

The Yodel

One Step at a Time



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

In This Issue:

— **Glacier Climbing Course (GCC) 2014**
p. 1-2

— **A Walk in The Park** by Rockin' Ron Elliff p. 3-4

— **Fjordland National Park Visitor Center in Te Anau New Zealand** by Rik Anderson p. 4

— **Writers with Recovery and OSAT Experience Needed!**
by Rik Anderson p. 5

— **Keep Climbing Mountains** by Jim Hinkhouse p. 6-8

— **Board of Trustees (BOTS), Committee Chairs, Traditions,**
p. 9

— **OSAT Club Meetings, Tiger Mt. AA Meeting, Article Submissions**
p. 10

Glacier Climbing Course (GCC) 2014

GCC Conditioner

Mount Si - Old Trail
Roundtrip 5.5 miles
Elevation Gain 3250 ft.
Highest Point 3841 ft.
- February 2014



GCC Snow Camp Trip
at Steven's Pass –
May 2014

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

The Yodel

One Step at a Time

OSAT

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Glacier Climbing Course (GCC) 2014



GCC Climb
Tough bunch!



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A Walk in the Park

by Rockin' Ron (Elliff)

I was walking down Tiger one Sunday in September with Judge Mike, talking about upcoming plans. I had taken a substitute teaching job that month and as I always do at the end of a school "year", I planned to leave October 1st for one of my road trips. I mentioned California and Yosemite. He said that he and John (Jordan) were going to climb the Half Dome trail October 8th. A plan was made for an OSAT hike and after several emails, we decided to meet up in a nice motel just outside the park.

On the way down, I traveled through California, camping in Lassen Park for three days, enjoying the hikes and freezing my butt off in the camp ground there. Continuing south, I stopped in Lee Vining (next to Mono Lake) to get a hot shower and some smelly laundry done. I drove into Yosemite from the east, taking a couple of short hikes, reveling in the beauty of the area. I found a campsite on the west side and ventured into Yosemite Valley. All the land marks I'd come to recognize surrounded me El Cap, Yosemite Falls, and of course, Half Dome. Awesome!

I wanted to get some hiking in before the OSATers got there, so I'd be acclimated to the altitude - about 8000'. I chose Upper Yosemite Falls to get the grand view of the valley. On the way down, it was hazy, the valley filled with smoke.....seems there was a forest fire somewhere to the west of

the exit of the park. When I checked the map to see where our meeting place was located, I realized the route to the motel was blocked by the fire crews and equipment which necessitated a two hour drive to another exit.

I met up with Mike and John the afternoon of October 7th and got to watch helicopters put out a small fire on the hillside above the motel. We got up early on the 8th, hoping the road into the park would be open. No such luck. We had to drive the two hours around, arriving at the trail head about 8:00am. We took the Mist Trail to Vernal Falls (because of the season, there was no mist which saved us some mileage) -



The Yodel



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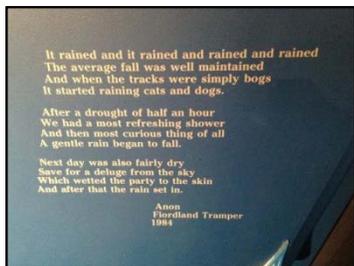


then on to Nevada Falls and into Little Yosemite Valley. What a great respite; a beautiful stroll through a peaceful and thankfully, flat, forested treasure. From the valley, the trail climbed upward to the rock with steps carved into the granite. We got to "quarter dome" and had our first close-up view of Half Dome. John had done the climb before so he knew what to expect. I hesitated and then decided not to continue. Mike, always decisive, took off. I guarded the packs against the marauding ground squirrels, knowing I'd made the right decision. The last 400 feet of elevation is taken with the help of cables, is steep and not for everyone. I asked Mike to

take some ashes of our friend Bill Cook to the top (an OSATer who passed away in the spring). He and John were happy to do it. The trip down was grueling. Almost entirely on steep rock, steps had to be carefully chosen. John, being the youngster of the group (50-something) charged on ahead. Mike and I picked our way down carefully with the aid of trusty trekking poles. We got to bottom after 15+ miles and almost 5,000 feet of elevation. Truly one of the most remarkable hikes of my life, one that I appreciate sharing with friends John and Mike. We drove into the resort area hoping to get a well-deserved meal. Not to be.....the fire had knocked out power. We drove out to the nearest town, found a decent restaurant and devoured a fine meal. In the morning, we parted company; me to drive home, John and Mike to watch the Husky/Cal game. One of the many blessings of recovery.....experiencing the gifts of nature with friends.

Fjordland National Park Visitor Center in Te Anau New Zealand

by Rik Anderson



It rained and it rained and rained and rained
 The average fall was well maintained
 And when the tracks were simply bogs
 It started raining cats and dogs.

After a drought of half an hour
 We had a most refreshing shower
 And the most curious thing of all
 A gentle rain began to fall.

The next day was also fairly dry
 Save for a deluge from the sky
 Which wetted the party to the skin
 And after that the rain set in.

Anonymous
 Fjordland Trampler
 1984

The Yodel

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OSAT

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Writers with Recovery and OSAT Experience Needed!

by Rik Anderson

I have begun the process of assembling a book about the history of OSAT. It will include the material written by Jim Hinkhouse twenty years ago, which constituted about 30% of the book he envisioned. His book was to relate the very beginnings of OSAT, up through the first Mt. Rainier climb in 1991. The book I envision encompasses the entire club history. But more than just relating history, I would like to include in the book a section Jim outlined called "How and Why It Works" ("It" being OSAT). I would like some "expert" (i.e. AA-experienced) help to flesh out some of Jim's ideas.

Chapter 2 of this section, written by Jim, is published in this issue of *The Yodel*. Read it. If the spirit moves you, go to the web site www.OSAT.org/book and read a few other chapters of Jim's writing. Then look over the following outline. Could you write an essay of perhaps 500 to 1000 words covering the topic Jim hints at in this outline? Or perhaps you just have a few ideas about the concept you would like to share, but don't care to write it down formally. Because I am not in recovery, I'm particularly looking for help with sections 1, 5, 7, 9, 10, and 11, which it is clear from Jim's brief comments need a voice of experience. In any case, please contact me, so we can discuss your possible contribution to a book about OSAT.

- 1. The Need to Alter Consciousness** - Everyone has a need to find ways to escape thinking about their existential predicament; positive and negative
- 2. Feeling Good Naturally** – completed by Jim Hinkhouse
- 3. Quietening the Mind** – completed by Jim Hinkhouse
- 4. Wonders and More Wonders** - Mountaineering stimulates all the senses. Especially sights, sounds, smells, and touching. Descriptions.
- 5. The Illusion of Control** - Mountaineering offers unlimited opportunities to practice setting and achieving goals. This is important to many recovering addicts. Examples.
- 6. Living in the Moment** - completed by Jim Hinkhouse
- 7. Another Chemical Rush** - Some people have a need for excitement. Examples of bad ways to fulfill this need; mountaineering is getting out on the edge in a controlled sort of way.
- 8. Nobody Conquers Mountains** - Mountaineering teaches humility. The mountain can always win.
- 9. Connected to Other People** - Mountaineering teaches you to trust other people, an important lesson for recovering addicts
- 10. Accepting Personal Responsibility** - There are no accidents and victims. In the mountains, each person is responsible for themselves.
- 11. Happy. Joyous. and Free** - Gratitude for being in recovery; free from attachments; putting it all together.

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Keep Climbing Mountains

by Jim Hinkhouse

The draft of Jim Hinkhouse's book about OSAT has been published serially in the Yodel. Part I, about the birth of the idea of OSAT. Part II is Jim's autobiography, and Part III was to describe preparations for the 1991 AA Mt. Rainier Expedition during the first half of 1991. Refer to <http://www.osat.org/Book> for a complete outline of the book and links to previously published completed chapters. Part IV is called "How and Why It Works". Jim only drafted three of the proposed eleven chapters describing his philosophy of combining rigorous exercise with recovery. What follows is one of those three chapters. KCM&DS - Rik

Part IV. How and Why It Works

Chapter 2. Feeling Good Naturally

by Jim H

When I first started this adventure, I was surprised to find people who had not yet heard about the benefits of aerobic exercise. Then I found that many people had never listened, especially if they were in dire need of the information. So now I babble on and on about aerobic exercise unless and until somebody shuts me up.

Sometimes when I speak at treatment centers, it is as though I am inventing the words. The audience is on the edge of their seats. The mountain climbing and my story have caught their interest. They are listening...finally.

When I was thirty-five years old I was a VERY old man. I could not walk up a flight of stairs without pausing to catch my breath. I smoked 1-2 packages of Pall Malls per day, which certainly qualified me as a hard core smoker, since this was one of the few remaining non-filter brands. And I almost never exercised. Occasionally, I would generate enough energy to change into shorts and move slightly faster for a few steps on a basketball court. Even then, I would mostly dribble in a stationery position; try a long set shot, and then fall back to protect against a fast break. On other rare occasions I would take my dog for a walk; a slow walk.

I wasn't too overweight. I only weighed about 180, just 15 pounds more than now. However, I had practically no muscle. I was a weak, sickly person. I had a pale color to my skin and a "puffy" look about me. I coughed and wheezed a lot. I made black jokes about exercise: "whenever I feel like exercising, I immediately lay down until the feeling goes away", etc.

Of course, I was also an alcoholic and during the last few years of my drinking, I drank every day. I didn't eat every day, however. I used to be amazed that my body was still able to function. I would walk into my regular bar after work with my hands shaking.

The Yodel

One Step at a Time

OSAT

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Keep Climbing Mountains, cont.

by Jim Hinkhouse

The bartender would pour me a drink. I would cup the glass with both hands and slowly raise it to my lips. Within minutes, my hands stopped shaking. In a half hour I would feel WONDERFUL and I would marvel at the body. Sometimes, I would recall that I hadn't eaten since the day prior - maybe not even in the prior two days. My body was taking all its sustenance from the alcohol and the mix. The adaptability of the human body is truly amazing. (Eventually, of course, such a diet would cause the liver to cease to function.)

Sleep was also a problem. I didn't remember dreams. (I doubt that you can get into the alpha state if your body is toxic; more on this subject later.) I would awake after 5-6 hours, not feeling refreshed, and not able to go back to sleep. This either meant work (weekdays) or an early start at the bar (weekends).

What is the point of all this? The point is that I was a physical wreck in October, 1978 when I quit drinking. After that, although not drinking helped a lot, I was definitely still a "couch potato". I continued to smoke. I still didn't know what it was like to feel good. Finally, in 1982 I reached my couch potato bottom and started the long road back to physical health.

Why exercise? Of course, it is good for the body. But it is also good for altering consciousness in a positive way. Through exercise it is possible to get a "high", a feeling a euphoria, a sense of peace, a lightheartedness, a general sense of well-being. A feeling that the world is OK, that life is worth living, that everything works out for the best, and that the problems we were all tensed up about earlier are really not that important.

How does exercise achieve these highs? Why do they? I don't really know. I don't really care. But I will briefly explain what you need to do to get this natural high.

It's very simple. You just need to increase your heart rate to a certain "zone", a magic level of activity that makes you feel good AND helps your body get stronger. Roughly, this zone is from 65% to 80% of your "maximum" heart rate. Different people have different "maximum" rates. In general, older people have lower maximums. The rule-ofthumb estimate for your maximum heart rate (beats per minute) is 220 minus your age. Suppose you are 20 years old, so your maximum is 200 beats per minute. Then your target zone is 130 to 160 or 13 to 16 beats per 6 seconds, if you are taking your own pulse.

But don't worry if this seems like a lot of math. All you really need to understand is that you should start moving fast enough that it becomes difficult for you to talk nonstop, but not so difficult that you can't carry on a conversation. Some people can achieve this state quickly by walking slowly up a

The Yodel



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Keep Climbing Mountains, cont.

by Jim Hinkhouse

flight of stairs. Other people, obviously in much better physical condition, have to walk much faster and/or carry a heavy pack and would need many floors of stairs to make it worthwhile. (A physical exam before starting a program of vigorous exercise is highly recommended. Also, the "talking test" should be used with care in hot weather.)

Running, walking, bicycling - it doesn't really matter what the movement is as long as it is continuous.

Once you reach the "target" heart rate, stay there for at least 15 minutes. Do this at least three times a week and your whole life will change. You start feeling better, thinking better, and looking better. Your friends are nicer, your boss changes his or her attitude and your coworkers stop being a pain. Food tastes better, it is easier to get up in the morning, and your children start cleaning up their room. You get a raise in pay, the weather improves and the radio only plays music you enjoy. If you are single, you should probably also start a weight lifting program so you have more strength to fight off potential mates. Your sex life is improved (or reborn).

Here's what a normal person feels on a hike. After about 15 or 20 minutes, the body and mind both stop resisting. There is a physiological change. Your breath becomes more even and you start to perspire. Your body starts to create its own pleasure chemicals called endorphins (which comes from the words endogenous which means generated from within and morphine, that well-known pain reliever).

Suddenly everything operates more smoothly. You experience what is commonly called a "second wind".

But keep moving. It gets better -- much better. After about 40 to 50 minutes, more and more endorphins kick in and you begin to feel the so-called "natural high". You start to feel WONDERFUL. The feeling stays with you. Time begins to pass very quickly. You feel ONE with the Universe and Life is very GOOD indeed.

The euphoria stays with you for a few minutes even after you stop exercising. The sensation is addictive - and, achievable by almost anyone - regardless of their physical condition!

Many of us now wouldn't trade one natural aerobic high for all the chemicals in China.

The Yodel

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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.

The Yodel



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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 Meetings

Tiger Mountain 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. $\frac{3}{4}$ 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

Golden Gardens Meeting - Shilshole Bay



Both current members and new folks are encouraged to come support this meeting at a gorgeous site looking across Puget Sound at the Olympics and the sunset. Come early and enjoy pre-meeting activities. Bring wood to support the bonfire. **Time: Tuesday Nights at 8 PM**

Location: On the beach at Golden Gardens Park on Shilshole Bay in Seattle. We attempt to get a fire pit for the meeting. Look for the tiki torches! Map of meeting location. Please contact Doug, Dave or Rick for more details. View a Map of Golden Gardens Park.

Contact: Rick S - 206-795-9024

P.O. Box 53111
Bellevue, WA 98015

The Yodel

The Yodel

December 2014

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OSAT

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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!