

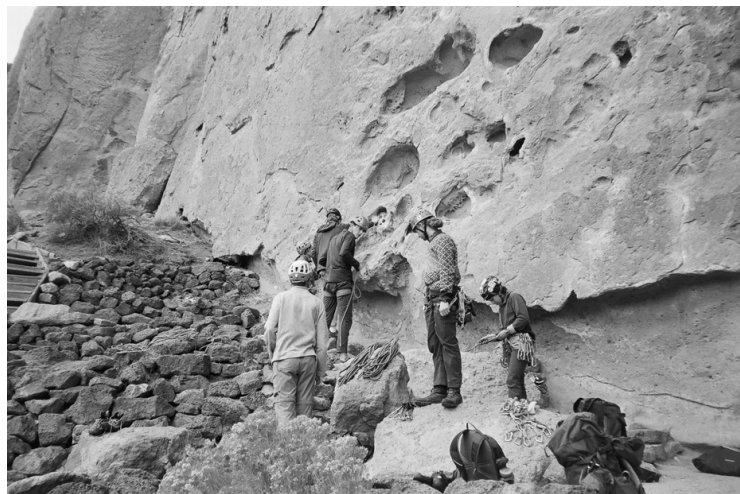
Next general meeting:
December 13th
Multnomah Arts Center
7688SW Capitol Hwy
7:00 pm sharp!

The Post Welcomes 39 New Members

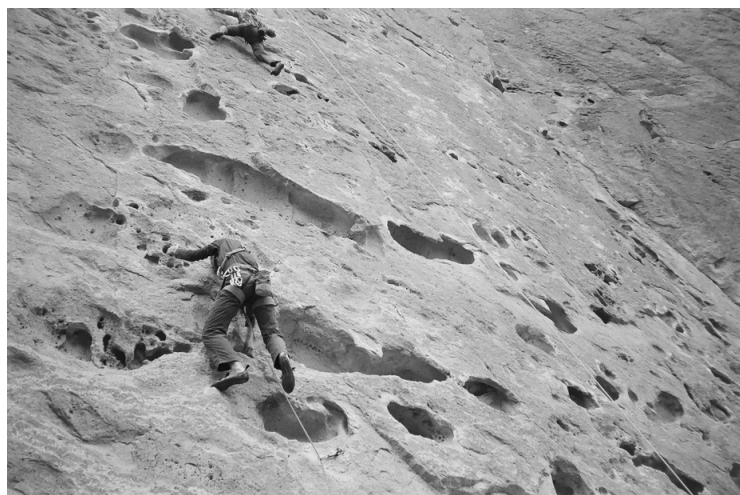
DECEMBER 2021 VOLUME 28 NO. 12



Included In This Month's Issue:
Roster Help with Ask a Postee
Full Circle Everest - The First All Black Climbing Team to Attempt Everest - and Other Outdoors People to Follow to Diversify Your Feed!
Get to Know the Presidents
Speculoos Holiday Recipe
Meet the New Members!
World Renound Post Puns & Games



This Month's Speaker:
PDX Climbers of Color!
At this month's general meeting we will have the honor of being joined by representatives from PDX Climbers of Color! PDX Climbers of Color is a PDX and PNW based organization of POC climbers who strive to cultivate access to climbing and the outdoors. You won't want to miss this!



UPCOMING EVENTS!

Upcoming Dates

- December 11th** - Foster Youth Outreach Hike
- December 11th** - Climbing Outreach Event
- December 11th** - Gift Wrapping Fundraiser
- December 12th** - Gift Wrapping Fundraiser
- December 12th** - Maple Farm Service Project
- December 13th** - Chapter 1 General Meeting
- December 18th** - Bake Sale
- December 18th** - Gift Wrapping Fundraiser
- December 19th** - Gift Wrapping Fundraiser
- December 21st** - Climb Night
- December 24th** - Gift Wrapping Fundraiser



Bake Sale

"I was not looking forward to standing in the cold and rain for 3 hours getting drenched and people ignoring us, but I was pleasantly surprised by the willingness of strangers to help out the Post, once we told them about the organization, and how much I enjoyed coming up with different sales pitches to tell people."

I would say I got pretty good at convincing people to support, and I had a blast doing it with my fellow Postees!!"

- Emily Millbrooke, 2nd year Postee and future "Great British Bake Off" contestant

If you are looking to further your baking skills and support the Post, just like Emily, there will be a bake sale on **December 18th** at **prAna on NW 23rd**! You will be able to sign up for this at the next general meeting.

Service Project

"Saturday morning I woke up with a purpose: to make the world a better place. I never would have thought I could have so much fun raking trails but seeing how much all the hikers and their cute dogs enjoyed our hard work made it all worthwhile."

-Rory Davis, 2nd year Postee and president of raking club at her school

This month you too too will get the chance to make a difference and help your community, just like Rory! On the **12th of December**, there will be a **maple farm service project**! It will go on from 10am-1pm. This service project is a little different from the ivy-pulling you might be familiar with. It is at a community-run sustainable maple farm! This entails collecting and filtering sap, drilling for taps, clearing trails, splitting kindling, working on the sugarhouse, and more! This is a fun and unique service opportunity, so don't forget to sign up at the general meeting on the 13th!

Climb Night

"I was expecting around a 15 person climb night, nothing unusual you know, but I walked through the doors of PRG and there must have been near 50 Postees in there! I got to meet so many new people and even taught a few kids how to climb on top rope. Can't wait for next month."

-Claes James, 5th year Postee and the world's next Alex Honnold
Just like last month, there will be a climb night at **Portland Rock Gym**! It is on **December 21st** at 7pm. Don't worry if you have never climbed or if you are nervous - there will be lots of Postees and friends there to cheer you on and help you through your first climbs!
Make sure to sign up for this event at the general meeting!

Outreach Events

As of right now, there will be a few outreach events this month, but always check your email to see if any more come up! Both of these events are happening on **December 11th**. There will be a hike with Youth in Foster Care, starting at 9:30 am. This hike will start at Pittock Manison and is a great way to connect Foster Youth with the outdoors, and make the joys of the outdoors more accessible to them. Later in the day, there will be a climbing outreach event, which will be a unique type of outreach! It is with Latino Outdoors at Planet Granite, 4pm.

The kids coming to this event will likely never have been to a rock gym, so it is important that Post students come to this and show them what it is all about and ensure that they have a good time! As always, reach out to outreach coordinators Jacob Case (jacob.case@gmail.com) or Jilly Scott-Lewis (ingydog@gmail.com) to attend these events and make a difference!



ASK A POSTEE

Unsure of what to bring on a climb? Don't know how to use the Post's roster? Ask a Postee!

Q. Dear Postee,

I've been tasked with important job of being the student leader on an upcoming hike. I've been given a roster with the students on the trip, but I don't have their emails! How can I get in contact with them?

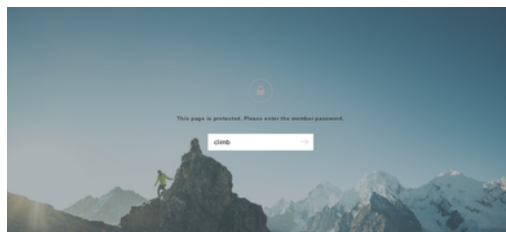
From, Confuzed

A. Dear Confuzed,

Wow! This is such an important question. Post 58 has a roster with contact information for every Post member. All you need to do is go to www.post58.org and click on "roster", found under the "member area" tab":



Then, enter the member password, "climb":



And you're good to go!

From, Postee

DIVERSIFY YOUR FEED!

As members of the Post and lovers of the outdoors, *we must make an effort to understand and educate ourselves on the history of exclusion and discrimination in the outdoors and outdoor activities.* Along with this, we must uplift and support the voices of marginalized groups in the outdoors, and in daily life. These are just a few of the many inspiring organizations and activists making change

in the outdoor community. We encourage you to follow and support all of these amazing people, as well as take action to make the outdoors a more inclusive space for all! Stay tuned for future newsletter articles that dive deeper into these stories!

@fullcircleeverest - a group of climbers that will make history next year for being the first all Black climbing team to attempt to summit Mt. Everest! (top picture)

@pattiegonia - queer environmentalist and drag queen challenging conventional representations of what a climate activist and outdoorsperson looks like

@intersectionalenvironmentalist - climate justice community and resource hub centering BIPOC and historically excluded voices

@adaptclimbinggroup - nonprofit organization that creates affordable and transformational climbing experiences for people with disabilities (bottom picture)

@adaptiveclimbpx - similar to above organization, regular climbing events for disabled people in Portland!

@pdxclimbersofcolor - POC climbers in the PNW creating access to climbing & the outdoors - also this month's speaker (you won't want to miss this!!)

@trailmixedco - inclusive community of WOC in the outdoors

@greengirlleah - climate activist, writer, and eco-communicator

@dominiquedrakeford - sustainability and cultural justice advocate

@climbingcolor - climbing group bringing more POC into the climbing community

@sophiaclimbs - mountain climber, environmentalist, and international policy expert

@climbinglifekenya - connecting Kenyans with rock climbing, creating awareness, providing opportunities, making climbing more accessible



POSTEES OF THE MONTH!

President Alex Peterson



I am a senior at Ida B. Wells, and my pronouns are he/him. I joined the Post as an 8th grader, 5 years ago!

My favorite movie changes all the time, but right now it is probably Forrester Gump.

My biggest irrational fear has to be holding babies. I know that I am strong enough to hold a baby, and I have successfully done so a handful of times, but there is an eerie responsibility that comes with it that seems to be too much. This opportunity doesn't normally present itself in my daily life, but when it does come up, I am normally put into a situation where the baby and I are at an awkward level. A bit of a standoff, if you will, where neither of us know quite what to say or do...

My favorite Post trip memory is from the 2019 Canada trip that I went on after my Freshman year of high school. While enjoying a much-appreciated rest day in our alpine base camp, situated in an oasis of mountainous peaks and deep blue sky, we decided to take advantage of the warm 55 degree weather by playing in the glacial pond adjacent to our tents. The best part is that the water was still covered in floating sections of ice, so we took turns dashing across as they split apart, forcing us to choose our routes quickly and carefully. The consequence for choosing the wrong path, or taking the wrong step, was taking a surprise plunge in the near frozen pond.

For me, the Post has served as a place for friendships, adventure, and experience. Over all of that, it has always been a place that I can be myself. All of the external pressures and drama of life as a high schooler seem to float away in the Post, which allows for vulnerability, organic friendships, and real learning. These are the things that I really love about this organization, and through them, I've learned a ton about myself as a person.

Vice President Annabel Cull



I am a senior at St. Mary's Academy. My pronouns are she/her, and I have been in the Post for 4 years.

My favorite movie is Mama Mia! Here We Go Again.

My biggest irrational fear is getting stuck in a broken elevator for a long period of time! (think tower of terror)

The Leadership course has been the highlight of my Post experience. After months of bonding with fellow Postees anywhere from chilly cemeteries to faraway forests, I found that I had gained not only an extensive knowledge of teamwork, poetry, and leadership styles, but gained a new group of friends as well! At the end of the course, the group ventured into the Wallows, where we camped two nights at the base of Marble Mountain, which we climbed as a group on our first full day. I will always remember singing songs and playing card games around the fire, and would recommend the Leadership course to any Postee in search of an amazing time in the outdoors!

The Post has fostered my leadership skills, and given me the confidence to speak out and take initiative! My adventures in the outdoors have redefined my idea of success, and taught me that while summiting a mountain or going the extra mile is exciting, what matters most is the quality time spent with friends, and lessons learned on the journey to the top.

Vice President Sutton Warmkessel



I am a senior at Catlin Gabel, and I joined the Post my freshman year. My pronouns are he/him.

My favorite show has to be psych.

I don't think I have any super irrational fears but if I were to pick one that stood out to me it would have to be super open bodies of water and swimming in them. I hate that you just can't see anything around you and if the water is dark it makes it even worse.

My favorite Post memory was when we were in Peru and were all sitting around the dinner table. After we had finished eating, we played a few card games with some of the chefs. As people started to get tired and head back to their tents, we went outside and walked around 100 yards from camp to a small hill where we were able to just admire the scenery and take pictures of the night sky with the glowing tents from camp reflecting the light from inside. The mountain we were camping at was also white with light from the night sky, painting a picture that I thought only came out of National Geographic magazines.

When I was sailing with the post in the San Juan Islands, I learned such vital lessons about taking responsibility for my actions and dealing with failure. When sailing, we were in charge of making meals and cleaning up after ourselves. If one of us decided not to make the meal for the day, we would all go without lunch or even dinner. Luckily this never happened but put into perspective that we aren't just responsible for ourselves. Others will feel the consequences of our actions as well. The other lesson that I learned on this trip was when we were anchoring the boat at night. I was in charge of reaching down and tying it off as we drifted past the set anchors in the cove where we would be spending the night. I could not accomplish the knot the first few times and had to humble myself and leave the task up to another student. Dealing with the internal thought that I had failed was hard for me at the time, but now I realize that it's a way for me to grow and pass on tasks for others to complete.

Where's The Presidents?!

All 3 Chapter 1 presidents are hidden somewhere in this newsletter. If you can find them, please text (503)806-1035 to win a special prize!

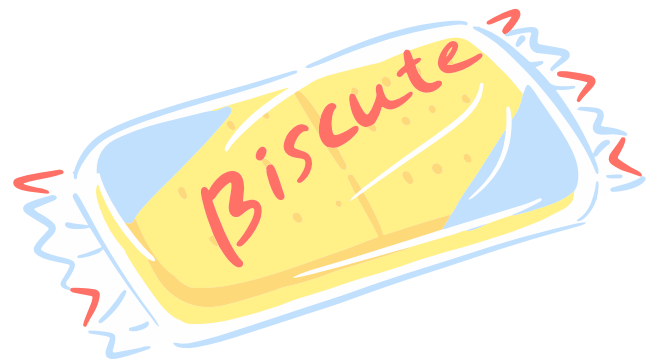
Hint: They're not on this page

Speculoos: Belgian Spice Cookies

INGREDIENTS

- 1/2 cup unsalted butter; room temperature
- 1/2 cups dark brown sugar; packed
- 1/2 cup white sugar
- 1 large egg; room temperature
- 1 1/2 cups flour
- 1/3 cup finely ground almond flour
- 1/4 tsp salt
- 1/2 tsp baking soda
- 1 1/2 tsp ground cinnamon
- 1 tsp ground ginger
- 1/4 tsp ground cloves
- 1/2 tsp ground nutmeg
- 1/4 tsp ground cardamom
- 1/3 cup sliced almonds (optional)

A Christmas specialty from Belgium, this gingerbread-like cookie is a homemade version of "Biscoff" cookies!



1. Using a stand mixer or hand held mixer, cream the butter and sugar together until the mixture becomes lighter in colour.
2. Add egg to the butter/sugar and mix in well.
3. Measure all dry ingredients into a bowl and whisk slowly to combine.
4. With the mixer on low speed, gradually add dry ingredients. Let them come slightly together then turn out on a clean surface and finish mixing by hand.
5. Cut two large lengths of parchment paper and place dough in between them.
6. Steady the end of the paper in between your body and the counter while you roll the dough in an upward motion.
7. Roll dough out in an even fashion until it reaches 1/4 inch thickness. Chill for 20-30 minutes.
8. Pre-heat oven to 350 F. Remove dough from refrigerator and cut into desired shapes. Place shapes 1 inch apart on a parchment lined baking sheet. Press sliced almonds on top, if using.
9. Bake for 8-10 minutes. Remove and allow to cool on a baking rack. Store in an airtight container for up to 7 days or freeze.

MEET THE NEW MEMBERS!



Ben Adams
He/Him

Westview - 9th

"I love to climb and snowboard."



Adeline Ahrens
She/Her

St. Mary's - 9th



Pearl Baker
She/Her

Lincoln - 12th

"I want to go to school for fashion!"



Solomon Barnett
He/Him

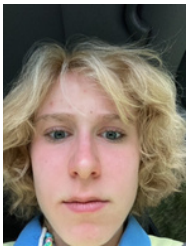
Cleveland - 10th



Calvin Beall
He/Him

Cleveland - 10th

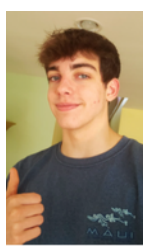
"I have put in sutures before".



Gigi Behrens
She/Her

Edison - 9th

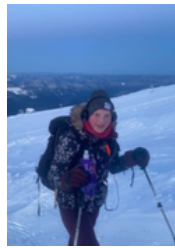
"My favorite National park is Glacier and my favorite colors are blue, yellow, and pink."



Zach Beran
He/Him

Central Catholic - 10th

"I do track & field."



Sofia Berkshire
She/Her

Ivy Montessori - 8th

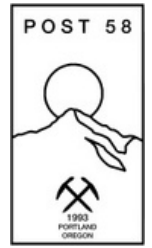
"I have 2 pet rats!"



Tea Brahn
She/Her

Ida B. Wells - 10th

"I am a ski racer."



Simon Casady-Kahler
He/Him

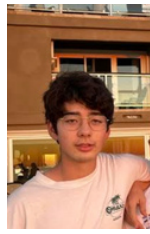
Grant - 9th



Patrick Denney
He/Him

Central Catholic - 10th

"I've broken a bone 6 times."



Mathieu Dupeyrou
He/Him

Lincoln - 11th

"My great great uncle was a chemist who discovered the element actinium."



Nate Ernst
He/Him

Central Catholic - 10th

"I play multiple sports."



Bryce Gay
She/Her

St. Mary's - 10th

"My favorite hike I've done recently is the Hood River Pipeline Trail."



Elsie Hopkins
She/Her

Cleveland - 11th

"I love baking!"



Morgan Hutchinson
She/Her

Ida B. Wells - 10th

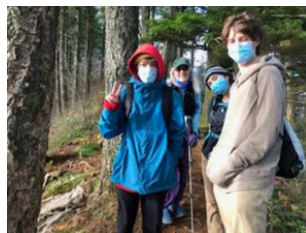
"I collect cans for a living."



Tommy Kuhn
He/Him

Grant - 10th

"The thing I love most is skiing."



Theo Lamers
He/Him

He/Him

Ida B. Wells - 9th



Ava Lorenz
She/Her

St. Mary's - 10th

"I once memorized and recited over 100 digits of pi to win half a donut."



Liv Mistkawi
She/Her

Cleveland - 10th

"I love volleyball."

MEET THE NEW MEMBERS!



Maia Mitrea
She/Her
Cleveland - 10th
"I have two pet cows."



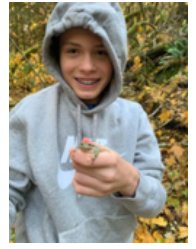
Kai Newbold
He/Him
Northwest Academy -9th



Gordon Nile
He/Him
Ida B. Wells - 9th
"I have been to 4/7 continents."



Meyer Owens
He/Him
Lincoln - 10th
"I have a black belt in taekwondo."



Graham Pritchard
He/Him
Riverdale - 9th
"I am learning boxing."



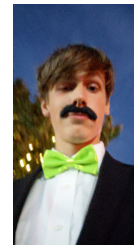
Nate Pyszka
He/Him
Central Catholic - 9th
"I play the drums and bass."



Elsa Quitslund
She/Her
St. Mary's - 9th
"I played violin for about 6 years!"



Solomon Rosenblatt
He/Him
Cleveland - 10th
"I have 3 snails."



Miles Schoenen
He/Him
Lincoln - 10th
"I like scuba diving."



Freddy Sengstake
He/Him
Ida B. Wells - 11th
"I like skiing."



Avi Siegel
He/Him
Cedarwood - 8th
"I like backpacking, snowboarding, biking, and basketball."



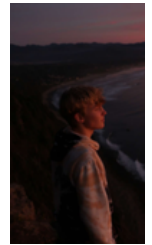
Sadie Siegel-Wilson
She/Her
Northwest Academy - 10th
"I raised a guide puppy for the blind over the summer of 2020!"



Desmond Steinke
He/Him
Valley Catholic - 8th
"I like to ski."



Stella Tannahill
She/They
Arbor School - 8th
"My name means star in Latin!"



Peter Van Vleet
He/Him
Cleveland - 11th
"I am passionate about photography and filmmaking."



Julia Vogel
She/Her
Cleveland -9th
"I really like to knit and crochet."



Ava Richey
She/Her
St. Mary's - 10th
"I love playing card games and watching horror movies."



Leopold Waymire
He/They
Benson - 10th
"I love baking."



Leo Zymkowitz
He/Him
Winterhaven - 8th
"I play soccer."

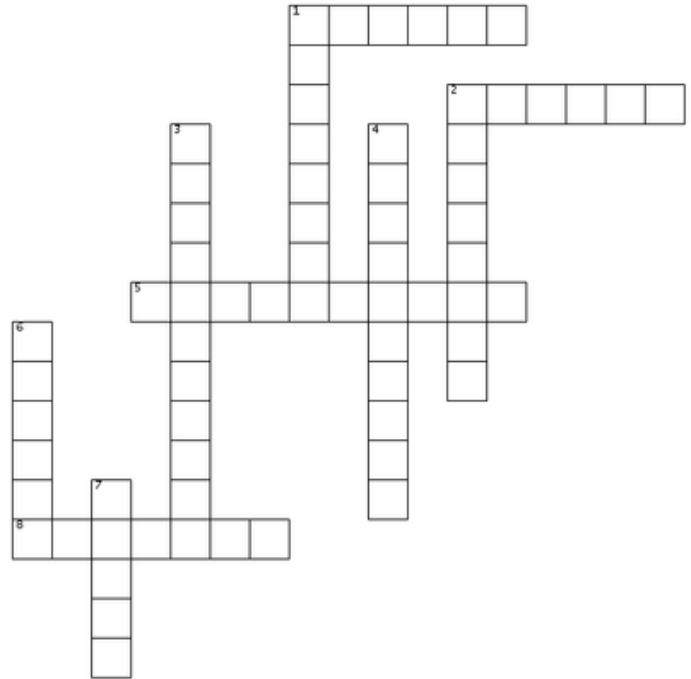
POST CROSSWORD PUZZLE

ACROSS

- The name of the lodge that hosts the annual snowshoe trip
- The top of a mountain and the goal destination of climbs
- The name of the course led by Peter Green annually
- A top used in a game played during Hanukkah

DOWN

- Peter Green's furry friend
- The shortest day of the year
- A common type of Christmas cookie
- The winter Post event involving ice axes
- The tallest mountain in Oregon
- The destination of the upcoming spring break trip



POST PUNS

- Q: Did you hear about the snowman spy?
A: He has a license to chill.
- Q: What do you call a snowman with a six-pack?
A: An abdominal snowman.
- Q: How do you find Will Smith in the snow?
A: You look for fresh prints.
- Q: Why don't mountains get cold in the winter?
A: They wear snow caps.

POST 58 MERCH COUPON

Present this coupon at a Post 58 general meeting to receive \$2 off a Post 58 t-shirt.

Valid until 12/14/2021

COLOR-BY-NUMBER



- | | |
|----------------|------------|
| 1 - light blue | 5 - pink |
| 2 - black | 6 - purple |
| 3 - white | 7 - yellow |
| 4 - blue | 8 - orange |