



June 16, 2008

WELCOME TO SPLORE'S MONTHLY NEWSLETTER

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Let it Grow, Let it Blossom, Let it Flow!

In one of the best albums of all time, Eric Clapton's "461 Ocean Boulevard" contains a track titled *Let it Grow*. A verse of this song reads "Let it blossom, let it flow, in the sun, the rain, the snow." In Utah 53,000 children and 280,000 adults have a disability; 123,000 children and 800,000 adults have a special health care need; 16,000 children age 12-17 abuse illicit drugs or alcohol; 7,000 children are under the custody of the state of Utah; and 281,000 Utahns live in poverty. For these individuals active outdoor recreation dramatically impacts health, wellness, and social capital. To meet this community need SPLORE continues to grow. Of course with growth comes growing pains and growing pains can elicit fear, uncertainty, and doubt. During these times I have asked myself - why grow? Growth represents maturity, challenge, accumulation of knowledge, and shift in perspective. To not grow would mean to not grow-up which would deny us the opportunity to learn through experience and reflection. Importantly, by not growing we deny thousands the opportunity to experience the Magic of SPLORE - the opportunity to experience active outdoor recreation in the sun, the rain, and the snow.

Make it a great summer -spend time watching the mountain flowers grow.

Let it flow!

John Librett

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

PARTNERSHIP WITH SALT LAKE COUNTY PARKS & RECREATION

SPLORE is happy to announce a recent partnership with Salt Lake County Parks and Recreation. This partnership will help provide more adaptive recreation programs to people with disabilities.

SPLORE will facilitate adaptive programs and bring participants with disabilities to several of the county's recreation centers. The partnership will increase people's awareness of family-friendly recreation centers in their own neighborhoods as well as increase the community's awareness of adaptive recreation services and programs for people with disabilities.



Jeff Burley is the Manager for the Adaptive Recreation Program and he helped set-up the partnership between Salt Lake County Parks & Rec., SPLORE and Rock On!

In June, SPLORE started facilitating the Rock On! Climbing Program for kids with Autism at the county's Dimple Dell Recreation Center in Sandy. Because of this partnership, about 20 new families and eight new volunteers have been introduced to the country's facilities. In the future, SPLORE also plans to bring elementary schools from the Experience Your Abilities Program to various recreation centers throughout the county.

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

VOLUNTEER SPOTLIGHT: ALL NEW VOLUNTEERS

Every year, SPLORE relies heavily upon volunteer support. SPLORE volunteers act as extra eyes, hands and ears on programs; they help with special events and they help provide the intangibles that make-up the "Magic" of SPLORE.

To become a volunteer for SPLORE, people have to go through various trainings; including Disability Awareness Training and Program-specific trainings.

So far in 2008, SPLORE has trained:

- 30 New Volunteers on Disability Awareness
- 17 New Volunteers on Winter Programs
- 4 New Volunteers for River Guiding
- 17 New Volunteers for Rock Climbing & Belaying
- 23 New Volunteers for the Rafting Program

Also, as of June 12, 2008 Volunteers have contributed more than **1100 hours of service** to SPLORE!

Thank You All, you help make SPLORE Great!

[LEARN MORE ABOUT BECOMING A SPLORE VOLUNTEER](#)





ADOPT AN INTERN

SPLORE has a wonderful internship program and hires several interns throughout the year. Interns from across the country receive a great "hands-on" education in the fields of recreation management, recreation therapy, business administration, special education, and so forth. In return, SPLORE employs enthusiastic workers to help run programs, work on business plans, develop marketing materials, etc.

This summer, SPLORE is glad to be working with several interns. Two summer interns, Zach and Sharla, are spending half of their internship on the rafting program in Moab, where housing is provided, and half of their internship with the Northern programs in Salt Lake, where we need to find them housing!

Zach and Sharla will be in Salt Lake from mid-July to the end of August and SPLORE needs help finding them a place to live. Would you be interested in "adopting an intern" this summer? If so, please contact the SPLORE office at (801) 484-4128 x 1 or susans@splore.org.

SPLORE promises that Zach and Sharla are amazing people; look, they are even entertaining and can balance bananas on their heads!

[LEARN MORE ABOUT SPLORE'S INTERNSHIP PROGRAM](#)

RAISING THE BAR

CLARK TANNER FOUNDATION:

SPLORE recently received \$19,220 from the Clark Tanner Foundation to provide year-round programs to Valley Mental Health's Valley Woods and Valley Plaza residential centers for adults with mental illnesses. The programs will include rafting, hiking, canoeing, and camping. The goal of the programs funded by the Clark Tanner Foundation is to increase the residents' connection to nature, increase family participation, and increase physical activity.



UNITED WAY

SPLORE is happy to announce \$90,000 in funding from the United Way. The funding will go towards SPLORE's *Experience Your Abilities Program* (EYAP). SPLORE will receive \$30,000 for the next three years to run EYAP, an inclusive program for elementary school children both with and without disabilities that helps the children find common ground with one another, learn about their abilities as well as the recreation opportunities in their neighborhood.

LIBERTY MOUNTAIN

Liberty Mountain is an outdoor product company located in Salt Lake that has been a long-time supporter of SPLORE, oftentimes donating goods to the Annual Harvest Moon Benefit Auction. Earlier this month, Liberty Mountain came through for SPLORE by filling a last-minute request to purchase rock climbing equipment for SPLORE's summer rock climbing programs.

To all SPLORE Supporters: THANK YOU!

[LEARN MORE ABOUT WAYS YOU CAN SUPPORT SPLORE](#)

BOOK A CLIMBING OR CANOEING PROGRAM TODAY!

Summer is here, which means it is time for some outdoor recreation activities with SPLORE. Our rafting season is completely booked, but we still have dates available for outdoor rock climbing and canoeing.

The rock climbing and canoeing programs take place around the Salt Lake Valley and they can be customized to your participants' needs.

For more information on SPLORE's climbing and canoeing programs, please contact Susie at (801) 484-4128 x 6 or susans@splore.org

SAVE THE DATE!

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.

June 25: Volunteer Canoe Training at Little Dell Reservoir

July 4-5: Open enrollment rafting program for families and friends (*BOOKED/FULL*)

August 9: Open enrollment rock climbing program for *ALL* ability levels

August 16-17: Open enrollment rock climbing, camping and hiking program for people who are Deaf and Hard of Hearing

August 23: Open enrollment canoeing program for *ALL* ability levels

September 27: The Annual Harvest Moon Benefit Auction
At the Downtown Hilton Hotel
Contact Heather Whitesides at (801) 484-4128 x 9 for more information

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

ATTENTION CAREGIVERS

GreenTREE Yoga and KULA Yoga Studios invite you to learn how to manage your own stress and to keep yourself strong so you have more to give to those who depend on you.

GreenTREE Yoga and KULA Yoga Studio are offering a special month of "Yoga for Caregivers" classes (by donation) in the Fall. No experience necessary, it is truly "Yoga for You" -- all shapes, sizes, ages, and abilities are welcome.

Contact: greentreeyoga@comcast.net for more information.



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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