

The Yodel



Volume 9, Issue 7

Keep climbing mountains and don't slip!

October 2000

Beyond the front page:

**Hinkhouse
Peak
Update** —p.2

**OSAT Quick-
Reference** —
p. 3

**Independent
Review
Committee
Report on
John Repka
incident**
p. 4-5

**Lori U. on
Seaside OR**
— 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."

Mt. Rainier

Submitted by Chuck A.

I learn something new on every climb. This being my fourth Mt. Rainier attempt and first summit I learned that I loved the journey of the first attempt the best. I felt the destination becoming more important with successive attempts. Also, having never needed to get down from the top, getting down from the summit safely became a more and more vague consideration with each attempt.. At 13,500ft it really first occurred to me that I might make the summit. Having to get myself safely alllll the way back down (to be honest) overwhelmed me momentarily. In my defense I had just seen George backflip into a truck sucking crevasse 500ft lower and I was higher than I'd ever been before. It really hit me that I was extended to a new level. It was then that I thought of the light winds that we were encountering and I was immediately aware that the much stronger winds that had turned us back on the attempt two weeks before would have made that

climb something that I did not want any part of. It made me smile that I had questioned that decision to turn back the day or two following our descent.

I didn't want to get out of the shape I was in and I thought how great it would be to get another climb together quickly. Lori U. was up for it immediately and Bruce M. wanted in too. Most of the few climbs that I've done have included Bill L and with his experience he was my thought to lead it. Get this; the next day after an old friend invited me after work to go wakeboarding on Lake Sammamish I found myself driving across I-90 thinking about having not called Bill when I see this red Subaru with an OSAT sticker in the back window and I immediately think "thanks God". Bill was on his way to go paragliding but changed his mind to try something new. The result was a great sunset on the lake, we both got up, and the possibility of a climb was there.

Sure enough, after Bill got back from

the Minneapolis convention we decided to head up Friday night to Paradise to get a early start to Muir on Saturday. Lori called for reservations and was told that we didn't need them and sure enough on Saturday morning at the ranger office there was a line and when it was our turn there was only 4 slots still open to camp at Ingraham Flats. WHEW!!

Our trip to Camp Muir included a serendipitous meeting with Robert coming up behind us and passing like Mario Andretti and Sara L on her way down. The weather was wonderful except for one big cloud over the summit-as though noone has ever seen that before. But in this case the weather cooperated all weekend.

We became three at Camp Muir when Bruce decided to call it a conditioner and head down. After we got to Ingraham Flats we watered down and fed ourselves before jumping in the sack.

— to be continued in the November Yodel —

Old Goat Trips on Goat Rock

Submitted by Rik A.

"...Do nothing in haste. Look well to each step..." Whymper's 1871 *Scrambles Amongst The Alps* contains timeless advice to mountaineers -- we should strive to apply it EVERY MOMENT in the mountains.

What a spiritual environment we found ourselves amidst, the weekend before Labor Day! Hiking along an untracked ridge at nearly 7000 feet elevation, Mt. Adams looming on the left above the wilds of the Yakima Reservation and headwaters of the

Klickat; to the right, the ridge falls somewhat less steeply to the alpine meadows feeding the Tieton South Fork, deep in the Goat Rocks Wilderness. Curtis Gilbert Peak, our objective, is just visible above a higher portion of the Klickton Divide we are tracing. Suddenly I instinctively glance at my left foot, rolling awkwardly off a loose 8" boulder on the mild side slope; the boot flops disconcertingly out of alignment with the leg.

"Sh--!" Why is this the first conscious thought verbalized at such moments? Why does it precede "You stupid s.o.b., more interested in

the scenery than in your next step.", or "I bet this is going to get painful.", or "What are we going to do now?". A few steps behind me Nancy inquires "Are you okay, Rik?" By this time I am sitting on the slope, staring into the wilderness, thinking to myself the more rational thoughts just cited, but I fear my answer probably was the same as my initial reaction, perhaps more emphatic as the immediate numbness confirms the initial visual cue: "Sh--!!" There is no question. It's broken!!

God Bless MOFA. Not only for the

(Continued on page 2)

It is already that time again! [Submitted by Dick W.] We will be taking nominations for 2 positions on the BOTS that will be opening up as of Jan 2001. My position and Mike Robb's position expire in December. Please e-mail me [see contact info on p. 3], snail mail me or call me with your nominations before October 31. We will then vote on the nominees from November 1 until the Gratitude dinner (date not yet firm) and announce the winners at the Gratitude dinner. These positions are for a 2 year term. Charlie A, Bob L and Meredyth G will continue to serve the remaining year of their terms. Be sure the person you nominate has your approval to do so. Feel free to nominate yourself if you wish to serve.

Hinkhouse Peak Progress

Submitted by Rik A.

The process that began over a year ago passed a significant milestone September 8 when the Washington State Board on Geographic Names accepted "for initial consideration" the application to name a peak near Washington Pass in honor of Jim Hinkhouse. Thanks to Ken Mapes for representing OSAT at the meeting in Olympia. This was actually the third quarterly Board meeting at which the subject had been discussed. Our first application was withdrawn when it was noted that our initial nominee for the peak abutted Alpine Lakes Wilderness. Federal guidelines stipulate that geographic features in wilderness areas are not to be given new names. At the second meeting we discussed several alternative candidates with the Board. A copy of the final application is posted on the OSAT egroup.

Last year we submitted the petition that was signed by over 100 OSATers at the Gratitude

Dinner last year, but in the end individuals expressing their feelings will have much greater impact with the Board than a petition. I know a number of people wrote letters earlier in the process, and it is not necessary to resubmit letters because of changes to the application. However, if you have not expressed yourself to the Board, don't miss this final opportunity to help establish Hinkhouse Peak. Those of us who knew Jimmy can share something of our impressions of the man and his accomplishments. On the other hand, it is also important to establish that Jim's contributions have had a lasting effect; thus, the testimony of those of you who have been touched by Jimmy's vision through OSAT could be very important in even though you never met him. Although the Board has seemed supportive of the effort to name a mountain Hinkhouse Peak, nothing will solidify their inclinations like the personal stories from people who Jim and OSAT have touched. Everyone, please consider sending a note of support to the address below

NOW. (The Board understands potential sensitivities regarding the issue of anonymity, and anonymous notes of support will be welcomed.)

Jennifer Belcher, Chairman
Washington State Board on
Geographic Names
P.O. Box 47032
Olympia, WA 98504-7032

The next Board meeting will be December 8. The meeting begins at 10 a.m. in Room 172 of the Department of Natural Resources office building in Olympia, 1111 Washington Street SE, and generally runs about 2 hours. This could be the meeting at which a final vote will be taken.

Lastly, thanks to Dave Nordstrom for stepping up to lead a climb of the proposed Hinkhouse Peak during October. Although a short climb, a weekend event is planned, with camping at the Cutthroat Creek Campground, which is located just across Washington Pass and literally at the foot of the peak.

(Continued from page 1)

first responder, but for the victim as well. Nancy and I took to the challenge of the predicament in which I had just placed us as if it were a scenario at Camp Long. The only non-MOFA procedure we followed was inserting the Serenity Prayer after the fourth and seventh step. "Look well to EACH step." Whympers words haunted me as we carefully reviewed where we were, and checked to confirm the wound was closed, and began the process of assembling splinting materials. I credit the confidence from this knowledge (MOFA) and faith (SP) as

the primary reasons I did not go into shock. Although sometimes difficult for the first responders, it is probably better for the victim to take an active role in his own rescue.

Shock may have been a nice refuge later on, however; then perhaps I wouldn't have fully experienced that awful moment when my foot, splinted with an ice ax, became the pivot point for the litter as it hung up in the doorway while being winched into the M.A. S.T. Blackhawk that plucked me off the ridge. I eschewed the narcotics I carry in my first aid kit -- the ER doctor in Yakima advised "Next time, when you hear the chop-

per, take 'em!"

How can I possibly express sufficient gratitude to Nancy's leadership in my rescue, and to the flood of phone calls, emails, and cards received from OSAT friends, containing a veritable plethora of advice, offers to help, well-wishes, and prayers. The love contained in OSAT flows out unconditionally, and I feel inadequate to return it all in kind. Thanks and God Bless all of you.

Montani semper liberi! And I dare not omit: "Keep climbing mountains, and don't slip!", or "Look well to each step."

Yodel Staff

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How to Contribute

The deadline for November Yodel: Oct. 23, 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 QUICK-REFERENCE

Board of Trusted Servants (BOTS)

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Dick W. 425-339-3751 *dgrandpaw@aol.com*
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Library: Rik A. 206-232-8908 *rik@osat.org*
OSAT East Coast: John H. 617-641-3423
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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. There is a meeting this October, entertainment to be determined....

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**

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

We have received the results of the independent investigation of the John Repka tragedy back in May of last year. The following are the conclusions and recommendations sections of that report. We chose not to print the entire report in the Yodel due to the volume. Copies of the entire report will be available at the next club meeting on Mercer

Island on October 11 at 730 p.m. If you are not able to make it to this meeting and want a copy of the entire report you can e-mail me dgrandpaw@aol.com or call (425) 339-3751 and I can e-mail a copy as an attachment (word) or if you do not have e-mail I can send a copy via snail mail. Thanks, Dick Wright

INDEPENDENT REVIEW COMMITTEE REPORT ON THE DISAPPEARANCE OF JOHN REPKA

Report to the Board of Trusted Servants of
One Step at a Time
June 8, 2000

Conclusions

Reports of the events of the day conflict with each other. It is uniformly agreed that the visibility was very limited and winds were substantial. It is also agreed that groups split up and people largely traveled at their own paces. Many people got off route.

The investigation committee believes that bad weather and becoming separated from his party are the direct causes of Repka's becoming lost and dying. The committee believes that Repka's being ill was a contributing factor. It appears that by mid afternoon, before he lost total contact with other OSAT people, that Repka was disoriented. Given the weather, there is a significant possibility that hypothermia was a factor contributing to this disorientation, but there is no way to tell whether or not this was the case.

No reports contradict statements that Repka was not feeling well on May 16, 1999, and was traveling unusually slowly.

No one reported following tracks on the descent, despite the fact that dozens of people had traveled the route that day. Instead, people report tracking the route by wands. This strongly suggests that blowing snow covered tracks almost immediately.

It is not clear when or where Repka was last seen. A relatively reliable report states that he descended to about McClure Rock, about 700' below where his body was found. To travel from McClure Rock to the point where Repka's body was found requires travelling at least one mile, ascending 700', and traversing to climber's right at an average of about 30 degrees to the right of the fall line.

The fact that his body was found partly in his bivy bag is a very strong indication that Repka had stopped traveling and was seeking shelter before he died. That a radio out on snow near where his body was found suggests that he attempted to contact the rest of party after he stopped travelling. However, the latest contacts with Repka suggest that he was below the point where his body was found when last radio contact was made, and at that time he was still traveling. There is no evidence to suggest whether the radio stopped working, whether the radio had insufficient power to

reach Paradise from the point where Repka stopped, or whether he was too disoriented to operate the radio.

Bad weather, darkness, and logistics delayed start of air searching until more than 12 hours after Repka was lost. It would be normal human behavior that Repka stopped moving and partially climbed into his bivy bag near night-fall of May 16. If he did so, it is definitely possible that Repka could have been covered by blowing snow before air searching began the next day. Also, searching focused on areas near and below where he was last seen, and below where his body was found.

Limited expectations appear to have been articulated to students (either earlier in the course or at the beginning of the trip) about their identity as a member of a team, and how to participate as a team member. Many students reported that as they ascended they were concerned about making it to Muir in time to meet the requirement, to continue the course. This concern was present even though there could be another chance to attempt the Muir hike. Differing rates of hiking, weak commitment to their groups, and the goal of Muir contributed to the disintegration of groups before Panorama Point.

In addition to the bad weather and Repka's impaired physical condition, the investigating committee believes that organizational and social dynamics contributed to the Repka accident. Specifically, we conclude:

- (1) The large number of members in each group made it difficult for participants to keep track of each other;
- (2) Forming groups by aggregating people who became ready to depart the Paradise parking lot at the same time did not bond people to their leader or group;
- (3) The performance requirements of making it to Muir by 3 p.m. to continue in the course made people focus more on getting to Muir than participating as a member of a team;
- (4) OSAT has a culture of informality where independent action by individuals is valued contributed to individuals being willing to not keep track of or stay with other members of their groups; and
- (5) Repka was generally perceived as a competent person and leader who was taking care of students, rather than an individual who might need care from others on his team, making it extra difficult for others to overcome Repka's rebuffing of efforts by others to investigate and accommodate his apparent physical impairment.

John Repka's continuing to ascend when he did not feel well is likely to have been a significant factor contributing to his death. We have no data to tell whether Repka was aware of the degree of his own incapacitation, whether he persevered in order to continue playing the role of leader, some other reason, or a combination of the above. Any attribution of Repka's motives or reasoning is only speculation.

Recommendations

Our recommendations relate to team organization and operation, student training, OSAT capacities, and OSAT values.

Taking novices and offering to teach them involves shouldering responsibility beyond what a teammate has toward another teammate who is a peer. Novice students do not have the skills to judge whether a situation is dangerous, and do not have skills to necessarily get themselves through a potentially dangerous situation. Instructors must frame situations so the hazard to students is very small, and manage situations to get students through safely.

Being a team should mean that getting all team members home intact is the first priority of the team. If one member is not able to make the climb then the whole team might not climb. Students must be given this message early in a climbing course, and have the message verbally repeated and demonstrated through action on outings. Teams do not necessarily have to stay together for an entire outing. It is possible for teams to trade members, but this must be done very explicitly, and is likely to weaken bonds between team members.

Team cohesion is particularly difficult to achieve if people do not know each other prior to the climb. If team members are not bonded before a climb, it is especially important that teams should be small enough that all people can know and track each other. 12-17 people is too large a group for bonding in a matter of minutes, and is too large for one leader to keep track of. For an activity such as the Camp Muir trip (i.e., not a formal instructional activity), organizationally there are two choices. To have an informal structure of autonomous groups, a very low student to leader ratio is necessary. We suggest maximum team sizes of one leader with three students (group size of four) or two leaders with four students (group size of six). With a higher ratio of students to leaders (five or six to one) a more formal and rigid social struc-

(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

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

Nov 23: Thanksgiving Mt. Si Appetite Builder — leaving the trailhead at 8 a.m.

December 8, 10am-noon: *Washington State Board on Geographic Names considers Hinkhouse Peak application*, room 172 in DNR Building, 1111 Washington St, Olympia.

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.

Independent Review Committee Report conclusion:

(Continued from page 4)

ture is probably necessary to ensure that the group stays together. Even here, two leaders per group is a minimum. Also, we note that OSAT values informal and relatively non-hierarchical social organization.

Achieving the necessary student to instructor ratio is difficult. It requires establishing adequate training for instructors as well as methods for judging the abilities of instructors. Not only is this judgement very difficult, but the organization must also enforce its judgements. If the pool of instructors is limited then the maximum number of students who can be accommodated is correspondingly limited.

Making team safety the first priority conflicts with requirements that students reach summits or other performance targets (e.g., hiking to Camp Muir in a given period of time). At the same time, instructors must evaluate student capacities and keep students from undertaking activities if they have not yet developed skills needed to do the activity safely.

While team safety should be the first priority of each team, at the same time people must take responsibility for themselves. Each person must gather information about their envi-

ronment and abilities and work hard to learn how to judge data, and act on available information. At minimum, each person must judge their own condition and make their team members aware of their condition, particularly if they are at their limit. At some point, being responsible for oneself may conflict with serving the team, if a team member decides they are at their limits but the team wishes to proceed or needs the help of the person at their limit.

Judging leaders and performance, and limiting people according to their demonstrated abilities conflicts with the informality valued by OSAT members. Teaching in small groups could give students a more informal experience, but would still require formal organization of leaders and groups, and formal judgement of skills of leaders (and enforcement of those judgements).

One method for increasing commitment to the team, and increasing the ability of the team to recognize information and act on it is articulation of guidelines prior to climbing. Prior to climbing, group members can discuss what actions they will take in response to given conditions (under what conditions will they proceed toward the summit, under what condi-

tions will they change route, and under what conditions will they turn around). Conditions include weather, the route, individuals, and the group. Discussing specific, observable thresholds in advance helps make it OK for people to recognize and articulate situations, rather than discounting data they observe. This is really important because people often discount available information, and fail to act on it. In many rescue situations, the people involved in the accident had information available to them that they could have used to avoid the problem.

If OSAT is to enforce limits on team size and leader competence, it will probably have to clearly separate people who are participating in outings as a part of a course from everybody else. In particular, only students and instructors would participate in outings.

The investigation committee recognizes that this report remains, and must remain inconclusive in some ways. Some things, such as John Repka's mental state during the afternoon of May 16, are unknowable. Other things come down to a difficult choice for OAST, about how to balance conflicting values. We hope that this report illuminates these challenges, and is of help to OSAT.

I Love Seaside

Submitted by Lori U.

If fond memories emit warm feelings, then Seaside, Oregon is a hottie for me. In the 5+ years of sobriety, I have periodically joined the masses retreating to the A.A. convention Mecca of the NW. I most recently spent the weekend at this resort town for a Woman's convention accompanied by 8 other women from my old homegroup. And WOW! There is something so Spiritual and ever-powerful about Seaside for me. Recovery permeates the area.

The first two times I came to this fair city were the first two years of my sobriety, also in the com-

pany of many of the same women I just spent the weekend with, to the annual Roundup that takes place in April. We rented large houses on the beach, had potluck dinners, and meetings at the house, besides having access to all the activities at the convention center. The time with these wonderful, loving women were joy- and fun-filled. We walked the beach, rode bikes and flew kites... the kind of stuff that is hard to do from a barstool. I also golfed in the tournaments the convention put on.

My next journey to Seaside was to the Millinium Ball 2000. Another great time! This time, I was in the company of OSAT friends

to greet the New Year. Kathy H., Ron D., Sandy S., Tino, Kat, Bill L., Nancy T., and Doug and Sue H. were among the throngs enjoying Winter days at the beach. We walked the town, the Prom, the beach, oblivious to the cool, inclement weather, just taking in the surroundings of health and friends. We welcomed the New Year from the dance floor and gave a toast with sparkling cider. Bill L. brought his cannon with him for after hours fireworks, but.....that would be Bill's story.

I made it back to Seaside that April with Carol J. and, again, we hooked up with OSATER's, Tino, Kat, Chuck A., Bob and Lisa M., and Doug and Sue H. We shared

great speakers, a late night bonfire and alot of fellowship.

I love Seaside. I love the warmth and smiles that arise from the depths of my sober soul when I am there. If you have never been to this seashore city for an A.A. convention, I strongly encourage you to place this on your list of things to do. It's an awesome experience! The people within are radiant and joyful and the town itself seems to declare the essence of the life of an A.A.er.... "I'm glad you're here; Keep coming back." And one other thing, when you decide to go.. send in your registration early as it sells out fast. KCM&DS Lori U

The Yodel

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OSAT MARKETPLACE

Advertising in this column is free for all OSAT members. To keep your ad in subsequent issues, you **must** notify the Yodel of your renewal prior to deadline. Send the *Yodel* your personals, gear swap offers, and situations wanted. **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.

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