



the yodel

mt shuksan

volume 10 :::: issue 10 keep climbing mountains and don't slip!

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MT ST HELENS CLIMB – JANUARY 18-19, 2003

This trip was conceived on a trip down Tiger Mt., and was originally designed to commemorate Sharon L's 40th birthday. When Lori U. called me and invited me, I thought, "well, it seems like an unattainable goal, but I have three months to condition for it." So, I said, "yes, sign me up."

backpack, crampons, snowshoes, ice axe, and lots of strength and good vibes, I felt almost ready, but not quite. The program taught me that naming my fears gives them less power, so I started confessing about how freaked out I really was. It came across like bragging. My problems are cool today.....(cont page 4)

How much conditioning would I need, I wondered? I went up to the Sunday morning meetings every chance I had, but didn't seem to get any faster or stronger. Still, I wanted to climb that mountain, whether it would take me all day or not. I didn't like the idea of everyone waiting for me, but that seemed less and less important.



Mt Saint Helens—July 1970—USGS

As the weekend loomed, and I borrowed almost everything I would need for this trip,

Volunteer Position Open

The yodel needs your help. If you are fluent with Microsoft Publisher or other desktop publishing software, we would love your help. It would not be a total commitment until after the first 1-2 Yodels are published. If you are interested please contact Scott H at yodel@osat.org, or any of the BOTS members.

Our Mission Statement

It happens at the start of every new year. I reflect on this life that I am creating. One of the things that arose was the meaning of the OSAT mission statement: "To provide a clean and sober environment for members and friends of 12-step recovery groups in the spirit of conservation, preservation, and ecology." The first part of this statement is clearly evident in this past year as we have fulfilled the mission in many ways from mountaineering, cycling, kayaking, getting together for movies, campouts, indoor gym climbing, musical jam sessions, outdoor endurance events, and international trips. You name it, if one OSATER has the desire for an activity, then he or she can usually round up several others to make it happen. No, it's the last part that puzzles me, the part about "...in the spirit of conservation, preservation, and ecology." How have we manifested

this part? Is the last part of the mission statement some evolutionary vestige like our appendix, which no longer serves a useful purpose but had at one time? Or, is it a part of our mission that remains largely unfulfilled? Now, I have to confess that this is the first time that I've seriously considered the intention of our mission statement in all of its parts. I think that my cursory understanding of it is that, it refers to the fact that we are an outdoors group who seeks to provide an environment conducive to recovery. Granted, I may not understand our mission statement within its larger context because I've only been associated with OSAT since 1999. For insight and to bridge my historical gap, I read about the origin and early development of OSAT that is detailed on our web site. I find that Jimmy Hinkhouse's legacy is crowned by a seminal idea, i.e., the idea (con't page 2)

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."

OSAT BOTS Meeting Minutes

December 16, 2002

Nancy & Bill's house

Attending: Mike R., Nancy T., Russell S., Pete S., Robyn S. and

OSAT members: Lori U., Bill L. Mike R., our retiring BOTS member chaired the meeting.

1. Old Business:

A. Discussion of Relapse vs. Recovery: who can be on an OSAT climb.

"For those who are in recovery a minimum of 30 days of clean time is required to participate in a climb for the safety of all involved. No drugs or alcohol are to be on any OSAT activity."

B. Lori U. reported on the Cascade Crags Climbing Party's attendance and cost: 26 adults (plus 4 adults who were card carrying members admitted at no charge) and 3 children attended. Total cost was \$180. Mike R. suggested that at OSAT activities we announce that attendees need to be members in good standing, i.e. with dues paid, and that we have membership forms available at the door.

C. The Christmas Party was a "Rocking Success!"

D. Mike R. has contacted Doug H of the safety committee and told him then do not need to ask the BOTS for approval of their work.

E. Update on the Gratitude Party: Charlie & Janyth liked their OSAT vests, our special appreciation gift in honor of their long-time service.

F. Pete S. suggested a 45 day advance notice to be given to the BOTS when members are requesting funding for future OSAT events. The lead time would allow us time to have at least one BOTS meeting to discuss it.

2. New Business

A. Lori U., our activities chair, spoke of the evolution of the activities Committee and asked about what events should be supported and subsidized. She proposes setting an annual budget for 6 to 7 events and coming to the next BOTS meeting to further discuss it. Russell suggested if funding is a problem, we could have one or more fund raisers.

B. Lori U. also had emailed BOTS members a request for funding a Vertical World Climbing party on 1/4/03 and we voted to partially support it with club funds.

C. Discussion of the recent controversy over the use and misuse of e-mail. We created a statement form the BOTS to be submitted to the e-groups and the Yodel.

Mike will send the following by e-mail:

"The BOTS would like to address the use of OSAT e-groups for communication. It is our position that this vehicle be used solely for general informational purposes. This is not the form for discussion of personal opinions. If you need to express such issues, please consider attending a monthly BOTS meeting. Again, we cannot emphasize enough that OSAT e-groups is for information NOT opinions."

D. Nancy will make copies of the by laws and other historical information for the new BOTS members, Robyn S & Mike P. We thanked Mike R. (and Dave S. in absentee) for their past two years of faithful service on the BOTS.

Our Mission Statement (cont page 1)

of participating in an AA meeting on the summit of Mt. Rainier. So there it is.

Yet, as I understand it, the express purpose of OSAT is not the singular goal of providing a personally convenient and cheap way to climb Mt. Rainier as some believe it has become. The introduction to climb is actually an invitation to join a community of sorts. I did not know his mind but I venture to suggest that the true goal is figurative rather than literal. Leading up to and climbing atop the mountain signifies the culmination of the steps to spiritual awakening. It is a call for nothing short of personal transformation cloaked in the guise of ego ambition. So recognize the experience for what it can be. In that respect, any mountain may suffice.

This is why, in coming back to the mission statement, I see the organization of a large number of people for a hike to Camp Muir as contrary to the spirit of the mission statement. This event occurs in conjunction with the traditional Mt. Rainier climb. The cumulative impact of adding more people is felt even if you split into smaller groups. 11,326 climbers attempted to summit Mt Rainier in 2002 and 75% of these attempts originated at Camp Muir. It is projected that this number will increase to 14,000 attempts in the year 2010. With this projected increase, the special use fee (mountaineering cost recovery fee) was doubled from \$15 to \$30 per climber, to

take effect April 1, 2003. The full text of the analysis report can be found at <http://www.nps.gov/mora/climb/costrecovery.htm>. It may also interest you that the issue of the anticipated environmental pressure caused by an increase in visitors to the park is addressed in the Final Environmental Impact Statement and General Management Plan – Record of Decision (<http://planning.nps.gov/document/rod.pdf>).

May I suggest to the BOTS and OSAT, in general, that we encourage outside membership in groups who actively pursue the wise use of natural resources consistent with the principals listed in our mission statement? Two of these groups include the Mountaineers and the Access Fund. Also, with this new year, I would like to offer the proposal that OSAT sponsor a work party with the Washington Trails Association to restore and maintain trails. Lastly, I believe that the 2003 Climbing Committee has taken a positive step in accordance with our mission by removing the sole emphasis on Mt. Rainier as the climbing objective and by placing fellowship first.

I didn't have the opportunity to meet Jimmy Hinkhouse. I want to believe that he would agree that OSAT is an evolving entity guided in part by the leadership group (BOTS) who have the best interests of the entire membership in mind and who have an eye to the future so that we may change with the times.

OSAT QUICK-REFERENCE

Board of Trusted Servants (BOTS)

Robyn Smith	206-679-5397	<i>robysmi@msn.com</i>
Nancy T.	206-523-0844	<i>nthorpee@juno.com</i>
Pete S.	253-475-5545	<i>petestaples@attbi.com</i>
Russell S.	425-753-3525	
Mike Prime	253 854-3016	<i>Mprimed@attbi.com</i>

12-Step Meeting Coordinators

Tino	253-826-1464	
Dave B.	425-353-8154	<i>dgbrown5@gte.net</i>
Tracy M	425-204-0168	<i>tracybruce@earthlink.net</i>

Contact People

Activities:	Lori U.	425-430-8738	<i>Namaste2b@aol.com</i>
Activities Hotline:	Pat A.		<i>spamulino@yahoo.com</i>
Finance:	Teresa F.	425-353-8154	<i>tt.flynn@verizon.net</i>
Library:	Rob E.	206-718-6722	<i>rob@orcahome.com</i>
Membership:	Jane L	206 686-2927	<i>jane.lockwood@gettyimages.com</i>
OSAT East Coast:	John H.	617-641-3423	
Running:	Doug H.	425-271-5116	<i>dougnsue@aa.net</i>
Safety:	Dave N.	253-752-9214	<i>offbelay1@juno.com</i>
Service:	Lee W.	206-465-4650	<i>leewiseman@attbi.com</i>
Yodel:	Scott H.	425-346-9302	<i>yodel@osat.org</i>
Webmaster	David C. (Dax)	206-623-7857	<i>webmaster@osat.org</i>

OSAT Club Meeting: Monthly OSAT club meetings are held the second Wednesday of the month at 7:30pm. 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 #6, upstairs.

OSAT 12-Step Meeting Locations:

Issaquah IHOP: Time: Thursdays @ 730pm (back to Tiger on April 10)

Tiger Mountain: Time: 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).

— Thursday Contact: Tino Sunday Contact: Tracy 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 @ 7:30 pm Meet at trailhead at 7pm

NEW UPDATED INFORMATION!

Location: Take Exit 173 to Northgate Way and turn west. After crossing Meridian, Northgate Way becomes NW 105th Street and crosses Aurora Ave. N (Highway 99). Turn right on Greenwood Ave N. and left on NW 110th Street (look for the crosswalk lights above the street). After 6 blocks, NW 110th Street becomes NW Carkeek Park Road and winds down into the valley for 1/2 mile to the park entrance.

The group meets at the beach (weather permitting) at 7:30pm. This park has beautiful sunset views of the Sound. Be sure to dress very warmly and bring candle lanterns and headlamps, as it is dark and usually cold. If it is raining, the group meets in the shelter at the north side of the parking lot. Contact: Dave B. 425-353-8154

OSAT Telephone Numbers

There are two main phone numbers for OSAT...a general info number where you can leave a message to have a person follow up with your questions and an Activities Hotline number where you can find out where the OSAT meetings are held, the contact people's numbers for those meetings and also be able to leave a message for follow up with a member.

General Info 206 686-2927
Activities 206 686-2926

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

but I don't need to be insensitive. It's a balance I'm still trying to achieve; me and my personal goals vs. empathizing with someone else who is still in pain, just like I used to be.

I could not have done this thing without Lori, who was so generous with her time and support. She even came over to my apartment and helped me sort out what to pack and what not to.

I didn't get a lot of sleep the night before, but did get an extra hour or so, because I set my alarm clock wrong and slept through it. Thank the Technogods for cell phones—I was able to call Lori and tell her I'd be a little late (this was 5 minutes before I was supposed to meet her at her house in Renton.) We agreed to meet in Tacoma.

We left at about 8, and got down to Cougar, where we got our permits for the climb, at about 10. After a big breakfast at Jack's (the only place in town), we drove to the Marble Mountain snow park and geared up. There wasn't a lot of snow at the trailhead, so we didn't wear snowshoes.

We hiked into base camp, at the 4,200 foot level, just above timberline, at about 2:30 p.m. This was about a 2-1/2 hour trip. Setting up the snowcamp was an experience, as I had never camped in snow before. It's amazing what can be done with a shovel and some creatively applied hot water. We had a little bit of time before our meeting, so we socialized and had dinner.

The moon was full that night, so our meeting was very enlightening in more ways than one, with the reflection on the snow. We didn't need headlamps at all, unless we were in a shadow. The broad ring around the moon was a sign of good weather, for at least the next 24 hours.

We went to bed relatively early, and my tent mate slept soundly, but I didn't. I was still too excited. We had planned a 4 a.m. wakeup and I didn't want to miss it. I didn't—I was outside on a nature call when Lori's voice rang out around the camp, "Good morning, OSAT, it's 4 a.m.!) I shuffled back to the tent and got ready for breakfast and the push to the summit. With lots of help, I repacked my pack and got physically, if not mentally ready. It was still bright moonlight outside, and I could see several constellations, some of which I recognized. Headlamps were not necessary, but we had them anyway.

The pace to the summit was slow, but steady, and I didn't have much trouble learning to use Lori's crampons. Thanks, Eli, for teaching me the cute little French step technique. It saved me a few times.

Everyone was very encouraging and helpful, and the spirit of the mountain seemed to give me permission to climb it. I was tired and sleep deprived, but still very excited. Taking it just one ridge at a time seemed to help. Trying to remember all the words to the Stop Making Sense soundtrack and the songs on my Nirvana Unplugged in New York CD took my mind off the distance and necessity of counting every step.

When I got to the second to the last ridge, I knew it was going to happen. I was going to make the summit. My snail's pace picked up to tortoise pace. I sang a few more inspirational songs and kept going.

Just a little background digression here: I grew up in Chehalis, an hour and a half drive down south I-5 from Seattle. On clear days, I could see St. Helens from my back yard. It looked like Mt. Fuji on a small scale; a perfect cone, reassuring and frightening at the same time. My brothers and sisters and I used to rent boats at Spirit Lake, which now looks like a bad dream.

They tell me I got up to the summit at about 11:30. The hugs and congratulations of all the other climbers just added to my joy.

Of course, we were only halfway through. Now, the task was to get down safely. Lucky for us, St. Helens has a legendary glissade slope. I practiced enough of that to get over my fear of losing control going downhill (keeping my feet together helped) and got to enjoy it on the last four or five trips. Plunge-stepping in between glissade runs was not as much fun. The snow got a little mushy toward base camp, so I got into some crotch-deep holes. On me, that's about 36 inches!

When we got to base camp, Lori wanted me to rest while she broke up the camp and made lunch, but I was still too excited. I organized my stuff and got ready for the hike down. We had a small lunch, put on our snowshoes, broke up the camp, and got ready to go.

The slog down seemed endless. On the way down, still sleep deprived and high as I'd ever been, I saw parking lot mirages. When I was just about to pass out with exhaustion, I thought I was hallucinating Tom coming through the forest. He turned out not to be a mirage, and he offered to carry my stuff for me. I will always be grateful to him for that.

When we finally got down to the parking lot, I slogged over to the bathroom and back. It took a long time. We drove back to Jack's and had dinner there. It was very celebratory, because we all made the summit and a couple of us were first-timers. It was my highest altitude, and my first winter field trip with a snow campout. I am still trying to figure out what all I learned from this trip.

The most amazing thing about this trip was the positive energy of the other climbers. I felt that everyone had left their egos and negative emotions at home, and put themselves into helping me have a successful and enjoyable climb. The first time is always special, and this certainly was. The weather, the mountain and the people all conspired in my favor to make this a harmonic convergence like none I have ever before experienced.

I could not have done it alone. Thanks to OSAT, my higher power, and all the good vibes from people on and off the mountain, I didn't have to. My transition from wannabe climber to novice climber was complete. It was my first major summit, but I hope not my last.

Thanks to all 17 of my fellow climbers; Tom, Dick, Voya, Cindy, Eli, Jon, Ryan R., Ryan D., Sue, Russell, Lori, Dave, Scott, Nancy, Bill, Pete and Rod, for the part each of you played in this very special weekend. I hope to see you all out there somewhere.

Robyn S

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.

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** for info or email dougsue@mindspring.com

Yodel Staff

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

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How to Contribute

The deadline for May Yodel:

May 1, 2003

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 Scott H for mailing instructions.

OSAT EVENT CALENDAR

Message from Lori U. our Activities Chair:

More activities will be posted in upcoming yodels. Please respect these following courtesies when signing up for an event. Call leader for sign up and particulars about event (i.e. directions and equipment.)

March

- 29** Sailing class through the Center for Wooden Boats.
Contact Annie B. 425.765.4721

April

- 4-6** Northcoast Roundup annual A.A. convention at Seaside, Oregon.
- 5** Winter snowshoe/snow camp to Reflection Lake. Chris and Wendy N. 206.851.5383
- 6** Cycle Sunday!! This is the start of a weekly bike ride that meets at noon at Tracy Owen station in Kenmore. Led by the OSAT webmaster and cyclist extraordinaire, Dax. 206.623.7857
- 12** OSAT first annual golf tournament!!!
- 10** Back to the Top O' Tiger!! Come celebrate the kick off for the **12th** season of OSAT.
- 26-27** Mt Adams, South Spur. Bill L. 206.985.4539
- 26-27** Mt St. Helens Bruce and Tracy M. 425.204.0168

May

- 23-26** Mt Rainier via Tahoma Glacier. This is the year!! Leader Rik A. 206.232.8908

June

- 6** The Foreigner a play by Larry Shue at the Redmond Town Center. Yet another night of culture with Karen D. 425.883.1829 and Lori U. 425.430.8738
- 21** Sourdough Mt. Bruce and Tracy M. 425.204.0168
- 22** Hinkhouse Peak. Rik A. 206.232.8908
- 28** Outerspace (5.9 rock climb) Contact Kevin C.
- 28-29** Mt Baker. Leader Russell S. 425.753.3525

July

- 4-6** Bonanza. Boat ride then bus ride to trailhead. Russell S. 425.753.3525 and Bill L. 206.985.4539
- 12-13** STP (Seattle to Portland) bike ride.
- 19-20** Chick climb TBA. Tracy M. 425.204.0168 and Lori U. 425.430.8738
- 26** Kangaroo Temple (rock climb) Bill L. 425.985.4539
- 27** Liberty Bell (rock climb) Someone TBA
- 30** RAMROD (Ride Around Mt Rainier in One Day) Woo-Hoo!!

August

- 3** Troika ½ Ironman.
- 8-9** STV (Seattle to Vancouver) bike ride.
- 10** Osat 3rd annual Golden Gardens potluck/picnic/volleyball.
- 16-18** Ross Lake Kayak. Steve m. 425.861.7627
- 17** Danskin Triathlon. Women only....Sorry guys, but you can come watch and cheer!
- 23** Sahale Peak Bruce and Tracy M. 425.204.0168
- 24** Cycle to the Summit. Tiger to Snoqualmie bike ride. Dax 206.623.7857
- 27** OSAT night at SAFECO Field. Come say HI to Lou Pinella. Contact Rik A. 206.232.8908
- 30-31-1** Glacier Peak Labor Day weekend climb. Two Routes??

Colorado Backpacking Trip planned.....

Trip Date: Sept 9th- 18th

This is a heads up for a backpacking trip to Colorado that I'm leading in September. In the SW corner of Colorado is a beautiful wilderness area that I've been going to since 1980. This years trip will be 9 days on the Continental divide. We'll fly into Durango and grab our train tickets for the ride OUT of the wilderness area. Yep, the last day is a steep descent off the divide to a narrow gauge rail line where we'll flag the train down for the 3 hour ride back to town and fresh food, showers, shopping, and a night in a hotel.

We'll follow the Pine River into Weminuche Pass(11,800) then climb past La Fenetre and The Rio Grande Pyramid(13,800). We'll go through Nebo, Hunchback, and Gunsight Passes and we'll have 3 14,000ers to scramble to the summits of! We'll camp at Oso, Ute, and Kite Lakes!

If that wets your whistle take a look at the link below and gimme a jingle.

kcm&ds

Chuck A

http://www.wilderness.net/nwps/wild_view.cfm?wname=Weminuche



More Events.....

OSAT 1st Annual Golf tournament and fundraiser

We have 16 slots available for this 2-person, best ball scramble. \$50 includes cart per 2 people, green fees, small bucket of balls and lunch. First tee-off is a leisurely 10:33am so you have plenty of time to warm up. Prizes for longest drive for men and women and closest to for men and women. Call Lori U. to sign up. Volunteers also needed for this gig.

IN THE WORKS...

White water rafting. Capt Ron H. is offering his sober services to leading an OSAT day on the Skykomish in May and maybe the Tieton in Sept.

Details will be forthcoming.....

Sea Kayaking.

Sky Diving. This one's all you, Mike.

A day a Wild Waves.

Please remember everyone, that this is *your* club and that you are ALL on the Activities Committee! One sober hand reaching out to share some of the gifts that sobriety brings. If you have an event or activity you want to share just send it out on egroups or email lori@osat.org for assistance in promoting.



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Ivar Sandsmark

You got Questions?

Q "Who is eligible for an OSAT funded activity discount?"

A "Any OSAT member in good standing. ie; current dues paying member." Guests of course are welcome, but must pay the full amount of the activity. If you wish to have your activity funded by OSAT, please submit a specific proposal the the BOTS 45 days prior to the event.

Submit your questions to yodel@osat.org

Goran Kropp Memorial Climb

I went over to Frenchmans coulee yesterday and climbed Air Guitar along with half a dozen other routes. It was a beautiful day and a great experience climbing the route that Goran Kropp passed away on a month ago. The thoughts that go through your head are interesting, I was confident but leary, I was especially attentive to proper placement of pro. I did it as a memorial climb and I thought that Goran would want people to keep climbing and not have "bad karma" attached to the route he died on.

I got much more out of it than I planned, I figure out how this tragedy could occur to such an accomplished climber. When I pulled through the crux (10 ft. from the top) I looked back at my pro and realized only 2 pieces had to blow out for me to hit the deck. The first (3" camalot) you'd think wouldn't blow, but Goran's did; the second piece would be taking about 25-30ft of free fall (anything could happen). I heard that the beaner on Goran's second piece exploded, I think when it was weighted the gate opened against the rock (that's generally how you explode a beaner). I consider both relatively bad luck and I was reminded that climbing is a dangerous sport, I'm sure Goran felt confident with his pro (as I did), and 2 seconds later he was dead.

I learned a lesson in humility yesterday when I got to the top I said a prayer for Goran and his family I then thanked my higher power, prior to the climb I said the serenity prayer. In the past I would of topped out and yelled, "Yahoo, look at me I am Spartacus". OSAT has helped me with my Pride issues, as I have become humble in my daily life it has carried over to my climbing

making me a better person and climber.
I love this program,
Kevin C.

- 1) Someone else etched a memorial in the rock at the base of the climb
- 2) I'm holding a cardboard copy of a bronze plaque that I'm in the process of making to show where it will be located.
- 3) These pictures were sent through Goran's website to his parents for their approval of the plaque and I let them know OSAT's love and prayers are with them during their time of loss.



Another Memorial to Goran Kropp

I recently heard about this and had to share it with everyone— Here is the info from the website www.around-n-over.org

Six Summits Project by Around-n-Over

Erden Eruç has long dreamed about making a self-powered journey around the world and in 2002 he decided it was time to make his dream reality. He was inspired to add mountain summits in honor of his friend and climbing partner Göran Kropp, who died in a rock climbing accident in September 2002.

The result is Around-n-Over, Erden's quest to climb the highest summits on six different continents, traveling to each peak by ocean rowing and by cycling.
Erden's adventure begins February 1st when he will bicycle from Seattle to Alaska's Denali - the highest peak in North America - climb it with his friends, and ride back to Seattle. Once back in Seattle, Erden's travel plans include:

- ? Rowing from Seattle to Chile, cycling to and climbing Mount Aconcagua
- ? Rowing across the Pacific to New Guinea and climbing Carstenz Pyramid
- ? Rowing to Thailand or India, cycling to Nepal, and

climbing Everest

- ? Rowing to the east coast of Africa, cycling to and climbing Kilimanjaro
- ? Rowing through the Red Sea and the Suez Canal up to Turkey and climbing Elbruz
- ? Rowing across the Mediterranean Sea and the Atlantic to the Caribbean Islands, then island hopping to Florida
- ? Bicycling from Florida back to Seattle

A charitable non-profit organization called Around-n-Over is being formed to produce news and educational content about the journey and to share its know-how for future human-powered challenges of similar nature. One of the goals of this organization will be to support the school that Göran Kropp founded in 1996, the Göran Kropp Bishwa Darshan Primary School in Taptin, Chyangba, Solukhumbu, Nepal, which serves 150 pupils and five teachers.

? Subscribe to email dispatches and check up on the expedition at www.around-n-over.org
How's that for some adventure?

Scott H

The Yodel

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The Online Version

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.**

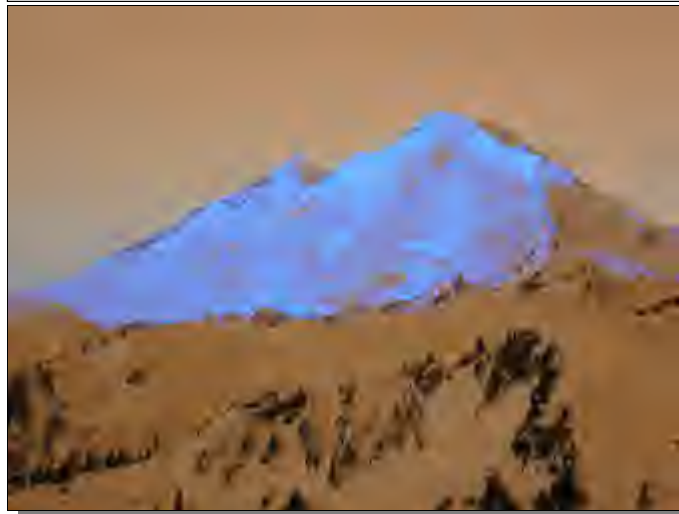
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Will A. 425-822-0988 willtrek@msn.com

PHOTO OF THE MONTH



Where: Artist Point, Mt Baker

When: February 8, 2003

What: Sunrise on Mt Baker

Submitted by: Scott H—

Photo by: Adrien P

Send us your images to yodel@osat.org and we'll have the editors vote for the best one and post it here each Yodel!