

The Yodel

Volume 13, 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."

OSAT BC is Born

Contributed by Nikki D.

On the 22 of June 2005, a small group of like-minded sober hikers gathered in a coffee shop on Vancouver BC's North Shore. The group formerly known as the Fun and Friendly Sober Hikers (FAFSH), pooled their plans and ideas together on how to carry on, spread out the work-load and evolve, and so by the end of the evening, OSAT BC was born. The FAFSH group had been in existence for



Mt. Baker Summit, June 20, 2004

photo by MattS

over 2 years and had initially began as a hiking group for women in recovery. As more family and friends joined in on the local hikes, the addition of men, children and pets naturally followed. We are mostly from North and West Vancouver, but our numbers are growing continually at over 90 strong to date and we expect to grow even more as we gain more members from Vancouver, Burnaby and other Vancouver Lower Mainland municipalities. We are still learning when it comes to "ought never be organized" organization. Even our BOTS is still volunteer-based and not a real elected BOTS, but for now, as much as possible, we are adopting the OSAT mission, motto, by-laws, safety-guidelines, etc.

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OSAT-Black Tusk Climb

23, 24 July 2005 - Elevation 7598'

Contributed by Nikki D.

As part of OSAT's 15 Peaks in 15 Weeks Series, I had the honour of organizing and leading an OSAT trip in beautiful British Columbia, Canada. I had offered OSAT three popular destinations for this series and Rik A. helped me to decide that Black Tusk would be a tantalizing trip to lure Washington OSAT'ers north of the border.

After doing a reconnaissance trip two weeks before our scheduled date, I decided it would be very nice to camp overnight at Garibaldi Lake enroute to the Tusk. The Garibaldi Lake trail leads into to one of the most beautiful areas in the world. The trailhead at Rubble Creek is located 37 kilometers north of Squamish, BC.

Unfortunately a few Washington climbers had to back down during the last week or two, but this also happened at the same time that OSAT BC came into being and by the Saturday morning of the climb we had 4 Canadian climbers ready to go at 6am in North Vancouver. The Canadians met at St. David's Church parking lot and we headed out to meet Rik A. and Paul C. who were camping north of Squamish at Alice Lake. We met Rik and Paul at Alice Lake at 7:30 and left Rubble Creek trailhead after the traditional OSAT circle up at 8:50am.

The trail winds through about 6 kilometers of

switchbacks and 1200 feet elevation gain where we arrived at a viewpoint slightly off-trail perched high on green sand-stone. From here we had a great view of the 1000 foot high lava wall called The Barrier. It was formed during a volcanic eruption on Mount Price when the lava flowed into the valley and formed the dam that created Garibaldi Lake. The Barrier is a magnificent brick-red precipice rising above an enormous apron of fallen rock. The precipitous cliff face and it's long flowing rock apron are the result of an 1855 landslide and continuing

erosion. From there we circled around Barrier Lake, a beautiful high-flowing waterfall and the lovely blue-green Lesser Garibaldi Lake.

After 9 kilometres we finally arrived at our campsite at Garibaldi Lake at 12:15pm. It is a beautiful turquoise blue lake formed by volcanoes and glaciers.

We spent the afternoon setting up camp, hiking around the lake shore and Battleship Islands. In the early evening we had supper in one of the shelters and then had a meeting at the water's edge with magnificent views of Sphinx Glacier and surrounding peaks.

After a 5am wake up call, five of us set out for Black Tusk just before 6:30am. A disappointed Sandra was forced to remain at camp due to severe blistering. Although the group initially didn't warm up to a very early start, they soon understood the reason behind it as we enjoyed the solitude of being the first group on the trail. We wound back up from the lake into some very beautiful meadows and then a much larger Black Tusk finally came into view. Looking behind and above the first series of meadows we also got

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Black Tusk Trailhead Nikki D

OSAT QUICK-REFERENCE

Board of Trusted Servants (BOTS)

David B.		<i>ebots@osat.org</i>
Dick D.	206-714-3782	<i>dempsey7272@yahoo.com</i>
John E.	206-819-7442	<i>theedwards5@comcast.net</i>
Susan S.	253-219.9714	<i>sstryker@hotmail.com</i>
Tom D.	253-820-2715	<i>mt_goat@hotmail.com</i>

12-Step Meeting Coordinators

Thursday Tiger — Tino S.	<i>thurstigerleader@osat.org</i>
Sunday Tiger— Karen C.	<i>suntigerleader@osat.org</i>
Carkeek Park — Dave B.	<i>carkeekleader@osat.org</i>

Contact People

Activities:		
Janice B.	425-277-6770	<i>getaview@comcast.net</i>
Activities Hotline:		<i>spamulino@yahoo.com</i>
Finance: Rik A.		<i>etreasurer@osat.org</i>
Library: Rod B.		<i>elibrary@osat.org</i>
Membership: Bob L.	206 686-2927	<i>emembership@osat.org</i>
OSAT BC:		
Nikki D.	604-985-0346	<i>mountainear@shaw.ca</i>
OSAT East Coast:		
John H.	617-641-3423	<i>soberhiker@aol.com</i>
Safety: Doug H.	425-271-5116	<i>doug.sue@comcast.net</i>
Service: Mary P.	206-818-8204	<i>maryp@johnlscott.com</i>
Yodel:		
Matt S.	425-922-8536	<i>eyodel@osat.org</i>
Kelly P.	206-675-1036	<i>eyodel@osat.org</i>
Web Sherpa: Dax	425-488-0424	<i>ewebsherpa@osat.org</i>

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.

Lake Annette Snowshoe

December 2005

“The Three Stooges”

by Lisa P.



OSAT Information Hotline

This hotline is available or the public to contact OSAT, leave messages, and hear about 12-Step meetings and other club events.

206 686-2927

The OSAT Echo

SUBSCRIBING: Members are added to the Echo distribution list upon joining.

POSTING: (Use discretion: remember we ALL get the email.) Send messages too: *echo@osat.talklist.com*

UNSUBSCRIBING: Send a blank email to: *echo-off@osat.talklist.com*

New Members should receive detailed instructions on how to sign up for an account to access the Members Section of the OSAT Website when they sign up. Current members should have received this information all ready. If you are a current member with a computer and valid email address and have not received instruction on how to set up an account to access the Members Section of the OSAT website please email the OSAT Web Sherpa at *ewebsherpa@osat.org* to receive detailed instructions.

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magnificent views of Mount Garibaldi, Mount Price and Garibaldi Lake. We then carried on up a scree field and left our packs at the base of the tusk near the cluster of crags. We had to circum-navigate the tusk to the west in order to get to the chimney. Hilda chose to wait at the base of the pillar while Paul, Chris, Rik and myself scrambled up the rotten lava rock of the chimney. The views from the top of the main pillar were spectacular and the shear walls of it made my heart race as I approached the edge. We stopped here for cookies and pictures before down-climbing back to the talus slope. It was only when we reached the bottom of the pillar did we finally see any other climbers. It was quite special to be up there by ourselves as this is one of the most popular hiking/climbing destinations in BC.



Black Tusk

Nikki D.

We strolled back into camp at 12:15, had lunch, circled up and were back on the trail by 1:45pm. We arrived back at Rubble Creek at 4:20pm, some of us sporting blisters after the 32 kilometre round trip. Our final stop was for cheeseburgers at the Howe Sound Brew Pub in Squamish (famous for it's view and wall mural of the Chief),... the food's not too bad either.

This trip meant a lot to me, being OSAT's first International Climb and OSAT BC's first over-night camp and real summit. Having Washington OSAT veterans Rik and Paul there made it a little extra special. It was a

wonderful mix of newcomers and vets, which made for excellent group chemistry. The fact that we had spectacular weather on this trip made it even more memorable.

Trip Participants: Paul C. and Rik A. (Co-Leader), and OSAT BC Participants Chris S., Hilda N., Sandra A. and Nikki D. (Leader and Trip Organizer)

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 eyodel@osat.org or they can be sent to Yodel Submission, P0 BOX 646, LYNNWOOD, WA 98036-0461.

Treasurer's Annual Report ~ 2005

SUMMARY

OSAT ended 2005 with total assets of \$6452.15, the highest year-end balance in the club's history. Total revenues for the year were \$6560.77, total expenses were \$5745.35. The club's financial assets have risen in recent years due to the combination of the increase in GCC fee in 2001, increased efforts to collect annual membership fees at year-end events, and declining publication costs for the Yodel. The club's non-financial assets, primarily t-shirt inventory for sale to members and meeting supplies, are not included in this accounting.

As a result of the healthy financial standing of the club, the BOTS approved in early 2005 the transfer of approximately half of OSAT's bank balance to interest-bearing certificates of deposit.

INCOME and EXPENSE Summary

12/31/04 Balance 5626.73

Income

Membership Fees	2294.00
GCC	1715.00
Donations	1086.28
Sales	1134.50

Activities	250.00
Interest and Misc	<u>80.99</u>
Total Income	6560.77

Expenses

Inventory	1161.78
Communication	1128.72
Donation	1000.00
Activities	854.46
GCC	591.89
Administration	582.12
Meetings	<u>426.38</u>
Total Expenses	5745.35

12/31/05 Balance 6452.15

ASSETS Summary

Checking Account	3376.16
Certificates of Deposit	<u>3075.99</u>
Total Assets	6452.15

A more detailed report is provided to the BOTS and available to members upon request.

Respectfully submitted, Rik Anderson, OSAT Treasurer

Yodel Staff

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

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Bob L. (206) 686-2927 emembership@osat.org

How to Contribute

The deadline for April Yodel:

March 25, 2006

Via Email: eyodel@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 Photo Slideshow

I NEED YOUR OUTDOOR PICTURES! Just another reminder we are collecting your outdoor pictures for our up coming treatment slideshow video. This video will reach out to people who are going through treatment. We hope to let people know about OSAT and that there is a whole new world waiting for them.

Please send your pictures on a cd-r or other media. We will be screening the pictures and having a selection party at some point in the future. Thank you for all of the pictures that have been sent in already! God grant me the serenity to accept the mountains I cannot climb, courage to climb the mountains I can and the wisdom to know the difference.

Send your pictures to:

Jay Mullen
2012 129th Ave. SE, Bellevue, Wa. 98005

New Year's Day
Mt. Si Hike
By Rik A

The tradition of climbing Mt. Si on New Year's Day pre-dates the founding of OSAT. In fact, as Tom D reminded us in his Echo-mail invitation, January 1

marks the anniversary of the inspiration Jim on a solo hike up Si, two years before OSAT got started. The changing of the year is often used as a milestone, a point when we reflect on what has happened in the past, and what we would like to do in the future. It was like that for Jim on that hike in 1989 when he found it to be "A day to reflect and ponder and feel the weight of growing old". As he struggled with the question "What to do with my life?", and reviewed what he had been through himself, as he later recalled "...a new thought hits me. Why don't I somehow combine mountaineering with recovery from alcoholism?"

So there we were again, all experiencing the trepidation of waking up early New Year's Day with rain pounding on the roof. The first question was not nearly as weighty as what to do for the rest of our life, but the more immediate thought of "Is hiking up Mt. Si on a day like this really worth it?" Many of us doubted the wisdom of our answer as we drove through a steady downpour on the way to North Bend. But, those of us who persevered found that the rain petered out near Tiger, and we were well-rewarded with companionship, accomplishment, a wonderful view of Western Washington (albeit under overcast skies), and NOT A DROP OF RAIN!

Bill L, Nancy, Russell, Rebecca, Andrew, Bob D, Pete S, Tom and I circled up for a Serenity Prayer in the parking lot shortly after 8. Dan's camper was in the lot, but he had gotten a jump start on us, and we eventually ran into him coming down as we neared the top. There was barely a trace of snow on Si this year, but the cold wind was blowing like mad and we decided against going up the Haystack. Paul C and a non-OSAT friend were hiking up as we pounded down the last mile of another enjoyable day in the woods. Carol and Fred also got a late start. None of us was hit with anything like Jim's inspiration of 1989, but we all knew we did do something worth-



Black Tusk summit

Nikki D.

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.

while, for ourselves and for each other. Next milestone: the beginning of the 16th annual Glacier Climbing Class.

Just think of it, fifteen years of Keeping Climbing and Not Slipping! Happy New Year, OSAT!

Membership Renewal Time

It's membership renewal time. If the mailing label on this Yodel says 2005 then fill out the enclosed membership form (don't forget to sign the release on the back) and send it in with the appropriate funds. Thank you for your support.



OSAT BC canoe trip

Nikki D.

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 We held over 29 activities in 2005, including the OSAT International "Black Tusk" climb in August. Other 2005 highlights included the Stawamus Chief, St. Mark's Summit, Rainbow Lake, snowshoeing on Mount Seymour, canoeing, cycling, and a successful climbing night at "The Edge". Another special highlight has been the welcome addition of Washington OSAT'ers Rik A., Paul C. and Susan S. on 3 OSAT BC outings.

OSAT/AA 12-Step Meetings

Tiger Mountain: Time: Thursdays discontinued for the winter, to return in April on top of Tiger Mountain

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 thurstigerleader@osat.org

Sunday Contact: Karen C. suntigerleader@osat.org

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: carkeekleader@osat.org

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.

We had a Gratitude Night and a fun Bowling Night in November. For the winter months we are doing some snow-shoe and ski and snowboard trips. Our next big project is to get some eager OSAT BC'ers on the Glacier Climbing Course for 2006. Given the obvious travel distance, this is going to take some work, some cooperation and a lot of creative thought.

"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 ACTIVITIES CALENDAR

February

1 - Greenlake Run/Walk - We're bringing back an OSAT Tradition! Meeting every Wednesday at 6:00 p.m. at the Greenlake boathouse (southwest end of the lake). Everyone goes at their own pace, one or two laps (or more!) One lap is 2.8 miles. Then we meet for food and fellowship at Zoka's.

What to bring: weather-appropriate clothing--we will run rain or shine. also consider bringing a headlamp during the winter nights., Size Limit: none, Difficulty: all levels welcome, Leader: Mia, Phone: (206) 605-9811, Email: gloxina@hotmail.com, Facilitator: MiaW. Everyone's Welcome!

4 - Vertical World - Indoor climbing family event. \$15 per person. At 7:00 Belay capable people, please make yourselves known! We need belayers. Waivers will need to be signed. This will be made available online. Check back here later for the waiver.

Size Limit: none, Facilitator: Janice B. Everyone's Welcome!

5 - OSAT Women's Meeting - Home of the infamous OSAT Women! This will be a "Spa" and Meeting event/potluck. At 5:00 at Nancy T's house. 10529 Alton Ave NE, Seattle, WA 98125

What to bring: Nail polish, facial masks, parophin wax dipping machines, tea bags, cucumber slices, guacamole, etc. , Size Limit: none, Leader: Nancy T., Phone: 206-523-0844, Email: nthorpee@juno.com, Facilitator: Janice B. Everyone's Welcome!

6 - GCC/Seattle Seminar #1 - OSAT Glacier Climbing Course Seminar at Seattle REI Starts @ 615 sharp, be early.

Size Limit: none, Leader: Terri S, Email: Sevenon7th@yahoo.com, Facilitator: scotth. Everyone's Welcome!

8 - Club Meeting - General Club Meeting held in the Mercer Island Congregational Church. Held at 7:30.

Size Limit: none, Facilitator: dave b. Everyone's Welcome!

11 - GCC/Seattle - Field Trip / Gear Grab - Knots and Packs seminar for GCC Students and Gear Grab for the Club. This is a Saturday and will be held at 9 AM. On Mercer Island Congregational Church at 4545 Island Crest Way, Seattle, Wa. (Same place as the club meeting)

What to bring: Bring things to sell and bring lots of money to buy. , Size Limit: none, Leader: Jay M, Phone: (425) 641-6166, Email: climbingj@comcast.net, Facilitator: scotth. Everyone's Welcome!

11 - Skiing OSAT BC - Grouse Mt. Downhill Skiing & Snowboarding Meeting at Avalon Parking lot at 8:30 AM.

What to bring: Skis, snowboards, etc. , Size Limit: none, Leader: Nikki D., Phone: 604-985-0346, Email: mountainear@shaw.ca, Facilitator: Nikki D. Everyone's Welcome!

12 - GCC: Tiger Mountain Conditioner - Tiger Mtn in Issaquah Meet at lower lot and follow cable line. We will hit the meeting at 10am

Size Limit: none, Leader: Jay M, Phone: (425) 641-6166, Email: climbingj@comcast.net, Facilitator: scotth. Everyone's Welcome!

18 - Basic Snow Camping - Learning basic snow camping skills This would be great for someone planning to do the climbing course, snow cave trip, or just wanting to know what it is like before going overnight with friends in the snowy backcountry. Tasks that we could do: 1) Learn to light stove · Use liquid & canister stoves 2) Use stove to: · Melt snow for water · Cook 3) Set up

tents · Make wind blocks · Bury stakes with 'Deadman' using snow stakes or sticks · Lay out sleeping pads · Dig entrance pit 4) Sculpt w/ shovels · Make wind blocks · Make shelves/cooking area for Cooking · Make a table · How NOT to break snowshovel 5) Learn to walk with snowshoes · Try cross-country or backcountry skis 6) Light fire in snow · Put up wind block near fire pit · Space blanket 7) Uses for space blankets · Use on bottom of tent · Use behind fire · Wrap self inside 8) Have a meeting 9) Use GPS 10) Stay Dry

What to bring: **Everything you need for cold weather camping**, Size Limit: none, Difficulty: Easy, Leader: Ken Mapes, Phone: 425-392-0574, Email: snwcmpr@hotmail.com, Facilitator: snwcmpr. Everyone's Welcome!

18 - Vancouver International Mountain Film Festival - 9th annual Vancouver International Mountain Film Festival in North Vancouver, BC. Centennial Theater in North Vancouver. Greg Child (very funny) will be speaking at this event. More details to be announced.

Size Limit: none, Leader: Nikki D., Phone: 604-985-0346, Email: mountainear@shaw.ca, Facilitator: Nikki D. Everyone's Welcome!

18 - Hog Loppet - Cross Country Ski Event 21 Miles sponsored/ supported ski race/tour. More information available at HogLoppet

Size Limit: none, Facilitator: A.J.. Everyone's Welcome!

18 - GCC Conditioner--Mt. Si - 3400' elevation gain in 4 miles. moderate pace. Meet at North Bend Starbucks at 8:00. This is a hike for students of the Glacier Climbing Course, but will open up to all OSAT members if there are spots available as of February 15. What to bring: Required gear: Ten essentials, weather-appropriate clothing--NO COTTON., Size Limit: 12, Difficulty: moderate, Leader: Mia , Phone: (206) 605-9811, Email: gloxina@hotmail.com, Facilitator: MiaW. Sign up via website or leader.

19 - Conditioner - Tiger mt. meet at Tiger at 800 am

What to bring: 10 essentials, Size Limit: 12, Leader: Terry S., Phone: 206-841-1769, Facilitator: Joe E. Sign up via website or leader.

21 - BOTS Meetings - Board of Trusted Servants Meetings. Open to all club members.

Size Limit: none, Facilitator: dave b. Everyone's Welcome!

25 - Snow Cave Camping - At Steven's Pass! Overnight activity 25th-26th This is a two day camp activity at Steven's pass. We'll be snowshoeing up 1000 vertical feet to Summit Lake. Meet at Dutch Cup in Sultan at 9 AM.

Size Limit: none, Difficulty: Moderate/Snowshoe, Leader: Rik A. , Facilitator: Rik. Everyone's Welcome!

25 - conditioner - mt. washington meet at north bend starbucks at 800 am

What to bring: 10 essentials, Size Limit: 12, Difficulty: call Bill L., Leader: Bill L., Phone: 206-841-1769, Facilitator: Joe E. Sign up via website or leader.

26 - conditioner - tiger mt. preston trail meet at tiger at 700am

What to bring: 10 essentials, Size Limit: 12, Difficulty: call Russell S., Leader: Russell S., Phone: 425-753-3525, Facilitator: Joe E. Sign up via website or leader.

OSAT ACTIVITIES CALENDAR

March

1 - OSAT BC - Planning meeting at 7:30PM at Bean-around-the-world cafe. Mt. Seymour Rd. and Mt. Seymour Parkway. Size Limit: none, Leader: Nikki D., Phone: 604-985-0346, Email: mountainear@shaw.ca, Facilitator: Nikki D. Everyone's Welcome!

5 - OSAT BC - Elfin Lakes cross country ski/snow shoe day trip Meeting at St. David's Church in N. Vancouver (Taylor Way & Upper Levels) at 7:00am.

What to bring: 10-essentials, ski/snowshoe equipment, Size Limit: none, Leader: Nikki D., Phone: 604-985-0346, Email: moun-tainear@shaw.ca, Facilitator: Nikki D. Everyone's Welcome!

6 - GCC/Seattle - Seminar #2 - REI in Seattle, 2nd floor Please come early, not late

What to bring: Bring syllabus and "Freedom of the Hills", Size Limit: none, Leader: Terri S, Email: sevonon7th@yahoo.com, Facilitator: scotth. Everyone's Welcome!

8 - Club Meeting - General Club Meeting held in the Mercer Island Congregational Church. At 7:30

Size Limit: none, Facilitator: dave b. Everyone's Welcome!

11 - GCC /Seattle - Ice Axe Arrest Field Trip - Ice Axe Arrest. Another one on the 19th. Ice Axe Arrest class for GCC students. (Depending on the snow.) Sign up at the seminar. (WE'LL NEED LOTS OF INSTRUCTORS FOR THIS! PLEASE SIGN UP!)

What to bring: Location TBA, Size Limit: none, Leader: Jay M, Phone: (425) 641-6166, Email: climbingj@comcast.net, Facilitator: scotth. Everyone's Welcome!

17 - OSAT BC - Vancouver Giants Hockey Game More details to be announced.

Size Limit: none, Leader: Brandie T., Phone: 604-985-0346, Email: mountainear@shaw.ca, Facilitator: Nikki D. Everyone's Welcome!

19 - GCC /Seattle - Ice Axe Arrest Field Trip - Ice Axe Arrest for GCC Students. Ice Axe Arrest class for GCC students. (Depending on the snow.) Sign up at the seminar. (WE'LL NEED LOTS OF INSTRUCTORS FOR THIS! PLEASE SIGN UP!)

What to bring: Please see syllabus, Size Limit: none, Leader: Jay M, Phone: (425) 641-6166, Email: climbingj@comcast.net, Facilitator: scotth. Everyone's Welcome!

21 - BOTS Meetings - Board of Trusted Servants Meetings. Open to all club members.

Size Limit: none, Facilitator: dave b. Everyone's Welcome!

April

3 - GCC /Seattle - Seminar - Seminar at REI. OPEN TO ALL CURRENT AND PAST MEMBERS & GCC MEMBERS. At 6:00PM. Be early, Not late

What to bring: GCC students must bring their syllabus and other reference material, Size Limit: none, Leader: Terri S, Email: Sevenon7th@yahoo.com, Facilitator: scotth. Everyone's Welcome!

6 - OSAT Birthday Meeting on Tiger Mt. - Thursday Night Tiger Mountain AA Meeting. OSAT will celebrate 15th birthday of OSAT! Don't try to find this meeting alone if you haven't gone before.

What to bring: 10-essentials, , Size Limit: none, Facilitator: Janice

B. Everyone's Welcome!

8 - GCC/Seattle - Field trip - Navigation Field Trip at Lincoln Park

Size Limit: none, Leader: Jay M, Email: climbingj@comcast.net, Facilitator: scotth. Everyone's Welcome!

9 - Camp Food Cookoff - Camping food competition to learn what's good when out camping. Shelter at Tiger Mountain after the Tiger Mountain meeting. More details to be announced.

Size Limit: none, Leader: Ken Mapes, Phone: 425-392-0574, Email: snwcmpr@hotmail.com, Facilitator: snwcmpr. Everyone's Welcome!

12 - Club Meeting - General Club Meeting held in the Mercer Island Congregational Church. At 7:30

Size Limit: none, Facilitator: dave b. Everyone's Welcome!

15 - GCC/Seattle - Camp Muir Field Trip - Camp Muir conditioner. Sign up at seminar.

Size Limit: none, Leader: Jay M, Email: climbingj@comcast.net, Facilitator: scotth. Everyone's Welcome!

18 - BOTS Meetings - Board of Trusted Servants Meetings. Open to all club members.

Size Limit: none, Facilitator: dave b. Everyone's Welcome!

23 - GCC /Seattle - Camp Muir Field Trip - Camp Muir conditioner. GCC students will be hiking up to camp Muir. Sign up at seminar

Size Limit: 12, Leader: Jay M, Email: climbingj@comcast.net, Facilitator: scotth. Sign up via website or leader.

29 - Kaleeten Peak - One day Ice Axe Climb at Denny Creek.

More specifics to be announced. We'll be meeting in North Bend someplace.

Size Limit: 12, Difficulty: Moderate, Leader: Russell, Phone: 425-753-3525, Email: bearfood4one@yahoo.com, Facilitator: Janice

B. Sign up via website or leader

May

1 - GCC/Seattle - Seminar - Avalanche At REI @ 315 sharp, be early and not late

What to bring: Syllabus and pertinent information, Size Limit: none, Leader: Terri S, Email: sevenon7th@yahoo.com, Facilitator: scotth. Everyone's Welcome!

6 - GCC/Seattle - Glacier Travel Field Trip - 2 day (Overnight)

Glacier Travelfield trip TBA

What to bring: See Syllabus, Size Limit: none, Leader: Jay M, Email: climbingj@comcast.net, Facilitator: scotth. Everyone's Welcome!

10 - Club Meeting - General Club Meeting held in the Mercer Island Congregational Church. At 7:30

Size Limit: none, Facilitator: dave b. Everyone's Welcome!

Monthly OSAT Club Meeting

7:30PM, 2nd Wednesday Every Month

Mercer Island Congregational Church

4545 Island Crest Way

The Yodel

P.O. Box 6461
Lynnwood, WA 98036-0461

Online Version

OSAT MARKETPLACE

TRAILBLAZERS — If your body is feeling the aches of conditioning, treat yourself to some bodywork. Massage for injury, soreness and relaxation. Discounts to fellow OSAT members; gift certificates available. Call Nancy Thorpe at (206) 523-0844.

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PHOTO OF THE MONTH



Where: Mt. Shuksan and Lee W. from Mt. Baker

When: November 20, 2005

Photo by: Jerry Sanchez

Please send photos to eyodel@osat.org and the editor will select one for each Yodel edition.