

The Post Returns to Smith Rock

NOVEMBER 2021 VOLUME 28 NO. 11

"This was my first time going to Smith and it did not disappoint! This weekend was particularly special because many of us are unfamiliar with the area and also the sport, so it becomes a group effort to try and figure out where the routes are, and what's the best way to get up the wall. It was so fun to watch everyone push themselves in their own ways in such a beautiful setting."

-Claes James, 5th year Postee

"Even as President after being in the Post for 4 years, this was my first time going to Smith! As we drove into the park, passing farms filled with horses and cows, I was greeted by incredible towering mountains of rock, filling my eyes with a warm caramel color. I was able to begin practicing my mock leading skills, and led some basic climbs the first day, but my big accomplishment for day one was being able to climb "5 Gallon Jugs" which is (from what I've heard) a very famous and classic Smith Rock climb. It was a great introduction to the park, as it had unique holds that were just big holes in the rock forming a circle jug that often you could fit both hands inside of.

On the second day, I was able to lead my first climb EVER!! The climb was called "Lollipop League" and while it was a relatively easy slab climb, it was my first time leading and I felt so cool. Move by move I became more confident, finding one amazing hold after another, with Josiah below me shouting "Nice Alex!" every time I moved a foot up the wall. Finally, once I reached the top, and set up my anchor, I gazed over the beautiful landscape, and was in awe of what I had just accomplished. The rest of the day was filled with wonderful climbing, a failed attempt to retrieve a stuck cam, and sore arms on the car ride back. What a wonderful trip."

-Alex Kowalik, 4th year Postee

"What a return to the infamous Smith Rock this was for me. It had been 3 long, long years since I had laid my eyes on those beautiful Smith features, rising hundreds of feet above the Crooked River. The air was crisp, wind sweet, and my ambition was at an all time high. I was a freshman the last time I was at the park. Now a senior, amidst my fifth year of the Post, I looked across the river at those splendid rocks with a much greater sense of experience and solidarity.

After a fulfilling day of helping a portion of the group learn the ropes of outdoor climbing at Rock School, we reconvened with the trip's other half to eat our respective dinners. While we ate our Mountain Houses, vegan delights, and delicious vegetables, we told tales from the past and shared with each other the day's great victories.

The second day, for me, presented a pleasant surprise. We returned to the same wall of the park that I climbed at my freshman year. Now, revisiting these problems three years later, I touched the wall and retraced the moves of fifteen-year-old Alex. The only difference? I danced up routes that were previously inconceivable to myself three years prior. What a cool moment!"

-Alex Peterson, 5th year Postee

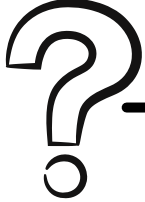


"Wow. That's all I can say, wow. What a phenomenal trip. This Smith trip was definitely one for the books. We pulled up to the park on a lovely Saturday morning with a whole lotta postees. Then we climbed all day, had a delectable dinner, a few laughs as well. Headed to our campsite where we had some conversing, and slept. And then repeated that insane climbing the next day! Big love!"

-Emily Taylor, 3rd year Postee



**Next general meeting:
November 8th
Multnomah Arts Center
7688SW Capitol Hwy
7:00 pm sharp!**



ASK A POSTEE



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

Questions? Send them to 503-806-1035 to possibly be featured in future issues!

Q. Dear Postee,

I am a very busy gal and am not sure if I will be able to attend every Post meeting. How often do they happen, and are there any repercussions for missing them?

From, Busy Bee

A. Dear Busy Bee,

Thank you so much for taking the time out of your busy day to write! Chapter 1 general meetings happen on the second Monday of every month. Attending these meetings is an essential part of being a member of the Post. As you will quickly learn, meetings are actually very fun and always feature an elaborate speaker. They also serve as a great way to connect with your fellow Postees and experience the Post culture without even being on a trip! When it comes time to sign up for summer trips, students who have attended the most meetings will be given first priority to get on trips.

From, Postee



Q. Dear Postee,

I would love to go on climbs with the post, but I don't have much experience or gear. Is that okay?

From, Aspiring Pro-Climber

A. Dear Aspiring Pro-Climber,

What a great question! Don't worry, the Post will make sure that you are plenty prepared before tackling any summits. Conditioning hikes, Snow School and Field Day will all get you in tip top shape for climb season. Climbs are also rated on a letter system to help you progress comfortably from A climbs to hardcore C's. In terms of equipment, gear such as helmets, harnesses and ice axes can be borrowed for trips. You'll be climbing high in no time!

Love, Postee

Q. Dear Postee,

I went on an awesome Smith Rock trip recently, and met so many cool people. I had so much fun but I did not take any pictures, and I don't have anyone's contact info from the trip to get the pictures of me sending an epic 5.9. Is there a way for me to find my fellow Postees info?

Love, Photoless

A. Fear not Photoless,

There is a place that holds just what you are looking for! If you go onto the Post 58 website, post58.org, and click on the 3 bars in the top right corner, a menu will appear. Click on "member area" and you will see yet another menu! Click on "roster" and a page will appear for which you need a password. The password is **climb**. Enter this password and you will find a roster with all the important information that will help you track down those epic photos! This roster will come in very handy for all your years in the Post, so get used to using it!

Love, Postee



Q. Dear Postee,

After joining the Post, I discovered that I have a crippling fear of heights and summiting a mountain just doesn't sound like fun. If I don't want to climb mountains, do I have to quit the Post?

Please help, Elevation Adversary

A. Dear Elevation Adversary

Oh no! That must have been a devastating discovery. But don't worry, this doesn't have to be the end of your Post career. Post 58 offers a wide variety of trips - not just mountain climbing. As a Post member you can go on backpacking, hiking, skiing, snowshoeing, biking, rock climbing, caving, and even fishing trips!

From, Postee

UPCOMING EVENTS!

Important Upcoming Dates!

- November 6th** - Pie Pickup at Lincoln
- November 8th** - General Meeting
- November 13th** - Ivy Pulling Service
- November 13th** - Foster Youth Outreach Hike
- November 13th** - Betties 360 Outreach Hike
- November 14th** - Urban Nature Outreach Hike
- November 19th** - PRG Climb Night
- November 27th** - PrAna Bake Sale



Climb Night

Climb nights are one of the most fun and exciting parts of the Post. Postees meet up at a rock gym on a Friday night and climb, socialize, and have fun! There will be a climb night on **Friday, November 19th** at The Portland Rock Gym (21 NE 12th ave)! Show up at **7:00pm** with whatever climbing experience you have! This is a great way for new members to meet each other and old members, as well as a great way for old members to connect and meet new members. Sign up at the November general meeting.

Service Project

Service projects are one of the most important aspects of the Post. They are a way for Postees to give back to the environment and community that lets us go on these trips and be a part of the Post. There will be an ivy-pulling service project on **Saturday, November 13th** at Gabriel Park in SW Portland. It will run from **9am-12pm**. Service projects are essential to the Post and are lots of fun! Like climb nights, this is a great way for new and old members to get to know each other! Reminder for old Postees: You have until the end of this calendar year to do your service and this is a great opportunity to do so! Sign up at the next general meeting!

Bake Sale

One of the Post's most time-honored traditions are its monthly bake sales. These fundraisers are vital to keep trip fees low and provide financial aid for Postees who need it. Plus, they're a lot of fun! You get to spend the day hanging out with friends selling (and eating) baked goods! This month's bake sale will be held at **prAna (635 NW 23rd Ave)** on **November 27th**. Sign up at the general meeting!

Remember, returning Postees must complete at least one bake sale and service project by the end of the year!



RECENT EVENTS!

Pie Drive Update!

The pie drive was a phenomenal success! Thanks to all your tremendous efforts we raised almost *12 thousand dollars* and sold over **800 pies**! Be ready to pick up your glorious pies on *Saturday, November 6th* at Lincoln High School. Pie pickup will be on the patio at Lincoln on the Salmon Street side, as indicated in the picture on the right. Check your email for your designated time to pick up your pies!



Outreach Hikes

Outreach hikes are great and meaningful opportunities that help make the outdoors more accessible to underserved youth in Portland. As Postees and young people who love the outdoors, your presence on these hikes is essential! There will be three outreach hikes this month. Yay! On *November 13th*, at 9:30am there will be an

outreach hike with youth in

foster care at Forest Park. On *November 14th*, there will be another hike with foster youth at the Smith & Bybee Wetlands (5300 N Marine Dr). This will

go from 12-3pm and will be focused around learning about fungi and hunting for mushrooms.

There is also a hike with Betties 360 for female-identifying Postees on *November 13th* at 2:30pm!

Betties 360 is a local organization that inspires confidence and provides

under-served female-identifying and non binary youth with outdoor experiences. Also, attending one of these hikes can count as a service project. Email Outreach Coordinators

Jacob Case at Jacob.case97@gmail.com or Jilly Scott-Lewis at ingydog@gmail.com to be a part of these great events!



OCTOBER BIKE TRIP!



In the beginning of October, I joined a group of 24 posties while we biked from the Mount Hood National Forest to Maupin. Through the three day trip, we battled uphill, and cruised down some of the best hills in Oregon. During the trip, we saw the season changing with beautiful fall leaves, and saw the environment change from dense fir and pine trees, to fields of maple trees, grass plains, to canoes. We traveled along mostly secluded paved roads and a few gravel ones. We camped at two different spots, one in Dufer along a quaint creek and the other in Maupin at the fork of the White river and the Deschutes. Along the way we got to experience lots of wildlife, indigenous groups practicing traditional fishing, stunning view points and hidden landmarks. While we were biking we made connections with one another and shared memories like no other.

- Bella Gibbons



A few weeks ago I joined the Post 58 bike trip. I had not used a bike in years and had no experience on multiple day bike trips. The trip started on a forestry road just outside of the Badger Creek Wilderness. Once on the road we passed beautiful scenery, beginning in a cool wet rain forest environment and slowly moved into oak savannas. Since I was still getting used to riding my bike I was near the back of the group often taking my time to climb the hills. The day went on as we climbed the first hill, about half way up we stopped for lunch then continued. At the top of the hill we got a peak at one of the first amazing views of the trip, the road we had just completed climbing left us looking over yellow, red and orange oaks into the golden backdrop of eastern Oregon. The next section of the trip was on a steep winding downhill. At the base of the hill we had a short climb up to our campsite. Some days before the trip fire restrictions were lifted so we were able to enjoy the warmth and glow of a campfire for the first time in months. The next morning we woke and started out early, quickly warming up as we climbed the last major stretch of uphill on the trip. We sped along gravel roads through the oaks we had been watching the day before. The road frequently switched between gravel and asphalt. As we started the descent into Tye Valley we dodged in and out of basalt cliffs, oaks and fields. Taking a quick break at the rodeo ring before heading through down town Tye Valley. We stopped for lunch at a nice park nestled along the white river, surrounded by wheat fields and cattle pastures just about as far as you could see. After lunch and resting in the sun we began our rapid descent to the Deschutes river. That night we camped at the merge of the Deschutes and the White river. Before bed we played capture the flag and celebrated one of our advisors birthdays, a group of us went star gazing. After a restless night of wind blowing our tents down we began our last stretch of the trip.

- Carlo Hamacher

THE CLIMBER'S CINEMA!

THE ALPINIST

“The Alpinist, directed by Peter Mortimer and Nick Rosen, is a film released just two months ago that follows the prodigious solo alpinist Marc-André Leclerc. From a humble upbringing in the small British Columbian town of Nanaimo, Marc-André approaches climbing and alpinism in a different way than most of the big name climbers we hear about today. He has a very spiritual take on alpinism, and finds a kind of religion in dancing the fine line between life and death in the alpine. It is there, upon the most hazardous and technically challenging mixed routes on the planet, that Marc-Andre feels most at peace with himself.

Leclerc’s pure vision and understanding of mountaineering is a joy to watch, but it’s the aroma of him, his rare personality, that causes viewers to fall in love with his story. He dances up, unprotected of course, the most prized peaks in the world of alpinism, all with a huge smile on his face. Marc-Andre, in all of his humility, climbs for no one else but himself; not to impress or satisfy anyone; just to find peace of mind. Despite what he was accomplishing (soloing routes not even imaginable), most of his early climbs were done in total anonymity. This speaks to who Leclerc is as a person, and also to his private, intimate approach to alpinism. Ultimately, Mortimer and Rosen’s film succeeds most as a sincere tribute to a fellow climber. Watching Leclerc in the zone, poetry in motion, is a capsulating experience. The film does an exceptional job taking its audience on a journey of love, passion, and tragedy, and brilliantly captures Marc-André Leclerc, as put in his own words, touching the sublime.”

- Alex Peterson

Chapter 1 president and film connoisseur



Ratings:
Rotten Tomatoes:
93%
IMDb: 7.8/10

Where to Watch:
Check local theaters
Buy or rent on Amazon Prime
Video

Run Time:
1 hour, 32 minutes

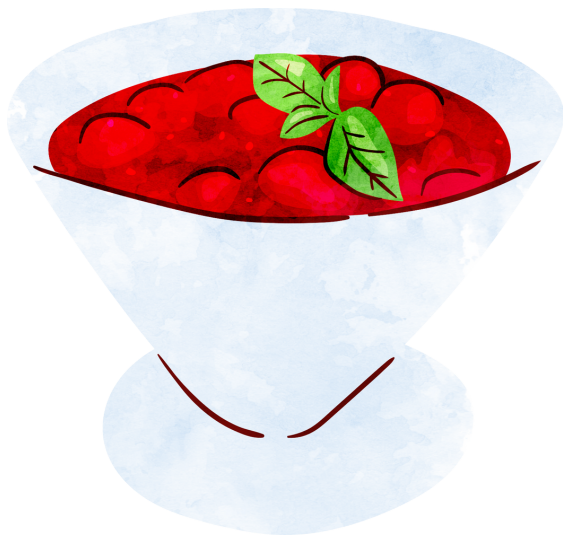
Directed By:
Peter Mortimer and
Nick Rosen





Quick Cranberry Sauce

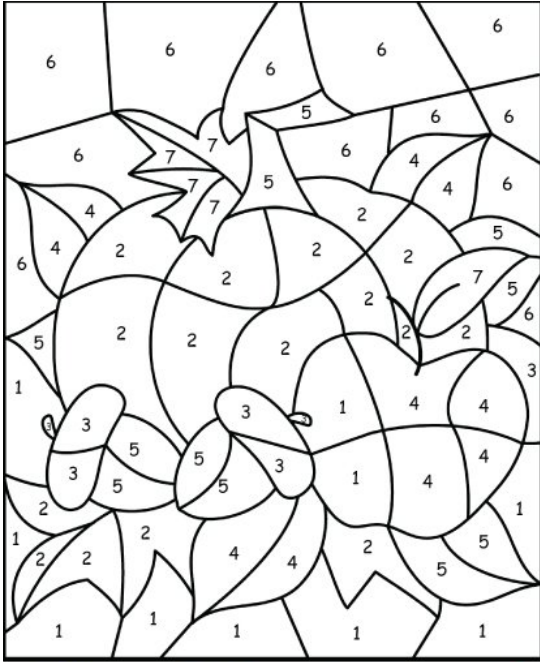
- 1 cup granulated sugar
- 1 cup water
- 1 12-oz. package fresh cranberries
- 2 tsp. orange zest
- kosher salt



1. In a small saucepan over low heat, combine sugar and water until sugar dissolves.
1. Add cranberries and cook until they burst, 10 minutes.
1. Stir in orange zest and a pinch of salt.
1. Remove saucepan from heat and let cool completely, then transfer to a resealable container and refrigerate.



COLOR-BY-NUMBER



- 1- yellow
- 2- orange
- 3 - dark brown
- 4 - red
- 5 - light brown
- 6 - blue
- 7 - green

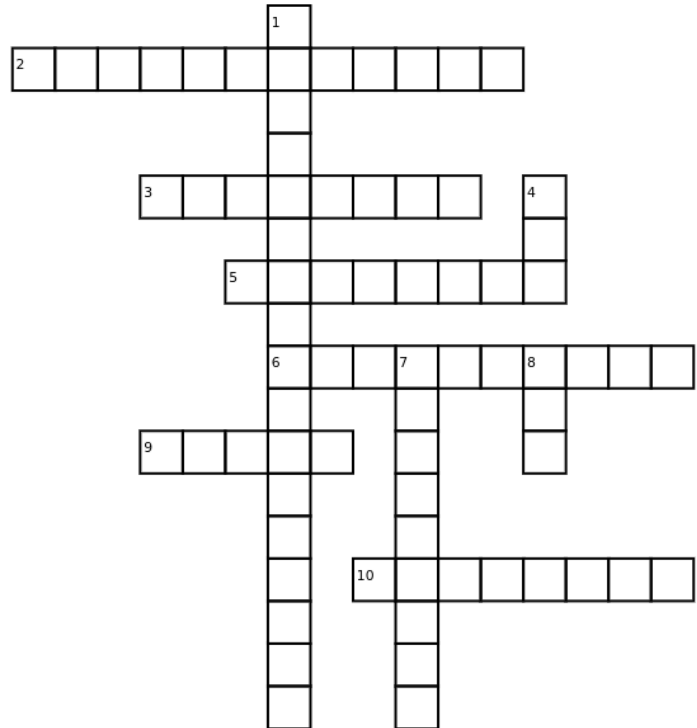
POST WORD SEARCH

Down:

1. This group of students helps run The Post.
4. A frozen dessert sold during October to raise money.
7. What Postees climb.
8. The service project on November 13th aims to get rid of this.

Across:

2. The president of Chapter 1.
3. This is where Postees go to borrow equipment for climbs.
5. Each year Postees spend a weekend at the Mazama Lodge recreating with this kind of footwear.
6. A monthly event where Postees can socialize and rock climb.
9. The password to access the Post 58 roster.
10. A monthly event that helps raise money for The Post.



POST PUNS

- Q: What's a turkey's favorite Thanksgiving food?
A: Nothing - It's already stuffed!
- Q: What kind of noise does a limping turkey make?
A: Wobble, wobble
- Q: What kind of music did the pilgrims listen to?
A: Plymouth rock