

THE YODEL

COMING SOON! A NEW LOOK...

What lies behind us and what lies before us are tiny matters compared to what lies within us

--Ralph Waldo Emerson

Thanks to a term coined by Rik A, I've become an "Armchair Mountaineer". At least for the time being. On March 19, I underwent ACL (anterior cruciate ligament) replacement surgery on my right leg. This surgery was a result of having gone skiing in February for the first time in two years, and completely wiping out.

My husband Ivar and I had managed to get a day to ourselves leaving our daughter in the care of her loving and very eager Aunt. We couldn't wait to hit the slopes. We were in Oregon visiting family, and thought that we'd give Mt. Hood Meadows a try. I could not wait to don my ski gear and head to the first lift. It was an easy green run and figured that was a good enough warm up. We spent the rest of the morning skiing down intermediate blue runs and enjoying every exhilarating second. At one point, we took a chair that brought us into this white abyss. It was a total white-out. We gingerly pushed off the chair and had no idea what was up or down. We literally could not tell the ground from the sky. I started getting dizzy and queasy and wondered how we were going to get down safely. Thankfully, there were wands along the way as we descended and eventually we came out of the fog. It was a mind-numbing yet some-what thrilling experience. We decided it was time to break for lunch. After some very greasy and overpriced pizza in the lodge, we headed back out.

It had started snowing and was getting cold. We bundled up and headed back to the lifts. By this time, my out of "skiing" shape muscles decided enough was enough.

I was happily skiing along, when some invisible force snagged my ski and down I went. I don't totally recall what happened, but I do know that when it was over, I was facing up hill with both skis still on. My bindings had not released.

So here I sit in recovering from knee surgery. I am comforted by the knowledge that OSAT is here for me. As I heal, I look forward to the coming months of hiking, bike-riding, camping and general fun that this club has to offer!

KCM & DS--Marina S., Editor e-mail: sandsmar@sprynet.com The next deadline for *The Yodel* is May 1.



KEEP CLIMBING MOUNTAINS...AND DON'T SLIP!

ONE STEP AT A TIME (OSAT) is an outdoor club for members and friends of 12-step recovery programs. Our mission is "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."

What's Inside...

- ② 12-Step Mtngs / Phone #'s
- ③ Activities and Climbs
- ④ Notices
- ⑤ Club News/ Feature Articles
- ⑦ Off Belay / Echoes

Have you renewed your membership? Look for renewal forms inside!

12-step meetings

Tiger Mountain

Please Note: Now that we are enjoying Daylight Savings Time, the meeting has now moved from IHOP to Tiger Mountain.

Time: Thursdays @ 7:00 PM & 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.

Contact: Thursdays - Bill L 206-789-8758
Sundays - Dave W 425-869-0460

Notes: Newcomers should not try to find this meeting alone. We meet in the trees just below the summit of West Tiger 3. The hike gains 2,000 feet in less than 3 miles. Bring warm clothes and a flashlight for the evening meeting.

Carkeek Park

Time: Mondays @ 7pm

Location: Take I-5 to Northgate, take the Northgate Way exit, and head west. Keep going past Hwy 99. When you cross Greenwood, N. gate Way changes to Holman Rd. A block or two later, look for Art's Foods, and travel thru the parking lot. You'll find 100th and 6th. Park near there, or in Art's parking lot. The group meets at 7pm in the parking lot, then walks down together into the park.

Notes: This park has a beautiful view of the Sound. Be sure to dress very warmly, and bring candle lanterns and headlamps, as it is dark and usually cold.

Contact: Terri St. 425-782-8858

OSAT Web Page

Grab your surf board, OSAT is on the 'net! We now have an address on the World Wide Web thanks to the efforts of some very dedicated OSAT techno-wizards!

We're on the World Wide Web at the following URL (address):
<http://members.aol.com/osat1996/index.html>

Volunteers Phone Numbers

OSAT works because its members work! The following are among those who work make OSAT what it is, by taking a specific responsibility. When you see these individuals, let them know how you feel about the job they are doing, it's the only pay they get!

The health of a volunteer organization is measured, in part, by the eagerness of the membership to participate in running its affairs. The BOTS is striving to rotate responsibilities among those who wish to help. If you have an interest in serving the club in any capacity, please contact a member of the BOTS or any of the other volunteers.

Board of Trusted Servants (BOTS)

Bill L.....206-789-8758 Chris N.....206-706-3242
Patty F.L....206- Jim K.....425-888-3294
Roy O.....206-525-0510

12-Step Meeting Coordinators

Terri St..... 206-782-8858 Dave W...425-869-0460
Bill L.....206-789-8758 Walt Q.....745-8413

Contact Persons

Activities Coordinator.....Brian C.....353-9748
Activities Hotline.....Rob G.....824-7972
Equipment.....Grant.....206-525-9199
Finances.....Charlie A.....206-932-7195
Hotline Message.....Pam G.....425-742-4274
Hotline Follow-up.....Patty H.....784-9947
Librarian.....Rik A.....206-232-8908
Membership.....Bob L.....206-878-0855
Newsletter.....Marina S.....425-776-7213
OSAT East Coast..... John H.....617-641-3423
Running.....Doug H.....889-2041
Service.....Dave W.....425-869-0460
Webmaster.....Chris N.....425-706-3242

Activities Hotline Instructions

For additional activities information not available at the time of publication, or to add new activities to the calendar, call the activities hotline: Dial the OSAT Hotline, **206-236-9674**, and press "1" after the membership message begins. Rob G is encouraging callers to leave info about upcoming climbs or other activities. So, the next time you get

OSAT Membership Application/Renewal Form

One Step At A Time (OSAT): An outdoor club for members and friends of Twelve Step Recovery Programs since 1991.

Essential Information: New Member Renewal

Name _____
 Address _____
 City, State Zip _____
 Email _____
 Day Phone () -
 Evening Phone () -

Please check the information you would like to have published in the OSAT Roster.

(The list is distributed to members):

Full Name Day Phone No Listing
 First Name, Last Initial Evening Phone
 Address email

Special Instructions: _____

OSAT has dues to pay for costs associated with the newsletter, telephone hotline, mailing costs, etc. OSAT also accepts donations to help fund equipment purchases or to help finance club activities. OSAT is a tax-exempt non-profit organization under IRS section 501(c) (3). Donations of cash or equipment in excess of dues amount are tax deductible. In respect to Tradition 6 of AA, OSAT club property and finances are kept separate from the funds and property of any OSAT 12 step groups.

DUES:

Single _____	\$12 per year (6\$ after September)	\$ _____
Couple _____	\$18 per year (sharing the same address)	\$ _____

MERCHANDISE:

OSAT Stickers (3"x5")	1 for \$2 _____		
for windows, bumpers,	2 for \$3 _____		\$ _____
gear, etc.	3 for \$4 _____		

T-Shirts _____ \$15 each S _____ M _____ L _____ XL _____ \$ _____

DONATIONS:

Donation for Property/Equipment	\$ _____
Unrestricted Donation	\$ _____
Total Enclosed:	\$ _____

Please Make Checks Payable to OSAT
 Mail your payment along with this form to:
 OSAT-Membership
 PO Box 6461
 Lynnwood, WA 98036

PLEASE BE SURE TO FILL OUT THE LIABILITY FORM ON THE REVERSE SIDE OF THIS APPLICATION

Optional Information

Sex _____ Birthdate _____

Recovery Birthdate(s) (if applicable) _____

How did you find out about OSAT? _____

Referring member (if any) _____

INTERESTS
What is your interest in any of the activities listed below?

Activity	None	Some	Lots	Willing to Lead
Hiking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scrambling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Climbing (glacier)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Climbing (rock)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Backpacking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Car Camping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Backcountry Skiing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alpine Skiing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Snowshoeing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bicycling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Running	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kayaking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Outdoor Meetings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other (describe)	_____			

IMPORTANT NOTICE TO ALL OSAT MEMBERS
All current and/or new members of OSAT who wish to participate in ANY OSAT activities will be **REQUIRED** to sign and submit a release and indemnity agreement (below).

RELEASE AND INDEMNITY AGREEMENT

I, (print name) _____, hereby state that I wish to participate in courses and/or activities offered by **ONE STEP AT A TIME (HEREIN REFERRED TO AS OSAT)**, a non-profit organization. I recognize that any outdoor activity may involve certain dangers, including but not limited to the hazards of travelling in mountainous terrain, accidents or illness in remote places, forces of nature, and the actions of participants and other persons. I fully recognize that mountain climbing and other activities offered by OSAT are **VERY DANGEROUS**, and participation involves risks and dangers that may result in **SERIOUS INJURY, PARALYSIS DISABILITY, or DEATH**. I further understand and agree that without some program providing protection to its leaders, **OSAT** would not be able to offer its courses and activities.

Moreover, I also hereby state that I fully understand that **OSAT** leaders, instructors, and members are **NOT** experts, have never considered themselves experts and do not ever expect to ever become experts in the future. Therefore, I understand that any course of instruction that I may receive from **OSAT** is **NOT** "expert" instruction. I have this understanding even though I may have heard or read otherwise.

In consideration of and as part payment for the right to participate in the activities offered by **OSAT**, I hereby release **OSAT** and its members from any and all liability, claims, and causes of action arising out of or in any way connected with my participation in any activities offered by **OSAT**. I do this even if losses and damages arising from these activities are caused or alleged to be caused in whole or in part by the negligence of **OSAT** leaders or members. I personally assume all risks in connection with these activities, and further agree to indemnify **OSAT**, and its members from all liability, claims and causes of action which may arise from my participation in **OSAT** activities. The terms of this agreement shall serve as a release and indemnity agreement for my heirs, personal representatives, and for all members of my family, including minors. (Parents or Legal Guardian must sign for all persons under (18) years of age.)

I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS RELEASE AND INDEMNITY AGREEMENT BY READING IT BEFORE I HAVE SIGNED IT.

Signature _____ Date _____
Signature of Parent or Guardian _____

a last-minute urge to hit the trail, or have a party give the "Activity Hotline" a call!

OSAT's Excellent Adventures...

No matter what your skill level is, we think you'll find something fun to do with your fellow OSATers! Please note: Sign-ups begin 2 months prior to the activity. If you sign up for a climb or adventure and can't attend, please notify leader ASAP. Have fun!

April 11 & 12, Sat-Sun: Learn to Rock Climb Bob C and friends invite you to learn about what it means to be on belay, hangdog, doubleback, rap and much more. Car camping for those who wish to just come out for the fellowship!! Limit of climbers (not fellowship). Leader/Contact: Bob C at 206-768-9819.

April 11-12, Sat-Sun: Mt. St. Helen's. Ice axe arrest experience required. Limit 12 Leader/Contact: Brian C at 425-353-9748

April 25-26, Sat-Sun: Ruth & Icy Peaks. Small but nice peaks in the shadow of Shuksan and Baker. Glaciers, ropes maybe, ski mountaineer trip. Full Moon. Limit 8. Leader/Contact: Dave N at 253-752-9214

May 2, Sat: Whitehorse. Look for a very strenuous day. Limit 12 Leader/Contact: Dick W at 425-339-3751

Sometime between May 2 and 8: a two or three day climb of Garibaldi and/or the Black Tusk, in Garibaldi Provincial Park between Squamish and Whistler. Other objectives will be considered. Holly and I will be in Whistler that week, but I have permission to spend one or two nights in a tent! Leader/Contact: Rik A at 425-234-1770.

May 16-17, Sat-Sun: Mt. Shuksan. Glacier, steep rock summit pyramid. Ski, snowshoe, or posthole. Limit 8. Leader/Contact: Dave N at 253-752-9214

May 15-17, Fri-Sun: Smith Rock Car Camp Weekend Bob Clarke and Brian Conner invite all OSATers to Smith Rock. The State Park offers hiking, Mtn Biking, beautiful views and of course ROCK climbing. We have bon fire meetings, car camping and did I mention rock climbing?? Leader/Contact: Bob C at 206-768-9818.

May 23-25, Sat-Mon: Memorial Day Weekend!
Mt. Rainier-Tahoma Glacier. Glacier experience required. Climbing Course students strongly urged to sherpa! Leader/Contact: Rik A at 425-234-1770

June, Date TBD: Tatoosh Traverse Get ready for some deep snow. Experienced climbers only. Limit 12. Leader/Contact: Charlie A at 206-

June 6, Sat: Whitehorse For those who didn't get on Dick's climb. 6000' vertical. Yowza! Limit 12. Leader/Contact: Dave N at 253-752-9214

~~8:30~~ Trailhead 6:30am
June 7, Sun: Ellinor Olympics classic spring hike. Big glissade. Limit 12. Leader/Contact: Dave N at 253-752-9214

June 13-14, Sat-Sun: Blanca Lake Look for a moderate hike to the lake. We'll be camping out under the stars. This hike is near Index on the south side of Monte Cristo. Leader/Contact: Will at 425822-0988

June 27-28, Sat-Sun: Little Tahoma How 'bout the state's third highest peak? Experienced climbers only on this one. Leader/Contact: Dick W at 425-339-3751

June 27, Sat: Unicom Alpine Scramble near Mt. Rainier. Limit 12 Leader/Contact: Rik A at 425-234-1770

July 3-5, : Fourth of July Weekend! Glacier Peak You need glacier experience for this one. Limit 12. Leader/Contact: Rik A at 425-234-1770

July 11-12, Sat-Sun: NEED A PAIN IN THE ASS? Try the 1998 STP (Seattle to Portland) Bicycle Classic! This year's ride is July 11th & 12th. The STP is a 200 mile ride usually done in two days, but (Tom Morgan wantabes) masochists can ride it in one day on July 11th. What a great way to train for the Mt Rainier Climbs the following week! I am looking for riders and support team personnel. Leader/Contact: To get all the facts, call Roy @ H (206) 525-0510 or W (206) 362-9062.

July 21-Aug 4, : Mt. Olympus Highest in the range. Glacier travel, extreme hiking. Looking for people willing to camp below the summit for some other peak bagging, but that is not a requirement. Limit 12. Leader/Contact: Dave N at 253-752-9214

August 8-9, Sat-Sun: Mt. Thompson. Snoqualmie Pass area. Leader/Contact: Rik A at 425-234-1770

August 15-16, Sat-Sun: High Box Leader/Contact: Roy O at 206-525-0510

Sept. 5-7, Sat-Mon: Labor Day Weekend! Boston Basin Leader/Contact: Rik A at 425-234-1770

Sept. 19-21, Sat-Mon: The Bandersnatch A three day loop via upper Lena Lake. Exit down the Putvin Trail. Beautiful alpine country in the Olympics. Must be a strong hiker. Rock climbing skills a must to do the Bandersnatch. Full moon. Limit 6. Leader/Contact: Dave N at 253-752-9214



RUN FOR FUN (or pain!) --- If you love running, walking, rollerblading, or any other form of exercise, we meet at Greenlake every Wednesday, at 5:30 PM near the drinking fountains near the boathouse (on the south and slightly west side of the lake). After one, two, or even three (ugh!) laps around, we retire to the Honeybear Bakery for healthy (or fattening, your

choice) food and fellowship. Call Doug H (889-2041) or Dick W (339-3751) for more info.



Notices

Advertising in this column is free for all OSAT members. To keep your ad in subsequent issues, you must contact Marina, prior to deadline. Send your personals, gear swap offers, and situations wanted (e.g. "will belay for food") to the *Yodel*, Marina S. at 22810 55th Ave. W., Mountlake Terrace, WA 98043 or e-mail me at...sandsmar@sprynet.com

WANTED--Climbing/Ski partner to make turns on NW volcanoes and other unnamed (but will be found) descents. Write Ciel Sander, PO Box 175, Albany, OR 97321 or call 541-752-6987. Will ski for food!

FOR SALE-- Asolo Summit telemark boot. Men's size 9 (double boot-circa 1984). Worn in but still tough. \$15. Atomic telemark skis (210 cm) with cable binding (side-circa 1985) \$15. Atomic telemark skis (210 cm) with 3-pin binding \$15. Blizzard Thermo downhill skis (205 cm) with marker 46 bindings \$15. REI frame backpack-blue-standard model \$20. Kelty internal frame-blue-2 compartments --circa early 80's \$10. Call Ciel at call 541-752-6987.

FOR SALE-- Men's Scarpa climbing boots, size 48 (13), leather, full shank, crampon compatible, been to top of Mt. Rainier once. \$80, obo. Charlie, 425/702-1876.

FOR SALE-- Exercise gym with roman chair, pull-up bar and dip bar--tone up for this season! \$75 obo. Charlie, 425/702-1876

FOR SALE-- AST Ascentia 910N 486DX4-75 laptop computer. 16MB RAM, 510MB removable HDD, PC modem card, internal floppy drive and nickle metalhydride battery, touchpoint and optional VersaPad touch screen, AC adapter, loaded with software including windows 95, laplink remote access. \$525.

Tracymann@compuserve.com

FOR SALE--TELEMARK SKI PACKAGE! Rossignol Nepal Skis 198cm w/Voile 3-pin Cable bindings \$145/obo, Scarpa T-3 boots size 11.5 \$230/obo, Ascension skins \$75/obo. Used one season. Call Jeff at (206) 306-8965 evening's 7-10, day (206) 685-1178.

OSAT T-SHIRTS--They come in three lovely colors: Ash with blue/green print, white with neon print, and navy with white print. They have the new OSAT design (by James B) on the front and all have a commemorative OSAT climbers insignia on the left sleeve in memory of Tom, Scott and Jimmy. They look very sharp, and we know you'll be askin' for more than one! They are available in

Med., large, X-large and XX-large. Price is \$15.00, so please call Joan M at (425) 277-8943 to get yours! If you'd like to write to her the address is: 15816 SE 169th Pl., Renton, WA 98058. E-mail: shadow@sttl.uswest.net.

MOVING SOON?--Tired of hitting your friends up for a helping hand? Jim Fahey will be happy to do it for you. call him at Jim Fahey Moving. He has 18 years commercial and residential experience. He can even move the big stuff like pianos. Ph: 206-787-7888 or e-mail at jimfahey@apl.washington.edu

IF YOUR BODY WEARS OUT, WHERE WILL YOU LIVE NEXT?--Go see DR. MARK FREDRICH at his new location at: WOODWAY CHIROPRACTIC 20015 Highway 99, Suite A (Corner of 200th SW and Highway 99) Lynnwood, WA 98036 Ph: 425-771-BACK (425-771-2225)

(FREE INITIAL CONSULTATION & EXAMINATION FOR ALL OSAT MEMBERS!!)



Climbing Club News

Monthly OSAT club meetings are held on the second Wednesday of the month at 7:30 PM. The next meeting will be held in March. We meet at the Congregational Church of Mercer Island, located at 4545 Island Crest Way (take the Island Crest exit from I-90, the church is about 1.6 miles south of the freeway, on the right. The meeting is held in classroom #1 (Upstairs, north end of hall).

The BOTS is committed to keeping the "business" portion of the meeting as short as possible, so we can concentrate on welcoming new members and enjoying the scheduled entertainment.

Within the requirements of the by-laws, Club business will be discussed and acted upon at the BOTS meetings. Business requiring general membership participation will be brought to the Club meetings. Minutes of the BOTS meeting and Club meeting will (hopefully) be published jointly in the following Yodel.

OSAT Library Hours

The OSAT Library is open for browsing at Rik A's home from 6:30pm the night of the club meetings. Rik's home is at 5655 East Mercer Way, just a few blocks from the church.

Proposed addition to OSAT By-Laws: Library

Rik A proposed to the BOTS at their February meeting the following addition to the OSAT by-laws. In accordance with procedures in those same by-laws, the proposed amendment will be voted upon by the membership at the next regular club meeting at least two weeks following publication in the Yodel (granted that the Yodel is out on time!).

Add to Article 4,

Section 10 - Librarian

- A. The Librarian shall be appointed by the BOTS.
- B. The Librarian may chair a Library Committee as necessary to consider changes to policies and procedures, acquisitions, disposition of assets, or other library-related issues. Proposed purchased acquisitions and any disposition of library assets must be approved by the BOTS.
- C. The duties of the Librarian are:
 - 1) to provide for access by club members to the OSAT Jimmy D Hinkhouse Memorial Library
 - 2) to provide for the library's continued safety and integrity.
 - 3) to document all library policies and procedures, and secure approval of changes from the BOTS.
 - 4) at least once per year, to report to the BOTS on the assets of the library (additions, dispositions, losses, gifts, etc.) and estimates of circulation statistics and characteristics.

1998 Climbing Course

Instructors & Assistants Needed!

The glacier-climbing course is going strong. We are now preparing for our first field trips beyond the confines of REI. If you have taken the course before, you are eligible to join in the fun, share your knowledge and experience, plus get in some refresher training as well!

Please contact the field trip leaders listed below to sign up so we can plan in advance how to group students, instructors, and assistants.

April 19 (Sunday) Ice Axe Arrest - Mt Pilchuck - Kim G - 425-869-8019

April 25 (Saturday) Ice Axe Arrest - Stevens Pass - Dick W -425-339-3751

May 30-31 Glacier Travel & Snow Camping - Alpentel - Rik A -206-232-8908

June 6-7 Glacier Travel & Snow Camping - Alpentel - Charlie A -206-932-7195

Climbing Course Committee Members:

- | | |
|------------------|------------|
| Kim G. Chair | Rik A. |
| Doug H. Co-Chair | Jim K. |
| Charlie A. | Dick W |
| Janyth A. | Chris F.L. |
| Patty F.L. | |

THE ARMCHAIR MOUNTAINEER

by Rik A

The Jimmy D Hinkhouse Memorial Library is OPEN FOR BUSINESS! The BOTS approved operating procedures and policies last month, and items have begun circulating. The policies and the lists are available at <http://www.geocities.com/yosemite/2899/osatlib.html>. For those who aren't connected to cyberspace, here are the basics.

Portions of the collection will be brought to monthly club meetings. The OSAT Bookmobile (currently a gold Volvo) will operate after most Sunday morning Tiger Mountain meetings in the main parking lot. The entire collection is available for browsing by calling Rik at 206-232-8908. A library "open house" will be held now and then if there is interest, probably on Sunday afternoons.

A list of all the books is available by request, but if you have internet access, the lists there are easier to read. Beginning next month, I will list some of the books in this column. Use the "reserve" system: call or email me and I will arrange to get the book you want to you.

An individual may check out a maximum of two books and four magazines at a time. Items are due by the end of the month following the month they are checked out. One renewal for one additional month will be granted unless a reserve request for the book is on record.

Materials must be physically returned to the Librarian before being loaned to others. The member whose name is on the checkout card is responsible for its return to the Librarian. This policy is intended to help maintain the integrity of the collection, develop accurate circulation data, and assures fairness to members who have reserves on books.

There are no fees for using the library, and no fines for overdue materials. Borrowers with overdue material will be notified once by the Librarian by phone, mail, or email. A person with overdue material may not check out other materials, and members with materials overdue for more than 3 months must return them or pay for replacement prior to renewing their OSAT membership. Replacements must be of equal or better quality than the item lost.

Jimmy's library is the single largest physical club asset. It is my hope that every OSATer takes advantage of this resource. Since "opening for business", I have already accepted additional materials donated to the library. Because of OSAT's IRS 501(c)(3) status, your donation may be tax deductible!

Keep climbing mountains (vicariously), and don't fall asleep!

Five Years Ago in OSAT

by Rik A

Winter 1993 closed out with Dave N leading eight OSATers on a Valentine's Day hut ski adventure. The trip in was under threatening skies, but after a snug, friendly, and warm evening in the hut the group awoke Sunday morning to beautiful clear views of Rainier, Adams, and St. Hellions.

Spring is a special time for OSAT. Just like the trillium and avalanche lilies, we emerge from the winter fresh with enthusiasm for life and a readiness to bring joy and excitement to anyone who happens to be in our vicinity. OSAT's second birthday was celebrated as its first, with the return of the Thursday Tiger meeting to the summit at the start of Daylight Savings Time. Dave N amazed everyone by showing up at the summit with a decorated cake. The third year of Tiger meetings also saw more and more people using the trail directly up from the cul de sac, as the regular trail was under repair. It also marked the emergence of theft problems at the trailhead.

Terri St began the Meadowdale Park Beach Monday evening meetings that spring. This was the predecessor to the current Carkeek Park meeting. Terri has set a seemingly unmatchable longevity record as an OSAT meeting chair -- Thanks, Terri for your years (and years, and years) of service to OSAT. Dick and Theresa also resumed the Lake 22 meetings that spring.

The third annual climbing class welcomed 13 "rookies" to climbing and to the club. With substantially fewer students, the class was a bit less formal in 1993, but included 3 ice axe arrest field trips and lots of personal instruction. The main Mt. Si trail was closed for the first half of the 1993 hiking season, so we all became more familiar with other conditioning climbs off I-90: the old Si trail, Tenneriffe, McClellan, Bandera, and Granite.

Camp Kitchen

by Tracy M

Sole Food...

I recently moved into a new home and was amazed at how much "stuff" I had accumulated over the last eight years. The idea of packing up the contents of my house and moving them, box by box, was overwhelming. I began to take bags of stuff to the Salvation Army, the Good Will, PHD, consignment stores, Mom and Dad's.... I thought how nice it would be to have less stuff. Kind of like the feeling you get half way up the mountain when the pack is feeling REALLY heavy and you wonder why you thought you had to bring.....

Well, I managed to lighten my load and pack up all the things "I really needed" quite in advance of the day of the move. Then when I decided to make peanut butter cookies for a hike to Wallace Falls with Lori M, I couldn't find the meat mallet, which I use to make the depressions in the cookies. I did, however, know where my hiking boots were. The toe of the boot made wonderful designs in the cookies.

The hike was fun, and the cookies were delicious. This is the best peanut butter cookie recipe in the world! Sweet and salty, crunchy and chewy, and packed with energy.

Wallace Falls Peanut Butter Bootprint Cookies

8 tbsps (1 stick) unsalted butter, at room temperature
 1/2 cup chunky peanut butter
 3/4 cup (packed) light brown sugar
 2 tbsps maple syrup
 1 egg, lightly beaten
 1 tsp vanilla extract
 1 1/2 cup unbleached all-purpose flour
 3/4 tsp baking soda
 1/2 cup salted peanuts, coarsely chopped

1. Preheat oven to 375 degrees
2. In a mixer bowl, cream the butter, peanut butter, and brown sugar together until light. Then beat in the maple syrup, egg, and vanilla.
3. In another bowl, toss the flour with the baking soda and peanuts. Slowly beat this into the liquid ingredients.
4. Drop the mixture by rounded tablespoonfuls, 3 inches apart, on baking sheets. Flatten them slightly with a meat mallet (or vibram-soled hiking boot, whichever is available). Bake until pale golden, 7 to 8 minutes. Remove the cookies from the baking sheets and cool on a wire rack. Makes 2 dozen cookies.

Please send me your favorite recipes and ideas for food to pack! Tracymann@compuserve.com or send them

by snail mail to *Camp Kitchen, 601 Fullerton Avenue, Seattle, WA 98122 (new address).*

Off Belay

by Bob C

Bob is placing pro somewhere, he'll be back next time!

*e-mail me at Climbhard33@aol.com

Echoes

The Yodel always welcomes your thoughts, anecdotes, stories, and of course accounts of your thrilling climbs and activities. Anytime you feel like sharing your experiences, or run across a thought you find inspirational, why not share it with your OSAT friends?

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The following poem contributed by Tom M (Helena Independent, reprinted in the Everett Herald, Dec. 19, 1895)

*Drink, and the gang drinks with you;*

*Swear off, and you go it alone;*

*For the barroom bum who drinks your rum*

*Has a quenchless thirst of his own.*

*Feast, and your friends are many;*

*Fast, and they cut you dead;*

*They'll not get mad if you treat them bad,*

*So long as their stomach is fed.*

*Steal, if you get a million,*

*For then you can furnish bail;*

*It's the great big thief that gets out on leave;*

*While the little one goes to jail.*

## Aren't weekends for resting?

by Roy O.

**T**he weekend of March 14th & 15th was anything BUT restful for this OSATer. Saturday started with an early morning gathering at the North Bend McDonalds.

Then Ron lead new & used OSAT members on a little hike up Mailbox Peak. I had looked forward to assisting

Ron on this Climbing Course Conditioning hike because I had never been up Mail Box and I had heard tales of steep terrain and beautiful views. But as we started out, the trail wandered through a pleasant, mossy forest and I said to myself, "This is really nice, those reports I had heard must have been exaggerated!"

Then Ron stopped from his fast pace to announce that he would take a break at a nice flat spot along the trail. It was the LAST flat spot for the next couple of hours.

Indeed, from there the trail went up at a steep pitch, zigzagging up and up. Once we arrived at the base of the boulder field for lunch. Everyone was ready for a break. And what a view of the Valley below!

After we arrived back at the cars, I realized that the soreness in my muscles was probably just beginning.

The next morning was the 4 mile St Patrick's Day Dash in downtown Seattle.

Congratulations to Doug, Wayne, Jason, Dave, Merry, Tim & I for finishing this event along with 15,000 other runners. After finishing, I hurried home for a quick shower and lunch.

Then it was off to the Mountains once again! A large group of crazy OSATer were waiting at the North Bend McDonalds for yet another vigorous climb.

This time our goal was Rattlesnake Ridge.

Most of us had either come directly from the Tiger Mountain meeting or the St. Patrick's Day Dash! What a bunch of nuts! I was joined by Doug, Winton, Patty H, Heather, Diane, Tom M, Bill L, Nancy M., Vaughn, Teri P. & Jonathan.

My already aching muscles didn't get any rest as Tom M. took off at his usual superhuman pace! Thanks to Tom for showing us the way. The effort was, of course, well worth it. We were rewarded with a spectacular view down to Rattlesnake Lake and beyond. There is even a rock crevasse up there. Does anyone remember how to do a Z-pulley? Needless to say, I slept very well that night.

Well, that was it for the weekend. Thankfully, I was able the walk again the next morning and look forward to the next restful (NOT!) weekend running the Mercer Island Half Marathon.

## OUT OF AFRICA

By Sandy A (copy of a letter written to a good friend)

**D**ear Janet,

My last night in Africa. No postcard - I need to give you word pictures.

This trip was not just a vacation for me; it was a religious experience. Well, maybe 'spiritual' is a better word.

Trekking the high plains of Kilimanjaro - alone except for my African guide - on Christmas Eve morning. Hiking

down through the tropical rain forest on Christmas Day, a couple of us singing Walking Through a Winter Wonderland in the warm mist. Lush banana/coffee plantations with throngs of Africans returning from church in their Sunday best. Passing by unpainted hovels and brightly painted juke joints.

Kilimanjaro was a 6 day walk. We took the Machame route up and the Mweke route down. The guides call it the Whiskey route vs. the Coca-Cola route that is more commonly used. Appropriate for our group! The Machame route is more scenic, longer and supposedly more difficult.

It was strange. The first day was through tropical rain forest. Muddy slogging and if you looked down at your feet it seemed like any hike in Western Washington. Then you look up and whoa! Vines and moss and tropical tree ferns and bromeliads and wild impatiens and bizarre trees.

Alpine foliage began to show up later. Since we walked in the clouds and mist most of the time it was still much like being in the Cascades - until, once again, you looked up or out of the corner of your eye and caught sight of some exotic plants in the middle of normal alpine foliage.

84 kilometers over six days and nobody was sore. Something to be said for the tropics.

The beauty of the land of the Serengeti plains is indescribable. People go to see the animals and it is truly amazing to see mixed herds of zebras, wildebeests, gazelles roaming for miles. Or to look over at some particularly beautiful valley and say "oh, some more giraffes". Or to climb a tree on top of a hill at camp and see not only the dawn but a small band of elephants in the distance. But the land itself is what I see in my mind's eye. And the stars and the Milky Way at three am with a warm breeze blowing, pointing out constellations as we gaze in wonder and contentment.

What a sense of peace. We went from the trails and vistas and rainclouds of Kilimanjaro to the plains of the Serengeti to the white sand beaches of Zanzibar.

Whitewashed, stone thatched-roof cottages and buildings were the Palm Beach Inn where we stayed in Zanzibar. In the fishing village of Bwejuu. No stores. No traffic. No real roads. Up at dawn again, playing in the Indian Ocean. Watching the sun rise and the fisherman pole their wooden boats out beyond the reef.

I saw one TV in the Africa I visited (and about half dozen flush toilets).

Maasai roam the countryside tending their cattle and their goats. The towns are poor. The people of Tanzania are strong. (There are no hard core mountaineers in Seattle. When you can climb to 20,000 feet in sandals and old tennis shoes and rags, with no water, carrying 60-70 pounds in a plastic bag on your head and then cook dinner over a wood stove after you've gathered wet wood --- then you are hard core.)

There are no fat Africans in the countryside.

## Denny Creek

By Rob C

**S**aturday, Feb. 14 - As part of the OSATSKI Backcountry Ski Course, an intrepid crew composed of Rich H., Chris X (I don't know his

last initial), Rob C., and Charley W. skied to Rob's cabin near Denny Creek, and from there to the top of Sncqualmie Pass and back. The weather started out drizzly, tending towards snow showers as we approached the pass about 10:00AM, and turning to honest-to-goodness rain as we skied back down. There was plenty of snow on the old highway, and the recent blanketing protected our skis from the ravages of the

DOT-produced sand layers that emanate from I-90. The few switchbacks along the road provided some opportunities to practice traversing snowy hillsides. The consensus seemed to be that next year, this trip should

be done earlier in the season (or minus El Nin~o), and that it should be an overnighter so we can take a stab at some of the other trails in the area. Also, we gotta remember to bring tea bags. :-)

## LONGMIRE SNOWSHOE OUTING

By Will A

**I**t appeared we would be experiencing some moisture as we entered the park. Some of our car load were still sleeping, they didn't see the three inches of moss that had grown on the trees in the last week. But as always, the optimistic group we are, we looked forward to another Excellent OSAT Adventure. Originally we had planned to go to Paradise and snowshoe but the gate was closed due to avalanche and not to open till 11.00 so we opted for plan "b". Most of the 25 or so that came headed north for Rampart Ridge via the Wonderland Trail. A few others said they would catch up with us and a couple others went up the Nisqually River a ways.

As we headed up Rampart we didn't need the shoes and a few of us were saying "is that rain or just wet snow?" During the first hour or so we got stretched out along the trail. Nearing the top of the ridge we all found the sign marking the cut off to Van Trump Park and Mildred Point. We continued North/northwest. We were now at about 3800 ft., the snow was deeper, and the light in the woods was very flat. We decided to put our snowshoes on. The trail rolled up and down a little and some of us went off trail to get in the deeper stuff. The snow in Washington is mostly not powder. Most of us were using small to medium sized aluminum and synthetic snowshoes. Several people had the MSR style that seemed to work just fine. The type of snowshoes you may need on one day may be different on another day.

They are kind of like skis once you get into it. Longer ones for powder and shorter ones for mashed potatoes. Anyway, then the trail headed down. At this point our group of about six was last in line due to snowshoe technical difficulties. Along the way thru a flat spot I checked with one of the others about our general direction and also checked my compass. I had that feeling, but we were following the main group. Not too much longer we rounded a bend and found our group standing in a creek bed. The general consensus was the we had missed a turn and needed to further get our bearings. We spotted some other snowshoers who confirmed this with us.

We were now having a look at Kautz Creek. Some of us want to go back there and go to Pyramid Creek Camp. Indian Henry's can also be accessed from this route. This could be a good day hike in the summer. Well, after a closer look at Kautz Creek via falling of a log bridge, I suggested we head back and try to meet up with our other groups as we had made a rendezvous time. Once we had found the switchback we had missed, some of the group went the long way and some of us went the short way. We all met back at Longmire and eventually had coffee, hot chocolate, chili, french fries and desserts at the Longmire Lodge Restaurant. I think most everyone had a good time, my nephews did ask me if I was the leader of the outing, I looked at them quizzically. Thanks again to everyone that came and made this an OSAT Adventure.

P.S. Snowshoes can be rented for about \$15.00 a weekend at most outdoor supply stores.

Experienced that not all snowshoes fit all types of boots, try them at the store.

Regarding that missed turn, it was very easy to do that day. If there was a trail marker it was buried or missing. The flat light made it hard to determine direction. And we were having fun. Group consensus: if you go out in the snow, know the trail and or take a couple friends and always take the ten essentials.

## The Annual OSAT Snowcave Adventure

by Patty H

**T**hirteen hardy (foolhardy?) OSATers met at Dan's in Sultan for a big breakfast, then headed up to the pass. Twelve sets of snowshoes and one set of skis decked out with skins—and one I snow board strapped to Charlies' pack—up we went.

We arrived at "Cave Hollow" and went to work—moleman Joe was not to see the light of day again for hours! Tom was giving tours of his bachelor pad (Leah's broken arm kept here from making the trip this year. I think I heard here saying "Oh, dam!" as she drove away from breakfast). Tom's cave was split-level—living room with couch on the lower level—sleeping quarters up above.

Dave and Rik ended up with a garage/garden room off their sleeping area—a cool ice blue color. Their neighbors on the right had a nice "cozy" bungalow feel to their cave. A major dwelling up on the hill had multi-level sleeping platforms thanks to the flexibility we showed (using the principles of the program!0 in working around unplanned boulders cropping up and a Jules Verne-like cavern descending clear to the center of the earth!

The Social center cave where we had our packed (13 person) candle-lit meeting was welcoming and spacious.

Those who got their work done early went for a walk-about up the rock outcropping to the west. We all enjoyed the snow-laden trees, had our dinners and once again enjoyed the fellowship around the traditional presto log fire below the "OSAT" snow sculpture with fireworks for our evening entertainment.

The meeting followed with Valentine cards and candy making the rounds. The count was taken of first-time snow cavers, earning their "merit badges" (fictitious) and a quote of Jimmy Hinkhouse' was remembered for those returning snow-cavers—"Some are sicker than others!"

After the meeting some retired to their bags, some went up to Rik and Dave's to play cards, some went up to enjoy the remains of the fire and some went off on night time walks.

The report in the morning seemed to be that everyone got some sleep. There was light snow all night long, so we ate our various breakfasts in the gentle snow. (Sean and Doug feasting on eggs and bacon and hashbrowns—I smelled Joe's espresso but couldn't get myself out of the snugly warm bag).

The industrious went off to learn the secrets of using an avalanche beacon and the rest of us sat around and watched the snow fall.

A beautiful trip out through the winter wonderland—a few mixed signals and a lot wallet slowed down our arrival back at Dan's restaurant (to have 'real' food and sit in chairs)!

Once again, another thoroughly enjoyable OSAT adventure. Thanks to all who participated. "Merit badge" recipients included bob, Charlie, Doug, Joe, Michaelann, Sean, Will. "Those Sicker than Others" were Bill, Dave, Patty, Rik, Roy and Tom.

*God, grant me the Serenity*

*to accept the things I cannot change.*

*The Courage to change the things I can.*

*And the Wisdom to know the difference*

**YODEL STAFF**

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We appreciate any and all contributions! Without your input, there would be no Yodel! Please continue sending your trip reports, stories, thoughts, and ideas. Also, if you have a computer, we would greatly appreciate your stories sent to us on computer disk. The Yodel is published using Microsoft Word 6.0, however, your disks can be converted from previous versions of Word, as well as Word Perfect. Make sure your disk is formatted for IBM. Be sure and send a hard copy along with your disk just to be sure, and as always, make sure you have a backup! Please send all submittals to: Marina S., 22810 - 55th Ave. W., Mountlake Terrace, WA 98043. And, for you really up-to-date types, send us your submissions via Cyberspace to: sandsmar@sprynet.com. (please note that the "k" in our name is intentionally missing). See you next issue!

*Ed.*

**'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.**



MARINA

- 1) Add Hats to membership form (+ BobL)
- 2) Climb course signups

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