



OCTOBER 2021 VOLUME 28 NO 10.

POST 58



Next general meeting:

October 11th
Multnomah Arts Center
7688 SW Capitol Hwy
7:00 pm!





Upcoming Events!

Climb Night!

Looking for an opportunity to meet new friends in the Post? Or maybe work on your rock climbing skills before going to Smith Rock? Come to the climb night on **Friday, October 22nd**! It is being held at the NE Circuit Bouldering Gym (410 NE 17th ave) at **7:00pm**. Sign up at the October Meeting!



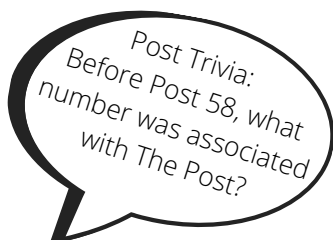
Bake Sale!

Cookies, brownies, cupcakes, and more! Who doesn't love a good baked treat? The Post will be hosting our very own bake sale on **Sunday, October 24th** right outside of prAna (635 NW 23rd Ave). Sign up at the general meeting!



Service Project!

Get your ivy pulling hands ready, there is going to be an ivy-pulling service project on **Saturday, October 23rd**! It will be from 9am-12pm with SOLVE at Woods Memorial Park (SW 45th Dr & SW Wood Pkwy)! Service projects are a great way to give back to our communities and meet new people! You can sign up for this at the October general meeting!



Post Trivia:
Before Post 58, what
number was associated
with The Post?





Join The Post's Equity Team!

Established in the fall of 2020, the Post 58 Equity Team meets once a month to discuss, learn, and create projects and activities about issues relating to diversity, equity, and inclusion in the Post. We are also working to further educate ourselves on social justice and racial oppression. Taking what we learn and using it to enhance the diversity of Post membership and consider the policies of the Post, we hope to create a more diverse, equitable and inclusive community! We work with the outreach program, both steering committees, a wonderful group of advisors, and members from both chapters. Hopefully you've already had a chance to see our work in action at General Meetings or on trips through the land acknowledgements.

Whether you are new to the Post, or have been a member for several years, maybe you've heard about the Equity Team and have wanted to get involved, or if you are passionate about equity related work (or would like to become more involved in such work), this is for you! You don't need to have any experience, you just have to be open to learning! Meetings are a very friendly environment where we bounce ideas off each other, work on projects, and bring many new ideas to fruition. Any and all of you are welcome, and we'd love to have you and your ideas join us.

If you have any questions about the group or want to join, please email (Lindsay Foxwell; lfoxwell530@gmail.com)!

Important Upcoming Dates!

Chapter 1 General Meeting - **October 11th**

Deadline to mail in money for pie drive - **October 13th**

Deadline to drop off money for pie drive - **October 18th**

Climb Night - **October 22nd**

Bake Sale - **October 24th**

New Member Night - **October 25th**

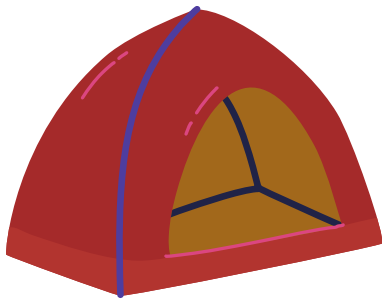
Pie Pickup at Lincoln - **November 6th**





Fall Wilderness Tips!

LAYERS are your best friend in the fall! During fall and autumn, the PNW weather can change very fast with little warning. One minute you are hiking through the chilly rain, the next minute you are feeling the bright sun rays on your face. We all hear it all the time, but it's true: having many layers will make all your outdoor experiences that much better!



Don't forget about the rain! Even if it is looking like a sunny fall day, you never know when it might rain! Always make sure to pack a raincoat because it can make or break a rainy trip!

Testing your equipment is super important! Double check your gear before you go on a trip to avoid any problems with your gear! Definitely do this if you are borrowing gear or if it is new to you! Also, making sure that you understand how to use your gear is important, especially for things like tents and stoves!



Check in on your fellow Postees/outdoor buddies, and yourself often! Another thing that can make or break a fall trip or any trip is your attitude, and the attitude of those around you! A cold and wet rainy day can definitely dampen your mood, but keeping a good attitude can make it all the better. Check in with each other often to make sure that you are getting the most out of your experience!





NEW MEMBER NIGHT!

Do you have friends or family that are interested in joining the Post? Bring them to the new member night! It is on **Monday, October 25th at 7:00pm!** It will be at the Multnomah Arts Center in SW Portland (7688 SW Capitol Hwy). If you have friends or family interested in the Post, bring them to the new member night so that they can get more information and sign up! There will be lots of important information given at this meeting, so whoever is interested needs to come to this meeting!

PIE DRIVE!



This is your friendly reminder to sell some pies!! The end of the pie drive is coming up, and we hope you have been having fun and selling lots of pies. The deadline to mail in money to Post headquarters (5228 SW Westwood View), is **October 13th**. The deadline to drop off money at Post headquarters is **October 18th**. Lastly, pie pickup will be on **November 6th** from 1:30-3:30 at Lincoln High School. Don't forget! If you sell 20+ pies, you get a free trip next summer (excluding international trips)!





SPOOKY SEASON

Costume Tips

- Get creative! You can DIY anything with a little help from YouTube.
- Be original! No more black cats or bed sheet ghosts.
- Try a group costume. The more the merrier!

Trick-or-Treating Tips

- Bigger house = Bigger candy
- If people have to ask “what are you?”, try harder next year.
- “Please take one” is just a suggestion.
- If the lights are off, they don’t want to talk to you.

Fun Fall Activites

- Go to a pumpkin patch
- Try to escape a corn maze
- Carve Jack-O-Lanterns
- Test your fight or flight response in a haunted house
- Drink pumpkin spice lattes



Text a photo of your Halloween costume to (503) 806-1035 and you may be featured in a future newsletter!



***The Best* Pumpkin Bread**

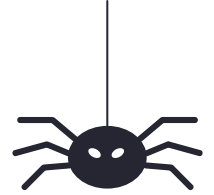
Ingredients

- Unsalted butter, for the pans
- 3 1/2 cups all-purpose flour, plus more for the pan (see Cook's Note)
- 3 cups sugar
- 1 cup vegetable oil
- 4 large eggs, lightly beaten
- One 15-ounce can pure pumpkin puree
- 2 teaspoons fine salt
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1 teaspoon ground nutmeg
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 2/3 cup water



1. Preheat oven to 350 degrees F. Butter and flour two 9-by-5-inch loaf pans.
2. Whisk together the sugar and oil in a large bowl until well combined.
3. Whisk in the eggs and pumpkin until combined.
4. Combine the flour, salt, baking soda, baking powder, nutmeg, allspice, cinnamon and cloves in a medium bowl and whisk until well combined.
5. Add half the dry ingredients to the pumpkin mixture and stir to combine. Add half the water and stir to combine. Repeat with the remaining flour and water.
6. Divide the batter between the prepared loaf pans. Bake until cake tester comes out clean and the loaves are golden brown, about 1 hour.
7. Let the loaves cool in the pans on a wire rack for 10 minutes. Remove from the pans and let cool completely, about 1 hour.





October Word Search

Q C C N M S Q I W Q T P I K K U J C D J
 E H C Y Q J F Q Z L A D B G F U P F M O
 B R J A C E N A N W E S T U B O O E L G
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Halloween
 Spooky
 Bake Sale
 Witch
 Jack-O-Lantern

Candy
 Pie Drive
 Frankenstein
 Squash
 Trick-or-Treat

Dracula
 Ghosts
 Pumpkin
 Stu-Boo!

Post Puns

Q: Why didn't the skeleton go to prom?
A: He had no body to go with.

Q: What did one ghost say to the other?
A: Get a life!

Q: What do you call a fat pumpkin?
A: A plumpkin.

