

# NOVEMBER 2008 NEWS FROM SPLORE

**Promoting empowering experiences in an active friendly world through affordable, customized, inclusive recreation and education programs for people of all abilities.**



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## The Four Circles of Life

On the recommendation of one of my mentors, I recently read *Total Leadership: Be a Better Leader, Have a Richer Life* by Wharton professor Stew Friedman. While most leadership books focus on professional skills (assuming leadership is about trading off one domain for another in a zero-sum game) Friedman's book posits that great leadership is about finding mutual value among work, home, community, and self and not about balancing these domains. Friedman describes four circles that represent work, home, community, and self - the more these circles overlap the more mutual value exist between these domains. Following this logic, the circles of individuals such as the Dalai Lama, Jesus Christ, and Prince Siddharta (Shakyamuni Buddha) would look like tree-rings, representing a perfect overlap of work, home, community, and self. As I worked through the assignments and experiments in Friedman's book, it occurred to me the Magic of Splore represents these four circles and the opportunity to converge these values - particularly for Splore volunteers. As you reflect on 2008, and look forward to 2009, I encourage you to find a volunteer opportunity - manifest your own magic - bring these circles closer together.

*John Librett*

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

# SAVE THE DATE! Splore Calendar



## Exciting adventures happening at Splore.

Here is a list of adventures for all abilities.

- November 15: Snowshoe Hike at Spruces in Big Cottonwood Canyon**  
10:00 am - 2:00 pm  
For more information contact Janine Donald at [janined@splore.org](mailto:janined@splore.org)
- November 21: Snowshoe Hike at Spruces in Big Cottonwood Canyon**  
12:00 pm - 4:00 pm  
For more information contact Janine Donald at [janined@splore.org](mailto:janined@splore.org)
- November 22: Winter Art Market at the Utah Cultural Celebration Center**  
2:00 pm - 4:00 pm  
For more information contact Cara Frank at [caraf@splore.org](mailto:caraf@splore.org)
- November 24: Volunteer Orientation for people who are Deaf or Hard of Hearing**  
6:00 pm - 8:00 pm  
Information will be presented in America Sign Language  
For more information contact Cara Frank at [caraf@splore.org](mailto:caraf@splore.org)
- December 5: Zoolights at Hogle Zoo**  
6:00 pm - 8:30 pm  
For more information contact Cara Frank at [caraf@splore.org](mailto:caraf@splore.org)
- December 8: Climbing for people who are Deaf or Hard of Hearing**  
6:00 pm - 8:00 pm  
For more information contact [caraf@splore.org](mailto:caraf@splore.org)
- December 13: Cross Country Ski Trip in Millcreek Canyon**  
9:00 am - 2:00 pm  
For more information contact Janine Donald at [janined@splore.org](mailto:janined@splore.org)
- December 19: Cross Country Ski Trip in Millcreek Canyon**  
12:00 am - 5:00 pm  
For more information contact Janine Donald at [janined@splore.org](mailto:janined@splore.org)

[CLICK HERE FOR OUR CALENDAR OF PROGRAMS, SPECIAL EVENTS & TRAININGS](#)

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# LATEST HAPPENINGS

## **EXCELS LEADERSHIP PROGRAM**

In October, Splore welcomed two high school interns as part of our new Excels Leadership Program. Designed for adolescents, who are at-risk or with high-functioning disabilities, Excels is a vocational leadership program in recreation management. Students intern for eight weeks, assisting with special projects including Rock On!, a program for children with autism spectrum disorders. Outcomes of the Excels Leadership Program include leadership development, communication problem-solving skills, experience in the field of recreation management, and resume building for future employment.

Applications are currently being accepted for the January/February internships. If you know of someone who might be interested please contact Janine at [janined@splore.org](mailto:janined@splore.org).

## **ROCK ON! Research with Primary Children's Medical Center**

Children with autism spectrum disorders (ASD) represent one of America's most vulnerable populations. Since 1992, Utah's autism rates have increased by 758%, distinguishing Utah as the 3rd highest rate of autism in the nation. Treatment of ASD typically includes medication targeting maladaptive behaviors. While beneficial, these medications can have dangerous side effects, thus, non-pharmacologic interventions are preferred. One treatment strategy is to ensure that children with ASD participate in recreation based exercise programs. For children with ASD, clinical evidence suggests these exercise programs, such as indoor rock climbing, improves cardio-respiratory fitness, muscular endurance, appropriate play, academic response, and self-initiated independent behavior while decreasing self-stimulatory behaviors. Furthermore, these exercise programs can reduce disability-related disease; increase strength, mobility and physical functioning; promote the development of inclusion, friendships, independence, and creativity. To address these issues, Splore recently received funding from Autism Speaks to launch a one-year study of our RockOn! program. In partnership with Splore's Board Member, Dr. Paul Carbone (Primary Children's Medical Center), the purpose of this study is to develop an evidence-base on the impact of RockOn! Results of the RockOn! study will provide clinical outcomes needed to expand our reach and impact.

For more information on this study, please contact Dr. John Librett at 801.484.4128 ext 4, or [john@splore.org](mailto:john@splore.org)

For information on the RockOn! program, please contact Tim Stempel at 801.484.4128 ext 1, or [tims@splore.org](mailto:tims@splore.org)

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# VOLUNTEER SPOTLIGHT

## ALAN CONDRAT

Alan is an amazing volunteer. Alan became involved with Splore seven years ago after hearing about us from an acquaintance. Since then Alan has volunteered on many Splore programs, provided Splore with valuable technical expertise, and assisted with every Splore fundraising event over the past several years.

Alan is usually one of the first volunteers to show up for a program and one of the last to leave after everything is complete. The first thing he says at any activity is always "what can I do to help?" He has helped with many of Splore's rafting trips and winter programs utilizing his great outdoor skills.

After a program is over, back in the office Alan's presence is still around. Several years ago, with his technical expertise and input from the Splore staff, Alan developed Splore's database which is still used today. At the end of each program, we can thank Alan for creating a system that has allowed us to track information effectively.



Alan has also been involved with every Splore fundraiser in the past several years ranging from the Walk, Roll & Run races, Casino Night, and Wasatch Overland to Splore's Harvest Moon Auction. For the last several years, Alan volunteered as the primary support person for the auction equipment, helped provide auction volunteer training and was Splore's lead auction troubleshooter.

Finally, Alan does not limit his volunteer help to Splore; he has been active with other local volunteer programs including being recognized as a team leader with Meals on Wheels. Alan's leadership and hard work are an inspiration for all who believe in the importance of sharing their time and talent for the benefit of others. Alan is a tremendous asset to Splore and we are very fortunate for his enthusiasm and dedication.

Alan, thank you for all you do!

[LEARN MORE ABOUT VOLUNTEERING WITH SPLORE](#)

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# RAISING THE BAR

**Splore's** history began on the river; as such our new membership levels reflect this history. We would like to thank and acknowledge the following foundations and corporations for their recent support. Next month we will include a link to all individuals, corporations, and foundations that have supported Splore through for 2008.

**Class V (\$10,000+)**

Red Cliffs Lodge

**Class IV (\$5,000 - \$9,999)**

DataSystems International

**Class III (2,500 - \$4,999)**

Eskuche Foundation

Hemmingway Foundation

**Class II (\$1,000 - \$2,499)**

Barbara J Shurtleff Foundation

Irwin Union Bank

Jeps Foundation

PeopleSmarts

R.H. Burton Foundation

Wells Fargo

**Class I (\$500 - \$999)**

GMAC Auto

SaharaCares

Security National Life

T.D. Williamson

University of Utah, Department of Pediatrics

University of Utah, Rehabilitation Center

**In memory of Dewey Bridge (\$150 - \$499)**

Albertsons

Kirkham's

Nelson Laboratories

**Friend of Splore (\$25 - \$149)**

Rockwell Collins

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**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](http://www.splore.org) or contact us at (801) 484-4128 or [info@splore.org](mailto:info@splore.org)

