

THE YODEL

COMING SOON! A NEW LOOK...

Thick waters show no images of things; Friends are each other's mirrors, and should be clearer than crystal, or the mountain springs, and free from clouds, design or flattery

--Philips

I love the Winter Olympic Games. When I was growing up, I secretly dreamed of being an Olympian. I didn't even know what sport I would compete in. It didn't matter. I just wanted to be a part of the experience. I still admire those athletes for their drive and dedication. I find myself watching events that normally I wouldn't know anything about, and am enthralled with their amazing mental and physical capacities. I sit here with my 13 month old daughter watching as she is transfixed by the figure skaters. She follows each and every turn, every amazing jump...each spin...the graceful lifts. Then comes the daring of the lightning fast downhillers...the heart-pounding drive of the speed skaters...the sheer guts of the ski-jumpers. We both watch with wonder. I still am in awe with what the will and determination of the human mind and body is capable of.

In 2002, our daughter will be 5 years old. Perhaps we will get to show her the thrill of experiencing the games, in person, in Salt Lake City. In the meantime, we watch from afar. Win or lose, we cheer them all on.

We may not be in Nagano, but we've got world-class fun and adventure right here with OSAT. If you are looking for the thrill of victory and the agony of "da' feet" you've come to the right place!

KCM & DS--Marina S., Editor e-mail: sandsmar@sprynet.com The next deadline for *The Yodel* is March 27.



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
- ⑤ Club News/ Feature Articles
- ⑧ Off Belay / Echoes

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)

Bill L.....206-789-8758 Chris N.....206-706-3242
Patty F.L.....206- Jim K.....425-888-3294
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.....206-878-0855
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!

Feb 21, Sat: Hog Loppet Ski Race A long ski race from Mission Ridge to Blewett Pass. Check points, transportation, after ski party included. Dave will have several registrations. Leader/Contact: Dave N at 253-752-9214 or Asplens Sports in Wenatchee at 509-622-6539

Feb 22, Sun: CHILLY HILLY 98 Dust off that bike and get into gear. The 26th Annual Chilly Hilly 33 mile bicycle ride is Sunday Feb 22nd. This is a great way to start the blood flowing before those New Years resolutions are scrapped! Leader/Contact: Roy O @ Work (206) 362-9062 or Home (206) 525-0510.

Feb 21-22, Sat-Sun: Skyline Ridge Lets dig snowcaves and sleep in them! Leader/Contact: ?

Feb 21-22, Sat-Sun: 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. For details and more information, call Roy M. @ (425) 885-2438 or Roy O @ Hm (206) 525-0510 or Wk (206) 362-9062.

Feb. 28, Sat: Hex Mt. Popular snowshoe trip above lake Cle Elum. Limit 12. Leader/Contact: Dave N at 253-752-9214

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

Mar 15-20, Sun-Fri: OPTIONAL Ski Trip to Oregon. Broken Finger, S. Sisters (x-country) and Mt Bachelor (downhill) Stay at condo in Sunriver, 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.

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

Mar 15, Sun: St Patrick's Day Run Have you ever woken up to finding yourself being chased by little green men? It sounds strange but it might happen on Sunday, March 15th at 9AM. Let go run the St. Patrick's Day Dash. This 4 mile run starts at the Seattle Center and works its way down to the Kingdome. Leader/Contact: Roy O for details and an entry form, H (206) 525-0510 / W (206) 362-9062.

Mar 21, Sat: Introduction to Wild Mushroom Hunting How about something different? Mike L, a new member to OSAT invites you to join the Puget Sound Mycological Society (a mushroom club) for a field trip at McDonald Park in Carnation. Ever wondered how to spot mushrooms? Now's your chance! Leader/Contact: Mike L at 206-932-8497

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 4-5, Sat-Sun: Overnight on the Pacific Ocean Lake Ozette to the beach (3 miles) 147' elevation change. Be prepared for wet weather camping. Leader/Contact: Charlie and Janyth A at 206-932-7195

April 4, Sat: 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, Sat-Sun: Learn to Rock Climb Bob C and friends invite you to learn about what it means to be on belay, hangdog, doubleback, rap and much more. Car camping for those who wish to just come out for the fellowship!! Limit of climbers (not fellowship). Leader/Contact: Bob C at 206-768-9819.

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

April 25-26, Sat-Sun: Ruth & Icy Peaks. Small but nice peaks in the shadow of Shuksan and Baker. Glaciers, ropes maybe, ski mountaineer trip. Full Moon. Limit 8. Leader/Contact: Dave N at 253-752-9214

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

Sometime between May 2 and 8: a two or three day climb of Garibaldi and/or the Black Tusk, in Garibaldi Provincial Park between Squamish and Whistler. Other objectives will be considered. Holly and I will be in Whistler that week, but I have permission to spend one or two nights in a tent! Leader/Contact: Rik A at 425-234-1770.

May 16-17, Sat-Sun: Mt. Shuksan. Glacier, steep rock summit pyramid. Ski, snowshoe, or posthole. Limit 8. Leader/Contact: Dave N at 253-752-9214

May 15-17, Fri-Sun: Smith Rock Car Camp Weekend
Bob Clarke and Brian Conner invite all OSATers to Smith Rock. The State Park offers hiking, Mtn Biking, beautiful views and of course ROCK climbing. We have bon fire meetings, car camping and did I mention rock climbing??
Leader/Contact: Bob C at 206-768-9818.

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 6, Sat: Whitehorse For those who didn't get on Dick's climb. 6000' vertical. Yowza! Limit 12.
Leader/Contact: Dave N at 253-752-9214

June 7, Sun: Ellinor. Olympics classic spring hike. Big glissade. Limit 12. Leader/Contact: Dave N at 253-752-9214

June 13-14, Sat-Sun: Blenca 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 425-822-0988

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: Unicom Alpine Scramble near Mt. Rainier. Limit 12 Leader/Contact: Rik A at 425-234-1770

July 3-5, : Fourth of July Weekend! Glacier Peak. You need glacier experience for this one. Limit 12.
Leader/Contact: Rik A at 425-234-1770

July 21-Aug 4, : Mt. Olympus Highest in the range. Glacier travel, extreme hiking. Looking for people willing to camp below the summit for some other peak bagging, but that is not a requirement. Limit 12. Leader/Contact: Dave N at 253-752-9214

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, Sat-Mon: Labor Day Weekend! Boston Basin
Leader/Contact: Rik A at 425-234-1770

Sept. 19-21, Sat-Mon: The Bandersnatch A three day loop via upper Lena Lake. Exit down the Putvin Trail. Beautiful alpine country in the Olympics. Must be a strong hiker. Rock climbing skills a must to do the Bandersnatch. Full moon. Limit 6. Leader/Contact: Dave N at 253-752-9214



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

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. E-mail: shadow@sttl.uswest.net.

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

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

MARCH CLUB MEETING:

LEE GOSS

March Club Meeting - March 11th @ 7:30 PM, Congregational Church of Mercer Island, 4545 Island Crest Way. We are excited to present Lee Goss and her presentation of "Voices from the Rock." This is a film project celebrating the achievements and history of WOMAN CLIMBERS. You will not want to miss this month's Club meeting. Call Roy O for details H (206) 525-0510 / W (206) 362-9062.

It's Time Once Again

by Bob L—Membership Chair

Hello everyone. It's that time of year again to break out the checkbooks and renew your membership. You have until April before your name is removed from the *Yodel* mailing list so act now. I have a request when filling out your renewal forms. Please take the time to fill out the optional information on the back of the renewal form. The "Interests" section is of special importance. This will help us to plan activities by tracking the interest level for a given activity and finding individuals who are willing to be leaders. If you have

already sent in your membership renewal and didn't fill out the optional information please take the time to fill it out and mail it in.

If you take a look at your mailing label there's a few things to notice. The first is you now have a new membership number. This can be found on the top left of the mailing label. Next, if you do not have an R following your number you do not have a signed release and indemnity agreement on file. A signed release form is required for anyone who wishes to participate in OSAT activities. The last thing is the top right has the year for which your dues are paid through. If it reads 1997 you need to renew your membership by April to continue to receive the Yodel. At the end of April we will be creating a membership list to distribute to everyone. I hope 1998 is a great year for everyone. I look forward to seeing you out on the trail!

1998 Climbing Course

What you've all been waiting for...this Year's Climbing course. Following are the dates and schedule for the course. We're very excited this year about our agenda and plans. Please note that due to past year's HUGE course participants, we're limiting the class to 50 students this year. Sign-up is on the first night of class only. Attendance at all lectures and field trips are required. Only one ice axe arrest, one rope travel and one Camp Muir conditioner are required. We've scheduled two weekends for each of these field trips to better accommodate student's schedules.

NOTE: This year's class is at the REI downtown. Please note new time. SEE YOU THERE.

Introductory Seminar: Feb. 18 6 pm - 8:30 pm
Downtown REI

Knots/Packs/Personal Care Seminar: Feb. 28 10 am - 2 pm
Downtown REI

Leave No Trace/First Aid/Knots Seminar: Mar. 18 6 pm - 8:30 pm
Downtown REI

Ice Axe Arrest Seminar: April 15 6 pm - 8:30 pm
Downtown REI

Ice Axe Arrest Field Trip: April 19 ALL DAY Mt. Pilchuck

Ice Axe Arrest Field Trip: April 25 ALL DAY Stevens Pass

Camp Muir Conditioning Hike May 9 ALL DAY Mt. Rainier

Camp Muir Conditioning Hike May 17 ALL DAY Mt. Rainier

Glacier Travel Seminar May 20 6 pm - 8:30 pm
Downtown REI

Glacier Travel/Crampon Techniques Field Trip May 30-31
2 Full Days Alpentel

Glacier Travel/Crampon Techniques Field Trip June 6-7
2 Full Days Alpentel

Crevasse Rescue Seminar June 17 6 pm - 8:30 pm
Downtown REI
Crevasse Rescue Field Trip June 20 ALL DAY
Alpental

Climbing Course Committee Members:
Kim G. Chair Rik A.
Doug H. Co-Chair Jim K.
Charlie A. Dick W
Janyth A. Chris F.L.
Patty F.L.

Making the call

by David C

Hello brother and sister Osater's, Last season I arranged to have a sign-language interpreter come up to the Thursday Night Tiger Mountain AA Meeting. Flyers were made, the word got out, and it was a great success! Since then, I've been bombarded by the Deaf community with requests to do it again. Therefore, this season I'd like to do it again, only this time with a little more regularity. My goal is to have an interpreter go up on the first Thursday of each month we hike Tiger Mountain. I'd take care of getting the information out to the Deaf community and arranging for the interpreter and such, but I need help from all of you with the money part, so I'm making the call.

What I'm looking for are people who could commit to contribute monthly money toward this endeavor. The cost of the interpreter is \$45.00 per night. I would be happy to contribute \$5.00 a month. If I could find eight other people who would do this, my mission would be complete. You could pay more or less, all contributions will help, no matter what the amount.

We're talking about six months, that's only six payments, or you could just pay one lump sum. I have an interpreter who would love to do the job, and he says that if no one shows up, he wouldn't charge us (not the normal practice for sign-language interpreters). In the unlikely event that this should happen, all money for that meeting would be reimbursed to the donors. It's a no loose situation.

Please help me out with this. If you are interested in helping, please contact me at 206-623-7857, or you could e-mail me at dax@oz.net. Thanks so much from me and the entire Deaf community,

THE ARMCHAIR MOUNTAINEER

by Rik A

The Jimmy D Hinkhouse Memorial Library will open soon! This new (and hopefully regular) feature in the Yodel will introduce you to the vast variety of

reading available in the library's nearly 500 items.

As soon as the new BOTS approves the operating procedures and policies, books and magazines will be available for circulation. Thanks to those of you who offered suggestions as policies were being drafted. A categorized list of the books has been completed. For those with access to the web, the draft policies and the lists are available at <http://www.geocities.com/yosemite/2899/osatlib.html>. There is a link from the OSAT home page.

The ad hoc library committee (Dick W, Karen C, Dave N, Chris N, Rik A) placed pockets and cards in all the books, and stamped each for identification. We also secured the donation of a bookshelf from Boeing Surplus which is suitable to store about half of the collection. This has been a long process, but hopefully our efforts and forethought will guarantee both wide availability and continued integrity of the collection.

The majority of the collection is climbing guides and books about climbs and climbers. There are about 70 books in each of these classifications. A history classification has about 20 additional books about climbs and climbers which focus on 19th century climbing or comprehensive treatment of a particular mountain. Among these categories, about a third are devoted to Washington and the Pacific Northwest, about 15% each to the rest of the US and the rest of the western hemisphere, about 10% to Europe and Africa, and about 15% to Asia and the Himalayas. The remaining 15% cover global topics. There are also about 20 annual climbing journals.

We have about 10 field guides, 6 travel guides, 20 books on climbing technique, and 10 on skiing and snow shoeing. The safety-related collection includes 12 books and a set of all but 8 of the 46 editions of Accidents in North American Mountaineering from 1948 to 1994. The reference and miscellaneous mountaineering section includes about 30 books, and there are over 60 magazines.

The collection also includes about 90 books on recovery and related topics, and another 15 on running, including 2 videos! Sorry, no mountaineering videos ... yet! ...although thanks to Tom M we have a video of Jimmy talking to a class of elementary school students about Africa and mountaineering.

In coming Yodel "Armchair Mountaineer" columns, we will publish lists of the books, and highlight a few with brief summaries. Keep climbing mountains (vicariously) and don't fall asleep!

Five Years Ago in OSAT

by Rik A

The first OSAT New Year's Day hike (1992) was on Mt. Pilchuck, but wintery conditions led to moving the 1993 event to Mt. Si. The trail was icy, and there were many horror stories related by the 15 or so who made it to the summit meadow area. Chuck was the only one to tackle to Haystack, but the weather was beautiful and "visibility was extreme."

The second annual Meeting in a Snowcave was led by Greg. Three caves were dug, twelve attended a meeting in the larger one, and eight spend the night. Everyone enjoyed themselves, although they just barely got home because of road closures due to avalanches.

A business meeting in December featured Greg A's Denali slides, and in February the club was treated to Jim & Shirley's Ecuador slides. The first official OSAT T-shirts were designed and ordered. Jim, Steve, and Karen also began making slide presentations about OSAT to treatment centers.

The Thursday evening meeting moved back to the "new" Issaquah IHOP (previously JB's), and the OSAT North people began meeting at Granite High School parking lot where they decided where to have their meeting, usually someplace off the Mountain Loop Highway.

Camp Kitchen

by Tracy M

Eat The Perfect Food! As we move through the new year, the time of health and fitness resolutions, and into the new millenium, where people are stopping to take stock in the punctuation of the continuum of time, and a new century, it occurs to me that; A) we are healthier than we have ever been, and B) we are globally connected in a way that has never been possible before in history, and we are sharing information with great energy and vigor.

Now I am one of those types who likes to have their cake and eat it too. I want to hear the latest and watch the news as it happens, but I also want to restore the old fashioned toaster that retails at the "Survival of the Fittest" retro shop for more than a new one, and learn about the ancient art of Japanese paper making from the few surviving sensais who still know the art.

Recently I have been reading about the "emergence" of a "new" health food...the soy bean. Trendy health food

stores carry a variety of soy products including soy powder, soy burgers, tofu, soy cheese, soy milk, etc. Health spas across the country offer a variety of soy dishes to attract the health conscious client or celebrity. Starbuck's offers soy milk to their savvy customers. Our own Chris Flannigan-Linderman (just one example of how perfect a body can be) is a soy guy! This new information is great, but let me tell you, it is nothing new. Out here on my Japan trips, soy is the main stay. Has been for centuries. There are studies that show diets rich in soy help reduce the risk of cancer, heart disease, and high cholesterol build up. It has been attributed to longevity and smooth transition through menopause for women, as well as overall high complete protein recognition for the body. Here's the deal. It's simple, time tested, and packs easily so there's no excuse. If you want to eat the perfect food, eat soy beans.

Most Sushi bars in Seattle offer a little dish of soy beans (called edamame) to Japanese customers, but you need to ask for it: it won't be on the menu. In Japan, all sushi bars have Edamame as a pre sushi snack. The soy bean, as a whole food, offers the best source of the most perfect food in the world. And it is delicious! You can buy them fresh from Asian food stores, or frozen in packages, from health food stores or at Uwajiamaya.

Blanch them in boiling water for about 2 minutes, drain, and sprinkle with salt. You eat them by sliding the pods through your teeth and capturing the beans. Discard the pods. If you are below tree line, composting will work. Up on top, of course, pack 'em out!

CORRECTION: In the previous issue of the *Yodel*, the following recipe was listed without it's key ingredient: Tahini. So, here it is...

Hummus with Tahini

3 C cooked garbanzo beans
1 C liquid from garbanzo beans or water
½ C tahini
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.

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

BUTS, BITS, BURPS, BOTS?

This past January OSAT welcomed three new members to the Board Of Trusted Servants (BOTS). The board made up of five members basically take care of the political, financial, and directional responsibilities of our club. Can YOU name all five members? And who are these people. Well I had the wonderful opportunity to have lunch with one of the newest members. Patti Flanagan-Lindemam was gracious enough to answer a few questions (not any like Clinton answers).

Off Belay: How did you find OSAT?

PFL: I moved here with my husband Chris from Leadville Colorado in April '96 after working for Outward Bound. We wanted to find more people like ourselves that combined recovery and climbing. We couldn't find anyone to come out to our tent for a meeting. I heard Kim G. make an announcement about the OSAT climbing course at the Magnolia Meeting and said "there are people like us here."



OB: How do you feel about being elected to BOTS?

PFL: (she laughs) Well, we haven't had our first meeting yet, but I'm looking forward to doing service work for the club. Addressing issues and making decisions will be challenging and fun. And it helps me to feel apart of the group.

OB: How do you integrate climbing and recovery?

PFL: Can't imagine one without the other. They both help me to become more aware of my relationship with God. When on the Rainier climb last summer, I just kept saying thank you every step of the way and before I knew it we were there!

OB: Do you have any climbing goals?

PFL: Well for 1998, not turning back on climbs unless weather or something stops us. Just not to allow fear to stop me. Crevasses scare me (me too). Climbing in Peru in the future.

OB: What are your personal goals?

PFL: Be more of a human being than a human doing. We are sometimes get our schedules overloaded. Better at accepting myself for who I am and what I'm doing.

OB: Describe one of your best moments in OSAT?

PFL: We were staying at this little hotel last November in Mexico when we down there to climb Orizaba. We went to their room for our nightly meeting. We started jumping on the beds and horsing around, it was so fun and felt like real friends, and that unconditional love.

Thank you Patti for sharing your thoughts and experiences with us!! It was way to fabulous that she did this.

Sex, Health, & Nutrition Bytes

- A Glenwood Colorado wrestling coach is on trial for picking up one of his students by the testicles and dropping him (OUCH). The examining doctor indicated that the boys testicles were so swollen after the incident, he couldn't examine him. (Sex weekly)
- Sex weekly also reports that the more household chores a husband does, the more likely his wife is to report having good sex. (guys get back to me on this one will ya!)
- Work stress can pack on the pounds-or take off too much. A survey of more than 1,600 workers revealed that 35 % either dramatically lost weight or gained it because of job stress. Work hassles caused 57% to have insomnia and 48 percent to have headaches.
- Herbal medicine is not "experimental" in Germany. A report from there states that to treat depression, prescriptions for the herb St. John's Wart (hypericum) outnumber by six to one prescriptions for Prozac.

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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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## Catherine The Great?

by Rik A

**D**ave N organized a snow shoe/ski trip up Mt. Catherine at the end of January. Our group briefly exchanged hugs etc in the NB McDonald's parking lot with the OSAT group headed up Mailbox, and drove up I-90 for about 2/3rds the elevation and about twice the mileage as our hard-core compatriots.

Thanks to Dave's foresight in picking a beautiful day, with El Nino pushing temperatures at the Pass into the upper 40s, the snow was well consolidated. Dave was aboard his Bushwhacker skis, as the rest of us slogged along on our webbed shoes.

The ski areas were remarkably quiet, and no one else was on the route. Although one party member suggested we were in "extreme snow shoe" territory when we traversed a fairly steep slope, the mixture of well consolidated crust and heavy-but-shallow powder we encountered simply added to the variety of woods, meadows, traverses and moderate slopes we hiked. Although conditions were less than ideal for Dave's ski descent from the summit to Nordik Pass, by the end of the long traverse through the Hyak cross country ski slopes more than one of his companions wished they could turn their shoes into skis.



Snow shoe excursions seem to be bringing out a lot of OSATers this winter. Although this particular trip did not have quite as many as Will's Rampart Ridge (MRNP) adventure, attendees were no less enthusiastic. Participating were Chris & Wendy, Rod & Carrie, Pete & Lynn, Rik, and Joe.

## The Journey Continues...

by Bob L

The first convention I attended when I got into recovery was the world convention for the fellowship of which I am a member. The theme for the convention was "The Journey Continues". For months after, a friend and I would always remind each other that it is a journey, not a destination.

As I sat in the kick-off meeting for the climbing course last year, I could not help but picture myself on top of Mt. Rainier. The thought of standing on top of the vision that had been the focus of my dreams for such a long time overwhelmed me. Again, those familiar words were echoed by Bob C. It is not the destination that is important, the lessons learned and people we experience along the way are what really matter. Just as before these words rang true. I met some of the most loving and caring people during the climbing course. It never ceases to amaze me to see those giving away freely what has been given to them. It was an incredible gift. As luck would have it, I managed to summit Mt. Rainier on my first attempt. That was just the icing on the cake.

A couple of month's ago I was out on a climb to Silver Star Mountain. On summit day we got a late start and Doug H. and I were post holing badly. We hit our first turn around time and as we headed back down to camp, I made a passing comment about coming back to even the score. Doug reminded me that it is not a good idea to keep score with the mountain. The mountain always wins. Again, I was reminded of the journey. I had a terrific time with a great bunch of guys. We coined it the "Men Behaving Badly" trip. It was a great weekend.

The last year has been one of the best in my life. The people I have met and the things I have experienced will be with me for a long time to come. I hope that everyone finds his or her chosen path on which to travel and always remember "It is a journey, not a destination."

## Pico de Orizaba

by Kim G

Yes, the summit was awesome. There, you know the ending. Like a good book ruined by someone blurting out "who done it" and the last pages closing secrets. But amazingly enough...in mountaineering, the summit is the goal but isn't always the best part. What was it about our trip to Mexico that was so special? As I sit and reflect there were so many moments that speak out. Was it the travel partners of Chris and Patty F.L., Mel, Sally and me? Was it the inability of ANYBODY in our group to put a coherent

sentence together in Spanish? Perhaps it was the people we met, the time we spent and roads we traveled. Yes, that's it. Let me share some of my story with you.

At the base of Pico de Orizaba, the third highest peak in North America, lies the Piedra Grande Hut at about 13,900 some ft. The hut can house several dozen climbers, can be noisy, smoky and ridden with rat poop. But it's the best place to hear about the mountain, listen to the stories, pick up Spanish phrases and try to sleep amid the storm of celebration as successful climbers return.

Thank goodness there's an outhouse there. Past years people just used rocks, etc. to do their duty. One day Chris returns from the outhouse and proclaims he saw a mouse in the "pit" of the toilet. First of all, who in the heck looks into the pit of those toilets? Anyway...Chris fondly watched the mouse race over, grab some toilet paper and race off to make a nest. As we all sat gagging, Chris went on to say it reminded him of "Schindler's List" where the children hid in the toilet. Well, he said, this is Schindler's Mouse. So it became that when we went to visit the outhouse, we casually said we were on a mission to visit Schindler's Mouse.

Summit morning brings apprehension. This mountain is going down...perhaps. The weather outlook is marginal. The mountain isn't particularly technical but does have it's route problems and new snow caused some frustration on the lower part of the glacier. But, looking out in the dark of the night and seeing a fantastic lightening storm surrounding us below was incredible. The slow march allows lots of brain time to think...about nothing, pain or everything. Count your steps, rest, rest, breath, breath...positive thoughts are everything. As you already know, Sally, Chris and I summited. We got some photos and looked at the ocean of clouds which hid the valleys. A bit nippy up here but all in all, very nice. We arrived back at camp to heavy, split pea soup fog and cheers from new found friends. Wow. Thanks God. Thanks OSAT. If it wasn't for all of you, this never would have been possible.

See you climbing the mountains. Keep an eye out for Schindler's Mouse.  
KCMD

*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**

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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 Osat Yodel**

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**'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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