

THE YODEL

NATURE TRIPPING

Here man is no longer the center of the world, only a witness, but a witness who is also a partner in the silent life of nature, bound by secret affinities to the trees.

~~Dag Hammarskjold
 Swedish Diplomat and
 humanitarian

Having become a new parent this year, my direct connection with OSAT and the world in general has been somewhat limited. Okay, okay, I'm living the life of a hermit. So, as you can imagine, I relish any opportunity I can get to peek into the outside world, even if its just through this screen that stares back at me. When the closest mountain you've seen is comprised of diapers, it's no surprise that e-mail is eagerly awaited.

I wade through the toys, the bottles, the pools of baby drool...must.. get.. to.. computer...Karine has discovered a new way to open our Internet connection. She systematically pounds on the keyboard, and through some sort of magic that only babies seem to be able to perform, she hits the right combination of keys. The modem kicks in, dials up, and lo and behold its messages from my OSAT compadres.

I peruse each e-mail slowly, drinking in every word, satiating my thirst for adult communication. I find myself going along on virtual hikes, climbs and expeditions, where I can imagine myself as the world's greatest climber.

Oh look, its a joke I haven't seen a thousand times. Ooooh, a new recipe, can't to try that one. What's this? a pair of Moonstone's for \$10..I'll take it!

If you're looking for something new, we've got a tasty new feature! "Camp Kitchen" on page 4. This new addition to the Yodel is courtesy of Tracy M and Patty F.-L. I've tried the recipe already, and I can't wait for the next installment!

Well, see you in Cyberville!



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

The next deadline for *The Yodel* is Aug 15. KCM & DS--Marina S., Editor

E-Mail: sandsmar@sprynet.com

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

What's Inside...

- ② 12-Step Mtngs / Phone #'s
- ③ Activities and Climbs
- ③ Notices
- ④ Club News/ Feature Articles
- ⑦ Off Belay / Echoes

12-step meetings

Tiger Mountain

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

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

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

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

Carkeek Park

Time: Mondays @ 7pm

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

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

Contact: Terri St. 782-8858

Lake 22

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

Time: Sundays @ 1pm

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

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

Contact: Walt Q 745-8413

OSAT Web Page

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

We're on the World Wide Web at the following URL (address):

<http://members.aol.com/osat1996/index.html>

Volunteers Phone Numbers

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

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

Board of Trusted Servants (BOTS)

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

12-Step Meeting Coordinators

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

Contact Persons

Activities Coordinator....Brian C.....353-9748
Activities Hotline.....Rob G.....824-7972
Equipment.....Grant.....525-9199
Finances.....Charlie A.....932-7195
Hotline Message.....Pam G.....742-4274
Hotline Follow-up.....Karen S..... ?
Membership.....Jason R.....242-7980

Newsletter.....	Marina S.....	776-7213
OSAT East Coast.....	John H.....	(617) 641-3423
Running.....	Doug H.....	889-2041
Service.....	Steve S.....	838-4287
Webmaster.....	Chris N.....	706-3242

Activities Hotline Instructions

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

OSAT's Excellent Adventures...

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

July 17-19, Sat-Sun: Mt. Rainier-Climbing Course
Disappointment Cleaver Route. Rope leaders and Sherpas needed. Leader/Contact: Robert T at 850-0805

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

July 19-21, Sat-Mon: Mt. Rainier -Climbing Course
Disappointment Cleaver Route. Sherpas needed. Leader/Contact: TBD

July 19-21, Sat-Mon: Mt. Rainier -Climbing Course
Emmons Route. Sherpas needed. Leader/Contact: Shirley at 957-7975.

NOTE: If needed, there will be a Rainier climb scheduled for July 26-28. Details to follow

July 19-27 or July 26-Aug. 3: Ptarmigan Traverse
experienced climbers are invited to chose which week to do this world famous climbing adventure! Trip length and summits flexible. Leader/Contact: Chuck t at 522-7208. Limit 6

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

Aug. 2-3, Sat-Sun: Mt. Shuksan Sulfide Glacier Route. Glacier experience required. Leader/Contact: Rik A at 234-1770 or e-mail Rik/Anderson@PSS.Boeing.com



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



Notices

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

FOR SALE--Nordic Track Classic, x-cntry ski trainer: excellent condition \$175- 2. Powerglide x-cntry ski trainer: good condition \$50-3. Climbing wall panels 4'x4' with texture, features, and t-nuts \$25 apiece or \$20 for 5 or more. 2'x4' \$15 contact **Robb W. at 781-0929** or drumgoat@aol.com

FOR SALE-- All of the following gear has been taken only to the finest places and remains in excellent condition: Northface VE-25, 3 person tent (built for REI) \$250./ Lowe Contour IV internal frame pack \$100./ Jansport external frame pack \$100. / Slumberjack +15 degree synthetic fill mummy sleeping bag \$75. / REI -20 degree expedition mummy sleeping bag \$150./ Kelyt Moraine internal frame pack \$50. / First Need water filter \$25. Make this stuff your own and go create more good memories with it. **Ron D at 807-7764.**

FOR SALE-- Dolt cordura hanging garment bag. Dusty rose color with black nylon shoulder strap. Folds with 3 outer zippered compartments. New. \$30.00. Black Samsonite hard case "carry-on" suitcase with "pivot ease" wheel system and internal pull up extension handle. 14X8X22". \$80.00. Water-ski gloves: Heat Wave Extreme Team size M, Jobe World Wide size M. \$9.00 ea. Call Tracy M at 781-4891

FOR SALE--CLIMBING BOOTS - Scarpa leather climbing boots. Crampon compatible, men's size 13, used only 1 season. \$145 obo GORETEX JACKET - REI jacket w/zip-out down liner, removable hood, pitzipts. Emerald green, men's large. \$80 obo. DOWN BOOTIES - Stay warm on the glacier. Blue, XL. \$15 obo. **Charlie G., 425-702-1876, Charles Goodrich@Boeing.com.**

FOR SALE-- 1 pair of Moonstone zip-off pile pants--men's medium. \$70 or best offer. Booties--Cordura soles, fiber filled. Men's medium. \$20 obo. Sleeping bag--Northface "Darkstar". -40 degrees. Gortex shell, Polarguard, HV fill. Weighs 5 lbs, 10 oz. \$200 obo. Call **Karen S** if interested at 523-6228.

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

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

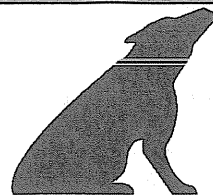
OSAT T-SHIRTS-- They come in three lovely colors: Ash with blue/green print, white with neon print, and navy with white print. They have the new OSAT design (by James B) on the front and all have a commemorative OSAT climbers insignia on the left sleeve in memory of Tom, Scott and Jimmy. They look very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

MOVING SOON?-- Tired of hitting your friends up for a helping hand? Jim Fahey will be happy to do it for you. call him at Jim Fahey Moving. He has 18 years commercial and residential experience. He can even move the big stuff like pianos. Ph: 206-787-7888 or e-mail at jimfahey@apl.washington.edu

IF YOUR BODY WEARS OUT, WHERE WILL YOU LIVE NEXT?-- Go see DR. MARK FREDRICH at his new location at: WOODWAY CHIROPRACTIC 20015

Highway 99, Suite A (Corner of 200th SW and Highway 99) Lynnwood, WA 98036 Ph: 771-BACK (771-2225)

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



Climbing Club News

Monthly OSAT club meetings are held on the second Wednesday of the month at 7:30 PM. The next meeting will be held Aug. 13. We meet at the Congregational Church of Mercer Island, located at 4545 Island Crest Way (take the Island Crest exit from I-90, the church is about 1.6 miles south of the freeway, on the right. The meeting is held in classroom #1 (Upstairs, north end of hall).

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

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

Camp Kitchen

by Tracy M

Camp Kitchen presents the highly recommended "Stir-fried Eggplant and Garlic Wrap" (with optional feta) from Louann G: Wraps seem to be a favorite theme for healthy, creative, easy to tote sandwich alternatives.

This one is hearty and aromatic, and I can say from personal experience, will delight even the hard to impress hiking gourmand...

Stir-fried Eggplant and Garlic Wrap

The filling:

- 1 C. vegetable or chicken broth
- 1 tsp. cornstarch
- 2 Tbl. oil (olive or sesame seed)
- 3-6 cloves garlic

- 1 large red or green jalapeño pepper (seeded and thinly sliced)
- 1 pound eggplant (cubed into bite-size pieces with skin on)
- 1/4 C. fresh basil (thinly sliced) or dried basil or Italian seasoning
- salt and ground white pepper to taste

Optional:

- onion (1/2 minced)
- red or green bell peppers (1/2 cubed)
- tomatoes (1/4-1/2 C. diced)

Mix broth with cornstarch until smooth. Heat oil in wok on medium-high. Add garlic and jalapeño (and optional onion). Stir-fry 1 minute.

Add eggplant (and optional bell pepper) Stir-fry 7-10 minutes until eggplant is tender and golden.

Add more oil or reserved broth if mixture becomes too dry. Add fresh basil or dried herbs and stir-fry 1 minute.

Add optional tomatoes. Add broth mixture and stir-fry until sauce thickens and coats eggplant. (1 minute).

Season with salt and white pepper to taste. (White pepper is subtly hot so start out conservatively).

It's a wrap:

Heat whole wheat or white flour tortillas in the microwave for 30 seconds to make them soft and pliable. Spoon eggplant mixture (and optional feta cheese) across lower 1/3rd of tortilla and wrap up burrito style. Wrap in plastic or foil to freeze or pack with you.

Trail Snax (not snail trax):

Peanut Butter Apples: Core an apple and fill the hole with a mixture of peanut butter, chopped nuts, and raisins or dried fruit. When your peanut butter jar becomes half empty, add the nuts and fruit and keep the jar in the fridge for quick apple filling before you hike.

Frozen Persimmons: freeze a persimmon overnight (either in the freezer before you go, or in the "big freezer" near your camp site). About 30 minutes into a good thaw, cut the top off and dig into the flesh with a spoon. It's just like eating the most elegant, creamy sorbet you can imagine. Hikin' Dawgs beats Haagen Dazs! Be sure to get the soft, plump European persimmons and not the flatter, crisp Japanese persimmons which eat more like an apple and pack well but don't freeze very nicely.

Food Pairing: Supposedly, papaya enzymes help in the digestion of meat protein. (for those of us who are still carnivorous). Two great trail treats to think about are dried papaya and turkey jerky, both available at Trader Joe's in Bellevue (which is conveniently located next to REI and down the street from Wilderness Sports).

Comfort Food: Remember Pop Tarts? Who would have guessed the comfort food of the Brady Bunch era could make a come back with evolved, health conscious, goretex sporting boomers of the 90s. When Robb showed up on a recent hike with Pop Tarts, ready to SHARE...it was like crawling back under the covers on a weekday morning! (Note: I wouldn't recommend eating them at home on a regular basis).

That's all from the Camp Kitchen. Please send your camp recipes and hiking gourmand ideas to Tracymann@compuserve.com. or snail mail them to Camp Kitchen, P. O. Box 30573, Seattle, WA 98103.

Flashlight Essentials

by Rik A

One of the ten essentials is really at least three items, a flashlight (most of us carry a headlamp for its convenience), and a spare bulb and spare batteries. Most head lamps incorporate spare bulb storage (do you know where yours is?), but everyone changes batteries a lot more often than they change bulbs. Are you concerned about the amount of heavy metals you are dumping into the solid waste stream as a byproduct of your ecologically correct outdoor adventures? Or perhaps you're one of those weight freaks who cuts the labels out of your polypro to remove every last gram of unneeded weight. Well, here are some tips for those of you who religiously tote around your supply of spares, but wish you didn't have to.

First, the spare bulb. Do you really need one? Well, I've changed mine once in maybe 20 years of experience in the outdoors—at Camp I on Aconagua, 16,000 feet up and with a week or more of tent living and midnight pee runs to go. Yes, bulbs blow. You feel really brilliant when you pull out your spare (and you'd feel really dumb if you didn't have one.) After all, it only weighs about as much as two garment labels!

If you want to see a 1/4 mile across a crevasse-ridden glacier, get yourself a halogen bulb. You'll feel like you could drive a sports car in the 24-hours of LeMans at 200mph with the light it casts. Don't point it at any of your climbing buddies though, or you might have to lead them off the mountain by the hand. And be forewarned that they will drain your batteries in about half the time of a normal bulb. I actually carry both a spare standard bulb and a halogen for those occasions where route-finding responsibilities in the dark might demand I really light up the wilderness.

Now to batteries. Every time I change my batteries in the wilderness, I get a pang of guilt recalling the time I dumped a set of AA's down a hole in the talus at the base of Gannett Peak. We'd just crossed a tough moraine in the dark and had a full day of glacier climbing ahead of us. I couldn't see the sense of carrying dead

batteries to the top of Wyoming. The little buggers are so dense, even though a set of four only weighs maybe 4 ounces they remind me of an anchor. Forgive me.

Well, technology to the rescue, my battery system is now lighter, more reliable, and safer for the environment. I now use rechargeable ni-cad (nickel-cadmium) batteries. Although a charged set only lasts about 3/4 as long as a fresh set of standard batteries, I charge them up before every trip, so I know how long they'll last and nine times out of ten they'll last the entire trip. (How many times have you found your light dimming just after you get your crampons on because you forgot you'd already used the set of batteries on a couple of trips? Or how often have you thrown away partially used batteries because you suspect they only have an hour or two left in them?) Although you'll have to buy a little recharger, and the batteries themselves are more expensive, you'll go a lot longer between dumping batteries in the trash. In the end, the economics are better and the ni-cads are lighter to boot!

Because they lose their charge in storage, ni-cads are NOT suitable as spares, and that brings me to my last tip. I now carry lithium batteries as spares. They are much more expensive than either standard batteries or ni-cads, but here's what you get: they weigh half as much, they last longer, both in storage and in use, and they work much better in the cold. If you use the rechargables per the above, the extra cost is just a long term investment in safety; you'll also have a safe, reliable backup in those tough situations when you really need it.

Finally, take note that both rechargables and lithium batteries have different charge-loss patterns than standard batteries—they stay at their peak power rather than tailing off gradually, and then go from good to bad much faster than standard batteries, so your battery tester is not reliable on these types.

Don't be caught in the dark!

Montani semper liberi!

TANSTAAFL

by Rik A

Pronounced "tans-taffle". The name of a Nordic opera? Perhaps a Polynesian archipelago? Maybe a 5.13b route in Taquitz Rocks? No. It means "there ain't no such thing as a free lunch." A book by this title thirty-some years ago raised the specter (promise?) of a time when Adam Smith's invisible hand of economics would establish the fair market value of clean air, clean water, and yes, wilderness. 1997 marks a key turning point toward that future.

The wilderness is no longer free. Did you really believe beavers cut those 4 foot blow-downs off the trail? Did someone tell you that rangers dump the blue-bag-barrels

down the nearest crevasse? These, and other public services which help keep our wilderness useable as well as tolerably wild cost money, and now are the subject of "user fees."

Some will decry the trend, others will cheer, "tanstaaf!". In either case, you're going to need a guide book nearly as thick as "*100 Hikes in the Cascades*" to avoid fines and nasty encounters with unsympathetic rangers. Here's the first installment.

The Mt. Rainier climbing fee (\$15 per person per climb, or \$25 for a 12-month pass) adopted a couple of years ago is joined this year by an increase in entry fees (finally, after 90-something years!) to \$10 per car for a week, \$25 for 12 months. MRNP assures folks there is no current plan for back-country fees.

Mt. St. Helens climbing fees instituted this year a climber permit fee of \$15 per climb or \$30 for a calendar year pass. The annual pass does not guarantee a climbing permit, which is still required during the permit portion of the year (May 15 thru October, but the fee is required for the non-permit portion of the year. Get'em at Jack's, where the register is. Lest you think climbers are being singled out, even a day visit to the National Monument (not only Coldwater and the new Johnston Visitor Centers, but even the drive-out view points!) requires an \$8 per person 3-day "monument pass" or \$25 calendar year pass. The trade-off is Gifford-Pinchot NF does NOT require the Region 6 pass for its trailheads outside MSHNVM this year, although a plan is in the works for a Mount Margaret backcountry permit in late 1997.

Most of the Region 6 (Oregon and Washington) National Forests begin this month their Trail Park Pass program. It's going to cost you \$3 per day, or \$25 per calendar year for your vehicle. Car pooling to the wilderness is encouraged! This pass is available at NF offices, ranger stations, and "major retail outlets", is good for most Washington (Mt. Baker-Snoqualmie, Wenatchee, Olympic, and Okanogan) and Oregon national forests. Think of it as a snow-less Sno-park pass.

East-side-of-the-Cascades climbers should note that the Region 6 pass will NOT be valid for Okanogan NF other than designated trailheads. Parking elsewhere overnight between tax day and November 15 will require a pass running \$5 per vehicle-night, \$10 for 3-nights, or \$25 for a season permit.

If the foregoing has given you a headache, don't read any farther, it gets worse. Olympic National Park has devised a plan certain to be a part of the national CPA exam in 1998. Each party (up to 12 people) pays a \$5 Permit Registration Fee. Add to this \$2 per person per day, up to \$50 for groups of 1-6 or up to \$100 for groups 7-12, except that a \$30 per person "Frequent Hiker" Pass is available. The possible combinations, permutations, and frustrations are 4.79 times 10 to the 8th power.

More to come? You bet. For one, Heather Meadows near Mt. Baker is slated to get a new fee (even the NF hasn't figured out what), and the Enchantments permit

area has grown to encompass the Ingalls Creek area (no more Mt. Stuart climbs without a permit).

Bargains? Yes, a few. Colville NF, Gifford-Pinchot NF (outside the St. Helens Monument), and the North Cascades National Park are still free. But don't bank on it staying that way. G-P and Mount Hood NFs will join the Trail Park Pass program next year,

Off Belay

by Bob C.

Bob is practicing his Espaniol, he'll be back next time!

New e-mail address----rkiceclimb@aol.com

Echoes

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

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## Siren's Song

by Kim G

**O**n June 6, 1997, a great climber was killed on Mt. Hunter while attempting a new route. He was probably only known in climbing circles because he wasn't the flashiest kind of speaker nor someone who bragged about his abilities or skills. He climbed with the likes of Greg Childs and Alex Lowe. He left a wife, a four year old and a baby to be born in August behind. I know about Steve because he was my roommate's brother-in-law and someone I talked to about climbing once in awhile. I had hoped he would talk to OSAT someday. I remember what Klev Schoening said about the Everest Climb and how he hoped that people would celebrate the lives of those who had died rather than mourn continually over their death. I'd like to celebrate the folly that climbers have and the unknown force that drives them to new heights.

*Not all the stories end in aging deaths,  
where time and place have worn the soul  
and sinking slowly, take one last breath.*

*Some die as heroes in children's eyes,*

*in youthful rage where battlement is set on nature's  
stage.*

*While many feel the gravity of life's  
reflection in the mirror and gaze upon  
a life misspent in mitigated error.*

*The gallant few who reach the edge  
and welcome scars of war, lead private  
hells of awkwardness in thrones of man-made horror.*

*Agony for those who understand little of the  
obsession. And wonder at the  
selfish pursuits that steal away the person.*

*For no one can explain the siren's song that  
pulls the heart afar and leaves us living  
more of life, much like a shooting star.*

## Cry "Free Tibet!"

by Rik A


**A**lthough mountaineers are not typically blatantly political, the freedom of the hills, the association of mountaineering with freedom, and the mystical aspects of mountains in general, and Tibetan Buddhism and the Himalayas in particular, all put mountaineers in the uncomfortable (for them) position of taking a position on the plight of the people of Tibet. At the very least, all mountaineers should have a special place in their hearts for Tibetans and sympathy for their situation, as reflected for example by OSAT's adoption of the Dalai Lama quotation as part of our tradition. If you know little or nothing of the issues, please take a moment to learn of them.

Heinrich Harrer's book *Seven Years in Tibet* has been made into a movie which soon will be released, and it's sure to raise our collective consciousness and, at least for a brief period, the level of discussion about the issues surrounding China and Tibet. As Harrer says, "Though vocal support for Tibetan freedom is growing throughout the world, materialistic aims in most countries are given preference over human rights." (As a result of my employer being at the forefront of the US business community in exemplifying this with regard to China

policies, this article and any other of my comments regarding China and Tibet should NOT be taken as reflecting an official Boeing position!)

I urge members of OSAT to educate themselves about Tibet. Seattle and its mountaineering heritage and community make this one of the key places in the world where dialog about Tibet and its plight as a Chinese "autonomous region" takes place. If you are not out in the mountains August 9 or 10, please consider stopping by Seattle Center for the annual Seattle Tibetan Festival. I suspect it will help you understand something of the unique place Tibet holds in the world, and the fragility of that position under the current geo-political realities.

Montani semper liberi!

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





**YODEL STAFF**

|          |                                                   |
|----------|---------------------------------------------------|
| Marina S | Editor                                            |
| Ivar S   | Personal Slave to Editor and technical consultant |
| Jason R  | Mailing List/Membership                           |
| Chris N  | Webmaster                                         |

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

*Ed.*

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

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

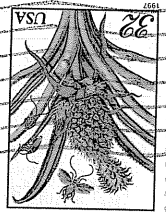
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