

# The Yodel

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

## Online Version

### OSAT MARKETPLACE

**TRAILBLAZERS** — If your body is feeling the aches of conditioning, treat yourself to some bodywork. Massage for injury, soreness and relaxation. Discounts to fellow OSAT members; gift certificates available.  
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### PHOTO OF THE MONTH



Top of Mt. Shasta (14,162') morning of July 4<sup>th</sup>, 2004. All four of us are OSAT GCC graduates. OSAT gave us the skills and confidence to attempt this. From left to right: Gary Richer (GCC 2002), Marco Nunez (GCC 2002), Erik Knowles (GCC 2002), Tina Owens (GCC 2003). Thank you, OSAT. (PS: We all work at Kenworth.)  
*Send your pictures to [yodel@osat.org](mailto:yodel@osat.org), and the editor will post the best one in each month's Yodel.*

# The Yodel

Volume 12, issue 6

Keep climbing mountains and don't slip!

## Trek Tri Island 2004

*Originally submitted to the OSAT egroup by Jim K*

"Anyone know where I can charge up my CELL phone?" Thus began a remarkable journey into new worlds of fog, dark misty mornings, ferry rides jammed with hundreds of other bikers, sunny gorgeous rides through hilly farm land and island quiet solitude, and silky black nights blazoned with billions of stars bordered underneath by an even darker band of island silhouettes. When the full moon drifted up over the north end of Orcas Is. a glowing swath of titanium white shimmering moon beam stretched from the dark sandy beach at my feet out across the flat waters straight as an arrow toward the moon. If I could have shifted my energy vibrations just a few notches up the spectrum I swear I could have walked out onto that beckoning moon beam - the pull was tantalizingly strong. Thanks trip leaders Mike and Jane, and Chuck and Dawn, Chris N., and cell phone Robin for great friendship and adventures. How can one packed in so many cool exciting times into a mere three days?? - but we did.

Hanging out at the Port Townsend ferry for hours waiting for the fog to thin so we and a couple hundred Harley bikers could be carried over to Keystone Whidbey Is. Now if that wasn't a true multicultural event. Two hundred and sixty spandex wrapped pedal bikers milling around with another hundred or so leather hardened fully chapped and colored big bore bikers. Comments like "look at those weenie bikers" drifted around but mostly a mutual sense of quiet acceptance and curiosity prevailed. A few bold souls - yours truly included - even struck up some great conversations with some of the grizzled road warriors and had a great time. Lots of ex-military Combat Vet bikers and even a large number of Christian Motorcycle Association bikers. I felt blessed to be able to relate to both worlds as at one time in my life I too had worn leathers - san colors - and cruised the open country side....wow that seems like another world away now. Anyway, when the ferry FINALLY docked at Keystone and we all road off onto hard land, either via pedal or piston power, we all gave each other the raised fist of brotherhood and good will. Needless to say we spandex riders were soon left far behind. :-)

That was just a small piece of the whole wonderful adventure. 140 miles of huffing and puffing interspersed with three ferry rides, one wild and crazy, pedal-to-the-metal, hang-on-for-dear-life school bus ride from the Orcas Is. ferry dock to Camp Orkila, a leisurely few hours of sight seeing time in Victoria and topped off with an awesome ride back to Seattle onboard the Victoria Clipper. Watching Victoria recede into the setting sun of an autumn evening while standing on the stern of a dual jet pro-

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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."

## September & October OSAT BOTS Meeting Minutes

**September 21, 2004, 7:45 p.m. at Mike & Jane's ATTENDING:** BOTS Members: Tino, Robyn, Mike OSAT Members: Teresa, Jane, Russell

The meeting was opened in the usual manner, beginning with a moment of silence and the Serenity Prayer, and reading of the OSAT Mission Statement. Minutes of last meeting were read and approved.

### OLD BUSINESS:

Discussion of membership – OSAT will have tables at Gratitude Dinner and Christmas Party to recruit and re-enlist members. Tino and Mike will make a flyer to distribute at the October business meeting, to be displayed at Alano clubs and AA meetings.

Teresa handed out samples of the postcards she designed to invite former OSAT members back. She had a list of almost 600 to work from.

We still need the following service positions filled: Librarian, Yodel editor, and 2 BOTS positions.

Entertainment for the October meeting will be Tino's friend, Doug, who has sailed around the world.

### NEW BUSINESS:

Teresa nominated Rik A. to succeed her as treasurer. The nomination was unanimously approved by BOTS and will be voted on at the October business meeting. Rik's term will start in January 2005, if he is elected.

Thanks, Teresa, for all your good work in the past 2 ½ years as OSAT Treasurer!

Rik was also suggested as a candidate for MC for the gratitude dinner. Teresa will invite him. More plans for the gratitude dinner will be made at the October BOTS meeting, to be held on the 19th.

Tino and Russell reported that the car camp had a low turnout, but the people who were there had a good time.

The meeting closed in the usual manner at 8:45 p.m.

### October 19, 2004, 7:45 p.m. at Mike & Jane's

**ATTENDING:** BOTS Members: Tino, Robyn, Mike, Bruce, Dick

OSAT Members: Teresa, Jane, Russell, Rik

The meeting was opened in the usual manner, beginning with a moment of silence and the Serenity Prayer, and reading of the OSAT Mission Statement. We did not have minutes of the previous meeting.

### OLD BUSINESS:

Discussion of membership – OSAT will have tables at Gratitude Dinner and Christmas Party to recruit and

re-enlist members. Tino and Mike will make a flyer to distribute at the October business meeting, to be displayed at Alano clubs and AA meetings.

Teresa has mailed out the postcards she designed to invite former OSAT members back. She had a list of almost 600 to work from.

According to the club meeting notes (from memory), Janice has stepped up to the plate and offered to take over as Activities Committee chairman.

We still need the following service positions filled: Librarian, Yodel editor, Service Chairman, and two BOTS positions. Mike volunteered to put out an email, generally explaining the duties of these positions.

Entertainment for the October club meeting was Tino's friend, Doug, who showed pictures of his sailing trip from Australia to Mexico. The meeting was very well attended.

### NEW BUSINESS:

Teresa nominated Rik A. to succeed her as treasurer. The nomination was unanimously approved by BOTS and was voted on at the October business meeting. Rik's term will start in January 2005.

Teresa also said we have \$2,000 worth of assorted T-shirts to sell, so we will set up a table at the gratitude dinner, next to the membership table, to sell them. We have plenty of colors and sizes in both cotton and Cool-Max.

Tino suggested the members currently holding service positions could write up task descriptions to aid anyone wanting to find out more about a position or even sign up for one. Mike volunteered to contact the committee chairs to get descriptions for their positions.

Rik will be Master of Ceremonies for the gratitude dinner. More plans for the gratitude dinner will be made at the November BOTS meeting, to be held on the 16th.

BOTS election- Mike's and Robyn's terms are up, so OSAT will be electing two new members to replace them. We have two candidates so far, but are looking for more. We will not send out ballots by regular mail this year, because no one responded last year. We will have voting at the gratitude dinner, and winners will be announced that night.

The annual OSAT service award will be an REI gift card this year. A secret ballot was taken for the award recipient, who will be honored at the gratitude dinner.

*Respectfully submitted by Robyn S.*



## OSAT ACTIVITIES CALENDAR

### September

- 4 Black Diamond ½ Ironman Triathlon, contact Kevin C.
- 11-12 Slate Peak climb and fossil hunt,
- 11-13 San Juan kayak trip, contact Bob D.
- 11 Black Hills triathlon
- 18-19 OSAT car camp, contact Lee W.
- 25-27 Trek Tri-Island bicycle ride, contact Mike P.

### October

- 2 McClellan Butte, slosat climb, leader to be determined
- 3 Cycle Through the Summit, bike ride through tunnel (bring your headlamp!)
- 13 Mercer Island triathlon
- 16 Slosat trip to Spray Falls near Mowich Lake, contact Cliff L.
- 28 Last Thursday night outdoor meeting on Tiger
- 30 OSAT Halloween costume party, contact Lori U.

### November

- 20 OSAT gratitude dinner, Kirkland Congregational Church
- 24 Thanksgiving Day climb up Mt. Si

### December

- 10 OSAT Christmas party
- 24 Christmas Day climb up Mt. Si

### January

- 1 New Year's Day Hike up Mt. Si

*More activities will be appearing in this section when they are created at the next Fantabulous Activities Planning Meeting/Party. Please watch the website ([www.osat.org](http://www.osat.org)) and your email for announcements regarding this wonderful OSAT tradition!*



### March

- 6-7 Snow cave campout, contact Pete S.
- 13 St. Patrick's Day Dash
- 21 Slosat snowshoe trip, time and place to be determined, leader to be determined

### April

- 3 Talent show and gear grab, contact Jim K.
- 8 Thursday night AA meeting goes back outside to Tiger Mt., starts at 7 p.m.
- 10-11 Mt. St Helens climb, kid friendly, contact Chuck A.
- 24-25 Mt. St. Helens climb, leader and time to be determined.

### May

- 1 Kaleetan Peak, contact Russell S.
- 21-22 Mt. Constance in Olympic Mtns., contact Russell S.
- 28-30 Washington Pass Weekend, climbs at Hinthouse Peak, Sourdough, etc., contact Rik A.

### June

- 3 "Twelfth Night" at Redmond Towne Center, (an evening of culcha) contact Lori U. or Karen D.

- 5-6 Glacier Peak, contact Russell S.

- 19 Tour De Blast

- 21-22 Mt. Constance, contact Russell S.

- 26-28 Necklace Valley, contact Russell S. or Nancy T.

- 27 Coeur d'Alene Ironman USA, contact Kevin C.

### July

- 17-18 STP bike ride, Seattle to Portland

- 24-25 Ross Lake kayak trip, contact Kathy H. or Rob C.

- 29 RAMROD bike ride around Mt. Rainier

### August

- 1 Troika triathlon

- 8 Blue Angels bike ride, I-90 bridge

- 13-14 RSVP bike ride, Seattle to Vancouver B.C.

- 13-15 Ross Lake kayak trip, contact Steve M.

- 21-22 Mt. Adams from north side

- 29 OSAT picnic, Golden Gardens Park

Sometime in August – cycle to summit on I-90

- OSAT night at Safeco Field

(Continued from page 4)

This was fortuitous, since Union Club came to enhance my life in a positive way. It was a place where I could share my thoughts and get honest feedback. I could see and hear how other alcoholic men managed their affairs without slipping into negative addictive patterns. I felt a great loss when I moved back East and didn't have Union Club meetings to attend.

I assured John that I was still climbing - that I had climbed Mt. Rainier earlier in the summer, and had just climbed Liberty Bell, a serious rock climb in the North Cascades.

To my surprise, he then asked: "Why don't you take a few of us program fellows up Mt. Rainier? I have always wanted to climb it - and I know of a couple others who are interested."

"Are you in shape?" I immediately inquired - not yet thinking of all the implications.

"Yes, I think so. We're all runners and active, but don't know anything about climbing. You'll have to teach us a few things, but we can learn." He was quite serious. He looked at me expectantly and waited for an answer.

I paused. His question had hit me hard and my mind started to race ahead. What an idea! But why not? Could this fit in with my new career change plans? Could I really organize a climb of Mt. Rainier for recovering addicts? If I did, this would help me find other climbers who are in AA. We could have a meeting on top of the mountain - or at least close

(Continued from page 1)

pelled ocean vessel is a wonder to behold. This truly is God's country and I am humbly blessed to be sober and alive and surrounded by sober alive and vibrant friends.

BTW, I ended up with a Monkey Girls Groupie t-shirt -- Chuck??? and Mike, I have Alex's bike flag - will pass it on to you next time we hook up.

So I'm on for the Trek Tri-Island next year and would encourage anyone brave enough to don spandex (it actually isn't that bad :-)) to sign up and have a time of your life. I may even do some other rides now that my legs have stopped groaning and seem to be toughening up. We came up with a new song "Screaming Quads of Fire" sung to the gritty melody of a famous Johnny Cash tune.

Cheers, Jim



## Membership Renewal Time

It's time to renew your memberships and release forms! Take a look at the label used to send you this Yodel and if your DuesPT date is 2004, membership fees and a signed Release and Indemnity Agreement form are now due. If your DuesPT date is 2005 or later, only a signed release form is due (due annually). We've included a Membership Form and a Release and Indemnity Agreement with this Yodel for your convenience.

A table at the Gratitude Dinner will be set up for you to turn in your signed forms and pay for memberships. If you can't make it to the dinner, please send your signed forms and dues to the OSAT PO box at:

**OSAT Membership  
PO BOX 6461  
Lynnwood, WA 98036-0461**

AA could finally be associated with something positive like health and exercise. Maybe this could help shatter the picture of AA as white-knuckled coffee drinkers in smoke-filled rooms moaning plaintively and unconvincingly about how much better life is even after drinking.

Yes. Such a climb would be an inspiration to newcomers who are depressed and scared away by the thought of going to endless indoor meetings. It would prove that some AA people do things - they climb mountains. This would be grass roots fellowship at its finest.

And maybe Mt. Rainier could be the stimulus for a club, made up solely of former drunks. Wouldn't it be grand? The joking and comradeship of Union Club in the outdoors, but without the cigarette smoke and coughing/complaining of the forever sick. For certain, there would be only healthy, positive people on the mountaintop.

These thoughts would flood my consciousness as I hiked up trails and ran along streets. Over and over. Do it, Jim. Do it, Jim.

An AA meeting on top of Mt. Rainier. Just the idea was intriguing, challenging, inspiring, and a lot more. People would hear about it. Maybe



## OSAT QUICK-REFERENCE

### Board of Trusted Servants (BOTS)

Mike P. 253 854-3016 *mprimed@comcast.net*  
Dick D. 206-714-3782 *dempsey7272@yahoo.com*  
Robyn S. 206-675-1036 *robynsmi@msn.com*  
Tino S. 253-826-1464 *tinosanchez@hotmail.com*  
Bruce M. 425-204-0168 *bmahan@pilchuck-usa.net*

### 12-Step Meeting Coordinators

Tino S. 253-826-1464 *tinosanchez@hotmail.com*  
Dave B. 425-353-8154 *dgbrown5@gte.net*  
Tracy M. 425-204-0168 *tracybruce@earthlink.net*

### Contact People

Activities: Jay M. 425-271-5976 *jayandmichele@comcast.net*  
Kevin C. 425-681-6141 *kcarrrothers@comcast.net*

Activities Hotline: *spanulino@yahoo.com*  
Finance: Teresa F. 425-353-8154 *tt.flynn@verizon.net*  
Library: *library@osat.org*  
Membership: Bob L. *membership@osat.org*  
OSAT East Coast:

John H. 617-641-3423 *dougsue@minspring.com*  
Safety: Doug H. 425-271-5116 *peakbagger3@comcast.net*  
Service: Lee W. 206-465-4650 *yodel@osat.org*  
Yodel:  
Web Sherpa: *websherpa@osat.org*  
David C. (Dax) 425-488-0424

**OSAT Club Meeting:** Monthly OSAT club meetings are held the second Wednesday of the month at 7:30 pm. 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 BOTS Business Meeting:** Monthly OSAT BOTS meetings are open to all members and are currently being held at Mike P.'s house in Auburn. These meetings are held on the first Wednesday of the month at 7:30 pm. If you plan on attending, please call Mike P. at the contact information above for directions.

## 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

to the top.

Maybe this would be an easy way to see if it makes sense to combine mountaineering with recovery and relapse prevention.

Also, the climb might stimulate interest in the ongoing club that I felt was needed. His question had raised all kinds of possibilities.

John was still looking at me, waiting for an answer. Finally I responded: "I'm not ready for that yet. I'm still learning about mountaineering, but maybe in a year or so. Besides it's really too late for this year."

At just that time, our waitress came to take our food orders. This took precedence over everything and soon afterwards the meeting started. We would not talk again on the subject for over eighteen months.

I was glad we were interrupted. I didn't want to get John's hopes up, since there was much to do, before I'd be ready for such an adventure. And maybe I couldn't pull it off anyway. Maybe I wouldn't want to. I still had to sort some things out. \*\*\*\*\*  
During the next few days, the idea grew and grew and started to take on a life of its own. An AA meeting on top of Mt. Rainier. Just the idea was intriguing, challenging, inspiring, and a lot more. People would hear about it. Maybe

## A Seed is Planted

If Jimmy was the Father of OSAT, then his Union Club friend John R was perhaps OSAT's Godfather. This chapter describes an event that planted the seed for the first AA climb of Mount Rainier, nearly two years before that event was to actually occur. Jim's initial vision of combining of climbing and recovery that had come to him eight months earlier on a New Years Day hike up Mt. Si (Chapter 1) had not included so concrete an idea as an AA meeting on the mountain. John's inquiry as to Jim's willingness to take "a few of us program fellows up Mount Rainier" re-awakened the dream (pardon the mixed metaphor!) and presented Jim with an idea of how the realization of his vision might be started.

KCMADS, Rik

## KEEP CLIMBING MOUNTAINS

### Part I. THE ADVENTURE BEGINS

#### Chapter 5. A Meeting on a Mountaintop

August 2, 1989

Although I was early, there were already several men seated at the table. Most of them were retired and this meeting was the highlight of their day. The room could have held a dozen men comfortably, but more than that always came. There were no pictures or flowers or windows - a drab room, indeed. A sliding partition that wouldn't quite close separated the room from an

adjoining cocktail bar. An upscale bar - no loud voices or belly laughter, but it was still a bar, with familiar sounds and smells. Fitting and proper, I suppose, given the nature of our meeting. Although never one of my haunts, many of our members had been regulars here long ago.

John R. was there and at the first pause in the conversation, he asked me if I was still into climbing.

I only knew John from these Union Club meetings, but in a sense that meant I knew him well. He was a recovering alcoholic and needed regular contact with other people in recovery to keep from drinking again. I had heard him talk about his wife, his job, his children, and his past - but mainly, I heard him talk about what was going on his life at the moment. He was a well-built, handsome man who had spent time in prison for embezzling funds from his employer. (No doubt so he could support a drug habit.) Now once a month, he went to the same prison to chair an AA meeting. I liked John. He was sincerely trying to change and he had several years of sobriety.

Like me, John had found Union Club to be important to his recovery. A loosely organized bunch of men alcoholics, Union Club met weekdays for lunch at restaurants, around the Puget Sound area. Unlike AA, there was little ceremony at these meetings. Newcomers were welcomed and recovery birth-days observed, but there were no prayers or readings from the "Big Book". Everyone was given a chance to share about whatever they wanted, although sometimes a topic was picked in advance or one developed during the course of the meeting. The meeting was over as soon as the last person had shared. Our members included a congressman and a well-known author.

After the compulsion to drink left me in 1980, I attended fewer and fewer AA meetings. They seemed to be mostly dominated by blue-collar newcomers suffering from depression. Also, I found the women at the meeting distracting - especially since I was single during this period. Then one day I accidentally met an AA friend at a grocery store. He asked me to help start a new Union Club meeting by committing to show up for a couple of months. The location was near where I worked and since I had developed the habit of going out to lunch every day anyway, I agreed to do so.

(Continued on page 6)

## To Be Discussed

at the next

OSAT Club

Meeting

### NOTHING!

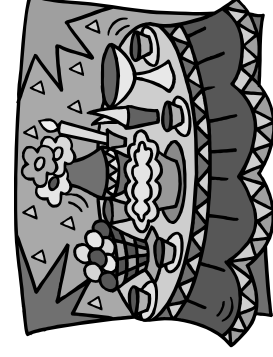
*Please note that there will be NO club meetings for November or December. The next club meeting will be held in January, on the second Wednesday of the month as they usually are. This will fall on January 12 at 7:30 at the Congregational Church of Mercer Island, located at 4545 Island Crest Way. To get there, 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.*

See you in January!

## Send Us Your Stories!

If you've had an earthmoving experience while out and about in our wonderful environment, if there are special events or wonderful adventures, if there are tales of recovery or fellowship, or if there's just something you'd like to share with the rest of the group you are encouraged to send the stories and pictures in to be published in the Yodel. We are also, always looking for wonderful pictures to be included in the Yodel or on the Website. Submissions can be electronically emailed to [yodel@osat.org](mailto:yodel@osat.org) or they can be sent to Yodel Submission, P0 BOX 646, LYNNWOOD, WA 98036-0461. The submission deadline for the next Yodel is January 1st, so please get us your stories!

## 2004 OSAT Gratitude Dinner!



The much talked about and anticipated event, the OSAT Gratitude Dinner will be held this Saturday, November 20th, 2004, at the Kirkland Congregational Church. The event



Some volunteers to help set up at the event will be needed. Please contact Lee W. at (206) 465-4650 or [peakbagger3@comcast.net](mailto:peakbagger3@comcast.net) if you are willing to help out.

The **Kirkland Congregational Church** is located at: **106 5th Avenue, Kirkland, WA 98033**

### Directions:



From I-405 northbound or southbound take the 85th Street Exit (EXIT 18). Proceed west on 85th Street. 85th Street becomes

Central Avenue. Continue on Central into downtown Kirkland and turn RIGHT on 1st Street. Go 3 blocks on 1st and turn RIGHT onto 5th Avenue. The church will be on your immediate left. Enter on the 5th Avenue entrance on the south side of the church. There is a parking lot on the east side of the church.

If you have any comments, questions, criticisms or complaints do not hesitate to contact Lee or your sponsor.



## 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](mailto:memberships@osat.org). (please only send editorial questions to [yodel@osat.org](mailto:yodel@osat.org))

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## How to Contribute

**The deadline for March Yodel:** January 1, 2005

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