

THE YODEL

EASY DOES IT

The soul should always stand ajar,
ready to welcome the ecstatic
experience

Emily Dickinson

Its hard to tell sometimes if you're coming or going. Its like when you're driving down the highway. You're sort of in that "I've been down this stretch of road a million times" mode. You find yourself approaching your destination, but don't remember having gone by all the familiar landmarks you normally see every day. "That's so weird" you say to yourself. "I'm where I wanted to be, but I have no idea how I got here".

I've been crashing through life this way lately. By Friday, I can barely remember what happened on Monday. All I can think about is the week-end. "Just get me to the week-end" I say. "I promise I'll stop and smell the roses. I'll appreciate all the 'little things'..." Yeah, yeah...what I really mean is "Here comes the week-end, I'm gonna put so much on my plate I won't remember having dessert". By the time Sunday evening rolls around, panic sets in. "How did I get here? Where did the week-end go?"

Well, this time I've decided it WILL be different. I mean, if a 9&1/2 month old baby can find a discarded piece of paper the most fascinating thing she's ever seen, who am I to argue? Like they say, 'its the little things'. Once in a while, you just need to pull over and check out the sights. Even if you think you've seen 'em before, maybe you really haven't SEEN them.

So, now its your turn. Pull over, grab a cup o' joe and enjoy another issue of the Yodel. Inside you'll find info on the Halloween party, those long lost OSAT hats and the Gratitude Dinner.

**Don't forget, we are still taking nominations for the three BOTS (Board of Trusted Servants) positions that will be open for next year. Please let any of the current BOTS (listed on pg. 2) know who you think would do a great job serving the club. This is an excellent opportunity for someone with lots of energy, dedication, and organization to help guide the club. Please remember to get permission from the person you wish to nominate!



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

The next deadline for *The Yodel* is December 1. 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

Please Note: Daylight Savings Time ends on October 26th. The Tiger meeting will then move to the IHOP in Issaquah. Diehards can still climb the mountain, then meet up with the rest at IHOP. The meeting time will change to 7pm.

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 -Bill L 789-8758
Sundays - Dave W 425-869-0460

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

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 Dave W.....869-0460
Bill L.....? 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.....523-6228
Membership.....Bob L.....543-8142
Newsletter.....Marina S.....776-7213
OSAT East Coast.....John H.....(617) 641-3423
Running.....Doug H.....889-2041
Service.....Dave W.....869-0460
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...

No matter what your skill level is, we think you'll find something fun to do with your fellow OSATers!

Nov. 7-9, Fri-Sun: The Enchantments The plan is to leave Friday afternoon/evening 11/7. Although I usually go by the standard of "don't cancel a trip based on weather forecasts, cancel at the trailhead", Doug H and I (Rik A) agreed to look at the forecast the Wednesday before and decide whether to go or perhaps postpone for a week. Limit will be 6 additional OSATers. Leader/Contact: Rik A at 234-1770

Nov. 27, Thurs: Thanksgiving Appetite Builder Please join us once again as we gleefully skip (or slog, depending on the weather) up Mt. Si. This is a yearly tradition, and it definitely builds up one's ability to gorge on tasty treats later! The hike starts at 7a.m. Rik has the details. Leader/Contact: Rik A at 234-1770

Dec. 20-21, Sat-Sun: Mt. Hood Leothold Coulour and hogs back. Lets meet on the summit. Leaders permission. Must have snow experience. Leader/Contact: Bob C at clmbhard33@aol.com or ph: 768-9819

Jan. 1, Thurs: New Year's Day Blast Once again, join Rik as he ushers in the new year with a lovely jaunt up Mt. Si. The hike starts at 8a.m. Rik has the details. Can't make any promises on the weather though...dress warm! Hot Chocolate afterwards is a must! Leader/Contact: Rik A at 234-1770



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

FOUND-- In Chris N.'s truck . An Albertson's disposable camera w/ 3 pictures left. Are these your cherished climbing photos? Call **706-3242**.

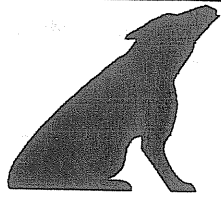
FOUND--The Rainier climb that Shirley lead, which left the 19th via Emmons glacier was an amazing trip! However, after getting home and unpacking I found that I have an extra ice axe cover, black rubber, that I didn't have before the trip. If this is yours, please call **Tracy M** at **781-4891**.

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 M** at **(425) 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

PLEASE NOTE:

THERE WILL NOT BE ANY CLUB MEETINGS FOR THE MONTHS OF NOVEMBER OR DECEMBER. THE MEETING WILL RESUME IN JANUARY.

Monthly OSAT club meetings are held on the second Wednesday of the month at 7:30 PM. The next meeting will be held in January. 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.

Ghouls and Guys...Ladies and Germs

The OSAT Halloween party is being hosted by Doug & Susan this year. It is Friday, October 31st @ 7:00 PM. Bring a favorite party Dish, and dress up as who or what you want. There may even be a prize for the best and worst dressed (or undressed!)

Directions: Take 405 to the Maple Valley Highway. Head East, towards Maple Valley. Just past the Aqua Barn Ranch, turn right on 161st Ave. S.E. (Summerfield). Take the 1st right, follow it to where the road curves around to the left, after the curve, we're the 2nd house on the right.

Address: 15609 151st Ave. S.E.

Phone: 425-271-5116

Its all downhill from here

by "The Roys"

Attention Skiers and Snowboarders! Announcing the First Annual OSAT Backcountry Skiing course. With a chill in the air and reports of snow in the mountains, OSAT is proud to announce this new opportunity for fun and excitement.

All interested skiers & snowboarders are welcome as well as experienced backcountry skiers to assist and instruct. This course is for all skill levels: from beginners to experts.

If you want to know the how, why and what of skiing to enjoy the great outdoors, then this is the class for you!

Topics to be covered include: Equipment, Techniques, Safety (how to use and find an avalanche beacon), plus much, much more!

The first class will be Thurs. Nov. 13th 6:30 to 8:30 at the Bellevue REI.

The address is 15400 NE 20th in the Bellevue, Overlake area, meeting downstairs.

For more Information call: Roy M. @ H# (425) 885-2438 or Roy O. @ H# (206) 525-0510 / W# (206) 362-9062. (Yes, two Roys...is that scary?)

Gratitude Dinner

November 15, 1997 will bring us together again for the OSAT Annual Gratitude dinner. Dave W. has organized (excellent job Dave) to have the festivities at the Community Baptist Church in Issaquah. The address is 205 Mountain Park Blvd. Dinner will be at 7pm followed by a meeting to honor our Mt. Rainier Climbing course graduates, and give service awards. As always, it is a potluck style dinner. Please see the potluck schedule listed with the Holiday Party below. Hope to see everyone there.

To get there: Take I-90 East. Take Front St. exit and south. go to Sunset (aprox. 1 mile). Take a right on Sunset after you cross Newport. Stay on Sunset, (it bears to the left) and becomes Mountain Park Blvd. The church is 3 blocks up on the left.

OSAT Holiday Party

The Holiday party will be at Charlie and Janyth Arvidson's again this year! the date is set for December 6th at 6pm. The address is: 1540 Palm

Ave S.W. in West Seattle. As is the tradition at most OSAT functions, it will be Potluck, based on the first letter of your LAST name:

A-D Entree
E-L Salad
M-R Dessert
S-Z Bread/Chips/etc

We will also have a progressive Gift Exchange. If you'd like to participate, please bring a gift that costs under \$15. Santa will likely drop in to hang, sip some punch and sing some carols with us! So loosen up those vocal chords! Hope to see you there!

Intermediate Climbing Course

by Bob C

January 13, 1998 OSAT will begin it's first Intermediate Climbing course. Have you ever wanted to climb at a higher level? Organize your own climbing trip? Is there a mountain or certain route that interests you? This is the place to learn! The course will cover in detail advanced techniques in lead rock, Ice and Snow climbing. Leadership development. And other areas that will help the student become the climber he/she wishes.

The process goes like this; There are only few number openings for the course. A maximum of 15 Students will be able to undertake the course. There is a fee and prerequisites for admission.

The requirements are:

Have completed (or equivalent) a basic climbing instruction.

Climb 5.4 rock comfortably.

Hold a current MOFA card or be enrolled in a MOFA class in the first 6 months of this instruction.

Students provide their own equipment.

Does this Interest you? The **ONLY** way you can participate is to send an application to:

Bob Clarke

828 S Donavon St

Seattle, Wa. 98108

or email your application to clmbhard33@aol.com

Include your climbing history, and any instruction you've had. All applications will be examined seriously and no preference will be given to anybody. This is an exciting time for myself and the other Intermediate course committee members. Dare to dream!

Six Months in Asia...(as opposed to Seven Years in Tibet)

by Linda Z

(Editor's Note: Linda Z has taken off for Asia and looks forward to revisiting some countries and exploring new ones. She e-mailed me the following info, and looks forward to lots of correspondence!)

I'll be traveling around, but these are the places I'll check for mail. I absolutely love getting mail. It's so exciting to go to a general post office in Asia and find a card or letter with my name on it. I read my mail over and over when I'm lonely. Letters are hugs for weary travelers.

People can contact me through the PO in Bangkok:

Zahava, Linda

GPO - Poste Restante

Bangkok, Thailand 50000

and -- from Dec - March

GPO - Poste Restante

Kathmandu, Nepal

My itinerary is sort of as follows:

Oct. 14 - early Nov. -- Indonesia

Nov. 14 - Nov.30 -- Chaing Mai, Thailand traveling around Thailand and somewhere else (maybe Laos)

Dec. 14 - January or Feb. --India (Northeast and Southwest)

After India -- Nepal, Tibet...

The flight home starts in Kathandu and stops over in Bangkok and Jakarta...

While I'm in Chiang Mai, Thailand (11/14 - 11/30), I'll have email available-- I'll let you know the best address later. I will probably have email in Kathmandu also. I'll scout the Himalayas for OSAT outings.

I'll be back mid-April

Thanks -- and lots of love and hugs

Thanks to Tiger Troops

contributed by Rik A

OSAT received a note from Washington Trails Association volunteer coordinator Julie. "On behalf of WTA and all your fellow trail users, THANK YOU for your terrific work on the Tiger Mountain

work parties...Everyone's help means so much in terms of trail survival...Krista said she'd take out OSAT at any time! Lots of work was accomplished. Thank you so much for your enthusiasm and dedication. I hope you will come out again with us soon!"

Where its at...OSAT Hats

by Allen S

I apologize to everyone for not keeping you posted, but here is a little OSAT hat update.

Some of the hats have been shipped and are en route. The rest will be ready and shipped in a week or so (meaning they should all be here by Oct. 10). The turn around time from the manufacturer has been good. It just took a little while to get everything together and approved. Once the hats arrive I'll be calling those who have ordered. I will be using the phone numbers that were written on the orders. If you live outside the 206 area code, and you haven't heard from me by Oct. 15, please call me (Allen) at 206-548-0182 so we can discuss dispersal options, or if you have any other questions. Anyone who wants to order a hat may do so buy calling the same.

Thanks to all of you who placed an order. I look forward to wearing my hats, which I wouldn't be getting if you hadn't committed. Really, thanks for letting your money float so long.

etc...

Congratulations to those intrepid souls who decided to take the Mountaineers Basic Climbing Course this year! Graduates include Doug H, Wendy, Carol, Roy, Patty, Merry, and few others we probably forgot to mention. Way to go! Now you can sign up for Bob's intermediate course, right?

Five Years Ago in OSAT

by Rik A

OSAT organized its first retreat in the Fall of 1992. The spectacular Peggys Pond area was selected. In spite of iffy, cold weather with snow showers, 22 OSATers showed up including Dave N and family with the help of a pair of llamas. A wonderful candlelight meeting highlighted a weekend in which the glacier climbers slogged up Mt. Daniel while the rock climbers

scrambled up Cathedral Rock. A touchy situation arose when the ranger showed up at camp and advised that everyone could be fined \$50 each for breaching the party limit of twelve in the wilderness. In the end, he proved to be a friend, and left the group with a warning.

Later in September Shirley and Terri hiked the Pacific Crest Trail from Snoqualmie to Steven's, enjoying the autumn foliage and completing the trek in fresh snow. Over a dozen OSATers traveled south to hold one last Camp Muir meeting (#6), "including a young man with 30 days of sobriety who did not know about the meeting until he was almost there". Fourteen showed up for an Icicle Creek rock climbing seminar and got "pumped".

Organization of the club advanced during the latter part of the 1992 climbing season. Twenty-one members attended the September "business meeting" (what we would now call the "club meeting"), of whom 14 are still active in OSAT today. It was decided to have such meetings on a monthly basis. Prior to this the business meetings had been held on an *ad hoc* basis. Expenditures were approved for an ad in the Mountaineer Bulletin and to purchase the first club equipment at the Mountaineer Equipment Sale. The idea of turning OSAT into a non-profit, tax-exempt organization was first discussed, and a call went out in the newsletter for anyone knowing how to go about this. (It wasn't until three years later that non-profit incorporation and tax-exempt status were actually obtained.) Responsibilities for club communications were broadened with Teresa taking charge of newsletter distribution and Linda Z running the hotline.

As the Tiger Mountain Thursday AA meeting prepared to move to JB's (now IHOP) at the end of October, it was decided to start up a Sunday morning meeting on the mountain in hopes of providing an AA meeting in a wilderness setting throughout the winter. We were still ending meetings with "Keep climbing mountains and don't slip in between", but for the most part OSAT looked and felt much as it does today.

Camp Kitchen

by Tracy M

Recently I began collecting information about climbing Mt Fuji since travel so frequently to Japan. It is not a particularly elegant climb, and not at all technical, yet the 3776 meter volcano is one of the most widely climbed (and photographed) mountains in the world. I ran across a Japanese version of the 10 essentials while browsing the Mt. Fuji web site (<http://www2.shizuokanet.or.jp/usr/kazutaka/hit.html>) and thought I would share it with you.

Remember that this is an English translation.....

"The Necessities of Mountain Climbing"

- * jacket
- * mat
- * an umbrella
- * a raincoat
- * chicken box
- * stick
- * one's pocket a flashlight
- * tissue
- * handkerchief
- * towel
- * rice ball
- * hat
- * head ache tablet
- * a change of clothes

I was absurdly amused by this list and wondered what was meant by *chicken box, and why they would recommend a *rice ball. Then, last week while on layover in Nagoya, I noticed a vitamin drink in a convenience store called "Energy in Body Charge". The label reads, "A special drink to supply carbohydrates equivalent to a rice ball." With this in mind, I offer you a traditional recipe for Rice Balls...

Inari-zushi

(sushi rice inside soft fried tofu pouches)

note* fried tofu pouches, called aburage, are sold in packages of 10 or so and are available at Uwijimaya or most Oriental food stores.

For the aburage:

Blanch 10 aburage cut in halves in boiling water for 1 minute to degrease them. Squeeze dry and open each half, breaking the network of tofu inside pouch.

Simmer them for 40 minutes in a covered pan containing

- 1 1/2 C chicken broth or dashi (dashi is Japanese soup stock)
- 1/4 C sugar
- 1/4 C soy sauce

Drain and gently squeeze dry.

For the shari (sushi rice):

Rinse 3 C uncooked rice (medium grain white works best) in water until water runs clear. Allow rice to sit 1/2 hour. Place in heavy pot.

Add 3 1/2 C water, cover and bring to boil on medium high heat.

Turn heat to high and boil for 2 minutes.

Reduce heat to medium and continue cooking for 5 minutes.

Reduce heat to lowest setting and continue cooking for 15 minutes.

Turn heat off and allow rice to set for 10 minutes. Have seasoned vinegar ready for seasoning the rice while it is still hot.

Fold into rice 1/3 C seasoned rice vinegar (use only seasoned rice vinegar)

1 T at a time while fanning the rice until it is room temperature (about 15 minutes). This method allows the vinegar to evaporate and adds a sheen to the rice.

For the Inari-zushi:

Fill the pouches with seasoned rice and fold over the bottom of the pouch to enclose the rice.

I would recommend packing these in a lightweight but sturdy container to prevent them from becoming smashed. Maybe something like a *chicken box.

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.**

Off Belay

by Bob C.

*email me at my new address: climbhard33@aol.com

Bachelors & Bachelorettes.....

The house in South Park where Joe and Bob live is definitely *the* bachelor pad. Picture this, two grown men being led astray by three children, two boys and a girl. It's amazing how much life little people can bring to a big empty house. Experience has shown that these small people with endless energy and attitude help me to grow, love and understand life. It certainly makes being a bachelor dude a lot easier.

oops.....At the Saturday night OSAT campfire the bachelor dudes announced a Halloween party. Well we

screwed up! :::::taking my foot out of my mouth::::: Doug and Susan (no longer bachelor dude and dewdette) are having the bash! I'll be there with bells. Sounds like a great costume. Anyone for twister?

Other stuff.....

The campout RULED this year. Always cool to meet new folks and say hello to the regulars. ☺ Anyone for Leavenworth next year?? We went rock climbing the day after in the burning sunshine!!

In going over Step Eight in the "Twelve and Twelve" we came across the word "tossport." What does it mean?

A. According to Webster's Ninth Collegiate Dictionary, a tossport is the same as a drunkard or a sot-something most of us are quite familiar with.

After the first draft of the Big Book had been written, what was the most popular choice for a title?

A. The leading contender was "The Way Out," though this popular title was eventually eclipsed by "Alcoholics Anonymous" when it was discovered that there were 12 other books listed with the Library of Congress titled "The Way Out."

Women who tend to dress in a hurry are inclined to undress in a hurry, too. And women slow to dress are slow to undress. It's known that most men have a preference in this matter. Our Love and War man is studying it.

October gardening tips:

Time to get those bird feeders ready for winter

The first frosts are just around the corner, so be alert and ready to cover or move vulnerable plants indoors.

Tie up or trim climbing roses.

Gladiolas and dahlias should be brought inside for winter storage.

Keep an eye out for moles, which become active now.

First Ascents

Anita and Merry in the *Black Hills Triathlon*.

Patti, and many others up *Three Fingers*.

Joe C. on-sighting *Groping for Oprah's Navel*. 5.10b/c

Shirley shredding routes at Yosemite.

What's Happening

Oct. 31 OSAT Halloween Party.....PARTY!!!! woohoooo

Nov. 1 Phil Mahre, at REI

Nov. 15 OSAT Gratitude Party.....PARTY!!!! Service awards, climbing course graduates get certificates!

Nov. 15 "Climbing Legends" at REI America's premiere climbing legends

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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## Ode to My Rescuers

by Darlene

I was reading through the "Yodel" last month,  
when I stumbled across my name.

Big, bold, black print it was,

I couldn't believe my eyes,

"Oh, No!" I exclaimed,

"They did not write about that fateful day I had,

up there on that mountain so steep,

When I slid into the tree well and landed on my feet."

I felt embarrassed and so ashamed that I hadn't  
remembered to say,

Thank You to my OSAT friends who helped me on that  
day.

So please accept apologies and Thank You's all at once.

I am so grateful for your help. I need to let you know

The warmth, the sharing, the caring that was there  
beside that tree,

As we waited for the rescue teams to come and pick up  
me.

Being self sufficient is a mountain climbers creed.

Others made it to the top, I wish it had been me.

Instead, I was the one who needed all the help

Now, care taker is the role that I'm most comfortable  
with

So I set aside my ego and I let go all my pride.

To let you know that gratitude is what I feel inside



## Seminar Report

by Shirley R

**L**earning to Lead on 5th Class Rock. October 12, 1997, Icicle Canyon, Leavenworth. Led by Shirley R. and Steve F. Take a small group of highly motivated people to the crags with a bunch of rock climbing gear, and what do you get? You get Anita and Roy leading their very first routes, placing gear and clipping in like artists-in-training; Merry leading her first gear routes ever (including one without a top rope), and Bryan and Chris whetting their pro-placing skills on intermediate level routes.

For a change of pace in late afternoon, we drove elsewhere and practiced some more challenging (5.8-5.10) top-roped crack climbing. All in all it was a fun and productive day, and it didn't even rain!

*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<br>technical consultant |
| Bob L    | 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. (please note that the "k" in our name is intentionally missing). See you next issue!

Ed.

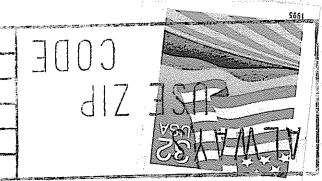
**'The relationship of height to spirituality is not merely metaphorical, it is physical reality. The most spiritual people of this planet live in the highest places. So do the most spiritual flowers...I call the high and light aspects of my being spirit and the dark and heavy aspect soul. Soul is at 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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