

The Yodel

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

Online Version

The Yodel

Volume 13, issue 1

Keep climbing mountains and don't slip!

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:
When: December 4, 2004
Photo by: Kelly Purcell
Send your pictures to yodel@osat.org. and the editor will post the best one in each month's Yodel.

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Can the New Year be Late?

Having driven up from the Southern Oregon coast New Year's Eve, arriving home at 2 a.m., it was tough to get out of bed on 1/1/05. At the trailhead, the parking lot held a fair number of cars, including a bunch with OSAT stickers. By the time I arrived—nearly an hour late—I was determined to make it up Mt.Si to greet the new year and as many OSATers as possible.

Fresh snow dusted the top 800 feet of the familiar peak. Somewhere around the 3.5-mile mark, I finally came upon Dick and Wendy on their way down. Dick declared that around 20 OSAT climbers had made the annual pilgrimage, and assured me that most of them would still be at the rock pile by the time I got there. At the old trail/ridge short cut, I decided my best chance to catch a few friends so I could wish them a Happy New Year was to go straight up the cut-off. Sure enough, a large group of OSAT folks were still at the base of the rocks when I got there. What a wonderful celebration of the 16th anniversary of Jim's conceiving of the idea that became OSAT!

Three 20-somethings were thrashing around the spindrift in the lower gully of the Haystack in their tennis shoes, complaining about the "ice" (of which there was very little). Although conditions had changed since the previous Tuesday, when the gully was clear and dry, the dusting of snow was easily brushed away from the numerous hand- and foot-holds, and the scramble quickly yielded to my careful determination to be the first on the summit in 2005. Happy New Year!

Montani semper liberi!
Rik



Membership Renewal Time

It's time to renew your membership and release forms! Take a look at the address label on this Yodel, and if your DuesPT date is 2004, membership fees and a signed Release and Indemnity Agreement form are now due. If your DuesPT date is 2005 or later, only a signed release form is due (due annually). We've included a Membership Form and a Release and Indemnity Agreement with this Yodel for your convenience. Please send your signed forms and dues to OSAT at:

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

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."

December OSAT BOTS Meeting Minutes

Tuesday, December 21, 7:30 PM, at Mike and Jane's house
ATTENDING: Russell, Tino, Robyn, Jane, Dick. Robyn opened the meeting at 7:30 pm in the usual manner, beginning with a moment of silence and Serenity Prayer. Russell read the OSAT Mission Statement.

Robyn read the minutes from the November 16th meeting. Tino moved to accept the minutes as read. We voted and the minutes were accepted.

OLD BUSINESS:

Dave and Jim are the new BOTS members. A card was passed at the gratitude dinner for Dick W. who recently had heart surgery. Tino suggested babysitters for the next gratitude dinner. It was really hard to hear during the presentations because of noise from the unattended kids. Christmas party: The Christmas tree fell over several times as befitting an occasion with several alcoholics in the room. A good time was had by all, but it was a small turnout.

NEW BUSINESS:

Service Positions:

- ★ Mary has filled the Service position.
- ★ Tom and Voya are sharing the Librarian position.

Mike P. will take over the Hotline.

It was discussed that each service position should have a written list of duties so that when positions are passed on it will be clear to the new candidates

exactly what is required. It was determined that these positions should have a written description: Service, Activities, Treasurer, T-Shirts, Membership, Yodel, Librarian, Webmaster.

BOTS committee members will contact current service position holders to get written job descriptions to pass to new position holders.

Next Club Meeting: Second Wednesday, January 12. Tino will call Dave and Teresa about filling the entertainment segment of the meeting with slides of their recent trip to Croatia, Slovenia and Venice.

Tino will discuss at the Jan. club meeting the subject of having club meetings 12 months a year. It was discussed that with the interruptions now in monthly club meetings due to the cancellation of July, September, November, and December that some continuity might be getting lost that could be afforded the membership by having regular monthly meetings.

Jan. 15th will be the Activities Calendar Meeting at Bob and Karen's.

We voted to fund the \$275.00 for the next vertical world excursion in Ballard on January 22. Waivers will need to be signed by all participants the night of the event. It will be \$10 per person, and children under 12 are free.

The meeting was closed at 8:45 with the Serenity prayer.

Y.T.S., Dick D.



New OSAT Website is LIVE!!

We are pleased to announce the launch of our new OSAT website that went live on January 4th, 2005. The new site includes a lot of new exciting features that will make life a lot easier, more secure, and more convenient to use for OSAT members. The site is entirely rewritten in the scripting language, ColdFusion, which dynamically displays information in real-time! When new activities are entered to the calendar, for example, the activity is immediately available on the website. No more sending requests for updates to the WebSherpa. Just get online and post it.

The new site is divided into two sections, a Public area and a Members area each with color schemes that change throughout the day. The Public area is designed like a brochure including information about the club, who we are, what we do, a brief calendar of events, some of our history, contact methods, and membership

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OSAT ACTIVITIES CALENDAR

May

- 1 2nd Annual Golf Tournament: Foster Golf Links. \$35 w/ o cart. Size limit: 24
- 14 Mt. Jefferson 3-day Glacier Camp and Scramble. Summit. Breitenbush Hot Springs. Saturday thru Monday May 14-16. Size limit: 12. Leader: Bill L. Who's coming: John E.

- 27 Olympic Hot Spring 2-Day Hike: 2 1/2 mile in. Hikes TBA. Memorial Day. Size limit: 12

June

- 4 Mazama Bike Ride: Redmond Cycling Club ride. 2-day ride, 75 miles each day. Sign up at <http://redmondcyclingclub.org/> starting April 1. Leader: Lola
- 4 2-Day Climb Sloan Peak: Size limit: 12. Leader: Russell
- 4 MS Ride Fundraiser \$20: OSAT Team wanted. Leader: Mike P. 253-854-3016

- 25 Mt. Jupiter in Olympics: Leader: John M.

July

- 3 South Summit of the Brothers: July 3rd, 4th or 5th, TBA. Size limit: 12

- 9 Mt. Rainier 7/9 or 7/16: There may be more climbs, TBA. Leader: Russell

- 16 S2S Bike Ride: This is a bike ride from Seattle to Spokane on Highway 2 in one day. 285 miles and 12,000 feet of elevation gain. Difficulty: Strenuous. Leader: Lee W. peakbagger3@comcast.net

- 28 RAMROD Bike Ride: "Ride Around Mt. Rainier In One Day." 153miles, 10,000 ft. elevation gain. See <http://redmondcyclingclub.org/> for sing-up information. Leader: Lola

August

- 6 RSVP Bike Ride: Ride from Seattle to Vancouver and Party bike ride. See <http://www.cascade.org/Home/> for more information.

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We want to hear from you! This is your site. Any feedback you can give would be greatly appreciated. The goal in designing this site is intuitive ease of use and convenience. If there's anything that you thought should be there but isn't, let us know. If something doesn't work the way you think it should, please let us know. If you get weird error messages or strange quirky things, drop us a line. If there are errors in spelling or dates and times, please let us know. We are always coding, fixing this and tidying up, and will continue to work on this until this site is a well-oiled, fine-tuned machine! And we can't do it without YOU! So please drop us a line with comments, concerns, constructive criticism, complaints, or to just pat the Web Sherpa on the back. Future endeavors include the expansion of the Glacier Climbing Course section, e-mail notifications for those signed up for activities, a weather feed on the site, an Echo archive, and information on how to set up OSAT-style clubs in other states. These are all suggestions by club members! So if you have any wonderful ideas, please drop us a line and we'll add it to the wish list.

We hope you really enjoy your new website and all of its new features!
OSAT Web Sherpa

- 7 OSAT Picnic
- 12 Summerland Meadows Hike/Pleidiies Meteor Shower: Overnight campout on the 13th. Return on 14th Night of the 12th is the main attraction on the nighttime sky.

- 20 3-Day Kayak Ross Lake: Leader: Russell

- 27 2-Day Climb Curtis Gilbert: Size limit: 12. Leader: Rik

September

- 8 2-Day Prussik Peak 5.7 Route: Size limit: 12. Leader: Bill L.

- 9 Eight Mile Campgroup/Icicle Creek Car Camping

- 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 45 miles a day, with overnights in Port Townsend and Camp Orkila on Orcas Island. More information can be found at the ALAW Website. Register early, as this ride fills quickly. Difficulty: Recreational, some hills. Leader: Mike P. 253 854-3016. Mprimed@comcast.net

October

- 12 Largest Veteran's Day Parade this side of Mississippi

- 27 Last OSAT Thursday Night Tiger Meeting for Season:

After tonight, the Thursday Night OSAT Tiger Mountain meeting moves from Tiger Mountain back to IHOP in Issaquah. Details under "12-Step Meetings" on the website.

- 29 Halloween Party: Leader: Lori

November

- 24 Mt. Si Thanksgiving Hike

December

- 25 Mt. Si Christmas Hike: Christmas Dinner Appetite Builder

January 2006

- 1 Mt. Si New Years Day: Traditional OSAT hike

OSAT ACTIVITIES CALENDAR

The Online Activities Calendar is now interactive (for members) and contains up-to-the-minute Activities information.

If you haven't seen the new Online Activities Calendar, you don't know what you might be missing!

<http://www.osat.org/Calendar.cfm>

February

5 Cave Camping Overnight: Details to follow. Depends on snow conditions. Leader: Pete.

8 Glacier Climbing Course Session I.

9 General Membership Meeting. New location for this night only, John L. Scott Real Estate Office, Bellevue 7:30pm. Lola will share slides from her 3-week bike adventure in China and Tibet.

12 Beginner Snow Camping: Crystal Springs campground. Just east of Snoqualmie Pass, off I-90 at exit 62. Easy, non-extreme basic experience with cold weather, stoves, melting snow, (having fun) doing things with cold hands, (having fun) doing things with gloves on, dangers of fire (stoves) in tents and around clothing, setting up tents in snow, (having fun) sleeping on snow, and of course... HAVING FUN!! What to bring: Meals: Lunch & dinner on Saturday, and breakfast on Sunday. Warm clothes—NO COTTON!! (wool or synthetic only), gloves, hat/scarf, warm/waterproof boots. Sleeping bag rated to 20 degrees or lower (sleeping bags can be rented) Difficulty: Easy. Leader: Ken, 425-392-0574, kenmapes@hotmail.com.

12 GCC Seminar: Knots & Packs. 2-6PM at the Mercer Island Congregational Church, 4545 Island Crest Way. What to bring: Harness, Prusik cords, webbing, smile. Leader: John Edwards.

13 GCC Conditioner: Tiger Mountain via Preston w/ Meeting. What to bring: 10 essentials. Size Limit: none. Difficulty: Beginner. Leader: Russell.

15 BOTS Meeting: 7:30pm. Leader: Dick. E-mail: eBOTS@osat.org.

19 Gear Grab: MGCC Seminar and Gear Grab. 2PM Mercer Island.

19 Hog Loppet: X-country, 19 mile, not for beginners. Supported by Snow Mobile Association. More info at Mission Ridge website.

19 Bike Ride to the Seattle International Bicycle Expo. About 30 miles round trip. Meet at Seward Park on Lake Washington at 9:30AM for the mostly flat pedal along Lk. Washington Blvd to the Expo at Magnuson Park. Cost at the door is \$7. There will be great deals on cycling gear, registration for various rides, including the annual Team OSAT Trek Tri-Island with the ALAW. For

more information go to www.cascade.org/EandR/expo. Difficulty: Moderate, 40+ miles round trip. Leader: Mike P. 253 854-3016. Mprimed@comcast.net

20 GCC Conditioner: Tiger Mountain w/Meeting. What to bring: 10 Essentials. Size Limit: none. Difficulty: Beginner. Leader: Russell.

27 Chilly Hilly: Annual bike season kickoff with Cascade Bicycle Club. Join us on this hilly, sometimes chilly, bike season opener. Stay tuned for further details! Leader: Mike P. 253 854-3016. Mprimed@comcast.net

March

9 General Membership Meeting. 7:30 PM. Back to Mercer Island Congregational Church. 4545 Island Crest Way. Presenters wanted.

13 Snowshoe: TBA. Leader: Will. 425-822-0988. will.lallickson@verizon.net

14 Glacier Climbing Course II

15 BOTS Meeting: E-mail: eBOTS@osat.org

19 GCC Seminar: Mt. Rainier. Ice Axe training

27 GCC Seminar: Mt. Rainier. Ice Axe Training

April

1 Lake Ozett Olympic Peninsula: April 1, 2, 3. Meet at trailhead parking lot Saturday morning. Leader: John M. Trip Size Limit: 12

7 Tiger Mt. Thursday Night AA: This is the first night the

Thursday Night AA Meeting moves from IHOP back to the top of Tiger Mountain. See Website under "12-Step Meetings" for more information. Since this is a public meeting, information to members as well as to the general public is located on the public Website (not the members section). Size Limit: none. Difficulty: Moderate.

11 GCC Seminar: Navigation/Avalanche. What to bring: GCC handouts, books, etc. Size limit: none. Difficulty: Lecture. Leader: Pete L. pete@cascadeguide.com

16 Yashon Island Bike Ride: 50 miles round trip. Ferry schedules to determine start and return time. Leader: Lee

17 Mt. Si Relay: Eastside Runners. Must have a 5-person team. Leader: Dave

30 Peak Kaleetan Ice Axe/Scramble: Leader: Russell

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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 robynsni@msn.com
 Tino S. 253-826-1464 tinosanchez@hotmail.com
 Bruce M. 425-204-0168 bmahan@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. spanulino@yahoo.com

Library: Rod B. treasurer@osat.org

Membership: Bob L. library@osat.org

OSAT East Coast: membership@osat.org

John H. 617-641-3423

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

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

Yodel: Lola J. 425-641-7841 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 classroom #6, upstairs.

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

The OSAT E-List:

Tips guaranteed to help you use the OSAT E-mail list effectively:

SUBSCRIBING: Send a blank email to: osat-subscribe@yahoogroups.com

POSTING: (Use discretion: remember we ALL get the email.) Send messages to: osat@yahoogroups.com

UNSUBSCRIBING: Send a blank email to: osat-unsubscribe@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*

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good exercise and occasionally we would surprise somebody. I was a substitute, of course. My most valuable role was giving somebody a rest once in a while.

Dick and I also got in the habit of running two nights a week. We did this all year, even in the middle of winter, even with snow on the ground. We would meet at different places along the Sammamish bike trail or at Green Lake in Seattle. We would run slow enough to talk. I did most of the talking, but he kept me informed about what was going on his life. He didn't quite seem as happy as he did years before, but he was pleasant company. And consistent. And he was always there when he said he would be.

And he was an excellent listener. I would babble on and on about my plans to start a new career. I would talk about an AA climb of Mt. Rainier. How would I get this organized? Did I know enough to pull it off? Could we get a club started from this? A clean and sober hiking and climbing club. Wouldn't such a club be a good thing? Maybe it would even attract some people that AA couldn't.

I knew that lots of people with drug and alcohol problems were unable to relate to AA. They couldn't handle the "religion" thing or they just didn't like the meetings in smoke-filled rooms and the endless coffee drinking. And the know-it-all attitudes of overweight, slovenly, ex-drunks who insisted that you would die or go crazy if you didn't go to at least a dozen meetings a week. They found the blatant negativity and continual expressions of

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months, once everyone is using the proper addresses. Automated messages will be going out over the old addresses to inform everyone about the change. (And yes, it will go out to the spammers as well, however, most spammers get so many returned mail messages and auto-responders that they rarely check them.)

The main reason changes to the OSAT Website were made are to keep the club up to date with cutting edge technology aimed at easing and enhancing the OSAT membership experience. Secondly, recent times have noticed a dramatic decrease in paid memberships. It is speculated that this decrease is largely due to the ease of obtaining club information via the public Yahoo Group service and the website thereby removing the incentive to participate in membership.

All current members with paid dues through 2005 should have two things automatically happen for them — they should be on the Echo list and receiving the Echo in their e-mails (unless you cancelled yourself) and should have received an e-mail with a link to the Account Signup Page along with a Validation Code. IF you have not received these two things, please contact either the WebSherpa or the Membership Chair by clicking on the appropriate link from the Contact button on the website.

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severe depression too much to take. They stayed at home and handled their problem in other ways. Some would go back to drinking; better to die a drunk than go to AA meetings.

Dick was such a person. He didn't like talking in groups, especially to strangers. Yet the guys he had met at the few meetings he had attended seemed compelled to talk endlessly about higher powers and turning-it-over and sponsors and calling people and living one day at a time. All of them were full of advice and some of them were clearly full of bullshit. What could they know - especially about what would work for him?

And Dick was into exercise. He didn't carry any fat around his middle and was proud of it. He didn't smoke. He ate the right foods. Most of the men at the meetings were overweight and smoked cigarettes. What did he have in common with those AA people? Nothing, or almost nothing. Having a drinking problem in common hardly counts if you're not drinking.

But the idea of an outdoor club for recovering alcoholics intrigued him. One night as we ran along the river he said he might be willing to help me teach climbing to the novices. Of course, he pointed out, I would first have to give him some more training.

I took that as a positive sign. Maybe it was an idea that would work. Maybe it was supposed to happen. I continued to dream and think and scheme and plan. And procrastinate, of course.

January 12, 2005, 7:30 PM. Mercer Island Congregational Church

ATTENDING: BOTS Members: Dave B., Dick D., Tino S., and Rik A., Treasurer.

OSAT members: Russell, Mary, Teresa F.

The meeting opened in the usual manner, with a moment of silence and the Serenity Prayer. Dick D. was the BOTS member running the meeting, and he read the minutes of the December BOTS meeting and the minutes of the last 2004 Club meeting, which was held in October.

COMMITTEE REPORTS:

Library: Rik reported that Rod B. has volunteered to take on the total responsibility for the library (previously Dave N. and Tom D. were going to split the responsibilities). Rik has recommended the consolidation as the most appropriate way for the library to be handled.

T-Shirts: Teresa has been trying to sell the cotton t-shirts (having a fire sale) to lessen the club's financial responsibilities. We have limited sizes available. She has requested Bob L. to remove them from the membership ordering form. Teresa will also contact Vern B. regarding the t-shirts he had made up for the Gratitude dinner and find out if he has the artwork available for these. She will also be re-ordering some of the most popular sizes in the poly-pros.

Membership: Bob said we have 95 paid members for 2005

and 200 on the books for 2004. Bob said he would start posting e-mail reminders for members to renew their dues for 2005.

GCC: Russell reported so far they have 12 sign-ups for the Climbing Course. Russell will be the planner for the Mt. Rainier Climbs. He is going to recruit members at the Activities meeting to lead auxiliary climbs for the GCC. Mt. Adams & Baker were mentioned. The first GCC will meet the second Tuesday of February and thereafter they will meet the second Monday of the month at REI.

Service: Mary has taken over these responsibilities from Lee and has already contacted the Church in Kirkland and Seattle to book the 2005 Gratitude Dinner (Nov. 19) and Xmas Party (Dec. 10). She will forward the contracts to Treasurer Rik A. She is in the process of booking the campground for the Campout (September 16-18, 2005)

Treasurer: Teresa reported the handoff to Rik A is now in place, and Rik now has all the financial history/checkbooks etc. We closed out the year with a balance of \$5,636.73.

OLD BUSINESS: None

NEW BUSINESS:

Tino reported that the BOTS received feedback from some members regarding the noise level of the children at the

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Yodel Staff

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

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How to Contribute

The deadline for March Yodel:

February 18, 2005

Via E-mail: yodel@osat.org

You are **strongly** encouraged to submit your contributions via electronic mail. You can also send hard copy to: Yodel Submission, P0 Box 646, Lynnwood, WA 98036-0461.

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.

January OSAT Club Meeting Minutes (cont.)

(Continued from page 5)

Gratitude Dinner and the Xmas Party. This was mainly due to some children not being supervised by the parents. It was brought up that a few years ago we had some damage to one of the churches we rented for the Gratitude dinner, caused by unattended children. It was suggested that parents might want to take turns (for ½ hour periods) watching the children. Mary will also think about new ideas for activities for the children at future OSAT events. More discussions are needed on this topic to ensure everyone has a positive experience at these events.

The BOTS reported that they are thinking of making the club meeting every month, since some people find it difficult to keep track of when the club is meeting. We don't usually meet in June and July (due to Mt. Rainier climbs), or November and December (due to the Gratitude dinner and Xmas Party). After lively discussion, it was decided we need more feedback from the general membership on this, so the issue was tabled. Someone (???) said they would post a message on e-groups asking for member feedback about the idea of having club meetings 12 times a year.

The club meeting in February will not be held at Mercer Island Congregational Church due to a conflict with Ash Wednesday Services at the church. Mary will check if we

can use the conference room at her office in Bellevue and get back to the BOTS on this.

We had a discussion on how to get more attendance at the monthly club meeting, since so few people show up now, and it was suggested that we need to get better and more consistent entertainment/presentations. The BOTS will decide at their next BOTS meeting who will be responsible for posting e-mail reminders about the club meetings. BOTS members in attendance will contact other BOTS members and let them know that the BOTS will now be meeting on 3rd Tuesday of the month at 7:30pm in the usual place.

There was an announcement reminding everyone about the Activities meeting at Bob and Karen's house on Saturday at 6 PM.

The meeting adjourned at approximately 9 PM in the usual manner.



Submitted by Teresa F.

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The Members area includes the OSAT Hinckhouse Library, a Members Photo Gallery, the club By-Laws, a Members Forum, Members contact forms, and of special mention, the new and improved Activities Calendar where members can sign up for and post editable activities. Limited activities offer "Add Me" buttons to sign up where participants' names get listed under the activity so members can see who's attending. All the Members area pages, the login and account setup pages, and the Contact pages including the Public area's Contact pages are secure using 128-bit encryption, ensuring the protection of all sensitive information.

The Echo is replacing Yahoo Groups as the club's e-mail communication tool. This service is run and paid for by OSAT and is a private, members only service without advertisements, privacy abuse (like adding your e-mail address to spam lists like Yahoo does), the ability for spammers to spam-bomb the list, and non-member lurkers who take advantage of OSAT benefits without participating in membership.

We're getting rid of the e-mail addresses. On the Internet there's something called e-mail harvesters. They are creepy little programs that crawl the Internet in search of e-mail addresses on websites to include in lists that get sold to companies that send spam. All the e-mail addresses on the website (BOTS@osat.org, Websherpa@osat.org, MemberShip@osat.org, etc.) have been infected and we are getting bombarded with spam. In order to combat this problem, we are changing the format of your e-mail addresses and using forms for communication instead of e-mail links. The new addresses are the same as the old with an "e" added to the beginning. BOTS@osat.org, for example, is now eBOTS@osat.org. This is the same for all "@osat.org" addresses. Please update your address books. Currently mail being sent to the old addresses is being forwarded to their proper recipients; however, this will end in approximately two

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Dick W. Becomes Jim's Sounding Board

As many of you know, Dick W. had heart surgery in Eugene late last year. In spite of leading a healthy and active life style and the fact that, as Jimmy observed in the chapter below, he still does not "carry any fat around his middle" and eats all the right foods, chest pains (first noticed on trail runs up Eugene's version of Tiger Mountain) led to a doctor visit, an angiogram, which led to full bypass surgery. Thankfully Dick is doing well, and sends his regards and appreciation to the many OSATers who expressed support to him during and after his hospital stay; and he will begin his running again soon. As it happens, this next chapter in Jim's book introduces us to Dick, Jim's close friend and confidant. Dick and Jim shared many interests and attitudes, and Dick provided Jim an opportunity to test out his ideas.

KCMADS, Rik

KEEP CLIMBING MOUNTAINS

Part I. THE ADVENTURE BEGINS

Chapter 6. An Old Friend Offers to Help

Fired up again, and now I had a plan. I would try to organize an AA meeting on top of Mt. Rainier. This would kill several birds all at once: help me find other climbers who are recovering alcoholics; test whether mountaineering could help to prevent relapses; let me know if I liked teaching mountaineering to addicts; and if I was good at it.

But it was a tall order. Climbing Mt. Rainier is serious business. People die up there almost every year. Did I have enough climbing experience and leadership ability to pull this off? I wasn't sure, but I kept feeling I was supposed to try.

I didn't think I could do it alone. Enter my old friend Dick, now my running and climbing partner, and former drinking buddy.

A few years prior I had bumped into Dick at the Longacres Race Track. We hadn't seen each other for almost 10 years. My, he looked old. Did I look that old? Probably. We made plans to see each other again and we did.

Dick and I have a lot in common: grew up in small towns in Oregon; were star athletes in high school, graduating in 1960; math majors in college; now worked with computers; still enjoyed playing basketball; secretly plagued by low self-esteem; divorced twice; father of two children by first marriage; same height (5'9"); wore short beards with streaks of grey; became alcoholics. There is probably more, but that's enough I think.

We had met through Dick's second wife when I was working at the University of Washington. Sonja worked in my department as a keypunch operator. Our office partied a lot. I met Dick and we liked each other. We started playing basketball together. We played on several teams and after games, our wives would sometimes join us, and we would drink beer and dance until the bars closed.

Life became a soap opera. Several soap operas. Dick had his and I had mine. We made guest appearances on each other's show. We shared secrets and became close friends, joined together by basketball and the willingness to laugh about our wasteful ways. Black humor, of course. An example of alcoholic black humor: "I feel sorry for the poor teetotaler. When he wakes up in the morning, that's the best he is going to feel all day long."

But now life was different. We were both sober. Dick had managed to stop drinking without using AA. More power to him. I often mentioned his success at Union Club meetings. Of course, he had some help from the police, who stopped him driving when he was drunk and made some strong suggestions.

Years before Dick had done some climbing. He had climbed Rainier, St. Helens (before the eruption!) and a few other peaks. But it was in a fog during his drinking and drugging period. He had gone with some friends who essentially had told him what to do. But he wanted to get into climbing again and we had already climbed Glacier Peak together. True, he didn't have any formal instruction, but he was an athlete and a quick learner. I decided I'd rather climb with him than someone I didn't know who might be fully-trained, but injury-prone and clumsy.

To my surprise, Dick was still playing on a basketball team. I hadn't played for years, but naturally expressed interest in playing again. "Probably couldn't make the team, but it might be fun to have a tryout".

"You just made the team", Dick replied, laughing. After all, he was the coach and manager, and besides, he knew I was good for a share of the team entry fee.

So we started playing basketball together again. But it wasn't the same. The quickness was gone and we now had to rely mostly on our experience and smarts. The rest of our team were in their early- to mid-thirties, so we were an OLD team, since most of our opponents were much younger, some just out of high school. But it was

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