



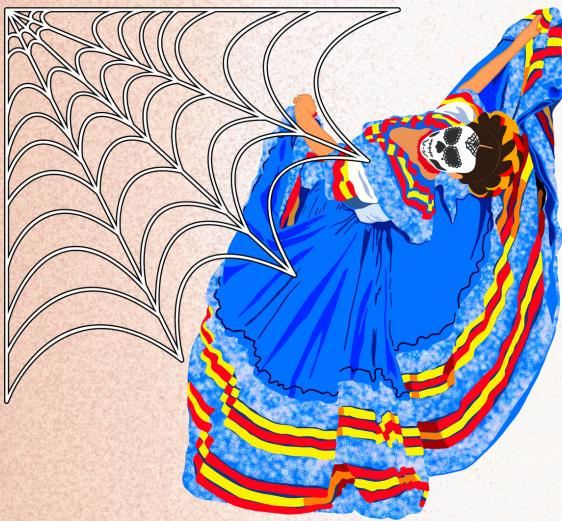
# Compass Rose News

## - OCTOBER 2022

### Welcome Exson!

Ascending Flow has a new mentor, and some of you may recognize him.

You may see Exson around the Flow Spot or Saturday events as he learns his new role in mentorship. Don't hesitate to say hi - he's here to support you!



### October Celebrations

Get creative! If you would like to find or make a costume or help with decorations, let's make it happen!

Check out the Ascending Flow event calendar for upcoming events, including haunted attractions and Day of the Dead celebrations!

### Easy Recipe

#### Avocado Toast

- 1) Avocado
- 2) Toast
- 3) Cilantro
- 4) Lime
- 5) Salt & pepper (or your favorite seasoning)

**BONUS:** top it off with an egg!







RE-WILD  
SURVIVAL CLASS



# LAST MONTH'S EVENTS



PICNIC



COOKING AT  
SHARED HOUSES