

# The Yodel

P.O. Box 6461  
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# The Yodel

Volume 11, issue 1

Keep climbing mountains and don't slip!

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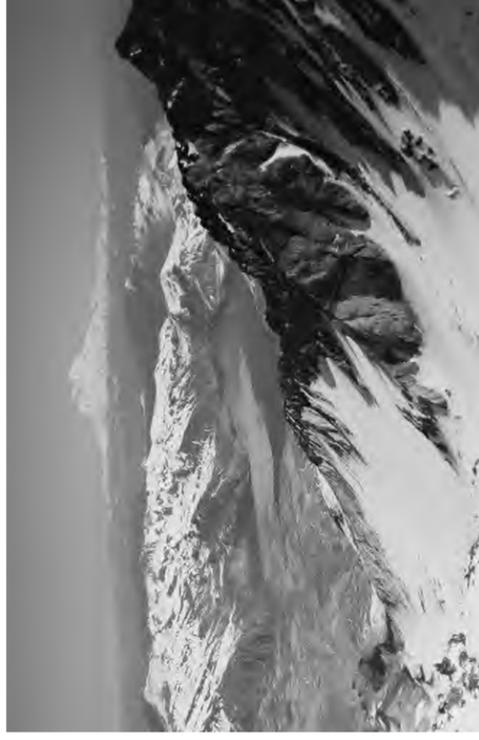
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## PHOTO OF THE MONTH



Where:

When:

Photo by:

Send your pictures to [yodel@osat.org](mailto:yodel@osat.org), and the editor will post the best one in each month's Yodel.

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## Hinkhouse Peak

By Tom D., edited by Rik A.

Hinkhouse Peak. The name alone drew me to this mountain. Not just because of the value and the hard work that several OSAT members put forth to petition Olympia in order to have this mountain named after the founder of OSAT. Possibly I looked at this mountain as a rite of passage to become a member of this club, because the OSAT club has been a great addition to my new-found life. This mountain had been calling me from the first time I heard of Hinkhouse Peak.

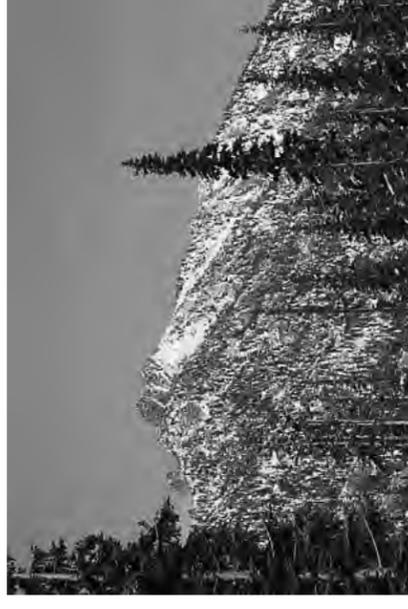
I signed up for the climb in 2003, but I had to cancel at the last minute because work and family needed my attention.

When Rik posted that he was going to lead the 2004 climb, I was probably one of the first to sign up.

One web site mentions that at one time Hinkhouse Peak was called the Fickle Finger. Knowing this I was able to spot the mountain as the car was approaching the summit of Washington Pass. After seeing the mountain for the first time, my desire to stand on top became even stronger.

The weather report for our Memorial Day weekend climb called for rain and the pass report indicated 2' of snow at the base of Hinkhouse Peak.

Having heard this information, we made the decision to bring crampons and I made my



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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,

6 – 16 – 04

**Location: Mike & Jane's place**

Bots members present: Mike P, Robyn S, Bruce, Tino

Members present: Jane P, Dax, Jane, Teresa,

Mike read minutes from last meeting.

No club meeting July, August.

Teresa will confirm this.

Minutes approved

**Old Business:**

Vests: 12 people are interested == Teresa is negotiating to get them made.

Trail work Party: Tino & Scott were the only ones to show up to the last one. We can have another anytime. Maybe after a Sunday meeting would be a good time. (Captive audience).

CPR class: Robyn was the only OSAT'er to show. Reported it was a good class put on by a good trainer.

**New Business:**

Dax presented the OSAT Website report for the BOTS

Lori will check into Debit on line services on line.

Teresa will check with our bank.

January we can move over to the new system.

Vote needs to be taken approving Dax's changes to the Website.

Dax needs \$49.95 to get started.

**Jane's report on membership:**

- This is our busiest year.

- 165 current members.

- Revenue is down

- New membership is down 50% this year.

- 2003 70 new members (Rainer?)

- 2004 36 new members (no Rainer?)

- 25 people have been members for 14 years.

- Questioner or phone calls to former members to find out why they don't come around as much? Include any input on the club positive or negative.

Bruce suggested we have the bots meeting at 7:30 since we don't seem to get started until then anyway. Voted on and approved.

Jane, Bob, Dax and Lori will get together to go over membership database.

Dax suggested that Tino is our PR man. Yodels are printed extra for promotion.

**Teresa's report:**

Tee shirts \$388, \$323 expenditures approved. \$150, \$50, \$400.

Thank you cards for donations.

Meeting closed in the usual manner at 9:30pm.

*Respectfully submitted by Bruce M.*

*Typed by Mike P.*



house Peak, Sourdough, etc., contact Rik A.

**June**

- 3 "Twelfth Night" at Redmond Towne Center, (an evening of culcha) contact Lori U. or Karen D.

- 5-6 Glacier Peak, contact Russell S.

- 19 Tour De Blast

- 21-22 Mt. Constance, contact Russell S.

- 26-28 Necklace Valley, contact Russell S. or Nancy T.

- 27 Coeur d'Alene Ironman USA, contact Kevin C.

**July**

- 17-18 STP bike ride, Seattle to Portland

- 24-25 Ross Lake kayak trip, contact Kathy H. or Rob C.

- 29 RAMROD bike ride around Mt. Rainier

**August**

- 1 Troika triathlon

- 8 Blue Angels bike ride, I-90 bridge

- 13-14 RSVP bike ride, Seattle to Vancouver B.C.

- 13-15 Ross Lake kayak trip, contact Steve M.

- 21-22 Mt. Adams from north side

- 29 OSAT picnic, Golden Gardens Park

Sometime in August – cycle to summit on I-90

- OSAT night at Safeco Field

**September**

- 4 Black Diamond ½ Ironman Triathlon, contact Kevin C.

- 11-12 Slate Peak climb and fossil hunt,

- 11-13 San Juan kayak trip, contact Bob D.

- 11 Black Hills triathlon

- 18-19 OSAT car camp, contact Lee W.

- 25-27 Trek Tri-Island bicycle ride, contact Mike P.

**October**

- 2 McClellan Butte, slosat climb, leader to be determined

**January**

- 1 New Years Day Mt. Si climb

- 17 Nookachamps Fun Run, Skagit Valley College

- 18 Camp Muir hike

- 23 OSAT night at Magnolia Speakers Meeting – come and support Dick and Terri.

Dinner at 6 at Louie's Chinese Restaurant.

Contact Lee W. at 206-465-4650 or email

[peakbagger3@comcast.net](mailto:peakbagger3@comcast.net)

- 31 Vertical World indoor climbing party 7-10

p.m., contact Jay M.

**February**

- 1 Nordic ski trip at Snoqualmie, contact Bill L., 206-780-8758

- 13 Ice skating party in Kent, 7:30 p.m., contact Mike P.

- 27 Ski day at Stevens Pass, contact Terri S.

- 28 Slosat snowshoe at Rainier, contact Rik A. 206-232-8908

- 29 Chilly Hilly bike ride around Bainbridge Island

**March**

- 6-7 Snow cave campout, contact Pete S.

- 13 St. Patrick's Day Dash

- 21 Slosat snowshoe trip, time and place to be determined, leader to be determined

**April**

- 3 Talent show and gear grab, contact Jim K.

- 8 Thursday night AA meeting goes back outside to Tiger Mt., starts at 7 p.m,

- 10-11 Mt. St Helens climb, kid friendly, contact

Chuck A.

- 24-25 Mt. St. Helens climb, leader and time to be determined.

**May**

- 1 Kaleetan Peak, contact Russell S.

- 21-22 Mt. Constance in Olympic Mtns., contact Russell S.

- 28-30 Washington Pass Weekend, climbs at Hink-

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"top-roped". That is, as you climb, you are attached to an almost taunt rope connected to someone anchored above you (i.e. on "top" of you). If you slip, the rope immediately stops you from falling. At worst, you might get a scrape or bruise.

However, in the Intermediate Class, you are taught to "lead". First, while top-roped, you learn to use and place protection, in the Intermediate Class, you are taught intermediate anchor points that will "protect" you from falling a long distance in case you do fall. Pitons are not used much any more, because they scar the rock. Instead special devices are used that can be easily wedged into cracks in the rock. Then, without being top-roped, you climb or "lead" a short distance up an easy rock face that starts from a flat spot. You find that it is much different than being top-roped. Of course, you are still "belayed" or protected from a serious fall by someone attached to the rope below you. Eventually, you get confidence that you are not going to fall and if you do, you won't fall far. Later, almost before you realize what is happening, you find yourself high above the ground, alternating leads with a partner.

On any pitch (the distance from one belay point to the next, usually the length of a rope), the person who climbs first takes nearly all of the risk. If the "leader" slips, the fall will be twice the distance from the last protection point plus the distance the rope stretches. This could be far enough to sustain a serious injury, especially if there are protruding ledges in the line of fall. During the first nine months of 1989, almost all my off-the-job energy was devoted to climbing. I increased my exercise regimen to get in better shape. I bought books and read about mountain climbing. I practiced knots and setting up anchors and belays. I went to lectures about mountain climbing. I taught at the Basic Class field trips. I even did affirmations about how good I was becoming at mountain climbing.

In early March, I decided to go to the field trips on

lead rock climbing to see how I would do. I bought a pair of rock shoes. I studied books on rock climbing and visualized myself as a Spiderman using the techniques I had read about in the books. I didn't practice, though. I decided I would just see how I did. I knew that some people do not pass these field trips. They were told to go home, practice, and try again next year. Most do not bother. They find a reason to drop out of the course. I told myself that if I didn't pass, it would be all right. So what if I wasn't cut out to be a rock climber - there were worse things that could happen. But at least I would learn something by trying. Maybe I would learn I didn't like rock climbing.

To my surprise I passed the field trips. It was traumatic, however. My first lead was an easy pitch with plenty of ledges and bucket holds. "Piece of cake", I muttered to my instructor, when he suggested I try it. I had climbed much harder routes

without any difficulty. The route couldn't possibly be a problem.

But much to my surprise, a few minutes later while standing on a ledge just ten feet from the ground, I found myself frantically looking for a place to put in some protection. Sweat poured from my brow. My mouth became sticky dry. My legs felt weak and wobbly. Thoughts of having a heart attack rushed through my head. I was one scared chicken.

But I got through it. Later, I started to enjoy the thrill of being on the edge. The "wine of rock climbing" I called it. I suspected it was addicting and chemically induced, probably by adrenaline, the body's natural reaction to fearful situations. I wasn't sure if I liked this high, but I was proud of my accomplishments.

I decided to get it over with as soon as possible, so it wouldn't be hanging over my head. During the year, I would try to complete everything except the ice-climbing requirements, - saving that to be enjoyed at my leisure. And that is what I did.

Of course, it relegated my goals about starting a new career to a distant second in priority.



## OSAT QUICK-REFERENCE

### Board of Trusted Servants (BOTS)

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Bruce M. 425-204-0168 [bmahan@pilchuck-usa.net](mailto:bmahan@pilchuck-usa.net)

### 12-Step Meeting Coordinators

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Dave B. 425-353-8154 [dgbroam5@gte.net](mailto:dgbroam5@gte.net)  
Tracy M. 425-204-0168 [tracybruce@earthlink.net](mailto:tracybruce@earthlink.net)

### Contact People

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Kevin C. 425-681-6141 [kcarrothers@comcast.net](mailto:kcarrothers@comcast.net)

Activities Hotline:

Finance: Teresa F. 425-353-8154 [tt.flynn@verizon.net](mailto:tt.flynn@verizon.net)  
Library: [library@osat.org](mailto:library@osat.org)  
206 686-2927

Membership: Jane L.

[jane.lockwood@gettyimages.com](mailto:jane.lockwood@gettyimages.com)

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Service: Lee W. 206-465-4650 [yodel@osat.org](mailto:yodel@osat.org)  
Yodel: Robyn S. 206-675-1036  
Webmaster:

David C. (Dax) 425-488-0424 [webmaster@osat.org](mailto:webmaster@osat.org)

OSAT Club Meeting: Monthly OSAT club meetings are held the second Wednesday of the month at 7:30 pm. 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 #6, upstairs.

### OSAT 12-Step Meeting Locations:

Issaquah IHOP: Time: Thursdays @ 7:30 pm (back to Tiger in April)  
Tiger Mountain: Time: Sundays @ 10:00 am

Location: The Tiger Mountain Trailhead is on the south (right) side of the High Point Way Exit (1st exit east of Issaquah) off I-90. Make a reverse U-turn onto the road parallel with the Interstate. Park as close as possible to the west end of the road 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 7 pm

### 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

**Handling the OSAT E-List:** Tips guaranteed to help you use the OSAT Email list effectively:  
**UNSUBSCRIBING:**  
Send a blank email to:

**osat-**  
**unsubscribe@yahoogroups.com**  
**SUBSCRIBING:**  
Send a blank email to:  
**osat-**  
**subscribe@yahoogroups.com**  
**POSTING:** (Use discretion: remember we ALL get the email.)  
Send your message to:  
**osat@yahoogroups.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



## Welcome Two New OSAT Members

On May 11, 2004, Mike and Elsa welcomed Louisa (right) into the world. She weighed in at 7lbs, 14 ounces, 20 inches long. Full head of light brown hair, and healthy as a horse. Thankfully this strong little package didn't come with crampons as she kicks like crazy and is already arm-wrestling her dad. She should be kicking steps to base camp and sweeping with the ice-axe by July. "All the best, and thanks for the well-wishes from you. -Miker"



On June 7th at 8:37 AM, Dax and Joanie welcomed Haven (left) into the world. He weighed in at 8 lbs, 15 oz and measured 20 1/4". His eyes were open almost as soon as he came out and his dad says he's been training since 3 months before his birth. "We look forward to him winning the 2022 Tour de France."

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Three hours later and near the summit, I really started to notice the heat. The wind had come to a complete stop. My eyes were stinging with sweat and sunscreen. I wiped them with my hanky and what I saw made me think I was back home at English Bay in Vancouver. There must have been forty or fifty people already there and way too many half-naked men lounging about there at the summit. "Stay focused...." I said to myself. I really wanted to see the other side of Mt St. Helens. I had pictures to take and a snack to eat. With caution, I dropped back down some in elevation to where I could safely look inside the crater without standing on the edge of a cornice or falling for a half-naked snowboarder.

When I could finally look safely inside the crater, I was blown away by what I saw. The view over the rim was stunning with the snow-covered lava dome, glacier, Spirit Lake and my first glimpse of Mt. Rainier's southern exposure.

I returned to my backpack for snacks and more pictures. There was the silly eating shot, the OSAT flag-at-summit shot, Kathy in her Goofy Disney summit hat, Jenna's summit shot with her cute little backpack and even a buck-naked skier shot (not an OSAT skier,... they're only half-naked,... did somebody say half-measures availed us nothing?). The skier went a short distance, wiped out, then wiped his tush and carried on down the mountain. The excitement now over, we all decided to head down. Doug and the skiers descended first, followed by the rest of the group. Doug REALLY enjoyed his ski down! I traveled down last with Karen and Russell. The snow was very soft again, so we got ready for some serious butt-sliding. Karen and Russell donned their best in Glad garment summit-wear, while I waxed my Helly Hansen's and rode them proudly. On my way down one butt-chute I spotted a grey box some distance ahead of me. As I slid on by it, I scooped up my newfound treasure. It was a camera... cool I thought. I could turn it in back at Jack's Grill I figured.

The three of us reached a real steep snow slope where I got double-black diamonds in my sunglasses and decided to

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## OSAT Club Meeting Minutes

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decision to fit my crampons to my plastic boots. Bill L even brought his skis.

But the Washington Pass weather monitor is evidently in the shadow of Liberty Bell, across the road from Hinkhouse Peak. So there was no need for skis, the base of the mountain had very little snow and most of the south-facing slope we were climbing was snow-free. As I laced up my boots and prepared my pack I was wondering what happened to the predicted rain. As the day went on our group came to the conclusion the possibly something was looking over us.

**Hinkhouse Peak was kind of like eating at the country buffet: it offered a little of everything.**

About a week before the climb I saw a reference to possible bushwhacking on Hinkhouse Peak. Well I found out that Hinkhouse Peak involved a lot more than that: route finding, climbing on loose rock, climbing on Scree, a couple small snowfields, even an un-detonated avalanche-control bomb, chance to rappel, climb on a fix line, belay and use the belay commands. Hinkhouse Peak was kind of like eating at the country buffet: it offered a little of everything.

In conclusion I would love to send my thanks to the climbing committee for teaching the basics of belaying and rappelling. Also the hard work several OSAT members put forth to petition Olympia to re-name this mountain. Rik for putting on this climb and Bill, Paul and

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## 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))

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## How to Contribute

**The deadline for March Yodel:**

March 1, 2004

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

You are **strongly** encouraged to submit your contributions via electronic mail. If you can't do this,

## 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.

## The Seduction of Climbing

*After acknowledging in the previous chapter that his delay in getting the concept of combining climbing and recovery was in part due to simple procrastination, Jim describes in Chapter 3 some of the attraction, perhaps even addiction, associated with learning the sport of mountaineering at a high skill level. It was at about this time that I started climbing now and then with Jim, and I remember observing to my family that I didn't think Jim ever spent a Saturday night in his apartment during the spring and summer, he was always off in the mountains somewhere.*

KCMADS, Rik

## KEEP CLIMBING MOUNTAINS

by Jim H

### Part I. THE ADVENTURE BEGINS

#### Chapter 3. Climbing and More Climbing

The Mountaineers is a club founded in Seattle in 1906 with the objective "to explore, study, preserve, and enjoy the natural beauty of the outdoors". It now has about 15,000 members and regularly offers classes and activities for the outdoor enthusiast. It is inexpensive to join. All the instructors and activity leaders are volunteers committed to preserving the wilderness and to safe and ethical conduct in the mountains. Sponsored activities include hiking, climbing, backpacking, skiing, snowshoeing, bicy-

### Desperately Seeking Yodel Editor

We are still seeking an editor for the Yodel. If you have basic computer skills and just a few hours a month to spare, please consider taking over this position. This edition of the Yodel is the last edition that the temporary Yodel Editor can produce. Further editions will depend upon someone volunteering for this position so please consider taking this over. Training is included and you'll have help with printing and distribution. If you would like to volunteer for this position please send an email to [yodel@osat.org](mailto:yodel@osat.org). It is a worthwhile and rewarding service position. Please consider volunteering today.

- temp Yodel Editor

cling, kayaking, and sailing. The Mountaineers is also a leading publisher of outdoor books.

In 1988 I completed the Mountaineer's Basic Climbing Course and in 1989 enrolled in the Intermediate Climbing Course. The requirements for the Intermediate course are extensive. Not only must you complete many field trips and experience climbs, you must also teach at the Basic field trips and demonstrate leadership ability. Training in mountaineering- oriented first aid and rescue methods is also required. The course normally takes several

years (five years is not uncommon) and only about 20% eventually graduate. Completing the course gives you some status. There is no "advanced" or "expert" class. The most common criticism of the Mountaineers by non-members is that they are too structured and too cautious. I decided early on that this wasn't a problem. How could you be too safety conscious about mountain climbing? I enjoyed the Basic class. I learned a lot, but as is true with many subjects, the introduction only made me aware of how little I knew compared with what I wanted to know. In particular, I wanted to learn more about snow and ice and this was part of the Intermediate Course. I wouldn't have to finish the course, I told myself. If the rock climbing became too stressful, I could just drop out, after learning what I wanted about snow and ice climbing.

But mountain climbing (and the Mountaineers) can be seductive. You find that if you are willing to stretch yourself just a little, then eventually you can go a long way. (Is there a lesson here?) For example, a few years ago I would never have imagined that I would someday be climbing a rock face. But it didn't happen all at once.

All the rock climbing in the Basic Class is

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Russell for helping with the anchors. The climb attracted a full spectrum of experiences and interests. Lee and I have been around for a few years, and relative newcomers Nikki from Vancouver BC, Vern and Juan. We all will wear our new Hinkhouse Peak patches with pride. And because of all this I was able to write "Thank you, Jimmy" in the summit register.



(Continued from page 4)

plodding along. I looked up from the trail at his backpack and it was then that I noticed he had full downhill ski equipment strapped to his pack; boots and all. Wow, I was impressed!

I've carried my little 78cm skis and boots on day hikes, but never full downhill ski gear on a weekend trip. There goes a real manly-man I thought... either that or he's just plain crazy?

I passed Doug and caught up with the group out in front. Just as I caught up with them, the trail opened up into a clearing where I got my first glimpse up close of our objective... the great big, snowy white peak of Mt. St. Helens. We stopped and took a little break here and watched some returning skiers and snowboarders go flying on by us back on to the trail.

A little further past the clearing we stopped and set up camp at 4000 feet. I had booked a room with Tino and Jenna the Husky in the Trango II Mondo

Condo, overlooking Camp OSAT; the finest accommodations on the mountain. After registering in the condo and stowing my luggage, Tino, Lori, Adam, myself, Jenna the Husky and Sam the Avalanche Spaniel went out for an afternoon snowshoe on the Worm Flows. It was a glorious sunny afternoon making the snow very soft and snowshoes mandatory for mountain travel. When we arrived back at camp, the remainder of the group went out with the skiers for a little outing as well.

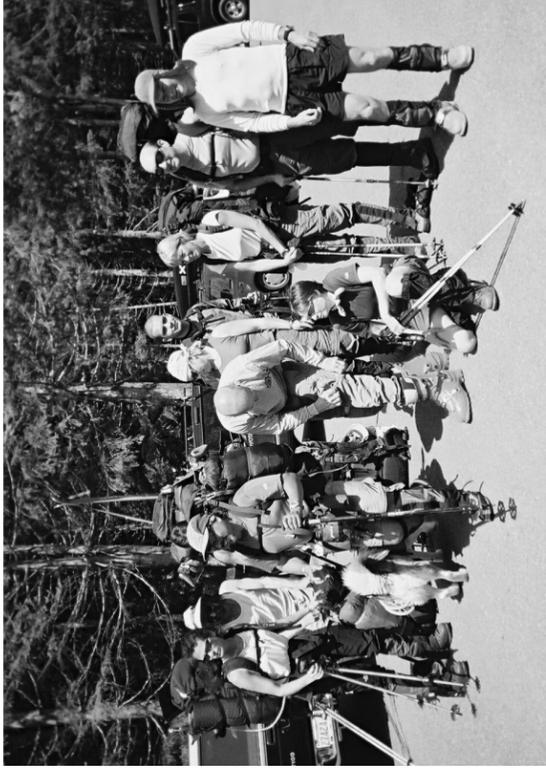
For dinner Saturday night I ordered Room Service at the Condo and was deliciously rewarded with burritos by Tino and lightly toasted home-made tortillas.

After dinner we made some snow benches in the center of camp and everyone settled down there for an AA meeting. The Mt. St. Helens AA meeting came to order under a cobalt blue sky with a red moon and venus rising. I have been to meetings in some far away exotic places, but none of them matched the serenity, peace and contentment I felt right then sitting in the snow amongst my new friends and looking at Mount Hood off in the distance.

Everyone shared a little of themselves at the meeting and then we all turned in for the night.

After a good night's sleep I was awakened by sunlight gracing the Condo walls and the cheerful chatter of happy OSAT campers. It was going to be great day. As we got ready, we decided to forego snowshoes on the ascent. The snow was still hard at that hour and we traveled in the shade as much as possible, given the low sun angle. Once the snow began to soften, it was just a matter of staying in the all-ready made kick steps from earlier climbers.

We had a couple of small breaks on the ascent to dress down a little, snack and hydrate. The Monitor Ridge Route that we were taking was quite crowded. There were many skiers, snowboarders, snow-shoers and even a couple with toboggans. I laughed at the toboggan couple until later on when they passed us giggling and laughing on their way down.



(Continued on page 8)