

# The Yodel



Volume 10, Issue 1

Keep climbing mountains and don't slip!

March 2001

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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

Forms enclosed, so send them in now!

### **X-Country OSAT Style** *Submitted by RbynSmith*

This is a first-person account of my attempt to learn cross-country skiing, OSAT style: After washing out of the glacier climbing course last year, highlighted by a near-death experience on the ice axe arrest field trip and a nightmare about being a frozen fish stacked in a crevasse, I wasn't sure I'd continue with my OSAT membership. Once again, I'd be resigned to looking

out the window at everyone having fun and being athletic, while I was trapped inside. Of course, the trap was of my own making.

I have very little athletic ability, and I don't learn a new skill the first time I try. It takes me lots of repetition and practice to be adequate. However, the desire to challenge and improve myself continues to outweigh the bad

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### **It's Time Once Again**

Submitted by Bob L.

Hello everyone. It's that time of year again to renew your membership. You have until April until your name is removed from the Yodel mailing list, so act now. Check your mailing label to see what your status is. If it doesn't say 2001 in the upper right corner you need to renew your dues. I have a request when filling out your renewal forms. Please take the time to fill out the optional information on the back of the renewal form. The "Interests" section is of special importance. This will help us to plan activities by tracking the interest level for a given activity and finding individuals who are willing to be leaders. If you have already sent in your membership renewal and didn't fill out the optional information please take the time to fill it out and mail it in.

**Everyone who wishes to participate in OSAT activities must sign a new release form every year. Be sure to sign the release form on the back of the membership form.**

I look forward to seeing you out on the trail!

### **Be Careful out there!**

Submitted by Doug H.

For some of us it's early in the season, and we're in a hurry to get up and down the trail, trying to get the old heart rate up. In the last week (2/20 & 2/22), King County Search & Rescue has been dispatched to Tiger Mt. & Mt. Si respectively to pick up injured hikers off of the trail. The subject on Tiger Mt. slipped on the trail and broke his leg. The Mt. Si mission involved a 16 year old who slipped on ice near the top and slid into a tree, injuring his knee. I personally slipped on a water bar coming down Tiger on 2/19 and jammed my thumb in the process. It's easy to get complacent on benign, easy trails. Please take care out there! King County SAR statistics show that our 2 highest percentage of SAR missions are on these popular, yet seemingly easy trails.

### **My Rainier Climb**

Submitted by Carol

Five months of classes, field trips, and weekly hikes finally resulted in a successful climb of Mt Rainier on July 28, 2000 at 6:00 am. I stood 14,410 ft above the world in a landscape that could of decorated another planet, buffeted by winds that nearly knocked me down, with a grin so large I felt my face had frozen into it.

The summit of Mt Rainier was like nothing I had been expecting.

The snow in the crater was frozen into feather like structures some yielding to my footfalls and some not. The sandy clay near the sulfur vents could have been found on a tropical island or some extra-terrestrial beach. The volcanic steam vents created a haven from the freezing winds that had followed us all the way up from base camp. The path through the cra-

ter to the true summit was carved into the landscape like an alien clay tunnel. And in this strange land I realized that I had the courage, strength, and determination that could carry me beyond any previous self-imposed limitations.

It all started two days earlier when I stepped onto the stone steps of Paradise that marked the beginning of our ascent. There

*(Continued on page 6)*

## Names and Recollections

Submitted by Rik A.

When my father died this fall, among the first of his possessions that I put in a box to claim as my own was a nondescript reference book, Lewis McArthur's *Oregon Geographic Names*. As a teenager I pored through its tiny print, reading the obscure history of names of places familiar and unknown throughout the state of my birth. I probably learned more about the history of Oregon and the Northwest from that book than from the several public school history courses I'd faked my way through.

The Middle Sister was my first 10,000 ft peak. I delighted at the discovery that the Three Sisters actually had names (Faith, Hope, and Charity), lost in disuse. I was fascinated to learn the failed attempt to name the entire string of major Oregon and Washington peaks for American presidents. I was distressed to discover that "mazama" was not a native American word, but Spanish for "goat", and spread about the Northwest by the Oregon climbing club of the same name! Throughout the 35 years of living away from my parents, and away from Oregon, many visits "home" afforded quiet moments and the opportunity to get lost again in vicarious travel back and forth across the state as I flipped through the pages following some obscure train of thought.

Some of you will recall the series of "Mountain Monikers" published a few years back in the *Yodel*, a small attempt to spread the lore of Washington contained in the names of peaks that OSAT climbs. The collective so-

cial memory that resides in the place names is faint indeed. Few who board the Fauntleroy ferry think of the family by that name who lived near that bay, and for whom many of the Olympics across the Sound are named. Fewer still stop to think that all the "Chucks" around (White Chuck, Pilchuck, Skookumchuck) spring from that exciting period when Chinook Jargon emerged as a way for people from a wide variety of cultures to communicate as the Northwest brought Native American and European cultures together. Nevertheless, the reality that geographic names provide a tangible and more-or-less permanent link to the past has always interested me.

So, there was a great deal of personal satisfaction on December 8, when the Washington State Board on Geographic Names unanimously accepted the application to name the peak on the north side of Washington Pass "Hinkhouse Peak". The location affords as dramatic a mountain vista as exists anywhere in the Cascades -- with a fabulous view of some of the most notable rock climbing peaks in the state. From all reports by the first OSATers to visit the peak last October, Hinkhouse Peak is a climb that will appeal to day hikers and rock climbers alike.

This was a very satisfying project, as it brought together a number of the loves in my life: geography & maps, climbing and climbing history, OSAT, and of course Jim himself. It has been a one and a half year labor of love. There were some unexpected challenges along the way. The nomination of a lesser peak had to be

withdrawn because it abutted a wilderness area, and research indicated the peak we chose as a substitute has been known by four unofficial names in the past.

Many letters of support were sent to the Board from friends in OSAT, so they got a true picture of how Jim's ideas continue to affect the lives of people who never knew him. Thanks to the support expressed by many, the Board and its chairman, Jennifer Belcher, seemed genuinely impressed with the impact Jim had on the Washington climbing and recovery communities. Comments both on and off the record indicated that they believed Jim was extremely worthy of this honor. I think they voted for the proposal not simply because we met their requirements for information and justification, but because they genuinely felt this was the right thing to do and they were pleased to be a part of it.

Your letters gave what one Board member told me was "a feeling I know him myself now." When she volunteered that, it sent a chill through me. Since Jim's death, I've become acutely aware of the role "the vast structure of recollection" plays in distinguishing human-kind from other species. The differentiating characteristic is an ability to recognize and accept the reality of people and events that occur outside of one's own experience of time and space. Now the name "Hinkhouse Peak" enters into that vast structure.

It is with a combination of gratitude, humility, and certainly a bit of pride as well, that I share this accomplishment with OSAT. Thanks.

### Trip Report: Hinkhouse Peak Submitted by Lori U.

The hikers drove the 3 1/2 hours the night before to Washington Pass, staying at various trailheads before ultimately meeting 9am Sunday morning to begin our journey to the top of the 7,400ft+ Hinkhouse Peak. Dick W, Chris and Wendy N, Meredyth G., Pete S, Russel S, Chuck and Austin A,

Lori U and Sam assembled at the trailhead which was the viewpoint turnoff just before the Pass. As the 8 adults, one 10 year old and one dog started the trek across a large meadow, we could see our destination ahead, peeking above the hilly horizon.

The air was crisp and clear. The surrounding North Cascades were majestic as we made our way towards

our goal. The slope was moderately steep without a defined trail and started out at what may have resembled a bushwhack except the bushes were too low and sparse then the route turned toward bouldering and talus, BUT..... not that nasty kind of talus that we all despise. This is definitely do-able.

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## OSAT QUICK-REFERENCE

### Board of Trusted Servants (BOTS)

Meredyth G. 425-252-9131 [yosemite22@earthlink.net](mailto:yosemite22@earthlink.net)  
Dave S. 425-557-9931 [shiftyd1@juno.com](mailto:shiftyd1@juno.com)  
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### 12-Step Meeting Coordinators

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Art K. 206-323-7891 [arthur.kinney@lycos.com](mailto:arthur.kinney@lycos.com)  
Bill L. 206-789-8758 [wlink14fun@aol.com](mailto:wlink14fun@aol.com)

### Contact People

Activities:	Lori U.	425-430-8738	<a href="mailto:Namaste2b@aol.com">Namaste2b@aol.com</a>
Activities Hotline:	Lori U.	425-430-8738	<a href="mailto:Namaste2b@aol.com">Namaste2b@aol.com</a>
Finance:	Charlie A.	253-852-5452	<a href="mailto:pine@seanet.com">pine@seanet.com</a>
Hotline Follow-up:	Mara F.		
Library:	Rob E.	425-770-6722	<a href="mailto:rob@orcahome.com">rob@orcahome.com</a>
OSAT East Coast:	John H.	617-641-3423	
Running:	Doug H.	425-271-5116	<a href="mailto:dougnusue@aa.net">dougnusue@aa.net</a>
Safety:	Dave N.	253-752-9214	<a href="mailto:offbelay1@juno.com">offbelay1@juno.com</a>
Service:	Grant & Susan E	206-721-5868	<a href="mailto:bearpaws9@aol.com">bearpaws9@aol.com</a>
Yodel:	Bill A.	206-789-8346	<a href="mailto:yodel@osat.org">yodel@osat.org</a>
Webmaster	David C. (Dax)	206-623-7857	<a href="mailto:webmaster@osat.org">webmaster@osat.org</a>

**OSAT Club Meeting:** Monthly OSAT club meetings are held the second Wednesday of the month at 7:30pm.

### **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. The meetings resume on the mountain the first Thursday after DST ends in April.**

**Thursday Contact:** Karen C.      **Sunday Contact:** Art K.

**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. If you drive, you can park down by the beach and the meeting starts when the walkers get there, usually around 7:20pm.

**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](mailto:osat-unsubscribe@egroups.com)

#### **SUBSCRIBING:**

Send a blank email to: [osat-subscribe@egroups.com](mailto:osat-subscribe@egroups.com)

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

# LETTERS

December 6, 2000

Ann Forbes  
Executive Director  
Alcohol and Drug Helpline  
P. O. Box 1837  
Seattle, Washington 98118-0317

Dear Ann:

Please find enclosed a check for \$150.00 presented "In Memory of Jimmy Hinkhouse, Founder of OSAT". "One Step At a Time" is a group begun in 1991 by Jimmy to teach recovering alcoholics and addicts about mountain climbing and mountaineering. There are now over two-hundred active members participating in various outdoors activities throughout the year. OSAT also supports three outdoor AA meetings each week as a direct result of Jim's vision of recovery.

These funds are donated for the Volunteer Fund to provide whatever financial support you deem appropriate for your volunteers. The money was collected at the recent Holiday party of OSAT from a raffle of Jim Hinkhouse's tent. The tent had been a gift to me from Jim's daughter, Kym, after Jim's death in 1995 while climbing Denali in Alaska.

If I can of further assistance, please let me know.

Sincerely,  
Karen E. Christensen

Cc: OSAT Yodel Newsletter

**From the Safety Committee:** If you have any concerns/suggestions about OSAT activities, please contact the Safety Committee Chairperson. Dave N. (253) 752-9214, [offbelay1@juno.com](mailto:offbelay1@juno.com)

## From the BOTS

Our apologies for not keeping up on updates on our BOTS business meetings. Look to see more information coming on a regular basis. In the last couple of months two issues have come to light that we seek the input from the club.

At the January Club meeting there was a discussion on the proper use of the yahoogroups email list. A lot of good discussion came from that and a main point that seemed to shine through was "Information not Opinions". In the welcome mailing that goes out there are guidelines for usage. They are as follows:

*The OSAT Yahoo!group is for the exclusive use of OSAT members to converse about club business, activities, and announcements pertinent to our common interests in recovery and mountaineering. Operating policies*

*of the email group are simple:*

*· Any member of the osat yahoo-group may send a message to the group. Yahoogroups.com provides full confidentiality of group membership and email addresses. (You may want to access Yahoo-groups privacy statement regarding other confidentiality issues.)*

*· Responses go to the originator, not to the entire OSAT egroup. If you want to email the entire group, send a message to [osat@yahoogroups.com](mailto:osat@yahoogroups.com). Please do NOT use the Yahoo! group for discussions, as some members are not interested and would prefer to not have so many messages.*

*· Messages can only be read by members of the OSAT yahoo!group.*

*The OSAT BOTS will periodically review the message traffic and other experiences with the Yahoo!group, and change policies as necessary to reflect what they understand to be the group conscience.*

As the message says we are reviewing these guidelines and we are looking for input. If you have any suggestions please email them to [bots@osat.org](mailto:bots@osat.org). Look for more on this in the future.

Another topic of interest that has come up is the introductions at our club meetings. It has come to our attention that this is a concern for some folks. How do you feel about the introduction part of the business meeting. Specifically when we identify ourselves as "I'm \_\_\_ and I'm an \_\_\_". Let us know how you feel. Again, please email us at [bots@osat.org](mailto:bots@osat.org) or give us call.

If you have any questions or concerns about anything feel free to contact us. Our individual phone numbers can be found on page 3.

Your Board of Trusted Servants

### 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.

### Yodel Staff

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

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### How to Contribute

**The deadline for February Yodel:** Mar. 20, 2000

Via Email: [yodel@osat.org](mailto: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.

## Y2K OSAT EVENT CALENDAR



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

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

**May 11:** *The Tooth #1,* Call Sean W. for details at 425-670-2542 (note: it's a Friday)

**June 1:** *The Tooth #2,* Call Sean W. for details at 425-670-2542 (note: it's a Friday)

**June 23-24:** *Silver Star Mountain, Glacier and 3rd class scramble* in the North Cascades, limit 12, Call Sean Walsh for details at 425-670-2542

**July 14:** *Dreamer, Grade III 5.9 Rock Experience Required & Leaders Permission. Limit 2* contact Bob Clarke [climb13a@hotmail.com](mailto:climb13a@hotmail.com) 206-985-2583

**August 11:** *Forbidden Peak, Grade II 5.6 Rock/Glacier Experience Required & Leaders Permission. Limit 2* contact Bob Clarke: [climb13a@hotmail.com](mailto:climb13a@hotmail.com) 206-985-2583

### 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 9674. Let's go play!!

**Mt. Rainier cont.**

were twelve of us all smiling with the expectation of a successful trip to Rainier's summit. All the members of our climb offered encouragement and support from this small beginning to the final steps onto the summit.

There were four rope teams. Rik, reliable, knowledgeable and safety conscious was the climb leader and the head of our rope team, which included Fred and myself. Bob Clark, full of abundant energy and good cheer, led a rope with Russell and Joseph. David brought his ceaseless good humor to lead a rope with Charles (our California casualty) and Rob (our youngest AA member). And last but certainly not least Sean, our most devoted rock and glacier climber came leading Steve and Kit on his rope.

As the 65-pound pack settled on my back like a ton of rocks causing the familiar straining of callused muscles, my feet began the relentless repetitive pounding of climbing with a comfort that only five months of hiking, sometimes with four gallons of water and various gear, can teach.

The day was clear. The mountain rose above Paradise's lovely meadows, glistening pure white in the sunshine. I felt small but hopeful as I

gazed up. I wondered if something so fragile as myself could find her way to that brilliant white plateau that beckoned from Rainier's summit.

The first two miles where almost snow free with a variety of colorful flowers that took my breath away. I came to appreciate why this meadow had come to be called paradise. It was surely my picture of what heaven might look like. Clear, pristine and full of vibrant color. But I would not be swayed too long for the huge mountain above called to me of greater things yet to come.

I maintained a good pace and was one of the first to reach Camp Muir. We stopped three times on the way up to soak up the sun's warm rays and partake of food and water. I made sure to drink and eat for I'd learned that all my resources would be needed to make the final push. Both Fred and I were veterans of an earlier climb that had only achieved 13,000 feet due to high winds.

Our time at Camp Muir followed a routine I had followed three times before. Dig platform, set up tent, have food and water, start melting more water, and get on warmer clothes. We were able to manage a AA meeting that was full of the spirit of people willing to brave this great adventure together. Surprisingly, I slept peacefully waking up eager for

the new day.

The next morning confirmed our earlier fears of bad weather. The clouds moved in and our ascent to Ingram Flats was done in misty white clouds. Would we make it? I wondered. It seemed that this time we would not. Not only were the winds picking up but the clouds were thickening giving us occasional glimpses of the summit. Trails of black dots descended from the milky white cloud shrouding the upper mountain as we once more set up camp. We dug our tent plateau (this time my efforts were hardly noticeable as my optimism fell before the signs of bad weather), set up tent, ate and drank, melted more water, and got on warmer clothes.

We had our second AA meeting around 2:00 and just when I thought I had seen everything David S was there with more surprises. A couple of the other members of our group had purchased the new style George Mallory glacier glasses which are really quite authentic looking. They are reminiscent of the first climbs up Mt Everest. One version is made from shiny silver metal shaped into short tubes worn against the face. The glass at the end of these tubes includes two lenses. One is dark and opaque while the lens underneath is clear. The wearer has the option to open the dark

lenses, which remain attached to the outside edge of the metal tubes and look out through regular clear glass. David had brought his own version of this type of Glacier glasses. These were made from light green and pink plastic shaped into small fat turtles. Not to be out done by the others these glasses also had the feature of dark lenses opening out on the side to reveal clear glasses underneath. It was quite comical to see David who is big and bald wearing these green and pink plastic turtle sunglasses. Someone got pictures and getting them posted so everyone can see them would be worth the effort.

After the meeting I tried to get some sleep to prepare myself for departure to the summit at midnight. We would be hiking to the summit and all the way back down to the paradise parking lot and I wanted to feel rested. Unfortunately, the wind picked up and shook our tent violently every few minutes. I managed to get a few hours sleep even though the wind would startle me awake with a regularity that became maddening.

It was around 10:30pm, which was our wake up time, when the miracle started.

The wind had been increasing steadily for several hours. By the time of our departure it was fast and loud. I had always imagined Rik to be

*(Continued from page 2)*

As we climbed higher, the looming Peaks of Liberty Bell and Cutthroat became on an eye-level par with us and, after two hours, we were as high as we could get on Hinkhouse Peak. It was a beautiful day, a wonderful hike, great fellowship and..... the best was yet to come. We grabbed a bite to eat and settled down for a meeting.

Of the nine of us there, the ones who actually knew Jimmy Hinkhouse were of the minority. Dick W. shared discussions he'd had with Jimmy when

OSAT was just a spark in the Hinkhouse imagination. A dream of a sober drunk to combine his passion for Alcoholics Anonymous with his love for the mountains and have a meeting on top of Mt. Rainier. As we shared around the circle, it was abundantly clear that, even though most of us had never met the man, Jimmy Hinkhouse touched each of our lives with his vision of OSAT and left a legacy that extends the gift of sobriety.

Speaking only for myself, I feel that Rik A's quest to have a peak named after this man is a monumental state-

ment of the impact OSAT has had on Alcoholics in the Seattle area and I am grateful to be apart of this great club. It has enhanced my sobriety and allowed me to find a part of myself that I would otherwise not have known existed. If I can give back just a fraction of what the Hinkhouse dream has given to me, it would be more than I can put into words. One drunk helping another, one step at a time.

Thank you, Jimmy.

## X-Country OSAT Style, continued:

memories of past athletic endeavors. Having already accomplished the impossible feat of putting down alcohol and drugs for good, I know I can do anything, as long as I have infinite time, patience, and desire.

So, what's my point? Along comes the cross country ski class, sponsored by OSAT.

After many years of sitting on bar stools and saying I wanted to learn cross country skiing, because it would be less competitive, scary and noisy than downhill skiing, I decided to try it. I emailed the instructors that I would be at the informational

meeting. They made it sound fun, but not easy. I was not deterred. I got my equipment together and met the instructors at the carpool rendezvous point in North Bend. We ventured to Cabin Creek, for its easy groomed trails. I stumbled around, took a few spectacular falls, and learned more than I could process, mentally or physically. Would I go again? Would I be invited again, or would the instructors decide that I was incapable of learning yet another cool sport?

I did invite myself to the second field trip, and was welcomed, not turned away. On the second trip, I learned a

few more things, retained some from the first trip, and fell a lot less. One of the instructors asked me whether going back to the car was the highlight of my day. I was tired, so I said, yes, but here's the real highlight: Kicking and gliding along, by myself, on a flat trail overlooking a snow-covered landscape, accented by a flat gray river. No sound but the wind; a beautiful black-and-white photo in real life.

That, I said to myself, is what it's all about!

Our next trip is Sunday, March 25. I can't wait!

*(Continued from page 6)*

OSAT's most safety conscious leader so I mistakenly assumed he wouldn't make a summit attempt. Not only were the winds high but a cloud cover had descended to 12,000 feet. What I didn't know is that he had called his weather friend and the forecast was for clear skies by the next morning. So three rope teams started. We didn't know it then but the fourth team had headlight trouble and was unable to attempt the summit.

We left at 11:50 walking against wind gusts that periodically forced me to strain for balance. A thick white cloud cover lie ahead leaving most of the surrounding landscape to the imagination. But amazingly the cloud cover began to lift and the winds decreased as we climbed the direct route past Disappointment Cleaver. During the entire ascent we never did reach that cloud cover. Even on the summit the cloud cover had risen above us. Past the protection of the Cleaver we were once more exposed to the full force of the wind and every step became a challenge not only due to steepness and low oxygen but also because I had to fight against the force of a high wind blowing against me. I was in the middle of the rope and Fred sometimes seemed like a dead weight

holding me back.

We stopped twice due to problems on the rope. Once Fred's lamp went dark and once I had to stop for a quick food pick me up as I felt my energy had completely deserted me. Upon reflection there was also a moment when my Rainier adventure could have ended badly. There were many crevasses due to the lateness of the season and one was so wide that I did not believe I could jump it. But I could see a ledge about two feet down on the opposite bank. I decided to climb down to this ledge and then up to the opposite side. What I didn't realize is that this ledge could have easily broken underneath me leaving only a rope between a seemingly bottomless crevasse and me. I only realized my possible danger when Rik yelled at me after I safely crossed, "Off Belay!" My advice to anyone attempting to climb a high altitude mountain is; pack an experienced safety-conscious leader. I was most grateful that our ascent proceeded without further incident.

Finally, amazingly Rik turned to me and said, "You have made it!" We were on the crater rim. I was finally on top of the white volcano called Mt. Rainier, which I had seen, in the distance standing peculiarly

alone for most of my life.

Bob's rope team had not remained on top but had passed us going down just minutes before we reached the crater. David, Charles, and Rob soon joined us on top.

Thankfully, both David and I were of similar minds in wanting to reach the true summit so we all started across the crater. It was this mile of the hike that left me with those memories that I will carry for a lifetime. It was so incredible and astonishing to be in this eerie other worldly place. The sun was bright now with all signs of clouds momentarily gone. The snow formed ridges of individual frozen white feathers. The path had been worn into the snow until it had created a roofless tunnel. The dirt around the heat vents was an odd rust orange smelling slightly of chemical sulfur.

We finally made the other side and I signed the book kept in a steel box, with frozen fingers. The wind increased temporarily once more to hit 60 miles as we made our ultimate goal of 14,410. The cameras flashed pictures, we all hugged hurriedly, and began our descent.

Our descent was remarkable in its beauty given the bad weather at midnight. The wind and cloud cover was totally

gone and the sun was warm.

The snow had an odd gold sparkle when it wasn't shining brilliant white in the sun. Mt. Tahoma and its surrounding crevasse ridden glaciers glowed several thousand feet below us. Everywhere Mt. Rainier displayed her treasures for my gaze. The huge blocks of white snow, the deep blue icicle covered crevasses, the soft puffs of snow, and the gold haze leapt to my gaze. It was awe-inspiring. And remarkably this clear calm weather continued even as we carefully and quietly slipped through the icefall surrounding Disappointment Cleaver. The rangers had warned us to be through this icefall before 10:00 am as ice suddenly and continually broke off to threaten unsuspecting climbers. And then we were at base camp at 9:20. We took a three-hour break and started our final descent at 12:00pm. By this time the upper mountain was again covered with thick white clouds which were rapidly descending to our position. I knew in my heart that all those that had prayed for us to have a wonderful climb had been answered.

I will never forget this experience and invite anyone to walk beyond their comfort zones to reach for the stars.

# The Yodel

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

SUPPORT OSAT IN STYLE:



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

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## 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.

Glacier Gear: I paid \$87.00 + tax for everything. However, I'm open to what people can afford to pay. teresachr@home.com or (206) 781-3147,

Trango harness (large) \$44.95  
Petzl Pulley \$10.80  
Trango screwlock \$11.50  
3 Black Diamond oval carabiners \$4.98 each  
1" tubular webbing and perlon strips (12 ft, 6 ft, 8f ft) \$5.00

**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

## OSAT Membership Application/Renewal Form

One Step At A Time (OSAT): An outdoor club for members and friends of Twelve Step Recovery Programs since 1991.

Essential Information:     New Member     Renewal or Previous Member

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City, State Zip \_\_\_\_\_  
 Day Phone (    )    -    \_\_\_\_\_  
 Evening Phone (    )    -    \_\_\_\_\_  
 Email \_\_\_\_\_

Please indicate the how you would like to receive the club newsletter *the Yodel*:  
 Email     US postal

Please check the information you would like to have published in the OSAT Directory. (The list is distributed to members):

Full Name     Day Phone     No Listing  
 First Name, Last Initial     Evening Phone  
 Address     Email

OSAT has dues to pay for costs associated with the newsletter, telephone hotline, mailing costs, etc. OSAT also accepts donations to finance club activities. OSAT is a tax-exempt non-profit organization under IRS section 501(c) (3). Donations in excess of dues amount are tax deductible. In respect to Tradition 6 of AA, OSAT club property and finances are kept separate from the funds and property of any OSAT 12 step groups.

**DUES (Jan-Dec):**

Single \_\_\_\_\_ \$12 per year  
 Couple \_\_\_\_\_ \$18 per year (sharing the same address)    \$ \_\_\_\_\_

**MERCHANDISE:**

OSAT Stickers (3"x5")    1 for \$2 \_\_\_\_\_  
 for windows, bumpers,    2 for \$3 \_\_\_\_\_  
 gear, etc.    3 for \$4 \_\_\_\_\_    \$ \_\_\_\_\_

T-Shirts \_\_\_\_\_    S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ \$15 each    \$ \_\_\_\_\_



**DONATIONS:**

Donation \_\_\_\_\_ \$ \_\_\_\_\_

**Total Enclosed:**    \$ \_\_\_\_\_

Please Make Checks Payable to OSAT  
 Mail your payment along with this form to:

OSAT-MEMBERSHIP  
 PO BOX 6461  
 LYNNWOOD WA 98036-0461

**PLEASE BE SURE TO FILL OUT THE ANNUAL RELEASE AND INDEMNITY AGREEMENT ON THE REVERSE SIDE OF THIS FORM**

Optional Information

Sex \_\_\_\_\_ Birthdate \_\_\_\_\_

Recovery Birthdate(s) (if applicable) \_\_\_\_\_

How did you find out about OSAT? \_\_\_\_\_

Referring member (if any) \_\_\_\_\_

INTERESTS

What is your interest in any of the activities listed below?

Activity	None	Some	Lots	Willing to Lead
Hiking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scrambling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Climbing (glacier)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Climbing (rock)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Backpacking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Car Camping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Backcountry Skiing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alpine Skiing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Snowshoeing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bicycling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Running	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kayaking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family Outings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Outdoor Meetings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Other (describe) \_\_\_\_\_

**IMPORTANT NOTICE TO ALL OSAT MEMBERS**

All current and/or new members of OSAT who wish to participate in **ANY** OSAT activities will be **REQUIRED** to sign and submit an **ANNUAL** release and indemnity agreement (below).

**ANNUAL RELEASE AND INDEMNITY AGREEMENT**

I,(print name) \_\_\_\_\_ hereby state that I wish to participate in courses and/or activities offered by OSAT, a non-profit corporation. I recognize any outdoor activity may involve certain dangers, including but not limited to the hazards of traveling in mountainous terrain, accidents or illness in remote places, force of nature, and the actions of participants and other persons. I further understand and agree that without some program providing protection of its assets and its leaders, OSAT would not be able to offer its courses and activities.

In consideration of and as part payment for the right to participate in the activities offered by OSAT, I agree to **RELEASE, HOLD HARMLESS AND INDEMNIFY** OSAT and its members from any and all liability, claims and causes of action arising out of or in any way connected with my participation, or the participation of any minor that I am signing on behalf of, in any activities offered by OSAT. I personally assume all risks in connection with these activities. If I am signing on behalf of a minor, I further agree to **HOLD HARMLESS AND INDEMNIFY** OSAT and its members from all liability, claims and causes of action which the minor may have arising from the minor's participation in activities.

The terms of this agreement shall serve as a release and indemnity agreement for my heirs, personal representative, and for all members of my family, including any minors. (Parents or legal guardians must sign for all persons under eighteen [18] years of age.)

**I have read this release and indemnity agreement and have fully informed myself of its contents before I have signed it.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent or Guardian \_\_\_\_\_

# OSAT Safety Committee

## Basic Safety Standards

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1. When is an outing an official OSAT activity?
  - 1.1. An official OSAT outing is an activity announced by an OSAT member and uses OSAT channels (e-groups, Yodel, hotline, etc.) to announce the activity.
  - 1.2. And/or when it is part of an OSAT course.
  - 1.3. And/or when it uses OSAT funds or equipment.
  
2. Basic equipment to be taken on all OSAT outings
  - 2.1. The ten essentials: map, compass, flashlight, extra food, extra clothing, sunglasses, first aid kit, pocket knife, waterproof matches, candle or firestarter.
  - 2.2. Appropriate footwear for the activity.
  - 2.3. Food.
  - 2.4. Appropriate clothing for the activity.
  - 2.5. Other equipment as designated by the leader.
  
3. All participants in OSAT outings shall follow the Safety Standards as adopted by OSAT.
  - 3.1. Leader responsibilities
    - 3.1.1. The leader will qualify participants prior to an outing.
    - 3.1.2. The leader shall limit the number of participants for an activity based on safety standards.
    - 3.1.3. The leader shall designate the amount and type of equipment each participant shall have.
    - 3.1.4. The leader is responsible for trip planning.
  
  - 3.2. Participant responsibilities
    - 3.2.1. All participants must have signed an OSAT release form prior to participating in an outing.
    - 3.2.2. All participants will follow the directions of the leader or their designate.
    - 3.2.3. Participants will contact the leader prior to the outing.

Participants in all OSAT outings agree to take responsibility for their actions within the club and to assume responsibility for assessing and controlling risk. Each member of an activity shares in the responsibility for having a safe and enjoyable outing by being prepared with the right equipment, clothing and emergency gear and also bringing the necessary skills, fitness and commitment.