

THE YODEL



VOLUME 9, ISSUE 2

Keep climbing mountains and don't slip!

MARCH, 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."

New BOTS Nomination Needed

Submitted by Dick W.

Due to Tracy M's recent resignation from the BOTS, we are soliciting nominations to fill that vacant position for the remainder of her term which will end on 12/31/00. Nominations will be accepted until the next club meeting on 3/9 (the club meeting will be on Thursday instead of Wednesday and will be at the Mercer Island Library instead of the church).

Nominations should be directed to me (Dick Wright). My home phone is (425) 339-3751. My home e-mail is dgrandpaw@aol.com. The nominees will be announced and voting will begin at the March meeting and continue until the April meeting on 4/12, at which time we will announce the results. If you are interested in this position, please either get someone to nominate you or simply nominate yourself.

Sandy S., Cliff L., and Mike R. have been nominated so far, but nominations will be accepted until the March 9 club meeting, at which point the voting may begin, and will continue until the April club meeting.

Anticipation

Contributed by Rik A (and Carly S)

"Anticipation. Anticipa-a-tion
Is making me late
Is keeping me wai-ai-ai-aiting."

After years of climbing, my heart still beats a bit faster, not with the first step off the parking lot and onto the trail, but rather as I pull out of the driveway and head for the freeway. Do I have all the gear? Remember running over my pack that time, after leaving it sitting behind the car? Or the trip when I forgot the tent poles? Did I pick up my jacket from where it was hanging? I wonder if the batteries are fresh? Can this weather REALLY hold on two more days?

"We can never know about the days to come
But we think about them anyway.
And I wonder if I'm really with you now

**NOTICE: THE MARCH
OSAT CLUB MEETING IS
TO BE HELD AT THE
MERCER ISLAND LI-
BRARY, ON THURSDAY
3/09 7:30pm**

To get there, take the Island Crest Way exit, and go to 44th and 88th on Mercer Island, which is 2 blocks north and 1 block east of the church.

This is a one-time occurrence because the church is unavailable on Ash Wednesday.

Or just chasing after some finer day. "

Finer day? How could there be a finer day than a Saturday in January, Rainier peeking (peaking?) above the wispy streams of fog along the Green River Valley in the dawn of a weekend? Rainier beckons, but today we're headed further south. And all after a week of...

"Anticipation. Anticipa-a-tion
Is making me late
Is keeping me wai-ai-ai-aiting."

Tuesday forecast: sunny thru Saturday.
Wednesday forecast: rain developing Sunday.

Thursday forecast: rain Sunday afternoon
Friday forecast: continued clear, 10% chance of rain Sunday afternoon or evening.

Could it be? A winter ascent? How I want to

(Continued on page 4)

OSAT TREASURER'S REPORT
One Month Ending 1/31/00

BUDGET 2000

BEGINNING BALANCE		1,275.00
INCOME 31-Jan-00		
Memberships/Climbing Course	459.00	4,000.00
T-shirts/ hats/Bumper Stickers/ etc.	53.00	1,000.00
Donations	145.00	600.00
Calendars	135.00	900.00
Misc.	0.00	100.00
TOTAL INCOME	792.00	6,600.00
EXPENSES		
Yodel	163.00	2,500.00
Postage/supplies	33.00	350.00
Telephone	32.00	390.00
Car Camp - Year 2000	0.00	200.00
Rock Lead Course	0.00	325.00
Print Rosters	0.00	100.00
Glacier Travel Course - Church	0.00	100.00
Club Meetings - Church	0.00	500.00
Social - Climbing Gym	250.00	250.00
Web Site	0.00	60.00
Gratitude Dinner	0.00	400.00
Repka Memorial	0.00	400.00
Calendar Printing	0.00	900.00
Misc.	0.00	125.00
TOTAL EXPENSES	478.00	6,600.00
ENDING BALANCE - 1/31/00		1,589.00
ENDING BALANCE - 12/31/00		1,275.00

C. J. Arvidson, Treasurer, 2/12/00

[Editor's note: these trips were submitted by Nancy Barlow, and are co-listed with her local Sierra club chapter. Check 'em out if you are going to be down there. Please address questions about these trips, fees etc. directly to Nancy.]

Nancy Barlow's 2000 Backpacking Trips
Co-Listed: Loma Prieta Chapter & Ventana Chapter, Sierra Club — E-Mail: nbhiker@earthlink.net

Trip Location: Five Lakes Basin
Trip Rating : 2B

Dates: Fri, June 9 - Sun, June 11

Join me as we backpack into one of my favorite areas. This is a good trip for people with some backpacking experience and graduates of the Backpacking course. The trial goes by several lakes and then up a slight incline with great views before descending cross country to the five lakes basin area. The layover day will be to explore the area, meditate or read a good backpacking book. Limit 10. Cost : \$12.00. Central Commissary Dinners. To reserve, call Leader : Nancy Barlow (831) 455-1978 or e-mail at nbhiker@earthlink.net no later than May 30th.

Five Years Ago in OSAT

by Rik A

The year 1995 began with a snowshoe trip to Lake Annette in which 10 OSAT members and friends plus China the dog joined Shirley R. Several attending were first timers (Ed, Sandy, and Allison), and the group enjoyed crystal clear skies, but a biting wind at the lake.

The fourth annual snowcave trip featured one cave large enough to accommodate the 15 who attended the AA Meeting in a Snowcave. (In most recent years the group has gotten too large to have the meeting in one of the caves.) Even claustrophobic Winton soon saw the advantage of abandoning his tent, out in the wind, for the snug and silent protection of the cave. As usual, Tom M won the IISA (Institute of Igloo and Snowcave Architects) award for the most functional and asthetic survival structure.

The First OSAT Kilimanjaro trip left for its big adventure, sixteen strong under Jimmy's able leadership!! (Do any of you still have one of the rare "Kilimanjaro" misprint t-shirts?) The 1995 climbing course got under way under Charlie A's able leadership. Seminars that year were held at the Camp Long meeting hall.

Montani semper liberi!

Trip Location : Jennie Lakes Wilderness

Trip Rating : 3B

Dates : Sat, Jul 1 - Tue, July 4th

This loop trip of 23 miles explores the Jennie Lakes Wilderness as well as the backcountry of Sequoia National Park. We'll travel past meadows, forests, lakes, sweeping granite ridges and fascinating domes. Limit 10. Central Commissary Dinners. Cost \$21.00. To reserve, call Leader : Nancy Barlow (831) 455-1978 or e-mail at nbhiker@earthlink.net before June 15th.

Trip Location : Ottoway Lake, Yosemite

Trip Rating : 3B

Dates : Sat, July 22 - Sat, July 29

Experience the wonders of Yosemite's backcountry at beautiful Ottoway lake, where fish are jumping into your frying pan. Strong backpackers. Limit 10. Central Commissary Dinners. Cost \$41.00. To reserve, call Leader : Nancy Barlow (831) 455-1978 or e-mail at nbhiker@earthlink.net before July 10th.

Trip Location: Peeler Lake

Trip Rating : 2B

OSAT QUICK-REFERENCE

Board of Trusted Servants (BOTS)

Meredyth 425-252-9131 *merjoe@gte.net*
Dick W. 425-339-3751 *dgrandpaw@aol.com*
Bob L. *jrlewis@u.washington.edu*
Charlie A. 206-932-7195 *pine@seanet.com*

12-Step Meeting Coordinators

Karen C. 206-634-9459 *love4animals1@hotmail.com*
Nancy M. 425-747-2763
Bill L. 206-789-8758 *wlink14fun@aol.com*

Contact People

Activities: Brian C. 425-353-9748
Activities Hotline: Rob G. 206-824-7972 *osatvoice@aol.com*
Equipment: Grant 206-721-5868 *bearpaws9@aol.com*
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@osat.org*
OSAT East Coast: John H. 617-641-3423
Running: Doug H. 425-271-5116 *doungsue@aa.net*
Safety: Ron D. 206 367-1993 *Rydee@juno.com*
Service: Grant & Susan E 206-721-5868 *bearpaws9@aol.com*
Yodel: Bill A. 206-729-1887 *yodel@osat.org*
Webmaster David C. (Dax) 206-623-7857 *webmaster@osat.org*

OSAT Club Meeting: This month is different, see notice on page 1...
Meeting will be on the second THURSDAY, at the Mercer Island Library.

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 Karen 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: Karen C. Sunday Contact: Nancy M.

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

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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(206) 878-0855 memberships@osat.org

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.

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.

(Continued from page 1)

be on the mountain, feeling her pull me into her own special world! Will the mountain embrace my approach? Clean snow, companions eager to meet the adventure, views in the wilderness, stars at night, and a mountain I haven't been on for five years.

"And I tell you how easy it feels to be with you.
And how right your arms feel around me.
But I rehearsed those words just late last night
When I was thinking about how right tonight might be."

How can this climb be so exciting when I'm still three hours drive from the trailhead? Am I going to be able sleep in the tent (crawling into the bag at 6:30!), or will I lay awake thinking about the slopes above, the wind, the last time? Hell, I was packed on Wednesday nite! Michael Fagin suggested playing hookey to catch the good weather, but now it looks like it COULD hold. I glance at the speedometer, and its excursion from the generally acceptable range alerts me that my mind is not on driving.

"Anticipation. Anticipa-a-tion
Is making me late
Is keeping me wai-ai-ai-ai-aiting."

But I kept Pete waiting at McDonalds, and having not seen his car as I pulled into the P&R, parked and waited. Finally he spots me, waiting for him, waiting for me. We load up, and head back onto the freeway. As we reach the on-ramp the incredible sight fills the windshield -- a 30% slice of the sun peeking (peaking?) around Curtis Ridge, the ground fog still obscuring the civilization of south Tacoma, and a blue ocean above. A similar slice of the moon will hang above us this evening. Is this going to be a great winter climb, or what?

"And tomorrow we might not be together.
I'm no prophet; I don't know nature's ways.
So I'll try and see into your eyes right now.
And stay right here, 'cause these are the good old days."

South on eye-five we talk of what's ahead, and wish we were there already. Just past Chehalis an inspiration: "Scotty, beam me down to Jack's to get the permits, then shuttle us up to the snow park." As we pass Castle Rock we hear the ring-a-ting-ting and smell the 1-to-5 fuel burning from the snowmobiles, just as real as if we were in the Marble Mountain lot jockeying for space. "Scotty? On second thought, beam us from Jack's up the trail a bit." The call comes back "But what of Captain Kirk?" Oh yes, the rendezvous! Breakfast. Details, details.

"Anticipation. Anticipa-a-tion
Is making me late
Is keeping me wai-ai-ai-ai-aiting."

Fog along the Toutle slows the traffic as surely as a row of climbers reaching a steep pitch. The the tail-lights and centerlines blur like shapeless steps in snow seen through fogged glasses, shadows without edges. Mileage posts count down toward Portland, reminding me of counting steps between wands. We could run into some weather Sunday afternoon. But not now. Now, high above Cougar, Loowit stands in her virginal gown, calling us to her bosom. The fire-goddess is serene; her suitors Pahto and Wy-east are appeased, and tomorrow will present to us a glorious dawn vision as we work up the lower ridges of her ramparts. Pulling into the snowpark, the ranger is helpful. Our weekend adventure has just begun, but we've already lived it once.

Y2K OSAT EVENT CALENDAR



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

Mar 18: *Mt. Ellinor (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/Broketop (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

(Continued from page 2)

Dates: Fri, Aug. 11 - Sun, Aug. 13

This loop trip of 22.5 miles takes us through Hoover Wilderness to a remote corner of Yosemite. We'll camp by Peeler and Crown Lakes while making a circuit loop around Crown Point. Limit 10. Central Commissary Dinners. Cost \$16.00. To reserve, call Leader : Nancy Barlow (831) 455-1978 or e-mail at nbhiker@earthlink.net before Aug. 2.

Trip Location : Ansel Adams Wilderness

Trip Rating : 3B

Dates : Fri, Aug. 18 - Mon, Aug 21

Experience the wonder of the Minarets. We'll hike along the High Trail towards Thousand Island lakes, Garnet lake and beautiful Ediza lake. Garner your cross country skills for a traverse hike to Iceberg (9,840), Cecile (10,300 ft) and Minaret (9,820) lakes. All this camping beneath majestic Mt. Ban-

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.

CALLING ALL RUNNERS!!

For those of you who love running, unbeatable camaraderie, and just a little torture, mark your calendars for this year's

"Rainier to Ocean Shores Relay"

July 14 & 15, 2000

Contact **Jane L.** at janel@gettyonline.com or **Karen C.** at karencsea@earthlink.net for more information.



ner and Mt. Ritter. Limit 10. Central Commissary Dinners. Cost \$26.00. To reserve, call Leader : Nancy Barlow (831) 455-1978 or e-mail at nbhiker@earthlink.net before Aug. 7th.

Trip Location: Lakes of Emigrant Wilderness

Trip Rating: 3B

Trip Date: Sat , Sept. 2 - Sun, Sept. 10

Experience 9 days surrounded by the lakes of Emigrant Wilderness. Several of the lakes we'll visit are Gem, Emigrant, Bigelow (9,600'), Twin, Huckleberry, Penigree, and Bear lakes. Two layover days will allow those inclined to further explore the wilderness, mediate by the lakeside, or take in the serenity of this wonderful wilderness area. Central Commissary Dinners. Limit 10. Cost: \$42.00. To reserve, call leader: Nancy Barlow (831) 455-1978 or e-mail at nbhiker@earthlink.net before Aug.24th.

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 Dick W.
Ph: 425-339-3751

Mailing
Address
Goes
Here

LAST CHANCE TO RENEW YOUR MEMBERSHIP.
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

MAKE HIM CRY? Counseling for guys who can't or won't cry, and those who love them. Rich H. MA CMFT, (206)418-1150

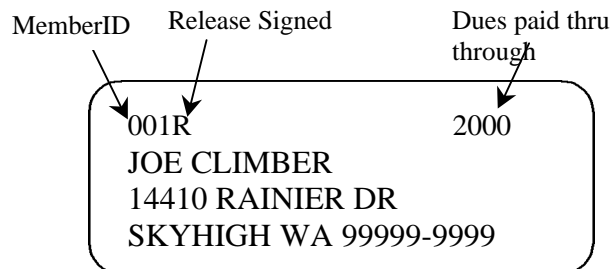
IF YOUR BODY WEARS OUT, WHERE WILL YOU LIVE NEXT? Go see Dr. Mark Fredrich at his new location: Woodway Chiropractic, 20015 Highway 99, Suite A Lynnwood, WA 98036 Ph: 425-771-BACK (425-771-2225) FREE INITIAL CONSULTATION AND EXAMINATION FOR ALL OSAT MEMBERS

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.

GREEN LAKE HOUSE FOR RENT: 2 bdrm possible 3rd in Basement. 1 bath, Front Porch, Fenced Yard, Garage. Hardwood Fls. Fireplace, High Ceilings, Lots of storage for gear. Other amenities include washer, dryer, dishwasher and refrigerator. 1,350. Mo Call Heather or Glenn at 206 784-7694

RENEW YOUR MEMBERSHIP NOW!

In order to continue receiving The Yodel you need to renew your membership by April 1. Your membership dues go towards the publication of The Yodel, the help line, and other OSAT activities. Show your support and renew today. If you aren't sure if you have renewed for this year check your mailing label. The upper right hand corner has the year that your dues are paid through. Don't forget to sign the release form for this year.



VOTE FOR BOTS MEMBER

Please vote for one of the persons below for membership on the BOTS. Mail the completed form to the address below or email your vote to dgrandpaw@aol.com. Voting closes at April Club Mtg.

Circle One
Cliff L.
Mike R.
Sandy S.

Mail to:
BOTS Election
1832 State St
Everett WA 98201

OSAT Membership Application/Renewal Form

One Step At A Time (OSAT): An outdoor club for members and friends of Twelve Step Recovery Programs since 1991.

Essential Information: New Member Renewal

Name _____

Address _____

City, State Zip _____

Day Phone () - _____

Evening Phone () - _____

Email _____

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

Email US postal

Please check the information you would like to have published in the OSAT Directory. (The list is distributed to members):

Full Name Day Phone No Listing

First Name, Last Initial Evening Phone


Address email

OSAT has dues to pay for costs associated with the newsletter, telephone hotline, mailing costs, etc. OSAT also accepts donations to help fund equipment purchases or to help finance club activities. OSAT is a tax-exempt non-profit organization under IRS section 501(c) (3). Donations of cash or equipment in excess of dues amount are tax deductible. In respect to Tradition 6 of AA, OSAT club property and finances are kept separate from the funds and property of any OSAT 12 step groups.

DUES:

Single _____	\$12 per year (6\$ after September)	\$ _____
Couple _____	\$18 per year (sharing the same address)	\$ _____

MERCHANDISE:

OSAT Stickers (3"x5")	1 for \$2 _____		
for windows, bumpers,	2 for \$3 _____		
gear, etc.	3 for \$4 _____		\$ _____
T-Shirts _____	S _____ M _____ L _____ XL _____	\$15 each	\$ _____

DONATIONS:

Donation for Property/Equipment	\$ _____
Unrestricted Donation	\$ _____
Total Enclosed:	\$ _____

Please Make Checks Payable to OSAT

Mail your payment along with this form to: OSAT-MEMBERSHIP
 PO BOX 6461
 LYNNWOOD WA 98036-0461

PLEASE BE SURE TO FILL OUT THE LIABILITY FORM ON THE REVERSE SIDE OF THIS APPLICATION

Optional Information

Sex _____ Birthdate _____

Recovery Birthdate(s) (if applicable) _____

How did you find out about OSAT? _____

Referring member (if any) _____

INTERESTS

What is your interest in any of the activities listed below?

Activity	None	Some	Lots	Willing to Lead
Hiking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scrambling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Climbing (glacier)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Climbing (rock)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Backpacking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Car Camping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Backcountry Skiing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alpine Skiing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Snowshoeing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bicycling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Running	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kayaking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family Outings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Outdoor Meetings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Other (describe) _____

IMPORTANT NOTICE TO ALL OSAT MEMBERS

All current and/or new members of OSAT who wish to participate in **ANY** OSAT activities will be **REQUIRED** to sign and submit a release and indemnity agreement (below).

RELEASE AND INDEMNITY AGREEMENT

I, (print name) _____, hereby state that I wish to participate in courses and/or activities offered by **ONE STEP AT A TIME (HEREIN REFERRED TO AS OSAT)**, a non-profit organization. I recognize that any outdoor activity may involve certain dangers, including but not limited to the hazards of traveling in mountainous terrain, accidents or illness in remote places, forces of nature, and the actions of participants and other persons. I fully recognize that mountain climbing and other activities offered by **OSAT** are **VERY DANGEROUS**, and participation involves risks and dangers that may result in **SERIOUS INJURY, PARALYSIS, DISABILITY, or DEATH**. I further understand and agree that without some program providing protection to its leaders, **OSAT** would not be able to offer its courses and activities.

Moreover, I also hereby state that I fully understand that **OSAT** leaders, instructors, and members are **NOT** experts, have never considered themselves experts and do not expect to ever become experts in the future. Therefore, I understand that any course of instruction that I may receive from **OSAT** is **NOT** "expert" instruction. I have this understanding even though I may have heard or read otherwise.

In consideration of and as part payment for the right to participate in the activities offered by **OSAT**, I hereby release **OSAT** and its members from any and all liability, claims, and causes of action arising out of or in any way connected with my participation in any activities offered by **OSAT**. I do this even if losses and damages arising from these activities are caused or alleged to be caused in whole or in part by the negligence of **OSAT** leaders or members. I personally assume all risks in connection with these activities, and further agree to indemnify **OSAT**, and its members from all liability, claims and causes of action which may arise from my participation in **OSAT** activities. The terms of this agreement shall serve as a release and indemnity agreement for my heirs, personal representatives, and for all members of my family, including minors. (Parents or Legal Guardian must sign for all persons under (18) years of age.)

I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS RELEASE AND INDEMNITY AGREEMENT BY READING IT BEFORE I HAVE SIGNED IT.

Signature _____ Date _____

Signature _____ Date _____

Signature of Parent or Guardian _____