

SPOTLIGHT ON PERSONAL TRAINING

by Teresa Hoffmann, CPT



Teresa Hoffmann

Someone once said, "Our physical health is seldom cherished until it is lost, and in the effort to regain it we begin to realize what we wasted and threw away." In the process of self discovery and recovery from addiction, doesn't it make sense that we would start at the "core" and work to create a healthy foundation from which our best can come forth? There is no price to put on the value of learning how to be in your own body, to push yourself through a physical challenge, to be comfortable and confident in your own skin, and to feel and look your best from the inside out.

I think of my role as a Personal Trainer as being more than just teaching exercises, it's about teaching lifestyle--creating good habits that support health and vitality and help set the stage for an individual's personal best. It's all about the long journey--taken one step at a time. As long as we have a body, it's in our own best interest to take personal responsibility of our own health, quality of life, and well being.

Sometimes we need a little help getting started or getting motivated--getting back to the basics of exercise, nutrition, and sleep. All of these can have a powerful effect on how we think and feel, on our productivity, and on how we cope with stress.

It is my mission to be a positive role model, to inspire, encourage, motivate, sympathize with, teach, and influence my clients toward taking active personal responsibility for their own health. To give them "physical tools" they can take forth and apply that will help them on their path to creating balance in their lives and achieving their personal goals.

Most of us are aware of the numerous physiological benefits of exercising, but what about the psychological benefits? A growing body of knowledge substantiates that physical activity improves psychological well being. Exercise can have a positive effect on individuals with clinical depression, anxiety, low self esteem, and anger.

If Gray Wolf residents can be inspired and empowered to take care of themselves physically, I think they will find the rewards well worth the work. Potentially every aspect of their lives will benefit.

I have a very special little note that I keep by my desk from one of the Gray Wolf residents. It says that he is moving on and continues, "Thank you for everything. For the first time in my life, I feel good physically...so thank you once again. See ya when I come back to P.T. for a visit!" It might be silly, but that simple little note means a lot to me--I get personal reinforcement every day just looking at it.



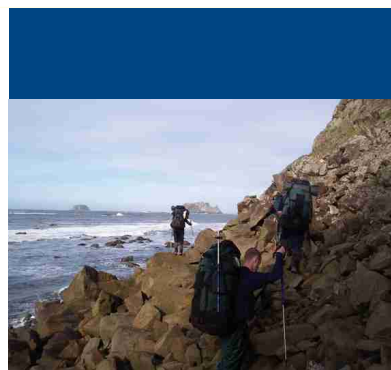
Mt. Baker snowboard day trip



Weekend trip to Seattle's Safeco Stadium for baseball

KEEP IN TOUCH

If you have moved and have a new phone number and address, please give us a call or an email so we can keep in touch...**800-571-5505, gwr@graywolf ranch.com.**



Residents hiking along the Olympic coast



Camping amongst the driftwood



Weekend activity: ropes challenge



January trek into the Olympic Mountains

The Pathfinder

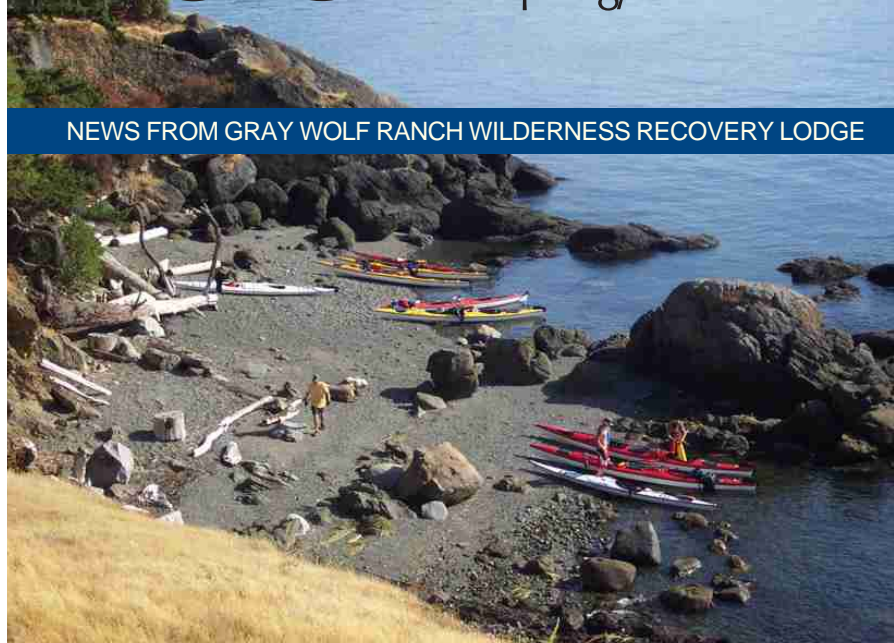
spring/summer 2005

GRAY WOLF RANCH WILDERNESS RECOVERY LODGE



THE MISSION OF GRAY WOLF RANCH IS TO PROVIDE A NATURAL, SAFE AND SUPPORTIVE SETTING FOR BEGINNING A STRUCTURED PROGRESSION TOWARD A SOBER LIFESTYLE.

NEWS FROM GRAY WOLF RANCH WILDERNESS RECOVERY LODGE



THANKS FOR VOLUNTEER WORK

PORT TOWNSEND AERO MUSEUM

Since 2001, the Port Townsend Aero Museum has been fortunate to have regular volunteers from the Gray Wolf Ranch. Without exception, they have all been valuable members of our team in furthering the missions of the museum. We also have benefited greatly from the experience we have gained from working with so many fine young men. Thank you for allowing us the privilege of meeting and working with so many of your personnel. We hope to continue this great relationship with Gray Wolf far into the future.

G. F. "Jerry" Thuotte, Director, Port Townsend Aero Museum

DOG TOWNSEND

"Our, so called temporary, volunteers were so conscientious and caring that we ended up keeping three of them on for a whole year, even after they graduated from the program. David, (Big Dog) Matt, and Glenn have been a wonderful addition to our business."

Amanda Webby, Owner, Dog Townsend

IN MEMORY OF TYLER M.

On behalf of the entire staff at Gray Wolf we would like send our deepest sympathies to the family of Tyler M. Tyler was a Gray Wolf Alumni (May 98) who passed away in a car accident on 4/7/05. Tyler died chemically free and will be remembered with great admiration by his extended family here at Gray Wolf Ranch. Tyler and his family are in our thoughts and prayers.

The Pathfinder

spring/summer 2005

IN THIS ISSUE

- Stay Connected to GWR.....1
- GWR Annual Report.....1
- Why We Trek.....2
- Annual Report continued.....3
- Melissa Davis Joins BADd Habit.....4
- On the Gray Wolf Team.....4
- Spotlight on Personal Training.....5
- Keep In Touch.....5
- Thanks for Volunteers.....6
- In Memory of Tyler M.....6

GWR 2004 ANNUAL REPORT

by Woody Bernas, GWR Program Director

"Statistics: The only science that enables different experts using the same figures to draw different conclusions."
Evan Esar (1899 - 1995)
Esar's Comic Dictionary

It's usually early in a new year that organizations of all kinds publish their annual reports and interpret their statistics so that shareholders, investors, employees, board members, and customers can look at the numbers to see how well their organization did for the previous year.

In the world of business it's probably easier to identify processes and outcomes that can be measured objectively and mathematically. But places like Gray Wolf Ranch deal with people's lives. The kind of work we do here can be difficult to measure since the process of recovery is more abstract, subjective, and spiritual in nature than manufacturing and selling products.

Working with people's pain and powerlessness and walking with them in their early steps of recovery typically involves more art than science, more relationship than "product," and more intuition and experience than scholarship.

continued on page 3

STAY CONNECTED TO GRAY WOLF RANCH

by Peter Boeschstein, Gray Wolf Ranch President

As we move into our 8th spring and our alumni population grows to over 600 young men, I am reminded of how important it is to stay connected to the recovery process and to others in recovery. As I speak with graduates and alumni of our program who have been successful in remaining abstinent, I am reminded of the basics of what works.

The disease of addiction is "cunning, baffling, and powerful." By staying connected, young men greatly increase their chances of sustaining their own ongoing recovery. The graduates who regularly attend and participate in 12-Step meetings and who keep in contact with their sponsors are true success stories. They are enjoying the promises of recovery as they share their experience, strength, and hope with others.

By offering additional Alumni/Renewal treks each year, we are providing more opportunities for our alums, their families, and the Gray Wolf staff to stay in touch and reconnect. With more and more alumni returning for visits each year, I'm reminded how critical these connections are to our ongoing success in recovery, and I'm inspired and impassioned to continue to carry out our mission here at Gray Wolf.

I strongly encourage our alumni, families, and friends to stay connected with us—in person, by phone, and by e-mail. I hope you enjoy this issue of the Pathfinder and I will look forward to seeing you on one of our trips this summer or around the ranch for a visit.



Peter Boeschstein



river rafting trek



family sailing trek

2005 ALUMNI/RENEWAL TREK SCHEDULE

JULY 2-7 ALUMNI RIVER RAFTING, Salmon River, ID

JULY 18-23 FAMILY SAILING TREK, on the *Adventuress*

SEPTEMBER 23-OCTOBER 5 FATHER & SON RAFTING, Rogue River, OR

To find out all the details and sign up for our upcoming alumni/renewal treks go to our web site trek section at www.graywolf ranch.com.

Hazelden Center for Youth & Family Annual Alumni Event, Saturday, Aug. 13 at Plymouth, MN. Call 888-257-7800 ex.3837 for information.

WHY WE TREK

by Jimbo Buickerood, GWR Trek Manager



Longboat trek

Much of so-called modern life is steeped in indoor environments, electronic devices, vehicular journeys and conversations with others who aren't visually present. Life in the out-of-doors is very much opposite of this, yet to most of us it certainly seems "oh-so-familiar" when we are living for a string of days outside. Gee, how can that be?

My hunch is that both our unconscious and active bodily motion is still very much attuned to living most of one's life outdoors, as if only a moment ago in human history that outdoor living was the daily reality. Oh yeah, we were snug in shelters of plant, snow, mud or animal skin (boats, too!), but all said, we were outdoors most of the time. We can confidently say that even the terms "inside" and "indoors" were unknown words just a few centuries ago. Where does this premise lead us?

It's not surprising that our time "on trek" provides such a powerful tool towards healing and recovery of health through connecting (re-connecting in the larger sense of human history) with ourselves, each other and indeed the all-encompassing natural world. Life in the outdoors aids us in returning to the elemental roots of our human existence, including what is healthy in terms of our relationships with self, others and a higher power (substitute nature, spirit, etc., as it works for you). Realistically, it's impossible to spend a week or two living in the outdoors and not face the reality of considering the Big Three – self, others and spirit.

A basic premise, and gift to us, of the great outdoors is its utter and complete honesty and authenticity – it is what it is. That reality provides a mirror that shares with each of us the results of our actions and thinking – it "checks" our thinking very effectively for us. OK – the rain is cold, the trail is steep, the current is hard against us, the coastal boulders are slippery – these all provide swift feedback as to how you engage hardship, challenge, and adversity. As has been said many-a-time on Gray Wolf treks – if you think this is hard, how about staying sober?!?! Self is fully engaged on trek – it's hard not to "bump into" yourself out there and notice who you are and how you're doing.

Treks, as well as other outdoor outings, also provide ample opportunity to measure one's interrelationships with others. Interactions with group members are ongoing and unavoidable. Coupled with the reality that the actions initiating the interactions are completely basic and "real" provides us with ample opportunities to learn about the fundamental nature of asking for, offering and receiving help and support. The analogy with recovery is so obvious that one could trip over it, unless of course, a root or rock already grabbed your attention.

And spirit, higher power, God, life force? However you want to frame it – it's essentially impossible to elude an encounter with it while sauntering, paddling or hiking in the outdoors a few days in a row. For some it's feeling the "inconsequentialness" of human life that helps them to connect. For others it is the bond and closeness they feel to the natural world. For others it is the overwhelming diversity and complexity of nature that clicks. The mechanism varies, but for almost everyone, there is no mistaking that being outdoors enhances the connection and closeness to something that is wondrous, magical and fills us with awe.

I've spent huge "time chunks" and many years of my life happily living in the Great Outdoors. I don't ponder the "why??" question all that often, but as I review in written word with you "why we trek," it comes back to me as powerfully as a Pacific Ocean wave dumping on the beach – it's healing, it's healthy and it's simply fun. It is summarized in a sentiment shared with me by a GWR alum: "I always laugh deepest, longest and hardest with those that I went trekking with."

And now a question for you – when were you last outside for a few contiguous days?

GWR 2004 ANNUAL REPORT continued from page 1

Having said that, though, there are some indicators that can give you a perspective on what happens at the Ranch and how we're doing.

For example, we served a total of eighty-four residents and their families at GWR in 2004. Eighty-two percent of those successfully completed the program and moved on to their next phase of recovery.

Last year, fifty-seven of our residents participated in academic offerings at the GWR Learning Center--some continued their work toward a high school diploma or GED, and some worked on directed independent study projects or other activities.

Our residents donated a total of 8,687 hours in community service in the Port Townsend area to a variety of individuals and community partnerships such as Habitat for Humanity, the Wooden Boat Foundation, the Port Townsend Aero Museum, and Grant Street, Mountain View, and Blue Heron Schools.

We hosted eleven treks, including seven for our residents, three for alumni, and one family sailing trip on the schooner Adventuress. The feedback from all of these trips indicates that the combination of recovery-oriented dynamics in the magnificent wilderness of the Pacific Northwest is powerful and healing.

When surveyed upon admission, residents gave the following ratings: *Excellent* *Very Good*

Ease of obtaining information about the program:	64%	29%
Courtesy, respect, sensitivity & friendliness of GWR staff:	70%	23%
Your overall satisfaction with services at GWR:	87%	

Included in these surveys were the following comments:

"I feel like I've been treated like a king. I am amazed by the facility and the staff."

"Gray Wolf is doing an excellent job at making me feel welcome and on paying attention to my individual problems in all aspects."

"The food and facilities have been great and the staff is welcoming."

"Very nice and accepting of all my needs-- always there to talk."

Other surveys conducted at the time of discharge reveal the following information:

Effectiveness of group counseling in meeting your recovery needs:	62%	37%
Effectiveness of individual counseling in meeting your recovery needs:	62%	25%
Your overall satisfaction with services at Gray Wolf Ranch:	62%	25%

Included in these surveys were the following comments:

"Doing great, keep up the good work!"

"Gray Wolf Ranch is the best place I could have imagined to begin the recovery process."

"It gave me my life back and I am forever grateful that GWR helped me achieve this."



Olympic Peninsula coast trek

This evidence suggests that we're doing an outstanding job at Gray Wolf. It's good to know that the vast majority of young men who come through our program benefit in a positive way from their experience here and give so much back to the community in the process.

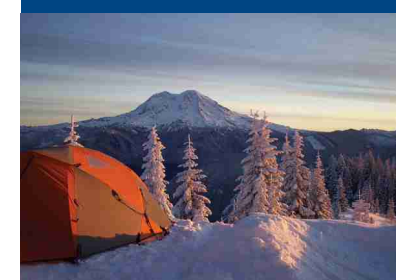
Outcome studies are an important measurement of what we do at a GWR, however being at a graduation ceremony and listening to residents and parents express their gratitude for what they received here provides me with all the evidence I need to understand why our residents refer to us more and more often as "The Miracle Factory"



GWR's Sport Court



Jill Christenson and residents at the GWR Learning Center



Sunrise on trek



Community Service work at the Port Townsend Aero Museum

MELISSA DAVIS JOINS BADd HABIT

www.baddhabit.com



Melissa Davis

BADd HABIT, Gray Wolf's custom embroidery and screenprinting shop, recently welcomed new manager Melissa Davis. Melissa hails from Southern California, where she lived for 30 years and where she attended Southwestern College in San Diego, majoring in Child Psychology. Twelve years ago, after a vacation to the Pacific North-west, she decided to make the move north and relocated to Washington with her two children, who are now teenagers.

Before coming to BADd HABIT, Melissa worked as the office manager at Dentistry Northwest for 7 years. New to the screenprinting business, is learning a great deal from the BADd HABIT staff and is enjoying getting to know them.

"I love working with all of the Gray Wolf Ranch guys," says Melissa. "They come from so many different parts of the country, each with interesting stories and experiences. They're all hard working and willing to learn new aspects of the business."

"As I see it," she continues, "it is my first job responsibility to teach these young men a good work ethic--to be able to show them that a clean and sober way of living is important and that they can make a difference with their attitudes at work as well as outside of work. And I want them all to know that we're a team--they're an integral part of BADd HABIT and their work matters. As I like to remind them, "There is no "I" in team."

Check out the new on-line store at:
www.baddhabit.com



BADd HABIT sculpture



BH recovery shirts

GRAY WOLF RANCH



For more information, please contact us:
GRAY WOLF RANCH INC.
P.O. Box 102, Port Townsend, WA 98368
Telephone: (800) 571-5505
In western Washington: (360) 385-5505
e-mail: gwr@graywolf ranch.com
website: <http://www.graywolf ranch.com>

N 48° 06' 60" W 122° 51' 670"



OUR ACCEPTANCE CRITERIA

We accept young men, age 14 to 25, who have demonstrated their commitment to abstinence and who are motivated to make profound changes in their lifestyle.

ON THE GRAY WOLF TEAM

At Gray Wolf, we take pride in the qualified, dedicated individuals who fill our staff positions. We'd like to introduce you to one of them and our latest staff addition, Hoodlum.



Don Landstra
Chemical Dependency
Technician

Chemical dependency technician Don Landstra joined Gray Wolf in January 2004, where he enjoys working in its creative environment. Don is originally from the San Francisco Bay Area, where he worked for 22 years in microwave engineering. In 1991 he discovered Port Townsend and met his future wife, Jane. They enjoy living a simple lifestyle—appreciating the beauty of the area, spending time with family and friends, and actively participating in various community groups. Don also enjoys studying and exploring different types of psychology and spirituality including eastern meditation and medicine wheel teachings. "I have been deeply interested in Spirit and have sought a close connection to my Higher Power most of my life".



Hoodlum
the Teenager

We welcome a new addition to the GWR staff, Hoodlum the black lab. After two referrals from the local animal shelter, Hoodlum the pup was rescued by Woody and Peter B from questionable beginnings and a potential early end for such a sharp and sweet doggie. As a teenager, Hoodlum has been diagnosed with Obsessive-Compulsive Tennis Ball Retriever Disorder (OCTBRD). His early trauma is being treated with lots of GWR love from his buddies, the residents. They are teaching him to know when to play and when not to play (especially with the mallards in the Serenity Pond). Buck, our Senior Security lab, is also tutoring Hoodlum on trail rounds about GWR's campus.