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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.”

Bonanza 4th of July Elevation 9511 feet Story and photo by Shirley R.

With the theme song from Bonanza running through our heads, we embarked on a climb of the highest non-volcanic peak in the state. That’s right – it’s higher than Mt. Stuart. More remote, though. So remote that you can’t just drive to the trailhead. Russell S. was the leader, and Bill L, Rod B, and myself were the other participants. On July 3rd after work we carpoled to Chelan and bivied next to the highway. Early on the 4th we purchased ferry tickets for Lady of the Lake, the boat which would take us to Holden. Our 4 large backpacks went into the cargo area, along with other passengers’ luggage and about 100 boxes of groceries destined for Holden Village.

A couple hours and several gourmet coffees later, we were halfway down the lake at the stopping place for Holden. We planned to take the bus from here to Holden Village. An old yellow school bus backed up to the pier. We soon realized that we were not going anywhere until the boxes of groceries got transferred onto the school bus. Russell quickly pitched in, since he had forgotten to make bus reservations, and wanted to guarantee us a ride. Or at least that is the way I remember it.

Eventually we crammed into the bus with some other passengers and their luggage and a lot of groceries, and headed up some steep switchbacks in low gear, gaining 2000 feet and several miles. The bus driver said something about us being in the 4th of July parade. Soon we rolled into Holden Village, an old mining town turned Christian retreat center. As soon as we got there, the bus got hosed with big fire hoses, then we noticed that all the people at Holden Village were wearing costumes. We were warmly welcomed by a man in a dress and a yellow yarn wig. At about 2 pm things got back to normal as we put on our packs and started hiking to the trailhead.

After hiking up a lot of switchbacks on a trail we caught our first view of Bonanza Peak. According to Fred Beckey the peak has 10 intersecting ridges and 7 glaciers; he writes that climbing Bonanza is always an “ascent of character.”

We soon reached beautiful Holden Lake. From here we could see Holden Pass, where we would spend the night; and part of our climbing route, including the waterfall cliffs, the Mary Green Glacier, and the rocky summit of the peak. We ascended to Holden Pass, via some steep talus and minor bushwhacking. At the pass we found a spot with nearby snow and a trickle of water, and a few semi-flat spots to bivvy. We got out the compass and the map and located the summit.

The next morning it was so cloudy and foggy that doing the climb did not look like a possibility. So we slept in a bit and I was thinking about possible alternative dates when Russell said why don’t we at least go for a walk up on the snowfield.

(Continued on page 4)

OSAT BOTS Meeting Minutes

Date: October 10, 2003
Time: 7 p.m.
Place: Nancy and Bill's house

Attending: BOTS members, Mike, Nancy, Pete, Robyn, Russell

Chairman Russell opened with moment of silence and Serenity Prayer and read the OSAT mission statement.

Old business:

Nancy will send out an email about the WTA trail work party, to be held at Franklin Falls trailhead on October 18,

Four (4) nominations have been submitted for the three (3) BOTS positions to start in January 2004. They are Dave B., Bruce M., Lee W. and Tino S. Nominations will close November 6. That was announced at the club meeting October 8. Voting on new BOTS members will take place between November 6 and November 22, by email or phone, and the winners will be announced at the gratitude dinner, November 22.

Teresa, the OSAT treasurer, wrote an email to Sharon and copied BOTS about holding off on ordering polypro T-shirts. She suggested Sharon take orders for people who really want the shirts, rather than ordering them in advance and being stuck with large quantities.

There will be NO policy, guidelines or amendments to the bylaws regarding sobriety standards for activity leaders, participants or office holders. The issue is indefinitely tabled as a result of the discussion among members at the club meeting.

New business:

We discussed service awards to be given at gratitude dinner and possible MC and "alternative awards" hosts. Lori U. was suggested as possible MC and a number of people were suggested as hosts for the "roast."

Next BOTS meeting is November 14.

The meeting was adjourned at 8:11 p.m.

Polypro T-shirts are here!

OSAT has polypro T-shirts for sale! Short sleeved are \$20, and long sleeved are \$30. The shirts are gray with OSAT logos on the left, similar to the design of the current cotton T-shirts.

We still have lots of cotton T-shirts in a variety of colors. Silk screen logo styles are \$5, and embroidered logo styles are \$10.

Sharon L. will be selling T-shirts at the OSAT gratitude dinner, November 22.

OSAT QUICK-REFERENCE

Board of Trusted Servants (BOTS)

Robyn S.	206-675-1036	<i>robynsmi@msn.com</i>
Nancy T.	206-523-0844	<i>nthorpee@juno.com</i>
Pete S.	253-475-5545	<i>petestaples@comcast.net</i>
Russell S.	425-753-3525	<i>bearfood@osat.org</i>
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12-Step Meeting Coordinators

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	Kevin C.		<i>Kevin@blackangel-software.com</i>
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Yodel:	Robyn S.	206-675-1036	<i>yodel@osat.org</i>
Webmaster	David C. (Dax)	425-488-0424	<i>webmaster@osat.org</i>

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:

Issaquah IHOP: Time: Thursdays @ 7:30 pm (back to Tiger in April)

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.

OSAT Telephone 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

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

UNSUBSCRIBING:

Send a blank email to:

osat-unsubscribe@yahoogroups.com

SUBSCRIBING:

Send a blank email to:

osat-subscribe@yahoogroups.com

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

Bonanza 4th of July (continued from front page)

So we geared up and headed up the obvious ridge and got up to the notorious waterfall crossings. These were giant rock slabs with giant stairsteps and water running in streams down them. We negotiated our way through these and some snow and moats and then reached the glacier. We roped up.

The clouds were coming in and out. The temperature was nice and we just decided to keep walking. Russell led the way across the glacier and we had to do some weaving around to avoid crevasses. We stayed almost to the periphery and then cut left under a rock wall to get to a thumb of glacier which would take us higher. This was protected by a 'schrund, and we had a choice of several bridges. Now I had recently read a trip report on Cascade Whiners about someone who spent about an hour in a crevasse on this very glacier about a week ago. So I hoped that Russell would choose a good snow bridge.

We carefully negotiated the flimsy looking bridge and the steep soft snow on the other side. Russell informed us that we would not take that bridge again on the way down.

Soon we were on the rock and we stashed our crampons and ice axes. The remaining 800 feet to the summit was 3rd and 4th class rock. We carefully scrambled up the rock and found the first gully, then traversed to the second gully as per Beckey. We climbed up the second gully and then to a notch in the skyline which was real airy, then through a refrigerator sized slot and along a sharp narrow ridge which was just feet away from the true summit. This rock scrambling did take some time, since the rock was slopy, and loose in places. We decided on a turn around time. However soon I got summit fever and before I knew it, I was on the summit. When Russell arrived I hate to say it but he looked a bit shell shocked. When Bill and Rod arrived, they looked like they wished they had gone kayaking instead ! We all signed the summit register and took summit photos. We rappelled and downclimbed the rock, crossed the schrund on a better snow bridge, descended the glacier, the moat, the slabs, the steep heather, and got back to camp just before dark.

The next day we leisurely hiked down to Holden Village. On the way, Rod and Bill went fishing in the stream and found 4 sodas they had stashed on the way up. Way to go guys. In Holden Village some of us took showers and others of us searched for food. I found that the seat on my hiking shorts was missing, a casualty to my technique of downclimbing rock, so I had to wear my long johns instead. Rod concealed the sticker on his helmet that said "My inner child is a ****##?##**" so as not to offend anyone. We rode the school bus back down to the lake, and the ferry back to Chelan. We were content to have had another successful climb, and another OSAT adventure.



From Rainier To Rwanda

Story and photo by Dusty C

Step 3: *Made a decision to turn our will and our lives over to the care of God, as we understood Him.*
What does this mean?

I have heard many alcoholics speak about examples in their lives where the act of *turning it over* has been difficult yet freeing, with results being an unforeseen blessing.

For me, this is much easier said than done. I have been practicing the Step 3 principle in one particular area of my life this year – sort of an odd area to be sharing with OSAT folks.

I am *turning over* my will for climbing mountains to the care of God. I have to.

Note to self in 2002: forget that I was forced to descend from Disappointment Cleaver due to severe altitude sickness. Forget that I suffered symptoms of altitude on Mt. St. Helens, climbing to Camp Muir, biking in Sun Valley, and skiing at Breckenridge. Believe that I must train harder, eat better, and breathe properly.

Note to self in 2003 (forgetting about note from 2002): climb Mt. Adams, Mt. Rainier, Mt. Elbert, and hike the Haute Route in the Swiss Alps. And in 2004, climb Mt. Baker and Mt. Kilimanjaro. This was my path.

I was in excellent shape, physically and mentally. I had “control” over my life, even more so now that I had been sober for 6 months. Come July, I knew I would be standing on the summit of Mt. Rainier. I had no doubts. My self-will was running riot, full speed ahead.

June 28, 2003, Mt. Adams: blue skies and bright sunshine. Soon I would be standing on the summit at 12,276 feet. I couldn't wait!

5 hours later I was entrenched in unbearable altitude sickness at the Lunch Counter: excruciating headache, nausea, hot/cold flashes, and shakes. I was curled up on the rocks in a fetal position praying for relief. For 2 hours I fought the symptoms hard. This couldn't be happening to me, I was only at 9,400 feet. Once the vomiting began, I gave in and descended. I knew my dreams of high altitude climbing were over.

As the tears flowed, I asked why? Why did God not want me playing in this beautiful playground? Climbing mountains was a positive addition to my life. I had trained so hard. I wanted these summits more than anything. How could I “fix” myself?

Thankfully, the difference between not summiting Rainier in 2002 and not summiting Rainier in 2003 was I had AA. I had Step 3.

I prayed to God. I prayed that I could let this go and move forward. I prayed for acceptance of myself. I prayed for understanding of why I wasn't supposed to be climbing mountains. I prayed for courage. I prayed for direction.

Within a week of attempting Adams, I cancelled the rest of my climbing plans and signed up to go on a mountain gorilla trek in Uganda and Rwanda, Africa. I had dreamed about going to Africa my entire life. The plans easily fell into place – the timing, the funds, the one spot left open on the trip. I was supposed to go to Africa.

I had an amazing experience – interesting, eye-opening, exciting, tearful, and hopeful. My heart has been touched in an unexpected way – for the gorillas and the people. Here are some highlights of my trip.

Gorilla Trekking: our group had five opportunities to trek gorillas – two in Uganda, in the Bwindi Impenetrable



National Park, and three in Rwanda, in the Parc National Des Volcans (where Dian Fossey did the majority of her gorilla conservation work). Each trek the terrain was different – farmland, volcanic rocks, rainforest, jungles, giant stinging nettles, safari ants, bamboo forests, and lots of rain and mud. In the mornings, the mist would hang over the mountains and forests, hence “Gorillas in the Mist”.

Each day trackers would locate the gorilla families and via radios communicate with a guide to determine the hiking trail. For 2-3 hours we would hike, slip, fall, and bush-whack in order to locate the gorilla family. Only eight people may observe each habituated gorilla family, one hour per day. What an amazing experience! The Silverbacks were beautiful and definitely in

charge - overseeing and communicating with their family through sounds similar to us clearing our throats. We were charged three different times by Silverbacks – you cannot run – you stand still, grab the person next to you, and feel your heart jump out of your chest. All ages of gorillas played – they rolled, tumbled, hung from

trees, hit each other (just like brothers and sisters) – it was so fun to watch. The gorillas loved each other by grooming, hugging, embracing, and rocking. They ate a variety of green foliage – their digestive systems are not efficient thus after they ate they would lay on their backs with their pregnant-like bellies pointing toward the sky.

During the viewings I had to remind myself that I really wasn't in a zoo and that these were wild animals. Different emotions tugged at my heart. I was in awe that these animals allowed us to watch them, and sad at how they have become almost extinct (there are about 650 left in the world, the majority in these 2 parks). Thankfully, the populations are slowly growing again even though poaching challenges still exist.

The People/The Culture: I wasn't prepared for the impact that the culture would have on me. From my perspective, Uganda seems to be thriving today for the most part. Though there are many people in Uganda with little, I did not feel a sense of desperation from the people, as I did in Rwanda.

The population in Rwanda is immense (8 million in a country the size of Maryland). Where we have hundreds of cars on the roads and few people, they have hundreds of people on the roads and few cars. Locals say they have recovered from the horrific genocide in 1994 – maybe it is much better than it use to be. I would not have felt safe without a local guide in this country. In Uganda we could share extra food with locals along the street, in Rwanda people would run away in fear that the food was

poisoned. However, the 2 things the children did beg for were: 1. empty bottled water bottles for various uses (I would go to sleep at night seeing little faces and hearing, "bottle, bottle, bottle" in my head) 2. money.

Gorilla poaching still remains a problem in Rwanda, since January of this year 4 gorillas have been killed. Other people traveling with me saw a gorilla without a hand and a gorilla without a foot during their viewings. The parks are making every effort to stop poaching but it's difficult as the human population continues to grow and the natural resources continue to diminish.

I was touched by the people living around Bwindi Impenetrable National Park in Uganda – I felt a sincere sense for conservation and it was incredible seeing how these people live on a day by day basis. We went on a community walk which included visiting a school, a medicine man (herbalist), banana farms, and dancing and singing by the local pygmies.

Two other memorable places I visited were Queen Elizabeth National Park and Ngamba Island, both in Uganda.

We spent a few days in Queen Elizabeth National Park where we did some game drives and a boat ride along the Kazinga Channel. We saw several kob, bushbucks, warthogs, buffalo, baboons and hippos, and a few elephants, lions and hyenas. We saw the Giant Forest Hog, which apparently is very difficult to see. It looked like a giant black pig to me. And we saw so many beautiful, colorful birds. A few of us went on a Chimpanzee trek in Chambura Gorge – no chimps to be seen but we saw several Red-tail, Vervet, L'Hoest's, and black and white Colobus monkeys.

I closed my trip with a visit to Ngamba Island, a chimpanzee sanctuary, on Lake Victoria. Baby chimps that have been rescued from circuses or confiscated at the airport (being sold illegally as pets) live on this island. I learned that up to 20 chimps can be killed by poachers just to capture 1 baby. Currently, there are 38 chimps on this island, which really can only naturally feed 3. The sanctuary provides the chimps with food multiple times a day – they are currently working to secure an additional island for this sanctuary.

Today here's what I tell myself (whether it's true or not it works for me): for some reason God did not want me climbing big mountains, He wanted me to go to Africa. Africa was my unforeseen blessing. My perspectives have been broadened. My vision of the world changed. My fears lessened. My tolerance and empathy enhanced.

I thank God for sending me to Africa. Does my heart still long to summit Mt. Rainier? You bet, every time I see it. Does my self-will take over now and again telling me that I can "fix" myself and climb to higher altitudes? Of course it does. My latest warped thought is, "maybe if I climb Rainier with OSAT, I will make it." But like they say, progress not perfection.

BOTS ELECTIONS

The following candidates are running for the upcoming bots election and can be voted for up to and including Gratitude Dinner night November 22nd.

- Dean A.**
- Dave B.**
- Dick D.**
- Bruce M.**
- Tino S.**

You can vote by phone by calling Nancy T. at 206 523-0844, email at Mprimed@comcast.net, snail mail to OSAT, P.O. Box 6461, Lynwood, 98036, or by ballot in the box, the final voting night, at the Gratitude Dinner. Please vote once and only once, not by all three methods.

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.

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)

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How to Contribute

The deadline for January Yodel:

January 1, 2004 Via Email: yodel@osat.org

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

Gratitude dinner

Hello Fellow OSATERS!

This years Gratitude Dinner will be held on Saturday November 22nd at the Kirkland Congregational Church. The event starts at 6:00 PM.

This will be a potluck affair so please bring one of your favorite dishes to share. If you are wondering what to bring you can use the guideline below using your first name.

A-C Side Dish
D-E Salad
F-G Bread
H-M Main Dish
N-Q Appetizer
R-Z Dessert

BOTS ELECTIONS

The election for the new BOTS members will conclude and the new BOTS members will be announced. Certificates will be given to the GCC students who completed the course. There will be boards for displaying any photos you want to share with the group. I will need some volunteers to help set up at the event. Please contact me if you are willing to help out.

Directions are as follows:

The Kirkland Congregational church is located at:
106 5th Avenue
Kirkland, WA 98033

- From I-405 northbound or southbound take the 85th Street Exit (EXIT 18)
- Proceed west on 85th Street.
- 85th Street becomes Central Avenue
- Continue on Central into downtown Kirkland and turn RIGHT on 1st Street
- Go 3 blocks on 1st and turn RIGHT onto 5th Avenue
- The church will be on your immediate left. Enter on the 5th Avenue entrance on the south side of the church. There is a parking lot on the east side of the church.

If you have any comments, questions, criticisms or complaints do not hesitate to contact me.

Your Service Chairman

Lee Wiseman
(206) 465-4650
peakbagger3@comcast.net

The Yodel

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

The Online Version

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.**

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Scott/Alison 425-346-9302

PHOTO OF THE MONTH



Who: Trek Tri Island team (clockwise from top left) Robyn, Dawn, Joanie, Dax, Robin, Karen, Pete, Terri, Jane, Mike, Tamara and Chuck
Where: Ferry to Bainbridge Island
When: September 20, 2003
Photo by: American Lung Association of Washington

To read Dax & Joanie's narration and see many more pictures of this trip, see their website at
<http://www.oz.net/~dax/trek2>