

The Yodel

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PHOTO OF THE MONTH



Where: Approaching Sherman Crater
When: Father's Day, June 20, 2004
Photo by: Nikki D.

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

The Yodel

Volume 11, issue 3

Keep climbing mountains and don't slip!

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Fear, Trembling, and Thoughts of Turning Back

Everyone experiences fears and doubts at one time or another, particularly when taking on a new experience, treading into unfamiliar territory where you are uncertain your proven skills see you through to the next goal. On Jim's first intermediate level rock climb, he comes face to face with the possibility that rock climbing may not be his "cup of tea", and that he may not be skilled or knowledgeable to teach others about climbing. In the end, fear is a good thing, preventing us from getting into situations we cannot survive, or at least alerting us to the fact that we are "stretching the envelope", and thus to be on our guard. As Jim notes at the end of this chapter in his book, to have survived fear and succeeded in spite of it generally leaves us with good memories of the success, while memories of the trepidation fade quickly. We have simply moved to the next level of experience, acquired new skills, and become prepared for the next challenge.

KCMADS, Rik

KEEP CLIMBING MOUNTAINS

Part I. THE ADVENTURE BEGINS
Chapter 4. Am I Enjoying This?

July 23, 1989

Earth, America, North Cascades, Liberty Bell Mountain, Beckey Route, an unnamed ledge just above the first pitch. My first intermediate level rock climb. Waiting patiently and cold and wondering why I am where I am.

Across a chasm of empty space, two climbers are attempting to climb a shear face of the adjoining crag. It looks impossible. Or at least crazy. Probably looks as crazy as what we are trying to do.

I check the team ahead of us again. The belayer is also patiently waiting. I can't see the lead climber. The rope isn't mov-

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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."

Mount Baker - Father's Day - June 20, 2004 10778' / 3285m

by Nikki D.

The OSAT GCC Mount Baker climb started out in the usual way for me, racing my Honda CRV up Trail 603 in order to make our 8am R/V at Schreiber's Meadow Trail head. I arrived at 8:15 and thought I must have made an error in planning and wondered if they had left without me. After walking around the parking lot I found Rebecca and Dan. My tent-mate Voya quickly recognized me by my relaxed Canadian dialect, eh? Soon the parking lot was filling up with other OSAT folks and I knew everything was going to be ok.

The weather was very warm and sunny and the creek had risen from where it was a week ago during the Crevasse Rescue weekend. Everyone managed to ford the creek with their dignity intact. We took a short break at Morovitz meadow at the base of the Railroad Grade to hydrate, snack and take pictures. This was my first view of Mt. Baker from the southern slopes and I was quite impressed. From there we continued up the Railroad Grade to base camp. The Railroad Grade was its usual busy self, sloughing off loose rocks and till continuously. The occasional marmot would poke its cute little mug outside of its burrow and some grouse were also enjoying the nice weather on the moraine.

We set up base camp a short distance above the Railroad Grade; right where the potties would be positioned if we were one week later in our schedule.

A leisurely afternoon was spent setting up camp and sunning ourselves on our group cooking rock as we melted snow and cooked supper.



We also had a pleasant visit with Ranger Ant, whom many of us remember fondly from Mt. Baker weekends gone by.

The weather continued to stay warm and pleasant in base camp,

however the weather in the valley below told quite a different story. Dark clouds were traveling up the valley, but they never managed to travel upslope to where we were.

From base camp we could see Glacier Peak to the East. And as the sunset we could see clear out to the San Juan Islands in the west.

It was still bright when everyone tucked in for the night and like a kid at Christmas, I struggled to find sleep.



camper, but I'm awake now.

After a quick bite, some water and equipment checks, we were roped up by 2am. We arranged ourselves into four rope teams of three. It was a wonderful night to climb. The weather was perfect; the starry night sky was clear and the snow was perfect

"Wakey, wakey" was at 1am. I overheard "... a bear out there,....", and bolted upright. I thought to myself, "What would a bear be doing up here?", and quickly calmed down. Ok, no bear, just a growling

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get credit for the climb, but what does that matter?

Ken is looking at me. I am angry, primarily at myself for being there. My stomach aches. The adrenaline must be flowing. I have to decide. My thoughts race: I did ok the first pitch. The pitch doesn't look hard. I see a crack that I could use for protection not too far up. At least I would get warmed up right away. And there is no loose rock. And I can take my time, since the team ahead of us is slow. And even though my rock shoes hurt like hell, they seem to work well. I can't ask Ken to lead it. I want credit. I don't want to do this again. I think I can do it. Anyway, I probably won't die anyway if I fall.

Finally, I ask: "On belay?" I can plainly see that I am, but we had been taught that this ritual is important.

"Belay on", he answers responsibly, continuing the ritual.

"Climbing."

"Climb on."

The second pitch starts in a chimney and I tend to do well in chimneys. I grunt and curse to myself a lot, but I make progress. Cracks and faces are harder for me, probably because more technique, strength, and/or dexterity are required, whereas fear alone seems to work well in chimneys. Fortunately, I don't have to wear a backpack. We had combined food, drink, and other essentials into one pack and had agreed that the second climber would wear it. Good thing, since my body alone was almost too big to fit and I may have become stuck with a pack on.

After about fifty feet, mostly upwards, one of my legs become rubbery as I desperately try to find the right size of protection to place in a crack. The first one I try is too big. I try another. Too small. My leg starts to shake. I feel the first pings of panic. Careful! Keep trying. I try another size. This one fits nicely and securely. Hurrah. I clip in a carabiner and run the rope through it. Safe again! I rest for awhile. I even hang onto the piece I just placed and rest. This is against the "rules" of free climbing, but I don't care. I just want to stay alive and continue climbing. Finally I am out of the crack and onto a face. The climbing is easier and my rock shoes work well on the rough granite. I almost catch up with the rope team

ahead of us.

Happily, the hardest technical portion of the climb for me was over. An hour later when I reached the summit, I couldn't keep my face from breaking into a wide grin. I was happy it was over. Delighted, in fact.

"You've done it, Jim. You don't have to get back down to get credit", said the climb leader. An old joke which I didn't appreciate, since it started me worrying about how we were going to get back down.

"Actually, I'm not sure I enjoyed that", I said to no one in particular. To myself, I added: "In fact, I'm pretty sure I didn't."

The drive home in the dark took over five hours and Ken was asleep most of the time. I had plenty of time to ponder and philosophize about where I was.

I still wasn't happy with my job, but had made little progress towards changing my career. True, maybe I knew more about climbing but I still seemed a long way from being qualified to teach mountaineering to recovering addicts.

Besides what did I really know about recovering addicts? Why would mountaineering be good for recovery?

And did I really enjoy climbing?

This last question faded quickly. In a few days, I had almost forgotten the fear and would mostly remember the feeling of achievement. If it hadn't been for the meeting described in the next chapter, I may have just continued to work at my job so I would have money to climb higher and harder mountains. And forgotten all about a career change.



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dinner in Concrete at Dan's friends restaurant, the Red Cedar's Steak House. I noticed that the twist-



ing road was littered with branches and small trees, so driving required a bit of skill,... "Don't go to sleep just yet", I thought. When we arrived at the Steak House we noticed that there were large trees on the ground in the parking lot across the street - there had apparently been a tornado there the day before. That explained the dark clouds we noticed in the valley on Saturday. The Red Cedar's Steak House at first glance resembled more of a tavern than a restaurant, but the food and the service there were fabulous. It was an awesome spot for a mushroom burger!

I would like to extend apologies to all the fathers out there, whose children were too busy climbing Mount Baker that day to make them breakfast or buy them dinner. Next year we owe you both breakfast and dinner!

Trip Participants:

Russell S., Bill L., Lori U., Karen C., Nikki D., Voya, Eli S., Dave, Rebecca F., Dan F., Chris, Dan



(Continued from page 1)

ing. They are slow - slower than we are.

Ken and I don't talk much. There is an occasional surge of cold wind. Too cold, almost shivering. I would put on clothes, but am wearing everything I brought. And I'm tired. Only slept a few hours. And I'm more than a little scared.

Yes, I'm far from being a happy camper. The "exposure" is much greater than anything I have experienced before. In climbing terms, "exposure" has to do with how far you would fall, if you slipped and fell. In this case, you would fall far enough not to worry about falling again.

Again and again, the question "what am I doing here?" enters and dominates my thoughts.

I consider calling it quits - "backing-off", as they say. Surely this would show some wisdom, since maybe I am just not ready for anything this difficult. It's good to show wisdom, isn't it? Better to be

alive. Set an example of knowing your limits. An ancient anonymous quote intrudes on my thoughts: "There are old climbers and there are bold climbers, but there are no old, bold climbers." Wouldn't I be guilty of boldness, if I try something above my skill level? Is this above my skill level?



But if I turn back, it would mean Ken had wasted his time and effort. Would he understand? Probably not. More likely he would be angry. And I would feel great shame. No, I can't turn back. I got myself into this pickle and now I must get myself out.

Suddenly, I realize that the leader on the team ahead of us has finished climbing. His "second" is starting to climb. I am next. Or should I ask Ken to lead it? He probably would. Of course, I would not

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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> |

To email all of the BOTS at once send email to: *bots@osat.org*

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: *spamulino@yahoo.com*

Finance: Teresa F. 425-353-8154 *treasurer@osat.org*

Library: Position currently available. *library@osat.org*

Membership: Lori U. 206-686-2927 *membership@osat.org*

OSAT East Coast: John H. 617-641-3423

Safety: Doug H. 425-271-5116 *dougnsue@minspring.com*

Service: Lee W. 206-465-4650 *peakbagger3@comcast.net*

Yodel: Position currently available. *yodel@osat.org*

WebSherpas: David C. (Dax) 425-488-0424 *websherpa@osat.org*
Dusty *websherpa@osat.org*

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 BOTS Business Meeting: Monthly OSAT BOTS meetings are open to all members and are currently being held at Mike P.'s house in Auburn. These meetings are held on the first Wednesday of the month at 7:30 pm. If you plan on attending, please call Mike P. at the contact information above for directions.

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.
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*
UNSUBSCRIBING:
Send a blank email to: *osat-unsubscribe@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

(Continued from page 2)

for crampons.

I was at the tail end of my rope in front of Lori, who was leading on her rope. Having someone to chat it up with made the time fly by that morning. Our pace was definitely not the fastest on the mountain. Before we knew it, the sun was rising and the smell of sulphur was overwhelming as we approached Sherman Crater. This condition did not help my lack of appetite. To the west we could see a conga line of climbers moving slowly up the Roman Wall. I gained strength from watching them as their task on the Roman Wall looked more daunting than ours.

We stopped and took a break at Sherman Crater. There we were out of the wind, but in the shadow of Sherman Peak it was rather chilly. We had decided at base camp to forego helmets for the ascent, but toques were a necessity. One of the climbers was struggling with nausea from the smell of sulphur and decided to descend. Lori volunteered to go with him back to camp.

Still others ignored the stench and curiously peered inside the crater for a closer glimpse. I thought the break was a bit too long as the stench was killing my appetite. We regrouped and continued on upward. Before long we had reached the football field at the top or what I thought was the top. The summit was actually still a distance across the football field. At least it was a pleasant low grade at this point, because the "tireds" had already kicked in for me. There was a lot of climbers up here. As we neared the summit I recognized some friends from the BC Mountaineering Club. I stepped aside to greet them after we had unroped.

Right at the summit we met up with Terry and her OSAT crew from the Coleman Glacier Route. It would seem that the two groups actually meeting at the summit was meant to be. We gathered everyone up and got a group shot of both north and south OSAT parties. The weather was great. The winds afforded us a cloudless sky and a gorgeous view of Mount Shuksan and neighbouring peaks.

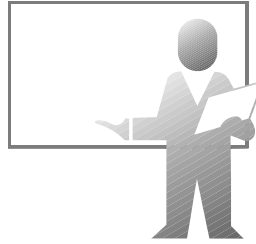
The summit was crowded. There was a huge Canadian Flag blowing in the wind, someone flying a

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To Be Discussed

at the next

OSAT Club Meeting



At the August Club Business meeting the motion to move the membership database online, to pay \$15 dollars per month to set up and run our own listserv, to update the membership application to include online members' section questions, and to add the option of paying membership dues, making donations, and other club financial transactions online via PayPal was made by the Website Committee. This motion, for further conversation and consideration, was tabled until the October meeting. These are some of the discussions which occurred regarding the motion.

There were many concerns regarding the moving of the membership database online. First and foremost was the issue of security. The Membership Database includes all the information filled out on a membership application including name, address, phone, email, interests, recovery birthdates, belly button birthdates and so on—which is simply too much information to place online and

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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

November 1, so please get us your stories!

BOTS NEEDS YOU!

Mike and Robyn will be finishing up their terms as BOTS members this December. We need two good people to replace them.

It's a two-year term, beginning January 2005. BOTS meets once a month, and runs the OSAT business meetings and acts in an advisory capacity for all other club business and activities.

If you want to nominate yourself or someone else to serve OSAT as a member of the Board of Trusted Servants, please send an email to bots@osat.org or let one of the current BOTS members know.

Your current BOTS members are: Mike P., Tino S., Robyn S., Bruce M., and Dick D.

Nominations will officially open September 17 (car camp weekend) and close November 20 (gratitude dinner). Elections will be held at the gratitude dinner, for terms beginning January 2005.

Thanks!

Robyn S.
BOTS Vice Chairman

(Continued from page 4)

large kite, an airplane buzzing us and waving overhead, and Dave unknowingly mooching chocolate from strangers that he thought were OSAT. And I had just realized a dream. Four years, I had waited to get up this peak. I was stoked. This trip was extra special for me as it was exactly one year ago that I had lost my childhood best friend to a heart attack. He left behind a wife and 2 unborn children, but on Father's Day last year, one day before he unexpectedly passed away, he somehow had the foresight to give names to their twins.

Back to reality,... I heard Russell saying, "Come on, we gotta go, it's getting late". He was right. We roped up quickly, said our goodbyes and headed back. Dave and Bill mounted their skis and gracefully skied right on by us,... Lucky bums, "I thought".

As we were descending, the

winds calmed down some and the snow softened up plenty. We made a quick stop at the crater where I looked inside and took some pic-



tures. We shed some layers and moved on quickly, but it was already too late to avoid post-holing. We were up to our knees for most of the route back to base camp. Rebecca stepped into a crevasse up to her

waste and quickly wiggled out of that tight spot. Later on she was quoted as saying, "I though you OSAT'ers said this never happens on club trips?" To which the reply she received was, "Rebecca, you are an OSAT'er!"

We arrived at base camp a rather tired and hungry lot from all the post-holing required to get down. Cat naps, boiling water, a new stir-stik for Russell and a hot lunch fixed us up enough to tear down camp and head back down the Railroad Grade. Dave and Bill got in a bit more hot, summer skiing on some rather dirty snow.

Seventeen hours after we roped-up this morning, we arrived back at the trailhead. My feet were not happy, but I sure was.

Shortly after we packed up the vehicles and left, Dan had a flat tire, so our "ought-never-be-organized" group tried to find a jack amongst us and get him back on the road. Believe it or not, we actually didn't take very long. We were soon heading for

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instead of procrastinating over it as many members seem to be doing. This type of system can also be used to sell OSAT merchandise and collect donations.

Including contact information, as well as dates, times, important details, and the like in the Activities calendar is planned. Other innovations include the ability for members to post and sign up for activities, public and member's only message boards, a member's photo posting area, and possibly a Glacier Climbing Course section including class announcements, field trip schedule, and a payment function. There's more but revealing all of it here is too much for this report and besides, we want to keep some of it as a surprise for the big roll out when we're ready.

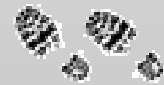
This report is intended to explain what's happening with the OSAT Website Committee, what we've got cooking, and what we're asking of the club before we start doing it. Minor changes to the website are usually just made without the need for club input, however, what's being suggested are not minor changes. It is only fair to bring this to the club in the form of a motion for members to discuss, understand, and vote on.

To keep as many members abreast of what's happening, it is our intent to answer questions and address concerns as thoroughly as possible. We hope that including this discussion here has answered many of your questions but if it hasn't, please feel free to ask them through the Yahoo groups or by sending email to the Web Sherpas at webasherpas@osat.org. Of course we will be presenting our new motions and opening the floor for further discussion at the October OSAT Club Meeting. We'll be asking you to vote on these changes at that time so it is strongly encouraged that you attend this meeting to voice your opinions. This is your club and we want to make it the most for everyone.

It is our goal, should these motions pass, to code, develop, deploy, and roll out our new system in the beginning of January, 2005!

Thanks for reading and we'll see you in October!

OSAT Web Sherpas



(Continued from page 5)

port. We still need to cut expenditures, and will need to dip into prudent reserves for the gratitude dinner and Christmas party.

T-shirts – no official report.

Yodel – we still need a Yodel editor.

Old business

Teresa received a letter and phone call from the church officials stating that the doors were left open after the last club meeting, and we need to make sure that the last person to leave locks the doors and turns off the lights. She wrote a letter of apology and urged someone on BOTS to keep the key and take care of locking up after the Wednesday night meeting and all subsequent meetings. (Note: Robyn currently has the key and did lock up Wednesday night.)

Tino had some ideas about increasing OSAT membership, such as putting flyers in meeting halls to advertise our activities. He and Mike P. are designing the flyer, and will bring it to the October meeting. We will have a membership table at the gratitude dinner, so people can join or renew memberships there, and may have donation boxes at the gratitude dinner and Christmas party. The need to encourage members who have dropped out to re-join was discussed.

New business

Dax proposed ideas to update the OSAT Web site. His idea is that people should be given the option of signing up on line as well as sending in their money and membership forms through regular mail. A lively discussion ensued as to whether the Internet

is secure enough and whether members' anonymity would be protected. No vote was taken, and the issue was tabled until the October club business meeting, where discussion will continue.

A complete copy of the Web site update proposal will be printed in the next issue of the Yodel, so that all members can read it and come to the October club meeting and discuss it, and possibly vote on it in October or January.

The meeting adjourned at 9 p.m.

Respectfully submitted by Robyn Smith
BOTS Vice Chairperson



OSAT Club Meeting Minutes

Time: 7:30 p.m.

Place: Mercer Island Congregational Church

Date: August 11, 2004

Attending: Dave B., Teresa F., Bob L., Lee W., Terri S., Tino S., Rik A., Robyn S., and Dax (David C.)

Meeting opened at 7:45 p.m. with moment of silence and Serenity Prayer, by BOTS Vice Chairperson, Robyn Smith. Robyn also read the OSAT Mission Statement.

We had no minutes from the last meeting.

Committee Reports

Activities – no official report, but there is a Ross Lake kayak trip this weekend (August 14-16), and OSAT Night at Safeco Field August 24. It's sold out, but there is a waiting list. Rik gave a brief report on the Ross Lake kayak trip that was held two weeks ago.

GCC – Terri said they're almost done; they just need to have a wrap-up meeting. All scheduled climbs are done. Pete L. will be next year's chair. There were 13 graduates,

who will receive certificates at the gratitude dinner in November. Checks for reimbursement for Rainier climbing permits will be forthcoming. A recommendation for next year is to charge each GCC student a non-refundable fee of \$75 for the course, which would include the Rainier climbing permit.

Hotline – no official report, but the word is that it's HOT!

Library – we have no official librarian, but the library is alive and well and in Rik's garage. We are still seeking someone to manage the library.

Membership – no official report, but we have about 150 members. More on that under Old Business.

Safety – no official report, but we're all safe.

Service – Lee handed out flyers about the annual OSAT car campout, September 17-19 at Bridge Creek campground. More will be revealed as we get closer to the date. The campground has been reserved and paid for. The gratitude dinner will be November 20 at the Kirkland Congregational Church, and the Christmas party will be December 11 at Epiphany Parish (same sites as last year).

Treasury - Teresa handed out copies of Treasurer's re-

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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

Editor: Position currently available

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Dax (David C.) 425-488-0424 websherpa@osat.org

Mailing & Emailing List:

Lori U. 206-0972-6511 membership@osat.org

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)

How to Contribute

Please send us your trip reports, upcoming events, stories, articles, or other club related business to be included in the next Yodel. The Yodel continues to thrive due to your input!

The deadline for November Yodel:

November 1, 2004 Via Email: yodel@osat.org

You are **strongly** encouraged to submit your contributions via electronic mail. If you can't do this, please send them in via the PO Box, however, please keep the deadline date in mind. Submissions received after that date might not get into the Yodel until the next printing.

12 Step Meetings

Tiger Mountain

Thursday Night Tiger Mountain (April thru October):
Time: Thursdays @ 7:00 pm (Meeting moves to Issaquah IHOP when the time changes! Last Tiger Mountain meeting on 10/28/2004, night of the full moon.)

Thursday Night Issaquah IHOP (November thru April):

Time: Thursdays @ 7:30 pm beginning 11/4/2004. (back to Tiger in April)

Sunday Morning 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

Note: 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

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.

Note: 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.



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not needed for membership verification. All we need online is a simple database that mirrors the Membership Database without any possible means of getting to the information in the Membership Database whatsoever. Methods of doing this are currently being designed and once the technical details are worked out a new motion will be suggested.

The idea of running our own listserv at the cost of \$12 to \$15 dollars per month went over without much discussion and the general consensus seems to be to go with it.

Updating the membership application so members can indicate if they wanted access to the Members' section doesn't seem like a good idea. Instead all members will be able use the member's section if they want to. If not, they don't need to. This is the best and simplest solution, therefore, the motion to change the membership application is dropped.

Lastly, the idea of paying for membership online didn't seem like such a good idea at first. It might be overkill since we are a small club with only a few hundred members. It might be confusing. However, this might be a con-

venient way of allowing members to renew their memberships. When one's membership expires, for example, a message could be displayed to that person when they try to go to the Member's section that says, "Your membership has expired and you can't go to the Member's section." Accompanied by a button that says, "Click here to renew your dues and be instantly reactivated." Of course they'd still have to fill out and send a Release and Indemnity agreement in by mail but this would be a quick and convenient way of renewing memberships

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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 1/2 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

