

CONTENTS:

- Mt. Rainier International Ski Expedition Story and picture by Sean Walsh —pp. 1 & 4
- BOTS Minutes —p. 2
- Quick Reference —p. 3
- Event Calendar —p. 5
- Bandera Mt. —p. 6
- Poetry page —p. 7
- Photo of Month & Marketplace —p. 8

MT RAINIER INTERNATIONAL SKI EXPEDITION

Bill Link and I drove down to Mt. Rainier early Saturday morning June 14th, hoping for good weather and to ski from the summit. We left the parking lot at White River Campground around 9 am and after about an hour of hiking we ditched our approach shoes, booted, skied and skinned up and began skiing towards the Inter Glacier. Stopping at the base of Inter Glacier for a bite and to make some adjustments we were met by a pair of Canadians skiing up from Glacier Basin. These two turned out to be Jordy and Greg from British Columbia and we decided to join up to break tracks to Emmons Flats. Bill and I extended genuine American courtesy and allowed Jordy to go first, and break trail.



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.”

The weather had been socked in all morning and though we thought we might get some sun breaks as the day went on, visibility only deteriorated further as we ascended into thick cloud. We missed the trail over the ridge to Camp Schurman and decided to climb down the trail from Steamboat Prow. Jordy and Greg had planned on camping at Schurman but decided to come with Bill and I up to Emmons Flats. We finally broke out of the cloud on the way up to Emmons and we enjoyed beautiful evening sunshine and views while the tent ghetto remained socked in a couple of hundred feet below. We all had traveled together well that day so we decided to climb together as a single rope team the next day.

6:30 am we all tied into Greg’s 60m rope, and with our skis on our packs and Bill leading the way, began booting it up Emmons Glacier. Bill set a comfortable pace and we stopped for a short break about every thousand feet. The reason for starting so late from base camp was that we hoped that by descending later the snow conditions would be softer and better for skiing on the way down. As the morning wore on I felt brief periods of apprehension thinking that I didn’t notice this snow was warming up at all. It was cold and the snow was not warming, in fact I started out from the tent wearing all of my layers and never peeled any until nearly back to base camp. My solution to feelings of apprehension is to stop thinking about whatever is causing them, this is effective to a point but the feelings inevitably recur as each step taken is a hard, icy, crunchy boot plant that causes me to think how in the hell am I going to ski down this frozen, icy waste. At this point I find it helpful to not only stop thinking about whatever is causing the anxiety, but to also add generous quantities of blind hope.

Summit morning dawned clear, cold and windy, with spectacular views and

(Continued on page 4)

Spirits of Denali.

by Jim K.

*All wore out
Bearing the weight upon my shoulders
Tuned way in
Feeling the journey in my feet
One more ridge
Climbing the skyline ever higher
Have no recollection
What it's like to sleep*

*Up before the sunrise
Travelin' by the moonlight
50 feet of dry line
Stretched out behind me
Eyes behold the glory
Of the world out here before me
Spirits of Denali -- accompany me*

*Almost at the summit
Just 10 more minutes to go
Spirits of Denali accompanying me
What a wonderful journey
I'll keep coming back for more
There's still a lot of Heaven out there to see*

*On belay
Trusting to those who've gone before me
Taking a break
Passing the water all around
Up another false lead
Hanging my head in agony
I need some encouragement
Just to get back off the ground*

*Shaking off those frigid blues
Slipping by the old crux move
Route Finder giving his call
Just 10 more minutes to go
Across the blazing ice fields
To the far horizons
Spirits of Denali are part of my soul*

*Almost at the summit
Just 10 more minutes to go
Spirits of Denali accompanying me
What a wonderful journey
I'll keep coming back for more
There's still a lot of Heaven out there to see*

Editor's Note: This song was performed at the 2001 Gratitude Dinner.

Thank You OSAT

by Thomas D.

About a year and a half ago I made it to the tiger mountain meeting with my old boy scout external frame pack, my blue jeans, my whining dog and my brand new heavy backpacking boots that I bought the day before. When I spoke during the meeting I said that setting and accomplishing goals was an important part of my recovery. I also let it be known that Rainier was my goal.

When I look back on it today I was cheating myself I got so much more out of OSAT than a chance to climb just that one mountain. I've learned about wool socks to shell layer. I've met a new set of friends, when I look at the mountain's today I can see things that use to run together. I've found that the quest and climb is better than the summit and far better than the descent unless it's a glissade.

In the last year and a half I made 2 summit's and 2 crater rims out of the 5 Washington Cascade volcanoes. My goal at one time was to get all 5 in one year. For the time being I let go of that goal. My Obsession of the mountains went away about a month ago and I've been focusing on work and family.

I have a long list of Thanks, which is much to long for our paper. But basically everyone has touched my life in a certain way. My heart has to go out to the climb leaders for they keep a certain spirituality in OSAT. A spirituality in which I've found a club that takes the unconditional love of the 12-step programs and ties it together with the competitive nature of Mountaineering.

Hello OSAT Cyclists,

We will again be forming a "Team OSAT" for this years American Lung Association's "Trek Tri-Island", a benefit ride leaving the Seattle ferry terminal and riding up Bainbridge Island to Port Townsend, then on to Anacortes and Orcas Island. The ride finishes up on Vancouver Island in Victoria, then we get shipped home on the Victoria Clipper. This is a fund raising event, and requires pledges in the amount of \$450. I received the ALAW Newsletter saying that the weekend we plan on going (Sept. 20th thru 22nd) is already half full, so register now if you want to get in on this very fun and for a good cause event. The mileage is recreational, however some training is recommended just for the butt miles. You can find out everything you need to know about this once a year bike ride and even sign up online at http://www.alaw.org/support_alaw/trek_tri_island/.

I will also be putting together a team jersey order for those of you who would like them. Cost should be the same as last year (\$55), but if it does go up it shouldn't be more than a few bucks. I still have to confirm the price with the printing company. Those of you who have already signed up for this at the bike expo, or online, please let me know as I am trying to put together a list of those who already have a confirmed reservation. Future emails will be coming out about Cycling in the Southend on Saturdays for training rides, free bike tune ups for all OSAT members and there friends, and fundraising tips to help you both meet and exceed your fundraising goals.

Any questions, please feel free to call or email,
Mike P.

H 253 854-3016

C 206 310-5763

Email: mprimed@comcast.net

OSAT QUICK-REFERENCE

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Dave B.	425-353-8154	<i>dgbrown5@gte.net</i>
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Contact People

Activities:	Lori U.	425-430-8738	<i>Namaste2b@aol.com</i>
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Service:	Lee W.	206-465-4650	<i>leewiseman@attbi.com</i>
Yodel:	Robyn S.	206-675-1036	<i>yodel@osat.org</i>
Webmaster	David C. (Dax)	206-363-7431	<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 in April)

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@yahoogroups.com

SUBSCRIBING:

Send a blank email to:

osat-subscribe@yahoogroups.com

POSTING: (Use discretion: remember we ALL get the email.) Send your message to: **osat@yahoogroups.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

Mt. Rainier Ski Expedition (continued from page 1)

At about 13,400' the route diverts West toward the top of Curtis Ridge to negotiate a crevasse problem, we rested here and then trudged the rest of the way to the true summit. Even though the snow conditions were really tough on the last thousand feet, each of us was intent on skiing Rainier from the summit. All got on top about 1:30 where we ate, drank, snapped a couple of photos and tried to stay warm but finally had to start down at around 2:30.

Like I said, the top thousand was tough, picture the surface of Puget Sound in November when it's all chopped up by gusty winds, add a few motor boats crisscrossing it up with runnels and gullies a foot or two deep, then freeze that surface and tilt it to 35 degrees; now you're at the top contemplating the slashed and ragged, alpine ice-scape, and it's time to ski. Faced with that scenario, any experience with changing ones attitude becomes an invaluable asset. We all managed down it somehow, some of us more adeptly than others. I was making the turns but then my left binding began malfunctioning and kept releasing which caused me to fall several times. After some delay I finally de-iced my boot and binding until it held like it was supposed to and met up with the others at the crevasse near 13,400'. The snow surface below this point was quite a bit smoother but still hard and icy.

Oh, did I mention how fun it is to try to breathe while skiing at 14,000 feet? Yes, it's quite the challenge; I would imagine it's something like being at the bottom of the ocean and trying to breathe. The amount of turns a skier can take before stopping to huff oxygen is significantly reduced. Once I thought I saw a rather large blue baby ski to a stop near me, but as color slowly returned to its face I saw that it was only Bill.

Jordy kept eyeballing a line straight down from the summit and wanting to shoot it but Bill and I decided we wanted to play it conservative and ski down near to our ascent route. We all made a decision at that point to stick together and descend together. The rest of the descent of the upper mountain consisted of skiing down sections through and around crevasses, over snow bridges and traversing East toward the Corridor. Basically Jordy, who had done a great job memorizing the glaciers and crevasses, would ski down a section and indicate any crevasse hazards back up to us, then Greg and I would ski down to Jordy, then Bill would ski down ready to scoop up any remains. This system worked well, Jordy, Greg and Bill skied the difficult conditions in fine form and I stepped it up a notch myself, getting better at skiing the hard, icy chatter while hitting the occasional sweet but short powder patch and kicking up a rooster tail.

I fell once around 13,000' and felt the instant desperate urge to transform my ski poles into an ice ax. My tails washed out and I was beginning to slide backwards and my upper body pivot down mountain and not liking what was to come next. In better conditions I could just swing my legs below me and stop myself by edging my skis but on the ice I'd probably get moving too fast to stop. Bill was skiing down toward me, either to try to save me or to get a better view of my demise, when I was able to recover and get back up on my skis. I made a decision to stop falling until on safer terrain.

We eventually traversed over onto the Corridor where snow conditions finally softened a little. Bill, Greg and Jordy made good turns and time down from here but I experienced some trouble adjusting to the softer conditions. Finally onto the Emmons Glacier in good spring snow conditions everyone made turns for base camp. Making wider and more exhausted turns up to the tents I wondered if my medical insurance would cover a complete Quadriceps Transplant.

We all made some water and broke camp in about an hour. Jordy and Greg had been great skiing companions during the past two days with lots of interesting skiing and climbing stories to tell. We conducted brief closing ceremonies for the international aspect of our expedition by bidding the Canadian's adieu as they skied away from base camp 15 minutes ahead of Bill and I. Then we shouldered our packs and skied down to Camp Schurman, traversed South around the big crevasse and down to the low traverse over the ridge to Camp Curtis and Inter Glacier. Skiing the Inter Glacier in spring snow conditions made for a beautiful descent in late afternoon sunshine. Of course, we could only ski down three or four hundred feet at a time until we had to stop to wait for our legs to stop screaming. Skiing down past Glacier Basin and along the trail another mile or so before we had to stop and put on our approach shoes sure did beat post-holing in the soft snow. Another couple of miles of hiking along the trail brought us to the truck, water, Ibuprofen, and a sleepy ride home.

Bill and I have enjoyed some fun backcountry ski excursions during the last two years, and some not so fun (keep an eye out for my new book titled '101 Backcountry Ski Trips Not To Take'). Last Spring I remember Bill saying that he was thinking of trying to ski all of the Washington volcanoes in one season. I thought that kind of thinking a little bit extreme at the time; but hey, four down, and one to go.

Thanks Bill, Thanks Canada, Thanks be...

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

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 September Yodel:

September 1, 2003

Via Email: yodel@osat.org

You are **strongly** encouraged to submit your contributions via electronic mail. If you can't do this, contact the editor 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.)

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) Leader TBA
- 30 RAMROD (Ride Around Mt Rainier in One Day) WOO-HOO!

August

- 3 Troika ½ Ironman.
- 8-9 RSVP (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 206-363-7431
- 27 OSAT night at SAFECO Field. Come say HI to Lou Piniella. Contact Rik A. 206.232.8908
- 30-31-1 Glacier Peak Labor Day weekend climb. Two Routes??

September

- 6 Black Hills Triathlon
- 9-18 Colorado backpacking trip
- 12-14 OSAT Car Camp
- 20-22 Trek Tri-Island bicycle ride
- 27 Mt. Bike ride thru tunnel to Snoqualmie Summit

Ongoing—OSAT Sunday Cycling—meet at Tracy Owens Log Boom Park in Kenmore at noon, ride east or west depending on group conscience. Social pace, lots of fun! Call Dax at (206) 363-7431. Helmets and water bottles required.

Bob L. and I wanted to get out this weekend. Neither of us had been out on the trail much recently, and we did not want to be on a very crowded hike. With these two things in mind, we chose Bandera Mountain as our destination for the day.

Bandera has long been a favorite venue for me. It is a simple, straightforward hike that begins on the Mason lake trail, which for the first 3/4 of a mile or so is an old jeep trail with a very moderate grade. On the way up the trail we noticed a sign that warned of blasting on Monday through Friday for the purpose of building a new trail. Interesting, because if nothing else, the last 2,000' of this 2,800-foot hike is darned near vertical. We thought, well maybe this will make this an even more moderate hike!

As luck or fate would have it, we wouldn't have the opportunity to find out. When we arrived at 3,180', there was a large sign across the trail stating it was closed, pointing up, and I do mean up, to the old trail. Away we went. Up and up, and up some more.

Thus far, it was a fairly mild day, so much so that I peeled my fleece vest not long after we left the trailhead. About 200 feet or so up the trail, it began raining. We stopped to put our rain jackets on and began to head up some more. Good thing we put the extra gear on, because at about 3,400' it began to snow. As we ascended, it began to snow even harder.

At one point on the way up, we crossed the new trail, which had a decidedly more moderate grade. Alas, there was tape across the trail, both of the surveyors and duct variety with signs saying it was closed. However, when we reached the 4,100' level, and we crossed the new trail again, there were no closure signs. We decided to take the new trail to see where it would take us. Along the trail we began to see a fair amount of residual snow that had not melted yet. Another 200' or so, the trail began to both descend and circumnavigate Bandera. The old traditional trail took you straight up the south-facing slope to the summit ridge, and the east along the ridge to the summit at 5,200'.

As we followed the trail through the snow to the north side of Bandera, I began to suspect that we might be heading to Mason or Island Lake. Right then, we saw footprints heading up. As we followed these up, it was snowing harder, and the snow was getting deeper. This was certainly turning in to a truly enjoyable experience.

The trail, as it was, meandered back and forth across the snow slope through the trees. It crossed back and forth, and as we began getting deeper in to the trees, tree wells began to be a concern. Sure enough, I post holed pretty well in one of these, and in the process of getting myself out, my already cold hands got downright frozen. Knowing we were nearing the summit, or at least the summit ridge, we decided to press on and get our extra clothes on at that time.

As we got to the summit ridge, the wind picked up to complement the still falling snow. We stayed in the trees, and put on just about everything we had. We then went to the ridge, looked up at the summit, about a hundred or so feet up beyond us, looked at each other, and said let's get out of here. Looking down at the old trail, it presented the best option for us to descend.

By this time, our quads were beginning to ask for forgiveness, and we took the new trail at the first available crossing. A largely unremarkable walk down the trail led us back to the cars. We saw 3 other groups and one individual the whole day. In spite the fact that we had no view to speak of for most of the day, it was still an enjoyable day with a good friend on a favorite hike.

If you are new to OSAT, or new to hiking, this is a great destination to add to your list of hikes to do. When the new trail officially opens later this spring, it adds an option to this hike. As it was, we got a great workout on the way up. The new trail will probably open this hike up to more people. Hopefully, it won't get too crowded.

OSAT BOTS Meeting Minutes

BOTS Members: Russell, Nancy, Robyn

OSAT members: Meredyth G., Wendy N.

Time: 7 p.m.

Place: Bill & Nancy's

Chaired by: Russell

Minutes approved as read.

Old business:

Entertainment for club meetings:

June 11 - Mountain to Sound Greenway Trust

July - no meeting

August - Denali team slide show

September - no meeting

October - Eco challenge participants

At the June 11 club meeting, the general membership will discuss and vote on possible restrictions to egroup access and posting. This could range from the present policy of no restrictions, to access being limited to paid members only. It was pointed out that the OSAT website has a message board for members to air opinions, and the egroups should be for information only. Talking points were listed at the May meeting, but the vote was tabled until the June 11 meeting.

New business:

Nancy brought up the idea of having a trail maintenance work party on the Tiger Mountain cable line trail. She will contact Toni, who is a member of OSAT and of Washington Trails Association, to find out what is required and how to set up a work party.

Special presentation:

Wendy and Meredyth, representing the Glacier Climbing Course committee, reported that there are 24 students presently. They wanted feedback on whether students are clear on requirements for completion, now that climbing Mt. Rainier is not necessary for graduation. They also expressed that some of the leaders are getting burned out and will not be instructing next year, so more leaders will be needed.

Meeting adjourned at 9 p.m.

Submitted by Robyn Smith



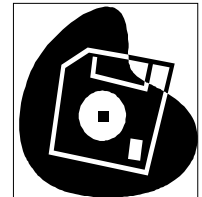
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Ivar Sandsmark



Photos by GCC student Tina O., Mt. Baker field trip

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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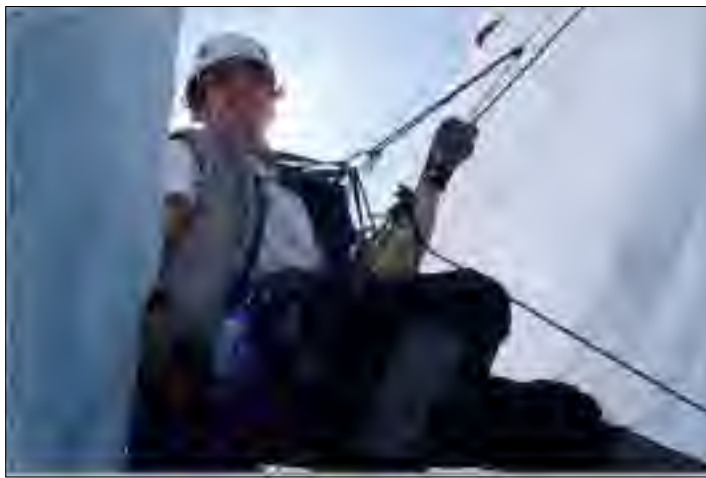
TRAIL BLAZERS--If your body is feeling the aches of conditioning, treat yourself to some bodywork! Massage for injury, soreness & relaxation. Discount to fellow OSATers plus Gift Certificates are available.
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PHOTO OF THE MONTH



Subject: Parnell D.
Where: Easton Glacier
When: June 13-14, 2003
Submitted by: Tina O.
Photo by: Tina O.

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