



The Yodel

Volume 10, issue 12

Keep climbing mountains and don't slip!

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Mt. Baker North Ridge Ski Trip Story and picture by Scott H.

Monday, June 16, 2003

So there I was, dangling the majority of my body weight on 2 ice screws that were plunged into the side of an overhanging serac. Why were we doing this again? It was 9 am, and I had 20 minutes worth of sleep in the past 25 hours, and we would be awake for another 15 hours before any of us got close to any sort of sleeping.

The day had finally come, Sergio Verdina and I got what we wanted, a chance to climb the North Ridge on Mt Baker, and attempt to do it in a day. Our new thing is all about getting down really fast in any type of quick transportation whether it be bikes, skis, or whatever is available. I chose to bring my skis and Sergio was to bring his splitboard. I was quite hesitant about this scenario since the route is technical, I assumed the skis would get in my way on some of the steeper ice with the tails hanging down near my ankles. Then I was shown an image of a climber on the Coleman Headwall in Nelson's book and he was carrying skis, so I thought, "Why Not"?

Sergio and I drove up to the Heliotrope trailhead on Sunday night and met Dan Young and Cory Groom. We arranged our gear for what lie ahead and got situated for a few hours sleep in the back of the Subaru. We got to bed around 9 pm, and then awoke to Dan and Cory arriving right next to us. We told tails of previous trips, and then found ourselves nestling in our bags around 10:30 pm. At midnight we awoke to the infamous quiet beeps of the Suunto Alarm clock, all in all we got about 15-20 minutes worth of sleep. We started walking at 12:45 am. It was quick moving, even though my pack felt like it weighed too much and the ski boots were quite heavy on our feet. We hit snow as soon as we broke out of the trees and found ourselves heading straight for the toe of the Coleman Glacier. Once we got there we roped up and headed up the incline that takes you towards Heliotrope Ridge and high camp for the majority of climbers ascending the Coleman/Deming Glacier route.

From there I was in front and followed some tracks that went in the vague direction of the North Ridge over the crevassed Coleman Glacier. It was already starting to turn light as soon as we started the traverse, so it was pretty straightforward. After a few interesting negotiations by some big gapers we found ourselves trudging over avy debris that the Coleman Headwall had sweated off of it's flanks. Earlier that morning we heard some icefall up above, but it never made its way toward us. We found our exit slope onto the North Ridge by following more steps and ski tracks and traversed a pretty steep slope that had perfect snow and ice conditions.

(Continued on page 4)

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 Meeting Minutes

Date: August 21, 2003

Time: 6 p.m.

Place: Tiger Mountain cable trail

Attendance: All 5 BOTS members, Mike, Nancy, Pete, Robyn & Russell

The minutes were read and approved.

Open discussion, sharing and special presentation: None

Old business: Mike P. did invite the man who wanted to start an RV division of OSAT to our meeting--he declined, because he "doesn't do Seattle." Pete suggested we invite him to the car camp. Mike will contact him again, making the point that we shouldn't turn anyone away just because of conflicts of interest. No vote was taken.

Nancy contacted the Washington Trails Association about doing a presentation at the October 8 general club meeting and setting up a trail work party on October 18. She is awaiting a reply from the representative of WTA.

New business: The BOTS members voted to send a note to Russell's mom, thanking her for making the OSAT banner. A picture of the banner being displayed atop a peak (Mt. Rainier, Baker or Adams) will be enclosed with the note.

The locations for the Christmas party and the gratitude dinner have been booked and paid for. Thanks, Lee W.!

The meeting was unofficially adjourned at 7 p.m.

OSAT Club Meeting Minutes

Submitted by Bob L.

August 13, 2003

Congregational Church of Mercer Island

Meeting opened at 7:30pm and club preamble read by Nancy T.

Standing Committee Reports:

Activities – Lori U.

The remaining activities for the year were printed out and handed around for any additions and corrections. Lori will be sending out the list via yahoogroups in the near future. Lori also announced that after 3 years as activities chair she would be stepping down from the position. Anyone interested in taking over the activities should contact her or a BOTS member. Thanks for all your hard work and dedication Lori!

Glacier Climbing Course – Chris N.

Chris reported that the last meeting of this year's GCC would be tomorrow evening and recommendations would be passed on to next year's committee.

Hotline – No Report

Library – Busy getting slideshow ready

Membership – Bob L. reporting for Jane L., 168 current members with 8 new since June.

Safety – Roy O.

Reported the committee really hadn't met in the last year and that everyone on the committee was safe.

Service – Lee W.

Lee handed out flyers for the car camp which will be the second weekend in September at the Icicle Creek Campground. The Gratitude Dinner will be held at the Kirkland Congregational Church and the Christmas Party will be held at the Epiphany Parish (same place the Gratitude Dinner had been last two years).

Treasurer – Contacted BOTS...we're solvent.

T-shirts – Sharon

We will be purchasing poly-pro OSAT shirts in the near future. Look for more info to come.

Web – No Report

Yodel – Robyn S.

Deadline for next Yodel is September 1st. Get in all those stories.

Old Business – None

New Business – Nominations for BOTS is open. Three positions will be vacated by Nancy T., Russell S., and Pete S. Thanks for all your hard work folks! If you want to nominate someone or yourself, contact a BOTS member.

Announcements –

Russell has two shirts that were left at the picnic.

There are still spots available on the Trek-Tri Island for Sept 20-22. You can get information at www.alaw.org or contact Mike P.

Meeting adjourned at 7:45, followed by a slide show on Denali, narrated by Pete S. and Bill L.

OSAT QUICK-REFERENCE

Board of Trusted Servants (BOTS)

Robyn S.	206-675-1036	<i>robynsmi@msn.com</i>
Nancy T.	206-523-0844	<i>nthorpee@juno.com</i>
Pete S.	253-475-5545	<i>petestaples@comcast.net</i>
Russell S.	425-753-3525	<i>bearfood@osat.org</i>
Mike P.	253-854-3016	<i>mprimed@comcast.net</i>

12-Step Meeting Coordinators

Tino	253-826-1464	
Dave B.	425-353-8154	<i>dgbrown5@gte.net</i>
Tracy M	425-204-0168	<i>tracybruce@earthlink.net</i>

Contact People

Activities:	Lori U.	425-430-8738	<i>Namaste2b@aol.com</i>
Activities Hotline:	Pat A.		<i>spamulino@yahoo.com</i>
Finance:	Teresa F.	425-353-8154	<i>tt.flynn@verizon.net</i>
Library:			<i>library@osat.org</i>
Membership:	Jane L	206 686-2927	<i>jane.lockwood@gettyimages.com</i>
OSAT East Coast:	John H.	617-641-3423	
Running:	Doug H.	425-271-5116	<i>doungsue@aa.net</i>
Safety:	Dave N.	253-752-9214	<i>offbelay1@juno.com</i>
Service:	Lee W.	206-465-4650	<i>peakbagger3@comcast.net</i>
Yodel:	Robyn S.	206-675-1036	<i>yodel@osat.org</i>
Webmaster	David C. (Dax)	425-488-0424	<i>webmaster@osat.org</i>

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

OSAT 12-Step Meeting Locations:

Tiger Mountain: Times: Thursdays @ 7 p.m., 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 7pm

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

The group meets at the beach (weather permitting) at 7:30 pm. This park has beautiful sunset views of the Sound. Be sure to dress very warmly and bring candle lanterns and headlamps, as it is dark and usually cold. If it is raining, the group meets in the shelter at the north side of the parking lot. Contact: Dave B. 425-353-8154

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@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**

“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

Mt. Baker North Ridge (continued)

Once we got onto the North Ridge we took a much needed rest break, and ate some food. It was 7 am and we were all feeling pretty good except myself, not feeling altitude sickness as we were only at about 8000 feet or so, more like the flu. The sun warmed us all up as we gazed upon brilliantly lit up peaks into Canada and the remote regions of the North Cascades. Dan and Cory took off as Sergio and I rested for a few minutes longer. The going was very slow from here on out and Sergio and I slowly made our way up towards the imposing "Ice Cliff Crux" of the North Ridge. It is a hanging glacier like area, with the majority of the cliff being almost vertical and about 2 pitches in length (approx 60 meters). Dan and Cory tried to negotiate the easiest way to go, and wound up doing the far left ramp exit that generally has an easy ramp onto the upper North Ridge, but since the route changes continuously from the movement of the glacier, we found ourselves in some interesting terrain.

Cory belayed Dan up to the first belay and then Dan brought Cory up. Sergio and I followed and used their pro and we all met at the 1st belay. The next bit of climbing was junky, even though it looked icy it was crust on snow that I continued to punch through, not sure what lay underneath me at the time. I assume a large moat.

Sergio and I bypassed Dan and Cory at this "Serac Traverse" pitch that was quite interesting as it was overhanging and the exposure was straight down to the chaos of the Roosevelt Glacier. Sergio belayed me up to the 2nd belay and told me that it was a "Dead End" and that we had to retreat. I knew at this point that retreating would be more dangerous and that this route is a "no fail" route meaning you must continue upwards and onwards. Sergio did not want to lead it as it appeared to be slough on a vertical 15 foot wall, and it was highly exposed. We set up our own personal anchors, and after much turmoil Sergio finally led out as it appeared to be bomber ice underneath all the slough. The traverse out was pretty scary as it was a drop off down the Ice Cliff, but once up and over the wall, it was easy climbing that stayed at about 35-40 degrees for the majority of the climb to the summit. Sergio and Cory were both balling up really bad on their crampons, since there was about 6 inches of fresh snow or spindrift on the upper slopes, and the last thing we wanted was someone to slide off the ridge and down the Coleman Headwall. That being said, we climbed the remainder of the route with running belays that took forever and a day. I had never placed so many pickets and screws on a route in my life. The weather was still cooperating with us, mostly sunny, but a cold breeze that was always present. All I had on was my short sleeve shirt and my shell jacket, wishing that I could put on my down jacket.....but to do this meant I had to take my pack off that had my skis on it and a steep slope at a belay and dig to the bottom where it lay in my pack. It's just one of those things you tell yourself to do over and over but it never really makes it was fro your brain to your extremities to perform the final function. Since I wound up being the last one to the summit I had the pleasure of cleaning the last pitch and topped out with 5 pickets on me, making it most difficult to walk.

We arrived at the summit at around 5 pm, only 16 hours since we had left the car, and were now barely surviving on no sleep for 33 hours. We rested on the summit for about 30 minutes or so, and we all swapped gear since Sergio and I would be making a quicker descent than Dan and Cory. Once I got my skis on my feet, and off my back, I was darnn happy. My feet were totally trashed though, as steep ice and extended time periods is not the best thing with Scarpa boots in my opinion. After I got my skis on, I found it quite difficult to maintain direction so I checked all my adjustments to make sure that I was in the correct mode with my boots, etc. I realized that my legs had just given up, that's all, complete exhaustion!. Sergio dropped in on the Roman Wall and I followed down the 1800' foot slope. The snow was perfect, as it had corned up perfectly during the entire day. I had to rest several times on the descent down the wall as my legs would continually lock up in pain. We reached the saddle in no time and made a darn quick descent to the upper camps as we glided across the Coleman Glacier, rather flat, but fun to cruise through. The lines down from 6400' to the trail were pretty bad as they were runneled out. Very difficult skiing, pretty much survival skiing the entire time. We reached the trail in a little under an hour from the summit while taking media back and forth during the descent. We kept as fast of a pace as possible on the way out so we would endure shorter amount of pain. The last mile out was excruciating pain for both Sergio and me, as our ski boots were rubbing us raw, and in the end, Sergio lost the battle, as his feet turned to hamburger.

In the end, we were happy that we brought our skis, as the descent was completely awesome, and the route was top quality. Doing it in a day is the only way to go, if you're into masochism, that is.....

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.

Yodel Staff

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

Editor: Robyn S. (206) 675-1036, yodel@osat.org

Printing & Distribution: Dusty C. (425) 396-5354
dustyc@microsoft.com

Memberships & Mailing List: Jane L.
206-686-2927 jane.lockwood@gettyimages.com

How to Contribute

The deadline for November Yodel:

November 1, 2003

Via Email: yodel@osat.org

You are **strongly** encouraged to submit your contributions via electronic mail. If you can't do this, contact the editor for mailing instructions.

OSAT EVENT CALENDAR

Message from Lori U. our Activities Chair:

More activities will be posted in upcoming yodels. Please respect these following courtesies when signing up for an event. Call leader for sign up and particulars about event (i.e. directions and equipment.)

September

- 6 Black Hills Triathlon
- 9-18 Backpack trip in Colorado
- 12-14 OSAT Car Camp
- 20-22 Trek Tri-Island
- 28 Mountain bike through tunnel to Snoqualmie Summit

October

- 23 Last meeting on Tiger; time to go back to IHOP
- 31 OSAT Halloween party

November

- 22 Gratitude dinner
- 27 (Thanksgiving Day) appetite builder at Mt. Si

December

- 13 OSAT Christmas party
- 25 (Christmas Day) appetite builder at Mt. Si, Christmas dinner at Chris & Wendy N's to follow

January

- 1 (New Year's Day) appetite builder at Mt. Si

ANNOUNCEMENTS

Three positions will be open for the BOARD OF TRUSTED SERVANTS (BOTS), beginning January 1, 2004 and continuing for two years. If you want to nominate yourself or someone else, please let any member of BOTS know, or email bots@osat.org with your nomination, no later than November 22.

We need a new Activities Director to succeed Lori U., who has held this position for three years, and to whom we are extremely grateful for a job well done! Volunteer for this position, or nominate someone.

Hello, OSAT Cyclists,

The Trek Tri-Island for the third weekend is now full, with 12 riders representing "Team OSAT."

I'm afraid there won't be a team jersey this year, as the design that has been used in the past has been discontinued. Hopefully, we will start with a whole new design next year.

Keep up that fundraising!— Mike P.

OSAT Car Camp

When: September 12th, 13th & 14th

Where: 8 Mile Campground on Icicle Creek near Leavenworth

What: Activities include hiking, rock climbing, mountain biking and more.

Why: Why not?

Camping is free at the OSAT group site. There are also individual pay sites available adjacent to the group site. No reservations are available for these sites, however there were ample sites available last year.

There will be a group potluck dinner on Saturday night so bring your favorite dish to share.

DIRECTIONS

From the West take Highway 2 East through Monroe and then over Stevens' Pass. Take a right on Icicle River Road and follow road approximately eight miles. The campground will be on the left.

From the East take Highway 2 West through Leavenworth. Take a left on Icicle River Road and follow road approximately 8 miles. The campground will be on the left.

From the South take Highway 97 North to Highway 2. Take Highway 2 West through Leavenworth. Take a left on Icicle River Road and follow road approximately 8 miles. The campground will be on the left.

Please contact Lee W at (206) 465-4650 or peakbagger3@comcast.net with any questions.

OSAT TREASURER'S REPORT YEAR TO DATE 2003 – PERIOD ENDING August 21, 2003

Income 2003	
Donations	441.21
Memberships	1,072.00
Sales	903.00
Climbing Course	1,100.00
Gear Grab	106.00
Talent Show	90.00
Total Income	3,670.21
Expenses	
Bank Charge	25.00
Car Camp	149.00
Church Meeting Room Expense	240.00
Climb Course Room Rental	50.00
Climb Course Supplies	253.10
Gratitude Dinner (Room Rental)	150.00
Osat Xmas Party (Room Rental 2003 plus expenses from 2002)	300.21
Picnic	145.07
Postage	194.55
Printing Expenses (Business Cards)	35.14
Talent Show (Room Rental)	162.50
Utilities	260.00
Yodel	382.31
Total Expenses	2,347.88
Balance on Hand 8/21/03	\$5,203.50

Ross Lake 2003
by Bob D.

The trip was planned for the 16th, 17th, and 18th of August. Steve M. planned the excursion last March at the yearly activities meeting, but when the time came to go, he had to forfeit his place because of some family matters that came up unexpectedly. So Russell and I put the word out. Only seven people made the trip, with two borrowed kayaks, and three home built ones (very nicely done I might add). Captain Bill, and his first mate Nancy, had kind of a zodiac kayak, complete with mast step, for downwind sailing. Russell and Robyn were on the maiden voyage of his newly built (and almost complete) double holed Osprey. A very fine vessel, and it floats. Annie had her self-built beautiful little Coho. Paul (friend of OSAT) had just finished his Arctic Tern and it was the first major voyage for his craft. I had a borrowed fiberglass Eddyline that I had built a small sail and mast for, but was a little nervous about trying to sail.

We all met at the Colonial Creek campground Friday about midnight and slept wherever we could. In the morning it was sunny and we hauled the kayaks down to the river, stuffed in all our gear, and were on our way by 10:00 o'clock. The wind was in our faces for about the first mile of the trip until we turned right into the main channel. We had rock cliffs on both sides of us, and as we continued up river, the channel narrowed and the sides got higher. The landscape was so beautiful with the rocks running down into glacier blue water on both sides of us, and we played the eddies and outcrops to shelter us from the wind and current until we made it to the landing just below the dam. At the landing we had a chance to have some lunch and mess with our gear while we waited for the flatbed truck to come back for our turn to be hauled up to Ross Lake (about a 600 ft. elevation gain).

Ross Lake is spectacular. The water is so clear you can see 30 feet down and warm enough to swim in (which we did). The country is so rugged and the sky so big, you feel as if you've gone into a different world, and you have. We were heading for Big Beaver Creek, about 3.5 miles from where the portage truck dropped us off. Ross Lake Resort was just across the lake from the drop off point, so we thought we'd check it out before we headed into the wilderness. The resort is a floating fish camp with cabins and boardwalks connecting all of it. I think it used to be where the dam workers stayed during the building of the dam, at least that's what I heard. From there we headed out through the mid channel log boom and on our way north with the wind at our backs. After a couple hours of easy paddling we arrived at the campground on Big Beaver Creek. It was beautiful. The campsites were all done up with level tent sites, a fire pit a picnic table and a steel bear box that was painted green. There were a few other campers there, but we basically had the place to ourselves. We picked a site pulled our boats up on the sand and set up camp. One thing about having a group this size is that there is always some one to do something with. Some went swimming others hiked around, some read their books, I just vegged out in the vastness of this beautiful place we were at.

Dining that evening was a casual affair. Dinner was served by chef Boy-r-Bob. A tasty pasta dish, in a rich tomato sauce. Salad by Nancy was fresh greens with a blue cheese dressing and garlic bread. Dessert was served by Annie with your choice of either delicious cherry pie or rich chocolate cake. Everyone had a window seat and the view was excellent.

Morning on the lake was so peaceful. No wind and the sound of two loons calling to each other. You could hear the muffled sound of the waterfalls of Big Beaver Creek as it poured into the lake. Life is good. (My wife says the two loons were Russell and me, Ha-Ha). After breakfast which was served by Russell (an eighteen egg omelet with fresh veggies and cheese), we all kind of split up and went exploring in different parts of the lake. When we returned everyone went swimming and laid about, read books and ate. Dinner that evening was Thai Chicken by Paul. A bedtime snack of popcorn and we were through. We ate like kings the whole trip.

Monday morning it was time to leave. Earlier the better, as the wind comes up later in the day and you're heading into it. We left about 10:00 and had no problem getting back to the dam. They hauled us back down in the truck (need good brakes for that trip) and we put in and headed south. When we reached our turn in the river we had the wind to our backs and I saw that Bill was getting set up to sail. So I paddled over to him and we set my mast and sail on his boat and took off down the lake. When we caught up with Annie she ask if she could catch a ride too. So she paddled like crazy over to us and grabbed hold and we all three went flying. We shot through an opening under a bridge and turned into our landing. We made it. What a trip. What a great bunch of people.

I talked to people who were on the trip a few days later and they hadn't quite made it back to reality yet. A sure sign of an exciting adventure. For those interested in such adventures, next year we're planning to add some more, so stay tuned.

Peace, Bob

The Yodel

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

ONLINE VERSION

OSAT MARKETPLACE

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

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

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

FOR SALE

REI Kilimanjaro 0 Degree Bag
Synthetic Used 3 times — \$80
Scott/Alison 425-346-9302

Arcteryx BORA 80 backpack
Size, medium, waist medium
Used one season — \$200

Scott H. (425) 316-0310

PHOTO OF THE MONTH



Where: Ross Lake
When: August 17, 2003
Who: Russell S. & Robyn S.
What: Maiden voyage of Russell's homebuilt kayak
Photo by: Bob D.

Send us your images to yodel@osat.org and the editor will post the best one in each issue of the Yodel!