

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

The Yodel

September 2012



The Eighth Time is the Charm!

By Mike Stuckey

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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.

A funny thing happened on the way to this year's Glacier Climbing Course graduation climbs. A record number of students – 36 – summated Mount Rainier. And they all did so without first having climbed Mount Baker as part of the class.

That's right. Seven GCC Baker climbs were scheduled. Three left the trailheads on the first weekend and were rained out before reaching base camp. The next weekend, three canceled due to weather without leaving town. Russell S.'s Easton climb reached about 8,000 feet before turning back due to unfavorable snow and glacier conditions. So much for June.

July was much kinder. Four GCC climbs saw 32 students and 15 rope leaders climb Rainier via the Disappointment Cleaver and Emmons routes. Another four GCC students found spaces on two private climbs and also reached the top. At least two GCC students – James A. and Craig N. -- climbed the peak twice in July, first on a private climb and then on a GCC climb.

Their success on Rainier left some GCC students clamoring to go back and try Baker again. So another climb via the Easton Glacier – the GCC's eighth attempt of 2012 -- was set for Aug. 11, led by Jacob S., Dan M., Dan W., Thomas H. and Mike S. Students Nik J., John Paul N., James A. and Benjamin B. signed up.

Climbing Baker in August is

a far different proposition than in June. No question that we can drive all the way to the parking lot and hike all the way to base camp on dirt and then camp off the snow as well. And the weather is virtually guaranteed to be nicer. Indeed, some of our party slept in bivy sacks.

So at 12:15 a.m. on Aug. 12, we began our steady march to Baker's 10,781-foot summit beneath the streaking lights of the Perseid meteor shower. After a generous rest at the crater rim, we pulled onto the true summit at 5:55 a.m., just in time for the sunrise. The eighth time was the charm!

Congratulations to all of this year's GCC students, no matter how far you went in the course or what peaks you climbed. We hope you found adventure and fellowship, and a few new steps to use on your journey through life.



Remembering Mount St Helens

By Bill L

Was looking through photos and ran across this, taken with Instamatic camera from YMCA Camp Loowit on Spirit Lake around 1975, which I went to for a number of years as a boy. The camp disappeared at approximately 8:40 AM on May 18 1980, immediately after St Helens stopped looking like this. Some of you might have seen it before then; in any event it was a very pretty mountain then, and it still is, just different now.

By my reckoning using current maps, the YMCA camp was around 30 degrees west of north of the summit. In the photo, I believe that the big rock formation on the left side of the mountain is Dog's Head and the knob on the right side of the mountain is Goat Rocks. If you had been standing where I took the

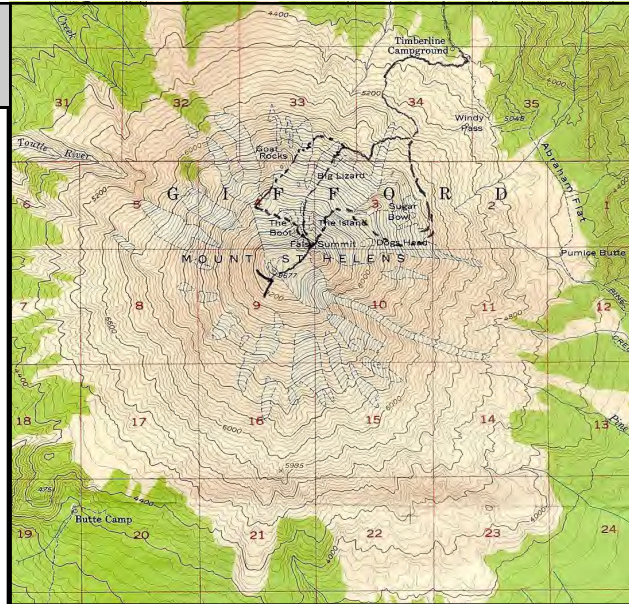


photo at 8:32 AM on May 18, 1980, you would have seen one of the largest landslides in recorded history coming pretty much right at you, followed very quickly by an incredibly powerful volcanic explosion, followed by whatever you see when you're dead.

For what it's worth, another source of good St Helens photos is the 1978 (or previous) edition of "102 Hikes in the Alpine Lakes, South Cascades and Olympics" by Spring and Manning (published by Mountaineers).

I guess this stuff is interesting if you were doing mountaineering in WA before 1980 or if (like me) you're a geologist at heart. Glad to see there might be some interest.



GCC Leadership History

By Rik A

Looking back on more than 20 years of teaching members of OSAT to climb mountains safely, it seems obvious that we should recognize those who have led the people who organize the OSAT Glacier Climbing Course year after year. Actually, when Jim Hinkhouse started OSAT, it was simply him organizing experienced friends and acquaintances to help prepare new members for the "1991 AA Mt. Rainier Expedition" and subsequently the "1992 OSAT Mt. Rainier Expedition". In 1993, Jim referred to it as "the climbing course" for the first time, and in 1994 the responsibility to lead the course was turned over to a committee for the first time, under Bob Clarke's leadership. *The Yodel* notices continue to refer to it as simply the "Climbing Course" until 2000, when it officially became the "Glacier Climbing Course". The first occurrence in print of the "GCC" acronym was February 2002.

It is an inspiration to see the eagerness of those in the club to give back by attending to the myriad of details necessary to make the GCC happen, not to mention succeed. There always seem to be more people available for the GCC Committee than positions to fill, which speaks to the strength of OSAT and the spirit of service among its members. Nevertheless, to accept the responsibility as chairman of this group is heroic, as every committee comes up with new ideas to improve its operation and the course!

Given its central position in OSAT, it was a surprise to discover that the GCC Chairman has never been listed on *The Yodel's* Quick Reference panel. How did we overlook that? Did they want to remain anonymous? Have we been taking these folks for granted? The club expresses our gratitude to the Chairman and the GCC committee members every November, in what has become the combined

Gratitude Dinner and GCC Recognition Potluck. But it seems fitting to elevate these humble servants of OSAT as perhaps our most important club volunteers.

After all, they work at the heart of the activity that forms the basis of what we do. We depend on them to organize in implement a course that results in new members acquiring the skills necessary for all members to trust our lives to each other. We're all roped together, both physically and metaphorically. The stories and meeting minutes in all the old *Yodels* were reviewed to assemble a list of GCC chairmen. That effort left eight holes and uncertainties. It took even more digging to fill in the blanks, confirm the "maybes", and correct some guesses. But after a flurry of emails, the collective brains of seven long-time OSATer's compiled the following list.

1991-3	Jim H	2003	Meredyth G
1994	Bob C	2004	Terri S
1995	Charlie A	2005	Pete L
1996	Dick W	2006	Scott H
1997	Shirley R	2007-8	Jay M
1998	Kim G	2009	Anna O
1999	Doug H	2010	Todd S
2000	Will A	2011	Kevin P
2001	Wendy N	2012	Tom H
2002	Brian C		

The GCC committee members who toiled under these leaders, too numerous to list even if we could somehow recall all who have served, are also certainly worthy of our gratitude for their service. But at least, *The Yodel* can now hereby document for posterity not only the names, but also our gratitude, to all past Chairmen of the OSAT Glacier Climbing Course Committee

THE HISTORY OF THE SOUL

By Bob S

OSAT Car Camp—2012

By Billy R

Take a look here, on the autopsy table

We have begun the procedure

And made a few incisions: some vapors

A lingering scent of sage

Ambience of transience

And collateral ordure of permanence

Some disturbance

Smudge of errata

A pinpoint of error and grime

And certainly the most exquisite thread

Of sublime peace of mind

The wildfires of the Wenatchee Complex started 9 Sept due to lightning. There were at least 100 fires started during the storm. Rick told me that week to keep an eye on the smoke, as it may screw up our plans to enjoy 8 Mile Campground on Icicle Creek.

Tuesday, 18 September: Although the smoke is bad in Wenatchee, and the area above the camp is closed, we still plan to go. Tino and others point out it will not be possible to get in touch with everyone if we change the venue. The Salmon Fest is still on a few miles from the camp, and those people really know the weather and the fires. We understand we will not be able to fish our favorite lakes further up 8 Mile Road, and some of the best rock climbing walls are also in the closed area, but we can still have our bonfire potluck and enjoy other, alpine trails across the road from the camp. We made the announcement at the Beach Meeting at Golden Gardens that the OSAT Car Camp would remain at 8 Mile where it was last year.

Wednesday, 19 September: We learned early morning that the first two days of Salmon Fest had been cancelled and a total burn ban went into effect this am due to poor air quality. We also had first hand reports from friends and family that the air quality was poor all the way from Ellensburg to Pateros along the Columbia River. Jeff was in Pam's office in Concrete, and they assured me we would be welcome in the private campground owned and maintained by Puget Sound Energy near the upper Baker Dam just SE of the summit of Mt Baker. After consulting with a few OSAT leaders, we decided to move the Car Camp to Kulshan Camp on Baker Lake, which is west of the Cascade

Crest, out of the bad air zone, which now extended nearly 200 miles NS and 50 miles EW from Wenatchee.

Thursday, 20 September: Brook, Lily, Lulu, and I left Juanita 9 am for 100 mile drive to Kulshan Campground. We stopped in Sedro Woolley for propane and 50 ears of sweet corn for the Saturday dinner. We occupied sites 102-106, the best part of the campground for our OSAT group. Kristi drove in from Republic, reporting smoke between Omak and Winthrop, but it was clear in Concrete, so we took a few photos of Mt Baker and Mt Shuksan. Jeff showed up 4 pm and took us on a tour of the PSE facilities there on Upper Baker. He set up his tent nearby, and we had a quiet evening.

Friday, 21 September: We had breakfast with Jeff downtown Concrete and visited the pizza place on Hwy 20 just west of town. We picked up some tourist info at the PSE visitor center and took some photos of the new powerhouse Jeff is building below the Lower Baker Dam. Sue, Sharon, Tino, and Midge got to camp around noon, and we started setting up the OSAT gear.

Erin, Norm, Kayla, Brook and our puppies went on their first OSAT hike around Shadow of the Sentinels about a mile from the campground. Some of the Doug Fir are over



600 years old. Back at camp, we welcomed a dozen more OSAT people and had our

first AA meeting 7 pm around the fire.

Saturday, 22 September: We took a short hike up above the Upper Baker Dam.

A dozen more OSAT campers showed up by noon, and we drove 12 miles past the dam to

Anderson Lake trailhead.



Tino led another group up to the Mt Baker Hot Springs while we were at Anderson/Watson Lake.

The trail and lakes were pretty misty, but the blueberries were good, and Sharon got some photos of the wild flowers along the trail.



Brook and the people who didn't do the big



hikes got the tables organized for our pot luck dinner, which was very well attended.

OSAT Car Camp 2012

I lost track of counting people when we had close to 100. A few people who had driven from as far away as Idaho had to leave prior to the meeting at 8 pm, but Rick had plenty of wood for a nice fire, and we had over 50 people at the meeting.

Sunday, 23 September: Almost two dozen of us, including 2 dogs, drove up to the Hot Springs at 8 am for a dip prior to the OSAT group photo at 11 am. The sun came out after most people had left on Sunday. Everyone except Brook, me, my two daughters, and our 4 dogs left Sunday afternoon.



Monday, 24 September: We drove up to the north end of the lake, and got a few more photos of the mountains.



One last word from Tino—
“We had a great time, where were ya?? We missed you!”



Spanning the Generations

By Mike Stuckey

An Aug. 25-26 climb of Sloan Peak illustrated the amazing family nature of OSAT.



Sloan Peak with the formidable Sloan Glacier in the foreground

Eleven climbers from ages 22 to 60 participated. Some have been around OSAT from the beginning. Others just got involved within the past year.

Three members of one family -- Bruce, Tracy and Kelsey M. -- joined the climb together. Kelsey is a 2012 graduate of the Glacier Climbing Course and her parents took the course in the '90s with Nancy T., who also was on the climb. Other longtime OSAT members on the climb were Nancy's husband, Bill L., and David N. The roster was rounded out by Dan M., Rachel K., Mike S. and 2012 GCC grads John Paul N. and Erik N.

Sloan is both challenging and rewarding for a peak that stands only 7,835 feet tall. The approach hike crosses fingers of the Sauk River on fallen logs in three places and winds through old-growth forest. The summit day includes an hour long glacier crossing and a Class 3 scramble. On the top, climbers get

stunning views from Baker to Stuart to Rainier to Three Fingers.

The weather was perfect, the bugs not too bad and most of the party slept in bivy sacks. Erik N. delighted everyone with a cheesecake that he made in camp.



Erik N. and his fabulous cheesecake

And just when it seemed that things couldn't get any better, in the summit register, we found the names of OSAT members who climbed the peak in 2010!



John Paul N., Nancy T. and Bill L. approach the glacier on summit day

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Here is another blank
spot in The Yodel

What a perfect place for
an ORAT story
(motorized or non-
motorized)

Hmmm....I wonder what
they've been up to lately

ASCENDING MUIR SNOWFIELD , MOUNT RAINIER, JULY 19, 2012

By Bob S

Dukkha

On the snowfield

Melting

As the mountain

Shakes loose

Stone and snow

One step, one step

Upward

The relationship of height to spirituality is not merely metaphorical, it is a physical reality. The most spiritual people of this planet live in the highest places. So do the most spiritual flowers . . . I call the high and light aspects of my being spirit and the dark and heavy aspect soul. Soul is at home in the deep shadowed valleys. Spirit is a land of high, white peaks and glittering 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 the spirit.

-- 14th Dalai Lama of Tibet

OSAT Quick Reference		OSAT Traditions
Board Of Trusted Servants (BOTS)		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 Wilderness First-Aid 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 a participant, you may want to “qualify” your leader. As leader, you should be certain that everyone on that activity has signed a Release and Indemnity Agreement. 9) Party size for OSAT activities will adhere to the rules of the appropriate jurisdiction.
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Todd S	Todd.stone@gmail.com	
Louisa P	2louisa@gmail.com	
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Library:	Dave N. clim4phun@yahoo.com	
Membership:	Rachel K omembership@osat.org	
Safety:	Todd S toddstone@gmail.com	
Service:	Billy W.roeseler@frontier.com	
Yodel:	Kathy C K_creighton@msn.com	
Webmaster:	Pete L. pglitwin@hotmail.com	
12 Step Meetings		
Sunday Tiger Mountain	suntigerleader@osat.org	
OSAT Club Meeting		
The monthly OSAT club meeting is held on 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 upstairs in classroom #6.		

The OSAT Echo is our email list. There have been some problems maintaining the list lately. We will try to assure the list is current with respect to wishes expressed on your web site membership profile, but this is not automated at this time, so please bear with us. To post a message: send email to



OSAT HISTORY: Picture courtesy of Kathy O.

echo@osat.talklist.com. Please keep in mind that this goes to a large list. Try to keep messages short and appropriate to OSAT members. Please do NOT "Reply All" to messages from the Echo, reply instead to the person posting the message.
 To unsubscribe from the list: send a blank email to echo-off@osat.talklist.com.
 If you are new and have not been getting OSAT emails, please send an email to any of the following omembership@osat.org, oweb-sherpa@osat.org, or otreasurer@osat.org to be added.

Thanks! KCM&DS!

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The Yodel



OSAT GCC Class of 2012—Mount Rainier Summit