

# THE YODEL

## HAPPY TRAILS!

**A**utumn was kind to them, the winter was long to them--but in April, late April, all the gold sang. Spring came that year like magic and like music and like song. One day its breath was in the air...

Thomas Wolfe

The daffodils are in bloom, the Climbing Course is in full swing and Tiger Mountain awaits! Daylight Saving Time will be here on Sunday, April 6 which means that the Thursday night 12 step meeting will resume at the summit of West Tiger 3. (See pg. 2 for details).

Springtime in the Northwest can mean never-ending buckets of rain, but it also brings to life some of the most spectacular sights on the planet. We are blessed to encounter glistening mountain-tops from every direction! Anchored to the west is the dramatic jagged peaks of the Olympic Mountain range. Look to the northeast and you'll see gorgeous Mt. Baker, Three Fingers, Mt. Pilchuck, the rest of the North Cascades. As you keep turning to the southeast, layers of foothills dramatically lead up to Her Majesty, Mt. Rainier. The awesome beauty and power of these mountains are truly a sight to behold.

It's time to dust off the boots, grab your pack and head to the hills! We are so fortunate to have hikes and climbs for every skill level and within an hour or two's drive. Even if you continued to climb during the winter season, you can't help but to appreciate the sense of freshness renewal that the Spring season has to offer.

As you can see, this issue of *The Yodel* is quite big! Once again, I've attached an order form for OSAT hats and you will also find a new phone list of OSAT members. The members listed agreed to have their numbers published when they marked the appropriate box on the membership form. This list will not be published again for awhile, so hang onto it!



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

The next deadline for *The Yodel* will be May 2nd. KCM & DS--Marina S., Editor

E-Mail: [sandsmar@sprynet.com](mailto:sandsmar@sprynet.com)

**ONE STEP AT A TIME (OSAT) is an outdoor club for members and friends of 12-step recovery programs. Our mission is "To provide a clean and sober environment for members and friends of 12-step recovery groups to participate in outdoor and social events in the spirit of conservation, preservation, and ecology."**

## What's Inside...

- ② 12-Step Mtngs / Phone #'s
- ③ Activities and Climbs
- ④ Notices
- ⑤ Club News/ Feature Articles
- ⑥ Off Belay / Echoes

## 12~step meetings

### Tiger Mountain

**Time:** Thursdays @ 7:15 pm & Sundays @ 10:00 am

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

**Contact:** Thursdays - James B 271-4734  
Sundays - Roy 525-0510

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

### Carkeek Park

**Time:** Mondays @ 7pm

**Location:** Take I-5 to Northgate, take the Northgate Way exit, and head west. Keep going past Hwy 99. When you cross Greenwood, N.gate Way changes to Holman Rd. A block or two later, look for Art's Foods, and travel thru the parking lot. You'll find 100th and 6th. Park near there, or in Art's parking lot. The group meets at 7pm in the parking lot, then walks down together into the park.

**Notes:** This park has a beautiful view of the Sound. Be sure to dress very warmly, and bring candle lanterns and headlamps, as it is dark and usually cold.

**Contact:** Terri St. 782-8858

### Lake 22

**Please note:** Walt can no longer chair this meeting. Therefore, it is on hold until someone can be found to take over. Thanks to Walt for his time!

**Time:** Sundays @ 1pm

**Location:** Drive through Granite Falls (North and east of Everett via Rtes. 2, 204, 9, and 92) and turn left onto the Mountain Loop Highway. The trailhead is about 15 miles from Granite Falls. There is a parking lot and hiker sign on the right side of the road.

**Notes:** A great hike with beautiful waterfalls and lovely old growth forest. Easier than Tiger Mountain. The hike takes about 1.5 hours.

**Contact:** Walt Q 745-8413

## OSAT Web Page

Grab your surf board, OSAT is on the 'net! We now have an address on the World Wide Web thanks to the efforts of some very dedicated OSAT techno-wizards!

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

## Volunteers Phone Numbers

OSAT works because its members work! The following are among those who work make OSAT what it is, by taking a specific responsibility. When you see these individuals, let them know how you feel about the job they are doing, its the only pay they get!

The health of a volunteer organization is measured, in part, by the eagerness of the membership to participate in running its affairs. The BOTS is striving to rotate responsibilities among those who wish to help. If you have an interest in serving the club in any capacity, please contact a member of the BOTS or any of the other volunteers.

### Board of Trusted Servants (BOTS)

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

### 12-Step Meeting Coordinators

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

### Contact Persons

Activities Coordinator....	Brian C.....	353-9748
Activities Hotline.....	Rob G.....	824-7972
Equipment.....	Ivar S.....	776-7213
Finances.....	Charlie A.....	932-7195
Hotline Message.....	Pam G.....	742-4274
Hotline Follow-up.....	Karen S.....	?
Membership.....	Jason R.....	242-7980
Newsletter.....	Marina S.....	776-7213

OSAT East Coast..... John H.....(617) 641-3423  
 Running.....Bob Mx.....825-3516  
 Service.....Steve S.....838-4287  
 Webmaster.....Chris N.....706-3242

### Activities Hotline Instructions

For additional activities information not available at the time of publication, or to add new activities to the calendar, call the activities hotline: Dial the OSAT Hotline, **236-9674**, and press "1" after the membership message begins. Rob G is encouraging callers to leave info about upcoming climbs or other activities. So, the next time you get a last-minute urge to hit the trail, or have a party give the "Activity Hotline" a call!

## OSAT's Excellent Adventures...

As you can see, we have an enormous amount of activities in store for everyone. No matter what your skill level is, we think you'll find something fun to do with your fellow OSATers!

**April 5-6, Sat-Sun:** Mt. St. Helens Traditional weekend for this basic climb. (Lots of OSATers have skied this as well). Could be good viewing of this year's spectacular comet. There are new fees for Mt. St. Helens. Leader/Contact: Brian C at 353-9748. Limit 12

**April 10-Thurs 7pm:** OSAT's 6th Birthday Please join us as we commemorate OSAT at the AA meeting atop West Tiger. Leader/Contact: James B at 271-4734.

**April 15-Tues:** "Outer Space" Rock Climb 5.9/Grade III Sure to be a blast! Leader/Contact: Bob C at 772-2027. Limited space.

**April 19-Sat:** Ice Ax Arrest Field Trip The Climbing Course heads to Mt. Pilchuck for this fun and informative exercise. Leader/Contact: Climbing Course

**April 20-Sun:** Sauk Peak Ice ax experience is needed for this one. Leader/Contact: Rik A at 234-1770.

**April 26-27, Sat-Sun:** Basic Rock Seminar If you've been wanting to learn, here's your chance! Leader/Contact: Bob C at 772-2027. Limited space.

**April 26-28, Sat-Mon:** Scottish Lakes-Skiing Beautiful high country hut in the Chiwaukum Mountains. Great spring skiing! Price includes transportation in for you and equipment. Leader/Contact: Dave N at 752-9214. You may also call High Country Adventures for more info at 1-888-944-2267.

**April 27-Sun:** Ice Ax Arrest Field Trip This time its at Steven's Pass. Leader/Contact: Climbing Course

**May 3-Sat:** Mailbox Peak This'll whip you into shape! Leader/Contact: If you are interested in leading this one, please let Greg A at 932-4862 or Brian C at 353-9748 know.

**May 6-Tues:** The Tooth Rock Climb. Leader/Contact: Bob C at 772-2027.

**May 7-Wed 6pm:** Climbing Course Lecture Glacier Travel. Mercer Island Congregational Church. Leader/Contact: Bob C at 772-2027 or Kim G at 869-8019.

**May 10-Sat:** Camp Muir Conditioner On a clear day, this trip through Mt. Rainier's snowfield is quite amazing. Leader/Contact: Bob C at 772-2027.

**May 17-Sat:** Vesper Peak Scramble route. Leader/Contact: Steve S at 838-4287.

**May 17-18, Sat-Sun:** Climbing Course Field Trip Roped travel/crampon techniques. Location: Alpental. Leader/Contact: Shirley R

**May 24-25, Sat-Sun:** **THIS CLIMB IS FULL** Mt. Baker/Coleman Glacier Glacier experience required. Leader/Contact: Greg A at 932-4862.

**May 24-25, Sat-Sun:** The Brothers Snow and scramble. Ice Ax experience required. This is an Olympic classic. Wave to your friends in Seattle. Leader/Contact: Dave N at 752-9214. Limit 8

**May 31-Sat:** Camp Muir Conditioner Leader/Contact: TBD

**June 1-Sun:** Whitehorse This is a good challenge in the North Cascades. Needs Leader. If you are interested in leading this one, please let Greg A at 932-4862 or Brian C at 353-9748 know.

**June 4-Wed 6pm:** Climbing Course Lecture Crevasse Rescue Lecture. Mercer Island Congregational Church. Leader/Contact: Bob C at 772-2027 or Kim G at 869-8019.

**June 7-8, Sat-Sun:** Mt. Adams/South Spur route Crampons and ice ax will be needed for this fabulous climb. Leader/Contact: Steve S at 838-4287 or Greg A at 932-4862.

**June 7-8, Sat-Sun:** Tatoosh Traverse Not for the faint of heart. Steep snow and glacier experience required for this one. You'll need leader's permission to come along on this adventure. Leader/Contact: Charlie A at 932-7195.

**June 14-15, Sat-Sun:** Mt. Rainier Route to be determined by leader. Needs Leader. If you are interested in leading this one, please let Greg A at 932-4862 or Brian C at 353-9748 know.

**June 21-Sat: Climbing Course Field Trip** Crevasse rescue and prusik techniques learned. Location TBD  
Leader/Contact: TBD

**June 21-22, Sat-Sun: Mt. Rainier to Ocean Shores Relay Run** How can something so insane be so much fun??? Easy - do it with the OSATers!!!! We are attempting to put together 2 teams of 11 people, one serious, competitive (we'll kick the Marine's butts this year, right Dick?) and one comprised of people who just wanna have fun. Leader/Contact: Doug H at 889-2041, or Karen C.

**June 22-Sun: Camp Muir Conditioner** Ever been to 10,000 feet? Now's your chance. Needs Leader. If you are interested in leading this one, please let Greg A at 932-4862 or Brian C at 353-9748 know.

**June 21-23, Sat-Mon: Glacier Basin (Monte Cristo)** Looking for a potpourri of outdoor fun? You'll find snow, scrambles, rock, big peaks and spires...something for everyone! Leader/Contact: Dave N at 752-9214. Limit 12.

**June 28-29, Sat-Sun: Little Tahoma** 3rd annual OSAT trek up this peak that sits on the shoulder of Mt. Rainier. You can even watch the climbers as they make their way up to Rainier's summit. Glacier travel required. Leader/Contact: Dick W at 339-3751.

**June 28-29, Sat-Sun: Mt. Baker** Route to be determined by leader. Needs Leader. If you are interested in leading this one, please let Greg A at 932-4862 or Brian C at 353-9748 know.

**July 9-Wed: Climbing Course Potluck Dinner** Mercer Island Congregational Church. More info on its way...

**July 12-14, Sat-Sun: Mt. Rainier-Climbing Course** Disappointment Cleaver Route. Sherpas needed. Leader/Contact: Greg A at 932-4862.

**July 12-14, Sat-Sun: Mt. Rainier-Climbing Course** Emmons Route. Leader/Contact: TBD

**July 17-19, Sat-Sun: Mt. Rainier-Climbing Course** Disappointment Cleaver Route. Sherpas needed. Leader/Contact: TBD

**July 17-19, Sat-Sun: Mt. Rainier-Climbing Course** Emmons Route. Leader/Contact: Dick W at 339-3751 or Charlie A at 932-7195.

**Aug. 2-3, Sat-Sun: Mt. Stone** Scramble. Unfortunate name, but nice peak. Beautiful area. We'll camp the more beautifully named "Lake of Angels". Leader/Contact: Dave N at 752-9214. Limit 6.

## INSTRUCTORS NEEDED FOR ROPED TRAVEL FIELD TRIP

May 17-18, 1997

The Climbing Course needs volunteers to help out. It should be lots of fun, good chance for instructors to review skills, get to know new OSATers and opportunity for those of you in the Mountaineers to show off what you've learned! We will be snow camping on Saturday night, but if you are only available to teach for one day, you can sign up for either Saturday or Sunday. Please call Shirley R at 957-7975 to sign up if you would like to help.



**RUN FOR FUN (or pain!)--**If you love running, walking, rollerblading, or any other form of exercise, we meet at Greenlake every **Wednesday**, at **5:30 pm** near the drinking fountains near the boathouse (on the south and slightly west side of the lake). After one, two, or even three (ugh!) laps around, we retire to the Honeybear Bakery for healthy (or fattening, your choice) food and fellowship. Call **Doug H (889-2041)** or **Dick W (339-3751)** for more info.



## Notices

Advertising in this column is free for all OSAT members. To keep your ad in subsequent issues, you must contact Marina, prior to deadline. Send your personals, gear swap offers, and situations wanted (e.g. "will belay for food") to the **Yodel**, Marina S. at 22810 55th Ave. W., Mountlake Terrace, WA 98043 or e-mail me at [sandsmar@sprynet.com](mailto:sandsmar@sprynet.com)

**FOR SALE--**King size mattress and boxsprings \$75.00. King brass headboard and frame \$250.00. IBM Typewriter \$50.00. All in excellent condition. **Karen C at 782-1873.**

**FOR SALE--**Just in time for the season! Walrus "Lite Star" backpacking tent. 4.5 lbs, flysheet with vestibule, and custom footprint. Used only 2 times! \$150.00. Call **Dave N at 752-9214.**

**FOR SALE--**1 pair of Moonstone zip-off pile pants--men's medium. \$70 or best offer. Booties--Cordura soles, fiber filled. Men's medium.\$20 obo. Sleeping bag--Northface "Darkstar". -40 degrees. Gortex shell,

Polargaurd, HV fill. Weighs 5 lbs, 10 oz. \$200 obo. Call **Karen S** if interested at **523-6228**.

**LOVE TO SKI?**—I'm on the lookout for either downhill or backcountry ski buddies on Mondays and Tuesdays or night skiing for downhill. If you're into making turns, call **Ciel S.** at **523-0580** or email at **cielsky@wolfenet.com**

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

**LOVE SHOULDN'T HURT!!** — Are you or someone you know in a relationship that you may have wondered is emotionally, physically, sexually, or socially abusive? You need to know, It Doesn't Have To Be That Way! You can feel safe that this will be a CONFIDENTIAL matter for you. If you'd like information, phone numbers, and resources in the King County area, call **Robin @ 206-661-2564**, or e-mail @ **luvcats@juno.com**

**OSAT T-SHIRTS**—They come in three lovely colors: Ash with blue/green print, white with neon print, and navy with white print. They have the new OSAT design (by James B) on the front and all have a commemorative OSAT climbers insignia on the left sleeve in memory of Tom, Scott and Jimmy. They look very sharp, and we know you'll be askin' for more than one! They are available in Med., large, X-large and XX-large. Price is \$15.00, so please call **Joan S** at **277-8943** to get yours! If you'd like to write to her the address is: 15816 SE 169th Pl., Renton, WA 98058.

**MOVING SOON?**—Tired of hitting your friends up for a helping hand? Jim Fahey will be happy to do it for you. call him at Jim Fahey Moving. He has 18 years commercial and residential experience. He can even move the big stuff like pianos. Ph: **206-362-0093**

**IF YOUR BODY WEARS OUT, WHERE WILL YOU LIVE NEXT?**—Go see DR. MARK FREDRICH at his new location at: WOODWAY CHIROPRACTIC 20015 Highway 99, Suite A (Corner of 200th SW and Highway 99) Lynnwood, WA 98036 Ph: **771-BACK (771-2225)**

(FREE INITIAL CONSULTATION & EXAMINATION FOR ALL OSAT MEMBERS!!)



## Climbing Club News

Monthly OSAT club meetings are held on the second Wednesday of the month at 7 PM. The next meeting will be held **April 9**. We meet at the Congregational Church of Mercer Island, located at 4545 Island Crest Way (take the Island Crest exit from I-90, the church is about 1.6 miles south of the freeway, on the right. The meeting is held in classroom #1 (Upstairs, north end of hall).

The BOTS is committed to keeping the "business" portion of the meeting as short as possible, so we can concentrate on welcoming new members and enjoying the scheduled entertainment.

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

### BOTS Meeting Notes

March 18, 1997

In attendance: Roy O., Chris N. and Kim G.

#### OLD BUSINESS

- Discussed helping out Steve Sawyer get a replacement for Service Committee. A few names were discussed and we're approaching those people now. Anyone wanting to take this position should see Steve or the BOTS.
- Discussed equipment situation and future handling of this committee and the equipment checkout. Decided to approach a couple of people to see if they would head up the committee, which the BOTS in turn would help in building a viable way to track, checkout and keep equipment. It was decided that the Climbing Committee has enough to do during the course months and that a separate committee should handle the equipment. Suggestions to BOTS.
- Discussed building changes and the fact that monthly club meetings now take place in the sanctuary. New start time, due to the request of the church, is 7:15 pm through May due to ongoing meetings they are holding. Published in Yodel and announced at meetings for all.
- There's been continued requests for OSAT phone lists. Chris is checking on how this is being tracked by Jason through the sign-up lists and if the list will be available for distribution in the next couple of months.

#### NEW BUSINESS

- Bob C. is starting an Intermediate Climb course in 1998. This was presented to the BOTS and unanimously approved. The course will be a

continued education course for those in OSAT. Rules and itinerary will be set up by Bob, who will also be course leader.

## OSAT Harriers Circle the Rock

by Rik A

The OSAT runners arrived in force at the 25th annual Mercer Island Half Marathon March 23.

The early morning drizzle abated, and weather at race time was perfect for those with nothing better to do on a Sunday afternoon but run 13 miles and 192.5 yards up hills and down around the island.

From a spectator's (my) point of view, its difficult to understand the attraction, but having grown up in Eugene, running capital of the country and birthplace of Nike, I know there are people who insist on testing themselves in how fast they can get from here to here by way of somewhere else. Be that as it may, some of our climbing companions also participate in this form of self punishment, and do it well!

Results were not available at press time, but here's the roster of OSAT harriers. In the half marathon: Rod B (1st OSAT finisher), Bob C, Dave B, Dick W, Doug H, Jane L, Douglas R, Winton C, Mike B, and Dan B. In the 8K: Wendy, Merry O, Sally C, Carrie, Roy O, and Jim M. (Profuse apologies if by chance I've missed anyone!) Thus, OSAT represented nearly 1% of the 1650 entries in the two races.

Travel commitments kept Teresa F from returning to defend the division title she won last year. Moral support for the OSAT runners was provided by, among others, Susan, Bob Mx, Kathleen S, and Rik. Congratulations to all for their fine performances.

## Five Years Ago in OSAT

by Rik A

*(This is the eighth installment of "5 Years Ago..." a review of the first year of OSAT's existence, based primarily on the Yodel's predecessor newsletters. I am willing to continue providing this perspective if a few members express interest, but if I hear none the column will be dropped. Please let Marina or me know if you'd like the series to continue. - Rik)*

We tend to think the club motto, "Keep climbing mountains and don't slip" has been with us forever. In fact, the newsletters during OSAT's first winter sported the somewhat more curse "Climb mountains and don't slip", and Jim tried to improve on this and changed it to "Keep climbing mountains and don't drink in between." in the spring. Not too elegant, and it was destined to pass through yet another version later in 1992 before evolving, more than a year later, to our familiar phrase.

On April 9, 1992 OSAT began its second year. As has been the tradition ever since, the club celebrated its anniversary on the first Thursday evening in Daylight Savings Time by re-initiating the Tiger Mountain AA meeting. The previous weekend a dozen climbers made an attempt on Mt. St. Helens, and got to about 5,400 ft before succumbing to lots of "snow, snow, snow", but they reported a "great meeting, good exercise, fun time was had by all." The other major climb in April was The Brothers.

Instructors outnumbered students 14 to 11 at the Steven's Pass ice ax practice as the second annual climbing course hit the mountains. It was a great day with sun, soft snow, and a special meeting atop Cowboy Mountain.

OSAT was being exposed to more and more of the community. At the April business meeting it was decided to take the OSAT story to treatment centers. Later in the month Jim, Karen, Steve, and Robert were on Recovery Talk Radio, and Jim and Steve made a presentation about OSAT to the Federal Way Rotary club.

## Off Belay

by Bob C.

*(Sorry, Bob is placing some pro. He'll be back next time!)*

e-mail me-smalltcu@msn.com

## Echoes

*The Yodel always welcomes your thoughts, anecdotes, stories, and of course accounts of your thrilling climbs and activities. Anytime you feel like sharing your experiences, or run across a thought you find inspirational, why not share it with your OSAT friends?*

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## OSAT CASE\* Aconcagua 1997

*\*Clean and Sober Expedition*

## A Woman's Perspective

By Lisa M

Climbers: Rik A., Rod B., Bill L., Lisa M, and Roy O.

Our journey began with a wonderful send-off from Sea-Tac airport. The support from our families, friends and OSATers was very inspiring and



heart warming. The flight to Dallas, connection to Santiago, arrival in Chile and the entire first portion of our trip went perfectly.

Even during our training weekends, I wondered if I would be strong enough to carry my share of the weight and keep up with the guys. Being the only female, this was a concern for me. I knew I was strong, but was I strong enough to endure the 2 weeks of climbing?

As we embarked on our journey, I knew that I was doing well. I felt good and I was able to keep pace with the team. During the hike in, I was able to enjoy the fascinating terrain. The hills showed signs of the twisting and pushing from the earth that forced them into their present shape. At night, the moon was shining brightly and the stars were sparkling in the constellations of the Southern sky with which I am not familiar. The snow on the higher part of the mountain was like a white blanket in the desert.

Many of the memories I have are of the people I met on the climb. I received a lot of attention from the British group that was on the same schedule as us. I met up with friends who were coming down as we were going up, and the muleteers all spoke with me or wanted their pictures taken with me. There are some advantages to being one of the only females on a trip such as this! I met several people from different countries and had the opportunity to learn about them and their lives even during brief conversations.

I also learned more about the people on our team. Surprisingly, there is very little time to spend alone on this type of climb. Trips to get water, assisting with meals, setting up camp as well as discussions on the trail afforded me the opportunity to learn about my fellow OSATers.

As the climb progressed, the climbing became more difficult due to weather conditions. I began to realize how much emotional and physical strength it takes to complete a climb of this magnitude. I learned a lot about myself and my climbing skills. Simple things such as keeping warm, drying clothes or taking care of personal needs took more thought than normal since I was in a different environment and at a higher elevation than what I have climbed in before.

At nights when we were in camp and talked as a group in our meeting or in our tents, I gained a greater insight to men which is something I did not expect to gain from this climb. Understanding what they had to say, how they felt, our what they thought we should do was interesting. At times I felt very alone because my thoughts were so different from theirs.

I had thought that this trip would afford me the opportunity to enjoy the beauty of the mountain and have time for meditation and contemplation. This was

not the case because there was always work to be done, even on rest days.

As the weather became worse, I would lay awake at night in my tent, scared that the wind would rip it apart, wondering how cold it would be outside when I went to the bathroom, or if there was a semi-private spot to even go to the bathroom. At times there was no privacy at all on the mountain. I just had to do my business and hope that no one else would come out of the tent or no one would look my direction.

As we hiked along, we began coming up with what I have called "the Ten Commandments of Climbing". I started recording these statements as a way to lighten

the mood and brighten our spirits when they started to get low. I think they summarize our experience fairly well. The Ten Commandments are:

1. Thou shalt not pee in thy water source.
2. Thou shalt not covet thy neighbors pack.
3. Though shalt not lie about the time or distance to the next camp.  
Thou shalt not lie about the depth of the water.
4. Thou shalt not describe in print a route that one has not personally done.
5. Thou shalt not bogart thy water tabs.
6. Thou shalt not talk about "what would really taste good right now".
7. Thou shalt not whine excessively.
8. Thou shalt not blow out the stove that boils water the fastest.
9. Thou can call a food/water break at any time.
10. Thou shalt not flatulate upwind from thy fellow hikers.

When people first started to ask me if the climb was good, I had to pause for a few moments then respond that "yes it was a good climb". Having not made the summit, it is sometimes difficult to tell people that it was a successful climb. Although I am sickened by the thought of having to eat another freeze dried meal or a Cliff Bar, I had a really good experience during the climb. I met people and got to know them, I enjoyed the beauty of the area (not as much as I would have liked to), I learned a lot about gear during my shopping sprees prior to the climb, I learned that if I do the preparation and keep a strong mental attitude, I can do just about anything I decide to do. I learned that being the only female has definite advantages (that piece of honeydew melon that the Brits traded me for 5 minutes of conversation at Casa Piedra tasted wonderful!), but it

***"I began to realize how much emotional and physical strength it takes to complete a climb of this magnitude"***

also has disadvantages (women, you know what I mean!!) but that it doesn't have to hold me back. With determination and good emotional strength, being the only female doesn't have to scare me and it doesn't have to stop me from participating in climbs of this magnitude.

## Aconcagua

by Roy O

**T** *'was the night before January 19th (departure to Aconcagua) and the bags were all packed with care.*

*My stomach was churning with delight and fear.*

*My heart beat I could hear.*

*When what should appear in my dreams that night but the faces of those I hold so dear,*

*JoAnne, Mom, Dad, Brothers and Friends alike. They all wished me success, but be careful down there!*

*And when I awoke, my purpose was clear. Have a great trip but play it safe, even when the summit is near!*

After a great OSAT send off at SeaTac, our group arrived as planned in Santiago, Chile in 80 degree sunny, summer weather. We started to work as a team immediately and this team work continued though out the trip. At our team 12 step meetings we all had a chance to discuss what was going on, how we felt and what we hoped to accomplish. I wanted to stand on top of the mountain, but not at the risk of anyone's safety. This was a common goal.

When Senor Grajales dropped us off at the Puente de Vacas trailhead (7900'), I looked around and realized how lucky I felt be teamed up with Bill, Rik, Lisa & Rod. What a great group of climbers! The days before were filled with planning and organizing the gear and mules. It appeared as though we had planned for everything. Surely nothing could stop us from reaching the 22,834' summit.

As our march started up the Vacas Valley, I felt excitement and fear at the same time. After a few step we ran into a descending Summits guided expedition. Among the guides was fellow OSAT member, Jeff M. I was a bit surprised that Jeff didn't acknowledge our presence but he explained that he had lost his contact lens and could hardly see the trail.

After a few hours in the hot sun, we were passed by a guided British expedition also on their way up to the first approach camp and ranger station at Las Lenas. According to the guide book, Las Lenas is 5.5 miles up the trail. When we reached that point, there was no camp, no ranger station and no sign of our British comrades. After wandering around for more than an hour, we realized that the guide book must be wrong.

The mules and muleteers passing us confirmed this error. We finally arrived at Las Lenas feeling tired and demoralized. This was just the first day, how are we ever going to get to the top at this pace!

Earlier that day, when the British expedition passed us, we noticed that they carried light day packs. Our plan was to carry all of our gear necessary for the first three days, Tents, sleeping bags, stoves, fuel, food....even ice axes! Fifty to sixty pounds each. We thought that we would not see our mules until we reached Base Camp at the end of the third day, but as it turned out, the mules stay at the same camps we did. And here we were carrying heavy loads and wearing ourselves out, while everyone else was going light with extra mules.

On the second day, we experienced the same thing. The British moved way out ahead while we toiled in hot sun humping our seemingly unnecessarily, heavy loads. We were the MULES! What irony.

At the second camp, we realized that there are some disadvantages to having mules so close to camp... mule shit. Mule shit everywhere. In the water, all over the ground, even floating in the air. The bright spot about this second camp was it gave us our first good view of our objective, the Summit.

We also had a chance to meet several climbers from the Northwest and pickup some valuable information on the route and possible camp sites. We learned that these groups had ten straight days of good weather. We wondered if this would continue or were we headed into the opposite weather trend.

While preparing for the climb, I had read somewhere that on long, hard climbs it is helpful to have a mantra chant to relieve the monotony of the "breath, step, breath" routine. Not having any meditation training and not remembering how a mantra chant should sound, I developed my own chant. As our third day began with a river crossing at Casa Piedra, I looked up the Relinchos Valley toward Plaza Argentina, Base Camp (13,400'). This would be our first big elevation day. A gain of over 3000' up a narrow valley.

Seeing the switchbacks, I realized now was the time to start my personal mantra... Van Morrison's chorus to the song Wild Night. On the higher steeper, slopes I switched to a more aggressive chant; singing parts of Rage Against the Machine's, Killing in the Name Of.

As we worked our way up to Base Camp, my pace slowed considerably. The day before we were told not to go slow.... but to go extremely slow. I was happy to follow this advice. The route finally flattened out as a first of many storms moved in. But as I pulled into Plaza Argentina, the weather cleared and we all made it in good spirits with the first leg of our expedition behind us. The next day was a rest day.

One thing we all soon learned is that a rest day is not actually a day to rest... it just happens to be a day that



you don't have to carry a load. We were busy getting water, cooking, repairing gear, organizing loads for the next day's carry, socializing with other climbers, and taking photos. Since the mules had turned around to head for the green grass of Casa Piedra, we now had about 500 pounds to carry up the mountain. The next day was the first half of our double carry to Camp One at 16,000'.

The previous night, another storm had blown through dumping snow. Now the wind was blowing it all around. The winds were so strong it literally blew some of us off our feet. I slowly worked my way up the last 800' to Camp One. My head was pounding and breathing was labored. I soon began coughing.

After dumping our load, I quickly headed down toward Base Camp. As my coughing continued, I spit up something from my lungs and looked at the result in the snow. Oh no! It looked pink. I knew that that was a sure sign of Pulmonary Edema. My trip was over. I was shocked and stunned with the knowledge that this would kill me if I didn't descend immediately. I then realized that I was sucking on a Cherry flavored Jolly Rancher! I wasn't dying after all. The pink color was dye from the candy not blood.

Whew! As we descended back to Plaza Argentina, the coughing and headache decreased. I was starting to feel back to normal again.

Our move day to Camp One was about the same as the carry day, just no more HAPE (High Altitude Pulmonary Edema) scares. Putting up the tents was quite a chore.

The high winds and lack of oxygen pushed the limits of my ability to gather rocks to anchor the tent. After a fitful night listening to the howling winds, we awoke to a calm, sunny day. It was down right balmy. Our British friends soon arrived, now one day behind our schedule. Just a few days earlier I had thought they would be way out ahead of us and now we were moving steadily up while they rested for extra days. Does this remind any of us of the Turtle and the Hare?

Later on in the rest day, another storm moved in, but the skies had cleared by the next morning. It wasn't even windy. Surprisingly, the some of the stronger British climbers skipped a rest day and once again went roaring past us up to the next camp at the base of the Polish Glacier (19,000') I was surprised at how warm it was on our way up and when we looked to the summit we could see that this would probably be a very good summit day.

The next day we discovered that a fellow Northwest climber we had meet in early January at Mt. Rainier had indeed summited and described to us the windless, sunny summit. We hoped that we would share in his luck on our summit day.

***"My trip was over. I was shocked and stunned with the knowledge that this would kill me if I didn't descend immediately."***

Again, the job of setting up tents at 19,000' took up all our energy. When we finally had camp set up, we collapsed into the tents. This was an early night to bed after cooking in the tent vestibule. At 9:00PM that night, I went out into the gathering storm to answer nature's call and noticed two climbers traversing toward our camp after what was probably a summit day.

They were moving SO SLOW. Even at that distance, I could feel their tired agony stumbling toward camp.

With the next day as a rest day, we slept (Sleep? At this altitude?) that night for nearly 14 hours. I went out to gather snow for breakfast the next morning and said hello to some Spanish speaking climbers next door. They appeared to be repairing their tent and remarked about the strong winds that had blasted through out the night. As I looked out across the moraine to the other camps, there was also a lot of activity. It wasn't until I looked out later that afternoon that I realized that all the other climbers had evacuated the mountain and we were all alone up here. What did they know that we didn't? Were we in danger?

Rod, Bill and I decided maybe we should try to use our handheld radios to call up the ranger station for a weather report. This was futile because we couldn't speak much Spanish and the ranger spoke very little English. The winds were still blowing very hard and we stayed in the tents all day. The large tent fly was ripping in places as I leaned against the wall as winds battered our position. Two emergency repairs had to be made. In fact, we could hear the wind roaring towards us like freight train. This gave us a few seconds to brace the sides of the tent with our bodies.

Since Rik and Lisa were in the other tent, we didn't know how they were feeling, but Rod was slightly (and rightly) worried. He even wrote in his journal..." We are F\_\_\_ed." At times, I secretly agreed with Rod, but I didn't want to admit it unless the tent actually blew down the mountain.

As we woke the next morning, the winds had slowed down and the skies were pretty clear. This was another move day. This time we took only one tent and traveled as light as possible to our third camp at 20,300' on the North side of the mountain near the Normal Route. We had been told that this traverse would take 3-4 hours. But with the snow filled Penitentes and ice blocking our way, we it took us seven hours of hard, strenuous climbing. Needless to say, erecting the tent was once again extremely difficult.

All that night we were crammed together in the large tent; melting snow for water & food. Tomorrow was our summit day. We awoke at about six, had breakfast and waited for daylight. When we finally got out and looked up toward the summit it was clouded over, we could only see a few hundred feet and the wind was blowing hard.

No summit today. As disappointed as we were; we were glad to have shelter from the sever winds ( 40-50 mph estimated) and bitterly cold temperatures (-20 degrees F at night).

Another night of no sleep (third night in a row) and we resigned ourselves to the reality that not only was a summit out of the question due to weather, but that we would have to leave our gear behind at Camp Two. Our decent would have to be by the Normal Route. We knew that trying to traverse back in awful weather and with weakened climbers would be dangerous and possibly fatal if someone should get hurt. There was no search and rescue available.

I felt very weak on the decent, probably a combination of lack of sleep, lack of food and too many days in the 'Death Zone' of high altitude. After going down about a thousand feet we realized that the weather was above us now and it was clear below. The first sign of life was at Berlin Camp (approx 19,000') these folks did not appear to be going up but more than likely down if the storm above worsened. The next stop was at Nido De Condore camp, we heard stories of tents blowing away and emergency evacuation back down to the Normal Route's base camp, Plaza De Mulas. All this time we had been several thousand feet up the mountain hoping to summit. As we looked back up at the cloud covered, windy summit ridge, we felt confirmed that our decision to descend when we did was the smart thing to do.

Plaza de Mulas resembled an Old West mining town. Lawlessness and small business people selling cokes, beers and even dinners. We choose to sleep in the Hotel. Another hour of walking, even up hill for another 500'. The Hotel had no heat or running water, but it did have beds and hot meals. What a luxury to drink a \$6 liter of juice.

The next day we marched 17-18 grueling miles back to Punta de Inca. The dinner, shower and bed that night never felt so good. Civilization at last, after two weeks of freeze dried meals and lumpy sleeping bags. Looking back at the summit that day, we could see that this would not be a summit day either since the entire top was covered in clouds. This confirmed our decision once again.

The next day found us on our way back to Santiago, Chile where Lisa's husband Bob was waiting to welcome us. Rik and I returned on the next possible flight home to Seattle while Bill, Rod, Lisa & Bob visited the coast for a few days.

That may not be the end of this trip, however. The mountain still awaits me. Any takers?

## Mt. Si/Old Trail

Sunday, March 23, 1997

Climbing Course Conditioning Hike

by Shirley R.

I decided to lead the Mt. Si trail instead of Teneriffe because it seemed a better choice for an early conditioner, and those who signed up were receptive to the idea. Participants were: Bob L, Bob F, Will, John, Sarah, Terry C, and myself. I thoroughly enjoy this trail, as I've never been overly thrilled by the claustrophobic feeling I get in the deep forest of the regular trail. On the old trail the sunlight or even the gray light penetrates through the lighter forest and to me is a spiritually and visually brighter way to go up Mt. Si. The elevation gain and destination, of course, are the same as on the regular trail.

On the way up, I showed how to get on the old trail (it is not marked). So, if anyone wants a guided trip, contact one of the above hikers, who all say they now know the way! This particular trip was notable for its impromptu meeting on the top, with hot beverages provided by John, who had brought his stove, and Will who had the tea bags. We were joined by Michael, who was out hiking with his two giant husky dogs and who used to belong to OSAT. There was still quite a lot of snow on the meadow (soon it will be all in bloom!). The weather was gray, but not rainy. We all got a good workout and made our destination, which was the meadow overlook.

## Hueco Tanks State Park

February 1997

by Shirley R.

Terry P and I spent 5 days rock climbing at this winter climbing area near El Paso, Texas. Heuco rhymes with cake-o. Armed with our cut-rate plane tickets, a 407 page Hueco Tanks rock climbing and bouldering guide, tents, sleeping bags & pads, stoves, crash pads, racks, rope, harnesses, cameras, proof of campground reservations, etc...we were off!

The weather was cooler than we had hoped, as it was in the 50's instead of 70's for the most part, but mostly sunny and always dry. Often it does get into the 70's in February, but we got a cooler weather pattern.

We had been training for weeks for "power climbing", which describes most of the bouldering problems there. Shirley and Terry "power climbing" is an oxymoron, but lets say we did gain strength and power during our training program!

We explored the park, which is divided into four large rock mounds: North Mountain, East Mountain, West Mountain, and East Spur. One could spend months there without seeing and doing everything, but we did lots of bouldering, a bit of top roping, and one longer route. On the side of North Mountain are a number of multi-pitch routes 200+ feet in height. We chose a classic 5.7+ route called "Uriah's Heap", 3 pitches, 3 stars, a very fun climb. (Challenging to place pro. into).

There are a lot more such routes, of various difficulties. We had some listed routes to top-rope, and did a classic 5.9+ called Maiden, negotiating a large roof with barely reachable basketball-sized huecos as hods. We have slides and photos of our trip for anyone who might be interested in climbing there.

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*God, grant me the Serenity  
to accept the things I cannot change.  
The Courage to change the things I can.  
And the Wisdom to know the difference*

---

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We appreciate any and all contributions! Without your input, there would be no Yodel! Please continue sending your trip reports, stories, thoughts, and ideas. Also, if you have a computer, we would greatly appreciate your stories sent to us on computer disk. The Yodel is published using Microsoft Word 6.0, however, your disks can be converted from previous versions of Word, as well as Word Perfect. Make sure your disk is formatted for IBM. Be sure and send a hard copy along with your disk just to be sure, and as always, make sure you have a backup! Please send all submittals to: Marina S., 22810 - 55th Ave. W., Mountlake Terrace, WA 98043. And, for you really up-to-date types, send us your submissions via Cyberspace to: [sandsmar@sprynet.com](mailto:sandsmar@sprynet.com). (please note that the "k" in our name is intentionally missing). See you next issue!

Ed.

**'The relationship of height to spirituality is not merely metaphorical, it is physical reality. The most spiritual people of this planet live in the highest places. So do the most spiritual flowers...I call the high and light aspects of my being spirit and the dark and heavy aspect soul. Soul is at home in the deep shadowed valleys. Spirit is a land of high, white peaks and glittering jewel-like lakes and flowers...People need to climb the mountain not simply because it is there, but because the soulful divinity needs to be mated with spirit.'**

**The 14th Dalai Lama of Tibet.**



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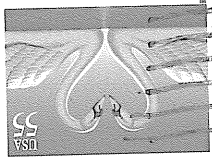
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