

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):

<input type="checkbox"/> Full Name	<input type="checkbox"/> Day Phone	<input type="checkbox"/> No Listing
<input type="checkbox"/> First Name, Last Initial	<input type="checkbox"/> Evening Phone	
<input type="checkbox"/> Address	<input type="checkbox"/> email	

Please indicate the how you would like to receive the club newsletter *the Yodel*:

email US postal


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	\$ _____
Total Enclosed:	\$ _____

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, 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 _____ Date _____
Signature of Parent or Guardian _____

THE YODEL



VOLUME 8, ISSUE 2

Keep climbing mountains and don't slip!

MARCH 1999

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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."

Mount St. Helens

By Julie P.

Last year's annual OSAT Mt. St. Helens spring climb took place on April 4th and 5th. Climbers Patty H, Diane Mc, LouAnn, Steve, Wendy P, Chris N, Merry, Patty F-L, Grant E, Susan, and Julie P met Brian C at the 65th Street Park & Ride in Seattle, for the drive to Mt. St. Helens. Upon reaching our destination, we would climb up Monitor Ridge on the south side of the mountain, to the rim of the crater.

After breakfast and purchasing climbing permits at Jack's Restaurant in Cougar, we were ready for naps, but customary pre-climb anticipation brought us to the Marble Mountain Snopark to load up and head out. I was unpleasantly surprised by the roar of snowmobilies, even though I had been forewarned by Patty H. Fortunately, we left the smell of diesel and shriek of engines behind as we snowshoed through the trees to our camp for

the night. We camped just at the edge of the treeline, and had a pleasant evening and a meeting under the clearing skies.

The night was clear and crisp with just a faint wind. I had the opportunity to experience this on my multiple trips to answer the calls of nature. I also noticed a loud snoring emanating from somewhere in our tent village, but the source shall remain a mystery.

We rose at dawn, strapped on the crampons, and began the rest of our journey to the summit. A bank of fog obscured the view below us, wisping upwards along our path. Stopping for a break on the ridge a couple of hours later, we had climbed above the fog, and the way to the summit was almost clear. There were very few other people on the mountain, and we appeared to be the largest group. I enjoyed the feeling of being alone, but with comrades, that I experience when climbing.

(Continued on page 2)

Editor's note: Flip to the calendar on page 5 and sign up for one of two 1999 Mt. St. Helens trips!

A Few Words from the Editor By Bill A.

If you have Internet Access, please be sure to check out the online Yodel for more in-depth information about some trips. If you submit calendar items, feel free to add lots of detail, which can be put up on the online version of the Yodel.

With all the photography course coming up, I would love people to send photos we can scan in and put online. You can email digital photos, or send regular photos with a self-addressed, stamped envelope.

If you attend the monthly OSAT meeting, I can return Yodel submissions there. I am also always looking for articles and suggestions on people to interview!

I will be taking the climbing course this year, and starting next month I will begin a series of monthly updates tracking our progress from greenhorns to (hopefully) Rainier ascenders.

Finally, don't forget to send in your membership dues if you haven't done so. OSAT needs your support! ☺

ACTIVITY REPORT: Indoor Climbing Party

By Shirley R.

There were 30-40 OSAT members and guests climbing the walls (and ceilings) and hanging out at the Seattle Vertical World on Sat. night Feb. 6. These included a mixture of climbing gym "regulars" and novices, OSAT veterans and newcomers. There was something for everyone: getting belay instruction/testing, climbing a variety of top-roped routes, belaying other climbers, bouldering, leading routes, or simply watching -- which I heard was good entertainment in itself. Thanks to all who participated!

— P.S.: Word has it that Tuesday night is OSAT regular night at the Seattle Vertical World! ☺

TRAILHEAD ALERT!

Submitted Patty F.L.

Don't leave valuables in cars at trailheads. There has been a recent rash of thefts which has affected OSAT members, at trailheads including Tiger Mtn, Mt. Si, and Alpentail.

In some cases thieves may leave most of your valuables, but steal a couple credit cards, so that you won't notice the loss and report it. [Ed. note: Several OSAT members have also signed up for renters/homeowners insurance. This usually covers theft, fire and other types of loss. I personally bought my renters insurance from Roy O. last month. While I try not to leave valuables in my car at trailheads, I do appreciate the security of having my gear insured.] ☺

Five Years Ago in OSAT

by Rik A

In February 1994 Jimmy Hinkhouse "retired" from Boeing, where his second tour of duty with the company culminated in the position of Economist for the Commercial Airplane Company. I glanced at Jim's PROFS (electronic) calendar the last week he was at work, and found it worth making a copy of to share at his OSAT retirement party [see figure at right] at Steve and Francie's. It gives a flavor of what was important in Jim's life at that time.

Ten items (other than the last one): 3 business, 1 family, 2 social, and 4 Outdoor/OSAT-related!

In March 1994 a Mt. Ellinor climb was canceled due to high avalanche danger forecast for the Olympics, but trip leader Joseph H rallied four of those who planned to go for a Mt. Si climb. The four met three additional OSATers in the parking lot, and thus began a classic Mt. Si adventure. In spite of lots of snow in the gully, most of the group elected to try for the summit. The combination of Rik's crampons, Joseph's rope and runners, and Pete's harness and 'biners, six of the group got to the upper ridge, and three summited. So what? Well, legend has it that the OSAT pennant was discovered on this climb. For those of you planning an OSAT trip, Patty FL is now the custodian of the club pennant. Why not borrow it and take a summit picture for the album.

At the March 1994 club meeting, the assembled membership approved a proposal to have the BOS (predecessor to the BOTS) develop and submit to the membership for approval a mission statement, documentation of traditions, and club by-laws. The club meeting protocol was also established, including "The Chair has the authority and responsibility to cut-off people if they exceed their allotted time limit. This is a tough job, but somebody has to do it. Therefore, just before the closing, there will be a round of applause for the Chair." The latter tradition has slipped into erratic usage -- let's bring it back! ☸

(Continued from page 1)

Reaching the crater rim a couple more hours after our break, I came to understand the magnitude of the eruption of this "young" volcano in 1980. We were standing on the uppermost side of the crater, and the opposite side dipped several hundred feet below us. I had heard descriptions of the effect of the eruption, things like "the whole side of the mountain blew off." The first thought that ran through my head upon viewing this with my own eyes was, "the whole side of the

mountain blew off!" I felt appropriately awed by the forces at work in nature over which man has no power. While rarely at a loss for words, I seem to lose most ability to speak coherently on a summit, and this phenomenon held true on St. Helens. We were all ravenously chewing the chocolate Easter Bunny that Brian had carried to the summit for each of us, so conversation was at a minimum anyway.

Our descent began as a fun, steep glissade right off the summit, followed by sev-

eral more glissades as we alternated descending and traversing to the trail. Breaking camp and returning to the roar of snowmobiles reminded me that we would soon be back in the city, returning to "the real world." I try to hold onto the serenity that a trip to the mountains brings, and I am deeply rewarded when I am fortunate enough to have a memory of a trip like this one. ☸

Mon 2/21		Return from skiing
Tues 2/22	6:00pm	meet Aaron for dinner
Wed 2/23	11:45am	Lunch with Myles [he had lunch once a week with Myles W who recently made a large donation to the OSAT library]
	1:00 pm	Economics with WHL & TDM [I still work with these guys!]
	5:30 pm	Run at Greenlake
	7:00 pm	B.O.S. meeting
Thu 2/24	11:30 am	Farewell luncheon [at Schumsky's in Renton, I believe]
	2:00 pm	Market research staff meeting
	4:45 pm	climb Tiger Mtn., then OSAT meeting
Fri 2/25	2:00 pm	Exit interview, at Martha's office
	5:00 pm	Beginning of remainder of life

Ed Note: bracketed comments in the calendar above are Rik's

Yodel Staff

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How to Contribute

Deadline for April Yodel: March 12, 1999

Via Email: yodel@wildbill.com

Via U.S. Mail: Bill A., P.O. Box 20213, Seattle, WA 98102.

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>

OSAT QUICK-REFERENCE

Board of Trusted Servants (BOTS)

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

12-Step Meeting Coordinators

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

Contact People

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

OSAT Club Meeting:

Monthly OSAT club meetings are held the second Wednesday of the month at 7:30pm. 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:** Michael Fagen, from Washington Online Weather (<http://www.wowweather.com>)

OSAT 12-Step Meeting Locations

Tiger Mountain

Time: Thursdays @ 7:00 am & 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 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.

OSAT Telephone Numbers

There are two main phone numbers for OSAT - a general information number, good for new members, and an Activities Hotline Number, where members can get up-to-the-minute activity information, as well as leave their own trip announcements.

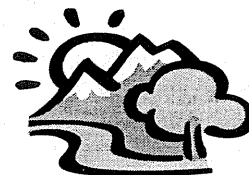
GENERAL INFORMATION:

(206) 236-9674

ACTIVITIES HOTLINE:

(206) 236-4777 (Use passcode 39)

When you call the hotline, enter passcode 39, and listen to the instructions for leaving announcements or listening to activity messages. *Do not erase hotline entries when you call to listen!*



OSAT Photography Course

How would you like to have a photo in the upcoming OSAT calendar? Maybe you would just like to improve your photography skills. This course will provide something for the budding new photographer to the seasoned veteran. Kevin S. will be teaching a three part course starting in April.

Tentatively the course will be on the 1st Wednesday of the month. Check next month's Yodel for more details. ☺

OSAT RACE ANNOUNCEMENT:

The Beezley Burn - Not just an ordinary race

Sat. 10 AM April 17, 1999. Ephrata, WA. The Beezley Run has a 10K, looped course, partially off road, with 800 feet elevation gained and lost.

As the brochure says, "it is physically demanding". This race was originated by Tom D. The OSAT Ephrata contingent continues to organize, support and run this race. Teresa and I have done it every year since it started and it is great fun! Join us as we defend our titles.

Race has 10 year age divisions, awards for first 3 places in each division and t-shirts for all. Entry fee \$12 by April 9, Late registration \$15.

Contact Harold C or Dave B (425-353-8154) for details and entry form. ☺

The Armchair Mountaineer

By Rik A.

The OSAT library is pleased to acknowledge the receipt of a truly unique gift from the estate of Mary Elizabeth Winbigler. Miles W, a longtime (non-OSAT) friend of Jim's, has donated 26 books, mostly hardbound, to the Jimmy D. Hinkhouse Memorial Library in her memory. As extensive as Jim's original collection was, these volumes add immeasurably to the classics of mountaineering literature in the library. In lieu of the previously planned publication of a portion of the collection list, I'd like to describe the books in the Winbigler donation.

Where to begin? A reprint of Whympers's *A Guide to Zermatt* provides an entertaining look at mountaineering in the last half of the 18th Century. Mummery's *My Climbs in the Alps & Caucasus* should be of interest to you rock jocks -- read what it was like at the end of the 18th Century in this classic from one of the originators of mountaineering as a sport: "To those who ... regard mountaineering as unmixed play, these pages alone are addressed. Should they...reflect the joy and frolic of sunshine holidays, their utmost mission will have been accomplished." *Summits of Adventure*, an anthology of famous climbs and climbers, was written in 1954 by Seattleite John Scott Douglas. The interesting *Picture History of Mountaineering* also provides perspective of the first 100 years of our sport. The Swiss Foundation for Alpine Research 1954 annual, *The Mountain World*, features accounts of the first ascent of Everest, the famous American K2 expedition, the Swiss attempt on Dhaulagiri and French ascent of Nanga Parbat.

Himalayan literature dominates the new additions. In addition to Hunt's official chronicles, *The Conquest of Everest* and *Our Everest Adventure*, we also have Hillary's autobiographic *Nothing Venture, Nothing Win*, and Tenzing's *Man of Everest*. The latter was written with the help of James Ramsey Ullman, whose *The Age of Mountaineering* and *Straight Up* (John Harlin biography) are also included, as is the fictional *Third Man on the Mountain*. Only two books duplicate volumes already in the library, Herzog's *Annapurna* and Harrer's *Seven Years in Tibet*; you've seen Brad Pitt, now read the adventure! OSAT women should check out Nea Morin's *A Woman's Reach*, which includes her story as the only woman on the British climb of Ama Dablam in 1959. The account of the German *Ascent of Dhaulagiri* and *The Moated Mountain* (Baudha) round out the 1950's era climbing portion of the donation.

Harrer's history of the Eiger, *The White Spider*, is complemented by the more recent *Eiger - Wall of Death* by Roth. Other more contemporary volumes include Boardman's *Sacred Summits*, Lute Jerstad's *Everest Diary*, Messner's *The Seventh Grade*, and Bonnington's *Next Horizon*.

Three adventure-related volumes and a collection of magazine stories (Saturday Evening Post and Life) covering 1950's mountaineering complete the gift. All of the above have been prepared for circulation. I'm sure you

TALK TO THE BOTS!

Submitted by Patty F.L.

The meetings of the BOTS are open to OSAT members who have issues to bring up. We'd

much prefer that if you have an issue to bring up, you bring it to the meeting of the BOTS instead of calling all of us individually. This way we can consider your ideas as a board. The BOTS meetings happen the third


T-SHIRTS

They come in various colors and sizes! Price is \$15. Please contact

Ph: 425-277-8943

Wednesday of the month. Refer to the OSAT quick reference on page 2 of this Yodel for contact information, and give one of the BOTS a call to find the times and locations of the next BOTS meeting.

will join me in thanking Miles for thinking of Jimmy and OSAT in the disposition of this collection, and likewise join me in enjoying the adventure of reading some of this literature.

The Hinkhouse collection list (which has not been updated for the above as this is written) is accessible on the web via 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.

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

'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

MARCH MEN'S MEETING ANNOUNCEMENT: Those of you that were present at Chris N's home for the men's meeting this February know how fine a meeting this has become. Since the privilege of hosting this meeting is mine for the month of March I thought I would take this opportunity to provide directions to my home. Here goes:

The meeting: March 8th @ 7pm. The address: 18907 11th Avenue NE. Shoreline. How to get there: Up or down Aurora Avenue to N 185th Street. Head East off Aurora for approx. 1 mile to 10th NE (stop sign). Left to next stop sign (190th NE) turn right on 190th, go up the hill follow the road around to the end of the cul-de-sac. Park where-ever you don't block the neighbors.

It's a pot-luck. I'll provide the drinks. (Just what a guy in recovery has always wanted to say.) See you then. Ron D.

OSAT'S Excellent Adventures

1999 OSAT EVENTS CALENDAR

- Mar. 10:** Club meeting, 7:30pm, Michael Fagin speaks
- Mar. 27-28:** *Mt. St. Helens* limit 12. Ice exp. reqd. See online Yodel for their full agenda! — Joseph H. (360) 829-1960, Tim K. (253) 863-4253. Contact them asap for arrangements.
- 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.
- Apr. 10-12:** *Mt. St. Helens* — Ice Arrest exp. reqd. - Brian C. (425) 353-9748 Limit 12.
- Apr. 17:** *Whitehorse* Lim. 12, Iceaxe arrest req., Dick W: (425) 339-3751.
- 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, Lim. 12 Glacier exp. Dave N 253-752-9214 offbelay1@juno.com
- 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 12:** *Mt. Vesper*, Lim. 12, Iceaxe exp., Mary 206-524-5770, Sally 206-772-2027
- June 12:** *Colchuck Pk.*, Lim. 12, Iceaxe exp., Chris F.L. 206-789-9503
- June 12:** *Mt. Jupiter*, Lim. 12, Iceaxe exp., Cathy H. 425-486-5113
- June 12-14:** *Mt. Rainier-Tahoma Glacier*, Lim. 12, glacier exp., need sherpas, Rik A. 206-232-8908
- June 26-27:** *Mt. Adams S. spur*, Lim. 12, Doug H. 425-271-5116
- 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 offbelay1@juno.com
- June 27:** *Plomer pinnacle*, Lim. 12, Iceaxe exp., Cathy H. 425-486-5113
- July 3-5:** *Glacier Peak, Frostbite Ridge* Lim. 12, Women only, glacier exp., Cathy H. 425-486-5113
- Jul. 10-11:** *Eldorado Peak*, Lim. 8, glacier exp., Tim M. 206-282-8497
- Aug. 7-10:** *Mt. Challenger*. Remote and well-challenging. Glacier & rock exp. Either from little Beaver Crk or Whatcom Pk. Lim. 6 Dave N 253-752-9214 offbelay1@juno.com
- Aug. 20-23:** *Mt. Logan*, Lim 6, glacier & rock exp., Dick W. 425-339-3751
- Aug. 28-29:** *Silverstar Glacier*, Lim 6, Iceaxe, crampon exp.,

Chris F.L. 206-789-9503.

sOSAT Winter/Spring Schedule

For OSAT members and friends who prefer a slower pace, sOSAT 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 sOSAT hikers. Call Linda Z. for information: (206) 545-7773 and check the hotline for updates.

- Feb. 27:** *Lanham Lake* "slowshoe" snowshoe Steven's Pass - ~3.2 mi. Kevin S. (206) 528-0791 spathk@sunny.issaquah.wednet.edu
- Feb. 28:** TBA (this will be a good one!) Dave W. (425) 869-0460
- Feb. 28:** *Little Mt. Si Marina* (425) 776-7213
- Mar. 27:** TBA - call Kevin for details (206) 528-0791
- Mar. 28:** *Longmire* hike or snowshoe Dave W. (425) 869-0460
- Apr. 10:** *Lake 22* - 10am (no meeting) Marina (425) 776-7213
- May 8 or 16:** *Camp Muir* (optional sherpa opportunity) TBA
- Jun. 12:** *Tahoma Creek* (chance to sherpa) Rik (206) 232-8908
- Jul. 18:** *Sauk Mt.* (wildflowers - ah, lovely) Rik (206) 232-8908
- Jul. 31-Aug. 1:** Ovrnt backpack - TBA Kathy H. (425) 486-5113
- Aug. ?:** *Spray Park* Rik (206) 232-8908 (date TBA)
- Sep. ?:** OSAT car-camp (Sep. 10-12?) Dave W. (425) 869-0460

1999 Climbing Course schedule:

- Feb 27:** 10-2 PM - Knots/Packs/Personal Care Workshop - *Mercer Is. Church*
- Mar 17:** 6-8:30 PM - Leave No Trace/1st Aid/Safety Seminar - *REI*
- Apr 21:** 6-8:30 PM - Ice Axe Arrest/Map & Compass Seminar - *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 - *REI*
- June 19:** ALL DAY - Crevasse Rescue/Map & Compass Field Trip - *Alpental*

If you want to volunteer, get a copy of last months Yodel for detailed information — you can find the February 1999 issue online at <http://www.wildbill.com/yodel/archive>

RUN FOR FUN (and 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). Call **Doug H (425) 271-5116** or **Dick W (425) 339-3751** for more info.

The Yodel

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

1998

Renewal form inside — Use it now to keep getting the Yodel — this is your last issue! Please support OSAT!

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.

Shoreline Apt. Spacious 3 BR, 2 BA. Duplex. All appl, w/d, dw. Fireplace. Big LR, Kit, 1400 sq.ft. Space to store gear! 2 parking spaces. Yard, trees & garden. OSAT Home - Alcohol, drug & smoke free. Pet? Avail 3/1. \$950 + 1/2 util. Call Ron / Sandy at 206-367-

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

Massage Time! Call Meredith Given, licensed massage therapist to work on you in your home for Relaxation, Chronic Pain & Injury

Cool Packs! Northface day packs. New Hotshot and Wasatch models. Around 2K cu/in. each. With all the NF bells and whistles that accompany fine equipment. 7 total, two colors. Sold at cost. \$40 ea. Ron 206-367-1993/ anasazi@oz.net

You need a personal coach! If you need help getting in shape, changing your eating habits for good... If you want to gain more strength with free weights... If you just need a **very** motivated-workout partner to keep you moving or get you conditioned for a big climb — call me — Tracy Mahan, Personal Coach, (425) 204-

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**

Mountaineers Sea Kayak Course: We still have a few seats — for the Seattle Mountaineer's Sea Kayak course. This starts March 10, and costs \$120. Please contact Paul at (206) 782-7297 if you are interested. You can also email seapwc@halcyon.com