

# THE YODEL



VOLUME 8, ISSUE 1

Keep climbing mountains and don't slip!

FEBRUARY 1999

## Beyond the front page:

**Report from OSAT-Northeast**  
— p. 2

**From the Editor**  
— p. 2

**OSAT Quick-Reference** — p. 3

**Five Years Ago in OSAT** — p. 3

**Armchair Mountaineer** — p. 4

**The scoop on the OSAT Climbing Party** — p. 4

**1999 Events Calendar** p. 5

**All about the 1999 Climbing Course** — p. 5

## ONE STEP AT

### A TIME (OSAT)

#### MISSION:

"To provide a clean and sober environment for members and friends of 12-step recovery groups, to participate in outdoor and social events in the spirit of conservation, preservation, and ecology."

## *Canyoneering Part 2*

Warm Winter Days on the Trail of the Ancients

By Sandra S.

No rain fell for 10 days. The moon was seen through its full phases, casting shadows. The stars shone, as did the sun. Day after day after day in Southern Utah. The nights were cold but cozy; the days were shirtsleeve warm and bright, bright!

*Enticing canyons, high desert bench...* Rock formations here were so magnificent you almost sink to your knees. This is where lots of Westerns were made but the land that looks barren on a movie screen brings serenity to the soul in a high campsite or canyon trail.

We took a U-turn through Utah, starting with Arches and Canyonlands, moving on to Grand Gulch, the Navajo reservation and Grand Canyon, and ending up in Zion. Personal assessment: The national parks are worth a quick tour but

they're crowded even in the dead of winter; the Grand Canyon is spectacular for a few seconds but seems oversold; Arizona really is as barren as it looks in the movies.

To taste and enjoy Canyon Country takes a little bit of research to find quiet spots, a little bit of sweat to get to them and a little bit of time to spend exploring...or just 'dinkin around' as Ron puts it.

In Grand Gulch we climbed the cliffs to thousand-year-old granaries, abandoned kivas and tumbled down Anasazi pueblos. There were ruins across from each of our campsites, so well camouflaged that we wondered how many we missed along the way.

*On the Trail of Hot Running Water...* We arrived on Christ-

(Continued on page 2)

## **OSAT 2000 Calendar Photo Contest**

By Roy O.

Get your cameras ready for the climbing season! The OSAT 2000 Calendar needs your photos. We will have a contest to choose the 13 photos which will be featured in this, the first ever OSAT wall calendar.

### Here are the rules:

- Photos must be submitted before August 1st, 1999. Keep a copy for yourself since we may not be able to return the photo.
- Subject should relate to the outdoor activities OSAT members love.
- Nudes can be artistic, butt [sic.] we would like to keep this a "family" oriented item.
- Winning Calendar photos will acknowledge the photographer unless anonymity is specifically requested.
- BOTS will choose the winners. All unusual circumstances to be handled at the discretion of BOTS.
- Bribery is not allowed...(unless it is really BIG).

How to enter: Send your photo along with your name, address & phone number to: OSAT 2000 Calendar, c/o Patty F-L, 1132 NW 58th St, Seattle, WA 98107-2914.

Entries will be kept confidential by BOTS.

Okay shutterbugs, go get 'em! ☺

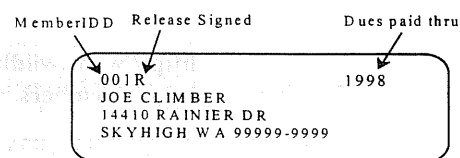
## *It's Time Once Again*

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 until your name is removed from the *Yodel* mailing list so act now. A new thing this year is you now have the option of how you would like to receive the *Yodel*. You can get it the same old way via the US postal service or move into cyberspace and get it via email in your inbox. There is a spot on the renewal form where you can specify your preference.

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 on the *Yodel* there are a few things to no-



tice: The first is your membership number 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 1998 you need to renew your membership by April to continue to receive the *Yodel*. I hope 1999 is a great year for everyone. I look forward to seeing you all out on the trail! ☺

# From The Editor

By Bill A.

With the layout of the February 1999 *Yodel* nearing completion, I will pause to say a few words. First, I want to echo the heartfelt thanks from everyone to Marina S. for her great tenure as *Yodel* editor. Marina handed me the mantle this Saturday. Before the hand-off happened, I might have been tempted to write something like "it will be nice for her to reclaim some precious free time from work of editing the *Yodel*". I will avoid that rash statement, having been to her house this weekend and having experienced the demands of a [well-behaved] 2-year-old at close range. Marina was only able to train me how to use

Microsoft Publisher with miraculous babysitting powers of that purple dinosaur on T.V.

In planning this issue, I began outlining some of my goals for the *Yodel*, which I presented at the Jan. 13th OSAT club meeting, this past Wednesday. Essentially the main goals are to put out a *Yodel* on a regular timetable, and to keep the costs down.

**SCHEDULE** We will send a *Yodel* in some way, shape or format once a month (with the exception of a special double issue, e.g. November-December). In order for the *Yodel* to be a reliable source of event information, we will strive to have it in the mail to you by the beginning of the fourth week

of every month preceding the issue. For example, this issue was mailed out the week of Jan. 18th. We want everyone to receive the new issue before the start of the month to help you make your plans.

To get your submissions into the *Yodel*, you need to get them to us by the Friday the week of the club meeting. All submission information will be listed on page 2, [see gray box, below].

**COSTS** We'd really like to keep down the costs of publishing the newsletter so that we can stay within or under OSAT's existing budget.

In OSAT's "spirit of conservation, preservation, and ecology" we are also

*(Continued on page 4)*

## Yodel Staff

**Editor:** Bill A. (206) 324-0068 [yodel@wildbill.com](mailto:yodel@wildbill.com)

**Printing and Distribution:** Anne B. (425) 401-9790 [AnneB@STLabs.com](mailto:AnneB@STLabs.com)

**Membership and Mailing List:** Bob L. (206) 878-0855 [jrlewis@u.washington.edu](mailto:jrlewis@u.washington.edu)

## How to Contribute

**Deadline for March Yodel:** February 12, 1999

Via Email: [yodel@wildbill.com](mailto:yodel@wildbill.com)

Via U.S. Mail: **Bill A., 605 E. Denny Way #307, Seattle, WA 98122.**

You are strongly encouraged to submit your contributions via electronic mail. If you do not have email, you may send a floppy disk (PC format only). Be sure to send a hard copy along with your disk and make sure you keep the original. If you want any part of your submission returned to you, please specify this, and include a SASE.

## Find Us Online

The Yodel Website: <http://www.wildbill.com/yodel>

Main OSAT Website: <http://members.aol.com/osat1996>

## Report from OSAT-Northeast

By John Hagg

We hiked Mt. Monadnock in New Hampshire on New Years Day -- there were three of us. Last year OSAT-NE did many of the highest peaks in New England.

We climbed Mt. Washington (the highest peak in New Hampshire), Mt. Katahdin (the tallest in Maine, a few feet short of a mile), and Mt. Greylock (the tallest in Massachusetts). The highest point in Rhode Island is a couple hundred feet and is on private property. The owner gets steamed and calls the cops when someone trespasses...

It's such a long ride to get to any "mountain" from here that many of our local hikes are over the Middlesex Fells Reservation. The highest elevation is only 300 feet but buy the time we circle the lakes ( 7 miles ) we get 1800 ft of up and down. ☸

*(Continued from page 1)*  
mas Day and celebrated civilization in Salt Lake's Temple Square where a gazillion Christmas lights and the sounds of the Mormon Tabernacle Choir created a fairyland.

By New Years Eve, after six days out, we were ready for a little civilized luxury again and this time we went all out -- hot showers, a real bed, pizza and a movie in Blanding, Utah. Yes sirree!

New Years Day was spent on the Navajo reservation where only a few sober souls ventured out. Another (shopping) trip to the Rez is

definitely in order.

*In Search of...* As we migrated North again, we began to think about the next visit. Mid-summer in the desert (!). The only way to handle the heat will be to go high - maybe Dark Canyon (8000 ft) and the Aquarius Plateau (11,000)? As long as we're already acclimated, might as well fly back and head up Rainier. Anybody out there interested?

By the way, if you're wondering how you missed Canyoneering Part 1, don't worry. We'll send in a copy as soon as we write it. ☸

*'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

## OSAT QUICK-REFERENCE

### Board of Trusted Servants (BOTS)

Bill L.	206-789-8758	wlink14fun@aol.com
Patty F.L.	206-789-9503	patty.flanaganlinderman@gte.net
Jim K.	425-888-3294	keefe.j@ghc.org
Tracy M.	425-204-0168	
Dick W.	425-339-3751	

### 12-Step Meeting Coordinators

Bill L.	206-789-8758	wlink14fun@aol.com
Mark S.	253-631-5354	schwemd@televar.com
Bill L.	206-789-8758	wlink14fun@aol.com



### Contact People

Activities:	Brian C.	425-353-9748	bc8025@aol.com
Activities Hotline:	Rob G.	206-824-7972	osatvoice@aol.com
Equipment:	Grant	206-525-9199	
Finance:	Charlie A.	206-932-7195	
Hotline Message:	Merry O.	206-524-5770	mo7climb@aol.com
Hotline Follow-up:	Patty H.	206-784-9947	
Library:	Rik A.	206-232-8908	rik.anderson@boeing.com
OSAT East Coast:	John H.	617-641-3423	
Running:	Doug H.	425-271-5116	doungsue@aa.net
Service:	Dave W.	425-869-0460	
Yodel:	Bill A.	206-324-0068	yodel@wildbill.com

### OSAT Club Meeting:

Monthly OSAT club meetings are held the second Wednesday of the month at 7:00pm. We meet at the Congregational Church of Mercer Island, located at 4545 Island Crest Way (take the Island Crest Way exit from I-90, the church is 1.6 miles south of the freeway, on the right. The meeting is held in classroom #1, upstairs on the north end of the building. **THIS MONTH: Gary Brill from Mountain Madness will tell us all about Avalanches!**

### OSAT 12-Step Meeting Locations

#### Tiger Mountain

Time: Thursdays @ 7:00 pm & Sundays @ 10:00 am [Note: Thurs. meeting at Issaquah IHOP until April]

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 to use the cable line trail, or in the upper parking lot to use the regular trail (recommended for first-timers).

Thursday Contact: Bill L.

Sunday Contact: Mark S.

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 @ 7 pm

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 7 pm 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: Bill L.

## Hotline Information

### To leave an OSAT activities message:

- 1) Call (206) 236-9674
- 2) Press 1 and leave your message at the end of the recording

### To listen to current OSAT activities:

- 1) Call: (206) 236-4777
- 2) At the prompt enter the passcode - 39
- 3) Press 7 to hear the message
- 4) Press 5 at the end of the message

*Please do not erase messages on the system*

### Five Years Ago in OSAT

*by Rik A*

The last Thursday Tiger Mt. meeting of 1993 ended up being quite an adventure. The meeting was sparsely attended, since 16 members were beginning their MOFA course, but rescue and evacuation skills got a real world test due to a badly injured knee. "It made me aware that one must be prepared when hiking or climbing. We shouldn't take anything for granted, even on a simple evening hike one needs to carry the ten essentials. A little extra weight was worth a lot when it was needed. Thanks to the OSAT members who stayed with me - it eased the pain." Some neophyte OSAT Tiger rookie, right? Wrong!! None other than the venerable Tom M. As Jim said, "If this can happen to Tom, then it can happen to anyone..."

Thanksgiving 1993 found Mt. Si under a mantle of snow, and 25 OSAT hikers built up their appetites by trudging up the trail on a beautiful day. Many brought crampons, mindful of hazardous trail conditions the previous year, but most made it to the gully without them. The haystack "looked a little treacherous, and most of us turned around", but Dave N and Rik could not resist getting the very best possible view for the day from the summit.

Bob C led a successful December by eleven climbers up Mt. Hood. John and Kim hosted about 40 at the Holiday Party. Linda Z reported on the New Years climb up "Mt. Sigh" in icy and snowy conditions: "Steve and Francly talked me into it...When we finally reached to the top, I cried tears of relief...I wanted to be lifted off by helicopter." I well remember setting up Susan R, who had essentially zero experience, to rappel down the snow-and-ice filled haystack gully!

Although many OSAT traditions were well established by this time (winter of 1993/94), lots of important changes were taking place as well. As BOS Chair Terri S observed: "Jim H devoted innumerable hours during the previous three years to the organization of OSAT...In fairness to Jim and to be responsible to ourselves, we must divide the workload... It is time OSAT became self supporting in labor as well as in funding...As much as we try to fight change, sometimes it is necessary." The challenges of organizing on this basis were

## The Armchair Mountaineer

First Annual Report of the Jimmy D. Hinkhouse Memorial Library

By Rik A.

In accordance with the OSAT Club By-Laws as amended at the May meeting this year, the following is the annual report to the BOTS concerning the operation of the library.

OSAT's Hinkhouse Memorial Library began operation in March, 1989. Prior to beginning operation, 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. I subsequently purchased two plastic boxes to transport portions of the library to club events.

About 10 items per month are checked out, and an average of 20-30 items (5+% of the collection) are in circulation at any time. Roughly half of these are nominally "overdue", and experience indicates a reminder is necessary for the return of most of the items that go overdue.

Last spring the library purchased the Trailside video "Climbing Mt. Rainier", short clips from which were used by the OSAT Glacier Climbing Course. A second copy of the video was donated by Ken M, and both of these were widely circulated among the students. Robb W donated "Climbs of the Cordillera Blanca of Peru" following his trip to South America, and Nancy T donated Krakauer's "Into the Wild". I donated two videos "Avalanche Awareness" and "Finding Your Way in the Wild" (basic map and compass) which I picked up at the Swallow's Nest going-out-of-business sale. Additionally, I recently received an inquiry regarding the donation of another collection of mountaineering books from one of Jimmy's non-OSAT-member friends.

There are currently two items "lost" from the library. Berg's "Bird and Tree Finder" was in the original inventory, but were not found when I completed cataloging the collection last year. Recently one additional item has gone missing -- Lou Whittaker's "Memoirs of a Mountain Guide" was returned to a recent club meeting, from which someone else took it without my taking note of who borrowed it.

The collection list is accessible by links from the OSAT home page. Give me a call (206-232-8908), email me, or grab me at any OSAT event if you'd like to reserve any of the books, or come over to browse the collection. There are still many volumes I am interested in reading, so I will continue to serve as Librarian for the foreseeable future.

Keep climbing mountains (vicariously), and don't fall asleep! ☞

## OSAT Climbing Party!!!

By Shirley R.

OSAT has reserved the Vertical World gym [2123 W. Elmore Street, Seattle\*] for a private party, Saturday night, Feb. 6, 1999, beginning at 7:30. Mark your calendars and prepare for an evening of fun, fellowship, good exercise, no rain, no avalanche danger, no white out, no ten essentials, no backpack!!

Rock shoes, chalk bag or harness can be rented if you don't have them [supplies are limited!]. Admission for OSAT members is **FREE**. Children are welcome but must be supervised — under 18 can't climb without a parent. Guests who are not paid-up OSAT members are suggested to make a \$10.00 donation to OSAT (to be paid that night), except for guests who are already Vertical

Club members. No need to sign up in advance, just show up! The normal operating hours end at 7 p.m. and we have the gym from 7:30 ending at 9:30 or 10. Call Shirley for information about this party, (425)-957-7975. Call the Vertical World for information about their club, (206) 283-4497. Note: They will not let you belay unless you pass a "belay check," in which you demonstrate tying in with a rewoven figure eight, and belaying with an ATC. If you are new to indoor climbing and want to learn how to belay, call upon OSAT members who can teach you. Your first visit to the gym, if you are with a member, is free. At the Redmond Vertical World (425)881-8826, 15056 B NE 95th St, you can get a belay check, etc. if that location is more convenient

**\*FINDING THE PARTY:** Near the Fisherman's Terminal in Magnolia. From I-5, take whatever exit is convenient to get on 15th Street from Ballard or Elliot Ave. from downtown. Follow the signs to Fisherman's Terminal. Just past the terminal, on W. Emerson, take a right turn onto 21st (at Cafe Appassionato), go a block and make a left turn onto Elmore. Vertical World will be on the left after 1/2 block. Look for Subaru station wagons, Volkswagen vans and people in climbing tights milling about a nondescript warehouse-like building.

(Continued from page 2)

making a commitment to print the *Yodel* only on recycled paper. You can help the environment AND OSAT, by receiving the *Yodel* electronically! Every month, we will email a plain text version of the *Yodel*, and we will put up the current issue at <http://www.wildbill.com/yodel/current>. If you opt to receive the *Yodel* electronically, instead of by paper & U.S. mail, you will receive it sooner, and you will save OSAT more than \$10.00 per year!! We can use this money for climbing course scholarships and events like our climbing party (see p. 4). To request electronic delivery, please visit the *Yodel* website, at <http://www.wildbill.com/yodel>.

Thanks for giving me the opportunity to serve — please feel free to send me your comments, flames, etc. — See you in the mountains! ☞

"If I could rub out every reminiscence, if I could erase every memory, I should still say that my scrambles amongst the Alps have repaid me, for they have given me two of the best things a man can have -- health and friends."

— Edward Whymper, Scrambles Amongst the Alps, 1871

**\$15.00!**



**OSAT**

**T-SHIRTS**

They come in various colors and sizes! Price is \$15. Please contact Joan M.  
E-mail: [shadow@sttl.uswest.net](mailto:shadow@sttl.uswest.net)

Ph: 425-277-8943

# 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

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 \$ \_\_\_\_\_

**DONATIONS:**

Donation for Property/Equipment	\$ _____
Unrestricted Donation	\$ _____
<b>Total Enclosed:</b>	<b>\$ _____</b>

Please Make Checks Payable to OSAT  
Mail your payment along with this form to:  
OSAT-MEMBERSHIP  
PO BOX 6461  
LYNNWOOD WA 98036-0461

**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				
Scrambling				
Climbing (glacier)				
Climbing (rock)				
Backpacking				
Car Camping				
Backcountry Skiing				
Alpine Skiing				
Snowshoeing				
Bicycling				
Running				
Walking				
Kayaking				
Family Outings				
Outdoor Meetings				
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 DISABILLITY, or DEATH**. I further understand and agree that without some program providing protection to it's leaders, **OSAT** would not be able to offer it's 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 it's 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 it's 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 \_\_\_\_\_ Date \_\_\_\_\_

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

# OSAT'S Excellent Adventures

## 1999 OSAT EVENTS CALENDAR

**Saturday, Feb. 6, 1999, 7:30 p.m.:** *OSAT Indoor Climbing Party!* At Seattle Vertical World, 2123 W. Elmore St. in Seattle. For details see description in this issue of Yodel.

**Wednesday, Feb. 17th, 6:00 PM:** *Climbing course kickoff* at the Downtown REI, in one of the meeting rooms upstairs. As usual, we will go over an overview of the course, and basics of equipment and conditioning that evening. Be there if you want to take the course!

**Mar. 6-7:** *Stevens Pass* snowcave trip. This is a favorite OSAT tradition - care to build a cave? Will A. 425-822-0988

**Apr. 3-4.:** Weekend outing on the ocean, 3-mile "hike" from *Lake Ozette*. Overnight camping. Friendly deer. Beach bonfires (bring marshmallows). Be prepared for the possibility of inclement weather. Bring binoculars to watch migrating whales, soaring birds and the raccoons that will be conniving to get into your food. (Alert! -- elevation gain 137') Leader: Charlie and Janyth A. 206-932-7195 or pine@seanet.com.

**May 1-3:** *OSAT BC Base Camp* Several days of spring climbing in the BC Coast Range - Joffre Lakes group of 7500-9100 ft glaciated mountains encircling a beautiful lake basin - North of Whistler/Pemberton For experienced glacier climbers only. Leader/Contact: Rik A at 425-234-1770

**May 2:** *Norse Peak* (near Crystal Mountain ski area), 8 1/2 mi round trip, elevation gain 2900'. Snow travel, ice axe training required. Spectacular views of Mt. Rainier. Leader: Charlie A. 206-932-7195 or pine@seanet.com.

**May 30-31:** *Mt. Baker* via the Coleman Glacier, Limit 12 Glacier experience necessary. Dave N 253 752 9214

**Memorial Day Weekend:** *Three Sisters*, Oregon (4th OSAT attempt on the gnarly Northy!! This time we'll get her!! Scheduled later this year to avoid the long snowshoe trek!) Leader/Contact: Rik A at 425-234-1770

**June 26-27:** *Jack Mt.* N. Cascades giant. One of Washingtons niners via the S.W. route. Strong scrambling skills. Limit 6 Dave N 253 752 9214

**Aug. 7-10:** *Mt. Challenger*. Remote and well-challenging. Glacier and rock climbing skills a must. Either from little Beaver Creek or Whatcom Pk. Limit 6 Dave N 253 752 9214

### sLOSAT Winter Schedule

For OSAT members and friends who prefer a slower pace, sLOSAT offers non-summit oriented serenity hikes. (Also considered ideal re-conditioners for recuperating OSAT members) No need to rush during these gentle, yet invigorating hikes, chosen for their natural beauty and limited elevation gain. Your hiking suggestions and leadership suggestions and leadership services are welcome. Please let us know if your regularly scheduled hikes might be suitable for sLOSAT hikers. Call Linda Z. for information: (206) 545-7773 and check the hotline for updates.

**Jan. 30:** *Heather Lake* "slowshoe" snowshoe Off Mt. Loop Hwy. ~4 mi. RT Kevin S. (206) 528-0791 spathk@sunny.issaquah.wednet.edu

**Feb. 7:** *Source Lake* "slowshoe" snowshoe Snoqualmie - approx. 4 mi. Kevin S. (206) 528-0791 spathk@sunny.issaquah.wednet.edu

**Feb 14:** TBA (worth waiting for!) Patty F-L (206) 789-9503

**Feb. 27:** *Lanham Lake* "slowshoe" snowshoe Steven's Pass - ~3.2 mi. Kevin S. (206) 528-0791 spathk@sunny.issaquah.wednet.edu

## 1999 Climbing Course ready to kick-off!

The 1999 OSAT Glacier Climbing Course is close to Kick-Off! Our 1st seminar will be Wednesday, February 17th, 6:00 PM, at the Downtown REI, in one of the meeting rooms upstairs. As usual, we will go over an overview of the course, and basics of equipment and conditioning that evening. The bulk of the course is as follows:

**Feb 27:** 10-2 PM - Knots/Packs/Personal Care Workshop - *Mercer Island Church*

**Mar 17:** 6-8:30 PM - Leave No Trace/1st Aid/Safety Seminar - *Downtown REI*

**Apr 21:** 6-8:30 PM - Ice Axe Arrest/Map & Compass Seminar - *Downtown REI*

**Apr 17:** ALL DAY - Ice Axe Arrest Field Trip - *Mt. Pilchuck*

**Apr 25:** ALL DAY - Ice Axe Arrest Field Trip - *Stevens Pass*

**May 8:** ALL DAY - Camp Muir Conditioning Hike - *Mt. Rainier*

**May 16:** ALL DAY - Camp Muir Conditioning Hike - *Mt. Rainier*

**May 19:** 6-8:30 PM - Glacier Travel Seminar - *Downtown REI*

**May 22-23:** 2 Full Days - Glacier Travel Field Trip - *Alpental*

**June 5-6:** 2 Full Days - Glacier Travel Field Trip - *Alpental*

**June 16:** 6-8:30 PM - Crevasse Rescue Seminar - *Downtown REI*

**June 19:** ALL DAY - Crevasse Rescue/Map & Compass Field Trip - *Alpental*

### Calling all volunteers!

A few people have expressed an interest in being a part of the course. In order to facilitate these request more efficiently, we would like to request that you contact one of the following Climbing Course Committee members to volunteer directly for activities:

**Patty F-L (206) 789-9503 Mentoring** — Patty will be coordinating the mentoring program this year. We'd love to have a ratio of 2 to 1 or better!

**Roy O. (206) 525-0510 Seminars/Lectures** — Roy has done a bang up job getting our lectures scheduled. He could use a couple of presenters, and maybe some other assistance with the baby coming soon!

**Jim K. (425) 888-3294 Training Hikes** — Jim says he's got a bunch already planned, but there are never enough!

**Charlie A. (206) 932-7195 Field Trips** — Talk to Charlie about being a Leader or instructor on a field trip. A great way to get involved!

**Rik A. (206) 232-8908 Registration, Course Records** — Rik may need a couple of extra hands at lectures keeping track of who is there and who isn't!

**Dick W. (425) 339-3751 Climbs** — We've got commitments for Climb leaders filled, but you may want to talk to Dick if you want to be a rope leader, or to set up the all important Sherpa parties!

**Doug H. (425) 271-5116 Anything Else** — If you plan on volunteering, we ask that you follow a couple of simple guidelines. If you are instructing at a field trip, please use the standards of instruction adopted by the climbing course committee. We want to be as consistent as possible with our methods. If you volunteer for something, make sure you can commit to it. At the lectures, please keep the side talk to a minimum, and let the lecturers lecture. One of the things that can really distract and derail a lecture is too much input from the audience. If the lecturer/Seminar leader says something that you absolutely disagree with, please discuss it with them separately.

I hope this doesn't dissuade anyone from volunteering! See you all at the first lecture!

# The Yodel

P.O. Box 6461  
Lynnwood, WA 98036-6461



181R  
DAVID CHING  
1620 MELROSE AVE APT 405  
SEATTLE WA 98122-2085

Inside: Don't Miss Out — OSAT  
renewal form and instructions!

98122x2023 03

## OSAT MARKETPLACE

Advertising in this column is free for all OSAT members. To keep your ad in subsequent issues, you **must** notify the Yodel of your renewal prior to deadline. Send the *Yodel* your personals, gear swap offers, and situations wanted (e.g. "will belay for food"). See page 2 for contact information.

**Individual Marriage & Family Therapy:** Perhaps you find the Twelve Steps & meetings are not enough or you want to work on your relationship. Rich H (206) 547 2756.H, MA, Marriage and Family Therapist at 206-547-2756

### OSAT Climbers and Adventure Lovers!

May I assist your travel planning? I offer my services as a full time travel agent to help get you to the peaks, the shores and the cities. Events available: Honolulu convention in November Women's International in February, Sober Club Med in February. Call me! Janice B at 425-646-8200.

### MOVING SOON? Call Jim Fahey Moving!

18 Years commercial and residential experience  
Need help moving a piano? Jim's your man!  
Ph:425-787-7888 jimfahey@apl.washington.edu

**Found:** At the climbing course potluck, a complete set of negatives bundled with tickets to the upcoming fundraiser. Contact Chris N. (206) 706-3242

**WANTED:** Climbing/Ski partner to make turns on NW volcanoes and other unnamed (but will be found) descents. Write Ciel Sander, PO Box 175, Albany, OR 97321 or call 541-752-6987. Will ski for food!

### IF YOUR BODY WEARS OUT, WHERE WILL YOU LIVE NEXT?

Go see DR. Mark Fredrich at his new location: Woodway Chiropractic, 20015 Highway 99, Suite A Lynnwood, WA 98036  
Ph: 425-771-BACK (425-771-2225) FREE INITIAL CONSULTATION AND EXAMINATION FOR ALL OSAT MEMBERS