

THE TRULY AMAZING LIFE SHOW

with Aaron Kennard

EPISODE # 8

WHY GETTING OUTSIDE AND INVOLVED IN A COMMUNITY ENHANCES YOUR LIFE WITH STACY BARE

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Stacy Bare: The key is, yeah you can breakdown, but eventually you gotta start walking, take that next step or try the wheelchair take that next roll. Whatever it is like you don't need to move forward in this life, you really don't. But you have to take that next step.

Aaron Kennard: Welcome to the Truly Amazing Life Show, where we get to the heart of this whole matter of life. What is it all about, what really matters, and how did different people see that question. I'm your host Aaron Kennard and today's guest shares with us why it is so important to him to get outside and how that combined with the loving and supportive community makes his life truly amazing. Let's jump right into it and I will get back with you after that.

Hey everybody! I'm excited to have Stacy Bare here on the line and I'm excited to, to have another chat today. As an introduction, Stacy is a climber, mountaineer, skier, and an army veteran of the Iraq war. And a friend ensured Stacy got out rock climbing and that saved his life. Stacy co-founded the veteran's expeditions and is now the director of the Sierra Club Outdoors and he's connecting over 250,000 people to the outdoors. So I'm excited to welcome Stacy Bare to the show.

Stacy Bare: Thanks a lot Aaron and I'm excited to be here and it's cool when you're listening to a podcast and then all of a sudden you get to be on that podcast.

Aaron Kennard: Yeah absolutely! I love that too. So, but no, I'm really, really stoke to have you, you know, you're doing a lot of really cool

things and I just want to jump right into it. So, this is the Truly Amazing Life podcast. We are discussing, you know why people are thrilled to be alive, what makes life truly amazing and so we highlight a guest every week and this is my chance to highlight you and find out what makes you tick, to get to know you and I'm just excited to do that. So, this is to start off briefly, give us a little bit more info about yourself, just brief introduction personally and tell us why life is truly amazing to you right now. Just what makes you thrilled to be alive and wake up everyday?

Stacy Bare: I get to go outside everyday and I get to help other people get outside everyday and that really what makes me just thrilled to wake up with the morning.

By of way the background, I grew up in South Dakota. I've had an opportunity to travel all over the world, but with a kid and then I was in the military for a long time and I got out the military when just land my clearance work in Angola, the former Soviet City of Georgia, they got recalled to the military and when I came home from the army I finally just going to punch my ticket to the middle class once I graduate school and moved on with my life. But instead, I had some challenges with post-traumatic stress, depression, traumatic brain injury, traumatic brain injury, that sort of things.

Aaron Kennard: Wow!

Stacy Bare: And it's really. Yup! and ultimately like you said in the intro it's really a close buddy of mine who I kept calling, was like I want to commit suicide, I had to go back in, and pretty much to allÖ

Aaron Kennard: Wait, you were telling him that?

Stacy Bare: Yeah. Yeah. And pretty much what he was saying to me was "Why that's how I feel too, but let's go climb and it would be better if we go climb. Finally, and he was like, look dude come climb with me, commit suicide, or go back into the military. I'm tired of like these repetitive phone calls, so let's do something about it. Like colleges probably would kind of agree that's the way for it, but for me it works we got out climbing, and that climbing is really what give me enough the stoke to keep going. And when I first came home from Iraq in 2007 I went to served for like 12 days in South Africa and that was really

awesome. I think that gave me enough stoke to kind of hold me over through some really tough times.

Aaron Kennard: WellÖ

Stacy Bare: That sort of you know, Aaron Kennard: What's that?

Stacy Bare: Well I, in the tough times, I mean it's the hard thing about when sometimes people are going to a really tough times, those people who are closest to

you don't even know, right?

Aaron Kennard: Yeah.

Stacy Bare: You want them to think that you live in a straight life but you're really struggling, and it could be a challenge to let people know and open up about your weaknesses.

Aaron Kennard: Yes, it's enough.

Stacy Bare: And so one thing that I'm really stoked about like what makes life really amazing right now is just that I really have a community, and a partner that I'm getting ready to get married and we're stoked about that.

Aaron Kennard: Wow! Cool! Here in Boulder?

Stacy Bare: No. It's gonna be in Salt Lake City. I live in Salt Lake City now. We met in Boulder. We're getting married up in Big Cottonwood Canyon.

Aaron Kennard: Nice!

Stacy Bare: Yes. It's surrounded by nature which is what gives us our stoke.

Aaron Kennard: I'm from Salt Lake City myself actually. I live there my whole life until about 8 years ago so I'm very familiar with the area. I love it over there.

Stacy Bare: Yeah. I mean, it's been I mean, when we got to live inÖ we trade places you know. Like we're getting one for one trade between Salt Lake and Boulder

Aaron Kennard: Yeah! Yeah! There, there both pretty prevalently awesome so.

Stacy Bare: Yeah! So I'm in this community, when I'm not feeling awesome, I can let people know and I can well like people know that I'm hurt or that I'm hurting or that I need help and that's part of what makes life really amazing. It's just that I've got that place where I can, I don't have to be amazing everyday.

Aaron Kennard: Yeah!

Stacy Bare: I can be weak, I can be broken and the huge part of that community is the community that also really gets outside, and chases the stoke whether be it through surfing, whether be it through climbing, skiing, hiking, or watching. So, that community is just a really incredible communityÖ

Aaron Kennard: Oh.. Hold on there for a minute I really love, I love what you're talking about here. It's so, when you said I can be weak, I can be broken and it sounds, I just get this overwhelming sense of refreshment when you say that, like you don't have to hold up some faÁade. You don't have to be having this big smiling face of all the time because the people around you love you and care about you and to you're able to be free almost in that sense. It's that what it is?

Stacy Bare: Yeah! Totally! I never really thought of that way, but you're exactly right. I don't have to I got, I think that challenge may be like, ìOh God! I have this amazing life.î And yeah we do. Life is really amazing but sometimes it really hurts.

Aaron Kennard: Yeah!

Stacy Bare: And in pursuit of that amazingness it that hurts and it sucks. It's like you said that I don't have to hold everything up. I can collapse, I can IÖ I can be sad. I can be hurt because I know that people are gonna help me move through that and then they recognize that.

Aaron Kennard: That's huge.

Stacy Bare: Yeah. It's massive. It could be huge. I really recommended that.

Aaron Kennard: So, that's I just love where you're going at this. But I want to dive back into this struggle of how you got there, and how you found that? Well I want to know first of all, what is your community like? Like how did you get that but I also kind of want to go back because you breezed over some brilliant tents stuff there and, you know maybe there's some more lessons that we can draw out of that but if we go back in. So, take us back a little bit farther so and then we'll get back to this community and how you found it. What, you got out of the army. You were

super stressed, depressed. I mean post traumatic give me a little bit more detail on that. Give us a little more detail.

Stacy Bare: Yeah! I came out on the army in 2007. I was an officer. I got into a great school, for graduate school, University of Pennsylvania, who did a lot for me when I was in Baghdad. They really worked with me to make sure as best I could that Penn was going well. I met amazing people when I got out. But then, I think I really felt like, you know I handed all this really amazing stuff and so I needed to give buck up and be strong and meanwhile, underneath that. You know there is summation of just fear of coming home, what was post traumatic stress? You know not believing that I have post traumatic stress. Not understanding whyÖ

Aaron Kennard: What is thatÖ I mean, I think I kind of understand, but is that just from the stress of all the intensity of being in war that you come home and there's this all this emotional scar live that went on? Or what is that?

Stacy Bare: Well it's different for everybody, right? I mean there're a lot of veterans have been in deployed 4, 5 times. They might come home and be able to parse through the material, and feel good, and not have that depression. And if I could, the large of percentage of people we know from at least reported from the VA and you can take those statistics for what they will, you know I have a post-traumatic disorder, but I will argue that pretty much anybody coming home has post-traumatic stress. I mean yeah, you know war for a lot of people is really intense, those who went outside the wire and experienced combat is really intense, but even if you just went to Iraq, and sat on day to Iraq for

12 months, and then you came home, you still gonna have some level. That's still a traumatic experience. It's still a stressful experience.

Aaron Kennard: Yeah.

Stacy Bare: You're still seeing and hearing things, and then through on the top of that, one of the things that I still struggle is, you know I had an issues that gave me excuses. That I took the excuses because of the post-traumatic stress that, to use drugs heavily, and unfortunately abuse alcohol and I was only, I had one deployment. And my deployment wasn't I wasn't in Felucia. I was there for the Battle of Felucia. I didn't see the same level of combat a lot of other guys and you

know, yet I'm all screwed up and I feel like, and then you're thrown on top of that to guilt, like I feel like, why do I feel so bad? And feeling guilty about that.

Aaron Kennard: Yeah.

Stacy Bare: But it is In coming home to a country that never Our country has done tremendous amount for our veterans coming home. I don't want to downplay that.

Aaron Kennard: Yeah.

Stacy Bare: But our country is At the same time, our country really hasn't never had to sacrifice for the last 12 years of war.

Aaron Kennard: Yeah.

Stacy Bare: And we're still not sacrificing, we're not, it's not like we raise taxes for the war. I know there are also economic arguments on both sides of that, but we never had a sacrifice from war and like when we come home. And people don't know where the Iraq is. People don't know the difference between the studio and the ship.

Aaron Kennard: Yeah.

Stacy Bare: You know, the war went from looking for weapons and mass distractions that went away. Then it was part of global war on terror. And then we realize, there weren't any terrorist networks from Iraq before.

And then you know we help to create some of the terrorist networks by being there. So, it's a hard war to fight and, you know even without you know, my friend getting killed, or watching Iraqis being shot and hop by 50 caliber.

Aaron Kennard: Yes.

Stacy Bare: You know even without all that stuff it's difficult and then you have this up. I had this other dude this other thing where people, like you hate Iraqis right? Or like you know and it's like "No. I don't." I mean like and I don't think

most troops do, I mean like you know there're people and yah. There is somebody who is shooting at me and I saw their body cut in half by machinegun. But that's still a horrific thing and there's I don't why that person are shooting at me and this. If I was in the same position as that gentlemen, would I have made the same decision that all ultimately lead and ended of his life? I can't honestly say I would, right?

Aaron Kennard: Yeah.

Stacy Bare: I mean maybe he made those decisions because an American tank drove over his road which fractured, suicide and underneath the road he created sewage and his, you know he created an open sewer at the street corner and his younger brother or sister got an E-coli virus that couldn't get taken care with the local hospital because of stray munition from a bombing run. Blew up the local hospital nurse, no power there and

Aaron Kennard: Yeah, you can't judge you just don't know what you can't tell why people are doing what they're doing. I really appreciate that perspective and just taken a step back. So keep going there. So what

Stacy Bare: Yeah. He come home all that sitting with you know, and all that sitting with you and you're trying to be like, all that sitting with you and then you go to a supermarket or you drop by a strip mall and you're like, this is what I fought for? I went to war so I can have like 52 different decision of toothpaste?

Aaron Kennard: Yeah.

Stacy Bare: I just created distance and it is really difficult to deal with.

Aaron Kennard: That's a very good detail. Thanks for sharing that. That's man, most people obviously can't relate to that but it's, you know everybody has their own struggles, and their own things and that was, that happened to be yours and it's, that's a lot more clear now why you would be so, just why your love is so intense to try to come back from.

Stacy Bare: Yeah. One of the things that I really come to learn over the last couple

of years is that I got my trauma, I'm here. How I got my trauma a month of military veterans you know like they understand this better than most.

Aaron Kennard: Yeah.

Stacy Bare: But when I look around the map where there is trauma, there's a lot of people here.

Aaron Kennard: Yeah.

Stacy Bare: And maybe they didn't get here from the military, maybe they got here because they grew up in a violent neighbor. Maybe they got here because they were sexually abused. Maybe they got here because they really had a bad car accident. I don't know. And I'm not here to judge other people's trauma whether or not it's valid. I just know that I look around in this world, and there's a lot of people with trauma and at the end of the day, there's far more people with trauma from not military than from military.

Aaron Kennard: Yeah. For sure.

Stacy Bare: And that's been a really healing thing, in knowing that lots of other people have trauma so I'm not alone in that.

Aaron Kennard: Yeah. That's cool. Stacy Bare: Yeah.

Aaron Kennard: So, what was the biggest transition point than to getting you past that? It sound like that it's that climbing incident then with your

buddy, you just kinda continually hounding you about getting out and doing something, making a decision.

Stacy Bare: Yeah, yeah. Anyways, we continually hounding him you know, crying out for help and then him saying, "Just do you something about it." And for me, in rock climbing, it was opportunity when I was on that rock face, flat irons and boulder where I hadn't been focus on my trauma for several hours. And I realize,

and so other thought were able to come in. Good thoughts. Positive thoughts were able to populate in mind.

Aaron Kennard: Yeah.

Stacy Bare: And that's what did it for me. And that community in the outdoors has been that community which is really, I mean you build trust in the outdoors quicker than you build trust in over coffee and lunch.

Aaron Kennard: Well, yeah. "Cause you're sitting there up on the top of the ledge, you have this 100% trust in the dude who was holding the rope where the dude at if you will, right?

Stacy Bare: Yeah. Yeah. And through that, you get to meet these other amazing people who could care less if you're climbing a 5'10 or a 5'4. They just want you out there climbing. They just want you to be in that space and that's, you know, that was the first step. And then for me, you know, I probably " and then I wanted other people to have that opportunity. And that let me down in the past that I'm on now, in terms of travelling to other people outdoors and let "em know that you know, whether it's the walker on the block or a two-way trip to the arctic. You know, the walker on the block is just about experienced as the two-way trip to the arctic, or the climb on the flat irons, or whatever. I mean the key is to get outside and to allow in your mind to focus on the world around you. And really specifically the natural world around you and see what pops up. See what comes up of that when you get out there.

Aaron Kennard: So that's been a huge " That's been what you started with was getting outside kinda saved you. And getting outside isn't the kinda what is the key part of your amazing life. It's the community, a

loving community and being able to get out in nature. Is that one of the core things for you then?

Stacy Bare: That is the core thing for me.

Aaron Kennard: Yeah.

Stacy Bare: And when I look back and not even relationships and struggles and,

you know, that didn't work out in the past. Even those relationships when I first came home, those relationships when I look at them now, these had a core of getting outside, right? I didn't even know all the time why those relationships work but it was because you know, they're working when people were getting me outside and taking me outside. At that time, there are other things that are overwhelmed some of those friendships that looking back now I can identify and understand why those things happened, but yeah

Aaron Kennard: So tell us why would it be so those two things and why they're so key for you? And why would it be? How can somebody else benefit from that information like getting outside in that community? What about those so essential?

Stacy Bare: I think there's a lot of things that are really essential. I think one of the essential thing about getting outside, you can take a look at, you know, you can get a really historic religious texts whether it be the Bible or the New Testament, the Old Testament. the Quran, the Torah. What you see is, is that key moments in religious prophets' lives. They're outside. They're outdoors, in the wilderness. They're thinking through those things so, there's an understanding. I think getting outdoors, you know it's understood historically from all our major religions as a very spiritual thing, you know. You see these prophets getting outside for big decisions. Whether be Moses on top of the mountain, Jesus in the desert, Mohammad out for how many days and nights, you know, seeking his home. They're outdoors. So this is understood to spiritual connection.

Aaron Kennard: Yeah.

Stacy Bare: And there're often times that comes about without delusion. It's there when you're out there. And I think the other thing is, one of the

other really key things about being outdoors is that we needed out there is these moments for great profound thoughts certainly. It's just a laughter, it's move, and it's exercise, and it's available for absolutely everybody. Whether you're, whatever conditions you're in, you can get outside somehow.

Aaron Kennard: Yeah.

Stacy Bare: Physically and mentally. And there's nothing else out there like that.

And the community out there is theÖ Please do not care what race, color, ethnicity, what your complexion is, what your mental health is. They're just there. And when it rains, it doesn't matter if you have a 200 dollar t-shirt on, or a 5 dollar t-shirt on, or a found t-shirt on. You gonna get wet.

Aaron Kennard: Yeah.

Stacy Bare: And so it's just great leveler in the outdoors and you meet people. I get to meet people who, you know later on I find out maybe they're a multi-millionaire stock broker. Or I find out that they're a broke, you know a broke, unemployed carpenter.

Aaron Kennard: Yeah.

Stacy Bare: But we don't focus on those things when we need them on the trail. But we just focus on shared beauty, the shared moment, the shared joy. And there're certainly assholes in the outdoor, I don't want to say this picture that everyone's wonderful.

Aaron Kennard: Yeah.

Stacy Bare: There are who unfortunately don't understand yet the value of what they're doing out there, but they're getting there, you know. That's the thing, in the outdoors and it just, it embraces you. It allows you to take one step at a time. It allows you to find yourself out there without any other competition.. That are trying to put on youÖ I don't know man, that community has just been so so key to me. I've met so many kinds of people in the outdoors. I'm always, I try to [inaudible] like I was on this plane and then I was flying somewhere for a meeting and I sat down next to this lady and she was huge, and I pass myself. This

woman, you see her outside. Like if we were talking, she was telling me about a medical challenge that she had all her life it's so dramatic. 5 years and she gone from a hundred twenty pounds to 450 pounds because of her medical condition.

Aaron Kennard: Whoa!

Stacy Bare: Yeah. Right? But sitting next to her husband is really fit, healthy guy

and they're like, you know the thing that has kept us through all this is their ability to get out and just look at the wilderness. Just look at parks. She's like, "That's what kept me going through all this. And that's what kept our relationship together is this ability to go out and view and just look. And know and think about those things out there." And I was blown away. "Cause here I am thinking to myself, like "Oh that woman what's she's doing outside, there she is, she needs a diet, like I'm a jerk. That's veryÖ"

Aaron Kennard: That's the funny thing. You can never, I mean that's always blows me way. When you just, I look at people and they always just naturally judge. It's just like human nature but we're always wrong. It's like we're never right in our pre-conceived notions, are we?

Stacy Bare: Yeah. And I walked away just blown away. And then finally after this conversation she's like, "So what do you do?" And I'm like, "What? I'm trying to get people outdoors, you know." Like all equally. She's like, "That is so cool!" She's like you know, "We would love to help somehow, someday that we can help out." And just yeah, so I really need to hear that. So outdoors, you need those people in that levelerÖ"

Aaron Kennard: And I love your passion about getting out. And I was sick, quite sick, and I couldn't get out for like really at all. And I remember one moment like looking out the window was just so moving to me. Just being able to be by a window and just see the beauty outdoors. I remember beingÖ"

Stacy Bare: Yeah.

Aaron Kennard: So, like you said earlier, because I was actually thinking about that. You know you're like, "Well there's no excuse for not getting

outdoors. And then you've said the key thing, either mentally or physically. And I think that's true. Like some people would say, "Yeah. I'm locked up in bed here. I can't get out." But even then, you can look out hopefully. And it's so healing, isn't it? That's really cool of you.

Stacy Bare: Yeah. And there's organizations too, you know. Like, First Descents which works with a lot of cancer fighters and survivors to get people up hiking

again. You know I've heard stories from friends of mine, you know. Double NTPs in the military and their buddies break him out so can just, you know fit in the courtyard for a couple of minutes.

Aaron Kennard: Yeah. That's so I totally resonate with that, because I have to get out. I mean I don't have too but it's just such I love being out everyday at least for a minimum of an hour or two. You know just being locked up inside definitely doesn't do it for me. So I'm like really into that. Sounds like you're outside as much as you can, huh?

Stacy Bare: Totally! I think there's a challenge, you know. The risk is that you go outside, the more you go outside, the greater you would get, right? The more you time you're outside, generally the more time you want to spend outside, because you, you're just so free.

Aaron Kennard: Yeah.

Stacy Bare: Yeah. I get out as much as I can and it's never enough. Like I will never, ever in my life, I will never climb enough, I will never surf enough, I will never hike enough, because this huge amazing world out there to see. And whether you're not grown up in South Dakota or on a great plains, people like, "Why would I ever go visit that?" And I'm like, "Yes. It's really different. Not the Rocky Mountains, but there's a beauty out there. Then there's patience out there." Like, on the great prairie, that's just really amazing that I've never seen anywhere else. And I mean how many thousands of miles of prairie? Like I'm not gonna be able to walk it all. But I want to.

Aaron Kennard: If there's one thing that doing getting out in nature does is just, it makes you feel this awe and appreciation for life, right? Because it's just so good and amazing.

Stacy Bare: Yeah. Yeah. And that's the thing. The challenge I think that we have as people who is that you can awe, that inspiration in your backyard, and courtyard, like we haven't done a good enough job saying that a walker on the park is just as amazing as an experienced in the outdoors who's climbing Mount Everest.

Aaron Kennard: Yeah.

Stacy Bare: It's really totally different experiences for sure, but the key is that you're outside. The key is that hopefully you're looking at, and you're thinking about life. You're thinking about interconnectedness, everything else like that. And I think a lot of times, sometimes we send people out with too much intentionalities as opposed to just saying, "Go out and have fun."

Aaron Kennard: Yeah.

Stacy Bare: Go out and It's gonna be a different, sometimes it's gonna be a lot of laugh a lot of fun. But you know what I mean? It's not perfect. You get hurt. You get wet. You get cold sometimes. You might get hungry sometimes. But if you can keep your eye on the horizon, you can see what surrounds you. Whether you can see that front yard or pretty part of Everest, it can be all equally as amazing.

Aaron Kennard: Yeah. That's so cool. Well, take us briefly, just what you're excited to You were stoked about the outdoors and getting people outdoors. I love it. It's infectious, this conversation. Tell us what you're doing briefly with the Sierra Club in the outdoor project, so some people get better idea of what you're doing now with that.

Stacy Bare: Yeah. I'm in my dream job right now which is really awesome. I get to live my dream and basically get paid to eat in terms of trying to get people outdoors, which is really great. It's also a lot of work. But it's work I'm happy to do.

Aaron Kennard: Yeah.

Stacy Bare: But what we do at the Sierra Club, you know I think we're the heart and soul of what the Sierra Club is set out to do. In 1991, with John Muir, which was connect people with the outdoors and wild places.

Aaron Kennard: Yeah.

Stacy Bare: And through that, I get to manage and work with 5 really incredible

full time staff members who work with a huge network of volunteers that were 5,000 volunteer leaders. We then get out an additional of 250,000 people outside a year.

Aaron Kennard: That's cool.

Stacy Bare: We have 4 main programs that we work out underneath that. One, we call our local addings which work individual chapters. It's very grassroots run. That whole crowd is grassroots. Everything we do is very grassroots, which is really exciting. It'sÖ You get to meet volunteers, people who have other courageous, other things that they do and are passionate enough to do this in their time outside the work. We have a program that worksÖ That's called intercity addings, but we're working to changing the name, because we're turning intercity unfortunately, had some really negative connotations for people and it's no longer just people who live in cities that are getting outdoors.

Aaron Kennard: Yeah. Everywhere.

Stacy Bare: It's an epidemicÖ talked about itÖ Aaron Kennard: Everywhere.

Stacy Bare: You know, there's people in Boulder, Colorado they are getting outside, that need to be getting outside and we wanna work with them. But we do a lot of work with the agencies, boy's and girl's schools, and that often times when we have focus on youth. We have a third project or program that actually started with the Sierra Club with, called Military Families Outdoors that's working to get military family investment outdoors and I just came off at ship to the arctic with that group. And really, with that group, what we're looking at is often those we know we're gonna be exposed to trauma, build resiliency to the outdoors with their family and with their friends before we go to war and then obviously now, we are working with a lot of people when they come back. And one of the things we talked about through that was that, you know. Our serious members and investors who fought for our country and I that is a real physical representation of our democracy and our public lands.

Aaron Kennard: Yeah.

Stacy Bare: We want people out, really do experience that. And not just our military, I mean to focus of our military is nice, because the men and women who serves, you know I believe deserves a special focus. But, what we're learning from the military is certainly applicable to entire country that you know, if you love America, you love democracy then get out, use your public lands, because that is embodiment of democracy.

Aaron Kennard: And just go love life, like rather than just sit in. I mean just take advantage of life. It's not, it's like not even just the lands, but get out and enjoy life, right?

Stacy Bare: Yeah. I believe there's a lot of anger in this country right now. And I understand a lot of that anger from you know, I can help you out and everything else like that, but we've created partisanship where there's no need for partisanship and the environment and nature is certainly one other things. I mean, why would anyone be upset, why would anyone upset about this notion that we need clean air, clean water. That is not a democrat or republican or conservative or a liberal idea. We need clean air and clean water.

Aaron Kennard: Yeah.

Stacy Bare: It's full stop. So, like go out and enjoy that and work straight so we all have it.

Aaron Kennard: Yeah. That's cool.

Stacy Bare: So, this is so much in this life it's not partisan, and let's go ahead and work in all those things that are partisan to make sure that they all working well and then once we got all that stuff figured out, then we can take over things that seemingly are liberal, or conservative, or democrat, or republican. There's a lot of stuff that we can do together well before we get to those things that divide us.

Aaron Kennard: That's cool. I love your, I love just the feeling of unity, community and the whole sense that you get from just being out with the people and letting go

of whatever judgments or stereotypes, just everybody being unequal footing. It's just that's the way we need to be. That's just the essence of living amazingly. It's like letting go of all this stuff and all this preconceived things, right?

Stacy Bare: Totally. And the biggest challenge we had in the outdoors is making sure that the outdoors is a welcome place for everybody and everyone whether they're, whatever their racial or ethnic or religious background or political or economic background. Letting everybody know that the outdoors, that you're welcome. And they don't need a hundred fifty dollar jacket to come outdoors. You don't need a special sweat looking shirt and a harness and all these different things for skiing, but it is open for everyone. Come on out and then say hi.

Aaron Kennard: That's cool. Yeah.

Stacy Bare: And we'll say hi back. And if you wanna go climb, I got extra harness free for all the time. So.

Aaron Kennard: That's awesome. I love that as we wrap up there's a couple quick questions to leave with us. You're familiar with the 12 pillars of Truly Amazing Life poster that I sent over to you, which of those twelve stands out to you most right now and briefly why?

Stacy Bare: Yeah. When I look at them I'm like, "Ah! So cool! How do I pick one?" But I would have to assume it's all great. But getting me outdoors is that my own life, I get an opportunity run with your all pillars, like all 12 pillars all the time. But.

Aaron Kennard: Which is why we're talking, that's why. Stacy Bare: yeah

Aaron Kennard: And that's an inspiration I think for people literally, because if you're feeling, like if you feel like all of those apply to your life, that's the essence, that's the reason, and that's what it was for me when I look at them, when I made that it was like, this is why it's amazing. These are what's going on. But you can't. Go for it.

Stacy Bare: Yeah. So like in climbing, like each climb you know I talk with my buddies like you climb and you do that. It is the most artistic

thing and then it's gone. But I'm getting ready to celebrate unconditional love at the end of the month.

Aaron Kennard: It's awesome.

Stacy Bare: And you know, Zoe my friend and family are going me around. It's reminding me who I am about this joy, you know, setting Mackenzie and I had to grow together and love unconditionally. They're empowering us to move forward and so, yeah. For me I think, if I look at those I'm like where do I got to start. I got to start with just celebrating life and celebrating each step and from that, all the other pillars will grow, but yeah.

Aaron Kennard: That's awesome.

Stacy Bare: You know I can take this one out of this twelve. And like I said, I think the challenge is when you're not feeling well or when you're not feeling that way, is to know its ok

Aaron Kennard: I love that.

Stacy Bare: To not always doing all those things, but I think really having faith and believing that it's an amazing life. Those are the two that you can have. Having faith and believing that it really is an amazing life, all depends the willingness to be broken and to be hurt and just to ask for help.

Aaron Kennard: That is so keen. I'll just share briefly when I wanted to rip that poster off the wall, like after I made it. And you may not be familiar with my story about it's that, there is a moment that is so dark and I literally just, I couldn't believe in those things for a moment and I only thing that I could hold on to is the faith and it was true somehow, and then it brought it all back so I can totally relate. There's times when it's hard to see those things when you're not living it, but that faith is so key. Well thank you for sharing that. What one book would you most highly recommend the people right now? Just to help them start living a truly amazing life.

Stacy Bare: Yeah. I love to read, and there's some books, but there are out here that are great books, then there are self-help books. I don't read a lot of self-help books. But I think the book, the book that I got

when I graduated high school, and it's Dr. Seuss' 'All the places you'll go.'

Aaron Kennard: Yes.

Stacy Bare: And it brings you down on a really simple way about all those places you'll go. The waiting place... And I think one of the things that that book reminds us is just keep going, you know. 'Cause where you're in now, is not going to be where you're in tomorrow. Savor every step. Take that step and go forward with it. And it's your book. And it's Dr. Seuss' can make you laugh.

Aaron Kennard: I love it. You said you got that when you graduated from high school?

Stacy Bare: Yep.

Aaron Kennard: That's awesome. I mean I read that story to my kids. It's one of our favorite children books by far. It's such an awesome book. So that's so cool. I'm glad you recommended that one. People should read that. It's a fantastic book. So.

Stacy Bare: Yeah. And I think we always find that kid's books are the most important books to read as an adult.

Aaron Kennard: Yeah. Absolutely. That's such a good point. Well, awesome. Stacy, it's been so great chatting. I look forward to meet you in person someday. But as we wrap up, let's just tell people how they can get in touch with you and what you're doing with the Sierra Club if you can tell us real quick, and what I'll do is I'll leave those stuff on the podcast page so that people can go to it. There's also a really cool video link you sent me that we'll published on the page. So, people should actually go to the trulyamazinglife.com/podcast. Look for this interview with Stacy Bare. And there's some really cool stuff about what he's done. But tell us real quickly how people get in touch with you? What you're doing? And just one final thought as we wrap up here.

Stacy Bare: Yeah. S-t-a-c-y dot b-a-r-e@sierraclub.org with my e-mail. I am on facebook, people can follow me there. @stacybare is my twitter handle, but I'm just now learning how to tweet, so that hopefully will happen. People can look me up on my [inaudible] and post blog. There are

other ways people to get in touch but, shoot me an email or Facebook, friend me or whatever and I'll get in touch. I'm not always the quickest but I will get back in touch. And one thing I think just to really leave people with is that, the one important thing is to keep going, take that next step, get up, take that next step, go outside, because you know there's times when you look at this podcast and inspirational thing, it's like, it's a bunch of horse crap. They have no idea how bad my life is or how hard things are.

Aaron Kennard: Yeah.

Stacy Bare: We do. And that's why you're doing the show, because you know how hard it is, how hard

Aaron Kennard: Exactly.

Stacy Bare: Can it be like, my life is so good because I recognize how bad it can be and I've been in some really tough places. And the key is, yeah you can breakdown but eventually you got to start walking, take that next step or try the wheelchair take that next roll. Whatever it's like, you don't need feet to move forward in this life, you really don't. But you have to take that next step. And just keep pushing.

Aaron Kennard: That's awesome. That's fantastic Stacy. Thanks so much for leaving that. That's powerful. Coming from what you went through and really great to get to know you. Thanks for sharing everything. Everybody who's listening, have a fantastic day. And we'll catch you guy on the next episode.

Stacy Bare: Thank you so much.

Aaron Kennard: Thanks Stacy. Be in touch. Stacy Bare: Yeah. We'll see you in Salt Lake

Aaron Kennard: Hope you enjoyed that conversation with Stacy as much as I did. If so, please leave us a review of this podcast over on iTunes. And also go over trulyamazinglife.com/episode8 for the show notes from this call and to join in on the conversation. Thanks for tuning in. Go outside. Be a friend. And make today amazing.

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Thank you in advance!

- Aaron Kennard