

The Yodel

Volume 10, Issue 11 May 2003

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.”

MT ADAMS CLIMB – APRIL 26-27, 2003

This trip to Mount Adams originated when Bill L announced he was leading this climb at the super duper activities meeting in January. This opportunity really appealed to me for several reasons. I am a Glacier Climbing Course student this year and this gave me the chance to do a non-technical high elevation climb early in the season. Mount Adams is a dog friendly volcano so I was able to bring my Siberian Husky girl Kona along. I was also celebrating a birthday this weekend. The road leading to the trailhead at Cold Springs was washed out with snow for 6 miles so the plan was for everybody to make the 5 hour trip there on Friday and camp where the road ends and get started on Saturday morning. 7 of us shacked up at Wicky Shelter about ¾ of a mile before the road turns to snow. We met up with the rest of group around 8 on Saturday morning and hit got moving around 8:30 or so.

Our plan was to hike in about 10 miles on Saturday and camp at about 8500 feet. In the late afternoon some weather was coming in and Bill wisely decided to find a protected area to camp. He spotted a nice area protected from wind and we set camp at 4:30 at 7100 feet. My tent partner Paddy and I were quick to get our tent set up before the snow and wind really came down on us. She was asleep by 6:00 and I turned the stove off and filled the last water bottle just after 7:00 and crawled into my bag for the night.

My 34th birthday began by the alarm on my watch waking me up at 3:00 am Sunday. I shook Paddy and told her it's time. We were both still groggy and



Kona gave us some doggie smooches that got us up and moving. The stove was buried in snow just outside the vestibule of my tent and we agreed to forgo a hot breakfast and concentrate on gearing up for the climb. It was 10 degrees outside and our gear was frozen.

What was supposed to be a 4 am departure from camp ended up happening just after 4:30 am. We circle up and Bill gave some instructions and then used a Hillary quote and said, “let's knock this bugger off”, and we were off. There were 7 of on snowshoes and 4 on skis.

The sky was filled with stars as we trudged out of camp in deep snow. I would guess we had 8-12 inched of new snow after setting camp the night before. We took turns breaking trail in this deep snow to avoid anybody getting burnt out early in the day. It was a gorgeous sunrise and both Mount Saint Helens and Mount Hood were bigger than life from this elevation. We reached the Lunch Counter at 8:00 or so at 9400 feet and took a long break. As I looked over at St. Helens, it dawned on me that I was already 1000 feet above the mountain I had just climbed the previous week and still had a lot of work to

(continued on page 4)

OSAT BOTS Meeting Minutes

March 17, 2003 submitted by Pete S.

Location: Bill and Nancy's place

BOTS members present:

Robyn S.

Nancy T.

Russell S.

Pete S.

Mike P.

OSAT member present:

Dax (present in his capacity as OSAT webmaster)

Chairperson: Russell S.

SPECIAL PRESENTATION:

Dax presented changes he has made to the OSAT website. (Note: this is a demo website only, the old one is still active) Dax has added an OSAT web store, where members can sell surplus gear, changed the membership link so that when prospective members try to join, they will have to accept the Indemnity & Release before they can join OSAT. Dax is attempting to get the Bulletin Board up and running on Yahoo. He will probably need at least moderator status to do so. Pete is going to try to get him moderator status, otherwise we can get ahold of Bob L for info on how to get Dax signed on so he can get a Bulletin Board going on Yahoo.

Dax needs more feedback on the website, especially re: the Store, FAQ's, and Activities.

A motion was made, seconded and carried, that all BOT's members will look at the site and mail him feedback. The new website demo can be found at www.OSAT.org/genesis.

Dax informed the BOT's that we can check our email from a location other than home by going to: <http://mail.osat.org:8383>, and use the top secret password, which Dax suggests we change to one of our own ASAP after signing on. BOT's email address is: BOTS@osat.org. Russell S has been dragged into the 21st century, and as a result, now has a email address: bearfood@osat.org. Robyn S. unanimously approved as editor of Yodel.

OLD BUSINESS:

Gear grab brought in \$165.00. Mailing costs for flyer were \$97.49. Profit was \$67.50.

T-shirts: We have lowered the price on T-shirts to \$10.00.

Library: BOT's have voted to donate OSAT library self-help books to either East Side Inter Group, Bellevue Al-A-Non, or a correctional institution.

Russell would like to pass on the responsibility of passing out OSAT club cards. Robyn has them now.

Entertainment: Mike Prime will show a bicycling slide show for April's meeting. In May, Jane's friends will show their slide show of the Haute Route in France. In June we hope to have Mountain to Sound Greenway give their presentation.

In August the OSAT 03 Denali expedition hopes to show their

slide show. We do not have club meetings in July, September, November or December.

NEW BUSINESS:

Motion made and accepted to put OSAT webmaster in the loop for BOT's emailed.

Robyn: A Mountaineer member, Richard, wants to do an article on OSAT. He has been invited to the next BOT's meeting.

Nancy: Has found in the bylaws that we are supposed to read current minutes during the club meeting.

Nancy: Read old email from Doug H and Bob L regarding past abuse of email.



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Ivar Sandsmark



OSAT QUICK-REFERENCE

Board of Trusted Servants (BOTS)

Robyn Smith	206-679-5397	<i>robysmi@msn.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	<i>bearfood@osat.org</i>
Mike Prime	253 854-3016	<i>Mprimed@attbi.com</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:	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>dougnsue@aa.net</i>
Safety:	Dave N.	253-752-9214	<i>offbelay1@juno.com</i>
Service:	Lee W.	206-465-4650	<i>leewiseman@attbi.com</i>
Yodel:	Robyn S.	206-675-1036	<i>yodel@osat.org</i>
Webmaster	David C. (Dax)	206-363-7431	<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:

Issaquah IHOP: Time: Thursdays @ 730pm (back to Tiger on April 10)

Tiger Mountain: Time: Sundays @ 10:00 am

Location: The Tiger Mountain Trailhead is on the south (right) side of the High Point Way Exit (1st exit east of Issaquah) off I-90. Make a reverse U-turn onto the road parallel with the Interstate. Park as close as possible to the west end of the road to use the cable line trail, or in the upper parking lot to use the regular trail (recommended for first-timers).

— Thursday Contact: Tino Sunday Contact: Tracy M

Notes: Newcomers should not try to find this meeting alone. We meet in the trees just below the summit of West Tiger 3. The hike gains 2,000 feet in less than 3 miles. Bring warm clothes and a flashlight for the evening meeting.

Carkeek Park Time: Mondays @ 7:30 pm Meet at trailhead at 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

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

UNSUBSCRIBING:

Send a blank email to:

osat-unsubscribe@yahoogroups.com

SUBSCRIBING:

Send a blank email to:

osat-subscribe@yahoogroups.com

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

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

The 14th Dalai Lama
of Tibet

(Mt. Adams climb, continued from page. 1)

to finish what laid ahead of me. From here we looked up at the massive False Summit that represented of 2000 of the remaining 3000 vertical feet we had left to climb.

Normally climbers are able to attack this part of the mountain directly by kicking a staircase straight up. The deep snow did not allow us to do that. We had to make many long traverses in our snowshoes to get up the mountain. Eli and I were both wearing big honking 30" aluminum snowshoes that were not cooperating well with the conditions. We didn't predict this being a problem because we figured we be in crampons kicking steps by this time. Wrong we were.

Moving along slowly but surely I spotted what appeared to be Chuck J 500 feet shy of the False Summit. He stayed there so long that I began to wonder if it was a person or a rock. I will always know this part of the mountain as the "False Chuck". Most of the group met up with him there to take a final sit down break. I was a couple hundred feet below them when noticed Dan L and Ryan R coming up slowly behind me. I looked at my watch to see that the elevation was 11,000 feet. Dan had been climbing strong all day but the altitude got the best of him. I radioed to Bill to let him know what was happening and he decided to have Pete S take him back down to base camp. It was a very honorable gesture for Pete to give up the summit to help out a fellow climber.

Ryan and I caught up to the rest of the group for a short and tiring trip to the False Summit. I looked to my right and saw Bill struggling to get his skis up through some ice that he finally found and then I saw Rod slip. Rod took his skis off for the short distance to the False Summit. The 9 of us remaining stood on the False Summit looking at a 300-foot drop and then 1000 feet of mountain left to climb. I radioed base camp and let them know we were making our final ascent.

It didn't look like that much work at first but proved to be quite the humbling experience. I had done a lot of conditioning for this trip and needed all of that and a little more drive from the heart. The thin air was starting to tire me even more. I had thoughts of giving up throughout the last few hundred feet. When I looked up and saw Eli posing on the summit I knew I was going to make it. My dog Kona who is normally a great distance ahead of me on hikes and waits for me on summits was exhausted and right behind me in my tracks. We were the last of the group to reach the 2nd highest place in Washington, 12,276 feet. The summit party consisted of Bill L, Rod, Chuck J, Eli, Ed B, Pia, Ryan R, Paddy D, Kona D and Myself. Bill, Rod and Chuck now had the opportunity to ski down this volcano in the kind of powder that people normally have to charter a helicopter to get to. The rest of us had to slog it down on foot since the snow was too deep to glissade in.

I was the last to leave the summit at 3:05. Kona was curled up in a ball at the highest point she is allowed at in this state (Rainier does not allow dogs). It had been a 10-hour push to the summit. We returned to base camp at 6:30 and packed for the 8-mile hike back to our vehicles. We made it back at about 11:30 and then the 5-hour drive back to the Seattle area. I dropped Paddy off at 5:45 Monday morning and she had to be to work in 15 minutes. Fortunately I had the day off to rest.

A special thanks to OSAT as a group for making this happen for me. I now am confident that with your further assistance I will be able to complete my goal of climbing all of the volcanoes in the state between April and July. 2 down 3 to go! "Keep climbing mountains and don't slip.. Lee W.



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)

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How to Contribute

The deadline for July Yodel:

July 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.)

May

- 16** OSAT guys Bill, Pete, Rod and Chuck take off for Denali—our spirits go with you!

June

- 6** The Foreigner a play by Larry Shue at the Redmond Town Center. Yet another night of culture with Karen D. 425.823.1829 and Lori U. 425.430.8738
- 21** Sourdough Mt. Bruce and Tracy M. 425.204.0168
- 22** Hinkhouse Peak. Rik A. 206.232.8908
- 28** Outerspace (5.9 rock climb) Contact Kevin C.
- 28-29** Mt Baker. Leader Russell S. 425.753.3525

July

- 4-6** Bonanza. Boat ride then bus ride to trailhead. Russell S. 425.753.3525 and Bill L. 206.985.4539
- 12-13** STP (Seattle to Portland) bike ride.
- 19-20** Chick climb TBA. Tracy M. 425.204.0168 and Lori U. 425.430.8738
- 26** Kangaroo Temple (rock climb) Bill L. 425.985.4539
- 27** Liberty Bell (rock climb) Leader TBA
- 30** RAMROD (Ride Around Mt Rainier in One Day) Woo-Hoo!

August

- 3** Troika ½ Ironman.
- 8-9** RSVP (Seattle to Vancouver) bike ride.
- 10** Osat 3rd annual Golden Gardens potluck/picnic/volleyball.
- 16-18** Ross Lake Kayak. Steve M. 425.861.7627
- 17** Danskin Triathlon. Women only....Sorry guys, but you can come watch and cheer!
- 23** Sahale Peak Bruce and Tracy M. 425.204.0168
- 24** Cycle to the Summit. Tiger to Snoqualmie bike ride. Dax 206.623.7857
- 27** OSAT night at SAFECO Field. Come say HI to Lou Piniella. Contact Rik A. 206.232.8908
- 30-31-1** Glacier Peak Labor Day weekend climb. Two Routes??

Mt. St. Helens redux - April 19-20, 2003 story and photo by Lee W.

A special thanks to Chuck A for leading a great trip up Mount St. Helens this weekend. We had a lot of people drop out during the last few days prior. Our climbing party ended up being Chuck A, Angela K, Martin B, Sharon L, Kona D and myself.

We set camp at around 12:30 at 4320'. The sun was out and Chuck and Sharon decide to go back to do an equipment swap. I thought about tagging the summit with Kona and being back to camp in time for dinner and then going up with the group again in the morning.. We went up about another 1200' and noticed the trouble people were having getting down in the soft, wet snow and changed our plan and traversed over west and found a nice glissade angle back into camp. (a very wet one too!). The snow was so soft that skiers were post holing at some points.

After a good night of sleep, I got up about 5:30 to boil water for breakfast and the summit trip. The rest of camp got up between 6 and 7 and we left camp just before 8 for the summit. The snow had hardened nicely and we had great snow conditions for our ascent. Crampons and snowshoes were not needed. It was quite windy when we reached summit just after 11:00 so we did not spend much time there.

Although the snow was starting to soften, we still had some nice glissade runs and made it back to camp in about an hour and a half.

Thanks again Chuck for your great leadership role. I feel much more prepared for my 28 mile slog up and down Mount Adams this coming weekend.

KCM&DS



2nd OSAT Talent Show Review

I must start this off with ****!!!-WOW-!!!****

Almost two weeks have passed since the 2nd OSAT Talent Show was held and I am still overwhelmed with gratitude and amazement at all those who stepped up to make this event truly an evening of magic. I've always considered OSAT to be the silver lining of my sobriety, and March 15, 2003 proved that true beyond words.

Thanks to all you who arrived early to help set up the hall. By 6:30pm all was ready to go, except some last minute sound checks. Once again Paul supplied the wonderful sound system and set the levels for us before he had to leave due to his seriously damaged back. Our prayers were with you that night Paul - your spirit was ever present.

This time we set up some stage lights which really helped, and miraculously no one tripped over all the cables snaking everywhere. Folks began showing up filling the food tables with a dazzling array of mouth watering dishes and we started digging in around 6:30pm. By 7pm someone commented "Not very many people are here. What if we end up just performing for ourselves?" No sooner did the sound waves of that phrase hit the back wall then the hall seemed to take on a life of it's own. A final head count was between 50 - 60 wonderful OSAT friends and family.

Dax, the master of the web, took point and began the show with a cool rendition of "Night Bird" by Kalapana.

Bob L. played for us a guitar tune he wrote titled "Live for the Music".

Bruce & Tracy M. along with their daughter Kelsey put on a dynamite act singing "Minnie the Moocher". Were they dressed sharp or what?!

Russell, Nancy & Bill, the OSAT Paddlers, showed up in person for this night and led the crowd in their golden hit "Row yer Kayak up Ross Lake".

Jeff took the stage with his native Philippine bamboo xylophone and African drum, and improvised from his soul.

Possum Jon led us on a journey into his wood working heart telling a story about his mentor. The amazing carved yellow cedar he lovingly held was not a walking staff but the dash between birth and death.

Mary Mattea - beautiful Mattea - gave us a flawless routine of martial arts.

Bob C., a friend of Tracy & Bruce, played two glorious songs on his guitar for us. "Touch of the Master's Hand" and "That kind of Love".

Robyn got up next and had us roaring as she recited her poem "Love and Chocolate Goo".

Tom M., a true woodsman, gave us a bone chilling and soul searing view of the far Yukon with a reading of "Call of the Wild" by Robert Service.

Dick D. (Merle Haggard) & I (Willie Nelson) played a song called "Poncho and Lefty". Hey Dick? How do you strum the guitar, play the harmonica and tap your foot all at once - and not miss a beat? Truly amazing!

Tracy surrounded herself with children on stage and sang to them "Man in the Moon" a lovely lullaby. Then they all sang "Twinkle Twinkle Little Star".

Rik A. expanded out knowledge of early mountaineering with some "Words of Mallory".

Dax and I played a haunting love song by the Bo Deans titled "Good Things". Did you know the box Dax sat on and used during the song was a homemade drum? You are a multi-dimensional man Dax.

Lori U. and Bob L. sang a John Prine song "Angel from Montgomery". Lori - you rock!! I hope this is just the beginning for you!

I finished off the evening with a homegrown piano piece I call "Moon Beams and Thunder Jostling for Elbow Room on the Head of a Pin".

Once again I am in awe of the legacy Jimmy Hinkhouse left us. OSAT is filled with vibrant spirits brimming over with energy and good will. You who came the evening of March 15, 2003 and help create and fulfill the 2nd OSAT Talent Show lived the true essence of Jimmy's dream. Those whose presence we missed that evening were felt in spirit also, for OSAT is the sum of all its members.

Of special note, MO, we were all saddened you and David were not able to lead us in drums and bangles due to your sudden family emergency. Our prayers were with you that evening.

Thanks again Lori U., Bob L., and Russell for helping with this endeavor. A special thanks to Sharon L. for video taping the show.

Oh, and rest assured - there will be a 3rd OSAT Talent Show!

Cheers - Jim K..

The Yodel

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

The 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.**

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PHOTO OF THE MONTH



Where: Granite Mountain
When: March 12
Submitted by: Lee W.
Photo by: Tino S. (the sunglasses over the lens)

Send us your images to yodel@osat.org and we'll have the editors vote for the best one and post it here