

The Yodel

Volume 11, issue 1

Keep climbing mountains and don't slip!

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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.”

A Journey to Outer Space

by Jay M., December 1, 2003

Sobriety brings me so many gifts
I get to climb with Kevin and hang from awesome cliffs
In a town called Leavenworth at Snow Creek Wall
that's one of the best stories of all...
Without a doubt in our minds we would climb Outer Space
We would not need headlamps, not at our pace!
At the end of the climb daylight was gone
We couldn't get down, we had to wait for dawn.
In the shelter we found we lay on the ground
Kevin said "hold me", then there wasn't a sound.
"Oh God", I exclaimed "are you kidding me?"
Oh well it will be warmer and nobody will see.
Hours passed by the time we did not know.
Ah hell what next? It started to snow!
We ran in place to stay warm and alive.
The night lasted forever, but, soon the sun did rise.
Six inches of snow had covered the path.
The route was so treacherous, one wrong step, it could be our last!
Inch by inch we made our way down.
We talked about a big breakfast when we got back to town.
Then it happened, one more challenge sent our way...
Our rope was stuck and we were only down halfway.

Kevin had to free climb back
up to the rope.
The climb looked too hairy,
but, it was our only hope.
The rope was retrieved an epic
adventure finally done!
I can honestly say
we had a lot of fun!

God kept us safe
that cold snowy night.
He never let us stray
to far from his sight.
The message he gave us
at the bottom of the hill...
PRIDE BLEW IT,
ALWAYS TRUST
IN MY WILL.

Jay taking a break on Outer
Space. Photo by Kevin C.



OSAT BOTS Meeting Minutes

December 11, 2003—Time: 7 p.m.

Place: Mike and Jane's house

Attending: BOTS members, Mike, Nancy, Robyn, Russell, Tino, Dick, Bruce, Pete Chairperson Russell opened with moment of silence and Serenity Prayer. Special Presentation: Introduction of new BOTS members Tino, Dick, and Bruce.

Old business:

Thanks you Mike, for designing and printing a ballot for BOTS voting at the Gratitude dinner. Thank you Russell for printing a large quantity of membership forms. Ditto Lori, for printing up climbing course registrations. NOTE: Russell to call Lori to bring the climbing course forms to the Xmas party. Teresa volunteered to do thank you notes to large OSAT donors.

Terri S. is the climbing course chairperson for 2004.

New Business:

Change over: Nancy, Russell and Pete have served their BOTS terms.

Welcome new BOTS members Tino, Dick and Bruce!! Mike is now the new BOTS Chairperson. Robyn is the vice-chairperson. Russell will continue as Chairperson Emeritus and non-voting BOTS member, per OSAT bylaws.

There is a half box of OSAT cards left. They will be given out at the Xmas party. Mike volunteered to buy card paper and print out more OSAT cards. Thank you, Mike.

Mike asked how membership data is kept up. It was suggested to invite our membership person, Jane, to a BOTS meeting.

BOTS reviewed Rik's letter to BOTS regarding reinstating Mt Rainer climbs as a possibility for the GCC, the change of ice ax training from April to March, and the need for having more OSAT members qualified for MOFA.

Robyn will ask the Safety Committee if they'd sponsor a MOFA group.

Mike to contact Rik with BOTS recommendations of climb leaders having CPR and First Aid certifications, as a minimum.

1. Nancy: for January entertainment we will have a talk by the Eco-Challenge people. In February Dusty will present on Africa.

Mike and Nancy to put together by-law packets for the new BOTS members.

Nancy: mentioned the clean time recommendation, of 30 days, for GCC students.

A spirited and far ranging discussion then took place, making it very clear that all BOTS members are quite concerned with the issue of sobriety as it relates to OSAT activities.

A few of the many points covered follow:

Tino: Concerned about clean time as related to when people can attend OSAT activities

Dick: Concerned about new people and clean time.

Bruce: Clean time is an issue that has to be addressed. Suggested a BOTS contact so students can express concerns about leaders.

Russell: Pointed out that in our traditions the climbers need to qualify their leaders.

Robyn: Suggested asking safety committee to come to next Club meeting discuss being a contact point for concerns about leaders.

Mike: Mike suggested putting OSAT's commitment to abstinence on the climbing registration form

Bruce: To invite the Safety committee to next BOTS meeting to discuss sobriety issue.

BOTS meetings will now be on the 3rd Wednesdays of the month, at Mike and Jane's home. Next meeting will be January 21, 2004.

The meeting was adjourned at 9:00 p.m.

Editor's Note: Thanks to Pete S. for submitting these minutes, and to outgoing BOTS members, Pete, Nancy and Russell for their service to OSAT the past two years.

January 21, 2004—Time: 7 p.m.

Place: Mike and Jane's house

Attending: BOTS members: MikeP, Robyn S, Dick D, Tino S, Bruce M, Russell in president emeritus; and OSAT members: Cliff L, Teresa F, and Dax

Mike P opened the meeting with a moment of silence and the serenity prayer at 7:15 pm.

Mike read the minutes from the December 11 meeting. The minutes were approved as read.

Old business:

Doug H safety committee chair was invited to the meeting but could not attend. Doug forwarded this message to the committee regarding safety issues and questions.

1) OSAT members should be encouraged to attend MOFA classes on their own. Also members should at least have first aid and CPR.

2) OSAT does it's own investigating for accidents on events and climbs. A discussion ensued about how to amend OSAT charter. Russell said a vote of the membership needs to be taken at the next monthly club meeting.

New business:

Tino asked if release forms need to be signed for all OSAT outdoor activities. Also if non members should be allowed to participate. A discussion ensued. Dax commented that letting friends show up and participate is a way of encouraging new OSAT members. Mike said that leaders should have release and membership forms at all climbs and events. It was agreed that a note be placed in the Yodel reminding all leaders to have these forms at events.

Cliff brought up first aid CPR. he said he has a friend who is willing to teach it to OSATers. Cliff also said he will look into a location where this can be taught. Cliff will forward this info to Doug H chair of the safety committee.

Dax commented that Doug's suggestions need to be brought up at the next club meeting that the wording in the OSAT by laws need to be changed to reflect that for technical climbs (all climbs requiring ice axe or crampons) leaders of those climbs need to be MOFA certified. Also for all other climbs, leaders should have first aid CPR training.

Dick suggested we raise the price of OSAT stickers to \$3 a piece and \$5 for two in order to raise \$. A motion was maid per Dicks suggestion and carried. A motion was also made and carried to change the wording on membership forms to include T-shirt and sticker prices.

Next we embarked on a lively discussion about the decline in OSAT membership and the subsequent decline in funds. How do we get more members? Should we charge for the Yodel? WE need to get OSAT sponsored events out of the red!

We then discussed events that are considered core to OSAT.

- 1) Gratitude dinner
- 2) OSAT car camp
- 3) Christmas party
- 4) OSAT picnic
- 5) climbing party

These events shouldn't have to be completely self supporting, but WE CAN DO BETTER!

Russell brought up the climbing party and the need to appropriate funds for the gym rental. A motion was made and passed for \$300.00 for the climbing party. A motion was also made and passed to rent the hall for the talent show. Teresa F will handle this with epiphany Parrish. initial rental cost will be between 160.00 and 200.00 dollars.

OSAT web site:

Dax suggested that we move away from e groups. And use OSAT web site exclusively.

Robin will put up the quarterly in the next Yodel.

The meeting closed at 9:30 pm.

Y.T.S. Dick D.

OSAT QUICK-REFERENCE

Board of Trusted Servants (BOTS)

Mike P.	253 854-3016	<i>mprimed@comcast.net</i>
Dick D.	206-714-3782	<i>dempsey7272@yahoo.com</i>
Robyn S.	206-675-1036	<i>robynsmi@msn.com</i>
Tino S.	253-826-1464	<i>tinosanchez@hotmail.com</i>
Bruce M.	425-204-0168	<i>bmahan@pilchuck-usa.net</i>

12-Step Meeting Coordinators

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

Contact People

Activities:

Jay M.	425-271-5976	<i>jayandmichele@comcast.net</i>
Kevin C.	425-681-6141	<i>kcarrothers@comcast.net</i>

Activities Hotline:

Finance: Teresa F.	425-353-8154	<i>tt.flynn@verizon.net</i>
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Library:

library@osat.org

Membership: Jane L.	206 686-2927	<i>jane.lockwood@gettyimages.com</i>
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OSAT East Coast:

John H.	617-641-3423	
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Safety: Doug H.	425-271-5116	<i>dougnusue@minspring.com</i>
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Service: Lee W.	206-465-4650	<i>peakbagger3@comcast.net</i>
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Yodel: Robyn S.	206-675-1036	<i>yodel@osat.org</i>
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Webmaster:

David C. (Dax)	425-488-0424	<i>webmaster@osat.org</i>
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OSAT Club Meeting: Monthly OSAT club meetings are held the second Wednesday of the month at 7:30 pm. 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 @ 7:30 pm (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 7 pm

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 7:30 pm. 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.

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:

sat@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

**OSAT TREASURERS REPORT 2003
For Period - January 1 through December 31**

Income	
Memberships	1,588.00
Climbing Course	1,275.00
Donations	748.90
Gear Grab	106.00
Talent Show	90.00
Sales	
T-shirts & Stickers (Old)	961.00
T. Shirts (Polypro)	60.00
Total Income	\$4,828.90
Outgoing Expenses	
Bank Charges	25.00
Car Camp	198.35
Meeting Rooms (Club Mtgs.)	240.00
Climb Course Expenses	303.10
Gratitude Dinner	264.15
Xmas Party	416.91
Picnic	145.07
Postage	194.55
Print Expense	59.14
Service Awards	483.54
T. Shirts (Polypro 1 st Invoice)	385.51
Talent Show	162.50
Utilities	422.50
Web Access	99.00
Yodel	566.23
Misc.	27.97
Total Expenses	\$4,235.52
Overall Total **	\$ 226.81

Prepared by Teresa C. Flynn

Osat Treasurer

** \$366.57 held in reserve for Polypro T-shirts to be voted on by membership in January

A note from the Treasurer:

I was very pleased that for the year 2003, we (Osat) managed to keep our expenses within our operating margins. Even though membership was down by about 30 per cent, and our donations also went down by 25 per cent, we still managed to have fun, do our normal club activities **and** keep a tight rein on the expenses. We finished the year with about \$200 over what we took in. For the record, I have held \$366.57 in reserve for the second invoice for the Polypro shirts – because, according to the Osat by-laws any expenses over \$400.00 need to be approved by a general membership vote. This will be done at the club meeting in January 2004.

Yours in Service

Teresa F.

Osat Treasurer

OSAT Traditions and MOFA

Doug H., Safety Committee Chair



No doubt that if you are on the OSAT E-Mail group you have by now been inundated with e-mail from me about First Aid and MOFA. I apologize for the mini-avalanche, but please allow me to explain.

When OSAT was formed as a club 10+ years ago, Jimmy Hinkhouse had a vision for OSAT from not just a recovery perspective, but also as a serious mountaineering perspective. In doing so, he and the founding fellowship drafted some standards and “traditions” which were designed to ensure a safe and sane environment within the club.

One of these traditions, number four, states that a leader of an OSAT activity should have a MOFA card, or ensure that one of the trip participants has a MOFA card. Well, we have not been doing such a good job adhering to this. This issue was raised at the January club meeting and I agreed to look into it. The central issue is that we need to adhere to our traditions. If an accident were to occur on an OSAT outing, and there was no one with the required training to treat any injuries, would the club and its members be at risk? The presence of a MOFA trained person would not necessarily prevent an accident from occurring, but would be invaluable should one occur.

MOFA, or “Mountain Oriented First Aid” is a certification granted by the Mountaineers. The Mountaineers, in cooperation with the American Red Cross, created it. In a MOFA course, students are given eight hours of “standard” First Aid and CPR and then an additional 20 or so hours of specific training on how to apply the standard First Aid skills in a mountain environment. The additional training is a combination of classroom and practical application.

I looked into getting a MOFA course together to be taught to OSAT members. In conversations with the Mountaineers First Aid Committee, it was disclosed that they were having a difficult time getting instructors to commit to teach the classes already scheduled for the Mountaineers. They also suggested (pleaded, perhaps) that we consider sending a couple of people to the next MOFA instructor’s course, to be held in April. These people would then be certified to teach this within the club, as well as for the Mountaineers.

Another avenue I explored was looking at the current tradition and applying some critical thinking to it. Does it reflect the true need of the club? Do we even have enough people to fulfill it? Or would the same group of people have to be on every OSAT outing? The unscientific poll that I put out on the lister generated under-whelming response. Of the seventeen people that responded to it, six have current MOFA cards, seven have had MOFA cards that have since expired, and six have a current First Aid/CPR card.

My thoughts on this are that the majority of OSAT outings seem to be trail hikes, with the a handful of technical outings per year, mostly related to the climbing course. With this in mind, I have put together a revision to the traditions that has been submitted to the BOTS and I have asked for discussion at the March Club Meeting. The revision is as follows:

Revise Tradition Four to read as follows:

On a technical activity, an OSAT leader should have completed a MOFA or equivalent course or ensure that at least one participant in the activity has done so. On a non-technical activity, an OSAT leader should have or ensure one of the participants has a valid first aid/CPR certification.

Add a tradition Ten to read as follows:

An OSAT activity is considered technical in nature when any one of the following conditions exist: 4th class or higher rock, glacier travel, off-trail travel, any activity requiring the use of an Ice Axe and/or Crampons, any activity that takes place at an altitude higher than 7,500 feet above sea level.

As a long time member of the club, I would certainly like to see as many people as possible take a MOFA course, or one of many equivalents (WFR, WOFA, OEC, etc.). Above all, I would like to see that our outings are as safe and enjoyable as possible. Please share your thoughts with me on this, and make every effort to show up at the March club meeting to let your voice be heard. In the meantime, I implore all of you to think about getting whatever First Aid training available to you.

OSAT Club Meeting Minutes

Meeting held at: Mercer Island Congregational Church

Date: January 14, 2004

Meeting called to order by BOTS member, Mike P., at 7:30 p.m., opened with a moment of silence and Serenity Prayer.

Standing Committee Reports:

Activities – Jay M.,

Calendar is on Yahoo groups file section; email updates to Jay and he will update the calendar

Question about new membership directory, membership committee will wait until GCC enrollments are complete and membership roster is updated.

Indoor climbing party, Jan. 31 at Vertical World, time to be announced. The committee is still discussing funding options and deciding how much to charge members and how much time we will have to climb.

GCC – Terri S.

16 registrations, limit is 45. First seminar is at REI on February 4, at 6 p.m. Rainier climbs will be built into this year's schedule, but are not THE GOAL of the course.

Hotline – no report

Library – Will A.

Will lives next door to the library and will act as the contact for anyone wanting to visit it.

Safety – Doug H.

The Mountaineers have a 30-hour MOFA class; you don't have to be a Mountaineers' member to sign up. Doug is working with BOTS and the GCC to determine if OSAT should require leaders to have at least Red Cross first aid and CPR cards to qualify to lead hikes and climbs.

Minimum sobriety requirements for leaders and participants, still not decided. BOTS is still discussing it.

Service – Lee W.

His term is up, but he is willing to extend it for another year. Car

camp reservations and venues for gratitude dinner and Christmas party will be booked soon.

Magnolia Speakers' meeting, featuring Dick and Terri, is Friday, January 23, preceded by dinner at Louie's in Ballard, at 6. RSVP with Lee.

Treasury – Teresa F.

Membership lowest number in 7 years, down 30%, not sure if this is a trend or just a reflection of the poor economy.

Not a lot of extra funds available for sponsoring events. We may have to start charging members to participate instead of having the club do all the funding.

T-Shirts – Sharon L.

Polypro shirts selling well, we will be getting additional sizes, small and extra large. Sharon held up an extra large to give us an idea of how big it is. Bill for second installment of T-shirt order, \$366.57, was voted on and passed by club membership. We will be ordering new stickers. We still have lots of cotton T-shirts, embroidered and silk-screened, for sale, at \$5.00 each.

Web site – no report

Yodel – Robyn S.

January issue should be out later this month. Deadline for next issue is March 1.

Special announcements – Lori U. handed out flyers and registration forms for GCC.

No new business.

Special presentation:

Scott Semans, of Issaquah Alps Trails Club, gave a talk on trail maintenance and demonstrated tools used.

I want to extend my gratitude to Matt S. for compiling these minutes.

Transcribed and submitted by 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.

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 March Yodel:

March 1, 2004

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.

Tiger Mountain Trail Work

Editor's Note: OSAT member Bill D. wrote us a letter describing his efforts to restore the Tiger Mountain trail system after the recent windstorm. The Issaquah Alps Trails Club is also working on restoring the trail system. To join a work party or find out more, contact Scott Semans at 425-369-1725 or email him at ssemans@aol.com.

Any Tiger hikers out there, when you get on the trails, stoop over occasionally and throw 'wind debris' off trail. Some of it will be what I cut and left lie (manageable-sized chunks). Or 'roll' log pieces off trail. Might be two person work for that. (And, I was only 'one'). After the 'wind storm' almost all trails were closed or log covered on West Tiger. Some remain closed. I finally cleared out Section Line today (only took 5 days sawing). But, I left chunks of logs and branches for others to help clear (kept my two hands on the chain saw). Or take a group through Section Line to get 'tred' useable for 'runners' (it truly looks like the trees after St Helens blew). The main 'blow-down' is over 1/4 mile wide, and goes from almost Bus Line Trail, up to almost Nook Trail (almost 1/2 mile long). So, Section Line is open from Gas Line (Bottom) to RR Grade, and I've

Send Us Your Stories!

If you've had an earthmoving experience while out and about in our wonderful environment, if there are special events or wonderful adventures, if there are tales of recovery or fellowship, or if there's just something you'd like to share with the rest of the group you are encouraged to send the stories and pictures in to be published in the Yodel. We are also, always looking for wonderful pictures to be included in the Yodel or on the Website. Submissions can be electronically emailed to yodel@osat.org or they can be sent to Yodel Submission, P0 BOX 646, LYNNWOOD, WA 98036-0461. The submission deadline for the next Yodel is March 1, so please get us your stories!

heard that from there up, it's not bad. I'll get through there maybe this week or weekend. RR grade is clear from Cable Route to Section Line junction. From there down to Nook Trail, Section Line is useable, but lots and lots of fallen/cut branches (and a couple/three that have 'crawl unders' that were too big for me to tackle without a partner, to call 911 if the 'tide came in'). I'll be working on the lower Nook trail this week. Then on to Big Tree and Swamp Trail. Thanks, Bill, the Search and Rescue guy (and lonely chain-sawer).



REMINDERS! — Yeah, that's right. We're talkin' to you!

Activity Leaders

All leaders of activities are reminded to please print and carry Release and Indemnity Agreements with them (and a pen) when leading events and have all non-members sign them prior to participation of the event. If current OSAT members are participating in the event that have all ready signed the agreement for the year, they do not need to sign it again. Events include hiking, cycling, walking, running, skydiving, wrestling, scuba diving, (we think you get the idea) and all other potentially hazardous events. It was pointed out at the last BOTS meeting that this tradition has been slack recently and needs to be improved to protect OSAT as a whole. Not only would this inform non-OSAT members of the potential dangers included in participation of some of our events but it would also allow possibility for non-members to join the club. Please find a Release and Indemnity Agreement along with a Membership Registration form included with this Yodel for you to copy and carry with you. Please send filled out releases to the Membership Chairperson at address indicated on the form. This form is also available in PDF format from the OSAT Website at www.osat.org.

Renewing Members

If you have not all ready done so, please use the included Membership Form to renew your membership today. Our membership list indicates that many members have not yet renewed their membership. The cost is only \$12 dollars per person and \$18 dollars per couple; well worth the amount of activity, companionship, support, recovery, and camaraderie that can be found in OSAT. And when renewing, please don't forget to sign the Release and Indemnity Agreement on the back!

OSAT ACTIVITIES CALENDAR

January

- 1 New Years Day Mt. Si climb
- 17 Nookachamps Fun Run, Skagit Valley College
- 18 Camp Muir hike
- 23 OSAT night at Magnolia Speakers Meeting— come and support Dick and Terri. Dinner at 6 at Louie's Chinese Restaurant. Contact Lee W. at 206-465-4650 or email peakbagger3@comcast.net
- 31 Vertical World indoor climbing party 7-10 p.m., contact Jay M.

February

- 1 Nordic ski trip at Snoqualmie, contact Bill L., 206-780-8758
- 13 Ice skating party in Kent, 7:30 p.m., contact Mike P.
- 27 Ski day at Stevens Pass, contact Terri S.
- 28 Slosat snowshoe at Rainier, contact Rik A. 206-232-8908
- 29 Chilly Hilly bike ride around Bainbridge Island

March

- 6-7 Snow cave campout, contact Pete S.
- 13 St. Patrick's Day Dash
- 21 Slosat snowshoe trip, time and place to be determined, leader to be determined

April

- 3 Talent show and gear grab, contact Jim K.
- 8 Thursday night AA meeting goes back outside to Tiger Mt., starts at 7 p.m.
- 10-11 Mt. St Helens climb, kid friendly, contact Chuck A.
- 24-25 Mt. St. Helens climb, leader and time to be determined.

May

- 1 Kaleetan Peak, contact Russell S.
- 21-22 Mt. Constance in Olympic Mtns., contact Russell S.
- 28-30 Washington Pass Weekend, climbs at Hinkhouse Peak, Sourdough, etc., contact Rik A.

June

- 3 "Twelfth Night" at Redmond Towne Center, (an evening of culcha) contact Lori U. or Karen D.
- 5-6 Glacier Peak, contact Russell S.
- 19 Tour De Blast
- 21-22 Mt. Constance, contact Russell S.
- 26-28 Necklace Valley, contact Russell S. or Nancy T.
- 27 Coeur d'Alene Ironman USA, contact Kevin C.

July

- 17-18 STP bike ride, Seattle to Portland
- 24-25 Ross Lake kayak trip, contact Kathy H. or Rob C.
- 29 RAMROD bike ride around Mt. Rainier

August

- 1 Troika triathlon
- 8 Blue Angels bike ride, I-90 bridge
- 13-14 RSVP bike ride, Seattle to Vancouver B.C.
- 13-15 Ross Lake kayak trip, contact Steve M.
- 21-22 Mt. Adams from north side
- 29 OSAT picnic, Golden Gardens Park
- Sometime in August – cycle to summit on I-90 - OSAT night at Safeco Field

September

- 4 Black Diamond ½ Ironman Triathlon, contact Kevin C.
- 11-12 Slate Peak climb and fossil hunt,
- 11-13 San Juan kayak trip, contact Bob D.
- 11 Black Hills triathlon
- 18-19 OSAT car camp, contact Lee W.
- 25-27 Trek Tri-Island bicycle ride, contact Mike P.

October

- 2 McClellan Butte, slosat climb, leader to be determined
- 3 Cycle Through the Summit, bike ride through tunnel (bring your headlamp!)
- 13 Mercer Island triathlon
- 16 Slosat trip to Spray Falls near Mowich Lake, contact Cliff L.
- 28 Last Thursday night outdoor meeting on Tiger
- 30 OSAT Halloween costume party, contact Lori U.

November

- 20 OSAT gratitude dinner, Kirkland Congregational Church
- 24 Thanksgiving Day climb up Mt. Si

December

- 10 OSAT Christmas party
- 24 Christmas Day climb up Mt. Si

The Yodel

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PHOTO OF THE MONTH



Where: Outer Space, near Leavenworth

When: November 21, 2003

Photo by: Kevin C.

Send your pictures to yodel@osat.org, and the editor will post the best one in each month's Yodel.