



Beyond Basecamp

The Newsletter of Montana Yellowstone Expeditions

From Basecamp...



In Montana a change of season brings with it profound transformations in the landscape, animal behavior and one's choice of clothing on any given day. It would be remiss of me to write from basecamp and not mention these changes - this is my excuse for once again starting this letter with a comment about the weather!

In the last month we have moved rapidly from summer to fall and in early October we experienced a taste of what we hope the winter will bring. One morning last week we woke to snow. It had crept in silently during the night, concealing Tomminer Basin under a 3 inch layer of pristine white. The pallid, flattened landscape provided an austere backdrop to the cottonwood's vivid fall palette.

Herds of Mule deer, Elk and White Tail Deer driven to lower altitudes by dropping temperatures in the mountains, jostle for space in the surrounding fields. The bear activity has also increased. A grizzly took out a number of our neighbors chicken and geese. Several bears have been regular visitors at basecamp, leaving the apple trees dotted with half eaten fruit, their branches snapped off in the bear's single minded search for food.

The wildlife here are very goal orientated at this time of year. They need to eat enough calories now to keep them alive during the winter, and everything they do is geared towards this end. Their lives are simple. They don't get distracted by lack of confidence, too many choices or indecision; survival is a mighty powerful motivator. They know where they are heading, what they need to do to get there and, in the case of the bear, it isn't prudent to get in their way.



- ▶ Whether you are like the bear and 'on a mission', or less focused, maybe even unsure of where you are going or how you would get there if you did - there is something for you in this issue of 'Beyond Basecamp'. Be inspired by Ally's adventures in Africa; learn strategies for stepping out of your comfort zone in 'The Stretch Zone'; and find out how you can get some help to attain your goals and dreams in 'What Is Next For Me At MYE?'. If living sustainably is your thing, Cari, Bailee and Carolina have some ideas for action in our MYEarth section.

Ellen Sagmyr
MYE Program Director

- ▶ I found some ideas and inspiration, I hope you do too!



In this Issue

From Basecamp Ellen Sagmyr	Page 1
What is Next For Me At MYE? Andy Leider	Page 2/3
MYEarth Cari Hanson Bailee Moraco Carolina Barron	Page 4/5
Where are they Now? Ally in Africa' Ellen Sagmyr/Ally Marshall	Page 6
The Stretch Zone Amanda Straus	Page 7

NEWS FLASH!

We are excited about our

California "Paddle and Bike" Fall Retreat - Oct 20th

It will be an environmental tour of our own backyard - kayaking from Refugio State Beach - heading South toward El Capitan. We will talk, swim amongst the kelp beds, look for local wildlife, and learn about coastal ecology from Paddle Sport Naturalists - who know their stuff. A post kayak bike ride will take us back to Refugio, where we will hang on the beach and eat lunch.

If you have registered for the retreat, meet Lauran and Jerry at the Orfalea Foundation office - 9.00am

If you have any questions ring Lauran at 805-565-7550, ext.104.



What's next for me at MYE

This is a question many students who have had the MYE experience ask themselves. Having had a fun and sometimes life changing experience, understandably they want to know 'what's next'

The good news is that once you are an MYE alumni, there are many options available to you through our extended program. How much of it you are involved with is totally up to you. All we need you to do is stay involved, keep in touch, and keep learning; and you will be eligible for an exciting range of workshops, courses and scholarships.

In a nutshell here's what they are and how you can be involved:

► MYE Life Skills



Workshops, events and retreats located in California and Montana (we are working on other locations) where you can learn something new, give back to your community, have fun and connect with other MYE alumni.

Past events and workshops have included sea kayaking, application and essay writing, hearing Al Gore and Bill Clinton speak, and hiking trips.

Schedules will be posted on MYE's website, www.myeconnect.org, and sent to you through our email newsletters (it's important that we have a working email address for you at all times, it is the main way we share information with you). All you have to do is stay in the loop and then register

► The Leadership Lab



Run at Grizzly Creek Ranch once per summer this is MYE level 2. The three week Leadership Lab includes service projects, first aid training, a challenging expedition, and rigorous leadership training and practice. Oh and of course you will have fun!

Eligibility criteria - you must be an MYE alumni, complete the application by the due dates, maintain a strong grade average, and passing grades in all classes, must participate in at least five MYE Life Skills events, must help to recruit other applicants to MYE, and must continue to complete community service hours each year.

► Internships @MYE



Each year we offer six intern positions to MYE Alumni. This is a one year commitment including two months at Basecamp in Montana (beginning the 3rd week in June), and 10 hours a month during the school year.

This is an opportunity to spend another summer in Montana – this time as an MYE staff member. You will undertake various tasks and projects to support the program, and also take part in professional training and development workshops. The school year internship will give you the chance to put your new skills into practice as you help recruit new students, represent MYE at schools and organizations, and help organize and run Life Skills events.

Eligibility Criteria - must be an MYE alumni, complete an Internship Application with all supporting materials by the due dates, have completed your Junior year in High School, maintain a strong grade point average and passing grades in all classes, must participate in at least six MYE Life Skills events, and must continue to complete community service hours each year and be an outstanding member of your community.



Scholarships Through The MYE Foundation

MYE Foundation offers MYE alumni access to several types of scholarships. We care about you and your future education, and want to support you as best we can. MYE Foundation scholarships are for MYE alumni in good standing. This means that you have stayed in contact with MYE, participated in Life Skills events, written for our newsletter or website, and are seeking the next level in your development or education. *This means you!*

► MYE Foundation Program Scholarship

This scholarship will help you to access programs and opportunities beyond what MYE provides. Programs need to support the goals and spirit of MYE – with a focus on learning, sustainability and/or the outdoors. You don't need to wait for us with this one, if you see something you are interested in being involved with that fits the criteria above – apply for the scholarship and step into your next adventure!

► MYE College Scholarship

This is a graduated scholarship designed to help you get into, and pay for, college. Each year the scholarship value will decrease and you will need to access other funding and scholarship sources. We help you get there; you will need to develop skills, knowledge and contacts to stay there.

►► Available MYE Foundation College Scholarships

Up to eight scholarships for freshman, specific financial values will vary.

Up to eight scholarships for sophomores, specific financial values will vary.

Up to six scholarships for juniors, specific financial values will vary.

Up to six scholarships for seniors, specific financial values will vary.

Applications and information for scholarships, labs and internships are available at www.myeconnect.org, or by emailing basecamp@myeconnect.org. Take a look - there are application deadlines that you want to know about!

Andy Leider
MYE Executive Director

► MYE Is All About...



moving out of your comfort zone



learning in different ways

sharing the journey





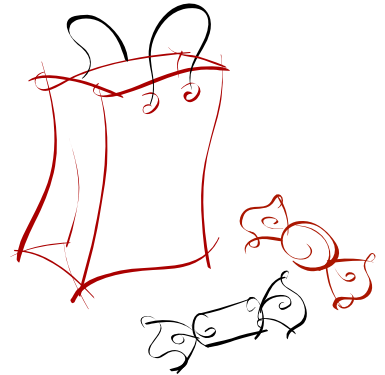
Trick, Treat and Trash: The Dark Side of Halloween

► By Cari Hanson, Sustainability Coordinator

“Consumers are expected to spend \$3.12 billion on candy, costumes and other Halloween goodies this year, according to a survey conducted by BIGresearch for the National Retail Federation. That's a big pile of candy corn. It's also a lot of crumpled candy wrappers, paper party props and plastic political masks in the trash the very next day.” www.stopglobalwarming.org

► OK, that's creepy!

Think about all of those wrappers that are foil covered. Milky Ways come to mind first and remember that Mylar or foil wrappers do not biodegrade- EVER! Halloween is getting creepier by the second. Halloween is fun and I don't want to be a total downer about the holiday so what can be done to make your Halloween greener?



Cool Things YOU can Do

- ◆ Create a 100% recycled costume.
- ◆ Make a “sustainability statement” with your costume.
- ◆ Use re-usable bags instead of plastic bags or pumpkins. I remember using a pillow case, yeah I'm old I know.
- ◆ Raise money for a cause while you go house to house. They give you candy and you ask for change for your favorite cause. But make sure it looks legit for people by having info flyers with you. For example, Habitat for Humanity has change collectors in the shape of a house take something like that along with you so people can recognize the organization you are helping.
- ◆ Get your pumpkin at your local farmers market. No need for it to travel 1,500 miles so you can carve it.

Sustainable Halloween Contest!

Send us pics of your 100% recycled costume or your “sustainability statement” costume and your friendly MYE costume judges will let you know the winner. The lucky winner receives a \$50 electronic gift certificate to Green Feet the green drugstore on the web. It has all kinds of sustainable products you can try; MYE gets some of our “green” products you used @ Base Camp from this site. Check it out. www.greenfeet.com



► News Flash!!

Here in Southern California, we are dealing with a major water crisis this fall after a super dry summer and a winter with minimal snow fall. Every citizen can be involved in conserving water and helping to avert the crisis.

Check out www.bewaterwise.com

It gives great tips for water conservation and how each household can play their part !

From Ally in California

► Montana Alumni- don't forget the: Northern Rockies Bioneers Conference (NRBC) 5th Annual ~ October 19-21, 2007

Want to learn how to lead a more sustainable lifestyle, find out about local environmental issues, and attend a couple of world movie pre-miers? It is all happening in Bozeman and you can check out the conference program at:

www.bornnetwork.org



California's Annual Coastal Cleanup

► By Bailee Moraco MYE 13

The 24th annual Coastal Cleanup took place on Saturday, September 20, 2007. It is an event where approximately 50,000 regular volunteers take time to clean up the beaches and make the environment better. This program has been going on since 1985 and is still a year around event.

It was great to go to the Coastal Cleanup. So many people were there to help and it seemed like they really were enjoying keeping our environment clean. The cleanup was a huge success! It was estimated 45,443 people came and helped, which was pretty close to the goal of 50,00 volunteers - which was the organizers aim.

A total of 499,771 pounds of trash was collected in one day. This kind of clean up makes the environment better and safer for the animals that live in and around the beaches.

► By Carolina Barron MYE 14

The beach clean up was actually pretty fun. I went with my boss because she lives by the beach and decided to participate, and she's like my mentor.

It's amazing what kind of weird stuff you find on the beach, we spent an hour on one particular site where someone decided to burn some wood, there were nails and screws everywhere, some as big as 3 inches! I thought that was strange.

I couldn't find anything about it in the newspaper. I thought it was a useful way to spend my Saturday - at least I know I made a difference, even for a day. =)

Thanks to everyone who participated!

If you would like more information about California's Coastal Cleanup you can access it at this site:
<http://www.coastal.ca.gov/publiced/ccd/ccd.html>.

October is Fair Trade Month

► Fair Trade is one of the tools that business, non-profits, agriculture, and international trade are using to help promote a sustainable planet.

I'm not sure why the month of October was chosen to highlight fair trade. It may have something to do with chocolate - really. One of the products that is being fairly traded is chocolate because of where it is grown (in rain forest ecosystems) and the labor involved in harvesting it. Coffee is another certified product and since this was included in 1998, certification has expanded to include tea and herbs, cocoa and chocolate, fresh fruit, sugar, rice, and spices. These products have been chosen for inclusion because their production has been notoriously dirty and has taken advantage of the small family farmers who cultivate them.

► This year when you eat or pass out your Halloween candy think about where that chocolate has come from and if it is Fair Trade chocolate.



It is not Fair Trade unless the logo is on it.

Fair Trade is an example of voting with your dollars. When anyone purchases Fair Trade products they are saying that they prefer better treatment for people and the environment. Read below for more info on Fair Trade, if you want even more information take a look at their website <http://www.transfairusa.org>

What is Fair Trade?

Fair Trade certified meets the highest standards of both quality and social responsibility.

- ◆ Fair prices for family farmers
- ◆ **Decent working and living conditions**
- ◆ Environmentally-friendly farming practices

Cari Hanson
MYE Sustainability Coordinator

Get the Facts!

"Over 1 million family farmers from more than 56 countries in Latin America, Africa, and Asia are now enjoying a better life thanks to Fair Trade Certification."

"85% of Fair Trade products currently sold in the US are certified organic- the healthiest and most environmentally friendly products available."

"Fair Trade ensures that family farmers receive a fair price for their top-quality products. This allows millions of people around the world to stay on their land, put food on the table, and keep kids in school. Fair Trade farmers are also careful stewards of the environment; with Fair Trade Certified you know that you what you are buying is grown with respect for the earth."



Staff Page - Where Are They Now?

► Ally Marshall is an integral member of our field staff



As fellow staff and her students can testify, Ally's supportive demeanor, easy-going nature and unwavering commitment to facilitating the best experience for her students are just a few of her great character traits.

What you might not realize about Ally is that, like a few of our staff, she has a passion for travel and adventuring to exotic locations. She manages to fit a lot of this into the time between her seasons at MYE and Naturalists-At-Large. Having already lived in Costa Rica and traveled through SE Asia, last winter Ally turned her sights to Africa, embarking on a two month journey through Tanzania and Kenya.

► If you ask Ally about her impressions of Africa, the first thing she will mention is - the people.



Their lifestyle gave her a completely different perspective on the term 'sustainability'. This is not a concept they think about, it is just who they are and what they do. Whether they were involved in sea weed farming, raising honey bees, farming corn or fruits and vegetables or fishing, they truly lived off - and in harmony with - the land. While valuing family over everything else they also welcomed strangers into their communities and homes, sharing their customs and language with patience and pride.

The other thing Ally enjoyed about Africa was the diverse landscape and wildlife. From the 16,000ft peak of Mt Kenya to the Chalbi desert to the waterfalls of Lushoto, Africa is a place of contrasts. The wildlife she saw included zebras, lions, leopards, giraffes, monkeys, ostrich, baboons, hippos and buffalo – just to name a few!

► Traveling to exotic locations and interacting with unique cultures, landscapes and wildlife can provide a unique perspective and get you thinking differently about your own life.

Moving out of your comfort zone provides a great opportunity to do an inventory of your priorities and values, and sometimes even persuades you to look at the world differently. It can also help you to appreciate what you have, and embolden you to move confidently towards your goals and dreams

The good news is you don't have to go to Africa to have this kind of experience. Your own environment is full of opportunities to try new things and challenge yourself – you just need to go looking for them. With the support you can get as an MYE alumni, why wouldn't you?

► So where is Ally now?

For the first time in years she has stopped being transient and has moved her gear from her truck to a house - in Ventura. It comes complete with backyard, pool and grill area. She says she is settling in nicely to a Californian lifestyle with her wet suit in her closet and surfboard in her garage.

So if you want to catch up with her, rumor has it in her spare time she can be found around the breaks off C Street. Better get down there fast, she is probably planning her next adventure.

Where to next Ally?



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The Stretch Zone *by Amanda Straus, M. Ed*

The Stretch Zone is a simple, but powerful model for challenge by choice. Picture a bull's eye with three circles. The inner circle is comfort and safety; this is at home, with your family, etc., the middle circle is the stretch zone, where reasonable risk-taking occurs. The outer most circle is the panic zone, when circumstances are so frightening that nothing productive takes place.

► Last week a friend of mine had a going away party

He had decided to leave his life as a banker; nice house, loyal pet, and great car included, to join the Peace Corps in Nicaragua. It wasn't a spontaneous decision; he'd applied to the Peace Corps months ago and had just now been accepted. He'd accomplished what many people want: a comfortable, secure, stable lifestyle and he was leaving it behind. People at the party talked about him with both admiration and suspicion: "how brave, how noble. Is he crazy?"

► My friend's choice to leave comfort behind and venture into a challenge is not uncommon

Every weekend, the wilderness is filled with adventurers – people who intentionally chose to leave their cars, phones, and beds for a tent floor. We all know that there is benefit to discomfort, right? Otherwise why put one foot in front of the next when it's pouring rain and you have three blisters, or keep climbing up when the view turns your stomach? So is stretching out of our comfort zone worth doing in daily life? Absolutely!

Pushing past comfort and into the stretch zone requires characteristics that make us proud: *discipline, courage, and self-confidence*. Stretching ourselves physically, mentally, emotionally, or spiritually means asking more of ourselves. Asking more of ourselves inevitably leads to growth.

"Life is either a daring adventure or nothing at all" **Helen Keller**

She wasn't talking about the kind of adventures people choose to embark on. She meant every daily life, and simply getting through the hours while not being able to hear or see. Helen Keller didn't just tolerate adventure and discomfort; she embraced it, grew from it, and as a result, became legendary.

► There is nothing wrong with the comfort zone

It's a great place to be: you know what to expect, things are in place, and routine is nice. But when you step out into the stretch zone, things happen. You get scared. You risk. You grow. You become. You get a little insight about how you function. And more than anything, you are awake and experiencing things you'll remember.

In a culture that meets our every need, from heated car seats to overflowing grocery store shelves, we are comfortable. The stretch zone gives us an inner change of scenery. How refreshing!

► Make the stretch zone part of daily life

Imagine, right now, five things you could do next week that would give you a sense of pride and accomplishment. Run farther than you ever have, or ask for the promotion you don't think you'll get. Whatever challenges you pick, make sure they mean something to you and will lead to a sense of growth. Do all five of them, and see if it reminds you of topping the climb or finishing the long day's hike.

As you learned on your course, stretching takes effort and courage, but the payoff is big. The effort alone will make you more disciplined, courageous, and self-confident. In essence, it will make you more of the person you really want to be, and isn't that what life is all about?

► Happy Stretching!

Amanda Straus, M.Ed is a life coach for outdoor adventurers and founder of The Next Step in Charlotte, NC. To see how you can keep stretching, visit www.next-step-coach.com

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