

2021-09-19 NW8 Mumble Call

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The .mp3 files (as opposed to slightly shortened videos) represent the uncut documentation of these Patriot Front voice meetings. These uncut audio files have been altered as little as possible in the interests of source protection.

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Unicorn Riot has done our best to compile transcripts with the most accurate time stamps and speaker identifications possible. Due to the combination of machine transcription and extensive human labor, there may be occasional errors in speaker IDs indicated in transcripts. but we are confident that the vast majority of the speaker IDs and content are correct. Some transcript timestamps are incorrect due to unavoidable issues with using machine transcription at scale, however, the majority are accurate.

Please note that these recordings may include Patriot Front members whose voices were not identified by us. When we were unsure about a speaker's identity we have left that line in the transcript without an assigned name, which machine transcription services usually tag as 'Unknown'. Many Patriot Front members have been identified by researchers, activists and journalists by linking multiple pieces of evidence to online personas.

SPEAKERS

Ethan WA (Justin O'Leary), Alexander OR (Richard Flannery), ND - John WA (Colton Brown), Tyler WA (James Johnson), Underage Minor, Name Withheld

Alexander OR (Richard Flannery) 00:03

Hey Vincent, how you doing?

00:07

Hey, good. How are you?

Alexander OR (Richard Flannery) 00:08

Doing fantastic.

00:11

I jumped in here because you're all alone. I'm guessing you're probably waiting for for a meeting as well. I'm just waiting for our network meeting.

Alexander OR (Richard Flannery) 00:19

Yeah, I have my own regional meetings at eight o'clock every Sunday. Hey Ethan, how you doing? Hello?

00:41

We can see that your mic is turning on but we don't hear anything from you.

Alexander OR (Richard Flannery) 00:45

Yeah.

00:55

But I guess it's good we found out now and not, not in meeting.

Alexander OR (Richard Flannery) 00:59

It's good that we found out now. Might have to play with your audio settings.

Ethan WA (Justin O'Leary) 01:05

Dang.

Alexander OR (Richard Flannery) 01:06

Oh, I can hear you.

Ethan WA (Justin O'Leary) 01:09

Yeah, for some reason my mic was muted.

Alexander OR (Richard Flannery) 01:11

Ah.

Ethan WA (Justin O'Leary) 01:20

But I'm doing well, how are you guys doing?

Alexander OR (Richard Flannery) 01:23

Doing fantastic. I just did, uh, I think like, seven, eight locations.

Ethan WA (Justin O'Leary) 01:34

What, stickering?

Alexander OR (Richard Flannery) 01:35

Yeah, I have no more stickers.

01:41

I have a small, I have a very, very small batch of, of stickers. A couple of them that we got yesterday during our banner thing, of bootlegs, and then I have exactly four of the same sticker and I haven't put

them up because I want to get a variety, I always feel weird when it's exactly the same stickers, like it's not going to make a very good post.

Alexander OR (Richard Flannery) 02:05

Yeah, all I had left was QR codes, which is my least favorite type of sticker to use. I prefer to double QR codes up with something else, or go directly into enemy territory and find the anti-Patriot Front stickers that dot the landscape, put them right underneath. I love free advertising. But now I've just got flyers, which is fine because I like to staple those to poles. And stencils obviously.

Ethan WA (Justin O'Leary) 02:54

Yeah we had a good old stencil session last night.

Alexander OR (Richard Flannery) 03:01

Wanna have a good stencil session next weekend up in northern Oregon if any of you guys are interested in coming down to Portland. I know it's kind of a far drive.

03:16

I'm going to be at the, at the hike, but I would be interested in the future, I'm looking for, for an excuse to come down.

Alexander OR (Richard Flannery) 03:22

Ooh, tell Thomas I said hi.

Ethan WA (Justin O'Leary) 03:28

Yeah, I'd be down sometime. I'm probably gonna just take it easy next weekend, staying at the house.

Alexander OR (Richard Flannery) 03:34

That's understandable. I'm going to try and force Don to come since he's literally going to be across the bridge from me.

Ethan WA (Justin O'Leary) 03:45

Right.

Alexander OR (Richard Flannery) 03:46

Well, maybe I can get Jack to come. Hey, Tyler, how you doing?

Tyler WA (James Johnson) 03:51

What's up, Alexander? I'm doing all right, man, how are you?

Alexander OR (Richard Flannery) 03:54

Doing good. Just finished a bunch of sticker runs.

Tyler WA (James Johnson) 04:00

Oh, cool. I guess, WA guys, we better go down to meeting room one.

04:05

Cool.

Tyler WA (James Johnson) 04:06

Yep. I'll catch you later. Alexander.

Alexander OR (Richard Flannery) 04:12

Yeah.

04:15

Yeah, I'll jump down there in just a second. I was actually talking with Clarke about, because Clarke wants one of my banners to bring down because I guess he's, he's in between where I am and where, where you are. So he was talking about taking one of our banners and bringing it down there.

Alexander OR (Richard Flannery) 04:33

Yeah.

04:34

And I probably won't be able to get it to him before this weekend. But if anything is going on next weekend, I told him I could bring it down or, or do whatever.

Alexander OR (Richard Flannery) 04:41

Well I have a banner that I'm bringing up so I might see if he's available next weekend. He mentioned the week after that, or the weekend after that. But if you guys do a banner drop then just make sure to include Leo. He doesn't have transportation at the moment. So I really want to make sure he's getting out there.

05:05

Okay, yeah, that sounds good. I'm gonna jump down to the meeting, I'll talk to you later.

ND - John WA (Colton Brown) 05:53

'Sup guys. You guys hear me okay?

06:02

Yep.

ND - John WA (Colton Brown) 06:06

Sweet, got a couple guys, where they at? Spam the chat guys, blow it up.

Tyler WA (James Johnson) 06:29

David won't be coming, so.

ND - John WA (Colton Brown) 06:32

Why?

Tyler WA (James Johnson) 06:33

It says in the Mumble, or the RocketChat, that he won't be able to attend the meeting tonight, he said it at 5:30.

ND - John WA (Colton Brown) 07:06

Maybe he's ashamed he missed, missed out on all the activism we did, he was like, sending me a big paragraph like, oh I'm so sorry, I messed up. I told him it's like whatever, he's like, it's not whatever, I messed up, you need to punish me. I just gave him a warning, you know, he always attends stuff and he's always reliable, so.

07:39

I always considered writing an essay punishment, so maybe that counts then.

ND - John WA (Colton Brown) 07:44

You need to write an essay for Network 8, everyone in there, why we do what we do.

Tyler WA (James Johnson) 07:57

Just tell him like 500 push ups and go for a five mile walk. There you go.

ND - John WA (Colton Brown) 08:01

I considered making a physical thing but I just told him, just, just don't miss the next one. Then I'll have to bust something out.

Tyler WA (James Johnson) 08:08

That was always the punishment in wrestling.

ND - John WA (Colton Brown) 08:12

Yeah. I caved, I'm drinking a mass gainer protein shake.

Tyler WA (James Johnson) 08:25

What are the ingredients in that?

ND - John WA (Colton Brown) 08:27

Lead, aluminum, soy, estrogen, protein.

Tyler WA (James Johnson) 08:32

Nice.

Ethan WA (Justin O'Leary) 08:33

Maltodextrin.

ND - John WA (Colton Brown) 08:37

Oh, I'll send you it. It doesn't have soy in it but it says it may have been made in a facility that has lead.

Tyler WA (James Johnson) 08:48

Juices, sugar and protein.

Ethan WA (Justin O'Leary) 08:53

Is it Optimum Nutrition?

ND - John WA (Colton Brown) 08:56

Yeah, it's got like 19 different minerals and vitamins and stuff in it too.

Ethan WA (Justin O'Leary) 09:01

I'm talking about the brand.

ND - John WA (Colton Brown) 09:05

I don't know, I'd have to look at it. I don't feel like getting out of my chair. I just did some squats, I'm kind of, I'm grounded now.

Ethan WA (Justin O'Leary) 09:11

I did some squats too, I'm feeling really good.

Tyler WA (James Johnson) 09:16

You know what the best mass gainer is?

ND - John WA (Colton Brown) 09:19

What?

Tyler WA (James Johnson) 09:20

Steak.

ND - John WA (Colton Brown) 09:22

Not really. [Inaudible] you need rice and carbs.

Tyler WA (James Johnson) 09:27

You don't need carbs. But carbs help for sure. There's no such thing as an essential carbohydrate, John. You can literally live without them.

ND - John WA (Colton Brown) 09:36

George Washington is typing. [Inaudible] and argue with you well, people lose weight when they eat only protein.

Tyler WA (James Johnson) 09:50

Yeah, I didn't say only protein.

ND - John WA (Colton Brown) 09:51

[Inaudible] the carnivore diet, like steak, will just like make you lose hella weight.

Tyler WA (James Johnson) 09:55

That's not true.

ND - John WA (Colton Brown) 09:59

Yeah, people keep doing the carnivore diet and losing weight.

Tyler WA (James Johnson) 10:02

If they eat lean meats and retarded shit like like that, yeah, they might lose weight. I didn't say just eat protein.

ND - John WA (Colton Brown) 10:11

So like what do you recommend, like, steak that has lots of fat?

Tyler WA (James Johnson) 10:15

Depending on what your goals are, generally, yeah, you should get a good cut, like a ribeye or something with adequate amount of fat, for you gaining weight though, you should definitely be eating carbohydrates. Rice, potatoes, you know, you can't [inaudible].

ND - John WA (Colton Brown) 10:25

[Inaudible] I just made the best chicken fettuccine I've made yet, because usually I'm lazy and I don't, like I'll skip an ingredient or I'll fuck up the noodles, something dumb. Everything was perfect. Chicken could have been done just a little bit better, but like, I killed it. It was just as good as the fettuccine we had at the restaurant. If not better. It really helps when you buy like \$8 slices of fancy cheese, and then use those for cooking instead of like, just regular shredded cheese or something.

Underage Minor, Name Withheld 11:00

Hey, what's going on?

ND - John WA (Colton Brown) 11:02

Why are you 10 minutes late?

Underage Minor, Name Withheld 11:03

Because I'm eating dinner with my family.

Tyler WA (James Johnson) 11:10

Based. Speaking of based, where's Jack?

ND - John WA (Colton Brown) 11:19

I am missing dinner. Andrew Oregon. You're not Network 8. Bye.

11:27

Jack has a wedding, doesn't he?

ND - John WA (Colton Brown) 11:30

Oh, I don't think so. I'm not bugging.

Tyler WA (James Johnson) 11:40

He did yesterday. Maybe it's still ongoing.

11:43

The rehearsal was yesterday. But I think he said the

ND - John WA (Colton Brown) 11:49

The rehearsal was yesterday so what does that mean, the real thing is today?

12:04

That's as much as I know, it sounded like he was able to make the banner drops because the wedding was on Sunday. Is what I thought it was.

ND - John WA (Colton Brown) 12:12

Oh, he had to be back by like noon for something.

Underage Minor, Name Withheld 12:16

Alright, so what are we talking about? And I would appreciate it if I can get what we're trying to talk about otherwise so I can continue eating, please.

ND - John WA (Colton Brown) 12:27

Well these meetings take about a half hour to an hour on a Sunday night, you should try and eat a little earlier with your folks. I am missing out on dinner. They are having bacon lobster and I am having a protein shake. I'm having a Mumble meeting.

Underage Minor, Name Withheld 12:46

Goulash.

ND - John WA (Colton Brown) 12:49

I eat in my room, when I was like, when I turned 16 I just started like, eating in my room and not eating with my family. So I gotta make the spreadsheet but everyone to my knowledge was in the green for this week for completing an action. Great work guys.

13:11

It was a pleasure.

ND - John WA (Colton Brown) 13:15

That's, that's, that's, that's counting solo activism as well. I believe everyone also did a sticker run. Because we did a group sticker run, but that counts, is everyone's individual one. Sort of. So that was

pretty solid. Our, other than a little logistical eat up time in the morning, I'd say this weekend's last activism was pretty good. We could have had something more solidly planned in the evening. I kind of had a plan and then I went and scouted the area and a homeless person colonized the mural that I wanted us to stencil, which we all could have easily done. I mean, you saw how we, we did the wall under the bridge. Except if I'm doing a mural, I don't think I'm going to use those big banner stencils. I think those are just too much to fuck with. I think just the URL, and maybe a couple of guys with 3d stencils going at it would be really good. But as for whitening out the wall, we did that in what, five seconds, five seconds and that wall was done with five people with just one can per person, not double fisting, which I think double fisting might just, I don't think it'll probably work as efficiently as you just do one spray, the thing is so wide. So if we were to go do a mural or something, that mural was smaller than the wall, you know, the mural I was looking at, so we would definitely make quick work of it. Probably gonna find us some sort of low key metro areas like tunnels in Seattle and stuff where we can do some more stencil work and everyone could get more acclimated with paint. But anyhow, I think this weekend could have been better. Does anyone have any input on the activism we did throughout the day, anything that went really well, anything that could have gone better?

Underage Minor, Name Withheld 15:33

I think the metal grommet, whatever the idea you had, metal zip ties is a really like solid idea, I think what we could do is find some sort of way to, I don't know, make the banners more secure, I don't know, maybe add an investment in like some thin, you know, sheets of metal that we can like epoxy onto the banners, and you know, find something stronger to tie them to the overpass with, and then it'd be really hard for anybody to cut them off. Because if we just use metal baptizer grommets, somebody could just cut the actual banner off from the zip tie. So if we found some sort of way to make the actual part that it's fastened onto unreachable, or you know, more secure, then they would be up for way longer.

ND - John WA (Colton Brown) 16:30

Maybe, but I know networks have tried all kinds of shit in the past. Because this organization is three years old. People have brainstormed everything, they come up with bike locks, chains, all kinds of shit. Metal sheet, putting a metal banner on a metal sheet, is that what you said?

Underage Minor, Name Withheld 16:53

Yeah, so what you could do is take two different like very thin pieces of metal. And, you know, epoxy them onto the actual banner with like resin or something. So they're nice and strong on there. And then, you know, it's strong enough to where they can't cut it, they can't cut the actual banner off from the overpass, but it's also light enough and thin enough to where it's easy to move around. It would definitely make it harder to actually transport them. Because you know, you can't fold metal. But it would mean that it's much more secure. Like, padlocks, something like that, and sheetmetal would make them like basically impossible to take off.

ND - John WA (Colton Brown) 17:42

What does everyone else think of that idea?

Tyler WA (James Johnson) 17:46

Sounds complicated.

Underage Minor, Name Withheld 17:50

I can do all the metal fab, I can fabricate all the metal pieces myself. That's something that I have the capability of doing. I know I'm out of the way but if that's something that we want to go forward with, I can, I have all the equipment and you know, ability to do that. However, we're talking about [inaudible]

Ethan WA (Justin O'Leary) 18:14

[Inaudible] fabric unless the whole fucking thing is metal.

Underage Minor, Name Withheld 18:17

What do you mean, the rest of the, rest of the banners, you know, hanging, hanging down, you know, they, they'd have to try to pull it all the way up. And even then, they'd have a hard time removing, they'd have to cut the entire banner off and then they'd just have to leave the metal piece hanging there still, they'd have to try and cut the banner in half.

Ethan WA (Justin O'Leary) 18:38

So I'm saying you just yank it up and then just fucking take a razor knife and slice it right apart.

Underage Minor, Name Withheld 18:45

Yeah.

ND - John WA (Colton Brown) 18:47

I'm not really comfortable with the idea of putting cheap metal over a freeway though.

Underage Minor, Name Withheld 18:52

Right? Yeah, was, that, that was another thing. But you know, it's, I wouldn't have suggested it if I didn't believe that it would be strong enough to hold on, you know, you take resin or epoxy and it's not coming off ever.

Ethan WA (Justin O'Leary) 19:10

I don't know, just sounds unfeasible or ultimately it would just be defeated anyway, just with a knife or scissors or something.

ND - John WA (Colton Brown) 19:23

What if we didn't use a banner, and we stencilled a piece of metal and then put the metal over the freeway, and then we welded the piece of metal to the fence.

Underage Minor, Name Withheld 19:36

I mean, that definitely would work.

ND - John WA (Colton Brown) 19:41

That was actually a thought I've had for so long, like fuck these banners, what if we just welded a banner or some, welded our message so it was permanent in public? Like they need a diamond saw to get rid of it, you know.

Ethan WA (Justin O'Leary) 19:59

And also I think as far as making shit permanent, I mean, there's already, you know, like we were talking that railroad bridge in Tacoma, or there's big concrete walls next to highways, like just roll up, turbo cans, and just fucking use banner stencils and roll out and it'd probably take about as long and then you have to paint over the whole fucking banner versus cut it down.

ND - John WA (Colton Brown) 20:21

Yeah. Anyhow, I'm not keen on really going to those lengths. Moving forward, does anyone else have any criticisms of the activism that we did, or want to comment or anything that we particularly did well?

Underage Minor, Name Withheld 20:45

I have another suggestion. Welding blankets, you can't cut those with a knife, they're made out of fiberglass and they're really hard to cut with, with, with just a regular razor knife, you probably break a razor trying to cut a fiberglass blanket, as far as I know. So, you know, we could try that, a fiberglass blade is cheap. You can buy them, you know from like, basically any store. They're probably about the same price as what you're buying right now, or just cloth, and it'd be way stronger. They'd be much harder to cut with a knife. I don't even know if you could.

ND - John WA (Colton Brown) 21:31

Fiberglass blanket. Then what, do grommets and then, like, metal zip ties?

Underage Minor, Name Withheld 21:37

Right, yeah, if you wanted to we could, like I would just have to show you what I have in mind with the whole metal thing. But it would be pretty straightforward. I can cut out the metal into the shape of the banner, it's, you know, within, like, you know, trying to reach towards kind of, like, cover the top of it where the actual zip ties are. And it would, you know, it would be, you know, very, very strongly secured on there. Not only that, the sheet metal couldn't really come off the the blanket anyways, because, you know, you have the actual ties on there too, tying them both together, because there's a hole through the actual blanket and the metal. So even if they, even it were to, there's just no way it'd fall off because it's all tied together and glued together.

ND - John WA (Colton Brown) 22:27

I'm looking at some fire retardant blankets. They have like 10 foot ones. There's any bigger ones, they look like they're \$40 at the most. The only issue though is that when the city workers come and tear this stuff down, they have every tool imaginable on that truck. Nothing is stopping them.

Underage Minor, Name Withheld 23:01

Yeah, but that comes when the city workers actually come, like how often do they actually come?

ND - John WA (Colton Brown) 23:08

Um, I don't know, I don't hang around and watch who tears down our banners. But I, I'm pretty sure it's Washington State Department of Transportation, or the city is called, someone calls the cops, they're like, oh, my goodness, something's flying over the freeway. Libtards or Antifa has gotten two of ours before.

Underage Minor, Name Withheld 23:42

Well, I think I think we should seriously consider it, fiberglass blankets. Now I'm thinking that.

ND - John WA (Colton Brown) 23:47

My only, my point is it would only be effective in an area where a city worker wouldn't tear it down. Okay. If it was somewhere that wasn't over, necessarily a public street, if we put it somewhere else. Not a huge overpass.

Underage Minor, Name Withheld 24:05

You know, bureaucrats are slow?

ND - John WA (Colton Brown) 24:09

I dunno. I've seen them gone within a couple hours. [Inaudible].

Underage Minor, Name Withheld 24:15

[Inaudible] the ones that we just did.

ND - John WA (Colton Brown) 24:18

Well, those were probably up for a couple hours.

Underage Minor, Name Withheld 24:21

Dude, what? Some of those were only up for like 10 minutes.

ND - John WA (Colton Brown) 24:26

Did you go back and look after 10 minutes? How do you know?

Underage Minor, Name Withheld 24:33

Well, I guess you're right. I mean, that was a pretty long gap in between when we were coming back and when we put it up, but we drove [inaudible]

ND - John WA (Colton Brown) 24:39

We were gone for a few hours. So I'm going to estimate that they were up, you know, an hour, two hours at the most. But I've seen some that have stayed up for a week or most of the day, all night. Doing them at night, they usually stay up all night. It was just kind of a matter of how many eyes see you put it up, I think that that's when people call it in is if they see us put it up and it's like busy, and being really flashy. If it's done like, early in the morning while it's still dark, or it's done at night, it has a chance of literally just staying there til eventually some liberal comes and tears it down.

Underage Minor, Name Withheld 25:31

[Inaudible] come and tear it down, it's got metal [inaudible].

ND - John WA (Colton Brown) 25:33

[Inaudible] because no one's gonna call it down, no one's gonna call it in. So my point is we would only want to use a banner that is harder to tear down if we were going to put a banner up at a specific time and location where it would not get torn down by the city immediately. So that's part of it.

Underage Minor, Name Withheld 25:58

I, um, my reason for this thought process is that, seriously some disheveled old native dude can come over and just tear that shit down within like a couple hours. I mean, it's just, it's way too easy, you know, try to get a disheveled old native man to tear down something that has metal reinforcement and metal, you know, bonding, he's not going to be able to do it.

ND - John WA (Colton Brown) 26:34

Any other suggestions, ideas, criticisms? No one else has anything to say for all the banner drops we did, stenciling we did?

Ethan WA (Justin O'Leary) 26:54

It was pretty quick.

ND - John WA (Colton Brown) 26:59

What was quick?

Ethan WA (Justin O'Leary) 27:00

We got up the four banners in what, like, three or four hours in fucking, all different cities?

ND - John WA (Colton Brown) 27:09

Yeah. Which, that reminds me, I need to finish the Mega folder, I got everything downloaded on my computer. Anything else. Anyone? What could have gone better? What was one thing that is particularly stuck out to you, that could have done better?

Underage Minor, Name Withheld 27:41

Well, you already pointed out the logistical timing, that was the only thing that really stuck out to me. That was just a really long day. I mean I'm pretty sure we were all up for more than a day, you know.

ND - John WA (Colton Brown) 28:03

Okay, moving forward. I want everyone [inaudible] each other accountable. And we keep track of each other's progress. And I would like everyone here to get a workout plan. If you do not have a workout plan, I want you to message Tyler Washington. I talked to our fitness team and they only are interested in helping people who are really needing to join this overweight channel, like, but all you guys aren't looking necessarily at just mass obese weight loss, right. We can help you in that regard. So I want all of you to all send me your plan. Sort of, I wish it was a little bit more detailed, like the actual reps and sets and exercises you do, etc. But I want that all to be ran through with Tyler and I want everyone here to be fit, all be Chads, because it's imposing when we go out and we do activism and we're all just a

bunch of beefy guys. That, and I want my network to be the biggest network. I want our network to look so good that people don't know who the boss is. I love that quote.

Underage Minor, Name Withheld 29:47

I like that idea.

ND - John WA (Colton Brown) 29:49

Anyone have any questions regarding physical fitness?

Underage Minor, Name Withheld 29:56

We should, we should do more of what we did down in SeaTac, that was awesome.

ND - John WA (Colton Brown) 30:09

I did say that we were doing a fitness day on October 2, I should just put everything in the planning chat. Oh, and also everyone here needs a gym membership. Whether you buy an at home gym, that's cool. That's definitely more of an incentive to get after it. But everyone here at least needs access to a gym, needs to be lifting, needs to be doing cardio. I don't care if you're one of those guys who's like, ah dude cardio's not based. When you're in a fight, you're getting the shit kicked out of you and you're out of breath, all those big muscles don't mean fucking shit if you're out of breath, alright, there's a reason why the greatest militaries in the world do extensive cardio training. You're solid. So, who here does not have like a solid training program?

Underage Minor, Name Withheld 31:56

I mean, I've got a home gym, or home workout room. So.

ND - John WA (Colton Brown) 32:00

That's not what I asked.

Underage Minor, Name Withheld 32:02

Oh, yeah, but I was just, okay.

ND - John WA (Colton Brown) 32:05

You guys all have a solid workout routine? On day one, you do max bench, incline bench, tricep [inaudible] overhead press, lateral raises, push pull legs, etc.

Underage Minor, Name Withheld 32:28

I'll send you a detailed one.

Ethan WA (Justin O'Leary) 32:33

I just do split full body.

Tyler WA (James Johnson) 32:38

Are you guys journaling your workouts writing down everything you do?

Underage Minor, Name Withheld 32:41

No, I probably should.

Tyler WA (James Johnson) 32:44

You definitely need to start doing that.

ND - John WA (Colton Brown) 33:13

Oh, yeah, everyone submit to me your routine, your plans, and all of you need a journal in which you're logging all the workouts that you do. Both Tyler and I have workout logs, you know, we detail, like I put down the date, time, then I put what group I'm working on. So like I just did legs. So I put down legs. And then below that the first exercise I did was squats. And so I wrote down every set I did, and the amount of weight I did and the amount of reps I did. And I did about ten sets. Different sets varied between reps. And then I moved on to calf raises. And I listed calf raises I did, then I had to get on Mumble. So I do, I do abs and I just write abs and I snag a new ab video on YouTube and follow along and that's, that's just what I do. I know various ab exercises, but I just like to work out with Jeff, Jeff Cavaliere, athleanx.com, he's great. He has tons of advice and knowledge on YouTube to perfect all of your lifting advice and how to fix this pain and that pain. Pretty solid dude. So the logging is good, because, when, let's say you go a while and you don't work out and then you come back and you pick up that log, you can see the last time you worked out and you're like damn, haven't done anything in like five days, man, you feel like a piece of shit. So you start getting after it again. And it helps keep you motivated. It's like anything else in life, you know, you should write down goals. You guys don't have a calendar or a planner where you like, write down a goal, you know, you're just kind of wandering aimlessly through life without goals, you know, it helps you establish a feeling of purpose. So, and lifting will help do that. You guys all get a much better physique and you feel better about yourself. That's a huge reason why people come to this organization is because they want to better themselves. And one thing that this network has been completely lacking in is just physical fitness. And that's all been because of my own self, because I haven't been making us do all the fitness. I've been falling short on that. And I think it'd be good if we all are keeping track of all the workouts we do, all the exercise and we should meet up once a month. We can do it more, more than that, by any means. And you guys should be snagging partners near you. Someone that's close by you know, a half hour away, you guys should be meeting up, you know, twice a week and working out, like Clarke and Jack, you know, you guys could be working out. I know Jack's not here. You guys are close. Um, Tyler and Ethan I don't know how close Vincent is to the two of you, I think he's a little further away. But you know, two of you could start working out. We had an Enumclaw guy, I was trying to drag him over to workout with him but yeah, he was. That's what happened to Grant Washington by the way. He's 16. So he, it's why he quit and he messaged me and said hey man, you know, the reason I actually quit is because I'm underage, I turn 17 next month, will you still let me back in, like yeah, sure man just reapply next month but anyhow, anyone have to say, anyone have anything to say about that? Physical fitness journals, gym membership?

Underage Minor, Name Withheld 37:22

Once I'm driving I'm down for working out with anybody within my nearby vicinity, you know, probably, you know, I'll even have some of the guys near Seattle.

37:38

I was gonna say Seattle is not too far away from me, so I'd probably be the closest if, if it meant coming down towards, towards Tyler's neighborhood, that'd be convenient for me.

ND - John WA (Colton Brown) 37:51

Tyler has a pretty solid gym, get you guys in there, going to. That's up to Tyler though.

38:01

Are we talking home gym or something else?

Tyler WA (James Johnson) 38:04

I have a gym membership but I'm also going to get a bench, an adjustable bench, so I can pretty much complete my home gym, but the gym membership I have, you guys don't need to sign up or anything. I can just bring you in and we can lift, there's almost never anybody there.

38:23

Yeah, I was gonna say [inaudible].

ND - John WA (Colton Brown) 38:24

You should get a, get a Titan rack.

Tyler WA (James Johnson) 38:27

A what?

ND - John WA (Colton Brown) 38:28

A Titan rack. They're pretty cheap and they're pretty solid, you know, unless you're like throwing 1000 pounds around. Yeah, they hold up good.

Tyler WA (James Johnson) 38:38

I like my squat stands just fine. I really only need a bench for benching, that's about it.

ND - John WA (Colton Brown) 38:46

I prefer the safety of the rack. I was doing some squats in your living room and I was like, eh, I don't really like this.

Tyler WA (James Johnson) 38:56

You just got to learn how to bail and know your limits.

ND - John WA (Colton Brown) 39:00

Yeah.

Tyler WA (James Johnson) 39:03

There's pros and cons, I, I just prefer squatting outside of a rack anyway because I usually, when I squat in a rack I squat pretty low, so I'll hit the pins if I don't set them right.

ND - John WA (Colton Brown) 39:21

Does anyone have anything else to say about that? Aside from Charles, does anyone else have anything to say about that? No, okay. Moving forward. Unfortunate Jack is not here, because this would be the perfect time to plan what the plan is next weekend. So who here wants to make a plan for next weekend? Seeing as Jack is not doing his job.

Tyler WA (James Johnson) 40:03

Well, when I brought it up to him he was completely unaware that he was supposed to plan anything, so I was [inaudible].

ND - John WA (Colton Brown) 40:11

I know, it was because he forgot.

Tyler WA (James Johnson) 40:13

Okay, well, I was gonna maybe plan an activity up north if guys wanted to go camping and do a hike. I thought we could do because we're not going to have clear weather for too much longer. I'd like to go climb. Maybe an easier but challenging mountain like White Chalk Mountain up around Darrington I know really nice private camp spot by a river. We could do some bushcraft stuff and hang out and then go climb a mountain. It's, it's not mountaineering, like ropes or anything, but there's definitely some steep rocks that we'll have to traverse, get up there, summit, get some good photos, leave a sticker in the summit book. And maybe some fliers and yeah, get everybody comfortable with the heights.

ND - John WA (Colton Brown) 41:08

All right, make it happen. Who is available and wants to come do this action? Tyler, How long is it going to take?

Tyler WA (James Johnson) 41:14

The hike? It's I mean, the hike itself, really [inaudible].

ND - John WA (Colton Brown) 41:16

The whole, the whole action.

Tyler WA (James Johnson) 41:18

Okay. So we would leave, everybody would need to get to the campsite Friday, and we'll climb Saturday and we can camp out Saturday and everyone can boogie home Sunday morning.

ND - John WA (Colton Brown) 41:33

Okay, so everyone needs to drive there after work on Friday with all their camping gear ready, tent, sleeping bag, whatever gear you can come up with. And then head straight up there after work.

Tyler WA (James Johnson) 41:55

Let me write it up and get a headcount and see how many people would be interested in going, but that's what I would like to do.

ND - John WA (Colton Brown) 42:03

Yep. If you're not getting a big head count maybe work out a plan B.

Tyler WA (James Johnson) 42:13

Yeah, if people didn't want to camp, if you were willing to get going early enough, the climb is, would be very close to the campsite, which is convenient, but if you just wanted to do the climb you could meet up with us Saturday morning and we could all just go through the climb if you didn't feel like camping Friday night, you could come out Saturday, do the climb and stay Saturday if you wanted but it's up to you.

ND - John WA (Colton Brown) 43:01

I'm hands off, this is all you guys, I'm going to be out of town.

Underage Minor, Name Withheld 43:07

I'm just Charles.

Tyler WA (James Johnson) 43:11

Well I'll write something up tomorrow and get it out to everybody and then, um.

ND - John WA (Colton Brown) 43:15

Well let's get a headcount, who's interested?

Tyler WA (James Johnson) 43:18

Yeah who's at least interested?

ND - John WA (Colton Brown) 43:20

Tyler you need to write that down.

Underage Minor, Name Withheld 43:24

I am willing to go to everything, always.

Tyler WA (James Johnson) 43:38

All right, one person.

43:48

I'll be at the Southwest hike.

Underage Minor, Name Withheld 43:55

Don't consider me one person though because I don't even have a car to drive [inaudible].

ND - John WA (Colton Brown) 44:02

Clarke actually messaged message me and said that he is down, he's at work, it's just kind of loud.

Tyler WA (James Johnson) 44:07

Who's down?

ND - John WA (Colton Brown) 44:09

Clarke.

Tyler WA (James Johnson) 44:11

Marcus?

ND - John WA (Colton Brown) 44:13

Clarke Washington.

Tyler WA (James Johnson) 44:14

Oh Clarke Washington, okay

ND - John WA (Colton Brown) 44:29

What about Ethan?

Ethan WA (Justin O'Leary) 44:30

Uh, no.

ND - John WA (Colton Brown) 44:35

No?

Ethan WA (Justin O'Leary) 44:37

No, I was gonna take the weekend off.

ND - John WA (Colton Brown) 44:38

You gotta do an action. You got to go do a sticker run. You gotta do something. You gotta do activism every week.

Ethan WA (Justin O'Leary) 44:49

Yeah, I'll go. I'll do stickers and flyers or whatever. But uh, I was just gonna take the weekend off. As far as like big shit like that, I don't know, I just, because we did, you know, Mount Rainier hike all weekend, and then like, since then it's like eight hours plus like, Ellensburg banner drop, me, Vincent, Clarke making banners, did a banner job and we just did all these banner drops and stenciling yesterday, so I was just gonna take a weekend off, chill with the family and, you know, just take a breather and then get back into it. [Baby crying in background.]

Tyler WA (James Johnson) 45:41

Okay, so we'll need to wait to hear from Jack and whoever else.

ND - John WA (Colton Brown) 45:51

I'm sure Jack will be down for that, just depends if he has time from work or not, I don't think he has weekends off. Anything you want to talk about regarding to the, uh, action next weekend?

Tyler WA (James Johnson) 46:27

Me?

ND - John WA (Colton Brown) 46:29

You or anyone else that wants to, has any questions or concerns?

Tyler WA (James Johnson) 46:35

No, I'll make up a gear list. I'll get in touch, I'll reach out to Jack and put it in the Northwest 8 planning and we'll get to figuring, I'll have to say, I won't know 100 percent, on Tuesday I have a summons, I got summoned for jury duty, I should get dismissed. But if I get called to trial I will not know what my days are gonna look like and it might fuck me for Friday. But I'll still do all the planning, we're going to anticipate that I'm going to get dismissed and everything will work out so we can go up have a good time this weekend.

ND - John WA (Colton Brown) 47:21

So what if, what if you aren't available Friday and let's say you guys can't make a camping thing out of it, can you do something different? Can you just do a day hike somewhere?

Tyler WA (James Johnson) 47:32

Yeah, we'll figure something out.

ND - John WA (Colton Brown) 47:35

And since both our photographers are gonna be going, someone's going to have to take some somewhat decent pictures and video.

Tyler WA (James Johnson) 47:42

I'll probably bring the girlfriend along, because if I go climbing or something she's gonna demand on going too, so she'd be happy do all the photography, plus it be nice to have her because she'll do all the cooking and shit for us, so.

ND - John WA (Colton Brown) 47:57

Okay. I'll have to make Thomas make her an official member, you should take her on a sticker run and see what she thinks.

Tyler WA (James Johnson) 48:14

I'm sure she'd be game, I mean, she's, she took some of the photos of, you know, of those stickers in front of the mountains and stuff and helped me with all that, so anything I want to do, she's 100% supportive of me in this organization, she knows all about it and what we're up to, so.

ND - John WA (Colton Brown) 48:30

Cool. I'm sure meeting all of us helped a lot.

Tyler WA (James Johnson) 48:34

Yeah, she liked you guys a lot.

ND - John WA (Colton Brown) 48:38

I just wish I coulda talked to her a bit more but it was pretty busy. Yeah, nice girl man, you're, you got a good one.

Tyler WA (James Johnson) 48:47

Yeah, she's, she's pretty funny she's, uh, she's super anti-vaccine and mask mandate, she was open carrying in the QFC with no mask on and just yeah, no bullshit with her.

ND - John WA (Colton Brown) 48:59

That's based. Mine keeps like, putting hers on because she doesn't want a confrontation. But like, super against all this mandate vax bullshit.

Tyler WA (James Johnson) 49:12

She got into a big confrontation with some stupid little manager, or not manager, like checkout girl at REI about wearing a mask. She's like, no, I'm not wearing a mask. Go get your manager. That's right. The little, little gal's like you're making me uncomfortable. Dude that's not my problem. Go get your manager.

ND - John WA (Colton Brown) 49:35

Yeah, I walk into Goodwill and then this manager lady immediately, like, made eye contact with me, immediately came up was like, sir, you can't be in here unless you have a mask. And I was like, oh, really? Like, that's a thing again? She's like, yeah, you need to have your mask. And I was like, oh, I don't have a mask. And then I was like, is it gonna be a big deal? And she's like, yes, you need to wear a mask. It's a state mandate. I was like, why? Like because there's a pandemic. I was like, well, okay, well do you have a mask I can wear? And she like, angrily, like, found a drawer and gave me a mask out of like, her five masks she had in the drawer, and I was like, cool. Thank you. I really appreciate it. She just stared at me blankly and then I walked over to a trash can, wrinkled it up, put it in the trash can, and then I walked out of the store and told her to have a nice day. I do a little trolling, I do a little trolling.

Underage Minor, Name Withheld 50:43

The Frank Hassle grindset.

ND - John WA (Colton Brown) 50:47

Alright. So, I don't have anything else for you guys. other than that, just get something done when I'm gone, make me happy. And yeah, that uh, that concludes all the important parts of this meeting. You guys want to stay and hang out and talk, feel free to do so.

Underage Minor, Name Withheld 51:09

John, we need to talk in, uh, meeting room, like three.

ND - John WA (Colton Brown) 51:13

Okay...

Tyler WA (James Johnson) 51:17

I gotta go guys. Got some evening plans with the lady but I'll catch you all later. You ave a good night.

Ethan WA (Justin O'Leary) 51:23

Right on bro, have a good time.

Tyler WA (James Johnson) 51:24

Alright bro. I'll catch you later

51:30

I'm gonna head out too, talk to you later.

Ethan WA (Justin O'Leary) 51:32

Yeah, I'm gonna to bed so peace, bro.