

The Yodel



Volume 10, Issue 4

Keep climbing mountains and don't slip!

SEPTEMBER 2001

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ONE STEP AT

A TIME

(OSAT)

MISSION:

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



September 21-23
Bridge Creek Campground on Icicle Creek near Leavenworth. Join us for Rock Climbing, Hiking, Mt. Biking and Meetings!
(If no rain before that weekend then no open fires.)
Bring the whole family!
For more information or to volunteer, contact **Mia W. at (206)784-9567** or miawa@u.washington.edu

Dudes & Flies on Forbidden

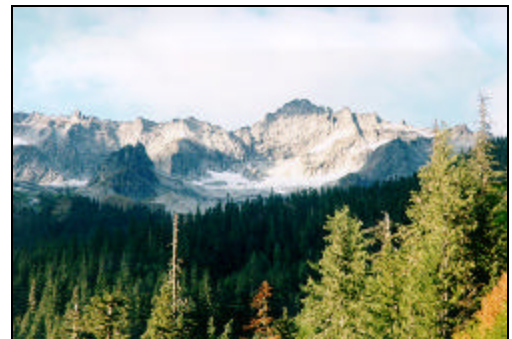
By Robert C

August 11-12

Forbidden Peak via the West Ridge

This climb is one of North America's 50 classic climbs that truly deserves all the attention. It turned out to be one wild weekend.

The advertisement for the climb went into the Yodel in early spring and greeted with quick enthusiastic response. I was a bit overwhelmed expecting maybe one or two folks would be interested in this intermediate level climb. 8 people signed up! After the typical OSAT last minute additions and cancellations eventually Jim Blakley, Sean Walsh, Pete Staples, Chuck Ammon, and myself were set to go.



Sean drove up to the Marblemount Ranger Station Friday morning just to secure the coveted Boston Basin camping permit. This was our first step to success.

Saturday morning at 4:30am I tossed my pack in the front seat of my car—strong cof-

(Continued on page 6)



What an awesome day! The temps ranged from the upper 50s at the Tiger Mountain trailhead when we started at 8:30, to 70 when we reached the summit at 12:30, to the mid to upper 70s when the last of us crossed the finish line at 3:45. We had 100% success with everyone finishing. Reported incidences include one rider who got a flat just heading into North Bend, the support vehicle was told by the WSP to stop illegally stopping on the shoulders of the freeway and to legally use the off and on ramps instead, one rider missed one of the rest stops, and one rider's speedometer stopped working 3/4 of the way through the route. Other than those things, it could not have been more perfect! There were 0 injuries (except of course for all the sore butts), the scenery was phenomenal, the travel was not half as bad as many of us thought it would be, there was a cornucopia of food at the rest

stops, and the emotion of camaraderie at times was almost overpowering. What a great day! Thank you to all who participated: Malcolm, Robin, Dax, Ted, Pete, Mike, and Jane. Special thanks to Billy McHales Restaurant for lending us the cookware, to Ken's Restaurant for letting us use their space for a rest stop, to The Cascade Bicycle club for all of their helpful advice, to the Department of Transportation for watching out for us on the roadway and granting us permission to use it, to the BOTS for supporting this event, and to all of OSAT for all your warm wishes, positive thoughts, and for subsidizing the expenses. Extra special thanks go out to the rest stop workers, Robin and Joanie who donated their time and put out an awesome spread, and to our support car driver, Maggie and her side kick, Jordan who donated their day, their gas, and were our guardian angels and cheerleaders along the way. We couldn't have done it without any of you. Statistically, fourteen people showed interest, seven started and seven finished, five pre-registered, one registered and did not participate, and it took six and three quarter hours to complete. There are other statistics but they're boring; they will however assist us with planning this event for next year. We

hope to see at least twice the numbers we saw this time around. Lastly, we here at OSAT Cycling are calling it a day. We have had a blessed riding season this year and it only seems proper to end it with what turned out to be a wonderful finally to the riding season, the Cycle to the Summit event! The regularly scheduled 12:30pm OSAT Cycling Sunday ride from Tracy Owens park will begin again at the beginning of cycling season in March or April, weather permitting, and most likely end with the Second Annual Cycle to the Summit event. (Of course if anyone would like to go for a ride, just send out an email.) On a personal note, it has been an awesome honor to serve the club by bringing this event to you each Sunday. It has been a blast decorating all these emails, coming up with routes to ride, and just getting out there and participating in the celebration of life! Thanks to Terri for putting out the first email asking if anyone wanted to join her for a Sunday ride and suggesting that this might be a regular OSAT type of thing. Thanks to Robin for suggesting the idea of the Cycle to the Summit event. The love, the friendship, the fellowship, the support, the recovery--it's all been an exceptional blessing. Thanks for everything. Until next season--keep riding bikes & don't break your collar bone, and keep climbing mountains & don't slip. Have a great winter!

Sincerely,
Dax Arroyaw
aka David C.
OSAT Cycling

OSAT SOUTHWEST

Greetings to all, Today myself, Bob Maxwell and six other hearty people in recovery, one baby and one dog started the first (as far as we know) outdoor recovery meeting in the Sandia mountains of Albuquerque, New Mexico. We began in the usual manner then Bob gave a brief history of Osat and it's founding's.

Of note was the related story of Doug walking across the crater of Rainier some years past and announcing to the assembled throng of successful climbers

"I'm Doug and I'm an alcoholic". Our group has decided to continue to have weekly recovery meetings and to explore other outdoor recreational possibilities so we can generate here the kind of group dynamic that produced the aforementioned individual. And of course with any outing there was a mini-epic where two people took longer to descend and we were concerned for their hydration. All things turned out fine and a decision was made for lots of ice tea and brief afternoon naps for us weary. I wish to extend an invitation for all of you to visit this part of the world and when you do

come join us for fellowship. We will continue to carry and to pass on the tradition that Hinkhouse began a decade ago enabling clean and sober individuals the opportunity to find fellowship and recovery in outdoor activities.

When the rain is getting you down come on down for so sun and fun here in Albuquerque. We'll be waiting for you. Keep climbing mountains and don't slip.

Ron Doughty
— 8/19/01

OSAT QUICK-REFERENCE

Board of Trusted Servants (BOTS)

Meredyth G.	425-252-9131	<i>yosemite22@earthlink.net</i>
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Bob L.	206-310-2896	<i>jrlewis@u.washington.edu</i>
Mike R.	206-634-1583	<i>mikerobb@aol.com</i>
Nancy T.	206-523-0844	<i>nthorpee@juno.com</i>

12-Step Meeting Coordinators

Rick B.	206-793-5561	<i>crbontop@hotmail.com</i>
Dave B.	425-353-8154	

Contact People

Activities:	Lori U.	425-430-8738	<i>Namaste2b@aol.com</i>
Activities Hotline:	Lori U.	425-430-8738	<i>Namaste2b@aol.com</i>
Finance:	Teresa F.	425-353-8154	<i>tt.flynn@verizon.net</i>
Hotline Follow-up:	Mara F.		<i>marthafoley@hotmail.com</i>
Library:	Rob E.	425-770-6722	<i>rob@orcahome.com</i>
OSAT East Coast:	John H.	617-641-3423	
Running:	Doug H.	425-271-5116	<i>dougsue@aa.net</i>
Safety:	Dave N.	253-752-9214	<i>offbelay1@juno.com</i>
Service:	Mia W.	206-784-9567	<i>miawa@u.washington.edu</i>
Yodel:	Scott H.	425-346-9302	<i>yodel@osat.org</i>
Webmaster	David C. (Dax)	206-623-7857	<i>webmaster@osat.org</i>

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

OSAT 12-Step Meeting Locations:

Tiger Mountain Time: Thursdays @ 7pm & Sundays @ 10:00 am

Location: The Tiger Mountain Trailhead is on the south (right) side of the High Point Way Exit (1st exit east of Issaquah) off I-90. Make a reverse U-turn onto the road parallel with the Interstate. Park as close as possible to the west end of the road to use the cable line trail, or in the upper parking lot to use the regular trail (recommended for first-timers). **Note: Call Rick B for info on the Thursday night meeting — it switched to the Issaquah IHOP for Daylight Savings Time. The meetings resume on the mountain the first Thursday after DST ends in April.**

Thursday Contact: Rick B Sunday Contact:

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

Carkeek Park Time: Mondays @ 7:30 pm Meet at trailhead at 7pm

Location: Take I-5 to Northgate, take the Northgate Way exit, and head west. Keep going past Hwy 99. When you cross Greenwood, Northgate Way changes to Holman Rd. A block or two later, look for QFC, and travel through the parking lot. You'll find 100th and 6th. Park near there at the Carkeek Park trailhead parking lot. The group meets there at 7 pm and then walks down together into the park. Notes: This park has a beautiful view of the Sound. Be sure to dress very warmly, and bring candle lanterns and headlamps, as it is dark and usually cold. If you drive, you can park down by the beach and the meeting starts when the walkers get there, usually around 7:20pm.

Contact: Dave B.

OSAT Telephone Numbers

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

General Information Number

206.236.9674

Activities Hotline Number

206.236.5848

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

UNSUBSCRIBING:

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

SUBSCRIBING:

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

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

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

— The 14th Dalai Lama of Tibet

Kaleetan Peak (6259')

Sunday, August 5

by Chris N.

Leaders: Russell S. & Nancy T.

Followers: John M. & myself

Kaleetan Peak is located 3.7 mi. NW of Snoqualmie Pass. Our group headed out early on a fine and sunny Sunday, this being Russell's third attempt of Kaleetan this year and my second ever. After arriving at the Denny Creek trailhead (2280'), we hoofed it under I-90 and up the 4.5 miles to Melakwa Lake (4480'+) without incident. Our arrival there was under beautiful blue skies and the spectacular views were clouded only by mosquitoes. As it turns out, the lake's name means mosquito, a fact I was not aware of until after our return. The trail passes around the W side of Melakwa & Little Melakwa Lakes and then slowly becomes obscure as the terrain turns to a valley filled with large boulders down low and smaller scree as you ascend. While the summit is not a long distance from the lake, the terrain makes for slow going. Once up to the upper reaches of the north end of the valley, the terrain becomes steeper as you gain the south ridge that takes you to the summit. Because John and I could not recall the route description, being slightly ahead we made a feeble and ill-advised attempt at what may be called the south face.



Kaleetan Peak courtesy of vtrail.com

As we were sloooooowly backing down this precarious route, we heard from Russell, ascending from below, "Hey, you're off route!". This was good to hear because I don't think either of us could have climbed one hold further on the route we had chosen. But hey, it looked fine from below! Back on route, we easily gained the ridge and made our way to the summit, even having plenty of time for John to brew some tea and for us all to share tall tales and take in the tremendous views. This is a climb that you would probably want to plan for an entire day and the terrain just below, and on the ridge, requires some minor scrambling. All in all, a great

Hinkhouse Peak

Saturday I received the following letter in the mail from Roger Payne of the U.S. Board on Geographic Names. Although the Washington State Board staff assured me last year that this final step was pretty automatic, it is nice to have it done, and nice that notice of it arrived just two weeks before our climb!

"We are pleased to inform you that the U.S. Board on Geographic Names, at its June 14 2001 meeting, approved the proposal to name an unnamed summit in Chelan and Okanogan Counties Hinkhouse Peak. The decision was made in agreement with the findings and recommendations of the Washington State Board on Geographic Names,

The Chelan County Commissioners, and the Office of the Okanogan/Chelan County Engineer. This new name has been entered into the Nation's official automated geographic names repository and will be published in the Decision List 2001.

The entry will read as follows:

Hinkhouse Peak: summit, elevation 2,310m (7,580 ft); located in Okanogan National Forest and Wenatchee National Forest, 1.5 km (0.9 mi) N of Washington Pass, 3.5 km (2.2 mi) ENE of Cutthroat Peak; named for Jimmy D. Hinkhouse (1943-1995), mountaineer and founder of a local substance

recovery program;{additional location information} "

Rik A



October 2000 ascent of Hinkhouse Peak

OSAT Traditions

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

GREENLAKE RUN!



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

Yodel Staff

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

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Sluggertimm@yahoo.com

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206-543-8142 memberships@osat.org

How to Contribute

The deadline for November Yodel:

(Anniversary Issue)

October 15, 2001

Via Email: yodel@osat.org

Via FAX: (by arrangement)

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

OSAT EVENT CALENDAR



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

REGULAR OSAT EVENTS:

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

September 21-23

OSAT Annual Car Camp

Bridge Creek Campground

Icicle Creek near Leavenworth

Join us for Rock Climbing, Hiking, Mt. Biking and Meetings!

Bring the whole family!

For more information or to volunteer, contact Mia W. at (206)784-9567 or miaawa@u.washington.edu

Dec. 15-16

Mt. Hood via Palmer Glacier

Leader Permission

Bob Clarke

(206) 985-2583

climb13a@hotmail.com

Message from Lori U. our Activities Chair:

More activities will be posted in upcoming yodels.

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

OSAT's 10th Anniversary Yodel Edition

Okay folks, send me your stories, trip reports, and other goodies that you can put together for me for the next upcoming issue of the Yodel. **Deadline for this issue is October 15th.**

Support the newsletter that keeps us all in touch by sending me whatever you got (except your bills).

The 10th Anniversary Edition will be coming out in November, so send in any stories that you remember back in the day when OSAT was still young, or even current stories that relate to

the history of OSAT.

If you have any questions, concerns, comments, inquiries, etc - please let me know.

Scott H

Yodel Editor



fee in hand-and notice someone has been in my car!

Freaking thieves grabbed my gym bag full of dirty socks, smelly rock climbing shoes, loose change and vitamins. Dorks. In a hurry I skip the call to the police and get up to Sean's house for the drive to Forbidden. Loading our packs and we're off.

At the trailhead, hello's, serenity prayer, general good humored testosterone induced banter - up the trail we go. The flies and mosquitoes seem to be quite thick but we justify it because of the trail side standing water and forest. Later we look like horses swatting our tails trying to keep the bloodsuckers at bay. Again-it's just because we're low. Right?

The bright sunny day continues with a grind up to a granite slab where we set camp. Perfect divots to lay our sleeping bags (no tents on this trip) and keep watch over the distant jagged peaks. Black flies. Huge. Biting. We're surrounded by unrelenting black biting flies (the size of Raisin Bran raisins). None to smart though, they are slow and easily killed. We decided to try and bag close by Sharkfin Tower. An easy rated climb but hard to get to. Up the steep glacier the flies were still there. Sean had a clan of them on his helmet and with one swat killed a handful. This is getting annoying. After with-standing sweltering heat-treacherous gully groveling we ended up...on the wrong summit. DOH Yet finally away from the flies. Practicing standing glisade turns for hundreds of feet made our side trip worth the effort.

That night surrounded by the beautiful alpine glow the warm breeze filled our hearts with gratitude during our meeting. We spoke of risky ascents, women, sports and all that is good about being man! Whatever.

Next morning we marched up the steep snow slopes to the couloir where the action begins. Front pointing up a few ice bulges then straight up the couloir we made it to the start of the rock route! Pete began belaying Jim and Sean follow belayed by Chuck. Solid granite, beautiful views, magnificent knife edge exposure mark this wild alpine setting. At times the route literally straddles the west ridge with one foot on the North side and one foot on the

South! The summit was made in grand fashion (no mention of the double handed thigh shiver or mr. microphone). Rappelling and down-climbing the route we retraced our steps down the couloir and slogged to our camp. No flies, we've escaped them! Setting off to the cars the flies made their comeback only to be justified by multiple river crossings, thick forests and humidity. But every step downward the damn things became thicker and thicker. Swarming around our heads into our ears and eyes, the seams of our cloths even our noses. I was afraid to speak to Jim for fear they'd collect in my mouth. The trailhead was no relief. They seemed crazed by our salty sweat attacking with a fevered pitch. Escape was finally successful by driving away.

Back home what seemed to begin the trip also ended the trip. The driver side window of my car had been smashed and my car robbed. Patience/tolerance/acceptance/love and forgiveness (oh yeah-police reports too).

Particulars: West Ridge Of Forbidden
Permit: Required
Difficulty: Grade III, 5.6
Equipment: Ice Axe, crampons, pickets, medium rack, slings, helmet
Time: 2 days. Or one very long day
First Ascent: (who else) Fred Becky
Classic rating: *****



Forbidden Peak (8815 ft) center foreground with North (left) and West (right) Ridge Routes
Photo copyright by Lee Davis

WEATHER FORECASTING

November 7 & 14, 7:00-9:30 p.m.

Marmot Mountain, Bellevue

Are your outdoors recreational plans held hostage by weather uncertainty on your part? Instructor Bryan Scott (BS meteorology, Ph.D. atmospheric physics) shows how to use the Internet to make your own weather forecasts. This course is more than a simple discussion of how to download text forecasts made by other forecasters. You will learn how to actually generate your own site-specific forecasts of the all the weather details you need. Two evenings. Advance sign-up required. Sign-up at 425-453-1515. Cost \$40. More information at: www.geocities.com/bc_scott/wxcourse.html.



Landscapes of Nepal



September 15th - December 15th

Opening:
September 17th (Monday)
7pm-11pm

Caffe Ladro
Fremont 452 36th st
Seattle, WA 98103

Hi there everyone,

This Is Craig C.
Mountaineer and Photographer

I know I have shown these images in slide form at the monthly business meeting and all but I thought that people would like to see them in print and on a wall. This past year I have made some drastic changes in my career and this is what came out of that.

So, come on down and talk about hiking in different counties and see some cool photos while hobnobbing with Fremont's finest. You can even see my very own photos of Everest.

This project actually takes a lot of effort. I have done a few in the past and had forgotten how pumped up you can get putting one of these gatherings together. Hope to see you all there.

The Yodel

P.O. Box 6461
Lynnwood, WA 98036-6461

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They come in various colors and sizes!
Price is \$15. Please contact Chuck A.
Ph: (253) 838-0459

Mailing
Address
Goes
Here

OSAT MARKETPLACE

Advertising in this column is free for all OSAT members. To keep your ad in subsequent issues, you **must** notify the Yodel of your renewal prior to deadline. Send the *Yodel* your personals, gear swap offers, and situations wanted. **50 word limit.**

OSAT Climbers and Adventure Lovers! May I assist your travel planning? I offer my services as a full time travel agent to help get you to the peaks, the shores and the cities. Events available: Honolulu convention in November Women's International in February, Sober Club Med in February. Call me! Janice B at 425-646-8200.

MOVING SOON? Call Jim Fahey Moving! 18 Years commercial and residential experience. Need help moving a piano? Jim's your man! Ph:425-787-7888 jimfahey@apl.washington.edu

SUPPORT SIGN-LANG. ON TIGER: Beautiful 20" handmade bead necklaces on sale for only \$10. All money is donated to interpreters for Tiger Mt. meeting once a month. Please call David "Dax" Ching (206) 623-7857 or email dax@oz.net for more information.

Housemate or two wanted in North Bend. Fully furnished rooms, quiet, mountain view. I have 3 cats. Please contact Anne B. 425-888-9121 or Anne_Blakley@hotmail.com

FOR SALE: (1) North Face Liberty Pack Brand new! Only 2 trips logged on this pack. Medium torso length, black w/ yellow straps. Capacity is approximately 2500 cu inches. Perfect daypack! \$35 - Call Scott H (425) 346-9302

Couples Counseling. Sensitive help in resolving tender relationship issues. Rich H. MA CMFT, (206)418-1150

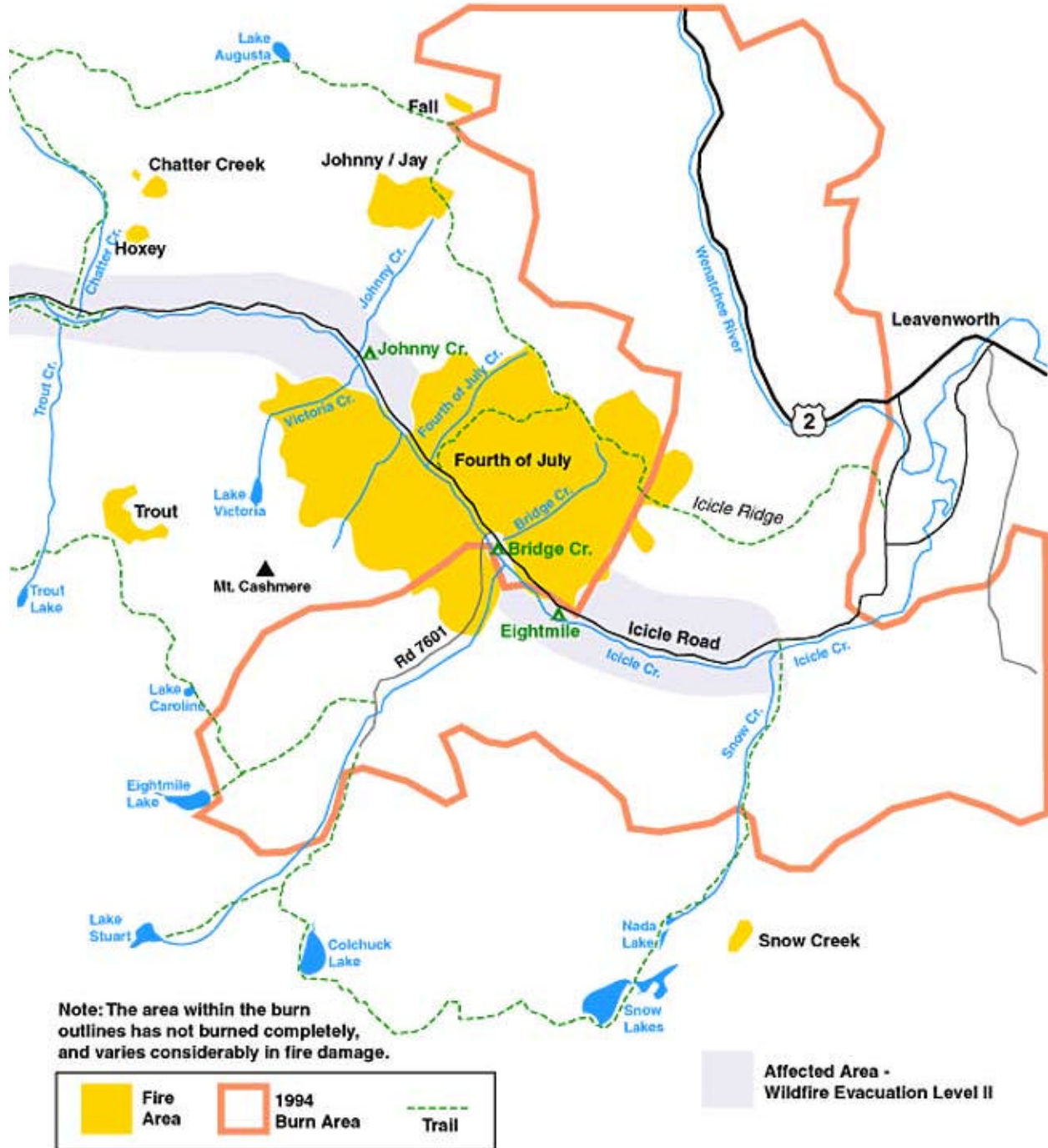
IF YOUR BODY WEARS OUT, WHERE WILL YOU LIVE NEXT? Go see Dr. Mark Fredrich at his new location: Woodway Chiropractic, 20015 Highway 99, Suite A Lynnwood, WA 98036 Ph: 425-771-BACK (425-771-2225) FREE INITIAL CONSULTATION AND EXAMINATION FOR ALL OSAT MEMBERS

FOR SALE: Aromatherapy Eye Pillows \$13, Serenity Bath Salts \$6/20 oz. great for after a long hike. Cedar Sox 100% cotton/cedarwood - pull odor and moisture out of the smelliest hiking boots... \$12.00/pair. \$3.00 s/h. Great gifts! Call AWAKENING SPIRITS (206) 767-9339



Icicle Fire Complex

Lake Wenatchee and Leavenworth Ranger Districts
August 28, 2001



<http://www.fs.fed.us/r6/wenatchee/icicle/images/fire-area-8-28.jpg>

Driving Directons:

Take Highway 2 heading east towards Wenatchee. Right when you are entering Leavenworth take a right onto the Icicle Creek Road. The Bridge Creek Campground is approximately 9.6 miles out on the left hand side. Bring along water or containers since the nearest source other than the Icicle Creek is about 1/2 mile away. If they don't get any rain before next weekend than we won't be able to have an open fire so bring lots of lanterns and we'll fake it.