. The clouds blanketed us in a complete white-out as soon as we headed down. I was grateful I'd gotten the map with compass bearings from the ranger station. I used my recently honed compass skills from the Seattle Mountaineers and took a bearing from the wand we had reached. Two guys came barreling down behind us wondering which direction to head off. They followed us. We found the next wand, staying to the left of the wands and keeping on the bearing we proceeded from wand to wand. It really works!! We did this until about 8000', just above Pebble Creek. From there it was clear - an easy walk down.

Heidi said the worst part of the white-out descent was when searing icy rain came at us sideways and pelted our noses! It was really special to me to have climbed to Muir with Heidi, who's been one of my dearest friends of almost 22 years! Sharing recovery and the joys of climbing together means more to me than I can say.

Suffice it to say this day was an adventure, a good work out and good fun! I was so pleased everyone was up for it and that we all made it. Thanks to those who participated and to the Great Spirit and the mother mountain for supporting us all and leading the way! AHO! Mitakuwe oyasin (all my relations).

JDH Memorial Climb

June 29, 1996

by Rik A

On June 29 ten OSAT climbers headed for Little Tahoma, in spite of having to camp at Summerland, more than 5200 feet below the summit, because the high camps were taken. Unfortunately OSAT climbers who were on two Mountaineer's climbs of Little T the same weekend were unable to join us, as Summerland was also filled and the MRNP steered other large parties to Camp Shurman on the Emmons. The freezing level hovered near the summit for most of the preceding week, leaving conditions perfect for post-holing but discouraging for climbing. In spite of these adversities, four OSAT rope teams gritted their teeth, sought strength from each other, ferried ropes and harnesses up to the site we couldn't camp at during our free afternoon, trekked across the Fryingpan Glacier the next morning, up the Whitman, and summated. The group consisted of Bob Mo, Charlie A, Dick W, Jim K, Pete S, Rik A, Robert T, Rod B, Roy O, and Terry K. Robin greeted us upon our return to Summerland, and helped with the long hike out.

In my mind, Little T is the most fitting peak upon which to memorialize Jim. It occupies a unique position with respect to the primary routes up Mt. Rainier. It can be seen from Camp Muir, and the Camp Shurman and Ingraham Flats camp are both dominated by the peak. From Ingraham Flats, Little T appears as a spectacular pinnacle; from Camp Shurman its presence is established by the imposing, 2000 foot north wall, much of which was bared for the first time following an incredibly huge rock slide in 1963 which sheared off the face and littered the Emmons Glacier with debris for years thereafter.

I have recounted many times an important learning I experienced by Jim's passing. The messenger for this learning was my daughter Vanessa, who recollected our frightening climb up Leuthold Coulour on Mt. Hood, "Jim always knew just how far back to be; not too close so you knew you were doing it on your own, but not so far back that you felt alone." A priest and a non-climbing friend of Jim's helped me capture the truth and significance of this observation.

Thanks to the generosity of Jim's family, his ashes will rest in several appropriate places in the Cascades. Three of Jim's wands are now on the summit of Little T as symbols of his leadership, and a canister of his ashes was spread there, blessing the mountain with his spirit. The knowledge that Jim's spirit is near everyone who climbs Rainier "not too close, so they know they're doing it on their own", looking down on them, offering them strength, hope, and encouragement "not too far back, so they never feel alone", is a perfect lasting memorial. As we pass his spirit to OSATers in the future, he will forever be just the right distance behind us all. *Montani semper liberi!*

Mt. Baker

Coleman/Demming Route

June 29-30, 1996

by Kim G

**Leader: Kim G. with the help of Bob C., Gary D,
Michelle, Sally, Chris,
Jason and Rick E.**

Okay, okay, let me get this out in the open right off the bat. I may have been designated as leader but it was truly an a play-acting role for my first time-out as leader of a glacier climb. Let's just say I had a lot of input and help. This is just the beginning.

Now that we've cleared that up, the climb was fun. I set a blazing pace of 101 mph out of the trail head and wondered why my legs hurt by day's end. Everyone seemed to enjoy the pace and no one complained.

Maybe they couldn't catch their breath long enough to shout out to stop.

The trail was beautiful with waterfalls and high streams to accent our travels. The final ascent to the glacier snout was a son of a gun vertical world but somehow we made it. Hey-look over to the left-it's the "Greg A." OSAT group roping up. We howled at each other and smiled. It's a great life.

To base camp we went and weather started moving in. After setting up tents and cooking dinner we all decided to leave really, really, really early the next a.m. to get a jump on the weather. Since I was the leader, I got the wonderful job of getting up at 1 a.m. I don't think I slept a wink, what with the snoring and other sounds coming from the next door neighbors. Let's just say Gary and Chris had to ventilate their tent all night long.

Weather looked good and we were off ahead of other teams. We trudged through the dark. As light touched the eastern sky, we were ascending the ridge up the Demming Glacier. The view was spectacular. Hey, there's Rainier! We all waved at it to wish the OSATers climbing on that mountain good luck.

The last traverse up the mountain was steep. I don't think calves are meant to be at that angle for so long and mine were screaming by the time we reached the top. And there we were. With high winds and clear skies the day was great-but cold. Down we went after a short stay.

On the way down, Greg's group was just starting the traverse from hell. We shared words of support. He always looks so happy to be on the mountains. The students behind him looked happy (if not a bit haggard) too. There was Michelle, Grant, Allan with Charlie pulling up the rear. What a wild and crazy group.

We made it down and hauled out of camp. I tried to suggest that we should rope up out of base camp but whiners ruled me out and we just set off like lightening bolts. We were ready to be off the mountain and home.

It was a great weekend and I learned a lot. And best of all, we had fun and fellowship. That's what life is all about.

Keep climbing those darn mountains.

**Mount Baker via The Coleman Glacier Elevation
10,778**

June 29th and 30, 1996

by Greg A

Terri S and I had planned our second attempt up the Coleman glacier on Mount Baker. Our first try a couple of years ago did not make the summit

because of a snowstorm. This time our climb team was made up of Terri S, Clay, Charlie W., Michelle B., Allen S., Grant and me.

We all met in Bellingham for breakfast at my favorite little funky (not so funky anymore since they did some remodeling) cafe up north, the Old Town Cafe at about 7:00 AM. Tofu and turkey sausages are really good! From there we drove east on State Highway 542 to the ranger station in Glacier, WA and registered our climb, got a local weather report, and the usual warnings from the volunteer park rangers. Then we made the nine mile drive up the Glacier Creek Road to the Heliotrope Ridge trailhead at elevation 3,700 feet.

We all geared up and got together for a short meeting and serenity prayer and were on our way up the trail in dense forest. Terri and I were co-leaders and Clay got MOFA leader duty. The forecast was for a ninety percent chance of rain on Sunday. We were all hopeful that the weather report would be wrong again for a second weekend in a row. The previous weekend the weather was supposed to be great, however Mt. Baker was hit by a severe snowstorm stranding two Mountaineers who climbed the North Ridge. Mt. Baker is an unpredictable mountain with fierce storms that can blow in quickly unobstructed from the Pacific Ocean. Weather must always be monitored, and if a storm appears to be approaching it is always wise to get off the mountain as soon as possible.

We hit timberline at about 5,500 feet. We all sat in the sun and relaxed and had a nice lunch. We were passed by and said hello to a group of Mountaineers which included the current president of the Mountaineers, Marcia Hanson and her husband Curt. After lunch we hiked up a steep ridge and at times, while catching my breath, I was able to enjoy the views of the Coleman Glacier below and brief glimpses of the snowy Mount Baker above. I looked back behind me and became a little concerned about Michelle. She was quiet and had slowed down on the steep ridge. Was the exposure or the heights bothering her? Soon she was back to a normal pace and back in the conversations. When we hit the steep ridge, dropping off on both sides Michelle kept repeating the words power, adrenaline, and wisdom to herself.

I think this helped her with her apprehensions and helped keep her moving up using positive affirmations and we were able to share our experiences on the ride back to Seattle.

At the moraine of the Coleman Glacier, elevation about 6,000 feet we roped up and continued up the glacier. Soon we came across a large, deep crevasse. One that you had to make a high, big step up to get up and across. I'd say pretty damn intimidating if it was my first introduction to glacier travel. We all slowly made it across and we all survived the gaping crevasse crossing.

We met up with and were passed by another group of OSAT climbers led by Kim G. OSAT is just everywhere

these days! Soon we were at the Black Buttes, elevation 7,100 feet. Here we found a great camp with a beautiful view of Mt. Baker. We dug tent platforms, pitched tents, made dinner and melted snow for water, and melted snow for water, and melted snow for water... After we were done with chores we melted a little more snow for water, packed gear for the morning and went to bed. We climbers live a exciting existence, don't we? Saturday Night Alive on the Coleman Glacier.

We decided to wake up at around 1:30 AM. I woke up grouchy and impatient. My serenity was severely being challenged. I certainly have a long way to go in my recovery! The beautiful sparkling lights of the towns below kept my eyes occupied. We forget to start the day with a SP. Eventually, I am not sure when, we started up the Coleman glacier carefully placing wands along our route. Rope teams started out with Terri leading and with Clay and Michelle on her rope. On my rope were Allen, Grant, and Charlie. Somewhere below the saddle, below the base of the Roman Wall, Terri and Clay decided that that this was not to be the day for their summit of Mt. Baker and decided to turn around. So we transferred Michelle to our rope and again we were on our way up the mountain. The day was a little windy and a little cold.

We all did great climbing the Coleman headwall. I think we were all sitting on the summit dome congratulating each other with hugs at about 10 or 11 AM.

We took a bunch of pictures, ate, drank water, said a serenity prayer and started down the mountain. Going back down the Coleman headwall was slow and tiring. The views on the way down of the Skagit flats, Sand Juan Islands and even far north into the Canadian Coastal Range were spectacular and made the decent very beautiful and enjoyable. When we hit camp Terri and Clay had a supply of water waiting for us. We were thirsty and we were tired. It started to sprinkle. The weather report was right after all.

My Mt. Baker Experience

Coleman Glacier

June 29-30, 1996

By Michelle B

It was Wednesday, June 26th, and I was anticipating on going to Lake Chelan to my parent's cabin. My roommate had mentioned that someone had canceled on the Mt. Baker climb. On a whim, I decided to phone, leave a message to see if I could get a spot. Greg A. phoned me back and the trip was confirmed.

The day arrived. It was beautiful as we drove to Bellingham to meet the rest of the group. At 9:00 am, we reached the trailhead and began our hike. I had never carried a 35-40 lb. pack on my back and got tips on the easiest way to put it on. Within fifteen minutes, I felt a burning sensation in my legs and started becoming

winded. All I could do was repeat the words, power, adrenaline, and wisdom in my mind while taking in the scenery at the same time. Putting my head before my body really worked.

I saw some gorgeous streams while seeing the sun poke through the roof of trees. I really got in touch with my fear when I had to pull myself over and across a crevasse in the Coleman glacier. After making it across, tears of fear and accomplishment streamed down my sun-beaten face. I could feel my heart race ferociously.

The next day, we were heading towards the summit at 3 am with two rope teams, (one of three) and (one of four). Two climbers decided to head back, so I shifted over to the team of four. We continued as the sun came up, it was like nothing I had ever seen before. Behind us, were the Bellingham citylights below in the distance and ahead were towering glaciers and the summit.

It was a 4100 feet climb to the summit; the last 1000 feet, I pulled a muscle. The pulled muscle did not hold me back as I kept onward with determination, dragging the left leg each step at a time. Whenever I felt my endurance slowing down, I repeated to myself, "the higher I get, the easier it gets." Climbing has been great training for me in the sense of speaking up whenever I needed to stop to take a deep breath, eat food, and drink water. Greg had a perfect pace that matched my ability for the duration.

Lots of pictures were taken that I cannot wait to develop as memories. We arrived at the summit between 10:30 am and 11:00 am only to stay 10 minutes due to the heavy, chilly winds. Rainier looked radiantly breathtaking!

On the way down, my legs felt rubbery as I pushed them along. The view was enjoyable on the way down. A strong sense of achievement for myself and the performance of the rope team crossed my mind while descending. All you can eat spaghetti kept repeating in my head while my mouth watered.

Before nearing the main trail, there was a perfect opportunity to plant myself in the snow and glissade down the mountain. What a rush it was as I created a snow slide and others followed behind me! Not everyone had snow pants on and felt no feeling in their lower extremities towards the end of the run.

Mountaineering is a heartfelt desire for me that has helped me to get in touch with my feelings. Varied emotions came up as I allowed myself to feel them; what a healing trip it was! I will never forget the experience of this climb; the supportive group, the scenery and the fun! It was a great training climb for Mt. Rainier in a couple of weeks (July 20th - July 22nd).

Yet another account of the Mt. Baker climb

June 29-30, 1996

by Allen S

Ahh yes, my premier glacier mountain summit! It took a little while after the experience before I fully appreciated it. I was still in the "training" mindset before then; Did I drink enough, eat enough, sleep enough, train enough? It was on the way down the head wall, every time one of the 5 of us that were roped together needed to stop and adjust or whatever, when I would stand there sideways on the snowy "cliff", one crampon-ed foot higher than the other, ice axe in hand, looking out over the Sound and mountains, that I began to revel in the event.

I've since forgotten about the mis-fitting pack, the steady up-hill grind, the burning hips and "quads". Well no, I guess I haven't. But I don't guess I'm supposed to, else I wouldn't appreciate the perseverance and endurance. Right?

It was a great training climb. No. It was a great climb. Good weather, despite the threat of some bad stuff. Crevasse jumping. And you gotta love snow camping. However, one should check one's Thermo-Rest before one relies too heavily upon it.

One should also take full advantage of all-you-can-eat spaghetti dinners after such climbs. And we did.

Pooped Out

by Kim G.

It seems to be as unavoidable as the changing seasons every year the climbing course class is filled with eager faces, ready to conquer the mountains, the hills and their checkbooks. Well over 70 students started in the class this year. But gradually, every so slowly, the group diminishes in size. In other words, they begin dropping like flies.

I've contemplated the reasons why so many drop out. I don't think it's the hard work-hey most of us did that just getting sober. I don't think it's the money - we don't have any. What could it be? After hours of thought I've concluded it's all about poop. You heard me right - the elimination of the bowels out upon the glacier can frighten even the most savage of beasts.

As veterans of altitude can tell you, as you ascend, nature compresses inward and the wonders of science begin. Your intestines begin moving. Once discovered, a student may never recover from the shock. You can see it happening at the first class. A student wanders up to me and whispers these fatal words, "I didn't see any trees in the slide presentation, so, like, ahhhh, where does one go to the bathroom?"

I take a certain satisfaction in sharing, as my role of teacher kicks in.

With something approaching morbid glee I respond, "Why right there on the rope, before God, the mountain and the eyeballs of every mountaineer passing within

100 miles." More students have gathered around me at this point to listen to this very entertaining topic. One person blurts out, "you're kidding-right?" I smile knowingly and begin to share horror stories of students stuck in the middle-man position high on the glacier when the urgent call of nature hit them and sometimes you just can't ignore mother nature.

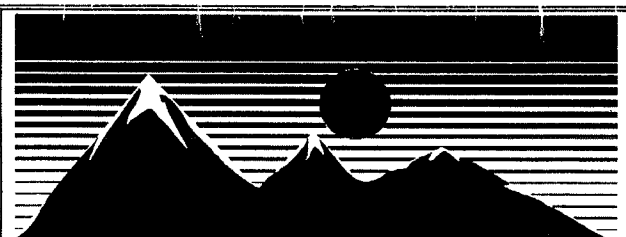
This is a lesson in true humility.

One woman in the group is in shock. Her eyes widen in something close to terror. "I'm a 3 poop a day person. All I eat is fiber. What am I going to do?"

I squint my eyes and calculate the number of blue bags this poor woman will be hauling off the mountain-full. I offer a slim glimmer of hope. "Why, some people's systems just shut down at altitude. Maybe yours will too!" Too late, she's not listening and stuck on the scene of the wide-open glacier.

Dazed, she wanders off to contemplate this cruel twist of fate. I never saw her again.

So there you have it. My thoughts on why students leave. Now mind you, there could be other reasons but I believe this is the most valid. Think what you may but always remember POOP HAPPENS. Carry plenty of blue bags.



Mountain Monikers

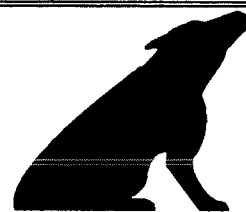
This is one in a series of articles intended to provide OSATers some history behind the names of mountains we climb. This month we cover *The Mighty Tahoma*. Please send any comments, suggestions, or requests to Rik.

When Captain Vancouver bestowed the name of his friend Peter Rainier on the highest peak spotted during his 1792 explorations, it's doubtful he had in mind placing a time-bomb in territory destined to become part of the young nation at the other end of the continent. After all, George Washington was just completing his first term as president, and the furthest west the thirteen states had sent their American Legion was the Ohio River Valley.

On the other hand, in 1843 John Charles Fremont probably knew full well the true origin of the name when he (or more likely, his wife) reported it was named for a Lt. Regnier of an earlier Spanish expedition. Jesse Benton Fremont was ambitious for her flamboyant and adventurous (if inept) husband; her writings of his exploits were calculated to raise her husband's political stature and support her father's manifest destiny politics. She would be the last to give credit to Peter, the pudgy parliamentarian who had made a name for himself in naval service against the colonists during the Revolutionary War.

The controversy of having our state's highest peak named for a British rear admiral brewed on and on. The city of Tacoma continued to press for recognition of the peak's Native American name (and incidentally, its own!) as late as 1924, when the US Senate passed a resolution to change the name to Mount Tacoma. Many early pioneers and climbers referred to the peak as "Takhoma", more as a patriotic (i.e. anti-British) statement than as an honor to the state's first inhabitants. The only formal recognition of this name today is in that of Rainier's east spur peak, Little Tahoma. It's left to the thoughtful to consider where Big Tahoma is!

P.S. Last month Mountain Monikers was about the Fauntleroy family (and Olympics peaks), Ellinor, Constance, and the Brothers (Arthur and Edward). Shirley R tells me I missed a bet in not mentioning Mt. Jupiter in the story. Shirley led the first OSAT climb up Jupiter this spring, and tells me it was named for the Fauntleroy's dog. I couldn't find the reference Shirley sent me to look for, but no one holds me to such high standards (although I believe everything I say in these columns to be true!), so there you have it!



Climbing Club News

Please note: There will be no July Club meeting. The next club meeting will be held *August 14th*. 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!

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

CASE 97: Aconcagua Needs Your Help

by Rik A.

Planning is well under way for Clean And Sober Expedition (CASE) 97. Members of the climb will be soliciting corporate sponsorship from climbing equipment manufacturers and retailers, potential sources of other supplies, and cash contributors as well. This support will flow to OSAT in various ways: group gear donated to the climb (such as walkie-talkies or expedition first aid kits) will become club property and donations of personal equipment will be sold to expedition members, with the proceeds going to OSAT.

If you know anyone associated with a manufacturer or retailer who could help us identify the right people in the company to approach in this regard, please pass this information on to Mariria or Ivar (776-7213) who are heading up our effort to obtain sponsorship.

Aconcagua Update

by Ivar S.

As mentioned above, if you have any possible leads for me to contact in the outdoor equipment industry or local retail community who might be able to help our efforts, please contact me ASAP with the information. As the fundraising volunteer for **OSAT CASE '97**, I need all the help I can get! You might mention to the prospects that they will also receive promotional opportunities by supporting us, through the OSAT web page and possible other medias. They can see the OSAT web page at the following URL: <http://users.aol.com/osat1996>. There is a complete section dedicated to the Aconcagua Expedition with all the information they need.

I can be reached easily in many ways. I have a pager/voice-mail that I regularly check, at (206) 540-2416. My evening home phone is (206) 776-7213. Or, E-Mail me at 74557.1717@compuserve.com. I greatly appreciate any assistance or leads. KCMDS.

OSAT in Cyberspace

by Ivar S.

If you haven't had the chance yet, be sure and stop by OSAT's web page at the following location: <http://users.aol.com/osat1996/>. There has been lots of updates lately to our web presence!

Chris N. has been very busy making additions and changes. There's some great shots of Rainier, and a beautiful shot taken on Everest, on the main page. Also, Rik A has contributed a couple of great articles on the history of OSAT and background on our founder, Jim Hinkhouse, which are very much worth reading. Also, a complete section dedicated to the 1997 Aconcagua Expedition has been added, as well as more hyperlinks and E-Mail links. With this issue of the Yodel, Chris will be adding some "Yodel Highlights" each month, including information on how to join OSAT and receive the Yodel each month.

Some future web page ideas are in progress. Chris is working on some creative things for the page, like more interactivity, perhaps some sound bytes and video, java applets, etc. Any ideas you may have would be greatly appreciated. Also, if you have any sites in mind we could link to, be sure and send in your suggestions.

The next step is to get listed in as many areas as possible, so more surfers will find us by accident. Soon, the dream of OSAT reaching a worldwide audience will be a reality! KCMDS.

Five Years Ago in OSAT

by Rik A.

July 20 1991 is arguably the most significant date in the history of OSAT. Thirty-five OSATers in three teams (Green, Red, and White) worked their way up the Emmons Glacier route of Mt. Rainier. Among the twenty-six who summited were sixteen who were there for the first time, and five others who had climbed to the top for the first time in the previous five weeks to give the big group a bit more experience. Twenty-two of the participants had little or no prior mountaineering experience prior to that spring, and on average the climbers who didn't summit actually had more previous experience than those who did! It was Jim's third Rainier summit in a little over a month.

The climb clearly violated the intent of MRNP regulations setting a maximum party size of twelve. This was before the single page "party registration", and each climber filled out their own registration card. Jimmy became doubly nervous when he discovered that most people had registered with him named as their climb leader, in spite of the fact he had designated two other team leaders, one for each team of twelve!

Jim issued a press release following the expedition, and the story was picked up by the Journal American and Climbing magazine among others. A tribute to the climb published in the August newsletter concluded with a (dry) toast: "To the man who helped more people get higher than anyone else in the State of Washington on July 20: Here's to you Jim! Thanks for including me in your dream-come-true. And to the men and women who got higher than anyone else in the State of Washington on that day, and to those with them who gave their all in the attempt: Here's to you, OSAT! Thanks for the memories. You showed me that courage, determination, and mutual assistance can overcome the greatest challenge."

OSAT had accomplished its initial goal. In so doing, it also accomplished much more. Jim's goal of having an AA meeting on Rainier's summit had blossomed into a growing, vibrant organization with enough momentum, energy, faith, and vision to assure it would continue long after this first glorious dream-come-true.

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

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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

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

LOOKING FORWARD

I do not know when it was, nor where it was, nor how young I may have been, but I can recall... a sudden feeling of happiness at hearing the voice of the pines.

--Frank Bolles

As you know, OSAT is more than a Climbing Club. It has evolved into an organization that provides its members a chance to make great friends. Whether its on a glacier, meeting for dessert after running Greenlake, or kicking back sharing pictures of adventures, you know there is always someone there who share your interests. OSAT's outdoor AA meetings always provide a completely unique setting for AA members and friends of recovery who want something more than a smoked filled hall. It's nice to know that you will always get a warm welcome filled with big hugs and genuine smiles.

As summer winds down, we can look back with fond memories of camping, hiking climbing, running, kayaking and pigging out with such good friends. Now it's time to look forward to the fall season that will also be filled with great fun and camaraderie.

Once again, this year's Climbing Course was a rousing success!! Most of the climbs went very well, with many students summiting Mt. Rainier, and others enjoying the journey as well. Thanks to those dedicated OSAT members who volunteered their time and energy to helping new climbers realize their goals.

Here's what's new:

- ♦ Dick W has a big thanks for those involved in this year's climbing course on pg.5
- ♦ 2 positions are opening on the BOTS. See pg.5 for details about nominations



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

- ♦ Grab your fork and get ready for a mountain-top feast! Pg.6 has details about the Pancake breakfast on Si coming up September 14th

The next publishing date for *The Yodel* will be *September 27*. 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
- ③ Notices
- ④ Club News/Feature Articles
- ⑦ Echoes

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

UPDATE: There will be at least ONE Lake 22 meeting this year. At 4 pm, Sunday, September 1st / Labor Day Weekend

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.. 850-0605
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

CARKEEK PARK WORK PARTY--

Saturday, **September 14**. "A Day in the Park" sponsored by Earthshare. If you are interested in donating your time to help clean up the beach at Carkeek Park, and learn about bird watching and natural plant restoration at the same time, this is a day made for you! Its and all day event that begins with the "work" portion, followed by lunch, and then a learning session. Linda S would like to organize an OSAT group to participate. Call her for more info at **553-2578 (wk)** or **935-0419 (hm)**.

YOU'RE INVITED--Dave W would like you to join him at a camp-out **Labor Day week-end** sponsored by the "Air Group" of Milam/Lakeside Recovery Center. Group campsites at the Gold Basin Campground (at Lake 22 trailhead) will be reserved starting Friday, August 30th thru Sunday Sept. 1st. There are various activities planned including a hike to Lake 22, kids games, ball games and 3 AA meetings. There will also be an AA meeting at Lake 22 at 4pm, Sunday Sept. 1. (See pg. 2 for details on Lake 22). For further information, call **Dave W** at **869-4060**.

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**.

OSAT PANCAKE BREAKFAST--see pg 6



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

Aug. 31-Sept 2 (Labor Day weekend): *Glacier Peak / Kennedy glacier*. If you have glacier experience and / or have taken the OSAT climbing course, you are welcome to join Rik on this 3 day climb. Limit 12. **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. 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**

FOR SALE-- The customized sleeping bag that Tom Downey had designed for Denali. It's a *Feathered Friends* and is rated at approximately 50 degrees below 0. It is in excellent condition. Asking price is \$600 or best offer. Please call **Cory Downey** at (206) 447-9178 or at (206) 762-2539.

ACONCAGUA 1997 T-SHIRTS-- The OSAT CASE (Clean and Sober Expedition) ACONCAGUA 1997 T-Shirts are in! These beautiful, long sleeve T-Shirts are \$20, proceeds will benefit the OSAT trip to Argentina in Jan 1997 to climb Cerro Aconcagua (6956m). T-Shirts will be available at OSAT meetings. For information, call **Roy O @ (206) 525-0510 (H) or (206) 362-9062 (W)** or **Steve Saw @ (206) 838-4287 (H) or (206) 473-7474 (W)**.

FOUND: Tiger Mountain parking lot, Sunday, August 11th, a blue Patagonia, size 10, pull over fleece shirt. Found on top of Roy O's jeep. To claim, please call Roy O at 525-0510.

Ski's for a Charitable Contribution-- Paul C is planning to do the Courage Classic Bike ride and needs to collect a HUGE sum to take over Cathy O'Toole's seat. Can you help him? He was going to give them away but could use the cash for a good cause. The proceeds support a woman's shelter program. He have a pair of Hexcel 190s with Solomon S727 bindings. (Former rental boots probably about 11's). The Hexcel's make a great Randonee ski because of their light weight. Ski bag and poles are included. Call or e-mail **Paul Campbell, seapwc@halcyon.com** or ph: 782-7297.

Computer Sick?

You Need A...PC Intervention!



Follow Ivar's 12 easy steps to PC recovery:

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Hardware	Software	Peripherals
Hard Drives	CD-ROMs	Modems
Soundcards	Internet	Multimedia

Vox/Fax (206)776-7213 Pager: (206)540-2416

E-mail: 74557.1717@compuserve.com

OSAT Pennant--The OSAT pennant is available for your climbs! If you are interested in having the Pennant accompany you on your next adventure, please call **Rik** at 234-1770. He is 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.

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.

NEED A NEW WARDROBE?--How 'bout a snazzy OSAT T-shirt. 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--Teressa 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 **Teressa F** at 353-8154.



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.



Climbing Club News

Monthly OSAT club meetings are held on the second Wednesday of the month at 7 PM. Next meeting: **September 11.** 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).

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--Growing Pains

by Marina S.

As we all know, OSAT (both the AA group and the Climbing Club) has grown by leaps and bounds since its inception over five years ago. Naturally, as membership continues to grow, the BOTS (Board of Trusted Servants) has tried to keep up with the expanding club's needs by setting guidelines as to how various issues should be handled. We are in a position now where we feel that some things need to be addressed and decided upon with the general membership. That said, the following is one of the issues that have been raised.

Recently, a very generous donation was made to OSAT by a couple of non-members who seemed to be quite impressed by the concept of a "clean and sober" climbing club. After spending the day climbing with an OSAT member, they wanted to know how they could support "...your organization and your Aconcagua climb". After the suggestion of purchasing a couple of T-shirts was made, a very sizable check arrived shortly thereafter. Needless to say, everyone who has heard about this has been quite impressed. BUT, this donation has raised many questions as to how the money should be divvied up and how future donations should be dealt with.

Various opinions have been made as to how this should be handled. At the BOTS meeting held August 20, it was decided that the distribution of the donation would be put on hold until it can be discussed

"This year's group of students was simply awesome. You should all be proud of yourselves ..."

with the general membership at the next Club Meeting (*September 11th*).

BOTS members in attendance at the meeting were Lisa L, Kim G, myself, and former BOTS member Bob C. Lisa, Kim and I all felt that the issue of this donation needs to be discussed with EVERYONE in OSAT, so we urge you to come to the club meeting to help us set precedent for future contributions!

Its election time again...for BOTS

by Marina S.

My fellow Americans, and various aliens, including my husband, Ivar. It is time once again to do your duty and make your nominations for 2 positions that have opened up on the Board of Trusted Servants. Lisa L and Rik A have both served the required 2 years, and are now passing the torch. We urge everyone to nominate someone who they think would enjoy serving the needs of the OSAT climbing club.

Nominations will be taken until the end of month of September (traditionally culminating at the OSAT Car Camp). If you'd like to nominate someone, feel free to contact a member of the BOTS (phone numbers listed on page 2). After the Car Camp, the names of all those nominated will be put on a ballot in *The Yodel*, and voting will commence!



Climbing Course Concludes with Successful Rainier Climbs

by Dick W.

The 1996 OSAT Climbing course came to a close with 4 successful Mt. Rainier climbs by 4 groups of students and rope leaders on the weekends of 7/13 and 7/20. Approximately 50 OSATers participated (including sherpas), with 20 of 29 students reaching the summit. Since we don't measure our success by numbers reaching the summit, I consider our success rate to be 100%. I believe all of us who participated had a positive experience, learned a little bit about mountaineering and ourselves and enjoyed the wonderful fellowship and camaraderie that this group provides.

This year's group of students was simply awesome. You should all be proud of yourselves for the commitment you made and for what you accomplished. I feel very privileged to have

had the opportunity to work with you and learn from you and I am extremely proud of each and every one of you. My whole hearted thanks to those of you who served as sherpas on this year's climbs. You played a huge role in our success and made us the envy of all the other climbing parties on the mountain.

My thanks also to all of the climb leaders and rope leaders. Your experience, knowledge and patience were invaluable in helping us achieve our goals. I also want to thank all of the members of the climbing committee who helped put the course together and who worked so hard to make it a success. Also the Mentors who gave students that extra individual attention when required.

Being involved with the climbing course this year has been one of the most fun and rewarding experiences of my life; and although part of me is relieved that this year's course is over, another part of me is already looking forward to next year's course.

We are very interested in receiving input from this year's students as to how we might improve the course for next year. Our original intent was to distribute a survey with specific questions to each of the students. Since we were not able to do this, I would encourage all students to take a few minutes to jot down your thoughts about this year's course (both positive and negative) and include any suggestions you might have for improving the class for next year. Please send your comments to:

Dick Wright

1832 state St.

Everett, WA 98201

Or if you prefer, give me a call at (206) 339-3751.

Keep Climbing Mountains and Don't Slip!!

Come and Get It!

by Rik A.

OSAT CASE (Clean and Sober Expedition) '97: Aconcagua will bring back the OSAT Pancake Breakfast atop Mt. Si after a one year absence. This year the outing will be **Saturday, September 14** (with apologies to Linda Z, as this is Rosh Hoshana). This OSAT tradition of yester-year has been a very successful fund raiser: once for the club, and then for the Kilimanjaro Expedition.

For you newer folks, here's how it works. OSATers arrive at the Mt. Si parking lot EARLY in the morning, split up the supplies, and take off up the trail. One person stays in the lot to sell tickets to hikers (or to tell the skeptics to take \$5 to the top if they want breakfast.) Up in the trees between the rocks and the summit

"Aconcagua will bring back the OSAT Pancake Breakfast atop Mt Si..."

meadow, we set up Coleman stoves for pancakes, scrambled eggs, sausages, bacon, and hot coffee. Orange juice is also included, and perhaps some hash brown potatoes. Anyway, its a bargain for \$5, its lots of fun to see the reaction of the skeptics, we sell a bunch of t-shirts and food, and we get to return to the lot with substantially lighter packs.

Robert T loves this event, and has consented to organizing it again this year to benefit the Aconcagua climbers. If you have any questions of how you can help, give **Robert** a call at **850-0805**. Even if you don't want to carry a gallon of scrambled eggs to the top, at least show up on the 14th, with your \$5 and your OSAT smile!

Is This Hypoxia or What?

by Rik A.

The Aconcagua expedition is getting information from Argentina in preparation for our climb next winter. One outfitter sent a small guide to climbing the mountain which included advice regarding "acclimatation", which we thought timely to share with those of you planning high altitude adventures.

"According to scientific information the period of acclimatation depends on the persons....The nervous equilibrium is very important for acclimatation. Another problem to consider is the descent. if you don't sleep well you can not recuperate well. You must take moderately somniferous. If acclimatation is a phenomenal corrector of the elements and always compatible with life: rarefaction of the air, diminuation of atmospherical pressure, the cold, aridity, alcalosis and so on."

Obviously, with advice such as this, we look forward to the challenge of the climb with much greater confidence.

Five Years Ago in OSAT

by Rik A.

The idea of having an AA meeting atop Mt. Rainier was the seed from which OSAT grew, but as the first climb moved from anticipation to memory it became clear it was not the group's raison d'être. A full calendar of events was laid out. An Icicle Creek rock climbing weekend in early August attracted over a dozen members: "A good time was had by all--Eileen rappelling is especially memorable." (Does anyone remember why?) There was also a climb of the Mazama Glacier on Mt. Adams near the end of August on which 11 of 12 summited. Other late summer climbs included McClellan Butte, Snoqualmie Mtn, Granite Mtn, Merchant Peak.

Attendance at the Tiger Mtn meeting on Thursdays ran 15-30, and there was a gleam in Jimmy's eyes when he told friends that "some people have started identifying OSAT as their Home Group!" during the latter part of the summer. This was a sign, even tangible than the Mt. Rainier success, that OSAT had arrived; that it was not going to be just another passing success in the life of Jim H. As another indication of OSAT's permanence, plans were being established to move the meeting indoors during the winter, with an optional hike just before. OSAT club meetings were held irregularly, either before or after the Thursday AA meeting. During September Sunday afternoon meetings were held part way up Mt. Si, and a Tuesday evening meeting also ran for a while on Tiger.

The August 1991 newsletter was the first to identify OSAT as "an outdoor club for members of Twelve Step Recovery programs." It was also the first time that the need for financial support was mentioned: "We would like a donation to cover mailing and other expenses. Five dollars per year is suggested." This move helped solidify the distinction between the club and the associated AA groups. Also, the idea of a book about the Mt. Rainier climb was brewing in Jim's head. He indicated a desire "to draft a book that would intermingle the individual stories with a narrative on the planning, preparation, and climb itself and envisioned it becoming published, widely read, and "help some people stay sober" as well as make a little money for the club.

Thus OSAT grew, from the early days when dreams and visions dominated to the maturity of mixing those dreams with the warmth and security of memories and experience.

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?

~~~~~



NACHES PEAK

(Elevation 6,457)

Sunday, July 14, 1996

By Greg A.

We met at the Star Lake Park and Ride at I-5 and 272nd Street in Federal Way at 6:30 AM. It was early in the morning but I knew the drive to Lake Tipsoo was long and we had also planned to eat breakfast in Enumclaw. We ate breakfast at the Lee House in Enumclaw. The food was OK, however the air inside the restaurant was stuffy and smoky.

The drive from Enumclaw to Lake Tipsoo near Chinook Pass is beautiful. You drive through lush, green forests, to the high, fragile, alpine meadow area where Lake

Tipsoo is located. We arrived at Lake Tipsoo at about 9:45.

There was still patches of snow lingering around the lake. The parking lot where Lake Tipsoo is located is at about 5,440 feet in elevation.

The participants on this scramble were Nancy T., Julie, Michelle B., Grant E., Charlie W., and me. We said the Serenity Prayer. At 10 AM we were on our way towards Naches.

I wasn't sure if we would need ice axes on this trip. I had done Naches in the past and we didn't need our ice axes.

We would later find out that our ice axes were essential for getting off the mountain on the route we took down. When in doubt bring them! We did a traverse trip and did a high loop around Naches

We hiked up the south ridge. The views of Mount Rainier were spectacular. We thought about the OSAT climbers on Rainier and wished them a great climb.

At the summit block we traversed around the summit to the front side (Lake Tipsoo side) of the peak. There we encountered a small snow moat which created some interesting scrambling for us. We climbed a narrow rock ramp to the top. It is a short, but difficult (class 3) rock scramble at this point.

Michelle decided not to attempt the summit block and waited for us below. I respected Michelle's decision not to continue. I also was glad that she was assertive, spoke up and set limits based on her comfort, ability level, and her inner voice that we as climbers must all learn to develop, listen to, and respect.

On the way out we encountered a short section of steep soft, snow. Some chose to be belayed down this section. Beautiful wild flowers welcomed our return to the Lake Tipsoo area. We were all hungry and I decided to save our second objective, Yakima Peak for another day. We made it back to the cars at about 4 PM, where we finished off a great day with a barbecue of Grant Burgers (hamburgers grilled to perfection by Grant) and chicken at a picnic site at Lake Tipsoo.

**A Kindred Spirit**  
**An Original Poem by Jim K.**  
**(new OSAT member)**

*Sparks flew over a kindred spirit  
 on Tiger Mountain  
 where people were fanning the flames  
 as they were talking  
 and sitting around on stumps  
 like those I was becoming.*

*I felt those red hot ashes  
 biting my flesh,  
 waking me from my dream.*

*Now I'm alone again  
 and feel more hollow.*

*My childish nature stirs  
 and wants to slip  
 through that crack of a stump.*

*Like those times I've dreamed of  
 sitting in my treehouse  
 or when I tunneled through hay  
 in the hayloft  
 and pack myself against the walls  
 to open my domain I called my camp.*

*Dreams open up doorways  
 inside my mind  
 sparking memories home  
 that settles its flame  
 inside my heart.  
 And now stars open around me drifting  
 and reality kisses my dreams  
 with hope.*

*My new family hikers  
 leave for Tiger Mountain  
 this Sunday morning  
 to backpack through walls of trees  
 this pinnacle  
 that crests a mountain  
 and opens to the sky.*

**Mt. Rainier, D.C. Route**  
**July 21-22 1996**  
**by Doug H**

A week removed from the RTP relay, and here I am again, this time preparing to climb Mt. Rainier in what will hopefully be my 1st summit in 3 attempts. I arrive at Paradise on Saturday, hoping to get an extra day to acclimatize at Muir. How cool! I almost forgot about the OSAT group going up the Kautz! I see Hoot, Rik & Hillary A., Chuck T., and a couple of Rik's co-workers. Jason and Rich were to join me at Muir, and Charlie G., fresh off a successful summit the weekend prior graciously offered his services as a sherpa for us!

Weather is cold, drizzly, but they say it is supposed to break. We're off! Rich has been suffering from a bad cold all week and decides to turn around. The rest of the trip to Camp Muir is uneventful, the weather breaks at around 8,000' and we're there in good time. What's this, another OSAT'er?! Chris N. is here with a Mountaineers group. How cool! Charlie unloads the tent, rope and other gear, gets his thanks, jumps on his snowboard, and off he goes. Who was that masked man!?

We set-up camp, cook dinner, converse with the Ranger who informs us that there's plenty of new snow, moderate avalanche danger and not a real high chance of success tomorrow. Ugh! Secretly, my mind is playing old tapes, thinking that maybe that's good, and I can go home. We watch a beautiful sunset, and go to bed. I sleep kind of fitfully, and I can't believe how full of self-doubt I am right now! Chris' group decides to postpone their climb until later, but stays the night at Muir anyway.

The next morning is gorgeous. I can never get enough of these mountain mornings, so crisp & clear. Jason and I lounge about most of the day, boiling snow, drinking water, and just relaxing.

The others in our group start arriving around 12:30 or so. Charlie W., Sherpas Kim G., & Merry O., Greg, Kenneth, Bill, Toby and Grant. All here and accounted for! We set up more camps, boil more water, and eat dinner. We have a meeting around 6:00, get our



instructions from Greg, up at 12:00, out of camp by 1:30. Geez, that sounds early!.

I try to sleep. Man it's warm tonight. My stomach hurts. All through the night, I try to think of how I can back out of this. At 11:55, I hear others stirring. Something inside my says "it's time", and I rise. Uh oh, contact lens out! Goes back in smoothly. Must be God's will for all this to happen. I get up, choke down a Bagel with cream cheese, and start preparing. Before I know it, I'm ready. I lay the rope out, we gather round, get tied in, then whoops, where's the light?

Bulbs out. Fixed. We will intuitively know how to handle situations that once baffled us. Others confess their apprehension, thanks I really need to know that I'm not alone.

We leave Camp Muir at 1:45 am. Greg, Toby & Charlie W. on the 1st rope, Myself, Kenneth, & Grant on the 2nd rope, Jason & Bill on the 3rd. Great pace to start out. Before I know it, we're heading up the rocks. Charlie and I have been talking. It sure is reassuring having him in front of me. I look back. Wow, look at all of the lights! The RMI procession has begun. We make it over Cathedral rocks, and have to stop for a crampon repair. Man, I thought I'd be suffering! I feel good. Kenneth & Grant are also doing well. Off we go again.

We make our way through Ingraham flats to the bottom of Disappointment Cleaver. We're all holding up, though Charlie's crampons are rebelling. He and I continue to talk about whatever we can think of to keep our minds occupied. We steadily make our way up the Cleaver and take a rest stop at the top, elevation 12,300'. The sun's getting ready to make a spectacular debut for the day over the cascades. What a beautiful night it's been! I've seen some shooting stars. Now the sun shows off it's stuff too. The RMI folks catch up with us.

We take pictures of the sunrise, and head up. Wow, check out Little Tahoma beneath us! Look at all the crevasses! This is as high as I've been on this mountain. We make steady progress and rest again at 13,200'. As we start moving, I get an overwhelming sensation that I'm finally going to make the summit of this mountain! Most people wait until they summit to start crying, but the tears were starting to well up and I don't care. On the way up from here, we cross 3 or 4 crevasses and I recall how terrified I was of this kind of stuff 5 years ago when I started out in OSAT. Right now, that is but a distant memory. Before I know it, I hear an RMI guide say to her client, "the summits about a half hour away." LETS GO!!!! I want to be there now! Not because I'm tired, but because I've been waiting a long time for this. Before I know it at 9:00, I see some rocks. Is this the summit? Oh my God, I've finally made it! Everyone gets a hug. Then we get the obligatory summit photo of the group. (awesome photo, I might add!)

***"It goes to show that with the right attitude, support and dedication, anything is attainable."***

We see some people across the crater at the summit register, as well as some more to the south. Could it be?! It sure is! 2 more OSAT parties at the summit! I hurry across to the other side. When I recognize the others, I shout out, HI EVERYONE, MY NAMES DOUG, AND I'M AN ALCOHOLIC! Most shout back, HI, DOUG. I've arrived! More hugs & photo's.

I can't begin to express the emotions that I felt that morning. It goes to show that with the right attitude, support and dedication, anything is attainable. 8 hours ago, I was ready to throw this away in self-doubt. Right now, I believe in myself and in God more than I ever have. I honestly feel that I was carried up this mountain today.

We left the summit at 11:00, and had an uneventful, albeit warm slog back down to Camp Muir and Paradise. What a day. I can't wait until next year!

### Glaciers Change

By Rik A

Last year's Kautz Glacier climb proved a bit too challenging to include as one of the climbing course climbs this year. But the route appealed to me. I owed my daughter another shot at the Big Tahoma Snow Cone after having been turned back by weather on DC two years ago, so I decided to lead a Kautz climb on the second weekend of the OSAT class climbs.

My friends Don and Chris, who's previous mountaineering experience was an RMI climb last year, and Hillary and I sherpaed for Bob C's Emmons climb a week earlier. They demonstrated their rescue skills by successfully retrieving my pack from the depths of an Inter Glacier crevasse. Chuck T and Hoot joined us to provide the necessary team experience on the actual climb.

The ranger report indicated the Kautz Chute was tracked and the crevasse fields wanded, but it had snowed the previous week and climbers at the station said they gave up an attempt on Thursday. No other groups were registered for the route since, so the report began to smell foul. As we began the trek across the lower Nisqually, a group of climbers (evidently un-registered!?) arrived at Glacier View, reporting that after two days stuck in the fog at 7600 feet and unable to find the route, they had given up their Kautz attempt.

A tantalizing glimpse of the mountain during our lunch break at the top of the Wilson Gully proved to be a sucker hole, and we trudged up further in 50-100 yard visibility. Chuck had been on Jim B's Kautz climb in June, and the ghostly rock shapes along the route were familiar enough that we only needed to take one

compass bearing when the ridge petered out to an indistinct slope. No sooner did we get back on familiar territory than Chuck, Hillary, and Hoot on the lead rope found their way blocked by a bergshroud near 8500 feet, and they negotiated a tricky retreat which gave them some traversing step- kicking and belay practice. Upon seeing this demonstration of OSAT skill, a Kautz party behind us who were planning a two day climb decided the party was over and camped below this spot, together with a likewise intimidated group of (extreme!?) skiers. We continued on!

Soon we broke out of the clouds just below our first camp. Yes!! We had the camp to ourselves, and the lesser mountaineers stuck in the fog below.

The clouds lowered during the windless night, and the Tatoosh were poking their heads above the puffy floor as we had breakfast and broke camp. The leisurely second day brought us to Camp Hazard (11,300), where Rik and Hoot witnessed the calving of a piece of the west Kautz ice cliff about the size of Bill Gates' mansion. The resulting avalanche entrained fresh snow below, and continued over 2000 vertical feet down the mountain. The pair of climbers who had camped in the clouds scrubbed their climb, so we had the high camp and the route to ourselves, and watched as the skiers scouted out the possibilities of annihilation down the Fuhrer Finger.

The next morning we said our SF and were on the glacier at 2 under a billion stars in a moonless sky. The Milky Way streamed up from the silhouette of Mt. St. Helens, perfectly backlit by the nightglow of Portland. Certainly the fire goddess Loowit was with us. Predictably, there was no track across the days old snow on the Kautz Chute, the chute was narrower and less bowl-shaped than last year, and the varied surface conditions much less friendly. We worked our way up to a 50 foot band of ice, atop which an ice screw and picket provided a measure of security for our two ropes.

Upon reaching the crevasse field it was evident high winds of the previous week had taken most of the wands. We were left to find our own way through the maze to the Kautz/Nisqually Cleaver, out of the morning shadow and into the brilliant day. Still without wands or tracks, we spent some time picking a way through the seracs and set up a protected crossing of a 60 foot snow bridge, only to find our way blocked by another crevasse. But not long thereafter the rocks of the East Crater's south rim were in sight, and our lead rope raced ahead at the prospect of rendezvous with the OSAT DC and Emmons climbs.

The descent was more exciting. Following our wands we made good time down to the top of the Chute. Here, however, conditions had become more treacherous, and it took over an hour to negotiate the toughest 150 yards with adequate protection, picket anchors and re-

placement of the ice screw. By the time we got back to Camp Hazard, our three neophyte glacier climbers had more front-pointing descent experience than I had in my first five years of glacier travel.

The long return to Paradise featured more than 3000 feet of glissading, a welcome means of travel for weary legs under heavy packs. Later examination of the map indicates there may be a way off the Nisqually without climbing the 250 vertical feet back to Glacier Vista. Oh, well, we were spent, but we were proud. We all learned a great deal: like don't trust the blackboard reports in the climbing ranger station, use SPF 50 even in the fog, and a Rainier route without traffic is a glorious experience. Oh, and one more thing--glaciers change.

Montani semper liberi!

### Climbing Mount Rainier

by Charlie G

We gathered at the trailhead at 8:00 am on a beautiful Saturday morning in mid July to start our adventure. In the mountaineering world I was a rookie, having only climbed Mt. Adams in 1995. While I did experience the effects of climbing to 12,000ft +, Mt. Adams is not considered a very technical climb due to the absence of crevasses on the route. This would be my first true test as a team member on a rope team, relying on others and having them rely on me. But I was in great company, brought together through the wonderful outdoor group.

Bob, our climb leader, has an extensive climbing resume covering much of the Pacific Northwest extending to the very notable summits of Denali in Alaska and Aconcagua in South America. Winton, Kim, Sally, and Gary were the other rope team leaders, all with vast

experience, and very well qualified to keep us out of trouble. Except for Kim, she's downright dangerous. Of course that was never proven and the trial ended in a hung jury, but most analysts believe that was mainly due to the lack of witnesses (none survived). Bob specifically instructed all of us to never mention the "Mt. Baker incident". (Just kidding).

I'm very happy to be on this trip with my girlfriend Debbie. Soon after we met we decided to climb this mountain and have trained together to summit together. The rest of our group includes Kathy, Jack, Traci, Carol and Mary who, like me, had not summited Rainier before, and Chris and Jim who had summited Rainier and were along for mucho support. And huge kudos for our sherpas: Julie, Karen, Roy, Walt, Hillary, Don and Chris - they saved the group a lot of effort to get the heavier items (tents, ropes, fuel) into basecamp.

***"We were left to find our way  
through the maze to the  
Kautz/Nisqually Cleaver..."***

We arrived at Camp Schurman about 4:30 pm Saturday and immediately set to the task of setting up camp. For most of us the first task is a quick rest and plenty of water to begin to acclimatize to the altitude (approx. 9500 ft). Then its digging platforms for the tents and benches in the snow for kitchenettes.

Camp is settled pretty quickly and the remainder of Saturday and most of Sunday is spent reading, resting, eating, drinking fluids and talking to the steady stream of climbers coming off the mountain. By Sunday afternoon we quickly realize that we will probably be the only group on the mountain come Monday.

### *Getting Ready*

Bob calls a team meeting for 3:30 on Sunday, during which we cover all the details before departure. Crampons and headlights - the two main problem areas on climbs, echoed by the veterans. "Check and re-check them. And bring an extra set of batteries, preferably in an outside pocket for easy access when/if you need them."

Several other details discussed and we're sent off to check our stuff and get some sleep. Revile is at 10:30 pm, we depart at 12:30 am sharp. In the tent by 5:30 pm - it must be over 80 degrees in there(very sunny day with the bright reflections off the snow), and the sounds of other climbing parties chatting furiously about their climb during the day invades my pursuit for tranquillity. But I always sleep like a rock, I shouldn't have a problem - NOT. Building excitement and a growing worry that I'll be holding up the group with a problem (headlight and/or crampon), limit my rest to a total of one hour of sleep and four hours of just laying there, eyes wider than a deer on the highway. At least someone was up to capture the gorgeous sunset, the waters of Puget Sound just visible on the horizon.

Time to go. The tent is a whirlwind of activity as I focus in on my goal to be on time. Dressed and ready to go in record time, my haste proves disastrous while attempting to put in my contact lenses. "OMYGOD", passes my lips and I freeze while I slowly pat the front of my shirt, and then carefully pan my headlamp around the floor. There, on the sleeping bag. Whew, close call.

Out the door to get some hot water and, wow - haven't seen a sky full of stars like this since the Midwest. I can actually see the Milky Way and galaxies painting a canvas of light across the sky. I have to get out of the city more. Debates about what the conventional wisdom is on what to wear out of camp and numerous equipment checks along with breakfast and 12:30 is fast upon us. I've got these crampons strapped on so tight I can't feel my toes. Let's go.

### *The Climb*

Gary and his team head out and our rope (team) falls into line directly behind them. This is it, here we go, the apprehension and excitement transforming into adrenaline with every step. Next stop the top of the

mountain, this is great, hey this is going pretty smooth...POP! Aaaaargh - I look down and see a crampon laying in a tangle of straps next to my left boot. I manage to call "stopping" to the others on my rope while my mind raced with thoughts of, "Can I fix it?", "Will it happen again?", "Will the other teams freeze here on the side of the mountain while I fiddle with this damn crampon!?". At least its dark and they can't see who is holding them up. Oops, forgot about Bob who is directly behind me, and its not long before I hear his reassuring voice, "Not a problem. Just take your time and take care of it." I muster all the self-assurance I can, casually straighten up and say as confidently as possible, "That should do it. Let's go." I hope so - the straps are so tight I can't feel anything below my ankle now.

I'm concentrating on my footwork (so I don't trip and go flying down this icy glissade chute) when Bob casually asks if I noticed the crevasses off to the right. I briefly pause and feel my back stiffen as I carefully raise my head to look around. Nothing but a snowfield as I pan from left to right, when words of "Oh my God" choke in my throat and I feel my arms waving slightly to regain balance upset from the sight. Far from adequately illuminated from my feeble headlamp, huge fissures of ice and snow jut up from the glacier, blue beams of light reflected back from clear patches of glacier ice. Beauty and awe, balanced by an incredible foreboding of the gaping black shadows snaking across the snow - crevasses. And they look hungry. They must be twenty yards away, and I fully understand the concept of the vertical nature of gravity, but my mind fills with a visual of a crevasse sucking me across the ice, pulling me in like a black hole as I plunge my ice ax and crampons into the snow in a desperate attempt to stop my demise. It is a moment of clarity, a defining point in time where all the things I'd heard about mountaineering converge into a single, definitive message: always climb with an experienced team. I'm VERY glad to have Bob and the others as leaders.

Sunrise comes around 4:00 am and I behold one of the most beautiful sights I have ever seen. I feel like I'm on top of the world with the Cascades floating below me and a ribbon of red across the horizon.

Each passing minute increases the intensity and I find it ever more difficult to concentrate on my footwork, rope, ice ax, etc. while trying to maintain my balance as I turn around to take in the view. SPECTACULAR.

With the sun comes increasing temperatures and softer snow. We are above 13,000 feet and the effects of the physical grind are combining with the altitude to test my reasoning for why I wanted to do this in the first place. But those thoughts are quickly countered with the simple fact that I will not turn around this close to the summit. I look up to see the other teams disappearing over the "horizon" and think that must be near the summit, but as I arrive to where they just were, I see yet another "horizon". It has become a grind - One Step At A Time.

There, the rim of the crater is in view and I can see the other teams unroping - that must be the summit. Yet it seems like another half hour before I arrive amazed at how fatigued I feel, but incredibly elated. Yes, I have done it and I turn to see Debbie right behind me on the next team.

### *The Descent*

"Going up is optional, coming down is mandatory." Bob implored us to be especially careful and attentive as we descended. Mix 4 parts fatigue from the physical rigor of 10 hours of climbing, a touch of lightheadedness from the altitude (14,400), blend with the quarts of adrenaline still pumping out at an irrational rate, and the resulting potent mixture produces a reaction in the body, equally embarrassing and frightful - the dreaded mindfarts. It is best to avoid these. It is best to avoid slipping and/or tripping as the crampons on your boots plug with wet snow, it is best to avoid letting the rope ahead get slack and tangling in the feet of the team member ahead of you, it is best to avoid letting the mind drift off into the fantasy land of steaks and milkshakes while the ground directly in front disappears into a dark, cold void. Best pay attention on the way down.

### *Epilogue*

The best descriptor for the last three days was provided by fellow climber Alan - sensory overload. All of the sights, sound, emotions, feelings - one of the most powerful days of my life.

### **An Old Friend**

**by Rik A**

OSATers for whom this July was not their first summit experience on Rainier found something missing at Register Rock. The register box was unusually barren. In the past one had to dig among candy wrappers, personalized golf tees, rosary beads, teddy bears, boot laces, and business cards to find the register and pen. This year, the book and pen looked lonely in the box. And some who summited last year were no doubt curious as to what happened to the OSAT summit register, placed in the box last year by Greg A's DC climb and subsequently signed by Bob's Emmons and Charlie's Kautz climbers, and other OSATers and otherwise later in the season. I know I was. Well, upon returning from the climb Monday night the mystery was solved, in the form of a package with a Department of Interior return address; inside, our book and a note.

"Hi - We found this where you left it on the summit. We appreciate your cause & intentions, however we try not to let items build up on the summit or in the register box.

Things often get out of hand fast if we allow momentos. Thanks. Climbing Rangers, Mt. Rainier"

Interestingly, one of the last two entries was by one of the climbers we met on Little T at the end of June. As fate would have it, the book was evidently removed only a week or so before the first of our two weekends of course climbs. (Rats!) In the future we will try to replace the book at 14,410 and see how long it survives a second time. Perhaps we can negotiate with MRNP climbing rangers: if we bring down all the other "I was here" paraphernalia in the box and leave a box of Bic pens, perhaps they'll let us rent a corner of the register box, which is, after all, about 5 times bigger than needed for the book.

I'll have the register at the slide show meeting in August, but if you summited Rainier and didn't have a chance to sign it, please let me know. And if you're planning a

climb and are willing to take it back up—let me know, too!

Montani Semper Liberi!

### **An Annual OSAT Pursuit The Rainier to Pacific Relay Race Pt 1 by Karen C (look for Pt 2 by Doug H in next issue!)**

Since 1992 member of OSAT and friends of Bill W. and Dr. Bob have participated in an uplifting and exhausting event. The Rainier to Pacific Relay Race is run by eleven runners (all crazy by last accounts) starting Friday afternoon and actually finishing this year in 21 hours and 35 minutes by calculations of our great time keeper, Dave B. One year there was even twelve crazy runners who ran from Paradise rather than Ashford all the way to Ocean Shores. That was 1994, the last time Jim Hinkhouse and Tom Downey ran with us. They were greatly missed this year and we dedicated the run to their memory. Now to the "enticing" details.

We, including team captain/volunteer Karen C. and volunteer Britt S., began the race on Friday, July 12, 1996 at 3:00PM. For the first time, thanks to Harold C.'s great idea, all members of the team and volunteers were present at the start. Because of van size we divide the team in half, well not half, but you get the idea. Van #1 usually starts the race then connects with van #2 at the end of the fifth or sixth leg. We forgot the serenity prayer before runner numero uno Bob Mx. left the start so we had to do it without him! In the past it was always Jim H. who remembered to have us join in a circle to say the prayer. Yes, we've probably had some confused looks while we were standing there hugging each other, saying a prayer and the usual "keep climbing mountains and don't slip".

Three legs later Britt S. and I left the team to travel to our volunteer station and, of course, got lost along the way. But not too lost as we did arrive in time to help direct over 100 runners in the right direction from 4:45P to 9:30P just outside of Eatonville. Our duties included standing in very hot sun, I stood or sat and roasted to death, and Britt lounged and loved it. We also had the most incredible view of Mt. Rainier and watched it turn pink in the sunset and knew other OSATers were up there making an attempt on the summit. After completing our responsibilities, we traveled to join the rest of the team. It took us stops at three different legs looking for the vans until we finally caught up with them at the exact leg I had predicted. Oh ye of little faith!

By this time it was late of course, but it was to get later before we'd finish our second set of legs. We anxiously awaited Dick W.'s return from his night leg and were soon to discover he has a companion with him. A charming young woman joined Dick along the way and asked to run with him. It was dark you know..... Well, as is Dick's usual luck, the woman was in recovery. Yes, you heard that right! We traveled balance of the relay race with this all women team from Portland called the Snow Leopards.

Now to the pancake part of this story. Every year the Oakville High School has a pancake feed basically all night long. It's cheap and good, and there's lots and lots of food. This year the first van actually had to run past the High School and then return to eat. As we sent Dave B., that's husband of Teresa F., off on his leg he fully understood we were going to return to have pancakes. And Dave really, really wanted pancakes! However, since it meant turning around and going back the rest of us decided we really just wanted to keep moving forward to our next destination and sleep. When Dave finished his leg we suggested there was also a breakfast at Montesano High School. He said okay, reluctantly, and we moved on. We took a short cut and arrive in Montesano, gassed-up and found the High School. Guess what.....no pancakes! Just juice, fruit, rolls, bagels and lots of other stuff. Was Dave happy, NO! He was in fact very, very disappointed and we heard about it the rest of the weekend.

It is our practice to stop half-way between each leg and cheer the runners on. This year we provided water because it was still in the high 60s at night. Dick was traveling in my Blazer and we stopped to offer water on a dark country road. We turned off the lights to look at the stars and sat there waiting. I, of course, was talkative and I think Dick just wanted to sleep. But, he said to me, and I quote, "This is really foolish!" And my response was, "Yes, but you know we'll do it again next year." So if you like to be really tired and have more fun than you can image, join us next year.

Next we stopped to take our "rest" and I believe some people actually slept. But the sun began to rise shortly after we parked and I finally just got out of the car, found the "port-a-potty" and walked around. We have lots of "potty" stories but will save those for another time. Dave B. was out too and we walked down to a valley to enjoyed a view. It was the beginning of a beautiful day! Van #2 joined us here finishing their second legs, and van #1 began their last legs. We were pretty enthusiastic because we knew it was almost over. The runners this year included in van #1 Bob Mx., Dick W., Jane L. (who had her best times ever and boy were we impressed), Doug H. (new to the race and loving it), Dave B. (lover of pancakes at 3:00AM) and Teresa F. (new to running the race). She had, however, volunteered one year and sat with me in the extremely small town of Porter (two taverns and a store) giving directions to prevent lost runners. She was by far the most enthusiastic runner this year. She could be heard to say many, many times, "I'm having so much fun!". In van #2 were Harold C. (veteran of several races), Paul D. and Dave L. (both new to the race from Ephrata), Connie P., and Jonathan B. (new to the race from Tacoma). I understand that van #2 thought they had more fun than van #1 so I guess I'll travel with them next year. Would you believe they all agreed to run again.

Let's return to the race and a new term we learned this year. Did you know when you are passed by someone in the race you are "roadkill", BUT when you pass someone they are "roadkill". Now haven't you waited all of your life to know that? We also saw four fawns (as in deer) and various other wildlife in the form of very tired and silly people. Teresa F. had a very moving/spiritual experience. She was running her night leg and felt a little alone so she just started talking and found that Tom D. was traveling with her. Now she was one happy woman before this, but after her experience she was overwhelmed by happiness and gratitude.

The first van arrived in Ocean Shores at the Shilo Inn finish line about mid-morning. We were very, very tired and extremely disappointed to discover that the High School was closed for renovations and the only showers available were interesting to say the least. Three of us went to the house loaned to us by Jim H.'s friend, Susan Cox, to shower and turn on the hot water heater. Susan continues to let us use the house, without charge except for pulling weeds, even though Jim was not with us. It's a great A-frame with sleeping accommodations for at least 18 people and more if you get cozy.

When the second van and our finish runner, Connie P. arrived we all ran across the finish line together. Which is another great reason to join us. As we crossed the finish line the announcer indicated it was Team OSAT and told the crowd we had run in memory of our dear friends Jim and Tom. We were all touched by this

***"Did you know when you are  
passed by someone in the race  
you are 'roadkill'..."***

reference, and I who had kept things pretty much together, lost it and found the tears I need to shed.

The next order of business, as usual, was food. And we didn't care what it was, we just wanted lots and lots of it. Ask Dave and Teresa to describe it to you. After we ate breakfast, lunch and for some of us dinner, we all travel to the house to sleep, bath and spend time on the beach. We had been joined at Ocean Shores by other OSAT friends, Susan W. and Linda Z. They came to provide support and massage which made many runners very, very content. We've invited them back next year.

Saturday evening after eating a wonderful pizza and ice cream meal, we had a meeting at which everyone shared, or I believe everyone shared. I began to fall asleep because I hadn't had a nap, and after I talked I gathered up my pillow, my sleeping bag, my air mattress that was already inflated, and my blanket. I had not yet decided where to sleep but wanted to be prepared. To get up the upstairs of this house you must travel a very narrow circular staircase which had a balloon tied to the banister. I, of course, being somewhat compulsive intended to take everything in one trip. This was not possible I was soon to discover. Dick watched me perform my "Charlie Chaplin" act and said he would have burst out laughing if the meeting hadn't been going on. I finally got myself and my belongings upstairs minus the balloon and went right to sleep hearing Dave B. share. Now I'm told that the five other people sleeping upstairs talked and laughed for sometime. I apparently slept through all of this and was snoring at the same time. Jane L. finally left to sleep downstairs because it was just too much for her.

Vital statistics include finishing the race in 21 hours and 35 minutes with an average time for all runners of 8:38 for a total of 154.5 miles. We were 74th of 110 teams and 14th of 19 teams in our division. A two person teams completed the race in 29 hours and 17 minutes, and "Forest Gumption" who ran the entire race as a solo completed in 41 hours. Very impressive!!! The overall first place team finished in 14 hours and 55 minutes but they probably didn't have any where near the amount of fun we did.

In the morning we got dressed, did our weeding, cleaned up and went for breakfast at which time Dave B. finally got his pancakes and boy were we glad. Then headed home to talk fondly of our adventure. We missed our friends, Jim and Tom, but know they will always be part of the race for us. Now if this hasn't created a great desire on your part to participate in this "foolish" activity there's really nothing more I can say. Yours truly, Karen C. or P. depending on when you met me.

## Bare Mountain

August 11, 1996

by Doug H

I've been wanting to do this hike for some time now. Why? Because a person can only do Mt. Si, Granite Mountain & McLellan Butte so often, that's why! Seriously, I've been told the view is awesome.

Bare Mountain is approximately 23 miles E. of North Bend on some logging roads through Weyerhaeuser property. It is a 8 mile round trip, 3,250' gain. Brent M., Teresa F. & Dave B. joined me on this hike.

After an hour of driving the logging roads, we finally found the trail head. It was a beautiful morning, no where near the clouds that we heard about. We took off and in 20 minutes ran into a couple of hikers who told us that we were in for a great view. Can't wait!

We move through some beautiful forest, across a creek in a couple of spots and came upon a bridge, over which we crossed into the Alpine Lakes Wilderness Area. A short while later, we came upon a beautiful mountain meadow, with waist high bracken & ferns, and a trail buried beneath it. At this point, we take in some gorgeous alpine scenery and notice the clouds rolling in. Ugh. We climbed the rest of the way on some mostly good switchback trail, only partially obscured by overgrown ferns.

We reached the summit, where a lookout tower once stood. We unfurled the OSAT pennant, snapped a picture or 2, ate and headed down.

Based on where we were, I'm positive that on a clear day the views are quite spectacular. I'll be back to find out. One of the other things that make this an attractive hike: we only saw 7 other people all day!

*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*

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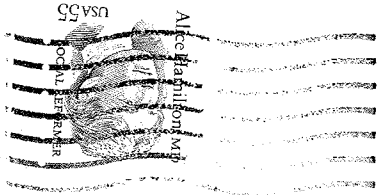
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*Ed.*

**'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.**

0140



One Step At A Time (OSAT)  
P.O. Box 6461  
Lynnwood WA 98036-0461

MARINA:

- 1 - CLUB HOURS - add
- 2 - Rik's wish list - take off

3 - UPDATE PUNNIT STORY - BOOK IS STILL MISSING  
(NO MORE PIX NEEDED)

4 - DANIEL NOTICE - # DISCOVERED

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### ARTICLES

- ① SURVEY ON SPONSORSHIP
- ② BREAKFAST THANKS
- ③ LEADERSHIP
- ④ GROUP RESPONSIBILITY
- ⑤ MINUTES
- ⑥ CONTRIBUTOR CALENDAR



# THE YODEL

KEEP IT SIMPLE ;)

**I**n the midst of our primal fear and our agony at its alien tone, we drew near in fearful ecstasy...which is why I feel that people climb mountains--and continue to do so long after they should have 'learned better'

Willi Unsoeld

A gentle rain is saturating the earth around me, giving life back to what the heat of summer stole. Autumn is here, and with it comes dramatic and exciting changes! Mother Nature never ceases to amaze me as she winds her way through the seasons.

The annual OSAT Car Camp was a great success this year, and we had the most outstanding Fall weather that any car-camper could ever ask for. As usual, many OSATers brought their families, and shared in some great hikes and walks. The meeting on Saturday night took place around a roaring campfire under millions of stars. Thanks to everyone who made it so enjoyable. AND an *extra* BIG thanks to Pam G, who once again took the time and effort to plan the Car Camp and made it the success that it was!

Now for some *really* important stuff...on the last page of this issue **PAGE 10**, you will find a ballot/survey combination that we would very much like for the whole general membership to take the time to fill out. The ballot has the names of the new candidates for the upcoming BOTS positions that will be opening. The survey asks you what you think about the donation/sponsorship situation. So, please, we beseech you to fill it out!

OK, here's what else is new:

- ♦ A new feature has been added, called "Off Belay" Check it out on pg.5
- ♦ Doug H has part two of the exciting Mt. Rainier to the Pacific Relay on pg.6
- ♦ Dont forget to vote! See pg.10 BOTS ballot and club survey!



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

The next publishing date for *The Yodel* will be November 8. 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
- ③ Notices
- ⑤ Club News/Feature Articles
- ⑥ Echoes

## 12~step meetings

### Tiger Mountain

**NOTE:** Starting the first Thursday after Daylight Savings Time, this meeting will take place at the IHOP in Issaquah. DST is Oct. 27, so on Oct. 31st, the meetings will be at IHOP. The meeting will take place at @ 7:30pm until the time change again in April. Then it's back to the mountain. (To find IHOP 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: Thursdays @ 7:30 pm at IHOP (until DST, then the meeting will be at IHOP at @ 7pm) & Sundays @ 10:00 am

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

Contact: Thursdays - James B 271-4734  
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

**UPDATE:** Walt has decided to resume this meeting! It will take place at 4pm until Daylight

**Savings Time, October 27. Then the meeting will be at 1pm.**

Time: Sundays @ 4pm (until October 27, then 1pm)

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: Walt Q 745-8413

## OSAT Web Page

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!

We're on the World Wide Web at the following URL (address): <http://users.aol.com/osat1996>

## 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  
James B..271-4734

### Contact Persons

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

|                        |                |                |
|------------------------|----------------|----------------|
| 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       |
| Service.....           | Steve S.....   | 838-4287       |
| Webmaster.....         | Chris N.....   | 285-9076       |

### 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

**"Explore your world"**—Art Wolfe is having a slide presentation on his adventures to Patagonia, the Amazon, the Pakistani Himalayas, and Papua New Guinea. It entitled "Wildlands, Endangered Peoples" and will take place on November 6 at the Opera House. This is a benefit for Fred Hutchinson Cancer Research Center. Event and ticket information is available at **667-6559** or Ticketmaster at **292-ARTS**.

**Love High School Football?**—The air is crisp and its time to grab a blanket, a thermos of coffee and head to the Cleveland Eagles football games! Hoot and Nancy would love to see you cheer on their team!

Friday, October 4 vs. Nathan Hale @ Memorial, 5:00

Thursday, October 10 vs. Eastside Catholic @ Newport HS in Bellevue, 7:30

Saturday, October 19 vs. W. Seattle @ Memorial, 2:30

Saturday, October 26 vs. Ingraham @ Memorial, 7:30

Saturday, November 2 vs. O'Dea @ West Seattle Stadium, 7:30

Call the Eagles Hotline (368-0285) with questions!

**Leavenworth/Oct 4-6**—Here's another chance to go car camping with some fellow OSATers. James B has organized a camping trip at 8 Mile Campground in Leavenworth. There will be a potluck dinner on Saturday and a big breakfast on Sunday. If you're interested in more info, give him a call! **Leader—James B Ph: 271-4734**

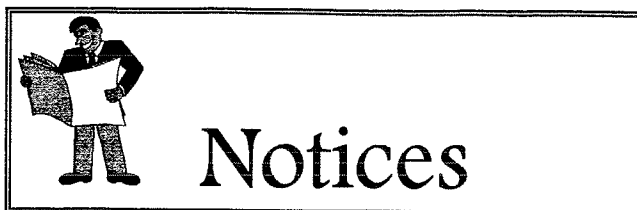
**Cutthroat Lake/ October 11-13**—If you're looking to get away for the week-end to do some hikin', campin', and fishin', how about joining Cliff on this 10 mile hike. He plans to spend Friday and Saturday night, so if you're interested, meet him on Friday afternoon at 12:30 at the Lake Steven's Cafe at Frontier Village. **Leader—Cliff L Ph: 355-9125**

**I-90 Conditioners** -- Come join the OSAT CASE '97: Aconcagua Team on the following Sundays for conditioning climbs this fall. We will meet at North Bend McDonalds at 8am. Hikes will be typical I-90 fare, with the destination choice based on weather, attendees ability, time available, etc. Mt. Si will be the fall-back if no better objective can be identified, and we will endeavor to be back at North Bend by 3pm. **October 6, 13, & 27, November 3, 10, & 17, December 1, 8 & 15.**

**Thanksgiving Appetite Builder:** Mt. Si climb (November 20, 7am at the big parking lot) and New Years Day Mt. Si climb also 7am. **Rik A—Leader Ph: 234-1770**



**RUN FOR FUN (or pain!)**~~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.



Advertising in this column is free for all OSAT members. 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

**FOUND**--September 14th at the Mt. Si Pancake Breakfast: Plain, blue cotton t-shirt. If it's yours, call Roy O at (206) 525-0510.

**FOR SALE**-- The customized sleeping bag that Tom Downey had designed for Denali. It's a *Feathered Friends* and is rated at approximately 50 degrees below 0. It is in excellent condition. Asking price is \$600 or best offer. Please call Cory Downey at (206) 447-9178 or at (206) 762-2539.

**ACONCAGUA 1997 T-SHIRTS**-- The OSAT CASE (Clean and Sober Expedition ) ACONCAGUA 1997 T-Shirts are in! These beautiful, long sleeve T-Shirts are \$20, proceeds will benefit the OSAT trip to Argentina in Jan 1997 to climb Cerro Aconcagua (6956m). T-Shirts will be available at OSAT meetings. For information, call Roy O @ (206) 525-0510 (H) or (206) 362-9062 (W) or Steve Saw @ (206) 838-4287 (H) or (206) 473-7474 (W).

**Ski's for a Charitable Contribution**-- Paul C is planning to do the Courage Classic Bike ride and needs to collect a HUGE sum to take over Cathy O'Toole's seat. Can you help him? He was going to give them away but could use the cash for a good cause. The proceeds support a woman's shelter program. He have a pair of Hexcel 190s with Solomon S727 bindings. (Former rental boots probably about 11's). The Hexcel's make a great Randonee ski because of their light weight. Ski bag and poles are included. Call or e-mail Paul Campbell, seapwc@halcyon.com or ph: 782-7297.

## Computer Sick?

You Need A...PC Intervention!



Follow Ivar's 12 easy steps to PC recovery:

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|             | Peripherals   |             |
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| Soundcards  | Internet      | Multimedia  |

Vox/Fax (206)776-7213 Pager: (206)540-2416

E-mail: 74557.1717@compuserve.com

**OSAT Pennant**--The OSAT pennant is available for your climbs! If you are interested in having the Pennant accompany you on your next adventure, please call Rik at 234-1770. He is 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.

**NEED A NEW WARDROBE?**--How 'bout a snazzy OSAT T-shirt. 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.



**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.



## Climbing Club News

Monthly OSAT club meetings are held on the second Wednesday of the month at 7 PM. Next meeting: October 9th. 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).

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.

### SEPTEMBER Club Meeting Minutes

by Rik A

**T**he September club meeting was chaired by Kim. It was noted the nominations for BOTS are open through the end of the car camp retreat scheduled for Sept.27-29. Numerous activities are planned for the retreat.

The Climbing Course Committee will be having one more meeting the plan for next year. It was noted that many club activities show up on the hotline because they are organized too late to be put in the Yodel. The Service Committee is seeking a host for the Halloween party and help for the November Gratitude Dinner (call Steve S). The Library Committee reported that the

church has provided a corner in the meeting room for the bookcase which was donated by Boeing. Books will be identified, carded, and then placed in the room in the near future. Club financial balance is \$1963.88.

An open discussion followed concerning the issue of club financial sponsorship for group and individual activities. Some felt the BOTS needed broader club input than obtained from the 20 or so members in attendance, and suggested a survey.

Linda Z provided an interesting and inspirational description of her travels in Southeast Asia, together with momentos and photos.

### Mt. Si Breakfast

by Rik A

**I**n spite of foggy, sometimes drizzly, weather, the Aconcagua Benefit Mount Si Breakfast was a success, thanks to the hard work of many OSATers who showed up at 6 AM to haul eggs, batter, orange juice, camp stoves, water, and all manner of other necessities to the top of Mt. Si. Special thanks go to Robert T, who acted as prime organizer and purchased all the necessary supplies. You will be glad to know that Thema and Louise eventually did show up at the bottom of the mountain. It's great to have resurrected this OSAT tradition from a one year hiatus, and it would not have been possible nor successful without the help of all of you who showed up. Thanks!! from OSAT CASE '97: Bill, Lisa, Rik, Rob, Roy, Steve.

### Thank You, Dick!

by Anonymous

**D**ick W, chairman of the 1996 OSAT Climbing Committee, deserves a big, heartfelt thank-you and recognition of a job well done from all OSAT members, and especially the students who participated in a successful year of climbing. Dick spent untold hours on the telephone and in the "trenches" teaching and assisting students, other committee members and mentors in their efforts to climb Washington's highest peak, Mt. Rainier. Three cheers for Dick W, you did a terrific job!

### Off Belay

by Bob C

*This will be a stab at a new column. It'll feature training tips, equipment reviews, latest adventures, perspectives, a tad bit of gossip (the good stuff), interviews, and any new junk that's happening.*

Let's start with a bowl of Dryer's French Vanilla ice cream coated with Mrs. Richardson's Butterscotch Caramel fudge. Simply to die for. The rock climbing season has been quite good! For those whom haven't experienced the forearm flameout, fingerlock-toe crank, dyno to the (thank you God) jug hold. Just one look at Winton Cook's frazzled nerves and sweaty palms will explain everything. **White Satin** (Grade III 5.9) at Smith Rock. A heart pounding hanging belay, finishing with an arm pumping sickle hand jamming crack. In Leavenworth **Outerspace** (Grade III 5.9). Stepout exposure, lots of runout (i.e. no protection), and a crack as far as the eye can see. Darrington's Green Giant Buttress **Dreamer** (Grade IV 5.9) Way out there! Exhaustive climbing. Nerve racking friction runout-way runout, bicep pumping undercling roof after roof, oh did I mention the runout?

### Mucho Mucho Congrats

- Shirley R. and gang on their Mt. Challenger ascent. A real feather for one's cap. It's good to see OSAT spreading its wings to more places. There is so much to explore!
- Bob and Lisa on their wedding. I'm waiting for the video to Disneyland. Did you guys even make it that far? Many happy days. xoxo.
- Linda S. on her first ascent of Deirdre. (Grade III 5.7) 7 pitches. Way Kewl.
- Sally C. at her first Triathlon. Swim, Bike, Run!

### Bladder Problems

It's been brought to my attention that the MSR and other manufactures of water carrying bladders are potentially defective. The seams are sealed with a glue that contains arsenic. Ewe. MSR is recalling its version and announcing a warning about the use of these types

### Quotable

Jim Blakley, "Don't get your hands close to their mouth's." as Cort Montigue and Bob Clarke Bar-B-Q shish-ka-bobs at Smith Rock State Park.

## 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?

~~~~~

A Mountaineer's Responsibility

by Rik A

Events in mountaineering this year, particularly the Everest tragedy in May, but also a few mishaps and exploits on OSAT outings and my own planning for Aconcagua, led me to pause and reflect on the following passage from George Leigh-Mallory's story of the 1921 Everest reconnaissance expedition: "It might be possible ... to struggle somehow to the summit, disregarding every other consideration. It is a different matter to climb the mountain as mountaineers would have it climbed. Principles...must be respected...The party must keep a margin of safety. It is not to be a mad enterprise rashly pushed on regardless of the danger.

The ill-considered acceptance of any and every risk has no part in the essence of persevering courage. A mountaineering enterprise may keep sanity and sound judgment and remain an adventure. And of all principles which we hold, the first is that of mutual help. What is to be done for a man who is sick or abnormally exhausted at these high altitudes? His companions must see to it that he is taken down at the first opportunity and with an adequate escort...It may be taken for granted that such need will arise and will interfere very seriously with any organization however ingeniously and carefully it may be arranged."

The first objective of every climb must be the safe return of all participants. This is not a leader responsibility, it is the individual responsibility of every member of the party. We must not let ambitions for a summit nor obligations below the trailhead transcend responsibilities on the climb. In accepting the challenge at the trailhead, we become an integral part of a new organism which depends on each of us for its safety and success.

Mt. Pugh / 7200'

Sept. 29, 1996

by Ivar S

It is perhaps no accident that the title of this piece of rock rhymes with "Pheew!" and "Pee-yuuu!", as it is certainly no stroll around Green Lake trying to get to the summit! Planted firmly in front of Glacier Peak, along with Whitechuck Mountain, maybe these two peaks serve as guardians for the more imposing glacial structure directly behind. Or perhaps the Gods placed it there for mankind to have a permanent lookout over the rest of the Alpine Lakes region. In any case, the 360 degree panorama at the top is something to behold!

This year's family car camp wrapped up in an energetic way for the nine of us who hiked up Mt. Pugh on Sunday. Dick W. led, with Kim, Mary, Deanna, her husband Max, Brent, Dave B., Cathy H., and yours truly bringin' up the rear. Actually, being forced up by the rear is more like it...

Dave started us off up the trail with a moderate 15 miles per hour pace. As we all got warmed up, this increased

to around 25-30 mph. I decided that since I wasn't in as good of shape as the rest of the crew, I'd better make my pack at least twice as heavy as everyone else. I thought about moleskin too, but, putting that stuff on is so complicated. Besides, blisters and open sores build character. After all, did Willi Unsoeld wear moleskin while breaking in his new boots on the way to Everest in '63? Hell no! Did he even complain when losing all his toes to frostbite? Hell no!! He used the extra space in his boots for M&M's.....

We moved up the first 2000-3000 feet fairly rapidly. Somewhere around 2000 feet I got Hypoglycemia and Heat Exhaustion at the same time. I solved this problem by pretending I was dead. I even managed to dig out my hated videocamera at Mahatna Lake to catch some footage of Dave and Kim changing out of their leotards. The camera was along to catch more material for my upcoming documentary entitled "Recovering Alcoholics' Private Identities and Home Addresses" which Geraldo Rivera has expressed interest in. Soon we were on our way again to Stujack Pass.

The last 1000' up to Stujack Pass is reached by a series of switchbacks through a lovely field of flowers and leaves, all turning fall colors. The term "lovely," of course, is used by people who are conscious. At the pass, we could see Whitechuck right in front of us. We could also see Baker, and behind us lay the entire range from Sloan to Whitehorse. From here, we traversed across somewhat of a knife-edge to the final scramble to the top.

As we reached the summit, Glacier Peak rose up right in front of us. I've personally never been this close to the volcano. Just this close-up view alone was worth the trip! The summit of Pugh offers some of the most awesome views obtainable in the Cascades. As I panned the range with my trusty Handicam, I started calling out the peaks: "Whitehorse, 3 Fingers, Dickerman, Pilchuck, Vesper, Sperry, Del Campo, Mt. Stuart..." "No Ivar, that's Sloan Peak," Dave B. said with a smirk. "Oh, well what's that pointy thing way off in the distance?" I asked. "Oh, that's Aconcagua..."

We were all quite giddy and giggly at the top. We laughed at Mary eating a quite disgusting looking sausage, Kim G.'s perpetually knee-high pile pants, Dick W.'s naked chest, Ivar's attempt at eating pudding without a spoon. Dick W. attempted filming Ivar doing a fake rock climb to look cool. Dick thinks you operate a video camera by rapidly turning the record button on and off. And they say computer programmers are one-dimensional....

All in all, I couldn't think of a better group of people to spend the day with. On the way down, they even let me talk incessantly for a whole hour before turning me off. It was a great day, and it felt good to be alive.

Mt. Rainier to the Pacific Relay

(part 2)

July 12-13, 1996

by Doug H

I'm writing this race report to refute everything that Bob Mx. may say about this run. Well, maybe not everything.....but I was no where in the vicinity when that other team's vehicle rolled off of the road!!

We officially started this insane activity in March, when I was forced, no when I volunteered to run this relay. For those who have not heard, this is an 11 person relay from the town of Ashford, in the shadow of the Nisqually entrance to the Park to Ocean Shores, a total of 154 miles. It has been an OSAT tradition to participate in this every year, however due to circumstances, we were not able to participate last year.

This year, our team consisted of Dick (Hi, I'm Dick, come here often?)W., Bob (which one's the Tramp?)Mx., Jane (potty line)L., Dave (Pancake)B., Teresa F., Harold C., Paul D., Dave L., Connie P., Jonathan B., and myself. The OSAT effort was flawlessly and beautifully organized (?) by Karen C., who along with Britt (the human tanning booth) S. were our race support team.

The basics of this run are that the 154 miles are broken into 33 equally (HA!) spaced legs. We started out in Ashford with a group photo at the start line. Bob was our starter, and what a starter he was! At 3:30 sharp he (we) were off. It was approximately 95 degrees and quite warm that afternoon. Off we go to the next hand-off point, where Dick takes the hand-off, to run into Elbe. We mosey on ahead to Elbe. While standing around, who would show up but Michael and Barbara H.! What a pleasant surprise. Next up was Jane. She takes the hand-off from Dick and effortlessly whisks away. Jane gets some water and moral support from the teams as we head off to the next hand-off point, where I take over.

My first leg is 7 miles, from the Alder lake cut-off to Eatonville. Ever since I agreed to do this, I'm positive I can handle 3.5 mile legs in a relay. When I get the race breakdown, I see that I'm running legs of 7, 6.9 and 4 miles. YIKES!!!! And on a hot day to boot! But I digress. I take my first hand off and start chugging up the hill. Will I be able to run this hill? Will I look bad? My god it's hot, I hope I make it, all thoughts running through my head, simultaneously. As I crest the hill, the OSAT team van pulls up beside me. Do you need water?, How ya felling? To my surprise, I feel great! A woman from another team passes me, ugh I'm roadkill! Dick yells, "Nice Strategic move, Doug". He could be right. The rest of the way to Eatonville was as uneventful as a 7 mile 95

"Dick thinks you operate a video camera by rapidly turning the record button on and off"

degree run on a busy 2 lane road with virtually no shoulder can be. I reach Eatonville and hand off to Dave. I feel great, I feel alive! We soon take off to meet Dave at the next hand-off. On the way, we notice that the nice "flat" run that Dave is on contains the hill from hell! But, Dave arrived on time, and in shape! Next out was Teresa. We see Karen & Britt at this hand-off point. Teresa runs her leg through some beautiful farmland on hwy. 7. At the next hand-off, we hand off as a team to the next group.

Well, we've all finished our 1st leg with no injury! Let's go eat. One of the benefits of a run like this is the time I get to spend with some of the most wonderful group of people in the world. We have a great dinner at a little place in Yelm, and head to Tenino where we pick up our 2nd leg of the race.

At Approximately 10:15 pm, here comes the other OSAT van with our friends. They are all doing as well as can be and inform us that Connie should be arriving on foot shortly. Here she comes, 2 tons of dynamite in a 5'2" package! Almost knocks Bob over at the hand-off! And we're off again! On the way to the next hand-off, we catch the end of the Mariner game on the radio. M's win!!! We're getting a little tired, but all in all we hold up well. We meet in front of a little country store between Tenino & I-5 on Hwy. 12. As we're waiting for Bob, a team of Marines running in this race do their exchange. The technique these guys use to psyche each other up is a sight to see! Here comes Bob. Off goes Dick. Off we go again. Just across I-5, Jane takes the next hand-off. A little nervous about running in the dead of night, she sets out on a great pace. We pull out to the town of Rochester. I figure Jane will arrive at about 12:45 or so (yes, that's 12:45 am)! Getting loosened up, Got my reflective vest, my flashlight, and Tom Petty on the Walkman, I notice it's 12:30 when I hear, "Team 105! My god, that's us! She's smokin! Gotta go! What a beautiful run! Middle of the night, virtually no traffic, I'm going! Britt meets me at the halfway (rigorous honesty is really overrated, don't you think?) point with some water and words of encouragement. In about a half hour I see the lights of Oakville looming large on the horizon. As I'm running into town, its 1:30 am, I notice the Tavern is open, but no one is in it. What kind of town is this?!?! I graciously hand off to Dave, and somehow the words "I think I'll run the Seattle half-marathon" slip out of my mouth. Damned endorphins! The next hour and a half are vague at best because I'm trying to sleep in the van, but I know that I'm still feeling good. Dave, then Teresa finish their 2nd legs and our 1st controversy erupts.

Is it normal to want pancakes at 3:00 in the morning? Some say no, some say yes! We go into Montesano to eat something at the Montesano Jr. High gym, and to try and sleep. All told, I've got maybe 2 hours of sleep and it's 6:00 am and I don't know where I am, or how I got there, and I'm sober! How did this happen!

We're on a street on a hill, basically in someone's front yard with a port o' potty in the driveway. Why is it that these lines seem so long when you really have to go. Once again, the OSAT van with our friends arrives, hugs are exchanged, stories are told, and here comes Connie!

And there goes Bob, who has a particularly difficult section to run for his last leg, most of it is on a logging road going uphill, but man can he run. We wait at the next hand-off point, in comes Bob, there goes Dick! Dick has some serious competition this leg. On the way to the next hand off, Bob starts scolding his shoes and takes them off in the van AARRGH!!!! Bob then sticks his feet out the van window, Deer and other wildlife start dropping, and someone from the State is demanding an Environmental Impact Statement!!

As we're waiting for Dick at the next hand-off, some enterprising locals are selling coffee & cookies in the same manner as they do at rest stops. This ought to get me going for my last leg! Jane takes the hand-off, and man can that woman go! We head to the next station and I'm getting psyched! (probably the coffee!) Really,

"Bob then sticks his feet out the van window, deer and other wildlife start dropping..."

the course description says that this leg starts on Dekay Rd., turns left on US 101 go slightly up a gentle hill, and then down hill on 101 to the next hand off. Jane arrives, I go, thinking ahhhh!, only 4

easy miles to go. I run down Dekay Rd. for about 100 yards, turn left on 101, lift my head up and AAAAAARRRRRRGGGGGHHHHH!!!!!! A hill, a big massive hill, how can this be! A friend of mine from work who ran this thing solo (yes, 154 miles) later told me that this was where he felt most demoralized & defeated the whole way. I can relate! I think about Jimmy, Tom, & Scott, I start taking to them and keep putting one foot in front of the other, one step at a time! At about 1.5 miles later, I'm at the top of the hill. Just prior to this, 2 Fawns cross 101, about 30 yards in front of me. Thank you God! Your creatures are beautiful. This carries me to the top of the hill. There's Britt, water bottle in hand. What a sight for sore feet! I pick up and start moving! On the way, I actually pass someone! I see the finish line, and break into a full sprint! Poor Dave, he's not sure what to do! What if he can't stop! No problem! I can't believe it, I'm done!!!!!! What a joyful feeling. On to the last hand-off! Dave & Teresa finish, we once again exchange hugs with our fellow OSAT'ers and we're off to Ocean Shores.

By this time, I've been up, save for 2-3 hours of cat napping, 28 hours. I've run 18 miles in that time, and I need a shower (or so my van-mates say). We were promised shower facilities at Ocean Shores High, but those did not pan out. The race organizers did however provide a hose in the Shilo Inn parking lot. Bob, Dick & I took turns hosing each other down! Jane, on the other hand went with Karen to the house we were to stay in and took a real shower. I had already suspected she was the brains of this outfit!

At 12:10 pm, Connie came running up the beach, where she was joined by 10 of her teammates for a sprint across the finish line, for a time of 21:40! After the obligatory finish line photo's and the awarding of our finisher medals, we had lunch at the Shilo, and then retired to the house for naps. We were joined there by Linda Z and Susan, my significant other. We had an awesome meeting at the house that evening. The whole experience went by as fast as it took you to read this story. Yet, the memories will last a life time. I can't wait till next year! Thank you everyone involved for the most rewarding weekend of my life!

Vesper Peak August 24

by Jason R.

Members: Steve Saw., Deena M., Charlie G., Jason R.

Deena, Charlie and I were already at the Bothell P&R when Steve showed up. Steve wanted to know why Greg A wasn't there. After bawling out Greg's answering machine, we departed for the Mt. Loop Highway in Steve's nice new green machine.

Bouncing down the road in the serenity of the forest and Saturday sunlight, something wasn't quite right. A man clad in snakeskin kickers, black pants and cowboy hat and a sharp zebra shirt gave us all a double-take and a roaring laugh. What was he doing here?

A half hour later, Steve turned off the highway onto some unmarked and obscure little sideroad. A short drive took us to an almost unmarked trailhead. The view just from the trailhead told me I was in for some beautiful pictures today, and I had brought my SLR camera just for that. What? No film!

We hiked a ways through some forest and stopped at (one of many) Steve's most favorite spot in the whole world. It was a beautiful little goldfish pond, complete with towering boulder, only there wasn't any fish in it. We soon came out of the dense forest into a large gully banked by two magnificent peaks. A very steep trail climbed to Headlee Pass at 4600 feet. A few minutes later we took a much needed break at a little unnamed lake. Now we could see Vesper, as well as Sperry and Morning Star.

After filling our bellies with food and water, we went for the summit. We were a ways from the actual trail, so we decided to scramble up the fairly steep side ahead us. Charlie G led well! The challenge was well worth it. This mountain is a real treat. Where there aren't huge slabs of glacier-smoothed granite to walk about like a giant sidewalk, there's tons (pun intended) of boulders to test your skills. These features gave a whole new depth to the joy of traveling the mountains.

At the top I was amazed to find a glacier on the other side. We ate some more. Steve and I found refuge from the hot sun in the shade of several of the summit boulders. We had a short, but very good meeting. We were so comfortable on the rocks, we choose to say our SP as we were.

We must've gotten some groovy spiritual energy up there, because on our way out, Steve, Charlie and I had some heavy conversations. Is the Celestine Prophecy a true story? Does it matter? Deena kept quiet as we boys bickered about.

This is an experience right up there with Rainier, I thought. I am forever grateful (I really mean that) to my trail companions, and of course, to Mother Nature herself.

*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*

**Please see next page for important
and timely matters regarding your
club!**

NOMINEES FOR THE NEW BOTS POSITIONS

Cast your vote!! Its time once again to elect new members to the Board of Trusted Servents. There are two positions opening, as Lisa M and Rik A have faithfully served their two years on the board, and its time to "pass the baton". Please circle the name of the candidate you would like to see serve on the BOTS. If you are unsure of who any of these nominees are, please feel free to ask ! And the nominees are...

(in alphabetical order)

Rob G

Bill L

Roy O

Chris N

||||

|||

|||||

|||||

WE WANT YOUR OPINION!!!

At the September meeting the BOTS requested the club's advice in framing a general policy for financial sponsorship of activities. The decision was to obtain broader club opinion than the 20 or so members present at that meeting before formalizing a policy and any action to implement it.

All members are requested to complete the following questionnaire. **Please tear this sheet from your Yodel and give it to any BOTS member, bring it to the October 9th club meeting, or mail it to Marina at 22810 55th Ave W, Mountlake Terrace WA 98043.** Indicate your preference on the following issues, and add any other comments or suggestions at the end or on additional sheets. If we don't ask a question here you wanted to express an opinion on, please provide that opinion anyway; our oversight is not from lack of desire to understand your point of view.

Sponsorship Survey:

1) OSAT financial sponsorship of individuals should include: (circle all

you agree with)

a. free memberships for individuals who are out of work

b. free memberships for individuals who are otherwise under unusual

financial pressure.

c. normal expenses to participate in club activities

d. expenses to participate in appropriate non-club activities.

2) Should the membership form include a statement regarding the individual sponsorship policy?

YES NO

3a) Should a statement describing individual sponsorship policy be added to the by-laws?

YES NO

4a) Should the club provide any financial support to groups of members participating in a particular club activity such as a major climb or expedition?

YES NO

5a) Should the club require a minimum number of members before considering financial sponsorship?

YES NO

5b) If yes, what should the minimum number be?

1 2 3 4 5 6 7 8 9 10 more?

9) Club financial support for sponsored activities should be limited to:

(cross out inappropriate covered expenses)

mailing XXX 3

telephone calls XXXX 4

reproduction XXX 3

bank fees XXXX 4

group equipment XXXXX 5

club property XXXXX 6

group supplies, food and fuel XXXXXXXXXX 12

meeting refreshments XXXXX 9

meeting facility rental XXXX 5

equipment rental XXXXX 9

thank you gifts for donated goods or services XXXXXXXXX

travel expenses while conducting club or activity XXXXXXXX

organizational business XXXXX 14

entry fees XXXXXXXXXX 13

deposit loss due to non-attendance XXXXXXXXXX 16

permits XXXXX 12

travel to activities XXXXXXXXXX 15

personal equipment XXXXXXXXXX 13

other (specify) XXX

The above list should be (circle one)

absolute standards ||||

STANDARD 1

examples of guidelines IIII

subject to BOTS judgement III

- 6) Should requests for club financial support be required to include a specific statement of what expenses the request is intended to cover?

YES NO

- 7) OSAT by-laws allow the treasurer to disburse funds for expenses up to \$200, require BOTS approval for up to \$400, and club approval above \$400. For club sponsorship of specific activities, it is currently assumed that BOTS approval is required. Expeditions in 1994 and 1995 were sponsored at \$100 each for unspecified group expenses. What is the maximum amount of activity sponsorship funding the BOTS should be able to authorize without club approval? \$400

- 8) Should a statement describing group sponsorship policy be added to the club by-laws?

YES NO

- 9) Current policy is that groups may conduct fund raising activities to cover individual participation costs of activities. If these activities are identified as an OSAT activity, fund raising plans are to be presented to the BOTS for their advise and consent.

Do you agree with this policy?

YES NO

- 10) Should a statement regarding this policy be added to the club by-laws.

YES NO

- 11) Should a separate club body, different than the BOTS but less than the entire membership, be established to administer sponsorship funding?

YES NO

Please use this extra space for additional comments you have regarding these matters

Should include acceptance of gifts as an issue to address

0 11
100 111
200
300
400 111
500
19
25
670
44
606

YODEL STAFF

Marina S
Ivar S

Editor
Personal Slave to Editor and
technical consultant

Anne B
Jason R

Circulation
Mailing List/Membership

Chris N

Webmaster

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.

P086461
Lynwood WA 98036

'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

KEEP IT SIMPLE ;)

The body roams the mountains;
and the spirit is set free

Hsa Hsia-K'o

(contributed by Debby R)

November is here already! And of course with it comes the brisk days and chilly nights, perfect for bundling up and heading to the nearest roaring fire! The colors this time of year are so incredibly intense, with fiery reds, oranges and yellows painting the scenery. Whether you are heading into the mountains, onto the water, or just walking around the neighborhood, don't forget to slow down and take a deep breath of nature's wonder.

And now onto the latest...first of all, I'd like to thank Kim G for opening up her home once again for OSAT's annual Halloween bash. As usual, OSATers came through with their creative impulses and showed up in some rather interesting costumes. I'd have to say "Chef E-coli" was a treat, as well as seeing Bob C in complete drag.

Next, I'd like to personally thank everyone who took the time to fill out the survey and ballot from the last issue of the Yodel. This club can only thrive with the active participation of its members, so thank you for your opinions, comments and ideas. You will find the results in next month's issue.

Finally, here's the latest happenings and news to look for in this issue...

- ♦ The annual Gratitude dinner is coming up this week-end. Please see pg. 3 for more info. You'll also find information about the upcoming Holiday party and Pam G's 2nd annual ornament exchange.
- ♦ Service opportunities await!! There are four positions opening up if you'd like to get involved. Please see pg. 5.



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

The next publishing date for *The Yodel* will be *December 13th* 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
- ③ Notices
- ⑤ Club News/ Feature Articles
- ⑥ Off Belay / Echoes

12~step meetings

Tiger Mountain

NOTE: During winter and early spring, this meeting will take place at the IHOP in Issaquah. The meeting will be @ 7:30pm until the time change again in April. Then it's back to the mountain. (To find IHOP 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: Thursdays @ 7:30 pm at IHOP (until April, then the meeting will be at IHOP at @ 7pm) & Sundays @ 10:00 am

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

Contact: Thursdays - James B 271-4734
Sundays - Roy *Dave* 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: Sundays @ 1pm

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: Walt Q 745-8413

OSAT Web Page

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!

We're on the World Wide Web at the following URL (address): <http://users.aol.com/osat1996>

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
James B..271-4734	Walt Q....745-8413

Contact Persons

Activities Hotline.....Rob G.....	824-7972
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
Service.....	Steve S.....	838-4287
Webmaster.....	Chris N.....	285-9076

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 GRATITUDE DINNER: Every year, in November we gather together to give thanks to the club and its members who do so much to keep it going. This year's Gratitude Dinner will be Saturday, **November 9th** at Camp Long in West Seattle, from 7-9pm. It will be a potluck, so bring your favorite dish and enjoy plenty of fellowship. **Steve S** has all the info, so give him a call at **838-4287**

I-90 Conditioners -- Come join the OSAT CASE '97: Aconcagua Team on the following Sundays for conditioning climbs this fall. We will meet at North Bend McDonalds at 8am. Hikes will be typical I-90 fare, with the destination choice based on weather, attendees ability, time available, etc. Mt. Si will be the fall-back if no better objective can be identified, and we will endeavor to be back at North Bend by 3pm. **November 3, 10, & 17, December 1, 8 & 15.**

Thanksgiving Appetite Builder: Mt. Si climb (November 20, 7am at the big parking lot) and New Years Day Mt. Si climb also 7am. **Rik A-Leader Ph: 234-1770**

OSAT HOLIDAY PARTY: Its time once again to put on your best duds and party down at Charlie A's for the annual Holiday celebration and gift exchange Saturday, **December 7th** at 6pm. Its potluck (in the grand OSAT tradition) and there will be a progressive gift exchange, with a spending limit of \$10.00. Santa Claus will be there and we will attempt to sing some Holiday songs. Charlie's address is **1540 Palm Ave. SW in West Seattle**. Call him for details at **932-7195**.

ORNAMENT EXCHANGE: Pam G is hosting the *2nd Annual OSAT Women's Holiday Ornament Exchange*, Thursday, **December 19th** at 6:30 pm. Last year's party was full of fun, food, fellowship and lots of ornaments to share and trade. This year should be even better! All OSAT women are invited to bring their favorite hors d'oeuvre, and of course an ornament to exchange. Call **Pam G** for more info at **742-4274**. Be sure to look for the flyer at the Thursday night IHOP meeting for details.



RUN FOR FUN (or pain!) --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.



Notices

Advertising in this column is free for all OSAT members. 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**

FOR SALE-- 2 studded steel belted snow tires on the rims. Size 185 SR 14 (used to be on a Mazda 626). \$50 OBO. Call Pam G at 742-4274.

KAYAKING PARTNERS-- Looking for other OSAT members who have an interest in Sea Kayaking or White Water. Please contact Paul C. at 782-7297 or seapwc@halcyon.com

LOVE SHOULDN'T HURT!! -- Are you or someone you know in a relationship that you may have wondered is emotionally, physically, sexually, or socially abusive? You need to know, It Doesn't Have To Be That Way! For information, phone numbers, and resources in the King County area, call Robin @ 206-661-2564, or e-mail @ luvcats@juno.com

FOR SALE-- The customized sleeping bag that Tom Downey had designed for Denali. It's a *Feathered Friends* and is rated at approximately 50 degrees below 0. It is in excellent condition. Asking price is \$600 or best offer. Please call Cory Downey at (206) 447-9178 or at (206) 762-2539.

ACONCAGUA 1997 T-SHIRTS-- The OSAT CASE (Clean and Sober Expedition) ACON CAGUA 1997 T-Shirts are in! These beautiful, long sleeve T-Shirts are \$20, proceeds will benefit the OSAT trip to Argentina in Jan 1997 to climb Cerro Aconcagua (6956m). T-Shirts will be available at OSAT meetings. For information, call Roy O @ (206) 525-0510 (H) or (206) 362-9062 (W) or Steve Saw @ (206) 838-4287 (H) or (206) 473-7474 (W).

Ski's for a Charitable Contribution-- Paul C is planning to do the Courage Classic Bike ride and needs to collect a HUGE sum to take over Cathy O'Toole's seat. Can you help him? He was going to give them away but could use the cash for a good cause. The proceeds support a woman's shelter program. He have a pair of Hexcel 190s with Solomon S727 bindings. (Former rental boots probably about 11's). The Hexcel's make a great Randonee ski because of their light weight. Ski bag and poles are included. Call or e-mail Paul Campbell, seapwc@halcyon.com or ph: 782-7297.

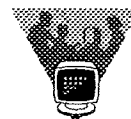
OSAT Pennant-- The OSAT pennant is available for your climbs! If you are interested in having the Pennant accompany you on your next adventure, please call Rik at 234-1770. He is currently seeking photos from the Mailbox Peak climb last December, the snowcave trip, Norse Peak, and St. Helens this spring.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

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

GOOD NEWS!-- Joan S has taken over the OSAT T-shirt sales. A BIG thank-you to Teresa F who graciously did it for so long. The OSAT T-shirts come in 3 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 Joan S at 277-8943 to get yours! If you'd like to write to her the address is: 15816 SE 169th Pl., Renton, WA 98058.

Computer Sick?

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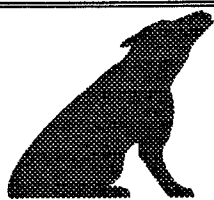
E-mail: 74557.1717@compuserve.com



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.

LOSE WEIGHT AND FEEL GREAT-- Dan Markes has info for you about an all natural dietary supplement called New Image. If you are interested in becoming a distributor, or just trying the product, call **Dan** at 624-7888.



Climbing Club News

Usually, monthly OSAT club meetings are held on the second Wednesday of the month at 7 PM, however, there will be no meeting for November or December. The meetings will resume in January. 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).

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.

OCTOBER Club Meeting Minutes

by Rik A

The meeting was called to order by Marina S. About twenty members attended.

Under old business, members were reminded to vote for the Board of Trusted Servants, using the ballot in the last Yodel. A reminder that the ballot also included a survey concerning club financial sponsorship stimulated some questions from the floor, leading to reopening the discussion from last month's meeting at the end of this meeting.

The Climbing Course Committee announced that Bob C will be chairman next year. It has been proposed that the club equipment be turned over to the Climbing Course Committee to keep closer track of who has it.

The Gratitude Dinner will be at Camp Long in West Seattle Saturday evening, November 9 from 7-9pm. Steve S will send notices out if the Yodel doesn't go out

before then. Steve is requesting a volunteer to take over the position of Service Committee Chairman.

Doug H reported that the hotline still responds to several calls a week. Doug would also like to pass hotline follow-up duties to a new volunteer. These are both great service opportunities for someone looking for a way to give something back to OSAT. Please contact Steve or Doug and express your interest in making sure OSAT continues working.

Charlie reported that the treasury had a balance of \$2015.65 as of October 9. Rent for the church meeting room for 1997 is due, and it was decided to continue to use the fine facilities of the Mercer Island Congregational Church.

At the request of several members in attendance, the issue of financial sponsorship was discussed further. It was suggested that the BOTS consider a policy regarding acceptance of gifts to the club from non-members in addition to a policy regarding club financial sponsorship of individuals and groups.

Unfortunately we did not have a program for this meeting, but fortunately there were plenty of people with whom to share fellowship after we closed the meeting in the usual manner.

OSAT Service Opportunities Await You!

by Marina S

As you may know, OSAT survives in large part due to the countless hours of hard work and energy by its many members who have volunteered for service positions over the years. It is time once again to fill some of those positions that have been held by some very dedicated members. As Rik mentioned in the club meeting notes, both Steve S and Doug H are ready to pass on the duties they have fulfilled for so long. Roy O is also ready to pass the torch to someone willing to take over the Sunday morning Tiger meeting. As Roy says "It is lots of fun and helps keep you sober" !

Please consider volunteering for one of these positions:

- ♦ **Service Committee Chairman** (contact Steve S @ 838-4287)
- ♦ **Hotline Follow-Up** (contact Doug H @ 889-2041)
- ♦ **Sunday Morning Tiger Mt. Meeting Secretary** (contact Roy O @ 362-9062 (days) or 525-0510 evenings)
- ♦ **Activities Coordinator** (contact any BOTS member)

Off Belay

by Bob C

Training

It's time! Here again is that dastardly Seattle Marathon. For us mortals (unlike Mad Marathoner Maxwell) the Half-marathon will have to do. So how the hell do I train? What do I eat? Besides the usual ice cream and see-food diet.

Well according to Benji Durden, coach and Olympic Marathoner. "To run a good half-marathon, you should be able to run comfortably at a pace at which you can carry on a conversation for at least two hours." Whoa.. I don't know if I can talk that long. But he also mentions that there are no hard rules such as weekly mile rates. He believes the duration of your longest run is far more important. As for those of us who will show up "Just to do it!?" We'll be the ones with that painful look of why the hell am I doing this.

By the way, Dick W. ALWAYS kills me. Unlike climbing, if in fact you get leg or calf cramps, this does not indicate dehydration. Simply adding some leg (lunge or squat) and calf exercises to your routine will help.

Nutrition

Scarfig down that happy meal just before the starting gun isn't the best breakfast. Obviously a good carbohydrate dinner the night before will pay dividends. Pasta, rice, fruit juices, don't forget the veggies, breads and cereals. Race morning, be sure to eat your normal energy foods 2 hours prior.

Pre-race jitters can deplete glycogen stores so a few extra calories won't hurt. Pound those fluids but allow 90 minutes before the race to let the kidneys do their job. Then tank up 10 minutes prior and ALWAYS stop at every aid station, even pouring the water over your head will help. Now strap on those shoes and hit the pavement.

Quotable

"You have to measure your successes and your failures from within, not by I or anyone else might think." Captain Jean-Luc Picard.

Mucho Kudos

* To all who shlept breakfast stuff up Mt. Si. At 6am for the CASE fund-raiser.

* Pam G. for organizing the OSAT car camp. :-)

* To all OSATers with birthdays this month. Love ya Carol P.

First Ascents

* Kathy and Merry way up Vesper Peak. Kewl

* Chris N. trekking over in Nepal and Thailand. Many prayers mi amigo.

Grapevine

Understand Teresa B. is making big noise about doing a Triathlon with Sally (whom completed her 2nd). Many others have sung this lovely song.

Carol and Gary have finally come out of the tent from the Rainier climb. The meeting at Magnolia a few Fridays ago turned into an OSAT outing. The only thing we missed was making the coffee.

Like this climb is sooo totally PHAT: Monkey Face. Pioneer Route 5.7 A-1*****

e-mail me-smalltcu@msn.com

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?

~~~~~

## Mt. Baker...The Right Way!

### July 13-14

(A paragliding descent from the summit)

by Bill L

It all started when a paragliding buddy asked me what I thought about the possibility of flying off Mt. Baker. At that time, some friends and I had already been planning a climb. The weather for the climb was going to be GREAT, and because it was so ideal, we couldn't help including a flight plan with this climb.

Our group was a mixed bunch of experienced and un-experienced climbers which included David "Downwind Dave", and myself, along with five men and one 18 year old young lady. David and I were the only flyers. Our group met at McDonald's in Marysville and loaded up to head for Mt. Baker lake to look over possible landing spots. We then proceeded on to the trail head of the Eastman Glacier route.

The day was already hot when we put on our much too heavy packs. (Mine weighed so much I decided not to weigh it for fear of psychological damage). During the hike in, I had a lot of time to think about what I was attempting to do. I was packing a 30 pound paraglider and all my climbing gear to the summit to launch off the top. All my thoughts were: will the wind be right, at the

summit? Will trying to pack 50 pounds to the top keep me from the summit? This was my third attempt at Mt. Baker, would I be successful?

At 1pm, we reached the first camp spot. Here we decided to stay, have lunch, and wait for it to cool down before climbing up to our basecamp. We all were taking a nap when Casey (the only female in our group) let out a yell. A chipmunk had jumped on her face while she was napping!

We reached our basecamp at 6pm and everyone selected their tent site for the night. 2am came much too early, but the stars totally covering the sky and the glow of Seattle off in the far distance was a great distraction to our still tired bodies. After fixing a shared cup of K.C. (Killer Coffee). The group roped up in two teams of four. It was decided that since Dave and I would be moving the slowest, we should lead. The route was well marked, but led us near some large crevasses, never-the-less.

At 8am, we had our last rest stop at the rim of the crater. The sun was finally starting to warm us up. Looking at the roman Wall and feeling all the weight on my back, I knew this wasn't going to be easy. (Climbing is a funny thing in that your body and mind compete with your "will" to get you to quit). But today my will was strong! I was driven by the thought that I may very well be launching off this mountain.

At 10:30 am we had reached the summit. It felt so good to be there after three previous attempts. After resting and pictures, Dave and I assessed the wind conditions and decided we should be thinking about launching soon. The top of Baker is a great place to launch from because it has nice slopes on all sides. I was excited as I untied my gear from the rope, and put my ice ax on my pack and headed over to the west side where Dave and determined was the most suitable launch site.

I laid my wing on the snow next to Dave's, and looked out on the black Buttes, and down the slope to the top of the Coleman Glacier. The wind was coming up the slope at about 5 mph...PERFECT for launching. I quickly clipped into my harness while saying a prayer of thanks that we had all the right conditions. I leaned forward, and in just 3 short strides, the wing came up over my head. Then, with a small butt drag (due to the thin air and my extra weight) I was off!

I looked down between my gaiters and boots. The slope had dropped away to thousands of feet below me. To the right were the Black Buttes, to the left and down, the roman Wall; I turned left and flew over the rim of the crater and past Sherman Peak. Dave was quick to follow my launch and was also seeing all of this. It was fun to watch all the climbing teams stop in their tracks and look up at Dave and me flying over them. As I

looked down over the route, I was elated and could hardly believe I was doing this!

I glanced over to see Dave leaving the mountain and heading out toward Baker lake, so with one last look over my shoulder, I turned and followed. The air was getting a little bumpy as we got to the end of the glacier and over warm ground. I was now aware that were not moving forward as fast as before and I instinctively started to look for alternate landing spots between us and the lake. About this time, Dave radioed that he didn't think we could make it to the west end of the lake. I was about 1000 feet lower than Dave, so I headed out

toward the lake, and started looking for landing spots. I was glad to see that my altimeter was showing 2000 feet. I gazed at an old clear cut area; then, on the side of the highway, then the river bed. I was trying to consider all the options we had.

Flying over the lake I saw a small spit of land sticking out from the shore. I radioed to Dave that I thought we could land there. He reported back that it looked like a postage stamp from his height. I decided to go for it, and started to take note of all the conditions needed to make a safe landing. The wind direction, and wind speed were good. The ground was free of obstructions and overhanging trees. My forward speed and drift was also workable for the soon to be LZ. I took one last turn and went for it! I just cleared the shore and braked hard to stop in the very short space of dry land. I had forgotten about the 25 pound pack on my back and promptly fell over on my butt, allowing my wing to land in the water.

Dave was next. After observing my mistake, he came in for a perfect landing and set his wing down to the applause of some nearby and somewhat bedazzled campers.

TEN THOUSAND FEET in just 38 minutes. We gathered up our gear and looked up at the summit from which we had just ascended. THIS IS THE ONLY WAY TO GET DOWN OFF A MOUNTAIN!

*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   | Personal Slave to Editor and technical consultant |
| Anne B   | Circulation                                       |
| Jason R  | Mailing List/Membership                           |
| Chris N  | Webmaster                                         |

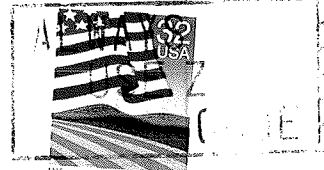
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*Ed.*

**'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.**

One Step At A Time (OSAT)  
P.O. Box 6461  
Lynnwood WA 98036-0461



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

# THE YODEL

## HAPPY HOLIDAYS!

**W**e believe we conquer the mountain...when actually it allows us to climb

--Kim G

Ahhhhh...December. Its amazing how we can let a month filled with tidings of peace, love and joy become so stressful. Give yourself a break. Skip the mall today. Grab your favorite book, turn off the phone and kick back. Embrace the silence, enjoy solace and welcome the serenity. Just remember, there's always tomorrow to jump back into the "rat race" struggling to find that perfect gift for Aunt May.

As always, this time of year is filled with some great OSAT gatherings. And of course the annual holiday party is one of them. A BIG thank-you to newly-wed Charlie, and his lovely bride Janyth for opening up their home. Once again, OSATers were welcomed with a warm smile and a gorgeous view of downtown from Charlie's deck. Best wishes to the new couple, and welcome to the OSAT family, Janyth.

This time of year is also filled with strains of Christmas carols, the aroma of hot apple cider, and of course the OSAT membership drive. That's right boys and girls, OSAT dues are, how shall we say...due (starting in January). I had hoped to have a copy of the renewal form in this Yodel, but ran into some glitches, so be sure to look for the form in the next issue. In the meantime, Jason will be glad to take your money. You can either mail your payment to OSAT, P O Box 6461, Lynnwood WA, 98036, or give it to Jason personally. Please make it payable to OSAT. Membership fees are \$12 for individual memberships and \$18 for couples who reside at the same address.

We really appreciate everyone's efforts to keep OSAT running smoothly. Thank-you for your support of the club

So what's inside? Well...

- ♦ The BOTS election results are in, as well as the survey results (pg. 4-5).
- ♦ We have a new activities coordinator! Brian C has stepped forward (pg. 8).
- ♦ OSAT/CASE Aconcagua climb update (pg. 7).



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

The next publishing date for *The Yodel* will be *January 17th*. 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
- ③ Notices
- ④ Club News/ Feature Articles
- ⑧ Off Belay / Echoes

## 12~step meetings

### Tiger Mountain

**NOTE:** During winter and early spring, this meeting will take place at the IHOP in Issaquah. The meeting will be @ 7:30pm until the time change again in April. Then it's back to the mountain. (To find IHOP 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:** Thursdays @ 7:30 pm at IHOP (until April, then the meeting will be at IHOP at @ 7pm) & Sundays @ 10:00 am

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

**Contact:** Thursdays - James B 271-4734  
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:** Sundays @ 1pm

**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:** Walt Q 745-8413

## OSAT Web Page

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!

We're on the World Wide Web at the following URL (address): <http://users.aol.com/osat1996>

## 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)

|                       |                     |
|-----------------------|---------------------|
| Kim G.....869-8019    | Chris N....706-3242 |
| Marina S.....776-7213 | Robert T.. 850-0805 |
| Roy O.....525-0510    |                     |

### 12-Step Meeting Coordinators

|                       |                    |
|-----------------------|--------------------|
| Terri St.....782-8858 | Roy O.....525-0510 |
| James B.....271-4734  | Walt Q....745-8413 |

### Contact Persons

|                            |              |          |
|----------------------------|--------------|----------|
| Activities Coordinator.... | Brian C..... | 353-9748 |
| Activities Hotline.....    | Rob G.....   | 824-7972 |
| Equipment.....             | Ivar S.....  | 776-7213 |

|                        |                |                |
|------------------------|----------------|----------------|
| Finances.....          | Charlie A..... | 932-7195       |
| Hotline Message.....   | Pam G.....     | 742-4274       |
| Hotline Follow-up..... | Karen S.....   | ?              |
| Membership.....        | Jason R.....   | 242-7980       |
| Newsletter.....        | Marina S.....  | 776-7213       |
| OSAT East Coast.....   | John H.....    | (617) 641-3423 |
| Running.....           | Bob Mx.....    | 825-3516       |
| Service.....           | Steve S.....   | 838-4287       |
| Webmaster.....         | Chris N.....   | 706-3242       |

### 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 GEAR GRAB!** We will be having an OSAT gear grab, coming in the spring in conjunction with the climbing course. It's time to go through all your equipment and clothes and weed out what you don't use anymore, to make it available for the newcomers, or anyone else. More info in next issues. Any suggestions for it, please call **Robin** at **661-2564**, or, e-mail her at [luvcats@juno.com](mailto:luvcats@juno.com)

**NEW YEAR'S HIKE:** Here's a chance for you to work off those holiday calories and have some fun with fellow OSATers! Please join OSAT for a New Years Day hike up Mt. Si. Meet at the big parking lot at 8am. **Rik A--Leader** Ph: **234-1770**



**RUN FOR FUN (or pain!)** ~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.



## Notices

Advertising in this column is free for all OSAT members. 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](mailto:74557.1717@compuserve.com)

**WANTED--** A pair of size 8 1/2 to 9 Men's tele boots. If you know where to find some, call **Robin** at **661-2584** or e-mail [luvcats@juno.com](mailto:luvcats@juno.com)

**FOR SALE--** 2 studded steel belted snow tires on the rims. Size 185 SR 14 (used to be on a Mazda 626). \$50 OBO. Call **Pam G** at **742-4274**.

**KAYAKING PARTNERS--** Looking for other OSAT members who have an interest in Sea Kayaking or White Water. Please contact **Paul C.** at **782-7297** or [seapwc@halcyon.com](mailto:seapwc@halcyon.com)

**LOVE SHOULDN'T HURT!!** -- Are you or someone you know in a relationship that you may have wondered is emotionally, physically, sexually, or socially abusive? You need to know, It Doesn't Have To Be That Way! You can feel safe that this will be a **CONFIDENTIAL** matter for you. If you'd like information, phone numbers,

and resources in the King County area, call Robin @ 206-661-2564, or e-mail @ [lucvats@juno.com](mailto:luvcats@juno.com)

**ACONCAGUA 1997 T-SHIRTS--** The OSAT CASE (Clean and Sober Expedition ) ACON CAGUA 1997 T-Shirts are in! These beautiful, long sleeve T-Shirts are \$20, proceeds will benefit the OSAT trip to Argentina in Jan 1997 to climb Cerro Aconcagua (6956m). T-Shirts will be available at OSAT meetings. For information, call Roy O @ (206) 525-0510 (H) or (206) 362-9062 (W) or Steve Saw @ (206) 838-4287 (H) or (206) 473-7474 (W).

**OSAT Pennant--**The OSAT pennant disappeared several months ago. Also, someone has the OSAT scrapbook as well. We would like to recover it, if at all possible, so if you have any clue as to where these items are, please call Rik at 234-1770. (We promise not to hang you by your toenails if you come forward ;0 )

**OSAT T-SHIRTS--**They come in three lovely 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 Joan S at 277-8943 to get yours! If you'd like to write to her the address is: 15816 SE 169th Pl., Renton, WA 98058.

## Computer Sick?

You Need A...PC Intervention!



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Vox/Fax (206)776-7213 Pager: (206)540-2416

E-mail: [74557.1717@compuserve.com](mailto:74557.1717@compuserve.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.

**LOSE WEIGHT AND FEEL GREAT--** Dan Markes has info for you about an all natural dietary supplement called New Image. If you are interested in becoming a distributor, or just trying the product, call Dan at 624-7888.



## Climbing Club News

Monthly OSAT club meetings are held on the second Wednesday of the month at 7 PM. The next meeting will be held January 8. 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)).

Allen S has found a deal on baseball caps with the OSAT design. He will present the caps and the cost at the January meeting for club approval. The club will also vote on the proposed changes to the club by-laws, that were a result of the recent survey.

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 January 8th meeting, Chris N will share his recent experiences trekking in Nepal and the Himalayas! You won't want to miss this!



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 (hopefully) be published jointly in the following Yodel.

## BOTS Elections and Sponsorship Guideline Survey Results

by the BOTS

**A** drum roll please...the new BOTS (Board of Trusted Servants) members are...Chris N and Roy O. Thanks to everyone who participated in the election process. Chris and Roy have attended their first BOTS meeting, and will definitely have much to contribute to the club. Thanks to Chris and Roy for accepting the positions. And a very large Thank-You to outgoing BOTS members Rik A, and Lisa M. They did a fantastic job of keeping things running smoothly and for teaching us new kids the ropes.

And now for the survey results...

Based on input from the membership at a club meeting, the September *Yodel* included a survey requesting the club's advice in framing a general policy for financial sponsorship of activities. The BOTS appreciates the opinions expressed by the membership at two club meetings, in the survey, and in additional comments which were provided. Based on this input, the BOTS has developed recommended action in the form of by-law changes which are being submitted for the club's consideration.

Unfortunately, fewer participated in the survey than participated in either of the two meetings at which this issue was discussed. In fact only 9% of all OSAT club members responded to the survey. This suggests that in the future, we will follow the suggestions to "Keep It Simple" and try to resolve such issues at club meetings, rather than through surveys. It was clear in the survey that many believed that we had taken up too much time with this issue. We hear you loud and clear and again, we appreciate your input.

### HERE AT THE RESULTS OF THE SURVEY:

- **QUESTION:** OSAT financial sponsorship of individuals should include:
  - free memberships for individuals who are out of work (50% agree)
  - free memberships for individuals who are otherwise under unusual financial pressure. (56% agree)

—normal expenses to participate in club activities (13% agree)

—expenses to participate in appropriate non-club activities. (13% agree)

- **QUESTION:** Should the membership form include a statement regarding the individual sponsorship policy? (56% agree)
- **QUESTION:** Should a statement describing individual sponsorship policy be added to the by-laws? (81% agree)
- **QUESTION:** Should the club provide any financial support to groups of members participating in a particular club activity such as a major climb or expedition? (38% agree)
- **QUESTION:** Should the club require a minimum number of members before considering financial sponsorship? (38% agree)

If yes, what should the minimum number be?

(votes spread from 1 to 8)

- **QUESTION:** Club financial support for sponsored activities should be limited to:
  - mailing (81%)
  - reproduction (81%)
  - bank fees (75%)
  - telephone calls (75%)
  - group equipment (69%)
  - meeting facility rental (69%)
  - club property (63%)
  - equipment rental (44%)
  - meeting refreshments (44%)
  - thank you gifts for donated goods or services (34%)
  - group supplies, food and fuel (25%)
  - permits (25%)
  - travel expenses while conducting club or activity organizational business (22%)
  - entry fees (19%)
  - personal equipment (19%)
  - travel to activities (6%)
  - deposit loss due to non-attendance (0%)

The above list should be (circle one)

- standards (8%)
- absolute standards (33%)
- examples of guidelines (33%)
- subject to BOTS judgment (25%)

- **QUESTION:** Should requests for club financial support be required to include a specific statement of what expenses the request is intended to cover? (93% agreed)
- **QUESTION:** OSAT by-laws allow the treasurer to disburse funds for expenses up to \$200, require BOTS approval for up to \$400, and club approval above \$400. For club sponsorship of specific activities, it is currently assumed that BOTS approval is required. Expeditions in 1994 and 1995 were sponsored at \$100 each for unspecified group expenses. What is the maximum amount of activity sponsorship funding the BOTS should be able to authorize without club approval?
 

|       |     |
|-------|-----|
| \$0   | 19% |
| \$100 | 25% |
| \$250 | 6%  |
| \$400 | 44% |
| \$500 | 6%  |
- **QUESTION:** Should a statement describing group sponsorship policy be added to the club by-laws? (81% agree)
- **QUESTION:** Current policy is that groups may conduct fund raising activities to cover individual participation costs of activities. If these activities are identified as an OSAT activity, fund raising plans are to be presented to the BOTS for their advise and consent. (94% agree)
- **QUESTION:** Should a statement regarding this policy be added to the club by-laws? (81% agree)
- **QUESTION:** Should a separate club body, different than the BOTS but less than the entire membership, be established to administer sponsorship funding? (6% agree)

**Based on the results of the survey, the discussions, and additional comments received, the BOTS recommends the following additions to the club by-laws to clarify and formalize various financial policies:**

#### Article IV - Standing Committees

##### Add to Section 3. Treasury

"G. Appropriate club expenses include such items as mailing, telephone expenses, reproduction, bank fees, group equipment, club property, and meeting facility rental in support of club sponsored activities. Requests for other club financial support should include a specific statement of expenses the request is intended to cover. The following expenses are NOT considered appropriate: group supplies, food, fuel, refreshments, equipment rental, travel expenses, entry fees, lost deposits, permits, travel expenses, and personal equipment."

#### Article V - Membership

Add to Section 2. "The BOTS may authorize free memberships to individuals who are out of work or who are otherwise under unusual financial pressure."

#### Article VIII - General Provisions

##### Add Section 3. Sponsorship of Climbs or Expeditions

A. OSAT club funds are not to be used to support major climbs or expeditions.

B. Groups within OSAT may conduct fund raising activities to cover the costs of such activities. If an activity is identified as an OSAT activity, any such fund raising plans are to be presented to the BOTS for their advise and consent.

**In accordance with club by-laws, the membership will vote on these amendments at the January club meeting. A simple majority of those voting is required to pass the amendments.**

#### WRITTEN RESPONSES TO THE SURVEY:

"Sponsored activities: financial support needs to be lump sum and/or BOTS can ask for details of spending ahead of time or NOT based on their decision."

"A description of club sponsored activities should be detailed."

"I feel OSAT should maintain its financial strength and not overextend excessively of expeditions or other expenses."

"You are all doing a great job so can we PLEASE go back to keeping it simple? This all seems so unnecessary."

"OSAT, as a club, should not use its funds to sponsor activities that are not available to all members."

"Regarding Question 1: OSAT does not require membership dues for participation, therefore no one is shut out from participation. But, personal responsibility requires having or borrowing the minimum equipment. I do not agree with individual sponsorship. Recovery is about personal responsibility."

"Beside considering membership and activity sponsorships, I think OSAT also should consider spending assets for club equipment and perhaps adding to our library. Now that we are a tax free organization, groups such as Boeing employees good neighbor fund will be allocation funds to us. We should discuss what in the future we ought to do for our club along these and any other ways we could enhance OSAT. I do think that the idea of helping financially to people to belong to OSAT and help members with activities makes sense."

"Club/BOTS needs to look at policy for receiving donations from non-members & members: suggestions: a) equipment b) sponsorship of expeditions c) general fund d) building fund e) library f) individual sponsorship. Considering whether b. and f. above are appropriate areas for the club to be involved in. Why not give to the group or individual?"

"We are significantly bothered by reports of company sponsorship of climbs by OSAT members. We feel that a minimal mix of monetary matter with the OSAT statement of purpose is best. Let's keep it simple."

"Free membership shouldn't be too much of a burden (financial) on the club as we now have huge donations coming in. Since membership entitles one to nothing more than the Yodel it should be possible for the club to print a dozen or more to distribute as free, and/or pass out at the club meetings. I'm personally opposed to financing (at this time due to limited membership and funds) "expeditions" to exotic or faraway places as it is somewhat exclusive. The moneys maybe better spent providing activities or equipment for a large group of the membership. While there is a tradition of providing a minimal amount of financial support for those expeditions it is within the bylaws and the BOTS discretion as to giving those funds, and how much. It is good to get the group conscious about such things but it was found that that was hard to do and that is why there is a BOTS. Let's keep it simple."

"No fund raising should be acceptable anymore except for entire OSAT functions which benefit the whole group."

"Donations limited to a certain number per year."

## Thank You, OSAT

by Rik A

This month marks the end of my term as a member of the OSAT Board of Trusted Servants. It has been challenging and rewarding. The club went through much more than we deserved these last two years, and we have shown that OSAT is much more than any one individual. I appreciate the trust the club placed in me and my fellow BOTS members during this period of loss, stress, and change. Happily, many of the things which bring people to OSAT have not changed, and the club continues to grow, prosper, and serve.

There are as many visions of what OSAT should be as there are members. The fact that these visions merge into a growing, evolving, organization is more than a mystery, its miracle. It has been my privilege to participate in this growth and witness the miracle. The fact that OSAT does not match any individual's vision is a blessing to us all.

After the Denali tragedy, I felt a much greater burden than I actually bore. I was grievously tempted to take personal responsibility for the survival of OSAT. Luckily, Jim spoke to me through my daughter and friends, and our loss became a rich learning experience. I learned that the best way to support people attempting new things is to encourage rather than to direct, to belay rather than to push. Thank you for your support and encouragement.

## Aconcagua Update

by Rik A

Passports are in order, tickets are in hand, new sleeping bags, boots, and packs are tested, we've got our shots, and OSAT CASE 97 is ready to climb! With just about a month to go, the team has been working on conditioning and español, and racking our brains trying to think of what planning detail we've forgotten. As lists of last minute things-to-do and things-to-check run to multiple pages, our anticipation grows.

Sunday I-90 conditioners have gone well in spite of (or because of) the early winter we're experiencing this year. These have included trips up to Rachel Lake, Bryant, Silver, and Bandera. Thanks to Tom, Leah, Pete, and Deana for joining us on some of these climbs, in spite of typical Northwest late-autumn weather. The team also had two weekend climbs: Sauk Mountain in October when trees and early season snow blocked approach roads to Shuksan and Baker, and a snowshoe overnight to McClure Rock (above Panorama Point/Pebble Creek) in November.

If you don't yet have your Aconcagua t-shirt, contact Roy or Lisa—the supply is getting short! Departure is

Sunday, January 19: American Airlines 1:55pm flight to Dallas—come out to SeaTac and bid the team

"adios y buena suerte."

—Bill, Lisa, Rik, Rod, & Roy

## In Search of Leaders

by Rik A

In the past few months several ideas for club events have been mentioned. All of them need a single individual who believes enough in themselves, the activity, and the club, to take the first step of associating their name with the event in the Yodel. Let **Brian C** (our new activities coordinator!) Brian's number is **353-9748** know what you'd like to do when. After that, the rest is easy. You'll be surprised how many people will step up and say "I'd like to do that." When they do, you simply ask them what they are willing to do in addition to showing up to make the event a success. Trust me—it will work! So here are some potential activities in search of leaders:

- Fifth Annual Meeting in a Snow Cave
- Downhill Ski Weekend at Mission Ridge
- Tatoosh Traverse East (to Packwood)
- Alpental to Denny Creek via Snow Lake
- WEEKEND climb of Whitehorse!
- A weekend in Gothic Basin
- 1-week North Cascades or Canadian Rockies Trip
- Trail bike ride on East Tiger
- Trail bike ride through the Cascade Tunnel

## Five Years Ago in OSAT

by Rik A

In November 1991, OSAT appeared on Recovery Talk Radio, and put an ad in the Mountaineer Bulletin and Sign Post. A flyer was developed for distribution to halls and treatment centers. The word was still spreading.

As the Thursday Tiger meeting moved to JB's for the winter, there was an attempt to begin a Sunday afternoon meeting part way up Mt. Si. This ended after four tries, failing due to too few attendees and too many distracting hikers. The beginnings of a club organization emerged from a couple of meetings in December after the regular meeting at JB's.

Initially "committees" (i.e. individuals) were identified for service, communication, safety, finance, equipment, and Mt. Rainier climb.

Jim led 15 OSATers to the top of Mt. Si on Thanksgiving, continuing a personal tradition for him and beginning a new one for the club. There was also a ski trip to Paradise, a Toys-for-Tots race at Sandpoint, and the first OSAT Christmas Party. Between Christmas and New Years a planned Rainier attempt turned into the legendary 1st OSAT winter ascent of Mt. Hood which drew 10 participants, 3 of whom summated. Returning in whiteout conditions, following wands back to the top of Palmer Lift, is a story oft-told since by OSAT old timers who were there. The fact that Jim was not the only leader in OSAT was brought home on New Years Day 1992, when there were three separate events, climbs of Mt. Si and Pilchuck, and participation in a midnight 5K run at Gig Harbor.

The November 1991 newsletter was the first to sport the beginnings of our motto, which at that time was "Climb mountains and don't slip." To see the rather tortured and circuitous path the motto took in the subsequent year and a half before becoming "Keep climbing mountains and don't slip", check out the [Traditions](http://members.aol.com/osat1996/traditions.html) page on the OSAT website (<http://members.aol.com/osat1996/traditions.html>)

## Off Belay

by Bob C

What to do, what to do? Fall weather got you down? Instead of showing up next year with a little winter roll around the waist and all those excuses why you're so out of shape.

Snowshoe. It's easy, fun, and any trail can turn into a spiritual stroll. Some great day hikes include Source Lake, Pratt Lake and Annette Lake. If the chill of snow camping is your thing then try some of the 6000' peaks such as Dirty Face above Lake Wenatchee. Or the bigger peaks like Mt. St. Helens that are awesome.

### Be afraid

Be very afraid. Those pesky little avalanches. Ah yes, rumbling tumbling snow burying everything in its path is not so cool. Before leaving on any winter adventure like (duh) totally call the Avalanche Hotline at (206) 526-6677. Or on the Web at <http://www.csac.org>. We could lecture and talk forever about this but let's just take a few guidelines: Old slide paths are certain giveaways. Avoid steep, open gullies and slopes. Beware when snowballs from trees or your snowshoes roll or "cartwheel" down the slope. Cracks usually indicate slab danger. And if any of you have ever heard that "whump" sound, the

pocket edition of "How to Shit in the Woods" will come in handy.

Things you'll learn if you live long enough

- \* Good judgment comes from experience, and experience comes from bad judgment.
- \* Never go to a doctor whose office plants have died.
- \* Everything looks impossible for the people who never try anything.

Merry Christmas and Way Cool '97

Live long and prosper. It's been a very fast year. Probably a sign of age! To all the OSATers lets do it again next year, it's always a pleasure to see your faces. My resolution is to extend my hand to more newcomers. Support the club, and look to see where I can give back.

Welcome new OSATers

Especially to Janyth A. (Sneaky little devil), many happy days. Soon we'll greet the newcomer from the Sandsmark's.

Holy Half-Marathon Batman

Finisher's include: Bob M., Rachel, Doug (FA), Merry (FA), Bob C, Roy (FA), Winton (FA), Kate (FA), Kim (FA), Dick W., Wendy P, Teresa and Dave B. Thank You Brit for your support at the finish and Karen for the great breakfast party afterwards.

Next month find out about Ice Climbing in Canada!!!!

e-mail me-smalltcu@msn.com

## 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?

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Christmas List

by Kim G

Ah, the holiday season. I'm a sucker for the holidays. I love 'em. And my parents are kind enough to still buy me a gift or two around Christmas and I'd love to ask them to assist in purchasing some climbing gear. But trying to picture my mom in a climbing store and asking the clerk for a "thing that helps you climb up walls" is a stretch of the imagination. Scary. By the end of the shopping trip I'm sure she'd end up with a Coleman 2-burner 29 pound, fuel injected, self-cleaning stove for my backpacking trips. So I'm leaving the easier items to them and turning to good old Santa with my list of needs.

The only problem with asking Santa for stuff is it's always... "me...me...me" or "I want, I want, I want". Kinda makes me feel like I'm going against the program. I always hear it's better to give than to receive but hey, we're talking Christmas here... It's my God given right to ask away and ask for as much stuff as possible and have EVERY EXPECTATION that I'll get it. This is America, after all. Well, I could ask for some new ice tools, ice screws, quick draws, climbing pants, gortex bibs, rain hat, new gaiters, hiking poles, expedition weight long johns, new fleece pants, new fleece coat, climbing gloves, expedition liners for my boots... Heck, I'm just getting warmed up. Let's move onto the big ticket items....but wait. Ya know....now that I think about it...through the years, Christmas has gotten MORE special. And it's not because I got all the stuff I wanted each year. The best gift I ever got was when my parent got sober...now that was a Christmas to remember. Lotta love that year. Then, the year I got sober....WOW...more love. And it was what I made each Christmas that was special. Not the lights, or commercialism or stress, but surrounding myself with those I love, whether it's family, friends, pets or God.

Sheesh, talk about making a good greed mood go bad. Well Santa, I guess this Christmas instead of asking, I'll just thank you (and the big fella upstairs with ya) for the love and fellowship you've brought me this year. I couldn't ask for much more. (well maybe that new climbing harness wouldn't be bad.)

Happy Holidays to all. Surround yourself with love.

KCMDS.

OSAT Pennant Travels The Himalayas

Oct. 16 ~ Nov. 6, 1996

by Chris N.

On October 7th, the pennant and I left for the Himalayas, with a stop first in India and then at a tented camp in the Nepalese jungle. We arrived in Kathmandu on the 14th, explored, and then hooked up with a Mountain Travel group. On the 16th,

our group of 14 left by plane for Lukla, flying in to 9500 ft. and landing on an uphill gravel runway. It was at this point that we met our sherpas, porters, and zoes (low elevation version of yaks).

The next day we hiked into Sagarmatha (Everest) National Park, moving up for 2 nights at 11,300'. At this point we were almost a 2 days hike from the nearest landing strip yet in this village, you could watch satellite TV. and even get espresso. The amount of hikers in this region is a little worrisome in that the inflow of them and their money means that more of the Nepalese are influenced by outsiders. Still, the Nepalese people are very friendly and always enthusiastic to learn more about travelers from abroad.

Over the course of the next week, we visited remote monasteries in amazing locations, crossed many wood and wire foot-bridges, learned many ways that rice and potatoes can be prepared, and ascended to about 15,500', where snow stranded us for 3 days and caused us to change our route. Did I mention the scenery? The higher we hiked, the more spectacular it became. At 14,000 ft. we were still hiking through forested hillsides.

During our trip, I was constantly amazed at the loads that the porters and other locals were able to carry. Because of laws that restrict woodcutting within the national Park, all of the timbers, beams, and panels required to build structures must be carried in from outside the park. No trucks. No roads. No carts of any kind. Everything is carried by attaching a line that runs from the load up and around the forehead. No packs, no boots (usually), and legs of steel. Most of the time it appeared that the load being carried equaled the weight of the person carrying the load. Our group equipment was carried by zoes at first and then transferred to yaks (high elevation version of zoes).

During the next 2 weeks, after visiting the Himalayan Rescue Association, we spent much time ascending the valleys to our two high points, Kala Patar (18,200') and Chhukhung Ridge (18,400'). The OSAT pennant waved proud and high at both of these points and I, in turn, was very proud to explain what the letters OSAT stood for and what the club was all about. Additionally, the pennant traveled to Everest base camp (17,600') a place I was very glad to visit but, in light of this spring's tragedy, found kind of eerie. That day involved 10 hours of travel, 8 of them above 17,000'.

This trip allowed me to gain a new appreciation for what the Himalayas represent. Not only are they massive, beautiful peaks, but it is also the people of the Himalayas that makes them such an enlightening place to visit. I felt as though the spirituality associated with the region and with its people would affect anyone who travels there. It certainly did me.

"This trip allowed me to gain a new appreciation for what the Himalayas represent"

I am extremely grateful to OSAT for allowing me to travel with their pennant. Although I was concerned about losing it, I was very excited to be able to take it to some new places and I look forward to having the opportunity to do it again.

Glacier Peak via Kennedy Glacier

August 31-September 2

By Jason R. (lover of nature, music and life)

Leader: Rik A; Members: Grant, Mary, Rick E, Daryl, Jason R

Rick E and I decided to get a "head start" on the 10-mile trek to the base of the mountain. We camped at Kennedy Hot Springs, a halfway spot. Arriving in the rain at 8 PM Friday night, we were happy to see a cabin. Finally, a place we can dry out for a while. My hopes of camping in the cabin were soon drowned out as I noticed the bulletin board nailed to it and as a lovely ranger in a fleece vest greeted us in the dark. We talked with her a bit and quickly moved on to set up camp.

Late next morning, we met Rik, Grant, Daryl and Mary next to White Chuck River. They stopped for a much needed rest, as their hiking for the day was only half over. I made a breakfast of Top Ramen I planned to

share with Rick. Just as I had filled my cup with my share of noodles, I knocked the pot over. A sad display of tasty morsels covered the dried river bed. Rick was sorely

disappointed!

While Rick and I finished packing up camp, Grant took a dip in the hot springs and the others rested. They went ahead of us on the Kennedy Ridge trail. Rick and I fully rested, soon caught up with them.

We traveled the trail for almost 2 miles, then north on the PCT for almost 3 miles, turning off onto a climber's trail at Glacier Creek. Flowers I had never seen before soothed my eyes. Traveling through greenness and scree, we arrived upon Kennedy Ridge and found decent campsites (finally!) at 6200 feet.

Rick E and Rik A had traveled the whole 10 miles in plastic boots! Rik says he's in training (his feet) for Aconcagua next year. Mary wore soft leathers, but strapped her plastics to her pack. I was experimenting with my midweight leather boots; I wanted to see how well using strap-on crampons would work with these boots.

I didn't hear my 2 AM alarm, but around 2:45, my body said I had overslept. We ate breakfast, geared up and headed up the mountain. The day before, we only had a few glimpses of the mountain, because of clouds. But

this night, the moon was shining and the mountain was clear, rugged and awesome.

We walked on dirt and rocks for awhile. We put our crampons on, only to take them off 15 minutes later, to cross some more rocks. Finally we reached a large, open part of the Kennedy Glacier, put crampons on for good and roped up. Rik lead Grant and Mary on one rope and Daryl lead Rick and I on another.

My spirit dampened the higher we climbed. It was cold. I buttoned up as tight as I could when we reached a windy ridge at about 9000 feet. Each step told me my soft boot/crampon idea was not so hot. My toes were cold, the snow was hard and getting steeper, and my much-used crampons had an inch of spike left in the bottom ten spikes, at best. When we reached a rest spot at about 9500', I looked at the mountain above us. I scoured the possible routes we could go. The only one I saw was steep, about 40-45 degrees. Unlike other steepness I had been on, if we fell off this stuff, we would most likely die or be greatly injured. Steep cliffs and crevasses surrounded the area. I had not expected this. Would my crampons hold me?

I thought this was going to be an easy climb. Hah!

Rik E and I discussed what was ahead of us. We were both scared. After some contemplation, I told Rik A that I wanted to stay there and wait for them to come down. Soon Rick, Grant and Mary thought that they might like to do that too.

Daryl offered to take a team back down the mountain. Rik pointed out a route off to the right in the rocks. I looked a lot less intimidating than the alternative, so I agreed to continue on, and so did the others.

For the next 45 minutes, every step I took, I took with great care and concentration. I was unsure how well I or the team could arrest in the case of a fall. This was not the place to fall. We ascended higher; a short scary section followed by some "flatter" ground. Finally came a section that I began praying to God about. I asked that I be kept safe. I didn't care what his plans were for me, I just was too young to die! The ice became very hard, making footing very delicate and an arrest almost impossible. A 200' cliff awaited us 40' downhill. I kept on thinking,

"Oh, sh*t, this is it, I'm going to slip". I realized that if I kept thinking that way, I really was going to slip. I don't know what happened, but the voice went away. Rik set up a running belay and that comforted me a little. I think everyone was scared. It was a precarious situation.

We finally arrived at a resting spot on a tiny ledge. After about 5 minutes of regaining my wits, I looked around and asked if we went the wrong way. A huge gap separated us from the summit. Rik said there was a ramp around the corner that lead to the VERY (70

degrees?) steep slope across from us. This was our summit, right here, we all agreed.

On the ascent, I kept thinking, "What goes up, must come down". The descent was not near as scary as the ascent. On the first icy, steep part with the cliff below it, I down climbed part of it. Thanks to Bob C for teaching me the dagger method on Mt. Hood last winter.

Soon we were back at the spot where I had decided I was going to wait while the others climbed. The challenge was over! We were basically home free. Rick was talking of hiking out the whole 10 miles to the parking lot tonight, and led a pace on the rope to match it. I barked that it was annoying to be tugged on the rope and he barked back. We were tired, low on mental and emotional energy.

Forty-five minutes later, we unroped and removed our crampons. Daryl and Grant decided they were going to go all the way out with Rick. I took me over an hour to scramble down the avalanches of rocks and boulders. Almost every step was unstable. I put my crampons back on a couple times to cross some more snow, but I gave up on that as there was more rock to cross than snow. One spot was a stream of solid ice and I took a good fall on that.

It was a gruel coming down those rocks. So much so, Daryl and Grant had changed their minds about heading out. Rick was still gung-ho about it. We watched him pack up and head over the hill. I thought he was crazy. Later he told me about what a long ten miles it was. Especially the last five miles when he was tired and hungry. To top it off, he had that long drive from Darrington back to Seattle.

I was a fool for ever expecting an "easy" climb. I put my team in danger from my inexperience. Thanks to the spirit of OSAT, our climb was not a "failure". I felt our focus on the climb rather than the summit.

"Wherever you go, there you are," — Thoreau

Falling

by Kim G

Flat ground has been my nemesis..give me a hill, cliff or glacier any time..but forget the flat, level, ground. It's an accident waiting to happen for me. Example: It's a beautiful November morning as Sally C., Merry O. and I start on the trail up to Pratt Lake. . . The suns shining and it's going to be a great hike.

Picture this if you will..a serene setting of a waterfall, a pool of water gurgling down as a stream. Merry says a picture would be nice..so, I trot smack dab into the middle of stream.

Hey, it's only an inch of water. GUESS WHAT . . . slime

"...the rocks at the bottom of the streambed are slimed with slime. Slippery as snot as they say in Montana"

... the rocks at the bottom of the streambed are slimed with slime. Slippery as snot is what they say in Montana. AND smack, I land full force on my knees and spread eagle into the water.

As I lay there, my mind races..did I shatter my knee..I can't move..it's funny to see Sally and Merry try to drag my ass out. As I lay spread eagle, the frigid mountain waters begin to cascade over me and I wonder if I'll just freeze to death. Much better than feeling this knee thing, pain, stuff. I'm finally hauled out and tears squeeze out of my eyes. Boy, oh, boy does this feel good. As good MOFA students, Sally immediately hands me something dry and warm to sit on. Merry tries to take my pack off but I say no, let me suffer as I am.

They watch me carefully. Any signs of swelling..bleeding..insanity. No to all the items except perhaps the last..which was apparent before the accident. We all agree that even though I'm feeling better a trip down would be in order just in case the knee gets worse.

As we descend TONS of hikers pass us the other way. Hey, they ask, did you already summit? Merry and Sally are kind enough not to blurt out that klutzo in front took a nose dive..so I just smile and tell them we had an encounter with a wild stream bed.

My body is repairing itself. Although I found some other injuries, I'm sure I'll live. I sure am glad I had my buddies there to help. As we all should remember, always hike with someone else..oh, and stay away from flat ground.

KCMDS

*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*

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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.