

THE YODEL



VOLUME 8, ISSUE 6

Keep climbing mountains and don't slip!

JULY 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."

Memory Lane Part I:

The Rogue Rope Team
By Anne Blakley

People have expressed to me that they would like to hear more of the stories from the OSAT past. Here is one that I remembered this weekend during the OSAT Snow II field trip.

In the second year of OSAT, in 1992, Jimmy Hinkhouse led a climb up the Camp Schurman Route of Mt Rainier. One of the rope teams had camped at the moraine of the glacier the night before and the other two rope teams were going to meet them in the morning to rope up together and head on up to Camp Schurman together.

When we got to the base of the

glacier that morning the three person rope team who had spent the night had already left, thus breaking a cardinal glacier climbing rule — Never have less than two rope teams on a glacier at a time. Jimmy Hinkhouse was upset by this and expressed his concern. We roped up and headed up the glacier.

I was in the first rope team. We saw somebody up above us run down towards us, unroped, and was waving his hands as a way to get our attention for help. I had just taken the Mountaineers Basic Climbing Course and MOFA (Mountain Oriented First Aid). Therefore, I got really worried and told my rope team members that we must hurry to help that team. I was figuring that some-

body could be seriously injured. We all got up there and discovered that it indeed was our third rope team.

As it turns out, the lead person of that rope team had fallen into a crevasse. Fortunately, one of members of that rope team noticed that this rope leader had disappeared when he should have been visible and so this person went immediately into self arrest.

Of all of the climbers, there were only two of us who actually knew how to do the Z-Pulley technique used to help this person get out of the crevasse, Jimmy Hinkhouse and myself. I helped direct the team members to setup the anchors. Jimmy took charge of pull-

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Memory Lane Part II: A Voice from the Past

Submitted By Rik A.

I received the following email from John S recently. For those of you who don't know John from the early days in OSAT, he is the person who was retrieved from a crevasse during a Rainier climb on the Inter Glacier. Some of you old-time OSATers may want to drop John a line at Magic1@vtc.net:

To: Rik Anderson
Subject: Great website!

My name is John Staebell and I am one of the original OSAT'ers.

My wife Kim and I are currently living in Willcox, Ariz. where we own an RV Park. My sponsor in Seattle sent a newspaper clipping regarding John Repka, and my prayers are with him.

This is just a short note to express my gratitude to all the members of OSAT. Shortly after Jim's

passing, I was able to make a quick trip up to Seattle and climbed Tiger to visit the little memorial in the trees. I had a feeling the club would dissolve after that, but am happy to hear the club is stronger than ever. God DOES work in mysterious ways!

My life has changed tremendously since being active in OSAT. I was employed by American Airlines, and took early retirement in Jan. 1995.

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Meeting Reminder:

There is no club meeting in July. Look in the Yodel for updates on the next meeting and speaker — Until then, keep climbing mountains and don't slip!

Mt. Baker

By Dave N.

Leading a group up a mountain, especially one like Baker, is like taking the sharp end of the rope. The old adage - "The leader must not fall" comes to mind. There is a lot of responsibility to making the decisions that will affect the outcome of the climb.

The advantage on a climb like Mt. Baker is having a number of strong and capable "seconds" on the rope. The burden of responsibility is still there but it is greatly lightened. I was fortunate to

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Mt. Dickerman

By Kathy H.

Nine people met in the Frontier village parking lot Tracy M., Meredyth GE., Erik, Gwen S., Jody W., Dave W., Mary H., Anne B., and me. We were all ready for a sunny hike up Mt. Dickerman.

In the trailhead parking lot we circled up, in the usual manner, and were on the trail by 815 AM. At 4,000' the trail was completely covered with snow so we bushwhacked through the sub alpine

terrain to the first gully. Crossing the gully carefully we headed to the second gully at about 4300' and climbed up the "winter route" to the summit. The wind was chilly but the sun was out and we were able to get a pretty awesome view of Mt. Baker and Glacier Peak.

With a quick reminder that the climb was only half over we shouldered our packs for some really terrific glissades.

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have a great group. Every one contributed their strengths and constructive ideas to helping the climb go as smooth as possible. There were nine of us Julie P., Dick W., Rod B., Pete S., Bob L., Dan A., Rick C., Gail - a friend, and myself - Dave N.

I like to compare peoples' attitudes at the beginning of a climb and at the end. Hopefully, you start out with a boisterous happy lot at first and finish with a quieter but happily tired lot. Such was this group when we met at 930 at snow line.

The snow was mush but the weather was good and we made the hump to tree line in good time. There, I was finally able to make cellular contact with Pete who had come in the day before with Gail. We found them and established base camp at about 6000 ft at the edge of the Coleman Glacier. At Pete's suggestion we constructed a huge circular table for communal cooking and jaw-jacking, an important part of any good climb. The late after-noon brought thunder and then snow and so people drifted off like flakes to their tents for the night. Bob and I huddled around the stove for a while longer melting snow for water.

100 AM came too soon. I unzipped the door and got a face full of spindrift. Looking down I noticed our boots were covered with snow. The wind was gusting but it was clear and as I gazed around I shivered with the beauty of it. The mountain was lit from the full moon, which was out of view behind Heliotrope Ridge. The snow crunched with the promise of decent conditions and our camp came alive with the anticipation of a great day of climbing.

It was a blood pumping, extremity warming exercise climbing the first 800 ft. on moderately steep breakable crust. Then the angle eased, the snow firmed and the enjoyment began. The mountain stood before us bathed in moonlight. The Coleman - a white river curving way, glimpses of the moon between the Black Buttes, the lightening eastern sky. It all made for a magical time.

We continued making good time. We passed recent ice fall debris near Colfax Peak, then went through the saddle and up a minor ridge. Then we hit the wall - the Roman Wall that is. It was steeper than I thought it would be, but the conditions were perfect for cramponing.

We were breathing hard as we reached the gentle slopes of the summit plateau. The sun was up, the views 360 degrees and the summit hump was just a short stroll away. The third rope team's time to savor the views and bask in the joy of having made the top would be cut short. So it was with a mixture of joy and sadness that we passed them on the plateau as we headed down.

I was not surprised to see fresh ice debris from the two small ice falls on either side of the saddle. We skirted them and the rest of the descent was uneventful. Later I did start to get concerned as clouds began to shroud the glacier and Pete's rope had not yet appeared. Just when I was about

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Yodel Staff

Editor: Bill A. (206) 729-1887 yodel@osat.org

Printing and Distribution: Anne B. (425) 888-9121
Anne-Blakley@data-dimensions.com

Membership and Mailing List: Bob L. (206) 878-0855
membership@osat.org

How to Contribute

Deadline for August Yodel: July 16, 1999

Via Email: yodel@osat.org

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.osat.org/yodel>

Main OSAT Website: <http://www.osat.org>

My Spring

By Bob C.

Summer is here! There are so many things to do now the longer days and God willing better weather. So what did you do this spring?

Mine started just before the equinox in Banff Alberta Canada with a nine day ice climbing trip. Does WI 4 mean anything to you? It's the definition of a vertical frozen waterfall with a few bulging overhangs thrown in for fun. Scary, but very fun.

After a week of leading WI 4 in Canada "EH" I was heading for some sunshine to the first bona-fide sport climbing area in the US, Smith Rock. I absolutely love this place with the Sage brush

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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
Charlie A. (206) 932-7195 pine@seanet.com

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 | 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. | Unlisted | mo7climb@earthlink.net |
| 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 | dougsue@aa.net |
| Service: | Dave W. | 425-869-0460 | |
| Yodel: | Bill A. | 206-729-1887 | yodel@osat.org |
| Webmaster | David C. (Dax) | 206-623-7857 | webmaster@osat.org |

OSAT Club Meeting: *No meeting this month*

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.

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.

Handling 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

“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

Baker Trip Report:

(Continued from page 2)

ready to head back up we saw Pete waving from above. They soon sloshed down through the slop into camp.

Little did I know that it would not be the last tense moment for us before we were to reach the cars. Dick and Julie had left earlier. Pete and Gail were spending the night and I had sent Rod and Bob on out ahead.

Dan, Rick and I made it to the road with no problem and so I decided to go ahead and let Dan and Rick come down together as they were going to take a break. No problem. As I passed a side road on the way down I gave it a second thought but not a third. No problem.

Rick soon showed up but we waited and waited for Dan. Problem. I headed up the road for a ways. No Dan. I was headed down to get some gear when I ran into Rod coming up so we went on up together. All the while I was kicking myself for not waiting for them and coming down together. We were all tired and Dan had been sick on the mountain. Scenarios ran through my mind.....had I learned nothing from the recent tragedy with John R.? We found Dan. He was doing fine. In his tiredness he had mistakenly headed up that side road. Realizing his mistake, he turned around and was headed down.

Sure enough, in the end we were a happy and very tired lot.

“High Altitude Flatus Expulsion (HAFE)

HAFE, increased intestinal gas production at altitude, remains unstudied. Most flatulent people and their companions find it annoying. Some individuals alternate burps and farts with each step up. Swallowing extra air while gasping for breath may be a factor. HAFE does not result in serious harm.” Excerpted from *Altitude Illness Prevention & Treatment*, by Stephen Bezruchka, p. 21] [Ed. Note: For information on the OSAT HAFE study, email Brian C. at bc8025@aol.com]

Bob C.'s Spring:

(Continued from page 2)

and spring flowers blooming, Smith is the climbing mecca for sport climbers. "Dreamin" 5.12 a, "Latin Lover" 5.12a, and "Heinos Cling" 5.12a were the highlights along with many other climbs. Back here in Washington, Vantage was the next destination where I set off the climb Frenchman Coulee's climbing guide cover "King of Ruins" 5.12a. The second try on the second day of working this beauty, I made a successful repoint and claimed King for a day. The next day was awesome onsighting six 5.11a climbs and two 5.11b climbs.

So there I was just a week before leaving to Mt. McKinley trying to set a personal best time for running Tiger mountain. Starting at the end of the pavement and running regular trail, I topped out Tiger in 34 minutes. OK I was ready.

Mt. McKinley was a powerful experience since this was the first time I returned to the mountain after summiting in 1993. This meant I would have to pass the notorious windy corner where our founder and my dear close friends perished. I stopped there to pay tribute and as I write this the tears are flowing from my eyes as they had that day. I placed a cross marking the spot and took a few pictures. There are copies for anyone who would like a copy. [Editor's note: look for the photos on the Yodel web site: <http://www.osat.org/yodel>] This year was the first time it marked I wasn't able to summit on an expedition. Better luck next year.

So to wind down the spring, little Joe E and I went off rock climbing in Squamish BC, Canada. Big granite walls greeted us for a weekend of awesome crack climbing "EH"! The second day we headed up the main wall with many tourists watching us ascend "The Grand Wall". The pictures of Joe clearly show the big guy a little creeped by the run-out hard climbing up one of the Northwest's best rock pitches, "The Split Pillar" at 5.10d.

I wonder how summer could possibly be better, but I'm sure we'll find a way to keep having fun and climbing hard. See you at the gym!!

(Continued from page 1)

My wife, Kim, was on furlough from Boeing, and we thought maybe this was a good time to go in a completely new direction. We bought a rather run-down campground in Willcox, cleaned it up, renamed it Magic Circle RV Park, and business is starting to improve. We have many mountains around here, but not a lot of time to climb them!

Upon reading of John Repka today, it occurred to me look for an OSAT web site. I was shocked to learn the site has only been up for a few weeks! But the site is BEAUTIFUL! It brought tears to my eyes! I didn't realize how much I missed the climbs, the fellow-

ship, the recovery, and the FUN of OSAT!!

I'm sure you don't remember me, so in a future e-mail maybe I'll attach a picture if I can find one of those early OSAT days.

Please, please keep me posted on John. The last time I climbed with him, we unsuccessfully attempted Mt. Rainier. It was John, Douglas R. and myself. We left Paradise in the evening to get to Camp Muir about the time the summit people were leaving. It was raining when we left Paradise, but about half way up to Muir, we got above the clouds and were hiking in the moonlight with no headlamps. We got a

few hours sleep, then went on to Ingraham Flats and over-nighted there. If my memory serves, I believe John was not feeling well on that climb either, but like most of us, he couldn't decline a Rainier attempt! We got to about 13,000 feet and John pretty much ran out of gas. But we all still had a great time, and wouldn't trade the experience for anything!

If Kim and I get some free time, perhaps we can start OSAT-Arizona!!

Keep up the great work on the website!!!

- John S.

Off Belay

By Bob C.

After what seemed like an eternity, I decided to resurrect "Off Belay." For anyone who didn't get an opportunity to read this before, let me fill in the details about the column. I usually start with a feature article centered around some aspect of climbing safety, technique, style, planning, leadership or maybe something a little funky. What follows generally are small facts about life, our world, recovery, or the club. Then there is a place where we gossip (the good stuff) or list some climbs folks have been doing. And always there will be a recommended climb that is of high quality and big fun. We encourage any requests for topics and passing along nicknames or funny anecdotes, like Little Joe E leading a 5.7 climb in Squamish BC that he swears was 5.8 and had head spinning run-out. Well I thought it was a nicely protected 5.6?! We laughed at our debate all the way to the AA meeting that night. So enjoy, climb high, and never give up your dreams.

Good Buddy

Sloppy belaying, tying in wrong, and improperly building an anchor are the banes of sport and indoor climbing. If you've climbed for any length of time I'll bet you know of, or were involved in, an accident involving avoidable mistakes.

When you are belaying, pay attention. Watch the leader. Idle banter and other distractions (sb) are recipes for broken bones-yours as well as the leaders. More frequently leaders get dropped because the belayer got himself too far out from the route, preferring a comfy spot over the proper stance just under the first piece of protection. Before climbing check yourself, then check your partner. Is the knot tied correctly? Harness buckle doubled back? Belay device properly loaded? Screwgate locked?

When you're climbing, communicate with your belayer — don't assume he knows you need slack or are about to fall. And finally, right before you "take and lower", check that your knot is correctly tied, then establish eye contact to make sure everyone knows what's going on.

- *Glaciers have growth layers. Cores show what the atmosphere was like over centuries. It has changed, incidentally. When coal mining and cattle raising boomed a couple hundred years ago, the air's methane content jumped.*

First Ascents

- June 6, 1947: first woman to climb Denali; Barbara Washburn
- June 1999: Joe E (OSAT) follows to the top of the Split Pillar 5.10D, Squamish BC
- June 23, 1986: first female ascent of K2; Liliane Barard & Wanda Rutkiewicz

Classic must-do Climb

West Ridge of Forbidden Peak

HUMOR -- The first & last in a series of e-mails:

Submitted by Anonymous

[Editor's note: It is my surmise, as will similarly be evident to any OSAT member, that these emails could not possibly have been real. Clearly, they are works of fiction, composed by our contributors one torpid afternoon while they imagined what might transpire to their psyches should they age unforgettingly and lose all touch with reality.]

To: Mr. X
From: Mr. Y

O great one, Life has been a series of epics since last we communed via the ether. The auto wrecks and the wild west methamphetamine freaks in Utah have demanded attention as of late. But alas here you are offering simple salvation in the form of sleeping in the snow, eating mush, dressing in funny clothes and once again striving to be conquistadors of the useless. How could we refuse. We would be honored to confirm our reservations with your distinguished group to climb Mt. Popo earliesh in July. Ah, just one observation youth, there seems to be a distinct lack of gender diversity in your entourage. Not that you have changed your persuasion but maybe you're losing that old schmoozing ability. 'Tis a shame what octogenarians have to adjust to. Well let us see if we can interest some bouncy lasses to accompany this outing. It is far better to follow a firm buttocks on to altitude than to stare at the formless frost of a slope. Ah inspiration how it warms the...ah...soul? I shall endeavor to work on getting a commitment from Mr. F*ck to accompany us. It would be a far duller climb if ribald and off color language were not a major ingredient of the day. I shall twist his slightly meatless arm in great hopes he can accompany us. As for now, I have to change my leg bag and get a new Attends before Wheel of Fortune resumes. We shall commune again soon O great one. Onward through the fog. -X

To: Mr. Y
From: Mr. X

Many thanks for your witty reply oh exalted one! Yes indeed, I do seem to be losing my touch. Thank you very much for reminding me, oh baloney breath. Actually, I am working on trading in Mr. F*ck for Ms. S. to balance out the gender inequity of which you spoke. Although, I would be happy to retain Toxic Boy for his entertainment value and simply add Ms. S. to the mix. I must inform you that I did much better for a Little Tahoma climb scheduled for 6/20 and 21. The roster is reading something like this Ms. H., Ms. U., Ms. M., Ms. G., Ms. F, Ms. C., etc. I am now working feverishly to trade Mr. N for his lovely bride to be, Ms. P. of the woods and I will be set. Unfortunately (for you) the climb is full.

This was obviously not an open OSAT climb. The selection criteria is no doubt fairly obvious to you. In fact, I believe you made reference to it in your most entertaining epistle - firm buttocks - I believe were the words you used. I also extended invitations to Kathy Ireland and Elle McPherson but they both had previous commitments. You know, as I age my life becomes more and more fantasy and less and less reality...so it goes. Anyway, despite the lack of feminine companionship, I am delighted that you are joining us for our endeavor to once again become cold, exhausted and hungry in our never ending search for enlightenment. See you soon oh Anaszi guru. -Y

OSAT Biking Schedule: (submitted by Roy O.)

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

Crevasse Rescue:

(Continued from page 1)

ing out the person from the crevasse. Unfortunately, we had pretty bad rope entrenchment from the fall of the climber.

Eventually, we realized we had to throw down a second rope, padded against becoming entrenched into the lip of the crevasse, and cut the first rope the climber was on. Members of the team then were able to pulled him out over the lip of the crevasse. The climber had been in the crevasse for so long he was blue from cold. It can be very cold and wet in crevasses. The weather had also deteriorated and had started snowing during the course of the rescue. We got out the pads and heated some water to get the OSAT climber warmed up. Eventually we got him to the point where he was feeling much better. Needless to say, we headed back down and had dinner instead of continuing on.

This climber would have died if we had not have come when we did. Now, whenever a climbing team heads out of voice-range I figure it's at their own risk, and a definite risk indeed.

From the Editor

By Bill A.

Well, as I prepare to turn the page on another month, I am happy to say that thanks to all our active OSAT climbers and writers, we have another action packed issue! I can't thank all of you enough for sending me trip reports, articles, and uh, fictional emails, etc... It makes the job of putting this thing together truly entertaining.

Please note that, starting July 1st, the Yodel website will no longer be available on wildbill.com, as we now have our own OSAT website, at <http://www.osat.org/yodel>.

Starting next month, we will be adding book reviews — look for my review of the Mountaineer's new book on the geology of the North Cascades. Also, next month, we will introduce the OSAT online bookstore. Pro-

duced by the staff of the Yodel, the OSAT bookstore will feature mountain related books, with links to reviews. If you would like to review a book, please email me (my new Yodel email address, at the new OSAT Internet site, is yodel@osat.org)

The OSAT bookstore is not really our own store, but rather a collection of links that will allow our web visitors to purchase books from Amazon.com through the affiliate program. Any book that you buy via the bookstore will earn OSAT between 5% and 15% commission, which will be used to defray — so by purchasing a \$20 book through the OSAT online bookstore will bring OSAT between \$1 and \$3.

I will be climbing Rainier on July 14-16, and hope to write a trip report on the climb for the August *Yodel* — see you then!

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.

Well, we called all runners...

This year, OSAT will not be sending a team to the Rainier to the Pacific Relay Race. It just wasn't the year for it — to many other commitments amongst our runners, not the least were the climbing course Rainier climbs. However, next year we plan to be back. See you at Greenlake & Lake Washington in the meantime.

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 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.

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.

Here are the rules:

1) Photos must be submitted before August 1st, 1999. Keep a copy for yourself since we may not be able to return the photo. 2) Subject should relate to the outdoor activities OSAT members love. 3) Nudes can be artistic, butt [sic.] we would like to keep this a "family" oriented item. 4) Winning Calendar photos will acknowledge the photographer unless anonymity is specifically requested. 5) 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).

OSAT'S Excellent Adventures

1999 OSAT EVENTS CALENDAR

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

Jul. 24-25: Forbidden Peak, Grade III, 5.6; 50-deg. snow, limit/leader permission, Bob C. (206) 903-0338

Jul. 25: Sourdough Mtn., Lim. 12, Bill A. (206) 729-1887

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 offbelayer1@juno.com

Aug. 20-23: Mt. Logan, Lim 6, glacier & rock exp., Shirley R. & Dick W. 425-339-3751 [FULL, call to go on waitlist]

Aug. 21: Cascade Pass/Sahale Arm, Lim. 12, Bill A. (206) 729-1887

Aug. 28-29: Silverstar Glacier, Lim 6, Iceaxe, crampon exp., Chris F.L. 206-789-9503.

Sep. 4-6: Eldorado Peak, West Arête, Grade IV, 5.8; glacier/steep snow, limit/ldr permission Bob C. (206) 903-0338

sIOSAT Spring Schedule

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

TBA – Call Cliff for date: Goat Peak Lookout w/ meeting
Cliff L. 425-485-3075

Jul. 18: Sauk Mt. (wildflowers - lovely) Anne B. (425) 888-9121

Jul. 24: Mt. Dickerman, Lim. 12 – Bill A. (206) 729-1887

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

Aug. 7: Green Mountain, Lim. 12 – Bill A. (206) 729-1887

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@osat.org

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.

Rumour has it that Will and Dave have a heated Alpental time-share unit near the head of the ski lifts in mid-June...

The Truth About Giardiasis...

By Bill A.

The Fine Print: Let me start by saying that I am not a doctor. I have sought information on the Internet from reputable sources, including the Center for Disease Control, the Mayo Clinic, and travelhealth.com. I would advise anyone with symptoms of giardia or further questions to contact your medical doctor. That said...

Q: When the giardia goes away, do you remain a carrier??

A: Many people, after contracting giardia, may spontaneously eradicate it completely *or* develop a carrier state — in either case with no medical treatment. In these *untreated* scenarios, the victim may or may not carry giardia, but will not exhibit symptoms. If the victim is *treated* (usually with Metronidazole or furazolidone in the U.S.) the protozoan parasites will be utterly eradicated (this should be validated with a stool test), and the victim will no longer carry the disease.

The Yodel

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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

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.

Active Sober Living: 3 BR, 2 BA huge kit/LR duplex. 1400 sq. ft. All appl, fireplace, w/d. Wooded yard, parking, quiet, non-smoking. Pets OK/garden. OSAT home, just north of Seattle \$950 + 1/2 utilities. Room to dry gear. Avail after 6/15. Ron or Sandy (206) 367-1993.

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

NUTRITIONAL CONSULTATION WITH A NATURO-PATHIC PHYSICIAN. Dr. Craig Baldwin will teach you the basics of optimal nutrition to help you improve your energy, vitality and stamina. 30 min. initial consultation \$25 for OSAT members. Call for appt: 206.860.7896 Clinic location: BODY CONSCIOUS at 605 29th Ave. East Seattle, WA 98112.