

the yodel

volume 10 :::: issue 9 keep climbing mountains and don't slip!

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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.”

The 2003 Glacier Climbing Course

Howdy OSAT'ers

As you all may know the 2003 OSAT Climbing Course is quickly approaching (February is not far away!). At the end of the 2002 Climbing Course, the 2002 climbing committee made some recommendations that the 2003 committee has decided to adopt. This purpose of this announcement is to communicate these changes to the membership. The 2003 committee has discussed these changes with the BOTS and has gratefully received their support.

The primary change for the 2003 Climbing Course is that climbing Mt.



Rainier will no longer be the objective for the course. There are many reasons why we have chosen to do this and we hope*con't page 6*

FROM THE WEBSITE GUESTBOOK.....

The Phillipines

You have a wonderful website, but please let outsiders like me know how you're helping other people of other lands to love their mountains and care for the de facto mountain stewards, the mountain-dwelling indigenous peoples and hilly land communities.

Guest

This is wonderful! I have been clean for almost a year now and am just beginning to discover life. A couple of friends and I are setting up a hike of the AT for next year. It would be great to hear from some experienced sober hikers about, heck, anything

on the subject.

St. Paul, Minnesota

I would like to say I enjoy your web page very much and wish we had a club like yours up here. I've been in recovery for 9 years, I'm 33 yrs old, and have been indoor climbing for a year now and it's all I want to do any more. I've been a backpacker for years because I was in the boy scouts and worked at Phillmont scout ranch for 3 summers. Iel- roell, b.w.c.a. and did a lot of hiking over seas. I f possible it would be nice to know how to get a group like yours started here. thank you for your time. by the way if I could I would even quit my

FROM THE WEBSITE GUESTBOOK..... con't from page 1

job to do nothing but work at climbing and backpacking as a job.

Tacoma, Wa

I have heard about OSAT for years now. And then promptly forgot to look for you site (typical for a recovering alcoholic eh?). I have 3 years in recovery and also have been going solo on my hikes and camping. Great fun but... Anyway, I did remember today and thought I would check it out. I have a copy of the membership application and will fill it out and send it in by tomorrow. Thanks, Glen

**Kymerly Hinkhouse (Unbedacht)
Port Townsend, Wa**

Hello to all my Dads friends and loved ones. It's the day after Christmas and I'm missing him terribly!! I just completed a 21 day treatment stay, (Oct 15 - Nov 5), for drug use. My way of dealing with my fathers death 7 years ago. Now, with help from AA and NA, I am dealing with the true feelings I had been avoiding. My Dad is with me every

day, at every meeting, walking me into clean and sober land. I love and miss you all, and I'm so glad OSAT is doing so great. My Dad would be proud!!

Love, Kymerly

New York City, NY

I am not a member at this time. I met up with OSATer's, as you call them, while climbing at Smith Rocks, Oregon recently. One of them just happened to be a friend who has saved my ass on countless occasions. Joe is his name. He's a fantastic human being whom I would like to keep in contact with. Unfortunately, like the disheveled person in recovery that I am I have misplaced Joe's address and phone number, again. Perhaps you can help? You have my permission to give Joe my e-mail address, as well as anyone who climbs and is in recovery. I am currently in the New York City area and in search of climbing partners. Sober is better. OSAT is well appreciated.

Kindest Regards,
Fernando

BOTS ELECTION

Its time to get out the vote. There are two positions being filled this year. The outgoing BOTS members are Dave S. and Mike R. Thanks for all your hard work! Vote for two of the below either by email (shiftyd1@attbi.com), phone (206-523-0844), or snail mail if you prefer (134 NE 62nd St Seattle WA 98115). Elections are open until the Gratitude Dinner on Nov. 23rd at which time the new BOTS members will be announced.

- Lee W
- Mike P
- Shirley R
- Robyn S

MEMBERSHIP RENEWAL!

It's that time of year again! Time for gortex, rainboots, snowshoes, and of course, MEMBERSHIP RENEWAL! If you want to continue to recieve all the great benefits of OSAT: all kinds of outdoor activities and some indoors, newsletters, skills enhancement - all in the fellowship of other recovering folks, re-up today. It's cheap! Only \$12/year for single; \$18/year for household. Check out <http://www.osat.org/FRyodel.html> for a membership form. Instructions on how to fill it out and where to send it are included on the form.

Don't let this opportunity for another year of great fun and experiences pass you by!!

OSAT QUICK-REFERENCE

Board of Trusted Servants (BOTS)

| | | |
|------------|--------------|------------------------------|
| Dave S. | 425-557-9931 | <i>Shiftyd1@juno.com</i> |
| Mike R. | 206-634-1583 | <i>mikerobb@aol.com</i> |
| Nancy T. | 206-523-0844 | <i>nthorpee@juno.com</i> |
| Pete S. | 253-475-5545 | <i>petestaples@attbi.com</i> |
| Russell S. | 425-753-3525 | |

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: | Rob E. | 206-718-6722 | <i>rob@orcahome.com</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>dougsue@aa.net</i> |
| Safety: | Dave N. | 253-752-9214 | <i>offbelay1@juno.com</i> |
| Service: | Tino/Dick D | 253-826-1464 | |
| Yodel: | Scott H. | 425-346-9302 | <i>yodel@osat.org</i> |
| Webmaster | David C. (Dax) | 206-623-7857 | <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#1, upstairs on the north end of the building.

OSAT 12-Step Meeting Locations:

Tiger Mountain Time: Thursdays @ 7pm & 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

NEW UPDATED INFORMATION!

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 7:30pm. 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 |

When you call the hotline, enter pass-code 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

OSAT Gratitude Dinner

November 23rd, 2002

WHY, WHEN & WHERE

Why? Because we are grateful. This year's Gratitude Dinner is going to be held on Saturday, November 23rd starting at 6:00 pm at the Epiphany Parish of Seattle. The Epiphany is located east of downtown Seattle.

DIRECTIONS

From North or South I-5 take the James St. exit. Head east on James. James becomes Cherry just after the top of the hill. Follow Cherry to 34th. Turn left on 34th. Continue on 34th which becomes East Denny. The church is on the right, on Denny, between 37th and 38th Avenues. The address is 1805 38th Avenue.



WHAT TO BRING

Bring yourself, family, and friends. OSAT will be providing the beverages. For the potluck we have split it up according to your last name.

A-C Salad
D-E Bread
F-G Side Dish
H-M Dessert
N-Q Appetizer
R-Z Main Dish

WHAT TO EXPECT

Fun and fellowship. We will be announcing

the new BOTS members and the OSAT Annual Service Award. There will be presentations of certificates to this year's Glacier Climbing Course graduates and there may be a surprise or two. Come join us for the festivities. If you want to volunteer to help out at the event contact Dick D. (206-714-3782) or Bob L. (206-310-2896). If you have other questions contact a BOTS member (bots@osat.org).

Directions To The Epiphany Parish 1805 38th Avenue Seattle, WA 98112

1. From The North and South - I-5 to the James St. exit. Head east on James. James becomes Cherry just after the top of the hill. Turn left on 34th and continue on 34th which becomes East Denny. The church is on the right, on Denny, between 37th and 38th Avenues.

2. From Bellevue Via The Evergreen Point Bridge (I-520) - Exit at Lake Washington Blvd. Turn Left on Lake Washington Blvd. and go through the Arboretum. Cross Madison Blvd. at the light and continue to 32nd Ave. (yellow fire light). Turn right on 32nd, go down hill past Martin Luther King Jr. Elementary School, up the other side. You will come to a Do Not Enter sign. Turn left on East Denny Way (sharp turn up hill). At the top of the hill, come out onto 34th bearing left. The church is between 37th and 38th Avenues, on the right.

3. From Bellevue Via Mercer Island Bridge (I-90) - Exit at Rainier Ave. North. Turn right on Jackson St. Turn left on 23rd Ave. Turn right on Cherry (by Garfield High School). Turn left on 34th Ave. which becomes East Denny. The church is on the right between 37th and 38th Avenues.

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 or email dougsue@mindspring.com

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)

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206-686-2927 jane.lockwood@gettyimages.com

How to Contribute

The deadline for January Yodel:

January 1, 2003

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 Scott H for mailing instructions.

OSAT EVENT CALENDAR



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

REGULAR OSAT EVENTS:

Dinner and a Movie: Third Friday of every month. Call Bob L. for details 206-310-2896

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.)

Nov 15th Ice skating

Nov 28th Thanksgiving appetite builder Meet at Mt Si new trailhead at 0800.

Dec 14th Christmas party
TBA

Vertical World party

Bowling night

Family Snow day at Snoqualamie.....

INNERTUBING.....

Club Meetings:

No meetings in November or December, next meeting is in January



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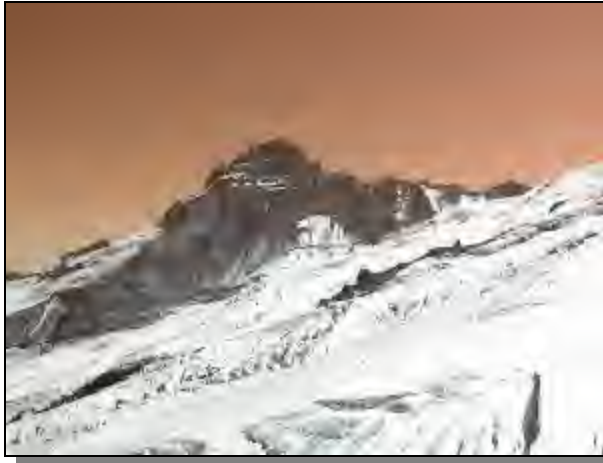


Ivar Sandsmark
Computer Consultant

The 2003 Glacier Climbing Course (cont from page 1)

the following explanation will help you understand why.

Safety is our main concern. In recent years there were some difficulties finding experienced rope leaders and climb leaders for Mt. Rainier summit attempts. The same people have been asked to be leaders year after year and, although they are happy to volunteer, it is a very stressful commitment. Additionally, our experienced leaders have long felt that summiting Mt. Rainier can be an overwhelming task for some first year climbers. The majority of 2003 committee members would feel much more comfortable having students gain experience on other glaciated mountains prior to attempting Mt. Rainier. In this we hope that there will be less stress placed upon our students while allowing



them to choose a summit attempt that fits their ability and comfort level. The committee also believes that there would be considerably more OSATers willing to lead climbs of other peaks, especially those that have led Mt. Rainier climbs in the past. This is not to say that some students won't be given the opportunity to climb Mt. Rainier with OSAT. Instead, as part of the course, other summit climbs will be offered as well.

Secondly, we would like to bring the focus of the course back on fellowship. In the past several years the committee has become aware of an increasing number of people, some involved in 12-step programs and some not, taking the course who never participate in OSAT after the course and climbs are over. OSAT should not be viewed as simply a cheap way to climb Mt. Rainier. So

in keeping with our mission:

One Step At a Time (OSAT) is a clean and sober outdoor and mountaineering club. Our mission is "**to provide a clean and sober environment for members and friends of 12-step recovery groups in the spirit of conservation, preservation, and ecology.**"

we want to put the focus of the course on building fellowship and teaching sober individuals safe and responsible mountaineering skills so they can participate in the club activities that require these skills. These activities will include summit attempts for students on a variety of NW peaks including, but not limited to, Mt. Rainier. Securing permits to climb Mt. Rainier has also become much more complicated in the last few years and having the ability to climb other peaks will remove much of this difficulty while giving students more options from which to choose. Our ability to hold 12-step meetings high in the mountains will not diminish, nor will our resolve to

see that students learn a variety of outdoor and mountaineering skills while remaining safe throughout the course.

So we hope that we will have the support of the membership in these changes and we would welcome your participation in the 2003 Climbing Course this year.

Thank you for your support!!

2003 Climbing Committee

Meredyth Given, Brian Conner, Lori Underberg, Tracy Mahan, Wendy Newman, Chris Newman, Kathy Hunsinger, Scott Harder

I will be sending out a flyer soon for members to take to meetings to help promote the course!! Please help and pass it on.

Meredyth Given—2003 GCC Chair

OSAT Annual Christmas Party

Saturday, December 14th, 2002
Highland Community Center
14224 Bel Red Rd Bellevue WA
6-10pm



Directions: From I-405 north of south take the NE 8th exit going east. Take a left on 140th. Take a right on Bel-Red RD. The Highland Community Center will be on the left hand side (big log cabin building).

It is time to break out the spiced cider and sing Christmas carols around the old piano. This year's Christmas party will be at the spacious Highland Community Center in Bellevue. There is even a piano we can use to sing our favorite holiday tunes.

We are asking everyone to bring an ornament to decorate the OSAT Christmas tree. At the end of the evening we will be giving away the decorated tree to some lucky OSAT'er. As usually we will be doing the white elephant gift exchange. Bring a gift

(under \$20) and join in the fun.

The dinner will be a potluck with OSAT providing the beverages. Please bring a dish according to your last name

A-C Salad
D-E Bread
F-G Side Dish
H-M Dessert
N-Q Appetizer
R-Z Main Dish

If you are interested in helping out with the party or need more information contact Tracy M. (425-204-0168), Robyn S (206-679-5397), or Lori U. (425-430-8738). We will need help setting up, decorating, and cleaning up afterwards.



Gratitude in Action by Chris N.

In July of this year, I was out hiking/scrambling with my wife and 2 other members of OSAT. This day was shaping up to be a terrific outing with great weather and great friends. Not too long into our trip, I found myself on the unlucky end of a large falling rock. As it turned out, this rock struck me nearly as hard as the gratitude that followed.

That day I sustained the most terrifying and serious injury I have ever had in the mountains, or just about anywhere for that matter. After having my only experience with going into shock, my wife and friends performed what could only be called a "selfless rescue". Given that I was willing to get back to the car without outside assistance, they were responsible for finding the path of least resistance and making sure that I sustained no further injury. More importantly than

physically guiding me to safety was their ability to put me completely at ease, assuring me each (painful) step of the way that they would do whatever was necessary for my comfort and well being. At that time, their kindness and consideration did more for me than any amount of bandages or medication.

I have spent a fair amount of time in the mountains with people who I was not familiar with. These instances have been as a member of other organizations and simply as a hiker among hikers. Needless to say, when I travel in the mountains with other OSAT members, I am traveling with the best of friends. I have never found this level of compassion and selflessness on any peak nor in any valley. It is just one of many reasons that OSAT has enriched my life, and for that I am extremely grateful.

The Yodel

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

«MemberID» «DuesPT»
«FirstName» «LastName»
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«City» «State» «ZipCode»

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

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REI Killamanjaro 0 Degree Bag— Synthetic Used 3 times \$100
Scott/Alison 425-346-9302

For Sale
REI 4 season Convert tent/footprint 2 person, 2 doors, 1 vestibule, yellow/blue
Approx 3 years old, used very little.
\$125.00
Will A. 425-822-0988 willtrek@msn.com

PHOTO OF THE MONTH



Where:
11north, Wa

When:
November 3, 2002

Who: John M

What: Climbing into the sunset on "Don't Forget Arete"

Submitted by:
Scott H

Send us your images to yodel@osat.org and we'll have the editors vote for the best one and post it here each Yodel! Plus I am tiring of using my pictures.