

The Yodel



Volume 8, Issue 4

Keep climbing mountains and don't slip!

May 1999

Beyond the front page:

Five Years
Ago in
OSAT — p. 2

OSAT Quick-
Reference —
p. 3

Armchair
Mountain-
eer — p. 4

1999 Events
Calendar
— p. 5

OSAT
Market-
place — p. 6

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."

Happy Eighth Birthday OSAT

By Kathy H.

If you have ever been within earshot of me after an OSAT event, you have no doubt heard me say, "This is the prettiest place I have ever been! This is the most fun I have ever had on a climb or what a great meeting that was!"

Well, last night's OSAT birthday meeting was no exception.

What a turnout we had! I didn't do a head count, but people were everywhere. Several people from the very first OSAT meeting were there as well as a few newcomers and

a whole lot of regulars. Steve S. shared the original sign in book and had everyone sign it.

The food was also very good. There was shrimp and cocktail sauce, fruit and Lori even carried a HUGE chocolate cake up on top of her backpack. She didn't even so much as smudge the frosting. Thanks Lori.

If you weren't able to make it to this meeting, the meeting is now outdoors every Thursday at 7 PM, up on Tiger Mountain. Come and check it out.

OSAT 2000 Calendar Photo Contest

Submitted by Roy O.

Just another reminder to 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.

From the BOTS

By Patty F.L.

The last three months have kept the BOTS busy with quite a few interesting ventures. We welcomed two new members, Dick W. and Tracy M. They will be serving OSAT for the next two years and we are really excited about their energy and enthusiasm. We have also had to accept the decision of Jim K. to devote his interest and energy to issues concerning his daughter and have begun the process of recruiting a new BOTS member to fulfill Jim's term through December 1999. We are hoping the process will be complete and a new member voted in by the next club meeting on 5/12/99. We will keep you posted.

The big project we are working on for 1999 is the creation of a club "2000" calendar. It will be a thirteen month calendar, beginning December 1999. We hope to have it for sale at the Gratitude Dinner in November. What cool Christmas gifts for friends and families?! We want to remind old members and introduce to the new members that OSAT is having a photo contest with the winning photos being in the calendar. [See article, this page to the left!] We are talking about creating a committee of judges to select the winning photos. We are real excited about the project and hope anyone with any skills regarding the process of developing a calendar gets in touch with one of the BOTS members to lend us a hand. Remember, this is a club with around 400 members, we all have an opportunity to get involved.

Five Years Ago in OSAT

by Rik A

At the May 1994 club meeting the search for a permanent meeting location was one topic of conversation. We were meeting at the Mercer Island Library, but regular scheduling of it was impossible. The club also voted to list the OSAT hot-line in the yellow pages and with directory assistance. The pennant scrapbook made its debut at the meeting, and paid membership was reported to be 66.

May climbing events included a trip led by Joseph to Monte Cristo. An anonymous contributor to the Yodel confided that "I was in an element of exposure I

was not familiar with", but nevertheless summited after a confidence-building belay was set up. In the end, the mystery climber gave thanks for "another step towards confidence and trust in myself, others, and especially my Higher Power who works through others."

Steve S led a successful trip up Vesper on a beautiful day. Pam G extolled the glories of a wonderful glissade on which she characterized herself as "wild woman", and the entire group had a glorious time.

Another memorable climb was the Memorial Day assault on Mt. Stuart. Although it began as a multi-route rendezvous attempt, in the end we consolidated

to a single group on the Cascadian Couloir route. After raining all night, half of the group elected to return home, an adventure in itself when the trail out of the valley couldn't be located and a classic Cascade bushwhack ensued. Although the mountain was covered in clouds, those who persevered reported "steep snow, boulders, the rocky traverse, and blow-me-over wind made this a climb to remember." Jim, Rik, Bill, Chris S, Rich P, and Ken M summited, while Shirley prepared a fire for the group's second night out. As one might expect, the best weather of the weekend was reserved for the trip out, in which we got a fabulous view of the mountain from Longs Pass.

Yodel Staff

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How to Contribute

Deadline for June Yodel: May 21, 1999

Via Email: yodel@wildbill.com

Via U.S. Mail: **Bill A., 5503 30th Ave. NE, Apt C., Seattle, WA 98115.**

Via FAX: (206) 729-1917

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>

Surviving the OSAT E-List: Tips guaranteed to help you use the OSAT Email list effectively:

UNSUBSCRIBING:

Send a blank email to: osat-unsubscribe@egroups.com

SUBSCRIBING:

Send a blank email to: osat-subscribe@egroups.com

POSTING: (Use discretion: remember we ALL get the email.)

Send your message to osat@egroups.com If you want to have a long discussion, visit: <http://www.wildbill.com/yodel/wwwboard>

"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

UPDATE: Hike / Service Opportunity

Submitted by Cliff L.

The June 19th hike/meeting at Goat Peak Lookout will be rescheduled – info TBA in the June Yodel. The reschedule will fix a conflict with climbing course activities, and because due to the high snowfall, the fire lookouts might not be manned by then. Goat Peak is the last manned fire lookout in the area, and Lightning Bill & Trail Head Turk (his dog) have been keeping watch there for the past eight years. Lightning Bill is a member of AA and cannot get to many meetings during the summer. I told him last Sept. that I would bring him a meeting, OSAT-style. This is a good sOSAT hike - Cliff L., clattish@gte.net 425-485-3075

Yodel Photo of the Month

Submitted by Cliff L.

This month's photo was submitted by Cliff, and you can view it on the Yodel website — it is a scene from the OSAT 1999 Snow Cave weekend. Unfortunately, we can't print it given the black & white format, but you can see the photo at:

<http://www.wildbill.com/yodel/photo>

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*
Tracy M. 425-204-0168 *coachmahan@aol.com*
Dick W. 425-339-3751

12-Step Meeting Coordinators

Tino S. 253-826-1464
Nancy M. [unlisted] — call Tracy M. 425-204-0168 or Tino for info
Bill L. 206-789-8758 *wlink14fun@aol.com*

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@earthlink.net</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>dougn sue@aa.net</i>
Service:	Dave W.	425-869-0460	
Yodel:	Bill A.	206-729-1887	<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:** OSAT member Jenny Gilbert will be speaking about her trip to the Pacific Crest Trail.

OSAT 12-Step Meeting Locations

Tiger Mountain

Time: Thursdays @ 7:00 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 to use the cable line trail, or in the upper parking lot to use the regular trail (recommended for first-timers).

Thursday Contact: Tino S. 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. Then type: **7** to play messages or **5** to record a new message.

LISTENING: While listening, press **7** to replay current message, **5** to keep current message and listen to the next message. *Never erase hotline entries when you call to listen!*

RECORDING: Press **2** to record your message. When you are done, press **#** to pause the recording. After pausing you may press **2** to add more, or **5** to keep the recording you just made.

Trailhead Reminder: Don't leave valuables in your car – even in the trunk. There has been a lot of trailhead theft. It is always a good idea to get renters or homeowners insurance, which can cover theft from vehicles.

RAINIER CLIMB, July 8 and 9, DC route (Camp Muir) (limit 12)

First preference to students who completed last years climbing course but were unable to summit. Second preference to experienced climbers who have not been able to get on any of the other Rainier climbs.

We have 3 or 4 students from last years course and 4 or 5 experienced folks who have expressed an interest in this climb. Of these, about half have committed to do the climb. Some folks are planning to go up a day early on Wednesday 7/7 to give themselves a rest day. We will meet them at Camp Muir on Thursday. Call for more details, if interested. -Dick W - (425) 339-3751

The Armchair Mountaineer

By Rik A.

The OSAT library has been blessed by yet another gift. Paul C recently turned over for your reading enjoyment an interesting cross-section of mountaineering and adventure literature.

Several recent books are included in the gift. John Krakauer's investigation into the strange Alaska survival (or lack of survival) story of Chris McCandless, "Into the Wild" and Anatoli Boukreev's "The Climb", in which he defends his actions during the 1996 Everest Tragedy are the most current. Although the library does not have a copy of Krakauer's "Into Thin Air", those of you who read it may be interested in Boukreev's version of events three years ago this month. Anatoli subsequently died in a winter attempt on the south side of Annapurna, which you might have seen in Linda Z's slide show of her trek to Annapurna Sanctuary.

Another exciting climb story I'm looking forward to reading is Glenn Randall's "Breaking Point", a climb of the SE spur of Mt. Hunter. If you have not read Joe Simpson's "Touching the Void", it will get you hooked on mountaineering literature. It was Simpson's first book, and earned the Tasker-Boardman Prize as the best climbing book of the year when it first was published.

You rock and sport climbers will no doubt get lots of enjoyment from Pat Ament's "Spirit of the Age", a biography of Royal Robbins. Paul also donated two books by Byrd concerning his polar adventures, "Little America" and "Alone." And finally, Paul gave us three reference books, "Snow Sense" for avalanche awareness, "The Art of Knotting and Splicing", and "Mountaineering and Its Literature."

Thanks once again to Paul C for this generous gift. I hope you take the opportunity to avail yourself of the reading pleasure these books are sure to bring. Let me know if you would like to check any of these out. For a complete listing of book available look at the on-line library catalog which is linked to 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.

May OSAT Men's Meeting : The May men's meeting is at Bill A's apartment on May 10th at 7:00pm. The address is 5503 30th Avenue NE, Apt. C just north of the U. village in Seattle's Ravenna neighborhood. It is the big wooden building at the intersection of 55th and 30th, at the northwest corner of the big cemetery. There is plenty of on-street parking, and the entrance is on 30th between two shops. Go up the stairs to the last door on the left, marked "C". Questions, call Bill at (206) 729-1887 or email wallison@iname.com

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.

OSAT Traditions

- 1) Every OSAT activity has a designated leader. The leader makes the decision as to who is qualified for the activity. This decision must be based on principles and not personalities.
- 2) Alcohol and illegal drugs are not allowed on any OSAT activity.
- 3) Party members are not to separate from the group without prior permission of the activity leader.
- 4) An OSAT leader should have completed a MOFA course or ensure that at least one participant in the activity has done so.
- 5) When in a wilderness area, each party member will carry the 10 essentials.
- 6) Outdoor activities start with the Serenity Prayer while holding hands in a circle.
- 7) Each OSAT glacier climb will have at least two rope teams that include a person with crevasse rescue training.
- 8) Anyone can volunteer to lead an activity, even a technical climb. As leader, you should be certain that everyone on that activity has signed a Release and Indemnity Agreement. As a participant, you may want to "qualify" your leader.
- 9) Party size for OSAT activities will adhere to the rules of the appropriate jurisdiction.

FUN RUN! Join us Tuesday evenings @ 6:30 for a scenic run along Lake Washington (Mt. Rainier visible on a clear day). Variety of running/walking levels can enjoy a series of flat or if you prefer stairs "yeah baby" paths. Contact Susan & Grant E. 206-721-5868 or meet at the Mt. Baker playground swings.

Calling all runners! It's time once again for that team-building, blister burning, all day, all night OSAT running event more commonly known as the **Mt. Rainier to the Pacific Relay**.

This year's event is July 16-17. Please contact Jane L. at janel@gettyonline.com / 206-695-3646 or Karen C at karencsea@earthlink.net / 206-782-1873.

We need runners and volunteers! Sign up now for the most fun you can cram into a 24-hour period!

20th Anniversary STP (Seattle To Portland) Bicycle Classic

Join me and other OSAT peddlers the weekend of July 10th & 11th for a leisurely, fully supported ride to Portland. What a great way to train for the Rainier Climbs! This year there is no limit to the number of riders so there is room for everyone! The only required equipment is a bike, a helmet & \$50 entry fee. (You can also rollerblade to Portland.) For details and an application contact Roy O. H(206) 525-0510, W(206) 362-9062 or e-mail nowst@aol.com

OSAT BOTS SELECTION BALLOT:

Please indicate who you would choose to be on the OSAT Board of Trusted Servants

- Will A.
- John R.
- Cliff L.
- Charlie A.
- Grant E.
- Tino S.

When you have made your choice, mark the coupon, and mail it to:
Patty F.L. 1132 NW 58th St. Seattle, WA 98107 - or you can save yourself \$0.33
by emailing your choice to her at: patty.flanaganlinderman@gte.net

✂-----

OSAT'S Excellent Adventures

1999 OSAT EVENTS CALENDAR

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 206-766-2553

May 10: Men's meeting 7:00p Bill A.'s [see pg. 4]

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 206-766-2553

June 12: *Mt. Vesper*, Lim. 12, Iceaxe exp., Merry O. 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., Kathy H. 425-486-5113

June 12-14: *Mt. Rainier-Tahoma Glacier*, Lim. 12, glacier exp., need sherpas, Rik A. 206-766-2553

June 26-27: *Mt. Adams S. spur*, Lim. 12, Doug H. 425-271-5116

June 26-27: *Jack Mt.* N. Cascades giant. One of Washington's 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., Kathy H. 425-486-5113

July 3-5: **2nd Annual Chick Climb:** *Glacier Peak, Sitkum Glacier* Lim. 12, Women only, glacier exp., Kathy H. 425-486-5113

Jul 3-5: *Glacier Peak, Kennedy/Frostbite Ridge*, Rik A. 206-766-2553

Jul 8-9: *Mt Rainier DC route (Camp Muir)*. Dick W - (425) 339-3751 (limit 12) [see blurb on page 2]

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., Shirley R. & Dick W. 425-339-3751 [2 spots left at print time]

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.

May 8 or 16: *Mt. Rainier's Camp Muir*, Linda Z. (206) 545-7773

Jun. 12: *Tahoma Creek* (chance to sherpa) Rik (206) 232-8908

Jun. 19: *Goat Peak Lookout w/ meeting* Cliff L. 425-485-3075

Jul. 18: *Sauk Mt.* (wildflowers - ah, lovely) Anne B. & Rik (206) 232-8908

Jul. 31-Aug. 1: Ovrnt backpack - TBA Kathy H. (425) 486-5113

Aug. 14: *Spray Park* Rik (206) 232-8908

MARK YOUR CALENDARS NOW?! September 10-12:
OSAT 1999 Annual Car Camp at Bridge Creek Campground. On Icicle Creek near Leavenworth. All levels of rock climbing - great hikes even into the Enchantments. Dave W. 425-869-0460.



Want to lead a trip? Email it to us and we'll list it: yodel@wildbill.com

1999 Climbing Course schedule:

May 1: ALL DAY - 2nd Ice Axe Arrest field trip - *Stevens*

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 - *Alpentel*

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

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

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

The Yodel

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SUPPORT OSAT IN STYLE:



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Ph: 425-277-8943

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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.

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.

Massage Time! Call Meredyth Given, licensed massage therapist to work on you in your home for Relaxation, Chronic Pain & Injury Treatment. (425) 438-6829

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

MAKE HIM CRY! Counseling for men who are afraid to, can't or won't cry and the people who love them. Call Rich H. (206) 547-2756 MA, MFT, Individual, Groups & Couples Therapy. 206-547-2756

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) 204-0168

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

SUPPORT SIGN-LANG. ON TIGER: Beautiful 20" handmade bead necklaces on sale for only \$10. All money is donated to interpreters for Tiger Mt. meeting once a month. Please call David "Dax" Ching (206) 623-7857 or email dax@oz.net for more information.