

THE YODEL



Volume 9, Issue 1

Keep climbing mountains and don't slip!

February, 2000

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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."

Hinkhouse Peak Application

By Rik A.

An application has been submitted to the Washington State Board on Geographic Names, proposing that Peak 6878 in the Teanaway/Ingalls/Stuart area be renamed in honor of Jim Hinkhouse. A copy of the text of the application is available to download from the OSAT eGroups vault at http://www.egroups.com/docvault/osat/Hinkhouse_Pk_App.rtf.

Many OSAT members signed the petition supporting this application. The petition will be submitted to the Board in due course. The entire process of review and approval is expected to take as much as six months.

In the meantime, if you would like to share a personal testimonial regarding Jim and OSAT in support of the application, that would be appreciated and could be helpful in obtaining approval of the application. Such support would be appropriate regardless of whether or not you knew Jim personally. Indeed, support from those of you who did not know Jim sends a powerful message regarding the enduring significance of his contribution to mountaineering and recovery in Washington. Such a message could be important in establishing his stature as being worthy of naming a peak for him.

Please send letters of support to
Washington State Board on Geographic
Names

Attn Marie Koepp - Administrative Assistant
Re Hinkhouse Peak
1111 Washington St. SE
P.O. Box 47032
Olympia, WA 98504-7032

Marie has been advised that, due to the nature of OSAT and AA, she may receive some anonymous notes, so do not let concerns for anonymity prevent you from expressing your support for the Hinkhouse Peak application; letters signed with first name only will be welcomed.

TRIP REPORT: Granite Mountain and Lake Annette (turned to Mt Si)

Submitted by Anne B.

The Granite Mountain snowshoe turned into an avalanche awareness clinic. Bill A, Grant, and Pete were on the snowshoe. Going up the ridge we decided near the top of the tree line to dig a snow trench in order to see the snow layers. Upon inspecting a 6" layer of soft snow on top of a very hard layer, we decided to call it a day and head down.

It turned out to be a good hike despite the rain. The gully had recently avalanched and we saw a number of cracks that were suspiciously looking like they were going to fall at any point. I learned a new term for the little balls that fall down on the slopes which indicate avalanche danger: "death cookies."

At the Annette Lake hike we had Nancy M, Paul C, Ron, Sandy, China, Cathy J, Karen, and Jim K. It was raining heavily at the cars so we wimped out and decided to hike up the old trail of Mt Si (where it wasn't raining previously that morning.) The rain did, however, come. On the way up Jim K showed us some really cool cougar scratch marks on a number of trees that entailed some scrambling to get to the area. We didn't run into any snow on Mt Si on that day.

Mt. Si - 01/01/00

Submitted by Rik A.

Well, it is pretty difficult to make a climb of Mt. Si into a climb of distinction, but a half-dozen OSAT folks dragged themselves out to North Bend on the first dawn of the 21st Century for a chance to get their priorities straight for the year 2000: "mountains first, everything else later". The 9 o'clock start time and the cars in the lot seemed to indicate they would not get a "first ascent", and on the way up a couple of guys came down the trail announcing that one of them had bivvied atop the Haystack (keeping in touch with his BCC computer center via cellular to make Y2K management decisions by remote control).

Ralph raced ahead to the top, while Tim, Jodi, Rik, Bob, and Russell took a more leisurely pace (2-1/2 hrs to the meadow). It snowed several inches New Years night, and the hikers ahead of us did not have summit ambitions. Conditions in the gully were far from ideal, but Rik and Bob plugged away at findinghand- and foot-holds under the fresh snow, protected the final icy pitch, and claimed First Mt. Si Ascent of the Third Millenium for OSAT, since no one else had yet climbed to the peak.

Keep Climbing Mountains, and don't slip!



THANK YOU CRAIG AND
CAT FOR ALL YOUR HARD
WORK ON OUR MOST EX-
CELLENT OSAT CALENDAR!!!
OSAT

This page was submitted by Meredyth for the BOTS

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*
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Dick W. 425-339-3751 *dgrandpaw@aol.com*
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>
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Running:	Doug H.	425-271-5116	<i>dougsue@aa.net</i>
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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: 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.

Feb 9: Charlie and Janyth will be showing slides from their trip to Pakistan!!

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

**OSAT TREASURER'S REPORT
Twelve Months ending 12/31/99**

BUDGET 1999

BEGINNING BALANCE - 1/1/99		\$1,398
INCOME		
Memberships/Climbing Course	\$4,539	\$3,500
T Shirts/Hats, etc.	\$ 476	\$1,000
Donations	\$ 662	\$ 600
Misc.(Repka Donation)	\$ 100	\$ 500
Calendars	\$ 795	
TOTAL INCOME	\$6,572	\$5,600
EXPENSES		
Yodel	\$1,723	\$2,500
Postage/Supplies	\$ 314	\$ 350
Telephone	\$ 391	\$ 390
Misc.:		\$2,000
Car Camp-1999	\$ 196	
Climbing Comm Ropes	\$ 375	
Repka Debriefing	\$ 300	
Donations-Thank You's	\$ 300	
Memory Box	\$ 137	
Print Rosters	\$ 159	
Climbing Course-Church	\$ 200	
Social-Climbing Gym(net)	\$ 275	
Bumper Stickers	\$ 140	
Web Site	\$ 190	
Gratitude Dinner	\$ 433	
" " " Damage	\$ 130	
Calendar Printing	\$1,320	
Other	\$ 112	
TOTAL EXPENSES	\$6,695	\$5,240

ENDING BALANCE - 12/31/99 \$1,275

C. J. Arvidson
Treas
1/9/00

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.

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)

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How to Contribute

The deadline for March Yodel: Feb. 18, 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 BOTS

Submitted by Bob L.

The BOTS conducted their first meeting of the year on January 17th at Charlie A.'s. The following is a brief summary of the meeting.

Attending: Charlie A., Dick W., Tracy M., Meredyth G., Bob L., Dave W., Ron D., Shirley R.

- Dave addressed the board about an incident that occurred at the Gratitude Dinner. Some children were involved in some minor damage done to a velvet rope. We will need to make provisions for children in the future and we will be discussing this at the next meeting.
- Ron and Shirley gave a brief discussion on what the

safety committee is doing. They will give a short presentation at the next club meeting.

- Dick W. was elected chairperson of the BOTS. Congratulations Dick!
- The following were discussed:
 1. Look into putting "2000" below the OSAT logo on some of the current t-shirts.
 2. Have release and indemnity form reviewed.
 3. A letter was sent to the company who printed the calendars addressing the errors.
- Next meeting will be on Tuesday, Feb. 15th at Charlie A.'s at 7:00 pm.

Y2K OSAT EVENT CALENDAR



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

Feb 26-27: *Snowcaves, Stevens Pass*, leader: Brian C. 425-774-9535 (he also has carpool information)

Mar 4-5: *Mt. Hood*, leader Chris N. 206-706-3242 glacier exp., lim. 6)

Mar 18: *Mt. Washington (Olympics)*, leader Bob L. 206-878-0855

Apr 22-23: *Mount St. Helens*, leader: Brian C. 425-774-9535 limit 12, iceaxe exp.

May 20-21: *Black Tusk (between Squamish & Whistler)*, leader: Rik A. 206-232-8908 scramble, co-leader Shirley R.

May 27-29: *Mt. Baker*, leader: Doug H. 425-271-5116 and Chris N. 206-706-3242 (depends on road/snow conditions)

Jun 9-11: *Eldorado*, leader: Tim M. 206-282-8497

Jun 23-25: *Tahoma Glacier*: Rik A. 206-232-8908 (Rainier exp. Required, seeking sherpas)

Jun 25-27: *Mt. Rainier*, leader: Doug H. 425-271-5116 (DC route, limit 12, priority to unsummitted '99 students)

Jul 1-3: *South Sister/Brokentop (Oregon)*, leader: Rik A. 206-232-8908

Jul 8-9: *Sahale*, leader Ralph 206-783-6345 (lim. 9)

Jul 20-23: *Mt. Challenger*, leader Dave N. 253-752-9214

Aug. 12-13: *Mt. Curtis-Gilbert (Goat Rocks area)*, leader Rik A. 206-232-8908

Aug 19: *Garfield*, leader: Ralph 206-783-6345 (lim 4, leader permission)

Aug 19-27: *Wonderland Trail*, Bill A. 206-729-1887 (join for all or part of this cool 95.2 mile hike)

Sep 2-3: *Mt. Anderson (Olympics)*, leader

Sep 4-10: *Across the Olympics Adventure*, leader: Dave N. 253-752-9214

Oct TBD: *Hinkhouse Peak*, leader: Rik A. 206-232-8908

Oct TBD: *Yellowjacket Tower (rock climb)*, leader Doug H. 425-271-5116

Unbeatable Weather Source (a testimonial)

Submitted by Rik A. [Ed. Note: Rik assures me that Fagin didn't slip him any cash for writing this...]

Michael Fagin's Washington Online Weather is a great resource at <http://www.wowweather.com>. But don't miss out on the additional services Michael provides on a subscription basis. Where else can you get a customized weather forecast for the exact location where you are planning to spend the weekend?

Michael is a climber/hiker/outdoorsman with a unique expertise in the details of Washington weather and the meteorological skills to make your trips safer and more enjoyable. You need more than the Avalanche Hotline and Harry Wappler if you really want to know what to expect. Even if you don't need frequent custom forecasts, his weekly emails are well worth signing up for -- and he has

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.

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>

expanded in the last year to include very specific back-road access information so critical during the winter, spring, and early summer -- consolidating information which, if available at all, is spread all over the internet. Check out Michael's menu of services at <http://www.wowweather.com/services.htm> -- there are several levels of subscription to meet your specific need. As an added incentive for OSATers to sign up or renew their subscriptions to WOW, Michael is offering OSAT members an additional 60 days free to the service they sign up for, if you mention "I saw it in the Yodel". Essentially a 15-20% discount -- what a deal!

Keep Climbing Mountains -- and Don't Slip!!!

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

Renew your membership now! Upper right hand corner of mailing label has year that dues are paid through. If it doesn't say 2000 then you need to renew your membership.

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 Meredith 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

FOR SALE: Aromatherapy Eye Pillows \$13, Serenity Bath Salts \$6/20 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

FOR RENT: Room with a view of Rainier in friendly (alcohol free) Fremont/Wallingford shared home. On major bus line, walking distance to grocery and theater. Rent \$350 plus utils. Call Evan (206) 548-0182.

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.