

The Yodel

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

Online Version

OSAT MARKETPLACE

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.
Call Nancy Thorpe at (206) 523-0844.

PHOTO OF THE MONTH



Where: Mt. Rainier summit after scattering fellow mountaineer's ashes

When: 7/17/2005 at 6:05 am

Photo by: Passerby climber

Please send a photo to yodel@osat.org and the editor will post one in each Yodel edition.

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The Yodel

Volume 12, issue 3

Keep climbing mountains and don't slip!

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Jim's Manifesto

In the outline of undrafted portions of his book, "Keep Climbing Mountains", Jim included as Chapter 8 a description of Chemical Dependency Counseling Classes he took in 1990: "I enjoy these classes. I get positive feedback about my ideas... I write a paper about why meditation and mountaineering can help prevent relapses." The term paper mentioned was included in the draft of the book given to me. It is possible that Jim intended to include it, or at least some of the ideas in it, as part of this chapter. The final paragraph elevates the ideas presented here to the level of a manifesto. The paper makes it clear that the founding of OSAT was not an accident, but the manifestation of deeply held beliefs that Jim developed in detail, and in part through an academic study of recovery. Jim's instructor noted "Well done! What a wonderful idea", and awarded Jim a grade of 3.5.

KCMADS, Rik

Chapter 8.

Recovery Through Meditation and Mountaineering

Jimmy D. Hinkhouse
Final Term Paper
Introduction to Chemical Dependency Counseling
Fall Quarter 1990

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."

This paper combines some personal views with ideas presented or suggested in the references. Essentially it recommends meditation and mountaineering as aides to recovery from chemical dependency. (Note: Numbers in [] refer to references)

Consciousness and alterations

Consciousness may be defined in terms of the degree or awareness of one's existence and its relationship to one's surroundings. Altering or changing one's consciousness implies altering or changing how one perceives reality.

Animals may be aware of their own existence, but they have a very limited view

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OSAT BOTS Meeting Minutes

OSAT BOTS Meeting July 19, 2005

The meeting opened in the regular fashion with a moment of silence and the Serenity Prayer. Members present: Dick, Dave, Bruce, Tino and John

The minutes from the previous meeting were read, one item was slightly amended and the minutes were then approved.

Old Business:

2 membership fee waiver forms have been received and another is expected from a third person.

Club Meeting Presenters:

August - Lisa Parson - John E. will contact Lisa regarding a presentation at the August 10th meeting.

September - Kieron - Tino will talk to him about a presentation at September's meeting.

October - Martin Volken - John E. spoke with Martin and he is interested in doing a presentation to the group in October.

Treatment Center presentation - Dick D. will email the OSAT echo list asking for a volunteer to develop a presentation on OSAT that can be shared at treatment centers.

John's question of OSAT liability related to non-OSAT events published on the OSAT calendar. Bruce discussed the issue with an attorney who found no cause for concern related to OSAT liability for the event.

New Business:

Rainier climb on Emmons route July 16 - 18, 2005.

The climbing team was split because some members were not able to complete the ascent. These members stayed on the mountain and one became overcome by hypothermia. The others were able to assist the climber and the symptoms subsided however a call to 911 was made and the Park Service was notified. The other rope team summited and returned to the others on their descent. The Park Service Ranger told Rik, the climb leader, that OSAT had once been warned about leaving climbers on the mountain, "tag and bag". Rik has documented his account of the day and will discuss with the Safety Committee. All members of the climb have been asked to give their account of

the situation for review.

Dick will bring Rik's report to the Club meeting for review.

Bruce will contact the Safety Committee to request attendance at the next club meeting.

During the Club meeting on July 13th, the group decided to donate \$1,000 to the Education Fund established for Mike Robb's children.

Mike P. expressed concern that new members had been calling regarding a delay in getting member access to the website and copies of the Yodel. There had been an example of a 4 - 6 week delay after the individual's check had been cashed. Mike contacted Bob Lewis and Dax about the issue.

Dick offered to speak to Bob Lewis and request that Bob notify Dax about new members needing to be added to the website and echo-list.

Bob Lewis had new member directories published. It was determined that this year's students were missing. The student list was going to be added as an insert to the directory.

The meeting was closed in the normal fashion at 8:45pm.

OSAT BOTS Meeting August 16, 2005

Time: 7:30 p.m.

Place: Mike & Jane's

Attending: BOTS Members: Dick D. Chair, Bruce M., Dave B., John E., Mike P., Member Emeritus
OSAT Members: Jane P.

The meeting was opened in the usual manner, beginning with a moment of silence and the Serenity Prayer, and reading of the OSAT Mission Statement.

Minutes of last meeting were read and approved.

Old Business

- Entertainment:
- o Last week Lisa P. had to bail so there was no entertainment.
- o Dick will call Tino to make sure that he has Kiron lined up for the next meeting.
- o Martin Volkin will present in October

The Cat is out of the Bag... Terri's Big Adventure!

Terri S. is currently traversing the Cascades and Sierra Nevadas from Canada to Mexico.

Her full journal can be found at her live and nearly-daily updated website. She is currently somewhere in California.

<http://www.trailjournals.com/terri2005/>

From The Trail Journal of Terri S.

September 18, 2005

"This afternoon I had a great view of what I believe is the mammoth mountain ski area. It is quite impressive and looks almost like a miniature half dome. I had heard previously that Mammoth boasts the steepest groomed runs in the country. Now that I've seen it, I can believe it."

A Message from the Editor

Hello fellow Osaters. Thank you for the opportunity to serve as your faithful Yodel editor! Kelly P will be sharing some of the footwork for content as well as handling distribution. I will be editing and formatting the content in traditional Yodel form. Dax A will handle e-mail distribution. We hope to be able to produce a monthly edition of the Yodel for the foreseeable future.

We are still looking for additional reporting help to produce content. We'd like a couple of reporters to write a short article every few months. For example, the glacier course could be reported on, or any interesting stories as found. If you're interested, please contact me or Kelly, otherwise we will be looking.

PHOTOS WANTED: We'd like some photos to illustrate the Yodel with, as well as to use for photos of the month. Please send them to yodel@osat.org with a description, photographer, and date.

STORIES WANTED: Any climb stories? Any other stories. We are interested! Please send with and accompanying photos to yodel@osat.org.

Yours in Service — Matt S.

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.

Club Meeting Minutes

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New business

Nancy talked about revisiting the idea of having some months off for club meetings. Gratitude month, Christmas and some of the busier months during the summer. Rik brought up the by laws and how it is stated that meetings take place every month. Teresa said in the past we have done fewer months at our own discretion. It was noted by several club members that lately we have had fewer people at club meetings. Dick said that it has been a challenge to get entertainment commitments. Also that it seems that there are just natural times of the year when interest falls off due to busy schedules and other commitments.

The bots will discuss this issue at the next meeting on Sept 20th.

Meeting was closed with the Serenity prayer and keep climbing mountains and don't slip!

Entertainment: Rik showed the slides from the Aconcagua trip, Bill L also helped with the narration.

Dick D.....bots chair.



September**14 – Club meeting**

Monthly club meeting. Hey Osaters, come support your club. Refreshments served. And we are hoping for slides of Rik's Anacogwa trip. 4545 Island Crest Way. Mercer Island. 7:30 pm.

17 – Trek Tri Island Bike Ride

3 day fundraiser through the San Juan Islands and on to Victoria for the American Lung Association. Pedal an average of about 45 miles a day through the beautiful San Juan Islands with overnights in Port Townsend and Camp Orkila on Orcas Island. More information can be found at The ALAW Website. Register early, as I suspect this ride could fill as early as April or May.

What to bring: You and your bike, overnight bag, Extra tube and pump, water bottles, helmet, smile., Size Limit: Yes, Difficulty: Recreational, some hills, Leader: Mike P., Phone: 253 854-3016, Email: Mprimed@comcast.net, Facilitator: Mike P. Sign up via website or leader.

24 – Mountain Ascent Challenge III

Non Sponsored and Non-Organized Adventure Race Snoqualmie Pass to Stevens Pass (70 Miles) This is not an OSAT endorsed event, I just wanted to make sure everyone knew about it that might want to try something like this.

What to bring: As little as possible!, Size Limit: none, Difficulty: Long and Strenuous, Leader: Scott H., Phone: 425-346-9302, Email: scott@cascadeguide.com, Facilitator: Scott H. Everyone's Welcome!

October**12 – Auburn – Parade**

Veteran's Parade this side of Mississippi Size Limit: none, Facilitator: Dax. Everyone's Welcome!

October (cont.)**27 – Last OSAT Thursday Night Tiger Meeting for Season**

- After tonight, the Thursday Night OSAT Tiger Mountain meeting will move from Tiger Mountain back to IHOP in Issaquah. Details under "12 step meetings" on the website. Size Limit: none, Facilitator: Dax. Everyone's Welcome!

29 – Halloween Party

Size Limit: none, Leader: Lori, Facilitator: Dax. Everyone's Welcome!

November**12 – Gratitude Potluck Dinner**

Kirkland Congregation Church
What to bring: Potluck Dish, Size Limit: none, Leader: Mary Potluck, Email: view-point@myfastmail.com, Facilitator: Mary P. Everyone's Welcome!

24 – Mt Si Thanksgiving Hike

Size Limit: none, Facilitator: Dax. Everyone's Welcome!

December**25 – Mt Si Christmas Hike**

Christmas Dinner Appetite Builder
Size Limit: none, Facilitator: Dax. Everyone's Welcome!

January**1 – Mt. Si New Years Day****Traditional OSAT Hike**

Size Limit: none, Facilitator: Dax. Everyone's Welcome!

Old Business

Rik has posted the ongoing court case involving Mike Robs assaliant. The info is available to any osater who is interested just email Rik.

Jay M is going to put out emails requesting photos on disc for the osat presentation. Anonymity issues were discussed as well as the scope of the presentation. We also talked about making a pamphlet to distribute. Jay will also pass out flyer's for the osat meeting on Tiger Mountain, but it is going well and Jay is on it!

Meeting attendance: We talked next about how to get more people to the club meetings.

* Booking entertainment ahead of time.

Dick commented that the last two months we have had people not committing or dropping out at the last minute so it's been difficult lately.

Dick also said that Martin Volken is supposed to do the entertainment for the October club meeting. It should be good! He is a registered Swiss mountain guide and a back country skiing guru. He has also published a book on the subject.

Teresa said that the responsibility for booking the entertainment should be delegated to all the bots members.

Nancy commented that it would be a good idea to put out emails on the club talk list to drum up entertainment from all the club members.

Russell reported that the Ross lake kayak adventure came off splendidly and that a report to the safety committee wasn't necessary.

Dave brought up the coming elections in November for three vacant bots positions. Rik said that usually those candidates have been secured by car camp time so we are a bit behind.

Standing Committees

T shirts: Teresa said that there hasn't been much action lately in T shirt sales, but that usually we sell a lot at the gratitude dinner and Christmas party.

Safety: Doug is close to having a report completed on the Rainier incident from the summer.

Yodel: We need a new editor. Kelly said he has found some

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OSAT QUICK-REFERENCE

Board of Trusted Servants (BOTS)

Mike P. 253-854-3016 mprimed@comcast.net
Dick D. 206-714-3782 dempsey7272@yahoo.com
Robyn S. 206-675-1036 robynsmi@msn.com
Tino S. 253-826-1464 tinosanchez@hotmail.com
Bruce M. 425-204-0168 bmahar@pilchuck-usa.net

12-Step Meeting Coordinators

Tino S. 253-826-1464 tinosanchez@hotmail.com
Dave B. 425-353-8154 dgbrown5@gte.net
Tracy M. 425-204-0168 tracybruce@earthlink.net

Contact People

Activities:

Jay M. 425-271-5976 jayandmichele@comcast.net
Kevin C. 425-681-6141 kcarrothers@comcast.net
Activities Hotline:
Finance: Rik A. spamulino@yahoo.com
Library: treasurer@osat.org
library@osat.org

Membership: Bob L 206-686-2927 membership@osat.org
OSAT East Coast: John H. 617-641-3423
Safety: Doug H. 425-271-5116 dougtsue@minsdpring.com
Service: Lee W. 206-465-4650 peakbagger3@comcast.net

Yodel:
Matt S. 425-922-8536 yodel@osat.org
Kelly P. 206-675-1036 yodel@osat.org
Web Sherpa: Dax 425-488-0424 websherpa@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

OSAT Information Hotline

Enables the public to contact OSAT, leave messages, and hear about 12-Step meetings and other club events.

206 686-2927

(The Activities Hotline has been discontinued.)

The OSAT Echo

SUBSCRIBING: Members are added to the Echo distribution list upon joining.

POSTING: (Use discretion: remember we ALL get the email.) Send messages too: echo@osat.talklist.com

UNSUBSCRIBING: Send a blank email to: echo-off@osat.talklist.com

Website Members Access

New Members should receive detailed instructions on how to sign up for an account to access the Members Section of the OSAT Website when they sign up. Current members should have received this information all ready. If you are a current member with a computer and valid email address and have not received instruction on how to set up an account to access the Members Section of the OSAT website please email the OSAT Web Sherpa at eWebSherpa@osat.org to receive detailed instructions.

WWW.OSAT.ORG

A message from the Web Sherpa

Hi everyone! We certainly hope you've all been enjoying the OSAT website and all its helpful features. There is however one issue that we thought you should know about and to let you know that we know that its happening if you are experiencing it.

Not everyone on the Echo is getting the Echo all the time. On certain days mail is not being delivered to certain groups of people. For instance, on June 22nd, all AOL.com users (those who have somethingorother@aol.com as their email address) did not get an Echo email. On other days it's all the Verizon customers and on a different day it's all the Yahoo customers. We are aware of this and the company with whom we are getting our service is closely monitoring the system (as it is affecting all their other customers as well). It has to do with email filtering and the battle against SPAM. Some companies, like Yahoo, will see our address, see that it's being sent to a bunch of their customers, and assume it's SPAM. OSAT.org is then added to their list of people to block. That is, until our company notifies them and tells them that we're not Spammers and to take us off the list. They are doing this all the time. So, until they really get it together this will

continue to happen, positively however, this has not happened at all since the end of July. What we are doing in order to battle this problem is to develop an Echo area on the website where all email sent to the Echo will be archived. This way, all members can log onto the website to view all the Echo messages. This feature will be up and running as soon as we can figure out how to do it. (Which is the honest way of saying, "It's coming soon.")

Besides adding an Echo Archive to the website, other developments include automatic email notifications and reminders for those who sign up for activities on-line. We are going through the painstaking process of digitizing all the old Yodels to create an online library of them. We're probably missing a few editions and we'll call for those once we figure out which ones they are. Paypal will soon be online (once we figure out the communication back-end and we're working on that too) so members will be able to renew online. And other than some small odds and ends here and there, the website development will be complete. That is, we'll be done with everything on the Wish List.

"What's the Wish List," you ask? I'm glad you asked! The wish list is a list of items (sometimes only one) of things that you (yes, YOU!) think should be on the website. Have you been to sites that have cool things on them that you wish were on the OSAT website? Well the Wish List is just for that. How do you submit something to the wish list? I'm glad you asked again. Please send wishes to wishlist@osat.org and we'll review them (figure out how to do it).

To report, we currently have 178 members on the Echo email list and 112 members with online access. If you would like online access but don't know how to get it, please send an email to our membership chair at membership@osat.org and he'll send you instructions on how to set it up. Its easy. You only have to be a current member with internet access.

Thanks for all the positive feedback we've been getting on the website! Your well wishings go a loooooong way. If you have questions, concerns, comments, or complaints about the website please send them to eWebSherpa@osat.org. Yours in service,
Dax Arroway
OSAT Web Sherpa

OSAT/AA 12-Step Meetings

Tiger Mountain: Time: Thursdays @ 7:30 pm (back to Issaquah IHOP November 3)

Tiger Mountain: Time: 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

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 @ 7:30 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.



"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

ble. I'm not sure why this is so - it's just true. When you are one with the moment, you expand your vibrations. Reminiscing or regretting the past; worrying or plotting the future serves only to contract your vibrations - thereby further accentuating the pain you feel from being separate from the Universe (the existential problem mentioned above).

It is simply not possible to be anywhere except in the present when you are negotiating a steep, icy snowfield or a vertical rock wall.

Also, recovering chemical dependents need to gain confidence and feel good about themselves and their ability to accomplish positive objectives. I believe that climbing a mountain is good practice at this. You cannot climb a high mountain if you think of the total number of steps it is going to take. Instead, you only think about the next step - one step at a time. By concentrating on the present, and taking small steps, the recovering addict can learn to conquer towering mountains!

Addicts need to discover new ways to structure time. In the past, they probably spent a significant percentage of their time getting high and being "hung-over". Mountaineering is a positive way to spend time - with some similarities to the chemical dependent (much planning and anticipation involved; exhilaration and excitement while using; and physical exhaustion afterwards).

Also, I believe there is a need for some stress in one's life. When using, the addict probably created a lot of situations designed to produce much stress. He will miss those situations and may create some in order to have reasons to drink again. Technical climbing is a way to create "controlled" stress. You set goals that require stretching yourself in order to overcome fears of slipping or falling. (And it is certainly safer than driving on Seattle freeways!).

Finally, mountaineering is a group activity. [8] By necessity you need the support and respect of a group of people - also trained and skilled in mountaineering. Also, it is an activity that usually does not involve alcohol or drugs. In fact, I have found that many, if not most, mountaineers do not drink or use at all.

In a sense, I have become addicted to mountaineering. I reach tremendous highs while in the mountains, and feel withdrawal when I stay in the lowlands. But I think it is a positive addiction and intend to try to infect other recovering addicts with the disease of mountaineering.

References:

1. Andrew Weil, The Natural Mind: An Investigation of Drugs and the Higher Consciousness. (Revised Edition, Houghton Mifflin 1986)
2. William Glasser, Positive Addiction. (Harper and Row, 1976)
3. Ronald K. Siegel, Intoxication: Life in Pursuit of Artificial Paradise. (Pocket Books, 1989)
4. Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism. (AA World Services, Third Edition, 1976)
5. Richard B. Seymour and David E. Smith, Drugfree: A Unique, Positive Approach to Staying Off Alcohol and Other Drugs. (Sarah Lazin Books, 1987)
6. Katherine Ketcham and L. Ann Mueller, Eating Right to Live Sober-, (Signet, 1983)
7. Judy Myers with Maribeth Mellin, Staying Sober: A Nutrition and Exercise Program for the Recovering Alcoholic. (Condin & Weed, 1987)
8. Ed Peters, Editor, Mountaineering: Freedom of The Hills, (The Mountaineers, Fourth Edition, 1982)

Club Meeting Minutes

(continued from Page 3)

one who may be interested but we need a confirmation on this issue.

Membership: Memberships are up to date but Dick said he would contact Bob L to find out the current status.

Also the next time the club directory comes out we need to list both members and club position holders in the front.

Activities: The car camp was a success. The weather was great on the whole, and Dick said he had a blast rock climbing. thanks to Russell and Bill for setting that part up.

Treasurers report: Rik paid our incorporation fees to the state. We also paid for the refreshments for the final GCC meeting, they did a great job, thanks guys!

Our assets are higher now than they have been in the past, due to streamlining some of the club processes. Prudent reserve should be at about \$5000.00.

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INCOME

Activities Income \$ 250.00 \$ -
Donations Received \$ 673.00 \$ 208.78
GCC Registration & Climb Fees \$1,375.00 \$ 50.00
Membership Fees \$1,332.00 \$ 132.00
Sales

Stickers \$ 46.00 \$ 3.00
T-shirts \$ 158.00 \$ 412.00
\$ 31.71 \$ 7.98
\$ 5.00 \$ -
\$3,870.71 \$ 813.76

Interest
Misc Income
TOTAL INCOME

CASH FLOW

12/31/04 Balance \$ 5,636.73

Income \$ 4,684.47
Expenses \$ 4,952.26

6/30/2005 Balance \$ 5,368.94

ASSETS

Cash and Bank Accounts

Checking 153500080
533 \$ 2,329.25

Investments

CD 353504980
858 \$ 1,012.23

CD 353504980
866 \$ 1,013.23

CD 353504980
874 \$ 1,014.23

TOTAL
Investments \$ 3,039.69

TOTAL ASSETS \$ 5,368.94

- 2Q United Way Donation Rec'd
- 1 late GCC student permit
- \$25 refund from bank for miss-billed safe deposit box
- Donation to Lousia Robb Education Fund per vote at July club meeting

Administration \$ 63.00 \$ (25.00)
Postage \$ 95.20 \$ 33.30
Thank You Notes \$ 156.95 \$ -
Directory ----- \$ 126.21
TOTAL Administration \$ 315.15 \$ 134.51

Donation \$ 1,000.00

Communication

Business Cards \$ 82.05 \$ -
Flyers \$ 65.27 \$ -
Hotline \$ 142.74 \$ 17.50
Web Site \$ 190.83 \$ 67.84

TOTAL Communication \$ 480.89 | \$ 85.34

Glacier Climbing Course

Meeting Room \$ 50.00 \$ -
Syllabus \$ 161.89 \$ -
Climbing Permits \$ 380.00 \$ -

TOTAL Glacier Climbing Course \$ 591.89 \$ -

Room Rent or Fees

Meeting refreshments \$ 300.00 \$ -
\$ 12.98 \$ 10.26

Yodel Newsletter

Postage \$ 37.00 \$ -
Inventory purchases \$ - \$ -
T-shirts & shipping \$1,148.22 \$ 13.56

TOTAL EXPENSES \$3,346.12 \$ 1,606.14

(Continued from Page 1...)

of their relationship with the external environment. They have an "instinct" to survive, but I doubt they have the ability to reflect upon their mortality as humans do.

Weil [1] believes that "the desire to alter consciousness periodically is an innate, normal drive analogous to hunger or the sexual drive".

Children daydream, become hypnotized by television, ride merry-go-rounds until they are dizzy, and even sniff glue, if it is available. Most grown-ups also seem to find ways to alter their consciousness -- perhaps because of a need to divert their mind from pondering the existential problem.

Existential problem? Simply put: we exist; we exist separately; we exist in a particular sack filled with organs, bones, blood, and various other chemicals and materials; that interact in a mysterious, magical way to allow us to move about; and enter into relationships with other similar entities.

We have already learned early in life that someday in the future our sack of materials eventually will cease to function. Therefore, if we are to be immortal, a different physical form will someday be required. What form will this be?

These are very serious, and potentially depressing, thoughts that most people avoid by altering their consciousness in one or more ways. There are many ways to alter one's consciousness.

Addiction as a Solution

In this context, any form of co-dependency could be considered a way to alter consciousness, and to divert one's attention from the existential problem mentioned above. In a sense, co-dependents become "addicted" to something external to themselves (e.g. drugs and/or alcohol).

Glaser [2] says that all people need "fulfillment, pleasure, recognition, a sense of personal value, a sense of worth, the enjoyment of loving and being loved." The process of meeting these needs requires "strength". Those without enough strength make some poor choices. Many choose to "give up"; others choose to develop neurotic and psychotic symptoms. Finally, "negative addiction is the third, and essentially successful choice made by people who are unable to find

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.

sufficient love and worth".

In both of these models, addiction is viewed as a solution, or a response, to innate human drives. Both suggest that an alternative response would be preferred.

Better Solutions

Weil believes that there are natural ways to "get high" that are preferable to drugs (meditation, for example). Both he and Siegel [3] believe that we cannot begin to solve the drug problem unless we first understand that there is a basic need to become "intoxicated".

Glaser believes that people can develop "positive addictions" to replace their negative ones. In particular, he suggests running as the "hardest, but surest way" and meditation as the easier and "most popular way".

Alcoholics Anonymous specifically endorses meditation as an important part of their program [4].

Seymour and Smith [5] itemize many additional alternatives to drug usage - including dreams, hypnosis and yoga - which I have personally tried and found useful.

Meditation and the Now

How does meditation work? First, one learns to slow down the frequency of his brain waves, which in itself is very relaxing and pleasurable. When these so-called "alpha" waves are being generated, an altered state of consciousness has been achieved, regardless of whether concentration is on a single thought, one's breathing, or something else.

Through some forms of meditation, it is possible to reach near ecstasy levels - experiences which are essentially indescribable and perhaps only comparable to a sexual orgasm. (These experiences - I have had several - require a lot of effort and practice; that they are possible has been documented by mystics throughout the ages).

In any case, meditation brings the feeling of being "in the moment", or "in the present". Time is distorted. Often there is a feeling of great calm and peace and one-ness with the Universe.

I have observed that there is more Joy and Peace in

my life if I stay in the present - avoiding regrets about the past and fearful thoughts about the future. In a very general sense, meditation is being one with the moment.

This begins to have a spiritual "flavor". However, many people believe, as I do, that a spiritual program is a requirement for recovery from chemical addiction [4].

Getting High from Exercise

Many authors [5,6,7] have suggested that exercise can be an important ingredient to recovery.

First, exercise is necessary for the human body to remain healthy. It strengthens the organs and supplements the nutritional needs of the recovering addict.

But secondly, it is possible to get "high", or to alter one's consciousness through exercise. It is well understood that after a certain period of aerobic exercise, the body manufactures its own chemicals (i.e. endorphins) that induce pleasure.

To aerobically exercise requires that you get your heart-beat rate in the 70%-85% of maximum range and keep it there for about 20 minutes. I find that after about that period of time, the body makes an adjustment (sometimes called second wind): breathing and heart rate slows and steadies; the body temperature rises and perspiration begins; a certain "rhythm" is achieved. These are pleasurable effects, but no endorphins have yet been released.

This usually takes 40-60 minutes. At that point, you begin to feel lightheaded and time becomes distorted. In effect, you feel WONDERFUL (full of wonder!).

When running, this feeling is called the "runner's high". It can last up to an hour after you stop running. However, it is not necessary to achieve this "high" in order to get the benefits of aerobic exercise. In only 30 minutes, you can strengthen the cardio-vascular system and feel good during and after the exercise.

Mountaineering - an even higher high!

You can get the same aerobic high by hiking up a mountain. In my opinion, it is even a better high, because of the cleaner air, fresher smells, and the visual delights.

As mentioned before, it seems desirable to have your consciousness in the present as much as possi-

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