



## Post 58 Finishes Record Climbing Season!

*Article on inside page*



Photo: A successful summit in Canada!

Next meeting: Monday, September 11th

7:00 PM Lincoln High School Room 169

# Post Activity

**Canada:** *(from front page)* Students from Post 58 submitted almost 20 peaks this past summer, including all the Giants of the Northwest. In what may be a record season for total elevation gain, students made it to the top of Mt. Rainier (14,410 feet), Mt. Shasta (14,163) and Mt. Adams (twice) 12, 123. Outgoing Post President Maxwell “Max” Fogelstrom called it “an incredible season. One where many first year students exceeded far more than their dreams”. The Post also reached the summit of Mt. St. Helens, Eagle Peak, four mountains in the Wallows, Mt. Hood, South Early Winter Spire, South Sister, Mt. Thielsen and Broken Top.

A total of 18 students spent up to two weeks climbing in the Selkirk Range of Canada this past summer, and summited five mountains. The ambitious group also made it up two lesser peaks, and attempted a couple of other peaks but were rebuffed by hazardous conditions.

In August the Post led students from Pear on their first mountain climb ever, and reached the summit of South Sister. What a great season!

**Post’s 3rd Grant:** The Post received its largest grant to date for \$7,100 from the Memorial Challenge Committee! The grant funds are unrestricted and will be used to help fund the work of Post 58 through the next year. The Memorial Challenge Committee works with Positive Tracks “to make a meaningful difference” in the world for youth. They want to support The Post because they believe in the power of challenging youth through outdoor activity, and believe the Post is very effective at doing this.

**Max Fogelstrom Interview:** Before he left for Berkeley, I caught up with departing Post President Max Fogelstrom for an interview about his time as president.

Q: As you started your presidency, what worried you most about your ability to do the job?

A: My biggest worry was being able to stand in front of The Post and energize everyone and get people excited about trips and activities.

Q: What are you most proud of from your presidency?

A: I am most proud about how The Post has expanded not only in size, but also in the direction we are going in in terms of collaborations with organizations outside of Post.

Q: As the president, you had to work with adults, how did that go and how does it compare to working with the steering committee?

A: It's a large responsibility, the main difference is when working with adults, you realize The Post is a large, significant organization and it isn't just run by students working only half time jobs where they can't dedicate their full energy. I realized there are lots of people relying on you to do your job, which really teaches you to take your job and self more seriously.

Q: How much did being president interfere with your homework and other aspects of your life?

A: It takes up a lot of time, but I was able to focus on The Post more than school and didn't have a lot of other activities other than sports, so I was able to organize and balance my time fairly easily.

Q: What is your biggest regret from your presidency?

A: I would have spent more time getting to know every single member; The Post is big, but there are others members who know everyone and I find that valuable.

Q: Why is the Post important?

A: This question, along with the question of where we want to go with The Post, has been a central point of my presidency. Post gives opportunities through trips to challenge kids and gives them learning opportunities and situations with discomfort, which leads to personal growth and many great learning experiences.

Q: How challenging was it for you to interact with the other members who ran for president against you after you won?

A: I had no problems since all the people who ran were friends of mine and they were very supportive and could get past not getting the presidency. Reuben Schafir in particular did a good job moving on with his job as vice president



and was never passive aggressive. He and Ori are close friends of mine are understood that they had almost equally important positions.

Q: After being President, what is the biggest difference between what you expected of the job and its reality?

A: I was expecting a lot less behind the scenes work; as a member you just see the president and don't realize there is a lot more work behind scenes to organize advisors, trips, the steering committee, meetings, as well as many other things

Q: What advice would you give to next year's president?

A: The best thing you can do as the president of The Post is be involved with the kids; that kind of energy spreads well.

Q: In what ways has being president changed you?

A: It has given me confidence in myself that I did not have at the start. I realized that being such a big part of such a cool organization is cool and realized that being involved in something you really care about gives you energy.

Q: A lot of people talk about your hair, how has being president affected your hair?

A: I don't think my hair has really changed, maybe I should have been more aware of what the people were thinking.

Under the leadership of Max, the Post has made great expansions, not only in member, but also in community outreach and involvement.

**Thanks for a great presidency Max.**

## Things To Know

**Speaker of the Month:** Katie Mills will be our speaker of the month for September. **Check her out in the *In The News* section of the newsletter!**

**Elections:** As the school year changes and our beloved seniors head off to their lives away from home, we see any important leaders of Post 58 leave. A committee of outgoing seniors has nominated Post members for positions within the steering committee. They will give short speeches in hope of election at the September meeting. Thank them for offering their time to make The Post what it is!

**T-Shirts & Water Bottles:** We will still be selling Post t-shirts and water bottles at the September meeting! T-shirts are \$15 and water bottles are \$10. Don't forget to bring money to the meeting!



## Upcoming Events:

**Snowshoe Trip:** Our annual snowshoe trip has been set for the weekend of January 6th-7th! Make sure to mark your calendars as this is mandatory!

**Smith Rock:** On October 21st and 22nd we will be making our regular fall trip down to Smith Rock for some outrageously fun climbing!

## Fundraiser

A new consensus by Post has revealed that 99.9% of Post members are actually runners. Who better to support than people like you?

The Portland Marathon will be held on Sunday, October 8th. Anyone who volunteered at the Marathon last year (about 30 members came last year) knows how fun it is to cheer on runners while giving them water and throwing gummy bears at them!

## Service

Connect with Nature at Mt. Tabor Park!

Help restore Mt. Tabor Park Saturday, September 30 by removing invasive species, maintaining native plants and performing trail maintenance. After the work, stick around for a celebratory event with local food and live music!

## In the News

### **The Albatross and the Shiv, New Routes**

Alaska, Brooks Range, Arrigetch Peaks Climbs And Expeditions

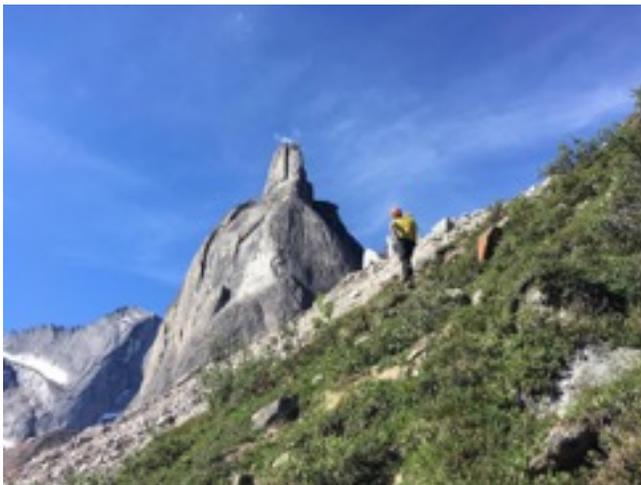
Author: Katie Mills

Climb Year: 2016

Publication Year: 2017

**Link:** <http://publications.americanalpineclub.org/articles/13201213938>

**Pouring rain, nightmarish mosquitos, tussock bog-hopping with 90-pound packs –the struggle was real when Cigdem Milobinski, Nick Pappas, Todd Torres, and I began our approach into the Arrigetch Peaks on July 2. But the objectives we’d dreamed of climbing kept us going, and in the end we managed to complete two new routes during our three-week trip.**



Due to various unfortunate factors, including carrying too much gear and Cigdem spraining her ankle and subsequently self-evacuating, it took us nine days to approach and establish our base camp in the Arrigetch Valley. On July 12, Nick Pappas and I set out to climb the Albatross (5,565'), a twin-summitted peak that had been climbed to its southern (and true) summit twice before—first in 1969 via its much shorter southwest ridge and then in 1993 via cracks up its south face. We found no report of climbs or attempts

on its north side, despite the north buttress commanding the view upon entering the Arrigetch cirque. Its top is split in two by a giant dihedral that never sees sunlight, and a large black gash slashes across the buttress, making it appear as if the watchful eye of some great god overlooks the valley. Photos of this magnificent feature had intrigued me in the months leading up to the trip, and I couldn't believe that it remained unclimbed.

A beautiful 400' splitter crack system led us up to the shoulder of the north buttress, and some nerve-wracking climbing over giant loose blocks got us to the base of the dihedral. The corner was slammed shut at the bottom, and we spent four hours exploring various options and then retreating to a ledge to rest. Finally we followed a line of tiny crimps directly up to the dihedral, which eventually opened up to a decent crack. We climbed the wet, crumbly corner, full of flora and fauna, and exited to find a perfect safe nest for a well-deserved nap. After climbing a licheny slab to the north summit of the Albatross, we simul-climbed the ridge to a low point between the peak's two prominent high points.



From here we made six 70m rappels off the west side to the glacier below. We returned to our tent 30 hours after leaving and named the route after the stunning dihedral that glowers over the valley: The Eye of Sauron (1,200', 5.10c).

After scouting the area and finding nothing else we desired to climb, we moved base camp to the beautiful Aquarius Valley. On July 18, Nick and Todd climbed the northwest ridge of an unnamed peak attempted in 2002. [Editor's note: This peak

*lies northwest of the Badile in the Aquarius Valley and is represented on the Survey Pass (B-3) Quad as a long ridge between two glaciers at the head of the valley. Approximate coordinates are 67.40149N, 154.14952W. The 2002 party called it "Notchtop"; see [AAJ 2003](#).]* The climbing consisted of classic 5.6–5.8 for the first few pitches, which led to a knife-edge sidewalk and wild face, devoid of crack systems. It was clear that the 2002 attempt had ended here—Todd used the previous party's bail nut as part of the belay. Nick managed to free the pitch on sight, calling it the culmination of 10 years of climbing and the best pitch of his life. Tricky ridge climbing took them to the summit, from which they continued down the ridgeline to a notch, where they rappelled the west side of the peak. Since it was our last day to climb before hiking out, they named the route Go Big or Go Home (5.10d R, ca 800' vertical but considerably longer climbing distance) and dubbed the formerly unclimbed mountain the Shiv. This trip was made possible by the Bob Wilson Grant from the Mazamas.

– Katie Mills