

The Fodel

Volume 11, issue 3

Keep climbing mountains and don't slip!

In This Issue

Keep Climbing Mountains
Part 1, Chapter 2 — p. 1, 4,
6

Mission Statement — p. 1

April BOTS Meeting
Minutes — p. 2

OSAT Quick Reference &
Phone Numbers — p. 3

Editor Search — p. 4

May Club Meeting Minutes &
OSAT Traditions — p. 5

Web Sherpas — p. 6

Activities Calendar — p. 7

Marketplace & Photo of the
Month — p. 8

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."

KEEP CLIMBING MOUNTAINS

Jim Acknowledges Another Shortcoming

In 1994-95 Jim Hinkhouse drafted parts of a book describing his story and the story of OSAT's beginnings. In this, the second of seven chapters he completed about the early seeds of OSAT, Jim describes a few of the early challenges and doubts he faced as he considered implementing the concept of merging recovery with mountaineering.

KCMADS, Rik

Part I, Chapter 2: Procrastination

Time passed. Did I take out a business license? No. Did I take some classes in counseling? No. Did I talk to treatment centers about my idea? No. In fact, did I do anything tangible that moved me toward such a career change? No, I did not.

You could say I procrastinated.

I used to be good at procrastinating. Once I drove around town for six months with expired license plates. Rarely did I pay my taxes on time. "Why do something today that can be put off until tomorrow?" was my motto most of my life. I'm much better now, but old habits are hard to change, especially those based on deep-rooted mental garbage.

"Do I HAVE to, Mother?" I would ask as a little boy, when told to do something I didn't want to do at the moment.

"You don't HAVE to do anything", she would answer with a look and tone of voice that usually made me want to do it.

If I didn't, then the inevitable result was (and is), you guessed it, GUILT. I would become laden with guilt. In fact, bent-over with guilt. But I wouldn't do whatever it was I was supposed to do until my chin was almost dragging along the ground. Even then I might not do it.

Sometimes though, this would work. The unpleasant chore would go away. I would put off action until the original fire went out. Taking a class, starting a diet, writing a letter, reading a particular book, and calling an old friend, are examples of small brush fires that can be managed through procrastination. In retrospect I would have expected this to happen

"The answer came to me one day. (While on a hike, of course.) A club was needed. A club consisting of people in recovery who like to do things in the outdoors."

(Continued on page 4)

April 21 BOTS Meeting Minutes

Time: 7:30 p.m.

Place: home of Mike & Jane

Attendees: BOTS members: Mike P, Robyn S., Tino S. and Bruce M.

OSAT members: Chuck A., Russel S., Jane P., Teresa F. and Dave B.

Mike called meeting to order, read Mission Statement and led with moment of silence and Serenity Prayer.

Robyn read minutes of February meeting (minutes of March meeting were not available). Minutes were approved as corrected.

Special announcement: OSAT made over \$100 on the talent show/gear grab April 3.

Old business:

Trail work party on lower end of Tiger Cable route is Saturday, April 24, 9 a.m. to 2 p.m.

CPR classes are in the works; we have about 20 respondents to an informal email poll and are working on a phone poll to see how many people want this class. Roxanne D., Cliff L.'s friend, is willing to teach the classes, but we are waiting to find out her availability and a place to hold the classes.

Teresa and Tino are looking into ordering fleece vests like the ones we gave out at the last Gratitude Dinner.

BOTS received a letter from a lawyer involved in the accident case involving OSAT member Marie. Mike forwarded a copy of the Release and Indemnity Agreement that Marie had signed, and we are now waiting to hear back from the lawyer. It was pointed out that this emphasizes the importance of signing the Release and Indemnity Agreements before participating in an activity. Russell volunteered to make an announcement at the next club business meeting to remind everyone to make sure everyone involved in an activity sign a Release and Indemnity Agreement. The forms can be downloaded from the Internet, and all activity leaders will have copies

with them prior to leading activities.

OSAT stickers are still available. Teresa will ask Jane L. to have some available at the next business meeting.

New business:

Chuck A., representing the Glacier Climbing Course (GCC) Committee, obtained 24 permits for climbing Mt. Rainier, and asked BOTS to vote that he be reimbursed. After some discussion and suggesting that OSAT develop a clear policy with GCC about when students would pay for their permits, BOTS unanimously voted to reimburse him.

It was suggested that, at the end of this year's climbing course, BOTS should have a joint meeting with the GCC to evaluate the current policy for climbing permits and revise or strengthen it if necessary.

BOTS received email from Karin Czulik, a staff member from KING-TV's Evening Magazine, who wants to do a story on an OSAT member with an inspiring story. After much discussion about anonymity issues and how the story would be handled, BOTS will wait to hear from her about what kind of story she wants and how she would protect the anonymity of the chosen subject.

Meeting adjourned at 8:30.

*Respectfully submitted by Robyn S., Vice Chairman,
OSAT Board of Trusted Servants*



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>
Robyn S.	206-675-1036	<i>robynsmi@msn.com</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: Teresa F. 425-353-8154 *spamulino@yahoo.com*

Library:

Membership: Jane L. 206 686-2927 *library@osat.org*
jane.lockwood@gettyimages.com

OSAT East Coast: John H. 617-641-3423

Safety: Doug H. 425-271-5116 *dougnisue@minspring.com*

Service: Lee W. 206-465-4650 *peakbagger3@comcast.net*

Yodel: Dax 425-488-0424 *yodel@osat.org*

Webmaster: Dax 425-488-0424 *webmaster@osat.org*

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, 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 #6, upstairs.

OSAT 12-Step Meeting Locations:

Tiger Mountain: 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).

Thursday Contact: Tino Sunday Contact: Tracy M

Note: 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 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 Phone Numbers

There are two main phone numbers for OSAT, a general info number where you can leave a message to have a person follow up with your questions and an Activities Hotline number where you can find out where the OSAT meetings are held, the contact people's numbers for those meetings and also be able to leave a message for follow up with a member.

General Info 206 686-2927

Activities 206 686-2926

(Continued from page 1)

with my plans to start a new career that combined mountaineering with helping people recover from drug addictions. Slowly, the fire would begin to sputter, then finally die.

I did mention my plans to a few friends and got some mild encouragement. (Of course, I would get some encouragement. A new career, especially one with social redeeming value, is sort of like motherhood and apple pie.) But this was parlor talk. No significance at all.

I also thought about some of the potential problems. Marketing would be tough. Insurance might be a problem. And perhaps more important, how do I really know that mountaineering would help people in recovery?

I knew that the relapse rate was high the first year. After about three months, most recovering addicts enter a state of mind that makes their continued abstinence unlikely. This is after they have experienced the high from their body getting clean and healthier, but before the compulsion to drink or use drugs has left them. They seem to flounder, not knowing yet how to live sober. Maybe an introduction to mountaineering could help them get through this period. They could take a seminar from me to learn the fundamentals.

What then? What would they do after they completed my seminar? Good question.

The answer came to me one day. (While on a hike, of course.) A club was needed. A club consisting of people in recovery who like to do things in the outdoors. Graduates of my seminar could join this club. And live happily ever after. Right. But how does this club get started? Or, more to the point, how do I even find the alcoholics who

(Continued on page 6)



“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

HELP WANTED

We are currently seeking someone for the position of Yodel Editor.

All that's needed is a computer, internet connection, and a couple of hours a month to put the Yodel together and mail it out. Templates and instruction are included. Translation to digital and print copies and printing are handled by someone else. Please volunteer to yodel@osat.org. This is an awesome opportunity to participate in your club and get involved.

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 yodel@osat.org or they can be sent to Yodel Submission, P0 BOX 646, LYNNWOOD, WA 98036-0461. The submission deadline for the next Yodel is July 1, so please get us your stories!

Yodel Staff

Editing, Printing & Distribution:
Dax 425-488-0424

yodel@osat.org

Memberships & Mailing List:

Jane L. 206-686-2927

memberships@osat.org

May 12 OSAT Club Meeting Minutes

Meeting called to order by BOTS Chairman, Mike P., at 7:30 p.m. Opened with moment of silence and Serenity Prayer.

Introductions of Attendees: Voya B., Cindy L., Lee W., Jay M., Kevin C., Dave B., Teresa F., Jane L., Jane P., Nancy S., Mike P., Robyn S., Bob L., Terri S., Rik A., Cliff L.

Mission Statement and Preamble and minutes of previous meeting read by Mike P. Minutes approved as read.

Standing Committee Reports:

Activities – *Kevin C.* Lots of hikes and climbs planned for May and June—see OSAT website for further details. Washington Pass weekend, including Hinkhouse Peak, Sourdough and Kangaroo Temple climbs, is Memorial Day weekend, May 28-30. Glacier Peak climb postponed until later in year. GCC related activities include Camp Muir conditioners, overnight rope travels, crevasse rescue trips and Mt. Baker climbs scheduled for May and June.

GCC – *Terri S.* Currently 21 students. Instructor skills review trip was a success, and will probably be offered again next year.

Hotline – no report

Library – no report

Membership – *Jane L.* New directories are here. Currently we have 10 new members, for a total of 155. Membership chairman job is currently open. (Thanks, Jane, for all your hard work and good service.)

Safety – *Robyn S. for Doug H.* CPR and First Aid classes; first session tentatively scheduled for June 5. More will be revealed. Class costs \$36 per student and lasts 5 hours, and student will earn a suitable-for-framing certificate for CPR and basic first aid. Use of the facility is free. Classes will be held at a day care center in Lake Stevens and taught by Roxanne

Davis, a friend of Cliff L.

Service – *Lee W.* Car camp will be at Bridge Creek campground, weekend of September 18-20.

Treasurer – *Teresa L.* We are solvent and have \$5,000 to last us the rest of the year. GCC climbing permits for Rainier have been paid for.

T-Shirts – *Russell S. for Sharon L.* White long-sleeved polypro (glacier-approved) is in, sizes limited to small and XL so far. Russell bought the one medium that was available.

Yodel and Web site – no report

Special Announcements:

Jay is instituting a division of OSAT called, “Fast and Heavy” to go along with “Slo-sat” and “Fast and Light.” Contact him for more details, if you dare. Rik A. brought the Hinkhouse Peak scrapbook to inspire those doing the climb on May 29, and for everyone else to look at. Mike P. announced MS mountain bike ride. Contact him for more information.

Robyn S. announced trail work party at Tiger cable line in cooperation with Issaquah Alps Trail Club will be held May 22 at 9 a.m. Contact her for more information.

Entertainment:

Mike and Jane P. presented a multi-media show about the Trek Tri-Island bicycle ride, with slides of the past three years’ rides and a cool soundtrack, to inspire people to sign up for this year’s trek, September 25-27 (the weekend after the car camp).

Meeting adjourned at 8:45, closed in usual manner with Serenity Prayer.

*Respectfully submitted by Robyn S., Vice Chairman,
OSAT Board of Trusted Servants*

OSAT Traditions

Revised April 14, 2004

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. On a technical activity, an OSAT leader should have completed a MOFA or equivalent course or ensure that at least one participant in the activity has done so. On a non-technical activity, an OSAT leader should have or ensure one of the participants has a valid first aid/CPR certification.
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 on each rope 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.
10. An OSAT activity is considered technical in nature when any one of the following conditions exist: 4th class or higher rock, glacier travel, off-trail travel, any activity requiring the use of an Ice Axe and/or Crampons, any activity that takes place at an altitude higher than 7,500 feet above sea level.

(Continued from page 4)

are also mountaineers? Sometimes the "anonymity" aspect of AA was a definite problem.

For starters, whenever I was on a Mountaineer outing I would announce that I was a recovering alcoholic and interested in meeting other such people who were also into mountaineering. I had a few bites. One couple told me they had met a female climber from Tacoma who talked about being an AA member. They thought her name might be Kathy, but weren't sure. Not much, but something. A young man took me aside and told me he was also a friend of Bill W (founder of AA), but he didn't seem to be interested in the club idea. He didn't say so, but I think he was worried about his anonymity.

Sadly, some people in recovery feel so stigmatized by their disease that they don't want their condition generally known. This usually

goes away after a few years, but not always. I have friends with ten or more years of continuous sobriety who are paranoid that people, espe-



cially their employer, will discover their condition. How could an outdoor club - right there in front of God and everybody,- maintain the anonymity of their members? Good question.

So, basically I procrastinated. The fire to start a new career lost some of its intensity. Besides, I was very involved with climbing and this took up all my free time.

(Procrastination is not such a big problem for me these days, because I have some tools that help me overcome its drag. First whenever I catch myself pushing something into the future, I force myself to take one small, maybe VERY small, step toward accomplishing whatever it is that I want to postpone doing. That helps for the small items. For important issues, I also use more powerful tools such as affirmations or visualization or both. On a few matters, I still let them fester for

awhile in the hopes they will go away. And sometimes they do.)



WEB SHERPAS — Welcome Dusty!

We are pleased to announce the addition of Dusty to the web administration staff. Dusty and Dax have plans for some exciting new features to be added to the OSAT website including a members only section, auto-updated activities lists, and a new list service. These features and others will be revealed as they are created and implemented. Everyone in the club should be pleasantly surprised by the changes. Any questions, concerns, problems, etc., related to the website or website business should now be sent to the website administration team at websherpas@osat.org (formerly webmaster@osat.org).

OSAT WEBSITE — <http://www.osat.org>

OSAT E-LIST — osat@yahogroups.com

The OSAT E-list is designed for OSAT members to announce OSAT related business and on goings. Please use discretion when posting to the E-list. No opinions please. And remember, we ALL get the emails.

SUBSCRIBING:

Send a blank email to: osat-subscribe@yahogroups.com from the email account you are signing up with and follow the instructions that are emailed to you.

UNSUBSCRIBING:

Send a blank email to: osat-unsubscribe@yahogroups.com from the account you are unsubscribing from and follow the instructions that are emailed to you.

OSAT MESSAGE BOARD — <http://www.osat.org/messageboard/>

The OSAT Message Board is for OSAT members to chat, vent, opine, share off topic content, and just have a good time. (Please note: The OSAT Message Board is un-moderated, however, extremely offensive posts will be deleted.) **(The message board is fixed and working!)**

OSAT ACTIVITIES CALENDAR

January

- 1 New Years Day Mt. Si climb
- 17 Nookachamps Fun Run, Skagit Valley College
- 18 Camp Muir hike
- 23 OSAT night at Magnolia Speakers Meeting— come and support Dick and Terri. Dinner at 6 at Louie's Chinese Restaurant. Contact Lee W. at 206-465-4650 or email peakbagger3@comcast.net
- 31 Vertical World indoor climbing party 7-10 p.m., contact Jay M.

February

- 1 Nordic ski trip at Snoqualmie, contact Bill L., 206-780-8758
- 13 Ice skating party in Kent, 7:30 p.m., contact Mike P.
- 27 Ski day at Stevens Pass, contact Terri S.
- 28 Slosat snowshoe at Rainier, contact Rik A. 206-232-8908
- 29 Chilly Hilly bike ride around Bainbridge Island

March

- 6-7 Snow cave campout, contact Pete S.
- 13 St. Patrick's Day Dash
- 21 Slosat snowshoe trip, time and place to be determined, leader to be determined

April

- 3 Talent show and gear grab, contact Jim K.
- 8 Thursday night AA meeting goes back outside to Tiger Mt., starts at 7 p.m,
- 10-11 Mt. St Helens climb, kid friendly, contact Chuck A.
- 24-25 Mt. St. Helens climb, leader and time to be determined.

May

- 1 Kaleetan Peak, contact Russell S.
- 21-22 Mt. Constance in Olympic Mtns., contact Russell S.
- 28-30 Washington Pass Weekend, climbs at Hinkhouse Peak, Sourdough, etc., contact Rik A.

June

- 3 "Twelfth Night" at Redmond Towne Center, (an evening of culcha) contact Lori U. or Karen D.
- 5-6 Glacier Peak, contact Russell S.
- 19 Tour De Blast
- 21-22 Mt. Constance, contact Russell S.

- 26-28 Necklace Valley, contact Russell S. or Nancy T.
- 27 Coeur d'Alene Ironman USA, contact Kevin C.

July

- 17-18 STP bike ride, Seattle to Portland
- 24-25 Ross Lake kayak trip, contact Kathy H. or Rob C.
- 29 RAMROD bike ride around Mt. Rainier

August

- 1 Troika triathlon
- 8 Blue Angels bike ride, I-90 bridge
- 13-14 RSVP bike ride, Seattle to Vancouver B.C.
- 13-15 Ross Lake kayak trip, contact Steve M.
- 21-22 Mt. Adams from north side
- 29 OSAT picnic, Golden Gardens Park
- Sometime in August – cycle to summit on I-90
- OSAT night at Safeco Field

September

- 4 Black Diamond ½ Ironman Triathlon, contact Kevin C.
- 11-12 Slate Peak climb and fossil hunt,
- 11-13 San Juan kayak trip, contact Bob D.
- 11 Black Hills triathlon
- 18-19 OSAT car camp, contact Lee W.
- 25-27 Trek Tri-Island bicycle ride, contact Mike P.

October

- 2 McClellan Butte, slosat climb, leader to be determined
- 3 Cycle Through the Summit, bike ride through tunnel (bring your headlamp!)
- 13 Mercer Island triathlon
- 16 Slosat trip to Spray Falls near Mowich Lake, contact Cliff L.
- 28 Last Thursday night outdoor meeting on Tiger
- 30 OSAT Halloween costume party, contact Lori U.

November

- 20 OSAT gratitude dinner, Kirkland Congregational Church
- 24 Thanksgiving Day climb up Mt. Si

December

- 10 OSAT Christmas party
- 24 Christmas Day climb up Mt. Si

The Yodel

P.O. Box 6461
Lynnwood, WA 98036-0461

Online Version

OSAT MARKETPLACE

MOVING SOON? Call Jim Fahey Moving! 18 years' commercial and residential experience. Need help moving a piano? Jim's your man!

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.

FOR SALE:

Arc'Teryx Bora
80 '02 Great
condition: \$125
2 Kilimanjaro 0
Degree 3D
Sleeping Bags
\$75 each, never
used.
425-316-0310
scott@nwog.org

FRUSTRATED WITH YOUR COMPUTER?



**WE OFFER COMPUTER
TRAINING,
TROUBLESHOOTING
AND REPAIR, IN YOUR
HOME OR BUSINESS!**

Call now for special OSAT member rates, to schedule an appointment, or get more information. Available days, some nights and weekends.

Serving the Puget Sound area
425-773-9267
ivar@sandsmarkservices.com
www.sandsmarkservices.com



**Sandsmark
COMPUTER SERVICES**

PHOTO OF THE MONTH



Here's the latest picture of the work the OSAT trail maintenance team did on the lower Tiger Cable trail.
Where: Tiger Mt. Trail Work Party Progress
When: April 24, 2004
Photo by: Bill D.

Send your pictures to yodel@osat.org, and the editor will post the best one in each month's Yodel.