

THE YODEL



Volume 8, Issue 11

Keep climbing mountains and don't slip!

December 1999

Beyond the front page:

**Five Years
Ago in OSAT,
Treasurer's
Report — p. 2**

**OSAT Quick-
Reference —
p. 3**

**Holiday
PARTY &
Song Lyrics
— p. 4**

**Gratitude
Dinner —
p. 5**

**OSAT
Climbing
PARTY 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."

Safety Committee Update *Submitted by Ron D.*

During the early part of November the BOTS reviewed all of the applicants for the Safety Committee and selected five members to serve on this new OSAT group. The five members of your new Safety Committee are Ron D., Dave N., Shirley R., Tom M., and Kit E. The first meeting of the Safety Committee took place on Wednesday, November 17th 1999. At this first meeting Ron D. was elected chairman; rules of order were established and a basic agenda was discussed. There were also a few old yarns tossed about. The Committee spent a larger amount of time discussing how it could be of benefit to OSAT and the multivariate activities that the club engages in. This question will guide the focus of our agenda and activities in the months ahead. We wish to extend "thanks" to the BOTS for their input and support in the formation of the Safety Committee. We also wish to extend an open invitation for all OSAT members to get to know us and discuss with members of this committee safety suggestions you feel are important. We of the Safety Committee look forward to serving in our capacity. Keep climbing mountains and don't slip. -Ron D.

Record Breaking Gratitude!

By Roy O.

On Nov 20th, the last OSAT Gratitude Dinner of the Millennium was held at the Community Church of Issaquah. The celebration was well attend; in fact it was, unofficially, the largest crowd to ever attend an OSAT Gratitude Dinner. A Big Thank You goes to Dave W. for yet another successful event.

The evening started out with loads of food piled high on the buffet tables. Many hungry OSATers had to hold themselves back from diving in while waiting for the Serenity Pray and the official start of feasting announced by Dave W. at 615PM. Once the plates were full with first servings, the dinner proceeded in a crisp and lively manner. Dave W. announced that he was still looking for a replacement to fill the Service position. Then the meeting was handed over to the always elo-

Stillagaumish, but not Forgotten

By Meredyth G.

Well the saga continues: I didn't want the Yodel readers sitting on the edges of their harnesses wondering what hap-

pened to Dick and me once we split off from the Forgotten crew on 9/18/99 (see the Nov. 1999 Yodel for previous installment).

So here it is: After saying our good-byes and stating our plan of meeting the group on their return to the Forgotten meadows we started our trek up a mossy talus field in search of the Stillagaumish

trail. We climbed further and further up towards the ridge not noticing a trail lower down. My inclination (be it misguided) was that the ridge would

opened to Dick and me once we split off from the Forgotten crew on 9/18/99 (see the Nov. 1999 Yodel for previous installment).

So here it is: After saying our good-byes and stating our plan of meeting the group on their return to the Forgotten meadows we started our trek up a mossy talus field in search of the Stillagaumish

trail. We climbed further and further up towards the ridge not noticing a trail lower down. My inclination (be it misguided) was that the ridge would

opened to Dick and me once we split off from the Forgotten crew on 9/18/99 (see the Nov. 1999 Yodel for previous installment).

So here it is: After saying our good-byes and stating our plan of meeting the group on their return to the Forgotten meadows we started our trek up a mossy talus field in search of the Stillagaumish

opened to Dick and me once we split off from the Forgotten crew on 9/18/99 (see the Nov. 1999 Yodel for previous installment).

OSAT TREASURER'S REPORT

Submitted by Charlie A., OSAT Treasurer, 11/10/1999

Ten Months ending 10/31/99

	ACTUAL	BUDGET
BEGINNING BALANCE - 1/1/99		\$1,398
INCOME		
Memberships/Climbing Course:	\$4,236	\$3,500
T Shirts/Hats, etc.	\$ 274	\$1,000
Donations:	\$ 602	\$ 600
Misc.(Repka Donation):	\$ 50	\$ 500
TOTAL INCOME:	\$5,162	\$5,600
EXPENSES		
Yodel:	\$1,515	\$2,500
Postage/Supplies:	\$ 313	\$ 350
Telephone:	\$ 324	\$ 390
Misc.:		
Car Camp-1999:	\$ 196	
Climbing Comm Ropes:	\$ 375	
Repka Debriefing:	\$ 300	
Donations:	\$ 300	
Memory Box	\$ 137	
Print Rosters:	\$ 159	
Climbing Course-Church:	\$ 100	
Social-Climbing Gym(net):	\$ 275	
Bumper Stickers:	\$ 140	
Web Site:	\$ 190	
Other:	\$ 112	
	\$2,284	\$2,000
TOTAL EXPENSES:	\$4,436	\$5,240
ENDING BAL.: 10/31/99	\$2,124	\$1,758

Yodel Staff

If you want an electronic copy of the Yodel, or have a question about your subscription, send email to: memberships@osat.org, (please only send editorial questions to yodel@osat.org)

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

Printing & Distribution: Anne B.

(425) 888-9121 Anne-Blakley@data-dimensions.com

Memberships & Mailing List: Bob L.

(206) 878-0855 memberships@osat.org

How to Contribute

Note: there is NO January Yodel. The deadline for February Yodel: January 14, 1999

Via Email: yodel@osat.org

Via FAX: (by arrangement)

You are **strongly** encouraged to submit your contributions via electronic mail. If you can't do this, contact Bill for mailing instructions.

From the Editor: Just a reminder — there is no January Yodel — I am on vacation! Please send in stuff for the February issue. I am looking for memorable quotations for the "quote of the month". Ideally mountain related, or mountain-recovery related. I am off to Orizaba — look for the trip report in Feb.!

Getting Down & Dirty

By Nancy T.

This is a report on the adventures of the Spelunkers, i.e. cave explorers, on Sunday Nov 14. The three of us, Tom M., Bill L. & Nancy T. parked at the Alpenthal lot on Snoqualmie Pass & conveniently found the Denali Half Dozen about to head out on a destination of their own. So we gathered for a quick Serenity Prayer & KCMDS & then went our separate ways. Ours led up toward Snoqualmie Peak, across the creek & then paralleled up the creek to a fine waterfall. This was my first hike with the infamous Tom, well known for the incredible pace he sets for unsuspecting young studs, but he was merciful for my sake today.

The path to the caves led half way up the route to Snoqualmie Peak on this fine, sunny day. Then through a pretty basin, one that would be quite suitable for an overnight camp. At this point, Tom & Bill were conferring and seeking the cave entrance like water dowsers. And in short order, they ferreted out the right sink hole-there, in a funnel of snow was an open hole.

We stopped to change into our old grubby clothes, put on the hel-

rets & headlamps, & each packed in extra batteries, another flashlight and candles. Three separate light sources are highly recommended for going caving.

Head lamps on & down into the cave we went, backing a fairly steep angle to an old tree trunk that's been wedged there and slipping down it to the floor of the first cavern. It felt less primitive when we saw a sign stating safe cave practices. I remember it requiring the 3 sources of light & a minimum of 3 to a party. Onward we went, to a narrow spot we had to squeeze through that opened into a larger cavern.

Now we were blocked from the daylight, totally into the cave environment: darkness pierced by our lights, wet walled, cool, parts of the rock were white colored like dirty snow, textured rock easy to scramble on, no stalagmites or stalactites.

This chamber, probably 20ft long & 50 ft high, led to an underground waterfall-fortunately not much water was flowing as we climbed down to the shallow pool at the bottom. Both Tom & Bill have been in these caves before and can describe the route in better detail. I was in awe and distracted by

(Continued on page 5)

Five Years Ago in OSAT

by Rik A

The year 1994 closed out with the typical end-of-season activities at OSAT. Kim G hosted the Halloween party: particularly memorable costumes included Bob C as a cow, and Bob and Lisa walking backwards all night! Shirley R was honored with the 1984 OSAT Service Award at the car camp (this was before we started having Gratitude Dinners), the traditional Thanksgiving Day Mt. Si appetite builder featured nearly 40 participants, and we again tested the loading capacity of the Arvidson house at the Holiday Extravaganza.

The OSAT By-laws were adopted, providing a formalization of the structure of the club. Charlie A organized the 1995 climbing course committee. Monthly climb meetings were held at Sunset Elementary School in Issaquah during this period, and 12-step meetings were coordinated by Ivar, Steve, and Francie.

Climbing activities included Shirley and Bob C leading Pete S and Robin up the Tooth on "one of those magical autumn days of '94 (fall palette, perfect temperature, blue sky, panoramic

view)" - sound familiar? The planned Mt. Hood climb in December had to be cancelled, but Dave N led an outstanding "consolation climb" of a eleven OSATers up Granite Mountain using all manner of means: hiking, snowshoeing, skiing, crampons. Above the trees the wind was howling and snow was blowing like fire hoses through breaks in the cornices, but half the group persevered up to the lookout.

Terri St. and Jim made a journey to Mexican volcanoes Popocatepetl and Izztacacuatl. Terri confided "The climbing ... was not technically difficult, but staying upright at 17,900' was more challenging than I had anticipated."

One of the highlights was the stay at the lodge at Tlamacas, a climbers Mecca filled with enthusiasts from around the world, each with a full repertoire of stories. This was a warm-up for the big February 1995 OSAT Kilimanjaro Expedition. Needless to say many OSATers started the winter of 94/95 with extra incentive to keep in shape, as they pondered how their bodies would cope at elevations above 19,000 feet!

Montani semper liberi!

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. 425-747-2763
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.	Unlisted	<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>dougsue@aa.net</i>
Safety:	Ron D.	206 367-1993	<i>Rydee@juno.com</i>
Service:	Dave W.	425-869-0460	
Yodel:	Bill A.	206-729-1887	<i>yodel@osat.org</i>
Webmaster	David C. (Dax)	206-623-7857	<i>webmaster@osat.org</i>

OSAT Club Meeting: No regular meeting in December. 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. **Go to the Holiday Party instead this month... (p. 5)**

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). **Note: Call Tino for info on the Thursday night meeting — it switched to the Issaquah IHOP when Daylight Savings Time goes into effect in late October.**

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, Northgate Way changes to Holman Rd. A block or two later, look for QFC, and travel through the parking lot. You'll find 100th and 6th. Park near there at the Carkeek Park trailhead parking lot. The group meets there at 7 pm and 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

be where the trail was since a ridge seemed to be logical place for one (unless there are rock outcrops the make them in passable). Dick who had actually been on the trail before felt the trail was lower so we began to scour the ridge area up and down for signs of a trail. We looked high and low found only what somewhat looked like a trail along the ridge, which we decided to follow. In trying to follow this trail we hit several rocky outcrops which themselves were unpassable and led to a good deal of root grabbing, tree hugging, bushwhacking, weed glissading to get around. After what seemed like 2 hours we

decided that it just was not going to happen, our efforts although strenuous, were not bearing the fruit of trail finding. So we went back along the ridge and dropped down to find the Forgotten trail once again. Upon doing this we stumbled upon a clear trail leading the direction of Stillaguamish. How we originally missed this I do not know. Maybe it was like the Blair Witch project where they travel all day going south and end up in the same place ?? Spooky? Anyway we take off towards Stillaguamish because we have worked so hard but a little worried about time since we spent so much on our

bushwack adventure. But being the ludites that we are we had abandoned our technological time pieces at home choosing to rely on the sun's position to give us our time (or the technology loving gear heads

we might find on the trail). We decided looking at the sun it was about 2:00. The trail was very pleasant once found with many wild flowers and a constantly changing terrain including meadows to rocky

outcrops. One of those places where the song "the hills are alive with the sound of music" keeps rolling through your head. We trudged along both a bit tired from our root scrambling. We ran into a

couple of people on their way down who told us it was 1:45 so we felt better about time. We reached the summit about 2:15-2:30 (again relying on the sun and guestimating from the last time check) after making our way through some loose 2nd & 3rd class scrambles. We had a nice time enjoying the summit but started to fear the Forgotten hikers may already be on their way down. So we headed back down. On the way down we decided to follow the trail all the way back down to where it officially met the Forgotten trail since we feared losing it by taking the scramble route even if it meant going further then needed. We eventually got back on the trail. By this time we were

(Continued on page 5)

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.

12 Steps of Christmas Crib Sheet

Submitted by Charlie & Janyth A.

One of the highlights of the Holiday Party (at the Arvidson's on 12/11) will be the 2nd Annual Singing of the New Hope Group's "The Twelve Steps of AA" (sung to the tune of "The Twelve Days of Christmas"). Start practicing early -- remember what happened last year?!?! *[Ed. Note: cut along the dotted lines if you want, and bring this cheat sheet right to the party...]*

On the first step of AA, my sponsor said to me
It's time that you admit complete defeat.

On the second step of AA, my sponsor said to me
Yes, God can do it!

On the third step of AA, my sponsor said to me
Why don't you let Him?

On the fourth step of AA, my sponsor said to me
Put it in writing.

On the fifth step of AA, my sponsor said to me
Air your DIR-TY laundry!

On the sixth step of AA, my sponsor said to me
It's time to be ready.

On the seventh step of AA, my sponsor said to me
Humbly ask him to.

On the eighth step of AA, my sponsor said to me
List all them people.

On the ninth step of AA, my sponsor said to me
Tell them you're sorry.

On the tenth step of AA, my sponsor said to me
Daily examination.

On the eleventh step of AA, my sponsor said to me
Prayer and meditation.

On the twelfth step of AA, my sponsor said to me
Carry the message.

OSAT HOLIDAY PARTY!

Submitted by Charlie A.

This year's Holiday Party will be held at Charlie and Janyth Arvidson's Home in West Seattle at 6:00pm on Dec.11...

Address 1540 Palm Ave. S. W., Seattle, 98116
Tel: (206) 932-7195

As in the Past, it should be a FUN EVENING.... Pot Luck.....Progressive Gift Exchange.....Christmas Caroling.....and, we are told, Santa Just Might Come Again....(If we are all good little OSATers.)

Pot Luck -	A - D	Salad
	D - L	Dessert
	M - R	Hot Dish
	S - Z	Bread/Rolls/Chips/etc

Gift Exchange - Bring a gift that is under \$15.00.

Come and spend a Holiday Evening with your fellow members of OSAT!

1999 OSAT EVENT CALENDAR

Hey! C'mon guys! Call! the trips don't lead themselves



Want to lead a trip? Call/Email it to us and we'll list it: yodel@osat.org

Dec. 18-19: *Mt. Hood-Leothold Couloir* — Leader Permission Bob C. 206-903-0338 rclark@puget.com
Feb. 1999: *Ice Caves...* details coming

(Continued from page 2)
being in such a completely different setting, as one place led into another with it's own distinct character. At one point we all stopped and turned off our headlamps. Total, total darkness.

Eventually we wound our way through a small horizontal crawlway that led vertically into another large chamber with a ledge that dropped off 40ft. Several rappel bolts had been placed above it but since we had opted to leave the rope at the car, this was our turnaround point.

Back we crawled and scrambled, poking into corners

and stopping to view the rock formations. Finally back to the tree, the steep ledge and out into the other world of sunshine & warmth. After lunching & changing from wet, dirty clothes and wiping off my mud makeup, we had time to bushwhack, i.e. "shortcut" per Bill, and then head up to Guy Peak for a final aerial view. This is where Tom broke his ankle several years ago. In return he has created a tradition of peeing on the peak whenever he visits it again. So in his honor, we three carried on the tradition & then scooted down the trail to be back at the cars by sunset; tired, grubby and quite pleased with the day.

(Continued from page 4)

both very parched since we had run out of water. Dick stated the he was starting to have some muscle cramping. We hurried as quickly as we could towards the cars since we were sure the others were waiting for us. After what seemed like an eternity, surely seismic activity had lengthened the trail because it was much longer then I remember we got to the parking area. To our surprise we had actually got out first. Thank goodness Dick had gotten the keys from Kathy since the flesh eating flies were out in droves. So we relaxed while awaiting our fellow hikers looking forward to dinner at Omega pizza. As luck had it a friendly hiker who had seen the others on the Forgotten summit offered us a whole gallon of water which we thankfully accepted. So the saga finally ends you may carry on with you lives now that the stress of not knowing has been relieved.

Tuesday 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.

GREENLAKE RUN!

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 info.

MENTORS WANTED!

Submitted by Sally C.

Being a mentor is a great way to meet people and be involved with the 2000 Climbing Course. Mentors should have glacier climbing experience and be familiar with the OSAT Climbing Course. Mentors are expected to know how to tie knots and prusiks, and to answer basic glacier climbing and equipment questions.

Anyone interested in participating in the mentor program, please call Sally C. at 206-772-2027 or e-mail me at bagsers@msn.com

OSAT CLIMBING PARTY*

Submitted by Shirley R.

OSAT INDOOR CLIMBING EVENT, Saturday Night February 5th, 2000. Mark your calendars now! From 730-1000 p.m. OSAT has exclusive use of the Seattle Vertical World in Magnolia. You can climb on a top rope, do lead climbing, boulder, belay other OSAT'ers, work out with weights or cardio equipment, or just watch! You can be a total beginner or a 5.12 leader! Cost \$5.00 per adult, kids under 12 must be with parent. Pay Shirley R. in advance or at the event. Checks payable to OSAT. This is quite a bargain over the regular admission price.

Gory Details Rental rock shoes and harnesses provided (not an unlimited supply) if you don't have your own. Release forms (for OSAT and Vertical World) required and available at the event. Belay checks for Vertical World required for all belayers. Lead checks required for all people leading routes. A staff person will be available to do belay checks and lead checks (they will not teach the skills, just check you off). You may bring favorite CD's or make requests (they have a good selection). You may bring and display any rock climbing photos. Call Shirley R. (425)957-7975 if you would like further information on the event. The Vertical World is at 2123 W. Elmore, phone (206)283-4497. They do offer short introductory classes if you are of that persuasion.

***FINDING THE PARTY:** 2123 W. Elmore Street, Seattle is near the Fisherman's Terminal in Magnolia. From I-5, take whatever exit is convenient to get on 15th Street from Ballard or Elliot Ave. from downtown. Follow the signs to Fisherman's Terminal. Just past the terminal, on W. Emerson, take a right turn onto 21st (at Cafe Appassionato), go a block and make a left turn onto Elmore. Vertical World will be on the left after 1/2 block. It's a nondescript warehouse-like building. If you need a map, check out: <http://verticalworld.com/vw-gyms.html>

The Yodel

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

SUPPORT OSAT IN STYLE:



\$15.00!
OSAT
T-SHIRTS
They come in various colors and sizes!
Price is \$15. Please contact Joan M.
Ph: 425-277-8943

Mailing
Address
Goes
Here

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. 50 word limit.

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

NUTRITIONAL CONSULTATION WITH A NATUROPATHIC 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.

FOR SALE: Aromatherapy Eye Pillows \$15, Serenity Bath Salts \$12/20 oz. great for after a long hike. Cedar Sox 100% cotton/cedarwood - pull odor and moisture out of the smelliest hiking boots... \$12.00/pair. \$3.00 s/h. Great gifts! Call AWAKENING SPIRITS (206) 767-9339

LOVE OR FIGHT? All good conflicts end in embrace. Counseling can help get you there. Rich H.MA MFT(206) 547-2756

GOT SKIS? Karhu XCD Comps- 210 cm w/ 3 pin bindings \$75 OBO, Karhu XCD Comps- 210 cm w/ 3 pin bindings \$75 OBO Dynastar Vertical Assaults- 205 cm with Voile bindings very good shape \$150 OBO, 8'6" Hi-Tech Gorge-wave board excellent shape- \$600 OBO, 9'0" Sea Trend Very good condition - \$450 OBO North Sail quiver 3.0- 6.0 Please inquire on pricing Asolo plastic tele boots \$50 OBO — Call Alexandra T. 425-424-2214

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.