

THE YODEL



VOLUME 9, ISSUE 3

Keep climbing mountains and don't slip!

APRIL, 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."

VOTE FOR BOTS: SEE PAGE 6

Snow Cave Trip Report

Submitted by Tom M.

The snow caves were a success again this year thanks to the great leadership of Rik A.

Seven snow moles survived the night, Rik-Peter-Carol-Katz-Tino-Ralph-Tom (Of course some of us are sicker than others – Jim H.) Special thanks to Natalie, Leah, Sandy, Ron and Snow Dog for helping for the day. Our prayers go out to Brian C. He was there with us in spirit.

Let's see if we can make next year a record number of people especially first timers it's something you don't forget for a while.

Declination - Egad!!

Don't Trust Your Old Maps

Submitted by Rik A.

Thanks to the OSAT Glacier Climbing Course adding a Compass and Navigation Field Trip this year, we found ourselves poking about to learn more about declination.

Dave W. has been preaching for years about the problem of declination creep. We all know the declination on the maps is wrong, right? But what is the right declination? 19 degrees? 18 degrees? 20 degrees? Lot of folks set to 20 and forget it. Yikes! The MRNP handout for navigation on the Muir Snowfield uses 22 degrees!! Well...

Dave points out the terrible trigonometric truth that means if you are consistently off by 1 degree in navigation, you will be 92 feet off for every mile of travel. Hopefully most of your errors are compensating, but one source of consistent error while you're out there navigating by compass through the white-out is the WRONG DECLINATION.

Looking through your stack of Green Trails you are likely to find declinations all the way from 18 degrees to 23 degrees, depending on how old your maps are. North magnetic is marching toward true North at around a degree every 10 years. My Mt. Rainier quad is a 1971, and gives a declination of 21.5 degrees. So what is it today?

(Continued on page 2)

Mount Ellinor

Submitted by Bill A.

On March 18th, the functional trailhead for Mt. Ellinor was somewhere a couple miles down the road from the real trailhead, where the tire tracks we were following ended in 6-inch snow. With the rain hammering down on us, Rik A., Ralph, Bill A., Bruce M., set out with our intrepid leader, Bob L. [Note to self: apply Gore-Tex treatment to rain jacket before next hike]. Doffing our snowshoes, we hiked for an hour and a half or so, expecting with each twitch from the altimeter to find ourselves merrily pushing through snowfall. NOT.

I will say that, as usual on these OSAT hikes, the weather did not manage to put a damper on our fine spirits. We had great conversation, laughs and all manner of trail food. At one point, as I contemplated stepping out of my sopping rain jacket to get into some new polypro and dry fleece, one of our party looked at me conspiratorially and said, "You know, I am not one to turn around on these things, but if someone were to suggest it today, well I sure wouldn't oppose that idea!" [You know it's raining hard when your GoreTex jacket weighs fifteen pounds.] I waited for a lull in the downpour, dry clothing ready for the quick prestochango. Now! As I pulled off my jacket and wet poly, the sky opened up. I mean it laid everything it had onto my naked upper body! Hail, snow, sleet, rain... The wind even picked up to a modest howl. What can you do? – it was hysterical, and we all had a hearty laugh.

The stalwart climbers of the group, Ralph and Rik pressed on for an hour, to get above the treeline and scope out the climb's future potential. Bruce, Bob and I slalomed down the trail on our snowshoes and hung out in Rik's minivan listening to the Janis Joplin part of his climbing tape. We devoured Pringles, chocolate bars and sandwiches, but strategically saved enough room to justify a stop at the diner on the ride home. On the ride home, the clouds parted and the sun shone down on the perfect white mountains and we talked of our imminent return to hike Ellinor again.

**From the Climbing Course:
VOLUNTEERS WANTED!**

Submitted by Doug H.

I'm looking for volunteers to help teach at Crevasse Rescue. It'll be an overnighter on the Nisqually glacier the weekend of June 10-11. I'd like to get at least 12 instructors to help man the belay stations, as well as monitor the z-pulley operation and watch the edges.

Also, on Wednesday, May 17, I'd like to run a refresher on z-pulley at either camp long or discovery park.

**Email Doug Hutton at
dougsue@aa.net or contact him
by phone at (425) 271-5116**

(Continued from page 1)

Enter the Internet! Your tax dollars are at work, folks, and NOAA has the answer at :

<http://www.ngdc.noaa.gov/cgi-bin/seg/gmag/flsdsnth1.pl>

Enter a latitude and longitude and, presto, get the current declination (and a bunch of other stuff only surveyors like Dave understand.)

Here are TODAY'S declinations for some representative popular mountain spots in Washington -- take out your maps right now, cross out the wrong one, and write in the corrected declination right now!!

Mt. Baker - 19 degrees, 6 minutes

Mt. Rainier - 18 degrees, 17 minutes

Mt. Hood - 17 degrees, 45 minutes

Shorthand (for those of us who want rules of thumb): use 19 degrees north of I-90, 18 degrees south of I-90.

Keep climbing mountains, and don't let your declination slip!

Five Years Ago in OSAT

by Rik A

"Jambo", Habari?", "Mzuri, sana!". Swahili filled the air as OSAT embarked on its first adventure to Africa in 1995. Sixteen OSATers accepted the six-day challenge of Africa's highest peak (19,340'). Fabulous views, trekking through jungle, pouring rain on the approach to Horombo Huts at 12,200', friendly guides and porters, Doug's lost luggage catching up to him on the mountain, t-shirt trading with other climbers: Kilimanjaro has it all. To everyone's disappointment, "No Problem" Winluck, the chief guide, insisted on splitting the group at Kibo Hut (15,400') for the summit attempt. In the end, thirteen make Gilman's Point on the crater rim, and eight reach Uhuru -- the true summit, in beautiful weather which Winluck attributes to the OSAT ritual he joins in to share, beginning every day with the Serenity Prayer. This OSAT 1995 Kilimanjaro Expedition included Jim, Steve and Francy, Hoot and Nancy, Bob and Lisa (pre-nuptuals) Charlie A, Doug H, Robert T, Bill L, Cherie, Pam, Britt, CC and Mike S. More African adventures shared by the group included wildlife safaris, and relaxation on the beach at Zanzibar. Robert, Charlie, and Jim also made an attempt on Mt. Kenya.

Meanwhile, back in the Pacific Northwest, OSATers were helping construct the boardwalk at Snag Flats on the Mt. Si trail. Eight members showed up for the DNR's "Walk the Plank" event, hauling the timbers up the first two miles of trail. Naturally, this wasn't enough for most of the group, so the continued on in snow flurries to the summit.

Of course every OSAT hike isn't necessarily an epic international adventure or a selfless volunteer project. Kim G offered a beautiful picture of "spring creeping cautiously into the Northwest" with her description of a weekly hike up Tiger. "Slowly at first, our steps search for footing that seems unsure, but we're happy and laugh puffs of breath in the cool

morning moisture...Deep mud baths suck on our boots...This climb is good. Life is good... The top never comes soon enough, but like a promise shares a secret of beauty and scenery that many shall never feel...Rainier standing guard ... Bear hugs and laughs... Thank you God for this tiny hill where life and you converge! Thanks for the people and paths you've set upon our Earth and most of all God, thanks for OSAT." Thanks, Kim!

Pam G blessed the *Yodel* with her analysis of "Hugging is Healthy". Among the many characteristics cited by Pam, she noted that "Hugging is all natural: It is organic, naturally sweet...reduces stress, cures depression, has no unpleasant side effects... it is theft proof, non-taxable, non-polluting, and fully returnable." Her conclusion: "Hugging is practically perfect!"

HELP!!! - The last two paragraphs above lead me to a plea of sorts. The source of material for this column is drying up! My memory has never been too great, so "Five Years Ago in OSAT" relies almost exclusively on trip reports published in the *Yodel*. But the volume of trip write-ups and other material in the *Yodel* has fallen off dramatically. Please share your adventure with other OSATers. Even just a paragraph or two provides entertainment to other club members and a lasting record of the experiences that keep us all coming back to the mountains - write it down and SEND IT TO THE YODEL. Even if your hike was "just a conditioner", there was sure to be a humorous or spiritual or embarrassing or inspirational moment to share with the rest of OSAT -- write it down and SEND IT TO THE YODEL. Perhaps you dashed off an email to your brother in Peoria, and included a paragraph about your hike up Pilchuck or epic slog in the rain to Lake Annette -- clip it out and SEND IT TO THE YODEL. We're not looking for Pulitzer Prize material here, folks, just something to stir our memories. Thanks!!!

Montani semper liberi!

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. 206-878-0855 *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: Kat M. 253-824-1464
Activities Hotline: Rob G. 206-824-7972 *osatvoice@aol.com*
Equipment: Grant 206-721-5868 *bearpaws9@aol.com*
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Hotline Message: Merry O. Unlisted *mo7climb@earthlink.net*
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Library: Rik A. 206-232-8908 *rik@osat.org*
OSAT East Coast: John H. 617-641-3423
Running: Doug H. 425-271-5116 *dougn sue@aa.net*
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Yodel: Bill A. 206-729-1887 *yodel@osat.org*
Webmaster David C. (Dax) 206-623-7857 *webmaster@osat.org*

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.

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 — the first meeting on Tiger (after Daylight Savings Time) is On April 6th!!**

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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How to Contribute

NOTE: THERE WILL BE NO MAY YODEL

The deadline for June Yodel: May. 21, 2000

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.

OSAT Glacier Climbing Course Standards

Submitted by Rik A.

Purpose: Several aspects of glacier mountaineering technique are portrayed by some as style or philosophical questions, and by others as the right or wrong way of doing things. Regardless of how they are portrayed, such issues present a potential source of confusion to students new to mountaineering if different instructors teach different techniques. Accordingly, the following positions on these issues are established as the **standard technique taught in the OSAT Glacier Climbing Course**.

Instructors are requested to show preference for these standard techniques. If an instructor chooses to expose students to alternative techniques, the OSAT Standards should be taught and identified as the such, and the advantages and disadvantages of both techniques must be explained. If an instructor disagrees with the technique identified as the OSAT Standard, this should be discussed with the Climbing Course Committee rather than with the students.

Ice Ax wrist loops/leashes -

Issue: Whether or not to use leashes on ice axes

Pro: The ax is a primary safety device in glacier travel, thus loss of an ax could jeopardize the safety of the entire team; it would be better to arrest after being banged up by a loose ax than to tumble with no chance of arrest after losing one; allows ax to be dropped if both hands are needed to perform a task. (*FotH* mentions leashes, but does not specifically take a position.)

Con: You must never drop your ax; a loose ax on a leash could be a hazard during a fall.

OSAT Standard: Use a leash, either to your

wrist or tied in to your harness.

Ice Ax hold when climbing -

Issue: Self-belay hold or self-arrest hold
Self-belay hold: More comfortable with palm of hand on adz rather than on pick; climber should rely on self-belay first, arrest is for situations where self-belay fails; *FotH* favors this approach.

Self-arrest hold: No need to switch grips to arrest; opposite hand must be on shaft before switch can be made; the faster the arrest begins, the better; some technique books suggest this is the primary hold, and self-belay position is a second choice.

OSAT Standard: Beginning students should begin with ax in self-arrest position, and use that position during all training exercises (ice ax arrest, roped travel, crevasse rescue). Self-belay position can be used according to student's judgment after gaining experience with the use of the ax.

Feet position when moving ax while climbing -

Issue: Which foot is forward when ice ax is moved on a climbing traverse.

Uphill foot forward: *FotH* and NOLS refer to this as the "in-balance position, and indicate this is the point in the stride when the ax is moved forward.

Downhill foot forward: The principle of a three-point stance would suggest that this position is more in-balance (tripod vs. feet and planted ax in closer alignment with uphill foot forward) facing the slope rather than facing away.

OSAT Standard: Many experienced OSAT climbers believe the books have this one wrong, so this choice is left to the climber.

Middleman tie-in knot -

Issue: Does middle person on rope tie in with

a "double bowline" or rewoven double figure 8 knot?

"Double Bowline" or Bowline tied on the bight: *FotH* calls a bowline tied in a bight of the rope a "double bowline", although Boy Scouts and sailors would not recognize this as either a "double bowline" or a "bowline on a bight". *FotH* indicates this knot "may be used" as the middle-man tie in knot; it uses less rope than double figure-eight;
Rewoven figure-eight on a bight: - Beginning with 5th edition of *FotH*, this is indicated as the preferred middle-man knot by the Mountaineers; same basic knot as end position, but tied in the bight of the rope; it ends up being a very bulky knot, as it is a figure eight with four parallel pieces of rope.

Others: The butterfly knot is identified in some older books as a middleman knot, however this does not tie the rope to the harness, but only provides a loop to clip into.

OSAT Standard: Bowline tied on a bight, use a carabiner to safety end of knot.

Rope or prusik loop through chest harness carabiner -

Issue: Should the climbing rope or prusik pass through the chest harness carabiner?

YES: This is primarily to keep the climber who is top-heavy due to a pack upright in a crevasse fall.

NO: If pulled by a falling rope partner, the higher point of attachment is more likely to pull the climber off balance.

OSAT Standard: This issue is a matter of personal preference. Students are to be taught both positions and the reasons for them.

Prusik arrangement -

Issue: Separate stair-step foot loops or Texas technique, and knot to use for foot loops

(Continued on page 5)

Y2K OSAT EVENT CALENDAR



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

Apr 22: McLellan's Butte: leader: Rik A. 206-232-8908 must have iceaxe experience and be comfortable in steep snow.

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

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.



(Continued from page 4)

Texas: (one prusik cord for both feet)
Lighter, less prusik cord; seems easier for beginners to master, more progress per cycle; can be used with an injured leg; more comfortable rests

Stair-step: Facilitates Bilgeri technique; easier in narrow crevasses

OSAT Standard: We use a Texas prusik, with the foot loops consisting of a sliding half of a double fisherman's knot with an over-hand knot as a stopper.

Hero Loop stowage -

Issue: Where is the hero loop kept?

Around Neck: This seems was a fairly widely used practice, and was taught by OSAT in earlier courses. Supporters say it can be tucked into clothing to reduce hazard of catching on things.

On harness: It is just another piece of rescue gear, why not keep it all together?

On pack: Some have taught that the hero loop provides a handy means of dropping one's pack onto the rope when effecting a prusik climb up the rope. It also provides a handy

means of securing a pack to something when taken off while resting or retrieving items while on steep terrain.

Between chest harness and harness: Keeps chest harness from riding up around neck. This is illustrated in *FotH* 5th ed. p. 105 fig. 6-32.

OSAT Standard: Beginning with the Year 2000 OSAT course, we are establishing the latter as the standard - clip the hero loop in the chest harness carabiner and the locking carabiner on the harness.

Pack tie-in -

Issue: Should the pack be attached in some manner to the climbing rope?

YES: Easier and quicker to drop pack in case of fall into crevasse; this is the technique NOLS uses.

Use a Separate runner: uses less rope, easier to transfer to a haul rope, reduces lifted weight of pack by one-half when prusiking.

NO: Uses more rope; *FotH* does not mention this.

OSAT Standard: Either clip a runner from the pack to the rope (preferred), or tie the pack

into the end of the rope.

Ice Ax Pick position when glissading -

Issue: Where does the pick point when in a sitting glissade

Forward-down/toward leg: This is the position shown in the *FotH* illustration e.g. fig 14-9 (3rd ed.) or fig 12-25a (5th ed.). The Mountaineers are reportedly changing this in response to comments from OSAT.

To the side, away from climber: keeps pick pointed away in case spike hits hard spot leveraging ax head down (toward leg); puts hand in front of ax head affording better grip
OSAT Standard: Pick should point away from climber, perpendicular to path of travel. (NOTE - the OSAT syllabus uses the *FotH* illustration with it WRONG!!)

This list of standards issues was compiled over the years 1996-1999 by the OSAT Glacier Climbing Course Committee. If you have any questions, comments, or suggestions, please let a member of the committee know, so we can continue to improve the quality of the OSAT course.

THE YODEL

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

SUPPORT OSAT IN STYLE:



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They come in various colors and sizes!
Price is \$15. Please contact Dick W.
Ph: 425-339-3751

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

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.

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

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

VOTE FOR NEW BOTS MEMBERS!!!! VOTE NOW! Submitted by Dick W.

The nominations are in for the vacant BOTS position. The nominees are Sandy S, Mike R and Cliff L PLEASE VOTE (If you are a dues paying member) before the next club meeting on 4/12/2000. Either make your choice on the ballot that came with the recent yodel and send it to me - **Dick Wright 1832 State St, Everett, Wa 98201** or if you prefer you can send me an e-mail with your choice at dgrandpaw@aol.com

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 <input type="checkbox"/>	\$12 per year (6\$ after September)	\$ _____
Couple <input type="checkbox"/>	\$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 _____