

The Yodel

P.O. Box 6461
Lynnwood, WA 98036-0461

Online Version

OSAT MARKETPLACE

TRAILBLAZERS — If your body is feeling the aches of conditioning, treat yourself to some bodywork. Massage for injury, soreness and relaxation. Discounts to fellow OSAT members; gift certificates available. Call Nancy Thorpe at (206) 523-0844.

YODEL EDITOR NEEDED,

BAD!

New member looking for a way to help out? Long term member looking for a service position? Wait no longer, here's your chance! OSAT is currently seeking an outgoing person to edit the Yodel. The editor puts together the Yodel on a monthly or bi-monthly basis from content sent in by members. Full training and a copy of MS Publisher included. A computer hooked to the Internet is required. Please contact Dax at eWebsherpa@osat.org if you're interested. This is your club, please volunteer!

PHOTO OF THE MONTH



Where:
Africa
When:
March, 2005
Photo by:
Kelly P.

Send your pictures to eYodel@osat.org and the editor will post the best one in each month's Yodel.

The Yodel

Volume 12, issue 2

Keep climbing mountains and don't slip!

The Roof of Africa

By Kelly P.

Perhaps it was a midlife crisis. What would stir a 49 year old man with limited mountaineering experience to want to pack up and go solo to the roof of Africa?

It all started a few weeks earlier when, due to a lull in my career I knew it was good timing for an adventure. I surfed the internet and started reviewing what it would take to plan a trip to Tanzania to summit Kilimanjaro. After a Google Search of "Kilimanjaro Trekking Agencies" I sent out numerous inquiries to local agencies in Moshi Tanzania about the potential trek. After reviewing the responses I chose a local agency Akaro Tours and a helpful man named Ally to coordinate my trip. The total cost of \$725 which included entrance to Kilimanjaro Park, a guide and three porters.

I left Seattle bound for Amsterdam and after a three hour layover was on a DC 11 in route to Tanzania. After a total of 22 hours I arrived at Kilimanjaro Airport which is about 60 miles from the Mount Kilimanjaro trailhead. I was met there by a driver who took me to the town of Moshi, the closest town to the mountain and to the Impala Hotel. This was reputed as the only five star hotel in the town. The room was very basic and had a cost of \$72 a night which is a fortune when the average yearly wage is \$270. Air conditioning consisted of a small fan on the ceiling. We discussed when I should wake up and there was considerable confusion as Swahili time is referenced by when the sun rises and sets. I am is one hour after the sun rises or 7am according to our time. So I was to arise at 2am Swahili time or 8am according to my watch.

Ally from Akaro tours met me the next morning and we signed paperwork in his quaint office in Moshi. My plan was to ascend via the tourist route or as the locals call in the "Coca Cola Route". One of Ally's assistants asked me why I had chosen the Coca Cola route and I then she caught herself and said it was best I used that route due to my advanced age. I asked her how old she thought I was and she said over 70 years old. Perhaps it was my grey hair but my ego was definitely bruised.

I met my guide, Deme, and we started the 45 minute drive to the park gate. After some brief formalities I was introduced to my team and we started on our trek. I carried only a day pack with water, a few snacks, and a camera and rain gear. The majority of my gear was carried by on the top of one of the porter's heads.

Day one started at 5,500 feet and was an easy five hour walk through the rain forest to 8,800 feet. It was a beautiful and peaceful walk the only sounds being the occasional bird singing or the friction of the trees in the wind. We would occasionally meet people descending and I would ask Deme if they had reached the top. He said he could tell by the look on their faces and each time we passed someone he would give me his opinion. The greeting along the trail was Jambo which means "hello" in Swahili. Spotting monkeys in the trees reminded me that I was a long way from home. Deme let me lead the way and I set my own pace. Within three hours we had made the 5 mile trek to the Mandara Huts, our home for the evening.

I signed in and received my hut assignment. There was no logic to who you would bunk with for the night. I was teamed with a German woman that was completing a dentistry internship in the town of Moshi. After unpacking we were given a bowl of hot water for washing and told to go to the dining hut for hot popcorn and Kilimanjaro Black Tea. This was a ritual that would be repeated each day at the conclusion of the days trek.

In This Issue

The Roof of Africa p.1
Activities Calendar p.2-4
Keep Climbing Mountains, Part I, Chapter 7 p.4
OSAT Quick Reference p.5
How to Echo p.5
Treasurer's Report p.6
OSAT Traditions p.7
OSAT 12-Step Mtgs. p.8
BOTS Mtg. Minutes p.9-11
Marketplace p.12
Photo of the Month p.12

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."

OSAT Activities Calendar

More information, such as who is coming and how to sign up for these activities are listed on the OSAT Website, Members Section at <http://www.osat.org>.

May

15 - GCC Camp Muir Field Trip - One Muir field trips is required for the GCC course. This is a hike from Paradise to Camp Muir. We will gain about 4700' of elevation that day, make sure you have been conditioning. We will be meeting in the Paradise parking lot at 8AM, be ready to hike by 8:30AM. Do not be late! My cell number is 206.349.1508.
 What to bring: 10 essentials, ice axe, back pack, lunch, snacks, plenty of water, sun block, glacier glasses, adequate clothing, mountaineering boots, gaiters, etc... , Size Limit: 12. Difficulty: Strenuous, Leader: Pete L , Phone: 206.760.3566, Email: pglitwin@hotmail.com, Facilitator: Pete Litwin. Sign up via website or leader.

18 - Tiger Mountain Mt. Bike Ride - 3 hours ride time. Up NW Timber and Preston then back down. Great workout. 12 noon. Contact Lisa at parsons00@earthlink.net

What to bring: Bring bike in good working condition, water, and snack, Size Limit: none, Difficulty: Intermediate, Leader: Lisa and Merlin, Email: parsons00@earthlink.net, Facilitator: lisan-merlin. Everyone's Welcome!

21 - GCC Conditioner / Ruth Mountain - 1 day ascent of Ruth Mountain, just east of Mt Baker. a 2.5 hour drive from Seattle. 1 Day Trip - Fast & Light & Fast Only 13 miles RT - 4K Vertical No Dogs More info: <http://www.sverdina.com/ruth/ruth1.htm> This hike is serious, and being quick is essential. Do not carry a heavy pack, but bring the right gear. We will be on a glacier and roping up. If you have questions, please call me at the number below.
 What to bring: Ice Axe, Crampons, Harness, Glacier Gear, Helmet, Size Limit: 6 + Leaders, Difficulty: Strenuous / Glacier, Leader: Scott H / Paddy D, Phone: 425-346-9302, Email: scott@questalb.com, Facilitator: scotth. Sign up via website or leader.

21 - GCC Glacier Travel Field Trip - Sat-Sun May 21-22nd You must sign up in advance and attend one of the two weekend field trips that are offered. This is an overnight field trip Sat-Sun May 21-22nd.

What to bring: See syllabus for details. , Size Limit: none, Leader: Russell S. , Phone: 425-753-3525 , Facilitator: Pete Litwin. Everyone's Welcome!

27 - Olympic Hot Spring Hike 2 day - Gentle 2 1/2 mile hike from the trail head to the Springs camp ground for 2 or 3 nights. Be at trail head 5pm Fri. We'll pack in, set up camp,soak in the hot pools for the evening. Sat morning, we'll do a light pack to destinations: Boulder Lake (7 mi. RT) or Appleton Pass (11mi. RT). SLOSAT can go to Fork Falls (3mi RT) for beautiful scenery. What to bring: Everything you would normally need for a multi day backpack. Be prepared for rain or shine. Bring sandals, bathing suit (optional), towels for soaking in the tubs. Food,

snacks, cook stoves, and all your bedding., Size Limit: none, Difficulty: none, Leader: Tino, Phone: 253-826-1464 , Facilitator: Dax. Everyone's Welcome!

June

4 - Montana Ride - 2 day ride - 70 miles each day - 2 day event Size Limit: none, Leader: Lola, Facilitator: Dax. Everyone's Welcome!

4 - 2 Day Climb Sloan Peak - Size Limit: 12, Leader: Russell, Facilitator: Dax. Sign up via website or leader.

4 - MS Ride Fundraiser - OSAT Team wanted Join Team OSAT on their first Mountain Bike fundraiser!

What to bring: Pledges, water, helmet, tire repair kit. More info at <https://www.nationalmssociety.org/?w=sevent>

event_detail.asp?e=8222, Size Limit: none, Difficulty: Several Degrees, from easy to hard., Leader: Mike P, Phone: 253-854-3016, Email: Mprimed@comcast.net, Facilitator: Mike P.. Everyone's Welcome!

12 - GCC Conditioner - Alta Mountain - 6240' with 3500' gain, 12 mile RT, 5 hr to summit max Meet @ 7am Starbucks North Bend, 45 min drive time, trail time 8am to 6pm. LAST CONDITIONER BEFORE BAKER!

What to bring: Ice Axe (just to be used to carrying one) and NW forest pass, Green Trails map #207 Snoqualmie Pass, Size Limit: 10, Difficulty: Strenuous, Leader: Dan L, Email:

Dan.Lineback@SSAMarine.com, Facilitator: scotth. Sign up via website or leader.

13 - GCC Seminar #5 - Crevasse Rescue Seminar Held at REI in an upstairs conference room between 6-8:30PM.

What to bring: See syllabus for details!, Size Limit: none, Leader: Pete Litwin, Phone: 2063491508, Email: pglitwin@hotmail.com, Facilitator: Pete Litwin. Everyone's Welcome!

15 - GCC Crevasse Rescue Practice - Held at Gasworks Park. Crevasse Rescue Practice held at Gasworks Park. 6PM-Dark. This is a mandatory field trip.

What to bring: See syllabus for details. , Size Limit: none, Leader: Bill L. , Email: wlink14fun@aol.com, Facilitator: Pete Litwin. Everyone's Welcome!

18 - GCC Crevasse Rescue Field Trip - Sat-Sun June 18-19th Crevasse Rescue Field Trip on the Easton Glacier at Mt. Baker. This is a weekend field trip Sat-Sun June 18-19th. It is mandatory for the course.

What to bring: See syllabus for details. , Size Limit: none, Leader: Pete S., Facilitator: Pete Litwin. Everyone's Welcome!

25 - Mt Jupiter in Olympics

Size Limit: none, Leader: John M, Facilitator: Dax. Everyone's Welcome!

July

2 - Mount Hood - Glacier Climb-July 2nd and 3rd Part of the "15 Peaks in 15 Weeks" Series for OSAT's 15th Anniversary. Great warm up for Rainier or other glacier climbs. We will be doing the South Side route in two days (Sat-Sun July 2nd-3rd) as an over-

(Continued from page 4)

help. We would need to give them the proper training. This would be practice for me. After all, if I couldn't lead athletes up Mt. Rainier, how could I expect to do so with former drunks?

This was a great way to start a new year. Maybe that's why 1990 turned out to be such a good year. But then, 1991 was even better.

Chapter Summaries for the remainder of Part I

Chapter 8. Chemical Dependency Counseling Classes. I enjoy these classes. I get positive feedback about my ideas. Connections between smoking and studying addiction counseling help me to stop smoking. I write a paper about why meditation and mountaineering can help prevent relapses.

Chapter 9. The Irish Curse Expedition. Rik, Dick and I rescue a skier with a broken leg on Mt. St. Helens. Unsuccessful attempt on Rainier by our basketball team (whose name is "The Irish Curse"). I gain confidence. I meet other climbers in AA who say they might help me organize an AA climb. Dick gets a drinking birthdate.

Rik's Recollections of 1990

I had been climbing with BOEALPS for a couple of seasons, but was not attracted to the companionship and somewhat selfish objectives I encountered among climbers in that group. When Jim shared his vision with me, and invited me on some of the training outings with Dick and The Irish Curse, I jumped at the chance. We did a trip to Alpental for ice axe arrest practice, and a day trip to Pinnacle Basin in Mt. Rainier Park for an introduction to roped travel. There were also conditioning hikes up Mt. Si and Granite Peak.

Sometime during the spring, Dick, Jim and I made an attempt on Mt. St. Helens. I'm not sure if any of the Irish Curse had been invited, but it was only the three of us on the climb. As we were setting up camp near the timberline, a lone skier came down the mountain, and asked us if we knew where the nearest phone was! Before he took off, we found out that one of his skiing partners had broken his leg further up the mountain. So the three of us packed up our camp and headed up the mountain, expecting to spend the night tending an injured skier and his friend. Just as we arrived at the accident scene, the sound of a helicopter in the distance caught our attention, and soon it was dropping a paramedic near the seismic transmitter at 6100 ft, several hundred feet above the injured skier. We helped the paramedic prep the victim, shoveled a landing spot in the snow field for the chopper, and then loaded the three of them onto the chopper. We established camp at the seismic station, Jimmy and Dick in bivvy sacks and me in a tent.

Midway through the night Dick joined me, as it had started snowing, and Jim woke up in the morning under 8 inches of fresh powder and it was still snowing. There was no question of continuing the climb, and as we retreated, we commented that it was nice to have been involved in the rescue, because it made the climb much more memorable. Subsequently the three of us were interviewed on the phone by a director for the television program "Rescue 911", but the story never made it to the re-enactment stage!

The Irish Curse attempt on Rainier was early season, perhaps as early as Memorial Day. It was foggy all the way up the Muir Snowfield, the wind was incessant, and when the group got to Camp Muir, Jim immediately announced that he was scrubbing the climb due to the conditions and the forecast that they were getting worse rather than better. My daughter Vanessa and I elected to spend the night in the Camp Muir shelter, but The Irish Curse retreated back to Paradise that afternoon. The next morning Camp Muir was in a whiteout, and the RMI guides announced to those of us in the public shelter that they had scrubbed their

climb, and we were welcome to join them and their clients in the descent to Paradise in poor visibility.

Although the Irish Curse Climb was unsuccessful, Jim clearly gained a great deal of confidence in 1990. He saw that his prior experience as a graduate of The Mountaineers Intermediate class and his involvement in teaching mountaineering and leading trips for the Mountaineers provided a sufficient foundation of skills and experience so he could train people in mountaineering on his own.

Later in the summer, Vanessa and I planned our second climb of Mt. Hood, up the less traveled Leuthold Couloir route on the west side of the mountain. It happened that the weekend we chose coincided with Jim's 30th high school reunion in Scappoose Oregon. Jim had never climbed the highest peak in his home state, and when he heard we were going to do it, he asked if he could join us. Vanessa and I spent Saturday climbing up to a camp site at Illumination Rock, on the southwest shoulder of the mountain. Jim drove from his reunion to Timberline Saturday night, and at dawn Sunday morning we spotted him climbing across the head of the Zigzag Glacier to our rendezvous.

As we approached the crux of the climb, I recall Jim yelling from the back of the rope "Great steps, Rik!". The adrenalin overload provided by his encouragement resulted in a crampon slash in my gaiter as I kicked the next step with extra vigor.

"Jim provided more support than my dad" confided Vanessa sometime later. As we passed through the neck of the couloir, pebbles whizzed by like stray bullets. "I was never so scared in my life, but Jim knew just how far back of me to be: not too close, so I knew I was doing it on my own, but not so far back that I felt alone." After Jim died five years later, I related this story to a non-climbing co-worker who credited Jim with saving him from alcoholic suicide. He said "That was Jimmy's greatness. It was a gift he brought to may facts of his helping others."

Chapter 10. Now We're Getting Somewhere

Talking with Ed (old-time AA person) about what I was trying to do. I develop a flyer for a meeting on top of Mt. Rainier. Mailing the flyers to treatment centers and halls. People start calling me. I prepare for the first seminar. Excitement. I send out the first "newsletter."

Chapter 11. Equipment and Conditioning Seminar.

A bothersome phone call from an AA conservative just before leaving for the seminar. Good attendance. Good vibrations at the meeting. What I said about equipment, conditioning, and what it was like to climb Rainier. Tom's slides and aftermath.

Chapter 12. The First Tiger Mountain Meeting.

Description of the hike up Tiger Mountain and sketches of some of the participants; the feeling of making history; John H gets lost; more self-doubts.

Chapter 13. What Have I Done?

Reflecting on the first Mt. Si outing. Feeling good about what I was doing. Bob C's phone call and his obsession with climbing Rainier. I start to have doubts again. An opportunity to practice "turning it over" to my Higher Power.



happen. Also Tino and Mary were the only ones who showed. It was then discussed how to revive interest in the meetings. Dick will send emails out ahead of time with the meeting date and the entertainment for the evening.

We also talked about once again having refreshments at the meetings. Tino will bring the refreshments for the April meeting, he also suggested nominating a club member to handle this as an opportunity to serve. Bob L handled refreshments in the past. Tino will contact him to see if he still is interested in that job. Or if he would like to pass it along.

Getting the word out: Tino and Dick will see that osat fliers are put out at the Sea Side Oregon AA convention in April. Rik also discussed advertising the club in the Washington trail assoc. mag. and also with the Mountaineers. The adds are very inexpensive. The bots is very interested in getting the word out. Tino has been diligent in putting out fliers and making announcements about our very special club. Thanks Tino!

More on the club meeting: The club meeting date and location should be put on the echo site along with the entertainment. Thank youz: Rik had thank you cards made up. Tino will pass these along to Mary our service chair, so she can send them out at appropriate times.

Hats:
Dick will contact Vern as a possible source for club hats. Dick will also contact Lola about another entertainment segment. Since she only scratched the surface of her outasight bike adventure. Bruce will contact Chris and Wendy about doing a slide presentation for the April meeting since they have just returned from a trip. The meeting closed at 8:45, Dick D

APRIL

Minutes - Apr 19, 2005 BOTS meeting at Mike P's
BOTS Members in attendance: Bruce, Dick D, Tino, Dave B
Meeting opened at 7:40PM by Dick D. Minutes from previous meeting read and approved.

Old Business:
1) Dick did not contact the potential hat suppliers. Teresa will keep looking for poly-pro/mesh-on-side/packable hats.
2) Teresa had made contact and got prices for Z-Pulley T-shirts. (48 minimum order @ 21.85 for long sleeves). BOTS agreed that Teresa should bring proposal to club mem-

bership meeting. Count informal commitments and propose to price them at \$25. Also it was proposed to charge \$3 for mailing (no charge if picked up).

3) Treasurer (Rik) reported on investigation of cost of ads for OSAT. Washington Trails was viewed as too expensive. BOTS suggested working to find out about cost for Mountaineers magazine. Also suggested was to check out the PI "What's Happening" section.

4) Dick D reported good attendance at club meeting. Excellent presentation by Lori on her trip to Chile. Next month, Chris and Wendy will have a presentation on their trip to New Zealand.

5) Tino talked to Bob L. regarding coffee and snacks for the club meeting. Bob agreed to do it until he can pass it on.

6) Tino reported that flyer distribution at Seaside was successful. No flyers were left over.

7) Rik presented quarterly Treasurers report. A reserved portion of funds is now in CDs. The CDs will be renewed unless there is some need for the money.

New Business:

1) Question of when the next Yodel will be published. Dick says Lola says soon. Close in the usual manner.
Respectfully submitted, Dave B.



Hey! Where ya been?

We apologize for the lack of Yodel editions. As you'll read in the BOTS Meeting Minutes we didn't have anyone to produce the Yodel for a short while but Dax our Web Sherpa is temporarily providing this service. We would like to stress the "temporarily" part as Dax is currently overwhelmed with updating and managing the website and can not do both jobs for a long period of time. We are seeking a Yodel Editor, someone to put together the Yodel on a monthly or every-

other-monthly basis. A computer connected to the internet is required and we'll throw in all the training and a copy of Microsoft Publisher 2003 to put it together. If you're interested, please contact Dax at eWebSherpa@osat.org.
(The club will continue to own the copy of Publisher.)

nighter. We will camp on the first day (Sat) just above the Palmer Ski lift and summit on Sunday July 3rd. Contact Pete Litwin 206-760-3566 or 206-349-1508 for more details or by email (see below). You must confirm sign up by phone or email, simply adding yourself to the climb on this page does not mean you are on the climb.

What to bring: 10 essentials, ice axe, crampons, back pack, food, snacks, water + water bottles, sun block, glacier glasses, adequate clothing, mountaineering boots, gaiters, radio (mandatory-buy or borrow one), helmet, etc.... Group Gear: picket (if you have one), stove + pot, water filter (optional), tent, and shovel etc.... Size Limit: 10, Difficulty: Moderate Glacier, Leader: Chuck A and Pete L, Phone: 206-760-3566, Email: pglitwin@hotmail.com, Facilitator: Pete Litwin. Sign up via website or leader.

3 - South Summit of the Brothers - July 3rd, 4th or 5th TBA
Size Limit: 12, Facilitator: Dax. Sign up via website or leader.

9 - Mt Rainier 7/9th or 7/16th - There may be more climbs TBA
Size Limit: none, Leader: Russell, Facilitator: Dax. Everyone's Welcome!

16 - S2S Bike Ride - This is a bike ride from Seattle to Spokane on Highway 2 in one day. 285 miles and 12,000 feet of elevation gain.

What to bring: bike, lighting system, Size Limit: none, Difficulty: Strenuous, Leader: Lee W, Phone: 206-465-4650, Email: peakbagger3@comcast.net, Facilitator: Peakbagger. Everyone's Welcome!

16 - SLOSAT hike - TBA Minor elevation gain, beautiful scenery
What to bring: layers and essentials, Size Limit: none, Difficulty: easy, Leader: Linda Z, Email: lindaza@hotmail.com, Facilitator: Janice B. Everyone's Welcome!

23 - Black Tusk, British Columbia - Overnight hike and scramble to the summit of this remarkable landmark on the road to Whistler in the Garibaldi Provincial Park wilderness. Many years ago OSAT was rained out at Taylor Meadows on an attempt to do Black Tusk. Join us for this year's OSAT Canadian Expedition! Climb Leader: Nikki D mountaineer@shaw.ca Trip Organizer: Rik A hollyrik@msn.com We will camp overnight at Garibaldi Lake or Taylor Meadows. Check out the nice photo gallery at <http://www.seethenorthshore.com/btal/btal.htm> We will either leave Seattle Friday night and camp somewhere near the trail-head, or leave at 0-dark-thiry Saturday morning and meet our leader in North Vancouver.

What to bring: Overnight gear, helmet, 10 essentials, bear repellent, cookies for the leaders., Size Limit: 12?, Difficulty: Moderate hike, scramble summit with some exposure, Leader: Nikki D (of OSAT-Canada), Phone: 206 232 8908, Email: hollyrik@msn.com, Facilitator: Rik. Sign up via website or leader.

28 - RAMROD Bike Ride - 1 day 153miles 10,000 ft elevation gain
Size Limit: none, Leader: Lola, Facilitator: Dax. Everyone's Welcome!

30 - Mount Forgotten - Mnt Forgotten elevation is 6005 ft/1830

m. Per Fred Becky it is a "small but outstanding rock peak" referred to as "Lady of the Mountains" because of its resemblance to a hooded woman. Route is approximately 4.5 - 5 miles with 3900 ft elevation gain. The meeting place and time is TBD.

Leader: Dean Asher Facilitator: Rebecca Forrester
What to bring: 10 essentials of course, Size Limit: 12, Difficulty: Scramble, Leader: Dean Asher, Email: forrester.r@ghc.org, Facilitator: RebeccaF. Sign up via website or leader.

August

6 - 3 Day Ride to Seattle to Vancouver -

Size Limit: none, Facilitator: Dax. Everyone's Welcome!

7 - OSAT Picnic -

Size Limit: none, Facilitator: Dax. Everyone's Welcome!

12 - Summerland Meadows Hike/Pleiades Meteor Shower -

Overnight campout on the 13th. Return on 14th. Night of the 12th is the main attraction on the night time sky.

Size Limit: 12, Facilitator: Dax. Sign up via website or leader.

20 - 3 Day Kayak Ross Lake -

Size Limit: none, Leader: Russell, Facilitator: Dax. Everyone's Welcome!

27 - Curtis Gilbert - Klickton Ridge scramble - 2 day t - Hike thru Goat Rocks Wilderness to alpine Warm Lake camp, then climb the route previously interrupted by my (stupid) broken leg in 2002 to the 8184 ft peak, the highest point between Rainier and Adams. If someone else would like to be the trip organizer for this climb, I will turn it over, be the climb leader, and take up organizer role for a different climb earlier in the season.

What to bring: 10 essentials and overnight gear., Size Limit: 12, Difficulty: Scramble, Leader: Rik, Phone: 206 232 8908, Email: hollyrik@msn.com, Facilitator: rik. Sign up via website or leader.

27 - SLOSAT hike - tba

Size Limit: none, Leader: Linda Z, Email: lindaza@hotmail.com, Facilitator: Janice B. Everyone's Welcome!

September

8 - 2 Day Prussic Peak - 5.7 Route

Size Limit: 6, Leader: Bill L, Facilitator: Dax. Sign up via website or leader.

9 - Eight mile Camp group/Icicle Creek Car Camping -

Size Limit: none, Facilitator: Dax. Everyone's Welcome!

17 - Trek Tri Island Bike Ride - 3 day fundraiser through the San Juan Islands and on to Victoria for the American Lung Association. Pedal an average of about 45 miles a day through the beautiful San Juan Islands with overnights in Port Townsend and Camp Orkila on Orcas Island. More information can be found at TheALAWWebsite. Register early, as I suspect this ride could fill as early as April or May.

What to bring: You and your bike, overnight bag, Extra tube and pump, water bottles, helmet, smile., Size Limit: Yes, Difficulty: Recreational, some hills, Leader: Mike P., Phone: 253 854-3016, Email: Mprimed@comcast.net, Facilitator: Mike P.. Sign up via website or leader.

A Few More Steps Toward a New Future
In previous chapters, Jim admitted his doubts, his fears, and his procrastination. But optimism always won out, and in Chapter 7 he describes some positive steps taken toward his vision of combining climbing and recovery.

This is a short chapter, and it is followed by Jim's outline for subsequent chapters he had in mind for Part I of the book. The term paper mentioned in the Chapter 8 outline was included in the draft of the book, perhaps to be included as an appendix. It will be published as the next section of this serialization of Jim's draft. I have included in this section under Chapter 9 a few of my recollections of 1990, in italics after Jim's summary plan for that chapter.

KCMADS, Rik

KEEP CLIMBING MOUNTAINS PART I. THE ADVENTURE BEGINS

Chapter 7. Finally, Some

Progress

The truth is that I still may have dropped the ball, if I hadn't had another prod from the Universe.

Sometime during 1989, my daughter had attended a series of self-help seminars that were offered by a local company whose primary marketing strategy was to convince their graduates to recruit family and

friends to take the seminars.

The seminars obviously had a positive impact on my daughter and it wasn't very expensive. So I signed up. I was curious and at least it would be good for father-daughter relations. Off I went, with an open mind. The course was held on Wednesday, Thursday, and Friday evenings, then all day Saturday and Sunday. It was a high impact class that cut into my sleep time. But I enjoyed it anyway. I relearned a lot about myself and laughed and cried with my fellow participants. Yes, we do attract that which occurs to us. Yes, we are responsible for the context in which we view and interpret external events. I knew those things, but it was good to be reminded.

Then there was pressure to go offsite for 5 days and 4 nights. The cost was twice as much. At this seminar you would work through the "walls" that kept you from being successful. My daughter had been to this and highly recommended it. My fellow students were signing up in droves. OK. Why not? Again, off I went, expecting great things this time.

I didn't get the same warm fuzzies from this seminar. Given the price, I thought it was kind of a rip-off. I suppose it was good for people that had never had anything like it before. Having no basis for comparison, they seemed to feel it was

worth the money. Personally, I was appalled at the scarcity of professional guidance that was available. And by the fact that several of the participants were alcoholics and should have been in a chemical dependency treatment center where they may have received some help. I could have got more for my money somewhere else, I thought.

But I didn't complain. I made the most I could out of the experience. And that turned out to be a lot. Yes, I got what I needed at the time - a push toward making specific steps toward effecting a career change. I finished the seminar just before Christmas, 1989. By shortly after New Year's Day, I had taken two specific steps:

- 1). Enrolled in Bellevue Community College and signed up for the first class toward becoming a Chemical Dependency Counselor. This would give me some experience in the recovery business outside of AA.
- 2). Committed to take our basketball team up Mt. Rainier. About six of our teammates wanted to do it. Dick would

(Continued on page 11)

OSAT Activities Calendar

24 - Mountain Ascent Challenge III - Non Sponsored and Non-Organized Adventure Race Snoqualmie Pass to Stevens Pass (70 Miles) This is not an OSAT endorsed event, I just wanted to make sure everyone knew about it that might want to try something like this.

What to bring: As little as possible!, Size Limit: none, Difficulty: Long and Strenuous, Leader: scotth, Phone: 425-346-9302, Email: scott@cascadeguide.com, Facilitator: scotth. Everyone's Welcome!

24 - SLOSAT hike - TBA

Size Limit: none, Leader: Janice, Phone: 425-681-1715, Email: getaview@comcast.net, Facilitator: Janice B. Everyone's Welcome!

24 - SLOSAT hike - easy to moderate hike to a beautiful place with wonderful natural scenery
What to bring: be prepared for all weather, food, 10 essentials, Size Limit: none, Difficulty: moderate, Leader: Janice, Phone: 425-681-1715, Email: getaview@comcast.net, Facilitator: Janice B. Everyone's Welcome!

October
12 - Auburn - Parade - Veteran's Parade this side of Mississippi
Size Limit: none, Facilitator: Dax. Everyone's Welcome!

27 - Last OSAT Thursday Night Tiger Meeting for Season - After tonight, the Thursday Night OSAT Tiger Mountain meet-

ing will move from Tiger Mountain back to IHOP in Issaquah. Details under "12 step meetings" on the website.

Size Limit: none, Facilitator: Dax. Everyone's Welcome!

29 - Halloween Party -

Size Limit: none, Leader: Lori, Facilitator: Dax. Everyone's Welcome!

November

24 - Mt Si Thanksgiving Hike -

Size Limit: none, Facilitator: Dax. Everyone's Welcome!

December

25 - Mt Si Christmas Hike - Christmas Dinner Appetite Builder

Size Limit: none, Facilitator: Dax. Everyone's Welcome!

January

1 - Mt. Si New Years Day - Traditional OSAT Hike

Size Limit: none, Facilitator: Dax. Everyone's Welcome!

July

23 - SLOSAT hike - This is a gentle hike to a great destination with beautiful scenery. TBA

What to bring: be prepared for any weather condition, snack, 10 essentials., Size Limit: none, Difficulty: easy to moderate, Leader: Janice, Phone: 425-681-1715, Email: getaview@comcast.net, Facilitator: Janice B. Everyone's Welcome!



OSAT BOTS Meeting Minutes

Rik is working on programming to track. Annual audit was discussed. Rik will bring a monthly statement of account balance to next meeting.

f) Dick D. to call for nominations on Yahoo Groups and OSAT Echo. Hopefully the nominees can be announced before the meeting, so that Email votes can be solicited.

- 1) Dick will get more business cards.
 - 2) Dick D. committed to telling the OSAT History at the Climbing Coarse seminar February 8th. Rik will help with info.
- Announcements:
15 peaks in 15 weeks is an idea Rik has in the works.

FEBRUARY

Minutes - Feb 15, 2005 BOTS meeting at Mike P's

Attendees: Dick D, Tino, Dave B (BOTS members), Rik A (Treas), Mike P (BOTS emeritus)
Meeting to order.
Minutes from previous meeting read and approved.

Old Business:

- 1) Dave B. to contact Bob L. regarding waiving membership fee in hardship cases.
 - a) This would be done on a case by case basis.
 - b) We still need to be sure that we have a release form for the person.
- 2) Noted success of OSAT booth at Winter Holidays. Dick D and Sharon did a great job.

a) Dick D to contact Seaside org to see if we can do something similar there.
b) Consensus that we should look for other opportunities to spread the word about OSAT.

New Business:

- 1) Jim K has resigned from the BOTS.
 - a) Bylaws state that emeritus BOTS member should become a voting member until an election can be held.
 - b) Mike P agreed to fill that spot.
 - c) There is no specific direction in the bylaws as to how to conduct this election. Possibly there should be.
 - d) Being as this is the BOTS class of two and one has resigned, it was considered that we should attempt to fill the vacancy as soon as possible.
 - e) Consensus was that waiting for two Yodels to come out would take too long. Ideally this election could be completed by and at the next club meeting. So various proposals for conducting the call for nominations, distributing the ballots and accepting votes via Email, regular Mail, and at the club meeting in March were discussed. Also the fact that some people will be left out of

the process (by not being accessible by email), but we considered it more important to fill the position.

- f) Dick D. to call for nominations on Yahoo Groups and OSAT Echo. Hopefully the nominees can be announced before the meeting, so that Email votes can be solicited.
- g) Someone needs to contact Dax (it was not decided who), to see if we could get an email address (like elections@osat.org). Meanwhile, Dick D. agreed to accept votes using his personal account.
- 2) Treasurers report.
 - a) Rik noted that an independent audit/check of the balance is required once a year, by the by-laws. Rik has performed this audit and verified that the balance on Dec 31, 2004 matches Teresa F final report. This is the starting balance for the new treasurer Rik A.
 - b) Rik presented a report of income/outgo and balances.
 - c) Rik suggested that we institute a policy that at least one BOTS member has Internet Access to the bank account for the purpose of conducting the audit and also to backup the treasurer. This person would need to have signature authority also. Dave B agreed to be the person. Rik agreed to figure out how to set this up.
 - d) Rik summarized the 2004 income by categories and noted the lowest account balances during the year. The lowest amount in the account was \$4720 and it occurred in August. Based on this he suggested that we could take a portion of the bank account and put it in a series of CDs maturing at different times. He suggested that this might earn \$100 per year. It was the sense of the BOTS that Rik proceed to setup this CD series using \$3000, with the first maturing in 4 or 5 months (that is, in July or August), so that we could assess whether the money would be required or could rollover into another CD. The idea is not to make the bank account larger, but to be able to fund more activities while meeting our standard expenses. It was noted that we are not spending this money, just putting it in another place.
 - 3) Membership meeting additional dates.
 - a) Rik accepted an action item to assure that the meeting room for the club meeting is available for the additional dates in the summer and November.
 - 4) The membership fee waiving discussion continued.
 - a) It was reiterated that we must get the release from anyone who is a member by

(Continued from page 7)

Deme immediately started discussing how we now had to get to Uhuru Peak which is the highest point on Kilimanjaro. I really had no idea but Uhuru Peak was another two hours climb from Gillman's Peak. What was particularly frustrating was that after you leave Gilman's Peak you actually go down a few hundred feet. This is heart-breaking, knowing how hard you had to work to gain those feet and at the same time knowing you had to make up for the ground lost later.

The sun began to rise at 6:30am about half way between Gilman's and Uhuru peaks. I was totally exhausted and Deme had to take my camera. I was in no mood to take pictures. The last ascent up to Uhuru was not particularly steep but a steady incline that at this altitude was extremely taxing. Every step I was taking three breaths. I would have to stop every five minutes or so for about two minutes to recover enough to continue.

Finally we could see the peak and I knew I was going to make it. At 7:30am we reached the roof of Africa. We quickly took some pictures at the summit and I noticed the memorial crosses for the people that had died at the top. Deme explained that these people had reached the summit, then had such acute altitude sickness that they were unable to descend. This was enough to make me want to turn around in short order and quickly make my way back down. At the top it was extremely cold and there were large mounds of ice in the distance. I was told that due to glacial warming that these were melting and within my lifetime would completely melt.

We quickly turned around, went back to Gilman's peak took a short break and made our way down. Instead of taking the switchbacks down we kind of glided straight down the side of Kilimanjaro in loose dirt. It made the trip down very short. In less than an hour and a half we were entering the Kibo huts where we had started about 11 hours earlier.



Many of the other climbers commented that they felt very sick on the descent due to the quick change in altitude. This did not affect me at all. I was happy to get down and was feeling more strength.

As we entered the Kibo Huts our porters greeted us, congratulated us and gave me a cold Fanta orange drink. That was the best tasting drink that I ever had.

At about 10am I was back in my bunk trying to get some sleep before I had to pack up everything and start the 12 mile descent to the Horombo huts below. The cook tried to feed me something but I still had no appetite.

At about 12 noon I started the journey down. I was quite exhausted but found that as I got lower I gained strength. About three hours later I made my way into the Horombo huts. At this point I regained my appetite, ate a large dinner and went to sleep. For the first time in five days I actually slept through the night. I think I was so exhausted that no jet lag was going to keep me awake.

We awoke early the next day and took time to capture our last photos of Kilimanjaro peak before we made our way the rest of the way down to the park gate. After about three hours we were close to our rest stop at the Mandara huts when I managed to severely sprain my ankle. I could hear it crack as I turned it on a rock on the trail. I limped my way to the huts we took a needed rest stop.



Deme suggested that I have a porter cart me the rest of the way down and I laughed out loud. I wasn't about to make it this far and have to be carried the rest of the way. We continued the descent, me limping my way down. About two miles from the bottom Deme suggested we take the porters route which was almost a road at this point the rest of the way down. This was much easier on my ankle and within about an hour we were back to the gate.

After taking the time to receive our certificate I said my good-byes to the porters and we were off to the hotel in Moshi. It was some time before I comprehended what I had accomplished. One of my life goals had been achieved and I had successfully reached the roof of Africa.



OSAT/AA 12-Step Meetings

Issaquah IHOP: Time: Thursdays @ 7:30 pm (back to Tiger in April)

Tiger Mountain: Time: Sundays @ 10:00 am

Location: The Tiger Mountain Trailhead is on the south (right) side of the High Point Way Exit (1st exit east of Issaquah) off I-90.

Make a reverse U-turn onto the road parallel with the Interstate. Park as close as possible to the west end of the road to use the cable line trail, or in the upper parking lot to use the regular trail (recommended for first-timers).

— **Thursday Contact:** Tino **Sunday Contact:** Tracy M

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

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

Location: Take Exit 173 to Northgate Way and turn west. After crossing Meridian, Northgate Way becomes NW 105th Street and crosses Aurora Ave. N (Highway 99). Turn right on Greenwood Ave N. and left on NW 110th Street (look for the crosswalk lights above the street). After 6 blocks, NW 110th Street becomes NW Carkeek Park Road and winds down into the valley for 1/2 mile to the park entrance.

The group meets at the beach (weather permitting) at 7:30 pm. This park has beautiful sunset views of the Sound. Be sure to dress very warmly and bring candle lanterns and headlamps, as it is dark and usually cold. If it is raining, the group meets in the shelter at the north side of the parking lot.

OSAT QUICK-REFERENCE

Board of Trusted Servants (BOTS)

Dick D. 206-714-3782
Tino S. 253-826-1464
Bruce M. 425-204-0168
Dave B.
Email All BOTS Members
eBOTS@osat.org

12-Step Meeting Coordinators

Tino S. 253-826-1464
Dave B. 425-353-8154
Tracy M. 425-204-0168

Contact People

Activities:
Janice B. 425-681-1715
Finance: Rik A.
Library:
Membership: Bob L. 206 686-2927
OSAT East Coast:
John H. 617-641-3423
Safety: Doug H. 425-271-5116
Service: Lee W. 206-465-4650
Yodel: Kelly P. 206-675-1036
Web Sherpa: Dax 425-488-0424

OSAT Club Meeting: Monthly OSAT club meetings are held the second

Wednesday of the month at 7:30 pm. Located at 4545 Island Crest Way, take the Island Crest Way exit from I-90, the church is 1.6 miles south of the freeway, on the right. The meeting is held in classroom #6, upstairs.

(Continued from page 1)

After the snack we took a short hike to a crater which allowed a panoramic view into Kenya and the Serengeti Plain. Before we knew it we were being called to dinner. The typical dinner consisted of fresh cucumber soup and bread as a first course, rice and chicken or beef stew as a main course and fresh fruit for dessert. After dinner there was little to do but settle in for the night.

Having landed in Moshi the night before I was suffering quite badly from jetlag. I stared at the ceiling for much of the night. Finally, late in the evening I was able to get a few hours of sleep before the sun rose again promptly at 6:30am.

The porter again brought hot water and indicated it was time for breakfast. The breakfast consisted of bread, fried eggs, a sausage and some fruit. By 8am we were off for our second day which entailed a slightly more difficult climb from 8,800 feet to 12,200 feet. We moved out of the rainforest and into the high plains. The scenery was dominated by long grass and distant views of Mount Mawenzi and we were able to get our first view of the summit of Kilimanjaro.

This was the first day that Deme uttered the words Pole, Pole which means slowly, slowly in Swahili. He explained that the altitude starts to affect many people on this day of the climb. It all became apparent when we were close to the end of the days climb and arrived on a mound of flowers along the trail. This was a memorial for a person that had died of acute altitude sickness (ACS). ACS is caused by the body not adjusting to severe altitude gain. Deme explained that pulmonary edema and a brain clot on the brain were the two most serious complications of ACS and that the only way to prevent this was through ascending very slowly.

About five hours after we started we arrived at the end of our day's journey which was about mid point to the summit, the Horombo Huts. It was at this point that many of the people that I had met the previous two days were starting to experience some form of altitude sickness. Most of us were losing our appetite and experiencing some headaches.

Day three of our climb was an acclimatization day. About half of the people that climb Kili build in an extra day to help them adapt to the high altitude. The strategy is to take a day to climb high and turn around and sleep at the lower Horombo Camps. We started out at about 9am and started a rather steep climb at a very slow pace along the base of Mount Mawenzi to a lookout area where we could see the camp where we would be spending the next night, the Kibo Huts. After a brief

(Continued on page 7)

OSAT Information Hotline

Enables the public to contact OSAT, leave messages, and hear about 12-Step meetings and other club events.

206 686-2927

(The Activities Hotline has been discontinued.)

The OSAT Echo

SUBSCRIBING: Members are added to the Echo distribution list upon joining.

POSTING: (Use discretion: remember we ALL get the email.) Send messages to: echo@osat.talklist.com

UNSUBSCRIBING: Send a blank email to: echo-off@osat.talklist.com

Website Members Access

New Members should receive detailed instructions on how to sign up for an account to access the Members Section of the OSAT Website when they sign up. Current members should have received this information all ready. If you are a current member with a computer and valid email address and have not received instruction on how to set up an account to access the Members Section of the OSAT website please email the OSAT Web Sherpa at eWebSherpa@osat.org to receive detailed instructions.

OSAT TREASURER'S REPORT

JANUARY REPORT

INCOME for 2005 through February
 Activities Income 250.00
 Donations Received 489.00
 GCC 600.00
 Membership Fees 558.00
 Sales 57.00
TOTAL INCOME 1,954.00
 EXPENSES for 2005 thru February
 Activities 459.99
 Administration 38.80
 Communication 212.88
 Glacier Climbing Course 211.89
 Meetings 300.00
 Yodel Newsletter 37.00
TOTAL EXPENSES 1,260.56

DETAIL OF FEBRUARY 2005 DISBURSEMENTS

Activities
 Car Camp 149.00
 Vertical World 25.00
TOTAL Activities 174.00
 Administration
 Postage 38.80
TOTAL Administration 38.80
 Communication
 Business Cards 82.05
 Hotline 32.50
TOTAL Communication 114.55
 Glacier Climbing Course
 Meeting Room 50.00
 Syllabus 161.89
TOTAL Glacier Climbing Course 211.89
 Meetings
 Room Rent or Fees 300.00
TOTAL Meetings 300.00
 Yodel Newsletter
 Postage 37.00
TOTAL Yodel Newsletter 37.00
 TO CD 353504980858 3,000.00
TOTAL OUTFLOWS 3,876.24

The club balance of accounts is \$6330.17, of which \$3000 is now in Certificates of Deposit and the remainder in the checking account. There was one disbursement over \$200 last month: \$300 to the Congregational Church for the meeting room for monthly meetings throughout 2005. There is a deposit to be made for \$617 that will be made later this week. It includes most of the remaining GCC registration fees (an additional \$355).

Respectfully submitted by *Rik Anderson*
 -OSAT Treasurer

MAY REPORT

INCOME 2Q thru 5/11
 Activities Income \$250.00
 Donations Received \$510.00
 GCC Registration Fees \$975.00
 Membership Fees \$750.00
 Sales
 Stickers: \$35.00, T-shirts: \$90.00, Inter-est: \$7.36
TOTAL INCOME \$2,617.36
 EXPENSES
 Activities \$10.99
 Car Camp \$149.00
 Vertical World \$300.00
TOTAL Activities \$459.99
 Administration \$38.00
 Postage \$38.80
 Thank You Notes \$156.95
TOTAL Administration \$195.75
 Communication
 Business Cards \$82.05
 Flyers \$65.27
 Hotline \$97.50 \$27.74
 Web Site \$65.83 \$125.00
TOTAL Communication \$310.65
 Glacier Climbing Course (GCC)
 Meeting Room \$50.00
 Syllabus \$161.89
TOTAL GCC \$211.89
 Room Rent or Fees \$300.00
 Yodel Newsletter
 Postage \$37.00

Send Us Your Stories!

If you've had an earthmoving experience while out and about in our wonderful environment, if there are special events or wonderful adventures, if there are tales of recovery or fellowship, or if there's just something you'd like to share with the rest of the group you are encouraged to send the stories and pictures in to be published in the Yodel. We are also, always looking for wonderful pictures to be included in the Yodel or on the Website. Submissions can be electronically emailed to yodel@osat.org or they can be sent to Yodel Submission, P0 BOX 646, LYNNWOOD, WA 98036-0461. The submission deadline for the next Yodel is March 1, so please get us your stories!

(Continued from page 5)

stop at the overlook we made a U turn and returned to Horombo. Deme suggested that we start out very early the next day and attempt to go all of the way to the summit of Kilimanjaro. With an early start we anticipated reaching the summit for sundown. We would then return to the Kibo huts and spend the night there. This would allow us to slowly adjust to the altitude and not spend any wasted time at the Kibo huts on the way up.

We started time at 6:30 as the sun rose and began a very slow pace. We were moving so slowly that mid morning some of the people that started after us passed us up and it became apparent that we would not make it to the summit by sundown. We decided to just take our time and schedule the summit attempt for the next day.

On our way to the Kibo huts we passed through the saddle between mount Mawenzi and Kilimanjaro. There was a long period of flat terrain with virtually no vegetation. We are now at an altitude where there was hardly any plant life and it took on almost a lunar landscape. This was also the longest day thus with over 9.3 miles. Some time near the end of the day we reached over 14,410 feet which is the height of Mount Rainier. The air was becoming very thin and it was more and more of an effort to get a full breath of air.

After about 8 hours of hiking we reached Kibo huts. We were now 15,429 feet. We were to try and rest as much as possible and then commence the summit attempt at 11pm that evening. Dinner was served early, but there was no appetite and I barely touched the pasta that was presented by our cook. We tried to get some sleep but it was difficult. I'm not sure if it was the anticipation of what the summit attempt would bring or the altitude playing havoc on my system.

At 10:45pm my alarm rung and I began preparing myself for the summit attempt. I was clothed in full cold weather gear which included a down coat, snow pants and baklava. As I was

getting ready a porter came to me and said that there was someone that had a severe fever, and was having trouble breathing and could I help. I went to look at the person and he was a Japanese climber that I recognized as having some altitude sickness at the huts below. He made a girdling noise when he breathed and was barely conscious. From what I could tell he had the pulmonary edema that eme had explained a few days earlier. Luckily we had a medical intern on the trip and I summoned his assistance. It was determined that indeed his lungs were filling with liquid and that he needed to go down immediately. From what I understand they rolled the person down in a wheelbarrow customized for this purpose. We later found out that the person was recovering safely at a lower altitude.

At a little after 11 pm Deme and I started our summit attempt lead by our headlamps and a sky lit up by an incredible amount of stars. You could actually see the Milky Way Galaxy as a sort of vapor across the middle of the sky. I requested that we be the first group out because I wanted to go extremely slowly to the summit to try and avert any severe altitude sickness. By about 1am we were passed by a group that started behind us, however as soon as they passed us they stopped and a few of the people in their group were experiencing extreme nausea which is one of the typical symptoms of altitude sickness. We continued on past and our slow and steady pace put us out in front of everyone. Most of the hike was through a series of switchbacks, but then at about 4:30 am we reached a part where we had a hand over hand scramble over some large rocks. This is where I hit a wall. I would go for about three minutes and have to take a minute rest. I continued this until I was completely exhausted and asked Deme if we were near the top. He responded that we were close but I did not believe him. We continued the hand over hand scramble until 5:30 am. While I was resting Deme called me to come about 10 more yards and sure enough that was Gilman's Peak, the summit

(Continued on page 8)



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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.

Yodel Staff

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How to Contribute

The deadline for July Yodel:

June 25, 2005

Via Email: eYodel@osat.org

You are strongly encouraged to submit your contributions by email including copy and pictures. If you can't do this, contact the editor for mailing instructions.