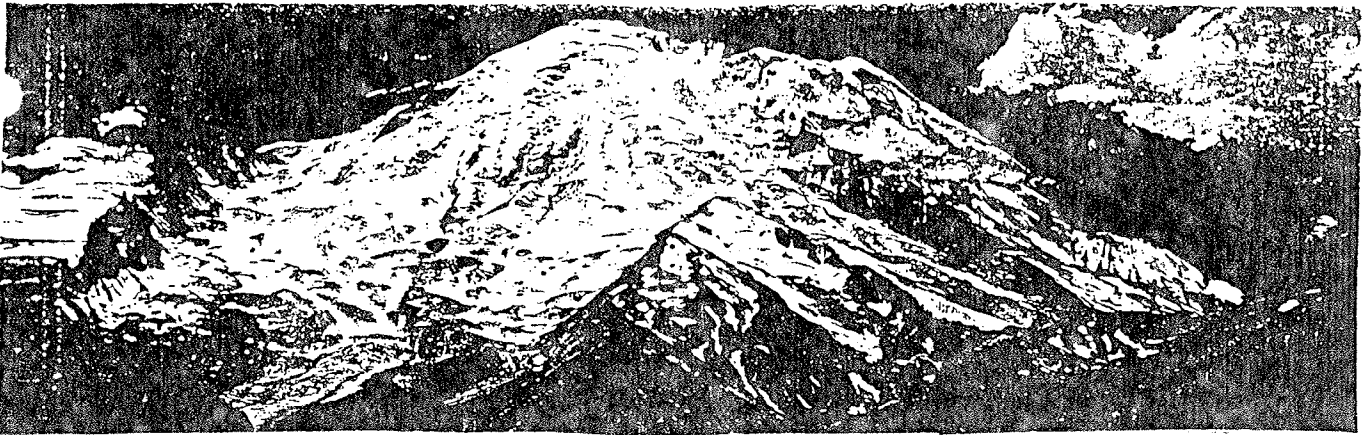


OSAT Newsletters – 1991

This file contains copies of newsletters sent by Jim Hinkhouse during 1991, the first year of the existence of the One Step at a Time outdoor club.

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The 1991 AA Mt. Rainier Expedition

An AA meeting on top of Mt. Rainier? Why not! At least three of us are willing to give it a try. Want to join us?

We are looking for AA members who are either (1) experienced climbers, willing to help in some way (e.g. organize, teach, participate), or (2) recruits, willing and able to get in good physical shape and learn what it takes to make it to the top.

There will be planning meetings, conditioning hikes, and instructional field trips during the first half of the year starting in late February. The climb itself will be in mid summer, probably in July.

Depending upon the number of experienced climbers involved, it may be necessary to limit the number of beginners.

Also, for safety reasons, the organizers reserve the right to qualify participants. You must be in the proper physical and mental condition.

This effort may lead to some ongoing outdoor activities for members of the fellowship. You may want to become involved, even if you choose not to participate in the Mt. Rainier attempt.

If you are interested, have questions, or are ready to make a commitment, contact Jim Hinkhouse.

by phone:

(res) 869-8706

(bus) 234-1522

by mail:

14523 NE 39th; Apt 2080
Bellevue, WA 98007

April 3, 1991

TO: Potential members of the 1991 AA Mt. Rainier Expedition and other interested persons.

FROM: Jim Hinkhouse (organizer)

Hi! This is a short newsletter to bring you up to date on what's been happening.

There were 33 people at the first Equipment and Conditioning Seminar.

Some of you responded too late to participate and others of you couldn't make it, forgot about it, or have changed your plans.

Makeup Equipment and Conditioning Seminar

This will be held (outdoors) at Coulon Park in Renton at 7:00pm on Wednesday, April 10th. Beginning climbers who missed the first session should try to attend. There won't be a slide show, but it should still be worthwhile.

Directions: Coulon Park is at the SE Corner of Lake Washington. Take the Park Avenue, Sunset Blvd exit (#5) from Interstate 405 and go west to the first light. Turn right, bear right, then turn left into the park area. (There are signs). Our meeting will be about 100 yards north of the Ivor's - close to a covered area in case of rain. Head for the backpack with ice axe attached.

Ongoing Club

There is much interest in an ongoing club (or meeting) that has regular outdoor activities - other than, or in addition to, the Mt. Rainier climb.

Consequently, the April 24th meeting, also at Coulon Park, will be primarily directed toward discussing the (minimal) structure that such a club might need. At a minimum, be prepared to take a group consciousness on a name for the club, whether to include members of other 12 step programs, and whether non program guests can participate in activities. Also, we may want separate chairpersons for Hikes, Backpacks, and Climbs. I am willing to be Newsletter chairperson for the next few months.

Basically, we need members with mountaineering experience to step forward to lead (and organize) wilderness outings and/or training activities.

Tiger Mountain Meeting

Since there is so much interest in the Thursday night conditioning hike, it has been suggested that we turn this into a regular meeting. On April 11th, we will meet at 6:30 at the trailhead and hike to the top (1.5 hours?). We will then choose a location for the meeting and a future starting time and duration. Thereafter, we will meet at the top of the mountain rather than the trailhead.

This will allow others to attend the meeting and get there at their own pace. The hike up and back should be an enjoyable way to meet each other and make plans for future weekend activities.

Be sure to bring warm clothes, water, and flashlight; a sit pad and snack is optional, but may be desirable.

To get to the trailhead, take first exit (#20) east of Issaquah on Interstate 90. (From Seattle), make a clockwise U-Turn onto a parallel road and park in front of gate.

Other activities

Kathy O'Toole, an experienced mountaineer from Tacoma, is leading **conditioning hikes** up Mt. Si every Tuesday and Thursday evenings. For details, give her a call. I plan to try to join her on Tuesdays.

On May 4th, several of us are willing to teach **ice axe arrest and snow travel** to beginners at Mt. Pilchuck. This will be a long one day outing that combines a conditioning hike to the lookout with some instruction on alpine travel. Call me or Walt Q for details and signup.

Forrest Clark, an experienced mountaineer from Everett, has agreed to lead the following conditioning **hike/scrambles**:

May 11: Mt. Pilchuck

May 25-26: Park Butte Lookout (near Mt. Baker).

June 8-9: Mt. St. Helens

Please give Forrest a call early if you are interested. There may be a limit on the number of participants.

Mt. St. Helens

I still plan to do this on the weekend of April 27-28th. Please be aware that this is a strenuous overnight outing that will require cold weather equipment plus ice axe and possibly crampons. The general plan:

- . Leave by carpool from Seattle about 7am Saturday. (Very bad weather will cancel the trip).
- . Arrive at trailhead before noon (stop to eat on way)
- . Hike to about 4000' and set up camp. We should then have some time to practice ice axe arrest and snow travel.
- . Have a meeting at dusk.
- . Arise about dawn on Sunday, make the summit and return to Seattle probably about 8-10pm.

Even though this is a good ski outing, I am not planning on taking my skis and request that no beginning climber take theirs. After all, this is a Mt. Rainier climb conditioner.

We will need a mix of experienced people and beginners. We will also need to make arrangements to share tents and stoves. We may have to restrict the number of beginners, so call me now if you want to go or have questions.

Roster

To expedite carpooling and preplanning for activities, I plan to include a roster in the next newsletter of all the persons on my mailing list. Only first names, and last initials will be used, unless you tell me it is ok to use your last name. In any case, it will be sorted by first name and look something like:

Name:	Area	DayPhone	NightPhone
Forrest C.	Everett	-	487-3451
Jim Hinkhouse	Bellevue	869-8706	234-1522
Kathy O.	Tacoma	946-4730	927-7267
Walt Q.	Lynnwood	-	745-8413

Please let me know immediately if you have a problem with this.

Some suggested names for our club:

Getting High
Getting High on High
More than Twelve Steps
Recovering Alcoholics Mountaineer Society (RAMS)

CURRENT PLANS FOR CLIMB/ACTIVITIES(April 3):

- . April 10 : makeup Conditioning and Equipment seminar
Coulon Park, Renton
- . April 11 : First Tiger Mountain Meeting
- . April 13: Mt. Si Conditioning Hike. Signup with
organizer.
- . April 24: Organizational Meeting. Coulon Park, Renton
- . April 26: Last day for information in next newsletter.
Please let me know if you want to lead/organize a climb or
hike.
- . April 27-28: Mt. St. Helens; signup with organizer
- . May 4 : Conditioning and Instruction, Mt. Pilchuk, signup
with organizer or Walt Q.
- . May 11: Mt. Pilchuk conditioning hike/scramble; signup
with Forrest Clark.
- . May 18: More condition hikes/scrambles - tbd
- . May 22nd: Evening snow travel seminar (required for
beginners). Place tbd
- . May 25-26: Park Butte Lookout - signup with Forrest Clark.
- . June 1 or 2: Camp Muir conditioning hike; leader tbd.
- . June 8-9: Mt. St. Helens - signup with Forrest Clark.
- . June 15th: Latest committment date for practice session
- . June 19th: Evening crevasse rescue seminar (required for
beginners) - place tbd
- . June 29-30: Practice session at Paradise, Mt. Rainier
National Park. All beginners must attend.
- . July 5: Latest committment date for the CLIMB
- . July 19-21: Target weekend for the CLIMB.
- . August 2-4: Backup weekend in case of bad weather.

And...

Tuesdays and Thursdays with Kathy O'Toole at Mt. Si.

34

pick

(H) (604) 361-3569

(W) (604) 363-0826

A. 4

~~_____~~
~~_____~~
~~_____~~

ONE STEP AT A TIME

May 9, 1991

Greetings from Jim H. (Day: 234-1522, Night: 869-8706). There seems to be a lot of energy and enthusiasm for sober, outdoor activities: the Tiger Mountain meeting is a success (the 4th meeting had over 25 members); our club seems off the ground; and plans continue for the Mt. Rainier climb.

Tiger Mountain Meeting (by Paul C)

There is a new meeting, **ONE STEP AT A TIME**. It meets on the summit of West Tiger Mountain, at 2522 feet, on Thursday at 8pm.

The meeting grew out of the desire of some members of AA to bring their interest in Mountaineering together with the idea of service in AA. They saw the climbing of mountains as being the type of activity that other recovering alcoholics would enjoy. Mountaineering offers the benefit of improved health that comes from the activity but also the commitment to a goal with others in the fellowship.

The goal they chose was to climb Mount Rainier. At 14,410 feet, it dominates the skyline of the Seattle Area. For some, it represents a goal that can be attained because of the gift of sobriety. Because of their recovery from alcoholism, they now have the freedom to set and meet goals. To climb the mountain, participants will need to undergo both a physical conditioning program as well as learning the technical skills necessary for a climb of the magnitude of Mount Rainier.

Because Rainier looms over the area, even when hidden behind the frequent clouds, it can be a symbol of health and recovery.

All of us may not reach the summit of Rainier on our climb in July, but we are all part of the climb to recovery. We leave the parking lot at Exit 20 on I-90 east of Issaquah before 6:30 pm on Thursday evenings. You will want to bring extra warm clothing, water, food and a flashlight. Before your first time, you may want to talk with Jim H. to be sure you are prepared. Also, to avoid getting lost, you may want to arrive early so you can meet some of the members before starting up the trail. The views are magnificent; the meeting inspirational. Join us.

The One Step at a Time Club

About a dozen people showed up for the organizational meeting on April 24th, where the following was adopted:

. The club will be called "One Step at a Time" - the same as the Thursday night meeting on Tiger. ("OSAT" to save space).

. OSAT membership is open to AA members and members of other 12 step recovery programs.

. On any OSAT activity, a member can invite one non-member. (Exception: On this year's Mt. Rainier climb, non-members who are not experienced climbers).

. OSAT will follow the 12 traditions as much as possible. There will be no dues at this time. A collection will be taken at the Tiger Mountain Meeting, but only after explaining that donations are for the Club - not the meeting. Any excess money collected will be donated to InterGroup.

. Under no circumstances, will alcohol or illegal chemicals be used before or during a club activity.

. To save mailing costs, newsletters will be distributed at the Tiger Mountain meeting. Afterwards, usually the first Thursday of the month, there will be a club business meeting at JB's in Issaquah, where we will prepare the mailing to other members.

. For now we will keep the structure of the club as simple as possible. Anyone wanting to sponsor or organize an outdoor activity can use this newsletter. Later, we may have Chairpersons for Hikes, Climbs, Backpacks, Bicycle Trips, etc.

. For safety reasons, the organizer of an activity can refuse to allow a member to participate if the member is judged not to have the proper equipment, physical conditioning, or skills. Such a decision must be based on principles and not personalities.

Club News:

. Seven of us attempted Mt. St. Helens on April 27-28, but the weather turned us around at about 7,000'. But a good time was had by all.

. Twelve of us had a great time on Mt. Pilchuck on May 4th. Besides enjoying the views while hiking to the lookout, we practiced ice axe arrest, glissading, and ascending steep snow.

. Each Tuesday a few members have been hiking up Mt. Si. The trek usually begins by 5:15. Call Kathy O. or Jim H. for further information.

. To assist members who work weekends, Steve S. has volunteered to be the week-day activity coordinator. Some Friday activities are already planned. Give him a call, if you can get away on a week day.

The Mt. Rainier Climb

. Our next evening seminar (required for all beginners) will be at Bellevue Community College MAIN CAMPUS (not "upper campus" like a previous meeting) on Wednesday, May 29th at 7:00pm in Room A252.

Take 148th exit from Interstate 90 (2nd exit east of Factoria) and go north to the second light and turn left onto Landerholm Circle (this is the first possible left turn north of 90). Follow road into main BCC campus, then take the first left. Then turn right into parking lot 4,6,8, or 10. Park as far west as possible. Find building A. Give yourself some extra time to find room A252 (on the second floor).

. Beginners should bring their seat harness, 8' of 1" webbing for a chest harness and about 24' of 6mm cord to make prusik loops. If you

want, you can ask me to buy these materials for you and bring money instead (about \$8).

. You should try to read (at least) Chapters 7,8,13,14,15,16 in Freedom of the Hills before the seminar. FYI - I plan to buy several copies of this book (at the 20% Mountaineer member discount), to sell or loan to OSAT members.

. Please contact Jim H. if you are a beginning climber who is unable to attend this session, but still interested in the Rainier climb.

. Beginners should also plan to make at least one conditioning hike prior to the June 29-30 practice weekend. Camp Muir on June 8th is especially recommended.

Volunteers Needed

Contact Jim H. to volunteer or for further information.

. Leaders/organizers for hikes, climbs, backpacks, or any other outdoor activities. Use the club and newsletter to meet new people in the program.

. Design a logo and one page flyer for our club. (One large boot superimposed on some mountains?); words that promote the club and its potential for spiritual growth.

. An equipment chairperson. Become a "clearing house" for used equipment; accept donations, arrange for storage and loans of crampons, ice axes, packs, etc.

SCHEDULE (May 9):

- . **May 9:** This newsletter distributed at Tiger Mountain.
- . **May 11-12:** The Brothers. Contact Jim H. for details.
- . **May 18:** Conditioning hike - Granite Mountain or Mt. Snoqualmie. Meet at Issaquah Park n ride at 8am. Contact Jim H. for details.
- . **May 19:** Conditioning hike - Mt. Dickerman. Meet at Bothell Park n Ride at 8am. Contact Walt Q. for details.
- . **May 25-26-27:** Memorial Day Weekend. Hike/backpack to Park Butte Lookout or climb Mt. Baker via Easton Glacier. Something for everybody; joint meeting. Call Forrest C. for details on hike/backpack; Call Jim H. for details on climb. Stay an extra day depending upon interest/weather.
- . **May 29:** Evening glacier travel seminar (required for beginners) at BCC at 7pm (see above).
- . **June 3:** Last day for input to next newsletter.
- . **June 6:** Next newsletter distributed at meeting
- . **June 8:** Camp Muir conditioning hike - Meet 8am at upper Paradise parking lot near the Ranger Station. Contact Paul C. for details.
- . **June 15 and/or 16:** Conditioning Hike - tbd
- . **June 19:** Evening crevasse rescue seminar (required for beginners) - probably outdoors. Latest commitment date for practice session.
- . **June 22-23:** Mt. Shuksan climb. Tentative, depending upon snow conditions. Contact Jim H. or Walt Q. for details.

- . **June 29-30:** Practice session at Paradise, Mt. Rainier National Park. Beginners must attend. Experienced climbers encouraged to do so.
- . **July 5:** Latest committment date for the climb.
- . **July 19-21:** Target weekend for the CLIMB.
- . **August 2-4:** Backup weekend for the climb in case of bad weather, or Weekend near Icycle Creek (meetings around the campfire; hikes; instruction on basic rock climbing; scrambling).
- . **Late August:** Backpacking/scrambling trip in North Cascades and, Mt. Si on **Tuesdays** (leave trailhead about 5:15pm; contact Jim H. or Kathy O.) and Tiger Mountain on **Thursdays** (leave trailhead about 6:15; contact Jim H. or Cliff L.)

The Roster

(Please let me know about data entry errors!)

	Day Phonw	Night Phone	
Amy T		869-7452	Redmond, WA 98052
Andy V		524-1398	Seattle 98103
Ann P	386-4236	547-5112	Seattle 98103
Art L		226-1829	Renton 98055
Barbara B	747-7150	747-7150	Bellevue 98005
Bill R	363-0031	776-9687	Lynnwood 98036
Bob C		721-5032	Seattle 98118
Bob M		735-2748	Auburn 98002
Bob M	336-9410		Everett 98208
Bob O	565-5225	565-5225	Tacoma 98466
Brian W	604 931-7863	821-3880	Kirkland 98034
Charlie A	344-4566		Seattle 98116
Chris H		867-0315	Redmond 98052
Cliff L	481-7979	481-8741	(before 8pm)Bothell 98041
Cori M		821-9112	Kirkland 98034
Corliss H	281-6623	528-0123	Seattle 98125
Darlene B	745-8536	282-2062	Seattle 98199
Dave B	865-4672	393-8154	Mukilteo 98275
Dave N		582-2338	Tacoma 98499
Dean B		353-1822	Mukilteo 98275
Don B		454-5743	Seattle 98105
Doug M		745-5637	Lynnwood 98037
Douglas R		888-1060	North Bend 98045
Duncan N	389-0769	644-6330	Issaquah 98027
Forrest C		487-3461	Snohomish 98290
Garnett P.		745-8413	Lynnwood 98036
Gene S	473-6870		Tacoma 98408
George F	878-6646	633-0644	Seattle 98103
Ivar S	641-3868	776-7213	Mountlake Terrace, 98043
Jim F	441-4945	441-4945	Seattle 98121
Joe C		763-7989	Seattle 98168
John C	237-1566	392-6548	Issaquah 98027
John H	575-3060	439-7938	SeaTac 98118
John J	443-6437	938-3840	Seattle 98126
John R	432-5990	432-8284	Maple Valley 98030
John S		244-2961	Seattle 98188
Jon E		742-6876	Lynnwood 98037
Karen P	258-7300	782-7300	Seattle 98117

Karl V		862-9220	Sumner 98390
Kathy O	946-4730	927-7267	Tacoma 98422
Ken L		325-7092	Seattle 98144
Kevin M		226-9597	Renton 98056
Kim C		822-3037	Kirkland 98033
Kim J	334-9617	568-4496	Snohomish 98290
Larry A	1-800-444-347	939-5915	Auburn 98002
Laura W		939-0527	Auburn 98002
Leslie R.	878-6646	633-0644	Seattle 98103
Lisa M	544-3757	722-9294	Renton 98005
Marie H	251-5959	939-7688	Auburn 98002
Mark S	575-4623	367-4355	Seattle 98133
Martin S		743-2734	Lynnwood 98037
Mia W	358-2608	226-7429	Renton 98056
Michele A		822-1307	Kirkland 98033
Mike M	823-4454	747-0404	Bellevue 98008
Nancy K	528-7957	284-7195	Seattle 98199
Neal S		271-7368	Renton 98058
Nora M		823-8969	Kirkland 98134
Olof S	641-2012	747-0059	Bellevue 98007
Oscar M	255-0520	255-1969	Renton 98055
Paul A	557-9507		Issaquah 98027
Paul C	389-8008	782-7297	Seattle 98117
Paul G		842-6117	Winslow
Paula O	352-0741	493-9119	Tumwater 98501
Pernie W	1-800-633-4004	435-6397	Arlington 98223
Petra R		391-5555	Issaquah 98027
Randall F	644-4817	789-0538	Seattle 98117
Rich M		271-8735	Renton 98059
Richard C			Victoria, B.C.
Richard W	435-5571 x1107	339-3751	Everett 98201
Rick H		784-5902	Seattle 98103
Robert J	343-3111	282-9274	Seattle 98104
Robert T.	852-4446	850-0805	Kent 98031
Ross P			Seattle 98145
Shannon V		862-9220	Sumner 98390
Steve S		939-5044	Auburn 98002
Steve T		788-0733	Duvall 98019
Susan C	828-3281	746-5672	Bellevue 98007
Terri S	774-5554	355-7998	Everett 98204
Todd W		789-4587	Seattle 98103
Tom A	454-6955	454-6955	Bellevue 98006
Tom C		324-2799	Seattle 98122
Tom M		481-3374	Snohomish 98290
Tom M		768-1682	Tukwila 98178
Walt Q		745-8413	Lynnwood 98036
Walter C	747-9200	828-0948	Kirkland 98033

Spiritual adventures in the mountains - one day and one step at a time. For further info, call Jim H, 234-1522 (day), 869-8606 (night).

Tiger Mountain Meeting:

The summit of West Tiger #3, 8pm on Thursdays. BRING WARM CLOTHES, FLASHLIGHT, AND SOMETHING TO DRINK, Sit pad and food recommended. Meeting normally lasts for one hour. In very bad weather, we expect to take a consciousness on the summit to immediately adjourn to JB's in Issaquah. (Some of us normally go there afterwards anyway).

Take exit 20 on Interstate 90 east of Issaquah. The trailhead is southwest of the exit. Most of us start up the trail before 6:30pm. First timers are encouraged to arrive early to meet someone who knows the route and to give themselves more time. The trail gains 2000' and is very steep in places! If you can't find someone with the right bumper stickers, ask people if they are with the "One Step Group", or respond "yes" when someone asks that of you.

There is something VERY special about having a meeting on a mountaintop after a strenuous hike. Many of us are already very addicted to it.

One Step at a Time (OSAT) Club News:

Some of us felt the need to tighten our rules to assure the safety of club members, so a dozen of us met on June 6th to discuss what might be done. We agreed on the following:

- . Each activity will have a designated "step" leader (SL).
- . If you've "signed-up" with the SL, then you are not to deviate from standard routes and trails without the SL's permission, and you will follow suggestions of the SL regarding clothing, pace, etc. You are not to separate from the group without the SL's permission.
- . The SL may refuse to allow a member to participate if the member is judged not to have the proper equipment, physical conditioning, or skills. Such a decision must be based upon principles and not personalities.
- . Each member, on each activity, should carry (at least) the "10 essentials", which are:
 1. Map
 2. Compass,
 3. Flashlight
 4. Extra Food
 5. Extra clothing
 6. Sunglasses
 7. First-aid kit
 8. Pocket Knife
 9. Waterproof matches
 10. Candle or fire starter
- . We will consider asking members to sign a statement releasing the club from any liability. The primary reason for doing this would be to stress the importance of safety and individual responsibility.
- . There will not be a SL for the meeting on Tiger Mountain, but we may have official "greeters" to safely guide new members up and down the mountain.

Already we have had some fun outings:

. Five of us (Jim H, Kathy O, Paul C, Richard W, and Robert T) successfully climbed the North Peak of the Brothers on May 11-12. Although we only had about 30 seconds of visibility (enough to see the South Peak and a layer of clouds below us), it was an inspirational outing for all of us. We had good company, a good meeting in the wilderness, and some great glissades on the way down.

. On May 18, Jim H and Mike M made an enjoyable snow climb of Granite Mountain - the last of it above the cloud layer. The next day, Jim H and Pernie W did the same on Dickerman.

. Excess snow and bad weather cancelled our Memorial day plans for Mt. Baker, but a few of us were determined to do something. So Saturday morning, Cliff L, Dave N, Jim H and John S hiked past the old Monte Cristo townsite, climbed up a trail turned waterfall, and made camp on Ray's Knoll above a snowfilled Glacier Basin. It warmed up some for our evening meeting, but the roar of avalanches in the morning changed our climbing plans.

. Paul C, with some help from Kathy O, led 15 members on a conditioning hike from Paradise to Camp Muir on June 8th. Most of the hike was above the clouds in bright sunlight. The views of the mountain were spectacular. A meeting was held at 10,100', maybe a record high for the state of Washington!

. As many as 10 of us have hiked up Mt. Si on Tuesday evenings. We usually leave the trailhead between 5:15 and 5:30. For more info, call Jim H or Steve S (939-5044). (This is a serious hike - be sure and bring the 10 essentials.)

Mt. Rainier Climb (Jim H; Day: 234-1522; Night: 869-8706)

Wednesday, June 19th, 7pm at Camp Long:

Our next meeting will be Wednesday, June 19th at Camp Long in West Seattle. All beginners are required to attend; experienced climbers are encouraged to do so. Bring your harnesses and prusiks. Wear old clothes and your boots if you have them (don't rent for this). You may want to bring a water bottle and some snacks, since there will be some waiting around.

Directions: take the West Seattle exit from Interstate 5, cross the valley and go up the hill to West Seattle. Near the top of the hill (after angling left), turn left at the first red light onto 35th SW. Go not quite a mile up the hill (South) and turn left at Dawson Street into Camp Long. (The address is 5200 35th SW). Go through the gate (which will close at 10pm), turn right and park in the parking lot. Walk to the main building and register as a climber. Go behind the building and follow the wands to the belay towers.

Try to be at the towers by 7pm. Some of us will be there about 6:30 to setup, so feel free to come early to help. Besides prusiking, we plan to set up a station at the "slabs" and teach some basic belaying and rappelling. It should be a fun evening. We may have time for a brief meeting after dark (but before 10pm). You may want to bring some snacks and liquid.

June 29-30th at Paradise, Mt. Rainier:

Meet at the Paradise parking lot near the Ranger Station at 9am on Saturday, June 29th. Bring 10 essentials, harnesses, carabinier, prusiks, crampons, and ice axe. Do not plan to carry overnight gear, since we will not be camping on the snow (primarily because of sanitation considerations) and instead will try to reserve some spots at the Cougar Rock Campground (between Longmire and Paradise).

After some preliminary discussions, we will break up into assigned teams for a hike into the snow, followed by instruction on ice axe arrest, roped travel, team arrest, self belay, ascending/descending steep snow, use of crampons, and belays/anchors. (You may want to bring old clothes/ raingear for the ice axe arrest practice.) We should return to the parking lot around 5pm.

On Sunday, we will meet earlier in the morning for (a) a conditioning hike to Camp Muir and/or (b) a crevasse rescue seminar on the Nisqually glacier. Who goes where and the details on this will be worked out at the campground meeting Saturday night.

Notes:

- . If you are a beginner, then you must attend the Saturday, June 29th session or take (and pass) a one day seminar from RMI or somehow manage to learn the necessary skills and be "checked out" by an experienced climber known to the organizers.
- . If you are a beginner and have completed the two page quiz and returned it to me, then you are automatically "registered" for the practice weekend. If you have not done so and still hope to make the climb, you should contact me ASAP.
- . If you are an experienced climber, I would appreciate a call to let me know if you are planning to help at the practice weekend and/or participate in the climb. This would save me the time of calling you to find out. (As of this date, I could certainly use some help at the practice weekend - I would like to have a small as possible student to instructor ratio)

Thursday, July 11, Tiger Mountain:

I will be at the trailhead at 5:45pm to go over any last minute questions/concerns you may have about the climb. This might be a very inspirational meeting and I urge all climb participants to try to attend. (It's always a good meeting to find people to hike/climb with on the following weekend).

SCHEDULE (June 12):

- . **June 19:** Evening seminar for Mt. Rainier participants at Camp Long in West Seattle. Latest commitment date for practice session.
- . **June 21:** Day hike to Glacier Basin from White River Campground - the easy part of our Rainier climb. About 7 miles roundtrip and 1600' elevation gain. Contact Steve S (939-5044) or John S (244-2061) for more info.
- . **June 22-23:** Mt. Shuksan climb - Sulfide Glacier Route. Some experience required. Contact Jim H for details.
- . **June 29-30:** Practice session at Paradise, Mt. Rainier National Park. Beginners must attend. Experienced climbers encouraged to do so.
- . **July 12:** Latest commitment date for the Mt. Rainier climb.
- . **July 19-21:** Target weekend for the Mt. Rainier CLIMB.
- . **August 2:** Latest date for information for next newsletter.
- . **August 2-4:** Backup weekend for the climb in case of bad weather, or Weekend near Icycle Creek (meetings around the campfire; hikes; instruction on basic rock climbing; scrambling). Call Jim H for more information.
- . **August 24-26th:** Reserved for climb of Mt. Adams or Glacier peak or some peak in North Cascades. Call Jim H if you are interested.
- . **September 14-15:** Beginner overnight backpack, probably to Dewey Lake, for women only. Contact Kathy O for more info (927-7267)

and, don't forget Mt. Si on Tuesdays and Tiger Mountain on Thursdays.

Gratitude was the designated subject at a recent AA meeting where several OSAT members extolled at length on the joys of climbing mountains. Most members ignored these remarks, but one oldtimer finished his talk with "... and I am especially grateful that I don't have to climb mountains to stay sober".

As a former "couch potato", I understand the sentiment, but now am very grateful that my HP lets me hike around in high places.

ONE STEP AT A TIME (OSAT)

August 22, 1991

From: Jim H (Day 234-1522; Night 869-8706)

OSAT - an outdoor club for members of Twelve Step Recovery programs.

If you did not participate in the Mt. Rainier climb and you want to continue receiving this newsletter, please sign and return the attached Release and Indemnity form.

Also, we would like a donation to cover mailing and other expenses. Five dollars/year is suggested, but any amount will be accepted. Any excess money will be used to purchase or rent group equipment for use by members.

In this newsletter:

- . Meeting Stuff
- . The Mt. Rainier Climb
- . Other club news
- . Schedule of events
- . Rik's Writeup

Meeting Stuff

The regular Thursday night AA meeting on the summit of West Tiger Mountain is still going strong - usually at least 15 attending, sometimes more than double that number. Because of the shorter days, we now start at 7:30pm.

We have already voted to continue the meeting during the winter, but move it indoors. The meeting has become the Home Group for many of us, and we want to continue the fellowship with people with similar (outdoor) interests. If possible, we would like to precede the meeting with a short, brisk uphill hike. As for Tiger Mountain, OSAT club meetings will be before and/or after the AA meeting. The meeting will be on Thursday evening at a place to be determined (next newsletter).

On Sundays, September 8th, 15th, 22nd, and 29th, at 4:00 pm, we are sponsoring an open AA meeting just off the 1.2 mile mark of the Mt. Si trail. Look for a sign (O.S.A.T. =>). Please invite your friends and family.

For more information on any of the above (or below), contact Jim H.

The Mt. Rainier Climb

The climb was very much a success. Although apparently it is not being widely printed, the following was sent to most local newspapers (plus Grapevine, and some climbing publications):

The 1991 AA Mt. Rainier Expedition

On a recent Friday, thirty-three recovering alcoholics successfully reached Emmons Flats on the slopes of Mt. Rainier and set up base camp. The next day all but two attempted the summit and twenty-four were successful. All returned safely from the mountain.

Of those that made the summit, sixteen did so for the first time. Another four had made their first successful ascent just nineteen days earlier on a special climb designed to give the group more experience.

The climb was the culmination of months of preparation. Twenty-two participants had little or no prior mountaineering experience. Therefore, they had to be trained in basic glacier travel techniques and other safety procedures. Seminars, field trips, and conditioning climbs were organized and conducted.

This has been a positive, inspirational experience for many members of the fellowship. Some of the other benefits: a popular, weekly AA meeting on top of Tiger Mountain; One Step at a Time (OSAT), an ongoing club for members of twelve step recovery programs; many new lifetime friendships.

The participants wish to thank The Mountaineers and other members of the climbing community for their support and encouragement.

For further information about OSAT, telephone (206) 869-8706 and leave your name, number and/or address.

Bellevue, Washington, USA
July 30, 1991

Participants in the Mt. Rainier climb are encouraged to write down their experiences and thoughts about the climb (or record them on a cassette, since we have many volunteer typists).

In particular, Paul K. would like to know what you are glad you did and what you would have done differently. He will compile these in a handout for next year's beginning climbers. Jim H. would like to know about your feelings before, during, and after the climb and how the overall experience has effected your life. He may attempt, with the help of others, to draft a book that would intermingle the individual stories with a narrative on the planning, preparation, and climb itself. (Worst case: we self-publish the book and give to friends and local treatment centers. Best case: it is published and widely read - we help some people stay sober and make a little money for the club).

Please mail your stories to Jim at 14523 NE 39th, Apt 2080, Bellevue, WA 98007, or give to him or Paul in person at a meeting.

Other Club News

. On June 21st, eight of us hiked from White River Campground to a Glacier Basin filled with snow. We had a memorable meeting and a very enjoyable outing.

. The next day weather cancelled our plans for Shuksan, so six of us hiked to Park Butte south of Mt. Baker and had another meeting.

. On June 29th, over twenty of us practiced ice axe arrest and other fun things at Paradise. The next day, after a meeting and night at Cougar Rock Campground, about eighteen of us hiked to Camp Muir where we had another meeting. Five of us stayed overnight and successfully climbed to the summit of Mt. Rainier the next day (July 1st).

. Midnight, July 3rd found 8 of us running in the Firecracker 5000, a road race around the Seattle Center. We started with the Serenity Prayer and the early finishers cheered on the rest. This was a fun time and more of these are planned - maybe even getting up a relay team.

. On July 13th, Dick W. (finally, after some real fun "bushwhacking") led about six OSAT people toward Vesper Mountain. Unfortunately, the weather did not cooperate and they turned about short of their goal.

1st Mountain of JDX Book 1
↓

. The Mt. Rainier climb was the weekend of July 19-21st.

. On the weekend of August 2-4, over a dozen of us went to Icicle Creek near Leavenworth to learn and practice rock climbing. A good time was had by all. (Eileen rappelling is especially memorable).

. We are planning many winter outdoor activities, including **Cross Country ski outings, snowshoe trips, hikes and snow scrambles**. In January, we are planning an overnight adventure in the snow - perhaps the first **AA meeting in a snow cave!** As for climbing, sober and supportive training for beginners will be arranged whenever possible. There will be more details on this in the October newsletter (which will also contain a telephone roster).

. Instead of Mt. Si, some of us now meet at **6pm on Tuesdays** at the Tiger Mountain trailhead (first exit off Interstate 90 east of Issaquah) for a brisk hike. Call Steve S (939-5044) or Jim H - the location may change again.

. Volunteers are always needed to organize and lead outdoor activities. Use this newsletter to meet program people with similar interests.

. Each member, on each activity, should carry (at least) the "10 essentials", which are:

- | | |
|-------------------|----------------------------|
| 1. Map | 6. Sunglasses |
| 2. Compass, | 7. First-aid kit |
| 3. Flashlight | 8. Pocket Knife |
| 4. Extra Food | 9. Waterproof matches |
| 5. Extra clothing | 10. Candle or fire starter |

SCHEDULE (August 22):

. **August 24-25:** Scheduled climb of Mt. Adams - Mazama Glacier route. We expect about a dozen climbers.

. **August 30-31:** Some of us will make another attempt at Mt. Rainier via Disappointment Cleaver. Experienced climbers only.

. **September 8th:** Hike to top of McClellan Butte. Then go to the meeting at Mt. Si. Meet at trailhead at 8am.

. **September 14:** Scramble of Mt. Baring. This is not a technical climb, but some experience with rock might be helpful.

. **September 14-15:** Beginner overnight backpack, probably to Dewey Lake, for women only. Contact Kathy O for more info (927-7267)

. **October 5:** Vesper/Sperry Traverse. This is not a technical climb, but some experience might be helpful.

. **November 9:** Toys for Tots - a 5k or 10k road race at SandPoint Naval Station in Northeast Seattle. Bring a toy; run or walk in one of the races; then to a house nearby for brunch and a meeting.

. **September 8th, 15th, 22nd, and 29th,** at 4:00 pm, an open AA meeting just off the 1.2 mile mark of the Mt. Si trail.

Rik's Writeup

(Rik Anderson, a co-worker of mine, is one of two non-program persons that made the Rainier climb with us. I invited Rik because I felt the group could use his experience. He has a habit of writing about his climbs and he shared this one with me. I thought you might enjoy it...)

1991 AA/OSAT Mt. Rainier Expedition

The Man and the Dream

It has been my privilege to know Jim H. for a couple of years, and to watch one of his dreams come true. In the winter or spring of 1990 Jim confided in me his idea of holding an AA meeting on the summit of Mt. Rainier. I came to now that Jim is an avid and accomplished mountaineer, and also learned of his affection and concern for those afflicted with chemical addictions.

That climbing season, I went with Jim and his climbing buddy Dick as they took their basketball team on climbs in a sort of prototype of Jim's dream. We went to Alpental to teach ice axe and rope work, scouted out Mt. St. Helens (during which climb we assisted in the helicopter rescue of a skier who had a spiral fracture at the 5500 foot level) and climbed to Camp Muir with those of his team who had passed the course! Later in the season Jim joined my daughter and me on the Leuthold Colour route up the west side of Mt. Hood.

This year, Jim frequently reported to me at work the progress of OSAT. "The mailing list is now xx names long", "Last night on Tiger Mountain ...", "We had xx people climbing Mt. Si last Tuesday." It seemed he shared these successes with me with a measure of awe - it was never his success in organizing the group that he was speaking of, but rather the group's success in making itself become a team equal to the challenge of Mt. Rainier. At some times the success of OSAT was nearly overwhelming, and I suspect Jim thought that the dream threatened to become a nightmare. But in the end, the 1991 AA Mt. Rainier Expedition was a tribute to Jim and those who joined him in choosing to "accept the things they can not change and change the things they can", and was an enormously successful and happy a dream-come-true as I've had the privilege to witness.

The Climb

When, just a week before the climb, Jim asked me if I'd like to join the climb it was MY dream come true. Even though he, Dick, and I had summited in June via the Ingraham, the idea of climbing the Emmons route in three days held my interest because of my distaste for the long hike all the way from the summit to the parking lot which is typical of weekend climbs. It also was a chance to participate in what promised to be an event of historic proportions.

We hadn't left the parking lot at White River before I began to feel the closeness within this group, the comraderie, teamwork, and lack of selfishness which I could sense foretold success. Naturally, God was on our side. Friday was gorgeous, and the weekend prognosis was for more of the same. The only question regarding the weather was: "Is SPF 16 going to be enough protection?"

As we roped up at the base of Inter Glacier, the fact that we had a large proportion of beginning climbers began to sink in. I was not so concerned with the fact that some couldn't tie a bowline, but that they might not be proficient enough at prussiking to get them out of a crevasse. I concluded that our strength in numbers (3 teams of 4 ropes each) was sufficient to provide a margin of safety to overcome the shortfall in experience.

The Experience

Well, I learned I'm not immune to hypoxia! Prior to this climb, my altitude sickness symptoms had been limited to severe headaches above 10,000 feet and nausea above 15,000 feet. At around

13,500 I began getting waves of slight nausea, slight headache, slight dizziness, and MAJOR lethargia. Happily, my rope team was understanding of my condition. I was counting my breaths-per-step ("one-two-step-one-two-step"), but then noticed that I was counting but not stepping now and then. When my apple and assorted snack food took off down the glacier, I accepted it as a minor inconvenience since I knew I had back-up food in my pack - but it was out of character for me to not utter some oath at such a stupid mistake. I knew exactly what was happening, but couldn't seem to do anything about it. Perhaps having summited five weeks before was affecting my personal drive, I thought, so I resolved to do something I've never done on a summit before (take a panorama set of photos), and the idea provided sufficient push to get me to the top.

The Warts

Logistics of the climb seemed remarkably smooth. The only shortage I could identify was stoves - each team of 12 would probably have been better off with at least one additional stove. I could have used a bit more than 2 hours of sleep before the 11:30 wake-up Friday night (45 minutes of which I could have had, given that our 12:30 planned departure slipped to 1:20), but soon my attention was on the Northern Lights rather than my lack of sleep. Finally, with as many different itineraries as we had among the 35 climbers (at least 4, and possibly 5 or 6), we should have had a more explicitly laid out understanding of the check-in, check-out responsibilities and procedures for each individual. One could easily envision having lost a party member without it being noticed under the informal procedures we followed.

The Toasts

I hope it is not considered by members of OSAT sacrilegious for me to conclude with a (dry) toast:

To the man who helped more people get higher than anyone else in the State of Washington on Saturday, July 20, 1991: Here's to you, Jim! Thanks for including me in your dream-come-true.

And to the men and women who got higher than anyone else in the State of Washington on that day, and to those with them who gave their all in the attempt: Here's to you, OSAT! Thanks for the memories, you showed me that courage, determination, and mutual assistance can overcome the greatest challenge.

ONE STEP AT A TIME (OSAT)
3917 NE 127th, Seattle, WA 98125

November 5, 1991
(206) 362-4689

A mountaineering club for members of twelve step recovery programs.

"Climb mountains and don't slip"

In this issue:

1. Tiger Mountain Meeting
2. Club News
3. Plans for the winter
4. Finances
5. Schedule of Events
6. Updated Roster

1. Tiger Mountain Meeting

Unfortunately, it does not appear to be safe and sane to hike up (and down) Tiger Mountain in the darkness on Thursday evenings.

However, we are meeting at JB's in Issaquah anyway. We start the meeting around 7:30, but try to arrive early to order food and discuss club business.

It's been a good meeting. Since some of us can't stand the thought of not working up a sweat prior to a meeting, we are making plans to run a few miles at some local track prior to the meeting. Call Jim H, if you have questions.

2. Club News

. On August 24th, twelve of us hiked to base camp below Mt. Adam's Mazama Glacier. We had the place to ourselves and we had a great meeting. The next morning, all but one of us successfully made the summit. Beautiful weather, beautiful people AND we were alone until we merged with the standard route just below the false summit.

. The four Sunday afternoon meetings at Mt. Si that we sponsored in September didn't draw a lot of people, but we learned some things: (1) 1.2 miles uphill is too far for some people; (2) the meeting should be further off the trail, because hikers are distracting, and (3) we should have a flyer to distribute and get the word out better.

. We've had several other outings - hikes or scrambles up McClellan Butte, Mt. Snoqualmie, Granite Mountain, Merchant Peak, and Vesper. This latter trip was especially fun - again there were 12 of us (different twelve) for essentially a 15 hour meeting. We started at dawn and finished with the Lord's Prayer after dinner in a private room of a restaurant about 10pm. In between were good rock, good views, and great company.

. On October 26th, six of us hiked around in the snow in Mt. Rainier National Park, after staying the night at Longmire. Originally, we had planned a meeting at Camp Muir, but the weather didn't cooperate and we didn't bring the right equipment (skis or snowshoes).

. We will be on Recovery Talk Radio - station 1150 am on Thursday, November 7th 10pm until 11pm. Also, we have been contacted by the Bellevue Journal American about a possible (anonymous) story about our club.

. Many of us would like to get more involved with service. We are planning to put together a slide show that we can take to treatment centers. We will try to sell people on the idea that getting committed to mountaineering and climbing Mt. Rainier is good insurance against relapse. We hope to have this show ready before the end of the year.

. Also, we plan to put a small ad in SignPost and the Mountaineer Bulletin. It will read: "One Step at a Time - an outdoor club for members of twelve step recovery programs. Call 362-4689 for information.

3. Plans for the Winter

We are planning some organizational meetings in December so that by early January, we should have:

- . agreed on a marketing plan and how we are organized as a club.
- . selected dates for next summer's Mt. Rainier climb(s) including practices and conditioning hikes
- . decided on rules & procedures for participation in Mt. Rainier climbs.
- . decided on dates for other major events next summer (Mt. Baker, Glacier Peak, Enchantment Lakes ????)

We are planning many wintertime activities including hikes, downhill and cross-country skiing, snowshoe trips, fun runs, and overnight camping. See the schedule below for currently planned activities.

Also, in early February we plan to have the very first **MEETING IN A SNOWCAVE**.

Also, let us know if you want to organize an activity. We will put it in the next newsletter - probably to come out in early January.

4. Finances:

(Through November 1st).

Expenses		
Copy Costs	\$182	
Stamps (420 mailings @ \$.29)		122
BCC Rental	24	
Miscellaneous	26	
Estimated cost of this newsletter		35
Total Expenses	389	

Receipts		
From 11 Tiger Mountain pre-meetings		\$228
Other donations	163	
Total Receipts	391	

Notes:

1. Most copying has been done at Kinko's for 5 cents/page. Because of time constraints, some copies were made by an employer (estimated \$50).
2. So far, our consensus policy is: "No dues or fees for membership; \$5/year donation suggested".
3. Donations will be accepted at any time. A budget (and treasurer) should be developed for 1992.

5. Schedule of Events

November 9th. Help Paul C. celebrate his not-smoking birthday by running/jogging in the Toys for Tots race at Sand Point. Bring a toy (optional), \$15, and be ready to choose 5k or 10k. Or, just come along to support the runners and then drive 3 miles to a potluck brunch and meeting at Jim and Shirley's. The 5k race starts at 9:30am; the 10k about 10 minutes later. You should try to arrive before 9am. The potluck/meeting should start about 11:00am.

Directions: Take the Montlake exit from 520 and go north past Husky Stadium. Follow Montlake for several miles (curve to the east). Eventually you come to a Y - straight ahead is 45th; you should veer left onto SandPoint Way. Then go north about 30 blocks to the main entrance of the Naval Station (about 75th) and turn right. Park and go with the flow. After the race, continue north on SandPoint Way about 3 miles until it turns left (west) and becomes 125th. Then immediately turn right onto 39th Avenue, go one block, and turn right again on 127th (deadend sign). Go a half block and you are there. (3917 NE 127th). Call Jim H for more details.

November 17th Weather and snow permitting, Kathy O. will lead a backcountry ski trip around Naches Peak (near Chinook Pass). This is not for beginners, but only a little experience is needed. Sounds like a great day.

November 22nd Paul C. has some tickets for, and wants some company on, a showing of the highly regarded Best of the Banff (Climbing) Film Festival, sponsored by the Mountaineers. At Tacoma Community College, 8pm; about \$7 each). Call him ASAP, if interested.

November 28th (Thanksgiving). Don't feel guilty about eating too much; meet at the Mt. Si parking lot at 7:30am. A brisk hike up and right back down. (Jim H.)

Thanksgiving Weekend. How about some downhill skiing at Whistler? Call Ann G. for more details.

December 5th & 12th. Organizational meetings (9-11pm; after the regular Thursday night Tiger Mountain meeting at JB's.)

December 14. A snowshoe trip with Jim H. Maybe even an overnigher, depending upon weather and interest.

December 22nd Alternate day for the November 17th outing. Or maybe another fine day somewhere else. Call Kathy O.

December ? Karen P plans to invite everyone to a Holiday celebration and meeting. Time and place tbd.

December 28 - December 31st Jim H is considering a Mt. Rainier attempt. For the serious and experienced (some would say crazy). Give him a call, if you are interested.

January 1st. Overheard at a meeting: John R. is going to be the first up Si in 1992. How about joining him?

January 5th. Seminar for beginning cross-country skiers at Horsebarn Flats near Paradise. Contact Kathy O for details.

January 12th. Alternate day for above seminar or a beginner ski tour!

January 22. Evening session on Winter Travel. Experienced people share with beginners about clothing, equipment, avalanches, etc. Probably at BCC. People considering the overnight in the snow should attend.

February 1-2. The Meeting in a Snow Cave! Time and place to be determined.

...
6. Updated Roster: