

The Yodel

One Step at a Time

OSAT

The mountains will always be there; the trick is to make sure you are, too. —Hervey Voge

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A Vacation OSAT Style

by Janet Mau

What started out as a routine climb of Mount Adams in August with a group of sIOSATers turned into a vacation. We trained hard all year for this one excursion and were feeling a little pressure as to our readiness for this trip. Although this was termed a sIOSAT trip it sure didn't mean it was going to be easy.



Craig L., Russell S., Kim G., Jessi M., Beth M., Normand F., Scott T., Janet M., Susi W.

The original group of 24 had slowly whittled down to eight with Beth M. signing on at the last minute. This left a group of 9 at the trailhead with only 3 having summited this mountain before.

The packs were heavy but our spirits were ready for this adventure. We knew from the ranger station that we would hit water about 1.5 miles in so went light on the water.

The last time I had been to this trailhead the forest was lush and green but the fire of 2012 had devastated much of the surroundings. We remarked on how even the air still smelled of campfire. We found out later that the forest service had put in 38 new water run off ruts in the road leading up to the trailhead. (as if that road needed any more speed bumps)

We were able to refill our water at the stream and then headed up the valley to the moraine. This was the most challenging so far as the rock and dirt were loose and the drop significant. Our stout hearted group made it to the top and found the trail again. Up we went until we ran out of rock and entered the snowfield. We headed for the Western annex of the Lunch Counter and set up camp. It was 6:30.

The relationship of height to spirituality is not merely metaphorical, it is a 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 jew-el-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 the spirit. -- 14th Dalai Lama of Tibet

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Although there was a cloud layer, the sunset was brilliant. Some went to bed other sat and watched the sun go down. Our wake up call was at 6:30 the following morning.

Everyone had a great night sleep and were ready to hit the trail again by 8 on Saturday morning. We circled up at the edge of the snow and then had a lesson in how to put on crampons. By the time we had our crampons on, Jessi's water bladder had sprung a leak. With spare bottles from camp and extra gear from others we decided that we had her covered for the trip to the top. Off we went at 9 am. Russell S. set a slow and steady pace and within a couple of hours we had met Nora S. and Bill L. on their bid for the summit. After a couple more stops we made it to Piker's Peak (also known as False Summit). Russell S. played tour guide and showed us the rock carving that still sits on this rest stop.



When I got home I looked up the term 'Piker' and here is what I found:

"Piker (slang) Means a lazy worker who only worries about his sick time, paid time off, vacations, and any other paid holiday"

Apparently this is as far as where the lazy miners would go. For us, we pressed on. There were 800 more feet of elevation to gain. We reached the top at 2:30 and were instructed by our wonderful tour guide that the summit of Mt. Adams is not the top of the man-made fire lookout station but several yards to the right and 100 feet higher. We were able to see

the official geological survey mark. We were safely at 12,276 feet. We were able to see the official geological survey mark. We were safely at 12,276 feet.

The sun was out and there was no wind so we took out our pads and sunbathed and ate lunch for a half hour. We remarked at how interesting the clouds looked as one layer moved in a different direction than the next giving us a rather spinning sensation.

I had set out on this adventure with my daughter not only to get a chance to spend some time with her but to also help her with her physical education credits that she will need to graduate high school as those credits are left up to the student to complete on their own in her particular high school. I was personally looking for a summit mom bragging picture. I got it. I love the mathematics of sIOSAT. We started with nine and summited with eleven and met three more OSATers at the top, Erika N., Jill A., and Dawna D.



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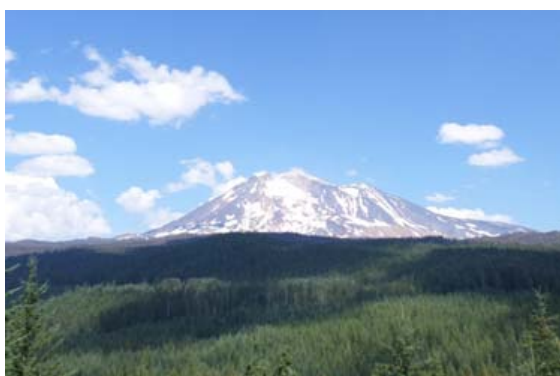


The trip back to our beds was quick however, Beth M. was feeling the altitude and after a rough trip down to the lunch counter decided to head for home with the three other OSATers.

Three small glissade shoots in the top of the mountain gave the three, new to ice axe arrest, a chance to practice for the mother of all shoots. It starts at the false summit and goes all the way to the lunch counter. That is 2 miles and an elevation drop of over 2,000 feet. You really needed to know what you were doing. Here is what the top of the shoot looked like: We felt like we were entering a luge track.

We arrived back at our tents by 5:30 and had a leisurely dinner. We watched the sun set with more OSAT friends, Chris F., Jay N., and Eric H. We chatted until late as our wake up call was 7 am for Sunday morning. The sky was clear and all the stars were in full glory with the milky way overhead. It was a shame to crawl into the tents.

The next day we headed back to the car with the thought that there would be water at the creek. However, when we got there it had already dried up. The cars were waiting for us and we all made it back to the ranger station by three so that we could get our official "Mt. Adams Climbing Adventure" certificate and I promised a Mt. Adams patch for any one completing the climb for the first time. I had to buy 6 patches. Russell, Kim and Craig had come down the 23 road out of Randall and we decided since none of us wanted to



drive back I-5 that we would go home this way and have a Mt. Adams burger in Randall. (Scott had to go south so left us at this time) It turned out to be another interactive driving experience with the 10 miles of dirt road. But with Russell once again the ultimate tour guide, we were able to see the full view of Mt. Adams with the lunch counter, false summit and true summit. We also stopped at Babyshoe pass. Once we hit black top again and my daughter hadn't fallen asleep as she would have on I-5, I realized that I was just returning from one of the most enjoyable vacations I have been on in quite a while. Thank you OSAT.

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GCC Graduates a Record 46 Students!

by Mike Stuckey

A record 46 students will receive their Glacier Climbing Course diplomas at this year's OSAT Gratitude Dinner, set for Nov. 9 in Kirkland.

The graduates began the course, the 23rd annual offering, in February with the initial enrollment at 66 students. They met the requirements of attending five seminars, seven field trips and numerous conditioners. After learning proper tie-in procedures, self- and team-arrest techniques, crevasse rescue and snow camping skills, graduates also participated in at least one roped glacier climb.



More than 75 students and instructors attended the GCC's crevasse rescue field trip on Mount Baker in June.

With the help of dozens of mentors and instructors, sherpas, rope and climb leaders, the students realized the vision of OSAT founder Jimmy Hinkhouse to embark on a "grand adventure and tremendous learning experience" by combining mountaineering with 12 Step recovery work. "I came to the GCC in a physical, spiritual, and mental funk, seeking the mountain to help heal me, whip me into shape," said 2013 graduate Jill Anderson Green. "Directed to the GCC by my higher power, I knew I had to try my best and give up the results. Each time on the trail, I was challenged physically, spiritually and mentally; and every time I came away stronger, more connected to my higher power and myself, and better able to trust my thinking."



Graduates Caitlin Jarvis, left, and Agnes Broszczak sign the Mount Rainier summit register during their July GCC climb via the DC route.

Previous GCC graduating classes have been as large as 37 students, but 2013 marks the first time that more than 40 have finished all course requirements. Some GCC committee members attribute the higher success rate to the expanding pool of highly dedicated mentors and instructors who give up countless hours of their free time to lead conditioners, teach knots and supervise field trips. Indeed, nearly 60 GCC alumni turned out at an instructor training event to kick off the year.

"I truly felt that everyone associated with the GCC helped me succeed," said Humberto Wilson, who graduated this year and summited Mount Rainier after being forced to cut short two previous attempts to finish the GCC.

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GCC Graduates a Record 46 Students!

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With such a large student body, the GCC committee fielded an unprecedented number of graduation climbs this year. There were six climbs of Mount Baker, one of Eldorado in the North Cascades and five Mount Rainier climbs. In addition, a GCC graduate summited Mount Rainier on a private climb with GCC leaders. All of the GCC climbs reached their summits with the exception of one Baker bid that ended at 8,500 feet after the students climbed gamely for hours in a rainy deluge.

Forty-one students summited Baker or Eldorado and 34 reached the top of Rainier. More than 30 different climb and rope leaders, all previous GCC graduates, also participated in the climbs. And dozens of OSAT members turned out to serve as sherpas on the Rainier climbs.

The students will receive their diplomas as part of the annual OSAT Gratitude Dinner on Nov. 9 at the Kirkland Congregational Church, 106 Fifth Ave., Kirkland, 98033. See OSAT.org for more details and to sign up.



Graduate Mike Cheney celebrates his summit of Mount Baker after being rained out a week earlier.



Sherpa's bring food to the climbers on the descending the Emmons route, meeting them at Sherpa Rock

OSAT members and others interested in taking the GCC in 2014 should also watch the club's Web site for details on signing up, said 2014 GCC Chair Rachel Knight. In the meantime, "They should be finding a buddy and getting out there and hiking," she said. "Tiger is a great place to start, both the Thursday and Sunday meetings."

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Mt. Adams Remedy

by Nancy Soltez

Climbing Mt Adams was recommended to me by Russell S as we descended from our Mt Rainier climb on July 13, 2010. I believe my response to him was, “Are you out of your f-in mind?!!” After all the conditioning, training and prepping to climb Mt Rainier, I was on my way back to the car after having the mountain kick the living tar out of me. I got to have what my son, Ryan (who was also on our climb), calls the most memorable climb in recent OSAT Glacier Climbing Course (GCC) history. I believe that we were the only climb team that got “weathered out” in approximately the last five years. Ryan thought that it “rocked” and loved the “war story.” I wanted off the mountain alive. I was convinced that climbing glaciers was not for me and that my Higher Power had just made that fact crystal-clear to me. As a GCC student, I listened intently to experienced climb leaders like Bill L as he described the mountain talking to you when you were climbing, and that there were some times when the mountain wouldn’t let you climb. I met all the GCC course requirements, I was physically very strong, I summited Mt Baker, and now Mt Rainier said, “Go home.” Fair enough. The last email our climb team got from rope leader Doug



C. the night before our climb was titled, “Evil wind a-comin.” The email that climb leader Andrew O sent after our climb was titled, “OSATers blown off Rainier.” In between the emails, tent-mate Carol T and I tried to keep our tent upright in the blowing sheets of hail & sleet. Our climb team slowly powered from base camp, getting knocked sideways and backwards, often retracing hard-earned steps we had already taken. At 13,200 ft, Andrew and Russell turned our team around. On the way down from base camp, Russell told me that in better conditions we could have summited twice with the effort and energy we put out. He then hit me with the bombshell recommendation of climbing Mt Adams.

I am an alcoholic, and I didn’t take his suggestion. Instead, I elected to give back to OSAT and the GCC on my terms and stay away from ice-covered peaks. I volunteered to be a chairman on the 2011 GCC Committee, serving in the syllabus position. I also co-led and was MOFA for many GCC conditioners.

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Finally, I was a Sherpa for several of the climbs. It was all extremely rewarding, but Russell's suggestion about Mt Adams wouldn't leave my mind no matter how much self-talk I did. So, I began to get willing to consider it. I started talking with some of my respected hiking buddies (Rik A, David N, Teresa F, Marina B and Dave F to name a few). All agreed that I should attempt to climb the 12,280 ft Mt Adams. I went back to Russell and asked (whined?), "WHY?????" He said something like wanting me to have a friendly mountain experience before deciding that glacier peaks were not for me. Once again... Fair enough. I started planning and conditioning. I told my OSAT hiking buddies about Russell's comments and decided to call the plan "My Mt Adams Remedy." I asked trusted OSAT buddy Dave F if he had any plans to lead a climb on Mt Adams in 2012. He said that he would do it and suggested that it be during the full moon in August. Okay, I thought, now this is starting to sound kind of fun! Again in 2012, I co-led and served as MOFA on several GCC conditioners and I served as Sherpa for three of the GCC climbs on Rainier. I also did my own conditioning with an increasing weight load and elevation gain plan like I did as a GCC student. I even climbed to the Pikes Peak summit of 14,110 ft twice for altitude exposure. If I was going to try to climb to an ice-capped mountain top again, I didn't want my physical condition to be the reason it didn't happen.



On August 4, 2012, Dave F gathered up the eight OSAT members that signed up for the climb and we started up Mt Adams. Our team included some of my favorite OSAT friends, with dear friend Dave F lovingly and expertly leading the way. The weather was absolutely perfect and the fellowship even better. Dave found beautiful campsites for base camp, and we were Blessed with stunning views, a nearly full moon and bright stars. I slept well and was ready to go when we geared up to head for the summit with our head lamps. The climb was gorgeous and we got to see the Mt Adams shadow when the sun came up. On the summit, we cheered, took photos, and celebrated with our victory food (mostly chocolate and potato chips!). Our decent included long glissade rides that were fast and fun. Soon we were back at base camp, ready to eat again. With impressive team work, base camp was closed and we trekked down the mountain. We had many joyous moments, such as admiring Mike M's cut calf muscles and his ability to carry extra gear, along with his own, by using the whiplash packing style.

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I loved getting to know newer OSAT member Bill L better, and I now get to consider him a lifelong friend. Melanie K and I got to hike together a lot and she also became my “party separation-buddy” on our trip. I will always cherish my memories of our sharing and laughing. I could go on and on with all the positive parts of the trip. To me, it was the perfect climb. But, while I enjoyed the people and hiking (below the tree line), I still couldn’t find the passion for the summit that everyone else experienced. We all shared honestly about our feelings, and I expressed sincere gratitude for the entire climb and joy for the lower mountain

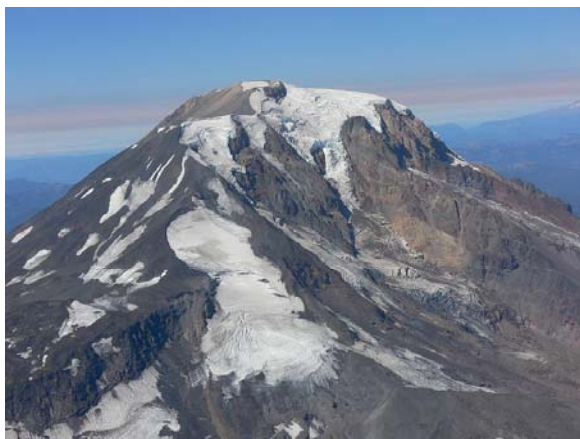
Parts. Wonderful, wonderful Jay N listened to me share and then bluntly asked me if I had any good feelings about being on top of Mt Adams other than gratitude. After pondering his great question, I said, “Yes, I feel accomplished.” He replied something like... “Fair enough.”

While Mt Rainier kicked my butt in 2010, Mt Adams gave me the best, most friendly summit experience I could ever ask for in 2012. I got my Mt Adams remedy! Now my choices in mountaineering can be made after experiencing extremely opposing conditions. Interestingly enough, glacier peaks still do not “call me” and I will likely stick with hiking and backpacking at lower altitudes. For the GCC, I plan to continue assisting on conditioners and serving as a Sherpa. Those are my happy places! Thank you all for giving me such wild opportunities and for the gift of testing myself and learning more about my passions. Maybe sharing my experience, strength and hope about

mountaineering will help someone else who is not “called” to mountain summits know that they are not alone and can ease those feelings of not fitting in. I look forward to many, many outdoor enthusiast experiences with OSAT. I want to keep playing with you in the great outdoors - to the end...

Mount Adams is a potentially active stratovolcano in the Cascade Range and the second-highest mountain in the U.S. state of Washington.

Elevation: 12,280' (3,743 m)
Prominence: 8,117' (2,474 m)
Mountain range: Cascade Range



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Remembering Dave...

by Nancy Soltez



I first met Dave at an OSAT AA Meeting on Tiger Mt. We were a natural match to become instant friends. We had nearly the same time in sobriety, were both from Michigan, both loved the outdoors and both marveled in the stunning beauty of the Pacific NW. Our family backgrounds fit perfectly because he grew up with two sisters and I grew up with two brothers. We were remarkably compatible and could easily communicate without words! Like bonded siblings, we trusted each other and looked out for one another. We spent time together outside of the meetings: staffing booths at conventions, going dancing to support new clean & sober clubs and attending & supporting meetings on military bases. In OSAT, I would

ask him how it was that we both came from Michigan (no ocean or mountains), yet he ended up leading outings while I was such a novice. He smiled and said that he had been practicing while I was off being an Army Nurse. When I retired from the Army in 2009, Dave included me in his outdoor adventures. I always felt safe, cared about & educated - what a priceless gift that was for me. There are too many cherished times to speak to, but one climb comes to mind as an example of my Blessed time with Dave. On Sep 24, 2011, he led a climb up Pyramid Peak. It was the first day of Fall and the weather and climb were amazing. I couldn't stop smiling and telling him, "It just doesn't get any better than this!"



Thank you for letting me share and heal from this great loss. Right now, it doesn't feel like I will recover from losing Dave, but I know that eventually I will. Like they say, it is better to have loved and lost than never to have loved at all. I cannot imagine how empty my life would have been without Dave in it. I miss him and will always cherish him.

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Another Enchanted OSAT Outing

by Mike Stuckey

A dozen OSAT climbers took the dragon by the tail on Father's Day and bagged one of the most coveted peaks in the Enchantments area of the Alpine Lakes Wilderness.

The team left the Stuart Lake trailhead before sunrise and hiked via Colchuck Lake and Aasgard Pass to tackle Dragontail's East Ridge route, which entails a long hike, steep snow climb and, finally, a short scramble to the 8,840-foot summit.

The aptly named Dragontail is the second-highest peak in the Stuart Range and dominates the skyline south of Colchuck Lake. It is also the most prominent peak when looking west from the core area of the Enchantments. Dragontail is the 26th-highest peak in Washington state.

It was a long day, covering about 16 miles and 5,600 vertical feet, but all team members remained Enthusiastic and energetic for the entire outing.



Joining the June 16 outing and pictured here on the summit: Daniel Winter, Kelsey Jean Mahan, Rachel Knight, Nik Jensen, Kate Parks, Doug Cantwell, Dan McCambridge, Alexei Evans, Mike Stuckey, Mike Cheney, Natalie Vandeven and Colin Michael.



Dragontail Peak, also known as Dragon Tail, is a mountain in the Stuart Range, in Chelan County, Washington.

Elevation: 8,842' (2,695 m)
Prominence: 1,759' (536 m)

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Bushwhacking on Silver Star

by Mike Stuckey



James Adkins, Tom-Tom Hardiman, Dan McCambridge, Nik Jensen, Rachel Knight, Daryl Huckstadt, Colin Michael and Mike Stuckey.

From a distance, Silver Star Mountain in the North Cascades looks like a serene, if massive, peak. Its humped summit ridge rises neatly to the east of a glacier-cloaked col, promising climbers endless views of the nearby Wine Spires and those who make the summit a breathtaking panorama of Liberty Bell and other features of the Washington Pass area to the west.

But an intrepid group of eight OSATers found what lies between the trailhead and that climber's nirvana on a July 27-28 climb. Climbing via the Silver Star Creek route after the slopes below the glacier had melted out meant hours of tedious bushwhacking through slide alder, devil's club and vine maple to reach camp, and swarms of hungry mosquitos, about 6,200 feet.

The next morning brought much more pleasant climbing as two rope teams climbed the Silver Star Glacier and scrambled the Class 3 summit ridge amid stunning blue skies to reach the 8,876-foot summit, 24th-highest peak in the state. Returning to the trailhead, the team was drenched by a thunderstorm that set off forest fires in the area.

Pictured here is the whole team on the summit: James Adkins, Tom-Tom Hardiman, Dan McCambridge, Nik Jensen, Rachel Knight, Daryl Huckstadt, Colin Michael and Mike Stuckey.

Silver Star Mountain is an extinct volcano in the southwestern Cascade Mountains in the U.S. state of Washington, named for the pattern of five prominent ridges that radiate from the summit in the shape of a star.

Elevation: 4,364' (1,330 m)
Prominence: 1,480' (451 m)
Mountain range: Cascade Range



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All Three Sisters....in 50 Years!

by Rik Anderson

In the summer of my high school sophomore year, Dad took my brother and me on a climb in the Three Sisters Primitive Area as it was known at the time. The wilderness had been under some threat; in 1957 the forest service actually shrunk the protected area by 20% in the face of demands for timber. The year after our climb (1964) Congress passed the national Wilderness Act and the Three Sisters became permanently protected, an area larger than Mt. Rainier National Park encompassing four major peaks (including Broken Top), and adjacent to a fifth (Mt. Bachelor), the highest concentration of major volcanoes in the Cascades.



Aerial view, the Three Sisters volcanoes in Oregon, from the south looking north. Left to right -- South Sister, Middle Sister, and North Sister. USGS Photograph taken in September 1985 by Lyn Topinka.

In the summer of my high school sophomore year, Dad took my brother and me on a climb in the Three Sisters Primitive Area as it was known at the time. The wilderness had been under some threat; in 1957 the forest service actually shrunk the protected area by 20% in the face of demands for timber. The year after our climb (1964) Congress passed the national Wilderness Act and the Three Sisters became permanently protected, an area larger than Mt. Rainier National Park encompassing four major peaks (including Broken Top), and adjacent to a fifth (Mt. Bachelor), the highest concentration of major volcanoes in the Cascades.

We spent a night at the famed (and long ago removed) Sunshine Shelter on what we knew as the "Skyline Trail", Oregon's name for the PCT before the latter was officially established in the 1970s. It was my first 10,000 foot peak. A few years later we returned with my girl friend, Holly, on an attempt that was abandoned in the talus low on the mountain, an experience which she says led to her life-long avoidance of further mountaineering.

It took more than 30 years before the desire to climb in this fascinating area again tugged me back to the Sisters. Several OSATers were in the Three Sisters Wilderness in May 1995 when news of the Denali tragedy brought them home to Seattle. Following attempts on the North Sister in 1997 and 1998 that were frustrated on the Terrible Traverse just short of the summit, by steep snow, no rope (one year) and a huge cornice and avalanche conditions (the next), Hoot H, Sean W and I finally reached the top of the Gnarly Northy in August 1999. After getting so close in beautiful weather the previous two years, we summited in fog with visibility of 50 yards! Two down, one to go.

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All Three Sisters....in 50 Years!

by Rik Anderson

Last October I was turned around at about 8,000 feet on a solo attempt to bag the South (tallest, but easiest) Sister by the season's first snow, so this year I planned my week at Sunriver in the summer. Those wonderful Central Oregon vistas were obscured by forest fire smoke as we drove down to Bend, but thundershowers cleared the air for the day I climbed the trail from Devils Lake to the summit. There were perhaps 30 people on the mountain, a 6 mile, 5000 vertical feet hike with a couple of short sections of loose scree but no real difficulties. On the summit I gazed across most of Oregon, with visibility over 120 miles, from Mt. Adams to the north to Mt. Scott (Crater Lake) to the south. A few athletic mountaineers have claimed the Three Sisters Marathon (all three peaks in a day); but 50 years, now THAT'S a marathon!

Trip Reports

by Adam Walker

Injury on North Twin - West Ridge

It was going to be a big weekend. North Twin on Friday, the south buttress of Cutthroat on Saturday, and Big Kangaroo on Sunday. Natasha and I left the house 4am Friday morning, the car loaded with gear and food. Little did we know our plans for the weekend would be changing.

Read the trip report and view all the pictures at <http://www.nwhikers.net/forums/viewtopic.php?t=8005790>



Goode Mountain

We climbed Goode the easy way, the SW couloir. It wasn't easy, but most ascent parties get kudos for the tougher NE buttress route. At 9200 feet, Goode is the 9th highest peak in Washington state.

Read the trip report and view all the pictures at <http://www.nwhikers.net/forums/viewtopic.php?p=893546>



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 Golden Gardens & Tiger Mountain AA Meetings: <http://www.osat.org/aa>
 Activities Calendar: <http://www.osat.org/Calendar>

OSAT Traditions

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

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OSAT Member Advertisement

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members?

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OSAT Club Meetings

Monthly **OSAT Club meetings** are usually held on the second Wednesday of the month at the Congregational Church of Mercer Island, 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 off of the west wing of the sanctuary balcony.

Meetings are run in a "Crisp & Lively" manner and are usually followed by entertainment from one or more OSAT members sharing presentations of their latest adventures!.

Visitor's welcome!

We need to hear from you!

One Step at a Time is a unique organization melding outdoor activities such as **climbing**, **hiking** and **biking** with recovery. OSAT was started in 1991 by [Jim Hinkhouse](#).

Do you participate in OSAT activities? Requests for stories (short or long) and pictures will be coming to you via the Echo talklist email. Please support this quarterly newsletter and make submissions when requested. All OSAT activities are welcome!