

The Yodel

Volume 12, issue 4

Keep climbing mountains and don't slip!

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The Idea Becomes Reality

In Chapters 1-7, Jim described the early foundation of his idea to merge recovery and mountaineering. The remainder of Part I – The Adventure Begins was never drafted, but Jim left an outline, with short paragraphs describing the subsequent chapters. I have included in this section under Chapter 9 a few of my recollections of 1990, in italics after Jim's summary plan for that chapter.



Mt. St. Helens, October 1994

KCMADS, Rik

KEEP CLIMBING MOUNTAINS

Chapter Summaries for the remainder of Part I – The Adventure Begins

Chapter 8. Chemical Dependency Counseling Classes.

I enjoy these classes. I get positive feedback about my ideas. Contradictions between smoking and studying addiction counseling help me to stop smoking. I write a paper about why meditation and mountaineering can help prevent relapses. (*The term paper mentioned here was included in the draft of the book given to me. It is possible that Jim intended to include it, or at least some of the ideas in it, as part of this chapter. It will be published as the next section of this serialization of Jim's draft.* – Rik)

(Continued on page 4)

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.”

OSAT Club Meeting Minutes

OSAT Club Meeting Wed, Sept 14, 2005

The meeting was opened at 7:30 by chairman Dick D We observed a moment of silence followed by the serenity prayer, then Dick read the osat preamble.

Dave B read the minutes from the August meeting. The minutes were approved as read.

Old business:

Rik has posted the ongoing court case involving Mike Robbs assailant. The info is available to any osater who is interested just email Rik.

Jay M is going to put out emails requesting photos on disc for the osat presentation. Anonymity issues were discussed as well as the scope of the presentation. We also talked about making a pamphlet to distribute. Jay will also pass out flyers for the osat meeting on Tiger Mt., but it is going well and Jay is on it!

Meeting attendance:

We talked next about how to get more people to the club meetings. * Booking entertainment ahead of time.

Dick commented that the last two months we have had people not committing or dropping out at the last minute so it's been difficult lately. Dick also said that Martin Volken is supposed to do the entertainment for the October club meeting. It should be good! He is a registered Swiss mountain guide and a back country skiing guru. He has also published a book on the subject. Teresa said that the responsibility for booking the entertainment should be delegated to all the bots members.

Nancy commented that it would be a good idea to put out emails on the club talk list to drum up entertainment from all the club members.

Russell reported that the Ross lake kayak adventure came off splendidly and that a report to the safety committee wasn't necessary.

Dave brought up the coming elections in November for three vacant bots positions. Rik said that usually those candidates have been secured by car camp time so we are a bit behind.

Standing committees:

T shirts:

Teresa said that there hasn't been much action lately in T

shirt sales, but that usually we sell a lot at the gratitude dinner and Christmas party.

Safety:

Doug is close to having a report completed on the Rainier incident from the summer.

The Cat is out of the Bag... Terri's Big Adventure!

Terri S. recently traversed the Cascades and Sierra Nevada from Canada to Mexico. Her full journal can be found at her web journal online:

<http://www.trailjournals.com/terri2005/>

From The Trail Journal of Terri S.

November 28, 2005

"I arrived in Campo around 2pm. I ran to the post office to collect the goodies that I had mailed ahead to myself for the car trip home. Just as I was walking up the street, my friend Clay (shoosh) hollered at me from across the road. He helped me to collect my packages, and we slowly walked the last small section of trail together.

It felt quite surreal when I looked up and saw the metal fence that ran along the border. I could see the southern terminus PCT monument. Of course, there were two border patrol vehicle parked there to welcome me! It was one of those experiences where I was sure that I should be feeling something, but all I felt was numb. I whooped and hollered when I reached the border, because it seemed like the logical thing to do. But, I'm not really excited to be finished living on the trail."

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 eyodel@osat.org or they can be sent to Yodel Submission, PO BOX 646, LYNNWOOD, WA 98036-0461.

OSAT QUICK-REFERENCE

Board of Trusted Servants (BOTS)

Mike P.	253 854-3016	<i>mprimed@comcast.net</i>
Dick D.	206-714-3782	<i>dempsey7272@yahoo.com</i>
John E.	206-819-7442	<i>theedwards5@comcast.net</i>
Tino S.	253-826-1464	<i>tinosanchez@hotmail.com</i>
Bruce M.	425-204-0168	<i>bmahan@pilchuck-usa.net</i>

12-Step Meeting Coordinators

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

Contact People

Activities:

Jay M.	425-271-5976	<i>jayandmichele@comcast.net</i>
Kevin C.	425-681-6141	<i>kcarrothers@comcast.net</i>

Activities Hotline:

Finance: Rik A.		<i>spamulino@yahoo.com</i>
Library: Rod B.		<i>etreasurer@osat.org</i>
Membership: Bob L.	206 686-2927	<i>elibrary@osat.org</i>
OSAT East Coast:		<i>emembership@osat.org</i>

John H.	617-641-3423	
Safety: Doug H.	425-271-5116	<i>dougsue@minspring.com</i>
Service: Mary P.	206-818-8204	<i>maryp@johnlscott.com</i>

Yodel:

Matt S.	425-922-8536	<i>eyodel@osat.org</i>
Kelly P.	206-675-1036	<i>eyodel@osat.org</i>
Web Sherpa: Dax	425-488-0424	<i>ewebsherpa@osat.org</i>

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,

OSAT Information Hotline

This hotline is available or the public to contact OSAT, leave messages, and hear about 12-Step meetings and other club events.

206 686-2927

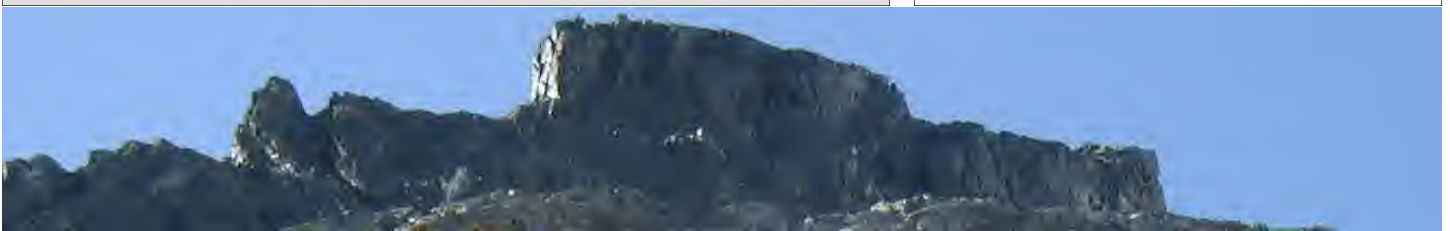
The OSAT Echo

SUBSCRIBING: Members are added to the Echo distribution list upon joining.

POSTING: (Use discretion: remember we ALL get the email.) Send messages too: echo@osat.talklist.com

UNSUBSCRIBING: Send a blank email to: echo-off@osat.talklist.com

New Members should receive detailed instructions on how to sign up for an account to access the Members Section of the OSAT Website when they sign up. Current members should have received this information all ready. If you are a current member with a computer and valid email address and have not received instruction on how to set up an account to access the Members Section of the OSAT website please email the OSAT Web Sherpa at ewebsherpa@osat.org to receive detailed instructions.



“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

Chapter 9. The Irish Curse Expedition.

Rik, Dick and I rescue a skier with a broken leg on Mt. St. Helens. Unsuccessful attempt on Rainier by our basketball team (whose name is "The Irish Curse"). I gain confidence. I meet other climbers in AA who say they might help me organize an AA climb. Dick gets a drinking birthdate.

Rik's Recollections of 1990

When Jim shared his vision with me, and invited me on some of the training outings with Dick and The Irish Curse, I jumped at the chance. We did a trip to Alpental for ice axe arrest practice, and a day trip to Pinnacle Basin in Mt. Rainier Park for an introduction to roped travel. There were also conditioning hikes up Mt. Si and Granite Peak.

Sometime during the spring, Dick, Jim and I made an attempt on Mt. St. Helens. I'm not sure if any of the Irish Curse had been invited, but it was only the three of us on the climb. As we were setting up camp near the timberline, a lone skier came down the mountain, and asked us if we knew where the nearest phone was! Before he took off, we found out that one of his skiing partners had broken a leg further up the mountain. So the three of us packed up our camp and headed up the mountain, expecting to spend the night tending an injured skier. Just as we arrived at the accident scene, the sound of a helicopter in the distance caught our attention, and soon it was dropping a paramedic near the seismic transmitter at 6100 ft, several hundred feet above the injured skier. We helped the paramedic prep the victim, shoveled a landing spot in the snow field below the accident scene for the chopper, and then lowered the victim to the spot and loaded the three of them onto the chopper. We then established camp at the seismic station, Jimmy and Dick in bivvy sacks and me in a tent. Midway through the night Dick joined me, as it had started snowing pretty hard, but Jim woke up in the morning under 8 inches of fresh powder. There was no question of continuing the climb, and as we retreated, we commented that it was nice to have been involved in the rescue, because it made our

weekend on the mountain much more memorable than it otherwise would have been. Subsequently the three of us were interviewed on the phone by a director for the television program "Rescue 911", but the story never made it to the re-enactment stage!

The Irish Curse attempt on Rainier was on Memorial Day weekend. It was foggy all the way up the Muir Snowfield, the wind was incessant, and when the group got to Camp Muir, Jim immediately announced that he was scrubbing the climb due to the conditions and the forecast that they were getting worse rather than better. My daughter Vanessa and I elected to spend the night in the Camp Muir shelter as The Irish Curse retreated back to Paradise that afternoon with Jim and Dick. The next morning Camp Muir was in a whiteout, and the RMI guides announced to those of us in the public shelter that they had scrubbed their climb, and we were welcome to join them and their clients in the descent to Paradise in poor visibility.

Although the Irish Curse Climb was unsuccessful, Jim clearly gained a great deal of confidence in 1990. He learned that his prior experience as a graduate of the Mountaineers Intermediate class and his involvement in teaching mountaineering and leading trips for the Mountaineers provided a sufficient foundation of skills and experience so he could train people in mountaineer-

Yodel Staff

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

Editor:

Matt S. (425) 922-8536 eyodel@osat.org

Printing & Distribution:

Kelly P. (206) 675-1036 eyodel@osat.org

Dax (425) 488-0424 webmaster@osat.org

Memberships & Mailing List:

Bob L. (206) 686-2927 emembership@osat.org

How to Contribute

The deadline for February Yodel:

January 10, 2005

Via Email: eyodel@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.

ing on his own.

Later in the summer, Vanessa and I planned our second climb of Mt. Hood, up the Leuthold Couloir route on the west side of the mountain. It happened that the weekend we chose coincided with Jim's 30th high school reunion in Scappoose Oregon. Jim had never climbed the highest peak in his home state, and when he heard we were going to do it, he asked if he could join us. Vanessa and I spent Saturday climbing up to a camp site at Illumination Rock, on the southwest shoulder of the mountain.

Jim drove from his reunion to Timberline Saturday night, and at dawn Sunday morning



we spotted him climbing across the head of the Zig-zag Glacier to our rendezvous.

As we approached the crux of the climb, I recall Jim yelling from the back of the rope "Great steps, Rik". The adrenaline overload provided by his encouragement resulted in a crampon slash in my gaiter as I kicked the next step with extra vigor. "Jim provided more support than my dad" confided Vanessa sometime later. As we passed through the neck of the couloir, pebbles whizzed by like stray bullets. "I was never so scared in my life, but Jim knew just how far back of me to be: not too close, so I knew I was doing it on my own, but not so far back that I felt alone." After Jim died five years later, I related this story to a non-climbing co-worker at Boeing who credited Jim with saving him from alcoholic suicide. He said "That was Jimmy's greatness. It was a gift he brought to all the ways he had of helping others."

Chapter 10. Now We're Getting Somewhere

Talking with Ed (old-time AA person) about what I was trying to do. I develop a flyer for a meeting on top of Mt. Rainier. Mailing the flyers to treatment centers and halls. People start calling me. I prepare for the first seminar. Excitement. I send out the first "newsletter."

Chapter 11. Equipment and Conditioning Seminar.

A bothersome phone call from an AA conservative just before leaving for the seminar. Good attendance. Good vibrations at the meeting. What I said about equipment, conditioning, and what it was like to climb Rainier. Tom's slides and after-math.

Chapter 12. The First Tiger Mountain Meeting.

Description of the hike up Tiger Mountain and sketches of some of the participants; the feeling of making history; John H gets lost; more self-doubts.

Chapter 13. What Have I Done?

Reflecting on the first Mt. Si outing. Feeling good about what I was doing. Bob C's phone call and his obsession with climbing Rainier. I start to have doubts again. An opportunity to practice "turning it over" to my Higher Power.

This installment concludes Part I of Jimmy's book. Part II, the autobiographical "Jim's Story" includes only three completed chapters, the first of which will be published in the next Yodel.

OSAT Photo Slideshow

I NEED YOUR OUTDOOR PICTURES! Just another reminder we are collecting your outdoor pictures for our up coming treatment slideshow video. This video will reach out to people who are going through treatment. We hope to let people know about OSAT and that there is a whole new world waiting for them.

Please send your pictures on a cd-r or other media. We will be screening the pictures and having a selection party at some point in the future. Thank you for all of the pictures that have been sent in already! God grant me the serenity to accept the mountains I cannot climb, courage to climb the mountains I can and the wisdom to know the difference.

Send your pictures to:

Jay Mullen
2012 129th Ave. SE, Bellevue, Wa. 98005

Message from the Editor

Dear fellow OSATers. The Yodel will now be published at least on a bi-monthly basis, with more editions when there is more content — probably during the climbing course. If you notice any errors or omissions, please e-mail eyodel@osat.org with corrections.

PHOTOS WANTED: We could use some photos to illustrate the Yodel with, as well as photos of the month. Please send them to eyodel@osat.org with a description, photographer, and date.

STORIES WANTED: Any climb stories? Any other stories. We are interested! Please send with and accompanying photos to eyodel@osat.org.

Your faithful editor
Matt S.

Glacier Course Registration is Now Open

Registration for the 2006 GCC is now OPEN! Please visit the OSAT website <http://osat.org/> to sign up or you are welcome to contact me directly. I will be your 2006 GCC Registrar. If you aren't interested in the class yourself but know others that might be, please point them in the right direction. Feel free to go the website to watch the GCC video or proceed to the GCC page <http://osat.org/GCC/HikeGCC.cfm> and print out a poster for the upcoming course. Instructions on how to sign up for the course can be found on the GCC page too!

It would be a great service to print up some GCC posters and hand them out or hang them up at your home group or other AA meetings, or to give to your friends.

Thank you very much! Pete Litwin pglitwin@hotmail.com 206.349.1508

OSAT/AA 12-Step Meetings

Tiger Mountain: Time: Thursdays discontinued for the winter, to return in April on top of Tiger Mountain

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 7 pm

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 7:30 pm. 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.

OSAT ACTIVITIES CALENDAR

December

10 – OSAT Holiday Party 7PM

Epiphany Parish of Seattle
1805 38th Ave Seattle 98122

Size Limit: none Difficulty: Easy!

Phone: 206-818-8204

Email: maryp@johnlscott.com

Facilitator: Mary P

Everyone's Welcome!

25 – Annual Mt. Si Christmas Day Hike

Big Parking lot to New Hiking Trail, Moderate to Strenuous hike, 8 miles round trip, 3400 feet elevation gain. Dress appropriately, bring water and snacks to share at top.

Facilitator: Dax

Everyone's Welcome!

25 – SLOSAT Hike

Slosat hikes are to beautiful spots without the strain of mountaineering. Twin Falls in North Bend, weather permitting.

Bring layers, rain gear and 10 essentials

Size Limit: none Difficulty: easy to moderate

Leader: Janice Phone: 425-681-1715

Email: getaview@comcast.net

Facilitator: Janice B

Everyone's Welcome!

January

1 – Annual Mt. Si New Years Day Hike

Big Parking lot to New Hiking Trail, Moderate to Strenuous hike, 8 miles round trip, 3400 feet elevation gain. Dress appropriately, bring water and snacks to share at top.

Note: Our next calendar planning meeting will happen in early January. Additional activities will be posted after that, both in the Yodel and on the website

Monthly OSAT Club Meeting

7:30PM, 2nd Wednesday Every Month
Mercer Island Congregational Church
4545 Island Crest Way

North Bend Mt. Si Directions

From I-90E take Exit 31. Turn Left to under freeway. At light take Right onto North Bend Way. Proceed 1 mile to SE Mt Si Rd and turn Left. Go over bridge, **past 1st parking lot and stay to the right at the Y. The New (Big) Parking lot is 2-3 miles on Left.**

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.



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.
Call Nancy Thorpe at (206) 523-0844.

PHOTO OF THE MONTH



Where: Mt. Hood OSAT Climb

When: 7/2/2005-7/3/2005

Photo by: Pete L. using a Pentax OptioWP, 5.0 mpx.

Please send photos to eyodel@osat.org and the editor will select one for each Yodel edition.