



Next Meeting February 13th!



What it feels like to take part in the Post Fun Run

(Photo Maya Rayle)

Things To Know

This Month's Speaker

Mike Wilson and Ari Herrick, Posts very own advisors, will be talking about the importance of layers, and demonstrating how to use them. We may even be gifted enough to have someone who might be Kyle Greenspan put on all of these layer so we can see them use in REAL LIFE!

Have you seen those really awesome people at the beginning of every meeting? The ones who read poems and sing songs... Do YOU want to do that? If so, email fogelstromm@catlin.edu

Upcoming Events

Post Eco-Friendly Meeting

Did somebody say “carpooling” or “effective modes of transportation that do not simultaneously harm the environment?”

Whether or not you were listening or checking your import emails, or doing anything besides living under a rock, you should know that these were said. This month, the heavily anticipated **Post Eco-Friendly Meeting** will be taking place, requiring you to come to the meeting in a way that helps the environment (not getting dropped off and picked up). Fill in your plan by opening the link in Tim's email (t.gentry1111@gmail.com) and finding your name.

To recap: EVERYONE MUST COME TO MONDAY'S MEETING IN AN ECO-FRIENDLY MANNER

Since using thousands of red solo cups each meeting to consume our bubbly beverages is wasteful, **no cups will be provided at the meeting, meaning you have to bring your water bottle** if you would like to consume fizziness.

Post Fun Run

ARE YOU INTERESTED IN GETTING OUTSIDE AND EXERCISING IN A VERY FUN MANNER?

If you answered "yes" to any of the words above, then you should come join us for a Post Fun Run!

Who: All of the Post, everyone loves to run and wants to be there

What: A Post 5k (Approximately 3.10686 miles) Fun Run, a chance to get outside and spend time with your friends.

Where: Lief Erickson trail in Forest Park off of Thurman (we will run 1.55343 miles out and 1.55343 miles back along the trail)

When: Saturday, March 4th. From 10am to Noon

THERE WILL BE SNACKS AFTER YOUR VIGOROUS EXERCISE

Side note: Maybe you don't like running, but maybe you have a friend who does. Unfortunately you are a busy teen and don't get to hang out with them or other friends... I see a problem with a simple solution, come join EVERYONE at the 5k!

If you have any questions contact Maddie Ott, Finn James, or Regan Magee (maddie181@smapdx.org, finnj8874@gmail.com, mageer@catlin.edu)

Been on a cool trip lately? Heard something interesting you'd like to share with post? Want to be interviewed?

Submit articles or pictures to the newsletter! If you see something that should be in the newsletter, don't hesitate to email Finn at finnj8874@gmail.com, and you can be featured!

Service

The service project will be this February 18th (Saturday after the meeting), Caleigh and Regan will be taking you to Kelley Point Park to assist with restoration by planting native species and removing invasive ones. The event will run from around 9:00 am-12:30 pm.



Could this be you pictured above having fun? It could be if you sign up for the next service trip!

Fundraising

On Sunday February 26th we will be holding a Car wash from 12:00PM to 3:00PM at Les Schwab's tire center at NW 18th and Northrup (pending). It will be name your price. Cars are much dirtier in the winter so we plan on getting lots of customers.

In the News

The Post. A Love Letter.

Taylor Feldman (ONE OF OUR VERY OWN POST ADVISORS)

Our story began on accident. It was just another Friday night, climbing after hours at Portland Rock Gym. I spotted you from across the gym and thought, “Wow. What are all these high schoolers doing here?” I’m not sure you saw me, but I was making eyes at you, watching your every move to find out who you were. I finally got up the nerve to ask. You slipped me a piece of paper with an email address and nothing more, and I wasn’t sure I would ever see you again. A week went by and I could think of nothing else. Who were you? What were you doing there? Did you notice me? Were you thinking of me too?

On a limb, I emailed you and asked when I could see you next. I felt as though I was holding my breath when a response finally arrived. My heart skipped a beat. It was an invitation. A time and a place and I didn’t know what I would find there, but I knew I was already enamored.

Three years have passed and so much has changed, yet nothing has. The beauty you’ve shown me, the meals we’ve shared, the weather patterns that seem insurmountable to us are somehow always overcome -no matter if we reach the summit or not- I have always been safe with you.

Leaving you in October was a hard choice I felt ill prepared to make. How could I leave you? For how long would I be gone? I knew that going back to Chicago was right in the moment to take care of my father, but never a day passed where I didn’t think of what adventures we have yet to come. Chicago was where I grew up, a place where I met a first love, another youth group. I was young, but a first love such as this shaped who I am, and I admit I was excited about eliciting those memories once again in my hometown. So much of me has changed, yet nothing has. That youth group was my Post, and I knew I would be that for someone else when I grew up. I wanted to spread that first love feeling of the community that shaped me.

So what now? Here I am, far away from you and yet.. I dream of March 1, when I return to you and plan for our future together. What a summer to be had! Mountains to scale! Stars to sleep beneath! Sunburns to receive! We shall reunite once more.

Yours truly, Taylor

Second article: from Climbing Magazine

I was climbing at a popular sport crag in Boulder Canyon. When my partner reached the anchor of her route, another belayer startled me. He was frantically trying to get his climber's attention by shouting her name over and over. Someone in their group chimed in, "She can't hear you; she has her headphones in." She was totally oblivious, and her belayer was making it difficult for other parties to communicate over the commotion. When she finally took out her earbuds, the yeller instructed her to set up a top rope anchor using two quickdraws.

—*Matt, via email*

LESSON: If you can't pull moves without Anthony Kiedis's angelic voice wailing "Californication" directly into your brain, stick to bouldering or auto-belays in the gym. It's crucial that you maintain the ability to communicate with your partner. They may have something important to tell you, like, "Fix the rope so it's not running over that sharp edge" or "You back-clipped the quickdraw, gumbo." That said, you should also [minimize the need for communication](#). These climbers should have agreed on their anchor and descent strategies before she was on the wall. Miscommunication about rappelling/lowering are one of the most common causes of climbing accidents. Discuss your plan on the ground so you don't have to hope your partner can hear you from 100 feet below.