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

“To provide a clean and sober environment for members and friends of 12-step recovery groups, to participate in outdoor and social events in the spirit of conservation, preservation, and ecology.”

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

Can you name the peak above?

**Pay your Dues!** If you have not renewed your membership this year then you will not be able to participate in all the cool stuff that is going to happen this year, and we wouldn't want that!

**A Heavy Si for New Years by Bob D**

After a great breakfast of hash browns and eggs, I went into my home office to clean up the place and reorganize my stuff. (This is an ongoing battle with me.) It was Monday the day before new years, and it was a four-day weekend for me. (I just love four-day weekends.) I turned on my computer to get some tunes going, and check my e-mail.

To my surprise there was mail from e-groups and a note from the lovely Nancy Thorpe inviting anyone who was spontaneous in nature or like minded to join her and Bill to camp over night on the top of Mt. Si. They were planning to howl at the moon, and welcome in the New Year. “Hey, I could do that”. I said to my computer. I had just picked up a new zero degree sleeping bag, but I wasn't sure if I had the rest of the stuff I needed to survive. I called Bill and told him that I was thinking about going, but I didn't want to commit just then and that I'd call him back. “Hum,” did I really want to give up a nice warm bed to sleep on the snow? Was I in good enough shape to keep up with real OSAT people? I called my wife Karen at work and asked what she thought about being alone on New Years Eve. And if it was ok, I'd take her out to dinner at a nice Italian restaurant in North Bend where everyone was supposed to meet. No problem. (She loves going out to dinner) “Are you guys really going to climb a mountain in the dark?” she asked. “Yeah, they do this kind of stuff all the time” I said. “You're crazy.” she said. “I know” I said, “I'll see you tonight ok.” Well that was done. Now I had to go to the basement and check through a pile of camping gear, that hadn't been used since the kids were in boy scouts. I found my old pup tent, and it was still in one piece. I needed to find some stakes for it, but I think I have some big nails out in the shop. OK, now it was time to call Bill back and commit or back out. I called Bill and

**Los Seis Amigos y los Volcanes de Ecuador**

Lori, Kathy H, John M, Pete, Rod and Rik spent two exciting weeks south of the equator in February. The trip, which was organized by 2001 glacier course student Dick B who subsequently had to drop out, was in the planning stages for six months. We made a number of climbs together during the fall and winter getting ready for the trip. Preparations were capped off at the final meeting before our departure where we were treated to Shirley's

**Paragliding—September 2001**

As the truck drives you up the mountain over the rocky bumps of the logging road, your stomach carries all the anxiety of the evening, mostly excitement with a faint tint of fear knowing that anything can happen. The weather is windy, overcast and there is a definite chill on the breeze. The air is crisp, clean and cool but it feels good as your body temperature rises in anticipation of what is to come.

The truck drops you off and you walk the short distance to “the zone.” You crest the hill and all of a sudden you find yourself peering over the edge of the mountain into the valley 1400 feet below. The breeze is a bit stronger up here as the mountainside creates the perfect stage for the wind to embrace and dance upon as it flows upward and over the mountain with a care-free spirit.

The pilot calls your name and in that instant you realize you have entrusted your very life to a total stranger. Your only recourse is to put full faith in Gods protection and in the perceived experience of a pilot who has flown hundreds upon hundreds of times. A quick look and you notice that he still has all arms and legs and is not in a full body cast, so you relax just a bit knowing that he is still alive after so many flights.

Then you harness up, a click of a belt here, another fastener there and two very small clasps connect you to the “wing.” They call it a wing but there are no bars or poles or rigid components, it is simply a half parachute connected to you by a series of colorful nylon strings. Majestic and beautiful - a bright red and white as it flows gently in the breeze. It weighs less than 40 pounds and yet it has the ability to lift two full grown adults thousands of feet into the air.

You are harnessed up and ready to go. You stand on the edge of the cliff looking

told him he could count on me going and that Karen and I would meet them at Jay Berry's for dinner, but Karen wouldn't be going up the hill with us. (Because she's not crazy.) I spent the rest of the day checking and re-checking my pack because I didn't want to die on the top of Mt. Si, and also because I hadn't done any backpack camping for about twelve years and never in the snow.

We were the first to arrive at the restaurant, and so we held a table for about twelve people because OSAT people love doing this kinda stuff. Bill and Nancy showed up about ten minutes later. We waited for a while but no one else showed, so we ordered and had a great time eating our Italian dinner and talked about all kinds of stuff. (You ever notice what a neat couple Bill and Nancy are?) After dinner I said my good-bys to the wife, grabbed my pack and piled into the back of Bill's car. At the trailhead we were the only car in the parking lot. I kept thinking where are all the other OSAT people? We got all suited up and in a group hug we said the traditional serenity prayer and up the trail we started. There as virtually no wind when we started up the trail. Bill led the way with Nancy and I behind. Hiking in the woods, in the dark was something I've always felt to be against the rules of good judgment, but the more I do it, I've begun to feel it just part of the experience. I had this song from Harry Nilsson called the Moonbeam Song going through my head, and Nancy and I were trying to figure out the words and sing the song as we went up the trail. Bill must have thought we were nuts. About two thirds the way up, snow had hardened in the trail so Nancy and I put on our in-step crampons. Bill had done a very interesting trick with his hiking boots. By putting small sheet metal screws into his soles of his boots, they worked like corked logging boots and he had no problem making his way across the ice. By the time we reached the top, the wind was howling. I don't know the speed, but it was enough to knock you down if you weren't careful. We made it to this little gully on top of the mountain just below the haystack where the wind was much calmer and looked for a place to set up our tents. The snow here was about two feet deep. We started setting up our tents when who walks into camp but Dave Shifler. I didn't recognize him at first. I just saw this tall figure staring at us with the screaming wind behind him like some mountain banshee. He found a place to plop his gear down and we all decided we better make it to a spot below the haystack to view the fireworks as it was nearing twelve

o clock. We had to be careful when crossing over the bare spot above our camp because the wind was blowing so hard. We kind of went from rock to rock until we all got behind this great big rock that buffered us from the wind. The view was incredible. We could see all the way to Seattle and straight down into North Bend. At midnight the fireworks started and we all wished each other a happy new year. After about twenty minutes or so we made our way back to camp and finished setting up the tents. Bill got his stove going and Nancy made some tea. I couldn't believe how good it tasted Dave brought along this little bivey tent to sleep in. I must say here that Dave is one tough guy. There is no way I would want to stay in this little sleeping bag/ tent combo unless it was total survival. But he was perfectly happy spending the night in it. We all got into our tents about one thirty. It felt good to get in out of the wind, but with the roar of it screaming through the treetops and the lumpy snow under my tent I didn't fall a sleep until way early in the morning. At around nine o'clock our first visitors arrived. It was Ralph and Tom Morgan. I was still in my tent so I never met either of them but it was nice to know that all the OSATers would soon be arriving. Lori even sent me up a crispy cream via Sherpa Russell. It was a great gathering, I took lots of pictures, and there were lots of hugs going around, I must say I have never been associated with a better group of people in my whole life. We pack up our stuff and headed back down the mountain. What started out to be a kind of shaky, uncomfortable commitment at the beginning turned out to be a very wonderful and real experience at the end.  
Thank You OSAT Bob D



**Haystack Rock on Mount Si**

## **Windy, Wet, and.....Wonderful!**

### **OSAT Turns 11 on Tiger Mountain**

*By Chris N.*

Thursday, April 11 marked the 11th Anniversary of OSAT and OSAT's tradition of Tiger Mountain meetings. Despite heavy rain and winds, over 25 intrepid souls made their way to the top for the 7 p.m. meeting. Although the weather was typical for the first outdoor Thursday meeting of the season, this in no way dampened the spirits of those in attendance.

Highlights included a large beautiful cake, with a mountain motif of course, strapped to a pack and carried to the top with care. As this was the 2nd Thursday of the month, OSAT coins were circulated totaling over 40 years of sobriety. In attendance on this particular evening were four members who were also present at OSAT's first ever Tiger Mountain meeting. We were also happy to welcome three individuals attending their first ever Tiger Mountain meeting.

Memories of our founder, early members, and transformed lives were enjoyed by all, ever-present reminders that we can do together what we cannot do alone.

**If you would like to have an OSAT event partially or fully funded by OSAT, please contact the BOTS and the Activities Committee with your proposal. Aid may be available.**

## OSAT QUICK-REFERENCE

### Board of Trusted Servants (BOTS)

Dave S.	425-557-9931	<i>Shiftyd1@juno.com</i>
Mike R.	206-634-1583	<i>mikerobb@aol.com</i>
Nancy T.	206-523-0844	<i>nthorpee@juno.com</i>
Pete S.	253-475-5545	<i>petestaples@attbi.com</i>
Russell S.	425-753-3525	

### 12-Step Meeting Coordinators

Tino	253-826-1464	
Dave B.	425-353-8154	<i>dgbrown5@gte.net</i>
Tracy M	425-204-0168	<i>tracybruce@earthlink.net</i>

### Contact People

Activities:	Lori U.	425-430-8738	<i>Namaste2b@aol.com</i>
Activities Hotline:	Pat A.		<i>spamulino@yahoo.com</i>
Finance:	Teresa F.	425-353-8154	<i>tt.flynn@verizon.net</i>
Library:	Rob E.	206-718-6722	<i>rob@orcahome.com</i>
Membership:	Jane L	206 686-2927	<i>jane.lockwood@gettyimages.com</i>
OSAT East Coast:	John H.	617-641-3423	
Running:	Doug H.	425-271-5116	<i>dougnusue@aa.net</i>
Safety:	Dave N.	253-752-9214	<i>offbelay1@juno.com</i>
Service:	Tino/Dick D	253-826-1464	
Yodel:	Scott H.	425-346-9302	<i>yodel@osat.org</i>
Webmaster	David C. (Dax)	206-623-7857	<i>webmaster@osat.org</i>

**OSAT Club Meeting:** Monthly OSAT club meetings are held the second Wednesday of the month at 7:30pm. Located at 4545 Island Crest Way, take the Island Crest Way exit from I-90, the church is 1.6 miles south of the freeway, on the right. The meeting is held in classroom #1, upstairs on the north end of the building.

### **OSAT 12-Step Meeting Locations:**

**Tiger Mountain** Time: Thursdays @ 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 to use the cable line trail, or in the upper parking lot to use the regular trail (recommended for first-timers).

— Thursday Contact: Tino    Sunday Contact: Tracy M

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 @ 7:30 pm    Meet at trailhead at 7pm

Location: Take I-5 to Northgate, take the Northgate Way exit, and head west. Keep going past Hwy 99. When you cross Greenwood, Northgate Way changes to Holman Rd. A block or two later, look for QFC, and travel through the parking lot. You'll find 100th and 6th. Park near there at the Carkeek Park trailhead parking lot. The group meets there at 7 pm and 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. If you drive, you can park down by the beach and the meeting starts when the walkers get there, usually around 7:20pm.

Contact: Dave B.

### **OSAT Telephone Numbers**

There are two main phone numbers for OSAT...a general info number where you can leave a message to have a person follow up with your questions and an Activities Hotline number where you can find out where the OSAT meetings are held, the contact people's numbers for those meetings and also be able to leave a message for follow up with a member.

General Info	206 686-2927
Activities	206 686-2926

When you call the hotline, enter pass-code 9674. Then follow the prompts...

**Handling the OSAT E-List:** Tips guaranteed to help you use the OSAT Email list effectively:

#### **UNSUBSCRIBING:**

Send a blank email to: **osat-unsubscribe@egroups.com**

#### **SUBSCRIBING:**

Send a blank email to: **osat-subscribe@egroups.com**

**POSTING:** (Use discretion: remember we ALL get the email.) Send your message to: **osat@egroups.com**

“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

## CROSS COUNTRY SKI DAY *by Robyn Smith*

I recently returned from Costa Rica. After suffering a little bit of "reverse culture shock," "post-vacation letdown," "seasonal affective disorder," and a bunch of other cold weather neuroses, I found my cure for this lethargy: the OSAT activity calendar!

The listing for March 2 said "cross country ski day". I took the OSAT cross-country ski course last year and remembered thoroughly enjoying it, so I emailed Pete S. to invite myself on this trip.

Karen R. and I met Pete at the Safeway parking lot in North Bend, shortly followed by Bill L. and Ken M., for a trip to Cabin Creek, off Exit 63 on I-90. Cabin Creek is very popular, because it's close, it has two loop trails, and it's close to Amablis Mountain, in case someone feels like working on long uphill and long downhill technique. Although it was a beautiful day, the trail didn't seem too crowded.

Since I hadn't been cross-country skiing in over a year (was snow-shoeing instead), and wasn't sure how much I'd remember, we decided to spend a little time on the flats getting our "ski legs" before we tried one of the loops. It didn't take long. Karen picked up where she'd left off right away, and I did much better than I expected!

Ken and Bill took off for more challenging terrain while we practiced, and we all met for lunch and a photo session after about an hour of

wonderful early spring skiing under almost perfect (I thought) conditions. My skis were too short for me, so I couldn't glide very well. That seemed like a minor problem to me, because I am still learning controlled turns and was comfortable on shorter skis. They reminded me of the old GLM days of trying to learn downhill skiing, about 20 years and another lifetime ago.

After lunch, we all went around one of the loop trails and had a great day! Everyone fell at least once (yes, you can fall on cross-country skis, didn't anyone tell you?) No one had any real problems, except for Pete, who had to stop and duct tape his new skis because an edge came off. He was able to ski the rest of the day, but let's hope he can get a full refund for those lemons, if that's what you call the ski equivalent of a bad car.

We topped off our day with a dinner at the Italian restaurant in North Bend, and lots of good stories. What a great day!



## Safety Committee Meeting for February 25, 2002

This regularly scheduled meeting was held at Providence Hospital, Emile Gammlin Room. Those in attendance were the Chair Dave N. and members Doug H. and Roy O. (new member). Also in attendance as observers were Ron's two children.

The meeting was brought to order at approximately 7:00pm. The areas of discussion were to consider the last months work on the Incident Guidelines and making them presentable for the BOTS, and to work on The Mutual Responsibilities Protocol.

The Guidelines for incident & Accident Review & Investigation as previously written were reviewed and some consensus was made to present them to the BOTS as written. (?)

We followed with working on the Mutual Responsibilities Protocol and discussed what it should consist of and came up with four (4) areas that we felt were needed. As a note - it was decided that these areas of Mutual Concern pertained to communications between the Safety Committee, the BOTS, The Glacier

It was agreed that Roy would talk to the Glacier Climbing Course if the event that Doug could not, due to impending travels arrangements.

With the conclusion of discussing these matters and deciding to meet again in one month on the 25th of March, 2002 the meeting was closed.

Climbing Course and another courses as they develop and as necessary such as a Leadership Course or Lead Rock Climbing Course.

The Safety Committee's Responsibilities would be -  
1. Provide representation for and to the Glacier Climbing Course and any other Courses as necessary.  
2. Provide constructive feedback regarding safety issues and provide updated policy changes to the Glacier Climbing Course, (etc.) and the Club in general.

The Course's Responsibilities would be -  
1. To provide all relevant information regarding the curriculum, including changes during the duration of the course, such as training methods, number of instructors, etc.  
2. Provide information regarding problems, incidents, accidents or any areas of concern that may occur during the duration of the course.

Responsibilities for tasks during the time between meetings we divvied up.

### THE 2002 GLACIER CLIMBING COURSE COMMITTEE

Brian C. (Chair)	425-774-9535	climberx@earthlink.net
Bruce M	425-204-0168	bmahan@approachms.com
Meredyth (V. Chair)	425-347-5126	mgiven@ashmeadcollege.com
Rik A.	206-232-8908	rikanderson@yahoo.com
Tracy M.	425-204-0168	tracym@boxmaker.com
Wendy N.	206-706-3242	faithnofear@yahoo.com
Will A.	425-822-0988	willtrek@msn.com
Chris N.	206-706-3242	cnewmanc@attbi.com
Kathy H.	425-486-5113	kgooutside@aol.com
Doug D.	425-770-5233	doug Dickens43@hotmail.com

### OSAT Traditions

- 1) Every OSAT activity has a designated leader. The leader makes the decision as to who is qualified for the activity. This decision must be based on principles and not personalities.
- 2) Alcohol and illegal drugs are not allowed on any OSAT activity.
- 3) Party members are not to separate from the group without prior permission of the activity leader.
- 4) An OSAT leader should have completed a MOFA course or ensure that at least one participant in the activity has done so.
- 5) When in a wilderness area, each party member will carry the 10 essentials.
- 6) Outdoor activities start with the Serenity Prayer while holding hands in a circle.
- 7) Each OSAT glacier climb will have at least two rope teams that include a person with crevasse rescue training.
- 8) Anyone can volunteer to lead an activity, even a technical climb. As leader, you should be certain that everyone on that activity has signed a Release and Indemnity Agreement. As a participant, you may want to "qualify" your leader.
- 9) Party size for OSAT activities will adhere to the rules of the appropriate jurisdiction.

### GREENLAKE RUN!

If you love running, walking, rollerblading, or any other form of exercise, we meet at Greenlake every **Wednesday**, at **5:30 PM** near the drinking fountains near the boathouse (on the south and slightly west side of the lake). Call **Doug H (425) 271-5116** or **Dick W (425) 339-3751** for info or email [dougsue@mindspring.com](mailto:dougsue@mindspring.com)

### Yodel Staff

If you want an electronic copy of the Yodel, or have a question about your subscription, send email to: [memberships@osat.org](mailto:memberships@osat.org), (please only send editorial questions to [yodel@osat.org](mailto:yodel@osat.org))

**Editor:** Scott H (425) 346-9302 [yodel@osat.org](mailto:yodel@osat.org)

**Printing & Distribution:** Tim W.

[Sluggertimm@yahoo.com](mailto:Sluggertimm@yahoo.com)

**Memberships & Mailing List:** Bob L.  
206-543-8142 [memberships@osat.org](mailto:memberships@osat.org)

### How to Contribute

**The deadline for April Yodel:**

March 10, 2001

Via Email: [yodel@osat.org](mailto:yodel@osat.org)

Via FAX: (by arrangement)

You are **strongly** encouraged to submit your contributions via electronic mail. If you can't do this, contact Scott H for mailing instructions.

## OSAT EVENT CALENDAR



Want to lead a trip? Call/Email it to us and we'll list it: [yodel@osat.org](mailto:yodel@osat.org)

### REGULAR OSAT EVENTS:

**Dinner and a Movie:** Third Friday of every month. Call Bob L. for details 206-310-2896

### Message from Lori U. our Activities Chair:

More activities will be posted in upcoming yodels.

Please respect these following courtesies when signing up for an event. Call leader for sign up and particulars about event (i.e. directions and equipment.)

### May

- 11 Mt. Ellinor 6 miles RT, 2,500 ft. Gain. SLOSAT Kathy O'Toole 253-927-7267 (h) or 253-765-7026 (w). or [kotoole@wa.nea.org](mailto:kotoole@wa.nea.org)
- 17 The Tooth Hike and Rock climb. Leader Sean W. 425.670.2542
- 25-27 Glacier Peak Russell S. 206.340.7114.
- 27 Hinkhouse Peak Leader Rik A. 206.232.8908

### June

- 1-2 Mt Adams. Leaders Sean W. 425.670.2542 and Brian C. 425.774.9535
- 8 Guye Peak, SLOSAT. Limit 8. Kathy O'Toole 253-927-7267 (h) or 253-765-7026 (w). or [kotoole@wa.nea.org](mailto:kotoole@wa.nea.org)
- 8-9 Colchuck NW route. Leader. Ralph L. 206.783.6345
- 15 Colchuck Day climb. Leader Brian C. 425.774.9535
- 22-23 Mt Baker Leader Brian C. 425.774.9535
- 22-23 Mt Baker Coleman/Deming Route limit 8 Chris N 206-706-3242  
Glacier travel experience required
- 26-30 Mt Rainier via Tahoma Glacier. Leader Rik A. 206.232.8908

### July

- 5-7 Black Tusk (Canada) Leader Rik A. 206.232.8908
- 20 Lane Peak 7 miles, 2500' gain. Helmets suggested. Kathy O'Toole 253-927-7267 (h) or 253-765-7026 (w) or [kotoole@wa.nea.org](mailto:kotoole@wa.nea.org)
- 27-28 Little Tahoma Leader Brian C. 425.774.9535  
Please note that the signups for the above climbs do not start until 60 days before climb. Do not call before then.

### August

- 3 Echo Rock 12 miles, 3300' gain. Moderate pace. Kathy O'Toole 253-927-7267 (h) or 253-765-7026 (w). or [kotoole@wa.nea.org](mailto:kotoole@wa.nea.org)
- 4 4th Annual OSAT picnic at Golden Gardens
- 9-11 Seattle to Vancouver BC bike ride. RSVP Leader Mike P. 253.854.3016
- 10-11 Forbidden. W. Ridge Leader Sean W. 425.670.2542
- 17 Tamasos Mountain 11 miles, 3000' gain. Kathy O'Toole 253-927-7267 (h) or 253-765-7026 (w). or [kotoole@wa.nea.org](mailto:kotoole@wa.nea.org)
- 31 - Sept 2  
Mount Curtis Gilbert 17 miles, 4200' gain Kathy O'Toole 253-927-7267 (h) or 253-765-7026 (w). or [kotoole@wa.nea.org](mailto:kotoole@wa.nea.org)

### September

- 14 Lightning Peak 5 miles, 3900' gain. Exploratory. Kathy O'Toole 253-927-7267 (h) or 253-765-7026 (w). or [kotoole@wa.nea.org](mailto:kotoole@wa.nea.org)
- 28 Mount Defiance 9 miles, 3400' gain. Kathy O'Toole 253-927-7267 (h) or 253-765-7026 (w). or [kotoole@wa.nea.org](mailto:kotoole@wa.nea.org)

## Paragliding (con't from Page 1)

down into the valley below. People look like little stick pins and cars are no bigger than a matchbox toy. The pilot yells "stride, stride, stride" and your off and running towards the edge of the cliff praying for Gods mercy. Before you reach the edge you find yourself running like a mad man in thin air and you realize that you have just ascended 20 feet in a matter of seconds, you are completely airborne now. Up and Up you go, seconds later you are soaring a hundred feet above the launch zone.

As the wing carries you on the wind high above the world below, your dream has finally come true. You are now flying high, free as a bird 1500 feet in the air. You are amazed at the stability of the wing full of that mighty precious wind and you are now able to relax, the anxiety and exhilaration you felt as you prepared for take off, is rewarded a hundred fold as you sit back in flight and realize that you have now joined the ranks of the majestic eagle and the fearless hawk.

It doesn't even seem as though you are attached to anything, it feels like you are just drifting high above it all with wings of your own. The only sound you hear is the wind rushing past you, the only thing you see is the beautiful valley below, the mountains in the distance and the mighty Lake Washington on the horizon. What you feel is complete exhilaration, ecstasy and excitement. Freely on the wind you soar effortlessly, soaking in this new and wonderful perspective on the beautiful landscape that God has so graciously provided for our enrichment. To truly see and feel what an eagle has been born unto, is truly a blessing indeed.

You pull left and banking into a left turn you see the mountainside full of trees and flowers, a pull on the right and you are banking to the right aligning yourself with the majesty of the beautiful Lake Washington you see it full size and in all of it's glory. You pass over the road-way 1200 feet above the cars; drivers looking on promising themselves that one day they to will attempt to do the same; how few will actually make the bold attempt to be free as an eagle.

Slowly and steadily you direct the wing to drift down, 1100 ft, 900 ft, 500 ft....at 300 feet you glide your way over to the landing approach where you line up for the final decent. It's been 30 minutes in the air but it seems so brief and a slight sadness overtakes you knowing that this wonderful experience is soon coming to an end. You approach the bulls-eye and the pilot yells "stride stride stride" and so you touch down and with a few long strides you are now on solid ground standing there as the crowd cheers you on and congratulates you, your journey on eagles wings successfully has come to a close. You thank the Lord for his safe keeping as you smile, knowing you have experienced something that few others ever will; Complete freedom.

I now understand what the Eagle and the Hawk feel like. To be as free as a bird has always been a life long dream. I honestly believe I have come as close as humanly possible to fly as a bird.

Next stop, Whistler Mountain, 6,000 feet..... I can't wait. (OK, so maybe I should learn to fly solo first)

*Rodney Turner*

## Los Seis Amigos y los Volcanes de Ecuador (con't from Page 1)

show of the Ecuador trip she made ten years ago with Jimmy, Charlie, and Dick; our anticipation quotient was passing 12 on a scale of 10 when we finally departed for Quito.

We were treated to two weeks of Spanglish, as we worked through the challenge of communicating with many helpful Ecuadorians, from the family who ran the hostel in Machachi to the hospital staff who helped John recover from his scrape with HAPE to bus drivers and restaurant workers. This was an adventure that will stay with us for years to come.

Climbing the big volcanoes in Ecuador is not an expedition-type of experience. Its more like a series of enjoyable weekend club climbs, with the added attraction (and challenge) that the peaks are all over 15,000 ft in elevation, and between climbs you have time to take in the delights (and challenges) of a different culture.

We began with a day hike of Guagua Pichincha, a recently-active volcano immediately west of Quito. Our guide dropped us off well before the end of the road, so we got in a full 2500+ vertical, beginning at over 13,000 ft. We took pictures of our altimeter watches as we passed Mt. Rainier (14,410) before we even got to the parking lot at the Refugio. The surrounding countryside was a lush cultivated valley, and the hike from the refugio to the 15,728 ft. summit provided us views into the crater and a little scrambling near the top.

The next climb was Iliniza Sur. The plan to have some of us on Iliniza Norte and some on Sur was changed at the last minute when Kathy had to return to our Machachi hostel due to a lung infection she imported to Ecuador from Seattle. The two hour hike to the comfortable refugio was made relatively easy by the fact that we elected to hire horses to bring up our gear. Iliniza Sur lived up to its reputation as the most accessible steep glacier climbing in Ecuador, with a couple of sections of 45+ degree ice.

## THE GEAR CLOSET

*By Chris N.*

### **Petzl Zoom Headlamp**

If you own and use a Petzl Zoom (or any headlamp), you'll want to make sure that it works when it is supposed to. I have used a Zoom headlamp for many trouble free years, until recently. Having cautioned many Glacier Climbing Course students to be sure that their equipment is in working order before heading out on a climb, I often check my own to be sure that it will perform when needed, including this trip.

As our group left Ingraham Flats last summer, in the dead of night, my headlamp refused to put out light. So, I changed the battery. No luck. I figured a new bulb would then solve the problem. No luck. Fortunately I was able to borrow a spare headlamp for the summit climb, something that rarely happens.

If you own one of these headlamps, CHECK THE WIRING. I found that the problem was a kinked and severed power wire. The wire in question severed at the point where the wire sheath enters the battery housing. After much use, these wires had been bent so many times in this position that one had finally become separated. Because these wires are encased in a rubber sheath, the damage was invisible.

To prevent this problem, simply move the rubber sheath slightly into the battery housing occasionally. This will help keep the wire from bending (and eventually severing) in the same place. If you have had the headlamp for a while, it might not be a bad idea to cut into the rubber sheath to check the condition of the wires at that particular point. If the wires seem thin and near separation, it's a good idea to cut and re-splice them. Just make sure the splice doesn't end up at the same point. This invisible problem could mean the difference between a summit attempt and bidding your climbing friends farewell as they head out.

Even if you've just installed a new battery, these headlamps can turn on inadvertently and drain the battery. Always carry a spare battery and bulb, and be sure to check both before you head out.





# Treasurers Report

Teresa J.

## TREASURERS REPORT FOR Q1 2002

Period ending 3/31/02

Beginning Balance 1/1/02 5,381.84

### INCOME

Memberships	1,182.00
Sales	289.00
Climb Course	1,125.00
Donations	401.78
Total Income	2,997.78

### EXPENSES

Bank Charge	20.00
Internet Access	15.00
Misc. (V.World)	294.88
Misc supplies	56.07
Osat X Party Supp	96.82
Postage	151.34
Print Expenses	237.88
Telephone	151.65
Web Domain	58.00

Total Expenses (1,081.64)

**ENDING BALANCE 7,297.98**

Financial Statement Prepared by:  
Teresa C. Flynn  
April 8, 2002

Los Seis Amigos y los Volcanes de Ecuador (con't from Page 1)

We trusted our crampons and our French technique, and didn't have to put in any of the ice screws we brought, but were glad for the ice climbing brush-up we did on Coleman Glacier last Fall. The 2,000 feet of climbing to the summit took over four hours. Sitting on the 17,267 ft. summit we surveyed our next objective, the beautiful Cotopaxi.

After celebrating Mardi Gras in Machachi, complete with water balloon battles and a volleyball game at 10,200 ft. elevation, we headed for Ecuador's most popular climb. The second highest peak in the country is a seemingly perfect cone, reminiscent of Mt. Fuji, but over 7000 ft higher. The Land Rovers were parked at 15,100, and we scrambled up the scree slope to Jose Ribas Refugio at 15,750. We had the route to ourselves the next morning, and saw the shadow of the mountain stretch to the west and touch the Ilinizas. To the south we saw Chimborazo, Ecuador's high point, and Tungurahua which let off a steam explosion while we were watching. Tungurahua was the highest Ecuadorian summit attained by the 1992 OSAT group, but is now off limits as it has been erupting since late 1999. John was "feeling run down" prior to the Cotopaxi climb, and we should have been asking him more questions about his condition when he was late getting to the Refugio the day before. When we returned from Cotopaxi's 19,347 ft. summit, we found John suffering from HAPE and in need of immediate evacuation down the mountain.

The rush to the hospital was a bit more adventure than we had bargained for, so only Rod and Pete elected to make an attempt on the big one, Chimborazo. They only made it as far as the base of the glacier on Chimbo', where the party was beaten back by rock fall and high winds. Meanwhile, Rik, Kathy, and Lori took a day hike down into the lovely Pululahua Crater, a caldera that supports a farming population of around 300 in a quiet oasis not far from the hustle and bustle of Quito. A couple of days later Pete, Kathy and Rik escaped the smog of Quito

on an excursion to the Cayambe Refugio, another comfortable climber accommodation at over 15,000 ft. that provides the base camp for a climb to just below 19,000ft. right on the equator. Of course there was much more to this trip than just climbing. Among memorable experiences were the markets, museums, Mardi Gras, bus rides, a wide variety of restaurants (Pete and Rod even tried cuy – guinea pig – for dinner one night), and health care in a developing country. We had it all, and enjoyed most of it. Kathy and Lori added a cruise in

### CALENDAR OF FIELD TRIPS, WORKSHOPS & SEMINARS FOR THE 2002 GLACIER CLIMBING COURSE

Students must attend each of the activities listed below, except only one ice axe training practice, one glacier travel and only one Camp Muir conditioner is required.

**All students who want to climb Mt. Rainier must attend the following:**

Camp Muir Conditioning Hike	May 11	All day	Mt. Rainier
Camp Muir Conditioning Hike	May 12	All day	Mt. Rainier
Glacier Travel Field Trip	May 18-19	Overnight	Alpental
Camp Muir Conditioning Hike	May 18	All day	Mt. Rainier
Camp Muir Conditioning Hike	May 25	All day	Mt. Rainier
Crevasse Rescue Seminar	June 5	6 – 8:30 pm	Downtown REI
Crevasse Rescue Field Trip	June 8-9	2 days	Mt. Baker
Mt. Rainier Climbs	July 12-14	3 days	Mt. Rainier
Mt. Rainier Climbs	July 20-22	3 days	Mt. Rainier

the Galapagos to unwind from the exertions in the high country. Anyone thinking about an international climbing trip would do well to consider Ecuador's volcanoes high on their list. If you do, let us know...we still have to take another shot at Chimbo'!

**KCMADS – Pedro, Rikardo, Rodreguez, Katerina, Lorrta, and Juan**

# The Yodel

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19" frame, new Rapidfire shifters, many XT components, SPD pedals, great tires. A trusty steed indeed. \$250 o.b.o.

**Brand-new Patagonia Direct-X Jacket**  
Size XL, Blue, Triple-layer waterproof breathable material. Ideal for NW climbing. \$100  
Chris N. (206) 706-3242

## PHOTO OF THE MONTH

Something new & cool!

Send us your images to [yodel@osat.org](mailto:yodel@osat.org) and we'll have the editors vote for the best one and post it here each Yodel!



**Where:** North Twin Sister  
**When:** Sunday April 28, 2002  
**Who:** Scott H