

# The Yodel

P.O. Box 6461  
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Vol. 13 Issue 2

Keep Climbing Mountains and Don't Slip!

March 2004

*Editor's Note: The first installment of Jim Hinkhouse's posthumously published book, Keep Climbing Mountains, will be featured in this issue of the Yodel, followed by the Aaron Hinkhouse and Rik A. for letting us publish this book by our founder.*

## A Gift from Jimmy

When Jim Hinkhouse died in 1995, most of his close friends knew that among many tasks on his never-ending list of things to do was writing a book describing the birth of OSAT. Jim took a writing course at BCC shortly after having quit his job at Boeing the previous year, and had begun sending outlines of the book to prospective publishers.

Jim's computer passed to his son, and a large number of disks containing Jim's files associated with OSAT (membership lists, early Yodels, meeting agendas, trip reports, etc.) were given to me. I was disappointed to find that the draft of Jim's book was not among them. I asked a couple of OSATers who were close to Jim's family to inquire about the book, but nothing came of it.

About three years ago, after securing final US government approval of our application to officially name the peak at Washington Pass Hinkhouse Peak, I contacted members of Jim's family to let them know the happy news. In my note to Jim's son, Aaron, I asked if he had a draft of the book. Happily, a few weeks later a package arrived from Aaron – Jimmy's book.

Until recently, I was daunted by the prospect of how to distribute this legacy to OSAT. Then, late last year, I purchased a new printer/scanner that included optical character recognition (OCR) software. The job of transcribing the copy has begun, and eventually we will have the entire draft converted to electronic files.

Based on notes in the draft Table of Contents, Jim drafted roughly 30% of the book he conceived. The entire book is outlined, with a paragraph describing each of 55 sections organized in 5 parts. In the coming months, the OSAT Yodel will carry a serial presentation of this material. I hope this legacy brings to the members of OSAT today a new understanding of who Jim Hinkhouse was and why those of us who knew him still hold him in high regard.

In the opening section, Jim introduces himself and the concept behind his book, "Keep Climbing Mountains".

KCMADS – Rik A.

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### OSAT MARKETPLACE

**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.

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

#### HELP WANTED

**Yodel Editor**—OSAT is looking for an editor for the Yodel, someone who can put together and mail out the Yodel. A computer is required. MS Publisher experience preferred but will train. Please send inquiries to [yodel@osat.org](mailto:yodel@osat.org).

**Webmaster Assistant**—The Webmaster has lots of ideas up his sleeve for the OSAT Website but can't maintain the site while developing. This is an apprentice position, no experience necessary, however, basic computer knowledge and a computer with internet access is required. Will teach basic website and site management skills. Please send inquiries to [webmaster@osat.org](mailto:webmaster@osat.org).

### PHOTO OF THE MONTH



Who and Where: Dan Young on Forbidden Peak  
When: September 2003  
Photo by: Scott H.

**Send your pictures to [yodel@osat.org](mailto:yodel@osat.org), and the editor will post the best one in each month's Yodel.**



**Jim H. on Mt. Rainier; photo taken in 1991. Sent to Yodel staff by Rik A.**

### 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.”

## BOTS Minutes

Place: Mike and Jane's house

Attending: BOTS members, Tino S., Mike P., Dick D., Robyn S., OSAT member Jane P.  
Chairperson Mike opened with moment of silence and Serenity Prayer, read Mission Statement and minutes of previous meeting. Minutes were approved.

### Old business:

Informal reports were given on the Vertical World climbing party and the ice skating party. The club apparently took losses on both events. Strategies for future events were discussed, including earlier advertising and more frequent announcements.

Safety committee – Tino moved, Dick seconded motion to contact Cliff L's friend Roxanne, who can teach CPR and first aid classes, to find out how many people she would enroll in a class and how much she would charge. Tino will contact Cliff, and then let Mike and Robyn know, so they can put out an email to see how many OSAT members would want to take the class. Unanimously passed.

### New business:

Scott S. of Issaquah Alps Trail Club wants to organize a work party for the lower end of the Tiger Mountain cable trail. Robyn will coordinate a date and time with him and put an email out to OSAT members. Announcements will also be made at the OSAT AA meetings.

Mike has printed new business cards, and still has the software. We were not sure who has the OSAT stickers (update: Jane L. has them, and will bring some to the March club meeting.)

Tino expressed concern that a lot of the standing committee chairs do not attend the monthly club meeting. Robyn will put out a gentle reminder in time for the March meeting.

### Upcoming entertainment:

March – GCC gear grab

April – Tino's friend, Bob, who just got back from Bhutan

May – Mike P.'s Trek Tri-Island slide show

Meeting adjourned and closed in usual fashion.

## 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.

## Safety Committee Report on Incident Response

*Editor's Note: The following OSAT safety committee recommendations will be voted upon at the April club meeting, as a proposed amendment to the bylaws:*

### OSAT Guidelines for Incident & Accident Review and Investigation

The OSAT Board of Trusted Servants (BOTS) has chartered the Safety Committee to conduct reviews of any incidents that occur on a club outing and/or club sanctioned event.

The following defines the types of incidents and the actions required of the Safety Committee for each:

#### LEVEL 1. Incidents

Incidents are qualified as actions that have occurred without injury. Though a pattern of this type of action could precipitate an injury if continued.

##### A. Action -

A formal investigation will not be necessary of these occurrences. A review will be done to determine if the incident was an isolated occurrence or rather part of overall pattern indicating further action.

If the determination is one that indicates an isolated occurrence it will be so noted and filed with the BOTS as such.

If the determination is one that indicates an overall pattern an informal review will be conducted to determine what actions need to be taken, to be followed with possible action.

#### LEVEL 2. Accidents

Accidents are qualified as actions that have occurred in which injuries result that require first aid treatment or hospitalization.

##### A. Action –

A review will be conducted as soon as is possible and will proceed in a crisp and lively manner. A letter will be sent out to all participants in the outing as soon as possible. The review will consist of contacting and interviewing the principal and any eyewitnesses to the incident. It is recommended that the interviews be conducted in person or at the least by telephone. Email is not recommended and should be used as a last resort. On conclusion of information gathering an official review will be presented to the BOTS. The review will include all pertinent information including a summary of possible actions for prevention in future outings.

#### LEVEL 3. Death

Due to the seriousness of these types of incidents it is felt that they are beyond the scope of the Safety Committee. Therefore an impartial, respected outside party will be asked to perform the task of investigating and reviewing the incident that led to the death.

The Safety Committee may implement the recommendations of those findings as is necessary and prudent.

Respectfully Submitted to the BOTS by the Safety Committee.

David Nordstrom

Roy Ovenell

Doug Hutton

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### How to Contribute:

Deadline for May Yodel — May 1, 2004

Please send stories and images, via electronic mail, to: [yodel@osat.org](mailto:yodel@osat.org).

If you don't have email, please contact the editor for mailing instructions.

# OSAT TALENT SHOW AND GEAR GRAB

5830-9830, SPOURON, APRIL 3RD, 2004

## HEAR YE!! HEAR YE!!

The OSAT Talent Show Committee is proud to announce the much awaited for, the much anticipated, the much loved world famous 3rd Annual OSAT Talent Show, Pot Luck & Gear Grab end of Winter Gala.

This evening of revelry and good cheer will be held Sat. April 3, 2004 in the Epiphany Church of Seattle's grand hall. Mark that auspicious date on your kitchen calendar with a big red circle and clear everything else off your agenda. The evening will be filled with fun and laughter, tall tales of lore, poetry, singing, music, art work, the occasional burfoon, dancing, feats of spine tingling, daring-do and yes... tables full of used gear for sale

A fee of \$5.00 per adult - all kids come in free!! - will be collected at the door and will be used to pay for the hall and other expenses. And when you pay your \$5 entry fee you will automatically be entered into a fun OSAT Raffle.

## CALL FOR TALENT

How for the biggest! Fan fare please!!

We need participants - lots of them. That means you! The list is already growing and we want more. The only way we can have a 3rd annual Talent Show is if you will be brave enough to show us something about your wonderful creative spirit. This can be darn near anything - and everyone has a creative spirit. In the past we've had folks play guitars, bongos, piano, harps, bamboo xylophones, gazooks, African noise makers, sing songs, dance, talk about their art, read poetry, do martial arts, tell jokes etc. There is so much that we would love to see of you talented folks - we just ask that it be family appropriate. Recruiters will be fanning out between now and then asking, encouraging, begging and possibly bribing for participants. Please be gentle with them - they are all volunteers.

## RAFFLE

What cool prizes will be raffled off? We don't know yet but if you answer "yes" to any of these questions, then the raffle needs you!  
 - Do you love washing cars?  
 - Do you bake the BEST cookies in the Northwest?  
 - Do you give amazing massages?  
 - Do you have a connection with a business or service that likes to make donations to a good cause?  
 - Are you an artist (painter, jewelry maker, etc) looking to get exposure to your work?  
 - Do you think you could carry someone up Tiger Mountain?

Support OSAT and have fun at the same time by donating a fun service or gift for the raffle. Contact Dusty C. (dustyc@microsoft.com) for more information.

## GEAR GRAB

If you are thinking "Gads, what an amazing evening this is going to be! What could possible make it better?" Well hold on to your ice axe and don't let your jaw fall on the floor because it's about to get better!

This year's OSAT gear grab will be held during the evening also!! I have no idea of the particulars, but Russell S. does and I'm sure he is coordinating this activity even as you read this.....So stay tuned!

## POT LUCK

If we have a favorite dish, by all means bring it. Suggested guidelines for surnames:

- A - G Salads/Side dishes
- H - M Breads/Chips
- N - S Desserts
- T - Z Main Dish



**EPIPHANY PARISH OF SEATTLE, 1805 38TH AVE. SEATTLE, WA (206) 324-2573**

IF YOU HAVE ANY QUESTIONS OR WANT TO SIGN UP AS A PARTICIPANT !!YES!! PLEASE CONTACT ANY OF THE COMMITTEE MEMBERS:  
**JIM K. JKEFFE@JEANET.COM OR 425-888-3294 | DUSTY C. DUSTYC@MICROSOFT.COM**  
**LORI U. NAMAJTE2@AOL.COM | BOB L. 206-310-2896 | RUSSELL 425-753-3525**

## OSAT QUICK REFERENCE GUIDE

### Board of Trusted Servants (BOTS)

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David C. (Dax) 425-488-0424 [webmaster@osat.org](mailto:webmaster@osat.org)

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

### OSAT 12-Step Meeting Locations:

**Issaquah IHOP:** Time: Thursdays @ 7:30 pm (back to Tiger in April)

**Tiger Mountain:** Time: Sundays @ 10:00 am  
 Location: The Tiger Mountain Trailhead is on the south (right) side of the High Point Way Exit (1st exit east of Issaquah) off I-90.

Make a reverse U-turn onto the road parallel with the Interstate. Park as close as possible to the west end of the road to use the cable line trail or in the upper parking lot to use the regular trail (recommended for first-timers).

- Thursday Contact: Tino
- Sunday Contact: Tracy M

**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 @ 7:30 pm Meet at trailhead at 7 pm  
 Location: Take Exit 173 to Northgate Way and turn west. After crossing Meridian, Northgate Way becomes NW 105th Street and crosses Aurora Ave. N (Highway 99). Turn right on Greenwood Ave N. and left on NW 110th Street (look for the crosswalk lights above the street). After 6 blocks, NW 110th Street becomes NW Carkeek Park Road and winds down into the valley for 1/2 mile to the park entrance. The group meets at the beach (weather permitting) at 7:30 p.m. 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.

### OSAT Telephone Numbers

There are two main phone numbers for OSAT...a general info number where you can leave a message to have a person follow up with your questions and an Activities Hotline number where you can find out where the OSAT meetings are held, the contact people's numbers for those meetings and also be able to leave a message for follow up with a member.

**General Info** 206 686-2927  
**Activities** 206 686-2926

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

### UNSUBSCRIBING:

Send a blank email to:

[osat-unsubscribe@yahoogroups.com](mailto:osat-unsubscribe@yahoogroups.com)

### SUBSCRIBING:

Send a blank email to:

[osat-subscribe@yahoogroups.com](mailto:osat-subscribe@yahoogroups.com)

**POSTING:** (Use discretion: remember we ALL get the email.) Send your message to:

[osat@yahoogroups.com](mailto:osat@yahoogroups.com)

"The relationship of height to spirituality is not merely metaphorical, it is physical reality. The most spiritual people of this planet live in the highest places. So do the most spiritual flowers. I call the high and light aspects of my being spirit and the dark and heavy aspect soul. Soul is at home in the deep shadowed valleys. Spirit is a land of high, white peaks and glittering jewel-like lakes and flowers...People need to climb the mountain not simply because it is there, but because the soulful divinity needs to be mated with spirit."

The 14th Dalai Lama of Tibet

## KEEP CLIMBING MOUNTAINS

by Jim H.

### FOREWORD

My name is Jim and I'm an alcoholic.

Actually, I'm a "recovering" alcoholic. This means I don't drink alcohol. Ever. Haven't done so for over sixteen years and don't expect to have another drink for the rest of my life.

Don't want one, in fact. Life is better now than it has ever been and it just keeps getting better and better with almost each passing day. For sure, each passing year. Sometimes it is just so good I want to cry. So I do, since I finally got past Mom's prohibition against crying.

I'm also a mountaineer. This means I have training and experience in traveling safely up, down, and around mountains. Think of me as a mountain climber, if you must, although the term is a little misleading. I'm not a thrill seeker with a death wish. Really. I just like to get up high in the mountains and enjoy the exercise, fresh air, and good views; and I like the feeling of accomplishment that one gets when a summit is reached.

I'm also a recovering "couch potato". In former days, I was overweight and in poor physical condition. I smoked non-filter cigarettes for many years. There was a time when I could not walk up one flight of stairs without stopping to rest. Now I am very fit. My thin layer of reserve fat is only noticeable to me and I suppose I fit the description: "some sort of exercise nut". Yes, I am now addicted to sweating, heavy breathing, and feeling good.

But it's not important what you call me. What's important is that during the last six years, I've been on a journey that has combined my love for mountaineering with my recovery from alcoholism. The journey has taken me far beyond what I thought was possible. It's been a grand adventure and a tremendous learning experience. It has changed my life and the lives of many others who joined me along the way.

This book is mostly about the first three years of that journey. But it's more than just a description of certain events. It's also about change, love, addiction, goals, exercise, meditation, affirmations, spiritual growth, fellowship, fear, adven-

ture, happiness, success, and probably a few other related concepts. In short, it's about climbing mountains - both real ones and the other kind that we find inside ourselves.

In a sense, this book is about how it came to be that many of us now go to Twelve Step meetings on mountaintops. It is a description of the specific events that culminated in a climb of Mt. Rainier by 33 recovering alcoholics. There are also stories and opinions about how and why I think mountaineering can help people recover from alcoholism and drug addiction.

Since much of this book is based on my own experiences and observations, I feel compelled to tell my "story", so that the reader can better understand my biases. But also included are stories about other people and the positive impact that the mountaineering experience has had on their lives. Although all of these stories are based upon actual people and events, I have made a few changes to clarify messages and in some cases preserve anonymity.

For whom is this book intended? First, it is for people who have problems with addictions - either their very own addictions or those of their loved ones. According to some authorities, this includes most of the population.

In particular, I hope it appeals to addicts who are "stuck" in their recovery - who are somehow handling their addictions, but remain plagued by feelings of despair and depression. Perhaps this book can give them some hope and encouragement.

From where I'm sitting, everyone should find something of interest in this book. But it doesn't really matter. If it helps to prevent just one relapse, then it has been worth the effort. Besides, I had no choice. I had to write it.

### EDITOR'S NOTE:

*This is the first installment of six. The rest of the story will be published in subsequent issues of the Yodel. Printed with kind permission of Aaron Hinkhouse and sent to the Yodel staff by Rik A.*

## OSAT ACTIVITIES CALENDAR

### March

- 6-7 Snow cave campout, Stevens Pass, contact Pete S.
- 14 St. Patrick's Day Dash
- 21 Slosat snowshoe trip; leader, time and place to be determined

### April

- 3 Talent show and gear grab, contact Jim K.
- 8 Thursday night AA meeting goes back to Tiger Mt., starts at 7 p.m.
- 10-11 Mt. St Helens climb, kid friendly, contact Chuck A.
- 24-25 Mt. St. Helens climb, leader and time to be determined.

### May

- 1 Kaleetan Peak, contact Russell S.
- 21-22 Mt. Constance in Olympic Mtns., contact Russell S.
- 28-30 Washington Pass Weekend, climbs at Hinkhouse Peak, Sourdough, etc., contact Rik A.

### June

- 4 "Twelfth Night" at Redmond Towne Center, (an evening of culcha) contact Lori U. or Karen D.
- 5-6 Glacier Peak, contact Russell S.
- 26-28 Necklace Valley, contact Russell S. or Nancy T.
- 27 Coeur d'Alene run, contact Kevin C.

### July

- 4 Tour de Blast, bike ride from Castle Rock to Mt. St. Helens
- 17-18 STP bike ride, Seattle to Portland
- 24-25 Ross Lake kayak trip, contact Kathy H. or Rob C.
- 29 RAMROD bike ride around Mt. Rainier

### August

- 1 Troika triathlon
- 8 Blue Angels bike ride, I-90 bridge
- 13-14 RSVP bike ride, Seattle to Vancouver B.C.
- 13-15 Ross Lake kayak trip, contact Steve M.
- 21-23 Mt. Adams from north side
- 24 OSAT night at Safeco Field
- 29 OSAT picnic, Golden Gardens Park
- Sometime in August - cycle to summit on I-90

### September

- 4 Black Diamond ½ ironman triathlon, contact Kevin C.
- 11-12 Slate Peak climb and fossil hunt,
- 11-13 San Juan kayak trip, contact Bob D.
- 11 Black Hills triathlon
- 18-19 OSAT car camp, contact Lee W.
- 25-27 Trek Tri-Island bicycle ride, contact Mike P.

### October

- 2 McClellan Butte, slosat climb, leader to be determined
- 3 Cycle Through the Summit, bike ride through tunnel (bring your headlamp!)
- 4 Mercer Island triathlon
- 13 Slosat trip to Spray Falls near Mowich Lake, contact Cliff L.
- 16
- 28 Last Thursday night outdoor meeting on Tiger
- 30 OSAT Halloween costume party, contact Lori U.

### November

- 20 OSAT gratitude dinner, Kirkland Congregational Church
- 25 Thanksgiving Day climb up Mt. Si

### December

- 11 OSAT Christmas party
- 25 Christmas Day climb up Mt. Si

## OSAT Night AT SAFECO FIELD

By Rik A.

Yes, baseball fans, our boys are down in Arizona getting ready for the '04 season. As usual, OSAT will be there to cheer them on in August.

WHAT!?!? You're not sure you want to go to a baseball game with your mountaineering club?

OK. Think about it. Here are FIVE reasons you want to be among the first in line for this year's OSAT party at the Mariners game August 24th.

NUMBER 1: No more seats in row 24 deep in right field!! This year we've moved up to the lower portion of section 321, right above first base and the M's dugout. So we can actually SEE Ichiro!! Not to mention that beautiful view of the Seattle skyline, the August sunset, and our name in lights on the scoreboard in the fourth inning.

NUMBER 2: If that isn't enough to get your baseball juices flowing, check this out: We will again be going to a Tampa Bay game, so we can cheer or boo our old friend Lou Piniella as the mood strikes us. In case you haven't heard, Lou has swept up several ex-Mariners (Al Martin, John Halama, Jose Cruz), adding to the fun at the game.

NUMBER 3: As those of you who have gone on these shindigs in the past know, there is more socializing than baseball watching in the OSAT section. And we have our own set of spell-out letters so we can send messages of support to the M's and their 45,000 fans. I think last year we were on the scoreboard camera two or three times.

NUMBER 4: We all know OSATers are bargain hunters. Well, we're talking \$10 each for 42 lucky OSATers, first-come, first-served, for tickets that normally sell for \$17. If I don't get 40 of you to sign up, I'll scap the remainder for \$20-25 out on Royal Brougham, because...

NUMBER 5: Still not convinced? OK. How about going the night Jay Buhner gets inducted as only the third person to join the Mariners Hall of Fame. That's right. Last week the M's announced that "The Bone" will be feted on August 24, just before the game when OSAT's name will be up on the scoreboard celebrating our third annual "OSAT Night at the Safe".

Rather than wait for sign-ups before ordering the tickets, I speculated that, like last year, I'd be able to sell 40 seats to you guys and got our order in before the single-game-sales rush so we could get the best possible seats. So the order is in, and you will have to beat out the rest of the club to sit in the OSAT section. So don't wait for the second notice, because these will probably sell out FAST, and they are in such a great location, you can bet we will not be able to add tickets in the same section later on!!

What do you do to get in on the fun?

1. Respond to hollyrik@msn.com via email....Sorry, my memory cannot be trusted, so you MUST reserve seats via email.
2. Then pay by check: \$10 for each seat payable to me and sent to 5655 East Mercer Way, Mercer Island WA 98040.
3. Optional this year: I will accept PayPal. If using PayPal, please direct payment to my alternate email address: rikanderson@alum.mit.edu, and include the PayPal processing fee as follows: 1 ticket \$59 (\$10.59 total), 2 tickets \$8 (\$20.88), 4 tickets \$146 (\$41.46).

GO MARINERS!!