

Monument Fire Horse Rescue



For several weeks, fires raged out of control in southern Sierra Vista and the town of Hereford. Ultimately an estimated 12 thousand people were evacuated, and more than 40 homes, structures, and businesses were destroyed. Denise took the lead and took some of the boys to assist in evacuating and rescuing animals. Denise kept us updated, and here are some of her emails to the community. We are all thankful for what our community members accomplished.

Thursday, June 16, 2011 11:28 AM

The boys (Luke W., Tom S., Pierce S., and Chris J.) who helped yesterday with the Monument Fire evacuations were awesome. We moved a variety of animals--horses, cows, goats, rabbit, cats, chickens, turkeys, ducks and geese. Everyone was very helpful and supportive of the families being evacuated. They offered words of encouragement and did whatever was asked of them. Luke was a shining star in moving the poultry. He just jumped in and caught the birds (about 50) and organized that part. Tom was very much the leader in getting the 1,000lb steer in the trailer who did not want to load. Chris J. had a turkey vomit on him and he kept a hold of the bird. (Personally, I think I would have dropped it).



Pierce was right there helping where needed. The boys had not eaten since lunch so we stopped at Chipotle's at 9:30PM to eat. I was telling the cashier what a wonderful job the boys had done helping with the animal evacuations, when he disappeared into the back. A few minutes later he came out with the manager who said "It's on us." Chipotle's bought our dinner last night in honor of what the boys did for others. We were very thankful and appreciative. If we're needed today I will take some more boys. Last I heard Ramsey Canyon was possibly going to be evacuated today. If needed it would be after lunch. Thanks for letting the boys go out and shine.

Thanks, Denise



Saturday, June 18, 2011 6:56 AM

Just spoke to Ann. Today will be more of a cleanup and help at the riding club day. There are quite a few loose animals and as they are sighted and we are able to get to them we will try to catch them. There are a lot of feed donations coming to the riding club and young, strong guys are needed to unload. We'll leave around 8. Again, she is most appreciative of our help. Her volunteers are mostly older and the young guys are quite an asset.

Thanks, Denise

Saturday, June 18, 2011 8:55 PM

The boys did great this morning at the riding club. They helped set up a bunch of pens out of panels. The crew consisted of Travis W., Tucker B., Beau H., Isaac, Justin P., David A., Nick H., Steve W., and Fleming B. Tim brought some of the boys and Butch and I had some with us. The boys watered horses, mucked pens and helped

out where needed. They were ready at a moment's notice to unload hay, but the hay got there late and they had a squeeze to unload it with. There were people from Mesa, Tucson, and Phoenix bringing supplies and volunteering. The boys were very helpful in getting a steer out of the arena. Tim has some fun there too. Around noon, Ann sent us to the staging area where we waited for a dispatch. Around 2:30 she sent us to evacuate a mini horse, 2 goats, a steer, and 12 chickens from ground zero. The owners were not allowed in to take care of their animals. Animal control did it yesterday and today they called them and told them to move them, as they could not do it anymore. The owners were pretty distraught. I did some pretty good talking at the road block. Became good buddies with Edgar one of the highway patrol officers. He escorted us to the Incident Command Post. I followed him into the school, waited right where he indicated in the hallway, and really could not believe it when another guy came out and said "Go." So off we went to the first road north of the Monument. Did not see any burned houses.



The beautiful vinyl fence at King's Ranch is all melted, black water tanks are melted. It was amazing that none of the houses were damaged. The fire burned right through the houses where we were. Got back on the road and called the owners and the woman burst into tears. She could not believe we had gotten them all. I am exhausted and could not have gone today without Butch to drive. I am staying home tomorrow and sleeping. I will feed Ann's horses in the morning.

Thanks again for everyone's support. The community is very appreciative of all that In Balance has done.

Thanks, Denise

Sunday, June 19, 2011 11:05 PM

Well, I was able to sleep and drink tea until 1pm. I went into town to get groceries and stopped by to see how Ann

was doing at just the time when the fire was escalating. Came back to the ranch and Travis, Tucker, Yefim, and Beau went with me to move some horses out of the riding club and take them to Sonoita. We ended up being sent out to Moson and Hwy 90. I could not talk my way through the road block so we waited for Animal Control to escort us. Those of you that don't live here, if the fire did get there, Sierra Vista would be a mess. That is an area we have been trying to get everybody out, but no one wants to leave until the last minute and then it's too late to get the animals. We followed Lori in and removed 4 horses, thought we were going to be ostrich wranglers, but only the horses were going. We took our horses to Sonoita and the boys were a great help in getting more stalls set up.

Thanks again to everyone for their support. In Balance Ranch students have a really good reputation in the community from all of their dedicated work in helping with the livestock evacuations.

Thanks, Denise

A Visit from Yogi G

By Ryan H.

Some of you who are reading this are probably aware of In Balance's very successful trip to Nepal in late December, 2010. The students who were fortunate enough to participate had a wonderful opportunity to experience things that many people never have and never will. Some of these included trekking through the Himalayas, white water rafting, elephant rides, jungle safaris, as well as service work at an orphanage. However, there was one experience that changed the way many of the students looked at life. This was five day seminar with Dr. Chintamani Yogi, otherwise known as Yogi G.



Yogi G has been volunteering and serving humanity for over two decades. He is an internationally respected philosopher and leader. He has several service projects throughout Nepal and all over the world. He makes no profit from his hard work and survives only on

the hospitality of his friends and co-workers. He delivers a message of truth, love, peace, selfless service, and non-violence. The students in Nepal got so much out of his message and he was able to reach out to us again.



This time Dr. Chintamani Yogi came from Nepal to do service work in the U.S. He volunteered in a few other states and then he came to the Ranch. Yogi G worked with us for two full days. He asked for no money, only a bed, food, and something to drink. He was able to reach out to many students and change their perspective. He made us think and ask important questions about life. He taught us several meditation techniques, and how to channel our breath into positive energy. He explained how important breath is- saying it is the only constant thing in life; the only minute to minute necessity. Yogi G also taught us yoga and showed us how to sooth our body and mind. It was very relaxing and insightful. Another thing he taught was patience, love, and tolerance for everyone and everything. He was very insightful when we asked him tough questions.



Yogi G helped us realize that there is a lot of power in spirituality. His message of selfless service was very inspiring. He is a living image of selfless service; a perfect example of what it looks like. He taught us all so much about life and spirituality. He is a man with an incredible amount of wisdom. We are very grateful for everything he

taught us and it was sad to see him leave. We all hope to meet him again and learn even more.

Havasupai

By Andrew S.

On the 5th of May, the Rincon milieu went on one of the best trips In Balance has to offer- Havasupai. Havasupai is a Native American reservation located deep in the Grand Canyon. I've been to the Grand Canyon before, but I had never traveled so deep into it prior to this trip. It was a totally different experience.

The morning after staying the night in a campsite half an hour away from the canyon, the Rincon's, along with Tony, Melissa, Chase, and Kevin drove to the Grand Canyon to prepare for the hike. Being that it was my first time going on this trip, I had no idea what I was getting into. This was no ordinary hike. This was a 10 mile hike in the Arizona heat. While it was very challenging, finishing the hike was extremely satisfying. Toward the end of the hike, we passed some amazing waterfalls. It was unfathomable to see bountiful water in an arid climate such as this. These fresh water pools were tinted a blue I had never seen before.



It was amazing seeing the raw beauty of Havasupai but the contrast to the living condition of the Havasupai people was stark. Their living conditions were mind-boggling. Most of the houses were barely passable as houses; shack is the best way to describe them. The horses were obviously malnourished, leading one to believe their food supplies are scarce. It is strange to think about how isolated these people are from the modern world. It's

safe to say that a lot of these Native Americans won't see the light of day anywhere else but their village in their entire lives.



Once camp was set up, we decided to cool off by diving into the waters of Havasu Falls. When we arrived, I decided to soak in what was around me instead of immediately going to play. It was truly humbling to be engulfed by these colossal rock walls, and within these walls- the abundant, lush greens and gorgeous water. After reflecting, I jumped in and felt truly carefree. After dinner that day, everyone went to bed early.

The next day, our expedition continued through Mooney Falls, and then to our destination for the day, Beaver Falls. After a three hour hike, the Rincon's arrived. It was a beautiful area, consisting of the infamous waterfalls (which everyone talks about at the Ranch because you can jump off of them.) There were some fifteen to twenty feet waterfalls, and a sixty and seventy foot waterfall. After talking myself out of it, I realized I couldn't predict whether or not I'll have the opportunity to do it again, so I faced my fears and jumped off of all of them. It was great fun!

The following morning, our last day, we went to Mooney Falls, spent a little time there, and then went to Rock Falls on our way out. After jumping off of the waterfall at Rock Falls, we made the painstaking hike out. We finished the hike at about nine o'clock at night in hurricane-like winds. Then, we made a six hour drive back to the Ranch, concluding our trip on empty stomachs. It was a great trip.

Level Three Retreat

By Joe C.

On Father's Day weekend (Saturday-Tuesday), the level-three students of the Ranch, as well as two upcoming level-three students, were privileged to be able to spend the weekend at the Barrasso's cabin in Pinetop, Arizona, as part of a level-three retreat. The trip was led by In-

Balance Ranch Academy therapist, Sarah, who was accompanied by alumni of the Ranch and In-Balance Transitional Living, Peter M. and Jeff S.

We began the weekend, after a long car ride up to the cabin by simply relaxing, and enjoying the snacks and watching television. After dinner, everyone participated in a group in which we discussed our goals for the weekend and the qualities that we felt level threes possess.



On Sunday, everyone enjoyed chocolate chip pancakes that Ranch student Cade C. woke up extra early to make. After breakfast, we held another group, in which we discussed how we were cut off from reality in our addictions and how we covered up our "truths", or core qualities. After lunch, each student discussed what he felt was his "truth" was, then with the help of other fellow students, proceeded to discuss his "lie", or the negative self-talk that he often demonstrates, which covers up his truth. We all wrote the characteristics of disease and spirituality on separate sheets of paper, noticing the vast differences between them. We ate out in the evening at a restaurant called Fired Up Grill and ate ice cream for dessert at the Marble Slab Creamery.

Later on in the retreat we, we each drew pictures of ourselves in our diseases and in our spirituality, to accompany the traits that we had come up with earlier. It was interesting to look at the differences between the "disease" drawings and the "spirituality" drawings, which were hung on separate walls by Sarah. Through groups and activities, we collectively realized that our childlike nature was covered up during our drug use. Later on Monday, we all spent personal time in personally chosen sites around the small lake and meadow in the pine forest. For many students, the solo time was a time to reflect.



We followed our personal time with a trip to the playground in an attempt to recover the “inner child” that we had lost in the midst of our drug use. We had a great deal of fun taking pictures, playing on the swing sets, walking around a lake, tossing around a football, and playing tag. Afterwards, we took a trip to the Ponderosa Lanes, a bowling alley, which was very fun.



Bowling was followed by a huge dinner. Jeff S., Tom S. and I grilled steaks, burgers and hot dogs for everyone. After dinner, we had a small ceremony around the fire, in which Sarah gave everyone level-three necklaces designed by a friend of the Barrasso's. The necklace features a hawk facing east, the Roman numeral III, the word “INTEGRITY”, and the symbol of Alcoholics Anonymous.

Tuesday was spent cleaning up the cabin and making our way back to the Ranch. It was another long drive, but the trip was well worth-it. Each of the students got a positive message from the trip, and was glad that we all made the effort to travel up to Pinetop for a relaxing, yet productive weekend.

Fellowship of the Spirit: Mississippi and Alabama

By Preston E.

Leaving Imbalance Ranch to learn and obtain knowledge at the Fellowship of the Spirit was an enlightening experience. When we left on Friday morning, I was not quite sure what to expect. After waking up at three in the morning and flying across the country, we were tired and did not want to do anything. However, we decided that we didn't fly half way across the country to lie in our room and watch TV. We decided as a group to go to the 8 o'clock meeting and that is where it started for me and my peers. The speaker at the meeting was a 40 year old man with a story similar to mine. From the first minute of listening to this man, I realized I was in the right place. I found myself relating to subject after subject of this man's life, which was crazy for me since had I just met him. When the man was done speaking, I felt an urge to go shake his hand and applaud him for sharing his story. To be 17 years old and realize that there are others out there, even old men, who are just like you, is a great thing to comprehend. Throughout the next three days I found myself more excited about going too meetings than I have ever been in my life. People coming from all over, who share and deal with the same struggles as myself truly is a fellowship, a Fellowship of the Spirit.

Mississippi was a great experience, Mississippi but we knew that the relaxation was about to end. The staff told us that we were to drive from Mississippi to Alabama to help out the people you who lost their homes in the devastation of the tornado.



I didn't know what to expect; maybe a few days of picking up debris from tree's and stuff like that, but I was wrong. I didn't realize the extent of the tragedy that Tuscaloosa had been dealt until we were driving down a

road 45 minutes from our hotel. Everywhere I looked I saw rubble- houses and stores that were completely wiped out. Arriving at the hotel I was speechless and did not know what to think. All I wanted to do was start the service work right away to help out all the people who had lost their homes. Through the night I kept to myself. I was thinking about all the things I have and all things that person down the street had lost. I realized that that in one day, all your valuables can be wiped out, your house crushed, and your car flipped over. For peers and I it was a hard thing to grasp.

The next two days were full of sweat and more sweat as we helped the people of Tuscaloosa. An insurance company will not pay for a house to be rebuilt until the lot is completely clean. On first day we literally moved a whole house, including the contents, like pictures, cooking utensils, etc., to the side of the street so the bulldozers could haul it away. It was hard work, but knowing that it put a person one step closer to attaining their goal of rebuilding their home, made it worthwhile.



The next day was not as much of a strain on our bodies as the first, but it was still hard work. On the second day we were in charge of the distribution of water. We went to a warehouse with a large U-haul and loaded it up with case after case of water.



We had to make several trips because we couldn't fit it all at once. After we loaded up the truck, we drove to the distribution site where we unloaded the water. This was long and slightly boring job, but we knew that it was for a purpose, so we didn't complain. At the end of the week we were taken to a movie to celebrate our accomplishments. The week was full of emotions good and bad; joy and sorrow, and being a member in recovery in made the service work all the more satisfying.

Equine Intensive

By Denise



The first day we went to the Loft Theatre in Tucson to see "Buck." "BUCK, a richly textured and visually stunning film, follows Brannaman from his abusive childhood to his phenomenally successful approach to horses." "...BUCK is about an ordinary man who has made an extraordinary life despite tremendous odds." Everyone was touched by Buck's story and the stories in the film.

The next day, Tuesday, we were back at IBRA to practice and incorporate some of the horsemanship which we viewed on Monday in 'Buck' We practiced the 'old man walk,' walking at varying speeds with the horse adjusting itself, being assertive without being aggressive, and being

in control of one's emotions. After lunch was game time and we played some games that staff came up with. The boys played the ball race, where you take a ball down to a cone and drop the ball into the cone. We did some hula hooping and bazooka shooting also to see how well the horses trusted their riders. And then Polo! Everyone loved playing IBRA's version of Polo.

On Wednesday, Colter Moore came out To IBRA to do a horsemanship clinic. We learned more ground skill / warm-ups to do with our horses. All of the horses became accepting of having the leadrope swung progressively harder and closer to them, having the rope draped around their hindquarters and following the 'feel' as they turned and faced the rider, and another task was to move the hindquarters away. After the warm-ups we rode our horses at the trot for a long time and then it was time to canter. All of the horses were settled and ready to canter after trotting. Then after lunch was more Polo and the teacher (Colter) became the student. Colter liked playing and wants to play more.

On the last day we did a trail ride out to the bluffs west of the campus. There were lots of washes to go through. Lunch was on one of the bluffs with the horses standing next to their riders as they ate.

Tour of Southern Arizona

By Jordan T.

The intensive that I chose was the Tour of Southern Arizona. From Monday to Thursday our group got to tour some amazing places and see some amazing things. These places included the Kartchner Caverns, the Bisbee Copper Mines, the King Tut Exhibit, the Fort Huachuca Museum, and the Tucson Air and Space Museum. All of these places were located either in Tombstone, Bisbee, or Tucson. All of these places provided me with a lot of knowledge about history and the importance of it.



The first place we toured was the Kartchner Caverns. We got to actually go inside of the caverns and get a first-hand look at one of the oldest natural caves in Arizona. We had the chance to see some really amazing and cool features of the cave. These include stalagmites, stalactites, columns, soda straws, and much more. Some of these features take several thousand years to grow and are very sensitive. We were advised not to touch anything because the cave was still alive and if any human oil got on certain features they could stop growing. We also learned about the history of the cave, the founders of the cave, and how the cave came to be a national park. It was truly amazing.



On Tuesday we toured the Bisbee Copper Mines. Before actually going into the mines we had to dress up like miners, which I thought was pretty cool. We got a jacket, a helmet, and a flashlight. We entered the mine on a tram and it was surprisingly very cold. This trip taught me what it was like to be a miner and how the different mining jobs worked. We also learned that the mine was almost 100 years old and the history of it. After going to the mines we took a trip to Fort Huachuca to tour the museum there. It was very interesting and provided a lot of cool information about the Fort and we had the opportunity to see what the original Fort looked like. A lot of history was given to us on this day.



The third place we toured was the King Tut Exhibit in Tucson. This was definitely one of my favorite tours. It gave me a lot of knowledge about religion at the time, artifacts of ancient Egypt, and the king himself. We got to see replicas of the actual artifacts and learn what they represent and the history behind them. We also learned

how to translate ancient hieroglyphics and applied that to different symbols on the artifacts. One of my favorite parts was learning about the finding of King Tut and all the treasures and jewels that they found with him. Learning about mummification was also very interesting.

The last place we went to was the Air and Space Museum in Tucson. The first part we toured was the Air Museum, which contained several planes that were flown during different wars. We learned about the first plane ever to take flight and even the fastest plane in the world, which goes over 2000 mph. We got a lot of information on what the military used different planes for. Some were carriers, some were bombers, and some were spy planes. The Space Museum showed what it was like to be in space and had a lot of cool information on rockets. The museum also had a really cool video of how they send equipment to mars to take images.

PPC Weekend

By Ed D.



This weekend the Rincon milieu (and Colin) went to PPC weekend with Steve N. and Gary. Also joining them was Ryan B. and Alex B., who are alumni staff. We set off on Friday morning in a van and a Chevy Tahoe. It took us a few hours of driving to get up to Patrick's cabin in the White Mountains. We got there in the mid-afternoon and went over ground rules for the cabin. Then we unpacked everything and set up. A few of us went to Wal-Mart to get food all the food we needed. We always get a pizza on the first night for dinner. The rest of the evening was free time, so some of us watched T.V., others played basketball, and others relaxed in the hot-tub.

The first morning we had eggs and hash browns for breakfast. After breakfast we left for a hiking trail. We did a 5 mile loop-hike, we did a lot of

therapeutic lessons and leadership exercises. When we returned we processed the hike, then ate lunch. After lunch we dived into the group-guiding packet. We got through a lot of heavy stuff, and then showered up for dinner. We went to the Fired-Up grill, then the movie theater. We saw Captain America, and had a great time.

The next morning we had eggs with beef and peppers; it was darn good. Then we headed to a local park to play volleyball. Again, the volleyball which included therapeutic exercises which helped us develop and recognize leadership qualities. Afterwards, back at the cabin, we discussed what we had learned. After lunch we sat down for groups again. The groups lasted up until dinner-prep. Some cooked and helped out, and the rest had free-time. After dinner, we were going to go bowling, but the bowling alley was closed for the night. We were then forced to eat delicious ice cream from Sonic.



This last morning we cleaned up our stuff and all the rooms before breakfast. The staff was kind enough to get us doughnuts, which we had for breakfast along with cereal. We then had group, deep-cleaned the cabin, and went out to lunch in the town. The rest of the drive was uneventful, and we returned to the ranch Monday evening.