

# POST 58 NEWSLETTER

## Chapter 2

Deep Lake, With Mt. Adams in the Background

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Meet your new  
president!

### **UPCOMING GENERAL MEETING:**

**MULTNOMAH ARTS  
CENTER**

**6:30 PM, OCT. 18**

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### **UPCOMING NEW MEMBER MEETING:**

**MULTNOMAH ARTS  
CENTER,**

**7:00 PM, OCT. 25**



Make sure to turn in your Pie Drive sheet  
at the general meeting or by mail!

# UPCOMING EVENTS

## CLIMB NIGHT

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This upcoming climb night is on Friday, October 22nd at 7:00 PM at the SE Portland Rock Gym.

it's joint chapters which means double the fun!

Check your email for more updates and sign up at the general meeting.

## BAKE SALE

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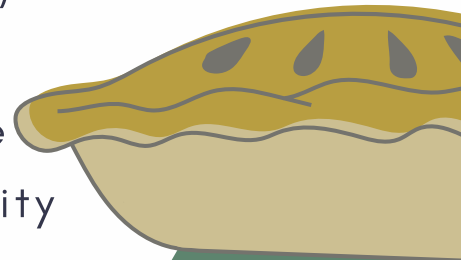
The Post is having an upcoming bake sale on October 23d. This is a great opportunity to spend some time getting to know fellow Postees as well as taking care of the fundraising requirement. It will be running from 11 AM to 5 PM but don't worry--it will be broken up into shifts so you don't have to stay for the entire time (unless you really want to). We hope to see you there! Feel free to bring spooky bakes for October, or stop by to buy a treat.

## PIE DRIVE

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There's still time to sell some pies for the Pie Drive before they're due at the next general meeting!

Pitch your friend, neighbor, or coach about what Post 58 stands for and why were selling pies! (Info was sent out via email)



At last month's bake sale Postees raised over \$500!

# TRIP REPORTS:

## CLIMB NIGHT BY CAIDEN SEARCY

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Last month a group of Post students gathered at the NE Circuit bouldering gym for the monthly climb night. In total we had around twenty people there, the largest climb night in recent memory. There were a lot of great climbs, and I sent my first v4 which was pretty cool. We also did a climbing relay which was a lot of fun. Excellent job by Teagan and Quinn! The next one is the Friday following the general meeting!



## BIKE TRIP BY AILA WAMMER

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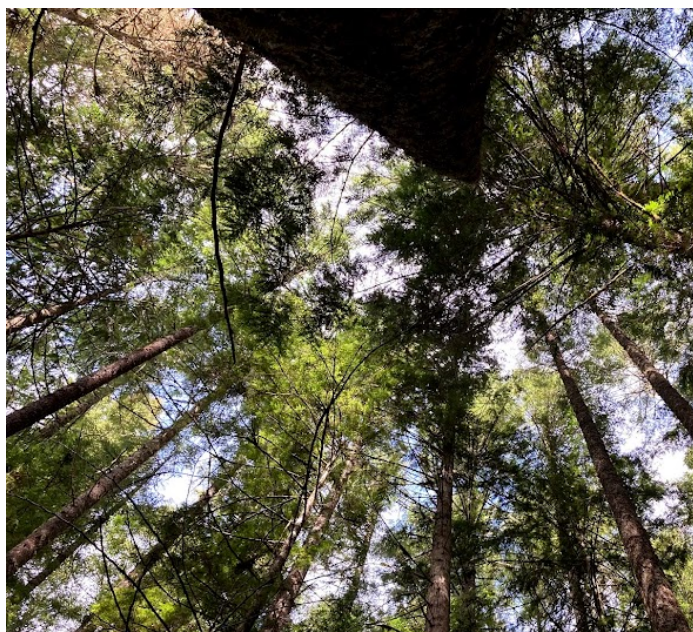
This past weekend, 24 students and five advisors set out to explore the Northern Oregon Cascades. Over the course of three days, we biked through numerous different biomes, from wet forests to the dry savannah, and along the Deschutes River. The breathtaking fall colored trees lining the sides of the road as we cruised on our bikes truly made the trip worth any uphill. At the campsites we spent our evenings playing frisbee, playing poker, or talking with new friends. I, along with 4 friends slept in a huge 7-person tent, which we called "our castle". Our decision was questioned the second night along the Deschutes River, as our entire tent folded in on itself from the intense wind during the night. Some were laughing, some were scared, some were nauseously stressed (definitely not me), but the morning laughter as we told our tent story made it all worth it. We also celebrated our advisor Len's birthday with scrumptious cupcakes around the campfire. The scenery and euphoric feeling of flying down the bare roads talking to people made the whole trip so memorable.



## IVY PULLING IN FOREST PARK BY DOMINIC D'ASCENZO

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Is there a better way to celebrate National Public Lands Day than by pulling ivy in Forest Park? Yeah, I thought not. A small but mighty group of Postees teamed up with the Forest Park Conservancy to pull invasive ivy off of trees. We cut the big roots off of the trees and removed a three-foot radius around each tree. It was grueling work, but rewarding at the same time. My favorite part was finally getting to step back and look at all of the progress that we as a team of volunteers had made.



# EQUITY TEAM

Post 58's Equity Team works to create a more diverse, inclusive and equitable community and culture. Our projects include the new, streamlined financial aid system, future gear drives, and conversations about equity at Post trips and meetings. We meet on the third Wednesday of each month, and everyone is welcome! Please contact Amy Henrikson (amyhenrikson@gmail.com) or Lindsay Foxwell (lindsay231@smapdx.org) to join. We hope to see you there!



# SCREENING OF WHO'S ON TOP?

At the upcoming general meeting we will be screening Who's On Top?, a documentary about a team of LGBTQ climbers, and their attempt to summit Mt. Hood. It follows their physical and mental journeys that led them to the summit. Along with the movie there will be one of the people the movie follows to answer questions and provide commentary!



WATCH THE TRAILER HERE!

OFFICIAL SELECTION  
COLUMBIAN SOCIETY  
FILM FESTIVAL  
2020

OFFICIAL SELECTION  
Durango International  
Film Festival  
2020

OFFICIAL SELECTION  
FREE APPROPRIATIONS  
FESTIVAL  
2020

OFFICIAL SELECTION  
KENDAL  
MOUNTAIN FESTIVAL  
2020

OFFICIAL SELECTION  
Durango International  
Film Festival  
2021

OFFICIAL SELECTION  
44th  
PORTLAND  
EcoFilm Festival  
2021

OFFICIAL SELECTION  
KIFF  
2021

OFFICIAL SELECTION  
Portland  
EcoFilm Festival  
2021

NARRATED BY  
GEORGE TAKEI

WHO'S  
ON  
TOP?

LGBTQs SUMMIT MT. HOOD

NO SUNRISE WASTED PRESENTS A DEVIN FEI-FAN TAU FILM  
TAYLOR FELDMAN SHANITA KING STACEY RICE RYAN STEE AND GEORGE TAKEI IN WHO'S ON TOP?  
DIRECTOR OF JUSTIN RAPP ASSOCIATE PRODUCER MIKE VAUGHN EXECUTIVE PRODUCER RYAN J. RINEY  
PHOTOGRAPHY MARGARET LILY ANDRES  
EDITOR MARGARET LILY ANDRES WRITERS MARGARET LILY ANDRES DEVIN FEI-FAN TAU PRODUCED BY DEVIN FEI-FAN TAU

OREGON FILM Regional Arts & Culture Council PORTLAND FILM OFFICE COLLABORATIVE FILMS COLLECTIVE EYE FILMS Passion River

# MEET YOUR NEW PRESIDENT: INTERVIEW WITH ALEX KOWALIK

Aila (interviewer): What are your hobbies or passions outside of school?

Alex Kowalik: Most of my time is spent doing the Post, but I read a lot, and I do like to go hiking and biking on my own. During the winter and summer I like to ski and windsurf as well. I've been trying to learn guitar for the past two years, but I'm not very good at it.

Aila: What have you learned from the Post?

Alex Kowalik: I've been in the Post since my freshman year, and I've learned a lot about how to push myself in a healthy way to overcome hard challenges. For example, I climbed Mt. Hood my freshman year which was hard for me mentally and physically. I learned how to push myself in a way that stretched my level of comfort, to where I got to learn some really important things that I still use today. I also learned how to be more sociable, and to make friends. One of my favorite parts of the Post is being able to go up to people I don't know and to make a conversation with them.

Aila: What are your goals or ambitions for your term as president?

Alex Kowalik: In my term as president I would really love to help the steering committee to do jobs well, and to the extent that they are willing to. Some people on the steering committee have been wanting to expand their jobs to their fullest ability to add different fundraisers or trips and I want to assist them in taking the Post in the direction that they want to.



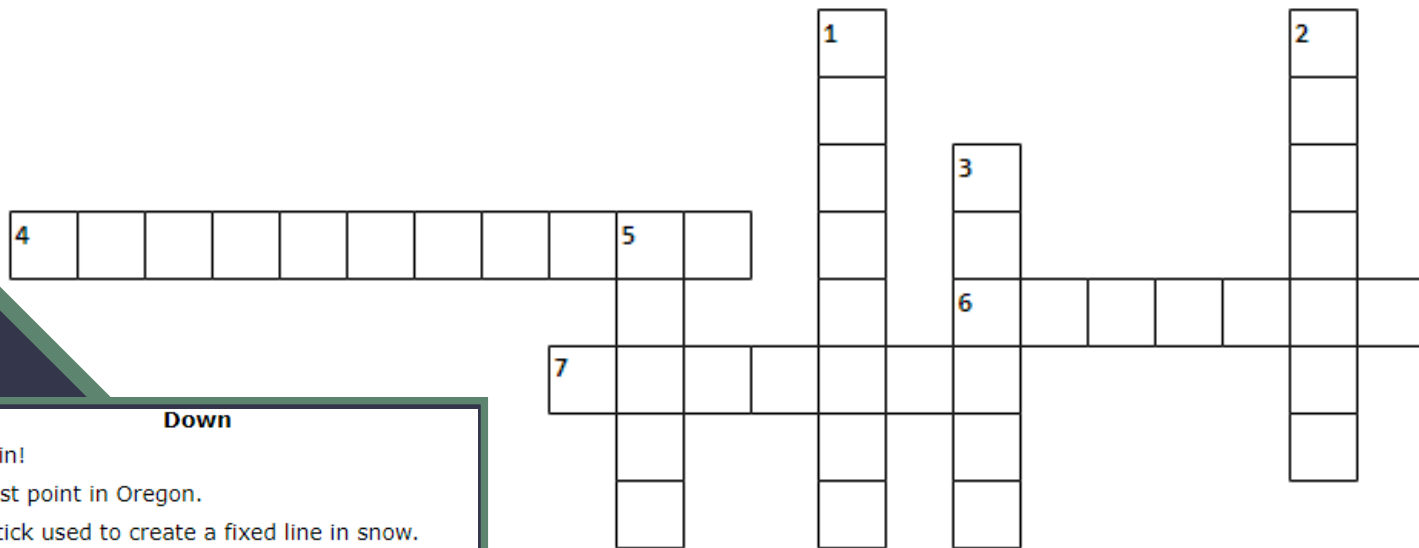
# HOW TO SURVIVE A LIGHTNING STORM

BY CAIDEN SEARCY

Picture this; you're on an alpine ridge, far from the treeline and safety, as dark clouds start to form on the horizon. What should you do? Of course the first answer is that you should not have gotten yourself into this situation, by checking the forecasts ceaselessly leading up to your expedition and being constantly vigilant for signs of bad weather, but

sometimes even with these precautions, you might find yourself caught in an alpine storm. If the only option is to wait it out, you must protect yourself as much as possible against lightning strikes. First, get rid of all metal; this includes ice axes, trekking poles, and other exposed metal (things inside your backpack are fine, as they most likely have sufficient insulation) and put them at least a hundred feet away from yourself. Next move to the lowest point in an area, or get below treeline if you can. Finally, if no other options are present, assume the lightning position. Crouch on the balls of your feet keeping them as close together as possible and minimize all contact with the ground. It's important to note that small caves do not work as cover from lightning.

## CLIMBING CROSSWORD!



### Down

1. Don't fall in!
2. The highest point in Oregon.
3. A metal stick used to create a fixed line in snow.
5. Loose rock on a steep slope below a cliff.

### Across

4. A move used to stop yourself when sliding on steep snow with a ice axe.
6. A thing that attaches to the bottom of a shoe in order to improve grip on snow.
7. The most common kind of friction hitch.