



POST 58

AUGUST/SEPTEMBER NEWSLETTER



Next general meeting: September 13th

Edited by Emily P and Dublin G





Meet your 2021-2022 Steering Committee Nominees!

The following students have been considered by the nominating committee and are being forwarded to the full membership for their considerations at the elections in September...

President - Alex Peterson

Vice Presidents - Anabel Cull & Sutton Warmkessel

Treasurer - Luke Jones

Secretary - Rory Davis

Outreach Coordinator - Jilly Scott-Lewis

Climbing Colonel - Rory Breemer

Hiking Coordinators - Carlo Hamacher & Teo Hamacher

Outings Coordinators - Claes James & Dublin Gingerich

Publications/Newsletter Team - Emily Powell, Sophie Jacquemotte-Parks, & Margot Nile

Fundraising Organizers - Emily Taylor & Jack Sackman

Service Organizer/Climbathon Leaders - Lila Mohtadi & Oli Tannahill

Rock Climbing Coordinator - Lia Godino

Roster Matrix - Ava Trueworthy

Associate Members - Claire Rochelois, Max Ohotto, & Zoey Buchanan



Wilderness Tip of the Month

What should you do if a bear attacks you?



If it is a brown/grizzly bear...

- Leave your pack on and play dead
- Lay flat on your stomach with your hands clasped behind your neck. Spread your legs to make it harder for the bear to turn you over. Remain still until the bear leaves the area.
- Fighting back usually increases the intensity of such attacks. However, if the attack persists, fight back vigorously. Use whatever you have at hand to hit the bear in the face.

If it is a black bear...

- Do not play dead
- Try to escape to a secure place such as a car or building. If escape is not possible, try to fight back using any object available.
- Concentrate your kicks and blows on the bear's face and muzzle.





Leadership Course

Many Post members consider the Leadership Course to be the highlight of their Post career. The Course will be available again this year for Juniors and Seniors. The Leadership Course is a 6 month long course taught by Peter Green and David O'Connor. It meets as 4 weekend retreats, one per month, all capped off by a Memorial Day weekend climbing trip. During January and February, the course meets for 90 minutes one night a week to go over specific leadership practices. The goal of the course is to provide students with a solid grounding in what it takes to be an effective leader of a group in a wilderness setting. Our course is designed with the following objectives in mind:

- 1) Students will learn about their own preferred leadership style and have opportunities to practice it in the field in actual leadership situations.
- 2) Students will learn more advanced mountaineering, rock climbing and wilderness skills.
- 3) Students will learn the fundamentals of leadership, including different styles, ethics, and theories.
- 4) Students will learn and practice effective techniques for leading, managing and working with a group.
- 5) Students will gain self knowledge.



Interview With Ruby!

Ruby is a beloved postee, who has recently made the move from Portland to Hawaii. She sat down with Alex Peterson to share some of her experiences with life in her new home.

Q: What have you been doing to recreate on the island? A lot of surfing? Is there any climbing?

A: Ruby has been spending a lot of her free time swimming at the beach and playing tennis. While there is a lot of surfing and other water sports available, she has not tried them quite yet. Unfortunately, it's difficult to find places to climb on the island, so Ruby may need to start climbing trees soon.

Q: What are some of the major differences/ surprising similarities between living in Portland and living in Maui?

A: The biggest difference between Portland and Maui is the climate. Unlike the Oregon Coast, the water is always warm at the beach in Maui. And, what Hawaiians would consider "rain", Ruby considers a light mist. People in Hawaii also tend to be more aware of the environment and nature. There is a lot more diversity in Maui as well, with strong Southeast Asian, Portuguese, and Japanese influence on the local culture.



Q: Are you going to miss winter and snow on the west coast?

A: As much as Ruby loved Portland's winter, it doesn't compare to the ability to leave the house without a coat in the middle of January. However, Ruby will miss the fall and snow on the West Coast. But don't worry! She will be back.

Q: How has it been making friends in this new place? Has it been easy to connect with the locals?

Most of the kids at Ruby's school have known each other for several years, which makes it difficult to find new friends. But, once a bond is made, it becomes easier to meet new people. Ruby has also found there to be a "local vs. hoale" attitude on the island. While this can be difficult at times, it opens the doors for good conversations and learning opportunities.

Q: How has your time in the post affected the way you are looking at this new chapter in your life? Are there any skills, lessons, or things you have learned that you have taken with you?

A: Being in the Post has affected Ruby in more ways than she is aware of. Her two years of membership occurred during some of the most important times in her life, which had a big impact on who she is today. Being a member of Post 58, and holding a role on the steering committee gave Ruby improved leadership skills, work ethic, and dedication. These have come in handy when completing schoolwork and other day-to-day tasks. Getting to work with so many different people and personalities in the Post really built up Ruby's character and helped with gaining skills of professionalism that will come in handy when getting a job or dealing with conflict. The Post has also grown Ruby's love for the outdoors and made her more excited to experience the nature in Hawaii.

"I don't think I know all the ways [The Post] has affected me."

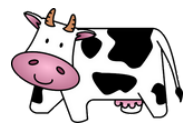
- Ruby K



Peru 2021

by Rory Davis

On August 4th, 2021, a group of 10 excited postees and 2 equally as excited advisors gathered to embark on the adventure of a lifetime. We arrived in Peru feeling nervous but also looking forward to the weeks ahead. On the trek we were met with (literally) breathtaking views, lots of laughs, and countless piles of cow poop. Every morning we were awoken with delicious maté de coca and after a yummy breakfast in the dining tent we would set off for the hike of the day. Each step we took through the Cordillera Huayhuash was accompanied by the most beautiful scenes of nature we had ever seen and, although we tried, none of its beauty could quite be captured in pictures but we will all remember those sights in our minds eyes for the rest of our lives. When we weren't hiking we were hanging out with our donkeys or drinking tea and making jokes or even swimming. The day of the hot springs is one to remember for sure. We all enjoyed a nice-albeit scalding-soak during the day, but after dinner we all returned to watch the brave few compete in a jumping/diving competition. It ultimately ended in a well-fought tie after we had to leave due to snow. On the last day of the trek we were walking down the path when we encountered a large cow blocking the road. Our guide moved the cow up the hill a bit and we continued on, but shortly after we heard screams coming from the back of the group and turned around to see that same cow full-speed charging at us. Some quick evasive maneuvers put us where we thought was out of harm's way, until a second cow appeared with the same evil look in its eye and charged us in the same fashion. We were all very confused because up until then all the cows had been very docile, afraid of humans, even, but a quick look around revealed the culprit: a stray dog that had been following us. That same dog followed us 11 miles that day to the end of the trek. Nova, we miss you. After the trek we returned to the bungalows for two days filled with soccer, tea, and good times before we embarked on the final adventure - the climb. The four day climb began with a short hike to base camp where we came across a large lodge where we could play cards and hang out. The second day was much more treacherous. We walked up and then lowered down a moraine wall, traversed a living moraine (loose rocks on top of melting ice), and finally hiked up to high camp. From there all it took was a 1am wake up and many breaks to catch our breath before we summited at 6:45. At the top we all enjoyed the beautiful view before we decided -18°C plus wind was a little too cold for hanging out. We made our way all the way down to base camp where we spent a bittersweet last night sleeping in a tent. Despite the challenges we all had so much fun hanging out and swapping stories that at the end of each day we went to bed happy and excited for the next. Our trip to Peru was filled with amazing memories and great friends and is sure to be one none of us will ever forget.



The Brothers Climb

By Jackson Schroeder

The Brothers is a pair of peaks in the southeast corner of the Olympics, rated as a B climb by the Post. The trailhead is only about 15 minutes off 101, and because it's in the Olympics, it's only at about 1000 feet of elevation- lower than Council Crest. The hike up was hot and crowded with day-hikers to Lower Lena Lake. Our sweaty group decided to make a small detour to swim in the lake, and we, fortunately, found a 20 foot tall rock to jump off of!

The upper trail vaguely followed a creek bed, and we often reached dead-ends and turned around. Conveniently, colorful tape marked the trail every hundred feet or so, so we were never off trail for long.



At about 2000 feet of elevation, we reached our camp. It was only 4:44 PM, but we were all so tired and hungry we promptly set up camp, cooked dinner, and fell asleep around dusk.

We woke up with the sun the next morning, excited to gain 4000 feet over two miles. The group was great- everyone had done at least two A climbs. Sky Grumbles pointed out huckleberries, thimbleberries, raspberries, and salmonberries as we worked our way through a dense forest. A fire in 2003 took most of the vegetation off the trees and littered the ground with charred logs. Progress was slow, but we had a great group. Gus Herman asked, "So what are y'all's favorite spring skiing fits?" His question started a conversation that lasted until the summit. We hiked up fairly exposed third and fourth class scree and rocks for a few hours. We reached the summit ridge and got views of the Olympics and Seattle. Unfortunately, the summit block was exposed, fifth class, chossy, and difficult to protect, so we turned around just a few feet short of the summit. The hike down was breezy, as we knew the route better.

In camp that night, we played around with ascending trees on ropes. We sat around the empty campfire and said our favorite and least favorite parts of the day. My least favorite part of the day was the fact that Claes and I only sang “Sorry” by Justin Bieber once.

On the hike down the next day, we stopped at a picturesque waterfall swimming hole decorated with moss and rocks. Almost everyone jumped in. (No shame to those who didn't).

And of course, we stopped at Burgerville in Centralia. Shoutout to Rory for being a great student leader!



Olympics Backpacking

By Margot Nile

We met early one Monday morning at the Wells Fargo parking lot. Although we had to switch locations for our backpacking trip due to smoke, we were not bummed, but instead excited for the adventure that awaited us. Instead of heading up to the smoky Alpine Lakes Wilderness, we were going to the Olympic National Forest, more specifically the Enchanted Valley. After a few hours of driving, we found ourselves at the ranger station stuffing our food and scented items into bear canisters then stuffing our bear canisters into our packs, which for most, was quite the challenge. Before we knew it, we were hiking through the lush, green forest of Washington and leaving thoughts of school, work, and reality at the trailhead. After about 7 miles of hiking, we made it to our first campsite.



Photo by Caleb Jacobson

Spam, quesadillas, and various freeze dried meals were had for dinner, and after a few games we went to sleep, excited for the forest scenes and sick views that lay ahead of us. We had a leisurely morning then we continued our hike into the Enchanted Valley. We arrived at our 2nd campsite with lots of time to check out the amazing spot we found ourselves in. We had views of beautiful peaks to our left, wildlife surrounding us, and the famous Enchanted Valley Chalet behind us. Some of the wildlife we saw even included a beautiful PNW black bear!! As we enjoyed our camp downtime after our hike, some of us spied a snow cave to go explore the next day.



Photo by Caleb Jacobson

Wednesday morning we had an earlier start and headed up the river and through the brush to find the snow cave that we had seen from our campsite. After a few tries and ample bushwacking, we made it up to a gorgeous snow cave with a creek flowing through it. We took a snack break then headed back down, packed up camp and decided to have a longer day of backpacking and go all the way to a campsite closer to the trailhead, leaving us a very easy day the next day and a sooner start on our drive home. This was a very good decision, because below the campsite we landed on, was a beautiful hidden beach on a clear and cold snow melt creek. We made dinner and some brave souls even went for a swim! It was a truly magical scene, and one that will not be forgotten. Thursday morning we packed up our tents and packs for the last time and had a gorgeous and short hike out of the beautiful wilderness and back to reality, sad to leave but excited for the much anticipated burritos on the way home.



South American Country's Highest Points

F C T I N U I C Z H Z M N H B V M H O G
 V B G O U L S L W I O A G T R K Y L X I
 M H N W P E E H W Y U N S V Y P N S C N
 R Z M Y L R G I K D G R C D V Z H J S R
 V Z P M L A W F V S C T F A A Q D A W N
 R E Q A P H Q A Y P E Y E S M Q J U A O
 O D Z G T R P R C S O Q M P V G W J L T
 R J X O U B I P I O B G F W I Y P O G P
 A Z A C B O R X X A N N U K N A Z E J Y
 I V U H V N N H R X B C P A C M F X N R
 M U N I O N R S O D T L A R A L I Q P M
 A Q E M Z T M A A I P Q Y G M S X F C P
 P I B B N F Z N M J Q K W F U S V B S Y
 K S L O F L P N Z N A J J A I A J T Y U
 E V I R C I G E L Z H M E C F W V W L T
 K M N A S Z A V H O Y A A E W M W L J Q
 M Q A Z U Z G A Q A A J Z X W X K E S L
 A J S O V Q S Q K B H R F T S F H O Y A
 E S Z C N W C B O L I V A R X F K V B I
 Z H R I E B A H H H U A S C A R A N Y L

Chimborazo

Huascarán

Aconcagua

Neblina

Roraima

Bolívar

Sajama

The first person to send a picture of the completed puzzle to (808) 646-0825 will get a special prize!



Post Puns

Q: Why don't mummies go camping?

A: They're afraid to relax and unwind

Q: What do you call a bear with no teeth?

A: A gummy bear

Q: What do pine trees wear to the lake?

A: Swimming trunks

