

# The Yodel



Volume 10, Issue 1

Keep climbing mountains and don't slip!

March 2001

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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.”

## MEMBERSHIP RENEWAL TIME Forms enclosed, so send them in now!

### **A funny thing happened on the way to the Honey Moon Mine.**

*Submitted by Jim K*

Five wide-eyed revelers, clad in various hues of Irish green rendezvoused at a little known pancake house nestled on the edge of the quite sleeping town of Sultan Mac Sky Mac Komish. A rainbow brilliant of color beamed down through the misty clouds, pierced the roof of the eatery and terminated on the noggin of one Tommy O'Mogan. There he sat under a mighty crumpled stove pipe hat of shiny lime green sequins, with his bonny wife Leah. Stuck on his hat at a just right angle was a button which read, 'Kiss me - I'm Irish'.

"Ah lads and laddies", he cried. "Sit yer duffs down and dig into the finest fluffiest hot cakes yea ever did see. 'Tis a wonderful day we have - and welcome all. St. Patrick his self would be proud indeed! Aye - a glorious day lies ahead, for we are off to venture deep into the fens of long ago days. Back to a time when elves and dwarves, whistling ballads to their sweethearts at home, chipped away deeper and deeper through the hard rock of mighty Mount Index, in search of gold nuggets."

Soon the biggest bestest pancakes in the world were being smothered with sticky maple syrup and gobbled up by all. We all listened spell bound as Tommy O'Morgan, with his fair wife Leah at his side, continued his tale.

"Well the laughter and tunes of the Honeymoon Mine have been quiet for many a decade now, and the story of the elves has drifted into lore. Many have tried to find the mine and most have failed. Unfortunately my happy friends the mine has been found and debased and trashed completely. 'Tis a smack upon our Irish pride to behold such a sight as this, but yes 'tis true. I'll wager three pinches off a Leprechaun's nose the culprits came from English pubs."

"Eat hearty and drink yer tea my bonny friends," boomed Tommy raising his mug high overhead - mug of tea that is of course. "For soon we'll set off to find and set right the song of the Honeymoon Mine,"

Soon after we met at the head of the Lk. Serene trail. Karen C., Jim K., Rik A., and Tommy and Leah O'M. With packs full of head lamps, batteries, gloves and plastic trash bags galore (10mil of course in case it rained...ask Tommy O'M. why), we headed deep into the hinterland in search of the lost Honeymoon Mine. Along the way we forded a creek on strategically placed cinder blocks. Yes we actually carried them up with us - again ask Tommy O'M why. Thanks goes to Rik A. for his engineering expertise at this crucial moment. The success of our entire St. Patty's Day effort hinged on the precise placement of those cinder blocks.

Onward we trekked deeper into the Mount Index wilds until at last we stood in front of the mine. There it was part way up a

steeply wooded slope. The dark entrance, looming black as pitch, was tucked up under a massive rock overhang.

With much laughter and anticipation we all put on rain coats, head lamps and gloves. Armed with our many trash bags we left the light of day behind and descended into the depths of the long lost Honeymoon Mine. Carved out of hard rock the mine goes straight into the mountain. The walls of the mine crowd our heads and shoulders as we move in ever deeper. Only at the entrance is there any wooden shoring - not needed I guess in the solid rock. The mine branches once, then twice and eventually we see bits of paper and garbage. Soon our head lamps illuminate that which we have come to set right. Beer cans, CO2 cartridges, wine and whisky bottles. Rotting clothes, food cans, wire, shattered bottles every where. Old paper plates, plastic cups - Rik even found a complete set of plastic tableware.

Working by the light of our Petzls we ended up yarding seven or eight trash bags full of garbage, and a couple of old stove pipes out of the mine. Our deed was done and what a fine time of it it was at that!!

For a treat Tommy O'Morgan, and his lovely wife Leah, took us to the wonderful Bridle Veil Falls a short hike away. We left all the trash bags down on the trail where previously we had run into a Washington Trail Assoc. work party. At the falls we enjoyed some picture taking - I took a

*(Continued on page 2)*

February 23, 2001

Dear Board of Trusted Servants,

I am writing this letter because there seems to be a bit of dissention in the club lately. I'm not sure what to do about it, and certainly don't want to dump it in your collective laps and run. Neither do I want to publicly point fingers at you and ask out loud, "where's the leadership"?

The dilemma that I face is this; what is OSAT? There seem to be varying opinions, and I respect everyone's right to have those. However, for the good of the club, I believe that it may be time to re-evaluate where the club is, and where it is going. I would like to call this a "club inventory", but am sure that the use of the term will offend those who believe that using the term would infringe upon some type of right that AA has to that term used in this context. I would maybe like to call it a review of the mission statement and by-laws, but then that will surely offend those who believe that we should operate under loose interpretation of AA's 12 traditions, one of which states that we ought never be organized. Whatever it is called, it seems to be a good time to re-define who and what we are. It will enable those who think that they disagree with it have a clear definition about what it is that they should walk away from, should they choose that option, and that those who do agree with it will know what they agree with. More importantly, it will give both sides a forum in which they can express their view in a constructive environment.

How do we go about doing this? Should we dedicate the "entertainment" portion of the next few club meeting to this discussion? Should we call for a summit somewhere? How about a weekend retreat? I do think that everyone who wants to have a hand in this should be given the opportunity to participate. How can I help?

For the record, as a whole I think that the club is healthy. There seems to be an adequate amount of participation in club activities, we are doing o.k. financially, and we are introducing members and friends of 12 step recovery programs to the wonders of nature and beauty and alternatives to smoke filled rooms. For the most part we even have a fairly strong base of recovery in our midst.

I won't attempt to quote Jimmy Hinkhouse, nor will attempt to interpret what I believed his vision for this club to be. But for those of us that knew him, and continue on with OSAT because we loved him, I think we owe it to ourselves to make a valiant attempt to straighten this thing out. A lot of people have come in to OSAT in the 9 years that I've been associated with the club. I can't begin to count how many of them (including myself) have had their lives permanently transformed by what they have embraced in this club. Most of us have gotten sober through AA, and many of us have gotten closer to our higher powers (see AA step 11) through what this club has to offer. That is what this is all about to me. I'd be willing to believe that this also is what is about for the majority of the club members.

Regarding the all to frequent e-mail lister fiasco's, I will voluntarily have my user privileges revoked or suspended for having jumped into the fracas. I also believe that any time anyone attacks, slanders, or in any other fashion is rude to another using this forum, they should have their privileges suspended, and ultimately revoked. It is entirely uncalled for. Why have we not had any sort of written (and published) policy about this as of yet?

Respectfully submitted,

Doug Hutton (anonymity be damned!)

*(Continued from page 1)*

great one of Rik and Karen standing with the falls sluicing down the rocks behind them. On the way back down Tommy O'M. left the trail and showed me another abandoned mine carved out of the rock with a small water fall falling right next to it. (Sounds like the making of another yarn to me.)

Coming back down the trail we ran into another group of hikers and they graciously helped carry all the trash bags

back to the cars. Thanks mightily whoever you were!!

So that's the word of our OSAT St. Patty's Day Report 2001. We all had a great time cleaning out the mine and listening to the tales of Tommy O'Morgan. I'm quite sure now if you can find your way back to the fens of long ago you'll be able to hear the laughter and tunes of the elves and dwarves of the Honeymoon Mine.

By the way, after we all said our tally-

ho's and went our ways Karen and I stopped back at that little known pancake house at the edge of Sultan Mac Sky Mac Komish, and had ourselves one more order of the bestest biggest pancakes in the world.

## OSAT QUICK-REFERENCE

**OSAT Web Site:** <http://www.osat.org>

### **Board of Trusted Servants (BOTS)**

|             |              |  |
|-------------|--------------|--|
| Meredyth G. | 425-252-9131 | <a href="mailto:yosemite22@earthlink.net">yosemite22@earthlink.net</a> |
| Dave S.     | 425-557-9931 | <a href="mailto:Shiftyd1@juno.com">Shiftyd1@juno.com</a>               |
| Bob L.      | 206-310-2896 | <a href="mailto:jrlewis@u.washington.edu">jrlewis@u.washington.edu</a> |
| Charlie A.  | 253-852-5452 | <a href="mailto:pine@seanet.com">pine@seanet.com</a>                   |
| Mike R.     | 206-634-1583 | <a href="mailto:mikerobb@aol.com">mikerobb@aol.com</a>                 |

### **12-Step Meeting Coordinators**

|          |              |  |
|----------|--------------|--|
| Karen C. | 206-634-9459 | <a href="mailto:love4animals1@hotmail.com">love4animals1@hotmail.com</a> |
| Scott H. | 425-346-9302 | <a href="mailto:scott@starder.com">scott@starder.com</a>                 |
| Bill L.  | 206-789-8758 | <a href="mailto:wlink14fun@aol.com">wlink14fun@aol.com</a>               |

### **Contact People**

|                     |                 |              |  |
|---------------------|-----------------|--------------|--|
| Activities:         | Lori U.         | 425-430-8738 | <a href="mailto:Namaste2b@aol.com">Namaste2b@aol.com</a>   |
| Activities Hotline: | Lori U.         | 425-430-8738 | <a href="mailto:Namaste2b@aol.com">Namaste2b@aol.com</a>   |
| Finance:            | Charlie A.      | 253-852-5452 | <a href="mailto:pine@seanet.com">pine@seanet.com</a>       |
| Hotline Follow-up:  | Mara F.         |              |  |
| Library:            | Rob E.          | 425-770-6722 | <a href="mailto:rob@orcahome.com">rob@orcahome.com</a>     |
| OSAT East Coast:    | John H.         | 617-641-3423 |  |
| Running:            | Doug H.         | 425-271-5116 | <a href="mailto:dougnusue@aa.net">dougnusue@aa.net</a>     |
| Safety:             | Dave N.         | 253-752-9214 | <a href="mailto:offbelay1@juno.com">offbelay1@juno.com</a> |
| Service:            | Grant & Susan E | 206-721-5868 | <a href="mailto:bearpaws9@aol.com">bearpaws9@aol.com</a>   |
| Yodel:              | Bill A.         | 206-789-8346 | <a href="mailto:yodel@osat.org">yodel@osat.org</a>         |
| Webmaster           | David C. (Dax)  | 206-623-7857 | <a href="mailto:webmaster@osat.org">webmaster@osat.org</a> |

**OSAT Club Meeting:** Monthly OSAT club meetings are held the second Wednesday of the month at 7:30pm.

### **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).

Thursday Contact: Karen C.      Sunday Contact: Scott H.

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. If you drive, you can park down by the beach and the meeting starts when the walkers get there, usually around 7:20pm.

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:**  
**206.236.5848**

**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](mailto:osat-unsubscribe@egroups.com)

#### **SUBSCRIBING:**

Send a blank email to: [osat-subscribe@egroups.com](mailto:osat-subscribe@egroups.com)

**POSTING:** (Use discretion: remember we ALL get the email.) Send your message to: [osat@egroups.com](mailto: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

## Yodel Staff

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

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**Memberships & Mailing List:** Bob L.  
206-543-8142 [memberships@osat.org](mailto:memberships@osat.org)

## How to Contribute

**The deadline for February Yodel:** Mar. 20, 2000

Via Email: [yodel@osat.org](mailto:yodel@osat.org)

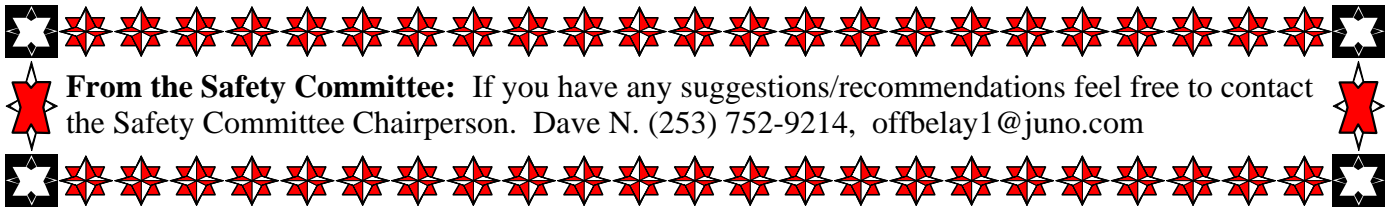
Via FAX: (by arrangement)

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

## Service Opportunity:

I am looking for someone to help out with the *Yodel*. I plan to continue doing the *Yodel* until the end of the year, and then I plan to hand it over to some new blood. I'd like to find someone who thinks they might be interested in taking over, to help lend a hand and learn the ropes.

If you are interested, please email me (see contact info in the box to the left).



**From the Safety Committee:** If you have any suggestions/recommendations feel free to contact the Safety Committee Chairperson. Dave N. (253) 752-9214, [offbelay1@juno.com](mailto:offbelay1@juno.com)

## From the BOTS

Things are moving right along with us. First we would like to welcome Bob L as the new BOTS chairperson. He was elected at our last committee meeting.

On the issue of email usage Doug H is currently working on a set of guidelines that will be presented to us at our next committee meeting. These will then be submitted to the membership for your input.

The Safety Committee brought a couple of things to us for consideration. Both are related to leadership. They have requested that the club form a leadership committee. We

have had some initial discussions on this topic and we will be seeking input from the membership on this topic. Per their request the October 2001 club meeting will have some type of presentation that focuses on leadership.

We are currently working on a few projects. We are reviewing the club by-laws. We are also updating a kind of FAQ sheet for OSAT that details things such as the initial concept for the club, our relationship to the Tiger Mountain meetings, and our legal status as a non-profit organization. This will be made readily available once it has been updated. Communication within the club has been targeted as a priority. Look for

more involvement from subcommittees at the club meetings as well as in the Yodel where you will see a new section entitled "Club News".

If you have anything you would like to bring to our attention feel free to contact any one of us. Our committee meetings are on the 3<sup>rd</sup> Monday of the month at 7:00 pm. The next meeting is April 16. Contact Bob L for directions if you would like to attend.

Your Board of Trusted Servants

### 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.



### 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.

### 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.)

Notify Leader immediately if you are unable to make the event after signup. There may be a waiting list. Respect OSAT Traditions on all events. This is posted monthly in your yodel. Observe OSAT safety policies on all events. You can also get weekly updated info on the Activities Hotline at 206.236.4777. Use passcode 9674. Let's go play!!

## Y2K OSAT EVENT CALENDAR



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

### REGULAR OSAT EVENTS:

**Dinner and a Movie:** Third Friday of every month. Call Bob L. for details 206-543-8142

**Rock Climbing:** OSATers meet Tuesdays and Thursdays from 5:00pm to 8:00pm at Vertical World in Seattle for climbing. Call Vertical World for information on prices and equipment rentals.

**May 11:** *The Tooth #1*, Call Sean W. for details at 425-670-2542 (note: it's a Friday)

**June 1:** *The Tooth #2*, Call Sean W. for details at 425-670-2542 (note: it's a Friday)

**June 16-17:** *Mt. Baker*, route TBD. Limit 12, Glacier climbing experience required. Please contact leader to sign up. Chris N.  
Email: [packonmyback@excite.com](mailto:packonmyback@excite.com)

**June 23-24:** *Silver Star Mountain*, Glacier and 3rd class scramble in the North Cascades, limit 12, Call Sean Walsh for details at 425-670-2542

**June 30:** *Tahoma Creek* Hike a beautiful, secluded trail leading past the spectacular Tahoma Creek Suspension Bridge to the base of the Tahoma Glacier. Sherpa for the OSAT Tahoma Base Camp. The Tahoma Glacier climb is currently full, but there is plenty of room for sherpas!

**July 13-16:** *Smith Rock*, OR  
Call leader for details, Kathy Hunsinger 425-4765113, e-mail [kgooutside@aol.com](mailto:kgooutside@aol.com)

**July 14:** *Dreamer*, Grade III 5.9 Rock Experience Required & Leaders Permission. Limit 2 contact Bob Clarke [climb13a@hotmail.com](mailto:climb13a@hotmail.com) 206-985-2583

**August 11:** *Forbidden Peak*, Grade II 5.6 Rock/Glacier Experience Required & Leaders Permission. Limit 2 contact Bob Clarke: [climb13a@hotmail.com](mailto:climb13a@hotmail.com) 206-985-2583

**August 24:** *S. Early Winter Spire* (S. Arete) Basic Climb, Call leader for details  
Kathy Hunsinger 425-486-5113  
e-mail [kgooutside@aol.com](mailto:kgooutside@aol.com)

# The Yodel

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

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Ph: 425-277-8943

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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.

**Couples Counseling.** Sensitive help in resolving tender relationship issues. Rich H. MA CMFT, (206)418-1150

**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

**FOR SALE: Aromatherapy Eye Pillows** \$13, Serenity Bath Salts \$6/20 oz.great for after a long hike. Cedar Sox 100% cotton/cedarwood - pull odor and moisture out of the smelliest hiking boots... \$12.00/pair. \$3.00 s/h. Great gifts! Call AWAKENING SPIRITS (206) 767-9339