

The mountains will always be there; the trick is to make sure you are, too. —Hervey Voge

The Yodel

May 2013



Welcome GCC Class 2013

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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.



When Student & Instructor meet

Welcome!

When students were asked what they hoped to gain from the Glacier Climbing Course this year, some of the replies were:

- Casey A—wants to learn the next step Mountaineering skills
- Daryl H—is looking forward to developing friendships, doing some hiking and finding some spirituality.
- Gary E—hopes to improve his skills
- Erin B—wants to accomplish something challenging & motivating and is looking forward to enjoying that with her family.



Instructor Training

Conditioning on Mount Si



Students at First GCC Field Trip Knots & Packs

Tiger Mountain Dave

By Marina B

June 5, 2010

Dear TMD – Tiger Mountain Dave (that is my nickname for you),

I hope to give you this note on my 1 year AA birthday, now something like 97 days from today, but who's counting? I just reflect on the role you have played in my recovery. On 9/13/09 I had two days, and I came to the tiger meeting. You shared



“If you are drinking, you are telling yourself a lie. You know what is healthy for your body, so you have to figure out a way to lie to yourself in order to make it okay to drink”. That may not be your exact words, but that was what I heard, and it was the beginning of my eyes and ears being opened to looking at my relapses as something unhealthy and dishonest to myself. And I saw things in you (as well as others at the meeting). Things I so wanted to develop in myself, but on that day I didn't know I would be able to build a confidence in myself and become a health conscious individual. You, being you, encouraged me from that day on. It may have been small to you, but you taking the time to show us gals the way down the Nook trail, or personally mentioning the last Thursday night meeting of the season, to the time you brought me along on the Pilchuck adventure, to showing me how to navigate REI garage sales, the

thoughtfulness of buying Chapstick for us three gals including Jenn.

With your encouragement I have stepped way beyond my comfort zone. Camping, backpacking, getting to be a part of starting the Golden Gardens meeting. Learning when someone hurts my feelings it's about the other person being in a bad space and looking at them with compassion instead of resentment, and then finding a way to laugh about it. Finding out I'm still “new”, but not “shiny new”. Anyways, to make a long story shorter (because I could really go on and on):

Thank you for carrying yourself in such a genuine manner, and reaching out in the supportive way you have. I felt safe to try new things and free to create this new life. I never thought I would do something crazy like giving up TV, and I did. I never thought I would be a health nut, and now I am =) I had strong doubts about ever being able to stop shopping at Plus Size stores, and now (or by the time this letter comes out) I wear a very fuzzy sharp looking purple NORTH FACE jacket! If these are the gifts I have received in only my 1st year of recovery, I am so excited to see what the next year will bring! Maybe the GCC! Anyways, it only happens once in a lifetime, getting your 1 year coin, so I did not want to pass up this opportunity to let one of the people who have helped me the most, know how grateful I am.

Marina



Off Belay

By Bob C

Hello fellow OSAT'ers, many years ago I was involved with OSAT and wrote a regular editorial column called "Off Belay". It was a forum to discuss issues ranging from recovery to climbing to club gossip. And I always concluded with a recommended climb/hike/ something that sounded motivating to do. So here goes nothing.

Perspective- Not all summits are on top

The other day I was putting in a few laps on the Capital Hill stairs at E Blaine St & Lakeview BLVD E. Most are familiar with the lung searing, thigh burning, and calf pulsating concrete stairs overlooking Lake Union. It was a typical Seattle winter's day with mild temperatures, overcast skies, a view overlooking Lake Union and the Space Needle. My training mantra couldn't quiet the voices in my head telling me how much these colossal steps felt like the last 1000' of Mt Rainier. Then I wondered when this summit, this summit of going up and down stairs had become just as important as the summit of a cold lonely mountain peak?

I chalked up to the lack of disposable time that is consumed by kid activity schedules, my wife's training, my own training, and OMG work.....ahhhhhh work the most dreaded of four letter words. Then it came to me that I enjoy the process of training for summits, any summits. Summits can be anywhere like dirt or snow or concrete. When I turned to get into my car I felt like I was leaving the icy crater of Mt Rainier because I had put as much much spiritual energy into these stairs as any peak I've summated. And then I began thinking about the many folks in recovery who are about to embark on a fantastic journey to

many kinds of personal summits. So what are some of your summits?

Hike/Climb of the month: Go snowshoeing at Snoqualmie Pass. The first stop is Source Lake. Then keep heading northeast to the top of the ridge to overlook Snow Lake. Positively beautiful.

How to get there: I-90 East to exit 54. Turn left and follow the road to the upper Alpental parking lot (keep going till the end of the road) and the parking is free!!

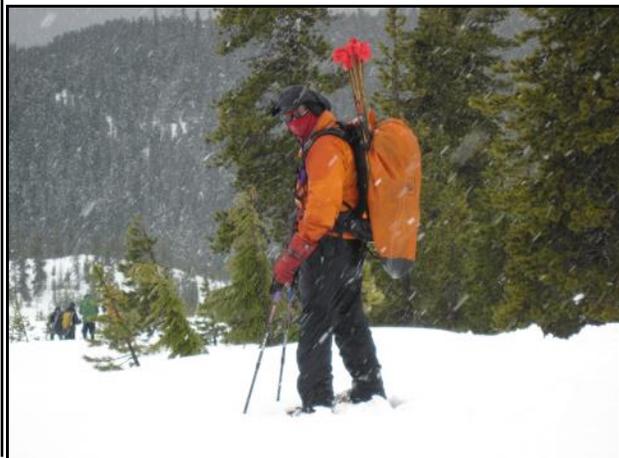
Contact me with any ideas or thoughts – Bob Clarke – climb13a@hotmail.com

Dave Forest

By Bob S

Hello; this is a picture I took of Dave Forest around 11:30 a.m. March 13, 2011, at Mt. Saint Helens. Some of us OSAT'rs were trying to summit until a whiteout prompted a group decision to turn around. I took it from a distance...Dave in his element...

Bob Schlosser
(Formerly Ponytail Bob)



Sailing Into Sobriety

By Nancy S

My dear friend and OSAT member, Doug L, is a very skilled and accomplished sailor. He is the extremely proud owner of a Roberts 341 Bluewater cruiser that was designed in Australia and owner-built in Idaho. Doug is the fourth owner of this magnificent boat that he very lovingly refers to as “her” and “she.” He currently lives on his prized sailboat that is moored at Shilshole Bay Marina in Seattle, and he sails on a regular basis.



One of Doug’s many acts of service work to AA and OSAT is his gracious gift of taking fellowship members out for a day of sail-

ing. On June 27, 2012, I got to spend a perfect summer day sailing with Doug and other members of AA. We sailed through the Ballard Locks, under numerous bridges (Doug blows into a large shell to “sound the horn” as a signal for the draw bridges!), and past the Seattle waterfront. We anchored in deep water for a bit of swimming and sun-bathing. Our final stop was at a dock in Kirkland where we disembarked, cruised the local farmers market and then walked to the Millennium Group AA Meeting that evening. Throughout the day, Doug freely shared his love and knowledge of sailing with us. We learned much of the sailing vocabulary and even got to participate in the various crew duties on board. It was truly one of the best days of my life, and I cannot thank Doug enough for affording me such a powerful and Blessed experience.

Doug is a recovering alcoholic that has an absolutely amazing story to tell. As a fellow recovering alcoholic, I have had the honor and privilege of Doug sharing part of his life and his story with me. One part of his story that is about his sailboat struck me as totally unique and profound, and I feel very Blessed to have heard it. I want you to have the gift of hearing it too. Doug allowed me to put pen to paper to write the details of the story as I believe I heard him share. He then checked the story for accuracy and allowed me to offer it to the Yodel for all to enjoy!

When Doug was still out there running and gunning, his sailboat that was named “Whiskey Run” when he bought her, would have matched up well. However, now that he was sober, the name made him uncomfortable and seemed inappropriate to keep. Thus, he ventured out to change his boat’s name. Doug was immediately met with multiple potential obstacles. The US Coast Guard representatives explained that changing the name of a boat cost several hundred dollars, involved an often cumbersome and lengthy administrative process, and it was also believed by many to bring “bad luck” to the boat in the future.

Doug humbly considered the process explained by the Coast Guard representatives. He also shared this information with his sponsor, Mark R. Sponsor & sponsee discussed Doug’s deep gratitude and commitment for sobriety, as well as his disappointment about choosing to leave the boat’s name intact due to time, cost and even myths possibly being true. Mark was inspired as he listened to the way Doug was saying the boat name with a punctuated inflection. He suggested adding the punctuation on the hull to match the way Doug was saying it. This inspiration got even more exciting when the Coast Guard responded to Doug’s inquiry that a change in punctuation didn’t constitute a change in vessel documentation. Thus, there was no administrative process, there was no cost, and the name change myth wouldn’t likely apply.” Problem solved! With much joy, Doug and his daughter, Devon, painted the punctuation on the hull in October 2010 for his boat name to be... “Whiskey? Run!”



Karen C - 1942-2013

OSAT Member #4

By Rik A

In 1990, Jim Hinkhouse began distributing flyers announcing the "1991 AA Mount Rainier Expedition" to AA meetings, treatment centers, and so on, inviting interested persons, experienced or not, to call him if they would like to participate in "an AA meeting on top of Mount Rainier". Karen Parkes Christensen saw the flyer in the staff lounge of an Eastside treatment center.



She was the fourth person to call Jim. Thus began a friendship that was fundamental to the eventual success of Jim's idea to merge mountaineering and recovery into what became One Step at a Time. Karen was proud of her status as OSAT member #4. But her contribution to the early development of the club went far beyond that of simply being a member. As a recovery professional, having completed her Advanced Addiction Studies at Seattle U ten years earlier, Karen was one of the important sounding boards for Jim as his font of ideas overflowed with concepts that might or might not work. She was also key to the development of socialization as an important aspect of the club from the very beginning. Shortly before that first climb, Karen hosted a barbecue in her backyard for those who were going to climb Rainier. Soon after the climb, she became the Social Chairman for OSAT, a position she held for nearly five years, and Karen was a member of the club's original Board of Servants (later BOTS) when

OSAT was formally organized in 1994. Karen was also with Jim when they first heard the Dalai Lama quotation, "The relationship of height to spirituality is not merely metaphorical, it is a physical reality...", an idea has been become a fixture on the Yodel ever since and a part of the conceptual foundation of OSAT.

In 1994 when Jim retired from Boeing to study to become a recovery professional, Karen was in the process of setting up her own treatment consulting firm, Recovery Connections. So their life paths were running in parallel more than ever just as Jim died on Mt. McKinley in May 1995. Karen's growth in stature in the recovery community continued to grow, eventually serving as the president of the Advisory Committee of

Washington State's Chemical Dependency Professionals for six years, and chairing conferences for the National Employee Assistance Professionals, the National Treatment Consortium, and the National Association of Addiction Treatment Providers. A long-time cancer survivor, Karen suffered a heart attack in the spring of 2011, followed by a stroke in October of that year. She showed characteristic courage and good humor in facing these setbacks, advising friends "In case you have the opportunity to turn down having a stroke, I would strongly suggest you do that." Karen quietly

succumbed, apparently to a heart failure in her sleep, December 4, 2012. Her family asked that memorials be directed to Assistance League of Everett or Residence XII Chemical Dependency Treatment for Women in Kirkland.



GUIDELINES FOR HEALTHY NUTRITION

By Dr Patti @ Panacea Natural Medicine

A Health Promoting Diet

Eat a plant-based, predominantly vegetarian diet.

Reduce fat intake to 15-20% of total calories. Choose health-promoting fats (essential fatty acids) and avoid saturated and hydrogenated (trans-) fats.

Eat adequate protein (0.8-1.0 g/kg body weight daily) from plant-based sources, fish and lean meats. Include beans, whole grains, wild fish from cold, deep-water, organic poultry and eggs, low-fat fermented dairy products, nuts and seeds. Emphasize the plant-based protein sources and fish.

Eat adequate vegetables (2-3 cups a day), fruits (2-3 whole pieces) and whole grains (1-2 cups). These foods contain invaluable micronutrients, phytochemicals, antioxidants and fiber.

Minimum daily fiber intake should be 30 grams.

- Eliminate the intake of refined sugar and refined carbohydrates, processed foods, alcohol and caffeine.
- Reduce exposure to pesticides and herbicides. Buy organic whenever possible. Fresh food is always preferable to frozen food and frozen food is always preferable to canned food.
- Eliminate the intake of artificial food additives, colors and preservatives.
- Keep salt intake low and potassium intake high.

Drink adequate water—generally 64-80 ounces daily.

Water

Inadequate water intake puts stress on the body. Think of water as the solvent that it is—it goes in clean and comes out dirty, carrying toxins out of the body. Each day our body requires an intake of

over two quarts of water, in order to function optimally. Part of that water comes from our fruit and vegetable intake. The more produce you eat, the less water you'll need to consume in addition to diet. *The caffeine and sugars in coffee, tea, sodas, fruit juices, etc. have diuretic effects and actually increase dehydration.* Fresh fruit juice should be diluted with water (1:1) before consuming it, in order to glean its health benefits while offsetting its diuretic effect.

As a general rule, consume 64-80 ounces (8oz = 1 cup) of water daily, in addition to your regular diet

Add an extra 8 ounces of water for each cup of coffee, tea, soda or fruit juice you drink

Add another 8 ounces for each half hour of exercise daily

Choose filtered water that is free of chlorine, microorganisms, solvents, heavy metals, etc.

How Much Is A Serving?

Vegetables: Raw - 1 cup, Cooked/Steamed- 1/2 cup, Juice-3/4 cup

Fruits: Raw-1 medium fruit or 1 cup, Cooked- 1/2 cup, Juice-1/2 cup

Fermented Dairy Products: Yogurt, kefir-1 cup, Cheese-1 oz.

Whole Grains, Starch: Cooked-1/2 cup, Bread-1 slice, Bagel-1/2, Pasta (cooked)- 1/2 cup (includes corn, potatoes, winter squash)

Fish/Poultry/Eggs: Fish, poultry-3 oz., Eggs-1 whole or 2 whites or ¼ cup egg substitute

Legumes: Beans (cooked)-1/2 cup

Oils/Fats: Oil-1 teaspoon, Nut butter/nuts/seeds-2 Tablespoons or 1 oz.

The Ladder of St. Augustine, from Birds of Passage (1847)

Henry Wadsworth Longfellow
US Poet 1807-1882

Saint Augustine! well hast thou said,
That of our vices we can frame
A ladder, if we will but tread
Beneath our feet each deed of shame!

All common things, each day's events,
That with the hour begin and end,
Our pleasures and our discontents,
Are rounds by which we may ascend.

The low desire, the base design,
That makes another's virtues less;
The revel of the ruddy wine,
And all occasions of excess;

The longing for ignoble things;
The strife for triumph more than truth;
The hardening of the heart, that brings
Irreverence for the dreams of youth;

All thoughts of ill; all evil deeds,
That have their root in thoughts of ill;
Whatever hinders or impedes
The action of the nobler will;--

All these must first be trampled down
Beneath our feet, if we would gain
In the bright fields of fair renown
The right of eminent domain.

We have not wings, we cannot soar;
But we have feet to scale and climb
By slow degrees, by more and more,
The cloudy summits of our time.

The mighty pyramids of stone
That wedge-like cleave the desert airs,
When nearer seen, and better known,
Are but gigantic flights of stairs.

The distant mountains, that uprear
Their solid bastions to the skies,
Are crossed by pathways, that appear
As we to higher levels rise.

The heights by great men reached and kept
Were not attained by sudden flight,
But they, while their companions slept,
Were toiling upward in the night.

Standing on what too long we bore
With shoulders bent and downcast eyes,
We may discern--unseen before--
A path to higher destinies.

Nor deem the irrevocable Past,
As wholly wasted, wholly vain,
If, rising on its wrecks, at last
To something nobler we attain.

One Step At a Time :-)

Submitted by Pete R.

Hi Kathy,

Saw this quote, and wanted to share it with
you and the Yodel (maybe somewhere in the
back).

"The heights by great men reached and kept
were not attained by sudden flight, but they
while their companions slept, were toiling up-
ward in the night. "

I was inspired by the words, thinking about my
time in the GCC and this years class. I know
their time toiling upward in the night is still in
front of them but it applies to much more in
life for me.

I wanted more context and read the complete
verse, The Ladder of St. Augustine, from Birds
of Passage (1847). It spoke to me, echoing
how OSAT, climbing and recovery has al-
lowed me to rise on what at times was an igno-
ble past to a place of serenity, somehow above
where I once was.

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SEEKING THE SOUTH BROTHER

By Bob S

I. Ancient footprints here
Valley of The Silent Men
Spirits in forest

II. September Brothers
Up a snow-free chute we go
Feets don't fail me now

This space is
Reserved for
the greatest
Story

Maybe it will
be from you?

The relationship of height to spirituality is not merely metaphorical, it is a 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 the spirit.

-- 14th Dalai Lama of Tibet

| OSAT Quick Reference | | | OSAT Traditions |
|---|-------------------------|--------------------------|--|
| Board Of Trusted Servants (BOTS) | | | 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 Wilderness First-Aid 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 a participant, you may want to “qualify” your leader. As leader, you should be certain that everyone on that activity has signed a Release and Indemnity Agreement. 9) Party size for OSAT activities will adhere to the rules of the appropriate jurisdiction. |
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| Library: | Dave N. | clim4phun@yahoo.com | |
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| Webmaster: | Pete L. | pglitwin@hotmail.com | |
| 12 Step Meetings | | | |
| Sunday Tiger Mountain | suntigerleader@osat.org | | |
| OSAT Club Meeting | | | |
| The monthly OSAT club meeting is held on the second Wednesday of the month at 7:30pm. 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 upstairs in classroom #6. | | | |

The OSAT Echo is our email list. There have been some problems maintaining the list lately. We will try to assure the list is current with respect to wishes expressed on your web site membership profile, but this is not automated at this time, so please bear with us. To post a message: send email to



send email to echo@osat.talklist.com. Please keep in mind that this goes to a large list. Try to keep messages short and appropriate to OSAT members. Please do NOT "Reply All" to messages from the Echo, reply instead to the person posting the message.
 To unsubscribe from the list: send a blank email to echo-off@osat.talklist.com.
 If you are new and have not been getting OSAT emails, please send an email to any of the following omembership@osat.org, oweb-sherpa@osat.org, or otreasurer@osat.org to be added.

OSAT HISTORY: Picture courtesy of Kathy O.

Thanks! KCM&DS!

The Yodel

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OSAT GCC Class of 2012—Mount Rainier Summit