

OSAT Newsletters – 1992

This file contains copies of newsletters sent by Jim Hinkhouse during 1992, the second year of the existence of the One Step at a Time outdoor club.

The following is an index to the items in this file:

• February 13, 1992 newsletter	2
• Flyer for “1992 OSAT Mt Rainier Expedition”	8
• March 25, 1992 newsletter	9
• May 1, 1992 newsletter (includes roster of members)	15
• July 14, 1992 newsletter	23
• October 13, 1992 newsletter	33
• November 21, 1992 newsletter	45

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

February 13, 1992
(206) 362-4689

A mountaineering club for members and friends of twelve step recovery programs.

"Climb mountains and don't slip"

Greetings from Jim H.

In this issue:

1. Thursday Night Meeting
2. Organizational Stuff
3. Current Club Traditions (for new members)
4. Club News
5. Mt. Rainier Climb
6. Ashford to Oceanshores Relay Race
7. Schedule of Events

1. THURSDAY NIGHT MEETING

Since mid October, we have been meeting on Thursday night at JB's Restuarant in Issaquah. Some of us arrive at about 6 and go for a run or walk. Others arrive around 7:00 for an informal club meeting to make plans for hikes or outings on subsequent weekends.

Others arrive on or after 7:30 when we start a regular (open) AA meeting that usually lasts about an hour and half.

This is now a regular meeting. We have a sign-in sheet, pass a basket, and give out medallions for birthdays. After opening, we pick a topic or read-a-step then share in clockwise order.

Please come and bring your friends - especially those that won't be able to join us on top of Tiger Mountain.

Yes, starting the first Thursday after daylight savings time (April 9th), we will move the meeting outdoors again...

2. ORGANIZATIONAL STUFF

In December, we had some meetings to discuss how we should be organized. It was decided to form committees. The following committees were formed:

Service..... Steve S. 859-9431
Communication..... Jim H. 362-4689
Safety..... Kathy O. 825-3516
Finance..... Francy S. 859-9431
Equipment..... John S. 244-2961
Mt.Rainier Climb Jim H. 362-4689

These committees have the following (rough) charters:

SERVICE: solicit new members; decides on criteria for membership; help newcomers find "mountaineering sponsors"; ensure that each OSAT sponsored AA or 12-step meeting is properly conducted (chairperson, how-it-works, sign-in etc.); organize birthday observances.

COMMUNICATION: maintain list of members; write and prepare newsletters for mailing; activity focal point (coordinator of the month); solicit activity leaders; keep the signed releases.

SAFETY: develop policy for participation in, and leadership of, technical climbs and other mountaineering activities; organize and conduct and/or recommend training classes; develop policy to ensure safe enjoyment of the mountains.

FINANCE: decide on fees and dues for membership (if any); decide on rules for accepting donations and spending money; maintain books and pay bills; develop a budget / coordinate fundraising activities.

EQUIPMENT: accept, store, and buy equipment; develop rules and system for member use of equipment; keep track of who has what; occasionally takes inventory

MT. RAINIER CLIMB: Organize the Mt. Rainier climbs; organize and conduct seminars and field trips to prepare old and new members for safe climbs of Mt. Rainier.

If you want to help out on a committee, please contact the appropriate person listed above.

The next organizational/business meeting for the club will be March 5th after the meeting at JB's.

Note: please be advised that yours truly (Jim H) is not planning on continuing next year (say, after August 1st) as he has been doing. He already has everything out of this experience that he could possibly want (e.g. many program friends to climb with; a weekly home group meeting) and doesn't need an organized club (with a newsletter) to take program people up Mt. Rainier and organize meetings in the mountains. Therefore, if OSAT is to continue as is - with a newsletter and organized activities, more people must step forward.

3. CURRENT CLUB TRADITIONS (for new members)

The only requirement for membership in OSAT is a willingness to follow the traditions of OSAT.

OSAT regularly sponsors open 12 step meetings, such as the Thursday night (spring/summer) AA meeting on Tiger Mountain.

All OSAT activities and meetings are "open" in that you don't have to be an addict to participate. However, the 12 step traditions of anonymity and abstinence/moderation are always followed.

OSAT accepts donations to pay for expenses and equipment. The Finance Committee may decide on annual dues for 1992.

Each OSAT activity has a designated leader. All participants in an activity will follow the suggestions of the leader regarding clothing, pace, etc and not separate from the group without the leader's permission.

The activity leader 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 on principles and not personalities.

Each member, on each activity, should have the proper clothes and equipment plus carry 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 |

PRIOR TO PARTICIPATING IN ANY OUTDOOR ACTIVITY, A MEMBER MUST SIGN A STATEMENT RELEASING THE CLUB FROM ANY LIABILITY.

(We have a form for this purpose).

4. CLUB NEWS

. We have placed a small ad in SignPost and the Mountaineer Bulletin. It will read: "One Step at a Time (OSAT) - an outdoor club for members and friends of twelve step recovery programs. Call 362-4689 for information".

. We have a new flyer that describes the club and solicits new members. We intend to post it at halls and treatment centers and pass it around at meetings. Feel free to make copies - or ask me for some, if you don't have access to a copy machine. One copy is attached to this newsletter.

. On November 9th, a bunch of us ran in a Toys for Tots race at Sandpoint, then joined some others for a potluck and a meeting at the home where Shirley and I are housesitting.

. On Thanksgiving, over 15 of us showed up for a hike up Mt. Si. It was ideal conditions - cold, crisp, with fresh snow still on the branches, but no hard ice on the trail. A wonderful way to start Turkey Day!

. About 8 people joined Kathy O. at Paradise for some back country skiing. For some it was their first outing, but a good time was had by all. (By the way, the last newsletter should have reported that Kathy's all women backpacking trip in September was a great success. Wouldn't it have even been better with men along? Next year?)

. The OSAT X-mas party was held at Karen's house. That in itself enough was enough to make it a lifetime memory. (The extent and artistry of Karen's decorations cannot be described in words). Over 30 people attended, and surprise - we had a meeting.

. Between X-mas and New Years, 10 of us assaulted Mt.Hood. On Saturday, we hiked to the end of the Palmer Ski-Lift (8500' and closed in the winter) and camped. It was very cold. That evening the sky cleared and we could see many lights below us. At dawn, however, visibility was poor again. Since we had lots of wands (a ribbon on a bamboo stick), and since we were there, we decided to hike directly toward the summit by taking compass readings and placing a wand every hundred feet or so.

We also had several altimeters. To make it brief: Joe C., his friend Steve, and Jerry W. made the summit! The rest of us had already turned back, just 300' or so below the summit (for a variety of reasons...) Then there was the excitement of finding our way back to camp. But obviously we did it.

It was a real adventure for all of us; and, a noteworthy mountaineering feat - 10 people that high on the mountain and safely returning - all in authentic wintertime conditions. Back at basecamp, we paused, locked arms, and recited the Serenity Prayer. (Also participating were me, Shirley, Robert, Dick, Dave, Douglas and Pat.)

. Four OSAT members started the New Year by being in a midnight 5K race at Gig Harbor. Later that morning Jerry W. led 8 of us to the lookout on Mt. Pilchuk - a great way to start out a new year. (And I heard that John R and others started the year by doing Mt. Si!)

. Last week 10 OSAT-ers were at the first **MEETING IN A SNOWCAVE** - up on Skyline Ridge near Steven's pass. Four of us (me, Robert, Charlie, and Bob Mc) even stayed (warm) overnight in the cave. It was hard work digging the cave, but everyone seemed to have fun. (The subject of the meeting was Gratitude...).

. And there were other outings - hikes, runs, snowshoe and ski trips that sort of just happened - including a very good meeting on top of Tiger Mountain on warm, sunny Sunday (January 19th).

. Some of us have been meeting at GreenLake on Tuesday nights for a lap or two then some food at the HoneyBear Bakery. In late April, we expect to replace this with a Mt.Si conditioning hike.

Let me know if you want to organize an activity. We will put it in the next newsletter - probably to come out sometime in late March.

Also, want to see yourself published? Write a report on an OSAT activity (or whatever) and we will put it in this newsletter.

5. MT. RAINIER CLIMB

Yes, we plan to have one of these again this year. Actually, I have reserved the week starting July 17th for a series of climbs via Camp Muir. (Other parties may choose to do concurrent climbs by different routes).

This year we will to do some things differently:

. We will have much more help in the training, planning, and preparation, since many of last year's participants have already volunteered to help train/lead the beginners. These people will become "Rope Leaders".

. We will ask for commitments much earlier in the year.

. Rope teams will be organized in advance.

. We will be more careful about qualifying both beginners and rope leaders.

. We will not have one climb for everybody, but rather a series of small climbs of 12 people max each.

. We will try to institute an "OSAT sponsor" concept.

. Most climbs will be via Camp Muir, so that non-climbers can go part way with us (to help carry equipment; to have a first year goal; to attend a meeting...).

. Climbs/parties may be organized by speed. For example on one of the climb days, Kathy may lead a "snail" group while Joe leads a "rabbit" group while Dick leads a "turtle" group. In any case, the groups and rope teams will be designated in advance and each groups entirely self-sufficient.

Beginners must come to the two evening seminars (March 25th and June 10th), the two field trips (April 25th and June 27th) and participate in at least one serious conditioning hike. (Some exceptions may be made, but the excuse must be good! and the missed activity must be somehow made up).

6. ASHFORD TO OCEANSHORES RELAY RACE

How's this for a fun-sounding time? Eleven runners to a team plus two support people for driving/encouragement. Leave Ashford (just outside of Mt. Rainier National Park) on Friday afternoon, July 10th. Arrive Oceanshores - 165 miles - away - about 24 hours later. Each runner runs five miles - 3 times. About 300 teams are expected and we have to get our entry forms in soon. For \$30 you also get a T-shirt!

People who have done this before, say it is a great experience. We already have about 10 people signed up. We are hoping to get 2 teams. Friends and family welcome. For more information and to find out how to register, contact Paul C. (Day: 389-8008; night: 782-7297)

Some of us are already looking forward to the hot tubs and relaxing beach walks after we get to Oceanshores. This should be a great meeting!

7. SCHEDULE OF EVENTS

Phone numbers of activity leaders:

	Day	Night
Jim H	234-1522	362-4689
Jerry W		258-3679
Steve S		859-9431
Dave N		582-2338
Bob Mx		825-3516
Kathy O	946-4730	825-3516 or 927-7267
Dick W.	435-5571 x1107	339-3751
Paul C	389-8008	782-7297

February 16th - Lake Elizabeth (near Stevens Pass). Beginning ski tour, if enough snow (very doubtful) or possibly a hike. Jerry W.

February 21-29th - Climb Popo and Ixta in Mexico. Attend a record high meeting. Mountaineering experience required. call Steve S.

February 22nd - Mt. Washington climb (southern Olympics, near Hoodport). Take ice axe and maybe crampons and/or snowshoes. Dave N.

March 7 Mt. Hood (weather permitting; drive down Friday night; motel; ascent/descent in 1 day). Experience required. Jim H.

March 14th, Merchant Peak. This should be a great glisade. If there's avalanche danger, we'll do something else. Not for beginners. Jim H.

March 15 St. Patrick's day dash - 4 miles around downtown Seattle, then breakfast. Bob Mx

March 22nd Mercer Island Half Marathon - 13.1 miles around an island. Or an 8K. Should be a good conditioner. Dick W.

March 25th - Evening Seminar for beginners. 7 to 9 pm at Room J-123, Bellevue Community College (BCC) Upper Campus. Directions: Take NE 148th Exit from Interstate 90 (Exit 11B - 2nd exit east of 405/Factoria); go north on 148th a mile or so to 22nd (there is a light and a right turn lane); turn right; then take first left into school parking lot; allow 5-10 minutes to find room. Plan for seminar:

- . Distribute notes and equipment list
- . Discuss conditioning
- . Discuss equipment
- . Answer questions
- . Motivational Slide Show

Beginning Mt. Rainier climbers must attend this meeting. Experienced climbers are invited to come and share their experiences. Jim H.

March 28-April 5 Kathy O & Paul C are going to Joshua Tree (near Palm Springs) for rock climbing thrills. No previous experience required; a good chance to learn about this sport. Give one of them a call.

March 29th - Mt. Pilchuk field trip for experienced climbers. Bring harness, ice axe, etc. We will review arrests, belays, roped travel, and some rescue techniques.
(For people not taking the Basic Climbing Course) Jim H.

(some of the below require some prior experience; contact leader for details).

April 4-5 - Mt. St. Helens. Jim H.

April 9th - First Tiger Mountain Meeting - Steve S.

April 11-12 Brothers - Jim H.

April 25 - Beginner Practice I at Mt. Pilchuk.

April 28 - First Mt. Si evening conditioning hike. Steve S.

May 2 (or May 10) Mt. Ellinor. Kathy O / Bob Mx.

May 16th - Whitehorse (must be in VERY good shape) Jim H.

May 23-25 Mt. Rainier (Kautz Glacier route) Jim H.

May 30th - Camp Muir Conditioning Hike and meeting.

June 10th - Prusiking at Camp Long

June 13-14th - Mt. Baker. Kathy O. / Jim H.

June 27 - Beginner Practice II, at Paradise

June 28 - Crevasse Rescue Field Trip (Paradise)

July 10-11th - Ashford to Oceanshore Relay Race. Paul C

July 17-18; 19-20; 21-22; 23-24: Mt. Rainier climbs. Jim H.

August 22-23rd - Glacier Peak. Jim H.

September ? - Enchantment Lakes - Limit of 6.

Again, let me know if you want to organize an activity. We will put it in the next newsletter - probably to come out sometime in late March. In particular, we need people to lead hikes and backpack trips...

KEEP CLIMBING MOUNTAINS

↓ CLIMBING MAGAZINE, FEB, MAR 1992

■ Spirit without spirits. On July 20, 33 recovering alcoholics set off on Mount Rainier, with 24 topping

20
CLIMBING

out. The trip was a culmination of months of seminars, safety courses, field trips, and conditioning climbs.

Says Jim H. (given no last name in keeping with Alcoholics Anonymous tradition), "It was mostly people who had reached about two years of sobriety and had reached a level where they weren't too happy with the meetings, (which are often in smoke filled rooms.) An AA precept is that members maintain sobriety by attending meetings throughout their lives. These days Jim H. and others hold regular meetings in the mountains. Ongoing plans include other area peaks and a trip to Denali.

Climbing fits in well with AA's "one step at a time" motto and its credo of seeking spirituality.



THE 1992 OSAT MT. RAINIER EXPEDITION

Last year (1991) our goal was to have an AA meeting on top of Mt. Rainier.

We accomplished our goal, sort of. We did have a Mt. Rainier expedition and 24 AA members made it to the top. There was a lot of gratitude and for many of us it was a spiritual experience. But no "how it works" and sharing - the weather on top that day just didn't allow it.

However, we had MANY meetings in the mountains, including two at Camp Muir at 10,000'.

But more important, we now have a club, One Step at a Time (OSAT), that regularly sponsors safe mountaineering and outdoor activities for members and friends of Twelve Step recovery programs.

In addition to many other hikes, scrambles, and climbs, OSAT also plans to climb Mt. Rainier again this year.

Consequently, OSAT is looking for members who are either (1) experienced mountaineers who want to join our fellowship or (2) recruits, willing and able to get in good physical shape and learn what it takes to become a mountaineer, capable of safely climbing our state's highest mountains.

There will be evening seminars, conditioning hikes, and instructional field trips starting in March. The climb of Mt. Rainier will probably be in July.

For safety reasons, OSAT reserves the right to qualify participants. You must be in the proper physical and mental condition, and be able to demonstrate the necessary knowledge and skills.

If you are interested, have questions, or are ready to make a commitment, contact Jim H. (day) 234-1522 (night) 362-4689.

SEATTLE, WA
JANUARY 30, 1992

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

March 25, 1992
(206) 362-4689

A mountaineering club for members and friends of twelve step recovery programs.

"Keep climbing mountains and don't drink in between"

Greetings from Jim H.

In this issue:

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1. Thursday Night Meeting

The Thursday evening OSAT AA meeting on top of Tiger mountain will resume the first Thursday after the change to daylight savings time (April 9th).

This year we plan to start the meeting at 7:30pm. This means that (most) people should start hiking between 5:30 and 6:00. Remember to bring water, warm clothes and a flashlight. Arrive on top a little early, if you want to attend the brief OSAT club meeting that usually precedes the AA meeting.

If you are new to this meeting, hang around the trailhead, until you find someone to walk with that knows the way. (This should be easy; someone will probably ask if you are a friend of Bill W).

This meeting is a go - rain or shine. Although it has never happened, we were ready last year to adjourn from the mountain to JB's Restuarant in case of VERY inclement weather.

Meanwhile - through April 2nd - we will continue to meet at JB's at 7:30pm on Thursday nights. Call Steve S or Karen P if you have questions about this meeting.

2. Organizational Stuff

Current committees

Service..... Steve S. 859-9431
Communication..... Jim H. 362-4689
Safety..... Kathy O. 825-3516
Finance..... Francy S. 859-9431
Equipment..... John S. 244-2961
Climbing & Mt.Rainier.... Jim H. 362-4689
Hiking..... ???????
Social..... Karen P. 782-1873

"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 odeep, 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

If you want to help out on a committee, please contact the appropriate person listed above.

The next organizational/business meeting for the club will be April 1st, starting at 6:30pm at Digital's lunch room (Walt Q works there). This is located at 14408 NE 20th in Bellevue (near Overlake). It's in back of the Magnolia HiFi on 20th. Directions: From 520 going east (Evergreen Point Bridge or East from 405) take the Southbound 148th Exit. Go a few blocks and turn right on 20th.

Everyone is welcome to attend. Committee leaders should come prepared with a list of issues/decisions to be resolved.

Finance: We (Francy and Jim) are accepting donations to cover newsletter and other expenses. Actually, we would like to generate enough funds to be able to purchase some club equipment for use by members who need the help. At the meeting mentioned above, we will decide on club dues - but donations made now will certainly count toward any 1992 dues that we may decide upon later. Mail your donations to OSAT, 3917 NE 127th, Seattle 98125 or to Francy S., 2510 S. 357th, Federal Way 98003.

Equipment: Please inventory your old gear and if you have anything that could help some beginner, let John S. know about it. This includes boots, clothes, crampons, sleeping bags, and so forth. Also ask your friends. Many of us believe that there is lots of good equipment in closets and storerooms that is not being used. Also, if you need equipment, give John a call. He is also surveying climbing stores about sales, discounts, etc.

3. Current Club Traditions (for new members)

The only requirement for membership in OSAT is a willingness to follow the traditions of OSAT.

OSAT regularly sponsors open 12 step meetings, such as the Thursday night (spring/summer) AA meeting on Tiger Mountain.

All OSAT activities and meetings are "open" in that you don't have to be an addict to participate. However, the 12 step traditions of anonymity and abstinence are always followed.

OSAT accepts donations to pay for expenses and equipment.

Each OSAT activity has a designated leader. All participants in an activity will follow the suggestions of the leader regarding clothing, pace, etc and not separate from the group without the leader's permission.

The activity leader 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 on principles and not personalities.

Each member, on each activity, should have the proper clothes and equipment plus carry 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 |

PRIOR TO PARTICIPATING IN ANY OUTDOOR ACTIVITY, A MEMBER MUST SIGN A STATEMENT RELEASING THE CLUB FROM ANY LIABILITY.

(We have a form for this purpose).

4. Club News

Popocatepetl (February 25)

Dave, Steve and I had a great time in Mexico. We had a meeting at 17,000' and attended another meeting in Mexico City. Both Dave and Steve made the true summit of Popo; I decided I was having enough fun relaxing at the crater rim. Steve especially seems adapted to high altitude climbing. Our climb of Ixta was cut short because of bad weather. We had a great time - ask any of us for details.

Goat Flat/Three Fingers (March 7)

Earlier in the week, Tom M reported that the week prior conditions on Mt. Hood were bad. He recommended we take ice screws and ice tools. He also told us about an accident by one of his very experienced partners.

So we changed our plans...

The ranger agreed with me that the snow conditions were so unusual (Mountain Loop Highway being snow free, for example), that we could probably drive to the Goat Flat trailhead. So eleven of us did just that (Shirley, me, Mike, Dick, Diane, Walt, Terri, Douglas, Vince, Charlie, and Robert). The only snow on the road was at the last quarter mile. Normally, it is mid-May before you can do this.

We had a great time. The hike was mostly in snow, and the weather cooperated most of the day. We were sort of at the level of the clouds. They would roll around, sometimes below us, sometimes just above us, sometimes level, but with occasional clearing so we could view the majesty of the surrounding mountain cliffs, ridges, and valleys.

First in trees, then into the snow-covered meadows of Goat Flat. Mike and Vince liked this spot so well, they decided to enjoy it at length. The rest of us (finally) made it to Camp Saddle and the glacier overlook. It was 2:15 pm (we had left at 9:15) and time for lunch.

We were impressed with three back-country skiers whose tracks we had been following. At Camp Saddle, they broke through a cornice and skied down to the glacier. They were last seen ascending a gully toward the south summit. (These were the only people we saw this day).

We ended the day in the same room in the same restaurant with the same (elderly) waitress as we did after a very enjoyable climb of Vesper last fall. The waitress remembered Robert (and his appetite). Everyone was "energized" from the day. This stuff is addictive. (Jim H)

Merchant Peak (March 14th)

The day broke bright and clear - a perfect March day for climbing. Seven of us (Dave N, Walt Q, Dick W, Bob Mc, Jon E, Paul C, and yours truly) happily started up the Barclay Lake Trail (2400') at about 8:15. Soon we found the dry wash and started up the long, steep gully, as described in the guidebook. Upwards and onwards, carefully trying not to kick (too many) loose rocks. Soon we were frequently turning around to admire the towering North Face of Baring - site of some history-making climbing some thirty years ago. Up and around waterfalls, out with the ice axe for a snow finger, then the right turn next to some overhanging cliffs, and finally to a snow field that carried us to summit ridge and the summit. (Best step kicker award to Dave; runnerup to Jon; thanks guys) It was glorious. Peaks galore and beauty everywhere. Now we were level with the top of Baring (6100+'). It was 12:45pm. We easily beat Beckey's 6 hours.

Some weather was moving toward us, but it was really not a concern. It was just cold enough on the summit to get us started reasonably soon. It was slow going down, because of the loose rock. I

decided Baring, which Shirley and I had climbed two weeks before, was more pleasant. We stopped at Zeke's for a shake, and we were home early Saturday evening. Another very good day. (Jim H)

Other News:

There were many other activities including hikes to Goat Lake and Wallace Lake, a scramble to Vesper, and several road races.

Congratulations to Shirley, Charlie, Anne, and Terri who are taking the Basic Climbing Course from the Seattle Mountaineers. Also, to Eileen who finished the MOFA class.

Our flyer has attracted a lot of interest. It seems to be getting a wider circulation than last year. I suspect the Tiger Mountain meeting will get VERY popular by summer. We may have to sponsor some more meetings to accomodate everyone (other nights and/or other mountains!).

Let me know if you want to organize an activity. We will put it in the next newsletter - probably to come out sometime in early May.

5. Mt. Rainier Climb

Beginning climbers who want to climb Mt. Rainier should have attended the first evening seminar on March 25th. If you missed this, you should call me as soon as possible, then plan on attending:

April 20th (Makeup) Evening Seminar - Conditioning & Equipment (place tbd)
 April 25 All day field trip - Ice Axe (Mt. Pilchuk)
 June 10 Evening Seminar - Glacier Travel (BCC)
 June 17 Evening field trip - Prusiking (Camp Long)
 June 27 All day field trip - Roped Travel (Paradise)
 July 15 Evening Seminar - Potluck Dinner (tbd)
 July 17-18 or 19-20 or 21-22 or 23-24 Mt. Rainier climbs

If you miss one of the above, then you may not be able to make the climb of Rainier with OSAT! Some of these are more important than others and we may excuse some absences - especially if known in advance. But there are certain skills that you absolutely must learn before making the climb. See me ASAP, if you have a conflict and we will try to be flexible.

Plus you need many conditioning hikes - including at least one serious hike/climb with the club. More information will be available in the handout at the first evening seminar.

Other OSAT members, who were beginners last year, and who are NOT taking the Mountaineer's Basic Climbing Class this year, but do want to climb Mt. Rainier with OSAT again this year are expected to:

- . attend Mt. Pilchuk review field trip (March 29th), and/or
- . attend one or both of the all day beginner field trips (April 25th, June 27th) either for review or as an instructor.

As always, experienced climbers are encouraged to join us and help out in any way they can (lead, rope lead, teach, participate). In particular, we would like to know if/when you would be willing to lead a climb and by which route. (FYI - I am planning on leading climbs on the DC route on the above four dates).

IF YOU ARE PLANNING TO CLIMB MT. RAINIER WITH OSAT DURING THE WEEK OF JULY 17TH, PLEASE LET ME KNOW AS SOON AS POSSIBLE WHICH DATES YOU PREFER.

Remember, our plan is to organize the rope teams well in advance of the climb. So be thinking about how we may do this, and give me the benefit of any good ideas you may have.

6. Ashford to Oceanshores Relay Race

How's this for a fun-sounding time? Eleven runners to a team plus two support people for driving/encouragement. Leave Ashford (just outside of Mt. Rainier National Park) on Friday afternoon, July 10th. Arrive Oceanshores - 165 miles - away - about 24 hours later. Each runner runs five miles - 3 times. About 300 teams are expected and we have to get our entry forms in soon. For \$30 you also get a T-shirt!

People who have done this before, say it is a great experience. We already have about 10 people signed up. We are hoping to get 2 teams. Friends and family welcome. For more information and to find out how to register, contact Paul C. (Day: 389-8008; night: 782-7297). Do this soon, since there is a deadline (April 15th, I think).

Some of us are already looking forward to the hot tubs and relaxing beach walks after we get to Oceanshores. This should be a great meeting!

7. Schedule of Events

Phone numbers of activity leaders:

	Day	Night
Jim H	234-1522	362-4689
Jerry W		258-3679
Steve S		859-9431
Dave N		582-2338
Bob Mx		825-3516
Kathy O	946-4730	825-3516 or 927-7267
Dick W.	435-5571 x1107	339-3751
Paul C	389-8008	782-7297
Bob Mc	336-9434	290-9609
Karen P	363-0031	782-1873

Note: If nothing is scheduled, that doesn't mean there aren't any OSAT people going to the mountains. Most members just hate to plan ahead, but they do like company. So if you don't see anything scheduled that interests you, start calling people to find out what's happening. Many things get organized at the Thursday night meeting, so Friday is a good time to call people. In the next newsletter, we will publish another roster. Meanwhile just use the numbers above or call any of the committee chairpersons to find out what's happening.

March 28. Hike to Wallace Falls. 6 miles; 1500' gain on good trail. Everybody can do this one.
Bob Mc

March 28. Wapanahyo Peak (near Longmire). 10 miles; 3500' gain. Ice axe and good conditioning required. Jim H.

March 28-April 5 Kathy O & Paul C are going to Joshua Tree (near Palm Springs) for rock climbing thrills. No previous experience required; a good chance to learn about this sport. Give one of them a call.

March 29th - Mt. Pilchuk field trip for experienced climbers. Bring harness, ice axe, etc. We will review arrests, belays, roped travel, and some rescue techniques.
(For people not taking the Basic Climbing Course) Jim H.

(some of the below require some prior experience; contact leader for details).

April 4-5 - Mt. St. Helens. Leave Seattle early Saturday morning; stop for brunch on way. Trailhead is at 2800'; Hike to about 4200' early Saturday afternoon and camp. Summit (8400') on Sunday and return around 9pm Sunday evening. Jim H.

April 9th - First Tiger Mountain Meeting - Steve S.

April 11-12 Brothers. Please contact leader early. There is some interest in doing the traverse (an intermediate climb - class 4 rock, plus steep snow). We may split the group; some just do the South Peak. Those doing the traverse will camp at 5500'. Those doing the South peak at 3200'. Or, we may all just do the South peak. The trailhead is 800'; the summit 6850'. Jim H

April 14 - Possibly the first Mt. Si Tuesday evening conditioning hike. Steve S. & Karen P.

April 25 - Beginner Practice I at Mt. Pilchuk.

May 4 (or May 10) Mt. Ellinor. Kathy O / Bob Mx.

May 8 OSAT Springfest/HouseWarming/Wedding Reception/ Cookout/SlumberParty at Steve & Franci's new home in Federal Way. Starts at 6:30 pm. Bring food and sleeping bag.
Steve/Franci (859-9431)

May 9-10 -The Cascadian Coulour route up Mt. Stuart was the plan for this weekend, but lack of snow may make it too unpleasant. Maybe Mt. Constance instead. Jim H.

May 16th - Whitehorse (must be in VERY good shape) Jim H.

May 23-25 Mt. Rainier (Kautz Glacier route) Jim H.

May 30th - Camp Muir Conditioning Hike and meeting.

June 5-6 (Friday/Saturday) Shirley & I plan to do Forbidden;
(Low class 5/ grade II rock climb). Another rope team would be nice. Jim H

June 10th - Evening seminar at BCC

June 13-14th - Mt. Baker. Kathy O./ Jim H.

June 17th - Evening field trip - Prusiking at Camp Long

June 27 - Beginner Practice II, at Paradise/

June 28 - Crevasse Rescue Field Trip - for experienced climbers and some beginners. Jim H.

July 10-11th - Ashford to Oceanshore Relay Race. Paul C

July 15th -Potluck Dinner for Mt. Rainier climbers. Karen P.

July 17-18; 19-20; 21-22; 23-24: Mt. Rainier climbs. Jim H.

August 22-23rd - Glacier Peak. Jim H.

September 5-6. First annual OSAT Fun Climbing Weekend (that's as opposed to getting wiped out on Rainier) near Peggy's Pond near the Pacific Crest Trail. Something for everyone: Rock climb on Cathedral Rock; Scramble up Daniel or ascend it via a glacier; or just relax and wander in the high country. Big meeting outdoors Saturday night. Jim H / Karen P.

ONE STEP AT A TIME (OSAT)

3819 130th Lane SE, Apt E-5
Bellevue, WA 98006

May 1, 1992**(206) 362-4689**

A mountaineering club for members and friends of twelve step recovery programs.

"Keep climbing mountains and don't drink in between"

Greetings from Jim H. (note new address above)

In this issue:

1. Thursday Night Meeting
2. Organizational Stuff
3. NEW - Hiking & Backpacking
4. Club News
5. Mt. Rainier Climb
6. Ashford to Oceanshores Relay Race
7. Scrambling & Climbing

1. Thursday Night Meeting

The Thursday evening OSAT AA meeting on top of Tiger mountain has resumed! This year the meeting starts at 7:30pm and is usually preceded by a brief OSAT club meeting. Afterwards, some of us go to JB's for food and more fellowship.

For more information about this very popular meeting, call anyone listed below.

2. Organizational Stuff

Current Committees:

Service..... Steve S. 838-4287
Communication..... Jim H. 362-4689
Safety..... Kathy O. 825-3516
Finance..... Francy S. 838-4287
Equipment..... John S. 244-2961
Climbing & Mt. Rainier.... Jim H. 362-4689
Hiking & Backpacking..... Bob Mx 825-3516
Social..... Karen P. 782-1873

If you want to help out on a committee, please contact the appropriate person listed above.

On April 1, 1992, we had a club business meeting in Bellevue. Attending were Jim H, Francy S, Steve S, Bob Mx, Bob Mo, Eileen O, John S, Walt Q, Terri S and Jim Hi.

Many important issues/ideas were discussed and there were several follow-up action items. Complete minutes were recorded and are available from any of the attendees listed above.

Highlights:

- . We are organizing an evening first aid class for OSAT.
- . We may organize a "work party" to clean the TM trail.
- . We plan to take the OSAT story to treatment centers.

- . We will have a club membership card.
- . We will place a classified in JOURNEY.
- . The next newsletter mailing will include a drop notice.
- . An updated roster will be included in the next newsletter.
- . A roster with full names and addresses will be distributed to committee leaders.
- . We will need a new newsletter coordinator soon.
- . The minimum leadership qualification for any outdoor OSAT activity should be MOFA training (or equivalent) or the presence of a qualified MOFA person on the outing.
- . We need something like a "Leader List".
- . One time initiation fee: \$12. Annual dues: \$12.
- . Any expenditure of over \$50 requires group approval.
- . People who intend to climb Mt. Rainier should tell Jim ASAP which dates they prefer.
- . Next year we may just market OSAT and not the Mt. Rainier climb.
- . Bob Mx agreed to be chairperson of the Hiking Committee.
- . John S agreed to be mid-week (weekday) activity coordinator.

The next business meeting will be on Wednesday, May 13th at 6:30 p.m. at JB's Restuarant. Committee leaders should come with a list of issues/discussion items. Everyone is welcome to attend.

3. New - Hiking & Backpacking

We are starting to put together one day hikes and overnight backpacking trips for this summer. Anyone wishing to participate on one of these please contact the leader for more information. If you wish to lead a club sponsored trip, contact Bob Mx at 825-3516 for information and qualifications. For mid-week hikes contact John S. 244-2961.

Trips currently planned:

June 20: Norse Peak, Norse Peak Wilderness. Steep hike but nice trail. Call Bob Mx 825-3516

July 3rd - Mt. St. Helens. Limit of 10 people. Kathy O.

July 5th: Grand Park, Mt. Rainier National Park. Moderate 8 mile round-trip hike to a beautiful meadow. Call Bob Mx 825-3516.

August 15-16: Two night camp out at Buck Creek including a 10 mile hike from Sunrise to Buck Creek. High country ridge hopping. Call Bob Mx 825-3516

September 5-7. First annual OSAT Retreat near Peggy's Pond near the Pacific Crest Trail. Round trip 11 miles; 2,500' gain. Relax and wander in the high country. Big meeting outdoors Saturday night. Jim H

September 18-20th: 2nd annual all women backpacking trip. More details in next newsletter. Call Kathy O. 825-3516

Tuesday nights hike up Mt. Si. via the old trail. Call Jim H or Steve S for details.

4. Club News

On March 28, Bob Mc led about 8 OSAT-ers on a hike to Wallace Falls. The same day, Jim, Shirley and Steve scrambled up Wapanahyo Peak near Longmire. At about this same time, Kathy O, Paul C, and Jennifer G. were sharpening their rock climbing skills at Joshua Tree near Palm Springs.

On March 29th, Jim was joined by Dave, Bob Mc, John R., John S., Robert and Dick for a fun day on Mt. Pilchuk. We reviewed ice axe arrest and boot-axe belays and then set up some anchors and pulleys to simulate rescues. Finally, it was to the lookout for some great views.

April 4-5 - Mt. St. Helens. Snow, snow, snow. But we found a "warming house" to sleep in, complete with picnic tables and a wood stove. Great meeting; good exercise; fun time was had by all, even if we only got to about 5,400': Jim, Karen, Terri, Charlie, Robert, Dick, Diane, Terry, Dave B, Bob, John S, Kim S.

April 7th- Mt. Si hikes resumed - like seeing an old friend.

April 11-12 Brothers. Long hike with full packs to Lunch Rock at 5000'; setup tents in snow on steep slopes nearby. Rain, then snow. Pretty, but no traverse this year. Fun anyway, somehow. Jim, Dick, Charlie, Terri, Dave N

April 19th. Easter Sunday - some of us (Jim, Dick, Dave, Karen, Carol, Tim, Terry, Bob M) went up the old Mt. Si trail for the first time (wonderful trail; steeper, but softer; better views; fewer people). Others took their time on the regular route (John S, Kim, Douglas, Gerry), but it was beautiful on top no matter how you got there.

April 20th, Jim, Karen, Steve and Robert were on Recovery Talk Radio talking about OSAT.

April 22nd. First ever OSAT basketball game. (Jim, Dick, Steve, Bob Mx, John R cheered on by Kathy O and Karen).

April 23rd. Jim and Steve presented OSAT to the Federal Way Rotary club.

April 25 - Beginner Ice Axe Practice at Stevens Pass. Great day with 11 beginners instructed by 14 others. Soft snow, very warm day, great company, many laughs and some thrills. Hiked to top of Cowboy Mountain for a special meeting in a very alpine setting. Zeke's on the way home. Can it get any better than this?

There were other hikes and activities that were organized at the last moment. In fact, most weekends will find many OSAT members in the mountains. So... if on a Friday or Saturday, you are suffering from mountain withdrawal and need a fix, then start calling people...

Upcoming special events:

May 8th OSAT Springfest/HouseWarming/Wedding Reception/ Cookout/SlumberParty at Steve & Francy's new home in Federal Way. Starts at 6:30 pm. Bring food and sleeping bag. Steve/Francy (838-4287)

5. Mt. Rainier Climb

Beginners who want to climb Mt. Rainier should have already attended the Equipment & Conditioning Seminar and the Ice Axe Field Trip. If you missed the field trip and still want to climb Rainier with OSAT, then you should contact Jim as soon as possible and plan to attend a makeup field trip on **May 17th**, plus the following:

June 10 Evening Seminar - Glacier Travel (BCC)
June 17 Evening field trip - Prusiking (Camp Long)
June 27 All day field trip - Roped Travel (Paradise)

NEW July 8 Evening Seminar - MOFA (tbd)
July 15 Evening Seminar - Potluck Dinner (tbd)

Plus you need many conditioning hikes - including at least one serious hike/climb with the club. (May 30th and/or June 28th hike to Camp Muir is recommended).

Other OSAT members, who were beginners last year, and who are NOT taking the Mountaineer's Basic Climbing Class this year, but do want to climb Mt. Rainier with OSAT again this year are expected to:

- . attend Mt. Pilchuk review field trip (March 29th), and/or
- . attend at least one of the all day beginner field trips (April 25th, May 17th, June 27th) either for review or as an instructor.
- . attend the evening MOFA class (July 8).

As always, experienced climbers are encouraged to join us and help out in any way they can (lead, rope lead, teach, participate).

So far, the following climbs are planned (all by Camp Muir/ Disappointment Cleaver route):

. **July 16-17-18** Kathy O. Slower approach; first night Pebble Creek; second at Ingraham Flats; then summit and return.

. **July 17-18; 19-20; 21-22; 22-23.** Jim H. Up to 4 separate climbs; Camp Muir first night; then summit & return.

Some people have already signed up for specific dates.

Remember that we plan to organize the rope teams well in advance of the climb, so let Kathy or Jim know your preferences as soon as possible.

6. Ashford to Oceanshores Relay Race

How's this for a fun-sounding time? Eleven runners to a team plus two support people for driving/encouragement. Leave Ashford (just outside of Mt. Rainier National Park) on Friday afternoon, **July 10th**. Arrive Oceanshores 165 miles away about 24 hours later. Each runner runs five miles 3 times. About 300 teams are expected and we have to get our entry forms in soon. For \$30 you also get a T-shirt!

We already have signed up one team and hoping to get a second. Friends and family welcome. Announce at meetings. For more information and to find out how to register, contact Paul C. (Day: 389-8008; night: 782-7297). Do this soon, since there is a deadline. People already registered with Paul should reconfirm their interest and send him the rest of the money ASAP.

This should be a great meeting!

7. Scrambling and Climbing

(FYI - scrambling is off-trail hiking/climbing to a summit that does not involve the use of a rope, but sometimes requires use of an ice axe).

Most of what follows requires some prior experience. Contact the leader for details.

May 9-10 - Mt. Stuart (Cascadian Coulour route). One of the highest mountains in the state. Ice Axe, helmet, and crampons required. Call Jim H.

May 16th - Whitehorse. (must be in VERY good shape) Jim H.

May 30th - Camp Muir Conditioning Hike and meeting. Jim H.

June 13-14th - Mt. Baker. Kathy O. or Jim H.

June 28th - Crevasse Rescue Practice - for experienced climbers and maybe some beginners. Jim H.

June 28th - Camp Muir Conditioning Hike. Jim H.

July 3rd - Mt. St. Helens. Limit of 10 people. Kathy O.

July 16-24. Mt. Rainier Climbs. Jim H & Kathy O

August 1-2. Rock Climbing Seminar around Leavenworth. For beginners and people with experience. Call Joe C. 772-5249 for more details.

August 22-23rd - Glacier Peak. Jim H.

September 5-7th. First annual OSAT Retreat near Peggy's Pond near the Pacific Crest Trail. Something for everyone: Rock climb on Cathedral Rock; Scramble up Daniel or ascend it via a glacier; or just relax and wander in the high country. Big meeting outdoors Saturday night. Jim H.

KEEP CLIMBING MOUNTAINS

"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

DAYNIGHT

Amy T	21R		869-7452	Redmond, WA 98052
Andy V	49R		524-1398	Seattle, WA 98103
Ann G	97R	643-9898	874-9771	Federal Way, WA 98003
Ann P	20S	386-4236	547-5112	Seattle, WA 98103
Ann R	190R		392-4950	Issaquah, WA 98027
Barbara B	5R	747-7150	747-7150	Bellevue, WA 98005
Betsy C	177N		527-3411	Seattle, WA 98103
Bill R	83S	363-0031	776-9687	Lynnwood, WA 98036
Bob C	33R	224-2400	228-1005	Renton, WA 98118
Bob Mx	103R		825-3516	Enumclaw, WA 98022
Bob Mo	47R		735-2748	Auburn, WA 98002
Bob Mc	59R	336-9434	290-9609	Everett, WA 98208
Bob O	68S	565-5225	565-5225	Tacoma, WA 98466
Bob S	122N	641-8987	641-8987	Bellevue, WA 98006
Carlos S	145N		722-3347	Seattle, WA 98118
Carol H	120S		827-4988	Bellevue, WA 98004
Carol W	172R	322-0695	454-9605	Seattle, WA 98122
Catherine J	181N	323-7919	322-2957	Seattle, WA 98122
Cathi S	133N	487-4348	822-7356	Kirkland, WA 98083-0732
Charles W	153R	820-5769		Bothell, WA 98012
Charlie A	82R	344-4566	932-7195	Seattle, WA 98116
Chris H	149R	781-1622	781-1622	Seattle, WA 98117
Christopher G	191R	931-3423	825-1173	Enumclaw, WA 98022
Cliff L	53R		481-8741	Bothell, WA 98041
Cori M	73S		821-9112	Kirkland, WA 98034
Cory A	143E	821-3584	889-3852	Kirkland, WA 98034
Craig T	162R	820-8400	391-6072	Issaquah, WA 98027
Dain H	151N		329-0865	Seattle, WA 98115
Dave B	41R	965-1249	353-8154	Mukilteo, WA 98275
Dave N	42R		752-9214	Tacoma, WA 98406
David H	189R	251-5877	392-7118	Issaquah, WA 98027
Debra J	182N			Bellevue, WA 98007
Don B	65R		454-5743	Seattle, WA 98105
Douglas R	22R	888-0282	888-1060	North Bend, WA 98045
Eileen O	95R	883-5253	827-6549	Kirkland, WA 98023
Francy S	112R	931-4990	838-4287	Federal Way, WA 98003
Fritz A	147N		827-7728	Issaquah, WA 98027
George T	183N			Fall City, WA 98024
Greg A	96E	684-4862	932-4862	Seattle, WA 98136
Greg C	142N		852-9429	Kent, WA 98032
Greg H	119S	872-8530	575-1242	Kent, WA 98032
Ivar S	84S	784-0139	776-7213	Mountlake Terrce, WA 980
Jack B	127N		776-0723	Lynnwood, WA 98037
Jack M	126N		776-0723	Lynnwood, WA 98037
James H	138N		763-6419	Seattle, Wa 98168
James H	164R	827-3922	827-3922	Kirkland, WA 98033
Jane L	187N		329-3245	Seattle, WA 98122
Janine A	166N		932-3782	Seattle, WA 98146
Jeanine R	154R		392-4950	Issaquah, WA 98027
Jeffrey H	124N		392-5685	Issaquah, WA 98027
Jerry W	98R	787-1905	258-3679	Everett, WA 98001
Jim B	102S			Kent, WA 98042
Jim d	128N			LaJolla, CA 92037-1019
Jim F	61S	441-4945	441-4945	Seattle, WA 98101

DAYNIGHT

Jim H	0R	234-1522	362-4689	Seattle, WA 98125
Jim V	130R		228-4685	Renton, WA 98059
Joe C	58R		772-5249	Seattle, WA 98178
Joe M	129N	789-4784	783-9802	Seattle, WA 98103
John A	174R	481-0010	821-3953	Bothell, WA 98021
John C	64R	237-1566	392-6548	Issaquah, WA 98027
John H	15R	575-3060	439-7938	SeaTac, WA 98118
John J	31S	443-6437	938-3840	Seattle, WA 98126
John R	146N		763-8617	Seattle, WA 98168
John R	27R	432-5990	432-8284	Maple Valley, WA 98030
John S	69R		244-2961	Seattle, WA 98188
Jon E	70R			Granite Falls, WA 98252
Karen F	167N		742-6173	Lynnwood, WA 98037
Karen P	4R	363-0031	782-1873	Seattle, WA 98117
Kate H	186N			Tacoma, WA 98499
Kathy D	117R	931-6726	931-5269	Auburn, WA 98002
Kathy O	62R	946-4730	927-7267	Tacoma, WA 98422
Keith R	184N		946-9460	Kent, WA 98032
Kevin J	169N		937-5965	Seattle, WA 98116
Kevin M	77S		226-9597	Renton, WA 98056
Kim C	67R		822-3037	Kirkland, WA 98033
Kim J	43S		568-4496	Snohomish, WA 98290
Larry A	44R	1-800-444-3477	939-5915	Auburn, WA 98002
Linda G	90R	965-1218	725-4261	Seattle, WA 98118
Linda M	131N		833-8213	Auburn, WA 98002
Lisa Z	116R	593-8750	839-7449	Auburn, WA 08001
Liz S	176N		527-9479	Seattle, WA 98115
Lynn F	165N		453-8651	Bellevue, WA 98004
Lynn G	144N			Kirkland, WA 98033
Maria M	113R		839-9541	Federal Way, WA 98003
Marie B	173R	827-0028	827-4936	Kirkland, WA 98033
Marie H	54R	251-5959	939-7688	Auburn, WA 98002
Mark S	17R	575-4623	367-4355	Seattle, WA 98133
Martin S	55S		743-2734	Lynnwood, WA 98037
Merwin H	175R	774-1964	672-9020	Edmonds, WA 98026
Michael M	161R	867-4676	488-9867	Bothell, WA 98011
Michael R	137N		227-8937	Renton, WA 98055
Michelle H	106S		868-1266	Redmond, WA 98053
Mike D	134R	232-2629	232-2629	Mercer Island, WA 98040
Mike K	110S		391-3741	Issaquah, WA 98027
Mike M	81R	823-4454	747-0404	Bellevue, WA 98008
Nancy K	76S	528-7957	284-7195	Seattle, WA 98199
Neal S	45S		271-7368	Renton, WA 98058
Nora M	37R		823-8969	Kirkland, WA 98134
Norman C	148R	784-6121	328-1204	Seattle, WA 98122
Olof S	18E	641-2012	747-0059	Bellevue, WA 98007-6484
Oscar M	160R	255-0520	255-1969	Renton, WA 98055
Oscar M	87R	255-0520	255-1969	Renton, WA 98055
Pam W	104R	443-4493	524-3656	Seattle, WA 98103
Paul C	30R	389-8008	782-7297	Seattle, WA 98117
Paul G	28E		842-6117	Winslow, WA
Paul K	89R	236-1622	236-5242	Mercer Island, WA 98040
Paul O	140N			Seattle, WA 98199
Paulette M	178N		455-2427	Bellevue, WA 98004

DayNIGHT

Pernie W	79R	1-800-633-4004	435-6396	Arlington, WA 98223
Philip H	155R	965-8842	282-5868	Seattle, WA 98109
Polly C	114R	223-4318	874-4841	Federal Way, WA 98023
Randall F	78S		789-0538	Seattle, WA 98117
Rebecca H	132N		789-5346	Seattle, WA 98103
Richard D	94R	859-3345	246-9093	DesMoines, WA 98198
Richard W	39R	435-5571 x1107	339-3751	Everett, WA 98201
Rob C	139N	276-4465	276-4791	MoClips, WA 98562
Rob T	159R	232-5636	232-5636	Mercer Island, WA 98040
Robert B	135N			Seattle, WA 98154
Robert H	152R	872-0182	924-0611	Tacoma, WA 98422
Robert T	13R	852-4446	850-0805	Kent, WA 98031
Robert W	141N	443-1035	443-1035	Seattle, WA 98125
Rod C	125E			Bellevue, WA 98007
Rod T	101R	232-2516	236-3811	Mercer Island, WA 98040
Ron E	123R	655-7605		Seattle, WA 98168
Sandi B	179N		557-9140	Issaquah, WA 98027
Sandra M	158R	222-6074	222-6074	Fall City, WA 98024-392
Sean C	157R	745-4537	745-4537	Everett, WA 98208
Shannon V	51R		862-9220	Sumner, WA 98390
Shelley &	185N			Yucca Valley, CA 92284
Shirley R	121R		364-3699	Seattle, WA 98125
Steve B	163R	767-3713	946-4308	Kent, WA 98032
Steve S	74R		838-4287	Federal Way, WA 98003
Susan C	1S	828-3281	746-5672	Bellevue, WA 98007
Susan N	170N		782-6525	Seattle, WA 98107
Ted B	168E			Tacoma, WA 98406
Teri A	115R	878-3710 x471	661-1964	Federal Way, WA 98003
Terri S	56R	774-5554 x315	355-7998	Everett, WA 98204
Terri W	136N		784-7149	Seattle, WA 98117
Terry S	150R	251-3247	952-5286	Tacoma, WA 98422
Todd W	35R		789-4587	Seattle, WA 98103
Tom C	34R		324-2799	Seattle, WA 98112
Tom K	156R	455-9730	643-3925	Bellevue, WA 98009
Tom M	29E		481-3374	Snohomish, WA 98290
Vicki A	111R	237-3183	634-1282	Seattle, WA 98103
Vince T	188R	222-7672	222-7672	Snoqualmie, WA 98065
Walt Q	25R		745-8413	Lynwood, WA 98036

ONE STEP AT A TIME (OSAT)

July 14, 1992

3819 130th Lane SE, Apt E-5
Bellevue, WA 98006

(206) 362-4689

An outdoor club for members and friends of twelve step recovery programs.
"Keep climbing mountains and don't drink in between"
Greetings from Jim H...

IF YOU HAVE NOT MADE ANY DONATIONS TO OSAT (THE CLUB) IN 1992, AND IF YOU WANT TO STAY ON THE MAILING LIST, THEN YOU SHOULD MAKE A DONATION BEFORE THE END OF SEPTEMBER.

At our organizational meeting on April 1st, we agreed on \$12 to join and \$12/year as our recommended donations, with \$1 each as a minimum. We also accept donations of larger amounts, which you may request to be only used for purchasing club equipment.

Make your check out to OSAT and mail to Francy S., 2510 S. 357th, Federal Way, WA 98003.

Tiger Mountain Meetings - now TUESDAY and THURSDAY

The Thursday evening OSAT (open) AA meeting on top of Tiger Mountain has become so popular - usually at least 40 people - that starting July 7th, we are also having a meeting on TUESDAY night. Same place, same time (7:30pm)

Also, on Thursday nights there are plans to have a women only subgroup meeting.

For more information about this very popular meeting, call Steve S or Anne G.

Lake 22 Meeting - NEW

The first (open) AA meeting of OSAT-North was held on July 5th at Lake 22 near Granite Falls. There were seven in attendance, despite a driving rainstorm. This is expected to be a very popular meeting, because of the great hike and very spiritual setting. (About 2.5 miles and 1300' gain to the lake; several waterfalls; good views).

The trailhead is on the Mountain Loop Highway, just beyond the road to Mt. Pilchuk, which is just beyond the Verlot Ranger Station, which is a few miles beyond Granite Falls, which is north and east of Everett. The meeting will be held close to where the trail meets the lake every Sunday at 4pm for the rest of the summer. Call Dick H or Teresa H for more information (see OSAT - North, below).

Current Committees / People to Call (night #/ day #)

Service: Steve S (838-4287) or Anne G (874-9771/643-9898)
Communication & Climbing: Jim H (641-7983/234-1522)
Safety: [REDACTED] or Eileen O (827-6549/883-5253)
Finance: Francy S (838-4287)
Equipment & Weekday Hikes: John S (244-2961)
Hiking & Backpacking: Bob Mx (825-3516)
Social: Karen P (782-1873/363-0031)
OSAT North: Dick H(659-9072/259-9188) or Teresa H(653-1211/486-8559)

If you want to help out on a committee, please contact the appropriate person listed above. (Any volunteers to organize running and/or bicycling activities?)

OSAT's Telephone Number to be used for Activity Information

The OSAT phone number: 206 362-4689 no longer rings at the home of Jim H (note his new home phone number above). In fact, it doesn't ring anywhere! Consequently, we plan to use it only for information about upcoming activities and for prospective new members to leave their names and addresses.

This will serve two important purposes. First, activities for a weekend often (or usually) get organized or changed on the prior Thursday night and we have had trouble getting this information to members. Secondly, it will serve to tell prospective new members immediately what we are all about, instead of waiting for someone to return their call.

Eventually, we hope to change the greeting about every week or so. In any case, starting July 15, there will be a new greeting on the OSAT number. Give it a ring.

OSAT and Anonymity

Unlike most AA meetings, OSAT usually meets in the great outdoors - in front of HP and everybody. Moreover, there are plans to produce T-shirts and sweatshirts labeled OSAT and we are starting to become known among the hiking and climbing community.

Although many of us do not care if our association with a clean and sober recovery group becomes widely known, we recognize that many of our members have legitimate reasons to keep their disease as confidential as possible.

Therefore we suggest that whenever you tell people about OSAT, be sure to mention that it is open to anyone - even normal people - and that we have many members who are not alcoholics or drug addicts. ("Many" might be a stretch at the moment, but let's not worry about definitions. The fact is that there are several such OSAT members, who regularly participate in OSAT activities.)

Hopefully, this will tend to discourage automatic labeling of OSAT members as alcoholics or drug addicts.

Finances & Membership

Finances:

Receipts(1992 Donations through June 30th): Dues and Fees \$714; General & Equipment \$236 for a total of \$950.

Expenses (for 1992, estimated for through July 31st) Newsletter & Postage \$300; Advertisements \$50 for a total of \$350.

Membership:

	Number of persons
Paid as of 7/15/92	35
unpaid active members	25
others currently on mailing list	125
de-activated from mailing list	40
signed releases, but not on list	5

Club News

Whitehorse (May 16)

Six OSAT-ers (Shirley, Dick W, Charlie A, Robert T, Tom C, Walt Q) responded to my "VERY good shape" challenge and joined me on this climb. It was a great day and everyone enjoyed it very much. And, everyone was in great shape!

Whitehorse (6800+' high) is located just south of Darrington and features a glacier that goes almost to the summit. The climb starts at about 800' and gains elevation rapidly through the woods until reaching a high ridge (5000'). From then on, the views are magnificent.

We lost at least 15 minutes trying to get around some cliffs without losing 300' or so. Finally, we dropped down and found the faint trail that leads to a snow couloir that takes you to High Pass.

There we had lunch and talked with two young men who were taking para-gliders to the top. Then onto the glacier and a traverse to some (very) steep snow leading to the summit. The crampons that some of us carried might have been necessary the last 50 feet, except some good steps and ice axe holes were already in place.

This early in the year, there was only about 4 feet of rock climbing between the snow and the summit. We only used our rope as an optional handline on the descent from the summit block.

We made the summit in 6.5 hours. The Seattle Mountaineers had also scheduled the same climb on the same day, but they were much, much slower (estimated 8.5 hours to the summit; we passed them on the way up and met them on the way down).

I especially liked the fact that on the way down (also very fast) everyone was happy and high from the experience - no complaining about blisters or sore/tired muscles from this group!

Ice Axe Arrest Practice (May 17)

Another day learning about, and getting more practice with, the ice axe. About 16 of us met at Stevens Pass for this activity - some of us for the second time this spring. Like before, the highlight of the day was a 12-step meeting atop Cowboy Mountain, surrounded by great views and great fellowship.

Shuksan (May 23-24)

Anne, Nicole, Walt, Cliff, Charlie A, and myself successfully negotiated the Sulphide Glacier and a snow covered pyramid to reach the summit of Shuksan. The weather was warm and the views magnificent. Much laughter and a good meeting. Also, a scare from a falling boulder gave us a renewed appreciation of the objective hazards in climbing - and our own continued good health.

Camp Muir (May 30)

24 OSAT-ers made it to Camp Muir in good time on a warm (hot) day. It was a very special time, a magical day. Some of my memories? Sitting together in the snow facing south, throwing snowballs at the camera buffs who ventured out to snap a group photo; asking Francy if "balance in one's life" was the same as "cross-training"; watching JR proudly hike the last few yards to the meeting; waiting forever to be served at the restaurant and not caring;

Wahpenayo (May 31)

This was a Mountaineer Scramble led by yours truly. A nice easy scramble (ice axe needed, but not a rope) with great views. It's mentioned here because Shirley, Charlie A, Dick W, and Mike D also participated. Next year, since there are now so many OSAT members who are also members of the Mountaineers, we will publish all the Mountaineer Climbs to be led by OSAT members. It is very conceivable that some future Mountaineer climbs will consist entirely of OSAT-ers!

Chimney Rock (June 5-6-7)

Greg A and Dave N responded to Shirley and my request for another rope team to climb Forbidden. (March newsletter). But the road to Cascade Pass was closed, so we chose Chimney Rock instead. (Close to the Pacific Crest Trail, just north of Spectacle Lake, between Lemah and Summit Chief Mountains. Beautiful spot!).

It was more difficult than I had expected. After a long, tiring "athletic" approach we set up camp on snow on a high ridge just above a glacier - with excellent views of the east face (our route) of Chimney Rock. Nine roped pitches up and 7 double rope rappels down. This took (especially Shirley and I) a long time.

I now fully appreciate the difference between CONTINUOUS class 5 and an easy pitch with one class 5 move. Actually, most of the pitches were continuous class 4. On class 4 you normally don't use protection because the hand and foot holds are so numerous and solid. Yet a slip could mean worse than a serious injury, so one's complete attention is required.

I did manage to stay on the route described by Beckey in his latest edition. Beckey writes "any route on Chimney Rock is a unique experience." The one we did certainly was. It never seemed to give up - almost always was very steep and exposed and often difficult to protect.

Greg and Dave, being much stronger and faster climbers than we, and also having an earlier edition of Beckey with less route description, managed to climb a new route. It looked REALLY hard. Later Greg said that during one lead on this route, if he could have found a place to put in a piece of protection, he would have done so and immediately rappelled down. He must have been joking, since a day later he told me he "loved every minute" of the climb.

But we all made the summit. More important, we also made it off the face onto the glacier before dark. However, we didn't make it out that night like we had planned...

Granite Mountain (June 13)

The weather didn't make Mt. Baker sound like much fun, so ten of us (me, Shirley, Terri, Pam, Bob Mx, Chris, Mike D, Oscar, Steve, Francy) opted for Granite Mountain in the rain. All made it to the summit and back without drowning. Barely.

Ashford to Oceanshores Relay Race (July 10-11)

This was great fun. Eleven of us ran 3 legs that averaged just under 5 miles each. The running team included 6 OSAT-ers (me, Dick, Diane, Dave B, Paul C, and Andy V), and 5 relatives and friends. It was very ably supported by OSAT-ers Karen (race official, driver, cheerleader), Tim (race official), and Douglas R (bicycle bodyguard).

Much to our surprise we did the entire course (over 160 miles) in less than 20 hours. Everyone did better than expected. The hardest aspects involved lack of sleep, running in the dark alone, and trying to get served at restaurants. But it was exciting and rewarding. Most of us stayed the night in a friend's condo at Oceanshores, so we also got in beach walking time. We are already making plans for something bigger and better along these lines next year.

Congratulations

To Terri and Shirley who have already completed the Seattle Mountaineers Basic Climbing Class. Close behind them are Charlie A and Anne G who just need one more successful climb to finish the course. (Tom K and Sean are taking the Basic Class in Everett). Also Mike D. completed the Alpine Scramble Course and Steve S. graduated from the Mountain Oriented First Aid (MOFA) course.

Union Club Meeting

Recently several OSAT members started, and usually attend, a non-smoking Union Club Meeting (alcoholic men only for lunch) at Dynastys in Renton (3rd & Park) on Fridays at noon. Please join us. For more information, call Jim H.

Mt. Rainier Climbs

On our Camp Muir conditioning hike (May 30th), we came to realize that it was a very different snow year. It was obvious that by late July, conditions on Rainier would be like a normal September. This means that the climb becomes longer (because of fewer snowbridges over crevasses) and possibly more technical (more bare ice and less snow).

Consequently, we adjusted our plans and reserved two Sunday-Mondays in July for climbing.

We did go ahead with our evening at Camp Long on June 17, where everyone got a chance to prusik up a rope. (Even John R's daughter, who has a good chance to become the youngest ever OSAT member to climb Rainier in a couple of years). This year we also had a very worthwhile, continuous demonstration on how a rescue from a crevasse might be accomplished by experienced climbers. Thanks Greg, Terri, Charlie and Anne!

On June 21st, Dick, Diane, Carol, Bob C, John S, Pam, David, Terry S., and myself hiked to Camp Muir with the help of a single Sherpa (thanks Tim). After a good meeting, we spent the rest of the evening cooking and melting snow. A few of us managed a few winks of sleep (very few). It was so warm, we decided to try for a midnight start.

We left at 12:15am. At Cathedral Gap, Terry decided he'd already had enough fun and chose to save the rest of the climb for next year. On we went, David & I on one rope; Dick, Diane and Carol on another; and finally, John S, Pam, and Bob C.

Amazingly there were only 17 other climbers on the DC route that day - fifteen with RMI plus a rope team of 2 that turned around just above the cleaver. David and I waited at this spot for almost an hour while RMI passed our other rope teams because of a crampon problem.

On the hottest day of the year, we almost become hypothermic even though we put on our warmest clothes and nibbled at food, while we watched the sun break over the horizon. There was a lesson in this for me. I hadn't brought my warm pile pants...

We left as soon as the other teams arrived and started their break. This put David and I a few hundred yards ahead of them, but we needed to keep warm. At about 13,500', we noticed that Dick's rope team was turning back.

Carol W was exhausted and became concerned that she may not make it back if she continued upwards. At about 13,000', we had a conference and it was decided that John would lead Carol and Pam (who was also very tired) back to base camp.

The rest of us made the summit an hour or so later with David and I trailing the newly created, very fast rope team of Dick, Diane, and Bob.

We had the summit to ourselves, and already at 9am it was very warm. I lay in the middle of the crater and soaked up the sun, while David signed us into the register, and the others slogged to the true summit. It was magical time and place. Not only was it David and Diane's first ascent, it was Dick's AA birthday. (Dick did not sleep the entire 24 hours of his birthday! Is he into birthdays or what?).

The way down was uneventful, at least for the summit party. We heard some exciting stories from the other rope team, but they are unverified. In any case, we all got down safely and everyone was in a (relatively) high mood during the descent to Paradise.

But we were "wasted". There is something about Rainier that does this to you. Not enough sleep, not enough oxygen, too many steps, whatever it is, we were physically wasted, but emotionally and spiritually expanded. Truly a "peak" experience.

On June 20th, a bunch of us practiced team arrest and boot axe belays in the snow bowl beneath Pinnacle and Castle Peaks south of Rainier. It was a nice, lazy day. That night, we had a meeting at the Cougar Rock Campground.

The next day, 15 climbers (me, Phil, Eileen, Anne and her friend Michael, Oscar, Bob M, Robert T, John R, Jim V, Mark S, Mike D, Terri, Bob Mx, and Chris) started to Camp Muir from Paradise accompanied by 7 Sherpas (Dick, Dave B, Jim B, JR, Oscar IV, Kelly, and Karen), who carried varying amounts of equipment and emotional support for the climbers. As planned, Karen stopped at Pebble Creek. The rest of us made it to Muir in good time, where we met Greg A who had hiked up the night before.

After setting up our tents, we had a great meeting in bright sun, while we melted snow for our water bottles. Later, it was a memorable experience to watch the Sherpas leave, especially Dave B as he tried to descend on his short, rented skis.

We turned in early and some of us actually went to sleep. (Others talked.) But at 9pm, it started to snow. By midnight, our designated wakeup time, there was several inches on the ground and visibility was poor. We quickly decided to sleep some more. By dawn, there was 6-8" on the ground and it was still coming down. Without starting our stoves, we packed up as quick as we could, and started back to our cars.

Given the limited visibility, Greg did a great job in leading us down. On several occasions, he stopped to take compass readings. But everyone was very supportive of each other and spirits stayed high. We were back to Paradise in a little over 2 hours. Then breakfast at Copper Creek, just outside the park.

Everyone seemed to have a great time, despite the disappointment of not making the summit.

Schedule of Known Events

July 16-17. Mt. Rainier climb (DC Route). Jim H

July 22-23. Mt. Rainier climb (Emmons). Jim H

July 28th. (Wednesday evening 6:30-9:30). Eileen has agreed to conduct a MOFA (mountain oriented first aid) seminar for experienced and/or aspiring mountaineers. It will be held at the upstairs cabana at the Sterlings Heights apartment (where Jim and Shirley live) in Factoria. Directions: From Seattle, take interstate 90 going east to Richards Road exit. After exiting, turn right and go toward Factoria business area. Turn left at the second light (38th) and go up the hill to the apartment complex. Please tell Jim or Eileen that you plan to come. Please bring something to eat and drink and we will share.

Some weekend in August. Rock Climbing Seminar around Leavenworth. For beginners and people with experience. Call Joe C. 772-5249 or Bob C. 228-1005 for more details.

August 15-16: Two night camp out at Buck Creek including a 10 mile hike from Sunrise to Buck Creek. High country ridge hopping. Call Bob Mx 825-3516

August 22-23rd - Glacier Peak. This is a long approach and climb of a major volcano. Some technical experience required (ice axe, crampons, ropes). About 20 miles round trip and 7,500' elevation gain. Jim H.

September 5-7th. First annual OSAT Retreat near Peggy's Pond near the Pacific Crest Trail. Something for everyone: Rock climb on Cathedral Rock; Scramble up Daniel or ascend it via a glacier; or just relax and wander in the high country. Several big outdoor meetings expected. About 11 miles round trip and 2,500' gain. OK for first time backpackers in good shape. Jim H.

September 18-20th: 2nd annual all women backpacking trip. More details in next newsletter. Call Kathy O. 825-3516

Early in October: Backpacking and climbing in Goat Rocks area. Beautiful spot. Tom C. (324-2799)

Current Club Traditions (for new members)

The only requirement for membership in OSAT is a willingness to follow the traditions of OSAT.

OSAT regularly sponsors open 12 step meetings, such as the Thursday night (spring/summer) AA meeting on Tiger Mountain.

All OSAT activities and meetings are "open" in that you don't have to be an addict to participate. However, the 12 step traditions of anonymity and abstinence are always followed.

OSAT accepts donations to pay for expenses and equipment.

Each OSAT activity has a designated leader. All participants in an activity will follow the suggestions of the leader regarding clothing, pace, etc and not separate from the group without the leader's permission.

The activity leader 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 on principles and not personalities.

Each member, on each activity, should have the proper clothes and equipment plus carry 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 |

PRIOR TO PARTICIPATING IN ANY OUTDOOR ACTIVITY, A MEMBER MUST SIGN A STATEMENT RELEASING THE CLUB FROM ANY LIABILITY.

(We have a form for this purpose).

MEMORIES OF JOHN CODLING by Jim Hinkhouse

(This was written for John's service on May 30, 1992 and was read by John R. I was told not to mention AA)

I had a slight acquaintance with John Codling for several years, but last spring and summer, as the organizer and leader of the Mt. Rainier climb on which John was a participant, I had the opportunity - and good fortune - to develop a close relationship with him.

Mt. Rainier is not easy - especially for a 50 year old man who spends most of his days behind a desk. It takes commitment and dedication. John had this, and more.

At first, John and I were often the last two off the mountain on our weekday evening conditioning hikes. In the darkness, except for our headlamps, we talked of many things - from raising children to Boeing politics - but mostly we talked about life and growth. These are fond memories for me.

Lost on Mt. Si

One evening hike was not so pleasant. It was John's first time up Mt. Si since he was a young boy, and on the way down, I chose to hike ahead fast with another climbing friend, reaching the trailhead just at dusk. In the darkness, on the unfamiliar trail, John and his companion lost their way.

This is easy to do, if you are unfamiliar with the trail - especially in the dark. On some switchbacks, there are branching side trails that become smaller and smaller and then nothing.

After awhile, they found a trail. Thinking it was an old trail, they started upwards to where they thought it would intercept the regular trail. It wasn't until they were almost to the summit that they recognized a landmark and discovered their error - they had been on the regular trail all along. But now it was after midnight and they were exhausted.

Meanwhile, after waiting a reasonable time, I hiked up the trail about a mile to where I had last seen them, and shouted. Nothing. Finally, worried about the chilling temperatures and not knowing for certain what was in their packs, I called the rescue service.

They were discovered just before dawn, in good condition, sleeping and resting under a large rock. In fact, they didn't really need rescuing. As the newspaper article stated, they were well equipped and in good condition.

John had a right to be very angry with me. Instead, he only said "you shouldn't have left us". He just didn't want me to do this to anyone else that wasn't familiar with the trail.

In good shape

By early June, I came to realize that John was in very good shape. After starting up Mt. Si together, I told John I needed a good workout that day and moved out ahead. But before reaching the summit, I was forced to slow my pace and finally stop to rest. To my surprise, here comes John, hiking and talking with some old hiker he had met somewhere along the way. Passing me by, he said something about my pack probably being heavier than his.

After that, I had no concern about John's physical condition for the climb.

Crampons

In one of our seminars, I stressed the importance of being able to strap on crampons fast and tight. Later, John mentioned and showed me that he had some missing fingertips. He naturally had trouble grasping objects and wondered if this would be a problem.

I said we would get somebody to help him, or he could buy the expensive "step-in" crampons. Then I promptly forgot about it, until we were on our practice field trip.

And even then, I didn't notice until after he had strapped on regular (rented) crampons and was waiting for some of the other beginners to do the same. I'm still not sure how he managed this, but it must have taken some practice and determination.

The Climb

Several of John's rope partners became sick and had to turn back. This meant extra energy and stress for John to endure. At a minimum, it was an exercise in patience. At one point, John smiled and suggested that maybe he just wasn't supposed to make the summit.

But he did. In a hurry, on a newly created rope team consisting of some people in good condition like John.

I don't remember much about John on the summit. I had some other people to worry about. But I suspect it was an emotional experience for him. It usually is.

In fact, he started back down the mountain without his ice axe. He noticed it missing, of course, when the slope started to steepen. People passed the word back to me, the last person on the last rope team. Reluctantly, I unroped and slowly walked back the hundred yards to retrieve it. I decided I would charge one lunch for doing so. When I found out it was John's axe, I knew I would get the lunch. And, I did.

About 7 months later

A week before John found out why his back hurt, he told me that the Rainier climb "had changed his life" and he had to get his back fixed, so he "could continue hiking and climbing".

In the hospital, John would ask questions and listen about what we were doing and planning this year. He told me to tell the few smokers in our group that his doctor told him that smoking was the major cause of his problem. I have done this already.

John worked hard, learned fast, showed good judgment and was a good team member. He was strong of body and of heart. He always had a positive outlook.

There is nobody I would rather climb with. I will remember him always.

Hiking up the trail, smiling, with his red cheeks radiating joy and friendship.

Thank you, John.

KEEP CLIMBING MOUNTAINS

"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

ONE STEP AT A TIME (OSAT)**October 13, 1992**

3819 130th Lane SE, Apt E-5

Bellevue, WA 98006

(206) 362-4689

An outdoor club for members and friends of twelve step recovery programs.

"Keep climbing mountains and don't slip in between"

Greetings from Jim H...

Meetings

The Thursday evening OSAT (open) AA meeting on top of Tiger Mountain will continue through the end of October. The Tuesday evening meeting has been discontinued until spring.

Starting October 25th, and hopefully continuing until spring, there will be a Sunday morning 10am meeting on top of Tiger Mountain.

The Lake 22 meeting at 4pm on Sundays will continue as long as conditions permits. For information about this meeting and other activities up north, contact someone from OSAT-North at the numbers below.

Current Committees / People to Call (night #/ day #)

Service: Steve S (838-4287)

Communication: Jim H (641-7983/234-1522)

Newsletter Distribution: Teresa (653-1211)

Activities/Information Hotline: Linda Z (723-9864)

Finance: Dave B (353-8154/965-1249)

Equipment: John S (244-2961)

Climbing & Winter Travel: Greg A (932-4862/684-3393)

Running: Dick W (339-3751/435-5571 x1107)

Relay Races: Michael H (492-3016)

Family Outings: Paul C (782-7297/389-8008)

Hiking & Backpacking: (open)

Bicycling: (open)

Social: Karen P (782-1873/363-0031)

OSAT North: Dick H (659-9072) or Teresa (653-1211)

If you want to help out on a committee, please contact Jim H or the appropriate person listed above.

Reminder: OSAT's telephone number (362-4689) is now being used for the latest information about upcoming activities (in addition for messages from prospective new members). Give it a try - and leave Linda Z a pleasant message so she gets rewarded for her efforts!

Finances & Membership

We have approximately 60 people who have made a donation toward dues for 1992. There are about 30 others that was mailed this newsletter. (If you have a P or Q following your name on your address label, then we have a record of you paying something this year. Actually, we have about 190 other people on our mailing list. Maybe someday we will authorize the funds to send them a notice telling them they have been dropped from our mailing list...)

We have approximately \$800 in our checking account. (Our money is being handled properly. Its just that we don't yet have a good reporting system...)

September 30th Business Meeting

Attending were: Anne G, Bob Mx, Carol K, Dave B, Dick W, Francy, Greg, Heidi, Jim H., MI Jim, Karen P, Linda Z, Matt, Michael D, Todd, Robert T, Scott, Steve S, Teresa, Tacoma Terri and Terri St (scribe).

Copies of the complete minutes are available at the next Business meeting (October 28th).

Many items were discussed and a few decisions were even made. Some of the highlights:

. At the next meeting, we will begin to develop a common "vision" for OSAT - what we want OSAT to be in 5 years. Everyone should give this some thought prior to the meeting.

. Linda Z and Teresa volunteered to help Jim H. with Communication. Linda will coordinate the telephone "hotline" and Teresa will coordinate distribution.

. We plan to have a quarterly newsletter. Members are solicited for trip reports, testimonials, items of interest, etc. A one-page supplement during the quarter may sometimes be necessary.

. \$50 was spent for an ad in the Mountaineer Bulletin.

. The idea of OSAT scholarships (to outfit a beginner with mountaineering equipment) was discussed at some length. We need a member who knows how to setup OSAT as a non-profit, tax-exempt, organization.

. MI Jim was given \$260 to purchase club equipment at the Mountaineer Equipment Sale to be held the following evening.

. Several fundraising ideas were considered. Assignments were made regarding a possible T-shirt sale. (Michael will check on prices; Bob Mx will look into design). Terri St. will check into requirements to sponser a 5k run/walk. Also, an OSAT hike with pledges for mileage was suggested.

. The first quarter 1993 newsletter will include a solicitation for annual dues (\$12) from all members.

. Approximately, the last Wednesday of each month we will have an introduction meeting and slide show for newcomers. This month (October) we will also have a business meeting.

. Bob Mx. resigned as hiking coordinator, because he felt the position required someone who was more centrally located and who could regularly attend the Tiger Mountain meeting.

. There will be a meeting around the beginning of the year to plan the major climbs and training sessions for the year.

. There will be a meeting to begin planning for the Seattle to San Diego 1995 Relay Race at Karen P's house on November 17th. Michael agreed to chair an ad hoc committee to lay out plans for this event. Other running issues were discussed (see below).

. We agreed on the meeting dates and times for wintertime OSAT Tiger Mountain meetings.

ACTIVITY REPORTS

Almost every weekend finds OSAT-ers in the mountains, and what follows are brief reports on only a few of these occasions. Others would like to hear about your adventures, so please start writing down some of the highlights and send them to me. We will correct obvious spelling and grammar errors and can type very fast.

(Also, testimonials, contemplations, ramblings, etc. about how mountaineering helps your sobriety or about any other aspect of your recovery that is even remotely related to outdoor activities - would be welcomed.)

OSAT-ers first to top Rainier on two consecutive days

On July 16th, me, Shirley, Dave B, Jim V, and Hoot hiked to Ingraham Flats (11000') and met John R, Charlie, and Robert who had hiked to Camp Muir the night before in the moonlight.

The Flats, actually a level spot on the Ingraham Glacier, is a spectacular setting, next to deep crevasses and giant ice cubes. It is about the same elevation as Little Tahoma, which is nearby.

Everyone was feeling relatively good that evening. We had a complete meeting there - perhaps the highest ever in the state of Washington.

But at midnight when we got up for the climb, Shirley was nauseous, obviously from mountain sickness. If she got worse, then she would have to descend, so I decided to stay with her, since it is unsafe to travel on a glacier alone.

But by morning she was feeling fine, so we decided to hang out until the next day...

Meanwhile, the rest of our party were the first to summit that day. At the predetermined time (John's widow and son were watching from Crystal Mountain), the six OSAT-ers had a brief ceremony on the true summit for John C - whose presence was felt strongly.

It was a very warm day and the snow was very soft on the descent. Several rocks melted loose while the group was traversing below Disappointment Cleaver, and Shirley and I watched with great apprehension as they came tumbling down toward our friends.

But they missed.

This was the first Rainier summit for Dave B and Jim V and they were both very excited and high from the experience. Hoot had been sick, but had white-knuckled it to the summit. (Hoot is a high school football coach and experienced climber who we hope to see more often after the football season - especially next summer.)

The next morning, Shirley & I, fully acclimated and with plenty of sleep for a change, were the first on top. In fact we reached the crater rim before I needed my glasses (6am) and we had the summit to ourselves for a half hour. By 8am it was so warm that only a couple of layers of clothes were needed.

The second party up was led by Phil Ershler (who has climbed Rainier 325 times, the most of anybody) and the Tibetan who was first to climb Everest twice. We got to hang out with them several times during the descent.

On the way down, we pitied the dozens of climbers who were trying to ascend in the hot sun.

We were back at Paradise by 2:30pm. I felt so good that I ran and skipped with a full pack all the way down from Pebble Creek. A very special day.

John S. gets a close look at a crevasse.

July 22, 1992 is a day that a lot of us will remember for a long time. John S. will likely remember it forever. It is the day that a snow bridge collapsed while he was walking across it.

John then had an opportunity to study a crevasse for almost an hour. His vantage point was a ledge of ice about a foot wide and twenty feet down.

When we finally managed to get John out of the crevasse and warmed up again, we decided that the weather wasn't good enough to continue.

So another Mt. Rainier attempt ended prematurely at a restaurant, with everyone having a good time anyway. (Other climbers were Francy, Steve, Anne, Dick W, Bob M, Jim H, David, and Phil. Dick H was a sherpa - thanks, Dick).

John has written a very readable account of his experience and Jim H has written a description and analysis of the "rescue" (to be sent to Accidents in North American Mountaineering). Both are available to OSAT members, either by attending the next business meeting, or by contacting Jim H.

Rock Climbing

On August 2nd, Joe C. taught the basics of rock climbing to Diane, Diane's daughter Kris, Heidi, Mia, and Terry S. Great fun was reported by all, but it was also noted that wilderness swims are potentially hazardous. A week later, Bob C. joined Joe in a followup session with Diane and Kris (who are probably almost spiderwomen by now.)

Glacier Peak (August 22-23)

The weekend didn't start off too well. We arrived at the trailhead to find lots of smashed windows and broken glass. On the theory that bad things do not happen on consecutive nights at the same place, we decided to go anyway (with the doors unlocked and no valuables in the cars).

We had Boulder Basin to ourselves. In fact, besides us there was only a Mountaineer party on the Sitkum route that weekend and they camped higher up. (Robert and Anne took a scenic route getting there. Some people just can't get enough exercise.)

At dusk, we said a fast Lord's Prayer to close our meeting, because it was starting to rain - make that hail. But it only lasted a few minutes, just enough to cover the ground.

We were up at dawn for a brisk hike to the bottom of the glacier. Terry S and JR Jim decided the views were fine from that point and were joined by Walt Q for a leisurely walk back to the cars. The rest of us (me, Shirley, Terri St, Greg, Robert, Anne, MI Jim, Matt and Diane) made our way up some steep slopes and around some gaping crevasses to the summit area, where we found a short pitch of steep ice that required a belay.

We weren't long on the summit - it was very cold. But we avoided any harsh weather, had a few good views between constantly changing cloud patterns, and took great enjoyment from shouting "doe, a deer, a female deer" on the way down. (Apparently, it doesn't take much to amuse an OSAT-er.)

The pain of the long hike out, partially in darkness, will probably be forgotten in a few years and we shall then do the climb again in just two days. (Three days would be more civilized.)

Overall, a successful first OSAT ascent of the fourth highest peak in the state!

Peggys Pond (Sept 5-6)

The weather turned cold and we had to warn people that this was not going to be the idyllic, lay-in-the-sun and smell-the-flowers, type of outing. Despite our warning, 22 OSAT-ers showed up.

Just as I had remembered, the Peggys Pond/Cathedral Rock area is very spectacular - mountains, lakes, waterfalls, meadows, even a bubbling brook.

Some of us scrambled to the east peak of Daniel, while others scrambled up to the summit of Cathedral Rock. The weather was iffy, but mostly cold; we even had some snow showers during the night. But our candlelight meeting went well.

The ranger on duty was nice and decided not to ticket us for exceeding the party limit of 12. (He would have for sure, if 35 of us would have shown up! We may not be able to have a group outing like this next year - or at least not in a wilderness area.)

But everyone seemed to have a good time. No one got hurt and no one got lost, and some persons even learned some lessons. Everybody left Peggys Pond on Sunday, except Dave B and Scott who stayed until Monday as planned. Ironically, the weather took a turn for the better so some of us were very sorry we had left.

Dave N and family made the trip with the help of two llamas who carried their gear to Squaw Lake.

Shirley and Terri Take a Hike (Sept 16-20)

Trip Report, Backpack Trip, Snoqualmie Pass to Stevens Pass.

This stretch of the Pacific Crest Trail ("Trail 2000") is approximately 70 miles long with an elevation gain of around 10,500'. As I had wanted to see that country for some time, and was in the mood to see something new and burn off a few calories; and as Terry St. was willing & able to go with me; and as we were able to get the time off and the rides needed; we went for it!

We started at Snoqualmie Pass in the late morning and hiked past Kendall Katwalk, over Chikamin Ridge, and camped at Park Lakes.

On the second day, we dropped into a valley and ascended Escondido Ridge (with great views of Chimney Rock), then camped near the Waptus Burn Trail.

On the third day, we descended (67 switchbacks!) and circled Waptus Lake, then climbed up to Deep Lake, and up to the base of Cathedral Rock (site of recent OSAT outing). Passing Cathedral Rock going north on our trail, the autumn foliage was spectacular. We camped a few miles further, next to a large rushing stream, which to our surprise had dried up totally by morning. (I guess glacier-fed streams can do that).

On our 4th day, we crossed through forest and over 3 passes: Deception, Surprise, and Trapp; eventually reaching Mig Lake, 7 miles from our destination, where we had a cold, wet camp, and a lightning storm for entertainment.

We awoke to several inches of wet fluffy white stuff; broke camp, and made tracks to Stevens Pass, for a total trip time of 98 hours and some very special memories. [Shirley]

Another Camp Muir Meeting (September 26th)

After raining all day on Saturday, the weather was like a miracle. It was warm, clear, and not a breath of wind. This was true at Longmire, at Paradise, and even at Camp Muir.

Again, we had a memorable meeting (Camp Muir Meeting #6), with over a dozen attending - including a young man with 30 days of sobriety who did not know about the meeting until he was almost there.

Next year, who knows? Maybe a Camp Muir Meeting every Sunday during the summer months...

More Icicle Creek Rock Climbing (October 10th)

Wow - great weather and great people! Greg A organized and conducted a rock climbing seminar that was a great success.

Dave B, Teresa, Matt, MI Jim, Scott, and Heidi were ably taught about anchors, belaying, and rappelling by Greg's friends (and hopefully new OSAT members) Leonard and Linda M., while Greg and Walt taught Anne and Terri St about the intricacies of placing protection and being on the sharp end of the rope.

Later, everyone did some mid class climbing. No accidents, just a lot of learning and living - and some "pumped" people by the end of the day.

(Sure wish one of the beginning climbers would write about this experience...)

No Sharks, Please

Take off that pack! Loosen those hiking boots! Let's get water-borne in canoes or kayaks and enjoy the beautiful rivers and lakes all around - free of sudden tsunamis, wild whitewater, maneating sharks and 20' octopus. I'm new to the NW and really anxious to enjoy these great days of fall on the water and with the companionship of others in recovery. Please call Carol K and lets do it! 243-8055 [Carol].

The Mountaineer's Basic Climbing Class - Highly Recommended

This year we had four graduates from the Basic Climbing Class (Anne, Shirley, Charlie, and Terri St.). Next year, Dick W, Diane, Dave B, and Teresa are committed to taking the Basic Course from the Everett Branch and Steve S, Bob M., and several others are planning to take the same from the Tacoma Branch.

The class is highly recommended. By taking the class, you automatically qualify for (almost) any OSAT climb.

Or, consider taking the Alpine Scramble class. (A "scramble" is a non-technical ascent of a summit, usually off-trail. Non-technical means that a rope is not required for safety.) In this class, you learn about MOFA (mountain oriented first aid), navigation, and the use of the ice axe - all basic mountaineering skills - which is much of what is required to climb Mt. Rainier - and OSAT could teach you the rest.

Family Hikes

Paul C has agreed to lead one family hike per month. (This means SLOW hiking, with children, spouses, friends, etc. who may not have the proper preparation for the more typical OSAT outing).

Unfortunately, Paul's career requires him to travel a lot these days and it is difficult for him to schedule these outings very far in advance.

But if you call Paul and register yourself, your children (or grandchildren), and get on a phone tree, then he will see that you are contacted whenever an outing is scheduled.

Or maybe you would like to lead some family hikes yourself. Give Paul a call. His numbers are: 389-8008 (day) and 782-7297 (night).

Races, Relays, and the HoneyBear Bakery.

Some of us believe that the crux of the OSAT experience is not climbing mountains, but rather the combination of exercise and fellowship. If this is true, then maybe running or bicycling would aid recovery just as well as mountaineering.

(You can run and bicycle in Kansas City, even though there are no mountains there; also the name "OSAT" works for running or walking on level ground)

Moreover, some of us very much enjoyed last summer's relay race from Ashford to Oceanshores.

Consequently, we are now:

- . running every Tuesday night at Greenlake (see first item under schedule below), and meeting afterwards socially at the HoneyBear Bakery for soup and bread (deserts for some). We may decide to also include a meeting at some point.

- . putting in more road races in the OSAT schedule - and then meeting afterwards for food and fellowship.

- . planning to put an OSAT ad in Northwest Runner (magazine) and possibly elsewhere.

- . organizing teams to participate in future relay races.

- . starting plans to organize some sort of relay in 1995 from Seattle to San Diego to pass the torch for the International AA Convention.

Equipment

Eventually, we plan to purchase and/or acquire some major club equipment that can be loaned out to members for a particular outing. These would be items that some people may not be able to afford at this point in their recovery. Examples are tents, sleeping bags, packs, ice axes, ropes, beacons, helmets, crampons...

At the moment, our club doesn't have many of these items. When we do, we will define a policy for how they will be handled.

In the meantime, the club has amassed some items - mostly clothes. This has led us to the following plan (actually suggested by Linda Z at our last business meeting, but not really appreciated at the time):

- . At selected business meetings, everyone will bring their old clothes (in good condition, but too big for us now) and used equipment and we will sell it to each other. But the money will go to the club to buy even more equipment.

- . We will need some rules - e.g. \$1 minimum donation for each item; auction for more valuable items, etc., but these can be decided on the spot by group consciousness.

So go through your stuff to see what you could donate and bring articles (and money) to the next business meeting. (October 28th)

Already we have: mens boots (size 10); mens boots (size 8), 2 wool sweaters; 12 pr socks; several polypro tops and bottoms (lightweight); 1 pr gaitors; 1 balaclava; 2 handwarmers; 1 water bottle with carrying case; 2 pr rock shoes - all items are used, but still have useful life.

OSAT AA Group's Business Meeting

The following business was conducted and agreed upon:

- . The meeting will be a non-smoking meeting (i.e. you must leave the circle to smoke; distance not specified).
 - . The traditions will be read at each meeting.
 - . Depending upon the size of the group, the chair will direct a split into two or three smaller groups and steps will be requested.
 - . We will try to provide coffee (and hot water) at future meetings. Greg A. agreed to be our initial coffee person.
 - . \$100 is allocated for the purchase of coffee equipment.
 - . Engraved birthday medallions will be given to anyone who attends the Tiger Mountain Meeting, regardless of whether or not they consider OSAT their home group.
 - . Cookies and baby carrots will be provided on birthday night (still the second Thursday of the month).
 - . GSR and Inter-Group representatives should have at least two years of sobriety.
 - . John S. will be our GSR and John R. our alternate.
 - . Jim H. will be our InterGroup rep and Laara I. our alternate. We will decide whether to join Seattle or Bellevue after more investigation.
 - . The Tuesday and Thursday night meetings will be considered the same group insofar as finances and reps are concerned.
 - . We will defer deciding on the size of a prudent reserve and the allocation of excess funds until we have more data about our ongoing expenses.
 - . Dave B. will replace Francy as Treasurer.
- (Respectively submitted - Jim H., August 6, 1992)

From memory, prior custom or group consciousness related to this meeting include:

- . Dogs must be kept under control at all times.
- . Meetings will normally follow the "mountain format", i.e. the chair does not call on anyone and does not comment; we don't pass it along; after a long silence, the chair can ask for "burning desires" and close the meeting if there are none, or if one hour has elapsed.
- . All newcomers to the meeting are welcomed.
- . Birthdays for the month are observed.
- . All meetings are "open"; anyone present can share.

- . We close the ending prayer with "keep climbing mountains and don't slip in between".
- . Hugs are encouraged.

Please contact me, if you remember any of the above differently.

Wilderness Use Alternatives

OSAT does not have any opinion on outside issues. Yet, conservation and the use of our wilderness areas does not seem to be "outside" of OSAT (just as alcoholism and recovery is not "outside" of AA).

The Alpine Lakes Wilderness Area is being overused in some areas. By law the Forest Service is required to "protect" the wilderness from becoming something other than a wilderness area. Consequently, they are looking at alternatives for regulating its use.

In my opinion, it would be worthwhile for us as a club to form an opinion and make our wishes known to the Forest Service. But there isn't time on this issue. A decision is going to be made this fall for implementation next summer. Public comment is encouraged. Consequently, you are urged to take individual action by offering suggestions, comments, or concerns by writing:

Ms. Anne Bain
Mount Baker/Snoqualmie National Forest
21905 64th Avenue West
Mountlake Terrace, WA 98043

or calling: 206 775-9702

(They will also send you more detail on these alternatives if you ask them.)

This is important stuff that could effect our lives a lot. Dave N has sent me the following summaries of what is being considered (alternatives 2, 4, and 6 have already been dropped from further consideration):

1. Current management or "no action" alternative.
3. Repair and reduce resource damage by implementing and enforcing site-specific restrictions, such as "day-use-only" areas and a 6-person party limit for some areas. Would make wilderness access more difficult by closing some currently open roads.
5. Eliminate social standards set by Alpine Lakes Plan in several specific areas which currently have heavy use due to easy access. Outside these areas would be a high level of site-specific restrictions similar to those in 3.
7. Permit system for overnight use only. This would restrict the number of overnight users, but not the number of day users. This alternative calls for recreational development outside wilderness, high levels of wilderness education and law enforcement, closure of some roads to make access more difficult and improvement of sanitation facilities.
8. Permit system for overnight and day use, but only in high use areas.
9. Wilderness-wide permit system for day and overnight use. After spending the first night in the zone of entry, the overnight user would be free to travel anywhere in the wilderness.
10. Wilderness-wide permit system for day and overnight use. But overnight users would have assigned destinations each night.

As you can see, there is a wide variation among the alternatives. Personally, #10 (and to a lesser degree #9) sounds potentially quite painful; I am told #1 won't happen - they will make some change; #3 and #5 could also be painful, depending upon what they make "day-use-only"; #8

sounds sort of like what they currently have in place in the Enchantment Lakes - which I think has worked pretty well - and a little better than #7.

Whatever you think, get involved. Its sort of like voting. You really shouldn't complain about the outcome, if you don't make any comment to the Forest Service.

Dave also writes that the proposed opening of the Suattle River Road 26, Tenas Creek Road 2660, and a repaired Green Mountain Road will be next July.

Current Schedule:

. **October 6th** - first regular wintertime, Tuesday night Greenlake run. Meet at drinking fountain next to Rest Rooms on the South (and slightly west, near the boat launch) end of the lake at 5:45pm. Dick W (339-3751)

. **October 17th** - Tom M will lead an outing to Scenic Hot Springs near Stevens Pass. About a one hour hike. Bring swimsuit and towell. Everyone should be able to do this one. Meet at Monroe Haystack at 9am, but call Tom M (481-3374) and tell him you are coming.

. **October 24th** - hike/scramble to Gothic Basin/Del Campo Peak. Beautiful spot. 9 miles r.t., 2600' to the basin; another 1200' or so to the top of Del Campo where Jim and Shirley first met. Rock climbing opportunities. Dick W (339-3751).

. **October 25th** - First winter season Sunday meeting at top of Tiger Mountain. 10am. Call Jim H (641-7983) or Steve S (838-4287)

. **October 28th** - Next Business/Organizational/NewComer meeting. 7:00pm at Factoria. Office/Cabana, next to swimming pool of Sterling Heights Apartment (at address of club above) Call Jim H (641-7983) for directions, if necessary.

. **October 30th** (Friday) - Shirley will lead a scramble up Kaleetan or some other Snoqualmie Peak, depending upon the weather. Strenuous. Shirley (641-7983).

. **November 7th** - Hike to Goat Flats or Three Finger Lookout. 10 miles r.t. & 2000' gain to meadows; another 2000' to the lookout. Jim H (641-7983).

. **November 14th** - Toys for Tots, Sand Point Naval Station in Northeast Seattle. 9:30am, Run 5k or 10k. Bring a toy. Meet for breakfast and a meeting afterwards at a place TBD. Dick W (339-3751).

. **November 17th** (Tuesday) meet at Karen's house after Greenlake to discuss future relay races and start organizing the 1995 Seattle to San Diego happening.

. **November 21st** - another hike to Scenic Hot Springs near Stevens Pass. (See Oct 17) Tom M(481-3374).

. **November 22nd** - Pratt and Chew Classic, 9am - 4 mile run at Gasworks Park, Seattle. Help Paul C celebrate his non-smoking birthday. Paul C (782-7297)

. **November 22nd** - hike to Mt. Washington or Mt. Defiance (depends upon snow conditions), both near Hwy 90 between Mt. Si and Snoqualmie Pass. Good views. For more information, call Karen S. 634-2849.

. **November 26th** - Annual Thanksgiving hike up Mt. Si. Leave (new) trailhead at 7:30am. Jim H (641-7983).

. **November 28th** - Seattle Marathon & Half Marathon. Some OSAT-ers are planning to participate. Dick W (339-3751).

. **November 28th** - Hike or snowshoe to Annette Lake. 7 miles r.t. & 1400' gain. Not hard core. Shirley (641-7983).

. **December 2nd** - Another Business/Organizational/NewComer meeting. 7:00pm at Factoria. Office/Cabana, next to swimming pool of Sterling Heights Apartment (at address of club above) Call Jim H. for directions, if necessary.

. **December 5th** (possibly earlier; possibly later) Cross Country Ski to Monte Cristo, conditions permitting. Walt Q. (745-8413)

. **December 12th** - Hike or snowshoe TBD. Jim H.

. **December 12th** - OSAT X-Mas party at Charlie A's house in West Seattle. This is for spouses and family. Potluck dinner and a meeting. More in the November flyer. Karen P.

. **December 19th** - Icicle Ridge Snowshoe Trip. Near Leavenworth. See the X-mas lights. Greg A.

. **January 1st.** - Annual New Years day outing. Pilchuk or Mt. Si, depending upon conditions. Steve S.

. **January 9th** - Snowshoe to beyond Mt. Si. Let's give Mt. Teneriffe a try. Hike up the old trail; down some other way. Jim H.

. **January 23-24** - Sleep in an Igloo and/or Snow Cave. Great exercise to build! Greg A.

. Sometime in **February** and/or **March**. Greg and Jim want badly to make a successful winter ascent of Rainier. They would like some company - 3 or 4 more climbers. Must be experienced and in excellent shape. More details in next newsletter.

. Around **Memorial Day weekend in 1993**, let's try for a 4 day expedition/ascent of Rainier via Indian Henry's Hunting Grounds and the Tahoma Glacier (the West Side Road will still be closed). The summit attempt will be for experienced climbers only, but Sherpas will be very welcome. Contact Jim H.

. Also in 1993, Greg has already volunteered to lead climbs of Baker and Olympus. And, of course, there will be more attempts at meetings on the summit of Mt. Rainier...

. A 1995 Denali Climb is still under consideration.

. A 1995 Seattle to San Diego Relay Race is being planned.

Current Club Traditions (for new members)

The only requirement for membership in OSAT is a willingness to follow the traditions of OSAT.

OSAT regularly sponsors open 12 step meetings, such as the Thursday night (spring/summer) AA meeting on Tiger Mountain.

All OSAT activities and meetings are "open" in that you don't have to be an addict to participate. However, the 12 step traditions of anonymity and abstinence are always followed.

OSAT accepts donations to pay for expenses and equipment.

Each OSAT activity has a designated leader. All participants in an activity will follow the suggestions of the leader regarding clothing, pace, etc and not separate from the group without the leader's permission.

The activity leader 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 have the proper clothes and equipment plus carry 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 |

PRIOR TO PARTICIPATING IN ANY OUTDOOR ACTIVITY, A MEMBER MUST SIGN A STATEMENT RELEASING THE CLUB FROM ANY LIABILITY.

(We have a form for this purpose).

KEEP CLIMBING MOUNTAINS

"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

ONE STEP AT A TIME (OSAT)**November 21, 1992**3819 130th Lane SE, Apt E-5
Bellevue, WA 98006

(206) 362-4689

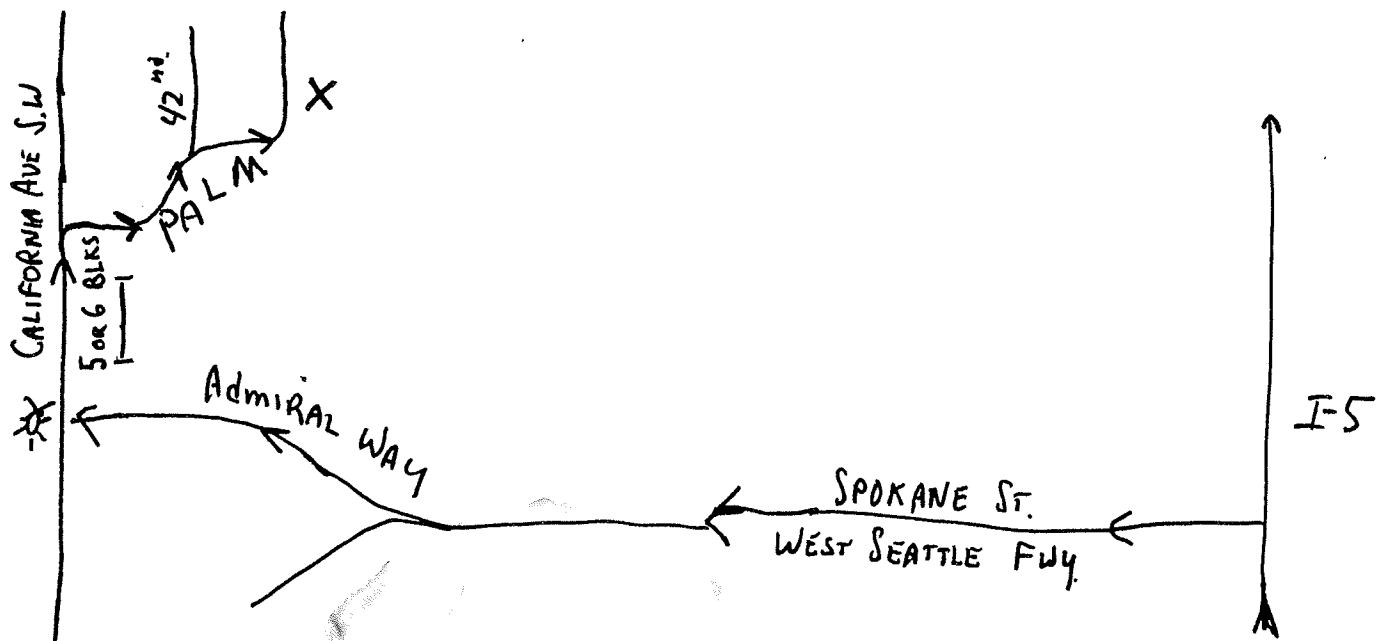
Greetings from Jim H... (Day: 234-1522; Night: 641-7983)

IMPORTANT UPCOMING EVENTS:**ANNUAL THANKSGIVING DAY HIKE UP MT. SI:** Leave new trailhead at 7:30am. (This is the trailhead with the BIG parking lot - not the one by the river). Great way to start out the holiday.**MONTHLY CLUB MEETING & SLIDE SHOW:** Wednesday evening, 7pm, December 2nd at Factoria. Office/Cabana next to swimming pool of Sterling Heights Apartment (at address of club above). Call Jim H. for directions, if necessary.**Meeting agenda:**

- . old business / new business / committee reports
- . schedule major events for next summer
- . introduce new people

**** . **GREG A's slides of his Denali climb** ****

Newcomers are invited. It's a good way to get acquainted.

ANNUAL OSAT X-MAS PARTY: 6pm Saturday, December 12th at Charlie A's house. Potluck, meeting, maybe dancing. Bring food, drinks, and one wrapped gift (for a progressive, blind exchange; \$10 maximum, \$0.25 minimum). Directions: Take Spokane Street/West Seattle exit from Interstate 5 and go west toward West Seattle. At a Y go right onto Admiral Way. Go to California Ave S.W. (light) and turn right. Go 5 or 6 blocks and turn right onto Palm Ave S.W. Palm curves left, then curves right. Charlie's address is 1540 Palm Ave S.W.; his phone number is 932-7195. (SEE MAP BELOW)**NOTE:** Updated club rosters (with addresses) are available. They can be picked up at the Thursday night meeting at JB's in Issaquah or at the Club Meeting.**ANOTHER NOTE:** If the letter after your name on your mailing label is not P or Q, then we do not have a record of your payment of 1992 club dues (\$12 recommended; \$1 minimum) and you may not receive our regular newsletter. Please call me if our records are in error OR send money.

Current Schedule:

- . **MEETING ON TIGER MOUNTAIN**, 10am Sundays
- . **INDOOR MEETING AT JB's** Issaquah, 7:30 pm Thursdays. Some OSAT-ers are doing Tiger Mountain prior to the meeting. (No meeting on Thanksgiving).
- . **November 26th** - Annual Thanksgiving hike up Mt. Si. Leave (new) trailhead at 7:30am.
- . **November 28th** - Seattle Marathon & Half Marathon. Some OSAT-ers are planning to participate and meet afterwards.
- . **November 28th** - Hike or snowshoe to Annette Lake. 7 miles r.t. & 1400' gain. Not hard core. Shirley (641-7983).
- . **December 2nd** - Business/Organizational/NewComer meeting.
- . **December 5th** (possibly earlier; possibly later) Cross Country Ski to Monte Cristo, conditions permitting. Walt Q. (745-8413)
- . **December 5th** - Possible attempt of Mt. Hood. Experienced climbers in good shape only.
- . **December 6th** - Jingle Bell Run; 9am in Seattle; Only 3.1 miles; lots of costumes, lots of fun; meeting afterwards.
- . **December 12th** - Snowshoe trip or hike, place tbd.
- . **December 12th** - OSAT X-Mas party - see above
- . **December 19th** - Icycle Ridge Snowshoe Trip. Near Leavenworth. See the X-mas lights. Greg A (932-4862)
- . **January 1st** - Annual New Years day outing. Pilchuk or Mt. Si, depending upon conditions. Steve S (838-4287)
- . **January 6th** - Business/Organizational/NewComer meeting
- . **January 8th** - last day for information for next newsletter (scheduled for January 15th). Testimonials, trip reports - notes about anything related to mountaineering and/or recovery are solicited.
- . **January 9th** - Snowshoe to beyond Mt. Si. Let's give Mt. Teneriffe a try. Hike up the old trail; down some other way. 4000' gain and 12 miles r.t. Jim H.
- . **January 23-24** - Build and have a meeting in an Igloo and/or Snow Cave. Then sleep in it! Greg A (932-4862)
- . Sometime in **February** and/or **March**. Greg and Jim are planning a winter ascent of Rainier. Many OSAT-ers have already expressed interest in joining us. More details in next newsletters and at club meetings. (Must be experienced climbers and in top physical shape).
- . **Spring** outings to St. Helens, Stuart and the Brothers are being planned. More details in future newsletters.
- . Around **Memorial Day weekend in 1993**, let's try for a 4 day expedition/ascent of Rainier via Indian Henry's Hunting Grounds and the Tahoma Glacier (the West Side Road will still be closed). The summit attempt will be for experienced climbers only, but Sherpas will be very welcome. Contact Jim H.
- . Also in **1993**, Greg has already volunteered to lead climbs of Baker and Olympus. And, of course, there will be more attempts at meetings on the summit of Mt. Rainier...
- . A **1995** Denali Climb is still under consideration.
- . A **1995** Seattle to San Diego Relay Race is being planned.

KEEP CLIMBING MOUNTAINS