

The Yodel



Volume 9, Issue 8

Keep climbing mountains and don't slip!

November 2000

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ONE STEP AT

A TIME

(OSAT)

MISSION:

"To provide a clean and sober environment for members and friends of 12-step recovery groups, to participate in outdoor and social events in the spirit of conservation, preservation, and ecology."

Persis Climb: the latest Tom Morgan Adventure

By Carol Johnson

If you are looking for excitement by going on hikes that guaranteed some unusual event then Tom Morgan is your man. I personally know of three Morgan hikes demonstrating this peculiar type of hiking. First, he led a hike up to Lake Serene last year, which included climbing rock cliffs by using root handholds. This hike would not have been complete without Tom's tour of a local mine cave easily reached from this trail. Second, this year he guided a climb to a complex cave network on Cave Ridge near Guy Peak, which required transversing a large rock fall that went through a lively hornet's nest. A few hikers were bit (or stung?) going past this nest. And third but surly not last, his latest offering was Persis Peak which was conducted during the worst rainstorm I have ever hiked in. I was thoroughly soaked until finally water rivulets ran down my legs filling my boots. Fortunately, it was warm or I might have been a little uncomfortable.

Persis is a peak named for the wife of a local postmaster. In my experience most geographic features named for women have a

special beauty, an unexpected gentleness, and a natural colorful-ness. Persis is no exception. Once past the first two miles, the upper mountain moves gently through meadows and rock falls. These meadows were alive with the reds, yellows and oranges that herald fall. There are even two shallow rock lined pools which Tom claims are unusually warm. We did not try to swim in the pools as we were already as wet as we could possible be and the wind was increasing. The upper mountain path had turned into a small raging stream with periodic ponds. A snowfield next to the lower lake was the only evidence left of a young glacier.

Once we reached the upper mountain, white cloud drifts hid the beautiful distance views that embellish this hike and are the Peak's major attraction. However, this cloud cover did give the landscape an eerie old England "murder on the moors" atmosphere.

One unusual feature of this hike became obvious as soon as we began hiking. The first mile to mile and a half is an extremely steep dirt cliff often requiring one to climb over three-foot high log steps. Poles were no help as the path was overgrown due to infrequent use. One would have to grab a hand full of tree and crawl

over the frequent fallen logs. I have never seen logs so high that I could not step up but had to scramble over.

Neither the rain nor steep path could dampen Chuck A's uncanny good humor. He entertained us with a series of songs and stories. The songs were oldies but goodies, which many of us recognized. Unfortunately, we could only remember a few words. Consequently we shifted to new songs often.

Our group included Tom M., Chuck, Karen, Carol, Tino, and Russell. Despite the bad weather and river engulfed trail everyone continued to Persis Peak with smiles and frequent jokes. We all promised to return when the weather would allow a view. We did not linger at the top because the wind became stronger once we reached the exposed peak.

It is a pleasure to hike with such a good spirited club, which makes any climb a wonderful experience. I am often reminded that it is one's attitude, which makes a good experience rather than the particular comforts of any trip. I hope to participate in many more hikes without regard for weather or hiking terrain.

TIME TO VOTE FOR THE 2001 BOTS!

Submitted by Dick W.

The nominations are in for the 2 upcoming open positions on the BOTS. The nominees are:
Rod B, Mike R, Russell S and Dave S

Vote for 2. Voting will take place from now until 11/10. The winners will be announced at the Gratitude dinner. Send your votes to me either by e-mail (dgrandpaw@aol.com) or snail mail: Dick Wright, 1832 State St, Everett Wa 98201
Thanks and KCM&DS!

Mt. Rainier [concludes from last month]
Submitted by Chuck A.

We were roped up and on the trail just after 2am and for me it was great to be climbing in the middle of the night again. At about 3 word came up from the rope team behind us that our two Norwegian friends we met at Paradise had a big favor to ask. Kenneth was sick and wanted to go down with an RMI'er and Oyvind wished to rope up with us. After some discussion I voted no and was overruled. I enjoy democracy in action. 4 on a rope- Bill-Chuck-Oyvind-Lori.

At around 13,000ft we came up to a RMI rope team negotiating a huge crevasse. One side was 15 feet higher than the other and a piece from the high side had caved off to create a precarious snowbridge. With 3 climbers across, the fourth guy, George, tried to hop the 3 feet across. He didn't get his weight over his foot and in trying to quick hop backwards he missed his ledge completely and did a perfect ass

over teakettle backwards flip straight out of sight. 10 seconds stretched painfully is the only way to describe it as the other 3 climbers slid down toward the opening. The third climber arrested 5 feet from the lip and time stopped as Bill and I waited to see that noone was going any farther. The crevasse was so big and deep that George didn't hit a thing and with a second RMI rope team to assist they got him out using a Z pulley rig. WOW!

The last leg to the crater was in blue skies past crevasses that in my mind would somehow be able to send me plummeting all the way down to the valley far below. It was somehow kinda surreal. When Bill finally went up over the crater lip I cried and cried out and thought of my son and daughter. It was a relief to be on flat ground in the crater and we took lots of pictures, signed the register, looked down over the Emmons route side, shook hands with George the RMI crevasse flier, and especially shook hands with the guy that

arrested right in front of George.

The hike back to Paradise through Ingraham Flats was wonderful. Blue skies above and a seemingly never ending field of sparkling white snow. My solitude was only broken only by the unfortunate accident that Oyvind had just above the Flats. He gouged his hand in the middle of an avalanche debris field on his crampons and nurse Lori had to stem the blood loss, dress the wound, and advise him to keep it above his heart before we could go on.

As we reached the parking lot I realized that my perception had again changed and that the big picture was how much appreciation I have for those that had a part in freely giving to me that which was so freely given to them. I learned that each person in OSAT is a part in my success as important as the whole group OSAT has been to my recovery from myself and my addictions. Thanks everyone!

I CANT WAIT TO CLIMB HINKHOUSE PEAK

Submitted by Chuck A.

I climbed Mt Stuart on Wednesday. On Tuesday night on a ledge at 6800' I thought about what I wanted to say in composing THIS letter. The words came really easy that night under the stars. Now here at home it's a little harder to get across in words exactly how much OSAT and Jimmy Hinkhouse' vision have meant to me.

I have a wonderful 10 year old son and an exceptional 14 year old daughter who saw me dying of addiction before their eyes until spring 1997. During that summer at a meeting of Alcoholics Anonymous an announcement, as are made at all AA meetings about goings on and such, was made by 'John' about a clean and sober group that held meetings on top of Tiger Mountain every Sunday morning. The idea of hiking and recovery together sounded great as I had moved to Wash-

ington in 1987 intending to enjoy the great resources of the northwest and never did as my addiction grew.

I went by myself up to the summit that Sunday and if you can imagine an out of shape smoking man huffing and puffing up that trail you will smile as I do at the thought; and the thought of how I have since taken 'newcomers' up that same trail kindly cajoling them that "its just a little

(Continued on page 4)

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: Bill A. (206) 729-1887 yodel@osat.org

Printing & Distribution: Anne B.
(425) 888-9121 ablakley@rational.com

Memberships & Mailing List: Bob L.
(206) 878-0855 memberships@osat.org

How to Contribute

The deadline for December Yodel: Nov. 24, 2000

Via Email: yodel@osat.org

Via FAX: **(by arrangement)**

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

OSAT Traditions

- 1) Every OSAT activity has a designated leader. The leader makes the decision as to who is qualified for the activity. This decision must be based on principles and not personalities.
- 2) Alcohol and illegal drugs are not allowed on any OSAT activity.
- 3) Party members are not to separate from the group without prior permission of the activity leader.
- 4) An OSAT leader should have completed a MOFA course or ensure that at least one participant in the activity has done so.
- 5) When in a wilderness area, each party member will carry the 10 essentials.
- 6) Outdoor activities start with the Serenity Prayer while holding hands in a circle.
- 7) Each OSAT glacier climb will have at least two rope teams that include a person with crevasse rescue training.
- 8) Anyone can volunteer to lead an activity, even a technical climb. As leader, you should be certain that everyone on that activity has signed a Release and Indemnity Agreement. As a participant, you may want to "qualify" your leader.
- 9) Party size for OSAT activities will adhere to the rules of the appropriate jurisdiction.

OSAT QUICK-REFERENCE

Board of Trusted Servants (BOTS)

Meredyth 425-252-9131 *merjoe@gte.net*
Dick W. 425-339-3751 *dgrandpaw@aol.com*
Bob L. *jrlewis@u.washington.edu*
Charlie A. 206-932-7195 *pine@seanet.com*
Mike R. 206-634-1583 *mikerobb@aol.com*

12-Step Meeting Coordinators

Karen C. 206-634-9459 *love4animals1@hotmail.com*
Nancy M. 425-747-2763
Bill L. 206-789-8758 *wlink14fun@aol.com*

Contact People

Activities: Brian C. 425-353-9748
Activities Hotline: Rob G. 206-824-7972 *osatvoice@aol.com*
Equipment: Grant 206-721-5868 *bearpaws9@aol.com*
Finance: Charlie A. 206-932-7195
Hotline Message: Merry O. Unlisted *mo7climb@earthlink.net*
Hotline Follow-up: Position Vacant! Service Opportunity!
Library: Rik A. 206-232-8908 *rik@osat.org*
OSAT East Coast: John H. 617-641-3423
Running: Doug H. 425-271-5116 *doungsue@aa.net*
Safety: Ron D. 206 367-1993 *Rydee@juno.com*
Service: Grant & Susan E 206-721-5868 *bearpaws9@aol.com*
Yodel: Bill A. 206-729-1887 *yodel@osat.org*
Webmaster: David C. (Dax) 206-623-7857 *webmaster@osat.org*

OSAT Club Meeting: Monthly OSAT club meetings are held the second Wednesday of the month at 7:30pm. **NO MEETING THIS MONTH — INSTEAD GO TO THE GRATITUDE DINNER. SEE PAGE FIVE FOR DIRECTIONS!**

OSAT 12-Step Meeting Locations:

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 to use the cable line trail, or in the upper parking lot to use the regular trail (recommended for first-timers). **Note: Call Karen for info on the Thursday night meeting — it switched to the Issaquah IHOP for Daylight Savings Time.**

Thursday Contact: Karen C. **Sunday Contact:** Nancy 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 pm

Location: Take I-5 to Northgate, take the Northgate Way exit, and head west. Keep going past Hwy 99. When you cross Greenwood, Northgate Way changes to Holman Rd. A block or two later, look for QFC, and travel through the parking lot. You'll find 100th and 6th. Park near there at the Carkeek Park trailhead parking lot. The group meets there at 7 pm and 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:** Bill L.

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 9674)

When you call the hotline, enter passcode 9674. Then follow the prompts...

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

NECKLACE VALLEY Myth or Mud?

By Carol Johnson

Fred and I started up to Necklace Valley in a light mist on August 26th 2000. Even though it had rained heavily during our drive to the trailhead our hike was surprisingly rain free. Necklace Valley is in the Foss Lake area just a few miles east of Skykomish. It is an eight-mile hike one way gaining 600 feet in the first five miles and then 2600 feet in the last three. This arrangement lull's one into a false sense of ease in the first five miles to pulverizing ones feet in the end. I have often wondered how hiking books get away with saying that one only gains a certain number of feet when most trails might gain and lose feet several times during a hike.

Anyway, as I said the first five miles were easy because the path was an overgrown logging road. Until we started up the last three miles of the Necklace Valley trail, I had always thought that a relatively flat hike was the worst on my feet. I was mistaken. During those last three miles I frequently wondered if we were still on an established path or had we mistakenly gotten side tracked to some lost stream bed that was very narrow, very steep, very rocky and very slippery. Several times I fell due to the weight of the backpack and unpredictable wet rocks. By the time we reached our campsite my legs were cramping, my hands were scrapped and bruised, and I could barely walk. Necklace valley had

definitely turned out to be a mud pit full of pain.

Fortunately as my stained muscles relaxed the real beauty of Necklace Valley began to unfold. Necklace Valley resembles a miniature fairyland, the perfect size for leprechauns. All the lakes are small within a half mile of each other. They are shallow and the dark green, orange, brown, and yellow mud left by ancient glaciers has turned the lakes into jewels of color. White stone paths have been provided in a few places to give the valley an atmosphere of childlike imagination.

Each lake offered a unique color scene. Jade Lake was dark green. Emerald Lake was light green and pale orange-yellow. Opal Lake was slate reflecting the dull gray skies. Cloudy Lake was burnt orange and green. Lake Illswoot, the lake with the most unusual name, was the most beautiful with brilliant dark blue water.

We saw no large animals during our stay. The fish and birds were smaller than normal. Even the trees were stunted, probably due to long periods of snowfall. Despite the fact that we had come in August we had frost on the ground the second morning of our stay.

There was even a miniature snow filled pass at the end of the valley complete with piles of slate gray and white rock ready to slide under the unwary climber. I followed rock cairns to get a closer view of the pass on the second day of our trip.

Everything one comes to expect in the backcountry was present, just done in a smaller size: from chipmunk to sparrow to fingerling fish to lake to 6000

foot mountains to a snow filled pass. This valley reminded me of one of my most cherished childhood fantasies. I use to imagine that little people lived among the ferns of the moss covered woods near my parent's home.

Throughout our trip Fred and I were greeted with the unexpected. After the first day we were totally alone which gave us a sense of total freedom where we could do anything. We dusted off our compass skills and on three different trips scrambled alone trails of our own making. We crossed treacherous rock falls, slide along narrow rock cliff ledges, and wandered up and down scrub filled forests. We soon discovered that established trails were much easier. We just didn't know where they all were.

My favorite day was the last day we spent in the valley. We stayed at Emerald Lake during the afternoon just laying around in the bright warm sunshine. The sunlit water reflected off the trees in shards of bright yellow flickering in and out of the branches. The fish splashed periodically trying for the elusive water bug. A small chipmunk waited until he thought he was unobserved to steal a pile of peanuts we had left for him. Small birds flapped by making unusual burring sounds as they dove at the water. It was in this peaceful quietude that I felt the familiar rejuvenation that I get whenever I venture into Washington's woodlands.

It is the search for this rejuvenation that ensures that I will always be that illusive Washington creature rarely seen called the Backwoods Hiker.

Chuck's letter about Hinkhouse Peak continues...

(Continued from page 2)
farther".

I didn't find any meeting at that summit and as I was about to go down I stopped to grab a T-shirt left by a hiker. My thought was to take it to the trailhead and leave it for its owner. The T-shirt had an OSAT emblem on it that made me look a little harder and sure enough just below the treeline was a group of people who I was just in time to join with for a prayer of recovery known as the serenity

prayer. I still remember EXACTLY the faces of so many of the people there that one single Sunday.

I was given a gift that day of being easily and wholly welcomed into a fellowship of men and women inside and outside of recovery (as OSAT is a fellowship of people in recovery AND their friends) that grows stronger each day.

Recovery from addiction depends on my giving back to the fellowship the gift of

how to recover one day at a time that has been freely given to me by other members who've come before me. In OSAT, Jimmy Hinkhouse founded a group whose love of passing on their knowledge of the outdoors and how to use it practically, responsibly, and for me fearlessly matches the gift I've gotten in AA. I believe his gift nearly rivals the great gifts recovery has given me. Once I put down drugs and alcohol, OSAT gave me

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Y2K OSAT EVENT CALENDAR



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

Nov 23: Thanksgiving Mt. Si Appetite Builder — leaving the trailhead at 8 a.m. Russell S.

December 8, 10am-noon: *Washington State Board on Geographic Names considers Hinkhouse Peak application*, room 172 in DNR Building, 1111 Washington St, Olympia.

Dec. 25: Christmas Day Mt. Si climb. Meet at Si trailhead at 8:30am. Chris and Wendy Newman.

Jan. 1: New Years Day Mt. Si climb. Meet at Si trailhead at TBD. Rik A.

Tuesday Fun Run! Join us Tuesday evenings @ 6:30 for a scenic run along Lake Washington (Mt. Rainier visible on a clear day). Variety of running/walking levels can enjoy a series of flat or if you prefer stairs "yeah baby" paths. Contact Susan & Grant E. 206-721-5868 or meet at the Mt. Baker playground swings.



GREENLAKE RUN!

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 info.

Time for the Gratitude Dinner!

Submitted by Grant

Hello OSATers, this is the x th of n notices of the true date of the annual OSAT Gratitude Dinner. It will be on **Sat. 11/11 @ 600pm**.

Location is the Fremont Baptist Church in Fremont of course. Sorry Eastsiders but it looks like *you* get to drive a little farther this year. Driving directions:

HOW TO GET THERE:

Get off at the I-5 exit on 50th. Take a left at the stoplight and head west 2 1/2 miles to Stone Way. Make a left and go south another mile or so to 36th. At 36th, turn right and go less than 1/2 mile, passing under the Aurora bridge (below Rte 99). Notice the troll on the right — the church is the Fremont Baptist Church. 717 N 36th.

WHAT TO BRING:

Food Lineup (dust off your grandmother's recipes!):

If your last name starts with... bring...

A-H ... Yummy deserts

I-P ... Hearty Main courses

Q-Z ... Tasty salads and/or breads

All those who would like to assist on setup and breakdown please let Grant know.

Email him at: bearpaws9@aol.com

Chuck's letter concludes...

(Continued from page 4)

the opportunity to enjoy my new life with my children, other OSATers and THEIR families. Now after 3 years of recovery I am taking the skills taught me by the countless selfless giving competent members of OSAT to give back to the men and women of the Northwest that are just now finding OSAT. This all started because Jimmy Hinkhouse, a man I never met, had an idea to have a meeting of Alcoholics Anonymous on top of Mt. Rainier during the world conference of AA in Seattle in 1990.

I don't know historically what the criteria for naming things after people is but I believe that naming a peak after Jimmy Hinkhouse makes your board look that much more competent and compassionate. If I read a story that you'd done this after hearing Jimmy's story I would think that in this day and age where public role models seem to be pretty scarce that he is a great person to have a peak named after. I think people inside of AND outside of recovery WILL be proud to look down at a child and say that this mountain was named for a man who knew alot about mountains and decided to share

that stuff with people that needed help getting their lives back on track!

That barely says how I feel about this subject. I love how OSAT has been able to get across to me that just like recovery from addiction is a journey, the summit of a mountain is second to the journey I've taken to get there. Our climbing course leader, who knew Jimmy, shared that with me early in my OSAT days and I often thought about that as it took me 4 tries to reach Mt Rainiers summit. My kids here me say that now. God I am SO lucky! Thanks for listening.

The Yodel

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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.**

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.

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

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.

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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

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