

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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Remembering Bill Cook

by Nancy Soltez

We were very fortunate to trudge the road of happy destiny with Bill Cook. He openly and lovingly shared his life and recovery with us. The following are some OSATr's memories of our dear friend:



Bill Cook and Janet Mau

Billy R - Bill was a kind and simple man who enjoyed classical music and keeping bees. He also enjoyed hiking and being outdoors, and he spent much of his final years hiking with OSAT during his 27 years of clean and sober living. Most of our time together was on the top of Tiger Mountain in the Issaquah Alps, but Bill was also active in the OSAT activities on Mt Baker and Mt Rainier, and on our Board of Trusted Servants, BOTS. He had a hand in introducing many



OSAT Friends of Bill

new people to the joys of mountaineering. Bill also collected rocks and was a member of the Cascade Mineralogical Society serving that organization as its president for a number of years. His home was decorated with lots of outdoor gear and significant rocks. Bill once befriended a national park ranger to gain

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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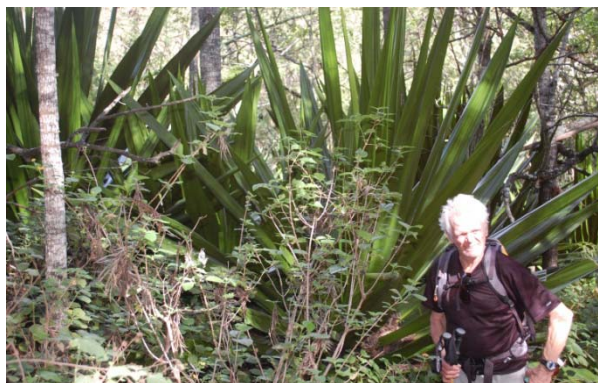
Bill Cook

access to local information about hiking. Our late OSAT friend, Dave Forest, also used Bill's map to find wonderful places along the rugged, Pacific Coast.

Bill Cook was a generous man and had good eyes. He was an organ donor, and he may have helped two blind people to see, a 49 year old man and an 85 year old woman, who received his cornea transplants after his death. Perhaps we who are still alive can learn something from Bill about humility, grace, and strength. He passed away surrounded by friends and family less than a month after his final hike up Tiger Mountain.

Janet M - R.I.P Bill Cook. You have gone to meet your higher power. Thank you for all you have done for OSAT and for encouraging so many of us to live life to its fullest.

Ray S - I struggle with how to start my remembrance. To say I did not know him well, undermines his open and caring acceptance, for he was instrumental in welcoming me to the Tiger Mountain Meeting. His Spartacus physique and warm smile very inspiring, as was his trust that I would bring the coins that ONE day he would be absent. We were a generation apart, but hiking with him did not seem that way. He always engaged the topic as a participant. neither judging nor one upping. I have saved six coins over the last 18 months and all of them touched by Bill Cook. Without this program and OSAT, I would not have been part of his time here, which made us both members.



Emily L - In the short year I knew him every interaction was welcoming and kind...thanks Bill Cook - lucky to have known you. He was often in the first few to sign up for potluck/movie night and asked to leave his camp chair permanently at my house so he wouldn't have to schlep it back and forth every month...he's got a permanent seat with us...

Gregg B - He left us sober. So sad that he's gone but I hope to be so lucky. God Speed Bill. I'll miss you and thank you for showing me the way to my first OSAT meeting!

Dan M - Goodbye Bill ! ...I will always remember you when I see your footprints on the Nook....

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Gary E - I am so thankful that Bill and Bob were the first people I met at my first Tiger meeting. Bill's spot on the log will be fondly remembered as will many miles on the trails together. A good man and a great loss to the family he loved.

Bryan K - I will always remember Bill from the beach meeting. So often he'd share and the train would go by and drown out his words, but Bill wasn't phased by it. I'll miss you Bill, thank you for your friendship.

Rik A - So sorry we didn't have one more day, as I was planning to text him a photo from Cook's Nook Trail this evening on the way up Tiger, as suggested last night at the club meeting. Went up it anyway, thinking of Bill, and lots of great reminiscences at the meeting tonight. We were blessed to have him among us.



Nancy , Bill and Marina

Nancy S - "Nancy Soltez here" was a way I often greeted Bill. It was a military thing, just like our salutes to each other, and Bill loved it. He was my Navy Buddy, and I used the Army-Navy rivalry in times of motivational need - like when Dave Forest lovingly and perfectly led a GCC time trial up Mt Si - with a hiking team goal of having Bill pass (He did!). Bill was very proud of his Navy service, and he cherished all connections with the military. He made nearly every trek with me and other Veterans to the Fort Lewis AA Meeting, where we carried the message to young troops. Bill would always bring a laugh when he shared that his drinking caused him not to be awarded the Good Conduct Medal, something



that was pretty hard to do back in the Vietnam era! To celebrate Bill's 25th AA birthday, the military AA group "secured and awarded" Bill that medal for all the good he had done to support sobriety for our service members, and it touched him deeply. One of the things that I am most grateful for is a trip that I took Bill and James M, another OSAT Navy Vet, on to Naval Air Station Whidbey Island. Bill was absolutely thrilled to see his former base, barracks, planes he worked on - and even the bars he drank at off base. It was magical - and our gratitude for sober living was the highlight of the day.

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Nook Trail

Nancy S – Continued, Bill was deeply grateful for his recovery, he completely and unconditionally loved his children, grandchildren, extended family & friends, and he put everything he had into living large in sobriety. I really admired that about Bill. Like other OSATrs, I have tons of wonderful memories of times with Bill - hiking, car-pooling, participating in special OSAT events, serving on the BOTS together, our support to each other when we were GCC students (me in 2010, him in 2011) and, of course, his beloved Nook Trail. In summary, and in case some OSATrs are not aware, I will share one more specific tidbit about Bill. The wooden bench that is about a mile up the Nook Trail holds powerful meaning to Bill. The first time he attempted to hike up Tiger Mt, that bench marked his turn-around spot. It was as far as he could go. He then used that bench as a motivator, as he climbed a bit further each attempt... until that glorious day that he made it to the OSAT meeting at the top! You will always be an inspiration for hard work Bill - THANK YOU.

The Forest of the Three Tiger Mountains

by Bob S. (Robert L. Schlosser)

Into the forest of
 The three Tiger Mountains
 With big fern fronds
 Trees a marvel of mossy greens
 And a plenitude of blow downs
 Some parts of the trail
 A rich, chocolate muck
 Mist and moisture coming in
 Then rain and wind

I spotted a vivid, a blood red root
 On the trail; it pulsed
 As we passed and our hearts
 Beat in silent unison
 With this forest of
 The three Tiger Mountains

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Reaching the Summit

by Kyle Grafstrom



On Top – Mt. Rainier

You can see it from just about anywhere in Washington: the massive scoop of melting ice cream that is Mount Rainier. For the 13 years I have lived in Washington, it has been an object of wonder. For one, it's a lot prettier than the smoggy belt of brown desert hills I was used to in Southern California. And two, it has to be the biggest natural *thing* my eyes have ever seen. So there it has sat, waiting on my horizon for over a decade. It seems like anywhere you go in Washington it peaks out at you saying, "Ya, I'm still here." Many times I have driven down the I-5 freeway and seen it grow before my eyes as I travelled further south. Somehow it keeps growing and getting more detailed the closer you get until you can't get any closer without entering the national park.

If you do get close enough and enter the park, something funny happens. This huge mountain all of a sudden gets shy and ducks back behind the smaller foothills so you can't see it. But

as you keep driving into the park and get used to the beautiful pristine forests, Mount Rainier eventually reveals itself again and you become speechless. I will never forget the first time I saw it up close and personal. It was like a distant watercolor painting coming to life as the biggest piece of earth and ice I have ever seen! My jaw dropped as I looked up at absolutely massive chunks of blue and white glaciers hanging off the edge of cliffs like laid down skyscrapers. Even though it is so huge from up close, I think the most enchanting thing of all is that because you can see the top, you feel like you can reach it. During one trip in particular, on July 8th of 2008 I decided to hike up to the Glacier Basin campground out of White River campground. It was during this hike that the thought of one day summitting Rainier came to be. I knew it would be tough physically, expensive financially and take a lot of preparation. But, later that day over pizza and beers the emotions were building and we thought "Hell ya, some day we will do that!" Well, little did I know that 3 years later almost to the day I would get sober and 5 years later I would end up achieving this dream of reaching the summit with a group of other recovering alcoholics. On July 12, 2013, I, along with a group of fellow OSATrs, stood atop Columbia Crest at 14410ft and looked back down at the hazy "foothills" where we had come from. To me it was more than just a dream realized. It was the eventual shift in consciousness that truly anything is possible if you work for it.



Kyle Grafstrom

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Board Of Trusted Servants (BOTS)

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- 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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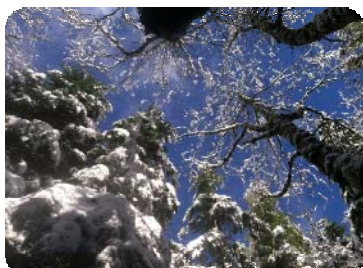
OSAT Club Meetings

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!

OSAT Outdoor AA Meeting



A uniquely **Seattle outdoor AA meeting** takes place twice a week atop Tiger Mountain in Issaquah. The **Sunday** meeting is held year round from 10:00-11:00 am. The **Thursday** meeting is held (during daylight saving time only) from 7:00-8:00 pm.

From Seattle: East on I-90, past Issaquah to Highpoint exit 20. Take two immediate rights so you are heading westbound along the freeway. ¾ of a mile to gate. Park outside



the gate for the Cable Line trail (straight up 2 miles) or through the gate to upper parking lot (Discovery Pass Required) for West Tiger 3 trail (3.1 miles). **Meeting Location:** In the trees below **West Tiger 3** summit.

Latitude: N 47 degrees 30' 73.2", Longitude W 121 degrees 59' 40.9". **What to Bring:** Water, snack, change of warm clothing. A flashlight or headlamp for the Thursday night meeting. First timers should ascend with a frequent member of the group. Call 206-686-2927 for general information or go to OSAT.org

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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May 2014

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