

THE YODEL



VOLUME 8, ISSUE 3

Keep climbing mountains and don't slip!

APRIL 1999

Beyond the front page:

**Five Years
Ago in OSAT**
— p. 2

**OSAT Quick-
Reference —**
p. 3

**Armchair
Mountaineer**
— p. 4

**1999 Events
Calendar**
— p. 5

**OSAT
Marketplace**
— p. 6

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."

Ice Caves 1999

By Kathy H.

Fun! Fun! Fun! If you didn't make the snow cave outing this year you missed what was probably the best "Street of Dreams" tour yet. We had everything; the Mondo Condo; a two story with a view; a starter cave; a fixer upper and there was even one fully decorated with candles (leave it to Nancy!)

When asked if I would be going on this trip, my answer was a quick "NO"! Although I had never been on an OSAT snow cave trip before, I remembered my last experience building a snow cave (with another group). It was way too much work and way too small and my cave mate was way too claustrophobic. I had learned a lesson that day. Never, never get caught in a wilderness situation where you have to build an emergency shelter with a semi-crazy friend. I should have known building

snow caves with OSATers would be different. We know how to turn work into fun! Next year I think I will bring my son and let him share in some of the fun. :o)

There were nine caves (I believe) and among the residents were Will A., Holly B., Chris FL., Patty FL., Wendy P., Chris N., Bill L., Nancy T., Tom M., Leigh M., Natalie W., Scott, Joseph, Allen, Tim, Ron D., Patty H., Brian C., Tino S., Doug, Rik A., Cliff and me. There were also four day trippers, Bruce and Tracy M., Heather S., and Lori U.

When we caved the caves in the next day it looked as if there had been an avalanche. I have done a great many wonderful things in OSAT and I have added this to list of top ten fun things to do. The firelight meeting with Tom's OSAT letters will forever burn in this cave woman's memory.

...And Brian...I wasn't moaning it was you snoring!!! ☺

**MARK YOUR CALENDARS NOW! September 10-12:
OSAT 1999 Annual Car Camp** at Bridge Creek Campground. On Icicle Creek near Leavenworth. All levels of rock climbing - great hikes even into the Enchantments. Dave W. 425-869-0460.

SPRING AHEAD & UP TIGER ON THURSDAYS!

A reminder that daylight savings is April 4th and that the following Thursday (April 8th) is when OSATer's traditionally resume their weekly pilgrimage to the top of Tiger Mountain to enjoy fellowship OSAT style.

Grab your Mentees, Sponsees, and polypro and join us at the top on April 8th to hook up with old and new friends and help kick off the hiking season. Keep climbing mountains and don't slip!
-Lori U. ☺

20th Anniversary STP (Seattle To Portland) Bicycle Classic

Join me and other OSAT pedalers the weekend of July 10th & 11th for a leisurely, fully supported ride to Portland. What a great way to train for the Rainier Climbs! This year there is no limit to the number of riders so there is room for everyone! The only required equipment is a bike, a helmet & \$50 entry fee. (You can also rollerblade to Portland.) For details and an application contact Roy O. H(206) 525-0510, W(206) 362-9062 or e-mail nowst@aol.com ☺

ACTIVITY REPORT:

Mt. Teneriffe (Si) Conditioner 3/20/99
By Chris N.

Leader: Chris N.
Climbers: Bill A., Fred H., Anne B., Julie P., Eric O., Bruce M., Gwen, Glen, John, Kat, Dan (plus Doug H. going up and Tino S. going down)

The first day of Spring turned out to be just that, a beautiful Spring day. Because of a strong warming trend and the ever-present possibility of avalanche, the climb was moved to Mt. Si (old trail). Everyone who signed up for this climb showed up at the North Bend McD's right on time. Carpools to the trailhead were a good idea since the lot turned out to be almost full already. After the Serenity Prayer, the group moved briskly up the trail with Bruce M. leading the way.

The first snow was encountered about 2/3 of the way up and the trail was covered just before breaking out of the trees. The group gathered on the rocks just above the "stairway" and got the chance to hang out in the SUN! Food, stories, and good times all passed hands before the group headed down. A good time was had by all and some even complained of the heat!

Thanks to all who called ahead, showed up, and helped out. If this climb is any indication of the strength and attitude of our climbers, Mt. Rainier just got a little bit shorter. ☺

ANOTHER TRAILHEAD ALERT!

Submitted Patty F.L.

Don't leave valuables in cars at trailheads. There has been a recent rash of thefts which has affected OSAT members, at trailheads including Tiger Mtn, Mt. Si, and Alpentail.

In some cases thieves may leave most of your valuables, but steal a couple credit cards, so that you won't notice the loss and report it. [Ed. note: Several OSAT members have also signed up for renters/homeowners insurance. I personally bought my renters insurance from Roy O. last month. While I try not to leave valuables in my car at trailheads, I do appreciate the security of having my gear insured.] ☺

Five Years Ago in OSAT

by Rik A

April 1994 marked OSAT's third birthday. As usual, the event was observed at the first Thursday meeting atop Tiger after Daylight Savings Time moved the meeting back from IHOP. About the same time Terri P began running 12-step study meetings atop Tiger on Tuesday evenings.

Dave N, and Doug H were elected from a field of five candidates to fill the unexpired terms of two BOS members who resigned. Bob C stepped in as Chair of the BOS (not to become "trusted" for another year!). The other members of the BOS were Steve S and Dave B. The club meeting day (second Wednesday of

the month) was established at the April meeting, as was the decision to obtain a post office box. It was also at the April 1994 meeting that the OSAT Mission Statement was adopted: "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."

The 1994 climbing course was run out of Camp Long. There were about 35 students. The class instituted a weekly conditioning hike up Mt. Si on Saturdays with a meeting at the base of the Haystack.

Of course the fourth OSAT climbing season got into full swing with the arrival of spring. Among the April activities

were a beginning rock climbing seminar led by Bob C attended by 12 eager rock jocks, followed later in the month by Bob's climb of Outer Space. Not to be outdone, the OSAT Women, led by Terri St, spent a beautiful day on the Leavenworth rock. Alpine hikes included a trip up the avalanche gully route on Granite Mountain in fog, and an especially memorable Sauk Mountain climb by a dozen OSATers, most of whom are still around. Those who were there will remember perfect conditions for step-kicking up the slope, fabulous views in every direction from the summit, Robin's dramatic self-belay at the top of the long, steep snow slope during the descent, and the victory celebration at the Mt. Baker Cafe's "Duke" Wayne Room in Concrete (now closed). ☺

Yodel Staff

Editor: Bill A. (206) 729-1887 yodel@wildbill.com

Printing and Distribution: Anne B. (425) 401-9790
AnneB@STLabs.com

Membership and Mailing List: Bob L. (206) 878-0855
jrlewis@u.washington.edu

How to Contribute

Deadline for May Yodel: April 16, 1999

Via Email: yodel@wildbill.com

Via U.S. Mail: Bill A., P.O. Box 15448, Seattle, WA 98115.

Via FAX: (206) 729-1917

You are strongly encouraged to submit your contributions via electronic mail. If you do not have email, you may send a floppy disk (PC format only). Be sure to send a hard copy along with your disk and make sure you keep the original. **If you want any part of your submission returned to you, please specify this, and include a SASE.**

Find Us Online

The Yodel Website: <http://www.wildbill.com/yodel>

Main OSAT Website: <http://members.aol.com/osat1996>

FROM THE BOTS

By Patty F.L.

I regret to inform the OSAT club membership that Jim K. has decided to step down from his position on the BOTS. He has gotten extremely involved with fighting the Public School System in support of his daughter and does not have the time to continue his commitment to the BOTS. We are very sad to lose his support on the BOTS

but respect his need to be a responsible parent and citizen. Please join us in thanking him for all the service he has given to OSAT.

Anyone interested should email patty.flanaganlinderman@gte.net by Friday, 3/26. The BOTS will select from the submissions and notify the person ASAP. The next BOTS meeting is Wed., 3/31. We would like to have the new member present at the next meeting. ☺

Want to Climb Mt Rainier?

I am considering setting up a late June or Early July Rainier climb and would like to find out how much interest there would be in a mid week, 2 day Mt. Rainier climb via the DC route.

First preference for this climb would go to students who completed last years climbing course but were unable to summit. Second preference would go to qualified rope leaders who have been unable to find a spot on any of this years climbing course climbs. Possible dates could be 6/30-7/1 or 7/7-7/8 or 7/8-7/9.

Give me a call if you are interested and I will try to work something out. Dick W. (425) 339-3751.

Announcement: Hike and Service Opportunity

By Cliff L.

Come hiking on June 19th to Goat Peak Lookout... Located in the Methow Valley, Goat Peak is the last manned fire lookout in the area, and Lightning Bill & Trail Head Turk (his dog) have been keeping watch there for the past eight years. Lightning Bill is a member of AA and cannot get to many meetings during the summer. I told him last Sept. that I would bring him a meeting, OSAT-style. This is a good sOSAT hike - Cliff L., clattish@gte.net 425-485-3075

Surviving the OSAT E-List: Tips guaranteed to help you use the OSAT Email list effectively:

UNSUBSCRIBING:

Send a blank email to: osat-unsubscribe@egroups.com

SUBSCRIBING:

Send a blank email to: osat-subscribe@egroups.com

POSTING: (Use discretion: remember we ALL get the email.)

Send your message to osat@egroups.com If you want to have a long discussion, visit: <http://www.wildbill.com/yodel/wwwboard>

SPECIAL YODEL TEAR-OUT REFERENCE SECTION OSAT LIBRARY'S MAGAZINE COLLECTION

Climbing

<u>DATE</u>	<u>VOL</u>	<u>Subjects of Articles</u>
89-02	112	Doug Scott, Mt Woodson, Alaska
89-04	113	Canyonlands, Everest, Pennsylvania, Stefan Glowacz
89-08	115	Peter Croft, Polish Climbers, SD Needles
89-09	116	Buhler, Hueco Tanks, Snowbird
89-12	117	Canada, John Clark, Alberta
90-04	119	20th Anniversary
90-06	120	Sierras East, Patagonia, Australia, Canyonlands
90-08	121	NH White Mtns, Kwangde, Stone's Throw
90-10	122	Ed Webster, SD/WY Crags, Katahdin
90-12	123	American Fork Canyon, Logan, Avalanches
91-04	125	North Cascades, Joshua Tree, Shivling, Scott Franklin
91-06	126	The Nose, Patagonia, East Sierras
91-08	127	Jim Karn, Toulumne Meadows, Alaska, Shawangunks
92-02	130	Front Range, Australia, Denali
92-04	131	Eiger, Derek Hersey, Cirque of the Unclimbables
92-10	134	Cassin Ridge, Dixieland, Scotland, First Aid
93-02	136	El Cap, Mugs Stump, Winter Hazards, Independence Pass
93-04	137	Shawangunks, UL Limestone, Dan Osman, Cerro Torre
93-06	138	Greg Child, Huntington, CA Needles, Duncan Furguson
93-08	139	Charlie Fowler, New England, SE Alaska, Arches NP
93-10	140	Joe Simpson, Seneca Rocks, UT Mystery Towers
93-12	141	Lynn Hill Frees the Nose, J.C. Lafaille, Los Angeles
94-02	142	Scottish Rock, Mexico Limestone, omo Cesen
94-03	143	Tahoe Rock, Johnny Waterman, Dartmouth MC, Norway Ice
94-05	144	Yosemite Camp 4, Ed Viesturs, UK Rock
94-06	145	Longs Pk, Mt Deborah, Shipton Spire, Doug Englekirk
94-08	146	Foraker, John Middendorf, Shining Path, Obed TN
94-09	147	Norway Rock, NC Bouldering, Baffin Island
94-11	148	Quebec Ice, Garhwal Himal, AZ Virgin River Gorge
94-12	149	Canadian Rockies Ice, Peter Croft, Sheffield
95-02	150	25th Anniversary, Hunter, Adirondacks, Lydia Bradey
95-03	151	Wales, East sierras, MN North Shore, Mt McGinnis
95-05	152	Fontainebleau, Thailand, El Cap
95-09	155	Looking Glass Rock, David Breashears, southern France
96-03	159	Bernd Arnold, Eldorado, Russ Clume, Quebec Rock & Ice, Climbing holds, self rescue
96-05	160	Squamish, Horsetooth Reservoir, Yamnuska, Matterhorn, Self rescue
96-06	161	Icicle Creek, Half Dome, Boone Speed, Red River Gorge, Belay&rap devices, Everest tragedy
96-11	164	Bay Area Bouldering, Johnny Daws, Nooksack Tower, Black Canyon of Gunnison
96-12	165	Doug Robinson, Hueco, South Africa, St. Elias
97-02	166	Alex Lowe, Canary Islands rock, Caucasus, Squamish, Mt Lemmon, Mt Hubris
97-03	167	New Hampshire Rock, Jack Mileski, Little Cottonwood, Crampons,
97-05	168	Steve Schneider, Red Rocks, Burkett Needle, Rock Shoes, The Wedge, Boulder Canyon
97-07	169	Baffin Island, Eiger, Calanques, Cams
97-08	170	Yosemite, Whitesides, Jim Donini, Cerro Torre guide, Bivy sacks,
97-09	171	Changabank, Carstensz Pyramid, Plastic boost, Australia
97-10	172	1997 Gear Guide
97-12	173	Annapura, Amy Bechtel, Smith Rock, Lee Vining ice

SPECIAL *YODEL* TEAR-OUT REFERENCE SECTION OSAT LIBRARY'S MAGAZINE COLLECTION

Outside

92-08

McKinley, Everest

Summit

DATE

Subjects of Articles

87-01	Yosemite, Lone Peak, Haute Route, Everest, Illimani
88-11	Aconcagua, Cannon Mt, Royal Robbins
89-01	Prusik Pk, Idaho Crags, Gerry Roach, Winter Solo on Denali
89-03	Everest, Bugaboos, Gannett
89-05	Mt. Kenya, North Cascades Inspiration High Route
90-03	Ella Maillart, Yosemite, Tenaya, Sacred Mountains
90-06	Bonington, Alaska, Dalai Lama, Toni Kurz
90-09	Patagonia, New Guinea, Baltoro, Clarence King
91-01	Mt Shasta, John Colter, Ansel Adams, Don Whillans
91-06	Denali, Montana, Tibet, H. Harrer,
91-09	Kumbu, Siskiyou, Bill Ruddiman, Adirondaks, Muir on Shasta
92-09	So. Georgia Island, Sawtooths, Leigh Ortenburger
93-03	Garhwal Himal, England's Lake District, Hood, Ouray
93-06	Sikkim, Prince of Wales Island, French Alps, Kyoto, Shasta
93-09	BC Coast, Mayan Mexico, Olympics, Sandias, Smokies
93-11	Sierra High Route, Canadian Rockies, St Helens, Adirondacks, Dolomites, Nepal Trek
93-12	Antarctica, Kailas, Tuolumne Meadows, Copper Canyon Mexico
94-03	Tyatya, Mt Cook, Chiricahua Mtns AZ, Colorado Tail
94-05	Katahdin, Mtn Bikes, American Rock, Chamonix, Himalayan Fringes, Iceland
94-06	Wind Rivers, Hood, Krakatoa, Sierras
94-09	Peru, Alsaka, Thorong La, Lassen
94-11	BC Coast Range, Sierra Haute Route, Rockies Huts
94-12	Buhler on K2, CA Pinnacles, Vail Pass, Winter Travel
95-03	SW Canyons, El Capitan, Alpine Access Dialogue
95-06	40 year history, Mtn Slang, Beckey's Bugaboos

To check any of these items out, call Rik A. at (206-232-8908), Rik.Anderson@PSS.Boeing.com
OSAT LIBRARY ONLINE CATALOG: <http://www.geocities.com/yosemite/2899/osatlib.html>

OSAT QUICK-REFERENCE

Board of Trusted Servants (BOTS)

Bill L.	206-789-8758	wlink14fun@aol.com
Patty F.L.	206-789-9503	patty.flanaganlinderman@gte.net
Jim K.	425-888-3294	keefe.j@ghc.org
Tracy M.	425-204-0168	coachmahan@aol.com
Dick W.	425-339-3751	

12-Step Meeting Coordinators

Bill L.	206-789-8758	wlink14fun@aol.com
Mark S.	253-631-5354	schwemd@televar.com
Bill L.	206-789-8758	wlink14fun@aol.com

Contact People

Activities:	Brian C.	425-353-9748	bc8025@aol.com
Activities Hotline:	Rob G.	206-824-7972	osatvoice@aol.com
Equipment:	Grant	206-525-9199	
Finance:	Charlie A.	206-932-7195	
Hotline Message:	Merry O.	206-524-5770	mo7climb@earthlink.net
Hotline Follow-up:	Patty H.	206-784-9947	
Library:	Rik A.	206-232-8908	rik.anderson@boeing.com
OSAT East Coast:	John H.	617-641-3423	
Running:	Doug H.	425-271-5116	dougnsue@aa.net
Service:	Dave W.	425-869-0460	
Yodel:	Bill A.	206-729-1887	yodel@wildbill.com

OSAT Club Meeting:

Monthly OSAT club meetings are held the second Wednesday of the month at 7:30pm. We meet at the Congregational Church of Mercer Island, 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 #1, upstairs on the north end of the building. **THIS MONTH:** Mike "Gator" Gauthier [I may have gotten his last name wrong], head park ranger at Rainier, speaks.

OSAT 12-Step Meeting Locations

Tiger Mountain **Starting 4/ 8 Thurs mtg moves from IHOP to Tiger!

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 to use the cable line trail, or in the upper parking lot to use the regular trail (recommended for first-timers).

Thursday Contact: Bill L. Sunday Contact: Mark S.

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

Carkeek Park

Time: Mondays @ 7 pm

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 7 pm 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.

OSAT Telephone Numbers

There are two main phone numbers for OSAT - a general information number, good for new members, and an Activities Hotline Number, where members can get up-to-the-minute activity information, as well as leave their own trip announcements.

GENERAL INFORMATION:

(206) 236-9674

ACTIVITIES HOTLINE:

(206) 236-4777 (Use passcode 39)

When you call the hotline, enter passcode 39. Then type: 7 to play messages or 5 to record a new message.

LISTENING: While listening, press 7 to replay current message, 5 to keep current message and listen to the next message. *Never erase hotline entries when you call to listen!*

RECORDING: Press 2 to record your message. When you are done, press # to pause the recording. After pausing you may press 2 to add more, or 5 to keep the recording you just made.

OSAT Photography Course

Come join us on the 1st Wednesday of April (7th), May (5th), and June (2nd) as we learn how to take more dynamic photos. Bring your camera, its manual (if you can find it), your experience, your questions and your hope as we discover what separates the photographers from the snapshooters. All levels of experience welcome. Call Kevin S. @ (206) 528-0791 if you have questions or would like to attend. ☺

OSAT RACE ANNOUNCEMENT:

The Beezley Burn - Not just an ordinary race

Sat. 10 AM April 17, 1999. Ephrata, WA. The Beezley Run has a 10K, looped course, partially off road, with 800 feet elevation gained and lost.

As the brochure says, "it is physically demanding". This race was originated by Tom D. The OSAT Ephrata contingent continues to organize, support and run this race. Teresa and I have done it every year since it started and it is great fun! Join us as we defend our titles.

Race has 10 year age divisions, awards for first 3 places in each division and t-shirts for all. Entry fee \$12 by April 9, Late registration \$15.

Contact Harold C or Dave B (425-353-8154) for details and entry form. ☺

The Armchair Mountaineer

By Rik A.

In the annual Librarian's report to the BOTS, published two issues ago, I failed to acknowledge the gift last year of 14 issues of *Climbing* magazine from Roy O. Thank you, Roy.

The magazine collection in the library now numbers over seventy copies of *Climbing* and *Summit*. About three-quarters (47 of 62) issues of *Climbing* from February 1989 to December 1997 and 25 issues of *Summit* dating from January 1987 to June 1995. Unfortunately we do not have a comprehensive index to these magazines, but the on-line catalog at <http://www.geocities.com/yosemite/2899/osatlib.html> includes brief subject descriptions of the major articles in each copy, as shown in the table included this month. [SEE SPECIAL PULL-OUT SECTION]

Let me know if you would like to check any of these out. If you have any climbing magazines you are thinking about throwing out, why not donate them to the Library?

The Hinkhouse collection has now been updated to include the recently received gift of 26 volumes from the Winbigler collection which were listed in this column last month, and are now fully cataloged and ready for circulation. All but three of these are in the "Climbs and Climbers" category. Appropriate portions of the on-line library catalog have not yet been update, so keep your old Yodel if you want to check out the new additions. Give me a call (206-232-8908), email me, or grab me at any OSAT event if you'd like to reserve any of the books, or come over to browse the collection. Keep climbing mountains (vicariously), and don't fall asleep! ☺

April OSAT Mens Meeting (Note Date Change)

It was announced at the meeting at Rons that the next meeting would be Monday April 12th. That has now been changed to Tuesday April 13th due to a change in my class schedule. Sorry for any inconvenience this may cause. The meeting will be held at the cabana at the Trailwalk Apartments 7711. NE 175th Kenmore WA 98028

Directions from Seattle: Drive east on NE Bothell Way turn right on to 73rd NE (Knoll Lumber), cross over the bike trail and turn left on to NE 175th. The entrance to Trailwalk is about 2 blocks down on your right the cabana is in the back any parking above ground is open for use by anyone. From the Eastside: I-405 exit 23 on to SR522 Bothell and go west toward Seattle on NE Bothell Way turn left on to 73rd NE (Knoll Lumber) cross over the bike trail and turn left on to NE 175th. The entrance to Trailwalk is about 2 blocks down on your right the cabana is in the back any parking above ground is open for use by anyone. We will be ordering pizza and splitting the cost so please give me a call the weekend before the meeting if you are planning to attend, (425) 485-3075, so that we can have it ordered and delivered at 7pm. Don't forget there is a hot tub available so bring your swim trunks & towel. Thanks, Cliff L.

"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 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.

Words from the Editor

By Bill A.

I want to share some of the new things we are developing on the Yodel's web site, and how they can help you. You can find all of the tools that I discuss in this column by going to the main Yodel homepage, at:

<http://www.wildbill.com/yodel>

First, in the first wild month of the OSAT email list, we thought that it would be nice to have a web-based alternative discussion forum, where interested parties could chew things over to their hearts' content, while the rest of us can choose whether or not we want to participate in their discussion. This is a great place to follow-up on an OSAT email list post with a deeper discussion.

Another useful thing to go online this month is the *Yodel* search engine. Now you can search past and present Yodels by keyword. One of our ongoing tasks will be to put up more of our historical Yodels so that the entire archive is available, and searchable online.

So, what of all this web stuff? Is anyone actually using this web site? I guess that's sort of a rhetorical question, as I have gotten emails from a lot of you. But, I ran some statistics software, and thought I'd share some of the February results with you. During the month, we had an average of 70 page views a day, with the busiest day being Feb 17th, with 364 views. Altogether we had 928 page views by 192 visitors - our most popular page was Page 1 of the Yodel, followed by Page 5 (the calendar). You can view all of this online! Until next month, keep climbing & don't slip. ☺

OSAT'S Excellent Adventures

1999 OSAT EVENTS CALENDAR

- Apr. 3-4:** Weekend outing on the ocean, 3-mile "hike" from *Lake Ozette*. Overnight camping. Friendly deer. Beach bonfires (bring marshmallows). Be prepared for the possibility of inclement weather. Bring binoculars to watch migrating whales, soaring birds and the raccoons that will be conniving to get into your food. (Alert! -- elevation gain 137') Leader: Charlie and Janyth A. 206-932-7195 or pine@seanet.com.
- Apr. 11:** *Crystal Mt* — ski trip. Extreme skiing. Hike up to the thrones, and ski pinball, brain damage, and Silver valley. Visit the recent avalanche area, to see the fracture zone, and tree devastation. Safety is discussed in the coffee shop in the Crystal Mt lodge at 8:30a.m. Call Tim W. 206 325-2471.
- Apr. 10-12:** *Mt. St. Helens* — Ice Arrest exp. reqd. - Brian C. (425) 353-9748 Limit 12.
- Apr. 17:** *Whitehorse* THIS TRIP IS FULL: to get on waiting list call Dick W: (425) 339-3751.
- May 1-3:** *OSAT BC Base Camp* Several days of spring climbing in the BC Coast Range - Joffre Lakes group of 7500-9100 ft glaciated mountains encircling a beautiful lake basin - North of Whistler/Pemberton For experienced glacier climbers only. Leader/Contact: Rik A at 206-766-2553
- May 2:** *Norse Peak* — SORRY, CANCELLED—Leader: Charlie A. 206-932-7195 or pine@seanet.com.
- May 30-31:** *Mt. Baker* via the Coleman Glacier, Lim. 12 Glacier exp. Dave N 253-752-9214 offbelay1@juno.com
- Memorial Day Weekend:** *Three Sisters*, Oregon (4th OSAT attempt on the gnarly Northy!! This time we'll get her!! Scheduled later this year to avoid the long snowshoe trek!) Leader/Contact: Rik A at 206-766-2553
- June 12:** *Mt. Vesper*, Lim. 12, Iceaxe exp., Merry O. 206-524-5770. Sally 206-772-2027
- June 12:** *Colchuck Pk.*, Lim. 12, Iceaxe exp., Chris F.L. 206-789-9503
- June 12:** *Mt. Jupiter*, Lim. 12, Iceaxe exp., Kathy H. 425-486-5113
- June 12-14:** *Mt. Rainier-Tahoma Glacier*, Lim. 12, glacier exp., need sherpas, Rik A. 206-766-2553
- June 26-27:** *Mt. Adams S. spur*, Lim. 12, Doug H. 425-271-5116
- June 26-27:** *Jack Mt.* N. Cascades giant. One of Washingtons niners via the S.W. route. Strong scrambling skills. Limit 6 Dave N 253-752-9214 offbelay1@juno.com
- June 27:** *Plomer pinnacle*, Lim. 12, Iceaxe exp., Kathy H. 425-486-5113
- July 3-5:** **2nd Annual Chick Climb:** *Glacier Peak, Sitkum Glacier* Lim. 12, Women only, glacier exp., Kathy H. 425-486-5113
- Jul 3-5:** *Glacier Peak, Kennedy/Frostbite Ridge*, Rik A. 206-766-2553
- Jul. 10-11:** *Eldorado Peak*, Lim. 8, glacier exp., Tim M. 206-282-8497
- Aug. 7-10:** *Mt. Challenger*. Remote and well-challenging. Glacier & rock exp. Either from little Beaver Crk or Whatcom Pk. Lim. 6 Dave N 253-752-9214 offbelay1@juno.com
- Aug. 20-23:** *Mt. Logan*, Lim 6, glacier & rock exp., Shirley R. & Dick W. 425-339-3751 [2 spots left at print time]

Aug. 28-29: *Silverstar Glacier*, Lim 6, Iceaxe, crampon exp., Chris F.L. 206-789-9503.

sIOSAT Winter/Spring Schedule

For OSAT members and friends who prefer a slower pace, sIOSAT offers non-summit oriented serenity hikes. (Also considered ideal re-conditioners for recuperating OSAT members) No need to rush during these gentle, yet invigorating hikes, chosen for their natural beauty and limited elevation gain. Your hiking suggestions and leadership suggestions and leadership services are welcome. Please let us know if your regularly scheduled hikes might be suitable for sIOSAT hikers. Call Linda Z. for information: (206) 545-7773 and check the hotline for updates.

- Mar. 27:** Mazama Ridge "slowshoe" Kevin S. (206) 528-0791
- Mar. 28:** *Longmire* hike or snowshoe Dave W. (425) 869-0460
- Apr. 10:** *Lake 22* - 10am (no meeting) Marina (425) 776-7213
- May 8 or 16:** *Camp Muir* (optional sherpa opportunity) TBA
- Jun. 12:** *Tahoma Creek* (chance to sherpa) Rik (206) 232-8908
- Jun. 19:** *Goat Peak Lookout w/ meeting* Cliff L. 425-485-3075
- Jul. 18:** *Sauk Mt.* (wildflowers - ah, lovely) Rik (206) 232-8908
- Jul. 31-Aug. 1:** Ovrmt backpack - TBA Kathy H. (425) 486-5113
- Aug. ?:** *Spray Park* Rik (206) 232-8908 (date TBA)
- Sep. 10-12:** OSAT 1999 Annual Car Camp Dave W. (425) 869-0460 (see announcement on Page 1)



Want to lead a trip? Email it to us and we'll list it: yodel@wildbill.com

1999 Climbing Course schedule:

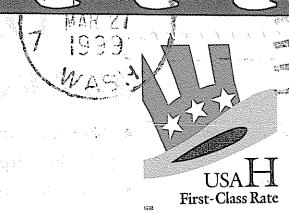
- Apr 21:** 6-8:30 PM - Ice Axe Arrest/Map & Compass Seminar - REI
- Apr 17:** ALL DAY - Ice Axe Arrest Field Trip - *Mt. Pilchuck*
- Apr 25:** ALL DAY - Ice Axe Arrest Field Trip - *Stevens Pass*
- May 8:** ALL DAY - Camp Muir Conditioning Hike - *Mt. Rainier*
- May 16:** ALL DAY - Camp Muir Conditioning Hike - *Mt. Rainier*
- May 19:** 6-8:30 PM - Glacier Travel Seminar - *Downtown REI*
- May 22-23:** 2 Full Days - Glacier Travel Field Trip - *Alpental*
- June 5-6:** 2 Full Days - Glacier Travel Field Trip - *Alpental*
- June 16:** 6-8:30 PM - Crevasse Rescue Seminar - REI
- June 19:** ALL DAY - Crevasse Rescue/Map & Compass Field Trip - *Alpental*

RUN FOR FUN (and 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). Call **Doug H (425) 271-5116** or **Dick W (425) 339-3751** for more info.

More Pain! Run along Lake Washington - Tuesdays. Anyone interested in pain seeking & heart pounding contact Grant or Susan E. (206)721-5865 or meet us at Mt. Baker park next to the swings @6:30p.m.

The Yodel

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



SUPPORT OSAT IN STYLE:

\$15.00!



OSAT

T-SHIRTS

They come in various colors and sizes!
Price is \$15. Please contact Joan M.

Ph:425-277-8943

181R 1999
DAVID CHING
1620 MELROSE AVE APT 405
SEATTLE WA 98122

Renew now (form inside) or this really is your last *Yodel*

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 (e.g. "will belay for food"). See page 2 for contact information.

Marmot Gore-tex small unisex bibs \$75 ea.. Marmot gore-tex Alpinist parka \$75. Outdoor Research Instigators \$15 (brand new!) Call Patty FL (206) 789-9503

OSAT Climbers and Adventure Lovers! May I assist your travel planning? I offer my services as a full time travel agent to help get you to the peaks, the shores and the cities. Events available: Honolulu convention in November Women's International in February, Sober Club Med in February. Call me! Janice B at 425-646-8200.

Massage Time! Call Meredyth Given, licensed massage therapist to work on you in your home for Relaxation, Chronic Pain & Injury Treatment. (425) 438-6829

MOVING SOON? Call Jim Fahey Moving! 18 Years commercial and residential experience. Need help moving a piano? Jim's your man! Ph:425-787-7888 jimfahey@apl.washington.edu

Cool Packs! Northface day packs. New Hotshot and Wasatch models. Around 2K cu/in. each. With all the NF bells and whistles that accompany fine equipment. 7 total, two colors. Sold at cost. \$40 .ea. Ron 206-367-1993/anasazi@oz.net Not many left!!

Individual Marriage & Family Therapy: Perhaps you find the Twelve Steps & meetings are not enough or you want to work on your relationship. Rich H (206) 547 2756.H. MA, Marriage and Family Therapist at 206-547-2756

You need a personal coach! If you need help getting in shape, changing your eating habits for good... If you want to gain more strength with free weights... If you just need a **very motivated** workout partner to keep you moving or get you conditioned for a big climb — call me — Tracy Mahan, Personal Coach, (425) 204-0168

IF YOUR BODY WEARS OUT, WHERE WILL YOU LIVE NEXT? Go see DR. Mark Fredrich at his new location: Woodway Chiropractic, 20015 Highway 99, Suite A Lynnwood, WA 98036 Ph: 425-771-BACK (425-771-2225) **FREE INITIAL CONSULTATION AND EXAMINATION FOR ALL OSAT MEMBERS**

SUPPORT SIGN-LANG. ON TIGER: Beautiful 20" handmade bead necklaces on sale for only \$10. All money is donated to interpreters for Tiger Mt. meeting once a month. Please call David "Dax" Ching (206) 623-7857 or email dax@oz.net for more information.