



# Beyond Basecamp

The Newsletter of Montana Yellowstone Expeditions

[www.myeconnect.org](http://www.myeconnect.org)



► **Ellen Sagmyr**  
MYE  
Program  
Coordinator

I am writing to you from MYE's New Zealand basecamp outreach - MYENZ.

I arrived here a week ago at the end of what, for New Zealanders, has been a long hot summer. The mild temperatures here are a bit of a (nice) surprise after the minus 40 degree temperatures and snow storms we were experiencing in Montana during January. We are rapidly adjusting - changing from down and snow boots to tank tops and jandals (flip flops if you are in the States), mountain to beach-wear!

I stopped in Santa Barbara on my way over here and to spend some time with Jerry and meet Laurel. They are both excited about the MYE Life Skills, full of enthusiasm, great ideas and hugely motivated. So watch this space for news, updates and events from them.

For those of you who haven't been to [www.myeconnect.org](http://www.myeconnect.org) lately, please visit and check out our new look website. We would love to contact us at [basecamp@myeconnect.org](mailto:basecamp@myeconnect.org) to give us your feedback and input.

**And remember - February is the time to apply for the - MYE Intern Program and Leadership Lab.**

## Attention All MYE Graduates!!

►► Are you keen, motivated and interested in building on the skills you learnt during your Montana Wilderness Challenge Program? Do you want to be part of a high performing team having a fun and challenging time? If so we want to hear from you

►► We are looking for graduates who want to have a fun and challenging experience on either the MYE [2008 Intern Program](#) or [2008 Leadership Lab](#). Both programs have a Montana and home component. For more information go to our new look website and read more.....

[www.myeconnect.org](http://www.myeconnect.org)

### Food 4 Thought from Jerry Lawrie

Where does the water in your house come from and go to? When you turn on that faucet to see the water, where was that same water yesterday? Last week? Last month? When it goes down the drain, where does it go? Where does it go after that? Any thoughts?

Find .out and email me with the answers. We will print them in the next newsletter. My email is: [jerry@myeconnect.org](mailto:jerry@myeconnect.org)

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## Resources

### ▶ The Beehive



The Beehive is the place to go on the web for information and resources about the things that matter in our lives: money, health, jobs, school and family. The Beehive is a place that can connect you to important information - plus the local help to make it happen. For instance:

- ▶ If you have questions regarding money situations like budgeting, filing taxes, sending money, opening a checking account, or buying a home, you can click on the money tab located on the main page.
- ▶ If you have questions regarding school like going to college, school choice or getting a GED then all you have to do is click on the school tab.
- ▶ You can even get homework help and prepare for SAT and ACT here!!

This is a great website for any questions you may have regarding school, money, health

## **Applications now being accepted for the MYE 2008 Intern Program and Leadership Lab**

To find out more and to download application forms go to our website [www.myeconnect.org](http://www.myeconnect.org) or contact us at [basecamp@myeconnect.org](mailto:basecamp@myeconnect.org)

The application form has more details and you can follow the directions on the form to apply. For help email as above and we will answer any of your questions.

## Upcoming Events in CA

### March 5<sup>th</sup>

Morgan Spurlock and Marion Nestle at Marjorie Luke Theatre. Presentation starts at 6:30pm with a 5:30 complimentary meal.

Please RSVP to [www.sCoolFood.org](http://www.sCoolFood.org) or 805-565-7550 ext.110



## Alumni - Upcoming Events

### Bringing Ideas to the Table

An evening with **Morgan Spurlock** and **Marion Nestle**



**Wednesday, March 5th, 2008**

Doors Open for Reception & Complimentary Meal at 5:30 pm

Presentation starts at 6:30 pm

Marjorie Luke Theatre, 721 East Cota St. Santa Barbara, CA

**This event is free of charge**

RSVP to [www.sCoolFood.org](http://www.sCoolFood.org) or 805.565.7550 ext. 110

Spanish Translation and a limited amount of free Childcare for ages 3-13 are available with RSVP



Our Food, Our Future

[www.sCoolFood.org](http://www.sCoolFood.org)

Join three of America's Food & Health All-Stars – author and national food policy expert Marion Nestle (*Food Politics* and *What to Eat*), filmmaker and author Morgan Spurlock (*Super Size Me* and *Don't Eat This Book*), and chef and attorney Kate Adamick (consultant for the Orfalea Fund and national expert on reforming school lunch programs) in a lively discussion about how corporate practice and federal policy converge to negatively impact your child's food, education, and health.

### Discutir Alrededor de la Mesa

Una noche con **Morgan Spurlock** y **Marion Nestle**



Reúnete con tres de los grandes de la salud y los alimentos en los EEUU – autora y experta de la política nacional de los alimentos Marion Nestle (*Food Politics* y *What to Eat*), cineasta y autor Morgan Spurlock (*Super Size Me* y *Don't Eat This Book*) y chef y abogada Kate Adamick (consultor para la fundación Orfalea y experta nacional por promover los cambios en los programas de la comida en las escuelas) en una discusión acerca de como la política federal y la práctica corporativa se unen al efecto negativo para la comida, la educación y la salud de sus hijos.



Trabajando para comida mas saludable en las escuelas del condado de Santa Barbara

[www.sCoolFood.org](http://www.sCoolFood.org)

**Fecha: El miercoles, el 5 de marzo, 2008**

**Hora:** Las puertas se abren a las 5:30 pm para la recepción y la cena es gratis

La presentación se empieza a las 6:30 pm

**Donde:** El teatro Marjorie Luke, 721 La Calle Cota Santa Bárbara, CA

**Este evento es gratis**

**Para registrarse por internet y por teléfono**

[www.sCoolFood.org](http://www.sCoolFood.org) o 805.565.7550 ext. 110

**Hay traducción en español y cupo limitado para el cuidado de niños entre los años 3-13. Hay que registrarse a tiempo.**



## Staff Page - Welcome To New And Returning Staff

We have a group of staff who are either new to MYE this year, or have worked for MYE previously and are moving into different jobs. Read on to learn a little about what makes them tick, and to find out what Jerry has had on his mind recently. If you want more info about them or any other MYE staff member, go to the staff page of our website - [www.myeconnect.org](http://www.myeconnect.org)



### ► Laurel Anderson - Orfalea Foundation Liaison

Hello everyone! I'll be your Orfalea Foundations' contact and be meeting you on an occasional MYE retreat!

I'm looking forward to meeting you. I'm from northern California, originally, and have been gradually making my way south. I spent the last 10 years, or so, in Monterey California before moving to Ventura, two years ago. I am passionate about making a difference in my community, enjoy taking advantage of the arts, and cooking! I look forward to getting to know you and being a support to you.  
See you soon



### ► Sommer Raefaro - Admin Assistant

Hi MYE Alumni and Friends. I am excited to be part of such a devoted, dynamic and interesting group.

I am the new support staff helping where I am needed. I am working at the new office space in Bozeman keeping things tidy and organized and also working with Cari researching the local food movement in Montana's Gallatin and Park Counties.

I love the outdoors and truly believe it is a way of life everyone benefits from and education being an integral part of that growing process.



### ► Jerry Lawrie - CA Life Skills Coordinator

#### The Rains

It doesn't rain much in Santa Barbara, but when it does it pours. Maybe that's because we are in a Mediterranean ecosystem or maybe it is because we are in somewhat of a desert. Who knows - in any case, the month of January was wet.

Now it's not wet like it is in the mountains of Kauai or the Amazon rain forest, or even Basecamp in Montana. In Santa Barbara we only got about 8 days of rain - compared to 25+ days in those other places. However, it rained here more in the month of January 08 than it did in all of 2007.

I went out for a hike the other day and it was great to see the streams flowing again, and all the plant life and grass around town a vibrant green. If you haven't gone for a walk or taken a hike in your local front country recently (wherever you are located) you might just want to.

This is a beautiful time of year.



## Shopper's Guide to Toxic-Free Kids

### ▶ Soft plastics and phthalates:

PVC plastics—those pliable, gummy-like plastics—are laden with phthalates, chemicals that have been linked to premature birth, reproductive defects, early onset of puberty in girls, and reduced sperm quality in adult males. PVC is used in everything from home building materials to food packaging to children's toys. Phthalates can leach out of these products, which is particularly concerning for children who explore the world by putting things in their mouths. While many manufacturers have removed phthalates from toys and other products intended for very young children, there is no law requiring this and very few products are labeled as such.

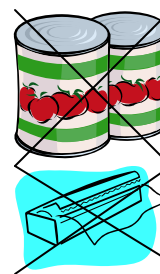
### ▶ Hard plastics and bisphenol-A:

Polycarbonate plastic, which is hard, shatter resistant and often clear in color, contains bisphenol-A, a hormone-disrupting chemical linked to Down's syndrome, early onset of puberty, obesity, hyperactivity, and breast and prostate cancer. Almost all plastic baby bottles are made from polycarbonate plastic, as well as popular camping water bottles (like some Nalgene brand bottles) and large water cooler jugs. In addition, a resin made with bisphenol-A coats the inside of aluminum and tin food cans. Bisphenol-A leaches readily into foods and liquids. There is no law prohibiting its use, and currently, very few manufacturers have taken any action to stop using polycarbonate plastic in their products.

### ▶▶ [www.environmentalcalifornia.org](http://www.environmentalcalifornia.org)

#### Products to Avoid:

- ▶ Food containers with polycarbonate or PVC plastic: Avoid #7 recycling code or "PC" (polycarbonate) and #3 (PVC) on the bottom/underside of the product
- ▶ Canned foods
- ▶ Foods wrapped in plastic
- ▶ Plastic baby bottles



#### Choosing Safer Products

- ▶ Look for "PVC Free" labels on toys
- ▶ Choose wooden toys
- ▶ Choose plastic food containers labeled with #1, #2, #4, or #5 recycling code on the bottom; should not heat food in these plastic containers.
- ▶ Opt for glass: For baby bottles and food containers, look for glass options rather than plastics or cans. Heat food in glass containers.
- ▶ Buy ceramic, metal, or enamel plates and feeding utensils

tom: You still

#### If You Use Plastic Toys or Containers

- ▶ Don't let children put plastic toys in their mouths
- ▶ Never heat food or beverages in plastic bottles or containers
- ▶ Don't let milk sit in plastic baby bottles for long periods
- ▶ Don't use harsh detergents or hot water when washing plastic baby bottles or containers. Never put in dishwasher.
- ▶ Throw away plastic bottles that look scratched or hazy

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