

The Yodel



Volume 9, Issue 9

Keep climbing mountains and don't slip!

December 2000

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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."

MEMBERSHIP RENEWAL TIME!

The forms are enclosed so fill it in and mail it!

2001 Glacier Climbing Course is Coming!!!

submitted by Wendy N., Course Chair

Can you believe it: OSAT climbing course number ELEVEN! The committee has already had a couple of meetings, and the planning is full speed ahead.

I would like to thank all of the committee members for stepping up to the plate and practicing the AA principle of service so well. The following people are on the Climbing Committee:

Brian C. - Has graciously agreed to be Vice Chair, which means he will be Chair next year.
Rik A., Dick W., Charlie A., Janyth A., Heather S., Will A., Tracy M., Jim K., Bruce M., Lori U., Carol J.

I would also like to thank all of the people who have called to offer their help. As usual, the OSAT fellowship blows me away with their never-ending willingness to serve.

THE REGISTRATION DESK IS NOW OPEN:

We have increased the registration size to the first 50. Once again we are implementing a mail in registration and the forms must be mailed in before the first class (February 7th). We ask that you do not promote this to the public, but PLEASE, by all means, let people in your home group or other 12 Step Meetings know about the opportunity. You can bring the attached copy of the flyer, registration form, and membership form with you for the people that are interested (please note that both forms are two sided and that both forms need to be filled out). The registration and club membership form are also on the egroups under files.

VOLUNTEERS: As always, the climbing course is a huge club effort, there is something for everyone to do. Volunteers need not be on the committee;

Leadership Training and Education

Submitted by Shirley R.

Would you like to find out more about being an outdoor activity leader? Are you interested in becoming an OSAT leader or improving your leadership skills? On February 14th, 2001 the OSAT Club Meeting will be a leadership panel discussion

here are some tasks we need help with:

- If you have been through the course and would like to share your knowledge one-on-one with a student, call Will A. @ 425.822.0988 or email him at willtrek@juno.com to BE A MENTOR.
- Finally have a chance to tell other people what to do (Just Kidding), volunteer to instruct one of the field trips -- Contact Brian C. @ 425.774.9535 or climberx@earthlink.net
- If you'd like to lead TRAINING/CONDITIONING HIKES, contact Jim K. @ 425.888.3294 or jimkeeffe@accessone.com or Carol J. @ 425.228.7046 or carol198058@aol.com
- In February we will need the usual group of enthusiasts to show off their PACKS filled as if ready for a Rainier climb, to share your tips, experiences, and neat stuff with the greenhorns. This is in conjunction with Tying-in practice. Contact Wendy N. at 206.706.3242 or faithnofear@yahoo.com.
- LECTURERS are always needed -- please let us know if you'd like to share your knowledge and experience with the class: anything from describing your last climb up Rainier to how to set up a crevasse rescue to making freeze-dried taste like home made. Contact Heather S. @ 425.369.9698 or Sheather3@uswest.net

Obviously there are enough jobs for everyone. If you would like to participate we do ask that you sign up with the leader for any of the field trips. PLEASE DO NOT JUST SHOW UP without contacting the leader in advance.

ROPE SEGMENTS: If you are replacing a worn and dangerous rope, please donate it to the committee to be cut up for students.

STUDENTS: Get your application (and OSAT membership for 2001) submitted right away! All registration is in advance this year. A copy of the

in which various aspects of outdoor leadership will be addressed by successful climb leaders. You will have an opportunity to listen and to ask questions. These leaders may or may not be in OSAT but have been selected because of their skill in outdoor leadership. The panel discussion is being planned jointly by the OSAT Safety Committee and BOTS.

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.

GREENLAKE RUN!

If you love running, walking, rollerblading, or any other form of exercise, we meet at Greenlake every **Wednesday**, at **5:30 PM** near the drinking fountains near the boathouse (on the south and slightly west side of the lake). Call **Doug H (425) 271-5116** or **Dick W (425) 339-3751** for info.

Tuesday Fun Run! Join us Tuesday evenings @ 6:30 for a scenic run along Lake Washington (Mt. Rainier visible on a clear day). Variety of running/walking levels can enjoy a series of flat or if you prefer stairs "yeah baby" paths. Contact Susan & Grant E. 206-721-5868 or meet at the Mt. Baker playground swings.

Yodel Staff

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

Editor: Bill A. (206) 729-1887 yodel@osat.org

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Memberships & Mailing List: Bob L.
206-543-8142 memberships@osat.org

How to Contribute

THERE IS NO YODEL IN JANUARY

The deadline for February Yodel: Jan. 24, 2000

Via Email: yodel@osat.org

Via FAX: (by arrangement)

You are **strongly** encouraged to submit your contributions via electronic mail. If you can't do this, contact Bill for mailing instructions.

Service Opportunity: Want to help with the Yodel? We need a new distribution coordinator. Commitment is roughly 4 hours per month. Call Bob L. for details at 206-543-8142

Y2K OSAT EVENT CALENDAR



Want to lead a trip? Call/Email it to us and we'll list it: yodel@osat.org

REGULAR OSAT EVENTS:

Dinner and a Movie: Third Friday of every month. Call Bob L. for details 206-543-8142

Rock Climbing: OSATers meet Tuesdays and Thursdays from 5:00pm to 8:00pm at Vertical World in Seattle for climbing. Call Vertical World for information on prices and equipment rentals.

December: contact Ron D. if you want to go snowshoeing. He will be leading snowshoe trips almost every weekend. Call 206-367-1993 for more details.

December 8, 10am-noon: *Washington State Board on Geographic Names considers Hinkhouse Peak application*, room 172 in DNR Building, 1111 Washington St, Olympia.

Dec 9-10: *Leavenworth, 3rd Annual Leavenworth Christmas lights trip* led by Ron and Sandy. Call 206-367-1993.

Dec. 10: *The Summit*, family skiing and snowboarding. Chuck A. 253-838-0459 call for details

Dec. 15: *Dinner and a Movie*, Bob L. 206-310-2896

Dec. 24: *The Summit*, family skiing and snowboarding. Chuck A. 253-838-0459 call for details

Dec. 25: *Christmas Day Mt. Si climb*. Meet at Si trailhead at 8:30am led by Chris and Wendy Newman, followed by open invitation to a Christmas gathering at the Newman's. Call 206-706-3242 for details.

January:

Jan. 1: *New Years Day Mt. Si climb*. Meet at Si trailhead at TBD. Rik A.

Jan. 7: *The Summit*, family skiing and snowboarding. Chuck A. 253-838-0459 call for details

Jan. 8: Bill L. and Pete S. will lead a cross-country ski lessons. The class includes a field trip on Jan. 13th. Call Bill L. for signup and info: 206-789-8758.

Jan 21: *The Summit*, family skiing and snowboarding. Chuck A. 253-838-0459 call for details

Feb. 10-11: *Snow Caves!* Brian C. 425-774-9535. Call for Brian for meeting time, but don't miss it! You will need to throw a Hawaiian shirt into your pack!

Mar. 3-4: *Annual Tatoosh Snowshoe/Overnight*. Call Rik A. for more details 206-232-8908

Message from Lori U. our Activities Chair:

More activities will be posted in upcoming yodels. Please respect these following courtesies when signing up for an event. Call leader for sign up and particulars about event (i.e. directions and equipment.)

Notify Leader immediately if you are unable to make the event after signup. There may be a waiting list. Respect OSAT Traditions on all events. This is posted monthly in your yodel. Observe OSAT safety policies on all events. You can also get weekly updated info on the Activities Hotline at 206.236.4777. Use passcode

OSAT QUICK-REFERENCE

Board of Trusted Servants (BOTS)

Meredyth 425-252-9131 *merjoe@gte.net*
Dick W. 425-339-3751 *dgrandpaw@aol.com*
Bob L. 206-310-2896 *jrlewis@u.washington.edu*
Charlie A. 206-932-7195 *pine@seanet.com*
Mike R. 206-634-1583 *mikerobb@aol.com*

12-Step Meeting Coordinators

Karen C.
Nancy M. 425-747-2763
Bill L. 206-789-8758 *wlink14fun@aol.com*

Contact People

Activities: Lori U. 425-430-8738 *Namaste2b@aol.com*
Activities Hotline: Karen C. 206-634-9459 *love4animals1@hotmail.com*
Equipment: Grant 206-721-5868 *bearpaws9@aol.com*
Finance: Charlie A. 206-932-7195
Hotline Message: Merry O. Unlisted *mo7climb@earthlink.net*
Hotline Follow-up: Position Vacant! Service Opportunity!
Library: Rik A. 206-232-8908 *rik@osat.org*
OSAT East Coast: John H. 617-641-3423
Running: Doug H. 425-271-5116 *dougnsue@aa.net*
Safety: Ron D. 206 367-1993 *Rydee@juno.com*
Service: Grant & Susan E 206-721-5868 *bearpaws9@aol.com*
Yodel: Bill A. 206-729-1887 *yodel@osat.org*
Webmaster: David C. (Dax) 206-623-7857 *webmaster@osat.org*

OSAT Club Meeting: Monthly OSAT club meetings are held the second Wednesday of the month at 7:30pm. **NO MEETING THIS MONTH — NEXT MEETING IS JANUARY 10TH.**

OSAT 12-Step Meeting Locations:

Tiger Mountain Time: Thursdays @ 7:30 pm & 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). **Note: Call Karen for info on the Thursday night meeting — it switched to the Issaquah IHOP for Daylight Savings Time.**

Thursday Contact: Karen C. **Sunday Contact:** Nancy 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 pm

Location: Take I-5 to Northgate, take the Northgate Way exit, and head west. Keep going past Hwy 99. When you cross Greenwood, Northgate Way changes to Holman Rd. A block or two later, look for QFC, and travel through the parking lot. You'll find 100th and 6th. Park near there at the Carkeek Park trailhead parking lot. The group meets there at 7 pm and then walks down together into the park. **Notes:** This park has a beautiful view of the Sound. Be sure to dress very warmly, and bring candle lanterns and headlamps, as it is dark and usually cold. **Contact:** Bill L.

OSAT Telephone Numbers

There are two main phone numbers for OSAT - a general information number, good for new members, and an Activities Hotline Number, where members can get up-to-the-minute activity information, as well as leave their own trip announcements.

GENERAL INFORMATION:

206.236.5848

ACTIVITIES HOTLINE:

(206) 236-4777 (Use passcode 9674)

When you call the hotline, enter passcode 9674. Then follow the prompts...

Handling the OSAT E-List: Tips guaranteed to help you use the OSAT Email list effectively:

UNSUBSCRIBING:

Send a blank email to: **osat-unsubscribe@egroups.com**

SUBSCRIBING:

Send a blank email to: **osat-subscribe@egroups.com**

POSTING: (Use discretion: remember we ALL get the email.) Send your message to: **osat@egroups.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

The Yodel

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

SUPPORT OSAT IN STYLE:



\$15.00!
OSAT
T-SHIRTS
They come in various colors and sizes!
Price is \$15. Please contact Joan M.
Ph: 425-277-8943

Mailing
Address
Goes
Here

OSAT MARKETPLACE

Advertising in this column is free for all OSAT members. To keep your ad in subsequent issues, you **must** notify the Yodel of your renewal prior to deadline. Send the *Yodel* your personals, gear swap offers, and situations wanted. **50 word limit.**

OSAT Climbers and Adventure Lovers! May I assist your travel planning? I offer my services as a full time travel agent to help get you to the peaks, the shores and the cities. Events available: Honolulu convention in November Women's International in February, Sober Club Med in February. Call me! Janice B at 425-646-8200.

MOVING SOON? Call Jim Fahey Moving! 18 Years commercial and residential experience. Need help moving a piano? Jim's your man! Ph:425-787-7888 jimfahey@apl.washington.edu

SUPPORT SIGN-LANG. ON TIGER: Beautiful 20" handmade bead necklaces on sale for only \$10. All money is donated to interpreters for Tiger Mt. meeting once a month. Please call David "Dax" Ching (206) 623-7857 or email dax@oz.net for more information.

Couples Counseling. Sensitive help in resolving tender relationship issues. Rich H. MA CMFT, (206)418-1150

IF YOUR BODY WEARS OUT, WHERE WILL YOU LIVE NEXT? Go see Dr. Mark Fredrich at his new location: Woodway Chiropractic, 20015 Highway 99, Suite A Lynnwood, WA 98036 Ph: 425-771-BACK (425-771-2225) FREE INITIAL CONSULTATION AND EXAMINATION FOR ALL OSAT MEMBERS

FOR SALE: Aromatherapy Eye Pillows \$13, Serenity Bath Salts \$6/20 oz.great for after a long hike. Cedar Sox 100% cotton/cedarwood - pull odor and moisture out of the smelliest hiking boots... \$12.00/pair. \$3.00 s/h. Great gifts! Call AWAKENING SPIRITS (206) 767-9339