



April 4, 2008

WELCOME TO SPLORE'S MONTHLY NEWSLETTER

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Dear Friends of SPLORE -

Last month I attended a luncheon hosted by the Sugar House Rotary Club.

The night before the event I still had not discovered the words to thank the Rotarians for their hard work on the Chili Open. After another twelve hour day in the office, I laid in bed thinking of this task. Not able to sleep, I decided to read a bit to quiet my mind.

My eye caught a book I recently received from a friend. The book, *The Dash: Making a Difference with Your Life*, speaks of the dash between the dates that mark your birth and your death. As I began to read this book, the question, how to thank the Rotarians, was answered.

The following day I thanked the Rotarians by reading Linda Ellis' poem "The Dash" - for the Rotarians truly have a wonderful dash.

To be sure, this newsletter represents the dash of those making a tremendous impact on the lives of others:

*"For it matters not, how much we own,
the cars. . . the house. . . the cash.
What matters is how we live and love
and how we spend our dash"*

Enjoy,

John Librett

John Librett, Ph.D., M.P.H.
Executive Director

P.S. Thank you for supporting the Chili Open. With your help we raised \$23,706 a new high water mark for this event.

SPLORE TEAMS-UP WITH OGDEN CLIMBING PARKS, PARADOX SPORTS AND WEBER STATE UNIVERSITY'S WILDERNESS RECREATION CENTER

Through our travels we often hear, "our community really needs an organization like SPLORE." To meet this call-to-action, SPLORE has partnered with Ogden Climbing Parks, Paradox Sports and Weber State University's Wilderness Recreation Center. The purpose of this partnership is to *"increase individual, family, community and corporate access to year-round adaptive sport and recreation opportunities."*

Being announced during the [Ogden ClimbFest](#), this effort will reach-out to an estimated 25,000 individuals with disabilities. For our first effort we will implement Rock On!, SPLORE's climbing program for children with autism.

[Paradox Sports](#)

[Weber Wilderness Recreation Center](#)

[Ogden Climbing Parks](#)



NEW HIRE - MEGAN MOSER, PROGRAM MANAGER

SPLORE is happy to announce our new Program Manager, [Megan Moser](#). A Certified Therapeutic Recreation Specialist, Megan will manage SPLORE's Northern Programs which include canoeing, climbing, camping, hiking, horse-back riding, Nordic skiing, snowshoeing and dog-sledding.

Q: Where were you born? And where did you grow-up?

A: I was born in northern Virginia and grew-up in Virginia Beach.

Q: Why did you decide to become a Certified Therapeutic Recreation Specialist (CTRS)?

A: I became a CTRS because I like to have fun and help others do the same thing. I love to see people discover new talents and abilities they never knew they had. I like to see people laugh and enjoy life. I also know the benefits of having a healthy leisure life-style and I hope to help people achieve that.

Q: Why did you choose to work at SPLORE?

A: I chose SPLORE because my two greatest passions are people and the outdoors!

Q: What is your favorite book?

A: My favorite book is the Bible!

Q: If you could invite any three people to dinner, who would they be?

A: I would go with Jack Black, Vince Vaughn and my friend, David.

Q: What are you looking forward to as SPLORE's new Program Manager?

A: I am looking forward to the programs that I get to go on so I can see that all the work I'm doing in the office is paying off! I also look forward to our Rock On! Program.

Q: Tell us a random fact about yourself.

A: I am the handstand champion of my old gymnastics team and I would like to be challenged to a contest, if anyone is up to it!





VETERANS ENJOY NORDIC SKIING PROGRAM

In March's Newsletter, SPLORE announced a partnership between the Veteran's Administration, Rossignol and Utah's Nordic centers to provide Nordic skiing activities to veterans. The season ended last month and was a huge success. One veteran, Ron McCormick, attended every session; enjoying the skiing, social interactions and overcoming barriers.

Ron decided to try Nordic skiing because the activities had both physical and social aspects that would benefit him. Ron also enjoyed the program availability, knowledgeable instructors, group setting and the use of nice equipment.

"I was delighted to discover after only one time of Nordic-skiing that my Alpine skiing improved immensely. . . Nordic skiing forces one to shift weight, or one simply goes no-where," Ron said.

Ron believes the success of this program is due to helpful, positive and organized staff at SPLORE and the VA. Before each program, the veterans were asked to set goals for themselves. After skiing, everyone would get together and discuss their goals.

"This program helped me to see - there is life after diagnosis, taught me cross-country skiing and introduced me to folks with positive attitudes despite whatever else is going on with them. [This program] lead to more self-confidence and a true respite from the complications of treatment," he said, "this has been a really, really positive experience for me."

Since the completion of the program, Ron said he plans to continue his active-living lifestyle and wants to continue cross-country skiing on his own or with a friend and looking forward to joining SPLORE on a rafting trip this summer.

[LEARN MORE ABOUT SPLORE'S ADAPTIVE PROGRAMS](#)

VOLUNTEER SPOTLIGHT: MARTIN & KELLY BEUMER

Thanks to all of our volunteers for your time, support, skill and care. The "Magic of SPLORE" wouldn't be possible without you!

The Volunteer Spotlight for April is Martin and Kelly Beumer. This is a long over-due recognition as the Beumers have been volunteer rock stars since 2004; volunteering and guiding on several rafting programs, helping out with special events such as the auction and, most recently, volunteering on SPLORE's dog sledding trip. While on rafting trips Martin and Kelly are the first to rise and make coffee, something we all appreciate!



Thank you, Martin and Kelly, for your past, present and future support.

[LEARN MORE ABOUT VOLUNTEERING WITH SPLORE](#)

RAISING THE BAR



April is Autism Awareness month. As the fastest growing developmental disability in America, every 20 minutes a child is diagnosed with autism.

SPLORE is answering the call to action to help kids with autism through an innovative indoor rock climbing program called Rock On! The Rock On! program will address the social, physical, sensory and communication needs that children with Autism have.

Squatters and SPLORE have partnered together to raise funds for Rock On! During the month of April, Squatters pubs will be selling "Guilt Free" desserts for \$5 at all three of their locations. 100% of the proceeds from the "Guilt Free" desserts will go to SPLORE to fund the Rock On! program.

"It's easy to get motivated about this promotion because it is for such a great cause," Squatters server, Jessica Means said. "My father volunteers a lot for people with disabilities, so supporting SPLORE and the Rock On! is close to my heart."

The desserts still have all of the calories, but none of the guilt so stop by a Squatters location during the month of April and support SPLORE's Rock On!

Even if you don't live in Utah or by a Squatters, please visit our [Donor Page](#) and consider making a [contribution](#) to our Participant Scholarship Fund to help us keep the outdoors financially accessible to all!



A LOOK AT WHAT'S TO COME

There are always exciting things happening around SPLORE. Here is a list of some things to come. As always, please check our [Calendar](#) for a list of programs, special events and trainings.

April 7th - Monday Night Connection

Meet us at Sugarhouse Park from 5:30 -7:30 to hang out, eat ice cream and try using hand-cycles

April 12th of 19th (depending on weather) Volunteer Appreciation Yoga and Snowshoeing Activity -FREE

Family friendly snowshoeing, with some "Yoga for You" along the way! No experience necessary. Join a naturalist and a yoga instructor to snowshoe at the Spruces in Bog Cottonwood Canyon. *Must preregister by April 9th: greentreeyoga@comcast.net or 656-7885. Call to confirm dates.

April 21st - Monday Night Connection

Join us in Millcreek Canyon to hike and learn & apply Leave No Trace ethics with REI staff.

May 17-18 - Volunteer Rafting Training

This is a required training for all new volunteers interested in the rafting program. Contact Susie at (801) 484-4128 x 6 for more information.

May 22nd - Rafting

First Participant Rafting Program of the 2008 Season!

June 3rd - Rock On!

This is the start of the eight week indoor rock climbing program for kids with Autism.

June 4th - Volunteer Canoe Training

This is a required training for all new volunteers interested in the canoeing program. Contact Susie at (801) 484-4128 x 6 for more information.

July 4-5 - Open Enrollment Rafting Program

An overnight rafting trip down the Fisher Towers section of the Colorado River. Invite your friend & family!

Check our [Calendar](#) for a list of programs, special events and trainings.



BE OPEN.

Because some visionaries are blind.

Because some communicators are deaf.

Because some movers and shakers are paralyzed.

Because the only true disability is a mind stuck in the closed position.

Thank you for reading SPLORE's Monthly Email Newsletter! Your support, involvement, and connection to SPLORE is important to us. If you have any questions, comments or concerns, please visit our website www.splore.org or contact us at (801) 484-4128 or info@splore.org

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