

The Summit

a newsletter brought to you by **Climb Out of The Darkness Expedition Team**

Preview:

- > [New Website!](#)
- > [New Facebook Page!](#)
- > [Upcoming Events](#)
- > [Sponsors!](#)

A Personal Forward by Seth Pooler, Team Media and Outreach Coordinator

It is with great excitement that I introduce the premier of our monthly newsletter—*The Summit!*

We have worked on the Climb Out of The Darkness Expedition for only four months, but our achievements have already surpassed my expectations. We have a written proposal, a formal letter to send to businesses and organizations, a website, a popular Facebook page, newsletters, sponsorships, and most importantly, we have a team forming. To me, the most daunting part in all of this is, we still have six months left before leaving for our expedition—and then the actual expedition. Who knows what will happen in that time-span! We are trying not to limit ourselves of the possibilities, which we all know is difficult to do. But, it is important to remember that everyone should never limit themselves—to not be scared of our potential for greatness. I have always been scared to push past my mental boundaries because it makes me feel uncomfortable and vulnerable to pain. But, in the midst of all this preparation, I'm already going on an uncomfortable journey—one that is pushing my own limitations and helping me understand myself better: what my passions are, my obstacles, and how to handle myself better in different situations. I think the biggest thing I'm learning through this process so far is how to fight. My life has been too overrun by retreating. Sometimes I feel like a coward, hiding in the corner.



But through this preparation for the trip, I'm learning to fight for my passions. I'm learning to fight for what I believe in, and what I want to accomplish. I'm learning to fight against the fear that tries to prevent me from becoming who I am meant to become. And as I gaze upon the mountain before me, whatever that mountain may look like, I am fighting for the right to move forward—to hike onward. I am fighting for my own progression. I am fighting for my happiness. I am fighting for the right to breathe.

We are on a journey, my friend. One that is dangerous, painful, and scary. That journey is called Life, and without these obstacles, we would never have a sense of adventure, we would never know what success is, and we would never know what it means to defeat fear. We would never know how to fight for our place in the world.

We must fight, for our lives are depending on it.

Updates:

Website: cotdexpedition.wix.com/cotd

Our website was first published on November 24th, 2014. I want to highlight some of the tabs featured on our website:

The Expedition—will feature interesting information about the preparation we are doing for the trip, as well as awesome photos and videos that we will post after the trip. Think of it as a before-and-after information base.

The Blog—will be the site where we post up-to-date information while we are on the expedition (i.e. what we did, how awesome it was, and what is our next goal).

Meet the Team—features pictures and short biographies from each team member. Who are the people crazy enough to do this project?

Mental Health Information—we will have to wait and see how this page develops, as we are waiting to partner with mental health organizations so we can provide legit information on our website. We are hoping to be able to list different resources and information that people can read about to further their understanding of mental health.

The purpose of our website is to be our biggest resource provider of this project. Please, check it often and see what's new!

"But, it is important to . . . not be scared of our potential for greatness."

The Book of Faces

COTD created their own Facebook page in early November. It has been a great success in spreading the word about our project! On the page, we have a simple statement that says "Climbing Colorado's 54 14,000ft peaks to raise awareness for mental health." Also on the page, we have been able post team biographies, some information about the Fourteeners, various information about mental health, and unique or interesting quotes that inspire us. Our website link is available on the page as well.

Using Facebook has been really nice to use—it has been a simple and easy way for us to gather attention from family, friends, and various organizations.

Upcoming Events:

Look out February 3rd!

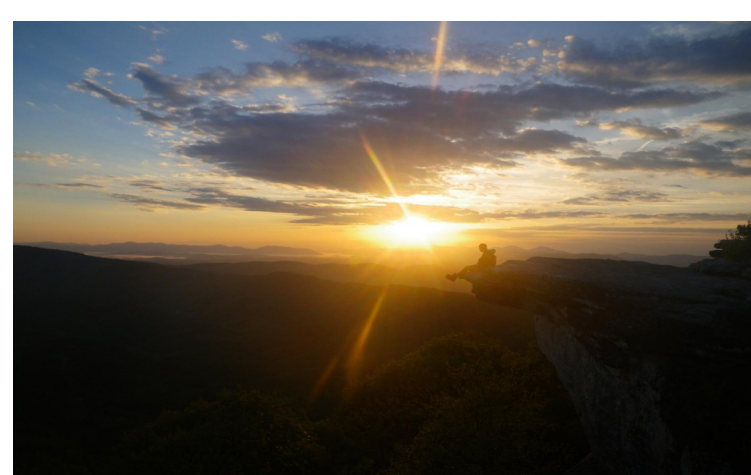
Come Feb. 3rd, we will finally have our OFFICIAL Climb Out of The Darkness Team!

Team Contract:

After Feb. 3rd, the team will begin creating a "team contract". This will provide a thorough understanding of what this trip entails (i.e. the potential danger/risks, emergency contact information, etc.).

Press Release

We have begun discussing about creating a press release. This will be a document we will send to every newspaper source in Colorado—along with a few national sources—in hopes that we can further gain attention on our efforts, and continue to involve and unite as many people as possible for the cause of mental health.



Team Meetings

Our meetings will now be held every Tuesday starting Feb. 3rd.

Say Hello to our new Sponsors!



FORGED IN THE ROCKIES...
FORGED FOR LIFE.



A HUGE shout-out to Mountainsmith and Osprey for supporting our efforts!

Thank you!

Data Counter:

Facebook likes:
349

Website visits since
Jan. 17, 2015:
80

If you have any questions or comments, please contact us. We would love to hear from you!

Contact Information

cotd2015@gmail.com

cotdexpedition.wix.com/cotd

[Facebook](#)