

POST 58

DECEMBER 2021 NEWSLETTER

BY: CAIDEN, AILA, AND ALLISON



MEET THE NEW MEMBERS!

This month's newsletter features the new members of Post 58! See their quotes and photos in the last two pages!

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GENERAL MEETING: DECEMBER 20

**COME EARLY FOR THE PIZZA SOCIAL!
\$5 FOR 2 SLICES, COME EARLY AT 6:30!**

MAKE SURE TO CHECK YOUR EMAIL!



TRIP REPORTS:

CLIMB NIGHT:

By: Esja Mirti



The November Climb Night was a total blast! In an exciting departure from the usual Circuit location, this one was at the Portland Rock Gym. The routes were so enjoyable, and the turnout was a record high of over 40 Postees, making the atmosphere exciting and full of encouragement, it was an amazing night!

OREGON MAPLE PROJECT:

By: Sky Grumbles

For the Post's November service project we volunteered at The Oregon Maple Project. The 8 of us were helping maintain the forest they tap trees in, over the course of a few hours we helped roughly 1,000 trees by pulling off the plastic cages that were put around when they were planted.



NEW MEMBER HIKE:

By: Claudia Russell

On November 20th a group of new members hiked in Forest Park. We saw beautiful trees, a lot of pretty leaves, and some mud. It was really nice weather. We did about 4 miles and it was a fun experience and a cool way to learn more about the Post and meet new people.



EQUITY TEAM BAKE SALE:

By: Lindsay Foxwell

In November, Post made history with the first ever Outreach Bake Sale! This historic event was hosted by the Equity Team, a group of Postees who work against issues relating to equity, diversity, and inclusivity in the Post. We ventured away from NW 23rd and set-up on Hawthorne where we encountered many teachers, parents, and students who were interested in Post. Some of the students even put their name on the waitlist and have joined! Of course, it wouldn't be a bake sale without treats! Most people baked cookies, and Aila's ginormous chocolate chip cookies sold so fast. They were gone before we could even create a sign saying what they were!



First Equity Team Bake Sale! 11/21/21

UPCOMING EVENTS:



CLIMB NIGHT:

You know it, you love it and it's coming back once again... CLIMB NIGHT! Meet us at **Portland Rock Gym at 7:00 PM on the 21st**. You can sign up at this month's general meeting the day before, I can't wait to see you there!



DECEMBER BAKE SALE:

Our next bake sale will be **Sunday, December 19th**. There will be four shift opportunities: **10am to 12 pm, 12pm to 2pm, 2pm to 4pm, and 4pm to 6pm**. This bake sale is especially exciting as it is the last one of the year (so make sure to hop on if you haven't gotten yours done yet!). It will also be extra busy because it's right before Christmas! Better start thinking of what you're going to make to brighten up people's holidays! We hope to see you there, and hopefully we'll break a sales record together!

WINTER TRIPS COMING UP:

City Bike Ride

- 🌸 Early February (5/6)
- 🌸 Location: Portland

XC Skiing trip

- 🌸 January 30
- 🌸 Location: Mt Hood area

Smith Rock Trip

- 🌸 Feb 5-6
- 🌸 Location: Smith Rock

Banks-Vernonia Bike Ride

- 🌸 Dec 23
- 🌸 NW Oregon (Banks to Vernonia)

SNOW CAVE TRIP!

The Post will be holding the annual snow cave trip again this year on **January 15th!** Mark your calendars! We will be heading up to **Mount Hood** for a day of cave digging! Snow caves are an important skill for any mountaineer to possess (they could even save your life someday)!



ART CONTEST!



Do you want to have your artwork featured on Post merch? Now is your chance! Submit your design to the google form linked below by December 31st.

Good luck!



BACK COUNTRY BLEEDING

By: Aila Wammer

Around half of Post 58 are menstruators, so why don't we hear much about it? In the Equity team we discuss issues within Post 58, one of which being periods. Let me tell you, going on a five-day bike trip on your period isn't always the most enjoyable! Our goal is to make those who menstruate on Post trips feel comfortable and safe, as well as educating the rest of the Post.

Going back to my original question, why do we not hear about it? Often menstruators may refrain from expressing their needs because of a few factors. Menstruation is natural, and for many of us, it occurs for a week every month for around 40 years of our life. That being said, period stigma is still very prevalent, especially in an outdoor and active environment. Period stigma manifests within the Post by a lack of education, leading to a lack of support. We are working towards a few changes within the Post protocol, but in the meantime, we'll work on normalizing periods, cause they're completely normal!

Societal gender stereotypes also play a role in period stigma. While menstruators don't have to identify as a woman or feminine to have a period, gender standards portray women as weaker, or less athletic than men. As an outdoor organization, being vocal about time or needing a little extra help can be difficult when those gender stereotypes already exist. It is especially important to make Post 58 an accepting and open community, as safety is a priority. Having the space to express your needs allows us to climb those mountains or walk those trails safely!

Through education and acknowledgment, our Equity Team is working towards dismantling period stigma and being a safe environment for all menstruators!



MEET THE NEW MEMBERS

We asked the Post's new members for a picture of themselves and a quote.

Here are their responses:

"as it is, for you, anytime..."
-snail mail



Henry Lefever

"very excited to be here!"
-Simone Maher



Simone Maher

"Always impeccable posture"
-Gracie Armbruster



Gracie Armbruster

"A wet, wild, and windy race!"
-Sophia Santos



Sophia Santos

"That's a big tree"
-Claudia Russell



Claudia Russell

"I am excited to be a part of the post"
-Judson Williams



Judson Williams

"Hi, here's my picture"
Sadie Drucker



Sadie Drucker

MEET THE NEW MEMBERS!



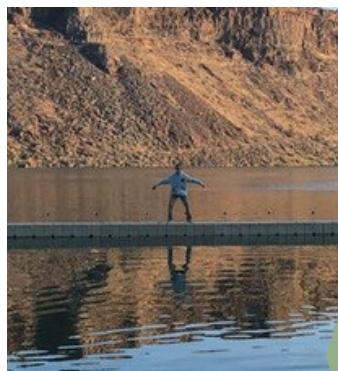
Annecy Rice

“Is it weird that I prefer rainy beaches to sunny beaches?”
-Annecy Rice

“I’m sorry, but I’m laughing” -Rachel Cohrs



Rachel Cohrs



Saul Drucker

"How am I going to get back?" -Saul Drucker

“Of all the paths you take in life, make sure a few of them are dirt.”-John Muir



Nora Smith

I’m Jesse, I love skiing and playing soccer, and I’m psyched to have some amazing outdoor experiences these last two years of high school! - Jesse Lindholm



Jesse Lindholm



Elena Muraki

“I listen to a lot of music and when I was younger I had an obsession with teddy bears”
-Elena Muraki

"so excited to be in post!"
-Chloe Maher



Chloe Maher

“There’s a really fat marmot over there!”-
Piper Zelinsky



Piper Zelinsky

“I can’t think of a quote”
-Theo Coleman



Theo Coleman