

# THE YODEL

## RINGING IN THE NEW YEAR

**S** Obriety is a big gift box with a hundred little packages inside to unwrap

Oscar Morris

So a new year is upon us. Wow. Where did 1997 go so fast?

1997 brought some *very* new members to OSAT. My husband and I were blessed with our daughter in January. Hoot and Nancy welcomed a baby boy during the year and Larry and Tracy Ann brought a little girl into the world as well. So let's hear it for OSAT: The Next Generation! I think Jimmy H would be very proud!

Although it's easy to look back on the year and lament all the things that we didn't do, it's time to look forward. So, here's to more walks with the dog...standing face up in the rain...puddle jumping...reading more climbing books...practicing with the map and compass...trying new foods...seeking more meetings...returning e-mails...meeting new friends.

...And now a personal word of thanks. As we dive into 1998, I'd like to personally thank the support of the growing membership of OSAT. Thanks to everyone for keeping the dream of a clean and sober outdoor club alive; I look forward to seeing new faces and re-acquainting myself with old (you know what I mean) ones. I'd also like to thank the Club for the Service Award in November, that meant so much to me.

In this issue look for the Membership renewal form. Yup, it's that time already. Also, the ballot for electing the new BOTS is attached as well. Please fill it out and mail it in ASAP! You'll also find a brand-spankin'-new list of activities to do with OSAT, including lots of skiing (pg. 3)...A special speaker for January's club meeting (pg.4)...A back-country ski course (pg. 5)...a new Service opportunity...a new Camp Kitchen (pg. 6)...and so much more...so what are you waiting for? Dive right in!

KCM & DS--Marina S., Editor e-mail: [sandsmar@sprynet.com](mailto:sandsmar@sprynet.com) The next deadline for *The Yodel* is January 25th.



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

**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**
- ④ Notices**
- ④ Club News/ Feature Articles**
- ⑦ Off Belay / Echoes**

# BOARD OF TRUSTED SERVANTS ELECTION BALLOT

Okay, it is time once again for members of the OSAT Climbing Club to elect three new members to the BOTS. Nominations were taken until November. Usually, the nominees are listed in the November *Yodel*, with a ballot for you to vote. However, this year, we are running a bit late. So, if you could take the time now to vote for those whom you would like to see serve on the BOTS, it would be greatly appreciated! The new BOTS members will be announced, hopefully at the January club meeting; but only if you vote now! Your participation in this process is important, so please fill this form out, and mail it back to Marina S. as soon as possible. Thank You!

The following is a list of the nominees. These names are not listed in any particular order.

Bill L. \_\_\_\_\_

Brian C. \_\_\_\_\_

Patty F.L. \_\_\_\_\_

Jim K. \_\_\_\_\_

On the reverse side of this ballot, you will find the return address to mail your ballot. All you have to do once you have voted is fold this paper in half (making sure the return address shows), staple it, throw a stamp on it, and get it in the mail!! Or, if you prefer, fold it up, shove it in an envelope, stamp it, and mail it! Do it soon! Time is of the essence here!

**TO: Marina S**  
**22810 55<sup>th</sup> Ave W.**  
**MLT, WA 98043**

\_\_\_\_\_  
 Title  
 \_\_\_\_\_  
 Phone  
 \_\_\_\_\_  
 Fax  
 \_\_\_\_\_  
 E-mail

Please check the box that applies to your membership type.  
 (The fee is \$100 for a one-year membership.)  
 Full Name \_\_\_\_\_  
 First Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_

OSAT has been in existence for over 20 years, and is a 501(c)(3) non-profit organization. OSAT also provides donations to help fund equipment purchases or to help fund other activities. OSAT is a 501(c)(3) non-profit organization under IRS section 501(c)(3).  
 Donations of cash or equipment in excess of their amount are tax deductible. In respect to the 501(c)(3) status of OSAT, all donations are kept separate from the funds and property of OSAT and its groups.

**DUES:**  
 Single \$10 per year (due after September 1st)  
 Couple \$20 per year (keeping the same address)

**MERCHANDISE:**  
 OSAT Shirts \$10 for 1, \$20 for 2, \$30 for 3, \$40 for 4, \$50 for 5, \$60 for 6, \$70 for 7, \$80 for 8, \$90 for 9, \$100 for 10  
 OSAT Shirts \$10 for 1, \$20 for 2, \$30 for 3, \$40 for 4, \$50 for 5, \$60 for 6, \$70 for 7, \$80 for 8, \$90 for 9, \$100 for 10

**YOUTH:**  
 Youth \$10 per year (due after September 1st)  
 Youth \$20 per year (keeping the same address)

**DONATIONS:**  
 Donation for OSAT \$10  
 Donation for OSAT \$20  
 Donation for OSAT \$30  
 Donation for OSAT \$40  
 Donation for OSAT \$50  
 Donation for OSAT \$60  
 Donation for OSAT \$70  
 Donation for OSAT \$80  
 Donation for OSAT \$90  
 Donation for OSAT \$100

Please Make Checks Payable to OSAT  
 Mail your payment along with this form to:  
 OSAT-Membership  
 PO Box 0461  
 10000 10th Avenue, NW, Seattle, WA 98107

## OSAT Membership Application/Renewal Form

One Step At A Time (OSAT): An outdoor club for members and friends of Twelve Step Recovery Programs since 1991.

Essential Information: ☐ New Member ☐ Renewal

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State Zip \_\_\_\_\_  
Email \_\_\_\_\_  
Day Phone (     )     -  
Evening Phone (     )     -

Please check the information you would like to have published in the OSAT Roster.  
(The list is distributed to members):

☐ Full Name ☐ Day Phone ☐ No Listing  
☐ First Name, Last Initial ☐ Evening Phone  
☐ Address ☐ email


Special Instructions: \_\_\_\_\_

OSAT has dues to pay for costs associated with the newsletter, telephone hotline, mailing costs, etc. OSAT also accepts donations to help fund equipment purchases or to help finance club activities. OSAT is a tax-exempt non-profit organization under IRS section 501(c) (3). Donations of cash or equipment in excess of dues amount are tax deductible. In respect to Tradition 6 of AA, OSAT club property and finances are kept separate from the funds and property of any OSAT 12 step groups.

### DUES:

Single _____	\$12 per year (6\$ after September)	\$ _____
Couple _____	\$18 per year (sharing the same address)	\$ _____

### MERCHANDISE:

OSAT Stickers (3"x5")	1 for \$2 _____		\$ _____
for windows, bumpers,	2 for \$3 _____		
gear, etc.	3 for \$4 _____		

T-Shirts	S _____ M _____ L _____ XL _____	\$15 each	\$ _____
Hats	Nylon _____ x \$12	Denim _____ x \$10	\$ _____

### DONATIONS:

Donation for Property/Equipment	\$ _____
Unrestricted Donation	\$ _____

Total Enclosed: \$ \_\_\_\_\_

Please Make Checks Payable to OSAT  
Mail your payment along with this form to:  
OSAT-Membership  
PO Box 6461  
Lynnwood, WA 98036

**PLEASE BE SURE TO FILL OUT THE LIABILITY FORM ON THE  
REVERSE SIDE OF THIS APPLICATION**

Optional Information

Sex \_\_\_\_\_ Birthdate \_\_\_\_\_

Recovery Birthdate(s) (if applicable) \_\_\_\_\_

How did you find out about OSAT? \_\_\_\_\_

Referring member (if any) \_\_\_\_\_

INTERESTS

What is your interest in any of the activities listed below?

Activity	None	Some	Lots	Willing to Lead
Hiking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scrambling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Climbing (glacier)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Climbing (rock)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Backpacking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Car Camping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Backcountry Skiing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alpine Skiing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Snowshoeing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bicycling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Running	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kayaking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Outdoor Meetings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other (describe) _____				

IMPORTANT NOTICE TO ALL OSAT MEMBERS

All current and/or new members of OSAT who wish to participate in ANY OSAT activities will be **REQUIRED** to sign and submit a release and indemnity agreement (below).

RELEASE AND INDEMNITY AGREEMENT

I, (print name) \_\_\_\_\_, hereby state that I wish to participate in courses and/or activities offered by ONE STEP AT A TIME (HEREIN REFERRED TO AS OSAT), a non-profit organization. I recognize that any outdoor activity may involve certain dangers, including but not limited to the hazards of travelling in mountainous terrain, accidents or illness in remote places, forces of nature, and the actions of participants and other persons. I fully recognize that mountain climbing and other activities offered by OSAT are VERY DANGEROUS, and participation involves risks and dangers that may result in SERIOUS INJURY, PARALYSIS DISABILITY, or DEATH. I further understand and agree that without some program providing protection to its leaders, OSAT would not be able to offer its courses and activities.

Moreover, I also hereby state that I fully understand that OSAT leaders, instructors, and members are NOT experts, have never considered themselves experts and do not ever expect to ever become experts in the future. Therefore, I understand that any course of instruction that I may receive from OSAT is NOT "expert" instruction. I have this understanding even though I may have heard or read otherwise.

In consideration of and as part payment for the right to participate in the activities offered by OSAT, I hereby release OSAT and its members from any and all liability, claims, and causes of action arising out of or in any way connected with my participation in any activities offered by OSAT. I do this even if losses and damages arising from these activities are caused or alleged to be caused in whole or in part by the negligence of OSAT leaders or members. I personally assume all risks in connection with these activities, and further agree to indemnify OSAT, and its members from all liability, claims and causes of action which may arise from my participation in OSAT activities. The terms of this agreement shall serve as a release and indemnity agreement for my heirs, personal representatives, and for all members of my family, including minors. (Parents or Legal Guardian must sign for all persons under (18) years of age.)

I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS RELEASE AND INDEMNITY AGREEMENT BY READING IT BEFORE I HAVE SIGNED IT.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent or Guardian \_\_\_\_\_

## 12-step meetings

### Tiger Mountain

**Please Note:** Until the time changes again in April, the Tiger meeting will be at the IHOP in Issaquah. (It's easy to find, just take exit 15 of I-90, take a left and you'll see it on the left). Diehards can still climb the mountain, then meet up with the rest at IHOP. The meeting time will change to 7pm.

**Time:** Thursdays @ 7:30 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 206-789-8758  
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. 425-782-8858

## 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, it's 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.....425-869-8019 Chris N.....206-706-3242  
Marina S....425-776-7213 Robert T.. 850-0805  
Roy O.....206-525-0510

### 12-Step Meeting Coordinators

Terri St..... 206-782-8858 Dave W...425-869-0460  
Bill L.....206-789-8758 Walt Q.....745-8413

### Contact Persons

Activities Coordinator...Brian C.....353-9748  
Activities Hotline.....Rob G.....824-7972  
Equipment.....Grant.....206-525-9199  
Finances.....Charlie A.....206-932-7195  
Hotline Message.....Pam G.....425-742-4274  
Hotline Follow-up.....Patty H.....784-9947  
Membership.....Bob L.....543-8142  
Newsletter.....Marina S.....425-776-7213  
OSAT East Coast.... John H.....617-641-3423  
Running.....Doug H.....889-2041  
Service.....Dave W.....425-869-0460  
Webmaster.....Chris N.....425-706-3242

### 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, 206-236-9674, 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! Please note: Sign-ups begin 2 months prior to the activity. If you sign up for a climb or adventure and can't attend, please notify leader ASAP. Have fun!

**Dec. 25, Christmas Day: Mt. Si. Old Trail** Give yourself the gift of the outdoors! See LIVE pine trees in action! Stuff your stocking with your own feet! Experience a white Christmas at the summit. We'll meet at the North Bend QFC @ 7:30 a.m. For those without plans, Christmas dinner to follow at my house! Leader/Contact: Chris N at 706-3242

**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 425-234-1770

**Jan 10, Sat: Cross Country Skiing** Meet at Issaquah Park and Ride at 7a.m. for this skiing adventure on Jolly Mountain Road. Leader/Contact: Rik A at 425-234-1770

**Jan. 17-18, Sat-Sun: Overnight Field Trip** Winter Survival and Avalanche Awareness. Leader/Contact: Roy McMurtrey at 425-885-2438

**Jan. 20, Tues: OSAT Downhill Ski Trip** Steven's Pass Leader/Contact: Roy McMurtrey at 425-885-2438

**Jan 24, Sat: Snowshoe Excursion** Meet at Paradise on Mt. Rainier. This could be a possible overniter. Beginners welcome. Leader/Contact: Will at 425-822-0988

**Feb21-22, Sat-Sun: Skyline Ridge** Lets dig snowcaves and sleep in them! Leader/Contact: ?

**Mar 14-15, Sat-Sun: Reflection Lake** Overnight snowshoeing excursion. Limit 12 Leader/Contact: Brian C at 425-353-9748

**Mar 28-29, Sat-Sun: Lake Annette and Silver Peak** Ready for more snowshoeing? Leader/Contact: Will at 425-822-0988 and Patty H.

**April 4: McClellan's Butte/N. Ridge** Rik's annual ice climb is back! You gotta have experience and leader's permission. Limit 4. Leader/Contact: Rik A at 425-234-1770

**April 11-12: Mt. St. Helen's** Ice axe arrest experience required. Limit 12 Leader/Contact: Brian C at 425-353-9748

**May 2, Sat: Whitehorse** Look for a very strenuous day. Limit 12 Leader/Contact: Dick W at 425-339-3751

**May 23-25, Sat-Mon: Memorial Day Weekend! Mt. Rainier-Tahoma Glacier** Glacier experience required. Climbing Course students strongly urged to sherpa! Leader/Contact: Rik A at 425-234-1770

**June, Date TBD: Tatoosh Traverse** Get ready for some deep snow. Experienced climbers only. Limit 12. Leader/Contact: Charlie A at 206-

**June 13-14, Sat-Sun: Blanca Lake** Look for a moderate hike to the lake. We'll be camping out under the stars. This hike is near Index on the south side of Monte Cristo. Leader/Contact: Will at 425822-0988

**June 27-28, Sat-Sun: Little Tahoma** How 'bout the state's third highest peak? Experienced climbers only on this one. Leader/Contact: Dick W at 425-339-3751

**June 27, Sat: Unicorn** Alpine Scramble near Mt. Rainier. Limit 12 Leader/Contact: Rik A at 425-234-1770

**July3-5: Fourth of July Weekend! Glacier Peak** You need glacier experience for this one. Limit 12. Leader/Contact: Rik A at 425-234-1770

**August 8-9, Sat-Sun: Mt. Thompson** Snoqualmie Pass area. Leader/Contact: Rik A at 425-234-1770

**August 15-16, Sat-Sun: High Box** Leader/Contact: Roy O at 206-525-0510

**Sept. 5-7: Labor Day Weekend! Boston Basin** Leader/Contact: Rik A at 425-234-1770



**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

**FOR SALE--** Thule Rack System (model #1050) and 3 lockable angled ski rack (model 1050-33). Fits vehicles with narrow rain gutters like Volkswagen bus, or Jeep Cherokee Sport. Also has sailboard mast holder and utility straps. \$135 for package or \$90 each. (Sailboard mast holder goes with system bar).

-Olympus "Infinity Jr" 35mm pocket camera with built in flash / self timer/quartz date option. No case or operating manual (but it's a no-brainer). \$40.

-Jobe 3mm full length "surfer style" wet suite. Purple and dayglow green. Size medium (unisex). \$35.

-Wool Ski Sweaters: 1 Northface black with red/blue/yellow navajo design band, 1 Meister black with turquoise/periwinkle nordic design band / 1 LL Bean tannish gray classic "rag" style. Size Medium. \$16 each.

For the above: Contact Tracy M at  
Tracymann@compuserve.com

**FOR SALE--**Mountaineering Boots. EXCELLENT shape. NO tread wear - didn't fit. 1 pair Scarpa men's size 44DL (10 1/2). \$375 new; \$195 "used". 1 pair women's \$200 new, \$75 "used". Call (253) 815-1531.

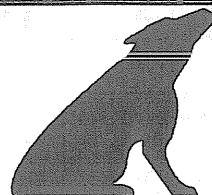
**OSAT T-SHIRTS--**They come in three lovely colors: Ash with blue/green print, white with neon print, and navy with white print. They have the new OSAT design (by James B) on the front and all have a commemorative OSAT climbers insignia on the left sleeve in memory of Tom, Scott and Jimmy. They look 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 (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: 425-771-BACK (425-771-2225)

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



## Climbing Club News

### PLEASE NOTE:

THE JANUARY CLUB MEETING WILL BE HELD AT THE DOWNTOWN REL.

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.

## JANUARY CLUB MEETING: MICHAEL FAGIN

OSAT is proud to welcome Michael Fagin to the January Club meeting. Mr. Fagin is from Washington Online Weather. His presentation will cover local weather and forecasting for climbers.

### Winter Weather The Ten Hazards To Avoid

Winter is the most dangerous time to be out and probably the most fun. What are the dangers to avoid? Will El Nino warm things up to ruin our ski season or the snows win? Michael Fagin of Washington Online Weather will discuss this and the ten hazards to avoid: 1. Avalanches, 2. Puget Sound Convergence Zone, 3. Flash floods, 4. Pineapple Express (heavy rains), 5. Wind Storms, 6. Whiteouts, 7. Lighting, 8. Hypothermia, 9. Arctic Blast, and 10. Extreme Wind Chill.



As an added bonus you will learn the ten favorite snowshoes trials from Mr. Fagin. Don't miss this unique presentation which includes cloud slide show.

## Service Opportunity

by Pam G

**A**fter almost 4 years as the voice of OSAT, I must give the job of "Hotline Mamma" over to another OSATer in need of Service. Are you an enthusiastic, committed OSATer wanting to be the new "Hotline Mamma (or Papa)?" If interested, please call me at 425-742-4274.

Thank you for allowing me the honor to serve OSAT. It was a joy and a blessing. God bless you all in love and service.

## OSAT Backcountry Ski Course "OSATSKI"

**I**n the last issue of The Yodel, you may have read about a new course being offered by the "Two Roys". If you have always wanted to learn how to ski, now is your chance! Following is a schedule of classes. See you on the slopes!

**Saturday, Jan. 10** - Beginners back country ski trip. Spectacular view from an accessible road above Cle Elum River - meet 7:00 am at Issaquah park and Ride, I-90 and Hiway 900. Leader Rik A., 206-232-8908 (call before 9PM please).

**Wed, Jan 14th** OSATSKI Navigation & Survival Class at Bellevue REI @ 7pm. Bring Topographic of Snoqualmie Pass (7 1/2 min), compass, paper and pencil (Also bring straight edge & protractor if you have them.) Committee members meet at 6:30.

**Sat, Jan 17th** OSATSKI Field Trip at Camp Long in West Seattle @ 8:30am. A little practice with avalanche rescue beacons and navigation. Camp Long is at 5200 35th Ave SW. Bring avalanche beacons, compass, paper, pencil and appropriate outdoor clothing.

**Tues, Jan 20th** OPTIONAL OSATSKI trip to Stevens Pass for downhill skiing. Meet at 7am at Brickyard Road Park & Ride, I-405 exit # 22.

**Sat, Feb. 14** (and optional Sunday, Feb. 15) - Denny Creek-to-Alpental and/or Melakwa Lake Trail; optional overnight at Denny Creek cabin as guest of Rob C. Leader Rob C., 206-545-6866 (ignore funny answering machine message).

**Sat, Feb 14th** OSATSKI Trip up Mt Margaret, Snoqualmie Pass. 2700 ft elevation gain, 9 miles round trip. Meet at 7am @ Issaquah Park & Ride (I-90 & SR 900). 10 essentials, avalanche beacons & shovels required.

**Sat & Sun, Feb 21st & 22nd** OSATSKI Snow cave field trip. COMBINED WITH ANNUAL OSAT SNOW CAVE & IGLOO BUILDING CLASS.

Those participating in the OSATSKI Course need to bring Avalanche rescue beacons & snow shovel in addition to the regular overnight snow camping gear.

Those not taking OSATSKI Course don't need avalanche beacons. Tents not required since we will be sleeping in the snow caves & igloos. Carpools meet at Brickyard Road Park & Ride (exit #22 off of I-405) @ 7am.

With the help of the Marvels of Technology and an Entertainment Book Roy M. can offer:

**Sun - Fri, March 15th - 20th** OPTIONAL Ski Trip to Oregon. Broken Finger, S. Sisters (x-country) and Mt Bachelor (downhill) Stay at condo in Sunniver, share food (take turns at dinner). \$100 for accommodations, pay driver \$75 for transport there, \$10 for snowmobile gear ferry & tow. On the way stop at the former Multnomah County Poor Farm for lunch. \$100 deposit required by Dec 20th. If you cancel, no refund. If we cancel trip, full refund with interest at 8% annum. Limit 4.

For details and more information, call Roy M. @ (425) 885-2438 or Roy O @ Hm (206) 525-0510 or Wk (206) 362-9062.

## JDH MEMORIAL LIBRARY

by Rik A

**T**he JDH Memorial Library will begin operation in early 1998. It is my hope that this valuable club resource can be managed in a way which both insures its long-term viability and brings value to all OSAT members who wish to avail themselves of it.

The library consists of over 250 books on the subjects of mountaineering, running, and recovery. Having been responsible for the BOEALPS library for several years, I have several ideas on how to run the OSAT library. However, that experience also makes me appreciate the challenges associated with the facts that (1) it is a library without a facility and (2) the users are broadly scattered, and cross paths only on an irregular basis. Therefore, in planning for its debut, I am seeking any ideas you, the OSAT club membership, have regarding the management of the library. Among the issues I want to address are circulation period, renewals, fees, fines, and replacement policy.

If you have any thoughts in this regard, please let me know before Christmas. A draft set of operating policies will be presented to the BOTS in early 1998. After the operating policies are approved, the OSAT library will be open for business!

## Buy gear from the comfort of your Barcalounger!

by Rik A

One sure sign of the holidays is the pile of catalogs that accumulates in the family room. They run the gamut from the profound to the prosaic. It doesn't take a dedicated gear junkie to become overwhelmed by the thought of the hours one could while away catalog shopping! Here's a quick review of this year's crop: a few you'll want to see in your mailbox and a few to forget; the great, the good, and the ugly (in that order).

**Black Diamond** - GET IT if you're into back country skiing, reads like a Joe Simpson story. I got on their list by sending my gaiters back to be rebuilt, but its worth the price of a call to Salt Lake, 1-801-278-5533

**Marmot** - theme this fall: work clothes for folks like Erika Whittaker and Steve Jones. A good read to get knowledgeable about "clothing as equipment" as well as some of the professional practitioners in the sport. 254-6246 in Bellevue

**Campmor** - the J.C. Whitney of the outdoor equipment provisioners; always a couple of hidden bargains on name gear like TNF, Lowe, etc. 1-800-CAMPMOR gets you on their list for life.

**Sierra Trading Post** - primarily clothing, but has some of the most thorough product write-ups in the industry. Get it just for the education on features, fabrics, and fancy extras. 1-800-713-4534.

**Mountain Gear** - Spokane prices have yet to impress me, but the variety of climbing gear covered in this colorful catalog is worth a scan. 1-800-829-2009

**Eddie Bauer** - fat, glossy, might as well be Sears or Macys; forget it unless you're into the outdoor model look: who has perfect hair in the wilderness?

**Sportman's Guide** - Wish I knew how I got on this list; an NRA toy catalog; camo, ammo, neon beer signs, even semi-automatics ("Great gift for your Wife!" it says)

*For the armchair mountaineer, three book catalogs are worth looking at:*

**Chessler** - the standard by which others are measured in terms of selection, but you have to order or keep calling to stay on their list. 1-800-654-8502.

**Mountaineers** - features a beautiful cover photo of Denali this fall, from the cover of Coombs new West Buttress climber's guide; limited to their own merchandise, but good, thorough descriptions.

**Adventurous Traveler** - get lost among travel books and maps from Burlington VT. 1-800-282-3963

## Five Years Ago in OSAT

by Rik A

OSAT approached its second winter repeating a number of first year events which thus established them as "traditions". At the same time, club members continued to innovate and develop new ways to have fun together.

In October rainy climbs were made of Del Campo (successful) and Kaleetan (not quite as successful, but beautiful with an early snowfall nonetheless). In November another rainy trip up the Three Fingers trail only got as far as Saddle Lake, with some of the party not even getting out of their cars at the trailhead!

Karen hosted the first OSAT Halloween Potluck. Tom M led TWO trips to Scenic Hot Springs. Snow greeted twenty-five who showed up for the second annual Thanksgiving Mt. Si hike (fifth annual for Jim). A smaller group headed up to Annette Lake the same day.

The runners busied themselves with the Toys-for-Tots run and then the Seattle Marathon. Jim, Bob C, Heidi and Karen S all finished the 1/2 marathon, while Anne G (now B) and Greg A both completed their first full marathon, to the cheers of Karen, Steve S, Dave B, and Hoot.

In early December nine OSATers completed a classic climb up the Hogsback route on Hood. It was a beautiful day, with few others on the mountain. Clean cold air, good hard snow (which later gave way to knee deep powder, and then to patches of ice) led to "a glorious day... Sometimes there are days when everything seems right, when it's exciting just to be alive, and you know without a doubt that God loves you and wants you to be happy and make it to the summit."

OSAT hadn't yet begun having Gratitude Dinners in 1992. Nevertheless, there was lots of gratitude to go around. A sculpture of Mt. Rainier was bestowed at the Christmas Party, inscribed "1st Annual Service Award, Presented to Jim Hinkhouse, Founder OSAT".

## Camp Kitchen

by Tracy M

The potluck spread at the gratitude dinner last month was quite boutique. Wonderful tortellini and chicken casserole, honey baked ham, green bean souffle, fresh fruit compotes, Sezechwan noodles, Caesar, mixed

green, and pasta salads, and an epic dessert table. Something for everyone! And yet my little nephew was not impressed. "Where are the peanut butter sandwiches?"

What is it about the old American standard; The ultimate comfort food? Nut butters have achieved a whole new level in recent years, and for good reason. They are delicious, hearty, nutritious, and satisfying: an excellent source of vegan protein. On a recent trip to PCC I found fresh (grind your own) peanut butter, (both organic and non-organic), and shelves of variations on the theme: cashew butter, hazelnut butter, almond butter, mixed nut butter, tahini (sesame seed butter), hummus (garbanzo bean spread), as well as a large variety of smooth and crunchy peanut butters. Although the original peanut butter sandwich does not pack or travel well, the spread can be easily transported in plastic tubes with resealable ends (available at REI, Chubby and Tubby, and other camping supply stores). No longer a vehicle for bread alone, pair nut butters with apples, celery, pears, bagels, crackers, tortillas and noodles. Here are a few innovative recipes to try for your next hike (or pot luck)...

#### Nutty Spread

- 1/3 C sunflower seeds
- 1/4 C sesame seeds
- 1/2 C cashews (chopped)
- 2 C peanut butter
- 1 C tahini
- 1 t honey

Lightly toast the cashews, sesame and sunflower seeds. Mix all ingredients thoroughly. Keep in the fridge.

#### Hummus with Tahini

- 3 C cooked garbanzo beans
- 1 C liquid from garbanzo beans or water
- 5 T fresh lemon juice
- 4 cloves garlic, minced
- 1 t salt
- 1/8 t cayenne
- 1/4 C chopped fresh parsley

In a food processor, process the beans with 1/2 the liquid and lemon juice.

Add tahini, garlic and seasonings. Add as much of the reserved liquid as you want to get the desired consistency. Add the parsley. You may also use a blender or, if blending by hand, a potato masher. Keep in the fridge. It also freezes well.

#### Almond Pate'

- 1 C minced onion
- 1 T butter
- 1/2 t cumin
- 1/2 t savory
- 1/2 t fines herbs
- 1 C raw almonds, ground fairly fine
- 2/3 C bread crumbs, toasted in oven
- 2 T fresh chopped parsley
- 1 t tamari
- 1 clove garlic, minced

salt and freshly ground pepper to taste

2-4 T mayo or sour cream

lemon slices for garnish (optional)

Cook onions in butter over low heat with spices until soft.

Transfer the mixture into a bowl and add the almonds, bread crumbs, parsley, tamari, and garlic.

Taste and season with salt and pepper.

Gradually blend in the mayo or sour cream until the mixture holds together.

Shape into a log and garnish with lemon slices or press into a container or "chicken box."

That's the scoop on nuts. Have a wonderful holiday season, and when you're out there hiking up an appetite, please think of the favorite trail treats you enjoy and send me the recipe so fellow OSATers can enjoy them too!

*Please send your camp recipes and hiking gourmand ideas to [Tracymann@compuserve.com](mailto:Tracymann@compuserve.com). or snail mail them to Camp Kitchen, P. O. Box 30573, Seattle, WA 98103.*

## Off Belay

by Bob C

### Expeditions..are they for YOU?

**W**ith much of our club becoming more aware of climbing outside the Northwest, the curiosity of planning an expedition comes to mind. Now any competent climber/hiker could spend a lifetime roaming the peaks and valleys in this state and be challenged to their limits! But what about exploring other well know and famous peaks and trecks? Does the thought of trekking in Pakistan, ice climbing in the Cordillera Blanca, mountaineering the classic high peaks of the world make your heart skip a beat? Dreaming of such accomplishments have driven men and women to nearly every corner of the globe. Now, how about YOU? Where would you start? Browse through any of the national and local magazines or while buying my Christmas present at any climbing shop, look through the array of guide books and climbing gallery's. Climbing areas and mountain ranges will usually pick me. One glance at a gorgeous peak or route will pull you to it. Once you've chosen an area the process takes place immediately.

**Who is going with you?** This is *the* one aspect of expeditions that has throughout the years made or break trips, just ask the OSAT team recently returning from Mexican volcano's. The team worked and traveled well together. There is a lot of tent time, so it helps to get along with your partner for those long days pinned down by bad weather.

**Make a decision!** Make firm deadline dates for decisions. Knowing who is on the team for sure will make planning, and task assigning easier.

**Be Committed!** This is perhaps the most important tangent! Knowing your teammates will be there for every

training hike, meeting, and emotionally for each other will bring cohesiveness to the team. Also a cash contributions will motivate everyone to stay with it.

**Select the Route.** Trying a new route on K-2 may not be your speed, staying within the teams limits are life saving decisions.

**Have FUN!!** Traveling to a different country and experiencing other cultures is exciting itself, so having the opportunity to climb there should send you into a frenzy! This is the reason people go away from home and climb. It is way to much fun. All of this starts with a dream and a sprinkle of courage. GO FOR IT!

### What to do during the winter....

- snowshoe around source lake (if the snow ever gets here).
- ice climb in Lillooet!
- climb Mt. Hood
- bike ride from Marymoore Park to gas Works Park and back
- learn how to throw pottery
- call a friend
- help a newcomer
- go to the Tiger meeting in the rain and snow
- walk around Greenlake or Seward Park with a friend

### What has been done...

- Chris, Patty, Kim and Sally (team Mexico) up Orizaba 18,700'
- Seattle Half-Marathoners: Dick W, Merry O, Steve S, Bob M, Doug, Roy.
- Seattle MARATHON finishers: (my knees hurt just saying that)-Dave & Teresa B, Rod.
- The Gratitude dinner Ruled, thanks Dave.
- So does the Christmas Party.

### They Said it.....

"Only the mediocre are always at their best."-Jean Giraudoux

"We don't know who we are until we see what we can do."-Martha Grimes

\*email me at my new address: [climbhard33@aol.com](mailto:climbhard33@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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*The following poem is reprinted from the July 1995 Memorial Issue of the Yodel. Originally contributed by Shirley R and written by Paul Rebillot*

### "Why Not?"

Have you ever noticed

How the question "Why?"

Is a way to clip your wings

When you want to fly?

"Why should I live something new?"

"Should I even try?"

And you're trapped in the labyrinth

Of the question "Why?"

Well, we've got an alternative

One we've all forgot.

When you ask yourself, "Why should I...?"

...why not?

Why not live something new?

Why not climb a tree?

Why not live a mystery?

Why not let yourself be?

You are free to fly!

Free to live, free to die!

You are free to be who you are

Who you are is free, that's who you really are

Why not? Why not?

If you've got a good reason

Not to swim or fly,

Trust your body to tell you so

Without asking, "Why?"

Simply look around you,

Is there danger there?

Or are all those monsters Merely made up out of air?

You are free to fly!

Free to live, free to die!

You are free to be who you are

Who you are is free, that's who you really are.

Why not? Why not?

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*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*

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### YODEL STAFF

Marina S  
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Bob L

Chris N

Editor  
Personal Slave to Editor and  
technical consultant  
Mailing List/Membership  
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.*

My apologies! The pages  
in the Yodel did not print  
as they should have!  
Marina S

