

The Yodel



One Step at a Time

OSAT

The mountains will always be there; the trick is to make sure you are, too. —Hervey Voge

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A Wonderland Trail Adventure

by Nancy Soltez

Wow, and wow! First, the west side of the Wonderland Trail that circles Mt. Rainier is stunningly beautiful. Then, being a member of a team with Rena and Humberto led by Rik A. What an absolutely amazing experience.



Aurora Lake at Klapatche Park

We started our 5-day backpack trip at Mowich Lake, marveling at the geographic beauty. We met there the day before, and three of the group had hiked to the Tolmie Peak Lookout to warm up their legs and take in the surroundings. The following morning we began our 35 mile trek on the western third of the Wonderland at nearly 5000 feet of elevation, dropping to about 2500 feet at Mowich River. On our descent we were passed by a worried mother and her son. They were looking for her daughter who had called from the trail to say she had become sick and needed to quit her attempt to make the entire 95 mile circuit. Later they passed us again, retreating without having reached their daughter and her boy friend. We found the pair at the Mowich River camp, and shared some medication to help them get up to the lake. Then we climbed the next ridge back up to 5130 feet to camp at Golden Lakes. The loss and gain of elevation is what we experienced each day, camping each night between 5000 to 5500 feet. The camp at Golden Lakes has a spectacular view, and we arrived early enough to get one of the choice tent sites.

The relationship of height to spirituality is not merely metaphorical, it is a 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 jew-el-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 the spirit. -- 14th Dalai Lama of Tibet

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After leaving Golden Lakes, we dropped to cross the North Puyallup River. We stopped for lunch in the spectacular gorge at the end of the long-abandoned West Side Road, and shared trail data with groups headed in the opposite direction. Then we climbed up the next ridge to our camp for two nights at Klapatche Park. This is one of the premier camps on the Wonderland Trail, set on a ridge above the shore of the beautiful little Aurora Lake which is filled with tadpoles and frogs, ringed with wild flowers, and of course reflects a view of The Mountain. During our full day at this camp, we left our heavy packs behind and hiked with daypacks up to about 7500 feet on Tokaloo Rock (a little adventure described in the last paragraph below!).

Our next day's trek took us through St Andrews Park, over the South Puyallup River, up Emerald Ridge, over the suspension bridge at Tahoma Creek and past Indian Henry's to our final campsite at Devils Dream. As we met groups at camps or on the trail the previous three days, they all warned us that the mosquitoes in this section were terrible, and trail the previous three days, they all warned us that the mosquitoes in this section were terrible, and that we would need to wear netting over our faces at all times. Happily, the fog that had come in the previous afternoon was more effective that DEET in getting rid of the bugs. Although we missed the famous meadow-and-mountain views on this section of the trail, and the wildflowers we had seen elsewhere were not as spectacular, it seemed like a good trade-off at this point in the trip. We were met at camp by Jeff, who had hiked up from Longmire.

The last day of backpacking included crossing Kautz Creek and Rampart Ridge before exiting the trail at Longmire. Like the saying goes, a picture is worth a thousand words, so please enjoy a few images we captured along the way.

If you haven't yet signed on for an outing led by Rik A, you are missing out! Not only does he share his knowledge of the mountains, he provides incredibly helpful data (maps, weather reports, gear lists and daily sheets of information with location names, mileage and elevation gains and losses) to prepare for and use on the trip. It was more customer service than I have ever experienced, even on a high-cost, purchased trip. He also answered our endless questions about Jim Hinkhouse and the birth and growth of OSAT... Priceless!



Nancy Soltez, Rena ?, Rik Anderson, & Humberto Wilson (not pictured) getting ready to cross the Tahoma Creek suspension bridge through the fog

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by Nancy Soltez



Humberto Wilson, Nancy Soltez, Rik Anderson & Rena ?

In conclusion, I want to confess the exact nature of our wrongs and make an amends to our trip leader and dear friend, Rik. Our “wrongs” occurred on our day hike on Tokaloo Rock. We are all Glacier Climbing Course (GCC) graduates that know the critical basics of safe mountaineering and the importance of the Ten Essentials. However, we are also human and make mistakes. Unfortunately all of us made the same one on the same day! Our climb up Tokaloo Rock was sunny, spectacular, and mostly without a trail. We had a blast taking pictures of all the sights before stopping for lunch at about 7500 feet. While eating, Rik noticed the quickly rising cloud layer coming up from the west. We elected to descend while we could still see. Rapidly, visibility diminished and we found

ourselves off route, in the fog, and unable to find the landmarks of our ascent. Rik turned to us and said, “One of you get out your compass.” Highly embarrassing but true, none of us had our compass. As an instructor for the GCC navigation class at Lincoln Park, Rik may have wanted to revoke our GCC certificates. Here we stood, without a compass and honestly unsure of our skills with one even if we did have it. Rik remained kind and calm. Using his map and the compass on his cell phone, he expertly led us out of the whiteout and back down to the Wonderland Trail. While we gratefully but sheepishly followed Rik back to camp, we did have a good laugh. We admitted that using a compass and map as a student to find a picnic table in Lincoln Park was WAAAAAAY easier than what we just experienced!!!

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The Camino by Nancy Soltez



Early in the trek from St. Jean, France

The experience validated for me that with each trek I take, it is successful when I stay in the moment and practice "One Day At a Time" and "One Step At a Time." I saw this poster saying along the way: "Don't worry about tomorrow, God is already there," and it made me smile with much contentment.



Terradillos de los Templarios - the halfway point to Santiago de Compostela

While I had an absolutely amazing time on the Camino, it was clear to me that on any trek, the true spiritual journey is happening inside each person regardless of what trail they are on. In short, "YOU are The Way!"



Finisterre, Spain - called "The end of the world" - 550 miles later

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OSAT Greenville SC - 1st Meeting Success

by Margie Kiso



Happy New Year!!

Sending a quick note from our first meeting on the top of Table Rock Mountain yesterday (Jan 1). We had 25 attendees at our first meeting! What a wonderful experience. The weather was perfect...Sunny Skies and cool weather (just below freezing at start and warming up to low 40's by mid-day). We had all kinds and types attend...

From first timers to veteran hikers...those who are working to get into shape to those wanting to stay in shape...speed demons to slow but

steady folks...all ages from early 20's to late 60's...from less than 30 days sober to more than 25 years sober...plus three wonderful dogs. All of us were grateful to be atop a mountain participating in recovery on the first day of 2014!

The attached picture is from the summit look-out...over looking Table Rock reservoir with Ceaser's Head Rock off in the distance. The view from the top of Table Rock is stunning! We are excited to continue along and see where this leads us. Sending you a ton of southern love from Greenville, SC.

Thank you very much for the support and guidance from Seattle!

OSAT Greenville
Chris, John, and Trish

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GCC - Glacier Climbing Course



The course will require participants to undertake a serious conditioning program to get in shape to climb mountains like Baker, 10,781 feet, and Rainier, 14,411 feet.

The GCC is designed for people who enjoy the outdoors and want to learn more about, and participate in, mountaineering and glacier travel. During the six-month course, students will learn equipment selection and usage, group safety, map and compass skills, proper ice-ax use, roped travel, crevasse rescue, and snow camping. The GCC is first a course to enhance and complement your recovery program, and second a mountaineering course.



NEW 2014 Committee

<u>Committee Member</u>	<u>Position</u>
Rachel Knight	Chair
Erika Nelson	Vice
Russell Sewell	Advisor
Dan Winter	Climbs
Kathy Creighton	Syllabus
Kelsey Mahan	Registrar
Jaime Pardo	Seminars
Nik Jensen	Conditioners
David Robertson	Field Trips

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GCC – Glacier Climbing Course 2013 Graduates!



A record 46 students received their Glacier Climbing Course diplomas at this year’s OSAT Gratitude Dinner, Nov. 9 in Kirkland.

The graduates began the course, the 23rd annual offering, in February with the initial enrollment at 66 students. They met the requirements of attending five seminars, seven field trips and numerous conditioners. After learning proper tie-in procedures, self- and team-arrest techniques, crevasse rescue and snow camping skills, graduates also participated in at least one roped glacier climb.

With the help of dozens of mentors and instructors, sherpas, rope and climb leaders, the students realized the vision of OSAT founder Jimmy Hinkhouse to embark on a “grand adventure and tremendous learning experience” by combining mountaineering with 12 Step recovery work.

- | | | | |
|-----------------|------------------|-------------------|------------------|
| Aer Parris | Agnes Broszczak | Alex Okerman | Andy Westgaard |
| Ben Robert | Bobby Burgess | Brian Bartlet | Caitlin Jarvis |
| Carl Carlson | Chris Fiamengo | Christopher Lewis | Colin Michael |
| Craig Beck | Daryl Huckstadt | Dawna Dybdahl | Eric Hansel |
| Erin Broome | Humberto Wilson | James Campbell | Jane Gateley |
| Jason Muir | Jessie Alton | Jessica Ashe | Jill Green |
| Joanne Fulford | Jon Connors | Jordan David | Kela Broome |
| Kyle Grafstrom | Lauri Carrasco | Marc Graham | Marc Weier |
| Mike Cheney | Natalie Vandeven | Nathaniel Burns | Normand Fournier |
| Ray Schroeder | Sam Nurik | Scott Lowe | Sean Spalding |
| Shawna Lamoree | Shelly Gasca | Steve Castle | Steve Princic |
| Therese Johnson | Thomas Campbell | | |

Congratulations GCC Graduates!

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- Margie K.** marakis1000@yahoo.com
- Bill C.** billcook42@gmail.com
- Dan M**
- Thomas H.**

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- Yodel:** Lisa H. LisaHolt1678@gmail.com

- OSAT Home page: <http://www.osat.org/>
- Golden Gardens & Tiger Mountain AA Meetings: <http://www.osat.org/aa>
- Activities Calendar: <http://www.osat.org/Calendar>

OSAT Traditions

- 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.
- Alcohol and illegal drugs are not allowed on any OSAT activity.
- Party members are not to separate from the group without prior permission of the activity leader.
- An OSAT leader should have completed a Wilderness First-Aid course or ensure that at least one participant in the activity has done so.
- When in a wilderness area, each party member will carry the 10 essentials.
- Outdoor activities start with the Serenity Prayer while holding hands in a circle.
- Each OSAT glacier climb will have at least two rope teams that include a person with crevasse rescue training.
- Anyone can volunteer to lead an activity, even a technical climb. As a participant, you may want to “qualify” your leader. As leader, you should be certain that everyone on that activity has signed a Release and Indemnity Agreement.
- Party size for OSAT activities will adhere to the rules of the appropriate jurisdiction.

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OSAT Member Advertisement

Do you have something
That will benefit other OSAT
members?

[Advertise here!](#)

Do you have something
That will benefit other OSAT
members?

[Advertise here!](#)

OSAT Club Meetings

Monthly **OSAT Club meetings** are usually held on the second Wednesday of the month at the Congregational Church of Mercer Island, 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 off of the west wing of the sanctuary balcony.

Meetings are run in a "Crisp & Lively" manner and are usually followed by entertainment from one or more OSAT members sharing presentations of their latest adventures!.

Visitor's welcome!

We need to hear from you!

One Step at a Time is a unique organization melding outdoor activities such as **climbing, hiking** and **biking** with recovery. OSAT was started in 1991 by [Jim Hinkhouse](#).

Do you participate in OSAT activities? Requests for stories (short or long) and pictures will be coming to you via the Echo talklist email. Please support this quarterly newsletter and make submissions when requested. All OSAT activities are welcome!

P.O. Box 53111
Bellevue, WA 98015

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January 2014

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