

The Yodel

Volume 13, Issue 2

Oct 2006

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.”

In Search Of...

...a few dedicated individuals. The strength of an organization such as OSAT lies in the dedication and participation of its members in the day to day operations and service structure of the group. We are extremely fortunate in OSAT to have a wealth of active members that contribute selflessly on an ongoing basis.

In order for an organization to grow and serve the needs of its members there needs to be the guidance of long time members as well as a “changing of the guards” from time to time. This allows for continuity in the group while at the same time infusing new enthusiasm and ideas.

We are currently in need of some members to fill several service positions. In OSAT as in recovery there were those who came before that kept the stoves blazing and provided a place to discover the fun and fellowship that is OSAT. If you are grateful for those who came before you please show your gratitude by volunteering



Prussik Peak from Gnome Tarn photo by Rik A.

and passing it along to the next generation of OSAT'ers. And remember you don't have to do it alone. There will always be someone to lend a helping hand. If you have the time and the desire to serve the members of OSAT you will find that you will get back much more in return than you could ever give. §

Help Wanted!

Yodel Editor

The Yodel is the rope that ties us together...the wand that keeps us on route and headed in the right direction ...the compass that keeps us from getting lost in the fog.

In these digital times of mailing lists and online photo albums we sometimes lose touch with the feel of a good book as you turn the pages or the face to face conversation with a good friend.

While the Yodel has taken on a different function for OSAT, it is still a vital medium for communication within the club. There are still members that only get their club news from The Yodel.

We are looking for someone to take on this important position. Extensive computer skills are not needed. In fact you don't even need to know how to use a computer. You just need to see that the Yodel is distributed on a regular basis. What we can't do alone we can do together. If you do want to do the editing yourself then if you can use a word processor you have the skills to put together The Yodel. The time commitment depends on you. Ideally The Yodel is distributed between 8-12 times a year. If you have an interest in taking on the job of editing The Yodel please contact a BOTS member.

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The Autobiographical Jim Hinkhouse



Part I of Jim's book, the draft of which has been published in the Yodel over the past couple of years, dealt with the development of his idea to merge recovery and mountaineering. In Part II, Jim provides autobiographical background behind the man who started OSAT. He only completed four of the planned ten chapters in this section of his book, and we have Jim's outline of the other six chapters. The following, Chapter 1 of Jim's Story, provides us the story of Jim's family life leading up to his college years. In the years Jim was a star high school athlete in Scappoose, I was a boy scout in Eugene, and our troop ushered at the Oregon State High School Basketball Championships every spring at MacArthur Court on the UofO campus. Years later Jim and I speculated that I was probably at "Mac Court" for some of the state tournament games he played in during the late 1950s.

KCMADS, Rik

Keep Climbing Mountains Part II. Jim's Story Chapter 1. Almost A Silver Spoon

Compared to many people I know, I had a pretty happy childhood.

My parents did the "Grapes of Wrath" thing before I was born. In the mid 1930's they packed up their belongings and five children and left Kansas because of the dust storms and lack of jobs. The journey took them several weeks. They stopped in Idaho, so Dad could earn some gas money by picking fruit. Finally, they reached Oregon and

settled in Columbia County, which is along the Columbia River between Portland and Astoria. Dad's first job was chopping wood.

I wasn't born until 1942. By this time, Dad was working as a laborer in the local paper mill. The times were much better. Although still poor by most standards, there was food on the table and warm clothes. I was conceived shortly after the U.S. entered the Second World War. My mother wanted to experience natural childbirth, which she hadn't on her previous deliveries. Also, she wanted a baby to occupy her thoughts, if her sons had to go to war.

(Continued on page 3)

Help Wanted!	BOTS Nominations
<p><i>(Continued from page 1)</i></p> <p>Membership</p> <p>Have you ever wondered what happens to that membership form you put in the mail? How about how you are magically set up online to access the member's only section of the website? Who is that annoying person that sends out those email reminders to renew your membership? Things that make you go hmmm? If you have ever asked yourself any of these questions then we have the job for you.</p> <p>The membership position is the focal point for welcoming new members into the club and encouraging current members to continue their support. Extensive computer skills are not required as a large part of dealing with membership has been automated, but some familiarity with databases is helpful. If you are interested in taking on the membership position contact the membership chair or a bots member. §</p>	<p>From Article II of the club bylaws:</p> <p>Section 1.</p> <p>A. OSAT shall be overseen by a Board of Trusted Servants (BOTS) consisting of five (5) members.</p> <p>B. The BOTS shall assure that the mission, traditions, by-laws, and general well-being of OSAT be perpetuated.</p> <p>There are two positions up for election this year. If you or someone you know are interested in serving on the BOTS contact a BOTS member or send an email to ebots@osat.org. The deadline for nominations is November 12th and elections will be held via email and at the "polls" at the Gratitude Dinner. The winners will be announced at the Gratitude Dinner.</p>

Part II. Jim's Story

(Continued from page 2)

My mother was a "teetotaler". I am fairly certain that the only drink of alcohol she ever had was a sip of champagne at her daughter's wedding. On the other hand, I am told that my dad was a heavy binge drinker as a young man. But he had mostly given it up by the time I was a teen. In fact, I never saw him drunk and only knew him to be very much against drinking. He smoked Camel cigarettes, though, and died of lung cancer at the young age of 73.

Two of my older brothers drank and they both died younger than I am now. They also smoked. Both would probably have denied that their drinking was a problem. I know better, of course, but it hardly matters now.

And sometimes I feel a little sorry for my other two brothers. Because they never drank, they were able to maintain the illusion of being in control of their lives. Therefore, there has never been a need for them to embrace the program of "recovery", which has brought so much joy to my life.

But I'm getting a little ahead of myself.

My sister was 20 and had already left home when I was born. I really did not get to know her until I was an adult. Then came four brothers - 16, 12, 9, and 8 years older than me.

My earliest memory is being part of a large family that enjoyed eating and playing together. There were lots of games, lots of laughter, and lots of teasing. On most Sunday afternoons and most evenings, we played Pinochle. In the summer, if it wasn't raining, we played Croquet. It was a close-knit family and I was raised to be proud to be a part of it.

Of course, I was the "baby" in the family and constantly reminded that, compared to my siblings, I really had it easy. I had missed the depression days when there was no inside toilet, very little to eat, and barely enough clothes to keep warm. Since it was my brothers telling me these stories, I suspect that things might not have been as meager as they sug-

gested. But I did grow up feeling very fortunate about what I had.

Also, I was told from an early age that I was the "smartest" in the family and would be the first to go to college. That I was the "smartest" was sort of a family joke. Apparently, one evening during supper when I was about six years old, I wondered aloud who was the "second" smartest in the family.

My grades were good and I was always close to the top of my class. When I was a junior in high school, I won the school math contest, beating the seniors and surprising my teacher. When I was a senior, I placed in the top 20 in the state.

This was a national test, usually only given to stu-

dents in advanced math who were headed for college. My score was better than 99% of those that took the test, even though I went to a small school which did not offer a fast track math program.

Math and numbers came easy to me.

So did running and sports. It turned out that I was

blessed with a quick reaction time and good natural balance. So I became adept at baseball and basketball at an early age. When I was fourteen, my baseball team made the state finals. In high school I was a starter on the varsity basketball for three years and twice we went to the state tournament. In my junior year I broke the school record for the 100 yard dash, even though I continued to play baseball and play it well. In my senior year, I decided to play football and although we had a losing season, I was voted by the coaches to the league All-Star team.

Sports came easy to me.

I was also popular. I was senior class president and voted the "best-liked" male in the school. Since my parents were "poor" and my scholastic record so outstanding, it was easy to get financial aid for college.

Without a lot of rationale, I picked the University of Oregon. I had a bright future, or so it would appear. §



7 Days In Grand Canyon

Trip Report Dec 17-23, 2005
by Ken M.

Hermit's Rest, Tonto Plateau, Bright Angel by way of Ribbon Falls.

Miles

Hermit's Rest to Hermit Ck 7.8

to Monument Ck 3.8

to Horn Ck 8.2

to Bright Angel Camp 7.2

to Indian Garden 4.7

to South Rim 4.6

**3 miles round trip to Plateau Point,
and 12 miles round trip to Ribbon Falls.**

I got to the Grand Canyon Village on Friday, Dec 16th, and stayed at Bright Angel Lodge. A reasonable price of 56 dollars, and I share the shower rooms with other visitors. I went to the Backcountry Office and got my permit, to start the next day. In the off season, the permit seems to be readily available. It was cold on the rim, but no snow, and the forecast was that the weather would improve as time went by.

Day 1

The next morning, I had coffee and breakfast in the lodge, and got a ride to the Hermit's Rest trailhead, since there aren't shuttles there in the off season. My Platypus tube was frozen every time I got a drink, until some time past Santa Maria Springs. The tub at Santa Maria Springs was frozen, but the water was flowing into the tub. The Hermit trail has some obstructions, from rock fall, along the way down to the Tonto Trail, but not real bad, and if being observant, I don't see anyone missing the way through the jumbled rocks. This trail is said to be unmaintained, so be advised, if you are uncomfortable with trails in this condition.

I didn't have anything uncommon happen the first day, except for the many moments of awe, when pausing to take in the view. This is what I had hoped this hike would be like for all the years I have wanted to hike it. Dropping down into the canyon, and seeing the color changes all around me is really a charge for my energy, when I ever wonder "Why am

I here?"

Several places along the trail I dropped down quickly, and also got great view of the cliffs above and the plateau below, with a taste of the Inner Gorge, that has the massive Colorado River hidden in its folds.

The junction with the Tonto Trail is very well marked and after trudging the rest of the way, I set up camp under an overhang, and well away from the NPS provided privy. Camp was quiet, except for a few 'voices' enveloped in the wind, and a little Kangaroo Rat checking out my vestibule, it left when it found nothing to eat. I had expected to see other people here, but, was surprised to find I was unique in my interest of hiking here at this time of year. The creek was running well, and could picture summer time sun bathers, dipping into the water, but I chose not to bathe yet, even though I was alone, it was December.

Day 2

After breakfast of coffee and oatmeal, and packing everything up, I took a few minutes to follow the creek downstream, enjoying the 'Grand' view of the cliff walls, but returned soon to put the pack on and continue to Monument Creek.

This is also what I envisioned the hike to be, following an old trail, not very much elevation change, constant views of the canyon wall, and an occasional view of the Colorado River. This was the day I got my first view of the River, other than the rim, and I was entranced for a while absorbing the view and the reminder of where I am, while realizing again, I am not seeing anyone else. Colin Fletcher was here about 40 years earlier, and I was just as alone as he was then.

This was a short day, and I arrived at Monument Camp early enough to wander around camp and locate the best way to get to the creek. The creek drops down underground at the top of the campground, and resurfaces at the bottom of the campground. It was running well enough to be about 6 to 10 inches across with a few pools of 4 to 5 inches deep. There are a lot of camp sites here, so I imagine springtime is a busy time here. Again, I spent the night with 'voices' only in the wind.

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OSAT Quick Reference

Board Of Trusted Servants (BOTS)

Chairperson:	Dave B.		ebots@osat.org
	Dick D.	206.714.3782	dempsey7272@yahoo.com
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	Dave F.	425.378.7911	paintpronwinc@qwest.net
	Tom D.	253.678.9506	mt_goat@hotmail.com

Committee Chairs

Activities:	Janice B	425.277.6770	getaview@comcast.net
Finance:	Rik Anderson	206.232.8908	hollyrik@msn.com
Info Line:	Mike P.		einfo@osat.org
Library:	Rod B.		elibrary@osat.org
Membership:	Bob Lewis	206.310.2896	emembership@osat.org
OSAT BC:	Nikki D.	604.985.0346	mountaineer@shaw.ca
OSAT East Coast:	John H.	617.641.3423	soberhiker@aol.com
Safety:	Doug H.	425.271.5116	doug.sue@comcast.net
Service:	Mary P.	206.818.8204	maryp@johnlscott.com
Yodel:	Help Wanted! Contact BOTS		eyodel@osat.org
Webmaster:	Dax		ewebsherpa@osat.org

12 Step Meetings

Thursday Tiger	thurstigerleader@osat.org
Sunday Tiger	suntigerleader@osat.org
Carkeek Park	carkeekleader@osat.org

OSAT Club Meeting

Next Meeting: November 8th
Entertainment: Southwest Travel, Ken M.

The monthly OSAT club meeting is held on the second Wednesday of the month at 7:30pm. Located at 4545 Island Crest Way, take the Island Crest Way exit from I-90, the church is 1.6 miles south of the freeway, on the right. The meeting is held upstairs in classroom #6.

“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 Information Line

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

206.686.2927

OSAT Online - www.osat.org

New Members receive instructions via email on how to activate their account to access the Members Section of the OSAT Website. If you are a current member and would like to set up an online account email emembership@osat.org.

The OSAT Echo

Subscribing: Members are added upon joining. You can also manage your Echo subscription in your online account settings.

Posting: Email message to echo@osat.talklist.com.

Unsubscribing: Send a blank email to echo-off@osat.talklist.com. You can also manage your Echo subscription in your online account settings.



In Memoriam - Ed Miller above Big Bear Lake

7 Days In Grand Canyon

(Continued from page 4)

Day 3

Today I will carry water for the next 2 days, since the ranger said water at Salt Creek is too mineralized, and Horn Creek water is radioactive from the uranium mine above it. I left Monument creek with all 6 liter containers full. I passed Cedar Spring and noticed the creek bed below the trail was wet, and as I

climbed out of the wash, on the trail, I saw there was water below about 100 feet, but did not go down to see how much was flowing. I really enjoyed this day the most, as I look back on it. It was my last day alone, since I knew I would meet people after Horn Creek, when I joined the Bright Angel Trail. I did not expect to see any-

one by this time, but was presently surprised to meet someone watching a baby Condor in the cliff. He let me take a minute behind his spotting scope to view the 6 month old chick as it was getting ready to fly for the first time. I was high on nature again. I could not have paid for a chance as I had just experienced. I was grateful for the guy to let me interrupt his viewing, and let me share the experience. (I have since read a report that the condor chick flew and is being fed by its parents, so it is well on its way to joining the Grand Canyon condor population)

I passed a few bucks and a doe on the trail, and was seeing quite a bit of fur filled dung on the trail, some of it large enough for me to wonder if a cougar was using the trail as well as the obvious coyote. It just enhanced my senses, so I think it made the whole experience that much more exciting. The views of the cliffs were constant, and the occasional view of the river and rapids made me stop to reflect again my insignificance and small size. The side canyons had a few places that were very steep and precarious, with long drops to the bottom, but that just reminded me of the climb I did with Walt, of Three Fingers in Washington State, when we went over Tin Can Gap, and all I thought about was where I placed my feet, then where I placed my ice axe, then where I placed my feet until I was past the steep face with a 4,000 ft drop. 'Focus' is the word I use for areas like that. They are not times for daydreaming. Don't get me wrong, the foot wide trail was nothing like a steep icy slope, but I was just as focused, because there was no one around for



miles, and no one expected me for the next 5 days.

The Camp at Horn Creek had space for 2 or maybe 3 tents max. There wasn't a food container there, so I was glad I had brought my own. The added weight was finally worth it. The rodents were there as soon as I was in the tent, but left as soon as they found it impossible to get to. It was so warm

here, and the night before, I decided to set up my Hilleberg Akto tent without the rainfly. I was amazed at how easy it was to remove the rainfly. (Of course, the next day, I had to spend more time putting it back on). I kept thinking of the ranger telling me of the radioactive water, and thought the EPA must have erred on the cautious

side, and the water is probably just fine. Then I thought that I didn't have enough information to make that choice, and remembered the joke the ranger made in the backcountry office: "If you drink the water out of Horn Creek, you may not need to use a flashlight." I really enjoyed the last night alone, soaking in the experience, to recall later, since tomorrow I will blend in with all the day hikers, mule riders, Phantom Ranch visitors and other backpackers like myself.

Day 4

2.5 miles and I joined the Bright Angel Trail, started dodging mule crap, and saw more boot prints than all the last 3 days total. I had lunch in Indian Garden, noticed the difference since the last time I was there, and continued my descent into the canyon. Again I was enthralled by the multitude of colors, all around me. Tan, brown, gold, shades of red too many to list, green, and I didn't know black had shades to it.

A few day hikers said hi while hurrying along at the pace a rim to river hiker needs to keep to make it back before dark. I believe they miss the whole point, since they can't take the time to view and absorb the 'Canyon Experience', but to each their own. Several mule trains passed me, too. More people heading to Phantom Ranch.

I reached the river, and forgot how far it was from the rest house to the bridge. I crossed the bridge, getting excited about returning after about 15 years of wanting to come back. I went straight to Phantom

7 Days In Grand Canyon

Ranch to see if I could have dinner in the restaurant, and was pleased to find availability for dinner, at 5 pm. I hurried to set up camp, so I could find a secluded place in the creek, to sort of clean up for the 'city folks'. Bright Angel Camp, as well as Indian Garden had grown a lot of vegetation since I was last there. More trees and bushes separated the campsite, and there were 'yardarm' type posts in every camp with the food boxes and picnic tables. This time of year I was blessed with golden leaves on almost all the trees. A couple of wild turkeys were seen attacking a man as he was walking down the path, but, I think it was because he chose not to surrender the path to them, since he was kicking at them, instead of simply continuing on his way.

Dinner was 'Grand', steak, 2 kinds of veggies, salad that was a lot more than simply lettuce, and cornbread served cafeteria style, with plenty of food for all, and chocolate cake as a finale.

Day 5

The next day, I did the 12 mile, easy 1200 ft gain hike to Ribbon Falls. This is the hike I was unable to do the last time I was here, and enjoyed the side canyon experience all the way, with its sheer walls, changing colors, and running creek with all the enthusiasm I had had thus far. The Ribbon Falls have a mound at the base of travertine. Very unusual, for me anyway. I have never seen anything like it. It was warm, so I rinsed my clothes in the stream, and cooled off with the wet clothes on now. The reverse trip was somehow different since I don't spend my day walking backwards, I noticed cliff colors differently and the shape of one of the buttes were almost reaching out to me. You had to have been there.



Before I left for the falls, I made reservations for dinner, this time it was stew, at 6:30, so I had plenty of time to get back, clean up, and enjoy dinner other than out of a bag or pot. I will recommend dinner at Phantom Ranch to anyone that asks. The company was 'Grand', and the chocolate cake was another 'Grand' finale. The restaurant closes after dinner, so they can clean up, for an 8 pm opening for guests and visitors to purchase beverages, gifts, etc. Beer and wine are available. All hauled down by mule. I left and went back to camp, and went to bed early, preparing for the short trip to Indian Garden tomorrow.

Day 6

A short trip up the Bright Angel Trail and I am back at Indian Garden. Again, the vegetation is different, with trees and bushes separating the campsites better than I remember from the last time I was here. The camps, here and Bright Angel are noisier than the previous 3 days, with college wilderness seminars, and kids. They both seem to need to yell across their camp to have a conversation. That is the reason I liked the remote trails that much more.

I took the walk out to Plateau Point this time. Another place I didn't go to the last time I was here. What a view. But, after the 4 days I spent on the Tonto Trail, I had to say, it was like that much of the way along the Tonto. While laying back watching a very large bird circle areas east of Indian Garden and north of Phantom Ranch, up the Bright Angel Creek canyon, another guy, I met, and I were discussing what type of bird it was. It didn't flap its wings the whole time we watched it and after the 20 minutes or so, it made a beeline towards us.

As it got closer, it confirmed our ideas that it was indeed a California Condor. It circled us 3 times before my movement, sent it off into the side canyon, and out of our view, even though I stood up and ran to try to follow it. Man, they are big birds. Again, I was high on nature, jazzed like I had just seen a rare bird. I had, and that made me even more jazzed. I get the idea now he considered us a possible meal, until I moved.

Dinner was one of my fine concoctions of coconut-ginger soup, a second course of instant rice, Thai seasoning, and freeze dried chicken (actually it was very good) with a mug of hot chocolate and a big bar of chocolate for desert. 'Grand' meals in a 'Grand' place.

Day 7

I got up early, and was up at the rim about 1 pm. I wasn't hurrying, but was there a lot sooner than I figured for the 4.6 mile trip. I saw a Big Horn Sheep, 30 ft off the trail, met a lot of day hikers, and others continuing on to spend the night at Phantom Ranch and Bright Angel Camp. A short chat, usually about what it's like, and off I go. I stopped at the rest houses for a snack, and a drink. Observing the view, and trying not to remember I am coming to the end of a dream come true hike in the 'Grandest' place I know, I checked into the Bright Angel Lodge again, had a hot shower, ate a restaurant meal, and kicked back the rest of the evening, savoring the thoughts of where I had been. §



OSAT Event Calendar

Want to lead a trip? Call/Email it to us and we'll list it:
e.yodel@osat.org

November

8th Club Meeting

Slideshow on Southwest Travel - Ken M.

18th Gratitude Dinner

See flyer on right

23rd Thanksgiving Appetite Builder

Meet at Mt. Si trailhead at 7:30am

December

9th Holiday Party

See flyer on right

25th Mt. Si Xmas Hike

Meet at Mt. Si trailhead at 7:30am

***For detailed and up to date information consult the online activities calendar.**

OSAT 12 Step Meetings

Tiger Mountain

When: Thursdays @ 7pm
Sundays @ 10am

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.

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.

During STANDARD TIME (end of October thru the beginning of April) there is no Thursday meeting.

Contact: thurstigerleader@osat.org, suntigerleader@osat.org

Carkeek Park

When: Mondays @7:30pm

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

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

Contact: carkeekleader@osat.org

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.

OSAT Bling

The new OSAT z-pulley shirts are in. Contact Dave F. to find out how you can get a discount. In the near future there will be OSAT knit caps and OSAT patches. Stay tuned for more information.

Want to receive the Yodel via email? Questions about membership? Contact membership.

membership@osat.org

Yodel Staff

Editor: Help Wanted! Contact a BOTS member.
Printing & Distribution: Kelly P. 206.675.1036
Mailing List: Bob L. 206.310.2896

How to Contribute

Deadline for Dec. Yodel: December 1, 2006
Via Email: eyodel@osat.org
Via FAX: **(by arrangement)**

You are **strongly** encouraged to submit your contributions via electronic mail. If you can't do this send your stories, etc. to the PO Box.

OSAT Holiday Events

OSAT Gratitude Dinner & GCC Awards - November 18th, 2006

Saturday, November 18th, 2006 6-9pm
Kirkland Congregational Church
106 5th Ave Kirkland WA

WHAT'S HAPPENING

Fun and fellowship. We will be announcing the new BOTS members and the OSAT Annual Service Award. There will be presentations of certificates to this year's Glacier Climbing Course graduates and there may be a surprise or two. Come join us for the festivities. If you want to volunteer to help out at the event contact Mary P. (206.818.8204). If you have other questions contact a BOTS member (ebots@osat.org).



WHAT TO BRING

Bring yourself, family, and friends. OSAT will be providing the beverages. For the potluck we have split it up according to your last name.

A-C Salad
D-E Bread
F-G Side Dish
H-M Dessert
N-Q Appetizer
R-Z Main Dish

Directions From North Or South 405

Take the NE 85th St. Exit (Exit 18) and head west down the hill towards downtown Kirkland. Turn right onto 4th St. and then left onto 5th Ave. The church is 3 blocks up on the right hand side.

OSAT Annual Holiday Party - December 9th, 2006

Saturday, December 9th, 2006 6-9pm
Epiphany Parish
1805 35th Ave Seattle WA

It is time to break out the spiced cider and sing carols around the old piano. This year's Holiday party will again be held at the Epiphany Parish in Seattle just east of downtown. If you've been good this year Santa may even find the time to stop by and bring you a present. As usually we will be doing the white elephant gift exchange. Bring a gift (under \$20) and join in the fun. Also bring a child's gift if you wish.

The dinner will be a potluck with OSAT providing the beverages. Please bring a dish according to your last name

A-C Main Dish
D-E Appetizer
F-G Dessert
H-M Side Dish
N-Q Bread
R-Z Salad

If you are interested in helping out with the party or need more information contact Mary P. (206.818.8204). We will need help setting up, decorating, and cleaning up afterwards.



From The North and South - I-5 to the James St. exit. Head east on James. James becomes Cherry just after the top of the hill. Turn left on 34th and continue on 34th which becomes East Denny. The church is on the right, on Denny, between 37th and 38th Avenues.

From Bellevue Via The Evergreen Point Bridge (I-520) - Exit at Lake Washington Blvd. Turn Left on Lake Washington Blvd. and go through the Arboretum. Cross Madison Blvd. at the light and continue to 32nd Ave. (yellow fire light). Turn right on 32nd, go down hill past Martin Luther King Jr. Elementary School, up the other side. You will come to a Do Not Enter sign. Turn left on East Denny Way (sharp turn up hill). At the top of the hill, come out onto 34th bearing left. The church is between 37th and 38th Avenues, on the right.

From Bellevue Via Mercer Island Bridge (I-90) - Exit at Rainier Ave. North. Turn right on Jackson St. Turn left on 23rd Ave. Turn right on Cherry (by Garfield High School). Turn left on 34th Ave. which becomes East Denny. The church is on the right between 37th and 38th Avenues.

“Glacier Climbing Course 2006 ...



Mt. Baker via Easton Glacier

Nodair R.

STEP...STEP...BREATH...STEP...STEP...BREATH...

OUT OF THE HOLE...AROUND THE TREE...



Knots & Packs - Mercer Island

Oren M.



Navigation - Lincoln Park

Oren M.

THERE'S A STARBUCKS AROUND HERE SOMEWHERE

MY FUTURE'S SO BRIGHT I GOTTA WEAR SHADES



Mt. Washington

Kristin B.

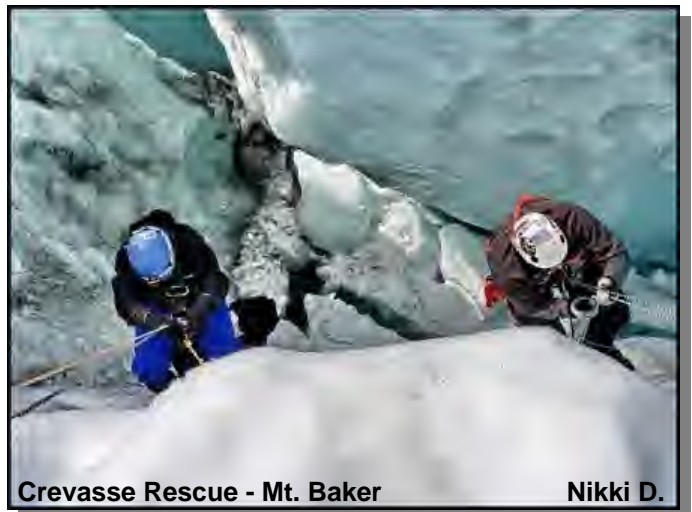


Ice Axe Arrest - Paradise

Oren M.

SLANT RIGHT...GREEN 37...ON 2 ... BREAK!

LAST ONE TO THE TOP IS A FROZEN POPSICLE



Crevasse Rescue - Mt. Baker

Nikki D.

... Learning The Ropes”

GIRLS JUST WANT TO HAVE FUN



Mt. Washington Kristin B.



Crevasse Rescue - Mt. Baker Nikki D.

ONWARD THROUGH THE FOG...



Mt. Baker Summit Nodair R.

SLIP SLIDING AWAY... SLIP SLIDING AWAY



Ice Axe Arrest - Paradise

AND THE BALL JUST MISSES THE LEFT GOAL POST

I'M PRETTY SURE I LEFT MY KEYS RIGHT HERE



Mt. Rainier - DC Route Dave B.



Mt. Rainier Summit Louisa P.

WE NEED YOU TO TAKE JUST ONE MORE...

“Glacier Climbing Course 2006 ...



Ice Axe Arrest - Paradise

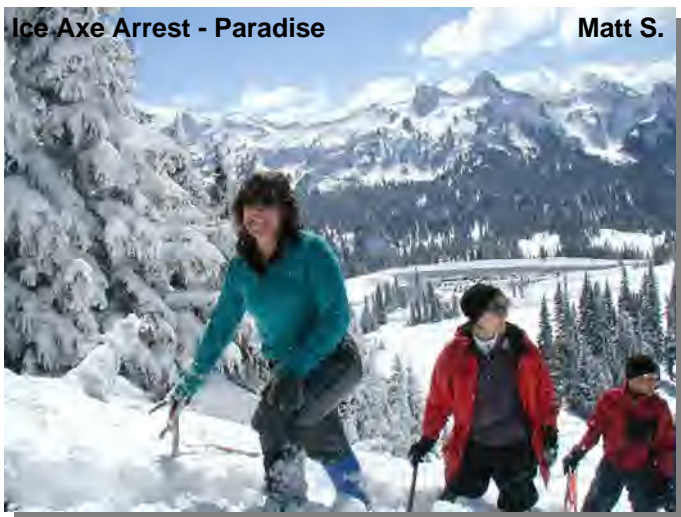
IS THE LINE FOR THE LADIES ROOM THIS LONG?



Crevasse Rescue - Mt. Baker

Nikki D.

WE TOLD YOU THAT FIRST STEP WAS A DOOZY...



Ice Axe Arrest - Paradise

Matt S.

THERE SHE IS ... MISS AMERICA...



Roped Travel

Stevens Pass

HANG IN THERE BABY...



SLOSAT

Anyone interested in doing some challenging hikes that will **not** prepare you for the Glacier Climbing Course? Contact Janice B at getaview@comcast.net or 425-681-1715. SLOSAT hikes are moderate 4-8 miles round trip hikes with gentle elevation gains at an easy pace. Everyone welcome.

Club Meeting Minutes - October

Wednesday, October 11, 2006

Number in attendance: 18

Meeting called to order at 7:30 by Tom D.

Minutes from previous meeting read and accepted as written.

COMMITTEE REPORTS

Treasurer: Did not have account balances available, but reported that all accounts are in good order. (2) CD's have matured and have been reinvested in accounts that yield higher returns.

Membership: Reported that it's never too early to renew your membership. There were 3 new members since the last meeting and 240 members total. Also announced that he will welcome any volunteers/nominations for someone new to take over membership chair position. Tom D. will make request via email to members.

OLD BUSINESS: None

NEW BUSINESS

Yodel: Request made for someone to volunteer to take over editing/publishing of newsletter as we have not had a Yodel since last February. Tom D. will post appeal to members via email. Discussed sending out "mini" newsletter with upcoming events, call for BOTS nominations, Yodel editor, membership chair, and anything else that is of interest to the membership. Margie will meet with Mary P. to put together list of items to include and will send to Bob to organize. It was suggested that we use Dave's newly designed flyer as the front cover.

Computer: Request was made by the Glacier Climbing Course committee for the Club to purchase a laptop and software (Microsoft Office Suite with PowerPoint). Discussion followed. Motion made and unanimous yes vote followed to purchase (\$600 max plus cost of software) a new computer for the OSAT Club to be made available to various groups to use. Suggestion made that each group use a memory stick to store their data rather than storing data (possibly confidential) on the computer hard drive. Discussed having an "equipment manager" to keep track of who has the computer and the projector. Dave volunteered to be the police.

Climbing Gym Outing: Discussed continuing this event. Suggestion was to hold the event in March after GCC begins so new members can participate.

GCC Fee: It was suggested that the basic fee (now \$25) be increased. Decided that proper channels for this suggestion is to take it to the next GCC Committee meeting (Bill Link to advise date) to develop proposal. If they agree to increase, they will then present at OSAT business meeting for vote.

Tee-Shirts and Hats: Dave reported that new shirts are in (\$25 from Dave; \$30 online to cover shipping), and that hats are ordered. They will be available at OSAT Club events.

New Flyer: Dave circulated a new design for input from the group. All agreed that it was beautiful – no suggestions made to change design.

Next BOTS Meeting: Next Tuesday, October 17

Meeting adjourned at 8:15

Meeting followed with beautiful and inspirational slide show by Rik of his July trip to the Enchantments with Dan and Ken. Look out for salt-seeking Goats!

OSAT BC 2006

by Nikki D.



OSAT International - Yellow Aster Butte



Ice Axe Arrest - Mt. Seymour

This year saw OSAT BC go through some considerable changes. The most significant of these was the conception and success of our first OSAT BC Introductory Mountaineering Course. The course was run from February until July 2006. We held 5 evening training seminars in the Chief's and PO's Mess at Vancouver's local Naval Reserve unit, HMCS Discovery. In conjunction with the evening seminars we had outdoor winter and spring conditions at Mount Seymour as well as snowshoeing at Elfin Lakes, ice axe arrest and rappel training at Mount Seymour, a navigation field trip, and z-pulley setup at Cypress Mountain. Two weekend trips with the Seattle OSAT group were extremely instrumental in the success of our group skills training. These were the Stevens Pass Glacier Travel weekend and the Crevasse Rescue weekend at Mount Baker. With the gracious assistance of experienced Seattle

OSAT'ers, Karen C. and Tom D., on July 9th, 2006 the OSAT BC Introductory Mountaineering Course summited Mount Baker under bright blue skies and unlimited visibility.

Some of our other highlights this year involved a group of Seattle OSAT women making the road trip to North Vancouver for the Vancouver International Mountain Film Festival in February. They attended the festival's Mountaineering Night and were treated to some fabulous films and an entertaining slide show with the very funny and world-renowned climbing personality Greg Child. The group had a chance to personally meet with him after the show. On the following day the OSAT women ventured out on a snowshoe trip and outdoor meeting to Mount Seymour on an incredibly sunny day.



Scramble - Crown Mountain



Roped Travel - Stevens Pass

OSAT BC 2006

OSAT BC held numerous outings this year including snowshoeing trips on Mount Seymour, skiing at Cypress Mountain, the Grouse Grind, hiking at Cypress Falls, Deep Cove, Lighthouse Park, Vancouver Giants Hockey games, Vancouver Canadians Baseball, bowling nights and a number of outdoor meetings. Two of our biggest highlights this year were scrambles done on the West Lion and Crown Mountain. Both of the scrambles involved newcomers to OSAT BC who proved to have much



Mt. Baker Climb - Schreiber's Meadow



Roped Travel - Cowboy Mountain at Stevens Pass

Projects for next year include a second OSAT BC Introductory Mountaineering Course, the creation of a regular outdoor AA meeting, as well as more overnight trips, hopefully encouraging some Seattle OSAT'ers to join in on the fun. We are also aiming to increase our membership from its current 106 members by expanding our network beyond the North Vancouver area to include the rest of the Vancouver Lower Mainland. §

more in them than they previously thought. Most of the participants were prospective mountaineering course candidates. The Crown Mountain trip was lead by OSAT BC relative newcomer Mackenzie K., who did a great job leading, navigating and providing encouragement to the others. Both scrambles were completed in outstanding weather, though the Lion's trip was post-poned by one week in order to get the better weather. It paid off handsomely. Our most recent trip was a combined international OSAT trip to Yellow Aster Butte on the north side of Mount Baker with four OSAT BC'ers participating with eight Seattle members in that venture.



OSAT BC Women - Yellow Aster Butte

The Yodel

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

OSAT MARKETPLACE

Advertising in this column is free for all OSAT members. To keep your ad in subsequent issues, you **must** notify the Yodel of your renewal prior to deadline. Send the *Yodel* your personals, gear swap offers, and situations wanted. **50 word limit.**

TRAIL BLAZERS--If your body is feeling the aches of conditioning, treat yourself to some bodywork! Massage for injury, soreness & relaxation. Discount to fellow OSATers plus Gift Certificates are available.
Call Nancy Thorpe at (206) 523-0844

Adventures in Real Estate? Call Mary Portlock of The Portlock Team at John L Scott Real Estate. My top priority? Always keeping *your* best interests at heart. My team and I specialize in successfully navigating the great unknowns of purchasing homes, selling properties and investing. Serving since 1990. Call Today! 425-688-3644.

Do you need help understanding your 401k and or your investment portfolio? Contact licensed investment representatives, Dave V. or Janice B. Dave 425-681-1169, Janice 425-681-1715

PHOTO OF THE MONTH



What: Lori U., ????, and Mary P. at the 2005 Car Camp.

When: September 2005

Submitted by: Will A.

Submit photos to eyodel@osat.org for consideration.