

Building Togetherness

Newsletter

July, 2021



The St. Helens Climb 2021

Climb up and slide down in 82 seconds. (Click below)



On Friday, June 18th, at 4am, the 2021 Recovery Beyond climb team departed on a 5700 foot, twelve hour journey to climb Mt. St. Helens.

Recovery Beyond's volunteer mountaineers took delight in encouraging this year's participants through every grueling mile. "You can do it!" became "You did it!" as each person reached the summit. Filled

with emotion, they looked over the dizzying view while the weight of their accomplishment sank in.

This was more than climbing a mountain. It was a culmination of personal journey. Their reward was not just a view, but the ripening of a sober-life transformation.

It doesn't end here. The accomplishment produced new seasoned hikers who will inspire others through community hikes this summer. Stay tuned as they pay it forward by investing priceless volunteer time in the next Climb Team, Chapter 2022!



Program Update

Leroy

Summer is here and Recovery Beyond is in full swing!



Cycling

Jose, Susan, and Mark have scheduled a full slate of rides for cyclists of all skill levels.

For All Levels

- Beginners
- Intermediate
- Advanced



Climbing

Steve will teach you the basics of climbing and show you how it is a powerful tool for recovery.



Not Your Average Bootcamp

Jen will help you focus on muscle strength, endurance, and complete muscle development.



Tennis

Tennis pro Olga will help you get started or take your game to the next level.



Hiking

Join our hike leads for any or all of the 15 hikes planned for this summer.



Martial Arts

Jason is a world-renowned teacher who has spent over 30 years teaching martial arts.



Acupuncture

Sharon is a licensed East Asian Medical Practitioner

To get all the details and sign up, go to the community calendar on our website.



[Community Calendar](#)



Recovery Beyond Welcomes Volunteer Susan Clementson

Why The Bike? Susan was an avid soccer player who started mountain biking after an injury as a replacement for soccer and she never looked back.

"As I gained in skill and bettered my fitness, I joined and led mountain bike teams."

Susan organized and held clinics to help others learn to be more comfortable on the bike and grow their fitness and skill.

Susan isn't just a teacher. Her personal rides include surviving the High Cascades 100, completing the BC Bike Race—twice, soloing 24 hour races, and running the Rim2Rim at the Grand Canyon.

Susan's Superpower: "Hmmm...is a decent attitude a super power?"

Her motto: "If it's outside, I'm in!"

Her hobbies include volunteering, hiking, camping, fishing, SUP, skiing, snow shoeing. If you love the outdoors, you have a good chance of meeting her on a bike or a mountain this summer.

Recovery Beyond Partners with Base Medical to Offer Wilderness Certifications

Join instructor, Becky Vinson at The Enso Center

8708 196th Avenue NE, Redmond, Washington 98053

Wilderness First Aid (WFA) course for interested hike leaders

Hybrid WFA: 16 hours of wilderness first aid training
8 hours of independent online learning plus 8 hours of in-person hands on training

WFA: Friday August, 27, 2021: 8am-4:30pm Cost: \$90

[Click HERE to enroll in WFA](#)

Wilderness First Responder (WFR) course for hike medics

Hybrid WFR: Independent online learning module plus 16 hours of in-person hands-on training
WFR: August 25-26 Wednesday (8am-4pm) and Thursday (12-8pm) Cost: \$169

[Click HERE to enroll in WFR](#)

Certified Instructors maintain a 10:1 instructor ratio for all courses so space is limited.

To ensure a seat in the class, register ASAP

Note: If you are a current member or volunteer, email shelley@recoverybp.org for a discounted rate.



Rise Up

for recovery

CELEBRATION

SUNDAY, 1-4 PM
AUGUST 29

MARYMOOR PARK
VELODROME SHELTER

6046 W Lake Sammamish Parkway NE
Redmond, WA 98052

In the midst of Covid, we gathered online to inspire each other to live healthy, sober lives. We locked arms and encouraged each other.

We vowed that as soon as possible, we would get together **in person** to hug and high-five and have a party.

THE WAIT IS OVER!

WHO SHOULD COME?



- People in Recovery
- People fighting addiction
- Supporters of those in addiction or recovery
- People who wants to make some great, new friends

EVERYONE who wants to end Substance Use Disorder

Come meet supportive new friends who celebrate personal growth, fitness, nature, and RECOVERY.

From Ukraine To Seattle: Olga's Journey

Hear how a tennis pro began a life of Recovery



Recovery Beyond Partners with Enso Center

Offering healthy lifestyle activities with an organization that celebrates over 30 years of history and community.

Recovery Beyond is delighted to announce a brand new partnership with the [Enso Center](#). Founded by the Mix family thirty years ago, the [Enso Center](#) is a 12 acre property that has historically focused on Martial Arts. Over the years it has expanded to include Archery, Yoga, Aerial Arts, Meditation, and Acupuncture. An ambitious new plan is underway to develop bouldering, a climbing wall, and a challenge course.

The Mix's are delighted to begin to lead Recovery Beyond groups at their facility. They share our passion for healthy lifestyles, and encouraging supportive community—exactly the formula Recovery Beyond has found to be so powerful in maintaining recovery.

We are excited to develop and expand this new partnership. Stay tuned for upcoming activities and events at the [Enso Center](#).



Licensed East Asian Medical Practitioner, Sharon Mix, with her husband, world renowned martial arts Master, Jason Mix

Becky Vinson

Service Gives Life

Becky Vinson' military background was obvious as she led the latest Recovery Beyond climb team up Mt. St. Helens. She is comfortable dishing out orders and there isn't a hint of compromise in her voice.

"Put on your packs. Break time is over."

"We gotta pick up the pace."

But there is more to Becky than toughness. Positivity and a can-do spirit radiate from every pore. It's impossible not to love her. She is a force of good will. Be inspired by this remarkable volunteer by reading the full article on our website.



[Meet Becky](#)

Thanks, July Investors

- Ann Crumley
- Tarunay Roy
- James Irwin
- Scott Brown
- John Bosnyak
- Maureen Nancarrow
- Jessica Serna
- Lisa Ursino
- David Schollmeier



Thanks to **Leroy Nancarrow and Ann Crumley** for celebrating your birthday on Facebook and helping people beat Substance Use Disorder.

Special Thanks To Our Monthly Investors

- Mark & Debra Perry
- Shane & Jennifer Boudreau
- Pat Simmons
- Brooke Russell
- Geneese Gibbons
- Jon Ruckle
- Michael & Darla Stanton
- Mark and Sue Ursino
- Don Preiss
- Marcia Hansen
- Amanda Wager
- LaVina Burner
- Laura Dennis
- Rebecca Davis
- Mark Ursino
- Ray Lewis
- Stephanie Harris
- Troy Perry
- Christian Ursino
- Cheri Mackinnon
- David Ursino
- Maury & Julie Robertson
- Gina Haines
- Danielle Goodgion

Your faithfulness make it all possible.

Why I Invest in Recovery

Bekka Davis

Like so many people today, Substance Use Disorder has hit home in our family.

When I saw that a \$35/month investment could sponsor one person to live a life of Recovery I thought, "That is so doable!"

Addiction is such a vast and complex problem that it can feel overwhelming, like there's nothing you can do.

I like making this tangible investment every month, knowing that even if I'm not solving the whole problem, at least I'm helping one person.



[Invest in Recovery](#)

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*Thanks for
making a
difference!*

